



Highlands School News



7 May 2020



WHAT'S INSIDE

Letter from the
Headteacher

Notices & updates

Highlands in the
community

Celebration of students'
work

Health & wellbeing

Messages from staff to
students & community

Other news

FROM THE HEADTEACHER

In this week's newsletter I am pleased to be able to celebrate some of the wonderful work that has been completed by our students during the period of school closure. This week's newsletter also contains a celebration of some of the great work that our staff have been doing to help fight the Covid-19 disease, particularly the members of our staff who came to school to produce protective equipment such as visors which have been sent on to the NHS.

It seems likely that the government will make an announcement on the reopening of schools in the next week. Once the government has made its plans clear we will liaise with the local authority and then we will write to all members of the school community setting out our reopening plans. The leadership team and governors of the school are in regular contact about school closure and opening and we are all committed to only opening the school in such a way that prioritises the health and safety of all members of the school community.

The school is in the process of agreeing and submitting exam grades for students due to sit GCSE and A-level exams this summer. As I wrote to you earlier in the period of school closure, we cannot discuss the grades with families or students. However, we can tell you that we have lobbied hard for students in year 10 to be given grades as well as students in year 11 and 13. We are pleased that the government have changed their initial plans and have now agreed to award grades to year 10 students taking exam classes, as well as years 11 and 13. At the end of this week (Friday 8th May), we will stop setting revision work for classes that would be sitting exams this summer. We will, instead, be setting up Google classrooms that contain transitions work to support GCSE students towards A-level, and A-level students towards degree level courses.

As the nation celebrates VE day tomorrow, we have included a special commemorative handout to accompany this week's newsletter.

Finally this week I would like to thank all the parents, carers and students who are diligently working together to make sure students complete their classwork at home, using Google classrooms. The number of students not completing work online has dropped each week and we are very proud of the efforts of our staff, students and families.

Mr McNerney



YEAR 11 LEAVERS' UPDATE

Look out for a Google survey this week about your year book and leavers' sweatshirts. We know your end of year 11 is going to be very different from usual but we want to make sure that it is as special and memorable as possible.

Please reply to the survey as soon as you can, so we can get your class of 2020 celebrations planned without delay. Watch this space in the newsletter each week for updates!

Take care and keep safe.

Ms Hutchinson

FREE SCHOOL MEALS

If your child is entitled to free school meals, you should by now have received an e-code via email from Edenred, the Department of Education's provider. These e-codes can be converted into e-gift cards, which you can use in local supermarkets.

If you have not received these emails from Edenred, please check your junk folder, as they may have filed there in error. If you have any query on this FSM voucher scheme, or have not received the email from Edenred, please send an email to Mrs Czapich:

czupichs@highlands.enfield.sch.uk



CHANGE OF CONTACT DETAILS

If there is any change to your contact details, e.g. you have a new mobile number or email address, or you have a change to the people who are the emergency contacts we hold on record for your child, please can you ensure that you send us an email with this information for the attention of (FAO) Mrs Naomi Brand, Office Manager. This will enable us to update our records and ensure you do not miss any important emails, newsletters or messages.

postbox@highlands.enfield.sch.uk





HIGHLANDS STAFF PULL TOGETHER TO HELP THE NHS AND LOCAL COMMUNITY

As we know, lockdown due to the coronavirus has come as a very big shock to us and how we live our everyday lives. As a technology faculty we wanted to do something to support the fantastic work our NHS key workers are doing on a daily basis. With the Headteacher's permission, the DT and science faculties were able to donate goggles, face masks, disposable aprons and gloves to local NHS workers in the Enfield community...but we were not happy for it to end there:

Over the Easter holidays we came in (obviously keeping 2m apart) to manufacture visors for a number of hospitals who had been in touch. Two designs were manufactured and in total we were able to successfully produce 167 visors, which were delivered to the hospitals without any delay. Others in the faculty have also been hard at work making fabric wash-bags for healthcare workers to put their scrubs/clothes in, in order to stop the spread of the virus. I am very proud of the faculty and grateful that we had the resources, equipment and knowledge to be able to do our little bit towards the fight against this pandemic.

Mrs Jeynes



Thank you from NHS ICT team

"This is an enormous **thank you** from all the nurses, healthcare assistants, matrons and therapists at Basildon/Wickford Integrated Care Team for kindly donating your goggles to us. These are in use every day as we go out and visit our COVID-19 positive patients and help keep us all safe at this very worrying time. We will always remember the incredible kindness and support the NHS is receiving and once again thank you for your generosity. We hope you like the photographs of our glamorous staff wearing their PPE with pride!"

CELEBRATION OF STUDENTS' WORK

This piece of work encouraged year 8 to reflect upon the 'random acts of kindness' they had been doing over these last couple of weeks but also the continuous acts of kindness key members of society have been carrying out in our community and beyond.

As so many children have been creating rainbows and sticking them up on to their windows, encouraging people to remain positive at such a difficult period of time, Ms Selim asked year 8 students what they could do to show their appreciation to those who are helping us in ways you may not even realise.

Here are three outstanding entries.

Ms Charalambous



LEDIA
XHETANI



MICHAELA
WEJSZKO



IRMAK
SAKALLI



Eren Osman 7BRD
Outstanding science
work on the skeleton
Mr Antonis

ALSO CONGRATULATIONS TO...

Well done to **Eniola Showunmi 9RSB**
and **Simrit Swatch 9OLR** for their
excellent work in citizenship!
Ms Gibson



HEALTH AND WELLBEING ADVICE FROM MISS EXLEY

It's a really strange and difficult time that we are all facing together. Some of us are struggling with not having our usual routines and without socialising with friends like we used to. Some of us are missing out on events that we were looking forward to for quite some time such as proms, parties, sporting events and/or drama productions. Others are facing other terrible circumstances such as the illness of family and friends (and in some cases, sadly, death). Our thoughts are with anyone who has suffered in this way.

“We are one day closer to everything being back to normal again”

No matter what it is, if you are finding it difficult to cope, I want you to know that it's OK to feel this way and things will get better. I also want to provide you with some helpful hints and tips to encourage a positive mind and body during this difficult period of quarantine and school closure.

Tip 1: Create a timetable that is reflective of your pre-quarantine schedule

Build in the following:

- A morning routine that ensures you get up, get washed and get dressed at a suitable time (8:30am could work well)
- A realistic work schedule that allows you to complete sufficient work but gives you plenty of time for breaks and healthy eating
- Virtual socialising (in the evening perhaps) - this might be a video call with friends or an online quiz with the family
- Include time to do what you enjoy - whether it is reading, listening to music or playing video games
- Exercise - try to do at least 30 minutes of exercise every day. This could range from walking the dog outside or streaming a workout in your front room (a number of great, and free, workouts are available on YouTube). Even if you don't feel like exercising, you will feel much better once your mood-boosting endorphins get circulating!
- Build in some 'me time' that encourages and promotes productive 'rest and relaxation' (I would suggest listening to a 'wellbeing podcast' to boost your mood during this time such as 'Happy Place' by Fern Cotton)
- Include a 'sleep schedule' to ensure you are giving your mind (and body) enough sleep (but not too much). As a guide, eight or nine hours should be ideal for you
- Tick things off once they're done. This will give you a feeling of self-satisfaction once you've successfully completed the tasks that you set yourself!



It's Good To Talk...

Tip 2: Talk!

Talk to your friends and/or family about how you are feeling. If you are feeling sad about anything whether it's missing your friends, missing an event or worries about the health of someone you know, it's good to talk!

Don't forget you can also call or chat online with trained professionals at Childline if you would prefer to speak to somebody anonymously. **The number for Childline is 0800 1111.**

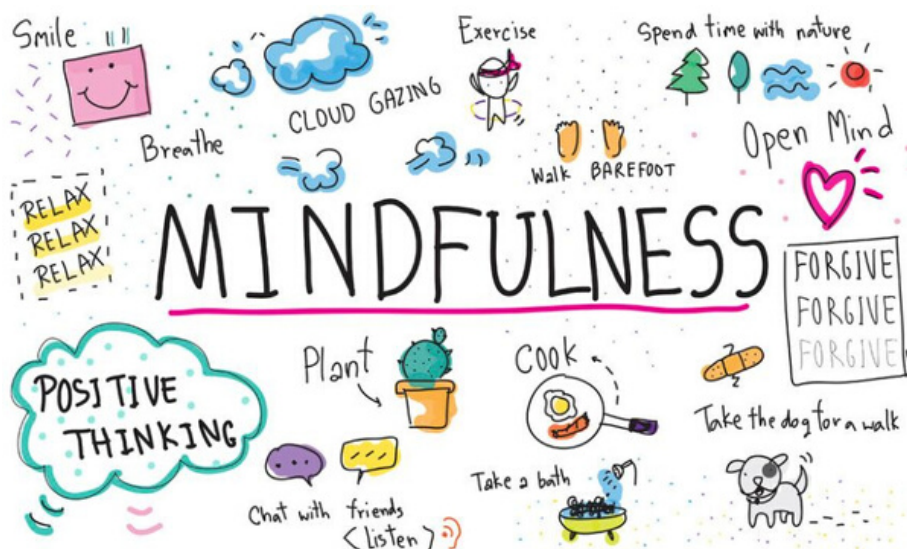
We also have a dedicated email address for students who are struggling and if you feel you need support you can send an email to staysafe@highlearn.uk where a member of staff will receive and respond to your email within 24 hours.

Tip 3: Have a media detox

Once a week, put your phone in the drawer for a whole day and avoid watching the news or browsing online. I am sure that since being at home and having constant access to your phone will have meant that your screen-viewing time has increased significantly. The constant influx of information from different sources can leave you feeling overwhelmed.

Allow yourself to have a break from the difficulties we are facing and enjoy peace of mind for at least one day a week. Exchange the time you would have spent online for 'phone-free' activities such as clearing out your bedroom, cooking, reading or mindfulness colouring ([printable images can be found online](#)).

Remember that helping the adults out at home will help to contribute to a happier home, which we all need right now!



MESSAGES FROM STAFF



I've always liked this poem.
Just because we are social
distancing doesn't mean we
have to ignore each other!

Mr Larter



*If you have good thoughts they will shine out
of your face like sunbeams and you will
always look lovely - Roald Dahl*

Ms O'Sullivan




To my wonderful year 11s: I know we are going through a tough time at the moment with everything going on in the world but I want to say from the bottom of my heart how proud I am of every one of you. I have admiration for how well you have all dealt with this situation and demonstrated our core values (DARE) to the highest standard.

No matter how tough it gets, always remember to stay positive and better days are on their way. Make sure you look for something positive in every day, even if some days you have to look a little bit harder.

We are going to ensure you get a proper send off as the class of, 2020 so keep reading the newsletter each week and check your emails!

Ms Hutchinson



MESSAGES FROM STAFF

“ All of us have had to adjust the way we live and interact. I know how difficult this is for young people especially. Keep communicating with each other - share how you feel with a friend or family member to help get you through this. Alternatively, play music, go for a jog, draw - whatever helps you to cope. Don't forget, we are here if you are feeling overwhelmed or want some help so email and we will always respond.

To year 10: I just wanted to say how impressed I am with your work ethic and diligent approach to remote learning. You will be sitting GCSEs next summer and everything you are set now is relevant to those future exams, so well done for your resilient and mature attitude to learning during extremely challenging times.

Finally, take of yourself and each other and let's take a minute to reflect on the good things and beauty in our lives.

Ms Murdock



*May this Ramadan bring the blessings
for the entire humanity that we can
walk on the way of peace and harmony!*

Ramadan Mubarak.



IN OTHER NEWS

GCSE COURSEWORK WALTON TRIP

After the snow and bitter cold of the Stratford trip, we got very lucky for the coasts trip and enjoyed a mild, sunny spring day. The small group of year 11s gathered data efficiently on beach processes such as longshore drift (who would have thought watching a satsuma float in the sea for 5 minutes would be that interesting), as well as cliff erosion at the impressive but fast eroding Naze cliffs.

The afternoon session included a review of the types of coastal management along this section of the Essex coast and in the photo above, students are happily making notes on the features of Jubilee Beach before returning to the coach for a nap on the journey home.

The geography department



MORE VOLUNTEERING DURING COVID-19

Matt Miller MBE, Chair of Governors, carrying out deliveries for the vulnerable in Enfield.

Keep up the great work, Mr Miller!