



# Highlands School Newsletter

23 February 2024



Dear parents and carers,

In the photographs at the top of today's newsletter you can see students from Rowan and Beech houses presenting their cheques to the charities that they raised money for last year. Each year each house chooses a charity to raise money. Between Beech and Rowan they raised over £1,500 for charity. Willow and Oak will present their charities with their cheques soon.

On Friday 8th March I am quizmaster at the HPFA quiz night. I hope lots of you will join us for an evening of general knowledge, fun and prizes. To find out more about the event and sign up read page 21.

We took year 11 students to Oxford University this week and year 12 students to Cambridge. We have a comprehensive programme of careers and guidance at school, this involves professionals coming in from the workplace to meet our students, visits from our students to industry, and preparing our students for applications to universities. Over the last four years we have supported students to gain places at Oxbridge and at other prestigious universities and colleges and we will do the same for students currently in Key Stage 4 and 5.

I want to draw your attention to some serious online behaviours that we became aware of this week at school. I am doing this as we believe in the principle of prevention before sanction and I want you to talk with and / or review your child's social media use to keep them safe. At the start of this week we were made aware by students that there were social media accounts owned by students from Highlands that were publishing photographs of staff members, either edited or accompanied with unpleasant and, in some cases, highly offensive comments. Our behaviour team identified the students who set up the accounts and they have been suspended from school. Students who contributed to the accounts will also be sanctioned. We will also speak with all students following these accounts.



I would like you to speak with your children and also review their social media accounts and make sure they are not following any accounts that engage in offensive behaviour towards anyone, be it Highlands students, Highlands staff, or anyone else. Social media use is subject to the school's behaviour policy and if students set up, contribute to or follow such accounts it will be taken very seriously.

A reminder of important dates for your diaries:

- Wednesday 28th February: year 7 parents' evening
- Friday 8th March: HPFA quiz night
- Wednesday 13th March: year 10 parents' evening
- Wednesday 20th March: year 12 parents' evening
- Thursday 28th March: last day of spring term, student dismissed at midday
- Monday 15th April: start of summer term

Have a great weekend,

Mr McInerney  
Headteacher

## Year 7 and 8 homework club

The year 7 survey and feedback from both students and parents/carers stated that a daily homework club would be beneficial to all students.

<b>When</b>	Monday, Tuesday, Thursday and Friday - excluding wednesdays due to year 7 and 8s attending Ed-Extra  3.15 pm- 4 pm
<b>Where</b>	Design and technology computer area - opposite maths corridor.
<b>Who</b>	Students do not need to sign up to this club as it will be a drop-in session as and when they need additional time, support or a quiet space to complete work.

Mrs Jeynes



## Headteacher award

It is with immense pride and joy that we celebrate the exceptional achievements of our students as we honour the recipients of this week's prestigious headteacher award. An award that is presented to nominated students who exemplify dedication, hard work and excellence.

This week, the headteacher award is proudly presented to the following students.

- **Avril Brown 9RTC:** Awarded for completing their word study in Lexia.
- **Keren Mayudi 11WER:** Awarded for going above and beyond, encouraging and helping peers in Food preparation and nutrition and showing excellent problem solving skills.
- **Niamh McDonnell 10RNC, Selma Tivnann 11BRD, Mia Rosen 11OMK, Oscar Tivnann 12OSB, Izzy Codling 12RSL, Jamie Atkinson 7BLR, Aston Lyle 7RAS, Marianne Smith 7WSW, Millie Huetson Varnava 9BYC and Lily Howard 9RTC:** Awarded for successfully completing the Middlesex schools' cross country.
- **Danny Kruja 10BNI, Polina Zaiat 10BNI, Yaqoob Sediq 10OAB, Nellie Eaves Baker 10OAB, Nick Agyeman-Duah 10RNC, Caiden Paterson-Mckenzie 10WDD, Georgia Georgiou 10WDD, Deniz Gun 10WTH and Baran Byndor 10WTH:** Awarded for their excellent contributions to debate on international law in GCSE citizenship.
- **Darcy Smethurst 9BYC, Raina Rrodhe 9WCM, Christina Hajilambi 9WCM, Sophie Jones 9BLM and Lily Theodorou 9BLM:** Awarded for their exceptional collage work on portraying the differences between WWI and the 'roaring twenties' in America.





## Southgate Mosque Food Bank

On Monday 19th February, Beech house and Social action captains met Farrah from Southgate Mosque Food Bank. Farrah spoke with our students about how Southgate Mosque serves as a vital hub for community outreach and support, including running a food bank initiative aimed at combating hunger and supporting the local community. We are so grateful that our school representatives from Beech and the Social action captains had the privilege of meeting with Farrah of Southgate Mosque to learn about their incredible efforts.



Beech house is proud to announce that they have raised £807.74 in support of the food bank initiative. This generous contribution reflects the commitment of both parents and the wider community to making a positive difference in the lives of others. Moreover, the opportunity for continued donations and volunteerism remains open to all who wish to contribute further.





The food bank operates every Monday, including holidays, from 10:30am to 12:30pm at Southgate House, located at High Street, Southgate, N14 6BS. The location's entrance is conveniently situated next to Durants School, directly opposite Barnet and Southgate College. Residents from specific postcodes within the area (N9, N10, N11, N12, N13, N14, N18, N20, N21, N22, EN2, EN4) are eligible for support, and registration requires proof of address and photo ID.

One of the remarkable aspects of Southgate Mosque's Food Bank is its inclusive and accessible nature; no vouchers or formal approval processes are necessary to receive assistance. This community-driven initiative prioritises the needs of individuals and families, ensuring that support is readily available to those in need.

For those interested in supporting the Food Bank, there are various avenues available:

- **Donating items:** Food, toiletries, and cleaning items are gratefully accepted. Donations can be dropped off every Friday from 12:30 pm to 1:30 pm and every Monday from 9 am to 12:30 pm.
- **Monetary donations:** Financial contributions are utilised to purchase essential items and sustain the food bank's operations. Every pound donated goes directly towards aiding individuals and families facing food insecurity.

Supporting the food bank at Southgate Mosque is a tangible way to make a meaningful impact within the local community. For any enquiries or further information, individuals are encouraged to reach out via phone at 07709 032811.

In conclusion, Beech extends heartfelt gratitude to Southgate Mosque for their unwavering dedication to serving others. Together, through collaborative efforts and ongoing support, we can continue to address food insecurity, foster community resilience, and create a brighter future for all. Thank you for your commitment to making a difference. Read about their full year progress [here](#).





## The Felix Project

Highlands School social action team and Rowan house council recently had the privilege of meeting Dan Shaw from The Felix Project, an organisation dedicated to rescuing surplus food from the food industry to combat both hunger and food waste.

The Felix Project collects high-quality and nutritious food, including fresh fruits and vegetables, baked goods, salads, meat, and fish, from over 539 suppliers, ranging from supermarkets to farms. This food would otherwise go to waste but instead is sorted and delivered to nearly 1,000 frontline charities, primary schools, and holiday programmes in London. Read more about The Felix Project [here](#).

The impact of The Felix Project's work is profound, ensuring that food reaches vulnerable populations, including the homeless, individuals with mental health challenges, and those who struggle financially to access regular, healthy meals. The commitment of Rowan House to support The Felix Project and raise necessary funds reflects a commendable dedication to addressing both food insecurity and environmental sustainability. Through their partnership, they are making a tangible difference in the lives of those in need while also contributing to the reduction of food waste.

Kudos to Rowan House for their admirable efforts in raising £615.29 and supporting such a vital cause.





## Malorie Blackman - live Q&A

This week, we hosted a live stream event featuring Malorie Blackman, which was broadcasted to our year 8 students. The event was highly successful, and the feedback from the students was overwhelmingly positive.



## Poetry By Heart competition

English is running an in-school competition for Poetry By Heart, the winners of which will have their performances sent to Poetry By Heart with a chance of performing in the final, 1st July, at Shakespeare's Globe!

Reasons to compete:

- It's seriously good fun
- Practise your speaking skills
- Boost your confidence
- Enjoy and explore great poems
- Develop your memory skills
- Learn how poems work
- Join in with others
- Gain a certificate

And a chance of being selected to perform at Shakespeare's Globe, London on 1<sup>st</sup> July 2024.

There is no application process required - simply attend:

E4 if you are in years 7, 8 & 9, or

E9 if you are in years 10 & 11 during breaktime on Monday, Wednesday or Thursday.



## NHS Work experience

Healthcare work experience is crucial if you'd like to work in medicine or healthcare. However, getting GP clinic or hospital work placement is also in high demand. As a school we have been extremely fortunate to partner with Chase Farm Hospital who have offered us a number of placements for students to apply for.

In the upcoming months, twenty aspiring medics in year 12 will be taking part in a week's work experience in the Theatre Department at Chase Farm Hospital following their successful applications.

The first two students took part in this during February half-term, where they had a chance to see what the job is really like under full supervision and guidance of a supervisor.

They got to observe and participate in different aspects of intra-operative patient care: including the Day Surgery Unit, Anaesthetics & Theatres and Recovery. They met with the surgical teams, nurses and radiographers.

Congratulations to Isabella Raigosa and Szymon Pasierowski in leading the way for the next set of students that will take part during the Easter break and thank you to the staff of Chase Farm Hospital for this amazing opportunity.



Isabella Raigosa



Szymon Pasierowski

*"I enjoyed my work experience very much as there were a lot of things to do, and a variety of areas to shadow. The professionals are very passionate about their jobs and always willing to talk to us students and show us around the ward, and explain the procedure of how a patient's care plan is decided. We even got to wear the scrubs!"*





## Inspirational Visit - St Peter's College - Oxford University

On Tuesday 20th February, a group of 28 high attaining year 11 students had the privilege to attend a campus visit to St Peter's College at Oxford University for a taste of what it would be like to study there.



Students were introduced to university by exploring what it's like to study at Oxford, and what Oxford are looking for in a prospective student. This was followed by a question and answer session with current undergraduate students, a tour of the campus, including the notorious library, Masters common room and lunch in the prestigious dining hall. The day ended with students taking part in academic taster sessions on 'Neuroscience' and an introduction to 'Medieval English literature' where students got to learn how to read and speak in old English. The students said that the day had broadened their horizons and saw the opportunities which are available to them.



Here is feedback from the students that visited.

***"I gained a real insight into life at Oxford and feel motivated to consider this as a real possibility for my future study."***

***"I was given the opportunity to visit Oxford University, an unforgettable experience. We toured the campus and were told about student life by a current student. The experience was inspiring and allowed me to believe that Oxford University is a dream that is now attainable. I am extremely grateful for the opportunity."***

***"The experience was well worth it. We walked around St Peter's College and a short walk around Oxford which I was blown away by how it looked, it seemed to be a very welcome, inclusive environment. Talking to our tour guides and academic tutor really helped me gain a better understanding of what it's like to be a student, and how if I worked hard enough and really tried, I could maybe get there too."***

## Inspiring Alumni return for a careers carousel and debating workshop

On Wednesday 21st February, a number of year 9 students had the opportunity to take part in a Future First workshop which consisted of an Alumni carousel, transferable skills discussion and a debate task.

Students were joined by four of Highland's alumni volunteers from a range of different backgrounds, pathways, and careers. They shared their personal experiences during a careers carousel activity, where students could ask questions about their job or their pathways. Not all of them had a linear journey and were able to demonstrate how you can still find success if you're not sure what you want to do, or you change your mind later down the line.

The feedback from this workshop was very positive and the event was a great success. Well done to the year 9 students who were commended by Future First for being exceptionally impressive with their mature engagement and excellent debating skills - we definitely have some future leaders in the making!

***"It was really exciting to meet with alumni who had been previous students at Highlands. I was able to consider the various skills required in each career and how I might develop these in the future, both in and out of school."***



***"I learnt that although grades are important, it is just as vital to have the right balance - good grades, transferable skills and experience of work to make you stand out from the crowd."***

***"It was so informative and eye-opening to see the many and varied career paths people have chosen. Maybe one day I'll be back here doing the same thing!"***

A great big thank you to our alumni, Anthony Bryan - paralympic champion winning 2 gold medals at Para World Games, Anne Chapman - graduate surveyor for CBRE UK, Fanoulla Pallikaros - Senior social media executive for UK & Europe at TCS, Candace Williams - studying human sciences at Oxford University in her final year and Tara Human of Future First for delivering the workshop.



Alumni are vital to schools and their pupils as career role models, mentors, specialist in-curriculum volunteers, work-related experience providers, governors and sponsors. Our alumni community has grown into a rich network of members in every field imaginable, across the last year since we first launched it.

If you are a former Highlands student and have advice, support and guidance you wish to offer to the new generation of Highland's students, – or simply wish to reconnect with your peer group – why not join our network of alumni? Should you know anyone else who attended our school, whether they are your children, neighbours, friends or their children, or if you are still in touch with former pupils, please send them this link and ask them to sign up: [Highlands School Alumni](#)



## Newnham College, Cambridge University Visit

On Thursday 22nd February, a small group of 12 year students visited Newnham College, Cambridge University, following their application to attend.

Newnham College was founded 150 years ago with the belief that education is for everyone, and they remain committed to increasing access to higher education in general, and to the University of Cambridge in particular.

The day consisted of a range of interactive sessions, a question and answer session with current students, a tour of college, and the opportunity for students to ask questions.



## GCSE Dance workshop

Our GCSE dance students were incredible in a recent dance workshop. Working together as a team, their skillful dance moves and synchronised routines showcased their true talent and dedication. Keep up the good work!





## Research placements and experiences - social sciences

Applications for the Research Placements and Experiences programme are still being accepted - deadline 27th March.

The scheme offers year 12 students an exciting two week STEM/Social science summer placements in industry, universities and local organisations.

Please note: This scheme is aimed at students who come from low-income families, or don't have a family history of going to university therefore eligibility criteria does apply. Student are encouraged to use the [eligibility tool](#) before starting their application to avoid disappointment:

More information on the scheme and how to apply can be found [here](#).



# Research Placements and Experiences

Experience Social Science Research in Action in Summer 2024

STEM Learning are offering the opportunity to gain key quantitative social science research skills by taking part in a 2 week on-site/hybrid Research Placement. Social sciences cover a diverse range of topics, and have a major influence on government policy and population behaviour.



Experience a real job in Social Sciences/STEM

Enhance personal statement and CV

Meet experts in your chosen field

Increase confidence

Students will also take part in online module assignments designed to develop essential professional, research, data and numeracy skills.



All students will have the opportunity to submit their report for a CREST Gold Award

- Applicants from low income homes will be prioritised
- Students are offered their very own research project, working alongside professional social scientists.
- The scheme is highly regarded by universities and companies, a must for student interested in quantitative social science careers
- NB Placements in Science, Technology, Engineering and Maths are also available



APPLY NOW at:

[www.nuffieldresearchplacements.org](http://www.nuffieldresearchplacements.org)

Some example projects from 2023:

Scan QR code for further information:



Exploring the leading causes of wrongful convictions in the Innocence Project cases

Inclusion/Exclusion in Urban Space

The Impacts of socio-demographics on health-related quality of life and anxiety

Exploring the leading causes of wrongful convictions in the Innocence Project cases

Using Technology To Understand Human Impact On Marine Environments

Here's what previous students have said...



"We have been blown away by the extraordinary research reports and posters the students have produced. Some of which have exceeded expectations and been nominated for awards." Supervisor, The Environment Agency



Interested? Contact a member of the Nuffield team on [nuffieldadmin@stempoint.org.uk](mailto:nuffieldadmin@stempoint.org.uk)



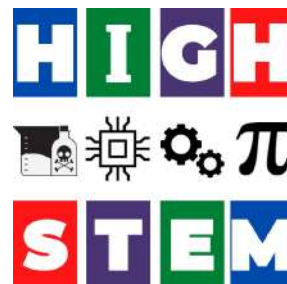


## Imperial Sciences Summer Schools

There is a fully funded STEM opportunity for year 12 students to attend an Imperial Sciences summer school.

There are two different summer school opportunities:

- **Imperial Life Sciences Scholars** - for students interested in studying in biology or biochemistry at university. It will take place online from 29<sup>th</sup> July to 2<sup>nd</sup> August. Further eligibility criteria can be found on [the application form here](#).
- **Imperial Chemistry Scholars** - for students interested in studying Chemistry at university. It will take place online from 29<sup>th</sup> July to 2<sup>nd</sup> August, with a funded trip to Imperial's South Kensington campus on 14<sup>th</sup> August. Further eligibility criteria can be found on [the application form here](#).






These summer schools focus on academic enrichment and university preparedness, and support the supra-curricular engagement that highly selective universities such as Imperial College London look for in student applications.

To apply, students should complete the application form as soon as possible and before the final deadline at 12pm on Thursday 2<sup>nd</sup> May. Good luck!

Dr Len

**IMPERIAL SCHOLARS SUMMER SCHOOLS**



Take part in an exciting summer school experience with either the Department of Chemistry or Department of Life Sciences!

This project is an opportunity for pupils who are now in Year 12 and interested in studying Biological Sciences and Biochemistry or Chemistry at Imperial College, London.


It aims to support students in developing relevant skills and knowledge to make successful applications to study at university.

Successful applicants will:


- Attend a series of virtual tutorials with a researcher from Imperial
- Produce a written final assignment on a cutting-edge area of research
- Meet current students in the department
- Attend a research seminar on a ground-breaking scientific area
- Learn how to showcase your experiences on a UCAS application
- Prepare for the transition from Year 13 to university

Graduates of the summer school who go on to enrol in the Department of Life Sciences or Chemistry will be eligible to receive a bursary to support a research internship of their choice.

**Apply for Life Sciences here**  
29th July - 2nd August



**Apply for Chemistry here**  
29th July - 2nd August



You can only attend one summer school.  
If you apply for both and are successful we will contact you to find out your preference.



## Work shadowing experience

There is an opportunity for young people to take part in a two-day work shadowing experience in the Wellcome Sanger Institute's Cellular Operations programme.

**Location:** Wellcome Genome Campus, Hinxton, CB10 1SA ([click for map](#))

**Dates:** Thursday 11th – Friday 12th April 2024.

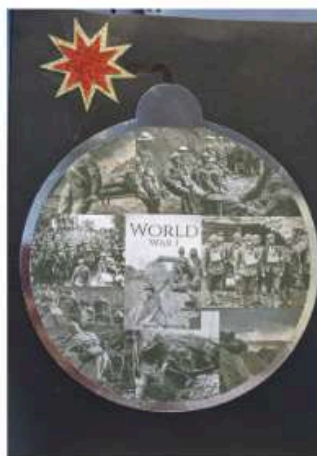
A level students will have the opportunity to take part in a two-day work shadowing experience in the Wellcome Sanger Institute's Cellular Operations programme. Students will gain an insight into how cells are grown and studied to understand human disease. Six places are available, two in each of the following teams: gene editing, cell screening and cell modelling.

Applications should be made [via this form](#) by 9am on 4 March 2024. Successful applicants will be notified by email.

**Dr Len**

## English collage masterpiece!

Year 9 were asked to create a collage portraying the history of WW1 and 1920s America. Christina Hajilambi, Sophie Joes and Lily Theodorou have demonstrated their creative skills and ambition in creating an original, accurate collage presenting both sides of American history clearly. A true collage masterpiece!





## PE extracurricular timetable

PE Clubs Programme 2024 (19th February - 28th March)		
Monday	Tuesday	Thursday
<b>Basketball</b> Year 7 (Mixed) - sign up form required Mr Robson Sports Hall 3:15 - 4:30	<b>Girls Football</b> Years 7-10 Mr Cross/Mr Robson 3G Astro 3:15 - 4:30	<b>Y11 + 6th Form Basketball</b> Mr Robson Sports Hall 3:15 - 4:30
<b>A Level PE Club</b> Year 13 SL6 Mr Avann 3:15 - 4:00	<b>Badminton</b> Years 7-8 (Mixed) Mr Avann Sports Hall 3:15 - 4:30	<b>Girls Netball</b> Years 7-10 Mrs Walters/Mrs Berrill Outdoor Courts 3:15 - 4:30
		<b>GCSE PE Club</b> 10P/Pg1 & 11Q/Pg1 Mr Joseph PE4 3:15 - 4:15

## How to join a club

- Meet after school at the PE changing rooms.
- You must wear your Highlands PE kit to take part.
- If you do not have a PE, dance or drama lesson on the day of your club then you must wear your school uniform to school and then get changed after school in the changing rooms.
- Bring any medical devices, e.g. asthma pump, with you.
- All clubs are for all students in the year groups stated. Year groups and clubs will change each half term.
- Inform your parents/carers that you are attending a club and your finishing time at school will be later (4:00 or 4:30 depending on the club).
- Basketball club with Mr Robson is limited to 30 spaces. The list of students who are on the registers for this half term are on the PE noticeboard and Google Classroom pages.
- If you would like to sign up to the **girls and boys year 7 basketball club on Mondays**, please fill out this [form](#).

## Year 9 immunisations

The Enfield School Age Immunisation Team will be coming into Highlands School on Friday 8th March 2024 to administer the Diphtheria Tetanus & Polio (DTP) & Meningitis ACWY vaccinations.

[A guide to immunisation for young people](#)

[Year 9 - Diphtheria Tetanus & Polio \(DTP\), Meningitis ACWY Vaccinations - parent letter](#)





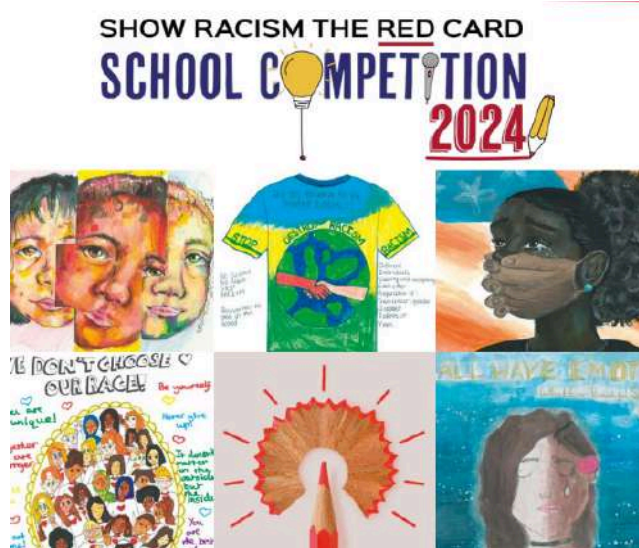
## Show Racism the Red Card

### What is the competition?

The **Show Racism the Red Card (SRtRC)** school competition is free to enter and open to young people of all ages and abilities.

We want to encourage participants to think about racism and produce their own work about this serious issue.

This is a unique opportunity for schools to proactively demonstrate their commitment to equality and tackling racism by taking part in the UK's largest equalities themed school competition.



### How is it judged?

An independent panel of judges select the winning entries and winners are invited to a special Awards Ceremony at a **Premier League stadium**. Prizes are presented by special guests including current and former professional footballers.

### The categories

Young people are welcome to produce work in any medium: **artwork, creative writing, song, film, music, t-shirt or football boot designs**.

- If you want to design the outstep and instep of the boot you must use [this template](#)
- For the front and back t-shirt design you must use [this template](#).

Alternatively, paper templates of the boot and t-shirt can be found in the DT office.

**All entries to be handed in or sent to Mrs Jeynes by 29th February 2024.**

Please write the following information on the back of each entry:

- Name of entrant
- Year group
- Name of school
- Number of participants in school

Mrs Jeynes



# Want to support our school?



## How It Works



When you buy any book from [LoveReading.co.uk](http://LoveReading.co.uk) or [LoveReading4Kids.co.uk](http://LoveReading4Kids.co.uk), 25% of the cover price is donated to schools, to spend on books.



When you purchase a book, at checkout you can choose our school name for the donation to be allocated to, and our school can then purchase books with the funds.

## Buy books, change lives



## World Book Day

To celebrate World Book Day on March 7th, all students have been given a £1 token. Children can swap their £1 token for any of the £1 books or get £1 off a full price title, any full price book or audiobook as long as the book or audiobook costs at least £2.99 at participating booksellers.

Mrs Mehmet



## Year GCSE Recital evening

Get ready to witness the musical talents of our incredible GCSE students at the upcoming GCSE Recital evening! Mark your calendars and save the date!

**Date: Thursday 14th March 2024**

**Time: 6.30pm**

**Location: Highlands School, main hall**

Prepare to be amazed as our talented students showcase their hard work and dedication in an unforgettable evening of music and performance.

Tickets will be available for purchase on ParentPay soon, so be sure to keep an eye out for further details. Don't miss out on this opportunity to support our students and enjoy an evening of musical brilliance. Stay tuned for more information, and we look forward to seeing you there!

**Ms Maple**

2024

Highlands School Presents

**GCSE RECITAL EVENING**

Main Hall

14.03.2024 - 6:30pm

REFRESHMENTS FROM HPFA

QR CODE FOR DONATIONS



## HPFA Quiz night

**Friday 8th March - Quizmaster Mr McInerney !**

The HPFA is excited to host a quiz night on Friday 8th March. Our very own headteacher, Mr McInerney will be the quizmaster for the evening!

The evening will no doubt prove to be a fun, family-friendly, competitive event! Tickets are now available on ParentPay, see below for details. Please encourage your friends and families to come along for a fun evening, please note that tables are up to a maximum of 8 people. The HPFA would also be very grateful if you have any donations for the raffle.

**HPFA**

HIGHLANDS PARENTS & FRIENDS ASSOCIATION PRESENTS

# QUIZ NIGHT

**8 MARCH**

**6:30PM - 9PM**

**£12 ADULTS**  
**£10 CHILDREN**  
**£40 FAMILY OF 4**

TICKET PRICE INCLUDES A PLOUGHMAN BUFFET  
TICKETS ARE AVAILABLE NOW ON PARENTPAY

**QUIZMASTER MR MCINERNEY**



## Vicky Park Rangers FC

Vicky Park Rangers FC are pleased to announce that they will be offering an elite programme for the upcoming season for current year 7 and 8 girls.

Parents/carers of any girls looking to progress their football please register [here](#).

**U14S GIRLS**  
Current Year 7s and 8s  
**2024-25**  
4TH, 11TH & 18TH  
APRIL  
STEPNEY GREEN ASTRO  
6PM - 7:30PM  
David - 07949743993

The poster features a large blue shield with a crown on top and a soccer ball in the center. The letters 'JPL' are written across the shield. The text 'TRIALS' is at the bottom of the shield. In the top right corner, there is a small crest with 'V.P.R.F.C.' and a soccer player. The background is dark blue.

**Winchmore Hill Cricket Club**  
**WOMEN & GIRLS CRICKET**  
**SUMMER TRAINING**  
Every Friday from 19th April  
6-8pm  
New Members of all abilities are  
welcome

For more details contact Jim Clarke on 07885 995 414 or  
[whccedo@outlook.com](mailto:whccedo@outlook.com)

The poster features a woman in a black cricket uniform holding a bat and gloves. In the background, there is a young girl in a white cricket uniform. The background is a mix of purple and blue. In the top right corner, there is a crest with a lion and a unicorn, with the motto 'PER AMICITIA LUDOS'.



## House competition weekly results

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

This Week	Beech	Oak	Rowan	Willow
Positive Points	4,489	3,128	3,578	3,385
Negative points	-479	-451	-357	-451
<b>Points overall</b>	<b>4,010</b>	<b>2,677</b>	<b>3,221</b>	<b>2,934</b>

Here are the top students this week.

### Top students in year 7:

Forename	Surname	Form	House	Points
Evangeline	Rees	7BLR	B	35
Jake	Appleby	7BLR	B	34
Ciara	Moore-Mcgowan	7WSW	W	34
Eirene	Palamaras	7BLR	B	33
Florence	Holyomes	7WSW	W	31
Aariah	Udahemuka	7WSW	W	28
Asya	Sagiroglu	7WSW	W	28
Eda	Cetin	7BLR	B	27
Sita	Maitland-Walker	7BLR	B	26
Marianne	Smith	7WSW	W	25

### Top students in year 8:

Forename	Surname	Form	House	Points
Chloe	Shi	8WMP	W	41
Meliz	Hassan	8WMP	W	36
Diana	Derakhshan	8WMP	W	35
Giles	Obeng	8BAM	B	32
Sunny	Morgan Jones	8WMP	W	32
Aisha	Gambo	8BJF	B	31
Tyanna	Ferreira	8OSQ	O	29
Isabella	Pajova-Kyprianou	8BAM	B	28
Gabriella	Michaelides	8WMP	W	27



**Top students in year 9:**

Forename	Surname	Form	House	Points
George	Baker	9BYC	B	36
Ruby	Magrun	9BYC	B	35
Ayse	Carmanbar	9BLM	B	32
Joseph	Tsangari	9BYC	B	32
Georgia	Gkiontsari	9BYC	B	32
Joseph	Smyth	9BYC	B	31
Luke	Michaelides	9RTC	R	31
Sadie	Baker	9BYC	B	30
Ava	Theodorou	9BYC	B	30
Julia	Roszkowska	9BYC	B	30
Amelie	Manning	9OSM	O	30

**Top students in year 10:**

Forename	Surname	Form	House	Points
Baran	Byndor	10WTH	W	30
Harrison	Sykes	10RCB	R	27
Sumiya	Mohamed	10RCB	R	27
Daniel	Malaj	10BJC	B	26
Kamilah	Abib	10RCB	R	26
Jessica	Kerly	10RNC	R	25
Ivan	Markovets	10WDD	W	25
Clayton	Stephenson	10RCB	R	24
Daniel	Lam	10RNC	R	24
Nellie	Eaves Baker	10OAB	O	23
Elizabeth	Crutchley	10RCB	R	23
Eva	Pangratiou	10RNC	R	23





### Top students in year 11:

Forename	Surname	Form	House	Points
Benjamin	Gormley	11BPL	B	26
Beckham	Tahsen	11RTS	R	25
Katie	Bucknor	11RTS	R	24
Sophie	Bernasconi	11BPL	B	22
Athanasios	Aristidou	11WCG	W	20
Elaine	Ho	11WCG	W	17
Isaac	Mooney	11WCG	W	16
Isobel	Papanicolaou	11BPL	B	14
Keren	Mayudi	11WER	W	14
Zehra	Turan	11OGA	O	13
Sara	Hussain	11OGA	O	13

### Top students in year 12:

Forename	Surname	Form	House	Points
Hannah	Bernasconi	12BJT	B	18
Lorena	Kransniqi	12BJT	B	16
Katie	Brookman	12ODS	O	16
Charlie	Mills	12RSL	R	16
Alexia	Chrysostomou	12BHK	B	15
Ledia	Xhetani	12WTA	W	15
Ahura	Sedaghat	12RSL	R	11
Ilana	Tanwie	12OSB	O	10
Narin	Kalkan	12RSL	R	9
Mariem	Glasgow	12RSL	R	9

### Top students in year 13:

Forename	Surname	Form	House	Points
Isabella	Pieretti	13TDU	W	16
Aisling	Ryan	13TDU	R	10
Maria	Shikunta	13CRY	B	8
Victoria	Velez Manco	13JBA	W	8
Jonah	Annett	13MTU	R	8
Aisling	Brennan	13TDU	W	8
Jenna	Trautner	13TDU	B	8
Mia	Kyprianou	13ATH	O	7
Ryan	Haji Rashid	13ATH	R	7



# 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

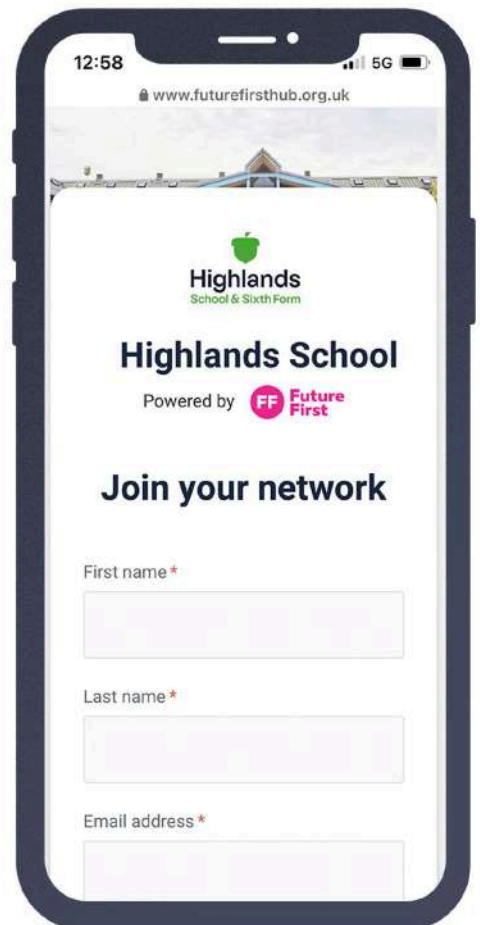


## Former student?

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**  
SHOUT ON THE PHONE ANYTIME

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

**Good Thinking**

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

**THE MIX**  
London's youth support centre

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)

**koeth**

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



## Safeguarding contacts

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

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

## Helpful numbers and websites

**Childline:** 0800 1111

**NSPCC helpline:** 0808 800 5000

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

**LGBT switchboard:** 0300 330 0630

**Kooth:** [www.kooth.com](http://www.kooth.com) - support service for students wellbeing

**Multi Agency Safeguarding Hub:** 0300 500 80 90

**Barnardos:** 0800 008 7005

## Talk to someone....

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

Follow Highlands School on:

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

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