



Highlands School Newsletter

09 June 2023



Dear Parents and Carers,

As you will read in the newsletter below, this week we celebrated Diversity Role Models coming back to Highlands School to film with ASDA supermarket. ASDA are partners of Diversity Role Models and when the supermarket chain said they wanted to make a promotional video, Diversity Role Models said that the school they would want to return to for the filming was Highlands, because of the wonderful reception they had been given here. We were pleased to support this project and proud of how welcome our students make external visitors feel.

I would like to remind the school community about water fighting. Both in school and around the local community, Highlands students should not be involved in throwing water, water balloons or using water guns. Our older students are familiar with these rules but some of our year 7 students seem less so. Please remind your children of the school rules so that they do not get into trouble. Prevention is always better than sanction.

Next week at school our second round of house bake sales starts. All money from the sales go to charity and we also give points to the houses depending on how much they sell. Please support your child in bringing something to school to sell. The inter house competition is very close, with the winning house going to Thorpe Park on 14th July. Every point counts as we get towards the end of the inter house competition! Dates of the bake sales are on page 5.



This week we were presented with an attendance award, putting our school attendance in the top 25% of similar schools nationally. Being in school is important and, post COVID, there has been a challenge nationally to get attendance back to pre COVID levels. Thank you to families for getting students into school each day, let's keep up our good work and push to get Highlands into the top 10% of schools nationally!

Please note the key events we have coming up in school over the next six weeks:

Dates for your diary:

- Thursday 29th and Friday 30th June: DARE Days 3 and 4
- Wednesday 5th July: Sports Day
- Thursday 13th July: summer music concert
- Friday 21st July: end of term and end of the academic year

Have a great weekend,

Mr McInerney, Headteacher

House competition weekly results

The winner this week is the house with the **highest overall points**. Well done to Oak!

	Beech	Oak	Rowan	Willow
Positive points this week	2478	3664	1958	2713
Negative points	-330	-355	-339	-291
Points overall	2148	3309	1619	2422

Top students in year 7:

Forename	Surname	Form	House	Points
Oliver	Dhillon	7OAC	O	687
Tyanna	Ferreira	7OAC	O	663
Aiden	Adeoye	7WMP	W	657
Warren	Kelly	7OAC	O	627
Taylor	Berndes	7OAC	O	603
Ceren	Turkkorur	7OAC	O	601
Adalane	Angate	7OAC	O	599
Max	Rich	7OAC	O	592
Dennis	Erdogan	7OAC	O	575
Lara	Pinar	7OAC	O	574



Top students in year 8:

Forename	Surname	Form	House	Points
Arabella	Mumba	8ODC	O	1090
Radhika	Parmar	8ODC	O	898
Luke	Shearman	8ODC	O	860
Ruby	Magrun	8BYC	B	833
Gabrielle	Russell	8BYC	B	826
Melisa	Spahia	8BYC	B	818
Kaitlyn-Marie	Ewan	8OSM	O	804
Taraneh	Kheradmandi	8BYC	B	794
Hugh	Murphy	8BYC	B	784
Joseph	Smyth	8BYC	B	780

Top students in year 9:

Forename	Surname	Form	House	Points
Tyrae	Best-Daley	9BJC	B	996
Aaliyah	Udahemuka	9BJC	B	989
Luke	Smith	9WDD	W	930
Emma	Simon	9BJC	B	919
Evie	Whitbread	9WDD	W	918
Daniel	Malaj	9BJC	B	900
Skye	Creary	9WDD	W	887
Alfie	Horn	9WDD	W	878
Nataniel	De Almeida	9WDD	W	870
Yaqoob	Sediq	9OAB	O	856

Top students in year 10:

Forename	Surname	Form	House	Points
Rakibe	Halili	10BRD	B	584
Arda	Aslan	10OMK	O	579
Benjamin	Gormley	10BJT	B	573
Sophie	Bernasconi	10BJT	B	567
Prue	Musah	10RTS	R	527
Beckham	Tahsen	10RTS	R	492
Tamer	Tarik	10WKM	W	491
Elaine	Ho	10WKM	W	491
Alkeo	Xhamxhiu	10OMK	O	489
Joshua	Lausch	10RKM	R	469



Top students in year 11:

Forename	Surname	Form	House	Points
Beirhan	Guven	11WLM	W	578
Eneida	Luganskyte	11OPR	O	550
Daniel	Drysdale	11WLM	W	509
Jack	Young	11OPR	O	502
Raphael	Richter	11BSP	B	496
Andy	Dishnica	11WLM	W	462
Alexandros	Savva	11OPR	O	454
Alessandro	Georgiou	11WTA	W	445
Ethan	Strickland	11WLM	W	441
Ellie-May	Bailey	11RGA	R	439

Top students in year 12:

Forename	Surname	Form	House	Points
Emily	Muncaster	12OKA	O	169
Rayaan	Kaderia	12BAG	B	154
Rachel	Lok	12BLR	B	144
Alexia	Kyriakou	12WBS	W	143
Hollie	Burkett	12OSQ	O	137
Iona	Garrard	12RSL	R	136
Deniz	Yamanséf	12WBS	W	134
Aisling	Brennan	12WBS	W	131
Kristiana	Alexandrou	12RDS	R	122
Louise	Georgiou	12OSQ	O	111

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
Ethan	Rees	13OES	O	78
Clara	Eboue	13RJB	R	76
Athena	Luxton	13RJB	R	76
Ayse	Altinay	13OES	O	73



House bake sales

We are delighted to share that this term all students have the opportunity to host another charity fundraising bake sale during break time.

This is a fantastic opportunity for each house to join together as a community to raise money for their chosen charity and to showcase their baking skills. All students who contribute to the bake sale will receive 5 achievement points and additional house points will be awarded to their house for the money raised.

We are asking students to bring in baked foods and sweet treats such as cakes, biscuits, cookies or savoury items. These can be homemade or shop bought but must be free from nuts, sesame and gelatine. We would also welcome contributions of cakes and biscuits that are gluten free and/or vegan/plant based. Please label your cakes with what they are, including your child's name and tutor group, to enable us to give them their house points.

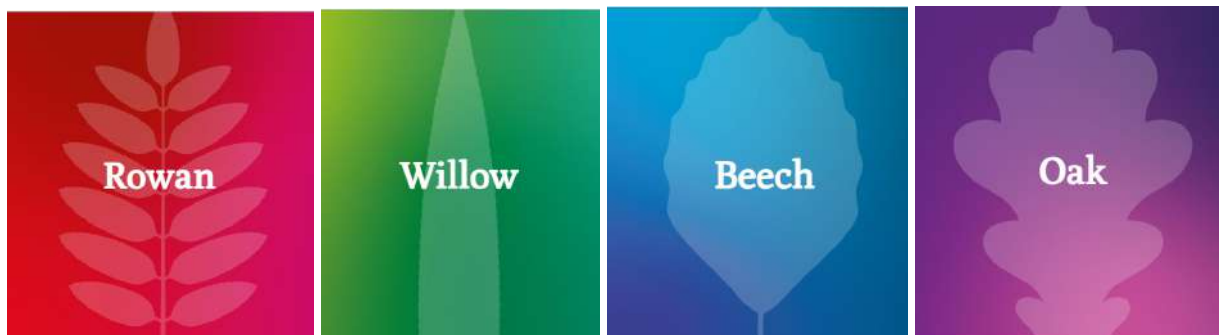
All items should be brought to the drop-off point in reception by 8.30am of the morning of the sale. If you wish to have your containers back please ask your child to come to reception at the end of the day to collect them.

All students who wish to participate in the bake sales should complete the Google form posted on their house classroom. We will randomly choose some volunteers from different year groups to help on the morning of the sale, with setting up and selling (unfortunately we cannot accommodate everyone who volunteers). Those chosen will be contacted with further information on the day, so they can be released from their lesson earlier.

- Willow bake sale will be on the 20th June
- Oak bake sale will be on the 22nd June
- Rowan bake sale will be on the 27th June
- Beech bake sale will be on 28th June

Thank you for your support and I look forward to seeing all the wonderful baking and contributions.

Mrs A Jeynes





National School Attendance Award

Our school has been contacted by FFT to inform us that our attendance puts us in the top 25% of similar schools nationally for attendance. FFT collects daily attendance data from over 10,000 schools. This data has helped schools track, monitor and compare their attendance every week. Well done to everyone for all their contributions.



Diversity Role Models - ASDA marketing campaign

Highlands School works with the charity Diversity Role Models (DRM) who carry out workshops in schools to promote LGBT inclusion and to prevent bullying based on sexual orientation and gender identity.

ASDA are one of Diversity Role Model's main sponsors and were looking to make a promotional video to demonstrate how their funding of DRM helps to create safe and inclusive schools.

Highlands School was chosen by DRM to participate in ASDA's promotional video.

Seven articulate students were chosen to take part in the workshop. Their contribution was a true testament to their sheer excellence as students.

Highlands, Asda and DRM would like to thank George Efstratiou, Ben Kissos Boast, Warren Kelly, Christian Demetriou, Leo Albrecht, Oliver Dhillon and Taylor Berndes for their outstanding contribution.

[Click here](#) to watch the video



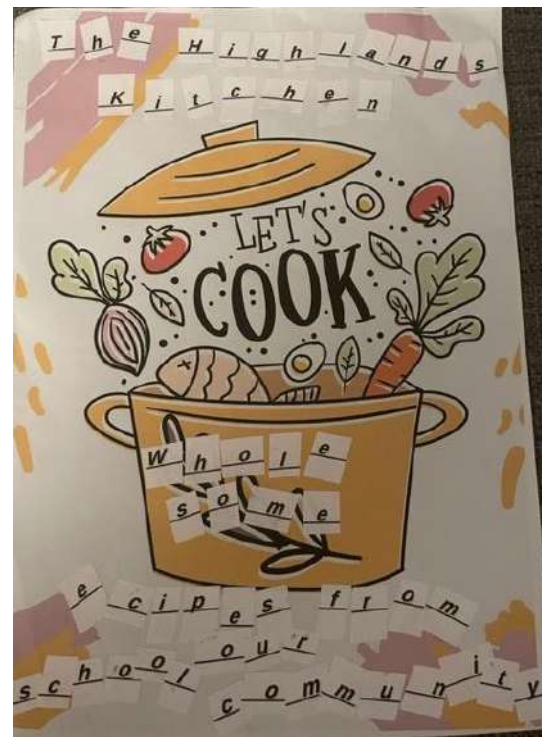
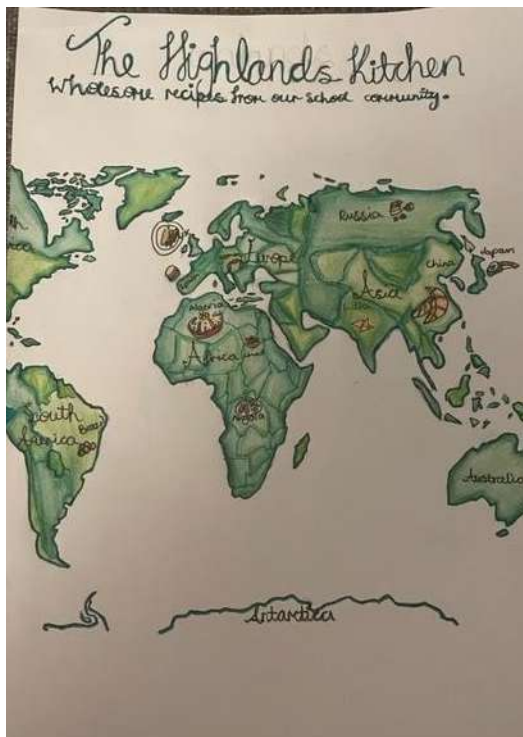


Highlands cookbook competition winner

After careful consideration and an overwhelming response from our talented students, we have finally selected the front cover of our very own, special edition, cookbook - *The Highlands Kitchen, Wholesome recipes from our school community.*

Congratulations to Maria Vassiliou in 7OFD, on your outstanding creativity and artistic flair! Your design stood out among the many impressive entries and perfectly encapsulates the spirit of our school's culinary community.

Well done to Francesca Georgiou in 8WAJ and Franceska Koci in 8RTC whose designs came second and third, and to all of the other students who entered.



2nd place: Francesca Georgiou and 3rd place: Franceska Koci



Here are some of the other entries

Sixth Form induction day

There will be a sixth form induction day for all the year 11 internal applicants on **21st June**. A gentle reminder to all parents/carers who received an invite, to complete the Google form confirming if their child is able to attend the event.





Capital Box Cup title winner!

We are thrilled to announce that our incredible student Jimmy Mannion in year 11, has emerged as the champion of the Capital Box Cup title! His unwavering dedication, perseverance and exceptional boxing skills have led him to this remarkable victory, and we couldn't be prouder! Well done Jimmy!



Ed Extra dates for your diary

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

- Wednesday 21st June - Ed extra as normal
- Wednesday 28th June - Ed extra as normal
- Wednesday 5th July - **No Ed extra due to school sports day**
- Wednesday 12th July - Ed extra as normal
- Wednesday 19th July - **No Ed extra**



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**.

What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a disorder that is defined through analysis of behaviour. People with ADHD show a persistent pattern of inattention and/or hyperactivity–impulsivity that interferes with day-to-day functioning and/or development.



Visit [ADHD.uk](https://www.adhd.uk) for useful information on child diagnosis, how to get support with dealing with ADHD and useful resources. You can also view this [video](#) if you would like to learn more about this disorder.

There are a number of [famous people](#) who have spoken directly about their ADHD. It is important to celebrate those who publicly talk about ADHD as this helps to raise awareness. It is important to note that individuals with ADHD also possess unique strengths, such as creativity, high energy levels, and the ability to hyperfocus on tasks of interest.

Learning support department

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.



Attendance and punctuality

At Highlands we believe regular attendance is vital for students to maximise their learning and to achieve their full potential at school. We encourage our pupils to strive for excellence and be the best they can be. We want to share our expectations around attendance with parents and carers to ensure we work together to support our students to flourish.

Why attendance is important

- The DFE outlines in its [working together to improve school attendance](#) guidance that ‘the pupils with the highest attainment at the end of key stage 4 have higher rates of attendance over the key stage compared to those with the lowest attainment.
- Excellent levels of attendance provides routine and structure to students, making their experience of school life more enjoyable and stable.
- Attending school regularly and on time fosters positive habits around responsibility in preparation for later life and the working world.

Our expectations on attendance and punctuality

- Our aim is for all students to have an attendance figure of at least 97% to ensure the best possible outcomes for all.
- The government persistent absence percentage is 90% and all schools have to show that they have a robust system in place to track and support any attendance which falls below this level.
- We expect students to attend school every day unless there is a significant, valid reason for a student to be absent.
- We expect students to attend school on time every day. This means that students will arrive at school for when the gates open at 8:20am, and no later than 8:30am, when the gates close.

What does our attendance system look like?

Attendance and punctuality is reviewed weekly by the attendance officer and head of year and a cause for concern is identified. A cause for concerns could include:

- Long periods of absence
- Patterns of absence
- Sporadic days off for minor reasons
- Absences where no reason is given by the parent/carers
- Unauthorised periods of leave
- Persistent lateness.

Where a cause for concern is raised, the school will follow steps to address these concerns which may include any of the following:

- Written communication to parents
- Attendance calls by the school attendance officer or a member of the pastoral team
- Attendance meetings
- Attendance support plans
- EWS referral
- Fixed penalty notices in line with the local authority code of conduct
- A referral to children’s services where there are safeguarding concerns.



For more concerning cases, we may make a referral to the educational welfare service for additional support. The school has a legal duty to refer cases of persistent absence to the educational welfare service.

Intervention stage	Criteria for intervention
Intervention 1: Email reminder of attendance expectations.	A sudden drop in attendance such as two weeks of consecutive decline in attendance.
Intervention 2: Hoy/BM phone call home for a discussion with parent/carer. Stage one letter sent by the attendance officer.	Three weeks of consecutive decline in attendance.
Intervention 4: Attendance meeting.	Persistent attendance and/or punctuality concerns .
Intervention 5: Attendance support plan.	Persistent attendance and/or punctuality concerns.
Intervention 6: Referral to the EWO.	Where absence drops to below 90%, or there are persistent concerns with no sign of improvement. The EWO will monitor and review attendance and work closely with the school, local authority and families with the aim to support improved attendance.

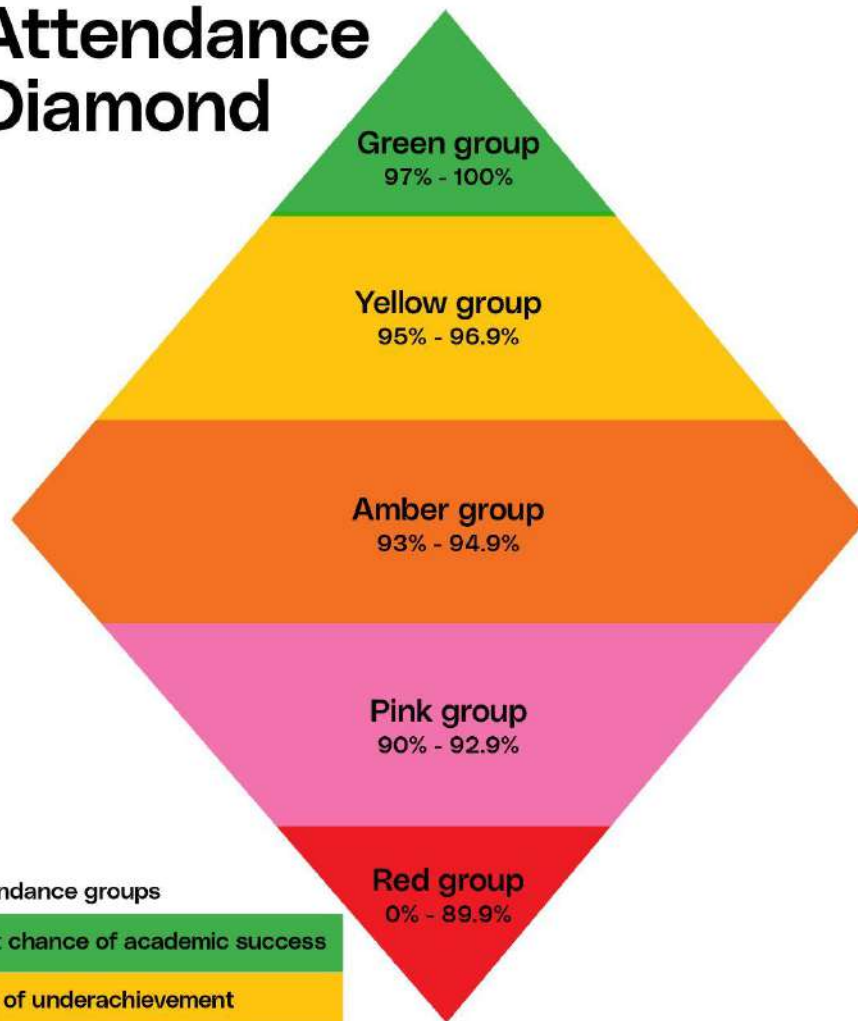
How parents and carers can help

You can support us with securing excellent levels of attendance by:

- Not booking holidays in term time - written requests must go to the headteacher before any travel arrangements are made.
- Not taking your child out of school unless in exceptional circumstances.
- Ensuring any medical appointments are booked outside of school hours where possible.
- Always contacting the school to let us know where your child is and why they are absent.
- Always encouraging your child to attend school.
- Encouraging excellent punctuality and setting good routines, as persistent lateness will affect their attendance.



Attendance Diamond

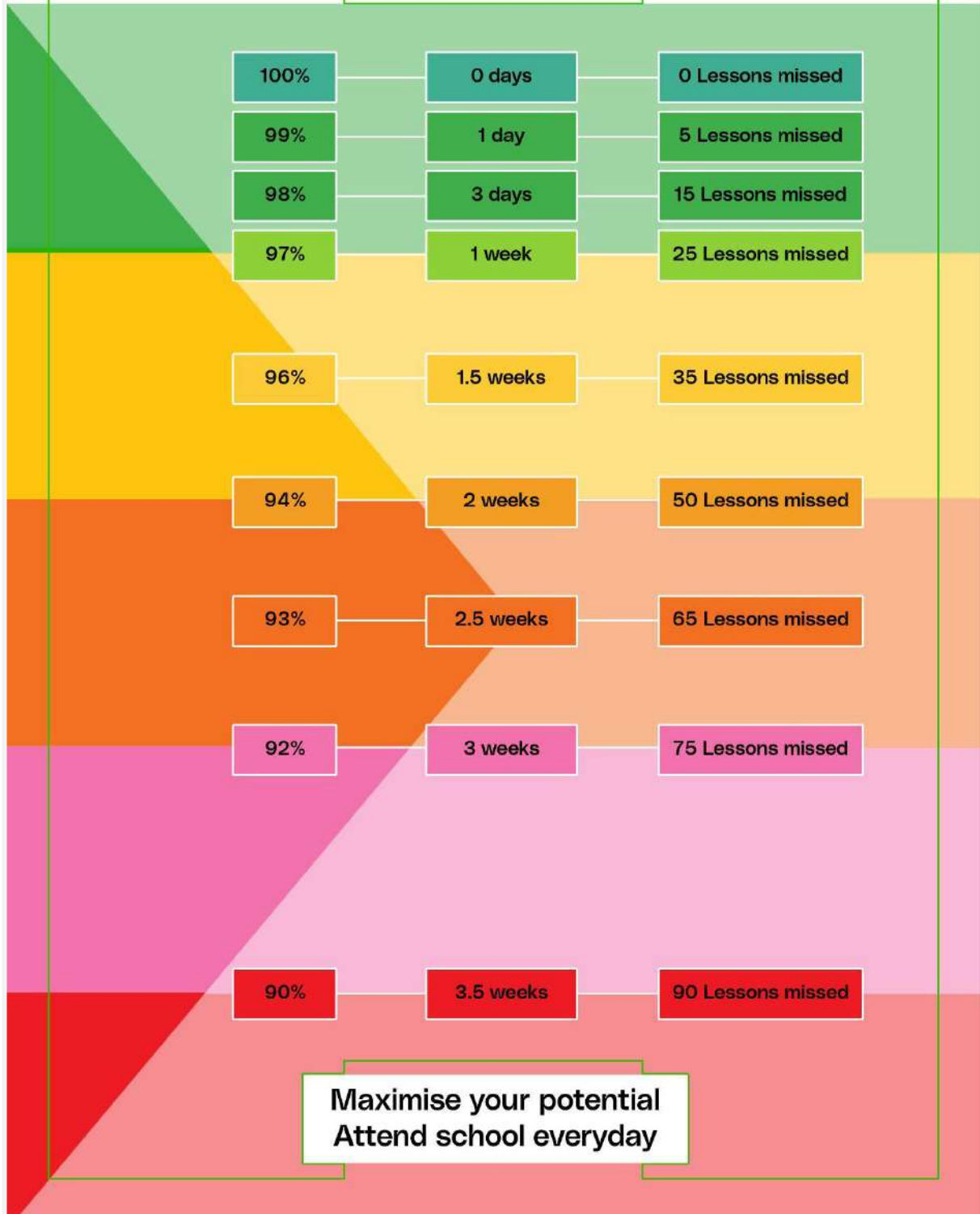


Attendance groups

- Best chance of academic success
- Risk of underachievement
- Serious risk of underachievement
- Severe risk of underachievement
- Extreme risk of underachievement



Attendance matters





Get into Veterinary Medicine conference

On Saturday 17th June (9:30am - 3:30pm), Chief Vet Mentor Dr James Taylor will be running a FREE VIRTUAL Get into Veterinary Medicine conference for aspiring vets in years 11- 13.

This conference provides a full guide to getting into vet school and what students need to stand out in a highly competitive application process: [Registration link.](#)

Dr James will cover:

- Application Timelines
- How to Tactically Choose Veterinary Schools
- CV Building
- Personal Statements
- Interview Skills
- Leadership and Awards Programmes
- Accessing Work Experience
- Accessing Scholarships to study Veterinary Medicine at university

Dr Len

Omonia Youth Football Club U16s

Omonia Youth Football Club are looking for football players to join their under 16 squad for the 2023/24 season.

Omonia Youth FC are a successful charity organisation and have been running for a number of years. It is a great footstep into grassroots football, all the way up to academy level and semi professional.

Please read the flyer for more information if you are interested in joining.

We are an England Football accredited club and the 2021 FA 'Grassroots Club of the Year'

UNDER 16 SQUAD

Omonia Youth FC are looking for footballers to join our well run, well respected and award winning community football club

Omonia Youth FC are currently looking for footballers to join our **Under 16** squad for the **2023/24 season**.

If you are a player who is in **current school year 10** and want to train and play football, please contact us. We are seeking players in all positions.

The team currently plays in the Watford Friendly League

Interested? Please contact **ZENO** on **07956 184159**

For more information about the club visit our website: www.omoniayouthfc.com

omoniayouthfc.com @omoniayouthfc @omoniayouthfc1994

ACCREDITED CLUB PART OF ENGLAND FOOTBALL FOR ALL GRASSROOTS FOOTBALL AWARDS NIKE PARTNER CLUB



Highlands School Alumni

Highlands School is launching an alumni network!

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

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

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

#HighlandsAlumni

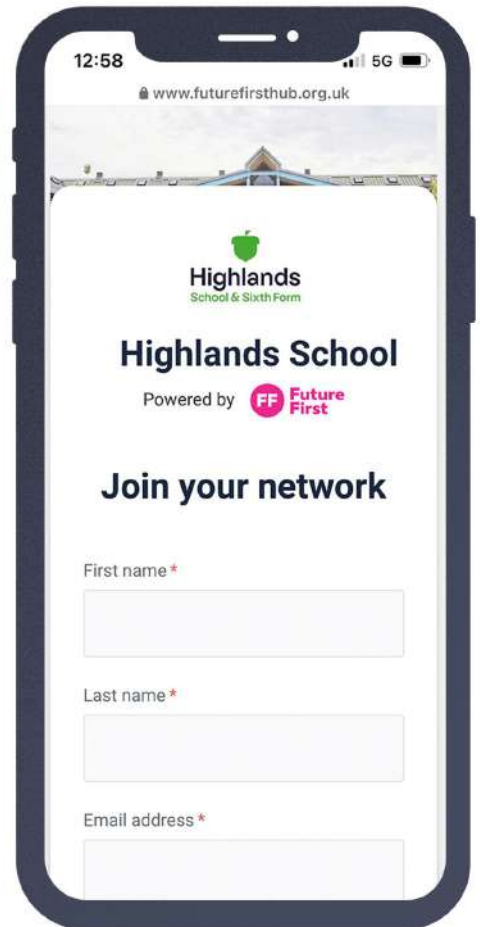


Former student?

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

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

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





Student medical needs

If your child needs to take regular medication in school, please fill out the following [Medicines Consent Form](#) to give the school consent to administer medication to your child. All medications that are kept in school must be stored in the medical room.

Mental health

We are continuously working hard to improve our understanding as a community of mental health, to enable us to provide the best possible outcomes for the young people in our lives. If you are ever concerned that your child is at risk due to very poor mental health please inform the school. You can also contact one of these numbers to seek support from a specialist. The Crisis line is there to offer guidance if your child may be having suicidal thoughts and is possibly in immediate danger. If you do ever find yourself in a position where you need to use these resources for your child, please make the school aware so we can provide appropriate support within school for your child.

Urgent mental health support - 24/7 crisis lines

Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder ([link below](#)) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Urgent and other support available

shout
85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required
Text "SHOUT" to 85258 or visit [Shout Crisis Text Line](#)

SAMARITANS

Samaritans 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org

Crisis Tools

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

PAPYRUS

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

childline
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. 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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