



# Highlands School News



15th November 2021



## WHAT'S INSIDE

Letter from the  
Headteacher

Student wellbeing room

Medicine consent form

Remembrance Day at  
Highlands

Departmental news

Ed-extra timetable

Safeguarding links

### FROM THE HEADTEACHER

We were pleased to welcome our students and staff back to school last week after the extended half term break. The autumn term can be one of the most challenging and exhausting and it is great to see staff and students back at school with their batteries recharged. In the final newsletter of the last half term I said we would share some media around the DARE days. We have captured some of the videos and images and put them together in this [video](#). We hope you enjoy watching it.

### Wellbeing room

Last week we launched our wellbeing room with a visit from our therapy dog, Freddie. Ms Monk will lead the provision in the wellbeing room, we are pleased to welcome her (and Freddie!) to the Highlands School team. As you can see from the image above, Freddie enjoyed his visit. At Highlands we are committed to supporting the mental health and wellbeing of students and staff and, as recognised on our July Ofsted report, we have a clear strategy for achieving this. The wellbeing room is one part of our long term plan to be a school at the forefront of working with all members of the school community on mental health issues.

### Remembrance Day

Last week the school observed the two minute silence to remember those who have given their lives fighting for the United Kingdom and Commonwealth armies. Mr Brook created a special Remembrance Day assembly and the school stood as the Last Post was played at 11am on November 11th, to mark the moment fighting ceased on the Western Front in 1918.

### Sixth form open evening

We warmly invite prospective year 12 families to our open evening on Wednesday 17th November.

### FOLLOW

Twitter: @Highlands\_sch

Instagram: @highlandssch

There will be three arrival times, 5:30pm, 6:30pm and 7:30pm. Families must book a place at one of these times. Further details can be found on our website, [here](#).

**Mr McInerney**  
**Headteacher**

## STUDENT WELLBEING ROOM

### Introducing the student wellbeing room

We are delighted to announce the opening of our new student wellbeing room. This room is a safe and quiet space for students who require wellbeing/mental health support during the school day.

As you will see from the photos the room has been beautifully furnished and resources such as a hideout tent, sensory toys and mindfulness colouring, to support student wellbeing. We have also appointed Ms Monk, our student wellbeing assistant, who will lead and run our student wellbeing room. You can find out more about Ms Monk at the end of this article.

### Purpose of the student wellbeing room

- To provide a quiet space for students who require wellbeing/mental health support during the school day.
- To provide a quiet space for students with welfare cards for social, emotional and mental health reasons (SEMH).
- To support students who are experiencing challenges in attending school due to anxiety.
- To provide a space where students can access sensory and well-being resources, support and guidance.
- To provide structured wellbeing interventions for targeted students (these will take place every day during periods 1 and 5).

### An introduction from Ms Monk, student wellbeing assistant



I am delighted to have been appointed to the brand new role of student wellbeing assistant at Highlands School, where I will be joining the rest of the pastoral team in ensuring that your child's mental and emotional needs are being met and cared for. My background is one of art therapy, counselling and coaching and I am very excited to now be given the opportunity to not only assist the students on a day-to-day basis, but to also teach them the various tools and techniques to both improve and maintain their general wellbeing, that they can then use to support themselves not just throughout their child and adolescent years, but throughout their adult years too.

## Freddie the therapy dog hosts the inaugural opening of the student wellbeing room



The student wellbeing room opened on Wednesday 11th November 2021, with a visit from Freddie, who is a trained and certified therapy dog (by the charity Therapy Dogs Nationwide). Freddie will be visiting Highlands School every two weeks as part of a therapy dog intervention programme we have launched. Over the course of the year groups of students will attend the therapy dog intervention programmes, to support and enhance their wellbeing and mental health.

Thirty students came to meet Freddie in the wellbeing room for the inaugural opening. The students received a talk from Freddie's owner on what a therapy dog is and how they support wellbeing. Students also got to learn more about Freddie and what makes him such a special dog. Students were then able to stroke and hold Freddie. As you can see from the photos, Freddie brought much joy to everyone who met him.

## Bespoke intervention programmes in the wellbeing room

The student wellbeing room will also run bespoke intervention programmes, and as the room is established and develops over the year, we will add further intervention programmes. Students are identified by the pastoral team for intervention programmes. The programmes consist of six weekly one hour sessions. A new group of students will have the opportunity to participate in the intervention every six weeks.

**Emotional regulation intervention:** this programme will teach students different ways to regulate their emotional states, as well as how to support and improve their overall wellbeing. Sessions include art therapy, movement and music therapy, journaling and breathing exercises.

**Mindfulness and stress management intervention:** this programme will teach students how to manage stress and stress related symptoms. Sessions include meditation, visualisation and breathing exercises.

**Therapy dog intervention:** the benefits of Animal Assisted Therapies (AAT) have been extensively studied and results range from improvement in general health and wellbeing, increased confidence levels, improved and controlled movement to improved communication skills. Therapy dogs have also shown to help with special needs and autistic children and adults by giving focus and providing a calming environment.

We are very excited about our new student wellbeing room, the support it will provide our students and the message it sends our students, staff and parents/carers that Highlands School is dedicated to supporting and promoting positive mental health and wellbeing.

If you have any questions about the student wellbeing room, please contact Ms Phillips [phillipsm@highlearn.uk](mailto:phillipsm@highlearn.uk) or Mr Larter [Larterj@highlearn.uk](mailto:Larterj@highlearn.uk) who are senior leaders overseeing the student wellbeing room.

**Ms Phillips**  
**Deputy headteacher**

# MEDICINE CONSENT FORM

### COVID UPDATE

During half term and last week, we were informed of the following positive cases of covid:  
Ten in year 7, three in year 8, three in year 9, three in year 11, two in year 13 and six members of staff.

We ask that all parents please ensure that they are encouraging their child to test twice a week and report all results on the Government website, and only positive results to the school. When you notify us of a positive case please always give your child's full name and tutor group.

We have now installed carbon dioxide (CO2) monitors in classrooms which will monitor that there is adequate ventilation in those areas.

Dear parents/carers,  
Please fill out our new medicine consent form for any future medical requirements for your child. This **only** needs to be completed should your child require medication.  
Your child is to bring the medicine straight to the medical room once the form has been completed. There should be one form completed for each medicine.  
Many thanks,  
Highlands School

## PSHE AND ASSEMBLIES

### What are students studying this week?

The table below outlines what each year group will study in PSHE this week.

PSHE lessons w/b 15th November 2021

Year 7	CPR and first aid
Year 8	CPR and first aid
Year 9	CPR and first aid
Year 10	The social and emotional effects of drug use
Year 11	Learning and Rosenshine's principles
Year 12	Education and career pathways
Year 13	Personal finances and managing money

### Assemblies

Our weekly, themed assemblies form a key part of our stay safe curriculum.

The assembly focus for the week beginning Monday 15th November is on anti-bullying week. This year's theme is 'one kind word'. We will focus our assembly on what peer on peer abuse is, and the different forms this can take.



# REMEMBRANCE DAY

AT HIGHLANDS  
LEST WE FORGET

In assembly after the break we chose to reflect on Remembrance Day and the important questions it raises about how we remember the past. As we also teach the history of World War One (1914-1918) in Year 9 we were able to provide a taster of the curriculum ahead for many of our younger students.

The assembly reflected on why we remember World War One, what we choose to remember and how we choose to remember. Ultimately, these are all choices that we make as a nation, as a school and as individuals. These choices communicate our core beliefs about the past and in turn, contribute to our sense of identity.

The assembly first provided context to our remembrance, discussing why poppies have become a symbol of commemoration and why poetry has often been at the heart of this commemoration, with a particular emphasis on John McCrae's iconic 1915 poem 'In Flanders Field'.

It then focused on different types of commemoration and what they reveal about our different perspectives about the past. Alongside the iconic red poppies, a long time symbol of respect for the British military, we also discussed the white poppy, the black poppy and the purple poppy and the various motives for their adoption.

We offered new avenues for engagement with Britain's World War One history by looking at Peter Jackson's documentary 'They Shall Not Grow Old' (2018). Instead of focusing on the horror and bloodshed of the trenches, Jackson's shows the common humanity of soldiers by centralising their everyday lives on the Western Front.

Finally, we ended with a provocation; asking our students how they would choose to remember the past this Remembrance Day. How will you?





# DEPARTMENTAL NEWS



## Year 7 Girls Football

On Monday last week, the Year 7 Girls Football team beat Chace Community School 5-0, Kingsmead 1-0 and Enfield County 5-0 to win their first ever tournament. Well done girls, you played some brilliant football and we are very proud of you.



## School Variety Show - Friday 3rd December 2021

Many thanks to all the students who have shown an interest in performing in the variety show this Christmas. It was great to see you all there!

All students who attended the meeting on Tuesday 9th November now need to come to the music corridor on Monday 15th November to show their piece to the team of teachers organising the show. The performances will be rehearsed and all students will be dismissed at 4.30pm at the latest. This session will allow us to watch the pieces and organise the running order.

Due to popular demand we may have to ask some students to perform their pieces in the show at Easter or the summer talent show in July. We are limited to how many students can take part in each show.

Please note that if your child is dancing in the show, they need to rehearse with Miss Brown at break time on Monday 15th November and meet her in DD3 as there is not enough space to show the work after school in the music corridor with the other performers.

If you have any queries please contact Miss Brown, [browna@highlearn.uk](mailto:browna@highlearn.uk)

Miss Brown, Mrs Miller, Miss Cazeau, Miss Ryder



 SCHOLASTIC

## CHRISTMAS BOOK CLUB

Is your son/daughter ready to go on their next reading adventure? The Scholastic Book Club is here to help you find your next greatest reads at amazing value, from classics to book packs, for everyone to enjoy.

Our new Scholastic Christmas Book Club is up and running! Go to <https://schools.scholastic.co.uk/highlands-secondary/digital-book-club> to browse the latest books and order online. For every £1 you spend on this month's Book Club, our school will earn 20p in Scholastic Rewards.

Please place your order online by December 3rd, 2021.

Parents be advised that books ordered online will be delivered to Highlands School Library and distributed to students.

Highlands School Library





DARE

HERTS YOUNG  
MARINERS DAY

During Dare Day at the Herts Young Mariners day, these students showcased great kindness, resilience, support and determination towards working in a team, and as an individual many of whom overcame their own fears and made their Family Team Leader, Mrs Maple very proud of their achievements on the day. Keep striving and reflecting the school DARE Values and you will all go far.

- |             |              |             |                |
|-------------|--------------|-------------|----------------|
| • Adem B    | • Sophie S   | • Sam A     | • Amelia K     |
| • Hasti K   | • Jamie S    | • Ina V     | • Stefan C     |
| • Darcy S   | • Asli C     | • Ryan E    | • Nathan M     |
| • Estelle S | • Nicholas K | • Hugh M    | • Mille V      |
| • James C   | • Ela T      | • William T | • Mir Zahran A |
| • George B  | • Aaron A    | • Elliott M |                |





DARE

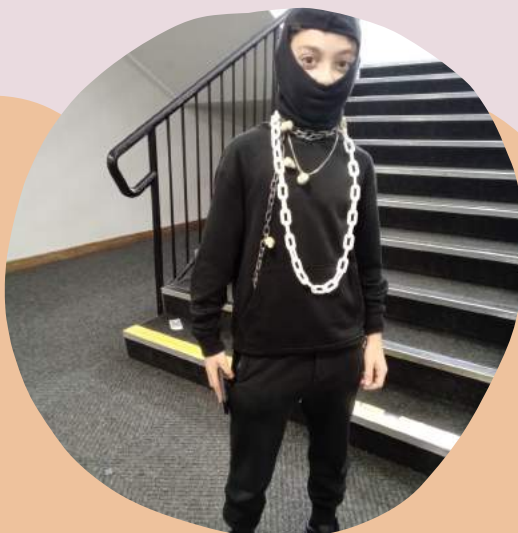
# HALLOWEEN CUPCAKES





# HALLOWEEN DISCO

We are pleased to say that our KS3 Halloween discos were a great success last half term. Students thoroughly enjoyed the events, and the effort that went into some of the costumes was wonderful to see. We have had lots of positive feedback from students and parents, and look forward to our next set of events in the spring term.



# STEM

## IN2SCIENCE UK

I'm happy to report that the 2022 In2scienceUK Programme is aiming to return to full in-person placements! Applications for all year 12 (or age equivalent) students are now open (deadline 1st April 2022). Please click [here](#) for more information.

The upcoming 2022 summer programme will again offer Year 12 students the opportunity to gain hands-on work experience through in-person STEM experiences via 1 to 2-week in-person work placements – along with online skills workshops – connecting students to expert scientists, engineers, technologists, and researchers on the cutting edge of research and innovation.

Good luck!  
Dr Len - STEM Leader



## ALLIED HEALTHCARE MENTOR



Places are open again to students to participate in the largest national virtual work experience programme for Nursing, Midwifery, Paramedicine, Physiotherapy, Occupational Therapy, Dietetics, Radiography, Prosthetics and Orthotics, Speech and language therapy and Pharmacy!

During the work experience day, students will follow 2 patients from their initial presentation to recovery. Students will observe the healthcare professionals as they interact with the patients and each other. Students will have an opportunity to ask questions and gain knowledge through teaching. This is suitable for students in year 10-13 or S3-S6 year groups.

This will help students to make an informed career decision as well as learn about how healthcare professionals work together as part of a multidisciplinary team. Each work experience day is completely different. Students will be able to build on their knowledge of NHS careers as they see different patient cases and healthcare professionals work in a variety of settings, such as hospital and community.

Students will also receive certificates as evidence of having participated in the work experience programme. Those that complete the entire 6-month programme will be awarded with Highly Commended References too.

You can learn more and your students can register for the programme [here](#).

## NATIONAL ESSAY COMPETITION

Do you want to improve your reflective skills for your university application?  
Would you like to make a difference in healthcare as an applying student?  
This is the competition for you!  
You could win Medic Mentor's national essay competition by submitting your answer to the question  
'Is the WHO a force for good?'.  
The deadline for submission is 15th November 2021 at 12pm and entries can be submitted via the submission form [here](#).



# REMINDERS

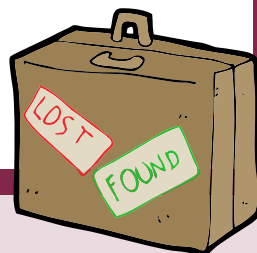
REMEMBER!

## Flu vaccinations

The Children's Immunisation Team will be at Highland's School for flu vaccinations on Friday 26th November. The vaccine will be administered as a nasal spray and has been extended to all pupils from Year 7 – 11. We would be grateful if you could complete the [e-consent form](#) by Wednesday 24th November. If you prefer your child not to be vaccinated, please complete the 'no consent' section and we will no longer contact you for consent. Click [here](#) for more information.

## Lost Property Notice

We currently have a lot of lost property, including mobile phones 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.



## English

Look out for Year 7 and Year 8 English revision documents on your Google Classroom by the beginning of next week.

These will assist you in your preparation for the forthcoming summative assessments! Good luck!  
Mrs Selim

## Key assessment dates and parents' evening changes

### **Year 13 A level mid year assessments and parents' evening**

Students and parents/carers should expect mid year assessments results to be reported home on 7th December 2021.

Please note that the parents' evening will now take place a week later than originally published.

- Year 13 parents' evening - 8th December 2021

### **KS3 mid-year assessments and parents' evening for year 7 and 8 students**

From 22nd November to 3rd December 2021, year 7 and 8 students will sit mid-year assessments for the majority of their subjects. Most assessments will take place during normal lesson time under exam conditions. Some will take place in the sports hall.

Following these assessments students and parents/carers should expect results to be reported home on 11th January 2022

We have made changes to the dates of year 7 and 8 parents' evening.

- Year 7 parents' evening - 12th January 2022
- Year 8 parents' evening - 19th January 2022

All provisional dates for future parents' evenings and assessments can be found in our Google calendar on the school website.



## Highlands Parents and Friends Association (HPFA)

**We are the official fundraising group** for the school and a registered charity.

**We aim to raise funds to directly benefit Highlands pupils** by fostering a collaborative partnership between home and school.

**We run a variety of social events** to raise funds and bring our community together. Past events have included the Year 7 & 8 BBQ, Musical Bingo and Comedy night.

**We want to introduce more fund-raising activities** such as Christmas Raffles, 'Pop Up' Shops, Discos and build up our Match Funding, Give As You Live and Amazon Smile contributions.

**We need your help to reach our goals and there are many ways in which you can contribute, big or small.**



**TO DONATE, HELP, FIND OUT MORE OR GET INVOLVED CONTACT US AT:**

**HPFA.eventtickets@gmail.com**

**FOLLOW US:**



**highlandssch**



**@Highlands\_sch**

We meet monthly and all are welcome to attend/participate (in person or remotely).

Future dates to be announced.



# ED-EXTRA TIMETABLE

Here is the timetable of extra curricular activities taking place from Monday 8th November - Friday 17th December.

## MONDAY

Club	Year	Staff	Time	Venue	Maximum Capacity
Girls Football	7-8	Mrs Walters / Mrs Hutchinson	3:15 - 4:15	Sports Hall	30
MFL Film Club	7-9	Ms Jutila	3:15 - 4:15	L8	30
Art Attack	8	Mrs Yiangou	3:15 - 4:15	A6	15
GCSE Art	10-11	Mrs Chrysostomou / Mrs McCalmont	3:15 - 4:15	A7	25
Catch Up		Mrs Miller	3:15 - 4:15	MM5	
Music (GCSE support sessions)	<u>Invite only</u>				
Music (Vocals and Instrumental)	<u>By request</u>	Ms Maple	3:15 - 4:15	Practice Rooms	

## TUESDAY

Club	Year	Staff	Time	Venue	Maximum Capacity
Basketball (boys)	10-13	Mr Daludado/Mr Joseph	3:15 - 4:15	Sports Hall	30
Career Development	7-10	Ms Laurenzi	3:15 - 4:15	Library	30
Lego Club	<u>7 &amp; 8 Invitation only</u>	Mr Martin	3:15 - 4:15	MM15	12
Music (Samba)	7-11	Mr Johnson	3:15 - 4:00	MM5	15

## WEDNESDAY (ED EXTRA, Year 7 Only)

Club	Year	Staff	Time	Venue
Football	7	First Goal Football	2:20 - 3:20	Astroturf
Boxing	7	'Team Mannion'	2:20 - 3:20	Canopy Field
Rugby	7	Old Grammarians RFC	2:20 - 3:20	
Basketball	7	First Goal Football	2:20 - 3:20	Sports Hall
Netball	7	England Netball	2:20 - 3:20	Playground
Street dance	7	Worlds End Productions London	2:20 - 3:20	Dance Studio
Drama	7	Worlds End Productions London	2:20 - 3:20	Drama Studio
Film making	7	Worlds End Productions London	2:20 - 3:20	M2
Technology club	7	Ms Bull	2:20 - 3:20	DT7
Cooking	7	Mrs Stevens / Mrs Rossi	2:20 - 3:20	T6
Textiles	7	Ms O'Connell	2:20 - 3:20	T4
Girls'2World	7	Ms Charles	2:20 - 3:20	E6

## THURSDAY

Club	Year	Staff	Time	Venue	Maximum Capacity
Table Tennis	7-11	Mr Johnson	3:15 - 4:15	Sports Hall	30
Trampoline	<u>(GCSE PE invite only)</u>	Mr Avann	<b>3:15 - 4:45</b>	Sports Hall	
Animation	7-9	Mr Martin	3:15 - 4:15	MM7	14
Music (Rock Choir)	7-11	Mrs Miller / Ms Maple	3:15 - 4:00	MM5	Unlimited

## FRIDAY

Club	Year	Staff	Time	Venue	Maximum Capacity
Basketball (Girls)	10-13	Ms Casimir-West	3:15 - 4:15	Sports Hall	25
Music (Orchestra)	Grade 1+ Orchestral instrument only	Mr Brunori	3:15 - 4:15	MM5	35
Music (Guitar Groups)	<u>(Invite only)</u>	Mr Hawkins	3:15 - 4:15	Music Corridor	20

# What to do this Christmas.

HIGHLANDS SCHOOL



Get into the Christmas spirit with a trip to Lower Stable Street Christmas Market at **King's Cross** which will run from November 26 to December 19 every Friday, Saturday and Sunday.

The market will take place in Coal Drops Yard and will bring together food, craft, flowers and Christmas trees. Click [here](#) for more information.



**Covent Garden** will be dusted with flurries of snow each day so we suggest you get out with friends and with family and experience some of the amazing events/experiences happening in and around London.

What better way of enjoying a white Christmas while remaining in the capital! Flurries of snow will cover the area by the famous Christmas tree every hour between midday – 7pm from November 9.



# SAFEGUARDING

## 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](mailto: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.

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

**ChildLine**  
0800 1111

**kooth**

Support service for  
students  
wellbeing  
([www.kooth.com](http://www.kooth.com))

**Switchboard**  
LGBT+ helpline

0300 330  
0630

Multi Agency  
Safeguarding Hub:  
0300 500 80 90

**Barnardos**

Contact: 0800 008  
7005

**NSPCC**

Helpline: 0808 800 5000