



# Highlands School Newsletter

22 March 2024



Dear parents and carers,

This week we must start by congratulating our under-15 girls' football team. For the third year running this group of girls have won the Middlesex Cup for their age group, beating teams from across north London. Girls' football at Highlands has long been a strength and this is one of our best ever teams. Well done to the girls and to the PE staff who coach them.

Our assemblies this week were live music performances from students across all key stages. We have introduced these assemblies this year so that our students who perform get to showcase their abilities in front of larger audiences and to encourage more students to get involved with our music department.

We also announced the winners of the academic excellence and DARE awards for years 7 and 12 this week. These awards are given to the students with the highest scores in the mid year assessments and to students who best display our DARE application attitudes to learning (as seen on the back of our exercise books). Well done to all the students involved.

Last week is the final week of term and students will be dismissed on Thursday at midday.

A reminder of important dates for your diaries:

- Thursday 28th March: last day of spring term, students dismissed at midday
- Monday 15th April: start of summer term

Have a great weekend,  
Mr McInerney,  
Headteacher



## Middlesex Cup champions!

On Tuesday Highlands U15 girls football team played Hayden school in the final of the Rachel Yankey Middlesex cup.

We started strong straight from the kick off with Lily scoring a half volley to settle any nerves. Not long after Shekinah followed up with 2 great goals and further goals from Millie and Eliz gave us a 5-0 lead at the break.

We didn't become complacent in the second half but pushed on with Lily, Millie, Shekinah scoring to take the title 8-0.

This is the third year in a row that this team together have been crowned Middlesex champions. We look forward to the next challenge which will be the nationals next year.

Well done girls - we are very proud of you all.

### Mrs Hutchinson and Mrs Walters





## London Cup final winner!

Congratulations to Elisia Huetson-Varnava in 10WDD who won the **London U16 Girls Cup** final for Haringey.

Her team thrashed Barking at Bromley football ground 7 - 0 to win the title.

Well done Elisia, a true football superstar!



## Year 8 netball tournament

On Monday, the year 8 netball team travelled to Latymer for the annual Enfield Borough tournament.

The squad started strongly with a combination of great defence and sharp shooting resulting in 4 tied games against Enfield County, St Annes, St Johns and PGHS.

The team came up against Winchmore next and beat them 4-0 in a convincing win where the centre court players dominated.

Unfortunately, the team lost their final games against Latymer and Southgate (who went on to place first and second in the tournament) meaning that they finished a very respectable 5th overall.

The team played some fantastic netball, the best that they have played all season, but player of the tournament was awarded to Rosie.





## Neurodiversity Celebration Week

Last week Dr Tsoni along with students Ahura Sedaghat 12RSL, Amaya Edwards-Nassa 11WCG and Baran Byndor 11WTH presented to our students what neurodiversity is, the various neurological conditions such as autism, ADHD and dyslexia and how we, as a school community can understand, accept and respect people's differences.

It is important that we foster a culture where every individual is valued for who they are, regardless of their neurological makeup. Read this week's special feature newsletter on [Neurodiversity Celebration Week](#) for more information.



## 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.

- **Brij Mahtani 10RNC:** Awarded for demonstrating kindness by assisting a student who dropped their phone.
- **Ahura Sedaghat 12RSL, Amaya Edwards-Nassa 11WCG and Baran Byndor 11WTH:** Awarded for their excellent participation and contribution to the Neurodiversity Celebration Week assembly.
- **Ahura Sedaghat 12RSL:** Awarded for being supportive and for helping a year 11 student with their BTEC Media coursework, the student in question was very happy for the support.





## North Middlesex University charity visit

On Friday, March 15th, Oak house hosted staff from North Middlesex University Hospital, including Sekayi Tangayi, who was recently recognised as one of the 'Top 80 Most Influential People and Advocates in Sickle Cell'. During the meeting, Sekayi, along with Stephen Boyd and Tanyaradzwa Nyatsambo from North Mid, received a cheque for £341.91, which was raised during Oak's last bake sale.

Following the presentation of the cheque, students were briefed on sickle cell disease, covering various topics such as:

- Different types of sickle cell
- Transmission and risk factors associated with the disease
- Ways to support individuals affected by sickle cell
- Opportunities for volunteering

Additionally, information was provided about the George Marsh Centre and other charitable organisations operating within North Middlesex University Hospital. The session proved to be an invaluable learning experience, particularly for sixth form students aspiring to pursue careers in the medical field, who had the opportunity to gain insights and understanding from the experts present.

Overall, the meeting served as a fantastic platform for raising awareness about sickle cell disease and fostering dialogue between students and healthcare professionals.



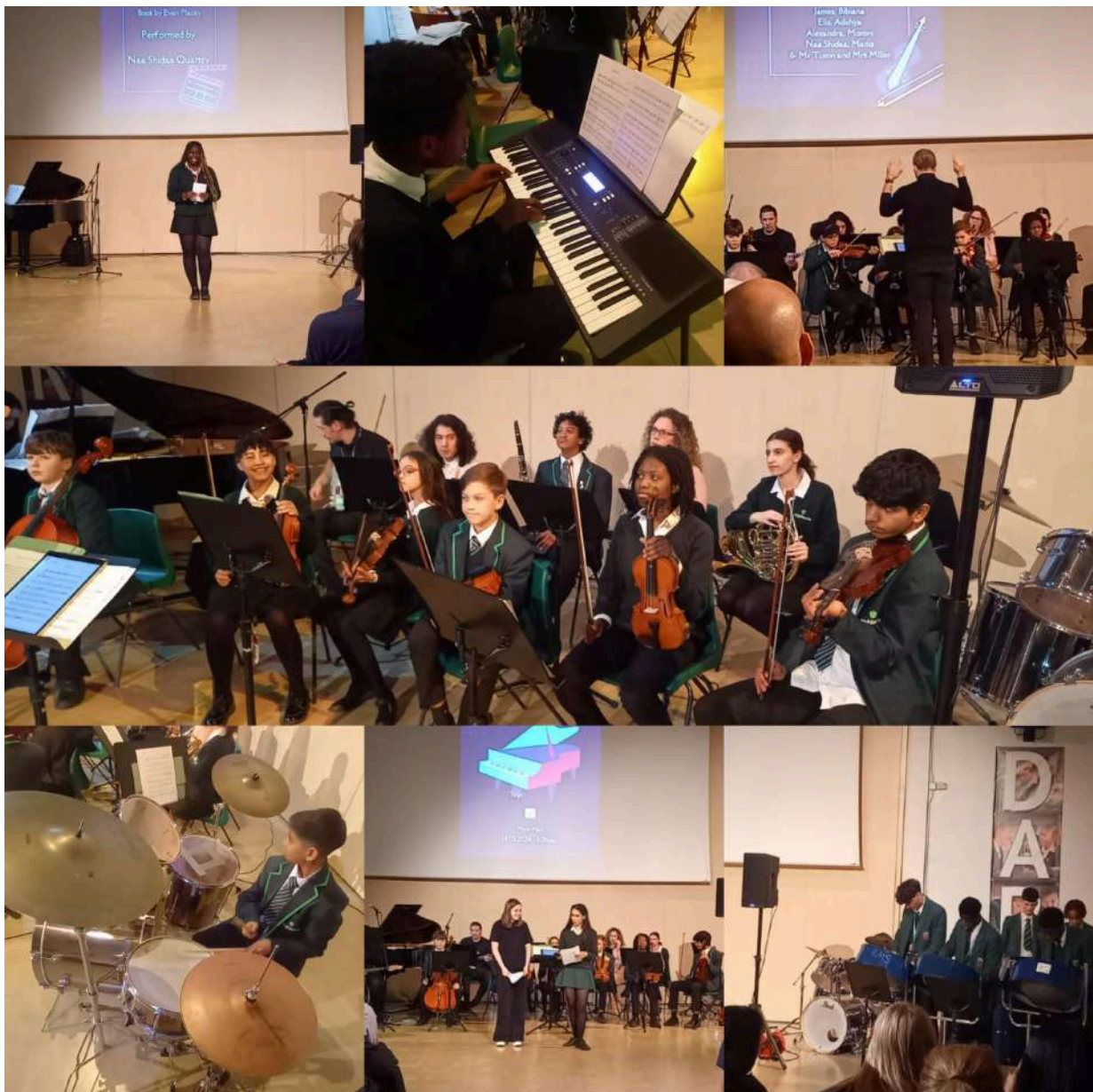


## GCSE Recital Evening

On Thursday 14th March, the music, drama, and dance departments at Highlands hosted an electrifying GCSE Recital Evening. This event served as a platform to highlight the outstanding work produced by our talented pupils throughout the academic year.

The evening was a celebration of remarkable skill, talent, and dedication demonstrated by our students across the GCSE departments. From captivating musical performances to compelling theatrical displays, the event showcased the incredible creativity and hard work of our aspiring artists.

### Ms Maple





## Live Music in Assembly Week

We are thrilled to share highlights from our recent Live Music in Assembly Week from March 18th to the 22nd.

Throughout the week, our stage lit up with an array of captivating performances. Showcasing the dedication and talent of our GCSE students, Enfield Music Service collaborators, and supported Highlands groups, each act brought a unique flavour to the stage. From electrifying rock bands to soulful solo violin and piano pieces, the diversity of talent was truly remarkable.

A standout moment was a special performance by Victoria Salamanca, known for her role as Ms. Honey in our upcoming production of Matilda at The Millfield.

The event served as a testament to the incredible skill, dedication, and hard work of our students. Not only did it captivate our audience, but it also inspired many to explore and join music groups within our school community.

Thank you to all involved for making this week a celebration of talent and creativity, leaving a lasting impact on our school culture.





## Taylor Wessing mentoring programme

We are delighted to announce that five of our year 12 students completed the Taylor Wessing global law firm mentoring programme, after having been selected from their outstanding contribution on a previous insight day.



This unique opportunity is designed to enhance students' knowledge, develop key professional skills, and confidence needed to succeed at a law firm, consisting of 4 mentoring sessions with a Taylor Wessing mentor at the offices in the city of London.

Students were paired with experienced legal professionals, offering practical advice, sharing their own experiences, and providing valuable insights into the nuances of legal practice, helping students to bridge the gap between theory and application as well as supporting them to apply for the Taylor Wessing's Tomorrow's Talent work experience programme.



Well done to Macy McGhan, Firat Ozbek, Nilsu Cosgun, Nehemie Mbidi and Theo Mills (pictured above). We would also like to thank Taylor Wessing for providing this rewarding opportunity for our students.

### Mrs Laurenzi

PE Clubs Programme 2024 (15th April - 24th May)			
Monday	Tuesday	Thursday	Friday
<b>Tennis</b> Y7-11 (Boys and Girls) Mr Robson Sports Hall 3:15 - 4:30	<b>Rounders</b> Y7-10 Girls Ms Walters/Ms Hutchinson Field 3:15 - 4:30	<b>Rugby</b> Y8-9 Boys Mr Robson + Rugby Coach Old Grammarians 3:15 - 4:30 *Google Form required*	<b>Athletics</b> Y7-13 Ms Berrill/Mr Joseph Field 3:15 - 4:15
<b>Cricket</b> Y7-11 (Boys and Girls) Mr Avann Astroturf 3:15 - 4:30	<b>Badminton</b> Y7-9 (Boys and Girls) Mr Robson Sports Hall 3:15 - 4:30	<b>GCSE 2nd Year Intervention</b> 10P/Pg1 + 11Q/Pg1 only Mr Joseph 3:15 - 4:15	
	<b>A Level Intervention</b> Y13 (13E/Pe1 only) Mr Avann SL6 3:15 - 4:00		





## Japan: Myths to Manga



Take an exciting and atmospheric trip through Japan – and explore how landscape and folklore have influenced Japanese art, technology and design.

Closes Sunday, 8 September 2024

Last entry 16.15

Young V&A  
Cambridge Heath Road  
Bethnal Green, London, E2 9PA

£10.00

Other concessions apply.  
Already a Member? You don't need to book.

Myths to Manga exhibition available at the Young V&A, [click here](#) to book now.

**RUGBY CLUB**

**QUALIFIED RUGBY COACH**

**STARTING ON THURSDAY 18TH APRIL**

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

**YEAR 8 & 9 BOYS ONLY**

**TAG / CONDITIONED CONTACT**

**HELD AT OLD GRAMMARIANS**

**SIGN UP USING THE GOOGLE FORM EMAILED HOME**

**MAXIMUM 35 SPACES AVAILABLE**

**Competition time!**

April 22<sup>nd</sup> is Earth Day and this year's theme is 'Planet vs. Plastic'

**Send us your posters**

As part of our ESG (Environment Social Governance) Framework, we are holding a competition. We would like you to create a poster based on the Theme for this years Earth Day: Planet vs. Plastic

Submission of posters should be emailed to [Olivia.Fernandes@pinnaclegroup.co.uk](mailto:Olivia.Fernandes@pinnaclegroup.co.uk) by 16th April 2024 and the winner will be announced on 22nd April 2024 (Earth Day)

**Winning Prize**

The winner will receive an Air Up bottle!

**Protect Our Planet**

[pinnaclegroup.co.uk](http://pinnaclegroup.co.uk)





# Exciting Netball Opportunities in Enfield Spring 2024

[www.pivotalnetball.com](http://www.pivotalnetball.com) 07392 018 982

## NETBALL MASTERCLASS

WITH VICKI OYESOLA

THURSDAY 4TH APRIL  
10AM ~ 2PM  
HIGHLANDS SCHOOL N21 1QQ  
YEAR 5 TO 10  
£35

ENGLAND & SARACENS MAVERICKS

PIVOTAL NETBALL ACADEMY

## SPRING NETBALL CAMPS

Tue 2 April    Wed 3 April    Tue 9 April    Wed 10 April



Highlands School N21 1QQ  
Reception to Year 10  
10am - 2pm  
£26 \* Early Bird  
or £30 per day  
(\* when you book at least 2 weeks in advance)

[www.pivotalnetball.com](http://www.pivotalnetball.com)  
07392 018 982

PIVOTAL NETBALL ACADEMY

## A BIG thank you from Worldwide Cancer research

Highlands School has received a wonderful thank you from Worldwide Cancer Research for the money that was raised through our house competitions.

Just £37 can pay for an hour of research.

On average, every £1 they are able to invest in a project allows scientists to secure a further £4.43 in funding

worldwide cancer research



Thank you

This certificate is presented to  
Highlands School

For raising £815  
by holding various fundraising events

received with gratitude  
with best wishes from everyone  
at Worldwide Cancer Research

Your support will save lives,  
now and in the future

[worldwidecancerresearch.org](http://worldwidecancerresearch.org)



## Academic excellence - Year 7 top students

At the end of last year in our student surveys, Highlands students asked us to recognise academic achievement in the house system. So, this year, after each year group's mid-year assessments / mock exams we will recognise:

- The top achieving student in each subject. They will receive the academic excellence trophy for that subject, 1,000 points for their house, and a certificate.

Here are the year 7 top students.



Subject	Student	Form	House	Subject	Student	Form	House
Art	Sita Maitland-Walker	7BLR	Beech	Geography	Ashley Awatar	7BLR	Beech
Citizenship	Farida Nooreldeen	7WMT	Willow		Sita Maitland-Walker	7BLR	Beech
Computer science	Laura Alla	7BEF	Beech	History	Michael Angeli	7RAS	Rowan
Dance	Elma Stena	7OJT	Oak		Jack Clitherow	7ODM	Oak
Drama	Sibel Angelova	7ODM	Oak		Orla Dimery	7ODM	Oak
	Aistis Mankevicius	7ODM	Oak		Farida Nooreldeen	7WMT	Willow
English language	Aston Lyle	7RAS	Rowan		Evani Page-Jayaraman	7WSW	Willow
English literature	Katrina Awatar	7WSW	Willow		Asya Sagiroglu	7WSW	Willow
	Farida Nooreldeen	7WMT	Willow		Marianne Smith	7WSW	Willow
	Marianne Smith	7WSW	Willow		Florence White	7ODM	Oak
French	Farida Nooreldeen	7WMT	Willow	Maths	Niam Kataria	7RJG	Rowan
					Louis Marsh	7BLR	Beech



## Academic excellence - Year 12 top students

Here are the year 12 top students.

Subject	Student	Form	House	Subject	Student	Form	House
Art	Hannah Bernasconi	12BJT	Beech	History	Alex Attaliotis	12RCW	Rowan
	Rachel Lok	12KGU	Willow	Maths	Raphael Richter	12WTA	Willow
	Mia Pusztai	12WTA	Willow	PE	Szymon Pasierowski	12RCW	Rowan
Biology	Kaia Jugurnauth	12OSB	Oak	Photography	Nancy Ansell	12ODS	Oak
Chemistry	Rhea Mehta	12RSL	Rowan	Physics	Raphael Richter	12WTA	Willow
Computer Science	Maksymilian Lewandowski	12OSB	Oak	Politics	Alex Attaliotis	12RCW	Rowan
D&T	Beyza Artis	12WBS	Willow	Psychology	L'Jeeta Thompson	12OSB	Oak
Economics	Alex Attaliotis	12RCW	Rowan	Religious studies	Kristian Kousoulou	12RCW	Rowan
English literature	Deniz Cekin	12RCW	Rowan	Sociology	Salma Mohamed	12KGU	Oak
Further maths	Raphael Richter	12WTA	Willow	Spanish	Maksymilian Lewandowski	12OSB	Oak
Geography	Lottie Price	12WBS	Willow				





## DARE award winners - Year 7

Congratulations to the following students, who were ranked the top students in year 7. Their names are listed below. The top 100 achieving students will be receiving a letter home in recognition of their achievements in the DARE values.

### 1st:

- Betsy Coneywood 7OJT (**Oak**) (£50 voucher)

### 2nd:

- Louis Marsh 7BLR (**Beech**) (£30 voucher)
- Eirene Palamaras 7BLR (**Beech**) (£30 voucher)

### Joint 3rd:

- Jake Appleby 7BLR (**Beech**)(£10 voucher)
- Edgar Freimanis 7BEF (**Beech**) (£10 voucher)
- Elma Stena 7OJT (**Oak**) (£10 voucher)



## DARE award winners - Year 12

### Joint 1st:

- Joshua Bagulay 12RSL (**Rowan**) (£10 voucher)
- Kledis Gashi 12RCW (**Rowan**) (£10 voucher)
- Stefan Kozinos 12ODS (**Oak**) (£10 voucher)
- Ellie Kyprianou 12BJT (**Beech**) (£10 voucher)
- Joshua Lincoln 12WBS (**Willow**) (£10 voucher)
- Macy McGhan 12RSL (**Rowan**) (£10 voucher)
- Ahura Sedaghat 12RSL (**Rowan**) (£10 voucher)



## School uniform request

If you have any uniform no longer required in the following sizes. Please could you donate them to the school office. Any sizes not listed can be placed in our recycle bins, located near the bicycle lockers next to the car park. These can be found outside the sports hall, near the bike lockers.

- PE skort 32", 34", 36", 38", 40"
- PE shorts 32", 34", 36", 38", 40", 42"
- PE polo 34"/36", 38"/40", 42"/44", 46"/48"
- PE jogger 36"/38", 38"/40", 42", 44"
- PE legging 30"/32", 32"/34", 36"/38", 40"/42", 42", 44"
- School trousers - Black 13 -14 years and older, 28", 30", 32", 34", 36", 38", 40", 42"
- Blazer 42", 44", 46"



## House competition weekly results

This week's overall house winner: **highest number of achievement points minus concern codes, plus year 7 academic excellence.** Well done **Rowan!**

This Week	Beech	Oak	Rowan	Willow
Positive Points	4,911	4,800	4,143	4,470
Negative points	-514	-509	-436	-539
<b>Points overall</b>	<b>4,397</b>	<b>4,291</b>	<b>3,707</b>	<b>3,931</b>
Y7 academic excellence	4000	3375	5458	4166
<b>Total</b>	<b>8,397</b>	<b>7,666</b>	<b>9,165</b>	<b>8,097</b>

## Overall leader after two half terms

Well done to **Willow** who are this term's current leaders. There are many competitions coming up next term:

- Thursday lunchtime netball competition (boys and girls)
- Bake sales
- Another round of quizzes in assemblies
- Staff quiz and staff inter house football
- Sports Day

It's all to play for with less than 6,000 points between 1st and 4th....

Totals	Beech	Oak	Rowan	Willow
Achievement pts	<b>105,911</b>	101,702	93,176	98,077
Sports	30,000	27,000	<b>34,000</b>	26,000
Charity	9,962	<b>17,211</b>	14,288	14,299
Quizzes	20,000	19,000	<b>21,000</b>	20,000
Department competitions	7,000	7,000	<b>10,000</b>	9,000
Academic excellence	16,219	15,374	13,663	<b>24527</b>
Total	189,092 (2nd)	187,287 (3rd)	186,127 (4th)	191,903 (1st)



Here are the top students this week.

**Top students in year 7:**

Forename	Surname	Form	House	Points
Marianne	Smith	7WSW	W	53
Ciara	Moore-McGowan	7WSW	W	47
Shaan	Seetul	7WSW	W	41
Florence	Holyomes	7WSW	W	40
Klea	Kambo	7WSW	W	40
David	Kwarciak	7WSW	W	39
Evani	Page-Jayaraman	7WSW	W	36
Syerah	Islam	7WSW	W	36
Aariah	Udahemuka	7WSW	W	35
Inaya-Amor	Peart-Heron	7WSW	W	34

**Top students in year 8:**

Forename	Surname	Form	House	Points
Leo	Albrecht	8RCX	R	37
Abel	Kalaj	8WMP	W	37
Giles	Obeng	8BAM	B	32
Warren	Kelly	8OSQ	O	31
Tyanna	Ferreira	8OSQ	O	31
Marianna	Pallikaros	8WMP	W	29
Jason	Elvin	8WNK	W	29
James	Lindsey	8BAM	B	28
Marika	Daley	8BAM	B	28
Molly	McGrath	8RCX	R	28
Sophie	Rooke	8WNK	W	28

**Top students in year 9:**

Forename	Surname	Form	House	Points
Melisa	Spahia	9BYC	B	48
George	Baker	9BYC	B	46
Georgia	Gkiontsari	9BYC	B	46
Angelo	Symeou	9ODC	O	45
Julia	Roszkowska	9BYC	B	44
Duru	Ozkaya	9ODC	O	44
Skye	Russell	9RTC	R	44
Yunus	Coskun	9ODC	O	43
Luke	Shearman	9ODC	O	43
Gabrielle	Russell	9BYC	B	42
Arabella	Mumba	9ODC	O	42





**Top students in year 10:**

Forename	Surname	Form	House	Points
Imogen	Ganvir	10BJC	B	59
Charles	Elliott-Smith	10BJC	B	51
Ender	Guccuk	10BNI	B	48
Sofia	Betancur Mesa	10BJC	B	45
Kasmin	Williams	10BNI	B	42
Veronika	Tsoma	10BJC	B	41
Daniel	Malaj	10BJC	B	41
Ethan	Baxter	10BJC	B	40
Carey	Kirton	10BJC	B	40
Paula	Shehu	10BJC	B	39
Sam	Tremaine	10BJC	B	39
Ava	Koker	10BJC	B	39

**Top students in year 11:**

Forename	Surname	Form	House	Points
Elena	Giudice	11BPL	B	44
William	Campbell	11OGA	O	30
Elaine	Ho	11WCG	W	19
Benjamin	Gormley	11BPL	B	18
Shelley	Gulem	11RKM	R	18
Katie	Bucknor	11RTS	R	18
Theodoros-Ansel	Prifti	11BRD	B	17
Ella	Mohan	11OGA	O	16
Beckham	Tahsen	11RTS	R	16
Wunfai Alex	Lo	11BRD	B	15



**Top students in year 12:**

Forename	Surname	Form	House	Points
Ledia	Xhetani	12WTA	W	29
Alexia	Chrysostomou	12BHK	B	28
Katie	Brookman	12ODS	O	28
Charlie	Mills	12RSL	R	23
Ahura	Sedaghat	12RSL	R	19
Maria	Salamanca	12WTA	W	12
Firat	Ozbek	12BJT	B	8
Mia	Pusztai	12WTA	W	8
Mar-Valisha	McGhan	12RSL	R	7
Alexia	Vrousai	12WBS	W	7
Zack	Williams	12WTA	W	7
Raphael	Richter	12WTA	W	7

**Top students in year 13:**

Forename	Surname	Form	House	Points
Alexia	Kyriakou	12KGU	W	4
Hollie	Burkett	13ATH	O	2
Eleanor	Rogers	13ATH	R	2
Imogen	Spier	13ESM	W	2
Timur	Raif	13ESM	R	2
Michael	Agbugba	13JBA	W	2
Antonia	Owusu-Ansah	13TDU	W	2



**ENFIELD YOUTH ELECTIONS**

Do you want to use your voice to represent the voices of young people in your community to bring about social change through meaningful representation and campaigning both locally and nationally? If yes, you can bring yourself forward to stand in the Enfield Youth Elections! If you become an elected member, you will have the opportunity to sit on and represent:

- The Enfield Youth Council – Represent the views of young people locally within Enfield.
- UK Youth Parliament – Represent young people nationally.
- The London Youth Assembly – Advocate with other boroughs within London.
- Elected as Mayor and Deputy Mayor - Represent the interests of young people in the borough to politicians, residents, public services.
- Sit on scrutiny panels - Ensure Councillors and Officers are held accountable for the decisions they make on behalf of community.

For more information about the different opportunities, please visit [youthenfield.taptub.co.uk](https://youthenfield.taptub.co.uk)

**To qualify to stand for election you must:**

- Be aged 11-17 (or up to 25 if you have SEND)
- Live or attend school or any place of education in Enfield

**NEXT STEPS**



**Are you interested in becoming a candidate for the EYE?**  
If so, there are two steps that you need to take:

**STEP 1**  
Sign up by visiting <https://youthenfield.taptub.co.uk/enfield-youth-council/enfield-youth-elections/> and fill out the application form.

**STEP 2**  
Once you have registered, book yourself onto the Enfield Youth Election open day which will take place on **Thursday 30th May**.

**Interested?**

Email [youthcouncil@enfield.gov.uk](mailto:youthcouncil@enfield.gov.uk)  
<https://youthenfield.taptub.co.uk/enfield-youth-elections>

**HES**

**FREE CAMP FUNDED BY THE MAYOR OF LONDON'S OPEN DOORS FUND**

**REGISTER HERE**

- \* 11AM-4PM
- \* 8TH-12th APRIL
- \* SECONDARY SCHOOL AGES 11-16
- \* HERON HALL ACADEMY, PONDERS END, EN3 4SA

**MAYOR OF LONDON**




**Enfield Easter 2024 Holiday Activities and Food Programme (HAF)**

**Food and fun!**  
Free for those in receipt of benefits related free school meals.





[Click here](#) to view the Enfield Easter 2024 Holiday Activities and Food Programme (HAF) brochure



# 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](https://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/highlands-school-alumni) 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

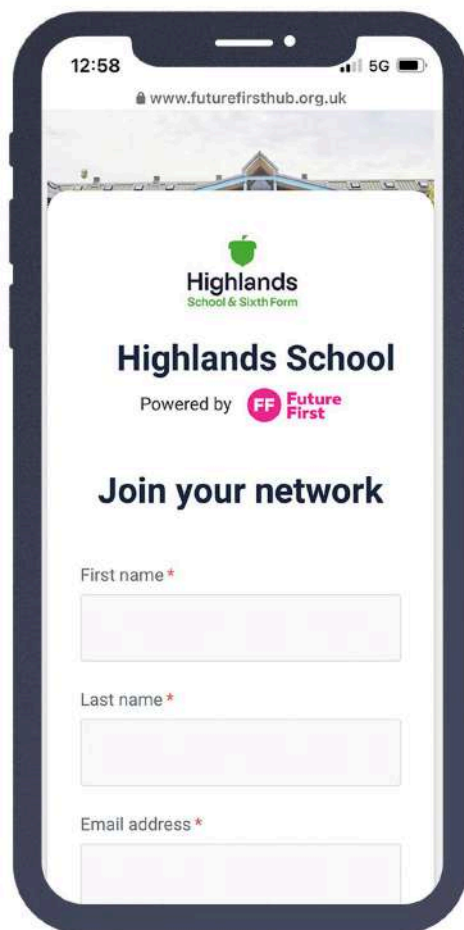


## Former student?

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.





## 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](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**

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](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:

 [x@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)