



# Highlands School Newsletter

18 November 2022



This Wednesday we held our annual sixth form open even evening. We had record numbers of families visiting the school and the feedback we had was very positive. Highlands is one of the highest performing sixth forms in our part of north London with a track record of supporting students onto their next steps, be it work, apprenticeships, arts schools or university. We want as many of our year 11s to join our sixth form as possible next September and will be supporting them further as they make their choices about post 16 education.

On Friday 18th November we welcomed Professor Damian Hughes to Highlands. Professor Hughes is a published best selling author of such books as *The Barcelona Way* and he jointly hosts the *High Performance* podcast. We invited our year 11 and 13 students to meet with him on Friday morning (pictured above) and the session went really well. We are committed to giving our students opportunities to spend time with leaders in their fields, such as Professor Hughes.

The inter-house competition continued this week, this week we had the finals of the KS4 girls and year 8 boys football and Beech held their bake sale on Thursday. Further information and photos are below.

Dates for your diary:

- Year 13 parent and carer evening: Wednesday 23rd November
- 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 the fewest number of negative points :

Rowan	Beech	Oak	Willow
5842	5479	6055	5465
-184	-300	-325	-311
5658	5179	5730	5154

Top students in year 7:

Forename	Surname	Form	House	Points
Aiden	Adeoye	7WMP	W	194
Oliver	Dhillon	7OAC	O	186
Annika	Trivedi	7WSS	W	176
Nea	Petritaj	7WSS	W	174
Anaiya	Dhaliwal	7WSS	W	173
Danish	Farooq	7WMP	W	169
Nnaemeka	Onukaogu	7WSS	W	166
Manav	Tailor	7BAM	B	158
Ardil	Kalayci	7WMP	W	158
Azat	Secgin	7WSS	W	158
Faye	Etuazim	7WSS	W	158

Top students in year 8:

Forename	Surname	Form	House	Points
Arabella	Mumba	8ODC	O	274
Kaitlyn-Marie	Ewan	8OSM	O	254
Melisa	Spahia	8BYC	B	246
Ruby	Magrun	8BYC	B	243
Sadie	Baker	8BYC	B	240
Gabrielle	Russell	8BYC	B	239
Hugh	Murphy	8BYC	B	238
Joseph	Smyth	8BYC	B	233
Luke	Shearman	8ODC	O	231
Naisha	Kumar	8BYC	B	229



### Top students in year 9:

Forename	Surname	Form	House	Points
Kamilah	Abib	9RRS	R	295
Daniel	Malaj	9BJC	B	282
Tailizandra	Blana	9RRS	R	276
Skye	Creary	9WDD	W	269
Tyrae	Best-Daley	9BJC	B	256
Aaliyah	Udahemuka	9BJC	B	253
Georgia	Georgiou	9WDD	W	252
Evie	Whitbread	9WDD	W	247
Nataniel	De Almeida	9WDD	W	245
Alfie	Horn	9WDD	W	241

### Top students in year 10:

Forename	Surname	Form	House	Points
Katie	Bucknor	10RTS	R	202
Benjamin	Gormley	10BJT	B	199
Elaine	Ho	10WKM	W	195
Yagmur	Olcay	10OEF	O	187
Athanasios	Aristidou	10WKM	W	186
Arda	Aslan	10OMK	O	185
Chijindu	Onukaogu	10RTS	R	183
Sophie	Bernasconi	10BJT	B	182
Prue	Musah	10RTS	R	182
Lexie	Benbow	10RTS	R	175

### Top students in year 11:

Forename	Surname	Form	House	Points
Raphael	Richter	11BSP	B	248
Beirhan	Guyen	11WLM	W	241
Eneida	Luganskyte	11OPR	O	237
Harrison	Douglas	11BSP	B	223
Alessandro	Georgiou	11WTA	W	217
Daniel	Drysdale	11WLM	W	215
Elle	Mills	11RGA	R	213
Andy	Dishnica	11WLM	W	210
Callum	Grant	11OPR	O	208
Joshua	Mensah	11WLM	W	207



### 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
Alexia	Kyriakou	12WBS	W	50
Freddie	Trathen	12RSL	R	48
Rayaan	Kaderia	12BAG	B	47
Aristotelis	Balla	12BLR	B	47
Zoe	Kyriacou	12BLR	B	45
Iona	Garrard	12RSL	R	45
Lamisha	Hoque	12RDS	R	42

### Top students in year 13:

Name	Forename	Form	House	Points
Ethan	Rees	13OES	O	48
Briana	Shann	13BTD	B	47
Ella	Joseph	13BTD	B	47
Robert	Timis	13OAL	O	46
Marco	Chrysostomou	13OAL	O	45
Serena	Pia	13OAL	O	44
Ilayda	Duzgun	13OAL	O	44
Paolo	Saturnino	13WMA	W	43
Alara	Yarkan	13BTD	B	41
Leo	John	13OAL	O	41
Ayse	Altinay	13OES	O	41



## Beech bake sale

The much anticipated Beech bake sale took place during breaktime on 17 November. Beech students worked phenomenally hard to market the event, bake delicious cakes, and raise funds for a charity of their house's choice.

The cake sale generated funds in excess of £350! Congratulations and thank you to all those students and staff involved in coordinating the event.

In particular I would like to thank Chen Tutu, our Beech social action captain and Rayaan Kadeira, our Beech house captain for all their hard work in making the occasion a very successful one.

**Ms Lloyd**





## Inter house football finals

The inter house football finals took place this week for the year 10/11 girls and the year 8 boys. The girls' Oak team beat a very strong Beech team 2-0, making them champions of the inter house football competition. Willow finished third after beating Rowan 4-0 in the playoffs.



Rowan were crown champions for the year 8 boys after beating Willow 1-0. Beech finished third after a 2-1 win against Oak. Well done to all the players, in particular the winning teams.





## 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:

<p><b>Year 7 weekly winners:</b></p> <ol style="list-style-type: none"><li>1. Antony Anastasi</li><li>2. Tahlia Teoni Boyele</li><li>3. Natalia Deda</li><li>4. Destina Kaynar</li><li>5. Panayiotis Kyriacou</li><li>6. Zach Owusu-Ansah</li><li>7. Alicia Pegado Dias</li><li>8. Aiden Adeoye</li><li>9. Ayaz Boztas</li><li>10. Tejas Yogarajah</li></ol>	<p><b>Year 8 weekly winners:</b></p> <ol style="list-style-type: none"><li>1. Mir Zahran Ali</li><li>2. Sam Alimohammadi</li><li>3. Sadie Baker</li><li>4. Christopher Chrysostomou</li><li>5. Georgia Gkiontsari</li><li>6. Omyur Karadzhova</li><li>7. Zack Meyer</li><li>8. Mohammad Sheikh</li><li>9. Megi Vreto</li><li>10. Gaby Russell</li></ol>
<p><b>Year 9 weekly winners:</b></p> <ol style="list-style-type: none"><li>1. Pani Anastasiou</li><li>2. Livanur Atakli</li><li>3. Roshan Awudu</li><li>4. Ethan Baxter</li><li>5. Marilena Bello</li><li>6. Tailizandra Blana</li><li>7. Baran Byndor</li><li>8. Erick Forechi</li><li>9. Roni Koker</li><li>10. Rafal Kruczek</li><li>11. Laetitia Leonidou</li><li>12. Anastasia Lomeiko</li><li>13. Brij Mahtani</li><li>14. Jonathan Makungu</li><li>15. Romeo Nicolaou</li></ol>	<p><b>Year 10 weekly winners:</b></p> <ol style="list-style-type: none"><li>1. Saira Akdam</li><li>2. Will Campbell</li><li>3. Burak Celen</li><li>4. Harvey Hunte</li><li>5. Aoife Jackson</li><li>6. Andrew Joannou</li><li>7. Aaliyah Lewis</li><li>8. Krzysztof Mech</li><li>9. Ella Mohan</li><li>10. Sadaf Rokhsari</li><li>11. Kyri Vassiliou</li><li>12. Connie Wakeford</li><li>13. Iris Williams</li><li>14. Alexie Yiacoulas</li><li>15. Nidha Raja</li></ol>
<p><b>Year 11 weekly winners:</b></p> <ol style="list-style-type: none"><li>1. Jameel Ali</li><li>2. Anthony Antoniou</li><li>3. Emma Dowle</li><li>4. Aran Guclu</li><li>5. Kaia Jugurnauth</li><li>6. Nico Manning</li><li>7. Jazmin Mustafa</li><li>8. Zachary Sferrazza</li><li>9. Maria Socratous</li><li>10. Ethan Strickland</li><li>11. Hannah Themistocleous</li><li>12. Jaden Tucker</li><li>13. MichaelaWejszko</li><li>14. Raniya Abdullahi</li><li>15. Ahura Sedaghat</li></ol>	<p><b>Winner of the £30 voucher:</b></p> <p style="text-align: center;"><b>Jahkiah Hines (Y11)</b></p>



## 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.

- **24th November - Oak**
- **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](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.

## Sixth form open evening

On Wednesday 16th November we welcomed parents/carers and students to our sixth form open evening. It was a great event where visitors were able to hear from our headteacher, director of sixth form and the sixth form committee before going on a student-led tour of the school.

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

[Highlands Sixth Form Application.](#)

Thank you to all students and families who visited us, we hope to see you all in September 2023 as Highlands Sixth Formers.





## The Scholars Programme (The Brilliant Club) launch at Highlands

The Brilliant Club's Scholars Programme gives pupils from non-selective state schools the opportunity to work with a PhD researcher to experience university-style learning. It helps pupils to develop the skills, knowledge and confidence to secure a place at a competitive university and succeed when they get there. We work with pupils from aged 8 to 18, supporting pupils to make an informed choice about their future.



**The  
Scholars  
Programme**

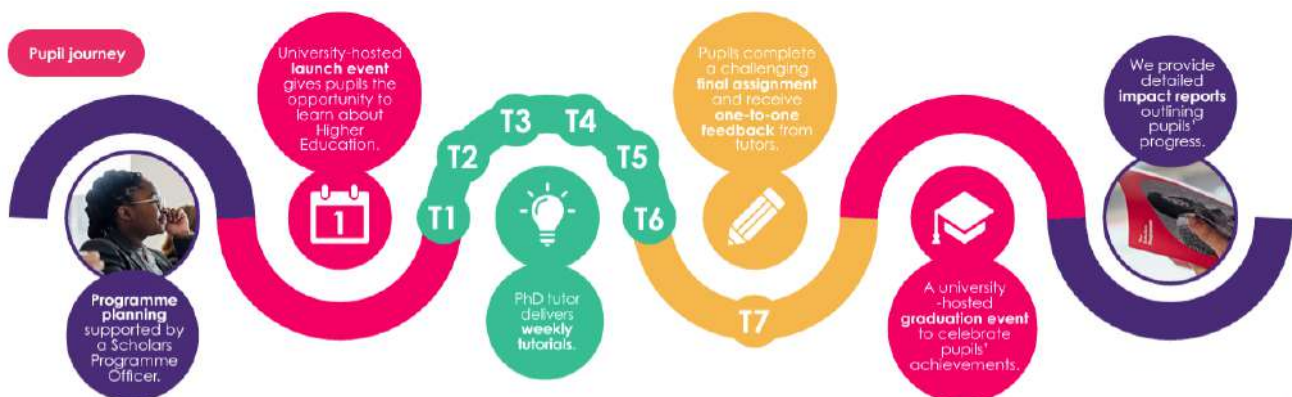


We are happy to announce and congratulate the following students who succeeded in securing 1 of 14 competitive places that were available for the programme:

- Fortune Agbugba
- Theo-Jay Coleman
- Grace Caddle
- Shelley Gulem
- Rooney Haji Rashid
- Du Xiaoxia Hardyman-Rice
- Wunfai Alex Lo
- Marcia Luvibidila
- Flori Macarthur
- Hermes Marku
- Tiana Martindale
- Alex Philippou
- Sadaf Rokhsari
- Isabelle Williams

Throughout the programme they will experience:

- A challenging course taught by a world-class PhD researcher - Dr Remi Looi-Somoye
- Experience of university-style learning in a small group
- Attend the launch and graduation for their programme - yes they get to wear a gown and graduate at a Russell Group University





Here are some pictures from the programme launch, meeting Dr Remi and keenly learning from her:





## Green Flag Award with Merit

Highlands School is now officially an Eco Schools Green Flag Award with Merit school - yay!



Highlands School has been awarded the Eco-Schools green flag award with merit over the summer. In the report it was highlighted that our Eco-school committee demonstrated a reflective and considered approach to the school's environmental review, finding areas of strength and weaknesses in our environmental activity. Moreover, their proactive approach to implement improvements and changes within the school environmental activity was noted. Their willingness to also take their great work beyond the school gates and into their homes and local community, such as being part of the 'Prince of Wales open space river action day' was also commended. Well done and congratulations to our committee members and staff members who were a part of this brilliant achievement.





## STEM Career Talks

As part of the DARE days, year 11 students received careers talks from STEM ambassador employers, HS2 - the UK's flagship transport levelling up project, Arc Group London - a blend of construction disciplines and Siemens - a global powerhouse focusing on the areas of electrification, automation and digitalisation – the presentations included a Q&A session.



The ambassadors illustrated what a career in STEM really looks like, and broadened the horizons of students by exposing them to the vast breadth and depth of opportunities. They also shared stories of their own experiences working in STEM, showing students the steps they need to take to get there themselves.



Student's feedback was very positive – here are a few quotes from the evaluation:

*“From the talks I learnt how the railway engineering system works, all the different job roles available and how much hard work it takes to achieve a successful career.”*

*“The talks were engaging and interesting. They inspired me to work better at school not only academically but how to develop essential key skills employers look for.”*

*“I learnt about the growing need for STEM workers, and how learning these subjects can improve your prospects for applying to university, job opportunities and life.”*

*“I learnt employability skills such as teamwork and problem solving are important, and that you need to work hard to achieve your dreams, sometimes it's not a straight path but you shouldn't give up!”*



## Medic and Vet Mentor conferences are back!

This is a reminder that Vet Mentor's FREE VIRTUAL Get into Veterinary Medicine Conference is on Saturday 26th November from 3:30pm - 7:30pm. All students in years 10-12 / S3-S5 / NI12-13 are invited to attend!

Students can register using this link: <https://airtable.com/shrs1hEiPfdSSgnI2>  
<https://medicmentor.co.uk/wp-content/uploads/2022/10/GIV-Brochure-.pdf>

The Get into Veterinary Conference is the perfect starting point for students considering a Veterinary career. Chief Vet Mentors Dr James Taylor and Dr May Yean Chua, will provide insight into what it's like to work as a Vet, and a full guide to the UCAS application process, including:

- Application Timelines
- How to Tactically Choose Veterinary Schools
- CV Building
- Personal Statements
- Interview Skills
- Leadership and Awards Programmes
- Accessing Work Experience
- Accessing Scholarships to study Veterinary Medicine at university



Attendees will also hear from a Vet student to hear their best advice for making their application stand out.

The Get into Veterinary Medicine conference is a rare and free opportunity for students to speak directly to Vets and Vet students and ask any questions they have about the application process.

All attendees will be awarded a highly commended reference from the presidents of Vet Mentor to show that they have gone one step further than other Vet applicants.

### For aspiring doctors

Dr Siva and Dr Kennedy will lead the FREE, VIRTUAL Get into Medicine Conference on Sunday 27th November and Saturday 10th December (10am - 3pm).

They will provide a step-by-guide to the medical application process and insight into how to make a candidacy stand out.

For safeguarding purposes, all students must be accompanied by a parent/guardian throughout the conference.

- Get into Medicine Registration Link: <https://airtable.com/shr66li3bqG3ZpkPM>
- Get into Medicine Brochure: <https://medicmentor.co.uk/wp-content/uploads/2022/11/FINAL-Updated-GIM-Brochure-compressed.pdf>
- Get into Veterinary Medicine Registration Link: <https://airtable.com/shrs1hEiPfdSSgnI2>
- Get into Veterinary Medicine Brochure: <https://medicmentor.co.uk/wp-content/uploads/2022/10/GIV-Brochure-.pdf>



**Happy STEMing and smiles!**

**Dr Len, STEM Leader**

## Oxford University Taster Day

This week a small group of year 10 students had the privilege to attend a campus visit to St Peter's College at Oxford University for a taste of what it would be like to study there.



The university has no central campus but is made up of over thirty colleges and halls spread across the city centre and beyond. These colleges are at the heart of Oxford's reputation as one of the best universities in the world and make it a very special place to study and live. Every student belongs to a college as well as being a member of their course department and the University. In addition to the degree course being studied, students have the choice of 400 different clubs and societies.

The morning consisted of an introduction to higher education, a Q&A session with student ambassadors, and information on the application process including interview preparation and a tour of the college. Students were then served lunch in the prestigious college dining hall and spent the afternoon in the Computer Science department, problem solving on 'Search Algorithms and Throwing Eggs', delivered by David Kohan Marzagão, lecturer in mathematics and statistics.



Students: Suleyman Tunc, Alex Lo, Charlie Dowle, Megha Pithia, Elaine Ho.





## Work Experience feedback

Hannan Cali, a year 13 student currently studying A levels, got the chance to spend a day at Mishcon de Reya law firm, London to get a real insight into the type of work they do, the clients they engage with and life as a lawyer.

*“On the 28th October, I travelled to Mishcon De Reya’s firm in Holborn where I indulged in various tasks such as being an inspiring speaker and a Q&A session with current Mishcon De Reya solicitor apprentices. Additionally, I participated in networking, where I gained in-depth knowledge into law practitioners interests and daily endeavours; through this I advanced my communication and networking skills, talking to the apprentices. Furthermore, I participated in an industry task provided by the employees; where I debated among my peers about recent social issues. It was a great experience and I gained an increased level of commercial awareness about how a law firm operates, the current legal landscape and the future of the legal market. I would thoroughly recommend other students to participate in a similar programme even if only for a day.”*



Hannan Cali Year 13

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

Mrs Laurenzi  
Careers Leader

**Imperial College London**



## OUR OTHER PROGRAMMES

You can also apply for our other programmes, open to students from all backgrounds. Whether you're interested in becoming a doctor, in 3D printing one of your own creations or learning what it's like to study science at university from a real-life Imperial student - our programmes will support you all the way!

- Levelling Up (Year 12)
- STEM Potential (Year 10 and 12)
- Pathways to Medicine (Year 12)
- The Maker Challenge (Year 9 - Year 13)
- Ma\*ths Online (Year 12s and 13)
- Further Ma\*ths Online (Years 12 and 13)
- Plus a number of Summer Schools for students in Years 9, 10, 11 and 12.

**Check out our website for more information —**  
[bit.ly/3TXsVEt](https://bit.ly/3TXsVEt)



**Imperial College London**




**Apply for our Outreach programme for Years 10 and 12 students - it will support you in exploring STEM degrees, careers and applying to university in the future!**

## STEM FUTURES

Are you a Black heritage student in Year 10 or Year 12? Interested in STEM (science, technology, engineering, maths and medicine) subjects and looking to find out more about what they can offer you?

**Applications are now open!**

Find out more on our website or scan the QR code above with your phone camera:  
<https://bit.ly/3SKKTZT>

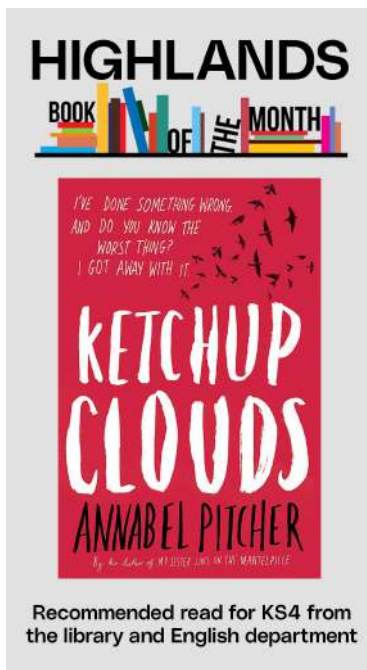


## Highlands book of the month

### 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

## 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**

**Mrs Selim**



## Wellbeing feedback

A year ago we sought your feedback on wellbeing at Highlands School. Thank you so much for sharing your views. Since then our change team has been working hard with the school community to continue to develop our provision.

Our change team includes:

- Karen Crawley (Parent governor)
- Jody Larter (Assistant headteacher)
- Armenay Jeynes (Assistant headteacher)
- Lori Charles (School Counsellor)
- Eleanor Smith (Student)

We are now a year on and continuing to review our provision and work towards obtaining an independently reviewed Optimus Wellbeing Award. We would really appreciate your feedback once again. Please take five minutes to complete [this survey](#) by Wednesday 23 November.

## Next week's PSHE topics

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

PSHE lessons w/b 21st November 2022

<b>Year 7</b>	Healthy sleep
<b>Year 8</b>	Keeping safe on the streets
<b>Year 9</b>	Awareness and peer influence
<b>Year 10</b>	Disability
<b>Year 11</b>	Mid-year assessment revision
<b>Year 12</b>	Substance use and managing influence
<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

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>



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 2854
	Bexley, Bromley and Greenwich	0800 330 8590





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

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