

Highlands School Newsletter

10 June 2022

After school each day, our senior leadership team has been out patrolling local areas including the bus stops around Worlds End Lane and Slades Hill, Boxer's Lake and Sainsbury's to ensure students are well behaved and representing our school positively. We have had some very positive feedback about our presence from both parents and local residents, and I wanted to share one of the examples of positive feedback we received. It is an email and you can read it below. I ask a great deal of the leadership team at Highlands and I want to thank them for the extra support they are providing with these afternoon duties in the local community.

"I just wanted to say a massive thank you for the way your staff have been watching out for your students after school hours in the local area. I pick up my children from Grange Park primary and walk home each day. I have noticed how there are staff from Highlands placed at various points such as Sainsburys and Boxers Lake park. I know the sorts of mischief and banter that teenagers like to get themselves into and how it can affect others, whether they mean to or not. But I have always felt really safe and free from anxiety with your staff around. It would be so easy for you to have the attitude of not feeling responsible for what the teenagers do after the school day has ended. You have really gone above and beyond your job to support the teenagers and the local community too. Thank you. It's really appreciated."

Wishing you all a restful weekend.

Mr McNerney
Headteacher

Year 9 and 10 end of year assessments

Students in years 9 and 10 will be completing their end of year assessments during the next three weeks. The table below shows the key dates.

Year 9 students - exam option P, citizenship and religious studies (option P is the exam option to be taken at the end of year 10). For their other subjects, year 9 students will take their end of year exams in their timetabled lessons; teachers will let students know when this is.

Date	Exam
Tue 14 June	GCSE Citizenship GCSE Religious Studies
Tue 21 June	GCSE DT: Resistant Materials GCSE DT: Graphics GCSE DT: Textiles GCSE Media Studies GCSE History
Wed 22 June	GCSE Geography
Thu 23 June	GCSE PE, GCSE Drama
Wed 29 Jun	GCSE Food

Year 10 students - for subjects ending in summer 2023

Date	Exam
Tue 21 June	History, Psychology
Wed 22 June	AM English Language PM Geography
Thu 23 June	AM Computing, Dance, Drama, PE PM Maths 1
Fri 24 June	AM French, Spanish PM Science Biology
Mon 27 June	AM English Literature PM Science Chemistry
Tue 28 June	AM Maths 2 PM Child Development, Economics
Wed 29 June	AM Science Physics PM Food, Music
Tue 5 July	Dance practical
Thu 7 July	Art practical (all day)

Mr Tuton

Deputy headteacher

CAREERS

Volunteering



Volunteers' Week is an annual celebration of the contribution millions of people make across the UK through volunteering. 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're interested in volunteering, here are a few sites/links that might help you decide what causes and events you would like to get involved in, including local opportunities:



Enfield Youth Parliament gives young people a platform to tell the Council what issues affect them and gives us a valuable sounding board which we can use to test the water on policies and plans that affect them.



I Love Enfield is all about volunteering. Encouraging those who live, work and study in the borough to get involved in the local community. Whatever you want to get out of volunteering, Enfield has the opportunity for you.



V- Inspired is the UK's leading volunteering charity for 14 – 25 year olds. vinspired helps young people to make their mark on causes that they care about, whilst learning new skills and talents along the way.



London Wildlife Trust

Nature Nurtures is a cross-sector consortium project led by London Wildlife Trust with partners Spread the Word, Black Girls Hike CIC and London Youth. It will work with 600 young people and partners to develop a new model for youth volunteering at the Trust, using creative nature writing as an innovative engagement tool.

The project will also create opportunities for young people aged 16-25 who are currently under-represented in the environmental, creative writing, and arts sectors. They will have the opportunity to attend monthly volunteering sessions and gain new skills in practical nature conservation including 'Lead Volunteer' training at various London Wildlife Trust nature reserves.

Creative Career event - Are you interested in a creative career in Marketing or Advertising?

Leo Burnett, a London advertising agency working with clients like McDonald's, Kelloggs, Premier Inn and Google are holding a virtual event on **Tuesday 14th June at 5pm**. It will be on Zoom, for 90 minutes, with people across different departments talking about the process behind how they made the 2021 McDonald's Christmas Advert. You will also learn about how to apply to the brilliant work experience programme which will be held later in the summer.

Sign up [HERE](#) to receive more details about the event.

PSHE this half term

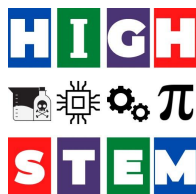
The table below outlines the units of work each year group will cover during PSHE this half term.

Year 7	Understanding finances
Year 8	Personal safety: Keeping safe on the streets
Year 9	RSE: Healthy and unhealthy relationships
Year 10	Financial decision making
Year 12	UCAS and next steps

Message from welfare officer

Please can students come to school prepared for hot weather. All students must bring plenty of water to school in a refillable water bottle. There are opportunities for them to refill their bottles in the canteen at break and lunch.

For those needing to take hayfever medication, please ensure they take it before they leave for school in the morning.



Dr Len's STEM announcements

Eco School council team participating in the Restoring Enfield's Rivers Event – Prince Of Wales Open Space, River Action Day 31.05.2022



Several of our Eco council members volunteered at the Prince Of Wales Open Space, River Action Day, near King George's Reservoir, in the East of Enfield. Not only were they involved with helping to conserve and restore one of Enfield's many open spaces, it also gave them an opportunity to be outdoors, make new friends, and learn new skills. This event is the fourth 'Balsam Bashing' of the season, along Turkey Brook.

Their task was to pull up and remove non native Himalayan Balsam. This dominant invasive non-native species grows and spreads quickly, and has a very negative effect on other native riparian plants, by aggressively shading them out! Then in winter when the plant dies back, it leaves the ground bare and banks vulnerable to erosion.

Alan Petritaj (year 12) reported *'On Tuesday 31st May, several of our council members and I met at Turkey Brook river with 8 members from the Thames 21 organisation which lead river restoration events across Enfield and London. Our goal was to go into the river and pull out an invasive species called Himalayan Balsam which was taking over the river banks with its rapid growth and seed dispersal. We went into the river and pulled out the deep roots from out of the soil and placed the plants on the river bank in direct sunlight so they would decompose. This is what the plant looks like before it blooms and we had to pull them out of the soil before they could bloom. This was a fun insight on how different organisations in the local community look after and care about the environment and taught me how an innocent looking plant could actually be devastating for the surrounding ecosystem. Overall the experience was very rewarding and helped me to appreciate the environment that we live in'*



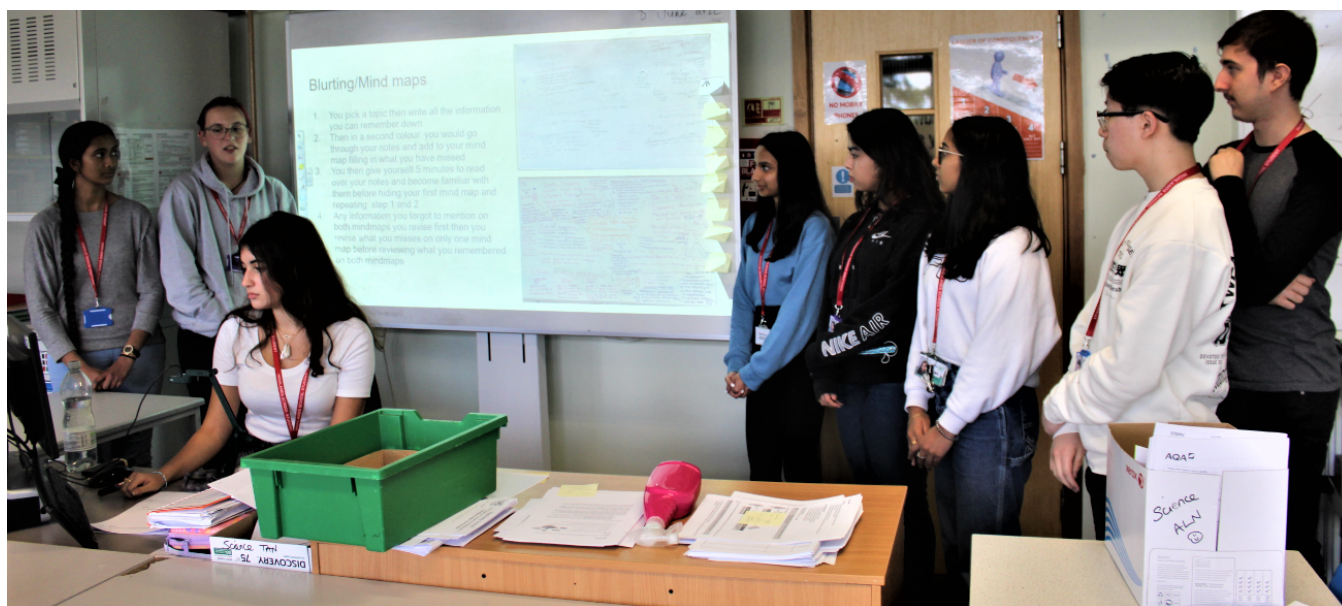
If you are interested in helping to conserve and restore Enfield's Open Spaces, as well as, other areas around London you can [click here](#) to sign up to the next event.

Highlands MedSoc debut event - A level Science 'revision hints and tips'

In the opening of highlands new MedSoc, we presented efficient and insightful revision tips as we enter exam season to other year 12 Biologists. We were able to deliver numerous strategies and advise students on how to revise and how to look after our wellbeing - as exams can cause a lot of stress! We reviewed revision tactics such as active recall, encouraged the use of different platforms on the internet and reinforced the importance of having a

healthy balance between studying and mental well being. We all enjoyed working together and it was a successful opening of our new society!

By Sanjana Persand 12



Clinical Research Opportunity

A message from Dr Lauren Quinn , Chief Mentor at Medic Mentor.

Thanks to teachers and schools very kindly spreading the word about the opportunities we offer to aspiring Doctors, Dentists, and Vets, I am delighted to announce that Medic Mentor is hosting a conference on Clinical Research being held on:

Sunday 26th June 10am - 6pm

Students can register using the link below. I would greatly appreciate it if you shared this with them:

<https://airtable.com/shr5cezxGuJuSQv3X>

The Research Engagement Conference offers students the rare and exciting opportunity to get involved with clinical research - before they even get into University! That's a fantastic addition to their UCAS application and CV.

Sponsored by the Society for Endocrinology, all aspiring Doctors, Dentists, Vets, and Professors are welcome to attend.

We're putting the spotlight on:

Diabetes Research

Our Chief Mentors and I will focus on diabetes to showcase the advances in medical technology and highlight how important it is for patients to have a voice in health policy, provision, and care.

During the conference, students will:

- Explore a research area of interest (related to diabetes care)

- Work as a team to prepare and deliver a national conference poster presentation to a panel of judges.

We will award national prizes for:

- Best Poster Presentation
- Best Poster
- Most Innovative Student Group

Attendees will be supported throughout the conference by Medic Mentor scholars and Chief Mentors.

Students will need to register and select their preferred area of clinical research out of:

- Technology
- Treatment
- Prevention
- Cure
- Clinical Psychology
- Physical Activity
- Self-Management

Please bear in mind that students must have a parent/guardian with them for the duration of the conferences. Anyone seen without a parent/guardian or with their cameras turned off will be removed from the conference.

They won't need to book twice, however. One registration = a registration for a student + a parent/guardian.

This is a one-off conference so we're expecting places to fill up very quickly. I recommend that students secure their place as soon as possible using the link below:

<https://airtable.com/shr5cezxGuJuSQv3X>

Thanks again for spreading the word! It's been wonderful to see so many students get engaged with the Medical Sciences.

Get into Medicine reminder

The end of the academic year is fast approaching and students are running out of time to apply for Medicine.

The next available Get into Medicine Conference dates are:

Sunday 12th June

Sunday 26th June

These conferences cover everything students need to know about the UCAS application and give them a chance to speak to Doctors and Medical School Students. They can register here: <https://airtable.com/shr66li3bgG3ZpkPM>

twig
EDUCATION | Imperial College
London

twig SCIENCE REPORTER

Science news update!

Researchers have created miniature streets to test self-driving car technology.

Scientists are researching how a chemical in sunscreen could be damaging the health of coral reefs.

Self-assembling tiles are being developed that could enable complex buildings to be constructed in space. [Watch the report here.](#)

When shrews need to take their kids on a walk... they do the conga! Watch this video to see them in action. [Watch the report here.](#)



Happy STEMing!

Dr Len

HIGHLANDS BOOK OF THE MONTH

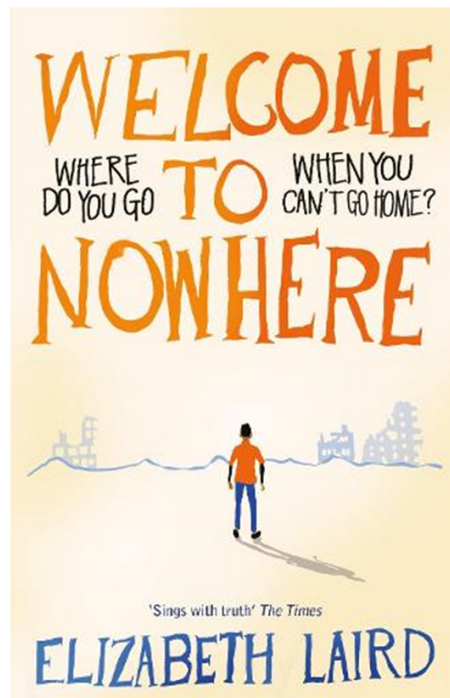
RECOMMENDED READ FOR **KS3** FROM THE LIBRARY & ENGLISH DEPARTMENT

Welcome to Nowhere – Elizabeth Laird

Welcome to Nowhere is a powerful and beautifully written story about the life of one family caught up in civil war. If you like Midnight Zoo on the TTRp then you'll love this.

Omar, 12, and his siblings were born and raised in the bustling city of Bosra, Syria. All Omar wants is to grow up to become a successful and make his fortune in the world. But when his clever older brother, Musa, gets mixed up with some young political activists, everything changes . . .

Before long, bombs are falling, people are dying, and Omar and his family have no choice but to flee their home with only what they can carry. Yet no matter how far they run, the shadow of war follows them - until they have no other choice than to attempt the dangerous journey to escape their homeland altogether. But where do you go when you can't go home?



RECOMMENDED READ FOR **KS4** FROM THE LIBRARY & ENGLISH DEPARTMENT

Clap when you land – Elizabeth Acevedo

Camino Rios lives for the summers when her father visits her in the Dominican Republic. But this time, on the day when his plane is supposed to land, Camino arrives at the airport to see crowds of crying people...

In New York City, Yahaira Rios is called to the principal's office, where her mother is waiting to tell her that her father, her hero, has died in a plane crash.

Separated by distance—and Papi's secrets—the two girls are forced to face a new reality in which their father is dead and their lives are forever altered.

And then, when it seems like they've lost everything of their father, they learn of each other.



Lost property

We currently have a lot of lost property, including jewellery, coats, water bottles and footballs. Please ask your child to come to the office next week if they have lost any items. Any unclaimed items from before the Easter holidays will be donated to charity or disposed of at the end of next week.

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



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