



Highlands School Newsletter

26 January 2024



Dear parents and carers,

As even this week there have been a range of exciting events and activities both in and out of school that our students have been taking part in. Our year 7s have had a very successful week with the girls' netball teams winning and the girls winning the sportshall athletics competition, they will now go on to the London final. Well done to all of them!

It has been some time since I have written to parents and carers and asked them to remind their children of our behaviour expectations at school but I am doing so this week. Over the past six years we have seen a steady improvement in behaviour at Highlands and, now, the behaviour of our students is generally excellent. Incidents of serious poor behaviour are very rare. However, in the past week or so there has been an unusually high number of call outs from lessons for disruption to learning, particularly in year 11, and groups of students behaving in a rowdy manner, particularly in year 10. The governors and I have a steadfast commitment to making sure that all students at Highlands can learn and socialise in a calm and undisruptive environment and, although we prioritise prevention over sanction, students who disrupt the learning of others or behave in an appropriate manner will be sanctioned in line with the school's behaviour policy and may put their place at our school at risk. Highlands is a fantastic school and we want students with us who are kind, courteous and make a positive contribution to the life of the school and to the wider school community. Please emphasise this to your children.



A reminder of important dates for your diaries:

- Wednesday 7th February: year 8 and 9 option evening
- Thursday 8th February: late start for all students following option evening
- Friday 9th February: end of spring 1 half term
- Monday 19th February: start of spring 2 half term
- Friday 8th March: HPFA quiz night

Have a great weekend,
Mr McInerney, Headteacher

Highlands student Mathis earns call-up to England U15 training camp

Highlands student Mathis Eboue and one of Watford FC's promising young football talents has been called up by the Under 15 National England football team to attend a training camp. The talented footballer's exceptional skills and dedication to the sport have not gone unnoticed, earning him a chance to showcase his abilities on the international stage.

Go Mathis! What an amazing achievement, we are all rooting for your success!



Photo taken from Watford FC Academy



Year 7 and 8 netball

Well done to the year 7 and 8 netball teams who both beat Winchmore on Monday. Year 7 won 13 -3 with some good shooting and circle play from Amelie and solid defence from Orla earning them the shared accolade of player of the match.

The year 8 team also convincingly beat Winchmore 19-5. They played some strong netball particularly in the attacking third with some accurate shooting from Leah and Anaiyah. Well done girls.

Mrs Walters



Year 7 sportshall athletics success

On Thursday the year 7 sportshall athletics team competed in a competition against other Enfield schools. They produced some excellent jumps and throws in the field events and lots of 1st and 2nd places in the track events.

Overall our year 7 boys team finished an impressive 2nd losing out on 1st place by only 3 points. The year 7 girls team were the overall winners of their competition and will represent Enfield at the London Youth games in February. A huge congratulations to the whole team, we are very proud of you all.



Mrs Walters & Mr Robson



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.

- **Joshua Bagulay 12RSL, Emre Arsu 12WTA, Archie Perkins 13MTU, Du Xiaoxia Hardyman-Rice 11RKM, Milena Parente 11RTS, Daisy Warner 11RKM, Elena Giudice 11BPL and Millie Kataria 11RKM:** Awarded for their excellent contribution and presentation in the options assembly.
- **Peter Pieretti 12OSB:** Awarded for fathering all the sixth formers to victory in the inter house football competition. For forming the boys and girls teams and winning the boys competition.





Trip to Canterbury Cathedral

On Monday 22nd, both English Literature A level classes were taken on a 'pilgrimage' to the captivating Canterbury Cathedral to assist us in unravelling the layers of Geoffrey Chaucer's timeless masterpiece, "The Wife of Bath's Prologue and Tale," which we are currently studying during our lessons.

Our expedition began with an insightful guided tour, which provided a comprehensive overview of the cathedral's history and its significance as a pilgrimage site. Our guide expertly navigated us through the intricate details of Chaucer's narrative, shedding light on the character of the Wife of Bath and the underlying themes of power, love, and the role of women in mediaeval society.

Standing in the presence of the shrine of Saint Thomas Becket, a central figure in Chaucer's tales, we couldn't help but feel a profound connection to the literary pilgrimage undertaken by the characters in "The Canterbury Tales." The cathedral's grandeur provided a backdrop that amplified the resonance of Chaucer's words and transported us into the heart of mediaeval England.

The visit to Canterbury Cathedral served as a bridge between the pages of Chaucer's work and the tangible, historical landscape that inspired it. It was an opportunity to not only expand our knowledge of "The Wife of Bath's Tale" but also to appreciate the enduring impact of literature on shaping our understanding of the past.

Well done to all students who attended for their impeccable behaviour.

Mrs Selim and Mr Duce





HPFA Quiz night

SAVE THE DATE: FRIDAY 8TH MARCH - HPFA QUIZ NIGHT - QUIZMASTER MR MCINERNEY!

The HPFA is excited to host a quiz night on Friday 8th March. Our very own headteacher, Mr McInerney will be the quizmaster for the evening!

The evening will no doubt prove to be a fun, family-friendly, competitive event! Tickets are now available on ParentPay, see below for details. Please encourage your friends and families to come along for a fun evening. The HPFA would also be very grateful if you have any donations for the raffle.

HPFA

A vibrant poster for a quiz night event. The background is dark blue with a white border. At the top, it says 'HIGHLANDS PARENTS & FRIENDS ASSOCIATION PRESENTS'. The main title 'QUIZ NIGHT' is in large, stylized letters, with 'QUIZ' in white and 'NIGHT' in orange. Below the title, a teal banner reads '8 MARCH'. Underneath, the time '6:30PM - 9PM' is displayed. Ticket prices are listed: '£12 ADULTS', '£10 CHILDREN', and '£40 FAMILY OF 4'. A note states 'TICKET PRICE INCLUDES A PLOUGHMAN BUFFET' and 'TICKETS ARE AVAILABLE NOW ON PARENTPAY'. At the bottom, a white box contains the text 'QUIZMASTER MR MCINERNEY'. The poster is decorated with various icons including apples and a shield.

HIGHLANDS PARENTS & FRIENDS ASSOCIATION PRESENTS

QUIZ NIGHT

8 MARCH

6:30PM - 9PM

£12 ADULTS
£10 CHILDREN
£40 FAMILY OF 4

TICKET PRICE INCLUDES A PLOUGHMAN BUFFET
TICKETS ARE AVAILABLE NOW ON PARENTPAY

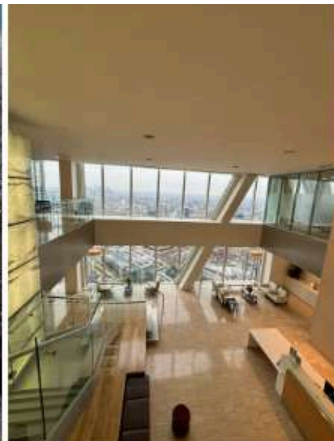
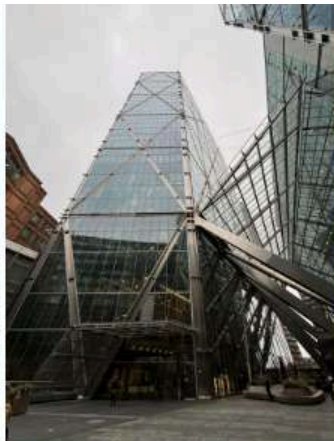
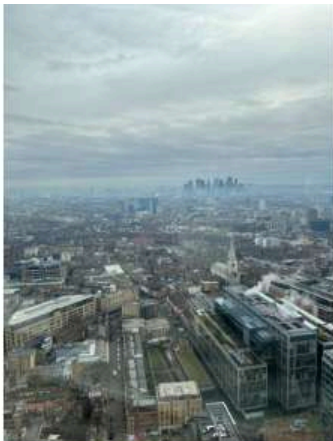
QUIZMASTER MR MCINERNEY



Insight day with international leading law firm ReedSmith

Year 12 students Firat Ozbek and Nehemie Mbidi successfully gained the opportunity to spend the day at a top law firm Reed Smith LLP. The day consisted of a series of sessions, including an introduction to law and information on the firm, panel discussions with experienced lawyers and business staff and practical careers advice for young people who want to kick start their career in the industry. Reed Smith commented on Firat and Nehemie as being enthusiastic and open minded individuals.

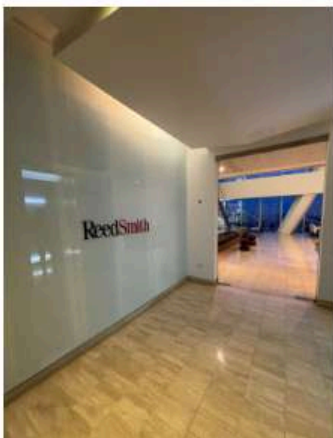
Mrs Laurenzi



Firat Ozbek



Nehemie Mbidi



ReedSmith

"My experience at Reed Smith was transformative and enlightening. I gained a lot of information in progressing to my next steps and the pathway I will proceed with for my future career. Engaging in a professional environment with industry professionals of the legal sector through the use of interactive sessions deepened my understanding on certain subjects I was previously unsure of within this field. This will help me with the choices I will make for the foreseeable future."

- Firat Ozbek



Bentley motors insight day

Bentley Motors, the luxury car manufacturer is embracing digital alternatives to the traditional “hands-on” work experience by offering 500 placements over the academic year for students across the UK which aims to encourage more girls and students from ethnic minorities to consider careers in the automotive industry.

This week year 10 student, Tailizandra Blana, who was inspired by a current year 12 student having gained a placement at Bentleys last year, also applied which consisted of completing three main questions based on personality, creativity and passion, leading to successfully taking part in the insight programme.

It was an eventful day, learning about the history of Bentley as a British company, vehicle production, consumer markets, profits, employee satisfaction, strategic planning for the future whereby all of their cars will be hybrid by 2026 and fully electrification by 2030. Tailizandra also got to hear from current employers, graduates and apprentices from different departments with the opportunity to ask them questions.

“I learnt a lot about the company, including the recruitment process on how to make a strong application, write a winning C.V and interview techniques and I also had the chance to work in teams led by an employee, where we were given scenarios to develop decision making, communication and collaboration skills.”

- Tailizandra Blana



Well done to Tailizandra for being one of the youngest students to apply for the insight day which is a fine example of how it’s never too early to start career planning.

Mrs Laurenzi



SPEAKERS
for schools



Young Professionals Black leaders of the Future

We were informed that places were limited for this in-person event, but luckily year 12 student Macy Mcghan made a great application in time to successfully secure a spot to attend the Vue Cinema Leicester Square London, following her already successful work insight for a global law firm on the same day!

The evening celebrated diversity and young black talent with an impressive line of employees from 'Big 4' constituent Accounting and Professional Services firm PwC, American media company Bloomberg, Legal & General, a British multinational financial services and asset management company as well as Law giants Linklaters, World Wide Technology and airline company TUI. Those attending got to hear a series of panel discussions, keynote presentations from senior black leaders and lots of networking opportunities.

A huge well done to Macy who has also applied to be an ambassador for Young Professionals following this event.

Mrs Laurenzi

"The event provided valuable insights into the various apprenticeship programmes, and I gained a deeper understanding of the multiple routes that can be taken to become successful in the business and finance sectors. Additionally, the event emphasised the importance of being proactive to ensure professional development."



- Macy Mcghan





Felicia Pinto (Head of Regulatory Affairs, Sanofi) talk

We are thrilled to share with you the highlights of a recent presentation by Felicia Pinto (Highlands Governor and parent), the Head of Regulatory Affairs for Sanofi, one of the leading global pharmaceutical companies. Felicia's engaging talk provided valuable insights into the dynamic world of pharmaceutical innovation and regulatory affairs.



As the Head of Regulatory Affairs, Felicia plays a crucial role in ensuring the safety, efficacy, and adherence to regulations for Sanofi's innovative medicines.

During the presentation, Felicia shared her remarkable career journey, providing a behind-the-scenes look at the challenges and triumphs encountered along the way. Year 11 and 12 pupils gained valuable insights into her passion for development and the pivotal role played by regulatory affairs in delivering innovative healthcare solutions to patients worldwide.

The interactive session allowed attendees to delve deeper into Felicia's experiences, offering a unique opportunity to learn from a seasoned professional in the pharmaceutical industry. The event showcased Felicia's commitment to transforming scientific innovation into tangible healthcare solutions and highlighted the collaborative efforts required to bring groundbreaking medicines to patients.

We extend our gratitude to Felicia for sharing her expertise and experiences, and we look forward to future opportunities to engage with parents within our school who work or have experience in the STEM sector to come in and share their experiences with our eager pupils! If this is something you would like to do please email Dr Len (STEM leader - lena@highlearn.uk) or Ms Laurenzi (Careers leader - laurenzis@highlearn.uk).





Reusable water bottle survey and competition

Since last term a group of year 9 students have been actively taking part in a Social Enterprise project.

As part of this project in collaboration with Highlands Environmental Council students they have decided to introduce a reusable water bottle campaign, to coincide with the Refill London Scheme.

To get this project fulfilled, the Social Enterprise group will also be pitching their idea to a team of local entrepreneurs and be recognised for the innovative work in our school.

ALL students are to complete a Google form survey to gather insights on preferences and habits regarding reusable water bottles, which will be assigned to the Google Classroom. Students have also been invited to design the graphics for the reusable bottle.

This is a whole school effort, but the House with the most participants will be awarded with extra achievement points and everyone's participation is crucial in helping us understand and promote sustainable choices at school.

ALL students can complete the form using this [link](#).

If you want to design the graphics for the reusable bottle shown below, email your design to careers@highlearn.uk or hand in your design to the careers office in the sixth form area.

Deadline: Monday 19th February.

Best of Luck!

Mrs Laurenzi





Extracurricular timetable 2023-2024

Monday	Tuesday	Wednesday	Thursday	Friday
Club: Debating Club Venue: H6 Time: 3:15 - 4:15 Years: 7-11 Teacher: Mr Islam, Ms Farr	Club: History Club Venue: H9 Time: 3:15 - 4:15 Years: 7-13 Teacher: Ms Duffmasters	Year 7 & 8 Ed Extra Program Period 5 2:10 - 3:15 (Year 7 & 8 only)	Club: Pride Club (Week A) Venue: A4 Time: 3:15 - 4:15 Years: 7-9 Only Teacher: Ms Brandon	Club: Career Cafe Venue: SF02 Time: 12:40 - 1:10 Year: 11 Teacher: Mrs Laurenzi
Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: SEN pupils only Teacher: Miss Rattan, Mrs Warren, Miss Patel	Club: GCSE Art & A Level Art & Photography Catch Up Venue: Art Rooms Time: 3:15 - 5:00 Year: 10-13 Teacher: Ms McCalmont, Ms Brandon, Mrs Chrysostomou		Club: Pride Club (Week B) Venue: A4 Time: 3:15 - 4:15 Years: 10-13 Only Teacher: Ms Brandon	Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: SEN pupils only Teacher: Miss Rattan, Mrs Warren, Miss Patel
Club: GCSE Textiles Catch Up Club Venue: T4 Time: 3:15 - 4:00 Year: 10-11 Teacher: Mrs Trela	Club: D&D Club Venue: A5 Time: 3:15 - 4:30 Years: 7-13 Teacher: Mr Godwin		Club: GCSE Textiles Catch Up Club Venue: T4 Time: 3:15 - 4:00 Year: 10-11 Teacher: Mrs Trela	
Club: BTEC Media Studies Catch Up Club Venue: MM6 Time: 3:15 - 4:00 Year: 10-13 Teacher: Mr Groves, Mr Qureshi	Club: GCSE Textiles Catch Up Club Venue: T4 Time: 3:15 - 4:00 Year: 10-11 Teacher: Mrs Trela		Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: SEN pupils only Teacher: Miss Rattan, Mrs Warren, Miss Patel	
	Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: SEN pupils only Teacher: Miss Rattan, Mrs Warren, Miss Patel		Club: Economics Club Venue: E1 Time: 3:15-4:00 Year: 7-8 Teacher: Miss Ryoo	
			Club: GCSE Art & A Level Art Catch Up Venue: Art Rooms Time: 3:15 - 5:00 Year: 10-13 Teacher: Ms McCalmont, Mrs Chrysostomou	

PE extracurricular timetable

PE Clubs programme 2023-24 (8th January - Friday 9th February)			
Monday	Tuesday	Thursday	Friday
Netball Year 7 Mrs Walters, Miss Berrill 3:15 - 4:30	Boys Basketball Years 8,9 Mr Robson Sports Hall 3:15 - 4:30	Girls Basketball Years 8,9,10 Mr Robson Sports Hall 3:15 - 4:30	Handball (GCSE) Years 10,11 Mr Avann/ Mr Joseph Sports Hall 3:15 - 4:30
A Level PE Club Year 13 SL6 Mr Avann 3:15 - 4:00			



How to join a PE club

- Meet after school at the PE changing rooms.
- You must wear your Highlands PE kit to take part.
- If you do not have a PE, dance or drama lesson on the day of your club then you must wear your school uniform to school and then get changed after school in the changing rooms.
- Bring any medical devices e.g. asthma pump with you.
- All clubs are for all students in the year groups stated. Year groups and clubs will change each half term.
- Inform your parents/carers that you are attending a club and your finishing time at school will be later (4:00 or 4:30 depending on the club).
- Basketball club with Mr Robson is limited to 30 spaces. The list of students who are on the registers for this half term are on the PE noticeboard and Google Classroom pages.

DARE Days - Thursday 28th and Friday 29th June

This summer's DARE Days are on Thursday 28th and Friday 29th June. The following educational and exciting trips have been planned for each year group.

Year Group	Trips
Year 7	<ol style="list-style-type: none"> 1. London Zoo 2. Workshop by Platinum Academy of Performing Arts (on site)
Year 8	<ol style="list-style-type: none"> 1. Art trip to the V&A museum 2. Wise Up - Hub challenge (on site)
Year 9	<ol style="list-style-type: none"> 1. Trip to the Centre for Experimental Military Archaeology 2. Design and technology workshop (on site)
Year 10	<ol style="list-style-type: none"> 1. Go Ape team building (Alexandra Palace) 2. Employability masterclass (on site)
Year 11	Exams
Year 12	<ol style="list-style-type: none"> 1. Post 19 workshops (on site) 2. Wise-Up, apprentice themed activity day (on site)
Year 13	Exams



Lost property

We currently have a lot of lost property, including jewellery, coats, water bottles and unnamed uniform items. Please ask your child to come to the office next week if they have lost any items. Any unclaimed items from Autumn term will be donated to charity or disposed of at the end of next week.

Scholastic Book Fair

NEWSFLASH: The Scholastic Book Fair is about to sweep through Highlands School, bringing with it a whirlwind of literary excitement! From 2nd February - 7th February, our school will transform into a haven for book enthusiasts, all in celebration of the impending World Book Day.

More details will follow just a day or two before the fair takes centre stage. Be prepared for a sneak peek into the enchanting world of books and receive step-by-step instructions on how your child can purchase a book. Get ready....





HIGHLANDS SCHOOL

Congratulations to the students who have earned a £5 book voucher! This reward can be redeemed at the upcoming Scholastic Book Fair in the Library, taking place from February 2nd to February 7th. These students are being recognised for their outstanding enthusiasm and eagerness for reading. Great job!

Betsey Coneywood Yr 7
Era Halili Yr 9
Charlie Gill Yr 8

Sportswashing - Ethical issue in elite sports questionnaire

Former Highlands student Ian Acquaye is working on his dissertation for his BA Accounting and Finance SW degree. His research project will explore the ethical issues within global elite sports, especially when a nation uses sports to enhance their image, a term also known as sportswashing.

He would like volunteers to participate in this research project. If you are interested in participating please click [here](#) to view the questionnaire.

Many thanks for your support.



Holocaust Memorial Day - 27th January 2024

This week at Highlands, students learned the importance of Holocaust Memorial Day, why it is celebrated on the 27th January and what we, as a school community can do to help prevent discrimination of any kind in our society. You can read our special feature newsletter on Holocaust Memorial Day [here](#).



**HOLOCAUST
MEMORIAL
DAY TRUST**



English glossary for year 7 students

Ms Tay's class 7OJT have been very busy putting together a wonderful glossary of words from their form time reading book 'Scavengers'.

Every Friday, Ms Tay gives her class a list of words from what they have read that week. They are then tasked to find the definition and come up with a sentence using that word. This has been a fantastic way to help widen their vocabulary.

All students have been great with keeping up with their vocabulary list, many of which have been rewarded with praise postcards. Here's a shout-out to 7OJT for their brilliant work.

Here are some of their entries.

Word	Definition	Sentence
Agitated	annoyed	She was slowly getting agitated.
Stalactites	icicle-shaped formation found in caves	"A stalactite almost poked my eye out James!"
Straddling	sit or stand with one leg on either side	Why is the dog straddling...?"
Haunches	a buttock and thigh considered together	Tanya has a haunch
Brimming	overflowing	Her eyes brimmed with tears
Phlegm	thick viscous substance	The body was brimming with phlegm

word	definition	Sentence
Phlegmy	Mucus	girl The boy had a lot of phlegm
Impish	slightly naughty things for fun	Hannah has always been impish
Lingering	lasting for a long time slow to end	Hannah's phone was lingering.
Scrutinized	examine or inspect closely	The woman's suitcase had to be scrutinized thoroughly.
The devil make mischief	If you have nothing to do, you will start causing mischief.	The boy put a candle on top of the door and when the teacher walked by...
Sullenly	morosely	She turned her back to him and stared sullenly out of the window

Word	Definition	Sentence
Pocks	A small swelling in the skin (a pimple)	He knew his pocks would leave a scar.
Spry	Active or lively	He continued to look spry through his jog.
Debris	Scattered pieces of rubbish.	There was debris everywhere.
Agitated	Feeling / appearing troubled, nervous.	"There's no point getting agitated."
Stalactites	A hanging icicle hanging from the top of a cave.	The stalactites hang from the cave.
Straddling	Sit on something with one leg on each side	She straddled the horse.

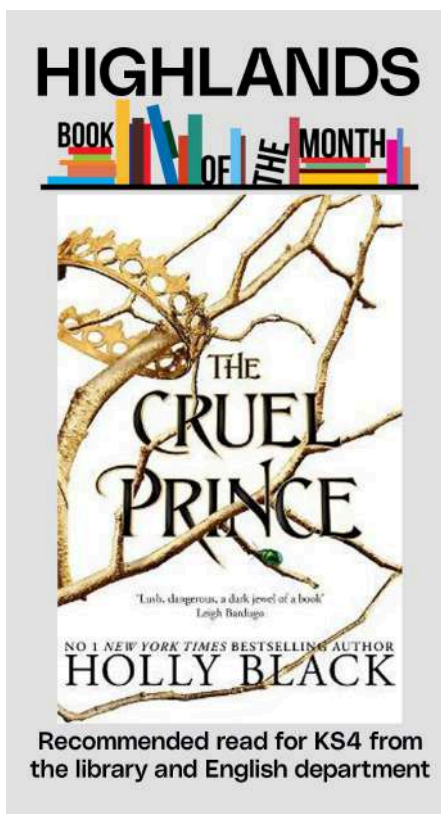
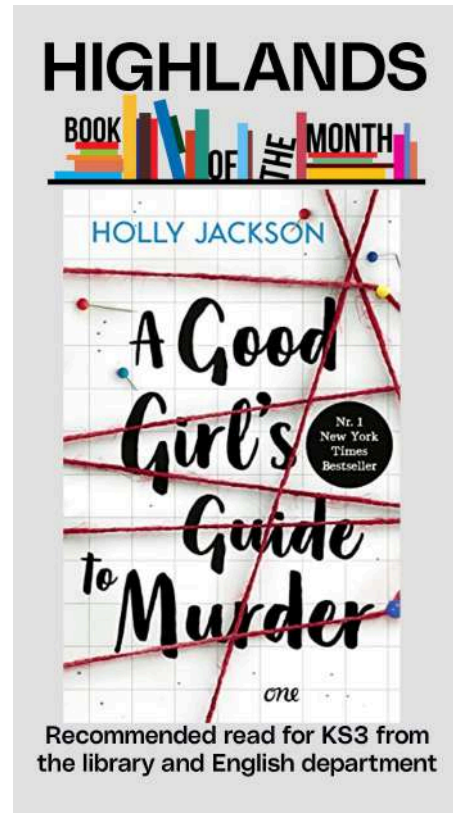


Highlands book of the month - January

KS3: *A Good Girl's Guide to Murder* by Holly Jackson

The case is closed. Five years ago, schoolgirl Andie Bell was murdered by Sal Singh. The police know he did it. Everyone in town knows he did it. Almost everyone.

Having grown up in the small town that was consumed by the crime, Pippa Fitz-Amobi chooses the case as the topic for her final project. But when Pip starts uncovering secrets that someone in town desperately wants to stay hidden, what starts out as a project begins to become Pip's dangerous reality.



KS4: *The Cruel Prince* by Holly Black

One terrible morning, Jude and her sisters see their parents murdered in front of them. The terrifying assassin abducts all three girls to the world of Faerie, where Jude is installed in the royal court but mocked and tormented by the Faerie royalty for being mortal.

As Jude grows older, she realises that she will need to take part in the dangerous deceptions of the fey to ever truly belong. But the stairway to power is fraught with shadows and betrayal. And looming over all is the infuriating, arrogant and charismatic Prince Cardan.



JOIN TEAM ENFIELD



SATURDAY 20TH APRIL 2024

FOR THE LONDON MINI MARATHON

**LOOKING FOR RUNNERS IN
SCHOOL YEARS 7 - 12**

EMAIL

SPORT@ENFIELD.GOV.UK

**TO ENTER OR SCAN HERE
FOR MORE INFO**



Does your child
find it difficult
to attend school
for emotional
reasons?



**Join the Educational
Psychology Service at a
online two-part workshop
for parents and carers.**

We will:

- ▶ Learn more about anxiety
- ▶ Explore what feels helpful for your child and family
- ▶ Discuss working together with schools to help young people attend
- ▶ Share your thoughts and ideas with each other
- ▶ Identify what help and support are available
- ▶ Connect with other parents and carers with similar concerns
- ▶ Consider how we can look after ourselves when things are hard



SESSION 1
Tuesday 5 March
1.30pm-2.30pm

SESSION 2
Thursday 21 March
1.30pm-2.30pm

[Sign up here](#)

For more information, please email
eps@enfield.gov.uk

www.enfield.gov.uk





House competition weekly results

This week's overall house winner: **highest number of achievement points minus concern codes**. Well done Beech!

This Week	Beech	Oak	Rowan	Willow
Positive Points	5,019	4,249	4,235	4,595
Negative points	-509	-466	-393	-468
Points overall	4,510	3,783	3,842	4,127

Top students in year 7:

Forename	Surname	Form	House	Points
Klea	Kambo	7WSW	W	36
David	Kwarciak	7WSW	W	32
Liam	Wood	7WSW	W	31
Nefes	Atas	7BLR	B	28
Evani	Page-Jayaraman	7WSW	W	28
Florence	Holyomes	7WSW	W	24
Isabella	Smith	7BEF	B	23
Aariah	Udahemuka	7WSW	W	23
Chloe	Hobley	7BEF	B	22
Eda	Cetin	7BLR	B	22

Top students in year 8:

Forename	Surname	Form	House	Points
Meliz	Hassan	8WMP	W	40
Mert	Ozdengiz	8WMP	W	39
Tishaan	Patel	8WMP	W	37
Annika	Trivedi	8WNK	W	36
Marcus	Marfici	8WMP	W	35
Siena	Jugurnauth	8WMP	W	35
Diana	Derakhshan	8WMP	W	34
Abel	Kalaj	8WMP	W	34
Hayrullah	Ozdemir	8WMP	W	33
Gabriella	Michaelides	8WMP	W	32



Top students in year 9:

Forename	Surname	Form	House	Points
Nathan	Mazele	9BYC	B	50
Liya	Ali	9BLM	B	49
Ayse	Carmanbar	9BLM	B	48
Ina	Varbanova	9BYC	B	46
Gabrielle	Russell	9BYC	B	46
Jayden	Kelly	9WJQ	W	46
James	Cooper-Dobson	9BYC	B	44
Julia	Roszkowska	9BYC	B	41
Adem	Bimici	9BLM	B	40
Sadie	Baker	9BYC	B	39
Joseph	Smyth	9BYC	B	39

Top students in year 10:

Forename	Surname	Form	House	Points
Harrison	Sykes	10RCB	R	50
Abby	Reay	10OAB	O	46
Kenzie	Wejszko	10OAB	O	41
Kwadwo	Boakye	10OAB	O	40
Shekhinah	Gitu	10BJC	B	37
Imogen	Ganvir	10BJC	B	36
Matthew	Panayiotou	10OAB	O	36
Paula	Shehu	10BJC	B	35
Nellie	Eaves Baker	10OAB	O	35
Megan	Faulkner	10OAB	O	35

Top students in year 11:

Forename	Surname	Form	House	Points
Benjamin	Gormley	11BPL	B	29
Sophie	Bernasconi	11BPL	B	25
Rakibe	Halili	11BRD	B	25
Zehra	Turan	11OGA	O	25
Nidha	Raja	11WER	W	24
Yashraj	Singh	11BRD	B	21
Gracie Mae	Ticehurst	11OGA	O	20
Caitlin	Morgan	11RKM	R	20
Theo-Jay	Coleman	11RKM	R	20
Lola	Matthews	11WER	W	20



Top students in year 12:

Forename	Surname	Form	House	Points
Charlie	Mills	12RSL	R	22
Alexia	Chrysostomou	12BHK	B	18
Katie	Brookman	12ODS	O	18
Ahura	Sedaghat	12RSL	R	16
Ledia	Xhetani	12WTA	W	14
Lorena	Kransniqi	12BJT	B	12
Nehemie	Mbidi	12ODS	W	12
Peter	Pieretti	12OSB	O	10
Sila	Usta	12RSL	R	10
Eleanor	McHale	12BHK	B	9
Alexander	Griffith	12WTA	W	9

Top students in year 13:

Forename	Surname	Form	House	Points
Laurence	O'Mahoney	13ESM	W	6
Thomas	Johnston	13ESM	R	6
Jude	Aspland	13TDU	R	6
Tallulah	Barron	13TDU	W	6
Max	Brewerton	13TDU	R	6
Sophia	Weston	13TDU	O	6
Sam	Ross	13TDU	W	6
Richard	Mincenko	13TDU	W	6
Luke	Elborn	13TDU	O	6
Emma	Gannon	13TDU	W	6
Josef	Maruszczyk	13TDU	O	6



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



Diarrhoea & Vomiting

Every year lots of children, in schools and nurseries, suffer from diarrhoea and vomiting. This is normally caused by a virus. Symptoms begin one to two days after a child becomes infected and the illness usually lasts between one and three days.

Your child may experience the following symptoms:

- Vomiting (often sudden in onset) and / or diarrhoea.
- Tiredness
- Fever
- Nausea (feeling sick)
- Aching muscles
- Stomach pain
- Headache

If your child has diarrhoea and / or vomiting, your child should stay at home and get plenty of rest.

Give your child lots of fluids to avoid dehydration. You can give your child water or squash. Encourage your child to take small sips if they are feeling sick.

Your child can eat when they feel able to. They do not need to avoid eating.

Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

Avoid contact with other people until they feel better.

Good hygiene stops infections from spreading. Teach and encourage your child to wash their hands regularly for at least 20 seconds.

If at any point you are worried about your child, you can get further advice from your GP or NHS 111.



Highlands School Alumni

As a school, we want to reconnect with our former students so that we can keep in touch and let them know about volunteering opportunities that will benefit our current students. We want to show them the variety of pathways available to them after leaving Highlands School, and who better to showcase this information, than former students!

We are working with education charity Future First to set this up, and all you need to do to get involved is sign up here: [Highlands School Alumni](https://www.futurefirsthub.org.uk) or alternatively scan the QR code below.

More information is on our [website](#) and if you have any questions please contact our Alumni Programme Manager at Future First: Tara Human – tara.human@futurefirst.org.uk

#HighlandsAlumni

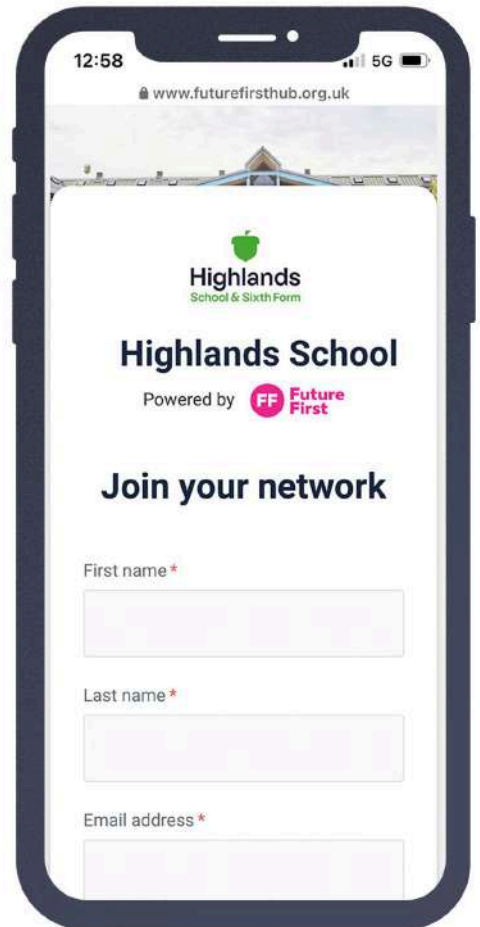


Former student?

Return to Highlands School to inform our current students about what life beyond school is really like.

Sign up to our former student network to receive news, updates and invites to events.

Once you're signed up there is no obligation to volunteer, you can get involved around your availability.





Student medical needs

If your child needs to take regular medication in school, please fill out the following [Medicines Consent Form](#) to give the school consent to administer medication to your child. All medications that are kept in school must be stored in the medical room. We recently sent out a [medical and allergy survey](#) to all parents - thank you to all those who have completed this - if you haven't already done so, please can this be completed as soon as possible so we can update our records.

Mental health

We are continuously working hard to improve our understanding as a community of mental health, to enable us to provide the best possible outcomes for the young people in our lives. If you are ever concerned that your child is at risk due to very poor mental health please inform the school. You can also contact one of these numbers to seek support from a specialist. The Crisis line is there to offer guidance if your child may be having suicidal thoughts and is possibly in immediate danger. If you do ever find yourself in a position where you need to use these resources for your child, please make the school aware so we can provide appropriate support within school for your child.

Urgent mental health support - 24/7 crisis lines

Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
South West London	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder ([link below](https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Urgent and other support available

shout
85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

SAMARITANS

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

Crisis Tools

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

PAPYRUS

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

childline
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](#)

THE MIX
Mental Health Support for under 25s

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)

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

keoth

Keoth 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

Follow Highlands School on:

 [X@Highlands_sch](https://twitter.com/X@Highlands_sch)

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

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