



# Highlands School Newsletter

06 October 2023



Photo: Year 7 and 8 Ed-Extra

Dear parents and carers,

As you can see from the image above Ed-Extra for years 7 and 8 is now up and running on Wednesday afternoons. One thing that makes Highlands stand out from other state secondary schools is the Wednesday afternoon programme of free after school clubs and activities for the whole of year 7 and 8 that every single student participates in for the whole school year. We do this because we are committed to the wider curriculum at Highlands, to giving our students a wide range of experiences and to supporting activities that have less curriculum time than others. Students have approached the activities with enthusiasm and I hope they are enjoying them.

This week we held our Black History Month assemblies. As it has been the case over the past few years, these important assemblies were led by our students. I want to thank them all for the work they put into these excellent assemblies and to the staff who supported them.



I was pleased to see more students receive headteacher awards this week. One of the students, Josh, waited on Worlds End Lane whilst his friend was injured. This is a great example of supporting others. I would also like to thank Ms Hassan (headteacher of Grange Park School) and the other members of the local community who stopped to help our student, who is now recovering well.

Our house captains and vice captains have been appointed, you can see their names on page 5, we had record numbers of applications for these roles. Well done to all the students who applied and to those who have been successful.

A reminder of important dates for your diaries:

- Monday 16th October: early finish for open evening preparation (students dismissed 12:40pm)
- Tuesday 17th October: late start following open evening (students arrive by 11:25am)
- Thursday 19th and Friday 20th October: DARE Days
- Friday 20th October: end of the half term
- Monday 6th November: start of half term

Have a great weekend.

Mr McInerney,  
Headteacher

## House competition weekly results

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

|                           | Beech       | Oak         | Rowan       | Willow      |
|---------------------------|-------------|-------------|-------------|-------------|
| Positive points this week | 6420        | 5683        | 5880        | 5991        |
| Negative points           | -379        | -390        | -260        | -380        |
| <b>Points overall</b>     | <b>6041</b> | <b>5293</b> | <b>5620</b> | <b>5611</b> |

### Top students in year 7:

| Forename | Surname    | Form | House | Points |
|----------|------------|------|-------|--------|
| Ailis    | Hoxha      | 7RJG | R     | 46     |
| Hafsa    | Kaderia    | 7RJG | R     | 45     |
| Betsy    | Coneywood  | 7OJT | O     | 44     |
| Natalia  | Balla      | 7BEF | B     | 43     |
| Ryan     | Arun       | 7RJG | R     | 41     |
| Leon     | Spalevic   | 7RJG | R     | 40     |
| James    | Mehmet     | 7RJG | R     | 40     |
| Giulia   | Dumitrescu | 7BEF | B     | 39     |
| Niam     | Kataria    | 7RJG | R     | 39     |
| Oliwier  | Zysko      | 7BLR | B     | 38     |



**Top students in year 8:**

| Forename | Surname         | Form | House | Points |
|----------|-----------------|------|-------|--------|
| Warren   | Kelly           | 8OSQ | O     | 54     |
| Thomas   | West            | 8RBW | R     | 50     |
| Tyanna   | Ferreira        | 8OSQ | O     | 49     |
| Dennis   | Erdogan         | 8OSQ | O     | 48     |
| April    | Clydesdale      | 8RBW | R     | 48     |
| Anais    | Edwards-Anyanwu | 8OSQ | O     | 46     |
| Emily    | Newton          | 8RBW | R     | 45     |
| James    | Fryer           | 8OSQ | O     | 44     |
| Aalycia  | Udahemuka       | 8WNK | W     | 43     |
| Yani     | Tziovas         | 8OFD | O     | 42     |

**Top students in year 9:**

| Forename  | Surname    | Form | House | Points |
|-----------|------------|------|-------|--------|
| Mira      | Cosgun     | 9BYC | B     | 51     |
| Arabella  | Mumba      | 9ODC | O     | 48     |
| Georgia   | Gkiontsari | 9BYC | B     | 47     |
| Ayse      | Carmanbar  | 9BLM | B     | 42     |
| Penelope  | Jones      | 9BYC | B     | 42     |
| Ava       | Theodorou  | 9BYC | B     | 41     |
| Francesca | Kocek      | 9WCM | W     | 41     |
| Gabrielle | Russell    | 9BYC | B     | 39     |
| Luke      | Shearman   | 9ODC | O     | 38     |
| Radhika   | Parmar     | 9ODC | O     | 38     |

**Top students in year 10:**

| Forename    | Surname    | Form  | House | Points |
|-------------|------------|-------|-------|--------|
| Elaina      | Fitzgerald | 10WDD | W     | 59     |
| Kai         | Seon       | 10WDD | W     | 50     |
| Henry       | Hanlon     | 10WDD | W     | 50     |
| Emiera      | Mert       | 10WDD | W     | 49     |
| Wolfram     | Butler     | 10WDD | W     | 47     |
| Tailizandra | Blana      | 10RCB | R     | 45     |
| Skye        | Creary     | 10WDD | W     | 45     |
| Nataniel    | De Almeida | 10WDD | W     | 44     |
| Evie        | Whitbread  | 10WDD | W     | 43     |
| Rozerin     | Bozdog     | 10WDD | W     | 42     |



**Top students in year 11:**

| Forename   | Surname    | Form  | House | Points |
|------------|------------|-------|-------|--------|
| Jack       | Mussell    | 11WER | W     | 45     |
| Benjamin   | Gormley    | 11BPL | B     | 44     |
| Athanasios | Aristidou  | 11WCG | W     | 39     |
| Rakibe     | Halili     | 11BRD | B     | 37     |
| Nidha      | Raja       | 11WER | W     | 34     |
| Sophie     | Bernasconi | 11BPL | B     | 32     |
| Theo       | Law        | 11WER | W     | 31     |
| Chijindu   | Onukaogu   | 11RTS | R     | 30     |
| Lola       | Matthews   | 11WER | W     | 30     |
| Yashraj    | Singh      | 11BRD | B     | 29     |

**Top students in year 12:**

| Forename     | Surname      | Form  | House | Points |
|--------------|--------------|-------|-------|--------|
| Ledia        | Xhetani      | 12WTA | W     | 14     |
| Ahura        | Sedaghat     | 12RSL | R     | 13     |
| Christy      | Michael      | 12BJT | B     | 10     |
| Danielle     | Montes Lopez | 12ODS | O     | 10     |
| Emily        | King         | 12ODS | O     | 10     |
| Nina         | Szymecka     | 12RCW | R     | 9      |
| Keira        | Mazintas     | 12RCW | R     | 9      |
| Genevieve    | Kelly        | 12RCW | R     | 9      |
| Charlie      | Mills        | 12RSL | R     | 9      |
| Deron-Jayden | Nyarko-Duodu | 12RSL | R     | 9      |

**Top students in year 13:**

| Forename    | Surname      | Form  | House | Points |
|-------------|--------------|-------|-------|--------|
| Nikol       | Todorova     | 13ESM | Y13   | 10     |
| Rohan       | Biswas       | 13CRY | Y13   | 8      |
| Imogen      | Spiers       | 13ESM | Y13   | 8      |
| Iona        | Garrard      | 13ATH | Y13   | 6      |
| Emily       | Muncaster    | 13ESM | Y13   | 6      |
| Laurence    | O'Mahoney    | 13ESM | Y13   | 6      |
| Daniel      | Rauza-Lajimi | 13TDU | Y13   | 6      |
| Sam         | Ross         | 13TDU | Y13   | 6      |
| Christopher | Oldroyd      | 13TDU | Y13   | 6      |
| Luke        | Elborn       | 13TDU | Y13   | 6      |





## House captains

We are thrilled to share some exciting news this week! We have selected the following students to serve as captains at Highlands School for this academic year!

We are pleased to announce the list of students who have achieved these esteemed positions.

| <b>R</b>              | Rowan House Captain       | Sila Usta(C) Rohat Gok (VC)      | <b>W</b>                    | Willow House Captain  | Chizara Okonkwo (C) Naa-Shidaa Quartey (VC) |
|-----------------------|---------------------------|----------------------------------|-----------------------------|-----------------------|---------------------------------------------|
|                       | Sports Captain            | Isobel Kennedy (12RSL)           |                             | Sports Captain        | Ann Siby (10WTH)                            |
|                       | Sports VC                 | Jermaine Rendle (12RCW)          |                             | Sports VC             | Shaquel Kizito (10WDD)                      |
|                       | Social Action Captain     | Hala Glasgow (12RSL)             |                             | Social Action Captain | Hana Fahmy (12WBS)                          |
|                       | Social Action Captain VC  | Narin Kallan (12RSL)             |                             |                       |                                             |
|                       | Performance Captain       | Lucy Lord (10RNC)                |                             | Performance Captain   | Kitty Coleman (12WCW)                       |
|                       |                           |                                  |                             |                       | Victoria Salamanca (12WTA)                  |
|                       | Environment Captain       | Du Xiaoxia Hardyman-Rice (11RKM) |                             | Environment Captain   | Lottie Price (12WBS)                        |
|                       | Environment Captain VC    | Candice Grossmann (12RCW)        |                             |                       |                                             |
|                       | Wellbeing Captain         | Rain Kurt (11RKM)                |                             | Wellbeing Captain     | Eimaan Abbas (12WTA)                        |
|                       |                           | Wellbeing Captain VC             | Isabelle Williams (11WER)   |                       |                                             |
| Equalities Captain    | Sophia Galczynska (12RCW) | Equalities Captain               | Amaya Nassa-Edwards (11WGA) |                       |                                             |
| Equalities Captain VC | Ahura Sedaghat (12RSL)    | Equalities Captain VC            | Baran Bydonor (10WTH)       |                       |                                             |

| <b>B</b>              | Beech House Captain     | Lorena Krasniqi (C) Grace Caddle (VC) | <b>O</b>                   | Oak House Captain        | Abdullah Al-Dulimi (C) Zende Gachette (VC) |
|-----------------------|-------------------------|---------------------------------------|----------------------------|--------------------------|--------------------------------------------|
|                       | Sports Captain          | Vedat Djermal (10BNI)                 |                            | Sports Captain           | Peter Pieretti (12OSB)                     |
|                       |                         |                                       |                            |                          |                                            |
|                       | Social Action Captain   | Hannah Bernasconi (12BJT)             |                            | Social Action Captain    | Grace Umenyiora (11OMK)                    |
|                       | Social Action VC        | Edis Habil (12BJT)                    |                            | Social Action Captain VC | Inayah Wahr (12ODS)                        |
|                       | Performance Captain     | Elena Giudice (11BPL)                 |                            | Performance Captain      | Lydia Wright (11OMK)                       |
|                       |                         |                                       |                            |                          |                                            |
|                       | Environment Captain     | Daniel Malaj (10BJC)                  |                            | Environment Captain      | Kimberley George (11OMK)                   |
|                       |                         |                                       |                            |                          |                                            |
|                       | Wellbeing Captain       | Sheryce Crow (10BJC)                  |                            | Wellbeing Captain        | Eleanor Smith (11OMK)                      |
|                       |                         | Wellbeing Captain VC                  | L'Jeeta Thompson (12OSB)   |                          |                                            |
| Equalities Captain    | Danny Kruja (10BNI)     | Equalities Captain                    | Neriah Muhele (12OSB)      |                          |                                            |
| Equalities Captain VC | Isaiah Gachette (12BJT) | Equalities Captain VC                 | Floriana Macarthur (11OGA) |                          |                                            |

This is a significant accomplishment, and we want to extend our heartfelt congratulations to these students for their dedication, leadership, and commitment to our school community. We are confident that they will excel in their new role and make a positive impact on their peers.

Once again, congratulations to our House Council of 2023- 2024 at Highlands School.

We look forward to witnessing their leadership journey and the positive contributions they will make to our school.

**Ms Maple**



## House form reps

We want to express our sincere gratitude for all our enthusiastic applicants and campaigns for the roles of form representatives from years 7 - 12.

We believe that their dedication and commitment can shine and we encourage our students to explore them further. Their active involvement will continue to make our school community stronger and more vibrant.

Congratulations to our new house form representatives for 2023- 2024.

**Ms Maple**

## Ed-Extra

We believe that a comprehensive enrichment programme helps all our students develop character. All of our year 7 and 8 students participate in our Ed-Extra programme every Wednesday.

Ed-Extra is now in full swing, with a variety of activities for our students to take part in. From judo to robotics, all students are thoroughly enjoying the enrichment programme and are fully engaged in all of the activities.





## 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.

- **Josh Fisher 9WCM:** Awarded for his kind help and support when a friend and fellow student was injured on Worlds End Lane and in need of medical assistance.
- **Nicholas Anastasiou 12WTA:** Awarded for his brilliant work ethic and contribution to his psychology class.
- **Neriah Muhelele 12OSB and Raphael Lambrou 12RDW:** Awarded for their positive work ethic and application of their psychology knowledge to exam questions and class discussions.







## Black History Month

Our assemblies this week introduced Black History Month. This month is about recognising and celebrating the incredible contributions and achievements of Black individuals throughout history and in our world today.

Ms Pavlou with our sixth form students led an inspiring assembly to our students highlighting that Black history should not be bound to one month, it is as important as any other. Black History Month serves as a vital platform for recognising and celebrating the rich and diverse contributions of Black people to the history, culture and society of the United Kingdom. It serves as an opportunity to address and confront issues of racial discrimination and inequality.







## Under 14s girls Middlesex Cup

The year 8 and 9 girls started off their Middlesex Cup journey in fantastic form against a strong Fortismere. After dominating the first half, Lily scored a fantastic goal outside of the 18 yard box. The girls went into the second half determined to score another which was sealed by Lily again with another fantastic goal. Well done girls on your 2-0 win!

Team players: Antonia Charalambous, Amelie Hon, Nicole Kozinos, Faye Etuazim, Hannah Cullen, Sienna Margolis, Millie Huetson-Varnava, Lily Howard, Cecily Dickinson, Elize Savva-Furak, Izzy Cruden, Jesmina Hasanovic.

**Mrs Hutchinson**



## Under 12s girls Middlesex Cup

On Monday, the year 7 girls played their first ever football match for Highlands in the Middlesex Cup away to Alexandra Park School. The girls settled into the game quickly with some good passing and early chances. The first half was tight but Alexandra Park scored a goal to lead 1-0 at half time and then a second half way through the second half to win the tie 2-0. There were notable performances from Chloe Hobley and Highlands player of the match Lucy Pishiris. Well done to all the girls who played, we hope this is the first of many games for Highlands.

**Mrs Walters**



**CROSS COUNTRY TRIALS**


If you would you like to represent Highlands School at the upcoming Borough Cross Country event at Trent Park on **Friday 10th November**, then you need to attend the following trial event.

**Borough Cross Country Trials**  
**Tuesday 17th October**  
**3:15pm - 4:15pm**

Meet at the PE changing rooms.  
Bring your PE kit, any medical device and water.

You will be running on the grass field so please bring appropriate footwear.

**Year 7 - 3000m**  
**Years 8/9 - 3500m**  
**Year 10+ Girls - 3500m**  
**Year 10+ Boys - 4500m**



**BASKETBALL CLUB**

**DO YOU WANT TO BE COACHED BY A QUALIFIED BASKETBALL ENGLAND COACH?**

**Tuesday - Years 8 & 9 Boys**  
**Thursday - Years 8, 9 & 10 Girls**

**3:15pm - 4:30pm**

**Sports Hall**

Bring your PE kit and get changed after school.

**How to Join?**  
Complete the Google form that will be sent out via email soon. Please note that there is a maximum capacity of 30 students on a first come first served basis.

## Meet the SEND team event

A huge thank you to all of the parents and carers that attended our coffee morning and afternoon tea events to meet our SEND team here at Highlands. It was a great event that highlighted the various programmes and resources available to support our students with special educational needs and disabilities.

It truly was a delightful event that not only celebrated the power of collaboration but also reinforced our commitment to inclusivity and support for all of our students.

## GCSE Maths in Action

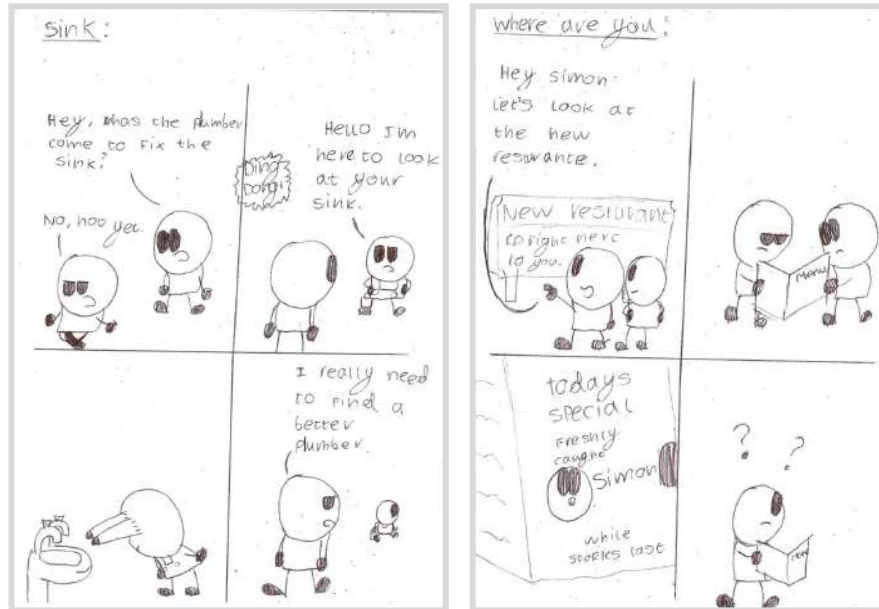
Take part in an unforgettable journey with [GCSE Maths in Action!](#) Students can immerse themselves in five captivating sessions featuring top-notch speakers, brimming with interactive demonstrations, student engagement, and an exciting array of brain-teasing puzzles! And that's not all – the exam masterclass, led by seasoned examiners, will equip students with invaluable tips for acing their exams with flying colours. The meticulously crafted days are designed to ignite students' enthusiasm, elevate their mathematical prowess, and propel their academic journey to new heights.

Click [here](#) for more details on how to register.



## NickKings Joking Corner

A weekly edition of comical works by Nicholas King in year 9.



## Influenza immunisation session - years 7 - 11

The flu vaccine will be delivered by the Enfield Immunisation Team at Highlands School on **Friday 10<sup>th</sup> November 2023**.

### Influenza Vaccine (Flu)

- Flu can be an unpleasant illness and can cause serious complications.
- Vaccinating your child will help protect more vulnerable family and friends by preventing the spread of flu.
- Enfield Immunisation Team are offering this vaccine to **all** children from years 7 to year 11.

You can decide between two different types of flu vaccines:

- **Nasal Flu Spray** – Completely pain free. Contains porcine gelatine.
- **Flu Injection** - The injection will be administered at school. Does NOT contain porcine gelatine.

To complete a consent form for a yes **OR** a no consent, please click on this link: [Flu Consent Form](#).

Highlands School code is: **ENF132256**

**Please note:** If the Enfield Immunisation Team does not receive a consent form, they may contact you by telephone or email to obtain one from you. If you submit a **YES** consent on behalf of your child and they refuse vaccination, it will not be given. For more information on influenza immunisation, please click [here](#) or contact the Enfield Immunisation Team on [beh-tr.enfieldimmunisationteam@nhs.net](mailto:beh-tr.enfieldimmunisationteam@nhs.net) or 0208 702 3499.



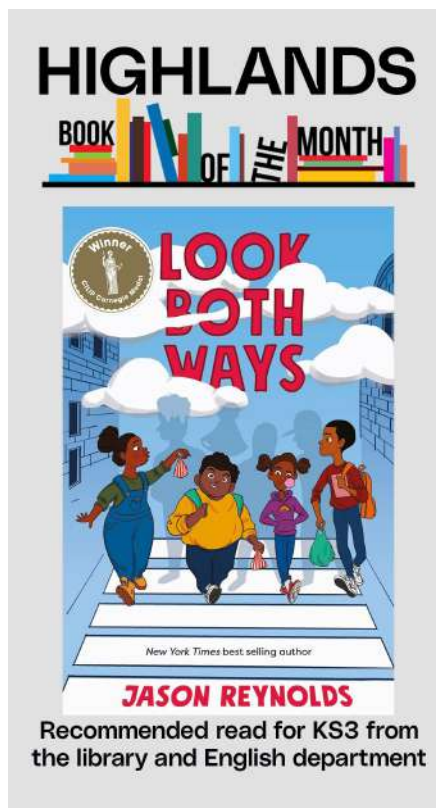


## Highlands book of the month - October

### KS3: Look Both Ways by Jason Reynolds

When the bell rings and school is finished for the day, the walkers are finally set free. For ten blocks they have no-one telling them what to do; they can talk about bogies, skateboard, plan dramatic escapes, make jokes, face bullies, and hear about the school bus that fell from the sky.

From hilarious escapades to brave challenges, join the walkers for one journey and many, many detours.



## HIGHLANDS

BOOK OF THE MONTH



Recommended read for KS4 from the library and English department

### KS4: Hate U Give by Angie Thomas

Sixteen-year-old Starr lives in two worlds: the poor neighbourhood where she was born and raised and her posh high school in the suburbs. The uneasy balance between them is shattered when Starr is the only witness to the fatal shooting of her unarmed best friend, Khalil, by a police officer.

Now what Starr says could destroy her community. It could also get her killed.

This is a powerful and gripping YA novel about one girl's struggle for justice.



## Komboskini bracelet - update

Thank you to our Greek Orthodox families who have recently contacted us regarding our uniform policy around religious jewellery.

We have seen an increase recently in the number of students wearing threaded bracelets at school, with some students wearing multiple bracelets. Both students and parents have informed us these are of religious significance. At Highlands bracelets are not allowed under our uniform policy. This has been the case for a long time, meaning that this feature of our uniform policy was in place when all of our families chose to send their children to Highlands.

However, in order to ensure our uniform policy is both consistent and supportive of religious customs within the Orthodox faith we have taken the time to consult with Father Demetrianos Melekis, parish priest of the Twelve Apostles Church in Hertfordshire.

Father Demetrianos was able to provide helpful insight into the matter, and clarified for us that the main symbol of the faith in the Greek Orthodox church is the cross to be worn around the neck, as this is blessed during baptism. Whilst there are many other items of jewellery that may have a cross or icon on them, these are worn in addition to the cross.

Father Demetrianos confirmed that whilst the traditional komboskini bracelet can be worn as a symbol of one's devotion to prayer, these do not need to be worn at all times.

As a multi-faith school we have adopted an inclusive approach to supporting our students' religious beliefs and take the time to educate ourselves when writing our policies. We work hard to establish a fair balance, and we amended our uniform policy last year to allow for an item of religious jewellery to be worn on a chain under the shirt. Where students are of a faith where the main symbol of faith is a different form of jewellery, we have made allowances to support this.

With this in mind, and under the guidance of the Greek Orthodox church, we do request that all threaded bracelets be removed, as students are able to demonstrate their commitment to their faith by wearing a cross on a chain, in line with our uniform policy. Our students are welcome to wear these on non-uniform days.

If you have any questions then please feel free to contact me via email at: [tooulia@highlearn.uk](mailto:tooulia@highlearn.uk).

**Ms A. Toouli**



## Attendance and punctuality

At Highlands we believe regular attendance is vital for students to maximise their learning and to achieve their full potential at school. We encourage our pupils to strive for excellence and be the best they can be. We want to share our expectations around attendance with parents and carers to ensure we work together to support our students to flourish.

### Why attendance is important

- The DFE outlines in its [working together to improve school attendance](#) guidance that there is a clear link between good attendance and students achieving their best in public examinations.
- Excellent levels of attendance provides routine and structure to students, making their experience of school life more enjoyable and stable.
- Attending school regularly and on time fosters positive habits around responsibility in preparation for later life and the working world.

### Our expectations for attendance and punctuality

- We expect students to attend school every day to ensure they benefit from the opportunities that school offers.
- The government persistent absence percentage is 90% - regardless of whether absences are authorised - and all schools have to show that they have a robust system in place to track and support any attendance which falls below this level.
- We know that some students have medical conditions which at times can affect their ability to attend school, however for the majority they should be in school full time.
- We expect students to attend school on time every day. This means that students will arrive at school for when the gates open at 8:20am, and no later than 8:30am, when the gates close.
- The decision of whether or not to authorise an absence rests with the school. Written requests are required for all absences.
- Holidays during term time will not be authorised. Any requests for authorised absence under exceptional circumstances during term time must be made in writing using our 'Highlands school leave request form', which can be found on our website [here](#). Parents should be aware that holidays taken during term time will have a highly detrimental impact on a child's learning.

### What if my child is unwell?

NHS guidance states that 'it is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat.'

- Repeated absences for minor illnesses such as cold symptoms, a sore throat, runny nose or headaches may not be authorised.
- Where a student has an ongoing or known medical condition, some absences may be authorised in line with a formal medical diagnosis.
- Evidence of any medical diagnosis, appointments or hospital visits should be sent to our attendance officer to be logged.
- Medical evidence can include a photo of your child's prescribed medication which clearly shows their name and the date it was prescribed.





### **How parents and carers can help**

You can support us with securing excellent levels of attendance by:

- Not booking holidays in term time - written requests must be submitted before any travel arrangements are made.
- Not taking your child out of school unless in exceptional circumstances.
- Ensuring any medical appointments are booked outside of school hours where possible.
- Contacting the school on each day of absence to inform us of your child's absence, including a specific reason for absence - stating 'ill' or 'unwell' may result in an unauthorised absence.
- Encouraging your child to attend school every day.
- Encouraging excellent punctuality and setting good routines, as persistent lateness will affect their attendance.

### **What does our attendance system look like?**

Attendance and punctuality is reviewed daily by the attendance officer and head of year to identify a cause for concern. A cause for concern could include:

- long periods of absence
- patterns of absence
- sporadic days off for minor reasons
- absences where no reason is given by the parent/carer
- unauthorised periods of leave
- persistent lateness.

Where a cause for concern is raised, the school will follow steps to address these concerns, which may include any of the following:

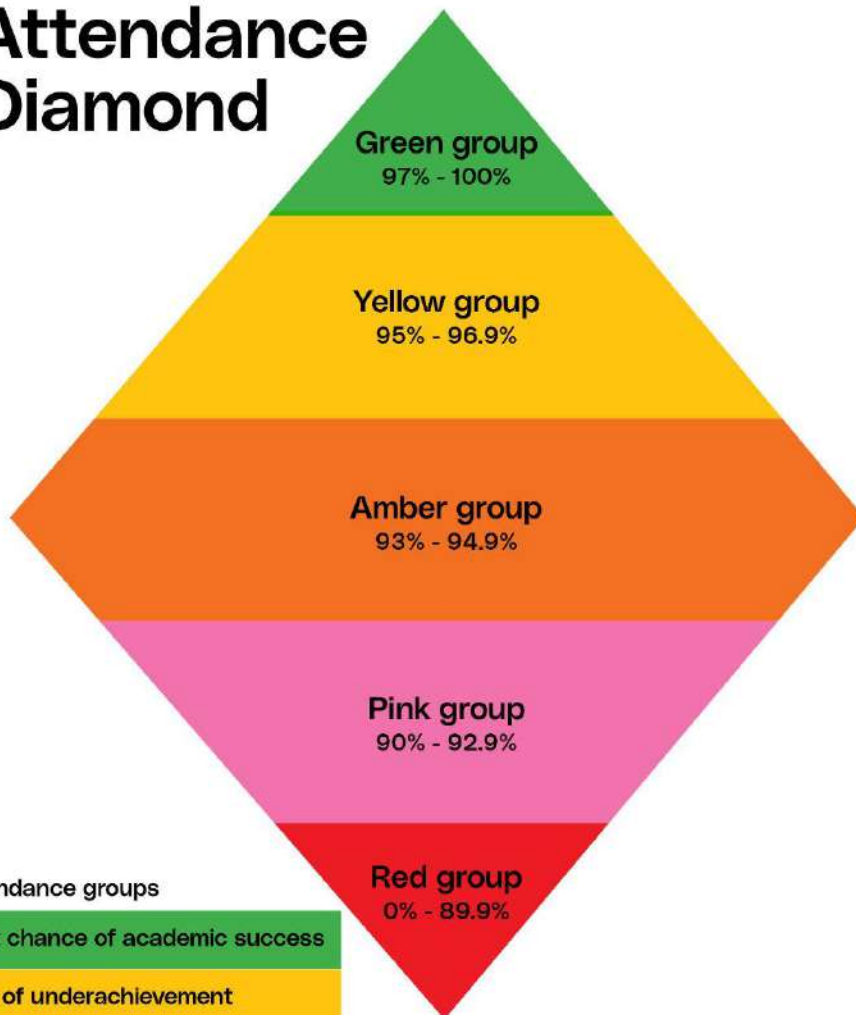
- written communication to parents
- attendance calls by the school attendance officer or a member of the pastoral team
- attendance meetings
- attendance support plans
- Educational Welfare Service referral
- fixed penalty notices in line with the local authority code of conduct
- a referral to children's services where there are safeguarding concerns.

The school has a legal duty to refer cases of persistent absence to the educational welfare service.



  
**Highlands**  
School & Sixth Form

# Attendance Diamond

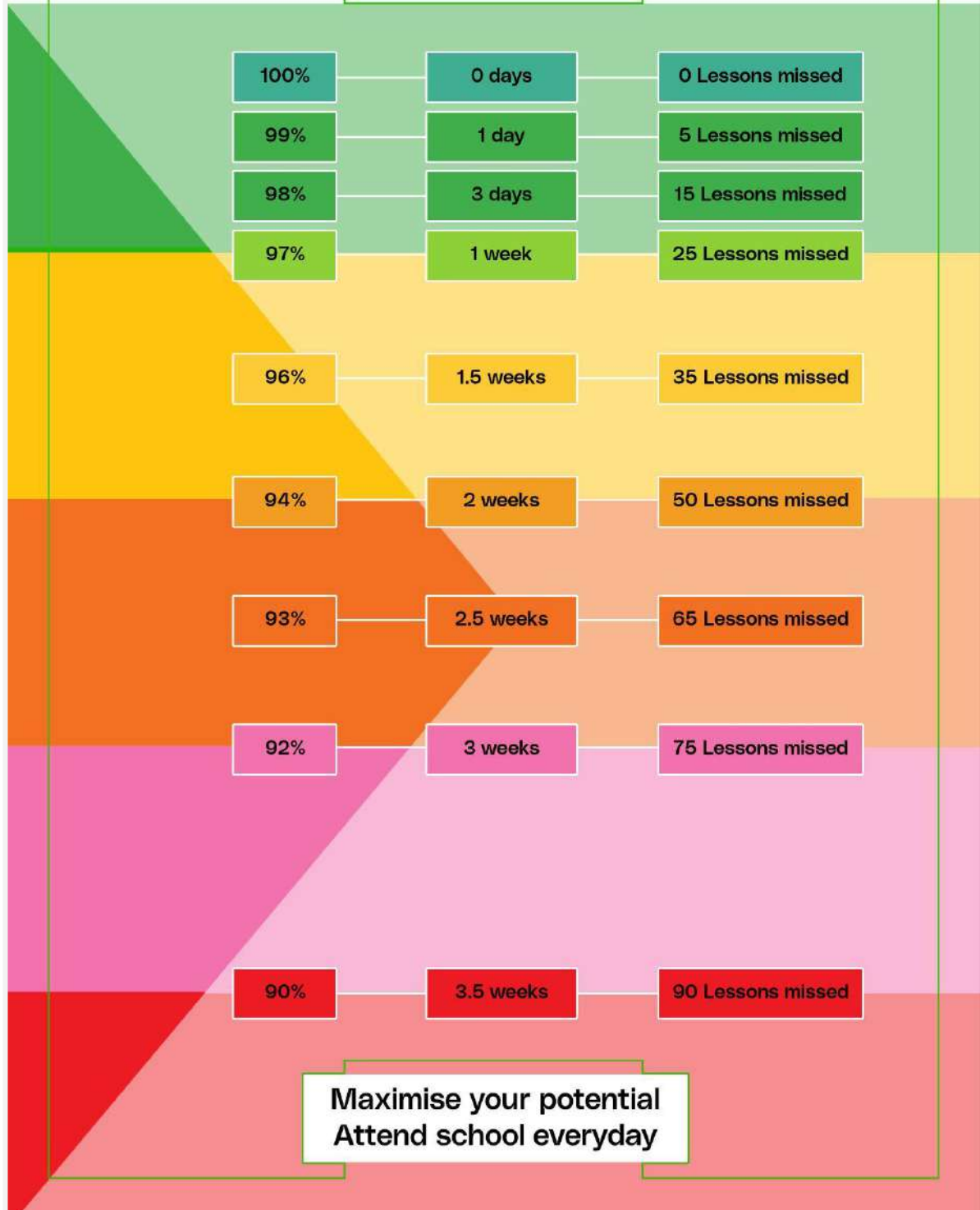


### Attendance groups

- Best chance of academic success
- Risk of underachievement
- Serious risk of underachievement
- Severe risk of underachievement
- Extreme risk of underachievement



## Attendance matters







# 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](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.




12:58 5G

www.futurefirsthub.org.uk

Highlands School & Sixth Form

Highlands School

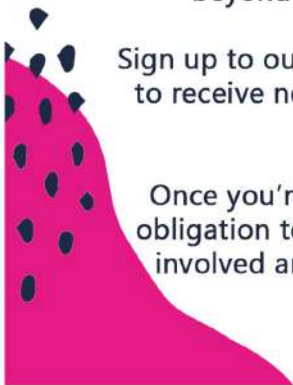
Powered by  Future First

Join your network

First name\*

Last name\*

Email address\*





## 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](#)) 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](mailto: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](#)

**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**

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](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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