



# Highlands School Newsletter

19th June 2026



Dear parents and carers,

This week, we celebrated the end of the GCSE exam period with our year 11 students. As is tradition at Highlands, students and staff enjoyed a celebration BBQ. Students signed shirts, shared memories with friends and teachers, and enjoyed ice cream in the sunshine. We are incredibly proud of all they have achieved and the way they have contributed to our school community. We look forward to seeing them on results day in August and then welcoming many of them back in September as they begin the next stage of their journey in our sixth form.

Well done, year 11 - we wish you every success for the future.

## **Warm weather**

From now until the end of term, as the weather is forecast to be warm, blazers do not need to be brought to school, or worn.

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

## Uniform update

As you know, here at Highlands School we have worked hard to make sure that our students maintain the highest uniform standards. We are proud that visitors and members of the public regularly comment on how well our students wear their uniforms. We are keen maintain these standards, therefore I would ask you to ensure that students meet the following expectations;

- Skirts are worn to the knee.
- PE shorts are worn to, or just above, the knee.
- No jewellery is allowed apart from one stud earring worn in each ear. Nothing apart from an analogue watch is to be worn on the wrist.

At Highlands, we believe in prevention before sanction. It is for this reason all students will be reminded of these expectations on Monday. I would appreciate it if you could support your son / daughter to meet these expectations. In order to support students to meet our expectations we will give students the opportunity to make any corrections necessary before any sanctions are set from Tuesday onwards.

### **Warm weather**

Some students have brought handheld fans into school. I would also ask that you remind your son / daughter that handheld fans are not allowed to be used in lessons as they distract from learning. Instead, these fans must be put away in bags during lessons.

Once again, many thanks for your support.

**Mr Hurst**



## 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.

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





## Class of 2026 - year 11 leavers' BBQ





## Transition Evening 2026

We were delighted to welcome our new year 6 students and their families to Highlands School for our Transition Evening. It was fantastic to see such a wonderful turnout and to meet so many students who will be joining our school community in September 2026.

During the evening, students had the opportunity to meet their new form tutors, take part in a friendly meet-and-greet session with their fellow form members, and begin building the relationships that will support them throughout their time at Highlands.

We hope everyone enjoyed the evening and found it helpful as they begin their Highlands journey. We are now looking forward to welcoming our new year 7 students back on Friday 3rd July for their taster day.



## GCSE and A level art and photography exhibition

Our GCSE and A level art and photography exhibition was a fantastic celebration of creativity, talent and achievement. Families, staff and students had the opportunity to view an extraordinary collection of artwork and photography, showcasing the remarkable skills, imagination and dedication of our young artists and photographers. The quality of work on display was truly exceptional! We are incredibly proud of all our students and the outstanding pieces they produced, which made this year's exhibition such a memorable and inspiring event.





## Year 10 rounders

On Wednesday, the year 10 Rounders team took part in the Borough Rounders Tournament at Enfield County School. The first game was against the hosts, and we narrowly lost  $5\frac{1}{2}$  - 3. We then played Southgate and, despite a stronger batting performance, drew  $4\frac{1}{2}$  -  $4\frac{1}{2}$ .

The team saved their best rounders for the end of the tournament, going on to beat AIM North London and St John's to finish second overall.

This team has won a medal in this tournament every year since year 7 - what an incredible achievement.

Well done, girls!

**Mrs Walters**





## Tug of war - years 7, 8 and 12

The inter-house tug of war competition continued from last week with year 7, year 8 and year 12 students taking to the field for a series of exciting and highly competitive contests. The atmosphere was fantastic, with plenty of determination, teamwork and house spirit on display throughout the event. Well done to all the students who took part and gave it their all. It was thoroughly enjoyed by everyone involved and proved to be another great success.



Tug of war	Beech	Oak	Rowan	Willow
Year 7 boys	2,000	1,000	4,000	3,000
Year 7 girls	4,000	3,000	2,000	1,000
Year 8 boys	1,000	2,000	3,000	4,000
Year 8 girls	2,000	3,000	1,000	4,000
Year 12 boys	3,000	1,000	2,000	4,000
Year 12 girls	2,000	1,000	4,000	3,000
<b>Total points</b>	<b>14,000</b>	<b>11,000</b>	<b>16,000</b>	<b>19,000</b>



## Cultural and Heritage Day house points

Last week, Highlands School came together to celebrate Cultural and Heritage Day, recognising and embracing the many cultures, traditions and backgrounds that make up our diverse school community. It was a brilliant day filled with colour, learning, fun and community spirit, with students and staff taking part in a range of activities including the Cultural and Heritage quiz, cultural bake sale, dress-up celebrations and much more.

Thank you to everyone who contributed to making the day such a success. The scores below show the house points accumulated across all of the Cultural and Heritage Day events.

### Cultural and Heritage Day quiz results

The following form classes scored the highest in the Cultural and Heritage Day quizzes.

- **10ORF** scored 105 / 130
- **9WSW** - scored 85 / 130
- **8WEF** - scored 75 / 130
- **7WDD** - scored 85 / 130

	Beech	Oak	Rowan	Willow
Cultural and Heritage Day quiz	-	1,000	-	3,000

### Cultural and Heritage Day bake sale

	Beech	Oak	Rowan	Willow
Bake sale (money raised)	£57.88	£25.52	£73.50	£75.01
Total points	2,000	1,000	3,000	4,000

### Cultural and Heritage Day staff dressing up

	Beech	Oak	Rowan	Willow
Dressing up (total number)	5	3	3	6
Total points	3,000	1,500	1,500	4,000



### Cultural and Heritage Day students dressing up / raising the most money

	Beech	Oak	Rowan	Willow
<b>Total amount raised</b>	£73.74	£46.35	£129.84	£84.75
<b>Total points</b>	2,000	1,000	4,000	3,000

### Charity bake sale success - thank you!

A huge thank you to all the students, parents, carers and staff who have contributed to the fantastic bake sales held throughout this academic year. Your generosity, enthusiasm and support have helped make these events a tremendous success.

In particular, our bake sales have supported our four House Charities:

- **Willow** – Place2Be
- **Beech** – World Food Programme
- **Oak** – Noah's Ark Children's Hospice
- **Rowan** – Great Ormond Street Hospital

We are delighted to share the final amounts raised from our most recent bake sale:

- **Willow** raised **£410.21** to Place2Be.
- **Beech** raised **£396.62** to World Food Programme.
- **Oak** raised **£383.52** to Noah's Ark Children's Hospice.
- **Rowan** raised **£331.28** to Great Ormond Street Hospital.

Together, our student leadership team, students, parents, carers and staff have raised an incredible **£1,521.63** this academic year for these worthy causes.

This is a fantastic achievement, particularly during a time when many families continue to face economic challenges. The Highlands School community continues to demonstrate its commitment to supporting others, raising awareness, and making a positive difference to those in need.

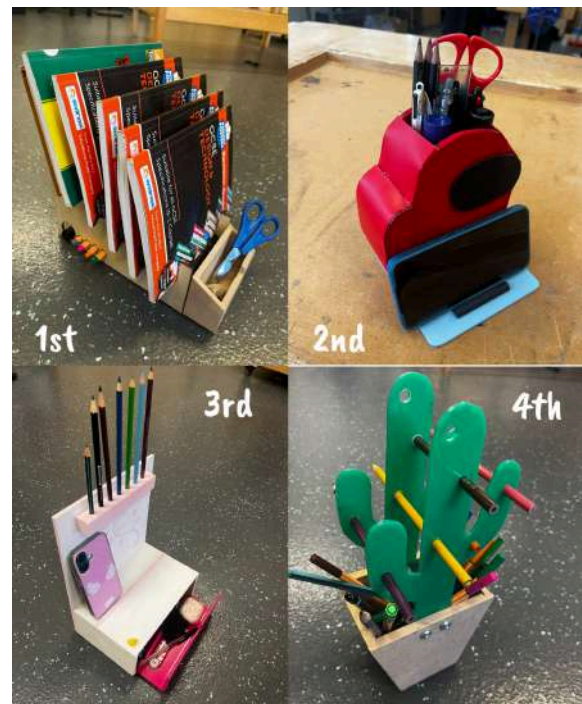
Thank you once again for your generosity, hard work and continued support.

**Ms Maple**



## D&T house competition

Congratulations to the winners of this term's Design & Technology Desk Tidy Challenge! Students were set the exciting task of designing and developing an innovative desk tidy, beginning with a fast-paced design sprint where they generated eight different ideas in just eight minutes. They then selected their strongest concept and refined it through detailed development work, including creating a physical model, producing CAD drawings and calculating material quantities ready for manufacture. The standard of work was exceptionally high, with students demonstrating creativity, problem-solving skills and excellent technical knowledge throughout the project. Well done to all participants, and a special congratulations to our winning designers for their outstanding designs and commitment to the design process.

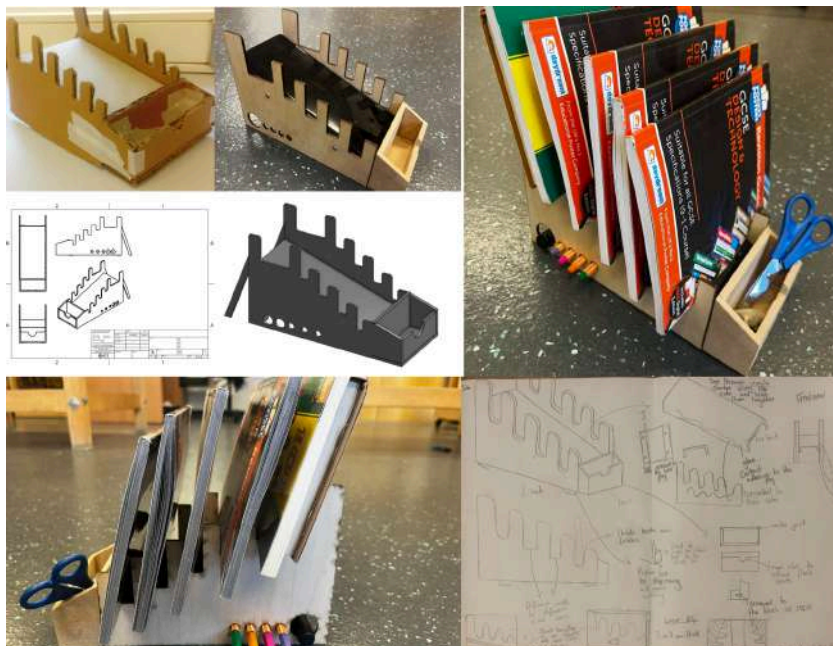


Well done to the following students for their fantastic work. I can't wait to see what you design and make for your GCSE NEA.

- **1st:** Jake Appleby **9BLR**
- **2nd:** Aarav Shah **9RJG**
- **3rd:** Liliana Jonczyk **9ORD**
- **4th:** Noam Powell **9ORD**

Mrs Harbour-Copper

**1st place: Jake Appleby 9BLR (1,000 points for Beech)**





## 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:

- **Bella Luff 7WDD, Helin Aslaner 8RKM, Isaac Dan Mooney 12ODS, James Berris 8RKM, Javaeh July-Clarke 7RHG, Joseph Taylor 8WEL, Kaj Conrad Hopkins 7RHG, Naomi-Rose Folorunso 8WEF, Ruby Walford 10RAB, Victoria Terziyska 7RNC, Zoe Mathews 8BHV, Aaron Habib 8OMK, Reuben Maple 8BAS, Noah Chavda 8BAS, Sienna Brown 8BAS and Stella Christodoulou 7OFD:** Awarded for decorating the school for Cultural and Heritage day.
- **Aydin Ali 9RGA, Andrew Spitaliotis 9ORD, Aarav Shah 9RJG and Aryan Shah 9RGA:** Awarded for an excellent maths presentation.
- **Estera Misheva 7WDD, Josh Samarasekera 7WTH, Javaeh July-Clarke 7RHG, Deren Hussein 7OPH, Jazzy Mustafa 7RNC, Nicolas Marfici 7RHG, Alexander Mitsis 7BJC, Iris Dobinson 7RHG, Dane Buhaescu 7RNC, Xion Esdaille 7RNC, Alara Yilmaz 7RNC, Kaya Rodgers 7OPH, Dilara Mehmet 7WTH, Archie Avery 7OPH, Kendyl Fordjour 7RNC, Umut Kabala 7OPH, Tansel Kilic 7WDD, Tess Rowswell 7RNC, Jessica Griffin 7OPH, Jada Osei 7BJC, Jasper Gavaz 7RNC, Moriko Tziova 7WDD, Billy Eldred 7RHG, Saavan Shah 7WDD, Yasemin Suleyman 7OPH, Athina Bogkntani 7RNC, Ayla Dawson-Powell 7WDD, Rhomero Maragh 7WTH, Skyler Weafer 7RHG, Dylan Ebberson 7RNC, Zerya Unek 7OPH, Max Di Tano 7WDD, Grace Eldred 7RNC, Thanishka Sathiyaseelan 7RHG, Jaiden Camacho-Merchan 7BJC, Leyla Besler 7BJC, Amelia Francis 7OPH, Mariam Valiji 7BNI, Emir Bolat 7WTH, Tino Pinalev 7RHG and Baris Oguz 7OPH:** Awarded for achieving over 1,000 achievement points this year.
- **Lucas Photi 9ORD:** Awarded for excellent maths contributions in lessons.





## 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](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.

### Cookbooks available

We have a selection of cookbooks available free of charge that are looking for a new home. If you are interested in receiving one or more of these books, please email the school office.



## 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)

**Highlands School**  
148 Worlds End Lane, London, N21 1QQ

Modern and spacious facilities to hire for community events, sports groups, dance and drama classes, language school, tutoring services...and more!

✓ 4G Astro pitch  
✓ Drama studios  
✓ Sports hall

✓ Mirrored dance studio  
✓ Classrooms  
✓ Outside spaces

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

**CONTACT TODAY**  
07855042027

**Coffee morning**

Working together to support your child's success at school.  
Friday 26th June 2026  
9am - 10.30am

Join us for a parent coffee morning with the SEN team and Educational Psychologist, focused on supporting your child's transition to the next academic year.

We will share practical strategies for managing anxiety, building independence, and supporting organisation at home.

The session will also explore how school and families can work together to support each child's needs.

There will be opportunities to ask questions and share experiences. We look forward to working in partnership to help your child feel confident and prepared for the transition to their next year of school/key stage.

FOR PARENTS WITH SEND STUDENTS AT HIGHLANDS SCHOOL



## House weekly winners

The winner is the house with the most positive points, minus negative points, plus the points from the tug of war competitions, Cultural and Heritage Day and year 9 D&T desk tidy competition. Well done **Willow!**

	Beech	Oak	Rowan	Willow
Positive points	5,150	6,677	8,588	8,109
Negative points	-327	-264	-342	-325
Points overall	4,823	6,413	8,246	7,784
Tug of war yr7, 8 & 12	14,000	11,000	16,000	19,000
C&H quiz results	-	1,000	-	3,000
C&H bake sale	2,000	1,000	3,000	4,000
C&H staff dressing up	3,000	1,500	1,500	4,000
C&H students dressing up	2,000	1,000	4,000	3,000
Year 9 D&T desk tidy competition	1,000	-	-	-
<b>Total points</b>	<b>26,823</b>	<b>21,913</b>	<b>32,746</b>	<b>40,784</b>

## Top students in year 7

Forename	Surname	Form	House	Points
Ruby	Clee	7WTH	W	73
Rudy	Sadiq	7BJC	B	72
Maria	Elbashir	7WTH	W	70
Alya	Dirik	7BJC	B	69
Cassandra	Norman	7RHG	R	69
Dilda Payiz	Simsek	7BJC	B	68
Dominic	Wodzynski	7WTH	W	68
James	Saat	7BJC	B	67
Zahra	Hazzan	7BJC	B	67
Selma	Hafuzi	7RHG	R	67



### Top students in year 8:

Forename	Surname	Form	House	Points
Helin	Kekec	8WEL	W	86
Suryan	Mistry	8WEL	W	83
Lilah	Zekayi	8WEL	W	70
Arya	Arablou	8WEL	W	68
Nieve	Pratt	8WEF	W	66
Iyla	Shah	8WEL	W	66
Helin	Aslaner	8RKM	R	65
Eren	Mistiki	8RAC	R	62
Selin	Ozturk	8WEL	W	62
James	Berris	8RKM	R	59

### Top students in year 9:

Forename	Surname	Form	House	Points
Jack	Moules	9RJG	R	53
Leo	Smith	9RJG	R	52
Hazal	Mehmet	9ORD	O	50
Hannah	Bauluck	9ORD	O	48
Summer	Mullooly	9RJG	R	46
Levi	Howard	9RJG	R	46
Benjamin	Taheny	9ORD	O	44
Maya	Paterson-Mckenzie	9RGA	R	44
Christine	Mawutor	9ODM	O	42
Ailis	Hoxha	9RJG	R	42
Hafsa	Kaderia	9RJG	R	42
Ariella	Elkabbas	9RJG	R	42

### Top students in year 10:

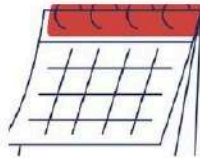
Forename	Surname	Form	House	Points
Tahlia Teoni	Boyele	10RCX	R	40
Darcey	Griffin	10WMP	W	36
Nathan	Lemonious	10RCX	R	34
Shania	Anyemedu	10OAC	O	32
Tishaan	Patel	10WMP	W	31
Annika	Trivedi	10WNK	W	31
Nea	Petritaj	10WNK	W	31
Lala	Fars	10BAM	B	29
Xhorxhia	Kuvertaris	10RCX	R	29
Kourosh	Salehi	10WMP	W	28



## Come and join our Parent & Carer Advisory Group!

Are you a parent/carer with experience of using CAMHS?  
Then join us for the North Central London Parent and Carer  
Advisory Group!

Share your ideas about CAMHS and help improve support for  
children and their families. Work together with service  
providers to create real change. Everyone welcome!



Next meeting:  
**9 July 2026, 11am – 1pm**

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**For more information and to register interest please contact**  
George Cowan, Participation Officer at the Anna Freud:  
[George.Cowan@annafreud.org](mailto:George.Cowan@annafreud.org)



**Anna Freud**  
building the  
mental wellbeing  
of the next  
generation





*Let's talk about...*

## **SUPPORTING WELLBEING OF PARENT CARERS OF CHILDREN AND YOUNG PEOPLE WITH SEND**

### *Suicide and suicidal ideation*

**Bringing together parent carers and professionals  
to explore this crucial topic.**

Raise awareness and shared understanding of mental health challenges and trauma faced by Parent Carers.

Explore sources of support alongside those with lived experience.

Discuss what 'better' parent carer wellbeing would look like.

**Friday, 3<sup>rd</sup> July 2026**

**9:30 arrival / registration**

**10:00– 14:00 event**

***Light lunch will be provided.***

**Civic Centre, Enfield Town**



**BOOK HERE**

**Due to the nature of the content this event is for adults only.**

**Limited childcare available at Cheviot's - *booking is required.***

**Our Voice**



**ENFIELD  
Council**





# 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



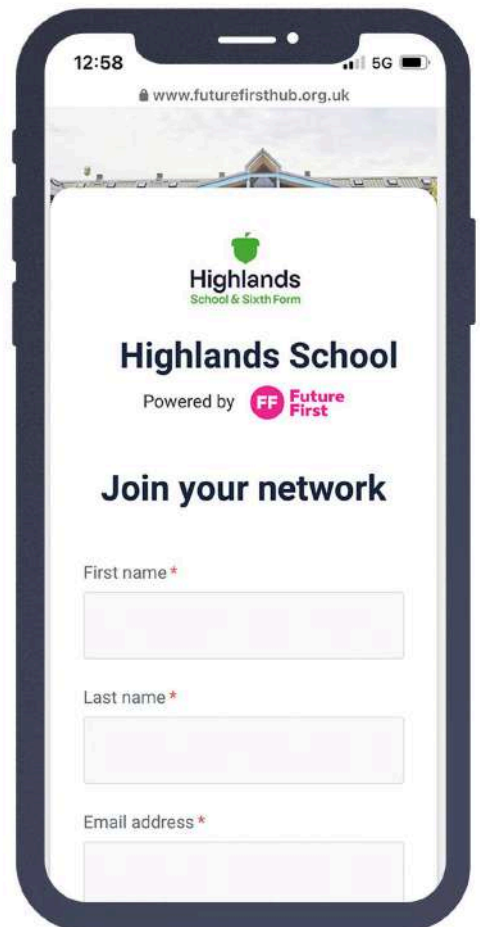
Scan the QR code to join the Alumni network

## 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**  
CHILDLINE, 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

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