



# Highlands School Newsletter

05 July 2024



Dear parents and carers,

This week we have a special feature newsletter sharing the results of the Highlands School General Election that was held on the morning of Thursday 4th July. I hope you read it to find out the results, look at photos of the campaigns and read the press releases the parties wrote at the end. Hundreds of our students stood for election and the whole school turned out to vote on election day. I am writing this on Thursday afternoon so the results of the UK General Election are not known yet, but we hope national election day goes as smoothly as our school election did.

Next week we will publish a special feature newsletter on our school show, *Matilda!*, showing this week at the Millfield Theatre. I am going to watch it on Friday night and am looking forward to it very much.

Key dates for this half term:

- 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
- Monday 2nd September: year 7 in school
- Tuesday 3rd September: year 7 and 12 in school
- Wednesday 4th September: other year groups in school for assembly and tutor time
- Thursday 5th September: normal teaching commences for all year groups

Have a great weekend,  
Mr McInerney, Headteacher



## Mock General Election

Our school held a mock general election this week, featuring the Labour, Conservative, Liberal Democrat, and Green parties. Throughout the week, students from the four parties engaged in an impressive live debate, showcasing their party leaders' oratory skills and the distinctive policies of each party. Campaigns were in full swing, with leaders passionately representing their parties' values and manifestos. The event was a fantastic educational experience, allowing students to gain a comprehensive understanding of the voting system, the importance of political engagement, and the diverse policies each party advocates.

Well done to all of the leaders and campaigners. Read this week's [special feature newsletter](#) for more information on how our general election went and watch our [Mock General Election reel](#) on Instagram.





## Transition evening

Our Transition Evening this week was a great success, providing a wonderful opportunity to meet the families and our new year 7 students starting at Highlands in September. It was heartwarming to see the excitement as students met their form class members and their form tutor for the first time. It was also a great opportunity to speak to our staff and senior leadership team and ask any questions in preparation for September.



## Year 7 Taster Day

Our year 7 taster Day was an exciting event where new year 7 students visited our school to experience a day in the life of secondary education. They met their future teachers and classmates, explored the school facilities, and participated in a variety of fun and engaging activities. The day helped ease any anxieties they had about the transition, giving them a glimpse into the vibrant school community they will soon be a part of. It was a wonderful opportunity for them to start building friendships and become familiar with their new environment, making the move to secondary school a smoother and more enjoyable process.



## Borough Athletics championships

On Wednesday 3rd July the best athletes from Highlands took part in the borough championships at Lea Valley athletics stadium. Our students had a brilliant day with lots of them coming home with medals. A special mention to Faye in year 8 who retained her title in the 100m and also won a silver in the shot put and a bronze in the relay. George Robinson in year 9 did brilliantly too, winning a silver in the 200m and a silver in the long jump. Finally Stephanie Berko in year 8 came home with three bronze medals in the high jump, 200m and relay.

We await the team results. Well done to all our athletes, we are very proud of you all.

The PE department.

Here are the winners:

- **Diana Tangestani** - Y9 Discus - **bronze**
- **Orla Dimery** - Y7 shot put - **silver**
- **Sibora Myftari** - Y7 long jump - **silver**
- **Elis Cristovao** - Y9 high jump - **bronze**
- **Lily Howard** - Y9 1500m - **bronze**
- **Darcy Dundridge** - Y10 javelin - **bronze**
- **Grace Caddle** - Y11 triple jump - **gold**
- **Erin Eastwood** - Y7 800m - **gold**
- **Israel Nortey** - Y7 high jump - **gold**
- **Stephanie Berko** - Y8 high jump - **bronze**, Y8 200m - **bronze**, Y8 relay - **bronze**
- **Millie Huetson-Varnava** - Y9 800m - **gold**
- **Emilio Harris Vital** - Y9 800m - **bronze**
- **George Robinson** - Y9 long jump - **silver**, Y9 200m - **silver**
- **Faye Etuazim** - Y8 100m - **gold**, Y8 shot put - **silver**, Y8 relay - **bronze**
- **Annika Trivedi** - Y8 discus - **silver**
- **Anaiya Dhaliwal** - Y8 300m - **silver**
- **Bea Findlay** - Y8 long jump - **bronze**
- **Mia Ioannou** Y8 relay - **bronze**
- **Leah Evans** - Y8 relay - **bronze**
- **Ella Mohan** - Y11 400m - **gold**





## Catering college success

Congratulations to the following students who have been offered places to study at the Westminster Kingsway Catering College in Victoria. They will be joining many world-famous alumni including Jamie Oliver, Ainsley Harriott and Anthony Worrall Thompson and Ms Simons! Well done and good luck.



Ailbe Ridge and Harvey Hunte: Westminster Kingsway College with professional chef diploma

Elisabeth Castells: Level 3 Extended Diploma in Hospitality at Westminster Kingsway College.



## U18 National football champion!

A massive congratulations to Connie Wakeford who won the ACES Nationals tournament with the Haringey U18s team. She scored two goals and got several assists during the day.

This is a fantastic achievement which Highlands School are extremely proud of. Well done Connie!

**Mrs Hutchinson**





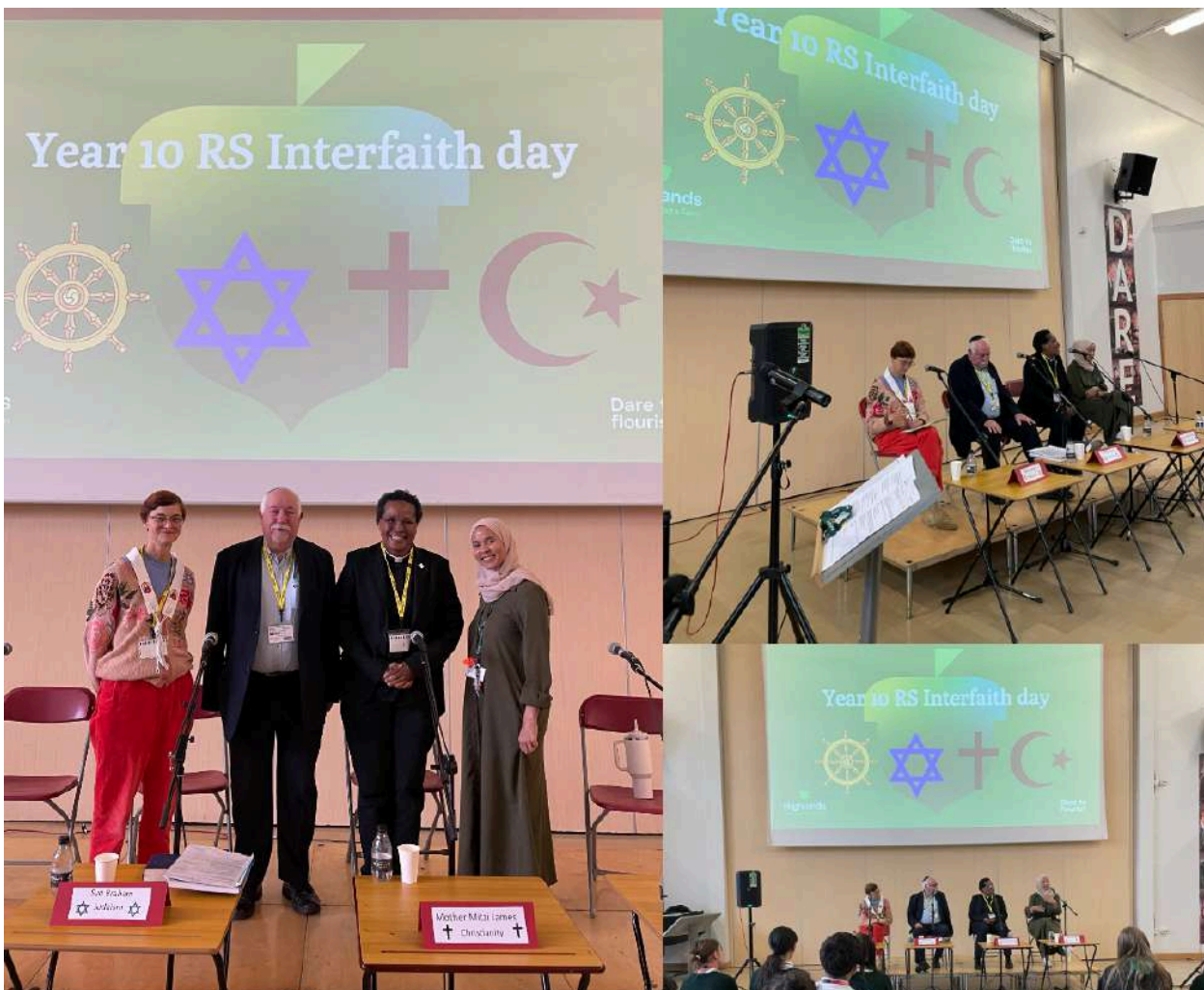
## Interfaith day at Highlands

As part of our core RE curriculum for year 10, students took part in an Interfaith panel on Wednesday 3rd July. Students had the opportunity to hear from four guest speakers, representing the religions of Christianity, Islam, Judaism and Buddhism. The speakers shared how their religion impacts their life as well as what religious beliefs and practices are important to them. It was a great chance to reflect on our DARE values of respect and equality.

Students had the opportunity to ask questions to the panel, hearing their answers to a range of philosophical and ethical issues, such as healing, pilgrimage, science and creation. It was a chance to deepen students' understanding of different faiths and foster an atmosphere of respect, empathy and unity. The panel discussed the similarities and differences between the religions and reflected on how 'we have more in common than that which divides us' (Jo Cox MP).

We are really grateful to our guest speakers Mother Mitzi James from Clay Hill parish, Ms Sheikh from Highlands School, Syd Braham from the Board of Jewish Deputies and Taramalini from the London Buddhist Centre. The day provided an excellent opportunity for students to learn about the lived experiences of people from different faith communities.

### Mrs Shah





## Argentinian school visit

We were delighted to welcome staff and students from Centro Británico, an Argentinian school in Rosario to Highlands for an enriching cultural exchange. During their visit, they shared insights into Argentina's vibrant culture. The Argentinian students made brief presentations in English and Spanish about their country's culture, including a presentation of the typical Argentinian drinks and food that our students had the opportunity to try. They conversed in both languages during their stay and saw how people live in another culture.

Our students thoroughly enjoyed learning from their peers and deepening their understanding of global cultures.

**Ms Bonfanti**







## London Hockey Youth Games

Orla Dimery from 7ODM represented Enfield in the London Hockey Youth Games on Sunday at Lee Valley Hockey Centre.

Orla was a key contributor to the team's attacking play as a forward, she was energetic, determined and tenacious. Throughout the year, she plays for Winchmore Hill and Enfield Hockey Club.

Well done Orla!



## Year 12 students shine during work experience

We are thrilled to share that our year 12 students recently completed a successful work experience programme, receiving glowing feedback from their host employers. Over the past two weeks, students had the opportunity to explore various career fields, gaining valuable insights and practical skills in real-world settings, including the NHS, TFL, law, dentistry, media, engineering, leisure centres, hospitality, floristry, charity, finance, construction, real estate, education, youth work, hairdressing and many more!



Employers praised our students for their professionalism, enthusiasm, and willingness to learn. Many commented on their impressive work ethic and ability to quickly adapt to new environments. This experience not only provided our students with a taste of their potential future careers but also helped them develop important soft skills such as communication, teamwork, and problem-solving.

We extend our heartfelt thanks to all the businesses and organisations that hosted our students and provided such enriching experiences. Your support and mentorship have been invaluable in shaping the futures of our young people.

Congratulations to our year 12 students for their hard work and for representing our school with excellence. We look forward to seeing the positive impact of this experience on their future

**Mrs Laurenzi**



## Employer insight day at Lumon

A group of our year 12 students recently had the exciting opportunity to participate in the Lumon Finance Insight Day, and their experience was nothing short of inspiring. Hosted by Lumon, a leading FX financial services company, the event provided an in-depth look into the world of finance and the various career paths it offers, including marketing, IT and compliance.

Throughout the day, students engaged in interactive sessions, panel discussions, and hands-on activities designed to give them a comprehensive understanding of a corporate company, team building challenges, ethical debates, brand development, CV writing and mock interviews

Students were also treated with lunch, a goody bag gift to take away with them and also had a tree planted in their name as part of Lumon's ongoing sustainability for business policy.

Our students were particularly impressed by the networking opportunities, as they connected with industry professionals and gained firsthand insights into the skills and qualifications needed to succeed in finance. The enthusiasm and curiosity shown by our students did not go unnoticed, with Lumon representatives commending their eagerness to learn and thoughtful questions.

We are incredibly proud of our students for making the most of this opportunity and for representing our school with such distinction. Special thanks to the employees of Lumon and to Future First for organising this insightful and engaging event.

Estella Yilmaz, Hasan Kiyamaz, Rohat Gok, Hannah Bernasconi, Elyaas Uddin and Mohamed Osman.





## Deaf Aspiration Day

Our deaf students attended a Deaf Aspirations Day at Heathcote School, where they participated in sport activities and an inspiring deaf identity workshop led by Ollie Monksfield. Marios Costi spoke about his career as a deaf footballer, being the coach of the deaf women's futsal national team and as a tv presenter.

The day provided a valuable opportunity for our students to explore and celebrate their deaf identity, fostering a sense of pride and community.





## September 2024 new year 7 intake and current year 7 BBQ - 11th July

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.

For those who are coming to the year 7 BBQ on **Thursday 11th July**, please remember to bring your ticket which you can show on your phone at the entrance. Doors will open at 6pm and the event will finish at 8pm. Please use the entrance which will be signposted on the day (towards the school tennis courts).

There will be food stalls selling a range of bbq style food (hot dogs and burgers) and vegetarian options. There will also be an ice cream van and candy floss stall. The HPFA will be running a drinks stall where soft drinks, wine, beer and Pimms can be purchased. Although card machines will be available, we would appreciate it if you could try to bring cash as it can be quicker!

**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*

*Drinks  
stall*

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

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



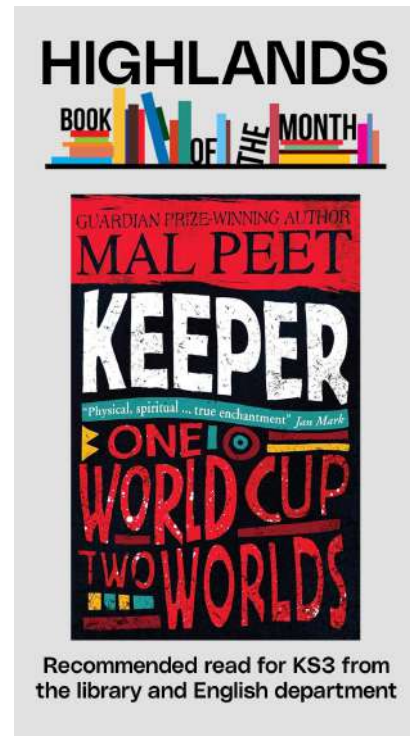
## Highlands book of the month - July

Recommended reads from the library and English department:

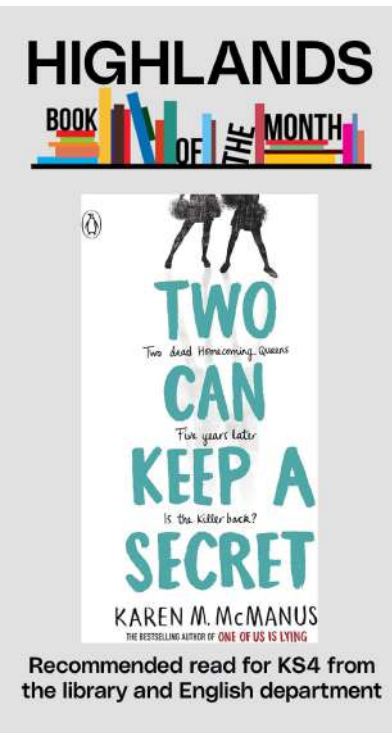
### KS3: Keeper by Mal Peet

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.



Recommended read for KS3 from the library and English department



Recommended read for KS4 from the library and English department

### 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



## 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.

- **Elisia Huetson Varnava 10WDD, Millie Huetson Varnava 9BYC and Lily Howard 9RTC:** Awarded for becoming national champions in the UK for Haringey Girls football team.
- **Candice Grossman 12RCW:** Awarded for working really hard and going above and beyond in her media lesson. Candice did exceptionally well in her work experience week.
- **Erin Eastwood 7ODM:** Awarded for her hard work and enthusiasm to learn during the Ed-Extra BSL club sessions.
- **Kevin Koroni 10RCB and Jordan Abagre 10RCB:** Awarded for his outstanding contribution and effort in his PE GCSE lessons and overall helpfulness in his PE core lessons.
- **Parla Ghanipour 10OAB:** Awarded for demonstrating excellent leadership skills during the DARE day employability masterclass. Parla took on the role of interviewer and interviewed the facilitator; her questioning was exemplary and Parla demonstrated fantastic leadership skills.
- **Ralph Bishop 8RBW, Zulaikha Chaudhry 8RBW, Shanaya Herman 8RBW, Kaylem O'Dea 8RBW, Sophia Smith 8RBW, Thomas West 8RBW, Elias Xenophontos 8RBW, Tianyou Xu 8RBW, Eren Yener 8RBW, Nicholas Tsekouras 8RBW, Ioanna Bello 8RBW and Lewis Tyler 8RBW:** Awarded for their impressive team working skills during the Wise-Up DARE Day.
- **Ikram Mohamed 9BLM, Christina Hajilambi 9WCM, Mackenzie Wright 9OSM and Dino Mason 9ODC:** Awarded for their excellent achievement in the end of year 9 Design and technology exam.
- **Estelle Shopova 9BLM:** Awarded for their excellent achievement and scoring 96% in the end of year 9 Design and technology exam.
- **Danielle Montez-Lopez 12ODS:** Awarded for her outstanding work experience trip to Ethiopia.
- **Brij Mahtani 10RNC:** Awarded for being an exceptional role model and representative of Highlands school during recent school trip activities.
- **Sakura Daley 10OKK:** Awarded for showing great consideration and kindness when a student was injured during the DARE day activity. She sat with the student to comfort her when she had been hurt and was able to give a member of staff a detailed and helpful report about what had happened.





# 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

@NYCC\_LONDON NYCC EDMONTON  
 @NYCC\_LONDON NORTHIDEYOUTH.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

@NYCC\_LONDON NYCC EDMONTON @NYCC\_LONDON NORTHIDEYOUTH.CO.UK



# HAF Enfield Summer 2024

29<sup>th</sup> July – 30<sup>th</sup> August

**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](#)

**Ages Reception to Year 11**

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

- Arts & Crafts
- Get Active
- Free nutritious meals
- Plus much much more!
- Day Trips
- Cooking

[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)







## FREE SCHOOL MEALS

# Get Active & Tuck In Holiday Camps

Trips available subject to availability - Top Golf, Bubble Planet, LDN Gravity & Thorpe Park

Enfield Council Youth Development Service are providing fantastic free activities and hot meals for young people in receipt of free school meals during the 4 week summer break. There are 3 holiday camps running.

The summer camps will be packed with a range of activities to choose from such as Drama, Music, Art & Craft, Sport and many more.

### Bell Lane Youth Centre - SEND Specific Every Monday & Tuesday

DATE: 29 July - 20 August

TIME: 11am-4pm AGE: 11-19 (up to 25 for SEND)

### Ponders End Youth Centre Every Monday - Thursday

DATE: 29 July - 22 August

TIME: 11am-4pm AGE: 11-16

### Craig Park Youth Centre Every Monday - Thursday

DATE: 29 July - 22 August

TIME: 11am-4pm AGE: 11-16

 @Youth\_Enfield #supportingyoungenfield

Email: [SUregistration@enfield.gov.uk](mailto:SUregistration@enfield.gov.uk)

Register now: [www.youthenfield.taptub.co.uk/summeruni24](http://www.youthenfield.taptub.co.uk/summeruni24)





# 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](https://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**



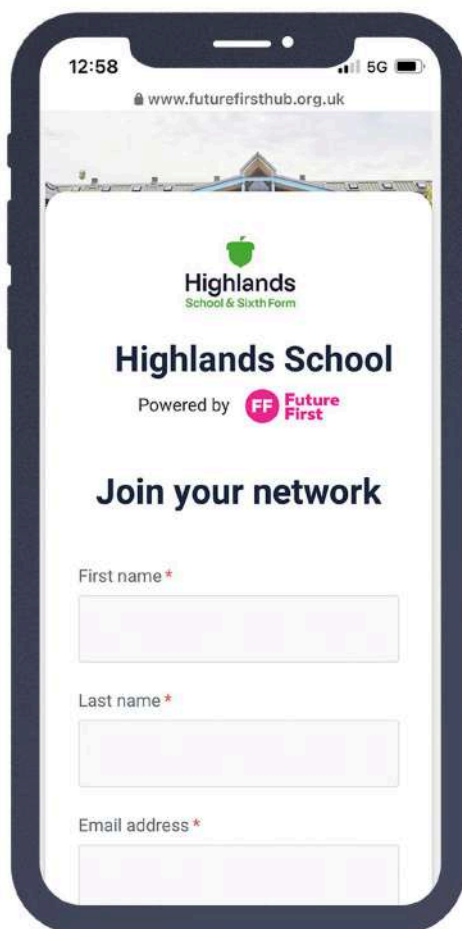
# Highlands School Alumni

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](mailto: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

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>

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

Urgent and other support available

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

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

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 confidential telephone counselling service for any child with a problem  
Call: 0800 1111 anytime or [online chat with a counsellor](#)

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 provides free, confidential support for young people under 25  
Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)

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 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](mailto: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](http://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)