



Highlands School Newsletter

20 December 2024



Dear parents and carers,

This week was the final week of the autumn term and each morning we held celebration assemblies for all of our students, presented by our student leaders. In those assemblies we celebrated the many and varied achievements of our students this term, lots of which you can read about in this newsletter and in our previous editions. We were also able this week to share with students an update on the inter house competition and 'the race to Thorpe Park'. Oak are still in the lead but Rowan has closed the gap. Will this be the year Rowan reclaim the crown that has so often been theirs?

I hope you all have a restful Christmas and New Year break and we look forward to welcoming our students back to school on Monday 6th January.

Have a great holiday,

Mr McInerney
Headteacher.

Key dates for this half term:

- Friday 20th December: final day of term (students dismissed at midday)
- Monday 6th January: first day of new term (students return to school)



Highlands Winter Wonderland



The year 12 BTEC business students recently showcased their entrepreneurial talents at the highly successful "Highlands Winter Wonderland" event. Students demonstrated their creativity and business acumen by running a range of festive stalls, including churros, kourabiethes, chocolate apples, festive popcorn bags, mocktails, cake pops, festive rice krispies, brownies, snowball cookies, and festive sweet bags. The event was a fantastic opportunity for students to apply their business skills in a real-world setting, and their hard work paid off as they raised an impressive total of £408.60 for Great Ormond Street hospital.

Thank you to all the parents, students, and staff who supported the event and helped make it such a memorable experience.

Ms Constantas





LEGO robotic club - motorised vehicle project

This term, our year 7 and 8 students have truly demonstrated their creativity, collaboration, and communication skills in a thrilling motorised vehicle project. The challenge? To design, build, and present motorised vehicles capable of impressing both on the track and in the boardroom.

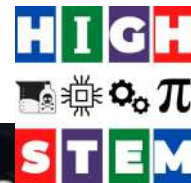
The brief required teams to work together to develop innovative designs, assemble functional models, and deliver compelling presentations about their creations. It was clear from the outset that success hinged on teamwork, problem-solving, and the ability to convey ideas effectively — and our students did not disappoint!

Throughout the term teams brainstormed ideas, tested prototypes, and overcame engineering challenges, all while learning to listen to one another and incorporate diverse perspectives. On presentation day, the hard work paid off as each group showcased their vehicles with polished pitches and a clear demonstration of their design process.

We were thrilled to see such a high level of engagement and dedication from all participants. The creativity and ingenuity displayed were truly inspiring. From sleek racers to cleverly engineered off-road models, the variety of designs highlighted the unique talents of our students.

A huge congratulations to everyone involved with the lego robotics club this term. You have shown not only technical skill but also the importance of collaboration and communication.

Dr Len





Deaf Resource Base trip to The Royal Opera House

On December 13th, our Deaf Resource Base students had the exciting opportunity to attend a performance of *La Bohème* at The Royal Opera House, with the production signed in British Sign Language (BSL). Thanks to the generous support of The Taylor Family Foundation and the Gerald and Gail Ronson Family Foundation, our students enjoyed amazing premium seats, making the experience even more special.

Before the performance, we had a delightful stroll around Covent Garden, soaking in the vibrant atmosphere and enjoying the festive surroundings. It was a lovely start to what turned out to be a truly memorable day.

In preparation for the trip, The Royal Opera House kindly sent teacher slides with detailed information about the story, setting, and what to expect during the day. These resources helped our students engage with the performance more fully, ensuring they were well-prepared and excited for the experience.

The pupils were then mesmerized by the stunning performance of Giacomo Puccini's timeless music, which brought the beloved opera to life with breathtaking melodies, powerful vocals, and a beautifully immersive atmosphere. The performance was expertly conducted by Speranza Scappucci, whose direction of the orchestra added an emotional depth that resonated with everyone in the audience. The combination of Puccini's music and the accessibility of BSL interpretation created a truly unforgettable experience.

During the interval, two of our students, Omyur Karadzhova and Aaliyah Lascelles, were interviewed and filmed, sharing their thoughts on the performance and their excitement about the experience.

We are incredibly grateful to the foundations for their support, which made this extraordinary trip possible, and we look forward to more inspiring experiences like this in the future.

Ms Jutila





The great debate at Highlands

A thought-provoking 'Great Debate' took place at school on the controversial topic of the *Terminally Ill Adults (End of Life) Bill*. Year 10 students led the debate, presenting both sides of the issue to hear the main arguments for and against the proposition, rigorously testing these arguments, and allowing students to vote on the issue. The debate began with four students delivering prepared speeches, each outlining key points for and against the bill. After each speech, speakers had the opportunity to issue rebuttals, challenging the validity of the previous arguments.

The bill, which has been debated three times since 2003, was recently voted on in Parliament, where 330 MPs voted in favour of the motion, and 275 MPs voted against it. If passed, the *Terminally Ill Adults (End of Life) Bill* would legalise assistance for over-18s who are terminally ill to end their own lives. Once all the arguments and questions had been heard, students voted on the proposition, reflecting on this significant and complex issue. The debate offered a valuable opportunity for students to critically engage with a real-world topic. The results of the vote can be seen below.



Highlands
The Great Debate
Dare to flourish

"This house believes that assisted dying should be legalised"

Resolution	Proposition
Introduction and questions 1-3	Introduction and Proposition 1-3
Question 1-10	Proposition 1-10
Question 1-11	Proposition 1-11
Question 1-12	Proposition 1-12
Question 1-13	Proposition 1-13
Question 1-14	Proposition 1-14
Question 1-15	Proposition 1-15
Question 1-16	Proposition 1-16
Question 1-17	Proposition 1-17
Question 1-18	Proposition 1-18
Question 1-19	Proposition 1-19
Question 1-20	Proposition 1-20
Question 1-21	Proposition 1-21
Question 1-22	Proposition 1-22
Question 1-23	Proposition 1-23
Question 1-24	Proposition 1-24
Question 1-25	Proposition 1-25
Question 1-26	Proposition 1-26
Question 1-27	Proposition 1-27
Question 1-28	Proposition 1-28
Question 1-29	Proposition 1-29
Question 1-30	Proposition 1-30
Question 1-31	Proposition 1-31
Question 1-32	Proposition 1-32
Question 1-33	Proposition 1-33
Question 1-34	Proposition 1-34
Question 1-35	Proposition 1-35
Question 1-36	Proposition 1-36
Question 1-37	Proposition 1-37
Question 1-38	Proposition 1-38
Question 1-39	Proposition 1-39
Question 1-40	Proposition 1-40
Question 1-41	Proposition 1-41
Question 1-42	Proposition 1-42
Question 1-43	Proposition 1-43
Question 1-44	Proposition 1-44
Question 1-45	Proposition 1-45
Question 1-46	Proposition 1-46
Question 1-47	Proposition 1-47
Question 1-48	Proposition 1-48
Question 1-49	Proposition 1-49
Question 1-50	Proposition 1-50
Question 1-51	Proposition 1-51
Question 1-52	Proposition 1-52
Question 1-53	Proposition 1-53
Question 1-54	Proposition 1-54
Question 1-55	Proposition 1-55
Question 1-56	Proposition 1-56
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Question 1-90	Proposition 1-90
Question 1-91	Proposition 1-91
Question 1-92	Proposition 1-92
Question 1-93	Proposition 1-93
Question 1-94	Proposition 1-94
Question 1-95	Proposition 1-95
Question 1-96	Proposition 1-96
Question 1-97	Proposition 1-97
Question 1-98	Proposition 1-98
Question 1-99	Proposition 1-99
Question 1-100	Proposition 1-100

the motion...
This house believes that assisted dying should be legalised

The Great Debate	Voting against the proposition	Voting for the proposition	the motion..
10BYC	8	15	'This house believes that assisted dying should be legalised'
10BLM	8	12	
10ODC	13	10	
10OSM	4	6	
10RTC	15	14	
10RCG	8	17	
10WCM	4	12	
10WQI	12	34	
	4	23	
Total	76	143	





English competition winners

English and the library recently ran a competition across KS3 in which students write 100/300 and 500 word stories without reusing a single word. Congratulations to the following students who have won their respective year group writing competitions in English. They will all be rewarded with a certificate and a WHSmith book voucher.

Y7, 100-word Gothic story:

- Zoe Mathews - 7BMS
- Beth Rognaldsen - 7RAC

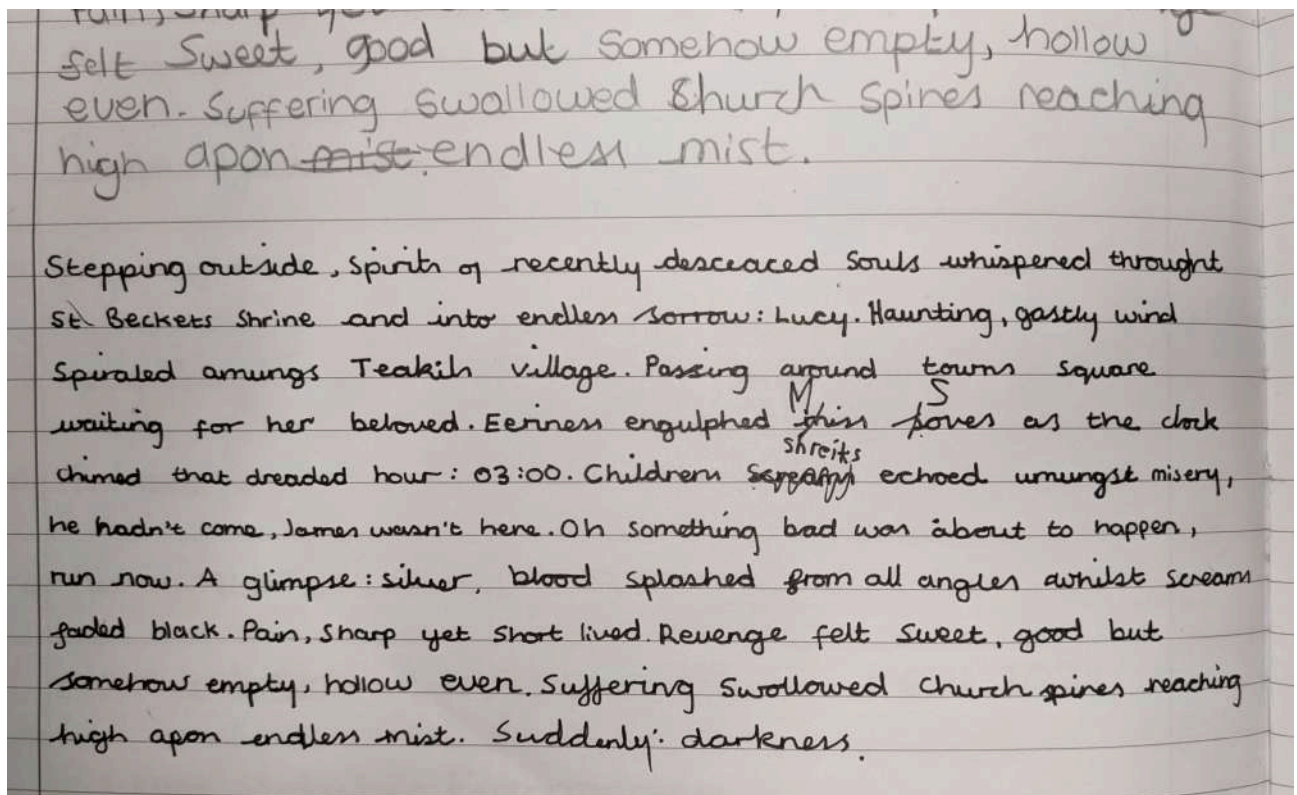
Y8, 300-word Gothic story:

- Amelia Tyrimos - 8OJT
- Chloe-Sophia Antoniades - 8RJG

Y9, 500-word Crime story:

- Lydia Petrogiannis - 9WMP
- Sena Oguz - 9WMK

Here is Beth Rognaldsen's fantastic 100-word Gothic piece:





Year 7 football

On Monday 16th December, Highlands year 7 football team travelled to Latymer School for a friendly match.

Highlands played some good football, resulting in a quick lead which was then extended on as the first half progressed. In the second half, Highlands added some more goals, resulting in 7-1 winners. Players of the game: Jaden Garcia and Arley Alla (pictured right).



Mr Avann

Dancers of the week

The dancers of the week are Sedel Kayim, Iasmina Iacobut, Izzy Minguez and Amelie Manning. Well done on your hard work and effort this week.

The year 10 GCSE dance students would like to wish everyone a very merry Christmas.



The Winter Concert

The Winter Concert was a fantastic showcase of talent, featuring a diverse range of performances. The steel band brought vibrant rhythms to the stage, while solo acts mesmerised the audience with their skill. A sneak peek from our upcoming *Chicago* production, set to be performed next June, gave everyone a taste of the excitement to come. The rock band delivered an electrifying set, adding to the evening's energy. The entire event was expertly compered by our performance captains, who guided the audience through the remarkable performances. The talent on display was truly amazing, making for a memorable and inspiring night.

Well done to everyone involved.





Year 9 form time champions

Congratulations to 9WNK who were crowned the form time champions for this half term.



Oak bake sale

The Oak bake sale took place this week and was such a delight, with some beautiful homemade treats.

A big thank you to everyone who contributed. The sale raised 348.11 for Oak's chosen charity RSPCA.





Sixth form human chess

Our sixth form students took part in an exciting game of human chess this term, bringing the classic board game to life. Each student took on the role of a chess piece, moving across a giant board in the main hall while strategizing with their teammates. Year 12, who played as white, went up against year 13, who played as black. Year 13 successfully countered a strong opening from year 12, but quickly made some huge blunders including losing their queen early on. Despite being ahead, year 12 failed to capitalise on their advantage and the game turned into a war of attrition. Eventually the year 13 king was trapped in the corner of the board and checkmated by year 12 using their castle and king.

Chess club runs every Tuesday at break time in M6.





PE clubs - January - February half term



Monday	Tuesday	Thursday	Friday
Netball Years 9, 10, GCSE Sports Hall Ms Berrill 3:15 - 4:30	Basketball All Years (boys + girls) Mr Edwards Sports Hall 3:15 - 4:30	A Level PE intervention Year 13 SL6 Mr Avann 3:15 - 4pm	GCSE PE Practical Club GCSE PE 2nd year students Sports Hall Mr Avann 3:15 - 4:15
		GCSE PE Theory Intervention 2nd year students PE4 Mrs Hutchinson/Mrs Walters 3:15 - 4pm	
		Girls Football Year 7, 8, 9 Mrs Walters/Mrs Hutchinson 3:15 - 4:30 Sports Hall	

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).

Rewards assemblies

This week, rewards assemblies were held across the school for all year groups, where our house captains proudly presented the success stories from this half term. The assemblies highlighted the top-performing students in each year group, with special recognition to the students who scored the highest in their mid-year assessments in years 13 and 9.





Academic excellence

As part of our commitment to celebrating excellence in the house competition, we introduced the academic excellence awards based on student feedback. After each year group's mid-year assessments and mock exams, we honour the top achiever in each subject with an academic excellence trophy for their house, 1,000 house points, and a certificate. Additionally, the most improved student in each subject will receive a certificate to acknowledge their hard work and progress.

Congratulations to all of the winners.

Year 9:

Student	Form	House	Subject
Leyla Suleyman	9RBW	Rowan	Art
Hasan Kasmani	9ORD	Oak	Citizenship
Kalan Bowry	9RCX	Rowan	Citizenship
Hasan Kasmani	9ORD	Oak	Computer science
Emily Newton	9RBW	Rowan	Computer science
Nea Petritaj	9WNK	Willow	Computer science
Emeka Onukaogu	9WNK	Willow	Computer science
Nea Petritaj	9WNK	Willow	Dance
Shania Anyemedu	9OAC	Oak	English language
Sena Oguz	9WNK	Willow	English literature
Nikeel Sookharry	9BAM	Beech	French
April Clydesdale	9RBW	Rowan	Geography
Azat Secgin	9WNK	Willow	Geography
Sindi Shaban	9WNK	Willow	Geography
Nicholas Andrews	9WNK	Willow	History
Meliz Hassan	9WMP	Willow	History
Samuel Malaj	9ORD	Oak	History
Ruby Knight	9RCX	Rowan	Maths
Bibiana Edwards	9BBK	Beech	Music
Samuel Malaj	9ORD	Oak	Music
Thomas West	9RBW	Rowan	Music
Alexander Florides	9BAM	Beech	PE
Lucas Griffiths-Er	9BBK	Beech	PE
Annika Trivedi	9WNK	Willow	PE
April Clydesdale	9RBW	Rowan	Religious studies
Charlie Gill	9OAC	Oak	Religious studies
Siena Jugurnauth	9WMP	Willow	Religious studies
Marcus Marfici	9WMP	Willow	Religious studies
Annika Trivedi	9WNK	Willow	Religious studies
Austin Kavanagh	9RCX	Rowan	Science
Naara Sade Salom-Mason	9OAC	Oak	Spanish



Year 9 winners





Year 13

Student	Form	House	Subject
Maksymilian Lewandowski	13RSL	Rowan	Spanish
Isabella Raigosa	13OPL	Oak	Spanish
Jeyla Guccuk	13RSL	Rowan	Sociology
Kristian Kousoulou	13BJT	Beech	Religious studies
Athanasia Petrou	13OMA	Oak	Religious studies
L'Jeeta Thompson	13RCW	Rowan	Psychology
Alex Attaliotis	13BCR	Beech	Politics
Doshan Jugnarain	13KGU	Beech	Physics
Amy Rhatigan	13OMA	Oak	Photography
Szymon Pasierowski	13OPL	Oak	PE
Raphael Richter	13WTA	Willow	Maths
Alex Attaliotis	13BCR	Beech	History
Lottie Price	13BJT	Beech	Geography
Raphael Richter	13WTA	Willow	Further maths
Deniz Cekin	13RSL	Rowan	English literature
Jeyla Guccuk	13RSL	Rowan	English literature
Alex Attaliotis	13BCR	Beech	Economics
Katie Brookman	13RSL	Rowan	Drama
Beyza Artis	13BJT	Beech	Design technology
Raphael Richter	13WTA	Willow	Computer science
Ethan Strickland	13WTA	Willow	Chemistry
Lottie Price	13BJT	Beech	Biology
Milla Payne	13RSL	Rowan	Art





DARE award winners - Year 9 and 13

There are many students who turn up every day, who always bring equipment, complete work to the best of their ability and generally embody the values of our school: determination, aspiration, respect and equality. The DARE rewards are a way of celebrating these students.

DARE scores are entered by a range of teachers and reflect what students do day-in, day-out so the students who are being recognised and rewarded are those who are consistently doing the right thing.

The average DARE application score for each student has allowed us to rank the students in the year group from those with the best average DARE application score to the lowest.

Congratulations to the following students, who were ranked the top students in year 9. Their names are listed below. The top 100 achieving students will be receiving a letter home in recognition of their achievements in the DARE values.

Joint 1st:

- Bibiana Edwards (**Beech**) **£10 voucher**
- Nea Petritaj (**Willow**) **£10 voucher**
- Meliz Hassan (**Willow**) **£10 voucher**
- Marcus Marfici (**Willow**) **£10 voucher**
- Emily Newton (**Rowan**) **£10 voucher**
- Charlie Gill (**Oak**) **£10 voucher**



Joint 1st:

- Alex Attalotis 13BCR (**Beech**) **£10 voucher**
- Katie Brookman 13RSL (**Rowan**) **£10 voucher**
- Olivia Brooks 13OPL (**Oak**) **£10 voucher**
- Izzy Codling 13OPL (**Oak**) **£10 voucher**
- Macy Mcghan 13WBS (**Willow**) **£10 voucher**
- Raphael Richter 13WTA (**Willow**) **£10 voucher**
- Sofia Tailor 13WBS (**Willow**) **£10 voucher**





School announcements



Textiles club

We're starting a new textiles club in January and we need your help! Do you have any of the following you could donate? We're looking for (clean) sheets; duvet covers; fleece blankets; jeans; knitting needles; fabric; fabric scraps; buttons and ribbons. Each half term we are going to learn a new skill to create fun projects, some of which will be upcycling and learning to make new things from old.

Photography competition

North London Waste Authority are inviting KS3 and KS4 students to get out into their community and capture a moment of nature's resilience for their photography competition this Christmas!

What's on offer?

- The winning photograph will be professionally printed and displayed on the wall of EcoPark House in Edmonton.
- The winner will be invited to the unveiling ceremony at EcoPark House with their family.
- The theme of the competition is 'Nature's Resilience' with the winning entry capturing a moment of nature reclaiming a space or recovering from human interference.
- The competition is now open and the deadline is Monday 27th January 2025.
- Vouchers for the runners up.



The brief: Nature's Resilience

Theme: capture the incredible ways in which nature reclaims space and demonstrates its resilience against human activity. This competition aims to highlight the beauty and strength of nature as it fights back and thrives, even in the face of challenges.

Guidelines

Focus on scenes where nature is reclaiming urban spaces, such as plants growing through cracks in pavements, wildlife thriving in unexpected places, or landscapes recovering from human impact. Emphasise the hopeful and inspiring aspects of nature's resilience rather than its degradation. The winning entry will be on the wall in our new educational facility, so we want it to have a positive message! Show how nature can flourish! Ensure your photos are clear and well-composed. Pay attention to focus, exposure, and framing to create visually appealing images.

Rules

Submissions must be in JPEG format and be at least 300 dpi so that they can be printed

Save your photo with a title of your work

Photographs must be original and your own work

Photographs must be in colour; no sepia or black and white submissions

Email your photograph to: careers@highlearn.uk by Monday 27th January 2025



Writing competition - Win a greenhouse for your school!

Here at Kids Just Recycle, we are launching a competition for pupils where your school could win an amazing POLYECO DOME GREENHOUSE!



You don't have to be an existing school customer of ours, it's open to all schools across the region. So if you have some budding, nature-loving, creative writers in your school, we'd love them to enter!

The Dome itself is a 3m x 4m polycarbonate greenhouse. We will also give away a selection of fruit, flower and vegetable seeds to get you started. Integrating a Polyeco Greenhouse into your school provides students with a hands-on learning experience that spans subjects such biology, environmental science, and even economics. Students gain practical skills in gardening and understand the importance of sustainability and food production.

The controlled environment of a polytunnel also allows for year-round educational opportunities, regardless of the weather outside.

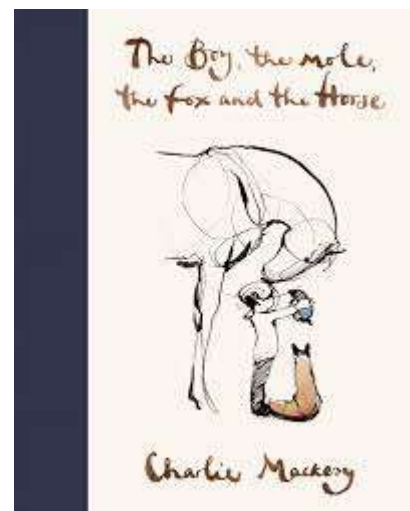
This amazing competition has been inspired by author and illustrator, Charles Mackesy, who wrote the bestselling book 'The Boy, The Mole, The Fox and The Horse'. This wonderful book contains some incredible messages about being kind and brave, helping others and showing resilience.

We'd now like to see how you can spread positive messages about nature, our gardens, our insects and our wildlife.

So, get your pens, pads or iPads at the ready and write a poem or piece of descriptive writing filled with positivity and creativity – and don't forget a little illustration to complete your entry.

We may even publish a book to include the very best entries! (250 max word count please!)

The deadline for entries is Wednesday 31st January 2025 and we will announce the winner and runners up on Wednesday 14th February 2025 and share the gardening love! This may seem like a long way off, but it allows pupil's time to really observe our changing seasons and learn more about nature.



Please email your entries to
competition@kidsjustrecycle.co.uk


For more information please visit
www.kidsjustrecycle.co.uk





House half term winners

Congratulations to **Rowan** who are this term's winners! Rowan have extended break time in the first week back as half term winners.



	Beech	Oak	Rowan	Willow
Positive Points	60,567	57,107	58,518	52,154
Negative points	-3,003	-2,166	-2,235	-2,771
Points overall	57,564	54,941	56,283	49,383
Sports	13,000	21,000	24,000	18,000
Quiz	14,000	21,500	18,000	26,500
Dept comps	7,000	3,000	4,000	2,000
Bake sales	2,470	3,481	3,310	3,040
Academic excellence	9,499	6,616	11,116	8,765
Half term total	103,533	110,538	116,709	107,688

The house leaders so far this year are **Oak**! Can Oak hold onto their lead and be crowned champions this year?

	Beech	Oak	Rowan	Willow
Achievement pts	91,656	96,122	90,959	77,406
Other pts	66,999	81,116	83,116	83,565
Total	158,655	177,238	174,075	160,971
Points behind Oak	18,583		3,163	16,267



HAF Enfield Winter 2024

FREE* places available on Enfield's Holiday Activities and Food (HAF) programme this winter.

For more information visit
www.enfield.gov.uk/services/children-and-education/holiday-activity-and-food-programmes

*Free for those in receipt of benefits related free school meals

Funded by
Department for Education

ENFIELD Council

23rd December - 5th January

Ages Reception to Year 7

For those aged 11-17 years old

FRIDAY NIGHT YOUTH CLUB

6:45pm - 8:45pm
TERM TIME

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Email: carinaecyps@gmail.com

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Help us fund raise for our school

Did you know when you sign up to **easyfundraising.org.uk** and purchase goods from shops on the **website** or **app**, **Highlands School** will earn a commission from the sale?

All you have to do is search for **Highlands School Enfield** and select us as your chosen charity and shop as usual.

Highlands School Enfield

📍 Winchmore Hill, London

£3,565.00 raised

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GET STARTED

How to support Highlands School Enfield

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

#HighlandsAlumni



Former student?

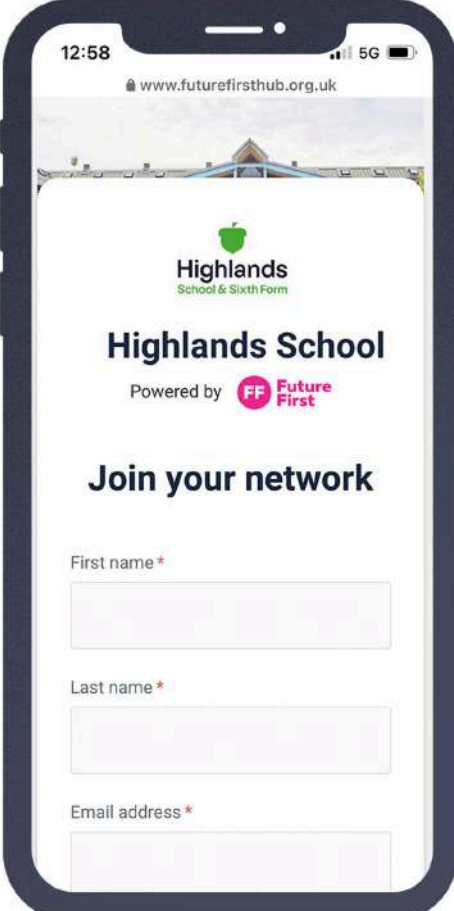
Return to Highlands School to inform our current students about what life beyond school is really like.

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
Powered by  Future First

Join your network

First name *

Last name *

Email address *





Student medical needs

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

Mental health

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

Urgent mental health support - 24/7 crisis lines

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

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

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

Crisis Tools

Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources. Sign up for free resources [here](#)

PAPYRUS

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person. Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

childline

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

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: 0800 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 0800 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. This email address can also be used for students, parents and carers to share any safeguarding concerns or to request support.

If you are concerned that a child has been harmed or is at risk of being harmed and school cannot be contacted, please contact Enfield Children's Multi-Agency Safeguarding Hub (MASH) on 020 8379 5555, and all the police on 999 straight away.

Helpful numbers and websites

Childline: 0800 1111

NSPCC helpline: 0808 800 5000

The police: (if you are in danger): 999

LGBT switchboard: 0300 330 0630

Kooth: www.kooth.com - support service for students wellbeing

Multi Agency Safeguarding Hub: 0300 500 80 90

Barnardos: 0800 008 7005

Sign Health: <https://signhealth.org.uk/contact/>

Deaf young people: <https://signhealth.org.uk/with-deaf-people/supporting-young-people/>

Talk to someone....

- if you feel upset or worried about anything at all (even if you think it is not important)
- if you feel anxious or unable to cope
- if someone has hurt you physically, emotionally or mentally
- if you feel upset or worried about anything at all (even if you think it is not important)
- if you feel worried about someone at home
- if you are being threatened or forced to do things
- if someone has done something to you without your consent
- if you feel unsafe in school, at home or on the streets
- about anything else worrying you

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