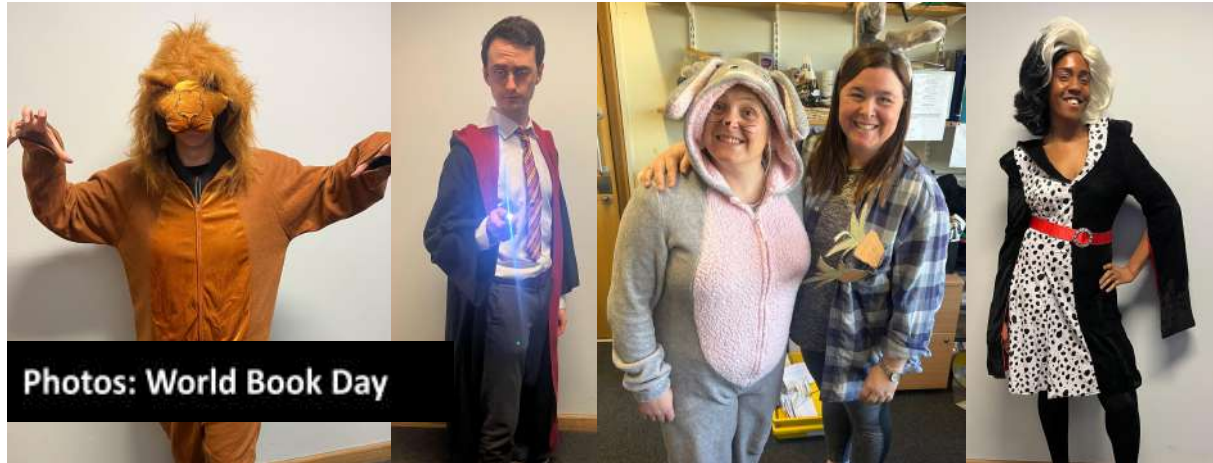




# Highlands School Newsletter

07 March 2025



Dear parents and carers,

This week on Thursday, we celebrated World Book Day at Highlands. We invited staff to come dressed as characters or authors or as their favourite book itself. Dozens of staff participated and we gave 100 points towards the house of each staff member who participated. Congratulations to Oak House, 18 of their staff members came dressed up, getting them 1,800 points towards the inter-house competition.

A reminder that next Friday, 14th March, it's the HPFA quiz night at Highlands. Students, families, and the wider community are all welcome. You can buy tickets on ParentPay. I am the quizmaster, I hope to see lots of you there.

Finally, please remind your children about keeping our school clean and tidy. I reminded all students a few weeks ago that if they leave their food or litter in the canteen or around the school site, or if they put plates and cutlery into the bins, they will be asked to help the cleaning team clean the canteen and will be set a Saturday morning detention. We take this issue very seriously as our canteen and site staff are not paid to pick up the rubbish left by others, and it shows them disrespect when they have to. We are proud of the excellent condition of our building, and we will make sure we keep it that way. Prevention is always better than sanction, so please remind your children of our expectations.

Have a great weekend,

Mr McInerney,  
Headteacher.




Key dates for this and next half term:

- Wednesday 12th March: year 10 parents' evening
- Friday 14th March: HPFA quiz night at Highlands
- Wednesday 19th March: year 12 parents' evening
- Thursday 27th March: Battle of the Bands at Highlands
- Friday 4th April: end of term, students released from school at midday



## HPFA Quiz Night on Friday 14th March - 1 week to go!

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/carer 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



## A magical day at Warner Bros. Studio

We're thrilled to share the enchanting experience our year 10 GCSE Business studies students had during their recent trip to Warner Bros. Studio Tour London - The Making of Harry Potter!

The day began with a truly insightful workshop, where our students delved into the world of movie marketing. Inspired by the provided brief, they explored the strategies behind promoting a blockbuster film, analysing target audiences, and brainstorming creative campaign ideas. It was fantastic to see them engaging with the concepts and applying their critical thinking skills to the world of film.

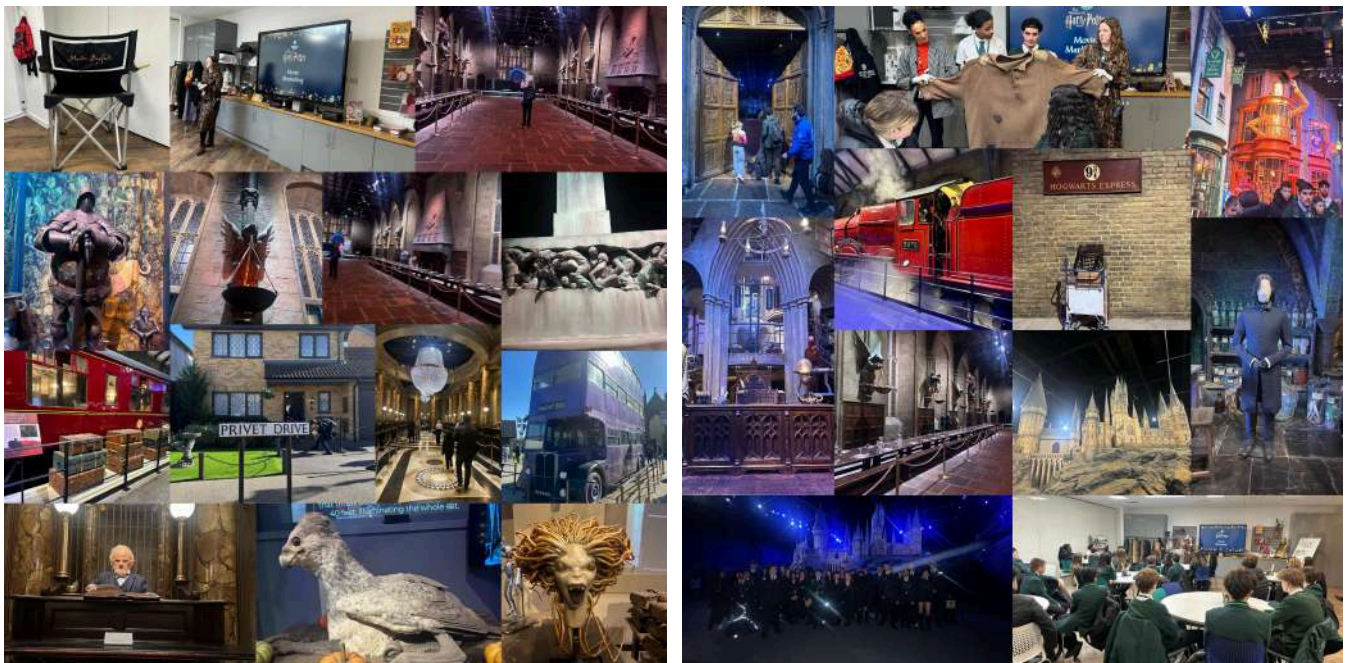
Following the workshop, the students embarked on a magical journey through the iconic sets and props of the Harry Potter films. They explored the grandeur of the Great Hall, wandered down Diagon Alley, and discovered the secrets behind special effects. The students were captivated by the intricate details and behind-the-scenes magic that brought the wizarding world to life.

Throughout the day, they were able to connect the marketing principles they learned in the workshop to the actual production and promotion of the Harry Potter films. They saw firsthand how meticulous attention to detail and clever marketing strategies contributed to the franchise's global success.

The trip was a fantastic opportunity for our students to learn outside the classroom, fostering creativity, critical thinking, and a love for storytelling. We are incredibly proud of their engagement and enthusiasm throughout the day.

We hope you enjoy these glimpses into our magical adventure!

**Ms Constantas**





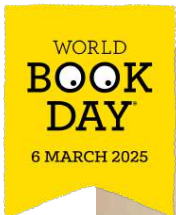


## Celebrating World Book Day at Highlands

In celebration of World Book Day, our staff embraced the fun by dressing up as their favourite literary characters!

Each staff member who participated earned 100 points for their house, adding some extra excitement to the day.

It was a fantastic way to inspire creativity and show our love for reading while giving the houses a little boost in the competition!



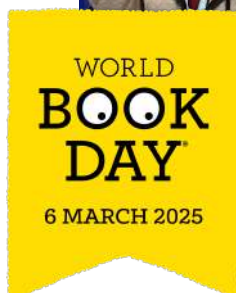




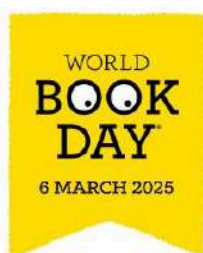
## World Book Day book selfies

In celebration of World Book Day, here are the fabulous book selfies from both staff and students! From interesting poses to creative book choices, these snapshots capture the fun and enthusiasm that books can create.

A huge thank you to everyone who got involved, who knew reading could look this good?







# £1 Book Token



World Book Day® changes lives through a love of books and reading. Our mission is to promote reading for pleasure, offering every child and young person the chance to choose and have a book of their own. We hope you'll use your £1 token to choose a brilliant book you'll love, and have lots of fun reading.

Find great ideas and fun resources to enjoy at [worldbookday.com](http://worldbookday.com)

Your £1 book token is available below. Find out more about the £1 tokens and how they work at [worldbookday.com/books-and-tokens](http://worldbookday.com/books-and-tokens)

**WORLD BOOK DAY**  
6 MARCH 2025

## £1 BOOK TOKEN

Changing lives through a love of books and reading

Valid from 13 February – 23 March 2025

Win Yoto's ultimate reading bundle!

Discover the incredible world of audiobooks with Yoto. Win a Yoto Player plus an annual Yoto Club Collector+ membership which includes 24 audio cards and more.

**Closing Date: 23 March 2025**

To enter and for full terms and conditions visit [worldbookday.com/yoto-competition](http://worldbookday.com/yoto-competition)

SWAP YOUR £1 TOKEN AT A BOOKSHOP

CHOOSE YOUR £1 BOOK FOR FREE

World Book Day is a charity sponsored by **NATIONAL BOOK tokens**

**CHILDREN, FAMILIES & EDUCATORS** This token is for single-use only and entitles children (under 16) to ONE FREE WORLD BOOK DAY 2025 BOOK or £1 off a book or audiobook costing £2.00 or more in participating bookshops only, subject to stock availability. Find your nearest participating bookshop at [worldbookday.com/participating-retailers](http://worldbookday.com/participating-retailers).

Full terms and conditions: [worldbookday.com/terms-conditions](http://worldbookday.com/terms-conditions)

**RETAILERS** Full terms and conditions: [worldbookday.com/resources/bookshops](http://worldbookday.com/resources/bookshops)

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For the full line-up of £1 books, visit [worldbookday.com/books](http://worldbookday.com/books)

For full terms, visit [worldbookday.com/terms-conditions](http://worldbookday.com/terms-conditions)

**The World Book Day £1 books are a gift from booksellers**, who fully fund the cost of the £1 book token redemptions.

Check with your local bookseller what plans they have in place for World Book Day.

Find your nearest bookseller at [worldbookday.com/participating-retailers](http://worldbookday.com/participating-retailers)

- Please note:
- Token is for children's individual use.
- Offer valid **13 February 2025 – 23 March 2025** inclusive.
- The token barcode can either be scanned from a phone/tablet screen or printed out and shown in-store.
- Please check with your local bookseller before visiting if they can accept the barcode on mobile devices.
- The digital £1 book token cannot be redeemed online

Visit our FAQ page to answer all your questions: [worldbookday.com/about-us/faq/](http://worldbookday.com/about-us/faq/)

To contact the World Book Day team, please email: [wbd@education.co.uk](mailto:wbd@education.co.uk)

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Changing lives through a love of books and reading

World Book Day® is a charity sponsored by National Book Tokens

Registered charity number 1079357 (England and Wales) | Registered company number 03783 096 (UK)





## From classroom to operating room - a week in scrubs

We are incredibly privileged to work in collaboration with Chase Farm Hospital and cannot thank them enough for offering these incredible opportunities for our students. These experiences provide invaluable insight into the medical field and support our students in exploring their future career pathways.

Over the course of the academic year, twenty of our students will have the chance to gain an incredible week of experience at the hospital. Gracie in year 12 was the first student this year to take part, generously giving up her time during half term to participate.

Mrs Laurenzi

**Chase Farm  
Hospital**  
(Enfield/Middlesex)

**NHS**

*"During my work experience at Chase Farm Hospital, I had an incredible time. I met so many amazing people and witnessed some extraordinary procedures. I had the opportunity to observe multiple surgeries, including knee replacements, septum reconstructions, wisdom tooth removals, and maxillofacial surgeries, where the jaw is fractured and repositioned to align properly. I also saw hernia repairs, skin cancer removals, and even lump removals, which was one of the most vivid procedures I watched.*

*In addition to observing surgeries, I assisted in the recovery department, which was a great experience. I helped care for patients post-surgery, taking their temperature, measuring blood pressure, and performing other basic checks. I also spent time in the day surgery unit, where the staff were incredibly kind and welcoming, allowing me to get involved and learn even more.*

*Overall, it was a fantastic experience where I not only gained valuable insight into the medical field but also made new friends. Getting to wear scrubs was a fun bonus too! The hospital staff even mentioned that we are welcome to return for another week in the future, which I'm definitely interested in exploring.*

*Thank you so much for arranging this work experience - I truly had an amazing time!"*

Gracie Mae Ticehurst







## Netball update

The year 7 and 8 netball teams continued the second half of their season on Monday with wins over Aylward Academy.

The year 8 team, captained by Orla, won 9-1, with player of the match awarded to Amelie.

The year 7 team, captained by Ozlem, won 15-0, with player of the match going jointly to Ozlem and Alex!

Well done to all of the girls and thanks to Millie for bringing along the green hair ribbon!

Training is every Monday 3.30pm-4.30pm.

**Miss Berrill**







## A trip to see Animal Farm

On Friday 28th February, the A level drama students went to see a performance of George Orwell's **Animal Farm** at Stratford East Theatre.

It was an amazing performance and the students really enjoyed it!

We would absolutely recommend going to see it before it closes because it's a very short run!

Ms Cazeau



## Rowan rewards celebration

Rowan House enjoyed a well-deserved rewards celebration this week after being named the winning house last half term.

Students were treated to a special treat and an extended lunchtime as a way to recognise their hard work and dedication to the house competition.



## National Careers Week

This week was **National Careers Week**, and well done to all those that took the opportunity to engage in some independent learning tasks to explore future career paths.

Please remember to check out the **weekly Careers Newsletter** and our **special NCW careers feature**, where you can enter the latest career-related competition 'Future Me - Vision Board'.



Don't miss out on this great opportunity - Submit your entry by **28th March 2025** to [careers@highlearn.uk](mailto:careers@highlearn.uk)



## Year 8 computer science animation inter-house competition winners

The winner of the year 8 computer science animation inter-house competition was **Liliana Jonczyk 8OJT** in **Oak** House.

Her impressive animation showcased both creativity and technical skill, earning her house those vital points.



A huge well done to **Kerem 8WMT**, **Florence 8WSW**, **Chloe-Sophia 8RJG**, **Olivia 8RAS**, **Hasti 8ODM**, **Ava 8BEF** and **Jake 8BLR** who also crafted excellent animations!

**Mr Herring**

## Fundraising event

The fundraising event this week was a huge success!

Students gathered in the main hall to enjoy delicious sweets, with each treat available for just £2.

The **Guess the sweets in the jar** competition was a hit, and the lucky winner took home the jar and its contents after making the closest guess.

Thank you to everyone who took part and brought some change to support a great cause – it was a fun and sweet way to raise funds!



## Dancers of the week

This week's dancers of the week are: **Tiah Patel** and **Tyanna Ferreira**. Well done for your dancing in rehearsals for the show on Monday.

**Miss Brown**







## English KS3 writing competition

This term, English held a *Creative Writing Competition* across KS3. Years 7, 8 and 9 wrote medieval moral tales, Gothic short stories, and wishful letters home from the front lines of WW1.

All entries were awarded for their writing, but the following winners have written particularly fantastic responses, earning themselves a WHSmith voucher and a Headteacher Award:

- Y9: Krystal Wright - 9RCX
- Y8: Sibora Myftari - 8WMT
- Y7: Naomi-Rose - 7WEF

Mr Godwin

Naomi-Rose  
WEF

Thursday 27<sup>th</sup> February 2025      Writing competition

The Wife of Bath's Tale: A woman's worth

The wheels of my horse-cart clattered like a drummer's beat against the rugged road, each thud echoing my many journeys. My scarlet coat billowed behind me, as bold as my spirit, (of course) while my hat, broad as a church door, shielded me from the sun's blinding glare.

"Ah, these men," I declared, laughing like a river with tumbling over stones. "They claim wisd wisdom get stumble like blind beggars when faced with a woman of wit!"

A merchant scoffed, his voice a rusted hinge. "And what wisdom do women hold?"

I leaned forward, eyes glinting like gold coins in candlelight. "More than you, good sir. For thy have danced with life, wedded five men and buried them all richer than before." My words cracked like a whip, making others chuckle.

The wind whispered secrets through the trees as I continued, "A woman's power is not in her silence, nor in her ~~obie~~ obedience, but in her cunning. Marriage, my dear fellows, is a game of chess, and I, the queen, move as I please!"

The Knight, ever noble, furrowed his brow. "But is love not built on loyalty, rather than power?"

I smiled, my lip curling like a parchment's edge. "Ah, dear Knight, love flourishes only when built on respect. A wise man grants his wife the freedom to choose and in doing so, he earns her heart. For power forced is tyranny, but power is given is trust!"

Thunder rumbled in the distance—applause from the heavens, I imagined. The hooves of ~~horr~~ horses drummed the earth, a steady heartbeat of our journey.

I smirked. "Why sir, are you offering?"

Laughter burst like a thunderclap among the pilgrims, rolling across the dusty road as we pressed on toward Canterbury.

Moral of the story: Respect, not control, lead to true love and happiness



## Headteacher's award

It is with immense pride and joy that we celebrate the exceptional achievements of our students as we honour the recipients of this week's prestigious headteacher award. An award that is presented to nominated students who exemplify dedication, hard work and excellence.

This week, the Headteacher's Award is proudly presented to the following students.

- **Anna Carpignano 11RNC** and **Sedel Kayim 11RNC**: Awarded for their outstanding enthusiasm and dedication in securing a place at college, demonstrating passion and commitment.
- **Nancy Pappa 12OAT**: Awarded for her outstanding achievement in winning an award in the Immerse Essay Writing Competition, showcasing a testament to her hard work, passion for writing, and commitment to academic excellence.
- **Gracie-Mae Ticehurst 12OES** : Awarded for her outstanding dedication in carrying out work experience at Chase Farm Hospital during half-term, demonstrating commitment and initiative in their career development
- **Kerem Hassan 8WMT, Florence Holyomes 8WSW, Chloe-Sophia Antoniadis 8RJG, Olivia Constantinou 8RAS, Liliana Jonczyk 8OJT, Hasti Zare 8ODM and Jake Appleby 8BLR**: Awarded for creating the best animation in the inter-house competition.
- **Andrey Petropavlovskiy 8ODM**: Awarded for making fantastic progress during form time intervention and winning the poetry competition.
- **Marika Daley 9BAM, Tyanna Ferreira 9OAC, Marianna Pallikaros 9WMP and Meliz Hasan 9WMP**: Awarded for exceptional artist copies and artist page. Fantastic work!
- **Alex Veneti 11RNC, Tyhan Hassan 11BNI and Emma Simon 11BJC**: Awarded for outstanding effort in GCSE art.
- **Eva Pangratiou 11RNC**: Awarded for always willing to help others.
- **Emily Newton 9RBW, Ruby Knight 9RCX, Warren Kelly 9OAC, Morayo Olaogun 9ORD, Abel Kalaj 9WMP, Isabel Antoniou, 9BAM, Marcus Marcifi 9WMP and Stephanie Berko 9BAM**: Awarded for their fantastic contribution to the year 9 Great Debate.
- **Ada Almaz 11BJC, Sofia Betancur Mesa 11BJC, Rozerin Bozdog 11WDD, Elaina Fitzgerald 11WDD, Tyrell Greenaway-Clarke 11WTH, Paul Griffin 11RNC, Alex Ivanov 11WDD, George Kapas 11OKK, Ella Kissos Boast 11RNC, Lucy Lord 11RNC, Matthew Panayiotou 11OAB and Kalel Overton-Yearwood 11WTH**: Awarded for exceptional effort and mastery in Food preparation and nutrition.
- **Aydin Ali 8RAS and Guney Comak 8RJG**: Awarded for researching, creating and presenting a PowerPoint on metals to the class. They showed a dedication and enthusiasm for science that gained a round of applause from their classmates afterwards.
- **Constantinos Socratous 10ODC, Madiha Yahya 10OSM and Francesca Georgiou 10WCM**: Awarded for extremely impressive artwork.
- **Mohamed Osman 13BCR**: Awarded in recognition of his outstanding achievement in securing a degree apprenticeship - a testament to his dedication, strong work ethic, and ambition.





The Headteacher's Award winners:



## Ramadan special feature newsletter

To mark the start of Ramadan, we have prepared a special feature newsletter that explores what Ramadan is and highlights its key messages. Click [here](#) to read our Ramadan special feature newsletter.





## 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 this term: 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).





## 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.

### Year 9 immunisations

The Enfield Immunisation Team will be returning to school on Friday 14th March to carry out the Senior Booster vaccinations (DTP and Meningitis ACWY) for year 9 children. An email was sent to those who have not previously consented last week.

### Online parent wellbeing workshop

My Young Mind Enfield, is a project funded by the NHS, offering support to children, young people, parents, and schools within the Enfield community.


My Young Mind Enfield is offering a free programme of four parent online workshops this March. These workshops are designed for parents and guardians of school-aged children and young people who wish to learn various strategies to support their children. If you would like to participate in these workshops the link below provides full details and registration forms.

- [Supporting your child with anxiety](#)
- [Calm and connected](#)
- [Feelings in focus](#)
- [Understanding behaviour and guiding your child](#)

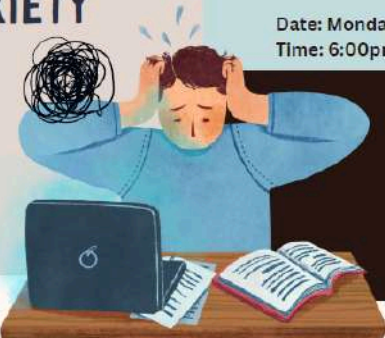
More information is available on the next page.



**CULTIVATING COURAGE -  
SUPPORTING  
YOUR CHILD WITH  
ANXIETY**

  
**MYME**  
My Young Mind EdEd

**Date: Monday 17/03/25  
Time: 6:00pm – 7:15pm**




We are offering a specialist parent workshop for parents/ carers of primary and secondary aged children. The workshop will focus on how to support children's feelings of anxiety and the strategies that could be used to cultivate courage and ways of coping. In this workshop you will:

- Understand how anxiety is developed and maintained
- Build confidence in identifying and managing feelings of anxiety
- Learn about the types of anxiety that children may experience
- Learn strategies to support when anxiety shows up

The workshop will run for approximately 1 hour 15 minutes and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

You can sign up to the workshop using the link below or QR Code.

[https://forms.office.com/Pages/ResponsePage.aspx?id=slTDN7CF9UeyIgeOjXd040vjvC\\_2tupGvmAeOXXKzKUMUyYn0pXUzkMDZYVU5aNHkFWVh4TkxYOC4u](https://forms.office.com/Pages/ResponsePage.aspx?id=slTDN7CF9UeyIgeOjXd040vjvC_2tupGvmAeOXXKzKUMUyYn0pXUzkMDZYVU5aNHkFWVh4TkxYOC4u)



**PARENT WORKSHOP  
CALM AND  
CONNECTED**

  
**MYME**  
My Young Mind EdEd

**SUPPORTING YOUR CHILD WITH  
MANAGING STRESS**

**Date: Tuesday 18/03/2025  
Time: 6:00pm – 7:15pm**



We are offering a specialist parent workshop for parents/ carers of secondary aged children. The workshop will focus on:

- Understanding stress
- How we can help our children manage stress
- Tips and strategies to help with stress

The workshop will run for approximately 1 hour 15 minutes and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

You can sign up to the workshop using the link below or QR Code.

[https://forms.office.com/Pages/DesignPageV2.aspx?subpage=design&FormId=slTDN7CF9UeyIgeOjXd040vjvC\\_2tupGvmAeOXXKzKUMUyYn0pXUzkMDZYVU5aNHkFWVh4TkxYOC4u](https://forms.office.com/Pages/DesignPageV2.aspx?subpage=design&FormId=slTDN7CF9UeyIgeOjXd040vjvC_2tupGvmAeOXXKzKUMUyYn0pXUzkMDZYVU5aNHkFWVh4TkxYOC4u)





**FEELINGS IN FOCUS -  
SUPPORTING YOUR  
CHILD'S EMOTIONAL  
WELLBEING**

  
**MYME**  
My Young Mind EdEd

**Date: Thursday 20/03/2025 | Time: 12:00pm - 1:15pm**

This workshop aims to help parents/ carers of primary aged children who may be struggling with managing or making sense of their child's emotions. This workshop focuses on exploring strategies and techniques to help parents support their children with understanding and managing emotions.

The workshop will run for approximately 1 hour 15 minutes and will be delivered by Wellbeing Practitioners from MYME via Microsoft Teams.

You can sign up to the workshop using the link below or QR Code.

[https://forms.office.com/Pages/DesignPageV2.aspx?subpage=design&token=83d6845e932741839eef04bb988ef33&id=slTDN7CF9UeyIgeOjXd040vjvC\\_2tupGvmAeOXXKzKUMUyYn0pXUzkMDZYVU5aNHkFWVh4TkxYOC4u](https://forms.office.com/Pages/DesignPageV2.aspx?subpage=design&token=83d6845e932741839eef04bb988ef33&id=slTDN7CF9UeyIgeOjXd040vjvC_2tupGvmAeOXXKzKUMUyYn0pXUzkMDZYVU5aNHkFWVh4TkxYOC4u)





**THE BUILDING  
BLOCKS OF  
BEHAVIOUR -  
UNDERSTANDING BEHAVIOUR  
& GUIDING YOUR CHILD**

  
**MYME**  
My Young Mind EdEd

**Date: Tuesday 25/03/2025 Time: 5:00pm - 6:15pm**

This workshop aims to help parents/ carers of primary aged children who may be struggling with managing or making sense of their child's behaviours at home, or those who would like further advice around how they can continue to support their child's behaviour. The workshop will focus on:

- Understanding and making sense of your child's behavioural difficulties and the emotions that may be underneath
- Providing some ideas and strategies to help support your child's behaviour and emotional wellbeing

We believe that all parents/ carers are experts on their children, and so the workshop will be interactive. The workshop will run for approximately 1 hour 15 minutes and will be delivered by two Wellbeing Practitioners from MYME via Microsoft Teams.

You can sign up to the workshop using the link below or QR Code.

[https://forms.office.com/Pages/DesignPageV2.aspx?subpage=design&FormId=slTDN7CF9UeyIgeOjXd040vjvC\\_2tupGvmAeOXXKzKUMUyYn0pXUzkMDZYVU5aNHkFWVh4TkxYOC4u](https://forms.office.com/Pages/DesignPageV2.aspx?subpage=design&FormId=slTDN7CF9UeyIgeOjXd040vjvC_2tupGvmAeOXXKzKUMUyYn0pXUzkMDZYVU5aNHkFWVh4TkxYOC4u)







## Action for Happiness Calendar

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 December, 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.

**Mindful March 2025**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 If you find yourself rushing, make an effort to slow down	7 Take three calm breaths at regular intervals during your day
8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do
15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today	20 Focus on what makes you and others happy today	21 Listen to a piece of music without doing anything else
22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible
29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life				

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**

## Mental health and self-care for young people

The NHS's *Every Mind Matters* page offers mental health support for both young people and adults. The youth mental health section provides self-care tips on managing stress, social media pressure, and sleep, with links to further support. For adults, the main *Every Mind Matters* page covers mental wellbeing advice, stress management, and practical ways to improve daily life.

Explore both here:

- Youth Mental Health: [Link](#)
- Adults' Mental Health: [Link](#)

Ms Charles



## House weekly winners

This week's winner is the house with the highest achievement points minus concern points plus the points from World Book Day. Congratulations **Oak**!

	Beech	Oak	Rowan	Willow
Positive points	7,024	6,283	6,862	5,032
Negative points	-351	-224	-311	-374
<b>Points overall</b>	<b>6,673</b>	<b>6,059</b>	<b>6,551</b>	<b>4,658</b>
<b>World Book Day</b>	<b>800</b>	<b>1,600</b>	<b>1,000</b>	<b>1,100</b>
<b>Total points</b>	<b>7,473</b>	<b>7,659</b>	<b>7,551</b>	<b>5,758</b>

## Top students in year 7

Forename	Surname	Form	House	Points
Joseph	McHale	7RAC	R	55
Na'Rae	Rodney	7RKM	R	51
Reuben	Maple	7BAS	B	50
Sienna	Calcutt	7RAC	R	47
Skye	Hawkins	7RAC	R	47
Daiana	Aybar Ortega	7RAC	R	46
Holly	Gemechu Dotie	7RAC	R	46
Felicity	Fawcett	7BAS	B	44
Muhammed	Parlak	7RAC	R	44
Pascal	Kyprianides	7RAC	R	44
Andreas	Papayiannis	7RKM	R	44
Asher	Paterson-Mckenzie	7RKM	R	44
Jack	Mallyon	7RKM	R	44

## Top students in year 8:

Forename	Surname	Form	House	Points
Noam	Powell-Pritchett	8OJT	O	48
Eirene	Palamaras	8BLR	B	45
Akeesa Induvari	Gurubebila Vitharanage	8BEF	B	43
Betsy	Coneywood	8OJT	O	43
Latif	Defreitas	8OJT	O	43
Nicholas	Antoniou	8OJT	O	41
Nawaz	Kazim	8OJT	O	41





Katie	Redmond	8RJG	R	41
Benjamin	Taheny	8OJT	O	40
Dilara	Hassan	8OJT	O	39
Priya	Jangra	8OJT	O	39
Erlind	Cela	8RJG	R	39

#### Top students in year 9:

Forename	Surname	Form	House	Points
Kayla-Faith	Muhelele	9RBW	R	53
Zulaikha	Chaudhry	9RBW	R	47
Xhorxhia	Kuvertaris	9RCX	R	47
Amili	Blana	9RCX	R	44
Marika	Daley	9BAM	B	43
Tianyou	Xu	9RBW	R	43
Marianna	Pallikaros	9WMP	W	43
Isabel	Antoniou	9BAM	B	40
Amelia	Hilmi	9BAM	B	40
Meliz	Hassan	9WMP	W	40

#### Top students in year 10:

Forename	Surname	Form	House	Points
Taraneh	Kheradmandi	10BYC	B	47
Oscar	Shariff	10BYC	B	46
Nihar	Vaidya	10BLM	B	44
Stefan	Christodoulou	10BYC	B	44
Melisa	Spahia	10BYC	B	43
Sadie	Baker	10BYC	B	42
Ruby	Magrun	10BYC	B	42
Nathan	Mazele	10BYC	B	42
Lorin	Varli	10ODC	O	41
Joseph	Smyth	10BYC	B	40



### Top students in year 11:

Forename	Surname	Form	House	Points
Batuhan	Duran	11OKK	O	32
Daniel	Cox Jaramillo	11BJC	B	30
Kwadwo	Boakye	11OAB	O	24
Zdravko	Tatanov	11OKK	O	24
Rafal	Kruczek	11OKK	O	24
Liam	O'Connor	11WDD	W	24
Emma	Simon	11BJC	B	22
Ava	Koker	11BJC	B	22
Roshan	Awudu	11BNI	B	22
Ender	Guccuk	11BNI	B	22
Baran	Byndor	11WTH	W	22
Naa Shidaa	Quartey	11WTH	W	22
Rhys	Willis	11WTH	W	22

### Top students in year 12:

Forename	Surname	Form	House	Points
Arnelijus	Mankevicius	12OAT	O	16
Nida	Demirkaya	12RJB	R	16
Maisah	Choudhury	12BTD	B	14
Sophie	Gerrish	12RJB	R	14
Diyon	Wilkinson	12WAD	W	14
Muhammad	Farooq	12WAD	W	14
Nana Yaa	Boakye	12BTD	B	12
Eleanor	Smith	12OAT	O	12
Cindy	Gjoni	12OAT	O	12
Riley	Austin	12OES	O	12
Oliver	Hoxha	12OES	O	12
Ashley	Cullen	12RJB	R	12
Azad	Unek	12WDS	W	12

### Top students in year 13:

Forename	Surname	Form	House	Points
Ceon	Ofoeme	13BJT	B	8
Kristian	Kousoulou	13BJT	B	8
Jonathan	Cooper-Dobson	13OMA	O	8
Chizara	Okonkwo	13OPL	O	8
Kaia	Jugurnauth	13OPL	O	8
Ethan	Morgan	13RCW	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://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](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.

## 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**  
UNUSUAL, ON THE PHONE, 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

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

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

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