

HEATHNOTES

Encourage - Challenge - Succeed



ISSUE 104
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**NEXT WEEK IS
TIMETABLE...**

A

Dear Parents and Carers,

I hope this letter finds you well.

I would like to start by apologising for the unexpected school closure on Wednesday. This decision was not taken lightly and was due to an issue with the gutters, which overflowed back into the building. I want to reassure you that the school is safe, and there are no issues with the roof itself. We are addressing the situation swiftly to ensure minimal disruption.



On a brighter note, we were delighted to host the Jack Petchey event recently. It was a fantastic celebration, and I would like to extend my congratulations to all the pupils who participated. Their achievements and contributions are a source of immense pride for our school community.

Thank you also to everyone who attended the recent parents' evenings. We hope you found the Sixth Form presentations informative and helpful in supporting your child with their next steps. Your engagement is invaluable, and we appreciate your continued partnership in your child's education.

As we approach the festive season, I want to remind you about the school Christmas lunch, which will take place on Tuesday, 17th December. Pupils are welcome to wear a Christmas jumper on this day. Please note that the Christmas lunch must be paid for via Arbor and is not covered by the top-up system. We encourage you to make payments as soon as possible to ensure your child can join in the celebration.

Additionally, I'd like to remind parents of Year 10 and Year 12 pupils that Challenge Week will continue until Friday, 13th December. All the resources and key information are available on the Google Sites platform. Please ensure your child is accessing these to make the most of the week.

Thank you once again for your support and understanding. If you have any further questions or concerns, please do not hesitate to get in touch.

Warm regards,

Sonia Close

UPCOMING EVENTS

Monday 2nd December

Challenge Week Begins (Y10 & Y12)

Monday 9th December

Year 13 Personal Statement/UCAS Application Deadline

Thursday 12th December

Year 9 Options Presentation to Parents (Online)

REMINDERS

- Breakfast Club pupils are expected to arrive and sign in via the main school reception before 8:15am - they will not be able to attend if they arrive after this time.
- Please ensure you download the Arbor App if you have not already done so. More information can be found here; <https://support.arbor-education.com/hc/en-us/sections/201716749-Using-Parent-Portal-and-the-Arbor-App-as-a-parent>

Heathcote School & Science College, 96 Normanton Park, Chingford, London, E4 6ES

School Notices

Heathcote School & Science College Sixth Form Open Evening



Wednesday 15th January 2025

5.00pm
to
7.00pm



Secure Your Place
At Our Open Evening

Headteachers
Talks At
5.30pm
and
6.30pm

For more information, please visit our website at;

<https://heathcoteschool.com/sixth-form/admissions/>

We look forward to seeing you!

Closing Date For Applications: Monday 10th March 2025

Heathcote School & Science College Sixth Form, 96 Normanton Park, Chingford, London, E4 6ES
Telephone: 020 8498 5110 Email: heathcote.sixthform@heathcote.waltham.sch.uk

School Notices

Year 9 Options Evening

This meeting will take place on Thursday 12th December

The first stage of the year 9 Options Process will be an online presentation held on **Thursday 12th December** in which I will be introducing you to the GCSE Options selection process. This is an extremely important stage of your child's education; therefore, I'll be sharing information on how the process will work giving you an insight into the curriculum of the subjects available for options.

Here is the link to the online presentation:

Yr 9 Options Meeting

Thursday 12 December 2024, 17:00 - 18:00 (GMT)

Meeting link: [Yr 9 Options Meeting | Microsoft Teams | Meet-up-Join](#)

Year 10 & Year 12 Work Experience

Pupils should be proactively looking for their own placements. Please support them with this. Once they have found a placement, the completed form and a copy of the employer liability insurance document needs to be sent to me. The deadline for this process is **24th February 2025**.

Apprenticeship Vacancies

Please use the link to view the latest selection of apprenticeship vacancies available to pupils.

[Please Click Here](#)

Trip reminders

Year 10 trip to see Romeo and Juliet – last few tickets remaining. Please purchase asap to avoid any disappointments.

Parent support with trips

As you know, Heathcote School prides itself with the extensive enrichment programme it offers young people. In order to maintain the high standard and range of activities and trips we offer; we are reaching out to you to see whether you can support us with trips and events.



School Notices

1. You will be required to support with external trips.
2. You will be given sufficient notice if you are required.
3. You must have a valid DBS check.
4. You will not be grouped with your child.
5. If you can help, please email me with evidence of your DBS (sbashal@heathcote.waltham.sch.uk)

Thank you for your ongoing support.

Christmas Week Charity Campaign

We are excited to inform you that our student ambassadors will be hosting a special **Christmas Week Charity Campaign** from 9th December to 13th December 2024.

Throughout the week, the ambassadors will be running various activities to raise funds for a local charity (charity to be decided). This is a wonderful opportunity for our students to embody the spirit of giving and make a positive impact in our community.

- Buy a Christmas Candy Cane - 50p

This is open to all students. However, sixth form pupils only will be able to buy a candy cane to send a message to a loved one/friend/staff – anonymously if you prefer - £1.00

- Guess the Sweet Jar - £1

£1 will allow students to guess the number of sweets in three different-sized jars. The person with the closest guess will win that jar (three winners = three jars).

- Christmas Jumper Day - £1

On Tuesday 17th December, pupils can wear a decorative Christmas Jumper to really get into the spirit of the festive season. This is not a non-uniform day and therefore a Christmas Jumper must be worn with the usual school skirt/trousers and shoes.

Further details to follow in a letter to all parents.

Heathcote's Christmas Donation Drive

Heathcote school is organising a Christmas Donation Drive to provide food, gifts, and toys to



School Notices

students and families within our community who may need extra support during the holidays. We hope to bring smiles and cheer to as many as we can, but we cannot do this without your help.

We kindly ask for your support by donating:

- Non-perishable food items (e.g., canned goods, rice, pasta, snacks).
- New or gently used toys suitable for children of various ages.
- Unwanted gifts that families might enjoy during the holiday season.

Donations can be dropped off at the main office & 6th form reception from Monday 25th November. If you'd like to contribute but are unsure what to donate, a monetary contribution would also make a meaningful impact.

Bank details for monetary donations:

- *Account Name:* Heathcote School & Science College
- *Sort Code:* 30-99-86
- *Account Number:* 00032115

(Please include your name in the reference.)

Your kindness will directly benefit our students and families, bringing warmth and joy to those who need it most. Thank you in advance for your generosity—it will make this holiday season brighter for everyone involved.

Ms Bashal, Assistant Head



Winter Card Competition
For Years 7 -9

Design and make a winter-themed card.

Details:
Be creative - use arts and crafts (you can do this in Art Club)
Closing date: 9th of December 2024
Hand in to: Ms Bashal in H216

Top 3 cards win fabulous prizes!
Who will be our next Winter Champion?

Organised by Heathcote's Ambassadors

The poster features a blue background with white birch trees and snow. A robin wearing a Santa hat is perched on a branch on the left, and a snowman wearing a top hat and scarf is on the right.

School Notices

Enrichment Activities

Breakfast Club is open to every child from 8.00am Monday to Friday. Please encourage your child to attend and take advantage of the invaluable service.

After School Enrichment activities are well underway. Please remind your child to attend.

Please see below for our latest timetable of after-school enrichment activities. If you have any queries please speak to Ms Bashal or to the teacher listed in the table.

Enrichment Timetable - Autumn 2024

All clubs are from 3.15 – 4.15 pm unless stated otherwise.

	Monday	Tuesday	Wednesday	Thursday	Friday
Yr 7		Science in Nature Club , H137 Week A (AAD) Drama Club , Week A (ARY) H21 Dance Club , Week B (CLN) H21 Girls Gym Club (SHS) Gym Boys Football Team ADN Hemma Beads Club (SDA) - Week B Art Club (VAT) – H212, Week A	Music Technology (GRN) H14 Netball , Sports Hall (DCY/RLS) Crafty Books , H201 (SKD), Week B Spanish Club (RTT) – H114, Week A	Artful Maths (H129) 3.15-4.15 Sparx Maths Club - Library	
Yr 8		Science in Nature Club (AAD) H137 Drama Club - week A (ARY) H21 Dance Club - week B (CLN) H21 Hemma Beads Club (SDA) - Week B Girls Gym Club (SHS) Gym Art Club (VAT) – H212, Week A	Music Technology (GRN) H14 Netball , Sports Hall (DCY/RLS) Crafty Books , H201 (SKD) - Week B Spanish Club (RTT) – H114, Week A	Artful Maths Sparx Maths Club - Library	
Yr 9		Science in Nature Club (AAD)H137 Week A Drama Club - Week A (ARY) H21 Dance Club - week B (CLN) H21 Girls Gym Club (SHS) Gym Hemma Beads Club (SDA) - Week B Art Club (VAT) – H212, Week A	Spanish Club (RTT), H114, Week A Music Technology (GRN), H14 Duke of Edinburgh Bronze Award (POL) 7101 Netball , Sports Hall (DCY/RLS) Crafty Books , H201 (SKD) - Week B	Artful Maths Sparx Maths Club - Library	Team Biogarden (HKR) H101/Garden area
Yr 10		Girls Gym Club (SHS) Gym	Spanish Club (SGN), H119 Week A Music Technology (GRN) H14 Netball Sports Hall (DCY/RLS)	Sparx Maths Club - Library	Science Society of Medicine (SFA) H137
Yr 11		Music Technology (GRN), H14	Spanish Club (SGN), H119 Week A Netball Sports Hall (DCY)	Sparx Maths Club - Library	
Yr 12		Musical Theatre Club , Week A Drama (ARY) H21, Week B Film Club - (MSW) 6118, Week B Art Club (VAT) H210, Week A	Music Technology (GRN), H14 Netball Sports Hall (DCY/RLS) Spanish Club (RTT), H114, Week A		
Yr 13		Music Technology (GRN) H14 Film Club (MSW) 6118, Week B Art Club (VAT) H210, Week A	Netball Sports Hall (DCY/RLS)		



School Notices

PARENT READING VOLUNTEERS NEEDED!!!

Reading is one of the most vital skills for pupil success. We are currently recruiting for Parent Reading Volunteers to support pupils who do not currently have the skills necessary to achieve their full potential. Training is provided.



What is involved?

Come into school for at least one hour regularly. Typically, you work with pupils individually for about 30 mins each week. Our reading programme runs in 6-week blocks.

What will I do?

You will work with pupils to select books, listen to them read aloud and discuss what they have read.

How do I sign up?

Please complete this [Google Form](#).

Need more information?

Please contact Krista Mitchell, Deputy Head by emailing: kmitchell@heathcote.waltham.sch.uk



School Notices

Year 10 Food Preparation and Nutrition 2024-2025 students

Dear Parents,

Please see the links below for the timetables for our Year 10 and Year 11 Food Preparation and Nutrition pupils. This has all the information for the lessons, the homework and any ingredients they will need for the coming year. Year 11 pupils started their coursework for **NEA 1** from the 3rd of September 2024.

All ingredients are placed in the homework section and are placed in the homework the week before they are needed. Hopefully this will stop last minute requests for ingredients.

The school will supply any one-off ingredients for recipes such as baking powder, syrup and jerk seasoning. If ever there is an issue with Ingredients please do not hesitate to email me or send your child in with a note.

All pupils will need to supply a plastic container to take their food home in. This can be a container such as a large sweet plastic tub. They will also need a hair band or hair tie if they have long hair.

Acrylic and false nails and nail polish are a health and safety issue in catering. So please refrain from fake nails and nail polish.

If there are any issues please contact me on mroffey4.320@heathcoteschool.com .

Thank you so much for your support and I look forward to working with your children in the forthcoming year.

[Please Click Here](#) for the Year 10 timetable.

[Please Click Here](#) for the Year 11 timetable.

Ms Roffey

Food and Nutrition



Reading at Heathcote

Accelerated Reader

Congratulations to the following pupils for achieving a score of 90-100% correct in their A/R Quizzes. Well done to all those pupils who continue to read!

Year 7	Year 8	Year 9
Dylan J <i>100% correct</i>	Emilia R <i>90% correct</i>	Eleanor J <i>100% correct</i>
Chuka A <i>100% correct</i>	Jenaya B <i>100% correct</i>	Meadow E-F <i>100% correct</i>

Heathcote's Book Of The Fortnight

As Long As The Lemon Trees Grow by *Zoulfa Katoum*

A love letter to Syria and its people, *As Long as the Lemon Trees Grow* is a speculative novel set amid the Syrian Revolution, burning with the fires of hope, love, and possibility. Perfect for fans of *The Book Thief* and *Salt to the Sea*.

Salama Kassab was a pharmacy student when the cries for freedom broke out in Syria. She still had her parents and her big brother; she still had her home. She had a normal teenager's life.



Now Salama volunteers at a hospital in Homs, helping the wounded who flood through the doors daily. Secretly, though, she is desperate to find a way out of her beloved country before her sister-in-law, Layla, gives birth. So desperate, that she has manifested a physical embodiment of her fear in the form of her imagined companion, Khawf, who haunts her every move in an effort to keep her safe. But even with Khawf pressing her to leave, Salama is torn between her loyalty to her country and her conviction to survive. Salama must contend with bullets and bombs, military assaults, and her shifting sense of morality before she might finally breathe free. And when she crosses paths with the boy she was supposed to meet one fateful day, she starts to doubt her resolve in leaving home at all.

Soon, Salama must learn to see the events around her for what they truly are--not a war, but a revolution--and decide how she, too, will cry for Syria's freedom.



Year 7 News

Form	Praise Points	Attendance
7.1	39	92.7%
7.2	42	94.1%
7.3	90	92.1%
7.4	164	95.6%
7.5	105	89.6%
7.6	262	97.2%

Key Messages

Dear Parents/Carers,

As you know over the past 2 weeks year 7 have been completing their first challenge week assessments. Thank you for supporting them at home in preparation for these assessments. I hope that the results when out show that they have focused well and made progress in their subjects.

In form time we are having a push on reading and 7.3 are preparing for their upcoming assembly.

Parental support

Please continue to monitor your child's google classroom. Their maths, science and English homework will be displayed on the Year 7 noticeboard, other homework will be in the individual classrooms. They are set several homework a week and should plan their time accordingly.

Reading is a vital skill for your child's academic success and overall development. It not only enhances imagination and critical thinking but also plays a key role in exam success. Many exam questions require strong reading skills to understand instructions and interpret information, making reading age progress essential for achieving their potential. At school we have invested in the Lexia and Accelerated Reader programs to support.

How to Support Your Child with Reading at Home:

- Read Daily: Encourage 20–30 minutes of reading each day to build vocabulary and comprehension
- Discuss Books: Talk about what they're reading to deepen understanding and engagement.
- Set an Example: Show them the value of reading by sharing your own habits.
- Provide Variety: Offer a mix of books, articles, and magazines that align with their interests.
- Use School Tools: Support their use of our library and the 'Accelerated Reader' program.
- Celebrate Success: Praise their progress, whether it's finishing a book or mastering new words.

Praise and Congratulations

Well done to 7MaFb for your excellent efforts with your maths homework.

Congratulations to our top 20 in terms of praise points

George	Olivia B	Zander	Jay	Sophie
Dylan	Erin	Ajsel	Hana	Alex
Charlie W	Amelia	Jessica	Sean	Rio
Emmeline	Emma	Maya	Belle	Ruby

Ms Gasper

Year 7 Lead



Year 8 News

Form	Praise Points	Attendance
8.1	79	94.8%
8.2	230	95.3%
8.3	127	93.9%
8.4	201	89.7%
8.5	104	88.5%
8.6	238	91.6%
8.7	70	91.0%

Key Messages

Dear Parents/Carers,

We are incredibly proud of the effort and focus Year 8 pupils demonstrated during their Challenge Week assessments. These assessments are a fantastic opportunity for pupils to showcase their knowledge, identify areas for development, and demonstrate how hard they have been working to their teachers, to you and to themselves. I would like to thank you for your continued support in encouraging our pupils to be prepared and do their best. Please take a moment to celebrate their hard work and discuss with them which topics/subjects they have found interesting or even challenging during the week. Pupil reports will be sent out towards the end of the term.

In form time this week, Year 8 pupils explored the importance of developing good reading habits. We discussed how regular reading can enhance their skills, spark imagination, and support academic success. Pupils were encouraged to try different genres, explore new materials like articles, and discover books by authors they may not have read before. They were also introduced to the idea of setting personal reading goals to make reading both enjoyable and rewarding. As part of their equipment, Year 8 pupils are expected to have a reading book with them. Please encourage your child to visit the library before school, during break or lunch, or after school to explore the wide range of books and materials available to them.

Notices

There are a large number of Year 8 pupils arriving late to school. A gentle reminder the Whitehall Gate opens at 8:25am and will close at 8:35am. Pupils are expected to be lined up in their tutor groups, ready for period 1 teachers to collect their classes at 8:35am. Any pupils arriving later than 8:35am will be expected to go to the late gate and will receive a restoration.

All parents and pupils should refer to the Year 8 Noticeboard on Google Classroom for all reminders, updates and information regarding Year 8. If you do not have access to this, please ask pupils to inform their form tutors.

A huge congratulations to Georgie H for received a Jack Petchey award for being selected for the Essex Girls U13 cricket programme and for receiving her first Essex Cap. She has also represented her borough at the London Cricket Games and is an integral part of the Chingford Club's U13 Mixed team. Her love for the game shines through her enthusiasm and dedication. We are extremely proud of her!



Ms Apperley

Year 8 Lead



Year 9 News

Form	Praise Points	Attendance
9.1	293	89.5%
9.2	235	97.2%
9.3	465	89.1%
9.4	355	95.7%
9.5	434	98.1%
9.6	353	96.8%

Key Messages

Dear Parents and Carers,

Art Trip – Friday 15th November

I'm glad to report that we had a very productive trip to Tate Modern and Tate Britain on the 15th. The pupils really enjoyed their day in central London, we had a lovely walk along the Thames embankment and saw some world famous art works. There were also prizes available for the best work produced in relation to the trip which are going to:

Georgia D, 9.5

Eleanor J, 9.6

Daniel C, 9.2

Thank you to Ms Dale & Ms Armitt for organising this and to all of the staff that accompanied us.

Winter Card Design Competition

Ms Bashal is running a winter card design competition, details of this have been shared with pupils during tutor time. I know there are some amazing artists in year 9 and look forward to seeing some impressive entries!

Options Assembly & Information Evening

A final reminder that there will be a Year 9 Options presentation to Parent, Online on Thursday December 12th from 5-6pm. Details of how to join the meeting will be shared closer to the time. On the same day, pupils will have special options assembly in school during their PIE lesson to fully explain the options process to them. I have had a couple of requests that the parent presentation be shared for those unable to attend on the evening and will look into this.

Behaviour & Attendance

Well done to 9.3 for gaining the most praise points this fortnight and to 9.5 for receiving the least negatives, best attendance AND best punctuality! Keep up the good work!

Upcoming Dates:

Year 9 Options Presentation to Parent (Online) - *Thursday December 12th, 5-6pm*

Y9 Parents Evening inc. Options Display & talk - *Thursday January 30th 2025, 4.20-6.20pm (times tbc)*

Ms Page

Year 9 Lead



Year 10 News

Form	Praise Points	Attendance
10.1	214	92.1%
10.2	180	98.8%
10.3	173	84.1%
10.4	201	90%
10.5	140	89.6%
10.6	188	83.4%

Key Messages

Dear Parents/Carers,

Praise and Attendance

Well done to 10.2 for their attendance score across the week. This almost reached 100% for all pupils across the form. Similarly, 10.1 had a fantastic week for the amount of praise points achieved.

Challenge Week

Revision Material.

Please continue to encourage your child to access the google classroom for revision material. This will best support and prepare them for challenge week even further.

Challenge week will start week beginning **Monday 2nd of December.**

Summer Reward Trip

We are currently exploring our summer reward trip options. Pupils have the opportunity to vote from a range of different adventures. Please encourage your child to place their vote.

The voting link has been placed on the year 10 Google classroom notice board. Voting closes on Friday 20th December.

Work Experience

Please continue to explore work experience opportunities. Please remember that the school deadline is Monday 24th February 2025. Forms and placements should have been secure by this date. Please reach out if you have any concerns about this.

Sport News

Well done to the year 10 girls Netball team for reaching the borough finals. The team will take on Walthamstow School for girls at the score centre this week and everyone at Heathcote is wishing them the best of luck on finals day.

Mr Smith

Year 10 Lead



Year 11 News

Form	Praise Points	Attendance
11.1	66	89.7%
11.2	35	87.4%
11.3	44	95.4%
11.4	53	89.1%
11.5	55	92.8%
11.6	34	86.0%

Key Messages

Dear Parents/Carers,

First and foremost, I would like to say thank you to all who attended this week's Parents' Evening. It was a great opportunity to discuss your child's progress and aspirations for the future and the key areas in which they need to focus on in order to reach their full potential. Your support and engagement are invaluable as we work together to ensure their success. Please do continue to encourage your child to attend their allocated booster sessions and remind them that if they want to attend a booster that they are currently not assigned to, to speak to me and we can look at arranging this for them.

Subject Insight Assemblies

Next week, our pupils will participate in daily Subject Insight Assemblies during form time. These sessions are designed to provide detailed information about the subjects available in our Sixth Form. This is an excellent opportunity for pupils to explore their interests and begin considering their post-16 options. We encourage you to discuss these insights with your child to help them make informed decisions about their future pathways.

Careers Interviews and Positive Feedback

Our Careers Interviews are also continuing, and the feedback from these sessions has been overwhelmingly positive. These one-on-one meetings are helping pupils gain clarity on their goals, identify opportunities, and take the next steps toward achieving their ambitions. If your child hasn't yet had their interview, rest assured it is on the schedule, and we look forward to supporting them through this important process.

A Reminder About Attendance

Finally, we need to address a critical area—attendance and punctuality. As we approach the final months of this academic year, it is essential for pupils to demonstrate resilience and maintain a strong commitment to their education. Unfortunately, we have noticed a number of pupils taking days off for minor issues. Regular attendance is crucial for academic success and preparation for exams, and we kindly ask for your support in ensuring your child is present every day unless absolutely necessary. Can we please also encourage pupils to be on time for school so that they are receiving all possible opportunities to be successful. Let's work together to help them build the resilience they'll need, not just for their exams but for life beyond school.

Thank you for your continued support. Please don't hesitate to reach out if you have any questions or need further information.

Ms Clancey

Year 11 Lead



Year 12 News

Form	Praise Points	Attendance
12.1	2	89.8%
12.2	4	88.0%
12.3	21	86.2%
12.4	9	92.6%
12.5	33	89.8%

Key Messages

Dear Parents & Carers of Year 12,

Reminder of Year 12 Challenge Week

A reminder that the year 12 Challenge Week is commencing from the week beginning the 2nd of December. This will take place over 2 weeks and the pupils will be tested in the courses that they are taking. We kindly ask parents and carers to encourage your children to revise thoroughly and be well-prepared. Pupils should utilise the resources they have gathered throughout the year, including notes, textbooks, materials available on google classroom, and any other resources that their subject teachers have recommended to them. Thank you for your ongoing support during this critical time.

Reminder of uniform expectations

A reminder that your child is expected to attend sixth form in smart business wear. Hoodies, leggings and jeans should not be worn to sixth form and students will be sanctioned for wearing these items. A polite reminder that skirts should be knee length and that students need to wear their lanyards at all times whilst at school.

Work Experience

Pupils have also been given the form that they will need to complete when finding their own work experience placements. A copy of this form can also be found on the year 12 noticeboard. Completed forms will need to be handed to Ms Bashal by 24th February 2025.

Contact Details

If you'd like to contact me via e-mail the address is:

pmiltiadou@heathcote.waltham.sch.uk

Mr Miltiadou

Year 12 Lead



Year 13 News

Form	Praise Points	Attendance
13.1	30	93.2%
13.2	14	95.5%
13.3	4	87.2%
13.4	17	87.2%
13.5	24	95.4%

Key Messages

Dear Parents/Carers of Year 13,

We have offers and interviews streaming in now from universities and employers; as a response to both university and apprenticeship applications. We know that this is an extremely uncertain time for pupils so any discussions and support and wisdom you can offer your child related to their next steps is greatly needed! I'm sure you are likely to hear the phrase 'stop nagging' or 'I just don't know', but even just ruling out what they definitely don't want to do is helpful!

Just a reminder that there is an internal deadline of Monday 9th December for all UCAS applications, with the intention of submitting all applications by the end of term deadline.

Attendance

This is normally the point in the year where we see a slight dip in pupils' attendance. As a school, we will obviously be encouraging them to maintain high standards and meet the expected benchmark of at least 95% attendance by February Half term in order to ensure their exam entries. Your support dragging them out of bed on the dark, cold, miserable mornings is by far a bigger challenge but has a huge and positive impact on their outcomes! A gentle reminder, 6th Form absence should be reported to sixthformattendance@heathcote.waltham.sch.uk or 020 8498 5110 option 3, but hopefully you won't need this.

Key Dates:

Monday 9th December—pupils to have completed their personal statements and all sections of their UCAS application

Thursday 19th December – Early finish

Wednesday 15th January – Sixth form Open Evening – KS5 Pupils to finish school early (Lunchtime). Pupil helpers for the evening would be appreciated.

You can contact me if you wish at rlewis@heathcote.waltham.sch.uk.

Have a lovely weekend,

Ms Lewis

Year 13 Lead



Other News & Events

Jack Petchey Speak-Out Challenge

Heathcote School was proud to host the inspiring Jack Petchey Speak Out Challenge regional final on Wednesday evening, empowering young voices to shine and make a difference!

The Regional Final is an opportunity for everyone in the community and across the borough to come together to celebrate and build a platform for young voices. A panel of judges selected the best speeches given, who will go on to the Grand Final next year. More will follow in the Christmas issue of Heathcote News.



Other News & Events

Nativity Parade

On Saturday 14th December the True Life Baptist Church will be organising a Christmas nativity parade through Chingford.

They will be bringing a REAL LIVE CAMEL with a Wise Man, and a REAL LIVE DONKEY with Mary! The procession starts at Chingford Station at 10am, travelling down Station Road to Albert Crescent at Chingford Mount for 11am.

There will be carols sung and readings about the nativity. All are welcome to join.

Arrive at Chingford Station for **9.30am**. For more information contact Nick Gibbs on 07973 462 741 at the True Life Baptist Church.

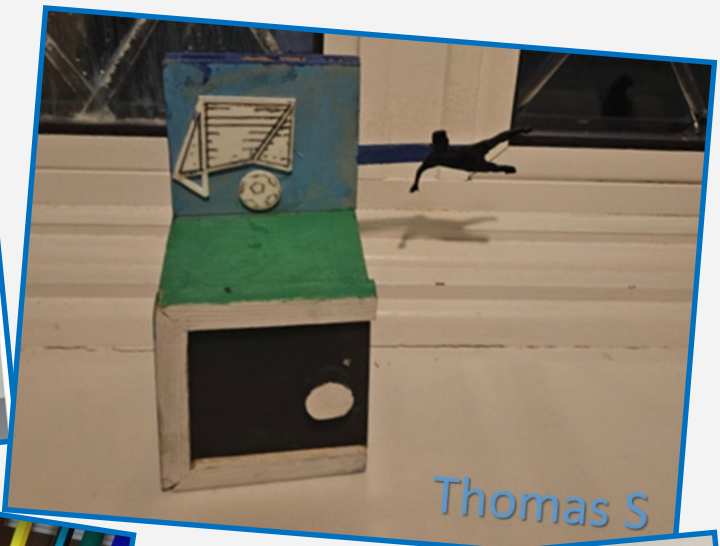


Other News & Events

Year 7 Make Money Boxes!

Year 7 Product Design pupils have worked hard in their Design Technology lessons to create a novelty money box as a gift for a visitor to a museum or place of interest. Pupils used traditional hand tools to manufacture their money box frames and combined this with the use of computer aided design to laser-cut motifs for their product theme.

Mr Dolan



Other News & Events

WINTER WELLNESS TIPS



STAY WARM

- Heat your home to a temperature that's comfortable for you. If you can, this should be at least 18°C in the rooms that you regularly use, such as your living room and bedroom.
- Wearing several layers of clothing will keep you warmer than one thicker layer.
- If you are struggling to heat your home, you can visit a number of Community Living Rooms in Waltham Forest. Some host regular social activities, and some food, hot drinks or Wi-Fi. Find more information: bit.ly/wf-warm
- More advice is available on the council's website: bit.ly/wf-winter



GET VACCINATED

- Getting the flu and Covid-19 vaccines ahead of winter are two of the most important things you can do to keep yourself and others around you safe. You can get both for free if you are aged 65 and over, are pregnant or have a long-term health condition.
- Children can get a flu vaccine if they are aged 2 to 16, or aged 6 months to 17 years old with certain health conditions. It is important to make sure they are also up to date with their MMR vaccine and other childhood vaccinations.
- If you are aged 65 and over you can get the pneumococcal vaccine to protect against pneumonia, sepsis and meningitis.
- If you are aged 75 to 79, you turned 80 on or after 1 September 2024, or you are pregnant, then you will be eligible for the RSV vaccine. RSV is a common respiratory virus that can make babies and older adults seriously ill.



CHECK YOUR MEDICINE CABINET

- Make sure you have enough prescription medicines. Stock up early as your pharmacy or GP practice may be closed for the holidays.
- Make sure the medication that you do have is still in date.
- Stock up on essential over-the-counter medications for common winter illnesses like coughs, colds, sore throats and general aches and pains. Ask your pharmacist for advice.



STAY HEALTHY

- Try to reduce the amount of time you spend sitting down during the day and keep active. It doesn't matter what you do, as long as it's something you enjoy and keeps you moving.
- Eating a healthy balanced diet can help you to feel your best and keep your energy levels up.
- Wear shoes with good grip when you go outside to avoid slips and falls on slippery or icy surfaces.



STAY CONNECTED

- Keep in touch with your friends, neighbours and family.
- Speak to someone if you're feeling under the weather, and don't be afraid to ask if you or they need any help.

Other News & Events

FIND ADVICE AND SUPPORT

HEALTH AND WELLBEING



NHS 111

If you need urgent medical attention, but it is not life-threatening, visit **NHS 111 online** or call **111 first**.

Seeing a doctor out of hours

Urgent doctor's appointments are available seven days a week including in the evenings, weekends and on bank holidays. Call your practice or NHS 111 to book.

Pharmacy

Your local pharmacist can offer advice as well as medication. Many pharmacies are open late and over the weekends and you do not need an appointment to see a professional. Some offer free delivery services, so check with your local pharmacy.

Walk-in clinics

For help with minor injuries and illnesses, visit the Urgent Treatment Centre at Whipps Cross Hospital, open 24 hours a day, located on the Whipps Cross Hospital main corridor at Junction 5.

Mental Health Support

If you are feeling overwhelmed or you are struggling with your mental health, you can call the mental health crisis line for free 24 hours a day, 365 days a year. Call **NHS 111** and choose **option 2**.



Waltham Forest Talking Therapies

Gives support for many common mental health concerns such as anxiety, stress, phobias, bereavement and depression.

☎ 0300 300 1554, option 4 for self-referral.

@ wf.talkingtherapies@nhs.net

Samaritans

If you or someone you know is feeling low, depressed, or suicidal, call the Samaritans, no referral required.

☎ 0330 094 5717

@ jo@samaritans.org

Kooth

Free online counselling and wellbeing support for young people aged 10 to 25 in Waltham Forest.

☎ 020 3984 9337

@ contact@kooth.com

Good Thinking

Helping all residents take care of their mental wellbeing. No referral required for most services.

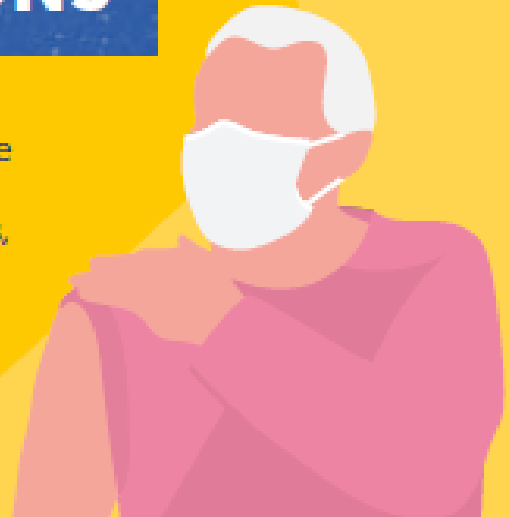
@ info@good-thinking.uk



Other News & Events

WINTER VACCINATIONS

Millions of people will be eligible for free flu and Covid-19 vaccines this winter, including everyone **aged 65 and over**, **pregnant women**, **care home residents**, **people with certain health conditions**, and **frontline health and care staff**. Children **aged 2 to 16**, or **aged 6 months to 17 years old with certain health conditions**, can get a free flu jab.



Who is eligible

FLU VACCINE

- All adults aged **65 and over**
- People aged **6 months to 64** in a **clinical risk group**
- People who are **pregnant**
- People who live in a **care home**
- People who receive a **carer's allowance**, or are the **main carer** for an older or disabled person
- People who live with someone who has a **weakened immune system**
- Children aged **2 to 16**, or aged **6 months to 17 years old with certain health conditions**.

Find out more:

 www.nhs.uk/flu vaccine

COVID-19 VACCINE

- All adults aged **65 and over**
- Residents living in a **care home for older adults**
- People aged **6 months to 64 years** in a **clinical risk group**, including people who are **pregnant**
- **Frontline** health and social care workers
- Staff working in **care homes for older adults**

Find out more:

 www.nhs.uk/covid-vaccination

RSV VACCINE



- Adults aged **75 to 79**
- Adults who turned **80** on or after **1 September 2024**
- Women and people who are **pregnant (from 28 weeks)**

Other News & Events

How to book




FLU VACCINE

If you are eligible you can book a flu vaccine through:

- Your doctor's surgery
- Your local pharmacy
-  The NHS App
-  www.nhs.uk/bookflu
- Children from reception to year 11 will be offered vaccinations at school. 2 to 3 year olds can get one from your GP.

COVID-19 VACCINE

If you are eligible you can book a Covid-19 vaccine through:

-  The NHS App
-  www.nhs.uk/bookcovid
-  119

Many local pharmacies will offer a walk in service with no need to book.

RSV VACCINE

RSV is a common respiratory virus that can make babies and older adults seriously ill.

If you are pregnant:

You should be offered the RSV vaccine around the time of your 28-week antenatal appointment. Speak to your maternity service or GP surgery if you're 28 weeks pregnant or more and have not been offered the vaccine.


If you are aged 75 to 79:

Your GP surgery will contact you about getting the RSV vaccine. This may be by letter, text, phone call or email.

OTHER VACCINATIONS

If you are aged 65 and over your GP will also offer you the Pneumococcal vaccine to protect against pneumonia, sepsis and meningitis.

Find out more by visiting

 northeastlondon.icb.nhs.uk/vaccinations



Lunch Menu

Week Beginning 2nd December

WEEK 3	MONDAY CLIMATE CHANGE DAY	TUESDAY BURGER DAY	WEDNESDAY TRADITIONAL DAY	THURSDAY CURRY DAY	FRIDAY CHEFS CHOICE
MAINS	MAC N CHEESE ● THAI STYLE JASMINE RICE ● JACKET POTATO WITH VARIOUS FILLINGS ● V ●	BEEF TOWER BURGER WITH JACKET WEDGES FALAFEL STUFFED PITTA WITH MINT YOGURT AND RED CABBAGE ● JACKET POTATO WITH VARIOUS FILLINGS ● V ●	HOMEMADE CHICKEN AND SWEET CORN PIE WITH ROASTED POTATOES AND GRAVY ROASTED VEGETABLE LOAF WITH ROASTED POTATOES AND GRAVY ● JACKET POTATO WITH VARIOUS FILLINGS ● V ●	BEEF CURRY WITH MIXED RICE TOFU CURRY WITH EGG FRIED RICE ● JACKET POTATO WITH VARIOUS FILLINGS ● V ●	MSC DEEP FRIED FISH WITH CHIPPED POTATOES OR MSC FISH FINGERS WITH CHIPPED POTATOES OLIVE & TOMATO RISOTTO ● V ● JACKET POTATO WITH VARIOUS FILLINGS ● V ●
ALL DISHES SERVED WITH SEASONAL VEGETABLES OR MIXED SALAD					FRESH BREAD IS MADE DAILY
STREET	CLASSIC CHEESE AND TOMATO PIZZA WEDGE AND GARLIC BREAD	CHICKEN ZINGER WRAP	SMOKEY BEEF BURRITO	SPRING ROLLS WITH MIXED RICE AND SWEET CHILLI SAUCE ● V	STICKY CHICKEN WINGS WITH CHIPPED POTATOES
PASTA					
COLD	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS
DESSERTS	PINEAPPLE UPSIDE DOWN CAKE ● AND CUSTARD ● V ● FRESH FRUIT ● V ● FRUIT POTS ● V ● ORGANIC FRUIT YOGURT ● ICE CREAM TUB ●	APPLE PIE ● SERVED WITH CUSTARD ● V ● FRESH FRUIT ● V ● FRUIT POTS ● V ● ORGANIC FRUIT YOGURT ● ICE CREAM TUB ●	RICE PUDDING WITH FRUIT COMPOTE ● FRESH FRUIT ● V ● FRUIT POTS ● V ● ORGANIC FRUIT YOGURT ● ICE CREAM TUB ●	FROSTED CARROT CAKE ● SERVED WITH CUSTARD ● V ● FRESH FRUIT ● V ● FRUIT POTS ● V ● ORGANIC FRUIT YOGURT ● ICE CREAM TUB ●	STICKY CHOCOLATE BROWNIE ● SERVED WITH CUSTARD ● V ● FRESH FRUIT ● V ● FRUIT POTS ● V ● ORGANIC FRUIT YOGURT ● ICE CREAM TUB ●
A SELECTION OF NATURAL FRUIT DRINKS / MILK SHAKE / BOTTLED WATER					

Week Beginning 9th December

WEEK 1	MONDAY CLIMATE CHANGE DAY	TUESDAY BURGER DAY	WEDNESDAY TRADITIONAL DAY	THURSDAY CURRY DAY	FRIDAY CHEFS CHOICE
MAINS	HOMEMADE CHEESE AND POTATO PUFFS ● WITH POTATO WEDGES STICKY TOFU WITH MIXED RICE ● V ● JACKET POTATO WITH VARIOUS FILLINGS ● V ●	SPICED DIRTY CHICKEN BURGER IN A FLOURED BAP WITH JACKET WEDGES JERK POWER SAUSAGE IN A FLOURED BUN WITH JACKET WEDGES ● V ● JACKET POTATO WITH VARIOUS FILLINGS ● V ●	SPAGHETTI BOLOGANISE ROASTED WINTER VEGETABLE BIRYANI ● V ● JACKET POTATO WITH VARIOUS FILLINGS ● V ●	CHICKEN CURRY AND MIXED RICE SWEET POTATO AND CHICKPEA CURRY WITH MIXED RICE ● V ● JACKET POTATO WITH VARIOUS FILLINGS ● V ●	MSC DEEP FRIED FISH WITH CHIPPED POTATOS OR MSC FISH FINGERS WITH CHIPPED POTATOES SPICY VEGETABLE QUESADILLA ● V ● JACKET POTATO WITH VARIOUS FILLINGS ● V ●
ALL DISHES SERVED WITH SEASONAL VEGETABLES OR MIXED SALAD					FRESH BREAD IS MADE DAILY
STREET	MEXICAN STYLE QUORN LOADED BURRITO ●	BEEF ENCHILADAS	SIZZLING CHICKEN AND GINGER STIR FRY WITH NOODLES	MAC N CHEESE ●	JERK CHICKEN WINGS
PASTA					
COLD	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS	SELECTION OF SANDWICHES, BAGUETTES AND WRAPS
DESSERTS	JAM COCONUT SPONGE ● AND CUSTARD ● V ● FRESH FRUIT ● V ● FRUIT POTS ● V ● ORGANIC FRUIT YOGURT ● ICE CREAM TUB ●	BANANA CAKE ● AND CUSTARD ● V ● FRESH FRUIT ● V ● FRUIT POTS ● V ● ORGANIC FRUIT YOGURT ● ICE CREAM TUB ●	CHOCOLATE CRACKNEL AND CHOCOLATE SAUCE ● FRESH FRUIT ● V ● FRUIT POTS ● V ● ORGANIC FRUIT YOGURT ● ICE CREAM TUB ●	LEMON DRIZZLE CAKE ● AND CUSTARD ● V ● FRESH FRUIT ● V ● FRUIT POTS ● V ● ORGANIC FRUIT YOGURT ● ICE CREAM TUB ●	FRUITY FLAPJACK ● V ● FRESH FRUIT ● V ● FRUIT POTS ● V ● ORGANIC FRUIT YOGURT ● ICE CREAM TUB ●
A SELECTION OF NATURAL FRUIT DRINKS / MILK SHAKE / BOTTLED WATER					