



Highlands School Newsletter

06 December 2024



Dear parents and carers,

This week at school was packed with inter house competitions. We had the inter-house quizzes for all year groups and for the staff, and we had the year 11 boys' and girls' inter-house football competition. You can have a look at all of the winners on pages 5 - 9 of this week's newsletter.

I hope you will support our Christmas jumper day next week by encouraging your child to come to school on Thursday 12th December in a Christmas jumper and paying £1 which will go towards this year's joint school charity Highlands Green. Thursday 12th is also the day that Christmas dinner will be served in the canteen.

Also on Thursday 12th, but in the evening, we hold our Winter Music Concert. We invite you all to celebrate an evening of musical performance by our students. You can get tickets to this event via ParentPay.

Have a great weekend,

Mr McInerney
Headteacher.

Key dates for this half term:

- Wednesday 11th December: year 9 parents' evening
- Thursday 12th December: Christmas jumper and Christmas dinner at school
- Thursday 12th December: winter music concert
- Friday 20th December: final day of term (students dismissed at midday)
- Monday 6th January: first day of new term (students return to school)



Mock trial courtroom experience at the Rolls Building

On Tuesday, a group of law aspiring sixth form students, had the unique and exciting opportunity to step into the shoes of arbitrators, claimants and respondents at the prestigious Rolls Building. During a two-hour immersive session, they explored the inner workings of the court system, gaining hands-on experience in civil proceedings and applying important legal principles.

The session was designed to challenge students' advocacy, decision-making, and analytical skills as they prepared and presented arguments in a simulated civil court hearing based on a real-life case.

Students also participated in a Q&A session with practising legal professionals and students currently studying for the bar exam. This invaluable interaction provided them with insights into career pathways in law and the skills needed to succeed in the field.

We were thrilled to hear glowing feedback from one of the City Court judges, who remarked:
"In my years of observing students in mock cases, I have rarely seen such professionalism and conduct from students at this stage. I can already see a few of them becoming successful legal professionals in the future!"

Our students made us incredibly proud with their performance and enthusiasm. Congratulations to all who participated for representing our school so brilliantly. We look forward to seeing where their passion for law and justice takes them next!

Thank you also to the Rolls Building Education Programme for providing us with the opportunity to apply.





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.



House bookmark competition

Congratulations to Anna Maia Skliri who won the house English/library bookmark competition.

Her bookmark has now been printed and can be collected from the school's library.





Beech bake sale

The Beech bake sale took place this week and what a delight it was to see some of the fantastic home baked selections. Students and staff flooded the dance studio to grab the juicy treats. It was a great turnout, Beech managed to raise £247.02 for their chosen charity this year, The Nightingale Cancer Support Centre. Well done Beech.



Year 10 boys football

On Tuesday 3rd December, the Y10 boys football team traveled to AIM North London for the next round of the Enfield Cup. Despite coming up against a physically strong and tall AIM team, Highlands passed the ball with precision, speed and quality which restricted AIM from any meaningful efforts on the Highlands goal. This possession paid dividends as Highlands scored seven fantastic goals, the pick coming from Emilio.

This puts Highlands into the semi finals where they will play either Enfield Grammar or Wren Academy.

Final score; Highlands 7-0 AIM North London.

Players of the match = everyone.





Christmas inter house quizzes

Over the last two weeks, the Christmas spirit was in full swing at Highlands, as students participated in the highly anticipated inter-house Christmas quizzes. The competition was fierce, with teams battling it out in tight, nail-biting rounds that tested their knowledge of festive traditions and beyond. Adding to the fun, Mr. McNerney embraced the holiday spirit by donning a festive Christmas hat, much to the delight of everyone.

The quizzes brought out the best of each house's teamwork and holiday enthusiasm, making it a memorable highlight of this term. Here are the winners.

Year 7:



1st	2nd	3rd	4th
Oak	Rowan	Willow	Beech

Year 8



1st	2nd	3rd	4th
Oak	Willow	Rowan	Beech



Year 9:



1st	Joint 2nd		4th
Willow	Oak	Rowan	Beech

Year 10:



1st	2nd	3rd	4th
Beech	Willow	Rowan	Oak



Year 11



1st	2nd	3rd	4th
Willow	Rowan	Beech	Oak

Year 12



1st	2nd	3rd	4th
Willow	Beech	Oak	Rowan



Year 13



1st	Joint 2nd		4th
Oak	Willow	Rowan	Beech

Staff:



1st	2nd	3rd	4th
Willow	Oak	Rowan	Beech



Year 11 inter house football

This week was full of house competitions, the year 11 girls and boys football teams teamed up to compete in the notorious inter house football competition. There were some great footballing skills from all the players. Beech managed to beat Oak on penalties, in the final to be crowned the year 11 boys football champions and Rowan beat Beech to be crowned the girls champions. Well done to all of the players.



Boys	
1st	2nd
Beech	Oak



Girls			
1st	2nd	3rd	4th
Rowan	Beech	Willow	Oak

Rowan cuisine day

Rowan house, with our wonderful caterers Chartwells, hosted a flavourful Mexican cuisine day, where staff and students were treated to traditional Mexican dishes bursting with bold flavours. Students took part in decorating the dining hall, adorning it with colourful Mexican flags and the traditional calaveras.





Duke of Edinburgh

A huge well done to the first group of year 11s who received their bronze Duke of Edinburgh's award this week. They worked extremely hard completing their volunteering, physical, skills and expedition sections to achieve the award. More year 11s will receive their awards in the coming months as they finish the last elements of it and get assessors reports completed.

The deadline for year 10 to sign up for the bronze award, and year 12 the Silver award, is Friday 13th December. Letters were sent home to parents with regard to this on Friday 22nd November.

Mrs Walters



Scholastic book fair

Thank you everyone who visited the Scholastic book fair that was held in the library this week. Our library earned £99.64 in rewards to go towards new books for the school.





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.

- **Laina Constantinou 11RGA, Admir Baloshi 11OAB and Sophia Kyriacou 11OAB:** Awarded for going above and beyond to show support and kindness to a member of staff.
- **Na'Rae Rodney 7RKM, Aileen Erdogan 7RKM and Orinthia Goonan 7RKM:** Awarded for their excellent performance of The Canterbury Tales without needing their lines in their English lesson on Oracy.
- **Ibrahim Ali 7BMS, Taylan Johnson - Nortey 7BMS, Jemimah Charotich 7BMS, Sienna Morgan Jones 7BMS, Anya Trivedi 7BMS, River Mehmud 7BMS and Alea Kransniqi 7BMS:** Awarded for performing Patience Agbabi's Telling Tales to their peers in such a fantastic and engaging way.





School announcements

Charity bake sales

We are delighted to let you know that we will be holding our first charity bake sales this year. Our four houses will have the opportunity to host a charity fundraising bake sale during break time.

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.

Rowan bake sale: Thursday 12th December - [Rowan house bake sale form.](#)

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





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.

Christmas jumper day and Christmas lunch - Thursday 12th December

On **Thursday 12th December** we will be holding a Christmas jumper day, where staff and students are encouraged to wear a Christmas jumper (with their full school uniform - including a blazer) for £1. All money raised will go to this year's joint school charity Highlands Green.

There will also be a Christmas lunch served at lunch time by the fabulous Chartwells catering team.





Highlands Winter Concert 2024

I am delighted to inform you that Highlands School will be hosting an end of term **Winter Concert** on **Thursday 12th December 2024**.

This concert will be a showcase of pupil's performance work which has taken place this academic year.

The arrangements for the Winter Showcase are as follows:

- **Date:** Thursday 12th December 2024
- **Start time :** 6:30pm
- **End time:** Around 8.30pm
- **Adults:** £5.00
- **Child (U16s):** £2.50

This event will have an interval with refreshments provided by the HPFA. Ticket details and purchases can be ordered via ParentPay or on the door with our new contactless system.





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.

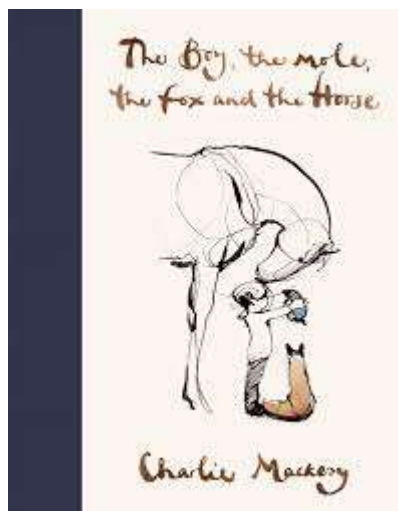
So, get your pens, pads or iPads at the ready and write a poem or piece of descriptive writing filled with positivity and creativity – and don't forget a little illustration to complete your entry.

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

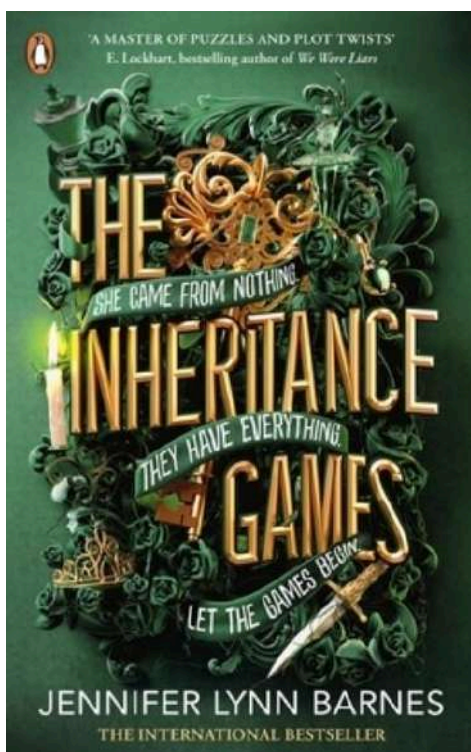




Highlands book of the month - December

Recommended read for KS3: **Narnia series** by **C.S. Lewis**

The Chronicles of Narnia is a fantasy film series and media franchise based on The Chronicles of Narnia, a series of novels by C. S. Lewis. The series revolves around the adventures of children in the world of Narnia, guided by Aslan, a wise and powerful lion that can speak and is the true king of Narnia



Recommended read for KS4: **The Inheritance Gamed** by **Jennifer Lynn Barnes**

She came from nothing. Avery has a plan: keep her head down, work hard for a better future. Then an eccentric billionaire dies, leaving her almost his entire fortune. And no one, least of all Avery, knows why.

They had everything. Now she must move into the mansion she's inherited. It's filled with secrets and codes, and the old man's surviving relatives - a family hell-bent on discovering why Avery got 'their' Money.

Now there's only one rule: winner takes all. Soon she is caught in a deadly game that everyone in this strange family is playing. But just how far will they go to keep their fortune?



Action for Happiness

Action for Happiness is a UK organisation that specialises in resources that can contribute to wellbeing and more positive experiences in life. They offer a free online course and much more.

They create monthly calendars, such as this one for December, which focus on a particular theme or idea and then offer suggestions for how to engage with this theme on a daily basis.

Click [here](#) to download your copy.

Ms Charles

December Kindness 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about	5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today
8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one
15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you
22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2025				

ACTION FOR HAPPINESS Happier · Kinder · Together



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 **Willow**!

	Beech	Oak	Rowan	Willow
Total points	13,043	12,062	13,828	10,882
Year 7	1,000	4,000	3,000	2,000
Year 8	1,000	4,000	2,000	3,000
Year 9	1,000	3,000	3,000	4,000
Year 10	4000	1000	2000	3000
Year 11	2,000	1,000	3,000	4,000
Year 12	3,000	2,000	1,000	4,000
Year 13	1,000	4,000	3,000	3,000
Staff	1000	3000	2000	4,000
Year 11 girls football	3000	1000	4000	2000
Year 11 boys football	4,000	3,000	-	-
Points overall	34,043	38,062	36,828	39,882

Top students in year 7

Forename	Surname	Form	House	Points
Holly	Gemechu Dotie	7RAC	R	76
Helin	Aslaner	7RKM	R	75
Daiana	Aybar Ortega	7RAC	R	74
Sienna	Calcutt	7RAC	R	74
Selin	Erdogan	7RAC	R	72
Orinthia	Goonan	7RKM	R	71
Jemimah	Miah	7OMK	O	70
Pavlo	Panayi	7OMK	O	70
Joseph	McHale	7RAC	R	70
Zoe	Mathews	7BMS	B	69

**Top students in year 8:**

Forename	Surname	Form	House	Points
Summer	Mullooly	8RJG	R	65
Kastina	Pashku	8RJG	R	65
Levi	Howard	8RJG	R	65
Akeesa Induviri	Gurubebila vitharanage	8BEF	B	63
John	Weafer	8RJG	R	62
Chloe	Hobley	8BEF	B	61
Amelia	Philippou	8OJT	O	61
Katie	Redmond	8RJG	R	60
James	Dervish	8RJG	R	60
William	Petrie	8BEF	B	59

Top students in year 9:

Forename	Surname	Form	House	Points
Ethan	Are	9BBK	B	74
Yuxi	Chen	9BBK	B	74
Gulay	Yuksel	9BBK	B	73
James	Petrie	9BBK	B	69
Lucie	Sadler	9BBK	B	68
Christian	Demetriou	9BBK	B	67
Lara	Almeida	9BBK	B	63
Marianna	Pallikaros	9WMP	W	63
Alescha	Sall	9WNK	W	62
Edward	Campbell	9BBK	B	61
Meliz	Hassan	9WMP	W	61
Nea	Petritaj	9WNK	W	61

Top students in year 10:

Forename	Surname	Form	House	Points
Adem	Bimici	10BLM	B	76
Angelo	Symeou	10ODC	O	64
Sophia	Stavrinides	10BLM	B	63
James	Cooper-Dobson	10BYC	B	61
Ikram	Mohamed	10BLM	B	60
Yunus	Coskun	10ODC	O	60
Perri	Djemal	10ODC	O	60
Nathan	Mortimer	10ODC	O	60
Isabella	Cruden	10OSM	O	60
Nasia	Palmer	10OSM	O	59



Top students in year 11:

Forename	Surname	Form	House	Points
Shayan	Mirza	11RNC	R	53
Baran	Byndor	11WTH	W	52
Isla	Kirkland	11RNC	R	51
Batuhan	Duran	11OKK	O	50
Elizabeth	Crutchley	11RGA	R	50
Francisco	Barbosa Pinto	11WTH	W	50
Parla	Ghanipour	11OAB	O	49
Agatha	Kyprianides	11OAB	O	48
Junaid	Ejaz	11RGA	R	48
Warzan	Sadiq	11WTH	W	48

Top students in year 12:

Forename	Surname	Form	House	Points
Haoxi	Chen	12BAS	B	32
Wunfai Alex	Lo	12BTD	B	32
Jessica	Champion	12OES	O	30
Neil	Vinktarendoo	12WDS	W	30
Alex	Hunt	12WDS	W	29
Raya	Gotseva	12OES	O	27
Grace	Zelechowski	12RHK	R	27
Rhea	Mehta	12RJB	R	26
Elaine	Ho	12WDS	W	26
Daisy	Warner	12RHK	R	25

Top students in year 13:

Forename	Surname	Form	House	Points
Tyler	Macdonald	13BJT	B	29
Daniel	Drysdale	13WTA	W	29
Elyaas	Uddin	13WTA	W	28
Raphael	Richter	13WTA	W	28
Caden	O'Brien	13WTA	W	28
James	Janczur	13WTA	W	27
Zack	Williams	13WTA	W	25
Ezeika	Willoughby	13OMA	O	24
L'Jeeta	Thompson	13RCW	R	24
Jeyla	Guccuk	13RSL	R	24
Anthony	Katz	13WBS	W	24
Selam	Taye	13WTA	W	24



**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

23rd December
– 5th January

Ages
Reception
to Year 11

Funded by

Department
for Education

ENFIELD
Council



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

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

#HighlandsAlumni



Former student?

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

Sign up to our former student network to receive news, updates and invites to events.

Once you're signed up there is no obligation to volunteer, you can get involved around your availability.




Scan the QR code to join the Alumni network

12:58 5G

www.futurefirsthub.org.uk

Highlands School & Sixth Form

Highlands School

Powered by  Future First

Join your network

First name *

Last name *

Email address *





Student medical needs

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

Mental health

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

Urgent mental health support - 24/7 crisis lines

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

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) 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

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 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org

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

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

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

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 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

Follow Highlands School on:

 [X@Highlands_sch](https://twitter.com/X@Highlands_sch)

 Instagram [@highlandssch](https://www.instagram.com/highlandssch)

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

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

 Facebook [Highlands School](https://www.facebook.com/Highlands_School)