

# HEATHNOTES

Encourage - Challenge - Succeed



**ISSUE 121**  
**14th November 2025**

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**NEXT WEEK IS  
TIMETABLE...**

# A

Dear Parents/ Carers,

We are delighted to share some fantastic sporting news this month. Our Year 7 and 8 girls' football team achieved an incredible **third place out of twenty schools** in the **Alessia Russo Tournament** – a wonderful result that reflects their teamwork, skill, and determination. In recognition of their efforts, every pupil in the team received a **free pair of Adidas football boots** personally gifted by Alessia Russo herself – an unforgettable experience and a testament to the strong partnerships we are building for the future.



Our **Year 8 girls** also continue to shine, currently sitting **top of the Waltham Forest League**, and our **girls' and boys' football teams** remain in strong contention in the **London Cup**. We are immensely proud of all our pupils who represent the school with such pride and commitment.

We would also like to take a moment to recognise the pupils who represented Heathcote at the **laying of the flowers** ceremony last week. They conducted themselves with **maturity, respect, and a deep sense of pride**, embodying the very best of our school values. It was a truly moving occasion, and we are incredibly proud of the way our pupils paid their respects on behalf of the Heathcote community.

A reminder that our **Year 13 Parents' Evening** will take place on **Thursday 20th November 2025, from 4:00–6:20pm in the Sixth Form Building**. Alongside this, there will be short presentations on **post-Sixth Form options**, including support with exams, university offers, apprenticeships, and employment pathways. These sessions will run at:

- **4:30pm – Room 608**
- **5:30pm – Room 608**

We strongly encourage all Year 13 pupils and their families to attend, as these sessions will provide valuable guidance and advice for planning next steps beyond Heathcote.

As we approach the end of term, we would like to share some staff news. Ms Armitt has retired this term after many years of dedicated service. We would like to thank her sincerely for her commitment and contributions to the school and wish her all the very best for a happy and fulfilling retirement. We are also pleased to announce that we have successfully appointed Mr Rahul Rahanu as our new Art Teacher, and has started this half term.

Finally, we would like to wish Mr Ferrar all the best for the future as he leaves Heathcote after three years as Deputy Headteacher to pursue new opportunities. Mr Ferrar would like to wish all staff, students and their families all the very best for the future.

**Sonia Close**

## UPCOMING EVENTS

**Monday 17th November**

Year 10 and Year 12 Challenge Week begins

**Thursday 20th November**

Year 13 Parents Evening

**Monday 24th November**

Year 10 County Lines Workshop

## 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 14th January 2026

Book Now Using This QR Code

- Meet our teachers and pupils
- Explore our courses and pathways
- Tour our bespoke Sixth Form building
- Discover how we prepare you for success

5.00pm  
to  
7.30pm



For more information, please visit our website at;

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

We look forward to seeing you!

**Closing Date For Applications: Friday 6th March 2026**

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

# School Notices

## Heathcote School & Science College Sixth Form



### Top Sixth Form in Waltham Forest for progress and attainment

**ALPS 3 rating  
2025**

**Top 25% of  
Sixth Forms  
nationally**

**Scan the QR  
Code To Apply**

**Vocational Success**  
Majority of BTECs at  
**Distinction /  
Distinction\***,  
opening doors to top  
destinations



**A Level Excellence  
(2025):**

**28% at A–A\***

**55% at A–B\***

**77% at A–C\***

**Closing Date For  
Applications:  
Friday 6th March  
2026**

For more information, please visit our website at;

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We look forward to seeing you!

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# School Notices

## Yr 10/12 Work Experience

Please remember that we are currently in stage one of work experience where students should be looking for their own placements either through family, friends or making contact with employers themselves. A form was sent to parents and given to students. The completed form needs to be returned to Ms Bashal.

## Upcoming Trips and Events

<b>17th December</b>	Year 7 Science Museum – Forms 1&2 RAF museum – Forms 3 & 4 Centre of the cell - Forms 5 & 6
<b>17/18 December</b>	Year 8 Bletchley Park and Architecture Design Day
<b>17/18 December</b>	Year 9 Performing Arts Experience
<b>28 November</b>	Year 10/11 Poetry Live

Please ensure trips are paid for asap as we cannot run trips without sufficient funds especially when we are using coaches and buying tickets. If you require financial support, please let Ms Bashal know.

## Next Steps Careers Magazine

We're thrilled to announce the launch of the 2nd edition of the Next Steps in London magazine – a celebration of London's diverse and dynamic career landscape.

Inside, you'll find inspiring real-life stories, sector spotlights, and practical advice designed to help young people make confident, informed choices about their future.

Created by the four London Careers Hubs, this year's edition is packed with resources for schools and colleges to share directly with their students, helping to bring careers education to life.

<https://london.startprofile.com/content/media/London/Downloads/SBT2638%20Next%20Steps%20in%20London%20Magazine%20Issue%202%20v2%20FULL%20MAGAZINE%20DPS.pdf>

## University of Hertfordshire Alliance Events

**Topic:** What is the University Alliance? Information for Careers Leads and Advisers

**Date:** Thursday 13th November

**Time:** 19:00-19:45



# School Notices

Are you looking for routes with hands-on and career-focused teaching and assessment? What are the alternatives to research-intensive Russell Group study? Who offers good vocational courses? Join us to learn about the University Alliance, the voice of 16 of the UK's leading professional and technical universities.

[Click Here To Register!](#)

The University of Hertfordshire are also offering other upcoming events, please see below:

Open Day—18th October - [Register Here](#)

Open Day—22nd November - [Register Here](#)

Year 12 University Taster Day – 4 June 2026 - [Register Here](#)

## Half Day Campus Experiences

Hertfordshire still have some spaces available on our half-day campus experiences for year 13 students in Creative Arts and Humanities. Please see the table on the following page for a list of available sessions. Session capacities are limited and will therefore be allocated on a first-come, first-served basis. Students can sign up using the QR code below.

## Access Creative College London—2026 Applications Now Open!

Date	Time	Subject
19 Nov	09:00-12:00	History
	11:00-15:00	Fashion and Fashion Business
24 Nov	10:00-13:00	2D Animation
	13:00-15:00	English Language and Linguistics
	10.00-13.00	Music
25 Nov	10:00-13:00	Digital Animation: 3D and VFX Animation
	10:00-13:00	Digital Arts for Animation, Games & Immersion
26 Nov	10:00-13:00	Architecture
	10:00-13:00	Interior Architecture and Design
	10.00-13.00	Graphic Design
	10.00-13.00	Illustration.
	13:00-15:00	Media & Communications
	13.00-16.00	Sociology
27 Nov	10:00-13:00	Comic and Concept Art
	11:00-14:00	Philosophy
	13:00-15:00	English Literature
28th Nov	10.00-13.00	Model Design and Model Effects.

Individual Sign Ups for Y13/L3 UH  
Creative Arts/Humanities Uni  
Experience Day Nov 2025



# School Notices

Apply early to:

- Secure your first-choice course
- Get priority interview dates
- Access exclusive tasters and events

Apply now via our website: <https://www.accesscreative.ac.uk/apply/>

## **Creative Challenge Evenings – this month at ACC London**

Get hands-on and explore your creativity in our free evening sessions. □ You'll have the chance to:

- Learn new creative skills
- Meet like-minded students
- Discover what a future in the creative industries could look like

Find out more and sign up here: <https://www.accesscreative.ac.uk/events/creative-careers-challenges-november-2025/>

We look forward to welcoming you to Access Creative College London soon.

## **New City College Open Day Events**

New City College would be delighted to invite you to their next Open Event at the College, taking place on:

- Saturday 22 November 2025, 10:00 AM – 2:00 PM—All Campuses

This is your opportunity to:

- Tour our facilities and classrooms
- Explore full-time, part-time, and adult learning options
- Meet tutors and current students
- Get expert advice on applications, careers, and student support



Whether you're leaving school, returning to education, or looking to upskill, this event is designed to help you find the right path for your future.

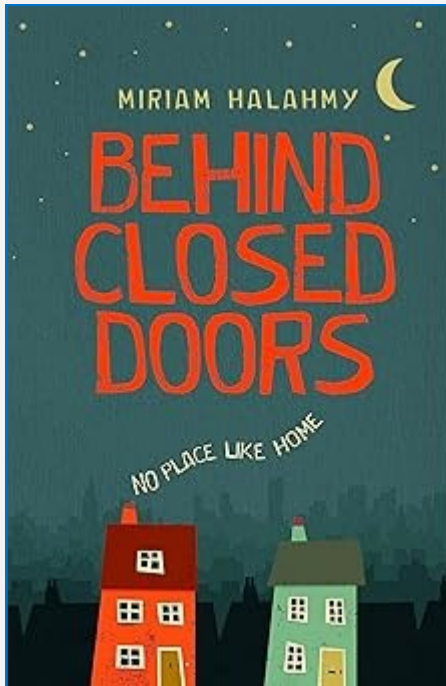
Booking is required – please visit Open Events at New City College [using this link](#) to choose your campus and register your free ticket.

We look forward to welcoming you!



# Reading at Heathcote

## Heathcote's Book Of The Fortnight



### ***Behind Closed Doors***

*By Miriam Halahmy*

Fifteen-year-olds Tasha and Josie are near-neighbours. But when their families let them down, they find themselves unlikely allies in a battle for survival. Josie's mum is 'saving the planet' by collecting most of it, but her house is no longer safe for her own daughter. Tasha has all the clothes and kit a girl could want, but feels increasingly unnerved by her mother's new boyfriend. Both girls turn to each other for help when they find themselves on the brink of being made homeless. *Behind Closed Doors* examines what it means to love and be loved and how to make a life when there is no security at home.

### **Reading Buddies Initiative**

Some of the Year 7 pupils have now started an intervention called 'Reading Buddies' where they will spend half an hour a week reading with a Sixth Former - the purpose being to increase reading age, become more comfortable reading aloud and explore new genres for future independent reading. If you have any queries please do not hesitate to contact me at

[snash@heathcote.waltham.sch.uk](mailto:snash@heathcote.waltham.sch.uk)

***Ms Nash***

*Librarian*



# Year 7 News

Form	Praise Points	Attendance
7.1	77	96.7%
7.2	119	98.1%
7.3	117	97.6%
7.4	99	99.1%
7.5	210	92.0%
7.6	124	92.5%

## Key Messages

### *Dear Parents/Carers,*

I would like to begin by saying a huge well done to all the pupils who joined us on the Laying of the Flowers trip on Friday. Pupils were respectful, engaged and an absolute pleasure to take out for the afternoon. A special congratulations to Alexandra, Harley and Iyosiyas, who represented the school so beautifully by laying a wreath and releasing a dove. Pupils were also invited to visit the graves of local servicemen and women who tragically lost their lives in the war. They learned about their roles and the circumstances in which many died so young. Throughout the visit, pupils showed the utmost respect, and we are incredibly proud of them.



For those pupils attending the **Gilwell Park** trip in July, please be reminded that **the next £50 instalment is due by Friday 28th November.**

A huge well done as well to all Year 7 pupils for completing their Challenge Week exams so far. This is their first assessment period at Heathcote, and they have coped amazingly with the demands and expectations.

This week we have dealt with a number of issues involving pupils not being very kind to one another. We would like to stress that we expect all pupils to be respectful towards one another at all times. Anyone not following this expectation will be sanctioned in line with the school behaviour policy.

Please can I again stress the importance of regularly screening your child's phone. As explained in an email earlier this year, the school cannot control or police social media activity, many issues unfortunately arise from pupils using these platforms incorrectly. Your support in monitoring their online activity is vital to keeping them safe.

A final reminder to complete your payment for the Christmas Lunch on Arbor. If you do not wish for your child to have a Christmas Lunch, then they will need to bring in a packed lunch on this day.

Thank you for your continued support.

*Kindest regards*

*Ms Clancey*

*Year 7 Lead*



# Year 8 News

Form	Praise Points	Attendance
8.1	103	94.8%
8.2	28	97.4%
8.3	96	98.5%
8.4	57	83.1%
8.5	117	95.5%
8.6	78	92.9%

## Dear Parents/Carers,

Welcome Back from Half Term!

I hope you and your families had a restful break. As we begin this half term, I want to share some important updates and reminders for our Year 8 pupils and their families.

### Online Safety – Important Information

Please check your email inbox for a separate letter regarding online safety and the risks associated with anonymous messaging apps such as **NGL, YOLO, and Sarahah**. We strongly encourage all families to:

- Discuss the potential dangers of anonymous apps with your child
- Monitor app usage and privacy settings on devices
- Remind your child to speak to a trusted adult if they see or receive anything that makes them uncomfortable

If you have any concerns or questions about online safety, please do not hesitate to contact us at school.

### Stars Of The Fortnight

8.1	Halle	
8.2	Rajan	Ivon
8.3	Jeron	Jasmine
8.4	Ranbir	Parker
8.5	Riley	Anya
8.6	Joshua	Olivia

### Remembrance Assembly

I was delighted to see the exemplary conduct of our Year 8 pupils during the Remembrance Assembly on the 11th of November. Their respect and maturity were evident—well done to all for representing Heathcote so positively.

### Challenge Week Exams

Challenge Week Exams are now underway. Please remind your child to:

- Access revision materials via the Pupil Portal and Google Sites
- Organise their revision time using school-provided resources
- Speak to their tutor or subject teachers if they have any questions or need further support

By helping your child establish a regular revision routine at home, you are supporting their preparation and confidence for assessments.

### Tutor Lead Sessions – Personal Development Focus

This half term, our Tutor Lead sessions will cover the following themes:

#### 1. Building Positive Friendships

- What makes a good friend
- How to support and look out for others

#### 2. Respect and Empathy

- Understanding feelings
- Practising kindness

#### 3. Resolving Conflict

- Managing disagreements
- Rebuilding trust

#### 4. Inclusion and Belonging

- Making others feel welcome
- Celebrating diversity

#### 5. Communication and Active Listening

- Strengthening relationships
- Avoiding misunderstandings

#### 6. Kindness and Gratitude

- Recognising and celebrating acts of kindness
- Understanding their impact on others

We encourage you to discuss these topics at home to reinforce the positive messages pupils are exploring in school.

### Next Steps and Further Support

- **Online Safety:** Review the separate letter and discuss with your child.
- **Exams:** Support your child's revision and encourage them to use the available resources.
- **Personal Development:** Talk about the Tutor Lead session themes at home.

If you have any questions or would like to discuss any aspect of your child's education or wellbeing, please do get in touch.

Thank you for your ongoing support.

Ms Gasper  
Year 8 Lead



# Year 9 News

Form	Praise Points	Attendance
9.1	97	93.4%
9.2	54	90.0%
9.3	38	97.1%
9.4	18	93.9%
9.5	75	86.9%
9.6	48	88.7%
9.7	45	96.2%

## Dear Parents/Carers,

Well done to Year 9 pupils for a positive start back this half-term.

There are still a few places available for this year's Bronze Duke of Edinburgh (DofE) Award programme. Don't miss the chance to take part in one of the UK's most respected youth achievement awards!

The Bronze DofE Award helps young people develop confidence, independence, teamwork and resilience through four sections:

- **Volunteering** – make a difference in your community
- **Physical** – get active and improve your wellbeing
- **Skill** – learn or develop a hobby or talent
- **Expedition** – plan and complete an exciting 3-day, 2-night adventure in Epping Forest

All training and the expedition will be led by our Approved Activity Provider, Wildside Outdoors [wildsideoutdoors.co.uk](http://wildsideoutdoors.co.uk)

Our Year 9 lottery winners from last half term enjoyed a well-deserved rewards afternoon this week, filled with games, treats, and fun activities. All pupils have the opportunity to take part, as we will be spinning the live rewards wheel again during this half term's rewards assembly to select our next group of winners. To be entered into the draw each week, pupils need to achieve 5 or more praise points and fewer than 5 negative points. Each week offers a fresh start, giving everyone a fair chance to be recognised for their positive efforts.

We have noticed an increase in pupils bringing blue lollies into school. A reminder that sweets are a banned item during the school day. Additionally, the bright colouring leaves pupils with blue teeth, tongues and lips, which does not reflect our standards of presentation and is clearly very harmful for their health.

Thank you for your continued support in maintaining high expectations for behaviour and appearance.

## Upcoming events

**Wednesday 17th & Thursday 18th December – Year 9 Curriculum Enrichment Activities.** The programme will include an Industry Workshop Day, offering a range of activities designed to broaden pupils' understanding of career pathways in the performing arts and to enrich their current curriculum learning. Industry professionals have been booked to lead the following workshops:

- Live Music Performance & Q&A
- Street & Afrobeat Dance Workshop / Live Event Performance Workshop
- Music Production Masterclass
- Song writing from an Industry Brief Workshop
- Please pay £5 on Arbor for your child to participate.

**Tuesday 16th December** – Christmas Lunch. A reminder to please pay for the pupil Christmas Lunch on Arbor

**Ms Apperley**

**Year 9 Lead**



# Year 10 News

Form	Praise Points	Attendance
10.1	124	91.5%
10.2	49	92.2%
10.3	73	97.2%
10.4	66	91.3%
10.5	140	98.3%
10.6	100	94.0%

## Key Messages

### Dear Parents and Carers,

I hope you all had a restful break and are ready for a successful and positive half term ahead.

### Challenge Week – 17th to 28th November

Over the next two weeks, Year 10 students will take part in **Challenge Week 1**, where they will be tested in all of their subjects. I would encourage them to focus, try their best and take this opportunity to show what they are capable of. Following these assessments, there may be set adjustments made where appropriate. I wish all students the very best—this is a great opportunity for them to show how much progress they have made.

### Key Year 10 Expectations

To support students in making the most of this crucial year, I am focusing on reinforcing the following routines and expectations:

- Punctuality to school & lessons
- Improved conduct around the building
- Refocus on behaviour for learning in lessons

I have already covered these in an assembly and expanded on our expectations, as well as sharing some strategies they can use to help improve these aspects of their behaviour. I hope to see a significant improvement in the data for the coming half term.

### Intervention and Support

There are lots of intervention groups running this term to support students with **achievement, attendance and resilience**. If your child is offered a place, please encourage them to attend and make the most of the opportunity.

- Pastoral support sessions are being run by our in school pastoral team, or by external staff from Waltham Forest's mental health support team (MHST).
- Academic support boosters will be offered by the Science department and Sparx Maths intervention will be led by Ms Mistry

I hope that the pupils involved find these sessions valuable.

### Subject Praise

Well done to the following pupils for great work & effort in:

**Geography:** Anna, Freya & Oliver Pu

**French:** Eleanor, Ariella, Amelia & Alesia

**Drama:** Naod

Looking forward to a positive and productive half term!

Thank you, as always, for your continued support.

*Ms Page*

*Year 10 Lead*



# Year 11 News

Form	Praise Points	Attendance
11.1	62	87.9%
11.2	59	91.7%
11.3	54	89.9%
11.4	51	93.2%
11.5	42	90.1%
11.6	48	83.7%

## Key Messages

### *Dear Parents/Carers,*

We hope you had a great half-term, even though this does feel like a long time ago.

### **Challenge Week Feedback**

Well done to all pupils that prepared and tried their hardest in the recent challenge weeks, I know this is a stressful but necessary process. Staff have been marking & moderating all papers and setting current & predicted grades. Pupils will receive their results in an 'official' results assembly in order to replicate the experience of results day in August. We will utilise this data to reflect and plan for the next step in support for pupils, whilst educating & empowering pupils to reflect on their own methods and strategies in order to strive for the top. This data will be shared with pupils and parents in their reports and will then be discussed further at parents evening on Thursday 11th December. 1:1 pupil meetings have already begun for some pupils in order to start this process earlier.

### **Achievement Assembly**

Well done to all pupils that have received an award in our achievement assembly last week. Staff nominated pupils that had made a fantastic start to year 11 in their chosen subject.

We also had an incredible 17 Bronze, 19 Silver and 105 Gold awards given out in assembly for positive praise points – a record for year 11.

I also nominated 5 pupils based on their improvements in attendance, punctuality and efforts in comparison to year 10 and for their incredible attitude to learning.

### **Year Lead Award Winners: Kaleab, Aaron, Serin, Josie & Gabriella: (upper right)**

The Headteacher award for half-term 1 was awarded to Freddie (lower right, with Ms Close) for his commitment to the school and support at the year 6 open evening. Thank you so much Freddie.

### **Year 11 in school targets:**

Based on our reflections from half-term 1 the following targets are in place for year 11:

1. *Punctuality* – be at FORM TIME & LESSONS on time
2. *Attendance* = outcomes - No excuses – authorised absence ONLY
3. *Restorations* - Attend 30 minutes and do not let them escalate to 60 minute detentions (6,120 minutes were wasted last half term).

Thank you for your supporting our year 11s in making this year a success.

*Ms Lewis*

*Year 11 Lead*



# Year 12 News

Form	Praise Points	Attendance
12.1	8	90.4%
12.2	12	96.3%
12.3	19	95.0%
12.4	9	97.7%
12.5	30	92.9%

## Key Messages

### Dear Parents & Carers of Year 12,

This half term, our sixth form students have shown real dedication and maturity. We're proud of how you've engaged with your studies, enrichment opportunities, and careers preparation. Below are key updates and reminders as we move into the next stage of the term.

### Envision Programme and Rising Opportunities

The Envision Programme is now underway, and it's great to see so many students involved. We encourage everyone to sign up for the Rising Opportunities offer — it's an excellent way to gain experience and can support lower university entry requirements.

Please check the noticeboard for details.

### Challenge Week and Study Expectations

Our focus this term is on strong attitudes in supervised and independent study.

Challenge Week begins soon — your first as Year 12 students. Make full use of your revision time and approach assessments confidently. After Challenge Week, booster and intervention sessions will support continued progress.

BTEC students should use this time to get ahead with coursework and maintain steady progress.

### Supervised Spotlight Initiative

We're launching the Supervised Spotlight Initiative to help develop professional and presentation skills.

Selected students will receive an email with 48 hours' notice to meet with the Head of Year and present recent work. This offers valuable experience in communicating and reflecting on your learning — key skills for university and employment.

### Celebrating Success

- Well done to Zakkiyah W for completing her Advanced Swimming Course.
- Thank you to our Reading Buddies for supporting Year 7 pupils.
- Buddy Mentoring continues every Thursday — a great opportunity to lead and support others.
- Thank you to our Senate Members for attending the Year 11 assembly this week.

### Reminders

- Uniform: Maintain sixth form dress standards — professional and appropriate at all times.
- Punctuality: Arrive on time, ready to learn.
- Attendance: Currently 96% — our goal is 97.5%. Let's make it happen!

### Looking Ahead

Remember to sign up for university open days and keep an eye on work experience and apprenticeship opportunities. Check the noticeboard and your emails regularly for updates.

*Ms Singh/Ms Ismail*

*Joint Year 12 Lead*



# Year 13 News

Form	Praise Points	Attendance
13.1	0	91.3%
13.2	1	94.9%
13.3	6	81.1%
13.4	20	88.0%
13.5	21	95.6%

## Key Messages

*Dear Parents/Carers of Year 13,*

### **Year 13 Parents evening**

We are pleased to invite you to our Year 13 Parents' Evening on **Thursday 20th November 2025, 4:00–6:20pm**, in the **Sixth Form Building**.

This evening is an important opportunity to discuss your child's progress, upcoming assessments, and plans for life beyond Sixth Form. Each subject appointment will last around **10 minutes**. No booking is required, but we recommend arriving early to meet all relevant teachers.

There will also be a short presentation on post–Sixth Form options, including support with exams, university offers, apprenticeships, and employment routes:

- **4:30pm – Room 608**
- **5:30pm – Room 608**

**Attendance is compulsory for all Year 13 pupils**, who must attend with a parent or carer to receive their **UCAS predicted grades**. These grades are key to making informed decisions about future applications.

If a parent or carer is unable to attend, pupils must still come independently to collect their grades and speak with teachers.

We look forward to welcoming you and working together to support your child's success in their final year.

### **Contact Details**

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

[pmiltiadou@heathcote.waltham.sch.uk](mailto:pmiltiadou@heathcote.waltham.sch.uk)

**Mr Miltiadou**

**Year 13 Lead**



# Other News & Events

## Heathcote Alumni—Michael Mooney

*We were delighted to hear from ex-Heathcote pupil Michael, updating us with his journey after leaving our school to start an apprenticeship...*

I've been meaning to reach out and let you know how things have been going since leaving Heathcote, and I thought now was a good time to share a quick update.

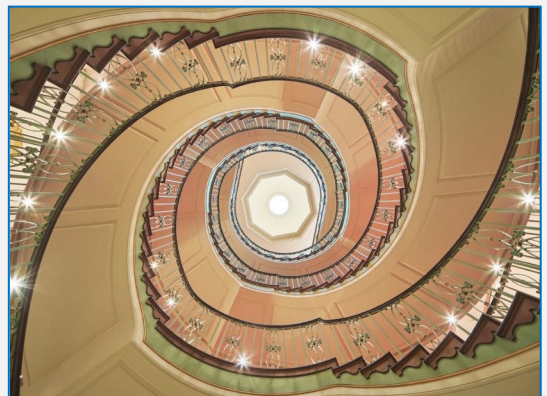
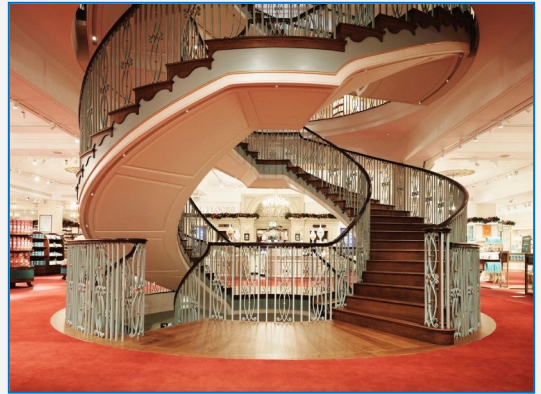
Since starting my apprenticeship, I've had the chance to work on some really exciting projects that have helped me grow both professionally and personally. A few highlights include:

- **Netflix Paris Office Expansion** – I was involved in a project that focused on high-spec fit-out work, which gave me great exposure to fast-paced commercial environments and the importance of precision and coordination.
- **Fortnum & Mason (F&M) Project Helix** – This was a heritage refurbishment project where I got to see how traditional craftsmanship meets modern construction techniques. It was a brilliant learning experience and one of my biggest achievements to date – especially as there are only two other well-known double helix staircases in the world.
- **Haleon** – A large-scale pharmaceutical facility which I've just started working on which is already proving to be a fascinating challenge. It's a very different environment with strict compliance standards, and I'm looking forward to seeing how it develops.

Each of these projects has taught me something new and helped me build confidence in my role. I'm currently a Senior Apprentice, and I'm really enjoying the mix of hands-on work and continued learning.

I often think back to your classes and how they helped lay the foundation for where I am now. I genuinely appreciate the support and guidance you gave me back then—it made a real difference.

*We **always** love to hear from our ex-pupils! If you or anybody you know have anything you'd like to share about life after Heathcote, please do email [heathcote.school@heathcote.waltham.sch.uk](mailto:heathcote.school@heathcote.waltham.sch.uk) or [pwellard@heathcote.waltham.sch.uk](mailto:pwellard@heathcote.waltham.sch.uk) with your experiences...*



# Other News & Events



Dear Parents,

We are delighted to invite you to an upcoming webinar, organized in collaboration with **Morphoses**, on the topic: **The Impact of Social Media: How to Navigate It Safely**

This webinar is designed to help all caregivers — not just parents — better understand the challenges that young people face in today's social media landscape and to provide practical guidance on supporting them safely.

**Date:** 19 November

**Time:** 18:00-19:00

**Speaker:** Ellysia Georgiou | Certified Youth Resilience and Neuroplasticity Coach

*Ellysia Georgiou helps teens, and young adults understand their emotions, rewire unhelpful habits, and build healthier ways of thinking through the science of neuroplasticity. With an IPGCE from Buckingham University and teaching experience at The Junior School in Nicosia, she has worked with children aged 4–13 and mentored teens 12–16, recognising the need for guidance beyond the curriculum and creating safe spaces for personal growth and life skills development.*

**During the webinar, we will explore the following topics:**

- The rise of social media and its influence on young people today.
- Age-specific challenges associated with screen and social media use (ages 6–17).
- Four strategies for protecting children from negative social media effects.

## **About Morphoses**

*Morphoses is an innovative online platform that offers social and emotional skill development programs for children aged 6–17. Through these programs, children can interact through play and develop important skills for their future, such as teamwork, critical thinking, leadership, self-confidence, and more.*

**Don't miss it! We're looking forward to having you all!**

[Register for the webinar here](#)



# Lunch Menu

## Week Beginning 17th November

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN MEAL</b>	Chilli Con Carne with Mixed Rice	Vegetable Biryani (ve)	Beef Curry with Mixed Rice & Naan Bread	Sausage and Mash with Onion Gravy	MSC Golden Crumb Fish Fingers or Battered Fish with Oven Baked Chipped Potatoes
<b>Main Meal</b>	Classic Cheese & Tomato Pizza Wedge & Garlic Bread (v)	Southern Fried Chicken Burger and Jacket Wedges	Samosa with Mixed Rice & Sweet Chilli Sauce (ve)	Cheese & Sweetcorn Quiche with Mash (ve)	Cheese & Tomato Pizza With Garlic Bread (v)
<b>JACKET POTATO</b>	Jacket Potato with Various Fillings (v) (ve)	Jacket Potato with Various Fillings (v)(ve)	Jacket Potato with Various Fillings (v)(ve)	Jacket Potato with Various Fillings (v)(ve)	Jacket Potato with Various Fillings (v) (ve)
<b>PASTA POT</b>	Pasta King (v)(ve)	Pasta King (v)(ve)	Pasta King (v)(ve)	Pasta King (v)(ve)	Pasta King (v)(ve)
<b>UNLIMITED VEGETABLES</b>	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables & Baked Beans
<b>UNLIMITED SEASONAL SALADS</b>	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads
<b>DESSERTS</b>	Peach Melba (v)	Eves Apple (v) & Custard (ve) (v)	Frosted Carrot Cake (v) & Custard (ve)(v)	Rice Pudding with Fruit Compote (v)	Sticky Chocolate Brownie (v)
<b>Selection of Freshly Prepared Sandwiches/ Baguettes/ Wraps</b>	Selection of Sandwiches. Baguettes & Wraps	Selection of Sandwiches. Baguettes & Wraps	Selection of Sandwiches. Baguettes & Wraps	Selection of Sandwiches. Baguettes & Wraps	Selection of Sandwiches. Baguettes & Wraps
<b>FRESH FRUIT / YOGURT</b>	Fresh Fruit/ Fruit Pots/ Organic Fruit Yogurt/ Ice Cream tub	Fresh Fruit/ Fruit Pots/ Organic Fruit Yogurt/ Ice Cream tub	Fresh Fruit/ Fruit Pots/ Organic Fruit Yogurt/ Ice Cream tub	Fresh Fruit/ Fruit Pots/ Organic Fruit Yogurt/ Ice Cream tub	Fresh Fruit/ Fruit Pots/Organic Fruit Yogurt/Ice Cream tub
<b>WATER AND FRUIT DRINKS</b>	A selection of natural fruit drinks /milk shake /bottled water	A selection of natural fruit drinks /milk shake /bottled water	A selection of natural fruit drinks /milk shake / bottled water	A selection of natural fruit drinks /milk shake /bottled water	A selection of natural fruit drinks /milk shake /bottled water

## Week Beginning 24th November

WEEK 1	Monday	Tuesday	Wednesday <b>Curry Day</b>	Thursday	FRIDAY
<b>Main Meal</b>	Beef Bolognese with Wholewheat Spaghetti	Peri Peri Chicken with Jacket Wedges	Chicken Curry and Mixed Rice with Naan Bread	Cottage Pie with Gravy	MSC Deep Fried Fish or Fish Fingers with Chipped Potatoes
<b>Main Meal</b>	Vegetable Bolognese with Wholewheat Spaghetti (ve)	Jollof Rice (ve)	Mac n Cheese (v)	Impossible Chicken Noodles (v)	Cheese & Tomato Pizza Slice with Garlic Bread (v)
<b>JACKET POTATO</b>	Jacket Potato with Various Fillings (ve)(v)	Jacket Potato with Various Fillings (ve)(v)	Jacket Potato with Various Fillings (ve)(v)	Jacket Potato with Various Fillings (ve)(v)	Jacket Potato with Various Fillings (ve)(v)
<b>PASTA POTS</b>	Pasta King (ve)(v)	Pasta King (ve)(v)	Pasta King (ve) (v)	Pasta King (ve) (v)	Pasta King (ve) (v)
<b>VEGETABLES</b>	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
<b>SEASONAL SALADS</b>	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads	A variety of mixed salads
<b>DESSERTS</b>	Apple Pie (v) & Custard(v)(ve)	Banana Cake (v) & Custard (ve)(v)	Lemon Drizzle Cake (v)	Chocolate Cracknel (v)	Fruity Flapjack (ve)
<b>FRESH FRUIT / YOGURT</b>	Fresh Fruit (ve) / Fruit Pots (ve) /Organic Fruit Yogurt (v) /Ice Cream tub (v)	Fresh Fruit (ve) / Fruit Pots (ve) /Organic Fruit Yogurt (v) /Ice Cream tub (v)	Fresh Fruit (ve) / Fruit Pots (ve) /Organic Fruit Yogurt (v) /Ice Cream tub (v)	Fresh Fruit (ve) / Fruit Pots (ve) /Organic Fruit Yogurt (v) /Ice Cream tub (v)	Fresh Fruit (ve) / Fruit Pots (ve) /Organic Fruit Yogurt (v) /Ice Cream tub (v)
<b>Selection of Freshly Prepared Sandwiches/ Baguettes/ Wraps</b>	Selection of Sandwiches, Baguettes & Wraps	Selection of Sandwiches, Baguettes & Wraps	Selection of Sandwiches, Baguettes & Wraps	Selection of Sandwiches, Baguettes & Wraps	Selection of Sandwiches, Baguettes & Wraps
<b>WATER AND FRUIT DRINKS</b>	A selection of natural fruit drinks/milk shake /bottled water	A selection of natural fruit drinks/milk shake /bottled water	A selection of natural fruit drinks/milk shake / bottled water	A selection of natural fruit drinks/milk shake / bottled water	A selection of natural fruit drinks/milk shake /bottled water