



Highlands School Newsletter

17 March 2023



Dear Parents and Carers,

As I am sure many of you are aware, the Holy Month of Ramadan is due to start next week on 22nd March and will end with the festival of Eid on around the 21st April 2023. Highlands School is proud and privileged to be a diverse and multicultural community. Ramadan is one of many enriching opportunities for staff and students to celebrate different religious traditions and practices, and to learn from each other's cultures and beliefs,

Ramadan is the ninth month of the Islamic calendar and for Muslims, the most important. Ramadan is also one of the Five Pillars of Islam. Muslims believe it was during Ramadan that the Qur'an started to be revealed to The Prophet Muhammad (peace be upon him). During the month of Ramadan, Muslims focus on fasting, charity, and pleasing Allah (God). Please refer to our special feature newsletter this week, which celebrates Ramadan and our Muslim community. Our head of citizenship, Mr Islam, will be leading a week of assemblies with some of our students, educating our wider school community about Islam and Ramadan.

We understand and appreciate the dedication and commitment to this obligatory pillar of Islam, for staff and students and that they will find certain parts of the day challenging. For parents allowing their children to fast, we ask that you make sure to choose a well-balanced diet during the times that they are permitted to eat. Please also ensure that they get enough rest during this time. This will help them to focus at school while they are fasting.

If parents or carers would like to discuss any aspect of Ramadan and how this impacts their child (for example for students with medical conditions), please kindly contact your child's head of year who will work with you to put support in place.



Thank you to all of our school community for your support, and wishing Ramdan Kareem to our Muslim community.

Dates for your diary:

- Wednesday 22nd March: year 12 parent and carer information evening
- Wednesday 28th March: year 10 parent and carer information evening (moved from 15th due to strike action)
- 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

Overall house winner this week:

	Beech	Oak	Rowan	Willow
Positive points this week	3341	3669	3758	3046
Negative points	-365	-404	-332	-318
Points overall	2976	3265	3426	2728

Top students in year 7:

Forename	Surname	Form	House	Points
Aiden	Adeoye	7WMP	W	493
Oliver	Dhillon	7OAC	O	490
Tyanna	Ferreira	7OAC	O	428
Samaah	Abbas	7WMP	W	426
Adalane	Angate	7OAC	O	423
Ceren	Turkkorur	7OAC	O	423
Warren	Kelly	7OAC	O	421
Chloe	Shi	7WMP	W	420
Danish	Farooq	7WMP	W	418
Max	Rich	7OAC	O	415



Top students in year 8:

Forename	Surname	Form	House	Points
Arabella	Mumba	8ODC	O	747
Radhika	Parmar	8ODC	O	647
Melisa	Spahia	8BYC	B	609
Ruby	Magrun	8BYC	B	609
Gabrielle	Russell	8BYC	B	604
Luke	Shearman	8ODC	O	581
Taraneh	Kheradmandi	8BYC	B	574
Joseph	Smyth	8BYC	B	566
Hugh	Murphy	8BYC	B	564
Kalia	Sibomana	8BYC	B	563

Top students in year 9:

Forename	Surname	Form	House	Points
Tyrae	Best-Daley	9BJC	B	690
Aaliyah	Udahemuka	9BJC	B	676
Evie	Whitbread	9WDD	W	670
Kamilah	Abib	9RRS	R	655
Luke	Smith	9WDD	W	651
Daniel	Malaj	9BJC	B	644
Skye	Creary	9WDD	W	638
Emma	Simon	9BJC	B	635
Alfie	Horn	9WDD	W	623
Georgia	Georgiou	9WDD	W	610

Top students in year 10:

Forename	Surname	Form	House	Points
Arda	Aslan	10OMK	O	443
Benjamin	Gormley	10BJT	B	412
Prue	Musah	10RTS	R	404
Yagmur	Olcay	10OEF	O	390
Sophie	Bernasconi	10BJT	B	382
Elaine	Ho	10WKM	W	379
Alkeo	Xhamxhiu	10OMK	O	358
Athanasios	Aristidou	10WKM	W	350
Gracie Mae	Ticehurst	10OEF	O	345
Wunfai Alex	Lo	10BRD	B	344



Top students in year 11:

Forename	Surname	Form	House	Points
Beirhan	Guven	11WLM	W	481
Eneida	Luganskyte	11OPR	O	474
Jack	Young	11OPR	O	425
Raphael	Richter	11BSP	B	422
Daniel	Drysdale	11WLM	W	413
Alessandro	Georgiou	11WTA	W	395
Alexandros	Savva	11OPR	O	389
Andy	Dishnica	11WLM	W	385
Steven	Malickis	11OPR	O	380
Ellie-May	Bailey	11RGA	R	377

Top students in year 12:

Forename	Surname	Form	House	Points
Emily	Muncaster	12OKA	O	130
Rayaan	Kaderia	12BAG	B	128
Rachel	Lok	12BLR	B	126
Alexia	Kyriakou	12WBS	W	121
Iona	Garrard	12RSL	R	116
Hollie	Burkett	12OSQ	O	115
Deniz	Yamansef	12WBS	W	106
Louise	Georgiou	12OSQ	O	103
Michael	Agbugba	12BAG	B	91
Kristiana	Alexandrou	12RDS	R	89

Top students in year 13:

Forename	Surname	Form	House	Points
Paolo	Saturnino	13WMA	W	116
Robert	Timis	13OAL	O	93
Ilayda	Duzgun	13OAL	O	91
Oliver	Cook	13WMA	W	91
Laveen	Omar	13OES	O	85
Mihaela	Grosu	13BTD	B	76
Clara	Eboue	13RJB	R	76
Ayse	Altinay	13OES	O	73
Serena	Pia	13OAL	O	70
Musaddiqur	Ali	13OAL	O	69
Mary	Koumouris	13RJB	R	69



Inter house English competition

Well done to Ava Theodorou 8BYC who collected the Inter house English trophy on behalf of Beech this week after winning the 100 word Gothic story competition. A huge well done to all the students who entered and in particular Elliot Marinos 8WJQ for coming second in the competition.



Year 9 girls Enfield League semi-final

The year 9 girls football team played against Latymer in the Enfield League semi-final last week. The girls demonstrated skill and determination from kick-off, playing some beautiful football. They went on to beat Latymer 14-1 in an extraordinary win and will face Heron Hall in the Enfield League final.

Team players: Shekhinah Gitu, Darcy Dundridge, Elisia Huetson-Varnava, Niamh McDonnell, Kamilah Abib, Rosie Mcinanny, Michaela Aristodemou

Mrs Hutchinson





U14s Middlesex Cup Final Champions!

Our girls played against a strong Haydon School in the final of the Middlesex Cup at Rectory Park. From the start of the game the girls were focused and determined to maintain their unbeaten streak. They kept their shape, and started to press the opposition from early on in the game. A fantastic run by Shekhinah allowed us to take an early lead. Then Elisia scored a fantastic free kick from 30 yards out.

The girls went from strength to strength with another three goals from Shekhinah, a fantastic header from Elisia and then a brilliant solo run and strike from Elize. The girls' commitment and attitude from start to finish was absolutely fantastic and the girls won the game 7-0, with Antonia earning a clean sheet for the team! Well done girls, you played like true champions!



U14 team players: Shekhinah Gitu, Darcy Dundridge, Elisia Huetson-Varnava, Niamh McDonnell, Rosie Mcinanny, Antonia Charalambous, Amelie Hon, Lily Howard, Millie Huetson-Varnava, Nicole Kozinos, Elize Savva-Faruk, Isabella Cruden, Naomi Clark





Year 7 netball

The year 7 netball team continued with their league matches this week. They lost 2-1 to St Annes and 3-1 to Edmonton County. They hope to get back to winning ways next week as they play Heron Hall and Wren Enfield.

Year 7 girls football semi-finals

On Tuesday the year 7 girls football team played against Enfield County in the semi-finals of the 7-a-side league. We dominated from start to finish but struggled to score.

A goal early on in the second half from Sienna settled the nerves and we managed to hold on to win 1-0. We will wait to find out who we will play in the final. Good luck girls!

Mrs Walters





Duke of Edinburgh's award expedition training

Last weekend the year 11 Duke of Edinburgh's award bronze cohort took part in their training weekend in the Chelmsford area. The first day was spent learning how to use a map and walk a route, how to put a tent up, the importance of the countryside code and how to safely use a camping stove to cook dinner.

On Sunday students then put into practice what they had learnt as they independently navigated a route. The weather was very challenging, particularly on Saturday and we are very proud of how sensible and positive the group were.

A huge well done to all who took part! The assessment weekend for this group is 1st - 2nd April in Epping Forest.

Mrs Walters





British Science Week (STEM)

British Science Week is a ten-day celebration of everything science, technology, engineering, and mathematics. This year the theme is 'Connections' and at Highlands we have been getting involved in many different ways. All students were delivered an assembly on British Science Week and notified how they can take part in the two competitions being held.



Competition 1 - We are encouraging students to ditch buying a daily plastic bottle and start using a reusable drinks bottle instead (it would be preferable to fill up the bottle with water from home and if necessary it can be topped up in school). This will also support our Eco-schools motto 'Making the green school... Truly green'. The Eco-school council reps will be attending each form group to note which house has the most students using a reusable bottle. The winning house will receive 3,000 achievement points!

Competition 2- Each year group has been notified of different fun and engaging projects that can be worked on at home. From designing a poster, researching careers in STEM, making a glider, creating apps and lots more. Students are to upload their work on Google Classroom and the winners will be announced at the start of the summer term. Students will be rewarded with Amazon gift vouchers. Good luck!

Career information sessions for parents and carers

Parents and carers, undoubtedly want the best for their children, and that includes their education and future career. With so many options and pathways available, it can be overwhelming for parents to navigate the many decisions that come with helping their children prepare for their future.



Westminster Kingsway college, which is part of Capital City College Group, is starting to run online information sessions about education and career pathways. Simply register using the links below.

Careers in Creative and Art Industries, Thursday 30 March 2023, 6-7pm - Register [HERE](#)

Potential careers include: Fashion Designer, Fashion Illustrator, Fashion Photographer, Fashion Buyer, Fashion Merchandiser, Fashion Marketer, Fashion Journalist or Editor, Music Producer, Sound Engineer, Composer, Musician, Music Teacher, Music Journalist, Music Business Professional, Actor/Actress, Theatre Director, Choreographer, Stage Manager, Technical Theatre Specialist, Drama Teacher, Play-writer and Theatre Producer.

Careers in Digital Industries, Thursday 20 April 2023, 6-7pm - Register [HERE](#)

Potential careers include: Web developer, User Experience (UX) Designer, App Developer, Digital Marketer, Graphic Designer, Video Producer, IT Support Specialist, Software Developer, Network Engineer, Cybersecurity Analyst, Database Administrator, IT Consultant, IT Project Manager, Data Analyst, Games Designer, Animator, Concept Artist, Technical Artist, Gamer Programmer, User Interface (UI) Designer, VFX Artist, Film Editor, Film Director, Cinematographer, Sound Designer, Production



Manager, Games Animator, 3D Modeler, Photographer, Photo Editor, Art Director, Social Media Manager, Photojournalist and Creative Director.

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

NHS work experience reminder

This is a reminder that the next NHS Allied Healthcare Work Experience is coming up on Sunday 2nd April.

It will help students explore the exciting world of healthcare. Whether you're considering nursing, medicine, or any other healthcare profession, this work experience is vital to gain valuable insight to help them make an informed decision! [Registration Link](#).

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

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

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

Once you've registered, you will be emailed links to your virtual work experience portals.

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

Students can register individually at any time throughout the five-month programme using the link below. 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.



Highlands Cultural and Heritage cookbook

Leading on from the extremely successful cultural and heritage day, we would like to continue to celebrate the diversity and inclusion we have here at Highlands.

We would like to create a Highlands cookbook featuring a selection of your family recipes from all over the world. When created, we will be selling this book in order to raise money for our joint chosen house charity this year which is Simmons house.

It can be a meal that reminds you of a certain place, a dessert that your grandparents used to make or just a delicious meal that you would like to share with the Highlands family.

Please complete the following [form](#), detailing the recipe.

Unfortunately we can not guarantee that all recipes will be used, but we will try our very best.

We look forward to reading these wonderful recipes.

Deadline: Monday 17th April 2023

Mrs Jeynes



Cultural and Heritage Day fundraiser

Highlands raised an impressive £937.25 for Cultural and Heritage Day! All money raised will be donated to the house charities. Thank you to everyone who was involved in the event.

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

Enfield immunisation

The Enfield immunisation team will be at Highlands on 28th March for the year 9 senior boosters (DTP/Men ACWY).

They will return on 17th April for the second dose of the year 8 HPV vaccination.



HPFA Easter raffle

Please see our flyer for details of the Easter Raffle. Tickets are on sale now and the top prize is a fabulous £100 cash! Please follow [this link](#) below to purchase yours.

Please note that there is an automatic donation added to your ticket price by the online raffle company, however, you can choose not to pay it. Please view this [YouTube video](#) for details on how you can stop the donation being added.



HPFA FESTIVE RAFFLE
Enter online now @
<https://app.galabid.com/easter2023raffle>

TOP 3 PRIZES
£100 CASH
(Generously donated by Havilands Estate Agent)
LUXURY HAMPER
PROSECCO GIFT SET

Tickets £2 each
Raffle closes on 28.03.'23

*Support the HPFA,
support your school!*

Small lottery license
number:LN/20220052





HAF Enfield Easter 2023

3rd – 6th
April and
11th – 14th
April

FREE* places available in
Enfield's Holiday Activities
and Food (HAF) programme
this Easter, visit
<https://hafenfield.co.uk/>
to book today or email
haf@enfield.gov.uk
for more information

Ages
4-16

*Free for those in receipt of benefits
related free school meals

- Arts & Crafts
- Get Active
- Free nutritious meals
- Cooking
- Day Trips
- Plus much much more!

Funded by



Department
for Education

<https://hafenfield.co.uk/>
www.enfield.gov.uk





Student medical needs

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

Mental health

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

Urgent mental health support - 24/7 crisis lines

Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
North Central London	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North East London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
South West 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 East 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](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
SHINE 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
London 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)

kooth

Kooth 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)