



# Highlands School Newsletter

20 September 2024



***This week our newsletter introduction comes from Mr Matt Miller MBE, our Chair of Governors:***

I look forward to the beginning of every new academic year with a sense of excitement and purpose, trying to find ways of building and improving on the successes of the previous year. Try as one might, perfection does not exist in any school and so we strive for the next best thing which is to continue on our upward journey of improvement by learning from the past and planning for the future.

However, there is also a sense of great sadness at the recent passing of our former headteacher Bruce Goddard which sent shockwaves through our school community and the wider world of education. Highly respected by all, he was a tremendous leader of people whose first and last thoughts were always for our students. I got to know him very well over the 12 years we worked together and I always admired the way he stood up for those who couldn't stand up for themselves and how he listened to those who didn't have a voice. He really was a champion for the underdog. He must also take great credit for leading our school to two consecutive 'outstanding' Ofsted judgements.

Bruce, your legacy will live on along with the love and respect of all your colleagues, past and present who had the privilege of knowing you. God bless.

The board of governors and the senior leadership team share one indomitable spirit; only the best will do for our students. Through determined governance, we will redouble our efforts to ensure that no students are left behind and that whatever their backgrounds or abilities, every student has the opportunity to thrive. Governance is only as good as the difference it makes.

Once again, the GCSE results were very pleasing and great credit must go to the students, their teachers and everyone who played a part. Addressing educational inequality continues to be one of our country's greatest challenges, and I believe every school has a role to play in trying to create a fairer society. That is why I am incredibly proud of how at Highlands we have managed to improve the progress of students from less advantaged backgrounds this year compared with students who encounter fewer barriers to learning.

Our sixth form has also provided the foundation for another highly impressive raft of A Level results with 84% of our students achieving their first or second choice university place. Additionally, one third



of all A Level grades were awarded at A or A\*, with over 60% of all grades falling within the A-B\* range. Our BTEC students have also excelled, with 65% achieving Distinction or Distinction\* grades. Very well done to all of the students and staff, we couldn't be prouder.

Aside from excellent academic achievement in the classroom, we believe we have developed something special in terms of encouraging other life experiences, very often referred to as 'cultural capital'. Our DARE days where every student has the opportunity to participate in exciting activities and experiences have proved a resounding success, enriching the taught curriculum and opening our students' eyes to the wider world of culture, arts, sport and academia.

In terms of the bigger picture, the educational landscape is moving onwards and upwards too. I'm sure most of you will be aware that the DfE have announced that Ofsted will be scrapping the one-word judgements from the start of this year and transitioning to a more nuanced and supportive inspectorial regime with improvement at the heart of their work, or in their words, "doing good as you go." I'm sure that this will pave the way for greater trust and understanding between the inspectors and the inspected. Let's hope so.

Where does that leave us you may ask? Well, I can speak on behalf of Mr McInerney and my colleagues on the board of governors in assuring you that there will be no let up in our commitment to providing what we aspire to be a world class education for all at Highlands.

And that is where you as parents and carers come in too. You play a crucial role in supporting your child's education. Making sure that they attend school every single day (unless they are unwell) is a good starting point, but beyond that, showing an active interest in their learning is important too. Most student's progress does not form a neat linear trajectory, they will suffer road bumps along the way and that is where you can work with the school to help get them back on track.

A great way of keeping in touch is through our excellent weekly newsletter. It provides breaking news, important information about school activities and wonderful stories of individual and class achievements. It tells you what is happening in school in a way that most students don't think to mention to parents and carers when asked!

Before I sign off, I would like to extend a big Highlands welcome to the year 7 students – you will find your feet soon enough – and the students who have joined us in year 12 for the first time, and all other new students and of course their families and carers.

As I said, it promises to be an exciting year ahead and I'm sure we will achieve great things, remembering of course, ***it takes all of us!***



Matt Miller MBE  
Chair of Governors  
Highlands School



Key dates for this half term:

- Thursday 10th October: DARE Day 1
- Friday 11th October: DARE Day 2
- Monday 14th October: early finish for open evening (students leave at 12:40pm)
- Tuesday 15th October: late start following open evening (students arrive at 11:20am)
- Friday 18th October: final day of half term (two week half term holiday commences)
- Monday 4th November: first day of new half term (students return to school)

## Phillips 66 summer work experience

International energy company Phillips 66 were so impressed with our A level students' engagement and questions when they came to Highlands to deliver a panel session last academic year, that they offered 10 of our current year 13 students a work experience week at their London office over the summer. For more than 140 years, they've helped fulfil the world's energy needs as a diversified energy manufacturing and logistics company. They are committed to providing energy today with an eye on tomorrow. Guided by the pillars of Environmental Stewardship, Social Responsibility, Governance, Operational Excellence and Financial Performance they focus on continual improvements to meet the world's changing energy needs.

The work experience started off with a Business Overview session so they got to understand the basics and the three areas of Phillips 66 business, Refining, Commercial and Marketing. At the end of the week they were provided with a mock interview so that they can put the skills they've learnt earlier in the week into practice.

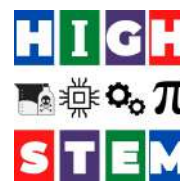






Well done to the following students who gained invaluable insight and had a successful week;

Eimaan Abbas, Ayaan Ali, Jamie Janczur, Eleanor McHale, Lottie Price, Ethan Strickland, Aden White, Daniel Drysdale, Dennis Hasani and Mohamed Osman.



Here is what Jamie and Aden had to say about their experience.

***'Phillips 66 provided us with an extensive insight into the worklife at their London offices. Each department spoke to us about the many challenges in their role and gave us advice on how to be successful in the workplace. This made me realise that no matter what pathway I chose, I am still able to reach my desired career. Their office was like a community; everyone treated us with respect and kindness. So I would like to thank Dr. Len and Ms. Laurenzi for providing me with this opportunity to experience work life at a prestigious institution.'*** - Jamie

***'Phillips 66 introduced me to the reality of how a workplace should be in London with their inviting and welcoming personalities. Their interactive and engaging experiences opened my eyes into the vast amount of pathways I can take as a sixth former and educated me on the many factors to take into consideration when choosing a career. They made a great effort to show us the variety of roles that a company needs to work cohesively and I would love to thank Dr. Len and Ms. Laurenzi for giving me this chance to have first-hand experience at what a well-structured and welcoming work environment looks like.'*** - Aden

***'My week at Phillips 66 was invaluable and gave me insight into an area of work that I hadn't previously encountered. From trading to contractual law, we got to experience a whole host of different areas of the company including, their exciting work on renewables and how we can sustainably make the shift to a greener future. A highlight for me was getting to call a ship broker and charter a ship that was going to transport oil from Antwerp to Humber the following week! We finished our time at Phillips 66 with mock interviews which gave us the opportunity to develop our key interview skills in preparation for jobs in the future. This experience confirmed that I want to pursue a STEM subject at University and sparked an interest in the field of energy.'*** - Eleanor

Happy STEMing!

Dr Len



## BSL lessons for staff

This week, we had the first of our 30-minute British Sign Language (BSL) sessions, led by our talented BSL Tutor, Marios Costi.

Staff learned basic signs, including greetings and useful phrases to better communicate with our Deaf pupils. The session was a wonderful introduction to BSL, providing practical tools to foster inclusion and understanding within our community. We look forward to continuing these sessions and seeing even more people join to enhance their communication skills.

*What a great experience! I thoroughly enjoyed it. The teacher was so enthusiastic and inspiring that learning was so much fun! How lovely it will be to now be able to communicate better with our Deaf students. - Ms Chrysostomou*

*It was great !! The teacher Marios' enthusiasm and humour had us captivated and eager to learn. I now know the alphabet and how to say my name in BSL. These lessons will prove so useful to be able to communicate with our deaf children in school and the wider community. Can't wait for the next lesson - Ms Warren*







## Dancers of the week

Well done to Bekir Berk and James Dervish in 8RJG who are the dancers of the week.

Great group work on dynamics and action content.

**Miss Brown**



## Work experience success

We are thrilled to share the success of one of our year 13 students, who was recently invited to attend an exclusive event following an exceptional performance during their work experience placement where they demonstrated a strong work ethic, creativity, and professionalism. Their contributions to the team did not go unnoticed, leading to an invitation to THE FORBES Family Group Fundraising Gala, a prestigious event raising awareness and support of Sickle Cell disease and attended by London's biggest stars across football, business, television and music including Rio Ferdinand, Jamelia, Katie Piper, Leigh-Anne Pinnock and more.

This special recognition not only highlights Deron-Jayden Nyarko-Duodu's (aka D.J) dedication but also emphasises the importance of work experience in shaping future career paths. We are incredibly proud of his accomplishments and look forward to seeing what they will achieve next!

Congratulations for representing our school with such distinction.

**Mrs Laurenzi**



## Highlands netball club

There was an amazing turnout for the year 8, 9 and 10 netball club this week. 72 girls turned up to work on their skills and play some competitive matches with some fantastic performances on display.

Selection has been made for the first year 9 game next week so stay tuned for their result in next week's newsletter.

**Miss Berrill**





## LAMDA success and Headteacher awards

Congratulations to all the students who passed their LAMDA assessments, with many of them achieving distinction grades! Their hard work and dedication have truly paid off. This week has been full of celebration as we recognised not only our students' success in LAMDA but also other outstanding achievements, including the Headteacher's Award. It was wonderful to see students proudly collecting their certificates for both accomplishments. Well done to everyone!

# LAMDA

### Headteacher Award winners:

**Baran Byndor** and **Rain Kurt:** Awarded for successfully completing work experience at North Middlesex Hospital.



**Alexandria MacGregor:** Awarded for being amazing and supportive during the Morocco trip and a special mention for learning Arabic with Ms Sahraoui everyday.

## Year 9 and 10 girls football

The year 9 & 10 girls football team kicked off the Enfield League this week with an emphatic win over Edmonton County. Hannah H and Lily H both contributed hatricks to a 9-0 win.

Player of the match was Lily and a special mention must be given to Nea, Madeha and Taijah who all made their debuts for the school in the game.

### Mrs Walters





## PE Clubs timetable 2024

Monday	Tuesday	Thursday	Friday
Boys Football Years 7-9 Astro Mr Avann 3:15 - 4:30	Girls Football All Years Mr Cross/Mrs Hutchinson Astro 3:15 - 4:30	Tag Rugby Years 7-11 (boys/girls) Mr Lockwood Field 3:15 - 4:30	GCSE PE Practical Club GCSE PE students Sports Hall Mr Avann 3:15 - 4:15
	Basketball All Years (boys/girls) Mr Edwards Sports Hall 3:15 - 4:30	Netball *(starts 26th Sept) Years 7-11 Mrs Walters/Ms Berrill 3:15 - 4:30 Playground	

## How to join a PE club?

- Simply show up after school at the PE changing rooms at 3:20pm.
- You must wear your Highlands PE kit to take part.
- You must wear your school uniform to school and get changed after school in the changing rooms (unless you have a practical PE lesson on the day of your club).
- Bring any medical devices e.g., asthma pump with you.
- All clubs are for all students in the year groups stated. Year groups and clubs will change each half term.
- Inform your parents/carers that you are attending a club and your finishing time at school will be later (4:15pm or 4:30pm depending on the club).

## Parking - notice to parents

Please can parents who are dropping off or picking up their child from school, park well away from the school site. We have had several incidents of cars blocking access to the school, parking on the roundabout area, on zig zag lines or pavement outside of school near to the zebra crossing, or dropping their children off directly on the zebra crossing.

This inconsiderate and dangerous behaviour is affecting students and parents from Highlands, Merryhills and Grange Park schools all of whom use that area at the beginning and end of the school days. Persistent offenders will have their registration numbers reported to the local traffic enforcement team and police.

Please help keep these areas clear at all times.

Many thanks.





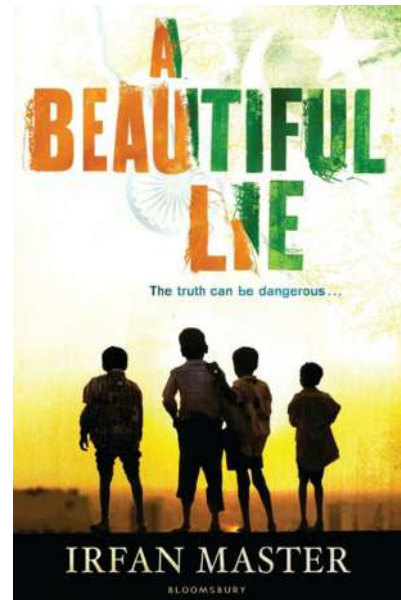
## Highlands book of the month - September

**Recommended read for KS3 from the library and English department.**

### **A Beautiful Lie by Irfan Master**

A debut novel, set in India in 1947 at the time of Partition. Although the backdrop is this key event in Indian history, the novel is even more far-reaching, touching on the importance of tolerance, love and family. The main character is Bilal, a boy determined to protect his dying father from the news of Partition - news that he knows will break his father's heart. With great spirit and determination, and with the help of his good friends, Bilal persuades others to collude with him in this deception, even printing false pages of the local newspaper to hide the ravages of unrest from his father.

All that Bilal wants is for his father to die in peace. But that means Bilal has a very complicated relationship with the truth...



**Recommended read for KS4 from the library and English department.**

### **Half bad by Sally Green**

Gripping from the start, a compelling magical tale which skilfully handles strong characters & thought-provoking themes without sacrificing pace. An excellent debut. You can't read, can't write, but you heal fast, even for a witch. You get sick if you stay indoors after dark. You hate White Witches but love Annalise, who is one. You've been kept in a cage since you were fourteen. All you've got to do is escape and find Mercury, the Black Witch who eats boys and do that before your seventeenth birthday.





# Highlands Chess Club

With Mr Tuton

Monday Breaktime  
in M6  
(max 14 players)



# Highlands Debating Club

Mondays  
3:15 to 4:15  
in H3

All Years  
Welcome



# Highlands FemSoc

Starting 1st October  
in SF4 with Ms Lloyd  
and guest speakers



**YEAR 7**  
**GIRLS NETBALL TRIALS**  
**MONDAY 30TH SEPTEMBER**  
**3:15PM - 4:30PM**  
**MEET IN THE CHANGING ROOMS STRAIGHT  
AFTER SCHOOL**





## House competition weekly results

This week's overall house winner: **highest number of achievement points minus concern codes, plus the points earned from applications to become student leaders.** Well done **Oak**!

This Week	Beech	Oak	Rowan	Willow
Positive Points	7,832	9,057	7,099	6,806
Negative points	-460	-341	-325	-543
<b>Points overall</b>	<b>7,372</b>	<b>8,716</b>	<b>6,774</b>	<b>6,263</b>
<b>Applications to be student leaders</b>	<b>5800</b>	<b>5600</b>	<b>5700</b>	<b>5900</b>
<b>Grand total</b>	<b>13,172</b>	<b>14,316</b>	<b>12,474</b>	<b>12,163</b>

Here are the top students this week.

### Top students in year 7:

Forename	Surname	Form	House	Points
Cristian	Federico	7OMK	O	52
Mithat	Deniz	7OSB	O	51
Daniel	Lemonious	7OSB	O	50
Petia	Staneva	7OSB	O	49
Theodore	Payne	7OSB	O	49
Natalie	Nicolaou	7OSB	O	49
Maria	Manescu	7OSB	O	49
Shamaya	Gitu	7OSB	O	49
Leo	Karaolis	7OSB	O	48
Mollie	Morgan	7OMK	O	46
Alex	Borontichina	7OMK	O	46
Leah	Khan	7OSB	O	46

### Top students in year 8:

Forename	Surname	Form	House	Points
Dylan	Forbes-Pike	8BEF	B	63
Akeesa Induvvari	Gurubebila vitharanage	8BEF	B	60
Betsy	Coneywood	8OJT	O	60
Eva	Ho	8BEF	B	59
Erkay	Guzel	8BEF	B	59
Raha	Hashemi	8BEF	B	56
Giulia	Dumitrescu	8BEF	B	56
Laura	Alla	8BEF	B	55



Max	Allison	8BEF	B	55
Carmel-Marie	Asoegwu	8BEF	B	55

#### Top students in year 9:

Forename	Surname	Form	House	Points
Leyla	Suleyman	9RBW	R	50
Zulaikha	Chaudhry	9RBW	R	46
Lara	Ergul	9RBW	R	44
Isabella	O'Neill	9RBW	R	43
Charlie	Bell	9RBW	R	41
Ruby	Walford	9RBW	R	40
Kayla-Faith	Muhelele	9RBW	R	40
Lewis	Tyler	9RBW	R	39
Emily	Newton	9RBW	R	39
Hannah	Cullen	9RBW	R	38
Shanaya	Herman	9RBW	R	38

#### Top students in year 10:

Forename	Surname	Form	House	Points
Luke	Michaelides	10RTC	R	57
Constantinos	Socratous	10ODC	O	54
Nathan	Mortimer	10ODC	O	53
Joshua	Mrozi	10BLM	B	50
Angelo	Symeou	10ODC	O	47
Vienna	Ramsey	10RTC	R	47
Yunus	Coskun	10ODC	O	46
Chloe	Sancho	10ODC	O	46
Nasia	Palmer	10OSM	O	46
James	Butcher	10OSM	O	46
Zehra	Besler	10WJQ	W	46



**Top students in year 11:**

Forename	Surname	Form	House	Points
Ava	Koker	11BJC	B	57
Oguz Kagan	Yalcinoz	11BJC	B	55
Emma	Simon	11BJC	B	55
Carey	Kirton	11BJC	B	51
Aaliyah	Udahemuka	11BJC	B	49
Charles	Elliott-Smith	11BJC	B	48
Daniel	Cox Jaramillo	11BJC	B	47
Tyrae	Best-Daley	11BJC	B	44
Sara	Miah	11BJC	B	44
Ender	Guccuk	11BNI	B	43

**Top students in year 12:**

Forename	Surname	Form	House	Points
Sherihan	Mehmet	12BTD	B	18
Giulio	Pappalardo	12OAT	O	16
Tiana	Martindale	12BTD	B	15
Nida	Demirkaya	12RJB	R	14
Sophie	Gerrish	12RJB	R	14
Florence	Charlton	12OAT	O	12
Meheria	Hashimi	12OAT	O	12
Sia	Loomis	12OES	O	12
Charlie	Skipp	12RHK	R	12
Sean	Ketcher	12RHK	R	12
Luke	Tyrimos	12WAD	W	12

**Top students in year 13:**

Forename	Surname	Form	House	Points
Katie	Brookman	13RSL	R	12
Ledia	Xhetani	13RSL	R	12
Alexia	Chrysostomou	13OMA	O	10
Charlie	Mills	13WTA	W	10
Kyra	Bilsoy	13RSL	R	8
Ahura	Sedaghat	13WTA	W	8
Charlotte	Price	13BJT	B	6
Ilana	Tanwie	13OPL	O	6
Jessica	Griggs	13RSL	R	6
Kadeejah	Cabey	13BCR	B	5



# 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) 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](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.




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](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**

*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**

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

Follow Highlands School on:

 [x@Highlands\\_sch](https://twitter.com/Highlands_sch)

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

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

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