



# Highlands School Newsletter

08 November 2024



Dear parents and carers,

## Ofsted

This week on Tuesday and Wednesday we were inspected by Ofsted. Usually schools are visited by Ofsted every three to four years and are graded. Highlands had been an exempt school because of its 'Outstanding' rating, secured in 2014, so we had not had a graded Ofsted inspection for ten years and six months. We did have a safeguarding inspection in 2021. We were reassured by the positive findings of that inspection.

Ofsted no longer issue one word overall judgements for schools, but they do give judgements for the quality of education, behaviour and attitudes, personal development, the sixth form and leadership and management. Although the inspection ended on Wednesday, Ofsted always request that their judgements are not shared until they publish their report; this is likely to happen in December.

What I can say is that we had an inspection team that were keen to engage in a professional dialogue about standards at Highlands and I thank them and Ofsted for that. The main thing Ofsted do when inspecting is talk to students, watch students learning and listen to their voice and yours, through the surveys you completed. I want to thank all of you and all of our students for giving such a great impression of our school.

Have a great weekend,

Mr McInerney, Headteacher



Key dates for this half term:

- Wednesday 13th November: students leave at 2.15pm and Ed-Extra will go ahead as normal
- 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)

## A level platinum award

We are proud to announce that our 2024 exam results place Highlands School and Sixth Form in the **top 10% of schools and colleges** for value-added progress. This is an outstanding accomplishment, and a reflection of our exceptional dedication and hard work.





## 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. **Please note that spaces are limited.**

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

We look forward to seeing you there.

### Highlands Sixth Form

## Sixth Form prospectus

To discover the full range of courses on offer, please read our sixth form prospectus. It also includes details on our wider curriculum, Oxbridge workshops, post-18 destinations, and the outstanding results our students consistently achieve.

[Highlands Sixth Form Prospectus 2025-2026](#)







## Year 12 students explore Oxford University

A group of year 12 students had an inspiring visit to the St Peter's College at the University of Oxford, gaining first hand insight into one of the world's most prestigious academic institutions

The day included a guided campus tour, where students explored the historic college and stunning architecture. They also participated in a Q&A, academic session, where they had the opportunity to ask current Oxford students about university life and the application process.



To cap off the visit, the group enjoyed a formal lunch in one of Oxford's renowned dining halls, experiencing the university's rich tradition and history up close. The experience left everyone feeling motivated and eager to pursue their academic ambitions.





## Year 9 inter house football

The inter house football games this week were filled with energy and skill, culminating in an exciting final where the girls Willow team triumphed over Rowan after an intense penalty shoot out. Willow won 3-2 on penalties after a 1–1 score in the final.

Meanwhile, the Willow boys showcased their talent, defeating Oak 1-0 to secure a double victory for Willow, earning their house those vital points! Go Team Willow!



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



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





## Student leadership team 2024-25



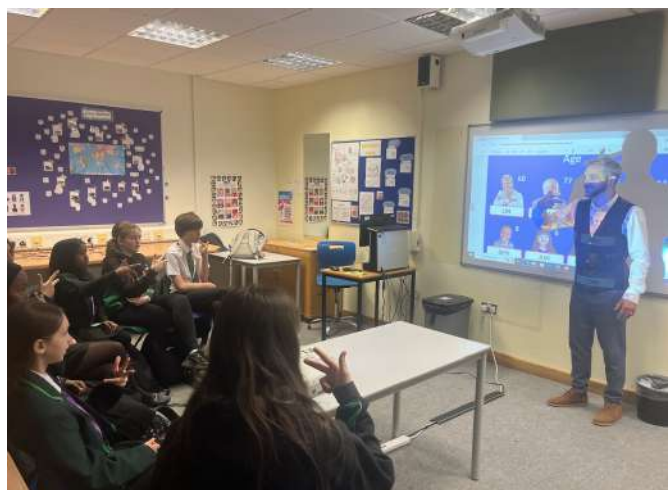
We would like to introduce to you our student leadership team for 2024-25.

Ethan Morgan (Head student), Eleanor McHale (Head student), Lorena Kransniqi, Sila Usta, Hana Fahmy, Chizara Okonkwo and Ahura Sedaghat (Deputy head students)

The student leadership team is dedicated to representing the voice of the student body and fostering a positive school environment. The team will work closely with staff and peers to promote school values, organise events, and advocate for student needs and ideas. Their responsibilities include supporting school initiatives, encouraging engagement within the community and acting as role models for all students. Through their leadership, they aim to strengthen school spirit and ensure every student's voice is heard and valued.

## Learning BSL Level 1

A fantastic group of students are excited to be learning British Sign Language (BSL) Level 1 with expert tutor Marios Costi. Through his engaging classes, they are developing essential skills to communicate in BSL, broadening their understanding of Deaf culture, and building connections in a new language.





## Alumni success story

We are thrilled to share the success story of our incredible alumni Nicolas Poffey. Former Highlands student Nicolas is now a software engineer for CERN working in an experimental physics team, writing an application that is used for analysis of their data.

You can read more about Nicolas below.

### Nicolas Poffey

#### Software engineer for CERN

**Qualification:** First class honours degree in Computer Science

#### Educational journey since leaving Highlands:

After university, I joined PwC for a degree apprenticeship in the Artificial Intelligence team, during which I studied at the University of Birmingham doing Computer Science. Since graduating, I joined CERN in Geneva, and have been working there since. The reason I applied here is because I remember Mr Bradford teaching us about what they do, which inspired me to apply.

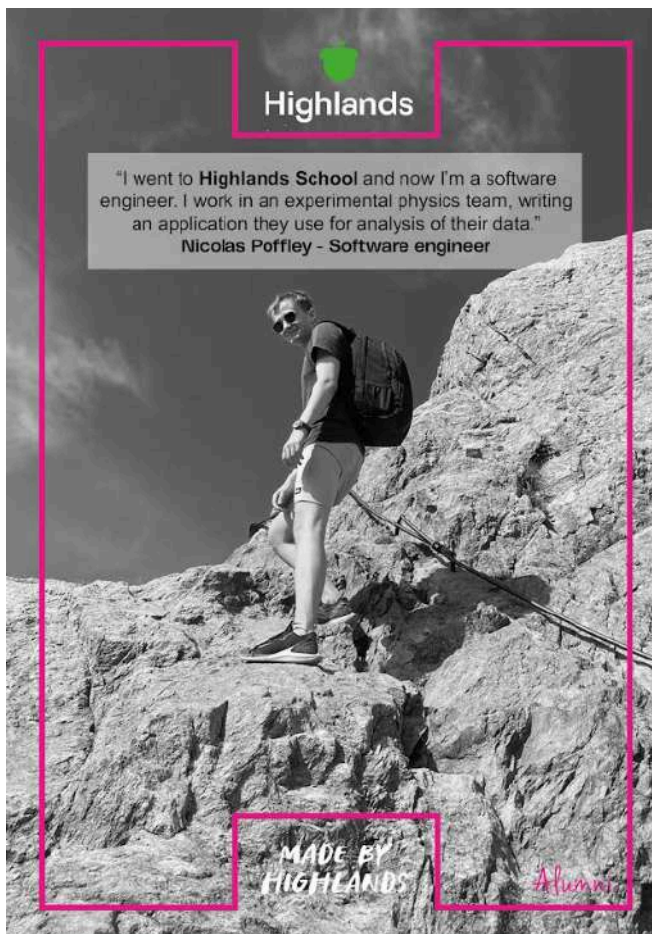
**What's been the highlight of your career journey so far?** During my apprenticeship, I created a simulation application to be used for business consulting. Just before I finished the apprenticeship, I was able to present what I'd done to a group at the company. They decided to continue the work I'd done.

The application is now planned to be used for consulting for clients, which I'm proud of because I didn't think it would be possible for it to get that far after I left.

**How would you say your Highlands experience has helped you to get where you are today?** The teachers who were really passionate about what they did made it easy to learn and helped me find what I enjoy.

**If you could give one piece of advice to current Highlands students, what would that be?**

Finding enjoyment in your work is easier when you're genuinely interested in what you're doing. You won't love every subject, but that's fine. When you start your career, you'll probably specialise in one area. If you come across a topic that you actually find interesting, try to learn about it outside of school. You might find you actually enjoy it. Not everyone enjoys the same subjects, but don't worry too much about it because you have a long time to find what suits you.







## 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.

- **Isobella McNeill 9RCX:** Awarded for assisting a member of staff when they were in need in the school car park.
- **Lucy Lord 11RNC, Florence Eaves Baker 11OKK, Leah Appiah-Gyebi, 11RGA Sofia Betancur Mesa 11BJC, Arabella Mumba 10ODC, Radhika Parmar 10ODC, Paula Shehu 11BJC, James Nicolaou 10RTC and Alfie Forshaw-Hogg 10RCG:** Awarded for exceptional work in food preparation and nutrition and assisting a member of staff.
- **Chloe Sancho 10ODC, Elis Cristovao 10WCM, Lois Anosike 10WCM, Micah Codrington**
- **9WMP and Elsie Berko 12RJB:** Awarded for their exceptional contribution to Black History Month.
- **Ruby Walford 9RBW, James Butcher 10OSM, Tyanna Ferreira 9OAC, Freddie Smith 8BEF, Hus Gokpinar 7RKM, James Mehmet 8RJG, Elena Guidice 12BAS, Aston Lyle 8RAS, Anthony Angeli 9WNK and Samuel Malaj 9ORD:** Awarded for their exceptional piano performances during open evening.
- **Kaan Aydemir 8WSW and Kaya Demir 8WSW:** Awarded for giving up their seats to a member of the public on the DARE day trip to the Natural History Museum.
- **Lucy Kyriacou 10RCG, Ikram Mohamed 10BLM and Thanos Ioannou 11OKK:** Awarded for their outstanding effort and contribution as part of the RS department during open evening. They all represented the school's DARE values exceptionally well and were a real credit to the department.
- **Sophia Kyriacou 11OAB, Agatha Kyprianides 11OAB, Matthew Panayiotou 11OAB, Sebastian Mandrides 11OAB, Emre Mistiki 11OAB, Eraldo Gashi 11OAB, Max Gilzean 11OAB, Zak Haralambous 11OAB, Jayden Hessel-Herrera 11OAB, Yaqoob Sediq 11OAB, Anastasia Katz 11OAB and Emily Palkowska 11OAB:** Awarded for outstanding contribution to their DARE days activities and for being great role models/representatives of the Highlands community.
- **Alessio Miltiadous 10ODC, Sampson Panayi 10BLM and Elliot Marinos 10WJQ:** Awarded for their exceptional support of a child who is going through a life changing event.







## School announcements

### 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!



### HPFA presents Music Bingo!

Come along to our fantastic Music Bingo event on **Friday 22nd November 7pm - 9pm**.

Refreshments and snacks will be available for purchase on the night or you can bring your own snacks if you wish.

**Tickets are £5** each and can be purchased on ParentPay.

Hope to see you there.





## The Scholastic Book Fair is coming to Highlands School!

Get ready for a festive book-filled event! From **29th November to 4th December, 2024**, the Scholastic Book Fair will be visiting Highlands School, just in time for some pre-Christmas literary magic. This is the perfect opportunity to find new books for your child and spark a love of reading during the holiday season.

More details will be coming soon - stay tuned for a sneak peek at the fantastic selection of books, as well as step-by-step instructions on how your child can make a purchase.

Don't miss out on this exciting event!

**SCHOLASTIC** **TRAVELLING BOOKS**

# COME TO THE BOOK FAIR

and earn **FREE BOOKS** for our school!

READ THE BOOKS EVERYONE'S TALKING ABOUT!

Book Title	Author	Age Rating	Price
LET'S SPLIT UP	BILL WOOD	13+	£8.99
THE REAPPEARANCE OF RACHEL PRICE	HOLLY JACKSON	13+	£10.99 £8.99
2025 FOOTBALL LEGENDS			£12.99 £9.99
Powerless	LAUREN ROBERTS	13+	£9.99
P.G. HEART BOY	MALORIE BLACKMAN		£7.99 £3.99
PHANTOM HEARTS	ROBIE + ALBO+ SARAH MAXWELL	13+	£10.99 £8.99

**ONLY £3.99**

The **BEST NEW BOOKS** from only **£2.99**

**29th November to 4th December 2024**

\*New books are subject to terms and conditions. Contact your Book Fair Organizer at Scholastic Book Fair for details.





## PE clubs timetable - November - December 2024

PE clubs programme November - December			
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).

## Dancers of the week

Our dancers of the week are Izzy Minguez and Nicole Kozinos.

Well done for your fabulous work in GCSE dance this week when we performed our jazz routines.

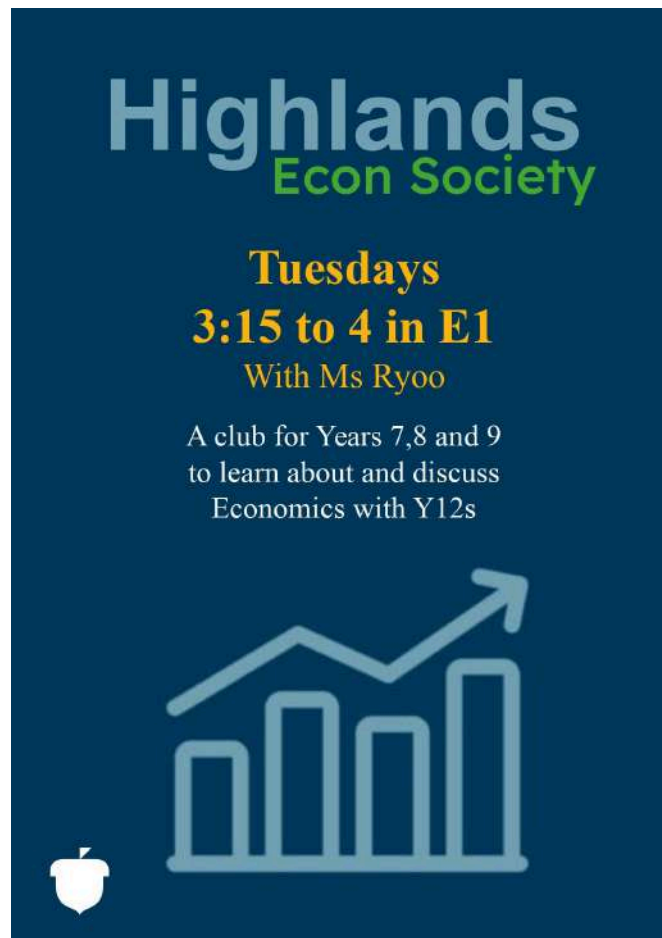




## The Economics Club

The Economics Club, led by enthusiastic sixth form students, aims to provide year 7 to 9 students with a taster of economics. Through engaging activities and collaborative discussions, students will explore key economic concepts such as money, competition, economic growth, inflation, and more.

This is a fantastic opportunity for students considering economics at GCSE but are uncertain about what the subject entails, or for those simply interested in understanding how our economy operates. Join us every Tuesday after school in Classroom E1!



## Friday LEGO club

There is a LEGO and play club after school in DD3 from 3.20pm - 4.10pm. There are some complicated LEGO sets to build plus other toys available for play, such as Barbies, Playmobil and Sylvanian Families.

If you would like to attend please contact Miss Brown (dance teacher).

Thank you.

**Miss Brown**

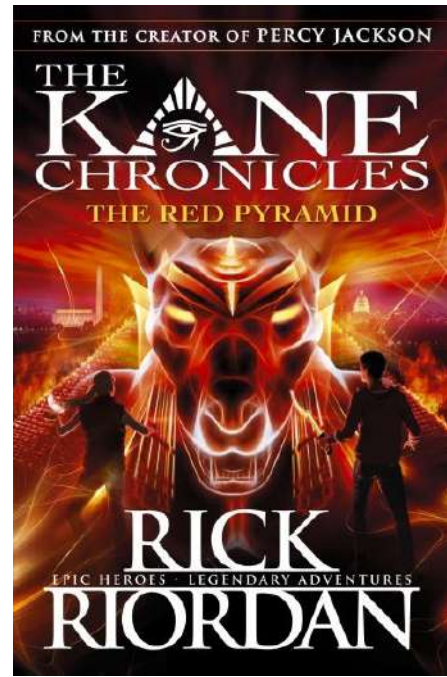




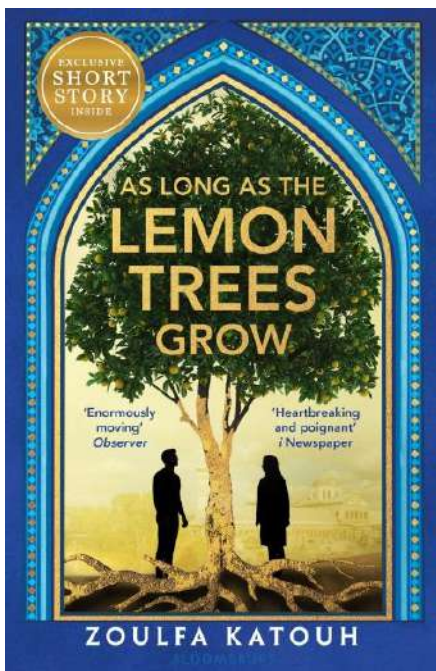
## Highlands Book of the month - October

Recommended read for KS3: **The Red Pyramid** by **Rick Riordan**

Carter (14) and Sadie (12) have nothing in common but their parents: their father Dr Julius Kane, a brilliant Egyptologist, and their mother, a famed archaeologist who died under mysterious circumstances when they were young. The siblings barely know each other, but one night, their father brings them together at the British Museum.



Recommended read for KS4: **As Long as the Lemon Trees Grow** by **Zoulfa Katouh**



An epic, emotional, breathtaking story of love and loss set amid the Syrian revolution. Burning with the fires of hope and possibility, *As Long as the Lemon Trees Grow* will sweep you up and never let you go. This brand new paperback edition contains exclusive bonus short story *Joy*.

Set in the world of Lemon Trees, it features never-before-seen moments between Salama and Kenan.



## House half term winners

This week's winner is the house with the highest achievement points minus concerns points.

Plus the results from the year 9 inter house football competition. Congratulations **Willow**!

This Week	Beech	Oak	Rowan	Willow
Positive Points	6,707	7,442	5,416	5,327
Negative points	-292	-230	-298	-338
<b>Points overall</b>	<b>6,415</b>	<b>7,212</b>	<b>5,118</b>	<b>4,989</b>
<b>Y 9 girls football</b>	<b>1,000</b>	<b>2,000</b>	<b>3,000</b>	<b>4,000</b>
<b>Y9 boys football</b>	<b>2,000</b>	<b>3,000</b>	<b>2,000</b>	<b>4,000</b>
<b>Total</b>	<b>9,415</b>	<b>12,212</b>	<b>10,118</b>	<b>12,989</b>

### Top students in year 7

Forename	Surname	Form	House	Points
Alex	Borontichina	7OMK	O	42
Musa	Ali	7OMK	O	40
Poppy	Perkins	7OMK	O	40
Gabriella	Loizou	7OMK	O	39
Oscar	Abrahams	7OMK	O	38
Zakariyya	Ahmed	7OMK	O	38
Jemimah	Miah	7OMK	O	38
Mollie	Morgan	7OMK	O	38
Jordan	Lourenco	7OMK	O	38
Victoria	Aksoy	7OMK	O	37
Ewan	Angelides	7OMK	O	37

### Top students in year 8:

Forename	Surname	Form	House	Points
Aaliyah	Lascelles	8WSW	W	53
Oliver	Mene	8ODM	O	40
Betsy	Coneywood	8OJT	O	40
Evie	Howlett	8WSW	W	40
Latif	Defreitas	8OJT	O	38
Frederick	Smith	8BEF	B	36
Florence	White	8ODM	O	36
Isabelle	Cooper-Fitzgerald	8WSW	W	36
Benjamin	Taheny	8OJT	O	33
Ciara	Moore-McGowan	8WSW	W	33
Inaya-Amor	Peart-Heron	8WSW	W	33



**Top students in year 9:**

Forename	Surname	Form	House	Points
Tyanna	Ferreira	9OAC	O	32
Samuel	Malaj	9ORD	O	31
Naara Sade	Salom-Mason	9OAC	O	30
Anais	Edwards-Anyanwu	9OAC	O	30
Abel	Kalaj	9WMP	W	29
Alexander	Savva-Faruk	9BAM	B	28
Dennis	Erdogan	9OAC	O	28
Taylor	Berndes	9OAC	O	27
Oliver	Dhillon	9OAC	O	27
Annika	Trivedi	9WNK	W	27

**Top students in year 10:**

Forename	Surname	Form	House	Points
Ruby	Magrun	10BYC	B	89
Melisa	Spahia	10BYC	B	85
Hugh	Murphy	10BYC	B	70
Taraneh	Kheradmandi	10BYC	B	69
Sophia	Stavrinides	10BLM	B	68
James	Cooper-Dobson	10BYC	B	64
Sana	Ahmad	10BLM	B	63
Kevin	Alla	10BYC	B	63
Joseph	Smyth	10BYC	B	63
Gabriela	Kusz	10BYC	B	63
Georgia	Gkiontsari	10BYC	B	63

**Top students in year 11:**

Forename	Surname	Form	House	Points
Abby	Reay	11OAB	O	66
Matthew	Panayiotou	11OAB	O	64
Anastasia	Katz	11OAB	O	58
Sebastian	Mandrides	11OAB	O	55
Emily	Palkowska	11OAB	O	54
Jujhar	Sondh	11OAB	O	52
Kwadwo	Boakye	11OAB	O	51
Ellie	Christofi	11OAB	O	49
Kenzie	Wejszko	11OAB	O	47
Mikael	Chaudhry	11OAB	O	46
Zak	Haralambous	11OAB	O	46

**Top students in year 12:**

Forename	Surname	Form	House	Points
Jasmine	Desai	12OAT	O	15
Daisy	Warner	12RHK	R	15
Luke	Tyrimos	12WAD	W	15
Emily	Tofis	12BAS	B	13
Roze	Oz	12BAS	B	13
Sarah	Oloyede	12RHK	R	13
Annalise	Demetriou	12WDS	W	13
Alex	Hunt	12WDS	W	13
Du Xiaoxia	Hardyman-Rice	12RHK	R	12

**Top students in year 13:**

Forename	Surname	Form	House	Points
Alexia	Chrysostomou	13OMA	O	8
Jonathan	Cooper-Dobson	13OMA	O	8
L'Jeeta	Thompson	13RCW	R	8
Katie	Brookman	13RSL	R	8
Ocean	Rahman	13RSL	R	8



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

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

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

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

### Urgent and other support available

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

**Good Thinking** is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

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

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

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



## Safeguarding contacts

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

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

## Helpful numbers and websites

**Childline:** 0800 1111

**NSPCC helpline:** 0808 800 5000

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

**LGBT switchboard:** 0300 330 0630

**Kooth:** [www.kooth.com](http://www.kooth.com) - support service for students wellbeing

**Multi Agency Safeguarding Hub:** 0300 500 80 90

**Barnardos:** 0800 008 7005

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


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

## Talk to someone....

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

Follow Highlands School on:

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