THE HEIGHTS ACADEMY NEWSLETTER

9TH OCTOBER 2026

It's been another busy week at school! This week, we held our first School Council meeting of the year, where pupils discussed our school values and explored new logos to help showcase them. It was fantastic to see our representatives sharing their ideas and having their voices heard. We look forward to seeing what our School Council achieves this year!

7 NAVIGATORS





In Year 7 Navigators, we have been profile detectives and have studied the lives, beliefs and reigns of Queen Elizabeth the I and Mary Queen of Scots. The children presented some compelling debates as to whether a Queen ordained by God should be executed!

SAFESIDE

This week, our Year 8 pupils enjoyed a visit to Safeside, where they learnt about everyday dangers and how to keep themselves and others safe. Through fun and interactive activities, pupils explored different situations, learnt how to recognise risks and developed important life skills to help them stay safe!





AUTISM SUPPORT FOR OUR PUPILS

Teen Autism Confident programme:

Teen Autism Confident is a free 8-week program, for autistic teens aged between 13 – 18 living in the Birmingham and Solihull areas, with one-to-one meetings for participants on the first 6 group sessions and one online short feedback and games session. The courses have up to 10 participants per program.

This course offers an opportunity to learn more about autism in a small, supportive, group setting. It provides an opportunity to discuss individual experiences, hear the experiences of others, and identify strategies that could help in your day-to-day life.

For more information and to 'Reserve a Spot' - visit Teen Autism Confident Birmingham and Solihull 13 -18 year olds | Autism West Midlands

Uncommon (ages 8 – 16)

Have courses that support young people at any stage of their diagnostic, mental health or life journeys. (some services are chargeable)

Uncommon | Courses | Understanding my brain

On Friday, we celebrated World Mental Health Day with a non-uniform day themed "Wear What Makes You Happy!" 💚 Pupils enjoyed wearing their favourite outfits and taking part in conversations about mental health, emotions and the importance of looking after our wellbeing. **Remember - it's okay to not be okay!**

DATES FOR YOUR DIARY

Thursday 22nd October - Pupils last day of half term.

Friday 23rd October - Staff training day

Monday 26th October - Friday 30th October - Half term

Monday 2nd November - Pupils to return to school

Parents Evening date to be announced for Autumn 2

USEFUL CONTACT NUMBERS

Here are some useful numbers for parents and children

Childline: 0800 1111

SOLAR: 0121 301 2750

NSPCC: 0808 800 5000

Mental Health support: Text "**SHOUT**" to **85258**