



Highlands School Newsletter

6th March 2026



Dear parents and carers,

One of the benefits of having such a large student leadership team at Highlands is that we receive excellent feedback and suggestions on how to improve our school. Over the years feedback from student leaders has led to the addition of the summer polo shirt to our uniform, the installation of water dispensers around the school, the introduction of academic excellence awards following mid-year assessments and students being allowed to wear white hijabs from this summer. Another student suggestion was inviting students to take part in dressing up for World Book Day, something only teachers have done in the past. The reason secondary schools might be skeptical about this is that students might take this as an opportunity to just come in their casual clothes and treat it as a general non-uniform day, and not the celebration of literature and reading that it is supposed to be. It is a testament to the behaviour and attitudes of our students that, of the hundreds of students who dressed up today, only a handful did not engage in the spirit of World Book Day as we hoped they would. As you can see from the photographs above and on page 3, the day was a truly memorable and positive one. Thanks to all those who made the effort!

Have a great weekend,

Mr McInerney,
Headteacher.

Key dates for this half term:

- Wednesday 11th March: year 10 parents' evening
- Friday 13th March: HPFA quiz night
- Wednesday 18th March: year 12 parents' evening
- Thursday 19th March: Battle of the Bands
- Friday 27th March: final day of term, students released at midday



HPFA Quiz night

The HPFA will be hosting its annual Quiz Night on **Friday 13th March**, with Mr McInerney leading the quiz as our quiz master.

The event will begin at **7.00pm**, and tickets are priced at **£5**, available via ParentPay.

Drinks and refreshments will be available on the night, so please join us for an enjoyable and sociable evening. Hot dogs, including a vegetarian option, will also be available to purchase.



World Book Day assemblies

This week we held assemblies to celebrate World Book Day on Thursday 5th March. Students explored why we mark the day, the many benefits of reading, and some surprising facts, including books that have been banned in other countries. We also shared a range of exciting recommendations from our library to inspire everyone to pick up a new book and enjoy reading.





World Book Day 2026

Dearest gentle readers, this week we celebrated World Book Day at Highlands. Following on from student feedback, this year students also had the opportunity to dress up as characters from their favourite books, and what fantastic costumes we saw - from Alice in Wonderland to Snow White and the Seven Dwarfs. It was wonderful to see so many students and staff embracing the spirit of the day and celebrating the stories and characters they love.

World Book Day is a great reminder of the importance of reading, and here at Highlands we are passionate about encouraging a lifelong love of books and reading in all of our students.





Politics conference

Our A level politics students recently attended a national conference at Westminster's Central Hall, joining over 1,000 students from schools across the country.

They heard directly from leading figures across the political spectrum, including Zack Polanski (Green Party Leader), Alastair Campbell (Co-host, The Rest is Politics), Wes Streeting (Labour Health Secretary), Jacob Rees Mogg (Former Conservative MP) and Laila Cunningham (Representing Reform).

Students listened to contrasting viewpoints on major national issues, observed moments of sharp political disagreement, and saw how experienced politicians defend their ideas under scrutiny. Crucially, they were able to ask their own questions and engage directly with the speakers.

The day was energetic and thought-provoking, bringing political debate to life. Experiences like this reinforce why studying politics matters, it builds confidence, sharpens analysis and encourages young people to take an active interest in the democratic process.

Mr Islam





Year 9 dwellings art title pages and project

Year 9 art students have been researching modern architects including Zaha Hadid, Moshe Safdie and Piet Blom as part of their dwellings project. Using this inspiration, students are now designing and creating cardboard models of their own modern buildings.



Dancers of the week

This week's dancers of the week are Rhea Charalambous, Jess Griffin and Lianna Demetriou in year 7 for their great choreography on Tuesday and Jorja Hodge for highest mark in the March theory paper in GCSE Dance. Well done to you all.



Homemade lasagne by year 9

Year 9 students have been developing their practical cooking skills as part of the AQA Food Preparation and Nutrition course. During this lesson, they successfully covered 10 of the 12 required practical skills by making fresh egg pasta, a roux-based white (béchamel) sauce and a ragu sauce, all completely from scratch. The students did an incredible job, and the finished lasagnes looked and smelled fantastic.

Ms Simons



Battle of the Bands 2026

It's that time of year again! Come and support our talented students as they showcase all their hard work from this year's rock band rehearsals.

Tickets are available via ParentPay - be sure to secure yours early to avoid disappointment!

**Thursday 19th March
6:30pm - 8:30pm**

Tickets: Adults: £5, Concessions: £2.50





National Careers Week - celebrating our year 12 students

This week we proudly celebrated National Careers Week, a nationwide initiative dedicated to supporting young people in exploring future pathways and making informed career decisions. Throughout the week, all students were provided with a range of engaging resources and activities from interactive career quizzes and virtual employer encounters to exploring university courses, apprenticeships and labour market information.

In conjunction with National Careers Week, some of our year 12 students successfully secured and completed highly competitive and prestigious work experience placements. We are incredibly proud of their initiative, professionalism and ambition in gaining these opportunities.

Belkisa Cota - 3DReid

Belkisa completed her placement at this award-winning UK-based architectural, interior and master planning design practice. She gained valuable insight into the design process, collaborative project work and the realities of working within the built environment sector.



Julia Zysko – House of Lords

Julia had the remarkable opportunity to undertake work experience with the House of Lords, developing her understanding of the legislative process, public policy and the workings of government at the highest level.



Tailizandra Blana - Reed Smith

Tailizandra spent her placement at this dynamic international law firm, where she was exposed to commercial legal practice, professional client engagement and the fast-paced nature of corporate law.





Joshlyn Robinson – PwC – “Females of the Future” Event

Joshlyn attended PwC’s inspiring “Females of the Future” event, which focused on empowering young women to explore careers in business, finance and leadership. The event provided networking opportunities, workshops and insight into future career pathways within professional services.



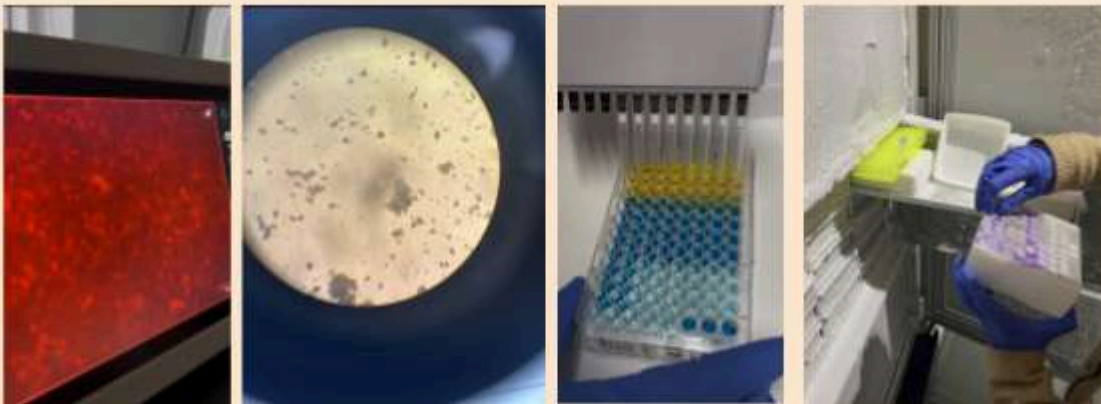
Ereni Zaki – Basildon University Hospital

Ereni completed her work experience placement at Basildon University Hospital, where she gained first-hand insight into the healthcare environment. She observed clinical practice, developed her understanding of patient care, and explored the wide range of professional roles within an NHS setting. This experience further strengthened her interest in pursuing a career in healthcare.



George Kapas - Bioarchitech

George undertook an exciting placement at Bioarchitech, a biotechnology company focused on developing innovative cancer therapies. During his placement, he carried out an ELISA test to investigate how effective a virus would be at destroying cancer cells at different concentrations. This hands-on laboratory experience allowed George to apply his scientific knowledge in a real-world research setting and deepened his understanding of biotechnology and medical innovation.





These outstanding experiences not only enhance our students' CVs and personal statements but, more importantly, help them to make confident and informed decisions about their futures. We look forward to sharing more of their reflections in future editions.

You too can apply for similar roles and gain valuable industry experience. We strongly encourage all students to continue reading the weekly Careers Newsletter and to regularly check the opportunities posted on Google Classroom. Taking initiative, applying early and staying informed are key steps towards securing exciting and competitive placements.

Ms Laurenzi



Year 10, 11 & 13 Easter revision school

Easter revision sessions will be taking place during the break for students in year 10, 11 and 13. The school has put together a comprehensive revision timetable, offering students the opportunity to attend a range of sessions designed to support their learning and build their confidence ahead of their upcoming exams. Attendance at Easter revision school is not compulsory, but we strongly encourage all students to take advantage of this valuable opportunity. Parents and carers should use the forms below to book their child onto revision sessions during the Easter break, ensuring that only sessions their child can definitely attend are selected.

The full timetable can be viewed within the booking form. **We kindly ask that all parents and carers complete the form, even if their child will not be attending, by 9.00am on Friday 13th March.**

[Year 10 Easter revision booking form](#)

[Year 11 Easter revision booking form](#)

[Year 13 Easter revision booking form](#)



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.

- **Zachary Ekkeshis 10RCX:** Awarded for his incredible hard work and progress in GCSE Geography.
- **Jude Howlett 9BEF** and **Sienna Wood 9WMT:** Awarded for their incredible Harlem Renaissance homework and attitude to learning in English.
- **Adem Kazim 7OFD** and **Paxton Wright 7WTH:** Awarded for outstanding work in robotics, successfully designing and programming a moving turtle.
- **Adem Payne 9BLR:** Awarded for his fantastic slideshow on the Mars colony project in science.
- **Candace Asoegwu 7BNI, Raphael Asoegwu 12BJT, Laia Ortega Aybar 8RKM, Noah Chavda 8BAS, Anastasia Chrysanthou 7RNC, Micah Codrington 10WMP, Anaiya Dhaliwal 10WNK, Meliz Hassan 10WMP, Megan Kabeja 8BHV, Helin Kekec 8WEL, Bella Luff 7WDD, Qamil Neza 8OSB, Amelie Rupp 8BAS, Yasemin Suleyman 7OPH, Charlotte Yearwood 8RKM:** Awarded for entering the Show Racism the Red Card competition! Taking part is an achievement in itself, and you should be very proud of your effort, courage, and commitment. Well done for stepping forward and giving it your best
- **Ayaan Kazim 8OMK** and **Nawaz Kazim 9ORD:** Awarded for their commitment to improving their attendance to school.
- **Martha Baker 7BNI:** Awarded for resilience and excellent efforts towards her learning.
- **Cora Drysdale 11WJQ, Eve Mason 11WCM, Bibiana Edwards 10BBK, Annika Trivedi 10WNK, John Weafer 9RJG** and **Tess Rowswell 7RNC:** Awarded for their excellent contribution to the World Book Day presentation, delivering assemblies throughout the week and doing a fantastic job.





Scholastic book fair: 20th March - 25th March

The book fair will be at Highlands School from 20th March - 25th March, it will run during break time, lunchtime and after school until 4pm.

There are two ways to purchase Scholastic books from the wish list:



To pay for wish list books online:

- Click on the TEEN section [books](#) online.
- Fill in this [form](#) making sure you write the name of the book clearly, the age group of the book and the price.
- Pay via the [online](#) form. *Type in N21 1QQ and this will find Highlands Secondary School.*
- Once payment is made, return the paid wish list form to the librarian for order completion and final collections. *(You must list the names of the books you have purchased so that the librarian knows which books you have paid for).*

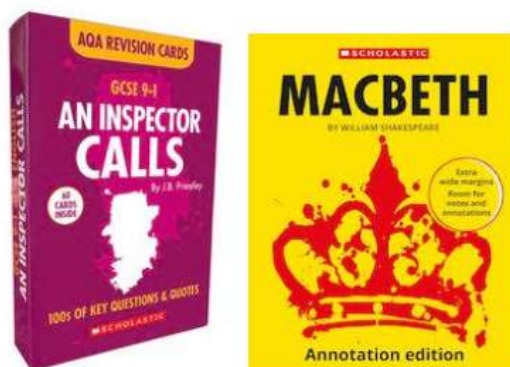
In-house ordering

- On a sealed envelope place your child's name and form (e.g. Sarah Michaels 7RTS), ensure the exact cash amount for the books being purchased in-house is correct, as change will not be given.
- Click on the TEEN section [books](#) online, referencing book titles and pricing - write the name of the book clearly and the age group of the book.
- Forms can also be collected from the library and brought home. All forms must be submitted to the librarian no later than **25th March**, by 11.15am.
- Cash and forms for book purchases must be submitted together to ensure that items from the *wish list* arrive in a timely manner, if they are needing to be ordered.

Collection information

Books for the Scholastic book fair will be displayed on the trollies for students to take home. Alternatively, it will be ordered if items are sold out. If that is the case, students/parents will be notified of any possible delays, and informed when items arrive.

Please note, the following revision guides will be available to purchase at the book fair:





School announcements

Nut allergies

It has come to our attention that some students may on occasion be bringing in snacks which could contain nuts. As we have several people in school with nut allergies, we ask that parents check their child's packed lunch contents and speak to their child about not buying snacks on the way to school that may contain nuts. The school has an allergen/anaphylaxis policy, a copy of which is on the school website.

Lost property - collect by 6th March

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.

A watch has been found in school this week, please contact us if your child has lost theirs.

Notifying the school of student appointments

If your child has an appointment scheduled during school hours, please ensure you notify us promptly by emailing postbox@highlearn.uk for years 7-11 and sixthform@highlearn.uk for years 12-13 or by phoning us on the day of the appointment.

Your notification must include the date of the appointment and the exact time the student needs to leave school. Where possible, please also attach or provide proof of the appointment to the email.

To ensure your child is released smoothly from their lesson, please write a clear note on the appropriate day of your child's student planner, indicating the time they need to leave class. Students must show this planner note to their teacher to be excused from the lesson. They will then proceed to the school reception to officially sign out before being released to meet you at your pre-arranged location. Many thanks for your cooperation with this.



School lettings

School Hire and Functions Ltd manage all our bookings for hiring of the astro, sports hall, field, main hall, dance and drama rooms and general classroom hire. We have had new floodlights installed on the astro meaning we can now take bookings in the evenings during the winter months.

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 poster features a background image of the school building with a large green apple logo at the top center. Below the logo, the text reads 'Highlands School' in a large, bold, dark blue font, followed by '148 Worlds End Lane, London, N21 1QQ' in a smaller, bold, dark blue font. Below this, a line of text states: 'Modern and spacious facilities to hire for community events, sports groups, dance and drama classes, language school, tutoring services...and more!'. The background also shows a 'Welcome to Highlands' sign on the building. At the bottom, there are three circular images: a 4G Astro pitch, a drama studio, and a mirrored dance studio. A green bar at the bottom contains contact information and a list of facilities.

Highlands School
148 Worlds End Lane, London, N21 1QQ

Modern and spacious facilities to hire for community events, sports groups, dance and drama classes, language school, tutoring services...and more!

SH & F JOINING SCHOOL HIRE & FUNCTIONS LTD FROM 1ST SEPTEMBER 2025

CONTACT TODAY
07855042027

- ✓ 4G Astro pitch
- ✓ Drama studios
- ✓ Sports hall
- ✓ Mirrored dance studio
- ✓ Classrooms
- ✓ Outside spaces



Year 7 academic excellence

As part of our commitment to celebrating excellence in the house competition, we introduced the academic excellence awards. After each year group's mid-year assessments and mock exams, we honour the **top achiever** in each subject with an academic excellence trophy for their house, 1,000 house points and a certificate. Congratulations to all of the winners.

Position	Student	Form	House	Subject	
1	Michaela Tsiamas	7BNI	Beech	Art	
1	Candace Asoegwu	7BNI	Beech		
1	Phoebe Baxter	7BJC	Beech	Citizenship	
1	Iris Dobinson	7RHG	Beech	Computer science	
1	Phoebe Baxter	7BJC	Beech		
1	Oliver Tolram	7BNI	Beech	Dance	
1	Jamaine Abagre	7OFD	Oak	Drama	
1	Aaron Ferreira De Assis	7OFD	Oak		
1	Krishiv Pithia	7OPH	Oak	English language	
1	Kaya Rodgers	7OPH	Oak	English literature	
1	Yasemin Suleyman	7OPH	Oak		
1	Archie Avery	7OPH	Oak		
1	Zachary Florides	7BNI	Beech	French	
1	Jasper Gavaz	7RNC	Rowan	Geography	
1	Zachary Florides	7BNI	Beech		
1	Matteo Kutlu	7OFD	Oak		
1	Kaya Rodgers	7OPH	Oak		
1	Arthur Butcher	7BJC	Beech		
1	Josh Samarasekera	7WTH	Willow		
1	James Bell	7RHG	Rowan		
1	Oliver Tolram	7BNI	Willow		
1	Nicolas Marfici	7RHG	Rowan		
1	Arthur Miguel Beda	7RHG	Rowan		
1	Naiya Shah	7WDD	Willow		
1	Martha Baker	7BNI	Beech		
1	Saavan Shah	7WDD	Willow		
1	Bella Luff	7WDD	Willow		
1	Victoria Terziyska	7RNC	Rowan		
1	Hermione Smith	7RNC	Rowan		
1	Tess Rowswell	7RNC	Rowan		
1	Cassie Norman	7RHG	Rowan		
1	Mia Greenwood	7BNI	Beech		History
1	Jasper Gavaz	7RNC	Rowan		Maths
1	Jasper Gavaz	7RNC	Rowan		Music



Position	Student	Form	House	Subject
1	James Bell	7RHG	Rowan	PE
1	Nicole Panayi	7RHG	Rowan	
1	Oliver Barry	7RNC	Rowan	
1	Billy Eldred	7RHG	Rowan	
1	Bella Luff	7WDD	Willow	Religious studies
1	Martha Baker	7BNI	Beech	Science
1	Max Di Tano	7WDD	Willow	Spanish
1	Matteo Kutlu	7OFD	Oak	Technology
1	Amber Jarvis	7WDD	Willow	
1	Imogen Carlisle	7WDD	Willow	
1	Martha Baker	7BNI	Beech	
1	Mia Greenwood	7BNI	Beech	
1	Sefa Tekneci	7WTH	Willow	
1	Paxton Wright	7WTH	Willow	
1	Candace Asoegwu	7BNI	Beech	
1	Briana Hazzan	7BJC	Beech	

Points awarded to each house following the year 7 mid-year assessments.

Year 7	Beech	Oak	Rowan	Willow
Academic excellence	8,109	3,220	2,940	2,719





Year 7 DARE Award winners

Many students consistently uphold our school values - determination, aspiration, respect and equality - by attending daily, bringing equipment and giving their best effort. The DARE rewards celebrate these students. Teachers submit DARE scores based on students' daily actions, ensuring recognition goes to those who consistently do the right thing. These scores allow us to rank students within each year group.

Congratulations to the top-ranked students in year 7. The top 100 students will receive a letter home in recognition of their achievements. **1st place: £50, 2nd: £30 and joint 3rd: £10 voucher.**

Student	Form	Rank
Arthur Miguel Beda	7RHG	1
James Bell	7RHG	2
Rheo Ahmet	7BJC	3
Rowan Crowther-Smith	7BNI	3





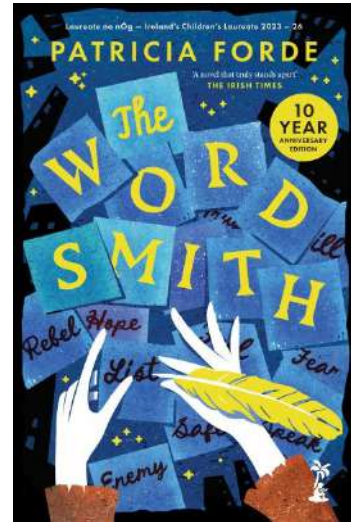
Highlands book of the month

Recommended read for KS3

The Word Smith by **Patricia Forde**

In a post-apocalyptic world, a teen girl responsible for recording words must stop the town founder permanently destroying language ability in the people. Letta loves her job as the Wordsmith's apprentice, giving out words to people who need them. It doesn't strike her as odd that the people of Ark are only allowed to use a few hundred words, and words like 'love', 'hope' and 'freedom' are banned.

When her master disappears, Letta starts to understand that all is not well - John Noa, the ruler of the Ark, is out to destroy language altogether. Letta has to find a way to stop him silencing what is left of the human race. But she's only a young girl, and he's the leader of the known world.



Recommended read for KS4

The Ruling Class by **Jennifer Lynn Barnes**

A young woman is sent to live with her older sister in Washington D.C., who is the 'fixer' for the political elite.

When Tess Kendrick is sent to stay with her older sister in Washington D.C., she has no idea that Ivy is the capitol's go-to 'fixer,' a person who can make powerful people's scandals disappear with a click of her fingers.

Tess never thought she and Ivy had much in common, but when she enrolls at the exclusive Hardwicke School, she soon finds herself thrust into the role of high school fixer, solving problems for the children of the D.C. elite. But secrets pile up as each sister lives a double life, and their worlds come crashing together when a scandal from the halls of Hardwicke reaches Capitol Hill. As the stakes turn deadly, Tess must uncover who's behind the power play before she becomes a target herself.





House weekly winners

The winner is the house with the most positive points, minus negative points, plus the points from the year 7 academic excellence results. Well done **Beech**!

	Beech	Oak	Rowan	Willow
Positive points	4,736	5,090	6,376	6,594
Negative points	-405	-344	-326	-272
Points overall	4,331	4,746	6,050	6,322
Year 7 academic excellence	8,109	3,220	2,940	2,719
Total	12,440	7,966	8,990	9,041

Top students in year 7

Forename	Surname	Form	House	Points
Bella	Luff	7WDD	W	58
Hannah	Millar	7WTH	W	57
Charles	Nottage	7WTH	W	53
Noah	Sonubi	7WDD	W	51
Darina	Abdulkadhim	7WTH	W	50
Arya	Serkan	7WTH	W	50
Stacey	Demo	7WDD	W	49
Persephone	Lamarca	7WDD	W	49
Liana	Bakalli	7WTH	W	49
Faris	Nooreldeen	7WTH	W	49

Top students in year 8:

Forename	Surname	Form	House	Points
Noah	Xira	8OMK	O	51
Keira	Kataria	8OMK	O	43
Helin	Kecec	8WEL	W	43
Thomas	Turnbull	8BAS	B	40
Victoria	Aksoy	8OMK	O	38
Aaron	Habib	8OMK	O	38
Cinar	Seran	8BAS	B	36
Megan	Kabeja	8BHV	B	36
Ozlem	Osman	8BAS	B	35
Ada	Keskin	8BAS	B	35
Sewal	Gulem	8RAC	R	35
Helin	Aslaner	8RKM	R	35



Top students in year 9:

Forename	Surname	Form	House	Points
Hannah	Gibbons	9WSW	W	52
Alexandra	Koneva	9RGA	R	47
Michael	Angeli	9RGA	R	46
Elektra	Taylor	9RGA	R	46
Alara	Kilic	9RGA	R	45
Sumeyra	Kiyamaz	9RGA	R	45
Alexa	Nicolau	9RGA	R	44
Aryan	Shah	9RGA	R	43
Aston	Lyle	9RGA	R	42
Maya	Paterson-Mckenzie	9RGA	R	42
Aynara	Gomez Rosales	9RGA	R	42
Sienna	Wood	9WMT	W	42

Top students in year 10:

Forename	Surname	Form	House	Points
Emily	Newton	10RAB	R	39
Anaiya	Dhaliwal	10WNK	W	33
Eren	Yener	10RAB	R	30
Tianyou	Xu	10RAB	R	30
Zulaikha	Chaudhry	10RAB	R	29
Elias	Xenophontos	10RAB	R	28
Micah	Codrington	10WMP	W	28
Liam	Redmond	10RCX	R	26
Panayiotis	Kyriacou	10WMP	W	25
Kaelyn	Beisty	10WNK	W	25

Top students in year 11:

Forename	Surname	Form	House	Points
Jack	Kennedy	11BLM	B	22
Samuel	Gonzales	11BLM	B	20
Melisa	Spahia	11BSQ	B	20
Sophie	Jones	11BLM	B	18
Arseniy	Ermolovich	11BLM	B	18
Yalda	Farhadi	11BLM	B	18
Ryan	Emami	11WJQ	W	18
Kerem	Albayrak	11BLM	B	16
Ava	Theodorou	11BSQ	B	16
Amelia	Khan	11WCM	W	16
Neslihan	Yalcin	11WJQ	W	16



Top students in year 12:

Forename	Surname	Form	House	Points
Shaniyah	Areh	12OMA	O	12
Max	Gilzean	12OMA	O	12
Zaynab	Baig	12RSL	R	12
Evie	Ferguson	12WTA	W	12
Daniel	Lam	12RSL	R	11

Top students in year 13:

Forename	Surname	Form	House	Points
Jakub	Warnawski	13OES	O	8
Lescine	Chapman	13BTD	B	6
Elena	Giudice	13BAS	B	2

HAF Enfield Easter 2026
 30th March - 10th April

FREE* places available on Enfield's Holiday Activities and Food (HAF) programme this Easter. For more information visit www.enfield.gov.uk/haf

Reception to Year 11

Holiday activities and food programme | Enfield Council

*Free for those in receipt of benefits related free school meals

Arts & Crafts
 Get Active
 Free nutritious meals
 Plus much much more!
 Cooking
 Day Trips

www.enfield.gov.uk/haf

Funded by
 Department for Education



Join Our Free Online Parent Support Group
 Once a week for 4 weeks



Introducing our virtual Parent Support Group
 Facilitated by Family Based Solutions
 Supporting families since 2012

Join us every week for a month to connect with other parents, share experiences, and gain valuable insights. This online group is designed to provide a safe space for parents to discuss challenges, seek advice, and build a supportive community.

Suitable for parents/carers/grandparents looking for ways to improve their current situation when faced with conflict and challenging behaviours. Let's navigate the ups and downs of parenting together.

GROUP 2
 Thursday's
1230pm-2pm
 19th March 2026
 26th March 2026
 16th April 2026
 23rd April 2026

GROUP 3
 Tuesday's
1230pm-2pm
 28th April 2026
 5th May 2026
 12th May 2026
 19th May 2026

GROUP 4
 Thursday's
630pm-8pm
 30th April 2026
 7th May 2026
 14th May 2026
 21st May 2026

Switching groups is not permitted.
 Due to sensitive discussions children should not be present during the weekly sessions.

Sign up confidentially for this 4-week journey:
CONTACT DETAILS admin@familybasedsolutions.org.uk
 Tel: 020 8363 6262

www.familybasedsolutions.org.uk
www.facebook.com/familybasedsolutions
 Family Based Solutions (FBS) Charity No. 1149383



Our Voice presents: Get to know Health and Therapies

Book now for 'Our Voice Presents: Get to Know Health and Therapies' – the latest in our series of events which give parents and carers an exceptional opportunity to speak directly to the Heads of service areas supporting children and young people with Special Educational Needs and Disabilities.



We'll be joined by Enfield's Designated Clinical Officer and senior representatives of Speech & Language, Dietetics, Occupational Therapy, Physio, CAMHS (Child and Adolescent Mental Health Service), Neurodiversity and Immunisations plus SEN Services and the Service for Disabled Children.

Agenda	
9.30 – 10 am	Registration
10 – 11.30 am	Panel Q&A session
11.30 – 11.45	Coffee break & marketplace (see below)
11.45 am to 1 pm	Speech and Language workshop
	'Marketplace' with Continence service, Dietetics, Universal Health Services and Immunisations.
	OR: 1:1 appointments (subject to availability) with S&L, CAMHS, OT or Neurodiversity

Monday
16th March 26
10 am to 1 pm
 (registration from 9.30 am)
At the Ponders End Family Hub, 129 South Street, EN3 4PX
Info & sign up [here](#)

Sign up [here](#)
 For more information see our website [events page](#) or contact Our Voice on 07516 662315 or email info@ourvoiceenfield.org.uk

Under 18s Learning Disabilities & Autism Event Friday 13th March

Where? Connections, Unit 7, 26–28 Queensway, Ponders End, EN3 4SA
When? 10:30am–2:30pm

Our Spring Event will provide information about Local Council Services and Voluntary Organisations supporting families of Under 18s with autism and learning disabilities.

- Speakers:**
- Resources for Autism
 - Enfield Advisory Service For Autism (EASA)
 - Cheviots Children's Disability Service
 - Integrated Learning Disability Service Social Workers
 - Our Voice
 - SENDIASS Enfield
 - Mini First Aid



Would you like to attend?
Scan the QR code to book
Or Call 0208 366 3677





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



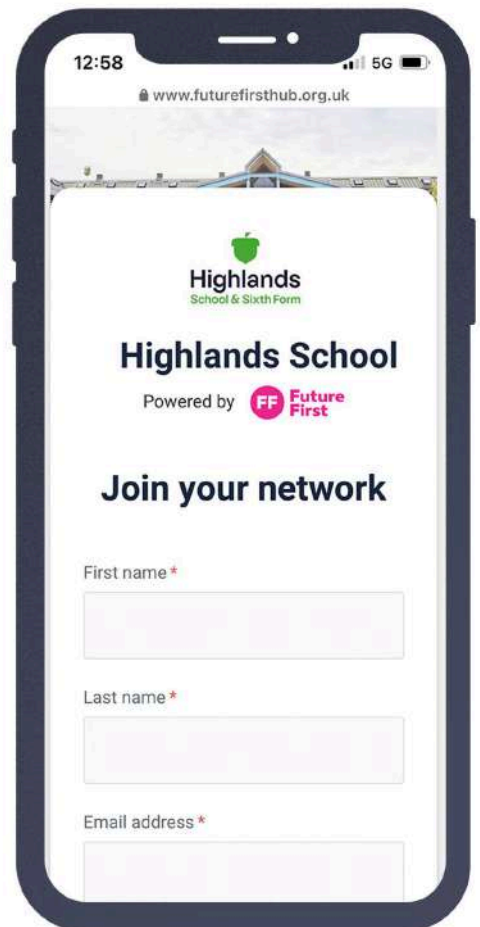
Scan the QR code to join the Alumni network

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

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

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
SOMEONE 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 call 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 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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