



Highlands School Newsletter

26 April 2024



Dear parents and carers,

We held our inter house quizzes in assemblies this week. Our quizzes are an opportunity to allow students to show their prodigious knowledge in topics ranging from flags, to football, to dinosaurs. It is also an opportunity to gain valuable points for the inter house competition. Today (Friday) after school it's the staff inter house quiz, Beech staff are hoping to stretch their winning record to three consecutive quizzes. Good luck to them and the other teams!

From 1st May students are allowed to wear their summer polo shirts. Our polo shirts were introduced last year along with our brand new uniform. When wearing the polo shirt a blazer or jumper does not need to be worn. The polo shirts are optional, students do not have to wear them, and they can be purchased from the same shops that sell our main school uniform. Students not wearing the polo shirt should still wear their blazer over their shirt.

For most of last half term we ran a toy appeal with the aim of collecting used toys in good condition and sharing them with children from across Enfield and beyond. The collection went better than we could have expected and we ended up with hundreds of toys. You can read about where they went on page 9. Thank you to John Gambrell, our Pinnacle site manager, who set up the appeal.

A reminder of important dates for your diaries:

- Monday 6th May: bank holiday, school closed
- Friday 10th May: year 13 pizza party in school and start of year 13 study leave
- Friday 24th May: end of term
- Monday 3rd June: start of final half term

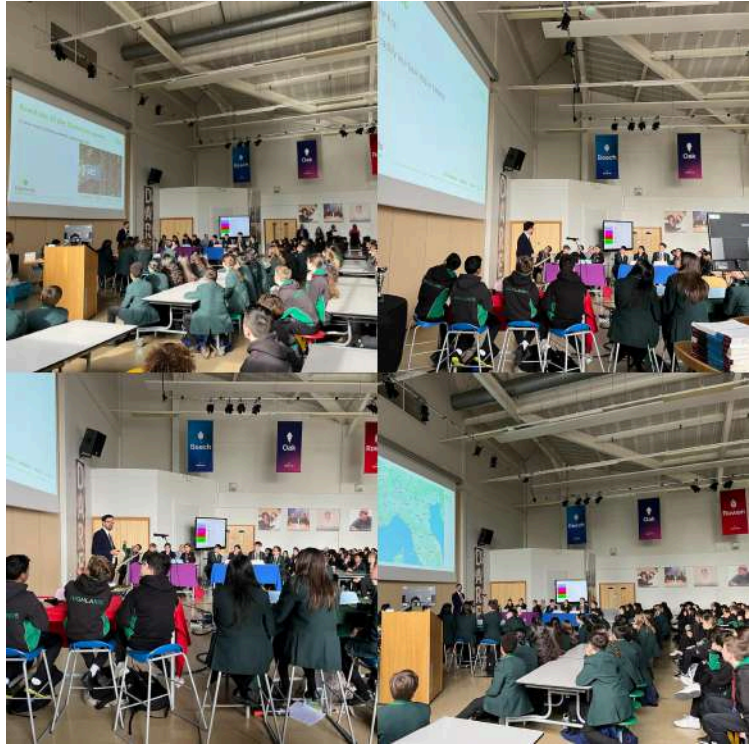
Mr McInerney, Headteacher



Inter house quizzes

This week at Highlands we held our second round of inter house quizzes. The teams really brought their 'A-game', competing head-to-head for the title of quiz champions.

Congratulations to the winning houses, every point is crucial in determining who will be crowned this year's house champion.



Year 7: **1st** Rowan, **2nd** Oak, **3rd** Willow and **4th** Beech



Year 8: **1st Willow, 2nd Beech , 3rd Rowan and 4th Oak**



Year 9: **1st Oak, 2nd Willow, 3rd Rowan and 4th Beech**



Year 10: **1st** Rowan, **2nd** Willow, **3rd** Oak and **4th** Beech



Year 11: **1st** Willow, **2nd** Beech , **3rd** Oak and **4th** Rowan



Easter maths house quizzes

Well done to years 7, 8 and 9 for competing in the Easter maths house quiz. It was a tight competition for all four houses across the KS3 year groups.

Well done to Rowan in particular for winning two of the three year group competitions. Here are the results.

	Oak	Rowan	Willow	Beech
Year 7	250	294	259	218
Year 8	216	241	273	240
Year 9	216	312	241	267
Total	682	847	773	725

World Earth Day poster competition

Our students took part in a competition run by Pinnacle Group in celebration of World Earth Day. The students had to design a poster based on this year's theme: Planet vs Plastic to help raise awareness that our planet needs to be protected by degrading environmental conditions. Here are the winning designs. Well done to Franceska, Nihar and Yuxi.





London mini marathon runners

Congratulations to our incredible year 7 students who took on the challenge of the London Mini Marathon last weekend. There were over 30 runners from Highlands who completed the race. Your determination and perseverance are truly inspiring. Well done on this amazing achievement!



Well done to all of the following students who took part in the race.

Eva Ho 7BEF, Raya Modha 7BEF, Kristina Suli 7BLR, Ada Simsek 7BLR, Eda Cetin 7BLR, Kayla Hassan 7ODM, Chloe Tsiamas 7ODM, Erin Eastwood 7ODM, Charlotte Fisher 7ODM, Olivia Zimaras 7ODM, Samuel Bass 7ODM, Harriette Paterson 7ODM, Jack Clitherow 7ODM, Andrey Petropavlovskiy 7ODM, Dilara Hassan 7OJT, Kerem Turk 7OJT, Alice Paterson 7OJT, Floriana Macdonald 7OJT, Elektra Taylor 7RAS, Thomas Lush 7RAS, Niam Kataria 7RJG, Ryan Arun 7RJG, Jack Moules 7RJG, Ruby Tebb 7RJG, Martha Dobinson 7RJG, Sibora Myftari 7WMT, Archie De Souza 7WMT, Syerah Islam 7WSW and Ben Clitherow 7RJG.



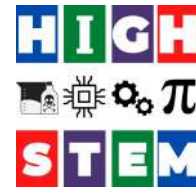


Explore your STEM future with a mentor from the Brightside Trust this Summer!

STEM learning online mentoring scheme, in partnership with [The Brightside Trust](#), is designed to help 13-19-year-olds explore their future career options. By chatting with trained and experienced STEM professionals, young people can:



- ask for careers advice
- learn more about potential careers
- consider life after school, including education at university, apprenticeships, or preparing for employment.



The programme is fully funded so participation is free. The next cohort of mentoring will run from Monday 17th June until Monday 2nd September. This is a fantastic opportunity, several Highlands students who have done the workshop enjoyed it and found it an invaluable experience. If you would like to sign up please follow this link [here](#)

Join the Dots: Jumping from school to university

[Join the Dots](#) is a completely free programme designed to support year 12 and 13 students as they prepare for university, and to help them find their feet quickly when they get there.

The step up to university is one of the biggest life changes you can make, and Join the Dots, which is run by a charity called [The Brilliant Club](#), is designed to support you as you do so.

Partner universities are:

- University of Bristol
- Durham University
- University of Essex
- Goldsmith's
- University of London
- University of Kent
- King's College London
- Liverpool John Moores University
- University of Manchester



There are two parts to Join the Dots:

Before university

- UniPrep is open to any year 12 or 13 student applying to uni and looking to get ahead before they go.
- UniPrep offers guidance on areas such as personal statements and student finance, as well as study skills support and information about what life is like at uni



Starting university

- If you go to a Join the Dots partner university, you will be able to secure a spot in the second part of the programme
- To help you settle in and get the most out of uni, you will have a personal coach based at the university who will help you develop key study skills so you can smash your first assignment and assessment, as well as linking you to fellow students and a network of support.

How do I sign up?

In order to join the programme, please complete [this sign-up form](#). Once the form is complete, you will receive confirmation from The Brilliant Club and the link and password to UniPrep.

Dr Len

Looking for support as you jump from school to university? Join the Dots can help!

At school
Expert guidance on:

- Applying to uni
- Managing uni finance
- Getting set for results day and uni life

Available to anyone in Year 12 or 13

Starting uni
Your own personal coach to help you:

- Build connections with other students
- Develop study skills
- Smash your first assignment

Available to students attending a partner uni

Sign up today for **free** and have the chance to win up to **£1,000***

*Win up to £1000 to support your university journey. Terms and conditions apply.



Thank You

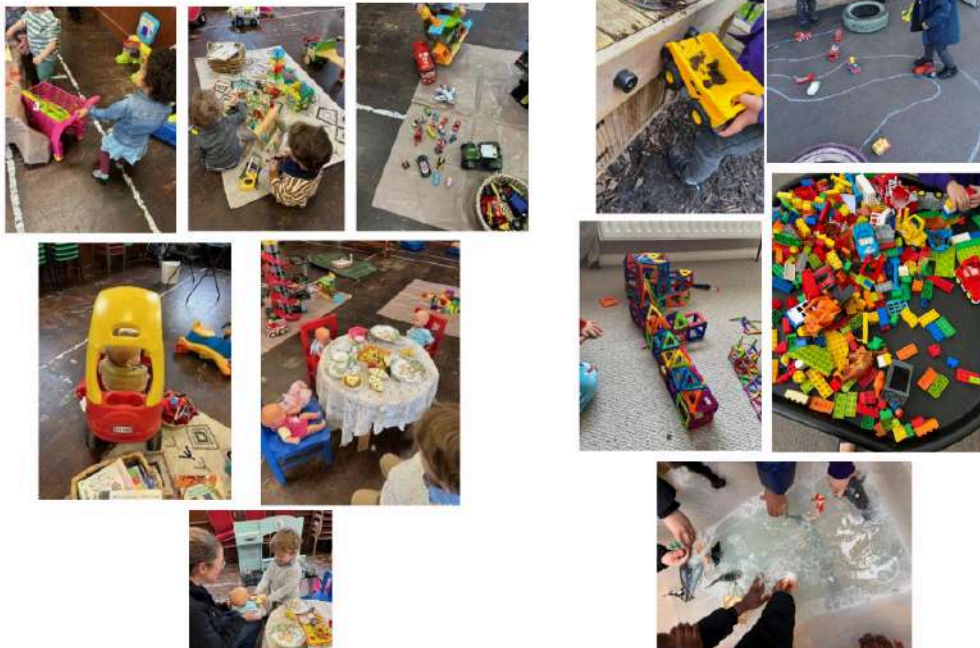
Pinnacle Group and Highlands School would like to extend their sincerest thanks to everyone who contributed to the success of the Toy Appeal. Together we collected a vast array of toys that made a huge difference to people's lives.

The toys were distributed all over the country, from autism support breakfast clubs to community centres. We are so thankful for every contribution.

A huge thank you to Helena Fitzhenry, A Waking Night Supervisor at the Northamptonshire children's Trust who went above and beyond to help distribute the donations to very worthy causes. Thank you to John Gambrill from Pinnacle Group who drove all the way up to Northampton to drop off the toys.

The collected toys were sent to:

- Cypriot Community Centre (Local Charity Organisation) (pictured below)
- One Degree Academy (pictured below)



Thankyou pinnacle team for letting me come and choose some toys. The children at Toddler Group enjoyed playing with them.

**Christina Kalou, Day Care Manager,
Cypriot Community Centre**

On behalf of One Degree Academy, I want to express our deepest gratitude for your recent donation of books and toys to support young children in our school. Your generosity will make a significant difference, providing them with not only entertainment but also opportunities for learning, growth, and joy.

**Sofia (Reception Teacher)
One Degree Academy**



- Welford House - children's home for children with emotional and challenging behaviour.
- Arnold House children's homes for children with autism and complex needs - sensory toys and DVDs.
- Four elderly residential homes received board games, memory card games and puzzles.
- Paddington Ward in Northampton General Hospital and outreach team - games, puzzles, DVDs, arts, crafts, imaginary and small world play, train set, duplo bricks, lots of cars and trucks.
- Refugees community activities programmes local authorities run events - games, books, puzzles, small world play.
- Camrose after school club - board games, electronic toys, outdoor activities, books, games, large play Captain America's figures and action toys., cafe with umbrellas and sand play items.
- 48 individual families have received bags of toys for their children to date, referred via community or family members and friends.
- Autism support breakfast club x2 have received sensory toys, books and games, dolls and teddy bears.
- SEND mama and SEND dads (special educational needs disabilities) - various sensory toys.
- Picturedrome pub supported with board games in exchange for two gig tickets for raffle prizes for charity.
- White Elephant pub - board games, books, toys, puzzles in exchange for a voucher for dinner in the pub for a raffle prize for charity.
- Baptist church Northampton toddler group - variety of toys donated to support their group.
- Saint Mark's church - variety of toys donated to support their group.
- Whitehill's Nursery School and breakfast club - variety of toys and puzzles along with small world toys to support the individual needs of children.
- 100 teddy bears for the fostering and adoption team for their family fun day tombola stall.
- 50 teddy bears for the children with cerebral palsy in Bedford for their centrepiece on the tables at the charity ball. Every child will go home with a bear.
- Darlington memory - cafe board games, puzzles, lotto games and books, dolls and teddy bears.
- Earth's Lonely Angels charity supporting vulnerable children and adults and elderly in the community.
- Far cotton food bank supporting families in need.
- 5 x hair and beauty salons, making toy baskets for their salons, received vouchers as raffle prizes for charity.
- The final lot of toys will be donated to a lady who is currently building a school for children in Ghana.



Year 11 Prom

- The year 11 prom will take place on **Monday 24th June 2024**
- The cost of the prom is £45 which includes a snack buffet, photo booth, sweet stall and soft drinks.

Please confirm your booking via Parentpay **by the end of April** in order to reserve a space.

Mr Joseph

Online safety workshops

As part of our stay safe curriculum, all students had the opportunity to engage with workshops around online safety this week, run by ECP, an external organisation who specialise in delivering safeguarding support to schools.

The assembly was a great way in supporting pupils with their digital literacy and positive decision making, online safety sessions informed and empowered students with the knowledge and tools of how to keep safe online.





Parental online safety webinar

In an ever-changing world, ensuring students' safety online has never been more important. The internet, for all its glory and opportunities, does unfortunately feature threats and challenges. These might manifest as online abuse, bullying, threats, impersonation, grooming, harassment or exposure to offensive and/or violent content.

Following on from our highly successful student workshops around online safety, held on Monday 22nd April, we are pleased to share with you the details for our **parental online safety webinar**.

Following feedback from our highly successful parental event last year, we have made some amendments this year to ensure the session is accessible for parents and carers who may be working, or unable to attend a specific time slot for the session.

This year our parent webinar is a pre-recorded, self-paced session provided by ECP Limited. The session is approximately 1 hour in duration, and can be accessed **at any time between now and 19th May 2024**.

We strongly recommend all parents and carers watch the session, which details valuable information relating to the risks and dangers associated with the online world, including the risks around specific websites and apps, as well as useful tips and strategies to keep your children safe online. This includes support and advice for setting boundaries, what to look out for on your children's devices, and how to have meaningful conversations with your child about their social media activity and online profile.

Please follow [this link](#) and register with your details to access the session. You will need to provide the following information:

- your full name
- your email address
- your child's year group

We hope you find the webinar helpful and informative.

Ms Toouli



Professional School photography session

A huge thank you to all of the students who took part in the school's professional photography session this week. Despite the awful weather conditions on the day, all of the students were nothing but exceptional.

Thank you to Zayn Akhtar, Elektra Taylor, Eva Ho, Tiah Patel, John Weafer, Yiannis Hajilambi, Elis Cristovao, James Holly Morrison, Sita Maitland-Walker, Nathan Oladeji, Beren Yildirim, Jahan Jacques, Chloe-Sophia Antoniadis, Ryan Arun, Aaliyah Lascelles, Aanya Pillai, Freddie Smith, Elysia Stavrinides, Chloe-Sophia Antoniadis, Rosie Baxter, Sam Bass and the selected year 13 students.





Headteacher awards

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.

- **Daniel Simpson 11WER:** Awarded for outstanding effort and supporting other students on a school trip.
- **Salma Mohamed 12KGU, Selina Ramadan 12RCW, Hala Glasgow 12RSL, Rhea Mehta 12RSL, Diamond Palmer 12WB and Emelina Kourreta 12WTA:** Awarded for exceptional dedication to academic pursuits and remarkable work ethic.
- **Eva Ho 7BEF, Raya Modha 7BEF, Kristina Suli 7BLR, Ada Simsek 7BLR, Eda Cetin 7BLR, Kayla Hassan 7ODM, Chloe Tsiamas 7ODM, Erin Eastwood 7ODM, Charlotte Fisher 7ODM, Olivia Zimaras 7ODM, Samuel Bass 7ODM, Harriette Paterson 7ODM, Jack Clitherow 7ODM, Andrey Petropavlovskiy 7ODM, Dilara Hassan 7OJT, Kerem Turk 7OJT, Alice Paterson 7OJT, Floriana Macdonald 7OJT, Elektra Taylor 7RAS, Thomas Lush 7RAS, Niam Kataria 7RJG, Ryan Arun 7RJG, Jack Moules 7RJG, Ruby Tebb 7RJG, Martha Dobinson 7RJG, Sibora Myftari 7WMT, Archie De Souza 7WMT, Syerah Islam 7WSW and Ben Clitherow 7RJG:** Awarded for running and successfully completing the mini marathon.
- **John Weafer 7RJG, Lindi Cela 7RJG, Tiah Patel 7RJG and Kastina Pashka 7RJG:** Awarded for demonstrating great confidence when presenting in front of the class.
- **Owen Smith 8WNK, Evita Dib 9ODC, Ela Turk 9WJQ and Zara Petkova 9ODC:** Awarded for winning the budget allocation challenge, where students had to advocate for funding allocations for their respective departments based on their needs and justifications.
- **Ermioni Tsantikou 9OSM, James Butcher 9OSM, Vienna Ramsey 9RTC, Betul Cardak 9RTC, James Nicolaou 9RTC and Elliz Arkin 9RTC:** Awarded for outstanding levels of enthusiasm and engagement in presenting the Social Enterprise project to the senior leadership team.





Summer school polo shirts

From 1st May, students will be allowed to wear the Highlands branded, summer, school polo shirt. The summer polo shirt does not have to be worn with the school blazer and can be worn until the end of the academic year.



Highlands book exchange

Highlands School Library is running a book swap! We are asking students to donate any unwanted reading books during 22nd April-29th April. Students will have the opportunity to pick a new book from those that have been donated. Please see below for more details.

Mrs Mehmet

**HIGHLANDS
BOOK
EXCHANGE**

Students can donate good quality books to the library and from those donated books students can choose another to take home.

Do you have books that you no longer read that can be swapped / donated to the library?

Please bring them along between 9am - 3.30pm from the 22nd - 29th April.

Those who donate can come and swap for another one from the week beginning 6th May!



Extra curricular timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Club: Debating Club Venue: H6 Time: 3:15 - 4:15 Years: 7-11 Teacher: Mr Islam, Ms Frohlich	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: 3:15 - 4:15 Years: 7-9 Only Teacher: Ms Brandon	Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: SEN pupils only Teacher: Miss Rattan, Mrs Warren, Miss Patel
Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: SEN pupils only 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: BTEC Media Studies Catch Up Club Venue: MM6 Time: 3:15 - 4:00 Year: 10-13 Teacher: Mr Groves, Mr Qureshi	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: Homework Club Venue: Library Time: 3:15 - 4pm Year: SEN pupils only Teacher: Miss Rattan, Mrs Warren, Miss Patel		Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: SEN pupils only 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 Clubs Programme 2024 (15th April - 24th May)

Monday	Tuesday	Thursday	Friday
Tennis Y7-11 (Boys and Girls) Mr Robson Sports Hall 3:15 - 4:30	Rounders Y7-10 Girls Ms Walters/Ms Hutchinson Field 3:15 - 4:30	Rugby Y8-9 Boys Mr Robson + Rugby Coach Old Grammarians 3:15 - 4:30 *Google Form required*	Athletics Y7-13 Ms Berrill/Mr Joseph Field 3:15 - 4:15
Cricket Y7-11 (Boys and Girls) Mr Avann Astroturf 3:15 - 4:30	Badminton Y7-9 (Boys and Girls) Mr Robson Sports Hall 3:15 - 4:30	GCSE 2nd Year Intervention 10P/Pg1 + 11Q/Pg1 only Mr Joseph 3:15 - 4:15	
	A Level Intervention Y13 (13E/Pe1 only) Mr Avann SL6 3:15 - 4:00		



House competition weekly results

This week's overall house winner: **highest number of achievement points minus concern codes plus the house points from the house quizzes**. Well done **Rowan**!

	Beech	Oak	Rowan	Willow
Positive	5,361	4,482	4,867	4,708
Negative	-388	-411	-349	-390
Total	4,973	4,071	4,518	4,318
Y7 house quiz	1,000	3,000	4,000	2,000
Y8 house quiz	3,000	1,000	2,000	4,000
Y9 house quiz	1,000	4,000	2,000	3,000
Y10 house quiz	1,000	2,000	4,000	3,000
Grand total	10,973	14,071	16,518	16,318

Here are the top students this week.

Top students in year 7:

Forename	Surname	Form	House	Points
Aston	Lyle	7RAS	R	39
Aariah	Udahemuka	7WSW	W	39
John	Weafer	7RJG	R	38
Anthony	Stavrou	7WSW	W	38
Ciara	Moore-Mcgowan	7WSW	W	38
Inaya-Amor	Peart-Heron	7WSW	W	38
Ryan	Arun	7RJG	R	37
Evie	Howlett	7WSW	W	37
Asya	Sagiroglu	7WSW	W	36
Marianne	Smith	7WSW	W	35

Top students in year 8:

Forename	Surname	Form	House	Points
Nea	Petritaj	8WNK	W	49
Sena	Oguz	8WNK	W	46
Aisha	Gambo	8BJF	B	42
Jahansingh	Jacques	8WNK	W	40
Jayden	Mankoto	8BJF	B	39
Meliz	Hassan	8WMP	W	39
Owen	Smith	8WNK	W	39
Tajjah	Green-Barban	8WNK	W	39
Warren	Kelly	8OSQ	O	38



Top students in year 9:

Forename	Surname	Form	House	Points
Estelle	Shopova	9BLM	B	59
Lily	Theodorou	9BLM	B	48
James	Simon	9BLM	B	47
Isabel	Minguez	9BLM	B	46
Sophie	Jones	9BLM	B	46
Persian	Dzhindzhev	9BLM	B	43
Luke	Shearman	9ODC	O	43
Nihar	Vaidya	9BLM	B	42
Joshua	Mrozi	9BLM	B	42
Darcy	Smethurst	9BYC	B	41

Top students in year 10:

Forename	Surname	Form	House	Points
Harrison	Sykes	10RCB	R	55
Laina	Constantinou	10RCB	R	51
Emilia	Loizou	10RCB	R	51
Elizabeth	Crutchley	10RCB	R	49
Daniel	Derakhshan	10RCB	R	48
Nicolas	Eastwood	10RCB	R	48
Kevin	Zdanuk	10RCB	R	47
Kerim	Defreitas	10RCB	R	47

Top students in year 11:

Forename	Surname	Form	House	Points
Benjamin	Gormley	11BPL	B	30
Sophie	Bernasconi	11BPL	B	28
Yashraj	Singh	11BRD	B	21
Rakibe	Halili	11BRD	B	20
Wunfai Alex	Lo	11BRD	B	19
Jasmine	Desai	11OMK	O	16
Iustina	Pasargic	11BRD	B	14
Beckham	Tahsen	11RTS	R	14
Katie	Bucknor	11RTS	R	13
Dea	Kambo	11WER	W	13



Top students in year 12:

Forename	Surname	Form	House	Points
Katie	Brookman	12ODS	O	30
Alexia	Chrysostomou	12BHK	B	26
Charlie	Mills	12RSL	R	26
Ledia	Xhetani	12WTA	W	23
Ahura	Sedaghat	12RSL	R	22

Top students in year 13:

Forename	Surname	Form	House	Points
Matias	Raymond-Semerak	13ATH	R	6
Gurshaan	Jouhal	13ATH	W	5
Anthony	Mawutor	13JBA	O	5
Alexia	Kyriakou	12KGU	W	4
Hollie	Burkett	13ATH	O	4
Junaid	Rasooli	13ESM	O	4
Timur	Raif	13ESM	R	4
Naveed	Boyde	13JBA	R	4
Doshan	Jugnarain	13JBA	B	4
Helin	Mehmet	13TDU	R	4

TEAMUKTS

5K FUN

FREE REGISTRATION

RUN & WALK

SUNDAY MAY 12TH 2024 GROVELAND PARK

10.30 AM START

44 QUEEN ELIZABETH'S DR, LONDON N14 6RD

REGISTRATION FROM 9.30 AM MEDALS FOR FINISHER

FOR INFORMATION VISIT WWW.UKTS.ORG

Enfield Vanguard Presents:

DRAMA THERAPY GROUP FOR PARENTS

LOCATION: THOMAS HARDY CENTRE, ENFIELD TOWN

TIME: TUESDAYS, 11-12:30

DURATION: 12 WEEKS

This is a safe space for parents/carers of Young people impacted by serious youth violence and/or charged with serious crimes, to support emotional wellbeing.

This is a wellbeing session utilising creative tools like story telling, drama , music and arts

For more information, please contact Charlie on: charlotte.wilson52@nhs.net 07392191622



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



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

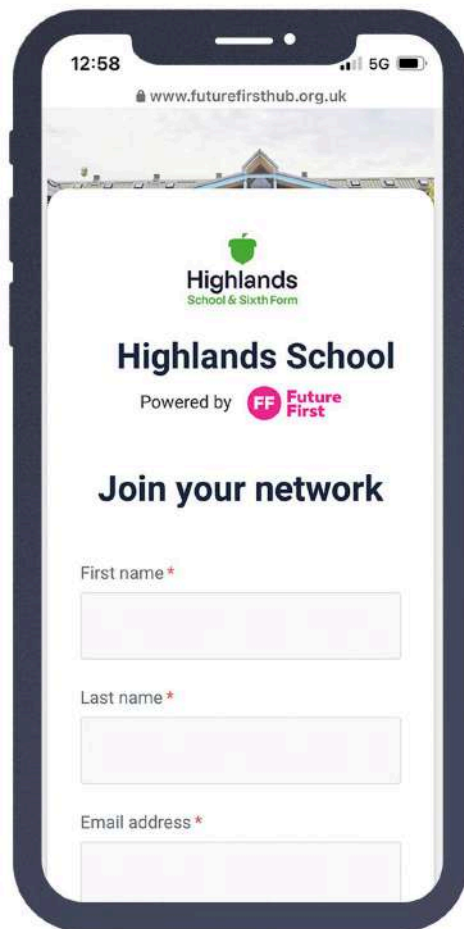


Former student?

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

ONLINE, 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

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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