



# Highlands School Newsletter

29 November 2024



Dear parents and carers,

It is with great pleasure that I share with you our Ofsted report, which you can read, [here](#). It was sent to us this week by Ofsted and will be uploaded to their website at the start of next week. Ofsted no longer give overall judgements for schools but they do judge schools in five areas: quality of education; behaviour and attitudes; personal development; the sixth form; leadership and management. In all five of those areas we have been judged 'Outstanding', this is the best possible outcome from the inspection.

Ofsted were here earlier this month for two days, with up to six inspectors on site. They watched many lessons, met with staff, and reviewed the surveys that you and our students completed at home. They also evaluated our results, and our attendance and behaviour data. However, the main focus of an Ofsted inspection is on students. The team met with dozens of students, watched them in lessons and spoke to them about their learning, spoke with them at social times and at lesson changeovers. The team met with student leaders and with students who joined Highlands from other schools because they had been at risk of permanent exclusion but have flourished here. They met with students from our deaf base and students with EHCPs. The report has judged the school to be 'Outstanding' in all areas, but it is our students who are outstanding, and I want to thank you for the support you give them and our school. It is the partnership of families, governors, school leaders, staff and students that make any school, and especially our school, successful.

There are many positives in the report and I hope you will take the time to read it. The theme running through it is the inclusive nature of our school. We are a true comprehensive school, with students at Highlands from a range of socio-economic backgrounds, ethnicities and religions. We have students



who leave us to go to some of the most prestigious universities in the world at the same time as having very high numbers of students with EHCPs and a deaf base fully integrated into the school.

What next? In 2018 governors and school leaders agreed that our goal as a school would be to: “To provide a world class educational experience for our students. In whatever we do, to be held as an example of best practice to other schools.” As I have said many times in the past, this is an ambitious goal, and sometimes we make mistakes and fall short of it. But, I hope, you would not want us to be any less ambitious, given we are educating your children. You can be assured that we will continue to push ourselves to improve further.

School improvement takes a lot of work. Over the past six years we recognised many of the existing strengths of Highlands, but we also changed a great deal, and I want to acknowledge the enormous amount of work that our staff (leaders, teaching staff and all our support staff) have put into improving our school and the unwavering support the governing body has given us on that journey.

For now, I just want to thank you for your support and say how proud we all should be of the young people that come to Highlands.

Have a great weekend,

Mr McInerney  
Headteacher.

Key dates for this half term:

- Wednesday 11th December: year 9 parents’ evening
- Thursday 12th December: winter music concert
- Friday 20th December: final day of term (students dismissed at midday)
- Monday 6th January: first day of new term (students return to school)

Click [here](#) to watch what makes our school special. Or view the video on our [YouTube](#) channel





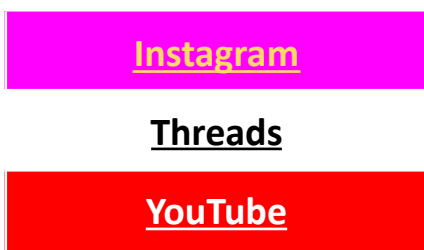
## Music bingo at Highlands

Last week's music bingo event was a resounding success! With a fantastic turnout from students, parents, carers and staff, the atmosphere was lively as everyone sang along and competed for a variety of exciting prizes. The Highlands community came together to enjoy a night of fun and music, and thanks to their generosity, the event raised an impressive £625 to support our fundraising towards new indoor sports facilities. It was a great evening that showcased the incredible spirit and enthusiasm of our school. A huge thank you to all that attended and those who donated prizes.



## Highlands social media

Please follow and encourage your family and friends to follow Highlands School on our social media accounts. This enables everyone to see the fantastic work we do here, as well as seeing any fundraising HPFA events that they may like to attend.





## HPFA festive raffle

We invite you to join in the excitement of our HPFA festive raffle! Tickets are just **£2** each, and by participating, you'll have a chance to win some fantastic prizes while helping to raise funds that directly benefit our school.

Click [here](#) to purchase your tickets now. The last day to enter is **Monday 16th December**. Please encourage friends and family to buy tickets as well.



## Economics conference

The year 13 economics students attended a sixth form economics conference in London, where they had an incredible opportunity to hear lectures from a range of distinguished speakers, including Ed Balls (broadcaster, economist, and former Shadow Chancellor), Tim Harford (economist, Financial Times journalist, and author of *The Undercover Economist*), and Paul Johnson (Director of the Institute for Fiscal Studies), among others. The talks offered fascinating insights into the recent Labour budget, its potential impact on the future of the UK economy, and thought-provoking stories about legendary economists such as John Maynard Keynes and Irving Fisher.

The conference also provided students with the chance to engage in discussions on questions such as: “Should there be a maximum wage?” and “Should the UK prioritise trade policies with the US or the EU?” These sessions allowed students to share their opinions and deepen their understanding of the real-world issues shaping economics today.

**Ms Ryoo**





## Introduction to medicine - Alumni visit

Highlands Sixth Form often benefits from our successful alumni students, three of whom came into school on Wednesday 27th November to meet with prospective students of medicine currently in year 11 and year 12. Yasemin, the widening participation lead at SGUL Medical Education Society, who is now studying medicine after completing a biomedicine degree, Nikki a current medicine student at King's College London and Zeren a neuroscience student at King's College London all came in to speak to our students.

They spoke about the importance of work experience placements in hospitals, how to get them and we heard about the demanding UCAT assessment and how to prepare for it.

We heard lots of stories about dissections, placements at hospitals and what it is like working in the NHS. At the end of the talk, our alumni spoke to the year 12 students and gave them lots of ideas and resources they could use this year in order to have the best possible applications next year.

All three alumni are looking forward to coming back later in the year to work with students preparing for the UCAT.





### Mr Tuton





## House charities 2024-2025

The votes are in. This year's house charities, voted by students are as follows.

<b>Beech</b>  <b>The Nightingale Cancer Support Centre</b> The Nightingale have been helping people affected by cancer for 22 years and we can help you too. See how our free services can support you, your family and friends cope with and come to terms with their changing lives due to a cancer diagnosis.	<b>Willow</b>  <b>Mind</b> Mind give advice and support to empower anyone experiencing a mental health problem. They campaign to improve services, raise awareness and promote understanding.
<b>Rowan</b>  <b>North London Hospice</b> North London Hospice cares for over 3,500 patients with a life-limiting illness every year and provides support for their families, friends and carers.	<b>Oak</b>  <b>RSPCA</b> The RSPCA rescues and rehomes hundreds of sick, injured and abused animals every year.

This year's joint school charity is Highlands Green. We would like to raise money to help design, build and maintain a garden here at Highlands (with the help from Pinnacle Group and local charities).



## Willow bake sale

Willow house kicked off their first bake sale of the year in spectacular fashion, setting the bar high with an array of beautifully themed, homemade, baked goods that were a pure delight. Alongside delicious treats, they introduced exciting fundraising initiatives including 'guess how many sweets in the jar' and 'throw the snowballs' challenge to win tasty treats. Their creative efforts and hard work paid off, as they raised an impressive £304.07, marking a fantastic start to their fundraising activities for the year.



## Year 10/11 boys basketball

On Tuesday, the year 10/11 boys basketball team traveled to AIM North London to compete in their second league match of the season.

Highlands made an encouraging start and scored a few quick baskets. However Highlands defence was often exploited and this lead AIM to getting ahead in the match.

Full time score: AIM 66-22 Highlands

Player of the match: Oguz Y (pictured right)





## Highlands student secures a place at Emil Dale performing arts school

Congratulations to Amelie Manning in year 10 who auditioned, and secured a place at Emil Dale performing arts school.

She will now train as part of their associates programme for Musical Theatre on Sundays.

Emil Dale is one of the country's top musical theatre schools with their students often being seen in West End shows and performing professionally across the world.

Well done Amelie!



## Dancers of the week

Well done to Ariella Elkabbas and Ruby Tebb in 8RJG for their great choreographies in the last couple of lessons.





## FemSoc - Highlands' first feminist society

This week was the first week of the new feminist society group at Highlands - FemSoc. FemSoc is dedicated to promoting gender equality without advocating for gender superiority. Their first meeting was an inspiring and productive start where members gathered to discuss the club's vision of fostering an inclusive space where meaningful dialogue and collective action can thrive.

The focus was on dismantling gender-based barriers and empowering individuals of all identities to advocate for equity. Attendees shared ideas, set initial goals, and began planning future events, creating an atmosphere of collaboration and mutual respect.

FemSoc is already proving to be a vital platform for driving positive change.





## Early Connect recognition for best practice in embedding apprenticeships

We are proud to announce that our school has been identified by the Department for Education, through the Early Connect pilot, as **an establishment of best practice in embedding apprenticeships within our careers programme**. This recognition highlights our commitment to ensuring students are fully informed about apprenticeship pathways alongside traditional university routes.

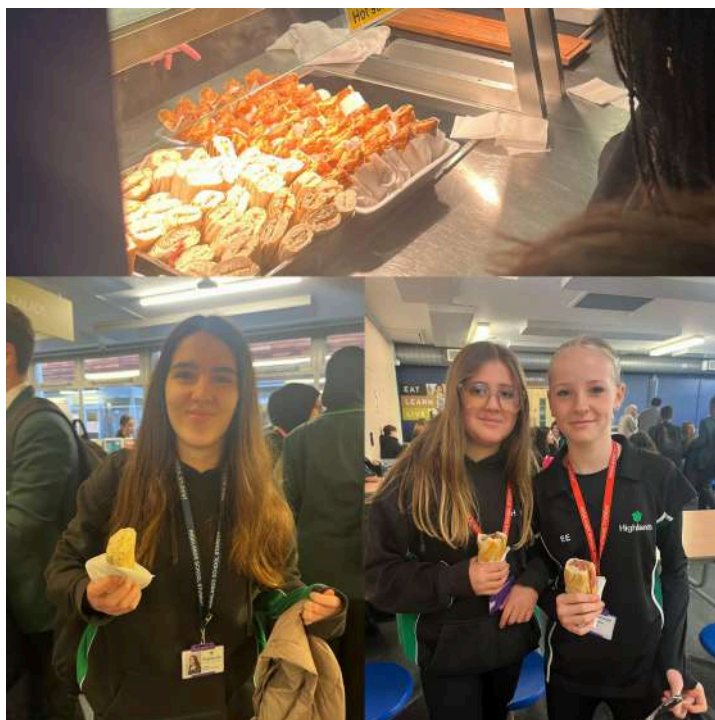


Our innovative approach includes tailored workshops, employability masterclasses, and partnerships with leading apprenticeship providers to prepare students for a range of post-18 opportunities. Initiatives like our "Apprenticeship Academy" programme and weekly bulletins showcasing live apprenticeship vacancies ensure students are equipped with the skills and knowledge needed to succeed.

We are excited to share our work with other schools as part of the Early Connect pilot, inspiring and guiding them to integrate apprenticeships into their own careers strategies. This achievement reflects the dedication of our careers lead, the enthusiasm of our students, and the support of our wider community in championing diverse career pathways.

## Oak inter house reward

Following their half term victory, Oak house enjoyed an inter house reward this week, where they were treated to an extended break and a free snack.





## Headteacher awards

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

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

- **Luke Tyrimos 12WAD: Awarded** for participating in the local heat of the Historical Association's Great Debate and preparing and presenting their well-crafted arguments to the panel.
- **Theo Mills 13OMA and Gracie-Mae Ticehurst 12OES:** Awarded for being brilliant at the sixth form open evening. They worked really hard all night and were fantastic ambassadors for the subject but more widely for the school.
- **Eleanor McHale 13RCW and Ethan Morgan 13RCW:** Awarded for exceptional compering, contributing significantly to the success of the High Achiever's Evening.
- **Mattia Cirillo 12RJB, Chizara Okonkwo 13OPL, Lorena Kransniqi 13BJT, Sila Usta 13OPL, Ermioni Tsantikou 10OSM, Francesca Koci 10RTC and Baran Byndor 11WTH:** Awarded for their time and exceptional support during High Achiever's Evening.
- **Dayal Matharu 11WDD:** Dayal has made excellent progress in English recently. His attitude to learning is focused and positive; it is excellent to see the impact this is having on the quality of his work.
- **Sienna Francis 11WTH:** Sienna has been diligent and consistent in her approach to English this year which shows in the progress she has made so far. Her excellent attitude to learning is really impressive.





## School announcements

### Lost property

We currently have a lot of lost property from the start of term including jewellery, unnamed coats and water bottles.

Please ask your child to visit the school office if they have lost any items.

### Charity bake sales

We are delighted to let you know that we will be holding our first charity bake sales this year. Our four houses will have the opportunity to host a charity fundraising bake sale during break time.

This is a fantastic opportunity for our students to join together as a community to raise money for their chosen charity and to showcase their baking skills. All students who contribute to the bake sale will receive 5 achievement points and additional house points will be awarded to their house for the money raised.

Please can parents and carers encourage and support their children to contribute to the bake sale. We are asking students to bring in baked foods and sweet treats such as cakes, biscuits, cookies or savoury items. These can be homemade or shop bought but must be free from nuts, sesame and gelatine. We would also welcome contributions of cakes and biscuits that are gluten free and/or vegan/plant based. Please label your cakes with what they are, including your child's name and tutor group, to enable us to give them their house points.

**All items should be brought to the drop-off point in reception by 8.30am on the day of the bake sale. If you wish to have your containers back please ask your child to come to reception at the end of the day to collect them.**

Please can all students who wish to participate in the Beech bake sale complete the form below.

Thank you for your support and we look forward to seeing all the wonderful baking and contributions.

**Beech** bake sale: Tuesday 3rd December - [Beech house bake sale form](#)

**Rowan** bake sale: Thursday 12th December - [Rowan house bake sale form.](#)

**Oak** bake sale: Thursday 19th December - [Oak house bake sale form.](#)





## Christmas jumper day and Christmas lunch - Thursday 12th December

On **Thursday 12th December** we will be holding a Christmas jumper day, where staff and students are encouraged to wear a Christmas jumper (with their full school uniform - including a blazer) for £1. All money raised will go to this year's joint school charity Highlands Green.

There will also be a Christmas lunch served at lunch time by the fabulous Chartwells catering team.





## Highlands Winter Concert 2024

Highlands students will be performing in this year's Winter concert on Thursday 12th December at 6.30pm.

Tickets are available to purchase on ParentPay.

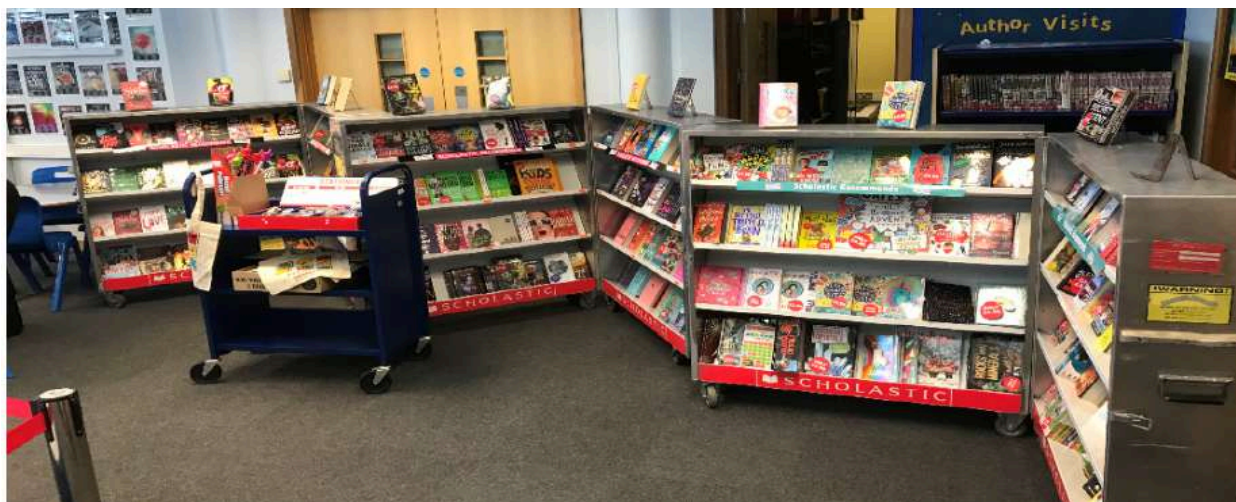
Adults: £5

Children (under 16s): £2.50





## Scholastic Book Fair



The book fair is now at Highlands school, it will run during break time and after school until 4pm. There are two ways to purchase Scholastic books from the wish list:

### To pay for wish list books online

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

### In-house ordering

- On a sealed envelope place your child's name and form (e.g. Sarah Michaels 7RTS), ensure the exact cash amounts for the books being purchased in house is correct, as change will not be given.
- Click on the TEEN section [books](#) online, referencing book titles and pricing - write the name of the book clearly and the age group of the book.
- Forms can also be collected from the Library and brought home. All forms must be submitted to the Librarian no later than **4th December 2024**, by 11.15am
- Cash and forms for book purchases must be submitted together to ensure that items from the Wish List arrive in a timely manner, if they are needing to be ordered.

### Collection information

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

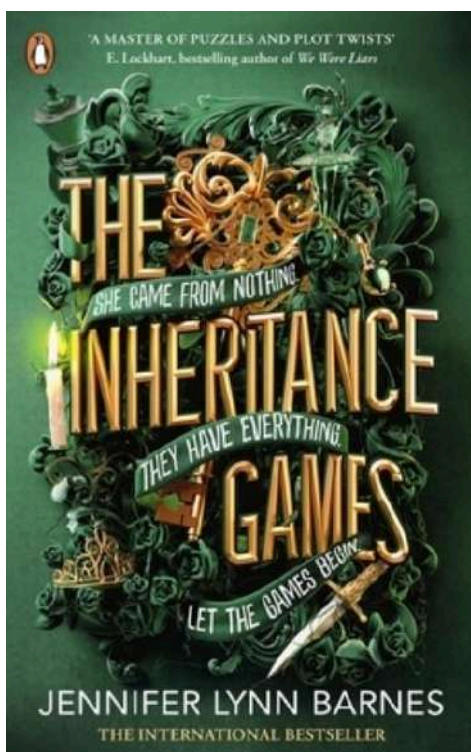
### Highlands library



## Highlands book of the month - December

Recommended read for KS3: **Narnia series** by **C.S. Lewis**

The Chronicles of Narnia is a fantasy film series and media franchise based on The Chronicles of Narnia, a series of novels by C. S. Lewis. The series revolves around the adventures of children in the world of Narnia, guided by Aslan, a wise and powerful lion that can speak and is the true king of Narnia



Recommended read for KS4: **The Inheritance Gamed** by **Jennifer Lynn Barnes**

She came from nothing. Avery has a plan: keep her head down, work hard for a better future. Then an eccentric billionaire dies, leaving her almost his entire fortune. And no one, least of all Avery, knows why.

They had everything. Now she must move into the mansion she's inherited. It's filled with secrets and codes, and the old man's surviving relatives -a family hell-bent on discovering why Avery got 'their' Money.

Now there's only one rule: winner takes all. Soon she is caught in a deadly game that everyone in this strange family is playing. But just how far will they go to keep their fortune?



## House weekly winners

This week's winner is the house with the highest achievement points minus concerns points.  
Congratulations **Rowan**!

This Week	Beech	Oak	Rowan	Willow
Positive Points	10,857	11,852	12,354	10,497
Negative points	-567	-387	-419	-538
<b>Points overall</b>	<b>10,290</b>	<b>11,465</b>	<b>11,935</b>	<b>9,959</b>

## Top students in year 7

Forename	Surname	Form	House	Points
Emir	Akdam	7WEF	W	61
Adam	Humphreys	7WEF	W	60
Niamh	Castle	7WEF	W	58
Reon	Dupres	7WEF	W	58
William	Aksoy	7WEF	W	57
Nieve	Pratt	7WEF	W	57
Daiana	Aybar Ortega	7RAC	R	56
Helin	Aslaner	7RKM	R	56
Andrew	Stavrinos	7WEF	W	56
Bella	Branco	7WEF	W	56
Joseph	Demetriou-Williams	7WEF	W	56
Sebastian	Osinowo	7WEL	W	56

## Top students in year 8:

Forename	Surname	Form	House	Points
Ariella	Elkabbas	8RJG	R	71
Hannah	Khan	8RJG	R	69
Aarav	Shah	8RJG	R	68
Hafsa	Kaderia	8RJG	R	67
Ryan	Arun	8RJG	R	66
Zara	Yaman	8OJT	O	65
Chloe-Sophia	Antoniades	8RJG	R	65
Kastina	Pashku	8RJG	R	65
Chloe	Tsiamas	8ODM	O	63
Levi	Howard	8RJG	R	63



### Top students in year 9:

Forename	Surname	Form	House	Points
Maria	Vassiliou	9ORD	O	70
Neo	Loizou	9ORD	O	61
Kayla-Faith	Muhelele	9RBW	R	61
Amelia	Nicolaou	9ORD	O	58
Hayssa	De Araujo Spinelli	9ORD	O	58
Joseph	Samuel-Walsh	9RBW	R	58
Jackson	Benbow	9ORD	O	54
Charlie	Bell	9RBW	R	54
Alfie	Williams	9ORD	O	52
Ioanna	Bello	9RBW	R	52
Leyla	Suleyman	9RBW	R	52

### Top students in year 10:

Forename	Surname	Form	House	Points
Franceska	Koci	10RTC	R	89
Georgia	Gkiontsari	10BYC	B	70
Kingston	Barrow	10OSM	O	70
Ermioni	Tsantikou	10OSM	O	68
Ruby	Magrun	10BYC	B	65
Sophia	Stavrinides	10BLM	B	60
Angelo	Symeou	10ODC	O	60
Alessandro	Rosiello	10RTC	R	58
Sadie	Baker	10BYC	B	57
Melisa	Spahia	10BYC	B	57

### Top students in year 11:

Forename	Surname	Form	House	Points
Baran	Byndor	11WTH	W	52
Carey	Kirton	11BJC	B	38
Eliz	Mustapha	11BNI	B	36
Ender	Guccuk	11BNI	B	36
Batuhan	Duran	11OKK	O	36
Dmytro	Yeremeiev	11BJC	B	35
Veronika	Tsoma	11BJC	B	34
Sheryce	Crow	11BJC	B	34
Moroni	Cristovao	11BJC	B	33
Oguz Kagan	Yalcinoz	11BJC	B	32



### Top students in year 12:

Forename	Surname	Form	House	Points
Rhea	Mehta	12RJB	R	29
Nida	Demirkaya	12RJB	R	29
Alicia	Seewooruttun	12BTD	B	28
Wunfai Alex	Lo	12BTD	B	28
Yagmur	Olca	12OES	O	27
Jason	Oladeji	12RJB	R	27
Haoxi	Chen	12BAS	B	26
Fortune	Agbugba	12RJB	R	26
Saira	Akdam	12BAS	B	25
Ioannis	Tamattiris	12RJB	R	25

### Top students in year 13:

Forename	Surname	Form	House	Points
Daniel	Drysdale	13WTA	W	48
Raphael	Richter	13WTA	W	48
Lorena	Kransniqi	13BJT	B	42
Selam	Taye	13WTA	W	40
Sila	Usta	13OPL	O	39
Chizara	Okonkwo	13OPL	O	36
Elyaas	Uddin	13WTA	W	33
Hasan	Kiyamaz	13BCR	B	32
Ethan	Morgan	13RCW	R	32
Caden	O'Brien	13WTA	W	29





# 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://highlands.school.alumni) or alternatively scan the QR code below.

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

#HighlandsAlumni



## Former student?

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

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

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



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. We recently sent out a [medical and allergy survey](#) to all parents - thank you to all those who have completed this - if you haven't already done so, please can this be completed as soon as possible so we can update our records.

## Mental health

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

### Urgent mental health support - 24/7 crisis lines

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

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

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



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



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



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



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



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 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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