



# Highlands School Newsletter

17 November 2023



Dear parents and carers,

On Wednesday night we held our sixth form open evening. We had record numbers of families visit Highlands with our current year 11 students and hundreds of others from other schools. We were significantly oversubscribed last year and courses filled quickly. We always give preference to Highlands students though. With year 11 mock exams coming up we want all students to revise and get the best possible mock results to support their sixth form applications.

Next week the houses kick off their fundraising activities for the year with bake sales. Each house leadership team met and selected their charity for the year. On Tuesday 21st November, students in **Beech** house will have the opportunity to host their fundraising bake sale during break time. Beech's chosen charity this year is Wood Green animal welfare charity - [www.woodgreen.org.uk](http://www.woodgreen.org.uk). On Thursday 23rd November students in **Oak** house will be hosting their bake sale for their chosen charity - The George Marsh centre for sickle cell disease.

Do you have plans this evening ? If not, come to our HPFA musical bingo night at school. You can buy tickets (£5) on the door from 6:30pm to raise money for the school.

Please take the time to read the whole newsletter this week; there are so many students whose achievements are recognised, from netball to women in STEM to karate!

A reminder of important dates for your diaries:

- Friday 17th November: HPFA musical bingo night
- Wednesday 22nd November: year 13 parent and carer evening
- Monday 4th December: winter music concert
- Wednesday 13th December: year 9 parent and carer evening
- Wednesday 20th December: end of term (half day)
- Monday 8th January: start of spring term

Have a great weekend, Mr McInerney, Headteacher



### Top students in year 7:

Forename	Surname	Form	House	Points
Orla	Dimery	7ODM	O	35
Dilara	Hassan	7OJT	O	34
Finn	Mcgrath	7ODM	O	33
Ibrahim	Sow	7ODM	O	32
Chloe	Tsiamas	7ODM	O	32
Elma	Stena	7OJT	O	32
Sindi	Dauti	7ODM	O	31
Kayla	Hassan	7ODM	O	30
Dylan	Makani	7ODM	O	30
Charlotte	Fisher	7ODM	O	30

### Top students in year 8:

Forename	Surname	Form	House	Points
Jayden	Mankoto	8BJF	B	40
Grace	Mangala	8WNK	W	38
Aalycia	Udahemuka	8WNK	W	37
Warren	Kelly	8OSQ	O	36
Tyanna	Ferreira	8OSQ	O	35
Sindi	Shaban	8WNK	W	35
Dennis	Erdogan	8OSQ	O	34
Anaiya	Dhaliwal	8WNK	W	34
Owen	Smith	8WNK	W	34

### Top students in year 9:

Forename	Surname	Form	House	Points
Ruby	Magrun	9BYC	B	38
Julia	Roszkowska	9BYC	B	35
George	Baker	9BYC	B	34
Melisa	Spahia	9BYC	B	32
Gabrielle	Russell	9BYC	B	31
Stefan	Christodoulou	9BYC	B	30
Joseph	Smyth	9BYC	B	30
Joseph	Tsangari	9BYC	B	30
Gabriela	Kusz	9BYC	B	30
Kevin	Alla	9BYC	B	29



**Top students in year 10:**

Forename	Surname	Form	House	Points
Paula	Shehu	10BJC	B	46
Javon	Ikpeme	10WDD	W	36
George	Demetri	10OAB	O	35
Selinay	Bolat	10WDD	W	34
Emiera	Mert	10WDD	W	33
Aleksander	Ivanov	10WDD	W	33
Tyrae	Best-Daley	10BJC	B	30
Sumiya	Mohamed	10RCB	R	30
Nataniel	De Almeida	10WDD	W	30
Henry	Hanlon	10WDD	W	29

**Top students in year 11:**

Forename	Surname	Form	House	Points
Benjamin	Gormley	11BPL	B	31
Dea	Kambo	11WER	W	26
Shelley	Gulem	11RKM	R	24
Skye	Omani	11WCG	W	23
Athanasios	Aristidou	11WCG	W	22
Nicolette	Charalambous	11BPL	B	21
Joelle	Hassan	11WCG	W	20
Nidha	Raja	11WER	W	20
Emily	Tofis	11BPL	B	19
Aaliyah	Lewis	11BPL	B	19
Sowda	Abdi Mahamed	11OGA	O	19
Mercedes	Acquaye	11RKM	R	19
Shane	Mcdonnell	11WCG	W	19

**Top students in year 12:**

Forename	Surname	Form	House	Points
Katie	Brookman	12ODS	O	20
Charlie	Mills	12RSL	R	17
Ledia	Xhetani	12WTA	W	16
Alexia	Chrysostomou	12BHK	B	12
Yessenia	Merchan	12OSB	O	6
Nina	Szymbicka	12RCW	R	6
Keira	Mazintas	12RCW	R	6
Kristian	Kousoulou	12RCW	R	6
Beyza	Artis	12WBS	W	6
Hana	Fahmy	12WBS	W	6



### Top students in year 13:

Forename	Surname	Form	House	Points
Gurshaan	Jouhal	13ATH	W	4
Lewis	Jones	13ESM	O	4
Thomas	Pytches	13JBA	W	4
Yaqub	Satti	13JBA	B	4
Liam	Austick	13MTU	R	4
Christos	Tokkallos	13MTU	R	4
Sude	Tremaine	13MTU	R	4
Archie	Perkins	13MTU	O	4
Yaqub	Shire	13MTU	O	4
Joshua	Jackson	13MTU	O	4

### House bake sales



On **Tuesday 21st November** students in **Beech** house will have the opportunity to host another charity fundraising bake sale during break time. Beech's chosen charity this year is Wood Green animal welfare charity - [www.woodgreen.org.uk](http://www.woodgreen.org.uk).



On **Thursday 23rd November** students in **Oak** house will be hosting their bake sale for their chosen charity - The George Marsh centre for sickle cell disease.

This is a fantastic opportunity for each house to join together as a community to raise money for their charities and to showcase their baking skills. All students who contribute to the bake sale will receive five achievement points and additional house points will be awarded to their house for the money raised.

We are asking students to bring in baked foods and sweet treats such as cakes, biscuits, cookies or savoury items. These can be homemade or shop bought but must not contain any nuts, almonds, sesame and gelatine. We would also welcome contributions of cakes and biscuits that are gluten free and/or vegan/plant based. Please label your cakes with what they are, including your child's name and tutor group, to enable us to give them their house points. We also urgently need posters made and dropped off to reception.

All items should be brought to the drop-off point in reception by 8.40am on the day of the bake sale. You must have your name on the container or bag so we can give you house points. If you wish to have your containers back please ask your child to come to reception at the end of the day to collect them.

**Rowan** and **Willow** bake sales will take place on **Tuesday 5th** and **Thursday 7th December**.





## Highlands Sixth Form open evening

On Wednesday 15th November we welcomed families to join us for our sixth form open evening. Families gathered to explore our academic offerings and fantastic facilities. Warmly welcomed by sixth form students and staff, attendees enjoyed an informative speech from our student leaders, director of sixth form and headteacher followed by a guided tour.

The diverse range of subject showcases allowed families to delve into the specifics of our academic programmes we have to offer. Engaging presentations and interactive sessions facilitated meaningful conversations between teachers and prospective students, addressing queries and helping students make informed decisions about their educational journey.

To everyone who attended, thank you! We would also like to thank the following further education providers for attending the sixth form open evening: Sabreena Valydon from First Rung, Cristina Dasilva and Gabrielle Walker from Capel Manor College and Kamrul Hussain from the Capital City Group.

We look forward to welcoming new students in September 2024. External applicants are able to apply online via the following [link](#). Applications for internal students will be available after the year 11 parents evening which will be taking place on 17th January 2024. You can watch the highlights of our open evening [here](#).





## 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.

- **Tristan Lewis 7BEF** and **Jackson Barker 7BLR**: Awarded for being incredible during the caving session on the DARE days and supported other students that were panicking and struggling.
- **Matthew Lam 7RJG**: Awarded for writing the best letter from his form class to citizens regarding British Values and promoting it in the wider society.
- **Constantinos Socratous 9ODC**: Awarded for setting up and creating a still life drawing using fabulous tonal strokes based on Pieter Claesz's work.
- **Suleyman Degirmenci 11RTS**: Awarded for his perseverance and always aiming high.







## Empowered Women In STEM Programme launch

Eleanor McHale and Shreya Deb had a fantastic experience at the launch of the Empowered Women In STEM Programme which took place last week. Here is what Eleanor had to say.

*'Last Friday, Shreya and I attended the 'Empowered Women In STEM' launch event held at the BP office head office. The day started - to our delight - with complimentary pastries and coffee. We were then given an inspiring talk by BP's VP of Digital Disciplines, Joanne Legge, about her successful 33 year career that followed a less typical route, by starting with an apprenticeship. The day continued with networking and team building activities in the teams that we will be working with to complete our STEM projects. Over the course of 4 months, we will be working on a roll-out scheme for the Ebola vaccine. The afternoon consisted of a panel discussion with representatives from Pfizer, Dyson and Colt. Kasia Dragun (a vibration engineer) at Dyson spoke about silencing motors by making them quieter for dog and human interpretation of sound. One of Pfizer's Study Start-up Directors, Poonam Ahluwalia, spoke about her role in coordinating global clinical trials for oncology drugs. Overall, it was a valuable experience, getting to network with experts in their fields and learning about the wide range of lesser known STEM careers. We are both excited to continue with the programme and look forward to lectures and meetings with our mentors.'*

We are really excited to see what's to come on their programme journey! But in the meantime, here are some photos from the day.

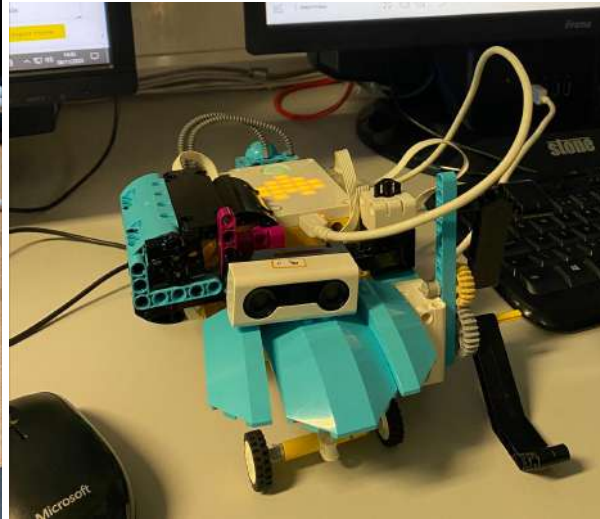
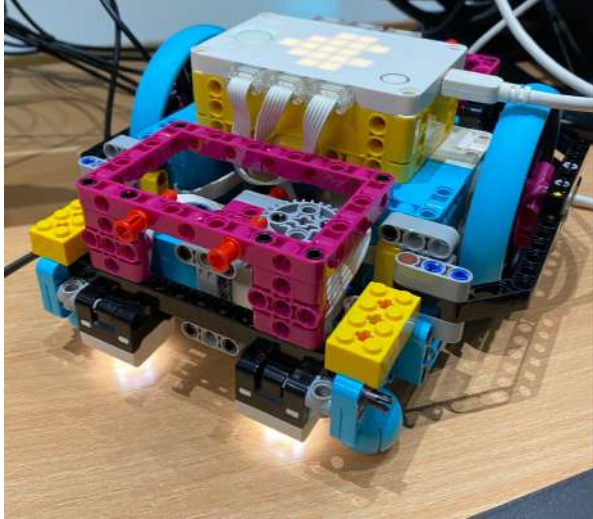






## LEGO coding club

Exciting times at our LEGO coding club! Our students are unlocking creativity, one brick at a time and using their skills to create wonderful LEGO masterpieces. Here are some of their fabulous creations.



## STEM and Business enterprise careers insight

Reminder for year 12 STEM and business students!

Dr Len and Mrs Laurenzi posted this announcement in Google Classroom last week so if you haven't registered yet do so ASAP as there aren't many places left!



Phillips 66 has been operating in the UK for over 65 years providing energy.

The company offers fuel and hydrocarbon products, including petroleum coke, liquefied natural gas, coal, and oil for the domestic, farming, and light industry markets and serves clients worldwide.

They will be attending Highlands School on **Tuesday 21st November from 10:30 - 12:00**, to deliver a career insight.

You will get the chance to hear from employers from different departments including Human Resources, Supply Optimization, LPG Trading, Branding, Business Development, and Legal, followed by a Q & A session and the opportunity to apply for a work experience placement in the newly refurbished London offices.

If you would like to attend, you must complete this [Google form](#) to secure your interest by **Friday 17th November**.



## Bentley Motors Insight Day run by Speakers for Schools

Well done to Elsie Berko, year 12, who took part in the Bentley Motors Insight Day after submitting an application and being selected amongst hundreds of other applicants.

Any students wishing to apply for similar events in other industries, keep an eye out for the posts on your Google classroom page, as well as visiting the work experience tab on the Careers Google site.

Elsie's feedback:

*During my insight day with Bentley Motors, I developed numerous skills that will serve me well in my future career. Working closely with the leadership team honed my ability to listen and collaborate effectively. Understanding Bentley's dedication to luxury, sustainability, and performance showed me how a brand can balance multiple priorities. I gained invaluable insights into the intricate craftsmanship and engineering that goes into these extraordinary vehicles. This internship not only strengthened my technical automotive knowledge, but also taught me professional skills like leadership, communication, and project management. I am grateful for the opportunity to learn and grow at such a prestigious automotive company.*



## Social Enterprise Academy

The Social Enterprise Schools programme was established in 2007, in partnership with The Scottish Government, and now operates across Scotland, England, and internationally. It enables young people to identify a social or environmental issue that is important to them, before designing and launching a trading social enterprise that will directly address the issue.

We are very excited as a school to have been given the opportunity to host this programme whereby a group of year 9 students were selected to take part in two 90 minute workshops to explore the concept of Social Enterprise and discover how to set up a young person-led project that enables them to tackle issues they care about whilst fostering essential entrepreneurial skills.

Students will continue to meet weekly to work on their ideas, followed by the chance to pitch their ideas to a panel of Dragons for a shot at winning seed funding.





Well done to the following students for demonstrating their creative ideas so far. We look forward to seeing their final idea and turning it into reality:

Enes Turan, Ermioni Tsantikou, Alex Sultan, Vienna Ramsey, James Nicolau, Alessio Miltiadous, Ruby Magrun, Jessica Lincoln, Demi Kyriacou, Gabriela Kusz, Francesca Koceku, Christina Hajilambi, Yunus Coskun, Mira Cosgun, James Butcher, George Baker, Lois Anosike, Seb Angelides, Kerem Albayrak, Muhammad-Ibrahim Ahmad.

A big thank you to Ivy McIntyre Baran at Social Enterprise for delivering the workshops, Olivia Wittich at NEXUS for funding the workshops and Natasha Nicolaou and Josef Demetriou year 12 Business studies students who supported the year 9s.







## Year 7 netball

Congratulations to the Year 7 Netball team who beat Laurel Park School thi week 10-3. Well done girls, a fantastic victory.



## Cross Country

Well done to all of the students who represented the school in cross country at Trent Park on Friday 10th November.

Everyone performed exceptionally well and the PE department is proud of the way every student gave their best efforts.

Here are the cross country results.

### Year 7 boys

Jamie Atkinson (8th), Aston Lyle (17th), Niam Kataria (26th).

### Year 7 girls

Mari Smith (6th), Elektra Taylor (10th), Chloe Hobley (15th), Kristina Suli (25th), Anya Pillai (28th), Erin Eastwood (32nd), Anabelle Arjomand (33rd).



### Year 8 and 9 boys

Alexander Florides (18th), Owen Smith (19th), Aiden Adeoye (21st), George Baker (30th), Thomas West (31st), Rafael Almeida (35th), Panayiotis Palermaris (45th), Lewis Tyler (46th).

### Year 8 and 9 girls

Lily Howard (9th), Millie Huetson (10th), Rosie Baxter (23rd), Nea Petritaj (26th), Anaiya Dhaliwal (34th), Hannah Cullen (35th), Molly McGrath (37th).

### Senior girls

Mia Rosen (1st), Selma Tivnann (2nd), Scarlett Richards (9th), Izzy Codling (10th), Niamh McDonnell (11th). Tia el-Ahmadi (13th), Elia Saat (14th).

### Senior boys

Oscar Tivnann (4th), Cian Galvin (16th), Max Gilzean (17th), Matthew Moran (31st), Jacob Rosen (32nd).







## Aiden signs for Cambridge United!

Aiden Adeoye 8WMP has signed a two-year football contract with Cambridge United. Go Aiden! Wishing you the best of luck!



Photo source: Cambridge United Academy

## Karate Championships

We are ecstatic to announce Highlands student Perri Djemal secured 2nd place in the Shotokan Karate Championships for the Boys Jiyu Kumite for the brown and black belts. Perri’s performance, dedication and skills were exemplary. Well done Perri!







## Cadets honour Remembrance Sunday at Enfield Parade

We are proud to highlight the commendable participation of one of our own, Alfie Forshaw-Hogg, alongside several dedicated cadets across the borough, in the solemn Enfield Parade on Remembrance Sunday.



Alfie Forshaw-Hogg exemplifies the spirit of commitment and reverence that defines our school community. Like many cadets, he joined his peers in a poignant march during the Enfield Parade, paying tribute to the sacrifices made by those who served in the armed forces.

The Remembrance Sunday parade holds special significance, providing an opportunity for our cadets to reflect on the profound impact of historical events and to express gratitude for the service and sacrifices of veterans. Alfie, like many of our students, active participation in this event is a testament to his dedication to honouring the memory of those who have played a crucial role in preserving our freedoms.

Highlands School is immensely proud of Alfie Forshaw-Hogg and all the cadets from our school who took part in the Enfield Parade. Their involvement not only underscores the importance of remembrance but it also instils a sense of duty and responsibility in our students. We commend Alfie for embodying the values of respect, honour, and service that we aim to instil in all our students.

As a school community, let us continue to recognise and appreciate the efforts of our students like Alfie Forshaw-Hogg, who actively contribute to commemorating important occasions and upholding the principles that shape our collective identity.

Lest we forget.





## It's beginning to look a lot like Christmas!

Here are some wonderful Christmas events and treats to look forward to this term!

### Christmas lunch: Thursday 14th December

A wonderful, warm Christmas lunch will be served in the canteen.

### Christmas jumper day: Thursday 14th December

- All money raised will go to this year's joint house charity which is [Cooking Champions](#).
- All students wearing a Christmas jumper should bring in £1.00 to donate towards the joint charity.
- The rest of the normal school uniform should be worn including student blazers.
- School shirts must be worn under the Christmas jumpers.



## Track My Read competition

The English faculty and library set a 'Track my Competition' last term and can now announce the successful Key Stage 3 winners are:

- 7RGJ
- 8WVK
- 9BW/ENAT

These groups were the ones who uploaded the most reading times with a personalised summary of what they have read.

Well done all - you will have a little treat coming round to you soon!



## The English faculty and Library

### Scholastic Book Fair

The book fair is now at Highlands school, it will run during break time and after school until 4pm.

You have two ways to purchase Scholastic books from the wish list:

#### To pay for Wish List books online

- Click on the TEEN section [books](#) online.
- Fill in this [form](#) making sure you write the name of the book clearly, the age group of the book and the price.
- Pay via the [online](#) form. *Type in N21 1QQ and this will find Highlands Secondary School.*
- Once payment is made, return the paid wish list form to the librarian for order completion and final collections.

#### In house ordering

On a sealed envelope place your child's name and form (e.g. Sarah Michaels 7RTS), ensure the exact cash amounts for the books being purchased in house is correct, as change will not be given.

Click on the TEEN section [books](#) online, referencing book titles and pricing - write the name of the book clearly and the age group of the book.

Forms can also be collected from the Library and brought home. All forms must be submitted to the librarian no later than 22<sup>nd</sup> November 2023, by 11.15am.

Cash and forms for book purchases must be submitted together to ensure that items from the wish list arrive in a timely manner, if they need to be ordered.

#### Collection Information

Books for the Scholastic Book Fair will be displayed on the trollies for students to take home, alternatively it will be ordered if items are sold out. If that is the case, students/ parents will be notified of any possible delays, and informed when items arrive.

#### Highlands library





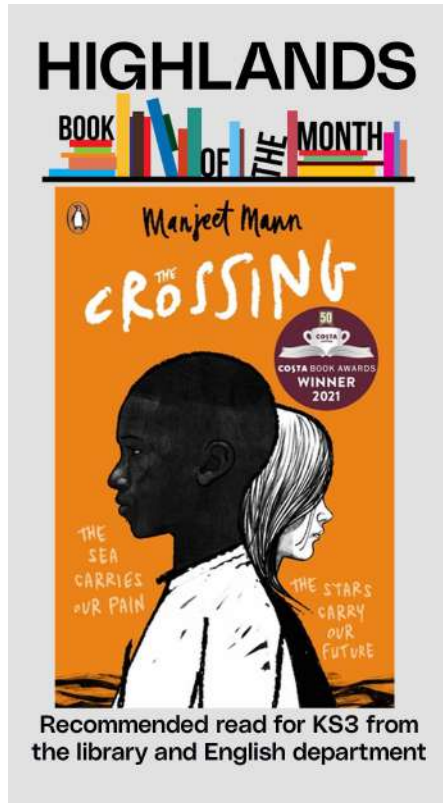


## Highlands book of the month - November

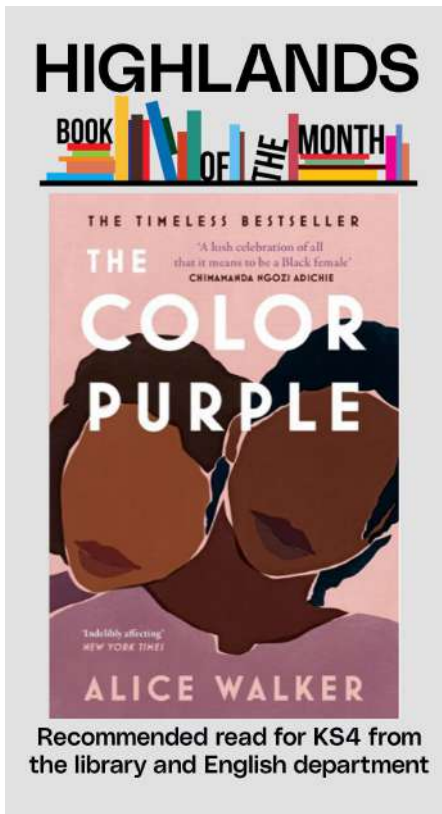
### KS3: The Crossing by Manjeet Mann

Natalie's world has turned upside down. She's lost her mum and her brother and is descending further and further into anger and violence with a far-right gang who march the streets of Dover. Sammy has fled his home and family in Eritrea for the chance of a new life in Europe. Every step he takes is a step into the unknown – into a strange country and a hidden future.

A twist of fate brings these two teens from opposite sides of the channel together, but will their journey end in hope or despair?



Recommended read for KS3 from the library and English department



Recommended read for KS4 from the library and English department

### KS4: The Color Purple by Alice Walker

Set in the deep American south between the wars, it is the tale of Celie, a young Black girl born into poverty and segregation. Raped repeatedly by the man she calls "father", she has two children taken away from her, is separated from her beloved sister Nettie, and is trapped into an ugly marriage.

But then she meets the glamorous Shug Avery, singer and magic-maker - a woman who has taken charge of her own destiny.

Gradually Celie discovers the power and joy of her own spirit, freeing her from her past and reuniting her with those she loves.



## School uniform Black Friday offer

Uniform4Kids will be holding a Black Friday offer for all school uniform.

The offer is valid for one day only, online, and exclusively on **Friday 24<sup>th</sup> November 2023**.

The 20% discount applies to all products including schoolwear, sportswear, footwear and accessories.

This offer is available **online only** via [www.uniform4kids.com](http://www.uniform4kids.com).

Discount code **BLACKFRIDAY20** must be entered at checkout. A discount cannot be added retrospectively to an order already placed.

We will not be offering click and collect or delivery to school during this event. Orders will be dispatched via courier. Please note orders may take up to **one week** to process.

# UNIFORM4KIDS



## Lunch money

Please can you check your child's lunch account regularly to make sure it has adequate funds for their canteen purchases for lunch and break time. Topping up their account is via Parentpay. There is also a red revaluation machine in reception where students can top up their accounts using cash.

HIGHLANDS SCHOOL PRESENTS  
**WINTER SHOWCASE**

HIGHLANDS SCHOOL MAIN HALL  
MONDAY 4TH DECEMBER 2023  
DOORS OPEN 6.30PM

TICKETS ON SALE ON PARENTPAY  
£3 ADULTS/£2 CONCESSIONS  
ON THE DOOR

REFRESHMENTS

QR CODE

**HAF Enfield Winter 2023**  
19th December - 5th January

FREE\* places available on Enfield's Holiday Activities and Food (HAF) programme this winter. For more information visit [www.enfield.gov.uk/services/children-and-education/holiday-activity-and-food-programmes](http://www.enfield.gov.uk/services/children-and-education/holiday-activity-and-food-programmes)

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

Ages Reception to Year 11

Arts & Crafts  
Music  
Get Active  
Day Trips  
Free nutritious meals  
Plus much more!

Funded by  
Department for Education

[www.enfield.gov.uk](http://www.enfield.gov.uk)

ENFIELD Council





# FESTIVE RAFFLE

## DONATIONS NEEDED

### CAN YOU HELP?

*The HPFA is looking for business owners to help support the HPFA's festive raffle this year.*

*Are you a business owner that can donate or sponsor a prize? If so, please email: [hpfaeventtickets@gmail.com](mailto:hpfaeventtickets@gmail.com)*

*We are looking for a variety of prizes such as vouchers for restaurants or shops, beauty treatments, gift cards, etc. Alternatively, a cash donation would be appreciated and put towards a prize.*

*We will thank all business owners who donate or sponsor a prize in our HPFA newsletter and on Instagram.*

*We hope to make this years raffle a great success!*







# Festive Food Bank 2023

Pinnacle Group and Highlands School are joining together this Christmas.

As part of Pinnacle Group's Environment, Social Governance Programme, we have joined up with Highlands School this year to drive one of our initiatives. With rising fuel and food costs, we would like to be able to provide basic and luxury food items for families who are struggling this Christmas. Christmas 2023 will be difficult for many, so Pinnacle and Highlands School are joining together this year by running a Festive Food Bank.

Pinnacle Group will deliver all items donated on a fortnightly basis directly to the charities. We are grateful for your support. Items that could be included are:

- UHT milk
- Tinned meat (hotdogs, meatballs etc.)
- Tinned fish
- Tinned fruit
- Sponge/rice puddings
- Coffee (small jars)
- Long-life juice
- Pasta sauce
- Tinned veg (potatoes, carrots, green beans, tomatoes)
- Tinned meals (spaghetti, chicken or veg curries, chilli)
- Tinned soup
- Jam and spreads

**Please drop off your donations in the donation box in reception or the Pinnacle Office between 1st November and 21st December.**



# Highlands School Alumni

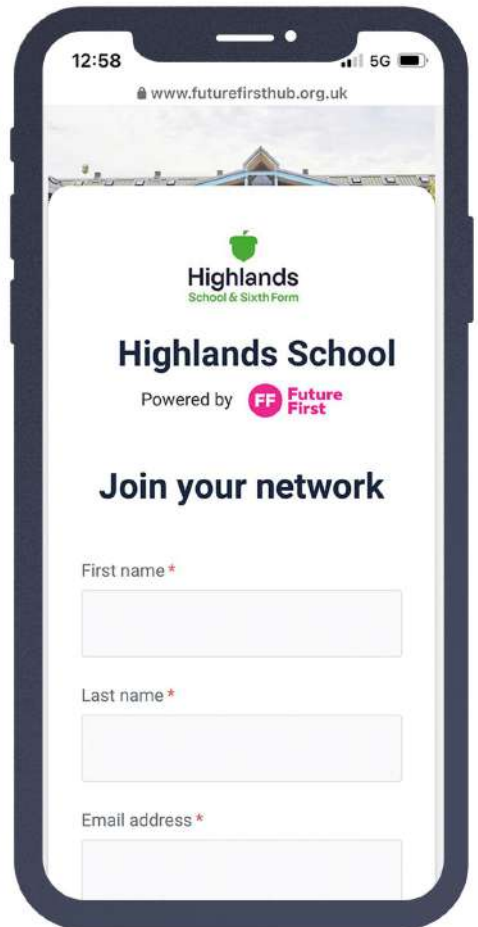
Highlands School is launching an alumni network!

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.

## 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
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	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](#)) 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**  
SHINE ON THE PHONE ANYTIME

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

**Good Thinking**

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

**THE MIX**

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

**Beat**

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

**kooth**

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





## Safeguarding contacts

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

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

## Helpful numbers and websites

**Childline:** 0800 1111

**NSPCC helpline:** 0808 800 5000

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

**LGBT switchboard:** 0300 330 0630

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

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

**Barnardos:** 0800 008 7005

## 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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