



# Highlands School Newsletter

13 October 2023



Dear parents and carers,

This week's newsletter is packed with the achievements of our students and events that have been taking place at Highlands. Below you can read about the students who have been selected as house form representatives for their houses, students involved in STEM projects and activities, and students (above) who have participated in the 'Write2Speak' programme. You can also read about the results of our year 8 inter house football competitions and our sports teams, who have been successfully competing against other schools in netball and football. I was pleased to present more headteacher's awards this week to students who have gone the 'extra mile' or excelled at school, you can read about this on page 8.

I would like to remind you of the early finish on Monday (16th) next week and the late start on Tuesday (17th). This is because Monday evening is our open evening. Highlands had more applications in total last year from year 6 families than any other school in Enfield and our open evening is a very busy event that runs from 4:30pm - 9:30pm. Over 1,300 guests will join us at open evening, and we still have families on waiting lists to come to the event. Our staff have to get the building ready, and either after the evening or the next morning tidy up and take down displays ready for teaching to recommence. Over 150 students have volunteered to be tour guides on Monday, thank you to all of them.

On Thursday (19th) and Friday (20th) next week are our DARE Days. Four times a year we collapse the school timetable and all students and staff take part in trips and events that are designed to broaden our students' knowledge and experiences and to build character through team building and other activities. We do this so that our trips and visits are not the preserve of a small group of students who might be the quickest to sign up or who can afford them, we want all of our students to have the same experiences over the 16 DARE Days they take part in at Highlands from years 7-13. Much like our Wednesday afternoon Ed-Extra programme for years 7 and 8, our DARE Days are an entitlement, not a privilege.



Along with the newsletter this week we are sharing our special feature newsletter celebrating Black History Month. Please take the time to read it.

I would also like to draw your attention to the information on page 9 of this week's newsletter about our school performance this year. Our ambition at Highlands is to be an example of excellence in all that we do. One aspect of our school that we are focusing on this year is the performing arts and we are pleased to announce the return of our school show. Unlike in previous years when the show was performed at school, we have hired the Millfield Theatre in Enfield and we have a professional tech and support crew to help us with it. We will be performing the musical 'Matilda!'. Any students who want to perform, sing, dance or learn about tech and backstage support should come to the main hall after school on Tuesday next week and the performing arts team will explain to students how they can get involved. We are confident that this will be the best performance in the history of Highlands and we can't wait to get started. Auditions will take place after half term and the show will take place in July 2024.

On the uniform and jewellery front I would like to redraw your attention to the information we shared last week about bracelets. Bracelets are not allowed at Highlands, this has been the case since before I became headteacher here in 2018. A number of students have been wearing them since the summer. We ask that they are removed before Monday morning. Please see the information on page 18 of the newsletter for further details of why we have made this decision.

Finally this week, I want to acknowledge the traumatic effect that the Hamas attack on Israel has had on so many people, including members of our school community. We are working on some resources that we will share with students but, in the meantime, our thoughts are with those who have been affected and to those in the UK who feel unsafe as a result of the fallout from the attack.

A reminder of important dates for your diaries:

- 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** - Well done Beech!

	Beech	Oak	Rowan	Willow
Positive Points	6,581	6,502	5,546	5,767
Negative points	-344	-422	-447	-340
<b>Points overall</b>	<b>6,237</b>	<b>6,080</b>	<b>5,099</b>	<b>5,427</b>

### Top students in year 7:

Forename	Surname	Form	House	Points
Olivia	Zimaras	7ODM	O	42
Eliz	Hamamci	7ODM	O	35
Sophie	Fryer	7OJT	O	35
Edgar	Freimanis	7BEF	B	35
Erkay	Guzel	7BEF	B	34
Hannah	Khan	7RJG	R	34
Orla	Dimery	7ODM	O	34
Elma	Stena	7OJT	O	34
Kimora	Hall	7WSW	W	34
Chloe	Hobley	7BEF	B	33

### Top students in year 8:

Forename	Surname	Form	House	Points
James	Fryer	8OSQ	O	50
Leah	Evans	8OSQ	O	49
Warren	Kelly	8OSQ	O	48
Charlie	Gill	8OSQ	O	47
Tyanna	Ferreira	8OSQ	O	47
Dennis	Erdogan	8OSQ	O	47
Anais	Edwards-Anyanwu	8OSQ	O	46
Ben	Kissos Boast	8OSQ	O	46
Anaiya	Dhaliwal	8WNK	W	44
Emily	Newton	8RBW	R	44



**Top students in year 9:**

Forename	Surname	Form	House	Points
Arabella	Mumba	9ODC	O	50
Nathan	Mortimer	9ODC	O	45
Constantinos	Socratous	9ODC	O	44
Georgia	Gkiontsari	9BYC	B	44
Julia	Roszkowska	9BYC	B	43
Ayse	Carmanbar	9BLM	B	42
Taraneh	Kheradmandi	9BYC	B	42
Luke	Shearman	9ODC	O	40
James	Cooper-Dobson	9BYC	B	39
Ediola	Muca	9RTC	R	39

**Top students in year 10:**

Forename	Surname	Form	House	Points
Tyrae	Best-Daley	10BJC	B	44
iasmina	iacobut	10BJC	B	44
Zacharias	Stavrou	10BJC	B	41
Ender	Guccuk	10BNI	B	40
Charles	Elliott-Smith	10BJC	B	39
Moroni	Cristovao	10BJC	B	39
Sabiha	Tokac	10BNI	B	39
Aaliyah	Udahemuka	10BJC	B	38
Imogen	Ganvir	10BJC	B	38
Hamza	Kasmani	10OKK	O	38

**Top students in year 11:**

Forename	Surname	Form	House	Points
Jack	Mussell	11WER	W	45
Rakibe	Halili	11BRD	B	43
Nidha	Raja	11WER	W	40
Ravish	Jugnarain	11OGA	O	37
Sophie	Bernasconi	11BPL	B	36
Benjamin	Gormley	11BPL	B	36
Theo	Law	11WER	W	35
Athanasios	Aristidou	11WCG	W	33
Chijindu	Onukaogu	11RTS	R	33
Prue	Musah	11RTS	R	32



**Top students in year 12:**

Forename	Surname	Form	House	Points
Jannaya	Jiagge-Takyi	12WBS	W	30
Neriah	Muhelele	12OSB	O	30
Selam	Taye	12OSB	O	30
Kadeejah	Cabey	12WBS	W	30
Chizara	Okonkwo	12WTA	W	30
Ilana	Tanwie	12OSB	O	30
Ledia	Xhetani	12WTA	W	25
Alexia	Chrysostomou	12BHK	B	24
Charlie	Mills	12RSL	R	22
Katie	Brookman	12ODS	O	20

**Top students in year 13:**

Forename	Surname	Form	House	Points
Tobe	Okonkwo	13CRY	B	12
Taher	Valiji	13JBA	B	8
Michael	Agbugba	13JBA	W	8
Shy	Williams	13MTU	R	8
Aisling	Brennan	13TDU	W	6
Mia	Davis	13MTU	O	6
Deniz	Yamansef	13JBA	W	5
Sydney	Botchway	13ESM	O	5
Emily	Muncaster	13ESM	O	4





## House form representatives 2023 - 2024

Congratulations to our new house form representatives for 2023- 2024.

YEAR 7		
7RAS	Aston Lyle	Rowan
7RJG	Behir Berk Yalcin	Rowan
7RJG	Chloe-Sophia Antoniadis	Rowan
7BLR	Kristina Suli	Beech
7BLR	Nefes Atas	Beech
7BEF	Raya Modha	Beech
7BEF	Soren Walmsley	Beech
7WSW	Kimmi Hall	Willow
7WSW	Syrah Islam	Willow
7WMT	Henry Plume	Willow
7WMT	Zidane Mole-Warda	Willow
7ODM	Oliver Mene	Oak
7ODM	Eliz Hamamci	Oak
7OJT	Betsy Coneywood	Oak

YEAR 8		
8RCX	Nevah Yavas	Rowan
8RCX	Elina Stavrou	Rowan
8RBW	Emily Newton	Rowan
8WMP	Abel Kalaj	Willow
8WNK	Jahan Jacques	Willow
8WNK	Sena Oguz	Willow
8BJF	Mya Calica	Beech
8BJF	Yuxi Chen	Beech
8BAM	Isabel Antonlou	Beech
8OSQ	Tyanna Ferreira	Oak
8OSQ	Warren Kelly	Oak
8OFD	Ruby Wakeford	Oak
8OFD	Samuel Malaj	Oak

YEAR 9		
9WCM	Elis Cristovao	Willow
9WJQ	Zehra Besler	Willow
9OSM	Ermioni Tsantikou	Oak
9OSM	James Butcher	Oak
9ODC	Zara Petkova	Oak
9BYC	Hugh Murphy	Beech
9BLM	Joshua Mrozi	Beech
9RTC	Elliz Arkin	Rowan
9RTC	James Nicolaou	Rowan
9RNB	Daniel Horea	Rowan
9RNB	Mia O'Sullivan	Rowan

YEAR 10		
10RCB	Sumiya Mohamed	Rowan
10RCB	Tailizandra Blana	Rowan
10WTH	Romeo Nicolaou	Willow
10WDD	Evelina Litvunic	Willow
10WDD	Raphael Ponnou	Willow
10BNI	Raphael Asoegwu	Beech
10BNI	Sahara Cakir	Beech
10BJC	Ethan Baxter	Beech
10BJC	Charlie Elliot-Smith	Beech
10OKK	Asante Appau	Oak
10OKK	Cian Galvin	Oak
10OAB	Abby Reay	Oak
10OAB	Anthony Andreou	Oak

YEAR 11		
11OMK	Yasmin Farhadi	Oak
11OGA	Gracie-mae Ticehurst	Oak
11BRD	Israa Waheed	Beech
11BRD	Aspasia Gkiontsari	Beech
11RTS	Chijindu Onukaogu	Rowan
11RTS	Aoife Jackson	Rowan
11RTS	Du Xiaoxia Hardyman-Rice	Rowan
11RKM	Daisy Warner	Rowan
11WCG	Serra Salih	Willow
11WER	Adrian Tumanya	Willow
11WER	Ayoub Massfih	Willow

YEAR 12		
12ODS	Anais Marku	Oak
12OSB	Ilana Tanwie	Oak
12OSB	Elsie Berko	Oak
12RCW	Theo Mills	Rowan
12RCW	Shakeel Musee Ibraahim	Rowan
12WBS	Amelia Williams	Willow
12WTA	Isabelle O'Sullivan	Willow
12WTA	Emelina Kourreta	Willow

We believe that our newly appointed house form reps for 2023 - 2024 will display dedication and commitment throughout the year. Their active involvement within our school community will continue to make a difference to our school and to our students.

Here's to Highlands house form reps 2023/24!



## Year 8 inter house football

Another great week for our house competitions. This week at Highlands we held the year 8 boys and girls inter house football competition. The students played some fantastic football and tried their best to earn their houses those vital points.

Well done to Rowan and Beech who were the girls and boys champions of the competitions.

Rowan beat Oak 3-0 in the girls final. Willow finished 3rd after beating Beech 1-0 in the playoffs.

Beech beat Willow 2-1 on penalties after a goalless draw in the boys final. Rowan finished 3rd after beating Oak 2-1 on penalties, after another goalless draw in the playoffs.



## Year 7 Art inter house competition

A huge congratulations to the top three students who created flash cards on the 'eight formal elements of art' as part of the art department's house competition. Here are the winners.



1st: Matthew Lam 7RJG



2nd: Liliana Jonczyk 7OJT



3rd: Carter Herman 7WMT





## 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.

- **Xahrie Silvera 8RBW:** Awarded for showing exceptional kindness and encouragement to another student in drama, reassuring them through rehearsals and performances.
- **Cerys Nicolau 11RKM:** Awarded for her dedication to her English studies. Cerys has been completing extra work after school and making excellent progress.
- **Charlie Gill 8OSQ:** Awarded for his amazing recreation of an Italian renaissance painting - 'The Sylvania families' last supper'.
- **Nathan Mortimer 9ODC and Madiha Yahya 9OSM:** Awarded for their exceptional Hundertwasser and Gaudi's coloured pencil drawings.
- **Ioanna Bello 8RBW, Emily Newton 8RBW and April Clydesdale 8RBW:** Awarded for writing very clear and concise letters to their local MP.
- **Sacha Baker 11BPL:** Awarded for seeking medical assistance and calling emergency services when a fellow student was in need.
- **Emma Smith 11RKM:** Awarded for assisting a friend to call emergency services when a fellow student was in need.



Hundertwasser and Gaudi's coloured pencil drawings



Sylvanian families' last supper



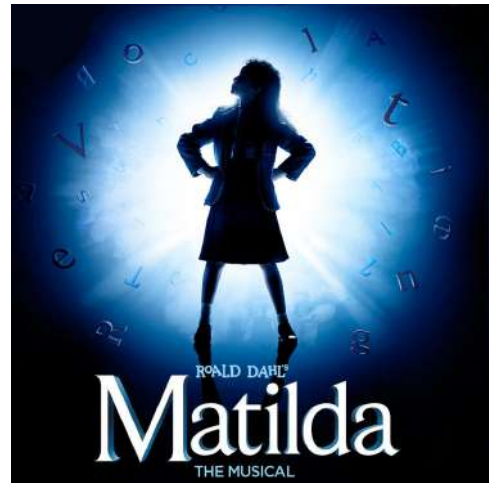




## Highlands' Matilda production at the Millfield Theatre

In July 2024, Highlands School will be holding a production on Matilda! We are holding a meeting for all students interested in performing in the school show, on Tuesday 17th October at 3:15pm in the main hall. The show will be in July next year at the Millfield Theatre, a professional theatre with 400 seats and with sound and technical crew to support. Auditions for the production will take place after half term. Students who are interested in being part of the production, please attend the meeting next Tuesday. We hope to see lots of students there.

[Highlands School presents Matilda promo](#)



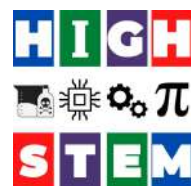
## Empowered Females in STEM

Congratulations to Eleanor McHale (12BHK) for earning an exclusive opportunity to be a part of The Empowered Females in STEM programme!

Eleanor submitted a successful application to the highly competitive Empowered Females STEM programme and will be on her way with being mentored by senior female scientists and directors from several global STEM companies such as Pfizer, BP, Dyson, Colt, AWS (Amazon) and UCB.

This four-month programme is completely free of charge and launches in November 2023 in London. The programme includes fantastic opportunities for students.

- Prepares young females' employability skills for the start of their STEM careers.
- Enables young females to network with global STEM employers in-person and online.
- Increases the self-efficacy of young females in STEM.
- Empowers young females to be valued members and bold leaders of the STEM community.



Well done to Eleanor again and we wish her all the best with embarking on the programme!

If you are interested in STEM opportunities like this, please look out for future announcements from Dr Len and Ms Laurenzi in your Google Classrooms and the school newsletter.

Dr Len



## The Scholars Programme (The Brilliant Club) launch at Highlands

The Brilliant Club's Scholars Programme gives pupils from non-selective state schools the opportunity to work with a PhD researcher to experience university-style learning. It helps students to develop the skills, knowledge and confidence to secure a place at a competitive university and succeed when they get there, supporting them to make an informed choice about their future.



We are happy to announce and congratulate the following year 10 students who succeeded in securing a place on the programme and were part of the live launch that took place on Wednesday 11th October - Kamilah Abib, Nick Agyeman-duah, Baran Byndor, Daniel Derakhshan, Renardo Dervishaj, Megan Faulkner, Parla Ghanipour, Roni Koker, Ava Koker, Ivan Markovets, Sumiya Mohamed, Kesaiah Nhyira, Eva Pangratiou and Clayton Stephenson.

Students learnt all about the programme and about student life at a competitive university through an Information, Advice and Guidance session co-hosted by Student Ambassadors. The live launch was introduced by Charlene White during the ITV news and also included an inspirational talk by Ashley John-Baptiste, BBC broadcast journalist and presenter, recounting his remarkable story of how he overcame tremendous adversity to win a place to study history at Cambridge University. His final message was simply *"follow your dreams and never give up"*.



*Charlene white, British television broadcaster, journalist and presenter.*



*Ashley John-Baptiste, BBC broadcast journalist and presenter.*



**The  
Scholars  
Programme**



## Higher and Degree Apprenticeships Awareness Assembly

We were delighted to welcome Georgina Anyadike from Employability & Careers Education Development Trust to deliver a DfE funded (ASK) Apprenticeship Awareness Assembly to our 13 students.



Students were given an overview of modern apprenticeships, focussing on those at Higher and Degree level where the apprentice gains a degree level qualification without the need to pay fees; as is the case with a traditional university-based degree. Students who take this route also gain invaluable experience of the role over the 4-5 years apprenticeship whilst also earning a salary.

2024 is set to be an exciting year for apprenticeships and it is vital that students are kept informed of the possibilities and inspired to think about alternative post 18 options.

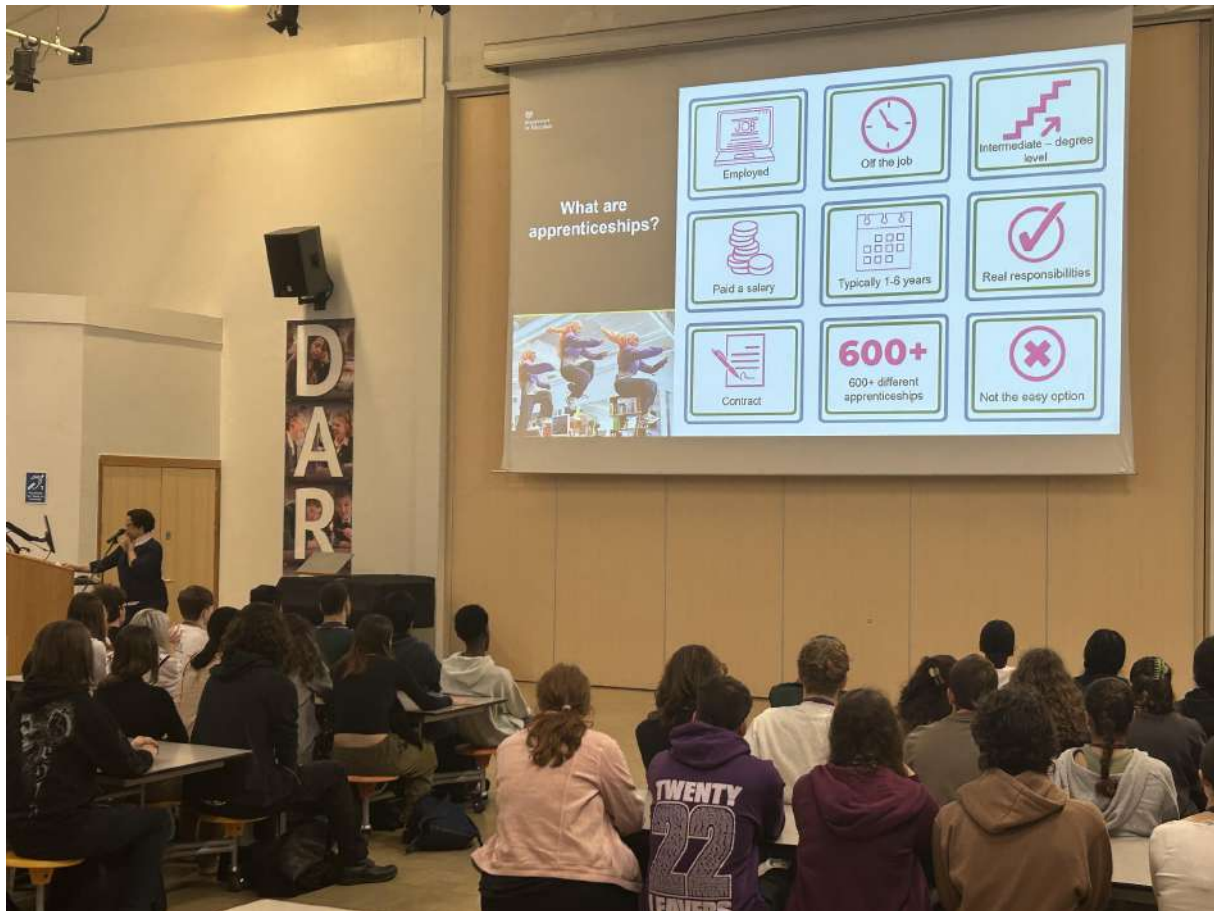
There are now more than 670 high quality apprenticeships in a wide range of roles. This includes degree apprenticeships in nursing, engineering, law, and science. The first ever [NHS doctor apprenticeship](#) will all start from September 2024.

Here are just some of the brilliant employers who have offered apprenticeships this year.

### Which employers offer apprenticeships?







### Student feedback

*"Since last year, I have been thinking about the apprenticeship route, but I was still undecided. The assembly has helped confirm for me that the apprenticeship route is the right one for me."*

*"I am so glad that all year 13 students had to attend the assembly as now that I have seen what is actually on offer through the apprenticeship route, this has made me reconsider my next steps and I will be considering applying for an apprenticeship in law."*

Further information for parents/carers can be found at:

[Parent Zone - Amazing Apprenticeships](#) and students can research here: [Student Zone - Amazing Apprenticeships](#)





## Write2Speak

We are thrilled to share an exciting update from our school community. Over 100 students have signed up for the Write2Speak collaboration with Nexus and Highlands School. This inspiring project, titled 'Being Black in Britain', aims to celebrate the incredible contribution of Black people to British culture.



The project is designed to open up conversations about both the positive and negative experiences of being Black in the UK and how it affects the lives of young people today. Through three interactive sessions, our students had the unique opportunity to express themselves through spoken word and explore the topic of 'Being Black in Britain'.

During these sessions, our talented students demonstrated their creativity, knowledge, and profound understanding of the history of the British Black experience. They poured their hearts and souls into their work, crafting powerful and thought-provoking pieces that reflected their experiences and insights.

We're excited to announce that on 31st October, these students will perform their remarkable creations in front of a live audience at the prestigious Dugdale Arts Centre. This promises to be an evening of inspiration and reflection, as our young voices share their perspectives on this vital topic. In November, we will be putting on an in-house performance for students who do not get to perform on 31st October. For more information please visit: [Being Black in Britain: Spoken Word Showcase](#)





## Ed-Extra Japanese masterpieces

Our year 7 and 8 students have been diving into the world of art as part of Ed-Extra this term. They have been busy bringing their Japanese scrolls to life. After they had painted a wash for the sky, leaving the moon white, they then had to use straws to blow the black paint across the sky to create the branches of the tree; finally they added blossom using delicate brush work. Here are some of their beautiful creations.



## Year 8 and 9 boys football

On Friday 6th October, Highlands' year 8 and 9 boys football team travelled to Winchmore School to play their first league game of the season. Through a slow start and conceding two early goals, Highlands found themselves 2-0 down at half time, and it could have been more except for the fantastic goalkeeping shown by Valentino.

However, after adapting to the pitch and brushing off some 'pre-season' cobwebs, the boys came out firing in the second half. 2-0 down quickly became 2-2 and then Winchmore took the lead again through a penalty. This didn't hamper the spirit of the boys and they quickly equalised to tie the scores level again at 3-3.

It was great to see the boys taking on board the halftime advice and playing some fantastic football. A special well done to Harry, Oscar, Alex and Rafael for making their team debuts and congratulations to the goalscorers Alessandro, Emin and Stefan who was also named player of the match.

On Monday 9th October, the year 8 and 9 football team also entertained Oasis Hadley for their second league game in as many school days. Highlands capitalised on some early errors and took most of their chances to lead 7-0 at half time with goals from a host of different students. The second half introduced some different players, yet the goals continued, with the final score ending 12-0.

Well done to everyone who played and to Alessandro R, who was named player of the match.

**Mr Avann**





## Year 7 netball

Congratulations to the year 7 netball team who played their first ever netball match for the school on Monday beating Oasis Enfield a massive 16-0. Particularly well done to Amelie Mohan was named player of the match. Well done girls!



## Year 10 netball tournament

On Wednesday the year 10 netball team took part in the annual tournament at Latymer School. For many of this team it was their first experience of representing the school in a tournament. It took a while for the girls to warm up as we lost our first two games to Heron Hall and Latymer. We then finished well by beating Southgate 5-1 and Kingsead 3-2. We finished third in our pool, unfortunately missing out on a place in the semi-finals.

Highlands player of the tournament was Niamh McDonnell for her excellent shooting.





## Uniform recycling bins

Our uniform recycling bins have now been emptied and are waiting for more donations! Here is a reminder of what you are able to donate.

**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 and Sixth Form, 148 Worlds End Lane, N21 1QQ | Web: [www.highlands.nhs.uk](http://www.highlands.nhs.uk) | Tel: 020 7903 9900 | Email: [enquiries@highlandsrecycle.co.uk](mailto:enquiries@highlandsrecycle.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.

**Accepted items:**

- Ladieswear
- Menwear
- Teenwear
- Childrenswear
- Babywear
- Coats, jackets
- Hats, scarves, gloves
- Watches, belts, jewellery
- Handbags, purses
- Towels
- Socks
- Footwear (paired & tied)
- Sportswear
- Nightwear
- Swimwear, shorts
- Underwear, lingerie
- Sleeping bags
- Bedding (pillows, covers, duvets)
- Knitting wool
- Curtains
- Original CDs & DVDs

**We do not accept items that are damaged by:**

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

**We DO NOT accept the following:**

- Duvets (inner)
- Pillows (inner)
- Cushions (inner)
- Personalised clothing
- Dressing gowns
- Camouflage patterns
- International costumes
- Books

Highlands School and Sixth Form, 148 Worlds End Lane, N21 1QQ | Web: [www.highlands.nhs.uk](http://www.highlands.nhs.uk) | Tel: 020 7903 9900 | Email: [enquiries@highlandsrecycle.co.uk](mailto:enquiries@highlandsrecycle.co.uk)

## 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.





## Thursday 19th October

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

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

## Friday 20th October

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

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

For more information on what your child needs to bring, please view the DARE Day assembly slides below.

[Year 7 DARE Day assembly presentation](#)

[Year 8 DARE Day assembly presentation](#)

[Year 9 DARE Day assembly presentation](#)

[Year 10 DARE Day assembly presentation](#)

[Year 11 DARE Day assembly presentation](#)

[Year 12 DARE Day assembly presentation](#)



## Highlands Parents and Friends Association

The HPFA held their annual general meeting in the school last night, and elected the following officers to their new posts. Chair - Karen Crawley, Vice Chair - Siobhan Sweeney, Publicity and Media Officer - Vanessa Mead, Secretary - Felicia Ekemezuma, Treasurer - Valentina Csaki

A huge thank you to Crystal Elkabbas for all her time and hard work as Chair, she will now still be giving her ongoing support as a committee member. Also thanks to all the other committee members for their continuous hard work in raising funds. If there is anyone else that is still interested in being on the committee, please let us know. Details of the next fundraising activities will follow shortly.

## Komboskini bracelet - update

Thank you to our Greek Orthodox families who have recently contacted us regarding our uniform policy around religious jewellery.

We have seen an increase recently in the number of students wearing threaded bracelets at school, with some students wearing multiple bracelets. Both students and parents have informed us these are of religious significance. At Highlands bracelets are not allowed under our uniform policy. This has been the case for a long time, meaning that this feature of our uniform policy was in place when all of our families chose to send their children to Highlands.

However, in order to ensure our uniform policy is both consistent and supportive of religious customs within the Orthodox faith we have taken the time to consult with Father Demetrianos Melekis, parish priest of the Twelve Apostles Church in Hertfordshire.

Father Demetrianos was able to provide helpful insight into the matter, and clarified for us that the main symbol of the faith in the Greek Orthodox church is the cross to be worn around the neck, as this is blessed during baptism. Whilst there are many other items of jewellery that may have a cross or icon on them, these are worn in addition to the cross. Father Demetrianos confirmed that whilst the traditional komboskini bracelet can be worn as a symbol of one's devotion to prayer, these do not need to be worn at all times.

As a multi-faith school we have adopted an inclusive approach to supporting our students' religious beliefs and take the time to educate ourselves when writing our policies. We work hard to establish a fair balance, and we amended our uniform policy last year to allow for an item of religious jewellery to be worn on a chain under the shirt. Where students are of a faith where the main symbol of faith is a different form of jewellery, we have made allowances to support this.

With this in mind, and under the guidance of the Greek Orthodox church, we do request that all threaded bracelets be removed, as students are able to demonstrate their commitment to their faith by wearing a cross on a chain, in line with our uniform policy. Our students are welcome to wear these on non-uniform days. If you have any questions then please feel free to contact Ms Toouli via email at: [tooulia@highlearn.uk](mailto:tooulia@highlearn.uk).



## The Get into Medicine UCAS Conference

Registrations for the national free UCAS conferences for students interested in becoming doctors has opened. Students will be awarded a certificate of attendance which can be listed on their Medical School UCAS applications for 'activities that support higher education'.

Upcoming Dates:

- Saturday 28th October
- Sunday 29th October
- Saturday 4th November

### [Conference Registration Form](#)

The Get into Medicine UCAS Conference is a comprehensive guide to the medical application process. The doctors and medical students will cover:

- Application timelines
- How to tactically choose medical schools
- CV building
- Personal statements
- Medical school interviews
- UCAT - Entrance exams to medical school
- Medical leadership and awards programmes
- Accessing work experience
- Accessing scholarships

## Influenza immunisation session - years 7 - 11

The flu vaccine will be delivered by the Enfield Immunisation Team at Highlands School on **Friday 10<sup>th</sup> November 2023**.

### **Influenza Vaccine (Flu)**

- Flu can be an unpleasant illness and can cause serious complications.
- Vaccinating your child will help protect more vulnerable family and friends by preventing the spread of flu.
- Enfield Immunisation Team are offering this vaccine to **all** children from years 7 to year 11.

You can decide between two different types of flu vaccines:

- **Nasal Flu Spray** – Completely pain free. Contains porcine gelatine.
- **Flu Injection** - The injection will be administered at school. Does NOT contain porcine gelatine.

To complete a consent form for a yes **OR** a no consent, please click on this link: [Flu Consent Form](#).

Highlands School code is: **ENF132256**

**Please note:** If the Enfield Immunisation Team does not receive a consent form, they may contact you by telephone or email to obtain one from you. If you submit a **YES** consent on behalf of your child and they refuse vaccination, it will not be given. For more information on influenza immunisation, please click [here](#) or contact the Enfield Immunisation Team on [beh-tr.enfieldimmunisationteam@nhs.net](mailto:beh-tr.enfieldimmunisationteam@nhs.net) or 0208 702 3499.




## CROSS COUNTRY TRIALS

If you would you like to represent Highlands School at the upcoming Borough Cross Country event at Trent Park on **Friday 10th November**, then you need to attend the following trial event.

**Borough Cross Country Trials**  
**Tuesday 17th October**  
**3:15pm - 4:15pm**

Meet at the PE changing rooms.  
 Bring your PE kit, any medical device and water.

You will be running on the grass field so please bring appropriate footwear.

**Year 7 - 3000m**  
**Years 8/9 - 3500m**  
**Year 10+ Girls - 3500m**  
**Year 10+ Boys - 4500m**



## BASKETBALL CLUB

**DO YOU WANT TO BE COACHED BY A QUALIFIED BASKETBALL ENGLAND COACH?**

**Tuesday - Years 8 & 9 Boys**  
**Thursday - Years 8, 9 & 10 Girls**

**3:15pm - 4:30pm**

**Sports Hall**

Bring your PE kit and get changed after school.

**How to Join?**  
 Complete the Google form that will be sent out via email soon. Please note that there is a maximum capacity of 30 students on a first come first served basis.

## AUTUMN NETBALL CAMP

**Reception to Year 10 - 10am-2pm**  
**£30 per day or £80 per 3-day camp**

**Mon 23rd Oct**   **Tue 24th Oct**   **Wed 25th Oct**

Reserve your place  
[kpnetball.co.uk](http://kpnetball.co.uk)  
 Highlands School  
 N21 1QQ  
 07392 019 016



**KP NETBALL**



## KP NETBALL

**Netball coaching for all ages and abilities**

**Highlands School, Enfield N21 1QQ**

**Autumn Saturday Coaching**

9-9:55am: Reception-Year 2   Year 3-4  
 10-10:55am: Year 5-6   Year 7-8   Year 9-10

**£8 per session**

1	2	3	4	5	6	7	8	9	10	11	12
9 <sup>th</sup> Sep	16 <sup>th</sup> Sep	23 <sup>rd</sup> Sep	30 <sup>th</sup> Sep	7 <sup>th</sup> Oct	14 <sup>th</sup> Oct	21 <sup>st</sup> Oct	4 <sup>th</sup> Nov	11 <sup>th</sup> Nov	18 <sup>th</sup> Nov	25 <sup>th</sup> Nov	2 <sup>nd</sup> Dec

**Reserve your place**  
[www.kpnetball.co.uk](http://www.kpnetball.co.uk)  
**Brenda: 07392 018 982**  
**Hayley: 07392 019 016**

**Autumn Holiday Camp**  
 Reception to Year 10 - 10am-2pm  
 £30 per day or £80 per 3-day camp

Mon 23 <sup>rd</sup> Oct	Tue 24 <sup>th</sup> Oct	Wed 25 <sup>th</sup> Oct
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# 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](mailto: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.




12:58 5G

www.futurefirsthub.org.uk

Highlands School & Sixth Form

Highlands School

Powered by  Future First

Join your network

First name\*

Last name\*

Email address\*





## 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](mailto: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](#)

**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](mailto: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](http://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

Follow Highlands School on:

 Twitter [@Highlands\\_sch](https://twitter.com/Highlands_sch)

 Instagram [@highlandssch](https://www.instagram.com/highlandssch)

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