



# Highlands School Newsletter

03 February 2023

Over the past seven days we have had lots of visitors to Highlands. Last Friday our local MP, Feryal Clark, spent the morning at school and met with the Chair of Governors, Matt Miller MBE, and I. She also spent time with our sixth form leadership team who grilled her on issues around current affairs and politics. It was great to have our local member of parliament visit school and spend time with us.

Last Friday we also welcomed 'Show Racism the Red Card' to school. They are an organisation that grew out of the Football Association's work to combat racism and they ran sessions with our year 7s. Today and next Wednesday, we have 'Diversity Role Models' in school. They have worked with students from Highlands for several years now and they embed inclusion and empathy through education and role model storytelling. Over the course of the seven years students spend with us, we have a programme of external speakers and guests that help our students with their personal development and that support our school values of determination, aspiration, respect and equality (DARE).

This week and last week our assemblies have been promoting two very important issues at Highlands; our Holocaust Memorial assemblies and LGBT+ history month. If you follow us on [Twitter](#) and [Instagram](#) you can learn about our assemblies, PSHE events and school events as they happen.

Today we announced the winners of this half term's inter house competition. Oak were the winners, having gone from being the worst performing house in the first term to champions of this half term. The race for coveted overall 2023 House Champion title is very close as we pass the halfway point in the year!

## Industrial action and school closure

School was mainly closed to students (apart from year 10 and some of year 9) this week because of industrial action by the NEU. Please note that there are three more days of planned action (dates below). If the action goes ahead, we will write to families in advance to let them know how it will affect school opening.

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

Other dates for your diary:

- Year 8 and 9 options evening: this was due to take place on Wednesday 1st February and will now take place on 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 highest overall points:

	Beech	Oak	Rowan	Willow
<b>Positive points this week</b>	3868	3558	2971	3771
<b>Negative points</b>	-318	-314	-261	-322
<b>Points overall</b>	3550	3244	2710	3449

Top students in year 7:

Forename	Surname	Form	House	Points
Aiden	Adeoye	7WMP	W	390
Oliver	Dhillon	7OAC	O	375
Chloe	Shi	7WMP	W	351
Samaah	Abbas	7WMP	W	346
Danish	Farooq	7WMP	W	335
Meliz	Hassan	7WMP	W	319
Adalane	Angate	7OAC	O	318
Max	Rich	7OAC	O	315
Warren	Kelly	7OAC	O	315
Marianna	Pallikaros	7WMP	W	315
Annika	Trivedi	7WSS	W	315

Top students in year 8:

Forename	Surname	Form	House	Points
Arabella	Mumba	8ODC	O	551
Gabrielle	Russell	8BYC	B	477
Radhika	Parmar	8ODC	O	470
Melisa	Spahia	8BYC	B	469
Ruby	Magrun	8BYC	B	465
Taraneh	Kheradmandi	8BYC	B	438
Kalia	Sibomana	8BYC	B	436
Sadie	Baker	8BYC	B	434
Joseph	Smyth	8BYC	B	433
Kaitlyn-Marie	Ewan	8OSM	O	426



**Top students in year 9:**

Forename	Surname	Form	House	Points
Kamilah	Abib	9RRS	R	555
Skye	Creary	9WDD	W	515
Tyrae	Best-Daley	9BJC	B	508
Evie	Whitbread	9WDD	W	507
Daniel	Malaj	9BJC	B	502
Aaliyah	Udahemuka	9BJC	B	499
Luke	Smith	9WDD	W	498
Georgia	Georgiou	9WDD	W	492
Alfie	Horn	9WDD	W	492
Tailizandra	Blana	9RRS	R	488
Nataniel	De Almeida	9WDD	W	488

**Top students in year 10:**

Forename	Surname	Form	House	Points
Prue	Musah	10RTS	R	341
Arda	Aslan	10OMK	O	331
Elaine	Ho	10WKM	W	327
Benjamin	Gormley	10BJT	B	326
Yagmur	Olcay	10OEF	O	310
Alkeo	Xhamxhiu	10OMK	O	302
Sophie	Bernasconi	10BJT	B	301
Athanasios	Aristidou	10WKM	W	301
Wunfai Alex	Lo	10BRD	B	297
Gracie Mae	Ticehurst	10OEF	O	291

**Top students in year 11:**

Forename	Surname	Form	House	Points
Eneida	Luganskyte	11OPR	O	418
Beirhan	Guven	11WLM	W	414
Raphael	Richter	11BSP	B	384
Daniel	Drysdale	11WLM	W	359
Alessandro	Georgiou	11WTA	W	357
Ellie-May	Bailey	11RGA	R	341
Andy	Dishnica	11WLM	W	339
Jack	Young	11OPR	O	333
Ethan	Strickland	11WLM	W	325
Alexandros	Savva	11OPR	O	313
Joshua	Mensah	11WLM	W	313



**Top students in year 12:**

Forename	Surname	Form	House	Points
Rachel	Lok	12BLR	B	98
Alexia	Kyriakou	12WBS	W	93
Emily	Muncaster	12OKA	O	90
Iona	Garrard	12RSL	R	87
Deniz	Yamansef	12WBS	W	85
Rayaan	Kaderia	12BAG	B	80
Hollie	Burkett	12OSQ	O	76
Alex	Stelmach	12RDS	R	68
Aristotelis	Balla	12BLR	B	65
Louise	Georgiou	12OSQ	O	61
Freddie	Trathen	12RSL	R	61
Aisling	Brennan	12WBS	W	61

**Top students in year 13:**

Forename	Surname	Form	House	Points
Paolo	Saturnino	13WMA	W	91
Ilayda	Duzgun	13OAL	O	76
Robert	Timis	13OAL	O	74
Oliver	Cook	13WMA	W	70
Laveen	Omar	13OES	O	66
Mihaela	Grosu	13BTD	B	62
Clara	Eboue	13RJB	R	59
Musaddiqur	Ali	13OAL	O	58
Serena	Pia	13OAL	O	58
Ayse	Altinay	13OES	O	55
Ethan	Rees	13OES	O	55

**Inter house football win for Oak!**

A huge win for Oak this week for both the sixth form girls and boys inter house football competition!

Oak have bagged a massive 8,000 points for their house. Go Oak!





## Year 7 inter house football finals

Congratulations to Beech for winning the year 7 boys inter house football final against Oak. After beating Rowan 4-1 in the semi-finals, Beech were crowned champions of the inter house football competition after a 1-1 draw at full-time, they secured the victory by winning a penalty shootout 4-2. It was an exciting game between the two teams where all the players fought right to the end. Well done team Beech!

Willow finished in 3rd position after beating Rowan 3-1 in the play-offs.



Rowan were crowned champions of the year 7 girls inter house football competition. Having beaten Willow 1-0 on penalties after a goalless draw at full-time, Rowan took home the trophy and the well earned house points for their team. Well done to all the players who took part.

Oak finished in 3rd position after beating Beech 1-0 in the play-offs.





## Diversity Role Models visit our school and inspire inclusiveness

We were thrilled to welcome Diversity Role Models to our school today, who engaged in lively and thought-provoking discussions with our students about the importance of understanding and celebrating differences in our community.

The guest speakers shared their experiences and personal stories, and the impact it has had on their lives. They talked about the challenges LGBT+ people can face, the importance of standing up for one's beliefs, and the positive changes that can come about through embracing diversity.

Their powerful messages resonated with our students and encouraged them to be more accepting of others, regardless of their background, race, gender, or sexual orientation. The students learned about the importance of creating a welcoming environment for all and being an ally to those who may face discrimination.

We believe our students will be inspired to promote inclusiveness in their daily lives and to make a positive difference in their communities. We would like to extend our heartfelt thanks to Diversity Role Models for taking the time to visit our school and for their inspiring messages.

At Highlands, we are committed to promoting diversity, equality, and inclusion, and workshops like this play an important role in helping us to achieve this goal. We look forward to continuing our efforts to create a more inclusive and welcoming environment for all students.





## Local MP Feryal Clark visits Highlands School

Last week we had the pleasure of hosting our local MP Feryal Clark at our school. Feryal took the time to speak with our student leaders and hear their thoughts and issues that matter to them. It was an inspiring and enlightening experience for everyone involved. We would like to thank Feryal for her time and dedication to our community.



## Senior boys basketball

Well done to the senior boys team who played their first basketball game against Latymer School last week. It was a very competitive game where Highlands quickly took the lead by securing two points. Latymer got back into the game and went on a scoring run until the end of the second quarter, eventually overtaking Highlands. The boys showed great spirit and determination, channelling their inner 'Celtic-form', they managed to close the gap in the third quarter from 15 points to 6.

It was a close game, with the fourth-quarter being the decider. Highlands scored some wonderful three-pointers, however, this was unfortunately not enough to win the game.

A great performance from all the players, in particular Kade who was named MVP (Most Valuable Player) of the game after scoring a massive 29 points for the team. Everyone at Highlands would also like to congratulate Kade who played in the National Basketball Finals last weekend for his club.

**PE Team**



## Middlesex Schools' Cross Country Championships

On Thursday 26th January, Mrs Walters and Mr Joseph had the pleasure of managing the Enfield team at the Middlesex Schools' Cross Country Championships. A team of the best runners from Highlands, Latymer, Enfield County, St Annes, St Ignatius, Enfield Grammar and Southgate School, were brought together to travel to Harrow School for the competition. There were some outstanding performances from the Enfield team with several of them coming from Highlands!

In the intermediate race, year 10 students Mia Rosen finished third, winning the bronze medal and Selma Tivnann finished in 6th position (both pictured right). Both girls will go on to represent Middlesex at the English Schools' Cross Country Championships in March. This is an outstanding achievement and we are very proud of both students.

Other excellent results came from Oscar Tivnann in year 11 who finished 11th in the intermediate boys race and Amy Howard in year 12 who finished 13th in the senior girls race. Both will be reserve runners for the English Schools' competition.



Well done to all the Highlands athletes who took part in the championships. Cross country is never easy and they showed admirable determination and perseverance in some very muddy conditions.

## Year 9 girls football cluster tournament

The success of the girls' football teams continued this week with the year 9 team, after winning the 7-side cluster tournament at Latymer School.

The girls played some excellent football to beat St Annes, Heron Hall and Latymer to win the tournament. Well done girls!

Goal scorers: Shekhinah (5), Elisia (2)

**Mrs Walters**







## Students create operational mechanical toys

Our year 9 Design and Technology students have been creating some innovative, mechanical toys. This project allowed students to get creative while they learned about mechanics and how different components can work together to produce movement. They experimented with different designs, colours and materials to create their own unique CAM toys. It has been a fun and engaging way to keep students interested in science and engineering and how mechanical devices are used to produce movement.

Here are some of the fantastic mechanical toys our students have produced. A huge well done to these particular students:

- Tyhan Hassan - *rocket*
- Sufyaan Kaderia - *boat*
- Veronika Tsoma - *butterfly*
- Anastasia Lomeiko - *cat*
- Jake Hawkes-Petrou - *helicopter*
- Ieuan Crawley - *volcano*
- Tanatswa Madhlazi - *bicycle*

**Mrs Harbour-Cooper & Mrs Jeynes**





## Lexia Programme at Highlands School

A huge congratulations to Moroni Cristovao for being the first student to complete the Lexia Programme at Highlands School.



Lexia is an innovative educational initiative aimed at improving reading, writing and speaking skills and increasing literacy levels among students.

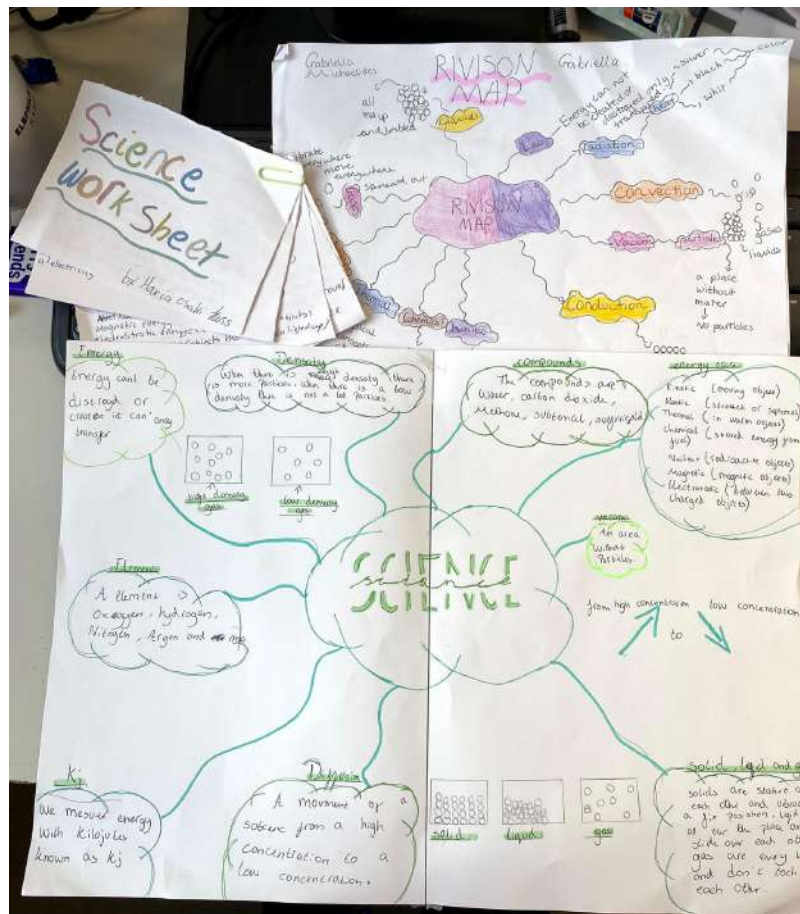
Ms Raine

## Science Shout Out!

A huge shout out from Dr Len who would like to praise class 7bw/Sc4 on their amazing engagement and attitude towards learning and revision for their mid-year exams.

Many of them used various techniques that were suggested in lessons to help them revise for their exams. Well done in particular to Maria Csaki, Alexandra Roszkowska and Gabriella Michaelides for their exemplary revision notes - very impressive work!

Dr Len





## Grange Park Eco Schools Council meets Highlands Eco Council

It was great to meet up with Grange Park's recently appointed Eco Council members last week to discuss what steps we took to become an Eco Schools, school with merit. Benjamin James (past and present council member) and Alan Petritaj (Eco Schools member) both fielded some great questions asked by the pupils that were from years 3 to 6, on how to go about successfully completing the 'steps' needed to achieve an Eco Schools award. They also spoke about how they participated in the Prince of Wales River Action Day cleanup to help conserve this area of Enfield.

Mia Davis and Elif Ozkan spoke about the future strategies that Highlands will use to help reduce plastic waste and other exciting projects - watch this space!





## National Apprenticeship Week 2023

National Apprenticeship Week 2023 is the 16th annual week-long celebration of apprenticeships. The week brings together businesses and apprentices across the country to shine a light on the positive impact that apprenticeships make to individuals, businesses and the wider economy.



The theme for National Apprenticeship Week 2023 is "Skills for Life"; reflecting on how apprenticeships can help individuals to develop the skills and knowledge required for a rewarding career, and businesses to develop a talented workforce that is equipped with future-ready skills.

If you're a parent, guardian or carer, you can help inspire the apprentices of tomorrow by helping your child make an informed decision about their future.

### What actually is an apprenticeship?

An apprenticeship is a real job with a real wage, primarily designed for young people between the ages of 16-25. Combining on-the-job training with study, an apprenticeship is a brilliant way for young people to gain an insight into the world of work and come out with industry-recognised qualifications. No longer confined to vocational trades, there are up to 20,000 apprenticeship vacancies available at any one time across the UK.

### High quality apprenticeships can be found in a huge variety of roles and industries, including:

- Agriculture, environment and animal care
- Business and administration
- Care services
- Catering and hospitality
- Construction
- Creative and design
- Digital
- Education and childcare
- Engineering and manufacturing
- Hair and beauty
- Health and science
- Legal, finance and accounting
- Protective services
- Sales, marketing and procurement
- Transport and logistics

### How do apprenticeships work?

An apprentice spends 80% of their time working for an employer, and the rest of their time working towards professional qualifications. They will typically spend ONE day a week studying in college/with a



training provider/in university. The other FOUR days are spent working alongside experienced professionals, developing their industry knowledge and soft skills on the job.

### **Types of apprenticeship**

Apprenticeships can last anywhere from one to six years depending on the level the apprentice is studying at. They have been divided into four tiers to suit different ages and abilities: intermediate, advanced, higher and degree. The level of apprenticeship that students can apply for all depends on what qualifications and experience they already have.

**Intermediate** level 2 (equivalent to 5 GCSEs).

**Advanced** level 3 (equivalent to 2 A-levels).

**Higher** level 4-7 (equivalent to a certificate of higher education or foundation degree right the way up to a master's degree - mostly give a bachelor's degree).

**Degree** level 6-7 (guarantees a bachelor's or master's degree on successful completion).

### **Who funds apprenticeships?**

Whilst university remains a sought-after route for school and college leavers, the rising cost of university tuition fees have caused many to reconsider their options. Apprenticeships are co-funded by the government and the employer, providing apprentices with a debt-free route into their chosen career.

### **Is my child guaranteed a job at the end?**

90% of apprentices go into work or further training after completing an apprenticeship, and two-thirds get hired permanently by their employer.

### **How is my child informed about apprenticeships at Highlands school?**

Students are informed as part of the comprehensive PSHE programme, during career guidance interviews, assembly talks and opportunities posted to the Google Classroom for sixth form students.

London ASK (Apprenticeship Support and Knowledge for Schools) will be running evening webinars for parents/carers (5.30pm - 6.20pm). Register using the links below:

- Monday 6th - [Awareness of Technical and Vocational Pathways](#)
- Tuesday 7th - [How and where to apply](#)
- Wednesday 8th - [Employer Perspective](#)
- Thursday 9th - [Higher Education Institutions Perspective](#)
- Friday 10th - [Apprenticeship Ambassador Panel Discussion](#)

For further information related to Careers, and opportunities, students can access the [Highlands Careers \(CEIAG\)](#), including information for parents and carers.



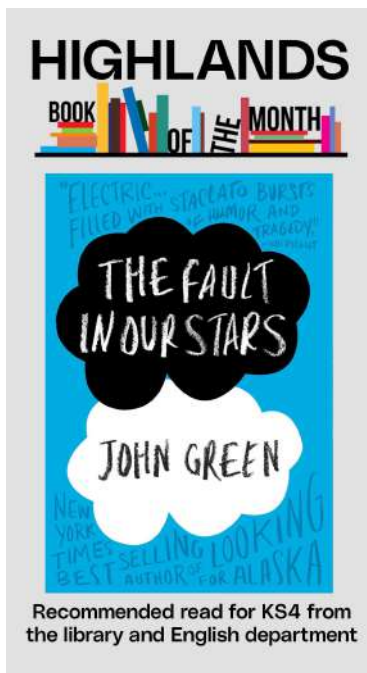
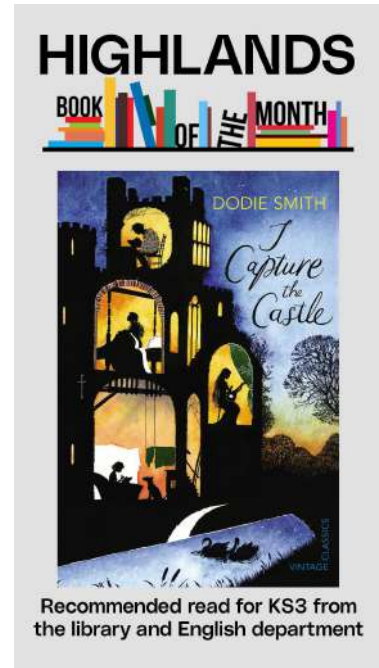


## Highlands book of the month - February

### 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 rich. 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.



## 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)**

## 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](mailto: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**.

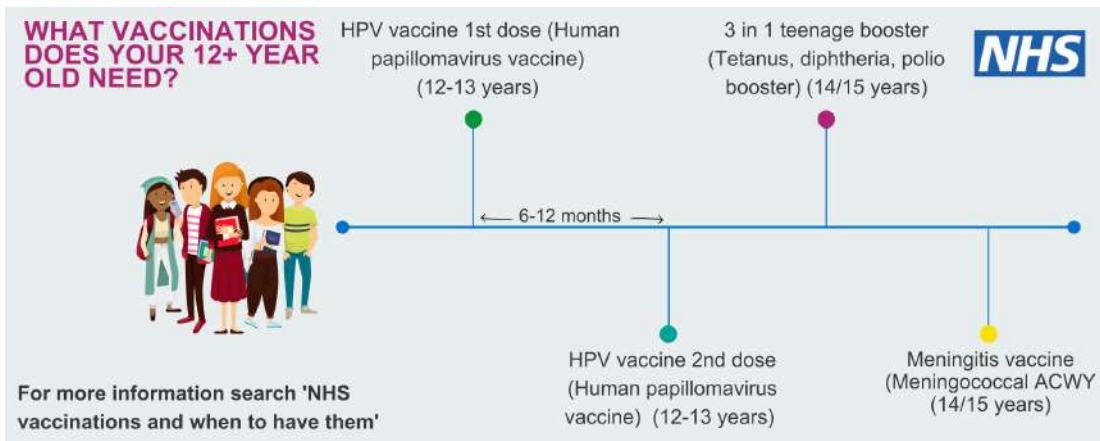


## PSHE at Highlands School

Year	Core theme	Lesson title
7	Relationships	Challenging prejudice and discrimination
8	Living in the wider world: Careers	Career opportunities and improving my prospects
9	Living in the wider world: Careers	Employment opportunities
10	Living in the wider world	The Holocaust
11	Relationships and sex education	Pregnancy: miscarriage and abortion
12	Living in the wider world: Careers	Employment opportunities - work and migration

## 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

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>



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

### 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**  
SHOUT 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**  
Mental Health 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)

**koeth**

Koeth 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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 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)