



Highlands School Newsletter

17 May 2024



Dear parents and carers,

Last week I wrote to you all about the year 13 students who are leaving us this summer. We took photographs at their celebration event last Friday and you can see the group photo above and some of the other photographs on page 4 of this week's newsletter. Lots of the year 13s have been back this week to attend extra revision sessions and to start sitting their exams. It's great to still see them around the building.

I would like to remind all parents, carers and students about our PE kit. During COVID-19 we allowed students to come to school in their PE kit. Although this decision was taken for health and safety reasons, we realised that it had lots of other advantages. For example, a reduction in time spent getting changed in the changing rooms and a reduction in the amount of bags students needed to carry around with them. One of the drawbacks of this approach though, is that sometimes students can wear their PE kit to school when they do not have PE, in the hope no one notices. Today quite a large number of year 10 students did this, which was very disappointing. Please note that if your child chooses to come to school in their PE kit on a day that they do not have PE or dance, they will be isolated and we will call you and ask you to bring in their school uniform. Please also note that we allow students to come to school in their PE kit as a privilege. If they wear it on days they do not have PE, we will remove that privilege and they will come to school in uniform every day and will get changed into their PE kit in the changing room.

A reminder of important dates for your diaries:

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

Mr McInerney,
Headteacher



Mental Health Awareness Week

This week has been Mental Health Awareness Week, this year's theme is '**Movement: Moving more for our mental health**'. In tutor time this week, our students were exploring this year's theme by delving into slides focused on '*moving more for our mental health*'. From discussing the benefits of physical activity to sharing practical tips for incorporating movement into our daily routines, we're all committed to promoting positive mental health habits.

13 to 19 May 2024

**Mental Health
Awareness Week**

The 2024 theme is...

Movement



Students were also introduced to a spoken-word poetry programme '**We Don't Talk Anymore**'. The project aims to support our students to express themselves through spoken-word poetry, on the topic of mental wellbeing by creating a safe environment and providing spoken-word tools for them to use in their daily lives.



The '**We Don't Talk Anymore**' project will be a 7-week spoken-word poetry programme led by Tyler and Yossi from the company Write2Speak for 4 weeks and then handed over to Mrs Maple for a further 3 weeks.

The spoken-word workshops will focus on creative writing, engaging in discussion and practising performance techniques, all of which are tools for openness and self expression.

Sessions will run once a week for between 1 hour and 1 hour and a half during the school day. Students that sign up to the project will agree to the performance date of the evening of **15th July**.

Sessions will begin in the week beginning 3rd June.

If you are interested in signing up, please see Mrs Maple or you can [email](#) her.



**MENTAL
HEALTH
AWARENESS
WEEK**
13-19 MAY 2024



Football champions!

Congratulations to the Omonia under 16s team who won the division 2 HGFPL title and marking the team's fourth consecutive league title and promotion.

A particular well done to our students who were the cup winners. Ella Mohan scored two goals, Shekhinah Gitu scored three goals and Niamh McDonnell who was the best player.

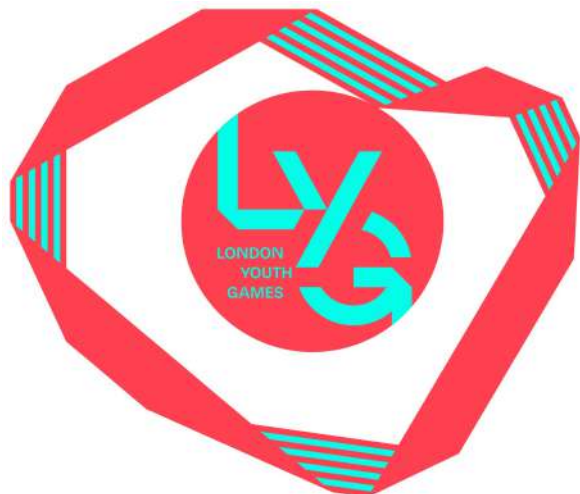
Well done girls!



Representing Enfield at the London Youth Games

A huge congratulations to Faye Etuazim in year 8 who has been selected to represent Enfield at the London Youth Games Athletics competition, through winning at the Schools Athletics Borough Championships in 2023. She will be competing in the 100m and shot putt.

The competition is against all 33 London Boroughs, so Faye will be competing to be the best in London! Wishing you the best of luck Faye, we will all be rooting for your success.





Farewell and good luck year 13!

Last Friday we bid farewell to our amazing year 13 students. As you stand at the threshold of new adventures, we celebrate all you've achieved and the incredible journey you've had with us.

Our farewell pizza party was a blast! From indulging in delicious pizza to signing shirts filled with heartfelt messages, the day was filled with laughter and nostalgia. Watching messages from your teachers and reminiscing over old school photos brought back so many cherished memories.

We are immensely proud of each one of you. Your dedication, hard work, and resilience have been truly inspiring. As you head into your exams, remember that we believe in you and your abilities. You've got this! To each and every one of you, good luck not just for your exams, but for the bright futures that lie ahead. Whether you're heading to university, starting a career, or taking time to explore your passions, we know you'll continue to shine and make a difference in the world.

Thank you for being a part of the Highlands Sixth Form family. Best of luck and warmest wishes for the future!





Celebrating Greek Cuisine Day at Highlands

This week our school came alive with the vibrant flavours and rich traditions of Greece as we celebrated Greek Cuisine Day! Featuring pulled pork, refreshing Greek salad with feta cheese, warm pitta bread, mint sauce and crispy potato wedges.

Thank you to Chartwells who prepared the delicious feast, and to team Willow who decorated our dining hall with Greek flags.

Here's to many more cultural celebrations at Highlands School, where we continue to explore and appreciate the diverse world we live in! Opa!





Bright Horizons charity run

On 12th May, Liliana Jonczyk in year 7 demonstrated exceptional dedication by participating in a 5km run and walk around Grovelands Park to raise funds for the Bright Horizons Foundation. The foundation, which is opening its 100th Bright Space in 2024, provides crucial support to children recovering from traumatic experiences. The Bright Spaces are located in domestic violence shelters, police child protection interview rooms, homeless shelters and hospices, where children and families receive expert support from specialist agencies.



Liliana's participation made a significant impact as she and her team raised an impressive total of £4,000. Liliana has demonstrated exceptional commitment to changing children's lives. Her positive attitude and enthusiasm during the event exemplify the values we strive to instil in all students at Highlands School. Her actions not only reflect her personal character, but are also an inspiration to her peers and the wider school community.

Congratulations Liliana on your remarkable achievement.





Matilda Jr.

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

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



Year 9 rounders

The Year 9 Rounders team began their season last week with a game away at Kingsmead. At half time the game was tight with Kingsmead leading 6 - 4. After our second batting innings we were on a total of 8 1/2 with Kingsmead needing 3 Rounders to win the game. The team fielded excellently in the second innings with some great deep fielding from Poppy & Elize and 2nd post play by Jorga to restrict Kingsmead to 1 Rounder resulting in a 8 1/2 - 7 win. A great start to the season, girls well done! The next game is next Thursday against Palmers Green High school.

Mrs Walters





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.

- **Ryan Campbell 10RNC:** Awarded for assisting the PE staff dealing with a medical emergency.
- **Zehra Turan 11OGA:** Awarded for being a conscientious and dedicated volunteer at Enfield Town Library.
- **Faye Etuazim 8WNK:** Awarded for being selected to represent Enfield at the London Youth Games Athletics competition in 100m and shot putt.
- **Brandan Pearce 8OSQ:** Awarded for demonstrating integrity and upholding Highlands DARE values.
- **Lucas Rossini 11WCG:** Awarded for demonstrating personal resilience and perseverance.
- **Saiba Ahmad 7BLR:** Awarded for making outstanding progress in her vocabulary work on Bedrock Learning.
- **Elaina Panteli 11OGA, Sophie Bernasconi 11BPL, Benjamin Gormley 11BPL, Rakibe Halili 11BRD, Destiny Pierre-Payne 11BRD, Athanasios Aristidou 11WCG and Tamer Tarik 11WCG:** Awarded for performing in a range of spoken language activities including individual presentations, which were quite challenging. They completed the nerve-wracking task of public speaking and showed bravery in overcoming their fears.
- **Ella Mohan 11OGA, Lily Theodorou 9BLM, Sophie Jones 9BLM, Amelie Manning 9OSM, Lois Anoiske 9WCM:** Awarded for their outstanding effort in Dance.





Road safety campaign - poster competition

We are running a road safety poster competition - the deadline for submission of posters is Monday 20th May. Every entrant will receive valuable house points. Designs should be handed into reception for the attention of Mrs Czupich (please remember to put your name on the back). Thanks to everyone for supporting this road safety campaign, we hope it will make a difference.

Week of 20th - 24th May is "walk to school" week, so please encourage students to walk to school.

Mrs Czupich

SEN Improvement Plan

The Special Educational Needs (SEN) Improvement Lead in the Education Department at Enfield Council has designed a questionnaire to help better understand the experience of children, young people and families' as they access and journey through the SEND system.

The questionnaire has been anonymised to further enable honest feedback and the results will be used to inform decisions made by the SEND Partnership.

The link for the questionnaire can be found [here](#).

The questionnaire will remain open until **Monday 3rd June 2024**.

Jack Petchey Lego club

Would you like to build some fun and exciting Lego creations for the new display cabinet? Our Lego club is kindly funded by the Jack Petchey Foundation.

If so please email [Miss Brown](#), to express your interest as Lego club will be running for the remaining 10 weeks of the academic year. It will be taking place on Fridays after school in DD3 with a finish time of 4pm

Dance students of the week

Well done to Lois Anosike in year 9 and Darcey Farnes in year 11 who are the dance students of the week.

Well done on some hard work over the past two weeks and really helping others in your groups.

Keep up the great work!

Miss Brown



Year 10 inter house netball competition

Congratulations to team Rowan for winning the year 10 inter house netball competition this week. You have earned those vital points for your house. Go team Rowan!



School catering shout out!

Here at Highlands, we are incredibly proud of the outstanding catering service we provide to our students and staff. Our catering team Chartwells is dedicated to creating a dining experience that is not only nutritious but also delicious and varied, ensuring that everyone looks forward to mealtime.





Fully-funded summer school

Data Science & Artificial Intelligence with The Alan Turing Institute

We would like to share an exciting, fully-funded STEM summer opportunity for year 12 students.

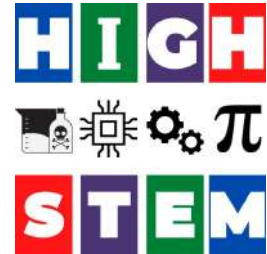
The Brilliant Club is partnering with the UK's national institute for data science and artificial intelligence, The Alan Turing Institute, to run a FREE Data Science and Artificial Intelligence Summer Experience week taking place in **London on 19th-23rd August 2024.**

The Alan Turing Institute has led the design of an exciting programme of practical learning, activities and challenges. Participants will get hands-on experience supported by experts in the field and be introduced to the huge range of study and career options in Data Science and AI, including in the intelligence agencies.

This is part of a widening participation project run by The Alan Turing Institute to diversify those working in the sector. All are welcome to apply, however, this project actively welcomes those from lower socio-economic groups, and this is reflected in the application process. All participants will receive financial support for travel in addition to a free breakfast and lunch each day.

To apply, students should complete the [application form](#) as soon as possible and before the final deadline of **Monday 22nd July 2024.**

Dr Len



The Alan Turing Institute

The Turing Summer Experience

Find out more about how the UK intelligence agencies and defence organisations use data science and artificial intelligence to help keep the country safe.

London: 19-23 August
Ages 16-17 years

Free breakfast and lunch supplied. Support with travel expenses will be provided.

- Experts and guest speaker panels
- Teamwork and challenges
- Data understanding and critical thinking

- Solve problems with other like-minded young people with hands-on application of new skills.
- Explore emerging real-world applications of data science in one of three challenge areas: deep learning, LLMs or cryptography.
- Learn how to collaborate using online tools such as GitHub.
- Get advice about future study and work opportunities and how to talk about your experience on a job application.
- Find out about the wide range of career paths in the sector, including in defence and security.

Click here or scan to apply

In partnership with:





Calling all alumni, we need your help!

Would you be able to give something back to Highlands School and make a meaningful impact?

We're reaching out to our esteemed alumni network to offer an invaluable opportunity to current year 12 students in requesting whether you can provide work experience.

As a member of our alumni community, your expertise and industry insights are priceless assets. By offering work experience opportunities, you can help shape the next generation of professionals and empower them to succeed in their chosen fields.

Whether you're in finance, tech, healthcare, or beyond, there's a place for you to make a difference. From a one day insight, shadowing opportunities, to a week's placement, every experience you offer contributes to the holistic development of our students.

Reach out to our alumni engagement team today to learn more about how you can get involved and provide valuable work experience opportunities to our students. Together, we can empower the leaders of tomorrow and build a brighter future for all.

Join us in shaping tomorrow's success stories!

Contact: careers@highlearn.uk

Mrs Laurenzi





September 2024 new year 7 intake and current year 7 BBQ



Year 13 Prom

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

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

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

Sixth form team

Year 11 Prom

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

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

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

Mr Joseph



Future Elements 2024 student opportunities

BREAKIN' CONVENTION MUSIC VIDEO PROJECT

11-14 year olds - May half term

For four days during the May half term, the young people will be making a song from scratch, learning dance choreo, and working with a filmmaker to shoot a music video. This is for all London young people and will be taking place in Islington.

[APPLY HERE](#)



YEAH YOUTH UK

14-19 year olds

Yeah Youth UK are offering young people who are interested in rap, singing, music production, DJ and videography free workshops in very cool places with brands and industry professionals giving guest talks and workshops.

These are on a songwriting camp, weekly studio sessions in Soapbox Youth hub, free open evenings AND at Nandos (yes Nandos!) Music Studios for the summer holidays!

[SIGN UP HERE](#) for invites.

PE Clubs programme

PE Clubs Programme 2024 (3rd June - 24th July)

Monday	Tuesday	Thursday	Friday
Tennis Y7-11 (Boys and Girls) Mr Robson Sports Hall 3:15 - 4:30	Rounders Y7-10 Girls Ms Walters/Ms Hutchinson Field 3:15 - 4:30	Rugby (Boys and Girls) Y8-9 Boys, Y8-10 Girls Mr Robson + Rugby Coach Old Grammarians 3:15 - 4:30 *Google Form required*	Athletics Y7-13 Ms Berrill/Mr Joseph Field 3:15 - 4:15
Cricket Y7-11 (Boys and Girls) Mr Avann Astro turf 3:15 - 4:30	Badminton Y7-9 (Boys and Girls) Mr Robson Sports Hall 3:15 - 4:30		



GIRLS RUGBY CLUB

QUALIFIED RUGBY COACH
STARTING ON THURSDAY 6TH JUNE
3:15pm - 4:30pm
YEAR 8, 9 & 10 GIRLS ONLY

TAG / CONDITIONED CONTACT
 HELD AT OLD GRAMMARIANS RUGBY CLUB

SIGN UP USING THE GOOGLE FORM EMAILED HOME
 PE KIT TO BE WORN





PICNIC ON THE LAWN

Sunday June 30th 2024 11am-6pm at Forty Hall



£10 EARLY BIRD book before 1ST JUNE - fortyhallestate.co.uk - 020 8363 8196
 £15 Standard Tickets - Children under 15 FREE when accompanied by an adult - Forty Hill, Enfield EN2 9HA

tickets are non-refundable





SUMMER NETBALL CAMPS

WED 29 MAY
THUR 30 MAY

TUE 30 JULY
WED 31 JULY
THUR 1 AUG

THUR 29 AUG
FRI 30 AUG

07392 018 982

10am - 2pm

www.pivotalnetball.com

Reception to Year 10

PIVOTAL
NETBALL
ACADEMY

Highlands School, Enfield N21 1QQ

£26 Early Bird* or £30 per day

(*when you book at least 1 week in advance)

10% SIBLING DISCOUNT



SUMMER SATURDAY NETBALL COACHING

Highlands School, Enfield N21 1QQ

9-9.55 Reception to Year 6

10-10.55 Year 7 to Year 10

£8 Early Bird* or £10 per class

(*when you book at least 48 hrs in advance)

20 APR	27 APR	4 MAY	11 MAY	18 MAY	25 MAY
8 JUN	15 JUN	22 JUN	29 JUN	6 JUL	13 JUL

PIVOTAL
NETBALL
ACADEMY

07392 018 982

www.pivotalnetball.com



BOOK
A FREE
TRIAL

Wow

1 MASTERCLASS **2400 MINUTES OF NETBALL**

104 YOUNG PLAYERS **39 NEW PLAYERS**

4 HOLIDAY CAMPS **10 SATURDAY MORNINGS**

SPRING 2024

PIVOTAL
NETBALL
ACADEMY



House competition weekly results

This week's overall house winner: **highest number of achievement points minus concern codes plus the year 10 inter house netball points.** Well done **Rowan!**

This Week	Beech	Oak	Rowan	Willow
Positive Points	4,313	4,714	3,525	4,574
Negative points	-488	-370	-376	-444
Points overall	3,825	4,344	3,149	4,130
Year 10 netball	1,000	2,000	4,000	3,000
Total points	4,825	6,344	7,149	7,130

Here are the top students this week.

Top students in year 7:

Forename	Surname	Form	House	Points
Marianne	Smith	7WSW	W	50
Syerah	Islam	7WSW	W	49
Adar	Abdi Mahamed	7WSW	W	44
Ciara	Moore-Mcgowan	7WSW	W	44
Evie	Howlett	7WSW	W	44
David	Kwarciak	7WSW	W	42
Aariah	Udahemuka	7WSW	W	40
Katrina	Awatar	7WSW	W	39
Asya	Sagiroglu	7WSW	W	39
Inaya-Amor	Peart-Heron	7WSW	W	39
Florence	Holyomes	7WSW	W	39
Isabelle	Cooper-Fitzgerald	7WSW	W	39

Top students in year 8:

Forename	Surname	Form	House	Points
Tyanna	Ferreira	8OSQ	O	32
Warren	Kelly	8OSQ	O	28
April	Clydesdale	8RBW	R	26
Lucie	Sadler	8BJF	B	25
Romiyah-Capprie	Calica	8BJF	B	25
Christian	Demetriou	8BJF	B	25
Thomas	West	8RBW	R	25
Panayiotis	Palamaras	8RCX	R	25
Ruby	Knight	8RCX	R	25
Sena	Oguz	8WNK	W	25
George	Efstratiou	8WNK	W	25



Top students in year 9:

Forename	Surname	Form	House	Points
Melisa	Spahia	9BYC	B	62
Luke	Shearman	9ODC	O	53
Gabriela	Kusz	9BYC	B	51
Ruby	Magrun	9BYC	B	49
James	Cooper-Dobson	9BYC	B	47
Georgia	Gkiontsari	9BYC	B	47
Perri	Djemal	9ODC	O	46
Sakina	Putwa	9WJQ	W	46
George	Baker	9BYC	B	44
Sebastian	Angelides	9OSM	O	44

Top students in year 10:

Forename	Surname	Form	House	Points
Evie	Ferguson	10WTH	W	42
Naa Shidaa	Quartey	10WTH	W	38
Jessica	Smyth	10WTH	W	38
Asante	Appau	10OKK	O	36
Evie	Lockwood	10WTH	W	35
Panos	Anastasiou	10OKK	O	34
Rafal	Kruczek	10OKK	O	34
Abby	Reay	10OAB	O	32
Rachel	Hajistilly	10OKK	O	32
Batuhan	Duran	10OKK	O	32
Hamza	Kasmani	10OKK	O	31

Top students in year 11:

Forename	Surname	Form	House	Points
Sophie	Bernasconi	11BPL	B	12
Benjamin	Gormley	11BPL	B	12
Rakibe	Halili	11BRD	B	11
Zehra	Turan	11OGA	O	10
Sara	Hussain	11OGA	O	10
Ioanna	Dimolea	11RTS	R	10
Elaine	Ho	11WCG	W	10
Charlie	Dowle	11BRD	B	8
Joshua	Lausch	11RKM	R	8
Athanasios	Aristidou	11WCG	W	8



Top students in year 12:

Forename	Surname	Form	House	Points
Charlie	Mills	12RSL	R	32
Alexia	Chrysostomou	12BHK	B	31
Katie	Brookman	12ODS	O	26
Ledia	Xhetani	12WTA	W	25
Raphael	Richter	12WTA	W	9
Caden	O'Brien	12OSB	O	7
Ayaan	Ali	12WTA	W	7
Aleksander	Zogu	12WTA	W	7
Maksymilian	Lewandowski	12OSB	O	6
Maria	Salamanca	12WTA	W	6

Top students in year 13:

Forename	Surname	Form	House	Points
Hollie	Burkett	13ATH	O	4
Eleanor	Rogers	13ATH	R	4
Dagi	Nyok	13CRY	W	4
Lewis	Jones	13ESM	O	4
Victoria	Velez Manco	13JBA	W	4
Khalil	Daas	13MTU	W	4
Yalcin	Maden	13MTU	O	4
Aisling	Brennan	13TDU	W	4
Jenna	Trautner	13TDU	B	4
Aisling	Ryan	13TDU	R	4
Antonia	Owusu-Ansah	13TDU	W	4



Help us fund raise for our school

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

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

Highlands School Enfield

Winchmore Hill, London

£3,565.00 raised

96 supporters

Sign up and support this cause

www.easyfundraising.org.uk

GET STARTED

How to support Highlands School Enfield

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

Support us through
easyfundraising



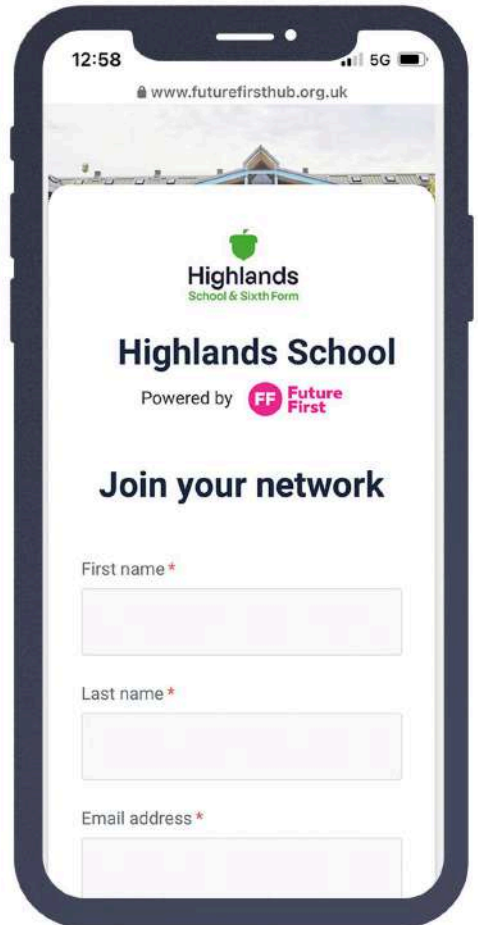
Highlands School Alumni

As a school, we want to reconnect with our former students so that we can keep in touch and let them know about volunteering opportunities that will benefit our current students. We want to show them the variety of pathways available to them after leaving Highlands School, and who better to showcase this information, than former students!

We are working with education charity Future First to set this up, and all you need to do to get involved is sign up here: [Highlands School Alumni](https://www.futurefirsthub.org.uk) or alternatively scan the QR code below.

More information is on our [website](#) and if you have any questions please contact our Alumni Programme Manager at Future First: Tara Human – tara.human@futurefirst.org.uk

#HighlandsAlumni



Former student?

Return to Highlands School to inform our current students about what life beyond school is really like.

Sign up to our former student network to receive news, updates and invites to events.

Once you're signed up there is no obligation to volunteer, you can get involved around your availability.





Student medical needs

If your child needs to take regular medication in school, please fill out the following [Medicines Consent Form](#) to give the school consent to administer medication to your child. All medications that are kept in school must be stored in the medical room. We recently sent out a [medical and allergy survey](#) to all parents - thank you to all those who have completed this - if you haven't already done so, please can this be completed as soon as possible so we can update our records.

Mental health

We are continuously working hard to improve our understanding as a community of mental health, to enable us to provide the best possible outcomes for the young people in our lives. If you are ever concerned that your child is at risk due to very poor mental health please inform the school. You can also contact one of these numbers to seek support from a specialist. The Crisis line is there to offer guidance if your child may be having suicidal thoughts and is possibly in immediate danger. If you do ever find yourself in a position where you need to use these resources for your child, please make the school aware so we can provide appropriate support within school for your child.

Urgent mental health support - 24/7 crisis lines

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

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

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

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

Urgent and other support available

shout 85258

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

SAMARITANS

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

Crisis Tools

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

PAPYRUS

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

childline

ONLINE, ON THE PHONE, ANYTIME

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

Good Thinking

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

THE MIX

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

Beat

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

Kooth

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



Safeguarding contacts

If you are concerned about your child's wellbeing or the wellbeing of any other student at Highlands School, please contact the school on 020 8370 1100 or email the DSL at staysafe@highlearn.uk. This email address can also be used for students, parents and carers to share any safeguarding concerns or to request support.

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

Helpful numbers and websites

Childline: 0800 1111

NSPCC helpline: 0808 800 5000

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

LGBT switchboard: 0300 330 0630

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

Multi Agency Safeguarding Hub: 0300 500 80 90

Barnardos: 0800 008 7005

Talk to someone....

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

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