



# Highlands School Newsletter

5th June 2026



Dear parents and carers,

We are delighted to invite you to join us as we celebrate 25 years of Highlands School. In 2000 Highlands was opened as the first PFI secondary school in England. This year we turn 25 and we will be celebrating on **Wednesday 8th July from 3.45pm**.

This special anniversary event will bring together current students, parents and carers, alumni, former parents, former staff and members of the local community who have been part of the Highlands journey over the past 25 years.

Guests can enjoy a mini festival atmosphere with refreshments, games and entertainment before coming together for the presentation of our 25th anniversary time capsule at 5.30pm.

If you would like to attend, please register your interest via the following [link](#) or by scanning the QR code from the invite on page 2.

Please note that tickets are limited and current students must be accompanied by a parent or carer.

Mr McInerney,  
Headteacher



**YOU ARE INVITED TO CELEBRATE**

**25**  
**YEARS OF HIGHLANDS**

**WEDNESDAY 8<sup>TH</sup> JULY | FROM 3.45PM**  
**HIGHLANDS SCHOOL**

Come to our mini festival  
with refreshment stands, games and  
entertainment.

Time capsule presentation: 5.30pm

Tickets are limited.  
If you are interested, please apply using the QR code.



Key dates for this half term:

- Thursday 11th June: culture and heritage day
- Tuesday 23rd June: 'Annie' opening night
- Wednesday 24th June: 'Annie' matinee performance and second night
- Thursday 25th June: 'Annie' final night
- Monday 29th June: year 11 and year 13 proms
- Wednesday 1st July: DARE Day 3
- Thursday 2nd July: DARE Day 4
- Tuesday 7th July: sports day
- Wednesday 8th July: Highlands 25 year celebration
- Wednesday 15th July: Thorpe Park trip for winning house and activity day for other students
- Friday 17th July: final day students are in school (normal finish time 3:15pm)
- Monday 20th July: home learning day, work set on Google Classroom



## Time capsule house competition

As part of our 25-year anniversary celebrations, Highlands School is launching a whole-school time capsule competition, bringing together all four houses - **Rowan**, **Willow**, **Oak** and **Beech**.

Students are invited to take part in the challenge, ***“Every house leaves its mark - what will represent Highlands in 2026?”***, by creating a meaningful piece that reflects life at the school today. This could include *creative writing, artwork, or even a front-page newspaper design* capturing key moments and experiences.

Each house captain and house SLT lead will review submissions and select their top **three** entries, with house points awarded for participation and stand out work.

The **final three** selections will go to a student vote, and the winning piece will be presented and placed into the time capsule during the anniversary celebration event, where it will live on as part of the **25-year legacy of Highlands**.

All creations must follow the brief: ***“Every house leaves its mark - what will represent Highlands in 2026?”***.

To enter the competition, students can submit their work by handing it directly to Ms Maple or by emailing it to **mapled@highlearn.uk**.

If you are creating a newspaper front page, a template will be available to download [here](#).

All submissions must be completed and submitted by **Monday 22nd June**.

## Cultural and Heritage Day - Thursday 11th June 2026

- Highlands Culture and Heritage Day will take place on **Thursday 11th June 2026**
- **All students** who attend school in their own/cultural clothes must donate **£1** (or more if they wish) and will receive achievement points for their house.
- The form that has the most people participating will get a prize.
- Money raised from Cultural and Heritage Day will go towards each house’s chosen charity.
- **Cultural and Heritage Day Bake Sale** will take place in the main hall at break time. Please remember to bring extra money to buy some treats. If you wish to bake or bring in a treat to sell, you will need to fill out a Google Form which will go out to all students very soon.





### What should you wear

- Traditional clothing or garments - cultural clothing should only be worn by those who share in that heritage and understand the symbolism and meaning behind it. An example of traditional dress would be a dashiki, salwar kameez or agbada.
- Coloured garments associated with **your** culture, heritage or flags (red, green, blue, white yellow etc.)
- Garments with printed flags of the culture you associate with.
- **National** sports shirts eg. football/rugby to be worn.
- If you have PE on this day, please **wear trainers** in order to be able to participate in the lesson



### What should you not wear

- Any item that is making a political statement
- No loose flags wrapped round yourself
- Face paint
- Military clothing - army/camouflage



Please also ensure:

- No tracksuit bottoms/joggers
- No masks
- No sliders/crocs
- No **club** football/rugby tops
- No clothing showing persons mid drift/ too short (eg skirt or shorts.)
- No items with inappropriate/offensive/defamatory language.



**This is not a non-uniform day or a day for students to just turn up in their hoodie or tracksuit. The clothing they wear should be linked to their culture or heritage.**



## Cultural and Heritage Day bake sale

We are excited to be hosting a cultural bake sale and invite students to bring in savoury and/or sweet treats that celebrate diversity through food, supported by our social action and equalities & diversity students.

We would appreciate your support in encouraging your child to take part. Items can be homemade or shop-bought (e.g. cakes, biscuits, cookies or savoury treats) but must be free from nuts, sesame and gelatine. Gluten-free and/or vegan options are also welcome. Please ensure all items are clearly labelled with what they are, along with your child's name and tutor group.

All contributions should be brought to reception by **8.40am on Thursday 11th June**. Students who take part will receive **5 achievement points**, with additional house points awarded based on funds raised for each house's chosen charity.

Students wishing to participate should complete the following [Google Form](#).



## Student volunteers for Cultural and Heritage Day

We are looking for students interested in helping decorate the school for Cultural and Heritage Day on **Wednesday 10th June 2026, 3.15pm - 5.00pm**.

Activities will include putting up bunting (approximately 50 metres x 4), arranging balloons, and creating welcome posters.

If your child would like to be part of the decorating team, please complete this [form](#) to register their interest. We will organise the volunteer team and provide further details closer to the date.

Thank you for your support!

**Ms Maple**





## Year 9 Textiles house competition

Congratulations to Lilah Jones in 9WMT, who has been selected as the winner of this term's year 9 textiles competition. The standard of entries was exceptionally high, making the decision incredibly difficult. Eirene Palamaras 9BLR was a very close runner-up, and both students should be commended for their outstanding creativity, skill and effort.

Well done to Lilah, whose winning design has earned **1,000 house points** for **Willow** house. Congratulations to both students on their fantastic achievements.

## Speak to Lead charity bake sale

A huge well done to the Speak to Lead, led by Isaac and Sahara, who recently organised a successful bake sale and raised an impressive £115 for CALM (Campaign Against Living Miserably). CALM is a charity dedicated to preventing suicide and supporting people struggling with mental health challenges through life-saving services, information and support.

Thank you to all the students who baked, donated and supported the event, helping to make it such a success. Their efforts have raised valuable funds for a fantastic cause and demonstrated the positive impact our students can make in the community.





## Duke of Edinburgh Social Value Award

We are delighted to share our social value certificate for this year, which recognises the incredible contribution made by Highlands students through the Duke of Edinburgh's Award. Collectively, students have completed an impressive 1,092 hours of volunteering during 2026 - an increase of 273 hours compared with 2025.

This achievement reflects the dedication, commitment and positive impact our students continue to make within the local community. Well done to everyone involved.

The certificate features the Duke of Edinburgh (DE) logo and the 'YOUTH WITHOUT LIMITS' slogan at the top. The main text reads: 'Thank you to The Duke of Edinburgh's Award participants from Highlands School who spent 1092 Hours volunteering between 1 April 2025 and 31 March 2026. We are immensely proud of the dedication, effort and achievement of young people making an impact in their community. The social value of these hours is £8243'. It is signed by Ruth Marvel OBE, Chief Executive, and dated June 2026.



## Duke of Edinburgh 70th Anniversary

On Friday 22nd May, I had the honour of attending a garden party at Buckingham Palace as part of the Duke of Edinburgh's Award's 70th Anniversary celebrations. The event brought together Gold Award holders from across the country and provided an opportunity to hear from inspirational speakers, including Hugh Bonneville and Alex Jones, while enjoying the beautiful grounds of Buckingham Palace. A highlight of the day was a speech from His Royal Highness Prince Edward, The Duke of Edinburgh, who reflected on the impact of the Award over the past 70 years and encouraged attendees as they embarked on their next chapter.

The Duke of Edinburgh's Award has been offered to year 10 students at Highlands for more than 20 years, with hundreds of our students successfully achieving the Bronze Award.

We are incredibly proud of this legacy and the valuable skills, confidence and resilience that students develop through taking part in the programme.

### Mrs Walters





## Year 8 Art of East Asia project

Our year 8 students have been creating beautiful clay tiles as part of their *Art of East Asia* project, inspired by the Chinese Ming Dynasty. Their designs feature fish motifs, which are considered symbols of luck, prosperity and abundance in many Asian cultures. Through this project, students explored traditional artistic styles and cultural symbolism while developing their ceramic and decorative art skills.



## Dancers of the week

The dancers of the week are from 8OMK and are Leah Karayianni, Mollie Morgan, Keira Kataria, Amelia Miltiadous, Paul Munjal and Aaron Habib for their choreography based on *Ghost Dance*. Well done 8OMK students.

**Miss Brown**



## 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:

- **Aisel Koxha 7BJC, Alya Dirik 7BJC, Arthur Coneywood 7BJC, Asena Kilic 7BJC, Dilda Payiz Simsek 7BJC, Floyd Smith 7BJC, Maximos Drikos 7WDD, Isabella Hilmi 7BJC, Kamran Ali 7BJC, Rheo Ahmet 7BJC, Sophie Winter-Taylor 7BJC, Dilay Yuksel 7OPH, Grace Mcgrath 7OPH, Isabella Constantinou 7OPH, Jialin Wei 7OPH, Margot Holdcroft 7OPH, Alara Yorganci 7RHG, Elissa Nazilli 7RHG, Nicole Panayi 7RHG, Selma Hafuzi 7RHG, Emma Varbanova 7RNC, Hermione Smith 7RNC, Victoria Terziyska 7RNC, Alexander Millar 7WDD, Aliyah Mohamed 7WDD, Amber Jarvis 7WDD, Bella Luff 7WDD, Emmy Celiz 7WDD, Imogen Carlisle 7WDD, Khrish Tailor 7WDD, Melodi Erbil 7WDD, Naiya Shah 7WDD, Noah Sonubi 7WDD, Aaron Selcuk 7WTH, Aryan Poudel 7WTH, Demmi Colthrust 7WTH, Liana Bakalli 7WTH, Lilly Anisko 7WTH, Rosie-Mae Lyle 7WTH and Zebulun Howard 7WTH:** Awarded for achieving over 1,000 achievement points this year.
- **Zoe Matthews 8BHV, Beth Rognaldsen 8RAC and Helin Kecec 8WEL:** Awarded for their fantastic effort in the year 8 drama script writing competition.
- **Jannah Silvera 8OSB and Malak Abood 8OSB:** Awarded for being kind to staff.
- **Tia Tanay 8WEF:** Awarded for her commitment to learning.





## Rowan rewards break

Congratulations to Rowan house, who celebrated a special rewards break this week after being crowned this half term's house competition winners.

Students enjoyed an extended break time and a free snack as a reward for their fantastic efforts and achievements throughout the term.

Well done to everyone in Rowan house for their hard work and contribution to this success!



## Annie - school production

Our school production team has been working tirelessly throughout the year to bring *Annie* to life. From auditions and rehearsals to choreography, music and staging, the dedication and hard work of our students and staff has been truly remarkable. Don't miss your chance to see this fantastic production - tickets are available now from Millfield Theatre - please see below.



## 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**





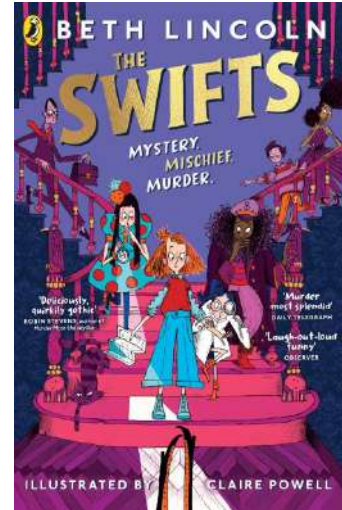
## Highlands book of the month: June

### Recommended read for KS3

#### **The Swifts** by Beth Lincoln

When one of the Swift family tries to murder Arch-Aunt Schadenfreude, someone has to work out who is the culprit.

On the day they are born, each Swift is brought before the sacred Family Dictionary. They are given a name and a definition, and it is assumed they will grow up to match. Unfortunately, Shenanigan Swift has other ideas. So what if her relatives all think she's destined to turn out as a troublemaker, just because of her name? Shenanigan knows she can be whatever she wants - pirate, explorer or even detective. Which is lucky, really, because when one of the Family tries to murder Arch-Aunt Schadenfreude, someone has to work out whodunit.

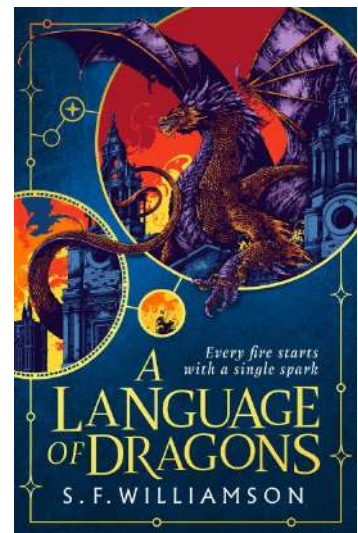


With the help of her sisters and cousin, Shenanigan grudgingly takes on the case, but more murders, a hidden treasure and an awful lot of suspects make things seriously complicated. Can Shenanigan catch the killer before the whole household is picked off? And in a Family where definitions are so important, can she learn to define herself?

### Recommended read for KS4

#### **A Language of Dragons** by S F Williamson

Viv Featherswallow is forced to become a codebreaker in order to save her family, but if she breaks the dragon code then everyone will be endangered. London, 1923. Dragons soar through the skies and protests erupt on the streets, but Vivien Featherswallow isn't worried. She's going to follow the rules, get an internship studying dragon languages, and make sure her little sister never has to risk growing up Third Class. By midnight, Viv has started a civil war.



With her parents arrested and her sister missing, all the safety Viv has worked for is collapsing around her. So when a lifeline is offered in the form of a mysterious 'job', she grabs it. Arriving at Bletchley Park, Viv discovers that she has been recruited as a codebreaker helping the war effort - if she succeeds, she and her family can all go home again. If she doesn't, they'll all die.

At first Viv believes that her challenge, of discovering the secrets of a hidden dragon language, is doable. But the more she learns, the more she realises that the bubble she's grown up in isn't as safe as she thought, and eventually Viv must decide: What war is she really fighting? An epic, sweeping fantasy with an incredible Dark Academia setting, a clandestine, slow-burn enemies-to-lovers romance, and an unputdownable story, filled with twists and turns, betrayals and secret identities.



## 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.

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 12th 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 April to the end of May 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.

## 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)

The poster features a green apple logo at the top center. Below it, the text reads "Highlands School" in a large, bold, dark blue font, followed by "148 Worlds End Lane, London, N21 1QQ" in a smaller black font. A descriptive sentence follows: "Modern and spacious facilities to hire for community events, sports groups, dance and drama classes, language school, tutoring services...and more!". Below this text are three circular images: the left one shows an outdoor sports field, the middle one shows a large green field, and the right one shows an indoor sports hall with rows of green chairs. At the bottom left, there is a logo for "SH & F" and text: "JOINING SCHOOL HIRE & FUNCTIONS LTD FROM 1<sup>ST</sup> SEPTEMBER 2025". A white button with a phone icon contains the text "CONTACT TODAY 07855042027". To the right of the button is a list of facilities with green checkmarks: "4G Astro pitch", "Mirrored dance studio", "Drama studios", "Classrooms", "Sports hall", and "Outside spaces".

**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!

JOINING SCHOOL HIRE & FUNCTIONS LTD FROM 1<sup>ST</sup> SEPTEMBER 2025

**CONTACT TODAY**  
07855042027

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



## House weekly winners

The winner is the house with the most positive points, minus negative points, plus the points from the year 9 textiles competition. Well done **Willow!**

	Beech	Oak	Rowan	Willow
Positive points	4,741	4,945	6,148	5,941
Negative points	-307	-312	-312	-321
Points overall	4,434	4,633	5,836	<b>5,620</b>
Year textiles competition	-	-		1,000
<b>Total Points</b>	4,434	4,633	5,836	<b>6,620</b>

### Top students in year 7

Forename	Surname	Form	House	Points
Maximos	Drikos	7WDD	W	70
Esra	Ekiz	7WDD	W	67
Yaseen	Khan	7WDD	W	66
Naiya	Shah	7WDD	W	65
Savvas	Georgiou	7WDD	W	65
Kamran	Ali	7BJC	B	64
Emilia	Celiz	7WDD	W	64
Rafael	Cimen	7WDD	W	64
Romayne	Palmer	7WDD	W	64
Bella	Luff	7WDD	W	63

### Top students in year 8:

Forename	Surname	Form	House	Points
Helin	Kekec	8WEL	W	35
Francesca	McNeil	8RKM	R	33
Iyla	Shah	8WEL	W	33
Lexie	Shengaris	8RAC	R	31
Paul	Munjaj	8OMK	O	30
Sewal	Gulem	8RAC	R	30
Maria	Hambi	8WEL	W	29
Arley	Alla	8RAC	R	28



### Top students in year 9:

Forename	Surname	Form	House	Points
Jack	Moules	9RJG	R	49
Ben	Clitherow	9RJG	R	46
Levi	Howard	9RJG	R	45
Alexa	Nicolau	9RGA	R	43
Christine	Mawutor	9ODM	O	40
Hasti	Zare	9ODM	O	38
Alara	Kilic	9RGA	R	38
Tiah	Patel	9RJG	R	38
Hannah	Khan	9RJG	R	38
Ioannis	Stavrinoudis	9RGA	R	37

### Top students in year 10:

Forename	Surname	Form	House	Points
Nathan	Lemonious	10RCX	R	49
Sophie	Rooke	10WNK	W	46
Bibiana	Edwards	10BBK	B	42
Lara	Almeida	10BBK	B	40
Liam	Redmond	10RCX	R	39
Faye	Etuazim	10WNK	W	36
Alina	Siby	10BAM	B	34
Nnaemeka	Onukaogu	10WNK	W	34
Taijah	Green-Barban	10WNK	W	33
Mollie	Abrahams	10WNK	W	32
Sindi	Shaban	10WNK	W	32
Sena	Oguz	10WNK	W	32



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

#HighlandsAlumni



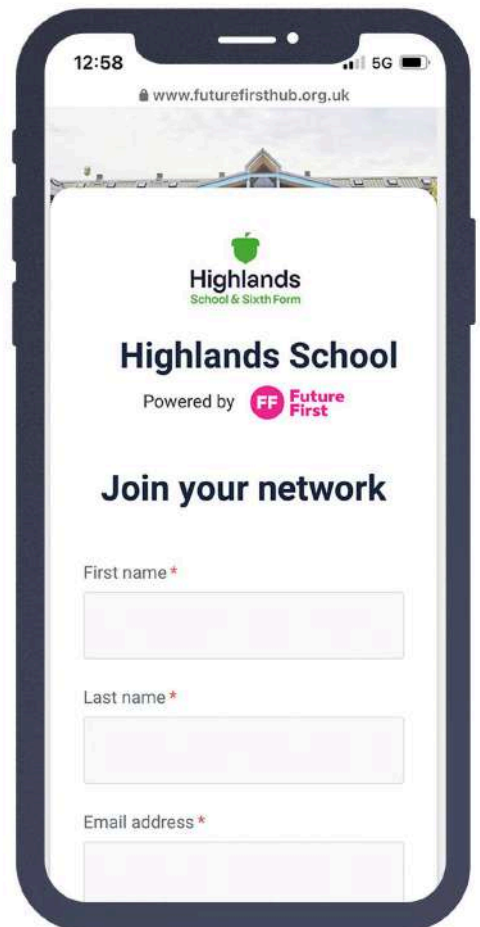
Scan the QR code to join the Alumni network

## 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](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)

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