



Highlands School Newsletter

22 September 2023



Dear parents and carers,

We have a strong culture of supporting the performing arts at Highlands and one of the ways in which we do this is through supporting our students towards achieving LAMDA (The London Academy of Music and Dramatic Art) awards. This week another group of our students were presented with award certificates (above); well done to all of them. In a few weeks we will be announcing details of our school show, which we will invite all students to audition for. We are confident it will be one of the best shows ever at Highlands, watch this space for more details in the next few weeks.

When students carry out exceptional acts in lessons, school or in the community we award them headteacher awards. This week, headteacher awards were presented to Yalda Farhadi 9BLM and Daniella Ursache 9ODC for their help and support when a member of the community was in need. Well done to both of them.

Next week on Thursday the inter house football competitions kick off with the year 7 boys and girls competitions taking place at lunchtime. Each house will select their squads beforehand and the trophies will be awarded on the day. We will announce the winner in next week's newsletter.

Finally, a reminder school closes at 12:40pm today for Ofsted training (our school is due an inspection; our last graded inspection was in 2014). Other important dates for your diaries this half term are below:

- 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

Have a great weekend,

Mr McInerney, Headteacher



House competition weekly results

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

	Beech	Oak	Rowan	Willow
Positive points this week	6758	6556	5775	6000
Negative points	-333	-297	-237	-331
Points overall	6425	6259	5538	5669

Top students in year 7:

Forename	Surname	Form	House	Points
Elma	Stena	7OJT	O	95
Betsy	Coneywood	7OJT	O	90
Lucas	Photi	7OJT	O	87
Archie	Barretta	7OJT	O	86
Andrew	Spitaliotis	7OJT	O	86
Sophie	Fryer	7OJT	O	86
Zara	Yaman	7OJT	O	85
Alex	Burridge-Laskowsky	7BEF	B	74
Raya	Modha	7BEF	B	80
Liliana	Jonczyk	7OJT	O	79

Top students in year 8:

Forename	Surname	Form	House	Points
April	Clydesdale	8RBW	R	103
Emily	Newton	8RBW	R	102
Anaiya	Dhaliwal	8WNK	W	100
Jahansingh	Jacques	8WNK	W	98
Noah	Rothberg	8RBW	R	96
Ralph	Bishop	8RBW	R	94
Thomas	West	8RBW	R	94
Sindi	Shaban	8WNK	W	94
Nea	Petritaj	8WNK	W	94
Annika	Trivedi	8WNK	W	93



Top students in year 9:

Forename	Surname	Form	House	Points
Omyur	Karadzhoova	9BLM	B	117
Bana	Tahsen	9BLM	B	112
Liya	Ali	9BLM	B	101
Adem	Bimici	9BLM	B	98
Nicholas	King	9WJQ	W	95
Persian	Dzhindzhev	9BLM	B	85
Mira	Cosgun	9BYC	B	84
Samara	Walker	9WJQ	W	84
Isabel	Minguez	9BLM	B	83
Darlene	Kisubi	9BLM	B	83

Top students in year 10:

Forename	Surname	Form	House	Points
Mariah	Brooks	10RNC	R	105
Marilena	Bello	10RNC	R	98
Aaliyah	Udahemuka	10BJC	B	97
Daniel	Cox Jaramillo	10BJC	B	93
Batuhan	Duran	10OKK	O	85
Kwadwo	Boakye	10OAB	O	82
Ellie	Christofi	10OAB	O	80
Paula	Shehu	10BJC	B	79
Sophia	Charalambous	10OKK	O	78
Paul	Griffin	10RNC	R	78

Top students in year 11:

Forename	Surname	Form	House	Points
Sophie	Bernasconi	11BPL	B	84
Benjamin	Gormley	11BPL	B	76
Rakibe	Halili	11BRD	B	69
Chijindu	Onukaogu	11RTS	R	67
Yashraj	Singh	11BRD	B	66
Athanasios	Aristidou	11WCG	W	63
Gracie Mae	Ticehurst	11OGA	O	57
Jack	Mussell	11WER	W	57
Zehra	Turan	11OGA	O	56
Kieran	Austick	11OMK	O	53



Top students in year 12:

Forename	Surname	Form	House	Points
Marissa	Antoniou	12ODS	O	27
Yasmin	Ahmed	12RCW	R	21
Jessica	Griggs	12BHK	B	20
Kyra	Bilsoy	12BJT	B	20
Ilias	Balaskas	12RCW	R	19
Ledia	Xhetani	12WTA	W	19
Maria	Socratous	12WTA	W	17
Hannah	Bernasconi	12BJT	B	16
Canel	Aygin	12RSL	R	16
Ezeika	Willoughby	12WTA	W	16

Top students in year 13:

Forename	Surname	Form	House	Points
Aisling	Brennan	13TDU	Y13	19
Deniz	Yamansef	13JBA	Y13	17
Walter	Dias	13ESM	Y13	16
Emily	Muncaster	13ESM	Y13	15
Carys	Hughes	13ESM	Y13	15
Iona	Garrard	13ATH	Y13	14
Alex	Stelmach	13CRY	Y13	13
Isabella	Pieretti	13TDU	Y13	13
Doshan	Jugnarain	13JBA	Y13	11
Gianluca	Warburton	13CRY	Y13	10

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.

The Headteacher award is a weekly tradition recognising and applauding the remarkable accomplishments of our students. This award is a testament to their unwavering commitment to academic achievement, personal development and contributing positively to our school community.

This week, the Headteacher award is proudly presented to Yalda Farhadi 9BLM and Daniella Ursache 9ODC who have both been awarded for their help and support when a member of the community was in need. Well done to you both.



LAMDA solo performance award achievements

We are thrilled to share some exciting news and celebrate the remarkable achievements of our talented students. Our LAMDA (London Academy of Music and Dramatic Art) students have poured their hearts and souls into their solo performances, and we are delighted to announce that they have successfully completed the LAMDA solo performance award.

These awards are proof of their hard work, talent and dedication to the art of performance and we would like to extend our warmest congratulations to them all.



Netball trials

The recent girls netball trials saw an incredible turnout of enthusiastic students, and the atmosphere on the courts was electric. Over 100 students gathered at the netball courts last week to showcase their skills, determination and passion for the game, our DARE values were truly evident throughout. A true testament to the great sports culture we have here at Highlands. Here's to another year of netball success!





CyberFirst Girls Competition

Registration is now open for the 2023 CyberFirst Girls Competition: the prestigious national cyber contest led by GCHQ's National Cyber Security Centre!

Schools and teachers can enrol teams now to inspire more girls to consider a future in technology and cyber security.

Highlands School is delighted to be able to support individuals or teams of four in their participation in this exciting contest with a national final and prizes such as laptops.

The CyberFirst Girls Competition aims to inspire anyone identifying as female and interested in technology to pursue a career in cyber security - teams participate in exciting challenges either at home or at school as they attempt to crack clues and win points towards a leaderboard of students selected for a national final to be held in Manchester in November.

The school will support teams after school for two weeks in November, or you can take part from home.

If you are interested in joining, please speak to Mr Davies (Head of computer science) or your computing class teacher. Click [here](#) for more information.



Mr Davies



'Track My Read' programme

The English faculty and Library have launched the 'Track my Read' programme to all Key Stage 3 students which is a tool to help 'track' how much they read.

Students need to record how many minutes they spend reading every day with a brief summary of what they have just read. These minutes will contribute to a class / house target and personal rewards.

Please remind your child to update their progress daily!

[Track My Read](#)

Mrs Selim



Autumn Term 2023 Enfield Music Service lessons

Tutors have outlined days and times for the autumn term lessons, but please note they are subject to change. If that is to happen emails and/or a message will be posted on the music corridor music board to notify students of any changes. Please can students be advised to check the music board along the music corridor opposite MM5 (music room) to keep abreast of any time changes and cancellations and the current timetables. All timetables have also been sent out to parents and carers.

Passes

Music passes would have been sent out this week for students to be let out of lessons. Students are advised to keep track of their timed lessons. Students will not be collected from classes as their passes will grant them access to leave lessons.

Parents are advised to remind students to walk with their pass and inform teachers in advance of any absences or delays to lessons beforehand. Passes lost or damaged need to be re-issued by myself in the music office (MM01).

We hope your child continues to practise their instrument and pieces outside of lessons to enhance what they have learnt with their tutor.

Ms Maple



Influenza immunisation session - years 7 - 11

The flu vaccine will be delivered at Highlands School on **Friday 10th November 2023**.

Influenza Vaccine (Flu)

- Flu can be an unpleasant illness and can cause serious complications.
- Vaccinating your child will help protect more vulnerable family and friends by preventing the spread of flu.
- We are offering this vaccine to **all** children from years 7 to year 11.
- We cannot offer the Influenza vaccine after 15th December 2023.

You can decide between two different types of flu vaccines:

- **Nasal Flu Spray** – Completely pain free. Contains porcine gelatine.
- **Flu Injection** - The injection will be administered at school. Does NOT contain porcine gelatine.

To complete a consent form for a yes **OR** a no consent, please click on this link: [Flu Consent Form](#).

Your child's school code is: **ENF132256**

Please note: If we do not receive a consent form, we may contact you by telephone or email to obtain one from you. If you submit a **YES** consent on behalf of your child and they refuse vaccination, it will not be given. For more information on influenza immunisation, please click [here](#).

NickKings joking corner

A weekly edition of comical works by Nicholas King in year 9.





Deaf awareness

Marios Costi, is our British Sign Language (BSL) teacher here at Highlands. Marios has a wealth of skills and knowledge in British Sign Language training, as he teaches BSL at City Lit and has also taught BSL at Frank Barnes school for Deaf Children. Marios is Deaf and passionate about educating students to be culturally aware, empowering deaf people, and building a good rapport with his learners.

He will be providing BSL lessons to our Deaf Resource Base pupils with the goal of achieving a Level 1 qualification in BSL, with the possibility of progressing to Level 2.

Here are Marios' top five tips on communicating with Deaf people. You can also view his instagram page [here](#) for some more information on BSL.

TOP TIPS

HOW TO COMMUNICATE WITH DEAF PEOPLE IF YOU CAN'T USE BSL.

If you ever meet a Deaf person, try not to get flustered or panic. Here are five useful tips to make your encounters with Deaf people go smoothly.

- 1 DEAF PEOPLE CAN'T HEAR SO HOW DO YOU GET THEIR ATTENTION?**
You can give them a wave or tap their shoulder.
- 2 IF YOU MEET A DEAF PERSON AND WANT TO TALK TO THEM...**
Don't talk too fast or raise your voice and speak louder. Just speak to them in the normal way like you would speak to anyone else.
- 3 GOOD EYE CONTACT AND A CLEAR VIEW OF YOUR MOUTH**
When you meet a Deaf person, always try to make good eye contact and make sure nothing is obscuring their view of your mouth so they can read your lips clearly.
- 4 DON'T GIVE UP...**
If you've tried to communicate and things aren't going well, don't give up. Why not use your phone or pen and paper.
- 5 LOOSEN UP AND USE GESTURES AND POINTING**
Try to loosen up and use gestures and pointing. This can often make communication with Deaf people much easier. Also try and relax with Deaf people so it's clear.



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

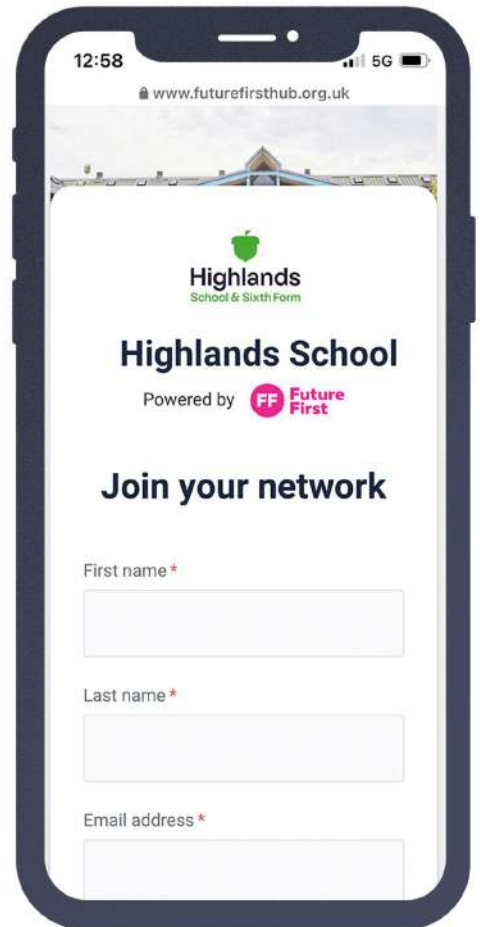


Former student?

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

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)