



# Highlands School Newsletter

18 October 2024



Dear parents and carers,

Today marks the end of the first half term of this academic year and the start of our two week half term break. Looking back over the newsletters from the past seven weeks there are, in total, hundreds of pages of activities and student achievements, things that enrich the experience of the Highlands School community. From trips and visits to sports teams to the inter house competition (congratulations to Oak!) I hope your children have been getting involved in the wider curriculum that we offer, and I want to thank all of the staff who lead and support it.

Monday this week was open evening. This is one of the most important events of the year as, in an environment of falling student numbers across London, making sure Highlands remains a popular school helps to secure our long term success. The evening went very well and, as every year, the part I found most impressive was the roles our students played in it. Nearly a quarter of all the students on our roll came to school over the course of the evening to act as tour guides or departmental helpers. I must give particular praise to our head students Ethan and Eleanor and the two year 7 students Rowan and Beth who made speeches to the hundreds of families who attended, they are accomplished and confident public speakers.

I hope you all have a restful break over the next two weeks, and I look forward to seeing everyone back at school on Monday 4th November.

Have a great weekend and half term break,  
Mr McInerney, Headteacher



Key dates for this half term:

- Friday 18th October: final day of half term (two week half term holiday commences)

Key dates for next term:

- Monday 4th November: first day of new half term (students return to school)
- **Wednesday 13th November: students leave at 2.15pm and Ed-Extra will go ahead as normal - apologies in last week's newsletter it said students would leave at 12.40pm - this was an error.**
- Thursday 14th November: late start, sixth form open evening (students arrive at 11:20am)
- Wednesday 20th November: year 13 parents' evening
- Friday 22nd November: HPFA musical bingo night
- 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)





## Year 13 trip to Somerset



As part of the AQA A level geography course studied at Highlands, all pupils are required to complete a 4,000 word geographical fieldwork investigation, non-exam assessment (NEA) worth 20% of their final grade. The NEA can be linked to either human geography, physical geography, or both, and it is designed to improve pupils' independent and critical thinking skills, data processing skills, field techniques, and extended writing skills.

On the morning of Monday 7th October, we piled into the school minibus and set off on our road trip down to Somerset to begin our 5-day NEA field trip investigation. Once we arrived at Nettlecombe Court in Exmoor National Park, we met with our leader for the week, headed to the classroom for a lesson on field techniques, and then drove to Minehead to practise the skills the students had just learnt. Pupils were split up into four different groups and were tasked to walk through Minehead and gather survey data linking to the concept of "place".

The weather on Tuesday 8th was very rainy. But, as the classic saying goes, 'you can't have a geography field trip without a bit of rain'. We woke up to a full English breakfast being served in the grand hall, put on our waterproofs and wellington boots, jumped into the minibus and drove across to Porlock Bay; a shingle beach with a marsh behind, where we spent the entire day collecting data on coastal processes. Pupils used a variety of field equipment such as a clinometer, quadrat, and a calliper to measure biodiversity, sediment size, and beach angles.

On Wednesday 9th, we headed back to Minehead but, this time, the day was spent looking at coastal management along the coast (sea walls, rock groynes, rip-rap) and learning how to measure the effectiveness of the defences. Pupils then headed off for a fish and chip lunch before heading back to



Nettlecombe Court to make the tough decision of which of the 3 days to base their NEA on. Pupils spent the rest of the afternoon and evening finalising an investigation title and preparing their research techniques for the following day.

Thursday 10th was the big day the pupils had all been working towards; collecting all of their primary data for their investigation. After finalising their projects the previous night, three pupils decided to return to Porlock Bay to conduct a physical geography investigation, and nine pupils returned to Minehead (three for physical geography, and six for human geography). The pupils spent the entire day gathering data by themselves ranging from interviewing members of the public, measuring the size of rocks, and collecting soil samples to take back to the soil lab at the centre. After a long day of data collection, we finished off the night with a campfire up on the hill, and a late evening of card games in the classroom.

Friday 11th started off with one final English breakfast in the grand hall, and one last lesson in the classroom where the pupils began to process their primary data, create data presentation graphs, and conduct statistical analysis' by using statistical tests such as Chi-squared, Spearman's rank, and Mann-Whitney U. We then loaded up into the minibus and began the long road trip back to Highlands School.

Well done to all twelve year 13 students for their hard work on the field trip! After half term, the pupils will begin writing up their 4,000 word NEA.



**The geography department**



A collage of 15 photographs showing students and staff participating in various activities. The images include: a student using a microscope; a student with a colorful tower made of blocks; two students in lab coats working at a table; three students standing together; a student painting a map; a student at a 'BALLOT BOX'; a student with water balloons; two students with trays of food; a student painting; a student with a 'BALLOT BOX'; a student at a computer; a student playing piano; a student with a mannequin; two students with a Spanish flag; a student at a computer; a student with a red hat; and a group of students dancing.



## Highlands Sixth Form Open Evening 2024



We are excited to invite our year 11 students, parents and carers to our Open Evening on **Wednesday 13th November from 5.30pm - 8.30pm**. Come and explore our facilities, meet our dedicated staff, and discover what makes our sixth form special. We look forward to welcoming you and answering any questions you may have!

In order to attend, you will need to register for the event via the link below. Please note that you will need to present your event ticket on arrival.

[Highlands Sixth Form Open Evening event registration form.](#)

We look forward to seeing you there.

### Highlands Sixth Form

## House department competitions

This term a number of house department competitions have taken place. Here are the winning houses for each of the departments.

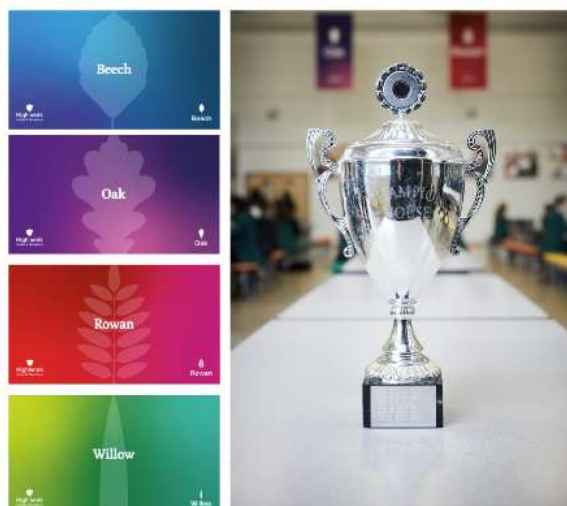
**Year 7 dance competition winners:** Willow

**Year 7 art competition winners:** Oak

**Year 7 MFL competition winners:** Oak

**Year 8 citizenship competition winners:** Rowan

(8WMT - Eva Godfrey, 8ODM - Oliver Mene, 8BLR - Eirene Palamaras, 8OJT - Betsy Conywood, 8BEF - Xavier Harris Vital, 8RJG - Martha Dobinson, 8RAS - Michael Angeli (winner))





## Stemettes Mentoring Programme

Congratulations to Rain Kurt (year 12) who has won a placement on the 'Student to Stemettes Mentoring Programme' which will take place over four months starting from this November. Stemettes is an award-winning social enterprise working to engage, inform and connect the next generation of women and non-binary people into Science, Technology, Engineering, Arts and Maths (STEAM).

# STEMETTES



The four-month Student to Stemettes mentoring programme offers eight hours of personal mentoring, optional workshops, and networking to launch you into the STEAM universe.

Here is what Rain has to say;

*"I applied for this STEM mentoring programme because I'm deeply passionate about pursuing a career in dentistry, specifically orthodontics, a field that my heart has been set on for over six years. I am captivated by the science, patient care and artistry which defines the profession, however, I recognise the importance of having strong guidance to help me navigate the academic challenges that lie ahead. A mentoring programme would provide me with an opportunity to gain valuable insights, develop necessary skills to excel in my studies and future career and connect with people with a love for science."*

Well done Rain! If you would like to apply for this programme or other STEM opportunities, head to your STEM Google Classroom to get details. Also, if you are interested in future STEM activities and programmes, keep a look out for STEM posts from Dr Len.



## The Scholars Programme - The Brilliant Club

A hearty welcome and congratulations to 14 of our year 10s who successfully won a placement on the competitive programme that Highlands School is running with The Brilliant Club. On 16th October, they attended 'The Scholars Programme Online Launch' with The Brilliant club.

The Scholars Programme gives students in secondary school the opportunity to explore higher education and build key skills to help them succeed in the next stages of their education. Students take part in a series of seven university-style tutorials, delivered in-school by a PhD tutor throughout the course of an academic term. The tutorials are based on the tutor's area of research expertise, so pupils explore an inspiring, supra-curricular topic whilst developing key academic skills that support their attainment across the curriculum. Students receive feedback and support from their PhD tutor to write a final assignment of 1,500-2000 words, demonstrating the subject knowledge, written communication and critical thinking skills they have developed throughout the programme.



On completion of the programme, students visit a university for a graduation event to celebrate their achievements and build their understanding of higher education, helping them make informed choices in the future and believe that they can succeed in university-style learning.

Here are our students that have successfully been placed on the programme;

Muhammad-Ibrahim Ahmad 10RCG, Lois Anosike 10WCM, Yunus Coskun 10ODC, Isis Crawford 10RCG, Elis Cristovao 10WCM, Franceska Koci 10RTC, Alan Kushova 10OSM, Demi Kyriacou 10OSM, Ruby Magrun 10BYC, Jude Owusu-Ansah 10RCG, Harry Stylianou 10WCM, Alex Sultan 10RCG, Ermioni Tsantikou 10OSM and Enes Turan 10ODC.



The  
Brilliant  
Club



Happy STEMming!

Dr Len



## Exciting careers events across year groups

As part of our DARE Days, students across various year groups engaged in a series of enriching careers-related activities, designed to prepare them for the world of work.

### **Year 9 Enterprise Workshop: Innovating and presenting with confidence**

Year 9 students embraced the challenge of the Young Enterprise Workshop, where they worked in teams to develop their own business ideas. Throughout the day, they learned to manage budgets, create marketing campaigns, and ultimately present their ideas to a panel of judges. The creativity and confidence on display were truly inspiring, and we are proud of the enthusiasm and commitment shown by all the students. Their ideas were innovative, and their presentations demonstrated impressive teamwork and problem-solving skills. Feedback from the students was overwhelmingly positive, with many noting how much they enjoyed the challenge of coming up with unique solutions. The panel of judges also commended the students for their enthusiasm and professionalism during the presentations.



### **Year 11 mock interviews: A step towards career readiness**

Year 11 students had the opportunity to take part in 1:1 mock interviews with external employers and alumni. The sessions were designed to provide students with practical experience in offering them invaluable practice for future job interviews, offering them personalised feedback to improve their communication and interview skills.

Both students, employers and alumni gave incredibly positive feedback, with students expressing how much they valued the opportunity. Employers were equally impressed, highlighting the students' preparation and engagement throughout the process.

We extend our sincere thanks to the employers and alumni who generously volunteered their time and expertise, helping our students take this important step towards their career readiness.



We would also like to extend a special thank you to Warburtons, who generously provided goody bags for our students, including delicious treats and useful stationery to support their learning.

**Employers:** Warburtons, Pallas Partners LLP, Alpha Group International, Vestey Holdings, AEGIS London, Raytheon UK, Lime Logistics, Dunelm, TFL, Lyceum Theatre, Google, The Passage, Pinnacle, NBC Universal, Deloitte, Nadia Geers Travel Consultant, Digital Governance Ltd, NHS ENGLAND, Adam Tornay, Stephen Way, Hollis Personnel Ltd, Loving Social Media, Olympic Holidays, Pallas Partners LLP, Natwest Bank, Lime Logistics, John Lewis, Vestey Holdings Ltd, Netlaw Media & **Alumni:** Maya Szymecka, Alex Lebeau-Montero, George Buttery, Leo John Lily-Peach Roberto, Lucianna Kyriacou, Nick Theodoulou



## Dancers of the week

Congratulations to this week's dancers of the week. Melissa Angelova in year 10 for helping others in the class achieve their best.

Nawaz Kazim and Haktan Ekiciin 8OJT, for working well together on their timing choreography.





## Year 12 Employability Masterclass: Building foundations for success

Year 12 students participated in an employability masterclass aimed at preparing them for the next steps in their professional journeys. During the session, students were guided through the essentials of crafting a compelling CV, writing effective cover letters, and honing interview techniques. These skills will be put into practice as they prepare for the upcoming work experience launch.



## Year 7 and 8 netball success

A huge well done to the year 7 and 8 netball teams who won their first games of the season on Thursday.

The year 7 team beat Chace community school 19-0 with Beth and Alex voted as players of the match by the opposition. The year 8 team also convincingly beat Chace 26-1 with Esme voted player of the match. Let's hope it is the first of many wins this season. Well done girls.

**Mrs Walters**





## PE clubs timetable

Monday	Tuesday	Thursday	Friday
5 a-side football (boys) Years 7-8 Sports Hall Mr Avann 3:15 - 4:30	Basketball All Years (boys + girls) Mr Edwards Sports Hall 3:15 - 4:30	A Level PE intervention Year 13 SL6 Mr Avann 3:15 - 4pm	GCSE PE Practical Club GCSE PE 2nd year students Sports Hall Mr Avann 3:15 - 4:15
		Netball Year 7 Mrs Walters/Ms Berrill 3:15 - 4:30 Sports Hall	
		GCSE PE Theory Intervention 2nd year students PE4 Mrs Walters/Mrs Hutchinson 3:15 - 4pm	

## How to join a PE club

- Simply show up after school at the PE changing rooms at 3:20pm.
- You must wear your Highlands PE kit to take part.
- You must wear your school uniform to school and get changed after school in the changing rooms (unless you have a practical PE lesson on the day of your club).
- Bring any medical devices e.g., asthma pump with you.
- All clubs are for all students in the year groups stated. Year groups and clubs will change each half term.

Inform your parents/carers that you are attending a club and your finishing time at school will be later (4:15pm or 4:30pm depending on the club).

## Year 9 boys football - Enfield Cup

On Tuesday 15th October the year 9 boys football team played St John's school in the Enfield Cup. After a well contested first 20 minutes, the intensity of the game started to have an impact which led to Highlands conceding a few goals before half time. A string of fine saves by Moisis kept Highlands in the game. However after the half time break, and with Highlands chasing the game, gaps appeared and this led to a flurry of St John goals. In spite of the score, Anthony and Lucas both scored after great play by Conrad on both occasions.

Final score = Highlands 2 - 10 St Johns.

Players of the match = Conrad and Moisis.

Mr Avann



Conrad, Moisis, Lucas and Anthony.



## Year 8 Renaissance art title pages

This term our year 8 students worked on a creative project, designing vibrant title pages focused on Renaissance art. Here are some of the wonderful pieces of work which pay colourful tributes to one of history's most influential artistic movements.



## Year 9 form time champions

Congratulations to 9RBW for being crowned this term's form time champions.

Your hard work and determination has really paid off, well done to you all!





## 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.

- **Yuxi Chen:** Awarded for her exceptional Leonardo Da Vinci artist page (see photo below).
- **Isabella Mene:** Awarded for assisting a student outside of school when injured.
- **EunIQUE Tshiamala:** Awarded for act of kindness and supporting a year 7 student at break time.
- **Darcy Smethurst, Sena Oguz, Lily Theodorou:** Awarded for assisting with choreography for Ed-Extra musical theatre.
- **Bibiana Edwards, Natania Gambo, Beyza Guven and Furkan Ildes:** Awarded for exceptional behaviour on the DARE day trip to the battlefields.





## School announcements

### School photographs

School photographs were issued to students this week. Please check that your child received their photograph if you ordered by the deadline of 30th September. Any orders made after the deadline will be sent directly to your home address by the photographer.

### New Highlands beanie hats

Here at Highlands we have introduced a new, branded, winter beanie hat. Please note the following:

- Highlands branded beanie hats can be worn during outside PE lessons (non-Highlands beanie hats cannot be worn)
- They must be taken off when inside the building.
- Beanie hats must display the Highlands logo.

These will be available to purchase [online](#) and instore from our uniform shops.



### Chicago auditions

The auditions for this year's school show Chicago (teen edition) will commence on **Monday 4th November**. The timetable has been put onto Google Classroom and your child should make sure they know when their audition is.

We have used students' first names and first initial of their surname. No reminders will be given, so please check if your child knows when to attend. All auditions will be held in DD3. Each audition will last around 1 hour and will be either singing and dancing or singing and acting.

Callbacks for main roles will be on Wednesday 13th November. All students with a callback will be notified via Google Classroom, the same as last year. No auditions are for any particular role. All students audition and will then be cast as either ensemble or called back for a more demanding audition for main roles. Main roles will then be allocated based on what we have seen at the auditions and callbacks.

The total cast can not be more than 75 pupils.

Any questions please send these directly to [browna@highlearn.uk](mailto:browna@highlearn.uk).

Many thanks for your support. More information about the show to come!



## Black History Month - *Reclaiming Narratives*

We invite you to reclaim the narratives through research into a key black individual who has pioneered the way for empowerment, education and resistance. **Deadline: 4th November 2024.** This needs to be emailed electronically to Miss Farr: [farre@highlearn.uk](mailto:farre@highlearn.uk)

### Criteria

- Choose one key black individual in history. This can be historical or recent. This can also be someone from your family or who has significance to you individually.
- Create a profile on this person
- Include their narrative and make sure to include the whole scope of their life and work.

Make sure to complete an in depth study to cover this person's narrative in as much detail as possible.

**Ms Farr**

## Matilda production on sale now!

The July production of *Matilda* is now available to purchase for £7 on ParentPay, with two viewing dates to choose from (4th and 5th July). The deadline for all video purchases is **Friday 15th November**.

Don't miss the chance to enjoy this fantastic performance and keep the memories!





## House half term winners

This week's winner is the house that had the most students volunteering to support with open evening. Congratulations to **Rowan**!

	Beech	Oak	Rowan	Willow
No. of students	62	74	88	74
Inter house points awarded	6200	7400	8800	7400

This half term winners after adding up the achievement points from this year, inter house competitions and points from leadership applications. A huge congratulations to **Oak**!

Oak will have a special extended break time once we return from half term.

Points	Beech	Oak	Rowan	Willow
Achievement points overall	<b>29,709</b>	<b>36,813</b>	<b>31,986</b>	<b>25,791</b>
Football comps	10,000	10,000	9,000	11,000
Helping at open evening	6,200	7,400	8,800	7,400
Applying for leadership roles	5,800	5,600	5,700	5,900
Dept. competitions	1,500	5,000	2,500	4,000
<b>Grand total</b>	<b>53,209</b>	<b>64,813</b>	<b>57,986</b>	<b>54,091</b>

## Oakwood library closure

Enfield Council proposes to close Oakwood Library, along with seven others. We are bringing this to the attention of residents, urging them to complete the Council's consultation process, which is accessible [here](#).

Visiting a local library is an important way in which reading habits are encouraged from an early age. The Council's proposal is that Oakwood Library users should take the bus or drive to Enfield Town library. This may be inconvenient for our students, who live around Oakwood, to the effect that they wouldn't go. Thus many of our pupils would be denied access to public library services on the weekends and on holidays. As children grow, they use the library as a place to study, particularly if they do not have their own room at home or another quiet place to study. All of the above is compounded by the Council's proposal to close Southgate and Winchmore Hill Libraries as well.

Please respond to the consultation process using the link above (the closing date is 14 November).



## Children in Need

Pinnacle Group, who run the facilities management of the school, is challenging you to find Pudsey Bear, in order to help raise funds for Children in Need. See poster below for more information.

**Pinnacle Group**

Children in Need - 15<sup>th</sup> November 2024

# Where Oh Where is Pudsey Bear?

**North London Schools are challenging you to find Pudsey Bear!**

We are raising funds for Children in Need and need to locate Pudsey before 15th November (Children in Need Day).

All you need to do is donate £5 to locate Pudsey before 15th November by scanning the link below.

When you donate, please ensure you type in the location of where you guess Pudsey is.

The winner (or closest guess) will win a Fortnum & Mason Hamper worth £300 kindly donated to North London Schools in support of our fundraising campaign.

**The facts established thus far...**

Pudsey Bear appeared in 1985, and instantly transformed the Children in Need brand. Thus making Pudsey 39 Years old.

Pudsey Bear left the West Yorkshire Town of Pudsey to head to Scotland to buy a new tartan eye patch. We know he met up with his girlfriend who has a love of Musicals. Pudsey has an interest in historical buildings and Harry Potter. Pudsey's lucky number is 7.

Scan to submit your guess and donate!

[pinnaclegroup.co.uk](http://pinnaclegroup.co.uk)



# Help us fund raise for our school

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

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

## Highlands School Enfield

📍 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?

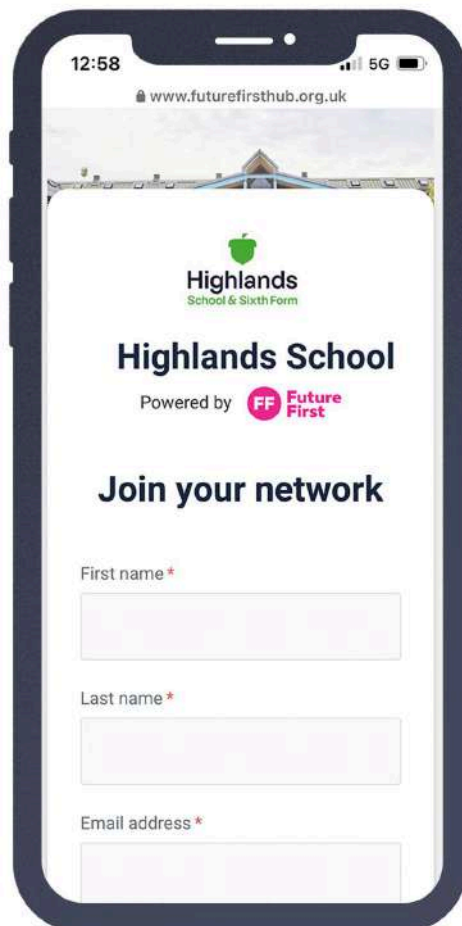
Return to Highlands School to inform our current students about what life beyond school is really like.

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

### Urgent and other support available

**shout 85258**

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

**SAMARITANS**

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

**Crisis Tools**

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

**PAPYRUS**

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

**childline**

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](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

Follow Highlands School on:

 [X@Highlands\\_sch](https://twitter.com/X@Highlands_sch)

 Instagram [@highlandssch](https://www.instagram.com/highlandssch)

 YouTube [Highlands School Enfield](https://www.youtube.com/Highlands_School_Enfield)

 Threads [@Highlandssch](https://www.threads.net/@Highlandssch)

 Facebook [Highlands School](https://www.facebook.com/Highlands_School)