Highlands School Newsletter

29 September 2023

Photo: Year 7 inter house football champions

Dear parents and carers,

This week our inter house sports competitions commenced with the year 7 boys and girls football tournament. The semi finals and finals were all held over one lunchtime yesterday and we can announce that Beech are the year 7 girls champions and Rowan the year 7 boys champions. I watched the Beech girls in the semi final and final and they were dominant. Well done to both teams, as winners they have added 4,000 points to their house totals for this year's competition. Sporting success this week was not limited to inter house football. Our girls' football teams started their seasons and were as successful as ever, with Highlands scoring 14 goals against Southgate. Our girls were also successful in our netball fixtures. You can read more about our sporting successes further on in this newsletter.

I was pleased to present several headteacher awards this week to students who had produced excellent work in class and for homework and to students who had supported members of our community when they needed it. Details and photographs are below.

Finally, a big well done to Willow for being the house with the most achievement points this week. They came last in last year's inter house competition so it's good to see them starting the new term positively and taking advantage of 'Fast Track Friday' and going first at break and lunch today - well done!

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

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House competition weekly results

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

	Beech	Oak	Rowan	Willow
Positive points this week	5809	5860	5577	6253
Negative points	-284	-281	-250	-336
Points overall	**5525**	**5579**	**5327**	**5917**

Top students in year 7:

Forename	Surname	Form	House	Points
Akeesa Induvari	Gurubebila vitharanage	7BEF	B	111
Giulia	Dumitrescu	7BEF	B	108
Elma	Stena	7OJT	O	108
Raya	Modha	7BEF	B	106
Eva	Ho	7BEF	B	106
Erkay	Guzel	7BEF	B	105
Aleyna	Livan	7BEF	B	104
Ciara	Moore-Mcgowan	7WSW	W	104
Evie	Howlett	7WSW	W	103
Luciano	Packowski	7BEF	B	102

Top students in year 8:

Forename	Surname	Form	House	Points
April	Clydesdale	8RBW	R	136
Anaiya	Dhaliwal	8WNK	W	134
Emily	Newton	8RBW	R	133
Shriya	Matharu	8WNK	W	130
Sena	Oguz	8WNK	W	129
Thomas	West	8RBW	R	124
Jahansingh	Jacques	8WNK	W	124
Sindi	Shaban	8WNK	W	121
Ralph	Bishop	8RBW	R	119
Nea	Petritaj	8WNK	W	119

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Top students in year 9:

Forename	Surname	Form	House	Points
Omyur	Karadzhova	9BLM	B	142
Bana	Tahsen	9BLM	B	138
Liya	Ali	9BLM	B	133
Adem	Bimici	9BLM	B	123
Luke	Shearman	9ODC	O	122
Darlene	Kisubi	9BLM	B	116
Nicholas	King	9WJQ	W	115
Mira	Cosgun	9BYC	B	114
Yunus	Coskun	9ODC	O	114
Angelo	Symeou	9ODC	O	111

Top students in year 10:

Forename	Surname	Form	House	Points
Aaliyah	Udahemuka	10BJC	B	123
Mariah	Brooks	10RNC	R	120
Luke	Smith	10WDD	W	117
Daniel	Cox Jaramillo	10BJC	B	114
Alfie	Horn	10WDD	W	113
Marilena	Bello	10RNC	R	112
Liam	O'Connor	10WDD	W	110
Anastasia	Katz	10OAB	O	109
Ellie	Christofi	10OAB	O	108
Elaina	Fitzgerald	10WDD	W	107

Top students in year 11:

Forename	Surname	Form	House	Points
Sophie	Bernasconi	11BPL	B	97
Chijindu	Onukaogu	11RTS	R	92
Benjamin	Gormley	11BPL	B	91
Rakibe	Halili	11BRD	B	86
Theo-Jay	Coleman	11RKM	R	75
Zehra	Turan	11OGA	O	74
Gracie Mae	Ticehurst	11OGA	O	74
Kieran	Austick	11OMK	O	74
Yashraj	Singh	11BRD	B	73
Beckham	Tahsen	11RTS	R	73

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Top students in year 12:

Forename	Surname	Form	House	Points
Marissa	Antoniou	12ODS	O	27
Ledia	Xhetani	12WTA	W	23
Jessica	Griggs	12BHK	B	22
Kyra	Bilsoy	12BJT	B	22
Ami	Ellwood	12RSL	R	22
Mariem	Glasgow	12RSL	R	22
Yasmin	Ahmed	12RCW	R	21
Canel	Aygin	12RSL	R	20
Maria	Socratous	12WTA	W	19
Danielle	Montes Lopez	12ODS	O	18

Top students in year 13:

Forename	Surname	Form	House	Points
Rachel	Lok	12KGU	Y13	24
Aisling	Brennan	13TDU	Y13	21
Deniz	Yamansef	13JBA	Y13	19
Walter	Dias	13ESM	Y13	18
Carys	Hughes	13ESM	Y13	17
Alex	Stelmach	13CRY	Y13	15
Emily	Muncaster	13ESM	Y13	15
Isabella	Pieretti	13TDU	Y13	15
Iona	Garrard	13ATH	Y13	14
Gianluca	Warburton	13CRY	Y13	12

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Year 7 Inter house football competition

The spirit of competition filled the air this week as we kicked off our inter house competitions with the year 7 football games. It was an electrifying start to what promises to be a thrilling series of events, and the excitement was palpable.

The boys Rowan team and girls Beech team emerged as champions of the day, showcasing their skills, teamwork, and unwavering determination, earning their houses those vital points.

Year 7 boys final results: Rowan 1 - 0 Beech. Willow 0 - 0 Oak (Willow won 2-1 on penalties)

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

Year 7 girls final results: Rowan 0 - 1 Beech. Willow 1 - 2 Oak

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

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.

The headteacher award is a weekly tradition recognising and applauding the remarkable accomplishments of our students. This award is a testament to their unwavering commitment to academic achievement, personal development and contributing positively to our school community.

This week, the headteacher award is proudly presented to the following students.

- **Beckham Tahsen 11RTS:** Awarded for his ongoing hard work and consistently demonstrating the DARE values.
- **Marianna Pallikaros 8WMP**: Awarded for her incredible renaissance art title page. (see right)
- **Archie De Souza 7WMT and Ibrahim Sow 7ODM:** Awarded for their help and support when a member of the community was in need.
- **Maria Vassiliou 8OFD**, **Ruby Wakeford 8OFD** and **Tyanna Ferreira 8OSQ**: awarded for their exceptional design technology homework.

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Year 9 and 10 netball

The year 9 and 10 netball teams had their first matches this week against Southgate School. Both teams played some excellent netball with some advanced skills on display. Year 10 player of the match Darcy Dundridge worked tirelessly from the centre position and linked up well with a number of year 10 students who made their debuts in this game. Sharp shooting from the Southgate year 10 team put them ahead early and Highlands struggled to get back into the game and unfortunately lost out on taking the points.

The year 9 team started slowly but soon found their rhythm moving the ball across the court. Both teams demonstrated some outstanding long range shooting but Highlands took the lead in the 4th quarter due to some excellent play from player of the match Millie Huetson-Varnarva and winning the game 6-2. All in all, a great afternoon of netball.

Miss Berill

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Senior netball tournament

On Wednesday, this year's newly formed senior netball team consisting of players from years 11 and 12 took part in the annual borough netball tournament at Latymer. They made a solid start by beating Enfield County 5-0 but then lost 4-2 to St Johns. They then beat Oasis Hadley 6-0 before losing to a very good Latymer side 8-3. They finished the tournament with excellent wins against Lea Valley and Laurel Park School.

The girls played some excellent netball and showed good endurance in a fast moving tournament to finish 3rd overall. Well done girls, we are very proud of you!

Mrs Walters

Year 9 and 10 girls football

The year 9 and 10 football team started their season this week with a local derby against Southgate School. We dominated from start to finish winning the game 14-2. Eliz scored the first and last goal of the game with Millie scoring five goals and Shekinah seven goals in between. A fantastic result from the girls, well done!

Player of the match: Shekinah

Mrs Walters

Year 7 boys football

Our year 7 boys took on Southgate School this week in a highly competitive football match. After working tirelessly, they unfortunately lost the game 7 - 4. Well done to all of the boys for their hard work and teamwork.

Mr Avann

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Uniform donations

We have kindly received a lot of uniform donations. However, we have reached full capacity with the smaller sizes. If you have any uniform to donate, please check if they are the following bigger sizes(listed below). These can be handed to reception. Other sizes not listed can go straight to the uniform recycling bin outside the sports hall, near the bike lockers.

- PE skort 28", 30", 32", 34", 36", 38", 40"
- PE short 28"/30", 32", 34", 36", 38", 40", 42"
- Blazer - old style 39", 40", 42", 44", 46"
- PE polo 42/44 and 46/48
- PE jogger 36"/38", 38"/40", 42", 44"
- PE legging 36"/38", 40"/42", 42 ", 44"

Influenza immunisation session - years 7 - 11

The flu vaccine will be delivered by the Enfield Immunisation Team at Highlands School on **Friday 10th 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 or 0208 702 3499

SEN Post 16 transition events

It is important for our SEN year 11 students to make informed choices for Post 16 and be ready for the transition conversation at the annual review, it is important the students are aware of the up and coming college Open Days. Please see below for more information.

- Barnet and Southgate College (Southgate campus): 15th November 2023 - 15:30-18:30pm
- Barnet campus open event: 22nd November 2023 - 15:30-18:30pm
- Capel Manor College: Saturday 7 October @ 10am – 3pm
- Haringey Sixth Form Centre: Wednesday 18 October @ 4pm-7pm
- CONEL College: Saturday 4 November @ 10am-1pm
- HRC (Hertford Regional College): 26th September 2023 5.30pm - 8.00pm

Allied Healthcare Mentor

Allied Healthcare Mentor has mentored over 15,000 students during the past two academic years. It is the largest and most comprehensive programme dedicated to students with a keen interest in pursuing careers in the following fields:

- Nursing
- Midwifery
- Paramedicine
- Physiotherapy
- Occupational Therapy
- Dietetics
- Radiography
- Prosthetics and Orthotics
- Speech and Language Therapy
- Pharmacy

We currently have limited spaces available for the upcoming session on Sunday 1st October, 9am - 5pm, focused on 'Communication and Fractures'. Students can register using the following link.

Each work experience day is completely different, and students will be able to build on their knowledge of NHS careers as they see different patient cases and healthcare professionals work in a variety of settings, such as hospital and community.

Students will also receive certificates as evidence of having participated in the work experience programme. Those that complete the entire five-month programme will be awarded with Highly Commended References too.

Dr Len

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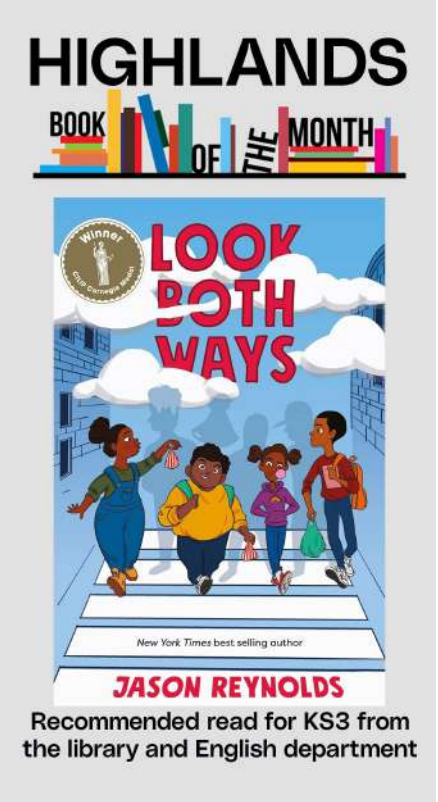
Highlands book of the month - October

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.



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.

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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

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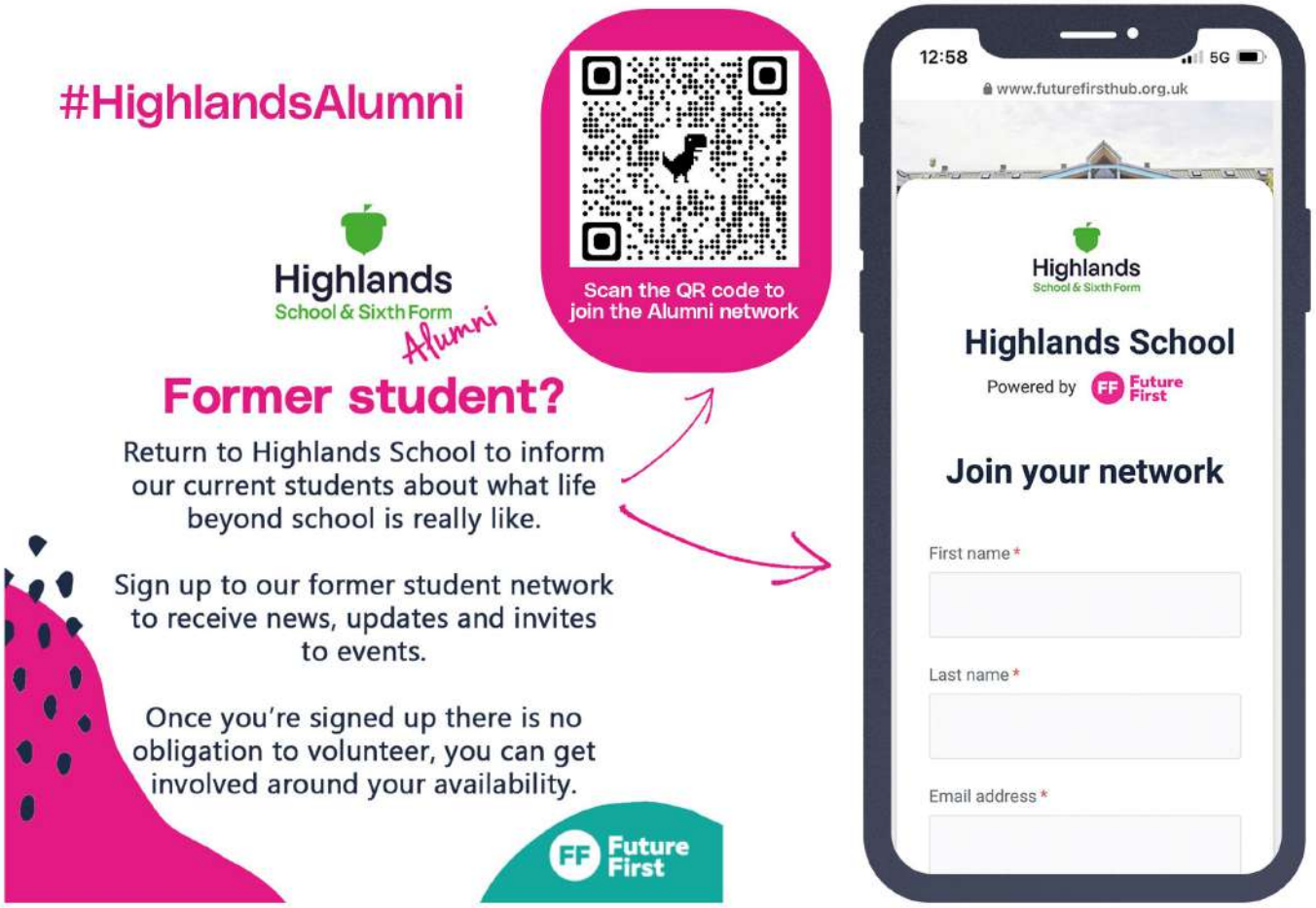
Highlands School Alumni

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 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



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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

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

NHS

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

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
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. 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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