



Highlands School Newsletter

27 June 2025



Dear parents and carers,

Over the course of this week, our students and staff have been at the Millfield Theatre rehearsing, preparing, and then performing this year's school production, *Chicago: Teen Edition*. As I write this on Friday afternoon there have been three performances so far; the reviews have all been full of praise. Mr Matt Miller MBE, our Chair of Governors, and I will be going along tonight to see the final performance of the run and we are enormously looking forward to it. Shows like this do not happen by accident, they are the result of the relentless hard work of the staff who produce them, of the dedication and ability of our students who perform in them, and of our mission, as a school, to make sure the experience of students at Highlands measures up to, or exceeds, the experience of students at any other school. Well done to everyone involved and thanks to all of you who have bought tickets and supported the show so far.

This week I also attended the year 11 and year 13 proms and the year 6/7 new intake evening. Both of the proms were uplifting celebrations of the time students have spent with us up to the ages of 16 or 18, and students conducted themselves with the maturity that such events warrant. The year 6/7 new intake evening was a great opportunity to meet the families joining us in September and to give our new year 7 students the chance to meet their form tutors.

Alongside all of this we held inter house quizzes for all year groups and staff in the mornings this week and we prepared for next week's DARE Days on Wednesday and Thursday - make sure you know what trips your children are going on!

It's been a very busy week and I want to wish the staff and students who have been part of so many out of hours school events a restful weekend, and I hope you have one too.

Mr McInerney, Headteacher.



Key dates for next term:

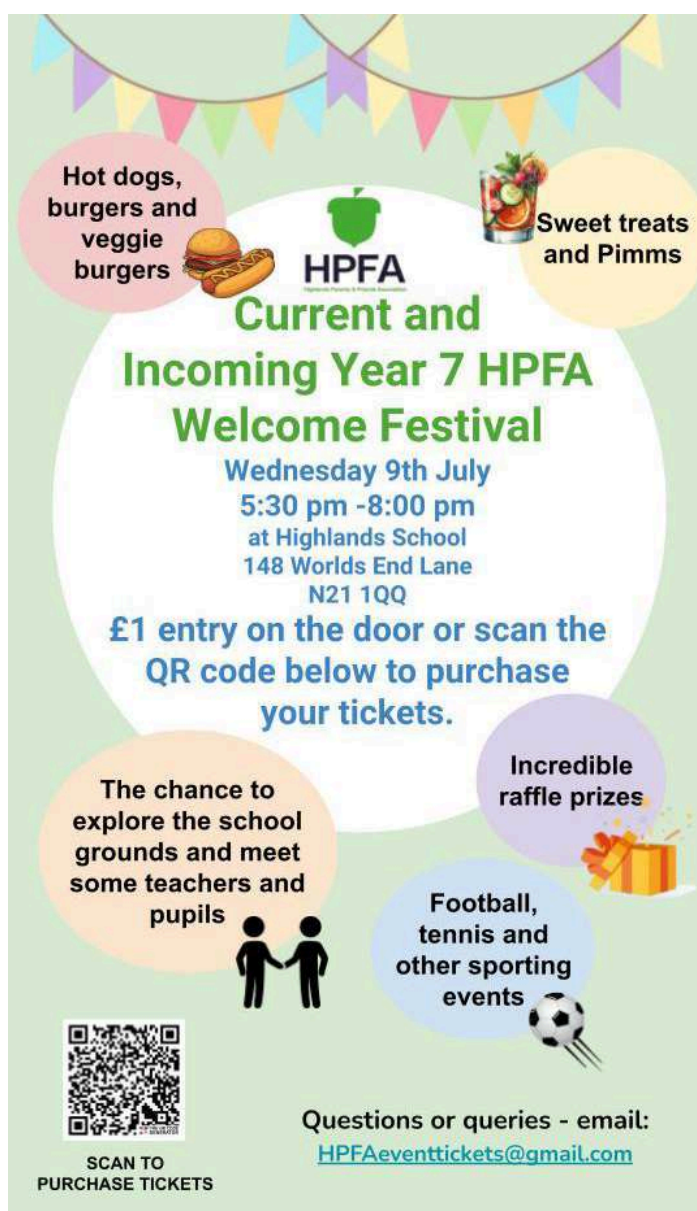
- Week commencing 30th June: Year 12 work experience
- Tuesday 1st July: Year 11/12 Transition Day
- Wednesday 2nd July & Thursday 3rd July: DARE Days
- Tuesday 8th July: Sports Day
- Wednesday 9th July, 5.30pm-8pm: HPFA Welcome Festival for current and new year 7s
- Tuesday 15th July: USA Cuisine Day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

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. For our current year 7s, tickets are now also available on Parentpay.

We hope to see you there!



The poster is a circular graphic with a green background and a white central circle. At the top, there are colorful bunting flags. The central circle contains the text: "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", and "£1 entry on the door or scan the QR code below to purchase your tickets." Surrounding the central circle are five circular callouts: "Hot dogs, burgers and veggie burgers" with a burger icon; "Sweet treats and Pimms" with a glass of Pimms; "Incredible raffle prizes" with a gift box icon; "Football, tennis and other sporting events" with a soccer ball icon; and "The chance to explore the school grounds and meet some teachers and pupils" with an icon of two people. At the bottom left is a QR code with the text "SCAN TO PURCHASE TICKETS" below it. At the bottom right is the text "Questions or queries - email: HPFAeventtickets@gmail.com".

Hot dogs, burgers and veggie burgers

Sweet treats and Pimms

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



Chicago: Teen Edition

Wow! It was all razzle dazzle as *Chicago: Teen Edition* lit up the stage with a dazzling display of talent, energy, and hard work. From the iconic numbers to the slick choreography and show-stopping performances, it was a spectacular production that left the audience in awe.

A huge well done to all the students and staff who brought the magic to life.

Keep an eye out, details on how to purchase a copy of the show and access photos will be shared soon!





Year 11 Prom

Our year 11s celebrated their prom in style at the beautiful Forty Hall. It was wonderful to see everyone dressed up, enjoying themselves, and saying their goodbyes to classmates after five fantastic years.

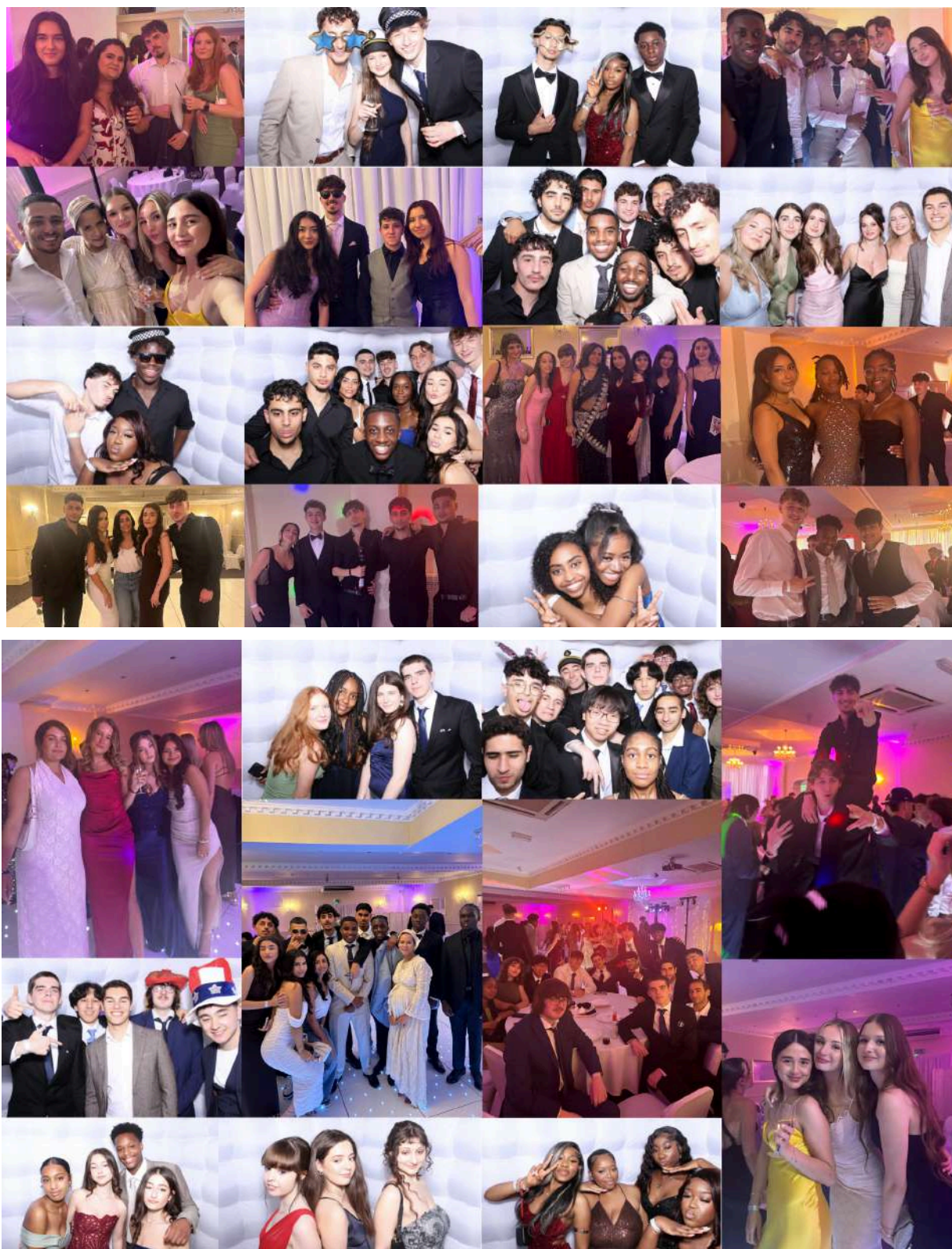
We wish them all the best and hopefully, we'll see many of them again in our sixth form!





Year 13 prom

Our wonderful year 13s celebrated their prom in style, a final farewell before they head off on exciting new adventures at university, apprenticeships, or into the world of work. It was a fantastic evening filled with laughter, memories, and well-deserved celebration. We're so proud of everything they've achieved and wish each of them the very best of luck for the future.





Borough Athletics Championships qualifiers

On Wednesday afternoon, we took some members of the year 7, 8, 9 and intermediate athletics teams to compete in their heats in preparation for the Enfield Borough Athletics Championships that are taking place on Monday 31st June. Our young athletes showed some great determination and teamwork and qualified in a number of events as detailed below:

200m - qualified

- Maria Hambi
- Daniel Lemonious
- Sibora Myftari
- Stephanie Berko
- Conrad Berndes
- Elia Saat
- George Robinson

300m - qualified

- Mertcem Kaynar
- Anaiya Dhaliwal
- Jackson Benbow
- Elis Cristovao





4x100m relay - qualified

- Year 7 girls
- Year 7 boys
- Year 8 boys
- Year 9 girls
- Year 9 boys
- Intermediate girls
- Intermediate boys

These athletes will join the rest of the team to battle it out at the Championships at Lee Valley Stadium on Monday. Some of the high jump finals also took place on Wednesday and we are pleased to let you know that Israel Nortey won bronze in the year 8 boys' competition and started off our medal tally for this year.

Stay tuned for what are sure to be more athletics success stories in next week's newsletter.



Miss Berrill



Year 9 and 10 rounders

A huge well done to the year 9 and 10 rounders team who beat Lea Valley 18-6 in their final league game and have topped their league.

They are now through to the finals night which will be played in July. Good luck to you all.

Mrs Walters



Year 7 Transition Evening

This week we held our Year 7 Transition Evening, where we warmly welcomed students and families who will be joining us this September. It was a great opportunity to share key information about the school, our expectations, and what to expect in September. Students met their form tutors and new classmates, helping to ease any nerves ahead of the new school year. It was lovely to see so many smiling faces - thank you to everyone who came along!

We look forward to seeing students again for their Taster Day on 4th July.





Inter house netball

The year 8 and 9 inter house netball competitions took place this week, with some brilliant performances all round. The year 9 final was especially intense, it ended 0-0 at the final whistle and had to go into extra time! Rowan took the win with relentless determination. A huge well done as well to Oak House, who were crowned winners of theyYear 8 competition. Great effort from all teams involved!

Year 8:



1st	2nd	3rd	4th
Oak	Rowan	Beech	Willow

Year 9:



1st	2nd	3rd	4th
Rowan	Willow	Beech	Oak



Inter house quizzes

The inter house quizzes took place this week, and it was a close contest across most year groups! The winning teams took home the house quiz trophy and secured a crucial 4,000 points for their house. With the competition nearing its end, every point counts - well done to everyone who took part!

Year 7:



1st	2nd	3rd	4th
Oak	Rowan	Willow	Beech

Year 8:



1st	Joint 2nd		4th
Oak	Rowan	Beech	Willow



Year 9:



1st	Joint 2nd		4th
Willow	Rowan	Oak	Beech

Year 10:



1st	Joint 2nd		4th
Oak	Rowan	Beech	Willow



Year 12:



1st	2nd	3rd	4th
Beech	Willow	Rowan	Oak

Staff:



1st	2nd	3rd	4th
Willow	Beech	Rowan	Oak



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

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



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.

- **Helin Kekec 7WEL, Sofia Kolovos 7OSB and Qamil Neza 7OSB:** Awarded for winning the coding and robotics competition.
- **Faye Etuazim 9WNK:** Awarded for being supportive to another peer in science lessons.
- **Guney Comak 8RJG and Aydin Ali 8RAS:** Awarded for making an exemplary presentation on waves in science.
- **Neriah Muhelele 12OAT:** Awarded for winning the Show Racism the Red Card national competition, meeting the Prime Minister and becoming a Youth Ambassador.
- **Katrina Avatar 8WSW, Isis Crawford 10RCG, Megi Vreto 10WJQ, Sienna Wood 8WMT, Hannah Gibbons 8WSW, Seren Carlisle 8WMT, Klea Kambo 8WSW, Ciara Moore-McGowan 8WSW, Beren Yildirim 8WMT, Florence Holyomes 8WSW, Asya Sagiroglu 8WSW, Alexander Antoniou 10OSM, Kingston Barrow 10OSM, Vishanne Beezadhur 10OSM and Daniel Boztas 10ODC:** Awarded for helping with the Ed-Extra set up on Wednesday.
- **Klea Kambo 8WSW and Lilah Jones 8WMT:** Awarded for exceptional finesse and skills in professional cookery. Exemplary work.
- **James Butcher 10OSM:** Awarded for independently planning and leading an entire hour-long session at the Christian Faith Club to other students.





BSL Level 1 achievement!

Evie Howlett and Christina Hajilambi, two of our Deaf Base pupils, have successfully achieved Level 1 in British Sign Language (BSL). A fantastic accomplishment that reflects their hard work and dedication. Learning BSL is not only vital for communication and self-expression, but it also strengthens Deaf identity and promotes inclusion across the school.

Some of our hearing pupils are completing Level 1 and Level 2 in BSL alongside our Deaf Base pupils with Marios Costi, and a group of year 7 and year 8 pupils are taking part in BSL sessions during Ed-Extra. This shared learning experience is helping to build a more inclusive, Deaf-aware school community.



Evie and Christina

Help us improve the House System!

As we approach the final whole house meetings for the term and the end of the student leadership roles for 2024–2025, we'd love to hear from our students.

Students must complete the House System survey, which can be found in their House Google Classroom. It only takes a few minutes and includes multiple-choice questions and space to share what's worked well, what could be improved, and any ideas for next year.

Deadline: 27th June

Student feedback is really important and will help us make the House System even better!

Ms Maple



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.

Collection of uniform

In order to support families in our school community as well as taking a sustainable approach, we are kindly asking for any Highlands school uniform that your child/children do not wear anymore. This can be shirts, skirts, blazers, trousers and PE kits.

Please hand in any donated garments to reception. All donations would be much appreciated.

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.

Nuts

May we remind parents that students should **not** be bringing in any food in their packed lunches or ingredients for food technology classes that contain nuts or almonds.



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.



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!

Joining School Hire & Function Hire FROM 1st SEPTEMBER 2025

CONTACT TODAY
07855042027

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



VESS London
The Safe Place

Specialist support for young Londoners impacted by violence and exploitation

WHAT IS VESS LONDON?

VESS London (Violence & Exploitation Support Service London) provides tailored, trauma-informed support for children and young adults in London who are affected by violence and exploitation.

We help young Londoners feel safe, understood and empowered to move forward positively - with the right support at the right time. Our vision is a future where all young Londoners, regardless of background, can thrive free from violence and exploitation.

WHAT DOES THE SERVICE DO?

Each young Londoner is matched with a dedicated caseworker who offers consistent, one-to-one support shaped around their individual needs. Sessions take place in safe, trusted locations like schools, cafés or community spaces.

Support can include help with:

- ⇒ Advocacy and safety planning
- ⇒ Emotional wellbeing and mental health
- ⇒ Relationships with peers and family
- ⇒ Education, training and employment
- ⇒ Housing and resettlement

Specialist areas of expertise include:

- ⇒ Violence
- ⇒ Sexual exploitation
- ⇒ Criminal exploitation including County Lines
- ⇒ Support for girls and young women
- ⇒ Neurodiversity (SEND)
- ⇒ Families (parents and carers)
- ⇒ Wellbeing (emotional wellbeing)
- ⇒ Education, training and employment
- ⇒ Housing and resettlement

VESS London also operates a 'Rescue' service to safely return children and young people who have come into contact with authorities outside London due to suspected county lines activity.

WHO DELIVERS VESS LONDON?

Commissioned by the Mayor's Office for Policing and Crime (MOPAC), VESS London is delivered by a pan-London alliance of expert organisations: Safer London, St Giles Trust, New Horizon Youth Centre, Anna Freud and MOPAC.

WHO CAN ACCESS THE SERVICE?

VESS London is for any young Londoner who is:

- ✓ Aged 25 or under
- ✓ Living in any London borough
- ✓ Experiencing (or at risk of) violence or exploitation - including group violence, county lines and criminal or sexual exploitation.

We also support parents and carers whose children meet this criteria.

Referrals can be made by professionals, family members or the young Londoner themselves.

Click here or scan the QR code to make a referral for a young Londoner →

GET IN TOUCH If you have any questions about the service get in touch with the Front Door referral and screening team referrals@saferlondon.org.uk. If a young Londoner requires our rescue service, please call 020 3911 9391 (open 9am-10pm Mon to Fri, 2pm-10pm Sat & Sun)

MOPAC | saferlondon | St Giles
Turning a past into a future

Anna Freud
National Children's Hospital
for psychiatry

NHVC
New Horizon Youth Centre



House weekly winners

This week's winner is the house with the highest achievement points minus concern points, plus the points from the inter house competitions. Congratulations **Oak**!

Weekly house points:

	Beech	Oak	Rowan	Willow
Positive Points	3355	4303	4086	3215
Negative points	-366	-353	-293	-297
Points overall	2989	3950	3793	2918

Inter house competitions:

	Beech	Oak	Rowan	Willow
Year 7 house quiz	1,000	4,000	3,000	2,000
Year 8 house quiz	3,000	4,000	3,000	1,000
Year 9 house quiz	1,000	3,000	3,000	4,000
Staff house quiz	3,000	1,000	2,000	4,000
Year 8 netball	2,000	4,000	3,000	1,000
Year 9 netball	2,000	2,000	4,000	3,000
Total	12,000	18,000	18,000	15,000

Overall weekly winner:

	Beech	Oak	Rowan	Willow
Weekly points	2,989	3,950	3,793	2,918
Inter house competitions	12,000	18,000	18,000	15,000
Total points overall	14,989	21,950	21,793	17,918



Top students in year 7

Forename	Surname	Form	House	Points
Natalie	Nicolaou	7OSB	O	40
Paul	Munjal	7OMK	O	37
Helin	Yaman	7RAC	R	37
Sofia	Kolovos	7OSB	O	35
Qamil	Neza	7OSB	O	35
Jannah	Silvera	7OSB	O	35
Oscar	Abrahams	7OMK	O	33
Daiana	Aybar Ortega	7RAC	R	33
Emily	Dent	7RAC	R	33
Gwilym	Jenkins-Green	7BAS	B	33
Beth	Rognaldsen	7RAC	R	33

Top students in year 8:

Forename	Surname	Form	House	Points
Laura	Alla	8BEF	B	42
Florence	Holyomes	8WSW	W	40
Syerah	Islam	8WSW	W	39
Aariah	Udahemuka	8WSW	W	38
Shaan	Seetul	8WSW	W	35
Aria	Arashvand	8WSW	W	34
Sita	Maitland-Walker	8BLR	B	33
Katrina	Awatar	8WSW	W	30
Wilfred	Crutchley	8WSW	W	30
Ciara	Moore-McGowan	8WSW	W	30
Jack	Moules	8RJG	R	30
Asya	Sagiroglu	8WSW	W	30
Marianne	Smith	8WSW	W	30

**Top students in year 9:**

Forename	Surname	Form	House	Points
Annika	Trivedi	9WNK	W	51
Aalycia	Udahemuka	9WNK	W	51
Nnaemeka	Onukaogu	9WNK	W	47
Nea	Petritaj	9WNK	W	47
Anthony	Angeli	9WNK	W	46
Michail	Katsoulis	9WNK	W	45
Kaelyn	Beisty	9WNK	W	42
Xhorxhia	Kuvertaris	9RCX	R	42
Azat	Secgin	9WNK	W	40
Sindi	Shaban	9WNK	W	39
Owen	Smith	9WNK	W	39

Top students in year 10:

Forename	Surname	Form	House	Points
James	Butcher	10OSM	O	32
Beatrice	Afhim	10OSM	O	30
Sofia	Karaolis	10OSM	O	30
Emil	Skogen	10OSM	O	30
Ermioni	Tsantikou	10OSM	O	30
Owen	White	10OSM	O	30
Madiha	Yahya	10OSM	O	30
Alexander	Antoniou	10OSM	O	28
Evren	Okanay	10OSM	O	28
Franceska	Koci	10RTC	R	26
Samson	Tebb	10OSM	O	26
Harrison	Willer	10RTC	R	26

Top students in year 12:

Forename	Surname	Form	House	Points
Rhea	Mehta	12RJB	R	12
Annalise	Demetriou	12WDS	W	9
Nathan	Fisher	12OAT	O	9
Raya	Gotseva	12OES	O	8
Georgia	Kouvakli	12BAS	B	8
Charlie	Skipp	12RHK	R	8
Emily	Tofis	12BAS	B	8
Grace	Zelechowski	12RHK	R	8
Aisha	Sediq	12OAT	O	7
Luke	Tyrimos	12WAD	W	7



JOIN US FOR 90+ ACTIVITIES OVER THE SUMMER

ESCAPE INTO SUMMER UNI

Escape into Summer
5 WEEKS OF FREE ACTIVITIES

Open to young people aged 11-19, or up to 25 with SEND, who live or attend school in Enfield.

Over 90 FREE courses and activities are waiting for you - from sport, music and dance, to tech, creative arts, cooking and career tasters.

Courses go live Saturday 5 July!
Don't miss out - places are first come first served. Scan the QR to register, download the Summer Uni booklet and choose your courses from 5 July to book on.

Let the countdown begin. Escape into Summer starts here.

REGISTER TODAY

ESCAPE FROM THOSE BORING DAYS OF JULY & AUGUST INTO THE EXCITING ROOMS OF SUMMER UNI 2025, WHERE ACTIVITIES ARE AVAILABLE OVER 5 WEEKS

@Youth_Enfield #supportingyoungenfield

Email: SUregistration@enfield.gov.uk

Register now: www.youthenfield.taptub.co.uk/summeruni25



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 holidayactivitiesandfoodprogramme.enfield.gov.uk

Ages Reception to Year 11

Free for those in receipt of benefits related free school meals

Arts & Crafts

Get Active

Free nutritious meals

Plus much much more!

Cooking

Day Trips

Funded by
Department for Education

www.enfield.gov.uk/haf



SUMMER

Summer HAF Programme

A program offering a variety of engaging activities and workshops for young people aged 8 to 16.

Activities Include

- Boxing & Physical Fitness
- Music Production
- Drama
- Hair & Nails
- Arts & Crafts
- Jewellery Making
- VR & Gaming

Additional Information

This program is available to school children who receive free school meals and either reside in Enfield or attend an Enfield-based school. **Lunch will be provided.** Individuals who do not meet this requirement are still welcome to attend; however, kindly ensure that lunch is provided for them.

Find Us

39 St James Chambers, Edmonton, N9 0UD (Next door to Saray Banqueting Suite)

northsideyouth.co.uk

[enycc_london](https://www.instagram.com/enycc_london)

[NYCC Edmonton](https://www.facebook.com/NYCC-Edmonton)

[enycc_london](https://www.youtube.com/channel/UC...)

Dates

Week One	Week Two	Week Three	Week Four
Tuesday 29 th July	Tuesday 5 th August	Tuesday 12 th August	Tuesday 19 th August
Wednesday 30 th July	Wednesday 6 th August	Wednesday 13 th August	Wednesday 20 th August
Thursday 31 st July	Thursday 7 th August	Thursday 14 th August	Thursday 21 st August
Friday 1 st August	Friday 8 th August	Friday 15 th August	Friday 22 nd August

Time : 10 AM - 2 PM

Contact Us

NYCC
079 8445 0644
(077 926) 0474
020 4568 5512
cynthia.coburn@northsideyouth.co.uk
northside_youthslive.co.uk

Exodus
079 0597 2455
tara.hanna@exodusyouthworks.london



Help us fund raise for our school

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

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

Highlands School Enfield

Winchmore Hill, London

£3,565.00 raised

96 supporters

Sign up and support this cause

www.easyfundraising.org.uk

GET STARTED

How to support Highlands School Enfield

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

Support us through
easyfundraising



Highlands School Alumni

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

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

More information is on our [website](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

#HighlandsAlumni



Former student?

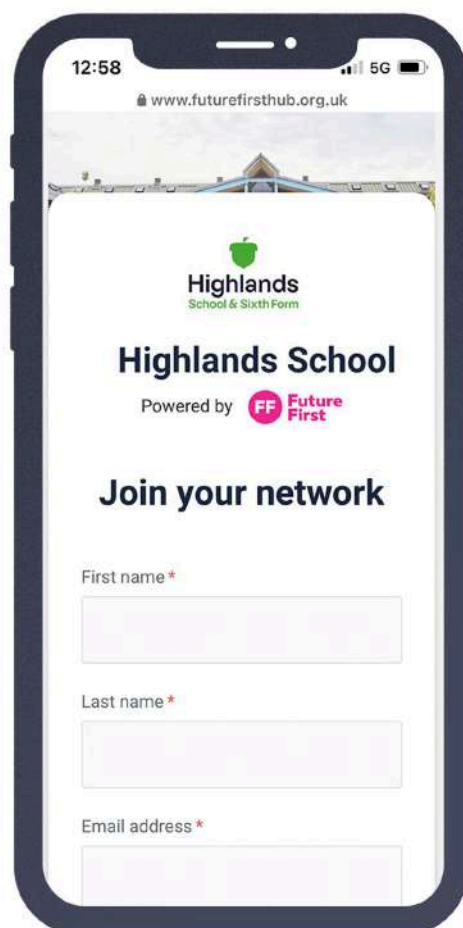
Return to Highlands School to inform our current students about what life beyond school is really like.

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

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

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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