



# Highlands School Newsletter

14 July 2023



Photo: Highlands School Summer Recital 2023

Dear Parents and Carers,

The end of year events were coming thick and fast again this week at Highlands with our year 13 prom on Tuesday evening and then our summer music recital last night (Thursday). I went to the recital and had a wonderful evening. There were lots of performances ranging from steel drums to guitar bands to Chopin recitals. We were particularly pleased to see the number of acts featuring students in years 7 and 8 and I hope these students will continue to play music and perform again in the future.

Today was our first ever inter house champion reward day; Oak house spent the day at Thorpe Park. At school we ran a series of activities (somewhat inhibited by the rain) for all of our other students which included team building, sports and a quiz.

Next week on Friday we finish the term and the academic year, it is a short day and students will be dismissed at midday.

We will write to the school community with information about next year at the end of next week.

Dates for your diary:

- Friday 21st July: end of term and end of the academic year. This is a short day: students will have period 1 and 2, then break, then registration and they will be dismissed at midday.

Dates for the start of the new academic year:

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

Have a great weekend,  
Mr McInerney  
Headteacher



## An unforgettable Thorpe Park adventure for Oak house

Oak house, the champions of our inter house competition, embarked on an unforgettable adventure at the exhilarating Thorpe Park!

Following weeks of intense competition and unwavering dedication, Oak emerged triumphant, securing a well-deserved day of thrills, laughter, and adventure at Thorpe Park. The journey began with eager anticipation as the entire Oak team set off on an action-packed day filled with adrenaline-pumping rides, immersive attractions, and unforgettable memories.



Although the weather was not favourable, Oak had a day filled with excitement, laughter, and moments of pure adrenaline. We extend our warmest congratulations once again to Oak for their remarkable achievement in the inter house competition and for seizing the opportunity to create unforgettable memories at Thorpe Park. The spirit and enthusiasm demonstrated by Oak serve as an inspiration to us all.





## Activity Day at Highlands

Following the victory of Oak in the inter house competition, Beech, Rowan and Willow students also had the opportunity to take part in an exciting 'Activity Day' at school on Friday 14th July where they came together for a day filled with fun, creativity, teamwork and exciting challenges.

There were a number of activities that took part throughout the day. As part of our commitment to sustainability and creativity, students engaged in a unique project where they transformed old newspapers and textbooks into stylish and wearable clothing. Students took part in 'dodgeball', 'end zone', and 'capture the flag' as part of the sporting activities where physical fitness and team spirit were at the forefront during these games. Students also took part in an exciting team-building task. The challenge was to create their own mini city using nets, requiring them to think creatively, plan together, and utilise their collective skills. The teamwork displayed by our students was truly inspiring. To add an intellectual twist to the activity day, we organised quizzes that challenged our students' knowledge and critical thinking abilities. The students enthusiastically participated, displaying their eagerness to learn and their ability to think on their feet.

Overall, it was a fantastic day for our students and through these diverse activities, our students not only learned valuable skills but also developed a deeper understanding of the importance of sustainability, fitness, teamwork and knowledge acquisition.





## Summer Music Recital 2023

On Thursday 13th July it was Highlands School's captivating school recital, that showcased the remarkable musical abilities of the year 7, 8, and 9 students. The event featured an eclectic mix of piano performances, steel pans, and rock bands, providing a diverse and vibrant evening of music.

The recital commenced with our wonderful orchestra led by Mr Brunori, where the young musicians from year 7 and some older students took centre stage. Their dedication and enthusiasm were evident in each note they played. From James Bond by John Barry to Russian Trepak Dance by Tchaikovsky, the orchestra displayed commendable technique and a growing understanding of musical dynamics. It was truly heartwarming to witness their progress and witness their budding talent.

The year 10 and 7 students took command of the steel pans, transporting the audience to the Caribbean with modern flair with their infectious rhythms. The melodic sounds resonated throughout the hall, and it was impossible not to tap one's feet along with the beat. The students demonstrated impressive coordination and teamwork as they played together, captivating the audience with their enthusiasm and skill.

Throughout the recital we had pockets of solo items being sung, played on the piano and drum kit. The energy in the room was palpable, and it was evident that the students had poured their hearts and souls into their performances. It was evident that the students had been well-supported by their teachers and mentors, who deserve commendation for nurturing and guiding their talent.

The music department staff Mrs Miller, Mr Hawkins with support from Ms Maple and our external providers Mr D 'Lucky' Thomas, and Mr Brunori have given such great dedication and hard work into preparing these young musicians, the students' seamless execution and overall cohesiveness of the performances was evident of this. This collaborative spirit added an extra layer of depth to the recital and created a warm and inclusive atmosphere for all.

Finally, the school recital featuring our rock bands and guitar groups was a resounding success. Each segment showcased the incredible progress and talent of the young musicians. From the delicate melodies of the guitar to the infectious rhythms and the electrifying energy of the rock bands, the performances left a lasting impression.

This recital not only highlighted the musical prowess of the students but also emphasised the importance of fostering a supportive and nurturing environment for young artists to thrive.

Bravo to all the performers, mentors, and organisers for an outstanding evening of music!

**Ms Maple**





## Trip to The Royal Society Summer Science Exhibition

Last Wednesday, the two year 12 chemistry classes along with Mrs Smith and Ms Lakhani, visited The Royal Society Summer Science Exhibition in London. With nine flagship exhibits, a special Young Researcher Zone exhibit exploring the very latest advances in science and access to over three hundred scientists, the exhibition offered a unique opportunity to explore the science shaping our future with the people making it happen. Our students very quickly began to engage with the exhibitors and ask them questions about their research. Here is what some of them thought about the event ...

I found the micro-robotics for eye surgery exhibit very interesting. It was quite insightful on how robotics and human technology can develop in the future to help improve eyesight and how there are many safety features to prevent any damage.  
- Lia

I really enjoyed the trip, I learnt a lot about a range of topics. My favourite was probably where researchers were analysing the DNA of microbes in sewage to find ones which can do certain tasks such as producing methane most efficiently which we can use as natural gas, with the benefit of it being sourced more sustainably.  
- Lewis

I honestly found the trip fun, getting to see what people are trying to create and invent was pretty cool like the people trying to revolutionise rehabilitation, the fabric that could measure heart rate and movements was nice to see. The micro-robotics to be used for eye surgery is great coming from a family with fairly weak eyes though the machine was way to difficult to use. The electricity guy who talked about the very different sizes of electricity and their uses was also rather interesting as we could actually see how much energy us as humans can output. I really enjoyed and appreciated the trip.  
- Doshan

The chemistry trip was very fascinating as I discovered new inventions that used science to improve health and our daily lives. I found the 'Measuring electricity by counting electrons' stand the most interesting as it showed how much an ampere really was using physical input, which I was much less than expected. Overall the trip was very enlightening and enjoyable.  
- Zoe

I found the Royal Society's Summer Science Exhibition very insightful and my favourite was definitely the gene-ius fish stand where it was described how advances in technology have enabled zebrafish to give us insights into human mental health conditions. I found out that 84% of genes associated with human psychiatric disease have a zebrafish counterpart.  
- Shy

'Revolutionising Rehabilitation' was an interesting and informative presentation on how sensors can be used to control an injured limb and how scientists can identify the messages that the brain and spinal cord send to those muscles when you want to move that limb.  
- Naveed

It was an extremely informing trip which allowed me to explore the various pathways of science available to us at this current moment. What I enjoyed from the trip was the exhibition which showcased micro robotics for eye surgery. This demonstrated what could be possible in the future like performing eye surgery using immersive controls through a screen to control robotic arms. Overall, I thoroughly enjoyed the trip and recommend it to any upcoming scientists.  
- Daniel

The best exhibit at the Royal Society Summer Science Exhibition was 'Gene-ius fish - diving into human mental health with zebrafish'. They explained to us that zebrafish are being used to explore mental health conditions in humans, which I found really interesting.  
- Isabella



Joshua had a go at driving a Mars Rover on a stand where the researchers were studying light and its impacts both in diagnostic medicine and on Mars. He got the opportunity to drive a remote controlled Mars Rover that was using light technology to look for alien life and he was awarded a certificate for completing the circuit in the shortest time on the day of our visit - well done Joshua!

Finally, just before we left, our eagle eyed students spotted Fran Scott. She describes herself as a maker, presenter and pyrotechnician and is probably best known for appearing on TV shows such as Lego Masters and CBBC's Absolute Genius with Dick and Dom. However, Highlands students know her from the series of practical videos that she has produced for the Royal Society of Chemistry and she was delighted to hear how much she had helped them with their preparation of standard solutions and their titration technique. Luckily for us she was kind enough to pose for a group photo with some of our students and this was a lovely way to end our trip!





## Borough Athletics Championships overall ranking

The PE department would like to provide you with an update on the recent Borough Athletics Championship, following our earlier newsletter article highlighting the individual successes.

We are thrilled to announce that Highlands School achieved an outstanding result, securing their highest ranking to date by finishing in 2nd place among the 17 mixed schools in the borough. This achievement truly reflects the dedication, hard work, and talent of our incredible athletes.

In particular, we would like to recognise our senior girls' team, who demonstrated exceptional skill and determination throughout the competition. It was an incredibly close contest, with St. Anne's School emerging as the victors by one point. Although our senior girls narrowly missed the top spot, their outstanding performance deserves commendation.

We are immensely proud of all our athletes who represented Highlands School. Once again, congratulations to all of the athletes who we have listed again below, and thank you to everyone who contributed to the success of our athletics team.

### Here are our winners:

Lily Howard - **Silver**, 1500m

George Robinson - **Silver**, long jump and **Gold**, 200m

Grace Caddle - **Silver**, long jump and **Silver**, 200m

Faye Etuazim - **Gold**, shot put and **Gold**, 100m

Mia Rosen - **Gold**, 800m

Sienna Francis - **Bronze**, shot put

Shaquel Kizito - **Gold**, 800m

Millie Huetson-Varnava - **Gold**, 800m

Selma Tivann - **Gold**, 800m

Izzy Minguez - **Bronze**, 100m

Prue Musah - **Bronze**, 100m

Alexander Florides, **Bronze**, 1500m

Year 7 girls relay team - Stephanie, Leah, Faye and Mia - **Silver**

Year 7 boys relay team - Zack, Conrad, Aiden and Alexander - **Bronze**

Year 10 girls relay team, Grace C, Grace U, Lexie and Prue - **Silver**



The PE Department





## Football success!

We are thrilled to share some fantastic news about two of our year 8 students: Emin Hamamci and Tyler Koy, both from 8RTC.

These two talented players, alongside their 'Colney Heath' teammates led their way to success in the recent ACES Nationals Under-14 Football Tournament. They secured a remarkable victory coming first out of 36 of the best grassroots teams in the country.

The entire Colney Heath team have set an example for us all, reminding us that dreams can indeed become a reality with hard work and determination.

Well done boys - we are so proud of this exceptional achievement and honour the dedication and hard work of you both and your team.





## Year 7 Enfield rounders tournament

On Monday 10th July, the year 7 rounders team took part in the Enfield borough rounders tournament at Winchmore School. They played some great rounders to beat Southgate and Kingsmead in the group stage and reach the final against Enfield County.

Unfortunately they lost out by half a rounder to a very good Enfield County team in a very close and nervy final. The girls were delighted with their silver medals and we are very proud of them all.

**Mrs Walters**



## Volleyball sporting success

Well done to Yagmur Olcay in year 10 who went on to represent GB at the United World Games. It was a great experience where more than 40 nations attended and Yagmur got to play in the Euro 2008 Arena (Worthersee Stadium) as the main location across four days.

The PE department is really proud of her accomplishments.





## Year 13 prom

The year 13 prom took place this week, and it was an unforgettable affair. The atmosphere was alive with excitement as our students arrived in their finest attire, ready to create lasting memories and celebrate their accomplishments.

As we bid farewell to our year 13 students, we also look forward to the bright and promising futures that await them. Their time at Highlands School and Sixth Form has prepared them for the challenges and opportunities that lie ahead. We are confident that they will continue to achieve great things and make a positive impact in the world.

We are all immensely proud of all the year 13 students and can't wait to see all the incredible things they will accomplish. Wishing them all a future filled with success and fulfilment.





## Workplace insight with Lumon

Future First approached several secondary schools in London, inviting year 12 female students to apply for a unique opportunity to attend an employer day with Lumon, a financial technology company, giving them a real insight into their industry.



The selected group of students were able to gain experience and an understanding of work in the trading and finance industry, develop their knowledge of the foreign exchange market (FX) and gain new skills.



Students participated in an agenda of activities facilitated by Lumon's staff from different departments including marketing, IT and compliance. The day consisted of a tour of the offices, an introduction to Lumon and FX. The experience covered trading activities, ethical debates, activities around brand development, networking and CV writing, mock interviews and more. Students were also treated with lunch, a goody bag gift to take away with them and also had a tree planted in their name as part of Lumon's ongoing sustainability for business policy.

We would like to thank the employees of Lumon for giving up their time and the positive impact they had on our students, Future First for organising this opportunity and to our students for representing Highlands.



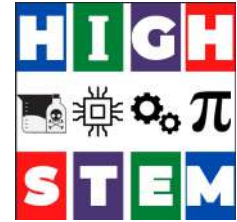
*Students: Louise Georgiou, Nicky Stamoulis, Ece Durgac, Daisy Peterson Keith, Kristiana Alexandrou, Joy Barenga, Lamisha Hoque*

**Mrs Laurenzi**



## STEM Challenge Day

On Wednesday 12th July, a group of 14 year 9 students took part in the North London Science and Technology Challenge day, run by MCS Projects and hosted by Haringey Sixth Form College.



Students worked in mixed teams with students from other schools in north London and participated in practical STEM-related activities led by members of students recruited from leading local universities, gaining an insight about the applications of these subjects as well as encouraging them to consider studying them at further and higher education. The activities were also designed to to develop essential transferable skills.

Throughout the day the students completed three challenges.

**The Robotics Challenge** - each team had to programme a Lego Mindstorm EV3 robot, equipped with ultrasonic and infrared sensors, to navigate around a course.

**The E-FIT Challenge** - having witnessed a 'staged' crime, each team used the latest E-FIT 6 facial recognition software (as used by 90% of UK police forces) to create a computer image of the thief. Finally the 'thief' returns so that their appearance can be compared with the young peoples' images. They also learnt to consider problems associated with memory and facial recognition.

**The Medical Diagnostics Challenge** - Each team undertook the role of a doctor, diagnosing conditions suffered by 'acting' patients. To make their diagnosis, they questioned the patient, tested 'urine' samples, evaluated brain function, examined X-rays and brain scans, and learnt how to use a stethoscope and how to check blood pressure.

At the end of the day, students gathered in the lecture room in a Q&A session with the university students, finding out more about university life and other career related information.

Teams were then presented with prizes and certificates by Councillor Ajda Ovat, Deputy Mayor.

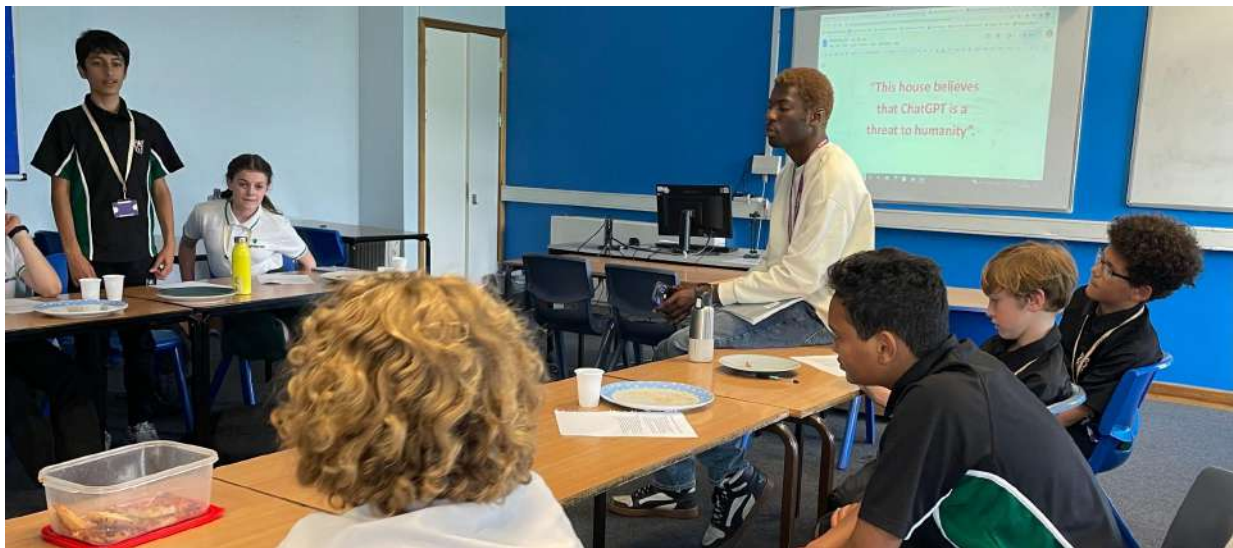




## Debate club

As the academic year comes to a close, our debate club reflects on thought-provoking discussions covering topics like monarchy, climate change, and artificial intelligence. We delved into the complexities of these issues, fostering an environment that encouraged respectful dialogue and the exchange of diverse viewpoints. We also savoured some delicious meals that provided fuel for our passionate discussions. We look forward to reconvening in the next academic year for more stimulating debates with some delicious food.

### Mr Islam and Ms Farr (Debate club hosts)



## NickKings Joking Corner

A weekly edition of comical works by Nicholas King in year 8.





## Eastern European lunch

This week we enjoyed a delicious Ukrainian themed lunch, cooked by our wonderful caterers. Serving a delightful sausage or vegetarian stew with mixed cabbage and rice. Truly a treat for all!



## Medic Mentor

There is a fantastic opportunity for aspiring medical students to speak to three different doctors about their specialities and day-to-day life as a doctor at the free virtual Insight into Medicine conference.

On Saturday 15th July (3pm-7pm), we are delighted to be joined by three leading NHS doctors:

- Dr Smith - Consultant in Perinatal Psychiatry
- Dr. Pecorella – Upper GI Surgery
- Dr. Thake – General Medicine

At this time of year, it's crucial that students take the time to network with doctors and learn about a variety of medical specialties. As we understand this can be difficult to arrange during exam season, we're encouraging students to invest a small part of their Saturday to listen to and speak to these doctors.

Students are invited to take a much-deserved break from their studies while taking their medical application to the next level at the next free virtual Insight into Medicine conference. All doctors will take questions throughout!

Insight into Medicine [registration link](#)

**Dr Len**



## Highlands School uniform and recycle scheme

As we approach a new academic year, we would like to remind you that in September we will be launching our new school uniform. There is also an exciting opportunity to contribute to sustainability and make a positive impact on our environment by recycling the old school uniform.

From 1st September students must be wearing the new school uniform which includes the following:

- Black school shoes (not canvas, Converse, pumps or boots).
- Black socks or plain black tights.
- Plain black kilt skirt or plain black trousers (no jean style or chinos).
- White school shirt or open neck blouse (long or short sleeved).
- Summer polo shirt can be worn in the summer term only (optional).
- Green blazer (with school badge).
- V-neck green jumper (optional).
- School tie (if wearing a buttoned up school shirt).
- Students are required to wear their lanyard at all times when in the classrooms and when moving around the building.
- Single ear stud per ear in each ear. No piercings other than the ear.
- Religious symbols (if required) must be worn inside a blouse/shirt.
- Headscarves worn for religious reasons should be black/green.
- Blazers must always be worn when moving around the school building, unless otherwise advised by the headteacher.



We are delighted to introduce our school's recycle scheme for old school uniform and other textile items and we encourage you to recycle them through our dedicated recycle bin.

By participating in this scheme, you can help extend the life cycle of these uniforms and reduce textile waste, benefiting both our community and the planet. Recycling old uniform not only promotes sustainability but also supports families who may need affordable options for future school years.

Our recycle bin, conveniently located within the school premises, near the bike lockers, provides a hassle-free way to donate your old uniform items. Simply drop off any items you no longer need, including clothing, bedding, handbags, soft toys, and more. Remember to ensure that the items are clean and in a decent condition so they can be put to good use once again.

We appreciate your support in fostering a culture of recycling and sustainability among our students. Together, we can take small steps that lead to significant changes for a better and greener future.

Thanking you in advance for your participation in our school's recycle scheme.

In preparation for our new school uniform launch in September, we will be working with *Kids Just Recycle* to recycle all of our unwanted, old school uniform items to help avoid landfill sites.





Please see the poster below in order to find out what items are accepted as part of this recycle scheme.



**Get ready for the new Highlands School uniform by recycling your old uniform.**

Students can bring in their old, unwanted uniform along with other textile items as part of our new recycling scheme.

**Where is the recycle bin located?**

On the school premises, outside the sports hall, near the bike lockers.

**What other items can I recycle?**

There are so many items you can also recycle, from handbags to soft toys. Check the list of acceptable items before making your donation.

Highlands

Let's make significant changes for a better and greener future.

Highlands School and Sixth Form, 148 Worlds End Lane, N21 1QG | Kids Just Recycle | Tel: 020 3903 9633 | Email: enquiries@kidsjustrecycle.co.uk

**You can now donate unwanted textiles in our recycled clothing bank**

Please donate pre-loved wearable clothing, paired shoes (tied together) and household textiles to raise much needed funds for our school.

Where to find the bins: Outside in the quad - opposite the car park and bike lockers, next to the sports hall.


**We do not accept items that are damaged by:**

	Animal hair	Deodorant / perfume staining	Smoke / odour
	Worn / fraying / ripped	Bobbled material	Broken zips
	Make up staining	Dirt / damp / mould	Missing buttons

**We DO NOT accept the following:**

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Highlands School and Sixth Form, 148 Worlds End Lane, N21 1QG | Kids Just Recycle | Tel: 020 3903 9633 | Email: enquiries@kidsjustrecycle.co.uk



## Highlands book of the month - July

### KS3: The Thief Who Sang Storms by Sophie Anderson

When her father is captured, Linnet sets off to rescue him, seeking to heal her broken island and regain her magical abilities in the process.

The Island of Morovia is shaped like a broken heart. The humans live on one side of the island, and the alkonosts - the bird-people - live on the other. But it wasn't always this way...

Linnet wishes she could sing magic, like her father, Nightingale - and bring the two sides of her island together again. For her land has been divided by a terrible tragedy, and Linnet has been banished with her father to the deepest swamps, leaving behind her best friends, Hero and Silver. So when her father is captured, Linnet must be brave and embark on a treacherous journey. Through alligator pools and sinking sands, she finds new friends. Yet without her singing magic, Linnet discovers something even more powerful. Something that could save her father, and heal the broken heart of her island once more...

With themes of grief, trust, love, and that we have more in common than that which divides us, this is a heartfelt book filled with adventure and stunning storytelling.



### KS4: The cats we meet along the way by Nadia Mikail

As the world prepares for a catastrophic meteor impact, Aisha, her boyfriend and their families travel across Malaysia to find her estranged sister, accompanied by a stray cat.

Seventeen-year-old Aisha hasn't seen her sister June for two years. And now that a calamity is about to end the world in nine months' time, she and her mother decide that it's time to track her down and mend the hurts of the past. Along with Aisha's boyfriend, Walter and his parents (and Fleabag the stray cat), the group take a road trip through Malaysia in a wildly decorated campervan - to put the past to rest, to come to terms with the present, and to hope for the future.



**HIGHLANDS  
SCHOOL  
SUMMER READING  
CHALLENGE 2023**

Welcome to Highlands'  
Summer Reading Challenge!

Your mission, should you choose to accept it, is to read as many of the titles as you can during your summer break.

We have all of these books in the school library or you can access them via the 'Wheelers eBooks' platform.

Rewards and prizes are up for grabs for completing the challenge - just visit Mrs Mehmet in the library to let her know which texts you read after summer.

Happy reading!



## Cooking Champions charity

In English, whilst studying 'Noughts and Crosses', we have been looking at the importance of everyone having a right to eat .

We are therefore supporting the 'Cooking Champions' charity and are collecting the following food items - if you can help support, please drop off any items to Mrs Selim in the English office by Tuesday 18th July.

**Mrs Selim**

*Cooking Champions*

**Our Food Bank wish list**

We are currently providing weekly food packages to support individuals and families across Enfield.

We would be very grateful if you could donate any of the following items:

- Pasta, rice and cereals
- Tinned fruit and vegetables
- Soup and beans
- Non- perishable ready meals - vegan, vegetarian and meat
- Pasta sauce and other jars of sauce
- Coconut milk
- Biscuits, crisps and snacks

Thank you so much

## Ed Extra dates for your diary

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

- Wednesday 19th July - **No Ed Extra**



## The Local Libraries Summer Reading Challenge

The Summer Reading Challenge, presented by The Reading Agency, is delivered in partnership with public libraries and funded by Arts Council England. The challenge encourages children to enjoy the benefits of reading for pleasure over the summer holidays, providing lots of fun as well as helping to prevent the summer reading 'dip'. Each year the challenge motivates over 700,000 children to keep reading to build their skills and confidence.

This year's Summer Reading Challenge theme – Ready, Set, Read! – has been created in partnership with Youth Sport Trust and illustrated by the brilliant children's writer and illustrator Loretta Schauer. This year's sport and play themed initiative aims to keep children's minds and bodies active over the summer break, empowering young people to forge new connections with others. The challenge and the accompanying book collection shows that imagination and play can unlock endless possibilities, and that the library is where this starts.

There are two ways you can take part: at your library or online:

- You can join the challenge at your local library and take part in person. The library will give you a special collector folder, stickers, and other special incentives, and help you find books to read for your Challenge.
- Alternatively, take part in the challenge online by signing up here on the official website! Set a reading goal and log your books on your profile. When you reach your goal you will unlock a virtual badge and certificate.

Please note, the in-person and online challenges are separate. Physical incentives like medals and certificates are only available via the library, for those taking part in the in-person challenge.

Click [HERE](#) for the link.





## Year 9 history essay writing competition

Due to popular demand we have shared Nicole Zeka's winning essay on "Was Germany responsible for the First World War?" Judged by Dr. Tom Bentley at the University of Aberdeen. Enjoy!

### Was Germany responsible for the First World War?

The First World War was a conflict between the Triple Entente (France, Britain, and Russia) and the Central Powers (Austria-Hungary, Italy, and Germany) between the years 1914-1918. However, the main reason for why Germany is blamed happened in the years before. In my opinion, Germany is only partially to blame. This is because of what other countries have done have also had major impacts.

In some ways, Germany is responsible for WW1 as it did many things which worsened international relations from 1870 to 1914. An example of this is the Franco-Prussian War of 1870-71. This war took place because Otto Von Bismarck (the chancellor of Prussia) wanted to unify the German kingdoms. The Germans annihilated France and, in turn, imposed a harsh peace treaty on France. This meant that Germany took Alsace-Lorraine (a section of France), the French had to pay Germany 5 billion French Francs, and the Prussian monarch at the time, Kaiser Wilhelm I, was crowned Kaiser in the Palace of Versailles. This deeply embarrassed and angered the French, which ruined relations between them.

Another example is the 'Reinsurance Treaty'. This was a treaty that bound Germany and Russia as allies until 1890. However, when Bismarck was replaced, the Germans decided to abandon the treaty. This was a massive mistake on Germany's part as this led to Russia becoming allies with France (later forming the Triple Entente with Britain in 1907). Consequently, Germany's only ally was Austria-Hungary, putting them in a much weaker position than in 1890. Even people within Germany were starting to talk about being encircled and questioning Germany's power.

A further instance is the First Moroccan Crisis which spanned 1905-06. During this time, Morocco was considered part of the French empire by many countries. In 1905, Kaiser Wilhelm II sailed to Morocco and made a speech stating that Germany supported Moroccan independence from France. On one hand, many in Europe were shocked and furious, they saw this as an example of Germany's dangerous ambitions and as a threat to European stability and peace. As a result, Germany was isolated and humiliated once again. On the other hand, people could have seen this as Germany only wanting to help Moroccans gain their freedom. In the end, whatever their plan was, Germany didn't succeed and were deemed untrustworthy.

Furthermore, in 1905, a plan called the Schlieffen Plan was developed by the Germans as they realised that if war broke out, they would be fighting on two fronts. The plan was that Germany would defeat France by attacking through Belgium and then turning around to fight Russia. What the Germans didn't know was that Britain had a commitment to protect Belgium if it was attacked. This meant that even if the Germans had succeeded, they would have faced severe repercussions including a possible war with Britain. This aggressive plan wouldn't have worked out in any situation.

Moreover, in 1912, at a German War Council meeting, Chief of General Staff Moltke said "the sooner, the better" when talking about a war breaking out. This suggests that he was trying to provoke other countries into a war and intimidating or challenging them. Other countries in Europe began to realise that Germany was a hazard to the rest of Europe.

Alternatively, there were also some other countries in Europe that are relatively at fault for WW1. For example, from 1906, Germany began building its own Dreadnought class ships. This alarmed Britain which therefore decided to expand its naval army in retaliation. Subsequently, the naval arms race commenced, meaning that both countries were fighting to protect the status of their navy. In 1909, Britain knew it was winning and refused to negotiate with Germany, sacrificing their relations.

In 1908, Austria-Hungary (a Central Power and ally of Germany) annexed Bosnia (a country in the Balkans). This enraged Serbia as they wanted Bosnia to become a part of their own empire. Russia was also furious that Austria-Hungary had expanded further into the Balkans but Germany had forced them to back down, leaving Russia no other choice as they had just suffered a devastating defeat from Japan which had left them rendered powerless. Some believe that Austria-Hungary shouldn't have annexed Bosnia as it created conflict in the Balkans and got many countries involved. Whereas, others believe that Russia shouldn't have gotten involved and that Germany was only protecting its ally.



From the years 1912-13, there was a conflict in the Balkans called the Balkan Wars, which deprived the Ottoman Empire from all of its territory. At the end of the wars, the Serbian Prime Minister, Nikola Pašić, had said "Now time for the second round – against Austria."

This made international relations worse as it could be seen as revenge towards Austria-Hungary for annexing Bosnia, and Germany for defending them. It is also possible that this could be seen as Serbia provoking the Central Powers and advocating for what ended up to be a catastrophic war. It is for these reasons that people may choose to or not to blame Germany for the start of the war.

However, what happens from 1914 onwards can change a lot of people's minds. On 28th June 1914, Archduke Franz Ferdinand, son of the emperor of Austria-Hungary, Franz Joseph, and his wife Sophie were assassinated by Gavrilo Princip, a member of the Black Hand gang. The Black Hand was a group of terrorists trained by Serbia; their mission was to kill Franz Ferdinand, hopefully inducing a war between Serbia and Austria-Hungary. Serbia is mainly blamed for the assassination as they are the country who trained the Black Hand Gang. Following the assassination, Austrian leadership had agreed to take strong action against Serbia. On 5th July 1914, Austrians travelled to Germany, seeking their ally's assistance.

In response, the German government and the Kaiser gave Austria what became known as the 'Blank Cheque.' This meant that Germany had given Austria their unconditional support. It could be said that it was justified because this was Germany's response to their ally being threatened by Serbia and their way of protecting themselves by having a strong alliance in Europe. On the contrary, by supporting Austria, Germany, in a way, allowing them to attack Serbia. Austria, with an added confidence because of the Blank Cheque, attacked the Serbian capital city, Belgrade, on the 28th July 1914 and declared war on Serbia. Again, this could be justified because Serbia provoked them by killing Franz Ferdinand but it worsens relations and that was Austria's fault. This could've been avoided if Germany didn't give Austria unquestioned support, which makes it also Germany's fault.

On the 29th July, Russia partially mobilised their army, and fully mobilised it on the 31st, as a show of support for Serbia. Russia deciding to get involved in the conflict meant that what was going to be a local war, would turn into a continental war as the Triple Entente (an alliance which Russia is a part of) would also have to get involved, which gives some blame to Russia. Fearing a war on two fronts, Germany asked France what they would do in the event of a war between Germany and Russia. France responded to this by mobilising an army and preparing for war. On one hand, this could be seen as an aggressive move from France, on the other, Germany provoked France, possibly inciting fear and France was only trying to defend themselves. Germany declared war on Russia and France on the 1st and 3rd of August 1914. If Germany had kept its previous alliance with Russia, they wouldn't have been worried about having to fight on two fronts and would've been at an advantage, which would've avoided everything between France and Germany.

Wanting to surprise France, Germany went ahead with the Schlieffen Plan and invaded France through Belgium. Germany was still unaware of Britain's alliance with Belgium and so did not anticipate Britain joining the war in order to protect Belgium. The Schlieffen Plan in general was a huge miscalculation for Germany as it led to war with Britain, which meant more countries were now involved in the conflict.

Overall, I believe that in relation to what happened before the outbreak of the war, Germany is mostly responsible. I think this because out of all of the countries involved, Germany had made the most aggressive moves and damaged the most international relations during this time period. An example of this is the Schlieffen Plan of 1905 where Germany deliberately planned to attack another country because it felt intimidated by the Triple Entente. Similarly, when referring to the events that led up to the outbreak of the war, some may say that it was still completely Germany's fault because they are the ones who allowed Austria-Hungary to declare war on Serbia by giving them the Blank Cheque. Nevertheless, when referring to what happened in the steps leading to the war, I believe that Serbia is fully to blame because if Serbia hadn't trained the Black Hand Gang to kill Franz Ferdinand and his wife, then everything else that followed wouldn't have happened.



## ☀️ Summer Health Checks ☀️

### ***A reminder for parents:***

As we are all aware the summer holidays are approaching, less than 2 weeks away! Summer holidays are an ideal time to catch up on the essential health check-ups for your children.

### **Dental**

All children should have a regular check-up. The dentist will advise how often, depending on how good your child's oral health is. A check-up allows the dentist to see if your child has any dental problems and helps keep the mouth healthy. NHS dental care for children is free.

Brush teeth twice daily for about 2 minutes – last thing at night before bed and once during the day with fluoride toothpaste to help prevent and control tooth decay. Do not rinse after brushing, just spit out. If you rinse, the fluoride won't work as well.

### **Vision**

Free NHS sight tests are available at Opticians for children under the age of 16 years and for young people under 19 in fulltime education.

Eye checks are important. Children may not realise they have a vision problem, so without routine tests, there is a risk a problem may not be spotted. This may affect their development and education.

### **Asthma**

If your child has a diagnosis of asthma, an annual asthma review with your asthma nurse or GP is very important. The review is a routine appointment where your child will be examined to ensure that they are being prescribed the correct medication to keep the asthma attacks under control. You are also able to talk about your child's asthma and ask questions i.e., symptoms, triggers and medicines. You can also talk about asthma attacks and how to reduce them.

### **Immunisations**

If your child is of school age, please contact The School Aged Immunisation Service. The School Aged Immunisation Service administer vaccinations in schools and hold catch up clinics for children who have missed any immunisations.

**Pre-School Boosters** - Please contact GP.

**Flu** - Year group changes each year depending on NHS requirements.

**HPV and MMR** - Year 8 (these are normally done at school).

**MEN ACWY, Diphtheria, Polio, Tetanus** - Year 9 (these are normally done at school).

Contact Number: 020 8702 3499

Email: [beh-tr.enfieldimmunisationteam@nhs.net](mailto:beh-tr.enfieldimmunisationteam@nhs.net)

Until April 2024, there is an NHS Polio Campaign running. This is aiming to catch children up with all of their missed vaccines. If your child is in school and is missing MMR or Pre-School Booster doses, please contact the Polio phone line on 020 8702 6187. For more information, please visit [www.saisenfield.co.uk](http://www.saisenfield.co.uk).

If you require any further information or support from the **Enfield School Nursing Team**, you can contact them on:

**020 3988 7300 | [northmid.cedarsn@nhs.net](mailto:northmid.cedarsn@nhs.net) | [www.northmid.nhs.uk/school-health](http://www.northmid.nhs.uk/school-health)**



# 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  
Department for Education

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



# Winchmore Hill Sports Club FAMILY FUN DAY

SATURDAY 22ND JULY 2023  
THE PAULIN GROUND, FORDS GROVE, N21 3ER  
1PM - 7PM

A family fun day as well as 3 cricket matches to watch throughout the day followed by live music in the evening

facepaints \* glitter tattoos \* candyfloss & popcorn  
ice-cream van \* sweets in the jar \* bottle caps in the jar  
decoupage gifts \* food stalls \* bar  
\* inflatables \* clothing stall \* fastest bowler comp kit sale \* and much more!

Winchmore Hill 1st XI vs Homsey CC 1st XI  
Winchmore Hill 4th XI vs Highgate CC, Middx CC 4th XI  
Winchmore Hill 5th XI vs Bessborough CC 4th XI

ICE CREAM  
TREASURE CHEST/RAFFLE DRAW at 6.30pm  
EVENING ENTERTAINMENT and BBQ from 7pm  
All proceeds from the day go towards the sports club

FREE ENTRY  
RAFFLE PRIZES  
1st - iPad  
2nd - iPhone

REGISTER NOW TO AVOID DISAPPOINTMENT

# GAME MASTERS

## SUMMER UNI 2023

80+ FREE ACTIVITIES FOR YOUNG PEOPLE  
FROM MON 24 JUL - 24 AUG AGE 11-19

THIS SUMMER IT'S YOUR TURN REGISTER NOW

Facebook Youth Enfield Instagram @Youth\_Enfield #youthenfield

Email: [SUregistration@enfield.gov.uk](mailto:SUregistration@enfield.gov.uk)

Register now: [www.youthenfield.taptub.co.uk/register](http://www.youthenfield.taptub.co.uk/register)

Funding by The Department for Education



## GET ACTIVE & TUCK IN

# SUMMER PROGRAMME

AGES 11-16

Every Monday to Thursday (trips on Fridays)  
CRAIG PARK 24 July - 17 August 11am-3.30pm  
PONDERS END 24 July - 17 August 11am-3.30pm

SEND Specific (every Monday & Tuesday)  
BELL LANE 24 July - 15 August 10am-3.30pm

Enfield Council Youth Development Service are providing fantastic free activities and hot meals during the summer holiday. There are three camps running at:

Craig Park Youth Centre 2 Lawrence Road, Edmonton N18 2HN  
Ponders End Youth Centre 141 South Street, Enfield EN3 4PX  
Bell Lane Youth Centre Bell Lane, Enfield EN3 5PA

Our summer holiday camps are designed to help young people get active, introduce them to new and exciting activities, and create a fun filled experience they will remember forever.

We have loads of fun activities during the summer, such as sports, performing arts, and games to enjoy each week, alongside free trips and outings and an overnight residential stay with an end of summer BBQ.

HOW TO ACCESS

If you are aged between 11-16 and you are currently receiving free school meals visit Youth Enfield Positive Activities Portal to register and book on the programmes

[www.youthenfield.taptub.co.uk](http://www.youthenfield.taptub.co.uk)

Interested?

Email [youthenfield@enfield.gov.uk](mailto:youthenfield@enfield.gov.uk)

[www.youthenfield.taptub.co.uk](http://www.youthenfield.taptub.co.uk)

Programme is funded by Department of Education

Department for Education







# 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

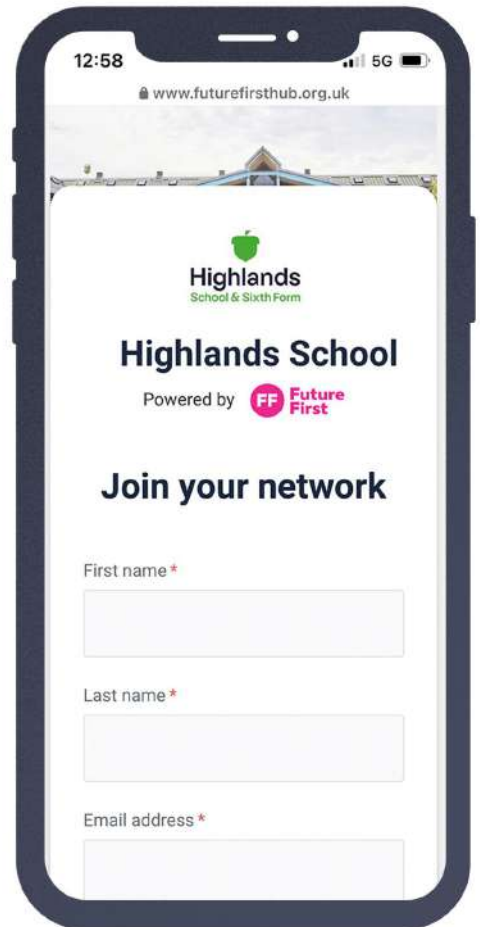


## Former student?

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**  
GROUP 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**  
Supporting young people for over 25 years

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

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