



Highlands School Newsletter

20 January 2023



This week we presented dozens of students at school with rewards certificates for accumulating achievement points. Some of the successful students are pictured above. I was also pleased to announce the winner of the year 7 inter house singing competition, which was won by Oak. You can read more about this later in the newsletter.

This week the National Education Union announced four strike dates that will affect schools in London. Those dates are:

- Wednesday 1st February
- Thursday 2nd March
- Wednesday 15th March
- Thursday 16th March

As a local authority school we will receive advice from Enfield LA about responding to the strike action. I will write to the school community about this next week.

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 we are likely to move this event
- 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 overall house leader:

	Beech	Oak	Rowan	Willow
Positive points this week	4447	4304	3647	4428
Negative points	-352	-411	-263	-318
Points overall	4095	3893	3384	4110

Top students in year 7:

Forename	Surname	Form	House	Points
Oliver	Dhillon	7OAC	O	350
Aiden	Adeoye	7WMP	W	339
Chloe	Shi	7WMP	W	314
Danish	Farooq	7WMP	W	296
Samaah	Abbas	7WMP	W	295
Annika	Trivedi	7WSS	W	289
Marianna	Pallikaros	7WMP	W	283
Meliz	Hassan	7WMP	W	283
Taylor	Berndes	7OAC	O	282
Max	Rich	7OAC	O	282

Top students in year 8:

Forename	Surname	Form	House	Points
Arabella	Mumba	8ODC	O	465
Gabrielle	Russell	8BYC	B	424
Ruby	Magrun	8BYC	B	419
Melisa	Spahia	8BYC	B	415
Radhika	Parmar	8ODC	O	391
Joseph	Smyth	8BYC	B	387
Sadie	Baker	8BYC	B	383
Kalia	Sibomana	8BYC	B	383
Taraneh	Kheradmandi	8BYC	B	383
Kaitlyn-Marie	Ewan	8OSM	O	376



Top students in year 9:

Forename	Surname	Form	House	Points
Kamilah	Abib	9RRS	R	483
Skye	Creary	9WDD	W	457
Tailizandra	Blana	9RRS	R	448
Evie	Whitbread	9WDD	W	448
Daniel	Malaj	9BJC	B	447
Georgia	Georgiou	9WDD	W	438
Alfie	Horn	9WDD	W	438
Tyrae	Best-Daley	9BJC	B	435
Luke	Smith	9WDD	W	434
Aaliyah	Udahemuka	9BJC	B	432

Top students in year 10:

Forename	Surname	Form	House	Points
Elaine	Ho	10WKM	W	318
Prue	Musah	10RTS	R	313
Arda	Aslan	10OMK	O	305
Benjamin	Gormley	10BJT	B	289
Alkeo	Xhamxhiu	10OMK	O	283
Yagmur	Olcay	10OEF	O	282
Beckham	Tahsen	10RTS	R	277
Wunfai Alex	Lo	10BRD	B	276
Gracie Mae	Ticehurst	10OEF	O	274
Sophie	Bernasconi	10BJT	B	271

Top students in year 11:

Forename	Surname	Form	House	Points
Beirhan	Guyen	11WLM	W	376
Eneida	Luganskyte	11OPR	O	373
Raphael	Richter	11BSP	B	362
Daniel	Drysdale	11WLM	W	324
Alessandro	Georgiou	11WTA	W	317
Andy	Dishnica	11WLM	W	313
Ellie-May	Bailey	11RGA	R	309
Ethan	Strickland	11WLM	W	301
Joshua	Mensah	11WLM	W	296
Alexandros	Savva	11OPR	O	295



Top students in year 12:

Forename	Surname	Form	House	Points
Rachel	Lok	12BLR	B	80
Alexia	Kyriakou	12WBS	W	77
Emily	Muncaster	12OKA	O	76
Deniz	Yamansef	12WBS	W	75
Iona	Garrard	12RSL	R	68
Rayaan	Kaderia	12BAG	B	67
Aristotelis	Balla	12BLR	B	64
Hollie	Burkett	12OSQ	O	59
Freddie	Trathen	12RSL	R	59
Daniel	Rauza-Lajimi	12RSL	R	57

Top students in year 13:

Forename	Surname	Form	House	Points
Paolo	Saturnino	13WMA	W	83
Ilayda	Duzgun	13OAL	O	72
Robert	Timis	13OAL	O	70
Oliver	Cook	13WMA	W	66
Laveen	Omar	13OES	O	62
Mihaela	Grosu	13BTD	B	58
Musaddiqur	Ali	13OAL	O	56
Serena	Pia	13OAL	O	56
Ethan	Rees	13OES	O	55
Clara	Eboue	13RJB	R	55



Inter house music, singing competition



Congratulations to Oak for winning the inter house, year 7 singing competition. Your hard work paid off and you truly represented your house with pride and spirit. An outstanding performance from all of the singers who showcased outstanding vocals and musicianship. The year 7 Oak house reps accepted the trophy with great delight on your behalf!

- 1st - *Can't get you* - Oak
- 2nd - *Ice Ice* - Willow
- 3rd - *Sweet Child* - Rowan
- 4th - *Pompeii* - Beech

Year 7 inter house football, semi- finals

The year 7 girls Rowan team secured their spot in the finals with a dominant 7-0 victory over Beech in the inter house semi-finals. Rowan took full control of the game from the opening whistle.

Rowan will now move on to the finals, where they will face Willow, who secured a place in the final after beating Oak 2-0.

The year 7 boys Rowan team also secured their place in the finals after beating Beech 3-0. They will be facing Oak, who won their game against Willow 2-0.

Who will bring home the championship trophy? We will find out next week!



Year 9 inter house football finals

This week the year 9 boys inter house football final saw Rowan take on Oak in a match that promised to be a thriller! Both teams were geared up and ready to give it their all with the hopes of being crowned inter house football champions. Oak emerged victorious in the final beating Rowan 1-0. Oak showed great team spirit and determination throughout the match against Rowan, who put up a strong fight until the final whistle.

A huge well done to all the players who participated in the competition. Congratulations to Beech for also securing third place after beating Willow in a penalty shoot-out in the playoffs.





Beech house celebration

In recognition of their outstanding efforts last term, Beech enjoyed a well-deserved rewards celebration this week.

Having been the winning house last term, Beech students were treated to a complimentary, delicious snack made by our fantastic school caterers, Chartwells. The Beech team truly were exceptional and went above and beyond in their duties as Beech students. We were excited to have this opportunity to show them our appreciation. Well done team Beech!

We look forward to seeing who will be triumphant next term!





Rewards certificates

We are proud to announce that hundreds of students were awarded rewards certificates for their achievements last term. Students were awarded the Bronze, Silver, Gold, Platinum and Headteacher awards for their hard work throughout the term and we are delighted to reward them for their efforts.

Congratulations to all the students who received certificates, we hope you continue to strive for excellence throughout your time here at Highlands and we look forward to seeing your continued success in the future.





Jack Petchey's "SPEAK OUT" Challenge!

The English department would like to shout out and congratulate Luke Tyrimos, as our winner, and Lydia Wright as runner up, for the Jack Petchey Speak Out Challenge finals at Highlands School. Luke will be representing Highlands School at St Anne's for the Enfield Regional Finals on 7 February 2023.

Well done to everyone who partook in the finals, all the speeches were of a high calibre and the best of luck to Luke for the regional finals.

Ms Raine





Sixth form applications

Dates for your diary:

- Conditional sixth form offers are made: **April 2023**
- Induction day: **July 2023 (Date TBC)**
- GCSE results day and sixth form enrolment: **Thursday 24 August 2023**

Lego club

Please note that the Lego club session on Monday 6th February has now moved to Tuesday 7th February.

Ms Brown

Outreach summer schools 2023 - Applications are 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 College London 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 [Imperial College London](https://www.imperial.ac.uk/summer-school/) website to apply and find out more about the 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

Summer school applications will close on 9 March 2023.

Dr Len



NHS Allied Healthcare Work Experience Programme

Registrations for the NHS Allied Healthcare Work Experience Programme are open for the next session on Sunday 5th February. This programme is suitable for students in years 10-13, interested in working in healthcare.

[Registration Link](#)

The NHS Allied Healthcare VirtualWork Experience successfully invited 12,000 students to participate in its programme last academic year, making it the largest programme for students who are considering the following careers:

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

Once 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!

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.

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.

Students can register individually at any time throughout the five-month programme using [this link](#). We recommend booking early to gain as much out of this programme as possible. Places are £10 a session to cover administrative and technological costs.



STEM apprenticeship opportunities

Join STEM Ambassadors during National Apprenticeship Week to find out about their experiences as apprentices within the STEM sector.

Pharmaceutical Apprenticeships: GSK Webinar

Join STEM Ambassadors from GSK, a global biopharma company, in this webinar which will discuss different GSK apprenticeships and the benefit of completing one, there will also be time for a Q&A.

Monday 6th February, 4.30pm-5.15pm - for individual students with an interest to attend after school.

GSK is a global biopharma company with a purpose to unite science, technology & talent to get ahead of disease together. Apprentices are a crucial part of the GSK work force and are well integrated within the business.

[CLICK HERE](#) for more information and to register.

Engineering Apprenticeships: BakerHicks Webinar

Join STEM Ambassadors from BakerHicks, a design engineering company, in this webinar to meet some of their apprentices who can tell you about their apprenticeship routes, career journeys and why an apprenticeship might be for you.

Thursday 9th February, 4.30pm-5.15pm - for individual students with an interest to attend after school.

Learn about different apprenticeship routes for different types of engineering with BakerHicks. BakerHicks is a design engineering company working in civil and structural, electrical, mechanical, process engineering and architecture.

[CLICK HERE](#) for more information and to register.

Below are a few more available apprenticeships, click on the links to find out more:

- [Acoustic Apprenticeships: AECOM Webinar](#)
- [Construction Apprenticeships: Arc Group Webinar](#)
- [Engineering Apprenticeships: Siemens Gamesa Webinar](#)
- [Construction Apprenticeships: Mace Webinar](#)

Dr Len



Is your child eligible for Free School Meals (FSM)?

If your child is eligible and you register for free school meals, the school will receive extra funding called 'pupil premium'. This extra money is used to improve the educational provision and resources at the school.

What is pupil premium funding?

Pupil premium funding from the government is given to schools to help pupils reach their full potential, regardless of their background or financial situation.

Your child may be eligible if you access:

- Income Support
- Income-based Jobseeker's Allowance or Income-related Employment and Support Allowance
- Support under part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on
- Universal Credit, provided you have an annual net earned income not exceeding £7,400 (£616.67 per month)

Your child might also be eligible if you're in a household with no recourse to public funds (NRPF), subject to a maximum income threshold.

Does my child have to eat the free school meals?

No. Pupils who are registered for free school meals do not have to eat them. If you're eligible but you want your child to have packed lunches you should still register because the school will receive the funding which can support your child in other ways.

How do I register?

To register, please apply via the Enfield Council website or complete this application form: [free-school-meals-application](#) and return it to nortond@highlearn.uk.

Ms Norton



PSHE

PSHE at Highlands School

Year	Core theme	Lesson title
7	Relationships	Stereotypes and prejudice
8	Living in the wider world: Careers	Unit 3: goal setting and planning for the future
9	Living in the wider world: Careers	Unit 2: Rights and responsibilities at work
10	Relationships	Unit 3: Challenging and resisting radicalisation
11	RSE	Pregnancy
12	Living in the wider world: Careers	Unit 3: Writing a personal statement

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 Hpfaeventtickets@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



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?



- 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**.

The Highlands Parents and Friends Association is a registered charity and aims to raise funds to benefit Highlands School pupils.



You shop. Amazon gives.



Stem4 Education

Whilst 2023 may have brought with it many of last year's worries, [stem4](#) is striding forward with its commitment to promoting positive mental health in young people and those who support them.

Stem4's [Parent Mental Health Day](#) (PMHD), a day that encourages understanding and awareness of the importance of parents' and carers' mental health and its impact on the whole family system. The theme this year is #BuildFamilyResilience.

There will be a webinar held on [Thursday 26 January at 7pm](#) (the eve of PMHD), which will look at how parents and carers can build family resilience. We will be sharing ways parents and carers can manage their own anxiety, whilst also building up their young person's resilience during times of adversity.

There is a line up of brilliant speakers. Consultant Clinical Psychologist Dr. Nihara Krause and Child & Adolescent Psychiatrist Dr. Richard Graham will be joined by two young speakers to share clinical and personal perspectives, in an evening that we hope will strengthen resilience and positive mental health in families across the UK.

[CLICK HERE](#) to find out more about PMHD.

stem4 WEBINARS FOR PARENTS AND CARERS

#BUILDFAMILYRESILIENCE
LOOKING AFTER PARENT AND CARER
MENTAL HEALTH

Thursday 26th January 7pm via Zoom

This webinar will focus on how parents and carers can successfully adapt to challenging life situations, and deal with their own stress and anxiety, while navigating their family through difficult times. Speakers will explore how resilience can be built with a minimal negative impact on either the parents and carers or their children and young people.

Register for the free webinar at:
bit.ly/stem4webinars_PMHD2023

Registered Charity No 1144506

stem4
PARENT MENTAL
HEALTH DAY
27th January

stem4
supporting teenage mental health



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