



Highlands School Newsletter

19 April 2024



Dear parents and carers,

Today was the second ever Highlands Culture and Heritage Day. We instigated the day last year at the request of students as they wanted the opportunity to celebrate their culture and heritage. Last year's day was a great success and today was too. Lots of our students went to great effort preparing their clothing and they looked great. We are proud to deliberate the diversity of our community, whilst raising money for our house charities.

The inter house competition is back in full swing and this week on Thursday lunchtime we had the year 7 and year 11 netball competitions. Oak won the year 7 competition and Rowan the year 11. This means there are fewer than 500 points separating Beech, Oak and Willow at the top of the inter house competition leaderboard. The competition is very tight with only 10 weeks left until Sports Day, the end of this year's competition, and the trip to Thorpe Park for the winning house on 18th July.

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



House assemblies

Our house assemblies took place this week led by our fantastic house captains and vice captains. Each house assembly recapped their progress throughout last term, what they excelled in and what they could do better to earn them more house points.

In preparation for Cultural and Heritage Day on Friday, our house leaders spoke about the definitions of culture, multiculturalism and cultural misappropriation. They also shared wonderful facts about their own personal cultures, from Barbados to Albania, our students learned about the traditional foods, clothing and flags of some of the wonderful countries our house leaders are from. It was a great way to acknowledge the diversity we have here at Highlands School.





Culture and Heritage Day

What a fantastic way to begin the new term here at Highlands. On Friday 19th April we held our annual Culture and Heritage Day where students and staff had the opportunity to celebrate the diversity that exists within our Highlands School community.

From cultural baking at lunch time, to steel pans during break, both staff and students embraced their cultural roots wearing coloured garments that represented their countries and traditional clothing.

Students, especially, took the opportunity to proudly represent their countries, some of the fantastic outfits ranged from a full knight's armour to represent St. George and a magnificent dragon to represent the Chinese culture, it was truly a breathtaking display throughout the corridors at Highlands.

Well done to everyone who took part!





Road safety campaign

Highlands, Grange Park and Merryhills schools have all been jointly involved in a road safety campaign to try to improve the safety in the local area, surrounding our schools. Please see [here](#) a copy of a letter all three schools have prepared and have sent to the borough about these issues. We have also copied in our local councillors to make them aware as well. We would encourage any parents to support our aims with this campaign, by not parking illegally, and by also writing to the council asking for improvements to be made to our roads.

In conjunction with this, we are also running a road safety poster competition. Students are encouraged to enter by designing a poster highlighting some of the issues raised in our letter. We are hoping to have the winning posters displayed outside the schools, and the winning entry will win valuable house points for their house. Designs should be handed into reception for the attention of Mrs Czupich by Monday 6th May. Please ensure students write their name on the back of their entries.

Thanks to everyone for supporting this road safety campaign, we hope it will make a difference.

Mrs Czupich

GCSE Dance news

Miss Brown would like to congratulate Ella Mohan, Mika King and Darcey Burt for a sensational performance of their GCSE Dance work on Thursday 18th April.

Miss Brown would also like to give recognition and a big well done to Laina Constantinou who is the GCSE Dance student of the week. Laina worked with a lot of focus in class, using really strong expressive skills for her performance.





Inter house netball competition

This week at Highlands we held the first inter house netball competitions for the year 7 and year 11 teams. It was a tight game between the four houses. Congratulations to the winners and well done to all of the players that took part.

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

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



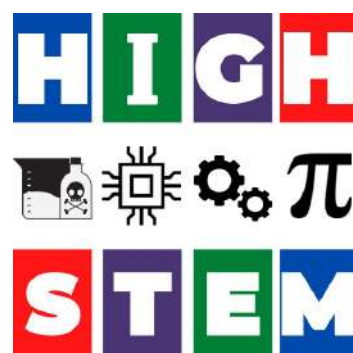


Zero Carbon Schools menu challenge: Pioneering eco-friendly dining

We are delighted to bring you an exciting update from our enterprising year 8 students who are at the forefront of the Zero Carbon Schools challenge, an initiative led by the Green Schools Project. This programme empowers students to spearhead projects aimed at reducing carbon emissions within schools, a vital step in our commitment to environmental stewardship.



Since the beginning of last term, 37 of our Year 8 pupils have been gathering weekly to brainstorm and develop actionable plans to reduce our school's carbon footprint. Their focus has been on understanding and mitigating the main sources of carbon emissions associated with school activities, specifically in the areas of food, energy, travel, and purchasing.



The students have made significant strides in their projects and are now actively exploring practical avenues for decarbonisation within our school. Their first major challenge involved devising a zero-carbon lunch menu, a task that they approached with creativity and enthusiasm. All groups presented a range of innovative ideas, and we extend our congratulations to each participant for their hard work and imaginative contributions.

The menus were judged based on their presentation, the effectiveness of teamwork, and the appetising nature of the dishes proposed. Our runners-up, Saina, Isabel, Lexie, Molly, April, and Alecha, impressed with their offerings of fried tofu katsu curry and vegan butternut squash soup, followed by a dessert of apple pie with ice cream. Their emphasis on using locally sourced and minimally processed ingredients was particularly commendable.

The winning team, composed of Leo and Aaron, proposed a mouth-watering main course of soya-based meatballs in a tomato sauce accompanied by a fresh salad, with all vegetables sourced locally. For dessert, they suggested pancakes served with local honey, highlighting the potential for delicious, eco-friendly school meals.

Following a spirited presentation, our runner-up team's menu captivated Marva from our canteen staff, who expressed enthusiasm about implementing their innovative ideas soon. This is a wonderful testament to the practical impact of the Zero Carbon Schools challenge and the pivotal role our students play in driving our school towards a more sustainable future.

We are incredibly proud of the initiative and dedication shown by all the students involved. These young environmental champions are not only learning about the importance of sustainability but are also actively contributing to meaningful change. We look forward to updating you on further developments and celebrating the continued success of this vital programme.

Dr Len and Ms Ward



Online safety workshops

As part of our stay safe curriculum, all students will have the opportunity to engage with workshops around online safety, starting from Monday 22nd April 2024. Supporting pupils with their digital literacy and positive decision making, online safety sessions inform and empower with the knowledge and tools of how to keep safe online.

On Monday 22nd April, years 7-10 will each have an assembly style workshop run by ECP, an external organisation who specialise in delivering safeguarding support to schools.

Sessions include the following at an age-appropriate level:

- Online reputation
- Live streaming
- Gambling
- Online challenges
- Sending Nudes and semi-nudes
- Harmful content and behaviour
- Pornography: the risks and harms *from year 9

More information of what will be offered can be found [here](#).

Year 11 and sixth form will also have the opportunity to engage with online safety training in the form of an online webinar. This will be accessible to these students for a four-week window to allow them to access the content without missing any curriculum time, given the upcoming exam season.

As well as student sessions, we will also be offering parents and carers the opportunity to watch a parental training session around online safety also. Further information on how to access this will be shared with parents and carers next week. We hope our parents, carers and students find this opportunity helpful in understanding how to best keep themselves and others safe online.





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.

- **Isabella Pieretti 13TDU:** Awarded for commitment to her studies and diligence and perseverance to academic pursuits.
- **Iustina Pasargic 11BRD:** Awarded for demonstrating a high level of resilience and determination to academic pursuits.
- **Macy Mcghan 12RSL, Firat Ozbek 12BJT and Nilsu Cosgun 12RCW:** Awarded for outstanding levels of professionalism, enthusiasm and engagement in the Taylor Wessing mentoring programme.
- **Aaliyah Lascelles 7WSW:** Awarded for representing Highlands School and the Deaf Resource base exceptionally well during our trip to the Globe Theatre.
- **Millie Huetson-Varnava 9BYC:** Awarded for showing an exceptional act of kindness towards a member of staff.
- **Andreas Thore-Lawrence 10BNI:** Awarded for taking time after school to help a younger student during homework club and made sure they thoroughly understood what they were doing before he left.
- **Moroni Cristovao 10BJC, Lucy Lord 10RNC, Elena Giudice 11BPL, Lydia Wright 11OMK, Leon Spalavic 7RJG, Marianne Smith 7WSW, Alina Siby 8BAM, James Lindsey 8BAM, Marika Daley 8BAM, India Barron 8BJF, Lucie Sadler 8BJF, Charlie Bell 8RBW, Ioanna Bello 8RBW, Amber Walford 8RCX, Leo Albrecht 8RCX, Liam Redmond 8RCX, Molly McGrath 8RCX, Elis Cristovao 9WCM, Rosie Baxter 8BAM, Selim Ozturk 7OJT, Thomas Chambers 8RCX, Victoria Salamanca 12WTA, Victoria Shaikh 8BAM, Will Campbell 11OGA, Xhorxhia Kuvertaris 8RCX, Zachary Ekkeshis 8RCX and Zayn Akhtar 8BJF:** Awarded for their performance and contribution in the live music assemblies.
- **Alexandra Drikou 10OKK, Moroni Cristovao 10BJC, Beth Crutchley 10RCB, Jessica Kerly 10RNC, Lucy Lord 10RNC, Naa Shidaa Quartey 10WTH, Elena Giudice 11BPL, Ceren Duruel 11OGA, Ella Mohan 11OGA, Mika King 11OGA, Darcey Burt 11OMK, Andrew Pishiris 11RKM, Chijindu Onukaogu 11RTS, Adrian Tumanya 11WER, Mattia Cirillo 12WBS, James Holly-Morrison 7WMT, Bibiana Edwards 8BJF, Jahan Jaques 8WNK, Adithya Das 9WCM, Elis Cristovao 9WCM, Ruben Brown 11RTS, Samuel Malaj 8OFD, Shelley Gulem 11RKM, Sita Maitland-Walker 7BLR, Theo Law 11WER, Tyanna Ferreira 8OSQ, Will Campbell 11OGA and Zayn Akhtar 8BJF:** Awarded for their performance in the GCSE recital evening.





Exploring the depths of medicine: NHS hospital work experience

A group of year 12 aspiring healthcare students were fortunate to take part in a unique opportunity during the spring break at Chase Farm hospital. As part of their placement, they had the rare privilege of witnessing open surgery firsthand.

For many, the mere thought of observing a surgical procedure evokes a mix of excitement and trepidation. However, for these students, the allure of gaining insight into the inner workings of the human body overshadowed any apprehension. Under the guidance of surgeons, the students observed as each step of the procedure unfolded, offering a glimpse into the complexities of modern medicine.

Beyond the surgical procedure itself, the students gained invaluable lessons and witnessed the importance of teamwork, communication, and adaptability in the face of uncertainty. Moreover, they gained a newfound sense of purpose and a deeper understanding of the profound impact they can have on the lives of others.

An amazing well done to these brave students:

Rhea Meta, Emelina Kourreta, Hala Glasgow, Salma Mohamed, Diamond Palmer, Selina Ramadan



September 2024 new year 7 intake - welcome BBQ





Year 11 yearbook and hoodie

We are working with Fizz-Yearbooks, the UK's premier supplier of yearbooks and personalised hoodies. It is sure to be a wonderful keepsake for the students to treasure throughout the rest of their lives.

All year 11 students now have the opportunity to purchase a yearbook and hoodie. The cost of a yearbook is £25 and the hoodie is £25, this should be purchased directly from the Fizz website .

Students will not be able to place orders after 21/04/24.

If you would like to place an order, please visit this [website](#) and use our unique code to make the order:



Our School Unique ID is: 25718YR11

All orders will be delivered directly to school for you to collect. We will announce the collection date in due course.

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.



Highlands book of the month - April

KS3: *The Princess Bride* by William Goldman

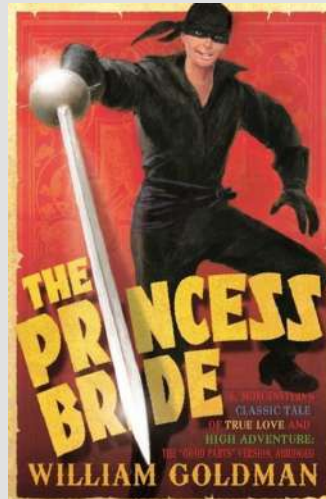
Beautiful, flaxen-haired Buttercup has fallen for Westley, the farm boy, and when he departs to make his fortune, she vows never to love another.

So, when she hears that his ship has been captured by the Dread Pirate Roberts (no survivors) her heart is broken. But her charms draw the attention of the relentless Prince Humperdinck who wants a wife and will go to any lengths to have Buttercup.

So starts a fairy tale like no other, of fencing, poison, true love, hate, revenge, giants, bad men, good men, snakes, spiders, chases, escapes, lies, truths, passion and miracles, and a damn fine story.

HIGHLANDS

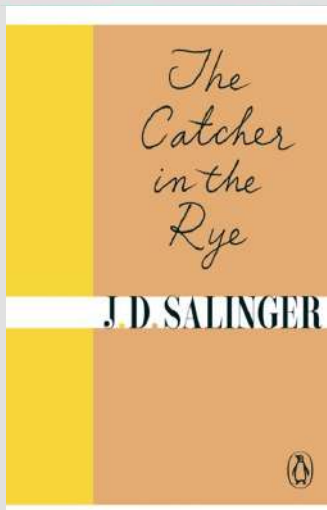
BOOK OF THE MONTH



Recommended read for KS3 from the library and English department

HIGHLANDS

BOOK OF THE MONTH



Recommended read for KS4 from the library and English department

KS4: *The Catcher in the Rye* by J D Salinger

The Catcher in the Rye is the ultimate novel for disaffected youth, but it's relevant to all ages. The story is told by Holden Caulfield, a seventeen-year-old dropout who has just been kicked out of his fourth school. Throughout, Holden dissects the 'phony' aspects of society, and the 'phonies' themselves: the headmaster whose affability depends on the wealth of the parents, his roommate who scores with girls using sickly-sweet affection. Lazy in style, full of slang and swear words, it's a novel whose interest and appeal comes from its observations rather than its plot intrigues (in conventional terms, there is hardly any plot at all). Salinger's style creates an effect of conversation, it is as though Holden is speaking to you personally, as though you too have seen through the pretences of the American Dream and are growing up unable to see the point of living in, or contributing to, the society around you. Written with the clarity of a boy leaving childhood, it deals with society, love, loss, and expectations without ever falling into the clutch of a cliché.



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

A green poster for a book exchange. It features a white apple logo in the top left corner. The main title 'HIGHLANDS BOOK EXCHANGE' is written in large, bold, white capital letters. Below the title, there is a white box containing text about the exchange. To the right of the text is a white line drawing of a stack of books. The background of the poster is a solid green color.



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!



The Brilliant Club summer school opportunities

There will be fully funded summer school opportunities for year 12 this summer.

There are two summer school opportunities:

1. Imperial Life Sciences Scholars - for students interested in studying Biology or Biochemistry at university. It will take place online from **29th July to 2nd August**. Further eligibility criteria can be found on [the application form linked here](#).
2. Imperial Chemistry Scholars - for students interested in studying Chemistry at university. It will take place online from **29th July to 2nd August**, with a funded trip to Imperial's South Kensington campus on 14th August. Further eligibility criteria can be found on [the application form linked here](#).

These summer schools focus on academic enrichment and university preparedness, and support the supra-curricular engagement that highly selective universities such as Imperial College London look for in student applications.

To apply, students should complete the application form as soon as possible and before the final deadline at **12pm on Thursday 2nd May**.

Dr Len





House competition weekly results

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

	Beech	Oak	Rowan	Willow
Positive	9,064	9,275	6,950	9,767
Negative	-809	-721	-769	-789
Total	8,255	8,554	6,181	8,978
Y11 Netball	2,000	3,000	4,000	1,000
Y7 Netball	2,000	4,000	3,000	1,000
Grand total	12,255	15,554	13,181	10,978

Here are the top students this week.

Top students in year 7:

Forename	Surname	Form	House	Points
Evie	Howlett	7WSW	W	63
Florence	Holyomes	7WSW	W	60
Klea	Kambo	7WSW	W	59
Ciara	Moore-Mcgowan	7WSW	W	58
Hannah	Gibbons	7WSW	W	57
Aariah	Udahemuka	7WSW	W	55
Asya	Sagiroglu	7WSW	W	55
Marianne	Smith	7WSW	W	54
Shaan	Seetul	7WSW	W	52
Inaya-Amor	Pearl-Heron	7WSW	W	52
Isabelle	Cooper-Fitzgerald	7WSW	W	50

Top students in year 8:

Forename	Surname	Form	House	Points
Anaiya	Dhaliwal	8WNK	W	73
Nea	Petritaj	8WNK	W	67
Sena	Oguz	8WNK	W	66
Abel	Kalaj	8WMP	W	61
Chloe	Shi	8WMP	W	58
Tishaan	Patel	8WMP	W	58
Annika	Trivedi	8WNK	W	58
Defne	Kaynaroglu	8WNK	W	58
James	Lindsey	8BAM	B	57
Sophie	Rooke	8WNK	W	57
Alexandra	Roszkowska	8WNK	W	57



Top students in year 9:

Forename	Surname	Form	House	Points
Duru	Ozkaya	9ODC	O	83
Estelle	Shopova	9BLM	B	80
Luke	Shearman	9ODC	O	76
George	Baker	9BYC	B	73
Enes	Turan	9ODC	O	71
Isabella	Savage	9OSM	O	71
Amelie	Manning	9OSM	O	71
Sakina	Putwa	9WJQ	W	71
Sebastian	Angelides	9OSM	O	69
Demetra	Kyriacou	9OSM	O	68

Top students in year 10:

Forename	Surname	Form	House	Points
Anastasia	Katz	10OAB	O	80
Evie	Whitbread	10WDD	W	70
Aleksander	Ivanov	10WDD	W	70
Elisia	Huetson-Varnava	10WDD	W	69
Mikael	Chaudhry	10OAB	O	67
Abby	Reay	10OAB	O	66
Jessica	Smyth	10WTH	W	66
Admir	Baloshi	10OAB	O	65
Liam	O'Connor	10WDD	W	65
Naa Shidaa	Quartey	10WTH	W	63

Top students in year 11:

Forename	Surname	Form	House	Points
Elena	Giudice	11BPL	B	45
William	Campbell	11OGA	O	36
Jack	Dicker	11WER	W	34
Benjamin	Gormley	11BPL	B	33
Nicholas	Kosta	11WER	W	30
Iris	Williams	11WER	W	29
Katie	Pedder	11WER	W	29
Sebastian	Berndes	11WER	W	28
Chijindu	Onukaogu	11RTS	R	24
Sophie	Bernasconi	11BPL	B	23
Shelley	Gulem	11RKM	R	23



Top students in year 12:

Forename	Surname	Form	House	Points
Katie	Brookman	12ODS	O	53
Charlie	Mills	12RSL	R	48
Ledia	Xhetani	12WTA	W	48
Alexia	Chrysostomou	12BHK	B	46
Maria	Salamanca	12WTA	W	31
Ilana	Tanwie	12OSB	O	16
Ahura	Sedaghat	12RSL	R	15
Anthony	Katz	12BHK	B	12
Isabel	Paine	12BHK	B	10
Eleanor	McHale	12BHK	B	10

Top students in year 13:

Forename	Surname	Form	House	Points
Isabella	Gormley	13ATH	W	24
Maria	Shikunta	13CRY	B	24
Rayaan	Kaderia	13ESM	O	24
Joshua	Jackson	13MTU	O	24
Jenna	Trautner	13TDU	B	14
Aisling	Brennan	13TDU	W	12
Victoria	Velez Manco	13JBA	W	10

Willow half term winners

Congratulations to Willow who were the half term champions of the house competition. They enjoyed a rewards celebration at break time on Thursday this week.

Will they hold on to their title and be crowned 2023-2024 house champions?





Highlands Pride Club

Sowing the Seeds of Inclusivity

Everyone is Welcome

Thursday
3:15 - 4 pm
A4

JPL WARRIORS

U14s Trials

2024/2025

Current school years 7s & 8s

Trials Every Thursday in April
Venue: Stepney Green 3G Astro
Time: 6pm - 7:30pm




WARRIORS

SCAN HERE



- 2 Year Guarantee
- Elite Pathway
- Personal Development Plan
- Yearly Football Tour
- Team Socials
- Home Games in East London

www.vickyparkrangersfc.com

TEAM ENFIELD

LONDON YOUTH GAMES

GIRLS FOOTBALL

TRIALS & TRAINING

TRIALS:
TUESDAY 30TH APRIL: 18:00-19:00
TUESDAY 7TH MAY: 18:00-19:00
VENUE: SOUTHBURY LEISURE CENTRE

TRAINING:
14TH, 21ST, 28TH MAY 18:00-19:00
TUESDAY 4TH JUNE 18:00-19:00
VENUE: SOUTHBURY LEISURE CENTRE

SCHOOL YEAR	AGE GROUP	OLDEST DOB	YOUNGEST DOB
YEAR 7 & 8	11 - 13 YEAR OLDS	01/09/2010	31/08/2012
YEAR 9 & 10	13 - 15 YEARS OLD	01/09/2008	31/08/2010

COMPETITION SUNDAY 9TH JUNE

TO REGISTER, PLEASE CONTACT:
SPORT@ENFIELD.GOV.UK

You must live or go to school in enfield to be eligible

BADMINTON TRIALS & TRAINING

LONDON YOUTH GAMES 2024

TRIALS:
FRIDAY 17TH MAY: 18:00-20:00

TRAINING:
24TH & 31ST MAY 18:00-20:00
7TH & 14TH JUNE 18:00-20:00

VENUE: THE DRILL HALL, 1 OLD PARK AVE

AGE GROUP	OLDEST DOB	YOUNGEST DOB
11 - 17 YEARS OLD	01/09/2006	31/08/2012

COMPETITION SUNDAY 16TH JUNE

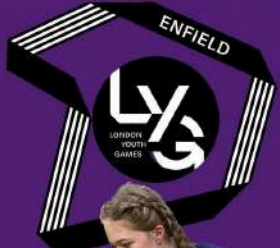



YOU MUST LIVE OR GO TO SCHOOL IN ENFIELD TO BE ELIGIBLE

To Register, please contact:
sport@enfield.gov.uk



Represent Enfield in the London Youth Games




TEAM ENFIELD HOCKEY

Under 14 Boys & Girls Teams

Open Trials
Saturday 27th April
Saturday 4th May

Southbury Leisure Centre
10:30-12:00
Register Here:



ENFIELD Council www.whehockey.com

Eligibility Criteria: Players must either live or go to school in Enfield, and be born on or after 01/09/2009. Note that players who already play at County, London Area or higher representative levels are NOT eligible to play in the London Youth Games.

Coaching and team management proudly provided by Winchmore Hill & Enfield HC



Wow

1 MASTERCLASS 2400 MINUTES OF NETBALL

104 YOUNG PLAYERS 39 NEW PLAYERS

4 HOLIDAY CAMPS 10 SATURDAY MORNINGS

SPRING 2024 **PIVOTAL NETBALL ACADEMY**

SUMMER NETBALL CAMPS

WED 29 MAY THUR 30 MAY	TUE 30 JULY WED 31 JULY THUR 1 AUG	THUR 29 AUG FRI 30 AUG
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07392 018 982 www.pivotalnetball.com

10am - 2pm
Reception to Year 10

Highlands School, Enfield N21 1QQ
£26 Early Bird* or £30 per day
(*when you book at least 1 week in advance)

10% SIBLING DISCOUNT



SUMMER SATURDAY NETBALL COACHING

Highlands School, Enfield N21 1QQ

9-9.55 Reception to Year 6
10-10.55 Year 7 to Year 10

£8 Early Bird* or £10 per class
(*when you book at least 48 hrs in advance)

BOOK A FREE TRIAL

20 APR	27 APR	4 MAY	11 MAY	18 MAY	25 MAY
8 JUN	15 JUN	22 JUN	29 JUN	6 JUL	13 JUL

PIVOTAL NETBALL ACADEMY 07392 018 982 www.pivotalnetball.com





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/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

#HighlandsAlumni

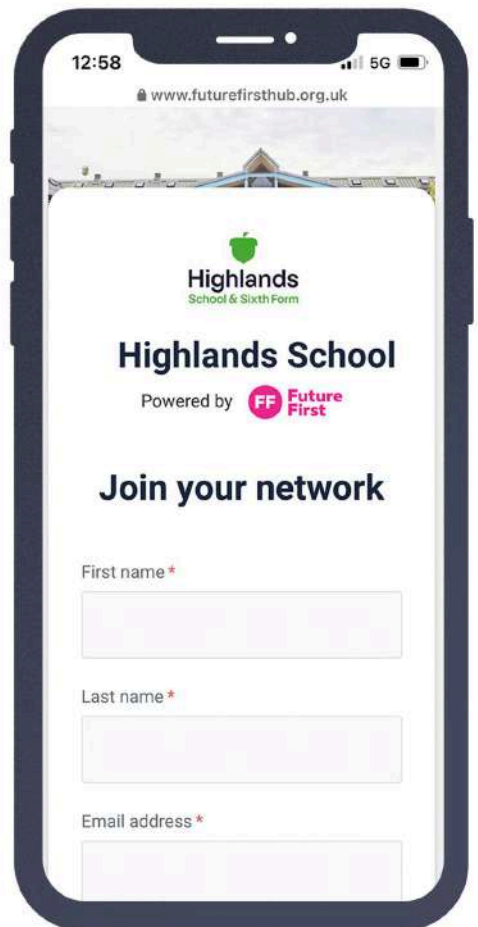


Former student?

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

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

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

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

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 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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