



Highlands School Newsletter

15 March 2024



Dear parents and carers,

This week at Highlands has been one full of opportunities to celebrate our diverse school community and the achievements of our students. Ramadan started this week and Mr Islam and KS4 and 5 students brought food to school to celebrate. Beech house held their international food day in the canteen, at which Ghanaian food was served. Our year 12 and 13 students went to Madrid to learn about the art and history of another culture. And, following the success of Shania Anyemedu who won last year's national Show Racism the Red Card competition, one of our students has won the competition again! This time Elis Cristovao won with her exceptional poem *In the heart of every soul!*

I would like to thank all of the members of our school community who came to the quiz night last Friday, and to the HPFA for organising it. It was a pleasure to be the quizmaster and we raised **£915.33** for the school. Congratulations to 'Spicers' the winning team, we hope to see them back next time defending their crown.

A reminder of important dates for your diaries:

- Wednesday 20th March: year 12 parents' evening
- Thursday 28th March: last day of spring term, students dismissed at midday
- Monday 15th April: start of summer term

Have a great weekend,

Mr McInerney,
Headteacher



Championship gold winner!

Highlands student Eirene Palamaras in year 7, along with her teammates at Aquavision has won a gold medal in the national age group championship (U12) 2024 in artistic swimming!

We are extremely proud of your amazing achievement, your consistent hard work of training 15 hours a week and during the half terms without neglecting your school work has not gone unnoticed. Keep up the hard work, we wish you all the best in your future endeavours.



Ramadan

During lunch prayer time on Friday 8th March Mr Islam and ten students from years 10-13 bought in food to celebrate the start of Ramadan (canopies from South Asia, Iraq, Bangladesh and Pakistan). Students had an opportunity to build friendship and help support each other to make the most of the blessed month of Ramadan.

Ramadan, in Islam, is the ninth month of the Muslim calendar and the holy month of fasting, prayer, reflection and community.

Ramadan Kareem to all those students and families observing Ramadan this month.



Mrs Shah & Mr Islam



UNIQ 2024

Congratulations to Elsie Berko in year 12 who has received a place on the UNIQ residential academic courses programme following her application. UNIQ is the University of Oxford's access programme for UK state school students, who prioritise places for students with good grades from backgrounds that are under-represented at Oxford and other universities.

Elsie will attend a four-day residential in Oxford during the summer which will have an intensive academic focus on Human Sciences, including application support to Oxford, supercurricular activities, pick the brains of student ambassadors, as well as hear from academics about the admissions tests and interview and the chance to see what living in a college will be like.



Insight at Santander UK

Embarking on the journey of professional development often requires a blend of academic learning and practical experience. For many students, securing an opportunity to gain real-world insight into their field of interest is invaluable. Santander UK, offers such opportunities, providing students with a platform to enhance their skills and knowledge.

Rohat Gok, year 12 student, aspiring to enter the world of finance, attended the Santander insight day after his successful application. He had the chance to engage in diverse tasks that contribute to the company's objectives, where he was able to apply theoretical knowledge gained in the classroom, and network with professionals in their field, potentially opening doors to future career opportunities.



Mrs Laurenzi





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.

- **Florence Holyomes 7WSW:** Awarded for making the most progress made in 7WSW in Bedrock Learning.
- **Nathan Fisher 11OMK:** Awarded for his dedicated attitude to English.
- **Olivia Pashku 9RNB:** Awarded for role modelling kindness to her peers by assisting the teacher with the equipment every PE lesson. Often using her initiative and helping without being asked.
- **Erkan Varlik 9WJQ, Chloe Tsiamas 7ODM, Archie de Souza 7WMT, Dilara Hassan 7OJT, Leon Spalevic 7RJG, Kayla Hassan 7ODM, Louis Marsh 7BLR, Christine Mawutor 7ODM, Benjamin Gormley 11BPL and Danish Farooq 8WMP:** Awarded for being in the top 10 students with the highest Maths Sparx homework for the first half of the year.





Ghanaian cuisine day

On Thursday our school embraced the rich flavours of Ghanaian cuisine. Beech house designed and promoted their cuisine day through Ghanaian inspired posters and students and staff joyously celebrated by indulging in chicken or vegetable curry with jollof rice and mixed vegetables. It was a great way to honour the cultural heritage of Ghana!



HPFA Quiz night

The HPFA held a fabulous quiz night on Friday 8th March. Mr McInerney did a fantastic job as quizmaster! It was a fun, well attended, family friendly night. The HPFA prepared a ploughman's meal for everyone and also served drinks at the bar. The Winchmore pub generously donated freshly made scotch eggs and pork pies, which were absolutely delicious.

'Thoughts and Crosses' won the prize for the best team name (an Easter egg). After nine fun rounds, (including a dinosaur round), the scores were in. It was a close contest but the winning team was the 'Spicers'. Although the night was all about taking part, the winners won a box of chocolates and a bottle of gin! There was a raffle too, with the top prize being a lovely box of Aesop products.



Thanks to all those who came and supported the event and donated prizes. We really do appreciate it. We raised **£915.13** from ticket sales (including food and raffle) and refreshments. We would especially like to thank Mr McInerney for his excellent quiz mastering!

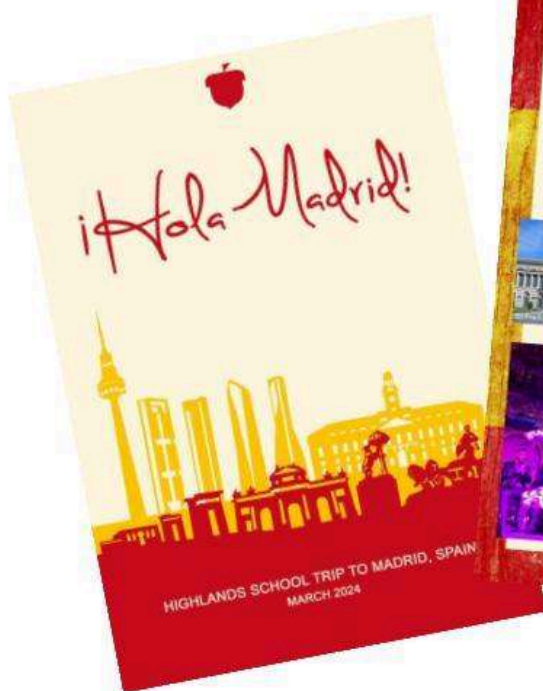
Vanessa Mead, Publicity officer for HPFA



¡Hola Madrid!

From Thursday 7th March to Sunday 10th March, a group of enthusiastic year 12 and 13 students doing art, photography and Spanish went on a thrilling and culturally enriching journey to the vibrant city of Madrid.

They visited the iconic Santiago Bernabéu Stadium, home to the legendary Real Madrid Football Club, the world renowned El Prado Museum, Royal Palace, the Reina Sofia Museum, El Rastro Market and they even enjoyed a soul-stirring Flamenco show! You can read all about their trip in this week's [special feature newsletter](#).



Read this week's special feature newsletter



A level politics conference

Our students embarked on an enriching journey to Westminster's Methodist Central Hall for an A level politics conference, joining 2,000 students from schools across the country.

During this educational excursion, they had the privilege of hearing from influential political speakers, including Wes Streeting (Shadow Health Secretary), Richard Tice (Leader of the Reform UK party), Jacob Rees-Mogg (Conservative MP), and the dynamic duo Rory Stewart and Alistair Campbell, hosts of the insightful politics podcast, 'The Rest Is Politics'. They also had the opportunity to ask lots of questions to these speakers.

Engaging with these prominent figures not only provided our students with invaluable insights into the political landscape but also ignited a passion for exploring diverse perspectives and actively participating in civic discourse.

Mr Islam





Show Racism the Red Card - WE'VE WON IT AGAIN!

We are thrilled to announce that our very own Elis Cristovao has emerged victorious in the Show Racism the Red Card competition with her exceptional poem *In the heart of every soul!*

Elis' powerful words have not only captivated the hearts of the judges but have also ignited a flame of awareness and understanding. Through her eloquent verses, she challenges racism and champions unity.

An independent panel of judges have selected Elis' poem as the winning entry for the *Year 7 - 9 Creative Writing Category*. She will be invited to attend a special awards ceremony at a Premier League football stadium. Prizes will be presented by special guests including current and former professional footballers.

Go Elis! We are so proud of you.

In the heart of every soul

In the heart of every soul lies the melody of humanity, a symphony of diversity woven into the fabric of existence. Yet, amidst the harmonious chords, there exists a dissonance, a discordant note that echoes through the corridors of history: racism. It stains the pages of our collective story, casting shadows of prejudice and injustice upon the hearts of the oppressed.

But there are those who refuse to be silent witnesses to this injustice. They stand tall, like towering oaks in a storm, unwavering in their commitment to justice and equality. They are the champions of compassion, the warriors of empathy, and they brandish their weapons not with violence, but with the unyielding force of love and solidarity.

In the arena of bigotry, they raise their voices like thunder, declaring with fervour that racism shall find no sanctuary within the chambers of their hearts. They hold aloft the banner of unity, its crimson hue a symbol of the blood that binds us all as one human family. With each stride they take, they march closer towards a world where the colour of one's skin holds no sway over the content of their character.

And so, they stand united in face of a journey fraught with obstacles. They become a beacon of hope in a world shrouded in darkness. With every step they take, they illuminate the path towards a brighter tomorrow, where love triumphs over hate and acceptance reigns supreme. For they know that in the end, it is not the colour of our skin that defines us, but the depth of our humanity.





Year 10 and 11 football

Congratulations to our year 10 and 11 boys' football team for their outstanding performance in two competitive matches over the last week! In an exhilarating even-goal thriller against Southgate, they narrowly missed out on a point with a 4-3 loss.

This week, they displayed resilience despite a 6-3 loss against Edmonton County. Special mention to Theo Law for his exceptional team performance and goals, and to Ashley Cullen for his remarkable saves that kept us in the game, both were players of the match. Credit to the entire team for their great effort!

Mr Joseph



Year 8 and 9 boys football

The year 8 and 9 boys football team won again this week, defeating Aylward 10-2 with the pick of the goals coming from Kerem Albayrak.

Player of the Match = Alessandro Rosiello.

The team has played 5 games, 4 wins and 1 draw with two league games left. Well done to all of the players



**Alessandro
Rosiello**



**Kerem
Albayrak**



Under 15 girls Middlesex semi-final

The year 9 and 10 girls played an extremely strong Fortismere side in the under 15 girls Middlesex semi-final. After a tight first half, the girls hit the post on numerous occasions and the Fortismere keeper definitely kept them in the game. But after a strong start to the second half and some fantastic football, we finally took the lead with a fantastic goal from Shekinah. The girls then maintained their momentum, with Millie scoring a second goal before controlling the game until the final whistle winning the game 2-0.

We will now go on to play Haydon School in the Middlesex Cup final at Rectory Park on Tuesday 19th March at 2:30pm.

Good luck girls and let's bring home that trophy!

Mrs Hutchinson



Girls U16 Middlesex football call-up

Congratulations to Connie Wakeford and Elisia Huetson Varnava who have been called up to the U16 Middlesex football squad to play Kent next Monday. Good luck, we look forward to hearing how you got on.

Mrs Walters



Connie Wakeford



Elisia Huetson-Varnava



Year 7 netball

Now that we are gaining the light back after school, our netball fixtures have resumed with some very successful and competitive results.

In their first game since Christmas, the year 7 netball team played Southgate where they were narrowly outplayed to lose 5-3. Amelia was awarded player of the match for her hard work through the centre court supporting both the attack and the defence. The following week, they took on St Annes where they drew the game 5-5 and Orla was awarded player of the match for her superb defence.

Year 8 netball

Our year 8 team have had three fixtures so far this term where they have improved their performance with each appearance. In their first game, the team lost out 12-5 to a sharp shooting Southgate team where Bibiana earned player of the match for her tireless work through the centre court.

In their next match, they eventually lost 5-3 to St Annes in an end to end competition where the defensive players Bea and Anneka were jointly awarded player of the match.

In their most recent fixture, the team beat AIM 13-1 with player of the match awarded to Leah for her consistent shooting.





Year 10 netball

The year 10 team reopened their league campaign last week with a game against AIM which resulted in a 2-2 draw. Both teams worked hard and kept the game competitive until the final whistle. Darcey was awarded player of the match for her excellent work at centre position.



RUGBY CLUB
QUALIFIED RUGBY COACH
STARTING ON THURSDAY 18TH APRIL
3:15pm - 4:30pm
YEAR 8 & 9 BOYS ONLY
TAG / CONDITIONED CONTACT
HELD AT OLD GRAMMARIANS
SIGN UP USING THE GOOGLE FORM EMAILED HOME
MAXIMUM 35 SPACES AVAILABLE



Pymmes Park Cricket club sessions

Capital Kids Cricket – Pymmes Park Holiday Camp - Pymmes Park CC – Easter Holiday Camps 2024

Free Spaces (Limited Space) – Registration Mandatory (Age 8 years old – 15 years old)

All coaching sessions will be delivered by Capital Kids Cricket experienced coaches.

Dates: Tuesday 2nd April – Friday 5th April

Venue: Pymmes Park, Victoria Rd, London N18 2UG (Cricket Pitch)

Time: 2:30pm – 4pm

[Registration link](#)

If you have any questions or for further information, please contact manav.patel@ckc.london

**Capital Kids Cricket – Pymmes Park Holiday Camp
Pymmes Park CC – Easter Holiday Camps 2024**
Free Spaces (Limited Space) – Registration Mandatory

All Coaching sessions will be delivered by Capital Kids Cricket experienced Coaches who are qualified, received appropriate safeguarding training and have enhanced DBS Check.



Tuesday 2nd April – Friday 5th April
Venue: Pymmes Park, Victoria Rd,
London N18 2UG (Cricket Pitch)

supported by



All Stars Cricket
Age: 5 – 8 Years
Time: 10am – 12pm
If you would like to request a registration form please email Manav.patel@ckc.london
Every child that registers will receive a backpack full of goodies.
Your child's pack will include:
Backpack, Cricket bat, Cricket ball, Personalised t-shirt with your child's name.

Dynamos Cricket
Age: 8 – 11 Years
Time: 12pm – 2pm
If you would like to request a registration form please email Manav.patel@ckc.london
Every child who registers will receive their very own Dynamos Cricket New Balance t-shirt, personalised with their name and number.

Pymmes Park Cricket Club Sessions
Age 8 – 15 years
Time: 2:30pm – 4pm
Registration link: <https://forms.gle/id1mJA8oKuV2fUiP9> →



If you would like to receive the registration link please email us and we will share the links with you.

If you have any questions or for further information, please contact manav.patel@ckc.london



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	5,001	4,491	3,629	4,458
Negative points	-493	-458	-437	-524
Points overall	4,508	4,033	3,192	3,934

Here are the top students this week.

Top students in year 7:

Forename	Surname	Form	House	Points
Evie	Howlett	7WSW	W	34
Eda	Cetin	7BLR	B	33
Loizos	Marsh	7BLR	B	33
Ciara	Moore-Mcgowan	7WSW	W	30
Anthony	Stavrou	7WSW	W	30
Florence	Holyomes	7WSW	W	28
Kaya	Demir	7WSW	W	27
Asya	Sagiroglu	7WSW	W	27
Marianne	Smith	7WSW	W	27
Aariah	Udahemuka	7WSW	W	27

Top students in year 8:

Forename	Surname	Form	House	Points
Mehmet	Hassan	8OFD	O	35
Warren	Kelly	8OSQ	O	35
Meliz	Hassan	8WMP	W	34
Chloe	Shi	8WMP	W	34
Ardil	Kalayci	8WMP	W	33
Sunny	Morgan Jones	8WMP	W	33
Siena	Jugurnauth	8WMP	W	30
Samuel	Malaj	8OFD	O	30
Dennis	Erdogan	8OSQ	O	29
Marcus	Marfici	8WMP	W	29



Top students in year 9:

Forename	Surname	Form	House	Points
Alessandro	Rosiello	9RTC	R	46
Ermioni	Tsantikou	9OSM	O	46
Andreas	Chrysostomou	9RTC	R	44
Amelie	Manning	9OSM	O	42
Beatrice	Afhim	9OSM	O	41
George	Baker	9BYC	B	41
Reggie	Perkins	9RTC	R	41
Melisa	Spahia	9BYC	B	41
James	Cooper-Dobson	9BYC	B	39
Lily	Howard	9RTC	R	39
James	Nicolaou	9RTC	R	39

Top students in year 10:

Forename	Surname	Form	House	Points
Carey	Kirton	10BJC	B	47
Eva	Koker	10BJC	B	47
Moroni	Cristovao	10BJC	B	44
Shekhinah	Gitu	10BJC	B	43
Imogen	Ganvir	10BJC	B	42
Emma	Simon	10BJC	B	42
Ethan	Baxter	10BJC	B	41
Sam	Tremaine	10BJC	B	41
Daniel	Cox Jaramillo	10BJC	B	40
Jack	Trautner	10WDD	W	40



Top students in year 11:

Forename	Surname	Form	House	Points
Benjamin	Gormley	11BPL	B	29
Sophie	Bernasconi	11BPL	B	20
Rakibe	Halili	11BRD	B	18
Elaine	Ho	11WCG	W	17
Iustina	Pasargic	11BRD	B	13
Athanasios	Aristidou	11WCG	W	12
Sara	Hussain	11OGA	O	11
Katie	Bucknor	11RTS	R	10
Nicolette	Charalambous	11BPL	B	10
Zoe	Ellerby	11WCG	W	10
Yasmin	Farhadi	11OMK	O	10
Olivia	Mulherin	11BPL	B	10
Zehra	Turan	11OGA	O	10
Israa	Waheed	11BRD	B	10
Daisy	Warner	11RKM	R	10

Top students in year 12:

Forename	Surname	Form	House	Points
Katie	Brookman	12ODS	O	22
Alexia	Chrysostomou	12BHK	B	15
Charlie	Mills	12RSL	R	11
Joshua	Bagulay	12RSL	R	9
Ahura	Sedaghat	12RSL	R	9
Romany	Ramsey	12OSB	O	8
Maria	Salamanca	12WTA	W	7
Alexia	Vrouesai	12WBS	W	7
Athanasia	Petrou	12ODS	O	6
Raphael	Richter	12WTA	W	6
Alexandros	Attaliotis	12RCW	R	5
Ocean	Rahman	12BJT	B	5
Ledia	Xhetani	12WTA	W	5

Top students in year 13:

Forename	Surname	Form	House	Points
Timur	Raif	13ESM	R	6
Michael	Agbugba	13JBA	W	4
Hollie	Burkett	13ATH	O	4



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



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

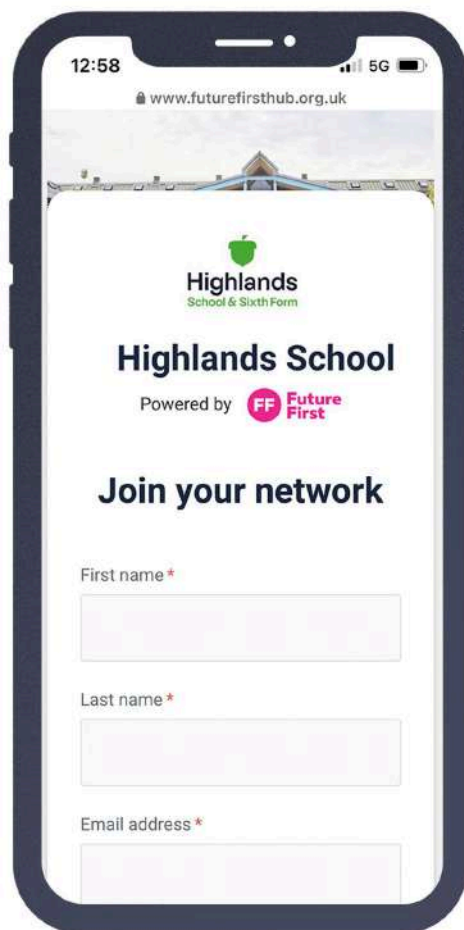


Former student?

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

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>

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

Urgent and other support available

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

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

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 confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or [online chat with a counsellor](#)

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

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



Safeguarding contacts

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

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

Helpful numbers and websites

Childline: 0800 1111

NSPCC helpline: 0808 800 5000

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

LGBT switchboard: 0300 330 0630

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

Multi Agency Safeguarding Hub: 0300 500 80 90

Barnardos: 0800 008 7005

Talk to someone....

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

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