



Highlands School Newsletter

25 November 2022

This week was a busy one at Highlands with lots of inter house activities taking place. In assemblies from Monday - Thursday we held inter house quiz finals in the main hall. Teams of four players from each house went head to head, we hired professional quiz buzzers and students answered general knowledge questions. All four events were really successful and the students in the audience were positive and supportive. You can see the results later in this newsletter. We also held the semi finals of the year 8 girls and year 10 boys football competition and the Oak bake sale. It's been very busy! Next week we have the football finals and the Rowan bake sale. We decided this year to relaunch our house system in order to build a sense of community, to give students leadership opportunities and to make school more fun. So far it has gone really well and the reason for that, is the enthusiasm students have shown for it and the hard work staff have put in - I want to thank everyone for making it such a success.

Important dates for your diary:

- Year 9 parent and carer evening: Wednesday 14th December
- End of term: Friday 16th December (short day)
- First day of term: Tuesday 3rd January 2023
- Year 11 parent and carer evening: Wednesday 11th January 2023

Have a great weekend

Mr McInerney
Headteacher



House competition weekly results

This week's overall house winner, based on achievement points and the results of our inter house competitions.

	Beech	Oak	Rowan	Willow
Positive points this week	4051	3902	3563	4072
Negative	-263	-255	-182	-296
Points total	3788	3647	3381	3776
KS4 girls football	3000	4000 (1st)	1000	2000
Y8 boys football	2000	1000	4000 (1st)	3000
Y7 quiz	3000	2000	1000	4000 (1st)
Y8 quiz	4000 (1st)	1000	2000	3000
Y9 quiz	3000	1000	4000 (1st)	2000
Y10 quiz	3000	2000	4000 (1st)	1000
Total	21,788	14,647	19,381	18,776

Top students in year 7:

Forename	Surname	Form	House	Points
Oliver	Dhillon	7OAC	O	225
Aiden	Adeoye	7WMP	W	205
Nea	Petritaj	7WSS	W	189
Annika	Trivedi	7WSS	W	189
Danish	Farooq	7WMP	W	188
Anaiya	Dhaliwal	7WSS	W	188
Nnaemeka	Onukaogu	7WSS	W	185
Beatrice	Findlay	7BAM	B	181
Amili	Blana	7RCX	R	181
Chloe	Shi	7WMP	W	181
Sena	Oguz	7WSS	W	181



Top students in year 8:

Forename	Surname	Form	House	Points
Arabella	Mumba	8ODC	O	287
Ruby	Magrun	8BYC	B	273
Melisa	Spahia	8BYC	B	272
Hugh	Murphy	8BYC	B	265
Gabrielle	Russell	8BYC	B	265
Kaitlyn-Marie	Ewan	8OSM	O	258
Sadie	Baker	8BYC	B	257
Joseph	Smyth	8BYC	B	253
Taraneh	Kheradmandi	8BYC	B	250
Naisha	Kumar	8BYC	B	248

Top students in year 9:

Forename	Surname	Form	House	Points
Kamilah	Abib	9RRS	R	326
Skye	Creary	9WDD	W	305
Daniel	Malaj	9BJC	B	302
Tailizandra	Blana	9RRS	R	292
Evie	Whitbread	9WDD	W	280
Tyrae	Best-Daley	9BJC	B	279
Georgia	Georgiou	9WDD	W	279
Aaliyah	Udahemuka	9BJC	B	276
Nataniel	De Almeida	9WDD	W	274
Raphael	Ponnou	9WDD	W	271

Top students in year 10:

Forename	Surname	Form	House	Points
Elaine	Ho	10WKM	W	223
Katie	Bucknor	10RTS	R	220
Benjamin	Gormley	10BJT	B	212
Chijindu	Onukaogu	10RTS	R	206
Athanasios	Aristidou	10WKM	W	205
Yagmur	Olcay	10OEF	O	203
Arda	Aslan	10OMK	O	202
Sophie	Bernasconi	10BJT	B	200
Gracie Mae	Ticehurst	10OEF	O	196
Prue	Musah	10RTS	R	195



Top students in year 11:

Forename	Surname	Form	House	Points
Raphael	Richter	11BSP	B	257
Eneida	Luganskyte	11OPR	O	251
Beirhan	Guven	11WLM	W	250
Elle	Mills	11RGA	R	236
Harrison	Douglas	11BSP	B	228
Daniel	Drysdale	11WLM	W	227
Alessandro	Georgiou	11WTA	W	223
Ahura	Sedaghat	11BSP	B	222
Andy	Dishnica	11WLM	W	219
Callum	Grant	11OPR	O	212
Joshua	Mensah	11WLM	W	212

Top students in year 12:

Forename	Surname	Form	House	Points
Emily	Muncaster	12OKA	O	56
Deniz	Yamansef	12WBS	W	56
Rachel	Lok	12BLR	B	54
Rayaan	Kaderia	12BAG	B	53
Aristotelis	Balla	12BLR	B	51
Alexia	Kyriakou	12WBS	W	50
Maria	Shikunta	12BAG	B	49
Freddie	Trathen	12RSL	R	49
Iona	Garrard	12RSL	R	46
Zoe	Kyriacou	12BLR	B	45

Top students in year 13:

Forename	Surname	Form	House	Points
Paolo	Saturnino	13WMA	W	55
Robert	Timis	13OAL	O	50
Ethan	Rees	13OES	O	50
Ilayda	Duzgun	13OAL	O	48
Ella	Joseph	13BTD	B	47
Briana	Shann	13BTD	B	47
Marco	Chrysostomou	13OAL	O	47
Serena	Pia	13OAL	O	46
Leo	John	13OAL	O	43
Ayse	Altinay	13OES	O	43



Oak bake sale

The Oak bake sale took place this week where selected Oak students worked hard to raise as much money as possible for their chosen charity.

The cake sale generated £290! All cakes that were not sold were donated and gratefully received at the Elizabeth Lodge Care Home in Highlands Village.

Congratulations and well done to all those students and staff involved in coordinating the event.





Inter house football semi finals

The inter house football semi finals took place this week for the year 8 girls and year 10 boys.

The girls' Willow team beat Beech in a close penalty shootout. Antonia was exceptional in goal, making high quality saves to take her team into the finals where they will be playing Rowan, who beat Oak 5-0.





Rowan are also finalists in the boys year 10 inter house football competition after beating Willow in a close penalty shootout. Beech has also made it through to the finals after beating Oak 4-2. Well done to all the players, bring on the finals!





Inter house quizzes

This week our house teams were busy testing their general knowledge in the inter house quizzes. Team players were chosen, buzzers were set up and the quizzing began!

Each year group watched their house reps compete with each other to be crowned quiz champions! The competitions were exhilarating and all team players played exceptionally well. A huge congratulations to the winning houses, the results are shown below.

Year 7	Willow
Year 8	Beech
Year 9	Rowan
Year 10	Rowan





Weekly 100% attendance winners

Each week, all students who have had 100% attendance for the week, will be entered into a draw to win a £10 voucher. One student will be drawn to win a £30 voucher. Here are this week's winners:

Year 7 weekly winners: <ol style="list-style-type: none">1. Charlie Bell2. Bibiana Edwards3. Ashton-Gabriel Eskinder4. Darcey Griffin5. Ben Kissos-Boast6. Sienna Margolis7. Alescha Sall8. Lewis Tyler9. Stephanie Berko10. Diamond Cookhorn11. Jasmine Simpson12. Lamprini Sotiri	Year 8 weekly winners: <ol style="list-style-type: none">1. Vishanne Beezadhur2. Tarai Edgehill3. Amanda Kabagaya4. Francesca Kocek5. Claudia Poyiadzis6. Daniel Rowswell7. Ava Theodorou8. Avril Brown9. Vienna Ramsey10. Darlene Kisubi
Year 9 weekly winners: <ol style="list-style-type: none">1. Leah Appiah-Gyebi2. Eva Chrysostomou3. Sheryce Crow4. Tyrae Daley5. Kamilah Abib6. Kenzie Wejszko7. Skye Creary8. Tyrell Greenaway-Clarke9. Lara Uzum10. Lucas Guardiano	Year 10 weekly winners: <ol style="list-style-type: none">1. Wunfai Alex Lo2. Elisa Cattarossi3. Nicolette Charalambous4. Lucas Chitu5. Yagmur Olcay6. Jessica Reidy7. Sophia Tofis8. Nasis Aristidou9. Rooney Haji Rashid10. Juelz Shobo-Sterling
Year 11 weekly winners: <ol style="list-style-type: none">1. Aiyanna Rhoden2. Hannah Bernasconi3. Emily King4. Lorena Kransniqi5. Su Demir6. Joshua Bagulay7. Joshua Lincoln8. Quincy Abnett Boothe9. Aland Ahmed10. Zack Williams	Winner of the £30 voucher: Suleyman Tunc (Y10)



Ed-Extra

Here at Highlands we are delighted to offer an extensive activity and clubs programme called 'Ed-Extra' to our year 7 students. This programme gives pupils the opportunities throughout the academic year, to attend a wide variety of activities from sports such as boxing and judo to specialist clubs such as textiles and coding.

These clubs enable our pupils to enact the school's DARE values, and in doing so, develop skills that have been shown to correlate with higher levels of academic and professional success, both inside and outside of school.

Here are some recent photos of our year 7 students taking part in their Ed-Extra activities. Many of our clubs are starting to put together a final project to consolidate their learning from this term. It has been great to see all students engaging and having fun whilst learning new skills.

The final Ed-Extra session for this term will be Wednesday 14th December.





House bake sales

As part of our exciting house competitions and events, we are holding a series of fundraising bake sales, which are being organised and led by our social action captains and house captains.

We would welcome any donations of home made baked cakes or biscuits (or shop bought), on the following mornings.

- **1st December - Rowan**
- **8th December - Willow**

If you would like to help by baking something, please email Mrs Czupich as soon as possible, directly on email czupichs@highlearn.uk so we know what contributions we are expecting. Cakes must not contain nuts or ground almonds.

Please have them dropped off to reception on the morning of the sale, they should be labelled with what the cakes are, and your child's name as they will also receive some house points for the cake donation.

On the day of the sales, students should bring in some money if they would like to buy some, so we can raise as much money as possible for charity.

Book fair

Thank you to everyone who attended our Scholastic Book Fair from 18th November - 23rd November.

Together we have raised an amazing £236.21 for our school to spend on free books for the library.





Sixth form applications

If you would like to apply for our sixth form, please visit our website for more information:

[Highlands Sixth Form Application.](#)

Budding artists - the English faculty needs your help!

We need a talented artist to design the front page of our gothic anthology. If you're interested - please pick up an application form from Mrs Selim in the English office.

Deadline for entries: **Thursday 1st Dec**

Lost property

We currently have a lot of lost property, including coats, items of school uniform, water bottles, pencil cases and umbrellas. If your child has lost any items please ask your child to come to the office next week.

Please ensure students' names are on all their belongings, as this helps the office return items immediately. Any unclaimed items that were received before the October half term will be donated to charity or disposed of at the end of this term.

PSHE

What are students studying next week?

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

PSHE lessons Friday 2nd December

Year 7	Nutrition
Year 8	Gangs and youth crime
Year 9	Awareness and peer influence
Year 10	LGBTQ+ discrimination
Year 11	Introduction to parenthood
Year 12	Substance use and assessing risk
Year 13	RSE: Fertility and pregnancy choices



HPFA musical bingo night

The HPFA musical bingo night took place on 18 November and was a great success. The fabulous and funky Ms Brown hosted the night and got everyone in the mood to sing along as they tried to identify the tunes spanning four decades of music. The lucky winners each took home a great prize too!

Thanks to all those who supported the event by joining us on the night, donating prizes, displaying estate agent boards and otherwise helping the HPFA. The HPFA raised over £1,000 for the school!

We look forward to seeing even more of you at future events!





Help fundraise money for our school

If you are shopping on Amazon for the festive season, please consider switching to Amazon Smile to raise money for the School. It's easy, just log on and search for your chosen charity - Highlands Parents and Friends Association and shop as usual!

Can you shop on Amazon Smile to help fundraise for your school?



The Highlands Parents and Friends Association is a registered charity and aims to raise funds to benefit Highlands School pupils.

- It's **simple to shop** on Amazon Smile and it **raises money for the HPFA**.
- Amazon Smile donates 0.5% of the purchase price of eligible products to the HPFA.
- It's **the same products and prices** and experience as shopping on the main Amazon site.
- To **sign up for Amazon Smile**, visit www.smile.amazon.co.uk.
- To **shop at Amazon Smile**, simply visit www.smile.amazon.co.uk on your **computer, mobile or tablet**.
- Search for **'Highlands Parents and Friends Association'** in the **'pick your own charity'** search bar on the right-hand side of the screen.
- **Click to accept us as your chosen charity** and you're ready to start shopping!
- If you have **any questions or need further help** in accessing Amazon smile, **please get in touch with the HPFA**.

amazonsmile
You shop. Amazon gives.



FOOD UNION
BY CHARTWELLS

Christmas

LUNCH

THURSDAY 8TH DECEMBER

Roast turkey breast

or

roasted vegetable & cranberry slice

served with

roast potatoes

gravy

carrots

broccoli

fresh sage stuffing

cocktail sausage

and

steamed chocolate sponge pudding

or

chocolate orange muffin served with

custard



Save The Date

Highlands School Presents

Concert Winter

Friday 9th December

Tickets will be on soon be made available Via ParentPay or on the night



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.

HAF Enfield winter 2022

19th - 23rd December and 28th - 30th December

FREE* places available in Enfield's Holiday Activities and Food (HAF) programme this winter, visit <https://hafenfield.co.uk/> to book today or email haf@enfield.gov.uk for more information

Ages 4-16

*Free for those in receipt of benefits related free school meals

- Arts & Crafts
- Get Active
- Free nutritious meals
- Cooking
- Day Trips
- Plus much much more!

<https://hafenfield.co.uk/>

www.enfield.gov.uk





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

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
South West London	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
	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>

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

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
Available 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](#)

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
Available support by phone 24/7

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)

koath

Koath 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

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