



# Highlands School Newsletter

01 March 2024



Dear parents and carers,

This week at school our student leaders led this half term's house assemblies. As the house system has grown and developed over the past year and a half our leaders are playing a more and more prominent role in it. Over 30 students were involved in our assemblies, well done to them all. Some of the students led the LGBT+ parts of the assembly to celebrate LGBT+ week, we also have a special feature newsletter which you can read which celebrates the week. I hope you enjoy it.

Next week is World Book Day at Highlands. We are encouraging all staff to come to school dressed as their favourite characters from fiction or non-fiction books. This dress-up day is staff only, but we have non uniform days for students lined up for later in the school year.

What are you doing on Friday 8th March? If you want to come to school to support our HPFA and the great work they do raising money for the school, please form a team and come to our quiz night. I am the quiz master and it would be great to see as many families there as possible!

## Cover for absent staff at school

As is commonly the case at this time of year we have increased levels of staff absence due to sickness and seasonal illness. I am sure that we all remember from our own school days that sometimes when external supply teachers come to school from outside, behaviour can slip and work is not always completed with the usual level of concentration. At Highlands we have put principles and systems in place to make sure lessons are purposeful even when colleagues are absent. These are:



- When final year exams classes need to be covered we try whenever possible to put teachers from the same department with them. Sometimes this means larger groups of students being taught together, for example, Mr Duce sometimes takes his classes and others in the hall to teach them GCSE English together.
- We have permanent members of staff who cover lessons, our cover supervisors; students know these colleagues and they have good relationships with students.
- If there are several classes that need to be covered at the same time we may bring them to the hall to work quietly whilst supervised by a member of the senior leadership team. This means that work can be completed in a calm and purposeful environment.

Compared to many schools we are lucky to be fully staffed. This is because teachers are keen to work at Highlands and they tend to want to stay with us. Some absence due to sickness is inevitable but, by using the principles and systems above, we make sure that students are able to complete work in a calm environment even when their normal teachers are away.

A reminder of important dates for your diaries:

- Friday 8th March: HPFA quiz night
- Wednesday 13th March: year 10 parents' evening
- Wednesday 20th March: year 12 parents' evening
- Thursday 28th March: last day of spring term, students dismissed at midday
- Monday 15th April: start of summer term

Have a great weekend,

Mr McInerney,  
Headteacher



## HPFA Quiz night - One week to go!

**Friday 8th March - 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**

The poster features a dark blue background with a white border. At the top, it says 'HIGHLANDS PARENTS & FRIENDS ASSOCIATION PRESENTS'. The main title 'QUIZ NIGHT' is in large, stylized letters with a blue and orange gradient. Below the title is a teal banner with '8 MARCH'. The time '6:30PM - 9PM' is in white. Ticket prices are listed below: £12 ADULTS, £10 CHILDREN, and £40 FAMILY OF 4. At the bottom, it says 'TICKET PRICE INCLUDES A PLOUGHMAN BUFFET' and 'TICKETS ARE AVAILABLE NOW ON PARENTPAY'. The quizmaster's name 'QUIZMASTER MR MCINERNEY' is in a white box at the very bottom. There are several small apple icons in green, blue, and yellow scattered around the text.



## House assemblies

This week's house assemblies were nothing short of brilliant, led by our dedicated house captains and strand leads. Students were updated with current competitions and upcoming events. House captains shared their passion and commitment in ensuring their houses were inspired to become house champions this year. Willow were last term's winners, do they have what it takes to be crowned house champions?





## LGBT+ History Month 2024

Since 2005 when it was founded, LGBT+ History Month has been celebrated every year in February. This is a chance to celebrate the history and recognise the rights of LGBT+ people.

The 2024 theme celebrates LGBT+ peoples' contribution to the field of medicine and healthcare both historically and today. This week we celebrated LGBT+ History Month during our assemblies. You can read our special feature newsletter on LGBT+ History Month [here](#).



## A BIG thank you from Cancer Research

Highlands School has received a wonderful thank you from Cancer Research for the money that was raised through our house competitions.

*'Thank you so much for donating £815 from Highlands School in London. We have been informed that the donations are from fundraising that the children raised as part of their bake sale. This is an incredible amount to raise and we are so grateful for this. We would love to send a certificate over so that the children can display this in their classroom or somewhere within the school.'*



*Please pass on a massive thank you to all the children. With their support we can continue to start new cancer cures - by backing the brightest minds around the world on their quests to develop better, more effective treatments for cancer. In these uncertain times life-saving research remains at risk and your generosity will bring hope to those in need of vital cancer research.'*



## You're welcome, The Felix Project!

We are thrilled to receive a letter of thanks from The Felix Project for all of our fundraising efforts to help support such an amazing charity. Raising £615.29 through our house events and competitions has helped The Felix Project distribute 1,784.34 meals to people in need. Well done Rowan house, well done Highlands!

The Felix Project - External



Highlands School & Sixth Form  
Worlds End Lane,  
London  
N21 1QQ

28 February 2024

Dear Pupils of Highlands School,

On behalf of The Felix Project, I thank you for choosing to support us and for raising **£615.29**. Your fundraising efforts will enable us to distribute **1,784.34** meals to Londoners in need. Quite incredible don't you think!

Your contribution to our work could not have come at a more vital time as the cost-of-living crisis is having a severe impact on countless vulnerable adults and children across London. Our new research shows 1 in 4 working Londoners struggle to afford to feed their family and the organisations we work with all say the same thing: the cost-of-living crisis has not gone away. Food inflation in 2023 has been at a 45-year high with the cost of staple foods rising significantly.

The ongoing squeeze on budgets this year means there are over 100,000 families in London with less than £3 a day to spend on food, leading to a huge increase in demand for food support. We now have over 650 community organisations on our waiting list, desperate for food deliveries. One third of these are primary schools.

Thank you for your amazing work and for believing in our mission and supporting our fight against food poverty in London.

With very best wishes,



Sallinder Rai  
**Community & Events Fundraising Manager**

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Unit 3, Origin Business Park, Rainsford Road, London, NW10 7FW  
020 3034 4350 | [www.thefelixproject.org](http://www.thefelixproject.org) | [info@thefelixproject.org](mailto:info@thefelixproject.org)  
Company No: 10068253 | Charity No: 1168183



## 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.

- **Aarav Shah 7RJG:** Awarded for achieving the highest score in his citizenship mid-year assessment.
- **Elaine Ho 11WCG:** Awarded for her outstanding effort in her classwork, homework and additional homework in English. She is an exemplary student.
- **Aaliyah Lascelles 7WSW:** Awarded for her participation in the 'sign of the week' videos and being a role model in embracing her Deaf identity.
- **James Tyrimos 9RNB:** Awarded for scoring 96% in his GCSE PE mid-year assessment.
- **Isabella Raigosa 12BHK and Szymon Pasierowski 12RCW:** Awarded for their exceptional dedication to academic pursuits.
- **Estelle Shopova 9BLM and James Butcher 9OSM:** Awarded for outstanding levels of enthusiasm and engagement during the Alumni Carousel and Debating Workshop.
- **Beckham Tahsen 11RTS:** Awarded for consistently showing the DARE values, persisting and showing great determination in tackling the tasks he's been given.
- **Connie Wakeford 11WER:** Awarded for being chosen to represent Middlesex in football.



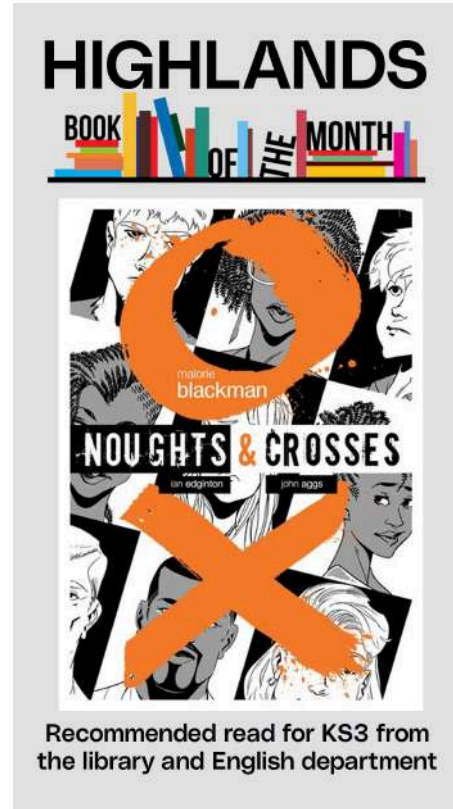


## Highlands book of the month - March

### KS3: Noughts & Crosses by Malorie Blackman

Sephy is a Cross - and the daughter of one of the most powerful, ruthless men in the country.

In their hostile, violent world, noughts and crosses simply don't mix. But when Sephy and Callum's childhood friendship grows into love, they're determined to find a way to be together.



### KS4: The Inheritance Games by Jennifer Lynn Barnes

She came from nothing. Avery has a plan: keep her head down, work hard for a better future.

Then an eccentric billionaire dies, leaving her almost his entire fortune. And no one, least of all Avery, knows why.

They had everything. Now she must move into the mansion she's inherited. It's filled with secrets and codes, and the old man's surviving relatives - a family hell-bent on discovering why Avery got 'their' money.

Now there's only one rule: winner takes all. Soon she is caught in a deadly game that everyone in this strange family is playing. But just how far will they go to keep their fortune?





## World Book Day book selfies



The English faculty have submitted their book selfie - have you?  
Please do so through the library link on your Google Classroom - there is a prize for the best one!

**Deadline: 4th March**

## London Mini Marathon

Highlands School has been allocated 50 spaces for our year 7 students to take part in the Mini London Marathon on **Saturday 20th April 2024**.



The Mini London Marathon consists of a 1 mile run, jog or walk, following the final stages of the London Marathon course and finishing on The Mall in Westminster.

**Every child that completes the event will receive a medal and earn Highlands £10 to be spent on PE and sports equipment for the school.** You can find more information about the event on the [London Marathon website](#).

This is not a school trip and parents/carers will be solely responsible for their child.

If you would like to take part please fill in the expression of interest form that was sent home earlier this week.

Students with a space will be contacted during the week commencing 11th March.

Any questions, please speak to Mr Avann.



## Year 8/9 Boys football

Highlands 1-0 Edmonton County (*goalscorer: Alessandro Rosiello*)

Player of the Match = Harrison Willer

On Tuesday, the year 8/9 boys football team travelled to Edmonton County to play their third league game of the season. Coming into the game undefeated this season gave the team the challenge of continuing their great run of results. Despite the game being physical and demanding, a goal in the first half from Alessandro secured a tight 1-0 victory. The next game is at Highlands on Monday against Enfield Grammar.

### Mr Avann



**Alessandro Rosiello**



**Harrison Willer (Player of the match)**

## Matilda prop request

The school show is Matilda Junior and we will be performing the show at The Millfield Theatre on the 3rd, 4th and 5th July 2024.

We are in need of two dolls' prams for the rehearsals and the shows.

Do you have a doll's pram we can use? Preferably one with a hood and carrycot, not a pushchair, open type of pram. We need two. They do not have to be the same.

If you have one we can use for the rehearsal and shows and borrow from as soon as possible until July please email Miss Brown, [browna@highlearn.uk](mailto:browna@highlearn.uk).

Thanks!

**Miss Brown**



## Alumni success story

We are thrilled to share the success story of our incredible alumni Ellie Muzzlewhite, who is currently a student paediatric nurse at King's College London with placement in Imperial College Healthcare NHS Trust. Well done Ellie, please continue to make a difference to our NHS and to the lives of children.

Read more about Ellie below.

**Year you left Highlands:** 2020

**Subject of study:** Paediatric nursing at King's College London with placement in Imperial College Healthcare NHS Trust

**Qualifications:** A levels in Biology (A), Chemistry (B) & Psychology (A\*), studying for my undergraduate degree (currently in my 2nd year) in Nursing with Registration as a Children's Nurse.

### What does a typical day at work look like for you?

As a student nurse, every day is very different! When on placement I can be working for 12.5 hours in the hospital, seeing children of all ages in acutely or chronically unwell conditions. But at university, my day can consist of lectures or skills sessions or study sessions in the library working on my assignments! My days are very busy but I wouldn't want it any other way!



### What has been the highlight of your career so far?

I absolutely love my degree and I am so proud of everything I have achieved so far! However, the highlight for me must be spotting a child in anaphylaxis whilst studying in the paediatric allergy department. I then administered an EpiPen to the child, effectively saving her life! It really filled me with confidence that I was becoming an increasingly competent nurse!

### How has your Highlands experience helped you to get to where you are today?

Highlands gave me the foundation to my knowledge where I then headed onto sixth form and applied this even further. Highlands gave me opportunities to build my confidence and leadership skills, as a prefect which are crucial skills for the line of work I am in now.

### If you could give one piece of advice to current Highlands students, what would that be?

Work hard! It's so cliché, but honestly it's so worth it! I am so proud of how far I have come. When I reflect on where I began in year 7 to where I am now, I couldn't be more grateful for pushing myself as hard as I did. Doing a job that fills you with such pride is a feeling you can't describe and I believe everyone should get the opportunity to experience it!



## Easter toy appeal


Thank you to everyone who has donated towards our Easter toy appeal so far. We've had hundreds of wonderful donations that will make such a difference to children in need. Please continue to support this cause. The last day to donate is **28th March**.



**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.

Highlands 

LAST DAY TO DONATE  
**28TH MARCH**



## Year 9 immunisations

The Enfield School Age Immunisation Team will be coming into Highlands School on Friday 8th March 2024 to administer the Diphtheria Tetanus & Polio (DTP) & Meningitis ACWY vaccinations.

[A guide to immunisation for young people](#)

[Year 9 - Diphtheria Tetanus & Polio \(DTP\), Meningitis ACWY Vaccinations - parent letter](#)

**London webinars : Information for education settings on measles. March 2024**

The webinar will include:

- An update on what is happening in London
- Information about measles, and what to do if your setting is notified of a case or is concerned that a child/young person has measles
- What to do if you have an outbreak in your setting
- How to support access to the MMR vaccination, including information sharing governance
- Q & A

The webinar will include updates from

- UK Health Security Agency (UKHSA)
- NHS
- Local Authorities
- Education settings

The session will be recorded and shared

**NORTH CENTRAL LONDON TUESDAY 19TH MARCH 16:00-17:00**

Who should attend:  
Senior leads in

- Nurseries and early year settings
- Primary schools
- Secondary schools
- Colleges
- SAIS providers

For more information  
[rrc.london@ukhsa.gov.uk](mailto:rrc.london@ukhsa.gov.uk)

## Deaf Youth Club

A new Deaf Youth Club will be launching in Wood Green on Tuesday 26th March from 4-6pm and will run once a month until the summer.

Register [here](#) to attend.

**Haringey LONDON** **ENFIELD Council**

**Deaf Youth Club**

Launches on **Tuesday 26th March 4-6pm** for secondary deaf young people

Come and join us for:

- Create a brand new name for the deaf youth club
- British Sign Language sessions
- Deaf Identity sessions
- Meet deaf role models
- Audiology troubleshooting
- Learn about the latest technology for access
- Make friends with other deaf teenagers like you in Haringey and Enfield!

**Register here to attend**

We are based at:

**Rising Green Youth Club**  
Unit 2, Lymington Avenue  
Woodgreen, N22 6JA

Dates for Youth Club Tuesdays

- 23rd April 4-6pm
- 21st May 4-6pm
- 18th June 4-6pm
- 16th July 4-6pm



## Our Voice presents: Get to know Health and Therapies

Booking is now open for the 'Our Voice Presents: Get to Know Health and Therapies' on Wednesday 13th March 24 from 10 am to 12.30 pm (registration from 9.30 am) at the Park Avenue Disability Resource Centre, 65c Park Avenue, Bush Hill Park, Enfield, EN1 2HL.

There will be a panel of Heads of Services from across Health and Therapies who will answer your questions. The panel will include the Designated Clinical Officer, Speech and Language Therapy, Dietetics, Occupational Therapy, CAMHS (Child and Adolescent Mental Health Service), Transition to Adult Mental Health and Paediatrics.

Places are limited and must be pre-booked. Please book via Eventbrite [here](#).

Click [here](#) to see the full agenda

Click [here](#) to read Our Voice Spring Newsletter 2024



# Our Voice presents: Get to know Health and Therapies

We are delighted to announce that booking is now open for 'Our Voice Presents: Get to Know Health and Therapies' – the third in this series of events which give parents and carers an exceptional opportunity to speak directly to the Heads of service areas supporting children and young people with Special Educational Needs and Disabilities.



In this session, we will be joined by Enfield's Designated Clinical Officer and representatives of Speech & Language Therapy, Dietetics, Occupational Therapy, CAMHS (Child and Adolescent Mental Health Service), Transition to Adult Mental Health and Paediatrics

Registration from 9.30 am	
10 – 11.15 am	Panel Q&A session
11.15 – 11.30	Coffee break
11.30 am – 12.30 pm	Either: Building a Connection with your child (intensive interaction)
	OR: What you need to know about the GP Learning Disability Register and Annual Health checks
	OR: 1:1 appointments (subject to availability)

**Wednesday**  
**13<sup>th</sup> March 10 am to 12.30 pm**

(registration from 9.30 am)

**At the Park Avenue Disability Centre, Bush Hill Park, EN1 2HL**

**Sign up [here](#)**

For more information see the full brochure on our website [events page](#)

Or contact Our Voice on Telephone 07516 662315 or Email: [info@ourvoiceenfield.org.uk](mailto:info@ourvoiceenfield.org.uk)



## EMS summer term Lesson booking information

Parents are now able to renew and book music lessons and activities for summer 2024 from the [Music Store](#).

To ensure parents are kept informed and do not miss the booking window we would be grateful if you could book as soon as possible lessons. The deadline for bookings, lessons and hire is **10th March 2024**.

### Important information re School Funded Pupils (FSM, Pupil Premium) and LAC and Adopted Pupils

Any funding forms issued for pupils for the autumn and/or spring terms are still valid for both FSM/PP and LAC/Adopted pupils so you do not need to issue new forms to those pupils.

You can find more information and guidance in [our FAQs](#) as well as other resources, guidance and information for schools on [The Hub](#), but please don't hesitate to contact us at [enfieldmusicservice@enfield.gov.uk](mailto:enfieldmusicservice@enfield.gov.uk) if you have any questions.

Summer term in-school lessons will start week commencing **22nd April** and pupils should receive 10 lessons during the course of the term.

Thank you very much for your continued support.

**Ms Maple**



Book now for lessons in the Summer term!

**MUSIC CAN HELP US:**

- Build confidence
- Enhance memory
- Express ourselves
- Be creative

EMS lessons start from around £7 per week

Click here to book 

Closing date: 10th March 2024





## GCSE Recital evening

Get ready to witness the musical talents of our incredible GCSE students at the upcoming GCSE Recital evening! Mark your calendars and save the date!

**Date: Thursday 14th March 2024**

**Time: 6.30pm**

**Location: Highlands School, main hall**

Prepare to be amazed as our talented students showcase their hard work and dedication in an unforgettable evening of music and performance.

Tickets will be available for purchase on ParentPay soon, so be sure to keep an eye out for further details. Don't miss out on this opportunity to support our students and enjoy an evening of musical brilliance. Stay tuned for more information, and we look forward to seeing you there!

**Ms Maple**

2024  
Highlands School Presents  
**GCSE RECITAL EVENING**

Illustration of a grand piano in teal and pink colors.



Main Hall  
14.03.2024 - 6:30pm

QR CODE FOR DONATIONS

REFRESHMENTS FROM HPFA





## House competition weekly results

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

This Week	Beech	Oak	Rowan	Willow
Positive Points	4,379	5,555	5,129	5,188
Negative points	-535	-494	-399	-521
<b>Points overall</b>	<b>3,844</b>	<b>5,061</b>	<b>4,730</b>	<b>4,667</b>

Here are the top students this week.

### Top students in year 7:

Forename	Surname	Form	House	Points
Betsy	Coneywood	7OJT	O	45
Andrew	Spitaliotis	7OJT	O	41
Adar	Abdi Mahamed	7WSW	W	41
Klea	Kambo	7WSW	W	40
Dilara	Hassan	7OJT	O	39
Marianne	Smith	7WSW	W	39
Evie	Howlett	7WSW	W	39
Florence	Holyomes	7WSW	W	38
Ciara	Moore-Mcgowan	7WSW	W	37
Evani	Page-Jayaraman	7WSW	W	37

### Top students in year 8:

Forename	Surname	Form	House	Points
Emily	Newton	8RBW	R	38
Anaiya	Dhaliwal	8WNK	W	38
April	Clydesdale	8RBW	R	35
Sena	Oguz	8WNK	W	35
Aisha	Gambo	8BJF	B	34
Romiyah-Capprie	Calica	8BJF	B	33
Chloe	Shi	8WMP	W	33
Nea	Petritaj	8WNK	W	33
Sophie	Rooke	8WNK	W	33
Yuxi	Chen	8BJF	B	32
Warren	Kelly	8OSQ	O	32



### Top students in year 9:

Forename	Surname	Form	House	Points
Sebastian	Angelides	9OSM	O	64
Ermioni	Tsantikou	9OSM	O	64
Mackenzie	Wright	9OSM	O	62
Owen	White	9OSM	O	61
Isabella	Cruden	9OSM	O	61
Madiha	Yahya	9OSM	O	59
Isabella	Savage	9OSM	O	59
Amelie	Manning	9OSM	O	59
Arda	Surmez	9OSM	O	58
Demetra	Kyriacou	9OSM	O	58
James	Butcher	9OSM	O	58
Siana	Chal	9OSM	O	58
Hannah-Joy	Driver	9OSM	O	58

### Top students in year 10:

Forename	Surname	Form	House	Points
Rocco-Star	Chambers	10WDD	W	44
Kamilah	Abib	10RCB	R	43
Raphael	Ponnou	10WDD	W	41
Kai	Seon	10WDD	W	41
Henry	Hanlon	10WDD	W	40
Darcy	Dundridge	10RCB	R	38
Elisia	Huetson-Varnava	10WDD	W	38
Javon	Ikpeme	10WDD	W	38
Selinay	Bolat	10WDD	W	38
Evie	Whitbread	10WDD	W	37
Sophia - Cristine	Peev	10WDD	W	37



**Top students in year 11:**

Forename	Surname	Form	House	Points
Benjamin	Gormley	11BPL	B	31
Rakibe	Halili	11BRD	B	28
Sophie	Bernasconi	11BPL	B	27
Athanasios	Aristidou	11WCG	W	27
Zac	Betsy	11WER	W	19
Yashraj	Singh	11BRD	B	16
Beckham	Tahsen	11RTS	R	16
Mia	Rosen	11OMK	O	13
Katie	Bucknor	11RTS	R	12
Luke	Tyrimos	11WER	W	12

**Top students in year 12:**

Forename	Surname	Form	House	Points
Charlie	Mills	12RSL	R	21
Alexia	Chrysostomou	12BHK	B	20
Katie	Brookman	12ODS	O	20
Ledia	Xhetani	12WTA	W	20
Hannah	Bernasconi	12BJT	B	12
Shreya	Deb	12RSL	R	10
Inaayah	Wahr	12ODS	O	9
William	Hadley	12RSL	R	8
Lorena	Kransniqi	12BJT	B	7
Danita	Dharmapala	12RSL	R	7

**Top students in year 13:**

Forename	Surname	Form	House	Points
Hollie	Burkett	13ATH	O	4
Mia	Kyprianou	13ATH	O	4
Rohan	Biswas	13CRY	O	4
Gianluca	Warburton	13CRY	R	4
Imogen	Spiers	13ESM	W	4
Timur	Raif	13ESM	R	4
Victoria	Velez Manco	13JBA	W	4
Christos	Tokkallos	13MTU	R	4
Amelia	Tobin	13TDU	O	4
Jenna	Trautner	13TDU	B	4



# Help us fund raise for our school

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

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

## Highlands School Enfield

© Winchmore Hill, London

£3,565.00 raised

96 supporters

Sign up and support this cause

[www.easyfundraising.org.uk](https://www.easyfundraising.org.uk)

### GET STARTED

#### How to support Highlands School Enfield

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

Support us through  
**easyfundraising**



# Highlands School Alumni

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

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

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

#HighlandsAlumni

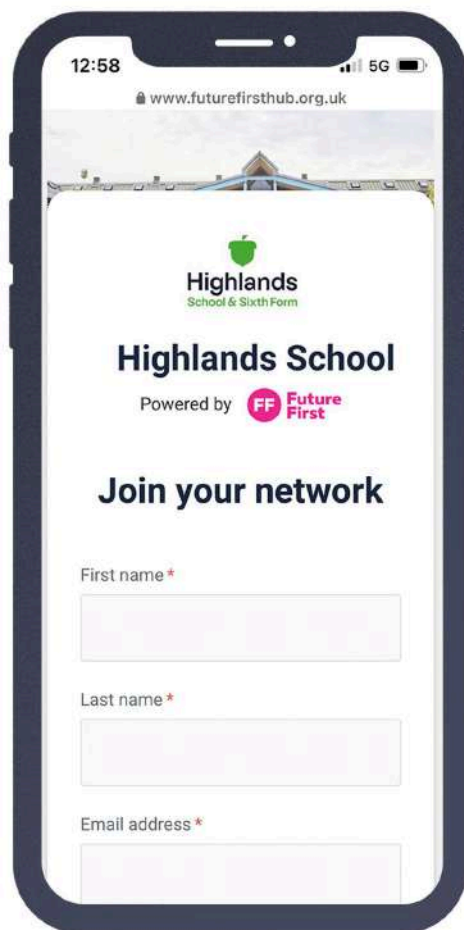


## Former student?

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

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

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





## Student medical needs

If your child needs to take regular medication in school, please fill out the following [Medicines Consent Form](#) to give the school consent to administer medication to your child. All medications that are kept in school must be stored in the medical room. We recently sent out a [medical and allergy survey](#) to all parents - thank you to all those who have completed this - if you haven't already done so, please can this be completed as soon as possible so we can update our records.

## Mental health

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

### Urgent mental health support - 24/7 crisis lines

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

You can find the 24/7 crisis line numbers using the NHS Service Finder ([link below](https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

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

Urgent and other support available

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required  
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

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

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

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person  
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

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

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

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

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

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



## Safeguarding contacts

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

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

## Helpful numbers and websites

**Childline:** 0800 1111

**NSPCC helpline:** 0808 800 5000

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

**LGBT switchboard:** 0300 330 0630

**Kooth:** [www.kooth.com](http://www.kooth.com) - support service for students wellbeing

**Multi Agency Safeguarding Hub:** 0300 500 80 90

**Barnardos:** 0800 008 7005

## 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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