



Highlands School Newsletter

28 June 2024



Dear parents and carers,

This week has been a fantastic week at Highlands. On Monday our year 11s celebrated their prom with elegance and joy, marking a memorable end to their secondary school journey.

Today and yesterday we held our summer DARE Days. DARE Days are a carefully planned programme of trips and activities. We want our students to have a wide range of extra curricular experiences at school and because we stop all teaching on DARE Days, all of our students and staff can be involved. Students explored the wonders of London Zoo, Go Ape, historical battlefields, and the V&A Museum, alongside some great on-site, team-building activities. You can see photos from these activities above and on page 4.

I am also delighted to announce that our school has been awarded Secondary School of the Year by the Association for Citizenship Teaching (ACT). This prestigious recognition highlights our commitment to fostering active, informed, and responsible citizenship among our students. We are immensely proud of Mr Islam and our citizenship department for their dedication and hard work, which has led to this outstanding achievement.

Key dates for this half term:

- Tuesday 2nd July: New intake evening for year 6 parents
- Wednesday 3rd July: Highlands presents Matilda at the Millfield Theatre
- Thursday 4th July: Highlands presents Matilda at the Millfield Theatre
- Friday 5th July: Highlands presents Matilda at the Millfield Theatre
- Tuesday 9th July: Sports Day
- Thursday 11th July: New year 7 (Sept 24 intake) and current year 7 BBQ (6-8pm)
- Thursday 18th July: Thorpe Park trip for winning house, other houses in-school activity day
- Wednesday 24th July: end of term, students dismissed at midday

Have a great weekend,

Mr McInerney, Headteacher



Year 11 prom

Year 11 students celebrated the end of their secondary school journey with a dazzling prom this week. It was a fantastic night filled with joy, laughter, and a sense of accomplishment. Dressed in elegant gowns and sharp suits, friends and classmates reminisced about their shared experiences and looked forward to new beginnings. This unforgettable night served as a fitting farewell to their school years, closing one chapter while eagerly anticipating the next. Here's to the class of 2024!







DARE Days

This week, our students enjoyed the last two DARE Days of the year, a cherished Highlands tradition where, twice a year students take two days off school timetable to go on trips and engage in fun, educational activities. They explored the wonders of London Zoo, delved into history at the battlefields, admired art and design at the V&A Museum, and experienced thrilling adventures at Go Ape. Onsite, they participated in a range of engaging activities, including Wise-Up team building activities, employability masterclasses and hands-on sessions in design technology where students made sweets dispensers, aprons and focaccia bread. These enriching experiences provided our students with both educational and enjoyable opportunities to learn and grow. Both staff and students had a fantastic time, making wonderful memories together. You can watch our DARE Days video [here](#).









Post 16 pathways assembly

On Wednesday year 10 students received an insightful assembly introducing the Post 16 options to get a head start on planning the next steps in their educational journey. Covering a range of pathways, including A-levels, vocational courses, apprenticeships, and more, providing valuable information to help our students make informed decisions about their future.

The session also included a talk from Capital City College Group which is the largest further education provider in London, 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.



Mrs Laurenzi

Beech bake sale

We're delighted to share that **Beech House** hosted its bake sale this week, raising **£84.29** for their chosen charity, **Woodgreen Animal Welfare**. There were some delicious treats made by our school community, from yummy sprinkle cakes to home-made red velvet cupcakes. Thank you to everyone who participated.

Well done, Beech House!





ACT award winners - 'Secondary School of the Year'!

The citizenship department at Highlands School has proudly been awarded the 2024 Secondary School of the Year award with ACT Teaching Award (Association for Citizenship Teaching). This prestigious recognition highlights the department's exceptional commitment to fostering civic knowledge, critical thinking, and active participation among students. Mr Islam has led the department to victory through innovative teaching methods and a dedicated focus on real-world issues. After hard work co-constructing an active citizenship teacher guidance booklet with other teaching practitioners and researchers, it has now been published and launched. This comprehensive guide is designed to enhance the teaching of citizenship by providing innovative strategies, practical activities, and insightful resources.

A huge well done to Mr Islam and the citizenship department here at Highlands.





Art exhibition

This week, our year 11 students proudly showcased their extraordinary work at the annual art exhibition. The event transformed the art corridor into a vibrant gallery, filled with an array of stunning paintings, drawings and innovative mixed-media pieces.

Parents, carers, staff, and students were left in awe by the talent and creativity on display.

Well done to all of the artists.



Year 8 and 9 boys football

On Monday 24th June, a football team of year 8/9 boys represented Highlands for the first time. The boys played with determination, spirit and togetherness which saw them earn a 3-3 draw with a good Winchmore side.

Every student who played did fantastically well and should be excited ahead of their next friendly game.

The goalscorers were Christopher, Conrad and Samuel.

Mr Avann





National football champions!

A huge congratulations to three of our talented students, Lilly Howard, Elisia Huetson-Varnava and Millie Huetson-Varnava who are the football national champions for Haringey Girls football team. After beating 25 other champion teams in their region, the girls were crowned national champions in the Aces Nationals held in Nottingham, making them champions of England!

We couldn't be prouder of your success, well done girls, what a fantastic achievement!





Fully funded summer school experience for year 12

Fully-funded summer school - Data Science & Artificial Intelligence with The Alan Turing Institute - More dates have been added!

Due to exceptional demand, we are running an additional summer experience week in London, on 12th-16th August, in addition to the original week, 19th-23rd August. Selected participants will be allocated to one of these weeks.

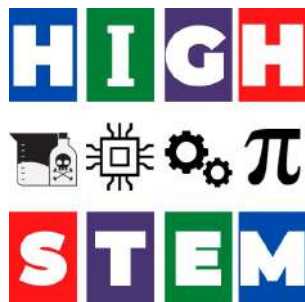
The Summer Experience is an exciting widening participation initiative that aims to encourage young people into data science and AI careers, particularly those from communities underrepresented in the field.

To apply, students should complete the application form as soon as possible and before the final deadline of Monday 22nd July 2024. The application form also contains full details of the eligibility criteria for the Summer Experience.

[Register now](#)

Good luck

Dr Len



The Alan Turing Institute

The Turing Summer Experience

Find out more about how the UK intelligence agencies and defence organisations use data science and artificial intelligence to help keep the country safe.

London: 19-23 August
Ages 16-17 years

Free breakfast and lunch supplied. Support with travel expenses will be provided.

- Experts and guest speaker panels
- Teamwork and challenges
- Data understanding and critical thinking

- Solve problems with other like-minded young people with hands-on application of new skills.
- Explore emerging real-world applications of data science in one of three challenge areas: deep learning, LLMs or cryptography.
- Learn how to collaborate using online tools such as GitHub.
- Get advice about future study and work opportunities and how to talk about your experience on a job application.
- Find out about the wide range of career paths in the sector, including in defence and security.

[Click here or scan to apply](#)

In partnership with:





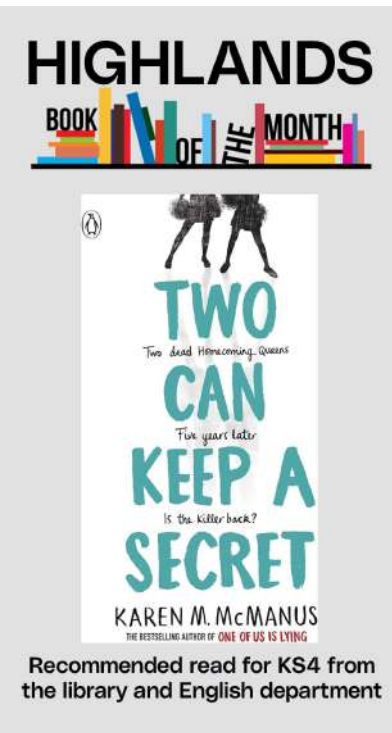
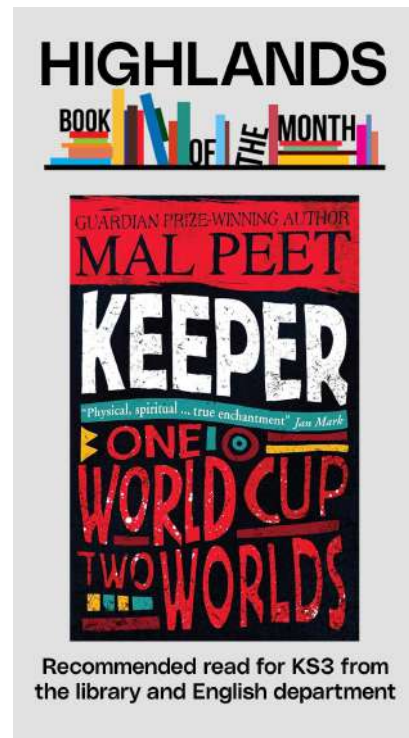
Highlands book of the month - July

Recommended reads from the library and English department:

KS3: Keeper by Mal Peet

In the South American jungle a young boy meets and is coached by a mysterious, ghostly footballer. In time, he becomes a famous professional goalkeeper known as 'El Gato' - 'The Cat' - and wins the World Cup. In a newspaper office, Paul Faustino, South America's top football writer, sits opposite the man they call El Gato. On the table between them stands the World Cup. In the hours that follow, El Gato tells his incredible life story, how he, a poor logger's son, learns to become a World Cup winning goalkeeper so good he is almost unbeatable. And the most remarkable part of this story is the man who teaches him - the mysterious keeper, who haunts a football pitch at the heart of the claustrophobic forest. This extraordinary, gripping tale pulses with the rhythms of football and the rainforest.

NOTE : Winner of the Branford Boase Award 2004.



KS4: Two Can Keep a Secret by Karen M McManus

Echo Ridge is reeling. This picturesque town, nestled near the Canadian border, experienced its first tragic loss in 1995 when high-school senior Sarah Corcoran vanished while walking home from the library. Then five years ago, homecoming queen Lacey Kilduff was found dead in the aptly named Murderland Halloween park. Now, the killer claims to be back.

A small town that keeps losing its homecoming queens. Two murders, still unsolved. Echo Ridge is not a good place to be popular.

NOTE: Contains strong language and sexual references.

NOTE : Shortlisted for the Children's Book Award 2020



EARLY BIRD 10% DISCOUNT

ONLINE & IN STORE
24th June - 30th June

ENTER CODE:
'EARLYBIRD10'

DISCOUNT VALID ONLINE AND IN STORE ON ALL PURCHASES OVER £25, ON IN STOCK ITEMS ONLY.

www.smithsschoolwear.com

Uniform

If your child is leaving Highlands this year, we are grateful for any donations of their PE kit and new branded school uniform, including blazers, polo shirts, black skirts and trousers that are no longer needed, please hand them in to reception.

We also have on site a clothes recycling bin, so any old uniform/other clothes can be put into that recycling bin, which is located near the bike lockers in the school car park.

Lost property

We currently have a lot of lost property, including quite a few items of uniform and coats. If your child is missing any items, please ask them to come to the school office to check if we have them. Any items that are not collected by 30th June will be donated to charity or disposed of.



Headteacher awards

It is with immense pride and joy that we celebrate the exceptional achievements of our students as we honour the recipients of this week's prestigious headteacher award. An award that is presented to nominated students who exemplify dedication, hard work and excellence.

This week, the headteacher award is proudly presented to the following students.

- **Meliz Hassan 8WMP:** Awarded for a fantastic Knowledge Organiser on vegetables, with truly outstanding illustrations.
- **Darcy Smethurst 9BYC and Hugh Murphy 9BYC:** Awarded for winning the citizenship department quiz.
- **Tyanna Ferreira 8OSQ, Chloe Tsiamas 7ODM, Kayla Hassan 7ODM and Dilara Hassan 7OJT:** Awarded for designing a bake sale poster for their house to help promote the event and raise money for their house charity.





Matilda Jr.


Only a few days to go!!!

Join us for this year's school production of Matilda Jr, the beloved tale of courage, magic, and triumph! Don't miss out on the chance to see our talented students bring this enchanting story to life on stage.

Purchase your tickets now and support our young performers via the [Millfield Theatre Box Office](#) or via the QR code below.



HIGHLANDS SCHOOL PRESENTS





ROALD DAHL'S
Matilda
THE MUSICAL JR.

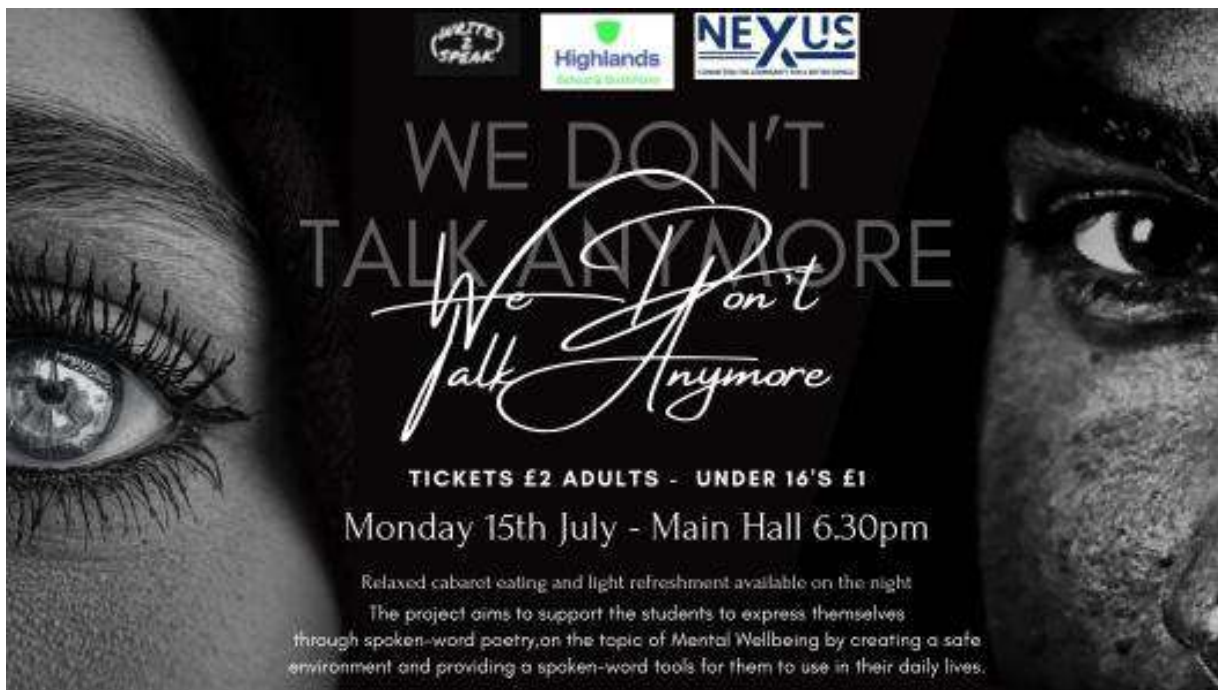
Book by Dennis Kelly Music and Lyrics by Tim Minchin




WEDNESDAY 3RD JULY - 1:45PM & 7PM
THURSDAY 4TH & FRIDAY 5TH JULY - 7PM
AT THE MILLFIELD THEATRE, SILVER ST., London N18 1PJ
TICKETS £7 AVAILABLE VIA MILLFIELD THEATRE BOX OFFICE

This amateur production is presented by arrangement with Music Theatre International
All authorised performance materials are also supplied by MII
www.mtishows.co.uk
Orchestrations and Additional Music by Chris Nightingale

 Highlands School & Sixth Form

 PURCHASE TICKETS



WE DON'T TALK ANYMORE

We Don't Talk Anymore

TICKETS £2 ADULTS - UNDER 16'S £1

Monday 15th July - Main Hall 6.30pm

Relaxed cabaret eating and light refreshment available on the night

The project aims to support the students to express themselves through spoken-word poetry, on the topic of Mental Wellbeing by creating a safe environment and providing a spoken-word tools for them to use in their daily lives.



September 2024 new year 7 intake and current year 7 BBQ

The HPFA would like to invite our current year 7s to join them for a summer BBQ event - full details are below. Tickets are free for year 7s but all students must be accompanied by an adult. The new year 7s who are due to join us in September have also been invited to attend, so it should be a fun event. Please click on this [link](#) to book your tickets. We would be grateful if anyone would be able to help on the night or donate prizes for our raffle. We will also be running a second hand uniform stall that night.



YOU ARE INVITED

YEAR 7 SUMMER BBQ

AT
HIGHLANDS SCHOOL
148 WORLDS END LANE
N21 1QQ



Honest street food by Pax Canteen

Popcorn & candy floss stall

**11 JULY '24
6PM - 8PM**

Drinks stall

**FOR UPCOMING YEAR 7 ('24 ENTRY) AND
EXISTING YEAR 7 STUDENTS, PARENTS & CARERS**

FREE ENTRY
BOOK YOUR PLACE ASAP VIA THE QR CODE
BELOW



second hand uniform stall

Raffle

Games & activities

**ANY QUESTIONS?
EMAIL US:
HPFAeventtickets@gmail.com**

**PURCHASE YOUR FREE
TICKETS HERE**



SUMMER HOLIDAY PROGRAMME



This programme is for school children, from ages 8-16 years old who receive free school meals and who live in Enfield or attend an Enfield school. (lunch will be provided)

Over the Summer Holidays, we will be running a number of activities and workshops for young people aged 8-16

Activities Include

- Street Dance
- Media Production
- Boxing & Physical Fitness
- Music Production
- Hair
- Arts & Crafts



Contact

020 8807 4385
020 4568 5312
077 9261 0474

northside_youths@live.co.uk

39 St James Chambers,
Edmonton, N9 0UD

Summer Programme

Starting on Tuesday 30th July,
The programme will run
Tuesday-Friday
Finishing on Friday 23rd August.

Full timetable and times are on
the back



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NYCC EDMONTON



@NYCC_LONDON



NORTHSIDEYOUTH.CO.UK

SUMMER HOLIDAY PROGRAMME



Alongside the planned activities, there will be an opportunity to go on trips and days out. We will be running tournaments and competitions throughout the programme.

Be sure to join us on the final day, Friday 23rd August for our 'Summer Send off', enjoy the last bit of fun before the return to school, say goodbyes to friends made, Pizza party and Award ceremony.

For those aged 11-19 our youth club will be available to you. The open session will take place alongside a number of different workshops.

Youth Club Times

Tuesday-Friday: 3:30pm -7:00pm
Saturday: 12:00pm-6:00pm

Week One

July 30th- August 2nd

Tuesday 30th July
Wednesday 31st July
Thursday 1st August
Friday 2nd August

Week Two

August 6th- August 9th

Tuesday 6th August
Wednesday 7th August
Thursday 8th August
Friday 9th August

Week Three

August 13th- August 16th

Tuesday 13th August
Wednesday 14th August
Thursday 15th August
Friday 16th August

Week Four

August 20th- August 23rd

Tuesday 20th August
Wednesday 21st August
Thursday 22nd August
Friday 23rd August

Times

10:00am- 2:00pm



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NORTHSIDEYOUTH.CO.UK



HAF Enfield Summer 2024

29th July –
30th August

Ages
Reception
to Year 11

FREE* places available on
Enfield's Holiday Activities and
Food (HAF) programme this
summer. For more information
visit

**Holiday activities and food
programme | Enfield Council**

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

Arts &
Crafts

Get
Active

Free
nutritious
meals

Cooking

Day
Trips

Plus
much
much
more!

[www.enfield.gov.uk/services/children-and-education/
holiday-activity-and-food-programmes#haf-programme](http://www.enfield.gov.uk/services/children-and-education/holiday-activity-and-food-programmes#haf-programme)





Workshops: Please email seyis@enfield.gov.uk to book a place, or turn up on the day.

You are invited to **The Enfield Inclusion Exhibition**



Wednesday 3rd July 2024, 2-4pm, West Lea School, Haselbury Campus, N9 9TU

FEATURING:

THE ENFIELD INCLUSION CHARTER | SEYIS | SEN | CAMHS | EARLY YEARS | UNICEF | VRU | LONDON INCLUSION CHARTER | EPS | ECASS | EASA | GRT | WAVERLEY | ORCHARDSIDE | DURANTS | OAKTREE | NEXUS | SWERRL | ATTENDANCE | GOVERNOR SERVICES | THE MUSIC HUB | THE PE TEAM | TENDER | INCLUSIVE AND NURTURING SCHOOLS | SHOW RACISM THE RED CARD | OUR VOICE | PARENTING PROGRAMMES | FOSTERING | THE VIRTUAL SCHOOL | DISPLAYS OF CHILDREN'S WORK | MARKET AND BOOK STALLS | FOOD AND COFFEE | INCLUSION REPRESENTATIVES FROM MULTIPLE SCHOOLS | **AND MORE**

School tours

Contact the school directly to book a place

Setting	SEND details	Times	Contact details
Brimsdown Primary School	KS2 Autism Unit	8:00-9:30 10:00-10:30 11:15-12:15 1:15-2:15	Contact names: Matt Clifford and Owen Karwa Name and address of setting: Brimsdown Primary School, Green Street, Ponders End, EN2 7NA Tel: 020 8804 6797
Fresh Steps Independent School	An independent SEN school rated Outstanding by Ofsted in 2017, 2020, 2024	9:30 11:00 1:15	Contact Name: SENDCO - info@freshstepsindependentschool.co.uk Name and address of setting: Fresh Steps Independent School, Irons House, London, EN2 7TH info@freshstepsindependentschool.co.uk Tel: 02089090627
Oaktree School	Special school for students aged 11-19 with social, emotional and mental health needs	9:30	Contact name: Clair Witherington Name and address of setting: Oaktree School, Chase Side, Southgate, London N14 6RN How to book a place: Email clw@oaktree-school.co.uk Tel: 02084451100
Orchardside School	Pupil Referral Unit (PRU) for Years 7-11	9:00 11:00 2:00	Name and address of setting: Orchardside School, 230 Balfour Lane, EN1 4BL Contact Name: Catalda Fay Headteacher / Niki Panayiotou AHT & SENDCO How to book: Email Sharon.Howard@orchardside-school.co.uk
Durants School	Autistic specific provision for students aged 11-15	10:00	Name and address of setting: 1. Durants School, High Street, Southgate, N14 6BN 2. Durants School, Windrose Way, Walthamstow School, 20 Leatham Grove, Walthamstow Hill, N21 3AB How to book a place: Contact the school office 0208 8041980 or by email info@durants-school.co.uk
Waverley School	Special school for students aged between 3-19 years with severe, profound and multiple learning difficulties	10:00	Contact name: Laura Kesting Name and address of setting: Waverley School, 105 The Rise, Enfield, Middlesex, EN3 7DL How to book a place: Call 02089051058 and speak to Shona Tel: 02089051058
Churchfield School	2 x ASD CURBS provision, Reception-Y2	8:00-11:30	Contact name: Jackie May Name and address of setting: Churchfield School, Laymer Road, 101 9PL How to book a place: Email jackie.may@churchfield.enfield.sch.uk



[Enfield Inclusion Charter Poster \(8\).pdf](#)

Workshops

Contact seyis@enfield.gov.uk to book a place, or turn up on the day

Time	Workshop	Delivered by
2.00	Emotionally-based school non-attendance (EBSNA)	EPS
2.20	Introduction to trauma informed practice	EPS
2.40	GRT	GRT
3.00	What can ECASS do for you?	ECASS
3.20	Rights Respecting Schools	UNICEF
3.40	Enhancing SEN practice in your school	SEND



IES FOOD BANK



Committed to supporting care leavers & the wider community

**GRAND OPENING
JULY 15TH, 2024**



"Fill a bag, fill a heart."

LOCATION
Unit 3 Pavilion Business Centre
6 Kinetic Crescent Enfield EN3 7FJ

Opening times
Mondays & Fridays
11am-3pm

For More Information: 01992 710 085
(Rachel / Mary / Shanna)

foodbank@in2grated.com



Help us fund raise for our school

Did you know when you sign up to [easyfundraising.org.uk](https://www.easyfundraising.org.uk) and purchase goods from shops on the **website** or **app**, **Highlands School will earn a commission from the sale?**

All you have to do is search for **Highlands School Enfield** and select us as your chosen charity and shop as usual.

Highlands School Enfield

Winchmore Hill, London

£3,565.00 raised

96 supporters

Sign up and support this cause

www.easyfundraising.org.uk

GET STARTED

How to support Highlands School Enfield

- 1** Sign up
Provide us with a few details to set up your profile with easyfundraising.
- 2** Download our browser extension
Our Donation Reminder plug-in pops up automatically when you shop to let you know when a donation is available.
- 3** Track your donations
You'll be able to see how much you've raised in your account and we'll send updates on when Highlands School Enfield gets paid.

Support us through
easyfundraising



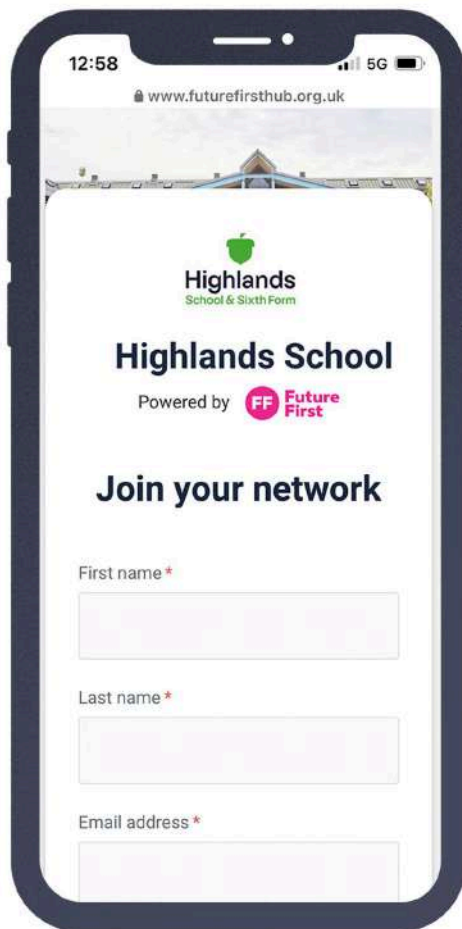
Highlands School Alumni

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. We recently sent out a [medical and allergy survey](#) to all parents - thank you to all those who have completed this - if you haven't already done so, please can this be completed as soon as possible so we can update our records.

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
South West London	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
	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](https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)) 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

ONLINE, 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

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

Sign Health: <https://signhealth.org.uk/contact/>


Deaf young people: <https://signhealth.org.uk/with-deaf-people/supporting-young-people/>

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:

 [X@Highlands_sch](https://twitter.com/Highlands_sch)

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

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

 Threads [@Highlandssch](https://www.threads.net/@Highlandssch)

 Facebook [Highlands School](https://www.facebook.com/Highlands_School)