



# Highlands School Newsletter

24 March 2023



Dear Parents and Carers,

I am writing this week's newsletter on behalf of the headteacher, Mr McInerney. The reason for this is that he is currently on paternity leave. I am pleased to announce that his daughter Zoe May arrived on Monday 20th March and all three of them are doing very well.

This week has been especially busy. Our students have engaged in a range of activities including a student leadership training day at Eton college, sixth form EPQ presentations, a GCSE performing arts recital and a special student-led assembly celebrating the start of Ramadan. I am also delighted to announce that our year 7 student, Shania Anyemedu, came first in a national competition designed to raise awareness about racism. You can read her beautiful poem on page 5.

This week has also seen the launch of our Highlands Alumni network. We are really excited about this. If you are a former student, or you know former students, we would love you to help us by getting involved. Please sign up following the link shared on page 11.

Finally, it is the last week of term next week and school will finish at 12 pm on Friday 31st March. Students are expected to leave the site in an orderly manner and make their way home sensibly. We expect all our students to be role models in the community and any behaviour that falls short of that will be taken very seriously.

Dates for your diary:

- 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, 12pm early school closure
- Monday 17th April: start of summer term

Have a great weekend,

Ms Lloyd, deputy headteacher



## House competition weekly results

This half term's champions:

	Beech	Oak	Rowan	Willow
<b>Overall achievement points this half term</b>	15,558	16,750	15,588	13,116
<b>Other points (netball fundraising, competitions etc.)</b>	17,259	19,518	15,899	22,368
<b>Points overall</b>	32,817	36,268	31,487	35,484

Top students in year 7:

Forename	Surname	Form	House	Points
Aiden	Adeoye	7WMP	W	508
Oliver	Dhillon	7OAC	O	502
Tyanna	Ferreira	7OAC	O	448
Adalane	Angate	7OAC	O	440
Ceren	Turkkorur	7OAC	O	440
Warren	Kelly	7OAC	O	438
Chloe	Shi	7WMP	W	437
Danish	Farooq	7WMP	W	436
Samaah	Abbas	7WMP	W	435
Max	Rich	7OAC	O	432

Top students in year 8:

Forename	Surname	Form	House	Points
Arabella	Mumba	8ODC	O	783
Radhika	Parmar	8ODC	O	661
Melisa	Spahia	8BYC	B	640
Ruby	Magrun	8BYC	B	639
Gabrielle	Russell	8BYC	B	634
Luke	Shearman	8ODC	O	605
Taraneh	Kheradmandi	8BYC	B	599
Hugh	Murphy	8BYC	B	594
Joseph	Smyth	8BYC	B	593
Kalia	Sibomana	8BYC	B	590



### Top students in year 9:

Forename	Surname	Form	House	Points
Tyrae	Best-Daley	9BJC	B	730
Aaliyah	Udahemuka	9BJC	B	707
Evie	Whitbread	9WDD	W	694
Luke	Smith	9WDD	W	683
Daniel	Malaj	9BJC	B	677
Skye	Creary	9WDD	W	671
Kamilah	Abib	9RRS	R	669
Emma	Simon	9BJC	B	666
Alfie	Horn	9WDD	W	653
Georgia	Georgiou	9WDD	W	635

### Top students in year 10:

Forename	Surname	Form	House	Points
Arda	Aslan	10OMK	O	466
Benjamin	Gormley	10BJT	B	430
Prue	Musah	10RTS	R	419
Sophie	Bernasconi	10BJT	B	408
Yagmur	Olcay	10OEF	O	399
Elaine	Ho	10WKM	W	388
Alkeo	Xhamxhiu	10OMK	O	368
Tamer	Tarik	10WKM	W	363
Athanasios	Aristidou	10WKM	W	356
Gracie Mae	Ticehurst	10OEF	O	356

### Top students in year 11:

Forename	Surname	Form	House	Points
Beirhan	Guven	11WLM	W	500
Eneida	Luganskyte	11OPR	O	488
Jack	Young	11OPR	O	455
Raphael	Richter	11BSP	B	430
Daniel	Drysdale	11WLM	W	424
Alexandros	Savva	11OPR	O	408
Steven	Malickis	11OPR	O	398
Alessandro	Georgiou	11WTA	W	397
Andy	Dishnica	11WLM	W	396
Ellie-May	Bailey	11RGA	R	383



### Top students in year 12:

Forename	Surname	Form	House	Points
Rayaan	Kaderia	12BAG	B	136
Emily	Muncaster	12OKA	O	132
Rachel	Lok	12BLR	B	128
Alexia	Kyriakou	12WBS	W	121
Iona	Garrard	12RSL	R	119
Hollie	Burkett	12OSQ	O	117
Deniz	Yamansef	12WBS	W	106
Louise	Georgiou	12OSQ	O	103
Aisling	Brennan	12WBS	W	93
Michael	Agbugba	12BAG	B	93

### Top students in year 13:

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



## Show Racism the Red Card competition winner!

We are delighted to announce that the judging session of the Show Racism the Red Card School Competition 2023 has taken place and the panel of independent judges have selected Highlands student Shania Anyemedu as the winner of the Year 7-9 Creative Writing Category!

Shania has been invited to the awards ceremony, which will be held at Liverpool FC's Anfield Stadium in May. Well done Shania we are all so proud of you and your fantastic achievement!



### Little Black Girl

They taunt me for the colour, the shade of my skin,  
They taunt me for my bushy hair, which can't be slicked nor thin  
They tease me for my edges, yet try to imitate,  
They laugh about my nose and lips, for which I cannot change.

But the bronze on my skin, oh, it glows in the sun.  
My coiled, afro hair cannot go undone,  
My edges, a unique dime of mine,  
My precious nose and lips, are one of a kind.  
My ancestors, standing brave and strong,  
My culture, in which I belong.

The tone of my skin, can make life a little hard,  
This is why we need to *show racism the red card*.

By  
Shania Anyemedu



## Show Racism the Red Card student workshop

Our students had the privilege of welcoming back Show Racism the Red Card (SRtRC) to our school for another inspiring workshop. SRtRC is a UK-based anti-racism charity that uses the power of football to educate young people and adults about the dangers of racism and prejudice.

Students took part in discussions about how to challenge stereotypes and promote diversity and inclusion. They spoke about the importance of being an ally and how to tackle discrimination and prejudice in their own lives.

We strongly believe that SRtRC's message aligns with our school's values and commitment to promoting equality and diversity. The workshops provide a safe and supportive environment for students to have these discussions and ask questions about racism and equality.





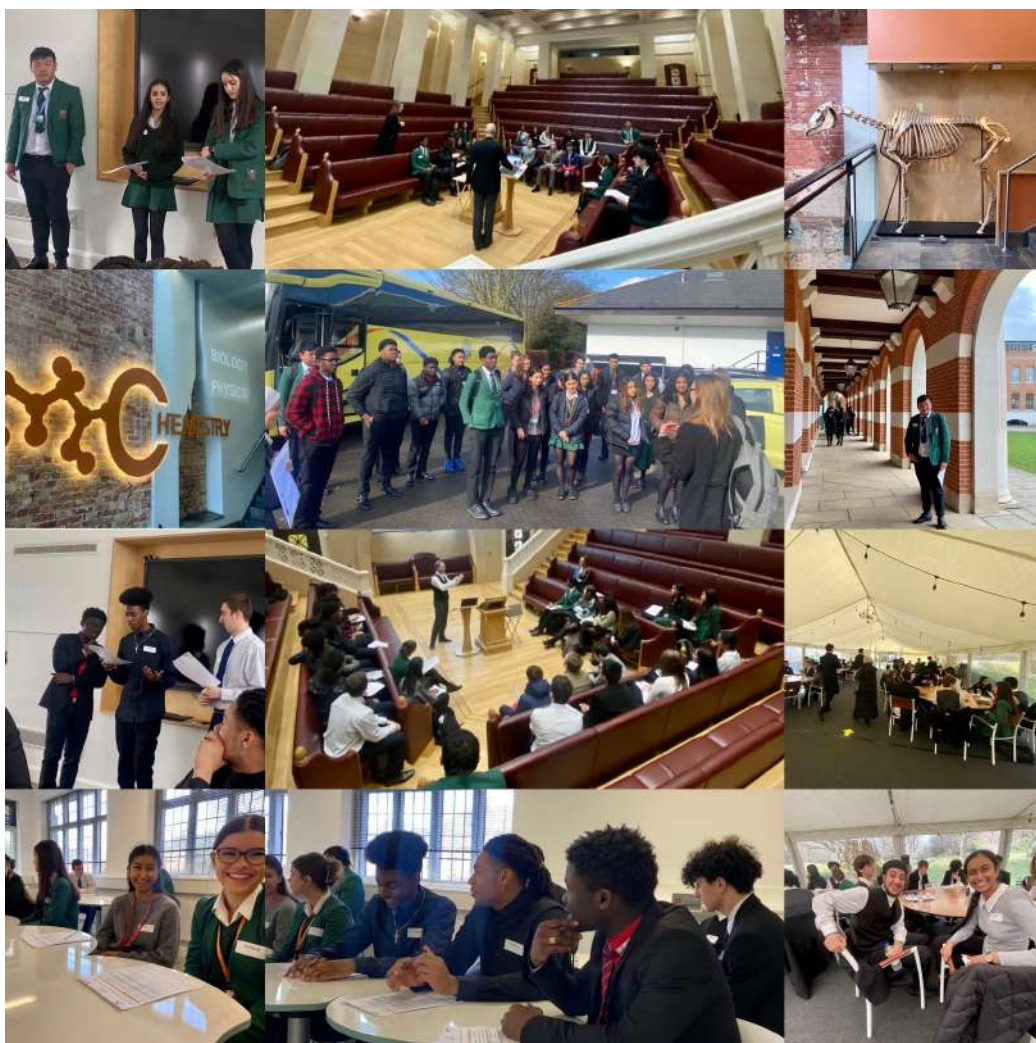
## Eton College student leadership trip

We are pleased to announce that our house captains from the sixth form committee have recently participated in a student leadership training programme at Eton College. The trip focused on leadership diversity and inclusion, self leadership, leadership techniques, social action and critical thinking.

The training programme was designed to enhance our students' leadership skills and equip them with the necessary knowledge and tools to lead effectively. Students enjoyed lectures by experts on leadership development from the director of teaching and learning who spoke about self leadership, and a lecture on critical thinking from the head of divinity.

The students found the training programme to be incredibly useful and engaging. They particularly appreciated the opportunity to practise their pitching and leadership skills in a safe and supportive environment.

Overall, the student leadership training programme was a great success. Our students gained valuable knowledge and skills that they can apply to their roles as student leaders. We are confident that they will use their newfound leadership abilities to make a positive impact on our school community.





This is what our students thought about the trip:



*As part of my role as one of the deputy head students at Highlands, I was given the amazing opportunity to visit Eton College in Windsor yesterday. The trip was centred around developing our confidence and leadership ability, through learning about the qualities of different types of leaders and how we can adapt our mindset to have a positive impact on ourselves and those around us.*

*My favourite part of the day was meeting the Eton students in between our workshops and learning about what life at Eton was like. It was so insightful to draw similarities and compare differences between my own experiences of school and theirs, as well as discuss our futures plans and goals. We ended the day by going on a tour around the school grounds, where we learnt about the history of the school and how education there has changed over the years. The day was incredibly eye-opening and interesting and I would like to thank Ms Lloyd and Ms Sheikh for organising this exciting opportunity for us! - **Vanshi Gunesh 13BCR***



*My current leadership role in the school consists of being a member of the Sixth Form Executive Committee, and strongly believe that yesterday's session has particularly advanced my perspective in terms of leadership. The inclusion and diversity lecture gave me a deeper understanding into adaptive and technical leadership as well as the difference between a leader and an authority which I had never truly considered prior. I also enjoyed the 'seven secrets to success' session since it provided me with an entirely new perspective from what I had previously assumed was a vision of true success. The notes I was able to take from this session have truly inspired me and propelled me to expand my own frame of mind in regards to stoicism and to embrace thinking openly. One thing that surprised me*

*from the Eton visit was how the students and teachers were set at a level playing field in regards to the uniforms they wore. When I first noticed this I was perplexed but then I was led to understand, through speaking with the students, that it was due to the school retaining its bastion of tradition and history that it holds dear to this day. The students were also surprisingly down to earth despite being from some particularly wealthy backgrounds which was interesting to say the least. The biggest take-away I took from yesterday was definitely the information about the IVYHOUSE research project conducted by Elke Edwards and how she came to discover that 50 of the wealthiest share owners in the FTSE-100 felt miserable despite all their accumulated wealth, fame and power, which was interesting but also understandable; truly showing that money alone cannot buy happiness and that strong relationships are fuel for a happy life. - **Elliot Aning 13RJB***





*My current role in leadership at Highlands is being part of the Sixth Form Committee. After visiting Eton, I found out a lot about the general lifestyle of the students as well as leadership which was the focus of the day. The session that I enjoyed the most was about the seven steps to success involving how your mindset affects your success. I found this particularly interesting as it strongly pushed the idea of positivity and taking responsibility for your own actions which will ultimately make yourself successful and therefore in terms of leadership, a better leader. I was also interested in the session about critical thinking in which we were discussing the ethically right option in multiple scenarios. Along with all of the sessions, we got to spend time with the students which gave us an insight into their life and how it hugely differed from ours which was very enjoyable. Overall I had a good time and think other students would benefit from this opportunity. - **Hannah Griffith 13BCR***



*My experience at Eton college was exhilarating from the moment I was greeted with a delightful smile from our instructor to the very end about learning about the ancient history of the facilities. Throughout the day I was challenged and enlightened by all the new knowledge I was gaining about how to become a more suitable and sophisticated leader. These skills are going to allow me to possibly live an easier life and achieve happiness as I achieve my goals. The students were particularly considerate about looking after us, not making us feel distant and treated us just how they treated one another. All in all; it was a marvellous journey exploring through the college and I would love to attend again. - **Tyreece Greene-Barban 13 BCR** (Head student)*



*I really enjoyed the Eton trip as I was able to develop crucial skills for leadership such as communication, teamwork and also confidence. We were given the seven steps to success which was very interesting and insightful. The most enjoyable part of the trip for me was having the chance to be able to have a conversation with students from Eton as it allowed us to compare our schooling experiences and gain insight into areas our respective schools could improve. - **Orhan Djemal 13OAL***



## EPQ project presentations

Students over the last year have been working tirelessly on their EPQ projects. The Extended Project Qualification allows students to gain an additional AS grade. Students select a question of their choice and are required to research the topic to produce a 5,000 word dissertation. The questions chosen by students ranged from; 'To what extent does cinematography enhance the cinematic experience?', 'How ethical is increasing life expectancy using genetic engineering?' and 'Why are some people more vulnerable to addictions and how should we treat addictions?' to name a few.

As part of the project, students are required to present their projects to a group of students and teachers. The calibre of the presentations this year was extremely high and it was evident that students had worked extremely hard on their projects.

Well done to all the year 13 students involved and a huge thank you to all the supervisors who have supported and worked alongside the students.

**Mrs Sheikh, Head of year 13**





## GCSE recital evening

On Thursday 23rd March was the GCSE recital evening, full of amazing musicians, actors and dancers.

We would like to thank:

Aran Guclu, Celik Ahmet, Taeden Petrie, Eneida Luganskyte, Kyra Bilsoy, Hermione Kyprianides, Melanie Stylianou, Will Campbell, Holly Miller, Mattia Cirillo, Ruby Robinson, Keira Mazintas, Evin Uludag, Kitty Coleman, Zoe Kilgallon, Dhiren Rasiah, Charlie Mills, Evin Uludag, Jonathan Cooper-Dobson, Lydia Wright, Ryan Caddle, Romany Ramsey, Maya Houldsworth, Victoria Gannon and Ruby Robinson.

And a big thank you to our amazing performance captains: Grace Caddle, Lyla Reynolds and Hermionie Kyprianides for their wonderful compering on the night.

Fantastic organisation in front and behind the scenes by Mrs Miller, Ms Brown, Ms Cazaeu, Ms Maple and the HPFA for their wonderful refreshments.



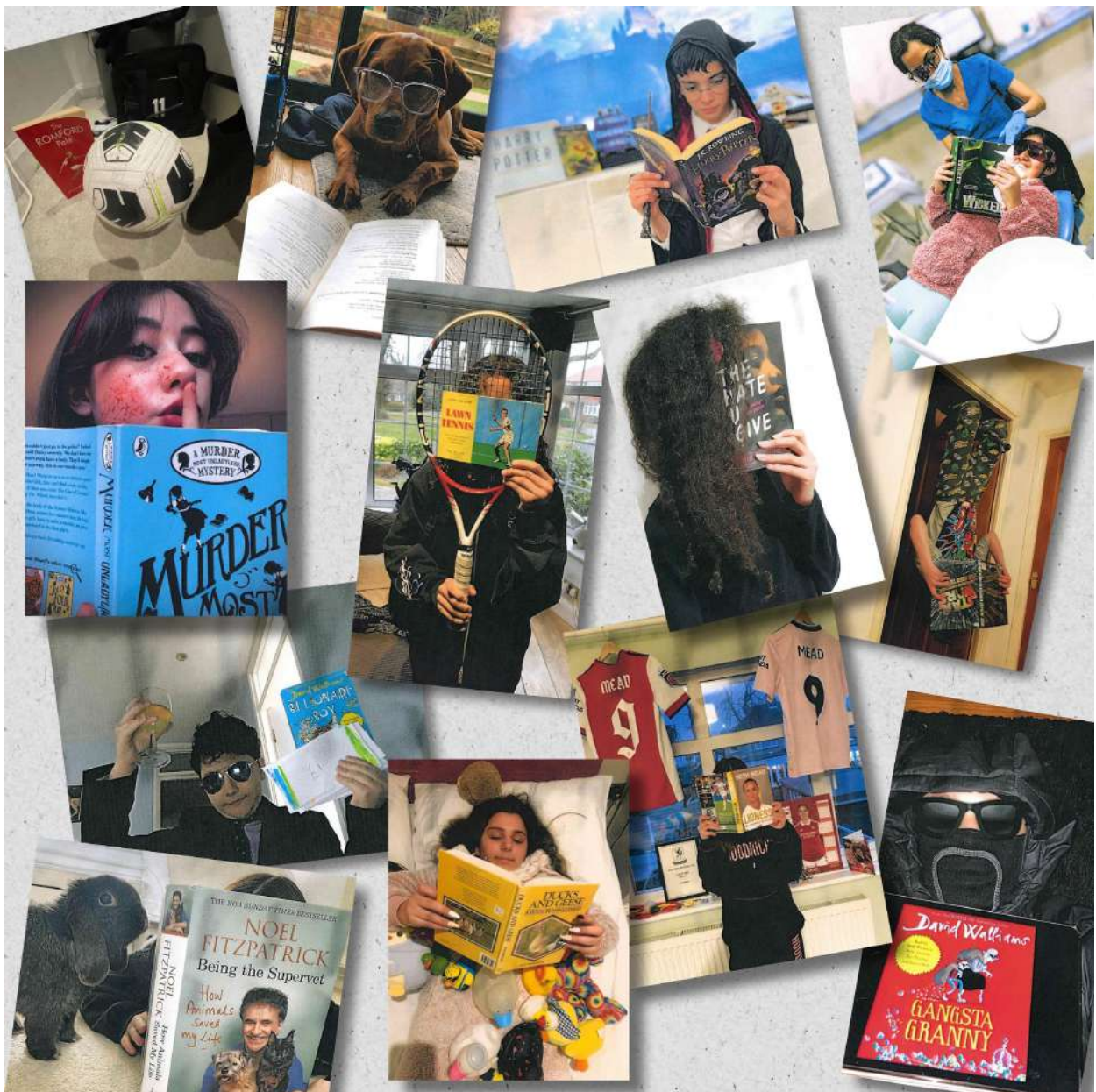


## Book selfie winners

The English faculty launched the 'Book Selfie' competition where key stage 3 students were asked to take an interesting selfie of themselves with a book.

There were so many amazing submissions that we couldn't pick a single winner and will be awarding house points to the following students listed below. Well done to all of you who participated.

Abel Kalaj 7WMP, Zara Kazim 7WMP, Sunny Jones 7WMP, Samaah Abbas 7WMP, James Petire 7BJF, Olivia Pashku 8RKH, Amelie Manning 8OSM, Zack Meyer 8OSM, Beatrice Afhim 8OSM, Jorja Hodge 8RTC, Lily Howard 8RTC, Emin Hamamci 8RTC and Arabella Mumba 8ODC.





# 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

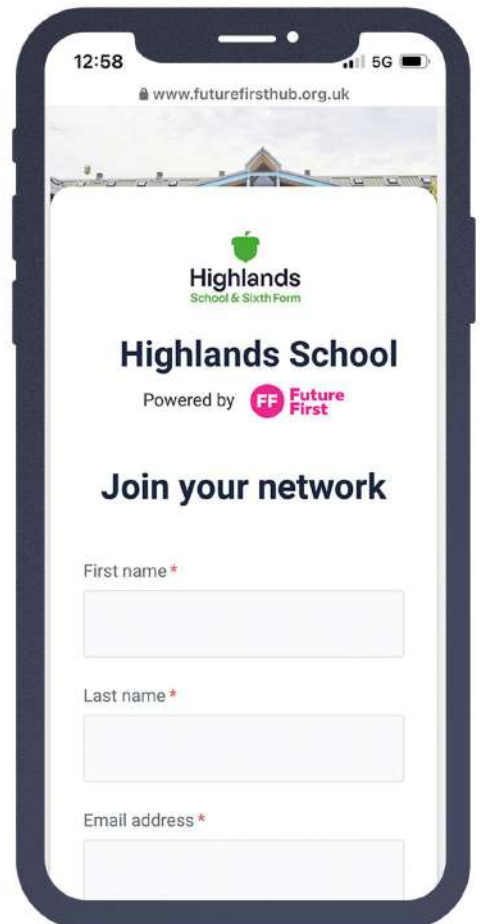


## Former student?

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.





## Parking between Grange Park and Highlands School

Please can we ask that parents do not park on the roundabout area between Grange Park and Highlands School when dropping off or collecting students, as this is blocking the exit and entrance to our car park, and is a health and safety hazard.

Should emergency services be required they would be unable to get through to either school due to all the cars parked on double yellow lines and the roundabout. Sainsbury's do allow parents to park in their car park in order to pick up from the schools. Enfield council traffic enforcement are making regular visits to issue fixed penalty notices to those who continue to block these areas.

## Cultural cuisines

Leading on from the successful Highlands Cultural and Heritage day, it was discussed by the house council that students had requested a variety of foods from different cultures to be served as a hot meal within the canteen.

Thank you to all those that completed the Google form that asked what types of cuisines you wanted to be served in the canteen and what country you wanted to celebrate. After some planning and partnership with Chartwells catering company, it had been agreed that the following cuisines will be celebrated and served to our school community.

Before Easter		
	Cuisine	Date
January	Chinese	Thursday 19.1.23 - Willow
End of March	Turkish	Thursday 30.3.23 - Rowan
Before Easter		
Early June	Jamaican	Tuesday 7.6.23 - Oak
Mid July	Ukraine - Eastern European	Thursday 13.7.23 - Beech

Each of the special dates will be connected to a house. It will be the responsibility of that house to decorate the canteen with items such as flags and images of speciality dishes. If there are any questions, please do not hesitate to contact Mrs Jeynes.

**Mrs Jeynes**



## 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**



## Food menu

Please [click here](#) to see the new food menu that will be served at school after the Easter break.

## 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.



## 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**





## 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](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**  
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)

**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

Follow Highlands School on:

 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)