# Highlands School News

5 June 2020



## WHAT'S INSIDE

Message from the Headteacher

Celebration of students' work

Staying safe and social distancing

Effective study tips & wellbeing

Messages from staff

Child safety week

Notices & contacts

Careers

## MESSAGE FROM THE HEADTEACHER

America has been convulsed over the past week by protests and police response following the release of footage of Geoge Floyd dying in Minnesota, under the knee of a police officer. For African Americans, being discriminated against on account of race is a frequent experience and permeates all parts of life. The officer filmed pinning George Floyd to the street as he died has been arrested and charged with murder. Racism is something that every single one of us has a duty to learn about and actively address. Along with today's newsletter, we are publishing a Black Lives Matter special newsletter that I would like all members of the school community to read. It sets out how we can all be an ally to members of the black community and how we can make our voices heard in a peaceful and meaningful way.

#### SCHOOL REOPENING TO YEARS 12 AND 10

This week we surveyed parents of students in years 12 and 10 to find out how many students will return to school from 15 June, when we will partially reopen. When we open, we will make sure the school is adhering to the guidance from the Department for Education around safe opening, which you can read <u>HERE</u>. The surveys closed this morning and we will be putting detailed plans together to share with the school community on Monday. Thank you to all the parents who completed the survey.

#### CHANGES TO REMOTE LEARNING

Our analysis of student completion of work has highlighted that, although some students are engaging with work and making progress, others are not. Gaps are developing between students and we fear that if we continue to deliver new knowledge remotely the gap between students will widen. Also, it is not clear what learning from this academic year students have truly understood and what they have not (as we are unable to assess them in school). For that reason, from 15 June in most subjects, we will cease teaching new knowledge to students remotely and we will move to a consolidation curriculum.

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5 June 2020

The consolidation curriculum will review learning thus far, in preparation for an end of year online assessment. The advantages of this evidence informed approach are that it gives students an opportunity to retrieve prior learning, re-enforces their existing schema and enables them to practice examination skills which will benefit them in the future. The data gathered will also support curriculum leaders in determining where knowledge gaps exist so that departments can plan to address these in September. The only exception to this is year 12, they will continue to be taught new material. This is because they will be able to attend school and receive a series of lessons in their subjects before the summer.

#### ROLLOVER, THE SEPTEMBER 2020 CURRICULUM AND YEAR 8, 9 AND 10 OPTIONS

As explained above we are moving to a consolidation curriculum which will reinforce learning from this year and will ensure lessons from September are based on a strong understanding of student starting points. With this focus on consolidation, it would not be right to start teaching new courses this academic year. We will not roll over this year. KS3 optional subjects will set work until the end of the academic year.

We are all aware of the legitimate concerns about curriculum time lost as a result of school closure. There is no hiding from the fact that we, as at other schools, may have to make some difficult decisions around the curriculum offer that we can provide for students in the next academic year. All schools will face a difficult decision between carrying on with all planned GCSE courses but those courses being taught in reduced curriculum time, or reducing the number of GCSE courses and giving more time to teach those courses. Much depends on how schools reopen in September. If schools reopen fully then we may be able to make up for lost time. If schools are not able to reopen fully then it is likely that students will have to take fewer GCSEs. Some schools have already made the decision to reduce the number of options students are taking. We do not want to make this decision until we are in possession of all the facts but it is not something that we can rule out.

These points mean that we are being cautious about informing students of the GCSE options that they will be starting in September. Over the next few weeks we expect to get a clearer picture from the Department for Education arrangements for the next academic year. Once we have this information we will be able to confirm the curriculum and option arrangements for September.

Vincent McInerney, Headteacher

#### 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 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 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.

## CELEBRATION OF STUDENTS' WORK

Year 7 oak have been hard at work for their food tech projects:

- Grace Umenyiora has presented her pizza practical to such a high standard, alongside crudités and dips and on a colourful table just like a restaurant.
- Sara Hussain has produced a colourful and healthy sharing platter to serve her mini pizzas in food technology.
- Ceren Duruel has made a generous and healthy sharing platter of delicious pizzas with home made dough.
- Arnelijus Mankevicius has cooked some tasty looking baguette style pizzas in food technology.



See below, some food technology lockdown cooking from my year 8 class. Well done to all of you who have cooked. Keep uploading your photos for me to see.

#### Mrs Southern







 Nicholas Anastasiou

Hermione Kyprianides



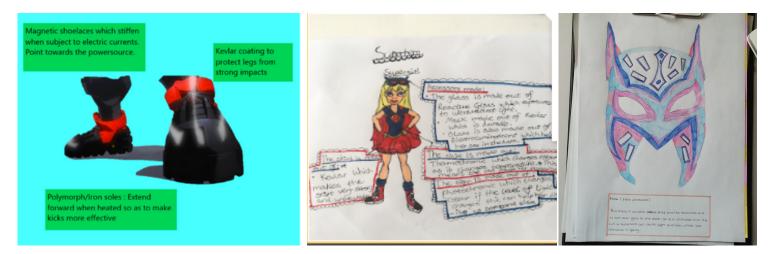
Celik Ahmet



## CELEBRATION OF STUDENTS' WORK

#### Year 8 students have created some great textiles-smart materials

- Omar Hassan has created dynamic and vibrant digital superhero shoes, made from smart materials in textiles.
- Giota Bita has drawn a prescise cartoon character of supergirl for textiles and she has super powers and a kevlar costume.
- Emily King has made a bullet proof face mask for her superhero and it has beautiful colours and glows in the dark.



#### Year 8 art projects

We are very proud of our Year 8 students who have been working hard on their Oriental art projects and have been producing some lovely work. Their recent piece is an Oriental Dragon which they had to apply detail and tonal range. Well done Year 8!

Mrs Chrysostomou, Mrs McCalmont & Ms Clarke





**Congratulations** to Yagmur Haydaroglu in year 12 for getting in the top 30 in the country in the senior physics challenge, achieving her diamond certificate and winning a place on the prestigious Cambridge University Summer Camp. To achieve this, she had to answer over 400 extremely challenging physics questions online. She has certainly been putting her time in lockdown to good use.

Well done and best wishes Science department

## CELEBRATION OF STUDENTS' WORK

#### 'Alternative storyboards from BTEC media'

Students have been using great alternative ways to storyboard. "They have shown initiative and their creativity has really impressed me" Ms Boezalt







Action: medium shot of cameraman adjusting camera Dialogue: Music continues FX: title saying cameraman



Action: continuous shot cycling past 5-6 editors working at computers Dialogue: Music continues. FX: title saying editors (2 seconds) lots of them











60









12



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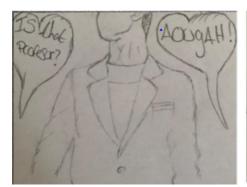
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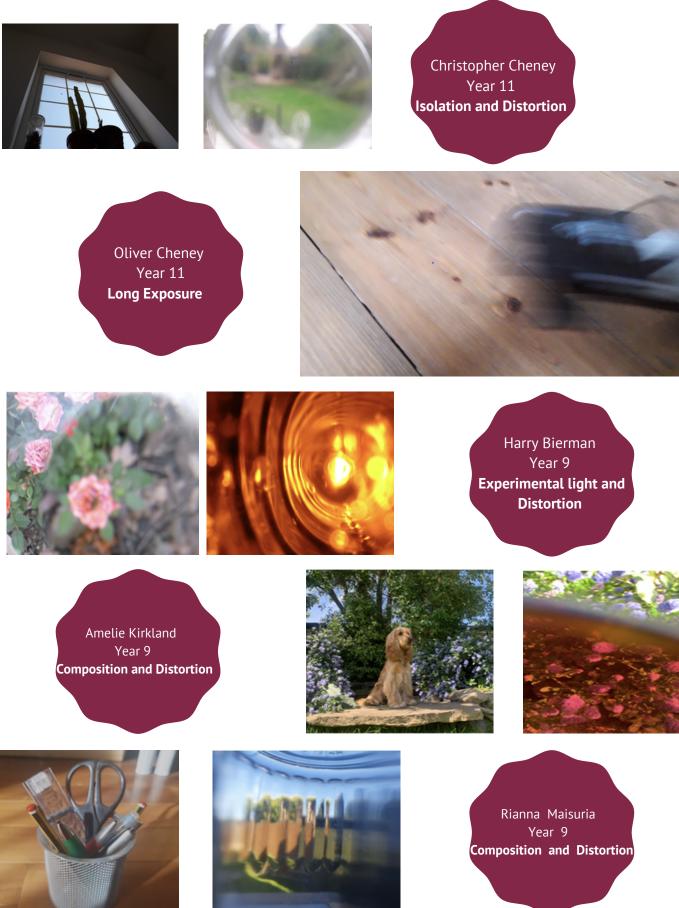






## CELEBRATION OF STUDENTS' WORK

#### Photography portfolios BTEC media



# STAY HOME STAY SAFE

## STAYING SAFE AND SOCIAL DISTANCING

The government has said that we can now meet six people outside which means it is easier for you to see and catch up with friends and family - excellent news! However, it is vital to still maintain social distancing if and when you do see them. Your heart might want to hug them and be close to them but your head knows this is not the right thing to do.

You might have seen photos of lots of people close together on the beach behaving like nothing is wrong, maybe you even saw this in person whilst enjoying the good weather yourself. However, just because it seems everyone else is doing it, it doesn't mean you should or have to do it too. Ensuring that we minimise the spread of the virus and understanding social distancing guidelines are important aspects of staying safe at the moment. Therefore, it is ok to say no to your friends if they suggest going against social distancing. Don't be pressured into any activity that you don't feel is right.

#### Here are some top tips on how to confidently say no to friends who are not following social distancing rules.



# Gently remind people that what they are suggesting or doing isn't right.

This could be light-hearted at first e.g. "oops don't get too close!" or using well-known phrases such as 'social distancing', 'stay alert' or 'two metres'. By reminding them of this you are encouraging them to take responsibility for their actions whilst also letting them know you are not comfortable.



#### Use an anecdote or personal story.

You may know a vulnerable person or have heard a story about someone becoming infected through a carrier of the virus. E.g. "My Nan is in the vulnerable group and I want to keep her safe"



## Offer an alternative activity which makes you feel more comfortable.

E.g. suggesting a bike ride instead of a walk as it's easier to keep distance; playing a game or sport without tackling and one which keeps you further away from others; meeting somewhere a trusted adult will also be so they can be the one to insist on social distancing.



## Be sure of what is right and give reasons for this.

To help you feel confident when justifying saying no, you might want to refer to the law or government advice which will also support your idea and you could say this to your friends if you need to. E.g. "Lockdown can only remain relaxed if the rate of infection slows. I want to be able to still see you so I'm staying 2 metres away because I don't want another lockdown"



6

# Have an exit strategy in case you are not being listened to.

This could be as simple as "I need to go to the toilet" or checking your phone and saying "Something's happened at home. Not sure of the details yet but I should go back"

# Remember those good friends will understand.

One of the best qualities of a friend is that they care about you and respect you. If they are a good friend, they will agree with your feelings and want to help you feel safe and happy.

These strategies work in many situations where you need to say no (online and in-person) so if you are ever made to feel uncomfortable try them out and you can always speak to a trusted adult (teacher, parent, carer, etc.) if you need more support.



## EFFECTIVE STUDY TIPS

Well done to the many Highlands' students who have been working so hard and very independently since "lockdown". Having met such a difficult challenge with such maturity and diligence, makes us all very proud and clearly shows the commitment Highlands' students have towards their studies. We'd like to further support you by giving practical study tips in the newsletter to further consolidate your knowledge and learning.



### TIP # 1 Setting up to study

Establish a routine: set aside time to study and create a weekly timetable. Creating a study timetable allows you to organise your work for the week. Other advantages of a weekly schedule are:

- You can work at times best for you
- You can feel much more in control over your life
- You don't study one or two subjects (probably your favourites) at the expense of others
- You can build your schedule around your hobbies and interests

<u>HERE</u> is a google template for scheduling which you might find useful. Click <u>HERE</u> for a video you might also find this video useful when setting up to study.

REMEMBER: Each session should be based around specific tasks you want to focus upon and should include a mini-test and review. However, any session should not exceed 1 hour and you should include a maximum of 6 hours per day. You should also increase non-study time for the weekends.

ESTABLISH A STUDY SPACE: Try to ensure that you have everything you need to study in good order (you might need to tidy your room!). Avoid distractions - your phone should ideally be in a different room and on silent. You should also try to minimise other distractions; such as music playing, online messaging and even annoying siblings (you could share your timetable and ask politely to not be disturbed during your study times). Be organised and file your school books and papers away neatly at the end of each session, so they are easily found next time.

REMEMBER: It is easy to get distracted and to avoid the task you have set yourself. Don't spend hours creating your timetable, or shuffling papers, or suddenly finding that every pencil you own needs to be sharpened! These are all distracting you away from your study.



This is a challenging time for everyone's mental and emotional health. Uncertainty, change, loss, all trigger big, difficult emotions like anxiety, fear or anger.

These are our fight or flight responses and are part of the sympathetic nervous system: our personal survival kit that has evolved over thousands of years in our brain. The problem with the fight or flight response is that it shuts down the logical thinking part of our brain, and that is not useful unless you need to hide to avoid a sabertooth tiger! Luckily there are several techniques that can help calm down the fight or flight response - they are easy to learn and anyone can do them.





#### Slow deep breaths

This tells our brain that we are not in danger, and can be calm. Breathe in for a count of three, hold for two and breathe out for 6. Nice and easy does it. Try taking ten slow deep breaths. <u>HERE</u> is a really good video that explains breathing techniques.



#### Tapping

This is a strange one, but it really works. It uses the Chinese science of acupuncture to help our sympathetic nervous system calm down. HERE is a very short video from Go Calm that you can follow.



#### Lie down flat on the floor

This exercise is great but not always convenient. If you have any back problems, consult your GP.

No pillow under your head or neck, but you can lie down on a mat or rug. Interlink both hands behind your head, with your thumbs on either side of your neck. Breathe slowly and deeply, and look as far as you can to the left without moving your head. Now look as far as you can to the right, again without moving your head. Did you yawn or swallow or sigh? Then it's working, and you are now accessing your para sympathetic nervous system - your calm system.

Take care and stay safe Ms Charles, School Counsellor





To all my lovely sixth formers, I'm thinking of you all and can't wait to see you again. School is important but so is your health. Take care of yourselves, this will pass and we will all be here for you. Hope to see you all soon. Mrs Norton

#### Dear students,

This is a different and unprecedented time for us all, I hope you are all keeping well, studying hard and enjoying the sunshine when you can. Hopefully, we will all be back at school sometime soon in the near future and learn to adjust to a new way of learning and using our school building. As Helen Keller said 'keep your face to the sunshine and you cannot see a shadow'

Mrs Biswas

KEEP YOUR FACE TO THE SUNSHINE AND YOU CANNOT SEE A SHADOW.

- HELEN KELLER

#### To all my lovely year 11s,

I hope you all had a lovely half term, and are now working hard on preparing for September by joining our aspirational classes. As you all know, this pandemic has caused a lot of disruption so I wanted to make sure you all had some excellent memories of your time at Highlands. Ms Stothers and I have been working extremely hard to organise an excellent leaver's package for you all. We wanted to make you all feel special, so the school have kindly offered to pay for your whole year 11 leaver's package; this will include a leaver's book, personalised tote bag and a water bottle. You will have received an email from your tutors on google classroom, asking you to submit a picture (unless you want us to use your school picture), a personal message to the year group and a comment about your most memorable moment at Highlands. Please only use a maximum of 25 words for each part, as space will be limited. All comments must be appropriate, otherwise, they will not be included in the yearbook. If you do not want to make a comment then that is fine, we will just use your picture and name. If you have any questions, then please don't hesitate in contacting me.

Mrs Hutchinson

Class. <sup>of</sup> 2020

Dear students.

I must admit life is quite boring without you all around. Therefore, in order to see you as soon as possible, make sure you keep safe, wash your hands regularly, wear masks when going out but above all stay active! I am sure this unexpected lockdown has, despite everything, some positive aspects. I hope you are able to spend quality time with your loved ones away from your mobiles (Snapchat, TikTok...) and you dedicate some of your free time to learn or develop skills which you might need in the future (painting, playing an instrument, cooking, learning a new language...). I am convinced we are all learning from this especially that nothing can be taken for granted in life. Never forget what the Roman poet Horace said: carpe diem!

Mr Perlumiere



SEIZING THE DAY IN A DISTRACTED WORLD

Roman Krznaric Author of EMDATHY



## CHILD SAFETY WEEK

Child Safety Week is an annual campaign run by the Child Accident Prevention Trust (CAPT) to raise awareness of the risks of child accidents and how they can be prevented. With the coronavirus crisis forcing us to stay safe in our homes and reflect on a kinder future, it is now more than ever that we need to ensure we are safe at home and know what to do if something unexpected happens to our loved ones. Using this year's child safety week we will focus on accidents in the home and how to help someone with a burn. We have many objects in our homes that are useful, but can also be dangerous if not used properly by an adult or not safely stored. Learn how to look out for any dangers in the home and how to keep you and your family safe.

## **3 C'S OF BURNS:**

**Cool** the burn with running cold tap water for 20 minutes and remove all clothing and jewellery (unless it is melted or firmly stuck to the wound).

**Call** for help for any burn larger than a 50p coin. You can call 999, 111 or local GP for advice.

**Cover** with cling film or a sterile, non-fluffy dressing or cloth. Make sure the patient is kept warm.





We can help ourselves deal with difficult situations by developing coping skills. There are many things we can do to help us cope. Doing some things that you enjoy every day can help bring some stability into your life.

## 6 THINGS THAT CAN MAKE YOU FEEL BETTER ARE 'THE 6 R'S OF RESILIENCE':

### RESPONSIBILITY REFLECTION This means thinking about how you Take some time to think about the feel and finding ways to make you feel kind acts you have done recently, and better. Take care of yourself. You could the kind acts people have done for do the circles of control activity to you. Use your kindness calendar. help you understand what you can and cannot control. **RELATIONSHIPS** Think about the people you have RELAXATION Try the breathing with colour exercise around you that can support you. Do the web of connections activity to to clear your mind. explore. REFUELLING RECREATION Take some time to refuel. Eat well and Do something active. Do the stay safe and active at home activity. sleep well.



## STAY SAFE

## MARY POPPINS TRIP JUNE 2020

Thanks to all the parents/carers who supported the planning of the theatre trip to Mary Poppins, which should have been taking place in June 2020. At the moment the theatres are still closed so we are unable to proceed with this trip. The school will ensure that all payments are refunded as soon as possible. Please note that due to the current government guidance regarding social distancing to help stop the spread of COVID-19, we have unfortunately not been able to reschedule the trip. Thanks for your support and understanding with this matter.

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

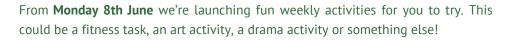


## CHANGE OF CONTACT DETAILS

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) 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





There will be two activities set by your head of year each week for you to do and if you want to submit evidence of your activity then you can upload it onto google classroom. This could be a piece of writing or a short video of what you have done. The best 3 for each activity per year group will win a **£5 love2shop voucher** which you'll receive in the post with a congratulations letter. So that's 6 prizes per week per year group!

Winners names will be published in the newsletter and on our social media accounts.



#### CAREERS INFORMATION

#### 5 JUNE 2020



## PATHWAY PROGRAMME

Please note that the Pathways Programme is continuing to run remotely. Speakers for Schools are excited to present weekly virtual talks. Students can listen to some inspiring speakers talking about a wide range of industries. Once students have listened to the talk, they should complete the activity sheet provided when signing up. The schedule will be updated weekly and talks will be targeted to different age groups. You can access this by clicking on the image on the left.





### VOLUNTEERS'

Volunteers' week is an annual celebration of the contribution millions of people make across the UK through volunteering. We have all witnessed the power of voluntary work first-hand over the last couple of months. Volunteering can be a wonderful thing to do. It is a great way to network, meet new people, get experience, add to your CV and can be a stepping-stone to your eventual career path. Most importantly, it is a great way to help people less fortunate than yourself. Roles involve working as a charity administrator, with animals, within the arts, culture & sports sector, campaigning, community development, with children & young people charities or cancer charities, and the list goes on.

If you are interested, please click on the image above, directing you to a website with more information, including local opportunities.



YEAR 10



## WORK EXPERIENCE DAY - NON - CLINICAL ROLES ONLINE

Tuesday 23rd June 2020 at 1:30 PM - 3:30 PM

The NHS is one of the largest employers in the world, made up of multiple individual employers from Hospital Trusts to doctor's surgeries. Supported by the health and social care sector, the NHS provides health and care for free at the point of need. There are over 350 different roles within the NHS in clinical and non-clinical roles and entry routes into most of these via an apprenticeship programme.

This interactive online workshop focuses on the non-clinical roles within the NHS. These include roles in Finance, Administration, I.T, Leadership and Management and Operations. If you are interested in apprenticeships and would like to learn more about the huge range of jobs within the NHS, then join this online session.

NHS Sign up <u>HERE</u> asap if interested and please email me once you have registered.



Interested in a career in cybersecurity? Register for this free seminar on Thursday 11th June with Q&A. Start with a high-level look at how passwords are stored on a computer then see how many possibilities there are to guess a given password and the speeds at which an attacker can try and guess them, showing how some systems (and passwords!) are more vulnerable than others. The session will wrap up with advice for securing yourself and your passwords moving forwards.

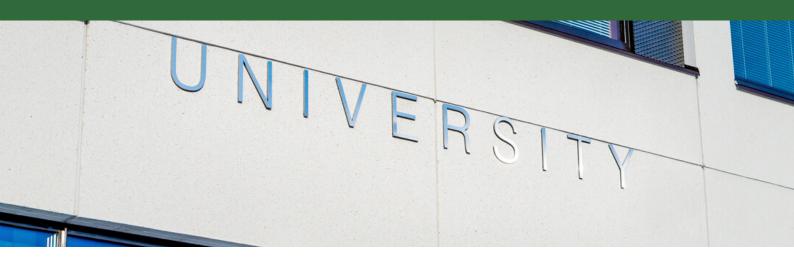
Register HERE and email me your confirmation.

Please be reminded to complete the Careers Programme survey to support the planning of your Personal Guidance Interviews.

You can access the survey HERE



#### CAREERS INFORMATION



## YEAR 11, 12 & 13



UK University Search will be holding a special online and interactive virtual fair on **Wednesday 17th June between 12:00 - 18:00.** 

The event will feature universities and colleges from across the UK, including Russell Group, red brick, modern and specialist institutions, as well as ten live webinars on essential topics such as UCAS personal statements, clearing, and student finance. You can access the webinar timetable <u>HERE</u>

If you are unable to view on the day do not worry! The fair will be available on-demand until **Friday 17th July**. You will only be able to live chat with university and college representatives from **12:00** - **18:00** on **Friday 17th June**, but you will still be able to visit stands, download documents and view webinars afterwards. The event is completely free of charge to students. Click <u>HERE</u> to register.

## YEAR 12

## UNIVERSITY - VIRTUAL OPEN DAYS

Many Universities will be holding their Open Days on-line during the coming months. Check out their Social Media pages, or their websites. Do not miss these opportunities, take a look <u>HERE</u>!





## **OXBRIDGE APPLICATIONS**

If you are thinking of applying for a place at Oxford or Cambridge or studying medicine or veterinary medicine/science or dentistry -

you need to apply to UCAS by **Thursday 15th October 2020**. Check if you need to complete an admissions test and find out what arrangements will be in place for this, in the current climate.

For more info click <u>HERE</u>



## YEAR 13

## 2020 APPRENTICESHIPS VACANCIES

# metaswitch

Metaswitch Enfield is looking to take on five new apprentices this September and are looking to fill these roles with people from the local community. This is a fantastic opportunity for anyone looking to gain a formal qualification whilst getting first hand work experience and a salary at the same time!

- \* Production Chef
- \* Procurement
- \* HR
- \* IT degree
- \* Software Engineering

To apply you just need to upload your CV via the website <u>HERE</u>

Mrs Laurenzi - laurenzs@highlearn.uk

## GAP YEAR/SUMMER WORK

A gap year offers you the opportunity to gain skills and experiences, while giving you time to reflect and focus on what you want to do next. It is important to set goals to make your time productive, so you need to identify what you want to achieve.

#### YOU MIGHT WANT TO:

- Have a break from study
- Gain new skills/experiences
- Earn money
- Spend time deciding what you want to do
- Do a combination of the above

Before you make that decision, read more about the pros and cons of taking a gap year <u>HERE</u>

OR consider ideas for the summer break (subject to Covid-19). Such as: **National Trust Working Holidays.** For more information click <u>HERE</u>



OR consider a paid placement through the **EDT Year in The Industry programme** to gain experience and help you with your university or apprenticeship applications. **EDT** have placements still available in business, finance, marketing, mechanical engineering, electrical, electronics, chemistry, and physics. The placements will start in **September 2020** and are open to students currently in **Year 13**. Click <u>HERE</u> to view available vacancies.



We want to highlight that all placements and apprenticeships should be following government guidelines on social distancing and COVID-19 when running their programmes or hiring new staff.

