

Heartlands High School

Y7 Transition 2026

This guide is designed to prepare you for some key aspects of life at HHS in September 2026.

You can also read all about the transition support and offer on our website under the transition tab

Please remember that term starts on September 4th with a year 7 only induction day.

Gates open at 8.10am, we can't wait to see you!

Welcome Class of 2031!

I would like to introduce myself, Mr Lowe-Bird, as Head of Year 7 for September. I am looking forward to welcoming the children in September. Mr Matthews is the SLT staff member attached to Year 7, along with the Deputy Head of Year and Engagement Officer, we will support your child throughout their time at Heartlands High School.

At Heartlands High School we have our core SEARCH values, which underpin the school's approach to education and student development. These values are integrated into the school's curriculum and daily activities, guiding students to develop into well-rounded individuals prepared for future challenges.

S – School Matters: Emphasizing the importance of education and creating a positive school culture.

E – Effort: Encouraging students to put forth their best effort in all endeavors.

A – Achievement: Celebrating academic and personal successes.

R – Responsibility: Instilling a sense of accountability and ownership in students.

C – Character: Promoting integrity, respect, and ethical behavior.

H – High Aspirations: Encouraging students to aim for excellence and set ambitious goals.

I am here to guide students through their 5 years at HHS and to develop these values in each and every one of them!

I wish you a relaxing summer break and look forward to welcoming you all in September. Year 7 Induction Day Thursday 4th September 2026.

Kind Regards
Mr Lowe-Bird
Head of Year 7

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Uniform and equipment	It is really important that your child is prepared for school in September including being in full school uniform! Students must wear school shoes, trainers are not permitted. Socks must be black. Jewellery, false nails and eye lashes are also not permitted. Please refer to the uniform policy on the schools website for clear guidance. In addition students will need to bring to school a set of equipment to assist in their learning. They should have: A pencil case, 2x black pens, a reading book, a scientific calculator, a pencil and a rubber and a ruler.
Attendance	From the first day of term to the last, being in school every day means you learn more, make better progress and make good friends. At Heartlands, we promote, celebrate and recognise the importance of good attendance as an excellent habit for life. <u>We expect students to achieve 97%+ attendance.</u> If you're not here, we'll miss you and we don't want you to miss out on learning. We celebrate students with excellent or improving attendance every week in tutor time. We give out postcards and badges for excellent attendance and run attendance rewards trips.
Punctuality	At Heartlands, we believe that Every Minute Matters - research shows that students who are regularly on time to school are happier in school and achieve better at school. The school gates close at 8.25am and we expect all students in lessons by 8.30am. If a student is late once, they receive a 15 minute lunch detention on the same day. Repeat lateness in a week is sanctioned by 60 or 120 minute detentions to ensure students are on time. Students who are regularly on time receive merits and positive communication home. We have a free breakfast club and sports activities in the morning for students to access.
My Child at School (MCAS)	We use My Child At School, an application on iOS and Android, to report home to parents and carers. On MCAS, you can see attendance for the year, attendance to lessons on a specific day, merits and demerits, timetables and exam timetables. This is a really powerful way of you keeping track of how your child is doing at school. You will be sent login details once your child starts. If you have any queries about this, your child's tutor will be able to support you to make the most out of MCAS. Please search in the App Store or Google Play Store for MyChildAtSchool to download it.
Rewards	Students consistently try to be the best versions of themselves and at Heartlands High school we believe students deserve to be rewarded for their outstanding behaviour and academic success.

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	There are a range of awards available to students who show exceptional behaviour, outstanding attitude to learning and great improvements, such as: - Recognition in assembly - Recognition in the SLT weekly loom present in tutor - Postcards home - Head of Year reward trips - Head of Faculty reward trips - Badges - Skip the lunch line passes - Tutor group trophies - Tutor group popcorn/cookie parties - Cinema trips - Ice-skating trips - End of year reward trips: Thorpe Park, Aqua Action, Escape Rooms, Trampolining, London Walking Tour... - Head teachers celebration assemblies
Break and Lunch time	Students have their own dedicated play space in year 7 to allow transition into a much bigger school. They will have supervision from their year team and be supported to have fun and safe down time. In addition they will enter the restaurant first to avoid the queues and have a dedicated outside Yr7 food pod for take away food. Food is available at break and lunch, students are also welcome to bring their own lunch with them and eat this in any eating area they wish. 
Pastoral care and support	At Heartlands High School we have created a very good, happy and safe school and we are determined to continue this excellence. We believe that students have the ability and the aptitude to succeed in work and behaviour. To encourage their independence we help them to SEARCH for the answer. We take an approach to behaviour that focuses on positive framing and our behaviour policy follows a staged approach which gives students the opportunity to correct their behaviour at that moment.
Summer school	Summer school is on from July 21st - 24th July 2026, it is FREE and open to all! Please email office@heartlands.haringey.sch.uk for more information!

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Subject information	
English	At Heartlands High School, Year 7 is all about laying strong foundations for success in English. Throughout the year, students will have the opportunity to explore a diverse and exciting range of texts, from timeless classics to engaging modern fiction. This helps them develop a deeper appreciation for literature and an understanding of different genres, styles, and perspectives. Students also will be supported in developing their writing skills, learning to express themselves both creatively and analytically. They will experiment with different writing forms and work on structuring their ideas clearly and effectively. Speaking and listening are also key elements of the English curriculum at Heartlands. Through presentations, group discussions, and drama-based tasks, students will build confidence in communicating their thoughts and opinions in a thoughtful and respectful way. Additionally, we place great importance on the core literacy skills of grammar, spelling, and punctuation. These essential building blocks help to underpin all aspects of learning and are developed consistently throughout the year. Most importantly, our aim is to help every student enjoy English and discover what they love about the subject. We want students to feel inspired, challenged, and connected to the wider world through their reading, writing, and discussion.
Maths	In years 7 and 8 there are three mixed ability classes, a set 1 class and a support set on each side of the year group before students move to being fully streamed (set 1-5) in year 9. The maths department delivers lessons using a blended mastery approach which is designed to provide a strong conceptual understanding of key mathematical techniques in order to prepare students for future study. Whilst the mastery methodology emphasises discussion and problem solving, we recognise that our students also benefit from structure, routine, rigour and regular opportunities to consolidate. Over time we have developed a suite of lessons which provide students with an optimal balance of clear explanation, consolidation, challenge, and discovery. Problem solving is embedded throughout and we interleave other topics wherever possible to reinforce previously taught concepts and provide context to learning. Student progress is carefully monitored through cumulative half term assessments and on a lesson-by-lesson basis via exit tickets. The exit ticket system also ensures that students receive regular, focused feedback so that weaknesses can be addressed immediately. Students are encouraged to take ownership of their learning through the use of learning maps which aim to provide students with an appreciation of how the numerous individual topics, concepts and techniques encountered over the two years exist together to form a truly coherent curriculum. As a department, we offer a wide range of enrichment opportunities, including various trips and extracurricular clubs. Each year, we run a maths problem-solving club for KS3 students of all abilities and take part in several mathematical competitions. These include the nationally recognised UKMT competition, which is designed to challenge the most able mathematicians.

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Science	In Year 7, students begin their science journey by exploring fascinating topics across Biology, Chemistry and Physics, building the key knowledge and skills they'll need throughout their secondary education. In Biology, they'll learn about cells, the building blocks of life as well as food and digestion, reproduction, and how living things vary and depend on each other for survival. In Chemistry, they'll be introduced to the periodic table, particles, chemical reactions, acids and alkalis, and the structure of the Earth through the study of rocks. In Physics, they'll explore key concepts such as energy and electricity, forces, and waves. You can support your child's learning at home by: • Encouraging curiosity: talk about science in everyday life – cooking, nature, electronics, weather and health are all great starting points. • Watching science programmes together or exploring science museums and exhibitions, such as the Science Museum in London, which is free! • Talking about what they're learning and asking questions – explaining concepts aloud helps them process new ideas. • Supporting them with simple home experiments or science kits to bring topics like chemical reactions or circuits to life in a safe, fun way. You can often find these on online second hand selling sites or charity shops. Your encouragement and interest can make a big difference to how confident and engaged they feel in Science.
Social Sciences	You will have 3 Citizenship/Religious Studies lessons every two weeks in Year 7. Students alternate between Citizenship and Religious Studies units throughout the year. Below is an outline of the topics our Year 7 students will be taught. Citizenship: Students will explore their own identity and belonging in our local community. They will identify different methods of activism and how they can have their voices heard by those in power. This includes creating their own campaign on something they feel passionate about. Additionally, Year 7 students will explore how to be sustainable consumers, with a key focus on human rights. Religious Studies: Students will explore the 6 major world religions, along with atheism and humanism. This will include an in depth focus on Sikhism and Buddhism in Year 7, before moving on to Islam and Christianity in Year 8. RSHE: Throughout Year 7, there will be two short RSHE units. Students will explore healthy relationships and how stereotypes can impact these. As we move into the second half of Year 7, students will look at building their independence and how they can stay safe in the local community.

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Humanities	You will have two lessons of History and two lessons of Geography every week in Year 7. Below is an outline of the topics that our Year 7 students will be taught and some suggestions of books to read and programmes to watch to help prepare for Year 7 Humanities. Geography: In Year 7 geography students begin by exploring map skills looking at various geographically important places around the world. We then start looking at our local geography - Haringey and London - before moving to think about the UK as a whole, while embedding some fieldwork both the school and local area along the way. Development forms an important aspect of any future geography we study and we use Y7 as an opportunity to embed the fundamentals of this to ensure students are successful throughout the remainder of their time doing geography. We also spend some time looking at Brazil - its importance, its growth, opportunities and challenges, as well as the importance of the Amazon Rainforest. We finish the year looking at weather and climate which normally coincides with various UK weather events bringing geography to life in the classroom. History: In Year 7, students explore the complex relationship between the church and the state, focusing on the changing power dynamics of the monarchy during the medieval and Early Modern periods. This includes studying the wider medieval world and the significant impact of the religious Reformation on English society. The curriculum also examines the growing influence of Parliament and how it reshaped the roles of both the monarch and the church. Through this, students develop a clear understanding of how political and religious tensions shaped England's history, laying a strong foundation for further historical study.
PE	At Heartlands we do a range of sports over the year changing every 6 weeks for example, netball, badminton, rugby, football, fitness, trampolining and many more. We use Alexandra palace and New River athletics track for PE as well as Heartlands facilities. We also run a number of before school, lunch time and after school clubs all free of charge. We enter the Haringey shield to compete against other Haringey schools in a wide range of sports. We cannot wait to have you in PE and in the school teams in September!
MFL	Starting Year 7 means exciting new opportunities to learn French and Spanish! To help you get ready for your language lessons in September, here's what you can do over the summer: What to Prepare Before September: ● Review basic vocabulary: Try to learn and remember simple words and phrases like greetings, numbers, colours, and days of the week. ● Familiarise yourself with pronunciation: Listening to how native speakers say words will help you feel more confident. ● Be curious about the culture: Explore songs, videos, or stories from French and Spanish-speaking countries to get excited about learning.

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	How to Practice During the Summer: ● Use apps and websites: Try free apps like Duolingo or Memrise to practice vocabulary and basic phrases in a fun way. ● Listen to music or watch cartoons: Find French or Spanish songs, cartoons, or videos online to get used to the sounds of the language. ● Practice speaking: Try saying simple words or greetings aloud every day to build your confidence. ● Keep a language diary: Write down new words or phrases you learn each day and try to use them in sentences. Remember, practising a little every day makes a big difference! Have fun exploring these new languages and cultures over the summer — it will help you start Year 7 feeling confident and ready. We're excited to help you on your language learning journey in September!
DT	In Year 7, students will begin to develop creativity, problem-solving, and practical skills through exciting projects in Design Technology (DT) and Computing. In Design Technology, students rotate through three key areas: ● Product Design: They'll work with timbers to design and make a <i>passive speaker</i>, learning how to safely use tools, consider aesthetics, and understand how materials behave. ● Textiles: Through <i>felt-making and electronic components</i>, they will explore creativity in fabric design while also incorporating basic circuitry. ● Food Technology: Students are introduced to <i>food preparation and nutrition</i>, focusing on health and safety, hygiene, and building key cooking skills they can use for life. In Computing, students will tackle thought-provoking questions and essential digital skills: ● <i>Why Computing?</i> introduces the importance of technology in modern life. ● <i>Can a Computer Think for Itself?</i> explores the basics of logic, algorithms and artificial intelligence. ● <i>What Links Us All?</i> looks at how networks and the internet connect people and systems globally. How you can support at home: ● In DT, encourage practical activities like cooking at home, basic DIY or sewing tasks, and talk about how everyday objects are designed and made.

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	• In Computing, discuss how technology is used at home and work, and talk about online safety and responsible use of the internet. • Encourage your child to practise typing, use creative apps, or explore safe coding games and platforms like Scratch or BBC Bitesize. • Ask them to explain what they're working on – it helps reinforce learning and builds confidence. By showing interest and creating opportunities to practise skills at home, you'll help your child feel more confident and inspired in both subjects.
Creative Arts	At Heartlands High School, the Creative Arts nurtures identity, communication, creativity, confidence and collaboration. Through an exciting rotation across Music, Drama and Art each half term in Key Stage 3, students experience a rich and varied curriculum that encourages self-expression and discovery. In Drama, students learn to express emotion, build characterisation and create original performances that boost confidence and storytelling skills. In Art, they explore the world around them through projects like Food and Natural Forms, developing visual awareness, creativity and their unique artistic voice. In Music, students explore a range of styles, instruments and themes - from rhythm and melody to world music and digital composition - building listening, performance and compositional skills. Beyond the classroom, we offer a vibrant programme of extracurricular opportunities including our Peripatetic Music lessons, Art Club, the KS3 Photography Club, Music Concerts, and our popular School Show - helping students connect with peers, develop talents and feel part of the wider school community. Creative Arts not only spark imagination, but also help our Year 7s to settle in, build friendships and feel at home at Heartlands.
EAL	At Heartlands, we are proud to be a vibrant community where over 62 languages are spoken. We celebrate multilingualism and cultural diversity through classroom strategies such as <i>Multilingual Word of the Week</i>, <i>How Do You Say...?</i>, and <i>Home Language</i> badges, as well as through special events like <i>Culture Day</i>: a whole-school celebration where students and staff share food, traditions, and cultural dress that reflect their heritage. More information will follow closer to the event, but we wanted to give families plenty of notice to begin thinking about any traditional or cultural clothing their child may wish to wear. We also provide targeted support for recent arrivals to the UK education system and those who speak English as an Additional Language (EAL). In September, the EAL team will meet with all new Year 7 students who have been in the UK for three years or less to understand their level of reading and writing in English, how they are settling into school life, and any support they may need. These brief assessments help us ensure that students receive the right support from the start of their journey at Heartlands.

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	If your child has been exposed to English for more than three years and you feel they would benefit from additional support, you or their teachers are welcome to request a language proficiency assessment. Following this, your child and their teachers will receive a one-page profile with classroom strategies and, where appropriate, timetabled EAL lessons. Please contact eal.department@heartlands.haringey.sch.uk in the language you feel most comfortable using if you have any questions or would like to discuss your child's support.
SEND Support	Our SENCO Ms Katan can be reached via the email send@heartlands.haringey.sch.uk and will be available at SEND support coffee mornings and information sessions throughout the year. We recognise at HHS that students often need additional support and guidance to meet the requirements of the curriculum and our SEND team are here to discuss this with you. If you believe your child has an additional educational need or might have please do reach out. We offer a range of services through our SEND team based on success passports which are attached to each child with a SEND diagnosis or support need and these are co produced with students and families to ensure that everything is in place which the student needs.

Appropriate use of Social media and monitoring your child's online activity.

As children move from primary to secondary school, they often gain greater access to phones, messaging apps and social media. While technology can support communication and learning, many of the friendship issues, disagreements and wellbeing concerns we see in Year 7 begin online.

Most social media platforms, including Instagram, TikTok, Snapchat, Facebook and WhatsApp, have a minimum age requirement of 13 years old. These age limits are set by the platforms themselves and recognise that young people need a level of maturity to manage online interactions safely.

One of the biggest challenges for children starting secondary school is the use of group chats. Large WhatsApp and social media groups can quickly lead to misunderstandings, friendship fallouts, exclusion, inappropriate language, sharing of screenshots, and pressure to respond to messages at all hours of the day and night. Issues that begin online often affect relationships, wellbeing and learning in school.

We encourage parents to consider carefully whether their child is ready for social media and to remain actively involved in their online lives. Helpful strategies include:

- Delaying access to social media where possible.
- Monitoring who children communicate with online.
- **Keeping accounts private and reviewing privacy settings regularly.**
- Limiting screen time, particularly before bedtime.
- Keeping phones and devices out of bedrooms overnight.
- Encouraging children to speak to a trusted adult if something online worries them.
- Promoting a healthy balance between online activity, family time, hobbies and face-to-face friendships.

Whilst the school is not responsible for students' online activity outside of school, we will investigate and respond to online behaviour where it impacts the safety, wellbeing or education of members of our school community. Incidents of online bullying, harassment, intimidation or inappropriate conduct will be dealt with in line with our Anti-Bullying Policy and may result in school sanctions.

The move to secondary school is an exciting step towards greater independence, but children still need guidance and support to navigate the online world safely. Strong parental involvement remains one of the most effective ways to help young people develop positive digital habits and stay safe online.

Further information and guidance can be found at:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

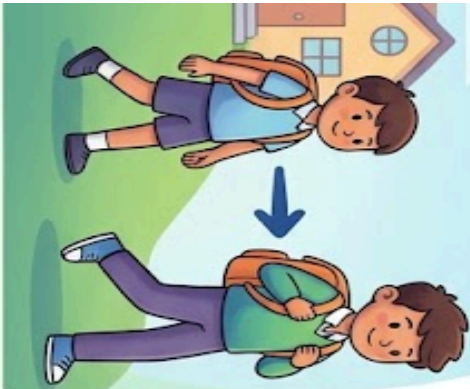
Kind Regards

Mr Lowe-Bird

Head of Year 7

SMART MOVES: YOUR YEAR 7 GUIDE TO SOCIAL MEDIA & ONLINE SAFETY

PRIMARY $\uparrow$ TO
SECONDARY



MORE FREEDOM =
MORE RESPONSIBILITY



THE 'UNDER 13' RULE



GROUP CHAT RISKS



YOUR DIGITAL HABITS & WELLBEING



TIPS FOR NAVIGATING THE ONLINE WORLD



Year 7 is exciting! Use these skills for positive digital habits and a safe journey.