



# Highlands School Newsletter

16 May 2025



Dear parents and carers,

This week at Highlands the exam season got into full swing with the first A level exams and the first full cohort year 11 exam. Students have conducted themselves excellently in the exams so far, meaning that the start and end of the exams have been calm, and have allowed students to properly prepare.

On page 5 of this newsletter you can read about the alumni visit we had this week. Although we are a young school compared to many others, at only 24 years old, we are keen to keep in touch with our former students and invite them back to guide and inspire our current students. The event this week with our year 9s was very successful and our students really valued it. I would like to encourage other former students to join our alumni network, which can be done [here](#). If you know former Highlands students, please share this link with them and encourage them to join the network. You can read more about how to join the alumni network on page 18 of this newsletter.

Have a great weekend,

Mr McInerney,  
Headteacher.

Key dates for this half term:

- Friday 23rd May: end of half term



## Farewell, and good luck year 13

Our year 13 students marked the end of their time in sixth form with a farewell pizza party. As part of the celebration, they reflected on their journey by looking back at photos from year 7 and listening to messages from staff acknowledging their growth and achievements. Students danced, signed shirts, and reminisced about their time together. We wish all members of the Class of 2025 the very best in their future educational paths and look forward to celebrating their results on Thursday, 14th August.







## Design and technology house competition

This term we held a short design-and-make task to design and make a cam toy for a child. Students studied different mechanisms and put this knowledge into producing a toy that has a moving scene using a cam and follower.

Well done to our winners, especially to Shriya for winning 1,000 points for her house Willow.

**Mrs Jaynes and Mrs Harbour-Cooper**



***1st place: Shriya Matharu 9WNK, 2nd place: Sunny Morgan Jones 9WMP and 3rd place: Matthew Nicolaou 9ORD (from left to right).***

## Year 9 football friendly

On Monday, the year 9 boys football team entertained Southgate in a friendly football fixture. Highlands soaked up some early pressure and scored a well orchestrated team goal to give themselves a 1-0 half time lead. However, after a few defensive errors, Southgate got back into the game and found themselves 2-1 ahead. This proved to be enough for the win.

Highlands 1-2 Southgate

Players of the match: Alex Florides, Conrad Berndes and Alfie Williams.

**Mr Avann**





## Year 10 student secures prestigious UKAEA work experience placement

We are delighted to announce that year 10 student Elis Cristovao, has been offered a placement on the United Kingdom Atomic Energy Authority (UKAEA) Work Experience Programme for Summer 2025, a competitive and highly sought-after opportunity for students passionate about science, technology, and innovation.

After submitting a strong application, Elis was invited to attend the second stage of the process: an assessment centre at the UKAEA headquarters in Oxford. The day involved a group challenge and discussions with scientists and engineers working at the cutting edge of nuclear fusion technology. Elis impressed the team with her enthusiasm, teamwork, and thoughtful questions, and has now been confirmed for a one-week placement at UKAEA's Culham Campus this summer.

The UKAEA is a government research organisation working on developing fusion energy, a clean and virtually limitless energy source. Their work is at the forefront of global efforts to tackle climate change and revolutionise energy production. The Work Experience Programme gives students like Elis a rare opportunity to step inside this world, meet leading experts, and take part in engaging STEM activities.

This is a remarkable achievement for Elis, who is only in year 10, and a testament to her determination and curiosity. Her success is also a reminder to all our students: never hesitate to apply for opportunities that excite you. You don't have to wait until sixth form or university to explore your passions, the journey can start now.



Well done Elis, we are incredibly proud of you!

**Mrs Laurenzi**

## UK Maths Challenge

Congratulations to all the students who participated in the UK Mathematics Challenge. A special commendation goes to the students who scored over 90 and earned the prestigious Gold Award, an outstanding achievement that reflects both talent and effort. We also extend our warmest congratulations to the students who scored above 100 and have been invited to take part in the next round: the highly competitive Kangaroo Challenge! Best of luck as you continue to showcase your mathematical excellence!

**Gold Award winners:** Aistis Mankevicius, Louis Marsh, Aarav Shah, Edgar Freimanis, Eirene Palamaras, Ryan Arun, Jake Appleby, Zara Yaman, Martha Dobinson, Sophie Fryer, Shaan Seetul, Aydin Ali.

**Kangaroo challengers:** Aistis Mankevicius, Louis Marsh, Aarav Shah, Edgar Freimanis, Eirene Palamaras and Ryan Arun.



## Year 9 students inspired by Alumni Networking Workshop

On Tuesday 13th May, a group of selected year 9 students took part in an inspiring Alumni Networking Workshop at Highlands, run in partnership with Future First. The event brought former Highlands students back into school to share their journeys since leaving, offering valuable insights, advice, and encouragement.

The workshop introduced students to alumni working in a range of exciting careers, from finance and sustainability to media, fashion, and education. Students had the opportunity to ask questions, hear real-life stories, and learn about the different routes our alumni took to reach their goals. Many spoke about the ups and downs along the way, which helped students see that there's no single path to success.

One student commented, *"It made me realise that people from our school have done so many interesting things. It made me more excited about what I could do one day."*

Another said, *"The best part was hearing how they made choices and didn't always get everything right the first time – that was really reassuring."*

The session ended with a relaxed networking activity, where students were encouraged to chat with the alumni in small groups, helping to build their confidence in having career conversations.

We would like to say a huge thank you to our brilliant alumni: Ian Acquaye, Sophie Llewellyn, Shannon King, and Martina Pia, for taking the time to come back and inspire our students. Special thanks also to Fairthia Garfuss from Future First for organising the event.

Your stories left a lasting impression and reminded our students that their futures are full of exciting possibilities.







## Synchro champion!

Huge congratulations to Warren and his synchro teammates, who won gold at the East Region Combo Cup competition in Stevenage on Saturday 10th May. The team's outstanding performance was the result of months of dedication, teamwork, and rigorous training. Go Warren, we are all very proud of you.



## Dancers of the week

Our dancers of the week are Olivia Gumbs, Sophie Jones and Izzy Minguez.

Well done on your commitment to the year 10 choreography task.





## Mental Health Awareness Week: 11th - 16th May

Mental Health Awareness Week took place this week, from 12th to 16th May. This year's theme is *"Discovering the Power of Community for Mental Health"*, highlighting the vital role that connection, support, and a sense of belonging play in our wellbeing.

It's a reminder of how important it is to look after our mental health and support those around us. Here are a different range of activities you can try this week to help with your mental health. You can also read more about Mental Health Awareness Week [here](#).

SHARE WHAT TYPE OF  
COMMUNITY YOU ARE  
PART OF

TAKE A MINUTE TO SIT  
QUIETLY AND FOCUS ON  
YOUR BREATHING

SPEND SOME TIME  
OUTSIDE IN THE FRESH  
AIR SURROUNDED BY  
NATURE

ORGANISE A CULTURE  
DAY TO CELEBRATE  
CULTURAL DIVERSITY



**MENTAL  
HEALTH  
AWARENESS  
WEEK**  
12-18 MAY 2025

### 10 WAYS TO GET INVOLVED WITH YOUR COMMUNITY



From book club to art class, Swifties to gamers, volunteer groups to shooting hoops – community is good for our mental health. They help us to belong, feel supported, and have purpose.

Here are ten ways to get involved with your community and boost your mental health.



#### 1. MAKE IT FUN

Choose an activity you enjoy. You could join a club or group centred around your interests.



#### 2. GET OUTDOORS

Get out and moving in nature for more mental health benefits.



#### 3. FIND LIKE-MINDED PEOPLE

Build connections with people who share your interests and values. But try to also meet people who are different from you, too.



#### 4. SHOW KINDNESS TO OTHERS

Connect with your community through small acts of kindness, which will benefit both you and others.



#### 5. SHOW YOUR APPRECIATION

Sharing a compliment or showing appreciation can strengthen your relationships.



#### 6. CONNECT ONLINE

Find others who share similar experiences or interests online. Remember, healthy online communities should make you feel safe and valued.



#### 7. GIVE BACK

Helping others is a great way to build community and give you purpose.



#### 8. CARE FOR YOUR LOCAL COMMUNITY

Increase your sense of belonging by getting involved in your local community.



#### 9. WELCOME OTHERS

Make new people joining your community feel welcome and included.



#### 10. FIND PEER SUPPORT IF YOU'RE STRUGGLING

Connect with others going through similar experiences through peer support groups.



**TOGETHER  
FOR GOOD MENTAL  
HEALTH**

Learn more about community and mental health.

MENTALHEALTH.ORG.UK/10HAW #THISISMYCOMMUNITY





## Highlands School proudly presents Chicago Teen Edition

**Tickets are now on sale!**

Tickets are priced at **£9** and can be purchased via the Millfield Box Office [here](#).

The show is **Wednesday 25th June at 1pm and 7pm** and **Thursday 26th and Friday 27th June at 7pm**.  
The show lasts approximately two hours including a 20 minute interval.

Come and experience a night in a Chicago speakeasy! Immerse yourselves in prohibition America, in a city caught up in the murderous tales of wannabe stars Roxie Hart and Velma Kelly.

Students from all year groups are in the cast, so come along and support them. It promises to be a night full of jazz but maybe not justice!

Please note the show is most suitable for patrons over the age of 11 years old. The show is geared towards 11-13 year olds and 14-adult due to mild references to murder and adultery. Please use parental guidance when purchasing tickets for those under 11 years old.







## 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.

- **Austin Kavanagh 9RCX, Ethan Martindale 9RBW and Georgia Kuvertaris 9RCX:** Awarded for excellent artist research pages throughout the year for art core lessons.
- **Hannah Cullen 9RBW, Naara Salom-Mason 9OAC, Hasan Kasmani 9ORD and Lydia Petrogiannis 9WMP:** Awarded for excellent effort and creative outcomes for art core work.
- **Liya Ali 10BLM and Ayse Carmanbar 10BLM:** Awarded for showing determination and courage by creating and delivering presentations to their class.
- **Sienna Morgan Jones 7BMS, Alex Piatkowska 7WEF, Niamh Synnott 7BAS, Beth Rognaldsen 7RAC, Dearbhla Higgins 7BAS, Alexia Symeou 7WEL, Ozlem Osman 7BAS and Lucja Drozd 7BAS:** Awarded for finishing 2nd in the Year 7 Enfield Netball Tournament.
- **Betty Cruden 8RJG, Orla Dimery 8ODM, Amelia Phillipou 8OJT, Alexandra Koneva 8RAS, Anabelle Arjomand 8WSW, Amelie Mohan 8RAS, Esmee-Mai Coleman 8RJG and Alara Kilic 8RAS:** Awarded for finishing 2nd in the Year 8 Enfield Netball League and 3rd in the Year 8 Enfield Netball Tournament.



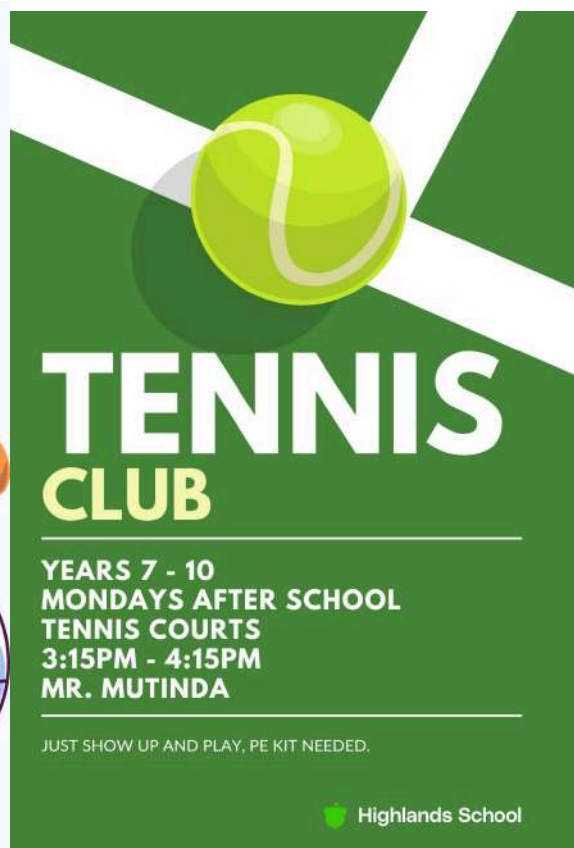
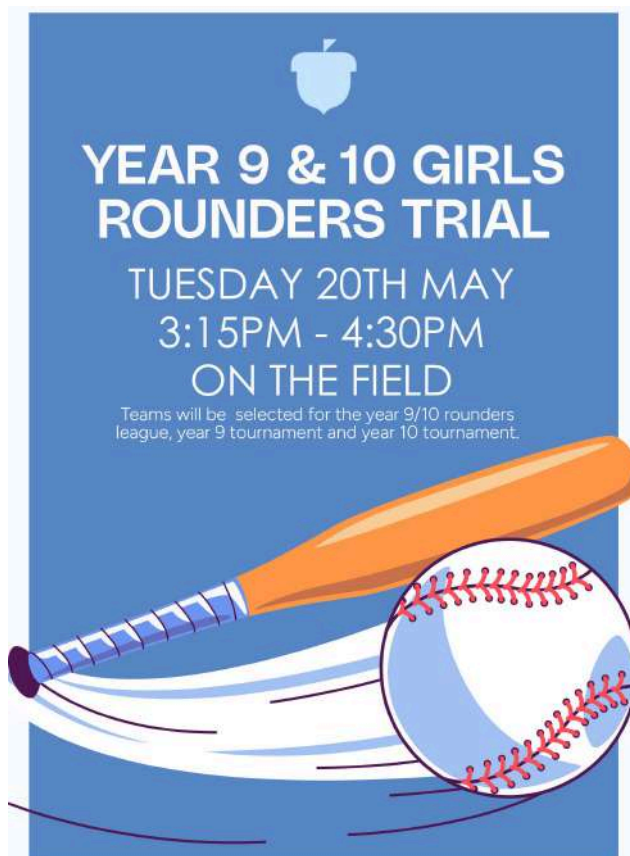


## Comic book competition

To mark Comic Book Day, students can enter a competition where the lucky winner can win a graphic reader worth £119! If that wasn't enough, our school can also receive £250 worth of books. **Deadline 30th May.**

Here's how to enter:

- Download [the guide](#) to creating the comic storyboard
- Download the [comic storyboard worksheet](#)
- Design your comic storyboard.
- Send your comic storyboard via email to [info@booklife.co.uk](mailto:info@booklife.co.uk) and to [emehmet@highlearn.uk](mailto:emehmet@highlearn.uk) with the subject line "Competition" or post it to OMNI House, Rollesby Road, King's Lynn, PE30 4LS.







## School announcements

### Newspapers

**We're in urgent need of old newspapers for our Summer Activity Day**, and so far, we haven't received any! If you have any to spare, please send them in as soon as possible. Every contribution helps! Thank you!



### HPFA Year 7 summer welcome BBQ

On **Wednesday 9th July**, the Highlands Parents & Friends Association (HPFA) will be running a raffle at our Summer Welcome BBQ, an event for our incoming year 7 students and families, as well as current year 7s.

We're now collecting raffle prizes and would be so grateful for your support! Whether it's a bottle of something nice, a gift voucher, a fun experience, or even a cuddly toy, every donation helps us raise valuable funds for the school.

More details about the event will be shared soon, thank you in advance for your generosity!

### Pre-loved uniform

We're collecting good condition pre-loved uniform to sell at the HPFA Summer Event on **9th July**. If your child has outgrown their uniform or has recently left Highlands and you're happy to donate, please hand items in to reception. We're especially looking for jumpers, blazers, ties, polo shirts and PE kits.

Your donations help other families and support the school – thank you!

### 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.



## 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

## 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
	GCSE Theory Intervention 10P/Pg1 Mr Avann PE4 3:15 - 4	A Level PE Intervention Y13 Mr Avann SL6 3:15 - 4	





## House weekly winners

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

	Beech	Oak	Rowan	Willow
Positive Points	5977	5166	4811	4238
Negative points	-394	-388	-392	-388
Points overall	<b>5583</b>	4778	4419	3850
Maths Y7 Easter Quiz	1000	3000	<b>4000</b>	2000
Maths Y8 Easter Quiz	1000	3000	<b>4000</b>	2000
Maths Y9 Easter Quiz	<b>4000</b>	2000	2000	3000
D&T RM product	-	-	-	<b>1000</b>
<b>Total</b>	<b>11,583</b>	<b>12,778</b>	<b>14,419</b>	<b>11,850</b>

## Top students in year 7

Forename	Surname	Form	House	Points
Isobel	Butcher	7BAS	B	55
Sebastian	Osinowo	7WEL	W	52
Gwilym	Jenkins-Green	7BAS	B	51
Lucja	Drozd	7BAS	B	49
James	Berris	7RKM	R	48
Adrianna	Asade	7BAS	B	45
Niamh	Synnott	7BAS	B	45
Cinar	Seran	7BAS	B	45
Ada	Keskin	7BAS	B	45
Natalie	Nicolaou	7OSB	O	45



### Top students in year 8:

Forename	Surname	Form	House	Points
Akeesa Induvari	Gurubebila Vitharanage	8BEF	B	42
Katie	Redmond	8RJG	R	37
Dylan	Forbes-Pike	8BEF	B	36
Laura	Alla	8BEF	B	35
Raha	Hashemi	8BEF	B	34
Giulia	Dumitrescu	8BEF	B	33
Evangeline	Rees	8BLR	B	32
Mark	Omowa Vilafranca	8OJT	O	31
Jack	Moules	8RJG	R	31
Aarav	Shah	8RJG	R	30

### Top students in year 9:

Forename	Surname	Form	House	Points
Owen	Smith	9WNK	W	52
Shriya	Matharu	9WNK	W	48
Alexandra	Roszkowska	9WNK	W	45
Defne	Kaynaroglu	9WNK	W	44
Sena	Oguz	9WNK	W	44
Lucian	Hayden	9WNK	W	44
Mert	Aydemir	9BAM	B	42
Kavish	Amuwitagama	9ORD	O	42
Sophie	Rooke	9WNK	W	42
Faye	Etuazim	9WNK	W	42
Taijah	Green-Barban	9WNK	W	42
Lucas	Griffiths-Er	9WNK	W	42



**Top students in year 10:**

Forename	Surname	Form	House	Points
James	Butcher	10OSM	O	52
Bana	Tahsen	10BLM	B	51
Owen	White	10OSM	O	50
Alexander	Antoniou	10OSM	O	48
Ermioni	Tsantikou	10OSM	O	48
Omyur	Karadzhova	10BLM	B	44
Nicholas	King	10WJQ	W	41
Elyscia	Lazarides	10BLM	B	40
Evren	Okanay	10OSM	O	40
Liya	Ali	10BLM	B	38
Kingston	Barrow	10OSM	O	38

**Top students in year 11:**

Forename	Surname	Form	House	Points
Ender	Guccuk	11BNI	B	18
Roshan	Awudu	11BNI	B	16
Anastasia	Katz	11OAB	O	14
Alexia	Allen-Zavrou	11OKK	O	14
Florence	Eaves Baker	11OKK	O	14
Parla	Ghanipour	11OAB	O	13
Luke	Smith	11WDD	W	13
Joao	Do Nascimento	11BJC	B	12
Sophia	Kyriacou	11OAB	O	12
Emily	Palkowska	11OAB	O	12
Abby	Reay	11OAB	O	12
Ellie	Christofi	11OAB	O	12

**Top students in year 12:**

Forename	Surname	Form	House	Points
Isabel	Paine	12OAT	O	16
Jayda	Hall	12BTD	B	12
Giulio	Pappalardo	12OAT	O	12
Joseph	Brooks	12RHK	R	12
Charlie	Skipp	12RHK	R	12
Mattia	Cirillo	12RJB	R	12
Elena	Giudice	12BAS	B	11



## Top students in year 13:

Forename	Surname	Form	House	Points
Alexia	Chrysostomou	13OMA	O	2
Katie	Brookman	13RSL	R	2
Ledia	Xhetani	13RSL	R	2
Charlie	Mills	13WTA	W	2

# VESS London

## The Safe Place

Specialist support for young Londoners impacted by violence and exploitation

### WHAT IS VESS LONDON?

VESS London (Violence & Exploitation Support Service London) provides tailored, trauma-informed support for children and young adults in London who are affected by violence and exploitation.

We help young Londoners feel safe, understood and empowered to move forward positively - with the right support at the right time. Our vision is a future where all young Londoners, regardless of background, can thrive free from violence and exploitation.

### WHAT DOES THE SERVICE DO?

Each young Londoner is matched with a dedicated caseworker who offers consistent, one-to-one support shaped around their individual needs. Sessions take place in safe, trusted locations like schools, cafés or community spaces.

Support can include help with:

- Advocacy and safety planning
- Emotional wellbeing and mental health
- Relationships with peers and family
- Education, training and employment
- Housing and resettlement

Specialist areas of expertise include:

- Violence
- Sexual exploitation
- Criminal exploitation including County Lines
- Support for girls and young women
- Neurodiversity (SEND)
- Families (parents and carers)
- Wellbeing (emotional wellbeing)
- Education, training and employment
- Housing and resettlement

VESS London also operates a 'Rescue' service to safely return children and young people who have come into contact with authorities outside London due to suspected county lines activity.

### WHO DELIVERS VESS LONDON?

Commissioned by the Mayor's Office for Policing and Crime (MOPAC), VESS London is delivered by a pan-London alliance of expert organisations Safer London, St Giles Trust, New Horizon Youth Centre, Anna Freud and MOPAC.

### WHO CAN ACCESS THE SERVICE?

VESS London is for any young Londoner who is:

- ✓ Aged 25 or under
- ✓ Living in any London borough
- ✓ Experiencing (or at risk of) violence or exploitation - including group violence, county lines and criminal or sexual exploitation.

We also support parents and carers whose children meet this criteria.

Referrals can be made by professionals, family members or the young Londoner themselves.

Click here or scan the QR code to make a referral for a young Londoner →

### GET IN TOUCH

If you have any questions about the service get in touch with the Front Door referral and screening team [referrals@saferlondon.org.uk](mailto:referrals@saferlondon.org.uk). If a young Londoner requires our rescue service, please call 020 3911 9391 (open 9am-10pm Mon to Fri; 2pm-10pm Sat & Sun)

MOPAC

saferlondon

St Giles  
Turning a past into a future

Anna Freud  
Building the future  
wellbeing of the  
next generation

NH  
YC  
NEW  
HORIZON  
YOUTH  
CENTRE



# 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](http://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/highlands-school-alumni) or alternatively scan the QR code below.

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




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.

## 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](mailto: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**  
UNLASH THE POWER, 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 - 8pm on weekends and bank holidays)

**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](mailto: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](http://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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