



# Highlands School Newsletter

6 January 2023



This week we welcomed guest speakers to Highlands, Beyond Equality visited our school and led sessions with boys across years 8-10. Our students contributed really positively and the event was a great success. Well done to the boys for their positive approach to the sessions.

I held house assemblies this week. It was a pleasure to see all of our students and welcome them back to school. We talked about our priorities for the term ahead and thanked them for how well our first term went in the run up to Christmas.

If you have a child in our sixth form, please remind them to wear their lanyards at all times. As sixth formers are in their own clothes, the only way we know they are students, and not random members of the public, is because they wear lanyards. I stopped far too many students in the corridors this week who were not wearing them. Our students in years 7-11 wear lanyards at all times, so the sixth formers should be able to do the same. We are writing to students to let them know that, from Monday, if they are not wearing lanyards they will be issued with detentions. Please remind them of this at home this weekend.

Next week we will be presenting our year 11 students with their mock GCSE results and then going over them with families at our parent and carer information evening on Wednesday after school.

Dates for your diary:

- Year 11 parent and carer evening: Wednesday 11th January
- Year 8 parent and carer evening: Wednesday 18th January
- Year 8 and 9 options evening: Wednesday 1st February

Have a great weekend,

Mr McInerney, Headteacher



## House competition weekly results

Forename	Surname	Form	House	Points
Eneida	Luganskyte	11OPR	O	28
Raphael	Richter	11BSP	B	28
Ethan	Strickland	11WLM	W	27
Beirhan	Guyen	11WLM	W	27
Jessica	Griggs	11BSP	B	25
Andy	Dishnica	11WLM	W	24
Daniel	Drysdale	11WLM	W	24
Wolfram	Butler	9WDD	W	23
Evin	Uludag	11BSP	B	23

### Top students in year 7:

Forename	Surname	Form	House	Points
Taylor	Berndes	7OAC	O	14
Adalane	Angate	7OAC	O	13
Ceren	Turkkorur	7OAC	O	13
Lara	Pinar	7OAC	O	13
Naara Sade	Salom-Mason	7OAC	O	13
Joseph	Hyndman	7OAC	O	13
Jenna	Johal	7OAC	O	13
Mert	Aydemir	7BAM	B	13
Adem	Ucar-Batili	7BAM	B	13
Andriana	Yiallouros	7BAM	B	13

### Top students in year 8:

Forename	Surname	Form	House	Points
Gabrielle	Russell	8BYC	B	20
Ruby	Magrun	8BYC	B	20
Gabriela	Kusz	8BYC	B	19
Alfie	Forshaw-Hogg	8RKH	R	18
Kaitlyn-Marie	Ewan	8OSM	O	18
Taraneh	Kheradmandi	8BYC	B	18
Joseph	Smyth	8BYC	B	17
Melisa	Spahia	8BYC	B	17
Christopher	Chrysostomou	8RKH	R	16
George	Baker	8BYC	B	16



### Top students in year 9:

Forename	Surname	Form	House	Points
Wolfram	Butler	9WDD	W	23
Caiden	Paterson-Mckenzie	9WDD	W	22
Dayal	Matharu	9WDD	W	21
Liam	O'Connor	9WDD	W	21
Georgia	Georgiou	9WDD	W	21
Luke	Smith	9WDD	W	20
Evie	Whitbread	9WDD	W	20
Tyrae	Best-Daley	9BJC	B	20
Rozerin	Bozdag	9WDD	W	19
Skye	Creary	9WDD	W	19
Henry	Hanlon	9WDD	W	19
Nehir	Cetin	9RNC	R	19
Ethan	Baxter	9BJC	B	19
Emma	Simon	9BJC	B	19
Sara	Miah	9BJC	B	19

### Top students in year 10:

Forename	Surname	Form	House	Points
Rio	Martin-Perez	10RTS	R	17
Alkeo	Xhamxhiu	10OMK	O	17
Christopher	Anastasiou	10WKM	W	16
Anaya	Willoughby	10OMK	O	16
Prue	Musah	10RTS	R	15
Eleanor	Smith	10OMK	O	15
Arda	Aslan	10OMK	O	14
Wunfai Alex	Lo	10BRD	B	14
William	Jones	10BRD	B	14
Grace	Umenyiora	10OMK	O	13
Zakariah	Chaudhry	10OMK	O	13
Jasmine	Desai	10OMK	O	13
Edwyn	Baynes	10BRD	B	13
Megha	Pithia	10BRD	B	13
Elena	Giudice	10BJT	B	13



### Top students in year 11:

Forename	Surname	Form	House	Points
Eneida	Luganskyte	11OPR	O	28
Raphael	Richter	11BSP	B	28
Ethan	Strickland	11WLM	W	27
Beirhan	Guven	11WLM	W	27
Jessica	Griggs	11BSP	B	25
Andy	Dishnica	11WLM	W	24
Daniel	Drysdale	11WLM	W	24
Evin	Uludag	11BSP	B	23
Steven	Malickis	11OPR	O	22
Callum	Grant	11OPR	O	22

### Top students in year 12:

Forename	Surname	Form	House	Points
Rohan	Biswas	12BLR	B	4
Rachel	Lok	12BLR	B	4
Maria	Shikunta	12BAG	B	4
Cydney	Smalls	12RDS	R	3
Katerina	Stavrou	12RDS	R	3
Max	Albrecht	12OKA	O	3
Syenna	Ferreira	12BLR	B	3

### Top students in year 13:

Forename	Surname	Form	House	Points
Paolo	Saturnino	13WMA	W	4
Oliver	Cook	13WMA	W	4
Adriel	Nyarko-Duodu	13OES	O	4
Laveen	Omar	13OES	O	4
Musaddiqur	Ali	13OAL	O	4
Robert	Timis	13OAL	O	4
Kalil	Sibomana	13OAL	O	4
Ilayda	Duzgun	13OAL	O	4
Jack	Kilgallon	13BTD	B	4
Mihaela	Grosu	13BTD	B	4



## Beyond Equality workshop - rethinking masculinity assembly

Beyond Equality, visited Highlands and worked with our year 9 and 10 boys towards understanding gender equality, inclusive communities, and how to build healthier relationships.

There's a need and an opportunity in the UK to engage men in a brave and transformative rethinking of what 'being a man' means for them and others. Students were engaged in discussions on how to prevent gender based violence and creating communities that are safe for everyone.

At Highlands, we understand that male students need the chance to develop identities and behaviours that are healthier for themselves and others.





## Highlands book of the month

### KS3: **Welcome to Nowhere** by Elizabeth Laird.

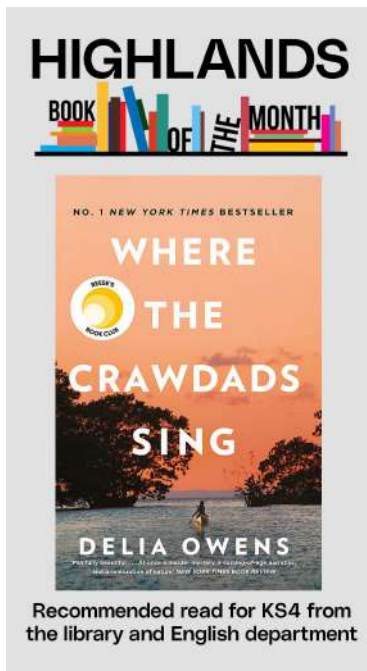
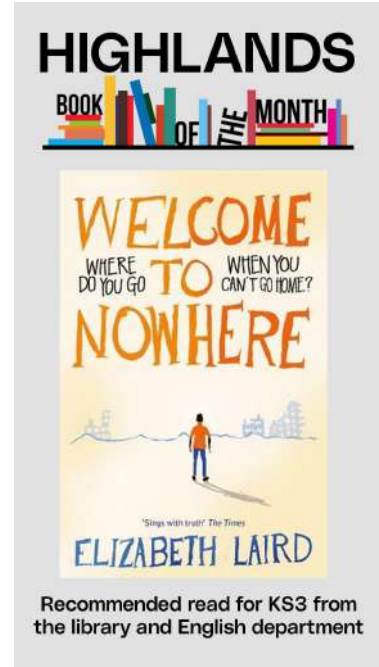
Welcome to Nowhere is a powerful and beautifully written story about the life of one family caught up in civil war.

Omar, 12, and his siblings were born and raised in the bustling city of Bosra, Syria.

All Omar wants is to grow up to become successful and make his fortune in the world. But when his clever older brother, Musa, gets mixed up with some young political activists, everything changes . . .

Before long, bombs are falling, people are dying, and Omar and his family have no choice but to flee their home with only what they can carry. Yet no matter how far they run, the shadow of war follows them - until they have no other choice than to attempt the dangerous journey to escape their homeland altogether.

But where do you go when you can't go home?



### KS4: **Where the Crawdads Sing** by Delia Owens

For years, rumours of the “Marsh Girl” haunted Barkley Cove, a quiet fishing village. Kya Clark is barefoot and wild; unfit for polite society. So in late 1969, when the popular Chase Andrews is found dead, locals immediately suspect her.

But Kya is not what they say. A born naturalist with just one day of school, she takes life’s lessons from the land, learning the real ways of the world from the dishonest signals of fireflies.

But while she has the skills to live in solitude forever, the time comes when she yearns to be touched and loved.

Drawn to two young men from town, who are each intrigued by her wild beauty, Kya opens herself to a new and startling world—until the unthinkable happens.



## Get into Medicine conference

Inviting all aspiring medical students in years 10-12 to a free, virtual Get into Medicine conference. Register using the following link: [Registration form](#)

Applying to medicine involves juggling multiple academic and extracurricular activities. Working tactically is just as important as working hard when it comes to getting into medical school. Dr Kennedy will show students how to approach every detail on their UCAS application, including:

- Choosing the right university
- Writing a personal statement that gets noticed
- How to approach a medical school interview
- Joining medical leadership and awards programmes
- How to find work experience
- Building a medical CV
- Applying for scholarships to study medicine

The next available dates are:

Saturday 7th January (10am -3pm), Saturday 14th January (10am - 3pm), Sunday 15th January (10am - 3pm)

All attendees at the Get into Medicine conference will be eligible to apply to Medic Mentor's Medical Leadership Programme (MLP). If successful, students will receive free teaching and mentoring to help them stand out as an applicant and develop skills in leadership. After attending a Get into Medicine conference, students will need to apply for a space on the MLP by Friday 20th January using the following [link](#).

## 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.

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**



## Dental Mentor’s Medical Leadership Programme

Applications are now open to Dental Mentor’s Medical Leadership Programme (MLP), the only national Medical Leadership programme in the UK! All MLP members receive free virtual teaching and mentoring to help them become leaders in Dentistry. This is a fantastic addition to UCAS applications and CVs! The deadline to apply is midnight on Friday 20th January: [Click here to apply](#)

As part of their MLP application, students are required to attend the free, virtual Get into Dentistry conference, with the next one on Saturday 14th January. This conference will provide a full guide to the UCAS application process for dental school.

All students in years 10 -12 can register for free [here](#)

Topics that will be covered:

- Application Timelines
- How to Tactically Choose Dental Schools
- CV Building
- Personal Statements
- Interviews
- Medical Leadership and Awards Programmes
- Accessing Work Experience
- UCAT and BMAT - Entrance Exams to Dental School
- Accessing Scholarships

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

## PSHE

### What are students studying next week?

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

Year	Core theme	Lesson title
7	Health and wellbeing	First aid and CPR
8	Living in the wider world: Careers	Unit 3: Ambitions and pathways
9	Living in the wider world: Careers	Unit 2: Planning for the future
10	Relationships	Unit 3: Addressing extremism and radicalisation
11	RSE	Fertility and pregnancy
12	Living in the wider world: Careers	Unit 3: Educational pathways





## 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](http://www.smile.amazon.co.uk).
- To **shop at Amazon Smile**, simply visit [www.smile.amazon.co.uk](http://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**.

**amazon**smile  
You shop. Amazon gives.



## 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](#)) 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**  
CHILDLINE 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)

**kooth**

Kooth 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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