



Highlands School Newsletter

19 September 2025



Dear parents and carers,

In this week's newsletter we invite you to get involved and support our school in two ways, as a parent governor and as a member of the HPFA. Governors play a key role in providing school leaders with support and challenge, you can read more about the role and how to get involved on page 2 of this newsletter, in the welcome message from our Chair of Governors, Matt Miller MBE. Our Highlands Parents and Friends Association (HPFA) has, for many years, raised money for the school through events and fundraising initiatives. They have their AGM on Thursday 16th October and would welcome you coming along and signing up to support them. I hope you will give thought to supporting the school in one or both of these ways.

Have a great weekend,

Mr McInerney,
Headteacher.

Key dates for this half term:

- Friday 3rd October: INSET day - school closed to students
- Thursday 9th October: DARE Day 1
- Friday 10th October: DARE Day 2
- Monday 13th October: early finish for open evening (students leave at 12:40pm)
- Tuesday 14th October: late start following open evening (students arrive at 11:20am)
- Friday 17th October: final day of half term (two week half term holiday commences)
- Monday 3rd November: first day of new half term (students return to school)



A warm welcome from our Chair of Governors

I hope you managed to have an enjoyable summer and are looking forward to the year ahead. I would also like to extend a very warm welcome to the new parents/carers and families of Year 7 students who joined the school community in September and of course welcome back to every other member of our school community.



I am pleased to announce that we will be holding parent governor elections this term and I would like to invite anybody who may be interested in this role to contact Claire Vaughan-Long, Pastoral Admin Officer and Clerk to the Governors on 020 8370 1172 or email vaughanc@highlearn.uk so she can set up a preliminary meeting with Mr McInerney and myself so we can explain what the role involves.

Mr McInerney and I have planned a briefing session at school on 23 September 2025 at 12 - 12.45pm to provide practical insight into the expectations of being a parent governor and answer any questions you may have. Briefly though, parent governors form part of the school's governing body and bring a parental perspective to the board room. That means they act as a representative of the parent body but are not delegates as such. The role is very much strategic and is not involved in the operational day-to-day running of the school. In short, governance is focussed on ensuring that the school provides all students with the very best possible educational experience which includes all aspects of school life, including enrichment activities beyond the classroom.

I look forward to meeting with you if you are interested in the post.

My best wishes to all,

Matt Miller MBE
Chair of Governors.



Highlands Parents & Friends Association - AGM

Annual General Meeting (AGM)

Thursday, 16th October 2025, 6:30pm, at Highlands School - Main Hall

The Highlands Parents and Friends Association (HPFA) invites all parents, carers, and community members to our Annual General Meeting this October.



As a small but committed team, we work hard to support our school through various fundraising initiatives, but we are proactively seeking more active volunteers to help us continue and expand our efforts. Additionally, we're particularly seeking a new Treasurer or Co-Treasurer to join our Committee. Whether you have experience with finances or are simply willing to learn, we'd love to hear from you. Come along to find out more about what we do and how you can get involved in making a real difference for our students.

This is your opportunity to:

- **Learn about our achievements** over the past year and how your support has made a difference
- **Hear our plans** for upcoming fundraising initiatives and school support programmes
- **Have your say** in the direction of the HPFA or the coming year's activities
- **Get involved as an active participant** in making a positive impact on your child's school experience

What's on the Agenda?

- Review of 2024-25 activities and financial report
- Election of the executive committee for 2025-26
- Discussion of proposed fundraising events and initiatives
- Open forum for new ideas and suggestions
- Teas, Coffees and networking

Why Attend?

The HPFA plays a vital role in enhancing our students' educational experience through fundraising for resources, organising community events, and fostering strong school-community connections. Whether you're a long-time member or considering getting involved for the first time, your voice matters!

Get Involved

We're always looking for fresh ideas and active volunteers to support us at our events over the next 12 months. Involvement can be helping hands or providing resources, such as raffle prizes or donations.



No prior experience necessary - just enthusiasm for supporting our school community!

If you would like to confirm your attendance, indicate interest in the Treasurer/Co-Treasurer position or offer support in any way, then contact us via: hpfaeventtickets.com. You can still turn up for the AGM if you haven't given prior notice of attendance.

Can't make it? We understand schedules are busy. Meeting minutes will be available on the school website, and you can always contact us with questions or suggestions.

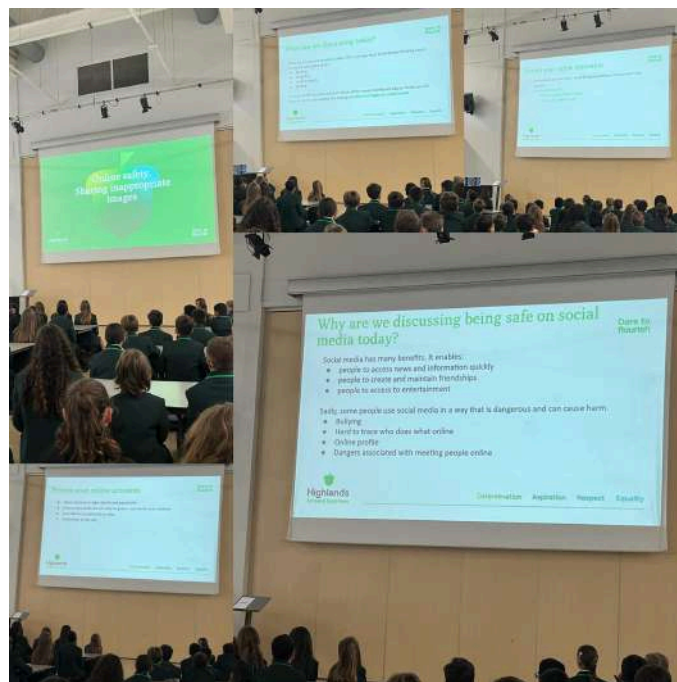
We look forward to seeing you there and working together to make this another successful year of fundraising for Highlands Secondary School!

Online safety assemblies

This week, our assemblies focused on online safety, highlighting the importance of our students protecting themselves in the digital world.

Students were reminded about the risks of sharing inappropriate images and the serious safeguarding concerns that can arise online.

The sessions aimed to equip everyone with the knowledge and tools to stay safe, act responsibly, and make smart choices when using social media and digital platforms.





Year 11 Bronze Duke of Edinburgh Award

Last Saturday morning, 75 year 11 students set off by coach to the Chelmsford area to complete their Bronze Assessed Expedition. With rucksacks packed full of equipment, they began their journey in Ongar, navigating along routes they had carefully planned before arriving - some just before nightfall, at Skreens Park Scout Camp.

Despite a few torrential downpours on Saturday afternoon, spirits remained high as students pitched their tents and cooked their evening meals on Trangia stoves. Bright and early the next morning, they packed away camp and set off once again, demonstrating their navigation skills as they followed different routes back to Ongar.

Throughout the weekend, our students showed excellent teamwork, resilience, and determination to successfully complete their expedition. We are incredibly proud of all of them and hope many will take on the challenge of the Silver Award in year 12.

A huge thank you goes to Miss Berrill, Miss Chinnery, and Mr Handyside for giving up their weekend to support the expedition.

Looking ahead, Bronze DofE for year 10 and Silver DofE for year 12 will launch after the October half term.

Mrs Walters





Black History Month reception, Palace of Westminster


We are thrilled to announce that Neriah, this year's 1st place winner in her category of the 2025 *Show Racism the Red Card* competition, recipient of the *Jo Cox Memorial Award*, and *Overall Winner*, has been personally invited by the Rt Hon Sir Lindsay Hoyle MP to attend this year's Black History Month reception on 14th October at the Palace of Westminster.

Earlier this year, Neriah had the honour of delivering her award speech at Downing Street and meeting Sir Keir Starmer and his constituency. We look forward to hearing about Neriah's experience at the Black History Month Reception after half term.

Last year, the Rt Hon Sir Lindsay Hoyle MP hosted a significant Black History Month reception at the Speaker's Residence in the Palace of Westminster. The event, themed *Reclaiming Narratives*, brought together a diverse group of inspiring individuals and organisations committed to celebrating the rich history and ongoing contributions of Black Britons.

The reception featured powerful speeches from Sir Lindsay Hoyle and Diane Abbott MP, highlighting the importance of acknowledging and reclaiming Black histories and narratives in the UK.

Ms Maple


The Speaker

Neriah Muhelele

The Rt Hon Sir Lindsay Hoyle MP
requests the pleasure of your company at a

Black History Month Reception

in Speaker's House, Palace of Westminster
on Tuesday 14th October 2025, 18:00 – 20:00

**SHOW
RACISM
THE
RED
CARD**



BSL Level 1

Congratulations to all students who have successfully achieved their BSL Level 1 qualification. We are very pleased that they will now be progressing to Level 2 and continuing to develop their skills. This is an excellent achievement, and we are extremely proud of their hard work and commitment.

Taylor Berndes, Iszy Butcher, Afifa Hakime, River Mehmud, Raya Heidary, Florence Holyomes, Naara Sade Salom-Mason, Simra Hassan, Ciara Moore-McGowan.



LAMDA

A huge congratulations to all the students who recently completed their LAMDA assessments - with many achieving the incredible result of a distinction! LAMDA is a world-leading drama school and examinations provider, training and inspiring exceptional artists. We are so proud of each and every one of you for your hard work, dedication, and confidence. This week, the students were proudly presented with their certificates, a well-deserved recognition of their amazing achievements.

LAMDA
LAMDA
LAMDA



LAMDA
LAMDA
LAMDA



Year 9 & 10 girls football

Our year 9 and 10 girls' football team began their season in the Enfield League with a home game against St Annes, proudly wearing their brand new Highlands football kit, kindly sponsored by CJAZ Consulting.

St Annes took an early 2-0 lead as we struggled to settle into the game. Goals from Chloe and Anaiya drew us level, with St Annes scoring again just before half time. Hannah equalised just after half time before St Annes scored 3 goals to lead 6-3.

We showed lots of grit and determination to get back into the game - first Faye scored and then Hannah again to bring the score back to 5-6.

Unfortunately, St Annes scored once more and a late penalty from Hannah was not enough to prevent St Annes winning 6-7.

Player of the Match was Amelia for her excellent work rate throughout the game. The team learnt a lot from this match, which they will take forward into their next game against St Johns next Tuesday.

Mrs Walters





Year 11 boys football

On Tuesday 16th September, the year 11 boys football team had their first game of the season at home in the U16 Moncaster Cup. Highlands entertained Harris Academy Tottenham in a physical encounter which required them to stay determined and battle for one another throughout. At half time, Highlands had a 2-0 lead thanks to goals from Andreano and Harrison. In the second half, Stefan added a third with a long range strike. With some strong defending and resilient midfield play, the team managed to hold onto their clean sheet by the end of the match.

Highlands now play the winner of University College School or Highgate School in the second round.

Final score: Highlands 3-0 Harris Academy Tottenham



Players of the match: Andreano, James and Kerem.

Mr Avann

Year 8 boys football

On Thursday 16th September, the year 8 boys' football team played their first league game of the season at Highlands against Aywllard. Both teams started brightly and both scored within the first two minutes of the match. After some slick passing and accurate finishing, Highlands found themselves 7-1 up at half time. The second half saw more goals from both teams, with the final score ending 11-3 to Highlands. A thoroughly entertaining match, played in a healthy spirit.



Players of the match: Alex Stoyanov, River Ahmed and Paul Lambrou

Well done everyone.

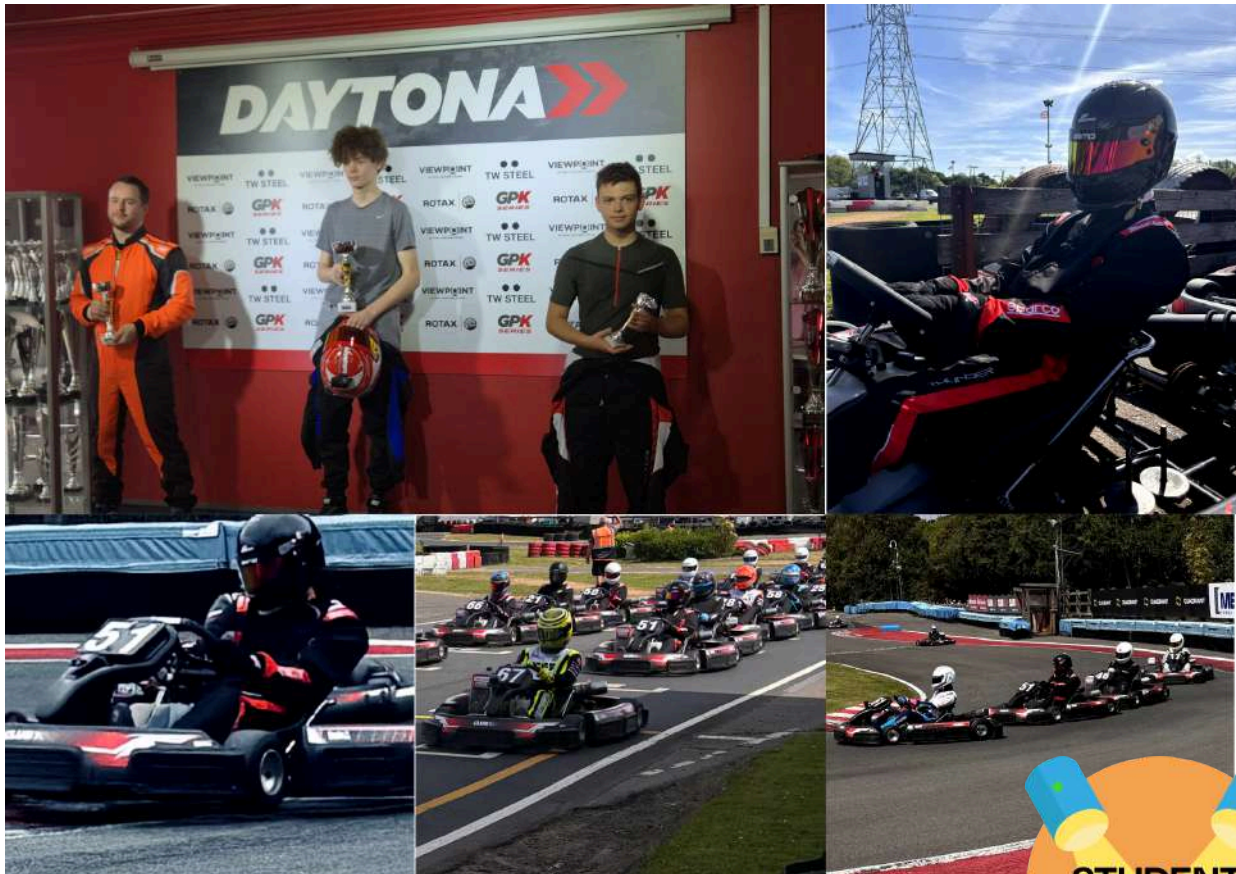
Mr Avann



Racing success!

Andrei Stoian in year 12, has made a name for himself in the world of racing since moving to the UK two years ago. He has competed in a number of racing competitions including the Brentwood Championships and national-level events, achieving 3rd place at the Daytona Karting Club competition and racing as part of the Club 100 Championships team at tracks such as PFI and Ellough Park.

Despite undergoing major cochlear surgery, Andrei's determination has never wavered. He trains weekly and continues to excel, recently securing 2nd place in the Brentwood Race League. Go Andrei, you are a true inspiration!





Headteacher Award

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's Award is proudly presented to the following students.

- **Mia O'Sullivan 11RCG:** Awarded for demonstrating an exceptional act of kindness in the wider community by helping an elderly member of the community after their fall on the street.
- **Asia Enver 9WSW, Summer Mullooly 9RJG, Sumeyra Kiyamaz 9RGA, Matthew Lam 9RJG, Eva Pieretti 9ODM, Hasti Zare 9ODM and Elma Stena 9ORD:** Awarded for their excellent work on their 'Dwellings' title page. Demonstrated great drawing skills and use of the medium.
- **Denna Rorast 8OSB:** Awarded for a superb start to year 8. Denna has shown maturity and a great attitude.



Year 7 Open Evening volunteers

As part of the Highlands year 7 open evening each year, we ask students to volunteer to help take new prospective parents on tours around the school.

If you are in year 8-12 and would like to be considered for being an ambassador for the school, please complete the Google form that has already been sent to you via email.

The event will take place on **Monday 13th October, running from 4pm to 9.00pm.**

A small snack and drink will be provided, so please eat at home before coming to help for the event.

If you are chosen as a tour guide you will be contacted and your parent/carer will receive a consent form. The deadline for [this form](#) to be completed is **Friday 26th September 2025 by 9am.**



The Great Debate

The Great Debate is back! This year's theme is: *"How important are personal and public records as evidence for explaining the story of your local area?"* You'll choose a topic (from your syllabus or your own interests), research both formal and informal records, and present your ideas in a 5-minute speech - no slides needed.



The North London heat will take place on **Monday, November 18th, 5:00pm** at **Southgate School**. Winners will move on to the virtual semi-final, with the national final in March at a prestigious venue - last year's was at Windsor Castle!

This is a fantastic chance to explore your local history, sharpen your research and public speaking skills, and be part of a national competition. If you'd like to take part, please submit your proposal by **next Thursday** using the [Google form](#).

Join FemSoc - Highlands' first ever feminist society

Join FemSoc, our school's first ever feminist society, and be part of a community that drives real change!

FemSoc provides a platform for open discussions on women's rights and equality, and last year they made a big impact - from running a successful bake sale that raised money for *Women's Aid*, to organising inspiring seminars and assemblies for International Women's Day.

This year promises to be just as exciting, and we'd love to see even more students get involved. FemSoc meets **every other Tuesday** from **3:20-4:20pm**, offering a space where students' voices can be heard - with snacks included! It's a fantastic opportunity to connect, share ideas, and help create positive change.

Join the society via the following [link](#).

FemSoc.



Highlands FemSoc

Tuesday After-School
Conference Room
Student Led





School announcements

Reminder: School photograph orders

School photograph order forms were distributed to students this week. Orders are placed directly with the photographer, and full instructions for placing an order can be found on the form.

Please ensure your order is submitted by **28th September**.

Flu immunisations years 7-11

The Immunisation Team will be at Highlands to carry out the Flu vaccinations this term for students in years 7-11. To give consent for your child to have this vaccine, please click on the link below:

<https://ncl.schoolvaccination.uk/flu/2025/enfield>

There are also webinars with more information that you can join, see below:

Vaccination UK
working on behalf of NHS
England

FLU IMMUNISATION FOR PUPILS IN SCHOOL YEARS RECEPTION - YEAR 11

Prevent your child from being seriously ill this winter! Vaccinating is crucial in protecting them and vulnerable friends and family from flu.

NASAL VACCINE

No needles - just quick, painless, effective flu protection (contains gelatine)

THE INJECTION

We offer a **PORK-FREE, GELATINE-FREE** injection considered a faith-friendly alternative.

OR

Complete this form, even if you do not want the vaccine.
<https://ncl.schoolvaccination.uk/flu/2025/enfield>

Secondary School students only: Young people under the age of 16 can give or refuse consent themselves if considered competent to do so by nursing staff.

CONTACT THE TEAM

enfield@v-uk.co.uk
 0208 150 7505

Need more information? Please see our FAQs sheet attached with this letter.

Or visit our website:

LEARN MORE

<https://www.schoolvaccination.uk/flu>
www.vaccination.uk/flu

PRIVACY POLICY
Our 2024/25 policy can be viewed here: www.schoolvaccination.uk/privacy-policy
For data protection queries, please contact: dp@vaccinationuk.co.uk

FREQUENTLY ASKED QUESTIONS

Q WHY ARE CHILDREN BEING OFFERED THE FLU VACCINE?
Flu can make children feel very unwell and can sometimes lead to serious complications like pneumonia or ear infections. Some may even need hospital treatment. It's especially important for children with long-term conditions like asthma or diabetes, as flu can be more dangerous for them.

Q HOW DOES THE FLU VACCINE FOR CHILDREN WORK?
The nasal spray contains weakened flu viruses that help your child build protection without causing illness. Because flu strains change each year, the vaccine needs to be given annually. Most children only need one dose.

Q IS THE FLU VACCINE SAFE FOR CHILDREN?
Yes. It has a very good safety record and has been used for over 10 years in countries like the US without any major concerns. All vaccines available in United Kingdom must pass strict safety testing before being approved for use. The Medicines and Healthcare Products Regulatory Agency (MHRA) only approve vaccines that have gone through rigorous safety testing measures. The regulators continually monitor them all the time.

Q SHOULD ANYONE NOT HAVE THE VACCINE?
Let us know if your child:

- Has a severe allergy to eggs, gelatine, or certain antibiotics
- Has recently had severe asthma symptoms or is wheezy on the day
- Has a seriously weakened immune system

 Also, after vaccination, children should avoid close contact with people who have very weak immune systems for about two weeks - everyone else is fine to be around.

Q ARE THERE ANY SIDE EFFECTS?
Side effects from the nasal spray are usually mild and short-lived. These may include a runny or blocked nose, headache, reduced appetite, or a slight temperature. Paracetamol or ibuprofen can help if needed.

Q WE DO NOT EAT PORK PRODUCTS. CAN MY CHILD HAVE A DIFFERENT FLU VACCINE?
Yes. There is an injectable flu vaccine is available that contains no pork (porcine gelatine). While the nasal spray is generally more effective and painless, we respect your preferences. Just complete the consent form for the injection - no need to fill out both.

CONSENT INFORMATION

The consent form needs to be signed by a person with parental responsibility which includes:

- Mother - automatic
- Father - if married to the mother either when baby is born or marries subsequently
- Unmarried father: if name appears on birth certificate (since 1/12/03) or legally acquired
- Others: if parental responsibility is legally acquired
- Parental Responsibility Agreement: signed, properly witnessed and sent for registration to Principle Registry or the Family Division (High Court)
- Residence Order: granted by the Court

Please note that young people under the age of 16 can give or refuse consent if considered competent to do so by nursing staff.

Q NATURAL IMMUNITY

While natural immunity from the flu can occur, it's not generally considered better than vaccine-induced immunity. Natural infection carries the risk of severe illness and complications, whereas the flu vaccine offers protection with significantly less risk. Natural immunity can be long-lasting against specific strains, but we know that the flu virus changes (mutates) overtime so natural immunity to one strain might not protect against a different strain that emerges later. Vaccines are a safer and more reliable way to protect against a wider range of flu viruses.

Flu vaccines are updated for each winter to give protection against the strains of flu that are most likely to be going around. For this reason, we strongly recommend that even if your child was vaccinated last year, they should be vaccinated again this year.

Q MY CHILD NEEDS A DIFFERENT VACCINE

If your child needs another vaccine you can speak to our team or attend one of our community clinics, all information can be found on our website: www.schoolvaccination.uk/catch-up-clinics

Q I HAVE MORE QUESTIONS

We run Q&A webinars which address frequently asked questions and gives parents an opportunity to ask their questions. You can find information and how to join on our website.



Lost property

Please click [here](#) for a list of lost property received since the start of term. If your child has lost anything listed, or any other item, please ask them to check with the school office, as things arrive daily. All items being claimed will need to be identified by the student. Please can we also remind parents/carers to label all uniform and belongings so we can get items back to students as quickly as possible.

School lettings

We're excited to announce that a new lettings company, **School Hire and Functions Ltd**, is now managing all our venue bookings - including the astro, courts, field, main hall, and various rooms within the school. They've already received a high volume of bookings for the next three months, so be sure to get in touch soon if you're interested.

For all booking enquiries, please contact **Jo Bukin, Director**, at **07855 042027** or email: school.hire@yahoo.co.uk. You can also find more details at www.school-hire.com

The advertisement features a green apple logo at the top center. Below it, the text reads "Highlands School" in a large, bold font, followed by the address "148 Worlds End Lane, London, N21 1QQ". A smaller line of text describes the facilities: "Modern and spacious facilities to hire for community events, sports groups, dance and drama classes, language school, tutoring services...and more!". Below this, there are three circular images: the first shows the school's exterior, the second shows a large green field, and the third shows the interior of a sports hall. At the bottom, there is a green banner with a white box containing the text "CONTACT TODAY 07855042027". To the right of this box, there are six checkmarks listing facilities: "4G Astro pitch", "Drama studios", "Sports hall", "Mirrored dance studio", "Classrooms", and "Outside spaces".



PSHE topic for this term - Autumn term 1

Year Group	Topic	Lessons
Year 7	Unit 1: Transition to Secondary	Lesson 1: An Introduction to PSHE. Lesson 2: Expectations at Highlands. Lesson 3: Emotional Health. Lesson 4: Positive Relationships. Lesson 5: Managing conflict in relationships.
Year 8	Unit 1: Mental and physical health	Lesson 1: Introduction to health. Lesson 2: Mental health: Resilience part 1. Lesson 3: Mental health: Resilience part 2. Lesson 4: The impacts on emotional wellbeing on relationships. Lesson 5: The impacts of emotional wellbeing on body image. Lesson 6: Managing our emotional wellbeing and mental health.
Year 9	Unit 1: Drugs - awareness and managing risks	Lesson 1: Types of drugs. Lesson 2: Awareness and peer influence. Lesson 3: Managing risk. Lesson 4: Assessing risk and personal safety. Lesson 5: Drugs exploitation.
Year 10	RS unit: Debate topic: "This house believes assisted suicide should be legalised"	Lesson 1: Introduction to the ethical topic. Lesson 2: Arguments for assisted suicide. Lesson 3: Religious views on assisted suicide. Lesson 4: Arguments against assisted suicide. Lesson 5: Debate preparation. Lesson 6: The grand debate.
Year 11	Unit 1: Parenting and pregnancy	Lesson 1: Readiness for parenthood and different routes to parenthood. Lesson 2: Fertility, age and health. Lesson 3: The stages of pregnancy and childbirth. Lesson 4: Miscarriage and abortion.
Year 12	Unit 1: Employment rights	Lesson 1: The Equality Act. Lesson 2: Rights and responsibilities in the workplace. Lesson 3: Minimum wage and trade unions. Lesson 4: Laws around young people and employment. Lesson 5: Work-life balance.



House weekly winners

This week's winner is the house with the highest achievement points minus concern points. Congratulations **Rowan**!

	Beech	Oak	Rowan	Willow
Positive points	9290	10410	11016	9527
Negative points	-217	-179	-180	-144
Points overall	9073	10231	10836	9383

Top students in year 7

Forename	Surname	Form	House	Points
Grace	Mcgrath	7OPH	O	79
Isabella	Constantinou	7OPH	O	71
Margot	Holdcroft	7OPH	O	68
Khloey	Ferreira	7OPH	O	66
Charlie	Shi	7BNI	B	66
Yasemin	Suleyman	7OPH	O	66
Logan	Mcgrane	7BNI	B	64
Nya	Akhtar	7BNI	B	63
Aoibhèann	Higgins	7BNI	B	63
Raphael	Ismail Mohammad	7BNI	B	63
Ismail	Mohamed	7BNI	B	63
Jialin	Wei	7OPH	O	63
Dilay	Yuksel	7OPH	O	63

Top students in year 8:

Forename	Surname	Form	House	Points
Levi	Xhetani	8RAC	R	71
Emily	Dent	8RAC	R	65
Joseph	McHale	8RAC	R	65
Toni Everton	Spinelli Filho	8RAC	R	64
Rena-Nicole	Pelekanos	8RAC	R	63
Sienna	Calcutt	8RAC	R	62
Holly	Gemechu Dotie	8RAC	R	62
Skye	Hawkins	8RAC	R	61
Isabella	Kasamias	8RAC	R	61
Lucy	Smyth	8RAC	R	61
Hollie	Chambers	8RAC	R	60
Ediz	Kara	8RAC	R	60



Top students in year 9:

Forename	Surname	Form	House	Points
Jack	Moules	9RJG	R	61
Ioannis	Stavrinoudis	9RGA	R	56
Bekir Berk	Yalcin	9RJG	R	53
Michael	Angeli	9RGA	R	51
Ben	Clitherow	9RJG	R	51
Sophia	Andreou	9RGA	R	50
Kastina	Pashku	9RJG	R	50
Muhammed Akif	Yalcin	9RGA	R	50
Ruby	Thaichi	9RJG	R	49
Yashar	Ismailoglu	9RGA	R	47
Leo	Smith	9RJG	R	47

Top students in year 10:

Forename	Surname	Form	House	Points
India	Barron	10BBK	B	60
Bibiana	Edwards	10BBK	B	53
Hayrullah	Ozdemir	10WMP	W	51
Edward	Campbell	10BBK	B	49
Zayn	Akhtar	10BBK	B	47
Alina	Siby	10BAM	B	47
Micah	Codrington	10WMP	W	46
Amelia	Hilmi	10BAM	B	46
Xhorxhia	Kuvertaris	10RCX	R	46
Alexander	Florides	10BAM	B	45
Simra	Hassan	10OAC	O	45
Sena	Oguz	10WNK	W	45



Top students in year 11:

Forename	Surname	Form	House	Points
Yunus	Coskun	11ODC	O	50
Lorin	Varli	11ODC	O	47
Elliz	Arkin	11RJC	R	44
Cora	Drysdale	11WJQ	W	43
Beatrice	Afhim	11OSM	O	42
Zainab	Ali	11RCG	R	42
Nicole	Kozinos	11RJC	R	42
Ermioni	Tsantikou	11OSM	O	42
Owen	White	11OSM	O	42
Sophie	Jones	11BLM	B	41
Omyur	Karadzhova	11BLM	B	41
Noble Darius	Nlewedim	11WCM	W	41
Erkan	Varlik	11WJQ	W	41

Top students in year 12:


Forename	Surname	Form	House	Points
Elena	Bornea	12BJT	B	22
Megan	Faulkner	12OMA	O	20
Matthew	Guest	12RSL	R	19
Ethan	Baxter	12BCR	B	18
Evie	Ferguson	12WTA	W	17
Anastasia	Katz	12OMA	O	17
Emma	Simon	12BCR	B	17

Top students in year 13:


Forename	Surname	Form	House	Points
Sophie	Gerrish	13RJB	R	20
Tiana	Martindale	13BTD	B	20
Florence	Charlton	13OAL	O	16
Nida	Demirkaya	13RJB	R	16
Sara	Hussain	13OES	O	16
Jack	Dicker	13WAD	W	15



Psychology Society



SIXTH FORM STUDENTS
EVERY MONDAY IN SF7
3:15PM - 4PM



CHRISTIAN FAITH CLUB

EVERY TUESDAY AFTER SCHOOL
IN H6
WITH MISS CHINNERY
ALL YEARS ARE WELCOME

YEAR 7 & 8 GIRLS FOOTBALL TRIALS

TUESDAY 7TH OCTOBER
3:30PM - 4:30PM
ON THE FIELD

Please bring suitable boots for a grass pitch.

Students will need to meet in the changing rooms straight after school.



YEAR 9 & 10 Netball trials

MONDAY 29TH SEPTEMBER
3:30PM - 4:30PM
ON THE COURTS

Students will need to meet in the changing rooms straight after school





Help us fund raise for our school

Did you know when you sign up to [easyfundraising.org.uk](https://www.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](#) and if you have any questions please contact our Alumni Programme Manager at Future First: Faithia Garffus – faithia.garffus@futurefirst.org.uk

#HighlandsAlumni

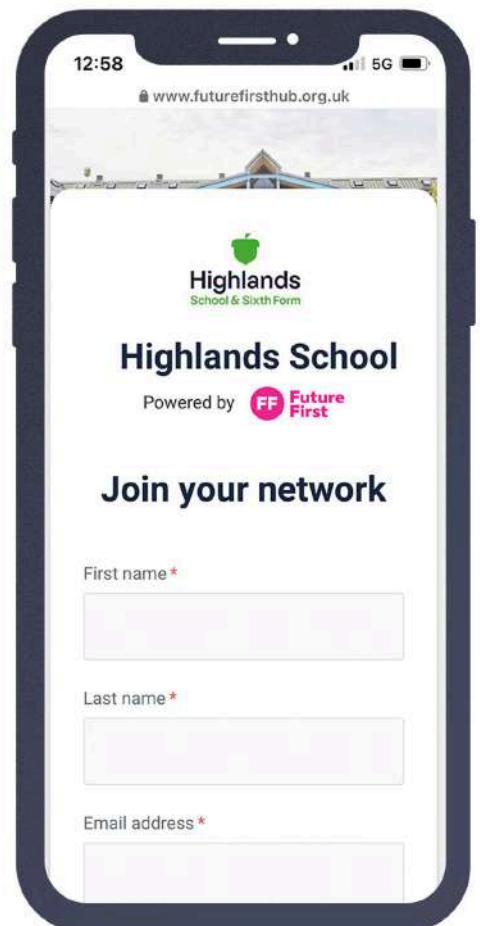


Former student?

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.





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.

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

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

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>

Urgent and other support available

shout
85258

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

SAMARITANS

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

Crisis Tools

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

PAPYRUS

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

childline
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

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