



# Highlands School Newsletter

07 June 2024



Dear parents and carers,

This week we have used the new half term to focus on standards around school. Now that year 11 and 13 students are only coming in for their exams we have asked the other year groups to make sure that their uniform is being worn appropriately at all times, that they are getting to school and to lessons on time and that they are behaving excellently inside and outside school. We want all students and staff to feel happy and safe at school and we achieve this by making sure standards are high at all times.

Also, this week, students from Grange Park and Merryhills came to Highlands for a meeting to discuss the joint road safety campaign they are working on, something the students are very enthusiastic about. We are pleased that some of our local councillors have been supportive of our efforts to raise awareness of local road safety and I would like to thank the students for their participation in trying to make our local area safer. You will see on page 13 of this newsletter the winning entries for the road safety poster competition - thanks to those who entered, they will receive valuable house points for their house.

Key dates for this half term:

- Wednesday 19th June: art department summer exhibition (after school)
- Thursday 27th June: DARE Day 3
- Friday 28th June: DARE Day 4
- Tuesday 2nd July: New intake evening for year 6 parents
- Wednesday 3rd July: Highlands presents Matilda at the Millfield Theatre
- Thursday 4th July: Highlands presents Matilda at the Millfield Theatre
- Friday 5th July: Highlands presents Matilda at the Millfield Theatre
- Tuesday 9th July: Sports Day
- Thursday 18th July: Thorpe Park trip for winning house, other houses in school activity day
- Wednesday 24th July: end of term, students dismissed at midday

Mr McInerney, Headteacher



## Year 9 rounders tournament

On Tuesday afternoon the year 9 rounders team participated in the borough rounders tournament at Winchmore. They started with a tough game against Enfield County losing by only half a rounder. They then went on to play Latymer where they won another close game by half a rounder. This was followed by convincing wins against Southgate and Oasis Enfield. The final game was against St Johns who posted a total of 5 rounders in their innings. The girls showed some excellent decision making and risk taking to win the game 6 1/2 - 5.

Overall they finished in 2nd place taking home silver medals. Enfield County finished on the same points as us but won due having 2 less players out across the tournament, it couldn't have been tighter! Jorga was chosen by Mrs Walters as the Highlands player of the tournament for her excellent batting and superb play on second base.

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

### Mrs Walters





## Nightingale Cancer Support Night Walk

On Friday the 17th May, Nea Petritaj 8WNK, Anaiya Dhaliwal 8WNK and Priya Jangra 7OJT took part in the Nightingale Cancer Support Night Walk. They walked 5km to help support and fundraise for this amazing, charitable cause.

Well done to you all, what a fantastic achievement.





## Mr Bradford cycles 100 miles to raise money for Cancer Research UK

We are proud to announce that on 26th May, Mr Bradford participated in the RideLondon event, cycling an impressive 100 miles from central London and around the Essex countryside. This challenging ride was not just about pushing physical limits but also about supporting a cause that has affected so many lives - raising funds for Cancer Research UK.

A huge congratulations to Mr Bradford for his incredible achievement and a heartfelt thank you to everyone who supported him and donated towards this worthy cause.



CANCER  
RESEARCH  
UK



## Computing house quiz competition

Well done to all of the students who took part in the computing house quiz. Here are how the four houses ranked across all year 7 classes.

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

The highest scoring class overall was **7BEF**.



## Dancers of the week

Well done to our dance students of the week who are Hasti Karimaghaei in year 9, Veer Pithia and Kerem Hassan in year 7.

You have all worked really hard over the past couple of lessons with some great performances.

Keep up the great work.



### Miss Brown



## Matilda Sunday performance in Enfield Town

On Sunday 9th June some of the students from the cast of the school show Matilda Jr. will be performing at the Enfield Summer Music event in Enfield Town.

If you would like to come and support us, we will be taking to the stage around 1.15pm, and it is in the area of town between Pearsons and Marks and Spencer - so a prime location.

If you do come along, please come and say hello.

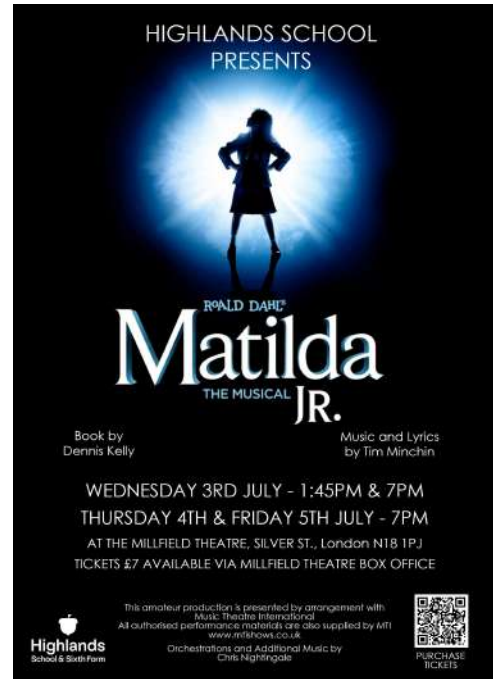
### Miss Brown



## Matilda Jr.

Join us for this year's school production of Matilda Jr, the beloved tale of courage, magic, and triumph! Don't miss out on the chance to see our talented students bring this enchanting story to life on stage.

Purchase your tickets now and support our young performers via the [Millfield Theatre Box Office](#) or via the QR code below.



## Willow House bake sale

We're delighted to share that Willow House hosted its first bake sale of the term, raising an impressive **£134.82** for their chosen charity, **Stop Hate UK**. The event was a delicious success, with students and staff coming together to bake and buy an array of cakes, cookies, and other sweet treats.

Well done, Willow House! A reminder that the next bake sale will be:

**Rowan bake sale: Tuesday 11th June**





## House bake sales

I am delighted to let you know that on **Tuesday 11th June** there will be a **Rowan** house bake sale where students will have the opportunity to host another charity fundraising bake sale during break time.

All students who contribute to the bake sale will receive 5 achievement points and additional house points will be awarded to their house for the money raised.

It would be great if parents and carers can encourage and support their children to contribute to the bake sale. We are asking students to bring in baked foods and sweet treats such as cakes, biscuits, cookies or savoury items. These can be homemade or shop bought, but must be free from nuts, sesame and gelatine. We would also welcome contributions of cakes and biscuits that are gluten free and/or vegan/plant based. Please label your cakes with what they are, including your child's name and tutor group, to enable us to give them their house points.

All items should be brought to the drop-off point in reception by **8.30am on the day of the bake sale**. If you wish to have your containers back please ask your child to come to reception at the end of the day to collect them.

Please can all students who wish to participate in the bake sales complete the forms below. We will randomly choose volunteers from different year groups to help on the morning of the sale, with setting up and selling (unfortunately we cannot accommodate everyone who volunteers). Those chosen will be contacted with further information on the day, so they can be released from their lesson earlier.

Thank you for your support and I look forward to seeing all the wonderful baking and contributions.

**Mrs Jeynes**



**Rowan bake sale - Tuesday 11th June [participation form](#)**



## 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.

- **Ayse Carmanbar 9BLM:** Awarded for constantly putting the effort into her lessons.
- **Isaac Mooney 11WCG:** Awarded for being kind to another student who was upset.
- **Izma Miah 9ODC and Arabella Mumba 9ODC:** Awarded for going above and beyond in their English homework.
- **Jack Moules 7RJG:** Awarded for the outstanding effort put into writing his own book.
- **Owen Smith 8WNK, Annika Trivedi 8WNK, Sophie Rooke 8WNK, Sena Oguz 8WNK, Anaya Parmar 8BAM, Azat Secgin 8WNK, Mollie Abrahams 8WNK and Jason Elvin 8WNK:** Awarded for outstanding and exemplary behaviour around school and in 8WNK tutor time.
- **Morayo Olaogun 8OFD, Phoenix-Lei Chambers 8OFD, Shania Anyemedu 8OSQ, Ayse Bayar 8OFD, Natalia Balla 7BEF, Adar Abdi Mahamed 7WSW, Sophia Kakouris 7RAS and Alexandra Koneva 7RAS:** Awarded for their great dedication to script work and performance during musical theatre in EdExtra.
- **Franceska Koci 9RTC:** Awarded for outstanding effort and enthusiasm in English.



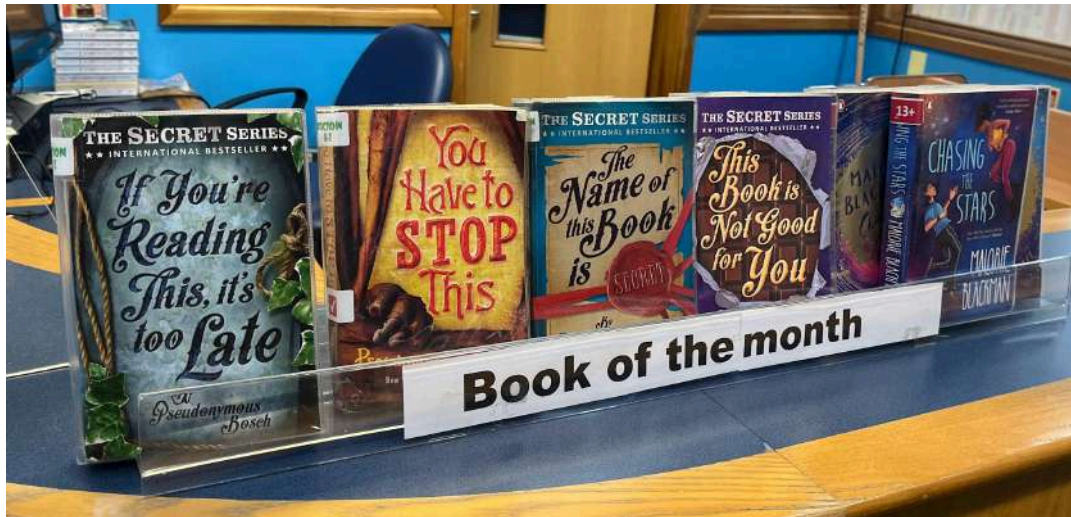




## Highlands book of the month - June

Recommended reads from the library and English Department:

### KS3: The Secret Series by Pseudonymous Bosch



Not only is the name of this series a secret, but the story is, too. For it concerns a secret - a big secret that has been tormenting people like you for over . . . Oh no! Did I just mention the secret? Then it's too late. I'm afraid nothing will stop you now. Read this series if you must. But please, tell no one. Catch up on the adventures of Cass and Max-Ernest with the Secret Series collection.

### KS4: Chasing the Stars by Malorie Blackman

Olivia (Vee) is now captain of her own spaceship, an *Explorer Vessel* which set out seven years earlier on a deep space mission. She and her twin brother Aidan are heading alone back to earth following the virus that wiped out the rest of the ship in its entirety three years earlier - including their parents.

Nathan is part of a community heading in the opposite direction. A violent war is spreading through space so they're heading for a peaceful patch from where they will plan an uprising. But on their journey, Nathan's ship is attacked and most of the community is killed. Only a few survive, thanks to Vee and Aidan, who rescue them, bringing them on board their ship.

Nathan and Vee are instantly attracted to each other, and in the midst of all the dramas and hostilities of this newly occupied ship, they fall head-over-heels in love. But not everyone is happy with their relationship. Someone is sowing rumours of Nathan's infidelity, Vee's flaws, and putting the lives of everybody on board at risk.





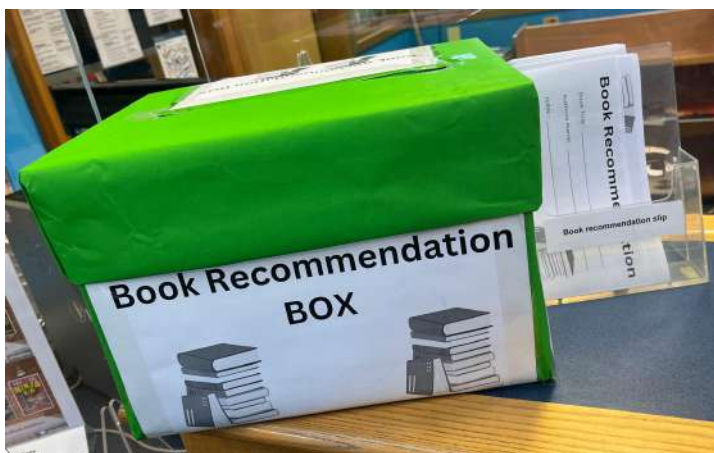
## Book recommendations for our library

Dear students,

We want to hear from you!

Do you have any book recommendations you'd love to see in our library? Now's your chance to make your voice heard.

Please share your book suggestions with us. Simply write your recommendation on a sheet of paper and place it in the suggestion box in the Library.



Your input would be much appreciated in helping us build a diverse and engaging collection for everyone to enjoy.

Thank you for your contributions! Happy reading!

**Mrs Mehmet**

## Book donations for our library

Dear parents and carers, this is a great opportunity to clear out those cupboards of any books your children no longer read.

Highlands School Library is collecting books for the welcoming of our new students, to add to our school library and share with students who would like to add to their collection of books at home.





## September 2024 new year 7 intake and current year 7 BBQ

The HPFA would like to invite our current year 7s to join them for a summer BBQ event - full details are below. Tickets are free for year 7s but all students must be accompanied by an adult. The new year 7s who are due to join us in September have also been invited to attend, so it should be a fun event. Please click on this [link](#) to book your tickets.



# YOU ARE INVITED

## YEAR 7 SUMMER BBQ

AT  
HIGHLANDS SCHOOL  
148 WORLDS END LANE  
N21 1QQ



*Honest street  
food by  
Pax Canteen*



*Popcorn &  
candy floss  
stall*

**11 JULY '24  
6PM - 8PM**



*Drinks  
stall*

**FOR UPCOMING YEAR 7 ('24 ENTRY) AND  
EXISTING YEAR 7 STUDENTS, PARENTS & CARERS**

**FREE ENTRY**  
BOOK YOUR PLACE ASAP VIA THE QR CODE  
BELOW



**PURCHASE YOUR FREE  
TICKETS HERE**



*Raffle*

*Games &  
activities*

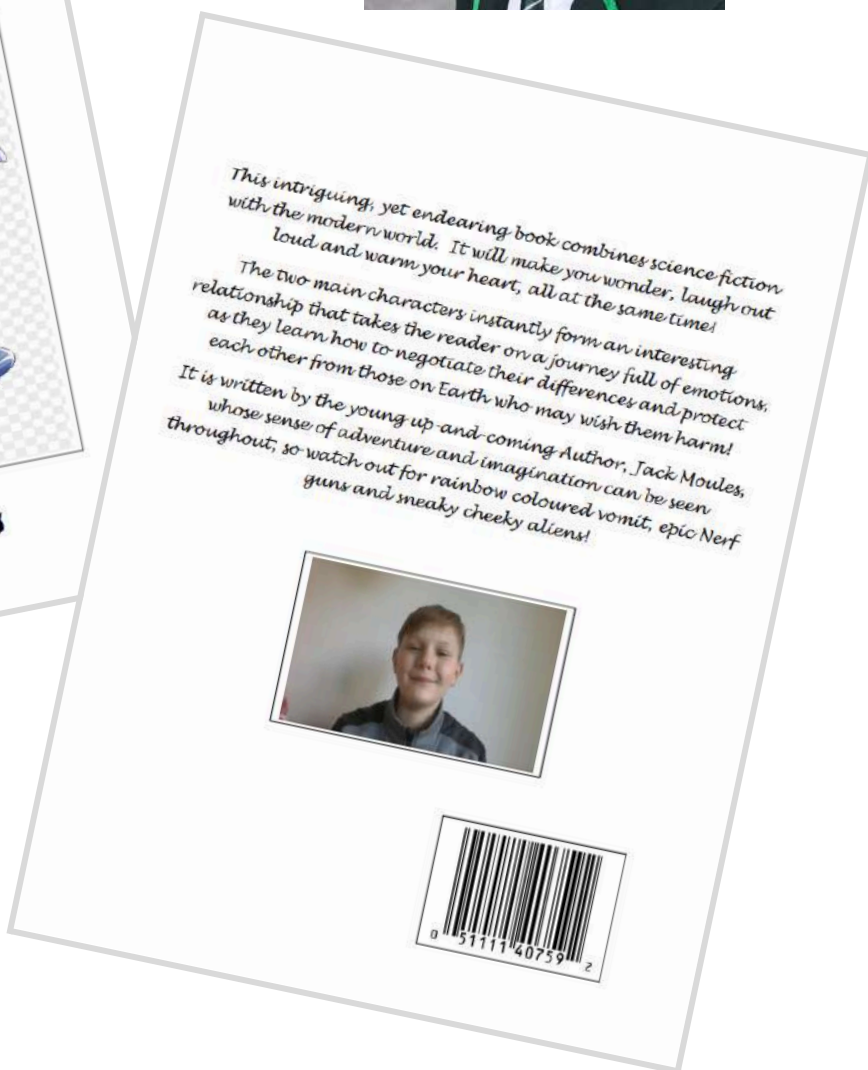
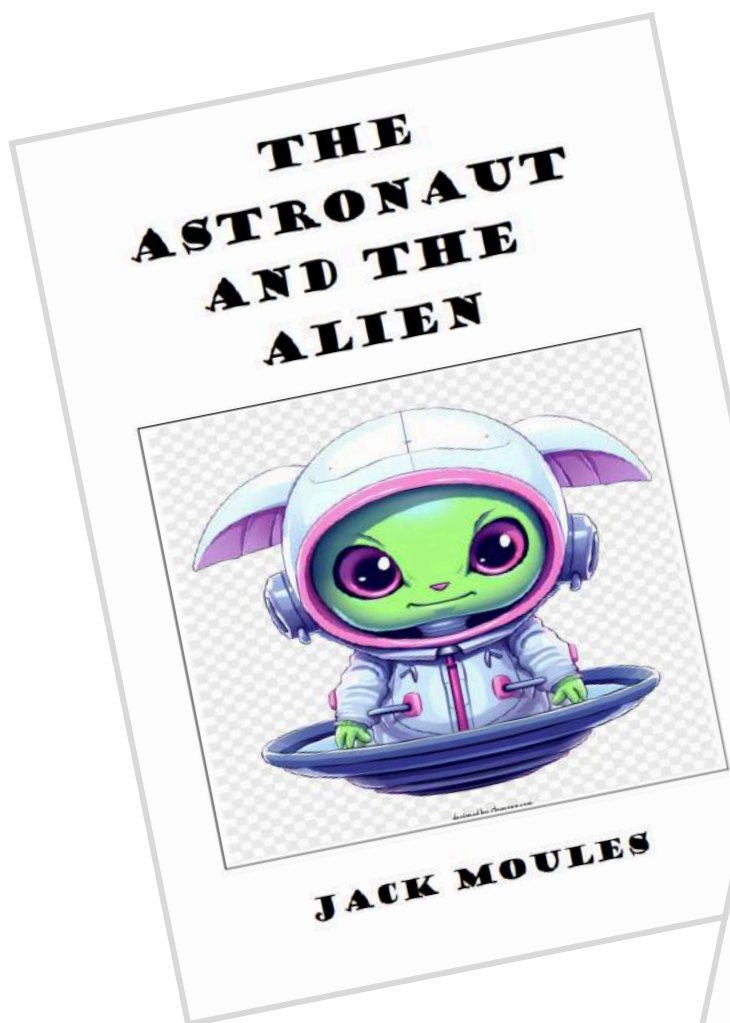
**ANY QUESTIONS?  
EMAIL US:  
HPFAeventtickets@gmail.com**



## Year 7 student Jack Moules writes his own book

We're thrilled to share that one of our talented year 7 students - Jack Moules has written his first book, titled *The Astronaut and the Alien*! Jack poured his creativity and passion for storytelling into every page, crafting a narrative that's sure to captivate readers of all ages. Jack was also nominated for a headteacher's award this week for his fantastic effort, congratulations Jack, We can't wait to see where your literary journey takes you next.

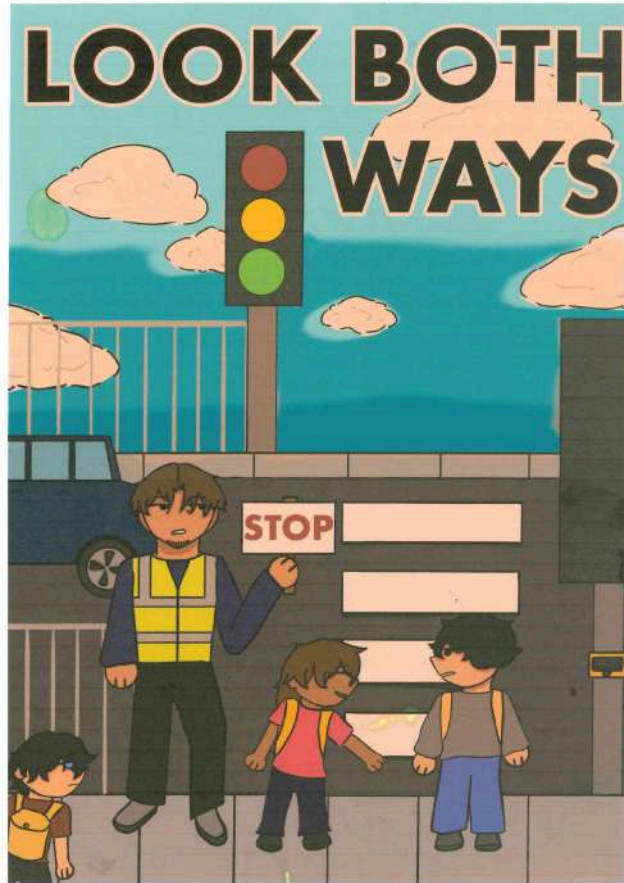
Click [here](#) to read Jack's book.





## Road Safety poster competition

Congratulations to the winners of the Road Safety poster competition. Yuxi Chen and Hannah Cullen's designs were chosen as the most creative road safety poster designs. Well done to you both.





## Road safety around Highlands School

As part of our road safety initiative trying to improve the local area around Highlands, Merryhills and Grange Park primary schools, please do not park close to the school, particularly on the roundabout area or sit outside of the schools with car engines idling.

Thanking you in advance for your cooperation.



Idling Action London

SUPPORTED BY  
MAYOR OF LONDON

## SHOW LONDON YOU CARE ENGINES OFF FOR CLEANER AIR

### Air Pollution and Idling

Air pollution is a major risk to health and contributes to 4,100 deaths in London each year. More than half of London's pollution comes from road traffic.

**Idling** -leaving your engine running while your vehicle is stationary-creates pollution which quickly builds up around and inside your vehicle.

Both short and long-term exposure to air pollution **damages our lungs, hearts and brains**. Putting a stop to idling is a simple way we can all help to clean up the air we breathe.

### Idling Action London

We are asking you to **please switch off your engine if parked for 30 seconds or longer**.

Idling Action is working with 31 London boroughs and City of London Corporation to tackle idling by engaging drivers and working with schools, businesses, hospitals and public sector fleets.

For info and resources:  
Visit: [idlingaction.london](http://idlingaction.london)  
Tweet: [@idlingaction](https://twitter.com/idlingaction)  
[#noidling](https://twitter.com/idlingaction) [#enginesoff](https://twitter.com/idlingaction)

### Did you know?

Idling wastes fuel and money as well as exposing you and the people around you to toxic fumes.

Children and the elderly are particularly vulnerable to the effects of air pollution. Idling your engine unnecessarily is an offence and you could be fined.

2020 research from Transport Research Laboratory shows that idling for just 30 seconds produces twice as much pollution and wastes more fuel than switching off and restarting your engine.

#### Myth

I need to keep the engine running to keep the heater on.

If I'm parked on a yellow line, keeping my engine running means I won't get a fine.

Stopping and starting will wear out the engine?

Idling does not contribute very much to air pollution in the grand scheme of things.

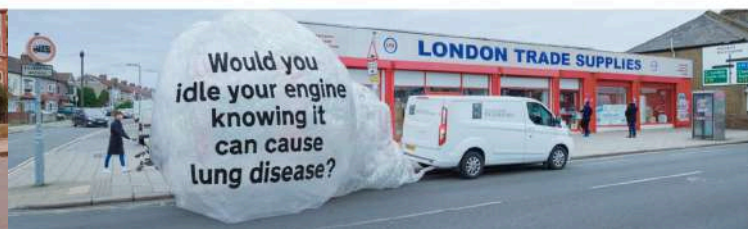
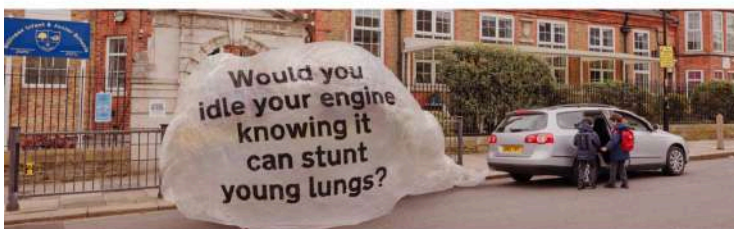
#### Truth

If you switch the engine off when you park and keep the ignition on, the heater should stay warm for up to 30 minutes.

Traffic wardens can fine you if you are parked somewhere you shouldn't be, whether your engine is running or not.

This is no longer a problem with modern engines and by not idling you will use less fuel and reduce your fuel costs.

Research has shown that switching off engines when parked can reduce localised pollution levels.





## Action for Happiness

Action for Happiness is a UK organisation that specialises in resources that can contribute to wellbeing and more positive experiences in life. They offer a free online course and much more.

They create monthly calendars, such as this one for June, which focus on a particular theme or idea and then offer suggestions for how to engage with this theme on a daily basis.

Click [here](#) to download your copy.

Ms Charles

**Joyful June 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others
3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it	5 Think of 3 things you're grateful for and write them down	6 Get out into green space and feel the joy that nature brings	7 Do something healthy which makes you feel good	8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently
10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it	12 Write a gratitude letter to thank someone	13 Take a light-hearted approach. Choose to see the funny side	14 Share a happy memory with someone who means a lot to you	15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way
17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation	19 Get outside and find the joy in being active	20 Rediscover and enjoy a fun childhood activity	21 Send a positive note to a friend who needs encouragement	22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to
24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others	26 Make time to do something playful, just for the fun of it	27 Be kind to you. Do something that brings you joy	28 Notice how positive emotions are contagious between people	29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**

# Joyful June

Let's look for what's good.



## House competition half term winners

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

This Week	Beech	Oak	Rowan	Willow
Positive Points	4,595	4,534	4,338	4,204
Negative points	-472	-310	-340	-442
<b>Points overall</b>	<b>4,123</b>	<b>4,224</b>	<b>3,998</b>	<b>3,762</b>

Here are the top students this week.

### Top students in year 7:

Forename	Surname	Form	House	Points
Marianne	Smith	7WSW	W	38
Klea	Kambo	7WSW	W	38
Evani	Page-Jayaraman	7WSW	W	36
Kimora	Hall	7WSW	W	36
Adar	Abdi Mahamed	7WSW	W	34
Ciara	Moore-Mcgowan	7WSW	W	34
Syerah	Islam	7WSW	W	34
Katrina	Awatar	7WSW	W	33
Asya	Sagiroglu	7WSW	W	33
Inaya-Amor	Peart-Heron	7WSW	W	32

### Top students in year 8:

Forename	Surname	Form	House	Points
Ashton-Gabriel	Eskinder	8RCX	R	29
Tyanna	Ferreira	8OSQ	O	28
Hayrullah	Ozdemir	8WMP	W	27
Elias	Xenophontos	8RBW	R	25
Chloe	Shi	8WMP	W	25
Maria	Csaki	8WNK	W	25
Simra	Hassan	8OSQ	O	24
Leo	Albrecht	8RCX	R	24
Aiden	Adeoye	8WMP	W	24
Bibiana	Edwards	8BJF	B	23





### Top students in year 9:

Forename	Surname	Form	House	Points
Kingston	Barrow	9OSM	O	67
Isabella	Savage	9OSM	O	67
Alan	Kushova	9OSM	O	63
Demetra	Kyriacou	9OSM	O	63
Alyssa	Ketwaroo	9OSM	O	60
Riyann	Hassan	9OSM	O	59
Ermioni	Tsantikou	9OSM	O	58
Beatrice	Afhim	9OSM	O	57
Sebastian	Angelides	9OSM	O	57
Sofia	Bazurto Alvear	9OSM	O	54

### Top students in year 10:

Forename	Surname	Form	House	Points
Shekhinah	Gitu	10BJC	B	48
Carey	Kirton	10BJC	B	40
Tyrae	Best-Daley	10BJC	B	37
Batuhan	Duran	10OKK	O	36
Paula	Shehu	10BJC	B	34
Joao	Do Nascimento	10BJC	B	33
Deniz	Gun	10WTH	W	33
Kamilah	Abib	10RCB	R	32
Zacharias	Stavrou	10BJC	B	31
Daniel	Cox Jaramillo	10BJC	B	31

### Top students in year 12:

Forename	Surname	Form	House	Points
Alexia	Chrysostomou	12BHK	B	9
Christy	Michael	12BJT	B	8
Lorena	Kransniqi	12BJT	B	6
Maksymilian	Lewandowski	12OSB	O	6
Nina	Szymecka	12RCW	R	6
Ledia	Xhetani	12WTA	W	6
Katie	Brookman	12ODS	O	5



**Winchmore Hill Sports Club**  
**Family Funday**  
**Saturday, 8th June**  
 12pm - 7pm

Winchmore Hill 2nd XI vs Kenton CC - 2nd XI  
 Winchmore Hill 4th XI vs West Harrow CC - 3rd XI  
 Winchmore Hill 6th XI vs Kay Plus CC - 3rd XI

Bar open from 12pm  
 Evening entertainment and BBQ from 7pm

**Free Entry**

**RAFFLE PRIZES**  
 1st iPad  
 2nd - Mountain Bike

**Bring Family & Friends**  
 Arts & crafts, Ice cream, Bouncy castle, Food stall, BBQ,  
 Fun games, Cricket & much more

**ACTIVE ENFIELD**  
**AQUATHLON**  
**LONDON YOUTH GAMES 2024**

You must go to school or live in the London Borough of Enfield

Team Enfield are looking for competitors who can confidently swim & run the following:

- Year 7 - 200m Swim + 1km Run
- Year 8 - 200m Swim + 1km Run
- Year 9 - 300m Swim + 2km Run
- Year 10 - 300m Swim + 2km Run
- Year 11 - 400m Swim + 3km Run

Special Call for:  
 Girls in Years 9, 10, 11 & Boys in Year 11

Event Date: Sunday 30th June 2024  
 Please email your interest by Friday 7th June

[Sport@enfield.gov.uk](mailto:Sport@enfield.gov.uk)

**PASSION.  
 TEAMWORK.  
 FUN.**

Enfield Town FC, who have recently been promoted from the Isthmian League, are now in the 6<sup>th</sup> tier of English football and will be giving **trial opportunities** for next season's U/16's team, who will be playing in the top division of the Watford Friendly League.

If your son is playing football at an advanced level and is currently looking for a team which is going to be competing for the league and county cups next season, then please contact us with your interest and we will arrange a trial date for them asap!

Our training is Tuesday and Thursday on Donkey Lane Astro Pitches, from 6:45 till 20:00. Our focus over at these sessions is to work on skills /agility /team play and most importantly fitness. All our coaches are qualified, and DBS checked.

The current team play at a high level and are a fantastic bunch of boys who work extremely hard to develop as players and to improve their game as a team.

If you feel that Enfield Town FC would be a good fit, and your son is interested in this opportunity to join the team, we look forward to hearing from you.

**Contact Information:**  
 Mark Herbert, Manager

[mark@goldcrestinsurance.com](mailto:mark@goldcrestinsurance.com)

07831 741 750



# 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) 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

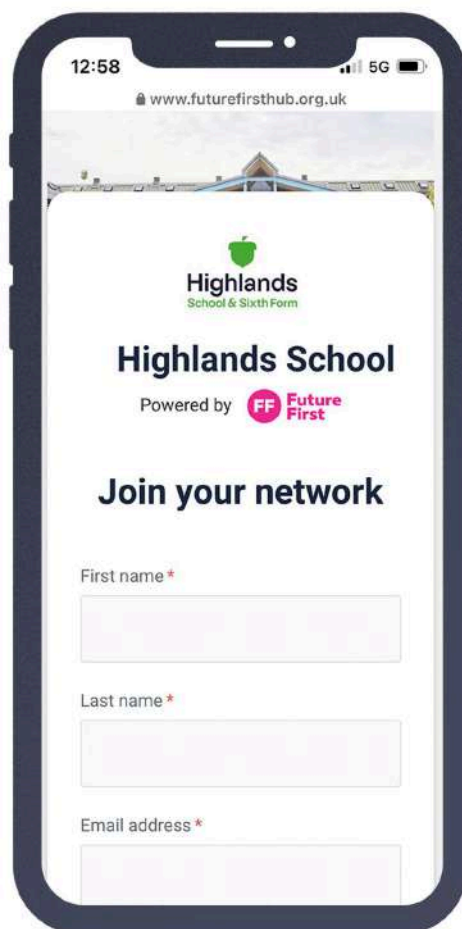


## Former student?

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

Sign Health: <https://signhealth.org.uk/contact/>

Deaf young people: <https://signhealth.org.uk/with-deaf-people/supporting-young-people/>

## 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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