



Highlands School Newsletter

21 June 2024



Dear parents and carers,

This week the year 11 GCSE exams finished and, as tradition, we invited them back to school for their leavers' party. Students wear their old school shirts and get them signed by friends and enjoy the BBQ and ice cream van. Thanks to the year 11 pastoral team for arranging this.

We also held our sixth form taster day, we had around 200 students from Highlands and other schools come to spend the morning at school. We look forward to seeing them on results day and in September.

Key dates for this half term:

- Wednesday 26th June: art department summer exhibition (4.30pm-6.30pm)
- Thursday 27th June: DARE Day 3 & Friday 28th June: DARE Day 4
- Tuesday 2nd July: New intake evening for year 6 parents
- Wednesday 3rd July: Highlands presents Matilda at the Millfield Theatre
- Thursday 4th July: Highlands presents Matilda at the Millfield Theatre
- Friday 5th July: Highlands presents Matilda at the Millfield Theatre
- Tuesday 9th July: Sports Day
- Thursday 11th July: New year 7 (Sept 24 intake) and current year 7 BBQ (6-8pm)
- Thursday 18th July: Thorpe Park trip for winning house, other houses in-school activity day
- Wednesday 24th July: end of term, students dismissed at midday

Enjoy the fine weather and have a great weekend,

Mr McInerney, Headteacher



Oak bake sale

We're delighted to share that **Oak House** hosted its bake sale this week, raising an incredible **£316.86** for their chosen charity, **George Marsh Sickle Cell Centre**. There were some delicious treats made by our school community, from delicious lotus brownies to carefully wrapped chocolate chip cookies. Thank you to everyone who participated. Well done, Oak House!

A reminder that the next bake sale will be
Beech bake sale: Tuesday 25th June





Year 11 leavers' BBQ

Our year 11 students celebrated their Highlands School journey this week with a leavers' BBQ. The event was filled with joy as students signed each other's shirts and captured the moment with countless photos, creating lasting memories of their educational journey together. The BBQ was a hit, with everyone enjoying delicious grilled food and refreshing ice cream under the warm sun. It was a perfect way to mark the end of an era and the beginning of new adventures. We wish you the best of luck year 11s, we hope to see many of you in the sixth form.





Year 12 biology trip to Osmington Bay

Our year 12 biology students embarked on an exciting trip to Osmington Bay, where they immersed themselves in hands-on learning experiences. This beautiful coastal area provided a rich environment for studying marine biology, coastal ecosystems, and geological formations. Through guided activities and fieldwork, students gained invaluable insights and a deeper appreciation for the natural world, enhancing their classroom knowledge with real-world observations.

Read more about their trip in this week's [special feature newsletter](#).





Year 12 student volunteers in Ethiopia

Highlands sixth form student Danielle Montes-Lopez in year 12 made a significant impact by volunteering in Ethiopia. During her time there, Danielle dedicated herself to helping local communities, working on various projects aimed at improving healthcare. From assisting locals to supporting medical clinics, Danielle's efforts have brought much-needed resources and hope to the area.

We are so proud of your contribution to the community in Ethiopia and the profound impact you have made through compassion and volunteering. Well done Danielle, a true role model to us all.

Last half term, I took a trip to Ethiopia along with other people to volunteer in a hospital. After the civil war that just occurred, many people were in need of help due to the terrible conditions they were left in. That week I saw and did things I didn't think I would have imagined I'd be doing at my young age. Regardless of this, it was an amazing experience to be able to help people and I am looking forward to going again.

Danielle Montes-Lopez





Year 12 taster day

Our year 12 taster day took place this week at Highlands and it was a resounding success, providing students with a glimpse into the exciting opportunities awaiting them in their first year of sixth form. They participated in a variety of engaging sessions, from subject workshops to insightful talks from sixth form staff at our subject fair. It was an enriching experience, leaving our new year 12 cohort eagerly anticipating the challenges and achievements of sixth form life.





London Youth Games rounders

On Tuesday 18th June some of our year 8s had the privilege of representing Enfield in the London Youth games schools U13 mixed rounders competition. A long trip round the North Circular to Gunnersbury park was worthwhile as we enjoyed some very competitive games in the sunshine against five other London boroughs.

The first game against Richmond was very tight and we narrowly lost by half a rounder. We re-grouped and went again in the second game where it was our turn to win by half a rounder against Brent. We then lost to Brent 1 - 1 1/2 and beat Kingston 3 - 2/1/2. We finally lost to Wandsworth who went on to win the competition.

The whole team were a credit to both the school and Enfield. Hannah was chosen as Highlands best player by the organisers and this wasn't surprising as she took a sublime diving catch during the tournament. A special mention must also go to Owen, Tish and Manav who joined the girls in the team having never played rounders for the school before. Their transferable skills from cricket were invaluable and they were a real asset to the team.

Mrs Walters



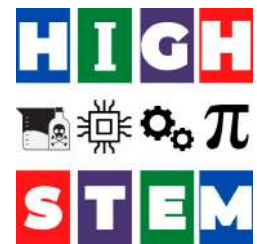


Zero Carbon School Project

Two of our students, Warren Kelly 8OSQ and Panayiotis Palamaras 8RCX are completing the Zero Carbon Schools project. They have written a fantastic story about how litter and rubbish are affecting our environment. You can read their story here: [Alice and Fred : the magic feather](#).



Dr Len and Miss Ward were very impressed with Warren and Panayiotis' story. Both were encouraged to look around the outside area surrounding the school and were shocked by the amount of rubbish and litter there was surrounding the area. The story they have written demonstrates the issues that rubbish causes to wildlife - amazing work, well done Warren and Panayiotis.





STEM Achievement Awards

Congratulations to the following students for their outstanding contribution to STEM this term.



Year 8 Chemistry challenge:

Lamprini Sotiri, Bana Tahsen, Melisa Spahia, Ella Hayward, Lucian Hayden, Anthony Angeli and Jahan Jacques.



Year 9 Physics Space Challenge:

Sidar Dogan, Maisie-Grace Griffin, Nicholas King, Daniel Boztas, James Butcher and Kerem Albayrak.



LEGO Robotics Club:

Yiannis Hajilambi, Jake Appleby, Niam Kataria, Priya Jangra, Freddie Smith and Aarav Shah.

EARLY BIRD 10% DISCOUNT

ONLINE & IN STORE
24th June - 30th June

ENTER CODE:
'EARLYBIRD10'

DISCOUNT VALID ONLINE AND IN STORE ON ALL PURCHASES OVER £25, ON IN STOCK ITEMS ONLY.

www.smithsschoolwear.com



DARE Days - 27th and 28th June

Our DARE Day trips are in two weeks time, taking place on Thursday 27th and Friday 28th June, all information regarding trip details have been sent home this week. Below is a summary of the trips planned.

Year Group	Trips
Year 7	<ol style="list-style-type: none">1. London Zoo2. Workshop by Platinum Academy of Performing Arts (on site)
Year 8	<ol style="list-style-type: none">1. Art trip to the V&A museum2. Wise Up - Hub challenge (on site)
Year 9	<ol style="list-style-type: none">1. Trip to the Centre for Experimental Military Archaeology2. Design and technology workshop (on site)
Year 10	<ol style="list-style-type: none">1. Go Ape team building (Alexandra Palace)2. Employability masterclass (on site)
Year 11	Exams
Year 12	<ol style="list-style-type: none">1. Post 18 workshops (on site)2. Wise Up, apprentice themed activity day (on site)
Year 13	Exams

Uniform

If your child is leaving Highlands this year, we are grateful for any donations of their PE kit and new branded school uniform, including blazers, polo shirts, black skirts and trousers that are no longer needed, please hand them in to reception.

We also have on site a clothes recycling bin, so any old uniform/other clothes can be put into that recycling bin, which is located near the bike lockers in the school car park.

Lost property

We currently have a lot of lost property, including quite a few items of uniform and coats.

If your child is missing any items, please ask them to come to the school office to check if we have them.

Any items that are not collected by 30th June will be donated to charity or disposed of.



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.

- **Ikram Mohamed 9BLM, Sophie Jones 9BLM, Ava Theodorou 9BYC, Penny Jones 9BYC, Julia Roszkowska 9BYC, Emily Pereira 9RTC, Elis Cristivao 9WCM, Elize Savva-Faruk 9WCM, Francesca Georgiou 9WCM and Lila Nudds 9WCM:** Awarded for always putting in 100% effort in their artwork, and producing some fantastic pieces of work. Well done!
- **Jamie Simon 9BLM:** Awarded for an outstanding contribution to the drama department and for being reliable and resilient in rehearsals.
- **Anastasia Katz 10OAB:** Awarded for an outstanding contribution to the drama department.
- **Sakina Putwa 9WJQ and Erkan Varlik 9WJQ:** Awarded for helping their teacher in form time every morning since the start of the year.
- **Elma Stena 7OJT:** Awarded for incredible work in her recent history assessment.
- **Maisie Allan 7RJG:** Awarded for showcasing great resilience and understanding during her steel pan lesson.
- **Ciara Moore-McGowan 7WSW:** Awarded for showing outstanding and exemplary dedication in her work throughout the school year.
- **Ryan Arun 7RJG and Aarav Shah 7RJG:** Awarded for supporting fellow students in their lesson and working well as a team.
- **Samuel Bass 7ODM, Seray Halil 7OJT, Liliana Jonczyk 7OJT, Lucas Photi 7OJT, Benjamin Taheny 7OJT and Archie Barretta 7OJT:** Awarded for working cohesively as a team and showing great understanding of their steel pan piece.





September 2024 new year 7 intake and current year 7 BBQ

The HPFA would like to invite our current year 7s to join them for a summer BBQ event - full details are below. Tickets are free for year 7s but all students must be accompanied by an adult. The new year 7s who are due to join us in September have also been invited to attend, so it should be a fun event. Please click on this [link](#) to book your tickets. We would be grateful if anyone would be able to help on the night or donate prizes for our raffle. We will also be running a second hand uniform stall that night.



YOU ARE INVITED

YEAR 7 SUMMER BBQ

AT
HIGHLANDS SCHOOL
148 WORLDS END LANE
N21 1QQ



*Honest street
food by
Pax Canteen*



*Popcorn &
candy floss
stall*

**11 JULY '24
6PM - 8PM**



*Drinks
stall*

**FOR UPCOMING YEAR 7 ('24 ENTRY) AND
EXISTING YEAR 7 STUDENTS, PARENTS & CARERS**

FREE ENTRY
BOOK YOUR PLACE ASAP VIA THE QR CODE
BELOW



*second
hand
uniform
stall*



Raffle



*Games &
activities*

**ANY QUESTIONS?
EMAIL US:
HPFAeventtickets@gmail.com**

**PURCHASE YOUR FREE
TICKETS HERE**



Pride month

Happy Pride Month! This June, we come together to celebrate the vibrant diversity and resilience of the LGBTQ+ community.

It's a time to honour the progress made towards equality, acknowledge the challenges still faced, and reaffirm our commitment to love, acceptance, and inclusion for all.

Here are some useful links to help celebrate Pride Month.

- Design competition: [design an LGBT+ history month badge for 2025 - deadline 30th June](#)
- [Enfield LGBT+ Youth Group](#)
- [Attend pride events at the Dugdale Centre](#)





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 below.



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 MII
www.mtishows.co.uk
Orchestrations and Additional Music by Chris Nightingale

Highlands School & Sixth Form

PURCHASE TICKETS

Dancers of the week

Our dancers for the week are Sidar Bozdog and Ibrahim Sow in 7ODM.

Well done for the great choreography you have done this term!





House bake sales

I am delighted to let you know that on **Tuesday 25th June** there will be a **BEECH** house bake sale where students will have the opportunity to host another charity fundraising bake sale during break time.

All students who contribute to the bake sale will receive 5 achievement points and additional house points will be awarded to their house for the money raised.

It would be great if parents and carers can encourage and support their children to contribute to the bake sale. We are asking students to bring in baked foods and sweet treats such as cakes, biscuits, cookies or savoury items. These can be homemade or shop bought, but must be free from nuts, sesame and gelatine. We would also welcome contributions of cakes and biscuits that are gluten free and/or vegan/plant based. Please label your cakes with what they are, including your child's name and tutor group, to enable us to give them their house points.

All items should be brought to the drop-off point in reception by **8.30am on the day of the bake sale**. If you wish to have your containers back please ask your child to come to reception at the end of the day to collect them.

Please can all students who wish to participate in the bake sales complete the forms below. We will randomly choose volunteers from different year groups to help on the morning of the sale, with setting up and selling (unfortunately we cannot accommodate everyone who volunteers). Those chosen will be contacted with further information on the day, so they can be released from their lesson earlier.

Thank you for your support and I look forward to seeing all the wonderful baking and contributions.

Mrs Jeynes



Beech bake sale - Tuesday 25th June: [participation form](#)



House competition half term winners

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

This Week	Beech	Oak	Rowan	Willow
Positive Points	5,743	4,717	6,204	5,906
Negative points	-508	-364	-416	-458
Points overall	5,235	4,353	5,788	5,448

Here are the top students this week.

Top students in year 7:

Forename	Surname	Form	House	Points
Betsy	Coneywood	7OJT	O	43
Sophia	Kakouris	7RAS	R	43
Chloe	Tsiamas	7ODM	O	34
Evangeline	Rees	7BLR	B	33
Katrina	Awatar	7WSW	W	32
Hannah	Gibbons	7WSW	W	32
Ciara	Moore-Mcgowan	7WSW	W	32
Eirene	Palamaras	7BLR	B	32
David	Kwarciak	7WSW	W	31
Aistis	Mankevicius	7ODM	O	31

Top students in year 8:

Forename	Surname	Form	House	Points
Anaiya	Dhaliwal	8WNK	W	52
Nea	Petritaj	8WNK	W	50
Lucie	Sadler	8BJF	B	47
Tishaan	Patel	8WMP	W	45
Micah	Codrington	8WMP	W	44
Sena	Oguz	8WNK	W	44
Mollie	Abrahams	8WNK	W	42
Aiden	Adeoye	8WMP	W	41
Romiyah-Capprie	Calica	8BJF	B	41
Maria	Csaki	8WNK	W	41
Beyza	Guyen	8BJF	B	41
Su	Okur	8BJF	B	41
Sindi	Shaban	8WNK	W	41



Top students in year 9:

Forename	Surname	Form	House	Points
Tyler	Koy	9RTC	R	69
Alesja	Rama	9RNB	R	66
Metin Bora	Ozkaya	9RNB	R	63
Zainab	Ali	9RNB	R	61
Keira	Cheek	9RNB	R	60
Athena	Ngwenya	9RNB	R	59
Mia	O'Sullivan	9RNB	R	59
Avril	Brown	9RTC	R	58
Jorja	Hodge	9RTC	R	58
Joshua	Murray	9RNB	R	57

Top students in year 10:

Forename	Surname	Form	House	Points
Evie	Ferguson	10WTH	W	52
Moroni	Cristovao	10BJC	B	51
Anastasia	Katz	10OAB	O	49
Naa Shidaa	Quartey	10WTH	W	48
Abby	Reay	10OAB	O	42
Roni	Koker	10WTH	W	41
Baran	Byndor	10WTH	W	40
Carey	Kirton	10BJC	B	40
Deniz	Gun	10WTH	W	39
Kalel	Overton-Yearwood	10WTH	W	39

Top students in year 12:

Forename	Surname	Form	House	Points
Katie	Brookman	12ODS	O	28
Alexia	Chrysostomou	12BHK	B	23
Maria	Salamanca	12WTA	W	21
James	Janczur	12RSL	R	16
Charlie	Mills	12RSL	R	16
Ahura	Sedaghat	12RSL	R	15
Raphael	Richter	12WTA	W	14
Zack	Williams	12WTA	W	14
Deniz	Cekin	12RCW	R	13
Lauren	Elms	12WBS	W	13



SUMMER HOLIDAY PROGRAMME



This programme is for school children, from ages 8-16 years old who receive free school meals and who live in Enfield or attend an Enfield school. (lunch will be provided)

Over the Summer Holidays, we will be running a number of activities and workshops for young people aged 8-16

Activities Include

- Street Dance
- Media Production
- Boxing & Physical Fitness
- Music Production
- Hair
- Arts & Crafts



Contact

020 8807 4385
020 4568 5312
077 9261 0474

northside_youths@live.co.uk

39 St James Chambers,
Edmonton, N9 0UD

Summer Programme

Starting on Tuesday 30th July,
The programme will run
Tuesday-Friday
Finishing on Friday 23rd August.

Full timetable and times are on
the back



@NYCC_LONDON



NYCC EDMONTON



@NYCC_LONDON



NORTHSIDEYOUTH.CO.UK

SUMMER HOLIDAY PROGRAMME



Alongside the planned activities, there will be an opportunity to go on trips and days out. We will be running tournaments and competitions throughout the programme.

Be sure to join us on the final day, Friday 23rd August for our 'Summer Send off', enjoy the last bit of fun before the return to school, say goodbyes to friends made, Pizza party and Award ceremony.

For those aged 11-19 our youth club will be available to you. The open session will take place alongside a number of different workshops.

Youth Club Times

Tuesday-Friday: 3:30pm -7:00pm
Saturday: 12:00pm-6:00pm

Week One

July 30th- August 2nd

Tuesday 30th July
Wednesday 31st July
Thursday 1st August
Friday 2nd August

Week Two

August 6th-August 9th

Tuesday 6th August
Wednesday 7th August
Thursday 8th August
Friday 9th August

Week Three

August 13th- August 16th

Tuesday 13th August
Wednesday 14th August
Thursday 15th August
Friday 16th August

Week Four

August 20th- August 23rd

Tuesday 20th August
Wednesday 21st August
Thursday 22nd August
Friday 23rd August

Times

10:00am- 2:00pm



HAF Enfield Summer 2024

29th July –
30th August

Ages
Reception
to Year 11

FREE* places available on
Enfield's Holiday Activities and
Food (HAF) programme this
summer. For more information
visit

**Holiday activities and food
programme | Enfield Council**

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

Arts &
Crafts

Get
Active

Free
nutritious
meals

Cooking

Day
Trips

Plus
much
much
more!

[www.enfield.gov.uk/services/children-and-education/
holiday-activity-and-food-programmes#haf-programme](http://www.enfield.gov.uk/services/children-and-education/holiday-activity-and-food-programmes#haf-programme)





Workshops: Please email seyis@enfield.gov.uk to book a place, or turn up on the day.

You are invited to **The Enfield Inclusion Exhibition**



Wednesday 3rd July 2024, 2-4pm, West Lea School, Haselbury Campus, N9 9TU

FEATURING:

THE ENFIELD INCLUSION CHARTER | SEYIS | SEN | CAMHS | EARLY YEARS | UNICEF | VRU | LONDON INCLUSION CHARTER | EPS | ECASS | EASA | GRT | WAVERLEY | ORCHARDSIDE | DURANTS | OAKTREE | NEXUS | SWERRL | ATTENDANCE | GOVERNOR SERVICES | THE MUSIC HUB | THE PE TEAM | TENDER | INCLUSIVE AND NURTURING SCHOOLS | SHOW RACISM THE RED CARD | OUR VOICE | PARENTING PROGRAMMES | FOSTERING | THE VIRTUAL SCHOOL | DISPLAYS OF CHILDREN'S WORK | MARKET AND BOOK STALLS | FOOD AND COFFEE | INCLUSION REPRESENTATIVES FROM MULTIPLE SCHOOLS | **AND MORE**

School tours

Contact the school directly to book a place

Setting	SEND details	Times	Contact details
Brimdown Primary School	K52 Autism Unit	8:00-9:30 10:00-10:30 11:15-12:15 1:15-2:15	Contact names: Matt Clifford and Caren Kanove Name and address of setting: Brimdown Primary School, Green Street, Parsons End, EN2 7NA. Tel: 020 8604 6797
Fresh Steps Independent School	An independent SEMH school rated Outstanding by Ofsted in 2017, 2020, 2024	9:00 11:05 1:10	Contact Name: SENDCo - scs@freshstepsindependentschool.org.uk Name and address of setting: FreshSteps Independent School, Knowe House, London, EN3 7XH scs@freshstepsindependentschool.org.uk Tel: 02086005627
Oaktree School	Special school for students aged 11-19 with social, emotional and mental health needs	9:30	Contact name: Clair Witherington Name and address of setting: Oaktree School, Chase Side, Southgate, London N14 4HN How to book a place: Email caith@oaktree.school.org.uk Tel: 02084493100
Orchardside School	Pupil Referral Unit (PRU) for Years 7-11	9:00 11:00 2:00	Name and address of setting: Orchardside School 230 Bullmoor Lane, EN1 4RL Contact Name: Celeste Fay Headteacher / Nikki Panayiotou AHT & SENDCo How to book: Email Sharon Howard - Sharon.Howard@orchardside.school
Durants School	Autistic-specific provision for students aged 11-19	10:00	Name and address of setting: 1. Durants School, High Street, Southgate, N14 6BE 2. Durants School, Winchmore Site, Winchmore School, 20 Laturneh Green, Winchmore Hill, N21 3AG How to book a place: Contact the school office (0208 8041980) or by email chur@durants.school
Waverley School	Special school for students aged between 3-19 years with severe, profound and multiple learning difficulties	10:00	Contact name: Laura Keating Name and address of setting: Waverley School, 105 The Ride, Enfield, Middlesex, EN2 7DL How to book a place: Call 0208501858 and speak to Shenzhi Tel: 0208501858
Churchfield School	2 x ASD CUBS provision, Reception-Y2	8:00-11:30	Contact name: Jackie May Name and address of setting: Churchfield School, Layman Road, 10 9P1, How to book a place: Email jackie.may@churchfield.enfield.sch.uk



[Enfield Inclusion Charter Poster \(8\).pdf](#)

Workshops

Contact seyis@enfield.gov.uk to book a place, or turn up on the day

Time	Workshop	Delivered by
2.00	Emotionally-based school non-attendance (EBSNA)	EPS
2.20	Introduction to trauma informed practice	EPS
2.40	GRT	GRT
3.00	What can ECASS do for you?	ECASS
3.20	Rights Respecting Schools	UNICEF
3.40	Enhancing SEN practice in your school	SEND



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

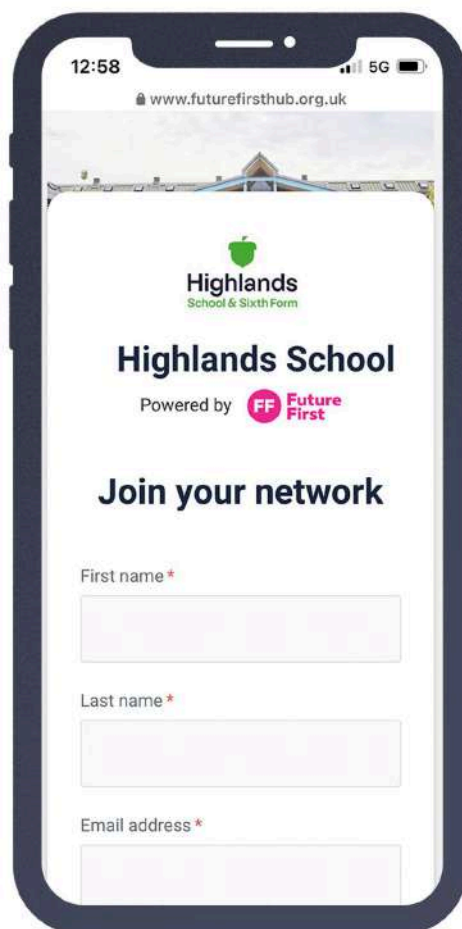


Former student?

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

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

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

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

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

Urgent and other support available

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

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

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

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

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

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

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

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

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



Safeguarding contacts

If you are concerned about your child's wellbeing or the wellbeing of any other student at Highlands School, please contact the school on 020 8370 1100 or email the DSL at staysafe@highlearn.uk. 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

Sign Health: <https://signhealth.org.uk/contact/>


Deaf young people: <https://signhealth.org.uk/with-deaf-people/supporting-young-people/>

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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