



## HEATHLAND SUCCESS AT BAR MOCK TRIALS



*Heathland students celebrate their success!*

Red Lion Chambers (RLC) barristers took part in the Young Citizens Bar Mock Trial competition on Saturday 8th Nov at Snaresbrook Crown Court, supporting students aged 15–18 from non-independent schools as they presented criminal cases in front of real judges and legal professionals.

**T**om Forster KC, Felicia Davy, Hugh French, Jack Talbot, Genevieve Reed and Hannah Williams acted as Judges bringing the law to life for the next generation of aspiring barristers.

Felicia Davy, who led the event for RLC said: "This was one of the largest heats to date, bringing together approximately 375 students from 20 schools. The competition continues to be a powerful way to open up access to the legal profession and it was inspiring to see so many young people engage so confidently in their advocacy as they

navigated the courtroom experience for the first time."

The Bar Mock Trial, run by the charity Young Citizens has been a cornerstone of legal education since 1991, helping students build skills in public speaking, teamwork and critical thinking

Sponsors of the Young Citizens Bar Mock Trial, RLC is passionate about promoting access to the Bar, championing inclusion and diversity and supporting aspiring barristers from non-traditional backgrounds to thrive in the legal profession.

### HEATHLAND STUDENTS TOP OF THE CLASS

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.

We represented The Heathland School in these trials and managed to successfully place first amongst tens of schools across London participating and got through to the regional finals.

It was an extraordinary experience which broadened my understanding of 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)*

# INDIVIDUAL OXBRIDGE SUCCESS STORIES

Listed below are Heathland School students who successfully secured places at Oxford and Cambridge universities in the last 5 years.

2025	Darina Trujillo-Ravinger	Cambridge	Veterinary Medicine
2024	Arshdeep Kalsi	Oxford	Engineering
2024	Ayan Nadeem	Oxford	Law
2023	Naima Maalim	Oxford	English
2023	Livleen Dhaliwal	Oxford	French
2022	Zuha Murtaza	Oxford	Experimental Psychology
2022	Mahi Patel	Oxford	Chemistry
2022	Daisy Shaw	Cambridge	Education, English, Drama and the Arts
2020	Jigyasa Anand	Oxford	Biology
2020	Hana Ahmed	Oxford	Medicine
2020	Siddhi Barhanpurkar	Cambridge	Natural Sciences
2020	Mohit Chander	Cambridge	Natural Sciences
2020	Maryam Khan	Cambridge	Human, Social and Political Sciences
2020	Mahira Muhsanat	Oxford	Mechanical Engineering
2020	Riya Sachdeva	Oxford	Geography
2020	Muntasir Uddin	Cambridge	Natural Sciences

## (MOOC) ON COURSERA

Over the holidays, I took part in a course (MOOC) on Coursera which was an intensely rewarding experience, less about memorisation and more about fundamentally reshaping how I perceive the environment and my place within it.

The learning journey was profound; I moved from a place of vague concern about “chemicals” to possessing a structured, scientific toolkit for understanding toxicology.

I learned to deconstruct the core principle that “the dose makes the poison,” moving beyond the slogan to grasp the mathematical and biological reality of dose-response curves, identifying the critical points like the NOAEL (No Observed Adverse Effect Level) and LOAEL (Lowest Observed Adverse Effect Level) that form the bedrock of modern risk assessment.

The course gave me a clear lexicon to differentiate between hazard, the innate potential of a substance to cause harm, and risk, the probability that harm will occur under specific conditions of exposure. This alone revolutionised how

### Chemicals and Health

Instructors: Dr. Megan Weil Latshaw, PhD  
+1 more

Enroll for free  
Starts Aug 23

I interpret alarming headlines about substances in products.

I gained a deep appreciation for the complex pathway a chemical takes through the body, studying the ADME process: Absorption, Distribution, Metabolism and Excretion.

Understanding concepts like bioavailability and half-life allowed me to think critically about the lasting impact of persistent organic pollutants versus chemicals that are quickly expelled.

## 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 16th



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)**

The modules on chemical classes, particularly endocrine disruptors, were eye-opening; I now understand the mechanism of action, how these chemicals can mimic or block hormones like estrogen, and why early developmental exposure is so particularly concerning, altering the trajectory of health much later in life.

Finally, the course equipped me to navigate the world of policy and regulation, demystifying how agencies like the EPA use this toxicological data to set standards like the Reference Dose (RfD) and Tolerance Limits for pesticides, framing it all within the practical challenges of scientific uncertainty and the precautionary principle. Thank you, John Hopkins University, for this wonderful experience.

**Meriam Rabehi (13PA)**



## LLOYDS BANKING GROUP EVENT IN LONDON

I had the amazing opportunity to take part in Lloyds Banking Group's Insight Day alongside over 200 other students and what a day it was. In just three hours we got to experience three very different but equally eye-opening parts of the financial world.

We kicked things off with a scam detection challenge where we analysed 'too good to be true offers' targeted at young adults using a mix of teamwork and AI, we came up with ways to spot and prevent these scams which really highlighted how important digital awareness and protection are today.

Next up was a fraud investigation activity where we became investigators for the day, we sifted through fake emails, TikTok messages and bank transactions to figure out who among eight characters were victims' accomplices or perpetrators. It was such an engaging task and gave me a real insight into how complex financial crime can be.

Finally, we wrapped up with the Talent Panel featuring four brilliant Lloyds apprentices. Hearing about their journeys what areas the apprentices work in and the level Lloyds was really inspiring.

It made me seriously consider an apprenticeship as my next step.

Overall, the experience was engaging, insightful and

genuinely inspiring. I walked away with a much clearer picture of what a career in finance could look like.

A huge thank you to Ian Browne for this day and everyone who was involved.

#LloydsBankingGroup  
#InsightDay

*Manveer Singh, (12 AD)*

## ACCOUNTANCY WORK EXPERIENCE PLACEMENT

I completed my work experience placement at RNT Global Ltd, where I had the opportunity to work alongside a qualified chartered accountant.

I gained exposure to financial data and developed my analytical skills within a professional financial setting.

I engaged in various bookkeeping activities such as:

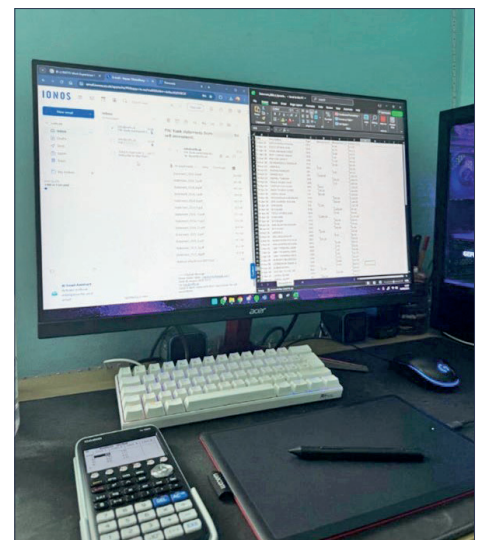
- Working under the guidance of a mentor, shadowing them via Google Meet to gain insight into professional bookkeeping practices
- Using Nanonets, an AI-powered tool for extracting and structuring data, to format PDF bank statements into Excel spreadsheets
- Cleaning and refining the data by removing duplicates and unnecessary entries

- Consolidating monthly statements into a single, year-long dataset
- Creating two summary tables, separating income and expenditure, with a breakdown by recipient/sender and yearly totals

I was provided with a company email account and conducted all correspondence through it, giving me valuable experience of professional communication in a workplace setting.

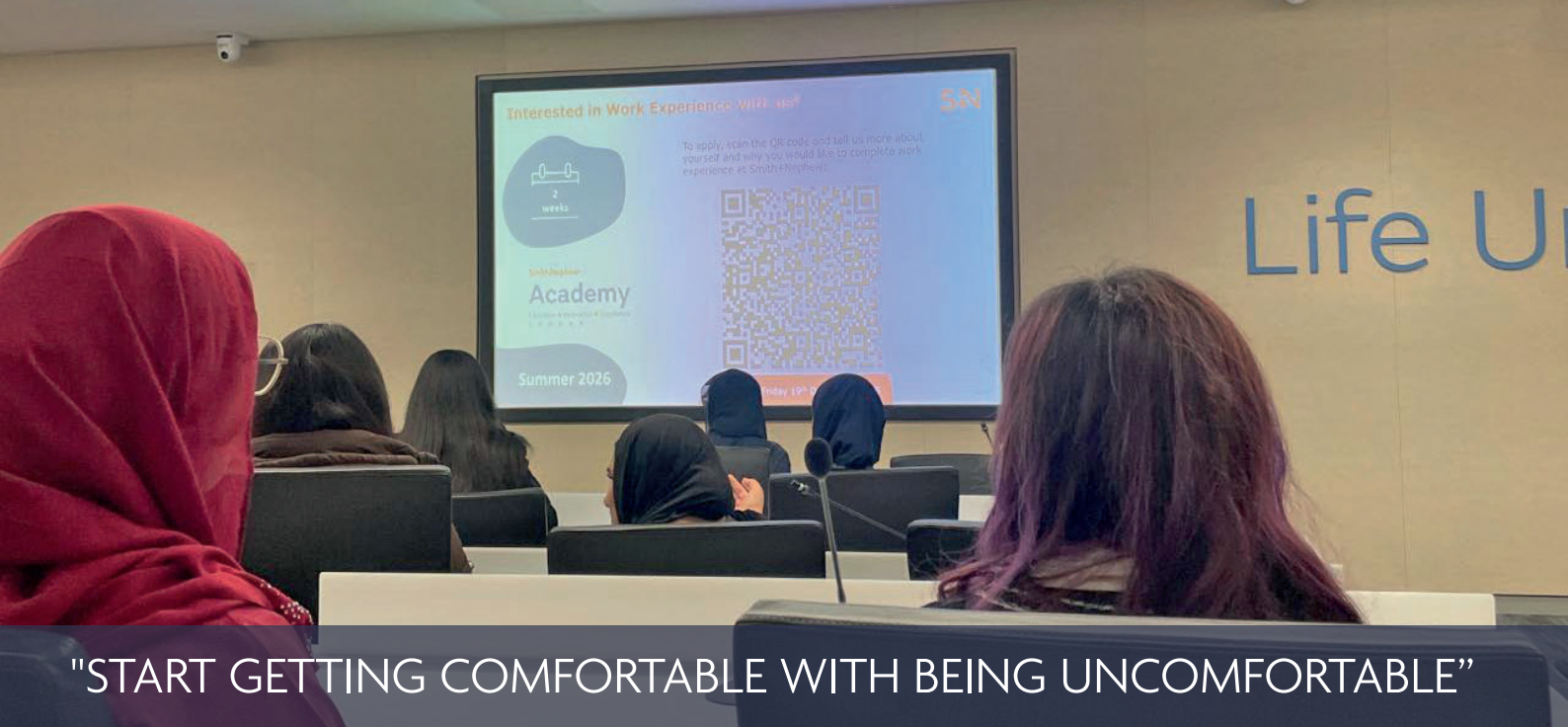
This experience gave me valuable insight into how data automation and financial reporting can improve efficiency in practice, while also strengthening my skills in Microsoft Excel, data analysis, and problem-solving.

I'm very grateful to Kaykobad Bhuiyan, BA ACCA MCSI, and the team at RNTFS for giving me this amazing opportunity and for



all the support they provided during my placement.

*Itqan Chowhury (13SH)*



## "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 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)*



## 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

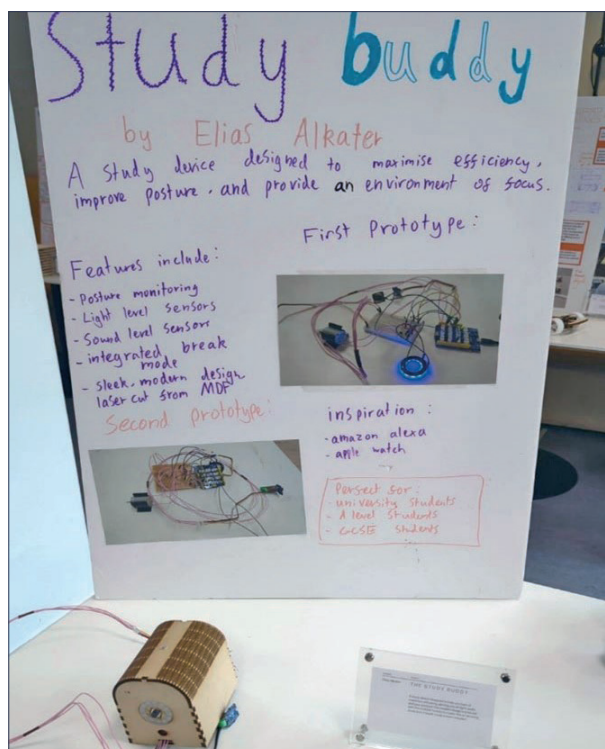
#HerEstate #DegreeApprenticeship #PropertyIndustry #ProfessionalGrowth

#LearningJourney #WomenInRealEstate #CareerDevelopment

*Kirpa Kaur Madan (13DI)*



## SUMMER INTENSIVE MAKER CHALLENGE



I was happy to have officially completed the Summer Intensive Maker challenge at Imperial College London, a 10-day program where we explored the Makerspace, and learnt to use all sorts of tools, from programming arduino microcontrollers, to designing files to laser cut. The experience was invaluable, introducing me to numerous skills that are hard to become proficient in simply due to the expense of the machines like the laser cutters and wood working machines.

In the last three days of the program, you are allowed to freely design any sort of project you like using all of the skills learnt over the previous sessions, and I chose to design a study tool called the “Study Buddy”, which I made and programmed using an Arduino Uno, and wrote approximately 200 lines of code. The main points are: it measures your posture using data collected by an accelerometer, alerts if light levels aren’t optimal for studying using an ldr, alerts if it is too noisy and other functions like a button to press to enter break mode where all sensors are ignored.

Unfortunately, the night before the finale, my electronics failed due to bad soldering, and so I was left with a non-functional project, which was very disappointing, but I didn’t let that stop me. I tried fixing my electronics on the day of the finale so I had less than 20 minutes to complete my poster board, which is why it wasn’t as good as I had hoped. Even though I didn’t make it into the top 3, the experience was very fun and I met many like-minded people and was happy to have shared the experiences with them.

Thank you Outreach team at Imperial for this opportunity!

*Aisha Remtulla (13 Turner)*

## DKOU 2025 ORTHOPAEDICS CONFERENCE IN BERLIN



Over the half term, I had the incredible opportunity to attend DKOU 2025 – the German Congress for Orthopaedics and Trauma Surgery in Berlin (28th–31st October).

It was truly inspiring to be surrounded by innovators, surgeons, and scientists shaping the future of medical technology. Throughout the event, I explored ground-breaking inventions, gained insight into how new technologies enter the orthopaedic market, and learned about the fascinating science driving modern medical devices.

These experiences deepened my understanding of how innovation meets patient care — something I hope to build on as I pursue a future in medicine and biomedical science.

A huge thank you to NTR Biosensors and Dr. Harish Kambampati for giving me the chance to manage our booth and present our own product at such a renowned international event.

Representing the company and engaging with professionals from around the world was an invaluable experience — one that strengthened both my communication and technical skills and fuelled my passion for contributing to the future of healthcare.

*Sujeeth Koram (12KE)*

### THE TOUR OF THE LINGUISTIC BRAIN

The Tour of the Linguistic Brain online session was an engaging and insightful experience, it offered me a rare opportunity to explore the inner workings of human language through a scientific lens.

The event was hosted by Dr Maria Garraffa and Dr Giuditta Smith from the University of East Anglia.

The event was interactive and educational which deepened my understanding of the brain.

It educated me on the bilingual brain, how the brain learns to read, dyslexic in the brain and many more interesting information.

I highly recommend The Tour of the Linguistic Brain virtual event if you study psychology or want to widen your knowledge of the brain, as it was a unique event which sparked my curiosity of the human brain and how it creates and understands language.

*Lara Abed (12KE)*



## 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.

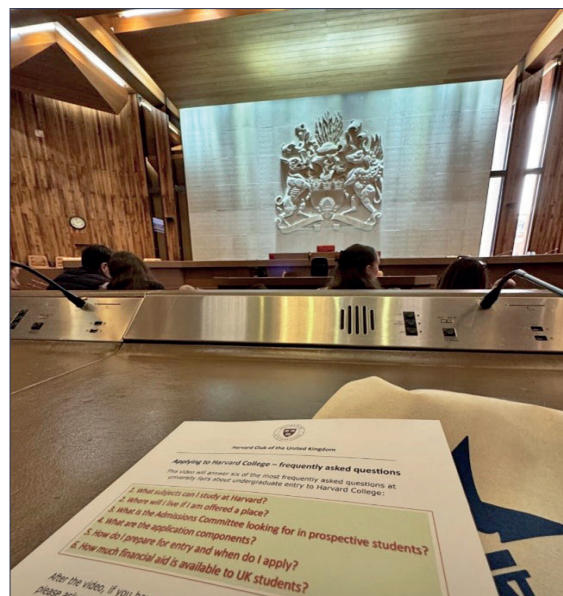
Going around the conference centre, we talked to many universities such as Syracuse University, University of Oregon, University of Colorado Boulder, and New York University, who all provided

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)*




## SUCCESSFUL DEGREE APPRENTICESHIPS

APPLIED TO

23

**SANA ROEEN**



**SOLICITOR DEGREE APPRENTICE**

EMPLOYER

OSBORNE CLARKE

FAVOURITE SUBJECT

PHILOSOPHY

**A LEVELS**


ENGLISH LITERATURE  
SOCIOLOGY  
PHILOSOPHY

ADVICE

STAY RESILIENT!  
DON'T TAKE REJECTIONS TO HEART,  
IDENTIFY WHERE YOU WENT WRONG  
AND COME BACK STRONGER THE  
NEXT TIME!

WEBSITES USED


- LEGAL CHECK
- LEGAL 500
- LAW FIRM WEBSITES



APPLIED TO

25

**CHARTERED MANAGEMENT DEGREE APPRENTICE**



EMPLOYER

ROYAL MAIL

REJECTED BY

20

**A LEVELS**


BUSINESS  
PSYCHOLOGY  
ECONOMICS

ADVICE

NETWORK TO MAKE CONNECTIONS  
BE PREPARED FOR REJECTIONS  
BUT DON'T LOSE HOPE.

WEBSITES USED

- RATE MY APPRENTICESHIP
- GOV.UK
- NOT GOING TO UNI
- LINKEDIN
- COMPANY WEBSITES





## 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)*





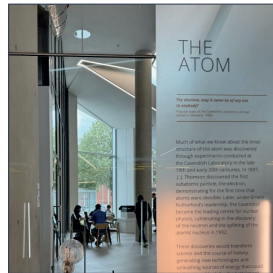
## SPORTS SUCCESS

### WELL DONE AND CONGRATULATIONS TO THE 6TH FORM BASKETBALL TEAM WHO BEAT REACH ACADEMY 34-33.

A special mention to Rishaan for his fantastic leadership and winning lay-up. Hannson for collecting the most rebounds in the game and Yousif for being voted player of the game.

## STEM SMART CAMBRIDGE

During phase one of STEM SMART, I completed over 500 questions in Physics, Maths, and Chemistry, as well as weekly tutorials. This not only improved my academic attainment but also motivated me to aim higher.



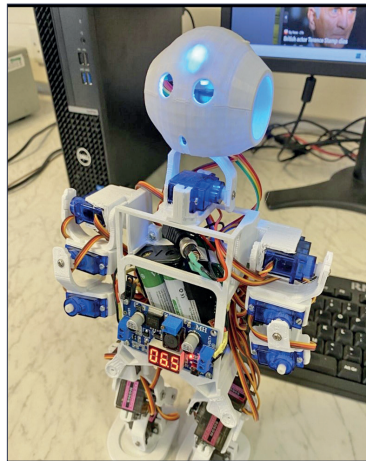
As part of the residential, I attended full-day (9–5) lectures in Physics, Maths, and Chemistry at the Cavendish Laboratory. These sessions allowed me to strengthen my knowledge in familiar areas and tackle topics I hadn't yet studied.

On day one, we were welcomed at Trinity Hall by Xanthe and the student ambassadors before heading to the Ray Dolbe Centre for a full day of Maths lectures. We worked through challenging problems designed to build a deeper understanding of complex concepts. In the evening, we had the chance to play games and socialise with other students who share similar interests.

On day two, I visited the Physics Department (my favourite experience), where I was fortunate enough to conduct a practical using lasers to test Young's double slit experiment, adapted for a single slit. Afterwards, I attended a university-style practice lecture, which gave me valuable insight into the pace and style of teaching at Cambridge. In the evening, we joined students from other colleges for a game of rounders.

Overall, the residential was an incredible opportunity to meet other aspiring STEM students, attend formal dinners, participate in lectures, and make the most of our time together. None of this would have been possible without Isaac Physics, University of Cambridge, Trinity Hall, Xanthe and the other student ambassadors who made this a rewarding experience.

## IN2SCIENCEUK SUMMER SCHOOL



0.9m newspaper tower strong enough to hold a glass bottle, designing a safety mechanism for an egg drop challenge, creating ergonomic kitchen utensil handles with inclusive design in mind AND MORE.

We also toured LSBU's engineering facilities, which gave me a real insight into what life as an undergraduate engineering student is like and what kinds of equipment is used to construct their projects.

Completed my In2scienceUK Summer School placement for Engineering at LSBU School of Engineering and Design

This was a 5-day experience in-person placement where I got to work alongside Nicole Val-Egun, Afia Abdullah, Zuriel Igori, Adurawemimo Adebayo, Jumana Begum, Musa Aktar and Onnesha Banik developing skills in teamwork, time management, and planning.

We explored a wide range of engineering disciplines in more depth, from civil and electrical to bio-engineering. The sessions were hands-on and intense. Some highlights included building a

This placement has been a valuable experience for me, both academically and in developing transferable skills. Each day brought something new, which strengthened my passion for engineering. What stood out to me was seeing how everyone approached the same challenge differently. We all had unique ideas and solutions, and we learned how to adapt to each task and work effectively as a team. If I were to say what part that of the placement interested me most was the design process of projects and its complexity.

Grateful to In2scienceUK and LSBU School of Engineering and Design for the opportunity!  
*Fiza Mansoor (13TU)*