



Highlands School Newsletter

19 May 2023



Dear Parents and Carers,

Last week we held our annual pizza party for the year 13 students as they entered the exam period. Year 13 has been a fantastic group of students to work with and we wish them all the best in their exams, and I look forward to seeing them again on A level results day. Our GCSE exams started this week, students have applied themselves excellently, and I want to thank families for their support in making sure students are in school, prepared and ready to be successful in their exams.

Surveys

We are carrying out our annual parent and carer survey, please click the link on page 10 of the newsletter and give us feedback to help us improve our school even more next year.

Summer polo shirts

In response to student voice, we are pleased to remind parents and carers that from Monday 5th June until the last day of the summer term on Friday 21st July, students can wear our new Highlands School summer polo shirt.

- The summer polo shirt was added to our school uniform following feedback from students that they wanted a lighter and more comfortable summer shirt option.
- The summer polo shirt can only be worn after May half term and until the end of the summer term.
- The summer polo shirt is optional.
- Only the Highlands School polo shirt, purchased from the school uniform shops, can be worn. No other types of polo shirts are permitted.
- Students who wear the summer polo shirt do not have to wear a school jumper or a blazer, but may do so if they wish.
- Blazers and school jumpers can be worn over the polo shirt, other jumpers and hoodies cannot.



- Students who choose not to wear the summer polo shirt must wear the usual school uniform (shirt, blazer, tie with collared shirts).

Dates for your diary

- 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

Overall winning house this term:

A huge congratulations to Beech who are the winners of this half termly competition. You will enjoy an extended break time next Thursday.

| Points | Beech | Oak | Rowan | Willow |
|------------------|-------|-------|-------|--------|
| | 12427 | 13537 | 11606 | 11483 |
| Netball | Beech | Oak | Rowan | Willow |
| Year 7 | 3000 | 2000 | 1000 | 4000 |
| Year 8 | 2000 | 1000 | 3000 | 4000 |
| Year 9 / 10 | 2000 | 4000 | 2000 | 4000 |
| Rounders | Beech | Oak | Rowan | Willow |
| Year 9 | 4000 | 1000 | 3000 | 2000 |
| Multi use bottle | Beech | Oak | Rowan | Willow |
| | 1000 | 2000 | 3000 | 4000 |
| Quiz | Beech | Oak | Rowan | Willow |
| Y7 quiz | 2000 | 1000 | 4000 | 3000 |
| Y8 quiz | 3000 | 4000 | 1000 | 2000 |
| Y9 quiz | 2000 | 4000 | 1000 | 3000 |
| Y11 quiz | 3000 | 2000 | 4000 | 1000 |
| Y12 quiz | 4000 | 2500 | 2500 | 1000 |
| Y13 quiz | 3000 | 1000 | 2000 | 4000 |
| Staff quiz | 4000 | 3000 | 2000 | 1000 |
| Total | 45427 | 41037 | 40106 | 44483 |



The winner this week is the house of **the student with the most achievement** points. Well done to Wolfram from Willow, your hard work has meant Willow will be allowed to have lunch first this week.

| Forename | Surname | Form | House | Points |
|----------|-----------|------|-------|--------|
| Wolfram | Butler | 9WDD | W | 47 |
| Paula | Shehu | 9BJC | B | 46 |
| Raphael | Ponnou | 9WDD | W | 44 |
| Emiliano | Vizitiu | 8BYC | B | 44 |
| Aaliyah | Udahemuka | 9BJC | B | 43 |

Top students in year 7:

| Forename | Surname | Form | House | Points |
|----------|-----------|------|-------|--------|
| Oliver | Dhillon | 7OAC | O | 629 |
| Aiden | Adeoye | 7WMP | W | 599 |
| Tyanna | Ferreira | 7OAC | O | 586 |
| Warren | Kelly | 7OAC | O | 561 |
| Adalane | Angate | 7OAC | O | 545 |
| Taylor | Berndes | 7OAC | O | 544 |
| Ceren | Turkkorur | 7OAC | O | 542 |
| Max | Rich | 7OAC | O | 536 |
| Dennis | Erdogan | 7OAC | O | 525 |
| Samaah | Abbas | 7WMP | W | 517 |

Top students in year 8:

| Forename | Surname | Form | House | Points |
|---------------|-------------|------|-------|--------|
| Arabella | Mumba | 8ODC | O | 968 |
| Radhika | Parmar | 8ODC | O | 792 |
| Ruby | Magrun | 8BYC | B | 773 |
| Gabrielle | Russell | 8BYC | B | 761 |
| Melisa | Spahia | 8BYC | B | 753 |
| Luke | Shearman | 8ODC | O | 752 |
| Taraneh | Kheradmandi | 8BYC | B | 727 |
| Joseph | Smyth | 8BYC | B | 721 |
| Kaitlyn-Marie | Ewan | 8OSM | O | 713 |
| Hugh | Murphy | 8BYC | B | 705 |



Top students in year 9:

| Forename | Surname | Form | House | Points |
|----------|------------|------|-------|--------|
| Tyrae | Best-Daley | 9BJC | B | 883 |
| Aaliyah | Udahemuka | 9BJC | B | 863 |
| Luke | Smith | 9WDD | W | 830 |
| Daniel | Malaj | 9BJC | B | 819 |
| Emma | Simon | 9BJC | B | 817 |
| Evie | Whitbread | 9WDD | W | 815 |
| Skye | Creary | 9WDD | W | 802 |
| Alfie | Horn | 9WDD | W | 779 |
| Kamilah | Abib | 9RRS | R | 774 |
| Nataniel | De Almeida | 9WDD | W | 773 |

Top students in year 10:

| Forename | Surname | Form | House | Points |
|----------|------------|-------|-------|--------|
| Arda | Aslan | 10OMK | O | 538 |
| Benjamin | Gormley | 10BJT | B | 515 |
| Sophie | Bernasconi | 10BJT | B | 505 |
| Rakibe | Halili | 10BRD | B | 498 |
| Prue | Musah | 10RTS | R | 491 |
| Elaine | Ho | 10WKM | W | 460 |
| Alkeo | Xhamxhiu | 10OMK | O | 458 |
| Yagmur | Olcay | 10OEF | O | 447 |
| Beckham | Tahsen | 10RTS | R | 443 |
| Tamer | Tarik | 10WKM | W | 438 |

Top students in year 11:

| Forename | Surname | Form | House | Points |
|------------|------------|-------|-------|--------|
| Beirhan | Guyen | 11WLM | W | 576 |
| Eneida | Luganskyte | 11OPR | O | 550 |
| Jack | Young | 11OPR | O | 500 |
| Raphael | Richter | 11BSP | B | 490 |
| Daniel | Drysdale | 11WLM | W | 487 |
| Andy | Dishnica | 11WLM | W | 460 |
| Alexandros | Savva | 11OPR | O | 450 |
| Alessandro | Georgiou | 11WTA | W | 443 |
| Ethan | Strickland | 11WLM | W | 441 |
| Ellie-May | Bailey | 11RGA | R | 435 |



Top students in year 12:

| Forename | Surname | Form | House | Points |
|-----------|------------|-------|-------|--------|
| Emily | Muncaster | 12OKA | O | 156 |
| Rayaan | Kaderia | 12BAG | B | 152 |
| Rachel | Lok | 12BLR | B | 141 |
| Alexia | Kyriakou | 12WBS | W | 137 |
| Deniz | Yamanséf | 12WBS | W | 133 |
| Hollie | Burkett | 12OSQ | O | 133 |
| Iona | Garrard | 12RSL | R | 130 |
| Aisling | Brennan | 12WBS | W | 123 |
| Kristiana | Alexandrou | 12RDS | R | 119 |
| Louise | Georgiou | 12OSQ | O | 109 |

Top students in year 13:

| Forename | Surname | Form | House | Points |
|----------|-----------|-------|-------|--------|
| Paolo | Saturnino | 13WMA | W | 122 |
| Ilayda | Duzgun | 13OAL | O | 99 |
| Oliver | Cook | 13WMA | W | 95 |
| Robert | Timis | 13OAL | O | 95 |
| Laveen | Omar | 13OES | O | 89 |
| Mihaela | Grosu | 13BTD | B | 80 |
| Clara | Eboue | 13RJB | R | 76 |
| Ayse | Altinay | 13OES | O | 73 |
| Ethan | Rees | 13OES | O | 72 |
| Athena | Luxton | 13RJB | R | 71 |

Inter house rounders winners

Well done to the year 9 Beech team for winning the inter house rounders competition. It was a close competition but Beech's teamwork, enthusiasm and skills meant they were crowned champions. Well done to all of the participants for their hard work, here are how the other teams ranked:

1st Beech, **2nd** Rowan, **3rd** Willow, **4th** Oak.



Mental Health Awareness Week

Watch our [top tips video](#) to help with mental health issues from our Wellbeing Assistant and mentor - Ms Monk and our School Counsellor - Ms Charles.

Tips for Coping with Exams

1) **Breathe.** Counted Breaths - breathe in through your nose for four, hold for two, breathe out through your mouth for six. Or Square breathing - breathe in for four, hold for four, breathe out for four, hold for four.

2) **Sleep:** Difficulty sleeping? Here are some techniques that could help: have a bedtime routine - e.g. some light stretches, a warm bath or shower, a cup of herbal tea. You can listen to some soft music or a relaxing podcast. The CALM app has a selection of "sleep stories". Guided meditation is also an excellent way to relax.



3) **Acupressure points** for sleep and relaxation: [Acupressure points](#)

4) **Eat Well:** Breakfast of champions is: Research shows that students who eat breakfast perform better in exams. For the best breakfast, include slow-release carbohydrates, such as whole rolled porridge oats, whole grain bread or low-sugar muesli, as they provide slow-release energy. Add protein food, such as milk, yoghurt or eggs, to keep you feeling full for longer. On exam day aim to include a portion of a food rich in long-chain Omega-3 fats, such as smoked mackerel, as they are believed to have brain-boosting properties.

5) Take a look at the BBC collection of [exam-day breakfast ideas](#) for some inspiration.

6) **Hydrate:** Have a bottle with very cold water on hand. Perhaps let it sit in the freezer for 20 minutes before setting off for school. A chilly zap from cold water signals to your brain to release endorphins, the feel-good hormone. Before you come to school you can splash very cold water on your face a few times.

7) **Take breaks.** Get up, walk around, get a drink.

8) **Treat:** Give yourself a treat when you finish an exam. Something to look forward to.

Ms Charles, School Counsellor



WELLBEING TOP TIPS!

EVERYTHING YOU NEED FOR BEING WELL!



WRITE AND REFLECT

JOURNAL YOUR THOUGHTS, FEELINGS & EXPERIENCES

EXPRESS EMOTIONS

EXPRESS YOURSELF! DANCE, SING, PAINT, TALK, CRY, RUN...

LEARN LOTS

BE CURIOUS! LEARN ABOUT YOURSELF AND THE WORLD YOU LIVE IN

LAUGH OUT LOUD

THE FUN FACTOR! FRIENDS, COMEDY, HAPPY DAYS!

BREATHE

BIG BELLY BREATHS. BREATHE DEEPLY - TAKE FIVE!

EAT RIGHT AND EXERCISE

GOOD FOOD, GOOD MOOD. GET MOVING. FLOW WITH THE H2O!

INTENTION

VISUALISE. SET GOALS. FOCUS - SEE IT, FEEL IT, LIVE IT, DREAM BIG!

NATURE NURTURE

GO OUTSIDE. STOP, LOOK, LISTEN. NURTURE YOURSELF.

GIVE GRATITUDE

FIND THE POSITIVES. BE THANKFUL.



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Celebrating autistic strengths and differences

Watch the following [education video](#) by the Autism Education Trust, which celebrates autistic strengths and differences.



Farewell and good luck to our remarkable year 13 students

As the academic year draws to a close, we find ourselves bidding farewell to our outstanding year 13 students. These remarkable individuals have left an indelible mark on our school community. To celebrate their achievements and bid them farewell, the sixth form team organised a memorable pizza party, filled with laughter, reminiscences, and heartfelt good wishes for their future endeavours.

The pizza party, held in the school hall last Friday, was an event of joyous camaraderie. The atmosphere was electric as students and staff gathered to honour the accomplishments of our extraordinary year 13 students. Students dressed in their former Highlands School uniform and enjoyed an ambiance of festivity and cheer. Students shared anecdotes, laughter, and memories of their time spent together in the sixth form.

Amidst the excitement, we took a moment to reflect on the incredible achievements of our departing year 13 students. They have consistently exhibited dedication, perseverance, and a thirst for knowledge throughout their time at our school. Their commitment to academic excellence has set them apart as exemplary students.

Our year 13 students have not only excelled in their studies but have also actively contributed to our school community. They have been role models, inspiring their peers and younger students to aim for greatness. Their leadership skills, compassion, and enthusiasm have enriched our school in countless ways.

As we bid them farewell, we would like to take this opportunity to thank them for their unwavering commitment to learning, their positive influence on others, and their invaluable contributions to our school community. Good luck year 13!



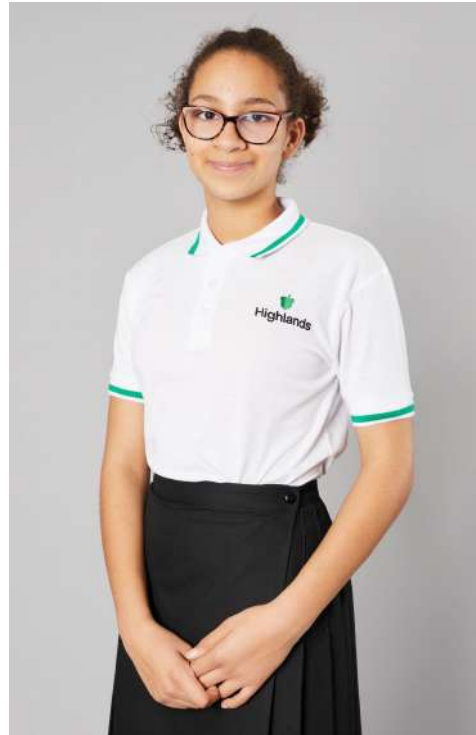




Summer polo shirts

From Monday 5th June until the last day of the summer term on Friday 21st July, students can wear our new Highlands School summer polo shirt.

- The summer polo shirt was added to our school uniform following feedback from students that they wanted a lighter and more comfortable summer shirt option.
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Parent/carer feedback survey

Dear Parents and Carers,

Parent and carer feedback is an important part of our commitment to excellence, high standards and continued improvement. This week we are releasing our parent and carer survey, alongside a student survey that years 7-10 will complete in school and years 11-13 will be able to complete via Google Classroom in their own time.

We would be very grateful if parents and carers would take some time to complete the survey by [clicking here](#). The views of our school community matter to us so we look forward to receiving your feedback. If you experience any technical issues, please contact the school postbox@highlearn.uk. The survey will close on **Monday 5th June**.

Please note that the survey is anonymous, if you would like a response, please add your contact details and child's name in the comments box.



Our Highlands cookbook competition

As you will be aware on Friday the 3rd March we came together as a community to celebrate the Culture and heritage we have here at Highlands. It was a fantastic event and something we want to make bigger and better next year.

Feedback we had from students was that they wanted to continue acknowledging and appreciating the diverse groups we have here. We have decided that a great way to celebrate the diversity would be to create a Highlands cookbook that would be filled with family tried and tested recipes.

A number of students and their families completed a Google form which asked them to tell us about a recipe they wanted to share with the school community.

These have been collated and we are now working on making it into the cookbook..... So what next?

We would like you to design a front cover for Highlands cookbook:

It must:

- Be eye catching
- It must include the following below title somewhere on the front cover:

The Highlands Kitchen

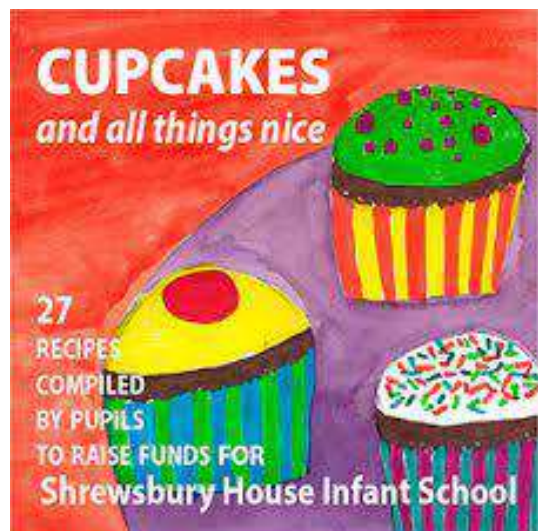
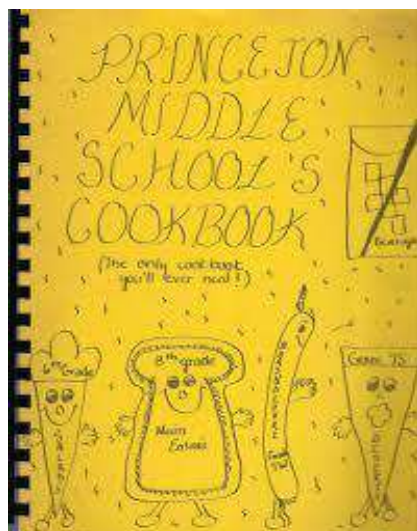
Wholesome recipes from our school community.

- It can be produced by free hand sketching and rendering /colouring in OR by using IT.
- It must be A4 size

All entries must be handed to Mrs Jeynes by Monday 5th June

All students that participate get achievement points which go towards the grand total and trip to the theme park for the winning house.

The book will be collated and sold in order to raise money for a charity close to Highlands heart - Simmons house- the joint Highlands house charity for 2023.





Design and technology needs you

For part of our DARE day activities we will be making a product that requires glass jars. We would really appreciate it if you could collect and send in jars that have metal lids that can be screwed on similar to the images below. Please drop to the main office where I will pick up.

Thanks

Mrs Jeynes



DARE days - payment reminders

We would like to kindly remind you that full payment for the DARE trips in June is required by the **26th May**.

We expect all students to participate as DARE days are a great opportunity for students to flourish and try new and exciting activities.

Please email daredays@highlearn.uk if you have any questions or any payment concerns regarding the DARE day trips.

Year 11 prom

We are pleased to inform you that we have secured a booking at Forty Hall for the year 11 prom. We hope that this will be a joyous occasion for our year 11 students to celebrate the end of their assessments and their time at Highlands School.

- The year 11 prom will take place on Monday 3rd July 2023
- The prom will take place at Forty Hall and will begin at 19:00 and finish at 22:30.
- The cost of the prom is £42 which includes a snack buffet, photo booth, sweet stall and soft drinks.
- Please confirm your booking via ParentPay in order to reserve a space.


The deadline to buy a prom ticket is **Friday 30th June**.



Alumni

Since the launch of our Alumni network we have been inundated with former students signing up and informing us of their continued progress since leaving Highlands School. We cannot wait to invite them back to speak to current students about the variety of pathways available to them after leaving school and much more.

Here are just a few of our former students and their success stories.




FF Future First

"I went to Highlands School and now I'm a musical theatre performer, helping to run a company that offers opportunities to graduates and new writers in the performing arts industry."

Olivia - Musical Theatre Performer

I went to Highlands School

futurefirst.org.uk | futurefirstorg | futurefirstorg | Future First




FF Future First

"I went to Highlands School and now I'm a programmer, developing video games at Behaviour Interactive."

Antonia - Programmer

I went to Highlands School

futurefirst.org.uk | futurefirstorg | futurefirstorg | Future First



FF Future First

"I went to Highlands School and now I'm an internationally shown artist."

Henry - Artist

I went to Highlands School

futurefirst.org.uk | futurefirstorg | futurefirstorg | Future First



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

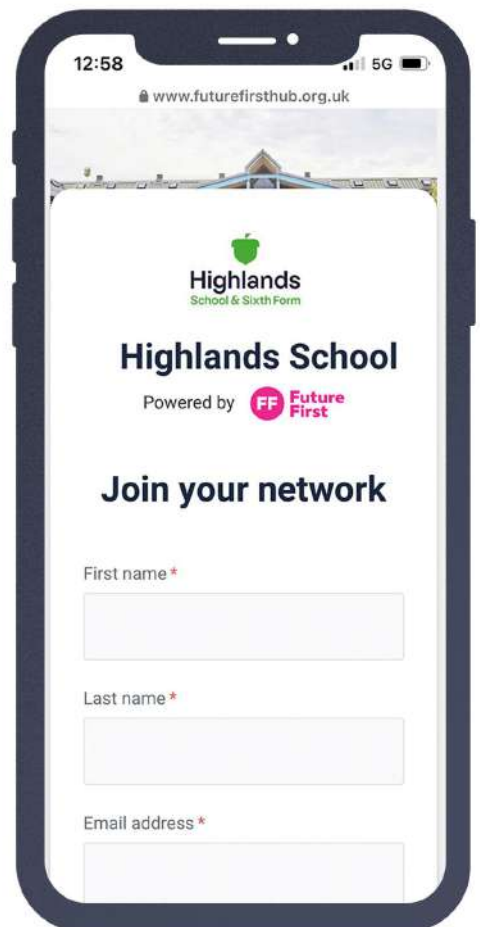


Former student?

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.





HPFA Quiz night

The HPFA is hosting a quiz night on Thursday 25th May between 7-9 pm. After the success of the last Musical Bingo night, they are hoping for a good turnout! It will be a fun, general knowledge quiz (hopefully with a couple of prizes thrown in too!) hosted by our lovely staff member, Allie. The HPFA will be running a bar, where soft drinks, wine, beer, and gin, will be available to purchase (cash preferred). If you wish to bring your own food or snacks to sustain you, please feel free. Tables will be set up in the main hall, for smaller and larger groups. You can bring along family, friends or other class parents! Tickets are £6 each and are available to purchase now on ParentPay. All profits will benefit the school and the school community. Please show your support for the HPFA!

The poster features a dark blue background with a glowing blue rectangular border. At the top left is the HPFA logo, which consists of a green apple icon above the text 'HPFA'. The main text is in white and blue. The title 'QUIZ NIGHT' is in large, bold, white letters, with a question mark icon to its right. Below the title, the date 'THURSDAY 25TH MAY' and time '7-9 PM' are in white. The text 'Hosted by Allie' is written in a white cursive font. Below that, 'TICKETS £6' is in white, followed by 'AVAILABLE TO PURCHASE ON PARENT PAY NOW' and 'OPEN TO ALL' in blue. At the bottom, 'REFRESHMENTS AND SNACKS AVAILABLE TO PURCHASE ON THE NIGHT' and 'BRING YOUR OWN FOOD IF YOU WISH' are in white. At the very bottom, 'SUPPORT THE HPFA, SUPPORT YOUR SCHOOL!' is in white. There are also question mark icons on the left and right sides of the poster.

THE HPFA PRESENT A FABULOUS

QUIZ NIGHT ?

THURSDAY 25TH MAY
7-9 PM
Hosted by Allie

TICKETS £6
AVAILABLE TO PURCHASE ON
PARENT PAY NOW
OPEN TO ALL

REFRESHMENTS AND SNACKS AVAILABLE TO
PURCHASE ON THE NIGHT
BRING YOUR OWN FOOD IF YOU WISH

SUPPORT THE HPFA,
SUPPORT YOUR SCHOOL!



OWL is the latest way to interact with your local police and Neighbourhood Watch

- Regular local updates from your local police
- Get Covid-19 alerts on rule changes and scams
- Advice on improving your home and personal security
- Builds stronger ties with Neighbourhood Watch leading to safer communities
- A unique collaboration between the police and the public designed to tackle the issues that are important to you
- A quick, easy, and flexible system that fits in with your lifestyle

Register for **FREE** at www.owl.co.uk/met





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

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 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)

kooth

Kooth 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

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)