



Highlands School Newsletter

21 March 2025



Dear parents and carers,

I would like to start this week by thanking all of you who came to our HPFA quiz night at school last Friday. We had over a dozen teams participate and we raised over £750 for the school. For the second year running 'Spice Up Your Life' won the quiz, a team featuring Ms Linton-Hall. The unusually named 'mc' were the team that came second, made up mainly of sixth formers - a fantastic effort. I hope to see even more of you there next year.

Next week on Thursday we hold our first ever 'Battle of the Bands' at Highlands. We will have performances from bands in years 7, 8, 9, Key Stage 4 and the sixth form. It will be a great evening and I hope you will come along.

Have a great weekend,

Mr McNerney,
Headteacher.

Key dates for this and next half term:

- Thursday 27th March: Battle of the Bands at Highlands
- Friday 4th April: end of term, students released from school at midday



Neurodiversity Celebration Week

We celebrated Neurodiversity Week with informative assemblies that highlighted the importance of embracing differences and understanding the diverse ways people think and learn. The assemblies helped raise awareness of neurodiversity, fostering a more inclusive and supportive environment for all students. It was an opportunity to celebrate unique strengths and promote understanding and acceptance throughout the school community.



International Day of Happiness - 20th March

The International Day of Happiness, celebrated annually on 20th March, aims to promote the importance of happiness and well-being in the lives of individuals and communities. It encourages people worldwide to focus on spreading joy, kindness, and positivity, recognising that happiness is a fundamental human goal and an essential part of living a fulfilling life.



Click [here](#) to read more.



British Science Week

This year, our school celebrated British Science Week with a hands-on experience focused on "Change and Adapt". Students interacted with animals like a snake, scorpion, gerbil, frogs, snails, and a gecko, learning how each is adapted to survive in its environment.

The session sparked curiosity and lively discussions about survival strategies, from shedding skin to climbing walls. It was an engaging event that brought science to life and inspired students to explore the natural world.

Read this week's special feature newsletter on British Science Week [here](#).



7 - 16 March



BRITISH
SCIENCE
WEEK 2025





Inspiring the next generation of space enthusiasts



Rockets for All provides young people aged 14-18 with an exciting introduction to the UK's space industry. Our students took part in engaging digital workshops led by expert role models, which were both interactive and informative, offering plenty of opportunities to ask questions.

Following the workshops, several of our year 10 students took on the challenge of designing and launching their own rockets. The task was to create a rocket that not only travelled the furthest but also ensured its passenger, 'Mx Egg,' survived the journey without cracking.

Owen's rocket launched the highest (an impressive 85 feet!), Erimione's egg was the only one that survived the launch and Elis designed the most creative rocket.

Our students thoroughly enjoyed the competition, and their enthusiasm was matched by that of Dr Len, Mr Rahman, and Mr Bradford, who were on hand to watch the thrilling launches!

Here is what a couple of our amazing year 10 rocket engineers had to say.

'During the event, the students gathered in a science classroom, where we were provided with materials and our rocket packs to make our own mini-rocket. It was competitive but also very friendly, as we all helped each other—with gluing, sticking, sharing materials, etc., making the whole experience much more relaxed and enjoyable. The competition had two aims and therefore two prizes to be awarded. One was for the rocket that flew the highest, and the second was for the rocket that could hold an egg inside it without the egg breaking. The teachers used the trackers we were supplied with to measure how high the rockets went and recorded all of the results, as well as whose egg survived the impact, on a spreadsheet.'

The hardest part of the rocket-making process was researching the best ways for the rockets to fly higher and for the egg to survive. As we hadn't yet been exposed to these topics in our physics lessons, it meant we had to apply our knowledge as well as research. If the competition were run again, I'd try to use a smaller bottle so that the area the water was in was smaller, which would mean that when pumping air into it, it would be more compressed, so it would fly higher. Furthermore, I would find ways to give the competition more publicity, as many people were hesitant to join due to their friends not being in it or because they thought it wouldn't be very popular. This wasn't the case at all! The competition was extremely successful, and everyone who took part enjoyed it.' - Ermioni



'We held an exciting rocket competition on March 7th, bringing together students from different year groups. Everyone was enthusiastic about their creations, helping each other wherever possible and sharing ideas.'

On the day, teams had just a few hours to design, build, and launch their rockets. The atmosphere was buzzing with excitement as we tested different designs. We had prizes for Best Engineered Rocket, Best Design, and the Egg Drop Challenge—where rockets had to land without cracking an egg.

The biggest challenge was the time limit—building and launching in one day meant thinking fast and working efficiently. If we did it again, we would allow more time for planning and testing. Despite this, the event was a huge success! We learned a lot about aerodynamics, problem-solving, and teamwork. It was a great experience, and we can't wait to do it again!' - Elis

'During the competition, we attempted to compete in the challenge of making an egg survive the competition. Mine, however, did not work. Next time, to improve, I would cover my egg in a sponge, which will reduce the impact. However, my rocket did manage to go the highest out of all of the others. Taking part in this competition broadened my knowledge of rockets, and I found it very interesting how they worked. I especially enjoyed learning specifically about how the water rockets worked and how pressure caused them to fire.' - Owen



Dr Len and Mr Rahman



Jack Petchey Award winners

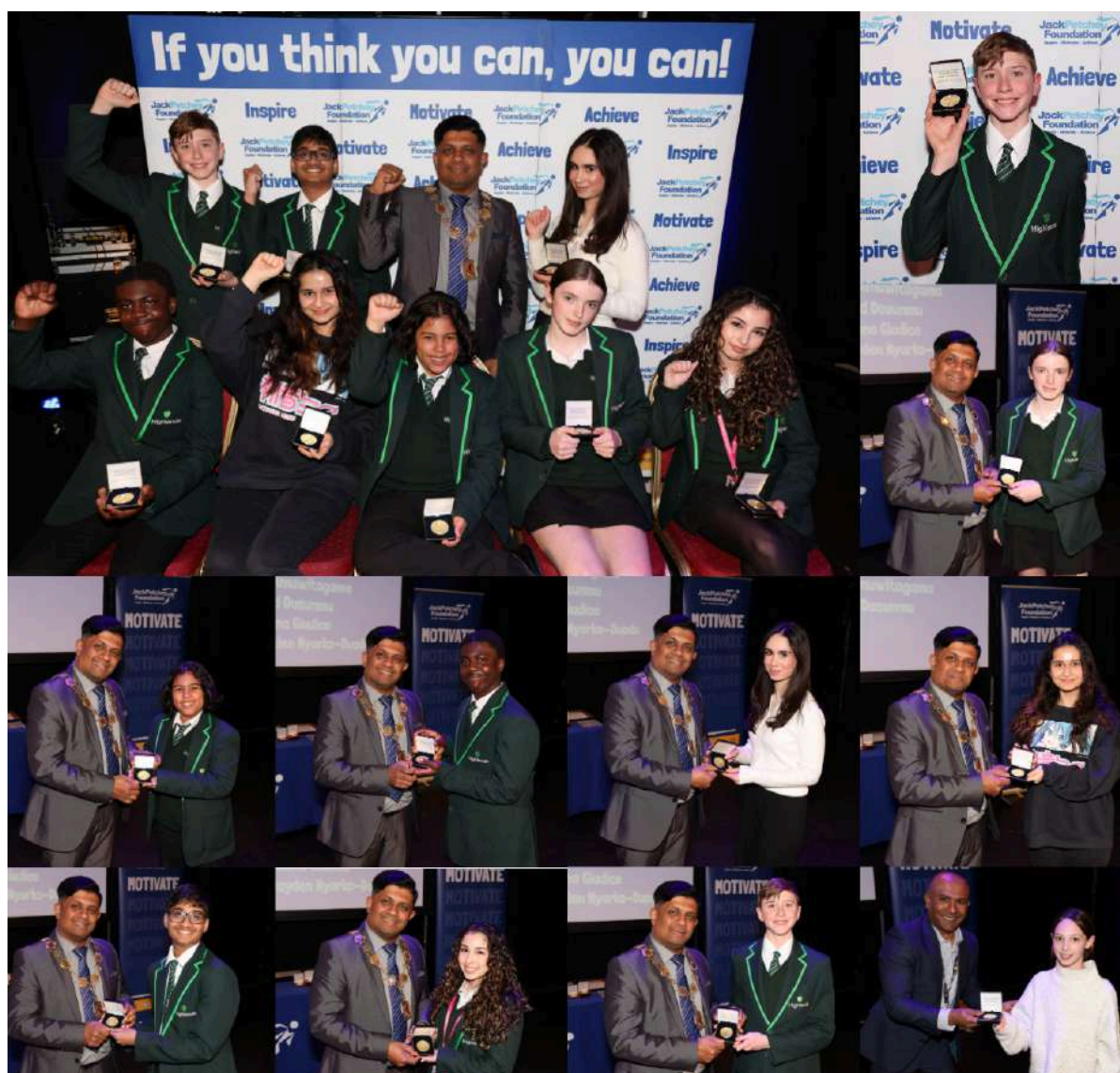
Highlands School is proud to be affiliated with the Jack Petchey Foundation. Each year, students from both the main school and sixth form receive a Jack Petchey Award. These awards are given for various reasons, including bravery, academic achievement and consistent effort in one or more subjects.

Our Jack Petchey winners this year are:

Baran Byndor, Warren Kelly, Orla Dimery, John Weafer, Elena Giudice, Laina Constantinou, Kavish Amuwitagama and Giles Obeng. Izzy Butcher also received a Jack Petchey award on behalf of Young Carers for making sure everyone felt welcome and included at Enfield Carers Centre.

Last week, the students attended the Millfield Theatre to receive their awards and celebrate their achievements alongside other schools and youth groups participating in the Jack Petchey scheme.

If you would like more information about the scheme or wish to nominate a staff member or student for a Jack Petchey Award, please contact Miss Brown, our Jack Petchey Coordinator, via email at browna@highlearn.uk.





Highlands orchestra performs at Cecil Sharp House

Our students had a fantastic day at Cecil Sharp House in London, rehearsing pieces of music with students from other schools and culminating in a performance at the end of the day.

They were a true credit to the school, and we were incredibly proud of what they achieved.

The orchestra will perform during Live Music Assembly Week next Tuesday and Wednesday.

Mrs Miller





HPFA Quiz night

Last Friday's quiz night was a huge success, raising over £750 for our school.

Around 70 people attended, enjoying a fun-filled evening of friendly competition and laughter.

It was especially wonderful to see so many students joining in with their families, creating a warm and inclusive atmosphere that made the event even more memorable.





Geography field trip to Epping Forest

Last week, the year 11 and 10P geographers travelled to Epping Forest to conduct their fieldwork investigation for paper 2 of their GCSE. The chosen topic for this day was "investigating river processes and pressures". Using a variety of field equipment, pupils spent the day in a nearby river measuring river width, river depth, velocity, and soil type.

Good luck to all GCSE geography students for their upcoming exams!

The geography department





Highlands students shine at exclusive employer insight events

Over 30 year 12 students were selected, following their successful applications to attend employer insight events at Pollen Street Capital Ltd and Legal & General head offices in London.

The events were hosted in partnership with **Future First**, a UK charity dedicated to connecting young people in state schools with relatable role models and alumni to expand their career horizons.

The day was designed to give students a deeper understanding of private equity, financial services careers, and essential skills such as CV writing and interview techniques, including a networking lunch and carousel event where students were able to speak to employers from different departments about their job/career, allowing them to explore different career paths.

Passionate professionals from across the companies, led sessions - including Investment - Legal and Compliance, Tech, Finance, ESG and Risk, sharing their expertise and inspiring the next generation as well as a virtual Q&A session with the CEO direct from Los Angeles.

Both Pollen Street and Legal & General commended Highlands students for their enthusiasm, highlighting how they asked thoughtful and insightful questions, demonstrating a strong interest in the discussions.

A huge thank you to Future First for providing this incredible opportunity, and of course, to all the employees at Pollen Street and Legal and General who generously gave their time to support and inspire our students. Your insights and encouragement have made a lasting impact, helping to spark new ambitions. We look forward to more inspiring initiatives in the future!

Lastly, well done to all the students that took part and it was wonderful to see our students being so engaged and looking extra smart for the occasion.

"The insight day at Pollen Street was an eye-opening experience. Learning about private equity and financial services from industry professionals really helped me understand career paths I hadn't considered before."

"I really enjoyed the CV and interview skills session. The advice was so practical, and I feel much more confident about applying for future opportunities."

"At Legal & General It was amazing to hear from professionals who are so passionate about their work. The carousel session really motivated me to think about my future career and the different opportunities available in finance."

"I appreciate how interactive the day was. We weren't just listening—we got to ask questions, take part in discussions, and really engage with the speakers. It made learning about the industry so much more interesting!"



Founded in 2013, Pollen Street is an alternative asset manager dedicated to investing within financial and business services sectors across both Private Equity and Private Credit strategies.



Legal & General is a leading UK financial services group founded in 1836.

As one of the world's largest asset managers and a key global investor, offering strong asset origination capabilities.

Mrs Laurenzi



Year 9 netball

The year 9 netball team faced Ark John Keats Academy on Tuesday in their final league game of the season.

The team improved their play in every quarter demonstrating free flowing netball and fantastic shooting in key moments.

The final result was a 7-3 win after being 2-1 down in the first quarter.

Ark John Keats selected Bibiana as their player of the match.

Well played everyone.

Miss Berrill



Dancers of the week

Our dancers of the week are Emily Dent and Morgan Nash in year 7 for their great work in the contemporary dance lesson.

Miss Brown





Under 15 Middlesex Cup final

The year 9 and 10 girls' football team showed incredible skill and determination in their recent Middlesex Cup final against Highgate School. The match saw a thrilling back-and-forth battle, with both teams giving their all.

The team got off to a strong start, with Hannah scoring an excellent goal to put us 1-0 up. However, despite the early lead, Highgate School responded with two goals, ultimately winning the game 2-1.

Although the final score didn't go in our favour, it was a closely contested match that could have gone either way. The girls played with great heart and resilience, and we are incredibly proud of their efforts throughout the competition.

Congratulations to the team for their outstanding performance and sportsmanship in reaching the final!

Well done girls!

Mrs Hutchinson and Mrs Walters





Show Racism the Red Card

The SRtRC competition gave a unique opportunity for students from year 7 to year 12 to express their thoughts on the important issue of racism through creative work. We were truly blown away by the incredible entries we received, ranging from powerful pieces of creative writing, stunning artwork, and thought-provoking videos to innovative designs.

Each submission demonstrated a deep commitment to equality and tackling racism, reflecting the dedication of our school community to creating a more inclusive world.

Thank you to everyone who participated and took the time to contribute their voices. Your work has been both inspiring and moving, and we are proud to be part of the UK's largest equalities-themed school competition.

We're hopeful that we can win for the third year in a row, and we're excited to share some of the top entries with you all.

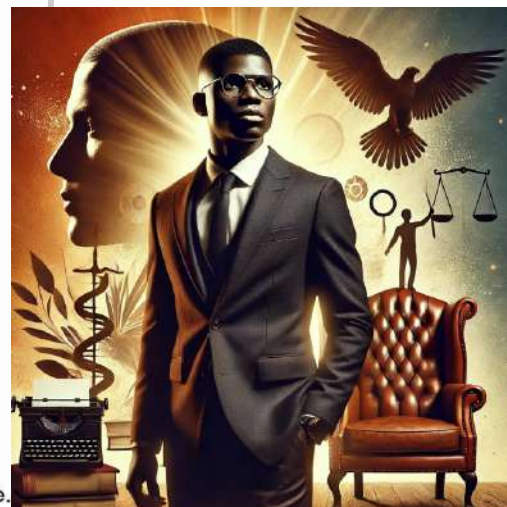
**SHOW
RACISM
THE
RED
CARD**

BLACK INDIVIDUALS
IN THE UK HAVE HEARD OR
SEEN RACIST WORDS IN SCHOOLS.



Power

It seemed an unlikely match.
Don't worry, I was surprised too when I heard
That you could be black and successful
After all, what does society teach us?
That we're lazy, aggressive, criminals
That to be successful, we must be athletes and rappers
not doctors or psychologists or politicians
That we can't be educated.
I laugh.
I laugh, they think they can defeat us so easily
with Their constant oppression.
No.
We fight against their animosity, battle them
This power, to overcome adversity, is what blackness means to me.
Power.





Exclusive experience with Kainos & Big Bite

Chosen from many applicants, one lucky year 12 student, Berat Bolec, had the incredible opportunity to take part in a highly competitive three-day work experience programme with Kainos, exploring software engineering, AI, and cybersecurity and a further day with Bigbite.

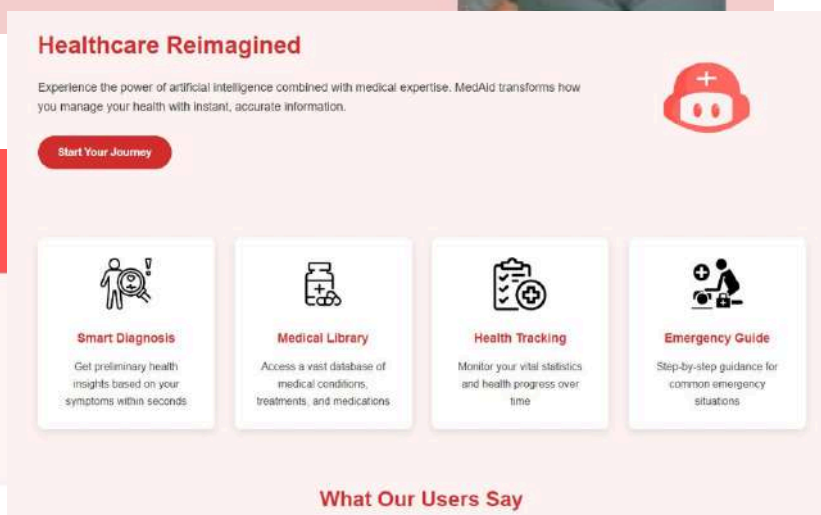
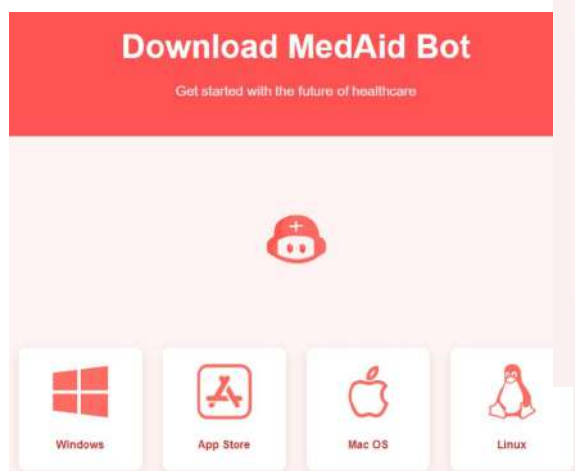
From tackling real-world coding challenges to engaging with industry experts, the experience was both insightful and hands-on. Highlights included developing a healthcare chatbot using HTML, CSS, and JavaScript, delving into ethical hacking techniques, and gaining career advice from tech professionals. Berat created a preview page where viewers could test the chatbot and access healthcare information; his project was nominated as one of the best projects.

This unforgettable experience not only strengthened their technical skills but also cemented their passion for a future in technology.

Mrs Laurenzi

"Overall, the experience was incredibly rewarding. It provided me the opportunity to learn new technical skills, receive instruction from industry professionals, and build meaningful friendships with fellow students. The cybersecurity session was particularly eye-opening, highlighting the significance of ethical hacking and cybersecurity awareness. This experience has reinforced my passion for technology, and I am excited to explore the opportunities that the future holds in this field."

- Berat Bilmac 12WAD





Delicious cheesecake competition

This week Highlands held a cheesecake competition, students were given a basic recipe and tasked with making it their own. Prizes were awarded based on creativity, decoration, and skill.

Isis Crawford won for her stunning mango and passion fruit compote cheesecake. Dante Fernando took second place with his entirely sugar-free cheesecake, created as part of his research for Lent. Joint third place went to Alesja Rama and Ayse Carmanbar. Well done to all participants – it was a tough decision as every entry was fantastic!

Ms Simons



Year 11 A level and BTEC subject talks

Over the last two weeks, year 11 students received informative subject talks on A Level and BTEC courses to help prepare them for life at Highlands Sixth Form.

These sessions provided valuable insights into the subject content, helping students make informed decisions about their future studies and career paths.

The talks aimed to guide them through the transition, ensuring they are well-equipped for the next step in their academic journey.





Capturing the world's rarest cars through a lens

Ryan, a year 10 student, is a passionate car spotter and automotive photographer with over four years of experience capturing some of the rarest cars in the world. His high-quality photos and videos, shared on TikTok have gained an impressive following of 10.9K.

Ryan's dedication to his craft has taken him across the globe, from Dubai to Italy and Spain, where he has photographed exclusive one-of-a-kind cars. He has also visited prestigious race tracks, including Goodwood, Silverstone, Brands Hatch, and Yas Marina Circuit in Dubai.

Beyond social media, Ryan now offers professional photography and videography services, creating high-quality content for car owners. His ultimate goal is to become a renowned car photographer and one day own his dream car – the Pagani Zonda F.

Check out Ryan Emani's work on TikTok: [@ryancarspotz](https://www.tiktok.com/@ryancarspotz)





Double bronze medalist in artistic swimming

A huge congratulations to Eirene Palamaras who won two bronze medals at the National Age Group Championships in artistic swimming. We are all incredibly proud of her outstanding achievement! Well done Eirene!



Showcase your talents

Do you have a unique skill or talent outside of the classroom? Whether it's photography, music, sports, entrepreneurship, or any other passion, we'd love to feature you!

At Highlands, we celebrate the talents and achievements of our students beyond academics. This is a great opportunity to inspire others, gain recognition, and share your journey. If you'd like to be featured in our newsletter as 'student in spotlight' email careers@highlearn.uk and tell us more about your talent, including some photos.



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.

- **Tyanna Ferreira 9OAC, Bibiana Edwards 9BBK, Alexandra Drikou 11OKK, Elis Cristovao 10WCM, Gwilym Jenkins-Green 7BAS, Adithya Das 10WCM, Elena Giudice 12BAS, Iyla Shah 7WEL, Samuel Malaj 9ORD, James Holly-Morrison 8WMT, Annalise Demetriou 12WDS, Sita Maitland-Walker 8BLR, Naa-Shidaa Quarthey 11WTH, and Kosta Nicolaou 7RKM:** Awarded for representing Highlands at Cecil Sharp House in London, rehearsing pieces of music with students from other schools culminating in a performance at the end of the day.
- **Thomas Chambers 9RCX:** Awarded for excellent attitude to learning and excellent effort in his D&T lessons.
- **Naomi-Rose Folorunso 7WEF, Beth Rognaldsen 7RAC, Tavia-Anais Johnson-Nortey 7WEL and Nieve Pratt 7WEF:** Awarded for their great work in Ed-Extra creative writing - figures of speech.
- **Ahura Sedaghat 13WTA:** Awarded for completing all of his media coursework weeks earlier than any of his peers and also for regularly mentoring, offering advice and kind words to the younger students during quiet lunches.





The Scholastic Book Fair: 28th March - 2nd April



The book fair will be here at Highlands School from **28th March - 2nd April**, it will run during break time and after school until 4pm.

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

To pay for wish list books online

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

Buying books at the fair

- 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 **2nd April**, 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.



School announcements

Work experience opportunities, can you help?

The majority of our year 12 students have successfully secured work experience placements for the summer term, but we are still looking for additional opportunities. If you or someone in your network can offer a placement, we would love to hear from you! Providing real-world experience is invaluable in helping our students explore career pathways and develop essential skills.

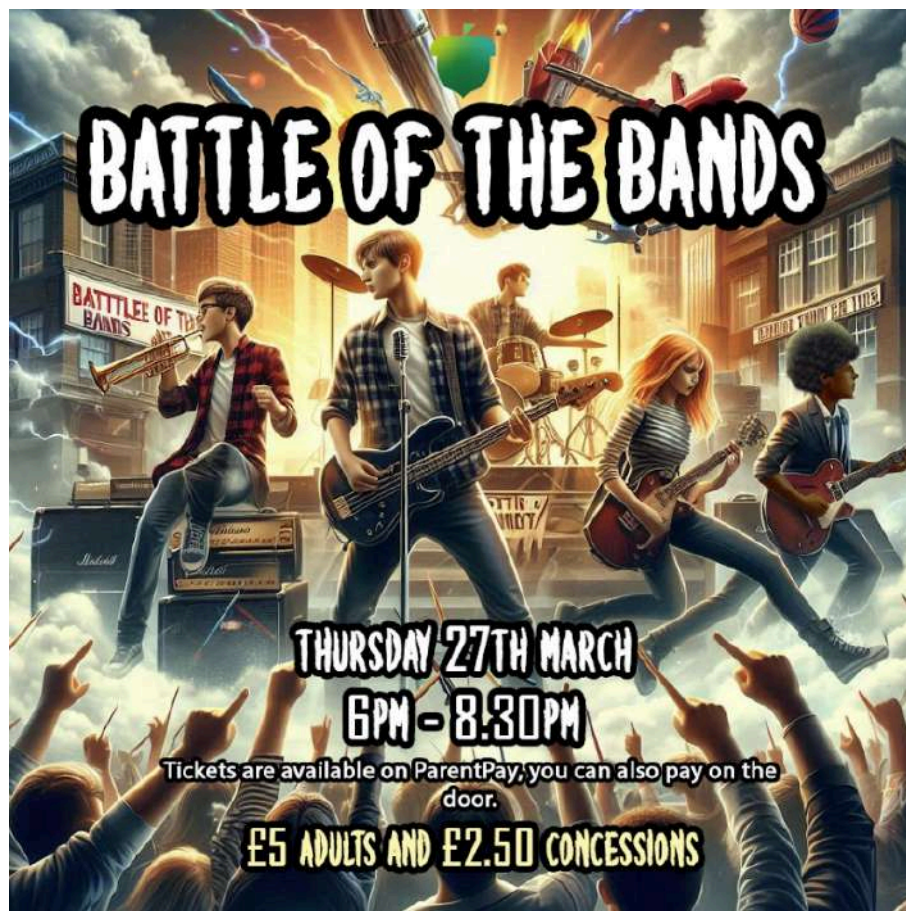
If you can help, please contact careers@highlearn.uk - your support would be greatly appreciated!

Mrs Laurenzi

Battle of the Bands – Ticket information and performer consent

We are excited to remind you about the upcoming *Battle of the Bands*! Please note that tickets are selling fast on ParentPay, and parents can purchase them online. Don't miss out!

Performers (80 in total across 15 bands) will receive a letter with details for consent to attend. Stay tuned for more updates, and we look forward to seeing you at this exciting event!





SEND Coffee morning event

We are very pleased to invite parents with SEND students at Highlands School to attend our SEND Coffee Morning.

This term we have invited a guest speaker Dr Claire Collins who is the Senior Educational Psychologist at the Local Authority. She will be discussing how we can support Planning and the Organisational Skills of young people. This will be a fantastic opportunity to share experiences and ask questions.

The coffee morning will be held at Highlands School on **Tuesday 25th March from 9am to 10am.**

We look forward to seeing you on the day.



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.

Highlands weekly food menu

Click [here](#) to see this term's weekly food menu from Chartwells.



HPFA Easter raffle

Hop into the Easter spirit and buy your raffle tickets for a chance to win "eggcellent" prizes!

From a hamper of Easter goodies to a coffee and cake voucher, there's something for everyone - don't miss out! Click [here](#) to buy your tickets now.





HPFA Easter Raffle

Buy your tickets to be in with a chance to win 'eggcellent' prizes including a hamper of Easter goodies, a voucher for coffee and cake, a science session with JGM tutors and lots more!

Scan the QR code to buy your tickets





Mainstream inclusion event for parents and carers: Monday 24th March 2025

Your insights are incredibly important to the Local Authority and the Department of Education, as they can help shape our approach to mainstream inclusion and ensure that it meets the needs of all students. Please join us online to share your experiences and contribute to this work which will make a real difference in your local area.

The session will be held online (Teams) on **Monday 24 March 2025 - 11pm -12.30pm.**

To attend please complete the registration form: [Parent/Carer sign up form](#). Once you register, you will be sent a link to attend.



House weekly winners

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

	Beech	Oak	Rowan	Willow
Positive points	5,700	5,955	6,711	4,575
Negative points	-389	-314	-338	-432
Points overall	5,311	5,641	6,373	4,143
KS3 Y7 English (Naomi-Rose - 7WEF)				1,000
KS3 Y8 English (Sibora - 8WMT)				1,000
Grand total this week	5,311	5,641	6,373	6,143

Top students in year 7

Forename	Surname	Form	House	Points
James	Berris	7RKM	R	48
Zakariyya	Ahmed	7OMK	O	45
Aifha	Gambo	7RKM	R	42
Hollie	Chambers	7RAC	R	40
Ada	Keskin	7BAS	B	39
Charles	Webb	7OMK	O	39
Felicity	Fawcett	7BAS	B	38
Cecilia	McClemont	7BMS	B	38
Levi	Xhetani	7RAC	R	38
Charlotte	Yearwood	7RKM	R	38

Top students in year 8:

Forename	Surname	Form	House	Points
Sita	Maitland-Walker	8BLR	B	42
Levi	Howard	8RJG	R	40
Florence	Holyomes	8WSW	W	39
Charlotte	Fisher	8ODM	O	38
Syerah	Islam	8WSW	W	38
Georgia	Argue	8ODM	O	37
Marianne	Smith	8WSW	W	37
Aariah	Udahemuka	8WSW	W	37
Asya	Sagiroglu	8WSW	W	37

**Top students in year 9:**

Forename	Surname	Form	House	Points
Lara	Ergul	9RBW	R	39
Liam	Redmond	9RCX	R	38
Xhorxhia	Kuvertaris	9RCX	R	37
Berol	Boyras	9OAC	O	36
Amili	Blana	9RCX	R	36
Leyla	Suleyman	9RBW	R	35
Isabella	O'Neill	9RBW	R	35
Ethan	Martindale	9RBW	R	35
Sophia	Smith	9RBW	R	34
Molly	McGrath	9RCX	R	34

Top students in year 10:

Forename	Surname	Form	House	Points
Ayse	Carmanbar	10BLM	B	52
Persian	Dzhindzhev	10BLM	B	34
Hugh	Murphy	10BYC	B	34
Angus	Walmsley	10BLM	B	33
Sophia	Stavrinides	10BLM	B	33
Elyscia	Lazarides	10BLM	B	33
Amelia	Marrison-Claffey	10BLM	B	33
James	Simon	10BLM	B	32
Gabrielle	Russell	10BYC	B	32
Jorja	Hodge	10RTC	R	32

Top students in year 11:

Forename	Surname	Form	House	Points
Daniel	Malaj	11BJC	B	37
Ender	Guccuk	11BNI	B	34
Roshan	Awudu	11BNI	B	25
Andreas	Thore-Lawrence	11BNI	B	25
Elaina	Fitzgerald	11WDD	W	24
Renardo	Dervishaj	11BNI	B	23
Charles	Elliott-Smith	11BJC	B	22
Batuhan	Duran	11OKK	O	22
Iasmina	Iacobut	11WDD	W	22
Sienna	Francis	11WTH	W	22

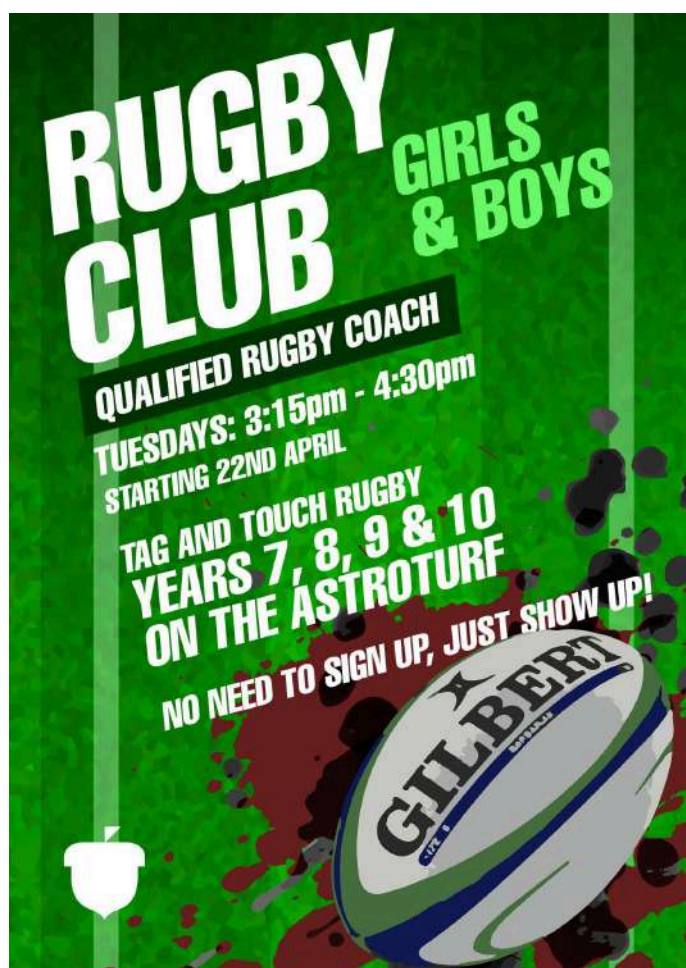


Top students in year 12:

Forename	Surname	Form	House	Points
Annalise	Demetriou	12WDS	W	20
Elena	Giudice	12BAS	B	16
Eleanor	Smith	12OAT	O	16
Alex	Hunt	12WDS	W	16
Elizabeth	Plume	12OAT	O	14
Jasmine	Desai	12OAT	O	14
Riley	Austin	12OES	O	14

Top students in year 13:

Forename	Surname	Form	House	Points
Sofia	Tailor	13WBS	W	6
Alexia	Chrysostomou	13OMA	O	5
Katie	Brookman	13RSL	R	5
Ledia	Xhetani	13RSL	R	5
Charlie	Mills	13WTA	W	5





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.

#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
	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
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
ONLINE, 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
Dedicated support for under 25s

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

Beat

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

kooh

Kooh 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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