



Highlands School Newsletter

27 January 2023

School closure due to industrial action by the NEU

I wrote to the school community this week to inform them that members of the National Education Union (NEU) are taking industrial action on Wednesday 1st February. The dispute is with the Secretary of State for Education with regards to the NEU view that there has been a:

'failure to provide a fully funded above-inflation pay rise (as measured by September 2022 RPI). A fully funded pay rise is one that is funded by additional resources sufficient to provide the above-inflation pay rise' - (NEU ballot paper).

We have assessed the impact of the strike action and consulted with the Highlands School Governing Body and have decided that we will be closed to all students apart from some students in years 9 and 10 who can come in for their mid year exams and then go home. We have written to families of students in years 9 and 10 so they know if and when they are coming in.

All students in years 7, 8, 11 and the sixth form should not come to school.

All members of staff who are not in the NEU have been asked to set work in the Google Classroom for their classes so most students should have work they can complete whilst at home on the strike day. However, members of staff on strike may not set online work, meaning not all students will have work set for all four lessons that they would normally have on a Wednesday.

Please note that the NEU has three more days of industrial action planned that will affect London schools. If those days of action go ahead we will write to you the week before to inform you of how it will affect Highlands. Those dates are:

- Thursday 2nd March
- Wednesday 15th March
- Thursday 16th March

Financial support for our new school uniform

On page 14 of this newsletter we have outlined the way in which families can apply for Highlands to pay for the compulsory items in the new school uniform. We understand the financial pressure on families and we have committed to giving financial support to any family who requests it.

Other dates for your diary:

- Year 8 and 9 options evening: this was due to take place on Wednesday 1st February but due to strike action it has been moved to Wednesday 8th February
- Final day of this half term: Friday 10th February
- Start of next half term: Monday 20th February

Have a great weekend,
Mr McInerney, Headteacher



House competition weekly results

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

	Beech	Oak	Rowan	Willow
Positive points this week	3997	4050	3847	4103
Negative points	-310	-385	-249	-302
Points overall	3687	3665	3598	3801

Top students in year 7:

Forename	Surname	Form	House	Points
Aiden	Adeoye	7WMP	W	370
Oliver	Dhillon	7OAC	O	358
Chloe	Shi	7WMP	W	335
Samaah	Abbas	7WMP	W	333
Danish	Farooq	7WMP	W	318
Meliz	Hassan	7WMP	W	310
Marianna	Pallikaros	7WMP	W	307
Annika	Trivedi	7WSS	W	302
Marcus	Marfici	7WMP	W	300
Max	Rich	7OAC	O	299

Top students in year 8:

Forename	Surname	Form	House	Points
Arabella	Mumba	8ODC	O	510
Gabrielle	Russell	8BYC	B	448
Melisa	Spahia	8BYC	B	440
Ruby	Magrun	8BYC	B	435
Radhika	Parmar	8ODC	O	427
Joseph	Smyth	8BYC	B	408
Sadie	Baker	8BYC	B	406
Kalia	Sibomana	8BYC	B	402
Kaitlyn-Marie	Ewan	8OSM	O	402
Taraneh	Kheradmandi	8BYC	B	400



Top students in year 9:

Forename	Surname	Form	House	Points
Kamilah	Abib	9RRS	R	521
Daniel	Malaj	9BJC	B	489
Skye	Creary	9WDD	W	484
Tailizandra	Blana	9RRS	R	476
Evie	Whitbread	9WDD	W	476
Tyrae	Best-Daley	9BJC	B	471
Luke	Smith	9WDD	W	468
Alfie	Horn	9WDD	W	466
Georgia	Georgiou	9WDD	W	464
Aaliyah	Udahemuka	9BJC	B	459

Top students in year 10:

Forename	Surname	Form	House	Points
Prue	Musah	10RTS	R	327
Elaine	Ho	10WKM	W	325
Arda	Aslan	10OMK	O	317
Benjamin	Gormley	10BJT	B	304
Yagmur	Olcay	10OEF	O	299
Alkeo	Xhamxhiu	10OMK	O	296
Gracie Mae	Ticehurst	10OEF	O	289
Wunfai Alex	Lo	10BRD	B	287
Beckham	Tahsen	10RTS	R	285
Sophie	Bernasconi	10BJT	B	282
Athanasios	Aristidou	10WKM	W	282

Top students in year 11:

Forename	Surname	Form	House	Points
Eneida	Luganskyte	11OPR	O	398
Beirhan	Guyen	11WLM	W	392
Raphael	Richter	11BSP	B	374
Daniel	Drysdale	11WLM	W	336
Alessandro	Georgiou	11WTA	W	335
Ellie-May	Bailey	11RGA	R	330
Andy	Dishnica	11WLM	W	318
Ethan	Strickland	11WLM	W	309
Joshua	Mensah	11WLM	W	305
Jack	Young	11OPR	O	304



Top students in year 12:

Forename	Surname	Form	House	Points
Rachel	Lok	12BLR	B	90
Alexia	Kyriakou	12WBS	W	85
Emily	Muncaster	12OKA	O	82
Iona	Garrard	12RSL	R	79
Deniz	Yamansef	12WBS	W	79
Rayaan	Kaderia	12BAG	B	76
Hollie	Burkett	12OSQ	O	65
Aristotelis	Balla	12BLR	B	64
Alex	Stelmach	12RDS	R	64
Freddie	Trathen	12RSL	R	61

Top students in year 13:

Forename	Surname	Form	House	Points
Paolo	Saturnino	13WMA	W	85
Ilayda	Duzgun	13OAL	O	74
Robert	Timis	13OAL	O	72
Oliver	Cook	13WMA	W	68
Laveen	Omar	13OES	O	64
Mihaela	Grosu	13BTD	B	60
Serena	Pia	13OAL	O	58
Clara	Eboue	13RJB	R	57
Musaddiqur	Ali	13OAL	O	56
Ayse	Altinay	13OES	O	55
Ethan	Rees	13OES	O	55



House charities for 2022-2023

Giving back to our community is an important aspect of being a responsible student and member of society. That's why each year, our school will be asking students to choose a charity to support within their house.

The Felix project - **Rowan**

This year, students in Rowan have chosen to support [The Felix Project](#). This charity focuses on rescuing good, surplus food from the food industry that cannot be sold and would otherwise go to waste. Food is then delivered to almost 1,000 front-line charities, primary schools and holiday programmes in London. Our students will be working hard to raise awareness and funds for this worthy cause.



Unicef - appeal for children in Ukraine - **Willow**

Students in Willow have chosen to support [Unicef - appeal for children in Ukraine](#). This charity works towards building a better world for every child, every day, everywhere. Willow will be raising funds for Unicef - specifically for the appeal in Ukraine.



Cancer Research UK - **Oak**

Oak Students have chosen to support [Cancer Research UK](#). This charity works hard to fund scientists, doctors and nurses to help beat cancer in addition to providing information about cancer to the public.



Southgate Food Bank - **Beech**

Beech students will be raising money for their chosen charity - [Southgate Mosque Food Bank](#). This food bank works tirelessly to provide food, drink and household items to those in need.



In addition to supporting these charities, all houses will be coming together to raise money for [Simmons House](#) - an in-patient psychiatric unit for young people aged between 13 -18 years. We encourage all students, staff, and parents/carers to participate and support our efforts to make a positive impact on our community.

Let's come together as a school community to make a difference and support these important causes. Thank you for your support!



Trophies, trophies and more trophies!

Willow house was presented with house trophies, having won first place in the year 7 Art and Modern Foreign Languages (MFL) inter house competitions. What a fantastic achievement for Willow! A huge well done to Panayiotis Kyriacou and Marianna Pallikaros (pictured below) who won the competitions on behalf of their house.

Beech were also presented with the inter house trophy for the year 7 English inter house competition. Alex Pakkos (pictured below) and Matika Daley won the bookmark design competition on behalf of their house Beech.

Well done to all of the individual winners for their outstanding achievement.





Highlands School honour boards

We are excited to announce our very own honour boards have been installed in our school to celebrate our house system and those students who have been chosen to represent selected house strands, head students and house captains.

The honour boards are located in a prominent area of the school, where students, staff, and visitors can view them and be inspired by the accomplishments of the house captains. Each board features the names of the house captains who will champion their areas within the school community.

The house system is an integral part of our school community, fostering a sense of belonging and camaraderie among students. The honour boards will serve as a reminder of the hard work and dedication of our head students and house captains, and will inspire future generations to strive for excellence.

We would like to take this opportunity to encourage all students to participate in the house system and strive for excellence in all areas of school life. The honour boards are a testament to the achievements of our house captains and we are proud of each and every one of them.





Show Racism the RED CARD!

This week our school had the privilege of hosting an inspiration talk and workshop from Show Racism the Red Card. Show Racism the Red Card is a national educational charity that uses the high-profile status of professional football to tackle racism in society.

The workshop was led by Jack and Sam who discussed what racism is, the importance of speaking out against racism and standing up for what is right.

The students were also given the opportunity to participate in discussions to further explore the topic of racism and discrimination. They were able to learn about the different forms that racism can take, and how to recognise and challenge it.

It was a powerful and eye-opening experience for all who participated. The students came away with a deeper understanding of the impact of racism and the importance of taking a stand against it. We are grateful to Show Racism the Red Card for bringing this important message to our school and for empowering our students to be agents of change in their communities.

As a school community, we will continue to work towards creating an inclusive and respectful environment for all. Let's all strive to Show Racism the Red Card and stand up against discrimination in all its forms. Together we can 'Change hearts, Change minds and Change lives'.





Under 14s girls Middlesex Cup quarter final

A massive well done to all the girls who participated in the quarter final of the Middlesex Cup against a strong Alexandra Park School. From start to finish the girls dominated with skill and confidence. By half time the girls went 3-0 up and in the second half they controlled the game to go on and win 4-1. Well done to the girls below for a fantastic performance. Bring on the semi final!

Antonia Charalambous, Millie Huetson-Varnava, Nicole Kozinos, Lily Howard, Elize Savva-Faruk, Amelie Hon, Isabella Cruden, Naomi Clark, Elisia Huetson-Varnava, Shekhinah Gitu, Darcy Dundridge, Niamh McDonnell, Rosie McInanny.



Under 13s girls Middlesex Cup quarter final

Well done to all the girls who participated in the quarter final of the Under 13s Middlesex Cup against a strong Alexandra Park School. The girls comfortably went 2-0 up in the first 20 minutes of the game.

Throughout the whole game the girls dominated but unfortunately Alexandra Park responded with two goals. The girls were unlucky to not score more goals, with plenty of out-shots hitting the post and crossbar. Unfortunately the game went to penalties and Highlands lost 4-3. The girls played their hearts out and we are so proud of their performance. Well done to all the girls listed below.

Antonia Charalambous, Millie Huetson-Varnava, Nicole Kozinos, Lily Howard, Elize Savva-Faruk, Amelie Hon, Isabella Cruden, Hannah Cullen, Naomi Clark, Faye Etuazim, Sienna Margolis, Amelia Nciolaou, Xahrie Silvera.

Mrs Hutchinson



Year 10 girls cluster football tournament

Congratulations to the year 10 girls football team on their outstanding victories against Edmonton County, Chace Community School and Kingsmead on Tuesday evening to win their cluster tournament. The team demonstrated exceptional skills and teamwork on the field, ultimately defeating their opponents.

Well done to the goalscorers Sophia (3) and Mea (2), in particular Mea as she was named player of the tournament.



Lego Club masterpiece

The Lego Club at our school has been hard at work recreating the iconic robbers van from the classic film Home Alone. Using their creativity and problem-solving skills, the students have been able to bring this beloved piece of movie history to life, brick by brick.

The club, which meets every week, is open to all students who are interested in building with Lego. The club provides a fun and safe environment for students to express their creativity and work on their fine motor skills.



We are proud of the hard work and dedication of our Lego Club students and look forward to seeing their future creations.



Ed-Extra

We are excited to announce that the second rotation of our Ed-Extra program is now in full swing, with a variety of activities for our year 7 students to take part in. From art attack, coding and robotics to judo and musical theatre, students are given the opportunity to build on their self-expressions, thinking and creativity skills as well as having fun!

Mr Avann





Cooking up a storm! Students follow the Eatwell Guide to create nutritious meals

Year 8 have been continuing their learning on the Eatwell Guide, which is a government recommendation on maintaining a healthy diet. It is based on the five food groups and shows how much of what you eat should come from each food group. One of the recommended guidelines is to aim for at least two portions of fish a week, including a portion of oily fish. Oily fish includes salmon, sardines, mackerel and kippers.

Many students cooked up some delicious fish goujons using salmon as their portion of oily fish. They made a tasty dipping sauce and many chose to add their choice of flavours like paprika and chilli. They also made a dairy based dipping sauce, adding to their recommendation of daily dairy.



Read for Good: Readathon

Highlands will be participating in the 'Read for Good: Readathon' which will take place from **January 30th - February 20th**.

Students will be given the opportunity to fundraise, with all monies raised going towards the 'Read for Good' hospital programme. This is open to students in all year groups and encourages them to read at least two books over three weeks. If you are interested in participating, please see Mrs Mehmet in the Library to pick up a sponsorship form.



All students who successfully read the two minimum books of their choice, will be invited to a virtual meeting with Michael Morpurgo.

For further information, click [HERE](#) for a short video about the Readathon Charity.

Mrs Mehmet (LRC Assistant) & Mrs Selim (KS3 English coordinator)

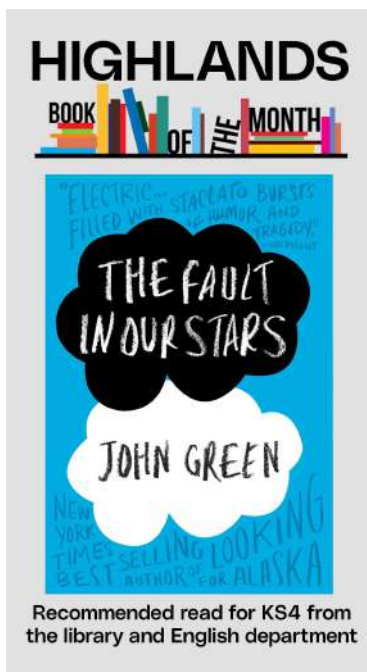
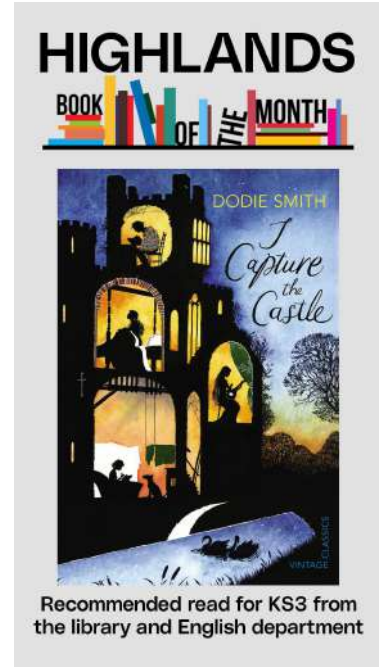


Highlands book of the month - February

KS3: I Capture the Castle by Dodie Smith.

This is the diary of Cassandra Mortmain, which tells of her extraordinary family and their crumbling castle home. Cassandra's father was once a famous writer, but now he mainly reads detective novels while his family slides into genteel poverty.

Her sister Rose is bored and beautiful, and desperate to marry riches. Their step-mother Topaz, has a habit of striding through the countryside wearing only her wellington boots. But all their lives will soon be transformed by the arrival of new neighbours from America, and Cassandra finds herself falling in love.



KS4: The Fault in Our Stars by John Green

Despite the tumour-shrinking medical miracle that has bought her a few years, Hazel has never been anything but terminal, her final chapter inscribed upon diagnosis. But when a gorgeous plot twist named Augustus Waters suddenly appears at the Cancer Kid Support Group, Hazel's story is about to be completely rewritten.

Insightful, bold, irreverent, and raw, *The Fault in Our Stars* is award-winning author John Green's most ambitious and heartbreaking work, yet brilliantly explores the funny, thrilling, and tragic business of being alive and in love.



New Highlands School uniform - financial support

In September 2023, Highlands will launch a new school uniform. The uniform will be worn by the students who join us in year 7 in September 2023 and by the students currently in years 7, 8 and 9. The current year 10 students will keep the old uniform into year 11.

The school has committed to purchasing new uniform items for families who request financial support. For families who request this financial assistance, Highlands will be offering to purchase the following compulsory items:

- 1 x school blazer
- 1 x school tie
- 1 x school skirt (black)

We will not be offering to pay for the school jumper or summer polo shirt as these are **not** compulsory items for the new school uniform. The white shirt/blouse and black trousers have not been changed and can be worn with the new uniform.

If you would like financial support in purchasing the new school uniform, please email uniform@highlearn.uk stating your name, child's name, year group and reasons for requesting financial support. You will then be sent a further form to complete. Parents/carers who have already emailed the school requesting financial support, **do not** need to email again.

The deadline for emailing us to request financial support is **Friday 10th February**.





Highlands lego robotics club winners

Last term, the year 7 lego coders were given the challenge to create, build and code a robot that would protect and conserve our planet.

The competition was tight, making it a difficult decision to reach, as all the designs were exceptionally creative and innovative. However, we are pleased to announce the overall winning team is “JIMBIOD” - the clean machine micro robot - collecting all small items of debris including a motto of “Clean sweep, help, repeat” designed by George Efstratiou and Anaiya Dhaliwal.

Both these students not only showed great teamwork and determination, but after delivering their presentation and demonstrating their robot, they clearly met all the outcomes in the project brief; mobility of the robot, research skills and presentation. Three other students Ahmed Ahmed, Muhammad Abdullah and James Lindsey also demonstrated great teamwork.

In addition to the winning team, congratulations goes to all the other participants, who made consistent progress throughout.



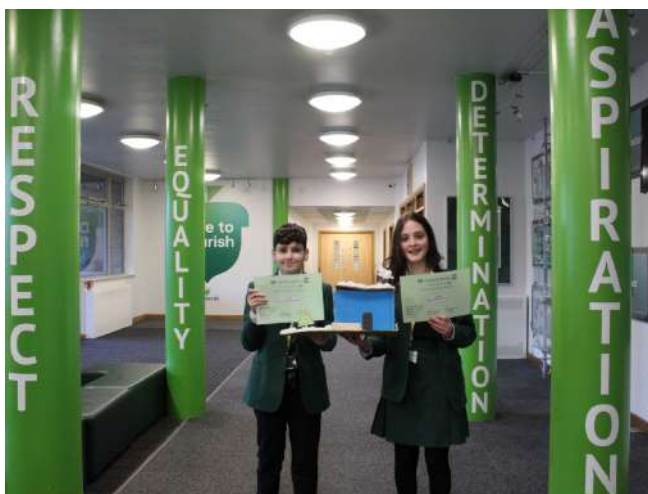


Science Sparks pupils design and build saving insulated house models

The aim of this project was to build an insulated house that is able to retain heat well. All the year 7s in the club went to work enthusiastically discussing what materials were good and bad insulators, whether having more or less windows would impact heat loss and what they could add to their home designs that would minimise heat loss. Lots of fantastic creative ideas were generated but most importantly we saw some great teamwork amongst the pupils. Sindi and Azat ticked all the boxes with building a well designed insulated home that retained the most heat, but most importantly they communicated well and were a great team! The runners up showed passion and worked hard on their house and worked well as a team.

Congratulations on the following students once again for exhibiting great teamwork and builds!

- Sindi Shaban 7WSS (winner)
- Azat Secgin 7WSS (winner)
- Manav Tailor 7BAM (runner up)
- Nikeel Sookharry 7BAM (runner up)
- Adem Ucar-Batili 7BAM (runner up)





The NHS Allied Healthcare Virtual Work Experience programme

The [NHS Allied Healthcare Virtual Work Experience programme](#) is now accepting students in years 10 - 13 onto February's session.

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

This includes:

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

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

Once they've registered, students will be emailed links to their virtual work experience portals.

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

Students can register individually at any time throughout the five-month programme using [this link](#). Places are £10 a session to cover administrative and technological costs.

Dr Len



Get into Medicine Conference

Many students don't realise that applying to medicine is perfectly possible without getting overwhelmed - it's a matter of accessing the right support. Students in years 10-12 are invited to a free, virtual Get into Medicine conference.

The Get into Medicine conference is a full guide to the UCAS application process from doctors and medical school students. The next conferences are on:

- Saturday 28th January (10am - 3pm)
- Sunday 29th January (10am - 3pm)
- Saturday 4th February (10am - 3pm)
- Sunday 5th February (10am - 3pm)

Topics that will be covered:

- Tactically choosing universities
- Personal statements
- Medical school interview skills
- Medical Leadership Programmes
- Medical Awards Programmes
- Extracurricular activities that medical school love
- Work experience
- Building a medical CV
- Applying for scholarships to study medicine

Applying to medicine is as much about working tactically as it is about working hard. All aspiring doctors should [register here](#).

HPFA Wine tasting evening

Following the recent success and most enjoyable Music Bingo Night last term, the HPFA will be organising a wine tasting evening event with our very own wine sommelier, Rob Swanton. This will take place on Friday 3rd March 2023, start time approximately 7pm (tbc), cost is £20 per person and there will be some food provided. ParentPay is now live for tickets.

Ticket sales will close on Monday 27th February at 3.30pm to allow for the final wine order to be placed.

We are looking for help with catering, if you are able to assist in any way, please contact us on Hpfaveventtickets@gmail.com. More information on the event will follow soon.

We also have an upcoming Easter Raffle. Any prizes or monetary donations are most welcome. Please contact us if you would like to support this event.

HPFA

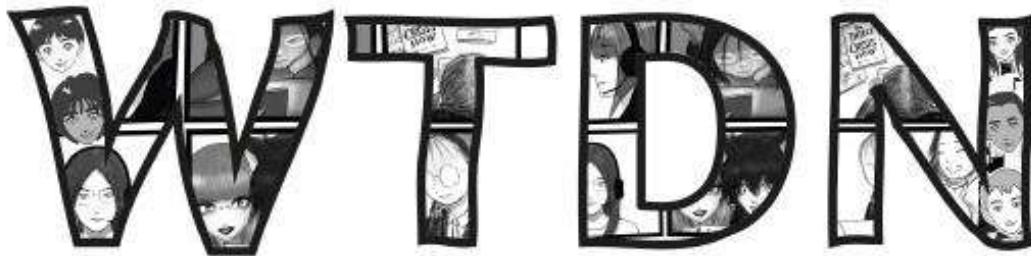


WTDN - What To Do Now

What To Do Now is a new platform for young people to help find opportunities. It's an Enfield based project set up by Love Your Doorstep Community CIC and it is free for students, schools, parents/carers to register.

The website hosts jobs, education/training, volunteering, work experience, events, and a knowledge base that is updated weekly.

Visit www.whattodownow.co.uk for more information.



WHAT TO DO NOW

Opportunities - Jobs - Events - Training
Apprenticeships - Volunteering
Education - Work Experience
Information

www.whattodownow.co.uk



Student medical needs

If your child needs to take regular medication in school, please fill out the following [Medicines Consent Form](#) to give the school consent to administer medication to your child. All medications that are kept in school must be stored in the medical room.

Mental health

We are continuously working hard to improve our understanding as a community of mental health, to enable us to provide the best possible outcomes for the young people in our lives. If you are ever concerned that your child is at risk due to very poor mental health please inform the school. You can also contact one of these numbers to seek support from a specialist. The Crisis line is there to offer guidance if your child may be having suicidal thoughts and is possibly in immediate danger. If you do ever find yourself in a position where you need to use these resources for your child, please make the school aware so we can provide appropriate support within school for your child.

Urgent mental health support - 24/7 crisis lines

Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
South West London	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2854
	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

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
Grounded on the phone, 24/7 online

Childline confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or [online chat with a counsellor](#)

THE MIX
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)

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

koøth

Koøth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine



Safeguarding contacts

If you are concerned about your child's wellbeing or the wellbeing of any other student at Highlands School, please contact the school on 020 8370 1100 or email the DSL at staysafe@highlearn.uk. This email address can also be used for students, parents and carers to share any safeguarding concerns or to request support.

If you are concerned that a child has been harmed or is at risk of being harmed and school cannot be contacted, please contact Enfield Children's Multi-Agency Safeguarding Hub (MASH) on 020 8379 5555, and all the police on 999 straight away.

Helpful numbers and websites

Childline: 0800 1111

NSPCC helpline: 0808 800 5000

The police: (if you are in danger): 999

LGBT switchboard: 0300 330 0630

Kooth: www.kooth.com - support service for students wellbeing

Multi Agency Safeguarding Hub: 0300 500 80 90

Barnardos: 0800 008 7005

Talk to someone....

- if you feel upset or worried about anything at all (even if you think it is not important)
- if you feel anxious or unable to cope
- if someone has hurt you physically, emotionally or mentally
- if you feel upset or worried about anything at all (even if you think it is not important)
- if you feel worried about someone at home
- if you are being threatened or forced to do things
- if someone has done something to you without your consent
- if you feel unsafe in school, at home or on the streets
- about anything else worrying you

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 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)