



Highlands School Newsletter

07 July 2023



Dear Parents and Carers,

This week started with three very important events at school. The first was Sports Day. We are proud at Highlands of holding a Sports Day with such high levels of student participation, made possible by us running team events, indoors and outdoors (including events for students with disabilities), along with the traditional track and field events. The day was a great success and thank you to the PE department and other staff for supporting it. Rowan were the Sports Day champions this year, with Oak runner up.

That evening we held our year 11 prom, you can see photos from the prom later in this newsletter. It was a wonderful event and students and staff had a great time. Thank you to the staff who organised it.

The next morning, Tuesday, the points from Sports Day were fed into the inter house competition totals, along with some final departmental competitions and then we brought all of the school together for a special assembly at which we announced that Oak were this year's inter house champions! You can see highlights of the assembly [here](#). Oak were in last place before Christmas so their march to the championship is a great example of our school value of determination. Students in Oak have been invited to our reward trip to Thorpe Park on Friday 14th July, on that day all of our other students will be involved in team building activities at school.

Our stated aim at Highlands is to be an example of best practice to other schools in all that we do and we believe our relaunched house system has brought energy, enthusiasm, leadership and fundraising opportunities and fun to our students. We have taken feedback from families and students on the house system this year and we will be improving it even more next year.



Our new uniform

You will all be aware that students in years 7-10 will be wearing our new uniform from September. Our new uniform is cheaper and more environmentally friendly than the old one, but we want to make sure that the old uniforms are recycled. We have started our uniform recycling scheme, so you can donate your child's unwanted school uniform along with other recyclable textile items. In order to avoid unnecessary landfill waste, we would like to encourage all of our parents/carers to take this opportunity and donate the old school uniform and any unwanted clothes. Please see page 13 for more information.

Dates for your diary:

- Thursday 13th July: summer music concert
- Friday 21st July: end of term and end of the academic year (shorter day)

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



Oak are crowned the 2023 inter house champions!

Oak have been crowned the 2023 inter house champions! We have witnessed incredible displays of talent, unwavering determination, and remarkable teamwork from all of the houses throughout the competition. Each house has given their absolute best.

Oak have been victorious this year and will etch their names in the history book as the 2022-2023 inter house champions! Well done Oak! Next Friday you will all enjoy an exciting trip to Thorpe Park to celebrate your victory!





House competitions

Here are the winners of the final house competitions this year.

Year 9 history essay writing competition: “Was Germany responsible for the First World War?” Judged by Dr. Tom Bentley at the University of Aberdeen.

1st place: Nicole Zeka 9BNI whose essay was described as “beautifully written...moments of nuanced analysis...very accomplished”

2nd place: Parla Ghanipour 9OAB whose essay was described as “a great essay...a bold argument”

3rd place: Evelina Litviniuc 9WDD whose essay was described as “well structured, well written and excellent command of detail”.



Year 7 steel drums competition:

1. Oak, Happy
2. Rowan, Favourite Thing
3. Beech, Jerusalem
4. Willow, Flowers

Year 7 rock bands competition:

1. Willow, Clocks
2. Oak, Somewhere Only We Know
3. Rowan, Come Together
4. Beech, Living on a Prayer

Well done to all of the participants and winners!



Sports Day

We are thrilled to share the exhilarating news of yet another successful Sports Day at Highlands School. The sun was shining, spirits were high, and the enthusiasm of our students made this year's event one to remember.

The atmosphere was electric as students from different houses painted themselves in their vibrant team colours and prepared to showcase their athletic prowess. The day was packed with a wide range of events, from track and field competitions to relay races and team games such as football and basketball. Participants demonstrated remarkable dedication, discipline, and sportsmanship as they pushed themselves to their limits.

Amidst all the excitement and intense competition, it was Rowan House that emerged as the undeniable champions overall. Their collective efforts, participation and unwavering determination were evident in every event, securing them the coveted title of overall winners. Rowan's triumph is a testament to their teamwork, perseverance, and commitment to excellence. Congratulations, Rowan House!

However, it is important to recognise that Sports Day is not just about winning. Every participant, regardless of the house they represented, contributed to the lively and spirited atmosphere. Their participation and willingness to challenge themselves are equally commendable. We are immensely proud of each and every student who took part in this memorable event.

Year 7, 8 and 10 year group winners: Rowan

Year 9 year group winner: Willow

Overall Sports Day winner: Rowan





Borough Athletics Championships

This week our athletics team took part in the Borough Athletics Championships at Lea Valley Stadium. Students in years 7 - 11 represented the school in a positive and professional manner and truly gave it their all in both field and track events. Sprinting, jumping and throwing their way to victory! We are extremely proud of their hard work and dedication.

Here are our winners:

- Lilly Howard - **Silver**, 800m
- George Robinson - **Silver**, long jump
- 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**





Year 11 prom

The much anticipated year 11 prom took place this week leaving a trail of magical memories and unforgettable moments. Dressed in their finest attire, our students dazzled their way into the night where they danced, laughed and held heartfelt conversations. The array of stunning dresses and stylish suits created a visual spectacle on the dance floor where the dancing, infectious energy and joyous spirit truly made it a night to remember.





Interfaith panel day

We had an incredible experience at our school this week where we hosted an enlightening Interfaith panel, bringing together students from diverse backgrounds to explore the beautiful teachings of Judaism, Christianity, Buddhism, and Islam.

The event was an extraordinary opportunity for us to deepen our understanding of different faiths and foster an atmosphere of respect, empathy, and unity. It was truly amazing to witness the power of dialogue and knowledge in breaking down barriers and promoting harmony.

Mother Anna Stuttard, Rebbetzen Shoshana Landau, Mr Islam and Hira Patel, our panel of esteemed speakers shared their personal experiences, beliefs, and rituals, allowing us to glimpse into the rich tapestry of these faith traditions. From the wisdom of the Torah and the Bible to the peaceful teachings of Buddhism and the spiritual journey of Islam, we were truly captivated by the diverse perspectives.

We are immensely grateful to the special speakers who helped our students explore the deeper meanings within these faiths.





Work Experience

Year 12 students returned from a fantastic week of work experience. This years' placements were in an exceptionally diverse range of job sectors, including law, veterinary medicine, accountancy, banking, engineering, journalism, retail, hospitality, manufacturing, NHS, charity, animal care, primary education, hair and beauty, construction,, web design, social media, mechanics, leisure centres and film production.



The feedback from students and employers has been excellent and it is clear that they were great ambassadors for the school. They have clearly gained lots of confidence and new skills to help them prepare for their future applications.

We would like to thank all of the employers, organisations and individuals who have helped support our students.

It has been a fantastic experience for them and a huge WELL DONE to all our students, who were a real credit to the school and conducted themselves professionally and with integrity.

Mrs Laurenzi

EMS Piano Competition Final

We are delighted to announce that Micah Codrington and Ruby Walford have both been selected to take part in next week's EMS Piano Competition Final. The final will take place next Tuesday 11th July, 7.00pm at the United Reformed Church, Fox Lane, Palmers Green, N13 4AL. They will compete in the Secondary Schools Grade 3-5 category.

Massive congratulations to them and all that entered this year.

Ms Maple





Transition evening

This week we welcomed our new year 7 students and families to our transition evening where students had the opportunity to meet their new form tutors and fellow students.

It was lovely to see so many families and we look forward to working with them to ensure a smooth transition for their child.



Taster day

It was an eventful day at Highlands School today where our new year 7 cohort gathered for their eagerly awaited taster day. The aim of the day was to provide them with a glimpse into the world of secondary education. With a range of activities lined up, including team building exercises and taster lessons in various subjects, the day promised to be educational and fun.

The new year 7 students left Highlands with a spring in their step, eager to embark on their secondary education that awaits them. We are looking forward to seeing them all again in September.





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

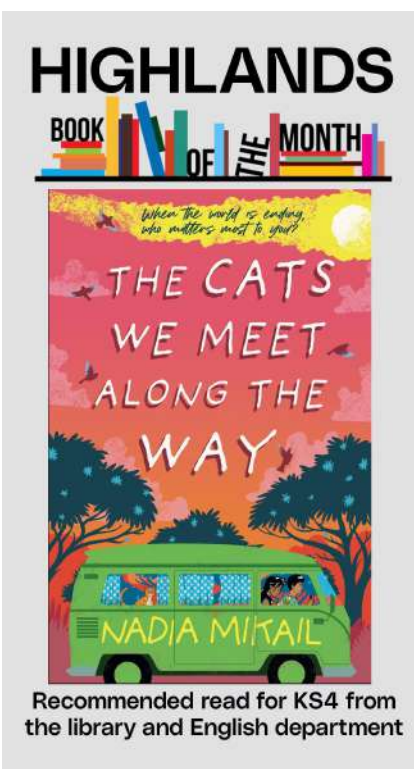
KS3: The Thief Who Sang Storms by Sophie Anderson

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.



Scone based pizzas

Feast your eyes on these delicious scone based pizzas made by our wonderful year 7s. They used regular store cupboard ingredients usually found at home and vegetables to make them a balanced meal. They were very creative and made delicious looking products.



Shell prints using poly tile technique

Using the enchanting poly tile technique, our year 7 students created stunning shell prints as part of their natural form work.

Each shell tells a unique story, revealing interesting textures and designs.





Ed Extra professional providers needed

Do you have experience of teaching 11-13 year olds? Are you a professional provider who engages and captivates their students? If so, we want to hear from you. We have the following opportunities for providers to offer their services to Highlands School for our year 7 and 8 clubs program starting in September 2023:

1 x Film making instructor	1 x Commercial dance instructor	1 x Drama instructor	1 x Pop singer instructor	1 x Musical theatre instructor
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If you are interested in providing a service for the opportunities above, please email [Mr Avann](#)
Deadline is Monday 10th July, 9am.

Mr Avann

Ed Extra dates for your diary

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

- Wednesday 12th July - Ed Extra as normal
- Wednesday 19th July - **No Ed Extra**

Newspapers wanted!

Our year 9 and 10 students will be involved in a sustainable fashion project and we will need hundreds of newspapers to make this possible. Please can students drop off any newspapers to the lower design technology office.



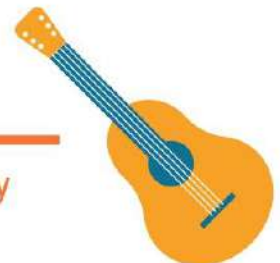
SUMMER



RECITAL



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



QR code
donations page

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

Adults £4
Child/Concessions £2





Attendance and punctuality update

Earlier in the term we shared some information with parents and carers about the importance of excellent attendance and punctuality to school, as well as some guidance on our systems and processes around attendance.

I am now writing to you to clarify the school's stance around leave of absence requests from parents. Regulations state that headteachers may not grant any leave of absence during term time unless there are exceptional circumstances.

There is no automatic entitlement in law to take time off in school time. Decisions will be made on a case-by-case basis and can only be taken with the permission of the headteacher. The headteacher, on behalf of the governing body, will only authorise leave in exceptional or emergency circumstances and days must be kept to a minimum

The school holiday dates are published a year in advance and we therefore do not see any reason for parents/carers to take their child/ren out of school during term time.

Under Section 444 of the Education Act 1996, the local authority may issue penalty notices to parents of children with unauthorised absences from school. The fines are issued to each parent, for each child, and are: £60 if paid within 21 days, rising to £120 if paid between 21 and 28 days.

Parents/carers wishing to apply for a leave of absence must submit the request using the [Highlands school leave request form](#) and must be received a minimum of two weeks before the intended leave. A google form link is also available [here](#).

Please do not make any bookings for travel / leave until you have heard back from the school about your request.

If you have any further questions related to requesting a leave of absence please contact the school via the attendance@highlearn.uk account, and someone will get back to you.

Ms Michaelides



HAF Enfield Summer 2023

24th July - 1st 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

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

Ages Reception to Year 11

Arts & Crafts

Get Active

Free nutritious meals

Music

Day Trips

Plus much much more!

Funded by
 Department for Education

www.enfield.gov.uk



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 (UP TO 25 WITH SEND)

THIS SUMMER IT'S YOUR TURN REGISTER NOW

Youth Enfield @Youth_Enfield #youthenfield

Email: SUregistration@enfield.gov.uk
 Register now: www.youthenfield.taptub.co.uk/register

Funding by The Department for Education.



Summer Uni 2023 is back BIGGER and BETTER!

Registration for courses will take place ONLINE. You can book onto courses from Saturday 8 July either online or at the Summer Uni Launch Event 8 July 11am-3.30pm at Enfield Civic Centre, Silver Street EN1 3XA.

Enjoy a fabulous summer holiday for young people aged 11-19 and up to 25 with SEND who live, work or study in Enfield.

You can choose from over 80 activity courses that will be held all over the London Borough of Enfield.

CONTENTS

We have over 80+ free activities for young people aged 11-19 (up to 25 with SEND) to sign up to during the summer holidays.

P8	M	O	N	O	P	O	L	O	L	I
P12	U	N	O	L	U	D	O			
P16	C	O	N	N	E	C	T	F	O	U
P20	S	N	A	K	E	S	L	A	D	D
P24	G	U	E	S	S	W	H	O		

Courses go live on Saturday 8th July 2023
 (Each young person can sign up to 3 courses)

This year young people aged 11-19 who receive free school meals will be eligible for nutritious free pack lunches. If they sign up to our holiday camps taking place at Honesfield, Craig Park and our new SEND provision Bell Lane Youth Club. This information can be found on the Youth Enfield website.

Courses are available on a first come first served basis. If you have any issues with registering please email summeruni@enfield.gov.uk

Everyone applying must complete the registration form online. Carefully fill in your details. Please note that young people under 16 will need a parent/guardian's signature on the form. Over 16's can self consent. You can register from NOW! All courses will be available on Saturday 8 July 2023.

Courses and venues may be subject to change at the last minute due to unforeseen circumstances; all participants will be informed.

The Game Masters!
 Join our team of enthusiastic Game Masters as they throw the dice and take their turn in playing fun games during the 5 weeks of the summer holidays. Each week has a different game design associated and our team of young leaders have endeavoured to make each weeks layout a new challenge.

Enjoy searching for your choice of 3 summer activities.

REGISTER NOW AT
WWW.YOUTHENFIELD.TAPTUB.CO.UK/REGISTER



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



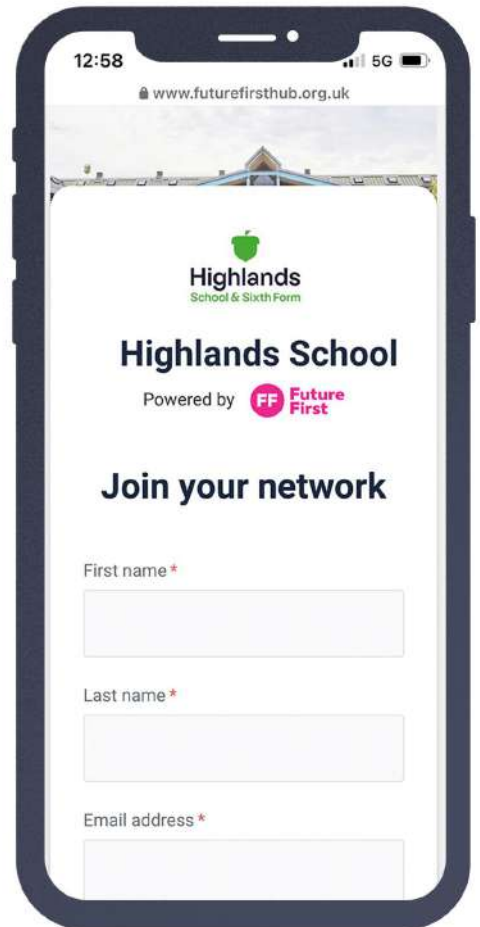
Scan the QR code to join the Alumni network

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 Mental Health

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

Follow Highlands School on:

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

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