



# Highlands School Newsletter

10 March 2023



This week we welcomed England footballer Gemma Davison to Highlands. The girls' football teams at Highlands are regular local and regional champions and they were inspired to meet a proven winner and role model like Gemma. We would like to thank her for coming into school.

Today (Friday) we have been holding a screening of 'Hidden Figures', the film about three female African-American mathematicians who play a pivotal role in astronaut John Glenn's launch into orbit, whilst facing racial and gender discrimination at work. This is part of our celebration of International Women's Day. Over 120 students stayed behind school to watch the film; popcorn was provided.

## Strike Days

Next week, on Wednesday 15th and Thursday 16th March, there are two further days of NEU strike action planned. Year 11 will be in school and we will be able to bring in some other classes in years 10, 12 and 13. However, most students will be at home and work will be set on the Google Classroom if their teachers are not striking. We are just finalising arrangements and then we will write to all parents with specific arrangements about which students other than year 11s will be in school.

Dates for your diary:

- Wednesday 15th and Thursday 16th March: planned strike action by NEU
- 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

### Top students in the school this week:

Forename	Surname	Form	House	Points
Shayan	Mirza	9RNC	R	55
Dylan	Daryanani	9RNC	R	53
Arabella	Mumba	8ODC	O	51
Matthew	Guest	9RNC	R	51
Antonia	Anastasi	9RNC	R	50
Marilena	Bello	9RNC	R	50
Sahara	Cakir	9BNI	B	49
Nehir	Cetin	9RNC	R	49
Brij	Mahtani	9RNC	R	49
Laetitia	Leonidou	9OAB	O	48

### Top students in year 7:

Forename	Surname	Form	House	Points
Aiden	Adeoye	7WMP	W	478
Oliver	Dhillon	7OAC	O	476
Samaah	Abbas	7WMP	W	421
Danish	Farooq	7WMP	W	410
Ceren	Turkkorur	7OAC	O	409
Chloe	Shi	7WMP	W	408
Adalane	Angate	7OAC	O	404
Warren	Kelly	7OAC	O	403
Tyanna	Ferreira	7OAC	O	402
Max	Rich	7OAC	O	401

### Top students in year 8:

Forename	Surname	Form	House	Points
Arabella	Mumba	8ODC	O	719
Radhika	Parmar	8ODC	O	619
Gabrielle	Russell	8BYC	B	588
Ruby	Magrun	8BYC	B	586
Melisa	Spahia	8BYC	B	585
Luke	Shearman	8ODC	O	553
Taraneh	Kheradmandi	8BYC	B	551
Joseph	Smyth	8BYC	B	549
Kalia	Sibomana	8BYC	B	549
Hugh	Murphy	8BYC	B	545



### Top students in year 9:

Forename	Surname	Form	House	Points
Tyrae	Best-Daley	9BJC	B	662
Aaliyah	Udahemuka	9BJC	B	645
Evie	Whitbread	9WDD	W	640
Kamilah	Abib	9RRS	R	636
Daniel	Malaj	9BJC	B	621
Luke	Smith	9WDD	W	621
Skye	Creary	9WDD	W	618
Emma	Simon	9BJC	B	610
Alfie	Horn	9WDD	W	601
Georgia	Georgiou	9WDD	W	591

### Top students in year 10:

Forename	Surname	Form	House	Points
Arda	Aslan	10OMK	O	427
Benjamin	Gormley	10BJT	B	396
Prue	Musah	10RTS	R	396
Elaine	Ho	10WKM	W	376
Yagmur	Olcay	10OEF	O	367
Sophie	Bernasconi	10BJT	B	362
Alkeo	Xhamxhiu	10OMK	O	350
Wunfai Alex	Lo	10BRD	B	337
Gracie Mae	Ticehurst	10OEF	O	336
Athanasios	Aristidou	10WKM	W	336

### Top students in year 11:

Forename	Surname	Form	House	Points
Beirhan	Guyen	11WLM	W	473
Eneida	Luganskyte	11OPR	O	457
Raphael	Richter	11BSP	B	418
Jack	Young	11OPR	O	408
Daniel	Drysdale	11WLM	W	407
Alessandro	Georgiou	11WTA	W	391
Alexandros	Savva	11OPR	O	383
Andy	Dishnica	11WLM	W	379
Steven	Malickis	11OPR	O	378
Ellie-May	Bailey	11RGA	R	368



### Top students in year 12:

Forename	Surname	Form	House	Points
Emily	Muncaster	12OKA	O	122
Rayaan	Kaderia	12BAG	B	118
Rachel	Lok	12BLR	B	117
Alexia	Kyriakou	12WBS	W	113
Iona	Garrard	12RSL	R	110
Hollie	Burkett	12OSQ	O	107
Deniz	Yamansef	12WBS	W	102
Louise	Georgiou	12OSQ	O	93
Aristotelis	Balla	12BLR	B	83
Kristiana	Alexandrou	12RDS	R	83

### Top students in year 13:

Forename	Surname	Form	House	Points
Paolo	Saturnino	13WMA	W	110
Robert	Timis	13OAL	O	87
Ilayda	Duzgun	13OAL	O	87
Oliver	Cook	13WMA	W	85
Laveen	Omar	13OES	O	79
Mihaela	Grosu	13BTD	B	72
Ayse	Altinay	13OES	O	71
Clara	Eboue	13RJB	R	70
Musaddiqur	Ali	13OAL	O	69
Serena	Pia	13OAL	O	68



## Inter house netball competition

On Thursday 9th March, the first year 7 and year 8 inter house netball tournaments of the year took place. With mixed teams, a large turnout and plenty of enthusiasm and energy, the atmosphere was competitive. There was plenty of excellent netball displayed alongside teamwork and a togetherness from all houses.

### Year 7

- Semi-finals: Beech 6-0 Rowan, Oak 1-3 Willow
- Third and fourth place play-offs: Rowan 0-2 Oak
- Final: Willow 3-2 Beech

### Year 8

- Semi-finals: Willow 4-0 Oak, Rowan 5-0 Beech
- Third and fourth place play-offs: Beech 1-0 Oak
- Final: Willow 1-0 Rowan

Well done to every student who took part and a huge congratulations to Willow who won both the year 7 and 8 tournament. The next inter house netball tournament will be for years 9 and 10 and the date of this will be sent out soon.





## International Women's Day - inspirational visit by Gemma Davison

We had the pleasure of welcoming Gemma Davison, a professional footballer and current coach, to our school this week. Davison led a training session with our students and shared inspiring insights into her career in football.

The day started with a warm welcome for Davison, who arrived with an enthusiastic spirit ready to inspire our students. The training session she led was energetic and engaging, with a focus on building fundamental skills that are crucial for any football player. She demonstrated various drills and exercises that our students eagerly participated in, all the while sharing her own experience and offering valuable tips on how to improve their performance on the pitch. She highlighted the importance of enjoying football and that 'the best football she ever played was when she was the happiest.'

After the training session, our students had the opportunity to sit down with Davison for a Q&A session where she spoke about her football journey. Davison started playing football when she was a little girl and went on to play for several professional teams including Arsenal, Chelsea, and Tottenham Hotspur, she has also represented the England national team.

Davison shared some of her most memorable experiences, and spoke about the importance of determination, hard work, and passion in achieving success, and urged our students to 'never give up on their dreams, even if people doubt you.'

Overall, the day was a huge success and left a lasting impression on our students. Davison's passion and enthusiasm for football were infectious, and her insights into her career were truly inspiring. We are grateful for her visit and hope to welcome her back to our school in the future.





## International Women's Day football tournament

On Wednesday a team of footballers from year 7 and 8 participated in a tournament organised by the Tottenham Hotspur Foundation for International Women's day.

The tournament was played in freezing cold conditions but the girls, inspired by their visit from Gemma Davision that morning, played some great football. They beat Latymer 1-0, Lea Valley 4-0 and drew with St. Thomas Moore and East Barnet Schools. These results were good enough to get them through to the semi-finals where they narrowly lost 1-0 to Alexandra Park School.

The highlight of the tournament for the girls was having a team talk with Spurs players Molly Bartrip and Eveliina Summanen and having them cheer them on as they played their next match. This moment was captured and can be found on the Tottenham Hotspur Women's Twitter account!



**Mrs Walters**



## Movie night at Highlands - celebrating International Women's Day

On March 8th, people around the world celebrated International Women's Day, a day dedicated to honouring the achievements of women and advocating for gender equality. At Highlands School, we marked the occasion by hosting a movie night featuring the critically acclaimed film, *Hidden Figures*.

*Hidden Figures* tells the incredible true story of three brilliant African-American women who worked at NASA in the 1960s and played a pivotal role in the space race. Despite facing discrimination and prejudice, Katherine Johnson, Dorothy Vaughan, and Mary Jackson used their intelligence, determination, and perseverance to overcome barriers and shatter stereotypes.

Overall, the movie night was a wonderful way to celebrate International Women's Day and to honour the achievements of women throughout history.







## Show Racism the Red Card competition

This competition is designed to empower students to take a stand against racism and discrimination by expressing their thoughts and feelings through various creative mediums such as artwork and creative writing.

We are delighted to announce that our students not only participated in this competition but also made a remarkable impact with their entries.

Our students have shown that they understand the importance of standing up against racism and discrimination in all its forms. They have used their talents and creativity to spread the message of unity and diversity, encouraging everyone to embrace and celebrate differences rather than use them as a basis for division.

Their entries have demonstrated a deep understanding of the impact of racism and discrimination on individuals and communities. They have expressed their views in a powerful and persuasive manner, using their unique voices to advocate for change and a more inclusive society.

As a school, we are proud of our students who have taken this initiative and participated in the *Show Racism the Red Card* competition. We believe that their efforts will inspire others to take a stand against racism and discrimination and to promote a more harmonious and tolerant world.

We would like to congratulate our students for their outstanding achievements in this competition, in particular the following students, whose entries will be submitted to Show Racism the Red Card with the chance of winning the national competition.

- Dagi Nyou - year 12 - poem
- Louie Lynch - year 8 - art piece
- Shania Anyemdu - year 7 - poem

The other entries were:

- Harry Stylianou - poem
- Mia O'Sullivan and Zainab Ali - year 8 - poem
- Joy Barenga - year 12- poem
- James Brooks - year 13 - speech and poem
- James Butcher, Kaitlyn Marie-Ewan and Alfie Forshaw-Hogg - year 8 - script/book
- Ermioni Tsantikou - year 8 - poem
- Franceska Koa - year 8 - art pieces
- Sheryce Crow - year 9 - art pieces and poem
- Diana Tangestani - year 8 - 3D piece
- Mohammad Sheik, Alessandro Rosiello and Dane Adon - year 8 - piece of creative writing
- Kavish Amuwitagama - year 7 - t shirt design



**The winners:**

Dagi Nyou, year 12

**Renaissance of monotone by dagi nyok**

Sitting in a cloud of smoke,  
Surges and wisps of smoke  
That embodies the waves  
Of cultures, questions fuelled by  
Ignorance - grey faces -patronising  
glances blinded by confusion.

These do nothing but erode  
Against my skin,  
Engulf my being,  
Slit my wrist as i exist  
Day to day in the  
Translucent, monotone asphalts of london.

Perhaps

The penetration of the  
Slits and knives dig and scratch so deep  
Through the fats of my flesh, surged  
With negro skin, coated with dinka heritage,  
Decorated with henna, scent of bakhoor.

Perhaps it barely touches my veins,  
Molds into my dna,  
Alters my knowledge,  
All in the name of entering a country  
I am met with unfamiliarity

a country coated -no- molded like clay,  
a statue, standing proud echoing  
screaming 'this is the standard anything  
other is indifferent'

Or maybe it doesn't.

maybe the speckles of my heritage in my  
blood that build their own space, move in their  
own trends, surfing, crowding painting every  
crevice of my body like a canvas cannot be  
modified, altered by change of environment  
That protrudes like chastising knives till im  
Deluded, convinced that the suffocation  
confusion is too much, that there is no place.

however, perhaps there is, i begin by carving  
these rigid, stubborn obstacles, scraping the  
points of monotone, gray that engulf the canvas  
of london.

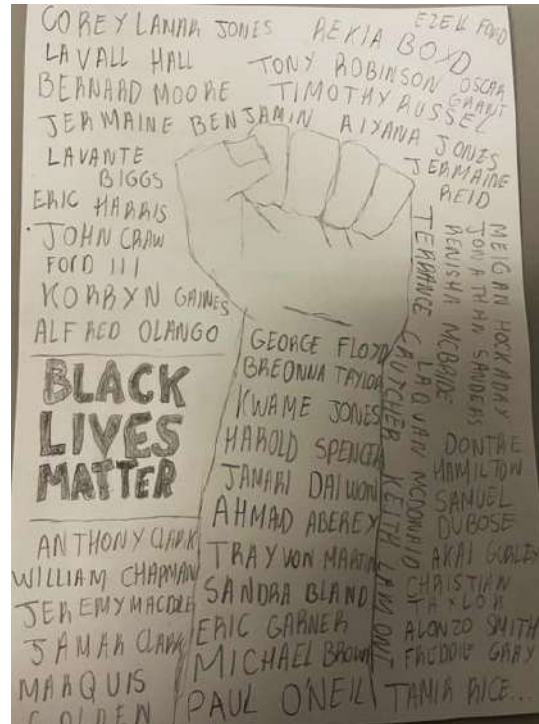
begin the flow of my trends, my heritage, culture  
till it exudes, thick, molten rainbow that will force the  
acceptance of cultural emergence in montone

Louie Lynch, year 8





Shania Anyemdu, year 7



Here are some of the other fantastic entries:





## Trampolining success

On Sunday 26th February, the annual Trampolining London Youth Games was held in Chessington. A team of twelve Enfield residents were selected and trained for eight sessions.

Henry Wakeford in year 10 competed for the first time and came 13th out of 42 boys, some of which were aged up to 18 years old and have competed at a national level. The whole team were thrilled to take home bronze for Enfield Borough.

The PE department are delighted Henry has found a new passion in trampolining and are very proud of his recent accomplishments. Well done Henry!



## Year 8 Football League victory

This week, the year 8 boys football team travelled to Enfield Grammar School in search of another victory for their league campaign. The first half was a cagey affair with neither team producing any clear-cut chances, until a Highlands goal just before the break, opened up the game. With a slender lead, Highlands came out all guns blazing in the second half and raced into a 0-3 lead. Despite a couple of late Grammar goals, the team held on and earned themselves another victory!

Final score: Enfield Grammar 2-3 Highlands School.

Goal scorers: Alessandro, Stefan and Nathan.

Well done to all of those who played and represented the school.

**Mr Avann**



## Year 7 and 8 netball

The year 7 and 8 netball teams continued with their league matches this week. The year 7 team drew 3-3 with Latymer and the year 8 team beat both Latymer 4-1 and Chase 5-0 and lost 2-1 to Palmers Green in a very tight game. Well done girls! Next Monday we will face St. Annes and Edmonton County.

**Mrs Walters**

## Year 7 economics club

Joining the economics club is a great opportunity for our year 7 students to learn more about how the world around them works. Our year 12 students will be running the club with Ms Ryoo, week commencing 13th March. Please see the details below.

- **Day:** Thursday, week A only
- **Location:** H1
- **Time:** 1:10 pm - 1:40 pm
- **Year group:** 7

## 100 Word Gothic Stories

Last term, the English faculty launched a year 8 inter house competition where students were asked to create their own 100 word gothic story.

After much deliberation, the English faculty have selected two stories that have been awarded first and second place. First place goes to Ava Theodorou 8BYC and second place to Elliot Marinos 8WJQ. Winners will be awarded achievement points for their houses and their stories can be found below.



### **First Place: Ava Theodorou 8BYC**

*A sudden shadow sweeps across the shaded moon, momentarily obscuring its solitary glow. The sky is darker than death. I take a tentative step forward, stumbling against a jutting gravestone that looks like a crooked tooth. Distressed and drained, I crumple to the ground, choking sobs wracking my body. Shaking. Trembling.*

*“There’s nowhere to run” a shrill and manic voice leers behind me. My breath catches my throat - I try to stand but my body is frozen. An ear-piercing shriek. A splatter of blood. All that can be heard is the howling wind, and a sombre whisper. “Forgive me daughter.”*



### **Second Place: Elliot Marinos 8WJQ**

*Walking through the misty meadow, a towering building rises out of the fog like a foreboding symbol of doom. Driving closer, I began to realise it was an abandoned, crumbling church in an ancient graveyard. My nerves are on edge as distant thunder claps and I hear the scream of a woman behind me. Troubled, I slowly turn and walk towards the fading noise. Treading cautiously around the edges of broken, overgrown graves I hear whispers growing all around me. Nearing the scream, dread fills my heart as I hear the scraping of stone and something bony grabs my hand.*

As the standard of the stories were so high, the English faculty have collated an anthology that features the top 35 stories across the year group. Each student will receive their own copy of the anthology and achievement points - well done to the following:

Esther Elkabbas, Sadie Baker, Lila Nudds, John Phil Boyle, Sana Ahmad, Kristina Elia, Sophia Panayi, Naisha Kumar, Alyssa Ketwaroo, Sophie Jones, Christina Hajilambi, Melisa Angelova, Darcy Smethurst, Nihar Vaidya, Alfie Foreshaw-Hogg, Ela Turk, Amelia Marrison-Claffey, Constantinos Socratous, Eve Mason, Isabella Cruden, Tyler Koy, Ola Muca, Nisa Tekic, Samson Tebb, Lorin Varli, Jorja Hodge, Olivia Pashku, Emin Hamamci, Beatrice Afhim, Elis Cristovao, Cora Drysale and Lily Theodorou.

We would also like to say a massive thank you to: Andreas Chrysostomou 8RTC and Sam Michael 11OPR who designed the amazing front cover - achievement points will also be awarded to you both too!

Well done to you all.

**Mrs Selim**

## **Readathon champion!**

A big thank you to Ermioni Tsantikou in year 8 for raising the most money in this term's Readathon.

Your hard work has helped to bring the magic of books and stories to children in hospital.

We would also like to thank all of the students that participated. Well done to you all!

**Mrs Mehmet**





## STEM Futures Programme



Mercedes Acquaye 10RKM has successfully gained herself a very competitive spot on the prestigious STEM Futures Programme held by Imperial College London for this summer 2023! Congratulations Mercedes you have also gained yourself a Headteachers award - well done!

Here is what Mercedes had to say on why she applied:

*"I applied to this programme because it was recommended to me by Dr Len who is from an ethnic minority group and who understands that it can be difficult for individuals from mixed backgrounds to achieve certain things. I felt that the opportunity to join this course would not only benefit me but it would look exceptional on applications for things such as universities or jobs. I picked this programme because I find science quite fascinating, specifically chemistry and biology. I enjoy these sciences as they are challenging but they also allow debates to ensue as there are many unanswered questions with no right or wrong answer. I also wanted to learn more about technology and engineering.*

**Imperial College  
London**

*In the future, I would like to pursue a science-based career as I have always been interested in it. I was very young when I decided that this was the career for me. Around 2/3 years old, I realised that I wanted a job involving science when I was given the Operation board game from my mum which I found very intriguing. I think that there are very complex jobs but, with dedication it is possible."*

Mercedes will be attending the following activities.

- Masterclasses in science, engineering and maths subjects to support with revision.
- STEM lectures.
- Advice and guidance on studying STEM subjects from university students of similar backgrounds and interests studying a range of degrees.
- Study skills workshops.
- Personal development workshops.
- Careers sessions.

Well done once again, we look forward to hearing all about it after the summer break!

**Dr Len**





## National Careers Week

As part of the National Careers Week celebrations, several groups of students participated in live broadcasts with leaders from different industries. Speakers shared insights on what inspired them to choose their career path, what they enjoy about their careers, subjects they studied and how these are relevant now, and transferable employability skills. The live talks were followed by Q&A sessions helping students to contextualise their learning and bring classroom subjects to life. In particular, Clare Smyth who commented on the positivity of the school's recent culture and heritage day in putting together a 'cookbook' to celebrate international cuisine shared by our students and would like us to share the book with her when complete!



We would like to thank Speakers for Schools for allowing us to connect with the following employers and motivate our students with their unique experiences:

- Professor Nessa Carey, Scientist
- Danny Mortimer, CEO, NHS Employers
- Kathleen Harris, Lawyer, Arnold & Porter
- Baroness Martha Lane Fox, President British Chambers of Commerce
- Amanda Leveté - Principal Architect, ALA
- Clare Smyth MBE, Three Michelin Star Chef

All students have access to the NCW presentation on Google Classroom, which includes links for careers, research and planning. For further information related to careers, and opportunities, students can access the [Highlands Careers \(CEIAG\)](#), which includes information for parents and carers.







## Careers Week at Medic Mentor

Happy Careers Week! We have so many exciting career opportunities coming up for students in years 10-13. Click [here](#) to view what's on offer.

Choosing a career whilst in school is no easy task, so we want to empower students to make informed decisions about their future careers in medicine, dentistry, and veterinary medicine. All conferences and programmes are designed to help them do just that.

Upcoming career events:

Free, virtual Get into Medicine Conferences, years 10-12:

- Saturday 11th March (10am - 3:30pm)
- Sunday 12th March (10am - 3:30pm)

[Register here](#)

Free virtual Medical, Dental, and Veterinary Societies years 10-13:

- Tuesday 7th March 5:45pm - 6:45pm

Free-to-join virtual societies led by students and doctors, dentists, and vets. These weekly meetings will allow students to network with medical professionals across the UK and boost their UCAS applications and CVs.

Students can join by signing up to a student portal [here](#).

**Dr Len**

Join us during Careers week

Scan to register!

## Careers Week at Medic Mentor

Medic Mentor's sole focus is to mentor, support and provide advice and guidance to students interested in applying for medicine, dentistry and veterinary courses. During Careers Week, we are hosting amazing events for those who are interested in exploring careers within the medical sector.

Join us on Tuesday 5:45 - 6:45pm as we explore key information from each career during one of our Virtual Medical, Veterinary or Dental Societies meetings.

Or attend the Get Into Medicine Conference or Get Into Dentistry Conference on this weekend to learn everything you need to about the application process and find out what it's like to be a doctor or dentist.

If you'd prefer to see more hands on learning experiences, then sign up to our Live Virtual Work Experience sessions in Medicine, Veterinary and Dentistry.

MEDIC MENTOR YOUR MEDIC FAMILY | DENTAL MENTOR YOUR MEDIC FAMILY | VET MENTOR YOUR MEDIC FAMILY



## 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





## Student medical needs

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

## Mental health

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

### Urgent mental health support - 24/7 crisis lines

Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder ([link below](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](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**  
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**

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)

**keoth**

Keoth 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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