



Highlands School Newsletter

07 February 2025



Dear parents and carers,

I would like to start this week by congratulating our year 9 boys' football team who won the borough 7-a-side tournament on Wednesday this week. I was at school preparing for our options evening when they returned with the trophy and they were rightly delighted and proud of their achievements. Well done to all of the team and thanks to the staff who supported them.

If you do not have plans for the evening of Friday 14th March, I would like to invite you to our annual HPFA quiz night at Highlands. I will be the quizmaster, students are welcome to join teams with their families. There will be prizes for the winning teams and food and drinks available for purchase on the evening. Further details are below.

Mr McInerney,
Headteacher.

Key dates for this and next half term:

- Friday 14th February: final day of half term
- Monday 24th February: students return to school
- Wednesday 5th March: year 7 parents' evening
- Wednesday 12th March: year 10 parents' evening
- Friday 14th March: HPFA quiz night at Highlands
- Wednesday 19th March: year 12 parents' evening
- Friday 4th April: end of term, students released from school at midday



HPFA Quiz Night on Friday 14th March

The HPFA will be hosting a quiz night hosted by Mr McInerney! The evening will no doubt prove to be a fun, family-friendly and competitive event! Please put the date in your diary now and start asking around friends and family to join your table.

Tickets are £5.00 and will be on sale via ParentPay. Food, nibbles and drinks will be on sale by the HPFA, You are welcome to bring your own nibbles but any alcohol brought in will be subject to a corkage charge.

Please encourage your family and friends to come along for a fun evening, please note that tables are up to a maximum of 8 people and children need to be over the age of 5 to attend.

If anyone would like to donate a raffle prize, please let us know.

Highlands Parents and Friends Association (HPFA)



Beech Greek cuisine day - Thursday 27th February

This exciting event will allow our staff and students to immerse themselves in the delicious and vibrant world of Greek food.

Hosted by Beech house and Chartwells, our fabulous caterers, it definitely cannot be missed - save the date!





Healthy relationships assemblies

This week our assemblies focused on the importance of healthy relationships and how they shape our wellbeing. Key qualities of a healthy relationship such as honesty, respect, open communication and the ability to resolve conflicts were highlighted throughout.

The impact of unhealthy relationships was also addressed and how this can affect our mental health and self esteem. Students were shown signs of how to spot an unhealthy relationship and there was a huge emphasis on where to seek help and support for anyone experiencing or witnessing an unhealthy relationship.





Year 9 boys borough champions!

The year 9 football team topped their group in the 7-a-side borough tournament, remaining unbeaten throughout, even without having a substitute. They beat Winchmore in the semi-final before securing a 1-0 victory over St. Ignatius in the final. Every player contributed, showing exceptional character and teamwork.

The win was a testament to their hard work and collective effort, making them worthy champions of the tournament. No player of the tournament as every single player was fantastic! A true team performance.



Mr Edwards

Year 7 boys football

The year 7 boys' football team had a strong showing in the 5-a-side borough tournament, despite a challenging start. After losing their first match, they bounced back and went unbeaten for the rest of the competition. Once they settled into their formation, the team played some fantastic football.

Throughout the tournament, every player demonstrated great teamwork and leadership skills, supporting one another on and off the pitch.

No individual award as the whole team was brilliant!

Mr Edwards



Year 10 Enfield Cup semi final

On Wednesday 5th February, Highlands year 10 boys' football team welcomed Wren to compete in the semi final of the Enfield Cup. After a nervy first half, Highlands found themselves 0-3 down at half time.

In the second half, Highlands displayed greater determination, passion and resilience, resulting in scoring two goals through Emin and Emilio. Despite the strong second half performance, it wasn't enough to get through to the final.

Goodluck to Wren in the final and the boys are looking forward to trying again next year.

Player of the match: Kerem Albaryak.



British Sign Language at Highlands

At Highlands Deaf Resource Base, we are dedicated to creating a more inclusive environment by providing British Sign Language (BSL) learning opportunities for both students and staff.

Our BSL Ed-Extra sessions, led by our communication support workers Francesca Osci and Elena Zaharie, take place every Wednesday for year 7 and year 8 pupils. These sessions introduce students to basic BSL signs, helping them become familiar with key vocabulary and simple phrases.

On Thursdays, we offer BSL for staff sessions with our BSL tutor, Marios Costi. These sessions provide Highlands staff with the opportunity to learn essential signs, enhancing their confidence and ability to communicate better with our Deaf Base pupils. By participating, staff contribute to a more accessible and supportive learning environment.

In addition to these sessions, our Deaf Base pupils and some hearing students are currently advancing their BSL skills under the guidance of Marios Costi. We are incredibly proud to celebrate the achievements of Bana Tahsen, Liya Ali, and Omyur Karadzhova, who have recently earned their Level 1 BSL certification and are now progressing towards Level 2. Congratulations to you all.





Show Racism the Red Card competition

What is the competition?

The Show Racism the Red Card (SRtRC) school competition is free to enter and open to young people of all ages and abilities. This is a unique opportunity for schools to proactively demonstrate their commitment to equality and tackling racism by taking part in the **UK's largest equalities themed school competition.**



How is it judged?

An independent panel of judges select the winning entries and winners are invited to a special awards ceremony at a **Premier League stadium**. Prizes are presented by special guests including current and former professional footballers.

The categories

Young people are welcome to produce work in any medium: **artwork, creative writing, song, film, music, T Shirt or football boot designs.**

If it's about racism, we want to see it!

Design a boot category

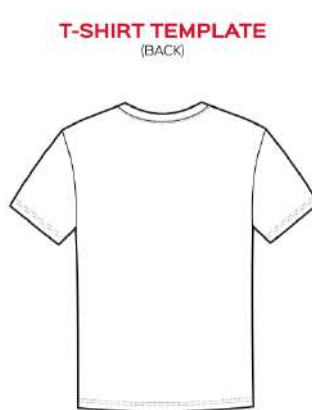
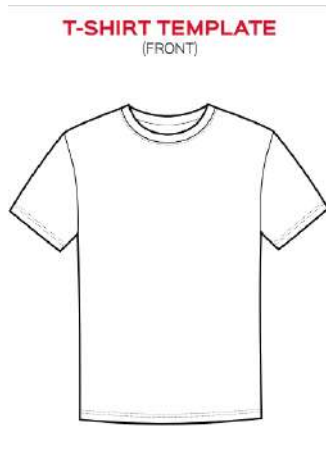
The "Design a boot" category is your chance to design a boot to be featured in one of the world's most popular video games. If you want to design the outstep and instep of the boot you must use [this template](#)





T-shirt design category

For the front and back t-shirt design you must use [this template](#).



How to enter

All entries to be handed or sent to Mrs Jeynes by 28th of February 2025

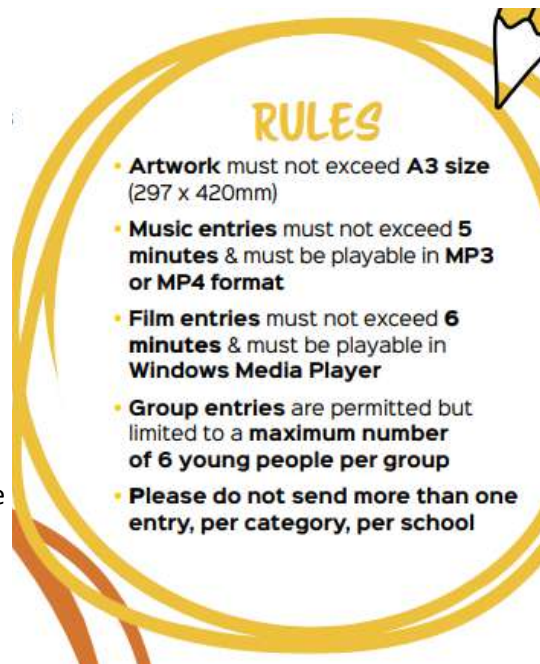
Please check the rules and write the following information on the back of each entry:

Name of entrant

Year group

Name of school

Paper templates of the boot and t-shirt can be found in the DT office or via the links above.



English writing competition

The English faculty have begun writing competitions this month across years 7, 8, and 9.

- **Year 7:** Students will write a **1st-person tale** based on *The Canterbury Tales*.
- **Year 8:** Students will write a **diary entry** in an eerie Gothic setting.
- **Year 9:** Students will compose a **letter from the front lines** of World War I.

These are on Google Classroom. Submissions must be handed in by **Friday 28th February**. All winners will receive Headteacher Awards.



Dancers of the week

Our dancers of the week are Oli Morina in Year 7 for scoring 100% in the mid-year assessment, well done Oli and also Evie Charalambous in year 11 for her excellent work in the choreography exam on Tuesday.



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 award is proudly presented to the following students.

- **Lucy Kyriacou 10RCG, Marcus Marfici 9WMP and Michael Angeli 8RAS:** Awarded for leading and exceptionally delivering the assembly on Holocaust Memorial Day.
- **George Baker 10BYC:** Awarded for achieving the highest grade in his year 10 GCSE business mock exam.





Alumni success story

We are thrilled to share the success story of our incredible alumni Rosa Vojdani, who is now a Proposal manager at Avania, a global clinical research organisation within the medical technology field.

Rosa Vojdani, Proposal manager at Avania

Qualifications: MSc Clinical Neuroscience, BSc Biological Science.

Tell us about your educational journey/or career since leaving Highlands.

Since leaving Highlands, I went on to study Biological Sciences at undergraduate level followed by a masters in Clinical Neuroscience at King's College London. Following my studies, I went into full time employment where I started as a project manager for a clinical research organisation conducting Phase I-III, first in human drug trials. I then decided to leave that role and moved to Avania.

What does a typical work day involve for you?

A typical workday involves working both independently and with my team to create budgets, proposals and contracts for various studies and projects. I attend strategy meetings and work closely with different department representatives to assist with client/indication research and protocol review to support proposal development.



What has been the highlight of your career journey so far?

The highlight of my career journey so far is the experience I have gained meeting and working with a range of different people. I have worked alongside various team members and departments within my company and also with numerous pharmaceutical and medical clients; through this I have gained skills and contacts that will stay with me throughout my career.

How would you say your Highlands experience has helped you to get where you are today?

Highlands gave me the foundation I needed to progress into further education and later my career. The skills and self-confidence that I have and use every day started during my time at Highlands. The support I received from my teachers and the friendships I made, allowed me to have a positive secondary school experience which resulted in gaining the grades that I wanted and needed to move on to University.

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

Enjoy your time at secondary school because it goes by so fast! Also to create results and memories that you can look back on and be proud of.



School announcements

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.

Lunch Accounts

Please ensure you regularly check your child's lunch accounts to ensure they have sufficient funds for the week. If they owe money to the canteen, when you top up their accounts, those outstanding monies will be automatically deducted by the catering team. We have had several queries recently from parents about this, querying why the lunch accounts go down quicker than expected.

Parking near the school

Please can we ask that you avoid parking on the roundabout area near school, the zebra crossing and on the zig zag lines, as this is causing traffic issues, and is also a health and safety concern for our students. Enfield parking team do regular patrols and will issue penalty notices to those parking where restrictions are in place.



Highlands book of the month - February

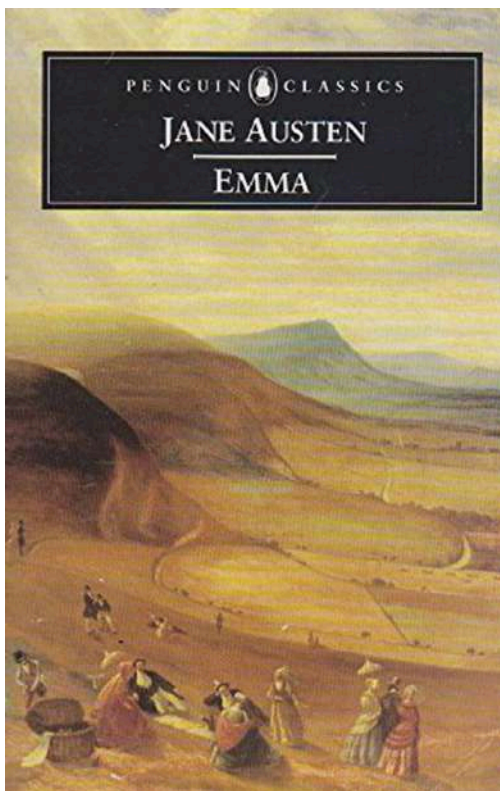
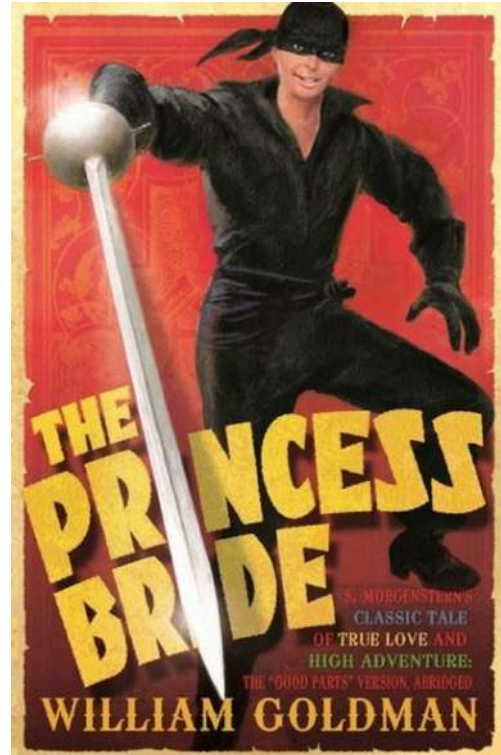
Recommended read for KS3

The Princess Bride by William Goldman

Beautiful, flaxen-haired Buttercup has fallen for Westley, the farm boy, and when he departs to make his fortune, she vows never to love another.

So, when she hears that his ship has been captured by the Dread Pirate Roberts (no survivors) her heart is broken. But her charms draw the attention of the relentless Prince Humperdinck who wants a wife and will go to any lengths to have Buttercup.

So starts a fairy tale like no other, of fencing, poison, true love, hate, revenge, giants, bad men, good men, snakes, spiders, chases, escapes, lies, truths, passion and miracles, and a damn fine story.



Recommended read for KS4

Emma by Jane Austen

"Emma," when first published in 1816, was written when Jane Austen was at the height of her powers.

In it, we have her two greatest comic creations – the eccentric Mr. Woodhouse and that quintessential bore, Miss Bates. In it, too, we have her most profound characterization: the witty, imaginative, self-deluded Emma, a heroine the author declared "no one but myself will much like, but who has been much loved by generations of readers."



House weekly winners

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

	Beech	Oak	Rowan	Willow
Positive Points	7,396	7,200	7,442	6,380
Negative points	-472	-379	-380	-459
Points overall	6,924	6,821	7,062	5,921

Top students in year 7

Forename	Surname	Form	House	Points
Levi	Xhetani	7RAC	R	66
Ediz	Kara	7RAC	R	60
Helin	Yaman	7RAC	R	59
Pascal	Kyprianides	7RAC	R	59
Sienna	Calcutt	7RAC	R	58
Arley	Alla	7RAC	R	56
Joseph	McHale	7RAC	R	56
Daiana	Aybar Ortega	7RAC	R	55
Emily	Dent	7RAC	R	54
Beth	Rognaldsen	7RAC	R	54
Skye	Hawkins	7RAC	R	54

Top students in year 8:

Forename	Surname	Form	House	Points
Akeesa Induvari	Gurubebila Vitharanage	8BEF	B	56
Michael	Angeli	8RAS	R	56
Nicholas	Antoniou	8OJT	O	55
Raha	Hashemi	8BEF	B	49
Hazal	Akpinar	8WMT	W	49
Seray	Halil	8OJT	O	48
Nawaz	Kazim	8OJT	O	47
Katie	Redmond	8RJG	R	47
Edgar	Freimanis	8BEF	B	46
Betsy	Coneywood	8OJT	O	46



Top students in year 9:

Forename	Surname	Form	House	Points
Marcus	Marfici	9WMP	W	53
Yuxi	Chen	9BBK	B	39
Taylor	Berndes	9OAC	O	39
Natalia	Deda	9OAC	O	39
Andriana	Yiallourous	9BAM	B	38
Stephanie	Berko	9BAM	B	38
Sena	Oguz	9WNK	W	38
Lucas	Griffiths-Er	9WNK	W	38
Oliver	Dhillon	9OAC	O	37

Top students in year 10:

Forename	Surname	Form	House	Points
Naisha	Kumar	10BYC	B	58
Sadie	Baker	10BYC	B	53
James	Cooper-Dobson	10BYC	B	52
Kevin	Alla	10BYC	B	51
Darcy	Smethurst	10BYC	B	51
Lucy	Kyriacou	10RCG	R	48
Ava	Theodorou	10BYC	B	47
Gabrielle	Russell	10BYC	B	47
Nihar	Vaidya	10BLM	B	44
Nathan	Mazele	10BYC	B	44

Top students in year 11:

Forename	Surname	Form	House	Points
Ender	Guccuk	11BNI	B	43
Zacharias	Stavrou	11BJC	B	42
Veronika	Tsoma	11BJC	B	42
Dmytro	Yeremeiev	11BJC	B	41
Sahara	Cakir	11BNI	B	41
Melek Deniz	Ural	11BNI	B	41
Roshan	Awudu	11BNI	B	40
Mason	Newton	11WDD	W	40
Muhammad	Iqbal	11BNI	B	37
Warzan	Sadiq	11WTH	W	37

**Top students in year 12:**

Forename	Surname	Form	House	Points
Grace	Zelechowski	12RHK	R	20
Tiana	Martindale	12BTD	B	17
Jasmine	Desai	12OAT	O	14
Raya	Gotseva	12OES	O	12
Sophie	Gerrish	12RJB	R	12
Zoe	Ellerby	12WDS	W	12
Sherihan	Mehmet	12BTD	B	11
Alkeo	Xhamxhiu	12OAT	O	10
Isabel	Paine	12OAT	O	10
Anastasia	Pappa	12OAT	O	10
Zakariah	Chaudhry	12OAT	O	10
Nida	Demirkaya	12RJB	R	10
Suleyman	Degirmenci	12RJB	R	10
Iris	Williams	12WAD	W	10
Alesha	Okoye	12WAD	W	10
Annalise	Demetriou	12WDS	W	10

Top students in year 13:

Forename	Surname	Form	House	Points
Ledia	Xhetani	13RSL	R	26
Charlie	Mills	13WTA	W	26
Alexia	Chrysostomou	13OMA	O	23
Katie	Brookman	13RSL	R	23
Tyler	Macdonald	13BJT	B	20
Zack	Williams	13WTA	W	20
Lorena	Kransniqi	13BJT	B	14
Caden	O'Brien	13WTA	W	14
Ezeika	Willoughby	13OMA	O	13
Zachary	Sferrazza	13WBS	W	13



Co-parenting with care

Creating a positive environment for children

This programme is specifically for parents who are separated or divorced and needing support to improve their co-parenting of a child/ren living in Enfield. This is a valuable opportunity to enhance relationships and strengthen co-parenting skills; Both parents are welcome to attend.

Sessions include

- Understanding co-parenting
- Communication skills
- Creating a co-parenting plan
- Navigating emotions
- Building a collaborative relationship
- Resources and support
- Moving forward



These 2 courses will be delivered via MS Teams, over 6 sessions on the following dates and times:

Date: Monday 24 February & 3, 10, 17, 24, 31 March 2025

Time: 7.00 pm to 9.00 pm

Date: Wednesday 26 February & 5, 12, 19, 26 March & 2 April 2025

Time: 9.30 am - 11.30 am

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699



We build better family lives together

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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

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
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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

#HighlandsAlumni



Former student?

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

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

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




Scan the QR code to join the Alumni network

12:58 5G

www.futurefirsthub.org.uk

Highlands School & Sixth Form

Highlands School

Powered by  Future First

Join your network

First name *

Last name *

Email address *





Student medical needs

If your child needs to take regular medication in school, please fill out the following [Medicines Consent Form](#) to give the school consent to administer medication to your child. All medications that are kept in school must be stored in the medical room. We recently sent out a [medical and allergy survey](#) to all parents - thank you to all those who have completed this - if you haven't already done so, please can this be completed as soon as possible so we can update our records.

Mental health

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

Urgent mental health support - 24/7 crisis lines

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

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

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



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

shout
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)

childline

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

Urgent and other support available

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)

kooh

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



Safeguarding contacts

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

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

Helpful numbers and websites

Childline: 0800 1111

NSPCC helpline: 0808 800 5000

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

LGBT switchboard: 0300 330 0630

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

Multi Agency Safeguarding Hub: 0300 500 80 90

Barnardos: 0800 008 7005

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

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

Talk to someone....

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

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