

# PARENTS' NEWSLETTER

Fortnightly

Edition 15

September 20, 2024

## WELCOME BACK

A heartfelt thank you to all of you for supporting your children as they transitioned smoothly back to school this academic year. We understand that getting back into the school routine, especially in September, can be challenging. So, thank you for the role you've played in helping re-establish those early wake-up times.

It's been a joy to see the students return, smiling and full of positivity about the year ahead. Uniform standards are high, and we are particularly impressed by how quickly our new students in Years 7 and 12 have settled in and engaged in their lessons.

Following the excellent GCSE results over the summer, we've been focusing on helping all our students get off to a strong start. We've equipped them with a range of tools to ensure they can become the best versions of themselves, both academically and socially.

It's been a fantastic start to the year, and we look forward to building on this momentum together.

Mr Barzey  
Headteacher



*Keep up-to-date with upcoming events at HHA*



## **Upcoming Events**

- **Thursday, 26th September: Picture Day - Years 7, 10, 11 and 12 students ONLY**
- **Thursday, 10th October: PTA Coffee Morning**
- **Thursday, 3rd October : Y11 Information Evening**
- **Tuesday, 8th October: Year 6 Open Evening**
- **Monday 14th October: Vaccination (years 7 - 11)**
- **28th October - 1st November: HALF TERM**
- **Monday, 4th November: INSET Day**
- **5th November - 15th November: Year 11 Mock Exams**
- **Monday, 18th November: Years 13 Mock exam commence**



### **Year 11 Information evening**

- Thursday 3rd October

### **Year 6 Open Evening**

- Tuesday, 8th October

### **PTA Coffee Morning**

- Thursday, 10th October

# PE Kit UPDATE: YEARS 7 AND 8 STUDENTS ONLY

Starting from **Monday, 23rd September (Week B)**, Year 7 and Year 8 students should come to school wearing their full Heron Hall PE kit on the days they have PE. This change means that students will no longer need to change from their uniform into their PE kit, instead, they will remain in their kit for the entire day. This means that students will not need to change from their uniform into their PE kit but will remain in their kit for the entire day.

We have introduced this change for several reasons:

- To maximise teaching and learning time in PE lessons
- Due to the limited availability of changing spaces as our student numbers grow
- To ensure safety and supervision in PE spaces at all times.

We believe this will positively impact students' progress, participation, and enjoyment of PE. Please note the following guidelines for PE kit days:

- The following items are **not allowed: leggings, hoodies, strapless or crop tops, vests (unless underneath an appropriate top), Sliders, Crocs, or branded items such as Nike or Adidas.**
- Girls should **not wear tights** under shorts.
- Students **must also wear their blazers and lanyards** on these days. Tutors will check this each morning.

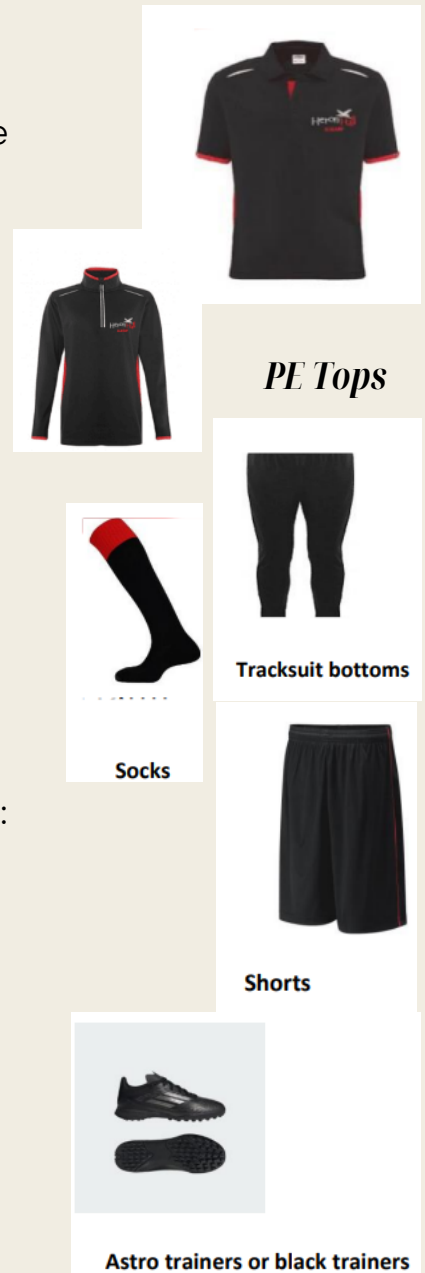
If your child does not arrive in the correct kit, they may be sent home to change, or you may be asked to bring the correct items to school.

As part of our commitment to maintaining a conducive learning environment, we wish to remind you of our school's uniform policy.

**1.Girls' Skirt Length: It is important that girls' skirt lengths adhere to the guideline of being on or below the knee.** This ensures uniformity across the school.

**2.School Trousers: For both boys and girls, school trousers should be high-waisted and not 'skinny fit'.** This helps maintain a neat and professional appearance throughout the day.

Thank you for your understanding and support in ensuring this process runs smoothly. We will continue to monitor and review PE kit arrangement and will keep you updated.





# Celebrating the Success of Our 2024 Year 11 Cohort



**We extend our warmest congratulations to our 2024 Year 11 students for their outstanding performance in their GCSE exams. This remarkable achievement is a direct reflection of their dedication, as well as the unwavering support and guidance from our exceptional staff and parents. We are incredibly proud of each and every one of them, and we thank our entire school community for fostering an environment where students can thrive. Once again, congratulations to all our Year 11 students—you are a source of immense pride for us all.**





## Year 11 Updates: Autumn Term Overview

We are extremely proud of the commitment and maturity demonstrated by our Year 11 pupils this term. Transitioning back into school life can be challenging, but our pupils continue to show remarkable resilience in their studies, making excellent progress toward their goals.



The Autumn Term will be a busy and pivotal time for Year 11 students. Reflecting on their performance in the July Mock exams, we encourage them to engage proactively with their next steps as we navigate this academic year. We are confident that their dedication will lead to success.

### Key Dates:

- Thursday, 3rd October: Year 11 Information Evening

This evening is crucial for both parents and students, and we encourage everyone to attend. We will discuss techniques for supporting your child at home, reducing anxiety around wellbeing and exams, and how increased parental engagement can boost student outcomes. This support will be vital as students prepare for their first set of Mock exams in November and their second Mock exam in the Spring Term.

- Thursday, 5th December: Parents' Evening

On the afternoon of 5th December, we will host the Year 11 Parents' Evening. During this event, students will receive their November Mock exam results. You will also have the opportunity to meet with subject teachers to discuss your child's academic progress. More details will be shared as the date approaches, but please save the date.

We look forward to working closely with parents and students to ensure a successful year ahead for all.

## ***HERON HALL FOOD BANK: SUPPORTING FAMILIES IN NEED***

Through the dedication and generosity of our school community, we have expanded our storage facilities to accommodate a wider range of dried food goods, allowing us to provide assistance to more families in need.

The Heron Hall's Food Bank is centrally organised and operated from the main school office. However, we are especially proud to introduce a group of Year 10 student leaders who have taken on key responsibilities to ensure the smooth running of the food bank such as:

- Regular stock takes
- Organise for donations to be collected
- Keep the food bank stocked up with on date items
- Keep storage space clean and tidy.



We understand that times may be challenging for some families, and we want to assure you that support is available. If you believe that you could benefit from the services of the Heron Hall Food Bank, please do not hesitate to reach out to the school office.

Your privacy and dignity will be respected, and all requests for assistance will be handled with care and confidentiality.

## ***HHA PTA ONLINE PRELOVED UNIFORM SHOP....COMING SOON***

We are excited to announce the upcoming launch of the Heron Hall Academy Online Preloved Uniform Shop, an initiative aimed at providing a convenient and sustainable solution for uniform needs within our school community.



The launch of the Online Preloved Uniform Shop aligns with our commitment to fostering a culture of sustainability and resourcefulness at Heron Hall Academy. It also reflects our dedication to supporting families by providing practical solutions to everyday needs.

*In the meantime, you can purchase uniform by emailing the office at: [Heron@northstartrust.org.uk](mailto:Heron@northstartrust.org.uk)*

<b>Preloved Uniform Item</b>	<b>Price</b>
<b>Blazer</b>	<b>£10</b>
<b>Jumper</b>	<b>£5</b>
<b>Shirt</b>	<b>£5</b>

# HEALTH AND WELLBEING



## You can now call 111 for mental health services

People in crisis with mental health problems can now access services through NHS 111 in England. This gives mental health sufferers another way to get urgent help. The number connects the caller to a local team with mental health training, alongside nurses and clinicians. The team can then organise a mental health assessment, send out a crisis team and signpost to other help in the local area. You can also access NHS talking therapy services for anxiety and depression. A GP can refer you to this, or you can [refer yourself directly by visiting the NHS website](#).



## Campaign launches to help young people with Asthma

London's #AskAboutAsthma campaign returns in September for its eighth year to raise awareness around childhood asthma and how to manage it. #AskAboutAsthma highlights the simple changes to children and young people's care that will make a big difference to how they experience their asthma. Led by NHS England, the aim is for every person involved in the care of a child or young person to know about the four asks that can help every person to manage their condition and live full, active lives. Find out all the information by [visiting the Transformation Partners website](#).



### Early Help Directory

Welcome to 'Enfield's Early Help Directory 4 All' This directory brings together local and national services to support children, familie...

✳ Early Help Directory



# HEALTH AND WELLBEING

## Find your little big thing for your mental health

*There are little things we can all do to lift our mood or ease our anxiety – we need to find what works for us.*

*This could be as simple as taking a walk in nature, prioritising our sleep or opening up to a friend. Our little thing, if we keep doing it, will make a big difference to how we feel.*



### Every Mind Matters

If you are feeling stressed, anxious, low or can't sleep, Every Mind Matters can help with expert advice, practical tips and personalised actions to help you.

[nhs.uk](https://www.nhs.uk)



#### Couch to 5K app

A running app for absolute beginners, as well as recent Couch to 5K graduates.



#### Active 10 app

Track and build up your daily walks – start with 10 minutes every day!




# FINANCIAL HELP



## Changes to six benefits and tax credits

We know that concerns about your finances can be stressful. That's why it's important to know what is happening with six benefits and tax credits. Housing Benefit, Income Support, Income-Based Job Seeker's Allowance, Income-Related Employment and Support Allowance, Working Tax Credits and Child Tax Credits will be combined into one single monthly payment. People who receive these benefits will receive a 'Migration Notice' to let them know they need to claim Universal Credit instead. Payments won't be moved automatically. Don't ignore your letter as it explains what you need to do next.

**Young People Categories: Activities & Clubs**

There are many different types of activities and clubs that can provide a fun outlet whilst helping...

★ Early Help Directory

# Urgent mental health support - 24/7 crisis lines



Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

## shout 85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required  
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

## SAMARITANS

Samaritans 24/7 365 days a year - they are here to listen and provide support  
Call: 116 123 or email: [jo@samaritans.org](mailto:jo@samaritans.org)

## Crisis Tools

Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources  
Sign up for free resources [here](#)

## PAPYRUS

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person  
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

## childline

ONLINE, ON THE PHONE, ANYTIME  
Childline confidential telephone counselling service for any child with a problem  
Call: 0800 1111 anytime or [online chat with a counsellor](#)

# Urgent and other support available

## Good Thinking

Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

## THE MIX

The Mix provides free, confidential support for young people under 25  
Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)

## Beat

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder  
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

## kooth

Kooth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine