

Heartlands Highlights

3rd July 2026

As a school, we fully welcome the government's planned social media ban for under-16s. We see daily how online pressures affect focus, sleep, and mental health, and we believe this legislation is a vital step toward protecting our pupils.

For many parents, this news brings a massive sigh of relief. It takes away the pressure of feeling like the "bad guy" when saying no to apps like TikTok or Instagram.

✗ Banned: Mainstream algorithmic platforms (TikTok, Instagram, Snapchat, YouTube).

✓ Allowed: Essential communication tools like WhatsApp, so kids stay connected with family, alongside educational apps.

While critics worry children might use VPNs to find workarounds, we believe this law creates a much needed cultural reset. It shifts the burden of policing from exhausted parents and schools onto the tech companies themselves, who will face heavy fines for non-compliance.

The laws won't kick in immediately, but we don't need to wait to make a change. We will continue supporting your children with digital safety education, and we encourage families to keep setting healthy screen boundaries at home. Together, we can reclaim a healthier childhood for children.

Key dates

- ★ Summer Term (2nd half) Monday 1st June 2026 – Friday 17th July 2026
- ★ Inset day - 20th July NO SCHOOL
- ★ [HERE](#) are the published term dates The 2026/27 dates are shown on the same page if you scroll down.



Attendance success

Our last day of term is Friday 17th July. Please make sure your child is attending every day including this final day. Exams are done but the learning goes on. You make a difference every time you insist your child goes to school.

A reminder that every day counts for your child's attendance. We expect all children to attend Sports Day. Even if your child is not running the 100m it's important they come to celebrate others. Rewards Day and the last day of term are also really important. We want everyone to be on a trip so please get your reply form back. We really appreciate your support in giving a clear message to students that every day of education counts.

Safeguarding Spotlight:

Supporting Young People
Who Self-Harm

Farewell

As always at this time of year we have staff moving on to promotion, relocation and new roles. Good luck and huge thanks to Ms Elfrougui, Ms Lovell, Ms Simsek, Ms Green, Ms Lyne, Ms Penrose-Britton and Mr Hurley. Special mention to Ms Andall who leaves education for a well deserved retirement after 40 years teaching!

Beginning of term September 2026

- September 4th Year 7 only, gates open at 8.10am. Finish at 12 pm
- September 7th All students, gates open at 8.10pm

Please ensure your child is on time and present from day one!



Sports Day 2026

We are excited to confirm that Sports Day 2026 will take place on Wednesday, July 15th at New River Stadium. All students must go directly to the stadium for in full PE kit and their own house colours. It is important to bring water and a Please ensure that your child attends Sports Day as this will count towards their attendance.

Summer Concert 2026

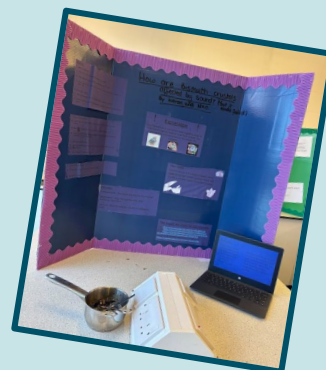
We are getting closer and closer to the summer concert. Join us in the Auditorium for a musical day at Heartlands, with ensembles, choirs, bands, and solo performances aplenty! Don't forget to book your tickets. **Date: 9th July. Time: 4.15 - 6pm**



Science News!

We have a Science show called 'as if by magic' for all our year 7 students on the 24th of June - Dr Szydlo will be performing exciting demonstrations.

Our KS4 Students did an amazing job presenting their Science Projects at the science fair. Pupils worked in groups and developed their own ideas into a complete project! Well done.



House Games III

We will be holding our last week of the House games III on our penultimate week of the academic year. With lots of competitors running we encourage all students to participate to gain points for their house and try and topple Aquila off top spot.



Positon	House	Points
1	Aquila	3045
2	Cygnus	2735
3	Lacerta	2645
4	Scorpiuz	2525
5	Pegasus	2495

Interhouse news!



With 4 weeks to go can Aquila hang on at the stop to make HHS history. Aquila have never won the Inter House championship since the school opened in 2010. With the House Games and sports day around the corner will they have the grit to see it through. Good luck all in the race to the finish!

Supporting Young People Who Self-Harm

We know that self-harm can be a sign that a young person is experiencing emotional distress. While it can be upsetting to discover that your child is self-harming, remaining calm, listening without judgement, and reassuring them that they are not alone can make a significant difference.

Parents and carers can support their child by:

- Creating a safe, non-judgemental space for them to talk.
- Listening more than talking and avoiding criticism or punishment.
- Encouraging healthy coping strategies and positive routines.
- Seeking support early from school, your GP, or mental health services if you are concerned.
- Contacting emergency services or attending A&E immediately if there is a serious injury or an immediate risk to your child's safety.

At Heartlands High School, we are committed to supporting the wellbeing of all our students. If you have concerns about your child's emotional wellbeing or believe they may be self-harming, please contact the Safeguarding Team so that we can work together to ensure they receive the appropriate support.

As part of Haringey's Healthy Schools programme, Haringey Public Health have developed a practical guidance document for parents and carers, with tips and advice to support healthy and safe technology use at home.

A reminder that a series of free webinars for parents and carers will be taking place starting next week. These sessions will support families to:

- Understand the impact of screen time on health and wellbeing
- Support children to develop healthy relationships with technology
- Keep children safe online
- Encourage positive and balanced use of digital devices

Parents and carers can access the guidance [here](#) and sign up for the webinars [here](#)

Super SEARCH Day 7!

Despite the heat and cancelled trips we had a brilliant SEARCH Day on Thursday 25th June thanks to the hard work of Heartlands staff and students.

Here is a report from our SEARCH Day student reporter Rory in Year 7!



SEARCH Day 7 started with disappointment. Due to weather conditions all trips for year 7s had been cancelled!

But how could I have known that that cancellation could have led to a SEARCH day better than any school trip or SEARCH Day before it?

I arrived at school for a fantastic period 1 lesson, where we discussed the skill that is needed to be a successful Prime Minister. We looked at the requirements that have to be met for a government to elect a PM, and the talents one must have to balance budget and popularity when leading the country. This was made engaging through the use of turn and talk, class discussions, and even a fun game at the end.

Period 2 and 3 were the beginning of the main part of the day. As my class had missed out on a school trip to the science museum, we were doing instead, an exciting, desert-island-themed, science day. And for the first activity - spanning two periods - we were filtering dirty water to make it safe to drink! This involved filter paper, distillation, measuring pH and neutralising with lemons found on the "desert island". For me, this was the most fun part of the day because my team was able to filter, distill and neutralise all of the dirty water until it was potable (but we weren't allowed to drink it, just to be safe).

Period 4 and 5 were all about constructing things using minimal resources to find a way out of the island. The first thing we had to construct was a model bridge to cross a ravine. It had to be made out of straws, spaghetti and marshmallows. This was very difficult because the spaghetti was brittle and we had limited amounts of it. The second thing we had to construct was a model raft to cross a lake. This had to be made out of bamboo, string and small plastic containers that could float. We then tested how much weight each of the models could carry. My bridge could only carry 300g, and my raft, nothing, because it was unbalanced.

Finally, Period 6 (or tutor period) the task was to communicate to a group of rescuers our whereabouts on the island. To do this, we all wrote messages to them using morse code, then shone the messages, using torches, through a tube to our talking partners, to see if they could understand. In general, they didn't!

Overall, SEARCH Day 7 was one of the best SEARCH days I have had as a year 7 and I really enjoyed learning about important topics, such as science, in a fun, practical way. And I look forward to the next SEARCH Day, my first one as a year 8.

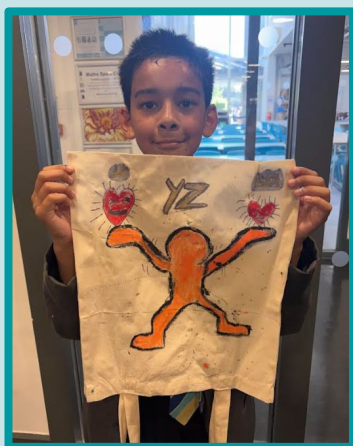
Super SEARCH Day 7!

We had a range of onsite sessions and activities including an 'Exploring My History' day with four classes in Year 8. Here is Lyla, one of our Year 8 historians' report of her day:

For SEARCH day, I learnt about the history of our local community. First, we explored the history of Haringey and how it has evolved over time. We then learnt about the heritage of Wood Green and how it has been gradually urbanised, as well as the impacts it has left on our community today. After that, we looked at historical figures who originated from Haringey such as: Luke Howard, Harry Champion, and Beryl Gilroy. Lastly, we shared our own personal family history and experiences, and discovered more about each other's unique stories and backgrounds.

Neeha from Year 9 shares her report of this day here:

Search day 7 this year was amazing. Even with all the heat, SEARCH Day still had a lot of interesting topics that will certainly become important in the future. For example, we learnt about the harm with gambling and how that can have a knock on effect on others with a great facilitator who even shared his experiences with gambling to really show us all the harm it can have. My favourite part of the day had to be PE inter house, the friendly competition really made the day extra special. Honestly, I can't wait for the next SEARCH Day as this one was amazing!



Share your views on SEND services and support in Haringey:

Complete the survey by [following the link here.](#)

Share your views on SEND services and support in Haringey



Are you a parent or carer of a child or young person (0 -25) with Special Educational Needs and/or Disabilities (SEND)?

Do they live in or receive SEND services (e.g. school) in Haringey?

Tell us about your child's experiences of education, health, and social care. If your child does not attend school, you will also be able to share their experiences.

Our aim is to highlight concerns and good practice and improve support for children and young people with SEND across education, health and social care. Please share this survey with your fellow Haringey parents/carers.

Survey closes Friday 31st July 2026, 11.59pm

Access the survey here:

<https://forms.gle/3YsKCiqv6o3F3tzip6>

Or scan this QR code



**SHARE
YOUR VIEWS!**



An invitation to join the Parent & Carer Advisory Group with the Anna Freud Centre, for those who have experience using CAMHS.



Come and join our Parent & Carer Advisory Group!

Are you a parent/carer with experience of using CAMHS?
Then join us for the North Central London Parent and Carer
Advisory Group!

Share your ideas about CAMHS and help improve support for
children and their families. Work together with service
providers to create real change. Everyone welcome!



Next meeting:

9 July 2026, 11am – 1pm

For more information and to register interest please contact
George Cowan, Participation Officer at the Anna Freud:
George.Cowan@annafreud.org



Anna Freud
building the
mental wellbeing
of the next
generation

