

# Highlands School Newsletter

22 July 2022

Today is the final day of the 2021-22 academic year and we have finished it with some wonderful events, including Sports Day, KS3 discos and proms for years 11 and 13. This is the first time in three years that we are not ending an academic year that has been significantly disrupted by COVID. Although we have had many cases across our staff and students and, at one point this year, had to ask year groups to work at home, overall the disruption has been diminished compared to the previous two years. This has allowed us to crack on with some of our long term projects to transform our school, including launching our DARE days. This summer we will be starting a project of transforming the interior and exterior of our school and we will be launching a new website in the autumn. Next year we will be relaunching the house system so that it truly underpins and transforms the day to day experience of our students and staff at school. The names and identities of our houses will remain the same but there will be many more activities and rewards linked to them. Today, the overall winner of the inter-house competition was announced. It was Rowan. We will be throwing down the challenge to Willow, Oak and Beech to wrestle the title from Rowan next year.

To learn more about developments at school next year and about key milestones for your child in the year ahead, please attend our online information evenings in September. You can see the dates below.

This September we are saying goodbye to members of staff as they move on from Highlands. I want to give particular thanks to two members of staff with over ten year's service who are leaving us, Mr Martin in media and Mr Kedward in geography. Both of these staff members have made a tremendous contribution to our school and touched the lives of hundreds if not thousands of students in that time. Both are taking promotions in their new schools, Mr Martin as a deputy SENCO and Mr Kedward as a head of geography. A final mention should go to Mr Tuton. Mr Tuton is not leaving Highlands but he is changing roles, from deputy headteacher to senior data and systems leader. Mr Tuton has been at Highlands since the day it opened and no one better embodies the history of our school or has such a deep understanding of it. I am glad he will be remaining with us in his new role. We wish all three of these colleagues, and other colleagues that are leaving us, the very best in future.

Please have a relaxing summer and I look forward to seeing you and your children in September.

Best wishes,

Mr McInerney  
Headteacher

## PART ONE: INFORMATION FOR THE END OF THIS ACADEMIC YEAR

### Winners of the inter house competition:

The overall results for Sports Day are as follows:

Total	Rowan	Oak	Willow	Beech
7	369	288	<b>370</b>	347
8	<b>440</b>	327	391	372
9	268	<b>306</b>	231	300
10	<b>280</b>	250	244	259
Total	<b>1357</b>	1171	1236	1278

Congratulations to Rowan for winning the overall Sports Day competition.

Sports Day plays one part in the house competition. Every achievement point logged this year (of which there are thousands) contributes to the overall scores.

AT the end of term the house positions were:

Rowan	76 424 points
Willow	72 656 points
Oak	71 354 points
Beech	71 029 points

Congratulations to Rowan!

### End of year reports

The end of year report for students has been emailed to parents and carers and is also available online via the My Child at School website or the Bromcom Student portal.

The report and online curriculum statements will give you an insight into the following information for your child in each subject they study:

- Judgements on key subject objectives - the main topic or themes taught this academic year. (For Y7 to 9)
- Application grades - how well your child has applied themselves in each subject
- Homework application grades - how well your child has applied themselves towards homework
- Assessment percentage scores
- Assessment quartile scores (for years 7 to 9)
- Predicted grade ranges for exam years.

For more information on how to access the MCAS app please watch our support video: [Click here for support video](#).

## A level results day

A level results day is Thursday 18th August. Ms Husseyin has written to all year 13 parents with details of this event. Any questions please contact the school office: [post.box@highlearn.uk](mailto:post.box@highlearn.uk)

## GCSE results day

GCSE results day is Thursday 25th August. Ms Exley has written to all year 10 and 11 parents with details of this event. Any questions please contact the school office: [post.box@highlearn.uk](mailto:post.box@highlearn.uk)

## PART TWO: INFORMATION FOR THE NEW ACADEMIC YEAR

### Term dates

### Arrangements for students returning to school

Thursday 1st September: Year 7 only. Details have been sent to families.  
Friday 2nd September: Year 7 and year 12 only. Details have been sent to families.  
Monday 5th September: Induction for all other students, see table below.  
Tuesday 6th September: Normal teaching commences for all year groups

Year group	Arrival/line up	Assembly	Tutor time	Departure
7	8.30	Part 3 induction day. See plan		1.00
8	8.30	8.40 - 9.10	9.15 - 10.30	10.30
9	9.00	9.15 - 9.45	9.45 - 11.00	11.00
10	9.40	9.50 - 10.20	10.20 - 11.40	11.40
11	10.15	10.25 - 10.55	10.55 - 12.15	12.15
13	10.50	11.00 - 11.30	11.30 - 1.00	1.00

Please [click here](#) to view the full academic year's 2022-23 term dates.

## Reminder of timings of the school day

Mondays, Tuesdays, Thursdays, Fridays		Wednesdays	
The school gates open at 8:20am. Students are expected to arrive by 8:30am. Students not in school by 8:30am are late.			
AM Reg	8:40am	AM Reg and PSHE time.	8:40am
P1	9:00am		9:00am
P2	10:05am	P2	10:05am
Break	11:10am	Break	11:10am
P3	11:35am	P3	11:35am
P4 / lunch*	12:40pm Y10+11 lunch 1:10pm Y7 lunch 1:40 pm Y8+9 lunch	P4 / lunch*	12:40pm Y10+11 lunch 1:10pm Y7 lunch 1:40 pm Y8+9 lunch
P5	2:10pm	PM registration / end of day / Ed-Extra activities	2:10pm
End of day	3:15pm	Staff CPD	2:30pm
		End of staff CPD	4:30pm

\*As is the case this year, period 4 is divided into three half hour sections. Year groups are taught for two of them and have their lunch during the other.

## Parent information webinars

We will be holding parent and carer information webinars in September to make sure parents and carers are aware of the priorities for the upcoming year for each year group. Please make a note of these times in your diaries. We will send links to the meetings before term starts. Students are encouraged to watch along with parents and carers.

Year 10 and 11 (Key Stage 4)	Tuesday 6th September 6:00pm
Year 12 and 13 (Key Stage 5)	Wednesday 7th September 6:00pm
Year 7, 8 and 9 (Key Stage 3)	Thursday 8th September 6:00pm

## Reading for pleasure programme

Highlands School is committed to providing students with the opportunity to read high quality literature. Engaging with such literature not only supports students' learning in English, but across the curriculum as a whole. It also plays an important role in fostering a life-long love of reading.

It is for this reason that the English department has published its list of suggested reading (see below). These books have been carefully selected in order to supplement the department's literature based curriculum as well books that are read to students during form time. Please do contact the school should you have any questions or concerns. If you would like financial support please contact [get.reading.books@highlearn.uk](mailto:get.reading.books@highlearn.uk) for more information.

Please see below the recommending reading lists.

## School uniform

**Please use this information to guide you in purchasing the correct uniform for your child.**

School uniform is an important part of our high standards and expectations. Please can parents and carers ensure that their children have the appropriate uniform ready for the start of school in September.

- Plain green skirt (Highlands School has a bespoke green school skirt that can be bought from our school uniform stockists) or plain black trousers (no jeans style trousers, no jeggings, no tight trousers, no chinos).
- White buttoned up school shirt or open neck blouse (long or short sleeved). A tie must be worn with a buttoned up shirt.
- Green blazer (with school badge).
- V-neck green jumper (optional).
- School tie with house colour (if wearing a buttoned up school shirt).
- Black socks or plain black tights.
- Black smart school shoes. No trainers, no pumps, no canvas shoes, no boots, no high tops. The only kickers that can be worn are the shoe style kickers shown in the acceptable section below.



**Students are also expected to follow these uniform rules:**

- Trousers must be a traditional tailored style. Tight/stretch style trousers or jeans-related are not permitted.
- Skirts must be worn of modest length, just above the knee.
- Blazer sleeves must not be rolled up.
- Shirts should be fully buttoned and tucked into trousers
- Ties must be neatly knotted and worn to the waist.
- Visible t-shirts under the white school shirt are not permitted (a white non visible t-shirt is permitted).
- Hats and caps should not be worn, unless for religious purposes.
- Headscarves worn for religious reasons should be black or green.
- Only playing black trouser belts are permitted.
- Hats, hoodies and any other non-uniform items or outdoor garments must not be worn in the building at any time.
- Blazers must always be worn when moving around the school building unless otherwise advised by the headteacher.
- Shoes with brightly/different coloured laces are not permitted (only black permitted).

## **Hair, make-up and jewellery**

- Subtle make-up may be worn. Subtle make-up means foundation or face powder.
- Eye make-up, fake eyelashes, lipstick and lip gloss are not permitted.
- Jewellery is not permitted apart from one stud earring in each ear. Religious symbols (if required) can be worn on a chain inside a blouse/shirt. No rings, bracelets or non-religious chains are permitted.
- Nose studs or nose rings are not permitted.
- Extreme hair styles, brightly coloured hair (e.g. pink, blue, green), shavings, and tracks (including eyebrows) are not permitted. Dyed hair should be a natural colour and style.
- Nail extensions or coloured nail varnish are not permitted.

## **PE kit**

**Students in years 7-10 should wear their PE kit to schools on the days that they have PE.**

**Students in year 11 should bring their PE kit to school in a bag, on PE days. They will change into their PE kit in the changing rooms.**

- Students who arrive at school without the proper uniform will be offered a spare uniform or parents and carers will be contacted to request that they bring the correct uniform to school for their child.
- Students in incorrect uniform will receive a detention, unless the parent or carer has notified the pastoral team in advance of any unavoidable issues with their child's uniform.
- Students in incorrect uniform may also not be allowed in circulation until they are in the correct uniform.

**All PE kit items must be Highlands School specific items and not branded or generic sportswear. Students are expected to only wear a full PE kit that has been purchased from our suppliers Lyons or Smiths schoolwear shops.**

- Highlands school PE hoodie.
- Highlands school PE t-shirt.
- Highlands rugby shirt (optional).
- Highlands school black tracksuit bottoms.
- Highlands black shorts/black skirt/skort.
- Highlands black sports leggings.
- Highlands school black rugby socks outdoor lessons or plain white socks for indoor lessons.
- Shin pads - optional for girls.
- Non-marking trainers.
- Football boots for lessons on the field (winter period only) - optional for girls.

**Any requests for reasonable adjustments to our uniform policy should be put in writing to the headteacher.**

## **Equipment**

All students are expected to carry their everyday equipment, including PE kit (when required), pencil case, books, etc. in a bag of suitable size.

Students should bring a pencil case, which should include the following items:

- 30cm ruler
- 2 HB Pencils
- Pens (black/blue and green)
- Eraser

- Sharpener
- Protractor
- Compass
- Colouring pencils
- Scientific calculator

Also, students will be provided with a whiteboard, whiteboard pen and rubber at the start of term. They should bring these to school every day.

### **Behaviour policy**

There will be no changes to our behaviour policy next year. Below is a summary of key aspects of our behaviour policy.

### **Detentions**

- Detentions take place Monday - Friday from 3:15pm for 30 minutes, for students issued with a C2 or C3 that day or after the 1.30pm cut off point the day before,
- Students who fail to attend their detention will be required to serve a longer detention of 40 minutes the following day.

### **Morning routines**

- The gate opens at 8.20am and students are expected at their line up point by 8.30am. Students who arrive at the gate after 8.30am will be marked late (exceptions made where a parent/carers has made the school aware of a lateness or there is a known issue on the local roads).
- All students in years 7-10 line up on their line-up points.
- Year 11 students are not required to line up in the mornings. Instead, upon arrival at school in the morning, year 11 will go to our canteen. This procedure is in place in recognition of their maturity and to prepare students for being in the sixth form in the following year. Staff will use this time each morning to ensure year 11 are in the correct school uniform and ready for learning.
- Year 7-11 students will attend a daily 20min tutor time session from 8.40am.

### **Safeguarding**

For any safeguarding concerns over the summer holiday, please contact [staysafe@highlearn.co.uk](mailto:staysafe@highlearn.co.uk).  
Safeguarding information can also be found on our [website](#).

### **Staffing update - pastoral teams from September 2022**

<b>Year group</b>	<b>Head of year</b>	<b>Behaviour mentor/deputy heads of year/assistant heads of year</b>	<b>Senior leader line manager</b>
7	Ms Murdock and Mr Savvides	Ms Patricia Brown - behaviour mentor (new member of staff)	Mr Larter
8	Ms Berrill	Ms Forshaw - behaviour mentor	Mr Larter
9	Ms Halstead	Mr Annunziato - behaviour mentor	Ms Michaelides

10	Mr Joseph	Ms O'Sullivan- behaviour mentor	Ms Michaelides
11	Ms Hutchinson	Mr O'Doherty -- behaviour mentor	Mr Hurst
12	Ms Halil	Ms Gunning - assistant head of year	Ms Husseyin
13	Ms Sheikh		

### Other pastoral support staff

<b>Behaviour coordinator</b>	Ms Ticehurst
<b>Behaviour nurture coordinator</b>	Ms McFarquhar (new member of staff)
<b>Family liaison officer (safeguarding)</b>	Ms Norton
<b>Inclusion and safeguarding officer</b>	Ms Bartram
<b>School counsellor</b>	Ms Charles
<b>Student well-being coordinator</b>	Ms Monk
<b>Welfare officer (medical)</b>	Ms Harrington
<b>Behaviour admin officer</b>	Ms Vaughan-Long
<b>Attendance officer</b>	Ms Socratous

### Reading lists

Key Stage Three.

#### Quick reads:

- The Dark is Rising by Susan Cooper
- King Arthur and the Knights of the round table by Marcia Williams
- Sir Gawain + the Green Knight (illustrated) by Michael Morpurgo
- The Humiliations of Welton Belt by Alex Wheatle
- Usborne Illustrated Grimm's Fairy Tales by Ruth Brocklehurst, Gill Doherty, and Raffaella Ligi (illustrator)
- Frankenstein for young readers by Rosie Dickins
- The Count of Monte Cristo for young readers by Rod Llyod Jones
- *Our Day Out* by Willy Russell
- *The Outsiders* by S.E. Hinton

#### Reading list:

- My Swordhand is Singing by Marcus Segdewick
- Grendel's Wife by Susan Signe Morrison
- The Short Knife by Elen Caldecott
- The Princess Bride by William Golding
- SkyWake: Invasion by Jamie Russell
- Here Lies Arthur by Phillip Reeves
- Shakespeare by Bill Bryson
- Twilight by Stephenie Meyer
- Rani and Sukh by Bali Rai



- Our Beautiful Game by Lou Kuenzier
- The Crossing by Manjeet Mann
- In a Glass Grimly by Adam Gidwitz
- We Played with Fire by Catherine Barter
- A Castle of Otranto by Horace Walpole
- Miss Peregrine's Home for Peculiar Children by Ransom Riggs
- The Sound of the Waves by Yukio Mishima
- Our Town by Thornton Wilder
- The Supreme Lie by Geraldine McCaughrean
- Burning Sunlight by Anthea Simmons
- The Gilded Ones by Namina Forna
- The Boy I am by K.L Kettle
- The Coral Island by R.M. Ballantyne
- The Last Hawk by Elizabeth A *Quiet Kind of Thunder* by Sara Barnard
- Echo Mountain by Lauren Wolk
- The Fountains of Silence by Ruta Sepetys Wein
- Nevertheless, she persisted by Jon Walter

#### Challenging reads:

- *Jane Eyre* by Emily Bronte
- *A Tale of Two Cities* by Charles Dickens
- *The Catcher in the Rye* by J.D. Salinger
- *1984* by George Orwell
- *Lord of the Flies* by William Golding
- *Drawn across borders: True Stories of Migration* by George Butler

#### Key Stage Four.

- The Curious Incident of the Dog in the Night Time - Mark Haddon
- Banquo's Son - T. K. Roxborough
- Enter Three Witches - Caroline Cooney
- Dr Jekyll and Mr Hyde by David Edgar
- Educating Rita - Willy Russell
- The Lovely Bones - Alice Sebold
- Gone Girl - Gillian Flynn
- The Shadow of the Wind - Carlos Ruiz Zafon
- The Watcher in the Shadows - Carlos Ruiz Zafon
- Clap When You Land - Elizabeth Acevedo
- The Boxer - Nikesh Shukla
- The Dark Lady - Akala
- Natives - Akala
- Billy Elliott - Melvin Burgess
- The Poet X - Elizabeth Acevedo
- The Fat Black Woman's Poems - Grace Nichols
- The Mysterious Affair at Styles - Agatha Christie
- Born a Crime - Trevor Noah
- Eleanor Oliphant is Completely Fine - Gail Honeyman
- Such a Fun Age - Kiley Reid
- The Beekeeper of Aleppo - Christy Lefteri
- The Seven Husbands of Evelyn Hugo - Taylor Jenkins Reid
- Little Fires Everywhere - Celeste Ng
- The Help - Kathryn Stockett

- Falling Leaves - Adeline Yen Mah
- Where the Crawdads Sing - Delia Owens
- Big Little Lies - Liane Moriarty
- Animal Farm - George Orwell
- Blood Brothers - Willy Russell
- Power - Naomi Alderman
- A Christmas Carol - Charles Dickens

Challenging reads:

- The Picture of Dorian Gray - Wilde
- Frankenstein - Mary Shelley
- Dracula - Bram Stoker
- King Lear - Shakespeare
- The Mask of the Red Death - Poe
- Paradise Lost - John Milton
- The Da Vinci Code - Dan Brown
- Rebecca - De Maurier
- Jane Eyre - Charlotte Bronte
- The Island of Doctor Moreau by H G Wells
- The Woman in Black - Susan Hill
- The Kite Runner - Khaled Hosseini
- The Turn of the Screw - Henry James
- The Time Traveller's Wife - Audrey Niffenegger
- Queenie - Candice Carty-Williams
- Purple Hibiscus - Chimamanda Ngozi Adiche
- Catcher in the Rye - J. D. Salinger
- The Great Gatsby - F. Scott Fitzgerald
- The Old Man and the Sea - Ernest Hemingway
- Grapes of Wrath - John Steinbeck
- 1984 - George Orwell
- Atonement - Ian McEwan
- White Teeth - Zadie Smith
- Small Island - Andrea Levy
- Slaughterhouse Five - Kurt Vonnegut
- In Cold Blood - Truman Capote
- Wide Sargasso Sea - Jean Rhys
- The Girl With the Dragon Tattoo - Stieg Larsson
- A Thousand Years of Solitude - Gabriel García Márquez
- The Alchemist - Paulo Coelho
- A Modest Proposal - Jonathan Swift
- The Midnight Library- Matt Haig
- Things Fall Apart - Chihuahua Achebe
- Captain Corelli's Mandolin - Louis de Bernières

## Year 11 prom

Below are some of the photos from the year 11 prom held at Forty Hall.



## Y13 prom

Below are some of the photographs from the very successful Year 13 prom held at Forty Hall.







## Sports day

With thanks to all the staff who organised a very successful sports day event - below are some of the photographs.





## PE department

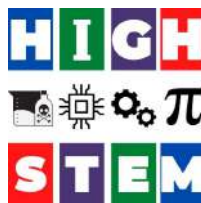
Congratulation to the following pupils who successfully trialled and have been selected to represent the Middlesex Schools teams;

U15 - Orlando Savvaris and Charlie Northrop

U16 - Jorden Adeoye and Regan King

Well done from everyone in the PE team.

## Dr Len's STEM announcements



### British Army programme 'Disaster Relief'

On Tuesday the 5th of July Army Officers Bradley Hayden and Michael Every came to Highlands to deliver their robotics coding programme 'Disaster Relief' to a group of our year 9 and 7 students. STEM skills are vital when the British Army deploys around the world and are never more crucial than when disaster strikes! In this





activity, pupils will join the Army's Engineers, Medics and Logisticians in deploying to a remote part of the world which has been hit by a destructive earthquake. Learning how to build, programme and operate their LEGO™ Mind-storm robot pupils will use their robot to undertake a series of engineering and logistical challenges in order to achieve their mission and deliver life-saving humanitarian aid to the local people.

**STEM SKILLS APPLIED:**

Programming, Maths, Technology, Engineering

**LIFE SKILLS DEVELOPED:**

Team Work, Leadership, Critical Thinking, Perseverance

The students really enjoyed applying the above mentioned skills and some were inspired to go into engineering as they really enjoyed the session!



## Lego Robotics club - designing a Mars Rover



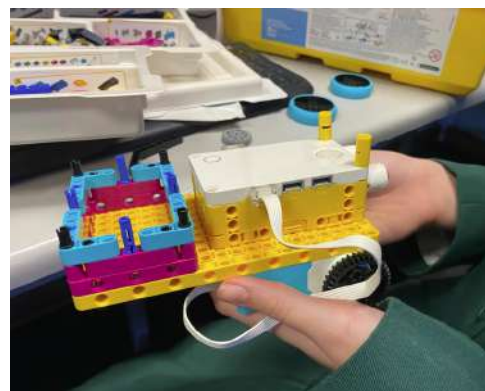
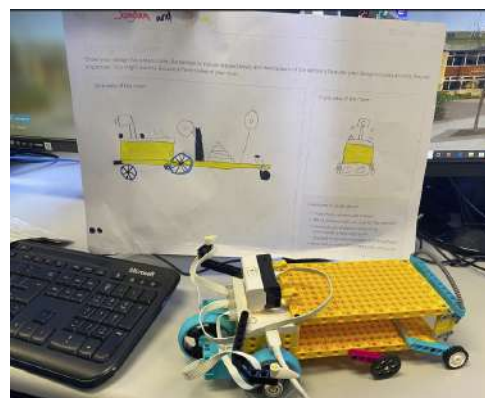
This term our new group of year 7 robotics coders were tasked to build and code a Mars Rover. A rover is a robotic vehicle designed to explore the surface of a planet or moon. In the last 50 years, six rovers have reached the surface of Mars. On Earth, there is life almost everywhere that you find water. This is why one of the goals in exploring Mars is to look for evidence of water. NASA scientists want to know if life ever existed on Mars.

*Mars rovers have to be designed with features that will enable them to:*

- navigate the terrain on Mars;
- collect rock and soil samples;
- analyse rock and soil samples;
- take photographs;
- send information back to Earth.

*Some of the questions the students thought about whilst designing their rover were;*

- How will it land safely?
- How will it be powered?
- What will it need to photograph?
- How will it get up steep hills or down steep cliffs?
- How will it drive over bumpy terrain?
- How will it avoid rocks and other obstacles?
- How will it take rock samples from the surface?
- How will it be protected from dust storms and other weather?



I am happy to announce that this term's winners designed fantastic rovers where they checked off the criteria for what capabilities the rover could carry out and they worked well as a team. Well done to **Christina Hajilambi** and **Julia Roszkowska** on their fantastic effort and work!



## **Y12 Royal Society Summer Science Exhibition excursion**

On Wednesday 6th July all the Y12 Chemistry students, along with Mrs Smith and Ms Lakhani, attended the Royal Society Summer Science Exhibition at Carlton Terrace. With 16 exhibits exploring the very latest advances in science, and access to hundreds of scientists, the Summer Science Exhibition offered a unique opportunity to explore the science shaping our future with the people making it happen. Here is what they enjoyed most: During the chemistry trip I found the third thumb stand fascinating. I really enjoyed learning how they are using technology to produce a functioning thumb that is able to grip and lift objects and this technological advance will really improve people's lives.

**Elisa Saturnino**

The stand I loved the most was the fusion reactor stand, mainly for the fact that I had to control the temperature of the reactor with a 2 button control mechanism, one to increase temperature, one to decrease temperature. The objective was to maintain a safe and steady temperature, by balancing out the two buttons whenever a change in temperature occurs. What I learnt from this is that a fusion reactor can change temperature INSTANTLY, from a low temperature, to an exponential increase in temperature which can match the sun's heat, therefore making it harder to maintain. I did attempt a go at this stand, and got a place on the leaderboard to win a thermal pencil (which is honestly cooler than it sounds). Thank you so much Ms Smith and Ms Lakhani for an amazing experience

**Mustafa Masum**

The stand that stood out the me the most was the plasma globe and the future of the fission, it was interesting learning about how no greenhouse gases would be let out in the atmosphere and how minimum waste products would be produced. And that it was far more eco friendly and less dangerous then the nuclear fission.

**Lara Pajneka**

I found the Royal society summer science exhibition very insightful and one of the more captivating stands that stood out for me showcased remote controlled healing. This was very interesting and the process starts off with microscopic magnetic nanoparticles that exhibit magnetic behaviour called superparamagnetism. First they are coated with binding proteins or antibodies and mixed with stem cells, once a magnetic field is applied the nanoparticles are able to be manipulated to repair sites of bone damage, cartilage repair, target osteoporosis or even grow new nerve cells after being injected into parts of the body that are of interest. This was extremely eye opening as I found out that there have been large leaps in regenerative medicine and it has sparked a sense of curiosity within me due to my passion for medical technologies thus I will be following updates around this field of study.

**Orhan Djemal**

The stand that I found the most interesting was "monitoring extreme space weather". In this stand it was explained to me that the sun releases particles (cosmic radiation) which affects the technology we use on earth. This can be dangerous as it can affect transport systems such as planes, trains etc. So in order to prevent technology from being affected neutron detectors were made, so if cosmic radiation was to come into contact with earth power grids and electricity can be turned off to reduce the probability of electrical surges. I was also given real life situations of this for example a town in Canada had come into contact with the cosmic radiation so the town's power grid had to be turned off resulting in no electricity for the residents. This entire topic was interesting to me as it was something I didn't know before.

**Thomas Alemayehu**

I enjoyed listening to the talk with the Pirbright institute. I found it interesting about how to stop diseases through genetic engineering. They do this by changing or silencing a gene. For example to prevent malaria, they will target a gene that allows the mosquito to have functional wings causing it to not be able to fly. The offspring produced by the mosquito will also not be able to fly, preventing malaria from spreading. In the future I would like to study bioinformatics where code is used at a genetic level so to me it's interesting to learn how this all works.

**Adam Antoniou**





### Medic Mentor - ALS case study by Nagham Hassan

I am part of the Medic Mentor awards programme, in this programme there are three awards Bronze, Silver and Gold, for each of these awards there are criterias that you must fill out in order to get that level of award. The list is not exhaustive and there are many acceptable activities that can be approved. For example to get a gold award in the presentation skills section you need to have presented three presentations. I have found this awards programme to massively help me with filling out the non academic requirements medical schools are looking for. It's made me accomplish a lot of these non academic achievements in an organised aspect that can massively aid me in my personal statement and interviews!

For presentation skills I have decided to do a presentation about a rare disease called ALS. This presentation will act as an introduction to my future research project that I will base on ALS which will help me gain another award on this programme. I have chosen ALS as a very close family member of mine was unfortunately diagnosed with it in 2018, seeing it progress across these couple of years I have really wanted to understand why this disease is causing such complicated things and why it is so rare? Most importantly I wanted to be able to understand my family member and educate myself on what they are going through.



**Happy STEMing and have a fantastic Summer break!**

**Dr Len**

## Food technology

Below are some of the pizzas made by year 7 and cheesecakes made by year 8.



## Highlands School fantasy football league 2022/23

If you would like to take part in the Highlands school fantasy football league for the upcoming 2022/23 premier league season then please read the information below and follow the step by step guide.

1. Visit <https://fantasy.premierleague.com/> and set up an account to create your team.
2. Team name = your surname followed by your year group, then tutor group. For example, Mr Avann 10RGA
3. Join the highlands league by clicking on 'leagues and cups' - 'join league' - enter code: 5y88in

Any student whose team name is not their surname, year group then tutor group will be removed from the league. All the points that your team gains throughout the season will be added to your school houses total as part of our inter house competition.

## Music department

Congratulations to Matilda Gant for showcasing her amazing skills at EMS Piano Competition 2022. Matilda won the Secondary Grade 6 and above. There were some very strong entries in this category so she should be very proud of herself. Matilda has won the school £100 for the music department, which we look forward to using to enrich student life and extend musical groups in September. Watch this space for some amazing new groups to join.

## 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

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 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](mailto: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](#)

## Urgent and other support available



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](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

**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