



Highlands School News



23 May 2020



WHAT'S INSIDE

Message from the
Headteacher

Highlands in the
community

Celebration of students'
work

Health & wellbeing

Messages from staff

Thank you from students

Notices & contacts

MESSAGE FROM THE HEADTEACHER

Last week we started the process of surveying all students, parents and staff so that we could get feedback on our online teaching and welfare processes. We have chosen to do this now because it is clear that the vast majority of students at Highlands will not be returning to school after half term and it seems likely that many will not return at all before September. We need to make sure that our remote learning and welfare offer is providing the best possible substitute for students actually attending school.

The key findings are:

- Students, parents and carers remain satisfied with our online welfare systems
- Overall, students feel there is too much work being set and some parents feel that there is too little
- Staff, students and parents and carers would like to explore more interactive teaching
- The school needs to find a more consistent approach to providing feedback to students on work
- Some students need more support in understanding instructions accompanying activities

We will be putting strategies in place to response to the surveys and to our own evaluation of our online learning and welfare processes and will write to the school community about these after half term. Please note that work will not be set during the half term holiday.

You will have read and heard in the media over the past week that the debate continues about whether schools should open. More local authorities have announced that they are not supporting the reopening of schools and several of the teaching unions remain unconvinced that it is safe to do so. The government has yet to publish specific guidance around what 'face-to-face' actually means in practice. The Department for Education is planning to release more specific guidance but not until the end of the half term holiday or possibly after this point. I met again this week with Tony Theodoulou, Executive Director of People and Peter Nathan, Director of Education at the London Borough of Enfield and they continue to support schools in attempting to respond appropriately to the guidance coming from the government. The local authority has helped schools source PPE equipment and they have stepped in to support families struggling to access free school meals using the government's free school meals scheme.



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All of this means that our position at Highlands will not be changing in the short term when we come back after half term on 1 June. Work will be set online for students using Google Classroom and the children of key workers and vulnerable students may attend school provided the school is informed in advance. If key worker parents and carers, or the parents and carers of vulnerable students want to discuss their child attending school, please use the stay safe email address below. However, we are exploring bringing year 12s back to school for some face-to-face teaching later in June, if we are confident that staff and students will be safe. We are also exploring whether groups of year 10 students will be able to attend school, particularly those who are not accessing and completing work online. We will write with more details of this after half term.

I would like to remind all members of the school community that the school has processes in place to support students with their work and with their wellbeing. We also have IT support available for students finding it hard to complete work remotely. Details of how to contact the school about any of these issues are listed on the next page.

This Wednesday was thank a teacher day. Inside the newsletter are messages that students at Highlands sent to us to thank their teachers. There were other, individual, messages that we have passed on to our members of staff. Teachers and support staff at Highlands and at other schools have had to completely change the way they go about their professional practice by moving from teaching in classrooms to teaching remotely and they have adapted superbly to this. Highlands teaching and support staff have volunteered to come to school throughout the period of school closure and during the Easter and half term break to make sure vulnerable students and the children of key workers can still attend school. Our staff have attended school to make PPE equipment in the technology faculty so it can be sent to hospitals. On behalf of the wider school community I would like to thank the teachers and support staff at Highlands and elsewhere for stepping up to do their best to support national efforts to overcome the effects of the Covid-19 outbreak.

I hope that you and your loved ones are well and we wish happy Eid Mubarak to all those in our community celebrating.

Vincent McInerney, Headteacher

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## COMMUNICATION WITH SCHOOL

Our pastoral team (heads of year, behaviour mentors and support staff) are working throughout the closure to support the students under their care. We have two email accounts, monitored each day. These are:

For safeguarding and well-being [staysafe@highlearn.uk](mailto:staysafe@highlearn.uk)

For IT and Google support [itstudent@highlearn.uk](mailto:itstudent@highlearn.uk)

All students have a highlearn Gmail account. Please ask your children to check this regularly as they may have emails from staff regarding school work or staff carrying out supportive welfare checks.

## YEAR 11 AND YEAR 13

Since 8 May, GCSE and A-level work has not been set for students in years 11 and 13. For those students, aspirational classrooms have been set up so that they can access work appropriate to their next level of study. We have emailed parents, carers and students in these year groups to invite them to join.

For the option subjects in which year 10 students were due to sit exams this summer, work is no longer being set. Year 10 students should focus on their other GCSE subjects until they can start work on their year 11 option subject.



# Cooking Champions

## HIGHLANDS IN THE COMMUNITY

Maths Teacher Miss Donovan and former student Elliot Jacobs have been leading a team of 12 volunteer cooks at Winchmore Hill Sports Club. They are making homemade, healthy meals for members of the community who need a bit of extra support. This includes NHS staff, homeless organisations and vulnerable members of the community. At the end of week six they have made a total of 6,883 meals and distributed a further 1,200 meals and 350 food care packages.





## CALM

Ms Boezalt organised an Instagram live event on Friday 24 April to raise money for [CALM](#) (Campaign against living miserably) the leading charity for suicide prevention in the U.K.

The event included poetry, art classes, talks from The Grief Network and a positive mental health speaker, live music and DJ sets. It was live on Instagram from 6pm-12am and included 20 acts.

We raised over £500 in one evening to help CALM's life-saving support. The charity is now using her event as a case study and inspiration for virtual fundraising.

## CELEBRATION OF STUDENTS' WORK

Below are two particularly good pieces from year 8 English students:

- Harrison Douglas has written a beautifully descriptive piece about Verona, where Romeo and Juliet is set.
- Nina Szymecka's Shakespearian insults were fantastic!!

Mrs Charalambous

Verona. The loveliest city in Italy. Astounding scenery. If you hike to the top of Monte Baldo, you'll find an incredible sight. All the buildings have a picturesque historic style to them. Although the streets are a bit crowded, you'll see true beauty in the city.

This city has been featured in one of William Shakespeare's plays, Romeo and Juliet. It was a story of love and conflict, grudges and alliance.

HARRISON  
DOUGLAS  
Y8

Capulet: What in the early hour of this beautiful Sunday morning are you maggot-pie doing on my territory!

Montague: Maggot-pie? How dare you call me such a nonsense name! And I came here because you stole my dazzling roses that I am trying to grow in my front garden!

Capulet: "gasp" What makes you think I stole your horrendous roses! Why would I steal your rank, dread-bolted flowers!

Montague: They are not rank and dread-bolted they are delightful and alluring! I think you are the one that is malt-worm, flap-mouthed, knotty-pated!

Capulet: That is enough! Calling me those names when you are the one who really is half-faced and infectious!

NINA  
SZYMECKA  
Y8



## CELEBRATION OF STUDENTS' WORK

Well done to all my year 8 students on the amazing work they have submitted in Food Technology.

- Holly Miller produced a fantastic video showing herself making delicious pizzas.
- Maksymillian Drozdowski produced an excellent poster about how to help save the planet and reduce the amount of pollution.

The students showcased below also made top quality pizzas.

Well done to everyone.

Miss Barnes



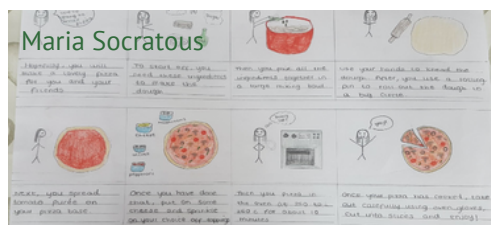
Goerge Chrysafi



Freya Jordan



Selin Turkkorur



Alex Ekkeshis



## SUPPORTING FAMILY AND FRIENDS DURING LOCKDOWN

This week is Mental Health Awareness week. Organised by the Mental Health Foundation, Mental Health Awareness Week is an annual campaign aimed at raising awareness of mental health and “inspire action to promote the message of good mental health for all.

The theme of this year’s mental health week is ‘kindness’. The focus on kindness is a response to the coronavirus outbreak, which is having a significant impact on people’s mental health. One thing that we have seen all over the world is that kindness is prevailing in uncertain times. We have learnt that amid the fear, there is also community, support and hope. The added benefit of helping others is that it is good for our own mental health and wellbeing. It can help reduce stress and improve emotional wellbeing.



### Get online

Contribute to getting the nation talking about kindness and mental health. During the week, carry out or reflect on a random act of kindness. Take a photo or video (with permission) and use the hashtags [#KindnessMatters](#) and [#MentalHealthAwarenessWeek](#). Tag your friends or family to encourage more people to get involved and spread the kindness.

### Host a virtual event!

Lots of events we have all been looking forward to have sadly been cancelled or postponed. Create a virtual event to celebrate the only way we can right now from the comfort (and safety) of our own homes. Hosting a virtual quiz is a great way to stay in touch with loved ones while raising money for mental health. You can download some free quizzes [HERE](#).





### Quiz not really your thing?

Create a scavenger hunt and get your friends searching for household items around the house. You can make it more challenging by hiding the object within a riddle. For example, 'what gets wetter and wetter the more it dries?' Your 'hunters' then have to go and find...a towel!



### Get active!

Join the movement challenge during May We are asking you to be active for 30 minutes a day. You can download a free pack with an activity calendar [HERE](#).

### Reach out!

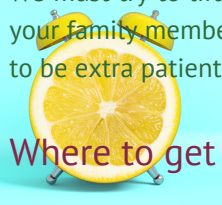
Try one (or more) of the following ideas. Remember not to overdo it because doing so could lead to you feeling overwhelmed. Start small and make sure you remember why you are really doing this (it's for their benefit - not yours).

- Call a friend you haven't spoken to for a while
- Tell a family member how much you appreciate them
- Arrange a virtual cup of tea and catch up with someone you know
- Arrange to watch a film at the same time as a friend and video call
- Send a motivational text to a friend who is struggling
- Help with a household chore at home
- Offer to support vulnerable neighbours



### Above all, let's be there for each other

We must try to lift each other up at the moment to ensure that we all get through this together - which we will. Offer to help your family members with some of the daily chores or cooking. One of the smallest (but biggest) things you can offer at home is to be extra patient and extra kind just to contribute to a better environment at home.




### Where to get help

Visit <https://www.mentalhealth.org.uk/> if you want extra information about mental health awareness week.

Please also remember you can email [staysafe@highlearn.uk](mailto:staysafe@highlearn.uk) if you are struggling.

[Kooth.com](#) is designed to promote positive mental health and the team at [Childline](#) are always there to help.





## MESSAGES FROM STAFF

"ORDINARY PEOPLE  
THINK MERELY OF  
SPENDING TIME,  
GREAT PEOPLE THINK  
OF USING IT."

ARTHUR SCHOPENHAUER

WWW.INSPIRENOWDAILY.COM

I hope you are all well and looking after yourselves and your family. These are very strange times and we are all learning to adjust but always remember we are all here to support you and, believe it or not, we want you to support us by keeping in touch.

I know I am missing our interactions and I know I can speak for the behaviour team that we are looking forward to seeing your faces once again.

Please use this time wisely and get your imagination fired up to where you want to be and aim high. This will pass and we will reflect, let's make it a positive to talk about.

Take care and keep washing your hands!

All the best,  
Mrs K Ranger

I hope everyone is happy and healthy! I'm really missing my classes and looking forward to seeing everyone once everything settles down. Until then I'd like to share with you the final sentences from one of my favourite novels. This quote helps me to remember that we are in this together, that we all play our part and can help those around us to be happy.

See you all soon!  
Mr Duce

"My life amounts to no more than one drop in a limitless ocean. Yet what is any ocean, but a multitude of drops?"

David Mitchell, *Cloud Atlas*



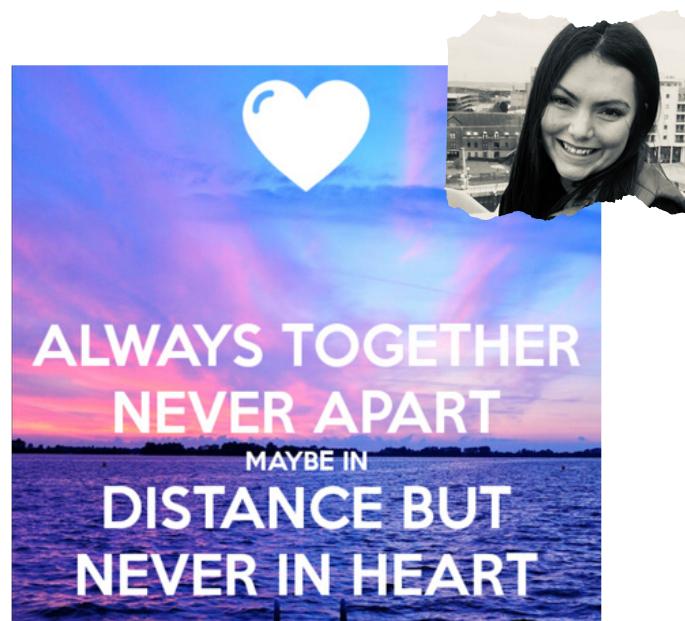
The wording in this photo really does ring home to me as I truly believe that even though we are going through rough times at the moment, not seeing our family and friends, worried about our loved ones and not being up to pop out when we want, we will get through it and it will make us different, more resilient people.

I have seen and heard about such wonderful acts of kindness going on in our communities, including: calls to the elderly to ensure they are ok, shopping for those self-isolating and honouring our key workers with the Thursday clap. One only hopes that this continues after we get back to 'normal' - whenever and whatever that is.

Think about the positives: some families have been able to spend more time together, the creativity has been shining within households and more people are enjoying the outside and fresh air.

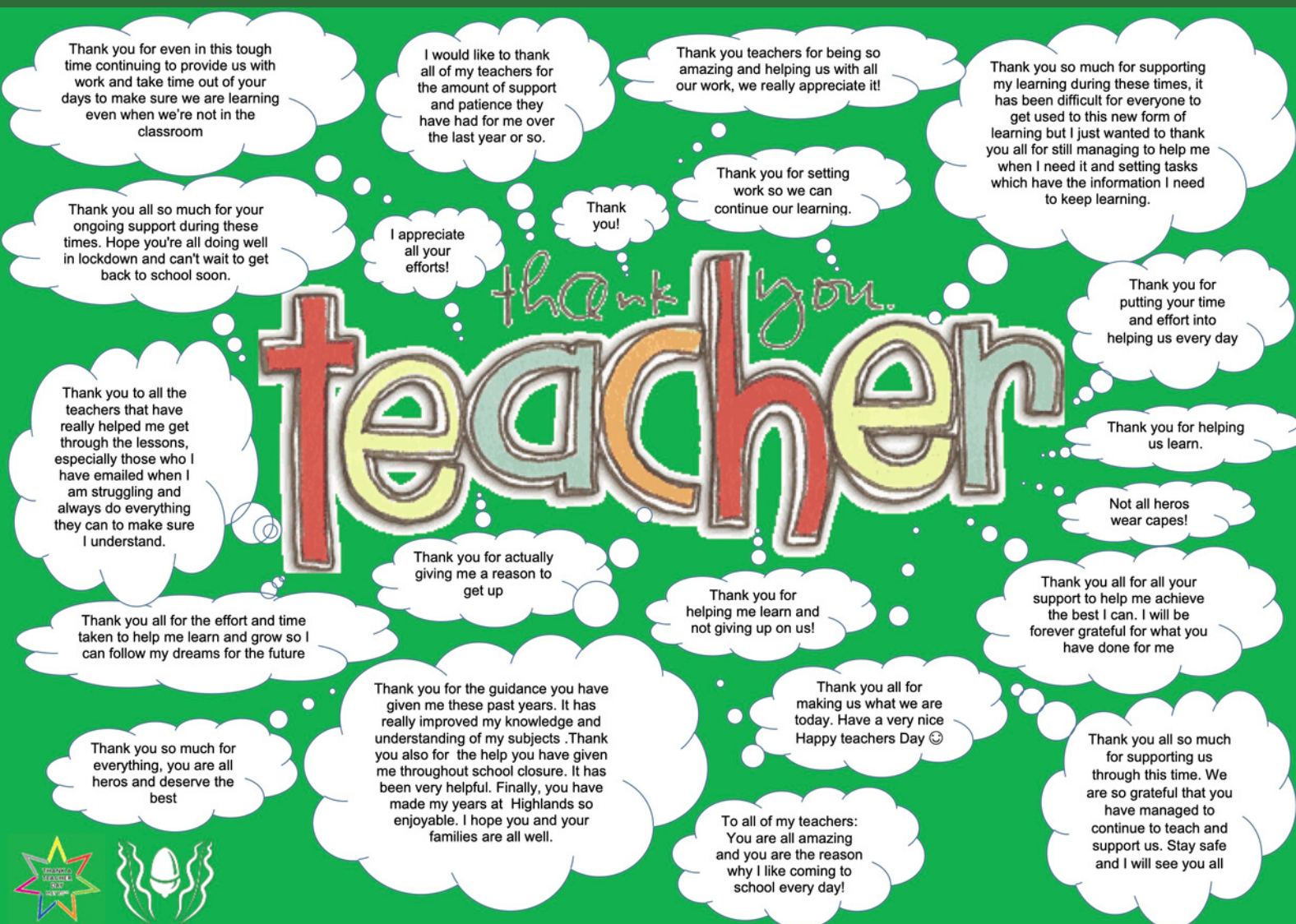
A smile a day at a stranger or a thank you to a shop keeper can make all the difference to someone- don't take anything for granted.

Mrs Jeynes



## MESSAGE FROM MATRON ABOUT VACCINATIONS

With reference to the vaccinations that should have taken place for all year 8 and year 9 students, the school nursing team have advised us that they are still waiting for guidance from the borough as to when the vaccinations will take place. They have advised that the HPV2 can be given up to two years after the first one was given. We hope this helps with any queries.



## HEADTEACHER'S AWARDS

**Charlie Potsos (Year 8)**

For consistently handing in exemplary work and putting in so much effort every lesson on virtual learning in English





## STAY SAFE

We 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](mailto:staysafe@highlearn.uk) where a member of staff will receive and respond to your email within 24 hours.

Alternatively, if you would like to speak to someone anonymously, you can also call or chat online with trained professionals at Childline.

[www.childline.org.uk](http://www.childline.org.uk)

## FREE SCHOOL MEALS

If your child is entitled to free school meals, you will have been receiving e-code vouchers from Edenred, the Department for Education's provider. These e-codes can be converted into e-gift cards, which you can use in local supermarkets. Please note, these vouchers do have an expiry date so you need to cash them and use them before the date of the voucher or you will lose them.

We recently uploaded the next batch of vouchers. These are for four weeks from Monday 18 May, so these should have appeared in your inbox this week.

If you have not received these emails from Edenred, please check your junk folder, as they often go in there. 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](mailto: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](mailto:postbox@highlands.enfield.sch.uk)





# CAREER



**What happens now?  
How do I plan for my future, career and next steps?**



During school closure, (CIAG) careers information advice and guidance is continuing remotely. We are prioritising students in the transition phase who are unsure what will happen regarding their plans for next year.

## YEAR 11

We really want to help and hopefully reassure you that the next stage of your educational journey will be something to look forward to and be the springboard for great success and happiness. There are so many excellent resources that you can tap into, so you can find out more in your own time, which you may have in abundance!

You will be supported through 'Highland's Transition Programme' with aspirational classes, providing you with exposure to KS5 material and to help prepare you for your chosen A-levels or BTEC courses. If you are planning to study elsewhere from September, you can still enrol on this programme, due to start Monday 1 June via Google classroom.

All post-16 providers have had to cut short their planned interviews and will be very keen to ensure students who have applied or in the process of applying are supported and offered a place. If you have applied, they will be in touch to tell you what your next steps are.

Some of you are waiting to be able to apply for an apprenticeship. Some of you have not yet applied for anything or decided what to do/where to go. Whatever stage you are at, we are here to support you.



**Will I still be able to do the course I want to do at sixth form / college?**



Yes! All the entry requirements to get into sixth form / college remain the same. They want to make sure you are right for the course **[CHECK]** but remember it is also about the course being right for you and for what you then plan to do afterwards.



**What happens if I had a 'conditional offer' based on the grades that I was expected to achieve?**



The sixth form / colleges will be in touch with you by email or post over the coming weeks. It is important that you have informed me of your intended destination and if you have already been offered a place, waiting to have your interview or not yet applied, as, not only do we need this information for our records but we can also ensure they have you on their list.

[INTENDED DESTINATION SURVEY - CLICK HERE](#)



**I haven't had my interview yet but I have applied - what happens now?**



Keep checking emails and if you have any then please concerns contact me. We are getting information all the time.



**I haven't applied yet. Is it too late?**



No, given the circumstances it is not too late. All post-16 providers have information on their websites about their courses and how to apply.



**Will there be any apprenticeships available?**



If you are wanting to find an apprenticeship, this is something that you can be working towards as part of your home learning. Start by registering on the apprenticeships service website [HERE](#) as well as updating your C.V.



**What will happen in September? How will I know what to do and how to get ready for sixth form / college?**



Wherever you apply, they will be in touch to reassure you and let you know their procedure, e.g. taster days and enrolling etc. If you want to get in touch with them, look at their website for contact details.

# CAREER

## CAREERS SURVEYS

**YEARS 7 – 9, 11 & 13** have been sent a careers survey to complete. The feedback will be collated to evaluate our current careers programme and give students a chance to request career-related activities that they feel would be beneficial to them. Thank you to those students who have already completed the survey.

**YEAR 10** can access careers support as they consider their next steps. I will be sending a separate survey to year 10 and will then arrange individual career guidance sessions.

**YEAR 12** have the HE programme, being run weekly via a dedicated Google classroom. This is a substitute for the 'Futures Day' that was planned in school.



WE WANT  
TO HEAR  
FROM YOU TAKE OUR  
SURVEY

## WORK EXPERIENCE

As you know, work experience has been postponed. Some of you may be able to reschedule your previously arranged placement over the summer holidays or later.

Employers indicate a willingness to work together when it is safe to do so. The business environment is currently incredibly challenging, so keeping their business operating and employees safe will be their primary focus. We suggest touching base with your contact and keeping the lines of communication open.

If you have not quite got round to organising a placement, then please do not despair. Although this is not such a top priority now, you should not forget about it entirely as there are some opportunities to gain virtual experiences which allow you to engage with employers. The whole point of undertaking an experience of the workplace is to find out more about a job role or industry.

A live work experience week would typically involve meeting various team members (this can still be done via MS teams or Zoom etc.), sampling the work in a department (projects or tasks can be set virtually) and developing your employability skills (webinars are good for this).

When we hear of opportunities, we will email you. You must still inform me if you apply for a virtual work experience placement as I need to approve the relevant checks.



Virtual work  
experience



# USEFUL LINKS

## USEFUL CAREERS INFORMATION FOR ALL YEAR GROUPS



### JED and Higher Ideas

JED has factsheets, quizzes, pictures and text to help you find out more about hundreds of jobs. Higher Ideas is your starting point for thinking about higher education and suggests lots of degree-level courses for you to consider, based on your current studies, interests, and career ambitions.

[CLICK HERE](#)



### National Careers Service

Government careers page. You can set up an account where you complete the skills health assessments and it will recommend jobs based on your preferences. General advice and job profiles which contain links to further relevant websites.

[CLICK HERE](#)



### BBC Learning

Career related learning resources including daily lessons.

[CLICK HERE](#)

If you want any more information about careers and your future plans, then drop me an email. Stay healthy and happy!

Mrs Laurenzi - [laurenzs@highlearn.uk](mailto:laurenzs@highlearn.uk)

# TOP 10

## CAREERS AND SECTORS WHERE THE FUTURE IS BRIGHT



**Energy and renewables** - renewable energy is a rapidly expanding sector and with investment and continuous expansion, there really has never been a better time than now to begin your career. Renewable energy careers are vital to a sustainable future. From wind turbines to solar panels, tidal barrages to biofuels and clean and renewable energy sources.

**Marketing, communications and design** - creativity is at the heart of marketing, communications and design. Robots are unable to think the same way as humans do and aren't great at coming up with new and exciting ideas. Marketing, communications and design all require future-proof skills to get the job done.

**Healthcare professionals** - human interaction and emotions like caring are vital attributes to healthcare professionals; robotics just won't cover it. Due to the ageing population healthcare careers are extremely in demand!

**Education and training** - education and training staff are in high demand. The Department for Education is currently working towards creating more school places increasing the need for teachers. Teachers need interpersonal skills and the ability to care about their students.

**Cyber security** - cyber security is a career of the future. We're a connected world which continues to expand, meaning cyber risks are becoming more threatening. We live in a world where individuals, companies and the government are increasingly dependent on technology. With high-speed technology innovations come risks and we need people to tackle this.

**Engineering** - advancing technologies presents aspiring engineers with new opportunities. Technology is reshaping the future of the engineering industry. It's not all about high-vis jackets, Careers range from civil engineers, chemical engineers, software engineers, electrical engineers and many more!

**Construction** - we live in a world which is constantly changing. Many rural areas are shifting to urban areas as the UK builds millions of new homes in years to come to solve the housing crisis. A career in construction can lead to an increasingly lucrative route resulting in better opportunities for graduates.

**Data scientist** - we live in a data rich world with emerging technologies which enables us to capture data in various ways. Although technology plays a vital part in a data scientist's job, we still need people to interpret the masses of data out there. Data scientists need to explore trends and extract knowledge and insights from the data.

**Vets** - do you consider your pet as part of the family? You're not alone! It's not just ourselves that need looking after when we are ill, but also our pets. According to the Pet Food Manufacturing Association, an estimated 40% of households have pets in 2019 and those people need vets to care for their pets when they become ill or need their boosters.

**VFX / CGI** - computer generated special effects are becoming increasingly sophisticated. It requires a creative eye and innovative skills. Used in films, virtual reality, computer games, architectural designing, in medicine... the many uses will continue to increase as computer processing capacity becomes faster. (Source: Careers map April 2020)