



Highlands School Newsletter

12th June 2026



Dear parents and carers,

Four years ago our student leaders asked us to consider introducing a cultural and heritage day at Highlands. We did so and, since then, it has become one of the most warmly anticipated and welcomed dates in the school calendar. This year saw a fantastic celebration of the many cultures and backgrounds that make up our diverse community. Students and staff proudly took part by wearing traditional clothing or dressing in the colours of their national flags, creating a vibrant and colourful atmosphere across the school. The most common outfits were England shirts, whipping up some World Cup fever!

A particular highlight of the day was the cultural bake sale, where students shared a wonderful selection of homemade dishes and treats inspired by their heritage. The event gave everyone the opportunity to experience flavours from around the world while also raising money for the school's house system.

The day was a wonderful reminder of the importance of celebrating our differences and learning from one another. It was inspiring to see our school community come together to share stories, traditions, and cultures, reinforcing the values of inclusion, respect, and belonging that are at the heart of Highlands School. You can watch highlights of the day on our [Instagram page](#).

Another date that we are looking forward to is our 25 year celebration event, taking place on Wednesday 8th July. Students will be released from school at 12:40 on that day. If you would like to join us for the mini festival that will be taking place on the terrace at the back of the school, please read page 2 of the newsletter. We hope to see you there along with many of our former students and staff.

Have a great weekend,

Mr McInerney,
Headteacher



Key dates for this half term:

- 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

25 years of Highlands event

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.





Cultural and Heritage Day 2026







Cultural and Heritage Day house bake sale

As part of Cultural and Heritage Day, each house hosted a vibrant bake sale to raise money for their chosen charity, with every pound raised also contributing towards the house competition. From delicious homemade patties and spanakopitas to beautifully decorated Jamaican-themed cupcakes and a wonderful array of international treats, the event showcased the rich diversity of cultures within our school community.

It was a real delight to see so many different cuisines and traditional bakes on offer, and the sale was thoroughly enjoyed by students and staff alike.

A huge thank you to everyone who baked, donated and supported the event.



Cultural and Heritage staff wellbeing break

Staff enjoyed a special Cultural and Heritage Day wellbeing break, featuring a wonderful selection of delicious homemade treats from a variety of cultures. From freshly made patties and traditional lemon drizzle cake to an array of other homemade favourites, the staffroom became a celebration of flavour, community and the rich diversity within our school.

A heartfelt thank you goes to all the staff who baked, prepared and brought in treats for the occasion, helping to make it such a memorable and enjoyable event for everyone.





Cultural book corner

As always, our library played an important role in celebrating key events across the school calendar by creating a special Cultural and Heritage Day book display. Featuring a carefully selected collection of inspiring books that celebrate diversity, culture and identity, the display encouraged students to explore and appreciate the many stories and experiences that shape our world. Cultural and Heritage Day is an opportunity to recognise and value the different backgrounds, traditions and histories that make up our community.

At Highlands, we are proud to say that while we come from many different cultures, we are one community, united by respect, understanding and a shared commitment to celebrating what makes each of us unique.





Cultural and heritage Day special feature newsletter

This week, we are sharing a special Cultural and Heritage Day feature newsletter, including a gallery of photographs from the day, a *recommended reads* section and our *icons of identity* celebrating the traditions, stories and cultures that make our community so unique. Click [here](#) to read it.



Ghanaian Cuisine Day

As part of our Cultural and Heritage Day celebrations, we also marked Ghanaian Cuisine Day with a delicious special menu in the canteen. Students and staff enjoyed a choice of spiced chicken or mixed bean and vegetable BBQ, served with tomato rice and roasted mixed vegetables. The meal was a fantastic opportunity to experience the rich flavours of Ghanaian cuisine, and it was thoroughly enjoyed by all – it was absolutely delicious!





Year 9 and 10 rounders

The year 9 and 10 rounders team has had a disrupted start to the season due to the rain but has still managed to play two matches so far.

On 14th May, the team played AIM North London. The first innings was closely contested, with Highlands leading by one rounder at the halfway stage. A stronger batting performance in the second innings helped secure an impressive 11–6½ victory.

Last Thursday, the team played its second match, defeating Kingsmead convincingly with a score of 15–3½. It has been a fantastic start to the season for the girls – well done to everyone involved!

Mrs Walters





Year 7 and 8 rounders

On Tuesday, a mixed year 7 and 8 rounders team represented Enfield in the London Youth Games. The team started slowly but improved with each game, eventually winning three matches and losing three to finish fifth overall. We are very proud of the determination they showed and their willingness to adapt and learn throughout the tournament.

Well done!

Mrs Walters & Mrs Hutchinson



Trip to see *Grease*

On Tuesday 9th June, a group of Highlands staff and students enjoyed a visit to see *Grease* at the Emil Dale Academy, one of the country's leading musical theatre schools. It was a real pleasure to watch Highlands alumna Darcy Burt perform in the production and see her continuing to flourish in the performing arts.

We are also delighted to celebrate the fantastic achievement of Amelie Manning and Nicole Kozinos in year 11, who have both successfully secured places on the academy's highly competitive BTEC programme, starting this September. With over 1,500 students auditioning for just 55 places, this is an incredible accomplishment. Congratulations to both girls – we are so proud of you and look forward to watching you shine on stage in the years to come!

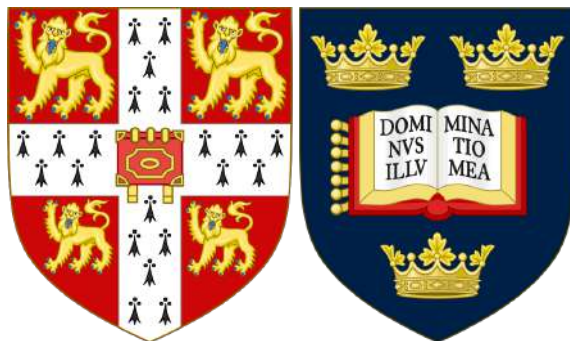
Miss Brown





Oxbridge seminar

Year 10 and year 12 students recently enjoyed an inspiring Oxbridge seminar, where they were introduced to the wide range of courses available at the Universities of Oxford and Cambridge. Students also heard from former Highlands student Alexis Attaliotis, who is now studying at the University of Cambridge, as well as Mr Marshall, who studied at the University of Oxford. Both speakers shared their experiences of university life and the application process, making the session incredibly insightful and encouraging for students considering applying to Oxbridge in the future.





Year 12 history and economics trip to Berlin

Year 12 history and economics students recently enjoyed an enriching and thought-provoking visit to Berlin, exploring key themes from both A level courses through first-hand experiences of Germany's complex twentieth-century history and economic development.

The visit began with a focus on Nazi Germany and the development of dictatorship and ideological control. At Bebelplatz, the site of the 1933 book burnings, students considered the significance of censorship, propaganda and the suppression of opposition in the Nazi consolidation of power, reflecting on how control of ideas underpinned the regime. This was followed by the Memorial to the Murdered Jews of Europe, which offered a powerful and sobering insight into the Holocaust and deepened understanding of Nazi racial policy and persecution, reinforcing classroom study and NEA preparation. The day concluded at the DDR Museum, where attention shifted into the post-war period as students examined everyday life in communist East Germany and experienced the realities of a centrally planned economy, supporting their understanding of different economic systems.



The next stage of the trip developed students' understanding of dictatorship, propaganda and Cold War tensions. A visit to Sachsenhausen Concentration Camp Memorial was a particularly powerful and reflective experience, allowing students time on site to consider the reality of Nazi repression. Moments of quiet reflection encouraged a deeper engagement with how state terror operated and how fear was used to maintain control, strengthening their understanding of Nazi Germany as a totalitarian regime. This was followed by the Berlin Olympic Stadium, where students explored how the Nazi regime used sport and international events as propaganda to project strength and modernity, reinforcing ideas about image-building and ideological messaging within the Nazi state. The visit also provided an economic dimension through consideration of large-scale government investment, infrastructure and long-term capital development.

The day ended at the Palace of Tears, a former border crossing between East and West Berlin, where students explored the lived reality of Cold War division and the contrasting political and economic systems that shaped everyday life on either side of the Wall.

The final stage of the visit focused on Cold War division and Germany's path to reunification. At the East Side Gallery, students reflected on the lasting legacy of the Berlin Wall and the impact of separation on communities and identity. The visit concluded at the Reichstag, home of the German Parliament, where students considered the development of modern German democracy following the collapse of both Nazi dictatorship and communist rule, and the broader transition towards political stability and economic integration.

Across the trip, the economics curriculum was brought to life through direct comparison of free market and centrally planned systems, particularly in East and West Germany. Students were able to see how central planning shaped incentives, production and living standards, while contrasting this with the growth, efficiency and rising prosperity associated with West Germany's economy. Government spending and supply side policies were also evident in the development and continued use of sites such as the Olympic Stadium, including its renovation for major international events and tourism.



For history students, the visit deepened their understanding of Nazi Germany by linking ideology, propaganda, and control to everyday life under the regime. It helped them see how dictatorship operated in practice and strengthened their grasp of how and why such a system was able to sustain power. Overall, the visit provided a valuable opportunity to bring classroom learning into a real-world context, deepening students' understanding of both subjects and giving greater depth to their study of twentieth-century political and economic change.

Ms Pavlou & Ms Ryoo





Tug of way - year 9 and 10

The first ever Highlands School tug of war competition took place this week, with year 9 and year 10 students kicking off the event. The matches were great fun to watch, with plenty of determination, teamwork, and friendly competition on display.

Well done to all the students who took part and showed off their strength and team spirit. Congratulations to team **Willow**, who scored the most points across all the games and were crowned the overall winners!



Tug of war	Beech	Oak	Rowan	Willow
Year 9 boys	2,000	4,000	3,000	1,000
Year 9 girls	3,000	1,000	2,000	4,000
Year 10 boys	3,000	1,000	3,000	3,000
Year 10 girls	3,000	2,000	1,000	4,000
Total points	11,000	8,000	9,000	12,000



Year 12 insight day at Lumon

Twenty year 12 students recently had the exciting opportunity to attend a Finance Insight Day at Lumon's London offices, following a successful application process.



The event provided students with first-hand insight into a wide range of careers within the finance sector, while helping them develop practical employability skills and challenge common misconceptions about the industry. Throughout the day, students heard from professionals across a variety of departments, gaining a greater understanding of the many career pathways available within a global foreign exchange company.

The day began with an introduction to Lumon and the foreign exchange (FX) industry, followed by a series of engaging talks from employees who shared their experiences, career journeys and insights into their roles. Students were surprised to discover the breadth of departments that exist within a finance organisation, from sales and trading to technology, operations, compliance, marketing, human resources and ESG (Environmental, Social and Governance).

Students also took part in a range of interactive activities designed to develop their teamwork and problem-solving skills. One of the highlights of the day was the Marshmallow Tower Challenge, where students worked collaboratively in teams to build the tallest free-standing tower using limited materials. The challenge encouraged creativity, communication, resilience and strategic thinking, all skills highly valued by employers.

The day also included sessions on building a professional brand, creating effective CVs, interview techniques and standing out when applying for work experience and future employment opportunities. Students benefited from practical advice on how to present themselves professionally and make a positive impression on employers.

Following dedicated CV and interview masterclasses, all students had their CVs reviewed by Lumon employees and took part in a 1:1 mock interview. These personalised sessions gave students the opportunity to practise responding to interview questions, receive constructive feedback from industry professionals, and develop greater confidence in their employability skills.

The experience was both informative and inspiring, providing students with valuable insight into the world of finance and the skills required to succeed in today's competitive job market.



Students found the day particularly valuable and shared positive feedback about their experiences:

"I didn't realise how many different departments and career opportunities there would be within a foreign exchange company alone. It really opened my eyes to the variety of roles available."

"The mock interview was one of the most useful parts of the day. It helped me understand what employers are looking for and gave me confidence for future interviews."

"I enjoyed hearing from employees across different teams and learning about their career journeys. It showed me that there are many different routes into a successful career and that your first choice doesn't have to define your future."

We would like to extend our sincere thanks to Alex and the entire team at Lumon for their time, hospitality and engaging presentations throughout the day. We are also grateful to Future First for making this fantastic opportunity possible and for continuing to support our students in exploring and preparing for their future careers.

Ms Laurenzi





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:

- **Akshayan Kanagarajah 7WDD, Alexa Smith 7WDD, Antonia Manescu 7BJC, Arthur Butcher 7BJC, Arthur Miguel Beda 7RHG, Arwah Iqbal 7BJC, Arya Serkan 7WTH, Bobby Pinalev 7RNC, Chan Zin 7RNC, Daniel Wallace 7BJC, Dylan Heer 7RHG, Eftelya Kaynar 7RHG, Emma Morina 7RHG, Esra Ekiz 7WDD, George Kolovos 7WTH, Hannah Millar 7WTH, Ibrahim Gokpinar 7RNC, Inaaya Miah 7RHG, Jaiden Daley 7OPH, Kai Hopkins 7RHG, Kristian Tatanov 7RHG, Lena Urbanowicz 7OPH, Lois Jobber 7BJC, Lovelle Taylor 7RNC, Mia March 7BJC, Nathan Henry 7BJC, Onesimus Zakarias 7RHG, Paxton Wright 7WTH, Phoebe Baxter 7BJC, Raphael Priestley 7BJC, Regan Arun 7RNC, Romayne Palmer 7WDD, Santino Stavrou 7WTH, Savvas Georgiou 7WDD, Seb Muir 7RNC, Sofia Guest 7RHG and Younis Hassan 7OPH:** Awarded for achieving over 1,000 achievement points this year.
- **Ailis Hoxha 9RJG, Asia Enver 9WSW, Ayse Yelmer 7OFD, Bella Aydemir 9RGA, Charlotte Murray 8WEF, Dilara Mehmet 7WTH, Elma Stena 9ORD, Emma Varbanova 7RNC, Eva Godfrey 9WMT, Greta Sulli 7OFD, Hasti Zare 9ODM, Ibrahim Shah 7BNI, Jemimah Miah 8OMK, Katherine Karasik 8RKM, Laia Ortega 8RKM, Larra Jaicob 7OFD, Lilah Jones 9WMT, Mae Elliot-Smith 8WEF, Martha Baker 7BJC, Naomi-Rose Folorunso 8WEF, Na'Rae Rodney 8RKM, Niamh Castle 8WEF, Orinthia Goonana 8RKM, Raya Modha 9BEF, Rosie-Mae Lyle 7WTH, Sita Maitland-Walker 9BLR, Sofia Charalambous 7BNI, Sophie Donovan Langdon 8WEF, Sumeyra Kiyamaz 9RGA and Victoria Terziyska 7RNC:** Awarded for excellent effort throughout the year in art, growing in confidence and producing exceptional work.
- **Adrianna Asade 8BAS:** Awarded for having an exceptional and beautifully created poster on fish in food technology.
- **Isaac Mooney 12ODS and Sahara Cakir 12BJT:** Awarded for organising the first Speak to Lead bake sale, raising money for CALM.
- **Anastasia Chrysanthou 7RNC, Angelina Kousoulou 8RKM, Baran Byndor 12WTA, Bella Luff 7WDD, Beth Rognaldsen 8RAC, Charlotte Yearwood 8RKM, Emily Newton 10RAB, Esra Ekiz 7WDD, Hannah Bauluck 9ORD, Helin Aslaner 8RKM, Hus Gokpinar 8RKM, Megan Kabeja 8BHV, Meliz Hassan 10WMP, Na' Rae Rodney 8RKM, Piran Sahin 7BNI, Ruby Newton 8RKM and Syerah Islam 9WSW:** Awarded for their support with the first Speak to Lead bake sale, raising money for CALM.
- **Omar Sediq 8OSB:** Awarded for working hard in maths.





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



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**.



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.

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.

Stay vigilant when using cash machines

It has been reported to us that a member of the local community recently had their bank card stolen while using the cash machine at Sainsbury's Highlands Village. According to reports, an individual approached the user claiming the machine was not working and distracted them while taking their card. A cash withdrawal was then made before the card could be cancelled.

While this incident did not involve the school, we would like to remind parents, carers and students to remain vigilant when using ATMs. If anyone approaches you while you are using a cash machine, do not allow them to interfere with the transaction or handle your card. If you feel uncomfortable or suspect something is wrong, cancel the transaction immediately and move to a safe place before contacting your bank.

Please also encourage older students who may use cash machines independently to be aware of distraction techniques and never accept help from strangers while using an ATM.

School lettings

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

For all booking enquiries, please contact **Jo Bukin, Director**, at **07855 042027** or email:

school.hire@yahoo.co.uk. You can also find more details at www.school-hire.com

The advertisement for Highlands School features a green apple logo at the top. The main text reads 'Highlands School' in a large, bold font, followed by the address '148 Worlds End Lane, London, N21 1QQ'. Below this, it lists various facilities available for hire: 'Modern and spacious facilities to hire for community events, sports groups, dance and drama classes, language school, tutoring services...and more!'. Three circular images show the school's outdoor field, a large green sports hall, and a mirrored dance studio. At the bottom, there is a 'CONTACT TODAY' button with the phone number '07855042027' and a list of facilities: '4G Astro pitch', 'Drama studios', 'Sports hall', 'Mirrored dance studio', 'Classrooms', and 'Outside spaces'. A small logo for 'SH & F JOINING SCHOOL HIRE & FUNCTIONS LTD FROM 1ST SEPTEMBER 2025' is also present.



House weekly winners

The winner is the house with the most positive points, minus negative points, plus the points from the year 9 and 10 tug of war competitions. Well done **Willow!**

	Beech	Oak	Rowan	Willow
Positive points	3,448	5,043	5,573	5,051
Negative points	-324	-270	-279	-380
Points overall	3,124	4,773	5,294	4,671
Year 9 & 10 Tug of war	11,000	8,000	9,000	12,000
Total Points	14,124	12,773	14,294	16,671

Top students in year 7

Forename	Surname	Form	House	Points
Romayne	Palmer	7WDD	W	57
Melodi	Erbil	7WDD	W	51
Imogen	Carlisle	7WDD	W	49
Ayla	Dawson-Powell	7WDD	W	49
Violet	Debenham-Burton	7WDD	W	49
Khrish	Tailor	7WDD	W	49
Alexa	Smith	7WDD	W	49
Amber	Jarvis	7WDD	W	49
Naiya	Shah	7WDD	W	48
Noah	Sonubi	7WDD	W	48
Bella	Luff	7WDD	W	48
Savvas	Georgiou	7WDD	W	48

Top students in year 8:

Forename	Surname	Form	House	Points
Zakariyya	Ahmed	8OMK	O	44
Michael	Demetriou	8RKM	R	38
Eliz	Sekmen	8WEL	W	38
Selin	Ozturk	8WEL	W	38
Helin	Kekec	8WEL	W	38
Melissa	Pedder	8BHV	B	37
Keira	Kataria	8OMK	O	37
James	Berris	8RKM	R	37
Iyla	Shah	8WEL	W	37
Alexia	Symeou	8WEL	W	37



Top students in year 9:

Forename	Surname	Form	House	Points
James	Dervish	9RJG	R	44
Jack	Moules	9RJG	R	43
Andrey	Petropavlovskiy	9ODM	O	42
Maisie	Allan	9RJG	R	42
Chloe	Williams	9ORD	O	41
Leo	Smith	9RJG	R	38
Ioannis	Stavrinoudis	9RGA	R	37
Guney	Comak	9RJG	R	37
Leon	Spalevic	9RJG	R	36
Hasti	Zare	9ODM	O	35
Ben	Clitherow	9RJG	R	35
Bekir Berk	Yalcin	9RJG	R	35
Levi	Howard	9RJG	R	35

Top students in year 10:

Forename	Surname	Form	House	Points
Nathan	Lemonious	10RCX	R	64
Liam	Redmond	10RCX	R	57
Simra	Hassan	10OAC	O	45
Theo	Crow	10OAC	O	43
Harrison	Higginson	10RCX	R	43
Thomas	Obrien	10OAC	O	36
Ioanna	Bello	10RAB	R	32
Zulaikha	Chaudhry	10RAB	R	30
Emily	Newton	10RAB	R	30
Krystal	Wright	10RCX	R	30
Molly	McGrath	10RCX	R	30



BOROUGH ATHLETICS TRIALS

Years 7 - 10

TUESDAY 16TH JUNE
3:15PM - 4:30PM
ON THE FIELD

PE kit needed

Events: Javelin, Discus, Triple Jump, Long Jump,
200m & 400m





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!

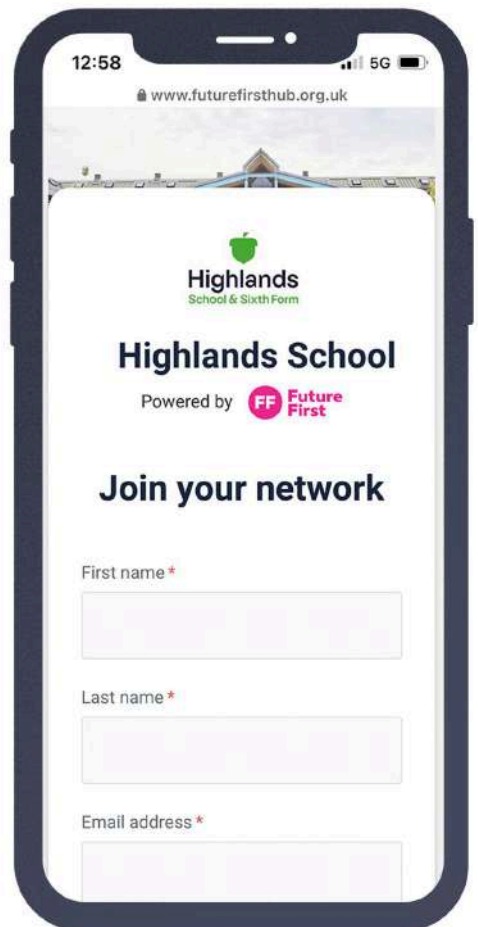
We are working with education charity Future First to set this up and all you need to do to get involved is sign up here: [Highlands School Alumni](https://www.futurefirsthub.org.uk) or alternatively scan the QR code below.

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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