



Highlands School Newsletter

12 May 2023



Photo: Show Racism the Red Card competition winner Shania at the awards ceremony

Dear Parents and Carers,

This week the winner of our school's Show Racism the Red Card competition, Shania, went to Anfield to receive her national award. You can see her above meeting Liverpool and England legend John Barnes. Well done Shania, we are very proud of you!

This week we held staff and student competitions to mark the coronation of King Charles III. You can see some of the entries and the winners later in the newsletter.

Today I spoke with the year 11 students in their final assembly before the start of the GCSE exams. The next five school weeks are important ones for years 11, 10 and 13 and I want to wish all students the best of luck.

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 week:

	Beech	Oak	Rowan	Willow
Positive points this week	2646	2967	2553	2606
Negative points	-249	-442	-315	-370
Points overall	2397	2525	2238	2236
Staff football	2000	3000	4000	1000
Grand total	6794	8050	8476	5472

Top students in year 7:

Forename	Surname	Form	House	Points
Oliver	Dhillon	7OAC	O	600
Aiden	Adeoye	7WMP	W	575
Tyanna	Ferreira	7OAC	O	559
Warren	Kelly	7OAC	O	532
Adalane	Angate	7OAC	O	528
Ceren	Turkkorur	7OAC	O	525
Taylor	Berndes	7OAC	O	514
Max	Rich	7OAC	O	514
Samaah	Abbas	7WMP	W	501
Eesha	Bhardwa	7OAC	O	499

Top students in year 8:

Forename	Surname	Form	House	Points
Arabella	Mumba	8ODC	O	938
Radhika	Parmar	8ODC	O	774
Ruby	Magrun	8BYC	B	738
Gabrielle	Russell	8BYC	B	734
Melisa	Spahia	8BYC	B	729
Luke	Shearman	8ODC	O	728
Taraneh	Kheradmandi	8BYC	B	701
Joseph	Smyth	8BYC	B	689
Kaitlyn-Marie	Ewan	8OSM	O	684
Kalia	Sibomana	8BYC	B	681



Top students in year 9:

Forename	Surname	Form	House	Points
Tyrae	Best-Daley	9BJC	B	860
Aaliyah	Udahemuka	9BJC	B	828
Luke	Smith	9WDD	W	798
Daniel	Malaj	9BJC	B	790
Emma	Simon	9BJC	B	787
Evie	Whitbread	9WDD	W	784
Skye	Creary	9WDD	W	777
Kamilah	Abib	9RRS	R	758
Alfie	Horn	9WDD	W	751
Nataniel	De Almeida	9WDD	W	746

Top students in year 10:

Forename	Surname	Form	House	Points
Arda	Aslan	10OMK	O	532
Benjamin	Gormley	10BJT	B	492
Sophie	Bernasconi	10BJT	B	488
Prue	Musah	10RTS	R	476
Rakibe	Halili	10BRD	B	466
Elaine	Ho	10WKM	W	448
Alkeo	Xhamxhiu	10OMK	O	443
Yagmur	Olcay	10OEF	O	441
Tamer	Tarik	10WKM	W	427
Beckham	Tahsen	10RTS	R	416

Top students in year 11:

Forename	Surname	Form	House	Points
Beirhan	Guyen	11WLM	W	568
Eneida	Luganskyte	11OPR	O	540
Jack	Young	11OPR	O	492
Raphael	Richter	11BSP	B	482
Daniel	Drysdale	11WLM	W	479
Andy	Dishnica	11WLM	W	452
Alexandros	Savva	11OPR	O	442
Alessandro	Georgiou	11WTA	W	435
Ethan	Strickland	11WLM	W	433
Ellie-May	Bailey	11RGA	R	433



Top students in year 12:

Forename	Surname	Form	House	Points
Emily	Muncaster	12OKA	O	150
Rayaan	Kaderia	12BAG	B	148
Rachel	Lok	12BLR	B	139
Alexia	Kyriakou	12WBS	W	133
Hollie	Burkett	12OSQ	O	133
Iona	Garrard	12RSL	R	130
Deniz	Yamanséf	12WBS	W	127
Aisling	Brennan	12WBS	W	117
Kristiana	Alexandrou	12RDS	R	115
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	71
Alara	Yarkan	13BTD	B	71



Show Racism the Red Card awards ceremony

On Wednesday 3rd May our year 7 student Shania Anyemedu took the journey down to Anfield, Liverpool football stadium to embark on the celebrations and award ceremony for her winning poem in the year 7-9 writing category in the Show Racism the Red Card national competition. Not only did she win the prize for her poem but for the last few years, Show Racism the Red Card has awarded prizes in additional categories in memory of special individuals who are sadly no longer with us. One such award is the Jo Cox Memorial Award in honour of the MP for Batley and Spen, who was tragically murdered in 2016. Jo spent her life working for a fairer and kinder world and a foundation has been established to try and continue the compassionate work and values that Jo espoused in her daily life.

Shania was also awarded the Jo Cox Memorial Award for her remarkable poem. The award was voted for by all of the staff from the Jo Cox Foundation and they noted that although all of the entries were of a very high standard, Shania's was the worthy winner of this award. Well done Shania, we are all so proud of you.





Celebrating the King's Coronation

Our students here at Highlands took part in a house competition to celebrate the King's coronation. Students had to showcase 'what does the coronation mean to you.'

Well done to Isaac Mooney whose poem - 'What the coronation means to me' earned their house Willow a huge 3,000 points. Sunny Morgan Jones, Selinay Bolat and Franceska Koci who were the runners up also received 1,000 for their houses. Well done to everyone who participated.



"What the coronation means to me"

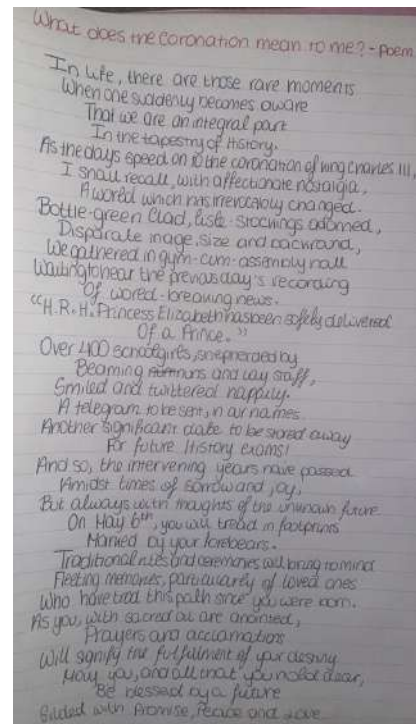
From an anti-monarchist home I hail,
But pro-monarchy views I hold without fail.
My mum, ex-army took an oath to the crown,
But against the monarch, she has always come down

The French beheaded their last king,
So Mum and her French partner agree on the same thing
But I've taken a different path, you see,
As an RAF Cadet, I protect the monarchy

The coronation is a fascinating time,
A new experience, a beginning so sublime.
I follow every word, every detail with glee,
But Mum thinks it's unethical, bizarre and out of touch with reality.

I adore how something can unite the nation,
But Mum sees it as a sign of a bygone generation.
Just one person parades around in cloths of gold,
Whilst others are starving and queuing at food banks. I'm told.

I see the potentials and possibilities of a new era,
But Mum thinks it's just a farce, a meaningless chimera.
We may disagree on this, but will stand together,
A family with different views but a love that lasts forever.



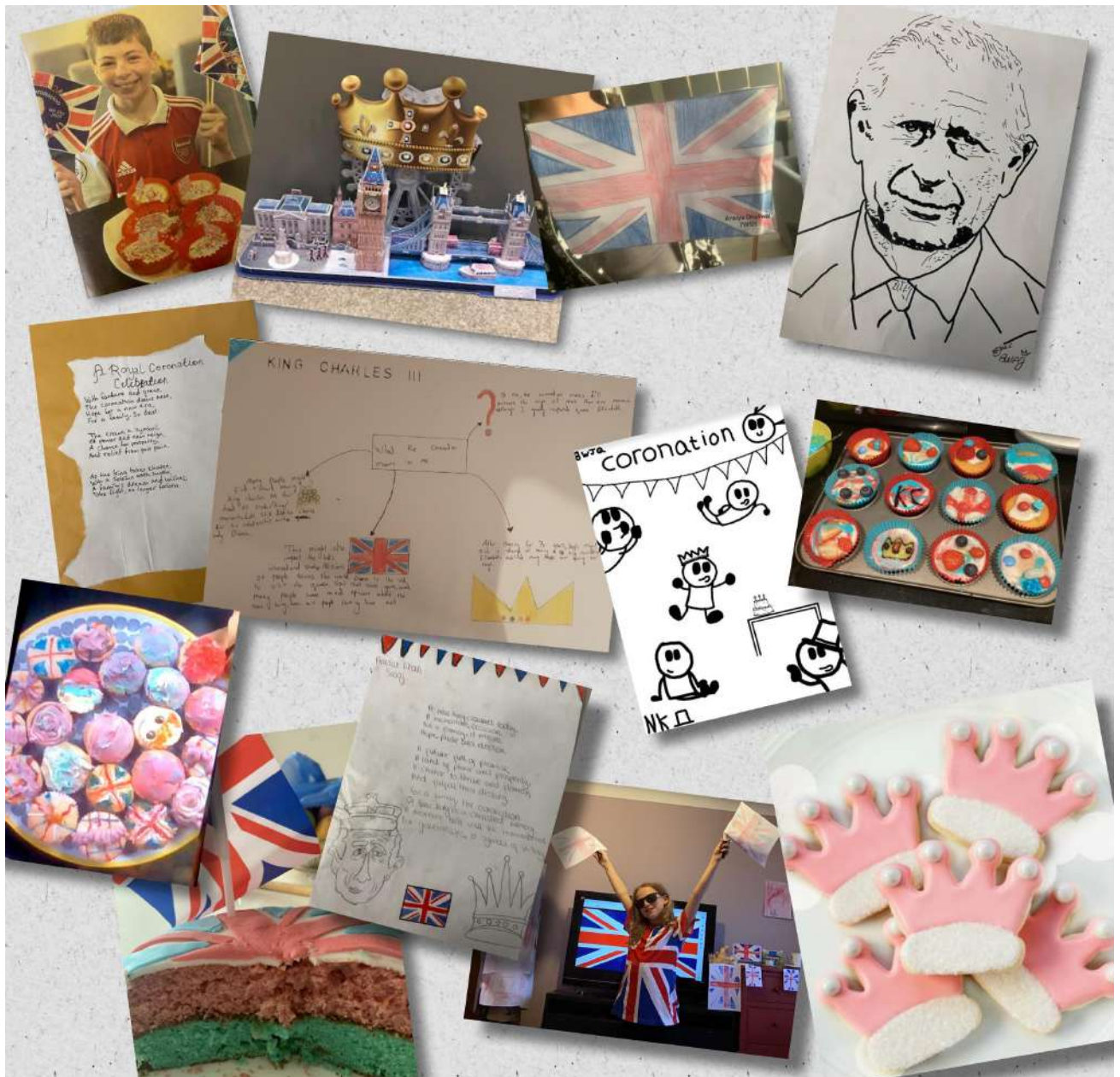
(pictured above, poem by competition winner Isaac Mooney (left) and poem (right) by runner up Franceska Koci)



(pictured above, cake by runner up Selinay Bolat and Sunny Morgan Jones celebrating the King's coronation)



All students who entered made an exceptional effort. Here are some of their entries.





Staff bake off to celebrate the King's Coronation

Our staff competed in a bake off to celebrate the coronation of the king. It was an exciting event that brought together our talented bakers to showcase their skills and creativity.

The competition was fierce, with our bakers putting their hearts and souls into their creations. After much deliberation, the judges finally announced the winners of the competition as follows.

Winner for overall presentation - Ms Michaelides - Willow (union jack cake)

Winner for taste - Ms Charles - Oak (mini torta de pies)



Well done to the winners and to Ms Argent and Ms Brown for their lovely cheesy scones and colourful cupcakes.





Inter house netball winners

Well done to all of the students who took part in the inter house netball competitions. A great win for team Willow for winning both the year 7 and 8 competitions and also a joint celebration for teams Rowan and Oak for both winning the years 9 and 10 competitions.





Highlands ice hockey superstar!

Highlands Sixth Form student Tyler De-La Bertouche is the youngest goalie in the country to sign for a national ice hockey team.

Tyler started ice hockey when he was 10 years old and has continued to commit to the sport ever since. He has attended tournaments across Europe and regularly goes to Sweden to attend ice hockey camps. He was invited to attend a scouting showcase in Sweden last week where there were over 150 scouts watching him and the selected players across two days. This invite to the showcase was to help him gain interest from North America and Europe where he is hoping to continue his ice hockey journey after he completes his A levels.

Tyler trains four nights a week and has at least two games every weekend. He also commits to training the younger players at the club on a weekly basis. His dedication to the sport has made him hugely successful, signing for the Waldeck Peterborough Phantoms. Read more about his signing [here](#) and [his ice hockey successes](#).

We are extremely proud of you Tyler, and wish you all the best for the future! Go Tyler, go Phantoms!



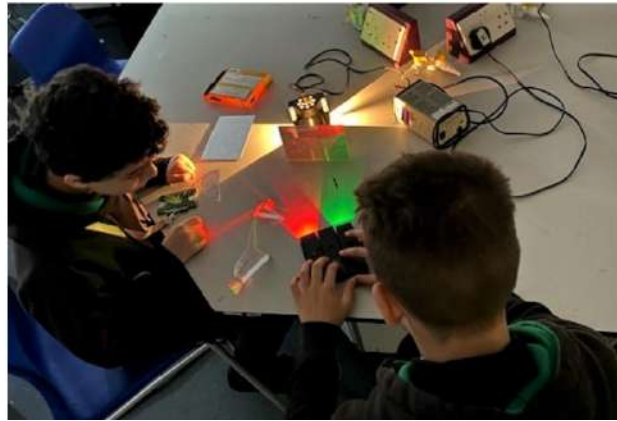
Photos by Darrill Stoddart, source: gophantoms.co.uk



Year 7 Science Sparks Club: Exploring Light Refraction and Reflection

Greetings, Highlands science enthusiasts!

This week our year 7 Science Sparks dove into the fascinating world of light refraction and reflection. They investigated the bending and bouncing of light, and discovered the wonders of the red, green, and blue light cube.



Understanding light refraction and reflection:

Light is an incredible phenomenon that allows us to see the world around us. When light encounters a new medium, such as air, water, or glass, it can undergo two important processes: refraction and reflection.

Refraction: Refraction occurs when light passes from one transparent medium to another, causing it to change direction. This change in direction happens because light travels at different speeds in different materials. For example, when light passes from air into water, it slows down and bends, making objects appear shifted or distorted underwater.



Reflection: Reflection happens when light bounces off a surface. When light hits a smooth, shiny surface, like a mirror or a polished metal, it bounces back at the same angle that it hit the surface. This is known as the law of reflection. We can see ourselves in a mirror because it reflects light, allowing it to reach our eyes.

The red, green, and blue light cube is a prime example of how light behaves when it encounters different materials and undergoes refraction and reflection. By studying how the different coloured lights behave, we can learn more about the physics behind the formation of rainbows, the working of prisms, and even the science behind lenses used in telescopes and eyeglasses.

So, the next time you see a rainbow in the sky or use a magnifying glass to observe tiny objects, remember the fascinating concepts of light refraction and reflection that you learnt through this article today.

Stay curious, keep exploring, and let the light of knowledge guide you on your scientific journey.

Happy experimenting!

Dr Len



NHS Allied Health Mentor

There will be two virtual conferences on Saturday 3rd June - the Get into Nursing conference (10-12.30pm) for aspiring nurses and the Get into Midwifery conference (2.30-5pm) for aspiring midwives. All students in all year groups are invited!

[Registration link](#)

Students will be led through the entire process of applying to nursing or midwifery and what day-to-day life in the profession actually entails. This is a fantastic opportunity for both students actively pursuing these careers and those still undecided. Student admissions teams notice those who go the extra mile to make an informed course and career decision.

Tickets are £10 to cover administrative and technological costs.

It's crucial for future healthcare professionals to hear from a variety of perspectives, so register now!

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**.

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.



Our Voice Enfield

Our Voice, the Parent Carer Forum for Enfield, are pleased to invite parents and carers to apply to join a popular free six-week Healthy Parent Carer programme.

This is not a parenting course, or about how parents can get support for their child/young person - it is about their own wellbeing and will be run by trained facilitators who are also parent carers and understand the challenges.

The next course will be running online, every Tuesday from 10 am to 1 pm, starting on 6th June.

If you are interested in attending the course please click on the [following link](#) to complete the short form.

If you are interested in the June-July course, we recommend you reply **by 9.30 am Thursday 18th May**, so that you can be notified before the half-term school holidays.

Places will be allocated on a first come first served basis, but there will be additional courses in each half-a-term which we will offer to those unsuccessful in obtaining a place on the first course.

If you would prefer to attend the programme at a later date please click the same link and indicate what your preferred timing is, and we will come back to you in due course.

We will include some courses with a translator available (Turkish, Somalian or Bengali) and options to attend face-to-face or online.

There are only a limited number of places on each course so don't delay, [click here](#) to view the flyer for more information.



A parent-led programme to improve the health and wellbeing of parents and carers of children and young people with SEND



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.

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

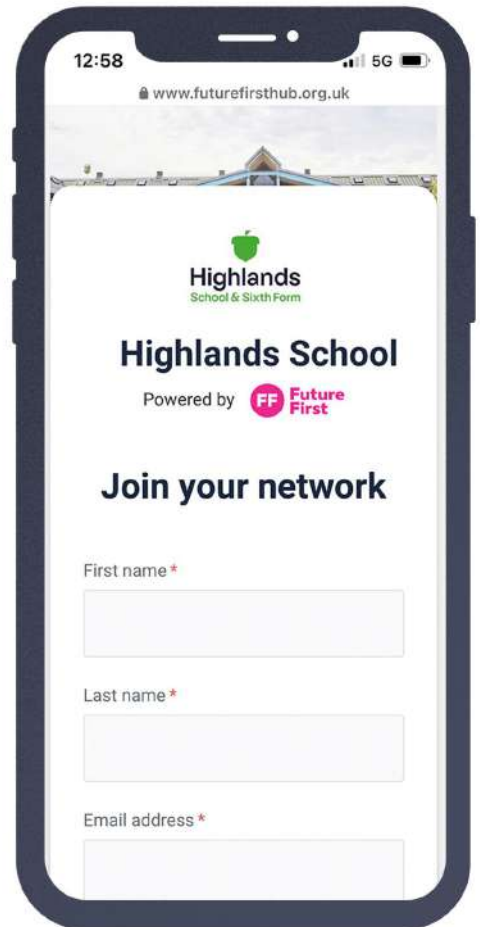


Former student?

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
South West London	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
	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
SHOUT 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's support for young people

The Mix provides free, confidential support for young people under 25
Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)

Beat

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

koeth

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



Safeguarding contacts

If you are concerned about your child's wellbeing or the wellbeing of any other student at Highlands School, please contact the school on 020 8370 1100 or email the DSL at staysafe@highlearn.uk. 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)