

# Highlands School News



15 May 2020



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# MESSAGE FROM THE HEADTEACHER AND CHAIR OF **GOVERNORS**

Dear Highlands School Community,

Last Sunday, the Prime Minister announced that he anticipated primary schools in England would plan to partially reopen from the week commencing 1 June, so long as certain conditions had been met - namely, the five key tests set by the government. He also said that secondary schools should start planning to provide some face-to-face contact for years 10 and 12.

Over the course of this week, the Department for Education has issued several sets of quidance to schools, the teaching unions have published quidance to their members and we have been actively engaged in meetings with the Director of Education and other senior figures at the London Borough of Enfield about the implications of reopening and how this may be achieved safely.

The staff at Highlands have worked hard since the period of school closure to make sure that students are being provided with a curriculum offer enabling them to make progress. We are proud that more than 1,400 of our students are logging in to Google Classroom and completing work online. We are also proud that Highlands School is the secondary school with the highest number of vulnerable children and children of key workers attending school each day in Enfield. All the actions we have taken have been built on the principle of making sure that we are keeping all members of our school community safe.

We know how much our students will benefit academically and socially from being back at school and we are committed to reopening school to students as soon as we can do so safely. However, the safety of students and staff and families at home is, and will continue to be, our primary concern.

With 350 students across years 10 and 12, bringing students to school will present difficulties particularly in relation to compliance around social distancing and other health and safety measures. It will not be possible to return to a normal school day in the short term. However, we will be fully reviewing our educational provision in response to the government guidance.

To this end, we will spend the next week carefully monitoring developments at a local and national level and we will write to you again in next week's newsletter to update you. For the time being, there is no change to school opening; 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 on the next page.

The government's announcement left open the possibility that other year groups would not be returning to school this academic year. As half term is approaching and as we now know that remote learning will be continuing for most students, we are asking for feedback from parents and carers, students and staff on our remote learning practices. Please take the time to complete the survey below to allow us to refine and improve our remote learning processes. We also ask that parents and carers continue to support their children with the routines they have developed around online learning. Guidance on how to do this is inside this week's newsletter.

We 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.

Finally, on behalf of all staff and the Highlands School Governing Body, we would like to thank students, parents and carers for their commitment to making sure that we all stay safe and well during these challenging times.

Vincent McInerney, Headteacher

Matt Miller MBE, Chair of Governors

IMPORTANT INFORMATION FOR PARENTS, CARERS, STUDENTS
AND MEMBERS OF THE SCHOOL COMMUNITY

#### FEEDBACK ON REMOTE LEARNING

We would like feedback from as many members of the school as community as possible on their experience of using Google Classroom and remote learning. We ask that surveys are completed by the end of the day on Wednesday 20 May. We will write to all members of the school community in next Friday's newsletter to inform them of changes that the school will make as a result of the surveys.

Parents and carers should complete **THIS** survey (parents and carers with children in different year groups should complete the survey more than once as the surveys are year group specific).

Students should complete **THIS** survey.

### **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 wellbeing: staysafe@highlearn.uk For IT and Google support: 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 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.

## CELEBRATION OF STUDENTS' WORK

Farah Redif in year 8 entered BBC Radio 2's *500 Words* competition in February, as part of a whole class creative writing unit. She has been shortlisted to the last 50 from 135,000 entries!

An amazing achievement, Farah, and well done to everyone else in year 8 who took part. Please read her entry on the BBC website **HERE**.

Mrs Murdoch



### TRENCH STENCH

I joined the war, oh what a mistake!
Write the truth, that they'll take!
Me and my friends joined the Pals Battalions
Didn't realise everyone would go,
as well as my companions

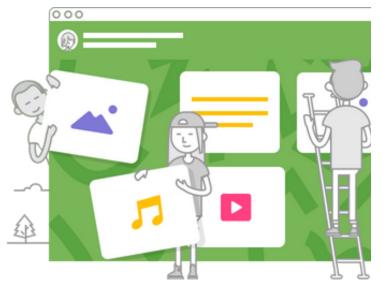
The trench stench
It stinks like rotting flesh
The trenches are filled with orange slime
The morning duties are dreadful
Coming here is very regretful
But I am stuck.

My heart is aching
Why does this have to happen?
Is peace really that hard?

SILE USTA Y8



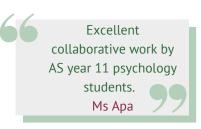
He gives his gun a shake,
And sobs until the tears make.
The only other sound's the break,
Of distant waves and birds awake.
The gun is muddy, trench and deep,
But he has promises to keep,
Until then he shall not sleep.
He lies in bed with ducts that weep.
He rises from his bitter bed,
With thoughts of sadness in his head,
He idolises being dead.
Facing the day with never ending
dread.



Last week, year 11 AS psychology completed work on cases studies and content analysis.

Part of their work was to conduct research on a range of case studies in psychology. We have put them all together in a Padlet so that we can share, read, comment and like the work that others have produced.

Click **HERE** to view.





# KITCHEN CREATIONS FROM HIGHLANDS STUDENTS

We may be at home, and bread flour difficult to get hold of, but students are still working not only on written work but food technology practical tasks too!

Mr Smith









Beautiful fruit salads (left and header image) created by **Parnia Yazdanpanah 70AK**.

This practical for food tech was made at home for the family (stepdad's birthday).

Stunning presentation!

Ms Meyersohn







## HEALTH AND WELLBEING ADVICE FROM MISS EXLEY

It's hard to believe that we have been in lockdown now for about seven weeks. I think we all need to give ourselves a pat on the back for managing (sometimes well, other times admittedly not so well at all. But the point is, we've managed!). It's been great to witness the incredible Sir Captain Tom Moore turn 100 whilst managing to raise nearly £30 million (!). It's also great knowing we are one day closer to getting back to some sort of normality, but we have to wait a bit longer to know exactly when that might be.

This week I want to focus on 'the importance of sleep', as it really is such an important part of our daily lives. A minimum of eight to nine hours of good sleep on school nights is recommended for teens - and I know that for some of you that's easier said than done. I am going to provide you with a few tips to help you get a better quality of sleep, so that you are in a stronger frame of mind to work hard or fight off illness, or even do something extraordinary like Sir Tom!





Tip 1: Limit screens in the bedroom

If possible, don't have a mobile, tablet, TV or other device in the bedroom at night. The light from these screens interferes with (and reduces the quality of) your sleep. This might mean going back to an old-fashioned alarm clock rather than using your mobile phone. Switching off all screens 30 minutes before you try to 'switch off' for the night is my first tip for quality sleep.



Tip 2: Exercise for better sleep

It's official: regular exercise helps you sleep more soundly, as well as improving your general health. Teenagers should be aiming for at least 60 minutes' exercise every day, including aerobic activities such as fast walking and running. Exercising outside in daylight will help to encourage healthy sleep patterns, too.



Tip 3: Cut out the caffeine

Drink less caffeine. Caffeine is found in drinks such as cola, tea and coffee. Avoiding these (particularly in the four hours before bed) can prevent difficulty falling asleep and improve your chances of increased, good quality, deep sleep.





Tip 4: Have a good routine

Get into a regular bedtime routine. Doing the same things in the same order an hour or so before bed can help you drift off to sleep when you get into bed. Your routine depends on what works for you but the most important thing is working out a routine and sticking to it. A positive sleep routine could include:

### Sleep at regular times

This programmes the brain and internal body clock to get used to a set routine.



#### Wind down

Winding down is a critical stage in preparing for bed. There are lots of ways to relax:

- A warm bath (not hot) will help your body reach a temperature that's ideal for rest
- Writing "to do" lists for the next day can organise your thoughts and clear your mind of any distractions
- Reading a book or listening to some gentle music (or to a wellbeing podcast)
- There are a number of apps designed to help with sleep 'Headspace' is one of them



Tip 5: Talk through any problems

Talk to a parent / carer / trusted adult about anything you might be worried about. This can help put problems into perspective, which can help you to sleep better.



Tip 6: Avoid long weekend lie-ins

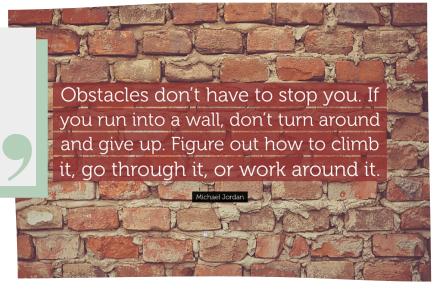
Late nights and long lie-ins can disrupt your body clock and leave you with weekend "jet lag" on Monday morning. Although you might allow yourself a slightly different sleep schedule on weekends, do so in moderation!

Please do try the above and see how you get on. Take care, stay home and stay safe!



I have been so impressed by how students have adapted to this unprecedented situation. Though it may seem difficult at times, please keep going. Stay safe and well.

Ms Husseyin



"Remember the greater the storm, the brighter the rainbow."

Stay safe and well and trust me we are all missing our routine.

Ms Taylor







## **HEADTEACHER'S AWARDS**

Eliza Hanks (year 7)

For an outstanding poem on Macbeth

Ali Hassan (year 10)

For dedication to learning



### 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

## 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 have today uploaded the next batch of vouchers, these are for four weeks from Monday 19 May, so these should appear in your inbox some time next 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 Czupich.

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