



# Highlands School Newsletter

11 November 2022

This week I led house assemblies and, through them, got to speak to all of our students in years 7-11. I started by thanking students for making the first half term of this year such a success. Comparing the half term just gone to the others since I arrived at Highlands in 2018, it was the most positive by far. Students have been applying themselves to their learning excellently and behaviour, although never perfect, was excellent. One example of this is the number of suspensions we issued last half term, only eight. In previous years many more students were being suspended from school for very serious incidents of poor behaviour. Our corridors and social spaces are litter free at the end of break and lunchtimes. Our students' behaviour in the local community, at Sainsbury's or at the bus stops, has been a credit to the school. There are still areas that we want students to focus on; our overall attendance needs to improve and too many students pick up detentions for lateness and uniform issues but overall the message I gave students in assemblies was that we have made a great start to the year and we want this to continue into this half term.

One area of strength that I talked to our students about was our sixth form. This year we achieved our best ever sixth form results. We are now a sixth form of choice for students from across our part of north London, with students joining us in year 12 from schools in Enfield and Barnet. The quality of teaching and resources at our sixth form is one reason students stay with us or join us, another is the pastoral support and care we offer, and the friendly culture amongst students and staff. Next Wednesday is our sixth form open evening and I hope that all our year 11 students and their families will attend. On the next page is more information about the open evening.

Finally, this week I was pleased to spend Thursday lunchtime out on the astroturf supporting the inter house football tournaments. First up were the year 10 and year 11 girls. The games were both close with Beech winning on penalties to go through to play Oak in the final next Thursday. The year 8 boys then had their semi finals with Willow and Rowan making it to the finals next week. The quality of play was high in both games and I look forward to the finals next week. You can see photos from the games below.

Dates for your diaries:

- Sixth form open evening: Wednesday 16th November
- Early finish (11:40am) as staff payback for open evening and for inset: Friday 18th November
- End of term: Friday 16th December (short day)

Have a great weekend,

**Mr McInerney**  
**Headteacher**



## 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 ask those attending to register 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.

## House competition weekly results

**This week's overall house winner, based on the least number of negative points :**

Beech	Rowan	Willow	Oak
3446	3458	2764	3290
-102	-110	-117	-156
3344	3348	2647	3134

**Top students in year 7:**

Forename	Surname	Form	House	Points
Aiden	Adeoye	7WMP	W	158
Oliver	Dhillon	7OAC	O	153
Annika	Trivedi	7WSS	W	147
Amili	Blana	7RCX	R	144
Danish	Farooq	7WMP	W	144
Nnaemeka	Onukaogu	7WSS	W	144
Nea	Petritaj	7WSS	W	143
Azat	Secgin	7WSS	W	141
Manav	Tailor	7BAM	B	140
Ardil	Kalayci	7WMP	W	140



**Top students in year 8:**

Forename	Surname	Form	House	Points
Arabella	Mumba	8ODC	O	231
Melisa	Spahia	8BYC	B	214
Joseph	Smyth	8BYC	B	212
Sadie	Baker	8BYC	B	210
Ruby	Magrun	8BYC	B	209
Hugh	Murphy	8BYC	B	208
Gabrielle	Russell	8BYC	B	205
Naisha	Kumar	8BYC	B	204
Penelope	Jones	8BYC	B	198
Julia	Roszkowska	8BYC	B	195

**Top students in year 9:**

Forename	Surname	Form	House	Points
Kamilah	Abib	9RRS	R	254
Daniel	Malaj	9BJC	B	252
Skye	Creary	9WDD	W	234
Tailizandra	Blana	9RRS	R	233
Tyrae	Best-Daley	9BJC	B	219
Nataniel	De Almeida	9WDD	W	217
Aaliyah	Udahemuka	9BJC	B	216
Alfie	Horn	9WDD	W	216
Raphael	Ponnou	9WDD	W	214
Mariah	Brooks	9RNC	R	210
Evie	Whitbread	9WDD	W	210



### Top students in year 10:

Forename	Surname	Form	House	Points
Katie	Bucknor	10RTS	R	192
Elaine	Ho	10WKM	W	178
Yagmur	Olcay	10OEF	O	169
Benjamin	Gormley	10BJT	B	166
Arda	Aslan	10OMK	O	166
Chijindu	Onukaogu	10RTS	R	165
Lexie	Benbow	10RTS	R	160
Mia	Rosen	10OMK	O	158
Prue	Musah	10RTS	R	156
Lydia	Wright	10OMK	O	153
Athanasios	Aristidou	10WKM	W	153
Ella	Kufeji	10WKM	W	153

### Top students in year 11:

Forename	Surname	Form	House	Points
Raphael	Richter	11BSP	B	228
Beirhan	Guyen	11WLM	W	213
Harrison	Douglas	11BSP	B	207
Eneida	Luganskyte	11OPR	O	201
Ahura	Sedaghat	11BSP	B	192
Joshua	Mensah	11WLM	W	192
Alessandro	Georgiou	11WTA	W	189
Andy	Dishnica	11WLM	W	186
Elle	Mills	11RGA	R	184
Callum	Grant	11OPR	O	176

### Top students in year 12:

Forename	Surname	Form	House	Points
Emily	Muncaster	12OKA	O	54
Deniz	Yamansef	12WBS	W	54
Alexia	Kyriakou	12WBS	W	50
Rayaan	Kaderia	12BAG	B	45
Freddie	Trathen	12RSL	R	45
Rachel	Lok	12BLR	B	44
Iona	Garrard	12RSL	R	42
Maria	Shikunta	12BAG	B	41
Alex	Stelmach	12RDS	R	39
Lamisha	Hoque	12RDS	R	38



### Top students in year 13:

Name	Forename	Form	House	Points
Robert	Timis	13OAL	O	40
Serena	Pia	13OAL	O	40
Ella	Joseph	13BTD	B	39
Marco	Chrysostomou	13OAL	O	39
Hannan	Cali	13BTD	B	38
Ilayda	Duzgun	13OAL	O	38
Briana	Shann	13BTD	B	37
Leo	John	13OAL	O	37
Alara	Yarkan	13BTD	B	35
Paolo	Saturnino	13WMA	W	35

## 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.

- **17th November - Beech**
- **24th November - Oak**
- **1st December - Rowan**
- **8th December - Willow**

If you would like to help by baking something, please email Mrs Czapich as soon as possible, directly on email [czupichs@highlearn.uk](mailto: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.





## House assemblies and inter house football competition

House assemblies took place this week where winners Beech for the year 9 girls and Willow for the year 11 boys were presented with their inter house football trophies.



More inter house football games took place on Thursday for the year 10/11 girls and year 8 boys. Winners Oak and Beech will battle it out for the girls in the finals after a 1 - 0 win for Oak against Willow and a 2 - 0 win on penalties for Beech against a tough Rowan team.

Willow will play Rowan in the year 8 boys' final, after beating Oak 2 - 0 in the semi finals and a 1 - 0 win against Beech for 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:

<b>Year 7 weekly winners:</b> <ol style="list-style-type: none"><li>1. Taylor Berndes</li><li>2. Hannah Cullen</li><li>3. Oliver Dhillon</li><li>4. Jack Galea</li><li>5. Caleb Kintu-Miller</li><li>6. Remilee Mayers</li><li>7. Isabella Pajova-Kyprianou</li><li>8. Aaron Sam-Habboo</li><li>9. Xahrie Silvera</li><li>10. Leyla Suleyman</li></ol>	<b>Year 8 weekly winners:</b> <ol style="list-style-type: none"><li>1. Liya Ali</li><li>2. Ayanda Dzvimbó</li><li>3. Alessio Miltiadous</li><li>4. Oscar Shariff</li><li>5. Alan Kushova</li><li>6. Betul Cardak</li><li>7. Joshua Fisher</li><li>8. Samuel Gonzales</li><li>9. Elliott Marinos</li><li>10. Julia Roszkowska</li></ol>
<b>Year 9 weekly winners:</b> <ol style="list-style-type: none"><li>1. Eva Pangratiou</li><li>2. Paula Shehu</li><li>3. Irmak Gozek</li><li>4. Dominika Paszkowska</li><li>5. Aaliyah Udahemuka</li><li>6. Admir Baloshi</li><li>7. Carey Kirton</li><li>8. Jojo Boakye</li><li>9. Josh McIntosh-Dennis</li><li>10. Rhys Willis</li></ol>	<b>Year 10 weekly winners:</b> <ol style="list-style-type: none"><li>1. Grace Caddle</li><li>2. Daniel Simpson</li><li>3. Arda Aslan</li><li>4. Ravish Jugnarain</li><li>5. Amaya Edwards-Nassa</li><li>6. Josh Lausch</li><li>7. Hermes Marku</li><li>8. Theodoros-Ansel Prifti</li><li>9. Efe Temiz</li><li>10. Gracie Mae Ticehurst</li></ol>
<b>Year 11 weekly winners:</b> <ol style="list-style-type: none"><li>1. Fils Mabete</li><li>2. Jasmine Thaichi</li><li>3. Kalina Nuckowska</li><li>4. Charlie Potsos</li><li>5. Aleesha Ali</li><li>6. Isaac Kedward</li><li>7. Deron-Jayden Nyarko-Duodu</li><li>8. Yunus Sarikaya</li><li>9. Selin Turkkorur</li><li>10. Ezeika Willoughby</li></ol>	<b>Winner of the £30 voucher:</b>  <b>Jayden-Francis Okekearu (Y11)</b>



## Year 7 Cluster Football Tournament



On Monday the year 7 girls football team played in their first ever tournament - The Year 7 Cluster Football Tournament. Their first game was against Heron Hall who they beat 3 - 0 with two goals from Sienna and one from Hannah. After drawing 0-0 with Enfield County, the girls won their third game against Latymer, with a great goal from Amelia, winning the game 1 - 0.

The final game resulted in a 4 - 0 victory, with goals from Xahrie, Faye and two goals from Hannah, crowning us champions of the competition.

Well done to all the girls who played some fantastic football and a special mention to Faye, whose great composure in defence and excellent passing out from the back, made her player of the tournament.

**Mrs Walters**

## Year 8 Football

Another win for Highlands, the year 8 boys beat Latymer 6 - 0. The goal scorers included Andreano, Nathan x2, Reggie, Harrison and Aydin. The player of the match was Simran. Well done to all the boys for a victorious win!

**Mr Avann**



## Borough Cross Country Championships

On Monday we took some of our best runners to compete in the Borough Cross Country Championships at Trent Park. The conditions were far from ideal, it was very muddy and some of the races were completed in torrential rain! Our students were exceptional and every single one of them made us very proud.

**Year 7 boys' race:** Alex Florides finished in 5th place with Owen Smith closely behind in 7th and Aiden Adeoye in 9th.

**Year 7 girls' race:** Rosie Baxter finished 15th, Nea Petritaj 17th and Hannah Cullen 28th.

**Year 8/9 boys' race:** Max Gilzean finished 5th and Harrison Willer 7th.

**Year 8/9 girls' race:** Lily Howard finished 8th.

The performances of the day came from the senior races. In the senior girls' race, our team took all three top spots! Mia Rosen finished 1st, Selma Tivmann 2nd and Ela Mohan 3rd with Amy Howard also finishing in 6th. In the senior boys' race, Oscar Tivmann finished 4th.

Well done to all our athletes, who performed brilliantly! We will share the team results soon.

**Mrs Walters**





## Remembrance Day at Highlands

Remembrance Day is a memorial day observed in commonwealth member states since the end of the First World War to honour armed forces members who have died in the line of duty. The reason poppies are used to remember those who have given their lives in battle is because they are the flowers which grew on the battlefields after World War II ended. Today we observe a two minute silence, to remember those who lost their lives in wars to defend our country and its freedoms.

Our year 7 students worked tirelessly to create an amazing display in the art corridor to recognise the lives lost in battle. Lest we forget.



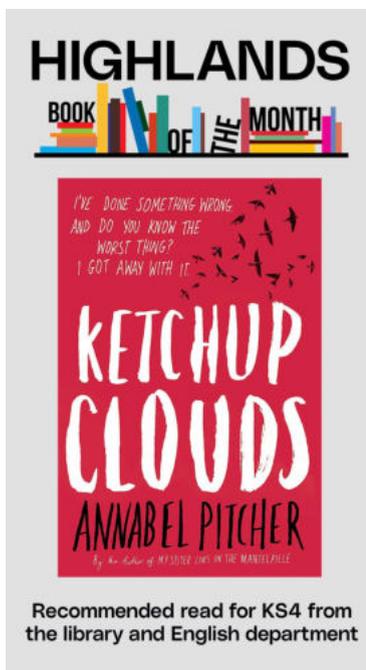


## Highlands book of the month

### KS3: Skin Deep by Laura Jarratt

After the car crash that leaves her best friend dead, Jenna is permanently scarred. She struggles to rebuild her life, but every stare in the street, every time she looks in the mirror, makes her want to retreat further from the world. Until she meets Ryan. Ryan's a traveller. When he and his mother moor their narrow boat on the outskirts of a village, she tells him this time it will be different. He doesn't believe her; he can't imagine why this place shouldn't be as unwelcoming as the rest.

Until he meets Jenna. But as Jenna and Ryan grow closer, repercussions from the crash continue to reverberate through the community. And then a body is found.



### KS4: Ketchup Clouds by Annabel Pitcher

A story of one teenage girl with a very big secret.

Fifteen-year-old Zoe has a secret - a dark and terrible secret that she can't confess to anyone she knows.

But then one day she hears of a criminal, Stuart Harris, locked up on death row in Texas. Like Zoe, Stuart is no stranger to secrets.



## Book Fair

**18th November - 23rd November 2022**

The book fair is coming to Highlands school, it will run during break time and after school until 4pm.

You have 2 ways to purchase Scholastic books from the Wish List:

### To pay for Wish List books online

- Click on the TEEN section [books](#) online.
- Fill in this [form](#) making sure you write the name of the book clearly, the age group of the book and the price.
- Pay via the [online](#) form.
- Once payment is made return the paid wish list form to the librarian for order completion and final collections.

### In house ordering

- On a sealed envelope place your child's name and form (e.g. Sarah Michaels 7RTS), ensure the exact cash amounts for the books being purchased in house is correct, as change will not be given.
- Click on the TEEN section [books](#) online, referencing book titles and pricing - write the name of the book clearly and the age group of the book. Forms can also be collected from the Library and brought home. All forms must be submitted to the Librarian no later than 23rd November 2022.
- Cash and forms for book purchases must be submitted together to ensure that items from the Wish List arrive in a timely manner, if they are needing to be ordered.

### Collection Information

Books for the Scholastic Book Fair will be displayed on the trollies for students to take home, alternatively it will be ordered if items are sold out. If that is the case, students/ parents will be notified of any possible delays, and informed when items arrive.

### Highlands Library



## 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!**



## Next week's PSHE topics

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

PSHE lessons w/b 14th November 2022

<b>Year 7</b>	Personal hygiene
<b>Year 8</b>	Being a respectful community citizen
<b>Year 9</b>	The different types of drugs and substances
<b>Year 10</b>	Diversity: The equality act 2010
<b>Year 11</b>	Mid-year assessment revision
<b>Year 12</b>	Substance use and assessing risk
<b>Year 13</b>	RSE unit: Fertility and pregnancy



## 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
	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](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](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**  
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](#)

**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**  
Emotional support for under 25s

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 0611 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

**keoth**

Keoth 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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