

# Heartlands Highlights

## May 16th 2026

As we enter the summer term, please ensure your child remains vigilant in bringing a water bottle to school daily. Staying hydrated is essential for their focus and well-being as the weather warms up.

Additionally, we ask for your support in ensuring uniform standards do not slip. Despite the sun, students are expected to remain well-presented and in full uniform.

Fortunately, our school is fully air-conditioned, and all playgrounds feature shaded areas to keep students cool and comfortable. Thank you for your continued support in maintaining our high standards.

Finally, please remind your child to head straight home after school to ensure a safe journey. Once they have checked in and changed out of their uniform, they can then head out to enjoy the warmer weather with your permission.

## Key dates



### Summer Term (1st half)

Monday 13th April 2026 – Friday 22nd May 2026

### Half Term Holiday

Monday 25th May 2026 – Friday 29th May 2026

★ [HERE](#) are the published term dates for **2025/2026**

## Attendance & appointments

Please book routine appointments outside school hours whenever possible. If a school-time appointment cannot be avoided, children should attend school before and/or after the appointment wherever possible, rather than missing the whole day. Thank you for helping us maximise learning time and support excellent attendance for all pupils.

## Safeguarding Spotlight

It's normal to feel stressed during exams, but support is available. Students should stay organised, take breaks, and speak to someone if needed. Parents can help by offering reassurance and keeping communication open. Wellbeing comes first.

## Year 11!

Good luck to all Year 11 students as you begin your GCSE exams. You have worked incredibly hard to get to this point, and we are very proud of you. Stay focused, do your best, and remember all the preparation you have put in will pay off. A few important reminders:

- Study leave begins on 22nd May
- The Year 11 Rewards Trip is on 18th June
- Year 11 Prom is on 19th June

Wishing you all the very best over the exam period!

## Pascha Eggstravaganza - A Joyful Success!

Our first Pascha Eggstravaganza was a vibrant and memorable celebration of culture and community! Students, families and staff came together to share Easter traditions around the world through engaging workshops, lively performances, and a fantastic spread of delicious, diverse food generously provided by our parents and carers. The audience fully embraced the spirit of the event, joining in and learning traditional dances.

### Activities

Easter egg decorating, Ukrainian Vinok making (limited stock), Martenitsa bracelet making, Ethiopian Hosanna crafts, plus an egg race and our interactive Easter Tree.

### Performance

A lively mix of music and dance, including Hungarian Dance No. 5 piano performance, a Ukrainian song, as well as Georgian, Ukrainian, Albanian, Greek and Cypriot traditional dances accompanied by live bouzouki.

A huge thank you from Ms Garcia to all staff, parents/carers and students who led workshops, displays and performances - this truly was a celebration to remember!

### included:

### Highlights:



SEARCH day Merits		
Positon	House	Merits
1	Aquila	945
2	Cygnus	870
3	Scorpiuz	725
4	Pegasus	670
5	Lacerta	665

Here are the results for the merits and attendance from our last SEARCH day. Well done to Aquila and Pegasus who ended the day on top. We look forward to seeing out students competing in the House Games III this week.



Positon	House	Merits	Point s
1	Pegasus	90.9%	50
2	Cygnus	90.1%	40
3	Aquila	90.0%	30
4	Scorpiuz	88.9%	20
5	Lacerta	88.5%	10



## SEARCH Day 6: Our SEARCH Day student report Mali Bamber (Yr 9) feedback!

"I really enjoyed SEARCH day and it helped me think about what I want to be when I grow up! We were going to go into central London into the court rooms however there were tube strikes on that day so the court rooms were closed. Although, that was unfortunate I still had a great time. I spent the day with my Citizenship teacher and we acted out a real life court case! Everyone was in different roles like a witness, part of the jury or even the judge. My role was a prosecution barrister so I got to accuse the defendant of the crime and prove my point. It was such a fun activity to do and made me very interested in possibly being a barrister or another role similar to it such as a solicitor. SEARCH days are always fun because it's a break from the usual timetable and you get to do fun things like going on trips for different subjects. However I especially enjoyed this SEARCH day as it was extra special!!"



## PE Dept News!

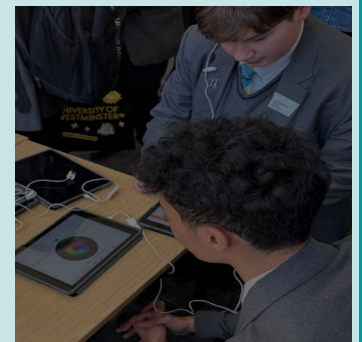
SEARCH Day 6 is when our GCSE and Sports Studies students go on some fantastic trips. Sports Studies went to Go Ape at Alexandra Palace for a practical component of their coursework and they will receive grades for how well they performed. All pupils had a great day and thoroughly enjoyed it!

Our GCSE PE students visited the Lea Valley White Water Centre, where they took part in water sports activities including paddleboarding. They had a fantastic day and thoroughly enjoyed the experience.



## Science Trip to University of Westminster

Throughout the day, students met with different healthcare scientists and healthcare professionals from across London and beyond. These were people who use Science everyday to understand the human body, improve performance, treat injury, and help people live healthier lives. They had an exciting programme of interactive talks, workshops, and hands on activities.



# Managing Exam Stress – Support for Students and Families

## Managing Exam Stress – Support for Students and Families

As we approach the exam period, it is completely normal for young people to experience increased levels of stress, anxiety, and pressure. While a certain level of stress can help with motivation, too much can feel overwhelming and impact both wellbeing and performance.

At Heartlands High School, we want to remind all students and families that **support is available** and that no one should feel they have to manage this alone.

### Signs of exam stress may include:

- Feeling anxious, overwhelmed, or tearful
- Difficulty sleeping or changes in appetite
- Trouble concentrating or feeling unmotivated
- Physical symptoms such as headaches or feeling unwell

### How students can manage exam stress:

- Create a **realistic revision timetable** with regular breaks
- Focus on **small, achievable goals** rather than everything at once
- Maintain **healthy routines** – sleep, nutrition, and exercise are key
- Talk to someone you trust about how you're feeling
- Take time to relax and do things you enjoy

### How parents and carers can help:

- Offer reassurance and avoid placing additional pressure
- Encourage a balanced routine and regular breaks
- Keep communication open and listen without judgement
- Celebrate effort, not just results

Students are encouraged to speak to a **trusted member of staff**, including their tutor, Head of Year, or the safeguarding team, if they are feeling overwhelmed.

If you have any concerns about your child's wellbeing, please contact the safeguarding team at **Heartlands High School** via the school office or safeguarding email.

**Remember: exams are important, but your wellbeing matters more.**

# Enrichment

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](mailto:ramsay.adams@heartlands.haringey.sch.uk). Please note that all of our clubs are free!



## Enrichment Club timetable



Clubs before school (in Red) 7:20 - 8:20am

Lunch Clubs (in Blue) 12:50- 13:20pm

Clubs after school (in Black) 3:10 - 4:10pm

Monday			Tuesday			Wednesday			Thursday			Friday		
Club	Years	Staff & room	Club	Years	Staff & room	Club	Years	Staff & room	Club	Years	Staff & room	Club	Years	Staff & room
EAL Lunch Club	All	Ms Garcia S3.3	Basketball	All	Mr. Greenwood Sports Hall	Badminton	All	Mrs Mudd sports Hall	EAL Lunch Club	All	Ms Garcia S3.3	Running	All	Ms Mudd Changing Room
Anime	All	Ms Dodiha N4.9	Sparx Club	All	Ms Simsek S3.11	Art club	All	Ms Chitticks N5.6	Maths Challenge Club	7,8,9	Ms Chan S4.10	MFL Home Learning club	All	Ms Wila F4.13
Multisports	All	Sports Hall	EAL Lunch Club	All	Ms Garcia S3.3	Photography (Week A)	7,8,9	Ms Djima N3.6	Multisports	All	Sports Hall	Photography (Week B)	10,11	Ms Djima N3.6
String Club	String Players	Ms Singleton N5	Multisports	All	Sports Hall	Card Games Club	All	Ms Avila F4.13	Maths Past Paper	11	Mr Rowe/ Mr Gill S4.8	EAL Lunch Club	All	Ms Garcia S3.3
Bookable Music Practice Rooms	All	Arts Office	Bookable Music Practice Rooms	All	Arts Office	EAL Lunch Club	All	Ms Garcia S3.3	KS4 Art Club	10 & 11	Ms Sedluna N5.9	Bookable Music Practice Rooms	All	Arts Office
Badminton	All	Mr Stubbs Sports Hall	Embroidery Club	7,8,9,10	Ms Cookson F4.19	Multisports	All	Sports Hall	Bookable Music Practice Rooms	All	Arts Office	Multisports	All	Sports Hall
Senior Football (3:30pm start)	10,11	Mr Adams	Bookable Practice Rooms	All	Arts Office	Bookable Music Practice Rooms	All	Arts Office	Dissection club	7,8,9	Ms Lovell S5.9	Creative Writing Club	All	Ms Osman Library
Football (Girls)	All	Ms Hunter/Ms Birt	Trampoline Club 30 students max	All	Ms Sapla Sport Hall	Table Tennis	7	Mr. Greenwood Auditorium	KS3 Contemporary dance	7,8,9	Ms Sapla Drama Studio	Year 9 Football	9	Mr Stubbs Mugas
Basketball (4pm start)	9,10	Mr Thomas/ Mr Kurt Sports Hall	Basketball	7,8	Thomas/ Mr Kurt Sports Hall	KS3 Science Club	7,8	Mr Theoiki S5.8	KS4 Contemporary dance (4pm start)	10,11	Ms Sapla Drama Studio	EAL HL club	All	Ms Yalcinkaya S2.7
Netball	7,8,9	Ms Hunter/Ms Birt	EAL HL club	All	Ms Yalcinkaya S2.7	KS4 Science Club	9,10,11	Ms Coverdale S5.10	Badminton	All	Ms Yalcinkaya S2.7	Bookable Practice Rooms	All	Music Practice Rooms
EAL HL club	All	Ms Yalcinkaya S2.7	Musical Theatre Club	All	Mr Amos Auditorium	Chess Club	All	Ms Osman Library	EAL HL club	All	Ms Yalcinkaya S2.7	KS3 Street dance	7,8,9	Ms Sapla Drama Studio
Bookable Practice Rooms	All	Arts Office				Robotics and Coding	All	Ms Vardoulakis S3.11	Bookable Practice Rooms	All	Arts Office	KS4 Street dance (4pm start)	10,11	Ms Sapla Drama Studio
Rock and Pop Band	All	Mr McColgan N5.5				Cheer	All	Ms Sapla Auditorium	KS4 Art Club	10 & 11	Ms Sedluna N5.9	Gaming Club	All	Mr Wilkinson
						Year 8 Football	8	Mr Singleton Mugas	Songwriting Collective	All	Ms Druce / Mr. McColgan N5.5			
						Pickleball club	All	Mr. Greenwood Sports Hall	Drama Club	All	Ms Green F3.15			
						EAL HL club	All	Ms Yalcinkaya S2.7	Year 7 Football	7	Mr Haines Mugas			
						Bookable Practice Rooms	All	Arts Office						
						Drop In KS4 Composition Help	KS4 Music	Mr McColgan N5.3						