



# Highlands School Newsletter

04 July 2025



Dear parents and carers,

This week we held the second pair of our DARE Days for this academic year. Since we introduced them in October 2021 our DARE Days have become an institution at Highlands, much anticipated and enjoyed each year. I was at London Zoo with our year 7 students, who had a great time. Thanks to Ms Jaynes and all of the staff who make the days such a success.

This morning I updated students for the final time before the end of the inter-house competition this year. Next Tuesday, at the end of Sports Day, we will announce this year's overall winner and we will then write to families of all of the students in that house inviting them to Thorpe Park as their reward. I can tell you it is very, very close at the top of the leaderboard as we go into next week! Watch our social media updates on Tuesday as we announce the winning house.

Mr McInerney,  
Headteacher.

Key dates for next term:

- Tuesday 8th July: Sports Day
- Wednesday 9th July, 5.30pm-8pm: HPFA Welcome Festival for current and new year 7s
- Friday 11th July: non uniform day - details to follow next week
- Tuesday 15th July: USA Cuisine Day
- Thursday 17th July: Trip to Thorpe Park for winning house and activity day for other students
- Tuesday 22nd July: End of term, half day



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

### For our current year 7s only (and new intake year 7s from Sept)

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!

For our current year 7s, tickets are available on Parentpay. Alternatively tickets can be purchased [here](#) for just £1 (plus 60p booking fee) to guarantee entry. Any unsold tickets may be available on the day. We hope to see you there!

Hot dogs, burgers and veggie burgers

Sweet treats and Pimms

**Current and Incoming Year 7 HPFA Welcome Festival**

Wednesday 9th July  
5:30 pm - 8:00 pm  
at Highlands School  
148 Worlds End Lane  
N21 1QQ

**£1 entry on the door or scan the QR code below to purchase your tickets.**

The chance to explore the school grounds and meet some teachers and pupils

Incredible raffle prizes

Football, tennis and other sporting events

SCAN TO PURCHASE TICKETS

Questions or queries - email: [HPFAeventtickets@gmail.com](mailto:HPFAeventtickets@gmail.com)





## DARE Days

Students had an unforgettable time during DARE Days. Two jam-packed days filled with fun, learning, and adventure! From exciting trips like London Zoo and Go Ape to hands-on STEM activities, problem-solving challenges, and team-building tasks on site, there was something for everyone to enjoy. What a fantastic way to end the term!

### Year 7

Year 7 had an amazing time during their DARE Days! Students enjoyed a fun-filled visit to London Zoo, where they saw a wide range of fascinating animals and had a great time exploring. Back at school, students took part in a high-energy dance workshop, getting active and having lots of fun together.



### Year 8

Year 8 students enjoyed a brilliant mix of culture and creativity. Students explored the fascinating exhibits at the V&A Museum, and while on site, students took part in hands-on STE(A)M activities. From art and design to teamwork and innovation, it was a fun and inspiring two days for all involved!





## Year 9

Year 9 students rose to the challenge with two engaging on-site activities. They put their teamwork and logic to the test in the Wise-Up Hub challenge and explored creativity and design in an interactive DT workshop. It was a fun and rewarding experience for all involved!

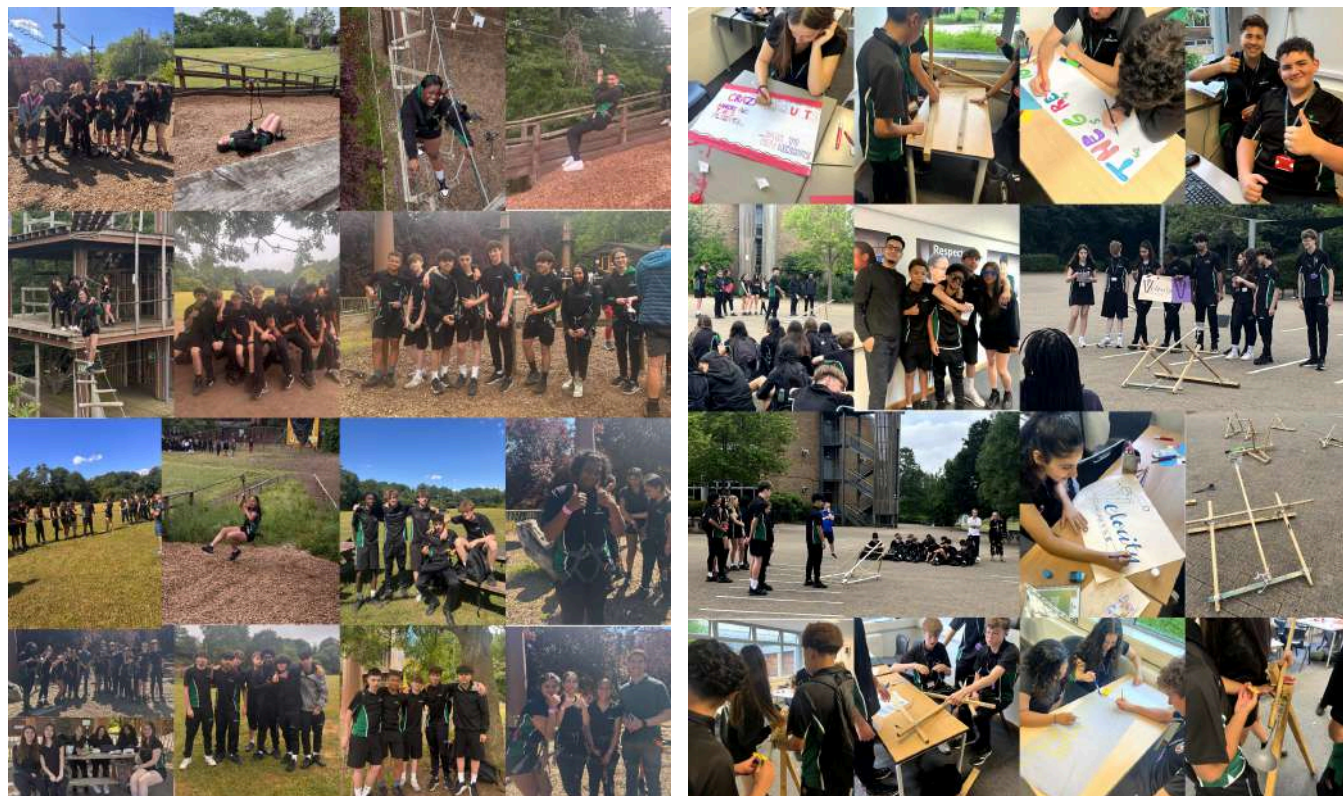






## Year 10

Our year 10s embraced the outdoors with an adventurous trip to Go Ape, tackling high ropes and zip lines. Back at school, they took part in a Wise-Up apprentice workshop, where they developed teamwork, leadership, and problem-solving skills.



*To watch the highlights of our DARE Days activities, please visit: [DARE Days - July 2025.](#)*

## Dance Showcase

Join us for an exciting Dance Showcase on **Friday 18th July at 6pm** in the main hall. The event will last no longer than an hour and promises a fantastic selection of performances.

Enjoy dynamic routines created by our GCSE dance students over the past 18 months, along with some unmissable musical theatre numbers.

**Tickets will be available on the door for £5.**

**Miss Brown**



## Enfield Borough Athletics Championships

On Monday 30th June, the Enfield Borough Athletics Championships took place at Lea Valley athletics centre. The PE department took over 60 athletes to the event in their quest to compete with the best of the rest in Enfield. It was a scorching hot day, however, the weather did not deter our athletes from gritting their teeth and displaying immense resilience and determination throughout the day.

To go toe to toe with students from other schools is not an easy feat and our students did so with pride, passion and their full commitment.

As a PE department, and as a school, we are extremely proud of each and every student who represented Highlands.

Below are some photos and individual achievements of our athletes.

### The PE department

- **Year 7 girls' long jump:** Jemimah Cherotich - **SILVER**
- **Year 7 girls' 800m:** Jemimah Cherotich - **BRONZE**
- **Year 7 boys' relay:** Thailan Johnson-Nortey, Paul Lambrou & Israel Nortey - **BRONZE**
- **Year 8 girls' 800m:** Erin Eastwood - **BRONZE**
- **Year 8 girls' shot put:** Orla Dimery - **BRONZE**
- **Year 9 girls' 100m:** Faye Etuazim - **BRONZE**
- **Year 9 girls' shot put:** Faye Etuazim - **SILVER**
- **Year 9 girls' high jump:** Stephanie Berko - **SILVER**
- **Year 9 boys' triple jump:** Jackson Benbow - **BRONZE**
- **Year 9 boys' 300m:** Jackson Benbow - **SILVER**
- **Intermediate girls' shot put:** Keira Cheek - **SILVER**
- **Intermediate girls' 400m:** Elis Cristovao - **BRONZE**
- **Intermediate girls' high jump:** Elis Cristovao - **BRONZE**
- **Intermediate girls' 800m:** Millie Huetson-Varnava - **SILVER**
- **Intermediate girls' 1500m:** Lily Howard - **SILVER**
- **Intermediate boys' long jump:** George Robinson - **BRONZE**
- **Intermediate boys' 200m:** George Robinson - **SILVER**
- **Intermediate boys' relay:** George Robinson, Elliott Marinos, Louis Barker & Kalel Overton-Yearwood - **GOLD**

*\*Apologies if any students have been missed off this list.*









## Local MP visits Highlands for Show Racism the Red Card success

Bambos Charalambous, MP for Southgate and Wood Green, visited Highlands School to meet Neriah and Elis, winners of the Show Racism the Red Card competition. He spoke with them about the importance of standing up to racism and praised their powerful entries. Neriah also shared her experience of attending the Hall of Fame event at 10 Downing Street.



## EMS Piano Competition final

We are delighted to share that our pupil Raphael Asoegwu has been selected to take part in this year's EMS Piano Competition final.

Date: **Tuesday, 8th July**

Time: **7:00 pm**

Venue: **United Reformed Church, Fox Lane, Palmers Green, N13 4AL**



This is a fantastic achievement, and we extend our massive congratulations to Raphael.

We wish him the very best of luck for the final!

**Ms Maple**





## EMS Vocal Recital

We're thrilled to announce that Betsy Coneywood and Ceren Durel were selected to perform in this year's EMS Vocal Recital, held once again at the Dugdale Centre on Wednesday 2nd July.

This special evening showcased a range of soloists and small vocal groups, from duets to trios and a cappella ensembles put forward by EMS vocal tutors.

A huge well done to Betsy, who impressed with her performance of "Somewhere" from *West Side Story*, and to Ceren, who had the honour of closing the show with a stunning finale.

It was truly an evening to remember. Fantastic work from all our students once again!



## National Cup Winners!

A huge congratulations to Connie Wakeford, Elisia Huetson-Varnava, and Millie Huetson-Varnava, three of our talented students who helped Haringey win the U18s National Cup!

An incredible achievement and a testament to their hard work, dedication, and skill.

Well done, girls!







## Year 12 Taster Day

Our year 12 Taster Day took place this week at Highlands and it was a resounding success, providing students with a glimpse into the exciting opportunities awaiting them in their first year of sixth form. They participated in a variety of engaging sessions, from subject workshops to insightful talks from sixth form staff at our subject fair. It was an enriching experience, leaving our new year 12 cohort eagerly anticipating the challenges and achievements of sixth form life.







## School announcements

### 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. Items can be handed in to reception. Thank you to those who have already dropped off so many lovely items for our raffle.

### Collection of uniform

In order to support families in our school community as well as taking a sustainable approach, we are kindly asking for any Highlands school uniform that your child/children do not wear anymore. This can be shirts, skirts, blazers, trousers and PE kits.

Please hand in any donated garments to reception. All donations would be much appreciated.

### 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.

### Nuts

May we remind parents that students should **not** be bringing in any food in their packed lunches or ingredients for food technology classes that contain nuts or almonds.



## Action for Happiness calendar - July

Action for Happiness is a UK organisation that specialises in resources that can contribute to wellbeing and more positive experiences in life. They offer a free online course and much more.

They create monthly calendars, such as this one for July, which focus on a particular theme or idea and then offer suggestions for how to engage with this theme on a daily basis.

Click [here](#) to download your copy.



## Escape into Summer Uni 2025

Enfield's Summer University is back with more than 90 exciting courses and activities, giving young people the chance to learn new skills and gain hands-on experience during the summer holiday. The programme offers a variety of courses, including nail art design, finance, creating your own music, and more.

Each week focuses on a specific theme: Tech, Awards, Sports, Gaming and Beat. To find out what is available, visit [Summer Uni 2025](#). Summer Uni is designed for young people aged 11 to 19 (or up to 25 with special educational needs). It offers a glimpse into different industries and is tailored to engage Enfield's youth in positive activities that help create opportunities for our young people.

The form is now live [online](#) to register interest. All courses will be available to book from 5 July 2025. Courses are offered on a first come, first served basis.





## 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.



## House weekly winners

This week's winner is the house with the highest achievement points minus concern points, plus the points from the inter house competitions. Congratulations **Beech**!

### Weekly house points:

	Beech	Oak	Rowan	Willow
Positive Points	5,611	6,270	5,338	4,891
Negative points	-324	-267	-229	-249
Points overall	5,287	<b>6,003</b>	5,109	4,642

### Inter house competitions:

	Beech	Oak	Rowan	Willow
Year10 house quiz	2,000	4,000	3,000	1,000
Year 12 house quiz	4,000	1,000	2,000	3,000
Year 9 history writing competition	4,000	3,000	1,000	2,000
<b>Total</b>	<b>10,000</b>	8,000	6,000	6,000



### Overall weekly winner:

	Beech	Oak	Rowan	Willow
Weekly points	5,287	6,003	5,109	4,642
Inter house competitions	10,000	8,000	6,000	6,000
Total points overall	<b>15,287</b>	14,003	11,109	10,642

### Top students in year 7

Forename	Surname	Form	House	Points
Aaron	Habib	7OMK	O	125
Anaiya	McDonald	7OSB	O	124
Helin	Aslaner	7RKM	R	121
Orinthia	Goonan	7RKM	R	121
Fyfe	Kelly	7OSB	O	120
Katherine	Karasik	7RKM	R	119
Jemimah	Cherotich	7BMS	B	112
Shamaya	Gitu	7OSB	O	112
Aileen	Erdogan	7RKM	R	111
Iyla	Shah	7WEL	W	110
Lilah	Zekayi	7WEL	W	110

### Top students in year 8:

Forename	Surname	Form	House	Points
Raya	Modha	8BEF	B	130
Eirene	Palamaras	8BLR	B	122
Klea	Kambo	8WSW	W	119
Chloe	Williams	8OJT	O	119
Aistis	Mankevicius	8ODM	O	116
Loizos	Marsh	8BLR	B	116
Evangeline	Rees	8BLR	B	116
Kerem	Hassan	8WMT	W	113
Betsy	Coneywood	8OJT	O	111
Olivia	Zimaras	8ODM	O	111



**Top students in year 9:**

Forename	Surname	Form	House	Points
Sena	Oguz	9WNK	W	137
Tyanna	Ferreira	9OAC	O	129
Defne	Kaynaroglu	9WNK	W	129
Warren	Kelly	9OAC	O	124
Naara Sade	Salom-Mason	9OAC	O	120
Dennis	Erdogan	9OAC	O	116
India	Barron	9BBK	B	108
Ruby	Wakeford	9ORD	O	108
Edward	Campbell	9BBK	B	42
Yuxi	Chen	9BBK	B	42

**Top students in year 10:**

Forename	Surname	Form	House	Points
Louie	Lynch	10RTC	R	123
Kingston	Barrow	10OSM	O	120
Amelie	Manning	10OSM	O	116
Olivia	Pashku	10RCG	R	114
Cora	Drysdale	10WJQ	W	113
Lily	Theodorou	10BLM	B	112
Keira	Cheek	10RCG	R	108
Jorja	Hodge	10RTC	R	108
Isabel	Minguez	10BLM	B	108
Francesca	Georgiou	10WCM	W	103

**Top students in year 12:**

Forename	Surname	Form	House	Points
Maria	Salamanca	12WAD	W	104
Alessandro	Georgiou	12WAD	W	102
Ceren	Duruel	12OES	O	100
Aras	Akguc	12BAS	B	12
Aaron	Kiakoulanda	12RHK	R	12
Nathan	Fisher	12OAT	O	8
Marino	Panayides	12BTD	B	8
Giulio	Pappalardo	12OAT	O	8
Charlie	Skipp	12RHK	R	8
Baran	Kaygisiz	12RJB	R	6



**JOIN US FOR 90+ ACTIVITIES OVER THE SUMMER**

# ESCAPE INTO SUMMER UNI

**Escape into Summer**  
5 WEEKS OF FREE ACTIVITIES

Open to young people aged 11-19, or up to 25 with SEND, who live or attend school in Enfield.

Over 90 FREE courses and activities are waiting for you - from sport, music and dance, to tech, creative arts, cooking and career tasters.

**Courses go live Saturday 5 July!**  
Don't miss out - places are first come first served. Scan the QR to register, download the Summer Uni booklet and choose your courses from 5 July to book on.

**Let the countdown begin. Escape into Summer starts here.**

**REGISTER TODAY**

**ESCAPE FROM THOSE BORING DAYS OF JULY & AUGUST INTO THE EXCITING ROOMS OF SUMMER UNI 2025, WHERE ACTIVITIES ARE AVAILABLE OVER 5 WEEKS**

@Youth\_Enfield #supportingyoungenfield

Email: [SUregistration@enfield.gov.uk](mailto:SUregistration@enfield.gov.uk)

Register now: [www.youthenfield.taptub.co.uk/summeruni25](http://www.youthenfield.taptub.co.uk/summeruni25)



# HAF Enfield Summer 2025

**21st July - 29th August**

**FREE** places available on Enfield's Holiday Activities and Food (HAF) programme this summer. For more information visit [www.enfield.gov.uk/haf](http://www.enfield.gov.uk/haf)

**Free nutritious meals**

**Plus much much more!**

**Arts & Crafts**

**Get Active**

**Cooking**

**Day Trips**

**Ages Reception to Year 11**

**Free places available on Enfield's Holiday Activities and Food (HAF) programme this summer. For more information visit [www.enfield.gov.uk/haf](http://www.enfield.gov.uk/haf)**

**Holiday activities and food programme | Enfield Council**

**\*Free for those in receipt of benefits related free school meals**

Funded by  
Department for Education

[www.enfield.gov.uk/haf](http://www.enfield.gov.uk/haf)



# SUMMER

## Summer HAF Programme

A program offering a variety of engaging activities and workshops for young people aged 8 to 16.

**Activities Include**

- Boxing & Physical Fitness
- Music Production
- Drama
- Hair & Nails
- Arts & Crafts
- Jewellery Making
- VR & Gaming

**Additional Information**

This program is available to school children who receive free school meals and either reside in Enfield or attend an Enfield-based school. **Lunch will be provided.** Individuals who do not meet this requirement are still welcome to attend; however, kindly ensure that lunch is provided for them.

**Contact Us**

**NYCC**  
079 8445 0644  
077 9261 0474  
020 4568 5512  
[cynthia.coburn@northsideyouth.co.uk](mailto:cynthia.coburn@northsideyouth.co.uk)  
[northside\\_youthslive.co.uk](http://northside_youthslive.co.uk)

**Exodus**  
079 0597 2455  
[tara.hanna@exodusyouthworks.london](mailto:tara.hanna@exodusyouthworks.london)

**Dates**

Week One	Week Two	Week Three	Week Four
Tuesday 29 <sup>th</sup> July	Tuesday 5 <sup>th</sup> August	Tuesday 12 <sup>th</sup> August	Tuesday 19 <sup>th</sup> August
Wednesday 30 <sup>th</sup> July	Wednesday 6 <sup>th</sup> August	Wednesday 13 <sup>th</sup> August	Wednesday 20 <sup>th</sup> August
Thursday 31 <sup>st</sup> July	Thursday 7 <sup>th</sup> August	Thursday 14 <sup>th</sup> August	Thursday 21 <sup>st</sup> August
Friday 1 <sup>st</sup> August	Friday 8 <sup>th</sup> August	Friday 15 <sup>th</sup> August	Friday 22 <sup>nd</sup> August

**Time : 10 AM - 2 PM**

**Find Us**  
39 St James Chambers,  
Edmonton, N9 0UD  
(Next door to Saray Banqueting Suite)

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

[enycc\\_london](https://www.instagram.com/enycc_london)

[NYCC Edmonton](https://www.facebook.com/NYCC-Edmonton)

[enycc\\_london](https://www.youtube.com/enycc_london)





# 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: Faithia Garffus – [faithia.garffus@futurefirst.org.uk](mailto: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 & 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.

## 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](mailto:jo@samaritans.org)

**Crisis Tools**

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

**PAPYRUS**

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

### Urgent and other support available

**childline**  
UNLASH THE POWER OF ANYTIME

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

**Good Thinking**

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

**THE MIX**

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

**Beat**

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

**kooth**

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



## Safeguarding contacts

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

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

## Helpful numbers and websites

**Childline:** 0800 1111

**NSPCC helpline:** 0808 800 5000

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

**LGBT switchboard:** 0300 330 0630

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

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

**Barnardos:** 0800 008 7005

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

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

## Talk to someone....

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

Follow Highlands School on:

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

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

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

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

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