



# Highlands School Newsletter

03 March 2023



Today at Highlands we held our first ever cultural heritage day. This was a non uniform day where students were invited to wear clothing or colours that represent their culture or heritage. We had a diverse range of backgrounds being celebrated from English, Scottish, Welsh and Irish to the Congo, the Caribbean, Kosovo and China. Students supported the day with enthusiasm and in the spirit of respect and tolerance. Money raised from the day is going to the charities that our houses have chosen to support this year and we will definitely hold another culture and heritage day again next year.

Today we also had a visit from our local MP Feryal Clark and Councillor Julian Sampson who met with year 10 citizenship students. We would like to thank our local politicians for giving up their time to come and support our school.

Our recent non-uniform day fundraiser for the Turkey and Syria earthquake relief effort was a huge success. Thanks to the incredible generosity of our students, parents and carers and staff, we raised a phenomenal £3,467.05 for this important cause. These funds have been sent off to the appeal with the hope of providing food, shelter and medical assistance to those affected by the earthquake.

Dates for your diary:

- 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
- 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:

Forename	Surname	Form	House	Points
Sahara	Cakir	9BNI	B	50
Evie	Lockwood	9WTH	W	47
Polina	Zaiat	9BNI	B	44
Naa Shidaa	Quartey	9WTH	W	44
Aleksandros	Veneti	9RNC	R	42
Rhys	Willis	9WTH	W	42
Sofia	Betancur Mesa	9BJC	B	41
Lucy	Lord	9RNC	R	41
Emma	Simon	9BJC	B	40
Dmytro	Yeremeiev	9BJC	B	40
Francisco	Barbosa Pinto	9WTH	W	40

### Top students in year 7:

Forename	Surname	Form	House	Points
Aiden	Adeoye	7WMP	W	465
Oliver	Dhillon	7OAC	O	448
Chloe	Shi	7WMP	W	403
Samaah	Abbas	7WMP	W	401
Danish	Farooq	7WMP	W	401
Ceren	Turkkorur	7OAC	O	386
Adalane	Angate	7OAC	O	379
Warren	Kelly	7OAC	O	376
Max	Rich	7OAC	O	376
Tyanna	Ferreira	7OAC	O	374



### Top students in year 8:

Forename	Surname	Form	House	Points
Arabella	Mumba	8ODC	O	668
Radhika	Parmar	8ODC	O	578
Gabrielle	Russell	8BYC	B	561
Melisa	Spahia	8BYC	B	559
Ruby	Magrun	8BYC	B	555
Kalia	Sibomana	8BYC	B	525
Joseph	Smyth	8BYC	B	522
Taraneh	Kheradmandi	8BYC	B	521
Sadie	Baker	8BYC	B	512
Hugh	Murphy	8BYC	B	511

### Top students in year 9:

Forename	Surname	Form	House	Points
Tyrae	Best-Daley	9BJC	B	636
Kamilah	Abib	9RRS	R	623
Aaliyah	Udahemuka	9BJC	B	616
Evie	Whitbread	9WDD	W	612
Daniel	Malaj	9BJC	B	604
Emma	Simon	9BJC	B	587
Skye	Creary	9WDD	W	584
Luke	Smith	9WDD	W	583
Nataniel	De Almeida	9WDD	W	576
Alfie	Horn	9WDD	W	565

### Top students in year 10:

Forename	Surname	Form	House	Points
Arda	Aslan	10OMK	O	400
Benjamin	Gormley	10BJT	B	386
Prue	Musah	10RTS	R	376
Elaine	Ho	10WKM	W	364
Sophie	Bernasconi	10BJT	B	355
Yagmur	Olcay	10OEF	O	349
Alkeo	Xhamxhiu	10OMK	O	340
Athanasios	Aristidou	10WKM	W	328
Gracie Mae	Ticehurst	10OEF	O	324
Wunfai Alex	Lo	10BRD	B	320



### Top students in year 11:

Forename	Surname	Form	House	Points
Beirhan	Guven	11WLM	W	465
Eneida	Luganskyte	11OPR	O	445
Raphael	Richter	11BSP	B	418
Daniel	Drysdale	11WLM	W	405
Jack	Young	11OPR	O	393
Alessandro	Georgiou	11WTA	W	388
Alexandros	Savva	11OPR	O	377
Andy	Dishnica	11WLM	W	377
Ellie-May	Bailey	11RGA	R	364
Ethan	Strickland	11WLM	W	361

### Top students in year 12:

Forename	Surname	Form	House	Points
Emily	Muncaster	12OKA	O	118
Rachel	Lok	12BLR	B	116
Rayaan	Kaderia	12BAG	B	114
Alexia	Kyriakou	12WBS	W	107
Hollie	Burkett	12OSQ	O	103
Iona	Garrard	12RSL	R	103
Deniz	Yamansef	12WBS	W	96
Louise	Georgiou	12OSQ	O	89
Kristiana	Alexandrou	12RDS	R	83
Alex	Stelmach	12RDS	R	78

### Top students in year 13:

Forename	Surname	Form	House	Points
Paolo	Saturnino	13WMA	W	107
Ilyda	Duzgun	13OAL	O	84
Robert	Timis	13OAL	O	84
Oliver	Cook	13WMA	W	82
Laveen	Omar	13OES	O	78
Mihaela	Grosu	13BTD	B	70
Ayse	Altinay	13OES	O	69
Clara	Eboue	13RJB	R	69
Serena	Pia	13OAL	O	68
Musaddiqur	Ali	13OAL	O	66



## Joshua Lincoln receives Jack Petchey medal!

It is with great pleasure that we announce that one of our students, Joshua Lincoln, has been awarded the Jack Petchey medal at Kensington Great Hall, for Outstanding Achievement at Police Cadets.

The Jack Petchey Foundation is a charitable organisation that supports young people aged 11-25 in London and Essex, and their awards programme recognises exceptional achievement and contributions made by young people in a variety of areas.

Joshua has shown remarkable dedication and commitment to the Police Cadet programme. He has demonstrated excellent leadership skills, a strong work ethic, and a willingness to go above and beyond what is expected of him.

We are incredibly proud of Joshua's achievements and are thrilled to see him recognised by the Jack Petchey Foundation. His dedication and hard work are an inspiration to us all, and we look forward to seeing all the great things he will achieve in the future.

Congratulations, Joshua, on this well-deserved recognition. We wish you all the best as you continue your journey of excellence.





## Highlands Cultural Heritage Day

We are excited to share with you the success of our recent celebration of Cultural Heritage Day! On this day, our school community came together to celebrate the diverse cultures that make up our community.

Our students and staff dressed up in colourful and traditional attire representing their cultural heritage. We saw vibrant costumes from different parts of the world such as Africa, Ukraine, Jamaica, Cyprus and many more. It was truly a feast for the eyes!





We are incredibly proud of our school community for coming together to celebrate our diverse cultures. It was a wonderful event that highlighted the importance of cultural diversity and the value of different traditions.

We hope that this celebration has inspired our students to explore and appreciate different cultures and to continue to celebrate and honour their own cultural heritage.

Thank you to all who participated in making this day a success and a special thank you to Mrs Jaynes for organising such a great event.



## Local MP and Councillor visit Highlands

Our year 10 GCSE citizenship students had a visit from their local MP Feryal Clark and Councillor Julian Sampson on Friday 3rd March 2023. They had the opportunity to ask questions about their chosen campaign topic, many of which included topics about reducing youth crime in Enfield, and on reducing the voting age to 16 in the UK General Elections. This visit formed part of their active citizenship projects which makes up 15% of their GCSE citizenship course.

Our students really enjoyed preparing and asking questions to their political representatives. It was a great opportunity for our students to get an insight into their roles and the different issues they deal with in our communities.

### Mr Islam





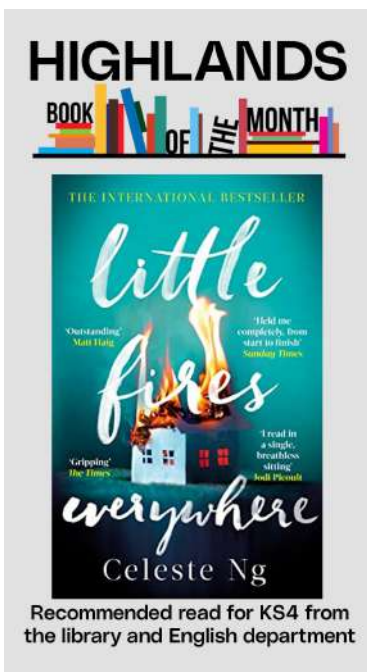
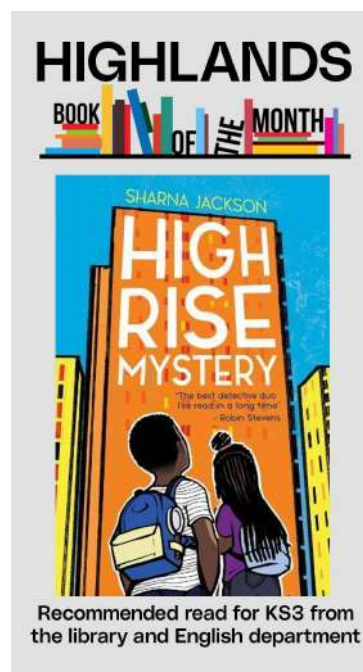


## Highlands book of the month - March

### KS3: High-Rise Mystery by Sharna Jackson.

After finding their community art teacher murdered on their tower block estate, 'The Tri', sisters Nik and Norva are determined to solve this terrible crime.

Swinging into action even before the police have arrived, the hip-smart detective duo develop a list of suspects and a plan to identify motives and methods.



### KS4: Little Fires Everywhere by Celeste Ng

Everyone in Shaker Heights was talking about it that summer: how Isabelle, the last of the Richardson children, had finally gone around the bend and burned the house down.

In Shaker Heights, a placid, progressive suburb of Cleveland, everything is meticulously planned - from the layout of the winding roads, to the colours of the houses, to the successful lives its residents will go on to lead. And no one embodies this spirit more than Elena Richardson, whose guiding principle is playing by the rules.

Enter Mia Warren - an enigmatic artist and single mother- who arrives in this idyllic bubble with her teenage daughter Pearl, and rents a house from the Richardsons. Soon Mia and Pearl become more than just tenants: all four Richardson children are drawn to the mother-daughter pair. But Mia carries with her a mysterious past, and a disregard for the rules that threatens to upend this carefully ordered community.

When old family friends attempt to adopt a Chinese-American baby, a custody battle erupts that dramatically divides the town - and puts Mia and Elena on opposing sides. Suspicious of Mia and her motives, Elena is determined to uncover the secrets in Mia's past. But her obsession will come at an unexpected and devastating cost.



## Netball

The year 7 and 8 netball teams started their league matches on Monday afternoon. The year 7 team drew 3-3 with Southgate School and lost 5-1 to a strong St John's team. The year 8 team drew 2-2 with Southgate School and 2-2 with St John's. Well done girls!

## Sourdough modelling

Our Child Development students have been studying the female reproductive system, and as part of their revision class, they decided to model it out of sourdough bread!

The students used their knowledge of the female reproductive system to shape the bread into the different parts of the system, including the uterus, ovaries, fallopian tubes, and cervix. They even managed to model a life-like foetus in a womb!

Their models were accurate and detailed. They used their creativity and problem-solving skills to ensure that each part of the system was represented in the bread.

**Mrs Walters**





## Meet our Brilliant Club 22/23 graduates

On Tuesday 28th February, fourteen year 10 students completed the prestigious Scholars Programme, run by award-winning charity, The Brilliant Club.



The Scholars Programme supports students, with the aim of increasing the number of state school students progressing to a Russell group university. The programme encourages students to develop the skills, knowledge, and ambition to secure a place at a highly selective university and provides them with the confidence to excel in the next phase of their education.

After a ten-week programme, attending after school sessions led by Dr Remi Somoye, the students learnt valuable transferable skills including research, critical thinking and referencing. They individually wrote a mini version of a dissertation on the topic of 'Killing Cancer: Are we too tough or not tough enough?' After submitting their written essay, the students' work were marked and they were given a university style grade.

Students were invited to attend St Catharine's College, one of the 29 colleges at Cambridge University. They took part in a talk to learn about university life at Cambridge, a Q&A session with student ambassadors, a campus tour and the final part of the day concluded with students being part of a mini graduation ceremony presented with a certificate for their achievement and outstanding work.

We would like to particularly highlight the following students who received a First (1<sup>st</sup>) grade.

- Theo-Jay Coleman
- Shelley Gulem
- Du Xiaoxia Hardyman-Rice
- Alex Lo
- Flori Macarthur
- Tiana Martindale
- Isabelle Williams

We are extremely proud of them and see this as just the start of a very bright and successful future.

Names of students who participated: Fortune Agbugba, Theo-Jay Coleman, Grace Caddle, Shelley Gulem, Rooney Haji Rashid, Du Xiaoxia Hardyman-Rice, Marcia Luvibidila, Alex Lo, Flori Macarthur, Hermes Marku, Tiana Martindale, Alex Philipou, Sadaf Rokhsari and Isabelle Williams.





Here is what the students had to say about their brilliant club journey.



*'For me, the Brilliant Club has taught me new life skills that I can use in the future for education and in everyday life. In the beginning, I knew very little about the subject of the course or how I would be able to write a good essay on the topic, however, when the time came to write, I felt confident due to the support available, in addition to the knowledge gained from the sessions. By learning more about cancer as an ongoing issue and the different ways to treat it, we also used techniques that will benefit us in the future. We gained responsibilities that gave us an induction to what work will become at university and a 'graduation' to look forward to at the end of the course.'*

*In the future, my goals are to enter the field of STEM in medicine in order to help others in addition to me enjoying studying infection and response within the human body, or I would like to study astrophysics, because I find space an interesting place with minimal exploration at this current moment in time.'* **Du Xiao Xia Hardyman-Rice, 10 RKM**



*'During my time in the six-week course I have learned an immense amount of knowledge on my journey. This course has opened my eyes to what I can do without limiting my mind's ability. The Brilliant Club has also opened many doors of opportunity for me; doors that I thought would never be open to me, it educated me a lot and fueled the never-ending curiosity that lived in my brain. I never thought I could learn so much in these six weeks.'*

*Without the help of Dr Len, I would have never imagined choosing this wonderful opportunity that she had brought to me, Dr Len always saw the light inside of me and never once doubted me, always pushing me to never be afraid or have a fixed mindset, forever giving me new opportunities that some people are not as fortunate to have. I would also like to thank Dr Remi for tutoring me within these six weeks, as she showed me nothing but kindness and educated me a lot, always teaching me new things, and answering questions I thought could never be explained or answered.*

*I really enjoyed my six-week course within the Brilliant Club as it led me to further explore my choices in what I would like to do in the years to come and influence me in choosing STEM in the future.'*

#### **Marcia Luvibidilia 10BJT**



*'Over the past few months, myself alongside thirteen other students in my year, took part in the Brilliant Club scheme where we were tutored by a professional in the field of cancer. The tutor, Dr Remi, taught us all about the different aspects of cancer such as, cancer treatments like chemotherapy and radiotherapy, the causes of cancer and what makes cancer, cancer, and the emotional and psychological side effects of cancer for both the patients and their family.'*

*Overall my experience with the Brilliant Club has been one that I will never forget. From the constructive criticism from our tutor as well as supportive comments from both our tutor and Dr Len, I, as well as the other students in my class, have been encouraged to push ourselves and succeed with many of us earning a 1st class grade in our final assessment.*

*I feel that this opportunity has massively helped me with both my confidence and has solidified my desire to enter the field of STEM. I want to become a veterinary surgeon and open my own practice, where my cousin, who also wants to be a vet, can work at and the Brilliant Club scheme has definitely helped me get closer to my goal. This opportunity has also opened the door of cancer research both in humans and animals to me and the other students in my class.'* **Theo-Jay Coleman, 10 RKM**



*'My experience with The Brilliant Club has been a life-changing one. The tutorials with Dr. Remi really opened my eyes to all the issues and treatments surrounding cancer. I went into my first tutorial with next to no knowledge about the disease. However, I am now well informed on the different cancer treatments and the ethics surrounding these treatments. Being a part of the Scholars Programme has definitely broadened my horizons, and helped me to understand some of the struggles faced by cancer patients. In addition, The Brilliant Club has been a great way for me to have a taster as to what learning at a university may be like. For example, the final assignment*



was to write a 2,500 word essay about if we as a society, and if scientists were “Too tough or Not tough enough” when it comes to cancer and finding a cure for all cancers. The essay was a very helpful way for me to practise my essay writing skills, and also get feedback on ways for me to improve my writing.

Lastly, The Brilliant Club also helped me to come out of my shell and interact with more people. I was able to make friends with new people who encouraged and motivated me to work hard and achieve my goals. The Scholars Programme is a very special opportunity and I’m so grateful that I’ve gotten the chance to be a part of it.’ **Flori Macarthur, 10OEF**



*‘During this programme, I have been given the opportunity to learn a lot about the treatments, causes and development of cancer. This programme has not only enhanced my knowledge in cancer but has also given me an idea of how essays should be written, structured and detailed in order to achieve a high grade (given by the feedback I’d received from Dr Remi).*

*This programme has therefore boosted my confidence for future upcoming assignments that would require a larger scale of writing and researching.*

*In the future, I aspire to have a career in mechanical engineering which similarly follows the path of science and I believe that taking part in this programme has helped me take a step forward into reaching that goal.’ **Fortune Agbugba, 10RTS***

## National Careers Week and International Women’s Day

Next week is National Careers Week and International Women's Day. Students will be able to access resources being posted onto Google Classroom for each year group, as well as take part in live Q&A sessions from employers from different industries, form time activities and an assembly focusing on women’s achievements.

National Careers Week

**NCW**

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



**Mrs Laurenzi**



**DRAW YOUR DREAM CAR  
DECORATE OUR CAR PARK!**

## **DREAM CAR COMPETITION**

Explore your imagination and draw your dream car. Express your creativity, take part in our competition and you could have your drawing displayed in our new multistorey car park!

### **COMPETITION THEME**

- ★ Your dream car

### **ENTRY PERIOD**

- ★ 7th March - 7th April 2023

### **ARTWORK REQUIREMENTS**

- ★ Paper size: 420mm x 297mm (A3)
- ★ Tools - any standard tools (e.g: Pencils, colour pencils, crayons, paint, etc.)
- ★ Digital artwork is acceptable.

### **QUALIFICATION REQUIREMENTS**

- ★ Children and young people aged 0-19.

### **PRIZES**

- ★ Your art to be displayed in the stair wells and lift lobbies of the North Mid multistorey car park.
- ★ Tickets to London Zoo.

### **ENTRIES**

BY POST: Car Park Art Competition, c/o Medical Photography Dept.  
North Middlesex University Hospital NHS Trust, Sterling Way, London N18 1QX  
PLEASE INCLUDE YOUR NAME, AGE AND CONTACT DETAILS WITH YOUR ENTRY.



## 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**  
Supported by the NHS

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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 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)