

Highlands School Newsletter

20 May 2022

The GCSE exams started this week with years 10 and 11 sitting exams at school. I want to thank both year groups for the way in which they approached these examinations. Ms Bell, our exams officer, has been at Highlands School for six sets of GCSE and A level exams and she told me this morning that this years' students have been the best in terms of their maturity and approach. We have four more school weeks of exams, with the A level exams starting next week.

One that note, the year 13 students had their pizza party today, which is an opportunity for them to gather together to mark the end of normal teaching for that year group, and the start of their exam period. I was lucky enough to make it along after school and it was great to see so many students enjoying themselves. Year 11 students will remain in full time lessons for one more week, until next Friday, 27th May.

We emailed parents and carers this week to ask them to fill out our annual parent and carer survey. If you have not done so, please take a couple of minutes to complete the survey. The information we get from it will influence the changes we make to school next year, so every response is very important. You can find the survey [here](#), and it is open until Monday.

The Highlands Parents' and Friends' Association (HPFA) and Mr Swanton are holding a wine tasting at 7:30pm at Highlands on Friday 10th June. Please come along and support the event, our HPFA raises valuable funds for projects at our school. More details are available below.

Some of you will have seen members of our leadership team out in the community at the end of school making sure students are behaving appropriately. We have staff at Sainsbury's, Boxer's Lake, the Jolly Farmers and local bus stops. We have had very positive feedback from members of the community since we have started doing this and we will continue to do it. Most students have responded excellently. Please thank your children for their good behaviour outside school and please remind them that our school rules apply inside and outside of school, whether or not students are in school uniform, and that students should follow staff instructions at all times.

Below I have put next years' term dates again. I shared them last week but I wanted to circulate them again. They are [on the school website](#).

Have a good weekend,

Mr McInerney
Headteacher

Autumn term	
Thursday 1st September	Inset and year 7 induction day one (only year 7 in school)
Friday 2nd September	Inset and year 7 induction day two (only year 7 in school)
Monday 5th September	Induction day for years 8-13
Tuesday 6th September	Full timetable begins for all students
Friday 21st October	Final day of half term
Monday 24th October - Friday 4th November	Half term holiday (two week holiday)
Monday 7th November	First day of half term
Friday 16th December	Final day of autumn term

Spring term	
Tuesday 3rd January	First day of spring term
Friday 10th February	Final day of half term
Monday 13th February - Friday 17th February	Half term holiday
Monday 20th February	First day of half term
Friday 31st March	Final day of spring term

Summer term (Monday 1st May is a bank holiday)	
Monday 17th April	First day of summer term
Friday 26th May	Final day of half term
Monday 29th May - Friday 2nd June	Half term holiday
Friday 5th June	First day of half term
Friday 21st July	Final day of spring term

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



The HPFA presents:

Wine Tasting Evening

Friday 10th June '22 @ 7.30pm

Highlands very own Mr Swanton, a highly qualified sommelier will host the evening! He will provide expert advice on the making, tasting and food pairings on a selection of fine Spanish wines.

Come along, bring your friends and have a fun, relaxing evening, all whilst supporting your school!

Tickets only £20 pp and includes tasting of up to 8 Spanish wines and a 'food' sharing platter of Spanish cheese and charcuterie.

Please purchase tickets in advance- on parent pay by Sunday 4th June.

Enfield Music

Enfield Music Service lessons have been going for 3 weeks now and we would like to remind students, carers and parents that students will not be collected for music lessons. Timetables are up and emails of timetables have been sent home. Students need to ensure they arrive to lessons on time, and with much advance notice, advise tutors or myself of absence due to exams or illness to avoid missing lessons.

Also we have been given the opportunity to offer a student willing to undertake drum lessons free tuition for the next 7 sessions. These drum lessons will happen in school with an EMS external tutor in aims for the students to undertake paid lessons in September.

If students are interested please email MapleD@highlearn.uk - first come first served basis or if oversubscribed the lessons may be split between 2 students over the next 7 sessions.



JOIN THE CHOIR

MM5 every Thursday
3.15 - 4.15pm
Bring a friend



Calling all Orchestral Players

Orchestra is back on
Every Friday until July
2022

You bring you instruments
we will bring the music

MM5
3.15pm - 4.15pm




MUSIC BULLETIN UPDATES

HIGHLANDS SCHOOL

ROCK CHOIR
THURSDAY 3.15 - 4.15PM

ORCHESTRA
FRIDAY - 3.15 - 4.15PM

GUITAR (YEAR 7'S ONLY)
FRIDAY - 10.50- 1.10PM

Do remind your child to attend these clubs promptly and in as much time, inform tutors of absence.

We want to continue running these clubs, so do ensure that your child's committed to learning, and practicing their parts with instruments if necessary.

This is to ensure that we keep the standards and performance levels high for event showcases.

Let's keep music alive!

HIGHLANDS BOOK OF THE MONTH

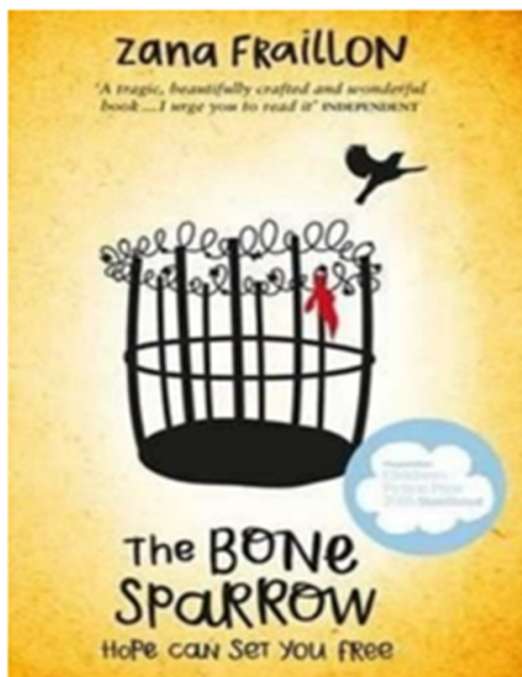
RECOMMENDED READ, KS3 FROM THE LIBRARY & ENGLISH DEPARTMENT

The Bone Sparrow – Zana Fraillon

Set in a refugee camp, Subhi dreams about the sea and the unusual treasures that it holds. The adventure begins with the arrival of Jimmie, a young girl who lives near the refugee camp.

The Bone Sparrow is a beautiful and heartbreaking, novel, moving yet full of hope, that doesn't shy away from showing the bleakness of the refugee camp. Subhi's irrepressible spirit brightens the camp, and Jimmie's discovery of friendship is a joy to read; Subhi's relationship with his older sister and closest friend in the camp are also wonderfully crafted.

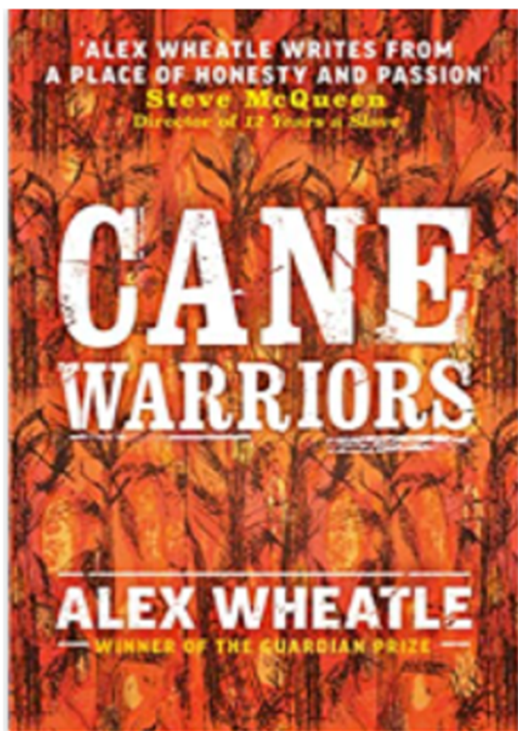
The Bone Sparrow is one of those rare, special books that will break your heart with its honesty and beauty, but is ultimately hopeful and uplifting.



RECOMMENDED READ FOR KS4 FROM THE LIBRARY & ENGLISH DEPARTMENT

Cane Warriors

Moa is fourteen. The only life he has ever known is toiling on the Frontier sugar cane plantation for endless hot days, fearing the vicious whips of the overseers. Then one night he learns of an uprising, led by the charismatic Tacky. Moa is to be a cane warrior, and fight for the freedom of all the enslaved people in the nearby plantations. But before they can escape, Moa and his friend Keverton must face their first great task: to kill their overseer, Misser Donaldson. Time is ticking, and the day of the uprising approaches . . . Irresistible, gripping and unforgettable.



Extracurricular Clubs

As a school we are delighted to offer a range of extracurricular clubs to give our students additional opportunities to lead an active and healthy lifestyle. Consequently, if your child would like to attend these extracurricular clubs we must receive parental/carer consent. These extracurricular clubs take place at the end of the school day. Parental consent forms have been sent out this week via email, please check your inbox and complete the consent forms to give your child permission to attend a club.

The deadline to sign your child up for an extracurricular club for after the half term break is Sunday 22nd May, 6pm.

Please note that the Year 7 Ed-extra programme is treated separately from the rest of the extracurricular timetable. If your child is in year 7 and would like to take part in an extracurricular club on either Monday, Tuesday, Thursday or Friday then please complete a parental consent form for the club that they would like to take part in.

Here is the timetable of extracurricular clubs for the second half of the summer term (Monday 6th June to Friday 15th July). Clubs are based on a first come first serve basis except for clubs where the teacher may invite specific pupils.

MONDAY					
Club	Year	Staff	Time	Venue	Maximum Capacity
Cricket	7-10	Mr Johnston	3:15 - 4:30	Field	28
MFL Singing Club (Chante Avec Moi!)	7-11	Ms Sahraoui	3:15 - 3:50	L8	10
Anime/Manga Club	8-10	Ms Charles	3:15 - 4:15	E3	20
Music (GCSE support sessions)	<u>Invite only</u>	Mrs Miller	3:15 - 4:15	MM5	

TUESDAY					
Club	Year	Staff	Time	Venue	Maximum Capacity
Athletics	7-10	Mr Joseph	3:15 - 4:30	Field	32
Rounders	7-11	Ms Walters, Ms Berrill, Ms Hutchinson,	3:15 - 4:30	Field	50
Music (GCSE support sessions)	<u>Invite only</u>	Mrs Miller	3:15 - 4:15	MM5	

THURSDAY					
Club	Year	Staff	Time	Venue	Maximum Capacity
GCSE PE Theory Club - <u>until 9th June only</u>		Mr Avann	3:15 - 4:00	PE4	30
Music (Rock Choir)	7-11	Mrs Miller Ms Maple	3:15 - 4:00	MM5	Unlimited
Book Club	7-13	Ms Laurenzi	3:15 - 4:15	SF3	10

FRIDAY					
Club	Year	Staff	Time	Venue	Maximum Capacity
Music (Orchestra)	Grade 1+ Orchestral instrument	Mr Brunori	3:15 - 4:15	MM5	35

Technology department

Below are some of the pasta pots our year 8 students recently made in food technology



Student lunch accounts

It is important that you check your student's lunch account each week, to ensure that there is enough money for the week. Our catering is run by an outside company - Chartwells. If students do not have enough credit in their lunch account, the canteen would still allow them to have their lunch, but the monies owed back to Chartwells would be deducted the next time you top up their account. Please bear this in mind when adding funds to their accounts. Students can always check their lunch account balance themselves on the red machine near reception.

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