



Highlands School Newsletter

24 February 2023



On Friday

On Friday 24th February we welcomed Mala Tribich to Highlands School. Mala is a Holocaust survivor. She led a session in the main hall with all of year 10 and our year 9 GCSE citizenship students. It was an honour and a privilege to welcome her to Highlands and to hear her incredible story. You can read more about her visit and her story on page 7, and in our special feature newsletter this week. I want to thank our students for engaging in the event with such maturity and for posing excellent questions in the Q&A that followed. Thanks also to our staff for supporting and to Ms Phillips for arranging the event.

Behaviour outside of school

The vast majority of students at Highlands School are well-behaved and demonstrate behaviour that is consistent with our school's DARE values. I would like to thank them for this and for their continued exemplary behaviour. However, we have noticed that some students have recently displayed behaviours outside of school that are not consistent with our DARE values or our behaviour expectations.

- Some students have behaved in a disrespectful and confrontational manner after school in public places such as Boxer's Lake.
- Some students are not behaving appropriately in Sainsbury's. On Tuesday of this week a large number of students went to Sainsbury's after school as they were aware that



Prime drinks were back in stock. Unfortunately, several students behaved very poorly in the shop when trying to obtain one of these drinks.

- We are also noticing that some students are pushing and shoving each other - and members of the public - at bus stops, failing to follow the instructions from staff on duty to form an orderly queue.

Several members of the senior leadership team are on duty after school in key areas of the local community, to ensure that students are safe and that they behave appropriately. I kindly ask parents and carers to remind their children that students are subject to the school's behaviour policy when outside school, whether in school uniform or not. I am also requesting that parents and carers remind their children of the need to behave in a manner that does not compromise their safety, or that of others, and does not bring our school into disrepute in the wider community. We have always been clear that the behaviour of our students outside of school will be taken seriously, and will incur relevant sanctions.

The partnership between school and home is so important in achieving the best outcomes for each student and I thank you in advance for your support in preventing any poor behaviour. We will also be reinforcing these messages in school with students.

Industrial action - Thursday 2nd March

Unless the government and NEU (National Education Union) reach an agreement in the next few days, there will be industrial action on Thursday 2nd March. This means we will not be able to open the school fully. We have moved some of our year 11 mock exams to that day so that we can still bring this year group into school. All other year groups will be at home. There is a chance that some teachers of some year 13 classes will invite those students into school. They will be contacted on an individual basis. Details of the year 11 exams will be sent to year 11 families. The governors and I apologise for disruption to school caused by the strike action and we hope the government and unions can come to an agreement soon so that the further two days of strike action (scheduled for the 15th and 16th March) does not go ahead.

Culture and heritage non uniform day - Friday 3rd March

This Friday we are holding a special culture and heritage non uniform day. As part of the non uniform day students are encouraged to wear clothing that reflects aspects of the culture and heritage. The reason for doing this is that student leaders have requested a day to celebrate the cultural diversity of our school for some time. We listen to our students and where we can we take on board their suggestions so we will be holding this special non uniform day on 3rd March.

Students can wear traditional clothing or garments from their own heritage, for example a dashiki, salwar, kameez or agbada. They can also wear the colours associated with their culture, heritage or flags.



We ask that students do not wear:

- Sports kits, including football kits
- Items of clothing making political statements
- Flags
- Face paint
- Military clothing

The reason for these rules is that we want to find the balance between a celebration of our diverse school community and making sure we do not cause division or offence to others. I had a good conversation with some students about flags this week after my assembly with them. We discussed that whilst lots of flags would be uncontroversial in school, some countries do not have good relations with each other and we do not want the promotion of one nation to cause offence or hurt to another.

I told students in my assemblies this week that I, like many of them, have different aspects of my culture and heritage that I will be taking into account when considering what to wear on Friday. I closely associate culturally with Liverpool, the city I grew up in (although I won't be wearing my Liverpool kit!), I am British, and my family originates from Ireland. So, I will be thinking about how to combine all of these things next Friday.

I ask that all families enter into the day in the spirit of celebration, making it a success and making it something we can repeat again in the future.

Year 7 parent and carer webinar, Wednesday 23rd February

Thank you to Y7 parents/carers who attended the Y7 parent/carers information webinar on Wednesday 23rd February. This webinar covered important information about the forthcoming parents evening, key events in year 7, what has been going well and important advice and guidance for parents on year 7's access to social media from home and on their phones.

Dates for your diary:

- Wednesday 1st March: year 7 parent and carer information evening
- Thursday 2nd March: planned strike action by NEU
- 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

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
Positive points this week	2777	3104	2563	1904
Negative points	-191	-220	-147	-123
Points overall	2586	2884	2416	1781

Top students in year 7:

Forename	Surname	Form	House	Points
Aiden	Adeoye	7WMP	W	444
Oliver	Dhillon	7OAC	O	421
Chloe	Shi	7WMP	W	389
Danish	Farooq	7WMP	W	382
Samaah	Abbas	7WMP	W	380
Adalane	Angate	7OAC	O	357
Ceren	Turkkorur	7OAC	O	356
Max	Rich	7OAC	O	354
Marcus	Marfici	7WMP	W	353
Annika	Trivedi	7WSS	W	353

Top students in year 8:

Forename	Surname	Form	House	Points
Arabella	Mumba	8ODC	O	646
Radhika	Parmar	8ODC	O	554
Gabrielle	Russell	8BYC	B	536
Ruby	Magrun	8BYC	B	524
Melisa	Spahia	8BYC	B	523
Sadie	Baker	8BYC	B	498
Taraneh	Kheradmandi	8BYC	B	498
Kalia	Sibomana	8BYC	B	493
Luke	Shearman	8ODC	O	493
Joseph	Smyth	8BYC	B	490



Top students in year 9:

Forename	Surname	Form	House	Points
Kamilah	Abib	9RRS	R	605
Tyrae	Best-Daley	9BJC	B	601
Aaliyah	Udahemuka	9BJC	B	586
Evie	Whitbread	9WDD	W	571
Daniel	Malaj	9BJC	B	568
Skye	Creary	9WDD	W	568
Emma	Simon	9BJC	B	550
Luke	Smith	9WDD	W	545
Nataniel	De Almeida	9WDD	W	543
Georgia	Georgiou	9WDD	W	532
Alfie	Horn	9WDD	W	532

Top students in year 10:

Forename	Surname	Form	House	Points
Arda	Aslan	10OMK	O	379
Benjamin	Gormley	10BJT	B	370
Prue	Musah	10RTS	R	368
Elaine	Ho	10WKM	W	356
Yagmur	Olcay	10OEF	O	347
Sophie	Bernasconi	10BJT	B	338
Alkeo	Xhamxhiu	10OMK	O	328
Athanasios	Aristidou	10WKM	W	321
Gracie Mae	Ticehurst	10OEF	O	317
Wunfai Alex	Lo	10BRD	B	316



Top students in year 11:

Forename	Surname	Form	House	Points
Beirhan	Guven	11WLM	W	452
Eneida	Luganskyte	11OPR	O	447
Raphael	Richter	11BSP	B	413
Daniel	Drysdale	11WLM	W	394
Jack	Young	11OPR	O	387
Alessandro	Georgiou	11WTA	W	383
Alexandros	Savva	11OPR	O	370
Andy	Dishnica	11WLM	W	370
Steven	Malickis	11OPR	O	358
Ellie-May	Bailey	11RGA	R	354

Top students in year 12:

Forename	Surname	Form	House	Points
Rachel	Lok	12BLR	B	106
Emily	Muncaster	12OKA	O	106
Alexia	Kyriakou	12WBS	W	97
Hollie	Burkett	12OSQ	O	95
Rayaan	Kaderia	12BAG	B	94
Iona	Garrard	12RSL	R	92
Deniz	Yamansef	12WBS	W	90
Aristotelis	Balla	12BLR	B	77
Alex	Stelmach	12RDS	R	76
Louise	Georgiou	12OSQ	O	71
Tom	Mason	12RSL	R	71

Top students in year 13:

Forename	Surname	Form	House	Points
Paolo	Saturnino	13WMA	W	99
Ilayda	Duzgun	13OAL	O	80
Robert	Timis	13OAL	O	80
Oliver	Cook	13WMA	W	78
Laveen	Omar	13OES	O	74
Clara	Eboue	13RJB	R	67
Mihaela	Grosu	13BTD	B	66
Serena	Pia	13OAL	O	64
Ayse	Altinay	13OES	O	63
Musaddiqur	Ali	13OAL	O	62



Holocaust survivor, Mala Tribich MBE visits Highlands

It was an honour to welcome Mala Tribich to our school today. Mala Tribich is a survivor of the Holocaust and a powerful speaker who shares her story with audiences around the world. Her visit to Highlands School was part of our ongoing efforts to educate our students about the atrocities of the Holocaust and promote empathy, tolerance, and understanding.

During her visit, Mala shared her experiences with our students and staff. She began by describing her childhood in Poland, where she lived a happy and carefree life until the Nazis invaded the country in 1939. She spoke of the horrors she and her family experienced during the Holocaust, including the forced relocation to a ghetto, the separation from her parents and siblings, and the brutal conditions in the concentration camp. She reveals her 'identity was stripped in all forms', and 'without identity, you lose hope, and without hope there is no survival', and that was the experience of many Jewish people during the Holocaust.

She miraculously survived the death camp and later settled in the UK, where she has devoted her life to educating young people about the horrors of the Holocaust.

Despite the unimaginable trauma she endured, both mentally and physically, Mala's inspirational message to our students was 'Don't be a bystander to injustice, do not tolerate it and do something about it. Have high standards and morals and use those morals to shape the future and make the world a better place'.

Mala's visit was a profound and meaningful experience for our school. We are grateful for her willingness to share her story with us and inspire us to be better human beings. We will continue to honour her legacy by educating our students about the Holocaust and promoting tolerance and understanding in our community and beyond.





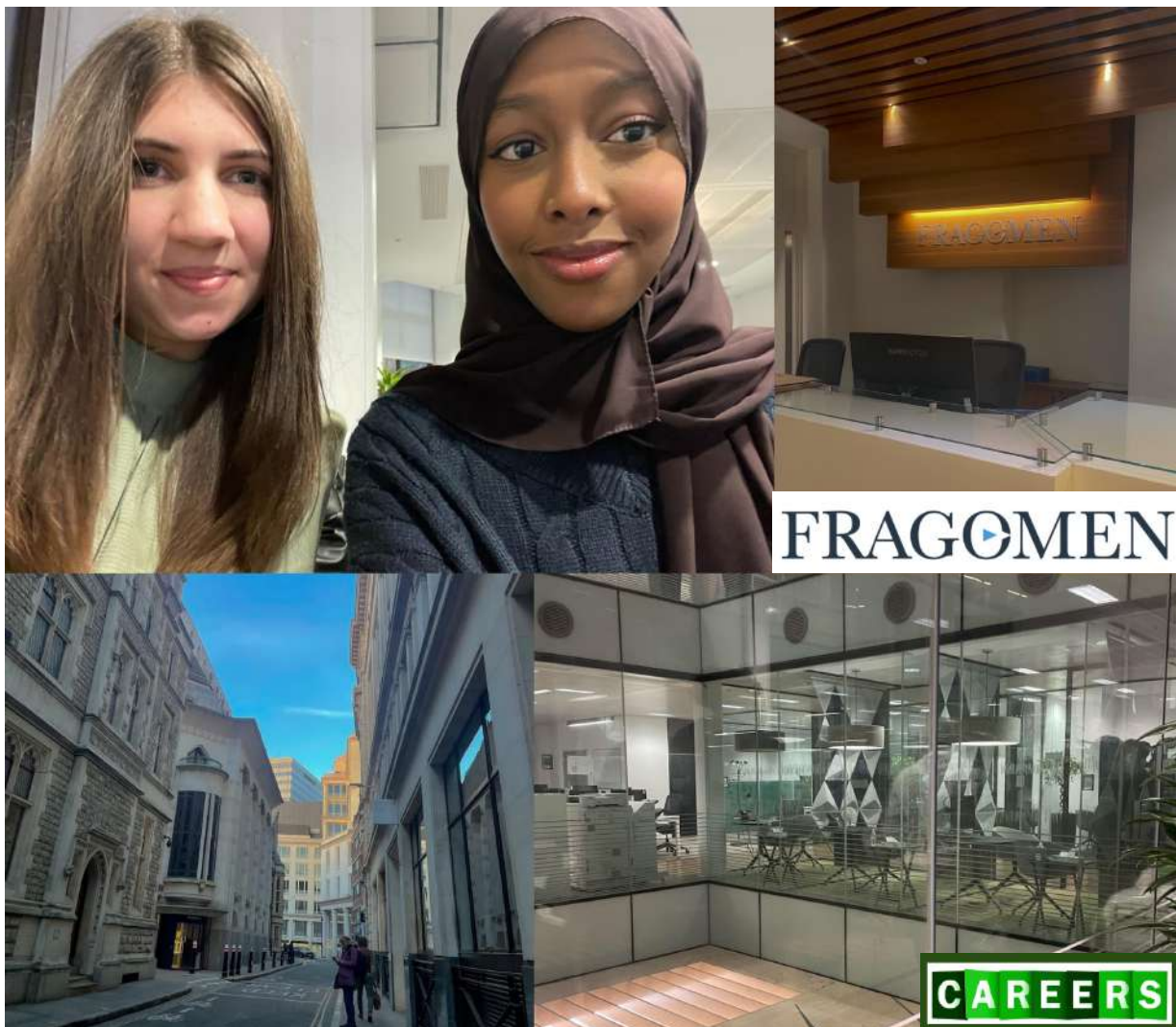
Visit to Fragomen LLP

On 14th February during half term, two year 13 students were selected to attend an exciting in-person law event in partnership with Fragomen LLP - a top 75 worldwide, highest grossing law firm with 6000+ employees, more than 60 global offices and a \$805.62M gross revenue as of 2021 - at the company's corporate office in Central London.

During the event, students took part in workshops and listened to professional partners at the firm talk about their career journey in the law industry. They were given the chance to network with other solicitors and personnel at the company and complete tasks similar to what the immigration law solicitors work on. Finally, they received an exclusive tour of Fragomen's corporate office and were given information on school leaver opportunities.

Students commented it was a great experience, and an excellent insight into immigration law as a sector.

Thank you to Fragomen for the opportunity and to our students Louisa Perez and Hannan Cali for representing Highlands School, who wish to pursue a career in law.





Readathon success!

Highlands School would like to congratulate all our students that have participated in our readathon between 30th January - 20th February 2023.

By completing the readathon successfully, our students have helped get books into schools and to children in hospitals. We have raised a grand total of **£2,315.61** since we started readathon, which is a great success!



The funds raised will help supply brand new books and arrange visits from professional storytellers to children in hospitals, schools and other settings. Children will get the opportunity to escape to imaginative worlds, and it couldn't have been done without everyone's support.

World Book Day

We will next be celebrating World Book Day on 2 March 2023. World Book Day changes lives through a love of books and reading and is a charity that operates in the UK and Ireland.

Please follow this link [here](#) to download the voucher. Please be advised that the vouchers have been delivered differently this year, students/parents/carers can either save the voucher on their phone and have it scanned by the bookseller, or they can print out the voucher and present it in store to redeem the token. Please check with your local bookseller before visiting, if they are able to scan the barcode from mobile devices.

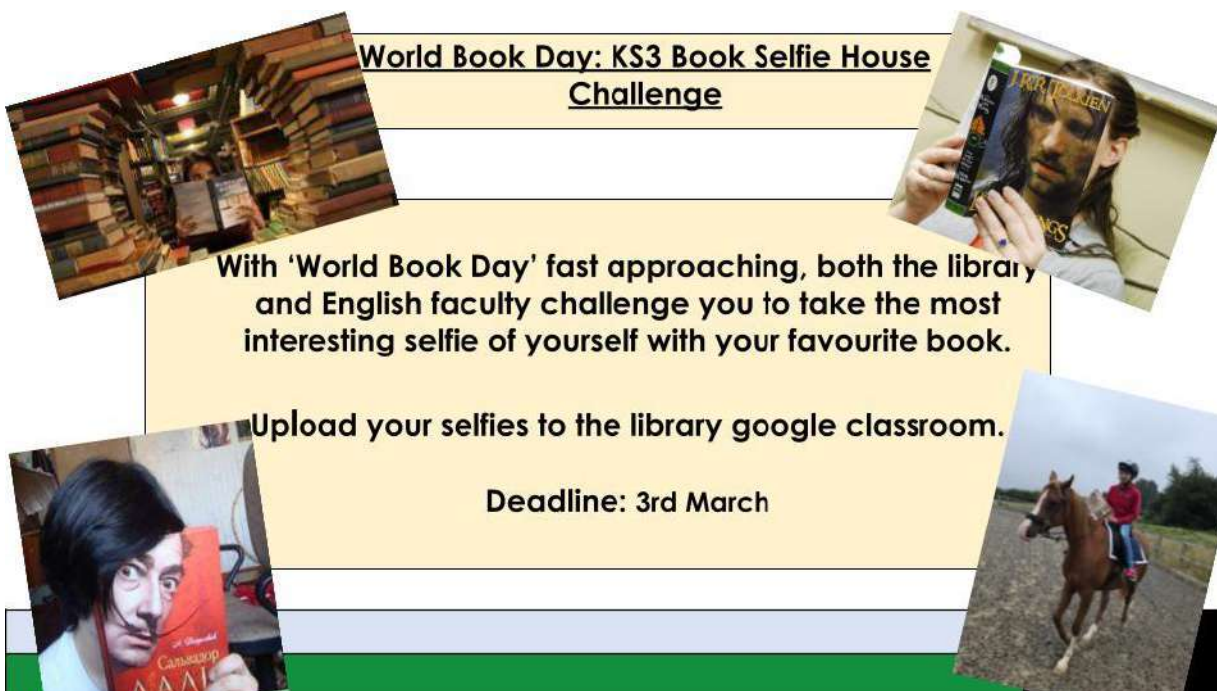
Only **ONE TOKEN** can be used per transaction. Tokens are for one person's individual use. The offer is valid from 16 February 2023 – 26 March 2023 inclusive.

World Book Day: KS3 Book Selfie House Challenge

With 'World Book Day' fast approaching, both the library and English faculty challenge you to take the most interesting selfie of yourself with your favourite book.

Upload your selfies to the library google classroom.

Deadline: 3rd March





Show Racism the Red Card school competition

What is the competition?

The Show Racism the Red Card (SRtRC) school competition is free to enter and open to young people of all ages and abilities. We want to encourage participants to think about racism and produce their own work about this serious issue.

SHOW RACISM THE RED CARD SCHOOL COMPETITION 2023



This is a unique opportunity for us to proactively demonstrate our commitment to equality and tackling racism by taking part in the UK's largest equalities themed school competition!

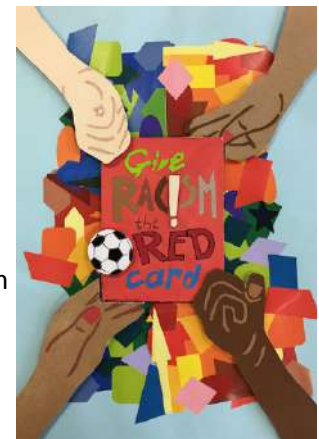
How is it judged?

An independent panel of judges select the winning entries and the winners are invited to a special awards ceremony at a Premier League stadium. Prizes are presented by special guests including current and former professional footballers.

The categories

Students are welcome to produce work in any medium: artwork, creative writing, song, film and T shirt designs. If it's about racism, we want to see it!

- **Years 7-9:** Artwork
- **Years 7-9:** Creative Writing
- **Years 10-13:** Artwork & Creative Writing
- **Additional Support for Learning:** Artwork & Creative Writing
- **All ages and abilities:** Multimedia
- **All ages and abilities:** T Shirt Design Category - If you are interested in the T-shirt design category then please pick up a template from Mrs Jeynes in the lower DT office.



The rules

- Artwork must not exceed A3 size (297mm x 420mm).
- Film entries must not exceed six minutes and must be playable in Windows Media Player.
- Group entries are permitted but limited to a maximum number of six young people per group.

As we can not send more than one entry, per category, per school, a winner from each category will be picked by the school and then entered.

How to enter

All entries to SRtRC must be handed to Mrs Jeynes in the lower DT office by Friday 3rd March 2023. Please write the following information on the back of each entry: **name of entrant, year group, name of school.**



Highlands Cultural Heritage Day - Friday 3rd March

What is Highlands Cultural Heritage Day?

Our students have requested the opportunity to celebrate the diversity that exists within our Highlands school community.

Young people who learn about diversity and cultural awareness have:

- better social skills
- increased confidence
- are often more accepting of people who are different from themselves.



How does it work?

All students and staff should bring in £1 to donate to their chosen house charity in celebration of this event.

- **Rowan** - [The Felix project](#)
- **Willow** - [Unicef- appeal for children in Ukraine](#)
- **Oak** - [Cancer Research UK](#)
- **Beech** - [Southgate food bank](#)

Tutors will be collecting donations during tutor time on the morning of the event. All students that participate will be given achievement points for their house. If students **do not want to participate** then they should arrive to school in **full school uniform**.

What should students wear?

- Traditional clothing or garments - cultural clothing should only be worn by those who share in that heritage and understand the symbolism and meaning behind it e.g. an example of traditional dress would be a dashiki, salwar kameez or agbada.
- Coloured garments associated with the colour of their culture, heritage or flags.

What students should NOT wear:

- Any sports kits - including regional football shirts, hoodies or jackets.
- Any item that is making a political statement.
- No flags.
- No face paint.

How do we ensure there is no cultural misappropriation?

As with all things cultural, it's important to approach the celebration day with a high level of sensitivity to ensure traditions and beliefs are **treated with respect**.

Cultural elements, whether food, clothing/costume, visual or performing arts, should always be presented as examples of something from a particular place and time, but not representative of the culture as a whole.



What is the difference between Cultural Appropriation and Cultural Appreciation?

Culture is defined as the behaviour, customs, and norms shared by members of an identity group. Culture is important to people because it affirms their identities. Sometimes cultural elements are borrowed and this can cause offence.

Cultural appropriation is taking specific elements of one culture by another without permission, understanding, or appreciation. Cultural appropriation often insults the target culture or reinforces stereotypes, thus causing harm to people's identities.

However, **cultural appreciation** is the desire to embrace and learn about a different culture. For instance, learning to cook Mexican food from a Mexican friend or learning to speak Spanish as you are going there on holiday in the summer.

Highlands recipe book

In addition to our Cultural heritage day we will be organising a **Highlands recipe book**.

Parents and carers from the Highlands community will send in their best loved family recipes via a google form. We will then select a range of different cuisines and courses and collate into a paperback recipe book.

There will be a 'design the front cover' house competition! All money raised from the sales will go to the [Simmons house](#) charity.



Bottle lids and HDPE plastic wanted!

We are calling on all parents and carers to donate their plastic bottle lids and HDPE plastic to our year 9 students. HDPE plastic is a type of plastic used to make things like milk bottles, detergent bottles and plastic bags. It is a highly recyclable material that can be turned into a wide range of products. With your help our students can make some amazing new products while also learning the importance of recycling.





Doctor Who masterpiece

Following the announcement of the Doctor Who/Disney+ merger, Arran Knight in year 13 created two fantastic digital posters for the Doctor Who 60th anniversary, which will be celebrated in November 2023.

Since posting the artwork online, Arran's digital work gained huge amounts of attention across social media sites such as Twitter and Instagram which resulted in the BBC Doctor Who Instagram page sharing his work on their Instagram story.

Arran has now been approached by several other artists (working on a variety of Doctor Who productions) for future collaborations. Well done Arran, truly amazing work!



Lost property items

We kindly ask if your child has misplaced or lost any items at school to look through the following [inventory](#). Should you recognise any of the missing items and believe the item belongs to your child, please ask them to visit the admin office. Any items that are not collected by Easter will be donated to charity or disposed of.



The Scholars Programme - imperial College London

I would like to share some exciting news! The Scholars Programme (The Brilliant Club/Imperial College London) are providing Highland Students the opportunity to attend fully funded STEM summer school opportunities for our year 12 students.



Imperial College London

There are two summer school opportunities:

1. Imperial Life Sciences Scholars - for students interested in studying in Biology or Biochemistry at university. It will take place online from 24th to 28th July. Further eligibility criteria can be found on [the application form linked here](#).
1. Imperial Chemistry Scholars - for students interested in studying Chemistry at university. It will take place online from 31st July to 4th August, with a funded trip to Imperial's South Kensington campus on 16th August. Further eligibility criteria can be found on [the application form linked here](#).

Imperial Life Sciences Scholars, a summer school opportunity for pupils who are now in year 12 and interested in studying Biological Sciences and Biochemistry (not Medicine, BioMed or Chemical Engineering) at Imperial College London. This project is run in collaboration with The Brilliant Club.

Imperial Life Sciences Scholars aims to support students in developing the skills and knowledge to make successful applications to study Life Sciences at university. If you are excited about Biology and Biochemistry, we want to hear from you! To be eligible you should be studying Biology OR Chemistry and one other science subject or maths at A level.

If you are accepted on Imperial Life Sciences Scholars, you will:

- Attend a series of virtual tutorials with a researcher from Imperial's Department of Life Sciences, and work towards a final assignment on a cutting-edge area of research.
- Meet current undergraduate students in the Department of Life Sciences.
- Attend a research seminar on a ground-breaking scientific area.
- Attend additional sessions on how to showcase your experiences in your UCAS application.

Graduates of Imperial Life Sciences Scholars who enrol on undergraduate degrees in the department will be eligible to receive a bursary to support a research internship of their choice after their first or second year. You can find out more about undergraduate research opportunities here: <https://www.imperial.ac.uk/urop>

By submitting the form you agree for your data to be shared with The Brilliant Club and Imperial College London. Please review this [data agreement](#) before submitting.



Imperial Chemistry Scholars, a summer school opportunity for pupils who are now in year 12 and interested in studying Chemistry (not Medicine or Chemical Engineering) at Imperial College London. This project is run in collaboration with The Brilliant Club.

Imperial Chemistry Scholars aims to support students in developing the skills and knowledge to make successful applications to study Chemistry at university. If you are excited about Chemistry, we want to hear from you! To be eligible you should be studying chemistry and mathematics at A Level, and any third subject.

If you are accepted on Imperial Chemistry Scholars, you will:

- Attend a series of virtual tutorials with a researcher from Imperial's Department of Chemistry, and work towards a final assignment on a cutting-edge area of research.
- Meet current undergraduate students in the Department of Chemistry.
- Attend a research seminar on a ground-breaking scientific area.
- Attend additional sessions on how to showcase your experiences in your UCAS application.
- Attend an in-person event at Imperial's campus on 16th August (Imperial will fund travel costs).

Graduates of Imperial Chemistry Scholars who enrol on undergraduate degrees in the department will be eligible to receive a bursary to support a research internship of their choice after their first or second year. You can find out more about undergraduate research opportunities here: <https://www.imperial.ac.uk/urop>

By submitting this form you agree for your data to be shared with The Brilliant Club and Imperial College London. Please review this [data agreement](#) before submitting

Compass Group are hiring - Catering Assistant vacancy

Our canteen has a vacancy for a catering assistant. Please note it would be Compass Group employing this person and not Highlands School.

Job purpose

To perform a variety of tasks associated with food production, front and back of house services and any general support required with due regard to all Health and Safety and Food Safety regulations. To perform general duties which support the efficient running of a contract or unit in line with contractual requirements.

Job details

The position will be managed by Compass Group catering company, not Highlands School.

The position is for 20 hours per week, Monday - Friday and the successful candidate will report to the Catering Manager. Please see our [website](#) for more information or call the catering department on 020 8370 1179 for more information on how to apply. Deadline for applications is 9am Friday 31st March 2023.



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
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 2864
London	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](https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)) 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
ONLINE ON THE PHONE BY PHONE

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

Good Thinking

Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

THE MIX

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

Beat

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

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. 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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 Instagram [@highlandssch](https://www.instagram.com/highlandssch)

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