



Highlands School Newsletter

08 September 2023



Dear Parents and Carers,

Welcome to the first Friday school newsletter of the academic year. The newsletter is published every Friday and is the main way that we communicate with the school community. It contains announcements about events and important dates at school, and it celebrates the achievements of our students. Please take the time to read it each week.

This week our students returned to school in a phased return, with the normal school timetable commencing for all students on Wednesday. Our year 7 students have made a positive start as have the many new year 12s who joined us. Thank you to parents and families for making sure students arrived at school fully equipped and ready to learn. We held parent and carer information evenings for all year groups this week, thank you to those families who could join, we had about 500 families join us across the different evenings.

Thank you also to families for making sure students in years 7-10 have our new school uniform. They look great and we are proud to have a more environmentally friendly, non gendered, cheaper school uniform. I know some of you have not been able to buy items of uniform as the uniform shops have sold out; we understand stock will be replenished next week. Please note that as the weather will cool over the weekend, students will be required to wear their shirts and blazers next week. Polo shirts should be put away until next summer!

This week I met with the head students Isabella and Rayaan (pictured above) and deputy head student Josh (pictured later on in this newsletter). They will be helping with assemblies next week so they can meet our students and they will also be helping us at Open Evening later in the term. I look forward to working with them this year.



Dates for your diary this half term:

- Friday 22nd September: early finish for INSET (students dismissed 12:40pm)
- 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

Finally, please take a moment to follow us on our social media platforms:

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)

Have a great weekend,

Mr McInerney, Headteacher



Welcoming our new year 7s to Highlands School

We are thrilled to welcome the newest members of our school community to a new chapter of their academic journey. The first couple of days at Highlands have been nothing short of exciting, as our young learners embarked on a memorable induction experience.

Students explored the school premises through an engaging word hunt activity, made new friends through team building games, embraced the House system and discovered the importance of our DARE values (determination, aspiration, respect and equality). As we watched our year 7 students embrace these activities with enthusiasm and curiosity, it was evident that they are off to a fantastic start in their secondary school journey. Good luck year 7s, remember kindness is key and if you're unsure about anything at all, just ask!





Year 12 Sixth Form induction

Amidst the anticipation of our year 12 students starting their sixth form journey at Highland Sixth, an informative and welcoming induction day unfolded. The year 12 induction programme began with student expectations, learning the importance of autonomy, independence and aspirations and setting goals. We enjoyed welcoming back some of our year 11 Highlands students and also a large number of external students, which was great to see, as our community has expanded further.

Many familiar faces and newcomers enjoyed a pizza lunch where they could begin forging relationships, which reminded them that in addition to academic success, student bonds, support and shared experiences will enrich their sixth form journey.

Good luck year 12s and welcome to Highlands Sixth Form.



Head students

We are delighted to announce our deputy head and head students at Highland School for 2023 - 2024. Isabella Gormley and Rayaana Kaderia have been selected to play an integral part of our student leadership team as head students and Joshua Jackson will be this year's deputy head student. They will be supporting our school at important events and feed back issues and ideas on behalf of the students to our senior leadership team. Good luck Isabella, Rayaana and Joshua, we are looking forward to the impact you will make on our school this year.





Skills Builder - Bronze Award

We are pleased to announce that our Careers Programme has achieved a Skills Builder Bronze Award which puts Highlands School in a select group of schools and colleges who have demonstrated a commitment to building students' essential skills.

Thank you to parents and carers and students for regularly taking part in the homezone skills learning.

You can easily support your child to build their essential skills and identify where they already build their skills, so they can talk about their strengths with others. Look for opportunities to build essential skills together.

Access [Skills Builder Homezone](#) via our [Careers](#) site featured on the Parents and Carers support page - students can sign on using their @highlearn.uk emails.



Skills Builder
Bronze Award

Skills Builder
PARTNERSHIP

Skills Builder
Bronze Award
2023 - 26

Congratulations to
Highlands School

We're building the essential skills for success.

Tom Ravenscroft

Tom Ravenscroft,
Founder & CEO, Skills Builder Partnership
skillsbuilder.org

CAREERS



Year 12 observational drawings

Our year 12 students were diving deep into the world of natural forms this week, focusing on essential elements like line, mark-making, tone and experimenting on various grounds. It's great to see our sixth formers have begun their exploration of art and its true beauty.





School photographs

On Tuesday 12th and Wednesday 13th September our photographer will be coming into school to take all students' photographs, in the sports hall. Students will be informed when they should arrive at the sports hall for their session, and they will return to lessons straight after.

A proof of the individual photos will be sent directly to the school a week later, and parents will then have the chance to order these - full information on this will follow. Years 7 and 12 will have their photos printed onto their permanent student ID card that they wear on their lanyard.

Lost property

We currently have a lot of lost property from the summer term, including jewellery, coats, water bottles and footballs. A table with the lost property will be placed outside the main entrance doors at 3.15pm - 3.30pm on Friday 15th September.

Please ask your **child** to visit the table as they leave school if they have lost any items. Any unclaimed items will be donated to charity or disposed of on Friday 22nd September.

Highlands School is a nut free school!

Please note that Highlands School is a nut free school. Students should **not** bring in nuts or products containing nuts onto the school grounds.

Canteen prices

[Here](#) is the list of canteen prices from September 2023, from Chartwells, our catering provider.

Highlands School food menu

[Here](#) is this term's food menu from Chartwells caterers.

Highlands School sends its deepest condolences

Very sadly we heard recently of the passing of two of our ex students: Chris Grant who left Highlands in 2005, and George Casey who left Highlands in 2013. We extend our condolences and deepest sympathy to their families and all those in the local community who knew them.

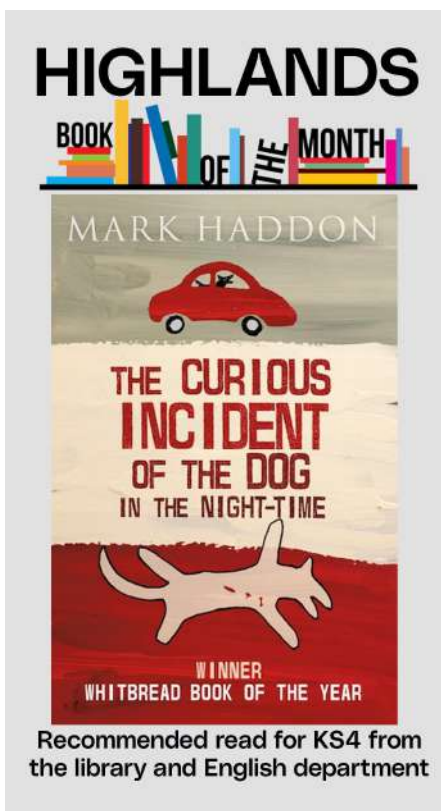
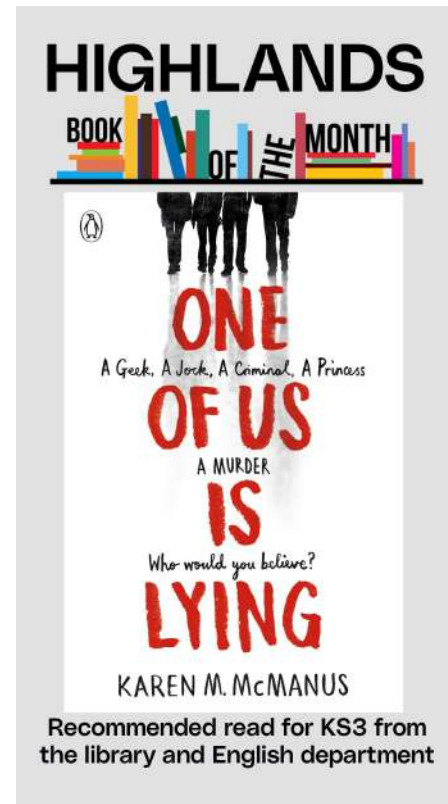


Highlands book of the month - September

KS3: One of us is lying by Karen M. McManus

Pay close attention and you might solve this. On Monday afternoon, five students at Bayview High walk into detention. Bronwyn, the brain, is Yale-bound and never breaks a rule. Addy, the beauty, is the picture-perfect homecoming princess. Nate, the criminal, is already on probation for dealing. Cooper, the athlete, is the all-star baseball pitcher. And Simon, the outcast, is the creator of Bayview High's notorious gossip app. Only, Simon never makes it out of that classroom. Before the end of detention Simon's dead. And according to investigators, his death wasn't an accident.

On Monday, he died. But on Tuesday, he'd planned to post juicy reveals about all four of his high-profile classmates, which makes all four of them suspects in his murder. Or are they the perfect patsies for a killer who's still on the loose? Everyone has secrets, right? What really matters is how far you would go to protect them.



KS4: The Curious Incident of the Dog by Mark Haddon

'Lots of things are mysteries. But that doesn't mean there isn't an answer to them'. This is Christopher's murder mystery story. There are also no lies in this story because Christopher can't tell lies. Christopher does not like strangers or the colours yellow or brown or being touched.

On the other hand, he knows all the countries in the world and their capital cities and every prime number up to 7507. When Christopher decides to find out who killed the neighbour's dog, his mystery story becomes more complicated than he could have ever predicted.



MEET THE
Deaf provision Team
AND
Learning Support Team

FOR PARENTS WITH SEND STUDENTS AT
HIGHLANDS SCHOOL

Coffee morning & **Afternoon tea**

Friday 22nd September	&	Friday 29th September
9am - 10am		3:30pm - 4:30pm
Staff room		Staff room

A great opportunity for parents and carers to meet the Learning Support Team as well as the Deaf Provision Team.

Twig Science reporter

Watch and subscribe to [Twig Science Reporter](#) - a free weekly science news service. Every week, Twig Science Reporter brings you a topical science episode to inspire school children to explore new possibilities through scientific inquiry and reasoning.




**BOYS
FOOTBALL TRIALS
2023/24**

Friday 15th September
3:15pm - 4:45pm

with Mr Avann, Mr Joseph, Mr Savvides, Mr Friend

What to bring?

- ✦ Highlands PE kit
- ✦ Shin pads
- ✦ Appropriate footwear for the surface your year group is playing on
- ✦ Water / non fizzy drink
- ✦ Any medical devices e.g. asthma pump
- ✦ No football club team shirts

How to sign up?

- ✦ Just show up
- ✦ Let your parents/carers know
- ✦ A register will be taken at the start of the trials

Year 7
on the 3G
Astroturf

Years 8, 9, 10
& 11
on the grass
field

Any questions please email
Mr Avann: avann@highlearn.uk

**GIRLS
FOOTBALL
TRIALS**



**TUESDAY 12TH SEPTEMBER
3:15PM - 4:30PM
ON THE ASTRO
FOR YEARS 7 - 13**

★ ALL ARE WELCOME ★



**GIRLS
NETBALL
TRIALS**

**THURSDAY
14TH SEPTEMBER
3:15PM - 4:30PM
ON THE COURTS
FOR YEARS 7 - 13**

ALL ARE WELCOME



**NEW SCHOOL YEAR,
NEW SPORT.**

**JOIN THE TEAM AND LEARN
MORE AT OLD GRAMMARIANS**

**COME AND GIVE RUGBY A TRY ON
SATURDAY 9TH SEPTEMBER 12-2
OPEN TO ALL GIRLS YEAR 7 AND ABOVE**

FOR MORE INFO OLDGUNICORNS@GMAIL.COM
07949038836

Allianz  INNER WARRIOR

180 GREEN DRAGON LANE
ENFIELD N21 1EP

 England
Rugby





The GCSE Summit 2023: A free online event for parents/carers and students

Following the success of the inaugural GCSE Summit last September, There is an exciting (and free) opportunity that will help prepare students and their parents/carers for the challenges that lie ahead.

The Parent Guide to GCSE has teamed up with experts from the education world such as Catherine Oldham from Eduqas, and Emily Hughes, author of 'The GCSE Survival Guide for Parents' to support year 10 and 11 students and their parents.

The free online event is on **Sunday 17th September from 2-6pm** and has information and tips on the biggest game-changers for students, as well as how parents/carers can best support their child.

Topics for students include:

- What really scores marks on GCSE papers.
- Unlocking your motivation.
- How to excel in English language.

Topics for parents/carers include:

- Are revision guides worth it?
- Protecting your teen's mental health through their GCSEs
- Future-proof decisions: How to avoid mistakes that could affect your child's future.

To book your free place on the event, you can register at: thegcsesummit.com/register



Help your teen
get **BETTER GRADES**
with **LESS STRESS**

Get your **FREE** family ticket at
thegcsesummit.com/register

17th September from 2pm, online



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

#HighlandsAlumni

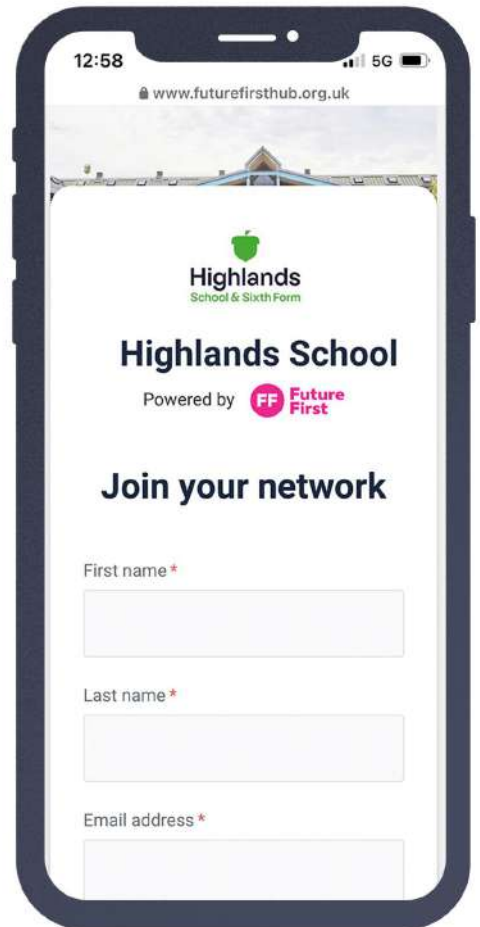


Former student?

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.

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

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
SHINE 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
London Support for Young People

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

Beat

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

kooth

Kooth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine



Safeguarding contacts

If you are concerned about your child's wellbeing or the wellbeing of any other student at Highlands School, please contact the school on 020 8370 1100 or email the DSL at staysafe@highlearn.uk. This email address can also be used for students, parents and carers to share any safeguarding concerns or to request support.

If you are concerned that a child has been harmed or is at risk of being harmed and school cannot be contacted, please contact Enfield Children's Multi-Agency Safeguarding Hub (MASH) on 020 8379 5555, and all the police on 999 straight away.

Helpful numbers and websites

Childline: 0800 1111

NSPCC helpline: 0808 800 5000

The police: (if you are in danger): 999

LGBT switchboard: 0300 330 0630

Kooth: www.kooth.com - support service for students wellbeing

Multi Agency Safeguarding Hub: 0300 500 80 90

Barnardos: 0800 008 7005

Talk to someone....

- if you feel upset or worried about anything at all (even if you think it is not important)
- if you feel anxious or unable to cope
- if someone has hurt you physically, emotionally or mentally
- if you feel upset or worried about anything at all (even if you think it is not important)
- if you feel worried about someone at home
- if you are being threatened or forced to do things
- if someone has done something to you without your consent
- if you feel unsafe in school, at home or on the streets
- about anything else worrying you

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

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