



Highlands School Newsletter

22 November 2024



Dear parents and carers,

Last night at Highlands we were proud to host the Enfield High Achievers' Evening. We welcomed the Mayor of Enfield and 150 students and their families, from 17 secondary schools, to school. The evening saw awards given to students, a talk from our alumni and workshops and a question and answer session held. It was a pleasure to welcome so many fantastic students to Highlands and I hope everyone enjoyed the evening.

Tonight (Friday 22nd November) at school we are hosting our annual musical bingo night. The event is run by the HPFA and raises money for the school. You can bring the whole family (no under 5s) and test your music knowledge. Tickets are available now at £5 each on Parentpay, there's still time to sign up! We are fundraising towards providing more indoor fitness facilities for students so events like this are a really good way of helping towards that target. Drinks are available to purchase on the night, but you may bring your own snacks if you wish, and there will also be a raffle with some great prizes.

Have a great weekend,
Mr McInerney, Headteacher

Key dates for this half term:

- Friday 22nd November: HPFA musical bingo night
- Wednesday 11th December: year 9 parents' evening
- Thursday 12th December: winter music concert
- Friday 20th December: final day of term (students dismissed at midday)
- Monday 6th January: first day of new term (students return to school)



Enfield High Achievers' Evening celebrates academic excellence

On Thursday our school proudly hosted High Achievers Evening, a celebration of the remarkable accomplishments of some of Enfield's highest-performing students. The event brought together representatives from seventeen of the borough's secondary schools to honour students who achieved exceptional GCSE results. Special recognition was given to high-achieving linguists and those excelling in science, maths, engineering, and design and technology (STEM) subjects.

The Mayor of Enfield, Councillor Mohammad Islam, Silje Anderson, Imperial College London and Cllr Abdul Abdullahi Cabinet Member for Children's Services presented certificates of achievement to the students, highlighting their dedication and hard work.

Following the awards, parents/carers had the unique opportunity to engage in a Q&A Session with university representatives whilst students attended university workshops led by student ambassadors from Oxford and Cambridge Universities who provided invaluable advice on navigating the application process for selective universities.

Finally, students with their parents/carers explored a progression marketplace featuring a variety of universities, employers, and professional bodies. Attendees had the opportunity to engage with representatives, discuss future opportunities, and seek guidance.

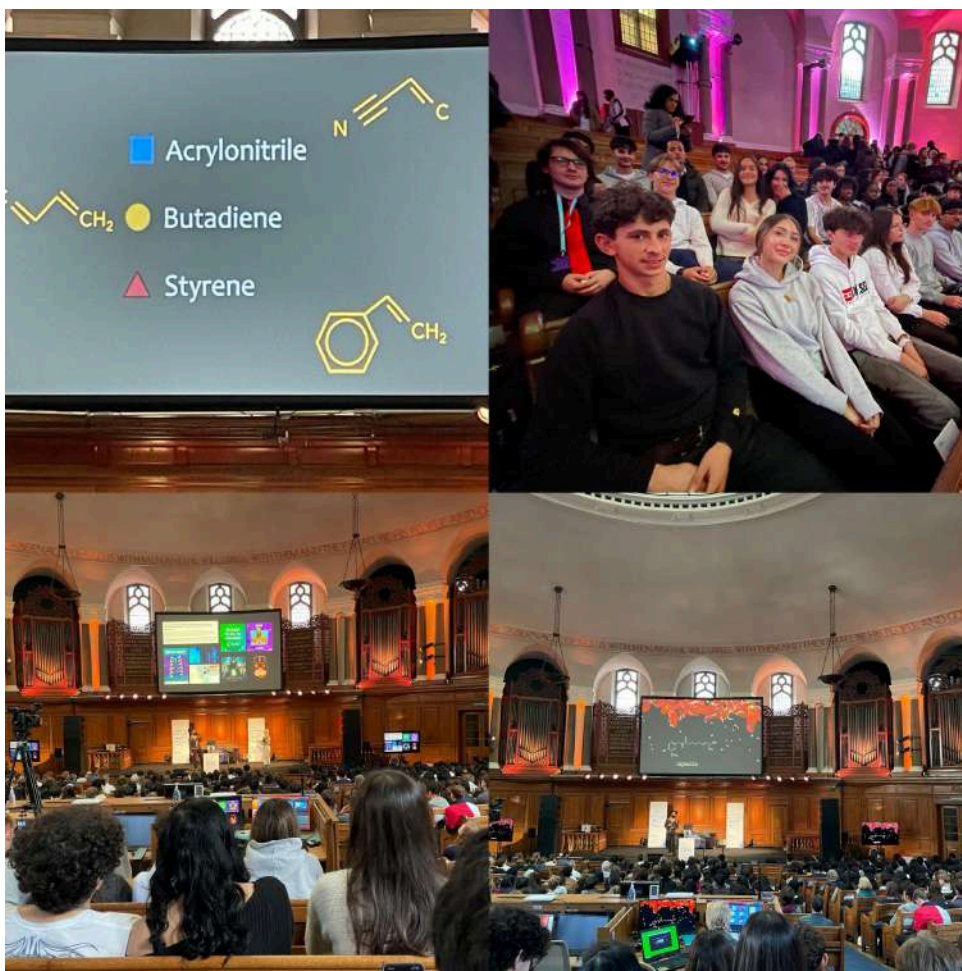
We would like to thank Theresa Watts Vocational Pathways and Enterprise Lead, for giving us the opportunity to host this event and extend our gratitude to all who participated, especially our Alumni Rishan Patel and Alexia Horea, Head Students compering, Mattia Cirillo pianist, and student volunteers who gave up their time to act as guides for the evening. Their efforts helped ensure a smooth and memorable event.





Chemistry in action trip

Last week the new year 12 chemistry students travelled into London for an outstanding and wide-ranging day where they discovered the incredible places chemistry can take you. In five sessions, students heard fascinating scientific and personal stories from experts. The talks were designed to complement the curriculum and inspire students with future directions – they were interactive, engaging and motivational.



'I really enjoyed this day because it taught me a lot about everything that Chemistry is linked with ; other subjects, history and real-world misconceptions.

My favourite part of the lecture had to be 'A Forensic Examination of Poisons in Fiction' by Hilary Hamnett as she spoke about many misconceptions of the use of poison in fiction stories as well as explaining where many poisons are derived from, their effect and how forensic toxicologists investigate crimes where poisons are involved.

Overall, I've found these lectures to really aid my wider knowledge of Chemistry and I would definitely go again.' - Ceren Duruel



'I found the trip with my classmates to be an informative experience. I learnt new things that are only accessible from interacting with those who are skilled in their discipline. Truly an invaluable experience.' - Ethan Samson

'My favourite talk was about how tiny particles within our bodies allow cells to communicate. I learned that by capturing these particles, scientists might be able to detect diseases early by using nanotechnology showing how the subject can be used to improve people's lives.' - Nana Boakye

'The chemistry in action trip was one of the most inspiring trips I've had during my time at Highlands school. The opportunity to be in the same room and hear the stories of multiple people who use chemistry everyday was unforgettable! My personal favourite was Alex Lathbridge who many may know from BBC bitesize. He presented a great speech about treating malaria with a comedy twist which the majority also enjoyed the most.' - Sacha Baker

'My favourite lectures were the lectures led by Alex Lathbridge about Malaria and Andrea Sella about "strange ice". What I liked the most about these lectures were how interactive they were with the audience and also the practical aspect within Andrea Sella's lecture. I found it useful that all of the lectures showed how careers within chemistry vary and that it opens up so many pathways.' - Arnelijus Mankevicius

'I enjoyed the lecture about malaria the most as the speaker was very engaging and entertaining and helped me understand the history of it. I also found the plastic lecture very interesting as it outlined how it is both good and bad and showed me how it damages sea life.' - Ricco DeBeaufort - Jowett

'The event "Chemistry in Action" was an exciting opportunity to explore how chemistry impacts various aspects of our lives and influences history. I enjoyed learning about treating malaria, because it highlighted how plants can aid in the search for new medicines or derivatives to help people. This area of research is known as ethnopharmacology, which I find really interesting.' - Valeska Merchan

'In the Chemistry in Action trip, each chemist shared their own experience in life related to their fields, which made the talks really interesting. I also enjoyed how they used humor in their presentations, keeping things engaging. It was inspiring to see how chemistry doesn't always lead to medicine and that there is a large variety of courses and careers that it opens to.' - Rukiye Coban



Year 7 & 8 girls football

On Tuesday the year 7 & 8 girls football team played a league game against Latymer. They led 3-0 at half time with goals from Mollie, Natalie and Chloe. In the second half Poppy scored a hatrick with Mollie scoring her second goal of the game and Amelie scoring right on the final whistle to finish off a comprehensive 8-0 win. Mollie was chosen as player of the match by Latymer.

Well done girls, you played some excellent passing football in very cold conditions.

Mrs Walters





Cross country

On Friday 15th November, a team of Highlands students participated in the annual borough school cross country event at Trent Park. Highlands had students participating from years 7-11 against many other schools from all over the borough. All of our students gave their very best and the PE department is incredibly proud of all of our runners regardless of their final position.

There were four notable performers; Morgan, Jemimah (both year 7), Erin (year 8) and Alex F (year 9) who all achieved top 10 finishes (pictured below)..

Year 7 girls

- Jemimah - 9th
- Dearbhla - 12th
- Charlotte - 14th
- Anoushka - 15th
- Maria - 30th
- Campbell - 31st



Year 7 boys

- Morgan - 4th
- Orhan - 28th
- Qamil - 34th
- Oli - 40th



Year 8 & 9 girls

- Erin - 10th
- Rosie - 17th
- Nea - 19th
- Marianne - 20th
- Elektra - 26th
- Lexie - 36th

Year 8 & 9 boys

- Alex - 7th
- Jamie - 15th
- Jackson - 18th
- Aston - 34th
- Bekir - 35th

Mr Avann/ Mr Edwards



"What is your Superpower?" - Alumni Jude Brown Inspires year 10 students

This week we were delighted to welcome back alumni Jude Brown, who left Highlands School in 2018 and is now the director of his own company in the finance sector. Specialising in currency trading and investment education, he has built a successful business mentoring individuals to develop income-generating skills.

Speaking to current year 10 business studies students, Jude shared how he made the bold decision in year 10 to forgo university and take a different path from his peers and pursue entrepreneurship. His journey highlights the power of making deliberate, personal choices that align with one's unique goals—whether that means higher education, starting a career, or launching a business.

Students left inspired by his story and the reminder that success comes in many forms when you follow your own path. You can read more about Jude's inspiring story on page 8.





Alumni success story

We are thrilled to share the success story of our incredible alumni Jude-Elliott Brown. Former Highlands student Jude is now a director of his own financial company Elevation FX.

You can read more about Jude below.

Jude-Elliott Brown

**Director and business development manager
at Elevation FX**

Qualification: GCSEs and A levels.

Educational journey since leaving Highlands:

I continued to study A Levels alongside a football scholarship at Oaklands College before creating Elevation FX in 2021.

What does a typical day at work involve for you?

Personal trading during the day and meeting clients for one-to-one mentoring sessions, before teaching our group sessions online during the evenings.

What's been the highlight of your career journey so far?

Helping two clients fulfil their dream of relocating to Thailand.



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

Highlands certainly gave me the foundation to go on to achieve all I have done so far. Equipping me with the skills, confidence and qualifications I'd need to soar in the world of business.

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

Always be the most authentic version of yourself. Don't feel pressure to conform.



Highlands Christmas card 2024

We are thrilled to announce the winner of this year's Christmas card competition designed by Sienna Jones in 7BMS! Her creative design has been selected as the official Highlands School Christmas card for 2024. A huge congratulations to Sienna for having her design chosen by Mr McInerney. A big well done to Amber Pierides and Paul Lambrou for being chosen as the runners up. The quality of work this year was truly amazing and showcased the incredible artistic talent in our year 7 cohort.



1st Sienna Morgan Jones 7BMS



2nd: Amber Pierides 7OSB



3rd: Paul Lambrou 7WEL



House assemblies

This week, our house captains and strand leads took centre stage to deliver their first house assemblies of this academic year. They provided updates on how their houses are performing in the ongoing competition, highlighting recent achievements and encouraging their peers to keep up the momentum. They outlined upcoming events that promise to bring the school community together in friendly rivalry.



Headteacher awards

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

This week, the headteacher award is proudly presented to the following students.

- **Constantinos Socratous 10ODC** and **Elliz Arkin 10RTC**: Awarded for doing well in their GCSE option (Business studies) despite only being just over half a term into the course, they sat at the end of the topic test and achieved 100%





School announcements

Charity bake sales

We are delighted to let you know that we will be holding our first charity bake sales this year. Our four houses will have the opportunity to host a charity fundraising bake sale during break time.

This is a fantastic opportunity for our students to join together as a community to raise money for their chosen charity and to showcase their baking skills. All students who contribute to the bake sale will receive 5 achievement points and additional house points will be awarded to their house for the money raised.

Please can parents and carers encourage and support their children to contribute to the bake sale. We are asking students to bring in baked foods and sweet treats such as cakes, biscuits, cookies or savoury items. These can be homemade or shop bought but must be free from nuts, sesame and gelatine. We would also welcome contributions of cakes and biscuits that are gluten free and/or vegan/plant based. Please label your cakes with what they are, including your child's name and tutor group, to enable us to give them their house points.

All items should be brought to the drop-off point in reception by 8.30am on the day of the bake sale. If you wish to have your containers back please ask your child to come to reception at the end of the day to collect them.

Please can all students who wish to participate in the Beech bake sale complete the form below.

Thank you for your support and we look forward to seeing all the wonderful baking and contributions.

Willow bake sale: Tuesday 26th November - [Willow house bake sale form](#)

Beech bake sale: Tuesday 3rd December - [Beech house bake sale form](#)



Drop-offs and collections

Please be reminded that when dropping children off or picking them up from school, do not block local residents' driveways or park on yellow or zig zag lines. We are getting complaints from local residents about this, and persistent offenders are likely to be reported to traffic enforcement team at the borough. We all need to play our part in ensuring the local community are kept safe, so please park considerately.



Coffee morning at Highlands



HPFA presents Music Bingo - TONIGHT!

Come along to our fantastic Music Bingo event on **TONIGHT 7pm - 9pm**. A fun family event where children are also welcome.

Refreshments and snacks will be available for purchase on the night or you can bring your own snacks if you wish. We are seeking raffle prize donations for the event, any contributions are greatly appreciated.

Tickets are £5 each and can be purchased on [ParentPay](#). Alternatively you can pay on the door tonight.

Hope to see you there.





Highlands Winter Concert 2024

Highlands students will be performing in this year's Winter concert on Thursday 12th December at 6.30pm.

Tickets are available to purchase on ParentPay.

Adults: £5

Children (under 16s): £2.50



Matilda production - USBs are ready for collection

Thank you to all of the parents and carers who purchased a copy of our Matilda production on USB. Your order is now available for collection from the school office. Your child will need to confirm their name and year group when collecting the order.



Uniform4kids - Black Friday deal

The offer is valid for one day only, online, and exclusively on Friday 29th November 2024. The 20% discount applies to all products including schoolwear, sportswear, footwear and accessories. This offer is available online only via www.uniform4kids.com.

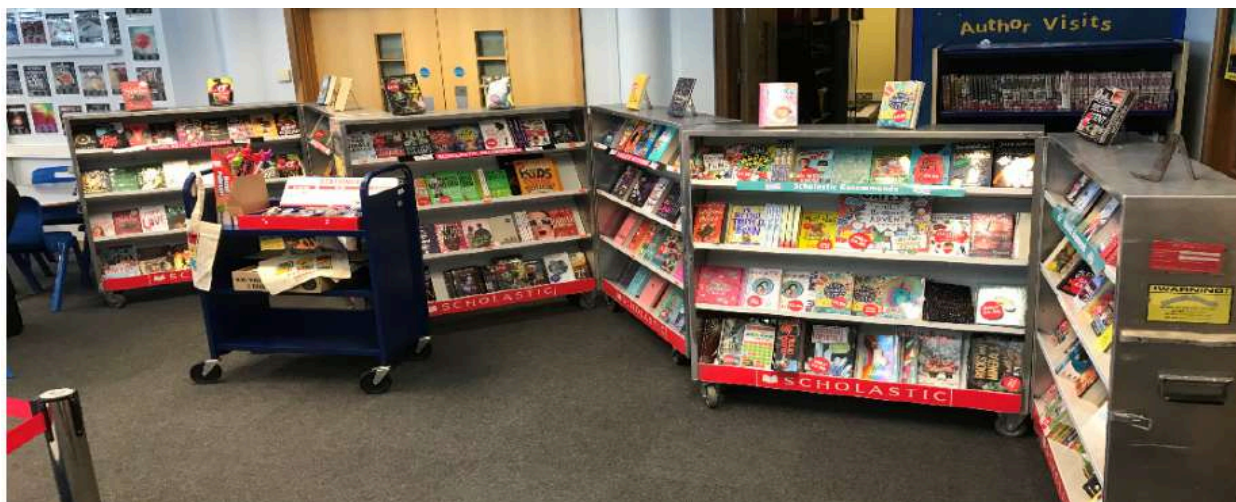
Discount code **BLACKFRIDAY20** must be entered at checkout. A discount cannot be added retrospectively to an order already placed. We will not be offering click & collect or delivery to school during this event. Orders will be dispatched via courier. Orders may take up to one week to process.

Dr Bike repair service

Dr Bike repair sessions are run across Enfield. The experienced mechanics check everything on your bike from wheels, brakes, gears and tyre pressure to lights, racks, pedals, saddles and more. [Read more](#)



Scholastic Book Fair



The book fair is now at Highlands school, it will run during break time and after school until 4pm. There are two ways to purchase Scholastic books from the wish list:

To pay for wish list books online

- Click on the TEEN section [books](#) online.
- Fill in this [Form](#) making sure you write the name of the book clearly, the age group of the book and the price.
- Pay via the [online](#) form. *Type in N21 1QQ and this will find Highlands Secondary School.*
- Once payment is made return the paid wish list form to the librarian for order completion and final collections.

In-house ordering

- On a sealed envelope place your child's name and form (e.g. Sarah Michaels 7RTS), ensure the exact cash amounts for the books being purchased in house is correct, as change will not be given.
- Click on the TEEN section [books](#) online, referencing book titles and pricing - write the name of the book clearly and the age group of the book.
- Forms can also be collected from the Library and brought home. All forms must be submitted to the Librarian no later than **4th December 2024**, by 11.15am
- Cash and forms for book purchases must be submitted together to ensure that items from the Wish List arrive in a timely manner, if they are needing to be ordered.

Collection information

Books for the Scholastic Book Fair will be displayed on the trollies for students to take home, alternatively it will be ordered if items are sold out. If that is the case, students/ parents will be notified of any possible delays, and informed when items arrive.

Highlands library



Enfield Music Service (EMS) - spring term

The deadline to renew or book spring term music lessons and instrument hire is **Sunday 1st December**. If you would like your child to have music lessons in the Spring term, please visit <https://traded.enfield.gov.uk/musicstore> and book now to avoid disappointment.

Having trouble booking? We are here to help - please email us at Enfieldmusicservice@enfield.gov.uk

Please note this deadline only applies to lessons and hire - bookings for ensemble membership will remain open throughout the holidays and rehearsals have started again, but please do sign up as early as possible.

For further information and guidance please read our FAQs:
<https://traded.enfield.gov.uk/musicservice/faqs>

If you have already booked, you do not need to take any further action and Highlands School will be in touch with you regarding the date and time of lessons once these have been agreed with the tutor.

House cultural cuisine day

Another food related event that will be held this academic year are the cultural cuisine days. At the start of last year, students said that they wanted a day where they could celebrate food from different cultures and the student council listened. Since then, at Highlands, we've started running cultural cuisine days twice a year where the menu at lunch is inspired by food from different cultures. to your diaries.

- **Thai** cuisine day: Tuesday 21st January 2025 (**Oak**)
- **Mexican** cuisine day - Thursday 5th February 2025 (**Rowan**)
- **Greek** cuisine day: Thursday 27th February 2025 (**Beech**)
- **Turkish** cuisine day: Tuesday 25th March 2025 (**Willow**)
- **Spanish** cuisine day: Thursday 1st May 2025 (**Rowan**)
- **Caribbean** cuisine day: Tuesday 10th June 2025 (**Oak**)
- **Indian** cuisine day: Thursday 17th July 2025 (**Beech**)



House weekly winners

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

This Week	Beech	Oak	Rowan	Willow
Positive Points	4,679	3,393	3,977	3,340
Negative points	-454	-324	-324	-361
Points overall	4,225	3,069	3,653	2,979

Top students in year 7

Forename	Surname	Form	House	Points
James	Berris	7RKM	R	30
Laia	Aybar Ortega	7RKM	R	28
Adrian	Skrzypkowski	7RKM	R	27
Angelina	Kousoulou	7RKM	R	26
Tryfonas	Gkiontsari	7RKM	R	26
Nieve	Pratt	7WEF	W	26
Idil	Bozkurt	7RKM	R	25
Lawrence	Carpignano	7RKM	R	25
Charles	Webb	7OMK	O	24
Isabel	Kerly	7RKM	R	24

Top students in year 8:

Forename	Surname	Form	House	Points
Ciara	Moore-McGowan	8WSW	W	31
Isabelle	Cooper-Fitzgerald	8WSW	W	31
Evie	Howlett	8WSW	W	29
Hannah	Gibbons	8WSW	W	29
Hazal	Akpinar	8WMT	W	27
Lilah	Jones	8WMT	W	26
Ava-Rose	Noble	8RJG	R	25
Anthony	Stavrou	8WSW	W	24
Inaya-Amor	Peart-Heron	8WSW	W	24

**Top students in year 9:**

Forename	Surname	Form	House	Points
Ardil	Kalayci	9WMP	W	31
Owen	Smith	9WNK	W	29
Tishaan	Patel	9WMP	W	26
Emily	Newton	9RBW	R	25
Liam	Redmond	9RCX	R	25
Bibiana	Edwards	9BBK	B	24
Christian	Demetriou	9BBK	B	24
Xhorxhia	Kuvertaris	9RCX	R	23
Isobella	McNeil	9RCX	R	22
Azat	Secgin	9WNK	W	22

Top students in year 10:

Forename	Surname	Form	House	Points
Gabriela	Kusz	10BYC	B	45
Nathan	Mazele	10BYC	B	45
Darcy	Smethurst	10BYC	B	42
James	Butcher	10OSM	O	40
Franceska	Koci	10RTC	R	40
Melisa	Spahia	10BYC	B	39
James	Cooper-Dobson	10BYC	B	39
George	Baker	10BYC	B	38
Stefan	Christodoulou	10BYC	B	38
Sam	Alimohammadi	10BYC	B	37
Oscar	Shariff	10BYC	B	37
Owen	White	10OSM	O	37

Top students in year 11:

Forename	Surname	Form	House	Points
Joao	Do Nascimento	11BJC	B	34
Oguz Kagan	Yalcinoz	11BJC	B	27
Zacharias	Stavrou	11BJC	B	25
Charles	Elliott-Smith	11BJC	B	25
Imogen	Ganvir	11BJC	B	25
Kwadwo	Boakye	11OAB	O	25
Daniel	Malaj	11BJC	B	24
Moroni	Cristovao	11BJC	B	24
Shekhinah	Gitu	11BJC	B	23
Batuhan	Duran	11OKK	O	23



Top students in year 12:

Forename	Surname	Form	House	Points
Elena	Giudice	12BAS	B	37
Riley	Austin	12OES	O	26
Lizbeth-Ann	Thompson	12BAS	B	14
Rory	White	12BTD	B	10
Spyros	Yiallourous	12BTD	B	10
Elsie	Berko	12RJB	R	10
Luke	Tyrimos	12WAD	W	10
Oliver	Hoxha	12OES	O	9
Reuben	Clark	12RJB	R	9
Ashley	Cullen	12RJB	R	9

Top students in year 13:

Forename	Surname	Form	House	Points
Charlie	Mills	13WTA	W	39
Eleanor	McHale	13RCW	R	35
Katie	Brookman	13RSL	R	32
Ledia	Xhetani	13RSL	R	32
Alexia	Chrysostomou	13OMA	O	31
Chizara	Okonkwo	13OPL	O	27
Ethan	Morgan	13RCW	R	27
Lorena	Kransniqi	13BJT	B	23
Hana	Fahmy	13RSL	R	22
Sila	Usta	13OPL	O	21





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



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www.futurefirsthub.org.uk

Highlands School & Sixth Form

Highlands School

Powered by  Future First

Join your network

First name *

Last name *

Email address *





Student medical needs

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

Mental health

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

Urgent mental health support - 24/7 crisis lines

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

You can find the 24/7 crisis line numbers using the NHS Service Finder ([link below](https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)) but the table provides all of the telephone numbers in London.

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

Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	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 offers confidential 24/7 crisis text support for times when immediate assistance is required
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

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

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

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

Urgent and other support available

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

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

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

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

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



Safeguarding contacts

If you are concerned about your child's wellbeing or the wellbeing of any other student at Highlands School, please contact the school on 020 8370 1100 or email the DSL at staysafe@highlearn.uk. 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:

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

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

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