



Highlands School Newsletter

12 January 2024



Dear parents and carers,

I hope you had a restful Christmas and New Year. This week at Highlands our student house captains and house strand leads led our house assemblies. As the year goes on, our student leaders will take a more prominent role in presenting important school events to students and parents; thank you to all the students who presented this week. On Thursday evening even more students were at the front of the assembly hall presenting, but this time as part of our spoken word evening 'Being Black in Britain' organised by the local authority's Nexus project and the organisation *Write to Speak*. I have been to lots of student performances in the twenty years I have been working in schools, but some of the original poems and spoken word pieces that the students presented to us were amongst the best I have seen. Our students and their families should be very proud and many thanks to the school staff who supported this event, particularly Ms Maple. Photos from the event will be shared in next week's newsletter, so please look out for them.

Last year students asked us to improve the house system by recognising excellence in student achievement. We are doing this by rewarding the student with the highest score in each subject in their mid-year assessments, we are also recognising students who are the most improved from one set of assessments to the next. Year 9 were the first to take their mid-year assessments so they received their awards this week. We also reward the students with the best DARE application and homework scores, you can see them too. This means our awards are not just for academic achievement, but also for putting in effort and working hard. Year 11s will receive their awards next, and then year 8s, who took their mid-year assessments before Christmas. Year 7s are taking their assessments next week.



A reminder of important dates for your diaries:

- Wednesday 17th January: year 11 parent and carer evening
- Wednesday 24th January: year 8 parent and carer evening
- Wednesday 7th February: year 8 and 9 option evening
- Thursday 8th February: late start following option evening
- Friday 9th February: end of half term

Have a great weekend, Mr McInerney, Headteacher

House half term winners

Well done to Rowan, who were the half term winners. Rowan students enjoyed an extended break and well-earned treat for all of their hard work in the last week of term. We are half-way through the house competition, will Rowan manage to hold the title until the very end? Keep up the good work!



House assemblies

This week was all about house assemblies! Our House captains and strand leads took centre stage to ignite the competitive spirit in our students and to announce some exciting competitions coming up.

Our students will be competing to design recyclable water bottles and road safety signs for outside our school. Our wellbeing captains shared useful tips on how to battle post-holiday blues and how to relieve exam stress. It was a wonderful start to the new term.





Malorie Blackman's exhibition

Written by Andrew Spitaliotis 7OJT

'Over the Christmas holidays we decided to take a visit as I was encouraged and keen to learn more about Malorie Blackman's life.

When I went inside I saw screens filled with Malorie describing what she did in her teenage years. She wanted to become a teacher, but got discouraged by her teacher's comment that said, "Black women don't become teachers." So she took on a job as a computer programmer where I saw the exact first computer she used to start her writing.

Malorie wrote various novels but they never got published. Unfortunately, Malorie initially received 82 rejection letters over two years, until one day a publisher accepted her in 1990 with the title "Not So Stupid! : Incredible Short Stories"

Malorie published 70 books which include "Pig Heart Boy", "Noughts and Crosses" and "Hacker". I found this very interesting and I was fascinated at all the books she had written and how shocked I was at how Malorie was rejected so many times because of the colour of her skin.

I really enjoyed the exhibition and learning about her life struggles at such an early age and how she was left homeless at the age of 13. She had a passion for reading and wanted to change people's views of black people and she wanted to do this by including black characters in her books. Thank you for recommending this exhibition which will help me in my learning and I can't wait to study it further in class!'





GCSE Art trip to TATE Britain

On Thursday 11th January, our GCSE art students took a trip to TATE Britain. Students were left inspired by the work of Vanitas, pre-raphaelite and contemporary artists. Their behaviour was exemplary and were engaged throughout the trip.





Life as a Deaf adult, inspirational talk from former Deaf student

Former Deaf student Lauren Mulherin who had once walked the same corridors and faced similar challenges as some of our current Deaf students, returned to Highlands to share her inspiring journey. The occasion marked a unique opportunity for our Deaf students to connect with a role model who has navigated the challenges of life as a Deaf adult. Lauren delivered an empowering presentation that resonated with our Deaf students. Sharing personal anecdotes, highlighting the importance of self-acceptance, resilience, and the pursuit of one's passions despite any perceived limitations.

Thank you so much for your visit Lauren, we hope you visit us again soon.



In2STEM

The application deadline for the In2STEM programme has now been extended to **Sunday 28th January** to allow more young people to benefit from this fantastic opportunity.

Every year, the In2STEM programme supports year 12 students from low socio-economic backgrounds by giving them access to hands-on work experience placements, skills workshops and events. Students connect with STEM experts to get the knowledge and guidance they need to confidently choose their future career, and produce high-quality UCAS and apprenticeship applications.

Students must meet the [eligibility criteria](#) and a teacher reference is required to verify this.

[Student application form](#) - apply now!





Year 12 STEM talk invitation

STEM talk invitation for year 12 STEM students with Felicia Pinto (Head of Regulatory Affairs, Sanofi) on Thursday 18th January, period 1.

Welcome back! Join us for an exclusive talk featuring the esteemed Head of Regulatory Affairs from a leading global pharmaceutical giant, Sanofi. With an impressive background in spearheading regulatory strategies for innovative medicines across the UK and Ireland, this expert is set to share invaluable insights.

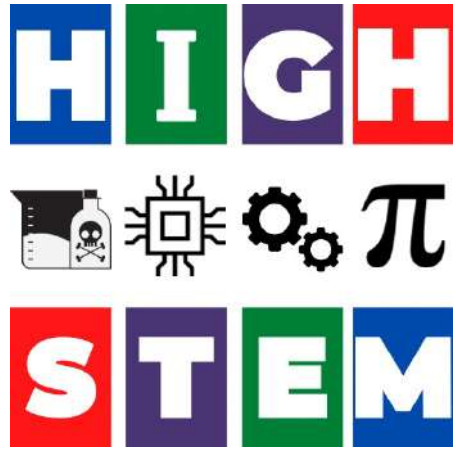
At the forefront of transforming scientific breakthroughs into tangible healthcare solutions, Sanofi's mission revolves around enhancing lives through pioneering advancements. This talk offers a rare opportunity to delve into the world of regulatory affairs and witness the intricate process of translating innovation into impactful medications.

Drawing from 19 years of industry expertise and armed with a BSc in Applied Biology, alongside A levels in biology, chemistry, and maths, our speaker is poised to provide a compelling narrative of their journey. Gain a deeper understanding of the pivotal role played by regulatory affairs in ensuring the safety, efficacy, and compliance of pharmaceutical products.

Discover the crucial interplay between regulatory authorities, the company, and the development of groundbreaking medicines. This session promises essential strategic insights and technical advice at the highest level, offering a unique perspective on delivering innovative healthcare solutions to patients.

Don't miss this opportunity to hear firsthand about the pathway, experiences, and unwavering passion for development from a luminary in the field of regulatory affairs. Reserve your spot today for an illuminating talk that promises to inspire and inform using this [form](#) by Tuesday 16th January 2024.

Dr Len





DARE rewards - year 9 winners

There are many students who turn up every day, who always bring equipment, complete work to the best of their ability and generally embody the values of our school: determination, aspiration, respect and equality. The DARE rewards are a way of celebrating these students.

DARE scores are entered by a range of teachers and reflect what students do day-in, day-out so the students who are being recognised and rewarded are those who are consistently doing the right thing.

The average DARE application score for each student has allowed us to rank the students in the year group from those with the best average DARE application score to the lowest.

Congratulations to the following students, who were ranked the top students in year 9:

- **1st:** Estelle Shopova 9BLM (**Beech**) (£50 voucher)
- **Joint 3rd:** Ola Muca 9RTC (**Rowan**), Beatrice Afhim 9OCM (**Oak**), Elis Cristovao - 9WCM (**Willow**) and Cora Drysdale - 9WJQ (**Willow**) (£10 voucher)





Academic excellence - year 9 winners

At the end of last year in our student surveys, students asked us to recognise academic achievement in the house system. So, this year, after each year groups' mid-year assessments / mock exams we will recognise:

- The top achieving student in each subject. They will receive the academic excellence trophy for that subject, 1,000 points for their house, and a certificate.
- The most improved student from the previous set of assessments (end of the previous year). They will also receive a certificate.

Here are the winners, congratulations to you all!





Highlands Winter Wonderland event

At the end of the last half term, our year 12 BTEC Business students as part of their Unit 4 Event management module, held a winter wonderland event which was a spectacular affair! Students had to plan a business enterprise to help raise as much money as possible. From delicious chocolate, christmas tree brownies to reindeer doughnuts, students were flooding through the doors to get their hands on some yummy Christmas treats. All money raised will be donated to this year's chosen charity [Cooking Champions](#).





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.

- **Eirene Palamaras 7BLR:** Awarded for her wonderful work in textiles.
- **Ava Noble 7RJG, Aarav Shah 7RJG and Yana Patel Ahmed 7RAS:** Awarded for excellent workmanship in technology.
- **Dylan Olaogun 7WSW and Hannah Gibbons 7WSW:** Awarded for outstanding commitment to homework in English.
- **Isla Kirkland 10RNC and Nicole Zeka 10BNI:** Awarded for consistently performing exceptionally well in history and for their continuous determination to succeed in the subject.
- **Lilah Jones 7WMT and Asya Sagioglu 7WSW:** Awarded for their excellent colour wheel submissions which can be seen below.





Cold meal deal

Due to popular demand, and results from the year 7 student and parent survey, the canteen will be serving a "cold" meal deal in future, as well as the hot meal deal. This will allow you to grab your food and go. The cold meal deal is:

- Any half-sized baguette with a piece of fruit or small cake, and a 200ml carton drink or
- A cheese or egg sandwich with a piece of fruit or small cake only.

The cost will be **£2.65** and will be available from **Monday 15th January**.

Year 8 immunisations - reminder

The Enfield Immunisation Team will be visiting Highlands School on **Friday 26th January 2024** to administer the Human Papillomavirus (HPV) and Measles Mumps and Rubella (MMR) vaccinations for year 8 students only.

An email with the link to the consent form has been sent to parents.

Indian cuisine day - Tuesday 16th January 2024



Oak Indian Cuisine!
Tuesday 16th January

Embark on a culinary adventure with us! Indulge your taste buds in the rich and diverse flavours of Indian cuisine crafted by our talented team. By immersing yourself in the world of Indian flavours, you will not only satisfy your palate but also open doors to a cultural journey. Don't miss out on this gastronomic delight! Let the enticing aromas and exquisite flavours of our Indian cuisine transport you to a world of culinary bliss.

Tell a friend, to tell a friend!

Highlands School & Sixth Form

Oak



YEAR 7 BOYS & GIRLS SPORTS HALL ATHLETICS TRIALS

**THURSDAY 16TH JANUARY
3:15PM - 4:30PM**

Meet at the changing rooms.

Those selected will represent the school in a competition on
Thursday 25th January.

If you don't have PE on that day, please bring your kit
in a bag and change after school.



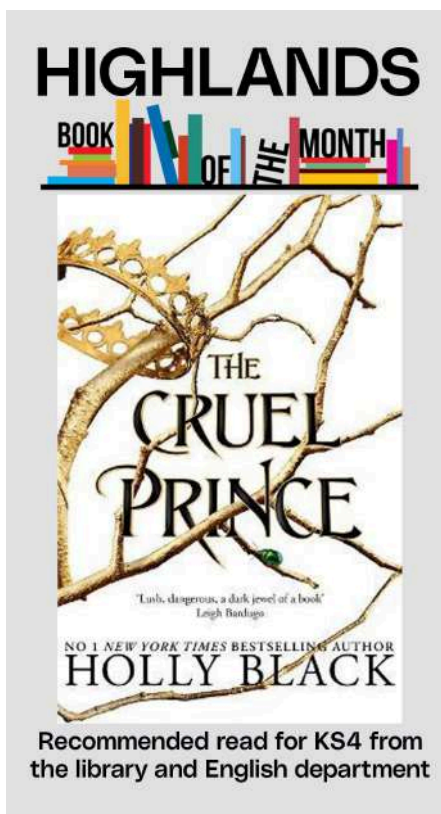
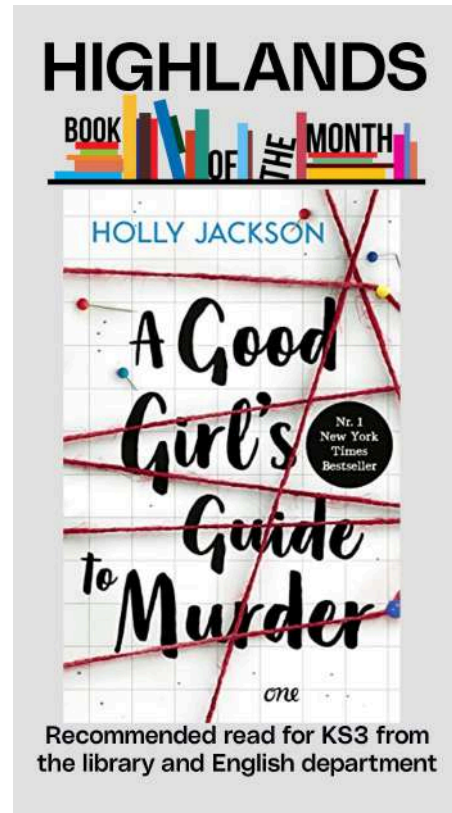


Highlands book of the month - January

KS3: *A Good Girl's Guide to Murder* by Holly Jackson

The case is closed. Five years ago, schoolgirl Andie Bell was murdered by Sal Singh. The police know he did it. Everyone in town knows he did it. Almost everyone.

Having grown up in the small town that was consumed by the crime, Pippa Fitz-Amobi chooses the case as the topic for her final project. But when Pip starts uncovering secrets that someone in town desperately wants to stay hidden, what starts out as a project begins to become Pip's dangerous reality.



KS4: *The Cruel Prince* by Holly Black

One terrible morning, Jude and her sisters see their parents murdered in front of them. The terrifying assassin abducts all three girls to the world of Faerie, where Jude is installed in the royal court but mocked and tormented by the Faerie royalty for being mortal.

As Jude grows older, she realises that she will need to take part in the dangerous deceptions of the fey to ever truly belong. But the stairway to power is fraught with shadows and betrayal. And looming over all is the infuriating, arrogant and charismatic Prince Cardan.



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	6,932	6,575	5,036	6,924
Negative points	-541	-596	-482	-663
Points overall	6,391	5,979	4,554	6,261

Top students in year 7:

Forename	Surname	Form	House	Points
Florence	Holyomes	7WSW	W	58
Hannah	Gibbons	7WSW	W	51
Inaya-Amor	Peart-Heron	7WSW	W	47
Isabelle	Cooper-Fitzgerald	7WSW	W	46
Katrina	Awatar	7WSW	W	45
Kimora	Hall	7WSW	W	45
Asya	Sagiroglu	7WSW	W	45
Aariah	Udahemuka	7WSW	W	45
Evani	Page-Jayaraman	7WSW	W	44
Anabelle	Arjomand	7WSW	W	43

Top students in year 8:

Forename	Surname	Form	House	Points
Sena	Oguz	8WNK	W	66
George	Efstratiou	8WNK	W	53
Meliz	Hassan	8WMP	W	52
Shanaya	Herman	8RBW	R	52
Giles	Obeng	8BAM	B	50
Anaiya	Dhaliwal	8WNK	W	46
Harry	Stylianou	8WNK	W	46
Nicholas	Andrews	8WNK	W	45
Lucian	Hayden	8WNK	W	44
Anthony	Angeli	8WNK	W	43



Top students in year 9:

Forename	Surname	Form	House	Points
Ruby	Magrun	9BYC	B	55
Taraneh	Kheradmandi	9BYC	B	53
Melisa	Spahia	9BYC	B	53
James	Butcher	9OSM	O	52
Amelie	Manning	9OSM	O	52
Hugh	Murphy	9BYC	B	52
Darcy	Smethurst	9BYC	B	52
Joseph	Tsangari	9BYC	B	52

Top students in year 10:

Forename	Surname	Form	House	Points
Kwadwo	Boakye	10OAB	O	56
Abby	Reay	10OAB	O	54
Sebastian	Mandrides	10OAB	O	52
Parla	Ghanipour	10OAB	O	48
Sophia	Charalambous	10OKK	O	47
Jujhar	Sondh	10OAB	O	46
Anastasia	Katz	10OAB	O	45
Zak	Haralambous	10OAB	O	44
Aydin	Chowdhury	10OAB	O	41
George	Demetri	10OAB	O	41
Batuhan	Duran	10OKK	O	41

Top students in year 11:

Forename	Surname	Form	House	Points
Benjamin	Gormley	11BPL	B	37
Yasmin	Farhadi	11OMK	O	35
Elena	Giudice	11BPL	B	31
Ceren	Duruel	11OGA	O	28
Chijindu	Onukaogu	11RTS	R	27
Isabella	Burt	11WCG	W	26
Milena	Rzasa	11BPL	B	26
Sophie	Bernasconi	11BPL	B	25
Rakibe	Halili	11BRD	B	25
Ravish	Jugnarain	11OGA	O	25
Azra	Sahiner	11RTS	R	25



Top students in year 12:

Forename	Surname	Form	House	Points
Ledia	Xhetani	12WTA	W	26
Charlie	Mills	12RSL	R	25
Alexia	Chrysostomou	12BHK	B	24
Katie	Brookman	12ODS	O	20
Ahura	Sedaghat	12RSL	R	13
Rachel	Lok	12KGU	B	10
Lara	Dogan	12KGU	W	8
Danielle	Montes Lopez	12ODS	O	8
Maria	Salamanca	12WTA	W	8
L'Jeeta	Thompson	12OSB	O	8

Top students in year 13:

Forename	Surname	Form	House	Points
Imogen	Spiers	13ESM	W	18
Tia	El-Ahmadi	13ATH	O	16
Kenneth	Owusu	13CRY	O	14
Eleanor	Rogers	13ATH	R	14
Maria	Shikunta	13CRY	B	14
Aisling	Ryan	13TDU	R	12
Rayaan	Kaderia	13ESM	O	11
Isabella	Pieretti	13TDU	W	10
Jonah	Annett	13MTU	R	8
Ryan	Haji Rashid	13ATH	R	8
Luca	Mason	13MTU	R	8



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
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Diarrhoea & Vomiting

Every year lots of children, in schools and nurseries, suffer from diarrhoea and vomiting. This is normally caused by a virus. Symptoms begin one to two days after a child becomes infected and the illness usually lasts between one and three days.

Your child may experience the following symptoms:

- Vomiting (often sudden in onset) and / or diarrhoea.
- Tiredness
- Fever
- Nausea (feeling sick)
- Aching muscles
- Stomach pain
- Headache

If your child has diarrhoea and / or vomiting, your child should stay at home and get plenty of rest.

Give your child lots of fluids to avoid dehydration. You can give your child water or squash. Encourage your child to take small sips if they are feeling sick.

Your child can eat when they feel able to. They do not need to avoid eating.

Children with diarrhoea or vomiting should stay away from school until they have not been sick or had diarrhoea for at least 2 days (48 hours).

Avoid contact with other people until they feel better.

Good hygiene stops infections from spreading. Teach and encourage your child to wash their hands regularly for at least 20 seconds.

If at any point you are worried about your child, you can get further advice from your GP or NHS 111.



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



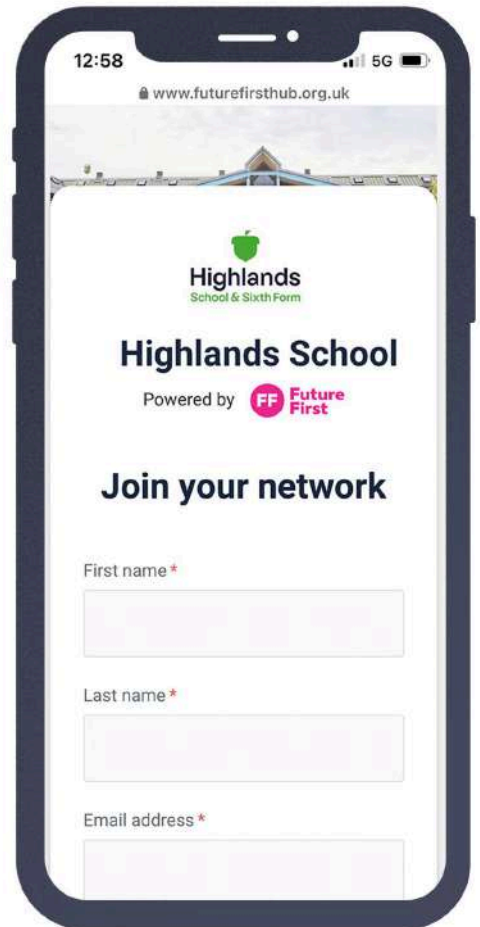
Scan the QR code to join the Alumni network

Former student?

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

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

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





Student medical needs

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

THE MIX
Mental Health Support for under 25s

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)

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

keoth

Keoth 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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