

Highlands School Newsletter

1 July 2022

Last week I wrote to you about two of our traditional end of year events that had just taken place; the art show and the year 11 BBQ. This week at Highlands we had events that were new but we enjoyed just as much - our first ever summer term DARE Days. We launched DARE days this academic year to make sure all of our students have enriching and enjoyable extra curricular experiences at school. Rather than having trips for small numbers of students taking place throughout the year, trips that some students will inevitably miss out on and that cause students to miss lessons, our DARE Days allow all 1,500 students at Highlands to participate in our trips and visits programme. From year 7 to year 13 students take part in 24 days of trips and visits. No one misses out and we pay for students whose families need financial support. We do this because at Highlands we believe extra curricular activities are an entitlement, not a privilege.

Organising these activity days is a massive logistical challenge and I want to thank all our staff who supported with arranging the days, with a particular mention to Mr Whelan, who set them up and oversees their running.

I also want to thank our students. Every set of external providers who worked with our students said what a pleasure it was to work with them and we got compliments from Transport for London staff and members of the public on the behaviour of our students on the Underground and the Thames river boat.

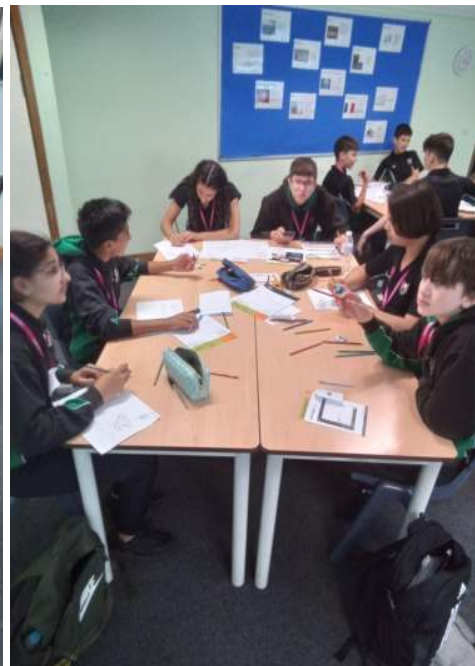
We will share all our photos and videos next week but you can see some of them further on in the newsletter.

DARE Days will return in October, just before half term.

Have a good weekend.

Mr McInerney
Headteacher





Sixth form

It was great to see so many year 11's join us for the taster sessions. We wish them all the best for their upcoming results and look forward to welcoming them on the 25th August for enrolment. Mrs Sheikh and Miss Husseyin.



Student achievement

We are always proud to hear of our students' achieving their dreams and demonstrating our DARE values at the same time. Jack Nagioff in year 8 certainly did when he demonstrated determination and aspired to be a footballer - he has just been signed by QPR. See photograph below. Congratulations to Jack.



Dr Len's STEM announcements



TARGET Medicine: Become Event (UCL) 24th of June 2022



Congratulations once again to Ria-Rene Rodney (year 10), Deron-Jayden (DJ) Nyarko-Duodu's (year 10) and Theo-Jay Coleman (year 9) on successfully being chosen to attend this amazing, insightful and very inspirational event. Become is a one-day event for Year 9 and 10 students of African-Caribbean descent or mixed black backgrounds to explore the prospect of going to university and studying medicine. All 3 students had an amazing day learning about how to get into medicine, hearing inspirational stories and getting hands-on experience with medical procedures at UCL.



Here are their reports on the day:

Ria-Rene - *'It was a really good event. The first activity our group did was role play which was where you'd be given a scenario and have to improvise - I had to convince someone that they should take the covid vaccine and address all of the misconceptions around the vaccine, I got positive feedback and didn't have any criticisms which was good. After that we had a break before doing a tour of the campus where I got to see one of UCL's libraries, a lecture hall and many more. The next activity was about the choices you'd have to make as a doctor, like what factors you'd consider when choosing who to give a liver or life saving surgery to, and it was really interesting to see who would go with which person and why. In the final activity we learnt how to conduct a venipuncture (taking blood), we practised on fake arms that actual medicine students use to practise. It was a really good experience and a good day, which inspired me to go into medicine more.'*



Deron-Jayden (DJ) - *'At first we were given the opportunity to meet other students who also attended the event to help break the ice. The UCL medical student ambassadors gave us a pep talk on how they grew up in an ethnic minority community and how they struggled to get where they've gotten and it wouldn't have been successful without resilience and determination. One of my favourite activities was taking blood from a plastic arm and we did this 3 times. It was very enjoyable and intriguing to learn about the tools used and how to take blood properly without injuring the patient or yourself. It was fascinating to hear the experiences of black doctors and about UCL medical school. This was without a doubt a once in a lifetime opportunity to inspire me to further my education in what I would like to go into, such as medicine or anything within the sciences.'*



Theo-Jay - *'On Friday I attended the Target Medicine - Become event at UCL in London. UCL provided a wide range of opportunities throughout the day to allow all attendees to benefit from the knowledge of doctors Q&A, clinical skills, ethics and law in medicine and patient interaction roleplay. My favourite part of the day was taking part in the clinical skills session because it was hands-on and allowed me the opportunity to carry out a venipuncture, which mimicked taking a blood sample from a patient. I found the whole day informative and I was inspired by the students and qualified doctors who ran it.'*



What an amazing opportunity and experience for our pupils and we are thankful to UCL for hosting this inspirational event. If you are interested in participating in an event like this please keep an eye out for notices in the school newsletter for the next event which will be held next year.

Are you interested in a career in healthcare other than medicine?

But you're not sure about which one? Let the NHS career quiz help you! There are more than 350 different careers in the NHS. Many work with patients while others work behind the scenes. What they all have in common is that they make a difference to people's lives.

To find the NHS careers that best suit you, all you need to do is answer some simple questions. Get started [here](#).

Good luck!

Find out about the different STEM roles at Just Eat (for 6th form students)



STUDENT INSIGHT VISIT



This July Just Eat will be taking a group of students to visit Just Eats offices in St. Pauls. They have 20 slots available, so please read on to see how you can get involved...

Who are they?

Just Eat Takeaway.com is a leading global online food delivery marketplace, connecting consumers and restaurants through its platforms. With over 634,000 connected partners offering consumers a wide variety of food choice.

What is an insight visit?

Insight visits involve a group of students (typically between 10-15 students from a variety of schools) visiting a real workplace for a short period of time – from a bitesize 60-90 minute session to a couple of hours.

They are an exciting way for students to gain insight into the world of work, feel inspired by dynamic working environments and imagine themselves in the workplace.

What to expect on the day...

The session will be lead by a member of Just Eat who is also a STEM Ambassador. Students will get to hear from a variety of team members at Just Eat, from hiring managers, project leads, apprentices, HR members and graduates, so they can better visualise themselves in a similar organisation/roles.

The session will include a variety of interactions such as panel discussions, group work, quizzes, a tour of the offices and lots of opportunities for questions.

Who this would suit...

We are looking for 16-18 year olds who have an interest in finding out about career opportunities in a fast growing sector. It may not be something that they have thought of before, but we want to break the myths and stereotypes, so do share this with all students!

Students will be expected to make their own way to St Paul's Tube station where the London Hub team will meet them. **All correspondence will be between the student and the Schools Project officer for the Hub team.** If you have any questions you can contact her [here](#).

How to apply

Complete a short [form](#) that includes questions and will support you with the selection process.

Deadline: Students need to submit the form no later than the 11th July 2022

Find out about STEM jobs in the Met Police Digital and Forensic teams and how they use Science, Technology, Engineering and Maths skills (for 6th form students)



Ever wondered what techniques a crime scene examiner uses to examine a scene or how we use drones to support Police investigations? The Metropolitan Police Digital and Forensic departments will provide you with an insight into how they use STEM in their day-to-day work. Hear about the team's work and to ask questions about their roles.

When: Wednesday 6th July at 10:20 - 11:00

If you are interested in attending the webinar please book [here](#).

Happy STEMing!

Dr Len

Art

Year 8 students have been studying the Art of East Asia. One of the tasks was to produce a title page exploring different areas of the theme. These are just some examples of the wonderful title pages students have created.

Well done Year 8!





Medical consent

If your child needs to take regular medication in school, please use the link [here](#) to give consent. All medications that are taken in school, must be stored in the medical room.

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



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

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](https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)) 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>

Urgent and other support available



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 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org



Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources
Sign up for free resources [here](#)



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 confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or [online chat with a counsellor](#)



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 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 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

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