



Highlands School Newsletter

1st May 2026



Dear parents and carers,

Many of you will know that, on Wednesday this week, two Jewish men were stabbed in Golders Green, north London, in an attack police have declared as a terrorist incident. They are recovering in hospital. These attacks are a part of an increase in anti-Semitic violence against Jewish people and property in London recently.

Two of our school values are 'respect' and 'equality' and we believe that all communities and groups of people should be able to live without fear of prejudice and in peace. We have Jewish students and staff at school and we will support them at this time.

Too often, people suffer discrimination because of their ethnicity, religion, sexuality or other reasons. At Highlands we celebrate diversity and stand together against hate.

We have put in place a comprehensive wellbeing plan to support students who are worried about or directly affected by the recent events in Golders Green and other events fuelled by discrimination. If your child has been affected by these please contact their head of year so that we can ensure that they have the support they need whilst in school .

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



Summer polo shirts

Please be aware that from Tuesday 5th May students will be allowed to wear their summer polo shirts. If students wish to wear the summer polo shirt they do not need to wear a tie or blazer. However, all other aspects of the uniform will remain the same - see below for more information. Please also remember that PE shorts should be worn to, or just above, the knee.

- The summer polo shirt is optional.
- Only the Highlands School polo shirt, purchased from the school uniform shops, can be worn. No other types of polo shirts are permitted.
- Students who wear the summer polo shirt do not have to wear a school jumper or a blazer, but may do so if they wish.
- Students who choose not to wear the summer polo shirt must wear the usual school uniform (shirt, blazer, tie with collared shirts).



LGBT+ History Month assemblies

This week's assemblies focused on LGBT+ History Month, providing students with a deeper understanding of key LGBT+ terms and definitions, and celebrating influential figures who have made history as part of the LGBT+ community. Students also explored common misconceptions, encouraging open discussion and greater awareness.

The assemblies highlighted how our school continues to support and stand alongside the LGBT+ community, promoting an inclusive and respectful environment for all.





Year 8 netball

After winning their side of the league, our Year 8 netball team headed into the finals on Tuesday. Facing off against a highly skilled Lea Valley Academy side, the girls faced an early challenge, ending the opening quarter down 2-1.

However, showing incredible resilience, the team dug deep and reclaimed their composure. By moving the ball with precision across the court, they were leading 6-3 at halftime.

The momentum stayed firmly in our favour throughout the second half. With exceptional control and cohesion, the girls extended their lead to secure a fantastic 12-7 victory!

This final was the perfect end to a great year. Not only are the girls the reigning champions of the Borough tournament but they also finish this season undefeated.

We are incredibly proud of the entire squad for their hard work and sportsmanship. A special mention goes to Alex, who was named Player of the Final for a standout performance.

Well done, girls!

Miss Berrill





TCS Mini London Marathon

On Saturday 24th April, a few Highlands students had the opportunity to run in the footsteps of London Marathon legends as they took part in the mini marathon event. Students finished their run down the Mall, crossing the finish line in style.

As a school and PE department, we are extremely proud and are glad they all had an amazing experience.

Mr Avann



Dancers of the week

Dancers of the week are Amanda Kabagaya and Lorin Varli in year 11 and Joe Norman in 7OFD for their work on their choreographies, well done.

Miss Brown



Annie - tickets on sale now!

Tickets for our upcoming production of *Annie* this June are now on sale. Don't miss what promises to be a fantastic show, brought to life by our talented students. Tickets can be purchased [here](#) and full event details can be found below.

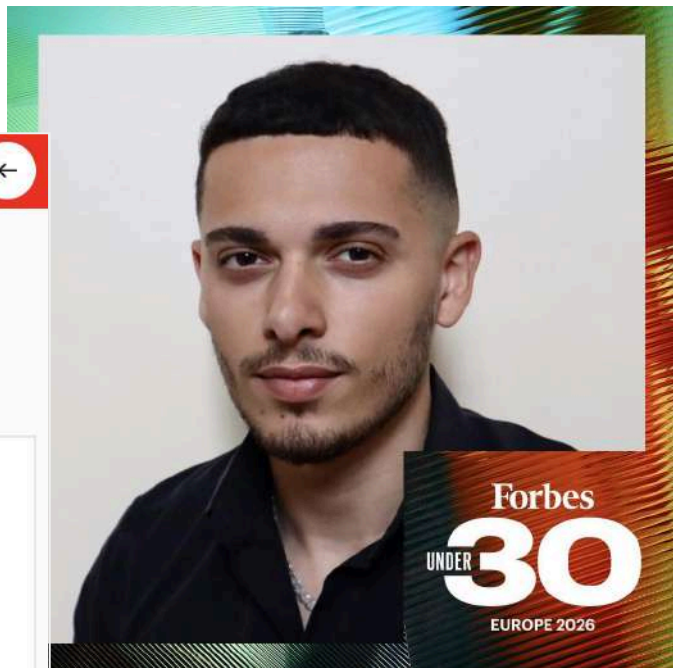
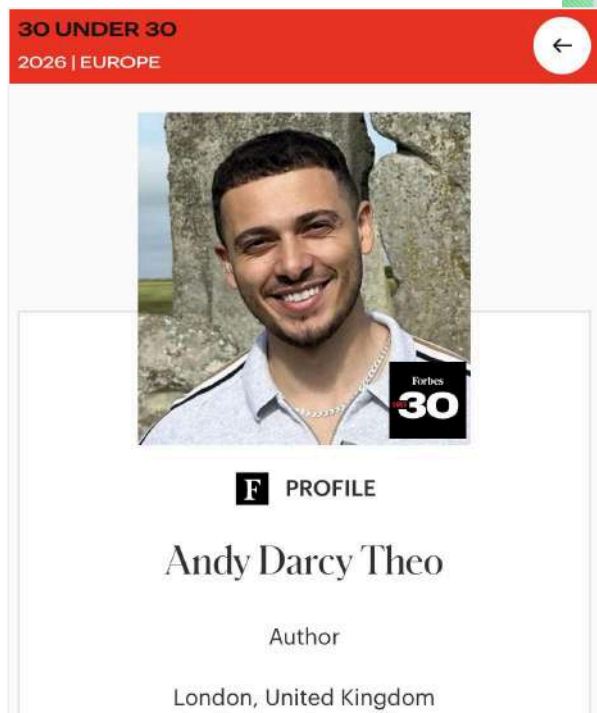
- Tuesday 23rd June at 7.30pm
- Wednesday 24th June at 1pm and 7.30pm
- Thursday 25th June 2026 at 7.30pm



Mr Theophani - Forbes 30 Under 30

We are delighted to celebrate the incredible achievement of our very own Mr Theophani, who has been recognised in the prestigious Forbes 30 Under 30 list as an author. Already a leading voice in the BookTok community, Mr Theophani built a following of over 167,000 before his viral series *How to Become the Perfect Book Boyfriend* caught the attention of Simon & Schuster. This led to the publication of his bestselling debut *The Light That Blinds Us* and subsequent sequels. His *Descent into Darkness* series, inspired by his personal experiences, has since been translated into seven languages. We are incredibly proud to have such an inspiring and accomplished teacher at Highlands, and to see his passion for reading and writing continue to motivate students both in school and around the world.

You can read more about Mr Theophani's success [here](#).



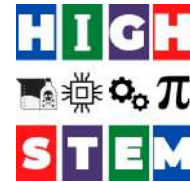


Highlands students explore veterinary science at the Royal Veterinary College

Students in years 10 - 12 were offered an exciting enrichment opportunity to visit the Royal Veterinary College (RVC) for a specialised afternoon anatomy session at its Camden Campus in London. Recognised as the number one veterinary school in the world, the RVC is one of the UK's leading institutions for veterinary education, making this a truly exceptional experience for students interested in the field.



The purpose of the visit was to broaden students' understanding of comparative physiology and animal biology through a range of engaging, hands-on activities. These experiences complemented GCSE and A level biology, while also giving students a taste of how scientific knowledge is applied in real-world veterinary and research settings.



During the session, students took part in a directed learning activity based on a simulated disease outbreak. This university-style task mirrored content from RVC's Biological Sciences course and helped students develop their scientific reasoning, analytical thinking and problem-solving skills.

Students also had the unique opportunity to explore the RVC Anatomy Museum, where they participated in an interactive quiz using real animal specimens. Led by Andrew Crook, head of anatomy, this session offered a rare chance to study authentic anatomical materials and deepen understanding of structure and function across different animal species. In addition, students used microscopes to observe and identify different types of tissue, further developing their practical laboratory skills. They also carried out a rat dissection under expert guidance, gaining first-hand experience of anatomical investigation and developing their confidence in practical work.

Students also observed animal physiology in context through a live animal experience delivered by the RVC anatomy team. This element of the visit reinforced key biological concepts while providing valuable insight into the practical aspects of veterinary science.

This trip was an inspiring experience for students considering a future in animal care, science or medicine, and highlighted the wide range of pathways available within veterinary science.

What students had to say;

'The trip to the Royal Veterinary College was great! I found it very insightful and exciting. It was fascinating (yet smelly) to actually dissect a rat and be able to name and analyse all of the different organs. I think that veterinary science is a great career to go into!' - Lois Anosike 11

'Looking through the microscopes in such detail and dissecting the rat was very cool and looking into college life at the RVC and learning about university was very helpful.' Samuel Malaj 10

'I really enjoyed the microscope section as the cells and the bugs were really exciting and interesting. The dissection was a first too and it was a very unique experience today' - Erkan Varlik 11



'The trip to the Royal Veterinary College was really inspiring to me. I thoroughly enjoyed being toured around the campus by the student ambassadors. It was great to see a cohesive community of students studying with great passion for their course. The hands-on experiences such as using scientific microscopes and dissecting a rat were a great way to apply classroom knowledge to real world scenarios. This trip sparked excitement for my education post-16 and I am incredibly grateful for this opportunity.' - Nea Petritaj 10

'The experience was a very informative and interactive opportunity which helped us consider a variety of options after sixth form. It allowed us to gain an inside within uni life overall the experience was very fun as we dissected rats and had a laboratory session with experienced teachers and professors' - Diana Tangestani 11

'This trip inspired me and was very enjoyable. The rat dissection was very interesting and provided a lot of insight. The people were pleasant and the microscopes were educational .This trip gave very good insight into what university life is like.' - Amelie Soon 12

'The RVC trip today was an encouraging experience and a new outlook on a path through biology that is not medicine. The trip intrigued me to look further into veterinary careers as they seem to be both fulfilling and enjoyable.' - Yunus Coskun 11

'The trip to the RVC was very educational. It gave me insight into the various options available to me in the world of veterinary science. I most enjoyed the rat dissection that we all got to take part in and speaking to the student ambassadors.' - Nicole Zeka 12

'One thing that I enjoyed about the trip was learning the difference between vets and vet nurses and what they do because I didn't know that before. I also enjoyed the microscope session because we were able to see things that we can't see at school in science lessons. It was also great to hear how passionate all the students were about what they are studying.' - Bibiana Edwards 10





Art Attack - Ed-Extra

Our year 7 and 8 students have been getting creative in Art Attack during Ed-Extra, producing superb clay masterpieces inspired by the work of Diane Lublinski.

Their imagination, attention to detail and craftsmanship were on full display with each piece showcasing real creativity and skill.



Updated PE Clubs timetable: 13th April - 22nd May

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 - running) Years 7-11 Mr Edwards Field 3:15 - 4:15	Athletics (field - throwing & jumping) Years 7-11 Mrs Hutchinson Field 3:15 - 4:15	
	Rounders Years 7-10 Mrs Walters, Ms Berrill, Mr Clarke Field 3:15 - 4:15		



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:

- **Aarav Shah 9RJG:** Awarded for delivering a fantastic maths presentation.
- **Meryem Karakuzu 7RNC:** Awarded for her kindness towards another student. Meryem stopped and helped another student in time of need.
- **Madison Lloyd 12BCR, Polina Zaiat 12BJT, Ameera Chaudri 12BJT, Irmak Gozek 12BJT and Nehir Cetin 12RSL:** Awarded for having the best presentation on the US Electoral College debate.
- **Conrad Berndes 10BBK and Lucas Griffiths-Er 10WNK:** Awarded for excellent improvement in attitudes to learning and putting in exceptional effort into homework.





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.

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.



Highlands book of the month - May

Recommended read for KS3

The Final Year by **Matt Goodfellow**

Follows the story of a young boy going into year 6, dealing with a failing friendship, an ill younger brother and his own mental demons.

Life can be tough in your last year of primary school. Tests to take, preparing for the change to high school. Nate is ready for it all, knowing his best friend PS is at his side - they've been inseparable since Nursery. When they are put in two different classes and PS finds a new friend in Turner, the school bully, Nate's world turns upside-down.

As he struggles to make sense of this and forge new friendships, he's dealt another blow when his youngest brother, Dylan is rushed into hospital.

His new teacher, Mr Joshua, sees a spark inside of Nate that's lit by his love of reading and writing and shows him how to use this to process what's going on. But with so much working against him, and anger rising inside him, will this be enough?

A powerful and lyrical story about finding your place in the world and the people that matter within it.

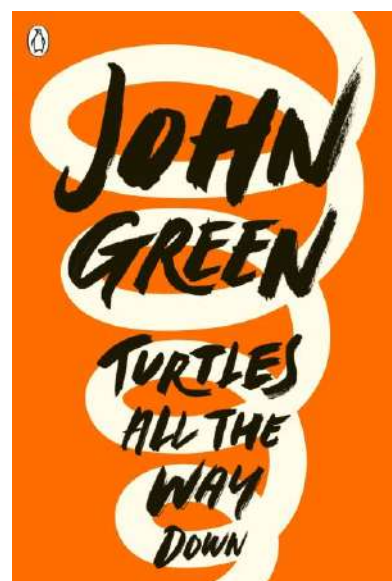


Recommended read for KS4

Turtles All The Way Down by **John Green**

16 year old Aza who has obsessive-compulsive disorder is searching for a fugitive billionaire in the hope of winning a \$100,000 reward. Sixteen-year-old Aza never intended to pursue the mystery of fugitive billionaire Russell Pickett, but there's a hundred-thousand-dollar reward at stake and her Best and Most Fearless Friend, Daisy, is eager to investigate. So together they navigate the short distance and broad divides that separate them from Russell Pickett's son, Davis.

Aza is trying. She is trying to be a good daughter, a good friend, a good student and maybe even a good detective, while also living within the ever-tightening spiral of her own thoughts.





House weekly winners

The winner is the house with the most positive points, minus negative points. Well done **Rowan**!

	Beech	Oak	Rowan	Willow
Positive points	7,102	7,264	8,425	7,906
Negative points	-578	-483	-265	-536
Points overall	6,524	6,781	8,160	7,370

Top students in year 7

Forename	Surname	Form	House	Points
Violet	Debenham-Burton	7WDD	W	77
Imogen	Carlisle	7WDD	W	74
Alexa	Smith	7WDD	W	74
Emilia	Celiz	7WDD	W	71
Bella	Luff	7WDD	W	70
Rhea	Charalambous	7OPH	O	69
Romayne	Palmer	7WDD	W	69
Khrish	Taylor	7WDD	W	67
Alexander	Millar	7WDD	W	67
Daniel	Epueke	7WDD	W	67

Top students in year 8:

Forename	Surname	Form	House	Points
Jemimah	Miah	8OMK	O	78
Amelie	Rupp	8BAS	B	75
Keira	Kataria	8OMK	O	74
Sienna	Brown	8BAS	B	73
Dilan	Oguz	8BAS	B	72
Francesca	McNeil	8RKM	R	72
Lucja	Drozd	8BAS	B	70
Ada	Keskin	8BAS	B	70
Nieve	Pratt	8WEF	W	69
Mollie	Morgan	8OMK	O	68



Top students in year 9:

Forename	Surname	Form	House	Points
Levi	Howard	9RJG	R	66
Jack	Moules	9RJG	R	56
Ioannis	Stavrinoudis	9RGA	R	55
Esmee-Mai	Coleman	9RJG	R	52
Maya	Paterson-Mckenzie	9RGA	R	51
Bella	Aydemir	9RGA	R	49
Alexa	Nicolau	9RGA	R	48
Maisie	Allan	9RJG	R	48
Kastina	Pashku	9RJG	R	48
Michael	Angeli	9RGA	R	47
Elektra	Taylor	9RGA	R	47

Top students in year 10:

Forename	Surname	Form	House	Points
Nathan	Lemonious	10RCX	R	47
Hayrullah	Ozdemir	10WMP	W	46
Liam	Redmond	10RCX	R	44
Amima	Hossain	10OAC	O	43
Simra	Hassan	10OAC	O	42
Noah	Rothberg	10RAB	R	42
Alex	Jarchlou	10OAC	O	41
Theo	Crow	10OAC	O	40
Leyla	Suleyman	10RAB	R	38
Amalia	LaMarca	10WMP	W	38

Top students in year 11:

Forename	Surname	Form	House	Points
Avril	Brown	11RJC	R	27
Alessandro	Miltiadous	11ODC	O	26
Mia	O'Sullivan	11RCG	R	25
Sophia	Kastanias	11ODC	O	24
Elyscia	Lazarides	11BLM	B	22
Poppy	Goss	11BLM	B	22
Joseph	Smyth	11BSQ	B	22
Sebastian	Angelides	11OSM	O	22
Joseph	Casali	11RJC	R	22
Vishanne	Beezadhur	11OSM	O	21
Lucia	Manescu	11RJC	R	21



Top students in year 12:

Forename	Surname	Form	House	Points
Emma	Simon	12BCR	B	14
Eren	Nalbantoglu	12RCW	R	14
Alexandra	Drikou	12ODS	O	12
Grace	Gakhar	12RCW	R	12
Mariah	Brooks	12RSL	R	11
Georgette	Agyeman-Aboah	12BCR	B	10
Veronika	Tsoma	12BCR	B	10

Top students in year 13:

Forename	Surname	Form	House	Points
Tiana	Martindale	13BTD	B	4
Giulio	Pappalardo	13OAL	O	4
Sia	Loomis	13OES	O	4
Sophie	Gerrish	13RJB	R	4
Nida	Demirkaya	13RJB	R	4
Alesha	Okoye	13WAD	W	4
Sherihan	Mehmet	13BTD	B	2

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!


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- ✓ Drama studios
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- ✓ Classrooms
- ✓ Outside spaces




GIRLS' ROUNDERS TRIALS



YEAR 7/8 TEAMS & YEAR 9/10 TEAMS

TUESDAY 5TH MAY
3.15PM - 4.30PM
MEET IN THE CHANGING ROOMS




ATHLETICS CLUB

YEARS 7-11

THURSDAY 7TH MAY
3.15PM - 4.15PM
WITH MRS HUTCHINSON
ON THE FIELD

THE FOCUS IS THROWING AND JUMPING EVENTS.




The Circle of Security Parenting

Circle of Security Parenting groups are designed to give Parents (including Fathers) 'a map' for understanding and responding to their children's emotional needs.

Circle of Security Parenting is not about fixing or managing behaviour – it is about strengthening the relationship and focusing on the most important thing of all – our relationship with our children. Circle of Security Parenting helps parents focus on connection, not correction. When we understand our child's needs, behaviour starts to make sense.

Aims of the Programme:

- Build a closer, more connected relationship with your child
- Understand what your child needs, not just their behaviour
- Focus on connection, especially when things feel hard
- Learn what your child is really trying to tell you through their behaviour
- Feel more confident in your parenting

Participants attend a 2-hour group session once per week for 8 weeks.

Who is it for? Parents/Caregivers (including Fathers) of children ages 4 months to 5 years old

When? Mondays, 20 April – 22 June 2026; or Fridays, 15 May – 10 July 2026

Where? Mondays, Craig Park Hub, 2 Lawrence Road, N18 2HN; or Fridays, Ponders End Family Hub, 141 South Street, EN3 4PX

Time? Mondays 10am – 12noon; or Fridays 10:30am – 12:30

How to book? Circle of Security Referral Or Scan QR Code



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




Contact Information: parentingprogrammes@enfield.gov.uk
www.enfieldparentingdirectory.co.uk



www.enfield.gov.uk





Book donations wanted!

We would be very grateful for donations of books appropriate for 11 year olds that could be added to our library collection or shared with other students and schools.

Please can students bring their book donations to the library or leave them at reception.

Thank you in advance for your support.

Highlands Library



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Thursdays - 5pm & 7.30pm
Fridays - 5pm & 7.30pm
Saturdays - 2pm & 5pm
Sundays - 2pm only

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WED U9 - U12
EVERY WEDNESDAY - 6PM
FIVES TRENT PARK FOOTBALL, BRAMLEY ROAD, N14 4UW

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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



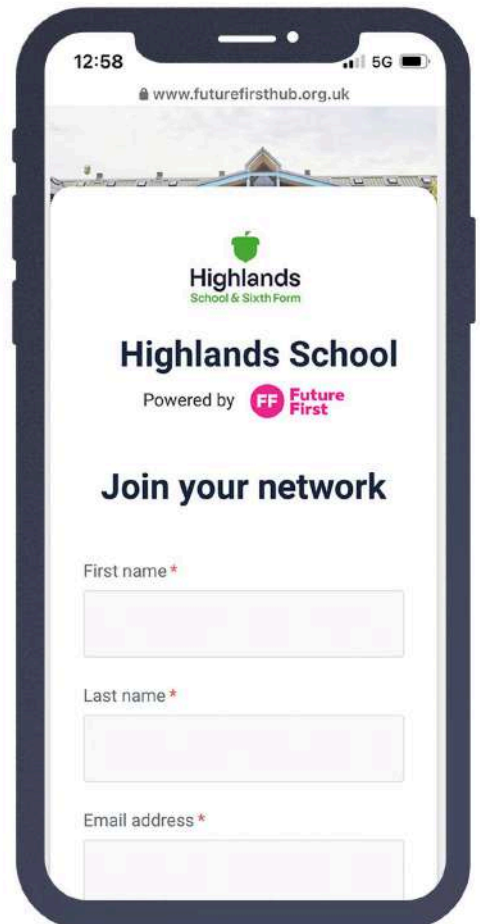
Scan the QR code to join the Alumni network

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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