



October 2023

Issue 24

Henlow Heart

Autumn Days

Dear Parents and Carers

Thank you to all parents and carers for working alongside us in ensuring the start to the 2023/24 academic year has been a smooth one. It was a pleasure to see so many of you at our Introduction and Success evenings which we hosted for all year groups in September. This year marks our first year as a secondary school with all year groups from 7 to 11 and Meppershall's Year 5 and 6 currently join us on our site. Year 11 are forging ahead on a new path and love the fact that they have opportunities to develop new traditions as they plan their yearbook and their prom. Their mock exams are an important staging post in their academic journey and all of the support mechanisms are in place for these next steps after Christmas.

The front page photograph of prefects in their specially designed blazers is another example of the ways in which our oldest students are pleased to accept positions of responsibility within our community.

Our Welcome assembly in September and our recent Harvest Festival have enabled all students and staff to gather together and enjoy celebrating as a whole school. House and Sports Captains have been appointed, our ethos explored and a focus on charity established. The Need Project expressed gratitude for the kind donations families brought in as part of our Harvest.

'I have come that they may have life, and have it to the full.' John 10:10

Our Open Evening was a resounding success and I have thanked our students for the fact that they truly are ambassadors for our school as they guide visitors around our facilities and welcome them into the subject areas. The feedback we gain from prospective parents always values the genuine engagement students share when welcoming others and answering questions. Our facilities have been transformed and it is a privilege for us all to be able to guide visitors around the buildings. Many visitors who have had a connection with the school in the past are surprised to find they cannot recognise the classrooms or library, or gym, technology or specialist areas. The transformed 'old building' has been recently nominated for an award. The transformed 'old building' has been recently nominated for an award. Henlow has been Highly Commended in the Best Public or Community Building category for the Central Region LABC Building Excellence Awards 2023. The initial project (back in 2017) was a school expansion, subsequent phases have been part of the transformation from middle school to secondary as part of the Schools For the Future programme.

At the end of our Harvest assembly we said goodbye to Laura Mohammed, our cover supervisor who joined the school nearly 21 years ago. Known well by all students given the nature of her role, she received a standing ovation alongside her flowers, gift voucher and an old book commemorating Leicester City's best years! We wish her well and know she will stay in touch.

Looking ahead in our school diary, the next half term of school is 8 weeks before we reach Christmas - please enjoy the upcoming rest in preparation for this. There's plenty to look forward to, including both the Christmas Concert and the very first Sports Open Evening. The Christmas card competition is already open and I look forward to choosing this year's design.

Enjoy your Half Term

Caren Earp

Head Teacher

Thursday 7th December 2023



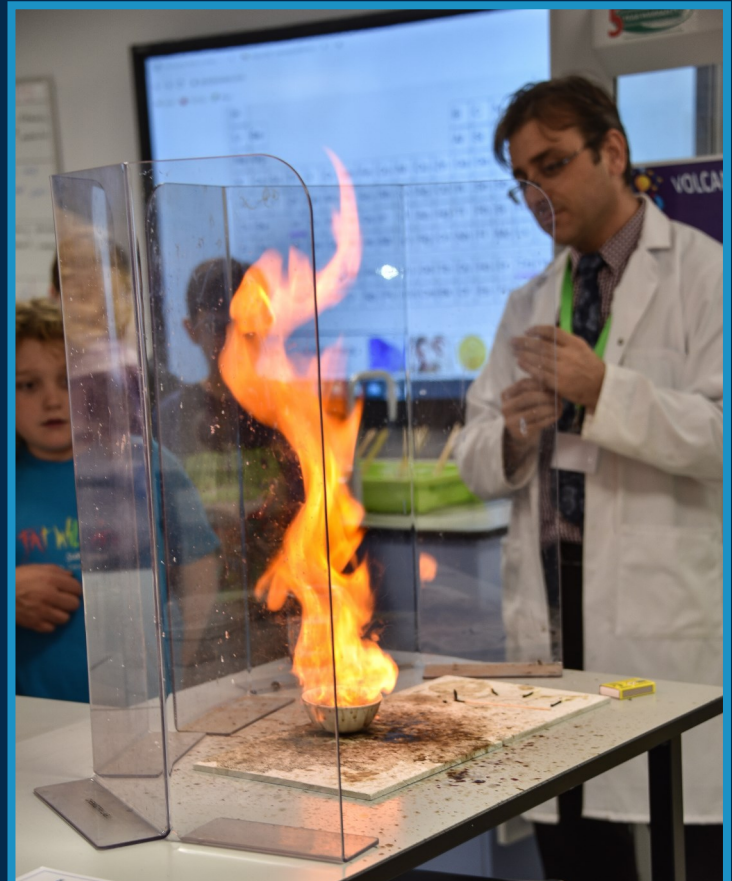
Henlow Academy Sport Open Evening



Watch this space...

'I have come that they may have life, and have it to the full.' John 10:10

Open Evening



On Thursday 28th September we were thrilled to see so many current and prospective parents and students join us for our annual open evening. We love being able to showcase the 'Henlow Way' and the unique offer available to our students. If you have any questions regarding your child continuing their education at Henlow then please do get in contact.

House & Sports Captains

We are thrilled to announce this year's House and Sports Captains. House and Sports captains play an important role in our community and we look forward to seeing them driving some of our exciting plans for this year including new house shields and our house charity competition.

Addington

Gribble

Lennox

Raynsford

Tilley

Key Stage 4

**House
Captain**

Erin C

Phoebe B

Thomas M

Dominic M

Sarah S

**Sports
Captain**

Daniel G

Nathan L

Jacob B

Ethan B

Marley B

Maddi H

Alexandra R

Daisy P

Isabelle J

Annabel M

Key Stage 3

**House
Captain**

Dejanna A

Parum S

Sydney R

Flora CW

Mia R

**Year 9
Sports
Captain**

Tyrell F

Connor M

Lewis S

Vinnie R

Charlie C

Chloe W

Mia R

Natalie M

Erin SS

Isla J

**Year 8
Sports
Captain**

Matthew B

Josiah R

Fahron T

Jack N

Harley OE

Lily C

Evie W

Isobel H

Lyla H

Iris G

**Year 7
Sports
Captain**

Rufus P

Oli M

Elliot H

Adam C

Charlie W

Elsa S

Milena S

Chiara P

Faith L

Emily J

Key Stage 2

**House
Captain**

Jasper A

Henry B

Lillia W

Phoebe W

Molly J

**Sports
Captain**

Arabella M

Henry D

Amalie D

Gerard E

Maya A

TEAM TILLEY



TEAM GRIBBLE



TEAM ADDINGTON



TEAM LENNOX-BOYD



TEAM RAYNSFORD



New Minibus



A very happy Mrs Lewis got the keys to our new minibus this half term! Our fleet of three minibuses means that we can take part in even more fixtures. #LetsGoHenlow

Harvest Festival

Harvest Festival is a time to celebrate the food we grow, to reflect on our blessings and to give back to our communities. .

We celebrated Harvest Festival this year with a special assembly and an opportunity for students to donate to our collection for The Need Project. We are absolutely delighted by the amount of food donated by our community. Thank you for your generosity! Your donations really do make such a difference to the lives of those struggling in our local area.



A Harvest Prayer

During our Harvest Festival assembly we shared the following prayer:

**God of the heavens and earth,
You call us to share in the care of
your creation and to bring food
and fruitfulness from field and
farm.**

**Hear our prayer for all who make
their living on the land and make
us grateful for the work of their
hands and for the generosity of
your provision.**

We ask this in the name of Christ.

Amen

Harvest Festival Ideas

Here are some other ways to we can celebrate Harvest Festival and give back to the community:

- Cook a meal using fresh, local ingredients.
- Donate to a local food bank. Food banks often post lists on their websites and social media sites of things they are in need off.
- Volunteer at a community garden.
- Visit a local farmers market and buy fresh produce from local farmers.
- Have conversations with your children about the importance of sustainable farming and where their food comes from.

Science @ Henlow

This term our Key Stage 4 groups have started with a unit on Ecology, making the most of the unseasonably warm weather to complete sampling with quadrats on our school field. We learned about different sampling techniques used by Scientists to measure abundance and distribution of different plant species but our most exciting find was a grass snake.

Year 7 have settled into Science well and are now fully fledged Henlow Scientists, earning their Bunsen Burner Safety Certificates. They have completed their Science Induction, learning about the equipment we use and how we record in Science. There have been lots of excellent practical skills demonstrated through extracting salt from rock salt and separating mixtures.

Science clubs are now up and running with CREST Explorers for our younger pupils and CREST awards for those hoping to complete project work towards a CREST Bronze or Silver award. Revision has begun with Key Stage 4 students who have been rediscovering cells and magnification calculations and being introduced to Kay science online revision resources purchased to support them in their independent study.

We had a fantastic open evening and are grateful to all the pupils who gave up their time to become Science demonstrators for the evening. They really were excellent STEM ambassadors. Thank you and well done.

Next half term we look forward to the Year 10 trip to the Science Museum in London and some Key Stage 4 students will also be attending a conference on Aeronautical engineering at St Francis school in Letchworth.



The Library Round up

It's been a busy half term in the library. We have introduced some changes to the opportunities available in the library.

Monday lunchtime - Open to Year 10 and 11 only. Students have access to Chromebooks if they need to study/research.

Tuesday lunchtime - Book Club - This term the group have selected their own books to read and after half term we will be sharing books that we have enjoyed. The club has also been given the opportunity to suggest and recommend Key Stage 4 resources for the library. We hope that their suggestions will assist with stock selection as we continue to increase the resources for this key stage.

Thursday lunchtime - Newspaper/Writing Club - The team are writing articles for our school newspaper which will include a range of topics from school events and activities within Henlow Academy, local news/politics, staff interviews, book news, competitions plus lots more!. The team is working towards a 'winter' 1st edition.

Values Reward Cards

This year we have launched a new 'Values Reward Card' at Henlow. This gives students the opportunity to earn rewards for demonstrating Henlow's core values. Students can collect a reward card from the library. When students have collected 'HENLOW' they return their card to the boxes in the library to be entered into a termly prize draw to win a £10 voucher and a place in our 'Ultimate Prize Draw' at the end of the school year.

**Do you have any
good quality
books aimed at 11
to 16 year olds
that you no longer
need? Book
donations can be
dropped into Mrs
White in Henlow
Hub**

**If you are happy for you
child to read teenage and
young adult books, please
can you complete the
permission form which can
be collected from the
library**



Henlow Hub

National Poetry Day

Students and staff have been celebrating National Poetry day with a poetry competition. Students were invited to write a poem, the theme 'Refuge'. We received some fantastic poems from many students. A winning entry was chosen, a wonderful poem by Danika in Year 10.

Refuge

People call me refugee,
But I seek to lead.
The thought of being brought up in a country
where it could be taken away so quickly.
My heart seeks to find what I thought I could be,
if these people listened to each other would we all be free.
I don't understand why I had to leave,
for a few people to say 'go and find peace'.
Bricked up walls swallowing our pride,
'no escape' signs written all over our lives.
Wondering all my life to be seen,
but after all can't you see,
I'm just a refugee.

By Danika H Year 10

Upcoming Events

Library Skills Sessions

After half term Year 5 & 6 will be invited to a 'Book Detective' challenge which will be held during Weds lunchtimes.

This activity will run for 3 weeks and it is hoped that pupils will gain basic library skills and in addition, be able to log onto their own library accounts where they can access a range of functions.

Certificates and merits will be awarded to pupils who take part in this activity

November Book Fair

A book fair will be held in the Hub from Monday 27th November. All students will be given the opportunity to have a look at the books for sale. Further details will be sent out near the time.



December Reading Challenge

All classes in each year group will be competing against each other. We are challenging all classes to borrow and read as many school library books as possible during the first 2 weeks in December.

The competition starts on MONDAY 4TH DECEMBER and will finish on FRIDAY 15TH DECEMBER.

Awards will be given to the winning class in each year group.

CREST Award



Congratulations
to Archie and
Joe in Year 8
for achieving
your CREST
Bronze award
in
Science



DESIGN HENLOW ACADEMY'S CHRISTMAS CARD

**DESIGN THE CHRISTMAS CARD MRS EARP SENDS
OUT FROM HENLOW ACADEMY**

**PRIZES FOR THE WINNER OF EACH YEAR GROUP
PLUS OVERALL WINNER PRIZE**

**DESIGNS MUST BE ON ONE SIDE OF AN A4 PIECE
OF PAPER WITH YOUR NAME AND FORM ON THE
BACK**

PUT YOUR DESIGN IN THE BOX IN HENLOW HUB

CLOSING DATE: WEDNESDAY 1ST NOVEMBER



Autumn Menu



WEEK ONE menu

WEEKS COMMENCING:
30TH OCT, 20TH NOV, 11TH DEC, 8TH JAN, 29TH
JAN, 26TH FEB, 18TH MARCH



SEASONAL
VEGETABLES
with
MAIN COURSE
OPTIONS

Monday

Beef Pasta Bolognese
served with Garlic and Herb
Bread, Peas and Sweetcorn
(G) (W) (MK) (SO) (MU)

Vegetable Pasta Bolognese
with Garlic and Herb Bread,
Peas and Sweetcorn
(G) (W) (MK) (SO) (MU)

Selection of Baguettes

(G) (W) (B) (MK) (SE) (E) (F)

Chocolate Crunch
Fruity Jelly
Fresh Fruit Pot
(G) (W) (E)

Tuesday

Mild Chicken Fajita Wrap
served with Wholegrain
Rice, Peas & Sweetcorn
(G) (W) (MK)

Vegetable Fajita Wrap,
served with Wholegrain
Rice, Peas & Sweetcorn
(G) (W) (MK)

Selection of Baguettes

(G) (W) (B) (MK) (SE) (E) (F)

Vanilla Sponge & Peaches
Fruit Yogurt & Coulis
Fresh Fruit Pot
(G) (W) (E) (MK)

Wednesday

Sausage Baguette served
with Potato Wedges &
Seasonal Vegetables
(G) (W) (SO) (SU) (SE)

Vegan Quorn Sausage
Baguette with Potato
Wedges & Vegetables
(G) (W) (SE)

Selection of Baguettes

(G) (W) (B) (MK) (SE) (E) (F)

Chocolate Rice Krispie Cake
Fruity Jelly
Fresh Fruit Pot
(G) (W) (B)

Thursday

Roast Chicken with Roast
Potatoes, Carrots, Cabbage,
Stuffing Ball and Gravy
(G) (W)

Quorn Fillet s with Roast
Potatoes, Carrots, Cabbage,
Stuffing Ball and Gravy
(G) (W) (E))

Selection of Baguettes

(G) (W) (B) (MK) (SE) (E) (F)

Vanilla Ice-Cream
Fruit Yogurt & Coulis
Fresh Fruit Pot
(MK)

Friday

Fish Fingers served with
Chips, Garden Peas and
Baked Beans
(G) (W) (F)

Vegetable Nuggets served
with Chips, Garden Peas or
Baked Beans
(G) (W)

Selection of Baguettes

(G) (W) (B) (MK) (SE) (E) (F)

Iced Chocolate Cake
Fruity Jelly
Fresh Fruit Pot
(G) (W) (E)

Our mission is to make your lunchtime meal the highlight of your day

92% of our food is made from fresh ingredients every day • The meat we serve is Red Tractor, Farm Assured British accredited •
All of our fish is from sustainable sources • All of our eggs are free range laid by happy chickens • We bake our bread daily in your kitchen

SOME OF OUR FOOD MAY CONTAIN ALLERGENS. PLEASE ASK OUR CHEF FOR ADVICE



WEEK TWO menu

WEEKS COMMENCING:
6TH NOV, 27TH NOV, 18TH DEC, 15TH JAN, 5TH FEB,
4TH MARCH, 25TH MARCH



SEASONAL
VEGETABLES
with
MAIN COURSE
OPTIONS

Monday

Macaroni Cheese served
with Garlic & Herb Bread
and Vegetables
(G) (W) (MK) (SO) (MU)

Macaroni Cheese with
Garlic & Herb Bread and
Rainbow Roasted Veg
(G) (W) (MK) (SO)

Selection of Baguettes

(G) (W) (B) (MK) (SE) (E) (F)

Choc & Orange Shortbread
Fruity Jelly
Fresh Fruit Pot
(G) (W)

Tuesday

Meat Pizza served with
Herb Sautéed Potato and
Beans or Fresh Salad
(G) (W) (E) (SO) (MK)

Margherita Pizza with Herb
Sautéed Potato and Baked
Beans or Fresh Salad
(G) (W) (E) (SO) (MK)

Selection of Baguettes

(G) (W) (B) (MK) (SE) (E) (F)

Oaty Flapjack Fruit Yogurt
& Coulis
Fresh Fruit Pot
(G) (W) (B) (MK)

Wednesday

Grilled Chicken Fillet
in a Bun with Wedges, Veg
& Choice of Sauces
(G)(W)(B)(C)(E)(SO)(SE)

Quorn Burger in a Bun with
Wedges, Vegetables &
Choice of Sauces
(MK)(G)(W)(B)(C)(E)(SO)(SE)

Selection of Baguettes

(G) (W) (B) (MK) (SE) (E) (F)

Lemon Drizzle Cake
Fruity Jelly
Fresh Fruit Pot
(G) (W) (E)

Thursday

Pork Sausage with
Potatoes, Yorkshire
Pudding, Veg & Gravy
(G)(W)(E)(MK)(SO)(SU)

Quorn Sausage served
with Potatoes, Yorkshire
Pudding, Veg & Gravy
(G) (W) (E) (MK)

Selection of Baguettes

(G) (W) (B) (MK) (SE) (E) (F)

Chocolate Cookie & Apple
Fruit Yogurt & Coulis
Fresh Fruit Pot
(G) (W) (E) (MK) (SO)

Friday

Fish Fingers served with
Chips, Garden Peas or
Baked Beans
(G) (W) (F)

Vegan Sausage Roll served
with Chips, Garden Peas or
Baked Beans
(G) (W)

Selection of Baguettes

(G) (W) (B) (MK) (SE) (E) (F)

Iced School Cake
Fruity Jelly
Fresh Fruit Pot
(G) (W) (E)

Our mission is to make your lunchtime meal the highlight of your day

92% of our food is made from fresh ingredients every day • The meat we serve is Red Tractor, Farm Assured British accredited •
All of our fish is from sustainable sources • All of our eggs are free range laid by happy chickens • We bake our bread daily in your kitchen

SOME OF OUR FOOD MAY CONTAIN ALLERGENS. PLEASE ASK OUR CHEF FOR ADVICE



MAINS
VEGETARIAN
PACKED LUNCH
DESSERTS



WEEK THREE menu

WEEKS COMMENCING:
13TH NOV, 4TH DEC, 1ST JAN, 22ND JAN, 12TH FEB,
11TH MARCH



	Monday	Tuesday	Wednesday	Thursday	Friday
MAINS	Italian Meatballs in a Tomato Sauce with Penne Pasta, Peas & Sweetcorn (G) (W) (MK) (SO) (MU)	Tasty Beef & Cheese Burrito with Whole Grain Rice, Tomato & Cucumber Salsa (G) (W) (MK)	Meat Pizza with Herb Sautéed Potato and Vegetables or Fresh Salad (G) (W) (E) (SO) (MK)	Roast Gammon with Roast Potatoes, Carrots, Cabbage, Stuffing Ball and Gravy (G) (W)	Fish Fingers served with Chips, Garden Peas and Baked Beans (G) (W) (F)
VEGETARIAN	Vegan Meatballs in a Tomato Sauce with Penne Pasta, Peas & Sweetcorn (G) (W) (MK) (SO) (MU)	Quorn Mince & Cheese Burrito with Rice, Tomato & Cucumber Salsa (G) (W) (B) (E) (MK)	Margherita Pizza with Herb Sautéed Potato and Baked Beans or Fresh Salad (G) (W) (E) (SO) (MK)	Roast Broccoli, Cauliflower & Lentil Bake. Served with Crusty Bread (G) (W) (MK)	Vegetable Nuggets served with Chips, Garden Peas or Baked Beans (G) (W)
PACKED LUNCH	Selection of Baguettes (G) (W) (B) (MK) (SE) (E) (F)	Selection of Baguettes (G) (W) (B) (MK) (SE) (E) (F)	Selection of Baguettes (G) (W) (B) (MK) (SE) (E) (F)	Selection of Baguettes (G) (W) (B) (MK) (SE) (E) (F)	Selection of Baguettes (G) (W) (B) (MK) (SE) (E) (F)
DESSERTS	Chocolate Brownie Fruity Jelly Fresh Fruit Pot (G) (W) (E)	Strawberry Muffin Fruit Yogurt & Coulis Fresh Fruit Pot (G) (W) (E) (MK)	Banana Loaf Fruity Jelly Fresh Fruit Pot (G) (W) (E)	Vanilla Crunch Fruit Yogurt & Coulis Fresh Fruit Pot (G) (W) (E) (MK)	St Clements Shortbread Fruity Jelly Fresh Fruit Pot (G) (W)

Our mission is to make your lunchtime meal the highlight of your day

92% of our food is made from fresh ingredients every day • The meat we serve is Red Tractor, Farm Assured British accredited • All of our fish is from sustainable sources • All of our eggs are free range laid by happy chickens • We bake our bread daily in your kitchen

SOME OF OUR FOOD MAY CONTAIN ALLERGENS, PLEASE ASK OUR CHEF FOR ADVICE



Pastoral Support
@ Henlow

Mental Health Resources

CAMHS have created a fantastic hub of resources for parents/carers and students with a huge amount of information available including a range of courses, information and podcasts. You can either scan the QR codes or click on them and the resource hubs will open up.

Parent and carer



Student



Pupil Premium

Are you eligible for Free School Meals?

If you think you are eligible please contact Central Bedfordshire on the number below. As well as receiving the option to have Free School Meals you may also be entitled to a variety of initiatives at school. These may include free access to Breakfast Club, support with the cost of Food Tech, help towards uniform, subsidised music lessons, help towards the cost of school trips as well as other initiatives throughout the year.

The qualifying benefits to receive free school meals for children in Year 3 and over are:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part IV of the Immigration and Asylum Act 1999
- The Guarantee element of State Pension Credit
- Child Tax Credit (provided you are not also entitled to Working Tax Credit, and your annual gross income does not exceed £16,190 as assessed by Her Majesty's Revenue and Customs)
- Working Tax Credit run-on (paid for 4 weeks after you stop qualifying for Working Tax Credit)
- Universal Credit (during the initial roll-out of this benefit)

If you think you meet the free school meals eligibility criteria, please call Central Bedfordshire Council on 0300 300 8306. When you call to apply for free school meals, please have the following information ready:

- National Insurance numbers and dates of birth for you and your partner
- dates of birth for your children
- if you receive support from the National Asylum Support Service, your NASS number

The school will then be informed and you will receive further information. If you would like to find out more about how the school uses the funding to support pupils in the school, you can find more information on the school's Pupil Premium Strategy on the school's website http://www.henlowacademy.co.uk/web/pupil_premium/396258 or contact Mrs Jodie Gregory (jgregory@henlowacademy.org.uk) For more information on how to apply for Free School Meals, please contact Central Bedfordshire Council directly on 0300 300 8306.

Could you be entitled to Pupil Premium Funding support?

Stock Your Pencil Case!

Please ensure your child has the correct stationery with you everyday. Students are expected to come equipped for the business of learning and therefore we do not provide stationery for pupils. Students are also expected to carry a reading book with them at all times.

You need a pencil case containing:

- Cartridge pen, handwriting pen or a friction pen (blue)
- 30cm ruler
- HB pencil and a spare
- 2 Dry wipe board marker pen and a wiper/cloth
- Coloured pencils (not felt tips)
- Ink eraser pen (if using a cartridge pen)
- Green pen (friction pen preferred)
- Rubber
- Pencil sharpener (which can collect shavings)
- Glue Stick
- Scissors
- Highlighters
- Scientific calculator (ESSENTIAL FOR KEY STAGE 3 MATHS)
- Protractor
- Headphones (suitable to be plugged into any tablet)

Name ALL your belongings clearly

Reminders

Please use ParentMail to make all payments.

All children need to have a NAMED water bottle with them everyday.

Please make sure that all your child's clothes and property is clearly named and that name labels haven't worn off.

The school office aren't able to call home if your child forgets something. Please ensure your child checks their timetable and brings all they need each day.

We offer Homework Club everyday from 3:45pm to 5:00pm. There is no charge for Homework Club but booking is essential. Please email jmarshall@henlowacademy.org.uk

Please check your child's ParentMail accounts and ensure they are in credit for school dinners and snacks. Dinner money top ups can be found under the accounts section in ParentMail.

Breakfast Club runs from 8:00am until 8:30am and must be booked in advance. Do not drop children off before 8:00am as they are not supervised and not insured to be on site. Any pupil not attending Breakfast Club must not be on site before 8:35am.

YOUNG CARERS INSIGHT SESSION



Please join us for our insight session where you will have the opportunity to meet the young carers leads in your area and to find out information about our young carers offer in Central Bedfordshire.

Topics covered

- What is a young carer
- How to register your young person as a young carer
- HAF program
- Emotional wellbeing support,
- Types of events offered
- Young carer groups
- Young carers voice

To register, sign up using the links below. You will receive the Microsoft Teams link the day before the insight session via email.

Thursday 16th
November
17:30pm until
18:30pm

Click below to register

<https://forms.office.com/e/SdYmyzGDF1>

**Central
Bedfordshire**

Upcoming Events

Date	Event	Additional Information
Monday 30th October	First day back	
Tuesday 31st October	Black History Month Awareness Day	Students can change one item of their uniform for yellow, red or green
Tuesday 31st October	Deadline for secondary applications for September 2023	Year 6 students need to apply for Henlow Academy through Central Bedfordshire council. Year 8 students do not need to apply to continue their journey with
Friday 10th November	Remembrance Service	Held during the school day
Friday 17th November	Children in Need	School Action Group will provide more information shortly
Monday 21st November	Barnardo's Young Supporters Concert	Please keep an eye on ParentMail if your child is involved
Monday 18th December	Christmas Concert	More information will be sent out after half term