

# The Heathlander

December 2025



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Mr M Rose **Headteacher**



Artsmark  
Silver Award  
Awarded by Arts  
Council England



## Jack Petchey's Speak Out Challenge workshops

In the Jack Petchey's "Speak Out Challenge" we learnt simple but interesting ways how to speak confidently in front of other people without stuttering and hesitation.

We also learnt how to get your points across effectively through techniques such as the communication triangle which consists of 3 components...

1. **Delivery** - How to deliver through raising your voice, eye contact etc.
2. **Structure** - How the speech is put together: will it interest the listener if you keep talking for large amounts of time?
3. **Content** - What goes into the speech: if you talk about a common, interesting topic that the crowd can relate to, it will likely be a good speech.

In my opinion, this workshop helped me because in the future if I need to speak confidently and effectively, I can just refer to my Speak Out Challenge booklet (which showcases everything that happened on that day). I also think that I can refer to some of those methods in the future without trying too hard to remember what they were.

*Rohit Sharma, 10TU*



I found the Jack Petchey workshop a very entertaining and enjoyable activity to do. It helped boost confidence and motivation to speak publicly. We did activities like simply introducing ourselves to our peers, learning how to have a confident stance and stopping the use of filler words like "um". It was a fun workshop and the speeches at the end were interesting to hear. Everyone's speech was special to themselves. And their voice was heard without being scared or anxious. This workshop helped a lot of people to step out of their comfort zone in a positive way. Lovely experience!!

*Neda Hakimi (10KE)*

## Choosing our champion...

...who would represent the school at the Jack Petchey Speak Out Challenge regional final?

One winner was elected in each tutor group as follows: Ayyan Manzoor Khan 10AD, Emilija Kisielyte 10BA, Gayathri Girishkumar 10DI, Retaj Elata 10GR, Eesha Sigher 10HO, Anisa Ahmad 10JE, Zahra Lodhi 10KE, Ayah Bensaali 10PA, Adrika Bimali and Luca Pirvuta 10SH and finally Isabella Finch in 10TU.

Six students then took part in our Assembly final to choose who would be representing the Heathland School at the regional final in February. It was difficult for the jury to choose a winner. After lots of discussions we decided that Adrika will be representing our school in February!

Well done to everyone who participated and good luck Adrika for the regionals!





## USA College Fair

Today, I had the privilege of visiting the USA college fair in Kensington with my peer, Mohammed Ammaar Choonawala.

We were lucky to hear amazing speeches from previous Harvard alumni from the UK, who all shared a wonderful insight into life on Harvard Campus and the courses studied.

They spoke about the qualifications needed and examples on how we can stand out from the rest. Going around the conference centre, we talked to many universities such as Syracuse University, University of Oregon, University of Colorado Boulder, and New York University, who all provided

a wonderful insight into studying internationally.

During my time here, I found myself envisioning life as a transfer student from London, going to a highly respected university (as those listed above) and achieving great things from it.

Although it may be a big change, it can truly propel my education, develop my long term goals for the future, and allow me to meet likeminded people with the same determination as myself.

*Adam Rahman (12TU)*



## Deloitte

On the 8th of October, I attended the Deloitte Female School Leaver Event in Reading, where many girls from across London and other parts of the UK came together to learn more about Deloitte and its work culture.

From the moment I arrived, the Deloitte employees were incredibly welcoming and open to answering questions about university, apprenticeships, and their roles within the company. A partner from the Reading office shared her inspiring journey and explained why she has chosen to stay at Deloitte for over 25 years.

Throughout the day, I gained valuable insights into the different roles within finance and accounting, as well as what a typical day at Deloitte looks like. I was particularly impressed by the strong sense of teamwork and support among employees, which made the



workplace atmosphere feel collaborative and motivating.

Overall, my experience at Deloitte was amazing — it was both fun and educational. I had many of my questions answered, learned a lot about career paths in finance, and grew more confident in attending professional events and networking with new people.

*Harleen Kaur (12PA)*





## Bar Mock Trials

On Saturday the 8th of November, my friends and I were fortunate enough to have been offered the opportunity to attend the Bar Mock Trials run by Young Citizens.

**W**e represented The Heathland School in these trials and managed to successfully place first amongst tens of schools across London participating and got through to regionals.

It was an extraordinary experience which broadened my understanding on aspects on the court of law - this included the schools participating conducting opening and closing speeches, cross-examinations as well as the witness roles. All schools did amazingly but there could only be one winner.; The Heathland School!

I will always remember being part of such an amazing opportunity and observing the rest of my peers fighting their cases in the court rooms.

The teamwork skills, many practice sessions and importantly, shared load of nerves, all paid off.

This is all thanks to The Heathland School 6th Form as they never failed to support us all every step of the way during all the tense moments and struggles.

Also thank you to my amazing peers who I was accompanied by: (Adam Rahman, Haider Jafri, Mohammed Ammaar Choonawala, Shanelly D., Yasmin Chakor, Sara El-Awdeh, Aanya Jhamb, Tasnim Hussein, Seham E, Karina Velyka Lal, Divya Singh)

Rayyan Malik (12HO)

## Clifford Chance' Canary Wharf

I was privileged to visit Clifford Chance' Canary Wharf office for their ACCESS event - an inspiring experience that offered first-hand insight into the firm's sectors and dedication to empowering aspiring legal professionals.



The event provided an in-depth understanding of the ACCESS programme, an initiative designed to make the legal profession more accessible; with current trainees Louis Westlake and Rida Kassam sharing practical advice and personal insights on navigating the application process, as well as the challenges they overcame, and the lessons learned during their own journeys.

Hearing their experiences was especially helpful in preparing me for the programme and motivating me to approach my own path with the same determination, and it was also great to connect with many like-minded students.

A huge thank you to Clifford Chance for hosting such an engaging event and to The Heathland School 6th Form for finding this opportunity. I left feeling more motivated than ever to continue my journey in law.

Karina Velyka Lal (12JE)





## Barcelona 2025

"In my opinion Barcelona was the best trip I've ever been on, and it'll always have a special place in my heart."



Our first day we headed to the pool and had a swimming test, which at first, I was scared and nervous about it since I didn't know how to swim but by the end of the week I could swim and do diving without a life jacket.

Almost every day we would go to the beach and do the most enjoyable activities including paddle boarding, kayaking, water skiing, speed boat ride, banana boating and snorkelling.

My personal favourite was the speed boat ride, which we went twice. The second time we jumped out of the boat into the middle of the ocean and saw every different type of fish and jelly fish. Not only that, we went shopping as well to Las Rambla and Tossa De Mar both were amazing and different from anything I have ever done. We even went to Nou Camp stadium, so if you're a football fan of Barcelona you will absolutely love that place! Whilst in Barcelona we had different types of food, all so delicious! The best of them being the croissant from Tossa De Mar, best I've ever had!

**PAY NOW TO HAVE THE BEST TIME EVER!**

*By Aisha Allah Rakha (9KE)*





THE  
CHARTERED INSURANCE  
INSTITUTE

## AXA XL's Work Experience Programme

"Insurance is often an industry that many people overlook when considering future careers." ❄️

**T**his idea was challenged for me after an incredible week participating in AXA XL's Work Experience Programme.

Over five insightful days, I gained a deeper understanding of the insurance industry and the various roles that power it - from actuarial and underwriting, to broking and risk management.

Beyond learning about these technical areas, I also had the chance to explore the broader business functions that help AXA XL thrive, including both insurance and non-insurance operations.

Through engaging case studies and interactive sessions, I strengthened not only my industry knowledge but also my soft skills - communication, problem-solving, and teamwork.

A highlight of the week was the mock

interview and assessment centre, where I stepped out of my comfort zone and experienced the types of scenarios I might encounter in future applications.

I also greatly appreciated hearing from AXA XL's CEO, Sean McGovern, whose insights into the future of insurance and the values driving AXA XL were truly inspiring; it was truly motivating to see leadership so engaged and invested in developing future talent.

To top it off, attending the Lime Street Festival was a great opportunity to connect with like-minded individuals and gain even more perspective on the world of insurance.

Thank you again to Ellie Brignell, Chrissie Sarakinis, Phoebe Bloomfield at AXA XL for making this experience so rewarding!

*Anvi Bhargava (13KE)*



## O2 Summer Conference

Don't miss opportunities like this!

I'm incredibly grateful to have taken part in the O2 summer conference 2025 with Young Professionals. It's been a truly inspiring experience that not only broadened my understanding of the world of work but also helped me reflect on my own career goals — especially my passion for law.

The programme gave me the chance to connect with professionals across different industries, build my network, and gain valuable insights that I'll carry forward.

Thank you to everyone involved for creating such a motivational event

*Izza Khan (13DI)*

## Lava Lamps – Arts Week



On Tuesday 7th October we had some students come and make their own lava lamps. We used water, oil, food colouring and Alka seltzer tablets to get that classic lava lamp look. The activity ended up turning in a great little science experiment where we tested different colours, different volumes and different fizzy tablets. It was great fun and has inspired a few ideas for STEM week 2026 so keep an eye out!

*Miss M Brown*



"Start getting comfortable with being uncomfortable"

This statement might sound paradoxical but is the reason I travelled 2 hours to the Smith+Nephew's STEM conference today in collaboration with Migrant Leaders.

Smith+Nephew is one of the leading medical equipment companies ranging from Orthopaedics to Advanced Wound Management, they've got it all! During this conference I realised just how complex it is to build the medical equipment we take for granted.

One thing that I absolutely loved about this event was that we were allowed to do demonstrations on products already used by doctors and hospitals around the world!

For example the Pico 7 a single use negative pressure wound therapy system that can treat wounds from burns to surgical incisions provided only by Smith+Nephew and many more such systems that have made

surgeries much more efficient!

I also initiated a conversation with the CEO of Smith+Nephew Deepak Nath who is one of the most inspiring people I've ever met. From a 14 year old immigrant in the USA to a 53 year old CEO he treats failures like a challenge rather than an obstacle which is one of the main takeaways I took from our conversation.

I also had the opportunity to meet some great people Uma Holmes, Max Horton and others who gave me a lot of advice and spoke about their experiences in this field and their career progression which was fascinating to talk about!

Last but not least a big Thank You to Jo Barraud, Migrant Leaders, Elham Fardad and the countless other people involved to make events like these possible for young people like me!

*Mohammed Ammaar Choonawala (12DI)*



"...one of the most inspiring people I've ever met."



## Young Professionals

I had the opportunity to attend Young Professionals 'Getting into Business and Accounting' virtual work experience!

There were many companies who were in the call such as KPMG, PwC, S&W, Forvis Mazars Group, BDO, CIMA, Grant Thornton UK, UBS and RSM UK.

From this event, I learnt:

- What role the apprentices in the companies do
- Top tips directly from these companies from applications
- Apprenticeship application stages

- How an apprenticeship works
- Designated breakout room for each company
- Q&A session with the representatives

This event was insightful for me, as I got to learn a lot more about what apprentices do, their role and the overall application process. It has really helped me to build confidence as I start applying for apprenticeships!

*Ritika Dhokia (13AD)*





## AON Work Insights programme



During the three days at AON Work Insights programme, I gained valuable experience learning about risk management, reinsurance, and workplace skills.

The introduction to commercial risk and reinsurance taught me how AON helps clients manage risks through advisory and structured solutions.

I also learnt about key interview skills during the CV & interview panel, which is to be confident, curious, and communicative which reflects competence and professionalism. Speaking with Christopher

Homewood, AON's Risk Management Director, inspired me to persevere towards my goals. The programme concluded with a group project on designing a sustainable city for 2070 including solutions to ESG risks, and proud to mention that my team ' Miss Innovators' won the presentation amongst 8 other teams.

*Yusra Islamzadeh (12 HO)*

## City Century x Young Professionals Law Event

I had the privilege of attending the City Century x Young Professionals Law Event at the O2 Indigo.

It was a truly incredible and enlightening opportunity to hear from, and even talk to so many different speakers who ranged from apprentices just beginning their careers to established partners. I was able to gain an insight into their unique journeys and pick up valuable advice.

A major takeaway for me was understanding how the legal industry is becoming more diverse. Law is often seen as an elitist field, primarily dominated by white males, however, today law is no longer for those select few.

It's for anyone who has the passion and drive to pursue it.

From this experience, I've also learnt that in life in general you should never wait for permission to do something, always take opportunities as they come.

You never know what you'll miss out on if you hesitate!

A massive and well deserved thank you to Dan Miller, Joanna Hughes, Patrick McCann and City Century for allowing this amazing event to happen!

Also, a special thanks to The Heathland School 6th Form for finding this wonderful opportunity.

[#law4all](#) [#citycenturylive](#)

*Zoya Tahir (12HO)*



## Hi Network! Stepping up and learning from the best!

I'm proud to have taken part in HerEstate's LEVELUP Webinar, an inspiring session that deepened my understanding of the real estate industry and the professional mindset it takes to succeed.

This experience strengthened my passion for pursuing a Real Estate Degree Apprenticeship, helping me develop valuable insights into confidence, communication, and personal growth — all key foundations for a successful career in property.

A huge thank you to Amaya Sophia Ahmed Elizabeth Joseph-Adigun for empowering future professionals to learn, connect, and continue levelling up!

[#RealEstate](#) [#HerEstate](#)  
[#DegreeApprenticeship](#)  
[#PropertyIndustry](#)  
[#ProfessionalGrowth](#)  
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[#WomenInRealEstate](#)  
[#CareerDevelopment](#)  
**Kirpa Kaur Madan (13DI)**





## Duke of Edinburgh Silver Award

We believe our silver DofE felt different from most people's experiences.....



In October, the green team began as a typical large all girls group. By summer we were six people, three boys and three girls. We had not planned the group. We barely knew one another. That surprised us because many people see DofE as a trip you do with close friends. We were strangers placed together.

We felt uncomfortable at the start. The new setting pushed us. We had to plan routes, meals, clothing, and equipment. We knew we had to rely on one another for three days. The pressure felt heavy. We felt unsure of how the group would work. Then the trip became the most memorable part of year twelve. We learned how each

person worked. We learned who walked fast, who told stories, who kept us on time, and who always had snacks ready.

The trip shaped us. We still talk about it with each other and with anyone who will listen. Like the moment we got completely lost in the woods. Every path split into several junctions, and somehow, we kept choosing the wrong one, no matter how many navigational methods we used! To lighten the mood, we started playing a game with stones and a random road street cone, believing that we were ahead of schedule. We persevered and didn't get mad at each other. We reached a level of teamwork and communication we did not expect. When we felt tired



someone always lifted the mood. Someone kept the group talking. Someone made us laugh.

We think silver DofE is worth doing. The planning feels long. The trip stays with you. It becomes the memory your

year grows around and the one you look back on with a mix of nostalgia and fondness.

*Sri Varshitha Pamarthi (13AD)  
Amina Raja (13DI) Fiza Mansoor (13TU)*





## Supporting aspiring doctors at The Heathland School...

### Get into Medicine conference

Proud to say that I've received my first certificate from Medic Mentor, for attending the Get into Medicine conference, on Sunday the 16th of November.

I found it to be extremely informative and it ultimately provided me with other options than just being a GP, further widening my interests to other areas of medicine, such as cardiology and neuroscience.

I strongly recommend that anyone who may be considering the field, or anyone who finds it interesting, should join in the next one by checking out their website (<https://medicmentor.org/>)

They also many have helpful virtual work experience opportunities, which I will definitely be participating in as the year goes on.

Thank you to Medic mentor once again!!

*Sadha Vijay Anand (12DI)*



## Learning how to apply for a career in Medicine

Today's Imperial College Healthcare NHS Trust Medical Interview MMI Webinar really changed how my mindset when it comes to medical interviews.

Understand how to structure your answers

### PROGRAMME

5:00-5:20PM	Overview of the Interview Process
5:20-5:40pm	Mock Interview #1 with Live Panel Reflection
5:40-6:00pm	Mock Interview #2 with Live Panel Reflection
6:00-6:10pm	Interactive Practice Interview Questions
6:10-6:30pm	Mock Interview #3 with Live Panel Reflection
6:30-7:00pm	Review of Common Questions

Further Questions? Email [imperial.work.experience@nhs.net](mailto:imperial.work.experience@nhs.net)

Not knowing anything about the application and interview selection after A-Levels and the UCAT exam, I feel very proud to have grown my knowledge on the subject, especially as the focus of the process includes non-academic criteria.

We started off with a brief introduction, led by Professor. Kevin Murphy, who brilliantly summarised interview formats, NHS constitution values, qualities and skills required to choose Medicine, such as empathy, teamwork & leadership, and communication skills. He also outlined the positives and challenges of being a doctor and highlighted that although there are sacrifices that must be made to become a medical professional, it is all worth it to see your patient thriving and them recovering from their condition due to your invaluable help.

Then, we witnessed live mock interviews with real professors! During this time, I learned how to answer questions such as "Why have you applied to Medicine as a career?" and "What has made you want to train to be a doctor?" These are both questions I initially thought would be easy to respond to, but when I reflected on what to say, I realised that giving a strong answer requires real self-awareness, which means understanding not just why I'm interested in medicine, but why it aligns with my values, and the kind of person I want to become. A key message I took away from today's event: Interviewers don't want to hear rote-learned paragraphs, they want to filter out the best candidates from medicine, to see the person they read about on the personal statement in a chair in front of them.

Finally, we finished the session by discussing some FAQ's to medical students, who all gave us such diligent and well-thought-out answers.

Thank you so much to The Heathland School 6th Form for finding this enriching opportunity!

*Sadha Vijay Anand (12DI)*





## T1 Rugby Festival

On a Saturday 11th October, some of our talented Year 7 girls were selected to attend a T1 Rugby Festival at Allianz Stadium, Twickenham, to celebrate the huge success of the Women's Rugby World Cup 2025 Champions.

We competed in a friendly, touch rugby tournament on the hallow pitch in front of a big crowd, got to meet some of the England Women's Rugby team players and had a team photo at the famous Rose & Poppy gates to the entrance of the stadium. As we went in I could feel the excitement building up in me, with the music hyping me up and increasing the anticipation.

We were very nervous for our first game as we hadn't played it before, but we did well by winning with my try. The other matches, we tied 0-0 as the defence was so strong on both teams. For lunch, the staff were really

kind and gave us a free lunch bag with water, a sandwich, a muffin, an apple, and a bag of crisps. I think the Players of the Tournament for our team were me, Fransatu and Chhavi because we moved with the ball and passed when we needed to, although everyone did well and improved as the games went on. This trip was fun and memorable, as we enjoyed it so much and love playing together. In other words, I cannot describe how much I loved this trip.

The best part was when we got to meet the players and take pictures, and get their signatures on our trainers, t shirts and Miss Legg's boots.

We also got to see the actual changing room the players use seeing the shirts, seats, ice baths and massage benches. This trip was truly amazing. Thanks Miss Legg.

*Kemaia Grossett, 7 Kent*

## Sports highlights Year 7 Girl's Football Team



The Year 7 Girl's football team made history when they became the first ever Heathland girl's football team to win a National Cup match. They beat Leeland's School on penalties.

## Year 7 Sports Highlights



The year 7 Boy's football team was one of the best performances seen in 5 years from a year 7 team.

They narrowly lost 2-1 in the last few minutes of the game to a private school in the National Cup. However, they didn't let that phase them, the team went on to win a nail-biting penalty shootout against JFS School, their second half performance was the best.

Player of the game was Alex Pirvu!

## Term dates 2025-26



### Autumn term dates 2025

**Christmas holiday:** Monday 22 December - Friday 2 January 2026

### Spring term dates 2026

Monday 5 January - Friday 27 March 2026

**Half term:** Monday 16 February - Friday 20 February 2026

**INSET Day** (school closed to students) Monday 5 January 2026

**Easter holiday:** Monday 30 March - Friday 10 April 2026

**INSET Day** - Wednesday 3rd July 2024

