

Highlands School Newsletter

8 July 2022

On Monday 4th July our year 11 students attended their prom at Forty Hall and on Friday 8th Highlands staff were back there again to support our year 13 prom. I have known the students in years 11 and 13 for four years, since they were in years 8 and 10, respectively. One of the privileges of being a school teacher is to see students grow into confident, mature and successful adults and it was great that so many of our students had such a good time at the events. I want to thank the staff who arranged and supervised the events, and the students and their families for making them such a success. Photos will follow before the end of term.

The end of year events continue into week commencing 11th July. There are end of term discos for year 7 (Monday), year 9 (Tuesday) and year 8 (Thursday). We hope students will enjoy these events as much as they enjoyed the discos we held earlier this year.

On Wednesday 13th July it is sports day. There is more information about the day below but please make sure your child is sent to school with water and sunscreen. The weather is forecast to be very warm and although for part of the day students will be under the shade of the trees on the field, they will be exposed to the sunshine. Sports day is another special end of term event at Highlands and we are looking forward to another fantastic day of enjoyable activities and student achievement.

End of term arrangements

As always, the final day of term, Friday 22nd July, will be a shorter school day. Students will have some lessons and an end of term assembly to find out which house won this year's inter house competition. They will be released from school at 11:45am.

Mr McInerney
Headteacher

Highlands citizenship department wins ACT teaching award

Mr Islam, head of citizenship, was invited to the ACT teaching awards on Monday night at the Houses of Parliament. We are delighted that Highlands school was announced the winner for the **student choice award**. The award was presented by MP Feryal Clark and Lord David Blunkett.

This award recognises the contributions we have made to citizenship education as a school and the volume of students who speak so highly about the subject. The panel were overwhelmed by the responses from students in our school and how highly they talk about the subject and the impact it has had on their lives.

We have shared some photos with you below. [Here](#) you will find other schools and individuals who have won awards on the night. Congratulations to Mr Islam and his team.



London Zoo DARE DAY

On Thursday 30th June and Friday 1st July Year 7 pupils at Highlands School visited London Zoo as part of their DARE DAY. DARE DAYS at Highlands are where the school curriculum is suspended for 2 days and pupils across all year groups engage in a wide variety of exciting activities. The London Zoo trip was a fantastic experience for Year 7 and supported the work they have been doing in their Science lessons on ecosystems. Pupils walked around the zoo in small groups with their group leader and visited many of the attractions that the zoo had to offer.

The students all visited the penguin beach for a detailed and fun talk about the different types of penguins and their habitats and eating habits. An amazing fact is that penguins can swim up to 30 miles an hour! There were many highlights on the trip, such as the gorillas who were fascinating and majestic, and the lemur walk-through experience where the lemurs are jumping and walking all around you.

It was quite a warm day and the pupils showed really good stamina as they explored the main zoo area and the extension where the giraffes, wild dogs and hippos live. We travelled on the tube and walked up to the zoo and the pupils' behaviour was excellent. All the staff who supported the pupils on the trip seemed to have a great time as well. I hope Year 7 are now looking forward to their next DARE DAYS in October.

Miss Brown

Sports Day: Wednesday 13th July 2022

We will be holding our annual Sports Day for years 7 – 10 and year 12 on Wednesday 13th July 2022 at Highlands School. All students should arrive at 8.20am for registration at 8.30am on their normal year lines. Year 10 is the exception to this and they will meet and register on the assembly lines at the back of the main hall. Students should attend sports day in Highlands School PE kit.

We are due to finish by approximately 12.30 pm. It is compulsory that every student is to attend the day and it is hoped that everyone will actively participate. Please note that there will be no school based activities on this day. Students attending the sixth form will be given a role and expected to help lead the day.

Students should bring in a **packed lunch with a large bottle of water to rehydrate for the day**. Students should also wear and bring sun cream as it is forecast to be a hot day. Students who receive free school meals will be able to collect a packed lunch from the school canteen at the start of the day from 8.20am.

It is essential that students do not bring any unnecessary valuables as there will be nowhere to lock them away. Students should attend the day in Highlands School PE kit only. If students have any existing issues with their PE kit they should make their behaviour mentor for their year group aware before the day.

If the event has to be cancelled due to adverse weather, students will attend normal lessons and go home after their lunch time, these finish times will be slightly different to the sports day schedule. If you are wishing to collect your son/daughter from school you may do so but you will need to arrive promptly and if driving, please park away from the school.

If it is deemed necessary to change these arrangements due to the weather, every effort will be made to inform parents by text and school website as early as possible. Unfortunately we are unable to have guests for the day but would like to thank you in advance for your support in getting students prepared.

A. Johnston - Head of Physical Education

EMS Piano Competition Finalists

Fantastic news! Highlands has a finalist in this year's piano competition, our very own Matilda Gant has been selected in the Secondary Grade 6 and above category. Many congratulations to all that entered as there were some very strong entries in this category. The final will take place on **12th July, 7.00pm** at the **United Reformed Church**, in Palmers Green.

Ed-Extra

The 2021/22 ed extra programme has now finished. Please see the dates below to understand what will happen on the remaining Wednesday's of this term.

Wednesday 13th July = Sports Day. All pupils will be dismissed off site at 12:30.

Wednesday 20th July = all pupils will finish their day at 2:10 and be dismissed home at the end of period 4.

Kind regards,
Ed Extra Team

Technology department news

Well done to our GCSE design and technology year 9 students for completing their final design and make project before starting their non examined assessment this week.

The brief: Design and make a sustainable, adjustable desk lamp inspired by nature.

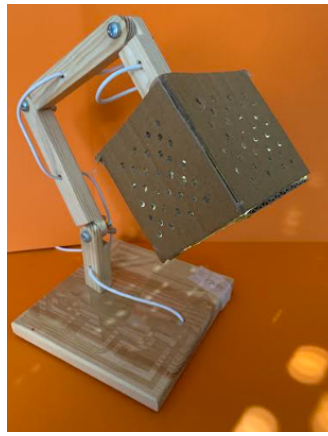
Below are some photos of the finished product, well done and we are excited to see what you'll design and make next! - Mrs Harbour-Cooper



Aryan Vojdani



Theo-Jay Coleman



Tutu Chen



Henry Wakeford



Joseph Brooks



Joseph Brooks

As many of you will be aware, last Thursday and Friday we had our DARE days. On these days the Design and Technology department and year 10 students designed and manufactured 55 aprons and 47 spice racks that will be sold by the charity Cooking champions at a festival in Palmers green on the 16th July, in order to raise money to support the homeless as well as those families that are struggling to afford and prepare daily meals. A massive thank you to all involved - I am very proud of you year 10s - well done.



Cooking for the homeless

Below are some of the photos taken of food made in school on our DARE days, with the help of "Cooking Champions". Year 7 made pinwheels and year 8 made cheesecakes.



Food preparation and nutrition

On 27th June Year 10 Design and Technology Food Preparation and Nutrition students worked with Joanna Kashoumeri, contestant from this year's Masterchef competition. She came in to talk to students about further career goals and the challenges of being a chef. All students then went on after having a demonstration by Joanna to produce profiteroles topped with a silky smooth ganache and piped cream filling. It was a fantastic opportunity for all students following the completion of their GCSE course and we really hope this will be the start of many more masterclass sessions here at Highlands.

Mrs Jeynes-Head of Design and Technology



Medical consent

If your child needs to take regular medication in school, please use the link [here](#) to give consent. All medications that are taken in school, must be stored in the medical room.

Highlands Parents and Friends Association

If you shop 'Amazon Prime Day' deals on Tuesday 12th and Wednesday 13th July, Amazon will double donations! How it works - shop with the Amazon Smile ON in the Amazon Shopping App or at (insert link to our Amazon smile charity page) and Amazon Smile donate to Highlands Parents and Friends Association. See the poster below for more info.

Can you shop on Amazon Smile to help fundraise for your school?



- It's **simple to shop** on Amazon Smile and it **raises funds for the HPFA**.
- **Amazon Smile donates** 0.5% of the purchase price of eligible products **to the HPFA**.
- It's **the same products and prices** and experience as shopping on the main Amazon site.



- To **sign up for Amazon Smile**, visit **www.smile.amazon.co.uk**.
- To **shop at Amazon Smile**, simply visit **www.smile.amazon.co.uk** on your **computer, mobile or tablet**.



- Search for '**Highlands Parents and Friends Association**' in the '**pick your own charity**' search bar on the right-hand side of the screen.
- **Click to accept us as your chosen charity** and you're ready to start shopping!



The Highlands Parents and Friends Association is a registered charity (no. 1160888) and aims to raise funds to benefit Highlands School pupils.

- If you have **any questions or need further help** in accessing Amazon smile, **please get in touch at** **HPFA.eventtickets@gmail.com**

amazonsmile

You shop. Amazon gives.

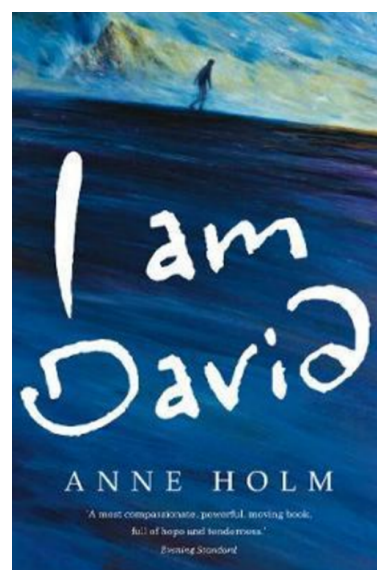
HIGHLANDS BOOK OF THE MONTH

RECOMMENDED READ FOR KS3 FROM THE LIBRARY & ENGLISH DEPARTMENT

I am David – Anne Holm

David's entire twelve-year life has been spent in a grisly prison camp in Eastern Europe. He knows nothing of the outside world. But when he is given the chance to escape, he seizes it. With his vengeful enemies hot on his heels, David struggles to cope in this strange new world, where his only resources are a compass, a few crusts of bread, his two aching feet, and some vague advice to seek refuge in Denmark. Is that enough to survive?

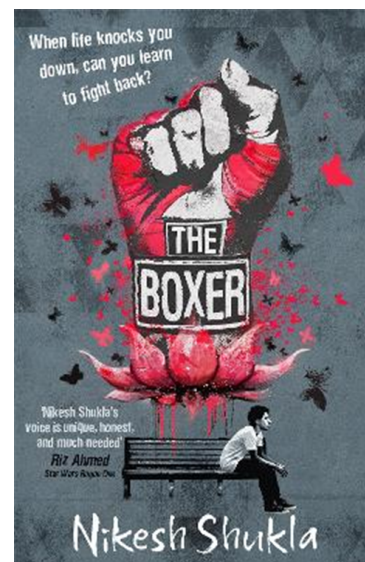
David's extraordinary odyssey is dramatically chronicled in Anne Holm's classic about the meaning of freedom and the power of hope.



RECOMMENDED READS FOR KS4 FROM THE LIBRARY & ENGLISH DEPARTMENT

The Boxer – Nikesh Shukla

Told over the course of the ten rounds of his first fight, this is the story of Amateur boxer Sunny. A seventeen year old feeling isolated and disconnected in The city he's just moved to, Sunny joins a boxing club to learn to protect himself After a racist attack. He finds the community he's been desperately seeking at The club, and a mentor in trainer Shobu, who helps him find his place in the World. But racial tensions are rising in the city, and when a Far Right march through Bristol turns violent, Sunny is faced with losing his new best friend Kier to Radicalisation.



Mental health

We are continuously working hard to improve our understanding as a community of mental health to enable us to provide the best possible outcomes for the young people in our lives. If you are ever concerned that your child is at risk due to very poor mental health please contact one of these numbers to seek support. The Crisis line is there to offer guidance if your child may be having suicidal thoughts and is possibly in immediate danger. If you do ever find yourself in a position where you need to use these resources for your child, please make the school aware so we can provide appropriate support within school for your child. Please see details below on all the support available.

Urgent mental health support - 24/7 crisis lines

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>



Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

shout 85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

SAMARITANS

Samaritans 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org

Crisis Tools

Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources
Sign up for free resources [here](#)

PAPYRUS

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

childline

Childline confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or [online chat with a counsellor](#)

Urgent and other support available

Good Thinking

Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

THE MIX

The Mix provides free, confidential support for young people under 25
Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)

Beat

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

kooth

Kooth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine

Safeguarding contacts

If there is a concern about a Highlands School student, please contact the school on 020 8370 1100 or email the DSL at staysafe@highlearn.uk.

If the school cannot be contacted, please contact Enfield Children's Multi-Agency Safeguarding Hub (MASH) on 020 8379 5555.

If a student is in immediate danger, call the police on 999 straight away.

Helpful numbers and websites

Childline: 0800 1111

NSPCC help line: 0808 800 5000

The police: (if you are in danger): 999

LGBT switchboard: 0300 330 0630

Kooth: (www.kooth.com) support service for students wellbeing

Multi Agency Safeguarding Hub: 0300 500 80 90

Barnardos: 0800 008 7005

Talk to someone:

- if you feel upset or worried about anything at all (even if you think it is not important)
- if you feel sad, anxious or unable to cope
- if someone has hurt you physically, emotionally or mentally
- if you feel worried about someone at home
- if you are being threatened or forced to do things
- if someone has done something to you without your consent
- if you feel unsafe in school, at home or on the streets
- about anything else worrying you