



Highlands School Newsletter

06 September 2024



Dear parents and carers,

A warm welcome back to you all as we embark on this new academic year. I saw hundreds of you this week at our webinars at which we shared information about the academic year ahead. Thanks to all of you who came along and we hope you found them useful.

As we all returned to school this week we used our assemblies to share the great successes that our students achieved this summer in their GCSE and A level exams and we hope that students in those assemblies were inspired by the success of those who have gone before them. Following those assemblies, students are now back in lessons, our new year 7s are keenly exploring the building and our new year 12s, many of whom have come from outside Highlands, are getting to grips with life in the sixth form.

At the webinars I said that we use the newsletter as the primary means of communicating all important information to families so please make sure you read it every week. The newsletter also contains pages of achievements by our students; another reason to take the time to read it.

Please note the key dates for this term below, particularly as we have an early finish and late start because of open evening.

Key dates for this half term:

- Thursday 10th October: DARE Day 1
- Friday 11th October: DARE Day 2
- Monday 14th October: early finish for open evening (students leave at 12:40pm)
- Tuesday 15th October: late start following open evening (students arrive at 11:20am)
- Friday 18th October: final day of half term (two week half term holiday commences)
- Monday 4th November: first day of new half term (students return to school)

Have a great weekend,
Mr McInerney, Headteacher



Trip to Morocco

As the school term ended and summer began, three teams of our students embarked on an unforgettable journey to Morocco, immersing themselves in its rich culture and breathtaking landscapes.

From the outset, the students were welcomed by Morocco's vibrant culture. They explored bustling markets, learned about local traditions, and enjoyed authentic Moroccan cuisine, gaining a deep appreciation for the country's heritage.

The students trekked through Morocco's stunning mountains, where they marvelled at the natural beauty, climbing 3200m above sea level! They visited an Argan cooperative on the way to Essaouira where they watched nuts being prepared and oil being extracted to produce Argan oil, a local treasure used in various pharmaceuticals.

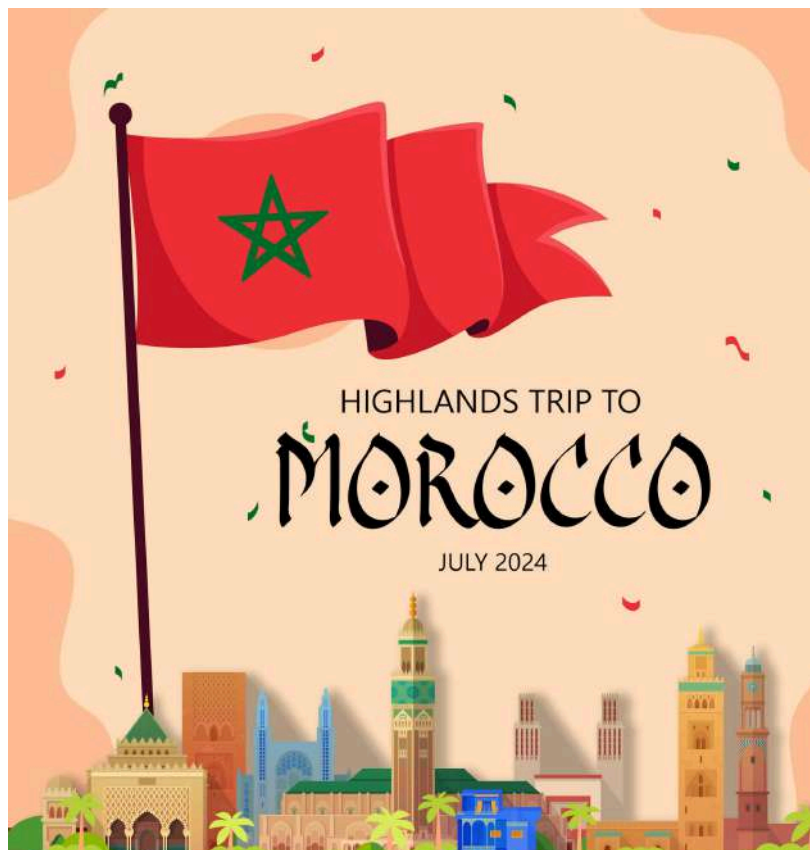
A key highlight was participating in a variety of community projects designed to support the villagers. Our students not only gained practical skills but also developed a deeper understanding of rural life.

The adventure continued with visits to the local waterfall, playing football with the locals, exploring the coastal city, and spending relaxing moments on the beach.

The trip also included special moments of celebration, with several students marking their birthdays in this unforgettable setting - a truly magical way to celebrate. This trip was more than just an adventure, it was a profound educational experience. The students returned home with new perspectives, enriched by the memories and lessons learned in Morocco.

Read more about the students' journey, including a day-by-day guide of all three teams' activities, by visiting this [Google site](#).

You can also watch a video of all the highlights of the trip on our Instagram and other social media pages. Click [here](#).









A Level results day 2024

We are proud to announce that 84% of our sixth form students secured their first or second choice university places, reflecting the high academic standards and commitment to personal growth that we nurture here at our sixth form. Additionally, one third of all A Level grades were awarded at A or A*, with over 60% of all grades falling within the A-B* range. Our BTEC students have also excelled, with 65% achieve Distinction or Distinction* grades. Well done to all of the students and staff, we couldn't be prouder.

You can watch our A Level results day videos on our [YouTube channel](#) or [Instagram](#) or via the links below.

- [A Level Results Day 2024](#)
- [GCSE and A Level Results Day 2024](#)
- [GCSE and A Level Results Day 2024 - long edition](#)





GCSE Results day 2024

We would like to congratulate our students who received their GCSE results this summer. We are incredibly proud of their hard work, dedication and achievements. This is a significant milestone and they have shown great resilience and determination to reach this point. As they move forward to the next chapter, whether it is further studies in our sixth form, apprenticeships, or new adventures, we wish them all the best of luck. Well done, Class of 2024.

You can watch our GCSE results day videos on our [YouTube channel](#) or [Instagram](#) or via the links below.

[GCSE Results Day 2024](#)

[GCSE and A Level Results Day 2024](#)

[GCSE and A Level Results Day 2024 - long edition](#)





Highlands Sixth Form

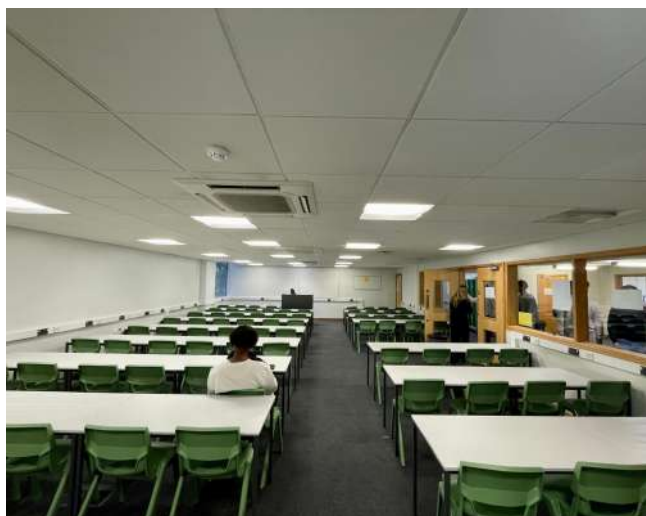
We are delighted to share that many of our students have chosen to stay on with us in the sixth form, along with a number of external students who have joined us this year. We also had the pleasure of welcoming our new year 12 cohort this week for their induction. Due to high demand, our sixth form is now fully enrolled, and our waiting list is also full. This reflects the excellent teaching and learning environment we offer, as well as the strong support we provide to all our students, ensuring they thrive both academically and personally.



New sixth form study area

Over the summer, the sixth form team was busy transforming a new study area for our students. This vibrant new space is a great area for working and revising.

We hope the new space will better enhance our students' learning experience and academic needs.





School photographs

On Tuesday 10th and Wednesday 11th September our photographer will be coming into school to take all students' photographs, in the sports hall. Students will be informed when they should arrive at the sports hall for their session, together with their class teacher, and they will return to lessons straight after. Students will remove their lanyard before photos are taken.

A proof of the individual photos will be sent directly to the school a week later, and parents will then have the chance to order these - full information on this will follow. Years 7 and 12 will have their photos printed onto their permanent student ID card that they wear on their lanyard.

Lost property

We currently have lost property from the Summer term, including coats and water bottles.

Please ask your child to visit the school office if they have lost any items. Any unclaimed items will be donated to charity or disposed of on Friday 13th September.

Admin team

Work Experience at North Middlesex Hospital

During the summer holiday, a few students had the opportunity to participate in a week-long work experience programme at North Middlesex Hospital following their successful applications. This experience was not only an exciting adventure but also a valuable insight into the world of healthcare.

The students were involved in various departments, including clinical, paediatrics and administration. They also participated in workshops and learned about the importance of teamwork in a hospital setting.

The staff at North Middlesex Hospital were impressed by the students' enthusiasm, professionalism, and eagerness to learn. Each student gained a deeper understanding of the healthcare field, which has inspired some to consider careers in medicine and healthcare.

We are incredibly proud of these students for representing our school so well and for making the most of this valuable opportunity. Congratulations to Baran Byndor and Ava Pasha in year 11 and Rain Kurt in year 12. We would also like to thank the Community Engagement Team for the opening given to our students.

Mrs Laurenzi



**North Middlesex
University Hospital**
NHS Trust



Welcome to Highlands School, year 7!

We're thrilled to have our new cohort join our school community. Their first week has been fantastic, filled with exciting activities like orienteering and team-building exercises that have helped students get to know each other.

Students also took part in an aspiration activity and a wellbeing session, where they learned about all of the available support that is on offer here at Highlands. Students were introduced to the house system, DARE values, behaviour expectations, and the importance of being prepared for learning.

We're confident that with such a strong start, all of our year 7s will have a successful and enjoyable journey here at Highlands. Good luck to you all.





Design technology summer competition

Congratulations to the winners of the D&T USB lamp project! Your creativity and innovation have truly stood out, combining functionality with style. Well done on this fantastic achievement!

1st: Nathan Mortimer, 2nd: Andreas Chrysostomou, 3rd: Alex Sultan and 4th: Ethan O'Brien



Well done to the following students for their efforts. Reggie Perkins, Christina Hajilambi, Christopher Chrysostomou, Joshua Murray, Vishanne Beezadhur and Sophie Jones.





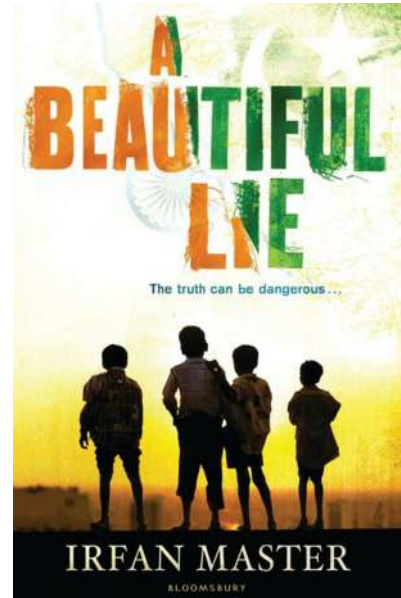
Highlands book of the month - September

Recommended read for KS3 from the library and English department.

A Beautiful Lie by Irfan Master

A debut novel, set in India in 1947 at the time of Partition. Although the backdrop is this key event in Indian history, the novel is even more far-reaching, touching on the importance of tolerance, love and family. The main character is Bilal, a boy determined to protect his dying father from the news of Partition - news that he knows will break his father's heart. With great spirit and determination, and with the help of his good friends, Bilal persuades others to collude with him in this deception, even printing false pages of the local newspaper to hide the ravages of unrest from his father.

All that Bilal wants is for his father to die in peace. But that means Bilal has a very complicated relationship with the truth...



Recommended read for KS4 from the library and English department.

Half bad by Sally Green

Gripping from the start, a compelling magical tale which skilfully handles strong characters & thought-provoking themes without sacrificing pace. An excellent debut. You can't read, can't write, but you heal fast, even for a witch. You get sick if you stay indoors after dark. You hate White Witches but love Annalise, who is one. You've been kept in a cage since you were fourteen. All you've got to do is escape and find Mercury, the Black Witch who eats boys and do that before your seventeenth birthday.





**GIRLS
FOOTBALL TRIALS**
FOR YEARS 7 - 13
TUESDAY 10TH SEPTEMBER
3: 15PM - 4: 45PM
ON THE ASTRO

**YEAR 7 & 8
BOYS
FOOTBALL
TRIALS**

YOU WILL NEED SHIN PADS, WATER, ASTROS OR MOULDED FOOTWEAR, NO METAL STUDS. BRING YOUR PE KIT TO GET CHANGED INTO AFTER SCHOOL IN THE CHANGING ROOMS.

**THURSDAY 12TH SEPTEMBER
3:15PM - 4:45PM**

3G PITCH

**YEAR 9, 10 & 11
BOYS FOOTBALL
TRIALS**

YOU WILL NEED SHIN PADS, WATER, MOULDED FOOTWEAR OR METAL STUDS.

BRING YOUR PE KIT TO GET CHANGED INTO AFTER SCHOOL IN THE CHANGING ROOMS

**GRASS FIELD
3:15PM - 4:45PM**



Action for Happiness






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 September, 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.

Ms Charles

Self-Care September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find time for self-care. It's not selfish, it's essential	2 Notice the things you do well, however small	3 Let go of self-criticism and speak to yourself kindly	4 Plan a fun or relaxing activity and make time for it	5 Forgive yourself when things go wrong. Everyone makes mistakes	6 Focus on the basics: eat well, exercise and go to bed on time	7 Give yourself permission to say 'no'
8 Be willing to share how you feel and ask for help when needed	9 Aim to be good enough, rather than perfect	10 When you find things hard, remember it's ok not to be ok	11 Make time to do something you really enjoy	12 Get active outside and give your mind and body a natural boost	13 Be as kind to yourself as you would to a loved one	14 If you're busy, allow yourself to pause and take a break
15 Find a caring, calming phrase to use when you feel low	16 Leave positive messages for yourself to see regularly	17 No plans day. Make time to slow down and be kind to yourself	18 Ask a trusted friend to tell you what strengths they see in you	19 Notice what you are feeling, without any judgement	20 Enjoy photos from a time with happy memories	21 Don't compare how you feel inside to how others appear outside
22 Take your time. Make space to just breathe and be still	23 Let go of other people's expectations of you	24 Accept yourself and remember that you are worthy of love	25 Avoid saying 'I should' and make time to do nothing	26 Find a new way to use one of your strengths or talents	27 Free up time by cancelling any unnecessary plans	28 Choose to see your mistakes as steps to help you learn
29 Write down three things you appreciate about yourself	30 Remind yourself that you are enough, just as you are					

ACTION FOR HAPPINESS Happier · Kinder · Together

Self-Care September

Self-care isn't selfish. It's essential.



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



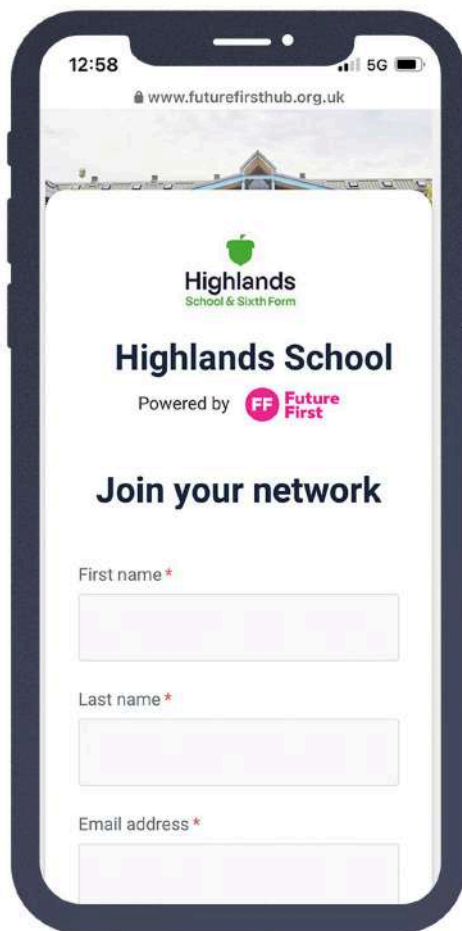
Highlands School Alumni

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](#) 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.





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
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

Urgent and other support available

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)

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

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