



Highlands School Newsletter

25 April 2025



Dear parents and carers,

This week we welcomed students back to school after the Easter break. Over the two week holiday we ran Easter revision school at Highlands for students taking GCSE and A level exams. I was in school on the first Monday of the fortnight supervising for the day and was enormously impressed with the number of students who attended the sessions running in maths, dance and other subjects. Well done to the students who attended and massive thanks to the staff who gave up their time during their Easter holidays to come and run the sessions.

There are seven more teaching days at school until the first GCSE examination takes place and nine until the A level exams start. Our teachers are focusing on making sure students are fully prepared and ready for the exams. We are confident that our current year 13, 11 and 10 students will achieve even higher standards than those who have gone before them. We will write to the families of year 11 and 13 students with arrangements for study leave and their celebration events shortly.

Have a great weekend,

Mr McInerney, Headteacher.

Key dates for this half term:

- Monday 5th May: bank holiday
- Tuesday 6th May: students allowed to wear summer polo shirts
- Friday 23rd May: end of half term



William Shakespeare's birthday celebration

To celebrate William Shakespeare's birthday this week, we created a special Shakespeare book display in the library. As part of the celebration, Abel Kalaj in year 9 conducted a mini survey asking teachers to share their favourite Shakespeare play. He compiled a list of their top picks along with a short quote from each teacher explaining their choice. This fun and thoughtful activity highlighted how Shakespeare's timeless stories continue to inspire and resonate with readers today.

Ms Mehmet - **Macbeth** - *"It is an overlap of a variety of genres and themes."*

Ms Jama - **Romeo and Juliet** - *"It is a classic Shakespearean play and shows the tragedy of love."*

Ms Lewis - **The Tempest** - *"I like Prospero's Monologue and it is the first play I did out of university."*



Mr Duce - **Titus Andronicus** - *"I like the combat and the silly ending."*

Ms Selim - **Romeo and Juliet** - *"It is a timeless love story."*

Ms Collins - **Macbeth** - *"I like the supernatural and the darkness."*

Mr Godwin - **Macbeth** - *"It is the most influential Shakespearean play for modern day stories."*

Ms Kyriakides - **Macbeth** - *"I like the idea, ambition and downfall of a man."*

Ms Kausmarly - **King Lear** - *"I like the themes that it explores such as the journey of a powerful king to a broken man."*

Ms Sparkes - **Much ado about nothing** - *"I like the rebellious, outspoken female lead. I also saw an amazing modern day production of this play."*

Ms Zare - **Othello** - *"It explores really challenging themes and it is very rich in symbolism."*

Mrs Kavanagh - **Much ado about nothing** - *"I like the character Beatrice."*



Year 8 netball competition

On Wednesday the year 8 netball team took part in the borough tournament at Winchmore. They started off with a 1-0 win over Ark John Keats and then went on to beat Lea Valley. They then drew a very tight game with Oasis Hadley 1-1. They saved their best Netball for the game against Latymer but unfortunately lost 3-1. From there they kicked on and didn't lose another game beating Kingsmead, Enfield County and Lea Valley. 5 wins, 1 draw and 1 loss put them in 3rd place overall.

Player of the Tournament selected by Mrs Walters was Orla for some excellent interceptions and always working hard to get free and provide a passing option.

Well done girls, it was a lovely afternoon of netball.

Mrs Walters



Oak house celebration

Congratulations to Oak house for being crowned half term champions. All Oak students enjoyed an extended break and a treat from our canteen this week. Go Oak!



Who should be crowned Footballer of the Year competition

Students are invited to take part in the Premier League Player of the Year vote by choosing their Men's and Women's Footballer of the Year.

Official voter Dan Freedman wants to hear their opinions.

Students must compose a piece of persuasive writing and choose who they think they should win:

- Men's footballer of the year
- Women's footballer of the year

Entries should be sent to Mrs Mehmet: mehmete@highlearn.uk by **Friday 2nd May**. Top entries may even be shared with the Football Writers' Association.

A green poster with a white central box. The title 'WHO SHOULD BE CROWNED FOOTBALLER OF THE YEAR?' is in large, bold, black letters. Below it, in smaller white text, is 'Have your say in the Premier League Player of the Year vote!'. Then, 'Dan Freedman, one of the official voters, wants to hear from you!'. The central white box contains the text 'COMPOSE A PIECE OF PERSUASIVE WRITING AND CHOOSE WHO YOU THINK SHOULD WIN:' followed by 'MEN'S FOOTBALLER OF THE YEAR' and 'WOMEN'S FOOTBALLER OF THE YEAR' in green. To the right of the box is a blue pen. Below the box, it says 'Send your entries to Mrs Mehmet: mehmete@highlearn.uk' and 'Deadline: 02.05.25'. At the bottom, it says 'Top entries may even be shared with the Football Writers' Association!'. The poster is decorated with several soccer balls and a goalpost.

WHO SHOULD BE CROWNED FOOTBALLER OF THE YEAR?

Have your say in the Premier League Player of the Year vote!

Dan Freedman, one of the official voters, wants to hear from you!

COMPOSE A PIECE OF PERSUASIVE WRITING AND CHOOSE WHO YOU THINK SHOULD WIN:

MEN'S FOOTBALLER OF THE YEAR
WOMEN'S FOOTBALLER OF THE YEAR

Send your entries to Mrs Mehmet:
mehmete@highlearn.uk

Deadline:
02.05.25

Top entries may even be shared with the Football Writers' Association!



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. Lost items from last term are highlighted in yellow and will be disposed of on Friday 9th May. 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.

Student lunch accounts

A gentle reminder to all parents and carers to regularly check that their child has enough money for lunch.

PE clubs - Easter - summer

Monday	Tuesday	Thursday	Friday
Cricket All years Mr Avann/Mr Edwards Field 3:15- 4:30	Rounders Year 7,8,9,10 Mrs Walters/Ms Berrill Field 3:15 - 4:30	GCSE Theory Intervention 11S/Pg1 + 11R/Pg1 Mrs Walters/Mrs Hutchinson PE4 3:15 - 4	Athletics Mrs Hutchinson/Mr Avann/Mr Edwards 3:15 - 4:15 Field
	Rugby (tag/touch) Years 7-11 Mr Lockwood Astro 3:15 - 4:30	A Level PE Intervention Y13 Mr Avann SL6 3:15 - 4	
	GCSE Theory Intervention 10P/Pg1 Mr Avann PE4 3:15 - 4		



How to join a 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).

DARE Days, Wednesday 2nd & Thursday 3rd July 2025

Please see below for the DARE Days information.

YEAR 7	External activity		Internal activity	
	London Zoo	Beech / Willow - Wednesday Oak / Rowan - Thursday	Platinum	Oak / Rowan - Wednesday Beech / Willow - Thursday

YEAR 8	External activity		Internal activity	
	V&A Museum	Beech / Willow - Wednesday Oak / Rowan - Thursday	STE(A)M	Oak / Rowan - Wednesday Beech / Willow - Thursday

YEAR 9	Internal activity		Internal activity	
	Wise-Up Hub Challenge	Beech / Willow - Wednesday Oak / Rowan - Thursday	DT workshop	Oak / Rowan - Wednesday Beech / Willow - Thursday

YEAR 10	External activity		Internal activity	
	Go Ape	Beech / Willow - Wednesday Oak / Rowan - Thursday	Wise-Up Apprentice	Oak / Rowan - Wednesday Beech / Willow - Thursday



Highlands book of the month - May

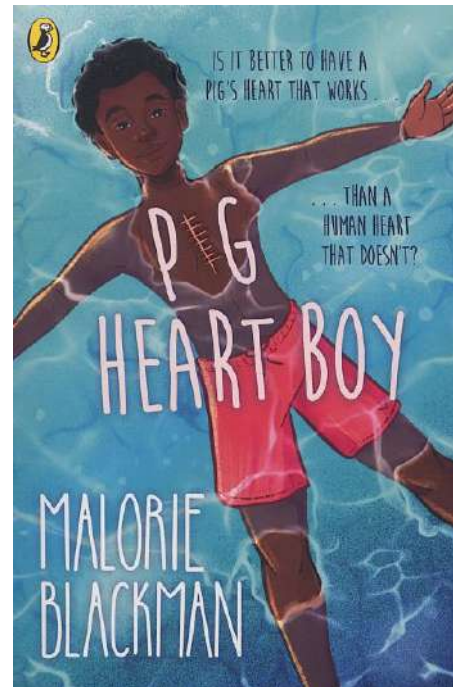
Recommended read for KS3

Pig Heart Boy by Malorie Blackman

Cameron is thirteen and desperately in need of a heart transplant when a pioneering doctor approaches his family with a startling proposal. He can give Cameron a new heart - but not one from a human. From a pig.

It's never been done before. It's experimental, risky and very controversial.

But Cameron is fed up with just sitting on the side of life, always watching and never doing. He has to try - to become the world's first pig-heart boy.



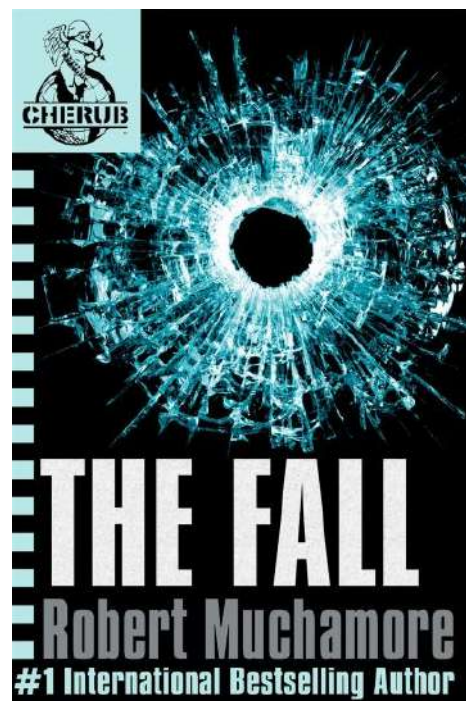
Recommended read for KS4

The Fall by Robert Muchamore

In the seventh title in the CHERUB series, James uncovers corruption where he least suspects it.

When an MI5 operation goes disastrously wrong, James Adams needs all of his skills to get out of Russia alive.

Meanwhile, his sister Lauren is on her first solo mission, trying to uncover a brutal human trafficking operation. And when James does get home, he finds that his nightmare is just beginning.





House weekly winners

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

	Beech	Oak	Rowan	Willow
Positive points	5,021	3,308	3,565	4,286
Negative points	-248	-207	-215	-245
Points overall	4,773	3,101	3,350	4,041

Top students in year 7

Forename	Surname	Form	House	Points
Muhammed	Parlak	7RAC	R	40
Daiana	Aybar Ortega	7RAC	R	39
Beth	Rognaldsen	7RAC	R	35
Natalie	Nicolaou	7OSB	O	34
Hollie	Chambers	7RAC	R	34
Skye	Hawkins	7RAC	R	34
Arley	Alla	7RAC	R	33
Helin	Yaman	7RAC	R	33
Niamh	Synnott	7BAS	B	30
Theoclis	Chrysanthou	7OSB	O	30

Top students in year 8:

Forename	Surname	Form	House	Points
Hazal	Akpinar	8WMT	W	43
Farida	Nooreldeen	8WMT	W	37
Naiara Ainhoa	Macias Medina	8WMT	W	33
Andreas	Panteli	8ODM	O	29
Tatiana	Bravo Cueva	8WMT	W	29
Seren	Carlisle	8WMT	W	29
Eva	Godfrey	8WMT	W	29
Veer	Pithia	8WMT	W	29
Thomas	Thatcher	8WMT	W	29
Sienna	Wood	8WMT	W	29
Beren	Yildirim	8WMT	W	29
Sibora	Myftari	8WMT	W	29
Jasaiya	Ollivierre	8WMT	W	29



Isla	Jobber	8WMT	W	29
Lilah	Jones	8WMT	W	29
Madeeha	Miah	8WMT	W	29
Yousuf	Hassan	8WMT	W	29

Top students in year 9:

Forename	Surname	Form	House	Points
Alexander	Savva-Faruk	9BAM	B	32
Muhammad	Abdullah	9BAM	B	31
Manav	Tailor	9BAM	B	30
Rosie	Baxter	9BAM	B	30
Mert	Aydemir	9BAM	B	29
James	Lindsey	9BAM	B	28
Anthony	Angeli	9WNK	W	28
Sena	Oguz	9WNK	W	27
Alina	Siby	9BAM	B	26
Stephanie	Berko	9BAM	B	26

Top students in year 10:

Forename	Surname	Form	House	Points
Gabrielle	Russell	10BYC	B	56
George	Baker	10BYC	B	52
Gabriela	Kusz	10BYC	B	52
James	Cooper-Dobson	10BYC	B	52
Hugh	Murphy	10BYC	B	51
Joseph	Smyth	10BYC	B	51
Sadie	Baker	10BYC	B	50
Stefan	Christodoulou	10BYC	B	50
Julia	Roszkowska	10BYC	B	50
Sam	Alimohammadi	10BYC	B	49
Ina	Varbanova	10BYC	B	49



Top students in year 11:

Forename	Surname	Form	House	Points
Jessica	Smyth	11WTH	W	24
Iasmina	Iacobut	11WDD	W	23
Anastasia	Katz	11OAB	O	22
Livanur	Atakli	11OKK	O	22
Maxim	Volkov	11OKK	O	22
Ali	Yelmer	11OKK	O	22
Rafal	Kruczek	11OKK	O	22
Ibtihal	Saney	11OKK	O	22
Rachel	Hajistilly	11OKK	O	22
Evie	Whitbread	11WDD	W	21

Top students in year 12:

Forename	Surname	Form	House	Points
Emily	Tofis	12BAS	B	12
Georgia	Kouvakli	12BAS	B	12
Tiana	Martindale	12BTD	B	12
Raya	Gotseva	12OES	O	12
Grace	Zelechowski	12RHK	R	12
Alesha	Okoye	12WAD	W	12
Angelo	Anastasi	12OES	O	10
Annalise	Demetriou	12WDS	W	10
Zoe	Ellerby	12WDS	W	10

Top students in year 13:

Forename	Surname	Form	House	Points
Ledia	Xhetani	13RSL	R	27
Alexia	Chrysostomou	13OMA	O	23
Katie	Brookman	13RSL	R	23
Charlie	Mills	13WTA	W	23
Eleanor	McHale	13RCW	R	12
Kristian	Kousoulou	13BJT	B	10
Baden	Doggett	13OMA	O	10
Ezeika	Willoughby	13OMA	O	10
Francesca	Neal	13OMA	O	10



OAKWOOD NETBALL CLUB

OAKWOOD NETBALL CLUB SENIOR TRIALS

ARE YOU AN EXPERIENCED NETBALL PLAYER WITH REGIONAL OR COUNTY LEVEL EXPERIENCE? WE'RE LOOKING FOR TALENTED ATHLETES TO JOIN OUR NETBALL CLUB AND TAKE OUR GAME TO THE NEXT LEVEL!

SATURDAY 10TH MAY
9AM-12PM
ASHMOLE SECONDARY SCHOOL

WHY JOIN US?

- COMPETITIVE MATCHES AT COUNTY LEVEL
- PROFESSIONAL COACHING AND TRAINING SESSIONS
- A SUPPORTIVE AND DYNAMIC TEAM ENVIRONMENT
- OPPORTUNITIES FOR PERSONAL AND ATHLETIC GROWTH

PLEASE FIND THE LINK TO THE TRIAL FORM IN OUR INSTAGRAM BIO. ANY PROBLEMS ACCESSING THE LINK, OR IF YOU CANNOT MAKE THIS DATE, PLEASE EMAIL OAKWOODNC@YAHOO.CO.UK

Cost to trial: £5








ACTIVE ENFIELD

JOIN TEAM ENFIELD LONDON YOUTH GAMES 2025 GIRLS NETBALL TRIALS

WEDNESDAY 7 MAY 2025
AT BROOMFIELD PARK NETBALL COURTS
PALMERS GREEN, LONDON, N13 4PL

UNDER 14 DOB: OLDEST 01/09/2010 - YOUNGEST 31/08/2013	7-9PM
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SIGN UP VIA THE QR CODE
OR VISIT WWW.ACTIVEENFIELD.UK

PLEASE BRING YOUR OWN NETBALL TO TRIALS. IF YOU DO NOT HAVE ONE, THEN YOU CAN BORROW ONE ON THE NIGHT

IF SUCCESSFUL, MUST BE AVAILABLE TO TRAIN
14, 21, 28 MAY, 4, 11, 18, 25 JUNE (7-8:30PM) AT BROOMFIELD PARK NETBALL COURTS

QUALIFIERS: SUN 29 JUN AT REDBRIDGE SPORTS CENTRE
FINALS: SUN 6 JULY AT COPPERBOX ARENA

ELIGIBILITY CRITERIA: ALL ATHLETES NEED TO LIVE OR GO TO SCHOOL IN LONDON BROUGH OF ENFIELD

ANY QUESTIONS? CONTACT SPORT@ENFIELD.GOV.UK | WWW.ACTIVEENFIELD.UK






ACTIVE ENFIELD

JOIN TEAM ENFIELD LONDON YOUTH GAMES 2025 BADMINTON TRIALS

TUESDAY 6 MAY 2025
AT DRILL HALL SPORTS CLUB
1 OLD PARK AVE, ENFIELD, EN2 6PJ

BOYS AND GIRLS MIXED TEAM (AGED 11-17 YEARS OLD) DOB: OLDEST 01/09/2007 - YOUNGEST 31/08/2013	5PM-7PM
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JUST TURN UP - NO NEED TO PRE BOOK
PLEASE BRING YOUR OWN RAQUET

IF SUCCESSFUL, MUST BE AVAILABLE TO TRAIN
TUE 13 & 20 MAY, 3, 10, 17, 24 JUNE (5-7PM) AT DRILL HALL SPORTS CLUB

FINALS: SUN 29 JUNE AT REDBRIDGE SPORTS CENTRE

ELIGIBILITY CRITERIA: ANY PLAYERS WHO HAS COMPETE IN THREE OR MORE MATCHES FOR THEIR COUNTY IN THE SHIRES LEAGUE 2023-24 FOR U13, U15 AND/OR U17 AGE CATEGORY WILL BE INELIGIBLE.
ALL ATHLETES NEED TO LIVE OR GO TO SCHOOL IN LONDON BROUGH OF ENFIELD

ANY QUESTIONS? CONTACT SPORT@ENFIELD.GOV.UK | WWW.ACTIVEENFIELD.UK





ACTIVE ENFIELD

JOIN TEAM ENFIELD LONDON YOUTH GAMES 2025 GIRLS FOOTBALL TRIALS

THURSDAY 8 MAY 2025
AT SOUTHBURY LESIURE CENTRE 3G PITCH
192 SOUTHBURY RD, ENFIELD EN1 1YP

YEAR 7 & 8 DOB: OLDEST 01/09/2011 - YOUNGEST 31/08/2013	6-7PM
YEAR 9 & 10 DOB: OLDEST 01/09/2010 - YOUNGEST 31/08/2011	6-7PM

SIGN UP VIA THE QR CODE
OR VISIT WWW.ACTIVEENFIELD.UK

IF SUCCESSFUL, MUST BE AVAILABLE TO TRAIN ON THUR 15, 22 MAY & THUR 5, 12 JUNE (6-7PM) AT SOUTHBURY LESIURE CENTRE 3G PITCH

FINALS: SUN 15 JUNE AT TOOTING AND MITCHAM FC

ELIGIBILITY CRITERIA: ALL ATHLETES NEED TO LIVE OR GO TO SCHOOL IN LONDON BROUGH OF ENFIELD

ANY QUESTIONS? CONTACT SPORT@ENFIELD.GOV.UK | WWW.ACTIVEENFIELD.UK








ACTIVE ENFIELD

JOIN TEAM ENFIELD LONDON YOUTH GAMES 2025 HOCKEY

TRIALS

SATURDAY 3 MAY 2025
SATURDAY 10 MAY 2025
AT SOUTHBURY LEISURE CENTRE HOCKEY PITCH
192 SOUTHBURY RD, ENFIELD EN1 1YP

GIRLS (UNDER 14) DOB: OLDEST 01/09/2010 - YOUNGEST 31/08/2013	10:30AM - 12PM
BOYS (UNDER 14) DOB: OLDEST 01/09/2010 - YOUNGEST 31/08/2013	10:30AM - 12PM

**SIGN UP VIA THE QR CODE
OR VISIT WWW.ACTIVEENFIELD.UK**

IF SUCCESSFUL, MUST BE AVAILABLE TO TRAIN
17 MAY, 7, 14, 21, 28 JUNE (10:30AM - 12PM)
AT SOUTHBURY LEISURE CENTRE 3G PITCH

FINALS: BOYS, SAT 5 JUL. GIRLS, SUN 6 JUL.
AT LEE VALLEY HOCKEY AND TENNIS CENTRE

ELIGIBILITY CRITERIA: ANY U14 OR YOUNGER PLAYER WHO REPRESENTS AT COUNTY, LONDON AREA OR HIGHER ARE NOT ELIGIBLE TO PLAY IN THE LONDON YOUTH GAMES



ANY QUESTIONS? CONTACT SPORT@ENFIELD.GOV.UK | WWW.ACTIVEENFIELD.UK



ACTIVE ENFIELD

JOIN TEAM ENFIELD LONDON YOUTH GAMES 2025 SQUASH

TRIALS

SATURDAY 31 MAY
AT SOUTHGATE SQUASH & RACKETBALL CLUB
WALKER CRICKET GROUND, 175 WATERFALL ROAD, SOUTHGATE, N14 7JZ

BOYS AND GIRLS MIXED TEAM (AGED 11-17 YEARS OLD) DOB: OLDEST 01/09/2007 - YOUNGEST 31/08/2013	2:45 - 5PM
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**SIGN UP VIA THE QR CODE
OR VISIT WWW.ACTIVEENFIELD.UK**
PLEASE BRING YOUR OWN RAQUET



IF SUCCESSFUL, MUST BE AVAILABLE TO TRAIN
7 & 28 JUNE (2:45PM - 5PM) AT SOUTHGATE SQUASH & RACKET CLUB
QUALIFIERS: SAT 14 JUNE AT REDBRIDGE SPORTS CENTRE
FINALS: SUN 29 JUNE AT REDBRIDGE SPORTS CENTRE

ELIGIBILITY CRITERIA: ANY PLAYER WHO HAS REPRESENTED AT COUNTY LEVEL, OR HIGHER AT U15 OR U17, UP TO THE DATE OF THE FINALS IS NOT ELIGIBLE FOR THIS COMPETITION
ALL ATHLETES NEED TO LIVE OR GO TO SCHOOL IN LONDON BROUGH OF ENFIELD

ANY QUESTIONS? CONTACT SPORT@ENFIELD.GOV.UK | WWW.ACTIVEENFIELD.UK



GCSE English 'Grade Booster'

FINAL PHASE GCSE CRASH COURSES

BEFORE EACH ENGLISH EXAM!

Saturday 3 rd May 3:30 - 6:30pm DR JEKYLL & HYDE	Saturday 3 rd May 6:30 - 9:30pm GCSE 'A CHRISTMAS CAROL'	Saturday 10 th May 3:30 - 6:30pm GCSE SHAKESPEARE 'ROMEO & JULIET'
Saturday 10 th May 6:30 - 9:30pm GCSE SHAKESPEARE 'MACBETH'	Thursday 15 th May 7pm - 9pm £35 GCSE 'AQA' UNSEEN POETRY	Friday 16 th May 6pm - 9pm GCSE 'AQA' POWER & CONFLICT POWER
Saturday 17 th May 5pm - 8pm GCSE 'INSPECTOR CALLS'	Wednesday 21 st 6pm - 9pm AQA LANGUAGE PAPER 1	Saturday 31 st May 6pm - 9pm AQA LANGUAGE PAPER 2

Taught by an experienced and highly successful
'Head of English', Senior 'Director of Learning' and GCSE examiner!




£50 EACH
MASTERCLASS
Follow this link through to 'camps'

WWW.ACETUITION.ONLINE

NEED FINAL EXAM SUPPORT? PREDICTED GCSE MATHS PAPERS

2025



JOIN US!


SUN 11th MAY (before exam on 15th May)
4PM - 5:15PM (FOUNDATION TIER)
6PM - 7:15PM (HIGHER TIER)

SUN 1st JUNE (before exam on 4th June)
4PM - 5:15PM (FOUNDATION TIER)
6PM - 7:15PM (HIGHER TIER)

SUN 8th JUNE (before exam on 11th June)
4PM - 5:15PM (FOUNDATION TIER)
6PM - 7:15PM (HIGHER TIER)

FOCUSING ON:

- MULTI-MARK QUESTIONS
- MODEL ANSWERS
- EXAM QUESTIONS STRATEGIES



£22.50 PER COURSE
INCLUDES RECORDING

WWW.ACETUITION.ONLINE

SELECT MENU, THEN "CAMPS" WHEN BOOKING



Help us fund raise for our school

Did you know when you sign up to **easyfundraising.org.uk** and purchase goods from shops on the **website** or **app**, **Highlands School** will earn a commission from the sale?

All you have to do is search for **Highlands School Enfield** and select us as your chosen charity and shop as usual.

Highlands School Enfield

Winchmore Hill, London

£3,565.00 raised

96 supporters

Sign up and support this cause

www.easyfundraising.org.uk

GET STARTED

How to support Highlands School Enfield

- 1 Sign up**
Provide us with a few details to set up your profile with easyfundraising.
- 2 Download our browser extension**
Our Donation Reminder plug-in pops up automatically when you shop to let you know when a donation is available.
- 3 Track your donations**
You'll be able to see how much you've raised in your account and we'll send updates on when Highlands School Enfield gets paid.

Support us through
easyfundraising



Highlands School Alumni

As a school, we want to reconnect with our former students so that we can keep in touch and let them know about volunteering opportunities that will benefit our current students. We want to show them the variety of pathways available to them after leaving Highlands School, and who better to showcase this information, than former students!

We are working with education charity Future First to set this up, and all you need to do to get involved is sign up here: [Highlands School Alumni](https://www.futurefirsthub.org.uk) or alternatively scan the QR code below.

More information is on our [website](https://www.futurefirsthub.org.uk) and if you have any questions please contact our Alumni Programme Manager at Future First: Tara Human – tara.human@futurefirst.org.uk

#HighlandsAlumni



Former student?

Return to Highlands School to inform our current students about what life beyond school is really like.

Sign up to our former student network to receive news, updates and invites to events.



Once you're signed up there is no obligation to volunteer, you can get involved around your availability.



Scan the QR code to join the Alumni network

12:58 5G

www.futurefirsthub.org.uk


Highlands School
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

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

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

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)

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

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. 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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