



# Highlands School Newsletter

28 March 2025



Dear parents and carers,

Last night, I am very proud to say, I attended one of the most impressive and inspiring events I have seen at Highlands since I became the headteacher. Yesterday was our first ever Battle of the Bands competition. At this event, 16 bands made up of students from years 7-13, performed songs for the audience and competed to be the winner of each year group and for the opportunity to spend half a day in a recording studio. It was impressive to see year 7 students, many of whom had only been learning their instruments since September, performing live. And likewise, it was great to see the students from the upper school play, many of whom are accomplished performers. However, it was the year 8 and 9 students who, in some ways, stole the show as they were performing original compositions, some of which would measure up against songs you would hear in the charts today. None of this has happened by accident, it has been our intention to develop this area of our performing arts provision for some years. To support Ms Miller, our head of music, we employ Mr Hawkins, a professional guitarist as well as music teacher to develop bands each year in year 7 and then nurture them as they move through the school. He has been doing this for three years and last night was an opportunity to see the results of this great work. I want to thank him and Ms Miller for the work they have done on this and also thank the students and families who supported the event last night - it won't be our last one.

Have a great weekend,

Mr McInerney, Headteacher.

Key dates for this and next half term:

- Friday 4th April: end of term, students released from school at midday
- Tuesday 22nd April: start of summer term, week A
- Monday 5th May: bank holiday
- Tuesday 6th May: students allowed to wear summer polo shirts
- Friday 23rd May: end of half term



## UCL Professor of Ophthalmology Marcus Fruttiger delivers inspiring lecture and lab tour to our year 13 biologists

All of our year 13 biologists recently took part in a Highlands competition for the chance to win a trip to University College London (UCL). The prize offers a unique opportunity to visit a world-class medical research laboratory led by the renowned Professor Marcus Fruttiger, awarded to students with the most effective study groups and revision techniques.



Professor Marcus Fruttiger is a distinguished academic, widely recognised for his contributions to ocular genetics and vascular biology. With a background spanning both medicine and scientific research, he has made significant advancements in understanding the genetic mechanisms behind eye diseases. His work, frequently published in leading scientific journals, has not only deepened knowledge in the field but has also opened pathways for potential therapeutic interventions. As a professor, he continues to inspire the next generation of scientists, combining rigorous research with a passion for improving patient outcomes.

The competition was fiercely contested, but six students stood out for their exceptional teamwork and innovative revision methods. Congratulations to Beirhan Guven, Eleanor McHale, Ethan Morgan, Chizara Okonkwo, Ilana Tanwie, and Amadora Teka for securing a place on this incredible visit. Moreover, Professor Fruttiger also generously donated £10,000 worth of teaching equipment to our biology department to inspire our next generation of molecular biologists!







*'My experience on our trip to the Institute of Ophthalmology UCL was fantastic as I had the opportunity to further develop my knowledge on the functions of eyes as well as learn about the many retinal diseases and their treatments such as anti-VEGF drugs. It was fascinating to learn fun facts of the historical development of eyes over the millenia and how eyes evolved to what they are today beginning from the cambrian era. It was enjoyable to go outside to have hands- on experience on what working in an ophthalmology is really like, and the people at the facility were great, showing true passion in their work as they wanted to show us even more than we had time for. Overall the trip was an incredible experience as I had an opportunity to learn outside of school with my classmates and teachers.'* - Beirhan

*'On Tuesday, I was able to visit the UCL Institute of Ophthalmology. This opportunity gave us a great insight into what a career in academics looks like as we got to see a lecture hall as well as have some hands-on experience in the lab. The trip really brought much of our A-Level curriculum to life as we could see the procedures and equipment that we learn about and so, we were able to grasp a better understanding of their real life application. I was left with added motivation to continue with my A-level revision as it showcased the future that I am working towards.'* - Eleanor

*'The trip was very enjoyable, it was great visiting and seeing leading research into eye diseases at a world class university. The amazing team who showed us around gave us all insight into the varying career paths biomedical sciences can lead to, from staying in academia to heading into the commercial sector of science. Very grateful for this opportunity!' - Amadora*

*'I really enjoyed my school trip to the UCL Ophthalmology Centre because it was exciting to meet researchers and scientists working on cutting-edge eye care innovations. They explained how they study vision and develop new treatments for eye diseases, which I found really fascinating. Seeing the advanced technology they use and learning about their experiments made me appreciate the importance of eye research. It was inspiring to hear from experts who are making a real difference in the field, and the trip gave me a new perspective on the role of science in healthcare.'* - Ilana

*'Thank you for the opportunity yesterday Dr Len, it was truly inspiring. Being able to learn more about ophthalmology in depth and actually meeting someone who has gone down that career and excelled was very motivating as ophthalmology is a career I've been looking into. Furthermore, spending time in the lab and taking part in actual lab investigations gave me a little insight into what I will be engaging in in university, and this reassured me that I'm going down a path I know I'll like. Thank you again for the privilege of being able to experience this.'* - Chizara

*'Our trip to UCL was truly inspiring. It gave us the chance to look at the real world applications of what we learn in the classroom, we had the chance to get involved and even see the steps leading up to preparing for a lab experiment. We also got a chance to get a taste of a lecture on ophthalmology where it gave us a small glimpse of what we could be looking at if we were to continue our education into university. As a whole the experience was truly inspiring and I am so grateful to Dr Len and Ms Laurenzi for giving us a chance to go.'* - Ethan

Dr Len





## Girls borough champions

The year 11,12 and 13 senior girls' team delivered a dominant performance in their match against Latymer School, securing a resounding 12-2 victory. With this win, the team has now been crowned the borough champions, marking an outstanding achievement.

Shekinah was unstoppable, scoring an incredible six goals, showcasing her exceptional skill and finishing ability. Jess also played a pivotal role, contributing three goals to the team's impressive tally. Holly and Elisia each added to the scoreline, with Holly netting one goal and Elisia scoring another, rounding off a stellar offensive display.

In addition to the fantastic attacking performance, Lexie was virtually unbeatable in goal, alongside Darcy and Niamh providing a rock-solid defence that helped ensure Latymer's attempts were thwarted throughout the match.

With this thrilling victory, the senior girls have demonstrated their strength and determination, securing the title of borough champions! Their collective effort, skill, and teamwork have been truly exceptional.

Well done girls. Another trophy added to the cabinet!

**Mrs Hutchinson**







## Year 7 and 8 girls football

On Monday the year 7 and 8 girls' football team played St Johns. This was the last of their league games and they went into it knowing that a win would put them through to the Enfield League final.

We started slowly and a lapse in concentration led to us conceding an early goal. We soon got into the game and Poppy's calm finish followed by a St John's own goal gave us a 2-1 lead at half time. We pushed on in the second half with Molly scoring two goals either side of a goal by Natalie. St Johns got one back but Chloe finished the game off with a well taken penalty. The final score was 5-2 with Chloe being nominated as the player of the match by St John's.

Well done girls, an unbeaten league run gives you a well deserved place in the league final next week. Let's bring home the title!

**Mrs Walters**





## Year 11 boys football

On Tuesday, the year 11 boys' football team hosted a physical Aylward School in an entertaining game. Despite taking a fast lead, the score moved to and forth, finishing in a well earned 4-4 draw.

Congratulations to those students who made their debuts.

Players of the match: Louis Barker, Max Gilzean and Kevin Koroni.



## Live Music Assemblies

This week, our school hosted a series of live music assemblies, showcasing an incredible lineup of talented performers. Musicians amazed the audience with their own original songs, powerful live orchestra, solos and dynamic band performances. It was a fantastic celebration of creativity and musical talent. Well done to all of the performers.







## SEND Coffee morning with Dr Claire Collins

This week, the school hosted a SEND Coffee Morning, where parents and carers had the opportunity to hear from educational psychologist Dr. Claire Collins. She gave an insightful talk on supporting planning and organisational skills, highlighting the importance of the *Window of Tolerance* - the optimal state in which a person can learn, manage emotions, and respond to challenges effectively. Dr. Collins introduced the *Feelings Thermometer* as a useful tool to help students identify and communicate their emotions, making it easier to recognise when they need support. She also discussed self-regulation, co-regulation, and the importance of knowing when to offer breaks to help students regain focus and stay engaged.

The session was engaging and informative, providing valuable strategies for both home and school settings. It was a fantastic morning of discussion, support, and community connection, a huge thank you to everyone who attended.





## Year 9 geography

As part of their KS3 curriculum at Highlands, the year 9 geography students conduct an investigation at four sites around the school to answer the question: *Does Highlands School have a Microclimate?* On Tuesday this week, 9RCX conducted this investigation. They used an anemometer and compass to collect data on wind direction, wind speed, and temperature.

### Mr Mutinda



## Willow Turkish Cuisine Day

Willow House hosted Turkish Cuisine Day this week, showcasing the rich flavours of Turkey. Chartwells, our caterers, treated students to a delicious menu featuring beef kofte with tangy tomato sauce, served with rice and roasted vegetables, as well as a hearty pasta bake.

The event was a fantastic way to explore and enjoy Turkish culinary traditions, bringing our school community together over some tasty dishes!







## Student led campaigns for change - citizenship in action

Our GCSE Citizenship students have created impactful campaign videos as part of their Active Citizenship Projects. These campaigns address real-world issues, including youth crime in Enfield, the spread of fake news and misinformation, and low voter turnout across the UK.

Each student worked incredibly hard to research their topics and produce high-quality work. Well done to everyone involved! Their projects are inspiring and showcase how young people are actively taking steps to shape society.

### Mr Islam





## House department competition winners

### Year 8 MFL speak to me competition - **Rowan**

The winners are Aarav Shah, Levi Howard and Ryan Arun for their Spanish (short) play, making good use of vocabulary learned in year 8, excellent pronunciation and performance.

### Year 7 computer science competition - **Willow**

Congratulations to Anoushka Bowry, Charlotte Murray, Cristian Federico, Layla Orchant, Marko Saliy, Mithat Deniz, Skye Hawkins and Tom Turnbull for being the top performers in the computer science inter-house competition.

## HPFA Easter raffle

Hop into the Easter spirit and buy your raffle tickets for a chance to win "eggcellent" prizes!

From a hamper of Easter goodies to a coffee and cake voucher, there's something for everyone - don't miss out! Click [here](#) to buy your tickets now.





# HPFA Easter Raffle

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

Scan the QR code to buy your tickets









## 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
	Rugby (tag/touch) Years 7-11 Mr Lockwood Astro 3:15 - 4:30	A Level PE Intervention Y13 Mr Avann SL6 3:15 - 4	
	GCSE Theory Intervention 10P/Pg1 Mr Avann PE4 3:15 - 4		

## How to join a 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).



## DARE Days, Wednesday 2nd & Thursday 3rd July 2025

Please see below for the DARE Days information. The deadline for all payments is Thursday 24th April.

YEAR 7	External activity		Internal activity	
	London Zoo	Beech / Willow - Wednesday Oak / Rowan - Thursday	Platinum	Oak / Rowan - Wednesday Beech / Willow - Thursday

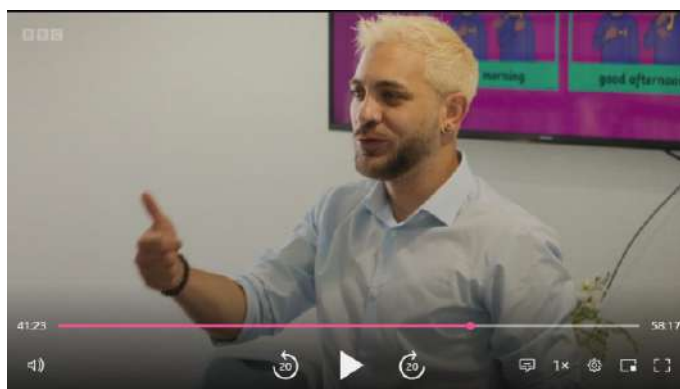
YEAR 8	External activity		Internal activity	
	V&A Museum	Beech / Willow - Wednesday Oak / Rowan - Thursday	STE(A)M	Oak / Rowan - Wednesday Beech / Willow - Thursday

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

## Rose Ayling-Ellis: Old Hands, New Tricks

Marios Costi, our BSL tutor here at Highlands, features in *Rose Ayling-Ellis: Old Hands, New Tricks*, a TV documentary about an uplifting experiment with a group of older people to see if sign language can bring them confidence and joy in later life. It is available to watch on [BBC iPlayer](https://www.bbc.com/iplayer).







## 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.

- **Anoushka Bowry 7RKM, Charlotte Murray 7WEF, Cristian Federico 7OMK, Layla Orchant 7WEL, Marko Saliy 7BMS, Mithat Deniz 7OSB, Skye Hawkins 7RAC, and Tom Turnbull 7BAS:** Awarded for being the top performer in their class for the computer science inter-house competition.
- **Dante Fernando 10RCG:** Awarded for finishing in second place with his entirely sugar free cheesecake for creativity and research to make a cheesecake without sugar for Lent, well done!
- **Aqeel Ansar 9BAM and Nicholas Andrews 9WNK:** Awarded for helping to de-escalate a confrontation outside of the classroom.
- **Natalia Balla 8BEF:** Awarded for her wonderful script writing in Ed-Extra Creative Writing.
- **Jackson Barker 8BLR:** Awarded for his huge improvement in school.
- **Avril Brown 10RTC:** Awarded for supporting another student in a time of need.
- **Adithya Das 10WCM, Alexandra Drikou 11OKK, Annaliese Demetriou 12WDS, Anthony Angeli 9WNK, Archie De Souza 8WMT, Bibiana Edwards 9BBK, Elena Guidice 12BAS, Elis Cristovao 10WCM, George Efstratiou 9WNK, Gwilym Jenkins-Green 7BAS, Harry Stylianou 9WNK, Hayssa De Araujo Spinello 9ORD, Hollie Chambers 7RAC, Hus Gokpinar 7RKM, Iyla Shah 7WEL, Jaden Garcia 7RKM, Jasaiya Ollivierre 8WMT, Kerem Hassan 8WMT, Kosta Nicolaou 7RKM, Lois Anosike 10WCM, Marianne Smith 8WSW, Matthew Nicoloau 9ORD, Moroni Cristovao 11BJC, Naa Shidaa Quartey 11WTH, Nicholas Andrews 9WNK, Raphael Asoegwu 11BNI, Ruby Walford 9RBW, Sam Tremaine 11BJC, Samuel Malaj 9ORD, Sena Oguz 9WNK, Sita Maitland-Walker 8BLR, Skye Hawkins 7RAC, Tobey Harris 7RKM and Wilfred Crutchley 8WSW:** Awarded for their wonderful performance in the Live Music Assemblies.
- **Isis Crawford 10RCG:** Awarded for winning the year 10 cheesecake decorating competition with her mango and passion fruit compote cheesecake.





## The Scholastic Book Fair: 28th March - 2nd April



The book fair will be here at Highlands School from **28th March - 2nd April**, it will run during break time and after school until 4pm.

You will have two ways to purchase Scholastic books from the wish list:

### To pay for wish list books online

- Click on the TEEN section [books](#) online.
- Fill in this [Form](#) making sure you write the name of the book clearly, the age group of the book and the price.
- Pay via the [online](#) form. *Type in N21 1QQ and this will find Highlands Secondary School.*
- Once payment is made return the paid wish list form to the librarian for order completion and final collections. **(You must List the names of the books you have purchased so that the librarian knows which books you have paid for).**

### Buying books at the fair

- On a sealed envelope place your child's name and form (e.g. Sarah Michaels 7RTS), ensure the exact cash amounts for the books being purchased in house is correct, as change will not be given.
- Click on the TEEN section [books](#) online, referencing book titles and pricing - write the name of the book clearly and the age group of the book.
- Forms can also be collected from the Library and brought home. All forms must be submitted to the librarian no later than **2nd April**, by 11.15am
- Cash and forms for book purchases must be submitted together to ensure that items from the wish list arrive in a timely manner, if they are needing to be ordered.

### Collection information

Books for the Scholastic Book Fair will be displayed on the trollies for students to take home, alternatively it will be ordered if items are sold out. If that is the case, students/ parents will be notified of any possible delays, and informed when items arrive.





## School announcements

### Work experience opportunities, can you help?

The majority of our year 12 students have successfully secured work experience placements for the summer term, but we are still looking for additional opportunities. If you or someone in your network can offer a placement, we would love to hear from you! Providing real-world experience is invaluable in helping our students explore career pathways and develop essential skills.

If you can help, please contact [careers@highlearn.uk](mailto:careers@highlearn.uk) - your support would be greatly appreciated!

**Mrs Laurenzi**

### 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.

### Year 7 surveys

Throughout this academic year, we will be asking students and parents/carers to complete surveys, one year group at a time, to help us gather feedback on various aspects of our students' educational experience at Highlands. Our year 7 surveys were carried out before Christmas and we have collated the results, implemented actions to improve our school, and are now sharing them with you.

Firstly, thank you to those who completed the survey. You gave up your time to tell us about our school, and we have made changes to improve it as a result.

We were pleased and grateful that so many of you responded to the survey, and we are delighted with the positive feedback we received. 97% of parents who completed the questionnaire said they would recommend Highlands School to other parents considering a secondary school for their child.

In response to the feedback we received we have been able to implement the following changes.



Identified concern from survey	Actions we have taken as a school
<b>Safeguarding</b>	
Students stated they would have liked to receive more information on which teachers they could speak to if something is troubling them.	Updated posters have been displayed around the school, showing pictures of the executive safeguarding team, including behaviour mentors and the school counsellor. We are considering including a list of teachers' names in the student planner that students receive at the beginning of the academic year, so they are aware of who they can talk to if needed.
<b>Extra-curricular activities, clubs and trips</b>	
Students are unclear how the allocation of Ed-Extra activities are decided.	Ed-Extra activities are allocated by asking students to select a first, second, and third choice via a Google form. We offer a range of activities, including boxing, samba, and coding. We do our best to ensure that all students who complete the Google form are allocated one of their three choices. At the end of each term, we gather students' feedback in order to make improvements for the next set of Ed-Extra sessions.
A small group of students and parents identified that they wanted more information about DARE days earlier, they didn't want to be in the same groups and wanted the opportunity to pay in instalments in order to spread out the costs.	After each DARE day, we ask students to complete an evaluation form to improve the next set of activity days. We have taken this feedback on board by sending out the itinerary for the summer days in January. We have spoken to trip leads about activity groupings and have requested that, where smaller groups are needed for the day, they should be fully considered and not just organised alphabetically. We have created a payment plan that allows families to pay in instalments to spread out the financial implications. For this academic year, we have promised to cap the four days of trips/activities at £50 for all year 7 students.
More information about clubs and activities for parents and carers	In January, you would have received the newsletter and an email outlining the wide range of extra-curricular activities that we will be offering after school for the rest of the academic year. You can also refer to the school's website for more details.
Lack of support from school for students wanting to complete homework in school (club).	All students have been made aware, along with frequent reminders in the newsletter, that Highlands runs a homework club on Monday, Tuesday, Thursday, and Friday each week in the library from 3:15pm to 4:00pm. At least one member of staff will be available for each homework session, and there is an opportunity for students to use the computers to complete work online.





Year 7 induction	
A map of the school would have helped students in their first couple of weeks of being at Highlands.	We will be introducing a map into the year 7 transition packs for the new year 7s, and we are looking into having the map printed at the front of the planner. On the year 7 induction days, all students will be given a tour of the school to familiarise themselves with the layout and different subject areas.
Students would like more information on the following in the first couple of weeks of arriving at Highlands School: The one way system, how break and lunch times work and the rules regarding the toilets and usage.	We will be adapting our resources, including the slide presentation we deliver to all new year 7s, which will include the times of break, the school expectations, information on which toilets to use and when, and what the one-way system looks like here at Highlands. This will also be discussed when students have their tour with their form tutor.
School dining	
Students would like more choices of different food in the canteen.	Chartwells, our fantastic catering company, has agreed to continue and expand the special <a href="#">multicultural cuisine days plan</a> we hold each half term to celebrate the diversity of students here at Highlands. Each house is allocated a day when they are in charge of promoting the event by creating posters, sharing facts about the country, and decorating the canteen to ensure students gain the full experience of the culture being celebrated.
House system and student leadership	
There are not enough house /department competitions throughout all subjects.	Each year, a range of exciting department competitions is organised. Each department is asked to run at least two competitions a year. Year 7 always has at least three competitions each half term for students to participate in. The winning students are awarded achievement points for their house.
Students want someone that they can speak to if they want to make a suggestion about lessons, lunch etc.	We have ensured this year that all forms in the school have at least one form representative to act as the spokesperson for the class. They can bring any issues raised to the house council for discussion. A new initiative this year is that the head students have asked all year 7 students to complete a Google form to provide more



	<p>insight into what year 7 would like to see changed here at Highlands.</p> <p>Just before Easter, the head students will be visiting all year 7 form groups.</p>
<p>Students want more of an opportunity to get achievement points.</p> <p>A small number of students were concerned that teachers were not giving out achievement points fairly to all houses.</p>	<p>In December, the headteacher addressed all staff members regarding this concern and reiterated how achievement points are awarded and the reasons for doing so. In any given lesson, a student can now be awarded up to 4 achievement points for behaviour and participation.</p>

We thank you for your continued support in making Highlands School a safe, caring and respectful community and a beacon of educational excellence.

**Mrs Jeynes**

## House weekly winners

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

	Beech	Oak	Rowan	Willow
Positive points	6,454	5,948	6,688	6,364
Negative points	-440	-298	-473	-432
<b>Points overall</b>	<b>6,014</b>	<b>5,650</b>	<b>6,215</b>	<b>5,932</b>

## Top students in year 7

Forename	Surname	Form	House	Points
Suryan	Mistry	7WEL	W	52
Levi	Xhetani	7RAC	R	44
James	Berris	7RKM	R	41
Emily	Dent	7RAC	R	40
Angelina	Kousoulou	7RKM	R	39
Beth	Rognaldsen	7RAC	R	38
Pascal	Kyprianides	7RAC	R	38
Orinthia	Goonan	7RKM	R	38
Muhammed	Parlak	7RAC	R	37
Idil	Bozkurt	7RKM	R	37



**Top students in year 8:**

Forename	Surname	Form	House	Points
Hazal	Akpinar	8WMT	W	57
Evie	Howlett	8WSW	W	53
Akeesa Induviri	Gurubebila Vitharanage	8BEF	B	50
Erlind	Cela	8RJG	R	49
Ben	Clitherow	8RJG	R	47
Ava-Rose	Noble	8RJG	R	47
Niam	Kataria	8RJG	R	47
Bekir Berk	Yalcin	8RJG	R	46
Tiah	Patel	8RJG	R	46
Syerah	Islam	8WSW	W	45

**Top students in year 9:**

Forename	Surname	Form	House	Points
Lara	Ergul	9RBW	R	53
Zulaikha	Chaudhry	9RBW	R	45
Xhorxhia	Kuvertaris	9RCX	R	44
Tishaan	Patel	9WMP	W	43
Bibiana	Edwards	9BBK	B	42
Amili	Blana	9RCX	R	42
Zachary	Ekkeshis	9RCX	R	42
Marianna	Pallikaros	9WMP	W	41
Taylor	Berndes	9OAC	O	39
Meliz	Hassan	9WMP	W	39
Sena	Oguz	9WNK	W	39

**Top students in year 10:**

Forename	Surname	Form	House	Points
Vishanne	Beezadhur	10OSM	O	172
Kingston	Barrow	10OSM	O	166
Evita	Dib	10ODC	O	160
Madiha	Yahya	10OSM	O	148
Ruby	Magrun	10BYC	B	70
Joseph	Smyth	10BYC	B	63
Hugh	Murphy	10BYC	B	61
Sadie	Baker	10BYC	B	59
Penelope	Jones	10BYC	B	59
Gabrielle	Russell	10BYC	B	58
Georgia	Gkiontsari	10BYC	B	58

**Top students in year 11:**

Forename	Surname	Form	House	Points
Ender	Guccuk	11BNI	B	46
Naa Shidaa	Quartey	11WTH	W	34
Athanasios	Ioannou	11OKK	O	33
Panos	Anastasiou	11OKK	O	28
Carl	Etuazim	11OKK	O	28
Livanur	Atakli	11OKK	O	26
Ali	Yelmer	11OKK	O	26
Rafal	Kruczek	11OKK	O	26
Jake	Hawkes-Petrou	11RGA	R	26
Elaina	Fitzgerald	11WDD	W	26
Jessica	Smyth	11WTH	W	26

**Top students in year 12:**

Forename	Surname	Form	House	Points
Annalise	Demetriou	12WDS	W	16
Rhea	Mehta	12RJB	R	15
Elena	Giudice	12BAS	B	14
Joel	Biggs	12RHK	R	14
Jessica	Reidy	12BAS	B	12
Charlie	Skipp	12RHK	R	12
Ela	Ustun	12OAT	O	10
Charlotte	Crowley	12OAT	O	10
Jasmine	Desai	12OAT	O	10
Kimberley	George-Fraser	12OAT	O	10

**Top students in year 13:**

Forename	Surname	Form	House	Points
Alexia	Chrysostomou	13OMA	O	9
Katie	Brookman	13RSL	R	9
Ledia	Xhetani	13RSL	R	9
Charlie	Mills	13WTA	W	9





# Future Focus

What parents and carers  
need to know about  
young people's  
career options

**Thursday  
24 April  
3.30-6pm**

Enfield Grammar School  
EN2 6LN



Learn how you can support  
your child's career choices

**Refreshments will be provided**

**Limited places. Book now**



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COMPANY





# 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

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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 OF 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:

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

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