



# Highlands School Newsletter

12 July 2024



Photo: House Champions 2024: Willow

Dear parents and carers,

Yesterday at school we held our rearranged Sports Day. We were pleased to have the only sunny weather of the week for the event, which was a wonderful celebration of physical activity and teamwork. This year, following feedback from students, we introduced girls' five a side football for the first time, and benchball, which lots of students participated in. As they have done so often, Rowan won Sports Day, with Willow coming a close second. Oak came third, and Beech last.

After the Sports Day award presentation, we announced the winner of this year's overall interhouse champion. Last year Willow had come last and Oak had won but, this year, Willow turned it around and just pipped Oak to the title. All of the students in Willow house will be invited to Thorpe Park next week for their inter house reward trip, whilst other students stay in school doing other activities. More details about the day can be found on page 5.

As if that wasn't enough excitement yesterday, in the evening our HPFA held a wonderful summer BBQ and drinks event on the terrace for our current year 7 and new year 7 families, with over 500 guests attending. I want to thank the HPFA and Ms Jeynes for their work putting together this event.

Finally, I hope you will take the time to read the [special feature newsletter](#) that we are sending home this week about the school show, *Matilda!*. At Highlands we are always asking ourselves how we can improve, raise the bar, and give our students experiences comparable to (or better than) at any other school.



This year we took our school show to the Millfield Theatre and sold it out for three nights as our students performed *Matilda!*, with the support of professional lighting, staging and tech support. Being in school plays when I was at school gave me some of my fondest memories of childhood, and I hope the same goes for our students who were part of the show.

Ms Brown, Ms Miller, and Ms Cazeau made this happen, along with the other staff who supported and we thank them enormously.

We are booking the dates for the Millfield for next year and we hope even more students join next year's cast and crew.

Key dates for this half term:

- 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
- Monday 2nd September: year 7 in school
- Tuesday 3rd September: year 7 and 12 in school
- Wednesday 4th September: all year groups in school for assembly and tutor time
- Thursday 5th September: normal teaching commences for all year groups

Have a great weekend,

Mr McInerney,  
Headteacher



## Sports Day

Our annual Sports Day was a tremendous success, after being rearranged due to the poor weather this week, the school was buzzing with excitement and energy. Students from across the year groups showcased their athleticism and team spirit in a variety of events, including track races, boccia, netball, table tennis, bench ball and many more. Staff and students enthusiastically cheered on the participants, adding to the lively atmosphere. The competition was fierce, with medals awarded to the most outstanding performers. A huge congratulations to **Rowan** house for being crowned the Sports Day Champions for 2024.







## Willow crowned house competition winners 2024

We are thrilled to announce that after a series of challenging and exciting competitions, including, department competitions, quizzes, academic excellence and various sporting competitions, Willow has emerged as the inter house champions for 2024!

The entire school community has shown incredible spirit and determination throughout the year, but Willow has triumphed with their exceptional performance crowning them champions of 2024. As a reward for their hard-earned victory, staff and students from Willow house will be celebrating with a special trip to Thorpe Park on 18th July. Go Willow, a victory well-deserved.





## Matilda

Our production of *Matilda* was nothing short of spectacular! Over four incredible shows, our talented students captivated audiences with their outstanding performances, lively choreography, and powerful vocals. The dedication and hard work of the staff and students were evident in every scene!

A truly unforgettable show, well done to you all! Read more about our school production in this week's [special feature newsletter](#). You can also watch our Matilda production reel on our [Instagram](#) account and [YouTube](#) channel.





## Year 13 prom

This week, our year 13 students celebrated their prom at Trent Park Country Club, making a memorable end to their Highlands journey. The evening was filled with glamour and joy as students arrived in stunning attire. It was a fantastic event, enjoyed by all. We would like to wish all of our year 13 students the best of luck in their future endeavours. Here's to the class of 2024!





## Music inter house competition winners

Congratulations to the winners of the music inter house competition. This represents a year's worth of work for these groups, and students even composed their own pieces for recording, which is fantastic to see and hear.

There are some great entries and some very interesting choices of songs from this year's inter house Steel band and Rock band competitions.

- **Year 7 House steel band competition:** Willow - Sinach - *I know Who I am*
- **Year 7 House rock band competition:** Oak - *Blinding Lights*
- **Year 8 House rock band competition:** Willow - *Original composition - Misery*

**Ms Maple**

## National artistic swimming medalist

A huge congratulations to Lilah Jones in year 7 who won a silver medal at the National Artistic Swimming Combo Cup in Sheffield with her Potters Bar U15s team.

Well done Lilah we are so proud of your achievement.





## Enfield Rounders League Champions

This week the year 9 Rounders team finished the season undefeated to become Enfield Rounders league champions! Well done girls, this was thoroughly deserved.

**Mrs Walters**



## Year 8/9 football fixture

On Thursday 11th July, after an amazing sports day, a team of year 8/9 boys played football against Chace Community School. The final score was 6-1 with a host of students scoring and assisting. There was an exceptional goal scored by Emilio after a fantastic pass from Aiden. Well done boys!

Player of the match: Emilio.

**Mr Avann**





## Rounders news

The junior rounders team have had a fantastic season remaining unbeaten in the pool stages of the Enfield league.

v Oasis Enfield won (17.5 - 3.5) Player of the match: Bea Findlay

v Enfield County won (10 - 5) Player of the match: Hannah Cullen

v Southgate won (20 - 6.5)

v Chase won (13 - 4.5)

Golden bat: Bea Findlay and Golden catcher: Hannah Cullen

This excellent set of results saw them up against PGHS in the semi final and Enfield County in the final. Unfortunately Enfield County were the better team on the day meaning that the junior rounders team finished in 2nd place overall and took home a silver medal.

The year 8 team went to Winchmore school earlier this half term for the Enfield borough rounders tournament. The tournament was played in a round robin style with Highlands beating Chase and Latymer in the first two rounds. In the final round Highlands came up against their league rivals Enfield County and again lost out but came away with a second silver medal. It has been a pleasure to teach and umpire this team this year and I look forward to seeing how they can improve next season.

**Miss Berrill**





## We don't talk anymore

After 7 weeks of work with Write2Speak and Nexus Enfield, our students have developed their poems around the topic Mental health and their mental load.

This project aims to open up conversations, explore misconceptions and provide support with our students/ children struggling silently.

The showing is happening this coming Monday 15th July at Highlands School in our main hall, with doors opening at 6.15pm and the show starting at 6.30pm.

Cash will be taken on the door for tickets and our amazing HPFA will be providing light refreshment.

Tickets are also available to buy on ParentPay, we hope to see you there.

**Ms Maple**

**WRITE 2 SPEAK** **Highlands School & Sixth Form** **NEXUS**  
CONNECTING THE COMMUNITY FOR A BETTER ENFIELD

**WE DON'T TALK ANYMORE**  
*We Don't Talk Anymore*

**TICKETS £2 ADULTS - UNDER 16'S £1**  
**Monday 15th July - Main Hall 6.30pm**

Relaxed cabaret eating and light refreshment available on the night  
The project aims to support the students to express themselves through spoken-word poetry, on the topic of Mental Wellbeing by creating a safe environment and providing a spoken-word tools for them to use in their daily lives.



## HPFA Year 7 welcome BBQ

We are delighted to share that our school hosted a year 7 welcome BBQ this week to warmly greet our new year 7 students and bring together our current year 7 cohort. The event was a resounding success, featuring a delicious BBQ, candy floss, popcorn, and an exciting raffle. It was a fantastic opportunity for students to bond, make new friends, and enjoy a fun-filled evening. The atmosphere was lively, and everyone had a wonderful time. Thank you to everyone who attended.





## Building Brighter Futures Programme - Zero Carbon Schools celebration of achievement

Green Schools Project is on a mission to transform the way schools respond to the climate and nature crisis. Over 21 weeks, 21 of our remarkable year 8 students explored and understood the causes and effects of the climate crisis. They investigated our school's carbon emissions and estimated its carbon footprint. Subsequently, they designed and led projects aimed at reducing our school's carbon emissions, such as changing the school dinner menu. Their next step will be to influence the school community and beyond to take climate action.

On 5th July, they celebrated their hard work with two other schools, Heron Hall Academy and Oasis Academy Hadley, where all students had the opportunity to share their ideas and projects. It was a fantastic opportunity for our students to showcase their outstanding projects and meet students from other schools.

Dr Len and Ms Ward





## University of Bath Teacher Champion Award 2024

Each year, the Teacher Champion Awards at the University of Bath recognise and celebrate teachers like our very own Mr Xenophonos who has gone above and beyond to support our students, guiding them on their path to university, inspiring them to aim high, offering pastoral care to support their wellbeing and nurturing their talents by providing them with exceptional learning opportunities.

A huge congratulations to Mr Xenophonos who was awarded the **Learning for Life Award** in recognition for his exceptional classroom teaching.

Nominated by Mikele Koroni:

*"I wanted to express my deepest gratitude and appreciation for the incredible impact you had on my life as my school maths teacher. Throughout my academic journey, you were more than just a teacher to me. You were a guiding light, a source of inspiration, and a mentor who believed in my potential even when I doubted myself. Your passion for mathematics was contagious, and your dedication to helping your students succeed was truly remarkable. You had a unique ability to break down complex mathematical concepts into simple and understandable terms. Your patience and willingness to answer countless questions, no matter how trivial, created a safe and nurturing learning environment. You went above and beyond to ensure that every student felt valued and understood. Beyond the classroom, you encouraged us to embrace challenges, think critically, and persevere through difficulties. You instilled in us a love for learning, a hunger for knowledge, and a desire to excel not only in mathematics but in all aspects of life. Thanks, Mikele."*





## 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.

- **Alessandro Rosiello 9RTC:** Awarded for achieving 98% in his end of year PE exam.
- **Sidar Bozdog 7ODM:** Awarded for all of the hard work he has put in for the general election campaign. He printed out posters, spent a lot of time on his campaign speech. He even took the time to thank the form for voting for him.
- **Amy Rhatigan 12ODS:** Awarded for being conscientious, diligent and driven.
- **Deron-Jayden Nyarko-Duodu 12RSL:** Awarded for demonstrating a high level of resilience and determination.
- **Livaan Choudhury 12BJT:** Awarded for his dedication, enthusiasm and engagement during work experience.
- **Bekir Yalcin 7RJG:** Awarded for his exceptional fully loaded pizza. (see below)



- **Beirhan Guven 12BHK:** Awarded for outstanding levels of professionalism and engagement.
- **Natalia Balla 7BEF:** Awarded for their assistance in the year 6/7 transition evening.
- **Thomas Hall 7ODM, Orla Dimery 7ODM, Oliver Mene 7ODM, Isabella Mene 7OJT, Betsy Coneywood 7OJT, Andrew Spitaliotis 7OJT, Talia Reid 7RAS, Michael Angeli 7RAS, Amelie Mohan 7RAS, John Weafer 7RJG, Sibora Myftari 7WMT, Filip Zinga 7WMT, Carter Herman 7WMT, Farida Nooreldeen 7WMT, Marianne Smith 7WSW and Wilfred Crutchley 7WSW:** Awarded for their assistance in the year 6/7 transition evening.
- **Darcy Dundridge 10RCB, Niamh McDonnell 10RNC, Elisia Huetson-Varnava 10WDD, Orla Dimery 7ODM, Rosie Baxter 8BAM, Bea Findley 8BAM, Hannah Cullen 8RBW, Anaiya Dhaliwal 8WNK, Nea Petritaj 8WNK, Annika Trivedi 8WNK, Millie Huetson-Varnava 9BYC, Isabella Cruden 9OSM, Jorga Hodge 9RTC, Lily Howard 9RTC, Amelie Hon 9RTC, Elize Savva-Faruk 9WCM, Elis Cristovao 9WCM and Naomi Clark 9WJQ:** Awarded for their contribution to school sport - representing the school in several sports across the year.
- **Louie Kyprianou 12BJT:** Awarded for their exceptional attitude towards A Level PE and have displayed a great appetite for learning.



- **Jonathan Cooper-Dobson 12BJT:** Awarded for their exceptional attitude towards A Level PE and have displayed a great appetite for learning.
- **Lilah Jones 7WMT:** Awarded for winning a silver medal at the National Swim England Artistic Swimming Combo Cup in Sheffield.



### Dancer of the week

The dancer of the week this week is Anastasia Katz in year 10. Well done on mastering the performance of the set phrase in this week in GCSE Dance

**Miss Brown**





# HAF Enfield Summer 2024

29<sup>th</sup> July -  
30<sup>th</sup> 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!

Funded by



Department  
for Education

[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)

**ENFIELD**  
Council





## FREE SCHOOL MEALS

# Get Active & Tuck In Holiday Camps

Trips available subject to availability - Top Golf, Bubble Planet, LDN Gravity & Thorpe Park

Enfield Council Youth Development Service are providing fantastic free activities and hot meals for young people in receipt of free school meals during the 4 week summer break. There are 3 holiday camps running.

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

### Bell Lane Youth Centre - SEND Specific Every Monday & Tuesday

DATE: 29 July - 20 August

TIME: 11am-4pm AGE: 11-19 (up to 25 for SEND)

### Ponders End Youth Centre Every Monday - Thursday

DATE: 29 July - 22 August

TIME: 11am-4pm AGE: 11-16

### Craig Park Youth Centre Every Monday - Thursday

DATE: 29 July - 22 August

TIME: 11am-4pm AGE: 11-16

 @Youth\_Enfield #supportingyoungenfield

Email: [SUregistration@enfield.gov.uk](mailto:SUregistration@enfield.gov.uk)

Register now: [www.youthenfield.taptub.co.uk/summeruni24](http://www.youthenfield.taptub.co.uk/summeruni24)





# 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](https://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**



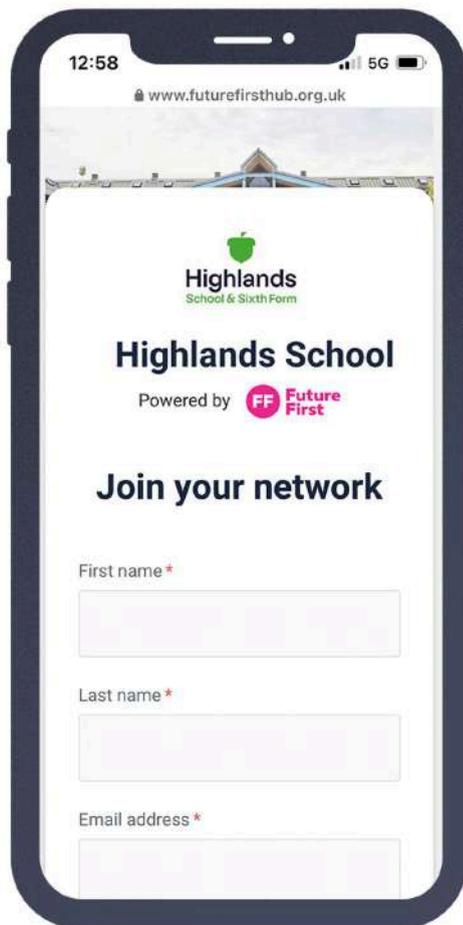
# Highlands School Alumni

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](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. 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](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**

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](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

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

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)

 Threads [@Highlandssch](https://www.threads.net/@Highlandssch)

 Facebook [Highlands School](https://www.facebook.com/Highlands_School)