

HEATHNOTES

Encourage - Challenge - Succeed



ISSUE 126
6th February 2026

☎ 020 8498 5110 ✉ heathcoteschool@heathcote.waltham.sch.uk

🌐 www.heathcoteschool.com Facebook/Twitter @heathcotee4

CONTENTS

- 2 Notices/Reminders
- 4 Heathcote Reading
- 5 Year 7 News
- 6 Year 8 News
- 7 Year 9 News
- 8 Year 10 News
- 9 Year 11 News
- 10 Year 12 News
- 11 Year 13 News
- 12 Other News
- 13 Lunch Menu

**NEXT WEEK IS
TIMETABLE...**

A

Dear Parents and Carers,

I am writing to share a number of important updates and to celebrate some recent successes across the school as we approach the end of term.



Challenge Week and Arbor timetables

You may start to notice **Challenge Week test appearing on your child's timetable in Arbor**. This change has been made in direct response to parent feedback regarding Challenge Week. By clearly showing assessment dates on timetables, we hope pupils will be well informed and feel confident and prepared for their exams moving forward. Thank you to families who shared their views with us.

Trips this Friday and end-of-term arrangements

A reminder that **Years 7–10 have a trip taking place this Friday**. Pupils in these year groups who are *not* attending the trip are expected to **attend school as normal**.

Please note that **pupils attending trips will be dismissed directly from the trip at the end of the day**, as this marks the **last day of term**.

- **Years 12 and 13** will have **normal lessons** on this day.
- **Year 11** pupils will be in school focusing on **coursework and supervised study**.

Celebrating pupil achievement

We were incredibly proud of our pupils following the **Year 10 drama performances last week**. The standard of performance was exceptional, with pupils achieving strong grades in their examined work – a real testament to their hard work and commitment.

Well done also to the **top set Year 9 and Year 10 mathematicians** who took part in the **UKMT Maths Challenge**. This is a demanding national competition, and we commend all pupils who took part for rising to the challenge.

Assemblies and behaviour for learning

I have been extremely impressed by pupils during assemblies this week. They listened attentively and demonstrated a clear understanding of the importance of being **ready, respectful and responsible**. This positive conduct underpins the calm and purposeful learning environment we strive for at Heathcote, and we thank you for your continued support.

End of term and return to school

We hope all pupils and families enjoy a **restful and well-deserved break**. Pupils are due to **return to school on Monday 23rd February at 9:00am**.

Thank you, as always, for your ongoing partnership and support.

Yours sincerely,
Sonia Close

UPCOMING EVENTS

Monday 9th February

Challenge Week begins (Year 7/8/9)

Friday 13th February

Trips Day (Year 7/8/9/10) and End of Term

Monday 23rd February

Pupils Return To School

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

Trips & Enrichment

Trips and Enrichment Day on 13th February 2026

We have a number of trip activities occurring on Friday 13th February. These are taking place for all year groups except Year 11 and Year 13. Please check the information below for specific information regarding your child's year group.

Year 7 , Epping Forest Field work

- Pupils will be walk for approximately 1.5hrs
- Pupils will need to bring a pen, pencil and rubber and a water bottle.
- Pupils will need to bring a packed lunch (for FSM, we will provide lunch).
- Pupils should wear PE Kit and comfortable trainers as we will be walking for 1.5-2 hours
- Depending on the weather, pupils should also have layers of clothing to wear, waterproof jacket, hats, gloves.

Students not attending: arrive to school normal time with your PE kit.

Year 8, Twist Museum (8.1/2/3) or Paradox Museum (8.4/5/6)

- Pupils will be travelling by public transport
- Pupils will need to bring a packed lunch (for FSM, we will provide lunch).
- Pupils must wear full school uniform.
- Depending on the weather, pupils should also have layers of clothing to keep warm - waterproof jacket, hats, gloves.

Students not attending: arrive to school normal time with your PE kit.

Year 9 – Imperial War Museum

- Pupils will be travelling by public transport
- Pupils will need to bring a packed lunch (for FSM, we will provide lunch).
- Pupils must wear full school uniform.
- Depending on the weather, pupils should also have layers of clothing to keep warm - waterproof jacket, hats, gloves.

Students not attending: arrive to school normal time wearing full uniform.



School Notices

Year 12 Visit to Cambridge University

- Departure Time: 8.15am
- Departure Point: Leyton Sixth Form Centre, Essex Road, Leyton, London E10 6EQ
- Return Time: 5.00/5.30pm traffic dependant
- Lunch: Provided by Cambridge University (All students will be offered a hot lunch. The kitchen is nut free, vegetarian option available)

Year 10/12 Work Experience

I sent parents a reminder that we are still in stage 1 of the work experience process where students find their own placements.

The deadline is fast approaching so please reach out to friends and family to see if they can accommodate your child during the week of 29th June. The completed form needs to be returned to me by 27th February 2026. Once stage 1 deadline has passed, I will contact you to update you on the next stage - stage 2.

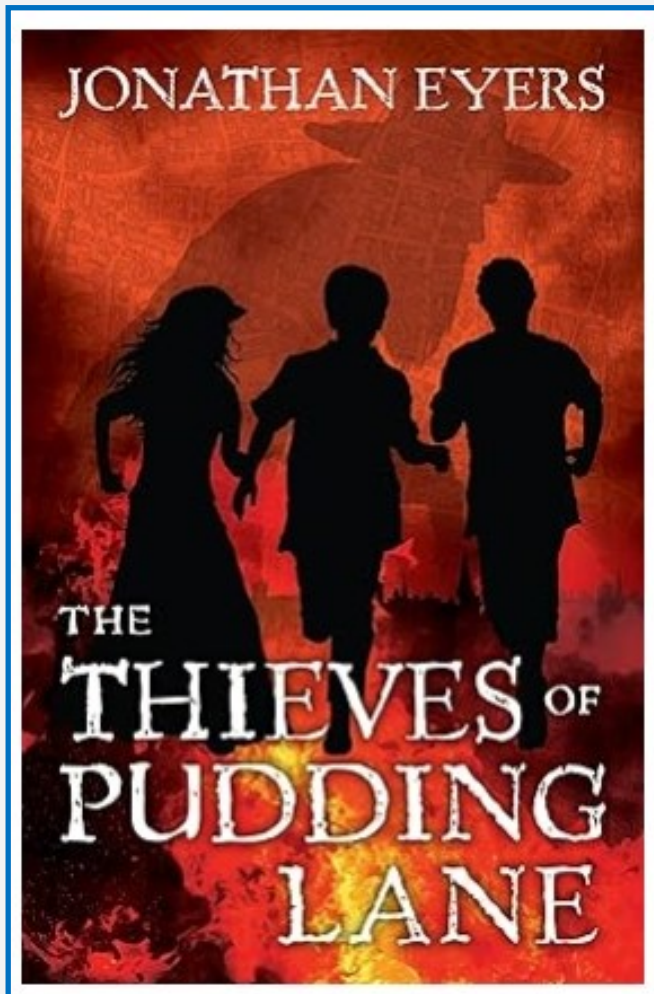
Self-find Work Experience Deadline is 27th February 2026. Please ensure the form is returned to me by then.

Ms Bashal



Reading at Heathcote

Heathcote's Book Of The Fortnight



The Thieves Of Pudding Lane

Jonathan Ewers

Gripping historical adventure set during the Great Fire of London. A young boy orphaned by the Plague learns to survive as a thief on the streets of London - until fire breaks out...

London, 1666. Orphaned by the Great Plague, Sam is soon starving on the streets - and desperate enough to steal some bread. He's quickly recruited as one of sinister Uncle Jack's children, and taught to pick pockets. If he gets caught by the law, the punishment will be death - and if he crosses Uncle Jack, it could be just as bad. Still, it's a living for Sam and his fellow thief Catherine... until the long, hot London summer means a blaze at the Pudding Lane bakery runs

out of control... and they learn that Uncle Jack's schemes are far more evil than they knew.

Running for their lives from thiefmasters, thieftakers and the Great Fire of London itself, can two reluctant criminals save an innocent life - and their own skins?

Ms Nash



Year 7 News

Form	Praise Points	Attendance
7.1	201	93.3%
7.2	148	92.9%
7.3	146	88.8%
7.4	247	91.3%
7.5	276	93.1%
7.6	172	96.7%

Dear Parents/Carers,

This week, pupils attended assemblies with Ms Close to reset school expectations. I am very pleased to report that behaviour throughout this assembly was exceptional, and uniform standards were good overall. However, we have noticed that a small number of pupils have begun wearing canvas trainers or trainers with air bubbles in the sole. I would like to remind parents and carers that trainers must be plain black, leather or leather-look, and must not have air bubbles. If your child is currently wearing trainers that do not meet this expectation, please ensure these are changed after half term.

We have also started to see a small number of pupils wearing more jewellery than is permitted. Pupils should only be wearing one pair of earrings (one in each lobe) and a watch. Any additional jewellery will be asked to be removed and may be confiscated.

A reminder that there are still a small number of outstanding instalment payments for the Gilwell trip. Please ensure payments are brought up to date as soon as possible, as we cannot pay the remaining balance without these, which may put your child's place at risk.

Well done to forms 7.5 and 7.4, who I have received excellent feedback about from their History and Drama teachers this week. Keep up the great work.

From next week, all form groups will be going on form report. This will allow us to really highlight those pupils who are showing excellent effort and engagement in lessons.

A reminder that the Year 7 trip will take place on Friday 13th February. Pupils are invited to wear their school PE kit on this day. Please ensure they bring a packed lunch, a warm and waterproof coat, and sensible shoes suitable for walking.

Finally, Year 7 Challenge Week will start next week and continue the first week after half term. All assessments will appear on pupils' arbor timetables so they are clear about what they have and when. Please ensure pupils complete their revision in advance; revision materials can be found on Google Sites and Google Classroom.

Thank you, as always, for your continued support.

Ms Clancey

Year 7 Lead



Year 8 News

Form	Praise Points	Attendance
8.1	87	97.1%
8.2	139	95.3%
8.3	89	97.8%
8.4	66	89.7%
8.5	113	95.8%
8.6	106	96.3%

Dear Parents/Carers,

Over the past few weeks, pupils have taken part in assemblies focused on the use of Artificial Intelligence and our expectations around learning behaviours. As part of this, we have reminded pupils that they must follow teachers instructions first time or they will receive reminders during lessons. Learning time should not be disrupted by the behaviour of others, and all pupils are expected to follow instructions calmly and respectfully. Any pupils who cause disruption to learning will be sanctioned in line with our behaviour policy.

Stars Of The Fortnight

T'vae

Umar

Holly

Cameron

Charlie

Aysia

Sophie

George

Shanya

We have also noticed an increase in pupils bringing in fidget toys. These should not be brought into school unless they have been formally agreed by the SEND team as part of a specific support plan.

On a more positive note, we are very much looking forward to the upcoming Year 8 Maths trip to the Twist and Paradox Museums, which promises to be an exciting and enriching experience for pupils.

Uniform standards have shown a clear improvement recently, and I would like to thank you for your continued support with this.

Finally, we are looking ahead to our rewards assembly next week, where we will be celebrating pupils who have demonstrated excellent standards and positive attitudes throughout this half term.

Thank you, as always, for your ongoing support. I hope you and your family enjoy the half-term break when it arrives.

Ms Gasper
Year 8 Lead



Year 9 News

Form	Praise Points	Attendance
9.1	82	92.9%
9.2	113	93.3%
9.3	77	96.3%
9.4	190	90.1%
9.5	77	87.4%
9.6	88	91.7%
9.7	134	99.6%

Dear Parents/Carers,

Due to Ms Apperly's absence this week there is no newsletter for year 9. One will follow next week.

Kindest

Sonia Close



Year 10 News

Form	Praise Points	Attendance
10.1	209	92.9%
10.2	83	90.9%
10.3	139	95.4%
10.4	107	95.0%
10.5	154	98.3%
10.6	91	96.2%

Dear Parents and Carers,

Behaviour

All pupils have attended a behaviour reset assembly led by Ms Close. We hope this has encouraged them to reflect on their conduct, particularly their responses to instructions, and to make more positive choices moving forward. We are aiming to see a much more positive picture after half term and appreciate your support with reinforcing expectations at home.

Uniform

Thank you for your continued support with uniform this term — we have seen real improvements, particularly with skirts and tights.

There are, however, a few items that are still causing concern:

- Boys' belts must be plain black with no logos or large buckles
- Acrylic nails and very thick or false eyelashes are not permitted in school
- Jewellery and hoodies are not allowed and will be confiscated if seen

Your support in addressing these points is greatly appreciated.

Summer Trip

Pupils were given a choice for our end-of-year trip destination and voted overwhelmingly for Thorpe Park.

To maximise time in the park, we will:

- Leave school by **8:00am**
- Return at approximately **5:30pm**

Please take these times into account before signing your child up. We will not be able to wait for late arrivals in the morning. The trip will be available to book on Arbor as soon as possible.

Work Experience

A reminder that completed work experience forms are due by Friday 27th February (the week after half term). We will let you know when the online system for accessing potential placements goes live.

Challenge Week 2

Challenge Week for Year 10 runs from 2nd–13th March. An exception to this will be the Food & Nutrition exam which will take place from Monday 9th to Thursday 12th February during their lesson time. I strongly encourage pupils to use the half-term break to complete their revision and preparation.

Thank you, as always, for your continued support.

Ms Page

Year 10 Lead



Year 11 News

Form	Praise Points	Attendance
11.1	19	88.9%
11.2	23	92.6%
11.3	13	97.6%
11.4	11	96.8%
11.5	18	96.2%
11.6	20	88.5%

Dear Parents/Carers,

This half term has flown by with events such as Sixth Form Open Evening, year 11 Careers Coffee morning and Challenge week 2 exams taking the focus. As I'm sure you are aware Challenge Week 2 exams are vital assessments for us to measure pupils' progress and evaluate any areas of intervention or support required.

Thank you to all parents that have encouraged and supported their child to be as prepared as possible for this assessment, whilst also striking the difficult balance of ensuring they to rest and take care of their welfare during this stressful and challenging period.

Thank-you to those pupils that have tried to embrace the Heathcote ways of being Ready, Respectful and Responsible young people. We would like to continue into the next half term with positivity and encouragement as we near closer and closer to the summer exams and the reward of prom.

Have a fantastic half-term break when it arrives at the end of next week.

Ms Lewis

Year 11 Lead



Year 12 News

Form	Praise Points	Attendance
12.1	2	86.9%
12.2	26	94.6%
12.3	15	94.0%
12.4	8	89.6%
12.5	17	87.4%

Dear Parents & Carers of Year 12,

It has been another fantastic few weeks, and it has been a real pleasure to see our pupils flourish across a wide range of industries.

This week, we would like to congratulate Emirhan K, Jessica, and Farhan for being proactive and successfully applying for internships at Imperial College London — a brilliant achievement. Well done to you all.



We have also had a busy and exciting programme of activities, including a visit to Tower 42, a workshop delivered by the Real Academy of Assets, and an excellent workshop hosted at the William Blair building for our Envision pupils. Thank you to everyone who took part — the feedback from these experiences has been overwhelmingly positive.

We are also delighted to announce the launch of our High Aspirations Group. This initiative provides a supportive network designed to encourage early preparation for Russell Group universities, Oxbridge, and competitive pathways such as law, medicine, dentistry, and investment banking. Importantly, High Aspirations will also extend to elite apprenticeship routes, helping pupils secure some of the most sought-after apprenticeship opportunities in the UK.

Looking ahead, Challenge Week is approaching. During this time, we will be closely monitoring pupil progress to ensure everyone continues to develop. Where progress is limited, targeted interventions and booster sessions will be put in place to provide additional support.

Finally, a huge well done to all pupils who have recently completed their exams. You conducted yourselves with maturity and professionalism — we are incredibly proud of you.

Thank you, as always, for your continued commitment and effort.



Ms Singh/Ms Ismail
Joint Year 12 Lead



Year 13 News

Form	Praise Points	Attendance
13.1	1	91.2%
13.2	46	85.2%
13.3	18	89.8%
13.4	13	93.3%
13.5	12	95.1%

Key Messages

Dear Parents/Carers of Year 13,

We would like to thank you for your continued support during what has been an intensive and important period for our Year 13 students. They have now completed their challenge week exams, and we are very pleased with the mature and focused approach shown by the vast majority of pupils throughout this time.

What Happens Next

Challenge week examinations are a valuable opportunity for students to experience exam conditions and to identify strengths and areas for development ahead of the summer examinations. Over the coming weeks, students will receive detailed feedback from subject teachers. This feedback will be crucial in helping them refine revision strategies and prioritise areas for improvement.

Teaching and Learning Going Forward

Now that mock exams have concluded, lessons will continue to focus on completing any remaining course content, consolidating key topics, and developing exam technique. Attendance, punctuality, and consistent effort remain essential during this final phase of the course.

Year 13 Parents Evening

As you are all aware the year 13 parents evening will be held on Thursday 12th March. Please can I ask all parents and guardians to attend if you are able to as this is a great opportunity to see how your child is performing and what they need to do in order to reach their potential in their final exams. This evening is compulsory for students and they must attend even if they are not able to be accompanied by a parent/guardian.

Reminder of uniform expectations

A reminder that your child is expected to attend sixth form in smart business wear. Hoodies, converse and ugg boots 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.

Pastoral Reminders

A polite reminder that parents should inform the Sixth form reception via sixthformattendance@heathcote.waltham.sch.uk or 020 8498 5110 option 3 if their child will not be present at school. This needs to be done every day of non-attendance.

Contact Details

If you'd like to contact me via e-mail the address is: pmiltiadou@heathcote.waltham.sch.uk

Mr Miltiadou

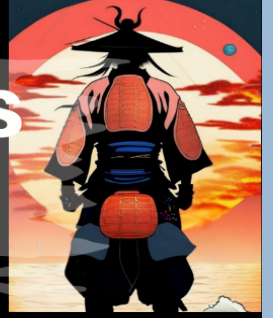
Year 13 Lead



Other News & Events

NEW Self-Defence Classes at Heathcote School

First lesson **FREE**



Every Thursday (Starting 26th of February)

5pm-6pm (10 - 15 year olds)

6pm-7pm (16+ Adults) *Perfect for Sixth formers preparing for Uni - parents welcome*

Learn why this is one of the fastest and most effective ways to develop self-defence as an instinctive life skill.



Weekly 60-minute, family-friendly class, held at the school



Supported by short online 'quick drill' videos to help skills stick through muscle memory and keep them primed for life



A simplified system developed from 43 years of martial arts training, including 7 years in Japan



Focuses only on the most effective techniques from boxing, karate, ju-jitsu, aikido, Muay Thai and more



Uses a Japanese training method to optimise body mechanics, speed, and power, allowing smaller people to overcome larger attackers



Develop physical skills, tactical awareness, and the right mindset to stay calm and capable under pressure



Links to DofE skills award, bronze, silver and gold

**Scan the QR code or follow link to
learn more and secure a place**

(Each sessions limited to 20 participants)



Scan me



<https://link.mu-shin.com/Heathcote-Self-defence>

Lunch Menu

Week Beginning 9th February

WEEK 1	Monday	Tuesday	Wednesday Curry Day	Thursday	FRIDAY
Main Meal	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
Main Meal	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)
JACKET POTATO	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)
PASTA POTS	Pasta King (ve)(v)	Pasta King (ve)(v)	Pasta King (ve) (v)	Pasta King (ve) (v)	Pasta King (ve) (v)
VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables
SEASONAL SALADS	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
DESSERTS	Apple Pie (v) & Custard(v)(ve)	Banana Cake (v) & Custard (ve)(v)	Lemon Drizzle Cake (v)	Chocolate Cracknel (v)	Fruity Flapjack (ve)
FRESH FRUIT / YOGURT	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)
Selection of Freshly Prepared Sandwiches/ Baguettes/ Wraps	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
WATER AND FRUIT DRINKS	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 23rd February

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL 1	Spicy Meatballs in a Tangy Tomato Sauce with Mixed Rice	Jerk Chicken with Italian Diced Potatoes	Lamb Rogan Josh with Mixed Rice & Naan Bread	Roast Chicken Chicken with Mash Potatoes & Gravy	MSC Fish Fingers or Bubble Crumb Salmon with Chipped Potatoes
Main Meal 2	Mexican Style Quorn Loaded Burrito (v)	Impossible Fillet Burger in a Floured Bun (ve)	Vegetable, Ginger & Garlic Stir Fry with Egg Noodles (v)	Quorn Chilli Dog with Tomato Salsa (ve)	Firecracker Pizza with Garlic Bread (v)
JACKET POTATO	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)
PASTA POT	Pasta King (ve) (v)	Pasta King (ve) (v)	Pasta King (ve)(v)	Pasta King (ve)(v)	Pasta King (ve) (v)
UNLIMITED VEGETABLES	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables	Seasonal Vegetables & Baked Beans
UNLIMITED SEASONAL SALADS	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
DESSERTS	Iced Sponge (v)	Apple Crumble (v) served with Custard (ve)(v)	Lemon Cheesecake (v)	Eton Mess (v)	Chocolate Sponge (v) with Chocolate Sauce (ve) (v)
Selection of Freshly Prepared Sandwiches/ Baguettes/ Wraps	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
FRESH FRUIT / YOGURT	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
WATER AND FRUIT DRINKS	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