



# Highlands School Newsletter

08 December 2023



Dear parents and carers,

On Monday last week I was present for our Winter Music Showcase. Students from across the school performed piano solos and vocal duets, on steel drums, in rock bands and more. The event was not compered by staff but by two of our performance captains, Victoria Salamanca and Lucy Lord in year 12. They did a wonderful job. Massive thanks must go to Ms Miller and Ms Maple and Keith our music technician and peripatetic teacher who arranged the acts and event.

Highlands makes the Times 'Parent Power' list!

We were delighted to appear in the Times 'Parent Power' list of the top schools in the country this year. The list uses attainment at GCSE and A level to score and rank schools. We were 331 out of 3,458 secondary schools nationally. By judging schools on how high the grades are that students leave school with, the list favours selective / grammar schools, as they inevitably get more of the higher grades. If you sort the list only by comprehensive schools in London we are in the top 50, a great achievement. I hope you are as proud as we are of the achievements of our students. You can read more on page 19.

We are not an exam factory at Highlands, though, and if you take the time to read some of the 30 pages below you will see the amazing trips and activities that have been taking place this week. You can see the bake sales houses have been holding to raise money for charity. You can also see the results of the inter house quizzes that I have been hosting in assembly all week. Students have participated really positively and the audiences were excellent and we had four different houses win in the first four days of the week. Next Thursday 14th, it is Christmas lunch day at Highlands and Christmas jumper day, too. Students who wish to wear a Christmas jumper should bring at least £1 to school and all of the money raised will go to charity. I will be giving a special prize to the best Christmas jumper in school.



Finally, the whole Highlands School community was shocked to hear recently of the very tragic news that one of our former students, Aris Chitu, was killed in a motorcycle accident. We would like to extend our sincere condolences and sympathies to all of his immediate and extended family at this very sad time.

A reminder of important dates for your diaries:

- Wednesday 13th December: year 9 parent and carer evening
- Thursday 14th: Christmas dinner and Christmas jumper day
- Monday 18th December: Highlands Winter Wonderland event
- Wednesday 20th December: end of term (half day)
- Monday 8th January: start of spring term

Have a great weekend,

Mr McInerney, Headteacher

## House weekly competition winner

The winner is the house with the **most points from the inter house quizzes so far (year 7, 8, 9 and 11) and the money raised from the bake sales**. Well done Oak.

Next Friday we will announce the overall leaders after the first full term at school.

Quiz	Beech	Oak	Rowan	Willow
Y7 quiz	3000	4000	1000	2000
Y8 quiz	1500	1500	3000	4000
Y9 quiz	1000	2000	4000	3000
Y11 quiz	4000	3000	2000	1000
Bake sales (x10)	3162	3411	2788	2799
<b>Total</b>	<b>12662</b>	<b>13911</b>	<b>12788</b>	<b>12799</b>

See pages 25-26 for the list of top students in each year group.



## Chemistry in Action trip

On Monday, Mrs Smith, Ms Lakhani and 44 year 12 chemistry students braved the cold to attend a day of fascinating lectures in London. The topics covered were interesting and diverse. In one talk we learned how chemical forensic science is used to tackle the problem of waste dumping by analysing the chemical composition of the waste to see where it has originated. This enables the police to track down and prosecute the culprits. We also heard how nuclear science, despite its negative press, can be used positively to help us to achieve net zero. We learnt that 10 mg of uranium could power a lightbulb for a week which is impressive when you consider that 10mg of fossil fuel would only keep it glowing for 9 seconds! Nuclear chemistry is also being trialled to cure cancers and to explore outer space using nuclear space batteries.

Another lecturer taught us about the difficulties of preparing and transporting antivenom for snake bites given that 50 attacks occur across the world every 5 minutes. Since the countries with the worst healthcare systems commonly had the most venomous snakes, companies have been researching the creation of antibodies using horses. These are much more stable at room temperature and thus much easier to transport and store.

In addition to these we also had a lecture from an AQA Chief Examiner describing the common ways that students lose marks and tips on how to avoid doing it yourself, and also a question and answer session from three young chemists describing the choices that they had made and the routes that they had taken to the careers that they were now enjoying.

All in all, it was an entertaining and informative day which we all enjoyed.

### Mrs Smith

***'I had a great time at the Chemistry in Action conference. My favourite speech was when a speaker talked about snake venom and how it can be used to move beyond antibodies since they can be expensive and hard to use.'*** - Rhea Mehta

***'I really enjoyed the broad range of chemistry topics covered during the lectures, specifically the emphasis on nuclear energy. The lecturers were interesting and had me thinking the entire day.'***

**- Jamie Janczur**

***'I loved the nuclear science lecture it gave me such a good insight into how the world of astronomy and chemistry work together to help missions work, not only in the past but also the future.'***  
**- Sila Usta**

***'My favourite lecture was the lecture on humanitarian chemistry. I found it really interesting to see how chemistry interlinks with this field and overall, I enjoyed the wide range of lectures that were offered and I found it really insightful!'***  
**- Rania Hashim**







*'I particularly enjoyed the lecture about nuclear science, and how an isotope of plutonium produced as nuclear waste decays into an isotope of astatine that can be used as a radioactive source to power spacecraft batteries. I didn't know about this potential use for nuclear waste before, a topic that really interests me, so I found it very engaging.'* - Francis Gelling

*'My favourite lecture was Nuclear Science by Tim Gregory. It increased my interest in nuclear chemistry and the different uses of nuclear energy to solve some of the greatest challenges facing the world today. This lecture talked about the production of nuclear energy in a compelling and understandable way, it also discussed innovative and safe ways to recycle and dispose of nuclear waste through geological exposure. Furthermore, this lecture spoke about nuclear medicine research such as the use of actinium-225, made into a 'molecular key' to bind to cancer cells and ultimately destroy them, this piqued my interest. It also discussed space exploration, how nuclear energy powered many explorations to space e.g. journey to the moon, Voyager I and II and many more. These explorations have led to discoveries of new elements such as plutonium (which can be used to power spacecrafts). Overall, throughout the day I learned different career paths chemistry can lead me to and different ways scientists use chemistry to make scientific discoveries.'*

- Emelina Koureta







## North London Heat and Power project work insight

A group of year 12 students had the opportunity to visit the North London Heat and Power project, by participating in group activities and learning about careers related to STEM subjects as well as construction, engineering and waste infrastructure.

The North London Heat and Power Project is replacing a 50-year-old energy from waste facility at the Edmonton EcoPark. The new energy recovery facility (ERF) will be able to process up to 700,000 tonnes of waste each year which cannot be recycled and will provide electricity to the national grid and heat to a local district heat network. The project is being developed and managed by Acciona, one of the largest global energy companies operating exclusively in renewable technologies.

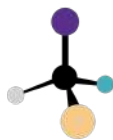
Students were also given a tour of the Acciona offices and heard directly from professionals in the different departments including HR, legal, finance, marketing, engineering, and operations.

Thank you to Rebecca Garthwaite from the Lightyear foundation (a scientific charity) for organising and to all the employees at Acciona for giving up their precious time and to our students for being great ambassadors: Alexander Britton, Rebecca Clarke, Daniel Drysdale, Steven Malickis, Rhea Mehta, Albert O'Shea and Ahura Sedaghat.

*'I recently went on a trip to learn about STEM roles in the workplace. We went to the building site of a waste disposal facility and had different roles in the workplace and their links to STEM explained to us. It was a useful way of learning from people who actually do STEM as their job and learning how it interacts with the working world.'*

- Daniel Drysdale, year 12





lightyear  
foundation

north  
london



Mrs Laurenzi





## Females of the Future Event

On Thursday 30th November the iconic VUE cinema in Leicester Square was shut down to host the hugely anticipated Females of the Future Event organised by Young Professionals.

500 female students from schools across all London boroughs, were given the opportunity to apply for this experience - an amazing well done to a some of our sixth form students who were successful - Shreya Deb, Danita Dharmapala , Hala Glasgow, Sila Usta, Rhea Mehta, Giya Khatri, Tia El-Ahmadi, Joy Barenga, Kristiana Alexandrou , Louise Georgiou and Elif Oskan.

Students met with top senior female professionals and apprentices from global employers, including Goldman Sachs, Legal & General, Amazon, Bloomberg, TFL, KPMG and more. They took part in workshops and panel discussions as well as having lots of networking opportunities throughout the event and there were great giveaways too!

Everyone left feeling empowered and motivated to continue breaking barriers.

### Mrs Laurenzi





## The Great Debate

On Monday 4th December, two of our year 12 students, Elsie Berko and Sophia Galczynska took part in a national public speaking competition run by the Historical Association, The Great Debate which is divided into regional heats that take place across the United Kingdom and the Republic of Ireland in the autumn, culminating in a grand final in March.

The event is an ideal opportunity for students to gain valuable experience in speaking to an audience and developing their debating skills, confidence and self-esteem. The winner and runners-up of the competition will receive a cash prize. All finalists will also receive free student membership of the Historical Association.

Students were given five minutes to present their speech arguing their answer to the question “Which historical place or person from your local area deserves greater recognition?”

Elsie and Sophia took up the challenge and independently created a speech which reflected their own passions and interests, focusing on Mary Wollstonecraft, the pioneering feminist, philosopher and author, who led an intricately empowering life, destitute from substantial recognition. They gave up many hours to practice in school and at home working on their presentation skills as well as the persuasiveness of their arguments.

There were participants from other schools and colleges around north London, and an audience full of teachers, staff, families and judges. Elsie and Sophia were the only students taking part that had approached the Historical Association independently, as stated by the branch secretary “It is very enterprising but unusual for us to be approached by a pupil directly; applications usually come through the school”.

They performed outstandingly and despite not going through to the next heat, their speech was singled out by the judges in their verbal feedback. Both were also commended for how they spoke so eloquently and how they responded to the judges’ questions in such an insightful way.

It was an absolute privilege to be able to support Elsie and Sophia as part of this competition, and their determination and curiosity to push themselves out of their comfort zones is an example to all. A future in public speaking awaits!







## The Young Enfield and Haringey (YEAH) Peer to Peer Mentoring Programme

Congratulations to four year 12 students who successfully gained an accredited AQA Unit Award in Youth Mentoring by taking part in a two-day 'peer-to-peer mentoring' workshop held at North Middlesex Hospital.



Students learnt mentoring skills and knowledge, using a three-stage mentoring model and examining concepts such as congruence, unconditional positive regard and the stages of adolescence including looking at issues and needs of young people locally. They gained communication skills used in mentoring such as building rapport with a young person, action planning and strategies to support young people achieve their goals. In addition they participated in group discussions with guest speakers Hillary Mitchell - Director of Transformation and Improvement at North Middlesex University Hospital NHS Trust and Jefferson Okran and Toniann Rizk youth mentors from Enfield Council youth services.



Sila Usta, Ami Ellwood, Sophia Galczynska and Rhea Mehta

Mrs Laurenzi

## Alumni shoutout - thank you for your support

A huge thank you to alumni Yasemin Keith who is a third year medical student who supported our sixth form student Nikki Setoudeh with her medicine mock interview this week. More thank yous to Gemma Edcombe, who is also an alumni and vet, for supporting Carys Hughes with interview preparations and friend of Highlands, Sarah Rosson, for supporting Lewis Jones with preparing for Oxford chemistry interviews.

If you would like to join our alumni, please see more information on how to register [here](#) or scan the QR code below.





## Medic Mentor

This weekend is the last Medical UCAS conference of 2023. It is a great opportunity for students to meet doctors, learn about personal statements, entrance exams, interviews and meet some successful students to learn from their experiences. Following the conference all students will instantly be enrolled onto the free virtual medical work experience programme.

**On Saturday 9th December 9:30am - 3pm, or Sunday 10th December 9:30am - 3pm.**

All aspiring doctors in years 10-12 are invited to register [here](#).

**Dr Len**

## Religious studies sixth form trip

On Friday 1st December, fifteen year 12 and 13 A level RS students attended a conference led by the prominent author in philosophy and theology Dr Peter Vardy. Students got the opportunity to experience Vardy, lecture on the following topics which are part of the A level RS course - the problem of evil and suffering; religious language; natural moral law and conscience. The conference ended with a debate on the motion: *“this house believes that conscience is a poor moral guide”*. This was a fantastic opportunity to hear a modern thinker lecture on these topics and a taster for university style learning.

**Mrs Shah**







## Highlands is an approved Signature centre in levels 1 and 2 in BSL

Highlands School is now an approved Signature centre for level 1 and 2 in BSL. Signature is the awarding body of the BSL qualifications.

Signature

Our students will be starting their BSL level 1 assessments at the Deaf Base next week.

Achieving this qualification means that learners will be able to communicate with Deaf people in British Sign Language (BSL) on a range of themes that involve simple, everyday language use. They will gain basic skills and confidence in production and reception of BSL.

Marios Costi, owner of AbleSign, Deaf BT Sport presenter and head coach of the England women's Deaf futsal team will be the examiner, you can read more about Marios [here](#).

Read more about the Signature, BSL qualifications [here](#).

## A tribute to Benjamin Zephaniah

Poet and writer Benjamin Zephaniah passed away on 7th December, at the age of 65 – eight weeks after a tumour diagnosis.

Benjamin was a true pioneer and innovator, he gave the world so much. Through an amazing career, including a huge body of poems, literature, music, television and radio, Benjamin leaves us with a joyful and fantastic legacy. If you are interested in reading some of his books, pop into the school's library.

May he rest in peace.





## 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.

- **Leyla Suleyman 8RBW:** Awarded for winning the school's CyberFirst competition.
- **Marianna Pallikaros 8WMP, Siena Jugurnauth 8WMP, Meliz Hassan 8WMP and Isabel Antoniou 8BAM:** Awarded for being runner ups in the school's CyberFirst competition.
- **Lewis Tyler 8RBW and Matthew Allison 9WCM:** Awarded for their support of a friend who was in need of emergency assistance.
- **Tommy O'Brien 8OSQ and James Fryer 8OSQ:** Awarded for having the best rap/poem for the NGO topic and the value they bring to our democracy.
- **Tia El-Ahmadi 13ATH:** Awarded for unwavering commitment, remarkable work ethic, and proactive outlook.
- **Sophia Galczynska 12RCW:** Awarded for exceptional dedication to her academic pursuits.
- **Elsie Berko 12OSB:** Awarded for outstanding levels of professionalism, enthusiasm and engagement.
- **Rhea Mehta 12RSL:** Awarded for being friendly, conscientious, diligent and driven.
- **Ahura Sedaghat 12RSL:** Awarded for publishing his own poetry anthology.







## Highlands cookbook

The official Highlands cookbook is now on sale. The book has been created by students, staff and Highlands local community in order to be sold to raise money for a charity close to Highlands' heart - Simmons House Adolescent Unit, the joint Highlands house charity for 2023.

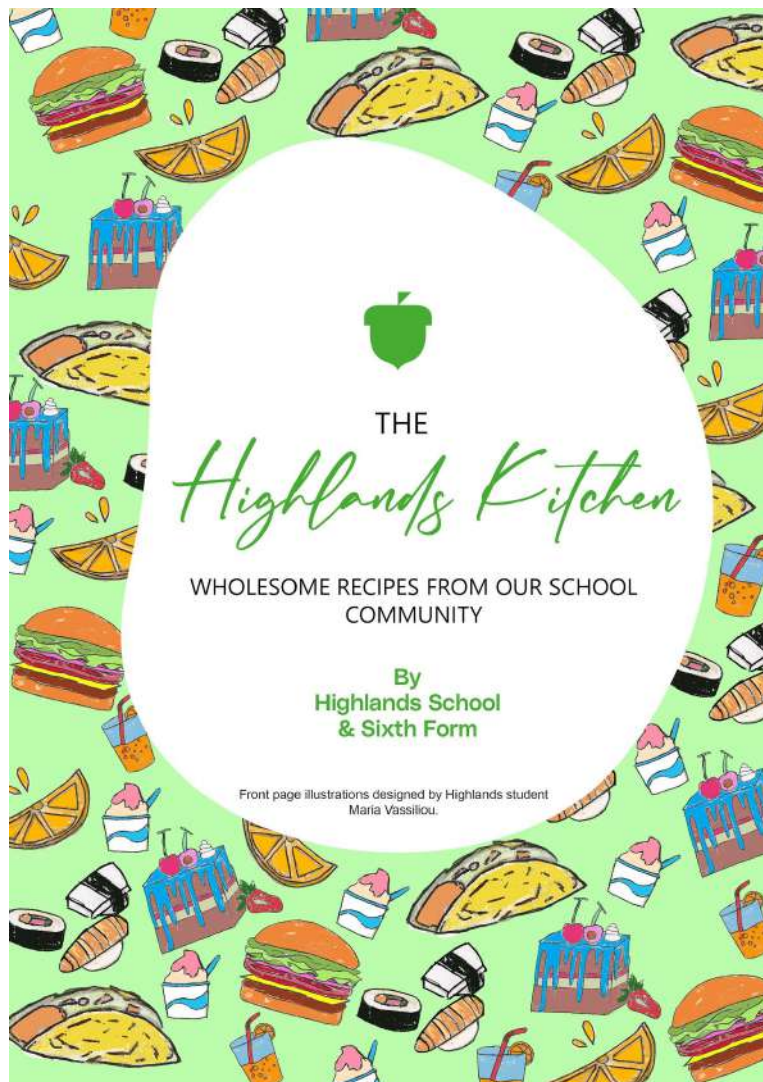
### ***What is Simmons House Adolescent Unit?***

Simmons House Adolescent Unit is an in-patient psychiatric unit for young people between 13 to 17 years of age. Young people who are admitted for outcome-focussed treatment will usually be admitted to Simmons House for between six and nine months.

Adolescents and their families/carers receive an individually planned and structured treatment package combining as appropriate: family therapy (which is often filmed), individual therapy, occupational therapy, group work and education.

Well done to Maria Vassiliou whose illustrations have been used on the front cover of the book.

The cost per book is £5 and can be purchased via ParentPay.





## Umm....lasagne!

Diving into the world of homemade lasagne, cooking up layers of deliciousness, our year 10 students made lasagne from scratch, from the meat ragu to the deliciously creamy white sauce, all in a two-hour period! Delicious!



 mind in Enfield and Barnet

 Brandon Centre  
Here for young people

### “PARENTS IN MIND”

Parents/Carer Support Programme  
For Parents/carers whose young people are on the CAMHS treatment waiting list

The 8-week online Parents/Carers Support Group is a safe and confidential space for parents/carers to gain information and skills to support their young person as well as receive peer support from other parents/carers.

Open to Enfield, Barnet, Haringey, Camden & Islington borough

**Eligibility:**  
Parent/carers whose adolescents (11-16) are on a CAMHS treatment waiting list with the main presenting concerns of:

- Anxiety,
- Depression,
- Self-harm
- And/or suicidality
- Does NOT include PTSD, an eating disorder, significant learning disability

**GROUP STARTS**  
10/01/2024 (Wednesday)  
5.30-7.00PM

Referrals are welcome from North Central London CAMHS services (Tier 2&3) (Enfield, Barnet, Haringey, Camden & Islington)

**Need more information?**  
Please contact us at: 020 8343 5705  
email: [parentsupport@mindeb.org.uk](mailto:parentsupport@mindeb.org.uk)







## House competitions

Well done to all of the following students who have won the house department competitions so far this year. The winners have earned their houses those vital points and a departmental trophy for their trophy cabinets.

- **Art:** '8 Elements of Art' flashcards - 1st: Matthew Lam 7RJG9 (**Rowan**), 2nd Liliana Jonczyk 7OJT, 3rd Carter Herman 7WMT.
- **Art:** Christmas card competition - 1st: Tiah Patel 7RJG (**Rowan**), 2nd: Oliver Mere 7OD, 3rd M Ziliana Jonczyk 7OJT.
- **Citizenship:** Letter to MP - 1st: Emily Newton 8RBW (**Rowan**), 2nd: Ioanna Bello 8RBW and 3rd: April Clydesdale 8RBW
- **English:** Bookmark competition - Dilara Hassan from 7OJT (**Oak**)
- **English:** Reading competition - 7RJG (**Rowan**), 8WNK (**Willow**) and Year 9 (**Beech**)
- **Food technology:** 'Make it' competition - Wilfred Crutchley 7WSW (**Willow**)
- **MFL:** Langage quiz: 1st: (**Willow**), 2nd: Sidar Bozdag (7ODM), 3rd: Eva Godfrey (7WMT)
- **Festive foodbank:** 11RKM (**Rowan**)



**Matthew Lam, Tiah Patel and William Crutchley**

## Festive foodbank

Pinnacle Group and Highlands School have joined together to run a festive foodbank. Together we have been collecting food items for families who are struggling this Christmas. Thank you to everyone who has donated so far, the donations box can be found in the main reception. Last week we ran a house competition to see which form group could collect the most tins/donations. Well done to the winning form group 11RKM who kindly donated 60 items this week to the foodbank.



## Our school Christmas tree

Everyone at Highlands is grateful for the festive spirit brought to our school by Pinnacle Group. Their generous donation of a stunning Christmas tree has added joy and warmth to our reception area.

## Christmas reminders

### Christmas lunch and Christmas jumper day: Thursday 14th December

All students wearing a Christmas jumper should bring in £1.00 to donate towards the joint charity. The rest of the normal school uniform should be worn including student blazers. School shirts must be worn under the Christmas jumpers. All money raised will go to this year's joint house charity which is [Cooking Champions](#).



## House Christmas quizzes

What a great way to celebrate festive cheer with our house Christmas quizzes. A huge well done to the brilliant minds who 'sleighed' the competition and emerged as the victorious winners. Your holiday spirit and quiz prowess truly made this season merrier. Here are the winners.

**Year 7 - 1st: Oak, 2nd: Beech, 3rd: Willow, 4th: Rowan (below).**







**Year 8 - 1st: Willow, 2nd: Rowan, joint 3rd: Oak and Beech (below).**



**Year 9 - 1st: Rowan, 2nd: Willow, 3rd: Oak, 4th: Beech (below).**



**Year 10 - 1st: Willow, 2nd: Rowan, 3rd: Oak, 4th: Beech**

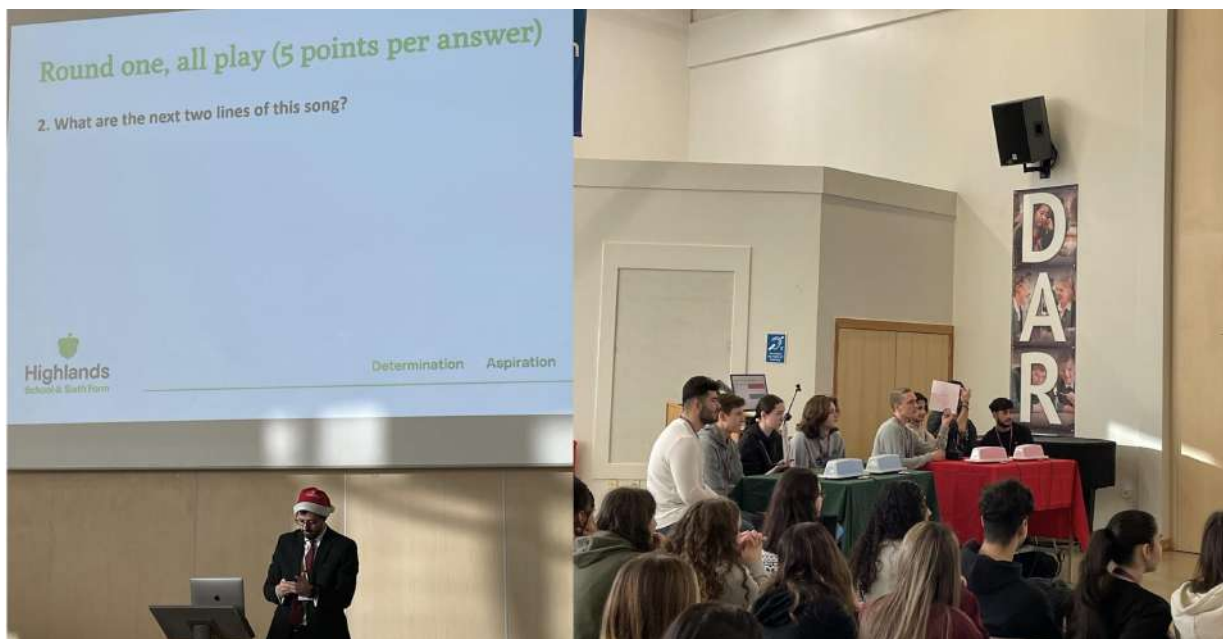


**Year 11 - 1st:** Beech, **2nd:** Oak, **3rd:** Rowan, **4th:** Willow (below).



**Year 12 - 1st:** Rowan, **joint 2nd:** Beech and Oak, **3rd:** Willow

**Year 13 - 1st:** Willow, **2nd:** Beech, **3rd:** Rowan, **4th:** Oak (below).







## Duke of Edinburgh's Award

A huge congratulations to all of the students who completed their Bronze Duke of Edinburgh Award. We are all so proud of your achievement, well done.



## The Times 'Parent Power' list

We are extremely proud to announce that for the first time Highlands has been listed in The Times 'Parent Power' list.

A school league table, highlighting the best secondary schools in the UK. Highlands School and Sixth Form has been listed at number 331 in the country out of 3,458 schools in total and in the top 50 London comprehensive schools in London.





## Rowan and Willow House bake sales

We held two bake sales this week - Rowan raised £278.87 for the Felix Project and Willow raised £279.95 for Stop Hate UK. Thank you very much to all the parents and students who baked and brought in cakes, made a sweetie jar, or volunteered to set up and sell them on the day - we really appreciated all your help. Please encourage your child to collect their containers from reception.







## Highlands School Winter Showcase

The Music department's Winter Showcase on Monday 4th December, was a resounding success. The night unfolded with a diverse array of performances. From soulful soloists to the rhythmic beats of steel pan ensembles, the electrifying tunes of rock bands, and the melodic strums of guitar groups, the showcase had it all.

The Grange Park School choir, led by Mrs. Hagen, delivered a stellar performance that left the audience in awe. The harmonious blend of voices and the emotive delivery of each song reflected the hard work and dedication put in by both the students and their talented conductor.

The HPFA's unwavering support ensured the success of the event, creating a festive atmosphere that resonated throughout the evening. The Winter Showcase not only highlighted the musical talents within the Grange Park School community but also celebrated the diversity of musical genres and styles.

As the audience tapped their feet to the beats, it was evident that the showcase succeeded in spreading the joy of the festive season. The music department, in collaboration with Grange Park School and the HPFA, provided a night to remember, leaving everyone in attendance filled with the spirit of cheer and appreciation for the arts. Congratulations to all the performers, and a special thank you to those who made the night one to remember.

### Ms Maple





## Year 8 and 9 girls basketball

Congratulations to the year 8/9 girls on a commendable performance in their debut basketball tournament. Securing a noteworthy 6-4 victory against Bishop Stopford showcased their skill, despite narrowly losing to Edmonton County by 2 points and Latymer by 6 points. The collective effort and outstanding attitude displayed by all participants was excellent.

Players of the tournament: Anaiya and Sienna.



## Track My Read

This week, our top form groups, 7RJG and 8WNK, in the Track My Read challenge celebrated their success. A 'sweet' victory well-deserved, well done to these reading champs for their dedication and literary prowess. Get ready for next week, year 9s, there will be more treats coming your way.







## HPFA festive raffle

The HPFA's festive raffle is open! There are some fantastic top prizes to be won. Tickets are £2 each or 3 for £5 and can be purchased [here](#). All funds raised will support Highlands School children. The HPFA hopes that this year's raffle will be a big success! For more information, please see below.

HPFA Charity no 1160888

*Festive Raffle*

**AMAZING TOP PRIZES**

**First Prize: £150 CASH**

**Second Prize: £100 CASH**

**Third Prize: £50 CASH**

**BUY YOUR TICKETS @**

**[https://app.galabid.com](https://app.galabid.com/hpfafestiveraffle23)**

**[/hpfafestiveraffle23](https://app.galabid.com/hpfafestiveraffle23)**

**£2 per ticket or**

**3 tickets for £5**

Raffles closes at 12 pm  
18th December

Small society lottery no: LN/202200525  
Contact us: [HPFAeventtickets@gmail.com](mailto:HPFAeventtickets@gmail.com)



HPFA  
Highlands School Parents' Association



## The Highlands Winter Wonderland 2023

We are thrilled to announce the exciting initiative undertaken by our year 12 BTEC Business students as part of their Unit 4 Event Management module. They are gearing up for the much-anticipated Highlands Winter Wonderland event, which promises to be a spectacular affair! What makes this event even more special, is that all proceeds will go to our school's chosen charity, "Cooking Champions."







## House competition weekly results

### Top students in year 7:

Forename	Surname	Form	House	Points
Evie	Howlett	7WSW	W	37
Ciara	Moore-Mcgowan	7WSW	W	37
Aariah	Udahemuka	7WSW	W	35
Florence	Holyomes	7WSW	W	33
Asya	Sagiroglu	7WSW	W	33
David	Kwarciak	7WSW	W	30
Christine	Mawutor	7ODM	O	30
Eirene	Palamaras	7BLR	B	30
Lucas	Photi	7OJT	O	30
Katie	Redmond	7BEF	B	30

### Top students in year 8:

Forename	Surname	Form	House	Points
Isabella	Pajova-Kyprianou	8BAM	B	42
Isabel	Antoniou	8BAM	B	38
Cecily	Harriman-Dickinson	8BJF	B	35
George	Efstratiou	8WNK	W	34
Lala	Fars	8BAM	B	34
Amelie	Tokkallos	8BAM	B	34
Gabriella	Michaelides	8WMP	W	32
Ahmed	Ahmed	8BAM	B	31
Caleb-Jameison	Kintu-Miller	8BAM	B	31
Alina	Siby	8BAM	B	31

### Top students in year 9:

Forename	Surname	Form	House	Points
Arabella	Mumba	9ODC	O	48
Luke	Shearman	9ODC	O	46
Radhika	Parmar	9ODC	O	40
Samuel	Taheny	9ODC	O	40
Joseph	Tsangari	9BYC	B	40
Georgia	Gkiontsari	9BYC	B	39
Joseph	Smyth	9BYC	B	38
Ayse	Carmanbar	9BLM	B	37
Nathan	Mortimer	9ODC	O	37
Angelo	Symeou	9ODC	O	36



**Top students in year 10:**

Forename	Surname	Form	House	Points
Sebastian	Mandrides	10OAB	O	43
Moroni	Cristovao	10BJC	B	41
Anastasia	Katz	10OAB	O	39
Sophia	Kyriacou	10OAB	O	38
Emily	Palkowska	10OAB	O	37
Imogen	Ganvir	10BJC	B	36
Jack	Trautner	10WDD	W	34
Kwadwo	Boakye	10OAB	O	33
Ender	Guccuk	10BNI	B	31

**Top students in year 11:**

Forename	Surname	Form	House	Points
Chijindu	Onukaogu	11RTS	R	22
Gracie Mae	Ticehurst	11OGA	O	21
Rio	Martin-Perez	11RTS	R	20
Yasmin	Farhadi	11OMK	O	19
Daisy	Warner	11RKM	R	19
Elena	Giudice	11BPL	B	16
Ravish	Jugnarain	11OGA	O	15
Beckham	Tahsen	11RTS	R	15
Angelo	Anastasi	11OGA	O	14
Katie	Bucknor	11RTS	R	14
Ceren	Duruel	11OGA	O	14

**Top students in year 12:**

Forename	Surname	Form	House	Points
Ledia	Xhetani	12WTA	W	28
Alexia	Chrysostomou	12BHK	B	26
Charlie	Mills	12RSL	R	26
Katie	Brookman	12ODS	O	24
Mariem	Glasgow	12RSL	R	16
Ahura	Sedaghat	12RSL	R	15
Sila	Usta	12RSL	R	11
Rhea	Mehta	12RSL	R	10





# The YoungMinds Wellbeing Calendar 2023

Looking after your wellbeing as you count down to the winter break.



## MONDAY

### 27 Affirmation station

Spread some winter joy by writing positive affirmation cards, then having your teacher collect and pass them around. For example: 'I am worthy. I can achieve my dreams!'

## TUESDAY

### 28 Positive paper chain

Each person writes a positive message on a strip of paper. Connect the strips and form a paper chain to display in your classroom.

## WEDNESDAY

### 29 Stretch it out

From head to toe, give each body part a good stretch. Roll your neck, rotate your arms and flex your toes.

## THURSDAY

### 30 Gratitude snowman

Draw three circles on top of each other to create a snowman. In each circle, write something you're grateful for today.

## FRIDAY

### 1 Positive playlist

Get into the Friday spirit! Suggest your favourite, feel-good songs and create a positive playlist as a class.

### 4 Star breathing

Breathe in or out for three seconds while visualising the shape of a star. Start on the left side of the top 'arm' of the star. Going clockwise, breathe in as you move up the first line, then out as you move down the second. And so on.

### 5 In the moment

Try the 54321 grounding technique. Silently name five things you can see, four things you can feel, three things you can smell, and one thing you can taste. Use this exercise whenever things feel a bit too much.

### 6 Get creative

Try to spend 30 minutes doing something creative today. That could be drawing, graphic design, dancing, or even learning a musical instrument. Whatever you like!

### 7 Alternative Christmas card

Write a kind, supportive card that you'd give to someone who might be struggling this festive season - or for someone who doesn't celebrate Christmas. Your teacher can then collect and hand them out.

### 8 Random act of kindness

Do something nice for someone else today. Doesn't it feel great?

### 11 Signs of winter

As a class, take a silent, mindful walk around the school grounds, noticing signs of winter along the way. Such as frost, falling leaves or even robins.

### 12 Worldwide winter

Learn how other cultures and countries celebrate different things about winter.

### 13 Self-soothe session

Create your own self-soothe box to take home for whenever your emotions feel too much. For tips, check out the [How to make a self-soothe box](#) blog on our website.

### 14 Have a laugh

Give laughter yoga a go. It's said to boost happiness and reduce stress. There are loads of free videos on YouTube.

### 15 Your 2023

Write down your favourite school moments of 2023 and any hopes or goals you might have for 2024. Could you make them SMART goals?



For help and advice scan here



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## Help us fund raise for our school

### Are you busy buying gifts for the festive season?

Did you know when you sign up to [easyfundraising.org.uk](http://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

@highlands HE, London

£3,565.00 raised

16 supporters

Sign up and support this cause

[www.easyfundraising.org.uk](http://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**





# FESTIVE RAFFLE

## DONATIONS NEEDED

### CAN YOU HELP?

The HPFA is looking for business owners to help support the HPFA's festive raffle this year.

Are you a business owner that can donate or sponsor a prize? If so, please email: [hpfaeventtickets@gmail.com](mailto:hpfaeventtickets@gmail.com)

We are looking for a variety of prizes such as vouchers for restaurants or shops, beauty treatments, gift cards, etc. Alternatively, a cash donation would be appreciated and put towards a prize.

We will thank all business owners who donate or sponsor a prize in our HPFA newsletter and on Instagram.

We hope to make this years raffle a great success!



# HAF Enfield Winter 2023

19th December - 5th January

FREE\* places available on Enfield's Holiday Activities and Food (HAF) programme this winter. For more information visit [www.enfield.gov.uk/services/children-and-education/holiday-activity-and-food-programmes](http://www.enfield.gov.uk/services/children-and-education/holiday-activity-and-food-programmes)

\*Free for those in receipt of benefits related free school meals

Ages Reception to Year 11

- Arts & Crafts
- Get Active
- Free nutritious meals
- Music
- Day Trips
- Plus much much more!

Funded by  
  
 Department for Education

[www.enfield.gov.uk](http://www.enfield.gov.uk)



## ENFIELD YOUTH DEVELOPMENT SERVICE

# GET ACTIVE & TUCK IN

CRAIG PARK, PONDER'S END, ALAN PULLINGER & CROYLAND YOUTH CENTRE

### WINTER HOLIDAY ACTIVITIES & FOOD PROGRAMME

Enfield Council Youth Development Service working in partnership with Exodus & Creative Corner are providing fantastic free activities and hot meals during the winter break. There are 4 holiday camps running at:

- Craig Park, 2 Lawrence Rd, Baxter Rd, Edmonton, N18 2HN
- Ponders End Youth Centre, 141 South St, Enfield, EN3 4PX
- Croyland Youth Centre, 1 Croyland Road, Edmonton, N9 7BA
- Alan Pullinger, 1 John Bradshaw Road, New Southgate N14 6BN

The winter camps will be packed with a range of activities to choose from such as Drama, Music, Art & Craft, Sport and many more.

CRAIG PARK 11am-3pm (Thu 21 Dec & Fri 22 Dec)  
 PONDER'S END 3.30pm-7.30pm (Thu 21 Dec & Fri 22 Dec)  
 CROYLAND 3.30pm-7.30pm (Wed 27 Dec), 11am-3pm (Thu 28 Dec), 11am-3pm (Wed 3 Jan & Thu 4 Jan)  
 ALAN PULLINGER 11am-3pm (Wed 27 Dec, Thu 28 Dec, Fri 29 Dec)

### HOW TO ACCESS

If you are aged between 11-16 and you are currently receiving free school meals, a unique booking code will be sent by email to eligible parents on Fri 17 Nov. If you do not receive your voucher, please firstly contact your child's school or visit Enfield Council HAF webpage for more information about how the vouchers work.

<https://www.enfield.gov.uk/services/children-and-education/holiday-activity-and-food-programmes>



## Community Advice Hub

The Community Advice Hub provides support to North Mid patients, visitors and staff who might need some help with:

- Money, debt and benefits
- Housing advice
- Council tax
- Managing energy bills
- English lessons and adult learning
- Support for carers
- Community groups
- Childcare, and more!

The Community Advice Hub combines services from Haringey and Enfield. If you contact the Hub you will be signposted to the best service to support you.

For info in other languages:



Get in touch:

📞 07971 353607 (leave a message)

✉ [ConnectedCommunities@haringey.gov.uk](mailto:ConnectedCommunities@haringey.gov.uk)

Or come and see us in person **Monday to Friday, 10am to 4pm** in the Community Advice Hub room next to the restaurant.

### Interested?

Email [youthenfield@enfield.gov.uk](mailto:youthenfield@enfield.gov.uk)  
[www.youthenfield.taptub.co.uk](http://www.youthenfield.taptub.co.uk)  
 Programme is funded by Department of Education







# 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

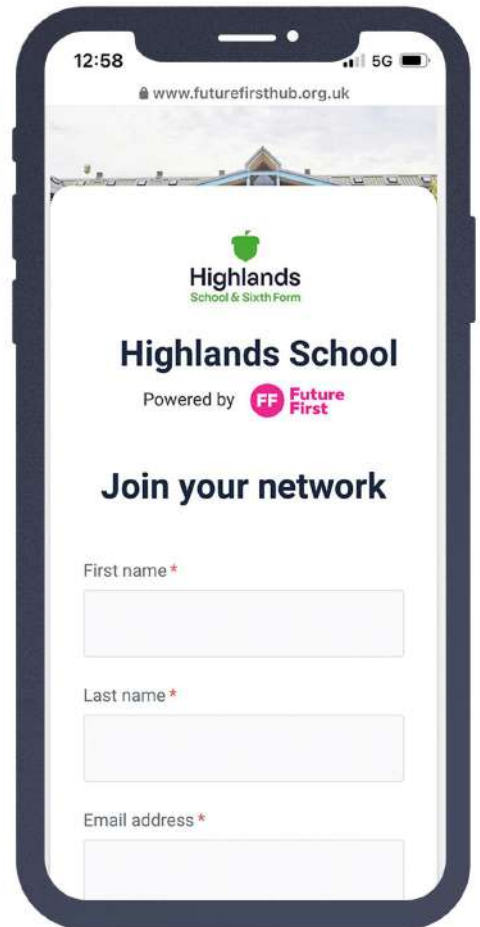


## Former student?

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.

## 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
North Central London	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North East London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
South West 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 East 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](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](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**  
SHINE 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**  
London Support for Young People

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

Follow Highlands School on:

 [X@Highlands\\_sch](https://twitter.com/X@Highlands_sch)

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

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