

Higham Lane North Academy NEWSLETTER



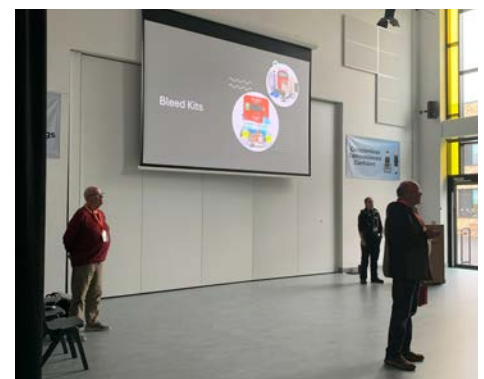
Friday 22nd May 2026

Well done to all students for completing their Year 7 assessments. We are very proud of how they have all applied themselves to their learning. It has been impressive to see and hear about all revision taking place and for teachers to tell us how hard they have worked in classes. We know that they will all be looking forward to a hard-earned half-term now!

Active and responsible citizens – Knife Crime Awareness Week

This week, PC Lily Paterson, who works closely with our local community, spoke to students about the dangers of knife crime as part of National Knife Crime Awareness Week. The presentation was both powerful and informative, and it was delivered with great sensitivity and care. Afterwards, Lily shared how impressed she was by the respectfulness and maturity shown by our students throughout the session. As a community, we are united in our commitment to keeping ourselves and others safe and out of harm's way. In addition, local Neighbourhood Watch member Brian Woodall is raising funds to provide bleed kits for schools and public places such as shops and community centres. These kits can play a vital role in helping to control severe bleeding in an emergency situation. If you would like to support the appeal, donations of any size would be greatly appreciated. Please use the link below to donate:

<https://www.gofundme.com/f/bleed-kits-for-nuneaton?utm>



Celebrating Culture and Diversity – 21st May



We all enjoyed recognising the United Nation's day of celebration of culture and diversity. Miss Charles led a very thought-provoking assembly recognising different cultures and it was wonderful to see students wearing different attire to represent what is meaningful to them. We also took time to speak to students during the day about what culture and values mean to them, and what they enjoy doing outside of school with families.

Sports Leadership–School Games

Once again we were delighted to host School Games for primary schools in the local area. Working with Key Stage One students, our Year 7 sports leaders organised and led sports activities for all the children. They were exceptional and we are very proud of them all – to see them explaining to very young children about what to do, encouraging them when they were struggling and cheering on their successes, alongside the organisation of every single sports game – they were masters at this! I was struck by how much they have all grown in confidence over the last year and how they took every challenge of the day in their stride! We look forward to many more sports leadership opportunities working with School Games.



Being Safe and Responsible – Use of Mobile Phones outside of school

We are seeing a small, but increasing, number of incidents where students' behaviour and actions on mobile phones outside of school are causing distress to others. As adults, we recognise that the boundaries between what happens online beyond the school gates and the impact this can have within school are often blurred.

We would therefore be very grateful for your support in ensuring that you know who your child is communicating with if they have access to a mobile phone, and in checking messages and group chats regularly. Whilst your child may not be responsible for initiating unkind behaviour online, it is important that they understand their responsibility to leave group chats where inappropriate or hurtful behaviour is taking place, and to speak to a trusted adult if anything makes them feel uncomfortable or unsafe.

Please remember that our safeguarding team regularly monitors the email address safe@hlna.co.uk. If there is anything you feel we need to be aware of to help keep our school community safe, please do not hesitate to contact us.

We are also grateful to the overwhelming majority of students and families that always do the right thing with regards to mobile phones. Thank you for your ongoing support to keep all children safe and happy.

Being safe and responsible over half-term

I have certainly been keeping an eye on the weather forecast for next week and perhaps like you, am very much looking forward to enjoying some sunshine in the garden over the bank holiday weekend! With warmer weather finally on the horizon, we hope that students will be able to enjoy spending time outdoors with their friends, should they choose to do so.

We have recently been made aware by the local police of some incidents of anti-social behaviour taking place in local parks. As a result, we have reminded all students that their safety must always remain a priority. We have encouraged them to stay aware of their surroundings, to walk away from situations that make them feel uncomfortable or unsafe, and to contact a trusted adult if they are concerned.

We have also spoken to students about the importance of being positive 'upstanders' within their friendship groups, encouraging one another to make safe and responsible choices and to do the right thing. We know that you will continue to reinforce these important messages at home if your children are out and about next week, so that together we can help ensure that all members of our school and wider community remain safe.

Will your child be 'Year 8 ready?'

As communicated last week, after half-term we will begin talking to students about the transition into Year 8 as we welcome our second year group in September. Having spent almost a year in the school now, we are making some small changes to the way we will move around the school, particularly as we open another corridor of classrooms for September. We will work with current Year 7s over the next few weeks with some of our new routines so that these are firmly embedded ahead of September.

Exciting days lie ahead!

Rewards Day 10th July

Thank you for providing consent and kindly paying monies for your child to participate in this exciting day. We have aimed to keep costs as low as possible, avoiding coach travel. We hope that everyone will take part as we celebrate a highly successful year for everyone together. Please ensure that final monies are paid by Monday 1st June.

Science and Engineering Big Bang Fair – school trip

We are excited to offer students the opportunity to visit The Big Bang Young Scientists and Engineers Fair at Birmingham's NEC on Thursday 11th June, 2026.

This is a joint venture bringing together Science, Maths and Engineering at school and will offer students a unique opportunity to explore STEM subjects as part of enjoying their learning in these subjects, and as potential future careers options.

In this exhibition, students will be able to independently explore the exhibition. There will be hands-on workshops and activities specifically designed for them as well as exciting live shows on 'biomimicry' and 'a volatile history of science'. More information can be accessed on the website:

<https://www.thebigbang.org.uk/>

Please see the separate email if your child is interested in attending this exciting trip. Thank you to Miss Hacklett for providing an ambitious learning opportunity for our students.



Finally,

We can hardly believe that we will be entering our final half-term of Year 7! Thank you for your support from home to ensure that students come to school with such positive attitudes which makes a difference for everyone in a school. We very much appreciate this and wish you all a very pleasant Bank Holiday Weekend.

DATES and NOTES for your DIARY!

- 25th May – Half-Term
- 4th June – SEND Coffee & Communication for Families 4pm
- 10th June – SLT Coffee & Communication for Families 4pm
- 12th June – Student Wellbeing Day – students do not attend school.
- 1st July – Summer Fayre
- 3rd July – Sports Day
- 10th July – Year 7 Rewards Day
- 14th – 16th July – French Trip
- 15th July – Wellbeing Rewards Afternoon
- 17th July – Rewards Assembly and last day of term

Safe Heard Valued

HIGHAM LANE NORTH ACADEMY SAFEGUARDING

If you ever have a concern about the safety or wellbeing of a student, please do not hesitate to get in touch. During the school day, you can contact Miss Charles by phone to discuss any concerns. If the concern arises outside of school hours, you can email the safeguarding team at safe@hlina.co.uk and a member of staff will respond as soon as possible.

Knife Crime Awareness Week

You may be aware that this week is Knife Crime Awareness Week. As part of our ongoing commitment to safeguarding and student education, we have worked alongside Nuneaton and Bedworth Police and Neighbourhood Watch to deliver sessions to our Year 7 students.

During these sessions, students learned about:

- The laws around carrying a knife or blade
- The serious consequences and risks involved
- Practical ways to stay safe and make positive choices

We also introduced students to the concept of joint enterprise, helping them understand that individuals can be held responsible for a crime even if they did not directly carry it out, simply by being involved or present.

These sessions were age-appropriate and focused on awareness, prevention, and personal safety.

Supporting your child at home



We encourage parents and carers to continue these important conversations at home.

Conversation starters:



- "What did you learn about staying safe this week?"
- "What would you do if someone asked you to hold something for them?"
- "Who could you talk to if you felt unsafe?"

Key messages to reinforce:



- Carrying a knife is never a way to stay safe – it increases danger rather than reducing it
- It is illegal to carry a knife, even for protection
- Friends should not pressure you into doing something that feels wrong or unsafe
- Walk away and seek help if you ever feel in danger
- Being in the wrong place at the wrong time can still have serious consequences

Sleep Hygiene

Sleep hygiene" refers to healthy habits and routines that help people get regular, good-quality sleep. Just like personal hygiene keeps our bodies healthy, sleep hygiene helps keep our minds and bodies functioning well.

Young people generally need 8–10 hours of sleep per night, but many are getting far less due to busy schedules, screen use, social media and irregular sleep routines.

Why is Sleep Important?

Poor sleep can affect:

- Mood and mental health
- Anxiety and stress levels
- Memory and concentration
- Motivation and behaviour
- Physical health and immune function
- Attendance and punctuality at school

Research consistently shows that young people who do not get enough sleep are more likely to struggle with attendance, tiredness in lessons and emotional wellbeing.

If sleep difficulties continue for a prolonged period, it may be helpful to seek support from your GP or other health professionals.



HOW PARENTS & CARERS CAN HELP

Simple steps to support healthy sleep habits and wellbeing in your teenager.



KEEP A CONSISTENT ROUTINE

Encourage your child to go to bed and wake up at similar times each day, including weekends where possible.



REDUCE SCREEN TIME BEFORE BED

Phones, tablets and gaming devices can make it harder for the brain to switch off. Aim for screens to be turned off at least one hour before bedtime.



CREATE A CALM SLEEP ENVIRONMENT

A cool, dark and quiet bedroom can improve sleep quality. Some young people benefit from relaxing music, reading or mindfulness before bed.



ENCOURAGE HEALTHY DAYTIME HABITS

Regular exercise, fresh air and balanced meals all support healthy sleep patterns.



LIMIT CAFFEINE AND ENERGY DRINKS

Avoid caffeine, fizzy drinks and energy drinks in the evening, as they can interfere with sleep.



TALK ABOUT WORRIES

Many teenagers struggle to sleep because of stress or anxiety. Creating regular opportunities to talk can help them feel supported and safe.



GOOD SLEEP SUPPORTS



BETTER FOCUS AND LEARNING



IMPROVED EMOTIONAL RESILIENCE



HEALTHIER RELATIONSHIPS



STRONGER ATTENDANCE AND ENGAGEMENT



Further Reading

NHS- Every Mind Matters <https://www.nhs.uk/every-mind-matters/mental-health-issues/sleep/?utm>

The Sleep Charity <https://thesleepcharity.org.uk/>

Sleep- Children and young people

<https://www.ouh.nhs.uk/media/xwlhsay1/79675psleep.pdf>

Everyone Included and Everyone Belongs



On 21st May, we celebrated Cultural Day at Higham Lane North Academy. This provided a valuable opportunity for students to recognise and appreciate the diversity within our school community, as well as to learn more about different cultures, backgrounds, and experiences.

Alongside these celebrations, we used the day to reinforce some key safeguarding messages. We reminded students of the importance of ensuring that everyone in our school community feels safe, valued, and heard.

We spoke to students about:

- Our zero tolerance approach to bullying
- The importance of THINKing carefully about the words we use
- The expectation that discriminatory language of any kind is not acceptable

Students were also reminded that these expectations apply not only in school, but outside of school and in their online interactions, including on social media.

Online Safety: Checking your child's phone

We want to make parents and carers aware that we have recently received reports of unkindness and inappropriate behaviour occurring online outside of school, particularly within group chats and messaging platforms. Although these incidents are happening beyond the school day, they can have a significant impact on students' wellbeing and relationships in school.

For this reason, it is extremely important that parents and carers regularly check their child's phone and online activity. At this age (11–12), children are still learning how to communicate appropriately online and may not always recognise when behaviour becomes harmful or unsafe.

What to look out for

When checking your child's phone, you may want to look for:

- Unkind or inappropriate messages (name-calling, exclusion, teasing)
- Inappropriate images or requests for these to be sent
- Group chats where behaviour escalates quickly or becomes negative
- Use of offensive or discriminatory language
- Messages that may make your child uncomfortable or withdrawn
- Pressure from others to send messages, images, or join in
- Contact with unknown individuals or accounts

Practical ways to approach phone checks

We recognise that some children may feel reluctant to hand over their phone. Parents/carers can approach this in a calm and practical way, for example:

- Asking to check the phone as part of routine safety checks
- Saying the phone needs to be charged overnight in a shared space
- Offering to help update apps or settings
- Framing it as part of keeping them safe online, not as getting them into trouble

