



Highlands School Newsletter

19 July 2024



Dear parents and carers,

The week on Thursday Willow house had their reward trip to Thorpe Park. They earned this reward by winning this year's inter house competition, narrowly beating Oak to the title. The other three houses remained on site and took part in activities, lots of which were outside in the sunshine. Thanks to Ms Jaynes and her team for organising these trips and events.

Our international trips have also been taking place. Year 12 history students went to Berlin last week and, right now, we have dozens of students in Morocco as part of our summer expedition. So far the trip is going well and we will share the photos from the trip and more information about it in a special feature newsletter in September.

Next week is the final week of the academic year. We will write to you next Wednesday with a special newsletter which sets out arrangements for the start of the next academic year in more detail than the overview below.

Key dates for this half term and the start of the next academic year:

- 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



Trip to Berlin

From 9th July to 11th July, our year 12 students embarked on an educational trip to Berlin, focusing on life in Nazi Germany, which is integral to their A Level coursework. The group visited significant historical sites, including the Reichstag building and the Memorial to the Murdered Jews of Europe. This immersive experience provided students with a deeper understanding of the historical context and the profound impact of this period, enriching their academic studies and fostering a sense of historical empathy and awareness. To learn more about their trip, read this week's [special feature newsletter](#).





Year 12 trip to the Royal Society Summer Science Exhibition

Last Wednesday a large group of year 12 chemistry students travelled into London to meet world-leading researchers from universities and science institutions across the UK at the Royal Society's annual celebration of cutting-edge science. There were over 300 passionate scientists to speak to as they unveiled the secrets behind their ground-breaking research. This year's exhibition offered excitement for all ages and interests, with a more diverse programme than ever before. There were speakers and exhibitors showing cutting-edge research and innovation, it was an interactive experience for everyone with a curious mind. This year, our students got hands-on with personal brain scanners, heard real ice core samples from Antarctica, marvelled at a chandelier made from a waste product, and learned how stem cells are revealing secrets of the embryo.

It was a really inspiring and thought provoking trip and our students were praised for their exemplary behaviour and attitude.

Mrs Smith





Here are some of their thoughts:

'I really enjoyed our visit to the Royal Society Summer Science Exhibition as it was all interesting and fascinating. I had the opportunity to be involved with the exhibits such as the 'Me, human' project, breaking down the chunks of information into a game where we had to use the tools provided to move a nut down a maze. The 'UV or not UV' exhibit was well explained and taught me the many uses of UV radiation such as sterilising equipment and forming precise lasers during surgery.' - Beriha Guven

'I really enjoyed the convention because it gave me the opportunity to explore different aspects of chemistry that I haven't come across before which was insightful. There were models of different viruses that I found to be really interesting given that it linked into my biology knowledge.' - Rania Hashim

'It was a fun, interactive experience. It's nice to see how science exists in the real world as opposed to being limited to a classroom.' - Melisa Ince

'One thing that I found intriguing about the exhibition was the 'Vaccination, a Time Machine' exhibit. I thought it was really interesting as it gave a wider understanding of how vaccines work and act as a 'time machine'. I also liked the fact that the people giving the exhibit used a model to give a real life demonstration on how booster vaccines strengthen the immune system.' - Chizara Okonkwo

'The way in which neurotech has been engineered to work with infrared scanners in order to detect levels of focus over your baseline levels of focus was especially fascinating to talk about and try out first hand. The models for what future vaccines may look like was also particularly intriguing.' - Sila Usta

'The most interesting part of the exhibition was learning about things I never knew before. I never knew that UV light could be used to cut away unwanted cells like brain tumors, without harming the surrounding healthy tissue. I learnt about this at the 'UV or not UV' stand. I was grateful that I was able to enhance my scientific knowledge with this amazing opportunity and hopefully will get the chance to visit again.' - Ilana Tanwie

'I found the summer exhibition really interesting. I tried out a brain scanner which measured how long I can focus without getting distracted, I found that intriguing.' - Emmelina Kouretta



Thorpe Park

Willow House, recently crowned House Champions 2024, enjoyed an exhilarating school trip to Thorpe Park as their well-deserved reward. The students reveled in the park's thrilling rides and attractions, making unforgettable memories together.



Onsite activities

Students from Rowan, Oak, and Beech houses who didn't go to Thorpe Park enjoyed a variety of engaging onsite activities. They participated in a quiz that tested their general knowledge and took part in energetic sporting activities such as dodgeball, end zone and capture the flag.

Additionally, they showcased their creativity in a design activity where they were challenged to create their own cereal box or new electric car, making for a well-rounded and fun-filled day.





We Don't Talk Anymore

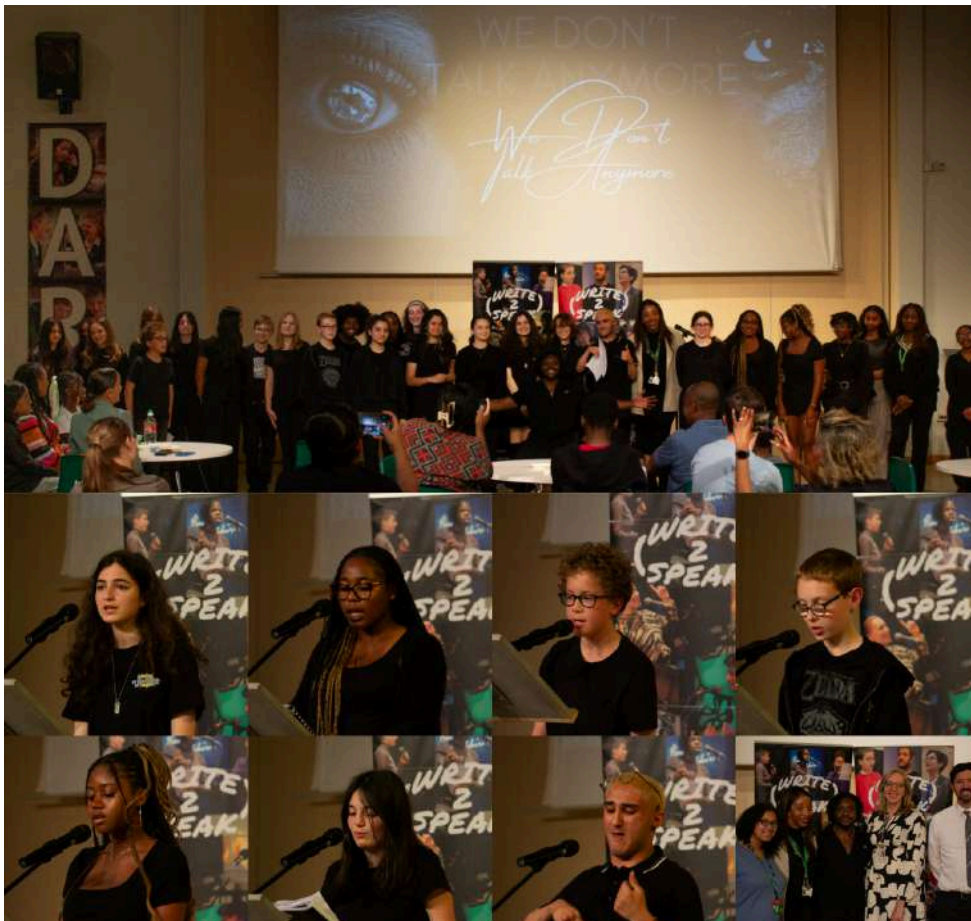
On Monday, 15th July, staff, friends and family witnessed an extraordinary evening where 30 of our students took to the stage to perform powerful pieces of spoken word poetry centered around the crucial theme of mental health. The "We Don't Talk Anymore" project culminated in a special event that showcased the voices of our talented students, offering profound insights into their personal journeys with mental wellbeing.

Over the past seven weeks, these young poets have poured their hearts into creating a collection of poems that reveal their deepest experiences, struggles, and triumphs related to mental health. This project has not only fostered a safe space for self-expression but also equipped students with spoken-word tools that they can carry into their daily lives.

Each performance was a testament to the students' courage and creativity, reflecting their unique perspectives on mental health. The evening's content was both powerful and evocative, encouraging the audience to reflect deeply on the issues raised.

The "We Don't Talk Anymore" project has been a remarkable journey of empowerment and expression, highlighting the importance of mental health awareness. Thank you to everyone who joined us in celebrating these brave student voices and their contributions to the conversation on mental wellbeing.

Ms Maple





Sixth form practice expedition for the Silver Duke of Edinburgh Award

On Friday 12th July, eight sixth form students set off in the school minibus for their Duke of Edinburgh Silver Award practice expedition. To get to this point they had already been working to complete the volunteering, physical and skills sections of the award. Now they faced the challenge of working as a team to learn how to complete a self-sufficient expedition. This would see them hiking and camping in the Chiltern Hills for three days. Luckily, we were blessed with enough sunshine to show off this area of outstanding natural beauty, without having to struggle through excessive heat or rain.

For this expedition, we teamed up with staff and students from Winchmore High School and the great instructors from Aim High. On the first day the students worked with the instructors to practise hiking, navigating, setting up camp and cooking on camp stoves. Then they were ready to do it for themselves. Starting from Chesham and with minimal support or intervention, the students successfully trekked throughout the weekend to their pickup point in Berkhamsted, camping on Saturday night at a campsite overlooked by the stunning Ivinghoe Beacon.

The students met the challenges and difficulties they faced with determination and resilience. They showed great respect for the countryside and those they were sharing it with, reflecting the school's values and aspirations. They were a pleasure to work with and excellent role models. They returned to school on Sunday tired and weary, but pleased to have successfully completed the challenge, and ready for the final assessment expedition in September.

A big thank you to Mrs Walters for all her work organising the trip for the students and supporting them with completing their Silver Duke of Edinburgh Award.

Mr Bradford





Duke of Edinburgh's award bronze training expedition

From Monday to Wednesday this week 62 year 10 students went on their bronze training expedition. They spent the first day at Herts Young Mariners Base learning how to use a map and plan a route as well as how to pitch a tent and use a camping stove. Then the torrential rain came, needless to say it was a very soggy night! On Tuesday the group packed up camp and put the skills they had learnt into practice as they walked with their expedition leader up into Epping forest where they enjoyed a drier night at Fairmead scout camp. On the final day the challenge was to navigate a route independently whilst being remotely supervised by the staff team. Some teams found this challenging getting lost at times but all groups successfully made it to the finish line.

Well done to this bronze cohort who have all successfully completed their training and will complete their assessment expedition on 7th-8th September.

Mrs Walters





Informative business talk from Dr. Elizabeth Babafemi

Year 12 students had the exciting opportunity to have an informative talk from Dr. Elizabeth Babafemi, senior lecturer from the University of Hertfordshire.

As one of the largest, most progressive business schools in the UK, Hertfordshire Business School offers several degrees including accounting, business analytics and systems, economics, human resources, marketing, strategy and tourism, hospitality and events management.

The session highlighted the diverse range of careers available to business graduates, from finance and marketing to entrepreneurship and management but also focused on how a business degree equips students with essential skills such as strategic thinking, leadership, and problem-solving, which are highly valued across various industries.

Students also learned about the university's strong industry connections and the practical experiences offered through internships and work placements, which significantly enhance employability. The talk concluded with a Q&A session, allowing students to ask specific questions and gain further clarity on their career aspirations.

This engaging session has undoubtedly inspired many of our year 12 students to consider the exciting possibilities that a business degree can offer. We extend our thanks to the University of Hertfordshire for their valuable contribution to our students' career planning.

Mrs Halil





International Women in Engineering Day conference - CBRE



Great strides have been made towards building equality in the workplace and yet, statistics show STEM still has a long way to go globally, with only 26% women. For International Women in Engineering Day (INWED) 30 of our year 8 and 9 pupils attended a conference hosted by CBRE to open the doors of careers in engineering to young aspiring women.

CBRE is a global leader in commercial real estate services and investments. With services, insights and data that span every dimension of the industry, they create solutions for clients of every size, in every sector and across every geography.

They work in a sustainable, environmentally focused approach recognising the responsibility and the opportunity to influence the way buildings are built, sourced, managed, occupied and sold.

This event was an example of a real life STEM workplace for the young women to explore, meet employees and talk to them about their careers and real life problems that they are tackling in the world of STEM. This event was aligned with the Gatsby Benchmarking, specifically: Encounters with employers and employees & Experiences of workplaces.

The day began with a warm welcome from the team at CBRE, both in person and online. The excitement was palpable among the pupils as they anticipated the activities ahead.

Interactive STEM ice-breaker

The activities kicked off with a fun and engaging STEM activity. Working in teams, the pupils tackled real-life STEM challenges, which served as a fantastic ice-breaker and set the tone for a collaborative day.



Insightful interviews

Next, the pupils split into small groups and had the unique opportunity to interview three CBRE employees about their work. This was a highlight for many, as they gained firsthand insights into various roles within the company. After the interviews, each group summarised the key points and shared their reflections, sparking interesting discussions among the participants.

Office tour

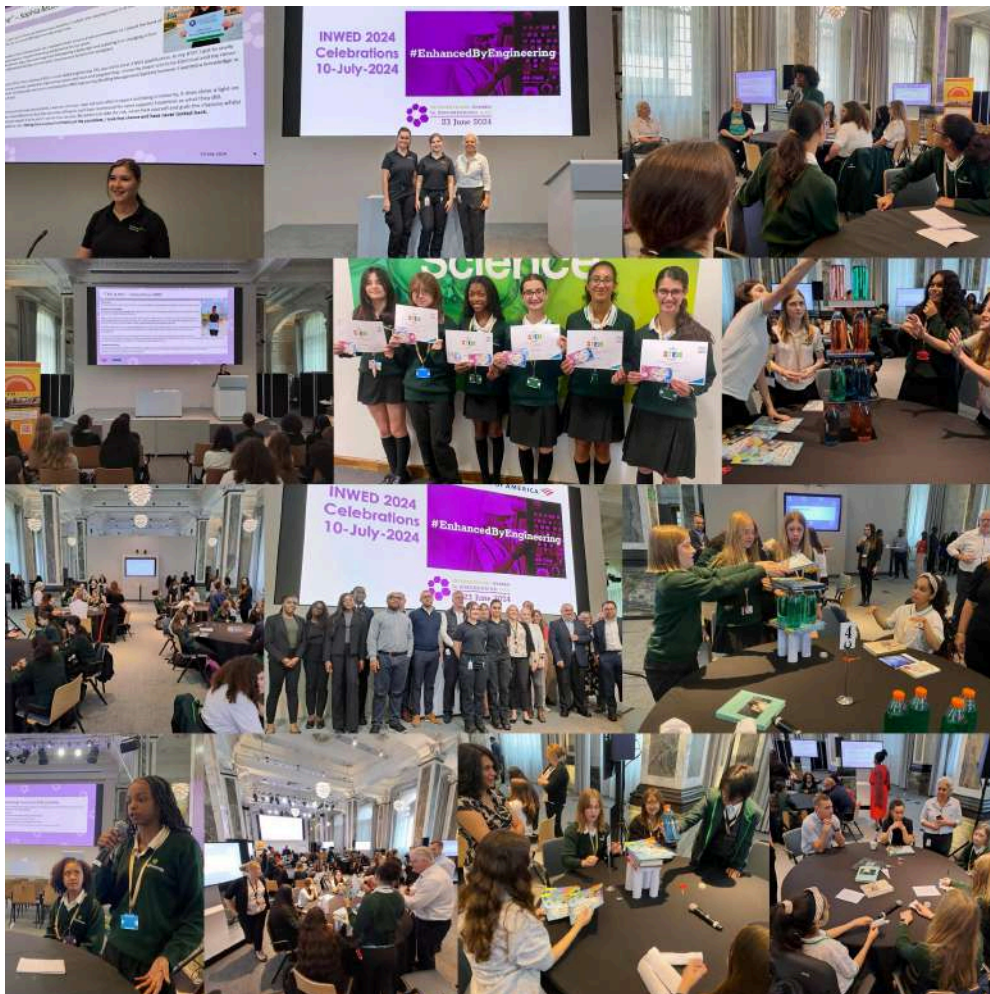
The tour of the CBRE offices was both informative and inspiring. The pupils got a real sense of what a working environment looks like and met several employees along the way. It was fascinating for them to see how the theories they learn in school are applied in the workplace.

Hands-on STEM challenges

In the afternoon, there was an option to dive into a second hands-on STEMAZING activity or tackle a real-life STEM problem posed by CBRE. Working in teams, the pupils brainstormed solutions, sketched concepts, and created posters to present their ideas. This challenge was not only fun but also gave them a taste of solving real-world problems.

Lunch and Reflections

A well-deserved lunch break provided the pupils with a chance to relax and chat about their experiences. The day concluded with everyone filling out feedback forms, reflecting on what they had learned and how they had grown throughout the day.





'I really enjoyed the conference as it gave me a clear understanding of what an engineer does and how they work. I particularly enjoyed doing the 'interviews' with the people who worked as engineers. I felt it gave me an insight of what a role in engineering entails and how you can benefit in many ways from working in that field. I also felt that the building exercise was really fun too and it was puzzling to think of the reasons why the circular pillars held more weight than the triangular pillars. Overall, I believe the day was full of learning and excitement while also letting my curious side take charge and allow me to question everything I wanted to.'

- April Clydesdale (8RBW)

'There was an icebreaker activity at the start where we made two different structures which had to hold the weight of books, water bottles, etc. Each time a member in my group added another item on top, we got anxious in an excited way as we couldn't wait to see what would happen. When the structure finally crumpled under the weight of the items, we laughed. It was really fun!!' - Elis Cristóvão (9WCM)

'It was an excellent experience that I would definitely do again. It taught me more about different fields in engineering and gave me more of an insight into new roles. I loved the activities that we got to participate in especially the one where we got to build the towers with the bottles, paper and books. It was an amazing opportunity that has inspired me and encouraged me to consider jobs in other fields.' - Annika Trivedi (8WNK)

'For me, one of the highlights of the conference was the career carousel. We got to listen to lots of experienced engineers, working in different fields. This gave me insight about many different aspects of the field of engineering and I learned a variety of new information! Another highlight of the day was the STEM activity. We needed to logically and strategically place items on top of different columns and test which shaped columns could withstand more weight. It was fun and we worked collaboratively. Overall, the entire conference was very insightful, inspirational and informative!' - Estelle Shopova (9BLM)

Overall, the visit to CBRE was an enriching experience that left the pupils inspired and more knowledgeable about the world of STEM and the various career opportunities it offers.

Dr Len





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.

- **Selina Ramadan 12RCW, Macy Mcghan 12RSL, Neriah Muhelele 12OSB, Kadeejah Cabey 12WBS, Amy Rhatigan 12ODS, Ethan Morgan 12BJT and Izi Kennedy 12RSL:** Awarded for being an excellent helper on sports day.
- **Mason Newton 10WDD, Hamza Kasami 10OKK, Elise Soon 10WTH and Isla Kirkland 10RNC:** Awarded for outstanding levels of professionalism, enthusiasm and engagement during their work experience.
- **Bana Tahsen 9BLM and Omyur Karadzova 9BLM:** Awarded for their work in Science this term. They have shown DARE values and worked extremely hard.
- **Gracie Mae Ticehurst 11OGA and Rhea Mehta 12RSL:** Awarded for their assistance with first aid at sports day.
- **Sophia Smith 8RBW:** Awarded for her commitment to learning.
- **Lois Anosike 9WCM, Nea Petritaj 8WNK, Anaiya Dhaliwal 8WNK, Yesim Hussein 9ODC, Lucy Kyriacou 9RNB, Elis Cristovao 9WCM and George Robinson 9WCM:** Awarded for their outstanding contribution to the Athletics club and representing the school at Borough championships.
- **Madiha Yahya 9OSM, Alara Ucar 8OFD, Selam Taye 12OSB, Ilana Tanwie 12OSB, Leyla Suleyman 8RBW, Melisa Spahia 9BYC, Freddie Smith 7BEF, Ahura Sedaghat 12RSL, Lucie Sadler 8BJF, Henry Plume 7WMT, Tiah Patel 7RJG, Chizara Okonkwo 12WTA, Neriah Muhelele 12OSB, Nicole Martins Cisneiros 8OSQ, Evelina Litviniuc 10WDD, Jenna Johal 8OSQ, Jannaya Jigge-Takyi 12WBS, Syerah Islam 7WSW, Kimmi Hall 7WSW, Parla Ghanipour 10OAB, Sakura Daley 10OKK, Sheryce Crow 10BJC, Betsy Coneywood 7OJT, James Butcher 9OSM, Lexi Bedworth 8OFD, India Barron 8BJF, Isabel Antoniou 8BAM, Lois Anosike 9WCM, Kadeejah Cabey 12WBS and Elis Cristovao 9WCM:** Awarded for their fantastic contribution and participation in the 'We Don't Talk Anymore' project.





Stitch superstar!

Emily Pereira, a vibrant and talented year 9 student, has recently been featured in Crochet Now magazine as a Stitch Superstar!

Her exceptional skills and creativity shine through in the wonderful items she crafts, ranging from intricate blankets to stylish accessories. How amazing!

Well done Emily!



Year 7 BBQ

With thanks to all of the Highlands Parents and Friends Association (HPFA) - as well as the staff - for all their very hard work in organising the year 7 BBQ last week. We had over 500 people attending. Many of our current year 7s met the new year 7 intake who will be joining us in September. It was an extremely successful event, raising a total of £804.



Results days

GCSE & BTEC Level 1 & 2 results - Thursday 22nd August 2024

Year 11 results will be available for collection at school on **22nd August 2024**. Students should arrive at the following times and line up on the concourse before entering the building to collect their results.

- **10.00am Beech house**
- **10.30am Willow house**
- **11.00am Oak house**
- **11.30am Rowan house**

They will be given an envelope containing their results and a letter letting them know whether they have a confirmed place at Highlands School's Sixth Form. Pre-ordered year books and leavers' hoodies will also be available for collection. Results will be available online later on in the day.

Year 10 students will be able to access their results via the My Child At School app from 10am. Students in year 10 should only come on site if they have accessed their result via MCAS and require the additional face-to-face support of a member of staff.

Highlands School's Sixth Form enrolment day will also take place on **Thursday 22nd August** from **10am**. After students have collected their results they will have a progression interview with a member of SLT or the sixth form team about their next steps and enrolment. If your child is unable to enrol on that day then you will need to email the sixth form team on sixthform@highlearn.uk to advise us, so your sixth form enrolment and choices can be discussed. Year 12 students will be returning to school on Tuesday 3rd September.

Information will be provided about the first day and induction process during the enrolment process. We appreciate that some students may prefer to open their envelopes at home so there will still be an opportunity for these students to speak to a member of staff about their sixth form decision-making process the following day. For this reason, Highlands School's Sixth Form enrolment will also be taking place from 9- 10am, **Friday 23rd August 2024**. Ms Hutchinson will also be available if students wish to speak to her.

[Post-results services](#)

[Understanding results and grades: a guide for students, parents and carers](#)



A Level & BTEC Level 3 results - Thursday 15 August 2024, 8:30am

On **Thursday 15th August** the school will be open from **8.30am** for students to pick up their A Level and BTEC results. Results will also be available electronically at **8am** on 'student portal' (bromcomvle.com) to give students an opportunity to view their results from home and to contact universities as soon as possible, should they need to.

Once students have collected their results from the hall, members of staff will be available to offer support in the canteen. If students do not need any support following the collection of their results, they will be asked to leave the site. This will include support with UCAS and results support.

UCAS Track will go live at **8:00am** on results day. Here students will be able to see whether they have met the conditions of their university offer. There is a lot of information on the UCAS website, but support will be on hand with this.

Essentially, UCAS Track will show one of five outcomes:

1. Firm offer is now confirmed as a place
2. Insurance offer is now confirmed as a place
3. The university have not yet decided (in which case I advise to call them)
4. A place has not been secured which means students are eligible to go into clearing. In this case students need to follow UCAS track guidance and start exploring which universities have clearing places.
5. Students have exceeded the conditions of the offer and can choose to use the 'Adjustment' process on UCAS to search for a course which has higher entry requirements than the course they have applied to.

If students are unhappy with the place they have confirmed, they can decline the place and voluntarily go into clearing. Members of staff will be available to support during this process.

If they now wish to take a gap year, they can ring or write to the university and ask them to defer the place for a year; or they can just withdraw from UCAS and re-apply in the next cycle.

If you have any questions before or after results day, please email sixthform@highlearn.uk and a member of the sixth form team will be in contact with you. We hope to see every student on results day and we hope that the outlined system for collection gives you the confidence to attend this celebratory moment. Please note that students will only be allowed to collect their results on site.

[Post-results services](#)

[Understanding results and grades: a guide for students, parents and carers](#)

If you have any queries regarding your results, please either call or email the Exams officer: Mrs C Bell
tel: 0208 370 1182 email: bellc@highlearn.uk



Matilda photos available for purchase

Capture the magic of Matilda! Following the spectacular production, photos of the show are now available for purchase, allowing you to relive your child's unforgettable performance. Don't miss the opportunity to cherish these special moments forever. Additionally, the full video recording will be available for purchase in September, with more details to follow soon.

Head over to www.pics4events.com and enter the codes below for the relevant galleries

Thursday Day 1 : 23875-01671

Friday day 2 : 23875-90217



Activities in Enfield over the summer holiday

There are some wonderful activities to keep students busy over the summer.

Click [here](#) to view a summer activities programme for Enfield.

Here is also a [Summer Programme](#) of fun and activities for the whole family this summer.

Families can book activities on the Enjoy Enfield website: [Enfield Summer Events and Activities](#).





HAF Enfield Summer 2024

29th July - 30th August

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

Ages Reception to Year 11

Arts & Crafts

Get Active

Free nutritious meals

Plus much much more!

Cooking

Day Trips

Funded by
 Department for Education

www.enfield.gov.uk/services/children-and-education/holiday-activity-and-food-programmes#haf-programme



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
 Register now: www.youthenfield.taptub.co.uk/summeruni24



APF ACTIVITY CAMPS (HAF)

At APF Activity Camps, your child will make friends, try new activities, and have a blast!



SPORTS

Dodgeball, Basketball, Football Rounders, Rugby, Athletics, Rackets



ARTS AND CRAFTS

Face Painting, Craft, Painting, Drawing, Colouring

ADVENTURE AND TEAM BUILDING

Archery, Electric Go-karts, Splatball, Water Games, Scooters, Giant Snakes and Ladders, Dominoes

www.apfactivitycamps.org




Summer Camp AGES 4-16

At APF Activity Camps, your child will make friends, try new activities, and have a blast!



From sports, arts and crafts, archery, electric go-karts, sumo suits, and giant inflatables, you can rest assured that your child will never be bored!

Locations:

Brigadier Community Hall
 Enfield, EN2 ONL
 29th July-19th August
 9am-1pm
 +
 1.30pm-5.30pm (SEND)
 AGES 4-14

Memorial Hall Community Centre
 Enfield N9 9QP
 8th-30th August
 10am-2pm
 +
 2.15pm-6.15pm (SEND)
 AGES 4-16

If eligible, you will receive a code from the council and a link to book

OR CONTACT US FOR MORE INFORMATION:
support@apfactivitycamps.com 07555748776





Summer Health Checks

A Reminder For Parents & Carers

As we are all aware the summer holidays are approaching, less than 1 week away!
Summer holidays are an ideal time to catch up on the essential health check-ups for your children.

Dental

All children should have a regular check-up. The dentist will advise how often, depending on how good your child's oral health is. A check-up allows the dentist to see if your child has any dental problems and helps keep the mouth healthy. NHS dental care for children is free.

Brush teeth twice daily for about 2 minutes – last thing at night before bed and once during the day with fluoride toothpaste to help prevent and control tooth decay. Do not rinse after brushing, just spit out. If you rinse, the fluoride won't work as well.

Asthma

If your child has a diagnosis of asthma, an annual asthma review with your asthma nurse or GP is very important.

The review is a routine appointment where your child will be examined to ensure that they are being prescribed the correct medication to keep the asthma attacks under control.

You are also able to talk about your child's asthma and ask questions i.e., symptoms, triggers and medicines. You can also talk about asthma attacks and how to reduce them.

Immunisations

If your child is of school age, please contact *The School Aged Immunisation Service*.

The School Aged Immunisation Service administer vaccinations in schools and hold catch up clinics for children who have missed any immunisations.

Pre-School Boosters contact GP
Flu (rec to yr 11) in school & catch-up clinics
HPV & MMR (yr 8) in school and catch-up clinics
MEN ACWY, Diphtheria, Polio, Tetanus (yr 9) in school and catch-up clinics

☎ 020 4553 3890
✉ northmid.enfieldimmunisationTeam@nhs.net

Vision

Free NHS sight tests are available at Opticians for children under the age of 16 years and for young people under 19 in fulltime education.

Eye checks are important. Children may not realise they have a vision problem, so without routine tests, there is a risk a problem may not be spotted. This may affect their development & education.

If you require any further information or support from the **Enfield School Nursing Team**, you can contact them on:

☎ 020 3988 7300
✉ northmid.cedarsn@nhs.net

www.northmid.nhs.uk/school-health





strengthening families strengthening communities

Programme for Parents/Carers

Strengthening Families, Strengthening Communities (SFSC)

is a 13-week inclusive evidence-based parenting programme for all parents and carers of children aged 0-18.

The programme will help parents/carers think about how their experiences, culture, upbringing, and family background have influenced their parenting style.

It will also help parents/carers answer some important parenting questions, such as:

- How do I build a better relationship with my child?
- How can I motivate my child to try their best at school?
- How do I encourage my teenager to make better decisions?
- How do I put boundaries in place with my child?
- How do I connect with the wider communities and services in my area?

Who is it for? All parents/carers of any ethnic and faith background

How long? 13 weeks - each week you attend a 3-hour session in person

When? Wednesdays, 18 September to 18 December 2024

What time? 9:45am to 12:45pm

Where? Craig Park Youth and Family Hub, 2 Lawrence Road, N18 2HN

How to Book?
[Strengthening Families, Strengthening Communities Programme](#) or scan QR code



The programme ends with a celebration and certificates award ceremony.



Accredited by



www.enfield.gov.uk





Help us fund raise for our school

Did you know when you sign up to **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

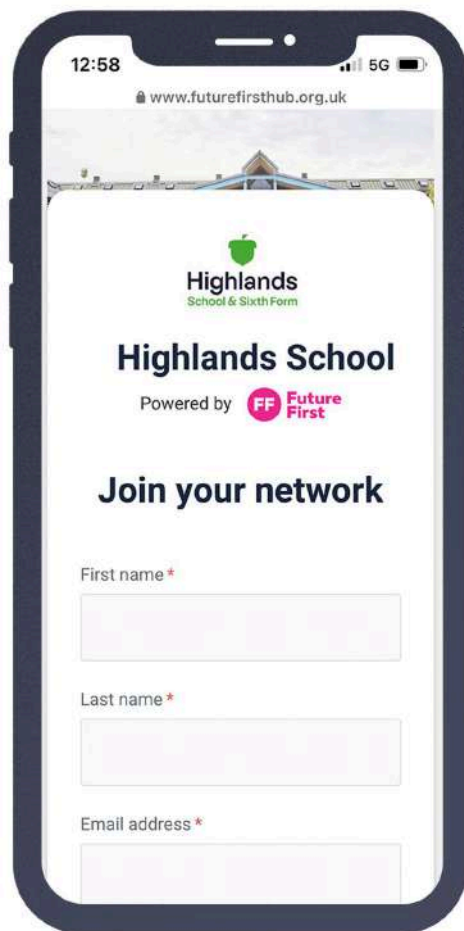


Former student?

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

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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