



Highlands School Newsletter

10 February 2023



I wrote to the school community this week about the earthquake in Turkey and Syria. The suffering that has resulted from this disaster is tragic and we send our thoughts to members of our school community who have been affected by this. Our school community contains many Turkish families and some have family members who have been affected by the disaster. We held a non uniform day today and raised over £1000 for disaster relief and we have joined with our local three primary schools to set up 'just giving' appeal, which you can donate to [here](#). The staff, students and governors at Highlands send their love and support to those who are suffering because of this event.

Today was the last day of half term. As always I want to thank students and families for their support; making our school more and more successful is a partnership and working together our schools goes from strength to strength. The next half term starts on Monday 20th February.

Dates for your diary:

- Monday 20th February: start of next half term
- Wednesday 1st March: year 7 parent and carer information evening
- Thursday 2nd March: planned strike action by NEU (more details will follow if this goes ahead)
- Wednesday 15th March: planned strike action by NEU (more details will follow if this goes ahead)
- Wednesday 15th March: year 10 parent and carer information evening (this will move if strike action goes ahead)
- Thursday 16th March: planned strike action by NEU (more details will follow if this goes ahead)
- Wednesday 22nd March: year 12 parent and carer information evening
- Friday 31st March: last day of the spring term - start of Easter holidays
- Monday 17th April: start of summer term

Mr McInerney,
Headteacher



House competition weekly results

This week's house winner based on the highest overall points:

	Beech	Oak	Rowan	Willow
Positive points this week	4015	5028	4148	4158
Negative points	-342	-374	-308	-436
Points overall	3673	4654	3840	3722

Top students in year 7:

Forename	Surname	Form	House	Points
Aiden	Adeoye	7WMP	W	423
Oliver	Dhillon	7OAC	O	402
Chloe	Shi	7WMP	W	372
Samaah	Abbas	7WMP	W	365
Danish	Farooq	7WMP	W	361
Adalane	Angate	7OAC	O	341
Max	Rich	7OAC	O	341
Warren	Kelly	7OAC	O	340
Taylor	Berndes	7OAC	O	339
Ceren	Turkkorur	7OAC	O	339

Top students in year 8:

Forename	Surname	Form	House	Points
Arabella	Mumba	8ODC	O	604
Radhika	Parmar	8ODC	O	516
Gabrielle	Russell	8BYC	B	508
Melisa	Spahia	8BYC	B	498
Ruby	Magrun	8BYC	B	495
Kalia	Sibomana	8BYC	B	472
Taraneh	Kheradmandi	8BYC	B	471
Sadie	Baker	8BYC	B	469
Joseph	Smyth	8BYC	B	469
Luke	Shearman	8ODC	O	446



Top students in year 9:

Forename	Surname	Form	House	Points
Kamilah	Abib	9RRS	R	585
Evie	Whitbread	9WDD	W	550
Tyrae	Best-Daley	9BJC	B	549
Skye	Creary	9WDD	W	542
Aaliyah	Udahemuka	9BJC	B	537
Luke	Smith	9WDD	W	526
Daniel	Malaj	9BJC	B	525
Nataniel	De Almeida	9WDD	W	524
Alfie	Horn	9WDD	W	519
Georgia	Georgiou	9WDD	W	516

Top students in year 10:

Forename	Surname	Form	House	Points
Prue	Musah	10RTS	R	353
Arda	Aslan	10OMK	O	345
Benjamin	Gormley	10BJT	B	344
Elaine	Ho	10WKM	W	339
Yagmur	Olcay	10OEF	O	324
Alkeo	Xhamxhiu	10OMK	O	314
Sophie	Bernasconi	10BJT	B	311
Athanasios	Aristidou	10WKM	W	309
Wunfai Alex	Lo	10BRD	B	305
Gracie Mae	Ticehurst	10OEF	O	305

Top students in year 11:

Forename	Surname	Form	House	Points
Beirhan	Guyen	11WLM	W	438
Eneida	Luganskyte	11OPR	O	431
Raphael	Richter	11BSP	B	405
Daniel	Drysdale	11WLM	W	381
Alessandro	Georgiou	11WTA	W	372
Jack	Young	11OPR	O	367
Andy	Dishnica	11WLM	W	362
Alexandros	Savva	11OPR	O	345
Ellie-May	Bailey	11RGA	R	343
Ethan	Strickland	11WLM	W	340



Top students in year 12:

Forename	Surname	Form	House	Points
Rachel	Lok	12BLR	B	106
Emily	Muncaster	12OKA	O	102
Alexia	Kyriakou	12WBS	W	97
Rayaan	Kaderia	12BAG	B	90
Iona	Garrard	12RSL	R	90
Deniz	Yamansef	12WBS	W	89
Hollie	Burkett	12OSQ	O	88
Alex	Stelmach	12RDS	R	72
Aristotelis	Balla	12BLR	B	71
Kristiana	Alexandrou	12RDS	R	70

Top students in year 13:

Forename	Surname	Form	House	Points
Paolo	Saturnino	13WMA	W	93
Ilayda	Duzgun	13OAL	O	78
Robert	Timis	13OAL	O	76
Oliver	Cook	13WMA	W	72
Laveen	Omar	13OES	O	68
Mihaela	Grosu	13BTD	B	64
Clara	Eboue	13RJB	R	61
Musaddiqur	Ali	13OAL	O	58
Serena	Pia	13OAL	O	58
Ethan	Rees	13OES	O	58



Oak are the champions!

An amazing way to end the term for Oak house. They have emerged as champions of the half term inter house competition! This term was filled with excitement and intense competition, but Oak house rose to the top with their outstanding performance and enjoyed a well-earned treat this week.

Oak's triumph is a testament to the hard work, dedication, and team spirit of the students and their teachers. The students' unwavering commitment to excellence in every event was a joy to watch, and their sportsmanship was an inspiration to all.

Well done Oak, a well-deserved win!



This week, the Oak house sixth formers received their inter house football trophies after winning both the boys' and girls' the competitions last week. A truly triumphant week for Oak!





Highlands School welcomes Dr. Stuart Lawrence

We are excited to announce that the honourable Dr. Stuart Lawrence, a well-known motivational speaker, visited Highlands School this week. Dr. Lawrence, brother of the late Stephen Lawrence who was murdered in a racially motivated attack in 1993, is famous for his inspiring speeches on leadership, teamwork, and personal growth.

During his visit, Dr. Lawrence had the opportunity to engage with our students, teachers, and staff. He shared his personal experiences and insights on success and accomplishment, emphasising the importance of having a growth mindset, setting achievable goals, and working hard to achieve them. He also spoke about the power of teamwork and how working together can lead to great things.

The students were spellbound by his stories and his dynamic energy. He encouraged them to face challenges head-on and never give up on their dreams, no matter the obstacles they may face. His message was impactful, and students left the session feeling motivated and inspired.

We are grateful to Dr. Lawrence for taking the time to visit Highlands School and share his wisdom with our students. His visit was an unforgettable experience, and we hope that his message will continue to inspire our students as they work towards their goals.





Diversity Role Models visit again

We were thrilled to welcome Diversity Role Models to our school again this week, who led engaging workshops with our students. They shared thought-provoking discussions with our students about the importance of understanding and celebrating differences in our community. Guest speakers shared their experiences and personal stories and the impact it has had on their lives.

Our students learned the importance of standing up for one's beliefs and encouraging a safe environment for all our students.



Royal Association for Deaf people (RAD)

We had the privilege of welcoming the Royal Association for Deaf People (RAD) to our school this week.

They provided a unique and valuable learning experience to our deaf provision students.

RAD is a national charity that provides support and services to people who are deaf or have hearing loss.

During their visit to our school, RAD representatives conducted interactive workshops on mental wellbeing and careers.

The workshops aimed to empower deaf students to seek and attain their career aspirations, improve wellbeing and remove barriers to achieve equality of opportunity.





Year 8 girls football 7-a-side football league CHAMPIONS!

A huge congratulations to the year 8 girls football team who beat St Annes 1-0 in the final of the 7-a-side football league on Tuesday. The team were frustrated to be level at half time after hitting the woodwork four times in the first half. Lily managed to score early in the second half to settle the nerves. The team managed to hold on to the lead to win the title.

The team have had a great run in the league, well done girls - this is a fantastic achievement.

Mrs Walters



Basketball result

Tough loss for Highlands this week in the senior basketball game against Enfield Grammar. Final score 56-28. The team will be regrouping, working hard and coming back stronger. Well done to all the players for their efforts.

Food Preparation and Nutrition practical skills

This week year 10 have been working on developing their skills within advanced bread development as part of their Food Preparation and Nutrition practical skills. They've been learning the art of bread-making and putting their skills to the test. From kneading dough to shaping the loaves, they are becoming experts in creating delicious and nutritious breads. Here are some examples of spiced/herbed bread rolls they have made.





Jack Petchey Speak Out Challenge

Congratulations to Luke Tyrimos, our talented student who recently finished third in the Jack Petchey Speak Out Challenge!

The Jack Petchey Speak Out Challenge is a competition aimed at helping young people build confidence and public speaking skills. Participants deliver a speech on a topic of their choice to an audience, with the goal of inspiring and engaging those who listen.

Luke's impressive performance on 'Confidence is key' at the competition, is a testament to the hard work and dedication he has put into his public speaking abilities. His passion for his chosen topic and natural stage presence captivated the audience and earned him a well-deserved third place finish. You can watch Luke's speech [here](#).

This accomplishment is not only a major achievement for Luke, but also for the school and community. It shows the strength of our student body and the importance of providing opportunities for young people to develop their skills and pursue their passions.

We would like to extend our sincerest congratulations to Luke on his fantastic performance and wish him continued success in his future endeavours.



Photo credit: Speakers Trust, speakerstrust.org, @SpeakersTrust



A level religious studies trip

A level religious studies students from across the country came together today to hear from the ethicist, philosopher, theologian and author of 18 books, Dr Peter Vardy.

Our year 12 religious studies students thoroughly enjoyed the day and were particularly pleased to be part of the conference wide debate 'This house believes that God exists' which took place at the end.

We are delighted that candlelight conferences have started running these conference days again post pandemic, and look forward to bringing more of our A level religious studies students here in the future.





DARE application winners

Recently we have reported to parents on the academic progress their child has made this year. Each subject teacher gives each student a score of either 'outstanding', 'good', 'inconsistent' or 'cause for concern' for the DARE application to learning. The criteria for the award of these scores is on the back of all of our exercise books. Once these scores have been awarded we average them out and rank all of the students in each year group, with the students with the best scores at the top. We give the top student in each year group a £50 voucher, second prize a £30 voucher and all third place students receive a £10 voucher.

Why have we done this?

We have created these averages so that students can be recognised and rewarded for having the highest average scores. These are students who turn up every day, who always bring equipment, complete work to the best of their ability and generally embody the values of our school: determination, aspiration, respect and equality. The DARE scores are entered by a range of teachers and reflect what students do day-in, day-out so the students who are being recognised and rewarded are those who are consistently doing the right thing. Some of the students who have the best DARE application scores are those who have achieved highest academically, but some are not. Students who have the best scores have a range of academic abilities and include students with SEND.

A huge well done to all of the winners.



1st place - year 8: Estelle Shopova, Cora Drysdale. **Year 9:** Matilda Gant. **Year 11:** Eleanor McHale

2nd place - year 8: Owen White, Ermioni Tsantikou, Christina Hajilambi. **Year 9:** Sakura Daley. **Year 11:** Tyler Macdonald

3rd place - Year 9: Daniel Cox Jaramillo, Parla Ghanipour, Isla Kirkland. **Year 11:** Selin Turkkorur



DARE days - Thursday 29th and Friday 30th June

At Highlands we are committed to providing students with an exceptional standard of education. Part of that education is the learning that takes place in lessons, but part of that education is also the experiences that take place outside the classroom. Last year's DARE day trips were such a great success that we are continuing with our programme this year. The trips and activities have been designed by staff to enhance and enrich the experiences our students have at Highlands.

Reminder of what DARE days are?

All lessons and teaching will be suspended and all students and staff will take part in trips or enrichment activities. These activities have been chosen carefully to support the learning in curriculum areas or to support the development of character, teamwork and confidence. We also want them to be fun! All of the activities will allow our students to demonstrate the values that underpin all our work: determination, aspiration, respect and equality.

Will all students take part in these activities?

Yes. These activities are carefully chosen and are part of our school curriculum. All students will participate and we will provide financial support for those who are unable to, so all children can attend. We will make sure all students with SEN can participate. We are an inclusive school and everyone from students in year 7 to the headteacher will be involved in the trips.

The following educational and exciting trips have been planned this summer for each year group.

Year Group	Trips
Year 7	<ol style="list-style-type: none">1. London Zoo2. Drama day at Chicken Shed Southgate
Year 8	<ol style="list-style-type: none">1. Art / RE trip2. Music day (on site)
Year 9	<ol style="list-style-type: none">1. Bletchley Park2. Design and technology day (on site)
Year 10	<ol style="list-style-type: none">1. Go Ape team building (Alexandra Palace)2. Post 16 pathways / employability workshop (on site)
Year 12	<ol style="list-style-type: none">1. Futures Day workshops - 29th June2. Wise-up, team challenge tasks - 30th June

Further details regarding the trips will follow after half term.

Please email daredays@highlearn.uk if you have any questions regarding the Dare Days.

Ms Jeynes



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)

Outreach Summer Schools 2023 - applications now open!

Are you in years 9-12? Interested in residential and non-residential opportunities to explore STEM subjects? Want to discover what it's like to study at Imperial and what life is like as a student in London? Ready to take part in lectures and activities alongside Imperial lecturers and current students?

Visit our [website](#) to apply and find out more about our range of summer school programmes:

- Year 9 Girls Engineering Summer School: 7 - 11 August
- Year 10 Insights into Science and Engineering Summer School: 2 – 5 August (Residential)
- Year 11 Online STEM Challenge: 27 – 30 June
- Year 12 Sutton Trust Summer School Week 1: 17-21 July (Residential)
- Year 12 Sutton Trust Summer School Week 2: 24-28 July (Residential)
- Year 12 Work Experience Programme: 3-7 July

We will be holding an online teacher information session on 23 February 2023, 4:30-5:30pm - [register here](#)

Summer School applications will close on 9 March 2023.

Dr Len



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**.





Kick-start your journey to a career in STEM (Science, Technology, Engineering and Maths)

Calling all Year 12 students (or equivalent)
interested in a career in STEM:

Apply to the 2023 In2science summer programme!

The free In2science summer programme
offers:

- Valuable hands-on STEM experience through a one or two week summer work placement
- Access to online skills workshops and careers panels
- University admissions support and career guidance
- Competitions and events
- A bursary to cover travel and lunch costs



Scan the QR
code to apply:



In²science^{UK}

Visit our website:
in2scienceuk.org/students

Contact us:
students@in2scienceuk.org



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

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
Specialist 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
Specialist support for under 25s

The Mix provides free, confidential support for young people under 25
Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)

Beat

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 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

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