

## **Highlands School Newsletter**

6 May 2022

### **From the Headteacher**

Today we held a governor visit day at Highlands. On these days members of the governing body come into school to meet with leaders, staff and students to discuss key areas of our school's work, and to support us in improving our school further. Today governors visited and looked at: SEN, mental health and wellbeing, pupil premium, curriculum and teaching, equal opportunities, our reading programme, attendance, behaviour, and careers. We are lucky at Highlands to have an experienced, committed and diverse governing body and I thank them for their commitment to the school.

I am pleased to announce that the Highlands Parents and Friends Association (HPFA) will be holding a wine and cheese evening on Friday 10th June at school. More details will follow but please put the date in your diary. The HPFA plays an important role supporting our school and all funds raised at our HPFA events go towards special projects here at Highlands.

I would like to remind families that students coming to school in PE kit should not wear their own t-shirts underneath their school hoodies. School PE kit should be worn underneath jumpers. If this is not possible, students can come in school uniform and get changed in the changing rooms before PE. Students seen wearing items of clothing that are not part of the school uniform or PE kit will be sanctioned in line with the school's behaviour policy.

I wish you all a good weekend,

Mr McInerney  
Headteacher

### **Jack Petchey Awards**

I am delighted to announce that Highlands School will be taking part in the annual Jack Petchey Awards night at the Millfield Theatre on Monday 16th May. Several of our school community have won awards and we are very proud of their achievements.

Mr Martin, our Media Studies teacher has won a Jack Petchey leadership award for running his numerous after school media clubs - well done and a massive congratulations to him.

Our students who won awards last year will be collecting their awards. They are Harry Quantrill, Matthew Alderman-Harris, Gino Tsotsi, Amber West, Dexter Berndes, Ayaan Ahmet, Arnelijus Mankevicius and Adame Ahmed. There will be news of some of the other winners in a few weeks time and I look forward to sharing that news with you.

Many thanks  
Miss Brown - Jack Petchey Coordinator



### **NCS Summer '22 Programme - Spaces available**

The National Citizen Service (NCS) visited our Year 11 students in assembly about the fantastic opportunity that awaits them, once they finish their exams in the summer term.

NCS is an organisation that promotes and encourages students to participate in their extensive summer enrichment programme. This involves adventure activities, developing life skills, a residential and local community volunteering.

It brings together young people from different backgrounds and helps them develop greater confidence, self-awareness and responsibility. It encourages personal and social development by working on skills like leadership, teamwork and communication.

NCS runs across a range of dates during the summer holidays. The programme costs £1,500 but because its government backed it costs each student £50, which will cover all accommodation, transport and meals (during residential phases), activities and equipment. Bursaries are available and support can be provided for young people with additional needs.

After completing NCS, a special graduation ceremony will be held to recognise and celebrate young people's achievements and present them with their certificate of accomplishment signed by the Prime Minister.

We have had a number of students take part in this in the past and they have really enjoyed and valued their experience.

More information on the NCS summer programme can be found [here](#)



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### **My Career My Vision Competition Results**

Investin have released the winners and runners up of their recently held competition designed to get students thinking creatively about their futures and for every submission received, a donation was made to the UNICEF Ukraine Appeal.

Congratulations goes to **Gracie Ticehurst 9OSD** for her superb rendition and write up on why she aspires to become a paramedic, gaining a place on the InvestIN CV workshop.

Well done!

Ms Laurenzi



### Message from our welfare officer

The Enfield Immunisation Team will be back at Highlands on the 11th May to finish the Year 9 Senior Booster vaccinations.

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 time to refill their bottles in the canteen.

### 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.

### 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](http://www.kooth.com)) support service for students wellbeing

**Multi Agency Safeguarding Hub:** 0300 500 80 90

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



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) 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>

**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](mailto: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**  
PROVIDER OF YOUNG PEOPLE'S SUPPORT

**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**  
Essential support for under 25s

**The Mix** provides free, confidential support for young people under 25  
**Call: 0808 808 4994** (11am - 11pm every day) or **Email**

**Beat**

**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