



Highlands School Newsletter

4 March 2022

From the Headteacher

This week I led a series of special assemblies on the invasion of Ukraine. We did this for several reasons. Firstly, as a school it is our responsibility to educate students about important issues affecting our world so they understand international affairs, understand why people want to fight to protect their sovereignty and their democracy, and to contrast that with living under an authoritarian regime. Secondly, we want our students to be active citizens who are ready to support those, both home and abroad, who are suffering; in this case both the victims of the Russian invasion and also those Russians who have bravely protested against the invasion and been arrested. And, thirdly, we have Ukrainian students at Highlands and students with links to other Eastern European countries and they are worried at the moment. We also have students with connections to Russia and we discussed not holding everyone connected to a country responsible for the actions of its leaders.

In the assembly we discussed the history of Ukraine, its government and the nature of the Russian invasion. We learned about the location of Ukraine in Europe, and its flag, which is designed to represent the fields of wheat and blue skies that stretch across the country. We looked at the response to the invasion from people around the world and from the international community and we discussed what we can do to support those affected by war. We also considered the significance of one European country invading another, something that has not happened in our continent in a generation. As I was presenting these assemblies immediately after the scheduled assemblies for World Book Day, they went on for quite a long time, but students focused throughout and approached these important issues with great maturity.

We will be announcing some fundraising events for those affected by the war in Ukraine next week.

Have a good weekend

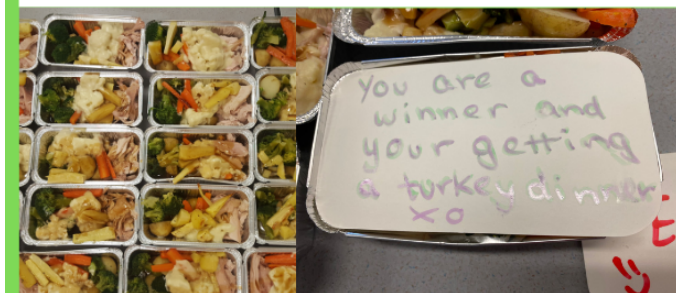
Mr McNerney, Headteacher

Comforting roast dinner

It was lovely to return to the kitchen after half term. We made a tasty turkey roast dinner for The Little Things homeless outreach. Homely meals like this are really appreciated, especially when the weather is cold and wet.

What has been really nice to see is the continued development in the students' skills, not only their cooking but teamwork skills as well. They are confident to cook over 40 delicious meals in less than an hour which is pretty impressive!

If you would like to sample some Cooking Champions food you are more than welcome to join us at our Community Cafe every Friday (9am - 2:30pm) at St. Peter's Church, Grange Park. All our profits are used to fund our food support projects.



Cooking Champions



cookingchampions



@cookingchampions

Cauliflower Cheese

For 4 people

- Ingredients: 1 large cauliflower, 30g butter, 2tbsp flour, 125g cheese, 250ml milk, 1tsp mustard, salt and pepper.

Instructions:

- Pre heat the oven to 180 degrees.
- Cut the cauliflower into smaller pieces and par boil in a saucepan of salted water for about 5-8 minutes.
- In a separate pan, heat the butter and flour and mix together.
- Slowly start adding the milk to the butter and flour a bit at a time and continue to stir well.
- Then add the mustard and cheese, making sure everything is mixed together well.
- Drain the cauliflower and mix with the cheese mixture.
- Pour into an oven dish (you may want to top with a bit more cheese) and cook in the oven for 20 minutes.

Lost Property

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

National Careers Week

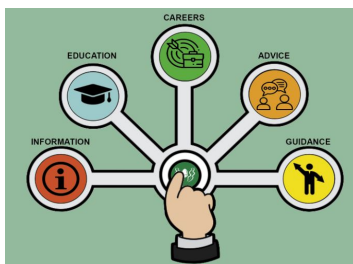


National Careers Week (NCW) is a celebration of careers guidance in education across the UK. This year's event is taking place 7-12 March 2022.

Careers Education, Information, Advice and Guidance (CEIAG) at Highlands seeks to raise aspirations and provides students with the knowledge and experience to make informed decisions for their future choices in the workplace, higher education or training. We therefore encourage students to plan early and broadly for their own future and we provide support in considering all available options that match their interests and skills.

As #NCW2022 is a fantastic celebration of all things careers guidance, we are pleased to be launching a dedicated site for Careers Education, Information, Advice and Guidance (CEIAG) where students will be able to access resources and links to support their career planning from year 7 right the way through to year 13. The site also features a tab for parents and carers, which includes guides, videos and the Skillsbuilder homezone to build essential skills at home.

Students can access the site via the link posted on each year group Google classroom by using their @highlearn.uk email address only. National Careers Week can be accessed [here](#).



Girls Middlesex Cup quarter final

The year 7 and 8 girls performed exceptionally well against their opposition this week in the quarter final of the Middlesex Cup.

They went on to beat Compton 10-0 with 3 goals from Elisia, 2 goals from Shekinah, and goals from Lily, Millie, Rosie, Daisy and Darcy. We are really proud of your performance and look forward to the semi final against Alexander Park.

The semi final will be played here at Highlands on Thursday 10th March.



Health and safety

We would appreciate it if parents could refrain from dropping students off in the morning or parking after school on the roundabout area near our entrance as it is blocking entry into our car park and is also a health and safety hazard to students. It also will cause issues with access should any emergency services be required. Enfield traffic patrol have been issuing tickets in the past recently to those parking there. Added to this issue at the moment there are roadworks outside in Worlds End Lane making the area very busy so please be considerate and park well away from school.

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