



# Highlands School Newsletter

17th April 2026



Dear parents and carers,

This week marks the start of the summer term and, at school, we are fully focused on the upcoming GCSE, BTEC and A level exams, the first of which take place in just 13 school days! Over Easter, dozens of staff members and hundreds of students came into school for our Easter revision school. I came in to supervise on the final Thursday of the break and saw over 50 A level psychology students come in for their sessions, and they massively valued the support they were getting from the department. This was just one example among many.

If your children are taking exams in the next few weeks, please make sure they have a revision timetable, they are able to revise in a phone-free environment, and that they are eating and drinking well and getting lots of sleep. It all contributes to being in the best state to perform in the exams.

Many of you will have watched our school's performance of 'Chicago!' (teen edition) at the Millfield Theatre last summer. We were blown away by the quality of the performance and so were the judges at the National School Show Awards, as we have been nominated in six categories this year, including: best musical, best solo male performance in a musical and best female performance in a musical! Ms Miller, Ms Brown and the nominated students will attend the award ceremony at the Gillian Lynne Theatre on Shaftesbury Avenue on 22nd June. What an achievement! Details of this summer's show will be announced soon, be sure to come along!

At the end of each half term we monitor how our school is performing in key areas. We are pleased that our attendance remains very strong and is judged 1st by the Department of Education out of 21 identified 'similar' schools to us. We issued only six suspensions last half term, a record low, and the overall number of suspensions and students in internal exclusion has dropped year-on-year for three years. This is not because we have lowered our behaviour standards or that we do not apply our behaviour policy consistently, but it is an indication that our work in partnership with you, our parents,



is supporting students to demonstrate excellent behaviour and attitudes at school. Thank you for your support and well done to the hundreds of students who turn up to school every day, ready to learn and to make a positive contribution to the school community.

Finally this week, we have had a couple of incidents of students using remote controllers to turn off projectors during lessons. A student doing this is choosing to deliberately disrupt the learning of the entire class and make it very difficult for the teacher to do their job. It also drains school resources, as multiple members of staff are required to question the class in order to find out who is responsible. If your child does this, they will be issued either with a Saturday detention or a suspension. Please ensure your child does not involve themselves in such activities.

Have a good weekend,

Mr McInerney,

Headteacher

Key dates for this half term:

- Monday 4th May: bank holiday: school closed
- Tuesday 5th May: summer polo shirts can be worn from this date
- Friday 22nd May: end of half term



## Easter revision school

Easter revision school took place over the half term for our year 11 and 13 students, with a great turnout across the sessions. A huge thank you to our dedicated staff who gave up their time to support this - they truly went above and beyond, showing real commitment to helping our students secure the very best outcomes.



## Historians of the term

Last term, the following students were nominated as the historians of the term - well done to all of the winners.

**Year 7:** Rheo Ahmet, James Saat, Casper Floyer, Ruari Weiner, Jaiden Daley, Grace McGrath, Alara Ali, Ayaan Ali, Nicolas Marfici, Cassie Norman, Regan Arun, Grace Eldred, Dervis Duzgun, Violet Debenham Burton, Demi Colthurst and Charlie Nottage.

**Year 8:** Lucja Drozd, James Simpson, Harry Afhim, Zoe Matthews, Keira Kataria, Paul Munjal, Sofia Kolovos, Zack Papachristou, Sewal Gulem, Eren Mistiki, Francesca McNeil, Rowan Vaughan-Williams, Naomi-Rose Folorunso, Mila Fisher, Lilah Zekayi and Cameron Brodie.

**Year 9:** Eva Ho, Erkey Guzel, Jacob Tsangari, Sita Maitland-Walker, Finn McGrath, Charlotte Fisher, Andrew Spitaliotis, Sophie Fryer, Sumeyra Kiyamaz, Michael Angeli, Farida Nooreldeen, Veer Pithia, Katrina Awatur, David Kwarciak, Henry Plume, Jasaiya Ollivierre and Elma Stena.

**Year 10:** Marcus Marfici, Manav Tailor, Berol Boyraz, Talia Tarik, Isobella McNeil, Lexie Cullen Christian Demetriou, Sindi Shaban, Jack Galea and Sena Oguz.

**Year 11:** James Tyrimos, Nisa Tekic, Alessandro Rosiello, Franceska Koci, Amelia Marrison - Claffey, Francesca Georgiou, Joseph Tsangari and Angus Walmsley.



## Speak to Lead - equalities club

Our new student-led club, *Speak to Lead*, is built around two key ideas - speaking openly about the issues you face and leading change to address them. The aim is to create a safe and supportive space where students feel comfortable sharing their experiences, with Isaac and Sahara listening, understanding and empowering members to take an active role in making a difference. In our first session, students took part in icebreakers and “Would you speak out?” scenarios, exploring how they might respond to real-life situations. The group also reflected on work already completed, including the International Women’s Day assembly and special feature newsletter, before moving into discussions about the issues that matter most to them.

One topic raised frequently - both within the club and across the wider student body - was uniform, particularly skirt length for everyday wear and PE. Students discussed possible solutions, including the introduction of unisex shorts, improved fit through different seam designs, and options for longer skirt lengths.

Looking ahead, *Speak to Lead* hopes to stay connected with the wider school community through assembly updates, fundraising events such as bake sales and initiatives to support practical changes. With an open-door policy, the club welcomes every student, regardless of background or identity, and is committed to creating a space where everyone feels valued, supported, and empowered to speak up, take action and create meaningful change.

Speak to Lead club takes place every Tuesday - week B, 3:20pm - 4pm in the conference room.

**Isaac Mooney and Sahara Cakir**

**SPEAK  
to  
Lead**

**THE  
EQUALITIES CLUB**

**Every Tuesday (Week B)  
3:20pm - 4:00pm  
in the conference room**

**SPEAK ABOUT THE ISSUES &  
LEAD THE CHANGE**

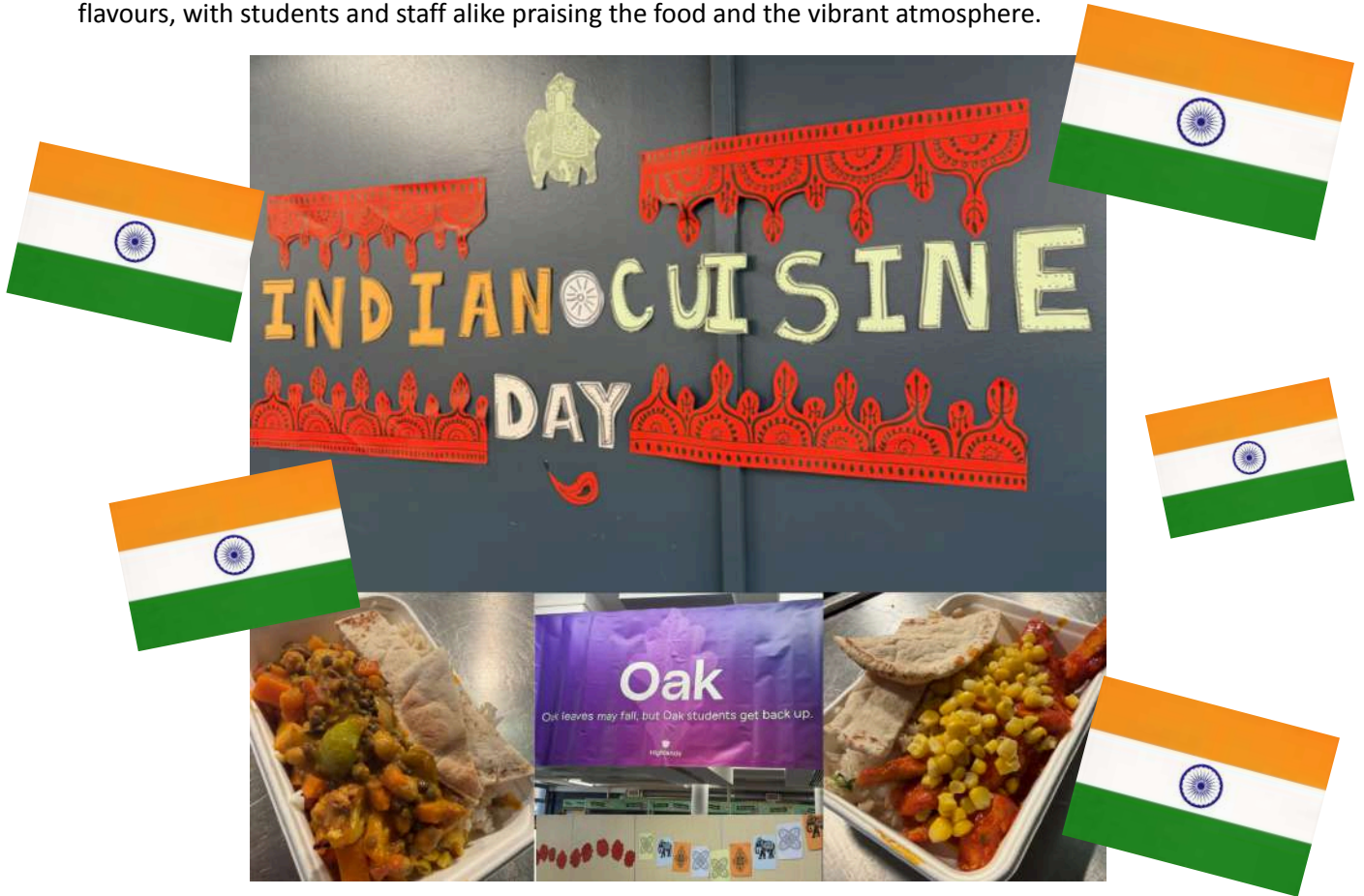
**Contact via email:**  
Sahara: [Cakirs20@highlearn.uk](mailto:Cakirs20@highlearn.uk)  
Isaac: [Mooneyil9@highlearn.uk](mailto:Mooneyil9@highlearn.uk)





## Indian Cuisine Day

Oak hosted a fantastic Indian cuisine day, serving up a delicious chicken and vegetarian curry with rice and sweetcorn that was thoroughly enjoyed by all. It was a great opportunity to experience new flavours, with students and staff alike praising the food and the vibrant atmosphere.



## Willow celebrates half term win!

Willow enjoyed a well-deserved reward celebration with a special treat and extended break time for being the half term winners.

A fantastic achievement - but the big question remains: will they go on to be crowned overall champions?





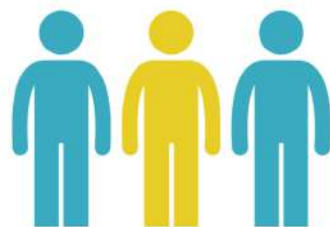
## Deaf Awareness assemblies

This week, we held Deaf Awareness assemblies led by Ms Jutila alongside some of our wonderful students from the Deaf Base provision.

They shared valuable insights into the assistive devices available, how deaf people communicate and practical deaf awareness tips. It was a powerful reminder that small, everyday adjustments can make a huge difference in creating a more inclusive and supportive environment for everyone.



**Deaf Awareness Week**  
4 - 10 May 2026



## Dancers of the week

Christian Kyriacou, Meryam Karakuzu and Sapphire Savva-Palmer in 7RNC are the dancers of the week for their great work on choreographies.



## Year 8 RS department competition

Year 8 students completed a creative piece of work building on their work in Religious studies lessons on Christian activism and the life and work of Oscar Romero in El Salvador. Students were given the task of designing their own El Salvadoran cross using inspiration from the work of Romero and showing their knowledge of his Christian beliefs and activism. Students wrote a reflection explaining their images and how it linked to what they had learnt about Romero.

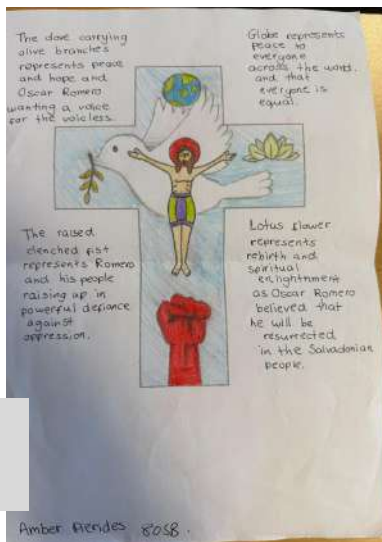
- 1st place: Kaya Gundogdu 8WEL (Willow) (1,000 points)
- 2nd place: Amber Pierides 8OSB (Oak)
- 3rd place: Iyla Shah 8WEL (Willow)

Congratulations to the winners!

### RS department



1st



2nd



3rd



Some of the other wonderful designs created by the students:



## Inter house maths quiz

Students put their knowledge to the test in exciting maths quizzes as part of the house competition, earning valuable points for their houses.

	Beech	Oak	Rowan	Willow
<b>Year 7</b>	195	125	177	211
	<b>2nd</b>	<b>4th</b>	<b>3rd</b>	<b>1st</b>
<b>Year 8</b>	226	211	246	170
	<b>2nd</b>	<b>3rd</b>	<b>1st</b>	<b>4th</b>
<b>Year 9</b>	159	233	251	224
	<b>4th</b>	<b>2nd</b>	<b>1st</b>	<b>3rd</b>

	Beech	Oak	Rowan	Willow
Year 7	3,000	1,000	2,000	4,000
Year 8	3,000	2,000	4,000	1,000
Year 9	1,000	3,000	4,000	2,000
<b>Total:</b>	<b>7,000</b>	<b>6,000</b>	<b>10,000</b>	<b>7,000</b>



## PE clubs this term

Monday	Tuesday	Thursday	Friday
Y13 A Level PE Mr Edwards Week A SL6 3:15 - 4	GCSE PE intervention (Week B) 11R/Pg Mrs Hutchinson PE4 3:15 - 4:15	GCSE PE intervention (Week B) 11S/Pg Mr Avann PE4 3:15 - 4:15	Tennis Years 7-10 Mr Mutinda/Mr Seston Courts 3:15 - 4:15
Cricket (boys and girls) Years 7-11 Mr Avann/ Mr Clarke Field/ Cricket Nets 3:15 - 4:15	GCSE PE Intervention 10P Mr Avann PE4 (theory) 3:15 - 4:15	Y13 A Level PE Mr Edwards Week B SL6 3:15 - 4:15	
	Athletics (track) Years 7-11 Mr Edwards/Mrs Hutchinson Field 3:15 - 4:15		
	Rounders Years 7-10 Mrs Walters, Ms Berrill, Mr Clarke Field 3:15 - 4:15		

## How to join a PE club

- Simply show up after school at the PE changing rooms at 3:15pm after period 5.
- You must wear your Highlands PE kit and trainers to take part.
- You must wear your school uniform to school and get changed after school in the changing rooms (unless you have a practical PE lesson on the day of your club).
- Bring any medical devices e.g., asthma pump with you.
- All clubs are for all students in the year groups stated. Year groups and clubs will change each half term.
- Inform your parents/carers that you are attending a club and your finishing time at school will be later (4:30pm).
- If a club is cancelled then an email will be sent home to inform parents.



## Highlands book of the month - April

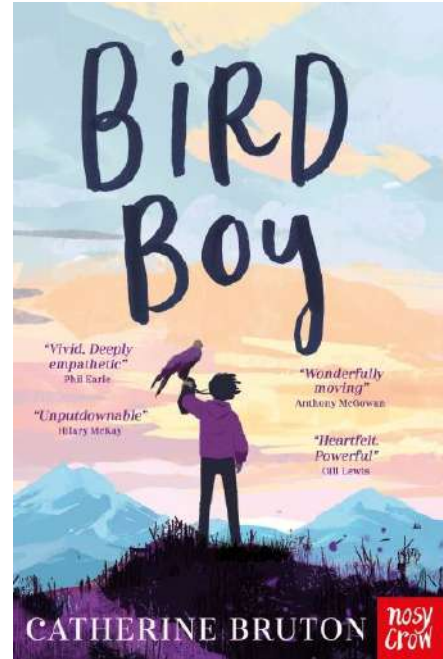
### Recommended read for KS3

#### **Bird Boy** by Catherine Bruton

After the tragic death of his mother, eleven year old Will is sent to temporarily stay with his uncle in the mountains.

Can you heal a broken wing? What about a broken heart? After years trapped in a high-rise flat, with only birds for company, Will doesn't know how he'll survive a place like this, but he soon finds solace in the woods, when he's surrounded by birdsong. With his new friend Omar - a refugee from Afghanistan - Will discovers an osprey nest with two small chicks inside. He forms an unbreakable bond with the birds, especially the smallest chick, who they name Whitetip. But when tragedy almost strikes again one stormy night, and Whitetip is knocked out of the nest breaking a wing, Will is determined to save her. Smuggling her down from the mountain, he finds a way to keep her alive.

As Will helps Whitetip to grow and to heal, he finds a strength inside himself that he never knew he had. Maybe, finally, Will can find a way to take flight too...

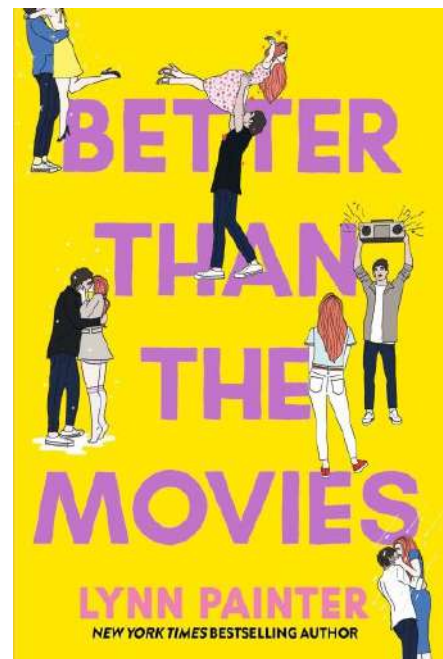


### Recommended read for KS4

#### **Better Than The Movies** by Lynn Painter

Teenager Liz Buxbaum, a hopeless romantic and perpetual daydreamer, has been in love with Michael for years - ever since before he moved away. Now that he's back in town, Liz is determined to finally get his attention and live out her perfect prom-night fantasy. To do that, she reluctantly teams up with her annoyingly attractive next-door neighbour, Wes Bennet, who has been winding her up since childhood with his constant pranks and teasing.

Despite their rocky history, Wes becomes Liz's unexpected way in, especially as he starts getting along with Michael. As Liz and Wes work together to help her win over her crush, she's surprised to find herself enjoying his company more than she ever thought possible. As their connection grows, Liz begins to question everything she thought she knew about love, romance and her idea of a "happily ever after." Blending humour, heart and plenty of rom-com references, the story shows that real love doesn't always follow the script - and can be even better because of it.





## 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

If your child is missing any items, please ask them to come to the school office next week to check if we have them.

Any items that are not collected by **Friday 24th April**, will be donated to charity or disposed of. Please click [here](#) for a list of lost property received since the start of term. Lost items from February to the end of March are highlighted in yellow.

### 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](mailto:postbox@highlearn.uk) for years 7-11 and [sixthform@highlearn.uk](mailto: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.

### Lunch money

The school is getting an increasing number of students whose lunch accounts are not topped up regularly, and they end up owing Chartwells, our canteen food provider, money for food they have taken. Please can parents ensure that their child's lunch account is checked daily if they want them to buy food in the canteen. We will be contacting home for any students who owe money to Chartwells.



## House weekly winners

The winner is the house with the most positive points, minus negative points, plus the points from the inter house maths quizzes and year 8 RS competition. Well done **Rowan!**

	Beech	Oak	Rowan	Willow
Positive points	4,536	5,425	6,527	6,821
Negative points	-251	-345	-186	-227
<b>Points overall</b>	4,285	5,080	6,341	6,594
Inter house maths quiz	7,000	6,000	10,000	7,000
Year 8 RS competition	-	-	-	1,000
<b>Total points</b>	<b>11,285</b>	<b>11,080</b>	<b>16,341</b>	<b>14,594</b>

### Top students in year 7

Forename	Surname	Form	House	Points
Violet	Debenham-Burton	7WDD	W	64
Alara	Yilmaz	7RNC	R	61
Jasper	Gavaz	7RNC	R	61
Imogen	Carlisle	7WDD	W	60
Athina	Bogkntani	7RNC	R	59
Sebastian	Muir	7RNC	R	59
Tess	Rowswell	7RNC	R	59
Demaris	Colthrust	7WTH	W	59
Saavan	Shah	7WDD	W	58
Alexa	Smith	7WDD	W	58

### Top students in year 8:

Forename	Surname	Form	House	Points
Lilah	Zekayi	8WEL	W	65
Selin	Ozturk	8WEL	W	61
Iyla	Shah	8WEL	W	61
Orhan	Ekiz	8WEL	W	55
Denna	Rorast	8OSB	O	54
Nieve	Pratt	8WEF	W	54
Layla	Orchant	8WEL	W	50
Alessia	Koci	8WEF	W	47
Sienna	Brown	8BAS	B	46



### Top students in year 9:

Forename	Surname	Form	House	Points
Ioannis	Stavrinoudis	9RGA	R	36
Adar	Abdi Mahamed	9WSW	W	32
Michael	Angeli	9RGA	R	31
Elektra	Taylor	9RGA	R	31
Ruby	Thaichi	9RJG	R	31
Eva-Nicole	Pieretti	9ODM	O	30
Alexa	Nicolau	9RGA	R	30
Levi	Howard	9RJG	R	30
Aaliyah	Lascelles	9WSW	W	30
Hannah	Gibbons	9WSW	W	28

### Top students in year 10:

Forename	Surname	Form	House	Points
Amima	Hossain	10OAC	O	28
Liam	Redmond	10RCX	R	28
Lexie	Cullen	10RCX	R	27
Molly	McGrath	10RCX	R	26
Austin	Kavanagh	10RCX	R	26
Xhorxhia	Kuvertaris	10RCX	R	26
Tahlia Teoni	Boyele	10RCX	R	25
Aaron	Sam-Habboo	10RCX	R	25
Nathan	Lemonious	10RCX	R	23
Leo	Albrecht	10RCX	R	22

### Top students in year 11:

Forename	Surname	Form	House	Points
Aled	Price	11ODC	O	24
Louie	Lynch	11RJC	R	22
Lorin	Varli	11ODC	O	21
Sebastian	Angelides	11OSM	O	20
Vishanne	Beezadhur	11OSM	O	20
Joseph	Casali	11RJC	R	19
Ella	Hayward	11RJC	R	19
Omyur	Karadzhova	11BLM	B	18
Samson	Tebb	11OSM	O	18
Nicole	Kozinos	11RJC	R	18



### Top students in year 12:

Forename	Surname	Form	House	Points
Evelina	Litviniuc	12WBS	W	14
Evie	Ferguson	12WTA	W	14
Sahara	Cakir	12BJT	B	12
Georgie	Georgiou	12OMA	O	12
Rozerin	Bozdog	12WBS	W	12
Georgia	Georgiou	12WBS	W	12
Vanessa	Banaszek	12WTA	W	12
Baran	Byndor	12WTA	W	12
Ann	Siby	12WTA	W	12
Naa Shidaa	Quartey	12WTA	W	12

## 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](mailto:school.hire@yahoo.co.uk). You can also find more details at [www.school-hire.com](http://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!

4G Astro pitch  
Drama studios  
Sports hall

Mirrored dance studio  
Classrooms  
Outside spaces

CONTACT TODAY  
07855042027



**ACTIVE ENFIELD** **ENFIELD Council**

# TENNIS

## LONDON YOUTH GAMES 2026

Represent Team Enfield!

**TRIALS**  
**Friday 24<sup>th</sup> April and 8<sup>th</sup> May**  
 8pm - 7pm  
 @ Enfield Chase Tennis Club  
 Mortimer Drive, Enfield, EN1 2LH  
 All players to bring their own racket!

**WHO?**  
 Junior Team: Aged 11-14  
 (Oldest DOB: 01/09/2012 - Youngest DOB: 31/08/2015)  
 Senior Team: Aged 12-17  
 (Oldest DOB: 01/09/2009 - Youngest DOB: 31/08/2014)



Scan the QR code to sign up!

**ELIGIBILITY CRITERIA**  
 All athletes need to live or go to school in London Borough of Enfield.

On entry, players must have a World Tennis Number between 25-40 8 (Junior) 20-40 9 (senior) or no World Tennis Number to be eligible for this competition.

**COMPETITION DATES**  
 Qualifiers: Saturday 8<sup>th</sup> June @ Wimbledon Park  
 Finals: Sunday 14<sup>th</sup> June @ Redbridge Sports Centre




0204 534 2691 | www.activeenfield.uk | sport@enfield.gov.uk

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# BASKETBALL

## LONDON YOUTH GAMES 2026

Represent Team Enfield!

**TRIALS**  
**Tuesday 21<sup>st</sup> April**  
 5:40pm - 6:40pm (Girls Trial)  
 6:40pm - 7:40pm (Boys Trial)  
 @ Southbury Leisure Centre

**WHO?**  
 Year 11 and under  
 (Oldest DOB 01/09/2009)

**TRAINING DATES**  
 All successful athletes must be available to train on Tuesday evenings up until the Qualifiers and Final dates.



Scan the QR code to sign up!

**ELIGIBILITY CRITERIA**  
 All athletes need to live or go to school in London Borough of Enfield.

**COMPETITION DATES**  
 Qualifiers: Saturday 23<sup>rd</sup> May 2026 (Boys)  
 Sunday 24<sup>th</sup> May 2026 (Girls)  
 @ UEL Sportsdock  
 Finals: Sunday 5<sup>th</sup> July @ QEOP Copper Box Arena




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# GIRLS FOOTBALL

## LONDON YOUTH GAMES 2026

Represent Team Enfield!

**TRIALS**  
**Friday 1<sup>st</sup> and 8<sup>th</sup> May**  
 5pm - 6:15pm  
 @ Capital City College Sports Centre, The Ride EN3 7GB

**WHO?**  
 Team 1: Year 7-8  
 (Oldest DOB: 01/09/2012 - Youngest DOB: 31/08/2014)  
 Team 2: Year 9-10  
 (Oldest DOB: 01/09/2011 - Youngest DOB: 31/08/2012)



Scan the QR code to sign up!

**TRAINING DATES**  
 All successful athletes must be available to train on Friday evenings at Capital City College (Enfield) up until the finals date.

**ELIGIBILITY CRITERIA**  
 All athletes need to live or go to school in London Borough of Enfield.

**COMPETITION DATES**  
 Finals: Saturday 13<sup>th</sup> June (Team 1)  
 Sunday 14<sup>th</sup> June (Team 2)  
 @ Jack Doster Pavilion




0204 534 2691 | www.activeenfield.uk | sport@enfield.gov.uk

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# HOCKEY

## LONDON YOUTH GAMES 2026

Represent Team Enfield!

**TRIALS**  
**Saturday 9<sup>th</sup> May & 16<sup>th</sup> May**  
 10:30am - 12:00pm  
 @ Southbury Leisure Centre Hockey Pitch

**WHO?**  
 Girls and Boys (separate teams)  
 Year 6 - 9  
 (Oldest DOB: 01/09/2011 - Youngest DOB: 31/08/2019)



Scan the QR code to sign up!

**ELIGIBILITY CRITERIA**  
 All athletes need to live or go to school in London Borough of Enfield.

Any player who trains or plays at County, London Area or higher are not eligible to play in the London Youth Games.

**COMPETITION DATES**  
 Boys Finals: Saturday 9<sup>th</sup> July  
 Girls Finals: Sunday 6<sup>th</sup> July  
 @ Lee Valley Hockey & Tennis Centre




0204 534 2691 | www.activeenfield.uk | sport@enfield.gov.uk



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# NETBALL

## LONDON YOUTH GAMES 2026

Represent Team Enfield!

**TRIALS**  
**Thursday 23<sup>rd</sup> April**  
 7pm - 9pm (Girls Team)  
 @ Broomfield Park, Palmers Green (Netball Court 3)  
 All players must bring a match ball!

**WHO?**  
 Year 7-9 (Under aged 14)  
 (Oldest DOB: 01/06/2008 - Youngest DOB: 31/08/2014)

**TRAINING DATES**  
 All successful athletes must be available to train on Thursday evenings at Broomfield Park up until the final's date.

**ELIGIBILITY CRITERIA**  
 All athletes need to live or go to school in London Borough of Enfield.

**COMPETITION DATES**  
 Qualifier: Saturday 13<sup>th</sup> June @ Redbridge Sports Centre  
 Finals: Sunday 5<sup>th</sup> July @ ODP Copper Box Arena

Scan the QR code to sign up!

0204 534 2691 | www.activeenfield.uk | sport@enfield.gov.uk

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# AQUATHLON

## LONDON YOUTH GAMES 2026

Represent Team Enfield!

**WHERE?**  
**Sunday 28<sup>th</sup> June**  
 London Aquatics Centre  
 Queen Elizabeth Olympic Park

**WHO?**  
 Year 7 - 200m Swim & 1km Run  
 Year 8 - 200m Swim & 1km Run  
 Year 9 - 300m Swim & 2km Run  
 Year 10 - 300m Swim & 2km Run  
 Year 11 - 400m Swim & 2km Run

**DEADLINE TO REGISTER**  
**Sunday 24<sup>th</sup> May**

**HOW TO SIGN UP?**  
 Scan the QR code and submit your best run and swim time for your age group which can be verified online.

**ELIGIBILITY CRITERIA**  
 All athletes need to live or go to school in London Borough of Enfield.

Scan the QR code to sign up!

0204 534 2691 | www.activeenfield.uk | sport@enfield.gov.uk

**strengthening families strengthening communities**

### Programme for Parents/Carers

**Strengthening Families, Strengthening Communities (SFSC)** is a 13-week inclusive evidence-based parenting programme for all parents and carers of children aged 0-18.

The programme will help parents/carers think about how their experiences, culture, upbringing, and family background have influenced their parenting style.

It will also help parents/carers answer some important parenting questions, such as:

- How do I build a better relationship with my child?
- How can I motivate my child to try their best at school?
- How do I encourage my teenager to make better decisions?
- How do I put boundaries in place with my child?
- How do I connect with the wider communities and services in my area?

**Who is it for?** All parents/carers

**How long?** 13 weeks - each week you attend a 3-hour session in person

**When?** Wednesdays, 15 April - 15 July 2026 (except 27 May) & Fridays, 17 Apr - 17 Jul 2026 (except 29 May)

**What time?** 9:45am - 12:45pm

**Where?** Wednesdays - Ponders End Family Hub, 141 South Street, EN3 4PX  
 Fridays - Craig Park Family Hub, 2 Lawrence Road, N18 2HN

**Certificate Award Ceremony at end**

**How to Book?** Strengthening Families, Strengthening Communities Programme or scan QR code

Accredited by Race Equality Foundation

www.enfield.gov.uk

**ENFIELD Council**

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# BADMINTON

## LONDON YOUTH GAMES 2026

Represent Team Enfield!

**TRIALS**  
**Tuesday 21<sup>st</sup> April**  
 5pm - 7pm (Mixed Trial)  
 @ Drill Hall Sports Club  
 All players must bring their own racket!

**WHO?**  
 Aged 11-17  
 (Oldest DOB: 01/08/2008 - Youngest DOB: 31/08/2014)

**TRAINING DATES**  
 All successful athletes must be available to train on Tuesday evenings at Drill Hall Sports Club up until the Finals date.

**ELIGIBILITY CRITERIA**  
 All athletes need to live or go to school in London Borough of Enfield.  
 Any players who has competed in three or more 'ties' for their county in the shires league 2025-26 for U13, U15 and/or U17 age group category will be ineligible.

**COMPETITION DATES**  
 Finals: Sunday 14<sup>th</sup> June @ Redbridge Sports Centre

Scan the QR code to sign up!

0204 534 2691 | www.activeenfield.uk | sport@enfield.gov.uk



# 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](#) 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](mailto:faithia.garffus@futurefirst.org.uk)

#HighlandsAlumni

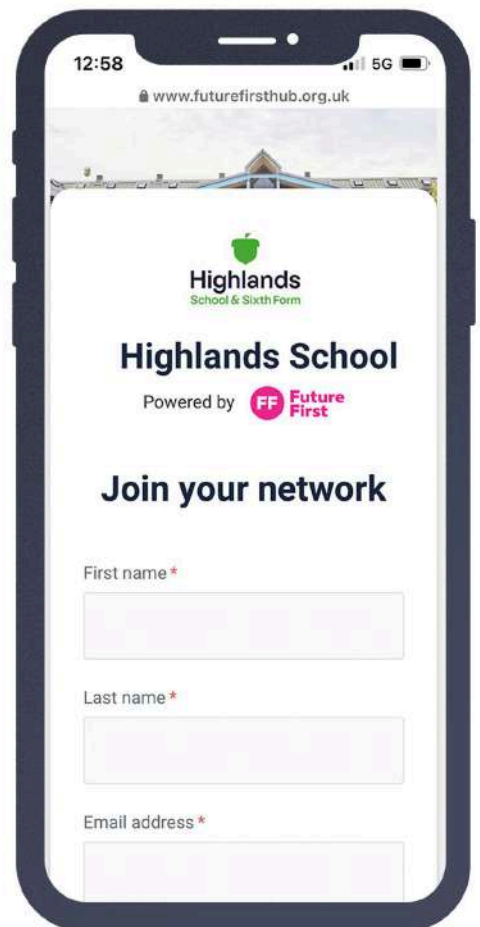


## Former student?

Return to Highlands School to inform our current students about what life beyond school is really like.

Sign up to our former student network to receive news, updates and invites to events.

Once you're signed up there is no obligation to volunteer, you can get involved around your availability.





## Student medical needs

If your child needs to take regular medication in school, please fill out the following [Medicines Consent Form](#) to give the school consent to administer medication to your child. All medications that are kept in school must be stored in the medical room.

## Mental health

We are continuously working hard to improve our understanding as a community of mental health, to enable us to provide the best possible outcomes for the young people in our lives. If you are ever concerned that your child is at risk due to very poor mental health please inform the school. You can also contact one of these numbers to seek support from a specialist. The Crisis line is there to offer guidance if your child may be having suicidal thoughts and is possibly in immediate danger. If you do ever find yourself in a position where you need to use these resources for your child, please make the school aware so we can provide appropriate support within school for your child.

### Urgent mental health support - 24/7 crisis lines

Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
South West London	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder ([link below](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](mailto: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](mailto: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](http://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

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)

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