



Highlands School Newsletter

21 April 2023



Dear Parents and Carers,

I was delighted this week to hold house assemblies and welcome our students back to school following the Easter break. We used that assembly to celebrate all the fantastic activities that took place last half term at school; our Holocaust survivor visit, our culture and heritage non uniform day, the student leaders' trip to Eton College, Shania Anyemedu winning the national *Show Racism The Red Card* competition and the Duke of Edinburgh Award expedition (pictured above).

This half term has already kicked off with lots of positives, which you can read about in this week's newsletter. For example, our house captains and vice captains were given their badges and had their photos taken in front of our honour boards and Kingston in year 8 went to Downing Street.

I spoke to students about corridor behaviour in assemblies this week. Please remind your children that, at busy times, it is important for us all to behave in a calm and orderly manner.

There is a planned day of industrial action by the NEU next Thursday 27th April. We will send more details at the start of next week but it is likely that school will be closed to all students other than year 11, 13 and possibly some year 10 students.

Dates for your diary

- Thursday 27th April: planned strike day, NEU
- Monday 1st May: bank holiday
- Tuesday 2nd May: planned strike day, NEU
- Monday 8th May: Coronation of King Charles III - bank holiday
- Friday 26th May: final day of half term
- Monday 5th June: first day of new half term

Have a great weekend,
Mr McInerney, Headteacher



House competition weekly results

Top students in year 7:

Forename	Surname	Form	House	Points
Aiden	Adeoye	7WMP	W	542
Oliver	Dhillon	7OAC	O	540
Tyanna	Ferreira	7OAC	O	497
Warren	Kelly	7OAC	O	477
Adalane	Angate	7OAC	O	474
Ceren	Turkkorur	7OAC	O	474
Chloe	Shi	7WMP	W	473
Max	Rich	7OAC	O	469
Samaah	Abbas	7WMP	W	467
Danish	Farooq	7WMP	W	456

Top students in year 8:

Forename	Surname	Form	House	Points
Arabella	Mumba	8ODC	O	859
Radhika	Parmar	8ODC	O	717
Ruby	Magrun	8BYC	B	669
Melisa	Spahia	8BYC	B	665
Gabrielle	Russell	8BYC	B	664
Luke	Shearman	8ODC	O	655
Kaitlyn-Marie	Ewan	8OSM	O	629
Taraneh	Kheradmandi	8BYC	B	626
Hugh	Murphy	8BYC	B	619
Joseph	Smyth	8BYC	B	617



Top students in year 9:

Forename	Surname	Form	House	Points
Tyrae	Best-Daley	9BJC	B	776
Aaliyah	Udahemuka	9BJC	B	765
Luke	Smith	9WDD	W	730
Evie	Whitbread	9WDD	W	728
Daniel	Malaj	9BJC	B	718
Emma	Simon	9BJC	B	712
Kamilah	Abib	9RRS	R	707
Skye	Creary	9WDD	W	706
Alfie	Horn	9WDD	W	695
Nataniel	De Almeida	9WDD	W	677
Laetitia	Leonidou	9OAB	O	677

Top students in year 10:

Forename	Surname	Form	House	Points
Arda	Aslan	10OMK	O	508
Benjamin	Gormley	10BJT	B	468
Prue	Musah	10RTS	R	452
Sophie	Bernasconi	10BJT	B	451
Yagmur	Olcay	10OEF	O	419
Elaine	Ho	10WKM	W	416
Rakibe	Halili	10BRD	B	407
Alkeo	Xhamxhiu	10OMK	O	401
Tamer	Tarik	10WKM	W	397
Wunfai Alex	Lo	10BRD	B	384



Top students in year 11:

Forename	Surname	Form	House	Points
Beirhan	Guyen	11WLM	W	532
Eneida	Luganskyte	11OPR	O	526
Jack	Young	11OPR	O	481
Raphael	Richter	11BSP	B	448
Daniel	Drysdale	11WLM	W	444
Alexandros	Savva	11OPR	O	422
Andy	Dishnica	11WLM	W	420
Ellie-May	Bailey	11RGA	R	419
Steven	Malickis	11OPR	O	411
Alessandro	Georgiou	11WTA	W	409

Top students in year 12:

Forename	Surname	Form	House	Points
Rayaan	Kaderia	12BAG	B	144
Emily	Muncaster	12OKA	O	140
Rachel	Lok	12BLR	B	136
Hollie	Burkett	12OSQ	O	131
Alexia	Kyriakou	12WBS	W	127
Iona	Garrard	12RSL	R	123
Deniz	Yamansef	12WBS	W	114
Louise	Georgiou	12OSQ	O	111
Aisling	Brennan	12WBS	W	105
Michael	Agbugba	12BAG	B	98

Top students in year 13:

Forename	Surname	Form	House	Points
Paolo	Saturnino	13WMA	W	118
Robert	Timis	13OAL	O	95
Oliver	Cook	13WMA	W	93
Ilayda	Duzgun	13OAL	O	93
Laveen	Omar	13OES	O	87
Mihaela	Grosu	13BTD	B	78
Clara	Eboue	13RJB	R	76
Ayse	Altinay	13OES	O	73
Serena	Pia	13OAL	O	70
Mary	Koumouris	13RJB	R	69
Musaddiqur	Ali	13OAL	O	69



Meet our house captains and vice captains

It is with great pleasure that we introduce you to our house captains and vice captains. Our captains are strand leaders for each of our four houses, Oak, Willow, Beech and Rowan. They are responsible for organising inter house events, leading their respective houses to victory and serving as role models to their fellow students.

Each captain was selected through a rigorous process and we are proud to announce that they have now been presented with their new house captain badges. These students have demonstrated exceptional leadership skills, and we have no doubt that they will lead their houses to victory in upcoming inter house competitions.

House captains: Frederick Dosunmu (W), Joshua Jackson (O), Rayaan Kaderia (B), Melody O’Dea (R)

Vice house captains: Yagmur Olcay (O), Lorena Kransniqi (R), Timur Raif (B), Daniel Rauza-Lajimi (R)



Environment captains: Mia Davis (O), Benjamin James (W), Mariia Kadeniuk (R), Ria-Rene Rodney(B)

Vice environment captains: Isabel Paine (O), Elif Ozkan (O), Meryem Yelmer (W)





Equalities and diversity captains: Ella Kufeji (W), Skye Omani (W), Theodoros-Ansel Prifti (R), Ahura Sedaghat (B) Joy Barenga (O)



Performance captains: Aisling Brennan (W), Lyla Reynolds (O), Farah Redif (R), Hermione Kyprianides (B), Grace Caddle (B)





Social action captains: Lucas Chitu (W), Lamisha Hoque (R), Zhysha Prendergast (O), Tutu Chen (B)
Vice social action captains: Burak Celen (O), Eleanor McHale (R), Sofia Tailor ®



Sports captains: Jordan Adeoye (B), Elsie Berko (R), Yalcin Maden (O), Joshua Mensah (W), Jessica Milne (O)
Vice sports captains: Maria Shikunta (B), Connie Wakeford (W)





Wellbeing captains: Isabella Gormley (B), Mason Higginson (R), Gracie Mae Ticehurst (O), Zehra Turan (O), Elanor Smith (O)

Vice sports captains: Candice Grossman (B), Sophie Bernasconi (B)



Highlands multi-use bottle challenge house winner!

Over the last three weeks of last term, our pupils and staff have been doing their part for the environment by swapping their one use water bottles to multi-use bottles (MUBs).

We would like to thank our Eco council members Mia Davis, Elif Ozkan, Benjamin James, Meryem Yelmer, Maria Kadenuk, Ria-Rene Rodney and Isabel Paine for their hard work going around to all form classes each week to get numbers. Willow had the most students converting to MUBs with an amazing 37% of students in the house across year groups 7 to 12. They will be awarded with 3,000 house points for their effort!

Overall we would also like to congratulate all students (and teachers!) for increasing the use of MUBs by 33% over the three weeks - this is absolutely phenomenal! If any pupils haven't yet changed to a MUB you can always do your part at any time by doing so.

House	Student total	Total MUBs	% of MUBs	Placing
Oak	377	128	34.00	3rd
Willow	323	118	37.00	1st
Beech	351	89	25.00	4th
Rowan	339	121	36.00	2nd
TOTAL	1390	456	33.00	Total of Highlands increased MUBs over 2 weeks from 13/03 to 24/03



Kingston's trip to Downing Street

Highlands student Kingston Barrow in year 8 has been a scholar at the ACE academy for two years and has been playing cricket for the last three and a half years.

A select few scholars were invited to participate in a training session alongside the England cricket team and Prime Minister Rishi Sunak with his staff at 10 Downing Street, ending with a game in the Downing Street garden. It was a fantastic experience for Kingston, who was also able to bring his younger brother Preston along, they both thoroughly enjoyed the day. Well done Kingston!





Year 11 Bronze Duke of Edinburgh's Award qualifying expedition

On the first weekend of the Easter holidays, the year 11 Duke of Edinburgh students put their training into practice as they completed their qualifying expedition. With their rucksacks loaded with all they needed for the weekend, they set off to Epping Forest following a route that they planned.

They showed excellent team work, determination and perseverance as they worked together to reach the campsite on day one. They pitched their tents and cooked dinner on their camping stoves before relaxing for the evening by the campfire. They were up bright and early on Sunday morning to cook breakfast and then they packed up and followed their day two route to their final destination.



A huge congratulations to the group for passing the expedition section. The weather at the start of the expedition season has made both your expeditions challenging. We are very proud of you all!

Mrs Walters, Mr Larter, Mr Bradford and Miss Chinnery





Year 10 6-a-side football tournament

On Thursday 20th April, a team of year 10 students competed in a 6-a-side football tournament at Enfield Grammar School. Highlands finished 2nd in a group of four, narrowly missing out on a place in the final. The team played some fantastic football in and out of possession and scored some well crafted team goals.

Results:

Highlands 1-0 Oasis Hadley 'B'

Highlands 2-0 Chace

Highlands 0-1 Enfield Grammar 'A'

Player of the tournament: Alex P





Extra curricular timetable - summer term 2023

Please take some time to read the timetable below, displaying the clubs on offer for the summer term. If your child would like to attend a club, all they need to do is show up to that club on the day/time. Please note that some clubs are only available for certain year groups. All clubs will begin next week.

PE Department

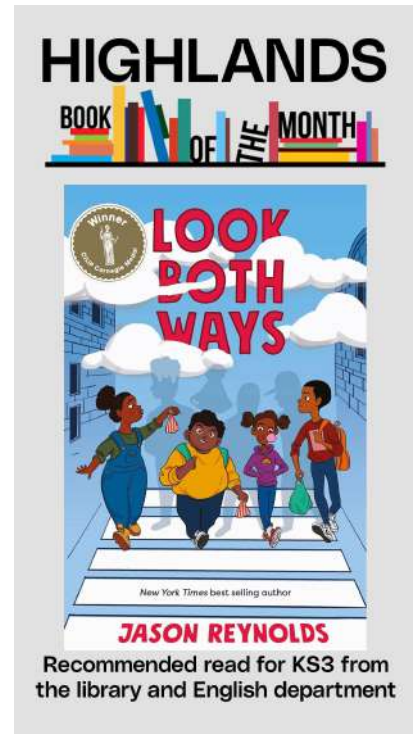
Monday	Tuesday	Wednesday	Thursday	Friday
Club: Athletics Venue: Field Time: 3:15 - 4:30 Years: 7-11 Teacher: Mr Joseph, Miss Berrill	Club: Rounders Venue: Field Time: 3:15 - 4:30 Years: 7-11 Teacher: Mrs Walters, Mrs Hutchinson	Year 7 Ed Extra programme Period 5 2:10 - 3:15 (Year 7 only)	Club: Year 7 Economics Venue: H1 (Week A only) Time: 1:10 - 1:40pm Year: 7 Teacher: Miss Ryoo	Club: Career Café Venue: SF02 Time: 12:40 - 1:10 Year: 11 Teacher: Mrs Laurenzi
Club: Debating Venue: H6 (Week A only) Time: 3:15 - 4:15 Years: 7-11 Teacher: Mr Islam, Ms Farr	Club: Chess Club Venue: E4 Time: 3:15 - 4:00 Years: 7-11 Teacher: Mr Qureshi		Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: 7-11 Teacher: Miss Rattan, Mrs Erkan	Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: 7-11 Teacher: Miss Rattan, Mrs Erkan
Club: GCSE Music Composition Support Venue: MM5 Time: 3:15 - 4:15 Years: 10 Teacher: Mrs Miller	Club: A Level PE Venue: PE4 Time: 3:15 - 4:15 Year: 13 Teacher: Mr Avann			
Club: British Sign Language Club Venue: L1 Time: 3:15 - 4pm Years: 7-11 Teacher: Ms Osci	Club: Creative Writing Venue: E9 Time: 3:15 - 4pm Year: 7-8 Teacher: Mr Godwin			
Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: 7-11 Teacher: Miss Rattan, Mrs Erkan	Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: 7-11 Teacher: Miss Rattan, Mrs Erkan			



Highlands book of the month - April

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 Divin

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.



In2Science UK

The In2science UK programme provides opportunities for year 12 students from underrepresented backgrounds to gain the skills, knowledge and confidence they need to take the next steps in their STEM journey.

While the extended deadline for the In2science summer programme officially closed on Sunday 16th April, In2science **would like to support as many young people as possible so are still accepting applications for a few more days.** It's important for any interested students to apply soon because they will begin matching students to volunteer placement hosts shortly. The remaining spaces on the programme will then become more competitive.

[Apply now](#)

In order to apply, students must meet the [eligibility](#) criteria in order to be offered a place. After completing the programme, students will also automatically gain access to our Alumni Community, joining a network of over 2,000 members, and having the opportunity to explore additional online workshops, monthly newsletters, scholarships opportunities, events invitations and more.

Trinity College, Cambridge Biology Scholars Programme

Do you want to find out more about Natural Sciences and Biology related courses at the University of Cambridge and broaden your knowledge of the subject? Open to current year 12 students in the summer term.



As a participant on the programme, you will:

- join a group of seven students, working with a PhD tutor on five weekly tutorials, and each create an academic poster on a specialist area.
- receive feedback on your poster from your tutor.
- attend three webinars delivered by Trinity College, providing useful information about the Natural Sciences course, how to write a successful Cambridge application and make decisions about your university choices.
- have the opportunity to broaden your knowledge of Biological Sciences and be able to reference your experience in your personal statement.
- receive specialist guidance from Trinity College, Cambridge to apply for their residential summer school: [Bioscience Programmes - Trinity College Cambridge](#)

Our PhD tutors have designed courses relating to their cutting-edge area of research in the field of Biological Sciences and will guide you through the programme.

The programme will be delivered online during weekday evenings and is completely free.

[Apply now](#)



Imperial Scholars summer schools

Imperial College is making available a course Imperial College London Chemistry Scholars, a fully funded summer school for year 12 students interested in pursuing chemistry at university.



Imperial College
London

The summer school will run online from 31st July to 4th August, with an in-person event at Imperial's South Kensington campus on 16th August.

Imperial Chemistry Scholars focuses on academic enrichment and university preparedness, and will support the supra-curricular engagement that highly selective universities look for in student applications.

If you are accepted on an Imperial Scholars summer school, you will:

- attend a series of virtual tutorials with a researcher from Imperial College London
- produce a written final assignment on a cutting-edge area of research
- meet current students in the department
- attend a research seminar on a ground-breaking scientific area
- learn how to showcase your experiences on a UCAS application
- prepare for the transition from Year 13 to university

[Apply now](#)

Dr Len

UK Emergency Alerts - test this weekend

Emergency Alerts is a UK government service that will warn you if there's a danger to life nearby. In an emergency, your mobile phone or tablet will receive an alert with advice about how to stay safe. On Sunday 23 April 2023 at 3pm, there will be a national test of the UK Emergency Alerts service.

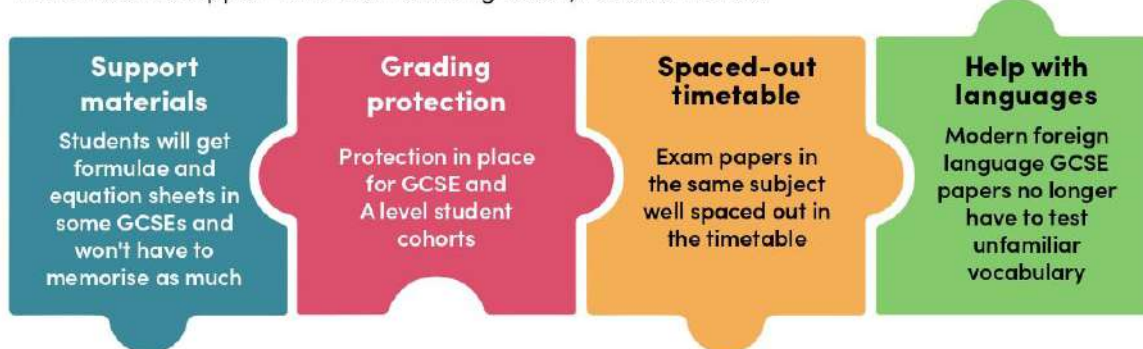
See further information [here](#).



Arrangements for exams and assessments in 2023

Exams and assessments are largely back to normal in 2023. This is important, to prepare you for college, university or employment and help you to make choices about your future.

There is some support for students taking GCSE, AS and A levels:



Where vocational and technical qualifications are taken instead of A levels for progression, similar support will be provided.

Preparing for exams:

Exam timetable

Your school or college will give you a copy of your exam timetable. Make sure you check this carefully so you know where you need to be and when. If you think there's a mistake, speak to your school or college.

For GCSEs, AS and A levels, the timetable includes contingency sessions in case an exam can't take place as planned nationally and needs to be moved. Contingency sessions are on the afternoons of 8 and 15 June, and the day of 28 June. You must be available for all three sessions. For other qualifications, check with your school or college whether there are specific contingency sessions that you must be available for.

Reasonable adjustments

Reasonable adjustments, often called access arrangements, are changes made to an exam or assessment, or to the way an exam or assessment is carried out so that disabled students can show what they know, understand, and can do. Reasonable adjustments can't change what is being assessed.

Different adjustments can be made depending on the student's needs. You should speak to your school or college for more information.

During exams and assessments

Exam rules and cheating

Make sure you know what you need to bring to your exams and what you can and can't take into the exam room.

It's important you understand the rules when sitting exams. Breaking the rules is called malpractice, and is very serious. It could mean you don't get any marks for a paper, or don't get your qualification.

Remember, don't bring in phones, devices or watches to your exams or you risk being disqualified.



ofqual



Special consideration

If a student is affected by an issue outside of their control at the time of an exam or assessment, then they might be entitled to special consideration. This could be changes to how assessments are taken, a small number of extra marks, or awarding a grade if you unavoidably miss an exam (as long as you have completed at least one other exam or non-exam assessment).

A student cannot get special consideration because their education has been disrupted – it is only given when something happens at the time of assessment.

If you think you might be eligible for special consideration you should talk to your school or college.

After your exams

Marking and grading

Marking is done in different ways depending on the assessment. Some work might be marked by your teachers, and then a sample checked by the awarding organisation (the organisation that gives you your qualification and grade) to make sure that it meets their expectations.

Exams are marked anonymously by expert examiners. Different questions from one paper are often marked by different examiners.

Your work will be marked and graded in the normal way this year, as it would have been before the pandemic. Because of the disruption caused by the pandemic, examiners will be slightly lenient when setting grade boundaries for GCSE, AS and A level. Vocational and technical qualifications that are used instead of A levels for progression to higher education, will use a similar approach.

Results

If you're taking AS, A levels, or the Extended Project Qualification (EPQ), you'll get your results on **Thursday 17 August 2023**. If you're studying a level 3 vocational or technical qualification and are planning to use your results to go on to further or higher education, you'll receive your results on or before 17 August.

If you're taking GCSEs you'll get your results on **Thursday 24 August 2023**. If you are studying a level 2 vocational or technical qualification and are planning to use your results to go on to further or higher education, you'll receive your results on or before 24 August.

Reviews of marking, moderation and appeals

If you think there has been a mistake in the marking of your exams or assessments, you should talk to your school or college. Your school or college can ask the awarding organisation to check if there were any errors in how your exam or assessment was marked.

For some qualifications, including GCSEs, AS and A levels, and Technical Qualifications (part of a T Level), your school or college can ask to see your marked assessment or exam paper. They can do this before deciding whether to ask for a review of marking, to see if they think there was a mistake when your work was marked.

Schools and colleges can also appeal decisions on access arrangements and reasonable adjustments, special consideration, malpractice and review of marking and moderation decisions.

If you are a private candidate (you didn't study at a school or college), you can contact the awarding organisation directly to ask for your marked paper or a review of marking.

More information

[Ofqual's full student guide](#) with more information is available on the Ofqual website.





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

#HighlandsAlumni

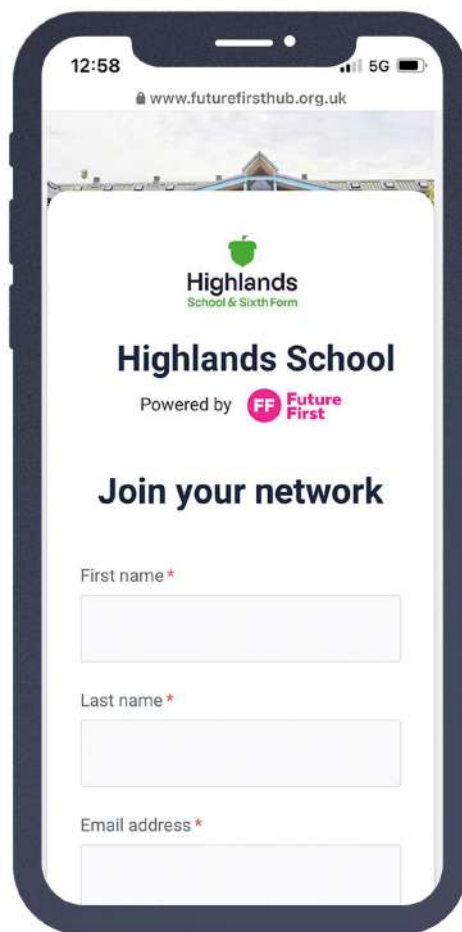


Former student?

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.





Year 9 Interhouse Rounders

Thursday 11th May



Up to 11 players- mixture of boys
and girls

4000

Points for the
winning house!!!

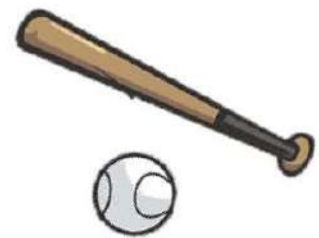
Give team sheets to Mr Avann or
Mrs Walters



Year 10/11

Interhouse Rounders

Thursday 11th May



**Up to 11 players- mixture of boys
and girls in year 10 and 11**

4000

**Points for the
winning house!!!**

**Give team sheets to Mr Avann or
Mrs Walters**



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](#)) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Urgent and other support available

shout
85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required
Text "SHOUT" to 85258 or visit [Shout Crisis Text Line](#)

SAMARITANS

Samaritans 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org

Crisis Tools

Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources
Sign up for free resources [here](#)

PAPYRUS

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

childline
SHINE ON THE PHONE ANYTIME

Childline confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or [online chat with a counsellor](#)

Good Thinking

Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

THE MIX
London Support for Mental Health

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. This email address can also be used for students, parents and carers to share any safeguarding concerns or to request support.

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

Helpful numbers and websites

Childline: 0800 1111

NSPCC helpline: 0808 800 5000

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

LGBT switchboard: 0300 330 0630

Kooth: www.kooth.com - support service for students wellbeing

Multi Agency Safeguarding Hub: 0300 500 80 90

Barnardos: 0800 008 7005

Talk to someone....

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

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 Instagram [@highlandssch](https://www.instagram.com/highlandssch)

 YouTube [Highlands School Enfield](https://www.youtube.com/Highlands School Enfield)