



Highlands School Newsletter

09 May 2025



Photo: Triple award winner Neriah at Show Racism the Red Card awards ceremony

Dear parents and carers,

This week the GCSE exams started for our year 10 and 11 students and, this morning, we held the year 11 celebration assembly. This is the point at which we share memories of our year 11 students and wish them good luck as they commence the examination season. Our year 13 students have their pizza party today, when we wish them good luck as they embark on their exams, which start on Monday.

We are delighted to share with you that Highlands School has won the Show Racism the Red Card competition for the third time. Neriah, in year 12, was a triple award winner on the night, winning the 'Year 10+ Art & Creative Writing Category', the prestigious 'Jo Cox Memorial Award' and was also selected as the overall competition winner.

Neriah visited Nottingham Forest FC to collect her awards. We are so proud of her incredible achievement and the way she has represented our school with talent, passion, and heart.

As a result of winning the overall competition, Neriah has been invited by Show Racism the Red Card to attend their prestigious Hall of Fame event, where she will have the opportunity to read her poem in front of the Prime Minister and the organisation's patrons. What a fantastic honour, well done, Neriah. You can see photos from the event at Nottingham Forest on the next page.

Have a weekend,

Mr McInerney, Headteacher.

Key dates for this half term:

- Friday 23rd May: end of half term



Show Racism the Red Card award ceremony



Triple awards for Neriah. Year 10+ Artwork and Creative Writing category, Jo Cox Memorial Award and Overall Winner of the Show Racism the Red Card competition.

"The awards show was pretty much what you'd expect. There were some great artwork submissions on display, and they announced the winners by category, starting from year 1. I was thrilled to win several awards. One of them, the Jo Cox Memorial Award, is given in memory of Jo Cox, the MP who was tragically murdered. Her family supports the foundation and selects the submission they feel best reflects her values - and they chose my submission!

Visiting Nottingham Forest FC was an incredible experience that has opened so many doors for me. Winning three awards was beyond anything I expected, and I'm truly grateful. I'd encourage everyone to get involved with Show Racism the Red Card, it was an amazing day that inspired me to aim even higher with my writing. Submitting Show Racism the Red Card was one of the best things I've done but it wouldn't have happened without Ms Maple. Yesterday's event introduced me to so many opportunities. I am forever grateful." - Neriah





Alumni inspire year 12 with higher and degree apprenticeships

Last week, year 12 students were given an invaluable opportunity to gain insights into the world of higher and degree apprenticeships, courtesy of an inspiring visit from one of the school's alumni. Tia El-Ahmadi returned to speak to students about her personal journey into the apprenticeship world, offering first hand advice on navigating the application process, preparing for interviews, and succeeding in the workplace.

Tia, who now works as a degree apprentice at **BlackRock**, one of the world's leading providers in asset management firms, began her presentation by recounting her own experiences during year 12. *"When I was your age, I had no idea what direction I wanted to go in,"* she said. *"I knew I wanted to get into a professional career, but university didn't seem like the right fit for me. That's when I discovered the apprenticeship route."*



She explained how she had researched various apprenticeship programmes, selected the one that matched her career goals, and put together a standout application. *"What stood out in my application was my practical experience, and my drive to succeed. Don't just list your qualifications – show the company what you bring to the table,"* she advised.





Tips for applying

One of the most valuable parts of the session was the practical tips shared by Tia. She encouraged students to start preparing early by researching different apprenticeship programmes and learning about the specific qualifications needed. She stressed the importance of building skills outside the classroom, whether through part-time jobs, volunteering, or extracurricular activities.

"I cannot emphasise enough the importance of building your network. LinkedIn, professional events, and even online forums are great ways to connect with industry professionals who can offer advice or mentorship," she shared.

Q&A session: Real-life advice

After the presentation, students had the chance to ask Tia questions directly during a lively Q&A session. Questions ranged from how to stand out in a competitive field to managing time between work and study.

One student asked about the challenges she faces during her apprenticeship. Tia responded, *"It's definitely a balancing act. The workload can be intense but it's all about time management and staying focused on your goals."*

Student feedback

The session was incredibly well-received by the year 12 students. Many left the event feeling more informed and motivated about their future pathways.

"It was so helpful to hear about the real-life experiences of someone who has already walked the path we're considering. The advice on how to tailor our applications was so practical and eye-opening."

"I never considered an apprenticeship as an option before, but now I see how it can be a great alternative to university. The whole session was really interesting and gave me a lot to think about."

"Tia reminded us how important it is to believe in yourself, keep pushing to improve, and not get caught up comparing yourself to others. Everyone's journey is different – just focus on being the best version of you."

The session ended on a high note, with students expressing genuine appreciation for the insight they gained. She's also kindly offered to return to work with smaller groups and lead public speaking workshops, which has quickly become one of her standout strengths.

This event highlighted the importance of alumni engagement, offering students not just theoretical knowledge, but real-world advice from someone who once stood in their shoes. It's clear that events like these are invaluable in helping students make informed decisions about their futures.

Mrs Laurenzi



Social Enterprise students inspire at Enfield Dragon's Den

We are incredibly proud to share that four of our year 10 students were invited back to perform and present at this year's *Enfield Dragons' Den* event. As last year's 'most creative' champions, they were asked to reflect on their journey through the Social Enterprise programme and offer inspiration to this year's new cohort.

The students delivered a powerful presentation in front of a live audience, speaking about their innovative idea, the challenges they faced, and the invaluable lessons they learned along the way. Their project, which focused on providing suitable 2-in-1 water filling stations that also dispense Highlands School-branded reusable water bottles, aimed to reduce plastic waste and promote sustainability within the school community. While the project has not yet been fully realised, we are still determined to make it a reality.

One key message the group shared deeply resonated with everyone present:

"You Don't Need to Be Perfect – Just Start."





They reflected honestly on how waiting for the “perfect” plan might have stopped them from ever beginning. Instead, they learned that taking the first step, even if unsure, is what truly matters. Mistakes, they said, are simply part of the learning process, and the most important thing is to keep going.

The feedback from this year’s audience and organisers was glowing. Many commented on how inspired they were by the group’s maturity, creativity, and honesty.

A huge well done to Demi Kyriacou, James Nicolaou, Vienna Ramsey, Ermioni Tsantikou for representing Highlands School with such confidence, humility, and heart. They have set a fantastic example for all future participants, proving that passion, purpose, and a willingness to learn can take you far.

We look forward to supporting our social entrepreneurs in the coming year, and continuing to champion the brilliant ideas of our students.

A big thank you to Dragons; Dejan Osotjic, Josh Weiler, and Louise Jackson, as well as the Social Enterprise Academy, for inviting our students back to share their journey. We’re also incredibly grateful to NEXUS Enfield for their ongoing support in empowering young people to make a real difference in their community.

Mrs Laurenzi

Art Club

Over the past five months, sixth formers Rukiye Meral Coban and Elizabeth Plume have been running a student-led Art Club for year 7 and 8 students. The club has been a fantastic experience where students explored a variety of creative activities, including drawing, painting, scratch art, tie-dye, origami, and more.

Rukiye and Elizabeth thoroughly enjoyed working with the younger students and were delighted to see their enthusiasm and creativity. Although the club came to an end last week due to their upcoming end-of-year exams, many students expressed how much they loved the club and how disappointed they were to see it pause. As a result, Rukiye and Elizabeth are hoping to run a few more sessions after their exams, starting the week of 19th June.





Deaf Awareness Week: 5th - 11th May

This week, from 5th-11th May, we marked Deaf Awareness Week at Highlands. As part of Ed-Extra, we were delighted to welcome Dr. Barnaby Lamb, who gave students a fantastic introduction to British Sign Language (BSL).

Students learned how to sign common phrases and spell their names using BSL, helping to promote greater understanding and inclusivity. You can also find some useful tips on how to communicate with Deaf people below.



HOW CAN YOU BE MORE DEAF AWARE...

WHEN TALKING TO A DEAF PERSON, ALWAYS FACE THEM

DON'T COVER YOUR MOUTH SO THE PERSON CAN LIP READ

BE MINDFUL OF BACKGROUND NOISE

TAKE PART IN DEAF AWARENESS TRAINING

REPEAT AND REPHRASE IF NECESSARY

SUPPORT DEAF ORGANISATIONS

LEARN BASIC SIGN LANGUAGE

CAPTION VIDEOS

SPEAK CLEARLY, SLOWLY AND STEADILY



Highlands School proudly presents Chicago Teen Edition

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.

Come and experience a night in a Chicago speakeasy! Immerse yourselves in prohibition America, in a city caught up in the murderous tales of wannabe stars Roxie Hart and Velma Kelly.

Students from all year groups are in the cast, so come along and support them. It promises to be a night full of jazz but maybe not justice!

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.

HIGHLANDS SCHOOL
presents
CHICAGO
TEEN EDITION

MUSIC BY JOHN KANDER **BOOK BY BOB FOSSE & FRED EBB** **LYRICS BY FRED EBB**

WEDNESDAY 25TH JUNE
AT 1PM & 7PM

THURSDAY 26TH JUNE
AT 7PM

FRIDAY 27TH JUNE
AT 7PM

At the Millfield Theatre, Silver Street, N18 1PJ

Tickets £9 available via
Millfield Theatre Box Office

BASED ON THE PLAY BY MAURINE DALLAS WATKINS
SCRIPTED ADAPTATION BY DAVID THOMPSON

SCAN TO PURCHASE TICKETS



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.

- **Jude Howlett 8BEF:** Awarded for working extremely hard in his maths lessons over the past few weeks.
- **Bea Findlay 9BAM:** Awarded for showing outstanding kindness, calmness, and compassion in helping a young pedestrian after a road accident, offering comfort, support, and assistance until his family arrived.
- **Ender Guccuk 11BNI and Eliz Mustapha 11BNI:** Awarded for their incredible dedication, hard work, and determination throughout their years at Highlands, always seeking support, attending every intervention, and showing a true commitment to success in their GCSEs.
- **Joseph McHale 7RAC:** Awarded for submitting a piece of writing for Dan Freedman's footballer of the year creative writing competition.
- **Demi Kyriacou 10OSM, James Nicolaou 10RTC, Vienna Ramsey 10RTC and Ermioni Tsantikou 10OSM:** Awarded for their continued determination, creativity, and commitment to positive change as part of the Social Enterprise Project.





Happy VE Day

Happy VE Day! On 8th May, we celebrate Victory in Europe Day and honour the courage and sacrifice of those who helped bring peace at the end of the Second World War. Our beloved therapy dog Freddy dressed up in his finery for the occasion.

With his cheerful spirit and smart outfit, Freddy brought smiles to everyone's faces, spreading joy as we remembered this important moment in history.



Comic book competition

To mark Comic Book Day, students can enter a competition where the lucky winner can win a graphic reader worth £119! If that wasn't enough, our school can also receive £250 worth of books. **Deadline 30th May.**

Here's how to enter:

- Download [the guide](#) to creating the comic storyboard
- Download the [comic storyboard worksheet](#)
- Design your comic storyboard.
- Send your comic storyboard via email to info@booklife.co.uk and to emehmet@highlearn.uk with the subject line "Competition" or post it to OMNI House, Rollesby Road, King's Lynn, PE30 4LS.





School announcements

Newspapers

As part of an upcoming activity day, we kindly ask students to bring in any old newspapers you may have at home. These materials will be used for a creative project and would be greatly appreciated. Please drop them off to the D&T department. Thank you for your support!



Washing up bottles

The design and technology department are in need of some donations of empty washing up bottles like this:

We will be refilling these with PVA glue to use in our practical lessons.

Please ask your child to deliver any donations to the downstairs D&T office or hand it in to your resistant materials teacher.

Thanks for your help.

Mrs Harbour-Cooper



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.

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.

Student lunch accounts

A gentle reminder to all parents and carers to regularly check that their child has enough money for lunch.



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

PE Clubs Easter - Summer

Monday	Tuesday	Thursday	Friday
Cricket All years Mr Avann/Mr Edwards Field 3:15- 4:30	Rounders Year 7,8,9,10 Mrs Walters/Ms Berrill Field 3:15 - 4:30	GCSE Theory Intervention 11S/Pg1 + 11R/Pg1 Mrs Walters/Mrs Hutchinson PE4 3:15 - 4	Athletics Mrs Hutchinson/Mr Avann/Mr Edwards 3:15 - 4:15 Field
	GCSE Theory Intervention 10P/Pg1 Mr Avann PE4 3:15 - 4	A Level PE Intervention Y13 Mr Avann SL6 3:15 - 4	



House weekly winners

This week's winner is the house with the highest achievement points minus concern points plus the points from the year 8 dance competition. Congratulations **Rowan!**

	Beech	Oak	Rowan	Willow
Positive points	5,067	5,122	4,867	4,496
Negative points	-448	-289	-325	-364
Points overall	4,619	4,833	4,542	4,132
Year 8 dance competition	2,000	1,000	4,000	3,000
Total points	6,619	5,833	8,542	7,132

Top students in year 7

Forename	Surname	Form	House	Points
Reuben	Maple	7BAS	B	69
Gwilym	Jenkins-Green	7BAS	B	67
Muhammed	Parlak	7RAC	R	50
Regan	Roberts	7OMK	O	49
Sashvika	Sathiyaseelan	7OMK	O	49
Natalie	Nicolaou	7OSB	O	49
Isobel	Butcher	7BAS	B	48
Beth	Rognaldsen	7RAC	R	48
Oliver	Morina	7BAS	B	47
Sebastian	Osinowo	7WEL	W	46

Top students in year 8:

Forename	Surname	Form	House	Points
Hannah	Bauluck	8OJT	O	44
Florence	Holyomes	8WSW	W	39
Evie	Howlett	8WSW	W	39
Dilara	Hassan	8OJT	O	38
Jack	Moules	8RJG	R	36
Aaliyah	Lascelles	8WSW	W	35
Summer	Mullooly	8RJG	R	34
Ariella	Elkabbas	8RJG	R	34
Shaan	Seetul	8WSW	W	34
Klea	Kambo	8WSW	W	34



Top students in year 9:

Forename	Surname	Form	House	Points
Ceren	Turkkorur	9OAC	O	54
Lara	Almeida	9BBK	B	38
Defne	Kaynaroglu	9WNL	W	36
Kaelyn	Beisty	9WNL	W	35
Sena	Oguz	9WNL	W	34
Isabel	Antoniou	9BAM	B	33
Mollie	Abrahams	9WNL	W	33
Rosie	Baxter	9BAM	B	32
Zayn	Akhtar	9BBK	B	32
Edward	Campbell	9BBK	B	32

Top students in year 10:

Forename	Surname	Form	House	Points
Elliz	Arkin	10RTC	R	34
Nathan	Mortimer	10ODC	O	32
Ermioni	Tsantikou	10OSM	O	32
Franceska	Koci	10RTC	R	32
Angelo	Symeou	10ODC	O	31
Erkan	Varlik	10WJQ	W	29
Yunus	Coskun	10ODC	O	28
Evren	Okanay	10OSM	O	28
Zainab	Ali	10RCG	R	28
Betul	Cardak	10RTC	R	28
Emin	Hamamci	10RTC	R	28



Top students in year 11:

Forename	Surname	Form	House	Points
Moroni	Cristovao	11BJC	B	251
Ender	Guccuk	11BNI	B	42
Roshan	Awudu	11BNI	B	20
Panos	Anastasiou	11OKK	O	18
Sakura	Daley	11OKK	O	18
Maxim	Volkov	11OKK	O	18
Rafal	Kruczek	11OKK	O	18
Naa Shidaa	Quartey	11WTH	W	17
Joao	Do Nascimento	11BJC	B	16
Zdravko	Tatanov	11OKK	O	16
Ozgenaz	Ozsoy	11OKK	O	16
Athanasios	Ioannou	11OKK	O	16
Hamza	Kasmani	11OKK	O	16
Carl	Etuazim	11OKK	O	16

Top students in year 12:

Forename	Surname	Form	House	Points
Jasmine	Desai	12OAT	O	36
Nathan	Fisher	12OAT	O	16
Yagmur	Olcay	12OES	O	16
Arnelijus	Mankevicius	12OAT	O	14
Alex	Hunt	12WDS	W	14
Georgia	Kouvakli	12BAS	B	12
Eleanor	Smith	12OAT	O	12
Anastasia	Pappa	12OAT	O	12
Kimberley	George-Fraser	12OAT	O	12
Floriana	Macarthur	12OES	O	12
Raya	Gotseva	12OES	O	12
Grace	Zelechowski	12RHK	R	12
Sophie	Gerrish	12RJB	R	12

Top students in year 13:

Forename	Surname	Form	House	Points
Alexandros	Attaliotis	13BCR	B	10
Theodor	Mills	13OMA	O	10
Sofia	Tailor	13WBS	W	10
Harvey	Maginnis	13WBS	W	10



OAKWOOD NETBALL CLUB

OAKWOOD NETBALL CLUB SENIOR TRIALS

ARE YOU AN EXPERIENCED NETBALL PLAYER WITH REGIONAL OR COUNTY LEVEL EXPERIENCE? WE'RE LOOKING FOR TALENTED ATHLETES TO JOIN OUR NETBALL CLUB AND TAKE OUR GAME TO THE NEXT LEVEL!

**SATURDAY 10TH MAY
9AM-12PM
ASHMOLE SECONDARY SCHOOL**

WHY JOIN US?

- COMPETITIVE MATCHES AT COUNTY LEVEL
- PROFESSIONAL COACHING AND TRAINING SESSIONS
- A SUPPORTIVE AND DYNAMIC TEAM ENVIRONMENT
- OPPORTUNITIES FOR PERSONAL AND ATHLETIC GROWTH

PLEASE FIND THE LINK TO THE TRIAL FORM IN OUR INSTAGRAM BIO. ANY PROBLEMS ACCESSING THE LINK, OR IF YOU CANNOT MAKE THIS DATE, PLEASE EMAIL OAKWOODNC@YAHOO.CO.UK

Cost to trial: £5








SUPPORTED BY 

LONDON CYCLING FESTIVAL ENFIELD

SUNDAY 25 MAY 2025

FREE LIME BIKE HIRE AVAILABLE!
(booking required)



**Enfield Library Green EN2 6AX
Sunday 25 May 2025**

Registration opens at 9.15am
Event closes at 1pm

Join a family-friendly, led bike ride around Enfield.

Federer rides start at 8.30am at

- The Fox Pub, Poliers Green
- Edmonton Green Station

Main ride starts at 10am at

- Enfield Town Library

Including:

- Dr Bike
- Bike Security Marking
- Safe Cycling Information
- Smoothie Bar
- Cycle Skills Training
- Kids Cycle Obstacle Course

Scan here for all the event details 

Find out more and book your ride place: londoncyclingfestival.org.uk

ORGANISED BY   Part of Enfield Council's Journeys and Places programme 

ACTIVE ENFIELD

JOIN TEAM ENFIELD LONDON YOUTH GAMES 2025 SQUASH TRIALS

SATURDAY 31 MAY

AT SOUTHGATE SQUASH & RACKETBALL CLUB
WALKER CRICKET GROUND, 175 WATERFALL ROAD, SOUTHGATE, N14 7JZ

BOYS AND GIRLS MIXED TEAM (AGED 11-17 YEARS OLD) <small>DOB: OLDEST 01/09/2007 - YOUNGEST 31/08/2013</small>	2:45 - 5PM
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SIGN UP VIA THE QR CODE
OR VISIT WWW.ACTIVEENFIELD.UK
PLEASE BRING YOUR OWN RAQUET



IF SUCCESSFUL, MUST BE AVAILABLE TO TRAIN
7 & 28 JUNE (2:45PM - 5PM) AT SOUTHGATE SQUASH & RACKET CLUB
QUALIFIERS: SAT 14 JUNE AT REDBRIDGE SPORTS CENTRE
FINALS: SUN 29 JUNE AT REDBRIDGE SPORTS CENTRE

ELIGIBILITY CRITERIA: ANY PLAYER WHO HAS REPRESENTED AT COUNTY LEVEL (OR HIGHER AT U15 OR U17, UP TO THE DATE OF THE FINALS, IS NOT ELIGIBLE FOR THIS COMPETITION. ALL ATHLETES NEED TO LIVE OR GO TO SCHOOL IN LONDON BROUGH OF ENFIELD.

ANY QUESTIONS? CONTACT SPORT@ENFIELD.GOV.UK | WWW.ACTIVEENFIELD.UK 



Help us fund raise for our school

Did you know when you sign up to **easyfundraising.org.uk** and purchase goods from shops on the **website** or **app**, **Highlands School** will earn a commission from the sale?

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

Highlands School Enfield

📍 Wrichmore Hill, London

£3,565.00 raised

96 supporters

Sign up and support this cause

www.easyfundraising.org.uk

GET STARTED

How to support Highlands School Enfield

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

Support us through
easyfundraising



Highlands School Alumni

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

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

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

#HighlandsAlumni

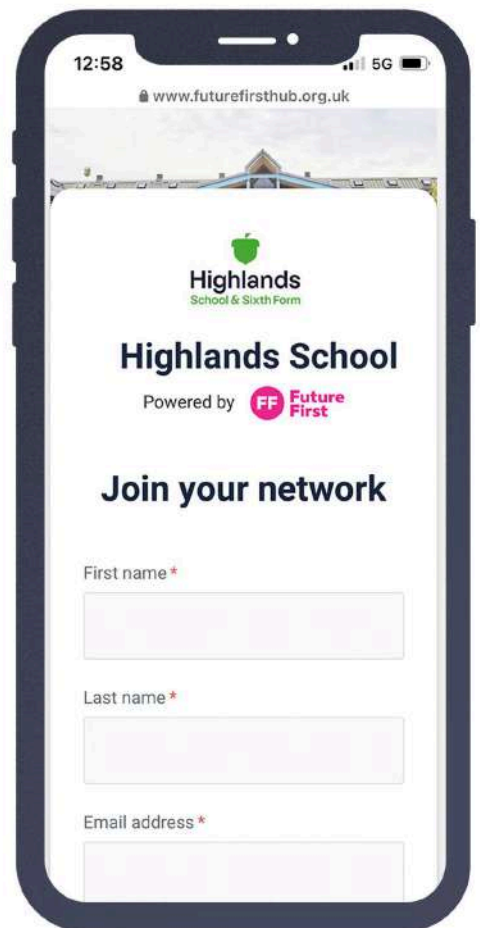


Former student?

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

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

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





Student medical needs

If your child needs to take regular medication in school, please fill out the following [Medicines Consent Form](#) to give the school consent to administer medication to your child. All medications that are kept in school must be stored in the medical room.

Mental health

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

Urgent mental health support - 24/7 crisis lines

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

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

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

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

Urgent and other support available

shout
85258

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

SAMARITANS

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

Crisis Tools

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

PAPYRUS

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

childline
SOMEONE ON THE PHONE, ANYTIME

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

Good Thinking

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

THE MIX

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

Beat

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

kooth

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



Safeguarding contacts

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

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

Helpful numbers and websites

Childline: 0800 1111

NSPCC helpline: 0808 800 5000

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

LGBT switchboard: 0300 330 0630

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

Multi Agency Safeguarding Hub: 0300 500 80 90

Barnardos: 0800 008 7005

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

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

Talk to someone....

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

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