



# DARE Days

## 29th and 30th June 2023

DARE Days are a programme of whole school trips and activities designed to enhance and enrich the experiences our students have at Highlands and demonstrate the true ethos of our school; determination, aspiration, respect and equality.

On 29th and 30th June, our students thoroughly enjoyed two amazing days of school trips and exhilarating experiences. 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.





# GoApe

An adrenaline-filled adventure at Go Ape, an exhilarating treetop adventure course, located amidst the beautiful woodlands at Alexandra Palace, this outdoor activity proved to be the perfect way to kick-start the day. Our students were provided with safety harnesses and expert guidance as they manoeuvred through thrilling obstacles, including zip lines, rope bridges, and Tarzan swings.

The Go Ape experience fostered teamwork, encouraged problem-solving skills, and helped students overcome their fears. They learned the importance of communication, trust, and perseverance, all while having an absolute blast. It was truly heartwarming to witness their beaming smiles and the sense of accomplishment as they conquered each challenge.





# Victoria and Albert Museum

Our year 8 students had a fantastic time visiting the prestigious Victoria and Albert Museum (V&A) in London as part of DARE Days, exposing themselves to the captivating world of art and culture where they saw a number of amazing artefacts and diverse exhibitions.

To build upon the knowledge of art students gained in year 7 and 8, the trip focused on the Medieval and Renaissance art and China and Japan exhibitions.

Students enthusiastically participated in hands-on activities, such as experimenting with various mediums and even trying on historical costumes. Students were given a booklet containing clues which linked to the different exhibits, which they had to find the answers to, while exploring the museum. Students were also given time to draw artefacts of their choice and many produced some great responses to what inspired them during their visit and gave them a great sense of cultural appreciation.





# Bletchley Park

Our year 9 historians journeyed back in time to Bletchley Park, the historic site renowned for its vital role in World War II codebreaking. Nestled amidst picturesque grounds, Bletchley Park offered a captivating glimpse into the intelligence operations that helped shape the outcome of the war.

Students explored the fascinating exhibitions, discovering the incredible work of codebreakers like Alan Turing. They marveled at the historical artefacts, including the famous Enigma machines. Students followed insightful narratives, learning about the significance of Bletchley Park's contributions to the war effort and its impact on modern technology.

The visit to Bletchley Park sparked curiosity, deepened historical understanding, and instilled a profound appreciation for the courage and intelligence of the codebreakers. Our students left inspired, with a renewed sense of the importance of critical thinking and problem-solving.





# The Chicken Shed

Our 7 students experienced the magic of live theatre at the renowned The Chicken Shed. This inclusive and vibrant theatre company, known for its unique performances, delighted our students with a captivating workshop that combined music, dance, and drama.

The interactive nature of the workshop encouraged audience participation, fostering a sense of unity and creativity. The students finished off the workshop by writing and performing an inspirational and memorable rap about Highlands School, which left the staff and students full of joy and positivity. The workshop was a really fun experience for the students and served as a reminder of the transformative power of the arts.

At school, the year 8 students also took part in a workshop run by The Chicken Shed. They were incredible as they practised and perfected their performance. The energy, talent and dedication on display was awe-inspiring. Well done to all of the students, they are true stars in the making.





# London Zoo

Our year 7 students went on an unforgettable experience to London Zoo. With great enthusiasm and curiosity, our young explorers embarked on a thrilling adventure into the world of wildlife.

Our budding students witnessed the playful antics of the charming penguins, as they dived, swam and interacted with one another and the regal demeanor of the lions. Throughout the day, our year 7 students not only enjoyed the thrill of seeing incredible animals up close, but also gained a deeper appreciation for the importance of conservation and animal welfare.

The trip was a unique opportunity to connect with nature, sparking their curiosity and igniting a passion for the wonderful animal kingdom.





# Design technology workshops

The year 9 students took part in design technology workshops for DARE days. The engaging sessions allowed their young minds to unleash their creativity and acquire hands-on skills in various activities.

In the textiles workshop, our students showcased their flair for fashion and design by crafting stylish bucket hats. Under the guidance of our talented teachers, they learned essential techniques such as pattern cutting, stitching, and embellishment. With colourful fabrics and imaginative designs, the students truly brought their unique personalities to life. It was inspiring to witness their dedication and attention to detail as they crafted these fashionable accessories.

The resistant materials workshop proved to be an ideal space for our students to channel their inner inventors. Armed with their imagination and a variety of materials, they were tasked with creating sweet dispensing jars. This project required them to think critically about design, functionality, and durability. It was remarkable to see their creativity come to life as they constructed unique and innovative containers, making sure that they not only dispensed sweets but also captured attention with their aesthetic appeal.





# Design technology workshops

In food technology, our aspiring chefs honed their culinary skills by diving into the world of bread-making. Focaccia bread, a delightful Italian speciality, was the focus of their creations. From kneading the dough to experimenting with a wide range of toppings and flavours, our students discovered the art and science behind baking. The aroma of freshly baked bread filled the room, and the smiles on their faces as they presented their creations were truly priceless.







# Deaf Aspiration Day

As part of DARE Days and in a celebration of dreams and determination, deaf students from seven different schools gathered at Heathcote School to participate in an uplifting event called Deaf Aspiration Day. This special occasion brought together a diverse group of students, fostering a supportive environment where they could meet deaf role models, engage in workshops, and ignite their aspirations.

The presence of deaf role models which included deaf chef Coco Briden and actress Charlotte Arrowsmith to name a few, was a pivotal aspect of Deaf Aspiration Day. Accomplished individuals from diverse backgrounds shared their personal stories, highlighting the challenges they faced and the achievements they have made. These role models served as living proof that deafness does not define one's potential. Their inspiring journeys left a lasting impact, encouraging students to believe in their abilities and pursue their dreams with confidence.

The day featured a series of engaging workshops designed to cultivate the skills and talents of the students. Through interactive activities and hands-on experiences, students developed new skills, expanded their knowledge, and discovered untapped passions.

The event fostered a strong sense of community among deaf students from different schools. It provided a safe and inclusive space for them to connect with their peers, exchange experiences, and build supportive networks.





# Post 16 Pathways and Employability Workshop

The morning started with an assembly on post 16 pathways, including a talk from Barnet and Southgate College and the Capital City College Group (CCCG) which is the largest further education provider in London, and the third largest in the UK, with three colleges – City and Islington College (CANDI), The College of Haringey, Enfield and North East London (CONEL) and Westminster Kingsway College (WestKing) encouraging students to start their research on decision making at the next stage of their career, choosing post 16 options.

This was followed by an employability workshop run by Brightfutures, packed full of exciting activities and offering students a realistic experience of working life. The interactive content was original, current and totally relevant to today's students with a dynamic delivery style that got everyone involved.

Students were informed how to gain the top employability skills such as teamwork, communication, problem solving, leadership, self-management, reliability, and analytical skills. They practised interview skills and gained an insight into creating a first rate CV through a recruitment challenge, inspiring students to explore the bigger picture of the economy and investigate their career choices further.

Best of all students had fun and a boost of self-belief and confidence, especially in the competitive multifaceted problem-solving team challenge, practising the art of negotiation, managing a team and innovation.





# Futures Day and WiseUp

## Futures Day

Year 12 spent the morning planning for their Post 18 Options. Careers, university and apprenticeship preparation are an integral part of the sixth form experience at Highlands and for most of our students, university is the next step towards that journey, whilst others follow a different pathway.

In support of this day, students were offered a range of guidance seminars to help prepare for all routes, as they make choices that will shape the beginning of their independent, adult life. They attended a carousel of workshops which included making informed choices on what to consider when choosing a course and university, personal statement writing support from several universities across the UK, a finance workshop, a session on applying for higher and degree apprenticeships and an interactive Interview Skills workshop.

## WiseUp

The following day, year 12 took part in the “Time Attack Challenge” run by WiseUp Team-building, the leading provider of outreach, outdoor education and inventive activity development.

Students worked in teams, starting with a round of warm up activities, designed to highlight students’ individual strengths and skills, followed by a wide range of timed activities across several themed areas. Teams competed against one another as well as the clock, in challenges ranging from high energy, fast paced race style events to quick thinking memory tasks.

This event also gave students the opportunity to engage with innovative logical thinking challenges and essential skills such as communication, teamwork and application, all as important as academic ability in predicting future pathways.

