



Highlands School Newsletter

27 September 2024



Photo: Elis, national winner of Show Racism the Red Card

Dear parents and carers,

Even though the autumn term is only three weeks old, this newsletter is packed with the achievements of our students. The girls' football teams got off to their usual winning ways with comprehensive victories over JCOS and Edmonton County; our under 16s are competing in the nationals this year so will be travelling around the country for their matches if they progress through the tournament.

We are also thrilled to announce that one of our students, Elis Cristovao, has won the national "Show Racism the Red Card" competition in the *Year 7-9 Creative Writing* category. This is the second year in a row that Highlands School has won this prestigious competition, showcasing the incredible talent and commitment of our students to spreading messages of equality and inclusion. You can see her collecting her award in the photograph above.

And a final mention should go to Oak house, who have flown out of the traps in this year's inter house championship, winning the weekly competition for the first three weeks. Well done for making such a good start.

Have a great weekend,

Mr McInerney,
Headteacher



Key dates for this half term:

- Thursday 10th October: DARE Day 1
- Friday 11th October: DARE Day 2
- Monday 14th October: early finish for open evening (students leave at 12:40pm)
- Tuesday 15th October: late start following open evening (students arrive at 11:20am)
- Friday 18th October: final day of half term (two week half term holiday commences)
- Monday 4th November: first day of new half term (students return to school)

Show Racism the Red Card - National champions!

Elis' powerful poem captivated the judges, earning her the top spot in a highly competitive field. Her creative and heartfelt words stood out, delivering a poignant message that resonated deeply with everyone who read it. Elis was invited to a special awards event where she proudly collected her award and shared her powerful voice with the audience.

Congratulations, Elis, on this well-deserved win! Your words truly stole the hearts of the judges and continue to inspire us all.





In the heart of every soul

In the heart of every soul lies the melody of humanity, a symphony of diversity woven into the fabric of existence. Yet, amidst the harmonious chords, there exists a dissonance, a discordant note that echoes through the corridors of history: racism. It stains the pages of our collective story, casting shadows of prejudice and injustice upon the hearts of the oppressed.

But there are those who refuse to be silent witnesses to this injustice. They stand tall, like towering oaks in a storm, unwavering in their commitment to justice and equality. They are the champions of compassion, the warriors of empathy, and they brandish their weapons not with violence, but with the unyielding force of love and solidarity.

In the arena of bigotry, they raise their voices like thunder, declaring with fervour that racism shall find no sanctuary within the chambers of their hearts. They hold aloft the banner of unity, its crimson hue a symbol of the blood that binds us all as one human family. With each stride they take, they march closer towards a world where the colour of one's skin holds no sway over the content of their character.

And so, they stand united in face of a journey fraught with obstacles. They become a beacon of hope in a world shrouded in darkness. With every step they take, they illuminate the path towards a brighter tomorrow, where love triumphs over hate and acceptance reigns supreme. For they know that in the end, it is not the colour of our skin that defines us, but the depth of our humanity.

**SHOW
RACISM
THE
RED
CARD**



School photographs order deadline

The deadline to make orders for school photographs is Monday 30th September.

If your child had their photograph taken by our school photographer this term you should now have received an order form. The instructions for ordering prints can be found on the form.

All orders received online by the close of day on Monday 30th September will be delivered to the school within 10 days, and will be issued to students in tutor time.

Any orders made after this date will be posted directly to your home address by the photographer, and will therefore incur a charge for postage.



U15s Middlesex Cup - first round

The girls U15 football team had their first round of the Middlesex Cup against JCOSS away. They started the first half exceptionally well with Hannah Cullen scoring in the first 45 seconds of the game. The girls went on to play some excellent football winning the first round 12 - 1. With six goals from Millie Huetson Varnava, two goals from Hannah Cullen, two goals from Mia Ioannou and one goal from Madiha Yahya. Hopefully we can maintain that same standard in the second round. Well done girls!

Mrs Hutchinson



Year 7 and 8 girls football

This week our year 7/8 girls football team began their 9-side league campaign with a game away at Edmonton County. The girls dominated from start to finish winning the game 13-0. A special mention for Mollie M and Natalie A who both scored hat tricks. The other goal scorers were Poppy P (2), Kristina S (2), Chloe H, Elyssa P and Evie R. Player of the match was Lucy P.

A great start to the season girls, well done!

Mrs Walters





Chess club

Chess club this week was a great success, with a fantastic turnout of enthusiastic players of all skill levels. Everyone enjoyed intense matches, learning new strategies, and connecting with fellow chess lovers. The positive atmosphere and competitive spirit made for an exciting session, and we hope to see the same great energy and participation next week!

Chess club takes place every Tuesday lunchtime in M6.



BSL Level 1

A huge congratulations to the following students who have been awarded Level 1 in BSL. Your commitment to learning has been phenomenal. Well done to you all!

- Akeesa Gurubebila
- Lilah Jones
- Lucas Griffiths-Er
- Katie Bucknor
- Aaliyah Lascelles
- Giulia Dumitrescu
- Isaac Jones
- Harrison Sykes
- Beckham Tahsen



Matilda production on sale now!

The July production of *Matilda* is now available to purchase for £7 on ParentPay, with two viewing dates to choose from (4th and 5th July). The deadline for all video purchases is **Friday 15th November**.

Photos from the show are also still available to buy, the deadline for purchasing photos is **Monday 30th September**. Head over to www.pics4events.com and enter the codes below for the relevant galleries

Thursday 4th July - day 1 : 23875-01671

Friday 5th July - day 2 : 23875-90217

Don't miss the chance to enjoy this fantastic performance and keep the memories!





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.

- **Ben Taheny 8OJT:** Awarded for winning the year 8 form class motto competition.
- **Sophie Fryer 8OJT:** Awarded for coming 2nd in the year 8 form class motto competition.
- **Chloe Williams 8OJT:** Awarded for coming 3rd in the year 8 form class motto competition.



Homework club

Due to popular demand our homework club has expanded to include all students in years 7-10 (SEND students in all years groups are encouraged to attend). The homework club we will be running every day except Wednesday. Please see below for details.

When: Monday, Tuesday, Thursday and Friday

Time: 3.15pm to 4.00pm

Where: Library

Led by: The learning support and pastoral teams

In order to minimise disruption we suggest that if your child attends the session they stay for the duration of the time. There will be access to computers in all sessions. A register will be taken for every session.

If for any reason we are unable to staff the homework club due to staff absence etc. we will get a message sent home to make you aware that students will be leaving at the normal time of 3.15pm.

Dr Tsoni



PE Clubs timetable 2024

Monday	Tuesday	Thursday	Friday
Boys Football Years 7-9 Astro Mr Avann 3:15 - 4:30	Girls Football All Years Mr Cross/Mrs Hutchinson Astro 3:15 - 4:30	Tag Rugby Years 7-13 (boys/girls) Mr Lockwood Field 3:15 - 4:30	GCSE PE Practical Club GCSE PE students Sports Hall Mr Avann 3:15 - 4:15
	Basketball All Years (boys/girls) Mr Edwards Sports Hall 3:15 - 4:30	Netball *(starts 26th Sept') Years 7-11 Mrs Walters/Ms Berrill 3:15 - 4:30 Playground	

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).

Music courses for sixth formers

From October, Dugdale Arts Centre is running some great courses for young people aged 16 – 30 all about the music industry, and offering access to music industry professionals as well as hands on experience. The introductory course covers music industry roles, record labels, marketing, branding, music business law and more, and an intermediate course includes advanced label and distribution insight, live tours, music tech, market analytics and sync.

More information and the application form can be found here:

[The Business of Music | Dugdale Arts Centre](#)

The course is free to attend but places are limited.





...
**YEAR 10 & 11
BOYS
BASKETBALL
- TRIALS -**

THURSDAY | 3:15PM - 4:30PM
3RD OCTOBER | SPORTS HALL

BRING YOUR PE KIT TO GET
CHANGED INTO AFTER SCHOOL IN
THE PE CHANGING ROOMS.



...

Does your child
find it difficult
to attend school
for emotional
reasons?

Join the Educational
Psychology Service at a
online two-part workshop
for parents and carers.
We will:

- ▶ Learn more about anxiety
- ▶ Explore what feels helpful for your child and family
- ▶ Discuss working together with schools to help young people attend
- ▶ Share your thoughts and ideas with each other
- ▶ Identify what help and support are available
- ▶ Connect with other parents and carers with similar concerns
- ▶ Consider how we can look after ourselves when things are hard

[Sign up here](#)

SESSION 1
Tuesday 12th November
1.30pm-2.30pm

SESSION 2
Tuesday 3rd December
1.30pm-2.30pm

For more information, please email
eps@enfield.gov.uk

www.enfield.gov.uk



**Young People's
Mental Health &
Emotional Wellbeing
Guide**

For Young People in Enfield

healthwatch
Enfield

Click [here](#) to view the guide



House competition weekly results

This week's overall house winner: **highest number of achievement points minus concern codes**. Well done **Oak**!

This Week	Beech	Oak	Rowan	Willow
Positive Points	5,801	7,986	7,167	5,485
Negative points	-504	-324	-241	-512
Points overall	5,297	7,662	6,926	4,973

Here are the top students this week.

Top students in year 7:

Forename	Surname	Form	House	Points
Cristian	Federico	7OMK	O	54
Charles	Webb	7OMK	O	50
Ewan	Angelides	7OMK	O	49
Zakariyya	Ahmed	7OMK	O	47
Musa	Ali	7OMK	O	47
Jordan	Lourenco	7OMK	O	44
Elyssa	Panayides	7OMK	O	43
Gabriella	Demetriou	7OMK	O	43
Leah	Khan	7OSB	O	43
Daniel	Lemonious	7OSB	O	43

Top students in year 8:

Forename	Surname	Form	House	Points
Evie	Howlett	8WSW	W	59
Isabelle	Cooper-Fitzgerald	8WSW	W	59
Anthony	Stavrou	8WSW	W	56
Hannah	Gibbons	8WSW	W	56
Inaya-Amor	Pearl-Heron	8WSW	W	54
Aria	Arashvand	8WSW	W	52
Benjamin	Taheny	8OJT	O	51
Katrina	Awatar	8WSW	W	51
Asya	Sagiroglu	8WSW	W	50
Betsy	Coneywood	8OJT	O	49
Wilfred	Crutchley	8WSW	W	49

**Top students in year 9:**

Forename	Surname	Form	House	Points
Leyla	Suleyman	9RBW	R	43
Lara	Ergul	9RBW	R	43
Zulaikha	Chaudhry	9RBW	R	41
Emily	Newton	9RBW	R	38
Ruby	Walford	9RBW	R	37
Tyanna	Ferreira	9OAC	O	36
Anais	Edwards-Anyanwu	9OAC	O	35
Charlie	Bell	9RBW	R	34
Ethan	Martindale	9RBW	R	34
Warren	Kelly	9OAC	O	32
Nicole	Martins Cisneiros	9OAC	O	32

Top students in year 10:

Forename	Surname	Form	House	Points
Yunus	Coskun	10ODC	O	57
Lorin	Varli	10ODC	O	57
Nathan	Mortimer	10ODC	O	52
Angelo	Symeou	10ODC	O	51
Liya	Ali	10BLM	B	50
Zara	Petkova	10ODC	O	50
Diana	Tangestani	10ODC	O	47
Claudia	Poyiadzis	10ODC	O	47
Franceska	Koci	10RTC	R	47
Luke	Michaelides	10RTC	R	46



Top students in year 11:

Forename	Surname	Form	House	Points
Sebastian	Mandrides	11OAB	O	40
Anastasia	Katz	11OAB	O	40
Abby	Reay	11OAB	O	39
Ender	Guccuk	11BNI	B	38
Zak	Haralambous	11OAB	O	38
Sophia	Kyriacou	11OAB	O	34
Paula	Shehu	11BJC	B	33
Eraldo	Gashi	11OAB	O	32
Essa	Ali	11BJC	B	30
Ava	Koker	11BJC	B	30

Top students in year 12:

Forename	Surname	Form	House	Points
Suleyman	Degirmenci	12RJB	R	20
Canel	Aygin	12RJB	R	17
Raya	Gotseva	12OES	O	16
Grace	Zelechowski	12RHK	R	16
Daisy	Warner	12RHK	R	14
Annalise	Demetriou	12WDS	W	12
Alex	Hunt	12WDS	W	12
Aaliyah	Lewis	12BAS	B	12
Tiana	Martindale	12BTD	B	12
Meheria	Hashimi	12OAT	O	12
Aydun	Salih	12RHK	R	12
Charlie	Skipp	12RHK	R	12
Sean	Ketcher	12RHK	R	12

Top students in year 13:

Forename	Surname	Form	House	Points
Ledia	Xhetani	13RSL	R	11
Ami	Ellwood	13RSL	R	11
Alexia	Chrysostomou	13OMA	O	10
Ezeika	Willoughby	13OMA	O	10
Caden	O'Brien	13WTA	W	9
Raphael	Richter	13WTA	W	9
Ethan	Morgan	13RCW	R	8
Ahura	Sedaghat	13WTA	W	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**



Highlands School Alumni

As a school, we want to reconnect with our former students so that we can keep in touch and let them know about volunteering opportunities that will benefit our current students. We want to show them the variety of pathways available to them after leaving Highlands School, and who better to showcase this information, than former students!

We are working with education charity Future First to set this up, and all you need to do to get involved is sign up here: [Highlands School Alumni](https://www.futurefirsthub.org.uk) or alternatively scan the QR code below.

More information is on our [website](https://www.futurefirsthub.org.uk) and if you have any questions please contact our Alumni Programme Manager at Future First: Tara Human – tara.human@futurefirst.org.uk

#HighlandsAlumni



Former student?

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

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

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




Scan the QR code to join the Alumni network

12:58 5G

www.futurefirsthub.org.uk

Highlands School & 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](https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)) but the table provides all of the telephone numbers in London.

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



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



Shout
85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required. Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)



SAMARITANS

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



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

ONLINE, ON THE PHONE, ANYTIME

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



Good Thinking

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



THE MIX

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



Beat

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



kooth

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



Safeguarding contacts

If you are concerned about your child's wellbeing or the wellbeing of any other student at Highlands School, please contact the school on 020 8370 1100 or email the DSL at staysafe@highlearn.uk. 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)