



Highlands School Newsletter

23 May 2025



Dear parents and carers,

Today we ended the fifth half-term of the academic year; after we return from our week's break, there are only seven weeks and two days left until the end of the year. However, those weeks will be packed with activities and events at school. You will see that the list of upcoming dates for your diaries is a long one. We have three more weeks of GCSE and A level exams when we get back and then we have those special events that make the end of each academic year so memorable: proms, the school shows, DARE Days, Sports Day and the trip to Thorpe Park for our winning house and an activity day for the other students. There is lots to look forward to and, in the inter-house competition, lots of points still to be won.

It would only be fitting to end today's newsletter by congratulating Spurs on their European victory this week. Our location means Spurs are one of the best supported teams amongst the students and staff here at Highlands and I am pleased for them all. And, as a Liverpool supporter, I am quite pleased with the outcome too!

Have a great weekend and half term break,

Mr McInerney,
Headteacher.



Key dates for next term:

- Tuesday 10th June: Indian Cuisine Day
- Thursday 12th June: Cultural and Heritage Day
- Wednesday 18th June: Year 11 leavers' BBQ
- Monday 23rd June: Year 11 Prom
- Tuesday 24th June: Year 13 Prom
- Wednesday 25th June 1pm & 7pm, Thursday 26th June 7pm & Friday 27th June 7pm: Chicago Teen Edition school production
- Week commencing 30th June: Year 12 work experience
- Tuesday 1st July: Year 11/12 Transition Day
- Wednesday 2nd July & Thursday 3rd July: DARE Days
- Tuesday 8th July: Sports Day
- Wednesday 9th July, 5.30pm-8pm: HPFA Welcome Festival for current and new year 7s
- Thursday 17th July: Trip to Thorpe Park for winning house
- Tuesday 22nd July: End of term, half a day

Year 9 & 10 girls Enfield League winners!

A huge congratulations to the year 9 and 10 girls' football team for winning the Enfield League and finishing runners-up in the U15 Middlesex Cup!

The team has shown incredible commitment, teamwork, and determination throughout the year, and we are so proud of everything they've achieved.

Well done, girls!





Winners of the U13 CGL League!

Congratulations to Natalie Nicolaou 7OSB and Lucy Pishiris 8OJT on their fantastic achievement in winning the CGL U13 (Capital Girls League) and finishing top of their division!

This is a huge accomplishment and a testament to their hard work, skill, and dedication on the pitch. Well done to both of you, you are true football superstars!



The Nightingale Night Hike

Evie Howlett 8WSW recently completed The Nightingale 15km Night Hike, taking on the challenge in memory of her uncle, who sadly lost his battle with cancer in 2022, and in honour of her friends in her class who bravely survived cancer as children.

Having taken part in the 10km walk last year, Evie pushed herself even further this year, showing incredible determination and compassion throughout the journey. Her efforts have helped raise both awareness and vital support for those affected by cancer, an achievement she should be truly proud of. Go Evie!





North London Hospice charity walk

It was a fantastic day filled with great energy and community spirit as Ms Simons took on a 10-mile charity walk in support of the incredible North London Hospice.

The route began in East Finchley and went through some of London's most iconic green spaces, including Hampstead Heath, Parliament Hill, Primrose Hill, Regent's Park, Hyde Park, Green Park, and St James's Park, before finishing at Westminster.

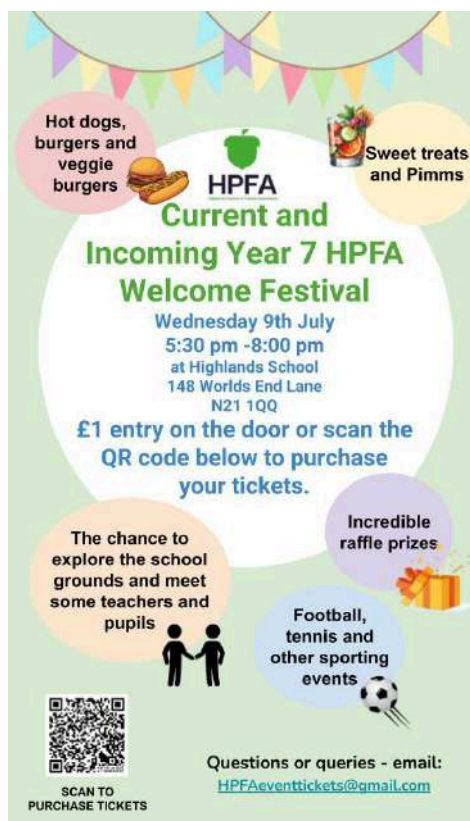


Ms Simons has so far raised an impressive £1,219 for North London Hospice, a charity that is very close to her heart, and as a group, the walkers collectively raised a remarkable £100k for this vital cause. Go Ms Simons, we are so proud of you!

HPFA Welcome Festival for current year 7s and Sept '25 year 7s only

Join us for the current and incoming year 7 HPFA Welcome Festival on Wednesday 9th July from 5:30 pm to 8:00 pm at Highlands School. This fantastic social event is a great opportunity to meet the new year 7 cohort, explore the school grounds, and connect with other parents, carers, and students. Enjoy delicious food including hot dogs, burgers, and sweet treats, plus fun activities like football and tennis, and don't miss the incredible raffle prizes!

Tickets are just £1 and can be purchased on the door or online [here](#). We hope to see you there!





Year 7 Natural Form title pages

Our year 7 students have been busy designing their *Natural Form* title pages in art, and the results have been truly impressive. Each piece showcases incredible creativity, attention to detail, and a beautiful sense of design. The work has been thoughtfully and beautifully executed. Well done to all students for such a fantastic start to the project!



Natural
Form



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.

- **Evie Howlett 8WSW:** Awarded in recognition of her empathy, maturity, and brilliant use of BSL to include another young person at a recent community event.
- **Aaliyah Lascelles 8WSW:** Awarded for finding someone's belongings in a class and for bringing them to the English office in case they were looking for them so that she could find the person and give them their things back.
- **Zayn Akhtar 9BBK, Kalan Bowry 9RCX, Zachary Ekkeshis 9RCX, Danish Farooq 9WMP, Lucie Sadler 9BBK, Azat Secgin 9WNK and Thomas West 9RBW:** Awarded for excellent effort in their GCSE Geography homework and for scoring 100% in Seneca across both Development Dynamics and Hazardous Earth topics.
- **Aistis Mankevicius 8ODM, Louis Marsh 8BLR, Aarav Shah 8RJG, Edgar Freimanis 8BEF, Eirene Palamaras 8BLR, Ryan Arun 8RJG, Jake Appleby 8BLR, Zara Yaman 8OJT, Martha Dobinson 8RJG, Sophie Fryer 8OJT, Shaan Seetul 8WSW and Aydin Ali 8RAS:** Awarded for receiving the Gold Award in the UK Maths Challenge.
- **Chloe Hobley 8BEF, Evie Rees 8BLR, Lucy Pishiris 8OJT, Betty Cruden 8RJG, Mollie Morgan 7OMK, Bella Branco 7WEF, Natalie Nicolaou 7OSB, Poppy Perkins 7OMK, Olivia Zimaras 8ODM, Kristina Suli 8BLR, Amelie Mohan 8RAS and Kayla Hassan 8ODM:** Awarded for finishing 2nd in the year 7 and 8 Enfield Football League.
- **Elize Savva-Faruk 10WCM, Naomi Clark 10WJQ, Faye Etuazim 9WNK, Anaiya Dhaliwal 9WNK, Hannah Cullen 9RBW, Nicole Kozinos 10RTC, Elis Cristovao 10WCM, Lily Howard 10RTC, Amelie Hon 10RTC, Isabella Cruden 10OSM, Bea Findlay 9BAM, Sienna Margolis 9WMP, Cecily Dickinson 9BBK and Niamh Higgins 10WJQ:** Awarded for winning the Enfield Football League and finishing 2nd in the U15 Middlesex Cup.
- **Sophie Lynch 7WEL and Isadora Da Silva 7WEL:** Awarded for their exceptional skills and attention to detail, showing their appreciation for teachers.
- **Cameron Mich-Onyibe 7OSB:** Awarded for his excellent work in science. He was very focused, attentive and completed all his tasks.



*Knitted flowers
made by Sophie and
Isadora.*





Tourettes Awareness Month

From 15th May to 15th June, Highlands School is proud to support Tourette's Awareness Month, a vital opportunity to raise awareness and understanding of Tourette syndrome (TS). This year's national campaign, #Misunderstood, launched by [Tourettes Action](#), aims to challenge the myths and stigma surrounding TS, a neurological condition that affects 1 in 100 school-aged children in the UK. Despite being as common as autism and childhood epilepsy, TS is often misrepresented or trivialised.



Watch the Tourettes
Action *Misunderstood*
Awareness campaign



**1 IN EVERY
100
CHILDREN
HAVE
TOURETTE
SYNDROME**

This is the same prevalence as Autism and childhood epilepsy, yet we know so much more about these conditions. It's time to talk about Tourettes

15th May - 15th June
Tourettes Awareness Month

Tourettes
action

Scan to visit the Tourettes Action website to learn more about Tourettes, the support available and training and events across the UK.



Form time champions!

Congratulations to 9WNK, who have been crowned this term's form time champions! This marks their fourth consecutive win this year, a testament to their consistency, teamwork, and determination in outperforming the other form groups. Well done on another fantastic achievement!





Who Should Be Crowned Footballer of the Year competition

Well done to Joseph McHale, who successfully submitted his fantastic entry for the *Who Should Be Crowned Footballer of the Year* competition. His thoughtful and well-written piece earned him a Headteacher's Award and a £10 book voucher. Congratulations, Joseph, great work! You can read his entry below.

Who Should be Crowned Footballer of the Year?

There are many strong and impactful contenders battling for the title of Premier League player of the season, but unfortunately there can only be one winner. After hundreds of hours (most of which were agonising as a Spurs fan) watching the beautiful game I have witnessed flashes of brilliance from many - there have been some unbelievable strikes from distance, flashy skills and intelligent passes that have left me stunned. However, for one player these moments of excellence are not mere moments, they are just his everyday style of play. What other players hope to pull off occasionally, this player can do in his sleep with his eyes closed. Obviously I am describing this season's stand out superstar...Mohammed Salah!

The lethal, left footed Liverpool winger has completely dominated his position. No other winger in the league comes close. On Sunday 27th April, Liverpool were officially recognised as the league's well deserved champions, with a clear 15 point win and more games to play. This staggering superiority is a result of terrific team effort, but the sheer magnitude of Salah's contributions cannot be contested.

He has an incredibly impressive amount of goals and assists with 28 goals and 18 assists in the Premier League alone. He leads the league in both stats meaning he has contributed to over half of Liverpool's 80 Premier league goals further showcasing their lethal goal scoring ability and his individual brilliance. The statistics alone are magnificent, but to watch these goals scored and these passes slipped through the toughest of defences is simply a joy. His hawkeye instinct means that his strike will always find the back of the net and his football IQ enables pass precision to his teammates.

But, it's not just Salah's goals and assists, but his work ethic and commitment to the game that are unmatched. He dribbles like a dog when it sees a meaty bone, finding a way to navigate through all opposition as if he has an internal GPS. Salah's leadership and presence on the pitch uplift his team and make the other team shudder!

Other players like Newcastle's target man Alexander Isak, the Gunner's defensive rock Gabriel and Nottingham Forrest's rising star Morgan Gibbs- White have also turned heads, but unfortunately it is not their time.

This season belongs to the Egyptian King - Mohammed, Liverpool's own, Salah!

By Joseph McHale 7RAC



Enter the EMS Piano Competition

The EMS Piano Competition is now open to all students attending a school in Enfield. This is a fantastic opportunity for budding pianists to showcase their talent and passion for music. Students do not need to be taking lessons with EMS to enter, just come prepared with a performance-ready piece!

Key dates:

- **Auditions:** Monday 23rd & Tuesday 24th June (after school) at the United Reformed Church, Fox Lane, Palmers Green.
- **Final:** Tuesday 8th July, 7:00 PM at the United Reformed Church.

Categories:

- Secondary School (Grades 3–5).
- Secondary School (Grade 6 & above).

Entry requirements:

- Students must be playing at Grade 3 or above.
- No formal exam results are needed—students should simply prepare a piece at the appropriate grade level to determine their category

Prizes:

- Cash prizes will be awarded to winners and runners-up in each category.

Students need to prepare one piece for the audition. If selected for the final, they will perform the same piece.

How to enter:

Download the [entry form](#) and [letter](#) for parents, and submit completed forms to: paula.warren@enfield.gov.uk by **Friday 6th June**.

Comic book competition

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

Here's how to enter:

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





Highlands School proudly presents Chicago Teen Edition

Tickets are now on sale!

Tickets are priced at **£9** and can be purchased via the Millfield Box Office [here](#).

The show is **Wednesday 25th June at 1pm and 7pm** and **Thursday 26th and Friday 27th June at 7pm**.
The show lasts approximately two hours including a 20 minute interval.

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

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

Please note the show is most suitable for patrons over the age of 11 years old. The show is geared towards 11-13 year olds and 14-adult due to mild references to murder and adultery. Please use parental guidance when purchasing tickets for those under 11 years old.



HIGHLANDS SCHOOL
presents
CHICAGO
TEEN EDITION

MUSIC BY
JOHN KANDER

BOOK BY
BOB FOSSE &
FRED EBB

LYRICS BY
FRED EBB

WEDNESDAY 25TH JUNE
AT 1PM & 7PM

THURSDAY 26TH JUNE
AT 7PM

FRIDAY 27TH JUNE
AT 7PM

At the Millfield Theatre, Silver Street, N18 1PJ

Tickets £9 available via
Millfield Theatre Box Office

Please note the show is most suitable for patrons over the age of 11 years old. The show is geared towards 11-13 year olds and 14-adult due to mild references to murder and adultery. Please use parental guidance when purchasing tickets for those under 11 years old.

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


SCAN TO
PURCHASE TICKETS



School hire bookings - from 1st September 2025

If you are interested in hiring our school facilities from 1st September, please visit [School Hire](#) to view available spaces and pricing. Whether you're planning a sports event, community activity, or private function, our facilities offer flexible options to suit a range of needs. Enquiries and bookings can be made directly through the [School Hire](#) website.



The graphic features a background image of the school building with a large green apple logo at the top center. Below the logo, the text 'Highlands School' is written in a large, bold, dark blue font. Underneath, the address '148 Worlds End Lane, London, N21 1QQ' is displayed in a smaller, bold, dark blue font. A line of text describes the facilities: 'Modern and spacious facilities to hire for community events, sports groups, dance and drama classes, languages school, and more!'. Below this, three circular images show different parts of the school: an outdoor sports field, a green football pitch, and an indoor hall with rows of green chairs. At the bottom, there is a green banner containing contact information and a list of facilities.

Highlands School
148 Worlds End Lane, London, N21 1QQ

Modern and spacious facilities to hire for community events, sports groups, dance and drama classes, languages school, and more!

SH & F JOINING SCHOOL HIRE & FUNCTIONS LTD FROM 1ST SEPTEMBER 2025

CONTACT TODAY
07855042027

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



School announcements

Newspapers

We're in urgent need of old newspapers for our Summer Activity Day, and so far, we haven't received any! If you have any to spare, please send them in as soon as possible. Every contribution helps! Thank you!



HPFA Year 7 Welcome Festival - raffle prizes needed

On **Wednesday 9th July**, the Highlands Parents & Friends Association (HPFA) will be running a raffle at our Summer Welcome Festival, an event for our incoming year 7 students and families, as well as current year 7s.

We're now collecting raffle prizes and would be so grateful for your support! Whether it's a bottle of something nice, a gift voucher, a fun experience, or even a cuddly toy, every donation helps us raise valuable funds for the school.

Pre-loved uniform

We're collecting good condition pre-loved uniform to sell at the HPFA Summer Event on **9th July**. If your child has outgrown their uniform or has recently left Highlands and you're happy to donate, please hand items in to reception. We're especially looking for jumpers, blazers, ties, polo shirts and PE kits.

Your donations help other families and support the school – thank you!

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.



DARE Days, Wednesday 2nd & Thursday 3rd July 2025

Please see below for the DARE Days information.

YEAR 7	External activity		Internal activity	
	London Zoo	Beech / Willow - Wednesday Oak / Rowan - Thursday	Platinum	Oak / Rowan - Wednesday Beech / Willow - Thursday

YEAR 8	External activity		Internal activity	
	V&A Museum	Beech / Willow - Wednesday Oak / Rowan - Thursday	STE(A)M	Oak / Rowan - Wednesday Beech / Willow - Thursday

YEAR 9	Internal activity		Internal activity	
	Wise-Up Hub Challenge	Beech / Willow - Wednesday Oak / Rowan - Thursday	DT workshop	Oak / Rowan - Wednesday Beech / Willow - Thursday

YEAR 10	External activity		Internal activity	
	Go Ape	Beech / Willow - Wednesday Oak / Rowan - Thursday	Wise-Up Apprentice	Oak / Rowan - Wednesday Beech / Willow - Thursday

PE Clubs - summer term

Monday	Tuesday	Thursday	Friday
Cricket All years Mr Avann/Mr Edwards Field 3:15- 4:30	Rounders Year 7,8,9,10 Mrs Walters/Ms Berrill/Mrs Hutchinson Field 3:15 - 4:30		Athletics Mr Avann/Mr Edwards 3:15 - 4:15 Field
Tennis Years 7-10 Mr Mutinda Tennis courts 3:15 - 4:15			



House weekly winners

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

	Beech	Oak	Rowan	Willow
Positive Points	4630	5752	5234	4944
Negative points	-325	-384	-323	-341
Points overall	4305	5368	4911	4603

Half term winner - Congratulations **Rowan**!

	Beech	Oak	Rowan	Willow
Positive Points	24,779	23,776	23,630	21,062
Negative points	14,000	13,500	16,500	17,000
Points overall	38,779	37,276	40,130	38,062

Top students in year 7

Forename	Surname	Form	House	Points
Sofia	Kolovos	7OSB	O	71
Sebastian	Osinowo	7WEL	W	58
Gwilym	Jenkins-Green	7BAS	B	51
Lucja	Drozd	7BAS	B	48
Joshua	Afhim	7BAS	B	46
Thomas	Turnbull	7BAS	B	46
Ozlem	Osman	7BAS	B	46
Dilan	Oguz	7BAS	B	45
Ada	Keskin	7BAS	B	45
Sienna	Brown	7BAS	B	44
Isobel	Butcher	7BAS	B	44



Top students in year 8:

Forename	Surname	Form	House	Points
Evie	Howlett	8WSW	W	43
Orla	Dimery	8ODM	O	39
Jack	Moules	8RJG	R	38
Kayla	Hassan	8ODM	O	36
Aariah	Udahemuka	8WSW	W	35
Ciara	Moore-McGowan	8WSW	W	35
Asya	Sagiroglu	8WSW	W	35
Georgia	Argue	8ODM	O	34
Summer	Mullooly	8RJG	R	34
Dylan	Makani	8ODM	O	33
Adar	Abdi Mahamed	8WSW	W	33
Katrina	Awatar	8WSW	W	33
Shaan	Seetul	8WSW	W	33
Syerah	Islam	8WSW	W	33

Top students in year 9:


Forename	Surname	Form	House	Points
Sophie	Rooke	9WNK	W	54
Alexandra	Roszkowska	9WNK	W	54
Sena	Oguz	9WNK	W	50
Muhammad	Abdullah	9BAM	B	45
Annika	Trivedi	9WNK	W	45
Azat	Secgin	9WNK	W	45
Faye	Etuazim	9WNK	W	45
Sophia	Smith	9RBW	R	44
Mollie	Abrahams	9WNK	W	44
Kaelyn	Beisty	9WNK	W	44

**Top students in year 10:**

Forename	Surname	Form	House	Points
Constantinos	Socratous	10ODC	O	58
Yunus	Coskun	10ODC	O	54
Madiha	Yahya	10OSM	O	54
Ermioni	Tsantikou	10OSM	O	48
Evita	Dib	10ODC	O	46
Lucas	Baja	10WJQ	W	45
Jayden	Kelly	10WJQ	W	45
Nicholas	King	10WJQ	W	45
Beatrice	Afhim	10OSM	O	44
Owen	White	10OSM	O	44

Top students in year 12:


Forename	Surname	Form	House	Points
Emily	Tofis	12BAS	B	12
Georgia	Kouvakli	12BAS	B	12
Aisha	Sediq	12OAT	O	12
Raya	Gotseva	12OES	O	12
Grace	Zelechowski	12RHK	R	12
Rhea	Mehta	12RJB	R	12
Mabel	Batista	12WAD	W	12
Katie	Pedder	12WAD	W	12
Annalise	Demetriou	12WDS	W	10
Zoe	Ellerby	12WDS	W	10



TENNIS CLUB

YEARS 7 - 10
MONDAYS AFTER SCHOOL
TENNIS COURTS
3:15PM - 4:15PM
MR. MUTINDA

JUST SHOW UP AND PLAY, PE KIT NEEDED.

 Highlands School

Year 7 Athletics Trials for Enfield Borough Championships 2025

**THURSDAY 5TH JUNE
3:15PM - 4:30PM**

Wear your PE kit.

Show up at the PE changing rooms after school.

Any questions, please ask the PE department.



**WINCHMORE HILL
YOUTH FC**
www.winchmorehillfc.co.uk

**WANTED - FOOTBALLERS
U13s (Yr 8 Boys in Sept 2025)**

Come and join our established team
in N21

For more info contact
Keiron Najada - 07900 980 094
k.najada@whitespacerecruitment.co.uk



CHICKENSHEd
THEATRE CHANGING LIVES

WONDER WALK

We are so excited to invite your school
to join us at the **Wonder Walk 2025** on **Sun 8 Jun**

Take part in walking our accessible 5K, or 10K for
Chickenshed and enjoy a day of feel-good family
fun including:

- Walking a 5K, or 10K route, taking in beautiful local parks, starting and finishing at Chickenshed. Both routes set off at 10am.
- Music and a lively warm-up beforehand.
- Our Tales team and a trail along the way.
- Meet our Wonder Walk mascot - Eggbert!
- Food, face painting & photo opportunities.
- T-shirt, medal, goody bag and celebratory drink for every walker!

£17.50 adults, £12.50 under 16s, free to under 5s
Your school SAVES 33% off registration!
Enter code **WWSCHOOL**

Chickenshed, 290 Chase Side,
Southgate, London N14 4PE
www.chickenshed.org.uk
Registered charity no. 1010260

Sign up today!



 Regulator with
FUNDRAISING
REGULATOR

*Excludes under 5s free registration



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

95 supporters

Sign up and support this cause

www.easyfundraising.org.uk

GET STARTED

How to support Highlands School Enfield

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

**Support us through
easyfundraising**



Highlands School Alumni

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

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

More information is on our [website](https://www.futurefirsthub.org.uk) and if you have any questions please contact our Alumni Programme Manager at Future First: Faithia Garffus – faithia.garffus@futurefirst.org.uk

#HighlandsAlumni



Former student?

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

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



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



Scan the QR code to join the Alumni network

12:58 5G

www.futurefirsthub.org.uk


Highlands School
Powered by  Future First

Join your network

First name *

Last name *

Email address *





Student medical needs

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

Mental health

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

Urgent mental health support - 24/7 crisis lines

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

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

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

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

shout 85258

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

SAMARITANS

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

Crisis Tools

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

PAPYRUS

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

Urgent and other support available

childline

Childline confidential telephone counselling service for any child with a problem. Call: 0800 1111 anytime or online chat with a counsellor

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)

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

kooth

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



Safeguarding contacts

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

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

Helpful numbers and websites

Childline: 0800 1111

NSPCC helpline: 0808 800 5000

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

LGBT switchboard: 0300 330 0630

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

Multi Agency Safeguarding Hub: 0300 500 80 90

Barnardos: 0800 008 7005

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

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

Talk to someone....

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

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