

# **Highlands School Newsletter**

## 28 March 2024



Dear parents and carers,

This is the final newsletter of the spring term. We are now two-thirds of the way through this academic year, one that seems to have gone very quickly. Our year 10, 11 and 13 students have only four weeks left before their GCSE and A level exams start. Once those exams are over our year 10 and 12 students become the oldest year groups in the main school and sixth form. So far we have been really impressed with the way students preparing for their exams have applied themselves to their lessons and to their studies. We wish them all the best revising over the Easter break.

We held our rewards and celebration assemblies this week. In the year 10 assembly we celebrated the academic excellence awards for that year group. I want to acknowledge the achievement of one student in particular, Benjamin Gerrish, who received the academic excellence award in six different subjects and, in doing so, added over 5,000 points to Rowan's inter-house points total. Well done Ben!

This week we have sent a special sixth form newsletter home to year 11 families. Our sixth form is thriving, having achieved our best ever results last summer and with record numbers of high performing students from Highlands and other Enfield schools applying to join. Please have a good look at the <u>newsletter</u> so you can read about all the fantastic work going on in our sixth form.

I hope you all have a restful Easter break and I look forward to welcoming our students back to school on Monday 15th April.

A reminder of important dates for your diaries:

- Thursday 28th March: last day of spring term, students dismissed at midday
- Monday 15th April: start of summer term

Have a great Easter holiday, Mr McInerney, Headteacher



## FuturesUP - interactive careers event

FuturesUP run by Uptree, brings together students and employers for networking and insights into different career paths. Spaces are limited and students must make an application in order to attend. Hasan Kiymaz, year 12 was successful in gaining a place and spent the day at the KPMG offices in Canary Wharf.

The day consisted of interactive sessions, including how to make an application stand out, interview, what company culture means and the chance to speak to professionals, recruiters and current apprentices and graduates from several employers including Channel 4, Deutsche Bank, Elavon, GCHQ, GSK, KPMG, Ogilvy, Publicis, Schroders.

#### Mrs Laurenzi

"Being able to speak to the people behind the apprenticeships, getting to know the different opportunities offered by the companies and talking with professionals were all great parts of the day for me".



Hasan Kiymaz

## Year 8/9 boys football

On Friday 22nd March, the year 8/9 boys football team continued their run of impressive performances by beating Laurel Park school 12-0. There were many great goals with the pick of them coming from Emin, Stefan and Alex.

The player of the match = Stefan Christodoulou for a superb hat-trick.

On Monday 25th March, the year 8/9 boys football played their final game of the season at home v Southgate. At the break, Highlands found themselves 0-2 down, however after a spirited second half comeback, through some fantastic strikes by Emin and Alessandro, the final score was 2-2. This meant that the team went the whole season undefeated which is a superb achievement.

Player of the match = Aydin Mistiki

Well done to everyone who has represented the school in this team this year. It has been a pleasure to take your games.



Stefan Christodoulou



Aydin Mistiki

Mr Avann



## Duke of Edinburgh's award update

Certificates were presented this week to the latest group of year 11 students for completing their bronze award. Well done to all those who have now completed it. There are still some students who need to get sections signed off by their assessors and the good news is it's not too late. Please complete these before the May half term holidays so you can receive your certificate before leaving year 11.

The new year 10 bronze cohort have been working hard on their volunteering, skills and physical sections over the last few months. Many students have now finished these sections and it's been exciting to see some of the new things they have learnt and how many students have assisted in the local community, giving up time to do things such as cooking meals for charities, helping in charity shops and assisting with the schools Ed-extra programme.

We now begin to focus on the expedition section. In the summer term, both the year 10 bronze group and sixth form silver group will complete their training expeditions where they will learn navigation skills and camp craft skills in order to complete a self-reliant journey.

The bronze award will be introduced to the current year 9 students at the beginning of year 10.

#### **Mrs Walters**





## **Budding photographer**

In the world of photography, each lens tells a story, but few stories are as exhilarating as that of a student photographer capturing the essence of fast cars. Jack Mussell, year 11 is a budding photographer whose passion for speed and aesthetics intertwines in the mesmerising frames he captures.

Whether it's capturing the blur of a Formula One car or the sleek elegance of a luxury sports car, Jack's dedication in balancing academic ambition and creative pursuit is nothing short of inspiring. He already has a wealth of experience,



including attending the British GP, Ferrari track day at Silverstone, and the Concours of elegance at Hampton Court Palace showcasing a selection of 60 of the rarests cars from around the world.

Jack continues to build his portfolio and is hoping to travel to Maranello - headquarters of the Ferrari automobile factory and to Monaco to visit the mythical race track. Here are some photos taken by Jack.

#### Mrs Laurenzi















## **Easter Toy Appeal success**

In a world where consumption often seems to be the prevailing norm, it's refreshing to witness the growing trend of generosity and sustainability through initiatives like collecting second-hand toys and books for charitable distribution. This act not only benefits those in need but also fosters a sense of community and environmental consciousness, building a more sustainable future for generations to come.

We are very grateful to all those who dropped off their donations which have now found their way to new homes where they can be cherished once again. These were distributed to non-profit organisations, charities, community centres, schools both locally and all the way in Northampton.

Thank you also to the amazing year 9 Social Enterprise students with unwavering determination, enthusiastically re-organised the generous collection of donations into categories to support the distribution process.





## Showcase your talents and contributions in the school newsletter!

Attention to all students who excel outside the classroom! Are you involved in activities, achievements, or initiatives beyond the school walls? We want to highlight your endeavours in our newsletters. Whether it's sports triumphs, artistic creations, community service projects, entrepreneurial ventures, or any other outstanding pursuits, we'd love to showcase your talents and contributions.

This newsletter is a platform to celebrate the diverse accomplishments of our student body and inspire others with your stories.

If you're interested in being featured, don't hesitate to reach out and share your experiences with us. Let's shine a spotlight on the incredible achievements happening beyond the textbooks! Please email a brief description of what you do outside of school and any photos you'd like to include to careers@highlearn.uk

#### Mrs Laurenzi

## Rewards and achievements assemblies

This week we held our end of term rewards and achievement assemblies, presented by our student leadership team and head of years. It was a great way to end the term by celebrating all of the half term successes, academic achievements and year group special mentions.

Well done to all of the students who were awarded for their outstanding work this term and also well done to form groups 70JT and 8WNK for being crowned the spring term form champions.





## PE Clubs Programme 2024 (15th April - 24th May)

Monday	Tuesday	Thursday	Friday
Tennis	Rounders	Rugby Y8-9 Boys Mr Robson + Rugby Coach Old Grammarians 3:15 - 4:30 *Google Form required*	Athletics
Y7-11 (Boys and Girls)	Y7-10 Girls		Y7-13
Mr Robson	Ms Walters/Ms Hutchinson		Ms Berrill/Mr Joseph
Sports Hall	Field		Field
3:15 - 4:30	3:15 - 4:30		3:15 - 4:15
Cricket	Badminton	GCSE 2nd Year	
Y7-11 (Boys and Girls)	Y7-9 (Boys and Girls)	Intervention	
Mr Avann	Mr Robson	10P/Pg1 + 11Q/Pg1 only	
Astroturf	Sports Hall	Mr Joseph	
3:15 - 4:30	3:15 - 4:30	3:15 - 4:15	
	A Level Intervention Y13 (13E/Pe1 only) Mr Avann SL6 3:15 - 4:00		

## **Extracurricular timetable 2023-2024**

Monday	Tuesday	Wednesday	Thursday	Friday
Club: <b>Debating Club</b> Venue: H6 Time: 3:15 - 4:15 Years: 7-11 Teacher: Mr Islam, Ms Frohlich	Club: History Club Venue: E4 Time: 3:15 - 4:15 Years: 7-13 Teacher: Ms Duffmasters		Club: Pride Club (Week A) Venue: A4 Time: 3:15 - 4:15 Years: 7-9 Only Teacher: Ms Brandon	Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: SEN pupils only Teacher: Miss Rattan, Mrs Warren, Miss Patel
Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: SEN pupils only Teacher: Miss Rattan, Mrs Warren, Miss Patel	Club: GCSE Art & A Level Art & Photography Catch Up Venue: Art Rooms Time: 3:15 - 5:00 Year: 10-13 Teacher: Ms McCalmont, Ms Brandon		Club: Pride Club (Week B) Venue: A4 Time: 3:15 - 4:15 Years: 10-13 Only Teacher: Ms Brandon	
Club: BTEC Media Studies Catch Up Club Venue: MM6 Time: 3:15 - 4:00 Year: 10-13 Teacher: Mr Groves, Mr Qureshi	Club: D&D Club Venue: A5 Time: 3:15 - 4:30 Years: 7-13 Teacher: Mr Godwin	Year 7 & 8 Ed Extra Program Period 5	Club: GCSE Textiles Catch Up Club Venue: T4 Time: 3:15 - 4:00 Year: 10-11 Teacher: Mrs Trela	
	Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: SEN pupils only Teacher: Miss Rattan, Mrs Warren, Miss Patel	2:10 - 3:15 (Year 7 & 8 only)	Club: Homework Club Venue: Library Time: 3:15 - 4pm Year: SEN pupils only Teacher: Miss Rattan, Mrs Warren, Miss Patel	
			Club: Economics Club Venue: £1 Time: 3,15-4:00 Year: 7-8 Teacher: Miss Ryoo	
			Club: GCSE Art & A Level Art Catch Up Venue: Art Rooms Time: 3:15 - 5:00 Year: 10-13 Teacher: Ms McCalmont	



## House department competition winners

Congratulations to the following winners of the MFL inter house competition 'Speak to me'. Students had to create a dialogue, song or poem in the target language. Well done to you all.

- 1st (Oak): Charlie Gill & Hayssa De Araujo Spinelli
- 2nd (Willow): Nea Petritaj, Anaiya Dhaliwal & Annika Trivedi
- 3rd (Rowan): Nicholas Tsekouras & Kaylem O'Dea

## **Year 7 trip to The Globe Theatre**

On Tuesday 26th March, the whole cohort of year 7 were immersed in the captivating ambiance of the Globe Theatre to watch a contemporary adaptation of William Shakespeare's timeless classic, "Romeo and Juliet."

This 21st-century interpretation of the play breathed new life into the age-old tale of star-crossed lovers skillfully blending traditional Shakespearean language with contemporary themes of love, conflict, and the consequences of impulsive actions.

One of the most striking aspects of the production was its visual spectacle, where BMW riders were performing tricks and skills in order to make the story accessible and relevant to today's audience.

Well done to our year 7s who were impeccably behaved!

#### Mrs Selim





## Year 11 yearbook and hoodie

We are working with Fizz-Yearbooks, the UK's premier supplier of yearbooks and personalised hoodies. It is sure to be a wonderful keepsake for the students to treasure throughout the rest of their lives.

All year 11 students now have the opportunity to purchase a yearbook and hoodie. The cost of a yearbook is £25 and the hoodie is £25, this should be purchased directly from the fizz website.



#### Students will not be able to place orders after 21/04/24.

If you would like to place an order, please visit the website

below and use our unique code to make the order: <a href="https://shop.fizz-group.co.uk/">https://shop.fizz-group.co.uk/</a>

#### Our School Unique ID is: 25718YR11

All orders will be delivered directly to school for you to collect. We will announce the collection date in due course.

## **Year 11 Prom**

- The year 11 prom will take place on Monday 24th June 2024
- The cost of the prom is £45 which includes a snack buffet, photo booth, sweet stall and soft drinks.
- Please confirm your booking via parentpay by the end of April in order to reserve a space.

#### Mr Joseph



## Romeo & Juliet with BSL for our Deaf Base pupils

Go Live Theatre Projects provide bespoke theatre experiences for D/deaf and hard of hearing young people, with drama workshops, stage tours and BSL interpreted performances of leading productions.

Our year 7 and 9 Deaf Base pupils took part in Stage Seen organised by Go Live Theatre Projects on Tuesday. Students watched Romeo & Juliet and the play itself had closed captions and BSL interpreters on stage next to the actors. It was done in a smart way as the BSL interpreters interacted with the actors.

Students had the opportunity to meet actors from the show and ask questions about their job and experience working on Romeo & Juliet. Our Deaf Base pupils asked questions from the actors of Romeo, Mercutio and Capulet (Juliet's mum) and also the director of the play. Aaliyah Lascelles in year 7 was very engaged and asked several questions from the director and the actors.

Students then took part in a drama workshop with Go Live facilitators, exploring the themes and topics of Romeo & Juliet. Our pupils created two live posters for Romeo and Juliet, explored the themes of the play in the second activity using English and BSL and then the pupils created a fight scene between the Capulet and the Montague families. Our school was the Montague family.

Finally, we had the opportunity to meet the BSL consultant, a Deaf creative professional working on the integrated BSL performance of Romeo & Juliet. This was a great opportunity to ask them questions about their role and experience of working as a Deaf professional in the theatre industry. Again here, Aaliyah and our CSWs asked the consultant, who is profoundly deaf, very good questions.

#### Ms Jutila





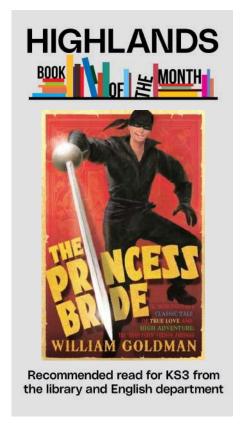
## Highlands book of the month - April

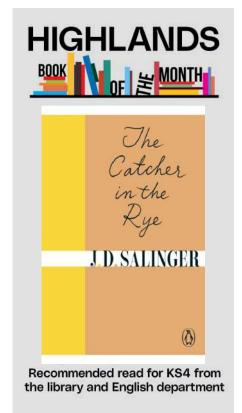
#### KS3: The Princess Bride by William Goldman

Beautiful, flaxen-haired Buttercup has fallen for Westley, the farm boy, and when he departs to make his fortune, she vows never to love another.

So, when she hears that his ship has been captured by the Dread Pirate Roberts (no survivors) her heart is broken. But her charms draw the attention of the relentless Prince Humperdinck who wants a wife and will go to any lengths to have Buttercup.

So starts a fairy tale like no other, of fencing, poison, true love, hate, revenge, giants, bad men, good men, snakes, spiders, chases, escapes, Lies, truths, passion and miracles, and a damn fine story.



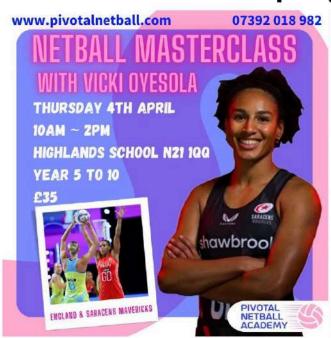


#### KS4: The Catcher in the Rye by J D Salinger

The Catcher in Rye is the ultimate novel for disaffected youth, but it's relevant to all ages. The story is told by Holden Caulfield, a seventeen-year-old dropout who has just been kicked out of his fourth school. Throughout, Holden dissects the 'phony' aspects of society, and the 'phonies' themselves: the headmaster whose affability depends on the wealth of the parents, his roommate who scores with girls using sickly-sweet affection. Lazy in style, full of slang and swear words, it's a novel whose interest and appeal comes from its observations rather than its plot intrigues (in conventional terms, there is hardly any plot at all). Salinger's style creates an effect of conversation, it is as though Holden is speaking to you personally, as though you too have seen through the pretences of the American Dream and are growing up unable to see the point of living in, or contributing to, the society around you. Written with the clarity of a boy leaving childhood, it deals with society, love, loss, and expectations without ever falling into the clutch of a cliche.



# **Exciting Netball Opportunities in Enfield** Spring 2024











## **Academic excellence - Year 7 top students**

At the end of last year in our student surveys, Highlands students asked us to recognise academic achievement in the house system. So, this year, after each year group's mid-year assessments / mock exams we will recognise:

• The top achieving student in each subject. They will receive the academic excellence trophy for that subject, 1,000 points for their house, and a certificate.

Here are the year 7 top students.

Subject	Student	Form	House
Art	Sita Maitland-Walker	7BLR	Beech
Citizenship	Farida Nooreldeen	7WMT	Willow
Computer science	Laura Alla	7BEF	Beech
Dance	Elma Stena	70JT	Oak
Drama	Sibel Angelova	70DM	Oak
	Aistis Mankevicius	70DM	Oak
English language	Aston Lyle	7RAS	Rowan
	Katrina Awatar	7WSW	Willow
English literature	Farida Nooreldeen	7WMT	Willow
interacure	Marianne Smith	7WSW	Willow
French	Farida Nooreldeen	7WMT	Willow

Subject	Student	Form	House
191	Ashley Awatar	7BLR	Beech
Geography	Sita Maitland-Walker	7BLR	Beech
	Michael Angeli	7RAS	Rowan
	Jack Clitherow	70DM	Oak
	Orla Dimery	70DM	Oak
	Farida Nooreldeen	7WMT	Willow
History	Evani Page-Jayaraman	7WSW	Willow
	Asya Sagiroglu	7WSW	Willow
	Marianne Smith	7WSW	Willow
	Florence White	70DM	Oak
NA -al-	Niam Kataria	7RJG	Rowan
Maths	Louis Marsh	7BLR	Beech

Subject	Student	Form	House
Music	Chloe-Sophia Antoniades	7RJG	Rowan
PE	Aston Lyle	7RAS	Rowan
PE	Leon Spalevic	7RJG	Rowan
	James Mehmet	7RJG	Rowan
	Sibora Myftari	7WMT	Willow
RE	Farida Nooreldeen	7WMT	Willow
Science	Katrina Awatar	7WSW	Willow
Science	Louis Marsh	7BLR	Beech
	Aynara Gomez Rosales	7RAS	Rowan
Spanish	Hannah Khan	7RJG	Rowan
	James Mehmet	7RJG	Rowan
Technology	Georgia Argue	70DM	Oak
recimology	Elma Stena	7OJT	Oak



# **Academic excellence - Year 10 top students**



Subject	Student	Form	House
	Emma Simon	10BJC	Beech
	Anastasia Lomeiko	10WTH	Willow
	Dayal Matharu	10WDD	Willow
	Veronika Tsoma	10BJC	Beech
Art year 1	Tyhan Hassan	10BNI	Beech
	Noya Weeratunge-Garcia	100KK	Oak
	Sophia Peev	10WDD	Willow
	leuan Crawley	100KK	Oak
Art year 2	Ella Kissos Boast	10RCB	Rowan
Biology	Benjamin Gerrish	10RNC	Rowan

Subject	Student	Form	House
Business	Evelina Litviniuc	10WDD	Willow
Dusiness	Eraldo Gashi	100AB	Oak
Chemistry	Benjamin Gerrish	10RNC	Rowan
Citizenship year 1	Shayan Mirza	10RNC	Rowan
Citizenship year 2	Danny Kruja	10BNI	Beech
Computer science	Maxim Volkov	100KK	Oak
Dance	Anastasia Katz	100AB	Oak
Drama	Beth Crutchley	10RCB	Rowan
Economics	Liam O'Connor	10WDD	Willow
Fuglish language	Henry Hanlon	10WDD	Willow
English language	Benjamin Gerrish	10RNC	Rowan



Subject	Student	Form	House
English literature	Benjamin Gerrish	10RNC	Rowan
Food and	Rozerin Bozdag	10WDD	Willow
nutrition year 1	Lucy Lord	10RNC	Rowan
Food and Nutrition Year 2	Sienna Francis	10WTH	Willow
French	Amelie Soon	10BNI	Beech
Geography year 1	Benjamin Gerrish	10RNC	Rowan
Geography year 2	Anthony Andreou	100AB	Oak
Graphics	Emma Simon	10BJC	Beech
History year 1	Baran Byndor	10WTH	Willow

Subject	Student	Form	House
History year 2	Nicole Zeka	10BNI	Beech
Maths	Aydin Chowdhury	100AB	Oak
Iviatiis	Benjamin Gerrish	10RNC	Rowan
Music	Luke Smith	10WDD	Willow
PE year 1	Alfie Horn	10WDD	Willow
PE year 1	Carl Etuazim	100KK	Oak
PE year 2	Eraldo Gashi	100AB	Oak
PL year 2	Yasar Edizer	10BNI	Beech
Maths	Aydin Chowdhury	100AB	Oak
Iviatris	Benjamin Gerrish	10RNC	Rowan
Religious studies	Eva Chrysostomou	10BNI	Beech
Religious studies	Isla Kirkland	10RNC	Rowan

Subject	Student	Form	House
Resistant materials	Sebastian Mandrides	100AB	Oak
Science	Thanos Ioannou	100KK	Oak
Spanish	Daniel Cox Jaramillo	10BJC	Beech
Textiles	Sumiya Mohamed	10RCB	Rowan

## **Most improved students - Year 10 top students**

Here are the most improved students in year 10.

Subject	Student	Form	House
Art year 1	leuan Crawley	100KK	Oak
	Darveen Omar	10BNI	Beech
Art year 2	Niamh Mcdonnell	10RNC	Rowan
	Sophia Charalambous	100KK	Oak
Citizenship year 1	Daniel Lam	10RNC	Rowan
Citizenship year 2	Laetitia Leonidou	100AB	Oak
Computer science	Royce Lin	10RCB	Rowan
Dance	Jessica Smyth	10WTH	Willow
Drama	Naa Shidaa Quartey	10WTH	Willow
	Evie Whitbread	10WDD	Willow

Subject	Student	Form	House
English language	Darveen Omar	10BNI	Beech
English literature	Marilena Bello	10RNC	Rowan
Food and nutrition year 1	Jojo Boakye	100AB	Oak
Food and nutrition year 2	Emiera Mert	10WDD	Willow
French	Ava Koker	10BJC	Beech
Geography year 1	Evie Lockwood	10WTH	Willow
Geography year 2	Zacariya Iqbal	10BNI	Beech
Graphics	Sara Miah	10BJC	Beech
History year 1	Ella Kissos Boast	10RCB	Rowan
History year 2	Junaid Ejaz	10RCB	Rowan



Subject	Student	Form	House
Maths	Livanur Atakli	100KK	Oak
Music	Luke Smith	10WDD	Willow
PE year 1	Isaac Jones	10RCB	Rowan
PE year 2	Yasar Edizer	10BNI	Beech
Physics	Benjamin Gerrish	10RNC	Rowan
Religious studies	Isla Kirkland	10RNC	Rowan
Resistant materials	Sebastian Mandrides	100AB	Oak
Science	Brij Mahtani	10RNC	Rowan
Spanish	Nico Raymond-Semerak	100KK	Oak
Textiles	Sumiya Mohamed	10RCB	Rowan

## **DARE** award winners - Year 10

Congratulations to the following students, who were ranked the top students in year 7. Their names are listed below. The top 100 achieving students will be receiving a letter home in recognition of their achievements in the DARE values.

#### Joint 1st:

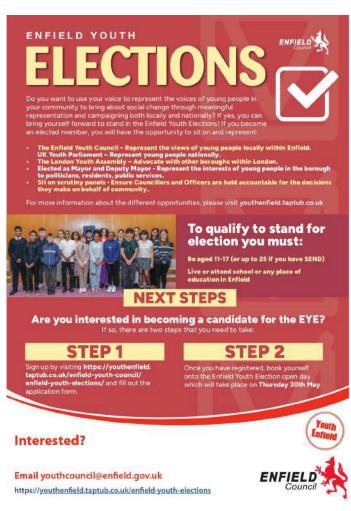
- Benjamin Gerrish 10RNC (Rowan) (£50 voucher)
- Isla Kirkland 10RNC (Rowan) (£50 voucher)
- Thanos Ioannou 100KK (Oak) (£50 voucher)

#### Joint 3rd:

- Beth Crutchley 10RCB (Rowan) (£10 voucher)
- Liam O'Connor 10WDD (Willow) (£10 voucher)













Free for those in receipt of benefits related free







**Click here** to view the Enfield Easter 2024 Holiday Activities and Food Programme (HAF) brochure



# 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.



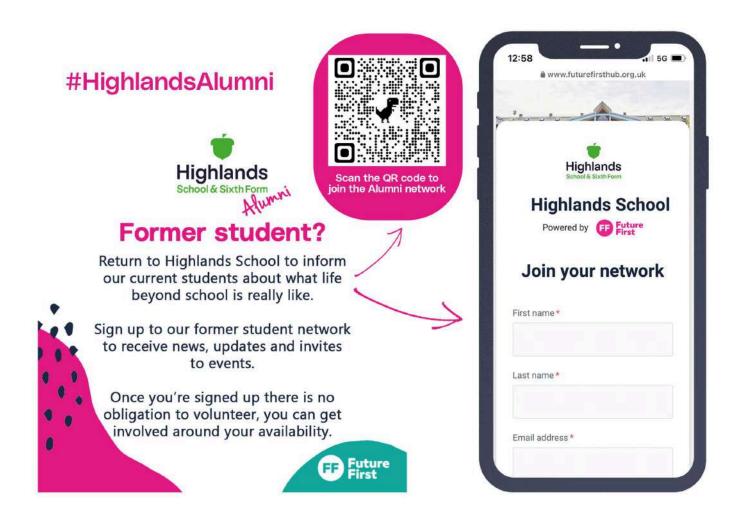




As a school, we want to reconnect with our former students so that we can keep in touch and let them know about volunteering opportunities that will benefit our current students. We want to show them the variety of pathways available to them after leaving Highlands School, and who better to showcase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

More information is on our website and if you have any questions please contact our Alumni Programme Manager at Future First: Tara Human – tara.human@futurefirst.org.uk





## 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.





## 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

#### 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

YouTube <u>Highlands School Enfield</u>