



Highlands School Newsletter

26 September 2025



Dear parents and carers,

Expedition to Eswatini - October 2026

We are excited to relaunch our international expedition to Eswatini (formerly Swaziland), in partnership with True Adventure, who have worked with Highlands School on life-changing trips for over a decade. We held our initial launch last year but, as we have new students who have joined us in year 12 from other schools, we are opening applications again to those students, and to all other students in eligible year groups. This unique opportunity is open to students currently in years 9-12 (current year 11 and 12 students must be enrolled in Highlands Sixth Form in 2026 to participate).

Students will take on real responsibility before and during the trip - fundraising towards their place, learning practical skills at training events, and working as a team in-country on roles such as cooking, trekking, budgeting, and leading their peers. It is a truly transformative experience, helping young people grow in confidence and resilience while gaining skills that will stand out at university, in employment, and beyond.

An information evening will be held online on Wednesday 1st October at 7.30pm, presented by Tom from True Adventure. This is a fantastic chance to hear more about the expedition and how your child can get involved. Registration details are available here: [Highlands Eswatini 2026 Information Webinar](#).

We hope you and your child are able to join us. We are sure you will find it interesting and see why the school values the outcomes of programmes like this. The school can support students to raise money for the trip themselves and with bursaries (although these are limited in number) so please come to the meeting and contact us afterwards to discuss financial support if you require it.

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)

Extra curricular clubs

Monday	Tuesday	Wednesday	Thursday	Friday
Debate club 3.15-4.15 pm H3 All year groups: 7-13	Christian faith club 3.15-4.15 pm H6 All year groups: 7-13	Chess club Break times M1 All year groups: 7-13	Textiles club 3.15-4.00pm T4 All year groups: 7-13	Lego and play 3.15-4.00pm DD3 All year groups: 7-13
Psychology society 3.15-4.00pm SF7 sixth formers	Drama club 3.15-4.00 pm Drama studio Years 7-9	Orchestra 2.15-3.15pm All year groups-for students who play a suitable instrument- grade 1 or above.	Dungeon and dragons 3.15-4.00pm A4 All year groups: 7-13	Homework club 3.15-4.00pm Library Year 7-9 and SEND all years
Homework club 3.15-4.00pm Library Year 7-9 and SEND all years	FemSoc 3.20-4.20pm Conference room All year groups: 7-13	Ed-Extra for year 7 and opt in for year 8	Homework club 3.15-4.00pm Library Year 7-9 and SEND all years	
Music technology club 3.15 - 4.15pm MM5 Year 9 core music students and GCSE Music students only.	Homework club 3.15-4.00pm Library Year 7-9 and SEND all years			
	Origami club Breaktime SF3 Sixth formers			



Year 13 chemistry trip to the Royal Institution

On Monday and Tuesday this week, the year 13 chemists enjoyed a fascinating day at the Royal Institution in London. As we soaked up the history of the building - where Michael Faraday discovered benzene and first liquefied chlorine, Humphry Davy invented his famous miners' lamp, and the Dewar flask (now more commonly known as the Thermos) was created - we attended an engaging talk on dyes.

The students then made their own natural dyes using blueberries and pomegranates, and discovered how these reacted differently with natural and synthetic fabrics. Afterwards, they were treated to a spectacular demonstration of flame colours and the remarkable properties of magnesium.

One student declared it was "the best Chemistry trip ever!" You can read what another student thought of it below.

Mrs Smith

'Overall, the day was very inspirational and interesting, as we were in the same building where many discoveries were made by big names in the chemistry world. In particular I enjoyed the demonstrations at the end, including the liquid nitrogen vs sparkler experiment, as well as watching magnesium ribbon lighting up the room!' - Sacha Baker





Get creative for Black History Month (BHM)

Join our **Storytelling Quilt** project!

Over several evenings from 3:15pm to 4:15pm (every evening except Wednesday), you'll create your own quilt square using awesome African symbols that tell stories about Black heritage and identity.

You'll learn about:

- West African Adinkra symbols
- Cool designs from all over Africa - South, North, and East!

When it's done, the quilt will be on display in the library for everyone to see!

Sign up by emailing Ms Maple: mapled@highlearn.uk

Don't miss out - let's make something amazing together!



BHM Poster design competition

Get creative and design a poster for Highlands' 2025 Black History Month with the theme "Standing Strong in Power and Pride."

Before you start, take some time to explore the meaning behind colours, symbols, and shapes that represent strength, pride, and Black heritage. Your design should reflect these ideas thoughtfully.

When you submit your design, please include two paragraphs (max) explaining why you chose your design and what it represents.

Send your entries to Ms Maple at mapled@highlearn.uk

Submissions open on **1st October** and close on **17th October**.

We can't wait to see your amazing ideas!





Staying safe assemblies

This week's assembly focused on the important theme of staying safe. Students explored how to keep themselves safe both in and out of school, as well as online.

The session also raised awareness of key risks young people may face, including the dangers of AI, county lines, knife crime, and child criminal exploitation.



Y11 Boys football result - Enfield Cup

On Thursday 25th September, the Highlands boys' year 11 football team played away at Winchmore School in the Enfield Cup. Despite neither team really creating any clear chances, Winchmore found themselves 1-0 up at half time. A similar story occurred in the second half with neither team scoring, resulting in a 1-0 win for Winchmore.

Player of the match: Kerem A

Well done to all those who played.

Mr Avann



Enfield SEND local offer

We are currently undertaking a self-evaluation of the Enfield SEND Local Offer, which encompasses SEND services provided by the local authority, as well as health and social care. As part of this evaluation, we are eager to gather feedback from the Enfield SEND pupils and their families that attend your school. The feedback will capture their experiences in accessing SEND provision as well as ask for suggestions for future areas of focus.

Autumn 2025 version can be accessed via the QR below or [here](#).



Dancers of the week

Our dancers of the week are Olivia Zimaras, Tiah Patel and Maisie Allen in year 9.

Well done on your MJ the Musical work this week.



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.

- **Adam Jones 9BEF:** Awarded for showing outstanding commitment to his attendance and deserves recognition for his effort and determination.
- **Elsie Berko 13RJB:** Awarded for planning and delivering a workshop for year 13 photography students on dark room practice. She worked very hard and the students really enjoyed the session.



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@gmail.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!

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 background image of the school's modern glass and steel architecture. At the top center is a green apple logo. Below it, the text reads 'Highlands School' in a large, bold, dark blue font, followed by the address '148 Worlds End Lane, London, N21 1QQ'. A descriptive line states: 'Modern and spacious facilities to hire for community events, sports groups, dance and drama classes, language school, tutoring services...and more!'. Below this, three circular images showcase different areas: an outdoor sports field, a large green astro pitch, and an indoor hall with rows of green chairs. At the bottom, a green banner contains a 'CONTACT TODAY' button with the phone number '07855042027'. To the right of the button, a list of facilities is provided with green checkmarks: '4G Astro pitch', 'Mirrored dance studio', 'Drama studios', 'Classrooms', 'Sports hall', and 'Outside spaces'. A small logo in the bottom left corner of the banner reads 'SH & F JOINING SCHOOL HIRE & FUNCTIONS LTD FROM 1ST SEPTEMBER 2025'.



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:


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: 

We endeavour to come to your child's school twice. If your child is absent or unable to be vaccinated at school, they can still receive this important vaccine by attending one of our community clinics for the vaccine.

Your consent will remain in place for the entire flu season. If your child misses a first visit, you do not need to complete a second form.

LEARN MORE 

Details of these can be found on our website or you can contact the team above.

<https://www.schoolvaccinationuk.org/flu>
www.vaccinationuk.com/vaccinationuk

PRIVACY POLICY
Our 2024/25 policy can be viewed here: www.schoolvaccinationuk.org/privacy-policy
For data protection queries, please contact: dpo@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.







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	10,847	10,250	13,011	10,870
Negative points	-449	-387	-315	-373
Points overall	10,398	9,863	12,696	10,497

Top students in year 7

Forename	Surname	Form	House	Points
Arthur Miguel	Beda	7RHG	R	66
Cristiano	Keliris	7RNC	R	64
Iris	Dobinson	7RHG	R	63
Regan	Arun	7RNC	R	63
Hannah	Millar	7WTH	W	63
Alara	Yilmaz	7RNC	R	62
Hermione	Smith	7RNC	R	62
Victoria	Terziyska	7RNC	R	62
Emma	Varbanova	7RNC	R	62
Ruben	Woolley	7RNC	R	62
Jasmine	Mustafa	7RNC	R	62
Boris	Pinalev	7RNC	R	62
Tess	Rowswell	7RNC	R	62
Ibrahim	Gokpinar	7RNC	R	62
Jasper	Gavaz	7RNC	R	62

Top students in year 8:

Forename	Surname	Form	House	Points
Preston	Barrow	8WEF	W	66
Helin	Kekec	8WEL	W	66
Orhan	Ekiz	8WEL	W	65
Angelo	Pizzato	8OSB	O	63
Eliz	Sekmen	8WEL	W	63
Maria	Manescu	8OSB	O	62
Chloe	Desimine	8WEF	W	62
Zoe	Ioannides	8WEF	W	61
Rowan	Vaughan-Williams	8RKM	R	60
Maisy	Hannay	8BAS	B	59
Alexander	Stoyanov	8OSB	O	59



Top students in year 9:

Forename	Surname	Form	House	Points
Holly	Ireland	9ODM	O	65
Alexandra	Koneva	9RGA	R	65
Zara	Yaman	9ORD	O	64
Michael	Angeli	9RGA	R	63
Ioannis	Stavrinoudis	9RGA	R	63
Hannah	Khan	9RJG	R	63
Sophia	Kakouris	9RGA	R	62
Sumeyra	Kiyamaz	9RGA	R	62
Hannah	Gibbons	9WSW	W	62
Christine	Mawutor	9ODM	O	61
Aydin	Ali	9RGA	R	61
Olivia	Constantinou	9RGA	R	61

Top students in year 10:

Forename	Surname	Form	House	Points
Sophia	Smith	10RAB	R	67
Chloe	Shi	10WMP	W	54
India	Barron	10BBK	B	52
Abel	Kalaj	10WMP	W	51
Gulay	Yuksel	10BBK	B	49
Meliz	Hassan	10WMP	W	49
Emily	Newton	10RAB	R	47
Simra	Hassan	10OAC	O	45
Faye	Etuzim	10WNK	W	45



Top students in year 11:

Forename	Surname	Form	House	Points
Duru	Ozkaya	11ODC	O	50
Luke	Michaelides	11RJC	R	46
Amelia	Marrison-Claffey	11BLM	B	44
Jack	Kennedy	11BLM	B	43
Elyscia	Lazarides	11BLM	B	43
Harrison	Willer	11RJC	R	41
Ava	Theodorou	11BSQ	B	40
Evren	Okanay	11OSM	O	40
James	Nicolaou	11RJC	R	40
Elize	Savva-Faruk	11WCM	W	40

Top students in year 12:

Forename	Surname	Form	House	Points
Sara	Miah	12BCR	B	29
Emma	Simon	12BCR	B	29
Alexandra	Drikou	12ODS	O	29
Emma	Holmes	12OMA	O	29
Eren	Nalbantoglu	12RCW	R	29
Shaniyah	Areh	12OMA	O	27
Isaac	Mooney	12ODS	O	25
Grace	Gakhar	12RCW	R	25
Evelina	Litviniuc	12WBS	W	25
Evie	Ferguson	12WTA	W	25

Top students in year 13:

Forename	Surname	Form	House	Points
Florence	Charlton	13OAL	O	24
Tiana	Martindale	13BTD	B	20
Charlie	Skipp	13RHK	R	20
Giulio	Pappalardo	13OAL	O	18
Jaimin	Shah	13RHK	R	18
Alicia	Seewooruttun	13BTD	B	16
Sherihan	Mehmet	13BTD	B	16
Anastasia	Pappa	13OAL	O	16
Sia	Loomis	13OES	O	16
Joseph	Brooks	13RHK	R	16
Elisa	Cattarossi	13RJB	R	16
Mea	Branco	13WAD	W	16



SIXTH FORM
Origami Club

EVERY TUESDAY
 AT BREAKTIME
 IN SF3

creating lovely handmade crafts

U15 Girls Wanted

Omonia Youth FC Girls are currently looking for **players** to join our **U15** squad for the 2025/26 season.

If you are a player going into **year 9 or 10** from **September 2025**, please contact us.

Training: Friday evenings
Match Days: Sundays
Contact: queries@omoniyouthfc.com

omoniyouthfc.com | [@omoniyouthfc](https://twitter.com/omoniyouthfc) | [@omoniyouthfc1994](https://www.instagram.com/omoniyouthfc1994)

ACCREDITED CLUB | FFA ALL | GRASSROOTS FOOTBALL AWARDS | NIKE PARTNER CLUB | wildcats

DM me if interested 🍀

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



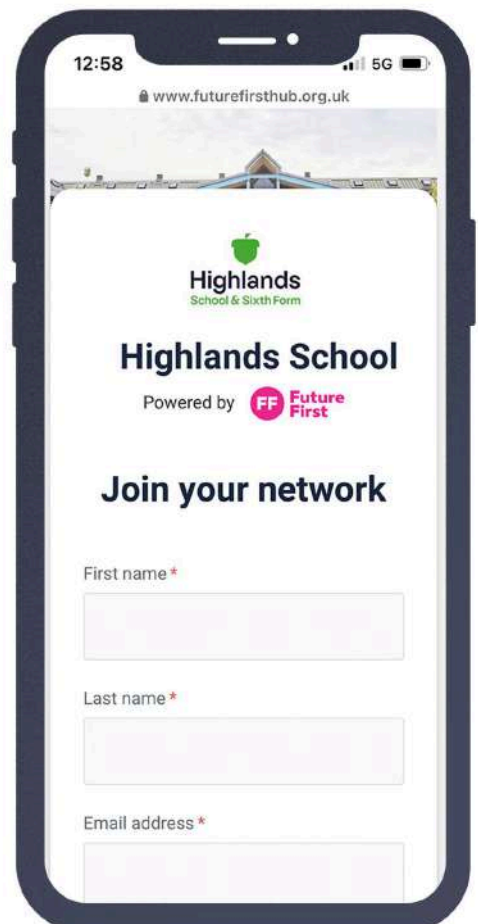
Scan the QR code to join the Alumni network

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)

koøth

Koøth 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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