



Highlands School Newsletter

11th September 2026



Dear parents and carers,

This week at Highlands we held our house assemblies. It was a great pleasure to see the students in Beech, Oak, Rowan and Willow together. We have a house system so that we can give students a sense of belonging and togetherness and pride in their house; to give them a range of leadership opportunities; to give them the chance to raise money for charities and make changes to the school in areas like the environment; and to enhance the range of extra curricular activities and competitions we hold at school. I want to wish students good luck for the competition this year. The winner of the first week's competition was Willow, last year's runners-up! Please remember that students in years 8-12 can apply to be house captains and vice captains or house representatives. Please encourage your children to apply! All application forms for student leadership roles have been shared in the house Google Classrooms and can be accessed on page 8 of this newsletter. Each student that applies, also receives house points.

On Monday 12th October we will be holding our open evening event. Each year, our open evening is one of the most important events in the school calendar, welcoming prospective students and their families who are considering joining Highlands. We are looking for enthusiastic students in years 8–12 to become student tour guides and represent our school on the evening. More information on how to apply can be found on page 2.

Have a great weekend,
Mr McInerney, Headteacher

Key dates for this half term:

- Thursday 8th October: DARE Day 1
- Friday 9th October: DARE Day 2
- Monday 12th October: open evening (early finish for students)
- Tuesday 13th October: (late start following open evening)
- Friday 16th October: end of first half term (start of two week break)
- Monday 2nd November: start of second half term



Highlands' Open Evening and Open Morning

We are delighted to welcome prospective families to our Open Evening on **Monday 12th October** and our Open Morning on **Wednesday 14th October**.

Come and explore our outstanding school, meet our staff and students, and see what makes Highlands such a special place to learn and grow.

The registration link for both events will go live on **Monday 14th September at 9am** - keep an eye on our website.



Represent Highlands at Open Evening

Each year, our open evening is one of the most important events in the school calendar, welcoming prospective students and their families who are considering joining Highlands.

We are looking for enthusiastic students in years 8–12 to become student tour guides and represent our school on the evening. This is a fantastic opportunity to play an important role in showcasing Highlands, sharing your experience of school life and helping our visitors feel welcome. Students selected as tour guides will also earn house points for their contribution, while developing valuable confidence, communication and leadership skills.

Tour guides will be required from **4.00pm - 9.00pm** on **Monday 12th October**. A snack and drink will be provided, but please make sure you eat before coming to school.

Subject teachers will be selecting students separately to support individual departments. **Please only complete this [form](#) if you would like to volunteer as a tour guide and not as a subject/department helper.**

If you are selected, you will be contacted and a consent form will be sent to your parent/carer.

Interested? Complete the [Google Form](#) by 9.00am by Friday 18th September 2026.

We look forward to seeing our students proudly representing Highlands!



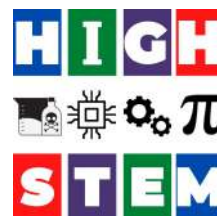
Highlands' aspiring engineer

We are delighted to celebrate the achievements of our year 13 student Darcy Dundridge, who recently completed the Mechanical Engineering Summer School at University College London (UCL).

During the programme, Darcy had the opportunity to develop her understanding of mechanical engineering, tackle real-world challenges and collaborate with talented students from across the programme. The experience provided a valuable insight into the field of engineering and the skills required for a future career in the sector.

We are particularly proud to share that Darcy was also awarded the Silver Industrial Cadets Award, recognising her commitment, teamwork and the skills they demonstrated throughout the programme.

This is a fantastic achievement and reflects Darcy's enthusiasm and dedication to pursuing a future in engineering. Darcy is also super excited to be supporting our Edextra LEGO coding club which will commence in the coming weeks.



Congratulations, Darcy - we are incredibly proud of you and look forward to seeing where your engineering journey takes you!

Dr Len





Welcome back house assemblies

This week, we held our house assemblies, introducing our house system to students who have joined us this September and reminding everyone of the important role it plays in school life.

Students learned about the different student leadership roles available and how they can get involved as we officially kick off this year's house competition.

Information about each leadership role, along with application forms, has been shared in students' Google Classrooms, with all applications to be submitted by Thursday 17th September.

Rowan were crowned our House Champions last year - but will they hold on to their title this year?



Parent/carers webinars

A huge thank you to all the parents and carers who joined us for our parent/carers webinars this week. It was wonderful to see such a great turnout, and we hope you found the sessions informative and useful. Thank you for your continued support and engagement with Highlands School.

[Year 7 & 8 parent/carers information slides](#)

[Year 9, 10 & 11 parent/carers information slides](#)

[KS5 parent/carers information slides](#)



PE Clubs: September - October half term

Monday	Tuesday	Thursday	Friday
Netball Mrs Walters, Ms Berrill Years 7-11 Courts 3:15 - 4:30	Boys Football Mr Avann Astroturf Years 7 and 8 3:15 - 4:30 Bring PE kit and trainers (no studs)	Badminton (Week B only) Ms Berrill Sports Hall Year 7 - 1:10 - 1:40pm Year 8 - 1:40 - 2:10pm Must bring trainers	Basketball (girls and boys) (Week B only) Mr Edwards Sports Hall Years 7-11 3:15 - 4pm
	Gymnastics Ms Burt Sports Hall Years 7-9 3:15 - 4:30	GCSE PE Practical (Week B) Mr Avann Sports Hall 3:15 - 4:30 11R/Pg only Must bring trainers	
	Girls Football Mrs Hutchinson Years 7-11 Astroturf 3:15 - 4:30 Bring PE kit. Astros or trainers (no studs)	GCSE PE Practical (Week A) Mr Avann Sports Hall 3:15 - 4:30 10P/Pg only Must bring trainers	

How to join a PE club:

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



Ed-Extra - autumn term

We are pleased to confirm that Ed-Extra activities will begin on Wednesday 23rd September, running from 2:10pm to 3:15pm.

Important information for year 7 students

Year 7 students will leave school at the usual time of 2:10pm on Wednesday 16th September. Ed-Extra activities will begin from Wednesday 23rd September.

Students will receive information about their allocated Ed-Extra club, including the club name and rooming information, one week before their sessions begin.

Once Ed-Extra groups have been confirmed, no changes can be made to club allocations. We therefore ask students and parents/carers to carefully check the information provided when clubs are confirmed.

Year 8 – autumn term

Year 8 students who opted to stay on the school site for Ed-Extra will remain opted in for the whole of the autumn term.

This is because places have been allocated and external providers have already been booked and paid for. Unfortunately, we are therefore unable to make changes to these arrangements once the term has started.

Clubs, rooming and uniform

As a reminder, please see the information provided below regarding:

- The Ed-Extra clubs available this term
- Club rooming and locations
- The uniform students are required to wear for their Ed-Extra activity

Students should ensure that they come to school wearing the appropriate school uniform for their club on the day of their session.

We look forward to another successful term of Ed-Extra and hope that students enjoy the wide range of activities and opportunities available to them.



Where will my Ed-Extra activity be taking place and what should I wear?

Club	Space	Is PE kit to be worn?
Football	Astro	Yes
Basketball	Courts	Yes
Judo	Sports hall	Yes
Self defense	Sports hall	Yes
Boxing	Sports hall	Yes
Art Attack & Creative Arts	A6	No
Performing Arts (Drama)	DD1	Yes
Commercial Dance	DD3	Yes
Keyboard Jam	MM15	No
Samba Drumming	L1	No
Science Sparks	SL2	No
Coding/Robotics	DT computers	No
Narrative & Film (Movie club)	T1	No
British Sign Language Y7	H9	No
Orchestra (commitment 1 year - no rotation with other Ed-Extra activities)	MM5	No



Student leadership applications are NOW LIVE!

Fancy getting more involved and making a difference at school? Applications are now open for:

- Form representatives
- House leaders for: Rowan, Willow, Beech and Oak

Strand leads for:

- Environment captains and vice captains
- Social Action captains and vice captains
- Wellbeing captains and vice captains
- Sports captains and vice captains
- Performance captains and vice captains
- Equality captains and vice captains

Application deadline: **Thursday 17th September at 4:00pm**

Applications submitted after 4:00pm will not be accepted, so make sure you get yours in on time!

Once applications close, we will begin shortlisting, followed by interviews for strand leads and house captains.

Good luck, everyone - we're looking forward to seeing your applications and hearing your ideas!

[Form rep applications](#)

[House Captains](#)

[Strand Lead applications](#)

Form Representative (Yr 7- Yr 13)

The house system will provide the platform through which we build subject enrichment, student leadership and opportunities for healthy competition. This is your chance to develop new skills and make a great contribution to leading change and new ideas within in the school.

Please make sure you read the job description for the role you are applying for before you apply below.

[Form Representatives](#)

DEADLINE:

Thursday 17th September, 4pm. Applications after this time will not be accepted.

christofiy@highlearn.uk [Switch accounts](#)

* Indicates required question

Email *

☐ Record christofiy@highlearn.uk as the email to be included with my response

I confirm that I have read and understand the job descriptions. *

☐ Yes

Next

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Clear form



Kenya expedition with Highlands School - October 2027

Parent and student information evening, Thursday 17th September 7-8pm

We are offering a two-week expedition to Kenya in October 2027. True Adventure specialises in organising life-changing adventures for young people around the world. What sets these expeditions apart from other school trips is that the students will have the added responsibility of earning part or all their place on the expedition by raising funds.

They will also be given the opportunity to engage in the adventure before they leave the UK with regular face-to-face meetings, including responsible travel, practical skills, country and culture, and a training expedition where they will learn the skills needed to set them up for success prior to their time in Kenya. Whilst in-country, they will also take on a variety of different roles, including cooking for themselves, leading the team and managing their group budget. True Adventure aims to provide a holistic and transformative experience for our students, empowering them through adventure, fundraising, and personal responsibility. I am very excited about this opportunity as it will give students the chance to do something unique that will make them stand out from the crowd. The adventure experience will provide them with a wealth of new skills which they will find invaluable in school, at university and in the world of work.

There will be an information session, presented by Tara Caddy-Watson, **at 19.00 on Thursday 17th September online**, where you will be able to hear all about the amazing challenges that your child will have on our own school adventure. You can find out more about this opportunity through our bespoke trip page <https://true-adventure.co.uk/trip/highlands-school-expedition-to-kenya/>

Please register for the webinar on the 17th September [HERE](#). Please note that this is the same trip that was launched last academic year so if you are already registered you do not need to attend. This information evening is for people who would like to join.

I do hope you and your son/daughter are able to join us. I am sure you will find it interesting and see why the school values the outcomes of programmes like this.

Ms Aygul Husseyin & Tara Caddy-Watson from True Adventure





Annie school production

We are pleased to let you know that recordings of our school production of *Annie* are now available to purchase via ParentPay, priced at **£7 each**.

You can choose to purchase a recording of the performance from either **Wednesday 24th June** or **Thursday 25th June**. The deadline for all purchases is **1st October 2026**.

We hope you enjoy watching and celebrating the fantastic performances of our talented students!



School lettings

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

For all booking enquiries, please contact **Jo Bukin, Director**, at **07855 042027** or email: school.hire@yahoo.co.uk. You can also find more details at www.school-hire.com

Highlands School
148 Worlds End Lane, London, N21 1QQ
Modern and spacious facilities to hire for community events, sports groups, dance and drama classes, language school, tutoring services...and more!

Joining School Hire & Functions Ltd from 1st September 2025

CONTACT TODAY
07855042027

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



DARE Days - Thursday 8th October and Friday 9th October

Please see information below regarding our upcoming DARE Days. Payment for all DARE Day trips must be paid by **Friday 18th September**.

Year 7		
Thursday 8th October	Herts Young Mariners (External activity)	Beech & Oak
Thursday 8th October	Performing Arts Workshop (internal activity)	Rowan & Willow
Friday 9th October	Herts Young Mariners (External activity)	Rowan & Willow
Friday 9th October	Performing Arts Workshop (internal activity)	Beech & Oak

Year 8		
Thursday 8th October	Science Museum (External activity)	Beech & Oak
Thursday 8th October	St Albans Cathedral (External activity)	Rowan & Willow
Friday 9th October	Science Museum (External activity)	Rowan & Willow
Friday 9th October	St Albans Cathedral (External activity)	Beech & Oak

Year 9		
Thursday 8th October	Bletchley Park (External activity)	Beech & Oak
Thursday 8th October	Young Enterprise Launch Pad (Internal activity)	Rowan & Willow
Friday 9th October	Bletchley Park (External activity)	Rowan & Willow
Friday 9th October	Young Enterprise Launch Pad (Internal activity)	Beech & Oak



Year 10		
Thursday 8th October	Tower of London (External activity)	Beech & Oak
Thursday 8th October	Wise Up Apprentice Theme Day (Internal activity)	Rowan & Willow
Friday 9th October	Tower of London (External activity)	Rowan & Willow
Friday 9th October	Wise Up Apprentice Theme Day (Internal activity)	Beech & Oak

Year 11		
Thursday 8th October	Stubbers (External activity)	Beech & Oak Rowan & Willow
Friday 9th October	Mock interviews and skills building (Internal activity)	Beech & Oak Rowan & Willow

Year 12		
Thursday 8th October	Screens Park (External activity)	Beech & Oak
Thursday 8th October	Activity and Consultation Day (Internal activity)	Rowan & Willow
Friday 9th October	Screens Park (External activity)	Rowan & Willow
Friday 9th October	Activity and Consultation Day (Internal activity)	Beech & Oak



School announcements

School photographs

On Tuesday 15th and Wednesday 16th September the school photographer will be coming into school to take all students' photographs. Students will be informed when they should arrive at the sports hall for their session, and they will return to lessons straight after.

The schedule is below.

Period	1	2	3	4	5
Tuesday 15th September	Year 7 Oak/Rowan	Year 8 Beech/Willow	Year 9 Beech/Willow	Year 9 Oak/Rowan (12.40pm) Year 11 Oak/Rowan (1.25pm)	Year 8 Oak/Rowan
Wednesday 16th September	Year 10 Beech/Willow	Year 10 Oak/Rowan	Year 7 Beech/Willow	Year 11 Beech/Willow	

Year 12 and 13 students will be able to have their photograph taken in their free periods.

All students should be in full uniform, including a blazer. If your child has dance or drama on these days they should come to school wearing full school uniform.

If your child is in Y9, 10 or 11 and has PE GCSE on either of these days they should come to school wearing full school uniform, and bring their PE kit to change into.

A proof copy of your child's photograph will be sent directly to the school a week later, and parents/carers will then have the chance to order these - full information on this will follow.

Years 7 and 12 will have their photos printed onto their permanent student ID card that they wear on their lanyard.



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.

Uniform donations

Our clothing recycling bins are no longer available. If you have any unwanted uniform this will need to be taken to Smiths schoolwear shops in Cockfosters or Enfield from October 2026 onwards. They are busy in September and are unable to take donations during this time. Please see below which explains the process and their pre-loved rewards system.

Do you know about our Pre-Loved Scheme?



*We are so pleased that our Pre-Loved scheme has been such a success. Unfortunately, because of this, there may be times where we need to pause donations to allow our team to run down remaining Pre-Loved stock.

Smiths
schoolwear

- 1 They Outgrow**
If you have unwanted uniform laying around, don't let it go to landfill. Our Pre-Loved process rewards donating and buying customers.
- 2 You Give Back**
Customers can donate outgrown uniform in any of our stores, receiving £0.50 account credit per donated item.
- 3 We Resell**
As long as items are in a re-sellable condition, we list Pre-Loved items in our online shop ready for buying customers. Our Pre-Loved products are priced from only £0.50.
- 4 We Deliver**
However you want to collect - via delivery, click and collect in store, or from the school office - we'll get it sorted.
- 5 They Succeed**
Thank you for being part of the change. You've prevented thousands of items of clothing from going to landfill.

www.smithsschoolwear.co.uk



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.

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.

Parenting programmes

Please click [here](#) to read some of the available parenting programmes available to parents and carers throughout Enfield.

Lunch accounts

Please can parents make sure they regularly check their child's lunch account to ensure there is enough credit for their weekly lunches. Please set your parentpay accounts to "**auto top-up**" meaning whenever the balance is low it will automatically top up.

If you are informed your child's lunch account has no money on it, and therefore you owe the canteen money for their lunch, please ensure you top up their Parentpay account enough to clear that debt and then enough for them to continue being able to buy lunch.



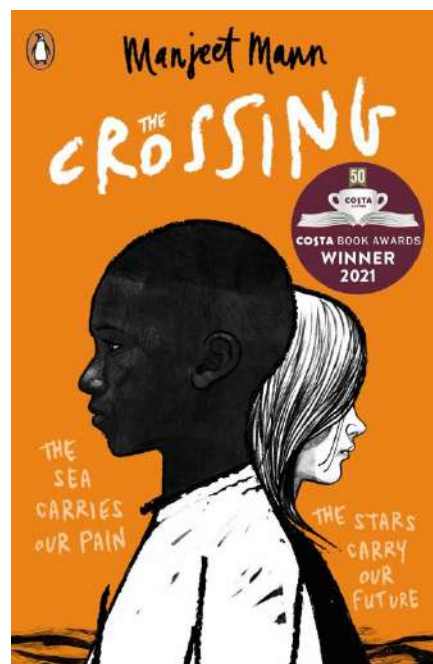
Book of the month - September

Recommended read for KS3: **The Crossing** by **Manjeet Mann**

A teenage girl struggling with her mother's death and an Eritrean refugee find hope when fate throws them together.

Natalie's world has turned upside down. She's lost her mum and her brother is descending further and further into anger and violence with a far-right gang who march the streets of Dover. Sammy has fled his home and family in Eritrea for the chance of a new life in Europe. Every step he takes is a step into the unknown - into a strange country and a hidden future.

A twist of fate brings these two teens from opposite sides of the channel together, but will their journey end in hope or despair?



Recommended read for KS4: **Things a Bright Girl Can Do** by **Sally Nicholls**

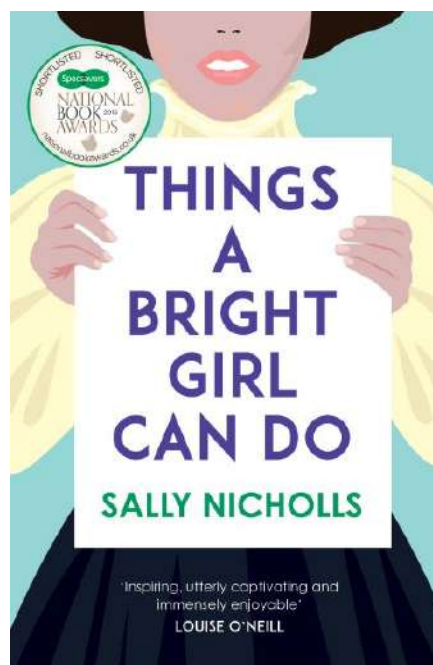
Three young women from different backgrounds joined the Suffrage movement in the early 20th century just before World War I.

Through rallies and marches, in polite drawing rooms and freezing prison cells and the poverty-stricken slums of the East End, three courageous young women join the fight for the vote.

Evelyn is seventeen, and though she is rich and clever, she may never be allowed to follow her older brother to university. Enraged that she is expected to marry her childhood sweetheart rather than be educated, she joins the Suffragettes, and vows to pay the ultimate price for women's freedom.

May is fifteen, and already sworn to the cause, though she and her fellow Suffragists refuse violence. When she meets Nell, a girl who's grown up in hardship, she sees a kindred spirit. Together and in love, the two girls start to dream of a world where all kinds of women have their place.

But the fight for freedom will challenge Evelyn, May and Nell more than they ever could believe. As war looms, just how much are they willing to sacrifice?





House weekly winners

This week's winner is the house with the highest achievement points minus concern points. Congratulations **Willow**!

	Beech	Oak	Rowan	Willow
Positive points	5,958	6,219	6,006	7,273
Negative points	-190	-138	-152	-133
Points overall	5,768	6,081	5,854	7,140

Top students in year 7

Forename	Surname	Form	House	Points
Alexi	Georgiou	7WNL	W	65
Siah	Adewale	7WNL	W	63
Aila	Ashpary	7WNL	W	63
Hareece	Rowe	7WNL	W	63
Inaya	Mayers	7WNL	W	63
Laura	Da Silva	7WNL	W	63
Aston	Agyekum	7WNL	W	59
Brenden	Alihakaj	7WNL	W	59
Tamia	Williams	7WNL	W	59
Molly	Robinson	7WNL	W	59
Vania	Staneva	7WNL	W	59
Arda	Ozkor	7WNL	W	59
Aayush	Pandya	7WNL	W	59
Ceylon	Perera-Graham	7WNL	W	59
Freya	Hall	7WNL	W	59
Jack	Kadiu	7WNL	W	59
Myla	Kambo-Sarratt	7WNL	W	59

**Top students in year 8:**

Forename	Surname	Form	House	Points
Emilia	Celiz	8WDD	W	47
Imogen	Carlisle	8WDD	W	44
Alexa	Smith	8WDD	W	41
Fatma	Kutlubay	8WDD	W	41
Estera	Misheva	8WDD	W	41
Esra	Ekiz	8WDD	W	41
Ayla	Dawson-Powell	8WDD	W	37
Violet	Debenham-Burton	8WDD	W	37
Noah	Sonubi	8WDD	W	37
Maximos	Drikos	8WDD	W	37

Top students in year 9:

Forename	Surname	Form	House	Points
Lucja	Drozd	9BAS	B	38
Gwilym	Jenkins-Green	9BHV	B	35
Harry	Afhim	9BHV	B	33
Rowan	Vaughan-Williams	9RKM	R	33
Demirhan	Demir	9BAS	B	32
Marko	Saliy	9BHV	B	32
Arya	Arablou	9WEL	W	32
Dearbhla	Higgins	9BAS	B	31
Ibrahim	Ali	9BHV	B	31
Naomi-Rose	Folorunso	9WGK	W	31

Top students in year 10:

Forename	Surname	Form	House	Points
Alexandra	Koneva	10RGA	R	48
Lucas	Photi	10ORD	O	46
Andrew	Spitaliotis	10ORD	O	45
Elma	Stena	10ORD	O	42
Aydin	Ali	10RGA	R	41
Aryan	Shah	10RGA	R	41
Archie	Barretta	10ORD	O	40
Shaan	Seetul	10WSW	W	40
Mark	Omowa Vilafranca	10ORD	O	39
Michael	Angeli	10RGA	R	39
Syerah	Islam	10WSW	W	39

**Top students in year 11:**

Forename	Surname	Form	House	Points
Alexandra	Roszkowska	11WNK	W	30
Anaiya	Dhaliwal	11WNK	W	27
Faye	Etuazim	11WNK	W	27
Mert	Aydemir	11BAM	B	26
Shriya	Matharu	11WNK	W	26
Zach	Owusu-Ansah	11ORF	O	25
India	Barron	11BJQ	B	24
Azat	Secgin	11WNK	W	24
Hasan	Kasmani	11ORF	O	23
Sena	Oguz	11WNK	W	23
Alexandra	Roszkowska	11WNK	W	30
Anaiya	Dhaliwal	11WNK	W	27
Faye	Etuazim	11WNK	W	27

Top students in year 12:

Forename	Surname	Form	House	Points
Alannah Natalie	Doyle	12OES	O	5
Alexandra	Drikou	12R	R	5
Meryem	Baubec	12WHK	W	5
Elias	Marinos	12WHK	W	5

Top students in year 13:

Forename	Surname	Form	House	Points
Anastasia	Lomeiko	13WTA	W	9
Emma	Simon	13BAD	B	8
Veronika	Tsoma	13BAD	B	8
Belkisa	Cota	13BAD	B	8
Imogen	Ganvir	13BAD	B	8
Eren	Nalbantoglu	13RCW	R	8
Ella	Kissos Boast	13RSL	R	8
Harry	Dagger	13RSL	R	7



YEAR 9 & 10

Netball trials

MONDAY 14TH SEPTEMBER
3:15PM - 4:30PM
ON THE COURTS

Students will need to meet in the changing rooms straight after school



GIRLS

FOOTBALL TRIALS

YEARS 7, 8, 9 & 10
TUESDAY 15TH SEPTEMBER
3:15PM - 4:30PM
ON THE ASTRO

Meet in the changing rooms after school.



YEAR 9&10 BOYS

FOOTBALL TRIALS

MONDAY 14TH SEPTEMBER
3:15PM - 4:30PM
ON THE ASTROTURF

Shin pads must be worn, change into your PE kit after school and no studs.

No sign up required. Please remember to bring water and any medical devices.



SPEAK to Lead

THE EQUALITIES CLUB

Every Monday (Week B)
3:20pm - 4:00pm SFI

SPEAK ABOUT THE ISSUES & LEAD THE CHANGE

Contact via email:
Sahara: Cakirs20@highelarn.uk
Isaac: Mooneyil9@highlearn.uk





Highlands School Alumni

As a school, we want to reconnect with our former students so that we can keep in touch and let them know about volunteering opportunities that will benefit our current students. We want to show them the variety of pathways available to them after leaving Highlands School, and who better to showcase this information than former students!

We are working with education charity Future First to set this up and all you need to do to get involved is sign up here: [Highlands School Alumni](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



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.



Scan the QR code to join the Alumni network

12:58 5G

www.futurefirsthub.org.uk

Highlands School & Sixth Form

Highlands School

Powered by  Future First

Join your network

First name *

Last name *

Email address *



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

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>

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

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)

Urgent and other support available

childline
UNLINT, 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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