

# PARENTS' NEWSLETTER

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Fortnightly

Edition 17

October 18, 2024

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## THANK YOU FOR YOUR CONTINUED SUPPORT

*As this half term draws to a close, we would like to extend our heartfelt thanks for your continued support. We've had several key events this term, including the OFSTED inspection, Year 6 Open Evening, and the PTA Coffee Morning and your involvement has been key to their success.*

*It was wonderful to see so many of you at our Year 6 Open Evening and to have the opportunity to speak with many prospective parents as well. Your participation truly makes a difference in the success of these events and the life of our school.*

*As you may be aware, we are actively pursuing the Wellbeing Award. Last year, you kindly completed a survey, and within the next week, we will be sending out a follow-up survey. Your feedback is crucial in helping us understand where we have made progress and where we can continue to improve.*

*Thank you once again for your engagement and support.*

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



## Upcoming Events

- **28th |October - 1st November: HALF TERM**
- **Monday, 4th November: INSET Day**
- **5th November - 15th November: Year 11 Mock Exams**
- **Thursday, 7th November: Year 12 Open Evening**
- **Monday, 18th - 21st November: Years 13 Mock exam commence**
- **Friday, 22nd November: INSET Day**
- **Thursday 5th December: Year 11 Parents' Evening**
- **Tuesday, 10th December: PTA Coffee Morning**
- **Thursday, 12th December: Year 13 Parents' Evening**



- **Monday, 28th Oct - Friday 1st Nov  
- October Half Term**
- **Tuesday, 5th - 15th November  
- Year 11 MOCK exams**
- **Thursday, 7th November  
- Year 12 Open Evening**
- **PTA Coffee Morning  
- Tuesday, 10th December**

## *PTA Meeting Highlights – 10th October*

The recent PTA meeting on 10th October was a great success, filled with productive discussions and valuable feedback from parents.



We would like to extend a special thank you to **Laura from the Community Outreach Team**, who shared insightful information about mental health resources and parenting support services. Her contributions sparked meaningful conversations about how we can better support the wellbeing of our students and families.

Below is a summary of the key points discussed in response to your queries:

- **Community and Outreach Team Support:** Laura highlighted the various ways the Community Outreach Team can support our families, particularly around mental health and wellbeing. For more information or to access support, you can visit NHS Talking Therapies (Barnet & Enfield) at [barnetandenfieldtalkingtherapies.nhs.uk](https://barnetandenfieldtalkingtherapies.nhs.uk).
- **Parks Community CIC Young Lives Club:** Parks Community CIC is offering the Parks Young Lives Club every Saturday from 2-4pm at Heron Hall for boys in Years 7-11. This FREE club offers activities like football, table football, basketball, and board games. Students are required to bring their school ID for registration.

## *PTA Meeting Highlights – 10th October cont*



*Scan the QR code to access the Enfield Parenting directory straight to your device. There are lots of help and support for your family from babies to young adults.*



## Open Evening: Resounding Success



The Year 6 Open Evening, held last Tuesday, was a tremendous success, with over 200 families attending to explore what the school has to offer. The evening was filled with excitement and enthusiasm as families engaged with staff and students to learn more about the school's strengths and vision for the future.

The presentations were well-attended, giving prospective parents and students a clear insight into the excellent opportunities and support available at Heron. We received overwhelmingly positive feedback from families, who were particularly impressed with the school's welcoming atmosphere and ambitious goals. One of the highlights of the evening was hearing from our PTA Chair and Vice Chair, who both spoke passionately about their experiences at Heron Academy and why they chose our school for their children. Their insights provided prospective families with a real sense of the supportive and nurturing community we have here.

A special mention goes to our fantastic team of over 60 student ambassadors, who expertly guided families around the school, highlighting the facilities and answering any questions along the way. Their professionalism and pride in the school truly shone throughout the evening.

The classrooms were alive with activity, as subject teachers opened their doors to demonstrate the broad range of subjects and enriching experiences available at Heron Academy. From science experiments to creative art displays, families had the chance to see first hand the engaging learning environment we provide.

There was a wonderful atmosphere throughout the evening, with families exploring the school, meeting staff, and gaining a deeper understanding of the exciting opportunities we offer to Year 7 students and beyond. A huge thank you to everyone who worked so hard to make the evening such a success.

## *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.



# The Jack Petchey Achievement Award Scheme: Recognising Excellence


We are excited to announce the launch of this year's Jack Petchey Achievement Award Scheme, a flagship programme that celebrates outstanding young people aged 11-25 across London and Essex.



The Achievement Awards hold different meanings for each recipient. They are not just about academic success but also about recognising personal triumphs—whether it's a student overcoming a challenge, stepping outside their comfort zone, or demonstrating exceptional teamwork. These awards celebrate the diverse achievements that make each young person shine.

What makes the scheme unique is that nominees are selected by their peers within their school or youth organisation. This encourages young people to actively recognise and celebrate the hard work and contributions of those around them.

This year, we invite students from all year groups to participate by nominating someone they believe deserves this prestigious recognition.

# Jack Petchey Award Scheme



**To nominate someone for a Jack Petchey Award, please use the link below to access to Google Form:**

<https://forms.gle/8dQNfTunLxPxvYgw8>

**This link will be shared in your year group google classroom.**

**Our **S.T.R.I.V.E** values fit perfectly to what a Jack Petchey Award winner should embrace.**



## EFFECTIVE REVISION: HOW TO USE FLASHCARDS

Flashcards are a powerful revision tool that can boost memory and improve exam performance. By using techniques like active recall, spaced repetition, and the Leitner system, students can strengthen their understanding and retention of key information.

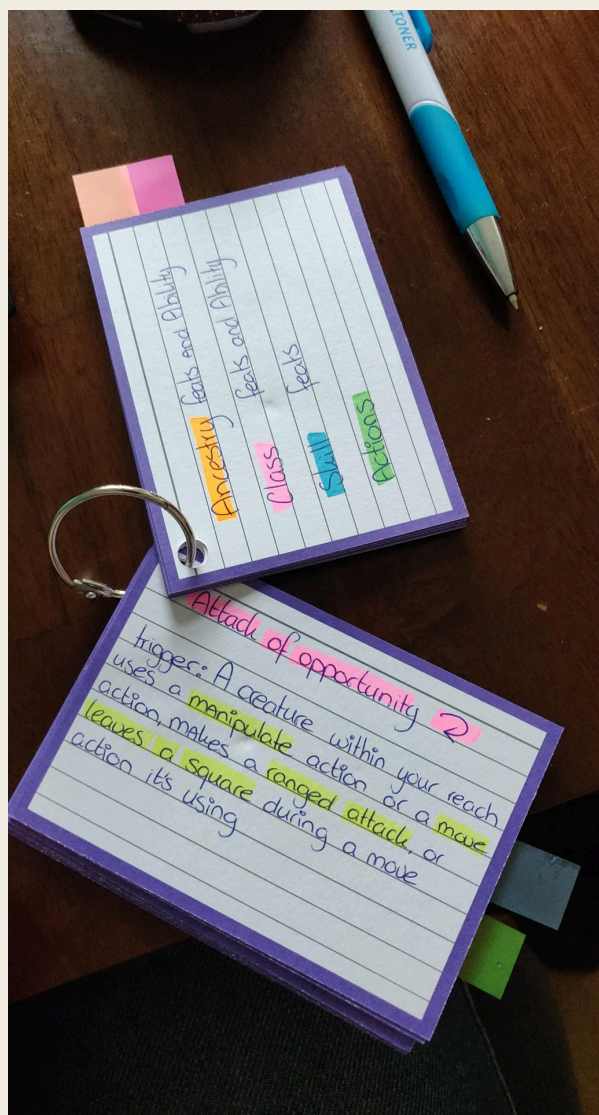
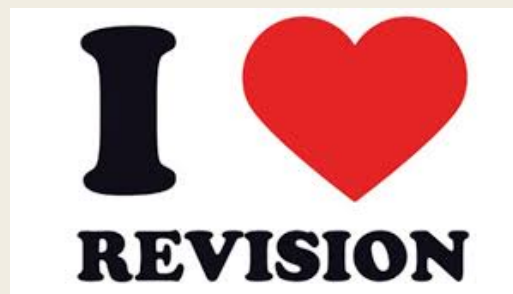
### What Are Flashcards?

Flashcards are simple cards with a question or prompt on one side and the answer on the other. They help with active recall—training the brain to retrieve learned information, a vital exam skill.

### Tips for Using Flashcards Effectively:

- **Use Images and Colours:** Visual aids can help trigger memory.
- **Try using different colours for different topics.**
- **Test Yourself:** Actively quiz yourself or ask someone to test you—this makes revision more engaging.
- **Leitner System:** Use spaced repetition to focus on areas where you need improvement. Move correctly answered cards through a system of boxes while revisiting harder ones more frequently.
- **Use Acronyms:** Create acronyms to remember lists or concepts. Adding a rhythm or song can make it even more memorable.
- **Go Digital:** Apps like Quizlet and Anki let you carry your flashcards anywhere and add variety with games and quizzes.

Flashcards are versatile and effective for revision anytime, anywhere.





## *Year 11 MOCK EXAMS: HOW TO SUPPORT YOUR CHILD*

Research shows that parental support is eight times more influential on a child's academic success than other factors. As a parent, you don't need to be an expert in every subject. What matters most is fostering a positive work ethic and encouraging your child to do their best.

Here's how you can help:

### **Parental Support Tips:**

- *Provide Resources & Space:* Set up a quiet, dedicated area for revision, stocked with essentials like paper, pens, and snacks.
- *Be a 'Study Buddy':* Show interest in their work, test them using question cards or other revision materials.
- *Act as a 'Sounding Board':* Listen to their ideas and provide constructive feedback.
- *Be an 'Advisor':* Help break tasks into manageable steps.
- *Be a 'Project Manager':* Set rules for homework/revision, offer rewards, and plan non-study activities.
- *Supporter:* Stay in touch with their Progress Leader if issues arise.
- *Planner:* Help them create revision timetables and schedules.



### **What to Avoid:**

- *Comparing them to siblings or your younger self.*
- *Forcing them to revise in a way that suits you, not them.*
- *Giving them excuses to underperform.*
- *Accepting that they've been revising without seeing any evidence.*

By being involved in a supportive way, you can make a big difference in your child's academic journey.

## HERON HALL'S FOOD BANK

We'd like to remind families that the **Heron Hall's Food Bank** is available for those in need. With expanded storage facilities, we are now able to offer more dried food goods to help support even more families.



The food bank is centrally organised and operated from the main school office. We understand that these may be challenging times for some, and we want to assure you that help is available. If you feel you could benefit from the Heron Hall's Food Bank, please don't hesitate to contact the school office for assistance.

## 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	<b>1 piece per week</b>
Years 10 & 11	<b>1 piece per week 1 targeted revision</b>
Years 12 & 13	<b>1 piece per week 1 targeted revision 1 further reading / activity</b>

### 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:

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

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.**

## How to support your Child's Mental Wellbeing – Part 2

In the last issue, we began discussing how to support your child's mental health.

Here are the remaining 5 of the 10 top practical tips to promote their wellbeing:

### 6. Stick to Commitments and Routines:

Consistent routines, such as regular bedtimes and meals, help your child feel safe and secure.

### 7. Keep Your Promises:

If a routine must change, explain why to your child. Trust is built by following through on commitments.

### 8. Find Time to Play Together:

Play helps children develop problem-solving skills and learn to express their feelings.

### 9. Be a Positive Role Model:

Take care of your own mental health. Children often pick up on stress, so modelling positive coping strategies is key.

### 10. Teach a Language of Feelings:

Help your child express their emotions by discussing feelings in stories or daily life, fostering emotional understanding.

Teaching children about feelings can be hard as it's an abstract concept but if they can understand and express their emotions, they will be less likely to 'act out'. For example, you can discuss how characters in a book are feeling and the reasons why they may be feeling that way.

Remember, it's normal for your child to sometimes prefer talking to someone else. Help them find a trusted adult, like a grandparent or sibling, if needed. If you're ever concerned about your child's mental health, don't hesitate to reach out to your GP for guidance.



**Child Mental Health & Wellbeing - for Parents**

10 Tips to promote child mental health & wellbeing- hear from our Safeguarding Director, Sam Preston.

SSS Learning Limited / Oct 12, 2023

# 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

# HEALTH AND WELLBEING



## Free drop-in sessions to discuss your child's development

Have you heard of the new Universal Therapies Team for Enfield residents? This team offers drop-in sessions where you can meet professional therapists to discuss your child's physical development and mobility, access support related to speech and language or talk about occupational therapy options. The advice and guidance is aimed at parents and carers of children up to the age of five years. The sessions are a partnership between North Mid in the Community, NHS and Enfield Council.

[Find out where you can access these services and on which days.](#)



## Illnesses among children: Should I send my child to school?

The arrival of autumn has brought out the usual childhood illnesses and sometimes it can be difficult to know whether or not to keep your child off school. Of course if your child is too uncomfortable to attend, then you should keep them off until they are feeling better. However, your child might be suffering from an illness that they can still go to school with, for example coughs and colds, ear infections, hand, foot and mouth disease and more. You can find a list of common childhood illnesses and the [NHS advice on whether or not to send them to school here.](#)



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# Entertainment



## Black History Month: family-friendly all day reggae at DAC

Children will have been learning about Black History Month at school. Further their learning and get a taste of Caribbean culture at the [Pure Vibes All Dayer](#) the ultimate family-friendly reggae experience. The event is presented by the Reggae Choir and Dugdale Arts Centre on 26 October. Experience a day filled with live music, vibrant dance, cooking tutorials, captivating storytelling, films and games. Taste authentic Caribbean food, groove to the beats of our DJs, and immerse yourself in reggae culture. Bring your crew and enjoy a day of positive energy and creativity to celebrate Black History Month 2024.



## Join us for a spectacular family-friendly fireworks display

If you are planning on attending a fireworks display this year, we have just the event for you and your children right here in the heart of Enfield. Our spectacular fireworks event will take place on Saturday 2 November from 4pm to 8pm at Enfield Town Park. You can look forward to dazzling fireworks, along with a variety of local food stalls and entertainment for the whole family to enjoy. Tickets will not be available to purchase on the gate, [so book your tickets online now](#) to avoid disappointment. You can collect your tickets from Dugdale Arts Centre any time between now and 5pm on the day.



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# 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](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](#)

**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