



Highlands School Newsletter

09 June 2023



Photo: Celebrating a taste of Jamaican cuisine

Dear Parents and Carers,

This week saw the launch of the Highlands summer polo shirt. Hundreds of students chose to wear the polo shirt this week and we think they look great. The polo shirt was introduced as a result of student voice from students asking for a lighter summer uniform option.

The canteen staff laid on a fantastic Jamaican menu for us at lunch this week. Again in response to student voice, we have days when we celebrate food from different cultures in the canteen. The food was excellent, thank you to the canteen staff for arranging this.

Next week is the final week when most of our year 11 and 13 students will be in daily, doing their exams. We wish them luck in these final few exams.

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 **fewest negative points**. Well done to Rowan.

	Beech	Oak	Rowan	Willow
Positive points this week	2300	2128	1784	1930
Negative points	-154	-84	-60	-123
Points overall	2146	2044	1724	1807

Top students in year 7:

Forename	Surname	Form	House	Points
Oliver	Dhillon	7OAC	O	677
Tyanna	Ferreira	7OAC	O	638
Aiden	Adeoye	7WMP	W	635
Warren	Kelly	7OAC	O	608
Taylor	Berndes	7OAC	O	588
Ceren	Turkkorur	7OAC	O	582
Adalane	Angate	7OAC	O	580
Max	Rich	7OAC	O	575
Samaah	Abbas	7WMP	W	557
Dennis	Erdogan	7OAC	O	554

Top students in year 8:

Forename	Surname	Form	House	Points
Arabella	Mumba	8ODC	O	1041
Radhika	Parmar	8ODC	O	854
Ruby	Magrun	8BYC	B	824
Gabrielle	Russell	8BYC	B	817
Luke	Shearman	8ODC	O	814
Melisa	Spahia	8BYC	B	814
Kaitlyn-Marie	Ewan	8OSM	O	794
Taraneh	Kheradmandi	8BYC	B	785
Hugh	Murphy	8BYC	B	775
Joseph	Smyth	8BYC	B	771



Top students in year 9:

Forename	Surname	Form	House	Points
Tyrae	Best-Daley	9BJC	B	963
Aaliyah	Udahemuka	9BJC	B	951
Luke	Smith	9WDD	W	892
Emma	Simon	9BJC	B	886
Evie	Whitbread	9WDD	W	883
Daniel	Malaj	9BJC	B	870
Skye	Creary	9WDD	W	856
Alfie	Horn	9WDD	W	837
Nataniel	De Almeida	9WDD	W	836
Yaqoob	Sediq	9OAB	O	823

Top students in year 10:

Forename	Surname	Form	House	Points
Rakibe	Halili	10BRD	B	573
Benjamin	Gormley	10BJT	B	565
Arda	Aslan	10OMK	O	561
Sophie	Bernasconi	10BJT	B	559
Prue	Musah	10RTS	R	514
Elaine	Ho	10WKM	W	485
Tamer	Tarik	10WKM	W	485
Alkeo	Xhamxhiu	10OMK	O	483
Beckham	Tahsen	10RTS	R	467
Yagmur	Olcay	10OEF	O	464

Top students in year 11:

Forename	Surname	Form	House	Points
Beirhan	Guyen	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	167
Rayaan	Kaderia	12BAG	B	154
Rachel	Lok	12BLR	B	144
Alexia	Kyriakou	12WBS	W	143
Hollie	Burkett	12OSQ	O	137
Iona	Garrard	12RSL	R	134
Deniz	Yamanséf	12WBS	W	133
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	77
Clara	Eboue	13RJB	R	76
Athena	Luxton	13RJB	R	75
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.

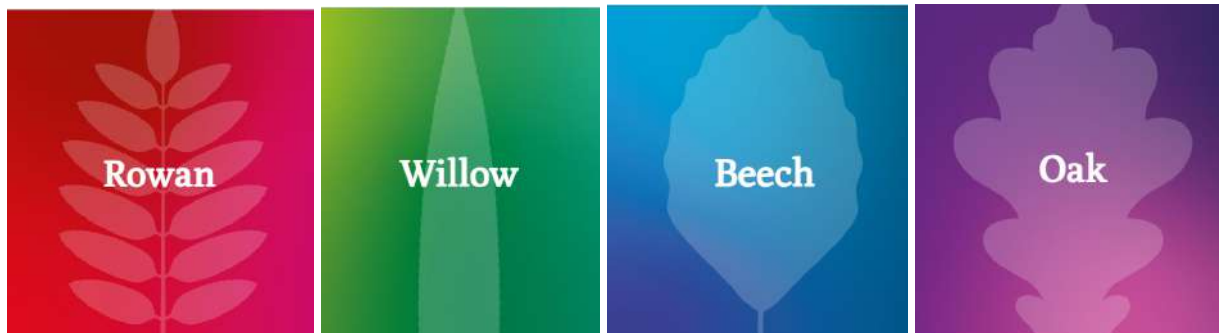
All items should be brought to the drop-off point in reception by 8.30am of the morning of the sale. If you wish to have your containers back please ask your child to come to reception at the end of the day to collect them.

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





GCSE Citizenship students visit UK Parliament and Supreme Court

Students studying GCSE Citizenship had a unique and enriching opportunity to visit the UK Parliament and the UK Supreme Court in Westminster. This visit provided invaluable insights and practical experiences that enhanced the students' understanding of the topics covered in Themes B and C of their GCSE Citizenship curriculum, fostering a deeper appreciation for the workings of democracy, government, and the legal system.

During their visit, the students were able to explore the historic courtrooms and gain insights into the workings of the legal system. Moreover, they were privileged to witness a hearing in both the House of Commons and the House of Lords, enabling them to observe the debates and decision-making processes that shape the country's governance. This trip provided them with an immersive experience in the heart of British democracy, allowing them to witness firsthand how laws are made and how justice is served.

Mr Islam





Duke of Edinburgh volunteering hours

We are thrilled to announce the remarkable achievement by our students who have dedicated their time, effort and passion to volunteering. A group of exceptional Highlands students have received a well-deserved certificate acknowledging the significant number of volunteering hours they completed as part of the prestigious Duke of Edinburgh Award.

The Duke of Edinburgh Award programme is renowned worldwide for empowering young individuals to develop their skills, take on challenges, and actively engage in their communities. It promotes personal growth, resilience, and a sense of responsibility towards others. The volunteering component is a crucial pillar of this esteemed award, encouraging young people to make a positive impact on society.

The certificate is set against a purple background. At the top left is the Duke of Edinburgh Award logo (a crown over a shield with 'DE' below it). To its right is the text 'YOUTH WITHOUT LIMITS' in a stylized, pink, hand-drawn font. The main text is centered on a white rectangular area. It begins with 'Thank you' in a large, bold, pink font. Below this, it says 'to' in a small font, followed by 'The Duke of Edinburgh's Award participants' in a pink font. Then 'from' in a small font, followed by 'Highlands School' in a pink font, with a horizontal line underneath. Next is 'who spent' in a small font, followed by '403 Hours' in a pink font, with another horizontal line underneath. This is followed by 'volunteering between' in a small font, and '1 April 2022 and 31 March 2023.' in a pink font. Below this is a paragraph: 'We are immensely proud of the dedication, effort and achievement of young people making an impact in their community.' Then 'The social value of these hours is' in a small font, followed by '£1938' in a pink font, with a horizontal line underneath. At the bottom of the white area is a signature in black ink, and below it, the name 'RUTH MARVEL, CHIEF EXECUTIVE' in a small, black, sans-serif font. At the very bottom of the purple background, the date 'June 2023' is written in a white, sans-serif font.



Celebrating the 'Art of East Asia'

Our talented year 8 students showcase their incredible title pages, inspired by the captivating theme 'Art of East Asia'.

From the traditional elegance of Chinese ink painting to the intricate beauty of Japanese landscapes, our students delved deep into the rich artistic traditions of East Asia, embracing the spirit of diversity and unity through their artwork. Each page tells a unique story, capturing the essence of East Asian art while expressing the individuality of our talented young artists.

Well done to our year 8 students for their remarkable talent and their willingness to embrace cultural diversity through art.







Exploring the concept of freedom

In year 7, RE students are exploring the concept of freedom. This includes reflecting on what the concept means to them and considering what it means in context when studying the religion Judaism.

The class were asked to produce writing and collages to represent their responses to these important questions. Marianna Pallikaros in 7WMP produced this incredible scroll of freedom and is the winner of this form's RE competition - see below.

Well done Marianna and to all the students for their fantastic work.



~~The Exodus~~ The Exodus

My own concept of freedom is to be able to make my own choices. It also means for me not to feel like I'm being controlled. An example of this is not being forced to do something all the time and let me make my own ^{decision} decisions. So if I want to do one thing I'm not being forced to do something else. When I can do things without being forced it allows me to have the freedom to make my own choices.

The Jewish concept of freedom is them being free from physical and spiritual bondage (as to not be enslaved or held captive). It's a freedom which allows them to follow their own path whilst still being responsible to the community. An example of this is because they are not being held captive by the Egyptians which means they can make their own choices. Now that they are ~~not~~ not enslaved they have the freedom to make their own choices.

What is your own concept of freedom?

My concept of freedom is not having to worry about things like being on time for things like getting to school and being able to make choices on more things as long as there ~~are~~ are still rules to keep things in order and to make sure there is still a balance to keep everyone from causing disasters which could end very badly.

What is the Jewish concept of freedom?

The Jewish concept of freedom (in my opinion) is having plenty of time to pray to god - Jewish people are monotheists meaning they only believe in one god - and to forever be free from slavery. They would also be able to god.

Written pieces by Hayrullah Ozdemir (left) and Chloe Shi (right).

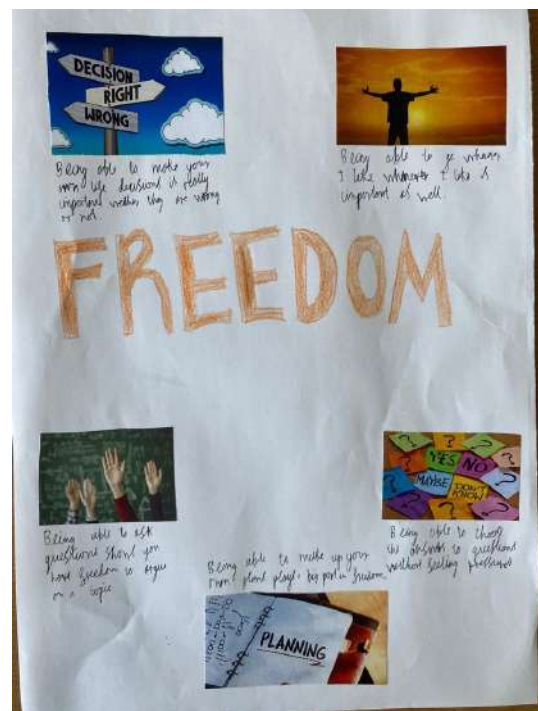


Written by Aiden Adeoyo (below).

To me freedom is having free will and being able to make your own choices. For example being able to wear ~~what~~ your choice of clothing or ~~to~~ ordering your own choice of food. But there are always limits to freedom. A famous saying, by ~~Abraham~~ ^{Oliver Wendell} ~~Lincoln~~ ¹⁸³⁸, 'A person's freedom ends where another's ~~freedom~~ ^{freedom} starts, this was a reminder of the limits necessarily exist for all freedoms in the 19th century. This saying means that every person desires to live a ~~the~~ life according to what they want, ~~to~~ to have the freedom to decide what is best for him or her, and to behave ~~it~~ without any constraints that impede their fulfillment. ~~It~~ Everyone has freedom but there are always limits to it.

I think that freedom to Jewish people is not the ~~absence~~ of bondage, but ~~the~~ the presence of ~~the~~ Justice and ~~the~~ purpose. This may be because ~~in~~ in Israel's ~~time~~ before Moses saved the slaves of Jewish people were the ~~of~~ ^{had no} ~~of~~ ^{freedom} ~~of~~ ^{of} descendants (slaves) and ~~when~~ they ~~were~~ → freedom 11

Drawings by Olivia Whittaker (left) and Sunny Morgan Jones (right).





A taste of Jamaica!

This week, our students and staff had the pleasure of enjoying a special lunchtime experience infused with the vibrant flavours of Jamaica.

On Wednesday, our talented caterers took us on a mouthwatering adventure by introducing a menu brimming with Jamaican culinary delights, from the enticing aromas of jerk seasoning to exotic spices. Our wonderful students also came together to transform our dining hall into a vibrant Jamaican realm.

An enjoyable lunchtime treat for all.





Autism is a difference and not a deficit

The question was asked to spark curiosity in the minds of students and educators in order to help foster a better understanding of autism.

What makes you different? Watch Autism Education Trust's (AET) video on ['Celebrating autistic strengths and differences'](#).

At AET, it is believed autism is a difference not a deficit. In order to promote wider understanding that autistic people have strengths and differences in three key areas of development.



What being autistic looks like for me

[Autistic Young Experts](#) share insightful autistic perspectives across a range of topics.

Watch Oliva talking frankly about ['What being autistic looks like for me'](#).

Here are some helpful tips on how to support autistic learners during periods of transition.



SUPPORTING AUTISTIC LEARNERS DURING TRANSITIONS

Ways to improve home-school communication

- Having clear ways of communicating between the educational setting and the family is vital for developing collaborative working.
- Having a range of communication methods will provide options for channels of communication.



6 strategies to improve home-school communication:

- Use individual interaction opportunities such as home-school diaries, face-to-face meetings, virtual meeting, emails and phone calls.
- Have methods for group interactions, such as a discussion forum on the school website, a classroom blog or newsletter, and videos or podcasts.
- Provide parents the option to choose the means of communication that suits them best and the frequency of communication they prefer.
- Have clear expectations on how often the communication interactions take place. This will help parents and school staff to use these opportunities in the best possible way.
- Consider what is communicated to the families, especially when working with learners who show behaviours which we find challenging. Find a balance between being realistic in your communication without focusing only on negative aspects of the learner's development.
- Building a personal rapport with the family will help in broaching difficult issues when you have to. Spend time getting to know the parents and the rest of the learner's family. This is especially important when you are working with families from culturally and linguistically different background.

Link

[Click here for the full PDF resource: Supporting Learners With Autism During Transition.](#)

www.autismeducationtrust.org.uk



Highlands book of the month - June

KS3: The Blackthorn Branch by Elen Caldecott

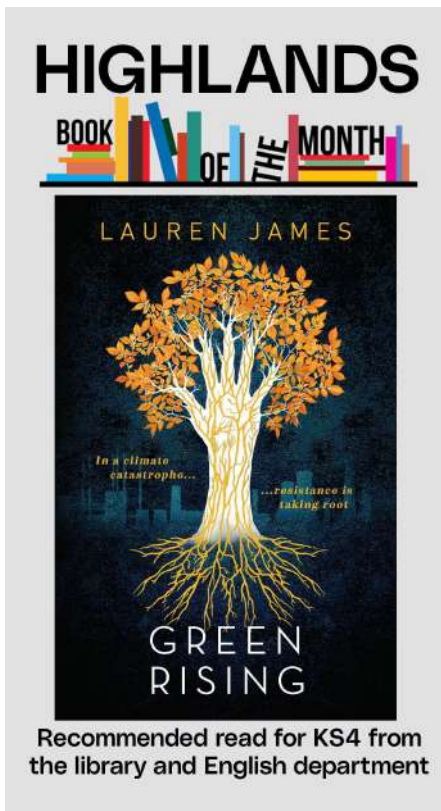
When Cassie's older brother goes missing, she discovers he has crossed over to the world of the fey and she must rescue him before he is lost forever.

Fair Folk, who tempt humans down into the dark places of the world. And Byron is tempted.

When he goes missing, Cassie and her cousin, Siân, follow his trail to an old abandoned railway tunnel which goes down and down into Annwn, the underworld. Here they find that the tylwyth teg are restless – and angry. Their leader, Gwenhidw, wants to protect Annwn from the damage humans are doing to the world. Byron is part of her plan. But Cassie won't let her big brother be part of anyone's plan.



Recommended read for KS3 from the library and English department



Recommended read for KS4 from the library and English department

KS4: Green Rising by Lauren James

A teenage girl with the power to grow plants from her fingers spearheads a teen rebellion against governments and corporations to save the Earth.

Gabrielle is a climate-change activist who shoots to fame when she becomes the first teenager to display a supernatural ability to grow plants from her skin. Hester is the millionaire daughter of an oil tycoon and the face of the family business. Theo comes from a long line of fishermen, but his parents are struggling to make ends meet.

On the face of it, the three have very little in common. Yet when Hester and Theo join Gabrielle and legions of other teenagers around the world in developing the strange new "Greenfingers" power, it becomes clear that to use their ability for good, they'll need to learn to work together. But in a time of widespread corruption and greed, there are plenty of profit-hungry organisations who want to use the "Greenfingers" for their own ends. And not everyone would like to see the Earth saved...

As they navigate first love and family expectations, can the three teenagers pull off the ultimate heist and bring about a green rising?



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.



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**.

Highlands PE kit announcements

PE kit donations

If there are any year 11 students who no longer want their PE kit, to kindly donate their kits to the PE department at some point next week. Old kits will then be disposed of and replaced with better conditioned items.

PE uniform and water bottles

As the weather is getting warmer, The PE department would like to encourage students to bring in a water bottle to stay hydrated throughout the day and to wear the summer PE kit. Items can be purchased at our uniform shops.

[Highlands PE kit](#), [shorts - shadow stripe](#), [plain black shorts](#), [Highlands skort](#)

Mr Avann



Highlands staff vacancies

We are currently recruiting for the following vacancies, please visit our [website](#) for more information and details on how to apply.

- [Geography Teacher](#)
- [Art and Photography Teacher](#)
- [Computer Science Teacher](#)
- [Learning Support Assistant for English](#)
- [Learning Support Assistant for Maths](#)

Why work at Highlands School?

Policies driven by professionals resulting in:

- 👍 Collaborative knowledge rich curriculum
- 👍 Weekly CPD enabled by early school closure
- 👍 Reasonable, evidence informed assessment and feedback policy
- 👍 Equalities informed practices
- 👍 Disruption free learning
- 👍 Coaching for teachers and leaders
- 👍 No unnecessary paperwork

Staff wellbeing:

- 👍 Two week October half term
- 👍 Meetings only on Wednesdays
- 👍 SLT open door policy
- 👍 Green surroundings and clean air within easy access of central London
- 👍 Eco Schools green flag award (merit)
- 👍 Centralised detentions

Fun:

- 👍 An innovative house system in which all staff participate
- 👍 Community building opportunities through a calendar of staff events
- 👍 A range of national and international trips

What Highlands School offers you



Gap year trainee programme

Do you love geography or science? Are you considering what to do next? Would you like to make a meaningful difference to the lives of young people? Come and work with us! We have a competitively paid gap year opportunity available at Highlands School.

GAP YEAR

TRAINEE PROGRAMME

ELIGIBILITY CRITERIA:

- Excellent verbal and written English communication.
- Subject knowledge of geography or science.
- Competitive graduate pay.
- Degree desirable.
- Well organised, committed and keen to inspire the next generation.

Send your CV to: steinert@highlearn.uk

QTS qualification (approximately 2 years)

 **Highlands**
School & Sixth Form



Allied Healthcare Virtual Work Experience

We are delighted to announce 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 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.

The work experience session will take place virtually on Sunday, 2nd July. Students who enrol in the programme 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.

By participating in the Allied Healthcare Virtual Work Experience, they will gain invaluable insights into the healthcare field and develop a deeper appreciation for the roles and responsibilities of healthcare professionals.

Dr Len



Get into Medicine conference

Get into Medicine Conference (Free, Virtual) - [Registration link](#)

Date: Sunday 11th June 9:30am - 3:30pm

Hosted by Dr. Barrie and Dr. Hannah, the Get into Medicine conference will provide students in years 10-12 with expert insights into the UCAS application process for medicine. From personal statements to UCAT, interview skills, scholarships, and more, this conference will equip students with the tools to make their medical applications stand out.

Reapplication to Medicine Conference (Free, Virtual) - [Registration link](#).

Date: Sunday 18th June (9:30am - 3:30pm)

For students in year 13, the Reapplication to Medicine conference, hosted by Dr. Ehsan, is designed to support those reapplying to medical school. This conference covers topics such as accessing university feedback, Republic of Ireland Applications and HPAT, UCAS Extra and UCAS Clearing, studying medicine in Europe, and taking a gap year.

These conferences are fantastic opportunities for students to gain clarity, refine their applications, and boost their chances of success.

Work experience opportunities

Medical work experience - Geriatric care - [free registration link](#)

Aspiring doctors will learn about the unique qualities and skills required to look after frail, older people who can present with atypical symptoms, such as confusion, and often have multiple comorbidities.

Students will join a medical team assessing a patient with new onset limb weakness and speech disturbance and observe the essential role of the multidisciplinary team in managing these complex health issues. They will also hear from geriatric care experts to understand how we can improve healthcare when people near the end of their lives.

Dental work experience - New patients - [free registration link](#).

Aspiring dentists will be introduced to the team at Dental Mentor Smiles and observe a range of both child and adult patient consultations. This includes a possible oral cancer diagnosis, aesthetic solutions and child safeguarding concerns. There will be debriefing sessions for each of the cases.

Vet work experience - Surgery - [free registration link](#).

Aspiring vets are welcomed into the world of small animal surgery! Chief Vet mentors will demonstrate how vets prepare owners for their pet's surgery and administer anaesthesia and routine surgery.

Dr Len



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

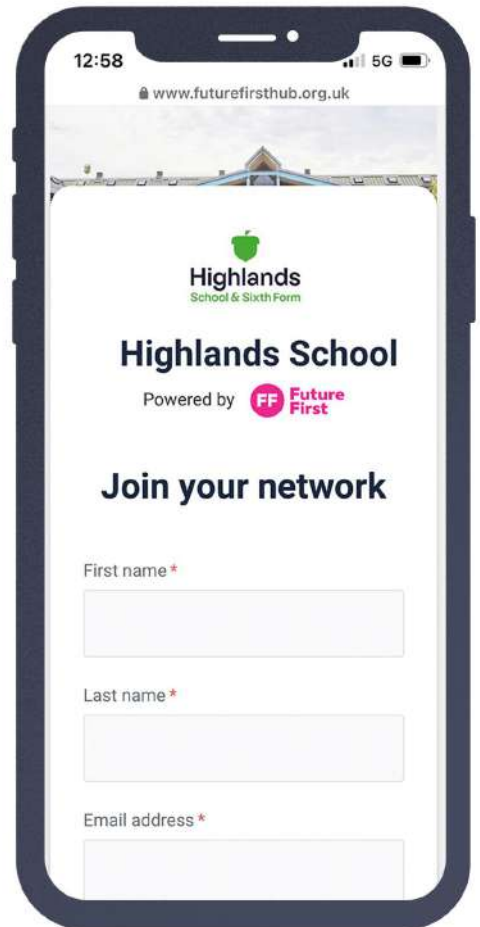


Former student?

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.





Palmers Green Netball Club



FREE Netball Skills Day

Sunday 2nd July 2023

9.45am—12pm

@ Broomfield Park, Netball courts, Aldermans Hill, Enfield, N13 4RB

- Suitable for girls in School Years 6,7 and 8 – all abilities welcome!
- Opportunity to learn new netball skills, play some games and have fun!
- Come and see what our friendly club is all about.
- All abilities welcome.
- For more information and to book your place please contact Laura on lbjames@hotmail.co.uk

At Palmers Green, we aim to:

Ensure all players enjoy the game of netball, have a positive playing experience and encourage and support lifelong participation in the game.



Session run by a Level 2 Qualified Coach!

**Jack Petchey
Foundation**
Inspire • Motivate • Achieve



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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