



Highlands School Newsletter

15 November 2024



Dear parents and carers,

On Monday this week the school marked Remembrance with a two minute silence and the Last Post played across the school, we also held Remembrance assemblies for all year groups led by Ms Halstead. Each year our school community stops to pay their respects to those who gave their lives fighting in the British armed forces and to thank those still in uniform today.

On Wednesday evening this week we held our sixth form open evening. From 5pm-9pm the school was full, with over 900 people here. We welcomed families with students in year 11 at Highlands and families from other schools, all learning about our sixth form. We are proud of the journey our sixth form has been on, with over 240 students joining us last year and results in the top 10% of schools nationally by progress.

In our newsletter this week there are lots of other events to read about, but I would draw your attention to our house captains and strand captains who were appointed this week and received their badges. And, please read about our under 16 girls' football team who progressed to the next round of the English schools national cup - well done!

Finally, if you are free next Friday evening, please form a team and come to school for our annual musical bingo night. Our HPFA raises money for our school and any support you can give their events would be greatly appreciated. Tickets can be purchased via ParentPay.

Have a great weekend,
Mr McInerney, Headteacher

Key dates for this half term:

- Wednesday 20th November: year 13 parents' evening
- Friday 22nd November: HPFA musical bingo night
- Wednesday 11th December: year 9 parents' evening
- 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)



Highlands Sixth Form Open Evening 2024

Thank you to everyone who attended our sixth form open evening event. It was fantastic to see so many of you engaging with our staff, students and curriculum. We hope you enjoyed hearing from our student leadership team, who shared their experiences and insights, and from our alumni, who spoke about their journeys beyond our sixth form. Guests also had the chance to explore our wide range of courses, view students' work, and experience the supportive and dynamic environment that makes our sixth form special. For internal students, applications will be completed during the year 11 pathways meetings in January. We look forward to seeing you all again in September.

View our available courses: [Highlands Sixth Form Prospectus 2025-2026](#). Find out how to apply [here](#).



You can watch our Open Evening video on our YouTube channel or on Instagram.

Highlands Sixth Form Open Evening 2024:

[YouTube](#) / [Instagram](#)



Highlands Sixth Form
open evening
2024

Supported to succeed



HPFA presents Music Bingo!

Come along to our fantastic Music Bingo event on **Friday 22nd November 7pm - 9pm**. A fun family event where children are also welcome.

Refreshments and snacks will be available for purchase on the night or you can bring your own snacks if you wish. We are seeking raffle prize donations for the event, any contributions are greatly appreciated.

Tickets are £5 each and can be purchased on [ParentPay](#).

Hope to see you there.

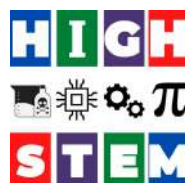




Talent Spaces & Upskill Me's London STEM Apprenticeship Day

Congratulations to our year 13 student Lorena Kransniqi for successfully being chosen as a candidate to attend the STEM apprenticeship programme. This is a fantastic opportunity for young women and those who identify with womanhood, who are passionate about pursuing a career in STEM (Science, Technology, Engineering, and Mathematics). This event is designed to inspire, empower, and equip them with the tools they need to succeed in the exciting world of STEM.

Well Done Lorena!



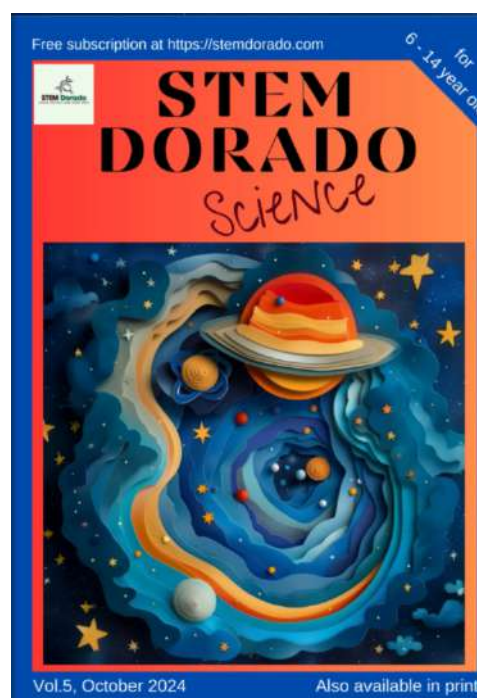
STEM Dorado - New STEM magazine out now!

STEM Dorado is a free e-magazine dedicated to science for children aged 5-13, created in collaboration with leading scientists from some of the UK's most prestigious universities, including Oxford, University College London, Imperial College London, King's College London, and Queen Mary University of London. Additionally, experts from renowned pharmaceutical companies such as GSK and AstraZeneca, as well as tech companies like Mastercard and X-FAB, contribute to the magazine.

Each issue is packed with a range of engaging content, from articles of varying difficulty levels to fun activities such as quizzes, puzzles, and experiments. There is also space for children to share their own thoughts and ideas.

Produced with direct input from scientists, STEM Dorado is designed to inspire curiosity and a love for STEM subjects, driven by the passion and enthusiasm these scientists have for their work.

Happy STEMming Dr Len





U16 National Cup third round

The year 10 and 11 girls played against Riverside School in Barking and Dagenham in the third round of the National Cup. All girls played exceptionally well from start to finish by dominating the whole game. By half time the girls were 3-0 up with all three goals scored by Millie. In the second half they carried on to take control of the game by scoring a further 3 goals ending the game 6-0. Millie finished the game scoring 4, Shekinah 1 and Elisia 1.

We are now into the fourth round against Roding Valley High School which will be played at home.

Well done girls!

Mrs Hutchinson





Year 10 inter house football

The inter house football games this week were nothing short of pure entertainment. After a nail-biting penalty shootout, the boys' Rowan team beat Oak to 4-3 on penalties after a goalless draw in the final game. Rowan's victory did not finish there. After a 3-0 win against Oak, the girls Rowan team were also crowned champions. A double Rowan victory! Go Team Rowan!



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



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



The Great Debate - the Historical Association

Two of our A level history students, Luke and Joel, will be participating in the Great Debate, an annual competition organised by the Historical Association (HA). This event is open to students in years 10-13 across the UK and aims to nurture their interest in history while developing their research and presentation skills. Each year, the HA presents a question that challenges students to conduct research, build an argument, and deliver a compelling presentation.



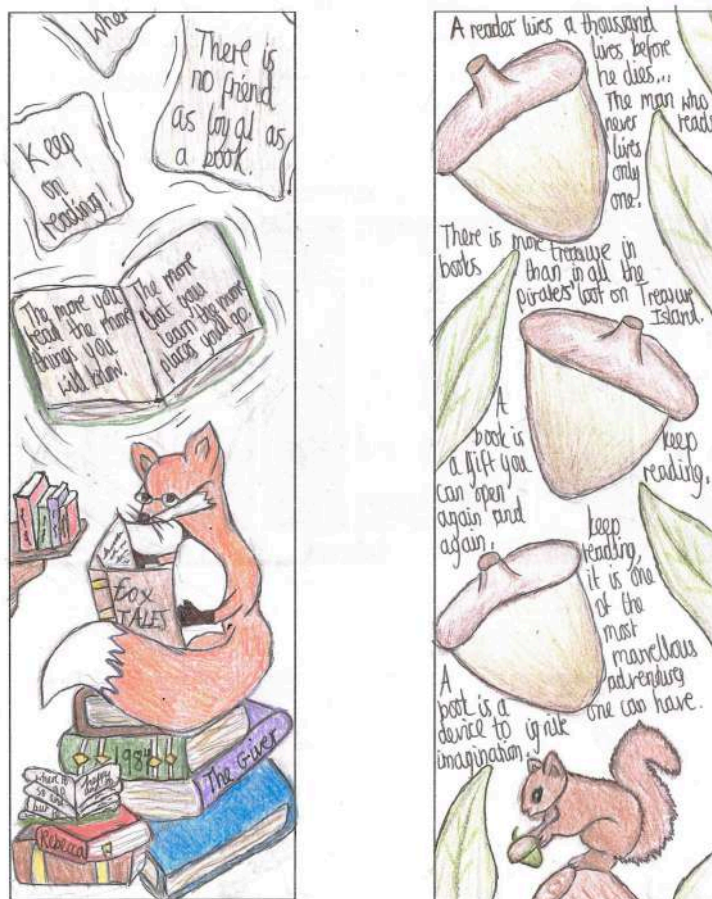
This year's question is: *How can your local history tell a global story?* Both Luke and Joel have crafted excellent arguments, and the history department wishes them the best of luck in the local heat, which will take place next week.

Inter house department competition winners

Year 7 geography: Ozlem Osman 7BAS (129 countries named) - **Beech**

Year 7 English/library bookmark competition: Student in 7BMS - **Beech**

This year's winning bookmark.

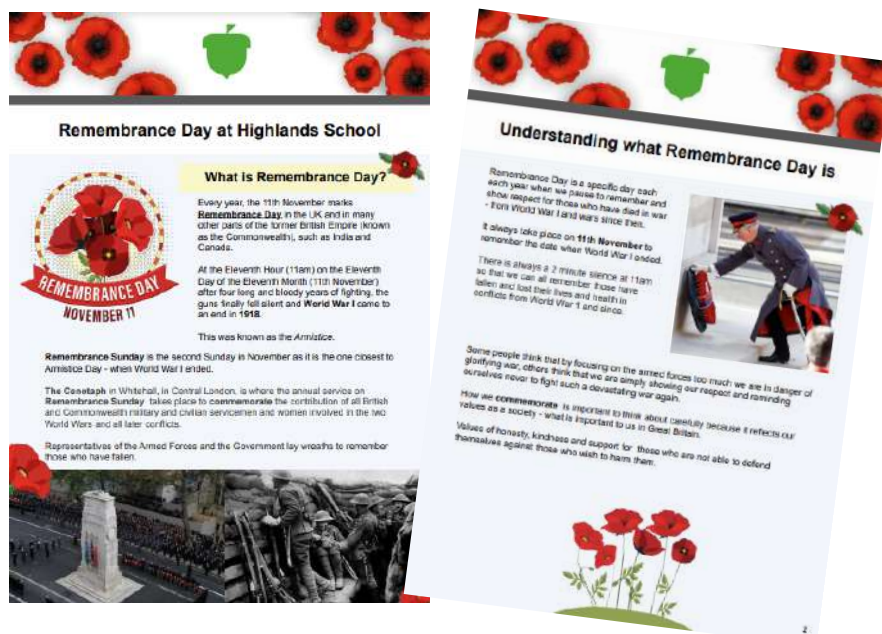


Remembrance Day

To commemorate Remembrance Day here at Highlands School, our art corridor has displayed beautiful artwork of poppies. Our library has also set up a special book stand featuring books on World War I. Students are welcome to explore stories of bravery, sacrifice, and history as we honour those who served.



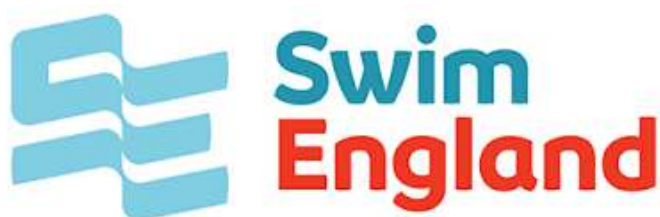
This week, to learn more about Remembrance Day and the importance of it, you can read our [special feature newsletter](#).





Swim England - Level 2 Swimming Teacher qualification

Jonathan Cooper-Dobson in year 13 has successfully passed the Swim England Level 2 Swimming Teacher qualification. Jonathan has been working tirelessly to accomplish this great achievement, working over a year now as a swimming instructor at two local, highly regarded swim schools. We are so proud of your achievement Jonathan, keep up the fantastic work.



Year 10/11 basketball

On Tuesday 12th November, the year 10 and 11 basketball team hosted Latymer in their first league game of the season. With many students making their debuts, the flow of the game favoured Latymer despite Highlands' best efforts. There were some well-scored baskets and composure at times with plenty of determination and commitment on show. The team is next in action on Tuesday 26th November, away at AIM North London.

Full time result = Highlands 8 - 41 Latymer

Player of the match = Oguz Yalcinoz (pictured right)



Mr Avann/Mr Edwards



Scholastic Book Fair

Mark your calendars! 29th November - 4th December, join us for an exciting week of books, fun, and learning! Don't miss your chance to discover new stories and bring home your next favourite read.



Year 9 'Dwellings' title pages

Well done to our year 9 students whose 'Dwellings' title pages were full of creativity, each a unique work of art with bold designs, illustrations and personal touches.





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.

- **Jack Doggett 13RCW, Theo Constantinou 13RCW, Jimmy Mansfield 13WBS and Ravi Duggan 13OMA:** Awarded for helping with a member of the public who collapsed in the street.
- **Jannah Silvera 7OSB:** Awarded for helping out another student during her science lesson. She helped a student stay on task and helped them with their work without being prompted by a teacher.
- **Christina Hajilambi 10WCM, Eve Mason 10WCM and Cora Drysdale 10WJQ:** Awarded for their continuous support in the school's library.
- **Ez Rangel Patrizzi 9RBW:** Awarded for giving his place in the Rowan boys' Y9 inter house team to a student who has not played in the inter house competition before. Ez showed great examples of sportsmanship, fairness and equality.





PE clubs timetable - November - December 2024

PE clubs programme November - December			
Monday	Tuesday	Thursday	Friday
5 a-side football (boys) Years 7-8 Sports Hall Mr Avann 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
		Netball Year 7 Mrs Walters/Ms Berrill 3:15 - 4:30 Sports Hall	
		GCSE PE Theory Intervention 2nd year students PE4 Mrs Walters/Mrs Hutchinson 3:15 - 4pm	

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).

New Highlands beanie hats

Here at Highlands we have introduced a new, branded, winter beanie hat. Please note the following:

- Highlands branded beanie hats can be worn during outside PE lessons (non-Highlands beanie hats cannot be worn)
- They must be taken off when inside the building.
- Beanie hats must display the Highlands logo.

These will be available to purchase [online](#) and instore from our uniform shops.





Careers newsletter

Every week a careers newsletter is sent out to our students. These can also be accessed via our school website under the careers tab.

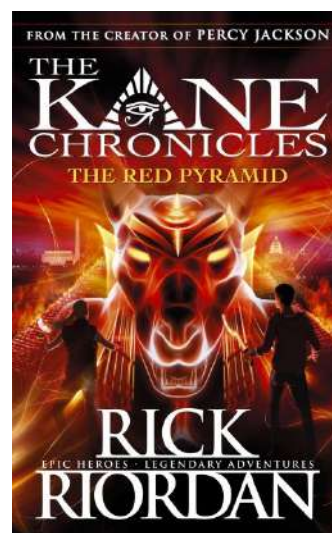
Please remember to read the weekly careers newsletter via the separate link emailed to you. This includes fantastic opportunities for you to apply for, along with resources to explore further information and other career-related content and keep checking your Google Classroom for exclusive events for Highlands students.



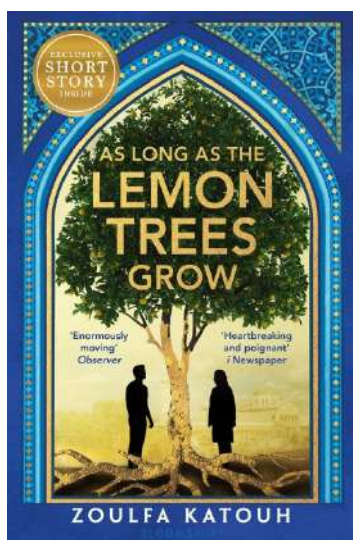
Highlands Book of the month - November

Recommended read for KS3: **The Red Pyramid** by Rick Riordan

Carter (14) and Sadie (12) have nothing in common but their parents: their father Dr Julius Kane, a brilliant Egyptologist, and their mother, a famed archaeologist who died under mysterious circumstances when they were young. The siblings barely know each other, but one night, their father brings them together at the British Museum.



Recommended read for KS4: **As Long as the Lemon Trees Grow** by Zoulfa Katouch



An epic, emotional, breathtaking story of love and loss set amid the Syrian revolution. Burning with the fires of hope and possibility, *As Long as the Lemon Trees Grow* will sweep you up and never let you go. This brand new paperback edition contains exclusive bonus short story *Joy*.

Set in the world of Lemon Trees, it features never-before-seen moments between Salama and Kenan.



House strand leads

We are proud to introduce this year's house strand leads and house captains for 2024-25. This week they collected their captain badges. Congratulations to you all.



House captains			
Beech	Oak	Rowan	Willow
Lizabeth Thompson (C)	Eleanor Smith (C)	Elsie Berko (C)	Sofia Tailor (C)
Persi Dzhindzhev (VC)	Yagmur Olcay (VC)	Daisy Warner (VC)	Naa Shidaa Quarty (VC)



Sports captains			
Beech	Oak	Rowan	Willow
Jayden Soopramanien (C)	Kingston Barrow(C)	Aaron Kiakoulunda (C)	George Robinson (C)
	Ella Mohan (VC)	Darcy Dundridge (VC)	Sienna Francis(VC)



Social Action captains			
Beech	Oak	Rowan	Willow
Dexter Berndes (C)	Jasmine Desai (C)	Ola Muca (C)	Alex Hunt (C)
	Ermioni Tsantikou (VC)		



Performance captains			
Beech	Oak	Rowan	Willow
Elena Giudice (C)	JB I (C)	Ceren Duruel (C)	Evie Ferguson (C)
Lily Theodorou (VC)			



Environment captains			
Beech	Oak	Rowan	Willow
Nana Boakye (C)	Elizabeth Plume (C)	Milla Paynel (C)	Beverley Merela (C)
Hugh Murphy (VC)	Sara Hussain (VC)		Shane McDonnell (VC)



Wellbeing captains			
Beech	Oak	Rowan	Willow
Kadeejah Cabey (C)	Sakura Daley (C)	Milla Payne (C)	Francesca Georgiou (C)
	James Butcher (VC)		Abdurahman Abdullahi (VC)



Equalities and Diversity captains			
Beech	Oak	Rowan	Willow
Danny Kruja (C)	Yasmin Farhadi (C)	Joseph Brooks (C)	Baran Byndor (C)
	Parla Ghanipour (VC)	Harrison Sykes (VC)	

House form reps

We are proud to introduce this year's house form reps for 2024-25. Congratulations to you all.

YEAR 7				YEAR 8			
7RKM	Rowan Vaughan-Williams	Rowan	Form Rep	8RAS	Michael Angeli	Rowan	Form Rep
7RKM	Aileen Erdogan	Rowan	Form Rep	8RAS	Aston Lyle	Rowan	Form Rep
7RAC	Morgan Nash	Rowan	Form Rep	8RJG	Chloe-Sophia Antoniadis	Rowan	Form Rep
7RAC	Beth Rognaldsen	Rowan	Form Rep	8RJG	Bekir Berk Yalcin	Rowan	Form Rep
7BMS	Mark Bates	Beech	Form Rep	8WMT	Nathan Oladeji	Willow	Form Rep
7BMS	Sienna Morgan Jones	Beech	Form Rep	8WMT	Henry Plume	Willow	Form Rep
7BAS	Izsy Butcher	Beech	Form Rep	8WSW	David Kwarciak	Willow	Form Rep
7BAS	Niamh Synnott	Beech	Form Rep	8BEF	Laura Alla	Beech	Form Rep
7WEF	Zunairah Hassan	Willow	Form Rep	8BEF	Tristan Lewis	Beech	Form Rep
7WEF	Naomi-Rose Folorunso	Willow	Form Rep	8BLR	Eirene Palamaras	Beech	Form Rep
7WEL	Suryan Mistry	Willow	Form Rep	8BLR	Louis Marsh	Beech	Form Rep
7WEL	Tavia-Anais Johnson-Norty	Willow	Form Rep	8ODM	Aistis Mankevicius	Oak	Form Rep
7OMK	Aaron Habib	Oak	Form Rep	8ODM	Orla Dimery	Oak	Form Rep
7OMK	Keira Kataria	Oak	Form Rep	8OJT	Betsy Coneywood	Oak	Form Rep
7OSB	Jake House	Oak	Form Rep	8OJT	Hannah Bauluck	Oak	Form Rep
7OSB	Amelia Stevens	Oak	Form Rep				



YEAR 9

9WMP	Abel Kalaj	Willow	Form Rep
9WMP	Chloe Shi	Willow	Form Rep
9WNK	Anaiya Dhaliwal	Willow	Form Rep
9WNK	Sena Oguz	Willow	Form Rep
9OAC	Lara Pinar	Oak	Form Rep
9OAC	Dennis Erdogan	Oak	Form Rep
9ORD	Matthew Nicolaou	Oak	Form Rep
9ORD	Destina Kaynar	Oak	Form Rep
9BAM	Nikeel Sookharri	Beech	Form Rep
9BAM	Isabel Antoniou	Beech	Form Rep
9BBK	Bibiana Edwards	Beech	Form Rep
9BBK	Yuxi Chen	Beech	Form Rep
9RCX	Molly McGrath	Rowan	Form Rep
9RCX	Lexie Cullen	Rowan	Form Rep
9RBW	Emily Newton	Rowan	Form Rep
9RBW	April Clydesdale	Rowan	Form Rep

YEAR 10

10RTC	Franceska Koci	Rowan	Form Rep
10RTC	Louie Lynch	Rowan	Form Rep
10RCG	Daniel Horea	Rowan	Form Rep
10WJQ	Era Halili	Willow	Form Rep
10WJQ	Zehra Besler	Willow	Form Rep
10WCM	Lois Anosike	Willow	Form Rep
10WCM	Elis Cristóvão	Willow	Form Rep
10BLM	Nelin Ahmet	Beech	Form Rep
10BLM	Darlene Kisubi	Beech	Form Rep
10BYC	James Cooper Dobson	Beech	Form Rep
10OSM	Ermioni Tsantikou	Oak	Form Rep
10ODC	Yunus Coskun	Oak	Form Rep
10ODC	Diana Tangestani	Oak	Form Rep

YEAR 11

11OAB	Emily Palkowska	Oak	Form Rep
11OAB	Admir Baloshi	Oak	Form Rep
11OKK	Thanos Ioannou	Oak	Form Rep
11OKK	Asante Appau	Oak	Form Rep
11BNI	Louis Barker	Beech	Form Rep
11BNI	Eliz Hogher	Beech	Form Rep
11BJC	Sheryce Crow	Beech	Form Rep
11RGA	Leah Appiah-Gyebi	Rowan	Form Rep
11RGA	Kiara Craig	Rowan	Form Rep
11RNC	Mariah Brooks	Rowan	Form Rep
11RNC	Brij Mahtani	Rowan	Form Rep
11WDD	Nataniel De Almieida	Willow	Form Rep
11WDD	Elisia Huetson-Varnarva	Willow	Form Rep
11WTH	Ann Siby	Willow	Form Rep
11WTH	Elise Soon	Willow	Form Rep

YEAR 12

12OES	ESM/ MRA	Riley Austin	Oak	Form Rep
12OAT	ATH/ HGA	Cindy Gjoni	Oak	Form Rep
12OAT	ATH/ HGA	Samuel Sexton	Oak	Form Rep
12RJB	JBA	Fortune Agbugba	Rowan	Form Rep
12RJB	JBA	Aoifa Jackson	Rowan	Form Rep
12RHK	HKU	Freddie Paraskeva	Rowan	Form Rep
12WAD	ADU	Niya Rambojan	Willow	Form Rep
12WAD	ADU	Adrian Tumanya	Willow	Form Rep
12WDS	DSI/ ERA	Bradley Mbaloula	Willow	Form Rep
12BAS	ASE	Ekin Dogus	Beech	Form Rep
12BTD	TDU	Mehmet Aktas	Beech	Form Rep

YEAR 13

13BCR	CRY	Ellie Kyprianou	Beech	Form Rep
13BCR	CRY	Hasan Kiyamaz	Beech	Form Rep
13BJT	JTR	Lottie Price	Beech	Form Rep
13BJT	JTR	Anais Marku	Beech	Form Rep
13OMA	MAP	Amy Rhatigan	Oak	Form Rep
13OMA	MAP	Jonathan Cooper-Dobson	Oak	Form Rep
13OPL	PLA	Amadora Teku	Oak	Form Rep
13OPL	PLA	Szymon Pasierowski	Oak	Form Rep
13RCW	CWA	Josef Demetriou	Rowan	Form Rep
13RCW	CWA	Brownica Kiakoulada	Rowan	Form Rep
13RSL	SLA	Firat Ozbek	Rowan	Form Rep
13WBS	BSH	Amelia William	Willow	Form Rep
13WTA	TAN	Charlie Mills	Willow	Form Rep



House weekly winners

This week's winner is the house with the highest achievement points minus concerns points.
Plus the results from the year 10 inter house football competition. Congratulations **Oak**!

This Week	Beech	Oak	Rowan	Willow
Positive Points	5,808	6,516	3,984	5,109
Negative points	-418	-293	-339	-423
Points overall	5,390	6,223	3,645	4,686
Y 10 girls football	1,000	3,000	4,000	2,000
Y10 boys football	1,000	3,000	4,000	2,000
Total	7,390	12,223	11,645	8,686

Top students in year 7

Forename	Surname	Form	House	Points
Zara	Sheikh	7OMK	O	44
Sashvika	Sathiyaseelan	7OMK	O	41
Charles	Webb	7OMK	O	37
Paul	Munjal	7OMK	O	37
Nathaniel	Gabbana De Souza Roper	7OMK	O	35
Jordan	Lourenco	7OMK	O	33
Oscar	Abrahams	7OMK	O	31
Zakariyya	Ahmed	7OMK	O	31
Victoria	Aksoy	7OMK	O	31
Jemimah	Miah	7OMK	O	31
Cristian	Federico	7OMK	O	31

Top students in year 8:

Forename	Surname	Form	House	Points
Betsy	Coneywood	8OJT	O	47
Latif	Defreitas	8OJT	O	47
Aaliyah	Lascelles	8WSW	W	45
Marianne	Smith	8WSW	W	42
Liliana	Jonczyk	8OJT	O	38
Hannah	Gibbons	8WSW	W	38
Benjamin	Taheny	8OJT	O	37
Priya	Jangra	8OJT	O	37
Katrina	Awatar	8WSW	W	36
Florence	Holyomes	8WSW	W	36



Top students in year 9:

Forename	Surname	Form	House	Points
Anthony	Angeli	9WNK	W	Anthony
Sophie	Rooke	9WNK	W	Sophie
Kaelyn	Beisty	9WNK	W	Kaelyn
Nea	Petritaj	9WNK	W	Nea
Aalycia	Udahemuka	9WNK	W	Aalycia
Nurullah	Ozdemir	9WNK	W	Nurullah
Faye	Etuazim	9WNK	W	Faye
Azat	Secgin	9WNK	W	Azat
Nnaemeka	Onukaogu	9WNK	W	Nnaemeka
Taijah	Green-Barban	9WNK	W	Taijah

Top students in year 10:

Forename	Surname	Form	House	Points
James	Butcher	10OSM	O	67
Alexander	Antoniou	10OSM	O	63
Kingston	Barrow	10OSM	O	63
Alan	Kushova	10OSM	O	63
Alyssa	Ketwaroo	10OSM	O	62
Ermioni	Tsantikou	10OSM	O	61
Melisa	Spahia	10BYC	B	60
Beatrice	Afhim	10OSM	O	60
Owen	White	10OSM	O	60
Madiha	Yahya	10OSM	O	60
Isabella	Cruden	10OSM	O	60

Top students in year 11:

Forename	Surname	Form	House	Points
Ender	Guccuk	11BNI	B	76
Sahara	Cakir	11BNI	B	62
Abby	Reay	11OAB	O	38
Roshan	Awudu	11BNI	B	34
Zacharias	Stavrou	11BJC	B	32
Aaliyah	Udahemuka	11BJC	B	32
Oguz Kagan	Yalcinoz	11BJC	B	32
Emily	Palkowska	11OAB	O	32
Eren	Ozdengiz	11BJC	B	30
Joao	Do Nascimento	11BJC	B	30
Ender	Guccuk	11BNI	B	76



Top students in year 12:

Forename	Surname	Form	House	Points
Annalise	Demetriou	12WDS	W	15
Nida	Demirkaya	12RJB	R	10
Luke	Tyrimos	12WAD	W	10
Elena	Giudice	12BAS	B	8
Mercedes	Acquaye	12RHK	R	7

Top students in year 13:

Forename	Surname	Form	House	Points
Alexia	Chrysostomou	13OMA	O	24
Katie	Brookman	13RSL	R	24
Ledia	Xhetani	13RSL	R	24
Charlie	Mills	13WTA	W	24
Davide	Mazzucco	13BCR	B	8
Karan	Singh	13BJT	B	8
Ayub	Mohamed	13RCW	R	8



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**



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 & Sixth Form

Highlands School

Powered by **FF** 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
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)

Urgent and other support available

childline

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

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)

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

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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