



# Highlands School News

FRIDAY 22 NOVEMBER 2019

## Headteacher's News

I am writing to you to share some concerns I have regarding how students are using social media. As a school we do not permit phones to be used on the premises for a number of reasons. Unfortunately we are finding issues arising through the use of social media still affecting our pupils when they come into school. This is, of course, nothing new as social media platforms are generally unregulated and unmonitored.

I would ask, however, that you please ensure your child is being safe and appropriate online. One of the biggest contributors to issues we are currently experiencing between pupils is the use of WhatsApp. The minimum age to use WhatsApp is 16. I appreciate in today's society it is near enough impossible to avoid social media and the pressures young people face to be connected and up to date. It is a very powerful tool when used appropriately. Unfortunately we are finding there are a number of children who are using these platforms without supervision and in a highly inappropriate way.

As misuse of social media can have a huge impact on school life and the welfare of our students we are applying our school behaviour policy to instances of online bullying and threats. Unfortunately we have already had to implement quite serious sanctions for some students as a result.

### AstroTurf rules

We have had a brand new astroturf recently laid, please ensure that students adhere to the following rules for usage:

- Only for use for playing ball games wearing suitable astroturf trainers
- Balls must be kept in bags when not on the courts/astroturf
- Leave the astroturf in full uniform.

### Remember

- No food
- No drink
- No bags
- Must be kept locked when not in use.

**Mr McInerney**





## Foodbank Collection

**Join the fight against poverty in Enfield this Christmas and support the North London Foodbank.**

Highlands School are proud to be supporting the North London Food Bank, which is based here in Enfield. The school will be collecting donations in the coming weeks during the mornings and AM registration time.

Donations can be brought to the music office before school each day, or given to Ms Shah on Tuesday mornings between 8:35am-8:50am in the area outside the main hall.

Items that can be donated include non-perishable food, such as tins of fruit and vegetables, dry pasta, items in jars like pasta sauce, tuna and tinned fish plus cereal, amongst other items. We will also be collecting new toys for the foodbank to give to disadvantaged children, along with toiletries like toothpaste, deodorant, shampoo and nappies.

Anything that you donate goes towards helping those in need over the winter. Many families in Enfield are facing poverty, so please help us fight poverty by donating some of the above items.

Many thanks.

Miss Brown, on behalf of the Charity Society of Highlands School



### Phone stolen on Friday 1st November

Dear Parents,

If any parent is aware of a child having been mugged or who may have witnessed one of our students being mugged on a 191 bus last Friday at approximately 4:15 – 4:25 pm in or approaching Enfield Town which led to a student's phone being taken, can you please let myself or our Safeguard-

ing team know as we have received the phone back and would like to repatriate it with its owner.

On this note, can I also please ask you to remind all students to be vigilant and careful when using their mobile phones when they leave school as it can attract the wrong attention and also be a distraction as to what is going on around them, leaving them vulnerable to sudden or unexpected behaviour.

Thank you for your support in this.

Caron Fitzgerald

### PE News

You can get up-to-date information through our Instagram (pehighlands) and twitter highlandspe) accounts.



Congratulations to all those who represented Highlands School in the Enfield Cross Country Championships. Especially well done to:

U12 Mia Rosen 1st, Selma Tivnann 3rd, Ella Mohan 4th.

U14 Emma Lord 2nd, Iona Garrard 4th, Milla Payne 6th.

U12 Charlie Northrop 3rd.

U14 William Gutierrez, Oscar Tivnann 6th, Charlie Johnson 11th.

U15 Nathan Douglas 8th

U15 Natasha Nicholas, Naomi Rawding, Lucy Rawding.

### Year 11 Middlesex Cup 2nd round

Well done to the Year 11 football team (below), who beat Park view academy 4-2 last Friday. A great team performance. Man of the Match: B Watt.

Mr Johnston



### British Sign Language (BSL) Classes

BSL Level 1 classes will be starting on Thursday 9th January 2020 in room L6, 3.30-4.30pm.

The Hearing Impaired Base



# science live: A-level

London - Chemistry

On Monday 11th November Year 12 Chemistry students attended an event to learn about various scientists, past and present, and their innovative research in the field of chemistry.

One of the most exciting lectures was from Dr Suze Kundu, a nanochemist, whose work is based on nanomaterials that can repel water. This can then be used in many sporting applications amongst other things. She also explained how a gecko can climb a wall using nanotubes in hairs on it's feet! She was a chemistry graduate and is currently a science writer for Forbes. This amazed many students on the trip as they did not know that a career in chemistry can be so versatile.

Professor Peter Atkins gave a lecture about the laws of thermodynamics in which he came to the swift conclusion that everything equals nothing! He humorously explained laws and key concepts that are accepted today in Chemistry, for example, it being possible to measure the amount of energy within the universe. It's a statement that seems ridiculous, but by the end of his enlightening talk it appeared more than possible.

This being the International Year of the Periodic Table meant that it was only fitting to have a lecture from Dr Peter Wothers on the history of the table itself. It was amazing to hear how much scientists were able to surmise with simple apparatus and measurements and how accurate they were.

There were also two lectures from a chief examiner, where she told us about mistakes students often make in an exam, like writing contradicting answers and how to avoid them. Many of the students found this very useful as it highlighted mistakes they could carelessly make themselves.

Finally, Professor Andrea Sella gave us a thought provoking talk on nerve agents – an unlikely topic but extremely interesting. He took us back to Ypres in 1915 and brought us right up to the present day with Novichok.

To summarise, our experience at the Savoy Theatre was rewarding and memorable. It achieved its aim of inspiring the next generation of chemists and also illustrated the wide range of chemistry careers options and applications.

Elizabeth Smith, Head of Chemistry

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## HEADTEACHER AWARDS

Congratulations to the following students:

Ella Mohan, Holly Miller, Daisy Webb,  
Karamveer Sondh, Alfie Simpson, Cem Poyraz,  
Oliver Perry, Matthew Lyon, Renee Stoute and  
Ellissa Smith.

***Next week is week B***

*(Week beginning 25.11.19)*

## Upcoming Events

**Year 13 Parents' Evening  
Wednesday 27th November**

### Bookmark Competition Winner

#### Parnia Yazdanpanah 7OKS

Mrs Mehmet, our librarian and myself would like to say a massive thank you for all of the entries to this year's bookmark competition. They were of a fantastic standard but Parnia managed to take the title! Well done.

Mrs Selim

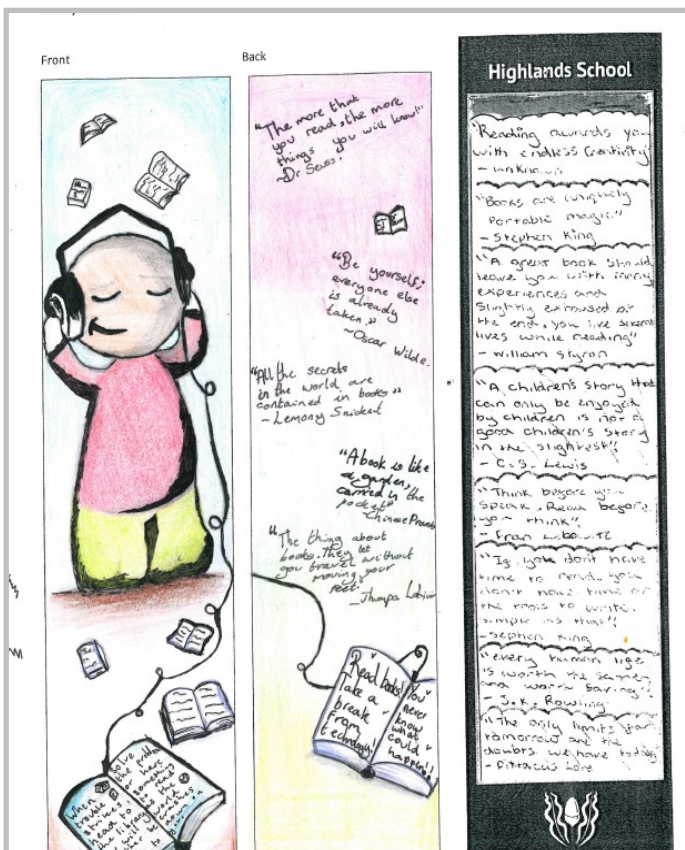


How2Become.com is the UK's leading careers and educational information and development website. Students can learn how to write a CV, complete an application form, pass psychometric tests and also how to pass any job interview. Furthermore, there are books for each career path, supporting students to research their chosen fields and what further studies are required.



We have a brand new selection of these books available in the main library where students can browse and make use of during break and lunch time. We would like to thank **how2become** for their generosity in sending us these titles.

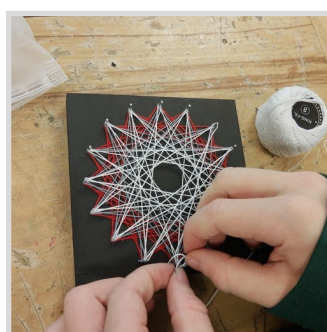
Mrs Laurenzi – Careers Leader



### Wednesday Club

On a Wednesday afternoon a group of Year 7 students take part in an Ed Extra club with Mrs Ball in Technology and have produced some lovely pinart products (pictured).

Mrs Southern





## Chefs of the Week

Pictures from my Year 10 practical, burgers, curry and chilli.

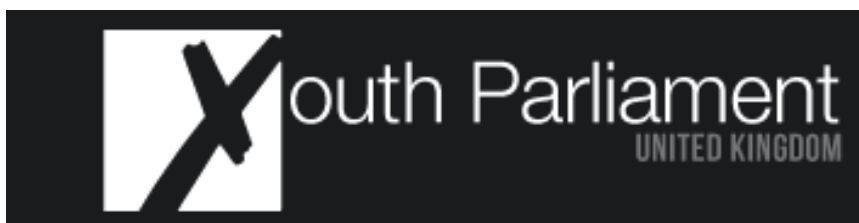
Mrs Southern



### **Year 8 Education, Health and Care Plan (EHCP) Coffee Morning**

On 27th November, 9:30-10:30, the school will host a coffee morning for year 8 parents/ carers with students who have an Education, Health and Care plan. This is an informal morning to discuss progress and share ideas about how best to support our students.

Mrs Adu



### **Youth Parliament**

The United Kingdom Youth Parliament has started its' new bi-annual cycle and Highlands School are proud to announce that several of our students will be involved in helping the Enfield Youth Parliament share its' voice on the national platform.

There will be more information in the coming weeks, so please check the newsletter for updates!

Miss Brown

### **Year 10 Dance workshop**

The Year 10 GCSE Dance workshop will take place on Tuesday 17th December and Highlands School are proud to welcome Mel Simpson, who will be hosting the workshop, to help the students prepare for their practical and written assessments. The workshop will be an exciting experience and allow the students to engage with the stimuli from the exam board with new and refreshing approaches.

I look forward to reporting on the workshop after Christmas.

Miss Brown, Head of Dance







## Wellness Corner

Hello and welcome to the first Wellness Corner for this academic year!

This is a stressful time of year, with PPE exams and the holidays approaching. Finding a moment to relieve or reduce stress is difficult, but possible. Here are a few ideas:

- \* **Taking care of your physical health:** exercise, for example, even a ten minute brisk walk will have benefits or finding an exercise or yoga video will give you a chance to stand up, stretch and give yourself a break. Taking a walk in a natural setting, such as a park is very soothing.
- \* **Look after your nutrition.** This time of year is especially challenging because of short daylight hours and lack of sun. Many people suffer with a lack of vitamin D. On the NHS website it states: Vitamin D helps regulate the amount of calcium and phosphate in the body. The Department of Health recommends that: *“Everyone (including pregnant and breastfeeding women) should consider taking a daily supplement containing 10 micrograms of vitamin D during the autumn and winter.”*
- \* **Laughter is the best medicine:** Feeling low, stressed or anxious? Sometimes finding something that you can read, listen to or watch that gives you the chance to laugh, can lift your spirits.
- \* **Finally, here is a useful technique: Tapping or Thought Field Therapy (TFT)** is a useful method of calming anxiety or stress and also dealing with traumatic events that may be causing someone distress. It works by using tapping on the acupuncture meridians, which interrupts our thoughts and emotions. This can be done by anyone of any age. Below is a link to a very short video teaching you how to do this. As the practitioner says in the video – “it sounds bonkers, but it works!”  
<https://www.youtube.com/watch?v=CVukUUGKrgU&feature=youtu.be>

Good Health!

Mrs Charles

### Messages from the School Office

**Letters Home:** Whole year/whole school letters sent home can usually be located on the ‘letters home’ page of the school website. Recent letters sent or emailed home include the following:

- 20.11.19 Year 7 letter re. social media use

