



Welcome to Heath Lane Academy



Heath Lane Academy
The best in everyone™
Part of United Learning

Mr Trimingham's Welcome



Dear Students and Families,

I am delighted to welcome you to Heath Lane Academy as you prepare for the exciting move from Year 6 into Year 7. Starting secondary school is a big step, and we are very proud that you will be joining our school community.

Heath Lane Academy is a vibrant, caring and ambitious school at the heart of our community. Our mission is simple but powerful: to develop good people. Everything we do is guided by our values of Work Hard, Be Kind and Be Respectful, which help our students feel safe, supported and confident to achieve their best.

We have high expectations of all our students — not just academically, but also in how they treat others and approach their learning. Our strong and positive culture means students are well behaved, take pride in their work and develop the character and resilience they need to succeed in school and beyond.

We are passionate about academic success and offer a rich, exciting curriculum that encourages curiosity and a lifelong love of learning. As part of United Learning, one of the most successful school trusts in the country, students benefit from excellent teaching and opportunities that prepare them for aspirational futures. Your year group will be the first year to be part of our STEM Stream and I look forward to sharing more details of this with you all in the coming weeks.

Learning at Heath Lane Academy goes far beyond the classroom. Students are encouraged to get involved in sports, music, drama, art, volunteering and many other activities that help them grow in confidence, discover new talents and make lasting friendships. We look forward to you being able to enjoy our new Astroturf and new Theatre.

Our staff are dedicated, supportive and genuinely care about every student. We work closely with families to ensure that every child feels valued and ready to thrive during this important next stage of their education.

We are very much looking forward to welcoming you to Heath Lane Academy. I hope you enjoy getting to know us through this booklet, and I look forward to meeting you soon during your transition days.

Mr Trimingham

Advance to Go...

This is a new and exciting time for you as a Year 7 student at Heath Lane Academy.

It will be a brand new start for you, a chance to make a lot of new friends, try new things, and develop new and existing skills.

It's completely normal to feel a little nervous, but you will be surprised at how soon you settle in and feel at home.

We want you to work hard, take advantage of every opportunity, and enjoy your time at Heath Lane Academy.



What will happen on your first day?

On your first day, you will arrive in your new smart-looking uniform through the side gate. You should arrive at 8.35am to familiarise yourself with the surroundings.

You will then be collected by a member of staff and taken into our theatre, where the day and expectations will be explained to you.

You will spend some time with your new tutor, who will explain more about the academy expectations, and you will have a chance to meet and get to know the members of your new tutor group.

You will then start your new timetable and start to meet your new teachers and classes. These are the first steps in your learning journey at Heath Lane Academy.

Support at Heath Lane Academy

We have a wonderful team of staff at the Academy. They are all there to support and guide you and you can talk to them if you need to.

What do I need to bring with me on my first day?

You will need to bring your bag. This needs to be of a decent size, a rucksack is easiest to carry, traveling to and from and around school. You will also need equipment. You will need a pencil case, at least 2 black pens, 1 green pen, pencils, a ruler, eraser, highlighters, a sharpener, colouring pencils and a scientific calculator.

Rucksack/backpack



Satchel



Pencils

Colouring Pencils

Whiteboard Pen

Black Pens x 2
Green Pen



Scientific Calculator

Sharpener

Eraser

Protractor

Highlighters

School Uniform

You will have received a pack of forms for your parents to read through and return, and in this pack, there is information on what uniform you need.

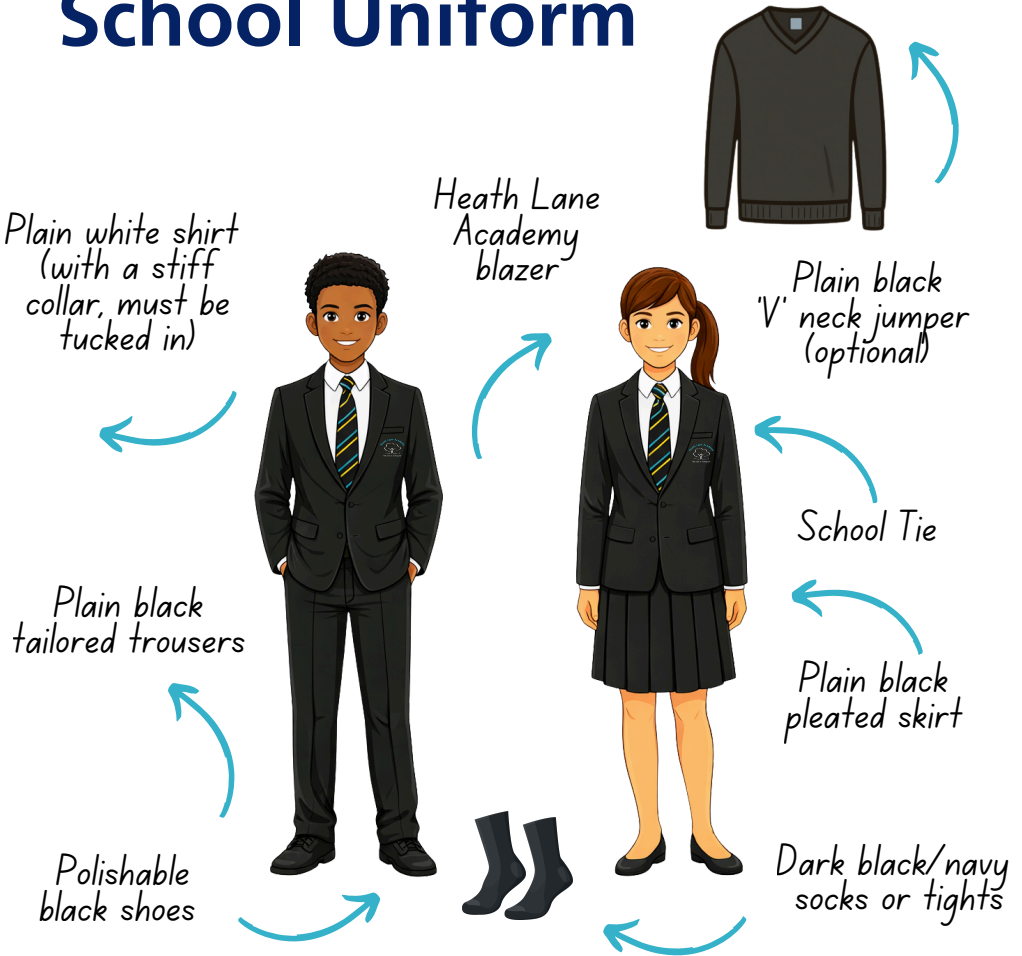
Uniforms can be purchased from [Hole in the Wall](#)

Make sure you follow the uniform guide and don't buy trousers or shoes that do not follow these guidelines, as we are strict about uniforms and want every student to be smart and stick to the uniform rules. It is part of our Academy discipline and high standards, and we want visitors in the Academy and everyone who sees you in the local community to see the high standards and expectations we have in place. The Governors of Heath Lane Academy support the view that a uniform shall be worn.

All children are therefore expected to wear the uniform, which is kept as simple and inexpensive as possible.

- Polishable black shoes
- Plain black tailored trousers
- Heath Lane skirt or a plain black pleated knee-length skirt
- Plain white shirt (with stiff collar - must be tucked in)
- School tie
- Plain black 'V' neck jumper (optional)
- Dark black/navy socks or tights
- Heath Lane blazer (no cardigans are allowed to be worn in school)
- Make-up should be natural and minimal.
- No extremes of hairstyle and hair should be of a natural colour.

School Uniform



Item	Compulsory or Optional	Purchase From
HLA blazer	Compulsory	Hole in the Wall
Black tailored trousers	Either trousers, pleated skirt or HLA pleated skirt are compulsory	Any retailer
HLA pleated skirt or plain pleated skirt		Hole in the Wall
HLA tie	Compulsory	Hole in the wall
Plain black V-necked knitted jumper	Optional	Any retailer
White formal shirt	Compulsory	Any retailer
Black polishable shoes	Compulsory (No boots, trainers or other forms of footwear are allowed)	Any retailer
Plain black socks/tights	Compulsory	Any retailer

PE Kit

This PE Kit applies for all Secondary Phase students. The Heath Lane Academy PE Kit includes mandatory and optional garments to wear. These are detailed in the descriptions below.

You are expected to arrive to school in PE kit on the days you have PE. You will also wear your PE kit for performing arts lessons - for the Dance module only, we will inform you when this is during the year. If students are unable to take part in PE physically, they will need a note from parents/carers/guardians and will be given lighter duties in PE lessons, they must still come to school in their PE kit so they can referee, coach or take part in some other way.

If you have any questions, please check the uniform policy on the [school website](#).

PE Kit:

- Trainers (no Vans/no Converse/no Pumps)
- Sports bra
- Heath Lane branded polo shirt and shorts
- Heath Lane branded shorts or shorts can be plain navy
- Heath Lane branded or plain navy shorts/tracksuit bottoms/sports leggings
- Heath Lane branded sports zip top
- White ankle socks and long black football socks
- Football boots (Football moulded boots or AstroTurf trainers)
- Shin pads/ mouth guards and protective clothing as necessary
- Black football socks

PE Kit

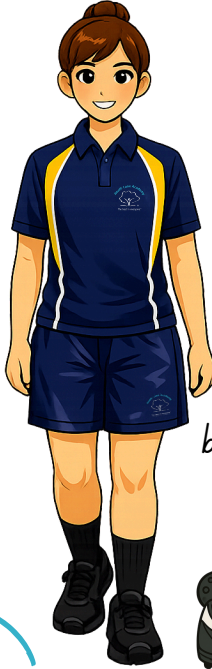
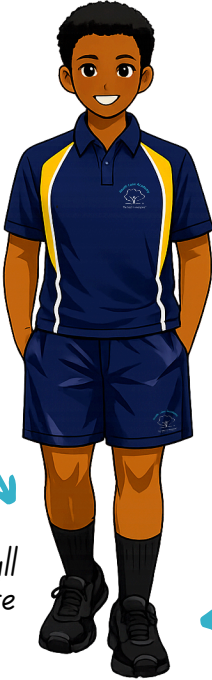
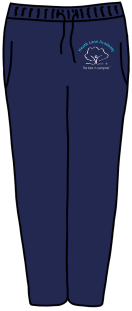


Sports Bra

Heath Lane 1/2 zip jumper



Heath Lane Joggers



Heath Lane Polo shirt

Football boots/Astro turf trainers



Heath Lane Shorts



Long black hockey/football socks or White ankle socks

Trainers

Item	Compulsory or Optional	Purchase From
HLA sports polo shirt (navy and gold style)	Compulsory	Hole in the Wall
HLA navy shorts, navy tracksuit bottoms or navy leggings	Optional	Hole in the Wall
HLA Navy sports shorts (not cycling shorts or hot pants), navy leggings or navy tracksuit bottoms	Optional (cycling shorts are not acceptable, no logos larger than 4cm ²)	Any Retailer
HLA sports skorts	Optional	No longer available to purchase
HLA navy half zip training top	Optional	Hole in the Wall
Trainers which are appropriate for PE	Compulsory (canvas pumps or 'high tops' are not acceptable)	Any retailer



The School Day

The timetable for the school day is detailed below, Students should arrive promptly ontime at 8.35am.

Arrive at school by 8.35am

8.40am - 9.10am	Prep Time
9.10am -10.00am	Period 1
10.00am - 10.50am	Period 2
10.50am - 11.10am	Break time
11.10am - 12.00pm	Period 3
12.00pm - 12.50pm	Period 4
12.50pm - 1.30pm	Lunch time
1.30pm - 2.20pm	Period 5
2.20pm - 3.10pm	Period 6
3.10-4.00pm	After school clubs

End of school day is 3.10pm

Year 7 Timetable

You will all get an individual timetable when you join us in August. A typical Year 7 timetable looks like the one below. The subject is written first, and the initials are the class teacher and these are named below the subject.

Finally, the last bit of information is the room the lesson will be in. (For PE there is not a room allocated as it will depend on the activity you are doing, it could be the sportshall, astro turf, courts, field etc. Performing Arts is in the theatre).

Your form tutor will go through your timetable with you. You will also have some older pupils with you in your form who will take your lessons in the first few days at Heath Lane.

	Monday	Tuesday	Wednesday	Thursday	Friday
08:00					
09:00	08:40-09:10	08:40-09:10	08:40-09:10	08:40-09:10	08:40-09:10
10:00	09:10-11:10 KS3 Core Physical Education: Yr 7: 7a/Pe1	09:10-10:10 KS3 Science: Yr 7: 7a/Sc4	09:10-10:10 KS3 Performing Arts: Yr 7: 7a/Pa4	09:10-10:10 KS3 Food and Nutrition: Yr 7: 7a/Fo4	09:10-10:10 KS3 Music: Yr 7: 7a/Mu4
11:00					
12:00	10:40-11:40 KS3 Art: Yr 7: 7a/Ar4	10:40-11:40 KS3 Science: Yr 7: 7a/Sc4	10:40-11:40 KS3 Science: Yr 7: 7a/Sc4	10:40-11:40 KS3 French: Yr 7: 7a/Fr1	10:40-11:40 KS3 English: Yr 7: 7a/En3
13:00	11:30-12:30 KS3 English: Yr 7: 7a/En3	11:30-12:30 KS3 English: Yr 7: 7a/En3	11:30-12:30 KS3 Geography: Yr 7: 7a/Ge1	11:30-12:30 KS3 Mathematics: Yr 7: 7a/Ma2	11:30-12:30 KS3 Mathematics: Yr 7: 7a/Ma2
14:00	12:30-13:30 KS3 Science: Yr 7: 7a/Sc4	12:30-13:30 KS3 Mathematics: Yr 7: 7a/Ma2	12:30-13:30 KS3 Mathematics: Yr 7: 7a/Ma2	12:30-13:30 KS3 English: Yr 7: 7a/En3	12:30-13:30 KS3 French: Yr 7: 7a/Fr1
15:00	14:15-15:20 KS3 Geography: Yr 7: 7a/Ge1	14:15-15:20 KS3 History: Yr 7: 7a/H1	14:15-15:20 KS3 Religious Education: Yr 7: 7a/Re1	14:15-15:20 KS3 History: Yr 7: 7a/H1	14:15-15:20 KS3 Science: Yr 7: 7a/Sc4

What do I do if I need the toilet and I'm in a lesson?

If you need the toilet during a lesson, you will need to put your hand up and ask the teacher. If you have a medical reason which means you need to go, you will be issued with a toilet pass. In general, we don't go to the toilet during lessons as we miss learning time. Try to remember to go at break and lunch. However, we all get caught out sometimes, so just put your hand up and ask if you really can't wait until the next break.

What about homework in Year 7?

Your child will be given weekly online Sparx homework for Maths, English, and Science - Educake. Other subject teachers will also give homework. It is important you are keeping on top of your homework and managing to complete the work on time.

What do you do at break time?

You will go into the canteen for your break and at lunch, or you could also choose to go into the Year 7 area. At break, you can buy a snack and a drink from the canteen or bring one from home.

What do you do at lunchtime?

We have a cashless system at school where your parents will have access to an account and will be able to put money on for you. You will have your finger scanned, then when you buy food, the money will come off your account. If you have free school meals, the money will automatically go onto your account, and you get your finger scanned, and the money will come off your account. If you have free school meals, parents/carers can also top up your account if you want to buy a snack at break as well as lunch food. Here is our summer 3-week menu as a guide to the foods we have on our menu.



WEEKLY MENU

WEEK 1



EVERY
TUESDAY

Asian inspired noodles
with a selection of
protein and vegetables



EVERY
WEDNESDAY

Authentic Greek
flatbreads topped with
marinated chicken or
plant-based protein

EVERY
THURSDAY

Chicken served with
a range of signature
marinades and
seasoned rice



Switch it up with our street food favourites! Ask the team for this week's flavours



TUE

WED

THU

FRI

Mediterranean Vegetable Ragu with
Gnocchi & Garlic Bread

Chicken & Lentil Arrabbiata Penne &
Garden Salad

Roast of the Day with Seasonal
Greens, Carrots, Roasties & Gravy
Chicken & Sweetcorn Pie with
Broccoli, Carrots & Cauliflower

Sustainably Sourced Battered Fish &
Chips with Peas or Beans

Mac & Cheese Topped with Crispy
Onions Served with Garlic Bread &
Mixed Salad (V)

Vegemince Chilli with Yellow Rice,
Broccoli, Carrots & Cauliflower (V)
Veggie Sausage & Tomato Bake with
Seasonal Greens, Carrots & Roasties
(V)

Cheese & Spring Onion Loaded
Potato Skins with Broccoli, Carrots &
Cauliflower (V)

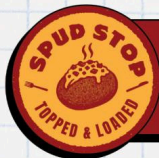
Pizza Selection with Chips or Wedges

POT & TASTY

Daily range of ready to go pots including
pastas, salads and rice bowls

DESSERTS

Enjoy our chef's choice of sweet
treats, served every day



Hot loaded spuds with
a daily range of tasty
toppings to fill you up



13th April, 4th May, 25th May, 15th June, 6th July, 7th Sept, 28th Sept, 19th Oct 2026

V - VEGETARIAN
VG - VEGAN

WEEKLY MENU

WEEK 2



EVERY
TUESDAY

Asian inspired noodles
with a selection of
protein and vegetables



EVERY
WEDNESDAY

Authentic Greek
flatbreads topped with
marinated chicken or
plant-based protein

EVERY
THURSDAY

Chicken served with
a range of signature
marinades and
seasoned rice



Switch it up with our street food favourites! Ask the team for this week's flavours



TUE

WED

THU

FRI

Garlic Mushroom Mac & Cheese (V)

BBQ Chicken Burrito with Mixed Rice
& Salsa

Roast of the Day with Seasonal
Greens, Carrots, Roasties & Gravy
Sausage & Mash with Caramelised
Onion Gravy & Seasonal Vegetables
Sustainably Sourced Battered Fish &
Chips or Oven Baked Chicken
Nuggets & Chips

Butternut & Beany Vegetable Burrito
(VG)

Spaghetti with Roasted Vegetables in
Herby Tomato Sauce (V)

Smoky Cheese & Butternut Quiche
with Seasonal Greens, Carrots &
Roasties (V)

Veggie Sausage & Mash with
Caramelised Onion Gravy & Seasonal
Vegetables (VG)

Pizza Selection with Chips or Wedges

POT & TASTY

Daily range of ready to go pots including
pastas, salads and rice bowls

DESSERTS

Enjoy our chef's choice of sweet
treats, served every day



Hot loaded spuds with
a daily range of tasty
toppings to fill you up



Crisp salad bar plus
delicious bowls like
rice, pasta, coleslaw
and potato salads.

30th March, 20th April, 11th May, 1st June, 22nd June, 13th July, 14th Sept,
5th Oct, 26th Oct 2026

V - VEGETARIAN
VG - VEGAN

WEEKLY MENU

WEEK 3



EVERY
TUESDAY

Asian inspired noodles
with a selection of
protein and vegetables



EVERY
WEDNESDAY

Authentic Greek
flatbreads topped with
marinated chicken or
plant-based protein

EVERY
THURSDAY

Chicken served with
a range of signature
marinades and
seasoned rice

CHICK
N'RUN

Switch it up with our street food favourites! Ask the team for this week's flavours



Sweet Potato Katsu with Mixed Rice
& Pickled Vegetables (VG)

TUE

Thai Red Chicken Curry with Mixed
Rice

WED

Roast of the Day with Seasonal
Greens, Carrots, Roasties & Gravy (H
Beef & Lentil Ragu with Gnocchi

THU

Sustainably Sourced Battered Fish &
Chips or Oven Baked Chicken
Goujons & Chips

FRI

Vegetable Lasagne with Garlic Bread
(V)

Thai Red Sweet Potato & Vegetable
Curry with Mixed Rice (VG)

Keema Bake Slice with Seasonal
Greens, Carrots, Roasties & Gravy

Cheese Quiche with Salad & Minted
New Potatoes (V)

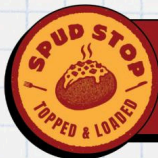
Pizza Selection with Chips or Wedges

POT & TASTY

Daily range of ready to go pots including
pastas, salads and rice bowls

DESSERTS

Enjoy our chef's choice of sweet
treats, served every day



Hot loaded spuds with
a daily range of tasty
toppings to fill you up



6th April, 27th April, 18th May, 8th June, 29th June, 20th July, 31st Aug, 21st Sept,
12th Oct 2026

V - VEGETARIAN
VG - VEGAN

How will I make new friends?

We are a friendly school, and therefore, making new friends will be easy. If you at first are finding it a little difficult, don't worry, the pastoral team will help you.

Many of you will join with other students from your primary school, and we will speak to your Year 6 teachers for advice about who to put you in a tutor group with so that, as far as possible, you will be in a tutor group with at least one friend. Moving to secondary school is a great chance to make new friends. Some of our students are coming on their own from their primary schools, without friends, and so get the chance to make a whole group of new friends.


What do I do if I don't know where to go for my lesson?

We have a system in school where, first thing in the morning, you come in and go to your year group area. There will be members of staff around to let you know where you are going. You will also be given a map of the school and will have your new timetable to help you find your way around.

Within a very short space of time, you will know where you need to go, and the school will not feel as big as when you first arrived.

Mobile Phones

Mobile phones are a part of our everyday lives, and we accept that a lot of pupils may have their own phones. If brought onto school premises, they are the sole responsibility of the pupil, and once on site, all phones must be switched off all day and kept in your bag. This includes breaks and lunchtimes. If a phone is seen (switched on or off), it will be confiscated, and a parent/carer may be asked to come into the school to collect it. This policy is in place to ensure that everyone remains focused on learning and enjoys social times without distraction. It is also important that in the technology-filled lives we all now have, pupils have a break from this.



I'm worried about being bullied - what should I do?

We aim to support you with any issues that you may have. We do not tolerate bullying, but we need you to tell us if there is an issue so we can help to sort it out. You can talk to any member of staff about problems, and they will try to help or ask the pastoral team to help you. The pastoral team will work with you to resolve your issues.

What is the behaviour system and how does it work?

Our mission is to 'develop good people', and we pride ourselves on the high expectations we have of our students in everything that we do. Our school has improved significantly in recent years, and our pupil numbers continue to grow as a result.

Our school culture, based on our values of Work Hard, Be Kind and Be Respectful, demands that students are well behaved and demonstrate a positive attitude to their education. Students and staff understand that our strong culture gives our students the best possible chance to be successful in their lives and make a positive contribution to our community and wider society.

If you follow these guidelines, you'll have a chance to earn merits and awards. However, if you decide not to follow the rules, a Step 1 may be given, if you have not adjusted your behaviour, Step 2 means you have continued to not adjust your behaviour. Step 3 means you are removed from the lesson, but don't worry, you will have some time in our reflection room to reflect on your choices. Removal from lesson will be for two lessons and your social time. We'll also send a text to your parent or carer to let them know when you have a detention after school.

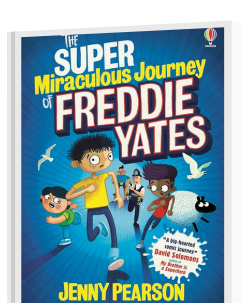
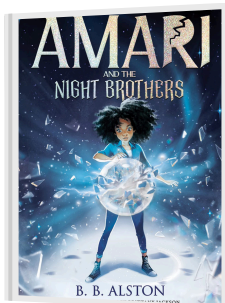
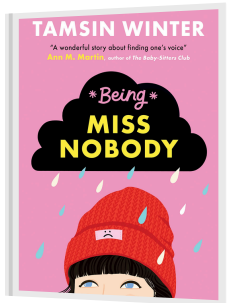
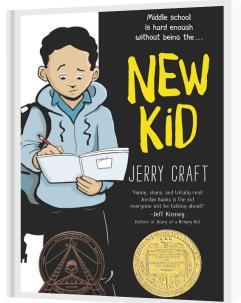
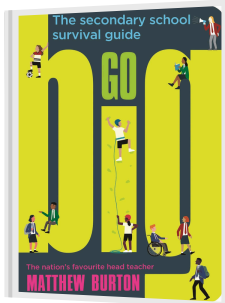
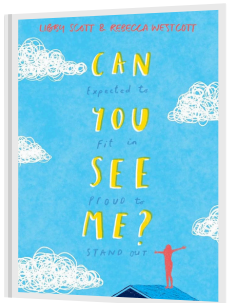
Can I get rewards for working and behaving well?

Yes, you certainly do get rewards, with merits and certificates and other items, such as a jump the queue lunch pass and vouchers.



Transition Reading List

A transition reading list helps children moving from Year 6 to Year 7 by easing anxiety, enhancing literacy skills, and fostering a love for learning in their new school environment. The selected books are **BRILLIANT** for transition. They talk about feelings, contain Top Tips and, most importantly, give you a feel for what secondary school might be like!



We have selected the following books as recommendations to read:

- New Kid by Jerry Craft
- Being Miss Nobody by Tamsin Winter
- Amari and the Night Brothers by B.B Alston
- The Super Miraculous Journey of Freddie Yates by Jenny Pearson
- The Secondary School Survival Guide Go Big by Matthew Burton
- Can you see me by Libby Scott and Rebecca Westcott

BBC Bitesize

There are some really helpful videos on BBC Bitesize that you can watch to see that moving from primary to secondary school isn't as scary as it might seem. Check out the websites below and share it with your mum and dad. You'll find lots of useful videos and ideas that will help you understand what to expect and ease any worries you might have about joining your new school. Watching these videos together can make you feel more confident and excited about the transition, showing you that there's nothing to fear and plenty to look forward to in Year 7!

Links to the various websites can be found here:

[Starting Secondary School](#)

[Parents Survival Guide- transition resources](#)



If you still have questions we are here to help.

A member of staff will get back to you as soon as possible.



Heath Lane Academy

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