



Highlands School Newsletter

30 September 2022

Dear Parents and Carers,

This week at Highlands we held special assemblies led by staff and students from our deaf base. At Highlands we are proud to be an inclusive school that welcomes all students and celebrates diversity. We have a deaf base at the school and students come from Enfield and beyond, to study with us as part of the deaf provision. In the assemblies this week our students learned about what it is like to be a deaf student in a mainstream school and about how we can best support deaf students. We have published a special newsletter this week all about of deaf provision, please read it.

Congratulations to Willow who, for the second week running, won the inter house competition. The sports competitions start next week with the year 9 girls and year 11 boys football semi finals taking place on Thursday lunchtime on the astroturf. The winners of the semi finals will play in the final the week after. Over the next few weeks all year groups will have their football tournaments.

In terms of dates for your diaries, please remember that because of open evening, school will end at 12:40pm on Monday 17th October and start at 9:55am on Tuesday 18th October.

DARE days are on Thursday 20th and Friday 21st October.

Have a great weekend,

Mr McInerney



House competition weekly results

This week's overall house leader:

	Positive points	Negative Points	Points overall
Willow	7287	-407	6880
Beech	6214	-324	5890
Rowan	5384	-238	5146
Oak	4490	-337	4153

Top students in year 7:

Forename	Surname	Form	House	Points
Annika	Trivedi	7WSS	W	77
George	Efstratiou	7WSS	W	75
Jahansingh	Jacques	7WSS	W	75
Anaiya	Dhaliwal	7WSS	W	71
Sena	Oguz	7WSS	W	71
Lucian	Hayden	7WSS	W	71
Azat	Secgin	7WSS	W	70
Harry	Stylianou	7WSS	W	70
Danish	Farooq	7WMP	W	69
Mollie	Abrahams	7WSS	W	69



Top students in year 8:

Forename	Surname	Form	House	Points
Amanda	Kabagaya	8WAJ	W	116
Diana	Tangestani	8ODC	O	108
Christina	Hajilambi	8WAJ	W	106
Elis	Cristovao	8WAJ	W	104
Havin	Uludag	8WAJ	W	97
Eve	Mason	8WAJ	W	97
Emiliano	Vizitiu	8BYC	B	96
Arabella	Mumba	8ODC	O	96
Florjan	Hafuzi	8WAJ	W	96
Elize	Savva-Faruk	8WAJ	W	95
Harry	Stylianou	8WAJ	W	95
Francesca	Georgiou	8WAJ	W	95

Top students in year 9:

Forename	Surname	Form	House	Points
Skye	Creary	9WDD	W	115
Angel Leah	Appiah-Gyebi	9RRS	R	112
Rozerin	Bozdag	9WDD	W	108
Kai	Seon	9WDD	W	108
Daniel	Malaj	9BJC	B	105
Elaina	Fitzgerald	9WDD	W	105
Tyrae	Best-Daley	9BJC	B	103
Laetitia	Leonidou	9OAB	O	103
Mariah	Brooks	9RNC	R	103
Kamilah	Abib	9RRS	R	102
Georgia	Georgiou	9WDD	W	102



Top students in year 10:

Forename	Surname	Form	House	Points
Katie	Bucknor	10RTS	R	95
Chijindu	Onukaogu	10RTS	R	91
Elaine	Ho	10WKM	W	83
Dea	Kambo	10WMT	W	79
Mia	Rosen	10OMK	O	78
Lexie	Benbow	10RTS	R	78
Rio	Martin-Perez	10RTS	R	78
Elisa	Cattarossi	10RTS	R	77
Beckham	Tahsen	10RTS	R	77
Michael	Constantinou	10RTS	R	77
Athanasios	Aristidou	10WKM	W	77
Connie	Wakeford	10WMT	W	77

Top students in year 11:

Forename	Surname	Form	House	Points
Quincy	Abnett Boothe	11WTA	W	104
Harrison	Douglas	11BSP	B	101
Beirhan	Guven	11WLM	W	94
Alessandro	Georgiou	11WTA	W	93
Raphael	Richter	11BSP	B	92
Andy	Dishnica	11WLM	W	86
Ahura	Sedaghat	11BSP	B	84
Elle	Mills	11RGA	R	84
Joshua	Mensah	11WLM	W	82
Zack	Williams	11BPL	B	78
Hermione	Kyprianides	11BSP	B	78



Top students in year 12:

Forename	Surname	Form	House	Points
Joseph	Bolger	12RSL	R	26
Berke	Ildes	12OKA	O	22
Shaynie	Griffin	12RSL	R	22
Deniz	Yamansef	12WBS	W	22
Abigail	Parris	12BAG	B	21
Amy	Noor	12BLR	B	21
Ergys	Baloshi	12RSL	R	21
Freddie	Trathen	12RSL	R	21
Alexia	Kyriakou	12WBS	W	21
Aristotelis	Balla	12BLR	B	20
Alessandro	Solari	12OKA	O	20
Eren	Deniz	12RSL	R	20

Top students in year 13:

Name	Forename	Form	House	Points
Mihaela	Grosu	13BTD	B	22
Robert	Timis	13OAL	O	22
Hannan	Cali	13BTD	B	21
Alara	Yarkan	13BTD	B	21
Musaddiqur	Ali	13OAL	O	20
Ilayda	Duzgun	13OAL	O	20
Paolo	Saturnino	13WMA	W	20
Oliver	Cook	13WMA	W	20
Cem	Irmak	13BTD	B	19
Ayse	Altinay	13OES	O	19
Clara	Eboue	13RJB	R	19
Mary	Koumouris	13RJB	R	19
Elvana	Gashi	13RJB	R	19



Mathis signs for Watford FC!

Highlands student Mathis Eboue in year 9 has just signed a professional contract with Watford FC. The school and his family are extremely proud of him and his achievement! A huge congratulations to Mathis, we are all rooting for your success!



Year 9 football results

Highlands 0-3 Enfield Grammar

On Monday 26th September, the Highlands year 9 football team played their first game of the season against a strong Enfield Grammar eleven. Despite playing well and showing a resilient attitude throughout, it was Enfield Grammar who turned out to be more clinical in front of goal, scoring twice in the first half and adding a late penalty in the second. Congratulations to Enfield Grammar who advance through to the next round of the cup. As for Highlands, league games will start soon, giving the squad something to look forward to as they aim to replicate their form of last season.

Player of the Match: Jordan A

Mr Avann



Year 9 and 10 netball

In the last few weeks the year 9 and year 10 netball teams started their seasons in the Enfield Leagues. The year 9s started with a loss to St John's but then bounced back to beat Latymer 6 - 3 the following week. Then unfortunately lost a tight game against Palmers Green High School.

The year 10 team have had a solid start to the season with wins against St Johns, Latymer and Palmers Green High School. Well done to all students who have participated so far.

Next week, both teams have matches against Edmonton County and Winchmore.

Mrs Walters

Dance World Cup champion



A massive well done to Darcey Burt in year 10 who won the Dance World Cup competition in San Sebastian and is now a world champion! Darcey also competed in the All England Dance competition that runs over a two-year cycle where she progressed through to the semi-final and then took nine dances to the finals in July.



Listed below are Darcey's achievements for the All England Dance competition:



She came back as a true world champion from San Sebastian and we are very proud of her accomplishments.

PE department

Early closure and late start for open evening

Monday 17th / Tuesday 18th October 2022

On Monday 17th October, we have to close school early in order that staff and students can ready the building for open evening. The next morning the building needs to be prepared for lessons to recommence before it reopens.

For these reasons please note the following arrangements:

On **Monday 17th October** all year groups will finish school at **12:40pm**. There will be no lunch on site for students that day (but those on free school meals can collect a packed lunch from the canteen).

On **Tuesday 18th October** all year groups should arrive at school by **9:55am**. The gates will be open from 9:40am. Students arriving after 9:55am will be late. The timetable that day will start with period 2.

Students who are being asked to assist on the evening, will be sent a separate communication by Mr Larter, with full details.



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 white text and icons of musical notes and acorns.



Funded online parent workshops



Funded Online Parent Workshops

The workshops are run by an FBS staff member and supported by experienced co-facilitators. The workshops are once a week for 4 weeks via Zoom.

What you can expect:

- Real life conversations about the highs and lows of parenting.
- Opportunity to learn and implement the solution focused techniques when dealing with conflict or challenging behaviours.
- Meet parents facing similar challenges and a chance to create new support networks.
- A non-judgmental environment with useful and informal conversations that will benefit you and your family.

AM/PM workshops available

For more details contact Dev
admin@familybasedsolutions.org.uk

- For all other workshops and training please visit: [Family Based Solutions Events | Eventbrite](#)

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.

School photographs

The deadline for free delivery of school photographs to the school is Sunday 2nd October. After this date there will be a postage charge as photos will be posted home by the school photographer.



Careers

Investin are running live online seminars featuring career experts, designed to help parents amplify their children's career potential. These events are for parents of students aged 12-18 and are free to attend. Register using the following links:

- [12th October: Making it in Medicine](#) - Expert advice on how to get into medical school
- [16th November: Future-Proofing Students](#) - Preparing students for the jobs of the future
- [30th November: Finding a Future in Finance](#) - Gaining the skills for a career in Finance
- [7th December: Succeeding in Psychology](#) - The core skills for a career in Psychology



Young people across the country are spending Saturday mornings at their local university, college or museum discovering subjects they love. Saturday Clubs are open to 13–16 year olds of all abilities and are free to attend. Courses are available in the following sectors:

- Art & Design
- Fashion & Business
- Film & Media
- Science & Engineering
- Society & Change
- Writing & Talking

Joining the National Saturday Club is a unique opportunity to learn new skills, discover talents, meet new people, and find out more about further education, higher education and rewarding careers.

[Find your local Club](#) – [Apply here to join](#)

NHS Healthcare Careers virtual work experience

The NHS Allied Work Experience Programme is in full swing and available for students in years 10 - 13 to participate. The next work experience day is on Sunday 2nd October and will cover the following healthcare careers:

- Nursing
- Midwifery
- Paramedicine
- Physiotherapy
- Occupational Therapy
- Dietetics
- Radiography
- Prosthetics and Orthotics
- Speech and Language Therapy
- Pharmacy



The virtual work experience day will take place through an online portal and run LIVE from 10am - 5pm, following two patients from their initial accidents through to recovery. Students will see them interact with a variety of healthcare professionals listed above so that they develop an understanding of the multidisciplinary team as well as insights into their own chosen careers.

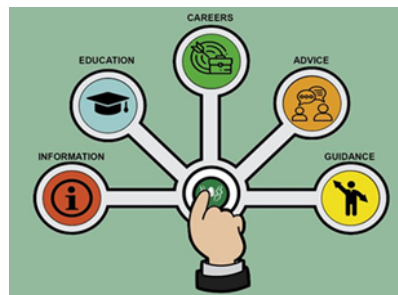
Students will also have the opportunity to interact with healthcare professionals via a LIVE chat function and polls throughout the day!

The cost to attend is £10 per session, which is just an administrative cost to cover the set-up of individual portals, personalised certificates, safeguarding and the technology on the day.

All students will be awarded with a Work Experience Certificate for participating in the day.

Register: [HERE](#)

For further information related to Careers, students can access the [Highlands Careers \(CEIAG\)](#), including information for parents and carers.



Library volunteer

YEAR 7 8 AND 9 STUDENTS

HIGHLANDS LIBRARY VOLUNTEERS

Do your part in keeping our library organised and clean!

THE LIBRARY IS LOOKING FOR A DAILY ASSISTANT TO HELP OUT WITH LIGHT DUTIES DO YOU THINK YOU CAN HELP?

PICK UP AN APPLICATION FORM FROM THE LIBRARY FOR MORE DETAILS.

DEADLINE: 23RD OCTOBER



Highlands book of the month

KS3: *The Hate You Give* by Angie Thomas

Sixteen-year-old Starr Carter moves between two worlds: the poor neighbourhood where she lives and the fancy suburban prep school she attends. The uneasy balance between these worlds is shattered when Starr witnesses the fatal shooting of her childhood best friend Khalil at the hands of a police officer. Khalil was unarmed.

Soon afterward, his death is a national headline. Some are calling him a thug, maybe even a drug dealer and a gangbanger. Protesters are taking to the streets in Khalil's name. Some cops and the local drug lord try to intimidate Starr and her family. What everyone wants to know is: what really went down that night? And the only person alive who can answer that is Starr.

But what Starr does or does not say could upend her community. It could also endanger her life.

HIGHLANDS

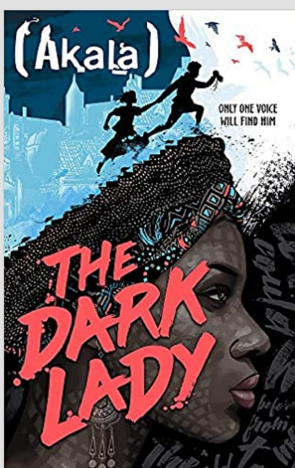
BOOK OF THE MONTH



Recommended read for KS3 from the library and English department

HIGHLANDS

BOOK OF THE MONTH



Recommended read for KS4 from the library and English department

KS4: *The Dark Lady* by Akala

A natural storyteller with a vision of his own, *The Dark Lady*, Akala's debut novel for teens will enthuse and entertain teenagers and young adults, showing that reading is a true superpower.

A pickpocket with an exceptional gift. A prisoner of extraordinary value. An orphan haunted by dreams of the mysterious dark lady.

Henry is an orphan, an outsider, a thief. He is also a fifteen-year-old invested with magical powers.

This brilliant, at times brutal, first novel from the amazing imagination that is Akala, will glue you to your seat as you are hurled into a time when London stank and boys like Henry were forced to find their own route through the tangled streets and out the other side.



Sixth form open evening

Highlands Sixth Form open evening will be taking place on 16 November 2022. More information on the event will follow soon.

Aspiring Professionals Programme (APP) for sixth form students

The APP supports high achieving year 12 or students from low income backgrounds across the UK to access top universities and careers. The APP offers support through the following four pillars:

1. Mentoring by a professional
2. Tailored skills sessions and career workshops
3. University application support and guidance
4. Internships with top employers

How students receive the four pillars of support is dependent on where they live. Please see below for further details of the programmes that are on offer.

Hybrid support

The 2023 programmes will be delivered through a blend of in person and virtual activity, depending on activity, student location and government guidance.

Students must apply by 12 noon, Friday 16 December 2022, by completing the following application form: [Social Mobility Foundation application form](#). Please see the application criteria for more information: [Criteria for application](#)

Ms Husseyin

Meet the Russell Group webinars

Webinars will be taking place on 4th, 5th and 6th October.



Each webinar will run either during an afternoon (12:00 - 13:30) or evening session (18:00 - 19:30) and will cover topics such as Applying to a Russell Group University, Researching University Options, Preparing for a Russell Group University, and Personal Statements. This is an incredible opportunity for students considering applying for Cambridge, Oxford, LSE, Bristol or any of the 24 Russell Group Universities.

Students, teachers and parents can sign up for each webinar via the following [registration link](#).



Next week's PSHE topics

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

PSHE lessons w/b 3rd October 2022

Year 7	Growth mindset
Year 8	Energy drinks and caffeine
Year 9	RSE: What is a healthy relationship?
Year 10	Tackling stigma
Year 11	Choices now, choices later
Year 12	The laws around young people and employment
Year 13	Pensions

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



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

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

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

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

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. 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 - 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

Follow Highlands School on:

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 Instagram [@highlandssch](https://www.instagram.com/highlandssch)

 YouTube [Highlands School Enfield](https://www.youtube.com/Highlands_School_Enfield)