



Highlands School Newsletter

16 December 2022



Dear Parents and Carers,

Today I presented assemblies for years 11, 12 and 13. We had our inter house Christmas quizzes. I think the students enjoyed the events and congratulations to Beech and Rowan, the winners of the competitions.

On Wednesday this week we held our online year 9 parent and carer information evening. It was a pleasure to speak with the parents of the students in my year 9 history class. After this we held an online meeting for families about the upcoming year 9 and 10 exams and GCSE options. One of the points raised by families was around staff absence and staffing changes. These are important and valid points so I wanted to address them here, so all parents could be updated.

We have had more cover lessons this half term than is normally the case. There are two reasons for this. One is that we have had a lot of staff absence. Some of this is due to COVID-19 but we have also had high levels of absence due to other staff illness. I know this is not unique to Highlands as I am in regular contact with the other headteachers in Enfield (and some in Barnet) and all schools are in a similar situation. The other reason, that the first compounds, is that we are already short staffed this year. This is mainly because we had some staff leave very late last academic year and did not have time to replace them with full time permanent appointments.

We have been working very hard on solving these problems and we are pleased to have some members of staff starting in January who will alleviate some of the challenges we have been facing. We have a new head of media studies joining us to replace Mr Martin who left in July. We have a new



geography teacher joining who will replace Mr Bradley who left in October. We have a member of staff who has already joined the business and economics department. And, we are pleased to announce that Ms Raine is re-joining us in English, having spent a term at another school. Some of these new appointments do mean that students will have new teachers in these subjects, but the staff joining (or re-joining) us are very strong and the capacity they add to the staff will mean fewer cover lessons. Many of you will have read that there is a national crisis in teacher recruitment and retention, with the targets for trainee teacher numbers in most subjects being missed year on year. Highlands is a high performing school with excellent behaviour that takes staff wellbeing seriously and, as a result, we do not normally have problems recruiting high quality staff. As a result, as the year progresses, we expect to fill any remaining vacancies and be fully staffed again.

Finally, I want to thank students and their families for their support with our snow arrangements this week. Students were on site for three days without a single snow related injury or incident - a triumph!

Have a great Christmas and New Year and I look forward to seeing students back at school on Tuesday 3rd January.

Dates for your diary:

- First day of term: Tuesday 3rd January 2023
- Year 11 parent and carer evening: Wednesday 11th January 2023
- Year 8 parent and carer evening: Wednesday 18th January 2023
- Year 8 and 9 GCSE options information evening: Wednesday 1st February 2023

Mr McInerney,

Headteacher



House quizzes

In the final week of this half term, years 11, 12 and 13 took part in the house quizzes. There were clear winners in the year 11 and 12 quizzes but it was a very tight contest for the year 13 quiz, where students were buzzing away to answer the questions to earn their houses those vital points.

Well done to Rowan who won for year 11, Beech for year 12 and year 13.





Highlands Winter Concert



The Winter Concert was a truly amazing event, and a great way to highlight the hard work our students have produced over the term.

The night consisted of orchestral pieces from 'Pirates of the Caribbean' to 'The Incredibles' theme tune. There were big rock band numbers, one in particular was our year 8 band with Naa Shidda Quarty, Sam Tremaine, Danny Kruja, Max Gilzean and Andreas Thore-Lawrence performing 'Wait a minute' by Willow Smith, who got an impressive applause.

Another highlight of the evening were the interhouse steel pan bands by the year 7s, who brought down the house with their impeccable playing of 'Tetris', 'We wish you a Merry Christmas', 'When the saints' and 'Eye of the tiger'.

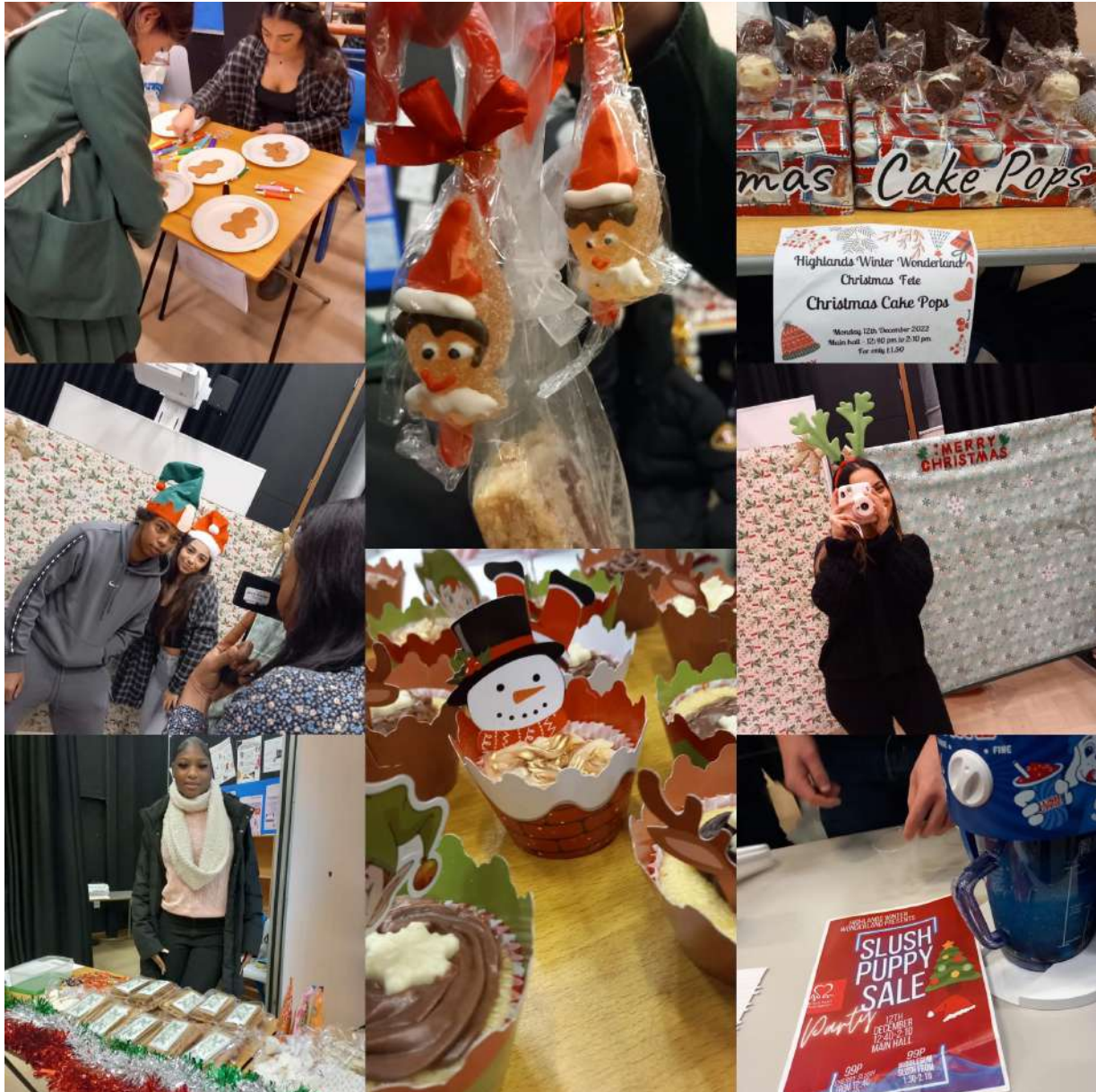
There were amazing solo piano performances, and a very seasonal dance performance by Izzy Minguez and Amelie Manning.

A special thank you to our performance captains Aisling Brennan and Grace Caddle, for their brilliant compère skills, our fantastic staff helping on the night and leading up to the concert and all our external tutors that have helped make this evening such a success. Well done everybody.



BTEC Business Winter Wonderland Success

The perfect weather for the perfect winter wonderland! Highlands Year 12 BTEC Business students successfully raised a total of £130.67 for the British Heart Foundation, despite having to reschedule the event twice. Well done to all the students involved, it was a true festive success.





Sixth form applications

Internal applications

On 16th January, students will meet with a member of senior staff where they can discuss their pathways. Staff will then submit students' internal application forms. Students' pathways will be discussed with reference to their predicted grades and in conjunction with the information that students provided in the internal survey. This will take place the week after the year 11 parents evening on 11th January 2023.

Please note the following dates below:

- Year 11 parent/carer evening: **Wednesday 11 January 2023**
- Year 11 sixth form progression meetings, via the school cloud, with the senior leadership team. This will include the completion of your sixth form application: **Monday 16 January 2023**
- Conditional offers are made: **April 2023**
- Induction day: **July 2023 (Date TBC)**
- GCSE results day and sixth form enrolment: **Thursday 24 August 2023**

External applications

For all external applications, please visit our [website](#) for more information and apply using the following link: [Highlands Sixth Form External Applications](#).

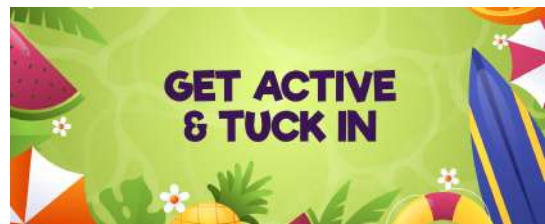
Get Active and Tuck In holiday activities programme

Enfield Council Youth Development Service are providing fantastic free activities and hot meals during the Winter break. There are three holiday camps running at:

Craig Park: Mon 19 Dec - Thu 22 Dec, 11am - 3.30pm

Ponders End: Mon 19 Dec - Thu 22 Dec, 11am - 3.30pm

Croyland: Tue 20 Dec - Fri 23 Dec, 11am - 3.30pm



The four day camps are aimed at young people aged 11-16 and currently receiving free school meals (limited places for young people not on free school meals, please book now.) The Camps will be packed with a range of activities to choose from such as drama, music, arts & crafts, sport and many more.



If interested, please book using this link: [GET ACTIVE](#)

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



NHS Allied Healthcare Virtual Work Experience Programme

Students in years 10 - 13 are invited to register for next year's NHS Allied Healthcare Virtual Work Experience Programme. Please [click here](#) to register.

The next virtual work experience session will be taking place on Sunday 8th January 2023. This will give students the opportunity to gain healthcare work experience just in time for the final UCAS deadline on Wednesday 25th January.

The NHS Allied Healthcare Virtual Work Experience programme successfully invited 12,000 students to participate in its programme last academic year, making it the largest programme for students who are interested in the following careers:

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

Students are awarded a Work Experience Certificate for every session they complete. Those who complete the full five-month programme will be awarded a Highly Commended Reference from the Presidents of Allied Healthcare Mentor. These are fantastic additions to students' CVs!

During the work experience day, students will follow two patients from their initial presentation to recovery. They will gain a unique insight into how patients interact with a variety of healthcare professionals and what it's like to work in an NHS multidisciplinary team.

Attendees will have the opportunity to interact with healthcare professionals throughout each day. This will empower students to make informed career decisions and demonstrate their commitment to healthcare in their UCAS applications.

Dr Len



AFS Global STEM Changemakers Academy

Students are invited to apply for the AFS Global STEM Changemakers academy. Successful applicants will receive a full scholarship and a 12-week virtual learning curriculum to improve their global competence skills, then travel on a four-week immersive experience to either Brazil, China, Egypt, Europe, India, or the USA.

Students will need to complete the [initial application](#) by the 8th January 2023 to be considered.

To be eligible:

- Applicants must be 15-17.5 years old at the program start date (birth dates from September 1, 2005, through April 1, 2008).
- Applicants must demonstrate interests in sustainability, STEM, travel abroad, and curiosity to learn about and interact with different cultures.

Please note, applications need to be submitted by a teacher and/or carer.

Various forms and references need to be provided by 18th January 2023 once the initial application is completed by January 8th 2023.

Dr Len

HPFA wine tasting evening

Join us for a fun evening wine tasting on Friday 3rd March 2023. You will have the chance to taste the fabulous wines of Italy! More information on the events will follow after the Christmas holiday.



HPFA - 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 BANK

All welcome



Southgate Mosque Food Bank warmly welcomes **ALL** guests who need to use the food bank in the Southgate and surrounding area

WE ARE OPEN EVERY

MONDAY 10AM – 12PM

THERE IS NO NEED FOR A VOUCHER OR REFERRAL.
PLEASE BRING BAGS WITH YOU.

**SOUTHGATE HOUSE, HIGH STREET,
SOUTHGATE, N14 6BS**
(DURANTS SCHOOL ENTRANCE, OPPOSITE BARNET
& SOUTHGATE COLLEGE)



www.southgatemosque.co.uk
07709038211



SCAN ME

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
- Plus much much more!
- Cooking
- Day Trips

<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](https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)) 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
SHOUT 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

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

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