



Highlands School Newsletter

31 January 2025



Dear parents and carers,

This week marked Holocaust Memorial Day, with 27th January 2025 commemorating the 80th anniversary of the liberation of the Nazi concentration and extermination camp Auschwitz. To mark this anniversary, special assemblies were held all week, presented by Lucy, Michael and Marcus. They delivered impactful and informative sessions about the Holocaust.

The sad truth of human history is that, too often, people have been discriminated against and dehumanised, sometimes leading to violence and then genocide. Education and schools in particular are crucial in helping students understand the past and making sure we show care and compassion towards others, regardless of our differences. We take this responsibility seriously at Highlands and we are proud of our diverse school community and proud of how our students treat each other. This week's assemblies were an example of this.

This week there is a [special feature newsletter](#) that provides further insights and reflections, encouraging us all to remember the past and stand against prejudice and hate.

Mr McInerney,
Headteacher.

Key dates for this half term:

- Wednesday 5th February: year 8 and 9 options evening
- Thursday 6th February: late start following year 8 and 9 options evening (students at school by 11:20am)
- Friday 14th February: final day of half term
- Monday 24th February: students return to school



HPFA Quiz Night on Friday 14th March

The HPFA will be hosting a quiz night hosted by Mr McInerney! The evening will no doubt prove to be a fun, family-friendly and competitive event! Please put the date in your diary now and start asking around friends and family to join your table.

Tickets are £5.00 and will be on sale via ParentPay. Food, nibbles and drinks will be on sale by the HPFA, You are welcome to bring your own nibbles but any alcohol brought in will be subject to a corkage charge.

Please encourage your family and friends to come along for a fun evening, please note that tables are up to a maximum of 8 people and children need to be over the age of 5 to attend.

If anyone would like to donate a raffle prize, please let us know.

Highlands Parents and Friends Association (HPFA)



'Making Highlands Greener' year 8 science competition

All students in year 8 took part in our chemistry challenge; 'Making Highlands Greener'. The following students were selected by their teacher as they had the most innovative ways of making Highlands greener! Well done to you all.

Sita Maitland Walker, Laura Alla, Ria Stylianides, Ava Quinn, Alex Laskowsky, Cassidy Whitter-Nelmes, Maisie Allan, Chloe Tsiamas, Lucy Pishiris and Summer Mullooly.





Holocaust Memorial Day



Holocaust Memorial Day at Highlands School

Holocaust Memorial Day
27 January marks the 80th anniversary of the liberation of Auschwitz-Birkenau, the largest Nazi death camp. It was liberated on 27th January 1945.

Holocaust Memorial Day encourages the importance of remembrance by all world scarred by genocide. This means the deliberate killing of a large number of people from a particular nation or ethnic group. By raising awareness we can prevent ignorance which leads to the repetition of flawed historical events.

27 JAN

What is Holocaust Memorial Day?

On Holocaust Memorial Day (HMD) we remember the six million Jewish people who were murdered by the Nazis, and all victims of Nazi persecution, including Roma, gay and disabled people.

The Holocaust threatened the fabric of civilization, and the world said, 'never again'. But genocides have continued to take place across the world.

Genocide does not just happen. It starts with divisive language and people being targeted because of their identity. We cannot be complacent, prejudice must be challenged by us all.

On Holocaust Memorial Day, people come together to learn from genocide and create a better future.

Key terms pivotal to the Holocaust

Collaborator
Nazi collaborators were individuals or groups who cooperated with Nazi Germany during World War II, either willingly or under coercion, to further Nazi goals and policies.

Persecution
Subject someone/ a group of people to hostility and abuse, especially because of their race or political or religious beliefs.

Concentration camps
Camps created by the Nazis for the persecution of Jewish people and other prisoners.

Genocide
The deliberate killing of a large number of people from a particular nation or ethnic group with the aim of destroying that nation or group.

Ghetto
Part of a city where a specific group of people, often based on race, religion, or income level, live. Historically, it was a place where people were forced to live because of discrimination, like Jewish ghettos in Europe during World War II.

Extermination camps
Camps designed for mass murder.

A Jewish person
A person who follows the faith of Judaism.

Why is it important to remember the Holocaust and other genocides?

Genocide does not happen out of the blue – it is the result of prejudice and persecution which sees a group treated differently from the rest of society.

They come about gradually and often there are similarities in the way they come about.

The Holocaust Memorial Day Trust website suggests that there is always a set of circumstances which occur or which are created to build the climate in which genocide can take place. Here are the ten stages of genocide.

What can we do as a school community?

If we challenge discrimination and hatred as soon as it occurs, we do not give it the chance to grow.

Speak out when you see somebody doing the wrong thing.

Do not become a bystander.



Join the Dots: university transition programme for STEM - Successful Highlands sixth form applicants

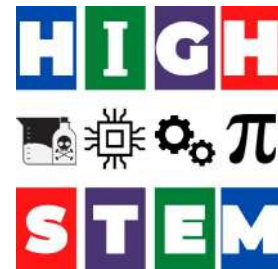
Congratulations to the below students who have been accepted onto the competitive university transition programme Join the Dots, which is run by the Brilliant Club.

Year 12:

- Isaac Mooney

Year 13:

- Selina Ramadan
- Shakeel Muuse ibraahim
- Ellie Kyprianou
- Candice Grossmann
- Jessica Griggs
- Rhea Mehta
- Ethan Strickland
- Beyza Artis
- Hana Fahmy
- Eleanor McHale



Join the Dots is split into two parts:

Before university:

UniPrep gives pupils access to free live webinars and is open to any year 12 or 13 student applying to university. It offers free guidance and tips on things like personal statements and student finance, as well as study skills support and insight into what life is like at university.

Starting uni:

Successful pupils will be supported by a Join the Dots partner university, where a spot will be secured in the second part of the programme. University partners will be announced throughout the year.

In the second part of the programme, students have a personal coach who will give them 1-1 academic coaching for their first assignments and assessments, along with group sessions with other students in the network to share advice and support to help them settle in. All of this is for free!

If you would like to be a part of this amazing programme please look out for the announcement in your STEM Google Classroom.

Well done sixth formers!

Dr Len



Dancers of the week

Our dancers of the week are Evie Whitbread in year 11 for working hard on her choreography this week and Meliz Hassan in year 9 for her Indian dance performance.



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 award is proudly presented to the following students.

- **Candice Grossmann 13OMA:** Awarded for her superb representation of the school.
- **Ibrahim Karabekmez 7RAC** and **Abed Khalaily 7RAC:** Awarded for winning the 'Science Sparks' glider competition in Ed-Extra.

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.

Lunch Accounts

Please can you check your child's lunch account regularly to make sure they have enough funds to buy food for the week. Students must use their own lunch accounts, and not ask their friends to buy food for them, as this is not permitted.

Parking near the school

Please can we ask that you avoid parking on the roundabout area near school, as well as near the zebra crossing and on the zig zag lines, as this is causing traffic issues, and is also a health and safety concern for our students. Enfield parking team do regular patrols and will issue penalty notices to those parking where restrictions are in place.



Year 11 Boys Enfield Cup

In the semi finals of the Enfield cup, the year 11 boys travelled to Latymer to compete for a place in the final. A fantastic 25 yard strike from Jordan gave Highlands a quick lead however some needless mistakes meant Latymer were 2-1 up at half time. The second half saw an increase in intensity from Highlands leaving the score 4-2 to Latymer with 10 minutes remaining with Seb scoring a header. Then Highlands turned it on with two quick goals from Jordan and Jake making the score 4-4 with two minutes remaining. A last second shot by Kevin was inches wide.

This meant penalties! A fantastic save from Jayden kept Highlands in it all the way to the end however we narrowly lost out 4-3.

Despite the final score, all the boys should be proud of themselves.

Mr Avann





Academic excellence

As part of our commitment to celebrating excellence in the house competition, we introduced the academic excellence awards based on student feedback. After each year group's mid-year assessments and mock exams, we honour the top achiever in each subject with an academic excellence trophy for their house, 1,000 house points, and a certificate. Additionally, the most improved student in each subject will receive a certificate to acknowledge their hard work and progress.

Congratulations to all of the winners.

Year 11:

Student	Form	House	Subject
Veronika Tsoma	11BJC	Beech	Art
Luke Smith	11WDD	Willow	Biology
Ava Koker	11BJC	Beech	Business
Evelina Litviniuc	11WDD	Willow	
Luke Smith	11WDD	Willow	Chemistry
Shayan Mirza	11RNC	Rowan	Citizenship
Maxim Volkov	11OKK	Oak	Computing
Evie Ferguson	11WTH	Willow	Dance
Liam O'Connor	11WDD	Willow	Economics
Benjamin Gerrish	11RNC	Rowan	English language
Pani Anastasiou	11OKK	Oak	English literature
Lucy Lord	11RNC	Rowan	Food and nutrition
Amelie Soon	11BNI	Beech	French
Benjamin Gerrish	11RNC	Rowan	Geography
Pani Anastasiou	11OKK	Oak	History
Thanos Ioannou	11OKK	Oak	Maths
Ella Kissos Boast	11RNC	Rowan	Media
Francisco Pinto	11WTH	Willow	
Naa Shidaa Quartey	11WTH	Willow	Music
Nicky Eastwood	11RGA	Rowan	PE
Carl Etuazim	11OKK	Oak	
Benjamin Gerrish	11RNC	Rowan	Physics
Ava Pasha	11OKK	Oak	
Eva Chrysostomou	11BNI	Beech	RS
Parla Ghanipour	11OAB	Oak	
Thanos Ioannou	11OKK	Oak	Science
Daniel Cox Jaramillo	11BJC	Beech	Spanish



Year 8:

Student	Form	House	Subject
Sita Maitland-Walker	8BLR	Beech	Art
Orla Dimery	8ODM	Oak	Citizenship
Liliana Jonczyk	8OJT	Oak	
Elma Stena	8OJT	Oak	
Sita Maitland-Walker	8BLR	Beech	Computer science
Amelie Mohan	8RAS	Rowan	Dance
Ryan Arun	8RJG	Rowan	Drama
Kerem Hassan	8WMT	Willow	
James Dervish	8RJG	Rowan	English language
Orla Dimery	8ODM	Oak	
Farida Nooreldeen	8WMT	Willow	
Kastina Pashku	8RJG	Rowan	
Sibora Myftari	8WMT	Willow	English literature
Marianne Smith	8WSW	Willow	French
Farida Nooreldeen	8WMT	Willow	Geography
Michael Angeli	8RAS	Rowan	History
Finley Hadley	8WMT	Willow	
Alexandra Koneva	8RAS	Rowan	
Aston Lyle	8RAS	Rowan	
Chiara-Mia Poyiadzis	8RAS	Rowan	
Marianne Smith	8WSW	Willow	
Martha Dobinson	8RJG	Rowan	
Lucas Photi	8OJT	Oak	Maths
Aarav Shah	8RJG	Rowan	
Elma Stena	8OJT	Oak	
Elma Stena	8OJT	Oak	Music
Orla Dimery	8ODM	Oak	PE
Evie Rees	8BLR	Beech	
Ashley Awatar	8BLR	Beech	RS
Nathan Oladeji	8WMT	Willow	
Drake Butler	8WMT	Willow	Science
Aynara Gomez Rosales	8RAS	Rowan	Spanish
Hasti Zare	8ODM	Oak	
Niam Kataria	8RJG	Rowan	Technology
Sita Maitland-Walker	8BLR	Beech	



DARE award winners - Year 11

There are many students who turn up every day, who always bring equipment, complete work to the best of their ability and generally embody the values of our school: determination, aspiration, respect and equality. The DARE rewards are a way of celebrating these students.

DARE scores are entered by a range of teachers and reflect what students do day-in, day-out so the students who are being recognised and rewarded are those who are consistently doing the right thing.

The average DARE application score for each student has allowed us to rank the students in the year group from those with the best average DARE application score to the lowest.

Congratulations to the following students, who were ranked the top students in year 11. Their names are listed below. The top 100 achieving students will be receiving a letter home in recognition of their achievements in the DARE values.

Year 11

- **1st:** Ender Guccuk (**Beech**) **£50 voucher**
- **2nd:** Benjamin Gerrish (**Rowan**) **£30 voucher**
- **3rd:** Nellie Eaves Baker (**Oak**) **£10 voucher**





House weekly winners

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

	Beech	Oak	Rowan	Willow
Positive Points	8,702	6,885	7,898	7,134
Negative points	-485	-395	-494	-457
Points overall	8,217	6,490	7,404	6,677

Top students in year 7

Forename	Surname	Form	House	Points
James	Berris	7RKM	R	48
Ava	Bolger	7RKM	R	48
Adrian	Skrzypkowski	7RKM	R	48
Tobey	Harris	7RKM	R	48
Emily	Dent	7RAC	R	45
Poppy	Perkins	7OMK	O	44
Vitaliia	Zakharchuk	7RAC	R	44
Helin	Aslaner	7RKM	R	44
Rowan	Vaughan-Williams	7RKM	R	44
Angelo	Georgiou	7OMK	O	43
Orinthia	Goonan	7RKM	R	43

Top students in year 8:

Forename	Surname	Form	House	Points
Akeesa Induvari	Gurubebila Vitharanage	8BEF	B	66
Laura	Alla	8BEF	B	60
Carmel-Marie	Asoegwu	8BEF	B	56
Edgar	Freimanis	8BEF	B	56
Natalia	Balla	8BEF	B	54
Isabella	Smith	8BEF	B	52
Raha	Hashemi	8BEF	B	52
Erkay	Guzel	8BEF	B	52
Florence	Holyomes	8WSW	W	51
Sidney	Spofforth	8BEF	B	49



Top students in year 9:

Forename	Surname	Form	House	Points
Stefano	Keliris	9RCX	R	48
Leo	Albrecht	9RCX	R	45
Lexie	Cullen	9RCX	R	44
Nea	Petritaj	9WNL	W	44
Austin	Kavanagh	9RCX	R	43
Kalan	Bowry	9RCX	R	42
Naara Sade	Salom-Mason	9OAC	O	39
Oscar	Cattarossi	9ORD	O	38
Amber	Walford	9RCX	R	38
Isobella	McNeil	9RCX	R	38

Top students in year 10:

Forename	Surname	Form	House	Points
James	Cooper-Dobson	10BYC	B	62
Arda	Surmez	10OSM	O	58
Gabrielle	Russell	10BYC	B	57
Adem	Bimici	10BLM	B	53
Joshua	Mrozi	10BLM	B	51
Ruby	Magrun	10BYC	B	51
Nathan	Mazele	10BYC	B	51
Ikram	Mohamed	10BLM	B	50
Melisa	Angelova	10BLM	B	48
Evren	Okanay	10OSM	O	48
James	Butcher	10OSM	O	48

Top students in year 11:

Forename	Surname	Form	House	Points
Ender	Guccuk	11BNI	B	55
Evie	Whitbread	11WDD	W	47
Daniel	Cox Jaramillo	11BJC	B	46
Zacharias	Stavrou	11BJC	B	45
Imogen	Ganvir	11BJC	B	40
Junaid	Ejaz	11RGA	R	40
Dmytro	Yeremeiev	11BJC	B	39
Liam	O'Connor	11WDD	W	39
Aleksander	Ivanov	11WDD	W	39
Aaliyah	Udahemuka	11BJC	B	37
Oguz Kagan	Yalcinoz	11BJC	B	37
Iasmina	Iacobut	11WDD	W	37



Top students in year 12:

Forename	Surname	Form	House	Points
Nathan	Fisher	12OAT	O	33
Zac	Maclean	12WDS	W	27
Luke	Tyrimos	12WAD	W	21
Suleyman	Degirmenci	12RJB	R	19
Raya	Gotseva	12OES	O	16
Grace	Zelechowski	12RHK	R	16
Charlie	Skipp	12RHK	R	16
Elena	Giudice	12BAS	B	15
Spyros	Yiallourous	12BTD	B	15
Daisy	Desoer	12RHK	R	15
Rhea	Mehta	12RJB	R	15
Muhammad	Farooq	12WAD	W	15

Top students in year 13:

Forename	Surname	Form	House	Points
Ledia	Xhetani	13RSL	R	32
Katie	Brookman	13RSL	R	29
Alexia	Chrysostomou	13OMA	O	28
Charlie	Mills	13WTA	W	28
Tyler	Macdonald	13BJT	B	20
Aleksander	Zogu	13BJT	B	16
Selam	Taye	13WTA	W	16
Elyaas	Uddin	13WTA	W	16
Zack	Williams	13WTA	W	16
Raphael	Richter	13WTA	W	16
James	Janczur	13WTA	W	16
Caden	O'Brien	13WTA	W	16



JOIN THE **Super 1s**



All disabilities welcome
Ages 12-25

CHALLENGE YOURSELF
BE MORE ACTIVE
IMPROVE YOUR SKILLS
MAKE NEW FRIENDS

**Free inclusive
cricket sessions!**

WHEN:
Tuesdays
4pm - 5pm
(Starting 28 January 2025)

WHERE:
Southbury Leisure Centre,
192 Southbury Road,
Enfield EN1 1YP

CONTACT:
Daisy Meadowcroft
daisy.meadowcroft@middlesexccc.com

www.lordstaverners.org/super1s



LORD'S TAVERNERS
Empowering young people through cricket

Registered Charity No: 239624 | OSCF No: 50244278



**MIDDLESEX
IN THE
COMMUNITY**



**Berkeley
Foundation**



SIGN UP HERE!

Does your child find it difficult to attend school for emotional reasons?

Join the Educational Psychology Service for a new interactive online workshop designed for parents and carers.

This year, we are introducing case discussions to provide practical, solution-focused support for families experiencing challenges with emotionally based school non-attendance (EBSNA).

In this session, we will:

- ▶ Collaboratively reflect on current challenges with other parents and carers.
- ▶ Explore practical, solution-focused ways to support children and young people experiencing EBSNA
- ▶ Share strategies that have worked well for families
- ▶ Consider how to engage effectively with schools to support your child
- ▶ Identify what help and support are available
- ▶ Connect with others in a safe and supportive space.

[Sign up here](#)




SESSION 1
Monday 17th March 2025
1.30pm-2.30pm

SESSION 2
Monday 31st March 2025
1.30pm-2.30pm

For more information, please email eps@enfield.gov.uk

www.enfield.gov.uk





Help us fund raise for our school

Did you know when you sign up to [easyfundraising.org.uk](https://www.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

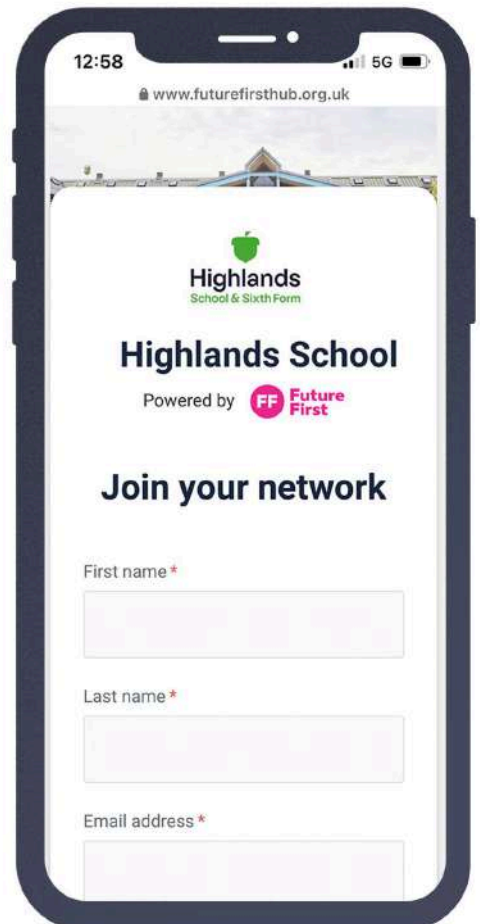


Former student?

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](#)) 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

Urgent and other support available

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

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)

childline
CALLING 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 - 6pm on weekends and bank holidays)

koeth

Koeth 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:

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

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

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

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

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