



Highlands School Newsletter

15 September 2023



Dear parents and carers,

Last weekend our year 11 students completed their expedition for the Duke of Edinburgh Award. You will remember it was a very hot weekend last weekend, but the expedition went ahead and was a success. Well done to all of the students (pictured above) and thanks to our staff who supported the activity (and to our former staff member, Mr Larter, who made a guest appearance!).

I held house assemblies this week to officially launch the inter house competition for this academic year. You can see the students who have accrued the most achievement points so far this term below. And congratulations to Rowan who emphatically won the opening week's competition and went first at break and lunch today.

We held parent and carer webinars at the start of term, we said that we would share the frequently asked questions and our answers. If you go to page 7 of this newsletter you can read them.

You will have seen in the news that some schools nationally have been affected by issues caused by being built with reinforced autoclaved aerated concrete (RAAC). We would like to reassure you that our school buildings were built after the mid 1990s when RAAC was no longer used as a construction material.

It has come to our attention that students (particularly our younger students) may be in large Whatapp groups with many dozens of students from other schools across Enfield and that inappropriate images and comments are being made in it. Please make sure you check your child's phone and put measures in place to keep them safe online. We will be explaining this to our students in our safeguarding assemblies next week.



Finally, please make a note of the important dates and events for the upcoming half term, which are listed below and which I shared last week. Please also note that we do not routinely write separate emails to families about events, early starts and late finishes. Our main form of communication with our families is the newsletter, please make sure you read it each week.

Next Friday, 22nd September, school will finish at 12:40pm and students will be dismissed then. This is because we have an Ofsted training event at school for the leadership team. Students who wish to stay for lunch may do so until 1:00pm and students who are provided with free school meals will be able to collect them from the staffroom.

Dates for your diary this half term:

- Friday 22nd September: early finish for INSET (students dismissed 12:40pm), see above
- Monday 16th October: early finish for open evening preparation (students dismissed 12:40pm)
- Tuesday 17th October: late start following open evening (students arrive by 11:25am)
- Thursday 19th and Friday 20th October: DARE Days
- Friday 20th October: end of the half term
- Monday 6th November: start of half term

Have a great weekend,

Mr McInerney, Headteacher

House competition weekly results

This week's overall house winner: **highest number of achievement points minus concern codes**

	Beech	Oak	Rowan	Willow
Positive points this week	7926	7799	8937	7079
Negative points	-441	-174	-256	-276
Points overall	7485	7625	8681	6803

Top students in year 7:

Forename	Surname	Form	House	Points
Elma	Stena	7OJT	O	57
Betsy	Coneywood	7OJT	O	52
Archie	Barretta	7OJT	O	51
Zara	Yaman	7OJT	O	51
Andrew	Spitaliotis	7OJT	O	50
Lucas	Photi	7OJT	O	50
James	Mehmet	7RJG	R	49
Hannah	Bauluck	7OJT	O	47
Huseyin	Mustapha	7OJT	O	47
Sophie	Fryer	7OJT	O	47



Top students in year 8:

Forename	Surname	Form	House	Points
Jayden	Mankoto	8BJF	B	63
Defne Kate	Cevir	8BJF	B	59
Thomas	West	8RBW	R	59
Emily	Newton	8RBW	R	59
April	Clydesdale	8RBW	R	59
Elias	Xenophontos	8RBW	R	58
Zulaikha	Chaudhry	8RBW	R	57
Aisha	Gambo	8BJF	B	55
Charlie	Bell	8RBW	R	54
Tianyou	Xu	8RBW	R	54

Top students in year 9:

Forename	Surname	Form	House	Points
Omyur	Karadzkhova	9BLM	B	54
Adem	Bimici	9BLM	B	52
Samara	Walker	9WJQ	W	51
Liya	Ali	9BLM	B	50
Bana	Tahsen	9BLM	B	49
Joshua	Mrozi	9BLM	B	49
Sophia	Stavrinides	9BLM	B	47
Demetra	Kyriacou	9OSM	O	47
Tyler	Koy	9RTC	R	46
Valentino	Macdonald	9RTC	R	45

Top students in year 10:

Forename	Surname	Form	House	Points
Mariah	Brooks	10RNC	R	63
Marilena	Bello	10RNC	R	62
Aaliyah	Udahemuka	10BJC	B	57
Sophia	Charalambous	10OKK	O	57
Sahara	Cakir	10BNI	B	56
Erick	Forechi	10RNC	R	56
Harley	Kisten	10OAB	O	54
Paul	Griffin	10RNC	R	54
Jessica	Kerly	10RNC	R	54
Daniel	Cox Jaramillo	10BJC	B	52



Top students in year 11:

Forename	Surname	Form	House	Points
Chijindu	Onukaogu	11RTS	R	40
Zehra	Turan	11OGA	O	36
Sophie	Bernasconi	11BPL	B	35
Gracie Mae	Ticehurst	11OGA	O	34
Floriana	Macarthur	11OGA	O	34
Beckham	Tahsen	11RTS	R	34
Athanasias	Aristidou	11WCG	W	34
Theo-Jay	Coleman	11RKM	R	33
Jack	Mussell	11WER	W	33
Benjamin	Gormley	11BPL	B	31

Top students in year 12:

Forename	Surname	Form	House	Points
Rachel	Lok	12KGU	O	20
Marissa	Antoniou	12ODS	O	20
Yasmin	Ahmed	12RCW	R	18
Hannah	Bernasconi	12BJT	B	16
Ilias	Balaskas	12RCW	R	16
Ledia	Xhetani	12WTA	W	16
Greta	Fusco	12BJT	B	14
Sophie	Gerrish	12ODS	O	14
Jessica	Griggs	12BHK	B	13
Amy	Rhatigan	12ODS	O	13

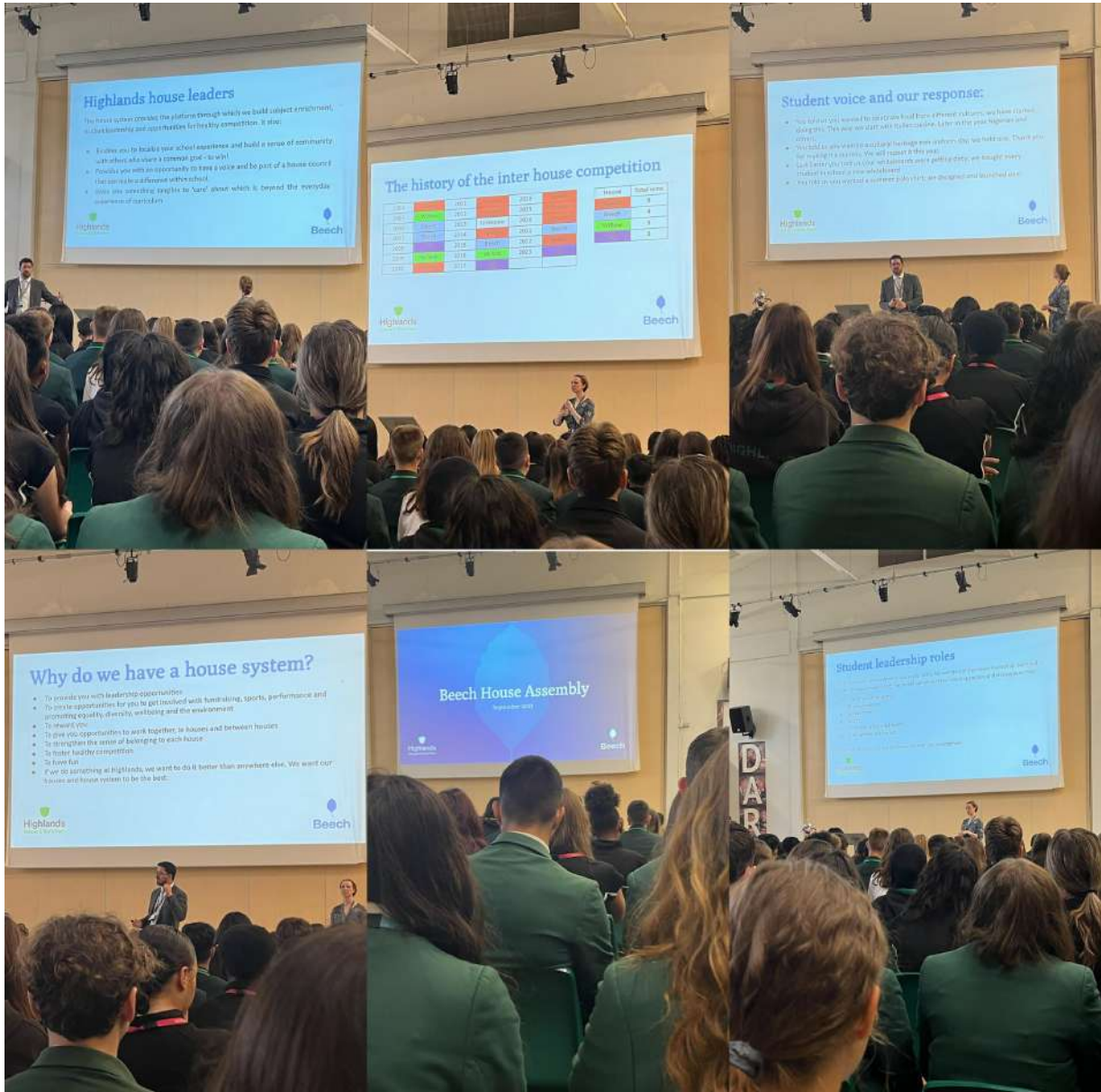
Top students in year 13:

Forename	Surname	Form	Year	Points
Deniz	Yamanséf	13JBA	Y13	11
Aisling	Brennan	13TDU	Y13	11
Walter	Dias	13ESM	Y13	10
Anthony	Mawutor	13JBA	Y13	10
Alex	Stelmach	13CRY	Y13	9
Michael	Agbugba	13JBA	Y13	9
Taher	Valiji	13JBA	Y13	9
Thomas	Pytches	13JBA	Y13	9
Yaqub	Satti	13JBA	Y13	9
Doshan	Jugnarain	13JBA	Y13	9



House assemblies

This week we kicked off our assemblies with our favourite tradition - house assemblies! It was the perfect way to unite, inspire, and set the tone for the year ahead. The house system here at Highlands School provides the platform which we build subject enrichment, student leadership and opportunities for healthy competition. Who will be this year's champion? Bring on the competitions!





Duke of Edinburgh assessment expedition

A huge congratulations to the year 11 students who passed their bronze Duke of Edinburgh's award assessment expedition last weekend. They walked for two days following routes that they had planned, putting into practice all that they had learned on the training expedition in July. They were very sensible in the hot conditions and showed huge amounts of perseverance to keep going when they found it difficult. They were a real credit to our school and we are very proud of them all.

A huge thank you to Mrs Jeynes, Miss Berrill, Mr Tuton and Mr Bradford who gave up their weekend to help with the trip.

We looked forward to presenting these students with their bronze awards in the coming months as they complete their volunteering, skills and physical sections.

Mrs Walters





PE clubs programme 2023

PE clubs programme 2023 (Monday 18th September - Friday 20th October)			
Monday	Tuesday	Thursday	Friday
Boys football Years 7, 8 and 9 Mr Avann Astro 3:15pm - 4:30pm	Girls football All years Mrs Walters, Mrs Hutchinson Astro 3:15pm - 4:30pm	Netball All years Mrs Walters, Miss Berrill Playground 3:15pm - 4:30pm	Boys basketball Years 10 - 11 Mr Joseph Sports Hall 3:15pm - 4:15pm

How to join a club?

- Meet after school at the PE changing rooms.
- You must wear your Highlands PE kit to take part.
- If you do not have a PE, dance or drama lesson on the day of your club, then you must wear your school uniform to school and then get changed after school in the changing rooms.
- Bring any medical devices e.g. asthma pump, with you.
- All clubs are for all students in the year groups stated. Year groups and clubs will change each half term.
- Inform your parents/carers that you are attending a club and that your finishing time at school will be later (4:15pm or 4:30pm depending on the club).

Parent webinars

It was a pleasure to meet so many of you last week during our parent webinars and in particular we extend a very warm welcome to those of you who are new to our school community this year. In case you were unable to attend the webinars, there are links below to the presentations that we shared with you. You will also be able to view some of the frequently asked questions which came up in the live question and answers session at the end of the presentation.

Year 7 and 8: [Year 7 and 8 information evening presentation](#) and [Parent webinar FAQs](#)

Year 9, 10 and 11: [Year 9, 10 and 11 information evening presentation](#) and [Parent webinar FAQs](#)

Year 12 and 13: [Year 12 and 13 information evening presentation](#) and [Parent webinar FAQs](#)

Lunch money

Please can you check your child's lunch account weekly to ensure they have enough funds to cover that week's food and drink. If your child owes money to the canteen please be aware this will be deducted by the catering company the next time you top up. There is a red revaluation machine near reception where students can top up their own lunch accounts with cash or coins, if you are not using ParentPay.



DARE days - Thursday 19th October and Wednesday 20th October

At Highlands we are committed to providing students with an exceptional standard of education. Part of that education is the learning that takes place in lessons, and part of that education is also the experiences that take place outside the classroom. Last year's DARE day trips were such a great success that we are continuing with our programme this year. The trips and activities have been designed by staff to enhance and enrich the experiences our students have at Highlands.

Reminder of what DARE days are

All lessons and teaching will be suspended and all students and staff will take part in trips or enrichment activities. These activities have been chosen carefully to support the learning in curriculum areas or to support the development of character, teamwork and confidence. We also want them to be fun! All of the activities will allow our students to demonstrate the values that underpin all our work: determination, aspiration, respect and equality.

Will all students take part in these activities?

Yes. These activities are carefully chosen and are part of our school curriculum. All students will participate and we will provide financial support so no child cannot participate. We will make sure all students with SEN can participate. We are an inclusive school and everyone from students in year 7 to the headteacher will be involved in the trips.

Communication has been sent home to all parents and guardians regarding the trips your child will be going on.

Payment

We always aim to keep costs to a minimum. The activities will be live on ParentPay this week and you should already have received a notification. Full payment should be made by **Monday 2nd October**.

Please email daredays@highlearn.uk for details on how financial support can be provided by the school, if required.

Details of the planned trips can be found on the following page. Please note year 13 are sitting their mock exams during the two days.



Thursday 19th October

Year 7		Year 8		Year 9	
Beech/Willow Herts Young Mariners	Off site	Beech/Willow French	In school	Beech/Willow Design museum	Off site
Rowan/Oak Drama workshop	In school	Rowan/Oak St Albans	Off site	Rowan/Oak Launch pad	In school

Year 10		Year 11		Year 12	
Beech/Willow Wise Up	In school	Beech/Willow Stubbers	Off site	Tolmers	Off site
Rowan/Oak Speak Out Challenge	In school	Rowan/Oak Mock interviews	In school	Bright Futures	In school

Friday 20th October

Year 7		Year 8		Year 9	
Beech/Willow Drama workshop	In school	Beech/Willow St Albans	Off site	Beech/Willow Launch pad	In school
Rowan/Oak Herts Young Mariners	Off site	Rowan/Oak Spanish	In school	Rowan/Oak Design museum	Off site

Year 10		Year 11		Year 12	
Beech/Willow Speak Out Challenge	In school	Beech/Willow Mock interviews	In school	Tolmers	Off site
Rowan/Oak Wise Up	In school	Rowan/Oak Stubbers	Off site	Bright Futures	In school



The Brilliant Club Scholars programme

The Brilliant Club Scholars Programme is coming back to Highlands again this year! We are really excited to announce that one of our Alumni students Rishan Patel will be returning to our school as our academic mentor for this year! Rishan is a PhD student at UCL (2022-2026) working on automatically adaptive Brain Computer Interfaces to enable longitudinal wear for ALS patients. He hopes that his PhD will aid in the process of interfacing our physiology with technology using Brain Computer Interfaces to solve historic problems like paralysis, prosthesis and understanding the brain with the help of advanced signal processing and machine learning techniques.



We will be notifying and announcing the 14 lucky year 10 students who applied for one of the competitive positions on this course very soon!

Imperial College London - Year 12 STEM Potential Programme 2023/24

STEM Potential supports students with their A-level studies and university applications during year 12 and year 13. Students will take part in practical workshops, lectures and university taster days. Students will have the opportunity to meet current Imperial students and learn about their university experiences. Click [here](#) for eligibility and application details.



Imperial College London - Pathways to Medicine

Pathways to Medicine recruits year 12 students at the beginning of their A-level (or equivalent) courses and provides ongoing support into year 13. If you are a successful applicant, you will take part in activities that provide insight into the medical profession, support your medical school application and prepare you for starting university. Click [here](#) for eligibility and application details.

mA*ths Online Programme

Are you an A-level mathematics student considering studying a maths-related degree at university? Through this programme you could develop the skills you need to achieve an A* in A-level Mathematics.

During the programme, applicants receive tailored online support, including online mentoring and face-to-face masterclasses at Imperial College London. If you are interested in taking part in the **mA*ths Online Programme** please follow this [link](#) for eligibility and application details.



Uniform recycle scheme

A reminder to our parents and carers that we are recycling the old school uniform. By participating in this scheme, you can help extend the life cycle of these uniforms and reduce textile waste, benefiting both our community and the planet. Recycling old uniform not only promotes sustainability but also supports families who may need affordable options for future school years.

Our recycle bin, conveniently located within the school premises, near the bike lockers, provides a hassle-free way to donate your old uniform items. Simply drop off any items you no longer need, including clothing, bedding, handbags, soft toys, and more.

Remember to ensure that the items are clean and in a decent condition so they can be put to good use once again.

Thanking you all for your ongoing support.



Get ready for the new Highlands School uniform by recycling your old uniform.

Students can bring in their old, unwanted uniform along with other textile items as part of our new recycling scheme.

Where is the recycle bin located?

On the school premises, outside the sports hall, near the bike lockers.

What other items can I recycle?

There are so many items you can also recycle, from handbags to soft toys. Check the list of acceptable items before making your donation.

Let's make significant changes for a better and greener future.

Highlands School with Sixth Form, 148 Worlds End Lane, N21 1QQ | Kids And Recycling | Tel: 020 3003 8853 | Email: enquiries@highlandrecycle.co.uk

You can now donate unwanted textiles in our recycled clothing bank

Please donate pre-loved wearable clothing, paired shoes (tied together) and household textiles to raise much needed funds for our school.

Where to find the bins: Outside in the quad - opposite the car park and bike lockers, next to the sports hall.

We do not accept items that are damaged by:

- Animal hair
- Worn / fraying / ripped
- Make up staining
- Deodorant / perfume staining
- Bobbled material
- Dirt / damp / mould
- Smoke / odour
- Broken zips
- Missing buttons

We DO NOT accept the following:

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Highlands School with Sixth Form, 148 Worlds End Lane, N21 1QQ | Kids And Recycling | Tel: 020 3003 8853 | Email: enquiries@highlandrecycle.co.uk



Get into Science and Engineering

Scan here to sign up!

YOUNG PROFESSIONALS

MOTT MACDONALD M spectris

Berkeley Group ROYAL AIR FORCE Transport for London

CAREERS IN
SCIENCE & ENGINEERING

VIRTUAL | ZOOM

TUESDAY 19TH SEPTEMBER | 5^{PM} - 6:30^{PM}

Students are invited to an incredible Careers in Science and Engineering virtual event on **Tuesday 19th September 2023 at 5:00pm - 6:30pm.**

There will be informative panel discussions, providing students with key insights into their upcoming in-person work experience, insight events and apprenticeship opportunities this year.

Following the event, students will receive a certificate of completion within seven working days. This can be used on their CVs or LinkedIn profile and will undoubtedly enhance their applications for upcoming opportunities and help their CVs to really stand out!

This event is open to all students. To apply click [here](#).

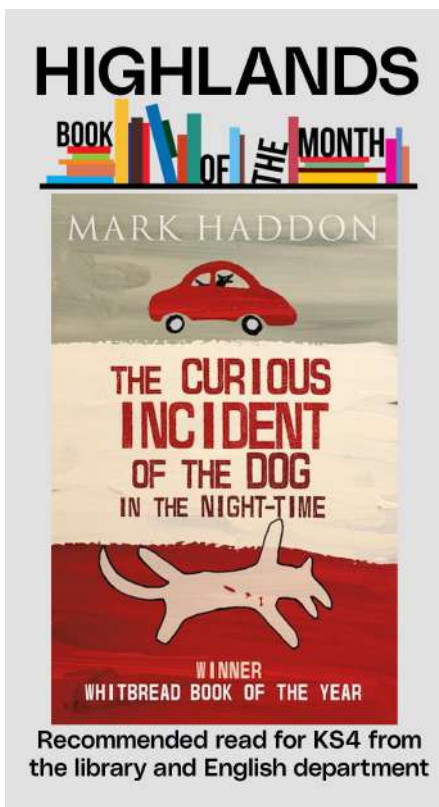
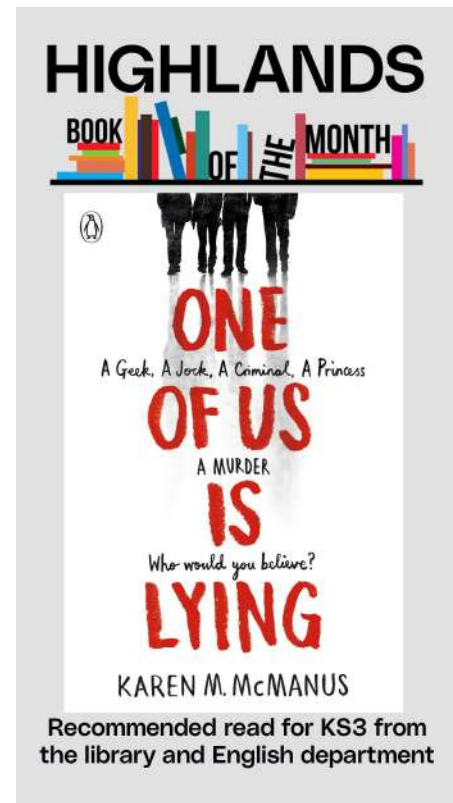


Highlands book of the month - September

KS3: One of us is lying by Karen M. McManus

Pay close attention and you might solve this. On Monday afternoon, five students at Bayview High walk into detention. Bronwyn, the brain, is Yale-bound and never breaks a rule. Addy, the beauty, is the picture-perfect homecoming princess. Nate, the criminal, is already on probation for dealing. Cooper, the athlete, is the all-star baseball pitcher. And Simon, the outcast, is the creator of Bayview High's notorious gossip app. Only, Simon never makes it out of that classroom. Before the end of detention Simon's dead. And according to investigators, his death wasn't an accident.

On Monday, he died. But on Tuesday, he'd planned to post juicy reveals about all four of his high-profile classmates, which makes all four of them suspects in his murder. Or are they the perfect patsies for a killer who's still on the loose? Everyone has secrets, right? What really matters is how far you would go to protect them.



KS4: The Curious Incident of the Dog by Mark Haddon

'Lots of things are mysteries. But that doesn't mean there isn't an answer to them'. This is Christopher's murder mystery story. There are also no lies in this story because Christopher can't tell lies. Christopher does not like strangers or the colours yellow or brown or being touched.

On the other hand, he knows all the countries in the world and their capital cities and every prime number up to 7507. When Christopher decides to find out who killed the neighbour's dog, his mystery story becomes more complicated than he could have ever predicted.



MEET THE
Deaf Provision Team
AND
Learning Support Team

FOR PARENTS WITH SEND STUDENTS AT
HIGHLANDS SCHOOL

Coffee morning

Friday 22nd September
9am - 10am
Staff room



Afternoon tea

Friday 29th September
3:30pm - 4:30pm
Staff room

A great opportunity for parents and carers to
meet the Learning Support Team as well as
the Deaf Provision Team.





TOP TIPS

SUPPORTING STUDENTS WITH ADHD TO COMPLETE THEIR HOMEWORK AT HOME.



Children with ADHD can find it challenging to use their sense of time to complete homework tasks, in time, over time and on time.

1 REPRESENT TIME AND TIME PERIODS EXTERNALLY

Breaking down tasks into short intervals (of under one hour) and representing this using a clock, kitchen timer, counting device to show them how quickly time is passing.

Allow them to take short, frequent breaks between their periods of work.

2 CREATE A CHECKLIST OR TASK PLANNER

List the tasks that need to be completed and how long to spend on each task.

Enfield Sea Cadets

Enfield Sea Cadets have available spaces for students between the ages of 11-15. Students can discover more about Enfield Sea Cadets.

At Enfield Sea Cadets, they use a nautical theme, based on the customs of the Royal Navy, to provide young people with a wide range of valuable skills. Our programs encompass activities such as cookery, engineering, first aid, sailing, navigation, and the art of seamanship, both on land and on the water. Today, we have 14,000 young individuals based in 400 units across the UK, all of whom are challenging themselves and developing new skills, supported by our dedicated team of 9,000 volunteers.

Visit [Enfield Sea Cadets](#) for more information.



Highlands School Alumni

Highlands School is launching an alumni network!

As a school, we want to reconnect with our former students so that we can keep in touch and let them know about volunteering opportunities that will benefit our current students. We want to show them the variety of pathways available to them after leaving Highlands School, and who better to showcase this information, than former students!

We are working with education charity Future First to set this up, and all you need to do to get involved is sign up here: [Highlands School Alumni](https://www.futurefirsthub.org.uk) or alternatively scan the QR code below.

More information is on our [website](#) and if you have any questions please contact our Alumni Programme Manager at Future First: Tara Human – tara.human@futurefirst.org.uk

#HighlandsAlumni

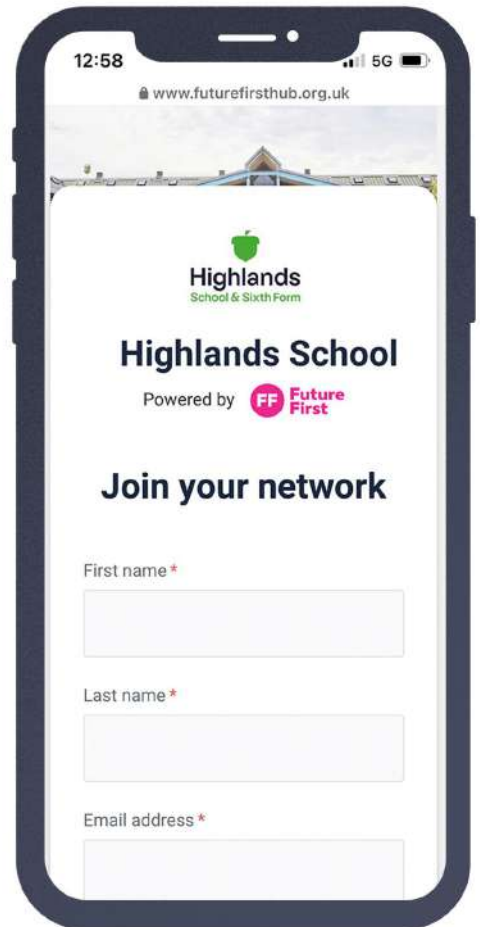


Former student?

Return to Highlands School to inform our current students about what life beyond school is really like.

Sign up to our former student network to receive news, updates and invites to events.

Once you're signed up there is no obligation to volunteer, you can get involved around your availability.





Student medical needs

If your child needs to take regular medication in school, please fill out the following [Medicines Consent Form](#) to give the school consent to administer medication to your child. All medications that are kept in school must be stored in the medical room.

Mental health

We are continuously working hard to improve our understanding as a community of mental health, to enable us to provide the best possible outcomes for the young people in our lives. If you are ever concerned that your child is at risk due to very poor mental health please inform the school. You can also contact one of these numbers to seek support from a specialist. The Crisis line is there to offer guidance if your child may be having suicidal thoughts and is possibly in immediate danger. If you do ever find yourself in a position where you need to use these resources for your child, please make the school aware so we can provide appropriate support within school for your child.

Urgent mental health support - 24/7 crisis lines

Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder ([link below](#)) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Urgent and other support available

shout
85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required
Text "SHOUT" to 85258 or visit [Shout Crisis Text Line](#)

SAMARITANS

Samaritans 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org

Crisis Tools

Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources
Sign up for free resources [here](#)

PAPYRUS

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

childline
SHINE ON THE PHONE ANYTIME

Childline confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or [online chat with a counsellor](#)

Good Thinking

Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

THE MIX
London Support for Young People

The Mix provides free, confidential support for young people under 25
Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)

Beat

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

kooth

Kooth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine



Safeguarding contacts

If you are concerned about your child's wellbeing or the wellbeing of any other student at Highlands School, please contact the school on 020 8370 1100 or email the DSL at staysafe@highlearn.uk. This email address can also be used for students, parents and carers to share any safeguarding concerns or to request support.

If you are concerned that a child has been harmed or is at risk of being harmed and school cannot be contacted, please contact Enfield Children's Multi-Agency Safeguarding Hub (MASH) on 020 8379 5555, and all the police on 999 straight away.

Helpful numbers and websites

Childline: 0800 1111

NSPCC helpline: 0808 800 5000

The police: (if you are in danger): 999

LGBT switchboard: 0300 330 0630

Kooth: www.kooth.com - support service for students wellbeing

Multi Agency Safeguarding Hub: 0300 500 80 90

Barnardos: 0800 008 7005

Talk to someone....

- if you feel upset or worried about anything at all (even if you think it is not important)
- if you feel anxious or unable to cope
- if someone has hurt you physically, emotionally or mentally
- if you feel upset or worried about anything at all (even if you think it is not important)
- if you feel worried about someone at home
- if you are being threatened or forced to do things
- if someone has done something to you without your consent
- if you feel unsafe in school, at home or on the streets
- about anything else worrying you

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 YouTube [Highlands School Enfield](https://www.youtube.com/Highlands School Enfield)