



# Highlands School Newsletter

31 March 2023



Dear Parents and Carers,

It is with joy that I have the opportunity to write to you in this week's end of spring term newsletter. We have had an excellent last week of term with trips and activities. Our year 12 students visited the UCAS discovery exhibition, where they had the opportunity to explore a range of post-18 options, and speak to educational specialists and career guidance professionals. Our students in the Oak house enjoyed their break time reward for being the winning house of the half term and each of the houses met for their half term house council meetings.

I was delighted to deliver an end of term live broadcast assembly to the entire school today, where I celebrated all the wonderful successes and achievements of our students this term. From public speaking, to creative writing, to sports and fundraising - our talented and dedicated students make staff very proud to work at Highlands School. The assembly also summarised the fantastic guest speakers and organisations we have welcomed to our school this term, to further our work on equality, diversity and inclusion. The highlights have been the visits from Stuart Lawrence - the brother of Stephen Lawrence, Mala Tribich - Holocaust survivor, Show Racism the Red Card (anti-racism), and Diversity Role Models (LGBTQ+ inclusion).

The next two weeks will be a time of spiritual reflection for people of faith. During Easter Christians will remember the crucifixion and resurrection of Jesus Christ. During Passover, which starts a few days before Easter, Jewish people will remember God's deliverance of the Israelites out of Egypt and to freedom. We wish our Muslim community well as they continue their fast in the remaining weeks of Ramadan. As we enter the season of warmer weather and longer days, I hope that we all find our spirits lifted by the smells of spring and the rays of the sunshine (when the rain finally stops).



Wishing you all a wonderful spring break. I look forward to seeing students on Monday 17th April for our first day of the summer term.

Michele Phillips  
Deputy Headteacher and designated safeguarding lead

Dates for your diary

- Monday 17th April: start of summer term.

## Start of term reminders

Term starts on Monday 17th April at the usual time of 8.30am.  
We start back on week B.

Please bring to school the following items

- A fully stocked pencil case.
- A reading book.
- A water bottle.
- Tissues.

Uniform

- No painted nails/fake nails/eyelashes.
- No nose piercings.
- No brightly coloured hair.
- No trainers.

## House competition weekly results

This week's winning house:

	Beech	Oak	Rowan	Willow
<b>Positive points this week</b>	5028	5346	4955	4556
<b>Negative points</b>	-457	-460	-362	-467
<b>Points overall</b>	4571	4886	4593	4089



### Top students in year 7:

Forename	Surname	Form	House	Points
Aiden	Adeoye	7WMP	W	516
Oliver	Dhillon	7OAC	O	515
Tyanna	Ferreira	7OAC	O	470
Adalane	Angate	7OAC	O	456
Ceren	Turkkorur	7OAC	O	456
Warren	Kelly	7OAC	O	454
Samaah	Abbas	7WMP	W	453
Chloe	Shi	7WMP	W	452
Max	Rich	7OAC	O	448
Danish	Farooq	7WMP	W	442

### Top students in year 8:

Forename	Surname	Form	House	Points
Arabella	Mumba	8ODC	O	817
Radhika	Parmar	8ODC	O	683
Melisa	Spahia	8BYC	B	660
Ruby	Magrun	8BYC	B	654
Gabrielle	Russell	8BYC	B	652
Luke	Shearman	8ODC	O	621
Taraneh	Kheradmandi	8BYC	B	615
Hugh	Murphy	8BYC	B	609
Joseph	Smyth	8BYC	B	609
Kalia	Sibomana	8BYC	B	608

### Top students in year 9:

Forename	Surname	Form	House	Points
Tyrae	Best-Daley	9BJC	B	751
Aaliyah	Udahemuka	9BJC	B	732
Evie	Whitbread	9WDD	W	712
Luke	Smith	9WDD	W	707
Daniel	Malaj	9BJC	B	695
Emma	Simon	9BJC	B	687
Skye	Creary	9WDD	W	687
Kamilah	Abib	9RRS	R	686
Alfie	Horn	9WDD	W	673
Nataniel	De Almeida	9WDD	W	659



### Top students in year 10:

Forename	Surname	Form	House	Points
Arda	Aslan	10OMK	O	489
Benjamin	Gormley	10BJT	B	452
Sophie	Bernasconi	10BJT	B	429
Prue	Musah	10RTS	R	429
Yagmur	Olcay	10OEF	O	407
Elaine	Ho	10WKM	W	400
Rakibe	Halili	10BRD	B	387
Alkeo	Xhamxhiu	10OMK	O	386
Tamer	Tarik	10WKM	W	383
Athanasios	Aristidou	10WKM	W	371

### Top students in year 11:

Forename	Surname	Form	House	Points
Eneida	Luganskyte	11OPR	O	510
Beirhan	Guyen	11WLM	W	509
Jack	Young	11OPR	O	477
Raphael	Richter	11BSP	B	436
Daniel	Drysdale	11WLM	W	431
Alexandros	Savva	11OPR	O	414
Steven	Malickis	11OPR	O	407
Andy	Dishnica	11WLM	W	403
Alessandro	Georgiou	11WTA	W	403
Demi	Charalambous	11OPR	O	396

### Top students in year 12:

Forename	Surname	Form	House	Points
Rayaan	Kaderia	12BAG	B	142
Emily	Muncaster	12OKA	O	136
Rachel	Lok	12BLR	B	134
Hollie	Burkett	12OSQ	O	127
Alexia	Kyriakou	12WBS	W	127
Iona	Garrard	12RSL	R	121
Deniz	Yamansef	12WBS	W	114
Louise	Georgiou	12OSQ	O	111
Aisling	Brennan	12WBS	W	101
Michael	Agbugba	12BAG	B	98



### 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

### Oak house half term winner

We are thrilled to announce that this half term, Oak house has emerged as the winner of our school's house competition! Over the past few weeks, our students have been competing in a range of events, from sports competitions to academic challenges, and Oak has consistently demonstrated their skill and determination.

To celebrate their victory, Oak students were treated to a celebration event and a complimentary snack.

Oak house truly deserved their victory this half term, and we can't wait to see what they will achieve in the future. Congratulations, Oak house!





## House council meetings

Our house council had a great opportunity to come together and discuss important matters regarding our school.

The house council plays a crucial role in representing the students' interests and advocating for positive change within the school community. The council members are elected to ensure that voices are heard and needs are met.

During the meetings, strand leads had the opportunity to give feedback on a number of topics. They discussed upcoming school events, fundraising efforts, and initiatives to improve the student experience at Highlands School. All members were encouraged to share their thoughts, ideas, and concerns.

The aims of the house council meetings are to ensure we all make a positive impact on our school community and to ensure student voices are heard.





## Happy Easter!

Our year 7 students had a blast in art club as part of Ed extra this week, painting some beautiful Easter eggs. It was wonderful to see their creativity and artistic skills shine through as they experimented with different colours and patterns. A huge thank you to the sixth formers and Ms Yiangou who run the club.





## Year 7 and 8 netball league

In the last couple of weeks the year 7 and 8 netball teams have finished the final rounds of their netball leagues. On Monday 20th March, the year 7 team lost 2-1 to Wren Enfield and 3-1 to Heron Hall. The year 8 team beat Wren Enfield 2-1 and Heron Hall 1-0.

This week the year 7 team lost 11-0 to Enfield County but won their final game of the season 2-0 against Lea Valley. The year 8 team finished with a very tight game against Enfield County, eventually losing 2-1.

Well done to all the girls who have represented the school at netball this year. Netball club finishes this week as we begin summer sports after Easter.

**Mrs Walters**







## 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**



## Immunisations - Tuesday 18th April

The Enfield Immunisation Team will be at Highlands on 18th April to administer the second dose of the year 8 HPV vaccination.

They will also be finishing the year 9 Senior Boosters (DTP/Men ACWY) on this day.



## UCAS Discovery trip

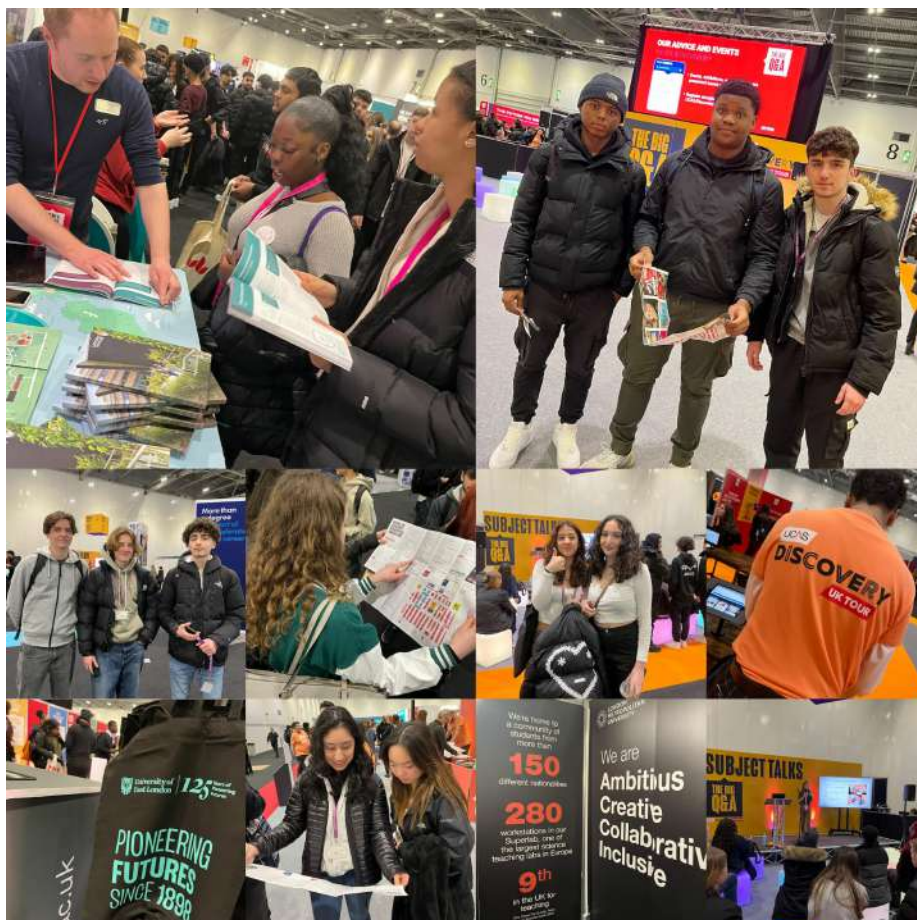
On Tuesday 28th March, our year 12 students attended the UCAS Discovery Exhibition at the London ExCel centre. The event attracted sixth form students from around the country and it was a perfect start to explore post 18 pathways, including university, degree apprenticeships, employment and gap year.

The day provided attendees with the opportunity to speak to representatives from a wide range of universities, including the Russell Group, Red Brick and modern universities. Also present were a wide variety of the UK's best apprenticeship providers, HE colleges, specialist institutions, and student related organisations.

Students were able to gain some inspiration in order to make informed choices, listen to live expert talks and get the latest advice and information on different career choices. Other features included interactive creative zones.

The fair catered for students of all ability, aiming to widen participation whilst supporting higher academic achievers. Our student feedback was positive and this was definitely a valuable opportunity for them to begin thinking about their next steps and to ask questions and gather information from a wide variety of different institutions.

Thank you to our year 12 students who attended, showing great enthusiasm and an excellent representation of Highlands School values.

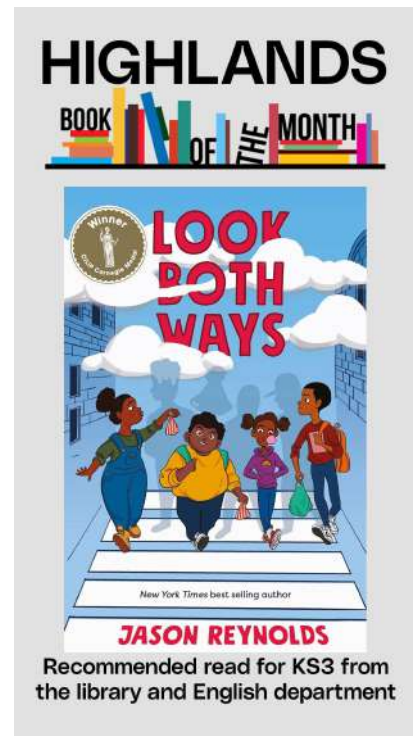




## Highlands book of the month - March

### KS3: Look Both Ways by Jason Reynolds

A teen with a fear of dogs devises an elaborate plan to get past his neighbour's new pet, and the class clown tries to find a way to make her overworked mother laugh. Three boys work to make their friend presentable enough to tell a classmate that he likes her.



### KS4: Truth Be Told by Sue Dinin

When investigative reporter Poppy Parnell re-examines her father's case on her hit podcast, Josie's world begins to unravel and then the unexpected death of her mother forces Josie to return home.

Now she must confront the secrets from her past – and the lies on which she has staked her future.



# Highlands School Alumni

Highlands School is launching an alumni network!

As a school, we want to reconnect with our former students so that we can keep in touch and let them know about volunteering opportunities that will benefit our current students. We want to show them the variety of pathways available to them after leaving Highlands School, and who better to showcase this information, than former students!

We are working with education charity Future First to set this up, and all you need to do to get involved is sign up here: [Highlands School Alumni](https://www.futurefirsthub.org.uk) or alternatively scan the QR code below.

More information is on our [website](#) and if you have any questions please contact our Alumni Programme Manager at Future First: Tara Human – [tara.human@futurefirst.org.uk](mailto:tara.human@futurefirst.org.uk)

#HighlandsAlumni

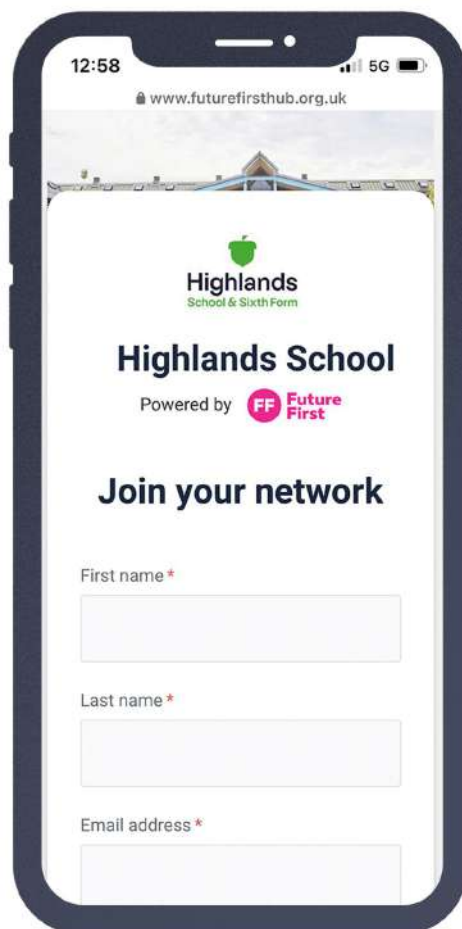


## Former student?

Return to Highlands School to inform our current students about what life beyond school is really like.

Sign up to our former student network to receive news, updates and invites to events.

Once you're signed up there is no obligation to volunteer, you can get involved around your availability.





## Get into Medicine and Get into Dentistry conferences

Students in years 10-12 are invited to the next FREE, virtual Get into Medicine and Get into Dentistry conferences. These conferences are an excellent opportunity for students to hear from doctors, dentists, and students about the UCAS application process and what they need to make their application as strong as it can be.

All attendees will be awarded a certificate to show that they've gone one step further than most applicants. I'd be very grateful if you forwarded this email to them.

### [GET INTO MEDICINE CONFERENCE \(FREE, VIRTUAL\)](#)

Dr Mike and Dr Siva will guide your students through the UCAS application process to medicine. This includes personal statements and white space questions, UCAT, interview skills, and scholarships.

Saturday 1st April (2:30pm - 7:30pm)

Sunday 23rd April (2:30pm - 7:30pm)

[Registration link.](#)

### [GET INTO DENTISTRY CONFERENCE \(FREE, VIRTUAL\)](#)

Dentist Dr Fiona Andrews will provide bespoke advice to dental applicants, including how to access work experience, UCAT, interview training, extracurricular activities, and more.

Saturday 29th April (9:30am - 1:30pm)

[Registration link.](#)

**Dr Len**



## 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.

**Dr Len**



# 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](mailto: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](http://www.enfield.gov.uk)





# Basketball Trials & Training

London Youth Games 2023  
Team Enfield



Trials: 11th & 18th April

- Girls 6pm-7pm
- Boys 7pm-8pm

VENUE: Southbury Leisure Centre (sports hall)  
192 Southbury Rd, EN1 1YP

If selected training dates: 25th April, 2nd, 9th, 16th May

You must go to school or live in the borough of Enfield

Age: School yr 12 & under - Oldest DOB 01/09/2005

If picked for Team Enfield you must be available to play at the London youth Games qualifying event:

Boys: Saturday 20th May @ UEL Sports Dock, E16 2RD

Girls: Sunday 21st May @ UEL Sports Dock, E16 2RD

**Finals:** Saturday 1st July @ **Copper Box Arena** (if qualified)

Contact: [sport@enfield.gov.uk](mailto:sport@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
	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**  
SHARING 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)

**koeth**

Koeth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine



## Safeguarding contacts

If you are concerned about your child's wellbeing or the wellbeing of any other student at Highlands School, please contact the school on 020 8370 1100 or email the DSL at [staysafe@highlearn.uk](mailto:staysafe@highlearn.uk). This email address can also be used for students, parents and carers to share any safeguarding concerns or to request support.

If you are concerned that a child has been harmed or is at risk of being harmed and school cannot be contacted, please contact Enfield Children's Multi-Agency Safeguarding Hub (MASH) on 020 8379 5555, and all the police on 999 straight away.

## Helpful numbers and websites

**Childline:** 0800 1111

**NSPCC helpline:** 0808 800 5000

**The police:** (if you are in danger): 999

**LGBT switchboard:** 0300 330 0630

**Kooth:** [www.kooth.com](http://www.kooth.com) - support service for students wellbeing

**Multi Agency Safeguarding Hub:** 0300 500 80 90

**Barnardos:** 0800 008 7005

## Talk to someone....

- if you feel upset or worried about anything at all (even if you think it is not important)
- if you feel anxious or unable to cope
- if someone has hurt you physically, emotionally or mentally
- if you feel upset or worried about anything at all (even if you think it is not important)
- if you feel worried about someone at home
- if you are being threatened or forced to do things
- if someone has done something to you without your consent
- if you feel unsafe in school, at home or on the streets
- about anything else worrying you

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