



# Highlands School Newsletter

13 December 2024



Dear parents and carers,

Highlands was fully in the Christmas spirit this week as we held our annual Christmas jumper day to raise money for charity and we served Christmas dinner in the canteen on Thursday lunchtime. On Thursday evening we held our Winter Music Concert, featuring steel pans, rock bands and solo performances. We were lucky enough to hear some of the solo numbers from *Chicago!*, which is the musical we are performing at the Millfield Theatre this summer on the 25th, 26th and 27th of July. The Winter Music Concert was compèred by our house performance captains, they did a great job introducing the acts and, at the end, they thanked the staff who made the event possible, Ms Maple, Ms Miller, Ms Cazeau and Mr Hawkins. I would also like to thank them for arranging such a wonderful evening.

Next week is the final week of this term. Please note that Friday 20th December is a half day and all students will be released at midday. The spring term will commence on Monday 6th January.

Have a great weekend,

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)



## Bank of England trip

The Year 11 economics students went on a trip to deepen their understanding of the role of money and the financial sector. They explored the Bank of England Museum and the Money Room at the British Museum, learning about the evolution of money, the history of the Bank of England, and the operation of the gold reserve. Students successfully lifted a 13-kilogram gold bar, currently valued at over £800,000.

The students also attended an insightful presentation by a Bank of England representative, where they learned about how inflation is measured using a basket of goods and services, the mechanisms of monetary policy including changes to the Bank Rate and quantitative easing, the causes of the 2007 financial crisis, and the roles and responsibilities of the Bank of England.







## The Scholars Programme (The Brilliant Club) is in full swing at Highlands!

This year our scholars are being mentored by Alba Jimenez who is undertaking her PhD at Imperial College on plant science and molecular biology. They have attended several exciting bespoke tutorials based on her fascinating PhD project entitled 'Beyond DNA — How the epigenome shapes the organism'

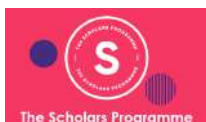
In her course, students learned how cells with identical DNA could express different genes, leading to the diverse forms and functions of cells, such as muscle cells differing from neurons or blood cells. They were introduced to the concept of epigenetics, which explored how biochemical modifications to DNA and the proteins it interacts with influenced gene expression, shaping the traits and behaviours of organisms.

Through practical examples, students gained insight into how epigenetic changes occurred at the molecular level, how they impacted entire organisms, and how external factors could influence these processes. They also examined phenomena that could not be fully explained by genetics alone, deepening their understanding of the relationship between genes and their regulation.

The course was structured as follows:

- **Tutorial 1:** Students examined the organisation of DNA within the nucleus of eukaryotic cells.
- **Tutorial 2:** They explored mechanisms that altered DNA organisation and how these affected gene expression.
- **Tutorials 3 and 4:** Students studied examples of traits influenced by epigenetic factors in animals, humans, and plants.

By the end of the course the students will have developed analytical skills to interpret epigenetic data and understand its broader implications. For their final assignment, they will apply these concepts to research how epigenetics affected specific biological processes, such as plant adaptation or human health and behaviour.



The  
Brilliant  
Club





## Rockets for all! UK space agency Jan 25 virtual meet and rocket challenge

If you are interested in attending please look at your STEM Google Classroom.

**Date and time:** January 22, 2025 2:00 PM at Highlands

**Description:** Rockets for All introduces young people aged 14-18 to the UK's Space industry. This is a digital workshop with expert role models. Fun, interactive and an opportunity to ask questions. Successful students will go into participating in the Highlands Rocket Challenge with prizes to be won!

Happy STEMing

Dr Len



## SEND coffee morning event

The SEND coffee morning was a lovely event, offering a great opportunity to meet new parents and catch up with some familiar faces as well. It was a warm and welcoming atmosphere where parents could connect, share experiences, and learn more about the support available for students with special educational needs.

The event was filled with friendly conversation and provided valuable insights, making it a wonderful way to build a stronger community and ensure everyone feels supported.





## HPFA festive raffle

We invite you to join in the excitement of our HPFA festive raffle! Tickets are just **£2** each, and by participating, you'll have a chance to win some fantastic prizes while helping to raise funds that directly benefit our school.

Click [here](#) to purchase your tickets now. The last day to enter is **Monday 16th December**. Please encourage friends and family to buy tickets as well.



The banner is split into two sections. The left section has a dark blue background with white snowflakes and green Christmas ornaments. It features the HPFA logo (a green apple) at the top, followed by the text 'HPFA Christmas raffle' in large white letters. Below this, it says 'TICKETS ARE £2 EACH' and 'LAST DAY TO ENTER 16TH DECEMBER'. The right section has a light yellow background and lists the prizes: '1ST PRIZE: SONOS ROOM SPEAKER', '2ND PRIZE: £100 GIFT VOUCHER', '3RD PRIZE: BEAUTY HAMPER', and '& MANY MORE PRIZES'.







## Rowan bake sale

The Rowan bake sale was a wonderful festive event, perfectly themed to match the Christmas spirit. The tables were filled with an array of delicious treats, including adorable Christmas tree cupcakes and indulgent Oreo-filled cakes. Each baked good was beautifully decorated, adding to the holiday cheer.

The sale was a big hit, raising £329.06 for Rowan's chosen charity The North London Hospice. A big thank you to everyone who contributed.



## Dancers of the week

The dancers of the week are Ryan Arun and Bekir Burk for their excellent work on their choreographies. Well Done!





## Art in Action trip

Year 12 students had an amazing time on the Art in Action trip, which aimed to introduce them to the world of art and design while offering valuable insights into the creative process and potential careers in the field. Throughout the trip, students had the unique opportunity to hear from contemporary leading artists and designers such as Stuart Pearson Wright, Cornelia Parker, Simon Roberts and Lakwena Maciver, who shared their personal journeys, discussed the challenges they faced, and provided advice on how to promote themselves in the industry. Students were also encouraged to ask questions, gaining inspiration and practical knowledge. The trip allowed everyone to engage with the art world on a deeper level, and by the end, both students and teachers were incredibly inspired by the experience!



**Staff and year 12 students with award winning painter Stuart Pearson Wright.**

***"This trip was very effective and useful for me as it allowed to me to gain insight in making art for a living and the steps I have to take in order to enter that sector."***

***"I think it was very interesting and a great insight into different areas in art and media. It is not just about painting on a flat surface and can be quite articulate."***

***"It showed us all the variations of art. It was a very mind broadening experience."***

***"It was an amazing opportunity to hear about the art from the artist themselves. I enjoyed listening to them explain their work rather than reading about it on the internet."***

***"This trip was inspiring and gave me valuable insights into what it's like working as an artist."***







## MasterChef

On 6th December, students took part in an exciting MasterChef-style cook-off final, following their participation in a cooking club during the summer term. Each student was tasked with preparing a main savoury dish to feed four people within 75 minutes, using a £10 budget to create their own unique menu.



The event, run by Kidzplay Enfield, was judged by Ana from Nexus, two colleagues from Kidzplay, and Ms Simons. The winner of the competition was awarded a £50 shopping voucher and a trophy, making it a true MasterChef treat. Everyone enjoyed the friendly competition, and the dishes prepared were nothing short of impressive!

Congratulations to James Nicolaou with a teriyaki chicken poke bowl, he cooked every item from scratch! He even made the teriyaki sauce and had his section cleaned within the 75 minute time limit. Well done James!







## Christmas jumper day

This week we celebrated Christmas Jumper Day at school, both staff and students embraced the festive spirit by wearing their most colourful and creative Christmas jumpers. Everyone contributed £1 to support the school's joint charity, Highlands Green, making it a fun and meaningful event. The school was filled with holiday cheer, with everyone joining in to spread joy and raise funds for a great cause.



## Christmas lunch

Staff and students enjoyed a wonderful Christmas lunch prepared by Chartwells, and it was absolutely delicious!

From the tender turkey and stuffing to the perfectly roasted vegetables, each bite was thoroughly enjoyed.





## Live music assemblies

This week, the school was treated to a lively and festive music assembly featuring the talented Highlands Orchestra. Students and staff enjoyed performances of iconic songs like *Mamma Mia* and *The Nightmare Before Christmas*, which showcased the orchestra's impressive skills. Well done to all of the performers.



## Year 11 basketball league result

On Tuesday, the year 11 basketball team hosted St Ignatius. The game was very competitive and close all the way to the final whistle. Despite narrowly losing the game, the performance of Highlands was very encouraging and that first win is getting closer.

Final score: Highlands 27-35 St Ignatius

Player of the match: Aaron Awatar (pictured right).

**Mr Avann and Mr Edwards**







## Sixth form inter house football

The sixth form inter-house football competition took place this week. It ended with a double victory for Rowan! The Rowan girls' team triumphed over Oak in a hard-fought final, winning 2-1. The excitement continued as the Rowan boys' team also claimed victory, beating Oak 2-0 in their final to be crowned house football champions.



**Boys: 1st: Rowan, 2nd: Oak, 3rd: Willow and 4th: Beech**



**Girls: 1st: Rowan, 2nd: Oak and 3rd Willow**



## Headteacher awards

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 award is proudly presented to the following students.

- **Kaya Gundogdu 7WEL, Suryan Mistry 7WEL, Selin Ozturk 7WEL, Paul Lambrou 7WEL, Sophie Lynch 7WEL, Tavia Nortey-Johnson 7WEL, Helin Kekec 7WEL, Joseph Taylor 7WEL, Aran Yidirim 7WEL, Alexia Symeou 7WEL, Jack Budde 7WEL, Isra Miah 7WEL, Lilah Zekayi 7WEL and Sebastian Osinowo 7WEL:** Awarded for outstanding dramatic and vocal interpretation of classical literature.
- **Luke Tyrimos 12WAD, Alexandros Attaliotis 13BCR and Theodor Mills 13OMA:** Awarded for their exceptional professionalism and active participation in the mock trial.
- **Leah Appiah-Gyebi 11RGA, Alex Ivanov 11WDD, Alfie Forshaw-Hogg 10RCG, James Nicolaou 10RTC Lucy Lord 11RNC, Sofia Betancur Mesa 11BJC and Paula Shehu 11BJC:** Awarded for exceptional work, creativity and achievement in the Highlands MasterChef final.
- **Kosta Nicolaou 7RKM, Gwilym Jenkins-Green 7BAS, Sita Maitland-Walker 8BLR, James Holly-Morrison 8WMT, Tyanna Fereira 9OAC, Samuel Malaj 9ORD, Bibiana Edwards 9BBK, Elis Cristovao 10WCM, Adithya Das 10WCM, Alexandra Drikou 11OKK, Moroni Cristovao 11BJC, Naa Shidaa Quartey 11WTH, Annaliese Demetriou 12WDS, Elena Guidice 12BAS, Ruby Wakeford 9ORD, Dennis Erdogan 9OAC, Warren Kelly 9OAC, Mia Ioannou 9OAC, Max Rich 9OAC, George Robinson 10WCM, Ceren Duruel 12OES, India Barron 9BBK, Alina Siby 9BAM, Lucie Sadler 9BBK, Isabel Antoniou 9BAM, Marika Daley 9BAM, Marianne Smith 8WSW, Adem Ucar-Batili 9BAM, Nikeel Sookharry 9BAM, Micah Codrington 9WMP, Manav Tailor 9BAM and Evie Ferguson 11WTH:** Awarded for their exceptional performance in the live music assemblies.
- **Warren Kelly 9OAC, Mehmet Hassan 9ORD and Emily Newton 9RBW:** Awarded for excelling in a Science Seneca challenge, completing far more hours and tasks than any other student.







## School announcements

### Winter Wonderland

On Monday 16th December 2024 our year 12 BTEC business students, as part of their Unit 4 Event management module, will be hosting their very own Highlands Winter Wonderland event. Students will be setting up a variety of festive stalls in the main hall during all lunch breaks. All money raised will be donated to this year's chosen charity Great Ormond Street Hospital.



### PE clubs

PE clubs after school will not be running next week.

A new PE clubs timetable will be released after Christmas and will start the second week back after half term.



## Lunch accounts

We are getting many queries about student lunch accounts recently. When your child's account gets too low and has not been topped up, the canteen does still allow them to have lunch, but they make a note to deduct those charges the next time you top up your child's account - this can then appear as if they are charged too much in one day, which is not the case.

It is advisable therefore to weekly check your child's lunch account to ensure it doesn't get too low and to avoid this happening.

## 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.

## Charity bake sales

Oak house will be holding their charity bake sale next week. This is a fantastic opportunity for our students to join together as a community to raise money for their chosen charity and to showcase their baking skills. All students who contribute to the bake sale will receive 5 achievement points and additional house points will be awarded to their house for the money raised.

Please can parents and carers encourage and support their children to contribute to the bake sale. We are asking students to bring in baked foods and sweet treats such as cakes, biscuits, cookies or savoury items. These can be homemade or shop bought but must be free from nuts, sesame and gelatine. We would also welcome contributions of cakes and biscuits that are gluten free and/or vegan/plant based. Please label your cakes with what they are, including your child's name and tutor group, to enable us to give them their house points.



**All items should be brought to the drop-off point in reception by 8.30am on the day of the bake sale. If you wish to have your containers back please ask your child to come to reception at the end of the day to collect them.**

Please can all students who wish to participate in the Beech bake sale complete the form below.

Thank you for your support and we look forward to seeing all the wonderful baking and contributions.

**Oak bake sale: Thursday 19th December - [Oak house bake sale form.](#)**





## 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.*

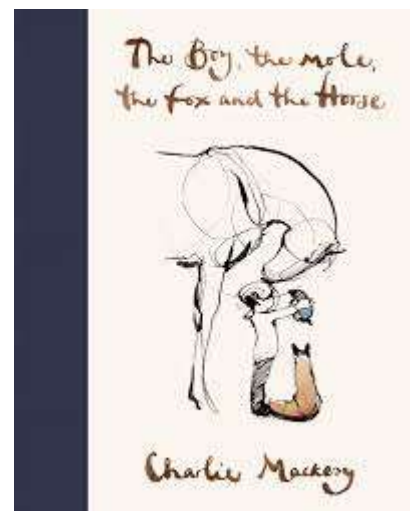
So, get your pens, pads or iPads at the ready and write a poem or piece of descriptive writing filled with positivity and creativity – and don't forget a little illustration to complete your entry.

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

The deadline for entries is Wednesday 31<sup>st</sup> January 2025 and we will announce the winner and runners up on Wednesday 14<sup>th</sup> 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](mailto:competition@kidsjustrecycle.co.uk)

**For more information please visit**  
[www.kidsjustrecycle.co.uk](http://www.kidsjustrecycle.co.uk)





## House cuisine days

To celebrate cultural diversity, our houses will be holding the following cuisine days throughout the year. Rowan kicked off the cultural celebrations last week with Mexican cuisine day.

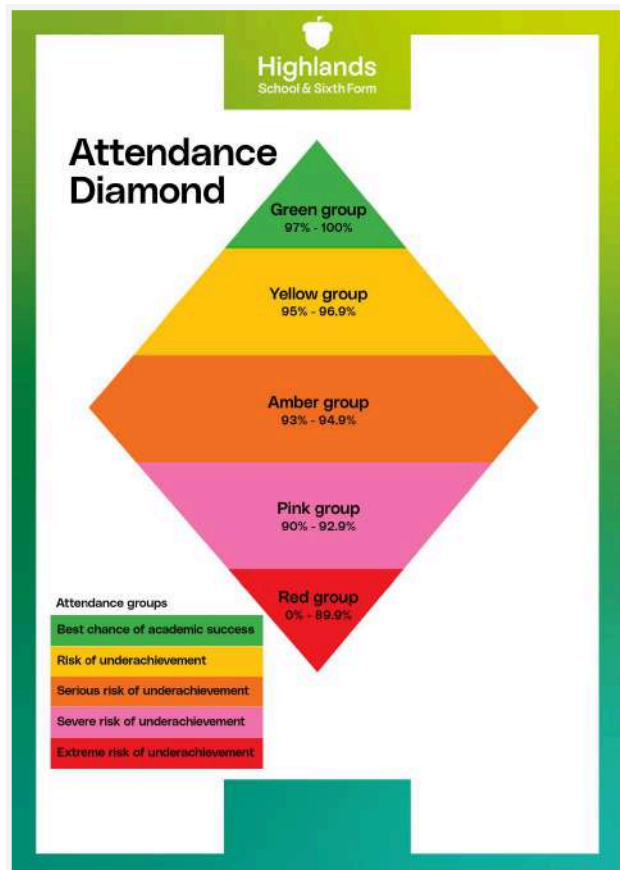
Thai	Tuesday 21.1.25	Oak
Greek	Thursday 27.2.25	Beech
Turkish	Tuesday 25.3.25	Willow
Spanish	Thursday 3.4.24	Rowan
Caribbean	Thursday 1.5.25	Oak
Indian	Tuesday 10.6.25	Beech
USA	Thursday 17.7.25	Willow

## Attendance and punctuality

At Highlands we have the highest expectations for our students. We encourage our pupils to strive for excellence, and this includes excellent levels of attendance. We want to share our expectations around attendance with parents and carers to ensure we work together to support our students to flourish.

Next week you will receive a letter to inform you of the colour category for your child's current attendance percentage. This takes into account their attendance since the start of the school year. We appreciate that many students have had absences due to illness, or other unavoidable circumstances. However, absences - including authorised absences - do still have an impact on overall attendance figures. It is an important part of our process to regularly communicate this information to you, as well as a legal duty to keep you updated on your child's attendance.

If you have any questions following the receipt of your child's letter, please contact our attendance team.







How many days of absence will make your child a persistently absent (PA) student?	
Half term 1 (Sept - Oct)	3 ½ days of absence from September until October half term will make your child a PA student.
Half term 1-2 (Sept - Dec)	7 days of absence from September until the Christmas holiday will make your child a PA student.
Half term 1-3 (Sept - Feb)	10 days of absence from September until February half term will make your child a PA student.
Half term 1-4 (Sept - Apr)	13 days of absence from September until the Easter holiday will make your child a PA student.
Half term 1-5 (Sept - May)	15 days of absence from September until the Easter holiday will make your child a PA student.
Half term 1-6 (Sept - July)	19 days of absence from September until the summer holiday will make your child a PA student.

### Why attendance is important

- The DFE outlines that there is a clear link between higher attendance and students achieving higher outcomes in public examinations.
- Excellent levels of attendance provides routine and structure to students, making their experience of school life more enjoyable and stable.
- Attending school regularly and on time fosters positive habits around responsibility in preparation for later life and the working world.

### Our expectations for attendance and punctuality

- We expect students to attend school every day to ensure they benefit from the opportunities that school offers.
- We know that some students have extenuating circumstances which at times can affect their ability to attend school, however for the majority they should be in school full time.
- We expect students to attend school on time every day. This means that students will arrive at school for when the gates open at 8:20am, and no later than 8:30am, when the gates close.
- The decision of whether or not to authorise an absence rests with the school. Written requests are required for all absences.
- Holidays during term time will not be authorised. Any requests for authorised absence under exceptional circumstances during term time must be made in writing using our 'Highlands school leave request form', which can be found on our website [here](#). Parents should be aware that holidays taken during term time may incur a fixed penalty notice, issued by the local authority.

### What if my child is unwell?

NHS guidance states that 'it is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat.'



- Repeated absences for minor illnesses such as cold symptoms, a sore throat, runny nose or headaches may not be authorised.
- Where a student has an ongoing or known medical condition, some absences may be authorised in line with a formal medical diagnosis.
- Evidence of any medical diagnosis, appointments or hospital visits should be sent to our attendance officer to be logged.
- Medical evidence can include a photo of your child's prescribed medication which clearly shows their name and the date it was prescribed.

### How parents and carers can help

You can support us with securing excellent levels of attendance by:

- Not booking holidays in term time - written requests must be submitted before any travel arrangements are made.
- Not taking your child out of school unless in exceptional circumstances.
- Ensuring any medical appointments are booked outside of school hours where possible.
- Contacting the school on each day of absence to inform us of your child's absence, including a specific reason for absence - stating 'ill' or 'unwell' may result in an unauthorised absence.
- Encouraging your child to attend school every day.
- Encouraging excellent punctuality and setting good routines, as persistent lateness will affect their attendance.

### What if my child is struggling with attending school?

The school can support with a wide range of measures if a student is struggling with their attendance. This can include both internal support strategies and interventions, as well as accessing support from external organisations who may be able to help.

If your child is struggling with their attendance, please contact their head of year, who will be able to discuss the support available.

## House weekly winners

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

	Beech	Oak	Rowan	Willow
Positive points	11,627	10,581	11,226	10,492
Negative points	-493	-346	-347	-435
<b>Points overall</b>	<b>11,134</b>	<b>10,235</b>	<b>10,879</b>	<b>10,057</b>
Y7 singing	3,000	2,000	4,000	1,000
SF football girls		3,000	4,000	2,000
SF football boys	1,000	3,000	4,000	2,000
<b>Grand total</b>	<b>15,134</b>	<b>18,235</b>	<b>22,879</b>	<b>15,057</b>





### Top students in year 7

Forename	Surname	Form	House	Points
Zakariyya	Ahmed	7OMK	O	68
Gwilym	Jenkins-Green	7BAS	B	67
Thomas	Turnbull	7BAS	B	64
Levi	Xhetani	7RAC	R	64
Ada	Keskin	7BAS	B	63
Lucja	Drozd	7BAS	B	63
Charles	Webb	7OMK	O	63
Reuben	Maple	7BAS	B	62
Sienna	Brown	7BAS	B	61
Lana	Walker	7BAS	B	60
Niamh	Synnott	7BAS	B	60

### Top students in year 8:

Forename	Surname	Form	House	Points
Hannah	Bauluck	8OJT	O	55
Tristan	Lewis	8BEF	B	54
Eva	Godfrey	8WMT	W	54
Charlotte	Fisher	8ODM	O	53
Akeesa Induvari	Gurubebila vitharanage	8BEF	B	52
Yana	Ahmed	8RAS	R	52
Seren	Carlisle	8WMT	W	52
William	Petrie	8BEF	B	50
Alara	Kilic	8RAS	R	50
Jasaiya	Ollivierre	8WMT	W	50

### Top students in year 9:

Forename	Surname	Form	House	Points
Liam	Redmond	9RCX	R	49
Tishaan	Patel	9WMP	W	49
Panayiotis	Palamaras	9RCX	R	47
Nathan	Lemonious	9RCX	R	46
Stefano	Keliris	9RCX	R	45
Xhorxhia	Kuvertaris	9RCX	R	45
Amili	Blana	9RCX	R	44
Austin	Kavanagh	9RCX	R	44
Raya	Heidary	9RCX	R	44
Micah	Codrington	9WMP	W	44



### Top students in year 10:

Forename	Surname	Form	House	Points
Omyur	Karadzhova	10BLM	B	60
Bana	Tahsen	10BLM	B	57
Joshua	Mrozi	10BLM	B	57
Elyscia	Lazarides	10BLM	B	55
Era	Halili	10WJQ	W	52
Amelia	Marrison-Claffey	10BLM	B	51
James	Simon	10BLM	B	50
Niamh	Higgins	10WJQ	W	50
Sophia	Stavrinides	10BLM	B	49
Angelo	Symeou	10ODC	O	49

### Top students in year 11:

Forename	Surname	Form	House	Points
Jessica	Smyth	11WTH	W	64
Ender	Guccuk	11BNI	B	62
Parla	Ghanipour	11OAB	O	59
Sam	Tremaine	11BJC	B	58
Ivan	Markovets	11WDD	W	57
Batuhan	Duran	11OKK	O	56
Henry	Hanlon	11WDD	W	55
Evelina	Litviniuc	11WDD	W	54
Nataniel	De Almeida	11WDD	W	53
Ava	Koker	11BJC	B	52
Warzan	Sadiq	11WTH	W	52

### Top students in year 12:

Forename	Surname	Form	House	Points
Rhea	Mehta	12RJB	R	36
Suleyman	Degirmenci	12RJB	R	34
Arnelijus	Mankevicius	12OAT	O	32
Nathan	Fisher	12OAT	O	31
Saira	Akdam	12BAS	B	30
Alicia	Seewooruttun	12BTD	B	30
Wunfai Alex	Lo	12BTD	B	30
Neriah	Muhelele	12OAT	O	30
Grace	Zelechowski	12RHK	R	30
Iris	Williams	12WAD	W	30





**Top students in year 13:**

Forename	Surname	Form	House	Points
Daniel	Drysdale	13WTA	W	37
Raphael	Richter	13WTA	W	36
Zachary	Sferrazza	13WBS	W	34
Selam	Taye	13WTA	W	32
Zack	Williams	13WTA	W	32
Hasan	Kiyamaz	13BCR	B	30
Caden	O'Brien	13WTA	W	30
Kristian	Kousoulou	13BJT	B	28
Rachel	Lok	13WBS	W	28
Dennis	Hasani	13BJT	B	26
Alexandria	Macgregor	13OMA	O	26



**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](http://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**

Alan Pullinger Centre  
1 John Bradshaw Road  
Southgate  
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Email: [carinaecyps@gmail.com](mailto: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

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://highlands.school.alumni) or alternatively scan the QR code below.

More information is on our [website](https://highlands.school) 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?

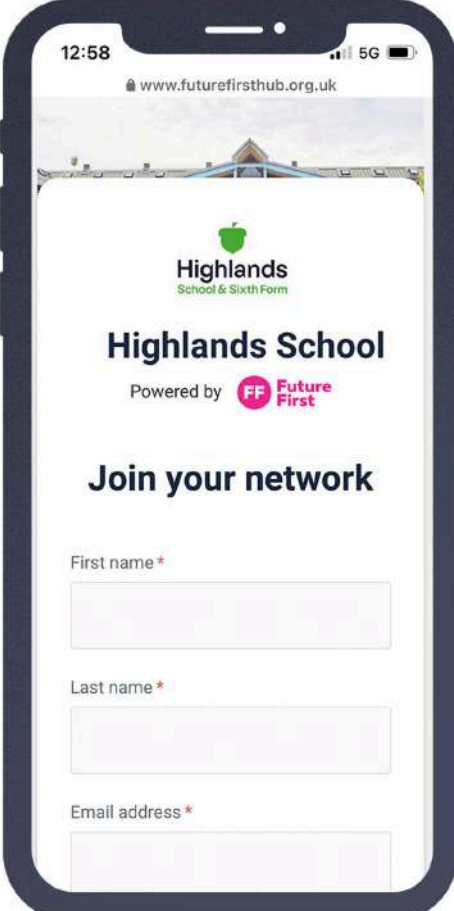
Return to Highlands School to inform our current students about what life beyond school is really like.

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  
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](mailto:jo@samaritans.org)

**Crisis Tools**

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

**PAPYRUS**

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

**childline**

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

**Good Thinking**

Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

**THE MIX**

The Mix provides free, confidential support for young people under 25. Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)

**Beat**

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder. Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

**kooth**

Kooth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine





## Safeguarding contacts

If you are concerned about your child's wellbeing or the wellbeing of any other student at Highlands School, please contact the school on 020 8370 1100 or email the DSL at [staysafe@highlearn.uk](mailto:staysafe@highlearn.uk). This email address can also be used for students, parents and carers to share any safeguarding concerns or to request support.

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

## Helpful numbers and websites

**Childline:** 0800 1111

**NSPCC helpline:** 0808 800 5000

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

**LGBT switchboard:** 0300 330 0630

**Kooth:** [www.kooth.com](http://www.kooth.com) - support service for students wellbeing

**Multi Agency Safeguarding Hub:** 0300 500 80 90

**Barnardos:** 0800 008 7005

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

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

## Talk to someone....

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

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

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