



# Highlands School Newsletter

24 November 2023



Dear parents and carers,

Each Friday morning, I record a video to be shown to students in form time which highlights some of the successes and activities that have gone on in school over the previous week. This morning it was nearly ten minutes long as there was so much to acknowledge. We had the Enfield High Achievers evening, Oak and Beech bake sales, the year 10 inter house football, our CyberFirst girls competition, an international energy company coming in to speak to our sixth formers, a meeting with local primary school students about road safety and the HPFA musical bingo night (thank you to all who attended). You can read about all these events below.

This week our GCSE mock exams started and they run into next week. Following that (from 4th December) we have our mid year assessments for year 8. Mr Savvides wrote to all year 8 parents this week with information about the assessments and I ask that families of our year 8 students discuss the upcoming assessments with them and help them plan their revision. We will be leading sessions on how to revise with year 8 students and giving them special packs of revision resources so they can prepare.

## Sixth form lanyards

We allow our sixth formers to wear their own clothes to school. For safeguarding reasons, therefore, they must wear lanyards at all times, otherwise we do not know whether they are our students, or intruders. We have reminded our sixth formers many times about this, from Monday if they are still not wearing lanyards we will set them detentions.

A reminder of important dates for your diaries:

- Monday 4th December: winter music concert
- Wednesday 13th December: year 9 parent and carer evening
- Wednesday 20th December: end of term (half day)
- Monday 8th January: start of spring 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!

This Week	Beech	Oak	Rowan	Willow
Positive Points	9,651	8,884	8,812	8,534
Negative points	-665	-555	-604	-708
<b>Points overall</b>	<b>8,986</b>	<b>8,329</b>	<b>8,208</b>	<b>7,826</b>

### Top students in year 7:

Forename	Surname	Form	House	Points
Florence	Holyomes	7WSW	W	61
Ciara	Moore-Mcgowan	7WSW	W	60
Kimora	Hall	7WSW	W	57
Eirene	Palamaras	7BLR	B	56
Orla	Dimery	7ODM	O	56
Aariah	Udahemuka	7WSW	W	56
Asya	Sagiroglu	7WSW	W	56
Kayla	Hassan	7ODM	O	55
Klea	Kambo	7WSW	W	54
Evani	Page-Jayaraman	7WSW	W	53

### Top students in year 8:

Forename	Surname	Form	House	Points
Warren	Kelly	8OSQ	O	59
Aisha	Gambo	8BJF	B	58
Giles	Obeng	8BAM	B	56
Gulay	Yuksel	8BJF	B	55
Ben	Kissos Boast	8OSQ	O	55
Dennis	Erdogan	8OSQ	O	55
James	Fryer	8OSQ	O	54
April	Clydesdale	8RBW	R	54
Anais	Edwards-Anyanwu	8OSQ	O	53



### Top students in year 9:

Forename	Surname	Form	House	Points
George	Baker	9BYC	B	61
Ruby	Magrun	9BYC	B	60
Melisa	Spahia	9BYC	B	56
Taraneh	Kheradmandi	9BYC	B	55
Julia	Roszkowska	9BYC	B	54
Bana	Tahsen	9BLM	B	53
Ina	Varbanova	9BYC	B	53
Persian	Dzhindzhev	9BLM	B	52
Yunus	Coskun	9ODC	O	52
Arabella	Mumba	9ODC	O	52

### Top students in year 10:

Forename	Surname	Form	House	Points
Ender	Guccuk	10BNI	B	72
Paula	Shehu	10BJC	B	64
Selinay	Bolat	10WDD	W	64
George	Demetri	10OAB	O	61
Sabiha	Tokac	10BNI	B	57
Parla	Ghanipour	10OAB	O	54
Emiera	Mert	10WDD	W	53
Imogen	Ganvir	10BJC	B	51
Javon	Ikpeme	10WDD	W	51
Dmytro	Yeremeiev	10BJC	B	48

### Top students in year 11:

Forename	Surname	Form	House	Points
Benjamin	Gormley	11BPL	B	46
Sophie	Bernasconi	11BPL	B	40
Athanasios	Aristidou	11WCG	W	38
Emily	Tofis	11BPL	B	36
Shane	Mcdonnell	11WCG	W	36
Nicolette	Charalambous	11BPL	B	34
Chijindu	Onukaogu	11RTS	R	34
Joelle	Hassan	11WCG	W	33
Iustina	Pasargic	11BRD	B	32
Ella	Kufeji	11WCG	W	32



### Top students in year 12:

Forename	Surname	Form	House	Points
Ledia	Xhetani	12WTA	W	56
Katie	Brookman	12ODS	O	40
Charlie	Mills	12RSL	R	38
Alexia	Chrysostomou	12BHK	B	34
Emily	King	12ODS	O	20
Ahura	Sedaghat	12RSL	R	18
Hana	Fahmy	12WBS	W	18
Maria	Socratous	12WTA	W	18
Ravi	Duggan	12BJT	B	17
Joshua	Bagulay	12RSL	R	16

### Top students in year 13:

Forename	Surname	Form	House	Points
Imogen	Spiers	13ESM	W	10
Christos	Tokkallos	13MTU	R	8
Aisling	Brennan	13TDU	W	6
Deniz	Yamansef	13JBA	W	5

## House assemblies

This week we held house assemblies for all students. These assemblies serve as a platform to not only celebrate achievements but also to fuel the competitive spirit that defines our school culture.

The main highlight of these assemblies was an update on the ongoing house competition while showcasing the incredible efforts of each house, and applauding noteworthy accomplishments.





## House bake sales

We are thrilled to announce the start of our bake sales this year. Beech and Oak houses hosted their first bakes this week and the results are nothing short of sweet success!

Students whipped up a delightful array of yummy treats, from cupcakes to cookies, captivating the taste buds of our school community. Thank you very much to all the parents and students who baked and brought in cakes, or volunteered to set up and sell them on the day - we had a huge response. Oak raised £341.19 for their charity The George Marsh centre for sickle cell disease and Beech managed to raise £316.23 which included £31 raised by Hannah Bernasconi and Lorena Kransniqi who ran a stall for "guess the number of sweets in a jar". Well done to Isobel Antoniou, the lucky winner of the jar full of sweets, who guessed the number correctly.

Don't forget that the **Rowan** and **Willow** bake sales will take place on **Tuesday 5th** and **Thursday 7th** December.





## Year 10 inter house football

Well done to Rowan for winning the boys and girls year 10 inter house competition. The boys team beat Willow 3-0 in the final, and the girls team also beat Willow 2-0 in the girls final.

Final positions: **Boys:** 1st: Rowan, 2nd: Willow, 3rd: Beech and 4th: Oak

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

Well done to the boys Beech team who beat Oak 3-2 on penalties after a goalless draw to finish third.





## CyberFirst girls competition

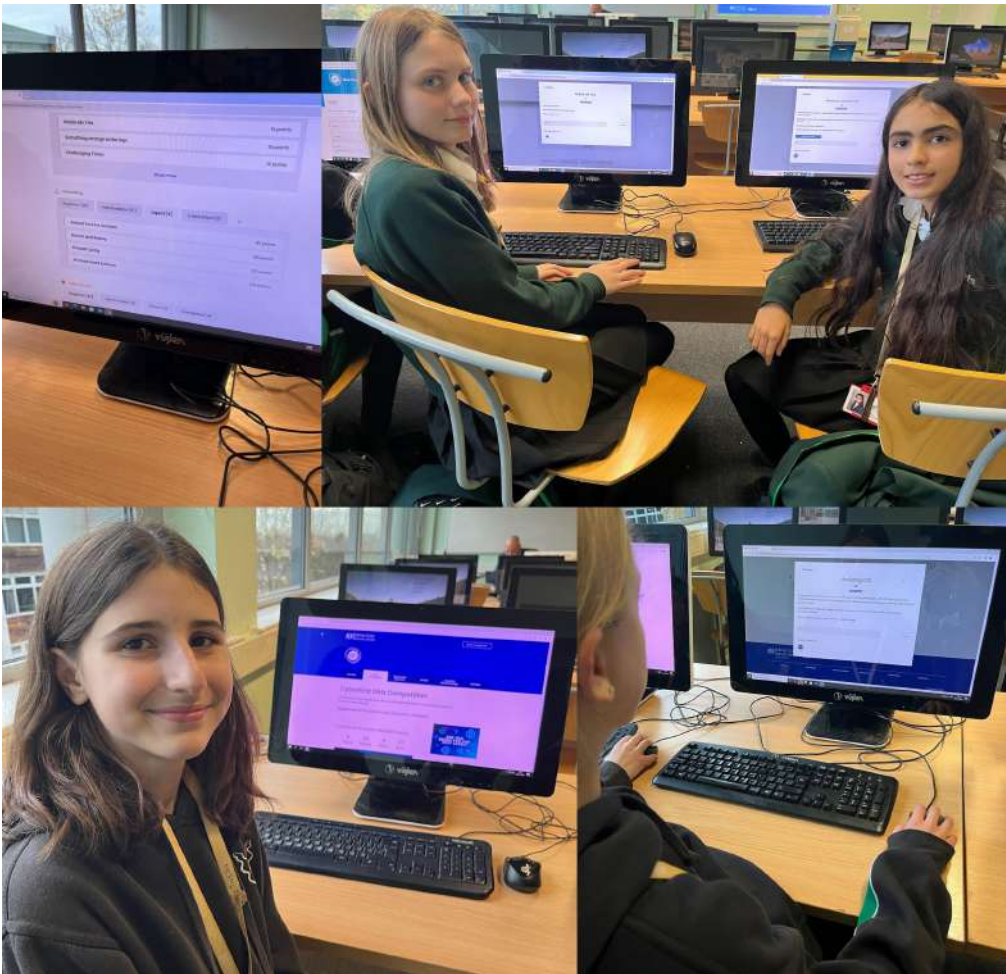
Some of our female students have been taking part in the CyberFirst Girls Competition, showcasing their prowess in the world of technology. Four teams of girls: Highlands Ninja Turtles, Codettes, N.A.S.A and The Lone Wolf, have been busy decoding complex algorithms and addressing simulated cyber threats; these young minds have underscored the importance of encouraging girls to pursue careers in STEM.

The teams have been completing challenges based on four categories, logic and coding, networking, cyber security and cryptography to win points towards a leaderboard of students selected for a national final to be held in Manchester in November.

Here are their thoughts on the competition.

***'These challenges really get you thinking. The best part is when you finally crack the codes.'***

***'Completing the challenges is really fun and rewarding. I love computer science so I am really enjoying this competition.'***





## STEM and Business Enterprise Career Insight workshop

Our school recently hosted a dynamic careers workshop, graciously conducted by Phillips 66, tailored for 45 of our enthusiastic year 12 students.

With a legacy spanning over 65 years in the UK energy sector, Phillips 66 stands as a cornerstone provider. Embracing values of safety, honour, and commitment, they are dedicated to enhancing lives by ensuring access to vital energy resources, contributing to an elevated standard of living and global health. Their focus on refining, commercial, and marketing operations underscores their commitment to these principles.



The workshop was a fantastic opportunity for our students to engage with a panel of accomplished speakers, each with diverse career trajectories and backgrounds:

- Imogen Burke: Associate HRBP, Human Resources
- Blaid Raybould: Supply Optimization Manager, European Marketing
- Polly King: LPG Trader, Commercial
- Steve Jackson: Business Development Lead, European Marketing

It was inspiring to witness our students actively participating, posing insightful questions to the panel. The speakers generously shared their individual career paths, educational backgrounds, and invaluable insights on pursuing opportunities within the STEM industry. Their guidance and tips on job seeking in this field were particularly enlightening.

The feedback from the speakers was super positive of our students. Polly said '*Genuinely the team of us who came were bowled over by their enthusiasm and motivation. It's an absolute pleasure to do things like this for kids who clearly benefit from it. Some of the questions they were asking me about trading were really in depth about geopolitics, the Middle East etc., which is testament to their teachers!*'

Here is what some of our students had to say about the session;

***'In today's event with Phillip 66, I found it interesting and insightful as they gave us a talk on what their jobs are like and their life experiences and excellent advice such as one of the key skills that can get me to where I want to go is communication along with self-determination. The opportunity Dr. Len and Ms Laurenzi got for the students of Highlands was one not to be missed so I am very grateful to them and glad I took the opportunity. The people who came in were such nice understanding people who helped give me a better and more clear path into which career I want to pursue. I had an amazing time and would recommend others to attend events such as this in the future.'***



**Ayaan Ali**





*'The representatives from Phillips 66 provided an inspirational insight into how they obtained their current position in the company and their work operating within Phillips 66. I was engaged throughout the entire presentation and look forward to understanding more about the intricacies and challenges faced through providing energy and oil trading.'*



Jamie Janczur

*'Phillips 66 delivered an insightful and informative presentation that dived into the work required in the energy sector. It was an intriguing and overall great experience as we were able to get a look into the lives of experts and their journey that led up to their work at Phillips 66. It was a productive session where students were able to ask questions to the Phillips 66 volunteers and they enthusiastically gave in-depth and detailed answers that helped expand our knowledge.'*



Aden White





## The Enfield High Achievers' Evening

On Thursday 17th November, a number of our year 12s and their families were invited to 'The Enfield High Achievers' Evening' to celebrate their astounding 2023 GCSE results. This is an event that takes place every year in Enfield to celebrate the achievements of talented young people attending Enfield sixth forms and to support them in exploring their future steps.

This was a wonderful event to celebrate the success of our students who were nominated for an award, they are as follows: Ally Griffith, Lottie Price, Eleanor Mchale, Ethan Strickland, James Janczur, Jeyla Guccuk, Kyrian Keliris, Maksymilian Drozdowski, Melisa Ince, Poppy Beacham, Raphael Richter. The evening was hosted by Winchmore School and students were presented with certificates of achievement by The Mayor of Enfield, Councillor Suna Hurman.

The second part of the evening, students took part in a workshop on applications to Higher Education and obtaining a place at a selective university, run by student ambassadors from Oxford and Cambridge Universities.

Whilst parents were given the opportunity to ask questions to a wide range of university representatives, employers and professional bodies to discuss higher education opportunities and seek advice for their child, including Oxford University, Cambridge University, University College London, Morgan Sindal, RVC, Imperial College, Routes into Languages, Lendlease, University of the Arts London, Bloomberg.

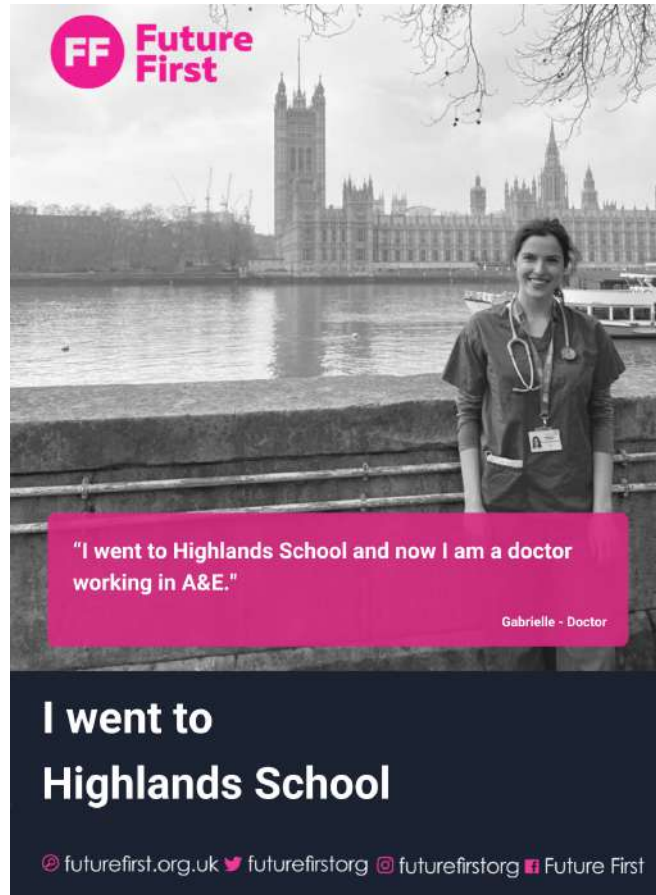
The evening was a great success and we are very proud of our students in being such excellent role models for all our upcoming students to aspire to.





## Highlands School alumni

We are thrilled to share the success story of our incredible alumni Gabrielle Sanders, who is now making the difference in the emergency department. Her journey from our halls to the A&E is truly inspiring, well done Gabrielle, we are all proud of your achievements.



## Medic Mentor virtual work experience

The Medic Mentor virtual work experience is recognised by the Medical Schools and Dental Schools Council as a valuable alternative to traditional, in-person shadowing. Students aged 14 years and above (years 10 - 13) are able to apply for the Free National NHS Virtual Work Experience programme.

This month, they will be diving into the fascinating world of surgery. Providing students with the opportunity to witness key-hole surgery, oral surgery, and the unique privilege of shadowing Mr. Challocome, a urology surgeon at Guy's and Thomas' NHS Trust.

Medic Mentor has crafted a six-month medical and four-month dental elearning work experience programme that lets students set their own pace. From structured teaching to direct interaction with healthcare professionals, the programme ensures students don't just watch procedures but also understand the broader roles in the medical and dental fields.

[Register now.](#)

Dr Len



## 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.

- **Abel Kalaj 8WMP** Awarded for doing really well on his Reformation Formative Assessment in history and only missed one mark.
- **Georgia Kuvertaris 8RCX:** Awarded for always attending homework club and always trying her best to achieve high.
- **Isabella Pieretti 13TDU:** Awarded for her outstanding contribution to sixth form open evening in English.
- **Ayse Carmanbar 9BLM:** Awarded for her brilliant result in her RS mid year exam. She worked really hard and achieved a really good result.





## Year 11s meet the sixth form team

Following from our sixth form open evening, we welcomed two of our year 11 forms to the sixth form area for hot chocolate and doughnuts, as a chance to informally ask questions to Ms Lloyd, Mr Tuton - one of our year 13 tutors, and Ms Youlden, about sixth form and also catch up with some of the year 13 students.

This gave students the opportunity to meet the team, gain advice and insights to help them with their applications and subject choices.





## HPFA Music Bingo night!

On Friday 17th November, our HPFA hosted an incredible night of music bingo. Thanks to everyone's enthusiasm and generosity, we raised an amazing **£737.84** for our school. Music, fun and a great school community coming together, it truly was the magic of a successful night. It was great to see so many students there too. Many thanks to the HPFA for running such a successful fundraiser.





## Road safety meeting at Highlands School

**Written by Isaac Mooney - 11WCG**

The roads around our school have been causing problems and raising safety concerns surrounding the safety of the schoolchildren and environmental issues such as congestion. To tackle these issues, Grange Park, Merryhills and Highlands have been working together to help make some changes.

On the 9th November, members of the Highlands Social Action Team and Mrs Czupich, the school manager, took to the roundabout that connects Highlands and Grange Park to play our part. We conducted a survey into how the roundabout was being used. As a result of our investigation, we found cars parking illegally on the roundabout which could potentially lead to the drivers receiving £65 fines. The fumes from the engines being left on while sitting on the double yellow lines release harmful emissions that damage the environment as well as blocking up the roundabout for any teachers leaving as well as making it harder for emergency support vehicles to enter the school should they ever be needed.

Fortunately our efforts did not go unnoticed by the public eye, and CCTV enforcement team from Enfield Council joined us to note those parking or stopping illegally and issued fines. On Monday 20th November, members of the Highlands Social Action team as well as deputy headteachers and Eco Councils from Grange Park and Merryhills met to discuss our next step forward - and it's for the better. We hope to work together with the police and our local MP in this matter. Hopefully these efforts will bring the three school's incentive into the public eye to create a safer environment for us all.





**Written by Hala Glasgow - 12RSL**

This term Highlands School as well as Grange Park and Merryhills joined together to launch a campaign to improve road safety in the streets surrounding the schools. This included students and teachers from Highlands, Grange Park and Merryhills all conducting separate surveys of the area to identify where we can improve, then meeting back to discuss our next steps in creating a safer environment.

**How can you help to keep our roads safe?**

If you must travel to school by car:

- Stick to the speed limit and adjust your speed according to road conditions - remember Worlds End Lane is a 20 mph zone.
- Be mindful of pedestrians, especially school children, and give them the right of way.
- Make sure to park considerably and especially do not block the roundabout area between Grange Park and Highlands School.
- Please do not block the entrances to the school car parks, as this is a health and safety hazard. Also do not block local residents' driveways.

Remember, road safety is everyone's responsibility. Let's make our roads safer for everyone!







## Italian Cuisine Day

Embracing the rich flavours of Italy to celebrate Italian Cuisine Day at school.

Students enjoyed a delicious journey through Italian culinary delights at lunch time. From mouth-watering lasagne to tasty garlic bread, it was a great way to celebrate cultural diversity through the joy of food.

Buon Appetito!



## Scholastic book fair

Thank you everyone who visited the Scholastic book fair that was held in the library this week. The fair generated £351.75 and our library earned £87.94 in rewards to go towards new books for the school.





## Attendance and punctuality

We would like to remind all of our families about the importance of attendance and punctuality and Highlands School.

### Our expectations for attendance and punctuality

- We expect students to attend school every day to ensure they benefit from the opportunities that school offers.
- The government persistent absence percentage is 90% - regardless of whether absences are authorised.
- We expect students to attend school on time every day. This means that students will arrive at school for when the gates open at 8:20am, and **no later than 8:30am, when the gates close.**
- The decision of whether or not to authorise an absence rests with the school. Written requests are required for all leaves of absences.
- Holidays during term time will not be authorised. Any requests for authorised absence under exceptional circumstances during term time must be made in writing using our 'Highlands school leave request form', which can be found on our website [here](#). Parents should be aware that holidays taken during term time will have a highly detrimental impact on a child's learning.

### Notice regarding punctuality

- The gates open at 8:20am. We have many students who wait until the very last moment to come through the gates, despite being outside the gates for some time. This causes a larger crush in the last few moments. Staff will close the gate at 8:30am, therefore, we encourage all students to enter the gates at their earliest opportunity to avoid the risk of the gate closing before they have made their way through.
- Students should only enter through the middle gates in the morning. The top gate near the roundabout is for latecomers only. Any students who enter through the top gate are marked as late.
- Parents are welcome to contact the school to explain reasons for lateness, however, communication from home does not automatically prevent a late sanction. The school will review each case and the reason given for lateness, and make a decision on whether a sanction should be issued.
- Unless there are exceptional circumstances, lateness to school (beyond 8:30am) will trigger a sanction.
- We ask parents and carers to support the school's systems as well as support their child to arrive at school on time.

### What if my child is unwell?

NHS guidance states that 'it is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat.'

- Repeated absences for minor illnesses such as cold symptoms, a sore throat, runny nose or headaches may not be authorised.
- Where a student has an ongoing or known medical condition, some absences may be authorised in line with a formal medical diagnosis.



- Evidence of any medical diagnosis, appointments or hospital visits should be sent to our attendance officer to be logged.
- Medical evidence can include a photo of your child's prescribed medication which clearly shows their name and the date it was prescribed.

### How parents and carers can help

You can support us with securing excellent levels of attendance by:

- Not booking holidays in term time - written requests must be submitted before any travel arrangements are made.
- Not taking your child out of school unless in exceptional circumstances.
- Ensuring any medical appointments are booked outside of school hours where possible.
- Contacting the school on each day of absence to inform us of your child's absence, including a specific reason for absence - stating 'ill' or 'unwell' may result in an unauthorised absence.
- Encouraging your child to attend school every day.
- Encouraging excellent punctuality and setting good routines, as persistent lateness will affect their attendance.

## It's beginning to look a lot like Christmas!

Here are some wonderful Christmas events and treats to look forward to this term!

### Christmas lunch: Thursday 14th December

A wonderful, warm Christmas lunch will be served in the canteen.

### Christmas jumper day: Thursday 14th December

All money raised will go to this year's joint house charity which is [Cooking Champions](#).

All students wearing a Christmas jumper should bring in £1.00 to donate towards the joint charity.

The rest of the normal school uniform should be worn including student blazers.

School shirts must be worn under the Christmas jumpers.





HIGHLANDS SCHOOL PRESENTS

# WINTER SHOWCASE

**HIGHLANDS SCHOOL MAIN HALL**

**MONDAY 4TH DECEMBER 2023**  
**DOORS OPEN 6.30PM**

TICKETS ON SALE ON PARENTPAY  
£3 ADULTS/£2 CONCESSIONS



REFRESHMENTS  
FROM HPFA

QR CODE  
FOR DONATIONS



# Help us fund raise for our school

## Are you busy buying gifts for the festive season?

Did you know when you sign up to [easyfundraising.org.uk](http://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](http://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**



# FESTIVE RAFFLE

## DONATIONS NEEDED

### CAN YOU HELP?

The HPFA is looking for business owners to help support the HPFA's festive raffle this year.

Are you a business owner that can donate or sponsor a prize? If so, please email: [hpfaeventtickets@gmail.com](mailto:hpfaeventtickets@gmail.com)

We are looking for a variety of prizes such as vouchers for restaurants or shops, beauty treatments, gift cards, etc. Alternatively, a cash donation would be appreciated and put towards a prize.

We will thank all business owners who donate or sponsor a prize in our HPFA newsletter and on Instagram.

We hope to make this years raffle a great success!



# HAF Enfield Winter 2023

19th December - 5th January

FREE\* places available on Enfield's Holiday Activities and Food (HAF) programme this winter. For more information visit [www.enfield.gov.uk/services/children-and-education/holiday-activity-and-food-programmes](http://www.enfield.gov.uk/services/children-and-education/holiday-activity-and-food-programmes)

\*Free for those in receipt of benefits related free school meals

Ages Reception to Year 11

- Arts & Crafts
- Get Active
- Free nutritious meals
- Music
- Day Trips
- Plus much much more!

Funded by  
  
 Department for Education

[www.enfield.gov.uk](http://www.enfield.gov.uk)



## Stronger Relationships Online Course

For parents and other adult carers living together or apart



- Do you want to get some new ideas to help you be an even better parent?
- Would you like to reduce the arguments and disagreements in your family and cope better with stress?
- Would you like to enhance your relationship with your current partner, or improve communication with your ex or the other people helping to raise your children?
- How about learning at a time that suits you?

 6 online sessions
  6 group discussions
  Certificate on completion

- Information on strategies to identify and reduce arguments
- Hear from other parents and carers
- Downloadable worksheets and handouts
- Videos, quizzes and interactive activities
- Do sessions at a time that works for you
- Weekly support from our course experts

### TOPICS COVERED

- Healthy adult relationships
- Identifying and managing disagreements
- Understanding how conflict affects your children
- Enhancing parent-child relationships
- Managing stress, anger and emotions
- Strategies to resolve conflict and create a parenting agreement

### GROUP DISCUSSION

- Speak to a course expert and get answers to some of the questions you might have
- Talk about how the strategies are going at home and how to adjust them for you
- Address other difficulties relating to your relationships
- Hear from others about what works for them

Find out more or register for the course:

[sfscparent@racefound.org.uk](mailto:sfscparent@racefound.org.uk)  
[www.strengthening-families.net](http://www.strengthening-families.net)




- Go to <https://strengthening-families.net/reducing-parental-conflict/>
- Select a course, either:

  - parenting and living together
  - parenting and living apart
- Select a day of the week and select a time for your group discussion
- Complete your contact details
- Answer a short questionnaire
- Click on 'your profile' and you can start your course

If you need any help, email us at [sfscparent@racefound.org.uk](mailto:sfscparent@racefound.org.uk) or call us on 07708360561

strengthening families communities



## FESTIVE FOOD BANK

Pinnacle Group and Highlands School are joining together this Christmas.

With rising fuel and food costs, we would like to be able to provide basic and luxury food items for families who are struggling this Christmas. Christmas will be difficult for many, so Pinnacle and Highlands are joining together this year by running a Festive Food Bank, as part of Pinnacle Group's Environment Social Governance Programme.

Please drop off donations in the donation box in reception until 21st December

Pinnacle Group will deliver all items donated on a fortnightly basis directly to the charities. We are grateful for your support.



Items that can be included are:

- UHT milk
- Tinned meat (hot dogs, meatballs etc.)
- Tinned fish
- Tinned fruit
- Sponge/rice puddings
- Coffee (small jars)
- Long-life juice
- Pasta sauce
- Tinned veg (potatoes, carrots, green beans, tomatoes)
- Tinned meals (spaghetti, chicken/veg curries)
- Tinned soup
- Jam and spreads

**Please drop off donations to the donation box found in the main reception.**

**Thanking you all in advance for your generosity.**





# 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



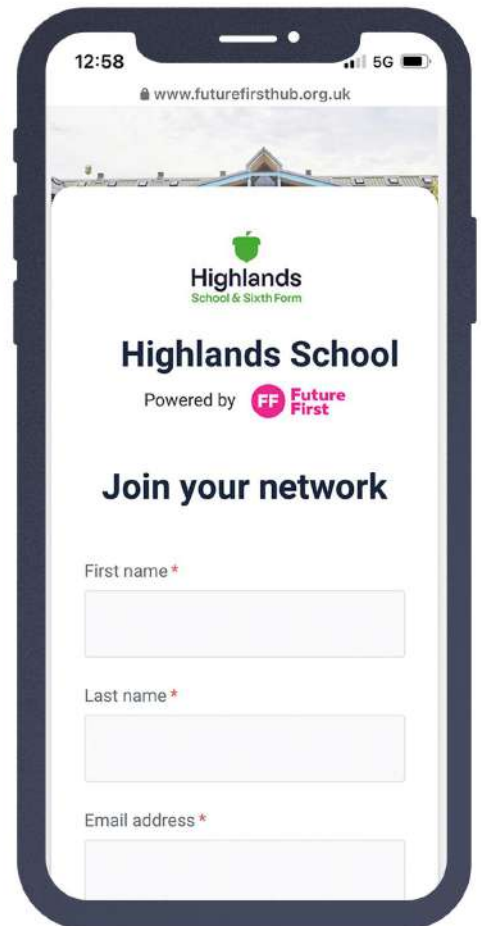
Scan the QR code to join the Alumni network

## 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](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**

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

## 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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