



Highlands School Newsletter

19 January 2024



Dear parents and carers,

Last week I wrote in the newsletter about the Write2Speak event I attended at school, at which students wrote about the experience of being Black in Britain. This week we have the photographs (above) and a write up from Ms Hurford and from Ms Maple, I also gave the students who participated headteacher awards this week. We are proud of them all.

I was on the astroturf this week at Thursday lunchtime for the sixth form inter house football matches. For the second year running Oak were the only girls to get a team out to compete so they won by default. Oak also won the boys competition. The overall inter house competition is very close now with only 6,400 points separating all of the houses.

I would like to draw your attention to a special fundraising event coming up at school on 8th March. The HPFA are holding their annual quiz night and they have asked me to be the quizmaster, a great honour and one I have enthusiastically accepted. I would like to encourage as many of you as possible to sign up, come along, and support the HPFA raising money for good causes at school. The flyer for the event is on page 5 of this newsletter. I hope to see you there!

A reminder of important dates for your diaries:

- Wednesday 24th January: year 8 parent and carer evening
- Wednesday 7th February: year 8 and 9 option evening
- Thursday 8th February: late start following option evening
- Friday 9th February: end of spring 1 half term
- Monday 19th February: start of spring 2 half term

Have a great weekend, Mr McInerney, Headteacher



Being Black in Britain event

Last Thursday, in conjunction with Write2Speak and Nexus, Highlands hosted a spoken word event entitled 'Being Black in Britain'. During the evening, students performed powerful spoken word pieces centred around the Black experience.

Our students spoke eloquently and passionately about profound issues. They performed evocative pieces that brought the audience together in agreement with the powerful messages of equality that were being shared.

The success of the event was the culmination of the hard work our students had put into the series of workshops that Write2Speak, a spoken word company, had delivered during Black History Month. During these sessions, students poured their hearts and souls into creating moving and thought-provoking pieces. This hard work continued after the sessions as students continued to work on their pieces with Ms Maple, polishing and developing their performances.

On Thursday night, they showcased the results of these workshops. They exemplified the school values of determination and equality as they bravely gave us an insight into their thoughts, feelings and experiences as young people in Britain. Congratulations and many thanks to Ms Maple, Write2Speak, Nexus and to our students for creating a truly unforgettable evening.

Ms Hurford





Thank you to our students...

A heartfelt thank you to each of the students who courageously participated in the 'Being Black in Britain' project in collaboration with NEXUS and Write2Speak on Thursday 11th January. Their eloquent and brave performances spanning years 7 to year 13 were nothing short of astounding, leaving the audience in awe.

In addressing the challenging topic, students exemplified the values of Highlands School - determination, aspiration, respect, and equality (DARE). Their ability to voice poignant questions, evoke tears, and prompt profound contemplation showcased not only their talent but also their potential as future leaders.

All of the students significantly contributed to fostering a more inclusive and equal society, aligning perfectly with the mission of the project, in collaboration with Nexus Enfield and Write2Speak.

The journey of the spoken word story continues, and we as a school are excited about the prospect of holding more impactful nights on various topics. Keep being brave, stepping up, and sharing your voices.

Thank you for being a vital part of this transformative experience. This chapter is not over; instead, it marks the beginning of a whole new narrative.

Ms D Maple





The Politics Project

The Politics Project conducted a workshop with our A level politics students this week. As we approach a general election very soon, this was really insightful for them to get an understanding of how to register to vote, and develop knowledge about the purpose and point of elections. Students now feel equipped to make informed political decisions for the future.

Mr Islam



Indian cuisine day at Highlands

On Tuesday 16th January, Oak house hosted Indian cuisine day in celebration of cultural diversity here at Highlands. Oak students designed posters and promoted the event which was a huge success. Students and staff enjoyed an Indian curry, enriched with delicious spices.





HPFA Quiz night

SAVE THE DATE: FRIDAY 8TH MARCH - HPFA QUIZ NIGHT - QUIZMASTER MR MCINERNEY!

The HPFA is excited to host a quiz night on Friday 8th March. Our very own headteacher, Mr McInerney will be the quizmaster for the evening!

The evening will no doubt prove to be a fun, family-friendly, competitive event! Tickets are now available on ParentPay, see below for details. The HPFA would also be very grateful if you have any donations for the raffle.

HPFA

A vibrant poster for a quiz night event. The background is dark blue with a white border. At the top, it says 'HIGHLANDS PARENTS & FRIENDS ASSOCIATION PRESENTS'. The main title 'QUIZ NIGHT' is in large, stylized letters, with 'QUIZ' in white and 'NIGHT' in orange. Below this, a teal banner reads '8 MARCH'. The time '6:30PM - 9PM' is in white. Ticket prices are listed: '£12 ADULTS', '£10 CHILDREN', and '£40 FAMILY OF 4'. At the bottom, it says 'TICKET PRICE INCLUDES A PLOUGHMAN BUFFET' and 'TICKETS ARE AVAILABLE NOW ON PARENTPAY'. A white box at the very bottom contains the text 'QUIZMASTER MR MCINERNEY'. The poster is decorated with various icons including apples, a shield, and question marks.

HIGHLANDS PARENTS & FRIENDS ASSOCIATION PRESENTS

QUIZ NIGHT

8 MARCH

6:30PM - 9PM

£12 ADULTS
£10 CHILDREN
£40 FAMILY OF 4

TICKET PRICE INCLUDES A PLOUGHMAN BUFFET
TICKETS ARE AVAILABLE NOW ON PARENTPAY

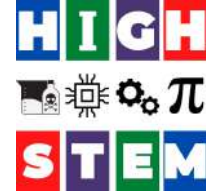
QUIZMASTER MR MCINERNEY



LEGO club winners

We are thrilled to announce the outstanding achievements of our LEGO Robotics/Coding club members for term 1 - 23/24.

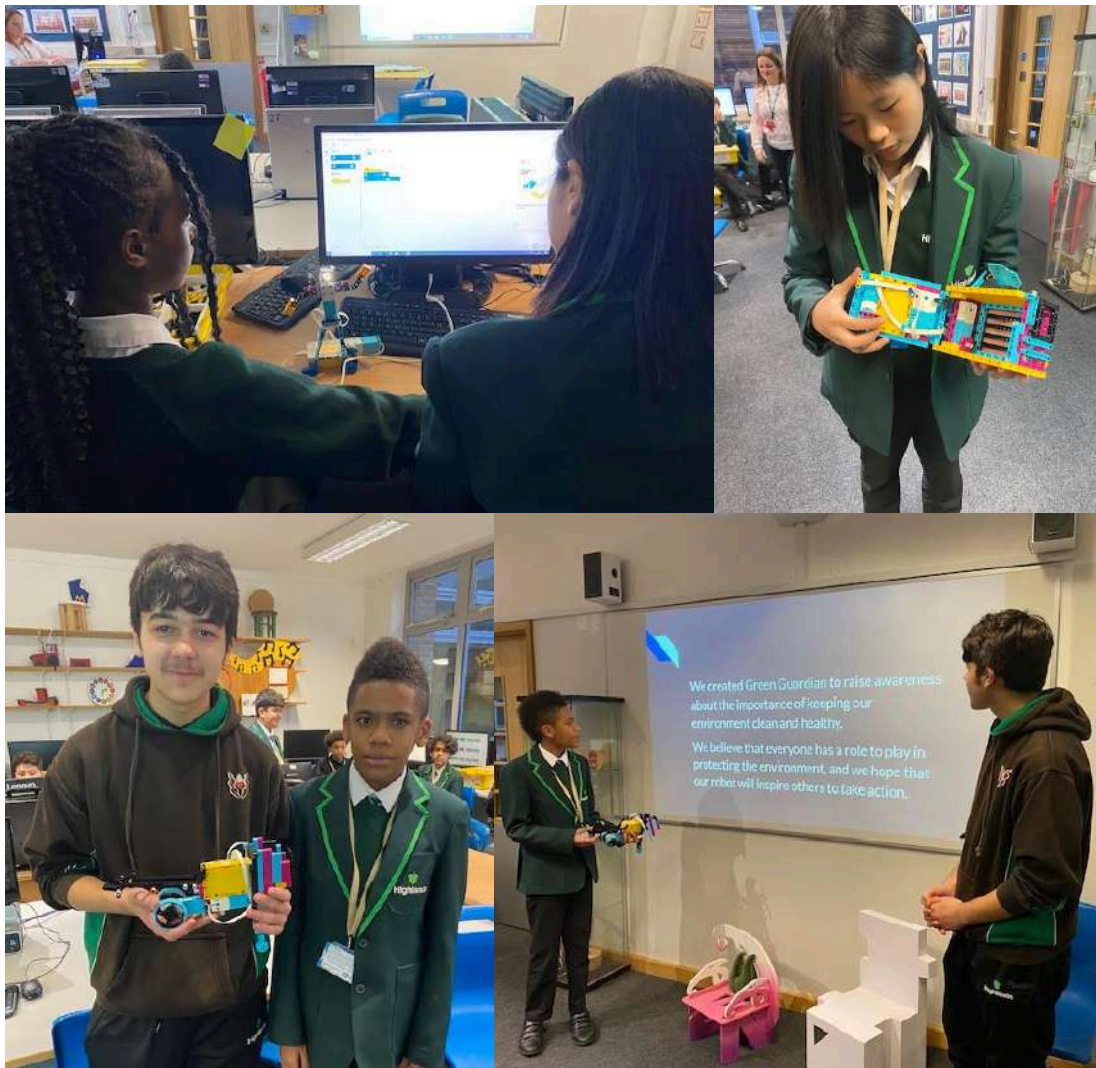
The winners of the coveted first place are Yuxi Chen (8BJF) and Mya Calica (8BJF). Their project, 'Endangered Seed Safe,' not only demonstrated exemplary teamwork but also showcased remarkable creativity and presentation skills. Congratulations to Yuxi and Mya for their exceptional efforts!



A round of applause also goes to our talented runners-up, who worked collaboratively on the 'Green Guardian' project. Their excellent presentation and teamwork truly stood out.

It's inspiring to witness the dedication and ingenuity displayed by all participants. We look forward to more innovative projects and collaborative efforts in the upcoming terms. Well done to everyone involved!

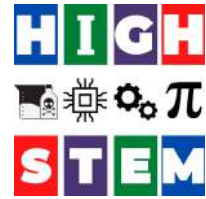
Dr Len





Amazing STEM Residential Insights for year 12 students

What a bumper opportunity from some of the top universities in the UK organised by the Education Development Trust.



Wondering what university life is really like? Curious about pursuing a STEM degree but not sure where to start? Look no further! Dive into the world of higher education with Industrial Cadets Residential Insight into University experiences.

This is 4 or 5 days of immersive summer schools at leading universities across the UK. These Insight into University residential experiences offer a taste of university life and a deep dive into specific STEM subjects. Engage in university-style lectures, collaborate on activities and group projects guided by academics and student mentors. Experience hall of residence living and enjoy social activities in the evenings.

Residential Insight into University course applications close at the end of January – so only three weeks to go! Click [here](#) to apply.

If you have any questions, please feel free to contact the friendly team at the Education Development Trust studentrecruitment@etrust.org.uk

If you are successful in receiving a residential placement please let Dr Len and Ms Laurenzi know so we can congratulate you!

Extracurricular timetable 2023-2024

Monday	Tuesday	Wednesday	Thursday	Friday
Club: Debating Club Venue: H6 Time: 3:15 - 4:15 Years: 7-11 Teacher: Mr Islam, Ms Farr	Club: History Club Venue: E4 Time: 3:15 - 4:15 Years: 7-13 Teacher: Ms Duffmasters	Year 7 & 8 Ed Extra Program Period 5 2:10 - 3:15 (Year 7 & 8 only)	Club: Pride Club (Week A) Venue: A4 Time: 12:40 - 1:10 Years: 7-9 Only Teacher: Ms Brandon	Club: Career Cafe Venue: SF02 Time: 12:40 - 1:10 Year: 11 Teacher: Mrs Laurenzi
Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: 7-11 Teacher: Miss Rattan, Mrs Warren, Miss Patel	Club: GCSE Art & A Level Art & Photography Catch Up Venue: Art Rooms Time: 3:15 - 5:00 Year: 10-13 Teacher: Ms McCalmont, Ms Brandon		Club: Pride Club (Week B) Venue: A4 Time: 3:15 - 4:15 Years: 10-13 Only Teacher: Ms Brandon	Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: 7-11 Teacher: Miss Rattan, Mrs Warren, Miss Patel
Club: GCSE Textiles Catch Up Club Venue: T4 Time: 3:15 - 4:00 Year: 10-11 Teacher: Mrs Trela	Club: D&D Club Venue: A5 Time: 3:15 - 4:30 Years: 7-13 Teacher: Mr Godwin		Club: GCSE Textiles Catch Up Club Venue: T4 Time: 3:15 - 4:00 Year: 10-11 Teacher: Mrs Trela	
Club: BTEC Media Studies Catch Up Club Venue: MM6 Time: 3:15 - 4:00 Year: 10-13 Teacher: Mr Groves, Mr Qureshi	Club: GCSE Textiles Catch Up Club Venue: T4 Time: 3:15 - 4:00 Year: 10-11 Teacher: Mrs Trela		Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: 7-11 Teacher: Miss Rattan, Mrs Warren, Miss Patel	
	Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: 7-11 Teacher: Miss Rattan, Mrs Warren, Miss Patel		Club: Economics Club Venue: E1 Time: 3:15-4:00 Year: 7-8 Teacher: Miss Ryoo	
			Club: GCSE Art & A Level Art Catch Up Venue: Art Rooms Time: 3:15 - 5:00 Year: 10-13 Teacher: Ms McCalmont	



PE extracurricular timetable

PE Clubs programme 2023-24 (8th January - Friday 9th February)			
Monday	Tuesday	Thursday	Friday
Netball Year 7 Mrs Walters, Miss Berrill 3:15 - 4:30	Boys Basketball Years 8,9 Mr Robson Sports Hall 3:15 - 4:30	Girls Basketball Years 8,9,10 Mr Robson Sports Hall 3:15 - 4:30	Handball (GCSE) Years 10,11 Mr Avann/ Mr Joseph Sports Hall 3:15 - 4:30
A Level PE Club Year 13 SL6 Mr Avann 3:15 - 4:00			

How to join a PE 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 your finishing time at school will be later (4:00 or 4:30 depending on the club).
- Basketball club with Mr Robson is limited to 30 spaces. The list of students who are on the registers for this half term are on the PE noticeboard and Google Classroom pages.

Year 10 netball

Congratulations to the year 10 netball team who beat St Annes 7-3 in their first game back after the winter break.

The combination of tight marking from the defence and the agility of the attack meant that there were some great passages of play resulting in goals.

Player of the match, as nominated by St Annes was Sienna F.

Well played girls!

Ms Berrill



U15 Girls Middlesex Cup

On Tuesday 16th January Highlands played Wren Enfield in the quarter finals of the Middlesex football cup. Highlands had several opportunities to score before Eliz finally broke through with a composed finish into the corner. This was followed by a good individual finish from Shekhinah and two excellent goals from Millie. The second half played out much the same with Highlands winning 7-0. A special mention must be given for Millie who scored 4 goals and was also player of the match. Semi finals here we come!

Mrs Walters



Sixth form inter house football competition

Well done to team Oak for a double victory in the sixth form inter house football competition.

The girls Oak team won on default as they were the only house to turn up with a team. The boys Oak team drew 1-1 with Beech in the final, then went on to win the trophy after a 3-2 victory in a penalty shoot-out. Rowan finished 3rd in the playoffs against Willow after a 2-0 victory.





Headteacher award

It is with immense pride and joy that we celebrate the exceptional achievements of our students as we honour the recipients of this week's prestigious headteacher award. An award that is presented to nominated students who exemplify dedication, hard work and excellence.

This week, the headteacher award is proudly presented to the following students.

- **Meliz Hassan, Ardil Kalayci, Marcus Marfici, Sunny Morgan Jones, Marianna Pallikaros (8WMP), Charlie Gill and Warren Kelly (8OSQ):** Awarded for excellent work on their year 8 history mid-year assessments.
- **Alfie Forshaw-Hogg 9RNB:** Awarded for his assistance and support during a road traffic accident and for calling emergency services.
- **Betsy Coneywood 7OJT, Tobe Okonkwo 13CRY, Neriah Muhelele 12OSB, Chizara Okonkwo 12WTA, Elis Cristovao 9WCM, Ryan Arun 7RJG, Kadeejah Cabey 12WBS, Ilana Tanwie 12OSB, Selam Taye 12OSB, Jannaya Jiagge-Takyi 12WBS, Harry Stylianou 9WCM, Florence Holyomes 7WSW, Kimmi Hall 7WSW and Zende Gachette 12ODS:** Awarded for their exemplary performance and contribution to the 'Being Black in Britain' project.
- **Evelina Litviniuc 10WDD, Parla Ghanipour 10OAB, Thanos Ioannou 10OKK and Ava Pasha 10OKK:** Awarded for delivering their Jack Petchey speech in the year 7 assembly, which took great courage and determination.





Highlands School alumni

We are thrilled to share the success story of our incredible alumni Daniella Sanders, who is now working as a successful dentist in a private practice. We are all very proud of your achievements and the positive impact you are making on oral health. Well done Daniella.





Jack Petchey Speak Out Challenge

On Monday, five year ten students, Parla Ghanipour, Evelina Litviniuc, Ava Pasha and Thanos Ioannou, presented speeches to the year 7 assembly. They wrote these speeches during the year 10 Jack Petchey Speak Out DARE Day in October on something they are passionate about. They did a phenomenal job and received great feedback from staff and students alike.



From these speeches, we have selected Evelina as our Highlands Jack Petchey Speak Out competition winner and she will represent our school at the regional finals on 8th February at Enfield Grammar school at 6pm. Parla was selected as runner up.

Congratulations to both of these students and to all involved. We encourage people to attend the regional finals and support Evelina!

Ms Raine





Year 8 options

This week was the launch of the GCSE options programme to our year 8 students.

At Highlands, options are selected in year 8 and a GCSE is completed one year early in year 10 to help relieve the pressure of exams in year 11.

Students also heard from our year 11 students who are currently studying design technology and child development. They shared reasons why they enjoy their subject choices, the challenges they face and any useful advice to our current year 8s considering their option choices.

Please note that options evening will be taking place on **Wednesday 7th February, 6pm - 8pm**. More information about option choices can be found in our [Options booklet 2024](#).





Cold meal deal

Due to student request, in addition to their hot meal deal, the canteen are trialling a cold meal deal which is :

- Any half a baguette with a piece of fruit or cake and a Radnor's drink carton only.
- A cheese sandwich or egg sandwich with a piece of fruit or cake only

Both meal deals cost £2.65

Scholastic Book Fair

NEWSFLASH: The Scholastic Book Fair is about to sweep through Highlands School, bringing with it a whirlwind of literary excitement! From 2nd February - 7th February, our school will transform into a haven for book enthusiasts, all in celebration of the impending World Book Day.

More details will follow just a day or two before the fair takes centre stage. Be prepared for a sneak peek into the enchanting world of books and receive step-by-step instructions on how your child can purchase a book. Get ready....



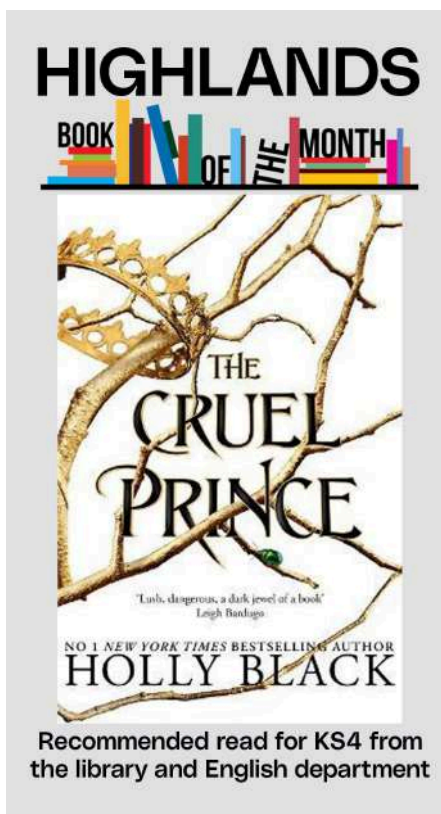
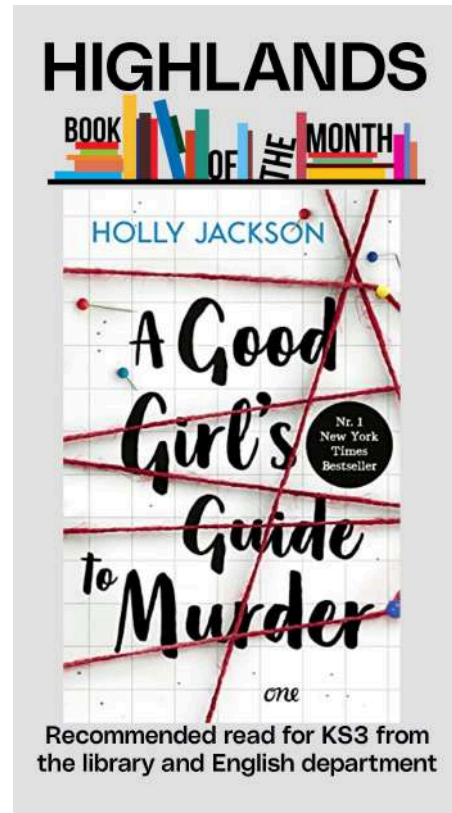


Highlands book of the month - January

KS3: *A Good Girl's Guide to Murder* by Holly Jackson

The case is closed. Five years ago, schoolgirl Andie Bell was murdered by Sal Singh. The police know he did it. Everyone in town knows he did it. Almost everyone.

Having grown up in the small town that was consumed by the crime, Pippa Fitz-Amobi chooses the case as the topic for her final project. But when Pip starts uncovering secrets that someone in town desperately wants to stay hidden, what starts out as a project begins to become Pip's dangerous reality.



KS4: *The Cruel Prince* by Holly Black

One terrible morning, Jude and her sisters see their parents murdered in front of them. The terrifying assassin abducts all three girls to the world of Faerie, where Jude is installed in the royal court but mocked and tormented by the Faerie royalty for being mortal.

As Jude grows older, she realises that she will need to take part in the dangerous deceptions of the fey to ever truly belong. But the stairway to power is fraught with shadows and betrayal. And looming over all is the infuriating, arrogant and charismatic Prince Cardan.



House competition weekly results

This week's overall house winner: **highest number of achievement points minus concern codes plus the points from the sixth inter house football competition.** Well done Oak!

This Week	Beech	Oak	Rowan	Willow
Positive Points	6,078	4,932	4,113	5,057
Negative points	-268	-404	-326	-328
Total points	5,810	4,528	3,787	4,729
Inter house football	4,000	8,000	3,000	2,000
Overall points this week	9,810	12,528	6,787	6,729

Top students in year 7:

Forename	Surname	Form	House	Points
Ibrahim	Sow	7ODM	O	45
Dilara	Hassan	7OJT	O	30
Finn	Mcgrath	7ODM	O	27
Seray	Halil	7OJT	O	27
Florence	Holyomes	7WSW	W	26
Amelia	Philippou	7OJT	O	25
Dylan	Grosu	7ODM	O	24
Nicholas	Antoniou	7OJT	O	24
Aldjo	Kumaraku	7OJT	O	24
Floriana	Macdonald	7OJT	O	24
Syerah	Islam	7WSW	W	24

Top students in year 8:

Forename	Surname	Form	House	Points
Maria	Csaki	8WNK	W	42
Shriya	Matharu	8WNK	W	37
Anaiya	Dhaliwal	8WNK	W	35
Sena	Oguz	8WNK	W	35
Lucian	Hayden	8WNK	W	35
Grace	Mangala	8WNK	W	34
Aalycia	Udahemuka	8WNK	W	33
George	Efstratiou	8WNK	W	33
Alexandra	Roszkowska	8WNK	W	31
Sophie	Rooke	8WNK	W	31

**Top students in year 9:**

Forename	Surname	Form	House	Points
Gabrielle	Russell	9BYC	B	56
Amelia	Rundle	9RTC	R	55
Luke	Michaelides	9RTC	R	54
Tyler	Koy	9RTC	R	50
Georgia	Gkiontsari	9BYC	B	49
James	Nicolaou	9RTC	R	49
Angelo	Symeou	9ODC	O	46
Stefan	Christodoulou	9BYC	B	43
Taraneh	Kheradmandi	9BYC	B	43
James	Cooper-Dobson	9BYC	B	43
Avril	Brown	9RTC	R	43

Top students in year 10:

Forename	Surname	Form	House	Points
Ender	Guccuk	10BNI	B	68
Kasmin	Williams	10BNI	B	58
Tyrae	Best-Daley	10BJC	B	51
Carey	Kirton	10BJC	B	51
Ellia	Saat	10BNI	B	50
Sofia	Betancur Mesa	10BJC	B	49
Renardo	Dervishaj	10BNI	B	49
Eliz	Hodger	10BNI	B	48
Paula	Shehu	10BJC	B	47
Charles	Elliott-Smith	10BJC	B	47
Imogen	Ganvir	10BJC	B	47
Tyhan	Hassan	10BNI	B	47

Top students in year 11:

Forename	Surname	Form	House	Points
Sophie	Bernasconi	11BPL	B	40
Benjamin	Gormley	11BPL	B	30
Rakibe	Halili	11BRD	B	28
Athanasias	Aristidou	11WCG	W	28
Iustina	Pasargic	11BRD	B	25
Lola	Matthews	11WER	W	25
Kimberley	George-Fraser	11OMK	O	24
Katie	Bucknor	11RTS	R	24
Beckham	Tahsen	11RTS	R	24
Zac	Betsy	11WER	W	24



Top students in year 12:

Forename	Surname	Form	House	Points
Zende	Gachette	12ODS	O	20
Ledia	Xhetani	12WTA	W	18
Alexia	Chrysostomou	12BHK	B	17
Katie	Brookman	12ODS	O	14
Chizara	Okonkwo	12WTA	W	14
Ahura	Sedaghat	12RSL	B	13
Maria	Socratous	12WTA	W	12
Mariem	Glasgow	12RSL	R	11
Charlie	Mills	12RSL	R	10
Hana	Fahmy	12WBS	W	10

Top students in year 13:

Forename	Surname	Form	House	Points
Imogen	Spiers	13ESM	W	8
Gianluca	Warburton	13CRY	R	5
Mia	Kyprianou	13ATH	O	4
Rohan	Biswas	13CRY	O	4
Victoria	Velez Manco	13JBA	W	4
Christos	Tokkallos	13MTU	R	4
Amelia	Tobin	13TDU	O	4
Jenna	Trautner	13TDU	B	4
Andrianna	Stavrou	13TDU	O	4
Sophie-Elise	Taaffe	13TDU	W	4
Mohamed	Massfih	13TDU	W	4



Help us fund raise for our school

Did you know when you sign up to [easyfundraising.org.uk](https://www.easyfundraising.org.uk) and purchase goods from shops on the **website** or **app**, **Highlands School will earn a commission from the sale?**

All you have to do is search for **Highlands School Enfield** and select us as your chosen charity and shop as usual.

Highlands School Enfield

Winchmore Hill, London

£3,565.00 raised

96 supporters

Sign up and support this cause

www.easyfundraising.org.uk

GET STARTED

How to support Highlands School Enfield

- 1** Sign up
Provide us with a few details to set up your profile with easyfundraising.
- 2** Download our browser extension
Our Donation Reminder plug-in pops up automatically when you shop to let you know when a donation is available.
- 3** Track your donations
You'll be able to see how much you've raised in your account and we'll send updates on when Highlands School Enfield gets paid.

Support us through
easyfundraising



Diarrhoea & Vomiting

Every year lots of children, in schools and nurseries, suffer from diarrhoea and vomiting. This is normally caused by a virus. Symptoms begin one to two days after a child becomes infected and the illness usually lasts between one and three days.

Your child may experience the following symptoms:

- Vomiting (often sudden in onset) and / or diarrhoea.
- Tiredness
- Fever
- Nausea (feeling sick)
- Aching muscles
- Stomach pain
- Headache

If your child has diarrhoea and / or vomiting, your child should stay at home and get plenty of rest.

Give your child lots of fluids to avoid dehydration. You can give your child water or squash. Encourage your child to take small sips if they are feeling sick.

Your child can eat when they feel able to. They do not need to avoid eating.

Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

Avoid contact with other people until they feel better.

Good hygiene stops infections from spreading. Teach and encourage your child to wash their hands regularly for at least 20 seconds.

If at any point you are worried about your child, you can get further advice from your GP or NHS 111.



Highlands School Alumni

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



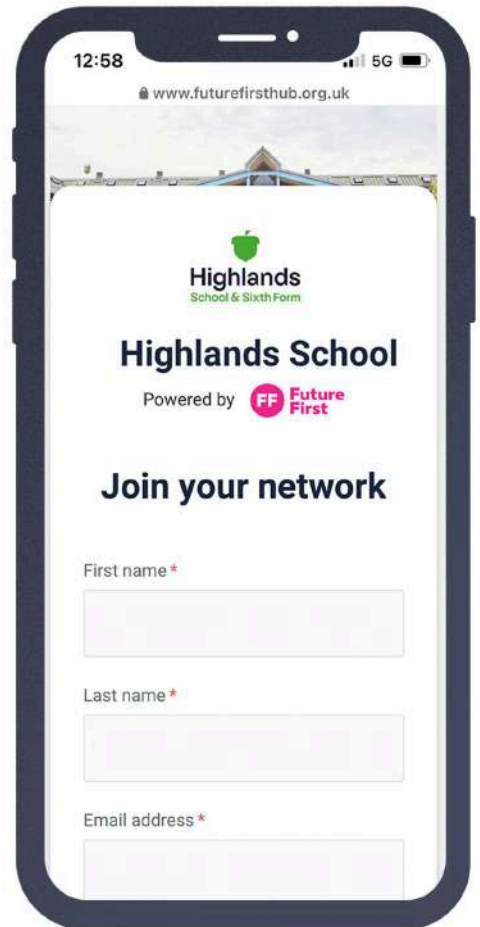
Scan the QR code to join the Alumni network

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. We recently sent out a [medical and allergy survey](#) to all parents - thank you to all those who have completed this - if you haven't already done so, please can this be completed as soon as possible so we can update our records.

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
South West London	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
	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](https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)) 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
SHOUT, 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](#)

THE MIX
Mental health support for under 25s

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)

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

keoth

Keoth 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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