



Harlington Weekly

Issue 10 | Week Commencing: 10th of November 2025

Message from the Headteacher

This week has showcased the very best of our school community. Our Anti-Bullying Week assemblies have run across all year groups and have been both powerful and thought-provoking, reinforcing our commitment to kindness, respect and standing up for one another. Staff and students wore odd socks to raise awareness for anti-bullying, creating a vibrant display of unity across the school, and together we raised over £200 for the Anti-Bullying Alliance. We also paused for a moment of silence to mark Remembrance Day, honouring those who served and sacrificed for our freedom. To round off the week, staff and students wore their Children in Need colours, which shone brightly throughout the building, and raised over £250 for the charity. It has been a positive and uplifting week, and it is clear that our students are thriving and enjoying their time in school.

Assembly Spotlight Theme - Harlington School Remembers

This Tuesday, 11th November 2025, our Harlington community came together to mark Remembrance Day, a moment of national reflection observed across the UK each year. Rooted in the anniversary of the Armistice that ended the First World War, Remembrance Day invites us to pause and honour the courage, service and sacrifice of those who served in past and present conflicts, while recognising the importance of peace in our today. At 11am, the school fell beautifully silent as students and staff united in a solemn two-minute silence, joining millions across the country in this powerful act of remembrance. The stillness across the school,

classrooms, corridors, and playgrounds was a truly **moving moment of shared respect**. Throughout the week, students engaged with video clips, presentations and discussions designed to explore *why* we remember, helping us understand the significance behind the red poppy, the stories of bravery throughout history, and the importance of honoring those who continue to serve today. A particular highlight of the day was the inspiring speeches delivered to the whole school by Sara Graça, our Head Girl, and Mr Daoudi, both of whom spoke with passion and purpose. Their words helped frame the day's message beautifully encouraging compassion and gratitude within our diverse community, many of whom have personal or family connections to global conflicts. It was a day where Harlington stood together, reflecting and learning. A heartfelt thank you to all students and staff for making our Remembrance Day commemoration so meaningful at Harlington 😊.



Quote of the Week: *"No act of kindness, no matter how small, is ever wasted."* – Aesop

Riddle of the Week: What gets wetter the more it dries?

Teaching and Learning Focus

This week, all staff took part in a whole-school training session on **using EHCPs (Education, Health and Care Plans) and Student Passports to better support students with SEND**. The aim of the session was to strengthen how teachers understand students' individual needs and how they can remove barriers to learning in everyday classroom practice.

The session focused on how using EHCPs and Student Passports can guide adaptive teaching, helping staff tailor lessons to individual needs while maintaining high expectations for all learners. By engaging with evidence-based practice and learning from one another, our teachers continue to refine their craft and develop the tools needed to ensure every student is able to access, engage with, and succeed in their learning.

Staff explored:

- **Developing understanding of what an EHCP is**, what it contains, and why it is important for teachers to read and reference it.
- **How to identify key needs and recommended provision** so that support in lessons is consistent and effective.
- **Practical adaptive teaching strategies** that help students with additional needs access learning more confidently.
- The importance of **early identification, clear communication, and strong relationships** in helping students feel safe, motivated and ready to learn.

This forms part of our ongoing commitment to ensuring that every young person at Harlington receives the support, challenge and opportunities they need to thrive.

Safeguarding Focus - Let's Talk about: Young People and Cannabis- Parents Information Session – Sorted have asked us to share this information with you. If you would like to speak to anyone directly in school about any concerns

you may have about drug use please contact safeguarding@harlingtonschool.org in the first instance.

We know that parenting teenagers can be challenging, especially when it comes to navigating conversations around substances like cannabis. That's why we're inviting you to a special information session:

Let's Talk About: Cannabis and Young

People: Hosted by Emily Porter (Substance Misuse Worker) and Tracy Ritchie (Hidden Harm Counsellor) from the **SORTED Team – Hillingdon Substance Misuse Programme**

This session is designed to support you with:

- **Clear, up-to-date information** about substances young people may encounter- cannabis
- **Practical strategies** to help you care for yourself during difficult times
- **Tools to rebuild open, honest communication** with your child

Date: Tuesday 18th November 2025

Time: 6:00 PM – 7:30 PM

Venue: Uxbridge Family Hub – Room 17

Spaces are limited, so please register early using the form below or by contacting your child lead professional. Places will be allocated on a first-come, first-served basis.

Wellbeing Corner This Week's Focus:



your cozy WINTER CHECKLIST

Seasonal Affective Disorder (SAD)

Seasonal affective disorder (SAD) is a type of depression which comes and goes in a seasonal pattern. It is more common in the winter months as we adjust to the change in season. While the exact causes of SAD are unclear, it's often linked to the reduced amount of sunlight in winter.

Some of the symptoms of SAD include:

- Persistent low mood
- Anxiety
- Irritability
- Feelings of despair, guilt and worthlessness
- Sleeping for longer than normal and finding it difficult to get up in the morning
- Social withdrawal
- Changes in eating habits

Symptoms will vary from one person to another, and for some the severity can significantly impact daily living. Make sure you speak with your health care professional if you notice changes in your mood.

SELF-CARE TIPS:

- **Spend time outside** - try to get as much sun and natural light as possible
- **Stay Active** - go for walks or participate in yoga or mindfulness exercise
- **Enjoy a hobby** - participate in a hobby which lowers stress levels
- **Find social balance** - enjoy time with friends and family. Do not put pressure on yourself to go out or spend money
- **Eat well** - eat a variety of foods which . The most important vitamin for winter is Vitamin D, as the body produces it from sunlight, which is limited in winter months. Other beneficial vitamins include Vitamin C and Zinc to support the immune system, and B-vitamins (like B12) to help with energy levels and mood. A daily 10 microgram supplement of Vitamin D is often recommended during the autumn and winter in the UK
- **Keep up with routines**

USEFUL HELPLINE:

CALM helpline - Call on 0800 58 58 58 or message via WhatsApp or webchat - They are open from 5pm until midnight 365 days a year and it's free to contact.

Compass -



This week in Science, our Year 8 and Year 9 students have been exploring Ecosystems. They've been learning how different organisms are adapted to their habitats, what those habitats need to provide, and how biotic (living) and abiotic (non-living) factors interact. To bring their learning to life, students also created their own mini ecosystems in eco-jars.

Meanwhile, in form SDU, students have been enjoying cooking sessions and developing their sequencing skills in English by learning the steps involved in making a biscuit.

Sixth Form Spotlight - Our students continue to shine this term, with several earning places on prestigious pre-university programmes at LSE, Queen Mary and Imperial College, while another celebrates an exciting Oxbridge interview

opportunity. Their achievements reflect both ambition and hard work.

Beyond academics, Punjabi dance has become a vibrant space bringing our girls together, building confidence, cultural pride and community spirit.

We are also thrilled to recognise an impressive 206 hours of volunteering contributed across school life and the wider community. These accomplishments showcase the dedication, teamwork and leadership that define our students and inspire our whole school.

Attendance Matters

Our attendance target: 96%+
Top Forms (Week 10): -

- 🏆 7B2 – 97.8%
- 🎨 7D1 – 96.5%

Strong attendance is essential for every child's success, and being in school every day makes a real difference to their progress, wellbeing and future opportunities. As we approach the holiday season, it is vital that students remain in school right up to the final day of term. Every lesson matters and every absence impacts learning. We ask all families to support us by prioritising education and ensuring children are present, punctual and fully engaged in their learning.

House Points Leaderboard –

- 🏆 House 1 – Da Vinci
- 🥈 House 2 – Brunel
- 🥉 House 3 – Mandela

The race is on. Every positive TrackIt Lights point counts towards House glory, and every student has the power to make a difference. As one of our favourite reminders goes, *“Success is built on the small things you do consistently.”* Keep pushing, keep earning those points and keep lifting your House to the top.

Heads of Year Highlights

Year 7 – Ms Richards: Year 7 have had an excellent week, showing real enthusiasm and community spirit throughout our charity events. On Monday they embraced Anti-Bullying Week by wearing odd socks with pride, celebrating kindness and individuality while helping to raise money through the charity cake sale. On Friday they filled the school with colour as they dressed for Children in Need, contributing to another impressive fundraising total.

Year 7 have already earned a remarkable number of house points this term, with students showing strong effort, positivity and focus across their lessons. A special well done goes to 7S1, who currently hold the highest number of achievement points in the year group. Their consistency, attitude and determination set a strong standard for everyone to follow.

Year 8 – Mr O’Donoghue: Year 8 showed great spirit in supporting two important causes this week. To mark Anti-Bullying Week, students proudly wore odd socks on Monday to celebrate individuality and kindness, and helped raise funds through the charity cake sale. On Friday, the year group brightened the school by wearing bright colours for Children in Need, contributing to another fantastic fundraising effort.

Across the year group, students have collectively earned a monumental 14,047 house points so far this term and a special mention for the students of 8B1 who enjoyed a well-earned pizza party on Wednesday after achieving the highest attendance for the first half term – a fantastic example of commitment and teamwork.

Year 9 – Mr Boateng: Welcome Back Year 9!
We hope you all had a restful and enjoyable half-term break. As we return, we encourage all students to start thinking about their future and looking ahead with focus and determination. Please continue to support us by ensuring your child is fully prepared for school each day — wearing the correct uniform, bringing the necessary equipment, and arriving on time. Let's make this next half of the term a positive and productive one for all our Year 9 students.

Year 9 continues to make steady progress after the half-term break. This week in Computing, students engaged exceptionally well during their Python Programming session. A special well done to **Kailum A, Jaidyn P, and Faizan I** for completing **50% of the programme challenge**. Congratulations also to **9S1**, who have impressively held their place at the top for **five consecutive weeks**. I would like to urge parents to continue supporting us with the school's expectations on uniform and behaviour, as we work together to raise standards and ensure all students become the best versions of themselves.

Year 10 – Ms Sargent: Year 10 continue to grow in maturity and are now wearing their responsibility as KS4 students with confidence and purpose. This week has been an opportunity to refresh expectations around personal responsibility and safety and remind Year 10 about the importance of holding themselves accountable as they forge the path to their futures. This week I would personally like to congratulate 10D1 and their tutors Mr Alaka and Mr Adams for the exceptional group discussion about positive masculinity that I was fortunate to observe during PSHE this week. Fantastic effort from all involved!

Year 11 – Ms Osamo-Wright: Year 11 have made a positive start to their mock exams, and we are genuinely impressed with the maturity and preparation they have shown so far. It's clear that students are taking this important stage seriously, and we are proud of the way they are approaching their studies. Let's keep this momentum going!

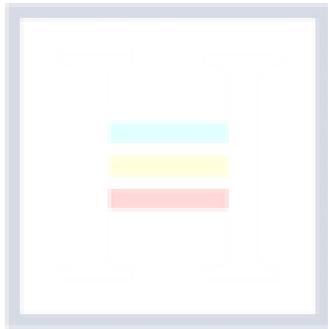
Next week brings another important set of exams, and we want to remind Year 11 that we

believe in them and wish them the very best of luck.

Please remember the expectations:

- Full equipment is required, including two black pens, a math set, and a calculator.
- Exam conditions mean absolutely no communication in the exam hall or corridors.

A special shout-out goes to 11D1, who achieved the highest attendance last half-term. As a reward, they enjoyed a pizza party on Tuesday, 11th November.



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ASPIRATION COMMUNITY DIVERSITY