



Highlands School Newsletter

05 May 2023



Dear Parents and Carers,

After the excitement of the inter house quizzes last week, this Friday at Highlands after school we held the long awaited inter house staff football tournament. You can see pictures of the four teams below and the winning house Rowan with their trophy. Congratulations to the winners and thanks to all of the staff who took part.

We have a special bank holiday this weekend to celebrate the coronation of King Charles III. We have a special feature newsletter about the coronation that we hope you will read over the weekend.

This week I met with our girls football teams to present them with the medals they had been awarded following Highlands winning all of the Enfield girls football leagues and the Middlesex Cup for the senior girls. This is an incredible clean sweep and we are very proud of them.

Assemblies this week were led by our house Equalities and Diversity Captains and focused on celebrating African culture; thank you to our students for suggesting and then organising this.

This week was Deaf Awareness Week, we have a Deaf Base at Highlands and we are proud to be the first choice provision in Enfield for deaf students.

Dates for your diary

- 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

Overall winning house this week:

	Beech	Oak	Rowan	Willow
Positive points this week	1351	1833	1635	1164
Negative points	-235	-121	-162	-196
Points overall	1116	1712	1473	968

Top students in year 7:

Forename	Surname	Form	House	Points
Oliver	Dhillon	7OAC	O	584
Aiden	Adeoye	7WMP	W	551
Tyanna	Ferreira	7OAC	O	536
Adalane	Angate	7OAC	O	508
Warren	Kelly	7OAC	O	508
Ceren	Turkkorur	7OAC	O	508
Max	Rich	7OAC	O	497
Taylor	Berndes	7OAC	O	491
Berol	Boyras	7OAC	O	484
Chloe	Shi	7WMP	W	482

Top students in year 8:

Forename	Surname	Form	House	Points
Arabella	Mumba	8ODC	O	911
Radhika	Parmar	8ODC	O	750
Ruby	Magrun	8BYC	B	712
Gabrielle	Russell	8BYC	B	706
Melisa	Spahia	8BYC	B	706
Luke	Shearman	8ODC	O	700
Taraneh	Kheradmandi	8BYC	B	675
Joseph	Smyth	8BYC	B	665
Kaitlyn-Marie	Ewan	8OSM	O	661
Hugh	Murphy	8BYC	B	654



Top students in year 9:

Forename	Surname	Form	House	Points
Tyrae	Best-Daley	9BJC	B	824
Aaliyah	Udahemuka	9BJC	B	800
Luke	Smith	9WDD	W	771
Evie	Whitbread	9WDD	W	763
Daniel	Malaj	9BJC	B	761
Skye	Creary	9WDD	W	760
Emma	Simon	9BJC	B	754
Kamilah	Abib	9RRS	R	740
Alfie	Horn	9WDD	W	724
Laetitia	Leonidou	9OAB	O	714

Top students in year 10:

Forename	Surname	Form	House	Points
Arda	Aslan	10OMK	O	530
Benjamin	Gormley	10BJT	B	486
Sophie	Bernasconi	10BJT	B	479
Prue	Musah	10RTS	R	460
Rakibe	Halili	10BRD	B	450
Elaine	Ho	10WKM	W	440
Yagmur	Olcay	10OEF	O	428
Alkeo	Xhamxhiu	10OMK	O	423
Tamer	Tarik	10WKM	W	418
Beckham	Tahsen	10RTS	R	401

Top students in year 11:

Forename	Surname	Form	House	Points
Beirhan	Guyen	11WLM	W	554
Eneida	Luganskyte	11OPR	O	536
Jack	Young	11OPR	O	490
Daniel	Drysdale	11WLM	W	465
Raphael	Richter	11BSP	B	460
Andy	Dishnica	11WLM	W	440
Alexandros	Savva	11OPR	O	434
Alessandro	Georgiou	11WTA	W	427
Ellie-May	Bailey	11RGA	R	427
Demi	Charalambous	11OPR	O	427



Top students in year 12:

Forename	Surname	Form	House	Points
Rayaan	Kaderia	12BAG	B	148
Emily	Muncaster	12OKA	O	144
Rachel	Lok	12BLR	B	136
Alexia	Kyriakou	12WBS	W	131
Hollie	Burkett	12OSQ	O	131
Iona	Garrard	12RSL	R	124
Deniz	Yamansef	12WBS	W	123
Kristiana	Alexandrou	12RDS	R	115
Aisling	Brennan	12WBS	W	111
Louise	Georgiou	12OSQ	O	109

Top students in year 13:

Forename	Surname	Form	House	Points
Paolo	Saturnino	13WMA	W	118
Ilayda	Duzgun	13OAL	O	97
Robert	Timis	13OAL	O	95
Oliver	Cook	13WMA	W	93
Laveen	Omar	13OES	O	87
Mihaela	Grosu	13BTD	B	78
Clara	Eboue	13RJB	R	76
Ayse	Altinay	13OES	O	73
Ethan	Rees	13OES	O	71
Alara	Yarkan	13BTD	B	71



The King's Coronation

How is Highlands celebrating the King's Coronation?

In order to celebrate the coronation we would like you to tell us `what does the coronation mean to you`. This can be in the form of:

- A painting/ drawing in any style.
- A creative writing or poem.
- A photo/video summing up the celebrations you have been part of.
- A coronation costume design.
- A photo of you holding a cake you decorated for the coronation.



The rules

- All entries must be given or sent to Mrs Jeynes (jeynesa@highlearn.uk) by 4pm on Tuesday 9th May.
- One entry per student.
- All entries must be clearly labelled with: Name, year and form.

Entries will be judged on Wednesday 10th of May.

A winner will be chosen and receive 3,000 achievement points for their house.

Two runners up will receive 1,000 achievement points for their house.

Some ideas





We are the champions! Highlands Girls' football triumphs

Girls football at Highlands School this year has been exceptional. This year we have won the Enfield 7-a-side leagues for year 7, year 8 and year 9. The senior team (years 10-13) have won the Enfield 11-a-side league and the U14 team have won the Middlesex Cup!

This week our teams were presented with their medals. A huge well done to all of the girls for all of their hard work, team effort and dedication. You truly are well deserved champions!



Year 7 girls football team



Year 8 girls football team



Year 9 girls football team



Girls senior football team



Inter house staff football tournament

This week at Highlands our staff participated in the inter house football competition, and what a great competition it was! Team Rowan came out on top with their exceptional teamwork and some amazing goals from our very own Mr Avann. Congratulations to the winning team, and a big round of applause to all of the staff members who took part in this exciting competition.

The results

Semi finals: Rowan 2 - 0 Beech, Oak 9 - 0 Willow

Final: Rowan 2 - 0 Oak

Third and fourth play-off: Beech 6 - 1 Willow







Deaf Awareness Week

This year's Deaf Awareness Week runs from 1st - 7th May 2023 and the theme is "Access to Communication". The aim of this year's Deaf Awareness Week is to promote greater awareness and understanding of the challenges faced by the deaf community in accessing communication. The theme highlights the need for breaking down the communication barriers that prevent deaf people from fully participating in society.

Here at Highlands School we are offering BSL (British Sign Language) lessons to our Deaf Resource Base students every Thursday. We have the privilege of welcoming Marios Costi, a qualified BSL and Deaf Awareness tutor with over 15 years' experience, working in and around schools in London who will run the course with our students.

Marios has a wealth of skills and knowledge in BSL, as he teaches BSL at City Lit and has also taught BSL at Frank Barnes school for Deaf Children. Marios is Deaf and passionate about educating students to be culturally aware, empowering deaf people, and building a good rapport with his learners. Not only that, but Marios also has extensive experience working as a deaf TV presenter at ITV and BSL Zone. Additionally, he is the head coach of the England Deaf Women's Futsal team that won the European Championship in 2022. Furthermore, Marios has played football and futsal for the England Deaf Men's team, making him an excellent role model for our pupils.

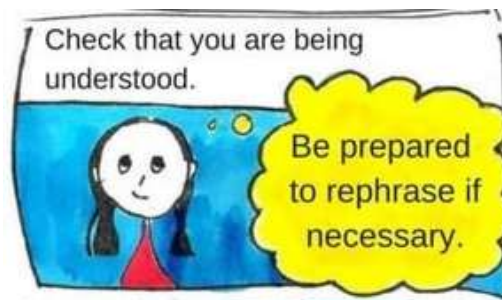
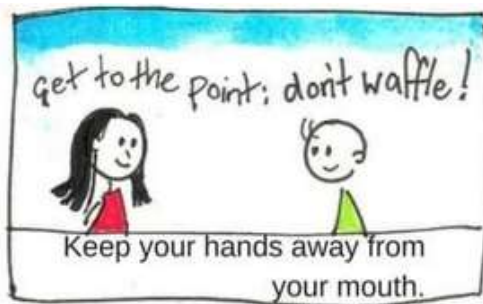
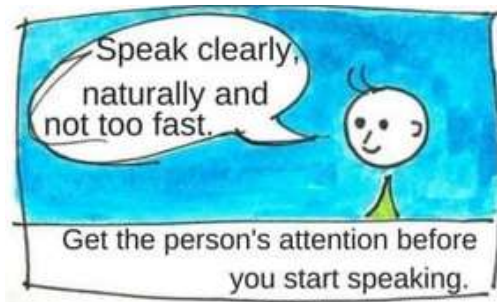
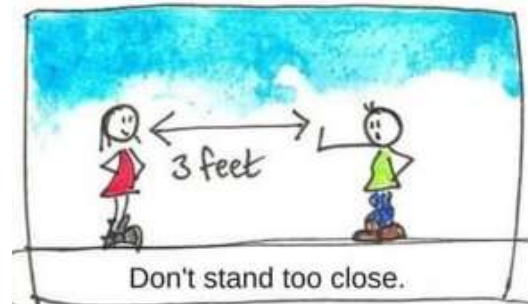
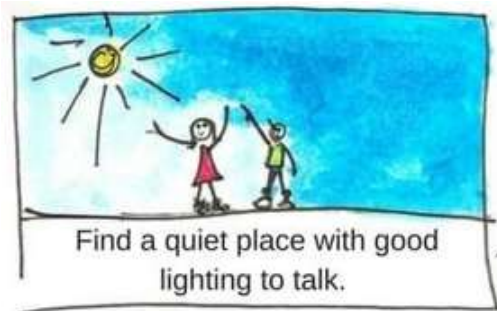
Marios will be teaching our deaf base students conversational BSL and how to communicate using BSL as part of everyday life. By the end of the sessions, students will not only gain a Level 1 qualification in BSL, but they will also gain the confidence to communicate effectively, raise awareness and advocacy and also help our school work towards creating a world where access to communication is a fundamental human right for everyone, regardless of their hearing ability.





How to be a hearing aid

Speaking with someone with hearing loss, they will be listening to your voice and lip reading to fill in the bits they miss. By learning key communication tips and recognising the importance of the Deaf Community, we can take steps to be more inclusive and celebrate diversity.





Celebrating African culture at Highlands

This week our Equalities and Diversity captains lead our assemblies by celebrating African culture. Our students explored the history of African countries, the rich and diverse food, culture and language of Africa through an incredible presentation by our talented students.

We are extremely proud of our students for sharing their passion for African culture with our school community, and for inspiring us all to learn more about the many wonderful traditions and customs that make Africa such a special place.

We hope to continue to celebrate diversity and embrace the richness of different cultures of our community.





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**.

Year 11 yearbook and hoodies

We are working with Fizz Yearbooks, to produce a year 11 yearbook and personalised hoodies. Both are wonderful keepsakes for the students to treasure throughout the rest of their lives.

We are currently in the process of collecting information, portraits, photographs, comments and memories that will fill the pages of the yearbook. All students in the year group will be included in the yearbook. The school photo on our system will be used in the yearbook if a photo has not been provided by your child. A generic comment will be used if a personalised comment is not provided, this is not a school decision but the publisher does not give us any alternative choice.

The hoodies will have a large '23' printed on the back, containing the names of all students in the year group, and will also feature an embroidered logo on the front. The full colour range is available on the online shop. You can personally design the hoodie and the purchases will be made directly through the [Fizz-Yearbook website](#) using our **school unique ID: 25718YR11**

Yearbook: £23

Personalised hoodie: £25

All of the students have the opportunity to purchase a hoodie and/or yearbook. It is essential that orders are placed **before 7th May 2023**. Please be aware that students can only place one order.

All orders will be delivered directly to school for you to collect. We will announce the collection date in due course.

We would like to ensure that all students have the chance to participate in our end of year events but understand that for some families funding an event of this kind can be difficult. Please contact [Mrs Hutchinson](#) to discuss financial support should you require it.

Please also contact Mrs Hutchinson if you wish for your child's name/photograph to be excluded from the hoodie/yearbook, or if you have any other questions.



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.

NHS Allied Healthcare virtual work experience session

Students in all year groups still have time to enrol on the next NHS Allied Healthcare virtual work experience session! This is a fantastic opportunity for students to build a strong portfolio of healthcare experience and gain insight into the NHS interdisciplinary team. No previous experience is necessary!

Registrations for the next session close on Friday. We encourage all students considering a career in the NHS to book as soon as possible using the following [link](#).

The next session will take place virtually on Sunday 7th May and places are £10 a session to cover administrative and technological costs.

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 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 they've registered, students will be emailed links to their virtual work experience portals.

Students are awarded a Work Experience Certificate for every session they complete. Those who complete the full 5-month programme will be awarded a Highly Commended Reference from the Presidents of Allied Healthcare Mentor. These are fantastic additions to their CVs and UCAS applications!



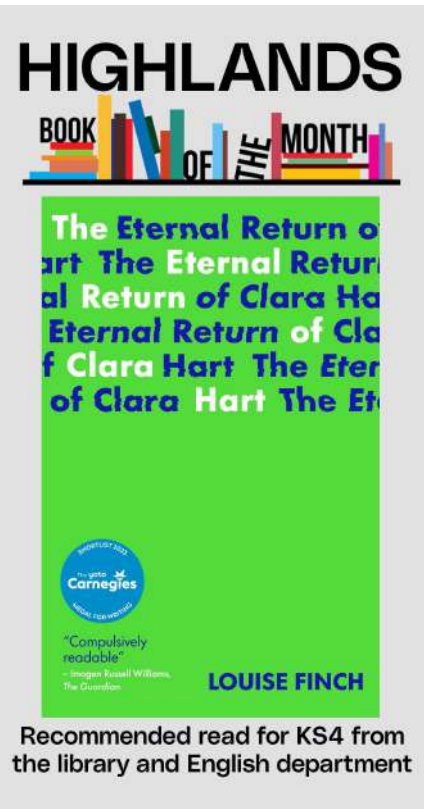
Highlands book of the month - May

KS3: Needle by Patrice Lawrence

When Charlene loses her temper over a blanket that she hand-knitted, and stabs her foster mum's son in the hand with the knitting needle, she has to deal with the consequences.

Charlene is a demon knitter. It's the only thing she enjoys and the only thing she believes she's really good at. So when her foster mum's son destroys her latest creation, Charlene loses it and stabs him in the hand with her knitting needle. It damages a nerve and she gets sucked into the criminal justice system for assault.

Charlene's not sorry and she's never apologised to anyone in her life. But people keep telling her that if she says sorry, they'll go easier on her. Can she bring herself to say it and not mean it when her freedom is at stake?



KS4: The Eternal Return of Clara Hart by Louise Finch

After witnessing an attempted sexual assault that leads to an accidental death at a party, a teenage boy is trapped in a time loop until he finds the courage to set the situation right.

Spencer hates Anthony's sexist jokes but he never says anything - he's a mate, and Spencer doesn't have many. Then Spencer finds Anthony assaulting a drugged girl at a party. Humiliated, Clara Hart flees the house and is killed by a car on the road.

The next day starts the same way as the last - Spencer wakes up in his car, in his school uniform, all over again. Then his car is clipped, again - by Clara Hart.

So Spencer is condemned to experience the same 24 hours over and over. Caught in a loop, he tries to protect Clara and prevent the terrible events of the party. To break the spell, Spencer has to join the dots between Anthony's everyday sexism and his assault on Clara. He must find the courage to call out the toxic masculinity of his friend.



Girls Rounders Trials

Rounders trials will take place after school next Tuesday for any girls in years 7, 8, 9 and 10 who would like to be considered for the school teams. Matches will start the week after.

Anyone who wishes to attend should meet in the PE changing rooms after school. Trials will finish at 4.30pm.

Mrs Walters

ENFIELD MUSIC SERVICE

**Monday 24th April
2023**

**EMS music lessons have started
please check emails for updates &
students can check the music board for
changes to lessons**



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!



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

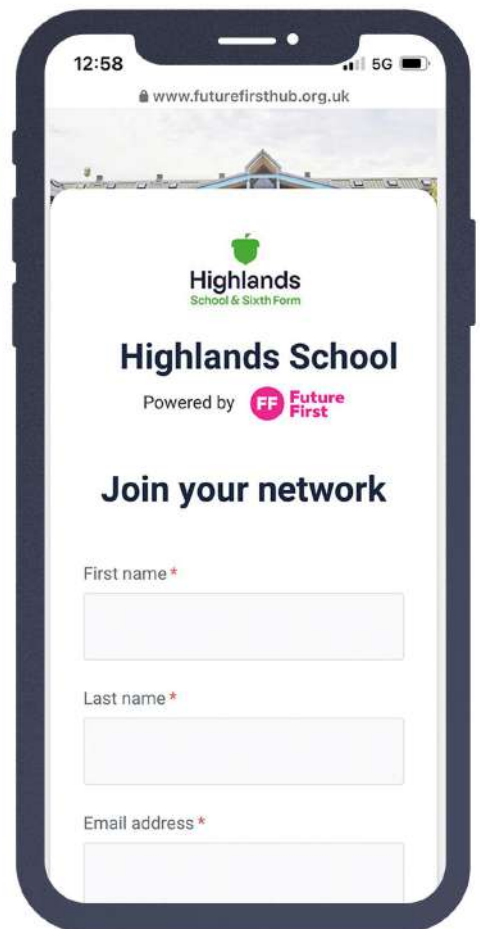


Former student?

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.





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