



# Highlands School Newsletter

20 June 2025



Dear parents and carers,

As you can see from the photograph above, this week we held our annual year 11 BBQ. Lots of schools have proms at the end of year 11 but we also invite our year 11s to a BBQ on the terrace in (hopefully) blissful sunshine, just after their last exam each year. This year the sun did come out and the event was another successful one, with students and staff having the opportunity to mark the end of the examination period. Our massive thanks goes to the year 11 team who organise the event. Next week we have the prom at Forty Hall, so the post exam celebrations are not over yet!

If you have not yet booked your tickets to see our school show this year, 'Chicago!', there are still some available. The show runs for three evenings and a matinee next week. Details of how to book can be found on page 6 of this newsletter.

Next week, as the inter house competition enters its final two weeks, we have inter house quizzes in assemblies each day, with a staff inter house quiz on Tuesday after school. Good luck to all the students and staff involved. There are just over 1,000 points separating the teams in first and second place in the competition so there's all to play for!

Have a great weekend,

Mr McInerney,  
Headteacher.



Key dates for next term:

- Monday 23rd June: Year 11 Prom
- Tuesday 24th June: Year 13 Prom
- Wednesday 25th June 1pm & 7pm, Thursday 26th June 7pm & Friday 27th June 7pm: Chicago Teen Edition school production
- Week commencing 30th June: Year 12 work experience
- Tuesday 1st July: Year 11/12 Transition Day
- Wednesday 2nd July & Thursday 3rd July: DARE Days
- Tuesday 8th July: Sports Day
- Wednesday 9th July, 5.30pm-8pm: HPFA Welcome Festival for current and new year 7s
- Tuesday 15th July: USA Cuisine Day
- Thursday 17th July: Trip to Thorpe Park for winning house
- Tuesday 22nd July: End of term, half a day

## Year 11 Leavers' BBQ

The Year 11 Leavers' BBQ took place this week, giving students the chance to enjoy their final celebration together. They spent time with friends and staff, signed shirts, shared memories, and soaked up the atmosphere.

It was a lovely occasion, full of smiles and laughter. We look forward to seeing many of you back in sixth form - but for those moving on, we wish you the very best of luck!







**CLASS OF  
2025**





## Year 12 trip to Osmington Bay

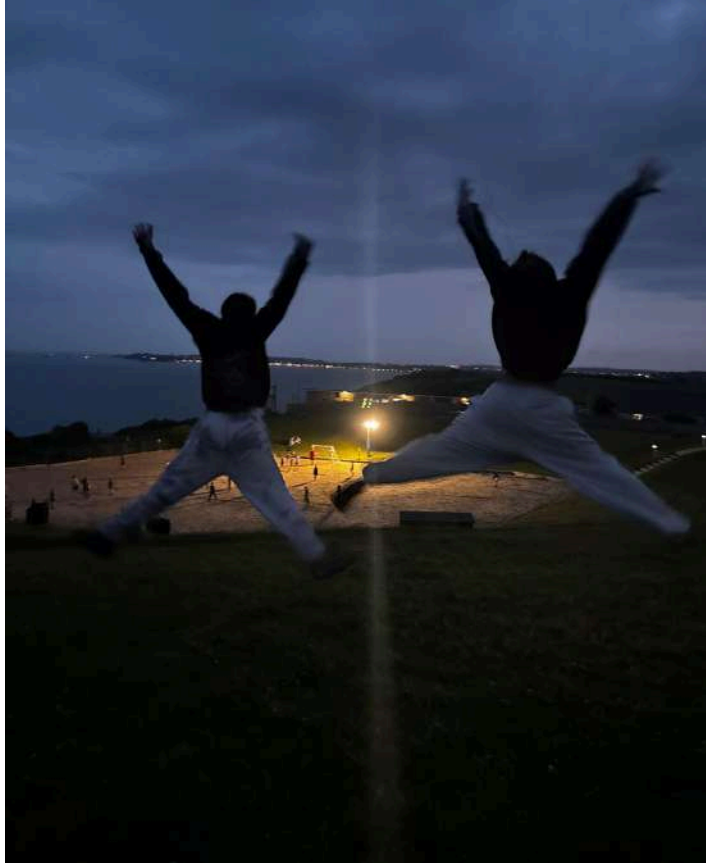
Last week, our year 12 biologists took part in an exciting trip to Dorset. The purpose of the trip was for students to complete their A Level field studies.

They began by travelling to Upwey, where the River Wey starts. Students conducted various studies, examining the width and flow of the river, as well as identifying different animals and insects living in the water.

On the second day, they travelled to Studland Beach to assess how plant distribution changes across the sand dunes. In the dunes, students spotted the UK's only carnivorous plant - the sundew. They also observed how human conservation efforts are helping to protect the sand dunes, after nearly 80% have been lost in the last 100 years. It was a fascinating day, filled with new knowledge before students carried out their own investigations.

On the final morning, students enjoyed both zip lining and archery - an enjoyable end to a memorable and educational trip.





*"Studland Beach was a beautiful location to complete our field studies."  
- Mercedes*

*"I really enjoyed exploring a new area of the UK and completing our field studies in a an environment different to London" - Bella*

*"Seeing the UK's only carnivorous plant was interesting." - Aras*

*"My highlight of our trip was definitely walking on the sand dunes with really heavy rain pouring down at us. Seeing all of the different species of animals in a river was also really intriguing. It was a very unique experience overall and we made so many unforgettable memories." - Yagmur*

Ms Ward

## Dancers of the week

Great work from Berol Boyraz and Kavish Amuwitagama in year 9 who are the dancers of the week for their great work on the choreography topic.

Well done.







## Chicago: Teen Edition - only a couple more days to go!

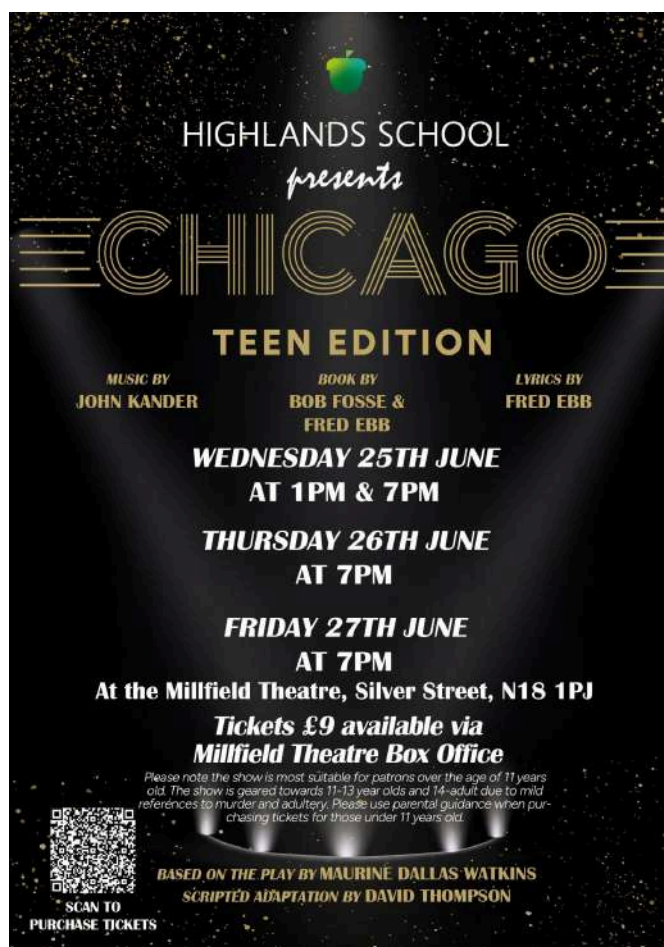
**Tickets are now on sale!**

Tickets are priced at **£9** and can be purchased via the Millfield Box Office [here](#).

The show is **Wednesday 25th June at 1pm** and **7pm** and **Thursday 26th** and **Friday 27th June at 7pm**. The show lasts approximately two hours including a 20 minute interval.

**Chicago programmes will be available at all performances for £5 - cash accepted only. Packed with show details, production insights, creative team credits, and our wonderful cast, it's the perfect keepsake!**

Please note the show is most suitable for patrons over the age of 11 years old. The show is geared towards 11-13 year olds and 14-adult due to mild references to murder and adultery. Please use parental guidance when purchasing tickets for those under 11 years old.



## Dance Showcase

Join us for an exciting Dance Showcase on **Friday 18th July at 6pm** in the main hall. The event will last no longer than an hour and promises a fantastic selection of performances.

Enjoy dynamic routines created by our GCSE Dance students over the past 18 months, along with some unmissable musical theatre numbers.

**Tickets will be available on the door for £5.**

**Miss Brown**



## University and Apprenticeship Search Fair

On Friday 13th June, 200 year 12 students attended the University and Apprenticeship Search Fair at the iconic Emirates Stadium, home of Arsenal FC. The London Summer 2025 event brought together representatives from universities and apprenticeship providers across the UK, offering students an invaluable opportunity to explore their post-18 options.

Throughout the day, students engaged directly with university representatives from a wide range of institutions, including Russell Group, Red Brick, Specialist, and Modern Universities. They also attended a variety of informative seminars aimed at helping them navigate the next steps in their education and career journeys.

In addition to universities, the fair featured some of the UK's leading apprenticeship providers, higher education colleges, specialist institutions, and student-focused organisations. The event catered to students of all academic backgrounds, helping them make well-informed decisions about their futures.

### Student Feedback:



*"It was a valuable experience to explore different universities and learn about the variety of options they offer."*

*"It was good to meet university representatives and speak to them directly. I feel more prepared now and have a clearer idea of the courses I want to apply for."*

*"The fair was really useful – I was able to ask questions to student ambassadors and get real insight into university life, all in one place."*





## British Sign Language exam success

Congratulations to our five members of staff: Mrs Brewerton, Miss Lewis, Miss Pia, Mrs Vaughan-Long and Miss Lunat, who have successfully completed their Level 1, 101 exam in British Sign Language (BSL)!

We're incredibly proud of their achievement. They've done a fantastic job, and their commitment helps to promote deaf awareness and make our school a more inclusive place for everyone.

In the photo, they're signing a word - can you work out what it is?

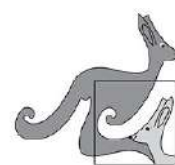
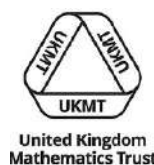


## Junior Kangaroo Maths Challenge 2025

Well done to Ryan Arun, Aarav Shah, **Eirene** Palamaras, Edgar Freimanis, Aistis Mankevicius and Louis Marsh for completing the **Junior Kangaroo Maths Challenge**. **What a** fantastic achievement!

A special congratulations to **Ryan Arun** and **Aarav Shah**, who were the highest scorers and achieved the best results in the school. We're really proud of your hard work and dedication!

- Aarav Shah - **SilverBiS** (Silver certificate *Best in School*)
- Ryan Arun - **SilverBiS** (Silver certificate *Best in School*)
- Eirene Palamaras - **Silver**
- Edgar Freimanis - **Silver**
- Aistis Mankevicius - **Bronze**
- Louis Marsh - **Bronze**







## Year 10 inter house netball

The year 10 inter house netball competition took place this week, showcasing fantastic teamwork and impressive passing skills from all players.

After some tightly contested matches, Willow came out on top, beating Rowan 1–0 in the final.

Their win secured the netball house trophy and earned a well-deserved 4,000 points for Willow House - well done to everyone who took part!



## 2025 Middlesex Schools Athletics Championships

On Saturday 14th June, George Robinson in year 10 represented Enfield in the 2025 Middlesex Schools Athletics Championships at Lea Valley Athletics Stadium. George finished his 200m inter boys race with a very impressive time of 25.77 seconds, narrowly missing out on qualification. Congratulations to George from everyone in the PE department, we are all very proud of you.

**Mr Avann**





## London Youth Games 2025

Congratulations to Lily Howard, Millie Huetson-Varnava, and Sienna Margolis, who represented Highlands as part of the U15 Enfield Borough team at this year's London Youth Games. Despite having no substitutes on a warm day and playing with a stand-in goalkeeper, the team battled their way to the semi-finals, narrowly losing to eventual winners Bromley. A fantastic achievement - well done, girls!

Also, well done to Poppy Perkins in year 7, who played in the U13s team and helped them reach the quarter-finals.



## Year 10 boys football

On Thursday 12th June, the year 10 boys played a friendly football fixture away at Southgate. It was a physical game and played at a high speed. Southgate took an early lead which was cancelled out by Emilio's equaliser. Southgate then retook the lead after half time before Stefan showed composure to slot home a penalty.

Unfortunately, Southgate managed to score another goal meaning the final score was **Highlands 2-3 Southgate**.



**Players of the match: Emilio and Stefan**

**Players of the match:** Emilio Harris Vital and Stefan Christodoulou

**Mr Avann**





## Junior rounders team head to the semi finals!

The junior rounders team played their last pool league game this week against Oasis Enfield. A convincing win, plus their other results, means that they have won a place in the league semi finals to be played later this term! Good luck girls!

Rounders club is on every Tuesday 3.15pm - 4.30pm

**Miss Berrill**



## Year 9 & 10 boys cricket

On Tuesday 17th June, Highlands year 9 and 10 boys' cricket team played a cricket game away at Dame Alice Owen's School. For many of the Highlands students it was their first ever competitive cricket match. Highlands bowled first and there were some excellent wickets taken by Thomas, Manav and Tish.

Dame Alice Owen's ended their innings on 85-4.

Highlands then batted and an excellent opening partnership between Tish and Manav saw us score quickly before both the boys departed. Thomas, Owen, Finn, Oscar and Conrad all contributed to see Highlands finish on 85-4 as well, resulting in a drawn game. Well done to everyone who played.



**Players of the match: Manav, Tish, and Thomas.**

Players of the match: Manav Tailor, Tish Patel and Thomas Chambers.

**Mr Avann**



## Year 7 & 8 boys cricket

On Wednesday the year 7 and 8 boys' cricket team attended an 8 over tournament at Lea Valley School. Highlands played two games, one versus Chace and one versus Kingsmead.

Scores:

Highlands **239** - Chace **207**

Highlands **265** - Kingsmead **213**

There was some excellent batting, bowling and fielding from all the Highlands boys and they should all be very proud of their performances.

**Mr Avann**







## Headteacher's 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's Award is proudly presented to the following students.

- **Katherine Karasik 7RKM, Reuben Maple 7BAS, Zoe Mathews 7BMS, CeeCee McClemon 7BMS, Sienna Morgan Jones 7BMS, Na'Rae Rodney 7RKM, Chloe Shi 9WMP and Niamh Synnott 7BAS:** Awarded for outstanding contribution to decorating the school for Cultural and Heritage Day.
- **Lavin Aksoy 7OMK, Amelia Miltiadous 7OMK, Gabriella Demetriou 7OMK, Vitaliia Zakharchuk**
- **7RAC, Omar Sediq 7OSB and Anthony Kapas 7RKM:** Awarded for doing great work and following instructions well.
- **Hannah Cullen 9RBW, Lexie Cullen 9RCX, April Clydesdale 9RBW, Annika Trivedi 9WNK, Anaiya Dhaliwal 9WNK, Nea Petritaj 9WNK, Sophie Jones 10BLM, and Rosie Baxter 9BAM:** Awarded for winning the local U15 Chance to Shine Cricket Tournament.
- **Nea Petritaj 9WNK, Bibiana Edwards 9BBK, Annika Trivedi 9WNK, Rosie Baxter 9BAM, Lexie Cullen 9RCX, Hannah Cullen 9RBW, Tyanna Ferreria 9OAC, Anaiya Dhaliwal 9WNK, April Clydesdale 9RBW and Ioanna Bello 9RBW:** Awarded for winning the year 9 Enfield Rounders Tournament.
- **Raha Hashemi 8BEF and Aleyna Livan 8BEF:** Awarded for always attending EAL interventions with a positive attitude and working hard in lessons.

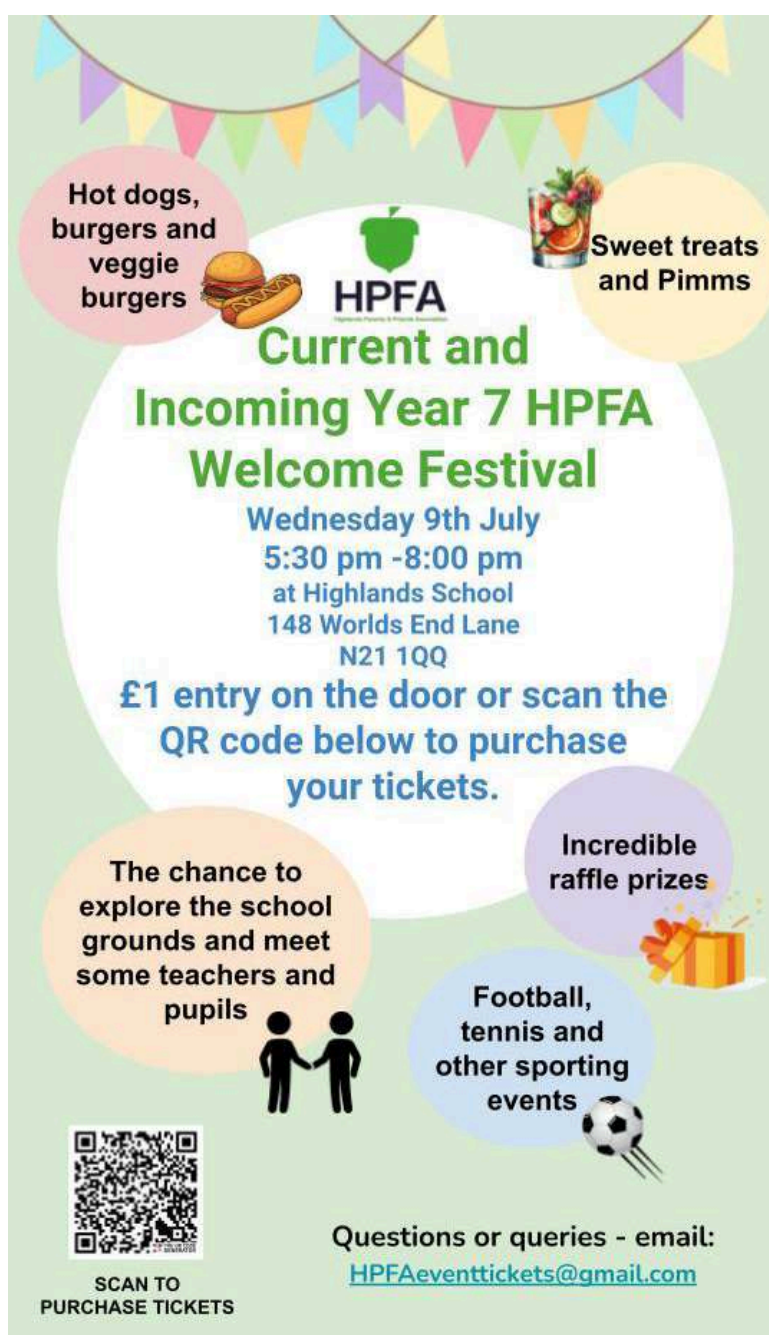




## HPFA Welcome Festival for current year 7s and Sept '25 year 7s only

Join us for the current and incoming year 7 HPFA Welcome Festival on Wednesday 9th July from 5:30 pm to 8:00 pm at Highlands School. This fantastic social event is a great opportunity to meet the new year 7 cohort, explore the school grounds, and connect with other parents, carers, and students. Enjoy delicious food including hot dogs, burgers, and sweet treats, plus fun activities like football and tennis, and don't miss the incredible raffle prizes!

Tickets can be purchased [here](#) for just £1 (plus 60p booking fee) to guarantee entry. Any unsold tickets may be available on the day. We hope to see you there! For current year 7s, tickets are now also available on Parentpay.



Hot dogs, burgers and veggie burgers

Sweet treats and Pimms

**HPFA**

**Current and Incoming Year 7 HPFA Welcome Festival**

Wednesday 9th July  
5:30 pm - 8:00 pm  
at Highlands School  
148 Worlds End Lane  
N21 1QQ

**£1 entry on the door or scan the QR code below to purchase your tickets.**

The chance to explore the school grounds and meet some teachers and pupils

Incredible raffle prizes

Football, tennis and other sporting events

SCAN TO PURCHASE TICKETS

Questions or queries - email: [HPFAeventtickets@gmail.com](mailto:HPFAeventtickets@gmail.com)





## School announcements

### HPFA Year 7 Welcome Festival - raffle prizes needed

On **Wednesday 9th July**, the Highlands Parents & Friends Association (HPFA) will be running a raffle at our Summer Welcome Festival, an event for our incoming year 7 students and families, as well as current year 7s.

We're now collecting raffle prizes and would be so grateful for your support! Whether it's a bottle of something nice, a gift voucher, a fun experience, or even a cuddly toy, every donation helps us raise valuable funds for the school. Items can be handed in to reception. Thank you to those who have already dropped off so many lovely items for our raffle.

### Lost property

Please click [here](#) for a list of lost property received since the start of term.

If your child has lost anything listed, or any other item, please ask them to check with the school office, as things arrive daily. All items being claimed will need to be identified by the student.

**Lost items from last term are highlighted in yellow and will be disposed of on Friday 20th June.**

Please can we also remind parents/carers to label all uniform and belongings so we can get items back to students as quickly as possible.

### School hire bookings - from 1st September 2025

If you are interested in hiring our school facilities from 1st September, please visit [School Hire](#) to view available spaces and pricing.

Whether you're planning a sports event, community activity, or private function, our facilities offer flexible options to suit a range of needs. Enquiries and bookings can be made directly through the [School Hire](#) website.

The poster features the school's logo (a green apple) and name 'Highlands School' in large blue letters. Below this is the address '148 Worlds End Lane, London, N21 1QQ'. A line of text describes the facilities: 'Modern and spacious facilities to hire for community events, sports groups, dance and drama classes, languages school, and more!'. Three circular images show the school's exterior, a large green sports field, and an indoor hall with rows of green chairs. At the bottom, a green banner contains contact information and a list of facilities. On the left, it says 'SH & F JOINING SCHOOL HIRE & FUNCTIONS LTD FROM 1<sup>ST</sup> SEPTEMBER 2025' and 'CONTACT TODAY 07855042027'. On the right, a list of facilities is shown with green checkmarks: '4G Astro pitch', 'Drama studios', 'Sports hall', 'Mirrored dance studio', 'Classrooms', and 'Outside spaces'.

**Highlands School**  
148 Worlds End Lane, London, N21 1QQ  
Modern and spacious facilities to hire for community events, sports groups, dance and drama classes, languages school, and more!

4G Astro pitch  
Drama studios  
Sports hall  
Mirrored dance studio  
Classrooms  
Outside spaces

CONTACT TODAY  
07855042027



## DARE Days, Wednesday 2nd & Thursday 3rd July 2025

Please see below for the DARE Days information.

YEAR 7	External activity		Internal activity	
	London Zoo	Beech / Willow - Wednesday Oak / Rowan - Thursday	Platinum	Oak / Rowan - Wednesday Beech / Willow - Thursday

YEAR 8	External activity		Internal activity	
	V&A Museum	Beech / Willow - Wednesday Oak / Rowan - Thursday	STE(A)M	Oak / Rowan - Wednesday Beech / Willow - Thursday

YEAR 9	Internal activity		Internal activity	
	Wise-Up Hub Challenge	Beech / Willow - Wednesday Oak / Rowan - Thursday	DT workshop	Oak / Rowan - Wednesday Beech / Willow - Thursday

YEAR 10	External activity		Internal activity	
	Go Ape	Beech / Willow - Wednesday Oak / Rowan - Thursday	Wise-Up Apprentice	Oak / Rowan - Wednesday Beech / Willow - Thursday





## House weekly winners

This week's winner is the house with the highest achievement points minus concern points, plus the points from department competitions and Cultural and Heritage Day. Congratulations **Rowan**!

### Weekly house points:

	Beech	Oak	Rowan	Willow
Positive Points	4096	4061	4650	4062
Negative points	-286	-327	-248	-254
Points overall	3810	3734	4402	3808

### Cultural and Heritage Day points:

	Beech	Oak	Rowan	Willow
Staff dress up / baked a treat	1500	1500	1500	1400
Students dress up	1280	1460	1500	1170
Bake sale	362	312	462	362
Y7 form raising the most money		1000		
Y8 form raising the most money			1000	
Y9 form raising the most money		1000		
Y10 form raising the most money		1000		
<b>Total</b>	<b>3,142</b>	<b>6,272</b>	<b>4,462</b>	<b>2,932</b>

### Inter house / department competitions

	Beech	Oak	Rowan	Willow
History pamphlet design	3,000	1,000	4,000	2,000
Year 10 inter house netball	0	2,000	3,000	4,000
<b>Total points</b>	<b>3,000</b>	<b>3,000</b>	<b>7,000</b>	<b>6,000</b>

### Overall weekly winner:

	Beech	Oak	Rowan	Willow
Weekly points	3,810	3,734	4,402	3,808
Cultural and Heritage Day	3,142	6,272	4,462	2,932
Inter house competitions	3,000	3,000	7,000	6,000
<b>Total points overall</b>	<b>9,952</b>	<b>13,006</b>	<b>15,862</b>	<b>12,740</b>



### Top students in year 7

Forename	Surname	Form	House	Points
Aaron	Habib	7OMK	O	48
Malak	Abood	7OMK	O	42
Reuben	Maple	7BAS	B	41
Victoria	Aksoy	7OMK	O	38
Gabriella	Demetriou	7OMK	O	38
James	Berris	7RKM	R	37
Qamil	Neza	7OSB	O	37
Zara	Sheikh	7OMK	O	37
Gwilym	Jenkins-Green	7BAS	B	36
Niamh	Synnott	7BAS	B	34

### Top students in year 8:

Forename	Surname	Form	House	Points
Syerah	Islam	8WSW	W	50
Marianne	Smith	8WSW	W	45
Kimora	Hall	8WSW	W	41
Ciara	Moore-McGowan	8WSW	W	41
Katrina	Awatar	8WSW	W	38
Asya	Sagiroglu	8WSW	W	38
Aariah	Udahemuka	8WSW	W	38
Wilfred	Crutchley	8WSW	W	37
Adar	Abdi Mahamed	8WSW	W	36
Akeesa Induvvari	Gurubebila Vitharanage	8BEF	B	36
Aaliyah	Lascelles	8WSW	W	36



**Top students in year 9:**

Forename	Surname	Form	House	Points
Chloe	Shi	9WMP	W	38
Sena	Oguz	9WNK	W	37
Krystal	Wright	9RCX	R	37
Aalycia	Udahemuka	9WNK	W	34
Sindi	Shaban	9WNK	W	33
Anthony	Angeli	9WNK	W	32
Azat	Secgin	9WNK	W	32
Faye	Etuazim	9WNK	W	30
Taijah	Green-Barban	9WNK	W	30
Alescha	Sall	9WNK	W	30
Efe	Yener	9RCX	R	30

**Top students in year 10:**

Forename	Surname	Form	House	Points
Madiha	Yahya	10OSM	O	48
Yunus	Coskun	10ODC	O	46
Angelo	Symeou	10ODC	O	46
Constantinos	Socratous	10ODC	O	42
Mia	O'Sullivan	10RCG	R	41
Ikram	Mohamed	10BLM	B	40
Erkan	Varlik	10WJQ	W	40
Betul	Cardak	10RTC	R	39
Elias	Marinos	10WJQ	W	38
Lorin	Varli	10ODC	O	38

**Top students in year 12:**

Forename	Surname	Form	House	Points
Mea	Branco	12WAD	W	17
Elisa	Cattarossi	12RJB	R	17
Maria	Salamanca	12WAD	W	17
Spyros	Yiallourous	12BTD	B	17
Zoe	Ellerby	12WDS	W	15



CALL: 07555748776

VISIT:  
<https://apfactivitycamps.org>

# ENFIELD

APF  
Activity  
Camps

## Summer Holiday HAF Camps

Latymer All Saints COE Primary School,  
N9 9RS: 23<sup>rd</sup> July - 13<sup>th</sup> August

Suffolks Primary School, EN1 3PU: 8<sup>th</sup> - 29<sup>th</sup> August

With 8 different activities a

day including:

electric go-karts

dodgeball,

football

rugby, basketball

archery

sumo suits

bouncy castles

clay modelling

face painting

and so much more. ✓



APF SUMMER CAMP  
IN ENFIELD



BOOK NOW -  
<https://apfactivitycamps.org/haf/>

# HAF Enfield Summer 2025

21st July -  
29th 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!
- Day Trips
- Cooking

Funded by



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







# 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](http://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](https://www.futurefirsthub.org.uk) and if you have any questions please contact our Alumni Programme Manager at Future First: Faithia Garffus – [faithia.garffus@futurefirst.org.uk](mailto:faithia.garffus@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.




Scan the QR code to join the Alumni network

12:58 5G

www.futurefirsthub.org.uk

Highlands School & Sixth Form

Highlands School

Powered by  Future First

Join your network

First name \*

Last name \*

Email address \*







## 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

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>

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

**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)

### Urgent and other support available

**childline**  
UNLASH THE POWER OF 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**  
Emotional support for under 25s

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

**Beat**

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

**kooth**

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



## Safeguarding contacts

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

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

## Helpful numbers and websites

**Childline:** 0800 1111

**NSPCC helpline:** 0808 800 5000

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

**LGBT switchboard:** 0300 330 0630

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

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

**Barnardos:** 0800 008 7005

Sign Health: <https://signhealth.org.uk/contact/>


Deaf young people: <https://signhealth.org.uk/with-deaf-people/supporting-young-people/>

## Talk to someone....

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

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