

PARENTS' NEWSLETTER

Fortnightly

Edition 16

October 4, 2024

A STRONG START: EXCITING EVENTS, ACADEMIC PREPARATION, AND NEW BEGINNINGS

The term is off to a fantastic start with exciting events featuring engaging assemblies led by external speakers such as Dr. Steven Lawrence, as well as a successful Year 7 Settling-In Evening and our much anticipated upcoming Year 6 Open Evening.

Year 11 students are well on their way with their preparation for the upcoming mock exams. Their focus has been further supported by the Year 11 Presentation Evening, held last Thursday, where key information was shared on revision techniques, wellbeing, attendance, and our Sixth Form provision.

We extend a special welcome to our new Year 12 students, who have just passed their one-month milestone and are adjusting well to the transition from KS4 to KS5. We encourage them to remain resilient, support one another, and maintain a forward-thinking approach to their studies and chosen courses.

The first trip of this academic year was to PGL, where a group of Years 8 and 9 students had an incredible experience. They stepped outside their comfort zones and returned with unforgettable memories they will cherish for years to come.

We look forward to more exciting events and achievements as the term progresses



Keep up-to-date with upcoming events at HHA



Upcoming Events

- **Tuesday, 8th October: Year 6 Open Evening**
- **Thursday, 10th October: PTA Coffee Morning**
- **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**
- **Thursday 5th December: Year 11 Parents' Evening**
- **Thursday, 12th December: Year 13 Parents' Evening**

SAVE
the DATE

Year 6 Open Evening

- Tuesday, 8th October
- Tuesday 8th October
- **early finish for students - 2:25pm**
- Wednesday 9th October
- **late start for students - 9:45am**

PTA Coffee Morning

- Thursday, 10th October

PTA COFFEE MORNING: Thursday 10th October

We would like to remind you of our upcoming parent meeting, the first PTA Coffee Morning of this term - Thursday 10th October. where we will discuss several important topics that will support both you and your family.

Join the PTA!



The agenda includes:

- *Homework on Satchel One: A discussion on how we use the platform to set and manage assignments, and how parents can stay informed.*
- *Arbor: Information on using Arbor, our online system for tracking attendance, progress, and more.*
- *Wellbeing: Guidance on supporting your child's mental and emotional wellbeing during the school year.*
- *Community Outreach Team: Our dedicated team will be available to discuss the support they offer to families, including resources and initiatives to help with various challenges.*

We encourage all parents to attend, as this is a great opportunity to stay connected and informed about the resources available to help your child succeed.

We look forward to seeing you there.

Uniform Reminder



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.

This Term's Focus: Cultivating Kindness

Kindness

(kind-ness)

(n) The quality or state of being friendly, generous, gentle and considerate.

At Heron Hall Academy, we believe that **kindness** is one of the most powerful values a person can demonstrate, and it has the potential to transform our school community. This term, we are focusing on kindness as a central theme and encouraging all students to practice it in their daily lives—whether through small acts of compassion, thoughtful gestures, or simply being there for a friend in need.

We kindly ask for your partnership in reinforcing this important message at home. Please encourage your child to be kind in their interactions with others, both inside and outside of school. By working together, we can create a school environment where respect, empathy, and kindness are at the heart of everything we do.

Let's make kindness a key part of our students' daily lives and help them grow into thoughtful, caring individuals.



S.T.R.I.V.E. Value for this term....SUPPORTIVE

How will a student show this value?

A supportive student may assist the class by helping teachers or other students. They might hand out materials, offer help during lessons, participate in extracurricular activities, or become a peer mentor or anti-bullying ambassador. Support also involves teamwork in sports and activities.



Why is it important for my child to show this?

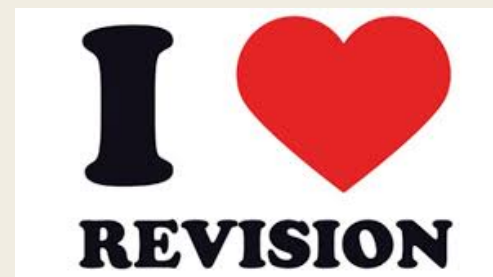
Students who are supportive tend to demonstrate other values such as empathy, respect, and tolerance. They are less likely to get into conflicts, are better at social interactions, and are more likely to thrive in environments that require collaboration, like at school or home. Being supportive is a way to invest in others and receive support in return.

How could being supportive help in the future?

Students who are supportive show empathy, which helps them understand others and their roles. Supportive behavior is crucial in various jobs, particularly those requiring interpersonal skills, such as teaching, leadership, and customer service. In these fields, understanding and caring about others' needs are key for success.

Year 11 Information Evening: Supporting Your Child with Mock Exams and GCSE Preparation

On Thursday, we held a Year 11 Information Evening where we discussed the upcoming mock exams and the final push towards GCSEs. A key focus was on how parents and students can work together to maximise revision efforts. One effective method shared during the evening was Cornell Note-Taking, which is a powerful tool to help students organise their revision and enhance understanding.



Here's how your child can use the Cornell Note-Taking method:

1. Divide the Page:

- Start by dividing a piece of paper into three
- sections: a narrow left column, a wider right
- column, and a small section at the bottom.

2. Note-Taking Area (Right Column):

- This is where your child will take detailed
- notes during class or while studying from
- textbooks. Encourage them to write down
- key ideas, formulas, and important facts.

3. Cue Column (Left Column):

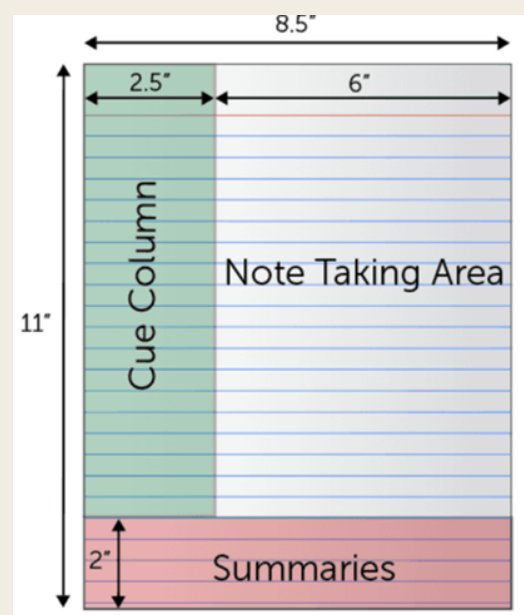
- After taking notes, your child should write
- prompts, keywords, or questions in the left-hand column. These cues will help them quiz themselves later and ensure they understand the content.

4. Summary Section (Bottom Section):

- At the end of each page, your child should summarize the main ideas in their own words. This process helps with memory retention and ensures they grasp the key concepts.

5. Review and Reflect:

- One of the strengths of this method is that it encourages ongoing review. Your child can cover the notes in the right column and use the cues on the left to test their recall of the material.



YEAR 11 INFORMATION EVENING: SUPPORTING YOUR CHILD with Mock Exams and GCSE Preparation cont.


The Cornell method encourages active engagement with the content, improving memory and understanding. As mock exams approach, it's important that students use structured revision strategies like this one to organise their learning and build confidence.

If you have any questions or need further support, please don't hesitate to contact the school office.

Let's work together to help your child/children succeed in their exams.

Cornell Note Method

Cue Column	Notes Column
1	2
<ul style="list-style-type: none"> Main Ideas Questions that connect points or help you self-test Study prompts Hints 	<ul style="list-style-type: none"> Main lecture notes here Use your own words Bullet points Facts Answers to your questions Shorthand symbols Concise sentences Diagrams or charts Mind maps Space between points Cover this area when you self-quiz
3	
Summary Column <ul style="list-style-type: none"> Complete after class or end of chapter Key ideas Tie this information together 	



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**.



Preloved Uniform Item	Price
Blazer	£10
Jumper	£5
Shirt	£5

HOMework CLUB

Homework plays a vital role in the academic development of our students. It reinforces what they've learned in the classroom, helps build independent learning skills, and prepares them for upcoming lessons.



At Heron Hall Academy, we recognise the value of consistent practise and revision, and that's why all homework is assigned through **Satchel One**, our homework online platform.

By using **Satchel One**, both you and your child/children can easily access homework tasks, track deadlines, and stay organised. We encourage you to check in regularly to ensure your child is keeping up with their assignments.

Homework Expectation for each subject

Years 7, 8 & 9	1 piece per week
Years 10 & 11	1 piece per week 1 targeted revision
Years 12 & 13	1 piece per week 1 targeted revision 1 further reading / activity

Homework Club

We understand that completing homework can sometimes be challenging for students, which is why we are pleased to offer additional support through our Homework Club. We will be running the club three times a week in the school library from **3:30pm to 4:30pm**.

This is a great opportunity for students to receive help with their homework in a quiet, focused environment. Staff will be on hand to assist with any questions, ensuring that students stay on track and complete their assignments on time.

Monday	Wednesday	Friday
Year 7, 8, 9	Any Year Group	Year 10, 11, 12, 13

EXTRA-CURRICULAR CLUBS AT HERON HALL ACADEMY: ENRICHING STUDENT EXPERIENCE

At Heron Hall Academy, we take great pride in our comprehensive Extra-Curricular programme, designed to enrich and enhance our pupils' school experience. These activities provide an excellent opportunity for students to explore interests beyond their academic subjects, ranging from coding, sports, and robotics to baking.



By engaging in these diverse clubs, students not only build new skills but also foster creativity, teamwork, and leadership. Our aim is to produce well-rounded, visionary members of society who are equipped to succeed both inside and outside the classroom.

We encourage all students to take advantage of these clubs to broaden their horizons and make the most of their school journey. The schedule of the extra-curricula clubs is below:

	CLUB	TIME	PLACE	STAFF	STUDENTS
MONDAY	Robotics Club	Lunchtime 12.35pm - 1.15pm	S1.1	Mr Olayebo	KS3 – Years 7-9
	Homework Club	After School 3.30pm – 4.30pm	Library	Mr Kenan	All Years
	Girls Netball	After School 3:30pm – 4:30pm	MUGA / Sports Hall	Madam Grimes	All Years
	Boys Football	After School 3:30pm – 4:30pm	Astro	Mr Meremikwu	Year 8
	KS4 Art Club	After School 3.30pm – 5.00pm	S.2:7	Madam Knightley	Years 10-11
TUESDAY	Cooking Club	After School 3:30pm -4.30pm	S0.1	Madam Ellis	All Years
	Coding Club	After School 3:30pm – 4:30pm	S1.5	Mr Rahman	All Years
	Boys Football	After School 3:30pm – 4:30pm	Astro	Mr Bowstead	Year 7
WEDNESDAY	English Intervention	After School 3.30pm-4.30pm	N1.1/W1.4	Mr Jablonka	Year 11
	Film Club	Lunchtime 12.40pm- 1.10pm	N1.7	Madam Broomes	All Years
	Girls Football	After School 3:30pm – 4:30pm	Astro	Madam Vales	Years 7-9
	Boys Football	After School 3:30pm – 4:30pm	Astro	Mr Charles	Year 9
THURSDAY	Sewing Club	Lunchtime 12.40pm- 1.10pm	S0.1	Madam Ellis	All Years
	KS4 Art Club	Lunchtime 12.40pm- 1.10pm	S.2:7	Madam Knightley	Years 10 & 11
FRIDAY	Author Club	After School 3.45-4.30pm	W1.4	Mr Jablonka	All Years
	KS4 Composition Surgery	Lunchtime 12.35pm- 1.15pm	S2.4	Madam Hester / Mr Tosh	Years 10 & 11
	Boys Football	After School 3:30pm – 4:30pm	Astro	Mr Bowstead	Year 10

Extra-Curricular Clubs at Heron Hall Academy: Enriching Student Experience cont.

We encourage all students to take advantage of these clubs to broaden their horizons and make the most of their school journey. **You can sign your child up for a club via Arbor.**

How to join

Free clubs on the Parent Portal

The club information page will display membership and timetable information. Any existing membership into the club for the pupil will be displayed. **To sign your child up for the club, click on Register For This Club in the top right-hand corner of the page.**

Sams Cool Club (2020/2021)

Registration Information
Registration status: Anna is not registered for this club yet. Click "Register for this club" button to register.

Anna's Memberships
No memberships

Available Membership Options

Weekly Sign-up	Availability	Fee
	03 Aug 2020, 11:28 - ongoing	Free

Club Timetable

Weekly Sessions	
Every Monday: 07:00 - 08:00	Scheduled
Between: 28 Sep 2020 - 31 Aug 2021 (term-time only)	
Every Wednesday: 07:00 - 08:00	Scheduled
Between: 02 Sep 2020 - 31 Aug 2021 (term-time only)	
Every Friday: 07:00 - 08:00	Scheduled
Between: 28 Sep 2020 - 31 Aug 2021 (term-time only)	



How to join

On the Parent App

To sign up for a club, click the menu icon at the bottom left of your screen. **Select Clubs.**

BLACK HISTORY MONTH



*In today's world, stories are powerful tools that shape how we understand our past, present, and future. For too long, the history of Black communities has been told through lenses that often misrepresent, oversimplify, or entirely overlook the rich and diverse experiences of those who lived it. But 2024 is set to be a transformative year. Black History Month UK has unveiled its compelling theme: **Reclaiming Narratives**.*

Reclaiming Narratives is more than just a theme—it's an invitation. An invitation to every member of the Black community to take part in shaping how our stories are told. It's about ensuring that our voices are heard, our experiences acknowledged, and our contributions celebrated. This theme encourages us to shine a spotlight on the untold stories, the unsung heroes, and the everyday individuals who have made an indelible impact on our communities.

This is your chance to be part of something bigger. Whether you're an artist, educator, student, activist, or simply someone with a story to tell, Reclaiming Narratives is your opportunity to contribute to a collective effort to reshape how Black history is perceived and taught. By participating, you can help ensure that future generations grow up with a richer, more accurate understanding of Black history.

How to support your Child's Mental Wellbeing – Part 1

Maintaining good mental health is just as important as having a healthy body. It affects the way children think, feel and act. As a parent, you play an important role in promoting your child's mental health and recognising when there may be early signs of difficulties. But how can you promote good mental health?

Put simply, you can do this by:

- **being aware of the things you say and how you speak to your child;**
- **clear and positive actions; and**
- **through the environment you create at home;**

So, here are our **10 top tips** on practical ways you can positively promote your child's mental health:



Child Mental Health & Wellbeing - for Parents
 10 Tips to promote child mental health & wellbeing- hear from our Safeguarding Director, Sam Preston.
 S55 Learning Limited / Oct 12, 2023

1. Connect with your child everyday.

Try to have make time every day for an activity where you can connect with your child without distractions that enables comfortable conversation. We all lead busy lives, but doing an activity like this together will offer your child the opportunity for them to feel secure and express how they are doing / feeling.

2. Have quiet time together.

This is a great way to connect with your child and takes no planning! Uninterrupted quiet time provides an ideal environment for your child to focus and build their attention span. When things are overwhelming, quiet time can help your child reset their thoughts and avoid behaviour escalation to meltdowns.

3. Praise your child when they do well.

Recognise their efforts as well as achievements- praise the small steps. For example, say your child has difficulty sitting quietly and calmly at the dinner table. Although desired, it would be unrealistic to initially expect them to do this for half an hour. So small steps might be praising that they achieved 5 -10 minutes. At the next meal this could be built on by reminding them of their previous achievement and setting a new goal of 15 minutes.

4. Foster your child's self-esteem.

Self-esteem is how they feel about themselves, both inside and out. Children with good self-esteem generally have a positive outlook, accept themselves and feel confident. Fostering self-esteem includes showing love and acceptance, asking questions about their activities / interests and helping them to set realistic goals.

5. Actively listen to your child.

That's really listening to what they are saying and how they are feeling. Often the way children feel may seem unrealistic or disproportionate to adults but remember, children do not have the wisdom of experience and they may need help and direction to make sense of situations and feelings. Try to answer your child's questions and reassure them in an age-appropriate manner. Whilst you may not be able to answer all their questions, talking things through can help them feel calmer.

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, families, community members...

★ Early Help Directory

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



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

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>

Urgent and other support available

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

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](#)

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