



Highlands School Newsletter

14 February 2025



Dear parents and carers,

The end of this half term marks the halfway point of the school year. As we move into March and April, we will be focusing our efforts and resources on ensuring our exam year groups, 10, 11, 12 and 13 achieve as highly as possible in their summer exams. If you have children in those year groups please make sure they are using some of the week ahead of us to complete all homework and revise; the earlier students start preparing for their exams the better they will achieve.

The end of each half term also sees us provide updates on the inter house competition. Beech were this week's winners, Rowan this half term's winners and Oak still lead the competition (just). Willow, our defending champions, are in last place. We are only halfway through though, so it's all to play for in the 'race to Thorpe Park'.

Have a restful half term break and I look forward to seeing everyone back at school on Monday 24th February.

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 Highlands Parents and Friends Association (HPFA) is hosting an exciting Quiz Night hosted by the amazing Mr. McInerney! This promises to be a family-friendly, competitive, and fun-filled evening that you won't want to miss. Mark the date in your diaries, gather your friends and family, and get ready to show off your trivia skills!

-  **Date: Friday 14th March**
-  **Time: 7pm**
-  **Location: Highlands School**

Tickets: Just £5.00 per person!

You can grab your tickets easily via [ParentPay](#) or, if you're not a parent/carers at the school, you can buy tickets [here](#).

What's on offer?

- Delicious food, tasty nibbles, and refreshing drinks will be available for sale at the event, all run by the HPFA!
- You are welcome to bring your own nibbles, but please note any alcohol brought in will be subject to a corkage charge.

Get your team together!

Tables can have up to 8 people, so bring your friends, family, and even your neighbours for a night of laughs, friendly competition, and a chance to show off your knowledge! Children over the age of 5 are welcome to join in the fun.

Raffle prizes wanted!

If anyone would like to donate a raffle prize, we would be incredibly grateful! Please get in touch if you can help out.

This is more than just a quiz night – it's an event that helps raise vital funds for our school and supports the activities and resources that benefit our children.

Every penny raised goes directly to supporting the wonderful work happening at Highlands School. So, come along for a fantastic evening while supporting a great cause!

We can't wait to see you there!

HPFA





Happy Valentine's Day

Valentine's Day is a time to celebrate love, kindness, and appreciation for those around us. Whether it's friends, family, or fellow students, it's a great reminder to spread positivity and gratitude. A simple act of kindness, like a thoughtful note or a kind word, can make someone's day.

Please use this opportunity to show appreciation for those who make our lives special!

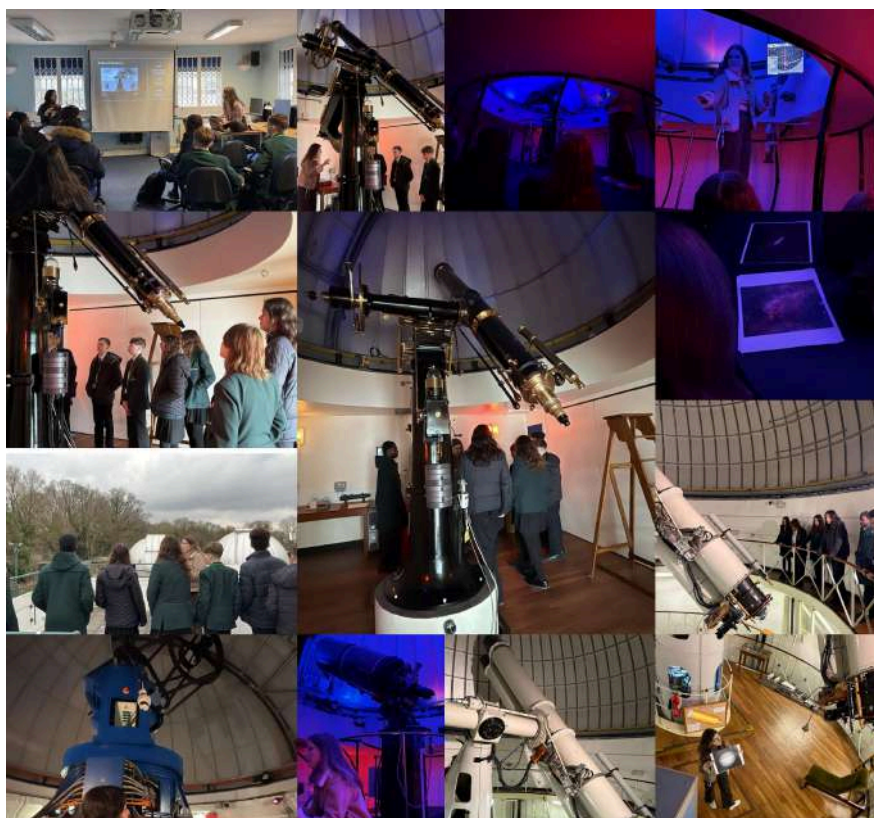
Wishing all our parents, carers, students, and staff a wonderful Valentine's Day. Thank you for being part of our school community!



Science trip to the UCL Observatory

Our year 9 students had an exciting and educational trip to the UCL Observatory, where they were given a fascinating tour of four different telescopes. During the visit, they learned about the history of the observatory and how to operate these incredible instruments.

The students were fully engaged throughout the experience, asking insightful and thoughtful questions that demonstrated their enthusiasm and curiosity. Their excellent behaviour and keen interest made the trip both enjoyable and informative for everyone involved.





Year 10 boys' football team crowned CHAMPIONS!

On Wednesday 12th February, the Highlands year 10 boys' football team travelled to Edmonton County School for a 7-a-side tournament.

Group stage:

- Highlands 1-0 Heron Hall
- Highlands 1-2 Aylward
- Highlands 1-0 Kingsmead

Semi final: Highlands 3-1 AIM North London

Final: Highlands 2-0 Aylward.

Well played to all the boys who took part, they all played superbly.

Mr Avann



Senior boys basketball

On Tuesday, Highlands senior boys' basketball team travelled to Lea Valley School for a friendly fixture. Despite not having not played a game together yet, the team's confidence was high and this was shown throughout with many 3 pointers and slam dunks being scored.

The final score was Highlands 39-23 Lea Valley. Go Highlands!

Player of the match: Ronald Agyeman-Duah.

Mr Avann





Year 12 trip to Cambridge

On Wednesday 12th February, nine year 12 students went to Newnham College in Cambridge to learn about life at the University of Cambridge. We met several students from the college, had a guided tour and had sessions on the university application process and what makes a successful application.

Our students heard about the importance of super curricular activities and were treated to a fantastic lunch in Newnham's 150 year old hall.



Dancers of the week

The dancers of the week are Izzy, Evie, Amelie, Lily, Jorja, Anastasia and India who stayed until 6.45pm rehearsing for the school show last week.

Great commitment girls, well done.





Rewards assemblies

This week, our school held rewards assemblies for each year group, celebrating the achievements of our top-performing students. These assemblies recognised and awarded those who excelled academically and beyond, highlighting their dedication and hard work. Alongside the awards, we reflected on this term's success stories, with feedback from the head student survey providing insight into student experiences and areas for improvement. The assemblies also outlined what we aim to enhance in the coming term, ensuring all of our student voices are heard and acted on.

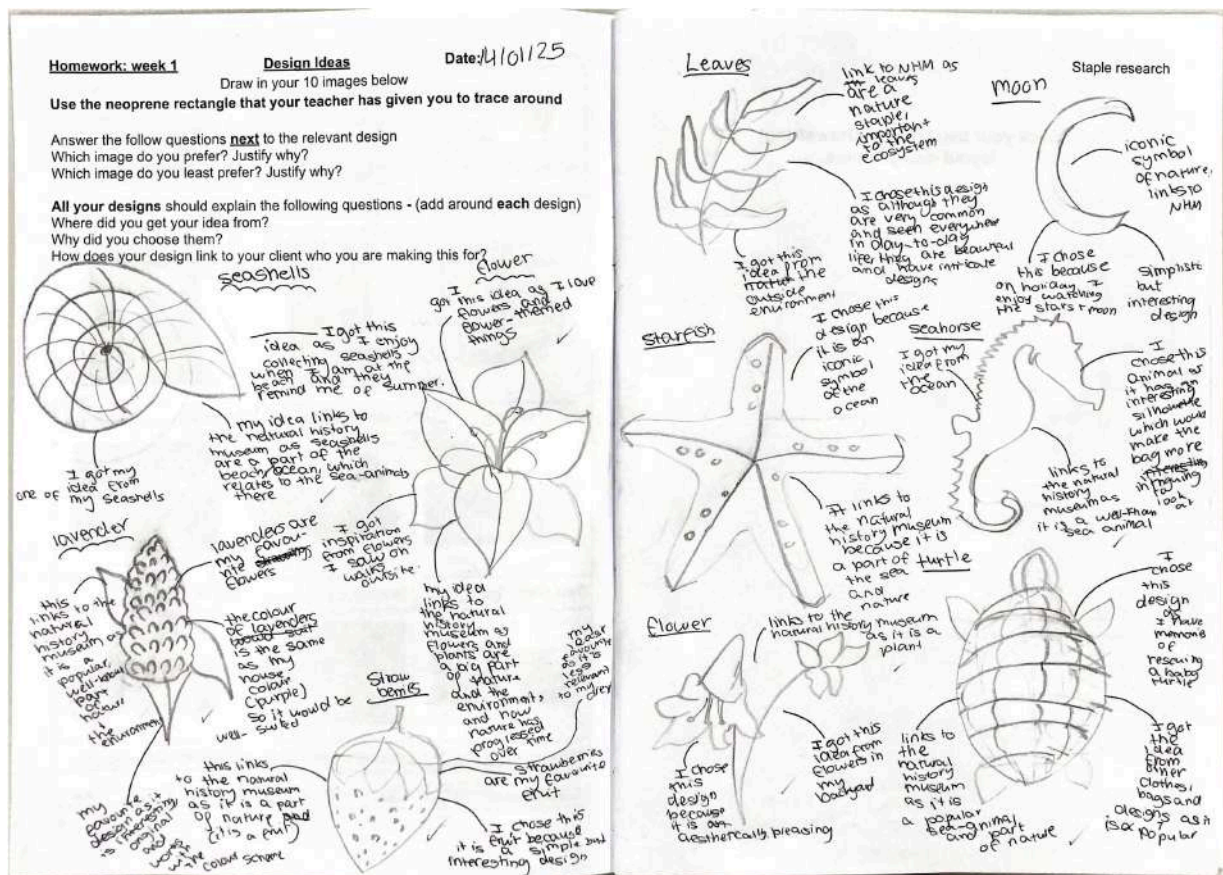




Year 8 textiles house competition

Congratulations to the winners of the textiles house competition this term, who were tasked to design an image based on nature. Students were also evaluated on their written explanations of why they chose their initial ten designs, how these designs connected to their client, the Natural History Museum, and why they ultimately chose one design to be printed on a calico cotton bag.

A special well done to **Elma Stena 8OJT** who was the top student of the whole competition, winning Oak those vital house points. Congratulations to **Orla Dimery, Archie Barretta, Georgia Argue and Sibel Angelova**, who were the top students in the design task.



Year 9 art house competition

Congratulations to the winners of the Gaudi clay vessel competition for the spring term! The talented year 9 core art students who took the top spots were:

1st place: Lamprini Sotiri (9ORD)

2nd place: Katia Charalambous (9BBK)

3rd place: Shanaya Herman (9RBW).

Well done to all of the students, especially to **Lamprini** who won the competition and the house points for **Oak**.



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.

- **Anastasia Katz 11OAB, Amelie Manning 10OSM, Izzy Minguez 10BLM, Evie Ferguson 11WTH, Jessica Smyth 11WTH, India Barron 9BJF, Jorja Hodge 10RTC and Lily Theodorou 10BLM:** Awarded for working hard and showing true dedication to dance by staying late until 6.45pm to rehearse for a show.
- **Joseph Taylor 7WEL:** Awarded for always going above and beyond in form time and helping others.
- **Eliz Mustapha 11BNI:** Awarded for working incredibly hard at English since the beginning of year 11. She has diligently attended intervention sessions and has made good progress. Her determination and conscientiousness shows a fantastic work ethic. Well done!
- **Liliana Jonczyk 8OJT:** Awarded for their outstanding entry in the NLWA Photography competition.
- **Emily Dent 7RAC:** Awarded for their outstanding entry in the NLWA Photography competition.
- **Isla Kirkland 11RNC:** Awarded for her outstanding commitment and dedication in providing invaluable support in a primary school class.





Academic excellence

As part of our commitment to celebrating excellence in the house competition, we introduced the academic excellence awards based on student feedback. After each year group's mid-year assessments and mock exams, we honour the top achiever in each subject with an academic excellence trophy for their house, 1,000 house points, and a certificate. Additionally, the most improved student in each subject will receive a certificate to acknowledge their hard work and progress. Congratulations to all of the winners.

Year 8:

Student	Form	House	Subject
Sita Maitland-Walker	8BLR	Beech	Art
Orla Dimery	8ODM	Oak	Citizenship
Liliana Jonczyk	8OJT	Oak	
Elma Stena	8OJT	Oak	
Sita Maitland-Walker	8BLR	Beech	Computer science
Amelie Mohan	8RAS	Rowan	Dance
Ryan Arun	8RJG	Rowan	Drama
Kerem Hassan	8WMT	Willow	
James Dervish	8RJG	Rowan	English language
Orla Dimery	8ODM	Oak	
Farida Nooreldeen	8WMT	Willow	
Kastina Pashku	8RJG	Rowan	
Sibora Myftari	8WMT	Willow	English literature
Marianne Smith	8WSW	Willow	French
Farida Nooreldeen	8WMT	Willow	Geography
Michael Angeli	8RAS	Rowan	History
Finley Hadley	8WMT	Willow	
Alexandra Koneva	8RAS	Rowan	
Aston Lyle	8RAS	Rowan	
Chiara-Mia Poyiadzis	8RAS	Rowan	
Marianne Smith	8WSW	Willow	
Martha Dobinson	8RJG	Rowan	Maths
Lucas Photi	8OJT	Oak	
Aarav Shah	8RJG	Rowan	
Elma Stena	8OJT	Oak	
Elma Stena	8OJT	Oak	Music
Orla Dimery	8ODM	Oak	PE
Evie Rees	8BLR	Beech	



Ashley Awatar	8BLR	Beech	RS
Nathan Oladeji	8WMT	Willow	
Drake Butler	8WMT	Willow	Science
Aynara Gomez Rosales	8RAS	Rowan	Spanish
Hasti Zare	8ODM	Oak	
Niam Kataria	8RJG	Rowan	Technology
Sita Maitland-Walker	8BLR	Beech	

DARE award winners - Year 8

There are many students who turn up every day, who always bring equipment, complete work to the best of their ability and generally embody the values of our school: determination, aspiration, respect and equality. The DARE rewards are a way of celebrating these students.

DARE scores are entered by a range of teachers and reflect what students do day-in, day-out so the students who are being recognised and rewarded are those who are consistently doing the right thing.

The average DARE application score for each student has allowed us to rank the students in the year group from those with the best average DARE application score to the lowest.

Congratulations to the following students, who were ranked the top students in **year 8**. Their names are listed below. The top 100 achieving students will be receiving a letter home in recognition of their achievements in the DARE values.

Year 8:

- **1st** : Marianne Smith (**Willow**) **£50 voucher**

3rd:

- Betsy Coneywood (**Oak**) **£10 voucher**
- Edgar Freimanis (**Beech**) **£10 voucher**
- Matthew Lam (**Rowan**) **£10 voucher**





The Scholastic Book Fair

The Scholastic Book Fair will be running at Highlands School from **28th March to 2nd April**.

Students will be able to use their £1 book token which the school library will be providing, towards purchasing a book.



PE Clubs: February - Easter

Monday	Tuesday	Thursday	Friday
Netball Years 7,8,9,10 Courts Ms Berrill/Mrs Walters 3:15 - 4:30	Basketball All Years (boys + girls) Mr Edwards Sports Hall/Courts 3:15 - 4:30	A Level PE intervention Year 13 SL6 Mr Avann 3:15 - 4pm	Year 10, 11, 6th form Football 3G astro Mr Avann 3:15 - 4:15
	Girls Football Year 7,8, 9 Mr Cross/Mrs Hutchinson 3:15 - 4:30 Sports Hall/3G astro	GCSE PE Theory Intervention 2nd year students PE4 Mrs Hutchinson/Mrs Walters 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).



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

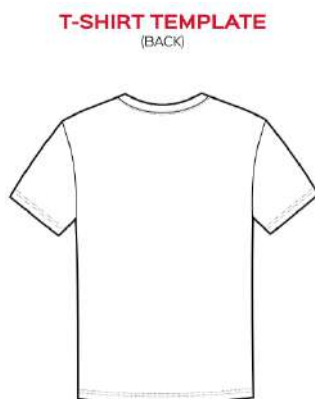
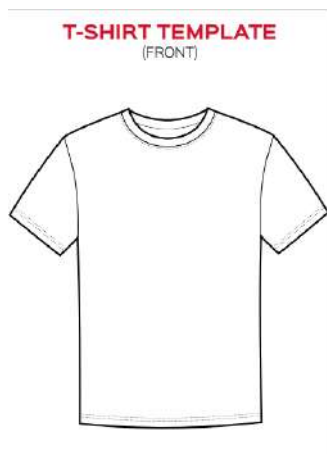
The "Design a boot" category is your chance to design a boot to be featured in one of the world's most popular video games. If you want to design the outstep and instep of the boot you must use [this template](#)





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

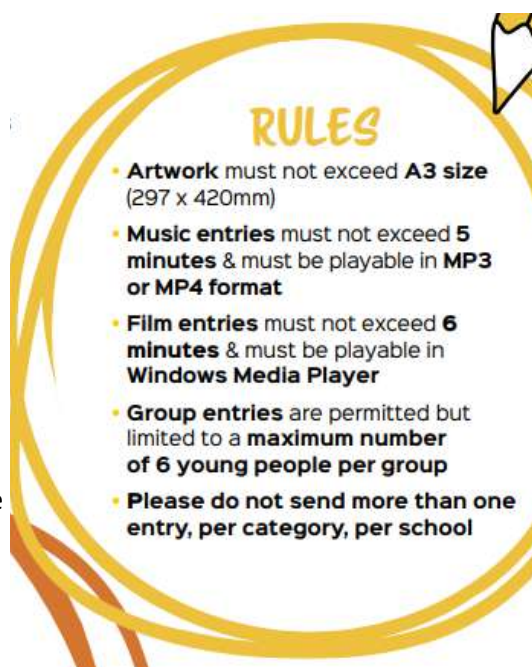
Please check the rules and write the following information on the back of each entry:

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.



School announcements

Basketball team sponsorship opportunity

We are seeking a sponsor for our Highlands School basketball team's new kit. For £500, your company logo will be prominently displayed on the front of the jerseys, giving your brand great visibility in the community and at our games. This is a fantastic opportunity to support local students and gain valuable exposure for your business. If you're interested in this exciting sponsorship opportunity, please contact Mr Avann at avanng@highlearn.uk

Trainers donations

Do you have any old or unwanted trainers that you're thinking of throwing away? If they're still in usable condition, the PE department would gratefully accept them as a donation! All sizes and colours are welcome.

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.



Hello parents and carers!

Did you know that your young person has unlimited access to a student friendly, balanced news publication through their school called The Day! 📰

Reading the news regularly will not only help them to discover happenings from around the world and keep up to date with big stories, but it will also improve their reading and confidence!

And they love it! 💙
(We also think you will too, 😊!)

The Day features high interest articles carefully chosen for young minds, with questions to get them talking and activities to spark their curious minds! Reading The Day helps nurture their sense of self as they learn and grow. 📖

Encourage your young person to read The Day and help them reach their unique potential! ⭐

Love The Day Team

THE DAY
FIND YOUR VOICE
www.theday.co.uk

Highlands School

Simply scan to login and access The Day!



THE DAY
FIND YOUR VOICE

The future needs you!

Confident communicators +

Critically curious minds +

Compassionate change makers =

Control over YOUR career choice



Read The Day, improve your skills, shape your own future!

“The Day covers so many different topics and it is fun and quick to read. The Day really is an online library.”

Liam Merchant | Year 9 Student
Winchmore School



Scan to login and read The Day!



House weekly winners

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

	Beech	Oak	Rowan	Willow
Positive points	7,844	6,763	7,241	5,878
Negative points	-502	-317	-341	-482
Points overall	7,342	6,446	6,900	5,396

Half term champions

Congratulations to **Rowan** who is this half term's champion! Well done to you all. You will all be enjoying a rewards break after half term.

	Beech	Oak	Rowan	Willow
Achievement points	51,279	45,389	48,338	39,428
Points from House competitions	10,500	18,250	16,667	18,583
Points overall	61,779	63,639	65,005	58,011

Overall leaderboard at the halfway point

Congratulations to **Oak** who are leading the overall competition so far. Will they hold on to their lead and be crowned champions at the end of the year?

	Beech	Oak	Rowan	Willow
Achievement points	142,935	141,511	139,297	116,834
Points from House competitions	77,499	99,366	99,783	102,148
Points overall	220,434	240,877	239,080	218,982



Top students in year 7

Forename	Surname	Form	House	Points
Daiana	Aybar Ortega	7RAC	R	67
Joseph	McHale	7RAC	R	60
Helin	Yaman	7RAC	R	58
Beth	Rognaldsen	7RAC	R	57
Pascal	Kyprianides	7RAC	R	54
Skye	Hawkins	7RAC	R	54
Muhammed	Parlak	7RAC	R	53
Sienna	Calcutt	7RAC	R	52
Levi	Xhetani	7RAC	R	52
Emily	Dent	7RAC	R	49
Ediz	Kara	7RAC	R	49

Top students in year 8:

Forename	Surname	Form	House	Points
Niam	Kataria	8RJG	R	46
Ariella	Elkabbas	8RJG	R	45
Isabella	Smith	8BEF	B	43
Leo	Smith	8RJG	R	42
Jack	Moules	8RJG	R	42
Matthew	Lam	8RJG	R	41
Eirene	Palamaras	8BLR	B	40
John	Weafer	8RJG	R	40
Summer	Mullooly	8RJG	R	40
Guney	Comak	8RJG	R	40
Shaan	Seetul	8WSW	W	39

Top students in year 9:

Forename	Surname	Form	House	Points
Marika	Daley	9BAM	B	50
Edward	Campbell	9BBK	B	47
Meliz	Hassan	9WMP	W	46
Michail	Katsoulis	9WNK	W	46
Lucas	Griffiths-Er	9WNK	W	46
Stephanie	Berko	9BAM	B	45
Maria	Vassiliou	9ORD	O	45
Nnaemeka	Onukaogu	9WNK	W	45
Rosie	Baxter	9BAM	B	44
Lewis	Tyler	9RBW	R	44

**Top students in year 10:**

Forename	Surname	Form	House	Points
James	Cooper-Dobson	10BYC	B	64
Gabrielle	Russell	10BYC	B	58
Hugh	Murphy	10BYC	B	57
Ruby	Magrun	10BYC	B	51
Joseph	Smyth	10BYC	B	49
Penelope	Jones	10BYC	B	49
Ina	Varbanova	10BYC	B	46
Bana	Tahsen	10BLM	B	45
George	Baker	10BYC	B	45
Stefan	Christodoulou	10BYC	B	43
Melisa	Spahia	10BYC	B	43
Georgia	Gkiontsari	10BYC	B	43

Top students in year 11:

Forename	Surname	Form	House	Points
Ender	Guccuk	11BNI	B	50
Anastasia	Katz	11OAB	O	46
Sophia	Kyriacou	11OAB	O	38
Noya	Weeratunge-Garcia	11OKK	O	38
Emily	Palkowska	11OAB	O	34
Harrison	Sykes	11RGA	R	33
Elaina	Fitzgerald	11WDD	W	33
Mikael	Chaudhry	11OAB	O	32
Batuhan	Duran	11OKK	O	32
Nellie	Eaves Baker	11OAB	O	30
Livanur	Atakli	11OKK	O	30
Zdravko	Tatanov	11OKK	O	30

**Top students in year 12:**

Forename	Surname	Form	House	Points
Harry	Angelides	12OAT	O	16
Arda	Aslan	12OAT	O	16
Charlotte	Crowley	12OAT	O	16
Kimberley	George-Fraser	12OAT	O	16
Aras	Akguc	12BAS	B	14
Sotiris	Georgiou	12BAS	B	14
Reuben	Clark	12RJB	R	14
Iustina	Pasargic	12BTD	B	13
Muna	Mohamed	12BTD	B	13
Christelle	Mrozi	12BTD	B	13
Tiana	Martindale	12BTD	B	13

Top students in year 13:

Forename	Surname	Form	House	Points
Katie	Brookman	13RSL	R	30
Alexia	Chrysostomou	13OMA	O	28
Ledia	Xhetani	13RSL	R	28
Charlie	Mills	13WTA	W	28
Eimaan	Abbas	13OPL	O	16
Ilana	Tanwie	13OPL	O	16
Kadeejah	Cabey	13BCR	B	12
Kristian	Kousoulou	13BJT	B	12
Chizara	Okonkwo	13OPL	O	12
Kaia	Jugurnauth	13OPL	O	12



Our Voice

Our Voice is the parent carer forum for the London Borough of Enfield, supporting the families of children and young people aged 0-25 with Special Educational Needs and Disabilities, living or attending school in the Enfield area.




We're delighted to invite parents and carers of neurodiverse children and young people to our Parents' Information and Networking event on Wednesday 5th March. Join us to hear more about what support should be provided in schools and the development of the new Neurodevelopment pathway and service, and meet representatives from the Enfield Advisory Service for Autism, Autism Central and the Enfield branch of the National Autistic Society.

The event will take place at the Ponders End Youth Hub from 9.30 am to 1 pm.

See the flyer for full details including the agenda for the event.

Book your place [here](https://PINS-parent-networking.eventbrite.co.uk).

This event is being organised as part of the Partnership for Inclusion of Neurodiversity in Schools (PINS) project which is working with 5 primary schools in Enfield, but parent/carers of all neurodiverse children and young people in Enfield are welcome to attend whether or not they attend one of those schools, and whether or not their child has a formal diagnosis.



PINS Parent Networking Meeting

The Partnership for Inclusion of Neurodiversity in Schools (PINS) project would like to invite all the parents and carers of Neurodiverse children (no diagnosis required), to come to a networking day to meet other parent carers and to hear about our local services.

We will have workshops on the Ordinarily Available Provision and the Neurodevelopmental Pathway, as well as exhibitions from ENAS, EASA, and Autism Central, which all provide parent-carers support in the local area.


It is an opportunity to share your views and experience and hear from other parents and carers in the borough.

Refreshments will be provided.

When	Where
5th March 2025 9.30am until 1pm	Ponders End Youth and Family Hub, 129 South St, Enfield EN3 4PX

Book your Place Here

<https://PINS-parent-networking.eventbrite.co.uk>



SCAN ME

Connect with us

pins.ov.enfield@outlook.com



Connect with us

pins.ov.enfield@outlook.com



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
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

#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

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)