



Highlands School Newsletter

13th March 2026



Dear parents and carers,

International Women's Day

This week we marked International Women's Day through a series of assemblies presented by our fantastic sixth form students Sakura, Isaac and Sahara. During the assemblies, they explored the importance of International Women's Day, why it is celebrated, how far progress has come over the years, and the areas where work still needs to continue to achieve true equality. I would like to thank them for the time they put into leading these excellent assemblies. You can see more about International Women's Day in this week's [special feature newsletter](#).

Battle of the Bands

Next week on Thursday, we will hold our second ever Battle of the Bands competition. You will know that, at Highlands, we are committed to excellent academic standards and exemplary behaviour but our motto 'Dare to Flourish' expresses the idea that students should have the opportunity to grow and be successful in other ways. Some of your children will have performed at our 'Write to Speak' events, in our school shows, played for our sports teams or taken on student leadership roles. Music is another area in which we want students to flourish. We have been lucky to work with Mr Hawkins, a professional musician, for some years and he supports students in year 7 to form rock bands. They continue to be mentored and perform into years 8 and 9 and beyond. Following our Battle of the Bands competition last year, the winning acts from each age group went to a recording studio to record their songs (pictured above). We can't wait to hear the performances next week and send another group of winning students off to have the same experience. We hope lots of you will come along to support the event!



Oxbridge launch

Last Friday, we held our Oxbridge launch assembly for students in years 11 and 12, giving them an introduction to two of the best universities in the world, the University of Oxford and the University of Cambridge. The session explored what makes these universities unique, including their academic approach and opportunities, while also addressing some common misconceptions about studying there.

At Highlands, we are unapologetically ambitious for all of our students, no matter what they choose to study or where they hope to go in the future and we have a strong track record of supporting students into highly competitive degree apprenticeships, or to some of the most prestigious universities in the world, including Oxford and Cambridge. We want to ensure that every student has the best possible chance of accessing the most competitive and prestigious opportunities available to them. This assembly formed part of our wider strategy to support students in aiming high and exploring their potential, and it marks just the beginning of this journey. You can see images from the assembly, which was jointly presented by our head student Luke, who has an offer to study at Cambridge, on page 4.

Have a great weekend,

Mr McInerney,
Headteacher.

Key dates for this half term:

- 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 - This evening!

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 and **on the door!**

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.



Local employers wanted!

We're looking for businesses in Enfield who can give our year 12 students a taste of the workplace, from a day of shadowing to a full week of hands-on experience.

We're interested in all sectors, including health, education, business, STEM, creative industries and more!

If you can help, please email us at careers@highlern.uk. We'd love to hear from you!





Oxbridge launch assembly

Last Friday, students in years 11 and 12 attended our Oxbridge launch assembly, where they learned about the opportunities, academic approach and realities of studying at Oxford and Cambridge as part of Highlands' ongoing commitment to supporting students in aiming high and accessing the most competitive universities and pathways.





Celebrating International Women's Day



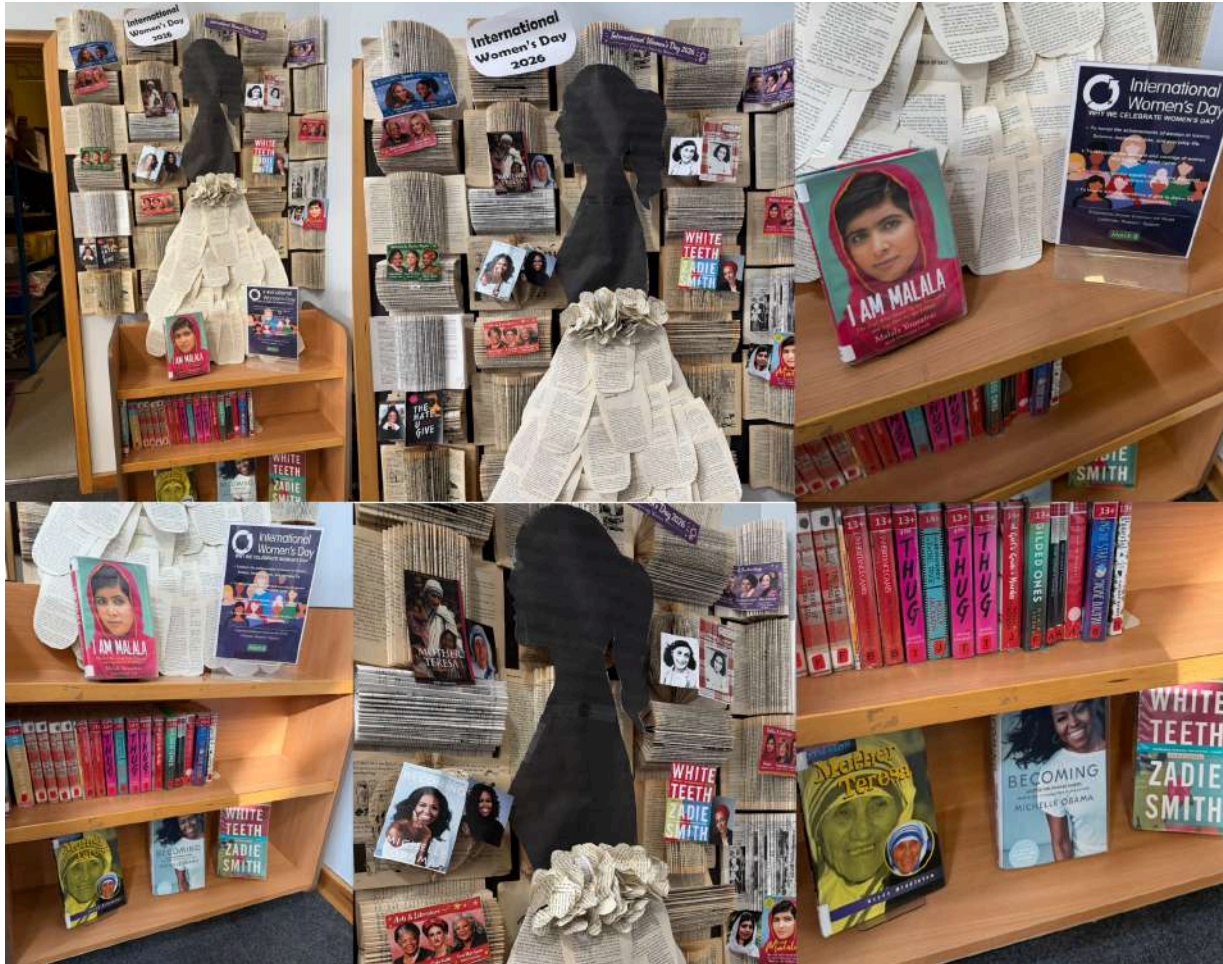
This week, we are also featuring a special International Women's Day newsletter, which you can read [here](#).





Celebrating women in literature

As always, our library enjoyed marking the occasion with a special themed display. This week, the book corner celebrated International Women's Day by showcasing inspirational female writers and a selection of books that explore the stories, achievements and independence of women throughout history. It was a wonderful way to highlight powerful voices in literature and encourage students to discover books that celebrate the strength, resilience and contributions of women.



Year 8 house chemistry challenge - Making Highlands greener

Well done to all the year 8 students who took part in the *Making Highlands Greener* chemistry challenge. It was fantastic to see such thoughtful ideas and enthusiasm for sustainability.

A special congratulations to our top three students for their outstanding work. In particular, well done to Angelo, who earned 1,000 house points for his house.

A brilliant achievement by all involved - well done!

- **1st:** Angelo Pizzato (**Oak**) **1,000 points**
- **2nd:** Megan Kabeja (**Beech**)
- **3rd:** Ada Keskin (**Beech**)



Netball success!

The netball teams have been busy competing in league fixtures this half term. On Tuesday 24th February, the year 7 netball team played their first ever game for Highlands, securing a fantastic 5-2 victory against Kingsmead. That same evening, the year 8 team also delivered an outstanding performance, beating Kingsmead with an impressive 23-0 scoreline. The following day, both the year 9 and year 10 teams faced strong opposition from St Anne's. Despite battling hard, both teams were narrowly defeated. Later that week, on Thursday, the year 7 and year 8 teams were back in action at Chace Community School, where both teams achieved convincing wins.

This week the success continued, with the year 7 team beating Enfield County 7-2 and the year 8 team winning 8-4. The same teams then faced Wren Academy Enfield on Thursday, where the year 7s secured a 6-4 victory and the year 8s triumphed 17-8. There has been some fantastic netball played over the past few weeks and many well-earned wins. Well done to all the girls involved.



Mrs Walters and Miss Berrill



Year 8 netball champions

The year 8 netball team dominated the courts this week at the Enfield Borough Tournament, held at Winchmore School. The team began with a strong win against Lee Valley High School and continued their excellent form with impressive performances against St Anne's and Palmers Green. Finishing top of their pool, they progressed to the final to face Latymer.

Showing outstanding teamwork and determination across the court, the team secured a convincing 6-2 victory to win the tournament.

Player of the final: Beth Rognaldson (selected by Latymer)

Player of the tournament: Sienna Morgan-Jones (selected by Miss Berrill)



Miss Berrill



Middlesex Cup finalists!

A huge congratulations to the girls' football team, who secured a fantastic 2–1 victory against Chiswick in the Middlesex Cup semi-final. The team delivered an outstanding performance, showing great determination, teamwork and skill throughout the match.

Well done girls on an incredible achievement and reaching the final!



Year 7 and 8 girls football

On Tuesday 10th March, the year 7 and year 8 girls' football team played Edmonton County in a league fixture. The first half was closely contested, with Highlands taking the lead through a well-taken goal from Natalie. Early in the second half, Natalie scored again before Edmonton County pulled one back. Poppy then added another goal, followed by Natalie completing her hat-trick to give Highlands a 4-1 lead. Edmonton County fought back to make it 4-3, but the team stayed composed and Mollie scored two further goals to secure an excellent 6-3 victory.

Players of the match: Nicole Panayi and Elissa Nazilli.

Well done girls!

Mrs Walters



Year 10 boys football

On Monday, the year 10 boys' football team travelled to Lea Valley School for their Enfield League semi final match. Despite going 1-0 and 2-1 up thanks to two goals from Owen, the full time scores ended 2-2. This resulted in penalties.

Unfortunately the boys lost 4-3 on penalties despite their best efforts.

Player of the match: Owen Smith (pictured right).

Mr Avann



Duke of Edinburgh - Bronze and Silver Awards

A huge congratulations to our year 11 students who have successfully achieved their Bronze Duke of Edinburgh's Award. The Duke of Edinburgh's Award challenges students to develop new skills, take part in physical activities, volunteer in their communities and complete an expedition, building resilience, teamwork and independence along the way. We are also incredibly proud of our sixth form students who have been awarded their Silver Duke of Edinburgh's Award.



Well done to all of you - we are extremely proud of your fantastic achievements.



Mrs Walters



British Science Week at Highlands: *Curiosity in Action*

This year, students at Highlands enthusiastically celebrated British Science Week, with the national theme of *Curiosity* inspiring a series of exciting practical investigations across the science department. The week encouraged students to ask questions, explore ideas and experience the thrill of scientific discovery through hands-on learning.

Our year 8 students took part in a range of engaging activities across biology, chemistry and physics, developing their scientific skills while exploring how curiosity drives real scientific enquiry.

In biology, students investigated the microscopic world through a “discovering the microscope” practical. They learned how to correctly use a microscope to observe extremely small objects, examining everyday items such as hair, sugar, salt and banana. Students practised focusing images clearly enough to capture photographs and calculated the total magnification used to observe each specimen.

This activity helped students develop key working scientific skills, including using specialised equipment safely and accurately while making and recording detailed observations.





In chemistry, students explored the fascinating science of cross-linking polymers by creating sodium alginate “worms”. This hands-on experiment introduced students to the chemistry behind polymers while reinforcing the importance of working safely in a laboratory environment. By carefully following instructions, using pipettes and correctly identifying solutions, students were able to see how chemical reactions can transform liquids into solid structures.

The practical encouraged careful observation and provided an exciting opportunity to experience a less common but highly engaging laboratory technique.



Meanwhile, in physics, students investigated the science behind crumple zones, the safety features designed to absorb energy during a collision. Through a practical design challenge, students explored how variables such as weight, speed and materials affect the effectiveness of a crumple zone. Using card and other materials, they designed and tested structures to protect an object, analysing how different designs performed. This activity allowed students to experiment with variables, measure outcomes and evaluate how design choices influence performance.





Throughout the week, students demonstrated impressive curiosity, creativity and teamwork as they applied their scientific knowledge in practical investigations. Events such as British Science Week provide a fantastic opportunity for students to experience the excitement of scientific discovery and to see how curiosity lies at the heart of innovation and progress.

Well done to all of our year 8 students for embracing the spirit of curiosity and exploring science with such enthusiasm.

'We had a really fun week of doing all these experiments with microscopes, making worms and crumple zones. My favourite one was definitely designing and making a car with minimal crumple zone.' - Elrohi Haile. 8OSB

'It was really fun and we learnt a lot of new topics. My favourite activity was the microscopes and looking at the salt crystals was super interesting' - Ava Bolger 8RKM

'It was an interesting week, I really enjoyed making the squishy worms!' - Zara Sheikh 8OMK

'It's been a really fun week of scientific activities that have helped me to understand new aspects of topics that we've been taught before' - Kosta Nicolaou 8RKM

Dr Len



Students explore careers in the pharmaceutical industry with Sanofi

Students from years 10 - 12 recently took part in an engaging and informative careers event hosted in collaboration with professionals from Sanofi, one of the world's leading healthcare and pharmaceutical companies. The day at Sanofi headquarters in the UK provided students with valuable insight into the wide range of careers involved in developing and delivering medicines.

The event began with a warm welcome from Felicia Pinto, who introduced the aims of the day and highlighted the many opportunities available within the pharmaceutical and healthcare sectors.



The morning continued with a series of expert talks from professionals working across different areas of the company. Walaa Mostafa, Chief Financial Officer for UK & Ireland, opened the presentations with an overview of the role finance plays within a global healthcare organisation.

Students then heard from Tanisha Patel, who provided a quality overview and explained how strict standards and processes ensure medicines are safe and effective. John Forni followed with a medical overview, discussing how scientific research and clinical expertise contribute to the development of new treatments.

Further insight was given by Hadjer Ameur, who introduced pharmacovigilance and the vital work involved in monitoring the safety of medicines once they are in use. Ciaran Campbell then delivered a commercial overview, explaining how medicines are brought to market and reach healthcare providers and patients. This was followed by Deepika Malhotra, who spoke about medicines communication and the importance of sharing clear, accurate information about treatments.

After lunch, students attended a session on regulatory affairs led by Prathyusha Kancharla and Francesca Pipkin, who explained how medicines are carefully assessed and approved before they can be used by patients.

In the afternoon, students took part in interactive sessions tailored to their year groups. Year 10 and year 11 students participated in "colourful connections", an engaging workshop led by Dan Winfield that focused on teamwork, communication and problem-solving skills. Meanwhile, year 12 students attended "pathway to progress", a session exploring regulatory affairs, student placements and possible career pathways within the pharmaceutical industry.

The event concluded with closing remarks from Prathyusha Kancharla, who encouraged students to continue exploring opportunities within science, healthcare and industry.

The day provided a fantastic opportunity for students to learn directly from industry professionals and gain a deeper understanding of the many career pathways available within the pharmaceutical sector. We are extremely grateful to the team at Sanofi for sharing their expertise and inspiring the next generation of scientists and healthcare professionals.



'I was surprised to find that several of the employees at Sanofi had not begun their career journey with the intention of working in pharmaceuticals. Hearing the various life paths was reassurance that the future does not need to be decided. I most enjoyed listening to all the talks from the various Heads of the departments. It was incredibly interesting to learn about their paths into pharmaceuticals and how passionate they all felt about their jobs. It gave me some very valuable and much appreciated insight into careers in science - particularly biology and chemistry.' - Sakura Daley, year 12

'I thoroughly enjoyed the day, particularly the opportunity to be mentored by current placement students. As a year 12 student, having that bridge between sixth form and senior faculty was invaluable; being only a few years ahead of us, the students made the career path feel relatable and achievable. It was also inspiring to see previous placement students now thriving in senior roles. The day was exceptionally well-structured and highly informative. A particular highlight was Francesca Pipkin's session. Her communication was outstanding: she was engaging, articulate, and moved beyond a purely didactic style to truly captivate the room. Her year 12 workshop will stay with me for life and answered many of my questions before I even had to ask them. I would love to receive her slides and have the opportunity to ask her further questions. I also found the talks by the CFO and Felicia Pinto very helpful as they felt collaborative rather than just a lecture.' - Raphael Asoegwu, year 12



Dr Len and Ms Laurenzi



Battle of the Band 2025 winners' trip

The Battle of the Bands 2025 Winners' Trip took place on Friday 6th March. The winners from last year's Battle of the Bands event visited Miloco Studios, where they had the opportunity to record their songs in Livingston Studio 1.

During the visit, students recorded their music, performed their tracks and toured the studio to learn how professional recording spaces operate.

The trip was an amazing and memorable experience for everyone involved, giving students a unique opportunity to step into a professional studio setting and bring their music to life.





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



Jamaican Cuisine Day

This week, Rowan hosted a vibrant Jamaican Cuisine Day, giving students the opportunity to enjoy the bold flavours and rich culinary traditions of Jamaica. Our wonderful caterers, Chartwells, prepared a delicious menu including jerk chicken with rice and peas, vegetable curry, crunchy steamed vegetables and coleslaw, which were thoroughly enjoyed by students and staff alike.





British Sign Language Level 2 success!

A huge congratulations to Ayse Carmanbar, Bana Tahsen, Omyur Karadzova, Liya Ali, Lilah Jones, Giulia Dumitrescu, Harrison Sykes, Christina Hajilambi and Suleyman Degirmenci, who have successfully achieved Level 2 in British Sign Language (BSL).

This is a fantastic accomplishment, and they are the first pupils at Highlands to reach this level. Their dedication and commitment to developing such an important and valuable skill is something we are incredibly proud of.

Well done to all involved on this outstanding achievement.





Year 9 modern cardboard structures

Year 9 students designed and created a series of cardboard structures inspired by modern dwellings. Working from their own individual designs, they carefully constructed their models using cardboard and tape to explore form, balance and structure. Some students chose to paint their models white so that the architectural shapes and structural elements were emphasised, allowing the focus to remain on the design and construction of the buildings.

The finished pieces showcased creativity, problem-solving and a thoughtful approach to architectural design. Well done year 9s.

Mrs Chrysostomou





House assemblies

House assemblies took place this week, led by our house captains alongside strand leads. During the assemblies, students were updated on upcoming house events including Battle of the Bands, cuisine days and future house competitions.

They also shared information about upcoming house council feedback meetings and highlighted some of the positive changes the school has implemented following suggestions from the student body, demonstrating how student voice continues to play an important role in shaping the school community.



Coffee morning
Supporting your child through exam preparation

Friday 20th March 2026
9am - 10.30am

Join us for a coffee morning focused on how you can support your child during the upcoming exam period. We'll be talking about what to expect in Years 10, 11 and 13 as students prepare for mock exams, as well as how early-stage preparation begins at KS3.

We will share how Highlands supports students during the exam process and what systems are already in place to help them feel confident and prepared.

FOR PARENTS WITH SEND STUDENTS AT HIGHLANDS SCHOOL



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.

- **Sofia Kolovos 8OSB, Evan Aydemir 8BHV, Krystal Lok 8WEF, Megan Kabeja 8BHV, Hayal Karacas 8BHV, Angelo Pizzato 8OSB, Pascal Kyprianides 8RAC, Ozlem Osman 8BAS, Ada Keskin 8BAS and Charlotte Yearwood 8RKM:** Awarded for winning the Making Highlands Greener chemistry challenge.
- **James Mehmet 9RJG:** Awarded for presenting a maths presentation to his class.
- **Floyd Smith 7BJC:** Awarded for an excellent effort towards his English homework.
- **Sahara Cakir 12BJT, Isaac Mooney 12ODS and Sakura Daley 12ODS:** Awarded for their outstanding assembly presentation on International Women's Day.
- **Natalia Deda 10OAC:** Awarded for her improvement in English literature and fantastic Dr Jekyll and Mr Hyde formative task.
- **Krishiv Pithia 7OPH, Kaya Rodgers 7OPH, Yasemin Suleyman 7OPH, Rheo Ahmet 7BJC, Isabella Hilmi 7BJC, Sophie Winter-Taylor 7BJC, Kaya Gundogdu 8WEL, Helin Kecec 8WEL, Selin Ozturk 8WEL, Laura Alla 9BEF, Yiannis Hajilambi 9BLR, Ada Simsek 9BLR, Katie Redmond 9RJG, Shaan Seetul 9WSW and Alara Kilic 9RGA:** Awarded for continuously producing artwork of an excellent standard.





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).*

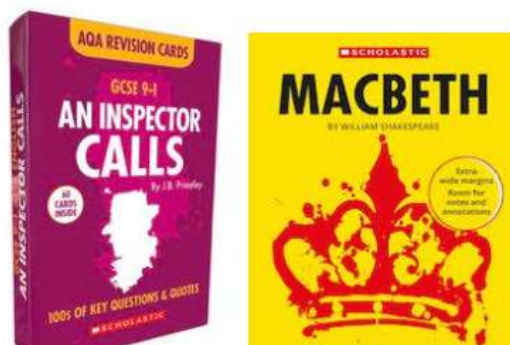
In-house ordering

- 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 trolleys 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

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.

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.



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 **Willow**!

	Beech	Oak	Rowan	Willow
Positive points	6,202	5,610	5,725	7,631
Negative points	-503	-461	-320	-304
Points overall	5,699	5,149	5,405	7,327
Year 8 chemistry challenge	-	1,000	-	-
Total	5,699	6,149	5,405	7,327

Top students in year 7

Forename	Surname	Form	House	Points
Alexander	Millar	7WDD	W	87
Persephone	Lamarca	7WDD	W	86
Stacey	Demo	7WDD	W	84
James	Saat	7BJC	B	81
Khrish	Tailor	7WDD	W	79
Charles	Nottage	7WTH	W	78
Rudy	Sadiq	7BJC	B	77
Haru	Mclune Henry	7BJC	B	77
Zahra	Hazzan	7BJC	B	77
Aliyah	Mohamed	7WDD	W	76

Top students in year 8:

Forename	Surname	Form	House	Points
Eren	Mistiki	8RAC	R	62
Daniel	Lemonious	8OSB	O	58
Maya	Muller	8BHV	B	57
Vitalia	Zakharchuk	8RAC	R	55
Suryan	Mistry	8WEL	W	55
Emilio	Paphitis	8BHV	B	54
Gwilym	Jenkins-Green	8BHV	B	54
Jemimah	Miah	8OMK	O	54
Joseph	McHale	8RAC	R	54
Zoe	Mathews	8BHV	B	53



Top students in year 9:

Forename	Surname	Form	House	Points
Aaliyah	Lascelles	9WSW	W	40
Evie	Howlett	9WSW	W	39
Hannah	Gibbons	9WSW	W	38
Alara	Aristidou	9BLR	B	37
Katie	Redmond	9RJG	R	37
Yousuf	Hassan	9WMT	W	33
Leo	Smith	9RJG	R	32
Eva	Godfrey	9WMT	W	32
Lyla	Mughal	9BEF	B	31
Eda	Cetin	9BLR	B	31
Kunal	Das	9WSW	W	31

Top students in year 10:

Forename	Surname	Form	House	Points
Xhorxhia	Kuvertaris	10RCX	R	52
Molly	McGrath	10RCX	R	44
Nathan	Lemonious	10RCX	R	36
Bibiana	Edwards	10BBK	B	35
Liam	Redmond	10RCX	R	34
Ayse	Bayar	10ORF	O	31
Stefano	Keliris	10RCX	R	30
Theo	Crow	10OAC	O	29
Ria	Patil	10OAC	O	28
Phoenix-Lei	Chambers	10ORF	O	27

Top students in year 11:

Forename	Surname	Form	House	Points
Ermioni	Tsantikou	11OSM	O	28
Sadie	Baker	11BSQ	B	24
Sophia	Kastanias	11ODC	O	24
Duru	Ozkaya	11ODC	O	23
Nicole	Kozinos	11RJC	R	23
Poppy	Goss	11BLM	B	22
Ryan	Westerman	11ODC	O	21
Esther	Elkabbas	11BSQ	B	18
Yunus	Coskun	11ODC	O	18
Enes	Turan	11ODC	O	18
Avril	Brown	11RJC	R	18



Top students in year 12:

Forename	Surname	Form	House	Points
Sahara	Cakir	12BJT	B	18
Sakura	Daley	12ODS	O	18
Georgette	Agyeman-Aboah	12BCR	B	16
Isaac	Mooney	12ODS	O	16
Angel Leah	Appiah-Gyebi	12RCW	R	16
Skye	Creary	12WBS	W	16
Dylan	Daryanani	12RSL	R	12

Top students in year 13:

Forename	Surname	Form	House	Points
Sherihan	Mehmet	13BTD	B	10
Jessica	Champion	13OES	O	10
Sophie	Gerrish	13RJB	R	10
Nida	Demirkaya	13RJB	R	10
Tiana	Martindale	13BTD	B	8
Charlie	Skipp	13RHK	R	8
Elena	Giudice	13BAS	B	7
Alicia	Seewooruttun	13BTD	B	7

EASTER

EASTER HAF PROGRAMME

Date: Tuesday 7th April
Wednesday 8th April
Thursday 9th April
Friday 10th April

Time: 10 AM - 2 PM

A program offering a variety of engaging activities and workshops for young people aged 8 to 16.

Activities include

- Boxing & Physical Fitness
- Music Production
- Hair & Nails
- Arts & Crafts
- Jewellery Making
- VR & Gaming

Additional Information

This program is available to school children who receive free school meals and either reside in Enfield or attend an Enfield-based school. Lunch will be provided. Individuals who do not meet this requirement are still welcome to attend; however, kindly ensure that lunch is provided for them.

CONTACT US

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FIND US

39 St James Chambers,
Edmonton, N9 0UD
(Next door to Saray Banqueting Suite)

northsideyouth.co.uk

[@nycc_london](#)

[NYCC Edmonton](#)

[@nycc_london](#)





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

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!

4Q Astro pitch
Drama studios
Sports hall
Mirrored dance studio
Classrooms
Outside spaces

CONTACT TODAY
07855042027

JOINING SCHOOL HIRE & FUNCTIONS LTD FROM 1ST SEPTEMBER 2025

A LITTLE MUD A LOT OF PRIDE

Come for the rugby, join a family

Calling all Yr6 to Yr13 Girls:
Visit Saracens Sonics for a free taster session on Thursdays from 6.30pm and Sundays from 12pm.

You'll find inclusivity, fitness and the chance to be part of the fastest growing girls' sport.

Zero knowledge of rugby required!

For more information: sonics@saracensarfc.com

Follow us on Instagram: [sarfc_sonics](https://www.instagram.com/sarfc_sonics)

Message our Director of Girls' Rugby: 07745 973644

**SARACENS
ARFC
SONICS**

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	GROUP 3	GROUP 4
Thursday's	Tuesday's	Thursday's
1230pm-2pm	1230pm-2pm	630pm-8pm
19th March 2026	28 th April 2026	30 th April 2026
26th March 2026	5 th May 2026	7 th May 2026
16th April 2026	12 th May 2026	14 th May 2026
23rd April 2026	19 th 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



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



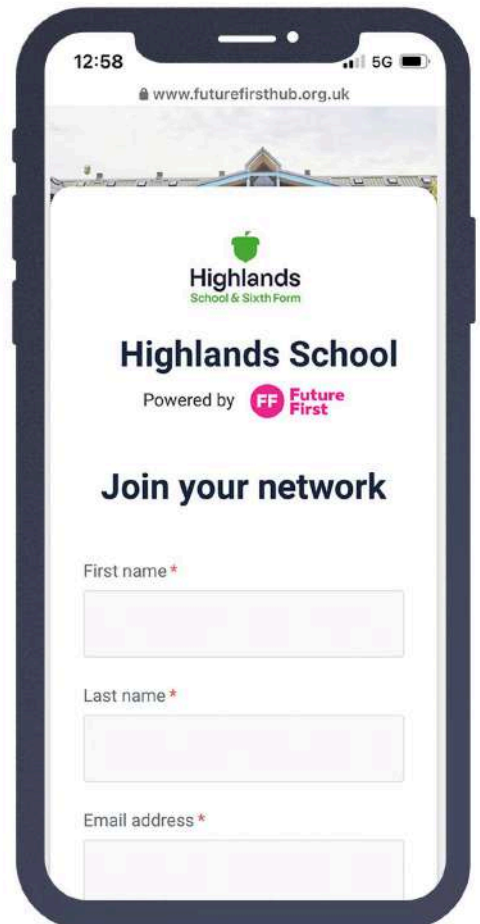
Scan the QR code to join the Alumni network

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
ONLINE, ON THE PHONE, ANYTIME

Childline confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or [online chat with a counsellor](#)

Good Thinking

Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

THE MIX

The Mix provides free, confidential support for young people under 25
Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)

Beat

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

kooth

Kooth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine



Safeguarding contacts

If you are concerned about your child's wellbeing or the wellbeing of any other student at Highlands School, please contact the school on 020 8370 1100 or email the DSL at staysafe@highlearn.uk. This email address can also be used for students, parents and carers to share any safeguarding concerns or to request support.

If you are concerned that a child has been harmed or is at risk of being harmed and school cannot be contacted, please contact Enfield Children's Multi-Agency Safeguarding Hub (MASH) on 020 8379 5555, and 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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 Instagram [@highlandssch](https://www.instagram.com/highlandssch)

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