



# Highlands School Newsletter

21 October 2022



Today was the final day of our first half term this year. We finished the term with two days of whole school trips and visits: our DARE Days. We believe that our trips and visits should be an entitlement at Highlands, not a privilege and for that reason we run them for all students during the school day and offer financial support to families who request it so all students can attend. Over these two days our students have been on trips to outdoor adventure and activity centres, World War One trench experiences, to London, to St Albans and have completed activities on the school site. I want to thank staff, students and families for making these events such a success and particularly thank Ms Jaynes who has overseen the arrangement of the trips and visits programme.

This week we held a celebration event for Willow house following their success in the first half term's inter house competition. Below you can see the results from this (shorter) week's competition. Congratulations to all the students who have done so well this half term and made such a positive start to our relaunched house competition.

In less positive news I received communications from the Boxer's Lake conservation society this week about the conduct of some of our parents who drive past the lake to collect their children from school. They informed us that vehicles speed past the lake and that on one occasion last week ducklings were killed by a speeding vehicle. I ask that all members of our school community drive with caution and care when coming to and from school.



Finally, a reminder of key dates for your diaries:

- Start of the next half term: Monday 7th November
- Sixth form open evening: Wednesday 16th November
- End of term: Friday 16th December (short day)

Have a great weekend and a restful half term break,

**Mr McInerney**

## Willow House - half term house champions

Willow house enjoyed a fun treat celebrating their well deserved victory this week as half term house champions which included fun music, drinks, doughnuts and pizza. Well done to all the Willow students who earned achievement points for their team.





## House competition weekly results

This week's overall house leader:

	Positive points	Negative Points	Points
<b>Beech</b>	5074	-279	4795
<b>Oak</b>	4542	-329	4213
<b>Rowan</b>	4375	-250	4125
<b>Willow</b>	4075	-288	3787

Top students in year 7:

Forename	Surname	Form	House	Points
Aiden	Adeoye	7WMP	W	136
Annika	Trivedi	7WSS	W	129
Danish	Farooq	7WMP	W	123
Azat	Secgin	7WSS	W	123
Sindi	Shaban	7WSS	W	122
Nnaemeka	Onukaogu	7WSS	W	120
George	Efstratiou	7WSS	W	119
Manav	Tailor	7BAM	B	118
Marianna	Pallikaros	7WMP	W	117
Mollie	Abrahams	7WSS	W	117

Top students in year 8:

Forename	Surname	Form	House	Points
Arabella	Mumba	8ODC	O	209
Radhika	Parmar	8ODC	O	185
Nathan	Mortimer	8ODC	O	180
Luke	Shearman	8ODC	O	179
Diana	Tangestani	8ODC	O	177
Amanda	Kabagaya	8WAJ	W	177
Melisa	Spahia	8BYC	B	175
Liya	Ali	8BTB	B	173
Gabrielle	Russell	8BYC	B	173
Ruby	Magrun	8BYC	B	173



### Top students in year 9:

Forename	Surname	Form	House	Points
Daniel	Malaj	9BJC	B	228
Kamilah	Abib	9RRS	R	220
Skye	Creary	9WDD	W	219
Tailizandra	Blana	9RRS	R	211
Nataniel	De Almeida	9WDD	W	205
Alfie	Horn	9WDD	W	204
Mariah	Brooks	9RNC	R	198
Georgia	Georgiou	9WDD	W	197
Luke	Smith	9WDD	W	195
Raphael	Ponnou	9WDD	W	194

### Top students in year 10:

Forename	Surname	Form	House	Points
Katie	Bucknor	10RTS	R	180
Elaine	Ho	10WKM	W	162
Benjamin	Gormley	10BJT	B	158
Yagmur	Olcay	10OEF	O	154
Chijindu	Onukaogu	10RTS	R	150
Athanasios	Aristidou	10WKM	W	148
Mia	Rosen	10OMK	O	146
Lexie	Benbow	10RTS	R	145
Ella	Kufeji	10WKM	W	145
Arda	Aslan	10OMK	O	143

### Top students in year 11:

Forename	Surname	Form	House	Points
Raphael	Richter	11BSP	B	203
Beirhan	Guyen	11WLM	W	189
Harrison	Douglas	11BSP	B	188
Alessandro	Georgiou	11WTA	W	183
Eneida	Luganskyte	11OPR	O	173
Ahura	Sedaghat	11BSP	B	172
Andy	Dishnica	11WLM	W	169
Joshua	Mensah	11WLM	W	168
Elle	Mills	11RGA	R	160
Evin	Uludag	11BSP	B	156
Charlotte	Price	11WTA	W	156



### Top students in year 12:

Forename	Surname	Form	House	Points
Emily	Muncaster	12OKA	O	46
Deniz	Yamansef	12WBS	W	46
Alexia	Kyriakou	12WBS	W	46
Freddie	Trathen	12RSL	R	43
Rachel	Lok	12BLR	B	42
Iona	Garrard	12RSL	R	42
Aristotelis	Balla	12BLR	B	37
Alex	Stelmach	12RDS	R	37
Maria	Shikunta	12BAG	B	35
Rayaan	Kaderia	12BAG	B	35

### Top students in year 13:

Name	Forename	Form	House	Points
Marco	Chrysostomou	13OAL	O	39
Briana	Shann	13BTD	B	37
Leo	John	13OAL	O	37
Tai	Ashley Fraser	13BTD	B	36
Robert	Timis	13OAL	O	36
Alara	Yarkan	13BTD	B	35
Serena	Pia	13OAL	O	34
Ilayda	Duzgun	13OAL	O	34
Ella	Joseph	13BTD	B	33
Ayse	Altinay	13OES	O	33
Mary	Koumouris	13RJB	R	33
Elvana	Gashi	13RJB	R	33



## House training

On Wednesday we held our first student leadership training day with our new cohort of house captains. Our house captains began the day with a voice projection training and confidence building session led by Miss Cazeau. This gave them a great opportunity to work together in teams, boost their self confidence and develop their communication skills.

Next, the house captains engaged in safeguarding training led by Mr Larter. As visible role models in the school, knowing how to support other students who may need their help is an important part of their role

Finally our house captains had the opportunity to meet our senior leaders and work with them on our whole school development priorities. Discussions included improving the reward system with Mr McInerney; the importance of the protected characteristics with Ms Philips; running charitable and environmental initiatives with Ms Len and Ms Czupich; themed inter house sports fixtures with Ms Hutchinson; raising the profile of the performing arts with Ms Miller and Ms Cazeau; and the delivery of our wellbeing Optimus award with Mr Larter.

We highly value our students' thoughts and ideas about how we can make our school better and look forward to continuing to work with this fantastic group of house captains as the year continues.





## Sixth form open evening

Our Sixth Form open evening will be taking place on 16 November 2022, 5.30pm - 8.30pm. Our sixth form is amongst the highest performing in London by attainment and progress with students moving on to outstanding universities and post 18 courses.

Year 11 students and their families are invited to attend. We will ask those attending to register to attend via a registration form found [here](#) on our website.

Please note that there will be three different sessions taking place at 5.30pm, 6.30pm and 7.30pm. If you would like to attend, you will need to register for one of the following sessions. Each session will include a 20 minute presentation by the headteacher, director of sixth form and head students, followed by a student-led tour of the school.

We are all looking forward to welcoming you to our school.

## Oxbridge interview Session

**When:** Friday 4<sup>th</sup> November 4-5.30pm

**What:** An informative session aimed at teachers, staff and applicants. Topics covered will include what to expect, how to prepare and what we are looking for. This will be followed by an opportunity to ask current university students questions about their interview experience.

A link to the event with joining instructions and information will be shared with students.

## Year 10 football

Well done to the year 10 football team who remain unbeaten in their league. They won their first game against Enfield Grammar 2-0 with both goals scored by Charlie. The team then went on to beat Aylward Academy 6-0, with Orlando taking home the match ball after scoring 4 goals, closely followed by Alejandro who scored 2 goals.

Our defence has been superb, keeping two clean sheets which is credit to their stellar defending, team cohesion as well as excellent goal keeping skills from Christopher.

We are excited for the upcoming fixtures after the half term.

**Mr Joseph**



## Shine Night Walk for Cancer Research

Highlands student Aqeel completed a 10km Shine Night Walk through Central London to help raise money for Cancer Research. Aqeel has raised a staggering £810 for this great cause. He walked an amazing 6.2 miles non stop and completed it in just under 2.5 hours. Well done to Aqeel, Highlands and your family are all so proud of you.



### Aqeel's Giving Page



Total raised  
**£810.00**  
+ £192.50 Gift Aid



162% of the £500.00 target







## Highlands Parents & Friends Association (HPFA)

The **Highlands Parents & Friends Association (HPFA)** are delighted to be hosting their first *Music Bingo* night this academic year! It will be a fun and exciting take on the classic game of bingo, with popular songs replacing the numbers on a bingo card. We are hoping for a FULL HOUSE....

To advertise this event, a financial agreement has been secured with Havilands. They have agreed to advertise the event in exchange for volunteers to accommodate an estate agent board outside their home. They will be giving the school £10 for each board. We are hoping to raise £500. Please help us by filling out this form: [Click here to volunteer](#)

**ARE YOU A BINGO FAN?**

**DO YOU LIKE MUSIC?**

**JOIN US FOR A FUN NIGHT OF MUSICAL BINGO ON 18TH NOVEMBER '22 7-9PM**

**TICKETS £5 AVAILABLE ON PARENT PAY! ALL ARE WELCOME!**

**REFRESHMENTS AVAILABLE TO PURCHASE ON THE NIGHT. YOU ARE WELCOME TO BRING YOUR OWN SNACKS!**

**CAN YOU ADVERTISE THIS EVENT WITH AN ESTATE AGENT BOARD? PLEASE LET THE HPFA KNOW BY EMAILING HPFA@HPFAEVENTTICKETS@GMAIL.COM ASAP**

**THE HPFA WILL RECEIVE £10 PER BOARD. BINGO!!!**

**Support the HPFA, support your school!**

The poster features a green and pink color scheme with musical notes and acorn icons.



## FREE: Year 10 and 11 Computing Taster Day for Girls - Weds 26 Oct

Dare to flourish

- Join staff and students from the Department of Computing to learn more about studying computer science at Imperial College London.
- Watch presentations by our world-leading female researchers, try your hand at programming in our computer labs, get to meet other girls studying computer science, and find out more about the range of careers you can pursue as a computer scientist.
- This free workshop is for school-aged pupils in Year 10 and 11 who identify as female or non-binary.
- No prior experience (or interest) in computing is required.
- **You do not need to currently be studying computer science to apply.**
- **For more information and to sign up, visit your Year group Google Classroom or speak to Mr Davies.**



Imperial College London

Determination Aspiration Respect Equality

## Pinnacle toy appeal

Pinnacle Group are the facilities management company in charge of maintaining our beautiful site and building. They are keen for as many as possible to be involved in this toy fundraising appeal

Please donate by bringing in toys and books after half term, if you are able to, and they will be donated to very worthwhile causes.

**Pinnacle Group**

# Toy Appeal

**Pinnacle Group and Highlands School are joining together this year to make a difference.**

We are running a Toy Appeal to donate to four charities to make Christmas extra special for many families this year.

If you can donate any toys, old and new, including books, please can you drop this in the Toy Box located in the Reception at Highlands.

Pinnacle will then deliver all donations to the four charities:

- **The Toy Project** specialises in recycling unwanted Toys and give them to children who need them.
- **The Salvation Army** support hundreds of families through the Annual Christmas Present Appeal
- **British Red Cross:** London charity shops would be delighted to accept offers of Toys. All monies raised supports their work in the UK and abroad.
- **Growbaby:** Supports families across Enfield, by providing good quality new and second-hand clothes and equipment/toys for children ages 0 - 5 years.



## Student medical needs

If your child needs to take regular medication in school, please fill out the following [Medicines Consent Form](#) to give the school consent to administer medication to your child. All medications that are kept 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 inform the school. You can also contact one of these numbers to seek support from a specialist. 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.

### 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

Urgent and other support available

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

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

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

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

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



## Safeguarding contacts

If you are concerned about your child's wellbeing or the wellbeing of any other student at Highlands School, please contact the school on 020 8370 1100 or email the DSL at [staysafe@highlearn.uk](mailto:staysafe@highlearn.uk). This email address can also be used for students, parents and carers to share any safeguarding concerns or to request support.

If you are concerned that a child has been harmed or is at risk of being harmed and school cannot be contacted, please contact Enfield Children's Multi-Agency Safeguarding Hub (MASH) on 020 8379 5555, and all the police on 999 straight away.

## Helpful numbers and websites

**Childline:** 0800 1111

**NSPCC helpline:** 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 anxious or unable to cope
- if someone has hurt you physically, emotionally or mentally
- if you feel upset or worried about anything at all (even if you think it is not important)
- 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

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