

PARENTS' NEWSLETTER

Monthly

Edition 21

February 10, 2025

YEAR 11 - FUTURES 2025 CONFERENCE

As Year 11 students prepare for their GCSEs, it's also time to consider their next steps. Choosing the right Sixth Form is crucial, and we hope many students will continue their success with us at Heron Hall Sixth Form.

We encouraged our year 11 students to start submitting their application in early January. Please support your child in exploring their future options and the many benefits of staying with us for two more years.

Futures 2025 Conference – 13th February

To assist students in making informed decisions, we are hosting our 'Futures 2025' Conference on 13th February. This event offers valuable insights into Sixth Form and career pathways.

Students will:

- Explore A-level and vocational course options.
- Hear from professionals across various careers.
- Gain insights into workplace skills and knowledge.

This conference will inspire students to aim high and plan confidently for their future.

Exciting Opportunities at Heron Hall

Heron Hall Sixth Form provides outstanding opportunities through our strong connections with top businesses, entrepreneurs, senior politicians, and civil servants.

Students benefit from visits to leading firms, from global corporations in the City to innovative local businesses, gaining first hand experience and career insights.

We encourage all Year 11 students to consider their future carefully and take advantage of everything Heron Hall Sixth Form offers. If you have any questions, please contact us.

Thank you for your continued support in guiding your child's successful future.



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



Upcoming Events

- **17th - 21st February : HALF TERM**
- **24th Feb - 7th March: Y11 and Y13 Mock Exams**
- **Thursday, 27th February: Year 10 Parents' Evening**
- **Tuesday 11th March: PTA Meeting (in person and online) -**
- **Wednesday, 12th March: Inset Day**
- **7th - 18th April: Easter Break**
- **Monday 5th May: Bank Holiday**
- **Tuesday 6th May: PTA Meeting**
- **Tuesday 6th May: Public exams commence**
- **Thursday 8th May: Y8 Parents' Evening**

• **Thursday 13th February
- Y11 Futures Event**

• **Thursday, 27th February
- Year 10 Parents' Evening**

• **Tuesday, 11th March
- PTA Meeting**

• **Wednesday, 12th March
- Inset Day**

**SAVE
the DATE**

Stay Connected with the Arbor App

The Arbor App is a convenient way to stay updated with your child's school activities. Through the app, you can receive important messages, track attendance, and update personal information, including consents.



How to Download the Arbor App

Download the Arbor App from the App Store or Google Play using the links below:

- Download for iOS (Apple iPhone/iPad).
- Download for Android (Google Play Store).

Use the email address your child's school has on file for you. If you haven't been provided with a password or have forgotten it, simply click the 'Forgotten your password?' link on the login page to receive a reset password email—no need to contact the school for a new password.

Managing Notifications

To receive important updates from the Arbor App, please ensure that notifications are enabled in your phone's settings.

If you stop receiving push notifications, follow these steps to restore them:

1. Close the Arbor App completely (ensure it's not running in the background).
2. Go to your device settings and switch OFF push notifications for the app.
3. Restart your phone.
4. Return to settings and switch ON push notifications for the app.
5. Restart your phone again.

You should now receive notifications as normal.

The Arbor App keeps you informed and connected with your child's school journey—download it today.

Keeping Your Child Safe Online

In today's digital world, ensuring your child's safety online has never been more important. With increasing internet usage for education, social interactions, and entertainment, it is crucial for parents to be aware of the potential risks children may face online.



Enfield Council has been actively promoting awareness about online safety, highlighting the various challenges that can arise when children use the internet. As parents, understanding these risks and knowing how to protect your child is essential. Cyberbullying, exposure to inappropriate content, online predators, and privacy concerns are just a few of the dangers that children may encounter.

However, there are proactive steps you can take to ensure your child stays safe online:

- **Monitor and Communicate:** Talk to your child about their online activities and encourage open conversations about any concerns they may have.
- **Set Parental Controls:** Use built-in security settings and parental controls on devices and apps to filter and restrict content.
- **Educate About Privacy:** Teach your child the importance of not sharing personal information online.
- **Encourage Responsible Use:** Set screen time limits and promote healthy digital habits.
- **Stay Informed:** Keep up to date with the latest online trends and potential risks so you can guide your child effectively.

By taking these preventive measures, you can create a safer online environment for your child while allowing them to enjoy the benefits of the digital world.

Year 11 - February Half Term Interventions

We will be running several intervention sessions to support our year 11 students in preparation for their GCSE exams. Many of the sessions will support your child's performance in the mock exams, which run until Friday 1st March. You have previously been sent your child's individual mock exam timetable.

Subject teachers have selected students to ensure they are on track and will meet their target grades and, as such, it is highly advised that the students attend their given session or sessions. Your child's intervention timetable will be visible on Arbor by the end of this week, indicating which sessions they should attend. This indicates what sessions they are invited to attend. You will receive a separate email and/or text with the specific session(s) your son/daughter should attend. Please make a note of these. The intervention sessions are not open to all students as they are targeted. If you have any queries about attendance to these intervention sessions, please call the school or email cdwalters@northstartrust.org.uk.

Morning sessions run from 10am - 12pm and **afternoon sessions run from 12.30pm - 2.30pm**. If your child has both a morning and an afternoon session on the same day, a 'grab and go' lunch will be provided as the canteen will not be open.

Students will need to bring all the normal equipment for a school day:

- Pens, pencils, calculator and any other stationary.
- Exercise book/folder; revision resources as advised by the subject teacher.

Students do not need to wear full uniform, but they do need to be in smart-casual attire and ready to learn. A positive attitude and good behaviour are essential to the success of the sessions.

Students should arrive 10 minutes prior to the start of their session and should leave the school site as soon as their intervention session has finished. If they have a session in the morning followed by another in the afternoon, they will leave the school site at the end of the afternoon session.

Supporting Your Child During the Exam Season

Tests and exams can be a challenging time for children, young people, and their parents or carers. However, there are effective ways to help ease the stress and support your child through this period.

Recognising Signs of Stress

Children and young people under stress may:

- Worry excessively or feel tense
- Experience headaches or stomach pains
- Struggle to sleep well
- Become irritable or moody
- Lose interest in food or overeat
- Withdraw from activities they previously enjoyed
- Feel negative, hopeless, or overwhelmed



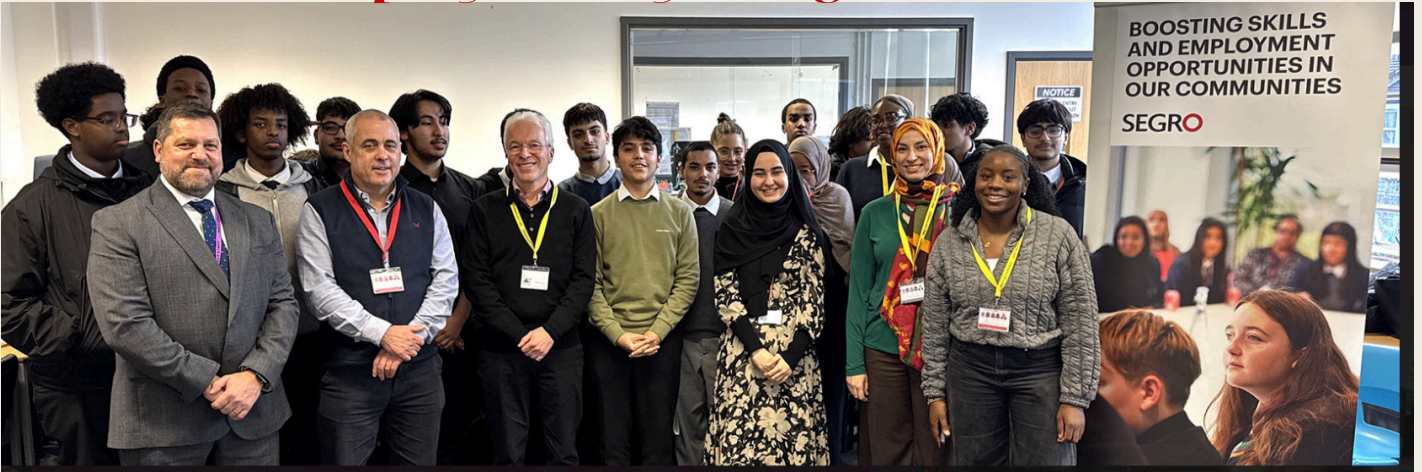
How You Can Help

- Be a listening ear: Encourage your child to share their worries. Talking to a parent, tutor, or study buddy can help them put things into perspective.
- Connect with school staff: If your child feels overwhelmed, encourage them to talk to a trusted teacher or staff member. If you're concerned about how they're coping, don't hesitate to reach out to their teachers for additional support.
- Involve your child: Work together to create a manageable revision plan that balances study time with breaks and relaxation.

By providing reassurance, encouragement, and practical support, you can help your child navigate the pressures of tests and exams with confidence. Remember, their wellbeing is just as important as their academic success.



Year 12 Benefit from Spark and SEGRO Career and Employability Programme



On Tuesday, 28th January, 30 Year 12 students took part in a two-hour session with the SEGRO Careers and Employability Programme, facilitated by the Spark Career Charity.

Our students explored a wide range of career opportunities at SEGRO and examined the essential skills needed for a successful future. As Europe’s leading real estate company, SEGRO collaborates with major brands like Amazon and Netflix. This workshop went beyond real estate, helping students understand and develop transferable skills crucial for success in any industry.

During the second half of the event, students tackled a business challenge, presenting their ideas to visiting SEGRO volunteers, including the Chair of the Board, Mr. Andy Harrison. Our Trust CEO, Mr. Charalambous, and Headteacher, Mr. Barzey, were also in attendance to support and engage with the students.

As part of this programme, students will have the opportunity to receive one-on-one mentoring from a professional in their career field of interest, along with the chance to visit a SEGRO site.

This inspiring and dynamic session provided students with invaluable experiences, including teamwork, problem-solving, and direct interaction with industry experts. These insights will help them better prepare for the world of work.

This event is just one of the many career-focused workshops and opportunities our Sixth Form students have participated in this year. At Heron Hall, learning extends beyond the classroom—our Sixth Formers arrive as learners and leave as leaders.



Year 7 Students Enjoy an Inspiring Comic Book Workshop with Kev F. Sutherland

On a memorable day in January, 60 students in Year 7 at Heron Hall Academy had the exciting opportunity to take part in a comic book workshop led by the talented and renowned comic artist, Kev F. Sutherland.

Kev's visit was a highly anticipated event, and it did not disappoint! The workshop, held in our school library, was filled with creativity, laughter, and a wealth of comic book knowledge.

Throughout the day, Kev F. Sutherland shared his wealth of experience in the comic book industry, guiding the students through the process of creating their own comic book pages. He explained the fundamental principles of comic storytelling, character development, and the importance of drawing dynamic, expressive characters. With a combination of practical tips and fun exercises, he ignited the students' imaginations and encouraged them to think outside the box. The students were fully engaged, eagerly sketching and creating their own comic pages. Using the techniques they learned from Kev, each student developed their own characters, crafted dynamic scenes, and began to tell stories through the comic book medium.



Year 7 Students Enjoy an Inspiring Comic Book Workshop with Kev F. Sutherland cont.

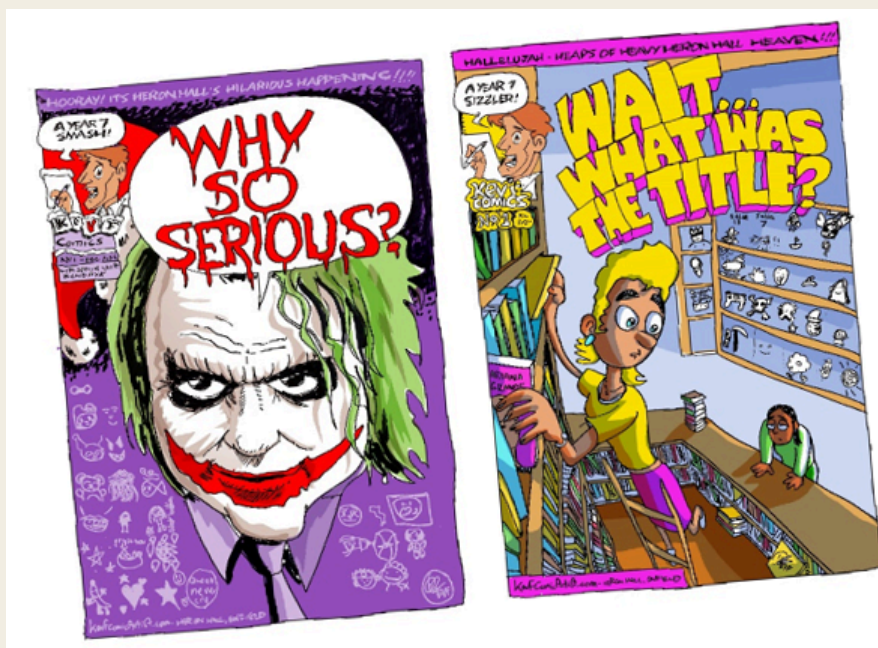
The energy in the room was electric, and it was amazing to see how quickly the students embraced their creative abilities.

One of the highlights of the day was when Kev F. Sutherland drew caricatures of each student. Every student was delighted to receive a personalised cartoon version of themselves, which they proudly took home as a memento of this special day.

It was an unforgettable experience for all involved, and the students left the library inspired and eager to continue exploring the world of comics.

This workshop not only allowed our students to discover the art of comic book creation, but it also gave them a newfound appreciation for storytelling, drawing, and the power of creativity. We are incredibly grateful to Kev F. Sutherland for sharing his expertise and passion with us, and we hope to host more events like this in the future.

A huge thank you to everyone who made this event possible, and to the students for their enthusiasm and hard work throughout the day. We can't wait to see the amazing comic books that are sure to emerge from this experience.



Children's Mental Health Week: Know Yourself, Grow Yourself



Last week, we marked Children's Mental Health Week, focusing on this year's theme: "Know Yourself, Grow Yourself." This theme highlights the importance of self-awareness in building resilience, confidence, and emotional wellbeing.

Mental health is a topic that arises in nearly every conversation we have with young people—whether about long waiting times for support, the need for early intervention, or breaking down stigma. Since the pandemic, these discussions have evolved as children navigate a world that changed overnight, adding to the pressures they already face—academic expectations, social influences, and the impact of the digital world.

It's easy for young people to lose sight of who they are and what they need to feel happy and secure. That's why fostering both their physical and mental wellbeing is a priority. A strong foundation in these areas helps set children up for future success, both in school and beyond.

At Heron Hall Academy, we are committed to supporting students' mental health and wellbeing. We encourage parents to have open conversations with their children about how they're feeling and remind them that help is always available. Together, we can ensure that every child feels heard, supported, and empowered to grow.

Spreading Joy: Random Acts of Kindness Day (February 17)

In a world that often feels fast-paced and overwhelming, small gestures of kindness can make a big difference. Random Acts of Kindness Day, celebrated annually on February 17, is a reminder that even the simplest acts of generosity can brighten someone's day and create a ripple effect of positivity.



What is Random Acts of Kindness Day?

Originating in New Zealand in 2004, this special day has grown into a global movement, encouraging people to spread kindness, compassion, and goodwill—not just on February 17, but every day of the year. Whether it's a heartfelt compliment, a small surprise for a friend, or simply holding the door open for someone, kindness costs nothing but means everything.

Ways to Celebrate

There are countless ways to participate, whether at home, in school, or in the workplace. Here are some simple yet meaningful ideas:

For Individuals

- ✓ Pay it forward – Buy a coffee for the person in line behind you or leave a generous tip.
- ✓ Send a thoughtful message – A kind text, email, or handwritten note can make someone's day.
- ✓ Compliment someone – Sincere words of appreciation can boost confidence and spread joy.
- ✓ Help a neighbor – Offer to run an errand, shovel snow, or carry groceries for someone in need.
- ✓ Be kind to yourself – Take a moment for self-care, whether it's a quiet walk, a good book, or a break from screens.

Why Kindness Matters

Studies show that acts of kindness boost serotonin and dopamine, the brain's "feel-good" chemicals, reducing stress and increasing overall happiness. Kindness strengthens relationships, fosters community spirit, and reminds us all of our shared humanity. Join the Movement.

Anxiety disorders in children and adults:- Generalised Anxiety Disorder

Feeling anxious for most of the time for no apparent reason It's normal for children to frequently have fears and worries. Some anxious children may develop a condition called **generalised anxiety disorder** when they get older.



Generalised anxiety disorder causes you to feel anxious about a wide range of situations and issues, rather than one specific event. It's a feeling of constant fear or dread all the time that makes doing daily tasks hard because of feelings of anxiety.

People affected by it feel anxious most days and often struggle to remember the last time they felt relaxed.

Generalised anxiety disorder

GAD is a long-term condition. It causes you to feel anxious about a wide range of issues, rather than 1 specific event.

People with GAD feel anxious most days. They often struggle to remember the last time they felt relaxed.

As soon as 1 anxious thought is resolved, another may appear about a different issue.

Speak to your GP if anxiety is:

1. affecting your daily life
2. causing you distress

Your GP will ask you about your symptoms and your worries, fears and emotions.

Causes of generalised anxiety disorder

The exact cause of GAD is not fully understood. It's likely that a combination of several factors plays a role, like:

- overactivity in areas of the brain involved in emotions and behaviour.
- an imbalance of the brain chemicals serotonin and noradrenaline, which are involved in the control and regulation of mood.
- the genes you inherit from your parents -- you're estimated to be 5 times more likely to develop GAD if a close relative has it.

continued

Anxiety disorders in children and adults:- Generalised Anxiety Disorder cont

Causes of generalised anxiety disorder cont.

- having a history of stressful or traumatic experiences, like domestic violence, child abuse or bullying
- having a painful long-term health condition, like arthritis
- having a history of drug or alcohol misuse

However, many people develop GAD for no apparent reason.

Treating generalised anxiety disorder GAD can have a significant effect on your daily life. There are several different treatments are available that can help.



These include:

- talking therapies – like cognitive behavioural therapy (CBT).
- medication – like a type of antidepressant called selective serotonin reuptake inhibitors (SSRIs).

There are also many things you can do yourself to help reduce your anxiety, like:

- trying a self-help course
- exercising regularly
- stopping smoking
- cutting down on alcohol
- drinking less caffeine

With treatment, many people are able to control their levels of anxiety. However, some treatments may need to be continued for a long time. There may be periods where your symptoms worsen.

NEXT EDITION: Anxiety 2

Reading at Heron

Reading is a vital skill that supports your child's academic success and personal development. It enhances vocabulary, improves comprehension, and strengthens critical thinking. Regular reading also boosts creativity, empathy, and focus, helping children to excel not just in school but in life.


Encouraging your child to read daily—whether it's books, articles, or even comics—can foster a lifelong love for learning and open doors to countless opportunities.

Let's work together to make reading a priority at home and in school.



Recommended Reads for Year 7

1. The Boy at the Back of the Class by Onjali Rauf
2. Diary of a Wimpy Kid by Jeff Kinney
3. Murder Most Unladylike (Series) by Robin Stevens
4. The Narnia Chronicles - The Lion, the Witch and the Wardrobe (2nd in series) by C. S. Lewis
5. Refugee Boy by Benjamin Zephaniah
6. Skulduggery Pleasant by Derek Landy
7. Stormbreaker by Anthony Horowitz
8. A Series of Unfortunate Events by Lemony Snicket
9. Artemis Fowl by Eoin Colfer
10. The Fire Within by Chris D'Lacey
11. Groosham Grange by Anthony Horowitz
12. Hacker by Malorie Blackman
13. Heartbeat by Sharon Creech
14. Apple and Rain by Sarah Crossan
15. Black Beauty by Anna Sewell
16. Ballet Shoes by Noel Streatfeild
17. Inkheart by Cornelia Funke
18. Journey to the River Sea by Eva Ibbotson
19. A Kind of Spark by Elle McNicoll
20. Once/Now/Then/After/Soon by Morris Gleitzman
21. Johnny English Reborn by Lynda Edwards



Reading at Heron...cont

Recommended Reads for Year 8

1. The Call of the Wild by Jack London
2. Coraline by Neil Gaiman
3. His Dark Materials Trilogy by Philip Pullman
4. The Hobbit by J.R.R. Tolkien
5. Little Women by Louisa M. Alcott
6. My Family and Other Animals by Gerald Durrell
7. Wonder by R.J Palacio
8. Toffee by Sarah Crossan
9. A Gathering Light by Jennifer Donnelly
10. The Breadwinner by Deborah Ellis
11. The Graveyard Book by Neil Gaiman
12. A Song for Summer by Eva Ibbotson
13. The Garbage King by Elizabeth Laird
14. The Twelfth Day of July by Joan Lingard
15. The Other Side of Truth by Beverley Naidoo
16. She is not Invisible by Marcus Sedgewick
17. Marianne Dreams by Catherine Storr
18. Stone Cold by Robert Swindells
19. Roll of Thunder, Hear my Cry by Mildred D Taylor
20. Teacher's Dead by Benjamin Zephaniah



Recommended Reads for Year 9

1. Things Fall Apart by Chinua Achebe
2. The Enemy by Charlie Higson
3. Itch by Simon Mayo
4. The Set-Up by Sophie McKenzie
5. DropZone by, Andy McNab
6. Noughts and Crosses by Malorie Blackman
7. City of Bones (Mortal Instruments series) by Cassandra Clare
8. Sabriel (Old Kingdom series) by, Garth Nix
9. The Book of Dead Days by Marcus Sedgewick
10. Looking for JJ by, Anne Cassidy
11. The Curious Incident of the Dog in the Nighttime by Mark Haddon
12. Wuthering Heights by Emily Bronte
13. The Fault in Our Stars by John Green
14. The Secret Garden - Frances Hodgson Burnett
15. The Bone Sparrow - Zana Fraillon
16. The Fastest Boy in the World - Elizabeth Laird
17. Girl, Missing - Sophie McKenzie
18. The Moonlight Dreamers by Siobhan Curham
19. Ruby Redfort by Lauren Child
20. The Wall Between Us by Dan Smith



Reading at Heron...cont



Recommended Reads for Year 10

1. Lord of the Flies by William Golding
2. Brighton Rock by Graham Greene
3. Empire of the Sun by J G Ballard
4. Fever Pitch by Nick Hornby
5. Frankenstein by Mary Shelley
6. Instructions for a second heart by Tamsyn Murray
7. Tender by Eve Ainsworth
8. You should see me in a crown by Leah Johnson
9. The inheritance Games by Jennifer Lynn Barnes
10. It ends with us by Colleen Hoover
11. The Lost Hero by Rick Riordan
12. The Adventures of Sherlock Holmes by Arthur Conan Doyle
13. A Thousand Splendid Suns by Khaled Hosseini
14. Holes by Louis Sachar
15. The Strange Case of Dr Jekyll and Mr Hyde Robert by Louis Stevenson
16. Terror Kid by Benjamin Zephaniah
17. Children of Blood and Bone by Tomi Adeyemi
18. Bog Child by Siobhan Dowd
19. Heartstopper by Alice Oseman
20. Saint death by Marcus Sedgwick



Recommended Reads for Year 11

1. The Hate U Give by Angie Thomas
2. The Maze Runner by James Dashner
3. Catcher in the Rye by JD Salinger
4. I know why the Caged Birds Sings by Maya Angelou
5. Twilight by Stephenie Meyer
6. Eleanor & Park by Rainbow Rowell
7. Aristotle and Dante Discover the Secrets of the Universe by Benjamin Alire Saenz
8. Pride and Prejudice by Jane Austen
9. The Adventures of Huckleberry Finn by Mark Twain
10. More than this by Patrick Ness
11. The Kite Runner by Khaled Hosseini
12. Divergent by Veronica Roth
13. Blood Red Road by Moira Young
14. The Cruel Prince by Holly Black
15. The Hunt for Red October by Tom Clancy
16. Animal Farm by George Orwell
17. The Giver by Lois Lowry
18. The Perks of Being a Wallflower by Stephen Chbosky
19. The Green Mile by Stephen King
20. The Book Thief by Marcus Zusak



ATTENDANCE NEWSLETTER

Reminder of the School Day

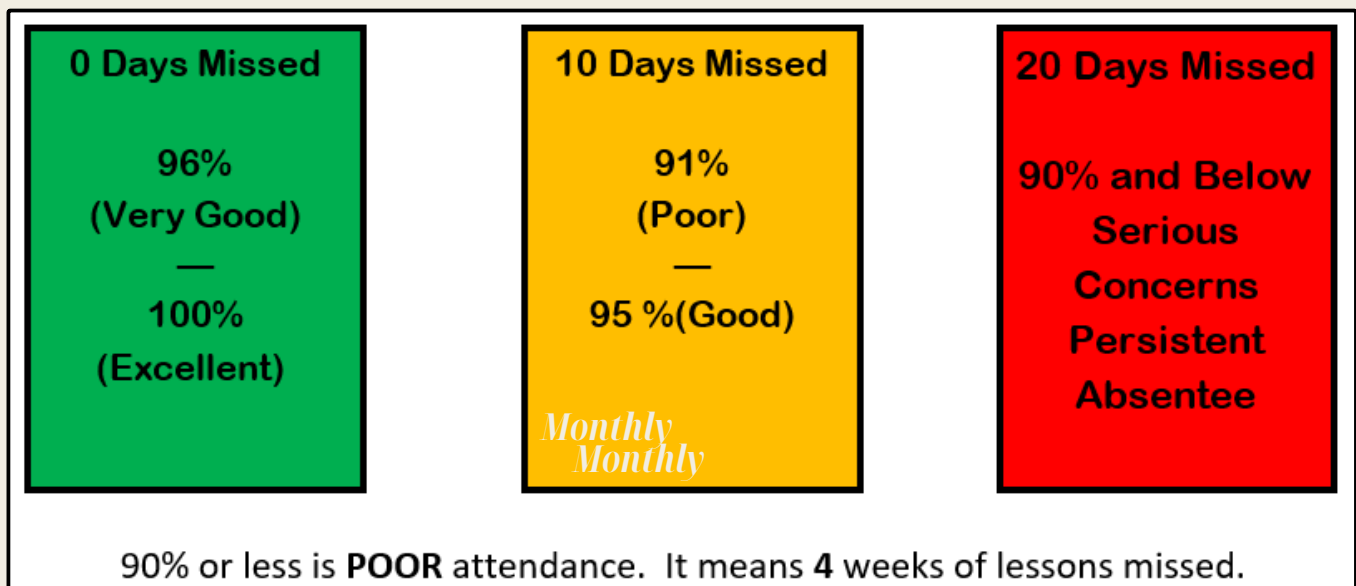
School Schedule	Time
Gates Open	8.00am
School Starts/Form Time	8.40am
School Finishes (Monday, Tuesday, Wednesday, Friday)	3.30pm
School Finishes (Thursday)	2.25pm

How Absence Affects your Child's Attendance?

Did you know?

Your child is expected to attend school for 190 days each year.

There are 175 non-school days each year. This means you have **175 days** to spend on family time, visits, holidays, shopping, household jobs and other appointments.



ATTENDANCE NEWSLETTER cont.

Improving your Child's Attendance

Did you know? Your child receives two attendance marks per day—one for the morning and another for the afternoon.

If you have reported your child unwell in the morning, but they feel better later, you can bring them back to school. Receiving an afternoon attendance mark helps improve their attendance. If your child has an appointment during school hours please bring them to school, whenever possible, before and after the appointment.

Evidence to Support Absences

*You may be asked to provide evidence to support your child/ren's absences if attendance is a cause of concern, where we appreciate it could be difficult to be able to get a sick note, here are some examples of evidence that can be supplied - appointment cards or letters, copies of prescribed medicines, labels or prescriptions. You can email copies of documentation, screenshots to the attendance email which is **heron.attendance@northstartrust.org.uk**. When evidence is provided to support absences, absences are authorised.*

The Importance of Punctuality

Why It Matters:

- Arriving on time sets a positive tone for the day, allowing your child to fully engage in learning and activities.

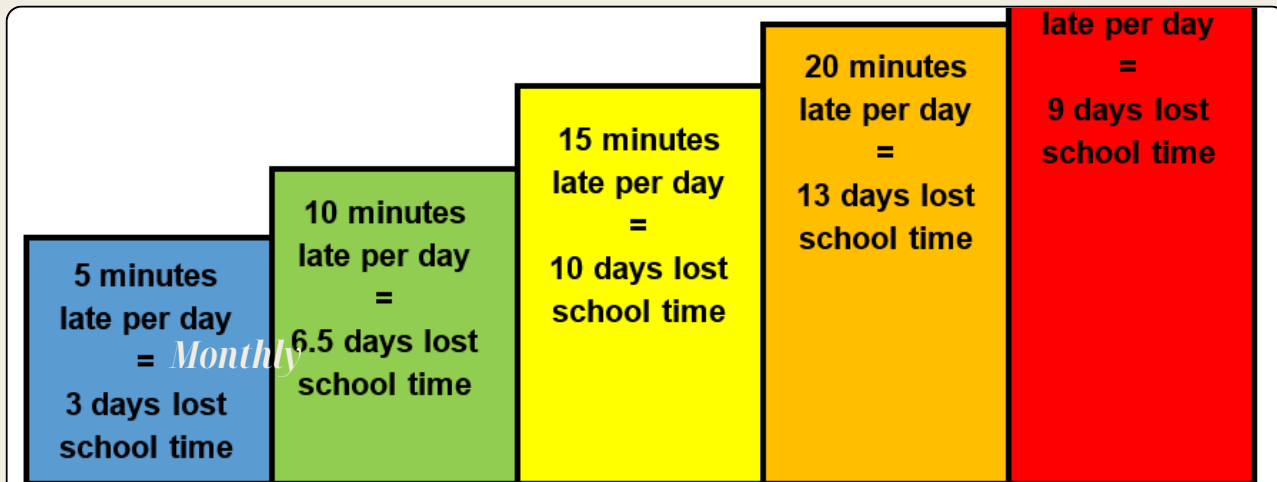
Benefits of Being on Time:

- Good attendance leads to more learning opportunities and increased achievement.
- Punctual students are better prepared and less likely to miss important instructions.

Tips for Building a Routine:

- Prepare clothes and bags the night before.
- Aim to leave home with a few extra minutes to spare.

ATTENDANCE NEWSLETTER cont.



Did you know? If your child arrives after registers have closed, they will receive an unauthorised mark. Poor punctuality can affect their attendance. Research has shown that missing 17 days in a year may lead to a drop of one grade at GCSE over time.

If you need support to improve your child's attendance or punctuality, we are happy to meet with you to discuss any issues you feel are affecting your child's attendance as well as provide support and advice. Please contact Mrs Mendez, the Attendance Lead via heron.attendance@northstartrust.org.uk.

For safeguarding purposes, please notify the school by 8.30am if your child will be absent.



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

HOMWORK 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.**

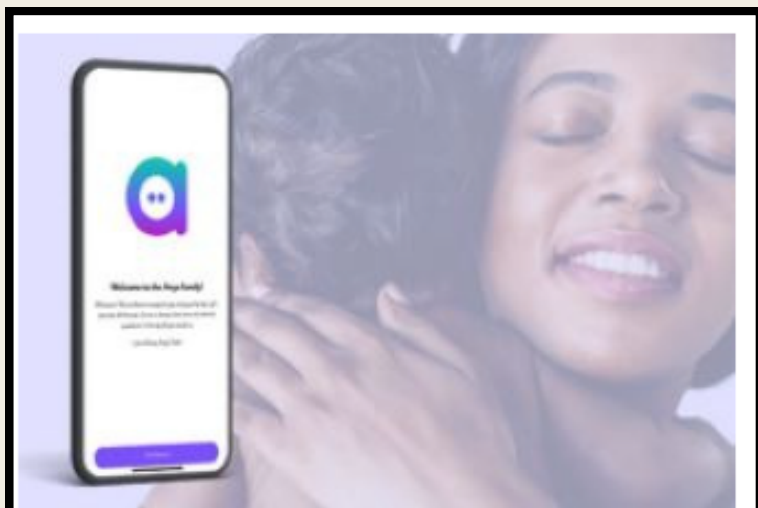


How to join

On the Parent App

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

HEALTH AND WELLBEING



Free 24/7 support app for parents and carers in Enfield

Are you a new parent or a parent to be in Enfield? Enfield Council has announced a partnership with Anya Health to offer a free premium subscription to new parents and caregivers in Enfield. The digital app aims to provide free 24/7 support through key life journeys such as pregnancy, breastfeeding and parenting. You'll also receive personalised advice from an AI virtual supporter around the clock. For more information and to download the app, [visit Enfield Council/Anya](https://www.enfield.gov.uk/council/anya).



'Shake a leg' and enjoy dance classes with Active Enfield

Looking to get moving? Join Active Enfield for a variety of fun and energising dance and wellbeing classes! Whether you're a beginner or looking to improve your skills, we've got something for everyone. From Tap Dance and Dance Fitness to Zumba Gold and Yoga, you'll find the perfect class to fit your schedule and fitness level right on your doorstep. Or if you love a bit of rhythm, sign up to our Sequence Dancing and Ballroom & Latin classes. Don't wait—sign up today and start dancing your way to a healthier, happier you! [Book your place](https://www.enfield.gov.uk/active-enfield) on the Active Enfield website.



AVOID BECOMING HOMELESS

Get cost of living help at www.enfield.gov.uk



THE YOUTH PAGE



Rising cases of flu in young people and children

Emergency departments across London are under significant pressure, with a high number of flu cases, particularly among children and young people. Check the [symptoms of flu in children and young people here](#) and find advice on when to seek help. You can also find information about [flu in adults here](#). It is not too late to get vaccinated, if you are eligible for a flu jab, contact your GP or book an appointment at your local pharmacy and if your child missed their vaccination at school, you can [find details of Enfield's catch-up clinics here](#).



School children encouraged to walk and cycle

Transport for London (TfL) is [calling on schools in Enfield to sign up to 'TfL Citizens'](#) which is part of their Travel for Life programme, that promotes walking and cycling to school, to reap health and air quality benefits. By completing activities that promote walking and cycling to school, primary and secondary schools can become bronze, silver or gold accredited. To achieve gold, a school must reduce car use by six per cent or achieve 90 per cent of the school run being made using sustainable transport. [Find out more and sign up here](#).




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