

Heartlands Highlights

17th November 2025

We would like to remind families that sugary foods, sweets and non-approved drinks should not be brought into school. Students may bring water only or purchase school-approved drinks from our catering outlets.

Sugary snacks can cause spikes and drops in blood sugar, which can affect concentration, energy levels and behaviour, making it harder for students to focus and learn. Over time, high sugar intake can also impact dental health and overall wellbeing.

Please also remember that we are a nut-free school. Any snacks brought from home must be completely nut free to protect students with allergies.

To maintain a safe and healthy learning environment, any sugary foods, sweets, nut-containing items or non-approved drinks/sweets will be confiscated if seen. Thank you for your support in helping students stay healthy and focused.

Thank you

Headship team

Key dates



- 26th November SEARCH day
- 16th December Culture Day
- 19th December: end of term students released from 12pm

★ [HERE](#) are the published term dates for 2024/2025
The 2025/26 dates are shown on the same page if you scroll down.



Attendance tips Coughs and Cold

As we head into winter, a reminder that NHS advice is that it's fine to send your child to school with slight cough or common cold symptoms, such as a runny nose, sore throat or headache, as long as they're otherwise well and do not have a high temperature.

But if they have a high temperature, keep them off school until the temperature has gone.

Year 11!

This week we launched our Progress Challenge in Year 11 Assembly. If students improve their grade in at least 50% of subjects compared to your End of Year 10 they win £10 off Prom tickets or an gift voucher!

Heartlands Eco-Committee



CUT YOUR CARBON

We now have a new Heartlands Eco Committee!
Jude, Giacomo, Oliver, Harry, Esra (Yr 10), Nathania and Lamaar (Yr 11)
have decided to launch the Eco-Committee by promoting 'Cut your Carbon' November.

Year 7 Historians explore the Norman Conquest



As part of their historical enquiry "*How far did the Battle of Hastings bring a truckload of trouble?*", Year 7 have been learning about the impact of the Norman Conquest. 7E brought history to life by taking part in a reenactment of the Battle of Hastings to help them understand the reasons for the Norman victory at Senlac Hill. The students showed great enthusiasm and teamwork as they took on the roles of both Norman and Anglo-Saxon soldiers demonstrating impressive battle tactics and historical knowledge. They were truly excellent warriors!

Sports Star Awards

In Pe we are launching the Sports Star Award. This is for someone who has excelled in their PE lessons over the last half term and someone we as the PE department want to thank for their commitment and focus in their lessons. There will be one boy and one girl selected from each year group. Your photo and certificate will go up on our display board stating why you have been chosen!

Year 7- Emily Smethurst & Arthur Field. Year 8- Riley Holder & Evie Grant. Year 9- Vasy Morar & Nabihah Islam. Year 10- Aleks Grakov & Reniyah Sappleton. Year 11- Emil Cholakov & Patricia Dimitrova . Congratulations to all!



Black History Month Event

October was Black History Month and at Heartlands we celebrated with a fantastic showcase including singing, spoken word, original poetry and lots of dance. We had over 40 pupils performing and a sell out crowd of over 100 pupils turning up to support and celebrate together. We also asked staff to fill in posters that were displayed around school of influential black leaders that have inspired them. It was brilliant!



SEARCH Day - 26th November

Our last SEARCH Day saw more than 450 students heading out on trips to exciting destinations like Science Museum, Hertfordshire University, Kew Gardens, the Golden Hinde, Royal Courts of Justice, Sky Studios and we had over 28 6th form colleges as part of our Year 11 Careers fair.

On 26th November, we'll be running another 18 fantastic trips!



7I, 7S & 7E - Poetry Slam & PSHE
7A & 7R - Science Museum Trip
7C & 7H - Charles Dickens Museum Trip
8T, 8O, 8S & 8E - Maths & PSHE
8A & 8R - Careers Trip
8C & 8H - Geography Fieldwork
9T & 9O - Royal Courts of Justice Trip
9S & 9E - University Trip
9A & 9R - DT trip to Tower Bridge
9C & 9H - Huguenot Museum Trip
Year 10 - Macbeth Theatre Performance & PSHE
Year 11 - GCSE Option X

Careers - Destination Anywhere

Over the next 10 days, students from every year group will take part in an exciting programme of career-focused experiences. Each year group will attend a dynamic careers assembly led by Mr McArdle, exploring the many pathways available after Heartlands. Year 9 and Year 11 will take part in an inspiring Into University workshop designed to broaden their future horizons. In addition, Year 8 and Year 9 students will visit local colleges and universities as part of their SEARCH Day, giving them a real insight into the world of further and higher education.

To learn more about careers opportunities please remember to check out our [weekly bulletin](#).

Enrichment News!



Please see the most up to date Enrichment timetable on our website. Head to **students - Enrichment and clubs**. There is lots on offer and we encourage all of our students to get involved and try something new. If you have any questions please contact Mr Adams ramsay.adams@heartlands.haringey.sch.uk.

Please note that all of our clubs are free!



Culture Day - 16/12/2025



We're very excited to celebrate the diversity within our school community on **Culture Day**! Students and staff are warmly invited to **wear traditional or representative clothing** to lessons all day on 16th December, and take part in the following activities during tutor time:



- Display traditional artefacts
- Share traditional (nut-free!) snacks



Any questions to
alba.garciapalomar@heartlands.haringey.sch.uk



PE Dept News!

TEXT



8 Top Tips for parents to help children to read!

1. Encourage your child to read

Reading helps your child's wellbeing, develops imagination and has educational benefits too. We suggest 20 minutes a day.

2. Read aloud regularly

Try to read to your child every day. Stories matter and children love re-reading them - read newspaper articles out loud to your child to support their understanding of current event.

3. Encourage reading choice

Give children lots of opportunities to read different things in their own time - it doesn't just have to be books. There's fiction, non-fiction, poetry, comics, magazines, recipes and much more. Try leaving interesting reading material in different places around the home and see who picks it up.

4. Read together

Choose a favourite time to read together as a family and enjoy it. This might be everyone reading the same book together, reading different things at the same time, or getting your children to read to each other. This can be relaxing for all.

5. Create a comfortable environment

Make a calm, comfortable place for your family to relax and read independently - or together.

6. Make use of your local library

Encourage your child to use the school and local libraries, such as Wood Green library. They offer brilliant online materials, including audiobooks and ebooks to borrow. See Libraries [Connected](#) for more digital library services and resources.

7. Talk about books

This is a great way to make connections, develop understanding and make reading even more enjoyable. Start by discussing the front cover and talking about what the book could be about. Then talk about what you've been reading and share ideas. You could discuss something that happened that surprised you, or something new that you found out.

8. Engage your child in reading in a way that suits them

You know your child best and you'll know the best times for your child to read. If they have special educational needs and disabilities (SEND) then short, creative activities may be the way to get them most interested. If English is an additional language (EAL), encourage reading in a child's first language, as well as in English. What matters most is that they enjoy it.



English as an Additional Language



Resettlement team Welcome Hubs

We support refugees, asylum seekers and migrants
who live in the borough of Haringey

Drop in only, no appointment needed

Every Tuesday	Every Thursday
—	—
The Community Hub 8 Caxton Road, N22 6TB	St Ann's Library, Cissbury Road, London N15 5PU
—	—
1:30pm to 4:30pm	10am to 1pm

Email us at
resettlementteam@haringey.gov.uk
for more information



Life as a parent/carer often means balancing many demands; work, childcare, health and wellbeing of children, budgeting, school costs, etc. When finances tighten (rising bills, unexpected costs, illness), food-banks can provide an important safety-net. In Haringey, local services emphasise that food banks are there for crisis situations, short-term relief, helping you carry on and plan next steps.



As a parent/carer, this relief can ease immediate pressure so you can focus on your children's well-being (meals, school readiness, emotional security) rather than just trying to keep going.

If you're struggling to afford food or essentials, local food banks can offer short-term support for you and your family. Please see a list of the local food banks.

1. Haringey Foodbank

Selby Centre, Selby Road, N17 8JL

Tues 2–4 pm | Thurs 4:30–6:30 pm | Sat 11 am–1 pm

07460 519019

Provides 3-day emergency food parcels and essential items. Referrals may be needed.

<https://theharingeyfoodbank.wordpress.com/>

2. Holy Trinity Foodbank (Stroud Green)

Holy Trinity Church, Stapleton Hall Rd, N4 4RR

Sundays 1:30–3:30 pm

Offers emergency food and support for local families.

<https://www.holytrinityfoodbank.org.uk/>

3. Hornsey Foodbank

Union Church, Weston Park, N8 9PX

Thursdays 10 am–12 pm

Community-run foodbank supporting over 1,000 people weekly.

<https://www.hornseyfoodbank.com/>

4. Gospel Centre Foodbank

Wightman Rd, N8 0LT

Fridays 2–4 pm

Free food parcels, toiletries, and welfare advice.

<https://www.gospelcentre.co.uk/foodbank.html>

5. Haringey Community Food Network (HCFN)

Coordinates community kitchens, foodbanks, and growers across the borough.

<https://www.hcfn.org.uk/>

How to Access Food Bank Support

1. Recognise the need: If you're struggling to afford food or essentials, you're eligible to seek help.
2. Check details: Look up your nearest food bank's opening times, location, and whether a voucher or referral is needed.
3. Bring what's needed: Some services may ask for proof of address; others won't.
4. Ask for family items: Mention if you need baby food, milk, nappies, or toiletries.
5. Plan ahead: Combine food bank help with benefit checks, free school meal applications, or budgeting advice.
6. No stigma: Food banks exist to support families—help is given with respect and understanding.