



Welcome to Heath Lane Academy



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

Advance to Go...

We are really excited to welcome you into our school. 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.

Senior Leadership Team



Mr Trimingham
Principal



Mr Watts
Vice Principal



Mr Wazir
Vice Principal



Mrs Curtis
Assistant Principal



Mrs Smith
Assistant Principal



Miss Hoar
Assistant Principal



Mrs Riley
Associate Assistant
Principal



Mrs Brightwell
Associate Assistant
Principal

Student Services



Mrs Huckle
Attendance Officer



Miss Wheeler
Safeguarding Officer



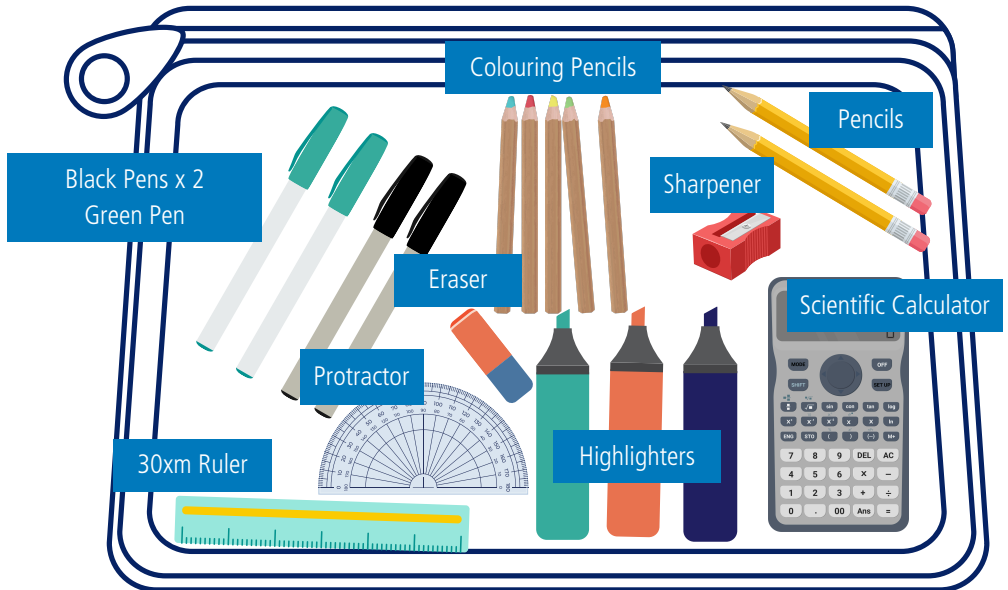
Mrs Mitchell
SENCO



Mrs Jarvis
Head of Year

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.



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.

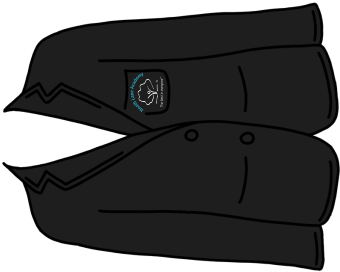
Uniforms can be purchased from Hole in the Wall

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 uniform shall be worn.

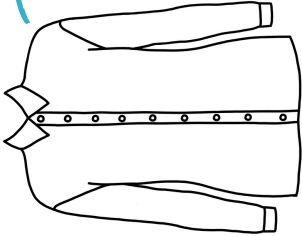
All children are therefore expected to wear the uniform, which is kept as simple and inexpensive as possible.

- 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



Heath Lane Academy blazer



Plain white shirt (with a stiff collar, must be tucked in)

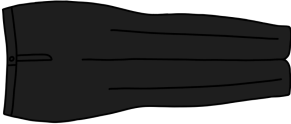


School Tie

Plain black pleated skirt



Plain black tailored trousers



Dark black/navy socks or tights



Plain black 'V' neck jumper (optional)



Pollishable black shoes

Item	Compulsory or Optional	Purchase From
HLA blazer	Compulsory	Hole in the Wall
Black tailored trousers	Either trousers, pleated skirt or HLA	Any retailer
HLA pleated skirt or plain pleated skirt	pleated skirt are compulsory	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 of other forms of footwear are allowed)	Any retailer
Plain black or white socks/tights	Compulsory	Any retailer

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)
- Heath Lane branded polo shirt and shorts
- Heath Lane branded shorts or shorts can be plain navy (logo no bigger than 4cm squared)
- Heath Lane branded or plain navy shorts/tracksuit bottoms/sports leggings
- Heath Lane branded sports top
- White ankle socks and long black hockey/football socks
- Hockey/football boots (optional)
- Shin pads/ mouth guards and protective clothing as necessary
- Black football socks

PE Kit

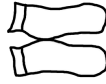


Heath Lane Polo shirt

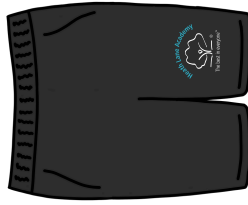


Heath Lane Joggers

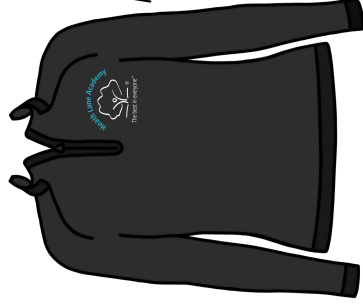
Long black hockey/football socks or White ankle socks



Heath Lane Shorts



Heath Lane 1/2 zip jumper



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 shorts	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



Trainers

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

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		10:10-11:10 KS3 Art: Yr 7: 7a/Ar4	10:10-11:10 KS3 Science: Yr 7: 7a/Sc4	10:10-11:10 KS3 French: Yr 7: 7a/Fr1	10:10-11:10 KS3 English: Yr 7: 7a/En3
12:00	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
13:00	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
14:00					
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 and 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.

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

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 of 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 of 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.

Lunch Menu

WEEK ONE 14th April, 5th May, 26th May, 16th June, 7th July, 28th July, 8th Sept, 29th Sept, 20th Oct

Spring Summer

	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
STAY GREEN	Spring Harvest Quesadilla with Cheese, Potato, Spring Onion and Tomato Salsa (V)  	Marinated Chicken Drumstick with Rice or Wedges Chicken Wings with Rice or Wedges	Roast Chicken with Gravy & Roasties  Grilled Chicken Sausages, with Gravy & Roasties or with Mash (H) 	Chilli Chilli BBQ Beef & Bean Ragù with Penne  	Sustainably Sourced Battered Fish & Chips Grilled Sausage & Chips 
BEAT BROWN	Crispy Onion Mac & Cheese  	Oven - Baked Onion Bhaji Burger & Wedges    	Roast Quorn with Gravy & Roasties  	Roasted Coriander Sweet Potato & Chickpea with Tomato & Coconut Dhal with Steamed Mixed Rice (Ve)    	Cheese & Tomato Pizza    Wedges/Chips
BEAT BROWN	Vegan Sausage Roll (Ve) 	Piri Chicken Wrap with Rice or Wedges    	Pizza panini    	Loaded Wedges with BBQ Pork, Beans & Roasted Sweetcorn    	Pepperoni Pizza   Wedges/Chips
BEAT BROWN	Tomato & Basil Pasta 	Chicken Tenders with Rice or Wedges    	Chilli Chicken Pasta    	Sweet & Sour Chicken & Rice    	Pasta Arrabbiata 
SIDE SADDLES	Broccoli, Baked Beans Mixed Salad, Crisp Garlic Bread Marble Cake	Extras Corn On the Cob 55p, Garlic Bread 55p or BBQ Beans 55p Iced Sponge	Country Mixed Vegetables, Baked Beans Mixed Salad Ginger Cake & Custard 	Baked Beans Garden Salad, Sri Lankan Vegetable Salad, Wedges Giant Chocolate Cookie	Pass, Baked Beans Mixed Salad Apple Crumble & Custard 

Slow-Release
Energy Foods

For a
Healthy Gut

Brain
Boost

Contains
Lactose

Contains
Iron

Contains
Protein

V - Vegetarian VE - Vegan

Lunch Menu

WEEK TWO 21st April, 12th May, 2nd June, 23rd June, 14th July, 25th Aug, 15th Sept, 6th Oct, 27th Oct

Spring Summer

STAR SIGN

























NEW FREE

200K A GO

JUST IN TASTY

SIDE SALAD

THROW IN COUSCIOUS

Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Cheese & Tomato 'Pizzas' Macaroni Cheese (V) 	Marinated Chicken Drumstick with Wedges or Rice  2 Chicken Wings with Rice or Wedges	Roast Gammon Crispy Roasties & Pan Gravy 	Beef Kashmir Curry & Rice 	Sustainably Sourced Battered Fish & Chips Oven Baked Chicken Nuggets & Chips 
Buffalo Cauliflower & Mixed Bean Burrito 	Vegetable Burger with Wedges 	Roasted Sweet Potato & Cheese Tart with Roast Potatoes 	Cheesy Quorn Meatballs with Arrabbiata Sauce & Penne Pasta 	Cheese & Tomato Pizza & Wedges/Chips 
Vegetable Chilli & Rice 	Chicken Tikka Wrap with Wedges or Rice	Pasta Primavera (Ve) 	Sticky Honey Hotdog & Onions 	Pepperoni Pizza & Wedges/Chips 
Tomato & Basil Pasta	Chicken Tenders with Wedges or Rice 	Chicken Jalfrezi & Steamed Rice 	Meatballs with cheese and arrabbiata sauce and penne pasta 	Beef Bolognese Pasta Pot  Jacket Potato with Salmon Mayonnaise 
Broccoli, Baked Beans Mixed Salad, Crisp Garlic Bread	Extras Corn On the Cob 55p, Garlic Bread 55p or BBQ Beans 55p	Seasonal Mixed Vegetables, Baked Beans Mixed Salad 	Baked Beans Asian Slaw, Garlic Green Beans, Garden Salad 	Peas, Baked Beans Mixed Salad 
Lemon & Blueberry Slice with Custard 	Flapjack	Iced Vanilla Sponge with Custard 	Jam Sponge or Cornflake Cake	Giant Chocolate Cookie



V - Vegetarian VE - Vegan

Lunch Menu

WEEK THREE 26th April, 19th May, 9th June, 30th June, 21st July, 1st Sept, 22nd Sept, 13th Oct, 3rd Nov

Spring Summer

STAR SIGN











NEW FREE

200K A GO

JUST IN TASTY

SIDE SALAD

THROW IN COUSCIOUS

Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
Roasted Cauliflower Cheese Tart with Homebaked Potato Wedges 	Beak Street Chicken with Savoury Rice & BBQ Glaze  Chicken Wings with Rice or Wedges	Greek Style Layered Beef & Pasta Bake  Roast Chicken with Gravy & Roast Potatoes 	Butter Chicken & Chickpea Curry with Rice 	Sustainably Sourced Battered Fish & Chips Oven Baked Chicken Goujons & Chips 
Vegetable Bolognese Pasta with Garlic Bread Slice 	Dirty Quorn Burger with Wedges or Rice 	Greek Style Vegetable Pastitsio (Layered Pasta Bake) 	Roasted Cauliflower & Sweet Potato "Butter" Curry with Rice (V) 	Cheese & Tomato Pizza & Wedges/Chips 
Cheese & Tomato Pizza 	Chicken Fajita Wrap with Rice or wedges 	Halal Chicken Sausage Roll 	BBQ Veggie Melt (V)	Pepperoni Pizza & Wedges/Chips 
Vegetable Tikka Masala with Mixed Rice 	Chicken tenders with Rice or Wedges 	Oriental Chicken & Rice 	Tomato & Basil Pasta Pot (Ve) 	Beef Bolognese Pasta Pot 
Broccoli, Baked Beans Mixed Salad, Crisp Garlic Bread	Extras Corn On the Cob 55p, Garlic Bread 55p or BBQ Beans 55p	Italian Garden Salad, Country Mixed Vegetables	Baked Beans Steamed Broccoli 	Peas, Baked Beans Mixed Salad 
Jam Sponge	Marble Chocolate Sponge with Custard 	Lemon Drizzle Cake	Iced Orange & Ginger Traybake with Custard 	Giant Vanilla Cookie



V - Vegetarian VE - 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 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 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 enjoy 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 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, we'll start with a friendly warning, this is called a chance to change. After the friendly warning, a Step 1 may be given, if you have not adjusted your behaviour, this will result in a 20 minute detention after school. Step 2 means you have continued to not adjust your behaviour resulting in a 50 minute detention after school. 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. Plus, there is a 50 minute after school detention. We'll also send a text to your parent or carer to let them know about the detention.

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.

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](#)



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

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

Heath Lane, Earl Shilton, Leicester LE9 7PD

enquiries@heathlaneacademy.org.uk

01455 845061

www.heathlaneacademy.org.uk