



Highlands School Newsletter

2 December 2022



This week at Highlands we judged our annual year 7 Christmas card competition. I am pleased to announce that Siena Jugurnauth 7WMP was the winner (image above). You can see the second and third place cards further on in this newsletter. We also had a range of other competitions and activities this week including the year 8 girls and year 10 boys inter house football and the winners of the inter house art competition was announced.

On December 8th it is Christmas lunch at school and Christmas jumper day, we hope all students will join us for Christmas dinner and wear a festive jumper. We will share more details about Christmas jumper day next week.

The Highlands School winter concert is taking place on the evening of Friday 9th December 2022. You can read more about this on page 19 of the newsletter and buy tickets on parent pay.

Dates for your diary:

- Christmas jumper and Christmas dinner day:
- 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.



House competition weekly results

This week's overall house winner, based on achievement points since the start of half term:

	Beech	Rowan	Oak	Willow
Positive points this half term	16222	15955	16746	15468
Negative points	-951	-713	-1059	1036
Points overall	15271	15242	15687	14432

Top students in year 7:

Forename	Surname	Form	House	Points
Oliver	Dhillon	7OAC	O	274
Aiden	Adeoye	7WMP	W	243
Annika	Trivedi	7WSS	W	211
Danish	Farooq	7WMP	W	209
Nea	Petritaj	7WSS	W	207
Chloe	Shi	7WMP	W	203
Amili	Blana	7RCX	R	201
Anaiya	Dhaliwal	7WSS	W	201
Nnaemeka	Onukaogu	7WSS	W	201
Sena	Oguz	7WSS	W	198

Top students in year 8:

Forename	Surname	Form	House	Points
Arabella	Mumba	8ODC	O	326
Ruby	Magrun	8BYC	B	310
Gabrielle	Russell	8BYC	B	302
Melisa	Spahia	8BYC	B	300
Sadie	Baker	8BYC	B	297
Kaitlyn-Marie	Ewan	8OSM	O	290
Hugh	Murphy	8BYC	B	289
Joseph	Smyth	8BYC	B	285
Taraneh	Kheradmandi	8BYC	B	284
Luke	Shearman	8ODC	O	282



Top students in year 9:

Forename	Surname	Form	House	Points
Kamilah	Abib	9RRS	R	358
Skye	Creary	9WDD	W	347
Daniel	Malaj	9BJC	B	336
Tailizandra	Blana	9RRS	R	331
Evie	Whitbread	9WDD	W	328
Georgia	Georgiou	9WDD	W	323
Nataniel	De Almeida	9WDD	W	319
Alfie	Horn	9WDD	W	318
Tyrae	Best-Daley	9BJC	B	313
Luke	Smith	9WDD	W	312

Top students in year 10:

Forename	Surname	Form	House	Points
Elaine	Ho	10WKM	W	239
Katie	Bucknor	10RTS	R	234
Benjamin	Gormley	10BJT	B	230
Athanasios	Aristidou	10WKM	W	221
Yagmur	Olcay	10OEF	O	218
Sophie	Bernasconi	10BJT	B	214
Prue	Musah	10RTS	R	212
Arda	Aslan	10OMK	O	211
Ella	Kufeji	10WKM	W	209
Chijindu	Onukaogu	10RTS	R	208

Top students in year 11:

Forename	Surname	Form	House	Points
Eneida	Luganskyte	11OPR	O	263
Raphael	Richter	11BSP	B	260
Beirhan	Guven	11WLM	W	254
Elle	Mills	11RGA	R	246
Harrison	Douglas	11BSP	B	238
Daniel	Drysdale	11WLM	W	233
Ahura	Sedaghat	11BSP	B	228
Alessandro	Georgiou	11WTA	W	227
Andy	Dishnica	11WLM	W	224
Joshua	Mensah	11WLM	W	218



Top students in year 12:

Forename	Surname	Form	House	Points
Deniz	Yamansef	12WBS	W	62
Aristotelis	Balla	12BLR	B	57
Freddie	Trathen	12RSL	R	57
Rachel	Lok	12BLR	B	54
Emily	Muncaster	12OKA	O	54
Rayaan	Kaderia	12BAG	B	53
Maria	Shikunta	12BAG	B	51
Alexia	Kyriakou	12WBS	W	50
Eleanor	Dagger	12OSQ	O	47
Daisy	Peterson - Keith	12OSQ	O	46
Iona	Garrard	12RSL	R	46

Top students in year 13:

Forename	Surname	Form	House	Points
Paolo	Saturnino	13WMA	W	57
Robert	Timis	13OAL	O	52
Ethan	Rees	13OES	O	51
Ilayda	Duzgun	13OAL	O	50
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
Athena	Luxton	13RJB	R	43



Rowan bake sale

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

The bake sale generated £305. Congratulations and well done to all those students and staff involved in coordinating the event.





Inter house football finals

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

The year 8 girls Willow team took on a very strong Rowan team in the inter house football final. It was a very close game but Willow managed to outplay Rowan, beating them 1 - 0, crowning them champions of the inter house football finals. Well done Willow! Oak finished in third place after beating Beech in a close penalty shoot-out.



Rowan were also finalists in the boys year 10 inter house football competition and faced Beech in the finals. Both teams played exceptionally well, Rowan were the better team on the day and beat Beech 2 - 1 to become the boys year 10 inter house football champions. Oak finished in third after beating Willow 3 - 1. Well done to all the players





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. Dennis Erdogan2. Lucian Hayden3. Warren Kelly4. Ruby Knight5. Nikeel Sookharry6. Ruby Wakeford7. Kavish Amuwitagama8. Matthew Nicolaou9. Lis Zoboli	Year 8 weekly winners: <ol style="list-style-type: none">1. George Baker2. Enes Turan3. Nisa Tekic4. Alex Sultan5. Sophia Stavrinides6. Hugh Murphy7. Luke Michaelides8. Yesim Hussein9. Lily Howard10. Dane Adon
Year 9 weekly winners: <ol style="list-style-type: none">1. Parla Ghanipour2. Jordan Abagre3. Ada Almaz4. Aydin Chowdhury5. Moroni Cristovao6. Kashyle Ekemezuma-Edwards7. Emiera Mert8. Justin Stelmach9. James Wang10. Sumiya Mohamed	Year 10 weekly winners: <ol style="list-style-type: none">1. Nana Boakye2. Ruben Brown3. Katie Pedder4. Alex Philippou5. Jaimin Shah6. Grace Umenyiora7. Keren Mayudi8. Angelo Anastasi9. Aiden Cela10. Elaine Ho
Year 11 weekly winners: <ol style="list-style-type: none">1. Jorden Adeoye2. Cruz Benjamin3. Rayna Chowdhury4. Victoria Gannon5. Sophie Gerrish6. Jessica Milne7. Isabel Paine8. Christian Princewill9. Dylan Schwartz-Gee10. Nina Szymecka11. Maya Houldsworth12. Khyrie Murray Noel	Winner of the £30 voucher: Berol Boyraz (Year 7)



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), for the final bake sale of the term which is for **Willow on 8th December**. This bake sale will be **Christmas themed**, so we look forward to receiving your donations.

If you would like to help by baking something, please email Mrs Czapich 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.

Ed-Extra textiles

This term, our year 7 students have been busy with textiles. They have created some wonderful seasonal crafts, perfect for this festive season.





Year 7 inter house art competition

The Art department held an inter house art competition for the year 7 students. Each student had to create a pack of eight flashcards representing "The formal elements of art".

Each flashcard had to contain a written definition and a drawing or illustration of a formal element. The presentation of the pack needed to be creative, eye-catching, with clear definitions and appropriate illustrations.

The following were shortlisted from the 240 entries:

- Natanja 7BJF
- Ned P 7WSS
- Olivia A 7BAM
- Isabella O'N 7RBW
- Beyza G 7BJF
- April C 7RBW
- Ben 7OAC
- Ella D 7RCX
- Samaah A 7WMP



3rd place:
Maria V 7OFD



2nd place : Sofia 7BAM

1st place: Marianna Pallikaros 7WMP



Bloomberg - Taster Day

Rayaan Kaderia, year 12 student spent a day with Bloomberg LP, the global business and financial information and news leading company, in London.

Rayaan's feedback: "The Bloomberg Insight day was a very interesting and worthwhile experience. On arrival we had a light buffet of canapés and met with other students from different schools who had also been selected to attend. We then had a talk in the auditorium by senior professionals, informing us of different job opportunities available and the Apprenticeships schemes offered as well as a brief introduction on the financial markets and Bloomberg as a company. This was then followed by a tour of the new building which was amazingly designed, including the stunning 'honeycomb' office layout and the refreshments area with views of the City of London. We then got to see the studio whilst the presenters were live on air. The day ended with a workshop element focused on 'building your personal brand' and the chance to network with some current apprentices and line managers to build on the skills developed during the workshop".



Bloomberg





Highlands book of the month

KS3: Looking at the Stars by Jo Cotterill

Amina's homeland has been ravaged by war for many months, but so far she and her family are safe, together. When a so-called liberating force arrives in the country, the family think their prayers for peace will soon be answered, but they are horribly wrong . . .

The country is thrown into yet further turmoil and Amina's family is devastated . . .



KS4: Falling Leaves by Adeline Yen Mah

The story of an unwanted Chinese daughter growing up during the Communist Revolution, blamed for her mother's death, ignored by her millionaire father and unwanted by her Eurasian step mother. A story of greed, hatred and jealousy; a domestic drama is played against the extraordinary political events in China and Hong Kong.

Written with the emotional force of a novel but with a vividness drawn from a personal and political background.



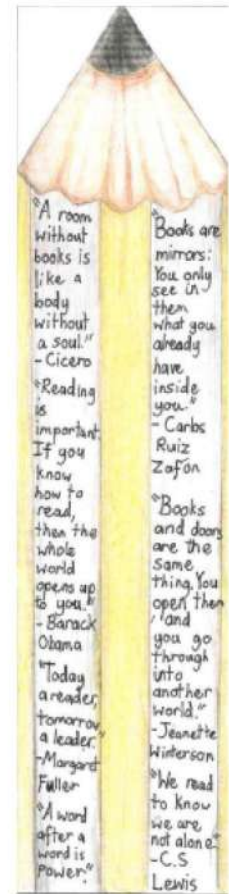
English and library bookmark competition

After much deliberation, two students were selected as winners for the English and Library bookmark competition. Well done to Alex Pakkos and Marika Daley who have won WH Smith gift vouchers and house points - their bookmarks will also be printed and distributed this week.

Well done.

Mrs Selim and Mrs Mehmet

Bookmark Winners:
Front: Alex Pakkos 7BAM
Back: Matika Daley 7BAM



Lego Club - Build the Home Alone house out of lego!

Students, would you like to help construct the iconic house from the Christmas movie *Home Alone* out of lego? Are you an experienced lego builder who would like to get involved with this project?

If the answer is yes, please email Miss Brown: browna@highlearn.uk who will provide more information on how to get involved in this exciting Christmas activity.

The deadline for responses is **Tuesday 6th December**.

End of term certificates

Well done to all the students who received an end of term certificate. Students were awarded either a bronze, silver, gold, platinum or a headteacher award for their hard work last term.





Christmas card competition

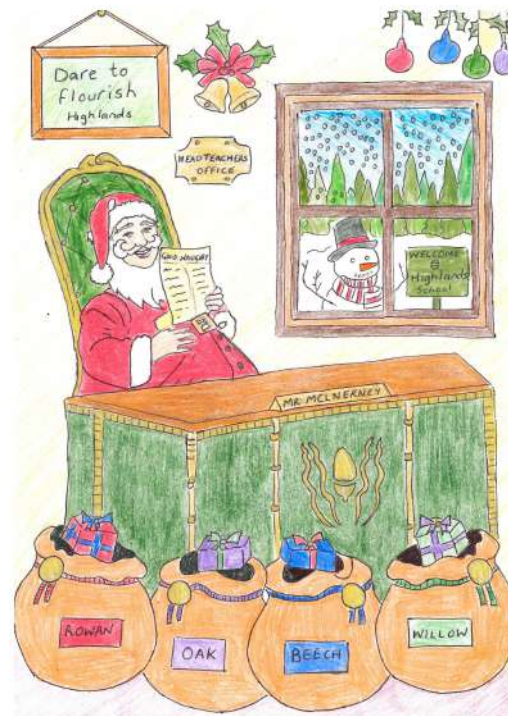
This year there have been some fantastic entries for Highlands School's official Christmas card. Our talented students have worked very hard to design a card that represents our school for this festive season. Here are the top three designs. A huge well done to Siena Jugurnauth in 7WMP whose beautiful painting was selected as this year's winner.



1st place: Siena Jugurnauth 7WMP



2nd place: Marika Daley, 7BAM



3rd place: Alex Pakkos, 7BAM



Get into Medicine conference

With over 1,000 applications, registration for Saturday's free, virtual Get into Medicine conference is now closed, as it is now fully booked! To give students the opportunity to attend a conference before the end of the year, two more conferences have been announced:

- Saturday 10th December 10am - 3pm
- Sunday 11th December 10am - 3pm

As a festive gift, Get into Medicine will give all attendees to December conferences free access to all six sessions of their virtual work experience programme. From Acute Medicine to Surgery, a record of varied medical work experience is a crucial component to any application to Medicine.

Students can register using this [link](#).

All attendees are awarded a highly commended reference from the Presidents of Medic Mentor to demonstrate to universities that they have gone one-step further than other applicants.

Dr Siva and Dr Kennedy host these conferences to provide a comprehensive guide to the medical application process. This is a fantastic opportunity for students to address any uncertainties they have about getting into medicine with doctors and medical students.

The Get into Medicine Conference covers:

- Application timelines
- How to tactically choose medical schools
- CV building
- Personal statements
- Interview schools
- Medical leadership and awards programmes
- How to access work experience
- UCAT and BMAT - entrance exams to medical school
- Accessing scholarships

All students must be accompanied by a parent/guardian for safeguarding purposes.

Dr A Len



Toy appeal

Highlands School has teamed up with Pinnacle to make a difference this Christmas for many, many families. Together with Pinnacle, we are running a toy appeal to deliver as many toys as possible to deserving children.

We would like to take this opportunity to thank you all for your generous donations. We have received so many toys that will make Christmas extra special this year. The filled up van you see below will be making its way to the Growbaby charity, who supports families across Enfield by providing good quality, new and second-hand clothes and equipment/toys for children aged 0-5 years.

We are also supporting The Toy Project, The Salvation Army and the British Red Cross, who will be so grateful for your donations.

The last day of donations is **Monday 12th December.**



Pinnacle Group

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.



Sixth form applications

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

[Highlands Sixth Form Application.](#)

Lost property

We currently have a lot of lost property items of school uniform, water bottles, pencil cases and umbrellas. We particularly have a lot of coats so please check if your child's coat is missing ! See picture below. If your child has lost any items please ask them 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 9th December

Year 7	The effects of exercise
Year 8	Knife crime
Year 9	The law and managing risk (linked to substances)
Year 10	Racism and discrimination
Year 11	Different routes to parenthood
Year 12	Substance use - seeking help and support
Year 13	RSE: Fertility and pregnancy choices



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.

amazonsmile
You shop. Amazon gives.

- 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**.

HPFA festive raffle

The HPFA presents a fabulous festive raffle! Tickets are £2 each to buy, [click here](#) to enter the raffle with the chance of winning some fantastic prizes.

Good luck!

The HPFA PRESENT A FABULOUS...

Festive Raffle

TICKETS £2 EACH ENTER ONLINE:
[HTTPS://APP.GALABID.COM/HPFACXMASRAFFLE2022](https://app.galabid.com/hpfacxmasraffle2022)

Top prizes:

- XBOX SERIES S CONSOLE
- £100 LOVE TO SHOP VOUCHER
- LUXURY FOOD AND DRINKS HAMPER
- II FALCONE INTERIOR DESIGN CONSULTATION OR VOUCHER
- BUCKLE AND VAUGHAN VOUCHER

Plus many more great prizes!

TICKET SALES CLOSE ON 14TH DECEMBER '22
RAFFLE DRAWN ON 15TH DECEMBER '22

GOOD LUCK!

SUPPORT THE HPFA, SUPPORT YOUR SCHOOL!

SMALL LOTTERY LICENSE NO: 1N202200525



Highlands School Winter Concert

We are delighted to inform you that Highlands School will be putting on a Winter Concert on Friday 9th December 2022.

Tickets to our Winter Concert are now Live and can be purchased on ParentPay or on the night of the event. This performance will be a showcase of music and dance by students across all year groups, so snap up those tickets now!





FOOD UNION
BY HAFENFIELD

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

Highlands
School & Sixth Form

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

ENFIELD
Council

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
Childline

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
Peer-to-peer support for young people

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

Follow Highlands School on:

 Twitter [@Highlands_sch](https://twitter.com/Highlands_sch)

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

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