

Highlands School Newsletter

02 February 2024



Dear parents and carers,

We are remembering one of our former students, Rae Durman, this week. Rae died over the Christmas break. Rae was a student with us from year 7 to year 13, leaving us last summer. She was a wonderful student and Ms Brown, her form tutor for many years, has written this tribute to her:

Rae attended Highlands School from year 7 until she graduated from year 13 last year. She was a valued member of the Oak House form group and we are honoured to have shared our school community with her.

Rae was a memorable student for so many good reasons. She had an enormous amount of positive energy and would bounce through the school with enthusiasm every day. She really enjoyed the performing arts subjects and was a talented dancer. She also had a lovely singing voice and we would always ask her to be in the school shows. Rae was a wonderful advocate for sport, and she loved the annual school sports day. She was really interested in studying English at A level along with religious studies and sociology. She was always looking to have a deeper understanding of the world and its people, and she approached her studies with an inquisitive mind.

Her teachers in religious studies and sociology remember her engagement and passion for debate, Rae always had a strong opinion to put forward - often from a feminist perspective! - but always with logical and considered reasons. Never shy to contribute, Rae role modelled what her teachers always looked for in a deep and philosophical thinker. However, Rae was also practical and pragmatic and enjoyed finding solutions to problems that others could not see. Rae will be missed by everyone who taught her and studied alongside her. She burned so bright and will be remembered as a true ray of light that brightened our days and made us smile.

Ms A Brown, head of dance and Rae's form tutor.



I would like to thank Ms Brown for the tribute she wrote to Rae for today's newsletter; many of our staff and students have been deeply saddened by news of Rae's death and all our thoughts are with her family at this time.

I would like to remind all members of the school community that next Wednesday evening we are holding our annual options evening for parents of years 8 and 9. Details of the evening are listed below.

- Options evening runs from 6-8pm at Highlands School.
- There will be an opportunity to hear a presentation about the Key Stage 4 curriculum in the main hall at 6pm and at 7pm.
- Students will then have the opportunity to circulate the school and talk to teachers from different subjects about their preferred options. Please note that only option subjects will be present.
- As parents leave the building they will be offered a chance to complete their options form with a member of SLT. There will be several stations set up outside the main hall with a member of SLT and a laptop at each one.

As staff are staying late at school to set up and then take down any displays or room changes, we have a late start for all students on Thursday 8th February. Students will need to arrive at school by **11.20am, gates will close at 11.30am, lessons will start from period 3.**

A reminder of important dates for your diaries:

- Wednesday 7th February: year 8 and 9 option evening
- Thursday 8th February: late start for all students following option evening. **Gates open at 11.20am for students**
- Friday 9th February: end of spring 1 half term
- Monday 19th February: start of spring 2 half term
- Friday 8th March: HPFA quiz night

Mr McInerney,
Headteacher



House captains and strand leads

Meet our incredible house captains, vice captains and strand leads for 2023-2024. Our leaders were presented with their prestigious house badges this week, marking their leadership journey this year. From supporting their houses to organising fundraising events, these leaders are the driving force behind our school spirit.

House captains			
Lorena Kransniqi	Zende Gachette	Sila Usta	Chizara Okonkwo
House vice captains			
Grace Caddle	Ilana Tanwie	Rohat gok	Naa-shida Quartey



Sports captains and sports vice captains			
Vedat Djemal	Peter Pieretti	Isobel Kennedy	Ann Siby
Sports vice captains			
Jermain Rendle		Shaquel Kizito	





Social action captains			
Hannah Bernasconi	Grace Umenyiora	Hala Glasgow	Hana Fahmy
Social action vice captains			
Inaayah Wahr	Narin Kalkan	Isaac Mooney	



Performance captains			
Elena Giudice	Lydia Wright	Lucy Lord	Victoria Salamanca
		Performance vice captain	
		Kitty Coleman	





Environment captains			
Daniel Malaj	Kimberley George	Theo-Jay Coleman	Lottie Price
Environment vice captains			
Candice Grossmann		Ayaan Ali	



Wellbeing captains			
Sheryce Crow	Eleanor Smith	Rain Kurt	Eimaan Abbas
Wellbeing vice captains			
L'Jeeta Thompson		Rhea Mehta	
		Isabelle Williams	





Equalities captains			
Danny Kruja	Neriah Muhele	Sophia Galczynska	Amaya Edwards-Nassa
Equalities vice captains			
Isaiah Gachette	Florian Macarthur	Ahura Sedaghat	Baran Byndor



All of our house captains, vice captains, strand leads and house form reps will have the privilege of not having to queue for both break and lunch as part of their house privileges. This is only if they are wearing their pin badge. If there are any students who are yet to collect their badges, please see Ms Maple.



London Youth Games trampolining triumph

A huge congratulations to Henry Wakeford in 11BPL who came 5th in his category of 14 boys in the London Youth Games, some of whom are top 10 in the country for trampolining. Enfield also finished 2nd out of 22 boroughs! A fantastic achievement Henry, we are all so proud of you.



5km Essendon run success!

In a remarkable display of determination and skill, Highlands student Elektra Taylor in 7RAS successfully completed the 5km Essendon Country Club run on Sunday 28th January. Clinching 1st place in her age category and 5th position among female competitors. Her relentless pursuit paid off as she also achieved a personal best of 27.40 and depending on selection, she is hoping to run the mini marathon later this year. Congratulations on your extraordinary achievement Elektra, we all wish you the best of luck in your future running endeavours.





Workshop Insight Day with International Law Firm ReedSmith

Year 12 student Jessica Griggs successfully gained the opportunity to spend the day at Reed Smith LLP global law firm with its largest office in London. The workshop on Law in the City was developed to introduce young people to the legal sector and provide a balanced and realistic insight into careers in the sector and the wider world of work.

“The insight event at Reed Smith was informative in the steps and various pathways that someone could take to become a solicitor. Being given the opportunity to engage with and question industry professionals from various backgrounds allowed a deeper understanding of what it would be like to work in the legal field and solidified the pathway I hope to take in the future.”

- Jessica Griggs





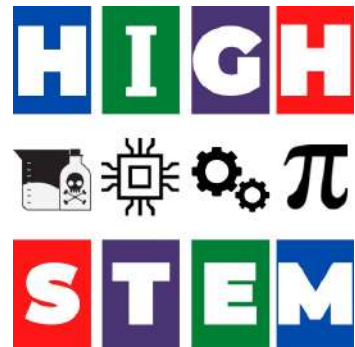
Highlands' partnership with the Green Schools Project sparks innovation in Climate Action!

We are thrilled to announce a partnership between Highlands and the Green Schools Project as part of the Building Brighter Futures Programme. This collaboration marks a significant stride in empowering our students to take the lead in combating climate change and fostering innovation within our school community.



A prestigious opportunity for Highlands

Highlands has proudly been chosen as one of the four fortunate schools in the Edmonton area to participate in this esteemed programme. The Green Schools Project, operating nationwide, collaborates with schools to empower students in responding to the climate crisis. Our involvement in this initiative underscores our commitment to sustainability and education for a brighter future.



What to expect from the programme?

This partnership provides an exciting opportunity for 36 of our year 8 students who excelled in presenting their eco challenge project in class to cultivate crucial skills while spearheading innovative projects within our school community. Through engaging sessions, participants will delve into the intricacies of the climate crisis, scrutinise Highland's carbon footprint, and collaborate as a team to formulate unique school projects.

National impact, local connection

This year, the Green Schools Project actively engages with over 130 schools, guiding students in designing projects aimed at reducing their school's carbon footprint. Inspired by success stories from other schools, our students will actively contribute to initiatives such as reducing food waste, monitoring classroom temperatures, and organising low-energy days.

Collaboration and showcase event

The collaborative effort involves students working closely with school staff, with some sessions being led by Green Schools Project staff. As a culmination of their efforts, a special event in the summer awaits, providing an opportunity for students to showcase and exchange ideas about their projects with other participating schools in the local area.

Skill development at the core

Beyond the environmental impact, these planned sessions are designed to foster the development of various skills among our students. From teamwork and communication to problem-solving, leadership, and speaking and listening abilities, our students will gain invaluable experiences that extend far beyond the classroom.



For more information about the Green Schools Project, please visit their website: [Green Schools Project](https://www.greenschoolsproject.org/)

We are immensely proud of this partnership and look forward to seeing the innovative projects that our students will lead in response to the climate crisis.

Dr Len





Golf championships, here we come!

We are thrilled to announce that Highlands student Isobelle Codling in year 12 has been chosen to represent Enfield Golf Club and England in the upcoming Junior Team Home Nations Championships.

Isobelle and the Enfield team qualified for the final in October by winning the All England event and will now represent England in the Home Nations Final against Scotland, Ireland and Wales in March. The Home Nations Championships is one of the most prestigious events endorsed by all four home golf unions, recognised by the R&A and is the only one of its kind in Western Europe.

This opportunity is a true testament to Isobelle's hard work, dedication and exceptional skills on the green. Wishing you the best of luck Isobelle, we are all rooting for your success!





Headteacher award

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.

- **Tailizandra Blana 10RCB:** Awarded for being conscientious, diligent and driven.
- **Nehemie Mbidi 12ODS:** Awarded for demonstrating a high level of resilience and determination.
- **Harrison Sykes 10RCB:** Awarded for helping with the BSL Ed-Extra session on Wednesdays. He has volunteered twice without being asked and his contribution is amazing.
- **Macy Mcghan 12RSL:** Awarded for her outstanding levels of professionalism, enthusiasm and engagement.
- **Firat Ozbek 12BJT:** Awarded for his commercial awareness, dedication and proactive outlook.
- **Zac Betsy 11WER** and **Kerem Hassan 7WMT:** Awarded for kindly assisting an external member of staff who is blind, exhibiting a great amount of respect and kindness.
- **Nisa Cicekli 7BEF, Chloe Hobley 7BEF, Xavier Harris Vital 7BEF, Yiannis Hajilambi 7BLR, Havin Usta 7BLR, Sindi Dauti 7ODM, Kayla Hassan, 7ODM, Dylan Makani 7ODM, Christine Mawutor 7ODM, Finn McGrath 7ODM, Chloe Tsiamas 7ODM, Dilara Hassan 7OJT, Isabella Mene 7OJT, Jack Moules 7RJG, Veer Pithia 7WMT, Sienna Wood 7WMT, Adar Abdi Mahamed 7WSW, Abdullah Shoaib 7WSW, Isabella Pajova-Kyprianou 8BAM, Ayaz Boztas 8BJF, Abiola Babalola 8OSQ, Charlie Bell 8RBW, Thomas Keskos 8RBW, Alexandra Roszkowska 8WNK, Kian Morris 8WNK, Samuel Gonzales 9BLM, Thomas Constantinou 9BYC, Chloe Sancho 9ODC, Kaitlyn Ewan 9OSM, Bora Ozkaya 9RNB, Muhammad Ahmed 9RNB, Alfie Forshaw-Hogg 9RNB, Nisa Tekic 9WCM and Zhivko Hristov 9WCM:** Awarded for reaching their chronological reading age this term after resitting their reading tests.
- **Chloe Hobley 7BEF, Natalia Balla 7BEF, Jamie Atkinson 7BLR, Jackson Barker 7BLR, Orla Dimery 7ODM, Elysia Stavrinides 7ODM, Erin Eastwood 7ODM, Oliver Mene 7ODM, Thomas Hall 7ODM, Archer Nudds 7ODM, Betty Cruden 7RJG, and Sibora Myftari 7WMT:** Awarded for their excellent performance in the sports hall athletics team competition.





Road safety campaign

Merryhills and Grange Park schools visited us at Highlands again this week, to talk about next steps in our road safety campaign. The three schools are continuing to monitor the local roads surrounding the school, and particularly the roundabout area between Grange Park and Highlands, where we are still getting many cars parking illegally and blocking the entrances to both schools. Please consider where you are parked, as emergency services would struggle to get through to the schools when so many cars are on the roundabout area. Enfield council are regularly patrolling this area with their CCTV van during the start and end of school and are issuing regular parking fines to drivers, so please avoid this by parking safely away from the school's immediate vicinity. The restrictions in operation on the roundabout can be seen in the photo below.





PE Extracurricular timetable - after half term

PE Clubs Programme 2024 (19th February - 28th March)		
Monday	Tuesday	Thursday
Basketball Year 7 (Mixed) Mr Robson Sports Hall 3:15 - 4:30	Girls Football Years 7-10 Mr Cross/Mr Robson 3G Astro 3:15 - 4:30	Y11 + 6th Form Basketball Mr Robson Sports Hall 3:15 - 4:30
A Level PE Club Year 13 SL6 Mr Avann 3:15 - 4:00	Badminton Years 7-8 (Mixed) Mr Avann Sports Hall 3:15 - 4:30	Girls Netball Years 7-10 Mrs Walters/Mrs Berrill Outdoor Courts 3:15 - 4:30
		GCSE PE Club 10P/Pg1 & 11Q/Pg1 Mr Joseph PE4 3:15 - 4:15

How to join a club

- Meet after school at the PE changing rooms.
- You must wear your Highlands PE kit to take part.
- If you do not have a PE, dance or drama lesson on the day of your club then you must wear your school uniform to school and then get changed after school in the changing rooms.
- Bring any medical devices e.g. asthma pump with you.
- All clubs are for all students in the year groups stated. Year groups and clubs will change each half term.
- Inform your parents/carers that you are attending a club and your finishing time at school will be later (4:00 or 4:30 depending on the club).
- Basketball club with Mr Robson is limited to 30 spaces. The list of students who are on the registers for this half term are on the PE noticeboard and Google Classroom pages.
- If you would like to sign up to the **girls and boys year 7 basketball club on Mondays**, please fill out this [form](#).



Japanese masterpieces

This week in Ed-Extra, our students made some beautiful paintings of Japanese blossoms. The paintings were built up over a few sessions starting with the blue sky background with a moon. Then the branches were added by blowing the paint across the paper using a straw and finally the delicate blossoms were added to create the effect of a Japanese scroll.



Ms Linton-Hall

Clay vessel house competition winners

Congratulations to the talented winners of the clay vessel competition. Their creativity and craftsmanship were truly amazing. Especially to Christopher who won on behalf of Rowan house, earning them those vital points and a trophy for their cabinet.

Here are the winners:

- 1st - Christopher Chrysostomou (9RNB) **(Rowan)**
- 2nd - Bana Tahsen (9BLM) **(Beech)**
- 3rd - Alesja Rama (9RNB) **(Rowan)**



1st place



1st, 2nd and 3rd place



top designs chosen by the judges



Scholastic Book Fair

The book fair is now at Highlands School, it will run during break time and after school until 4pm.

You have two ways to purchase Scholastic books from the wish list:

To pay for wish list books online

- Click on the TEEN section [books](#) online.
- Fill in this [form](#) making sure you write the name of the book clearly, the age group of the book and the price. Write the student's name and form clearly at the top of this form.
- Pay via the [online](#) form. *(Make sure that you write the student's name so we know who the payment was made for.)*
- Once payment is made return the paid wish list form to the librarian for order completion and final collections. By returning the form it will allow us to know what books you have paid for.



In-house ordering

- On a sealed envelope place your child's name and form (e.g. Sarah Michaels 7RTS), ensure the exact cash amounts for the books being purchased in house is correct, as change will not be given.
- Click on the TEEN section [books](#) online, referencing book titles and pricing - write the name of the book clearly and the age group of the book.
- Forms can also be collected from the Library and brought home. All forms must be submitted to the Librarian no later than **7th February, by 11.15am.**
- Cash and forms for book purchases must be submitted together to ensure that items from the Wish List arrive in a timely manner, if they are needing to be ordered.

Collection information

Books for the Scholastic Book Fair will be displayed on the trollies for students to take home, alternatively it will be ordered if items are sold out. If that is the case, students/parents will be notified of any possible delays, and informed when items arrive.

Highlands Library



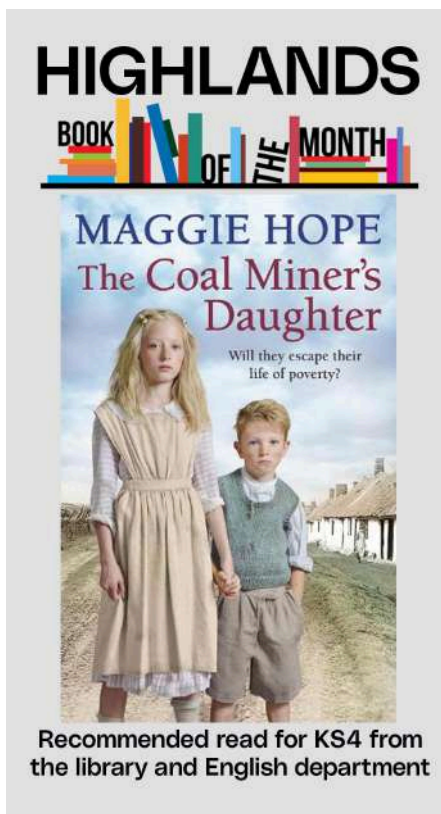
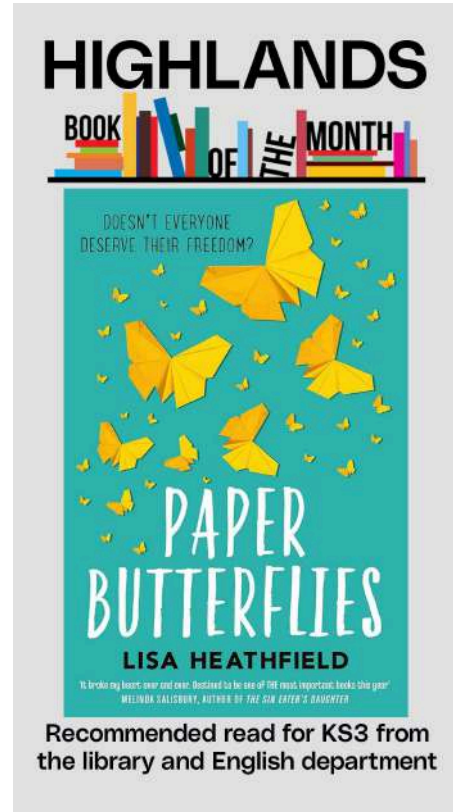


Highlands book of the month - February

KS3: Paper Butterflies by Lisa Heathfield

June's life at home with her stepmother and stepsister is a dark one - and a secret one. Not even her father knows about it. She's trapped like a butterfly in a net. But then she meets Blister, a boy in the woods. And in him, June recognises the tiniest glimmer of hope that perhaps she can find a way to fly far, far away from home and be free.

Because every creature in this world deserves their freedom, but at what price?



KS4: The Coal Miner's Daughter by Maggie Hope

Growing up in poverty, one of six siblings, Hannah Armstrong never thought she'd know anything other than her little mining town. But then she falls for Timothy Durkin, a wealthy Oxford student.

Following her heart, Hannah sacrifices everything she holds dear and follows her new husband to Oxford.

But will her new life of luxury be everything she expected - or will she find that once a coal miner's daughter, always a coal miner's daughter?

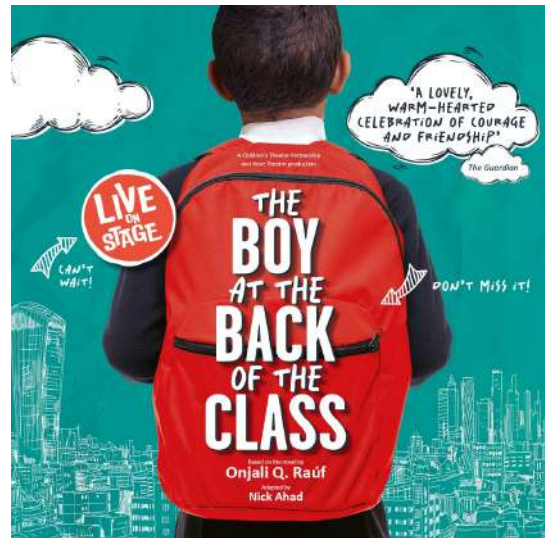


The Boy at the Back of the Class

For those looking for things to do over the half term - look no further, the Rose Theatre is showing *The Boy at the Back of the Class*.

Told from a child's perspective, balancing heart and humour, *The Boy at the Back of the Class* highlights the power of friendship and kindness in a world that doesn't always make sense and reminds us that everyone needs a place to call home.

Please let us know if you manage to go!



Mrs Selim

House maths quiz competition

Well done to the following houses who won the maths house quiz competitions and successfully added those vital points to their house totals as well as a trophy to their cabinets.

Here are the winners:

Year 7: Willow

Year 8: Beech

Year 9: Oak





HPFA Quiz night

SAVE THE DATE: FRIDAY 8TH MARCH - HPFA QUIZ NIGHT - QUIZMASTER MR MCINERNEY!

The HPFA is excited to host a quiz night on Friday 8th March. Our very own headteacher, Mr McInerney will be the quizmaster for the evening!

The evening will no doubt prove to be a fun, family-friendly, competitive event! Tickets are now available on ParentPay, see below for details. Please encourage your friends and families to come along for a fun evening, please note that tables are up to a maximum of 8 people. The HPFA would also be very grateful if you have any donations for the raffle.

HPFA

HIGHLANDS PARENTS & FRIENDS ASSOCIATION PRESENTS

QUIZ NIGHT

8 MARCH

6:30PM - 9PM

£12 ADULTS
£10 CHILDREN
£40 FAMILY OF 4

TICKET PRICE INCLUDES A PLOUGHMAN BUFFET
TICKETS ARE AVAILABLE NOW ON PARENTPAY

QUIZMASTER MR MCINERNEY



Reusable water bottle survey and competition

Since last term a group of year 9 students have been actively taking part in a Social Enterprise project.

As part of this project in collaboration with Highlands Environmental Council students they have decided to introduce a reusable water bottle campaign, to coincide with the Refill London Scheme.

To get this project fulfilled, the Social Enterprise group will also be pitching their idea to a team of local entrepreneurs and be recognised for the innovative work in our school.

ALL students are to complete a Google form survey to gather insights on preferences and habits regarding reusable water bottles, which will be assigned to the Google Classroom. Students have also been invited to design the graphics for the reusable bottle.

This is a whole school effort, but the House with the most participants will be awarded with extra achievement points and everyone's participation is crucial in helping us understand and promote sustainable choices at school.

ALL students can complete the form using this [link](#).

If you want to design the graphics for the reusable bottle shown below, email your design to careers@highlearn.uk or hand in your design to the careers office in the sixth form area.

Deadline: Monday 19th February.

Best of luck!

Mrs Laurenzi





DARE Days - Thursday 28th and Friday 29th June

This summer's DARE Days are on Thursday 28th and Friday 29th June. The following educational and exciting trips have been planned for each year group.

Year Group	Trips
Year 7	<ol style="list-style-type: none">1. London Zoo2. Workshop by Platinum Academy of Performing Arts (on site)
Year 8	<ol style="list-style-type: none">1. Art trip to the V&A museum2. Wise Up - Hub challenge (on site)
Year 9	<ol style="list-style-type: none">1. Trip to the Centre for Experimental Military Archaeology2. Design and technology workshop (on site)
Year 10	<ol style="list-style-type: none">1. Go Ape team building (Alexandra Palace)2. Employability masterclass (on site)
Year 11	Exams
Year 12	<ol style="list-style-type: none">1. Post 19 workshops (on site)2. Wise-Up, apprentice themed activity day (on site)
Year 13	Exams

Design and Technology- DARE days activities

As part of design and technology DARE day activities in June, we will be designing and making sweet dispensers. We need as many glass jars with lids as possible. If you have any, please bring them into school and drop them off to the lower DT office. Many thanks for your support.





House competition weekly results

This week's overall house winner: **highest number of achievement points minus concern codes**. Well done Willow!

This Week	Beech	Oak	Rowan	Willow
Positive Points	4,926	4,374	4,099	5,281
Negative points	-426	-526	-435	-457
Points overall	4,500	3,848	3,664	4,824

Top students in year 7:

Forename	Surname	Form	House	Points
Inaya-Amor	Pearl-Heron	7WSW	W	35
Sidney	Luxon	7WSW	W	33
Ciara	Moore-Mcgowan	7WSW	W	32
Asya	Sagioglu	7WSW	W	30
Florence	Holyomes	7WSW	W	30
Wilfred	Crutchley	7WSW	W	30
Katrina	Awatar	7WSW	W	27
Marianne	Smith	7WSW	W	27
Evani	Page-Jayaraman	7WSW	W	27
Isabelle	Cooper-Fitzgerald	7WSW	W	27
Kaya	Demir	7WSW	W	27

Top students in year 8:

Forename	Surname	Form	House	Points
Mert	Ozdengiz	8WMP	W	48
Emily	Newton	8RBW	R	42
Nea	Petritaj	8WNK	W	42
Eren	Yener	8RBW	R	35
Tishaan	Patel	8WMP	W	35
Chloe	Shi	8WMP	W	35
Marcus	Marfici	8WMP	W	35
Abel	Kalaj	8WMP	W	35



Top students in year 9:

Forename	Surname	Form	House	Points
Georgia	Gkiontsari	9BYC	B	42
Maximus	Taylor	9BYC	B	40
Taraneh	Kheradmandi	9BYC	B	40
George	Baker	9BYC	B	39
Hugh	Murphy	9BYC	B	39
Ayse	Carmanbar	9BLM	B	38
Ava	Theodorou	9BYC	B	38
Sadie	Baker	9BYC	B	37
Melisa	Spahia	9BYC	B	37
Joseph	Tsangari	9BYC	B	35
Angelo	Symeou	9ODC	O	35

Top students in year 10:

Forename	Surname	Form	House	Points
Kwadwo	Boakye	10OAB	O	49
Kenzie	Wejszko	10OAB	O	49
Abby	Reay	10OAB	O	45
Jujhar	Sondh	10OAB	O	40
Matthew	Panayiotou	10OAB	O	40
Emily	Palkowska	10OAB	O	39
Anastasia	Katz	10OAB	O	39
Eraldo	Gashi	10OAB	O	39
Sophia	Kyriacou	10OAB	O	38
Agatha	Kyprianides	10OAB	O	38
George	Demetri	10OAB	O	38
Parla	Ghanipour	10OAB	O	38

Top students in year 11:

Forename	Surname	Form	House	Points
Jack	Dicker	11WER	W	35
Sophie	Bernasconi	11BPL	B	34
Nicholas	Kosta	11WER	W	29
Grace	Caddle	11BRD	B	27
Luke	Tyrimos	11WER	W	27
Jack	Mussell	11WER	W	27
Benjamin	Gormley	11BPL	B	26
Isabelle	Williams	11WER	W	26
Elena	Giudice	11BPL	B	25
Ravish	Jugnarain	11OGA	O	24
Zehra	Turan	11OGA	O	22
Elisabeth	Castells	11RKM	R	22



Top students in year 12:

Forename	Surname	Form	House	Points
Alexia	Chrysostomou	12BHK	B	26
Charlie	Mills	12RSL	R	25
Katie	Brookman	12ODS	O	24
Ledia	Xhetani	12WTA	W	18
Marissa	Antoniou	12ODS	O	10
Hannah	Bernasconi	12BJT	B	9
Athanasia	Petrou	12ODS	O	8
Yasmin	Ahmed	12RCW	R	8
Danita	Dharmapala	12RSL	R	7

Top students in year 13:

Forename	Surname	Form	House	Points
Mia	Kyprianou	13ATH	O	5
Joshua	Ozor	13MTU	R	5
Rohan	Biswas	13CRY	O	4
Imogen	Spiers	13ESM	W	4
Victoria	Velez Manco	13JBA	W	4
Kristiana	Alexandrou	13MTU	R	4
Alisiya	Djemal	13MTU	R	4
Harry	Theodorou	13MTU	R	4
Christos	Tokkallos	13MTU	R	4
Nikki	Setoudeh	13MTU	W	4
Amelia	Tobin	13TDU	O	4
Jenna	Trautner	13TDU	B	4
Andrianna	Stavrou	13TDU	O	4
Mohamed	Massfih	13TDU	W	4



Easter

TOY APPEAL

Highlands School and Pinnacle Group are joining together this Easter to make a difference to the lives of children in need.



If you can donate any toys or books, old and new, please drop them off in the toy box located in the main reception at Highlands School.



LAST DAY TO DONATE
28TH MARCH



Highlands Pride Club

Sowing the Seeds of Inclusivity

Year 7-9

**Thursday A
3:15-4:00
A4**

Year 10-13

**Thursday B
3:15-4:00
A4**



- measles outbreaks happen when not enough children have been vaccinated
- measles can be a very serious disease, leading to ear and chest infections, fits, diarrhoea, and damage to the brain. Measles can kill
- your child is at risk of measles if he or she hasn't had the MMR vaccination
- 2 doses of MMR vaccine are needed to get the best protection
- if your child is due to have had 2 doses of MMR but has not yet received them, no matter what age they are, you should contact your GP to get them vaccinated as soon as possible*
- if you can't remember if your child has had any, 1 or 2 doses of MMR vaccine, check his or her personal child health record (the Red Book). If this doesn't help, speak to your GP
- if you don't know how many doses your child has had, it's better to have 2 doses of MMR vaccine now rather than risk leaving them unprotected

*In response to a local outbreak then the 2 doses can be given one month apart from the age of 18 months.

Answers to some common questions about measles and the MMR vaccine

Why are we seeing these outbreaks of measles?

Measles is a highly infectious disease, spreading quickly from person to person, especially in schools. A child with measles will infect almost all unprotected children they have contact with. Since the end of 2017 there has been an increase in measles globally which has affected the UK. This has resulted in some spread into wider communities, in particular in undervaccinated groups.

When are the MMR vaccinations usually given?

The best times are between 12 and 13 months of age and again at 3 years and 4 months, with one dose on each occasion. But, if your child wasn't vaccinated then, they can be vaccinated at any age with 2 doses one month apart.

Will there be any side effects to the vaccination?

Your child may get the symptoms of measles, mumps and rubella for up to 6 weeks after the vaccination but in a very much milder form. This proves that the vaccine is working and your child is building up resistance to future contact with the viruses that cause the 3 diseases. Not all children show these symptoms but that doesn't mean the vaccine isn't working.

Should parents in outbreak areas get vaccinated against measles?

As with many diseases, once you have had measles, you don't catch it again because you have built up a natural resistance to it. So, if you've had measles or 2 doses of MMR vaccine you do not need to get vaccinated now.

For more information about measles and MMR go to www.nhs.uk/conditions/measles/

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i mmunisation
the safest way to protect your child

Some common questions about measles and the MMR vaccine are listed on the back of this leaflet

NHS
Immunisation Information

For more information about measles please read this [measles leaflet](#). If you are interested in vaccinating your child, [click here](#) to view the available clinics that offer this service.



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

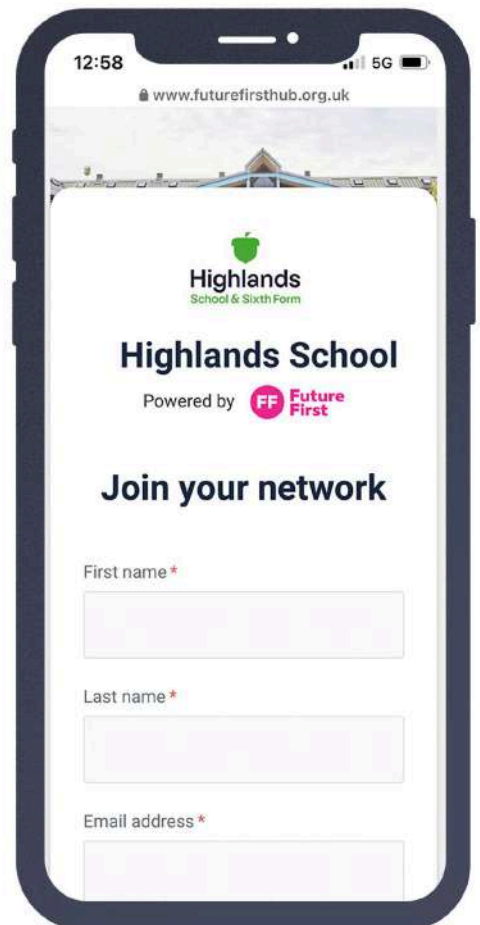


Former student?

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
	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](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
GROWING UP THE FUTURE, 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
Supporting young people to thrive

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)

koath

Koath is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine



Safeguarding contacts

If you are concerned about your child's wellbeing or the wellbeing of any other student at Highlands School, please contact the school on 020 8370 1100 or email the DSL at staysafe@highlearn.uk. This email address can also be used for students, parents and carers to share any safeguarding concerns or to request support.

If you are concerned that a child has been harmed or is at risk of being harmed and school cannot be contacted, please contact Enfield Children's Multi-Agency Safeguarding Hub (MASH) on 020 8379 5555, and all the police on 999 straight away.

Helpful numbers and websites

Childline: 0800 1111

NSPCC helpline: 0808 800 5000

The police: (if you are in danger): 999

LGBT switchboard: 0300 330 0630

Kooth: www.kooth.com - support service for students wellbeing

Multi Agency Safeguarding Hub: 0300 500 80 90

Barnardos: 0800 008 7005

Talk to someone....

- if you feel upset or worried about anything at all (even if you think it is not important)
- if you feel anxious or unable to cope
- if someone has hurt you physically, emotionally or mentally
- if you feel upset or worried about anything at all (even if you think it is not important)
- if you feel worried about someone at home
- if you are being threatened or forced to do things
- if someone has done something to you without your consent
- if you feel unsafe in school, at home or on the streets
- about anything else worrying you

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