



Highlands School News



12 March 2021



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This week all year groups returned to school for the resumption of face to face teaching. I want to thank our staff, parents, carers and students for the orderly and calm start to the term.

Following the initial COVID-19 test, students will be removed from lessons to have two further tests. After that, they will be given a home testing kit.

Our priority at school is to get back into our routines quickly and make sure all students are in lessons and learning.

The awarding of GCSE and A level grades to students in years 10, 11, 12 and 13

We continue to work on our arrangements for the awarding of GCSE and A level grades. The decisions that we make will be taken in line with the guidance from the Department for Education and Ofqual and the exam boards. Please note that the guidance from the exam boards is not due to be released until the end of March. For this reason, although we can communicate broad principles to the school community, final details may have to wait until the exam boards release their guidance to schools. We understand that this is not an ideal situation, but it is one that is outside our control. To further inform our decision making I met with the local authority and the other Enfield secondary heads this week to discuss the best ways to make sure our assessment process is robust, fair and transparent.

We can share some principles with the school community and hopefully, this will help answer some questions that students and their families may have.

Continuing to teach new material

In most subjects, we are continuing to teach the curriculum and will do so until Easter. The guidance provided asks schools to continue teaching the curriculum normally for as long as possible. We believe this is the right thing to do because the sooner we stop teaching, the less prepared students will be for A levels and other post-16 courses and qualifications.

We must make sure that students have learned the key knowledge and have a good understanding of the core parts of their courses before they finish year 11.

Assessment process

We cannot be specific about the assessment process we will use until the exam boards release their guidance for subjects at the end of March. However, it is likely that our assessment process will involve grades awarded using a combination of:

- the December mock exams and predicted grades generated from them
- end of year assessments completed in the sports hall under exam conditions (at least two per subject)
- performance work and NEA (non-examined assessment), commonly referred to as coursework

In addition to the above, class teachers will also have the opportunity to submit relevant assessments completed during lesson time, in order to refine the final grade award.

Please keep in mind that because schools can design their own assessments, they will only contain the parts of the curriculum that have been taught.

Intervention

Next week we will share arrangements for our intervention programme. This will include P6 interventions during the week as well as weekend and Easter revision school opportunities.

Please do not contact the school with further questions about the GCSE and A level assessment process. The information above is all we have to share at the moment. I will provide a further update next Friday in the newsletter.

Mr McNerney
Headteacher



PHYSICAL EDUCATION

PE STUDENTS OF THE WEEK

Well done to all students who have been completing their fitness logs! Below is a list of students who have been nominated for a special mention following the completion of their fitness logs. Teachers have nominated one student per class.

- Ender Guccuk
- Ellia Saat
- Carl Etuazim
- Megan Faulkner
- Jack Nagioff
- Anna Shaw
- Nataniel De Almeida
- Evelina Litviniuc
- Thomas Holloway
- Josie Jones
- Nathan Fisher
- Holly O'Driscoll
- Aydun Salih
- Zachary Sferrazza
- Oscar Tivnann

WELL DONE

- Mustafa Edizer
- Farah Redif
- Mohamed Massfih
- Sam Ross
- Alexia Horea
- Jude Aspland
- Archie Perkins
- Matilda Kent
- Adriel Nyarko-Duodu
- Eden Cozier
- Stefan Bezzina
- Mercedes Acquaye
- Diyon Wilkinson
- Stephanie Anastasiades
- Ahura Sedaghat



REMINDER

REMINDERS FROM STAFF

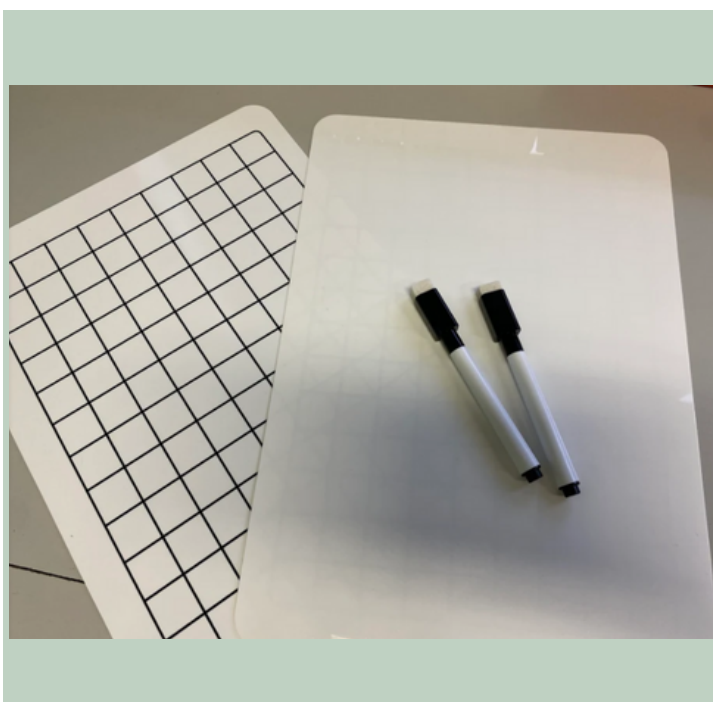
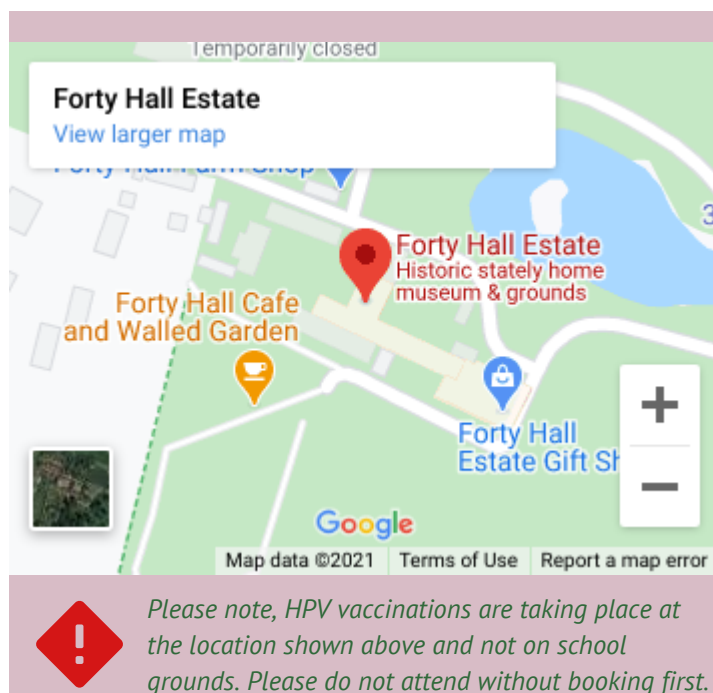
HPV VACCINES FOR YEAR 8

Letters have been sent out to parents and carers of year 8 students regarding a second human papillomavirus (HPV) vaccine. All year 8 students have been offered the HPV vaccine.

The Enfield Immunisation Team is continuing its vaccination service during the pandemic. They are offering appointments for year 8 students at Forty Hall during the Easter holidays.

Vaccinations will be taking place on Tuesday 6th April, Wednesday 7th April and Thursday 8th April 2021.

Please contact beh-tr.enfieldimmunisationteam@nhs.net for any queries. Please refer to the letter sent out earlier this week for further details on how to book.



WHITEBOARDS

Before Christmas, all students in year 7-11 were given a mini whiteboard and pen in a plastic folder. Please note this is now part of students equipment.

Students should have their whiteboard and pen with them every day they are in school.

If this equipment has been lost or damaged it will need to be replaced. If a pen has run out, students will be able to swap it for a new one (with the head of year).

Students who do not have this equipment due to having to self-isolate in the run-up to the Christmas break, will need to contact their head of year.

REMINDER

REMINDERS FROM STAFF

HIGHLANDS SCHOOL GOVERNING BODY VACANCIES

NEW


On Wednesday (10th March 2021) a letter was sent out to parents and carers, regarding new vacancies which have arisen for parent and carer governors on the Highlands School Governing Body.

If you are interested in applying, please click on the link at the bottom of this page for further details.

The deadline to apply is 12pm on Friday 19th March 2021.

If we receive more applications than there are vacancies, a secret ballot will be carried out. We will inform you closer to the time if we must do this.

If you have any questions about the role, please contact Matt Miller MBE, chair of governors by emailing millerm@highlearn.uk.



Apply Now



[Click here](#) to read the full letter and find out more information on how to apply.

LIBRARY BOOKS

A gentle reminder to all students, please remember to return library books back to the library.
For any queries, please email mehmete@highlearn.uk



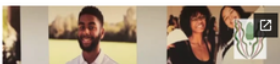
R E M I N D E R

REMINDERS FROM STAFF



Welcome to the Highlands School behaviour policy website

Behaviour policy introduction from the pastoral deputy headteacher



Welcome to the Highlands School behaviour policy website. Our new behaviour policy was launched in September 2020 and this website has been created as guidance for parents and carers to highlight some of the key parts of the policy. Some changes have

BEHAVIOUR POLICY WEBSITE

As you will already be aware we launched our new behaviour policy in September 2020.

In order to support the smooth transition of returning back to school, we have created a behaviour policy website, with some embedded videos for your viewing.

You will find the link to this website in the behaviour section of our main Highlands School website.

Please [click here](#) to access.

MARCH

MINDFUL MARCH

As part of **Mindful March**, our school counsellor Ms Charles has shared some helpful resources to encourage students to learn about mindfulness and incorporate it into daily activities. There are also some helpful tips for students who feel worried or anxious about returning to school. See below for details.

"Mindfulness means that we commit fully in each moment to be present"

- Jon Kabat-Zinn

ACTION FOR HAPPINESS



#MindfulMarch



ACTION CALENDAR: MINDFUL MARCH 2021



MONDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture & smell of your food

15 Stop, breathe and just notice. Repeat regularly during the day

22 Walk a different route today and see what you notice

29 Notice what is working today and be thankful that this is so

TUESDAY

2 Notice five things that are beautiful in the world outside

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune in to your feelings, without judging or trying to change

30 Mentally scan down your body and notice what it is feeling

WEDNESDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot 3 things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Notice the joy to be found in the simple things of life

THURSDAY

4 Notice how you speak to yourself. Try to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 If you find yourself rushing, make an effort to slow down

25 Focus your attention on the good things you take for granted

FRIDAY

5 Take three calm breaths at regular intervals during your day

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Notice when you're tired and take a break as soon as possible

SATURDAY

6 Bring to mind people you care about and send love to them

13 Pause to just watch the sky or clouds for a few minutes today

20 Celebrate the International Day of Happiness dayofhappiness.net

27 Have a device-free day and enjoy the space it offers

SUNDAY

7 Have a 'no plans' day and notice how that feels

14 Find ways to enjoy any chores or tasks that need doing

21 Listen to a piece of music without doing anything else

28 Appreciate nature around you, wherever you are

"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

Happier · Kinder · Together



Five things to help students who may be worried about returning to school

[CLICK HERE](#)



EPS WORKSHOP

Please see below for details of a free online two-part workshop for secondary school students in years 7 to 13. Parents and carers are also welcome to join.

The sessions are taking place from 4pm to 5pm on Tuesday 9th March 2021 and Tuesday 23rd March 2021.

Students, parents and carers are invited to book a place by emailing eps-sews@enfield.gov.uk quoting Highlands School.



SELF-ESTEEM AND FRIENDSHIPS

FREE ONLINE TWO-PART WORKSHOP FOR YOUNG PEOPLE

Join an Educational Psychologist and the Children's Wellbeing Practitioners to learn how to:

- Challenge negative self-talk with 'thought acceptance' and the 'best friend test'
- Nip comparisons in the bud
- Evaluate your self-esteem with the 'Ideal self' activity
- Build your self-esteem through positive affirmations

Session 1: Tuesday 9th March 4-5pm

In this session we will share the strategies and give you the tools to put them into practice.

Session 2: Tuesday 23rd March 4-5pm

An opportunity for you to feedback your progress, ask questions and troubleshoot

All young people in secondary school years 7-13 welcome. Your parents and carers are welcome to join you if you'd like them to.



To book, please email:
eps-sews@enfield.gov.uk
or telephone 0208 379 2000



COMPETITION

WORLD BOOK DAY COMPETITION: DEADLINE EXTENSION

We are pleased to announce the deadline for the World Book Day competition (years 7, 8 and 9) has been extended until Wednesday 17th March 2021, to give more students the opportunity to get involved.

Want to apply? Follow the below steps.

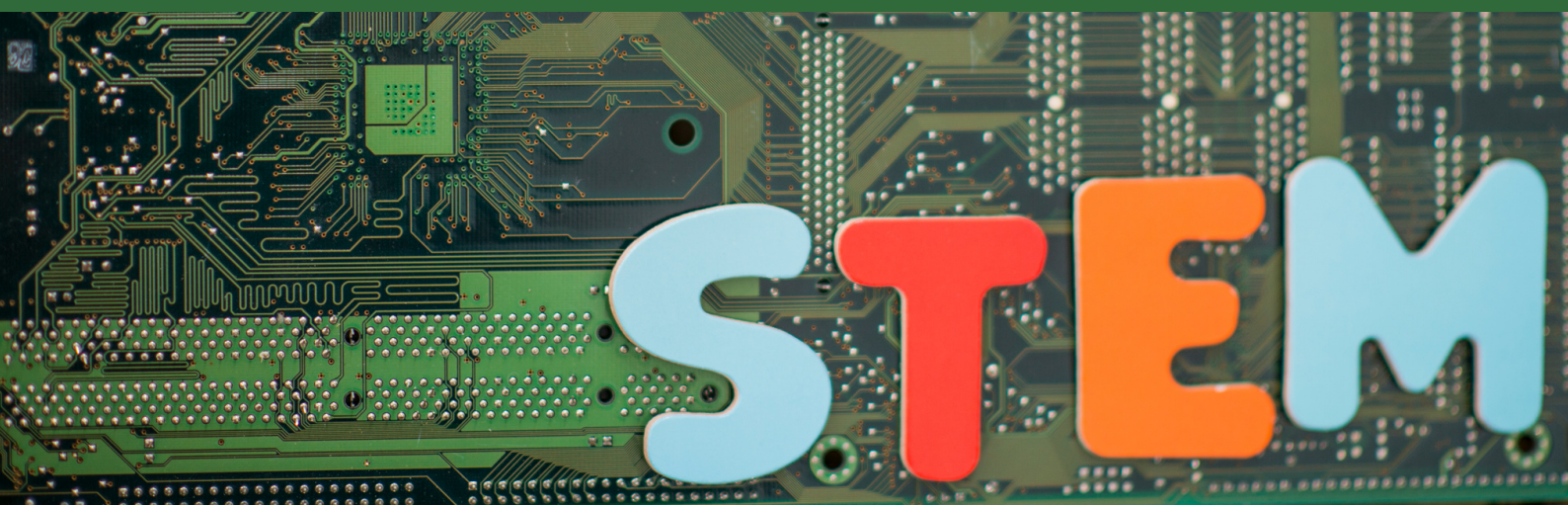
- Watch this video, [click here](#).
- Choose your own favourite story and character, then write a story by sending the character that you have chosen on an adventure of their own.
- Please email your stories to Mrs Mehmet (mehmete@highlearn.uk) or hand them to your English teacher when you are next in school.

This is your last chance to enter! Remember, The story must not be more than one side of A4 paper.

The winner will receive a book voucher to buy the book of their choice.

Good luck!





STEM VIRTUAL EVENTS

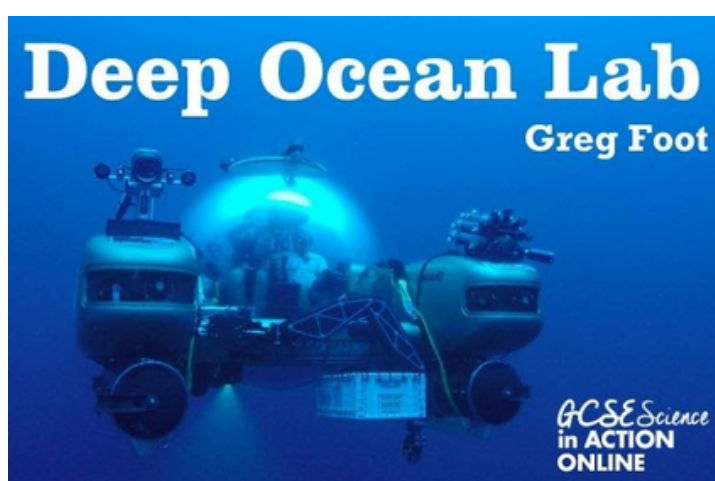


Join geneticist Darren Logan for a whirlwind tour of the sense of smell, and find out how the loss of smell might be one of the best predictors of diseases such as COVID-19.

Biology in Action Online is streaming live on Friday 26th March from 9:45am to 3pm. The event will be available to watch for a week following the live stream.

Book now to finish this difficult term with an inspirational day exploring the fascinating world of biology!

[Click here](#)



Join Greg Foot, of TV, radio and YouTube fame for **GCSE Science in Action Online** on Thursday 29th April, for the story of his scientific adventure to the deep.

Greg will explain the importance of our oceans, and thanks to Greg's work with the Blue Planet II team, he will be able to uncover the effect we're having on them.

He will share stunning videos of his dive 1000ft into the Twilight Zone. Plus he'll introduce you to a creature from the deep!

Greg will also be acting as chair for the day, introducing four more inspiring speakers who will be exploring electricity, medicine, conservation, and astronomy.

Book now for an exciting day of GCSE science live-streamed online!

[Click here](#)



NOTICES / CONTACTS

CHILDLINE

Childline is a free, private and confidential service where you can talk about anything.

Important update: Childline is working a little differently because of Coronavirus. However, you can still speak to a counsellor every day from 9am to 3:30pm.

Visit www.childline.org.uk



NSPCC

**Worried about
a child?**

**0808 800 5000
help@nspcc.org.uk**

NSPCC

Contact the NSPCC's trained helpline counsellors 24 hours a day by email or via the online reporting form. You can also call the helpline Monday to Friday 8am to 10pm and 9am to 6pm at the weekend.

help@nspcc.org.uk

0808 800 5000

SHOUT

Shout is a 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Text **SHOUT** to 85258

shout
85258
here for you 24/7