



Highlands School Newsletter

23 September 2022

Dear Parents and Carers,

This week was a really positive one at Highlands, filled with student successes and rewards. We awarded vouchers to students in years 8, 9, 10, 11 and the sixth form in recognition of the DARE application scores they achieved at the end of the summer term in July (you can read more below). I also met with students who had been awarded certificates and medals from London Academy of Music and Dramatic Arts (LAMDA). This morning I recorded a video for students to watch in tutor time which updated them on the inter house competition and, as part of that, I shared the names of the students in each year group with the most house points (also below). Sometimes, as a headteacher, I end up spending lots of time with students who are not behaving well. This week it was a pleasure to celebrate so many students who had done so well.

As part of our relaunch of the house system we have invited students in years 10, 11 and 12 to apply for leadership roles in each house. They are listed below. This weekend is the deadline for applications, please take the time to encourage your child to apply if you think they would be suitable for the roles. The job descriptions and the link to the application form can be found in each student's house Google Classroom on the Google Drive (Beech, Oak, Rowan, Willow).

Have a great weekend,

Mr McInerney

House leadership opportunities for students in year 10, 11 and 12

Deadline **Monday 26th September**, apply via the Google Classroom.

Within each house, we will appoint:

- House captain and vice captain
- Diversity and inclusion captain and vice captain
- Environment captain and vice captain
- Social action captain and vice captain
- Sport captain and vice captain
- Performance captain and vice captain
- Wellbeing captain and vice captain



House competition weekly results

This week's overall house leader:

	Positive points	Negative Points	Points overall
Willow	5351	-300	5051
Beech	4469	-225	4244
Rowan	4260	-184	4076
Oak	4191	-220	3971

Top students in year 7:

Forename	Surname	Form	House	Points
Andriana	Yiallourous	7BAM	Beech	49
Manav	Tailor	7BAM	Beech	47
Beatrice	Findlay	7BAM	Beech	47
Berol	Boyraz	7OAC	Oak	47
Adem	Ucar-Batili	7BAM	Beech	46
Olivia	Anastasiades	7BAM	Beech	45
Danish	Farooq	7WMP	Willow	45
Sunny	Morgan Jones	7WMP	Willow	45
Anaiya	Dhaliwal	7WSS	Willow	45
Stephanie	Berko	7BAM	Beech	44

Top students in year 8:

Forename	Surname	Form	House	Points
Perri	Djemal	8ODC	Oak	82
Diana	Tangestani	8ODC	Oak	78
Christina	Hajilambi	8WAJ	Willow	76
Duru	Ozkaya	8ODC	Oak	75
Amanda	Kabagaya	8WAJ	Willow	74
Elize	Savva-Faruk	8WAJ	Willow	73
Tara	Shaikh	8ODC	Oak	72



Arabella	Mumba	8ODC	Oak	70
Francesca	Georgiou	8WAJ	Willow	69
Florjan	Hafuzi	8WAJ	Willow	69

Top students in year 9:

Forename	Surname	Form	House	Points
Laetitia	Leonidou	9OAB	Oak	90
Angel Leah	Appiah-Gyebi	9RRS	Rowan	86
Daniel	Malaj	9BJC	Beech	73
Kamilah	Abib	9RRS	Rowan	72
Nellie	Eaves Baker	9OAB	Oak	70
Skye	Creary	9WDD	Willow	70
Rozerin	Bozdog	9WDD	Willow	69
Jessica	Kerly	9RNC	Rowan	67
Tailizandra	Blana	9RRS	Rowan	67
Jake	Hawkes-Petrou	9RRS	Rowan	67
Elaina	Fitzgerald	9WDD	Willow	67

Top students in year 10:

Forename	Surname	Form	House	Points
Chijindu	Onukaogu	10RTS	Rowan	60
Lexie	Benbow	10RTS	Rowan	59
Elisa	Cattarossi	10RTS	Rowan	59
Sami	Osmanli	10BRD	Beech	55
Katie	Bucknor	10RTS	Rowan	55
Mia	Rosen	10OMK	Oak	53
Ioanna	Dimolea	10RTS	Rowan	53
Rio	Martin-Perez	10RTS	Rowan	51
Michael	Constantinou	10RTS	Rowan	51
Tamer	Tarik	10WKM	Willow	51



Top students in year 11:

Forename	Surname	Form	House	Points
Quincy	Boothe	11WTA	Willow	64
Elle	Mills	11RGA	Rowan	63
Beirhan	Guyen	11WLM	Willow	60
Harrison	Douglas	11BSP	Beech	58
Max	Dundridge	11OWM	Oak	57
Tehya	Greenaway-Clarke	11BPL	Beech	56
Raphael	Richter	11BSP	Beech	56
Alessandro	Georgiou	11WTA	Willow	56
Melisa	Ince	11WTA	Willow	52
Zack	Williams	11BPL	Beech	51
Daisy	Hodges	11OWM	Oak	51
Andy	Dishnica	11WLM	Willow	51
Jodie	Meyer	11WTA	Willow	51

Top students in year 12:

Forename	Surname	Form	House	Points
Ergys	Baloshi	12RSL	Rowan	14
Freddie	Trathen	12RSL	Rowan	14
Iona	Garrard	12RSL	Rowan	13
Eren	Deniz	12RSL	Rowan	12
Shaynie	Griffin	12RSL	Rowan	12
Katerina	Stavrou	12RDS	Rowan	11
Alexia	Kyriakou	12WBS	Willow	11



Top students in year 13:

Name	Forename	Form	House	Points
Musaddiqur	Ali	13OAL	Oak	15
Robert	Timis	13OAL	Oak	15
Ilayda	Duzgun	13OAL	Oak	15
Clara	Eboue	13RJB	Rowan	15
Paolo	Saturnino	13WMA	Willow	15
Oliver	Cook	13WMA	Willow	15

London Academy of Music and Dramatic Arts (LAMDA)



Pictured above are some of the 21 Highlands students who took their LAMDA Solo Acting exam in June this year. Students attended weekly lessons after school as part of the extended Drama curriculum and were required to learn and perform up to three monologues from plays. The performances were assessed by an examiner from LAMDA (the London Academy of Music and Dramatic Arts). We are proud to say that almost all students passed with Distinction with the remaining students achieving a very high Merit. A number of students excelled by gaining 90+ marks out of a possible 100, including Aisling who was awarded 97 marks.

Mr McGinley



DARE application ranking: top students

Every time we update school reports on the 'My Child At School' app, each subject teacher gives each student a score of either 'outstanding', 'good', 'inconsistent' or 'cause for concern' for the DARE application to learning. The criteria for the award of these scores is on the back of all of our exercise books. Once these scores have been awarded we average them out and rank all of the students in each year group, with the students with the best scores at the top. We give the top student in each year group a £50 voucher, second prize a £30 voucher and all third place students receive a £10 voucher. The top 17 sixth form students also receive a £30 voucher.

This week, Mr McInerney gave out the awards from the reports we sent home at the end of the summer term in July.

Why do we do this?

Our DARE application scores reflect the effort and commitment that students put in every lesson over the course of half a school year. The students who achieve these awards, do so because all of their teachers believe that they turn up every day, with equipment, work hard and are always kind to other students. We want to reward these students and say thank you for their efforts. The headteacher has written to the top 100 students in each year group to say well done.



Year 8 top achievers

Estelle Shopova, Arabella Mumba, Zara Petkova, Beatrice Afhim, Alyssa Ketwaroo, Madiha Yahya, Daniel Horea, Lucy Kyriacou, Christina Hajilambi

Year 9 top achievers

Eva Chrysostomou, Nicole Zeka, Vedat Djemal, Danny Kruja, Polina Zaiat, Matilda Gant, Isla Kirkland, Jordan Abagre, Liam O'Connor, Evelina Litviniuc

Year 10 top achievers

Sacha Baker, Shay Patel, Benjamin Gormley, Megha Pithia, Wunfai Alex Lo, Yagmur Olcay, Lydia Wright, Du Xiaoxia Hardyman-Rice, Caitlin Morgan, Luke Tyrimos



Year 11 top achievers

Sophie Michael, Mimi Chibah, Peyton Morton, Eleanor McHale, Selin Turkkorur, Maksymilian Lewandowski, Holly Miller, Isabelle O'Sullivan

Year 13 top achievers

David Avis, Ciara Elms, Constantinos Achillea, Nicholas Andreou, Nicola Dipalmo, Serena Pia, Ayse Altinay, Isabella O'Donovan, Ethan Rees, Clara Eboue, Elvana Gashi, Ali Hassan, Mary Koumouris, Rohan Patel, Michael Pavlou, Sophie Williams, Andrew Anastasiou

Netball success

Well done to the year 8 netball team who played in their borough tournament on Tuesday 20 September. They beat Aylward and Southgate School, drew with Kingsmead School and unfortunately lost to Latymer to finish 3rd in their group.

Mrs Walters

Imaginative drawings by year 7 students

Year 7 students were asked to draw imaginative images of Beowulf and Grendel as part of their English lesson in order to spark interest in amazing stories.

Lucie Sadler, Katia Charalambous and Ayaz Boztas in 7BJF drew some fantastic drawings of Grendel. Shanaya Herman, Azra Demirci and Lewis Tyler in 7RBW drew imaginative versions of Beowulf.





Chere correspondante!

Following an exciting pen pal exchange while at Highlands, former student Bianca D'Agostino exchanged visits with her pen pal in France. During the summer, Bianca travelled to Paris to meet her pen pal Wissam. Bianca, who is now studying French at A level, writes about her experience.

Last year in January our French class took part in an exchange project with a school in France, which was undoubtedly an amazing opportunity to practice the French we had been learning in class, as well as confronting new, challenging grammar and vocabulary.

My pen pal, called Wissam, and I emailed regularly, and we then switched to video calls a few times each week, speaking in one's target language being the most invaluable experience to achieve conversational fluency.

Not only did my French massively improve, but I also gained a new friend whom I visited this summer in Paris during our exchange. I stayed in her house for two weeks, being forced to confront and speak entirely in French, a challenge at first but manageable once I got used to it. We visited plenty of monuments and had a really lovely time together, and once the first two weeks were over Wissam came with me to England and now had to speak entirely in English.

Starting this pen pal experience was definitely my favourite school moment, and I am glad to have gained such an incredible friend and so much experience and independence on my trip. I would highly encourage other students to take part in this project as it is incredibly beneficial not only to one's language skills, which will be an asset to me when studying French at A-level, but also in personal development.





Year 7 Ed Extra launch 2022-2023

Wednesday 21 September saw the start of our year 7 Ed Extra program. Ed Extra is a compulsory enrichment program that gives our year 7 pupils the opportunity to flourish in a variety of clubs and activities throughout the year. All pupils have been allocated to one of their two chosen clubs for this term and have now met their teacher/coach.

Just a reminder that Ed Extra takes place every Wednesday during term time. All pupils should meet at the year 7 lines next week at 2:10pm.

Ed Extra team

School photographer reminder

If your child had their school photograph taken last week you should now have received their order form. Please note that the school is not taking orders. All orders must be made directly via the School Life Pictures website, details are listed on the form. Please submit your order by Sunday 2nd October as no orders can be accepted after this date.

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?**

THEN COME ON OVER AND JOIN US FOR A FABULOUS NIGHT OF MUSICAL BINGO! 

SAVE THE DATE 18TH NOVEMBER '22!

 **TICKETS AVAILABLE SOON!**

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

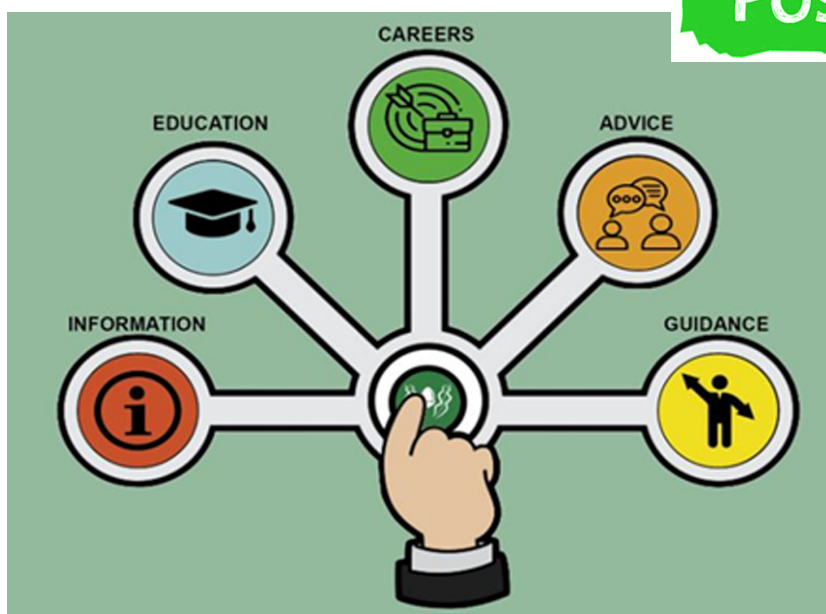
THE HPFA WILL RECEIVE £10 PER BOARD. BINGO!!!

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



Year 11 career guidance interviews

Post 16



Over the next few months, year 11 students will be making some important decisions about their future pathways. This term all year 11 students are being delivered the careers and next steps programme during a PSHE tutorial. In addition, all year 11 pupils will be offered 1:1 career interviews to discuss post 16 options, receiving impartial information, advice and guidance and a personalised action plan of next steps.

Please note that students must stay in some form of education or training until the academic year they turn 18 so making good informed decisions is more important than ever. Whilst the majority of students continue their education at Highland's sixth form, some students choose other pathways such as college or apprenticeships.

Open events for all colleges and sixth forms start from mid October onwards and applications are made online to providers through the institution's own websites.

For further support, students can access the [Highlands Careers \(CEIAG\)](#), including information for parents and carers, under the OPTIONS tab, Post 16.





This week's PSHE topics


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

PSHE lessons w/b 26th September 2022.

Year 7	Positive relationships
Year 8	Alcohol
Year 9	RSE: Unhealthy relationships
Year 10	Reframing negative thinking
Year 11	The world of work: What employers want
Year 12	Minimum wage and trade unions
Year 13	Mortgages

Support following the Queen's death

Coping with the Queen's Death
Taking Care of Children and Ourselves



The Queen will be missed by many people as she has been in our lives for so long. We may be feeling sad for her family who have lost a beloved mother, grandmother and great – grandmother. It can be surprising to feel sad for someone that we did not know.

There will be a lot of talk about the Queen's life and her death on the radio, the television, social media and in everyday conversation. This may bring up difficult feelings for lots of us. If you or the children you care for are finding it hard, that's ok.

The death of an important person can affect both children and adults:

- This could be a person's first experience of death.
- They may not understand death, depending on their age/developmental stage.
- It may bring up difficult feelings relating to the death of a loved one.
- It is important to take time to look after yourself and the children you care for.
- Day to day routines may be disrupted.


Taking care of children and young people
Children may feel a range of emotions. Adults can support children by:

- Listening to what they say they are feeling and provide reassurance that it is okay.
- Being honest and using clear language. Avoiding using phrases such as 'gone to sleep' as it can be confusing.
- Creating opportunities to remember the Queen, her life and her work.
- Being aware that the Queen's death might make children worry about people they know dying. Offer reassurance without making promises.

Taking care of yourself
It is important to look after your own emotions and feelings of grief before managing a child's emotions. Consider the following:

- Allow yourself some time to acknowledge and accept your own emotions.
- Plan some time to engage in an activity you enjoy for example: talking to a friend, going for a walk, listening to music.
- Take a break from the news and social media.


Enfield Council pays tribute to Her Majesty The Queen
1926-2022



www.enfield.gov.uk



Coping with the Queen's Death
Advice, Help and Risk Support



Advice

Book Trust: *Books on loss and grief*
Cruse Bereavement Support: *Grief for Her Majesty the Queen*
Cruse Bereavement Support: *Someone you didn't know*
Place2Be: *Supporting your child when someone well-known dies*
Visual supports: *'The Queen has Died Story'*
Winston's Wish: *How to talk to children about the death of the Queen*

Advice and Help

Child Bereavement UK
Childline
Cruse
Good Thinking


Kooth
Samaritans
Winston's Wish
Young Minds

Getting More Help and Risk Support

If you are worried about your or your child's mental health talk to your GP or call 111 for non-emergency advice
If you are worried about your immediate safety call 999
CAMHS: 24-hour Crisis Telephone Service: 0800 151 0023
The Mix : 0808 808 4994
Papyrus: 0800 068 4141

Reference: Winston's Wish, 2022, How to talk to children about the death of the queen, 09/09/22, <https://www.winstonswish.org/talk-to-children-about-death-of-queen/>

Enfield Council pays tribute to Her Majesty The Queen
1926-2022



www.enfield.gov.uk





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>





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

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