



Highlands School Newsletter

10 November 2023



Dear parents and carers,

With the start of the new half term this week we were pleased to welcome sixth formers back to the refurbished sixth form common room. It was redecorated and we bought new furniture for the sixth formers. Our sixth form is one of the most popular and high achieving in Enfield and we want our students to have the best possible environment in which to learn. **Our sixth form open evening is next Wednesday, 15th November, with talks from me at 5:30pm, 6:30pm and 7:30pm. All of our year 11 families should attend. You can see some of last year's sixth formers getting their results [here](#).** Please note that as our staff are on site until after 9pm on the sixth form open evening, we will have a late start on Thursday 16th. Students should be at school at **11:15am**.

This weekend is Remembrance weekend and next week in our school assemblies we will be talking about Remembrance.

This week we held special assemblies to address the conflict in Israel and Gaza. When I write to the school community about issues as sensitive as this, or when we talk to students and carefully plan special assemblies as we did this week, we give a lot of thought to making sure we try and take into account all of the views around very complex issues. As a school it is hard for us to present a view, opinion or the 'truth' of this matter, especially when we see how hard it is for governments or experts to agree with each other. What we have tried to do is present the context in which the recent events arose and to make sure all students at school feel safe and have someone to talk to if they want to. We can all agree that what has unfolded in Israel and Gaza is a tragedy and our thoughts are with all those who are suffering in Israel, Gaza, the West Bank and neighbouring countries into which refugees are now arriving.



A reminder of important dates for your diaries:

- Wednesday 15th November: sixth form open evening (all year 11 should attend)
- Thursday 16th November: late start after sixth form open evening (11:15am)
- Friday 17th November: HPFA musical bingo night
- Wednesday 22nd November: year 13 parent and carer evening
- Monday 4th December: winter music concert
- Wednesday 13th December: year 9 parent and carer evening
- Wednesday 20th December: end of term (half day)
- Monday 8th January: start of spring term

Mr McInerney,
Headteacher

House competition weekly results

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

This Week	Beech	Oak	Rowan	Willow
Positive Points	4,274	3,976	3,608	3,460
Negative points	-214	-179	-231	-268
Points overall	4,060	3,797	3,377	3,192

Top students in year 7:

Forename	Surname	Form	House	Points
Syerah	Islam	7WSW	W	30
Evani	Page-Jayaraman	7WSW	W	29
Evie	Howlett	7WSW	W	29
Akeesa Induvari	Gurubebila vitharanage	7BEF	B	28
Sumeyra	Kiyamaz	7RAS	R	27
Anabelle	Arjomand	7WSW	W	27
Giulia	Dumitrescu	7BEF	B	26
Thomas	Lush	7RAS	R	26
Yashar	Ismailoglu	7RAS	R	26
Rumaysa	Ejaz	7RAS	R	26



Top students in year 8:

Forename	Surname	Form	House	Points
Warren	Kelly	8OSQ	O	34
Tyanna	Ferreira	8OSQ	O	34
Charlie	Gill	8OSQ	O	33
Giles	Obeng	8BAM	B	31
Dennis	Erdogan	8OSQ	O	31
Lala	Fars	8BAM	B	30
Ben	Kissos Boast	8OSQ	O	30
Shania	Anyemedu	8OSQ	O	28
Anais	Edwards-Anyanwu	8OSQ	O	28

Top students in year 9:

Forename	Surname	Form	House	Points
Madiha	Yahya	9OSM	O	59
Demetra	Kyriacou	9OSM	O	47
Alan	Kushova	9OSM	O	44
James	Butcher	9OSM	O	44
Ayanda	Dzvimbo	9OSM	O	43
Kaitlyn-Marie	Ewan	9OSM	O	39
Vishanne	Beezadhur	9OSM	O	37
Hannah-Joy	Driver	9OSM	O	35
Ermioni	Tsantikou	9OSM	O	34

Top students in year 10:

Forename	Surname	Form	House	Points
Sara	Miah	10BJC	B	38
Carey	Kirton	10BJC	B	37
Imogen	Ganvir	10BJC	B	37
Ella	Kissos Boast	10RCB	R	36
Eva	Koker	10BJC	B	34
Tyrae	Best-Daley	10BJC	B	33
Shekhinah	Gitu	10BJC	B	31
Aaliyah	Udahemuka	10BJC	B	30
Daniel	Derakhshan	10RCB	R	30
Daniel	Malaj	10BJC	B	29



Top students in year 11:

Forename	Surname	Form	House	Points
Rakibe	Halili	11BRD	B	29
Beckham	Tahsen	11RTS	R	28
Elizabeth	Plume	11OMK	O	27
Benjamin	Gormley	11BPL	B	25
Alexie	Yiacoulas	11BPL	B	24
Stephanie	Anastasiades	11WER	W	23
Artis	Godeni	11BRD	B	22
Louis	Njoku	11RKM	R	22
Diyon	Wilkinson	11WER	W	22

Top students in year 12:

Forename	Surname	Form	House	Points
Ledia	Xhetani	12WTA	W	17
Katie	Brookman	12ODS	O	12
Charlie	Mills	12RSL	R	12
Ami	Ellwood	12RSL	R	12
Sophie	Gerrish	12ODS	O	11
Alexia	Chrysostomou	12BHK	B	9
Marissa	Antoniou	12ODS	O	9
Amy	Rhatigan	12ODS	O	9
Emily	King	12ODS	O	9
Alexia	Vrousai	12WBS	W	9

Top students in year 13:

Forename	Surname	Form	House	Points
Alex	Stelmach	13CRY	R	4
Walter	Dias	13ESM	R	4
Carys	Hughes	13ESM	R	4
Deniz	Yamansef	13JBA	W	4
Aisling	Brennan	13TDU	W	4
Isabella	Pieretti	13TDU	W	4



House half term winners

Last term we proudly announced that the winning house of the term was Rowan! Rowan enjoyed a well deserved extended reward break this week.

Well done Rowan house, you are one step closer to the grand prize - a trip to Thorpe Park in the summer.

Keep up the good work.



English/library bookmark competition winner

Massive congratulations to Dilara Hassan 7OJT who has been picked as the winner of the new Highlands' school bookmark competition! These will be printed and distributed across the school until the next academic year!

Well done from the English faculty and the Library!



Front:



Back:





Year 9 inter house football competition

Congratulations to Beech for winning both the year 9 boys and girls inter house football competitions.

The girls Beech team beat Willow 1 - 0 in the final and Rowan beat Oak 4 - 0 in the playoffs.

The boys Beech team drew 0 - 0 with Willow in the final, after a nerve-racking penalty shootout, Beech beat Willow 6 - 5 on penalties. Rowan beat Oak 1 - 0 in the playoffs.

House positions:

Boys: **1st:** Beech, **2nd:** Willow, **3rd:** Rowan and **4th:** Oak

Girls: **1st:** Beech, **2nd:** Willow, **3rd:** Rowan and **4th:** Oak

Well done to all of the players.





Highlands Sixth Form open evening - Wednesday 15th November

Highlands Sixth Form open evening will take place on **Wednesday 15th November, 5.30pm - 8.30pm**. Our sixth form is amongst the highest performing in London by attainment and progress, with students moving on to outstanding universities and vocational courses. All year 11 students and their families are invited to attend.

[Click here](#) to view some of our A level success stories from this year's results day.

Each session lasts one hour and includes a presentation by the headteacher, director of sixth form and head students, followed by a student-led tour of the school.

All internal and external applicants are required to register for the event before attending. To register for the event, please click [here](#).

Please select the preferred time slot, add the number of attendees (maximum 4) and attendee details. To submit your registration, please note you will need to accept the school's and Applicaa's privacy policies.

We are all looking forward to welcoming you to our sixth form.





Transforming our sixth form common room

We are excited to share the newly refurbished sixth form common room, a space in our sixth form where ideas flow, friendships grow and memories are made. Here's to the next chapter in style!





U14 and U16 Middlesex

A huge congratulations to Millie Huetson Varnava who has been called up to the U14 Girls Middlesex football team to play against Dorset.

In addition to this, a huge congratulations to Elisia Huetson Varnava and Connie Wakeford who have been selected for the U16 Girls Middlesex football team to play Kent on Saturday.

Well done girls, we are all so proud of you, wishing you the best of luck.



Little Princess Trust - a true act of kindness

Meliz Hassan in 8WMP has demonstrated an extraordinary gesture of kindness by donating 12 inches of her hair, for the third time, to Little Princess Trust, a UK-based charity that provides real hair wigs to children battling cancer and other illnesses.

Meliz's selflessness has not gone unnoticed, and her gesture is a shining example of the impact one person's kindness can have on the lives of others.

Each wig created by the Little Princess Trust often requires hair from around ten donors, highlighting the importance of individuals like Meliz.

Well done Meliz, we are all proud of you.





Write2Speak: Being Black in Britain Spoken Word Showcase

On the vibrant evening of October 31st, the Write2Speak event culminated in a powerful showcase of spoken word and poetry, a testament to the talent and resilience of our youth. Enfield's young voices took centre stage to share their stories, insights, and reflections on what it means to be Black in Britain.

After a series of youth-led workshops that nurtured their creativity, our students harnessed their newfound skills to craft thought-provoking verses. Through their performances, they paid homage to Black British icons from the past, celebrated the present, and envisioned a future filled with hope and progress.



The Write2Speak event was a heartfelt exploration of identity, culture, and heritage. It provided a platform for these talented students to express their thoughts and experiences, inviting the audience to join them on their journey of self-discovery and empowerment.

The event was a testament to the power of spoken word as a means of self-expression and a tool for change. We look forward to witnessing more of our young voices sharing their stories and making an impact in our community. Kudos to all the participants for their exceptional performances and the Write2Speak team for their dedication in making this event a success.

The event had an 80+ plus audience watching the spoken word of our youth from First Steps, Chace Community School and Highlands. Thank you to our Highlands students Ellis Cristovao, Ryan Arun, Ibrahim Sow and Shidaa Quartey. We look forward to hosting a bigger event in November with all our students that took advantage of our three workshops in October for Black History Month.





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.

- **Keren Mayudi 11WER:** Awarded for her significant efforts in food preparation and nutrition, and for encouraging her peers to succeed in their work.
- **Chloe Sancho 9ODC and Daniella Ursache 9ODC:** Awarded for assisting a blind member of staff to the toilet and to her classroom - Going above and beyond.
- **Isabella Gormley 13ATH and Rayaana Kaderia 13ESM:** Awarded for their presentations as head students at open evening.
- **Joshua Jackson 13MTU and Maria Shikunta 13CRY:** Awarded for their presence and support at open evening.
- **Carter Herman 7WMT and Farida Nooreldeen 7WMT:** Awarded for their presentations as year 7 students at open evening.
- **Ruby Walford 8RBW, Samuel Malaj 8OFD, Nikeel Sookharry 8BAM, Micah Codrington 8WMP, Zayn Akhtar 8BJF, Shelley Gulem 11BPL, Adrian Tumanya 11WER, Elena Giudice 11BPL and James Butcher 9OSM:** Awarded for their musical performances at open evening.
- **Elis Cristovao 9WCM, Ryan Arun 7RJG, Ibrahim Sow 7ODM and Shidaa Quartey 10WTH:** Awarded for their performance at the Write2Speak: Being Black on Britain Spoken Word Showcase.
- **Jessica Lincoln 9RNB:** Awarded for persevering and attending both DARE Days.
- **Katie Bucknor 11RTS:** Awarded for being so willing to embrace her Deaf identity and contributing to the sign of the week videos.
- **Matthew Moran 13MTU:** Awarded for achieving 90% in his recent PE mock exam.
- **Darcey Farnes 11RKM, Dylan Hawkes Petrou 11RKM and Andrew Joannou 11RKM:** Awarded for their outstanding teamwork and helpfulness on the Stubbers Trip.





Italian cuisine comes to Highlands

To commemorate Highlands Italian Cuisine Day, join us as we explore the rich culture and history of the Italian region. Italy, nicknamed 'Bel paese', is a land full of history, art, fashion and a stunning world famous cuisine with 34 Italian dialects spoken from the north to the south of Italy.



Italy's history spans back at least 850,000 years from ancient Etruscan and Roman civilisations, and the renaissance. The modern western world remains heavily influenced by Italy's contributions to art and science throughout history which transformed modern practices, tastes, and beliefs. For example the most visited piece of art was created by Italian painter Leonardo Da Vinci during the height of the renaissance period. Furthermore, Italian doctors like Andreas Vesalius revolutionised medicine and brought about an accurate understanding of anatomy allowing so many after him to follow and make discoveries of their own. Italy's impressive historic achievements have been instrumental in progression and innovation throughout the years.

In addition to Italy's contributions to art and science, in the 16th century explorers voyaged to the Americas where they set up trade systems to bring vegetables like tomatoes, beans and corn and spices like nutmeg and cloves, dramatically transforming the cuisine in Italy and in Europe as a whole.

As well as transporting these new crops back to Europe, Italian sailors were also responsible for creating Pizza, one of Italy's most loved dishes. The earliest pizza was named "Marinara" in Italy's largest seaside town, Naples, in the year 1734 . Did you know the Italian word 'Marinara' translates to "seafaring"? This is because Marinara pizza was the invention of sailors who needed a simple and filling meal that can be easily preserved on board a vessel. This pizza dish included tomato, oregano, olive oil and garlic. The recipe was modified over the years and later on in 1889, the classic "Margherita" pizza was created and is still enjoyed internationally to this day.

Italian cuisine holds great importance in Italian families as their cuisine is deeply rooted in Italian history, tradition and cultural heritage. Recipes are often passed down through generations, creating a strong sense of family and cultural connections. In Italian culture, meals are a central element of family gatherings. Sharing food brings family members together, promoting communication and strengthening bonds within a family. For example, Passata Day is when tomatoes are at their most abundant. Families and friends get together to make tomato sauce or passata to last them until the next tomato season. These gatherings are opportunities for families to connect and create beautiful lasting memories.

Ms Maple





HPFA Musical Bingo event

The HPFA are putting on a musical bingo evening on Friday 17th November from 7-9 pm in the school hall. Please join us for a fun evening. The music will be a selection from the 1990's, 2000's, and 2010's. Tickets are available on ParentPay and are only £5. Refreshments are available to purchase on the night. You are welcome to bring your own food/snacks. All are welcome, friends, family, children. Come as a group or come solo, we can join you up with other tables. Please support the HPFA to support your school.

MUSIC BINGO

**MUSIC FROM THE 1990's,
2000's and 2010's.**

**FRIDAY 17 NOVEMBER '23
7-9PM @ HIGHLANDS SCHOOL**

**TICKETS ONLY £5!!!
AVAILABLE ON PARENT PAY NOW!
ALL ARE WELCOME - FRIENDS, FAMILY, CHILDREN.**

**REFRESHMENTS AVAILABLE TO
PURCHASE ON THE NIGHT!**

BRING YOUR OWN FOOD/SNACKS

HPFA



The Scholars Programme (The Brilliant Club) tutor launch

This week the year 10 scholars were introduced to their PhD tutor and former Alumni - Rishan Patel and were inducted on their first tutorial. Rishan shared his career journey so far, subject knowledge and passion for learning 'Brain computer interfaces and related control of devices.'

Students will be attending weekly tutorials for the next several weeks, in preparation to submit their final assignment on "Exploring Minds and Machines". Furthermore, this will equip them with the knowledge and confidence to progress to highly-selective universities, whilst developing valuable academic skills such as essay writing and critical thinking.

We look forward to reading their final pieces and to their graduation event at a selective university.





Year 11 mock interviews

On Thursday 19th and Friday 20th October, as part of the DARE days, year 11 students took part in a one-to-one mock interview to help them prepare for real interviews in the future. Students will soon be applying to their post 16 options, so this is an essential skill to develop and were quizzed on their qualities and skills, school progress and ambitions.

We were delighted to welcome so many representatives from employment, volunteers and Alumni to assist with the mock interviews.

Leading up to the interviews, all students had a series of career lessons as part of the PSHE curriculum, including CV workshops and interview preparation on how to conduct themselves and looking at skills and qualities they possess. At the conclusion of the interviews, students were then given valuable feedback on their interview technique to take on board.

This will help them develop and improve their technique in similar situations, vital skills for whatever they progress on to in their education and careers. The feedback is also important for Highlands and how we plan personal development lessons to support students to further these key skills. We were delighted to see how our students responded, and it was good to hear such praise from those conducting the interviews.

Visitors and students all concluded that the day was fantastic and very informative for all. All the students that took part were very smart and presentable in their uniform and represented the school superbly. The students felt the day was extremely beneficial and helped with their confidence and their feedback was overwhelmingly positive. Here's what they said:



"The first part of the interview was quite awkward but I improved by the end. I learnt a lot about myself."

"I learnt new communication skills and I've also learnt how to talk to adults with more confidence. I definitely know now how to plan for future interviews. This has helped me a lot."

"This opportunity taught me how to cope with situations where you are put under pressure. It helped me become more confident."

"I am more prepared for external interviews after having the workshops and mock interviews, I know how important it is to have eye contact throughout the interview along with showing what my strengths and skills are."

"I learnt how to portray myself and that first impressions and body language are important."



Students were commended on their preparedness and professionalism with which they handled the questions posed to them. Some feedback from interviewers:

"I found the mock interview day enjoyable and rewarding. It is always good to work with schools and students on these kind of valuable sessions which students gain so much from, as do we as an employer."

"The students at Highlands did themselves and the school proud, they are a bright and engaging year group who interviewed well and with confidence."

"Preparing our young people for the outside world is important and mock interviews are challenging and help students prepare for the real thing."

"I know that the students prepared well and responded thoughtfully to the questioning. I'm sure that they will look back on this day when they're going for jobs and apprenticeships or being interviewed for college or university."

"It was very well organised and the students were delightful. They took the opportunity seriously and were well prepared. Well done."

Finally, we are truly thankful to all the representatives and businesses that came in and supported this event. We highly value our links with the local community, and the potential opportunities moving forward for our students.

A tremendous thank you from the students and staff to all as follows.

Alan Smith, Lucinda Bekingham, George Buttery, Fay Bandoula, Teri Mattei, Elizabeth Dempster, David Lloyd, Anton Bennett **Indiviour**, Lara Artemis **Lambeth Palace Library**, Emma Rigby **Love Your Doorstep**, Garry Kousoulou **Loving Social Media**, Harry Spencer **Moving Home Guide**, Georgina Phillips **National Education Union**, Nadine Kaya Dee Dolukup **NatWest**, Synthia Gazi **Netwealth**, Diane Whyte **NHS England**, Lewis Bevil **Pearson**, Costas Nicolaidis **Pinnacle**, Joyce Morris **Warburtons**, Pascale Louis-Louisy **Vestey Holdings Ltd**, Nathaniel Benissan **Trifecta Talent**, Emma Taaffe **The Tree House**, Alex Lebeau-Montero **Raytheon UK**, Jack Koushi **Retrocoms**, Mark Davis **Sainsburys**, Lewis Hill **Sanctuary Graduates**, Sharon Sraha **Ashiana Sheffield**, Tim Nicolaou **BNI London North East**, Pat Enenmoh **Change Management**, Matt Sykes **Chase Farm Hospital**, Lisa Chadwick **Debate Mate**, Annabel Andreou **Debenhams Ottaway LLP**, Steve Way School Governor, Poss Apostolou **DXW**, Pamela Odukoya **Enfield Council**, Cordella Bart-Stewart OBE, Kemi Akerele **HMRC**, Nombulelo Mazibuko **Home Instead**, Krishan Gosai **HSBC Private Bank**.



In2STEM

The In2STEM programme empowers young people to achieve their potential in STEM. The 2024 programme is free for year 12 students from low-income and disadvantaged backgrounds with STEM professionals. The experience provides students with the skills, knowledge and confidence to make informed decisions about their future.

The programme consists of:

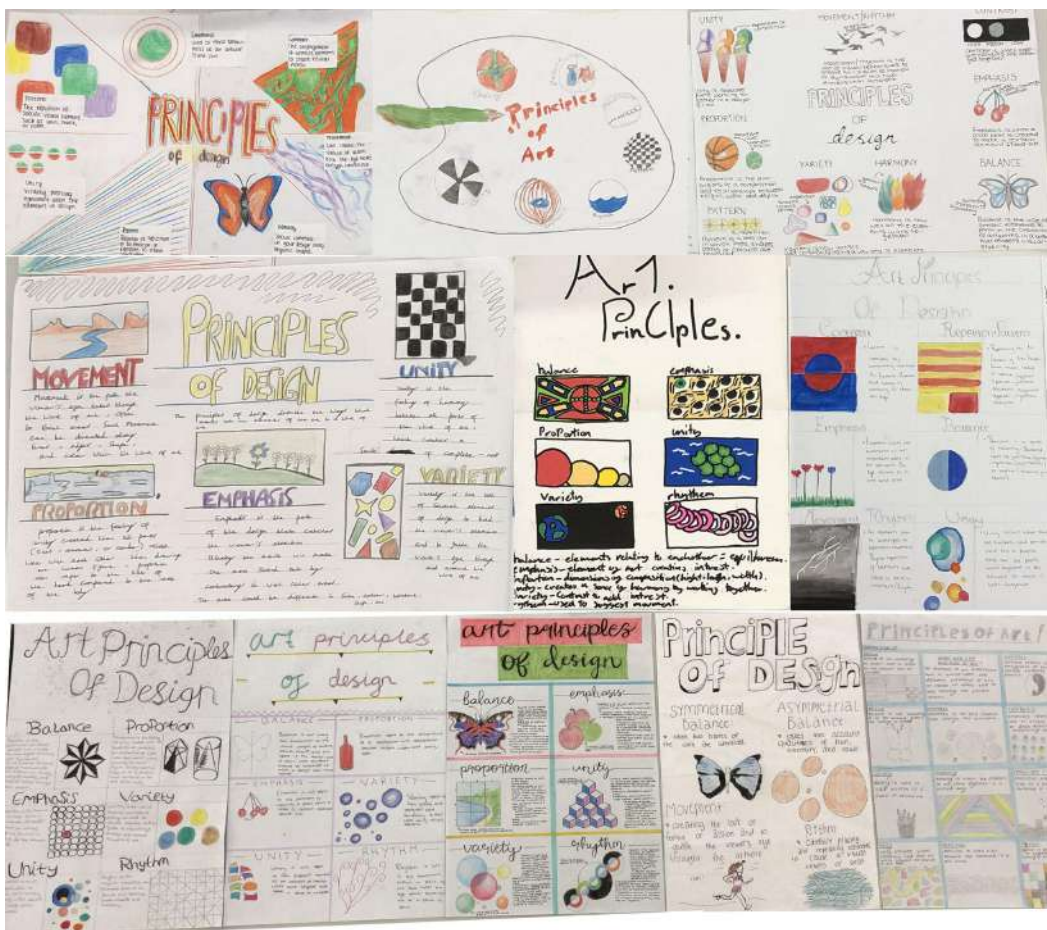
- A one or two week in-person work experience placement.
- Online skills, employability and careers workshops.
- Public engagement competitions.
- Student inductions and celebration events.
- A bursary to cover travel and lunch costs.



Interested students can apply by filling in the [application form](#) by 22 December 2023. Students must meet the [eligibility criteria](#) in order to be shortlisted.

GCSE Art work

Our GCSE students have been exploring the world of design principles and have created beautiful posters on the Art Principles of Design. These concepts guide artists in creating visually appealing and harmonious compositions. Each principle contributes to the overall aesthetics and impact of a design.





Remembrance Day

Our art corridor here at Highlands School is breathtaking as the walls and tables are draped in poppies, beautifully created by our talented year 7 students to commemorate Remembrance Day.





Remembrance Day special feature

Four of our students, Francesca Georgiou, Poppy Goss, Alfie Forshaw-Hogg and Isaac Mooney have been delving into history, paying tribute to our heroes and preserving the past and our country's history through written pieces, in honour of Remembrance Day.

'Exploring Our Local History: The Hidden Bunker Beneath Friern Barnet Town Hall' by Francesca Georgiou

Did you know that right beneath the former Town Hall in Friern Barnet lies a remarkable piece of history? That's right, right under our feet, there's a bunker that was built during World War II. This hidden gem has a fascinating story to tell.

The Friern Barnet bunker was constructed to be a safe haven during the turbulent times of war. It was designed to withstand direct hits from enemy bombs and was equipped with ventilators to protect against poison gas attacks. It's a testament to the preparedness and determination of the people during those challenging times.

What's even more intriguing is the mural that adorns one of the bunker walls. The mural features a scene with firemen, mothers, children, and even a dog. But that's not all – there are also two pencil sketches, one of the iconic British Prime Minister, Sir Winston Churchill, and the other of the American President, Franklin D. Roosevelt. These drawings offer us a glimpse into the mindset of those who lived through the war – the leaders who guided their nations through these tumultuous times.

One can only imagine that the bunker served as a refuge for many during the war, and it's said that it might have been inhabited by a couple of teenage girls. They likely spent their time drawing these murals, a creative outlet and a way to pass the time while they anxiously waited for the war to end.

Visiting historical sites in our local area is a fantastic way to connect with the past. The bunker beneath Friern Barnet Town Hall stands as a living reminder of our country's Civil Defence Headquarters and the war-torn past that shaped our community. It's an opportunity to step back in time and reflect on the sacrifices and resilience of those who came before us.

So, next time you pass by the former Town Hall, take a moment to think about the hidden history beneath your feet. It's a testament to the strength and spirit of our community during wartime and a reminder of the importance of preserving our local history for future generations to appreciate.





'Honouring Heroes: Our role in remembering the past' by Poppy Goss

Being a member of the Cheshunt and Waltham Cross Army Cadets teaches us many valuable skills, and one of the most important is first aid. But there's more to it than just learning how to help in emergencies; it's also about understanding the sacrifices made by those who dedicated their lives to preserving life and caring for the well-being of others.



When we think of those who served during times of war, it's often the brave soldiers who come to mind. They put their lives on the line to fight for freedom. However, we must also recognize the unsung heroes who dedicated themselves to the cause of saving lives. These were the medical officers who didn't carry rifles into battle but were equally courageous, working on the front lines to provide essential support for the wounded. Their mission was clear: ensure that the injured were quickly evacuated and receive the care they needed at advanced dressing stations.

As students, we have a unique opportunity to remember and honour those who have made sacrifices throughout history. Remembrance Sunday, a national day of reflection, allows us to pay tribute to the service and sacrifices of all those who have lost their lives to war. It's a time to appreciate the enduring legacy of these individuals who dedicated themselves to the betterment of society.

Now, did you know that our local Grovelands Park has a significant connection to World War I?

Grovelands House, now known as Grovelands Priory Hospital, played an essential role during the First World War as it was converted into a military hospital. This beautiful park and its surrounding 91 acres of land were transformed to provide care and support for the injured soldiers. It's a part of our history that is right in our backyard.



As students, we can take this opportunity to reflect on the sacrifices made during times of conflict and the importance of preserving the stories and memories of those who served. Learning about our local history, like Grovelands Park's involvement in World War I, allows us to connect with the past and appreciate the resilience and selflessness of those who came before us. It's a reminder that we all have a role to play in honouring the heroes of our history.



'Exploring the past: Ration packs, ration books, and our connection to history' by Alfie Forshaw-Hogg

I'm here to take you on a journey back in time to discover the world of ration packs and ration books and how we can connect to our history. As a cadet, I've had the chance to experience these pieces of history firsthand, as we still use ration packs today.

When you look at the examples of ration packs and ration books, it's clear that food supplies during World War II were incredibly limited. As the war continued, rations were delivered in wooden crates, and some even arrived with the help of dogs, ensuring that every soldier on the battlefield received their share.



There were two main types of rations during this time: individual rations and the larger 14-man rations meant to sustain a group for one day. These rations were a lifeline for soldiers, providing them with the sustenance they needed to carry on during difficult times.

But ration packs weren't only for the military; they were also used in civilian bunkers. This ingenious approach allowed people to preserve food for extended periods without the need for refrigeration, ensuring that communities had access to sustenance during trying times.

Learning about these historical ration packs offers us a glimpse into the hardship that soldiers faced in the field. It deepens our respect and understanding for those who served and defended their country before us. These ration packs represent more than just food; they symbolise the resilience and strength of those who have gone before us.



There is a Festival of Industry exhibit at the Dugdale Arts Centre (DAC) in Enfield Town, which celebrates Enfield's rich industrial heritage and explores its future industrial identity through various art commissions, workshops, exhibitions, public artworks, and a captivating museum project. It's a fantastic opportunity to connect with our local

history and envision the possibilities for the future.

So, as students, let's explore our history, learn from the past, and embrace the cultural and artistic opportunities around us. It's a chance to connect with our roots and contribute to the evolving narrative of our community.



'Honouring the past: Remembering the heroes' by Isaac Mooney

Fellow students! I've been a proud member of the RAF Cadets since February, and I want to share with you why I joined and why it's essential to remember the past.

My decision to become a cadet was influenced by my family's connection to the military. My mom served in the army, and my dad, a truck driver, occasionally delivered supplies to military bases like RAF Northolt. It felt like a natural choice to follow in their footsteps. Through my cadet experience, I've grown in numerous ways, enhancing my teamwork skills, leadership abilities, and self-confidence.



This month let's delve into why during November we commemorate the past and how we pay tribute to those who came before us.

You'll see a photograph of members of the PRU, the Photographic Reconnaissance Unit. During World War II, the PRU's members undertook elite and dangerous missions, and among them were local heroes Ronald Atkinson from New Southgate and Ralf Metcalf from Winchmore Hill. Despite their courageous efforts, an official memorial to honor them was lacking until local MP Bambos Charalambous took the initiative to commission one. This serves as a powerful reminder of the unsung heroes who deserve our recognition.



A more extensive tribute to the military's sacrifices during both world wars can be found at Enfield Crematorium on the A10. This memorial is dedicated to all branches of the military, from RAF flight sergeants to army catering corps members. It's a solemn place that pays respect to the diverse contributions of our armed forces.

As November 12th approaches, I urge you to attend the parades and remember the fallen. Every life lost is a loss to humanity, and it affects us all. Let's never forget the sacrifices made by these brave individuals and the profound impact they've had on our world. In honouring the past, we not only remember their heroism but also carry forward the lessons they've taught us—lessons of courage, sacrifice, and unity. It's our responsibility to preserve this legacy for generations to come.





Highlands book of the month - November

KS3: The Crossing by Manjeet Mann

Natalie's world has turned upside down. She's lost her mum and her brother and is descending further and further into anger and violence with a far-right gang who march the streets of Dover. Sammy has fled his home and family in Eritrea for the chance of a new life in Europe. Every step he takes is a step into the unknown – into a strange country and a hidden future.

A twist of fate brings these two teens from opposite sides of the channel together, but will their journey end in hope or despair?

HIGHLANDS

BOOK OF THE MONTH



Recommended read for KS3 from the library and English department

HIGHLANDS

BOOK OF THE MONTH



Recommended read for KS4 from the library and English department

KS4: The Color Purple by Alice Walker

Set in the deep American south between the wars, it is the tale of Celie, a young Black girl born into poverty and segregation. Raped repeatedly by the man she calls "father", she has two children taken away from her, is separated from her beloved sister Nettie, and is trapped into an ugly marriage.

But then she meets the glamorous Shug Avery, singer and magic-maker - a woman who has taken charge of her own destiny.

Gradually Celie discovers the power and joy of her own spirit, freeing her from her past and reuniting her with those she loves.



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.
- Pay via the [online](#) form. *Type in N21 1QQ and this will find Highlands Secondary School.*
- Once payment is made, return the paid wish list form to the librarian for order completion and final collections.

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 22nd November 2023, 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 need 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 SCHOOL PRESENTS

WINTER SHOWCASE

HIGHLANDS SCHOOL MAIN HALL

MONDAY 4TH DECEMBER 2023
DOORS OPEN 6.30PM

TICKETS ON SALE ON PARENTPAY
£3 ADULTS/£2 CONCESSIONS
ON THE DOOR

REFRESHMENTS FROM HPFA

QR CODE FOR DONATIONS

YEAR 11 BOYS BASKETBALL TRIALS

Friday 17th November
3:15pm - 4:30pm
Sports hall

Bring your PE kit to school and get changed after school in the PE changing rooms.

Nicking joking corner

Thank you:

check it out, winston fell asleep.

Ha! I'll get a marker.

Quiet Please
NAP in Progress

Fly:

Hey your fly is down.

Hey little buddy, want a strawberry?



Festive Food Bank 2023

Pinnacle Group and Highlands School are joining together this Christmas.

As part of Pinnacle Group's Environment Social Governance Programme, we have joined up with Highlands School this year to drive one of our initiatives. With rising fuel and food costs, we would like to be able to provide basic and luxury food items for families who are struggling this Christmas. Christmas 2023 will be difficult for many, so Pinnacle and Highlands School are joining together this year by running a Festive Food Bank.

Pinnacle Group will deliver all items donated on a fortnightly basis directly to the charities. We are grateful for your support. Items that could be included are:

- UHT milk
- Tinned meat (hotdogs, meatballs etc.)
- Tinned fish
- Tinned fruit
- Sponge/rice puddings
- Coffee (small jars)
- Long-life juice
- Pasta sauce
- Tinned veg (potatoes, carrots, green beans, tomatoes)
- Tinned meals (spaghetti, chicken or veg curries, chilli)
- Tinned soup
- Jam and spreads

Please drop off your donations in the donation box in reception or the Pinnacle Office between 1st November and 21st December.

CAPITAL KIDS CRICKET
Est. 1989
INSPIRE. CHALLENGE. CHANGE.

INDOOR CRICKET SESSION

EDMONTON LEISURE CENTRE
5PM-6.30PM

START DATE:
MONDAY **30TH OCTOBER 2023**

AGE 8-15

For more information contact: office@ckc.london

ckc.london

[capitalkidserie](https://twitter.com/capitalkidserie)

[capitalkidscricket](https://www.instagram.com/capitalkidscricket)

[ckidsc](https://www.facebook.com/ckidsc)



Highlands School Alumni

Highlands School is launching an alumni network!

As a school, we want to reconnect with our former students so that we can keep in touch and let them know about volunteering opportunities that will benefit our current students. We want to show them the variety of pathways available to them after leaving Highlands School, and who better to showcase this information, than former students!

We are working with education charity Future First to set this up, and all you need to do to get involved is sign up here: [Highlands School Alumni](https://www.futurefirsthub.org.uk) or alternatively scan the QR code below.

More information is on our [website](#) and if you have any questions please contact our Alumni Programme Manager at Future First: Tara Human – tara.human@futurefirst.org.uk

#HighlandsAlumni

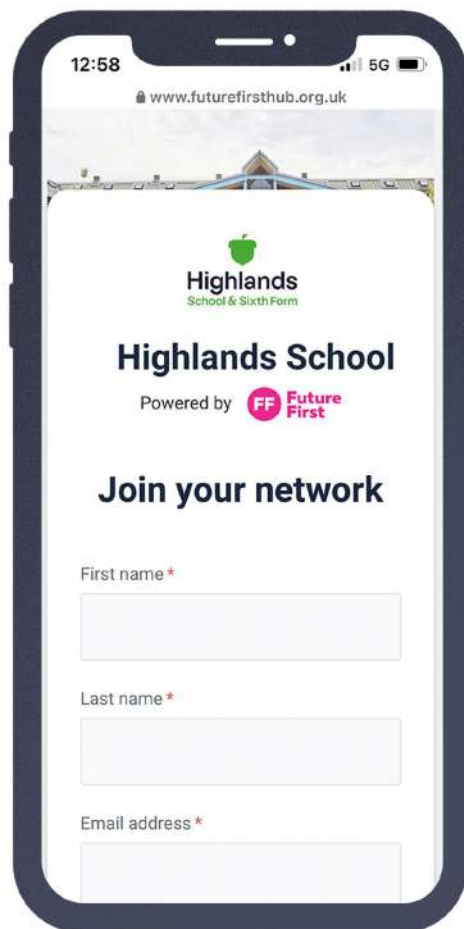


Former student?

Return to Highlands School to inform our current students about what life beyond school is really like.

Sign up to our former student network to receive news, updates and invites to events.

Once you're signed up there is no obligation to volunteer, you can get involved around your availability.





Student medical needs

If your child needs to take regular medication in school, please fill out the following [Medicines Consent Form](#) to give the school consent to administer medication to your child. All medications that are kept in school must be stored in the medical room.

Mental health

We are continuously working hard to improve our understanding as a community of mental health, to enable us to provide the best possible outcomes for the young people in our lives. If you are ever concerned that your child is at risk due to very poor mental health please inform the school. You can also contact one of these numbers to seek support from a specialist. The Crisis line is there to offer guidance if your child may be having suicidal thoughts and is possibly in immediate danger. If you do ever find yourself in a position where you need to use these resources for your child, please make the school aware so we can provide appropriate support within school for your child.

Urgent mental health support - 24/7 crisis lines

Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder ([link below](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
SHINE ON THE PHONE, ANYTIME

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

Good Thinking

Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

THE MIX
London's support for young people

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

Beat

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

kooth

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



Safeguarding contacts

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

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

Helpful numbers and websites

Childline: 0800 1111

NSPCC helpline: 0808 800 5000

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

LGBT switchboard: 0300 330 0630

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

Multi Agency Safeguarding Hub: 0300 500 80 90

Barnardos: 0800 008 7005

Talk to someone....

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

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)