



# Highlands School Newsletter

06 June 2025



Dear parents and carers,

We are incredibly proud to share the news that Neriah Muhelele had the honour of closing the proceedings at the *Show Racism the Red Card* Hall of Fame ceremony at No.10 Downing Street on Monday 2nd June.

Not only did Neriah have the opportunity to meet Sir Keir Starmer, but she also captivated attendees with a powerful recital of her winning spoken word piece - a moment that truly showcased her creativity, confidence, and passion.

This prestigious event recognised Neriah's achievement as the overall England winner in the national *Show Racism the Red Card* Schools Competition. You can read her remarkable poem via the link below, along with many other school entries:, more photos of her visit to No. 10 can be seen on page 3.

[Neriah's Winning Poem – SRtRC 2025](#)

On the next page of the newsletter is a very long list of all the events coming up at Highlands this half term. Please have a good look and try to support as many of them as possible. I would like to draw your attention to the Cultural and Heritage Day next Thursday, 12th June. It is one of the days of the school year I most look forward to, but I ask that you carefully look at the guidance on what can and cannot be worn on the day, on page 11 of this newsletter, and make sure your child is adhering to the guidance.

Have a great weekend,

Mr McInerney,  
Headteacher.



Key dates for next term:

- Tuesday 10th June: Indian Cuisine Day
- Thursday 12th June: Cultural and Heritage Day
- Wednesday 18th June: Year 11 leavers' BBQ
- Monday 23rd June: Year 11 Prom
- Tuesday 24th June: Year 13 Prom
- Wednesday 25th June 1pm & 7pm, Thursday 26th June 7pm & Friday 27th June 7pm: Chicago Teen Edition school production
- Week commencing 30th June: Year 12 work experience
- Tuesday 1st July: Year 11/12 Transition Day
- Wednesday 2nd July & Thursday 3rd July: DARE Days
- Tuesday 8th July: Sports Day
- Wednesday 9th July, 5.30pm-8pm: HPFA Welcome Festival for current and new year 7s
- Tuesday 15th July: USA Cuisine Day
- Thursday 17th July: Trip to Thorpe Park for winning house
- Tuesday 22nd July: End of term, half a day

## Reward celebration for Rowan

Rowan House enjoyed an extended break time and a special treat from our caterers, Chartwells, as a reward for being crowned Half Term Champions. It was a well-earned celebration of their hard work, teamwork, and house spirit.

Well done, Rowan!





## Neriah meets the Prime Minister at SrtRC Hall of Fame ceremony



Neriah's performance has already opened doors, including an invitation to become a youth ambassador for the organisation. Encouragement from prominent guests in attendance has also sparked calls for her to publish her poetry - a testament to the powerful impression she made on the evening.

Founded in 1996, *Show Racism the Red Card* is the UK's leading anti-racism education charity. The Hall of Fame event celebrates the charity's most dedicated supporters and changemakers. To have a Highlands student invited to take centre stage in this setting is an incredible honour.

We know this is only the beginning of Neriah's journey. Her voice, vision, and talent are something truly special, and we can't wait to see what comes next, more spoken word, more impact, and more opportunities to use her gift to make change.

Well done, Neriah, the future is bright, and you are one to watch.

**SHOW  
RACISM  
THE  
RED  
CARD**



*““Being invited to Downing Street was a surreal experience that I wasn’t expecting. To be recognised for my work in front of the Prime Minister, Sir Keir Starmer, and a room full of acclaimed chairpersons, footballers, basketball players, and rugby players is something I will forever cherish.*

*Seeing the reaction from people and the way I inspired them was a life-changing moment. This event has opened doors I never imagined and has encouraged me to continue writing poetry.*

*Applying to Show Racism the Red Card was the best decision I could have made.” - Neriah*

Ms Maple

## Upcoming cuisine days

We’re excited for our upcoming cuisine days, where students can enjoy food from around the world!

Beech House will be hosting **Indian Cuisine Day** on **Tuesday 10th June 2025**, followed by Willow House with an **American-themed day** on **Tuesday 15th July 2025**.

Get ready for some delicious treats!





## Duke of Edinburgh volunteering

This year, Highlands students volunteered an impressive 819 hours through the Duke of Edinburgh's Award, contributing a remarkable £5,421 in social value. This is a significant increase from last year and reflects the students' outstanding commitment to making a positive impact in their community.

Well done to everyone involved!

**Mrs Walters**

The certificate features the Duke of Edinburgh's Award logo (a purple square with a crown and 'DE') and the 'YOUTH WITHOUT LIMITS' logo in purple. The main text is in purple and white, set against a light purple background. It reads: 'Thank you to The Duke of Edinburgh's Award participants from Highlands School who spent 819 Hours volunteering between 1 April 2024 and 31 March 2025. We are immensely proud of the dedication, effort and achievement of young people making an impact in their community. The social value of these hours is £5241'. A signature of Ruth Marvel OBE, Chief Executive, is at the bottom, with her name and title printed below it. The date 'June 2025' is at the bottom right of the certificate.



## Comic book competition

To celebrate Comic Book Day, students were invited to enter an exciting competition for the chance to win a graphic reader, with the school also in with a chance to receive £250 worth of books. We had an incredible number of creative and imaginative entries, making it a real challenge to choose the winners!

Congratulations to the following students for their outstanding comic storyboards:

- **1st Place** – Levi Howard 8RJG (£10 voucher)
- **2nd Place** – Emeka Onukaogu 9WNK (£5 voucher)
- **Joint 3rd Place** – Yuxi Chen 9BBK and Ruby Walford 9RBW (£5 voucher each)



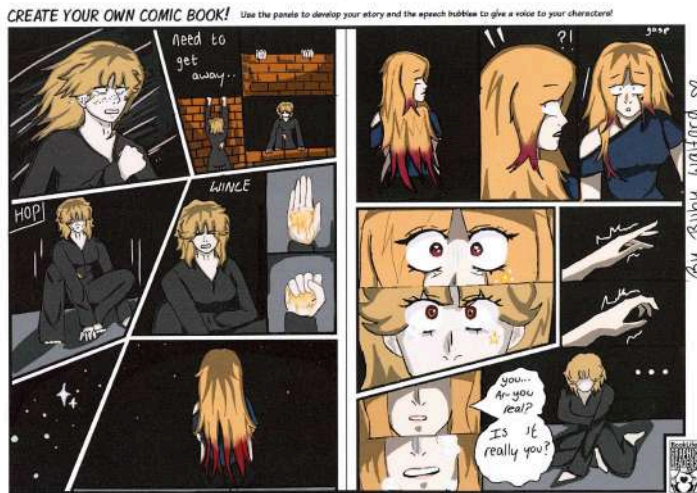
Well done and a huge thank you to everyone who took part! Fingers crossed one of our brilliant entries is selected as the overall winner!



1st place: Levi Howard



2nd place: Emeka Onukaogu



Joint 3rd place: Ruby Walford and Yuxi Chen



## Uk Maths Challenge

Well done to all the students who took part in the UK Maths Challenge, a huge group of talented individuals who made the school proud!

All entrants were presented with their certificates this week in recognition of their achievement.

A special good luck to Aistis Mankevicius, Louis Marsh, Aarav Shah, Edgar Freimanis, Eirene Palamaras, and Ryan Arun, who have qualified for the next round - the prestigious Kangaroo Challenge.



## Football success!

We're delighted to celebrate the footballing success of Natalie Nicolaou and Poppy Perkins in year 7. Both girls play for Omonia U12 Whites, who had an incredible season, doing the double by winning the U12 Presidents Cup (with both Natalie and Poppy scoring in the penalty shootout) and the Essex County Girls League, South Division, in their first season in the league.

In addition, Poppy also plays for Enfield Town Ladies U12 Whites, where she helped her team win the Capital Girls League (CGL) U12s League Cup. A fantastic achievement, well done to both girls!







## Dancers of the week

Our dancers of the week are from 7WEL.

Well done to Paul Lambrou and Sophie Lynch for your great work in dance this week.



## HPFA Welcome Festival for current year 7s and Sept '25 year 7s only

Join us for the current and incoming year 7 HPFA Welcome Festival on Wednesday 9th July from 5:30 pm to 8:00 pm at Highlands School. This fantastic social event is a great opportunity to meet the new year 7 cohort, explore the school grounds, and connect with other parents, carers, and students. Enjoy delicious food including hot dogs, burgers, and sweet treats, plus fun activities like football and tennis, and don't miss the incredible raffle prizes!

Tickets are just £1 and can be purchased on the door or online [here](#). We hope to see you there!

**Hot dogs, burgers and veggie burgers**

**Sweet treats and Pimms**

**HPFA**

**Current and Incoming Year 7 HPFA Welcome Festival**

Wednesday 9th July  
5:30 pm - 8:00 pm  
at Highlands School  
148 Worlds End Lane  
N21 1QQ

**£1 entry on the door or scan the QR code below to purchase your tickets.**

**The chance to explore the school grounds and meet some teachers and pupils**

**Incredible raffle prizes**

**Football, tennis and other sporting events**

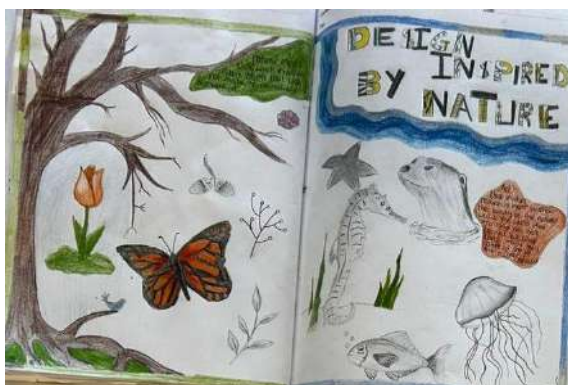
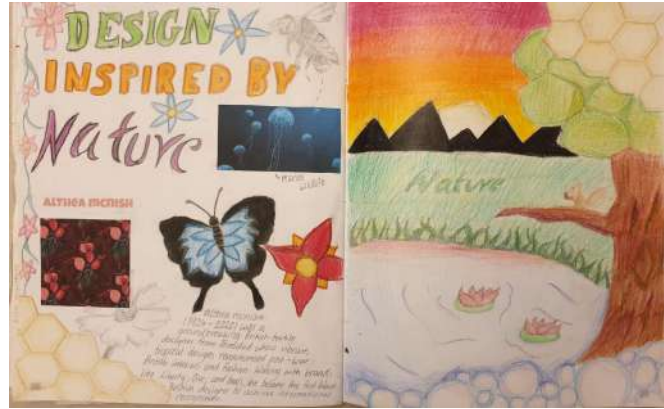
SCAN TO PURCHASE TICKETS

Questions or queries - email: [HPFAeventtickets@gmail.com](mailto:HPFAeventtickets@gmail.com)



## Year 8 Design inspired by art title pages

Our year 8 students have been busy designing their *Design inspired by art* title pages, and the results are fantastic. The attention to detail and individuality in their work has been truly impressive. Well done to all students for such a strong and imaginative start to the project!





## Cultural and Heritage Day - 12th June

- Highlands Cultural and Heritage Day will take place on **Thursday 12th June 2025**
- **All students** who attend school in their own/cultural clothes must donate £1 (or more if they can) and will receive achievement points for their house.
- The form that has the most people participating will get a prize.
- Money raised from Cultural and Heritage Day will go towards each house's chosen charity.
- **Cultural and Heritage Day Bake Sale** will take place in the main hall at break time. Please remind students to bring extra money to buy some treats. If students wish to bake or bring in a treat to sell, they will need to fill out the following [Google form](#).

### What should you wear?

- Traditional clothing or garments - cultural clothing should only be worn by those who share in that heritage and understand the symbolism and meaning behind it. An example of traditional dress would be a dashiki, salwar kameez or agbada.
- Coloured garments associated with **your** culture, heritage or flags (red, green, blue, white yellow etc.
- Garments with printed flags of the culture you associate with.
- This year, in response to your feedback we are allowing **national** sports shirts eg. football/rugby to be worn.
- If you have PE on this day, please **wear trainers** in order to be able to participate in the lesson.

### What should you not wear

- Any item that is making a political statement.
- No loose flags- wrapped round yourself.
- Face paint.
- Military clothing- army/camouflage.

### Please also ensure :

- No tracksuit bottoms/joggers.
- No masks.
- No sliders/crocs.
- No **club** football/rugby tops.
- No clothing showing persons mid drift/ too short eg skirt or shorts.
- No items with inappropriate /offensive/defamatory language.

**This is not a non-uniform day or a day for you to just turn up in your hoodie or tracksuit. The clothing you wear should be linked to your culture or heritage.**





## 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.

- **Hazal Akpinar 8WMT:** Awarded for her amazing progress in her English speaking and writing skills. Well done for working so hard in EAL intervention and in all your lessons!
- **Andrey Petropavlovskiy 8ODM:** Awarded for his fantastic presentation on optical illusions.
- **Avril Brown 10RTC:** Awarded in recognition of her outstanding contribution to the Wellbeing Ed-Extra class as part of her Duke of Edinburgh Award. Her initiative and dedication ensured students continued to engage in meaningful wellbeing activities, even creating follow-up tasks to support their learning.
- **Lizbeth Thompson 12BAS:** Awarded for always showing initiative in her studies and trying hard.
- **Jack Cane 12WAD:** Awarded for 100% attendance.
- **Nida Demirkaya 12RJB:** Awarded for 100% attendance and always role modelling excellent attitude to learning.
- **Dante Fernando 10RCG:** Awarded for showing great kindness and going above and beyond to help a school visitor who is visually impaired.





## LEGO Club

The LEGO club has been running all year. On Friday after school, we have been building some fantastic sets dedicated to TV series and films such as Harry Potter, Star Wars and Disney.

Due to school show rehearsals, there will be no LEGO Club on Friday 13th, 20th and 27th June. LEGO Club will resume on Friday 4th July.

Anyone wishing to join, should come along on 4th July to sign up. The club is held in DD3.

**Miss Brown**



## 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.





## Highlands book of the month - June

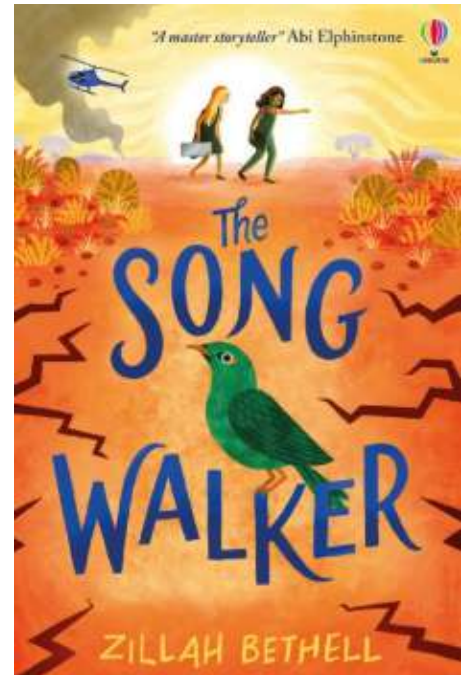
### Recommended read for KS3

#### The Song Walker by Zillah Bethell

"There are three questions that I need to find the answers to: Where am I? What am I doing here? And... Who am I?"

She's wearing one shoe, a silky black dress, and she's carrying a strange, heavy case.

She meets Tarni, who is on a mysterious quest of her own. Together, the two girls trek across the vast and ever-changing Australian Outback in search of answers. Except both are also hiding secrets...

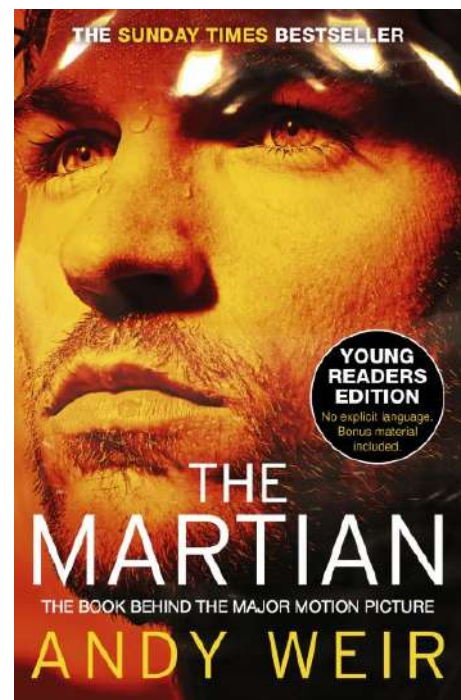


### Recommended read for KS4

#### The Martian by Andy Weir

I'm stranded on Mars. I have no way to communicate with Earth. I'm in a Habitat designed to last 31 days. If the Oxygenator breaks down, I'll suffocate. If the water reclaimer breaks down, I'll die of thirst. If the Habitat breaches, I'll just kind of explode. If none of those things happen, I'll eventually run out of food and starve to death.

So yeah. I'm screwed.





## School announcements

### Football team sponsor opportunity

Our Highlands School girls' football team is highly successful, having won the Enfield League this year and finishing as runners-up in the U16 Middlesex Cup. We are now seeking a sponsor for the team's new kit. For £500, your company logo will be prominently displayed on the front of the jerseys, offering excellent visibility in the community and at our matches. This is a fantastic opportunity to support local students while gaining valuable exposure for your business. If you're interested in this exciting sponsorship opportunity, please contact Mrs Walters at [walterss@highlearn.uk](mailto:walterss@highlearn.uk).

### Newspapers

**We're in urgent need of old newspapers for our Summer Activity Day!** If you have any to spare, please send them in as soon as possible. Every contribution helps! Thank you!



### HPFA Year 7 Welcome Festival - raffle prizes needed

On **Wednesday 9th July**, the Highlands Parents & Friends Association (HPFA) will be running a raffle at our Summer Welcome Festival, 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.

### 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 - summer term

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/Mrs Hutchinson Field 3:15 - 4:30		Athletics Mr Avann/Mr Edwards 3:15 - 4:15 Field
Tennis Years 7-10 Mr Mutinda Tennis courts 3:15 - 4:15			





## School hire bookings - from 1st September 2025

If you are interested in hiring our school facilities from 1st September, please visit [School Hire](#) to view available spaces and pricing. Whether you're planning a sports event, community activity, or private function, our facilities offer flexible options to suit a range of needs. Enquiries and bookings can be made directly through the [School Hire](#) website.

**Highlands School**  
148 Worlds End Lane, London, N21 1QQ

Modern and spacious facilities to hire for community events, sports groups, dance and drama classes, languages school, and more!

JOINING SCHOOL HIRE & FUNCTIONS LTD FROM 01<sup>ST</sup> SEPTEMBER 2025

**CONTACT TODAY**  
07855042027

- ✓ 4G Astro pitch
- ✓ Drama studios
- ✓ Sports hall
- ✓ Mirrored dance studio
- ✓ Classrooms
- ✓ Outside spaces

**Year 7 Athletics Trials**  
for  
**Enfield Borough Championships**  
2025

**FRIDAY 13TH JUNE**  
**3:15PM - 4:30PM**

Wear your PE kit.

Show up at the PE changing rooms after school.

An questions, please ask the PE department.

ENFIELD MUSIC SERVICE

**JAZZ WORKSHOP**

21<sup>ST</sup> JUNE 2025, 9:30 - 12:30, AT THE RAGLAN SCHOOLS  
FOR WIND AND BRASS PLAYERS OF AT LEAST GRADE 1 STANDARD

[CLICK HERE TO BOOK](#)

**E10**



## House weekly winners

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

	Beech	Oak	Rowan	Willow
Positive Points	4480	4974	4070	4009
Negative points	-228	-257	-148	-209
Points overall	4252	4717	3922	3800

### Top students in year 7

Forename	Surname	Form	House	Points
Qamil	Neza	7OSB	O	47
Niamh	Synnott	7BAS	B	46
Ada	Keskin	7BAS	B	42
Joshua	Afhim	7BAS	B	40
Maisy	Hannay	7BAS	B	38
Adrianna	Asade	7BAS	B	37
Aaron	Habib	7OMK	O	37
Paul	Munjal	7OMK	O	37
Sienna	Brown	7BAS	B	35
Kacey	Cheek	7OSB	O	35
Gwilym	Jenkins-Green	7BAS	B	35

### Top students in year 8:

Forename	Surname	Form	House	Points
Kimora	Hall	8WSW	W	49
Ciara	Moore-McGowan	8WSW	W	47
Asya	Sagiroglu	8WSW	W	43
Marianne	Smith	8WSW	W	43
Klea	Kambo	8WSW	W	39
Shaan	Seetul	8WSW	W	39
Betsy	Coneywood	8OJT	O	38
Adar	Abdi Mahamed	8WSW	W	37
Florence	Holyomes	8WSW	W	37



### Top students in year 9:

Forename	Surname	Form	House	Points
Lexie	Cullen	9RCX	R	38
Ethan	Are	9BBK	B	37
Yuxi	Chen	9BBK	B	35
Amili	Blana	9RCX	R	34
Efe	Yener	9RCX	R	34
Stephanie	Berko	9BAM	B	32
Thomas	Chambers	9RCX	R	32
Amalia	Lamarca	9WMP	W	32
Nathan	Lemonious	9RCX	R	32
Lydia	Petrogiannis	9WMP	W	32
Alina	Siby	9BAM	B	32
Alfie	Williams	9ORD	O	32

### Top students in year 10:

Forename	Surname	Form	House	Points
Lorin	Varli	10ODC	O	43
Daniel	Boztas	10ODC	O	38
Nicholas	King	10WJQ	W	38
Radhika	Parmar	10ODC	O	36
Constantinos	Socratous	10ODC	O	36
Amelia	Marrison-Claffey	10BLM	B	34
Ikram	Mohamed	10BLM	B	34
Sophia	Stavrinides	10BLM	B	34
Erkan	Varlik	10WJQ	W	34

### Top students in year 12:

Forename	Surname	Form	House	Points
Alessandro	Georgiou	12WAD	W	14
Isaac	Mooney	12WDS	W	14
Marino	Panayides	12BTD	B	14
Maria	Salamanca	12WAD	W	14
Ela	Ustun	12OAT	O	14
Tiana	Martindale	12BTD	B	12
Spyros	Yiallourous	12BTD	B	12
Zoe	Ellerby	12WDS	W	10



# 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](https://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: Faithia Garffus – [faithia.garffus@futurefirst.org.uk](mailto:faithia.garffus@futurefirst.org.uk)

#HighlandsAlumni

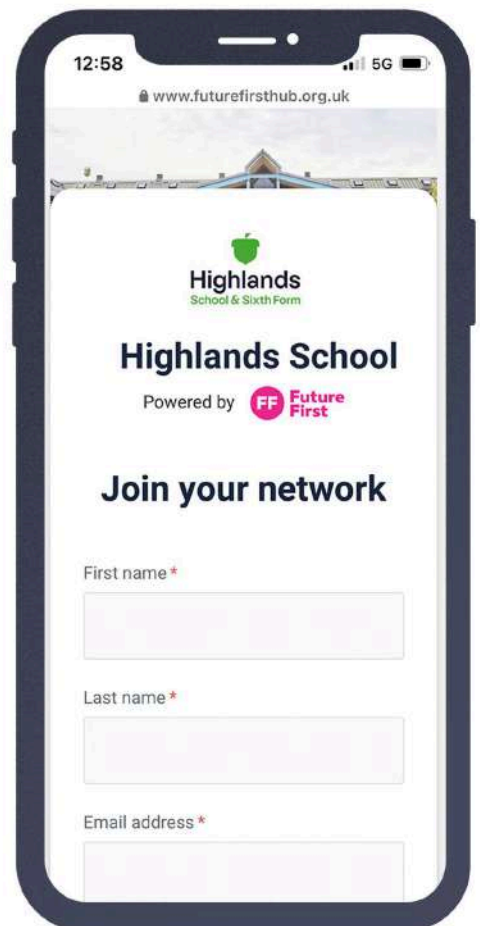


## Former student?

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.

## 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

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

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>

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](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)

**childline**  
SOMEONE 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 - 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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