



Highlands School Newsletter

10 May 2024



Dear parents and carers,

This week was Deaf Awareness Week and we had special assemblies led by Dr Tsoni and her team. At Highlands we have a deaf base and are proud of all of our students who are supported by it and of the staff who lead it. We are proud to be an inclusive school and our deaf base is a key part of our commitment to inclusive education.

In the photograph above you can see our social enterprise group who presented their proposals on increasing the use of reusable water bottles to 'dragons' at the Dugdale Centre. They won the 'creative pitch' award. They also presented to the school leadership team recently, we hope that we can implement some of their proposals at Highlands next year. You can read more about this on page 3.

Each year at Highlands we ask ourselves how we can improve and how we can work towards our goal of being a world class school and an example of educational excellence. One area we decided to focus on this year was our school show. Rather than hosting the production at Highlands in the hall, we have hired the Millfield Theatre for three nights in July and will be presenting 'Matilda Jr!'. Tickets went on sale this week and half of them have already sold. We are confident it will be the most spectacular show in our school's history; I hope you will come along and see our students in this incredible setting. There is a link to the ticket site and more information on page 2.

Finally, today our year 13 students had their leavers' assembly and pizza party. The year 13 students who have been at Highlands since year 7 are the only year group still here who were at Highlands before I became the headteacher in 2018. As year 8s when I arrived they made me feel very welcome and they have a unique position having been part of our journey of school improvement over the past



six years, as we have taken our fantastic school and made it better and better. I want to particularly thank Isabella, Rayaan, Maria and Joshua, this years' head and deputy head students, who have done a great job of presenting at important events to parents and students and of being the voice of students at school. I wish them, and all our other year 13s, good luck in their exams and good luck for all that comes in the rest of their lives. We will keep in touch with them as part of the Highlands family.

A reminder of important dates for your diaries:

- Friday 24th May: end of term
- Monday 3rd June: start of final half term

Mr McInerney,
Headteacher

Matilda Jr.

Join us for this year's school production of Matilda Jr, the beloved tale of courage, magic, and triumph! Don't miss out on the chance to see our talented students bring this enchanting story to life on stage.

Purchase your tickets now and support our young performers via the [Millfield Theatre Box Office](#) or via the QR code on the flyer.

HIGHLANDS SCHOOL
PRESENTS

ROALD DAHL'S
Matilda
THE MUSICAL JR.

Book by
Dennis Kelly

Music and Lyrics
by Tim Minchin

WEDNESDAY 3RD JULY - 1:45PM & 7PM
THURSDAY 4TH & FRIDAY 5TH JULY - 7PM
AT THE MILLFIELD THEATRE, SILVER ST., London N18 1PJ
TICKETS £7 AVAILABLE VIA MILLFIELD THEATRE BOX OFFICE

This amateur production is presented by arrangement with
Music Theatre International
All authorised performance materials are also supplied by MTI
www.mtishows.co.uk

Orchestrations and Additional Music by
Chris Nightingale

Highlands
School & Sixth Form

PURCHASE
TICKETS



The year 9 HighDr-8 group pitch to ‘Dragons’ on reducing plastic water bottles in school

‘HighDr-8’ aka the Social Enterprise students, a team of socially conscious individuals, took to the stage at the Dugdale Centre to pitch their social enterprise idea to a panel of ‘dragons’ competing against five other schools in the Borough.



The group has been on a mission to tackle one of the most pressing issues: plastic pollution with a vision to reduce plastic water bottles in school, promoting reusable alternatives and introducing an alternative water refilling station.

This was vividly demonstrated by their innovative approach presenting their pitch to the entrepreneurs. Instead of relying solely on traditional slides and speeches, they incorporated elements of interactive theatre. Their approach not only caught the attention of their peers but also earned them the prestigious title of winning the ‘most creative pitch’ for their endeavour. They were also praised for their teamwork and dedication to driving positive change within the school community.

Thank you to Social Enterprise Academy and Nexus, for allowing us to participate in this project and a super well done to the following students for their enthusiasm and commitment throughout.

Well done to all of the students involved, we are all so proud of you. James Butcher, George Baker, Betul Cardak, Elliz Arkin, Enes Turan, Erminioni Tsantikou, Vienna Ramsey, Kerem Albayrak, James Nicolaou, Jessica Lincoln, Demi Kyriacou, Francesca Koceku, Christina Hajilambi, Yunus Coskun, Mira Cosgun





Sixth form student crowned National League ice hockey champion!

Tyler De-La Bertouche in year 13 was crowned ice hockey National League champion for the Peterborough Phantoms.

Tyler and his team claimed a 4-3 penalty shoot victory over the Leeds Knights in Coventry.

A huge congratulations goes to Tyler and the Peterborough Phantoms for their extraordinary victory.

Read all about their win [here](#).





Deaf Awareness Week

This week we have been raising awareness and embracing inclusivity by hosting special assemblies on deaf awareness! Students learned about what it means to be deaf in society today, exploring the unique challenges and triumphs of the deaf community. From discussing the different causes of deafness to celebrating their strengths and what each of us can do to help support deaf people in our community.

This week we are also sharing a special feature newsletter on Deaf Awareness and what it means to be deaf. You can read it [here](#).

Deaf Awareness at Highlands School

What does it mean to be deaf?

- Deafness can mean different things to different people
- The general term 'deaf people' can be used to describe people with any degree of deafness
- There can be different degrees or levels of deafness
- All deaf people experience barriers when it comes to accessing communication

Different levels of deafness

- Mildly deaf**
People may find it difficult to follow speech in noisy situations
- Moderately deaf**
People may need to use hearing aids
- Severely deaf**
People will usually need hearing aids and may rely on lip reading or sign language to communicate. Sign language may be the person's preferred method of communication
- Profoundly deaf**
Sign language may be the person's preferred method of communication

Facts and figures

- Some people are deaf from birth
- Some people may go deaf due to an illness
- 1 in 6 people in the UK are affected by different types and levels of deafness
- Some people lose their hearing as they get older
- Around 2 million people in the UK have hearing aids - about 800,000 are severely or profoundly deaf

Top communication tips

Deaf awareness: Face me when you talk, make sure I know what you are talking about, involve me in the conversation.



Get the deaf person's attention. Try waving, tapping their shoulder or creating a vibration



Use your hands. Point at what you are talking about



Speak clearly. Not too slowly or too loudly



Act or mime



Make sure they can see your mouth. Face them when you talk



Keep trying. Try texting on your phone or writing a message down



DEAF AWARENESS WEEK 2024
6-12 May 2024

Living Options Devon
Accessibility Matters

UK Council on Deafness



Headteacher awards

It is with immense pride and joy that we celebrate the exceptional achievements of our students as we honour the recipients of this week's prestigious headteacher award. An award that is presented to nominated students who exemplify dedication, hard work and excellence.

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

- **Kerem Albayrak 9BLM, George Baker 9BYC, Mira Cosgun 9BYC, Enes Turan 9ODC, Yunus Coskun 9ODC, James Butcher 9OSM, Erminioni Tsantikou 9OSM, Demi Kyriacou 9OSM, Jessica Lincoln 9RNB, Betul Cardak 9RTC, Elliz Arkin 9RTC, Vienna Ramsey 9RTC, James Nicolaou 9RTC, Francesca Koceku 9WCM and Christina Hajilambi 9WCM:** Awarded for their amazing participation in the Social Enterprise project and winning the most creative pitch
- **Freddie Smith 7BEF:** Awarded for consistency and diligence to the steel pan group every Friday.
- **Tyanna Ferreira 8OSQ and Michael Angeli 7RAS:** Awarded for demonstrating great leadership skills and assisting students in learning their musical parts.
- **Darius Nlewedim 9WCM:** Awarded for excellent progress on Lexia.
- **Charlie Bell 8RBW:** Awarded for his joyful engagement in playing the steel pans in lessons and his constant focus.
- **Muhammad Abdullah 8BAM:** Awarded for his tremendous bravery when he encountered a challenging public situation.
- **Muhammed Akif Yalcin 7RAS: Kavish Amuwitagama 8OFD and Nicole Martins Cisneiros**
- **8OSQ:** Awarded for jumping in and learning new musical parts after being taught, and showing great D.A.R.E values.
- **Dennis Erdogan 8OSQ:** Awarded for knowing everyone's part in steel pans.





Extra curricular timetable

Monday	Tuesday	Wednesday	Thursday	Friday
Club: Debating Club Venue: H6 Time: 3:15 - 4:15 Years: 7-11 Teacher: Mr Islam, Ms Frohlich	Club: History Club Venue: E4 Time: 3:15 - 4:15 Years: 7-13 Teacher: Ms Duffmasters	Year 7 & 8 Ed Extra Program Period 5 2:10 - 3:15 (Year 7 & 8 only)	Club: Pride Club (Week A) Venue: A4 Time: 3:15 - 4:15 Years: 7-9 Only Teacher: Ms Brandon	Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: SEN pupils only Teacher: Miss Rattan, Mrs Warren, Miss Patel
Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: SEN pupils only Teacher: Miss Rattan, Mrs Warren, Miss Patel	Club: GCSE Art & A Level Art & Photography Catch Up Venue: Art Rooms Time: 3:15 - 5:00 Year: 10-13 Teacher: Ms McCalmont, Ms Brandon		Club: Pride Club (Week B) Venue: A4 Time: 3:15 - 4:15 Years: 10-13 Only Teacher: Ms Brandon	
Club: BTEC Media Studies Catch Up Club Venue: MM6 Time: 3:15 - 4:00 Year: 10-13 Teacher: Mr Groves, Mr Qureshi	Club: D&D Club Venue: A5 Time: 3:15 - 4:30 Years: 7-13 Teacher: Mr Godwin		Club: GCSE Textiles Catch Up Club Venue: T4 Time: 3:15 - 4:00 Year: 10-11 Teacher: Mrs Trela	
	Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: SEN pupils only Teacher: Miss Rattan, Mrs Warren, Miss Patel		Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: SEN pupils only Teacher: Miss Rattan, Mrs Warren, Miss Patel	
			Club: Economics Club Venue: E1 Time: 3:15-4:00 Year: 7-8 Teacher: Miss Ryoo	
			Club: GCSE Art & A Level Art Catch Up Venue: Art Rooms Time: 3:15 - 5:00 Year: 10-13 Teacher: Ms McCalmont	

PE Clubs Programme 2024 (15th April - 24th May)

Monday	Tuesday	Thursday	Friday
Tennis Y7-11 (Boys and Girls) Mr Robson Sports Hall 3:15 - 4:30	Rounders Y7-10 Girls Ms Walters/Ms Hutchinson Field 3:15 - 4:30	Rugby Y8-9 Boys Mr Robson + Rugby Coach Old Grammarians 3:15 - 4:30 *Google Form required*	Athletics Y7-13 Ms Berrill/Mr Joseph Field 3:15 - 4:15
Cricket Y7-11 (Boys and Girls) Mr Avann Astro turf 3:15 - 4:30	Badminton Y7-9 (Boys and Girls) Mr Robson Sports Hall 3:15 - 4:30	GCSE 2nd Year Intervention 10P/Pg1 + 11Q/Pg1 only Mr Joseph 3:15 - 4:15	
	A Level Intervention Y13 (13E/Pe1 only) Mr Avann SL6 3:15 - 4:00		



September 2024 new year 7 intake and current year 7 BBQ



Year 13 Prom

The year 13 prom will take place on **Thursday 4th July**.

The cost of the prom is £50 which includes a buffet, photo booth, and soft drinks.

Please confirm your booking via Parentpay as soon as possible for the few remaining spaces.

Sixth form team

Year 11 Prom

The year 11 prom will take place on **Monday 24th June 2024**.

The cost of the prom is £45 which includes a snack buffet, photo booth, sweet stall and soft drinks.

Please confirm your booking via ParentPay **by 7th June** in order to reserve a space.

Mr Joseph



Alumni success story

We are thrilled to share the success story of our incredible alumni Anthony Bryan, who is a para athlete, world record holder and double gold winner at the World Games.

Read more about Anthony below.

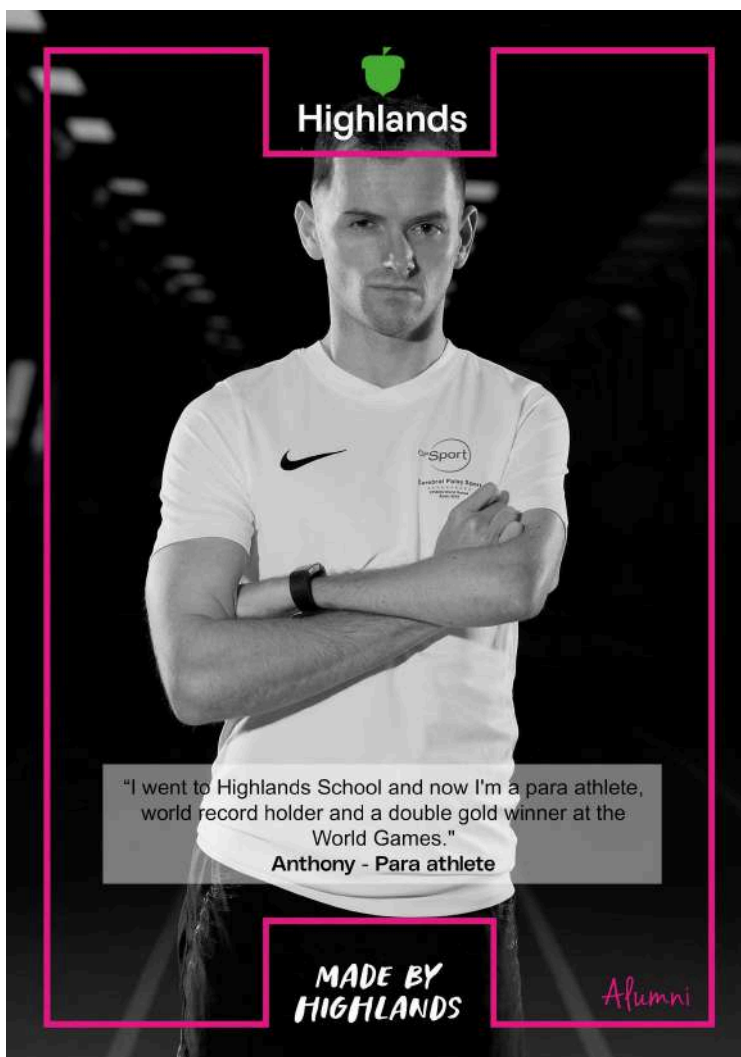
Year you left Highlands: 2006

Subject of study: PE, English, science, French and food tech.

Qualifications: Level 3 Personal Training Diploma

Tell us about your educational and/or career journey since you left Highlands?

After highlands I went to Barnet College & completed my Level 3 sports coaching qualification, I then decided to do my Level 2 fitness instructor course at the same time. I decided to take a gap year and train full time as a para athlete and make the team for London 2012. After 2012, I decided to do my Level 3 personal training qualification with a gym company. In 2015 I was selected to represent England at the world games winning two gold medals. After a fantastic year, I tried to get employment in a gym but had no luck so I worked at Morrisons for three years until finally a gym gave me a chance. I've now been working as a fitness instructor teaching exercise classes and personal training, I also do talks in schools around London and I continue to compete in athletics.



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

A typical day would start work at 6.30am where I open up the gym and get the gym ready for the day which involves teaching exercise classes. In the evening I will go to my own athletics training.

What has been the highlight of your career so far?

- Getting a job in a gym when every gym employer turned me down saying someone with a disability working in a gym cannot be done.
- Becoming world champion and winning my 2 gold medals in 800m & 1500m.
- Inspiring thousands of lives through my talks.



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

I was very shy at Highlands. I didn't really push myself to excel. But it was my PE teacher at Highlands that called my parents into the school and said 'Get that boy in a running club he has real potential!' I had never even heard of the Paralympics until my teacher mentioned it. So because of that moment it led me to where I am today.

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

I would say... don't worry about being different from everyone else because that is your unique selling point! The most successful people in the world are all people who are unique and no one else is like them. If you follow everyone else in a crowd you will go unnoticed. So stand out, be you and be the best version you can be in everything you do! I thought I was good at nothing and was hard on myself, but what I was good at was never giving up and pushing myself to my limits. That's how I succeed, by focusing on what I can do, not what I can't

Anthony visited Highlands last week and gave a very inspirational talk to our students. Read all about his visit in last week's newsletter.

TEAM ENFIELD
LONDON YOUTH GAMES
TABLE TENNIS TRIALS
SUNDAY 19TH MAY

UNDER 16 MIXED
VENUE - ELLENBOROUGH
TABLE TENNIS CLUB
TIME - 12:00 - 15:00PM

COMPETITION DATE
15TH JUNE AT REDBRIDGE
SPORTS CENTRE

BOYS WITH A NATIONAL
RANKING WITHIN TOP 100
ARE INELIGIBLE AND GIRLS
WITHIN TOP 40

TO REGISTER INTEREST
PLEASE EMAIL BY
FRIDAY 17TH MAY:
"COACHING.ETTC@GMAIL.COM"
WITH THE SUBJECT
"LONDON YOUTH GAMES
SELECTION"

YOU MUST LIVE OR GO TO SCHOOL
IN THE BOROUGH OF ENFIELD

ENFIELD
 Council

TEAM ENFIELD
LONDON YOUTH GAMES
NETBALL TRIALS
WEDNESDAY 15TH MAY

GIRLS - U14
DOB BETWEEN 1/9/09 - 31/8/12

TRAINING - WEDNESDAYS
22ND & 29TH MAY & 5TH JUNE
(IF SELECTED FROM TRIALS)
VENUE - BROOMFIELD PARK
TIME - 7-9PM

TO REGISTER INTEREST
PLEASE EMAIL
SPORT@ENFIELD.GOV.UK
WITH NAME AND PREFERRED
POSITION/S

PLEASE TAKE YOUR OWN
BALL TO TRIALS, IF YOU DO
NOT HAVE ONE THEN YOU
CAN BORROW ONE ON THE
NIGHT

NETBALL QUALIFIERS: 16TH JUNE AT REDBRIDGE SPORTS
CENTRE, FINALS: 29TH JUNE AT THE COPPERBOX

YOU MUST LIVE OR GO TO SCHOOL
IN THE BOROUGH OF ENFIELD

ENFIELD
 Council



Lost property

We have a number of items of new school uniform in lost property. Please ensure all items of uniform are labelled with students' names so we can return items as quickly as possible.

If your child has lost any items of uniform, or anything else, please ask them to come to the school office.

School admin team

Road safety campaign - poster competition

We are running a **road safety poster competition**. Students are encouraged to enter by designing a poster highlighting some of the issues raised in our [letter](#). We are hoping to have the winning posters displayed outside the schools, and the winning entry will win valuable house points for their house. Designs should be handed into reception for the attention of Mrs Czupich - we have extended the deadline for submission of these to **Monday 20th May**. Please ensure students write their name on the back of their entries.

Thanks to everyone for supporting this road safety campaign, we hope it will make a difference.

Mrs Czupich

Dance students of the week

Well done to James Mehmet in year 7, Lily Theodorou and Sophie Jones in year 9 who are the Dance students of the week.

Well done on working hard in your dance lessons and being so creative.

Keep up the great work!

Mrs Brown





International Nurses Day

This week, Pinnacle Group and Highlands School were proud to celebrate International Nurses Day by welcoming a local specialist nurse, Sara Rayson, to our school! International Nurses Day is celebrated on 12th May every year on the anniversary of Florence Nightingale's birth.

Sara shared invaluable insights into the rewarding aspects and daily challenges of her role, inspiring us all with her dedication and compassion. As a thank you for all of her hard work, Pinnacle and Barker Ross presented Sara with a well earned hamper.

To aspiring nurses, Sara offers this sage advice: "Make sure you are passionate about nursing. You have to love the profession in order to become a great nurse"

Let's honour and appreciate the incredible contributions of nurses everywhere! Thank you to you all.



Learning support department receive special gifts for our students

We are very grateful to Pinnacle Group and Kajima for donating toys to the learning support department. These toys will be used for our students that have sensory needs and/or need a fidget toy to help them concentrate in class.

Dr Tsoni





Action for Happiness

Action for Happiness is a UK organisation that specialises in resources that can contribute to wellbeing and more positive experiences in life. They offer a free online course and much more.

They create monthly calendars, such as this one for May, which focus on a particular theme or idea and then offer suggestions for how to engage with this theme on a daily basis.

Click [here](#) to download your copy.

Ms Charles

Meaningful May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why	1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why
13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature	8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you
20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger	15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful
27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight	22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful
ACTION FOR HAPPINESS		Happier · Kinder · Together				

Meaningful May

Let's find ways to be part of something bigger.



House competition weekly results

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

This Week	Beech	Oak	Rowan	Willow
Positive Points	3,639	3,048	2,766	3,190
Negative points	-491	-359	-325	-455
Points overall	3,148	2,689	2,441	2,735

Here are the top students this week.

Top students in year 7:

Forename	Surname	Form	House	Points
Florence	White	7ODM	O	29
Aariah	Udahemuka	7WSW	W	28
Evie	Howlett	7WSW	W	28
Sophia	Kakouris	7RAS	R	27
Inaya-Amor	Peart-Heron	7WSW	W	26
Adar	Abdi Mahamed	7WSW	W	25
Syrah	Islam	7WSW	W	24
Erin	Eastwood	7ODM	O	23
Betsy	Coneywood	7OJT	O	23

Top students in year 8:

Forename	Surname	Form	House	Points
Meliz	Hassan	8WMP	W	34
Maria	Csaki	8WNK	W	29
Dennis	Erdogan	8OSQ	O	28
Diana	Derakhshan	8WMP	W	28
Nea	Petritaj	8WNK	W	28
Chloe	Shi	8WMP	W	27
Charlie	Gill	8OSQ	O	26
Aiden	Adeoye	8WMP	W	26
Kaelyn	Beisty	8WNK	W	26
Marcus	Marfici	8WMP	W	25
Mollie	Abrahams	8WNK	W	25
Shriya	Matharu	8WNK	W	25
George	Efstratiou	8WNK	W	25



Top students in year 9:

Forename	Surname	Form	House	Points
Ayse	Carmanbar	9BLM	B	50
James	Cooper-Dobson	9BYC	B	50
Bana	Tahsen	9BLM	B	37
Estelle	Shopova	9BLM	B	36
George	Baker	9BYC	B	36
Darcy	Smethurst	9BYC	B	35
Evita	Dib	9ODC	O	34
Franceska	Koci	9RTC	R	34
Georgia	Gkiontsari	9BYC	B	33
Melisa	Spahia	9BYC	B	32
Diana	Tangestani	9ODC	O	32
Constantinos	Socratous	9ODC	O	32

Top students in year 10:

Forename	Surname	Form	House	Points
Danny	Kruja	10BNI	B	49
Polina	Zaiat	10BNI	B	38
Melek Deniz	Ural	10BNI	B	37
Paula	Shehu	10BJC	B	29
Ender	Guccuk	10BNI	B	29
Tyrae	Best-Daley	10BJC	B	28
Shekhinah	Gitu	10BJC	B	28
Carey	Kirton	10BJC	B	27
Ava	Koker	10BJC	B	26
Emma	Simon	10BJC	B	23

Top students in year 11:

Forename	Surname	Form	House	Points
Sophie	Bernasconi	11BPL	B	20
Benjamin	Gormley	11BPL	B	20
Yashraj	Singh	11BRD	B	12
Athanasias	Aristidou	11WCG	W	12
William	Campbell	11OGA	O	10
Andrew	Pishiris	11RKM	R	10
Sebastian	Berndes	11WER	W	9
Iustina	Pasargic	11BRD	B	8
Ella	Mohan	11OGA	O	8
Daisy	Warner	11RKM	R	8
Katie	Bucknor	11RTS	R	8



Mabel	Batista	11WER	W	8
-------	---------	-------	---	---

Top students in year 12:

Forename	Surname	Form	House	Points
Joshua	Bagulay	12RSL	R	14
Alexia	Chrysostomou	12BHK	B	10
Charlie	Mills	12RSL	R	10
Ledia	Xhetani	12WTA	W	10
Ahura	Sedaghat	12RSL	R	8
Alexandros	Attaliotis	12RCW	R	6
Katie	Brookman	12ODS	W	5
Raphael	Richter	12WTA	W	5

Top students in year 13:

Forename	Surname	Form	House	Points
Isabella	Gormley	13ATH	W	6
Eleanor	Rogers	13ATH	R	2
Frederick	Dosunmu	13CRY	W	2
Imogen	Spiers	13ESM	W	2
Timur	Raif	13ESM	R	2
Aisling	Ryan	13TDU	R	2
Tom	Mason	13TDU	R	2
Marissa	Seewooruttun	14KGU	R	2



Is emotionally based school non-attendance a concern for your school or setting?



Join the Educational Psychology Service at an online two-part workshop for schools. We will:

- ▶ Learn more about the factors which trigger and maintain anxiety
- ▶ Consider the issue through a trauma-informed lens
- ▶ Explore the assess-plan-do review cycle for pupils experiencing this issue
- ▶ Discuss partnership working with parents and young people
- ▶ Share good practice amongst schools
- ▶ Identify what is in place for parents, young people and schools



[Sign up here](#)

SESSION 1
Tuesday 4th June
4pm-5pm

SESSION 2
Tuesday 18th June
4pm-5pm

For more information, please email eps@enfield.gov.uk

www.enfield.gov.uk



[Sign up here](#)



Help us fund raise for our school

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

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

Highlands School Enfield

Winchmore Hill, London

£3,565.00 raised

96 supporters

Sign up and support this cause

www.easyfundraising.org.uk

GET STARTED

How to support Highlands School Enfield

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

Support us through
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

#HighlandsAlumni

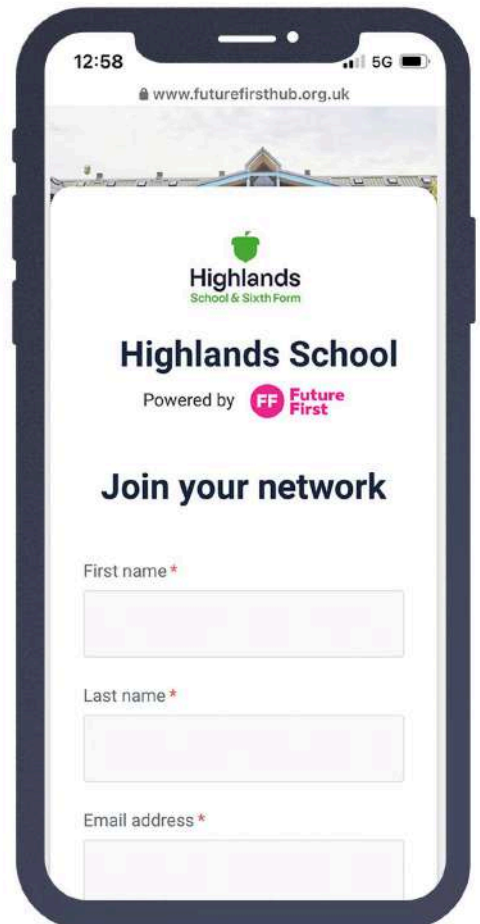


Former student?

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

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

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

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

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

Urgent and other support available

shout 85258

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

SAMARITANS

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

Crisis Tools

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

PAPYRUS

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

childline

ONLINE, 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. This email address can also be used for students, parents and carers to share any safeguarding concerns or to request support.

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

Helpful numbers and websites

Childline: 0800 1111

NSPCC helpline: 0808 800 5000

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

LGBT switchboard: 0300 330 0630

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

Multi Agency Safeguarding Hub: 0300 500 80 90

Barnardos: 0800 008 7005

Talk to someone....

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

Follow Highlands School on:

 [x@Highlands_sch](https://twitter.com/Highlands_sch)

 Instagram [@highlandssch](https://www.instagram.com/highlandssch)

 YouTube [Highlands School Enfield](https://www.youtube.com/Highlands School Enfield)