



Highlands School Newsletter

03 October 2025



Dear parents and carers,

Today at Highlands we held an inset day. It is rare for us to hold inset days in the middle of the academic year but today we were, in partnership with the Ivy Learning Trust, privileged to welcome Doug Lemov to Highlands. At Highlands our teaching is influenced by educational research and the principles of metacognition - how we all learn. This evidence-informed approach to teaching is now common in schools in England and internationally; part of the reason for that is the work of Doug Lemov. For the past 15 years Doug has been publishing books and training teachers in techniques that make sure students learn. He was a teacher and school principal in the United States, has a BA from Hamilton College, an MA in English from Indiana University and an MBA from Harvard Business School. He lives in the USA so having the opportunity to welcome Doug to the UK and have him train our teachers was one that we could not pass up. He delivered training all day to our Highlands teachers and over 300 teachers from the Ivy Learning Trust, a local primary school multi academy trust. Making sure your children are taught by well trained, highly effective teachers is fundamental to our vision of excellence and Doug's training today has already helped us identify how we can make our teaching even better so children at Highlands flourish even more.

Mr McInerney, Headteacher.

Key dates for this half term:

- 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)

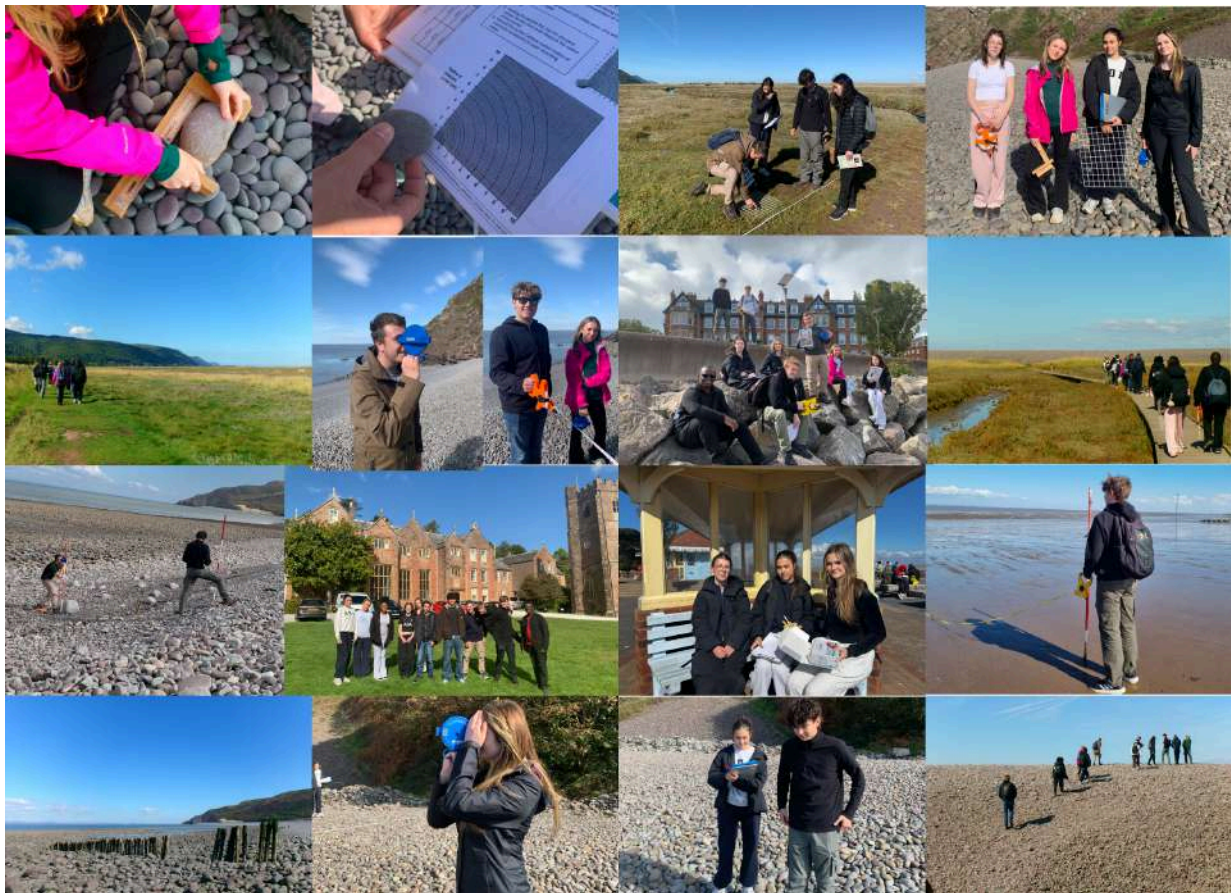


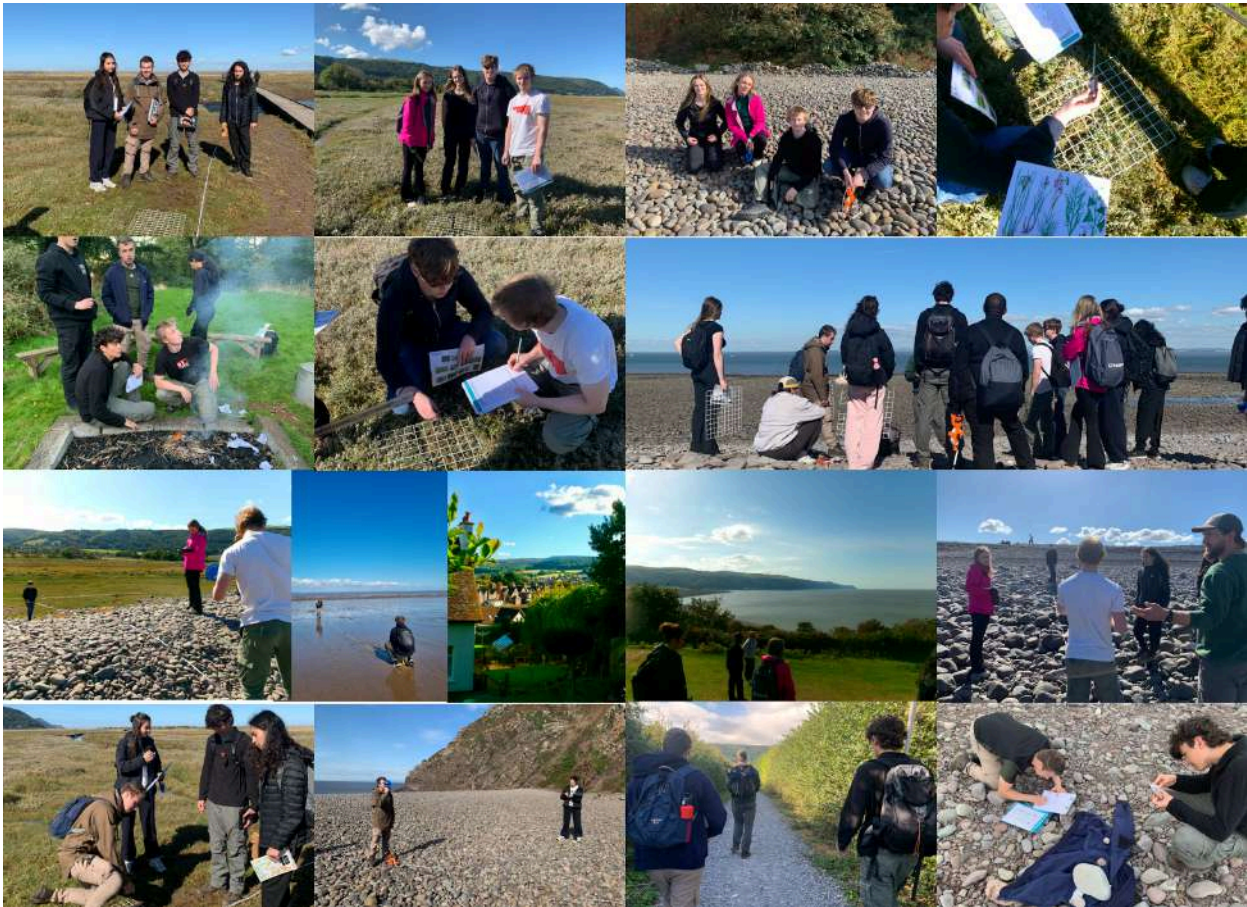
Year 13 trip to Somerset

On 22nd to 26th September, our year 13 A-Level geographers set off on a road trip down to Somerset for their five day NEA (Non-Examined Assessment) coursework field trip. Based in Nettlecombe Court in Exmoor National Park, students took day trips to Minehead and Porlock Bay and were introduced to multiple field techniques such as how to measure a beach profile and how to conduct a 'Hudson's equation'. They were given the opportunity to practice using field equipment such as calipers and clinometers, before making the tough decision on what topic to write their 4,000 word report on. Two students chose to return to Porlock Bay to conduct their data collection on coastal processes, and nine chose to return to Minehead; five of whom decided on a coastal management report, and four decided on a changing places report.

We are so proud of all of our hard-working year 13 geographers, and we wish them the best of luck in writing their NEA reports which counts towards 20% of their final A level grade.

The geography department





Year 7 promotional filming

A huge thank you to all the students who took part in this year's year 7 promotional filming - your behaviour and participation were exemplary.

A huge thank you to staff for being so cooperative and allowing us to film their classes; your support made the project a great success.





Netball coaching session with London Mavericks

Last Thursday, our year 9 and 10 students had the incredible opportunity to train with the London Mavericks as part of their *Pass It On* initiative! The session was fast-paced, inspiring, and full of energy - and to top it off, we were gifted brand-new netballs for our Monday after-school club. Huge thanks to the Mavericks for an unforgettable experience!

Mrs Walters



Memorable day as a Tottenham Hotspur mascot

Year 7 student Michael Angeli had the unforgettable honour of being chosen as a mascot for Tottenham Hotspur in their Carabao Cup match against Doncaster Rovers.

An avid Spurs fan, Michael was thrilled to meet the players, walk out onto the pitch, and even have his shirt signed by the whole squad - a memory he proudly shared with friends and teachers at school the next day!





Year 7 title pages - *All About Me*

Our year 7 students have been busy creating *All About Me* title pages in art, and the results are absolutely incredible! Each design is bursting with colour, creativity, and individuality - a brilliant start to their art journey this year. Here are just a few of their wonderful creations.



Dancers of the week

Our dancers of the week are Vienna Ramsey, Jorja Hodge and Nicole Kozinos in year 11.

Well done on a great start to your choreographies.





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.

- **Elma Stena 9ORD** and **Sumeyra Kiyamaz 9RGA**: Awarded for amazing colour pencil studies which showed excellent colour blending and realism in art.
- **Samara Walker 11WJQ**: Awarded for an amazing start to year 11. She has shown dedication and she aims to achieve excellent GCSE grades and pursue post 16 options!
- **James Holly Morrison 9WMT**: Awarded for displaying exceptional achievement and development in food preparation and nutrition knife skills.
- **Danny Kruja 12BJT**, **Mashaal Khan 12ODS**, **Jordan Abagre 12RCW** and **Hamza Kasmani 12ODS**: Awarded for creating the most convincing presentation: The suffrage movement that shaped UK democracy.



James' exceptional knife skills in food prep.

Year 11 intervention sessions

We're delighted that so many of our year 11 students attended their maths and English intervention slots this week - it's fantastic to see them aiming high and working so hard!





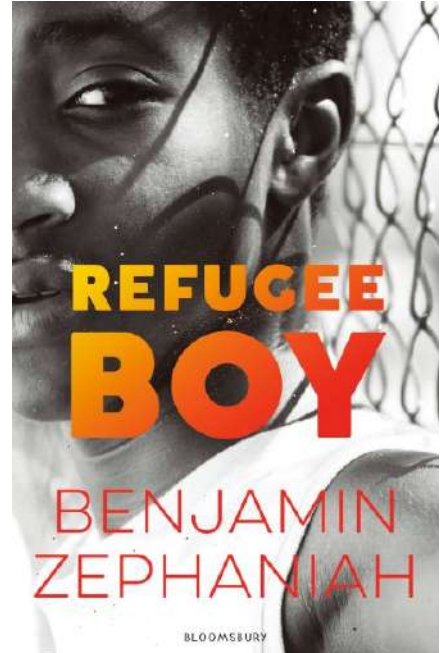
Highlands book of the month - October

Recommended read for KS3

Refugee Boy by Benjamin Zephaniah

As the family lay sleeping soldiers kicked down the door of the house and entered waving their rifles round erratically. The soldier who was in command went and stood so that his mouth was six inches away from Alem's father's ear and shouted, 'What kind of a man are you?'

Life is not safe for Alem. His father is Ethiopian, and his mother Eritrean - and with both countries at war, he is welcome in neither place. So his father does an astonishing thing, which at first seems callous, but is in fact the ultimate gift of love from a parent to their child.



Recommended read for KS4

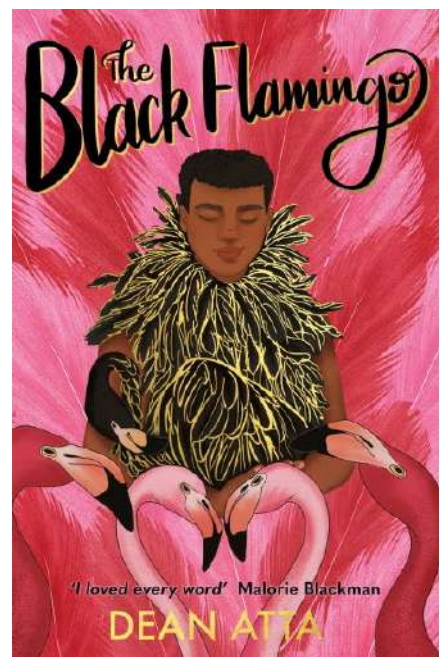
The Black Flamingo by Dean Atta

This is Michael's story.

Join him as he enters the world, with tiny feather eyelashes. Travel from school to college, where he discovers his flock, and comes to terms with his identity as a mixed-race gay teen.

At university, take a seat in the audience and watch him find his wings as a drag artist, The Black Flamingo.

A bold story about discovering that only YOU get the privilege of choosing who you are. There is power in embracing your uniqueness. What's your story?





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!





Black History Month at Highlands

Black History Month has officially kicked off here at Highlands with the theme *Standing Strong in Power and Pride* this year. Come along to our library and explore our special Black History Month collection, showcasing inspiring voices, stories, and achievements.



Celebrate Black History Month in London: October 2025

This October, immerse yourself in a rich line-up of performances, fashion, and storytelling that celebrate Black culture, creativity, and heritage across London's leading theatres and venues:

Jaja's African Hair Braiding - Lyric Hammersmith 14+

Step into the bustling world of Jaja's salon, where life, love, and laughter unfold through vibrant stories of sisterhood, beauty, and resilience. [Find out more](#)

ZooNation: Ebony Scrooge – Sadler's Wells East

A reimagined classic told through exhilarating dance and music, this contemporary twist on A Christmas Carol brings an unforgettable energy to the stage. [Discover the show.](#)

Africa – Blending West African Fashion with the Kimono

A stunning showcase of cultural fusion, this event explores how West African traditions meet Japanese design in a powerful celebration of style and identity. [Explore the exhibition.](#)

Not Your Superwoman – Bush Theatre

Written by Emma Dennis-Edwards, this bold new play gives voice to the complexities of modern Black womanhood, unfiltered and unapologetic. [Book your tickets.](#)



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 text are three circular images: the left one shows an outdoor sports field, the middle one shows a large green astro pitch, and the right one shows an indoor hall with rows of green chairs. At the bottom left, there is a logo for "SH & F JOINING SCHOOL HIRE & FUNCTIONS LTD FROM 1ST SEPTEMBER 2025" and a "CONTACT TODAY 07855042027" button. At the bottom right, there is a list of facilities with green checkmarks: "4G Astro pitch", "Mirrored dance studio", "Drama studios", "Classrooms", "Sports hall", and "Outside spaces".





School announcements

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 

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](https://www.schoolvaccination.uk/flu)

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

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

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

FREQUENTLY ASKED QUESTIONS

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 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.

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	9,877	9,929	12,105	11,110
Negative points	-406	-356	-338	-360
Points overall	9,471	9,573	11,767	10,750

Top students in year 7

Forename	Surname	Form	House	Points
Sofia	Guest	7RHG	R	77
Hermione	Smith	7RNC	R	77
Elissa	Nazilli	7RHG	R	76
Emma	Varbanova	7RNC	R	73
Noah	Sonubi	7WDD	W	71
Selma	Hafuzi	7RHG	R	70
Haru	Mclune Henry	7BJC	B	68
Jasmine	Mustafa	7RNC	R	68
Estera	Misheva	7WDD	W	67
Kristian	Tatanov	7RHG	R	67

Top students in year 8:

Forename	Surname	Form	House	Points
Sophie	Donovan Langdon	8WEF	W	72
Mila	Fisher	8WEF	W	69
Arya	Arablou	8WEL	W	66
Charlotte	Murray	8WEF	W	63
Chloe	Desimine	8WEF	W	58
Jack	Mallyon	8RKM	R	58
Isadora	Da Silva	8WEL	W	55
Aifha	Gambo	8RKM	R	55
Beth	Rognaldsen	8RAC	R	55
Lexie	Shengaris	8RAC	R	55
Vitaliia	Zakharchuk	8RAC	R	55



Top students in year 9:

Forename	Surname	Form	House	Points
Dylan	Makani	9ODM	O	78
Summer	Mullooly	9RJG	R	78
Yashar	Ismailoglu	9RGA	R	69
Chloe	Williams	9ORD	O	69
Michael	Angeli	9RGA	R	67
Ioannis	Stavrinoudis	9RGA	R	66
Israel	Nortey	9RGA	R	65
Aiyla-Mae	Snell	9ORD	O	63
Hannah	Bauluck	9ORD	O	62
Jack	Moules	9RJG	R	62
Sophie	Fryer	9ORD	O	57
Alara	Kilic	9RGA	R	57

Top students in year 10:

Forename	Surname	Form	House	Points
Anaiya	Dhaliwal	10WNK	W	67
Kaelyn	Beisty	10WNK	W	65
Alescha	Sall	10WNK	W	63
Nathan	Lemonious	10RCX	R	62
Sena	Oguz	10WNK	W	60
Mollie	Abrahams	10WNK	W	57
Sophia	Smith	10RAB	R	56
Faye	Etuazim	10WNK	W	52
Simra	Hassan	10OAC	O	51
Lara	Almeida	10BBK	B	49



Top students in year 11:

Forename	Surname	Form	House	Points
Lorin	Varli	11ODC	O	51
Nathan	Mortimer	11ODC	O	50
Claudia	Poyiadzis	11ODC	O	50
Melisa	Angelova	11BLM	B	48
Daniel	Horea	11RCG	R	45
Lucy	Kyriacou	11RCG	R	45
Chloe	Sancho	11ODC	O	45
Amelie	Hon	11RJC	R	44
Isabella	Cruden	11OSM	O	43
Jorja	Hodge	11RJC	R	43
Lily	Howard	11RJC	R	43

Top students in year 12:

Forename	Surname	Form	House	Points
Evie	Ferguson	12WTA	W	26
Max	Gilzean	12OMA	O	24
Anastasia	Katz	12OMA	O	24
Ioannis	Athanasiou	12WTA	W	21
Sara	Miah	12BCR	B	19
Sienna	Francis	12WTA	W	18
Isaac	Mooney	12ODS	O	18
Paula	Shehu	12BCR	B	18
Nicolas	Eastwood	12RCW	R	17
Dayana	Karatopraklieva	12OMA	O	17

Top students in year 13:

Forename	Surname	Form	House	Points
Mabel	Batista	13WAD	W	30
Tiana	Martindale	13BTD	B	28
Zoe	Ellerby	13WDS	W	24
Alicia	Seewooruttun	13BTD	B	24
Iris	Williams	13WAD	W	24
Spyros	Yiallourous	13BTD	B	24
Grace	Zelechowski	13RHK	R	24
Jessica	Champion	13OES	O	22
Aisha	Sediq	13OAL	O	22



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



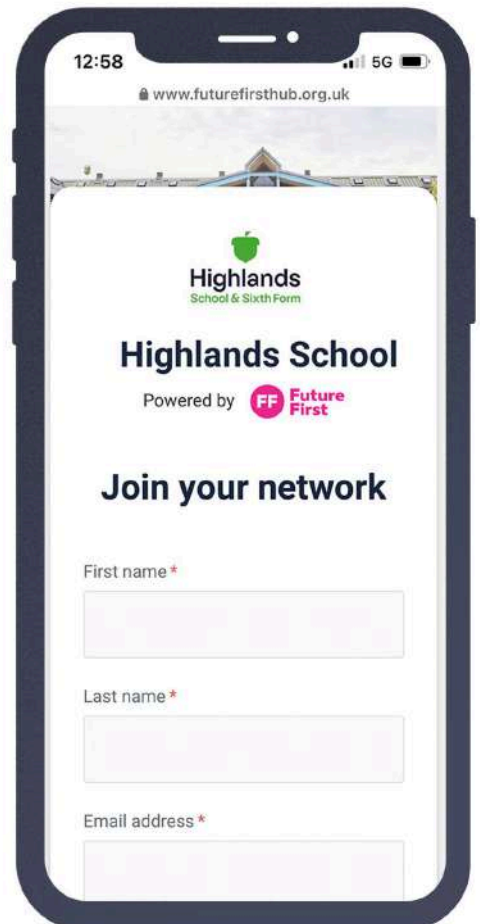
Scan the QR code to join the Alumni network

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

Follow Highlands School on:

 [X@Highlands_sch](https://twitter.com/Highlands_sch)

 Instagram [@highlandssch](https://www.instagram.com/highlandssch)

 YouTube [Highlands School Enfield](https://www.youtube.com/Highlands School Enfield)

 Threads [@Highlandssch](https://www.threads.net/@Highlandssch)

 Facebook [Highlands School](https://www.facebook.com/Highlands School)