



# Highlands School Newsletter

30 June 2023



Photo: DARE days

Dear parents and carers,

Today and yesterday we held our summer DARE Days. Highlands introduced DARE Days last year. The days are a carefully planned programme of trips and activities that start in year 7 and go all the way to the end of year 13. Students will take part in 24 of these over their seven years at Highlands. We want our students to have a wide range of extra curricular experiences at school and because we stop all teaching on DARE Days, all of our students and staff can be involved. I went on the Bletchley Park trip yesterday to learn about the Enigma machine and the British effort to decode German communications during the war. It was a great trip and our students represented our school excellently. I want to thank families, students and staff for supporting DARE Days, particularly those staff who organised the days.

This week we held the Rowan and Beech bake sales. These were the final two fundraising events before Sports Day on Monday, which marks the end of this year's inter house competition. On Tuesday we will hold a special assembly to announce this year's winner. Will Rowan hold on to their title or will we be engraving a different name into the inter house champions' trophy?

## Strike Days

We have sent all parents and carers a separate letter explaining the plans for the forthcoming teacher strike days on the 5th and 7th July 2023. Below is a summary of when the school will be open and



closed. Please note the school is closed to all students on Friday 7th July because we already have all of next year's year 7 students on site for their secondary school transition day. Work will be set on the Google Classroom for all students whose teachers are not striking.

Dates for your diary:

- Monday 3rd July: Sports Day (this has changed from Wednesday 5th July due to NEU strike day)
- Wednesday 5th July: NEU strike day (arrangements below and sent home to families)
- Thursday 7th July: NEU strike day (arrangements below and sent home to families)
- Thursday 13th July: summer music concert
- Friday 21st July: end of term and end of the academic year

Dates for the start of the new academic year:

- Friday 1st September: induction day for new year 7
- Monday 4nd September: induction day for new year 7 and 12
- Tuesday 5th September: short day for years 8, 9, 10, 11, 13 (assemblies and tutor time)
- Wednesday 6th September: all lessons resume for all year groups

Have a great weekend,

Mr McInerney, Headteacher

Year group	Wednesday 5th July	Friday 7th July - year 6 students joining Highlands in September 2023 are in school for transition.
7	<b>School closed</b> <i>Teachers who are not striking will set work on Google classroom.</i>	<b>School closed</b> <i>Teachers who are not striking will set work on Google classroom</i>
8	<b>School closed</b> <i>Teachers who are not striking will set work on Google classroom.</i>	<b>School closed</b> <i>Teachers who are not striking will set work on Google classroom.</i>
9	<b>School closed</b> <i>Teachers who are not striking will set work on Google classroom.</i>  <i>Only year 9 GCSE drama students should be in school. A separate email has been sent to the parents of year 9 drama students.</i>	<b>School closed</b> <i>Teachers who are not striking will set work on Google classroom.</i>
10	<b>School open</b> <i>Please see the separate email sent to year 10 parents and carers.</i>	<b>School closed</b> <i>Teachers who are not striking will set work on Google classroom.</i>
12	<b>School open</b> <i>Please see the separate email sent to year 12 parents and carers.</i>	<b>School closed</b> <i>Teachers who are not striking will set work on Google classroom.</i>



## House bake sales

We held the remaining two bake sales this week for Rowan and Beech. There were some truly mouthwatering, delicious treats that definitely sparked everyone's taste buds!

The money raised during these bake sales will be donated to each house's chosen charity.

Well done to Rowan who raised £109.15 and to Beech who raised £222.35!





## DARE Days

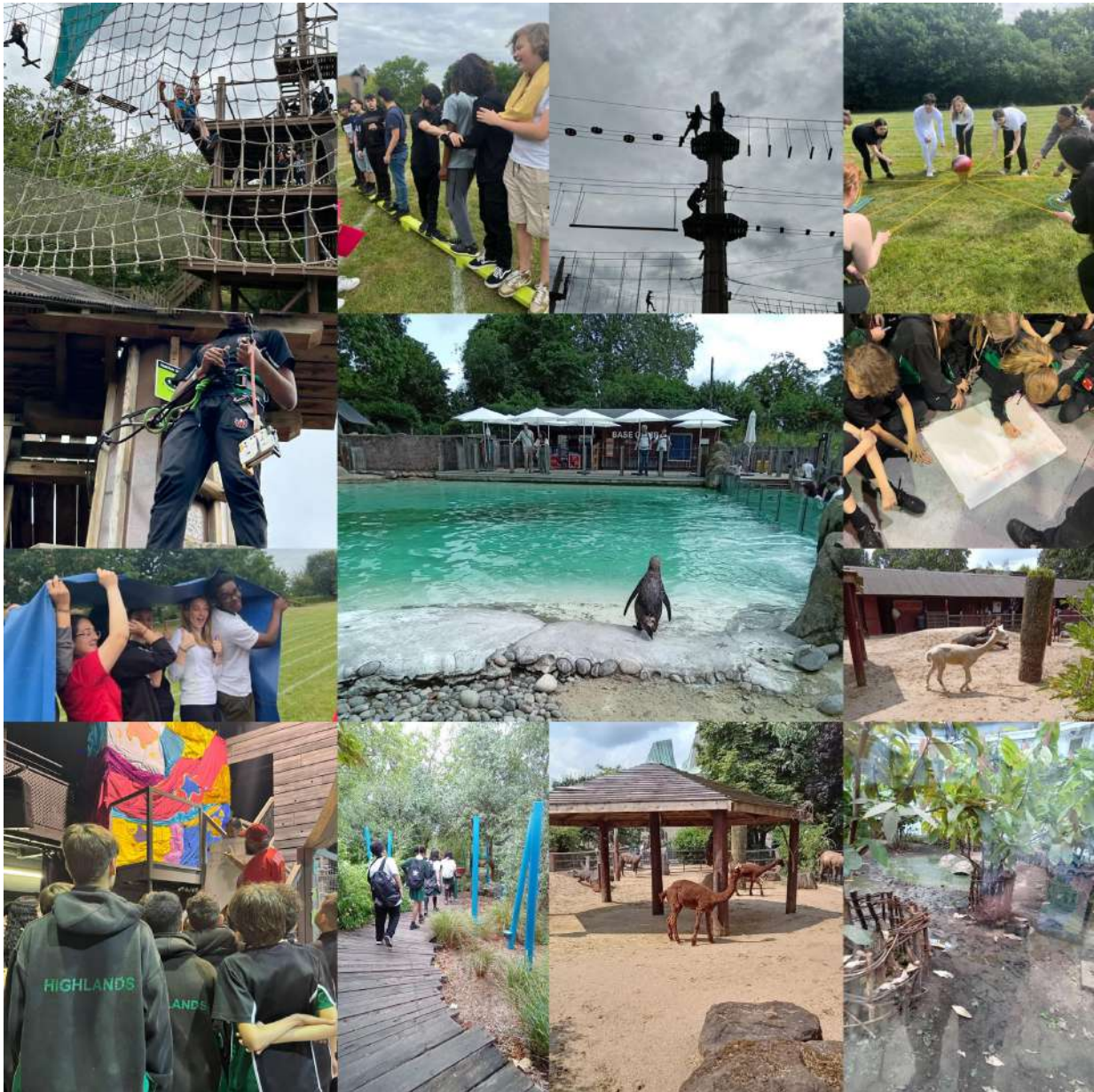
Our students thoroughly enjoyed two amazing days of school trips and exhilarating experiences this week. At Highlands, we strongly believe in providing enriching educational experiences beyond the classroom walls for all students, and our latest set of adventures certainly lived up to that ethos.

From exhilarating treetop adventure courses to captivating glimpses into the intelligence operations that helped shape the outcome of the war, these DARE Days have been an incredible testament to the power of experiential learning and the enthusiasm of our students.

A big thank you goes to our dedicated teachers and staff for organising these incredible trips and ensuring our students' safety throughout. Look out for our DARE days special feature newsletter next week.









## Unleashing creativity with Chinese and Japanese dragon drawings

Our year 8 students captured the magic of imagination as they brought their majestic dragons to life. Embracing the power of fantasy, these talented artists embarked on an extraordinary journey with every stroke of vibrant colour, they manifest the strength, elegance, and mystique that dragons symbolise. From intricate scales to piercing eyes, each detail is meticulously crafted, unveiling the awe-inspiring beauty of these legendary beasts.





## Home Alone house reimaged by LEGO Club

Our talented LEGO Club members recreated the iconic Home Alone house using LEGO bricks! Our students showcased their collaboration, creativity and attention to details in this awe-inspiring LEGO masterpiece. A huge applause to our talented builders!



## Ed Extra dates for your diary

Please see the list of remaining Wednesdays for Ed Extra, before the summer holiday.

- Wednesday 5th July - **No Ed Extra due to strike**
- Wednesday 12th July - Ed Extra as normal
- Wednesday 19th July - **No Ed Extra**

## HPFA survey

The HPFA are a small group of committed parents working to raise funds for the school. We have created this survey to get a better understanding of the events that parents would like to take part in so that we can focus our resources better. Please [click here](#) to fill out the survey.





## Sports day - Monday 3rd July

On Monday 3rd July our annual sports day will take place. Sports day is a great day for students to display their sporting abilities and to celebrate all of the hard work they have put into their PE lessons.

Each student that participates in an event will earn their house vital house points with the chance of going to Thorpe Park!

- Sports day is **compulsory** for all students.
- All students must arrive to school at normal time (gates open at 8.20am).
- Registration will take place at 8.40am.
- **All students must wear their Highlands PE kit.** Failure to do so, may result in not taking part in the event.

### What students must bring

- Water and healthy snacks (no nuts).
- If students are playing football, you must only wear trainers/flat soled shoes - no moulds or studs.
- Sun cream and a hat.
- Asthma pumps/inhalers, any medical devices that may be needed.

### Face paint and glitter

This year students will have the opportunity to get creative by wearing face paint and glitter. Please note the following:

- **No** offensive language or symbols.
- **Only** house colour face paint/glitter (red, blue, purple, green).
- **Only** applied to face and arms (not legs).

If students are unable to meet our expectations regarding face paint and glitter, they will be sanctioned accordingly and may not be able to take part in sports day.

Which house will be crowned the sports day champion this year? Let the games begin...

## Athletics club cancelled after school on Monday 3rd July

Please note that the athletics club will be cancelled after school on Monday 3rd July. Apologies for any inconvenience caused.



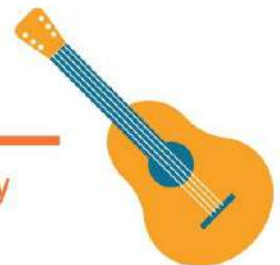
# SUMMER



# RECITAL



**DOORS OPEN AT : 5.30PM -  
SHOW STARTS AT 6PM - 8PM  
THURSDAY JULY 13 2023**



QR code  
donations page

Tickets can be purchased on ParentPay  
or Cash on the door  
Refreshments available

Adults £4  
Child/Concessions £2





## The Allied Healthcare Virtual Work Experience

This is a reminder about the upcoming Allied Healthcare Virtual Work Experience session, scheduled for Sunday, 2nd July. This is an exceptional opportunity for students to gain valuable insights into the world of the NHS and healthcare - [registration link](#).

The Allied Healthcare Virtual Work Experience offers students the chance to immerse themselves in the journey of two patients, observing their progress from initial presentation to recovery. Throughout the day, students will witness first hand the collaborative efforts of various healthcare professionals within the NHS interdisciplinary team. That includes:

- Nursing
- Midwifery
- Paramedicine
- Physiotherapy
- Occupational Therapy
- Dietetics
- Radiography
- Prosthetics and Orthotics
- Speech and Language Therapy
- Pharmacy

By participating in this work experience, students will be able to interact with healthcare professionals, ask questions, and deepen their understanding of the roles and responsibilities within different healthcare specialities. It is a unique opportunity for them to make informed decisions about their future careers and gain valuable experience to support their university applications.

Students who enrol in the program will receive a Work Experience Certificate upon completion of the session. Those who participate in the full five-month programme will be awarded a Highly Commended Reference from the Presidents of Allied Healthcare Mentor, adding significant value to their CVs and university applications.

**Dr Len**



# HAF Enfield Summer 2023

24<sup>th</sup> July – 1<sup>st</sup> September

**FREE\*** places available on Enfield's Holiday Activities and Food (HAF) programme this summer. For more information visit [www.enfield.gov.uk/services/children-and-education/holiday-activity-and-food-programmes](http://www.enfield.gov.uk/services/children-and-education/holiday-activity-and-food-programmes)

Ages Reception to Year 11

\*Free for those in receipt of benefits related free school meals

- Arts & Crafts
- Get Active
- Free nutritious meals
- Music
- Day Trips
- Plus much much more!

Funded by



[www.enfield.gov.uk](http://www.enfield.gov.uk)





# Highlands School Alumni

Highlands School is launching an alumni network!

As a school, we want to reconnect with our former students so that we can keep in touch and let them know about volunteering opportunities that will benefit our current students. We want to show them the variety of pathways available to them after leaving Highlands School, and who better to showcase this information, than former students!

We are working with education charity Future First to set this up, and all you need to do to get involved is sign up here: [Highlands School Alumni](https://www.futurefirsthub.org.uk) or alternatively scan the QR code below.

More information is on our [website](#) and if you have any questions please contact our Alumni Programme Manager at Future First: Tara Human – [tara.human@futurefirst.org.uk](mailto:tara.human@futurefirst.org.uk)

#HighlandsAlumni

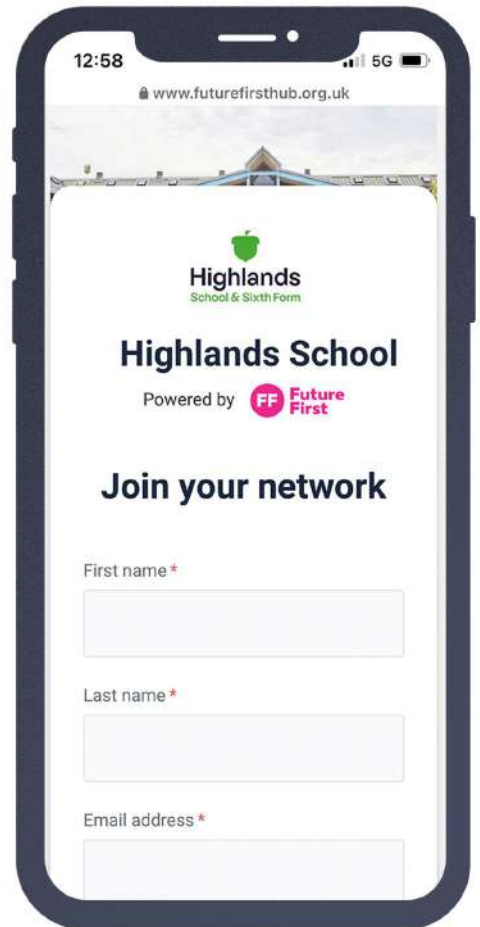


## Former student?

Return to Highlands School to inform our current students about what life beyond school is really like.

Sign up to our former student network to receive news, updates and invites to events.

Once you're signed up there is no obligation to volunteer, you can get involved around your availability.





## 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](mailto:jo@samaritans.org)

**Crisis Tools**

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

**PAPYRUS**

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

**childline**  
SHINE ON THE PHONE ANYTIME

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

**Good Thinking**

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

**THE MIX**  
London 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)

**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](mailto:staysafe@highlearn.uk). This email address can also be used for students, parents and carers to share any safeguarding concerns or to request support.

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

## Helpful numbers and websites

**Childline:** 0800 1111

**NSPCC helpline:** 0808 800 5000

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

**LGBT switchboard:** 0300 330 0630

**Kooth:** [www.kooth.com](http://www.kooth.com) - support service for students wellbeing

**Multi Agency Safeguarding Hub:** 0300 500 80 90

**Barnardos:** 0800 008 7005

## Talk to someone....

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

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