



Highlands School Newsletter

24 January 2025



Dear parents and carers,

Yesterday we welcomed over 100 families to school for our information evening about the 2025 school expedition to Morocco and the 2026 expedition to Eswatini. Tom, from True Adventure (the company we run our international expeditions with), presented to families along with Miss Husseyin, senior assistant headteacher. We look forward to signing up lots of the students who attended and then supporting them preparing and fundraising for the expeditions.

I would like to draw your attention to the HPFA quiz night on Friday 14th March. Like last year, I will be the quizmaster; it was a great event last year and I am already working on the questions for this year. Please form a team and come along; parents, students and members of the community are welcome. Details of how to sign up are on the next page.

Have a great weekend,

Mr McNerney,
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 11:20)
- 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)



Physics space challenge

Well done to the following students who have completed fantastic projects for their space topic. In recognition of this fantastic effort these students will be taking part in an enriching and exciting trip to the UCL observatory!

Well done to the winners: **Siena Jugurnauth, Yuxi Chen, Mya Calica, Lucie Sadler, Giles Obeng, Samuel Malaj, Matthew Nicolaou, Hayssa De Araujo Spinelli, Ruby Walford and Georgia Kuvertaris.**



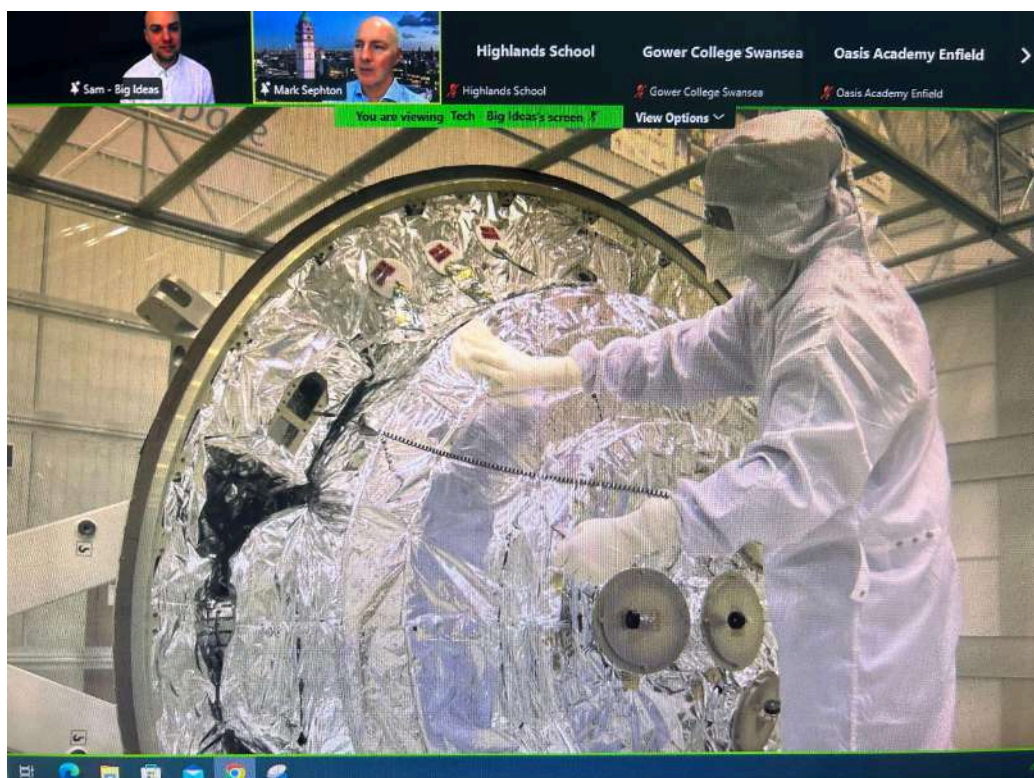
Highlands STEM Webinar: *Rockets for All* with Mark Sephton!

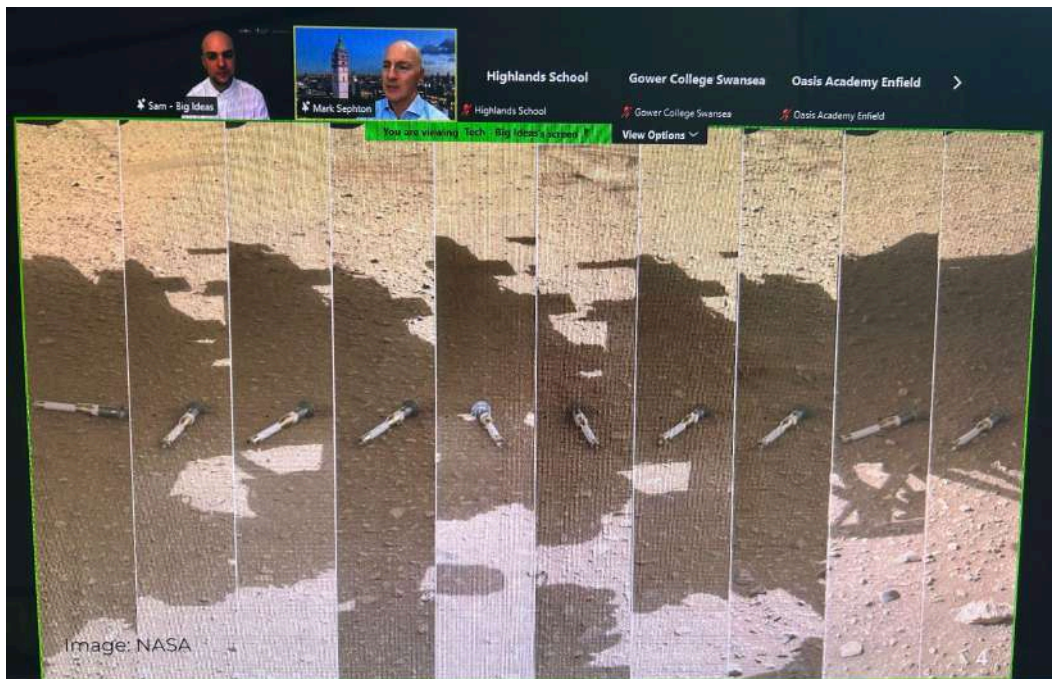
Year 10, 11 and 12 students had the unique opportunity to attend *Rockets for All*, a live webinar hosted by renowned space scientist Mark Sephton. The session was an inspiring journey into the world of space exploration, focusing on the groundbreaking Mars Rover missions and the transferable skills that make them possible.

Mark shared his expertise on the interdisciplinary nature of space science, highlighting how subjects like physics, chemistry, maths, and computer science play a pivotal role in advancing humanity's reach into space. Students also gained valuable insights into choosing university courses and building skills to support careers in space and other STEM fields.

The highlight of the event was a lively Q&A session where students asked Mark questions about his career, challenges in space exploration, and advice for aspiring scientists and engineers.

The event left students motivated to aim high and explore the possibilities that science and technology can unlock but most importantly to *"follow your interests and passion, know your skills, and whichever route you take you will always learn something"*.





Here are some of the students' thoughts on why they wanted to attend the exciting webinar.



'I would love to attend the Rockets for All workshop because I am passionate and open to learn about any area of engineering. I am eager to learn from experts in the UK Space Agency and gain insight into the exciting opportunities within the space industry. This event would be a fantastic chance to explore how engineering, geology, and policy shape space missions, and I'm enthusiastic about asking questions and taking part in interactive activities. Participating in the challenge would be an amazing opportunity to apply what I've learned and challenge myself creatively and academically.' - Elis Cristovao 10WCM



'I have recently gained a lot of interest in aerospace engineering and the physics and mathematical side of everything including planes, their engines and rockets. I wish to study aerospace engineering after A levels' - Arnelijus Mankevicius 12OAT



'I have a very strong obsession with space and astrophysics; my dream job is to either become a doctor or an astrophysicist and work in NASA. The webinar will give me the opportunity to improve, learn and understand the skills that I need to have to become an astrophysicist and it gives me an opportunity to be able to have access to people who have already chosen this part of science and to learn tips from them.' - Diana Tangestani 10ODC

Exciting Research STEM Placements now OPEN!

What is Research STEM?

Research placements for year 12 students within the East of England and London.

Exciting two-week placements with fantastic organisations offered in science, technology, engineering, mathematics and social science.

Students have a unique opportunity to carry out hands-on research during the summer holidays in a working environment under the supervision of experts who can share their knowledge, skills and passion for STEM.

STEM POINT will match you with a placement provider as close to your home location as possible and with your chosen subjects in mind.

There is no cost to take part and travel expenses will be reimbursed. Eligibility criteria will apply.

To check your eligibility and apply click [here](#). Click [here](#) for more information.

What do you get out of it?

- Increased confidence in the workplace and chosen subject.
- Hands on experience Working alongside the experts to gain as much knowledge as possible
Write your own scientific research report with supervisor guidance.
- Further opportunities to apply for once your placement is finished.
- Support - We are committed to providing continuous support through-out the placement and beyond.
- Industry Expert - We are committed to providing the best experience for both students and supervisors.

Dr Len and Mrs Laurenzi





Smoking and vaping information workshop

Below is a review by Mrs Lloyd of the anti-smoking and anti-vaping workshops led by staff from Evergreen surgery in Edmonton, specifically the healthy life advisors, Fateha Ali and Sophia Povey and a GP, Dr Ross Cunningham.

"On Friday NHS professionals from Evergreen surgery attended Highlands school to deliver assemblies and workshops to students in year 11,12 and 13 about the dangers of smoking and vaping. I was thoroughly impressed with their presentations. Fateha and Sophia were engaging, informative, and made a complex and sensitive subject very accessible for the students. The information was evidence-based and relatable, highlighting the potential health risks of vaping and offering practical advice on how to make healthier choices. The presentation also drew on wider societal concerns such as harmful marketing strategies and the impact vaping has on the environment.

The workshops which followed included the opportunity for targeted students to discern between myths and facts, think critically about their choices and ask questions in a non-judgmental space. Our students really appreciated the opportunity to hear first hand from medical professionals about the impact smoking and vaping can have on both their physical and mental health. Sophia and Fateha confidently handled a range of questions and it was evident that student opinions about vaping had changed by the end of the workshop.

This type of outreach is important preventative work which equips students with the knowledge they need to make informed, independent decisions about their health. We hope this will positively impact their choices in school, and the collective choices these young people make as adults in society."

'Last week I took part in a workshop that talked about the risks and dangers of vaping. I found it knowledgeable and I'm glad that I learnt new information and how to keep myself and others healthy. I also think the school bringing in a doctor and two healthy life advisors from a local surgery really benefited the workshop as it showed the students taking part that we are learning from professionals in our community. I really thank them all for their time.'

Student review from Asante (year 11)



'In my opinion the workshop was very educational and productive because it helped me understand the effects and impacts of vaping at a serious level. What I liked most about the workshop was the information they gave me on the long term effects on vaping and the workshop let me reflect on my choices and decisions if I am faced with the choice of trying any new substances and not just vaping. I learnt that vaping is really bad for you and that you should not be doing it because it is a very serious matter and it can ruin your mental and physical health.'

Student review from Eunique (year 10)





Ed-Extra

This term our Ed-Extra programme is full of wonderful extra curricular activities. We have introduced new enrichment opportunities for our students such as squash, peer mentoring, and wellbeing and mindfulness sessions. A special thank you to all of the staff that help run all of the sessions in the Ed-Extra programme. Please read this week's [special feature newsletter](#) to find out more about our enrichment programme.





SignHealth workshop on online safety

We were delighted to welcome back SignHealth to our school for a special workshop on online safety tailored for our Deaf Base students. The session provided invaluable advice on navigating the digital world safely, delivered in an accessible and engaging manner.

SignHealth's expertise and dedication ensured that our students gained essential knowledge and confidence to stay safe online.



**THE DEAF HEALTH
CHARITY
SIGNHEALTH**

Careers newsletter

Just a quick reminder that alongside the main school newsletter, we also send out a **weekly Careers Newsletter** to all students via a separate link on Google Classroom.

It's packed with exciting opportunities like competitions, insight days, work experience, and updates on universities and our "Job of the Week" feature.

Don't miss out on this exclusive information—make the most of it!

Mrs Laurenzi





Dancers of the week

Our dancers of the week are Lorin Varli and Athena Ngwenya in Year 10.

Well done on working hard on your performance piece over the last few lessons.



Oak Thai cuisine day

This week Oak house hosted Thai cuisine day.

Chartwells, our fantastic caterers, brought a taste of Thailand to our school, making a delicious Thai curry with apple red cabbage and noodles! Delicious!





School announcements

DARE days update

As you will be aware the summer DARE days will be held on Wednesday 2nd and Thursday 3rd of July. For years 7,9 and 10. Information regarding these trips and activities including deadlines for payment have already been published. Year 8 will be published by the beginning of next week.

These trips and activities are a great opportunity for students to collaborate as a team, gain culture capital and try a new skill.

Deadline for the DARE day payments is **April 24th**.

Please do not hesitate to contact us using the daredays@highlearn.uk email address if you have any questions.

Nut allergies

Please can we ask that parents check what snacks their children are bringing into school to ensure that none of them contain any nuts, as we have several people on site with a nut allergy.

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.



House weekly winners

This week's winner is the house with the highest achievement points minus concerns points, plus the scores from the year 8 and 11 academic excellence results. Congratulations **Willow**!

	Beech	Oak	Rowan	Willow
Positive Points	9,074	8,228	8,990	8,698
Negative points	-446	-342	-332	-393
Points overall	8,628	7,886	8,658	8,305
Y11 academic excellence awards	4000	6500	5500	6000
Y8 academic excellence awards	3500	3750	4167	5583
Grand total	16,128	18,136	18,325	19,888

Top students in year 7

Forename	Surname	Form	House	Points
Gwilym	Jenkins-Green	7BAS	B	63
Maisy	Hannay	7BAS	B	49
Isobel	Butcher	7BAS	B	48
Felicity	Fawcett	7BAS	B	48
Niamh	Synnott	7BAS	B	46
Regan	Roberts	7OMK	O	46
Cristian	Federico	7OMK	O	46
Sienna	Morgan Jones	7BMS	B	45
Noah	Xira	7OMK	O	45
Zara	Sheikh	7OMK	O	45
Parisia	Georgiades	7OMK	O	45



Top students in year 8:

Forename	Surname	Form	House	Points
Sibora	Myftari	8WMT	W	51
Beren	Yildirim	8WMT	W	50
Shaan	Seetul	8WSW	W	50
Florence	Holyomes	8WSW	W	49
Farida	Nooreldeen	8WMT	W	47
Seren	Carlisle	8WMT	W	46
Asya	Sagiroglu	8WSW	W	46
Edgar	Freimanis	8BEF	B	45
Evangeline	Rees	8BLR	B	45
Sita	Maitland-Walker	8BLR	B	45
Thomas	Thatcher	8WMT	W	45
Nathan	Oladeji	8WMT	W	45

Top students in year 9:

Forename	Surname	Form	House	Points
Kayla-Faith	Muhelele	9RBW	R	56
Tishaan	Patel	9WMP	W	51
Nea	Petritaj	9WNK	W	48
Efe	Yener	9RCX	R	45
Charlie	Bell	9RBW	R	42
Lewis	Tyler	9RBW	R	42
Emily	Newton	9RBW	R	42
Meliz	Hassan	9WMP	W	42
Isobella	McNeil	9RCX	R	41
Panayiotis	Palamaras	9RCX	R	41
Aiden	Adeoye	9WMP	W	41
Kayla-Faith	Muhelele	9RBW	R	56

**Top students in year 10:**

Forename	Surname	Form	House	Points
Franceska	Koci	10RTC	R	59
Amelia	Marrison-Claffey	10BLM	B	58
Nathan	Mortimer	10ODC	O	55
Joseph	Casali	10RTC	R	55
James	Butcher	10OSM	O	54
Sophia	Klovak	10RTC	R	54
Elliz	Arkin	10RTC	R	53
Jorja	Hodge	10RTC	R	53
James	Nicolaou	10RTC	R	52
Ikram	Mohamed	10BLM	B	51

Top students in year 11:

Forename	Surname	Form	House	Points
Batuhan	Duran	11OKK	O	53
Zacharias	Stavrou	11BJC	B	47
Ava	Koker	11BJC	B	46
Joao	Do Nascimento	11BJC	B	46
Rachel	Hajistilly	11OKK	O	44
Athanasios	Ioannou	11OKK	O	43
Yasar	Edizer	11BNI	B	42
George	Kapas	11OKK	O	42
Sukhmani	Kaur Gill	11OKK	O	42
Daniel	Cox Jaramillo	11BJC	B	41

Top students in year 12:

Forename	Surname	Form	House	Points
Jasmine	Desai	12OAT	O	26
Yagmur	Olcay	12OES	O	26
Kudus	Haftai	12OAT	O	24
Fortune	Agbugba	12RJB	R	24
Annalise	Demetriou	12WDS	W	23
Shay	Patel	12BAS	B	22
Charlie	Skipp	12RHK	R	22
Wunfai Alex	Lo	12BTD	B	21
Haoxi	Chen	12BAS	B	20
Reuben	Clark	12RJB	R	20
Toprak	Palali	12WDS	W	20
Bradley	Mbaloula	12WDS	W	20



Top students in year 13:

Forename	Surname	Form	House	Points
Tyler	Macdonald	13BJT	B	28
Zack	Williams	13WTA	W	28
Mustafa	Edizer	13BJT	B	24
Ethan	Oldroyd	13WTA	W	24
James	Janczur	13WTA	W	24
Karan	Singh	13BJT	B	22
Emre	Arsu	13WTA	W	22
Elyaas	Uddin	13WTA	W	22



Co-parenting with care

Creating a positive environment for children

This programme is specifically for parents who are separated or divorced and needing support to improve their co-parenting of a child/ren living in Enfield. This is a valuable opportunity to enhance relationships and strengthen co-parenting skills; Both parents are welcome to attend.

Sessions include

- Understanding co-parenting
- Communication skills
- Creating a co-parenting plan
- Navigating emotions
- Building a collaborative relationship
- Resources and support
- Moving forward



These 2 courses will be delivered via MS Teams, over 6 sessions on the following dates and times:

Date: Wednesday 5, 12, 26 February & 5, 12, 19 March 2025

Time: 9.30 am - 11.30 am

Date: Monday 24 February & 3, 10, 17, 24, 31 March 2025

Time: 7.00 pm to 9.00 pm

For more information or to make a referral, scan the QR code, email services@familylives.org.uk or call 0204 522 8700 or 0204 522 8699



We build better family lives together

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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

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GET STARTED

How to support Highlands School Enfield

- 1** Sign up
Provide us with a few details to set up your profile with easyfundraising.
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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.

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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 & Sixth Form

Highlands School

Powered by  Future First

Join your network

First name *

Last name *

Email address *





Student medical needs

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

Mental health

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

Urgent mental health support - 24/7 crisis lines

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

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) 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)

childline

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

Urgent and other support available

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 - 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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