



Highlands School News



15 January 2021



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We have now finished the second week of term, and the second week of remote learning. I want to thank parents and carers for their feedback so far, we take all feedback on our remote learning provision on board. Following feedback we have received this week, we are evaluating the amount of work our younger students are getting. Although we want students to access their normal school curriculum we do not want to overwhelm them with work and deadlines. We will write to you with more information about this next week.

Year 11

Please be reminded of three important upcoming events that relate to the progress of our year 11 students. They are:

- **Tuesday 19th January:** the release of mock grades, predicted grades and an information presentation
- **Wednesday 20th January:** year 11 parents evening (to be held remotely)
- **Week commencing Monday 25th January:** year 11 post-16 pathway interviews (to be held remotely)

We strongly advise you to view the information presentation in advance of parents' evening in order to maximise the outcomes of your parents' evening appointments.

Year 10

Last term year 10 students completed mock exams in citizenship, computer science or religious studies and their final year option subject. We will release the results to year 10 students and parents by email next week.

The parents' evening (with online appointments) will follow on Wednesday 3 March, from 4 pm to 7 pm, with information on the booking process sent out nearer to the event. In the communication next week, students will also receive an indication of the current predicted grade for these subjects. We have included these predictions to help you support progress, they are not intended as final assessments and with six months to go, they are subject to change as we gather more assessment data.



@Highlands_sch



@highlandssch

The government have announced that the examinations planned for the summer will not go ahead and they are in the process of consulting the profession on alternative arrangements for awarding grades to BTEC, GCSE and A-Level students.

Options under consideration include the use of shorter exams or assessments, some of which may be externally marked or moderated. As there is still a considerable amount of learning time left before the end of the Summer term it is important that all students continue to work towards final assessments. They must continue to submit work as requested by teachers, and ask questions, to ensure that they understand and build in periods of revision of previous work.

As soon as we have further information, we will communicate this to students and parents/carers. For the time being, it is business as usual for our examination groups, as we continue to support students to reach the standards required for their next stage in education.

I hope the first fortnight of lockdown has not been too difficult for families, but please know that any member of the school community can reach out to us via our staysafe@highlearn.uk email address.

Our staff are committed to making sure that we all get through this period of lockdown successfully and get back to school and back to normal as quickly as possible. Please remember to read the newsletter every Friday as this is the main way that we communicate on all issues with parents, carers and the wider school community.

Mr McInerney
Headteacher
Highlands School

Curriculum provision for students working from home

Throughout the pandemic, Highlands School students will have utilised a variety of different learning branches.

These branches are:

- Remote learning (for those studying at home)
- Supervised learning (for those who are accessing remote learning at school)
- Newsletter (for all our community)
- Face to face learning (for all year groups)

Different branches grow and recede at different points.

Throughout the lockdown in spring, the vast majority of our students were learning through our remote learning provision. We will be using this branch for your child when they work at home.

Our remote learning principles:

- Students have access to the same high-quality lesson resources that they would do when in school.
- Students are able to engage in a dialogue with their teachers.
- There is minimum disruption to a student's timetable (sequence and number of lessons).
- Students feel reassured, safe and able to organise their time effectively.

The remote learning provision we have in place is underpinned by these principles.

Your child already has access to our learning portal, Google classroom, and this will be the vehicle through which their learning will be delivered.

Most lessons will be pre-recorded and either uploaded onto their relevant Google classroom that morning or scheduled to be released at the time that lesson would take place.

All your child needs to do is follow their timetable and log onto the relevant Google classroom, ideally at the time, the lesson would usually take place.

What has changed?

The main change that you should be aware of is that teachers will now be able to teach live lessons to all year groups, where appropriate. There is not a strong evidence base to suggest that live lessons are more effective than pre-recorded lessons, but staff may decide that certain material is better delivered live. Please note that not all staff are in a position to deliver live lessons.

Whether the lesson is live or uploaded, your child will be provided with high-quality direct instruction at the time the lesson would normally be scheduled to take place. Any live lessons will be recorded and shared on Google classroom for your child to access should they not be able to access them at the time of delivery. If a teacher chooses to do a live lesson they will notify your child by email the night before the lesson is due to take place. This will give your child a chance to prepare themselves with the appropriate technology.

Live lesson protocol:

If your child is attending a live lesson they must ensure that they follow the expectations below. These expectations will also be shared with them directly in an email. If they do not follow these expectations they may be removed from the lesson by the teacher.

- Students should be appropriately dressed (eg - no nightwear).
- Students should have cameras turned off at all times.
- Students should behave appropriately, following the school's behaviour policy.
- Students' microphones should remain muted from the start of the lesson and only switched on if instructed by the teacher.
- The chat feature should only be used if instructed by the class teacher.

Head of year email:

If for some reason, your child notices that their learning is missing, they should contact their head of year by email immediately to let them know.

Please also feel free to give us feedback, as it helps us improve our remote learning provision.

- **Year 7** Ms Halstead halsteadr@highlearn.uk / Mr Moustafa moustafaK@highlearn.uk
- **Year 8** Mr Joseph Josephr@highlearn.uk / Ms Junker junkern@highlearn.uk
- **Year 9** Ms Berrill berrillv@highlearn.uk
- **Year 10** Ms Ace acen@highlearn.uk
- **Year 11** Ms Murdock murdockv@highlearn.uk
- **Year 12** Ms Theodorou theodorouj@highlearn.uk
- **Year 13** Ms Sheikh sheikhm@highlearn.uk

Pastoral provision**Key principles for pastoral provision:**

The school will be open for students who are in the vulnerable category as defined by the DfE, and for the children of key worker parents. Mentoring and counselling for the most vulnerable students will take place virtually. Safeguarding systems will be in place. Heads of year will oversee the pastoral needs of their year group during remote learning. Form tutors will conduct phone call welfare checks on students in their tutor groups.

Tutor phone calls:

Tutors will carry out welfare phone calls to all members of their tutor groups. Parents/carers should expect a phone call approximately once every three weeks. During the call, the form tutor will ask to speak to the student. Parent/carers and students can request a phone call from their form tutor or head of year by emailing the form tutor or head of year directly, or by emailing staysafe@highlearn.uk

Assemblies:

- The weekly assembly will be uploaded to each tutor group's Google classroom and students will be expected to engage with this.

PSHE (personal, social, health and economic education):

- From Wednesday 20th January we will launch a PSHE curriculum. These lessons will be uploaded every Wednesday morning and students should complete this work on a Wednesday as this is the day when all students have tutor time.

Year group support:

- Heads of year will check-in and communicate with their year groups via Google classroom.
- Students can email their form tutors or heads of year for support.
- Heads of year will schedule virtual drop-in sessions twice a week for students to have some pastoral time with their head of year and other students in the year group. Although these sessions are optional, we encourage students to attend for well-being purposes.
- Head of year contact names and email addresses can be found in the above section on remote learning.

Vulnerable student and key worker on-site provision:

- We will be offering in-school provision for children to meet the DfE criteria of vulnerable and the children of key worker parents. If your child meets either of these criteria and they cannot be cared for at home, then please contact the school: jesuthasanc@highlearn.uk. Parents/carers should not send their child into school if they have not booked a place in advance.

School counselling:

- The school counsellor will move all counselling appointments to video or phone call appointments. Students who are not currently seen by the school counsellor, but would like the support of our counsellor should email staysafe@highlearn.uk

Mentoring:

- Key workers will offer virtual mentoring sessions for students on their caseload.

Free school meal students:

- We will be participating in the local and national voucher scheme for students entitled to free school meals. Further details are being emailed to the parents/carers of students on our free school meal register.

Safeguarding:

- There will be a safeguarding team available each day. Our staysafe@highlearn.uk email address will be checked throughout the day. Students and parents/carers can use this email address for any safeguarding or welfare concerns.

IT support for students working from home:

Our IT team will be working during office hours and can be contacted on the email address itstudent@highlearn.uk. They can help with login problems that can not be resolved online.

There are a number of initiatives in place to support IT provision for home learning and resources are beginning to reach school for distribution.

It is important that students have:

- A suitable device to access the internet with a keyboard. This may be windows or chrome based laptop, a tablet device or other device with a built-in web browser. Some games consoles offer browser access but will need a keyboard to fully engage with the material.
- A connection to the internet.

The use of video can increase the data consumed. If either of these are proving a barrier to learning it is important that you communicate with the school. We have already given out Chromebooks to support learning at home and have just received a further batch from the government. We have a small number of mobile data devices that generate local wifi and provide internet access.

If you wish to discuss any issues relating to the accessibility or affordability of internet access or devices please contact the behaviour mentor or head of year in the first instance so that we can consider how best to support your child.

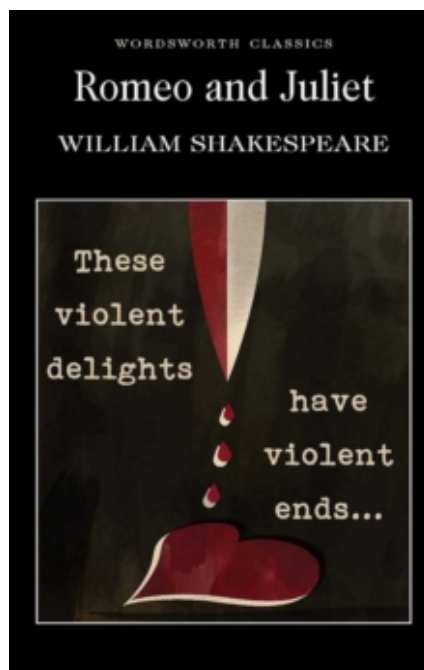
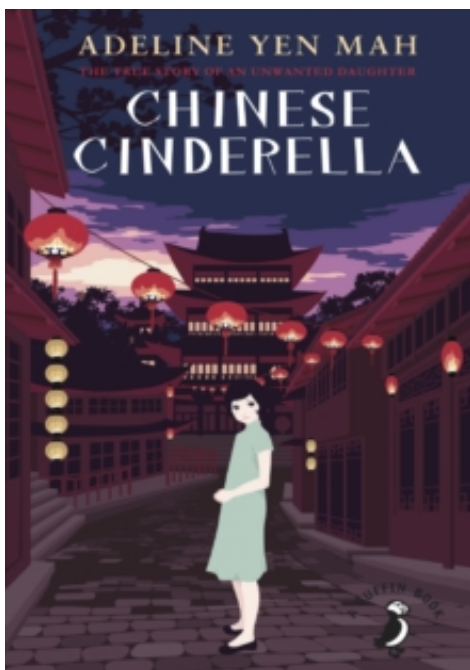




English books for KS3 students

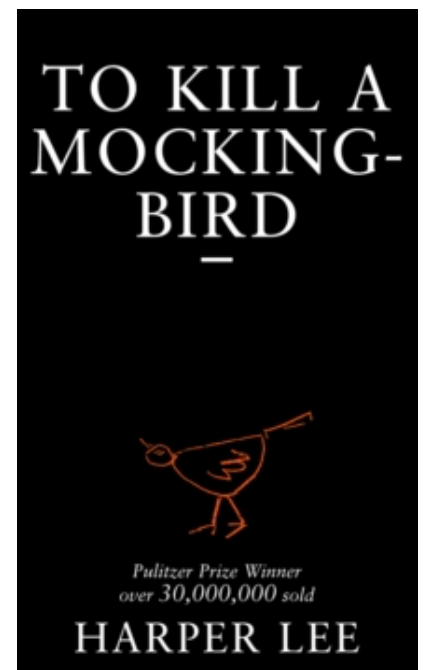
KS3 students are recommended to purchase the below books if they wish to annotate in them. Please contact your child's English teacher if you have any questions.

Year 7: 'Chinese Cinderella'
by Adeline Yen Mah



Year 8: 'Romeo and Juliet'
by William Shakespeare

Year 9: 'To Kill a Mockingbird'
by Harper Lee



"Never give up. Stay focused. Stay positive.
Stay strong." - Mrs Selim, English co-ordinator KS3



Head of year events (virtual)

This week heads of year have started offering live virtual drop-in sessions for students in their year group. This is a great chance for students to spend time with their peers and head of year in a social setting. Students can go to their year group Google classroom for more details and the meeting link.

Event schedule



Year	Session 1		Session 2	
	Day of week	Start time	Day of week	Time
7	Wednesday	9.00am	Friday	09:00am
8	Wednesday	9:15am	Friday	9:00am
9	Tuesday	9:00am	Thursday	9:00am
10	Thursday	2.15pm	Friday	2.15pm
11	Monday	2.30pm	Friday	2.30pm
12	Monday	2:30pm	Thursday	2:30pm
13	Monday	2.30pm	Thursday	2.30pm

NOTICES

Childline

If you feel like you need help and would like to speak to someone anonymously, you can always call or chat online with trained professionals at Childline, they can offer help with a range of different problems.

Find out more at www.childline.org.uk



Personal, Social, Health and Economic Education (PSHE)

From Wednesday 20th January, Highlands School will be launching a new PSHE curriculum. This will take place weekly during Wednesday tutor time. We have adapted the curriculum to ensure this is appropriate and suitable for students to complete remotely. Each weekly session will be pre-recorded or narrated to support students with the work. An email will be sent to all students with further information next week.

Nasal flu immunisation

The Enfield Immunisation Team is continuing its service during current school closures due to Coronavirus. Clinics will be run at **The Long Gallery, Forty Hall, Forty Hill, Enfield, EN2 9HA** on **Tuesday 19th January** for year 7 students.

Please note, it is important you read the letter in the link below before attending.

[CLICK HERE](#)



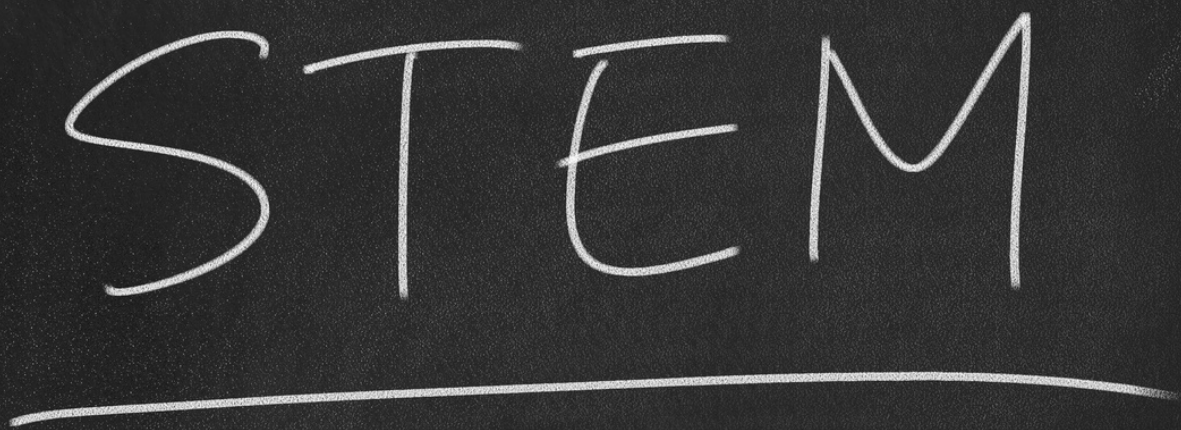
NOTICES

Kooth

Kooth is an award-winning online mental wellbeing community. Access free, safe and anonymous support. For further details and information on how to join, click on the link below.

www.kooth.com





STEM logo winners

We are pleased to announce our winners for the STEM logo challenge, a massive well done to all the students who created logos, they were all amazing and it made picking a winner for the competition very hard!

Massive congratulations to:

1st place - Isaac Jones
2nd place - Jessica Smith
3rd place - Aiden Cela



Virtual learning

We have put together a series of 6 student projects which can be used at home. These projects are based on the concept of 'Big Questions'. 'Big Questions' are a way of enabling pupils to make cross-curricular links and relate their learning to the world around them.

Our 'Big Question' topics include:

- What impact has advances in materials science had on boat design?
- What does it take to become an elite athlete?
- How do you design a winning America's Cup boat?
- How can we design a product to minimise its impact on the environment?
- How has innovation and technology impacted performance in sport? What does it take to win America's Cup – the world's oldest sporting trophy?

Students are able to access virtual STEM through their Google classroom accounts.

Student council

We are now taking applications for Highlands School student council. Joining the student council will allow students to be an advocate for their student body and pursue causes they are passionate about.

Further details and information on how to apply can be found below.



HIGHLANDS SCHOOL

APPLY NOW FOR STUDENT COUNCIL

What do you need to know about student council?

- Joining the student council will give you a chance to share your opinions
- You will be able to join in on important topics
- You will be able to represent your student peers
- Meetings are held every 2 weeks (Currently virtual)
- If the team work together, it can drive positive social changes which can lead to wider changes in the community




Step 1: Apply for the role
Create a video explaining why you would like to join, and why you think you would be an excellent candidate. If you can't make a video you can write a 200 word written piece instead.

Step 2: Upload
Submit your video / written piece to your form group Google classroom by 09:00 am **on Monday 18th January 2021.**

Step 3: Shortlisting
Your year group's pastoral team will shortlist candidates.

Step 4: Elections
On **Wednesday 20th January 2021** elections will be held, successful candidates will be notified by **25th January 2021**, all other students will be notified on **27th January 2021.**

STUDENT WELLBEING | ENVIRONMENTAL CHAMPIONS | COMMUNITY CHAMPIONS | EQUALITIES CHAMPIONS

CAREER

Careers site

Following the launch of Highlands School dedicated site for Careers Education, Information, Advice and Guidance (CEIAG) students can now access valuable information, including new opportunities, online.

Students will be emailed a link and instructions to the careers site, as this can only be accessed by students with their school email address.

Please see below for some of the amazing virtual activities that are available, you can find many more on the careers site as this is updated regularly.

- Join an exclusive **Q&A session with astronaut Tim Peake**
Thursday 21 January 17:00 to 18:00 [REGISTER HERE](#)
- Explore your options with the **UK University & Apprenticeship Search**
Wednesday 27 January 12:00 to 18:00 [REGISTER HERE](#)







If you have any further questions, please contact Mrs Laurenzi laurenzs@highlearn.uk



50 ways to improve your wellbeing

Try one activity a day, to improve your physical and mental health.

Resource provided by 'The Parents Guide To'

<input checked="" type="checkbox"/> DAY 1 Write down three things that you are grateful for. GRATITUDE: <i>People who write about gratitude tend to feel more optimistic, experience better sleep and less stress and generally feel happier about their lives.</i>	<input type="checkbox"/> DAY 2 Ask a friend or family member how their day was. Listen carefully to their answer.	<input type="checkbox"/> DAY 3 Drink six glasses of water throughout the day. 	<input type="checkbox"/> DAY 4 Spend fifteen minutes drawing and sketching ideas that pop into your head.	<input type="checkbox"/> DAY 5 Eat three pieces of fruit and veg in one meal. 	<input type="checkbox"/> DAY 10 Follow this routine (x3): 25 star jumps 10 lunges (each leg) 5 sit-ups
<input type="checkbox"/> DAY 11 Research 'healthy snack recipes' and try to cook them in batch to have throughout the week.	<input type="checkbox"/> DAY 12 Give yourself a tech free evening and turn off all your devices at least three hours before bed.	<input type="checkbox"/> DAY 7 Go for a walk or run before eating a meal. EXERCISE: <i>Being active is not only great for your physical health, but it can also cause chemical changes in your brain, which helps to improve mood and reduce stress.</i>	<input type="checkbox"/> DAY 8 Make an active decision to smile more today. 	<input type="checkbox"/> DAY 9 Spend twenty minutes reading or listening to an audiobook.	<input type="checkbox"/> DAY 15 Have a night off from using social media. 
<input type="checkbox"/> DAY 16 Aim to walk 10 000 steps today. 	<input type="checkbox"/> DAY 17 Avoid any artificial food flavourings and sugar for 24 hours.	<input type="checkbox"/> DAY 18 Spend at least thirty minutes outdoors in the fresh air and nature.	<input type="checkbox"/> DAY 19 Try some gentle exercises, such as yoga or pilates.	<input type="checkbox"/> DAY 20 Get creative in the kitchen and cook or bake a meal or treat for either yourself or your family.	<input type="checkbox"/> DAY 25 Follow an online workout or yoga class.
<input type="checkbox"/> DAY 21 Do something that makes you feel good, such as having a bath, watching a film or walking the dog. 	<input type="checkbox"/> DAY 22 Write down five things that you want to achieve by the end of the week.	<input type="checkbox"/> DAY 23 Watch a TED talk or short documentary on a topic that interests you.	<input type="checkbox"/> DAY 24 Leave a positive note for a family member to find in your house.		

www.theparentsguideto.co.uk

Tasks 1-25

<input type="checkbox"/> DAY 26 Spend fifteen minutes with your eyes closed focusing on your breathing or follow an online guided meditation session. RELAXATION: <i>Relaxing helps us to have a clearer and calmer mind, which aids positive thinking and relieves tensions.</i>	<input type="checkbox"/> DAY 27 Spend half an hour doing something you love, such as playing an instrument, painting or cooking.	<input type="checkbox"/> DAY 28 Write down your 'perfect morning routine' and follow it for one week, starting tomorrow.	<input type="checkbox"/> DAY 29 Make yourself a hot drink and enjoy it undistracted. 	<input type="checkbox"/> DAY 30 Spend twenty minutes sitting outside sketching what you see (weather permitting!) 
<input type="checkbox"/> DAY 31 Try to give five things to charity that you no longer use or need.	<input type="checkbox"/> DAY 32 Get at least eight hours of good sleep. SLEEP: <i>Getting the right amount of sleep each night provides your body with the time to rest, repair and re-build leading to a stronger immune system, reduced stress and improved emotional wellbeing.</i>	<input type="checkbox"/> DAY 33 Download a relaxation app to your phone and try using it. 	<input type="checkbox"/> DAY 34 Aim to walk 15 000 steps today. 	<input type="checkbox"/> DAY 35 Ring a friend or family member and ask them how their day or week has been.
<input type="checkbox"/> DAY 36 Start this week by saying out loud five positive things about yourself.	<input type="checkbox"/> DAY 37 Spend some time doing something with a family member, such as playing a game.	<input type="checkbox"/> DAY 38 Plan something fun to do this weekend with friends or family.	<input type="checkbox"/> DAY 39 Eat five pieces of fruit and veg throughout the day. DIET: <i>When we eat well we sleep better, have more energy to do the things we enjoy and feel good about ourselves, which helps create a healthier and happier life.</i>	<input type="checkbox"/> DAY 40 Tell a teacher what you enjoy about their lessons. 
<input type="checkbox"/> DAY 41 Listen to your favourite song and close your eyes, sing or dance!	<input type="checkbox"/> DAY 42 Aim to walk 20 000 steps today. 	<input type="checkbox"/> DAY 43 Try making a to-do list for the following day before you go to bed tonight.	<input type="checkbox"/> DAY 44 Think of a new hobby to try at half-term. 	<input type="checkbox"/> DAY 45 Send a positive and happy text or email to a friend or family member.
<input type="checkbox"/> DAY 46 Do something that makes you laugh, such as watch stand up comedy or a funny film. 	<input type="checkbox"/> DAY 47 Spend some time organising your school folders or computer files.	<input type="checkbox"/> DAY 48 Go through the photos on your phone or computer and create an album called 'happy memories'.	<input type="checkbox"/> DAY 49 Rearrange your furniture or hang up a new picture to improve your bedroom environment.	<input checked="" type="checkbox"/> DAY 50 Congratulations! Now make a note of all the daily tasks you enjoyed. Which ones will you continue?

www.theparentsguideto.co.uk

Tasks 26-50