



17 July 2020



MESSAGE FROM THE HEADTEACHER

We have reached the end of a challenging academic year but sometimes in adversity we see the very best of people. I want to thank parents, carers, students and the wonderful staff at Highlands School for the commitment and efforts that have been required to continue to provide a meaningful learning experience for all our students during this time of partial school closure. Below we set out some of the arrangements we have put in place for GCSE and A level results and for September. I look forward to welcoming students back to full time education in September. Have a good summer and stay safe.

Vincent McInerney, Headteacher

THE SCHOOL DAY IN SEPTEMBER

When normal teaching resumes in September, we will be making some changes to our daily school operations. Below is an overview of some of the changes. The explanation below deals with the timetable and timings of the school day. The measures we are taking to keep staff and students safe, the risk assessment and the reopening guidance can be read [HERE](#).

Our decisions around school opening have been underpinned by the following principles:

1. We will be compliant with government guidance around the prevention of infection and in response to suspected and confirmed cases of COVID-19.
2. The curriculum will not be narrowed; students will take the same number of subjects and options as before the COVID-19 outbreak.
3. The school will use a blended learning approach so that students can work at home to supplement face to face teaching and in lieu of it, should schools be shut again.
4. The school will use zoning for students in years 7 and 8.
5. The school will stagger the start and end of the day.
6. The school will ensure that year groups have lunch at a time and in a space that means they are separate from other year groups.
7. The school will reduce movement and overall interactions by combining student break and lunch into one session and by ceasing to hold form time in the morning.

WHAT'S INSIDE

Message from the
Headteacher

Awards & achievements

End of year messages from
heads of year

Messages from staff

Notices & contacts

Careers



Highlands School News



17 July 2020

THE SCHOOL DAY SEPTEMBER 2020

Session	Starts	Ends	Y7	Y8	Y9	Y10	Y11	SF
			<i>Arrival at school time - 09.35. This is for line up and hand sanitising procedures</i>			<i>Arrival at school time - 08.30. This is for line up and hand sanitising procedures</i>		
Session 1*	8:40	9:45				P1	P1	P1
Session 2	9:45	10:50	P2	P2	P2	P2	P2	P2
Session 3	10:50	11:55	P3	P3	P3	P3	P3	P3
Session 4**	11:55	13:25	P4 middle lunch	P4 late lunch	P4 late lunch	early lunch P4	early lunch P4	early lunch P4
Session 5	13:25	14:30	P5	P5	P5	P5	P5	P5
Session 6*	14:30	15:35	P1	P1	P1			
<p><i>On Wednesdays:</i> <i>Year 10, 11 and sixth form students will end their lessons at 13:25.</i> <i>Year 7, 8 and 9 students will end their lessons at 14:30.</i> <i>Staff CPD will start at 14:45 and end at 15:45.</i></p>								

*STAGGERED START AND END OF DAY - SESSION 1 AND SESSION 6

The government recommends that the start of the school day is staggered. Our school day will be divided into six sessions. Session 1 and session 6 are when period 1 is taught. Years 10, 11 and the sixth form will have period 1 during session one, in the morning. Years 7, 8 and 9 will have period 1 during session 6, in the afternoon. This means that half of the school arrives for the start of session 1 and the other half 65 minutes later. At the end of the day the reverse occurs and years 10, 11 and the sixth form finish school at 14:30 and the younger students stay until the end of session 6, at 15:35.

SCHOOL ARRIVAL AND DEPARTURE TIMES

	Y7	Y8	Y9	Y10	Y11	SF
Arrive at school	09:35	09:35	09:35	08:30	08:30	08:30
Lesson start time	09:45	09:45	09:45	08:40	08:40	08:40
Depart school	15:35	15:35	15:35	14:30	14:30	14:30

Students in after school detention will not leave school at the times above. We have included a short summary of highlights from our behaviour policy in this newsletter. Parents/carers should also read the [behaviour policy](#) and [parent information pack](#).

Students in years 10, 11 and the sixth form will, on occasion, be required to remain in school to attend catch up intervention or revision sessions from 14:30.

On Wednesdays school ends early for staff professional development. School will end for year 10, 11 and the sixth form at 13:25 (although intervention may take place until 14:30). School will end for year 7, 8 and 9 at 14:30. Once it is safe to do so our Ed-Extra programme will recommence, which will provide an extra curricular programme to all students in year 7 and students in other year groups. From this point year 7 students will be required to stay on site attending Ed Extra activities until 15:30.



Highlands School News



17 July 2020

****LUNCH**

Session 4 is an hour and a half long and will contain period 4 and lunch. To keep students safe, year groups have lunch at different times and in different locations. Years 10, 11 and the sixth form will have lunch during the first half hour of session 4 and then will go to their classroom for period 4. Year 7 students will start period 4, leave the lesson for thirty minutes for lunch, and then return for the last part of the lesson, years 8 and 9 will be taught their period 4 lesson and then will go for lunch for the final part of session 4. Students who wish to bring packed lunch may continue to do so.

Session 4	Y7	Y8	Y9	Y10	Y11	SF
11:55-12:25	P4 lesson	P4 lesson	P4 lesson	Lunch	Lunch	Lunch
12:25-12:55	Lunch	P4 lesson	P4 lesson	P4 lesson	P4 lesson	P4 lesson
12:55-13:25	P4 lesson	Lunch	Lunch	P4 lesson	P4 lesson	P4 lesson

BREAKTIME

We cannot hold seven different break times for all of the different year groups at school without mixing students in a way that we believe would increase risk. Students will be given the opportunity to use the toilet between lessons. Students are allowed to bring water to school. The way we have arranged the day with early and late starts and lunchtimes means that students in years 8-13 will be able to eat three hours and fifteen minutes after they arrive at school. Year 7 will be able to eat two hours and forty minutes after arriving at school.

ZONING

Year 7 will have all of their lessons in one part of the school and will not mix with other year groups. They will dine alone.

Year 8 will have all of their lessons in one part of the school.

Years 9, 10, 11 will be allocated separate eating areas and be admitted to school through their own entrance in the morning. However, as they all need to use specialist classrooms and facilities for their GCSEs and A levels they will be able to move through the school during the day. We have put measures in place to reduce risks during movement throughout the school. More details on the ways in which the school will minimise risks can be found in our guidance documents and risk assessment, which can be found [HERE](#).



Highlands School News



17 July 2020

YEAR 7 AND 8 SUMMER READING CHALLENGE:

Students in year 7 and 8 have been asked to engage in a summer reading challenge. The reason we have asked our students to do this is because reading for pleasure is a joy. It will introduce students to new characters, settings and situations which will inspire them to view the world differently. Also, reading for pleasure is an incredibly powerful way to progress in learning across all subjects. Obviously there are many benefits of reading for pleasure in English because students will experience professional writing which models expert use of vocabulary, sentences and descriptive techniques. Students will also see how writers create characters and use settings and events to communicate their ideas. However, reading for pleasure is also hugely beneficial for student achievement in all of their other subjects too. The English department has selected six age appropriate books and challenges for students to read over the summer holidays. Students have been asked to upload their reading challenges onto their year group Google classroom. Year 7 and 8 form tutors will review these responses in September and recommend successful students for year group prizes.

A LEVEL RESULTS DAY

On **Thursday 13th August** the school will be open from 8.00 a.m. for students to pick up their A Level and BTEC results. Results will also be available electronically at 8:00 a.m. on Insight to give students an opportunity to view their results from home and to contact universities as soon as possible, should they need to. Please find details of the day [HERE](#).

GCSE RESULTS DAY AND SIXTH FORM ENROLMENT

GCSE results day and Highlands sixth form enrolment will be taking place on **Thursday 20th August**. Year 11 students will be collecting their results between 10 and 11.30 a.m. and will then be invited to have a conversation with a member of the sixth form team to discuss their next steps and possible sixth form enrolment. This day will follow usual social distancing guidelines. Please find details of the day [HERE](#). Year 10 students will be able to view their results on Insight from 10.00 a.m. and are not required to attend school to collect results.

SEPTEMBER REOPENING PLAN

Thursday 3rd September - School is closed to students for staff INSET day.

Friday 4th September - School is closed to students for staff INSET day.

Monday 7th September - Year 7 induction day from 10.00 a.m. - 3.30 p.m. School closed to all other students.

Tuesday 8th September - Year 7 induction day 10.00 a.m. - 3.30 p.m. and year 12 induction day 8.40 a.m. - 14.30 p.m. and year 13 induction day 9.45 a.m. - 14.30 p.m.

Wednesday 9th September.

- Year 7 - induction day - 10.00 a.m. - 3.30 p.m.
- Year 8 - induction session - 9.35 a.m. - 11.35 a.m.
- Year 9 - induction session - 9.15 a.m. - 11.15 a.m.
- Year 10 - induction session - 8.55 a.m. - 10.55 a.m.
- Year 11 - induction session - 8.35 a.m. - 10.35 a.m.
- Year 12 - bespoke timetable - 8.40 a.m. - 14:30 p.m.
- Year 13 - bespoke timetable - 8.40 a.m. - 14:30 p.m.

Students should arrive at school punctually at the assigned time and not before, where they will be asked to line up and sanitise their hands before going to a welcome assembly and a tutor time session focused on our new behaviour policy. Students must be in full school uniform for their induction session.

Thursday 10th September - lessons begin for year 7,10,11,12,13 as per the timetable above.

- Years 8-9 - remote curriculum at home.

On arrival students will be directed to their line up points.

Friday 11th September - all year groups in school for lessons as per the timetable above.



Highlands School News



17 July 2020

BEHAVIOUR POLICY HIGHLIGHTS

Last Friday we shared our [new behaviour policy](#) and [parent information pack](#). We encourage all parents/carers to read these documents over the summer, in particular the parent information pack. We would like to bring parents/carers attention the following important points.

Footwear - only smart black leather (or leather look) shoes are permitted. This means that trainers, Converse, Air Force 1 and any other canvas shoes are not permitted. Parents/carers have asked if leather Kickers are permitted. These are permitted as long as they are plain black shoes and not boots. The Kickers tags must be removed and the laces must be black.

Mobile phones

- On the first occurrence of mobile confiscation the student will be issued with a 40 minute on the day detention. If the phone is confiscated before lunch time, it can be collected by the student at 4.00 p.m. that day, after detention.
- If the phone is confiscated after lunch time, it can be collected at 4.00 p.m. the following day, after detention.
- On the second occurrence of mobile phone confiscation a parent/carer (or any other adult nominated by the parents) will have to collect the mobile phone after a minimum period of two school days from the day of confiscation.
- On the third and all subsequent occurrences of mobile phone confiscation a parent/carer will be required to collect the phone after a minimum period of 3 school days from the day of confiscation. A meeting with the head of year or the behaviour mentor will also be required.

Uniform - students are expected to be in full school uniform, with shirts tucked in, from the day students arrive for their induction. There will be a member of staff on duty each morning conducting uniform checks. If students are not in the appropriate uniform the member of staff on duty will issue an appropriate sanction. If there is an exceptional and unavoidable reason why a student is not in the appropriate uniform, then parents/carers should email the behaviour mentor for their child's year group by 8.20 a.m. explaining the circumstances. Year 12 and year 13 are required to follow the sixth form dress code.

Detentions - we will operate a daily detention system. This means detentions issued before lunch time will be served on the day they are issued. Detentions issued after lunch time will be served on the next working day.

PASTORAL CARE

We recognise that some students will need support in adjusting back to school routines. We will put the following recovery package in place to support student well-being.

- All students will have an induction and welcome back morning on **Wednesday 9th September** to ease their transition back to school.
- The school will use information from form tutor welfare calls, behaviour mentor and head of year checks to offer bespoke support to specific students. These students will be offered mentoring and counselling devices services.
- We have planned a pastoral curriculum for tutor time to support students in reflecting on their emotions and experiences during school closure, and re-establishing important behaviours and values.
- Our school stay safe email address will remain in operation as one method for students to request support. All students will be able to request support via their form tutor, head of year, behaviour mentor or any staff member they feel comfortable speaking to.



HEADTEACHER'S AWARDS



HEADTEACHER'S AWARD

Sophie Bernasconi (Year 7)



HEADTEACHER'S AWARD

Maria Socratous (Year 8)



HEADTEACHER'S AWARD

Omar Hassan (Year 8)



HEADTEACHER'S AWARDS

Daniel Drysdale (Year 8)



HEADTEACHER'S AWARD

Blake Eldridge (Year 10)



HEADTEACHER'S AWARD

Orhan Djemal (Year 10)





GOAL ACHIEVED



ACHIEVEMENT AWARDS



SUMMERTIME DRAMA

YEAR 7



Sophie Bernasconi



RUNNING COMPETITION

YEAR 7



Mia Rosen



Tobias Tinubu



Lydia Wright

Proud achievement

I would like to commend Harvie Marden for helping others. Harvie was with another student after school who needed medical assistance. He dealt with this situation very maturely; calling an ambulance and informing the student's parents all while comforting the student and remaining calm. He was a great source of comfort to the student and has represented Highlands so well to our dedicated NHS workers. Thank you Harvie.

Ms Polak



SCIENCE WEEK COMPETITION WINNERS

On the last week before school closure, the science faculty ran a science week competition which asked students to design a solution to a 21st century problem using their own knowledge and further research into these problems. I am pleased to announce three winners who we have decided equally deserve to be rewarded for their effort and innovative ideas. Congratulations to the following students, who will be receiving a headteacher's award and £50 each to spend on something science related.

Frankie Wang

Frankie's project tackled the huge and very current issue of climate change. He articulated the causes and effects of climate change, whilst beautifully hand-illustrating diagrams to help explain these processes (excellent dual coding skills!). Using his knowledge of the causes of climate change, Frankie then proposed two methods of reversing it. Firstly, a carbon dioxide dissipator which could be fitted into cars to prevent carbon dioxide being released (perhaps a more sophisticated catalytic converter), tackling the increase of carbon dioxide in the atmosphere. Secondly, a more ambitious invention; a selective atmospheric shield that could limit and filter the types of radiation that reach the Earth, to reduce the heating effect. A very well thought out and illustrated piece of work Frankie, well done!

Blake Eldridge

Blake's project focussed on the important issue of water pollution, particularly of microplastics that are very harmful to wildlife. Each year, over 8 million tonnes of plastic waste is dumped into the world's oceans. Blake proposed a couple of solutions that targeted both the clearing and prevention of this pollution. Xenobots, small living robots are genetically engineered organisms that can break down plastics, including microplastics, to release energy for themselves! Secondly, Blake rightly outlined the steps we can take to prevent this from happening: recycle and reuse plastic bags, donate unneeded things to charity instead of throwing them out, and reduce the number of things we buy that cannot be recycled. Blake found a Google chrome extension called 'OceanHero' that helps to raise money to collect plastic bottles from the ocean; for every five searches you perform through it, one plastic bottle gets removed from the ocean. Well done on your brilliant project Blake!

Orhan Djemal

Orhan's project explored the trends in life expectancy over the last few hundred years and factors that have affected it. He continued this by conducting research into how and why cells age, and introduced several lines of research that look into how we can slow this process which could potentially increase our average lifespan further. Orhan also considered the ethical issues tied to this area of research which highlighted the importance of asking ourselves "should we?" rather than "could we?". Orhan's work really highlighted the importance of ethics in science. A very interesting and advanced piece of work Orhan, well done!

Miss Al-Obaidi

Head of Science Faculty



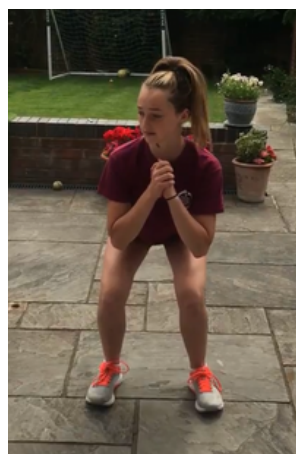
VIRTUAL SPORTS DAY

The PE department was disappointed that we were unable to hold sports day in our usual way this year, but then we thought, if we can have lessons remotely, surely we can have a virtual sports day.

After some deliberation, the PE department decided on 5 events and 3 ongoing competitions, allowing as many students to participate as possible. Please read on to see some information about what each event involved and some photographs of both, students and staff competing for their houses.

MONDAY - SALLY UP, SALLY DOWN

This was a squat challenge designed to test muscular endurance. Students were required to use the song 'Bring Sally Up' to determine when they were squatting down or standing up. The amount of students (and staff!) that lasted the whole 3 minutes and 45 seconds was astounding! Please see below some images from the event.



TUESDAY - STEPS TO SUCCESS

Steps to success was a step up challenge where students had to see how many times they could 'step up' in 60 seconds, demonstrating their muscular and cardiovascular endurance. Congratulations to Zachary Sferrazza of Willow and Uri Esanzo of Beech who managed an incredible score of 70! Please see below some images from the event.



WEDNESDAY - READY EGGY GO

Ready, egg, go was our messiest challenge! Students were required to use their hand eye coordination to throw and catch an egg as many times as they could in 60 seconds, without it breaking. There were some excellent entries and some fantastic scores but the winner of the event was Lyla Reynolds from Oak house with a fantastic verified score of 74! Please see below, some images from the event.



THURSDAY - HIT ME WITH YOUR BEST SHOT

Hit me with your best shot was the event where students could get a bit creative. It was a target and accuracy event where students had to throw a toilet roll into a bucket in an imaginative way. Both staff and student entries for this event were brilliant and we need to make a special mention to Amelia Mills, Yagmur Olcay and Henry Wakeford for their imaginative entries. Please see below some images from the event.

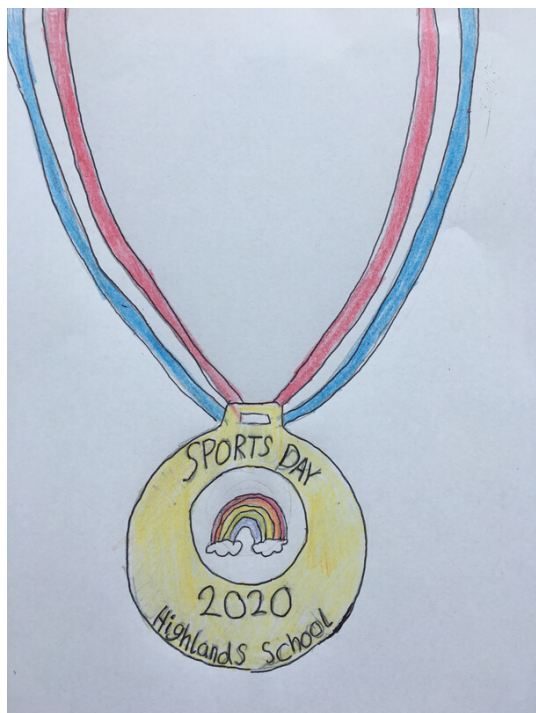


FRIDAY - DESTINATION UNKNOWN

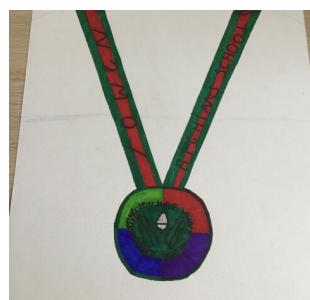
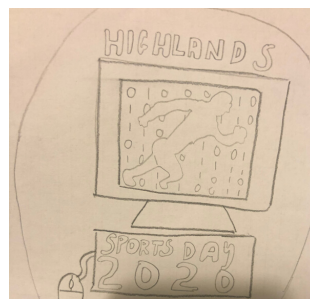
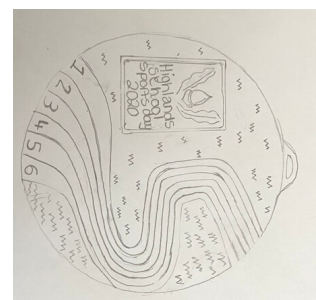
Friday brought a challenge which tested the students cardiovascular fitness. They were required to run or walk as far as they could (maximum 5k) to see how far they could travel when combined with the rest of their house. congratulations to Rowan house who managed to travel the furthest from school and with their combined efforts they could have ended up in Southend-on-Sea!



To ensure that as many students as possible could access sports day and earn points for their house we also ran an Olympic quiz, a house badge competition and a medal competition. Congratulations to Isabelle O'Sullivan for the winning medal entry; your design is currently being used by the design technology department who are making your drawing into a reality!



Please see below some of the fantastic entries:



Thank you to all of the students and staff that took part; your contributions were fantastic and we have thoroughly enjoyed watching all of your entries. If you haven't seen the staff entries, please do have a look at them on the sports day website [HERE](#).

Congratulations to our 2020 winners - **ROWAN HOUSE**.

Please see the final results below:

	Day 1	Day 2	Day 3	Day 4	Day 5	TOTAL POINTS	FINAL PLACE
	Sally Up, Sally Down	Steps to Success	Ready, Egg, Go	Hit me with your Best Shot	Destination Unknown		
Rowan	2nd	1st	1st	2nd	1st	2607	1st
Beech	1st	2nd	3rd	1st	2nd	2136	2nd
Oak	3rd	3rd	2nd	3rd	3rd	2088	3rd
Willow	4th	4th	4th	4th	4th	1208	4th

The PE Department is looking forward to welcoming students back in September and experiencing the live version of our fantastic sports day in 2021! Have a lovely summer break!



END OF YEAR MESSAGES FROM HEADS OF YEAR

Dear year 7,

It has been an absolute pleasure working with you this past year. I have been so proud of each and every one of you for overcoming the many challenges that you have faced this year. I continue to be impressed by the work ethic, kindness and dedication so many of you constantly demonstrate.

Thank you for being such a fantastic group of individuals to work with and I wish you all a brilliant summer!

Mr Larter

**WE ARE
PROUD OF
YOU**

Dear year 8 students,

It's been a pleasure being your Head of Year this year and I will miss you all! Luckily, next year, you will be in Ms Berrill's capable hands, and I look forward to seeing and hearing of your progress and successes throughout the years.

I hope you all have a fantastic summer and get a chance to relax, have fun and refresh, ready for the new academic year! Some of you may want to make a fresh start, especially as it's the start of your GCSEs, which effectively is the beginning of the rest of your lives. Make sure you work hard and to your potential. All we ask is for you to try your best.

Good luck in all you do, I know you will be great!

Best Wishes,

Mrs Chrysostomou

Dear year 8,

We haven't had a lot of opportunity to spend much time together this year, but Mrs Chrysostomou has been keeping me up to date with your progress, and I have seen it for myself since returning from my maternity leave.

You should all be very proud of the way that you have adjusted and adapted to this new way of learning remotely; the quality of some of the work produced has been fantastic and I have thoroughly enjoyed seeing it in the newsletter each week.

I hope that you have a lovely summer break and I really am looking forward to seeing you all face to face in September.

Until then, take care and stay safe.

Miss Berrill



**THANK YOU
FOR A GREAT
YEAR!**

Dear year 9,

During this time of uncertainty each and every one of you have shown resilience, courage, kindness and I am impressed with how well you have adapted to remote learning. I miss the laughter, smiles and the ill-timed jokes we had in class. I would give anything to say "it's too loud in this classroom, take it down a notch!".

I would like to say I am proud of you all. No matter what this year brings, rest assured that we are in this together as one, as a community. This will be one school year that none of us will forget. Know that you are strong, brave, courageous and loved.

Miss Ace

Dear year 10,

I would like to say a massive congratulations to all of you for your hard work this year. It has been very challenging for everyone with Covid 19, the demands of early GCSEs and adjusting to remote learning. Your resilience and acts of kindness have made me very proud to be your HOY and am pleased to say I will continue in this role in year 11. Over the summer, please make sure you rest and recharge ready for September.

My very best wishes to your families and I look forward to seeing you all in September.

Ms Murdock

To my lovely year 11s,


This last year has definitely been a journey to remember. I am extremely proud of you all and the hard work and dedication you have shown throughout the year. Thank you for allowing me to be part of your journey.

I hope you all have a lovely summer, and I look forward to seeing all of you at results day on Thursday 20th August.

Mrs Hutchinson

Have a great summer! We look forward to welcoming you all back in September!





MESSAGES FROM STAFF

“Congratulations to all students on making it through this unprecedented school year. You have been a part of history, and you will tell stories of the year we went into lockdown for many many years to come. You will have stories of hardship, you will have stories of kindness, you will have stories of adventure. While you have missed out on opportunities to learn in school, you will have no doubt learned a great deal from this experience. No experience is a bad experience; all experience leads to opportunity. Have a safe and relaxing summer and I can't wait to see you all back in school soon.

Ms Polak



CONGRATULATIONS

“I hope you are all doing okay under the circumstances! I miss you all loads! To my year 11 students, I wish you the best of luck with everything you choose to do in your bright futures! Reach high, it's yours if you want it! To my year 13 students, all the best on the next chapter of your stories. Keep us posted!


Stay active and get plenty of fresh air and sunshine when you can!

Enjoy the summer break and I will look forward to seeing you all in September!

Ms Boezalt



Best
Wishes



MESSAGES FROM STAFF

I would like to wish everyone at Highlands School a fond farewell as I won't be returning in September. It's been great to see so many of you from years 10, 12 and 9 back in school and getting on with your learning. The school is not the same without you all!

I'd like to thank the students, parents, staff and governors for making my time at Highlands School so memorable and enjoyable and hope that you all have a great summer.

Take care and keep safe.

Ms Stothers



Huge congratulations to Coshan and Duygu Ozkor for completing their reading of the Carnegie Book Award Texts. I am really proud of the extra effort you put into doing this, well done boys!

It isn't too late for you to participate, see Mrs Mehmet's email to find out more information and don't forget to let me / your English teacher know if you've done this already!

Mrs Selim

NOTICES AND CONTACTS



FOR THOSE IN RECEIPT OF FREE SCHOOL MEALS

This week you should receive your summer fund voucher for each child, in line with the Government's announcement of the Covid Summer Food fund. Please don't forget to cash in all your vouchers before their expiry date as we will be unable to reissue them once expired.

I wish you all a great summer holiday.

Mrs Czupich
School Manager

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 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



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) Ms 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



NOTICES AND CONTACTS



LAMDA
Autumn 2020
SPEECH & DRAMA EXAM CLASSES
Exclusive to Highlands School
Acting, Public Speaking, Verse & Prose (Solo & Duologue)

- Develop stronger communication
- Improve confidence
- Build Acting repertoire
- Develop audition technique
- Earn UCAS points (Level 3)

Online tuition also available

- Beginner to Advanced Levels (Grades 3 to 8)
- Every Wednesday afternoon*
- 60 minute lessons (group)
- Individual lessons also available**
- Small, focused groups
- Social distancing compliant
- Fully qualified and experienced tutors
- £10 per week***

For more information,
email the Drama Department
mcginlew@highlearn.uk

* Alternative days available on request (subject to availability)
** Subject to availability. £12 per week.
*** Payable termly in advance or monthly by direct debit

LAMDA SPEECH & DRAMA TUITION & EXAMINATIONS

As part of the drama enrichment curriculum at Highlands School, students in all year groups have the option to take LAMDA Speech and Drama examinations.

As well as being a globally recognised qualification, LAMDA exams build confidence, develop public speaking and acting skills as well as audition technique. Higher grades even carry valuable UCAS points, used for gaining college and university places.

Suitable for all levels of experience, ages and abilities from grade 3 (beginner/year 7) to grade 8 (advanced, gold medal, year 12/13).

Classes are every Wednesday during term time, starting after normal lessons and last for 1 hour. A full timetable will be published before term begins.

Parents can choose from acting (solo or duologue), public speaking and verse & prose. Group classes are taught in small, focused groups to support social distancing requirements. Solo and online lessons are also available on request.

Tuition is supplied by an external provider with a team of qualified and experienced tutors, and students should expect to take exams once a year, usually in the summer term. Exams take place at Highlands School. Group lessons cost £10 per week per student, and can be paid termly in advance or by monthly direct debit (booking fees may apply).

For more information or to book a class, please email **Mr McGinley** in the drama department on mcginlew@highlearn.uk.

IMPORTANT LIBRARY NOTICE

Following the email that was sent on 2 June 2020, we have had a number of enquiries regarding the return of textbooks. Unfortunately we cannot facilitate the return at this time due to social distancing and advice from the local authorities. Please keep your textbooks and any other books that belong to Highlands School safe until we can hopefully receive them back in September.





School Nursing Service
Single Point of Access

Schools are closed for the summer holidays but the school nursing team are still here to help. The team can advise and support on any general health concerns for 5-19 year olds including behaviour, bedwetting, keeping healthy, anxiety, sexual health or on long term medical conditions

Who are we? A team of specialist community public

health practitioners (School Nursing), qualified nurses with additional training and qualified nursery nurses with expertise in child development and behaviour.

When? 9am-4pm Monday-Friday.

Who can contact us?
Children/ young people,
parents/ carers, school staff
and other professionals

How can we contact?

Tel: 0208 702 6184

beh-tr.CedarSN@nhs.net



Careers



ONE MILLION HOURS OF DOING GOOD

With the country getting back onto its feet and with lockdown slowly being lifted, lots of organisations will need a little help to get back to normal. Can you pledge some of your time over July and August to help your local community? You could even set up your own social action project. To contribute to the One Million Hours of Doing Good project, sign up online [HERE](#).

POLICE CADETS ENFIELD NEED YOU

Volunteer Police Cadets is an initiative run by the Metropolitan Police. It's an opportunity to be heard, to support your community, develop new skills and even qualify for the Duke of Edinburgh's Award. There are trips, sports events, camping and competitions too, including Iron Team – the cadets, 'I'm a Celebrity Get Me Out of Here' challenge. Application details can be found [HERE](#).

ENFIELD



MOOC

To help keep you occupied over the summer holidays, why not try enrolling onto some free short courses like MOOCS (massive open online learning courses) sponsored by Future Learn. These are a really great way of expanding your knowledge, skills and placing additional information on your C.V. to help you stand out to colleges, universities and employers. It shows that you are motivated, committed, and proactive with your learning and can organise your time productively. Search all courses on offer [HERE](#).



CAREER PLANNING

A large proportion of our life is spent in achieving our career goals; therefore, it is very important to make sure that the right steps are taken, and correct planning is done in the early years of your life. There are very few lucky ones who are born with a clear mind and who knows what they want to do and where they see themselves in life ahead. However, most of us are not sure what we want from life and so it is especially important to plan things out. Career planning is what gives your career and in some way your life, true meaning and purpose.

WHAT IS CAREER PLANNING?

A career plan is a practical strategy that allows you to determine your skills and interests, set career goals and put actions in place that will help you reach them. It is a continuous process, and it includes an overview of:

- your current skills and experience
- your career goals
- your interests
- your priorities
- your intended actions



WHY IS CAREER PLANNING IMPORTANT?

Career planning is a great way to ensure your career is going in the right direction. Not only does it help you realise your passion, it also facilitates your career goals with tangible actions and aims. By assessing your situation, you will additionally be able to determine and fill any gaps in your knowledge or experience that might be holding you back from your dream job.

HOW TO MAKE A CAREER PLAN?



Assess your options: you need to figure out what career is right for you. Prioritise your choice based on your interests and strengths.



List your current skills: listing your current skills, abilities, and experience will not only help you to understand what career path suits you, it will also help you figure out if you're qualified enough to take your preferred route. Areas where you lack in knowledge will inform the actions you plan to take in terms of training and development.



Set goals and actions: Once you have decided on your ideal career path, it is time to set some goals which will help you decide what actions you need to take within the short term and long term. Give yourself time frames. Setting deadlines for each of your goals will motivate you to get things done.



Keep checking back: A career plan is not a one stop solution. To make sure your goals are up to date, it is important to keep checking back on your career planner. This involves tracking your progress, ticking off finished goals, altering or adding steps, or even changing your direction after realising it was not quite right for you.



Explore your interests: a good place to start is to find out some suggestions of careers that might suit you. Why not try some of these careers software to help you decide the career interests you may have:

UCAS

Find out what you like and what you could do. Discover your strengths and what makes you tick. Try the: [buzz quiz](#)

ED JOB EXPLORER DATABASE

ED Job Explorer Database has hundreds of jobs to look at. Answer some questions about yourself to see where to start looking. You can also research where your subjects lead to and what subjects are required for jobs.

On the [sign-in](#) page, enter your access code: **63kb3pfg**.

Enjoy your summer and I look forward to launching our careers Google site with you in September, where you will be able to record all your career related activities.

Mrs Laurenzi

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