



Highlands School Newsletter

18th September 2026



Dear parents and carers,

Last weekend, a group of 75 year 11 students took part in their Duke of Edinburgh Bronze assessed expedition. From Saturday 12th September to Sunday 13th September, students navigated their planned routes, set up camp and worked together to complete the challenges of the expedition. Despite some very windy conditions, they had a fantastic time and showed great perseverance throughout. Duke of Edinburgh is a wonderful opportunity for our students to develop important life skills, build confidence and independence, and challenge themselves outside of their usual school environment. Well done to all of the students who took part and a huge thank you to the members of staff who supported our students throughout the expedition.

Our Highlands and Parents Association (HPFA) will be holding its Annual General Meeting on Thursday 1st October. All parents and carers are invited to attend. The HPFA is a small but incredibly committed team that works hard to support the school through a range of fundraising initiatives and are keen to welcome more active volunteers to help continue and expand their work. You can find out more about the meeting on page 2 of the newsletter.

I hope you all have a restful and enjoyable weekend.

Mr McInerney,
Headteacher

Key dates for this half term:

- Thursday 1st October: HPFA Annual General Meeting (AGM)
- 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 Parents & Friends Association - Annual General Meeting (AGM)

Thursday, 1st October 2026, 6:30pm, at Highlands School - main hall

The Highlands Parents and Friends Association (HPFA) invites all parents, carers and community members to our Annual General Meeting this October. As a small but committed team, we work hard to support our school through various fundraising initiatives, but we are proactively seeking more active volunteers to help us continue and expand our efforts.

Additionally, we're particularly seeking a new vice-chair and co-secretary to join our committee. Whether you have experience or are simply willing to learn, we'd love to hear from you. Come along to find out more about what we do and how you can get involved in making a real difference for our students.

This is your opportunity to:

- learn about our achievements over the past year and how your support has made a difference
- hear our plans for upcoming fundraising initiatives and school support programmes
- have your say in the direction of the HPFA or the coming year's activities
- get involved as an active participant in making a positive impact on your child's school experience

What's on the agenda?

- review of 2025-26 activities and financial report
- election of the executive committee for 2026-27
- discussion of proposed fundraising events and initiatives
- open forum for new ideas and suggestions
- teas, coffees and networking

Why attend?

The HPFA plays a vital role in enhancing our students' educational experience through fundraising for resources, organising community events, and fostering strong school-community connections. Whether you're a long-time member or considering getting involved for the first time, your voice matters!





Get involved

We're always looking for fresh ideas and active volunteers to support us at our events over the next 12 months. Involvement can be helping hands or providing resources, such as raffle prizes or donations. No prior experience necessary - just enthusiasm for supporting our school community!

If you would like to confirm your attendance, indicate interest in the vice-chair and co-secretary position or offer support in any way, then contact us via: hpfaeventtickets@gmail.com. You can still turn up for the AGM if you haven't given prior notice of attendance.

Can't make it?

We understand schedules are busy. Meeting minutes will be available on the school website, and you can always contact us with questions or suggestions.

We look forward to seeing you there and working together to make this another successful year of fundraising for Highlands Secondary School.

Staying safe assemblies

This week our assemblies focused on helping our students stay safe while travelling, socialising and spending time online. Students explored important topics including child criminal exploitation, county lines, knife crime and the potential dangers of AI, as well as what to do if they are worried about themselves or someone else. We also reinforced the importance of Stop, Think, Move and Tell, giving students clear and practical steps to help them recognise risks, make safe choices and seek support when they need it.





Duke of Edinburgh

A group of 75 year 11 students took part in their Duke of Edinburgh Bronze assessed expedition from Saturday 12th to Sunday 13th September. They spent about six hours on Saturday following a route they had planned, which took them to Screens Park Scout Camp. Upon arrival, they pitched their tents in rather windy conditions and made dinner on their Trangia stoves.

There was some time to relax in the evening, and students enjoyed toasting marshmallows over the campfire and making s'mores. Heavy rain on the tents throughout the night meant that many of the students were awake very early on Sunday morning. Despite the wet conditions, they packed up camp quickly in order to begin day two of the expedition.

Many students were feeling tired and weary, but this did not deter them from making it to the end point. We are very proud of all of them for showing amazing determination and perseverance in completing and passing their Bronze expedition.

These students now need to ensure that they have completed their volunteering, skills and physical sections and have asked their assessors to complete their reports. Certificates for this cohort will be presented after half term.

The Bronze Award for current year 10 students will be launched after half term.

Mrs Walters





Year 11 post-16 journey

Last Friday, our year 11 students took an important first step towards planning their future beyond Highlands, with an introduction to their post-16 options.

Students were joined by Barnet and Southgate College for an informative session highlighting the wide range of courses, opportunities and pathways available to them. The session encouraged students to start thinking about their interests, strengths and aspirations as they begin to consider their next steps after Year 11.

A huge thank you to Kai Garvey from Barnet and Southgate College for returning to Highlands to speak to our students and share his knowledge and experience. As a Highlands alumnus, it was particularly special to welcome Kai back to the school and see him inspiring our students as they begin to consider their own future pathways.

This term marks an exciting and important stage for year 11 students. We look forward to supporting them throughout the coming months as they explore their options, make informed decisions and prepare for the next chapter of their education and careers.

Ms Laurenzi





Year 9 boys football

On Wednesday 16th September, the year 9 boys had their first league game of the season away at Southgate School. After being 0-1 down at half time, the boys battled back with determination to eventually win 3-1. Goals from Alex, Ledion and Pav earnt the boys a victory that took them to the top of the league.

Well done to the four students making their debuts: Arley, Adam, Ayman and Mikey.

Player of the match - Alex Stoyanov



Left to right: Alex, Arley, Adam, Ayman and Mikey.

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:

- **Nick Tsekouras 11RAB:** In recognition of his exceptional kindness and dedication. Nick recently went out of his way to support a Year 7 student with a physical disability, ensuring he could safely and comfortably access the main building. It was a truly sincere, heartfelt moment that made us all immensely proud, perfectly reflecting the inclusive values of our school community.
- **Krishiv Pithia 8OPH:** Awarded for an outstanding and creative title page and amazing effort put into their first art homework.
- **Jaiden Daley 8OPH:** Awarded for an outstanding and creative title page and amazing effort put into their first art homework.
- **Despina Charalambous 7WNL, Freya Duce 7WNL, Summer Weinling 7WNL and Esme Dawson 7WNL:** Awarded for an outstanding and creative title page in art.



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!

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

CONTACT TODAY
07855042027



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

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.



Safety alert: parties in the community

We would like to draw your attention to concerns about parties being organised and publicly advertised in the local area. These events may not be run by regulated organisers and there have been reports of poor or limited adult supervision, alcohol and harmful substances present, as well as dangerous items on site including weapons. For the safety of our students we strongly advise they do not attend such events.

What you can say to your child

- Make expectations clear: if an event is not organised by people you know and trust, we advise they do not attend.
- Talk about safety, not just rules: explain the risks around alcohol, crowding, lack of supervision and the possibility of weapons or criminal behaviour.
- Agree a plan with your child for how they will get home safely if something goes wrong (see travel advice below).

Practical steps for parents

- Check the social media and messaging apps your child uses and discuss any invitations or posts you see.
- Ask for the location and the names of adults responsible; if organisers are unknown or details are vague, we advise they do not attend.
- Encourage your child to share their location with a trusted adult when out, and to set check-in times.
- Reassure children they should contact you, a trusted adult or the police if they feel unsafe.
- If you see public adverts for large, potentially unsafe events, consider reporting them to the social platform and to the police.

Safe travel and location checking

- Plan travel routes in advance and agree on a clear time for your child to be home. Where possible use escorted travel or travel with friends you and your child know.
- As far as possible, avoid your child walking or using public transport late at night / when it is dark.
- Use phone location sharing only with trusted family members; ensure your child knows how to turn sharing on and how to contact you quickly.
- If your child needs to leave an unsafe situation, agree on a place they can go (a friend's house, a shop, or return straight home) and a number to call.

When to contact us or the emergency services

- If you are worried about a specific event, a named young person, or believe a child may be at risk, contact the school immediately and ask to speak to our Designated Safeguarding Lead, Ms Anna Toouli



- Our safeguarding email account is monitored and we can be contacted at: staysafe@highlearn.uk
- If a child is in immediate danger, always call 999.

Thank you for working with us to keep our students safe. Please share this message with other parents in the local community, or who may not receive our school communications.

Highlands School leadership team

News from the library

Explore *The Day* – A trusted digital news resource

The library subscribes to an online newspaper called *The Day*. This is a daily news service specifically designed for use in schools and colleges.

The Day aims to provide students with “different opinions rather than taking strong positions on topics” and encourages them to “distinguish between fact and fiction.”

The Day can be accessed through the [Highlands School website](#) by going to:

[Learning → Library → The Day](#)

Please encourage your child to use *The Day* when researching contemporary and current affairs topics. The service provides age-appropriate articles alongside multimedia activities, videos and engaging images.

You can feel confident that your child is exploring age-appropriate, safe and reliable content from a trusted and balanced news source.

How to log in

Students can log in using Single Sign-On (SSO) with their school Google account.

The screenshot shows the homepage of 'THE DAY READ THE WORLD'. The navigation bar includes 'Resources', 'Subjects', 'PSHCE', 'About us', 'Log out', 'My account', and a search bar. A banner below the navigation bar reads 'Join The Day & the University of Oxford's new creative storytelling project' with a 'Find out more' link. The main content area features a grid of article thumbnails. The first row includes: 'Reform UK, crypto and a £72 million row', 'Final episodes of TV 'masterpiece'', 'Bring back old Instagram, says Australia', and a blank space. The second row includes: 'Trump promises \$5,000 to every American' (labeled INTERNATIONAL), '9/11: The attack that changed history' (labeled SOCIETY), 'Robots 'solve 90-year-old maths problem'' (labeled SCIENCE & TECHNOLOGY), and 'UK makes stand on West Bank settlements' (labeled INTERNATIONAL).



Explore *Britannica* – a valuable digital learning resource

Highlands School provides access to the award-winning digital resource *Britannica*. This easy-to-use platform encourages research, curiosity and independent learning. *Britannica* offers a wide range of age-appropriate multimedia resources, including articles, journals, magazines, videos and images. It can be accessed through the [Highlands School website](#) by going to:



[Learning](#) → [Library](#) → [Britannica](#)

All content is carefully selected to provide students with safe, reliable and accurate information. Users can also favourite articles, use the read-aloud feature, print content, cite sources and adjust font sizes to make reading more accessible.

How to log in

Students can log in using Single Sign-On (SSO) with their school Google account.

ePlatform – An extra bonus for our readers

Our school library has a fantastic selection of books available for students to borrow, with plenty of choices for all interests and reading levels. But did you know that students can also access *ePlatform*?

ePlatform is an extra bonus that gives students access to a wide range of eBooks that they can enjoy digitally, wherever they are. It's a great option for students who enjoy reading on a tablet, computer or other device, or simply want to discover something different.



To access *ePlatform*, simply visit the [Highlands School website](#) and go to:

[Learning](#) → [Library](#) → [Wheelers](#)

How to Log In

Students can log in using Single Sign-On (SSO) with their school Google account.

From there, students can explore the available eBooks and find their next great read. So, whether you prefer choosing a physical book from our school library or reading digitally through *ePlatform*, there are plenty of opportunities to enjoy a great book! Why not explore both and find your next favourite read?



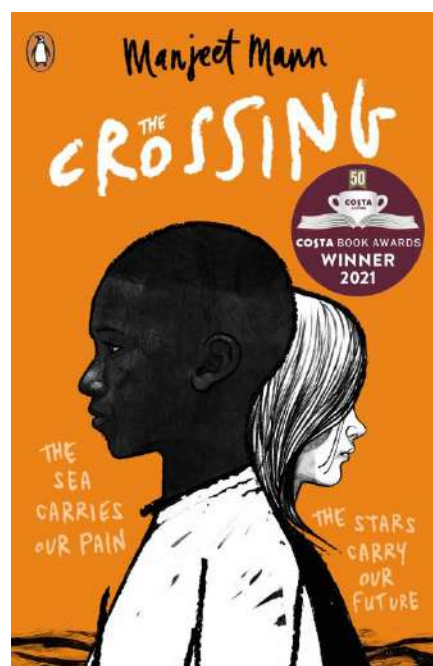
Book of the month - September

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**

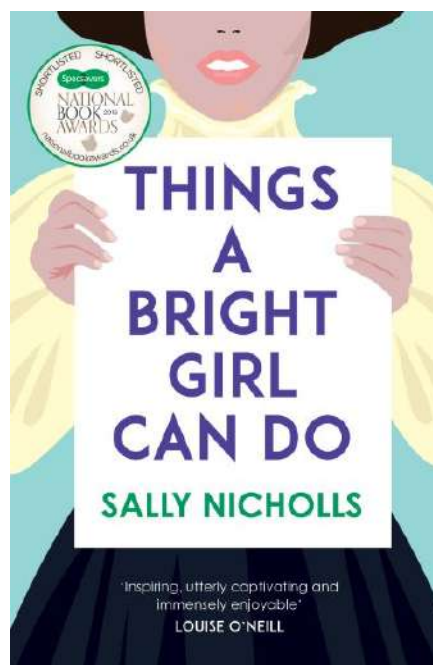
Three young women from different backgrounds joined the Suffrage movement in the early 20th century just before World War I.

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 **Oak**!

	Beech	Oak	Rowan	Willow
Positive points	10,749	11,421	10,465	10,877
Negative points	-405	-372	-303	-318
Points overall	10,344	11,049	10,162	10,559

Top students in year 7

Forename	Surname	Form	House	Points
Esin	Hamamci	7ODC	O	82
Aiden	Alija	7ODC	O	81
Johannes	Boow	7ODC	O	81
Mert	Akkaya	7ODC	O	80
Yasmin	Bison	7ODC	O	79
Siana	Jolla	7ODC	O	79
Pavlina	Karadimitri	7ODC	O	79
James	Tyler	7ODC	O	79
Christopher	Hristev	7ODC	O	75
Eva	Paltzoglou	7OSM	O	72
Isabelle	Salami	7ODC	O	72

Top students in year 8:

Forename	Surname	Form	House	Points
Hannah	Banik	8OFD	O	66
Alexa	Smith	8WDD	W	65
Sienna	Cox	8OFD	O	64
Ermes	Desimine	8OFD	O	64
Iyara	Peart-Heron	8OFD	O	64
Zahra	Putwa	8OFD	O	64
Sefa	Tekneci	8WTH	W	64
Joshua	Samarasekera	8WTH	W	63
Demaris	Colthrust	8WTH	W	62
Oriah Mae	Salom-Mason	8WTH	W	62
Kayden-Le	Campbell	8OFD	O	61
Anastasia	Chrysanthou	8RNC	R	61
Maximos	Drikos	8WDD	W	61
Franciszek	Furmaniak	8WTH	W	61



Top students in year 9:

Forename	Surname	Form	House	Points
Thomas	Turnbull	9BAS	B	61
Isadora	Da Silva	9WEL	W	58
Lexie	Shengaris	9RAC	R	58
Harry	Afhim	9BHV	B	57
Adrianna	Asade	9BAS	B	57
Reuben	Maple	9BAS	B	56
Jemimah	Cherotich	9BHV	B	52
Dylan	Julful	9RAC	R	52
Beth	Rognaldsen	9RAC	R	52
Ibrahim	Ali	9BHV	B	51
Zack	Papachristou	9OSB	O	51
Helin	Yaman	9RAC	R	51

Top students in year 10:

Forename	Surname	Form	House	Points
Ria	Stylianides	10BGH	B	63
Betsy	Coneywood	10ORD	O	59
Haktan	Ekici	10ORD	O	58
Kristina	Suli	10BGH	B	58
Alara	Aristidou	10BGH	B	56
Oliwier	Zysko	10BGH	B	55
Jacob	Tsangari	10BGH	B	54
Sumeyra	Kiyamaz	10RGA	R	51
Sophia	Andreou	10RGA	R	50
Yiannis	Hajilambi	10BGH	B	49
Havin	Usta	10BGH	B	49

Top students in year 11:

Forename	Surname	Form	House	Points
Anaiya	Dhaliwal	11WNK	W	50
Sindi	Shaban	11WNK	W	49
Hayrullah	Ozdemir	11WMP	W	48
Amalia	LaMarca	11WMP	W	47
Sena	Oguz	11WNK	W	43
Aalycia	Udahemuka	11WNK	W	42
Nea	Petritaj	11WNK	W	41
Faye	Etuazim	11WNK	W	40
Alina	Siby	11BAM	B	40
Annika	Trivedi	11WNK	W	40



Top students in year 12:

Forename	Surname	Form	House	Points
Jorja	Hodge	12RAA	R	17
Elize	Savva-Faruk	12WSN	W	16
Alyssa	Ketwaroo	12OAL	O	15
James	Cooper-Dobson	12BTD	B	14
Alexandra	Drikou	12R	R	14
Amelia	Khan	12WSN	W	14
Yeliz	Mustafa	12BAS	B	14
Darcy	Smethurst	12BTD	B	13

Top students in year 13:

Forename	Surname	Form	House	Points
Lyra	Heywood	13RCW	R	26
Emilia	Loizou	13RCW	R	26
Ella	Kissos Boast	13RSL	R	24
Max	Gilzean	13OMA	O	20
Lucy	Lord	13RSL	R	20
Samah	Miah	13OMA	O	20
Evie	Lockwood	13WTA	W	18



CHRISTIAN FAITH CLUB

EVERY TUESDAY AFTER SCHOOL

IN H5

WITH SAM WRAY (Y13)

ALL YEARS ARE WELCOME





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.



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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