



Highlands School Newsletter

14 March 2025



Photos: U16 Middlesex football champions

Dear parents and carers,

Not for the first time, this week we are celebrating the success of our girls' football teams. Our under 16 girls are Middlesex champions for the third year running. Massive congratulations to the girls for all they have done to develop girls' football at Highlands over the past few years.

This week, we also celebrated International Women's Day with a variety of events, including a successful bake sale, organised by Highlands' first ever feminist society FemSoc, that raised money for *Women's Aid*. The sale was a fantastic way to support a vital cause while enjoying delicious treats. The society invited Dr. Sian Oram from King's College London to school to speak with them. Well done to all the students who have set up and led this new society.

Have a great weekend,

Mr McInerney,
Headteacher.




Key dates for this and next half term:

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



HPFA Quiz Night on Friday 14th March - TONIGHT!!

The Highlands Parents and Friends Association (HPFA) is hosting an exciting Quiz Night hosted by the amazing Mr. McInerney! This promises to be a family-friendly, competitive, and fun-filled evening that you won't want to miss. Mark the date in your diaries, gather your friends and family, and get ready to show off your trivia skills!

 **Date:** Friday 14th March
 **Time:** 7pm
 **Location:** Highlands School

Tickets: Just £5.00 per person!

You can grab your tickets easily via [ParentPay](#) or, if you're not a parent/carer at the school, you can buy tickets [here](#).

What's on offer?

- Delicious food, tasty nibbles, and refreshing drinks will be available for sale at the event, all run by the HPFA!
- You are welcome to bring your own nibbles, but please note any alcohol brought in will be subject to a corkage charge.

Get your team together!

Tables can have up to 8 people, so bring your friends, family, and even your neighbours for a night of laughs, friendly competition, and a chance to show off your knowledge! Children over the age of 5 are welcome to join in the fun.

This is more than just a quiz night – it's an event that helps raise vital funds for our school and supports the activities and resources that benefit our children. Every penny raised goes directly to supporting the wonderful work happening at Highlands School. So, come along for a fantastic evening while supporting a great cause!

We can't wait to see you there! Tickets can also be purchased on the door tonight.

HPFA





U16 Middlesex champions!

This week, the year 10 and 11 girls' football team triumphed in the Middlesex Cup final with a commanding 6-0 victory over Alexandra Park School. This remarkable achievement marks the team's third consecutive year as Middlesex champions, solidifying their dominance in the region.

The match, which took place at the prestigious Rectory Park, was an exceptional showcase of skill, teamwork, and determination. From the first whistle, the girls displayed a level of performance that overwhelmed their opponents, with their attacking play proving to be too much for Alexandra Park to handle. The team's offensive line was relentless, scoring seven well-executed goals, while their defense held strong, ensuring the opposition never came close to scoring.

Shekinah Gitu was a standout player throughout the match and was rightfully nominated Woman of the Match by Middlesex match officials.

This victory not only adds another trophy to the school's collection but also underscores the hard work, dedication, and passion the team has displayed over the past three years. Their achievement of winning the Middlesex Cup three years in a row speaks volumes about their consistency and dominance in girls' football at the regional level.

The year 10 and 11 girls' football team have shown they are a force to be reckoned with in school sports. Their performance in this year's final is a testament to their growth as athletes and their commitment to excellence, making them worthy champions for the third consecutive year.

Congratulations to the team. The school community is immensely proud of their remarkable achievement.

Well done girls!

Mrs Hutchinson





International Women's Day

As mentioned in the headteacher's welcome today, this week we celebrated International Women's Day at Highlands School.

Throughout the week, students enjoyed an insightful assembly presented by Yagmur, Flori, Joseph, and Eleanor, who are members of the school's first-ever feminist society, *FemSoc*. During the assembly, they explained the significance of International Women's Day and this year's theme, **Accelerate Action**, which emphasised the urgency of taking decisive steps toward achieving gender equality.

FemSoc provides a platform for discussions on women's rights and equality, and their efforts are truly making a difference. Additionally, the *FemSoc* members attended a seminar by Dr. Sian Oram from King's College London. It was an inspiring week filled with action and awareness!

Read this week's special feature newsletter on International Women's Day [here](#).





Celebrating success in photography competition!

Over the Christmas holidays, I encouraged all students to take part in a special photography competition as a creative project to get out into their community and capture a moment of nature's resilience. This was open to students across all 19 boroughs of North London and run by the North London Waste Authority.

I am delighted to share that Emily Dent, one of our year 7 students' stunning photograph, *Nature's Quiet Triumph*, has been awarded 2nd place in the competition!

Emily's winning piece will be proudly displayed at the brand-new education facility, Ecopark House in Edmonton. As part of this honour, Emily will be invited to the official opening ceremony where her work will be unveiled alongside other winners.

Well done Emily - this is a fantastic achievement!

More information can be seen here [Secondary schools photography competition | NLWA](#) and extended thank you to the team at NLWA for this opportunity.



Emily Dent 7RAC





Celebrating academic excellence at Cambridge University

Wednesday 26th February 2025 marked a significant milestone at Cambridge University, Magdalene College - founded in 1428, with its own section of the River Cam and a well-regarded candlelit formal hall. This event was not a traditional graduation for university students but rather a celebration of a group of year 10 students completing the Scholars Programme, an initiative run by the charity Brilliant Club to inspire young people and broaden their awareness of opportunities at the UK's top universities.

Over the course of ten weeks, students participated in after-school sessions led by Alba Jiminez, a PhD student at Imperial College London. They developed the confidence and academic skills needed to apply to prestigious institutions in the future. Their journey culminated in a final dissertation, titled "Beyond the DNA Sequence: How Epigenetics Defines the Fate of the Cell", a challenging piece of work pitched at one Key Stage above their current level, which was assessed and awarded a university-grade mark.

As part of the day students were encouraged to reflect on their future university options, received a guided tour of the university led by current students, as well as an information, advice, and guidance session to support their aspirations for higher education.

This group of students demonstrated outstanding excellence, determination, and independence in achieving this success. We are immensely proud of their accomplishments! A special congratulations to Elis Cristovao and Harry Stylianou for courageously taking the stage as spokespersons for the group.

All students: Muhammad-Ibrahim Ahmad, Lois Anosike, Yunus Coskun, Isis Crawford, Elis Cristovao, Franceska Koci, Alan Kushova, Demi Kyriacou, Ruby Magrun, Jude Owusu-Ansah, Harry Stylianou, Alex Sultan, Ermioni Tsantikou and Enes Turan.





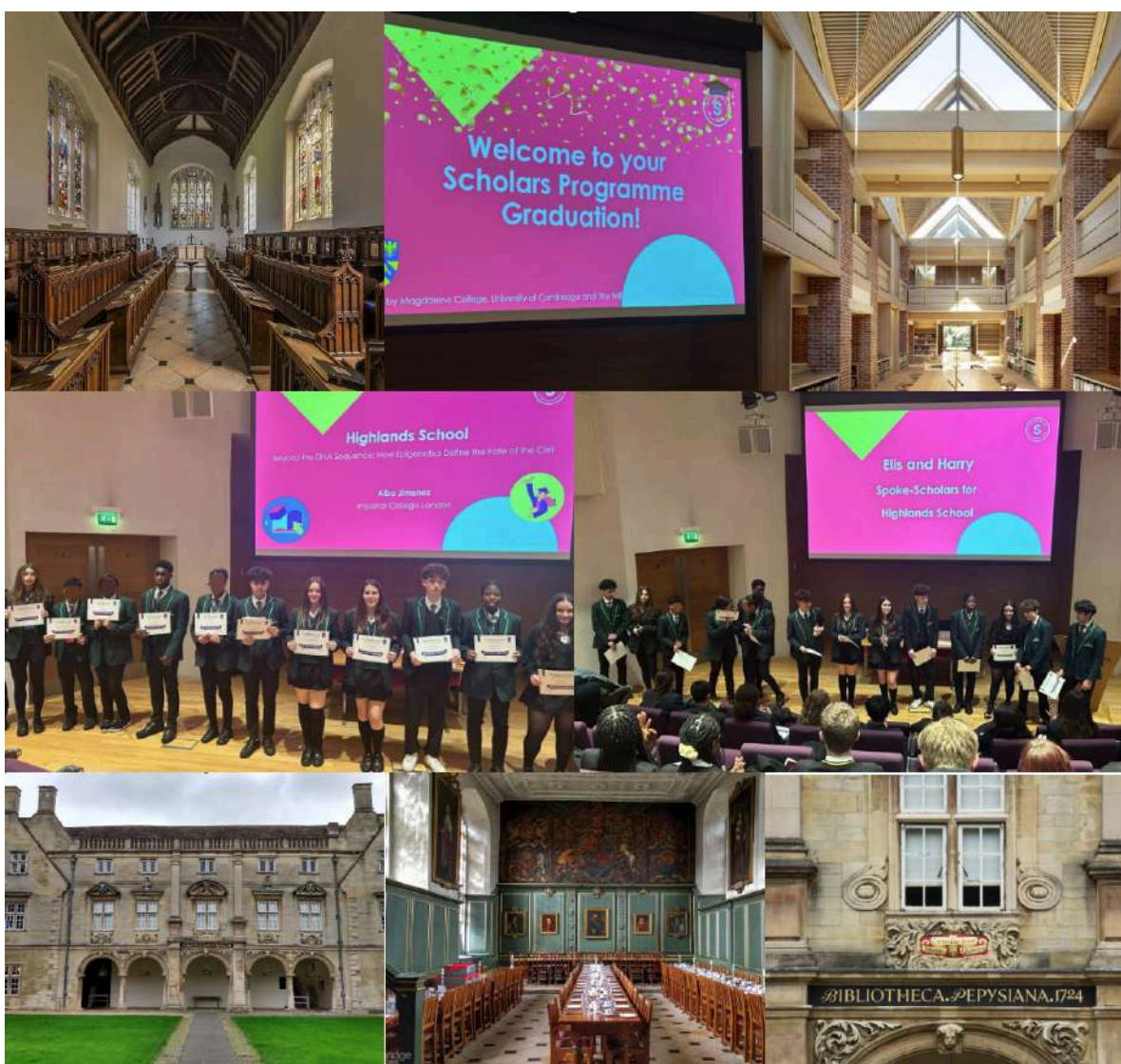
"Throughout the course, we studied Epigenetics: Beyond the epigenome; taught to us by our PhD tutor, Alba Jimenez. In summary, this was about the undermining factors influencing the DNA, health, and appearance of humans, plants, and other organisms.

Something new and interesting I learnt was plant priming and how they can produce primed seeds adapted to a range of harsh weather conditions, far from their ideal. I believe this process could contribute to great advancements in crop growth and survival.

This course's initial assignment and final assignment gave me the skills and confidence to write at a first class university level. Also, it provided me with the ability to analyse and evaluate graph data which I can easily transfer to other areas of study I may wish to pursue in the future.

At first, I found the many new biological terms related to DNA and genes difficult to understand. There were also some graphs we came across and I struggled to read and evaluate them. However, thanks to my tutor and their enthusiasm in answering our questions and explaining what we were covering, I began to understand how to retrieve information from these graphs and implement them into my answers.

Finally, yes, I am considering further education at a university when I finish school, because there is so much I still want to explore in STEM subjects. I think I might want to study a branch of engineering, such as mechanical engineering." - Elis Cristovao





Year 7 netball

The year 7 netball team continued their successful season with a 14-0 win over Kingsmead this week. The girls played some fantastic netball and we are very proud of their teamwork, this time fuelled by ribbons made by Beth! Although all of the team contributed to the performance, Kingsmead chose Alex as their player of the match. Netball club is every Monday 3.30pm - 4.30pm.



Year 8 netball

The year 8 netball team also played Edmonton County this week and played some fantastic netball which resulted in a 17-2 win.

Alex was awarded player of the match for her amazing effort playing centre. Well done girls!

Ms Berrill





Students gained valuable insights into practical applications of concepts they have studied in class, such as how the UK bank rate has changed over the years and how the Prudential Regulation Authority (PRA) and the Financial Policy Committee (FPC) work to prevent financial crises.

The presentation also included a personal account of the ambassador's career journey, with tips for students interested in pursuing a career in related fields. During the Q&A session, students had the chance to ask questions and deepen their understanding of economics in the real world.

Ms Ryoo





Inspiring law talk - pathways, advice, and opportunities

Last Friday, year 12 students received an inspiring law talk from a recent graduate who shared her journey into the legal field. Originally studying a BTEC level 3 in Health and Social Care, she later pursued a career in law, offering valuable insights into her transition and experiences.

As a Londoner who has been in their position, she provided a relatable and encouraging perspective, answering students' questions and shedding light on different pathways into law. Beyond law, she also gave valuable advice on what students should be doing outside of academics - whether they plan to pursue law or explore other career routes. Her talk was both informative and motivating, equipping students with practical guidance for their future.

Thank you to Nashreen and Jessica from the University of Law.



Mrs Laurenzi





House assemblies

This week, house assemblies were held, led by our student leaders, where they discussed their house's current position in the competition, upcoming events and competitions, and clubs.

Student leaders and form reps raised important points during the recent house meetings, which have been brought forward for further discussion, highlighting the importance of student voice in shaping school activities.



Dancers of the week

This week's dancers of the week are Lindi Cela in year 8 for his great work in the Aladdin dance and Jessica Smyth for her GCSE recordings.

Well done to you both.

Miss Brown





Headteacher's award

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

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

- **Krystal Wright 9RCX, Sibora Myftari 8WMT and Naomi-Rose Folorunso 7WEF:** Awarded for winning the English Creative Writing Competition for KS3.
- **Gracie Mae Ticehurst 12OES and Elisabeth Castells 12RHK:** Awarded for helping the PE department with the filming of GCSE PE moderation.
- **Joseph Brooks 12RHK, Yagmur Olcay 12OES, Eleanor Smith 12OAT and Flori Macarthur 12OES:** Awarded for representing FemSoc and creating an event to celebrate International Women's Day with slides for house assemblies.





The Scholastic Book Fair

The Scholastic Book Fair will be running at Highlands School from **28th March to 2nd April**.

Students will be able to use their £1 book token which the school library will be providing, towards purchasing a book.



Highlands

Chess Club

Chess Club House Tournament

4 players per house

House heats - Break time 18th March in M1
Tournament starts 25th March
more details soon



School announcements

Lost property

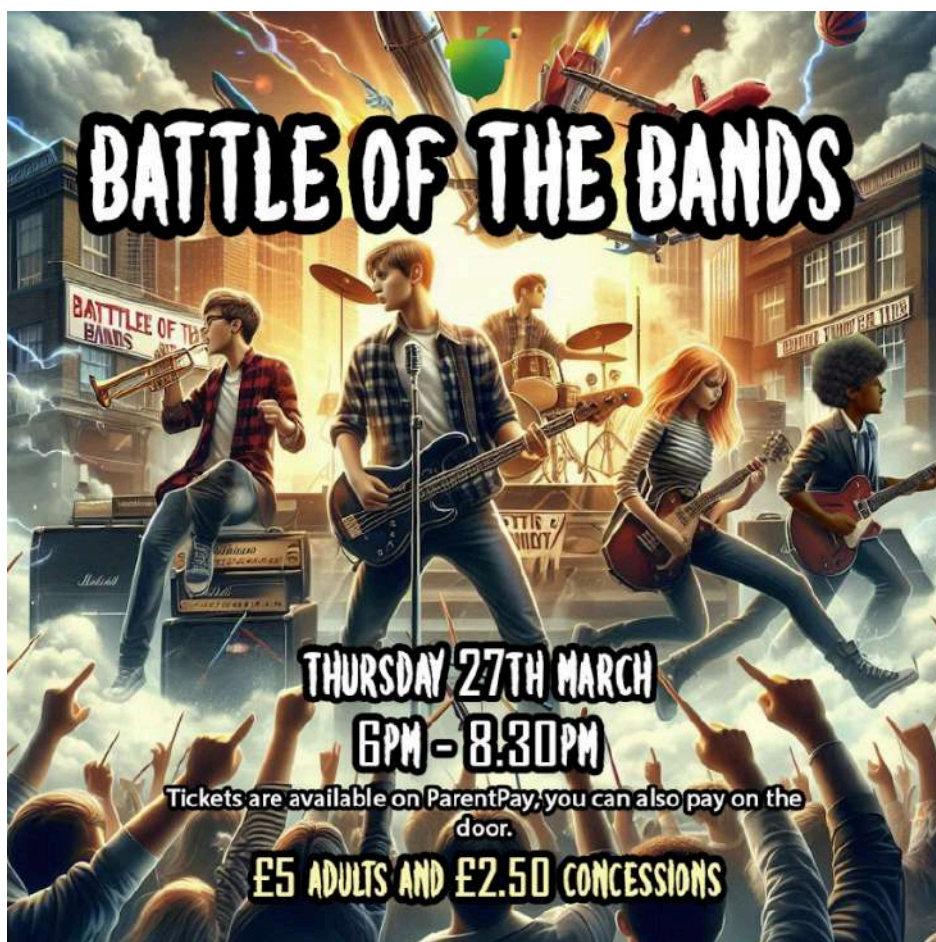
Please click [here](#) for a list of lost property received since the start of term.

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.

Battle of the Bands – Ticket information and performer consent

We are excited to remind you about the upcoming *Battle of the Bands*! Please note that tickets are selling fast on ParentPay, and parents can purchase them online. Don't miss out!

Performers (80 in total across 15 bands) will receive a letter this week with details for consent to attend. Stay tuned for more updates, and we look forward to seeing you at this exciting event!





HPFA Easter raffle

Hop into the Easter spirit and buy your raffle tickets for a chance to win "eggcellent" prizes! From a hamper of Easter goodies to a coffee and cake voucher, there's something for everyone - don't miss out! Click [here](#) to buy your tickets now.

The poster is for the HPFA Easter Raffle at Highlands School. It features a light blue background with a yellow border. At the top, the Highlands School logo (a green apple) and name are displayed. The title 'HPFA Easter Raffle' is in large, bold, green letters. Below the title, text in purple describes the prizes: 'Buy your tickets to be in with a chance to win 'eggcellent' prizes including a hamper of Easter goodies, a voucher for coffee and cake, a science session with JGM tutors and lots more!'. A QR code is provided for ticket purchase, with the text 'Scan the QR code to buy your tickets' next to it. The bottom of the poster shows a grassy field with several colorful Easter eggs (pink, green, orange, blue) and the HPFA logo (a green apple) and text 'HPFA Highlands Parents & Friends Association'.

Highlands School

HPFA Easter Raffle

Buy your tickets to be in with a chance to win 'eggcellent' prizes including a hamper of Easter goodies, a voucher for coffee and cake, a science session with JGM tutors and lots more!

Scan the QR code to buy your tickets

HPFA
Highlands Parents & Friends Association



House weekly winners

This week's winner is the house with the highest achievement points minus concern points plus the points from the department competitions. Congratulations **Rowan**!

	Beech	Oak	Rowan	Willow
Positive points	5,700	5,955	6,711	4,575
Negative points	-389	-314	-338	-432
Points overall	5,311	5,641	6,373	4,143
Y9 physics (Siena 9WMP)				1,000
Y8 computer science (Liliana OJT)		1,000		
KS3 English (Krystal 9RCX)			1,000	
Grand total this week	5,311	6,641	7,373	5,143

Top students in year 7

Forename	Surname	Form	House	Points
Muhammed	Parlak	7RAC	R	61
Levi	Xhetani	7RAC	R	59
Helin	Yaman	7RAC	R	55
Beth	Rognaldsen	7RAC	R	54
Ediz	Kara	7RAC	R	54
Joseph	McHale	7RAC	R	54
Arley	Alla	7RAC	R	53
Emily	Dent	7RAC	R	52
Pascal	Kyprianides	7RAC	R	52
Mia	Dib	7RAC	R	51

Top students in year 8:

Forename	Surname	Form	House	Points
Marianne	Smith	8WSW	W	45
Olivia	Zimaras	8ODM	O	44
Orla	Dimery	8ODM	O	44
Florence	Holyomes	8WSW	W	42
Klea	Kambo	8WSW	W	41
Kerim	Abidat	8ODM	O	40
Kayla	Hassan	8ODM	O	40
Akeesa Induvvari	Gurubebila Vitharanage	8BEF	B	38
Dylan	Makani	8ODM	O	38
Shaan	Seetul	8WSW	W	38



Top students in year 9:

Forename	Surname	Form	House	Points
Xhorxhia	Kuvertaris	9RCX	R	46
Simra	Hassan	9OAC	O	34
Liam	Redmond	9RCX	R	34
Amili	Blana	9RCX	R	32
Zachary	Ekkeshis	9RCX	R	32
Panayiotis	Palamaras	9RCX	R	30
Lexie	Cullen	9RCX	R	30
Ashton-Gabriel	Eskinder	9RCX	R	30
Harry	Stylianou	9WNK	W	30
Taylor	Berndes	9OAC	O	28
Efe	Yener	9RCX	R	28
Krystal	Wright	9RCX	R	28
Kaelyn	Beisty	9WNK	W	28

Top students in year 10:

Forename	Surname	Form	House	Points
Franceska	Koci	10RTC	R	52
Jorja	Hodge	10RTC	R	51
Lorin	Varli	10ODC	O	50
Liya	Ali	10BLM	B	46
Nicole	Kozinos	10RTC	R	45
Ayse	Carmanbar	10BLM	B	43
Hugh	Murphy	10BYC	B	43
Yunus	Coskun	10ODC	O	43
Daniel	Horea	10RCG	R	42
Lucas	Baja	10WJQ	W	41
Nicholas	King	10WJQ	W	41

**Top students in year 11:**

Forename	Surname	Form	House	Points
Ava	Koker	11BJC	B	46
Ender	Guccuk	11BNI	B	37
Sofia	Betancur Mesa	11BJC	B	35
Jayden	Soopramanien	11BNI	B	34
Evie	Ferguson	11WTH	W	30
Aaliyah	Udahemuka	11BJC	B	28
Darveen	Omar	11BNI	B	28
Anastasia	Katz	11OAB	O	28
Elaina	Fitzgerald	11WDD	W	28
Roshan	Awudu	11BNI	B	27
George	Kapas	11OKK	O	27

Top students in year 12:

Forename	Surname	Form	House	Points
Floriana	Macarthur	12OES	O	16
Eleanor	Smith	12OAT	O	14
Grace	Zelechowski	12RHK	R	14
Sophie	Gerrish	12RJB	R	14
Annalise	Demetriou	12WDS	W	14
Yagmur	Olcay	12OES	O	12
Joel	Biggs	12RHK	R	12
Charlie	Skipp	12RHK	R	12

Top students in year 13:

Forename	Surname	Form	House	Points
Zachary	Sferrazza	13WBS	W	12
Albert	O'Shea	13WBS	W	12
Alexander	Britton	13BCR	B	8
Tyler	Macdonald	13BJT	B	8
Ceon	Ofoeme	13BJT	B	8
Isabelle	O'Sullivan	13OMA	O	8
Ayub	Mohamed	13RCW	R	8
Nina	Szymecka	13RSL	R	8
Maksymilian	Lewandowski	13RSL	R	8
Katie	Hampson	13WBS	W	8
Nico	Manning	13WBS	W	8
Elyaas	Uddin	13WTA	W	8
Zack	Williams	13WTA	W	8



HAF CAMP: FREE FOOD & HOLIDAY CAMP

7TH-10TH APRIL
AGES 4-16

APF Activity Camps

APF
EASTER ACTIVITY CAMPS
HAF CAMPS
AT
AYLEY CROFT AND
MEMORIAL HALL

ACTIVITIES: GO-KARTS, BOUNCY CASTLE, SPORTS, ARTS & CRAFTS

LOCATIONS	POST CODE	AGES	TIMES
Memorial Hall	N9 9QP	4-14	10am-2pm 2.15pm-6.15pm (SEND)
Ayley Croft Hall	EN1 1XP	4-16	9am-1pm 1.15pm-5.15pm (SEND)

Call us for more information: 07555748776
Or email us: support@apfactivitycamps.com
MORE INFORMATION ON HOW TO BOOK CAN BE FOUND HERE

ACTIVE ENFIELD

**JOIN TEAM ENFIELD
LONDON YOUTH GAMES 2025
BASKETBALL
TRIALS
TUESDAY 22 APRIL 2025**

AT SOUTHBURY LEISURE CENTRE
192 SOUTHBURY RD, ENFIELD EN1 1YP

GIRLS (YEAR 11 AND UNDER)	6:40-7:40pm
BOYS (YEAR 11 AND UNDER)	7:40-8:40pm

JUST TURN UP - NO NEED TO PRE BOOK

IF SUCCESSFUL, MUST BE AVAILABLE TO TRAIN
TUE 29 APRIL AND TUE 6, 13 & 20 MAY AT SOUTHBURY LEISURE CENTRE

QUALIFIERS: SAT 24 - SUN 25 MAY 2025 AT UEL SPORTS DOCK
FINALS: SUN 6 JULY 2025 AT QEOP COPPER BOX ARENA

ANY QUESTIONS? CONTACT SPORT@ENFIELD.GOV.UK www.activeenfield.uk



Introduction to Positive Behaviour Support for parents and carers



This workshop, organised by **Our Voice Parent/Carer Forum** and **Enfield's Joint Service for Disabled Children**, is for all parents and carers of children and young people (0-17) with special educational needs and/or disabilities living in Enfield.

The training aims to provide an understanding of Positive Behaviour Support, to help families to prevent and manage behaviours of distress, by creating an environment where the behaviour is no longer needed and so to improve the quality of life for their child or young person and the whole family. We will look at how families can work with the network of people around their child or young person (such as staff at their school or social care environments) to enable a consistent approach that encourages engagement in education and the community.

The training is delivered by expert Our Voice team members with lived experience, supported by professionals from Enfield's Joint Service for Disabled Children, and promotes strength-based approaches and a truly person-centred approach.

Thursday evening 27th March 2025 7 – 9 pm
Online via Zoom (link will be supplied when you book)

Book your place at <https://PBSintroMar25.eventbrite.co.uk>

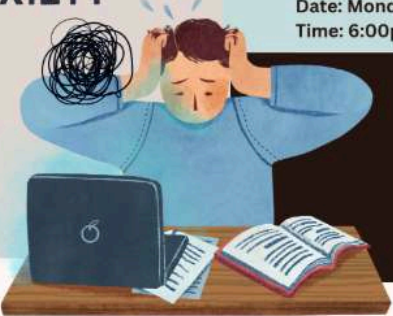
Or find the link on our events page below or scan the QR Code.



SCAN ME


See more details of the workshop on our website at
<https://www.ourvoiceenfield.org.uk/events>





CULTIVATING COURAGE - SUPPORTING YOUR CHILD WITH ANXIETY

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




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

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

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

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

<https://forms.office.com/e/dhuuCKbqR6>



ANXIETY WORKSHOP SIGN UP FORM NEW



PARENT WORKSHOP CALM AND CONNECTED

**SUPPORTING YOUR CHILD WITH
MANAGING STRESS**

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



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

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

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

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

<https://forms.office.com/e/uDZfPjaAM>



MANAGING STRESS WORKSHOP SIGN UP FORM NEW



FEELINGS IN FOCUS - SUPPORTING YOUR CHILD'S EMOTIONAL WELLBEING

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



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

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

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

<https://forms.office.com/e/aqYHyyDHD>




EMOTION REGULATION WORKSHOP SIGN UP FORM NEW



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

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



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

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

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

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

<https://forms.office.com/e/eJbwiSYZDj>



BEHAVIOUR WORKSHOP SIGN UP FORM NEW



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.

#HighlandsAlumni



Former student?

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

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

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



Scan the QR code to join the Alumni network

12:58 5G

www.futurefirsthub.org.uk

Highlands School & Sixth Form

Highlands School

Powered by **FF 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
	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
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)

Urgent and other support available

childline
ONLINE, 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
Dedicated support for under 25s

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)

kooh

Kooh 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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