

Heartlands Highlights

9th October 2026

I wanted to express my gratitude for the incredible turnout at our recent Open Evening, where we welcomed over 800 prospective students and their families to Heartlands High School.

While our dedicated staff worked tirelessly to showcase our curriculums, classrooms and facilities, it was our students who were the true stars of the show. Whether acting as tour guides, assisting in subject departments, or speaking passionately about their learning journeys, their confidence, warmth, and genuine pride in our school spoke volumes.

Many visiting parents remarked on how polite, enthusiastic, and helpful our student ambassadors were throughout the night. They represented Heartlands superbly and served as the absolute best advertisement for our school community.

To all the parents and carers whose children volunteered their time and energy to support this event, thank you for your ongoing support. We are immensely proud of every single student who helped make the evening such a memorable success.

Key dates



- Half Term Holiday **Monday 26 October 2026 – Friday 30th October 2026**
- PLD Day (No school)-**Monday 2nd November 2026**
- Culture Day – **20th November**
- School Holiday **Monday 21st December 2025 – Friday 1st January 2027**
- [HERE](#) are the published term dates for 2026/2027

Safeguarding Spotlight:

Making Safe Choices After School- A quick reminder about staying safe when leaving school, looking out for your friends and knowing what to do if you find yourself in a difficult situation.

Read our Safety Focus on the next page for some simple tips and advice.

Year 11!

Year 11 students will receive their GCSE mock exam timetable.

Following feedback from students and parents/carers, we have:

- Moved the mocks to December, allowing students a well-deserved Christmas break.
- Extended the exam period to 30 November–18 December, so students will sit no more than two exams per day.

The timetable is also available on the school website under Students → Examinations → Year 11. A revision timetable template is available there too. Please encourage your child to start planning their revision now.



Heartlands Safety Focus: Making Safe Choices After School



As we continue through the term, we want to remind all students about the importance of making **safe and positive choices when leaving school**.

After school, it can be easy to get caught up in situations simply because friends or other young people are involved. Remember: **being part of a group does not mean you have to follow the behaviour of others**. Walking away can often be the safest and strongest choice.

A few simple choices can make a big difference:

- **Move away from trouble.** If an argument, fight or disturbance begins, don't stay to watch, film or become involved.
- **Plan your journey home.** Let someone at home know where you are going, particularly if your plans change.
- **Look out for your friends.** Being a good friend sometimes means encouraging someone to walk away from a situation rather than becoming involved.
- **Think before you post.** Filming, sharing or commenting on incidents online can make situations worse and cause further harm to those involved.
- **Trust your instincts.** If a situation or location does not feel safe, leave and move towards a busy, familiar place or trusted adult.
- **Speak up.** If you know that something is happening that could place you or another young person at risk, tell someone.



Speaking up is about keeping people safe

Sometimes young people worry that telling an adult is "snitching". There is an important difference between trying to get someone into trouble and **sharing information because you are worried about someone's safety**.

If something doesn't feel right, you do not have to deal with it alone.

Students can speak to **any trusted member of staff, the Safeguarding Team or use My Voice** to report a concern.

Look out for yourself. Look out for your friends. Make choices that keep everyone safe.

Black History Month Event- Thursday 22nd October!

Thursday 22nd October is our annual BHM Celebration Event where we celebrate Black culture and traditions. The event includes a selection of Afro Caribbean food, dance performances, spoken word and music! We cannot wait for this, students can sign up via a Google form during tutor time! *This event is for students only.*



BLACK HISTORY MONTH

Photography Competition

CAPTURE • CELEBRATE • INSPIRE

THEME:

HONOURING OUR COMMUNITIES

We want to see your perspective of what makes our communities special. Show us the **people, places and moments** that inspire, support and uplift.

EXAMPLES MIGHT INCLUDE:



PEOPLE

Family, friends, mentors, role models and community leaders.



PLACES

Neighbourhoods, local spaces, places of worship, community hubs.



CULTURE & HERITAGE

Traditions, food, celebrations, music, art and everyday cultural moments.



UNITY & SUPPORT

Acts of kindness, solidarity, community events and togetherness.



INSPIRATION

Success stories, aspirations, achievements and positive role models.



Our Culture
Our People
Our Future



COMPETITION DATES:

MONDAY 5TH OCTOBER – WEDNESDAY 21ST OCTOBER



SUBMISSIONS:

Can be made online to **Mr Djima.**

Your lens. Our community. A brighter picture.

Culture Day - 20th November 2026



Culture Day
20/11/2026

SAVE
THE
DATE

Students and staff invited to:



Wear traditional/representative clothes (all day)



Display traditional artefacts (tutor time)



Share traditional (nut free!) snacks (tutor time)

Questions or
suggestions?
Speak to Ms García



PE Dept News!

We have had a great few weeks since starting back. We are now up and running with fixtures. As seen above with Cross Country, we are making a good start. Badminton has also been really successful with our U13 girls getting their first win of the season against . Another highlight is our Year 8 and 9 Netball teams getting their first win of the season against Highgate Wood School.





Y8 Coffee Morning

Dear parents,

It was great to see so many of you at Year 8 Coffee morning on 22nd September.

For those of you who couldn't make it, please find the slides for coffee morning here [Year 8 Coffee Morning Slides](#).

We hope to see you next time!

Mr Haines



Y9 Coffee Morning

Dear parents,

It was great to see so many of you at Year 9 Coffee morning on 30th September.

For those of you who couldn't make it, please find the slides for coffee morning here [Year 9 Coffee Morning Slides](#).

[\[Read the Year 9 Coffee Morning Letter and Q&A →\]](#)

We hope to see you next time!

Ms Squire

Heartlands Cross country squad 2026

BEST HHS runner Jonah Y8- 3rd in Haringey against Y13



Boy results

	APS	Fortismere	Gladesmore	Heartlands	HGW	Highgate	STM
Year 7	1 st	No Team	2 nd	4 th	No Team	No Team	3 rd
Year 8	3 rd	2 nd	No Team	No Team	1 st	4 th	5 th
Year 9	3 rd	2 nd	No Team	1 st	No Team	No Team	4 th
Year 10/11	5 th	3 rd	4 th	1 st	2 nd	6 th	7 th

Girls results

	APS	Channing	Fortismere	Gladesmore	Heartlands	HGW	Highgate	STM
Year 7	4 th	1 st	2 nd	No Team	5 th	3 rd	No Team	6 th
Year 8	1 st	4 th	3 rd	5 th	2 nd	No Team	No Team	6 th
Year 9	3 rd	No Team	2 nd	No Team	4 th	1 st	No Team	5 th
Year 10/11	2 nd	No Team	3 rd	4 th	5 th	No Team	1 st	6 th

Photographers of the week!



Jasmine - 10LAE

We LOVE how Jasmine has captured texture, played with different viewpoints, explored macro photography and captured simple moments around the school and made them captivating!



Exam invigilator vacancy

Heartlands High School is currently recruiting for **Exam Invigilators** to join our Exams team. This is a great part-time opportunity for the recently retired, university students and stay-at-home parents. If you or someone you know may be interested in the role, please see the [vacancy here](#) for further information.

Closing date: 9am Monday 12th October.

For any questions, please contact

Bailey-Olivia Henry at

Bailey-Olivia.Henry@heartlands.haringey.sch.uk.



Anaphylaxis kit and allergy awareness

At Heartlands High School, the safety, well-being, and health of our students are our highest priorities. In accordance with **Benedict's Law**, we have taken key measures to strengthen our allergy management protocols and ensure that our school remains a safe, inclusive environment for every child.

In line with national guidelines, Heartlands High School now holds spare **Adrenaline Auto-Injectors (AAIs)** on site. These emergency devices are accessible for rapid deployment should a student experience severe anaphylaxis. All staff have been trained how to use these and students have been briefed on their use.

To keep our student records entirely up to date, we ask all families to notify us immediately of any new or unrecorded allergies.



Contact Us: If you suspect your child has an allergy or if their existing medical plan requires updating, please email our team at **office@heartlands.haringey.sch.uk**.

International Day of Languages



Last Wednesday, we celebrated International Day of Languages with our annual Staff Multilingual Competition. Students nominated staff members who they felt had made the biggest effort to integrate different languages and cultures into their lessons and celebrate the diversity of our school community.

We received lots of wonderful nominations, and our podium was:

 **1st Place – Ms Garrigos (Maths)**

 **2nd Place – Ms Smith (Science)**

 **3rd Place – Ms Newell (Sociology)**

One student's nomination for Ms Garrigos beautifully captured the impact of these efforts:

"I appreciate the way that Ms Garrigos wanted to celebrate all of our cultures and languages by doing the register and wanting us to reply to our names with a way of saying 'Hi' or 'Good Morning' in languages other than English. She also let us out of the classroom and said 'goodbye' to each one of us, but in a different language. This made me feel appreciated because sometimes I forget where I am from when I am at school because we only speak English during lessons, so it was nice to remember and share with the class a little bit about my language. :)"

It was wonderful to see our students recognising staff who make an effort to value and celebrate the 62+ languages spoken across our community. We continue to do this throughout the year via our whole school strategy "How Do You Say...?".

Thank you to everyone who took part and helped make IDoL such a meaningful celebration of our linguistic and cultural diversity!





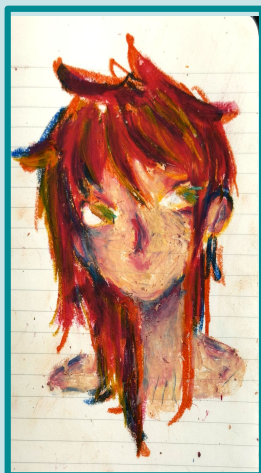
ARTISTS OF THE WEEK!

+ 10 Merits each!

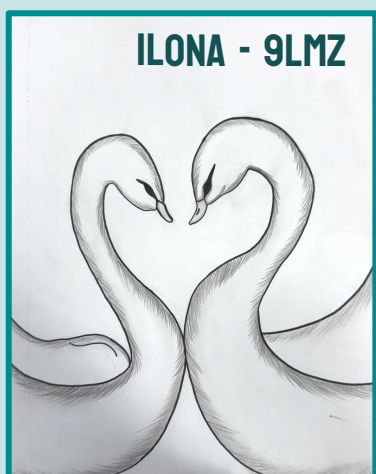
ALEKS - IOCVM



ANNA - 9PHF



YUI - 7CKR



ILONA - 9LMZ



KIMI - 8ABU

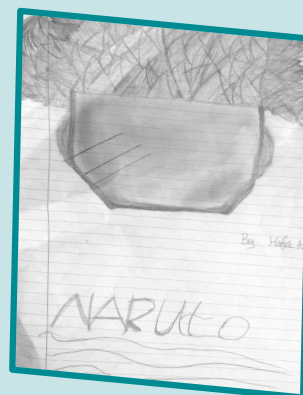


IBUKUN - 9CCO



ANGEL - 7ARW

HATICE - 9CCG



Parent Partnerships and Parent Smart

All parents/carers with children at **Place2Be secondary schools** are now welcome to:

Register to the **Parenting Smart** (for children 4-11 years old) - Online Course.

For example, if a young person is being supported by Place2Be at Heartlands, and has a younger sibling that is primary school age, the Heartlands pupils' parent/carer can access the online course with regards to parenting the younger child, knowing that it would end up benefiting the Heartland pupil too, who is the older child.

Support for families in Place2Be schools:

<https://www.place2be.org.uk/family>

Parenting Smart online course:

<https://www.place2be.org.uk/our-services/parents-and-carers/support-for-families-in-place2be-schools/parenting-smart-online-course/>

Parenting Smart website:

<https://parentingsmart.place2be.org.uk/>

Can arrange up to 3 **Parent Partnership** sessions with the Place2Be School Project Manager. These are confidential sessions which can take place face to face, over the phone or video call. These are session to:

Introduce the parent to Place2Be or provide information about Place2Be services

Providing advice/guidance supporting children with emotional, behavioural, home or school issues

- Providing emotional support to a parent or supporting a parent in crisis
- Providing guidance on understanding their child and their behaviour
- Supporting a parent whose child is on the waiting list for Place2Be 1:1 counselling
- Supporting a parent with a referral to a specialist service (e.g. CAMHs)
- To discuss a safeguarding concern or risk assessment
- To discuss outcomes or next steps following support from Place2Be
- To facilitate their child's access to Place2Be services
- To help parents and their child communicate more effectively

Contact jacqueline.leon@heartlands.haringey.sch.uk Place2Be School Project Manager for more information.



Parenting Smart



We all want the best for our children, but parenting can be really tough sometimes.

Place2Be's Parenting Smart is a site for parents and carers of 4-11 year olds, offering practical advice on supporting your child's wellbeing and navigating a range of common parenting challenges.

Designed with busy parents in mind, the site has short videos and articles on topics from meltdowns to bullying, from friendship issues to encouraging resilience.

All of our content is created by Place2Be's parenting experts. It's based on evidence and their experiences working with children, young people and their families.



Learn more at
parentingsmart.org.uk

Or scan me



Exclusive to schools supported by Place2Be

Parenting Smart – Online Course

Parents and Carers of 4-11 year olds are invited to join our **free** online course offering extra parenting tools to **support children's wellbeing** and help them **deal with childhood challenges**.

These tools are proven to help children manage their emotions better, follow routines and improve relationships with friends and family.

Designed to fit around busy family lives, this 4-week course consists of **8 short online modules of 30 minutes each**, easily accessible from a mobile phone, at any time.

Place2Be Family Practitioners will be on hand throughout your time on the course to guide your learning and **answer your questions**. You will also have the opportunity to join discussions with other parents and carers from across the UK and learn from each other.

- ✓ Free
- ✓ No fixed times
- ✓ Accessible from any device
- ✓ Hear from other parents around the UK
- ✓ Place2Be professional on hand to support learning



Learn more at
place2be.org.uk/family

Or scan me



AUTUMN MENU

WEEK A
WEEK B

MEAL
DEAL
£2.90

Theme
Days



MON

TUES

WED

THURS

FRI

MAIN

£2.60

MOO-PING STYLE
CHICKEN CURRY
WITH COCONUT RICE
(CE*, MU*, SO, G/W)

CHINA NATI STYLE
BEEF CHILLI &
STEAMED RICE
(G/B*, O*, R*, W*)

CHICKEN &
PEPPERONI PASTA
WITH LEMON
WEDGE
(CE, E*, MK, MU*,
SO*, G/W*)

BEEF PASTA AL
FORNIO WITH
TOMATO & HERB
SAUCE
(CE, E*, MK, G/W)

FISH & CHIPS
WITH GARDEN
PEAS
(F, G/B*, W)

ROOTS & SHOOTS

£2.60

JAMAICAN
CAULIFLOWER CURRY
WITH RICE & PEAS
(CE, G/B*, W*)

VEGGIE CHILLI TACO
WITH SHREDDED
LETTUCE, SALSA &
SPICY RICE
(MU*, SO*, G/B*, O*,
R*, W*)

MALLORCAN
RATATOUILLE WITH
CRISPY GARLIC
POTATOES

SUPER GREEN PESTO
VEGETABLE RAGU
WITH WHOLEMEAL
PENNE
(MK, G/W)

MARGHERITA PIZZA
WITH CHIPS & HOUSE
SALAD
(MK, G/W)

PASTA POPINA

£2.45

TOMATO & BASIL
PASTA
(G/W)

CREAMY MUSHROOM
& PEA SPAGHETTI
(CE, E, MK, G/W)

MAC & CHEESE
(MK, G/W)

CHERRY TOMATO &
SPINACH PASTA
(CE, G/W)

MEDITERRANEAN
VEGETABLE PASTA
(G/W)

PUD

£1.50

SUMMER CRUMBLE
WITH CUSTARD
(MK, G/W)

MANGO CHEESECAKE
(E*, MK, SO*, G/B*,
O*, R*, W)

CARAMELISED APPLE
SPONGE WITH
CUSTARD
(E, MK, SO*, G/W)

CHOCOLATE &
ORANGE MARBLE
CAKE
(E, MK, SO*, G/W)

RICE PUDDING WITH
FRUIT COULIS
(MK)

ALL DISHES SERVED WITH SEASONAL VEG OR CHEF SALAD



STREET

£2.80

FULLY LOADED
CHEESEBURGER
(MK, SE*, SO, SU,
G/W)

CHICKEN
MASSAMAN CURRY
WITH LIME &
CORIANDER RICE

NORTH AFRICAN
SPICED BEEF WITH
SEASONED WEDGES
(CE, G/B*, O*, R*, W*)

FIRECRACKER
CHICKEN WRAP WITH
CAJUN MAYO
(E, G/W)

SOUTHERN STYLE
BAKED CHICKEN LEG
WITH SPICY RICE &
BBQ BEANS

ALLERGENS KEY:

CE = CELERY
CR = CRUSTACEAN
E = EGGS

F = FISH
G = GLUTEN
GB = GRAIN

GO = OATS
OR = RYE
GM = WHEAT

L = LUPIN
MK = MILK
MO = MOLLUSCS

MU = MUSTARD
N = NUTS
P = PEANUTS

SE = SESAME
SO = SOYA
SU = SULPHUR DIOXIDE

* = MAY CONTAIN



GRAB N GO



WEEK A

MAIN

PASTA POPINA

GRAB N GO

**MEAL
DEAL
£2.90**

MONDAY

**FULLY LOADED
CHEESEBURGER**
(MK, SE*, SO, SU,
G/W)

**TOMATO &
BASIL PASTA**
(G/W)

**HOT & KICKING
CHICKEN GOUJONS
WITH RICE & PEAS**
(E*, MK*, MU*, SO*,
SU*, G/W)
£2.75

TUESDAY

**CHICKEN
MASSAMAN CURRY
WITH LIME &
CORIANDER RICE**

**CREAMY MUSHROOM &
PEA SPAGHETTI**
(CE, E, MK, G/W)

MEATBALL SUB
(E*, MK*, SE*,
SO*, G/W)
£2.75

WEDNESDAY

**NORTH AFRICAN
SPICED BEEF BURGER
WITH SEASONED
WEDGES**
(CE, G/B*, O*, R*, W*)

MAC & CHEESE
(MK, G/W)

**CHICKEN
PATTIES**
(MU, SO, G/W)
£2.50

THURSDAY

**FIRECRACKER
CHICKEN WRAP
WITH CAJUN
MAYO**
(E, G/W)

**CHERRY TOMATO
& SPINACH PASTA**
(CE, G/W)

**BBQ
CHICKEN
PANINI**
(MK, G/W)
£2.75

FRIDAY

**SOUTHERN STYLE
BAKED CHICKEN
LEG WITH SPICY
RICE & BBQ BEANS**

**MEDITERRANEAN
VEGETABLE PASTA**
(G/W)

**HOT WINGS
& CHIPS**
(G/W)
£2.60

MAIN OR PASTA POPINA + WATER STOP = £2.90

AUTUMN MENU

WEEK A
WEEK B

MEAL
DEAL
£2.90

Theme
Days



MAIN
£2.60

PAPRIKA SPICED
BEEF GOULASH WITH
BUTTERED EGG
NOODLES
(E, G/W)

LEBANESE SPICED
CHICKEN WITH
BATATA HARRA &
TANGY TOMATO
SAUCE
(G/B*, O*, R*, W*)

SOUTHERN STYLE
SLOPPY JOE BEEF
CASSEROLE WITH
SPICY RICE & GREEN
BEANS

CREAMY CHICKEN &
LEEK PIE WITH GOLDEN
PUFF PASTRY LID &
BUTTERED NEW
POTATOES
(E, MK, G/W)

FULLY LOADED
CHEESY BEEF
BURGER WITH RED
ONION, TOMATO &
CHIPS
(MK, SE*, SO, SU,
G/W)

ROOTS & SHOOTS
£2.60

HUNGARIAN VEGGIE
MEATBALLS IN
SPICED TOMATO
SAUCE WITH
BUTTERED POTATOES
(E*, SO, G/B*, O*, R*,
W)

ROASTED
VEGETABLES, BEANS &
CHICKPEAS WITH
BATATA HARRA &
TANGY TOMATO SAUCE
(E, G/B*, O*, R*, W*)
TV

SMOKEY BBQ
JACKFRUIT BURGER
WITH HOMEMADE
POTATO WEDGES &
RAINBOW SLAW
(E, SE*, G/B*, O*, R*,
W)

CHEESE TOPPED
VEGGIE HOT POT WITH
SEASONAL VEGETABLES
(E, MK, G/W)

VEGGIE SUPREME
PIZZA WITH CHIPS
& HOUSE SALAD
(MK, G/W)

PASTA POPINA
£2.45

TOMATO & BASIL
PASTA
(G/W)

MEXICAN STREET
CORN PASTA BAKE
(MK, G/W)

MAC & CHEESE
(MK, G/W)

MEDITERRANEAN
VEGETABLE PASTA
(G/W)
TV

THREE CHEESE
PASTA
(MK, G/W)

PUD
£1.50

STICKY TOFFEE
PUDDING
(E, MK, SO*, G/W)

MIXED BERRY
CRUMBLE WITH
CUSTARD
(MK, G/W)

JAM & COCONUT
SPONGE WITH
CUSTARD
(E, MK, SO*, SU, G/W)

JAMAICAN GINGER
CAKE WITH CUSTARD
(E, MK, SO*, G/W)

CHOCOLATE SPONGE
WITH CHOCOLATE
SAUCE
(E, MK, SO*, G/W)

ALL DISHES SERVED WITH SEASONAL VEG OR CHEF SALAD



STREET
£2.80

JERK CHICKEN CURRY
WITH RICE & PEAS
(E)

FIRECRACKER BEEF
& WHOLEGRAIN RICE
(E, G/B*, O*, R*, W)

LEMON & GARLIC
CHICKEN GYROS
WITH WARM FLAT
BREAD & GARLIC
SAUCE
(MK, G/W)

CARAMELISED ASIAN
BEEF RAMEN NOODLES
(E*, E, MU*, SO, G/W)

HOT & SPICY
CHICKEN WINGS
WITH CHUNKY
CHIPS & SLAW
(E)



ALLERGENS KEY:

CE = CELERY
CR = CRUSTACEAN
E = EGGS

F = FISH
G = GLUTEN
G/B = BARLEY

G/O = OATS
G/R = RYE
G/W = WHEAT

L = LUPIN
MK = MILK
MO = MOLLUSCS

MU = MUSTARD
N = NUTS
P = PEANUTS

SE = SESAME
SO = SOYA
SU = SULPHUR DIOXIDE

* = MAY CONTAIN



GRAB N GO



WEEK B

MAIN

PASTA POPINA

GRAB N GO

MONDAY

**JERK CHICKEN CURRY
WITH RICE & PEAS
(CE)**

**TOMATO &
BASIL PASTA
(G/W)**

**PEPPERONI
PANINI
(CE*, E*, MK, MU*,
SO*, G/W)
£2.75**

TUESDAY

**FIRECRACKER BEEF &
WHOLEGRAIN RICE
(CE, G/B*, O*, R*, W)**

**MEXICAN STREET
CORN PASTA
BAKE
(MK, G/W)**

**CHICKEN BURGER
WITH SRIRACHA
MAYO
(E, SE*, G/W)
£2.50**

WEDNESDAY

**LEMON & GARLIC
CHICKEN GYROS
WITH WARM FLAT
BREAD & GARLIC
SAUCE
(MK, G/W)**

**MAC & CHEESE
(MK, G/W)**

**CHIPOTLE BEEF
BURRITO
(MK, MU*, SO*,
G/W)
£2.75**

THURSDAY

**CARAMELISED
ASIAN BEEF
RAMEN NOODLES
(CE*, E, MU*, SO,
G/W)**

**MEDITERRANEAN
VEGETABLE
PASTA
(G/W)**

**HOT SOUTHERN
FRIED BBQ
CHICKEN WRAP
(E, G/W)
£2.75**

FRIDAY

**HOT & SPICY
CHICKEN WINGS
WITH CHUNKY
CHIPS & SLAW
(E)**

**THREE CHEESE
PASTA
(MK, G/W)**

**CHICKEN KATSU
CURRY LOADED
FRIES
(CE*, E*, MK*, MU*,
SO*, SU*, G/W)
£2.60**

**MEAL
DEAL
£2.90**

MAIN OR PASTA POPINA + WATER STOP = £2.90

Haringey Parks Young Women's Network hosts

**10-11:30
AM**

WOMEN



STEP FORWARD

Learn about your
local parks

Increasing safety for
women and girls

Visit 5 Haringay
parks over 5 months

Connect with nature

Build community

**FREE
WALKS
LAST SATURDAY
OF EVERY
MONTH**

Learn more to sign
up here or just
walk up on the day!



Haringey
LONDON

WALK PROGRAMME



26 September 2026 - Finsbury Park

Meet at Manor House Station Entrance
Theme: Visit Edible Landscapes London



31 October 2026 - Downhills Park & Lordship Rec

Meet at Farks & Green
Theme: Get moving outdoors



28 November 2026 - Parkland Walk

Meet at Highgate Station
Theme: History of Parkland Walk



30 January 2027 - Queen's Wood

Meet at Queen's Wood Cafe
Theme: Bird spotting with a wildlife expert



27 February 2027 - Markfield Park

Meet at Beam Engine Museum
Theme: Beam Engine Museum and gardens

Meet at 10am for all sessions

Contact details: parksyen@haringey.gov.uk
07931 113463 | 07076 763653