

Highlands School Newsletter

13 May 2022

Today our year 11 students had their final assembly before the start of their exams. Some of the students in the year group made a video of staff giving messages of good luck and we watched it together. Year 11s will be in school full time, either in lessons or exams, until the end of half term (Friday 27th May). After half term they will come in for exams and study camps. The year 11 BBQ will take place on the afternoon of 23rd June, after the final exam that all of year 11 take together.

I spoke with students in years 11 and 10 about making sure that behaviour is excellent in the final two weeks that year 11 are in full time lessons. In some other schools, and in the past at Highlands, some year 11 students have behaved poorly towards younger students in their final days at school. We have worked hard to end this at Highlands and in the past couple of years our year 11 students have left without incident. I know that this will be the case this year. I have informed year 11, though, that if they are involved in aggressive behaviour towards other students they will be suspended from school, and their invitations to the BBQ, the prom and their place at sixth form will be withdrawn.

This week we are pleased to be able to share our term dates for the 2022-23 academic year. Each secondary school has five inset days to spread across the year. At Highlands we hold our inset on Wednesdays from 2:30-4:30 each week so, as this year, we will use the five inset days to extend the October half term holiday to two weeks. Our term dates are:

Autumn term	
Thursday 1st September	Year 7 induction day one (only year 7 in school)
Friday 2nd September	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 (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 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
Friday 5th June	First day of half term
Friday 21st July	Final day of spring term

Have a great weekend,

Mr McNerney
Headteacher

Optimus wellbeing award

This week is Mental Health Awareness week, it's the UK's national week to raise awareness of mental health, with the theme this year of 'Loneliness' as one in four of us will feel lonely some or all of the time. There's no one reason or one solution, we are after all, all different. The longer we feel lonely to more we are at risk of mental health problems. This is just one of the many challenges people face every day and unfortunately increasingly so since the pandemic.

So I feel that it is fantastic that Highlands has this week launched its Wellbeing Award in conjunction with Optimus Education. This is an absolutely fantastic programme with real positive actions. As a fairly new parent governor with a son at the school I'm excited and proud to be representing the parents/carers and governors and look forward to working with Mr Larter and the incredible team of teaching staff, non-teaching staff and students on this.

This award focuses on changing the long-term culture of the whole school. It uses an evidence-based framework to drive change and deliver pupil and staff wellbeing. This award will ensure that mental health and wellbeing sit at the heart of Highlands school life.

Not all students have been impacted equally by the pandemic, but this award aims to ensure that all students have access to the support they need, no matter how big or small. It will embrace a positive culture, ensuring that emotional wellbeing and mental health is regarded as the responsibility of all. It has a clear vision, which will help

Highlands commit to a clear strategy that promotes and protects all students and staff whilst working with the whole school community.

Over the next few weeks we will be sending out some surveys, we will always aim to keep these as short as possible but it really is vital that we gather your thoughts and opinions so please if you could spare some time to complete these we would be so grateful. This really is a fantastic award that will benefit the whole school community.

So thank you in advance for all your help and support.

Karen Crawley (parent governor)

Deaf Awareness Week (DAW) 2022

Last week 2nd-8th of May was Deaf Awareness Week (DAW). DAW is all about promoting the positive aspects of living with deafness and aims to raise awareness of the challenges of deafness and hearing loss. DAW also raises awareness of BSL (British Sign Language), which is a language used by many people in the UK who are born deaf. Each year, the DAW focuses on a theme. This year the event is focusing on **Inclusion Deafness** and aims to raise awareness of the isolation that deaf people can occasionally experience, and promote the importance of social inclusion around the deaf community.

In the UK alone, there are over 10 million people living with some form of hearing loss, whether it is mild or profound. One in five adults in the UK is deaf or has hearing loss. Every day, you're likely to meet someone who is deaf or has some level of hearing loss.

The year 2022 has been an important milestone in the history of the Deaf community in the UK. In April The British Sign Language Bill received royal assent and was passed into law. The BSL Act 2022 recognises BSL as a language of England, Wales and Scotland. This is an important step forward as it will give deaf people equal access to education and public services.

Highlands School is a designated Secondary Resourced Provision for deaf students and caters for students who use British Sign Language (BSL). There is a deaf base room that is available to our students to use as a space to get together and embrace their deaf identity. The deaf base is managed by a teacher of the deaf and the SENCO (Dr Vicky Tsoni). The wider team consists of Communication Support Workers (CSWs) and Learning Support Assistants (LSAs).

At Highlands we are very proud to support our deaf students and to promote social inclusion. We would like to take the opportunity during Deaf Awareness Week to highlight the impact of deafness on everyday life and emphasise the importance of inclusion of deaf students in our school community.

Deaf
Awareness
Week 2022



MAY 2-8

INCLUSION DEAFNESS

Because deafness is not a visible condition, deaf and hard of hearing individuals can feel misunderstood, unseen, invisible and isolated.

This Deaf awareness week we are focusing on **Inclusion Deafness**, to explore the entire theme of inclusion within our community. We will highlight the impact of hearing loss on everyday life and increase visibility and inclusion of Deaf people. We will emphasise importance of mental health in Deaf, and empathise with underrepresented groups amongst Deaf such as migrants, black, minority ethnic and women, as well as raise pertinent issues of deafness being overlooked in education, health settings and the workplace.

Follow us on social media or visit
our website for more information

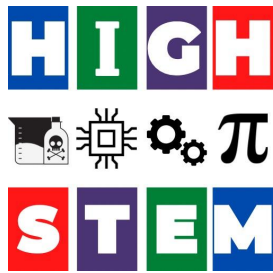
www.ukcod.org



@UKCouncilonDeafness

#DeafAwarenessWeek

Dr Len's STEM announcements



and the winners are...

This week in the year 7 assembly, the winners of the LEGO Robotics Coding Challenge, **Elis Cristóvão** and **Adithya Das (7WAJ)** were presented with a certificate and a gift voucher each for their 'Greenator' submission. Certificates of participation were presented to all the other team coders for their excellent teamwork and communication skills. Well done to all our year 7 Lego robotics team!



Highlands Medical Society (MedSoc) launch



Highlands MedSoc is a 6th form society that is debuting at our school this academic year. It will be led by our year 13 and 12 aspiring doctors, dentists, vets and other healthcare professionals. Exciting activities and events involving discussing current research and topics in healthcare and medicine to organising charity events raising awareness of healthcare needs will be led by our MedSoc students. We can't wait to see what these future healthcare professionals have in store!

STEM career work experience in a Biomedical Research lab at St George's University hospital.

By Adam Antoniou (year 12)

Over Easter, I volunteered to do work experience in a lab at St George's University hospital. The lab specialises in placental research using samples from patients in the hospital. I was there for four whole working days and gained a lot of useful experience about how to work in a lab, the different technology and machines used and some of the experiments and tests carried out. On the first day, I got to help with an experiment called western blotting. The aim of this is to find where different amounts of protein were found in the sample to see what effect they have. We prepared a gel and buffer between slides in an electrode chamber. We then put the placental tissue samples on the gel. Next, we surrounded the chamber with ice and turned it on. This is known as electrophoresis, this separates the proteins. After an hour we transferred them onto a membrane where we stained them and observed which proteins were found where.



On the second day, using a microtome we cut new samples of placental tissue which were embedded in wax and then placed them on hydrophobic slides. We placed water on top of the slides and heated them so that the tissue stuck to the plates. Next, we needed to rehydrate the samples so we put them in xylene to remove the wax and then different concentrations of ethanol decreasing to just water. Lastly, we attached antibodies to the proteins within the tissue and stored the slides in a humid environment ready to use later.

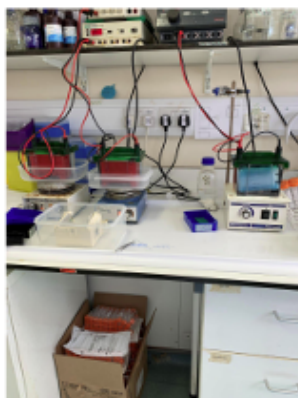
During the third day, we first wanted to split cells from one flask into two separate flasks. We took cells out of an incubator and opened the flask in a laminar flow cabinet, which creates a sterile environment and we used 70% ethanol to sterilise the workspace. Then we removed all the media (a liquid used to grow and store cells) inside the flask and washed the flask with a solution called PBS to prevent the cells from rupturing and added trypsin so that the cells would detach from the flask, media is then added to neutralise the solution. All of this was collected into tubes and centrifuged to leave only the cells. The cells were then put back into two different flasks and new media was added. Finally, I looked under a microscope and counted all the cells using a hemocytometer to make sure that there was a similar amount to before. On the final day, we took the slides from earlier in the week and used immunofluorescence and confocal microscopy to observe the proteins. The antibodies attached are visible under the fluorescent light so we can see where the proteins are. The overall aim is to find where different proteins are and find out what their functions are.

Lastly, we carried out a Bradford assay, first using a machine called a sonicator to take out the proteins from a new tissue sample. Next, I used a pipette to create solutions and mixed them using a vortex. The solutions contained proteins that could be run through a machine to be tested against a standard curve to see the number of proteins in the sample.

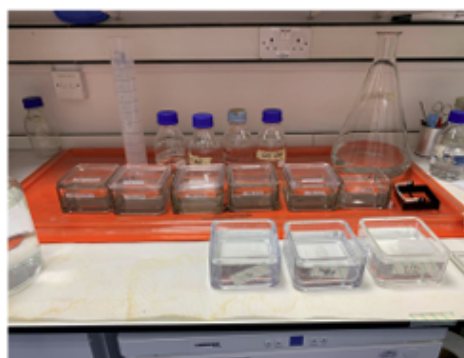
I found this week very useful as I gained a lot of knowledge about everything in the labs, not just about the tests I did, I also got to speak to professors and PhD students, and I got to learn a lot about how the machines worked and what each one does, I saw lots of different methods of storage from cells at -180 degrees to solutions stored at 37 degrees. And even the basic skills of working in a lab and making sure you keep the environment sterile and safety precautions. I found the week very interesting and it was quite fun being in the lab!

Here are some photos that I took during my work experience.

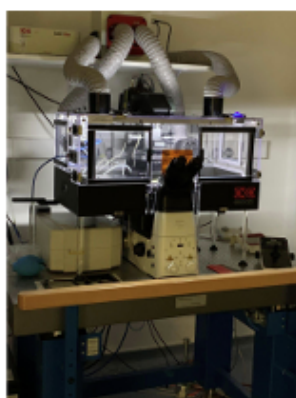
These are the samples in the electrode chambers



These are the different ethanol concentrations I made to rehydrate the samples



This is the immunofluorescence microscope



These are all the samples I made the pipette.



KS3 STEM talk announcements

Whether for interstellar travel or just to live into the future, could freezing your body be the answer? Join Alex at **KS3 STEM in Action** this summer in **Manchester** to find out the biology and chemistry behind the answer, with live demonstrations!

Dr Alex Baker is an organic chemist at Warwick University, where he works on medical diagnostic devices. He loves sharing his passion for science with students and showing how studying science can allow them to make a real difference to the world.

You can join Alex in Manchester on Friday 24th June, and tickets are available now!

If you're closer to **London** or want to join **Online**, we have another **KS3 STEM in Action** event on Thursday 23rd June, and you can check out the stellar line up below.

**KS3 STEM
in ACTION**
London | Manchester | Online

Do you want to build a snowman?



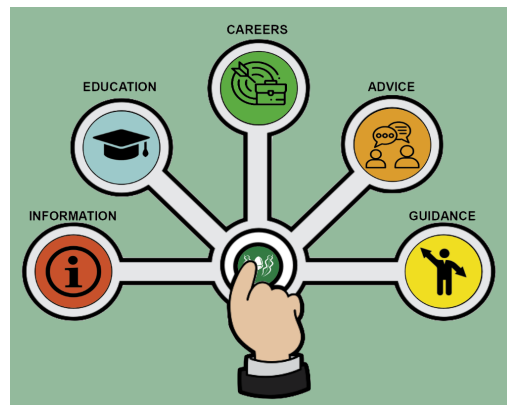
Happy STEMing and smiles!

Dr Len, STEM Leader

Careers (Google Site)

Please be reminded that all career related activities - including STEM, Employer Talks, Work Experience taster sessions, Options, Homezone for parents/carers support can be found on Highlands **CEIAG** Google site.

After each event you take part in, you must complete the relevant evaluation surveys: [Employer Talk Evaluation](#) & [Work Experience Evaluation](#)



Here is a taster of upcoming talks: if you are unable to join the events live, you can always view on demand

DATE	SPEAKER	INFO
Monday 16 th May 2-2:45pm	Green Skills Week: Sebastian Munden, Executive Vice President & General Manager, Unilever UK & Ireland For KS4-5	Are you passionate about taking action to improve the health of the planet? So is Sebastian Munden, Executive Vice President & General Manager, Unilever UK & Ireland. During this broadcast you will learn about careers in sustainability and how Unilever is working with brands to invent innovative ways to reduce plastic pollution. Click here to register
Tuesday 17 th May 2-2:45pm	Bridget Prentice, Former Government Minister and Electoral Commissioner For KS3	Don't miss out on our broadcast for students in KS3. Find out how you can develop your leadership skills, confidence and prepare for KS4. This broadcast is designed to help you to continue to become an independent learner throughout the rest of your time in school and beyond. Click here to register
Friday 20 th May 2-2:45pm	Paul Barber, Chief Executive and Deputy Chairman, Brighton and Hove Albion Football Club For KS3-5	It is ok to make mistakes, in fact, learning from failure is often the key to success! Join us to find out how you can learn from your mistakes and how working hard combined with some determination can help you in your future career. Click here to register
Monday 6 th June 10-10:45am	Volunteer Week- Power of Youth: Ian Adams, Director of NHS Resolution, Charity Trustee and former Lord Mayor of Westminster and Matthew Reed, Chief Executive, Marie Curie	Where can volunteering take you? Join us to learn about the possibilities and opportunities that volunteering brings and how to make the most out of your volunteering experiences. We will also be sharing exciting news about how you can get involved

	For KS3-5	with volunteering opportunities with Speakers for Schools! Click here to register
Tuesday 7 th June 2-2:45pm	Predict 22 talk: Dr. Tim Minshall, Dr John C Taylor Professor of Innovation, University of Cambridge Institute for Manufacturing For KS4-5	Details TBC Click here to register
Wednesday 8 th June 10-10:45am	Green Skills Week: Judy Ling Wong CBE, Honorary President, Black Environment Network & Chair, Green Apprenticeships Advisory Group For KS3	Are you considering applying for an apprenticeship in the future? Have you considered a green apprenticeship where you will be helping to play a role in getting the UK's carbon emissions to net-zero by 2050? Join our broadcast to find out how you can make a difference in your future career. Click here to register
Thursday 9 th June 2-2:45pm	Predict 22 talk: Tech for Good Baroness Martha Lane Fox, Entrepreneur For KS3-5	Details TBC Click here to register
Monday 13 th June 2-2:45pm	Predict 22 talk: What is Machine Learning? Doug Gurr, Director, The Natural History Museum & Former UK Country Manager, Amazon For KS3-5	What is machine learning and how are businesses using it? What is the role of Museums in the digital world? Join us for a broadcast with Dr Doug Gurr to find out. Doug is looking forward to answering your questions during the student Q&A session! Click here to register



Enfield Career Leaders Network

Highlands are proud to announce that we are one of the lead Career Ambassadors in the Enfield Career Leaders Network, from hosting the first meeting in school, to recently delivering a presentation of our “model and innovative” careers programme to all other Career leaders in the borough and key Enfield employers, including the DARE drop down days and Ed-extra career related activities/workshops, a case study for delivering a successful virtual work experience and more so our bespoke careers website for students/parents/carers access.

We would like to thank Beth Hayden - AccessHE, Malachi Johnson - Operational Hub Lead and Theresa Watts - Enfield Council for their continued support and all the other dedicated group Careers Leaders working in Enfield schools and colleges.

Mrs Laurenzi, Careers Leader

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.

Extracurricular Clubs (after half term break)

The sign up consent forms for after the half term break for extracurricular clubs will be sent out to all parents/carers during the week commencing 16th May.

To sign your child up to an extracurricular club for after the summer half term please complete the consent form by Sunday 22nd May, 6pm.

Medical room

As the weather is getting warmer, please ensure all pupils bring in a refillable water bottle in to school each day. There is time at break and lunch to refill their bottles in the canteen.



**eBOOKS – MANY FAVOURITES TO
BROWSE OR NEW ONES TO TRY**

The ePlatform gives every student at Highlands School free access to hundreds of books which they can access from their electronic device at home or in school. Whilst nothing replaces traditional reading, we have found that reading from an electronic device assists reluctant readers and those with reading difficulties.

It is also great for those who keep losing their books!

Access the eBook platform is available via the Wheelers App (visit the Library page on the school website for more information).

*“The more you read, the more
things you will know, the more you
learn, the more places you’ll go’*

(Dr Seuss)



YEAR 7,8 & 9 STUDENTS

**HIGHLANDS
LIBRARY
VOLUNTEERS**

**Do your part in keeping our library organised
and clean!**

**THE LIBRARY IS LOOKING FOR A DAILY
ASSISTANT TO HELP OUT WITH LIGHT
DUTIES -
DO YOU THINK YOU CAN HELP?**

**PICK UP AN APPLICATION FORM FROM
THE LIBRARY FOR MORE DETAILS.**

DEADLINE 23RD MAY

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

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

ONLINE, ON THE PHONE, ANYTIME

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 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