



Highlands School Newsletter

2nd October 2026

Photo: Duke of Edinburgh Silver Award



Safeguarding: protecting your child from online financial sextortion

One of the hardest parts of school leadership is supporting students and families when they are the victims of online harm. This is one of the reasons that we have banned smartphones for students in years 7 and 8 and one of the reasons we ask you not to give your children smartphones until they are young adults and, even then, to carefully manage their device use.

On the next page, you will find a detailed update about financial sextortion, an increasingly common occurrence. We showed a specially made video about this issue to all students this morning, but please read the next page of the newsletter and have a follow-up conversation with your children so that we can work together to keep them safe from online harm.

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 (students dismissed at 12:40pm)
- Tuesday 13th October: late start following open evening (students arrive at 11:20am)
- Friday 16th October: end of first half term (start of two week break)
- Monday 2nd November: start of second half term



Safeguarding alert: protecting your child from online financial sextortion

As part of our commitment to student safety, we are sharing important guidance regarding a rising online scam known as **financial sextortion**.

Police and online safety organisations across the country have reported a significant increase in young people - particularly teenage boys, being targeted by organised criminals operating on social media and gaming platforms.

We encourage you to read the information below and use it to start an open, non-judgmental conversation with your teenager.

What is financial sextortion?

Financial sextortion is an aggressive form of cybercrime where scammers pretend to be young people (often using stolen photos or AI-generated profiles) to manipulate teenagers into sharing explicit photos or videos.

Once an image is sent, the scammer immediately demands money, gift cards or cryptocurrency. They threaten to share the images with the young person's family, friends, or school contacts if payment is not made immediately.

How the scam works

1. **Targeting:** Criminals reach out via direct messages on popular platforms (such as Instagram, Snapchat, TikTok, Discord, Telegram or online games).
2. **Grooming:** They quickly build rapport, offering compliments or flirting to build trust.
3. **Entrapment:** The perpetrator asks to swap explicit photos or move the chat to a different app.
4. **Blackmail:** As soon as an image is received, they send screenshots showing the young person's follower list and demand urgent payment.

Key signs to watch for

While victims often keep this hidden due to fear or shame, you may notice subtle changes in behaviour:

- Sudden withdrawal from family activities or schoolwork
- Becoming highly anxious, secretive, or defensive when using phones or laptops
- Requesting unusual amounts of money or selling personal belongings
- Sleeplessness or visible distress after checking messages.

What to do if your child is targeted

If your child experiences this scam, please reassure them that **they are the victim of a crime** and that you are there to support them.



- **Do NOT pay:** paying money almost never stops the demands; scammers usually ask for more.
- **Do NOT delete the evidence:** save screenshots of the account username, chat history, and payment requests.
- **Block and report:** block the scammer on the platform and report the account directly using the app's reporting tools.
- **Contact support:** report the incident to local law enforcement or national reporting bodies (such as the Internet Watch Foundation or CEOP).
- **Inform the school:** reach out to our safeguarding team so we can provide confidential pastoral support to your child.

How to talk to your child about online safety

- **Keep lines of communication open:** let them know they can come to you if anything goes wrong online without fear of losing their phone or being punished.
- **Review privacy settings:** help them check that their social media profiles are set to private and that they only accept requests from people they know in real life.
- **Remind them of digital permanence:** explain that images sent online can be copied, saved, or shared instantly.

If you have any questions or concerns regarding online safety, please contact our safeguarding team at staysafe@highlearn.uk.



School Games Mark Gold Award

We are delighted to announce that Highlands School has achieved the School Games Mark Gold Award.

The School Games Mark is a national award that recognises schools for their commitment to developing school sport, physical activity and competitive opportunities for students.

This fantastic achievement reflects the hard work of our PE department and the enthusiasm and participation of our students.





Eswatini 2026

From 10th-24th October, our students will embark on a truly unforgettable trip of a lifetime to Eswatini, Southern Africa.

Over two incredible weeks, students will immerse themselves in the beauty, culture and communities of this remarkable country. From trekking through Eswatini's breathtaking landscapes to developing their understanding of environmental awareness and sustainability, every day will bring new experiences, challenges and opportunities.

A particularly special part of the trip will see our students working with the Mhlumeni community project, giving them the opportunity to contribute, learn from the local community and experience a completely different way of life.

We have created this [site](#) for parents and carers to follow the journey, see what our students have been up to and share in some of the incredible experiences along the way.

We hope you enjoy following their adventure!



HIGHLANDS ESWATINI 2026

- Community project information
- Kit list
- Itinerary and photos
- Hikes Trek Briefs

WELCOME TO ESWATINI 2026

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Highlands promotional video 2026

We are looking forward to welcoming prospective parents, carers and students to our Open Evening on Monday 12 October, where families will have the opportunity to discover more about life at Highlands.

As we prepare to open our doors, we are proud to share our new 2026 Highlands School promotional video.

At Highlands School, we believe education is about more than what happens in the classroom. It's about discovering who you are, what you can achieve and having the confidence to aim high. Because success isn't about following one path, it's about giving every young person the confidence, opportunities and support to find their own.

This is Highlands.

Watch on [YouTube](#) and [Instagram](#).



Highlands School prospectus 2027-28

Discover what it means to be part of Highlands School. Our 2027-28 prospectus provides an insight into life at Highlands, from our ambitious curriculum and enriching opportunities to the support, experiences and community that help every student thrive.

Read our prospectus [here](#).





Duke of Edinburgh Silver Award

Last Wednesday, the year 13 Silver Duke of Edinburgh (DofE) group set off for the Chilterns for their Silver assessed expedition. They spent the first day completing a training refresher at Ellesborough Guide Centre and practising their navigation skills in the Wendover Woods area. They finished the day by planning their routes for the next three days and enjoying s'mores around the campfire.

On Thursday, they began their assessment by climbing 100m up a nearby hill. The day proved challenging, as the construction of HS2 in the local area meant that several footpaths were closed. The group managed to find alternative routes and pushed on, making it to Braidwood Scout Camp by mid-afternoon.

Friday was the longest day, with the group covering more than 16km on their walk to Phasels Wood Activity Centre, alongside the A41. On Saturday, their final day, they were tired and weary as they packed up camp but showed great determination and kept going until they reached their final destination at Berkhamsted Golf Club.

This was a fantastic group of year 13 students who demonstrated the school's DARE values throughout the expedition. They even made a music video for their expedition project, which helped keep them going when things got tough! They are a real credit to our school, and we are incredibly proud of them for successfully completing and passing their Silver expedition.

While out on their expedition, the students created [this fun and heart-warming video](#), capturing some of the brilliant moments they shared along the way. With determination, teamwork and plenty of smiles, they showed exactly what the DofE experience is all about!

Silver DofE will be launched for year 12 students after the October half-term holiday.

Mrs Walters & Mr Bradford





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!



Annie school production photos

Our wonderful *Annie* school production photos will be available to purchase from Monday 28th September. Click [here](#) to view the photo gallery

Auditions underway for *A Chorus Line*

Auditions are officially underway for our 2027 school production of *A Chorus Line*! We have already seen some incredible talent, with so many students stepping forward to audition. It's an exciting time for our performing arts department as the production begins to take shape.

Take a look at a few [highlights](#) made by Miss Brown from the auditions so far!



Year 7 All about me title pages

Our year 7 students have been getting creative in art this week, designing their very own 'All About Me' pages. Each piece was beautifully created, with students showcasing their creativity and adding personal touches to make their work unique. It was fantastic to see their personalities shine through their artwork.

Well done, year 7!







Year 9 boys football

On Monday 28th September, the year 9 boys' football team traveled to Oasis Hadley for their third league match of the season. After leading 2-1 at half time, a second half collapse resulted in an 8-3 loss.

The boys will aim to get back to winning ways in their next match.

Player of the match: Arley Alla.

Mr Avann



Player of the match: Arley Alla

Year 7 boys football

Following on from last week's impressive win, our year 7 boys' football team faced a good Southgate side away. We started well and took a 1-0 lead into half-time after a solid performance. The second half started very well with two quick goals. The result was sealed when Keon scored an amazing free kick from near the half-way line!

Another fantastic performance from the side, who play Wren next week.

Player of the match: Keon Ismailah-Garner.

Mr Edwards



*Player of the match:
Keon Ismailah-Garner*

Inter house football

Our inter house competitions are underway with our inter house football starting after half term.

Monday 9th November:

Year 11: 12:40pm - 1:10pm

Year 8: 1:40pm - 2:10pm

Tuesday 10th November:

Year 10: 12:40pm - 1:10pm

Year 9: 1:40pm - 2:10pm

Wednesday 11th November:

Sixth form: 12:40pm - 1:10pm

Thursday 12th November:

Year 7: 1:10pm - 1:40pm





My Young Mind Enfield (MYME) assemblies

This week, we were pleased to welcome My Young Mind Enfield (MYME) to Highlands to deliver assemblies to our students. MYME is an NHS-commissioned service based within Enfield CAMHS that works with schools to support the emotional wellbeing and mental health of children and young people.

Through early intervention, workshops, group sessions and individual support, the team helps young people develop strategies to manage challenges including anxiety, emotional regulation and behaviour.

During the assemblies, students learnt what anxiety is, how it can affect us and practical ways to manage and overcome feelings of anxiety. The sessions also helped students understand the importance of looking after their mental wellbeing and knowing where to turn for support when they need it.

Find out more about [MYME](#).





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:

- **Gabriel Osinowo 7RCM, Elisabeta Peposhi 7RCM, Zachary Photi 7RCM, Zerya Yildirim 7RCM, Sophia Mene 7RCM, Arya Tasar 7BER, Angus Taylor 7BER, Nathan Davis 7BED, Tselmuun Batybayar 7BED, Suleyman Karakurt 7BED, Sophia Antoniadis 7BED, Tilly-Love Julian 7BED, Seb Pose-Gil 7WNL, Phillip Ogwu 7WNL, Aaliyah Lascelles 10WSW and Deniz Kulali 7BED:** Awarded for exceptional participation in this year's school promotional video and for being a true credit to Highlands School.
- **Phoebe Christofedou 7WJC, Angelina Kakouris 7RCM, Amelia Stena Malaj 7RCM, Despina Charalambous 7WNL, Esme Dawson 7WNL and Summer Weinling 7WNL:** Awarded for outstanding and creative title page for art.
- **Tish Patel 11WMP:** Awarded for his outstanding commitment to his English studies and consistently going the extra mile to work on his areas of development.
- **Perri Djemal 12OES:** Awarded for being fully engaged and his coursework quality is consistently to a very high standard.
- **Jack Norman 7OSM:** Awarded for excellent efforts and resilience.
- **Ellia Saat 13BJT, Harrison Sykes 13RCW, Emma Holmes 13OMA, Georgia Georgiou 13WBS, Jessica Smyth 13WTA, Darcy Dundridge 13RCW and Keavan Seevathian 13WTA:** Awarded for demonstrating the school's DARE values throughout the Silver DofE expedition and being a real credit to our school.





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.

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.



School lettings

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

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



The poster features a green apple logo at the top center. Below it, the text 'Highlands School' is written in a large, bold, dark blue font. Underneath, the address '148 Worlds End Lane, London, N21 1QQ' is displayed in a smaller black font. A paragraph of text describes the facilities: 'Modern and spacious facilities to hire for community events, sports groups, dance and drama classes, language school, tutoring services...and more!'. Below this text are three circular images: the first shows a school building, the second shows a large green field, and the third shows the interior of a sports hall with green seating. At the bottom, there is a green banner with white text that reads 'JOINING SCHOOL HIRE & FUNCTIONS LTD FROM 1ST SEPTEMBER 2025'. To the right of this banner is a list of facilities with green checkmarks: '4G Astro pitch', 'Mirrored dance studio', 'Drama studios', 'Classrooms', 'Sports hall', and 'Outside spaces'. On the left side of the banner, there is a white box with a green phone icon and the text 'CONTACT TODAY 07855042027'.

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 - October and November

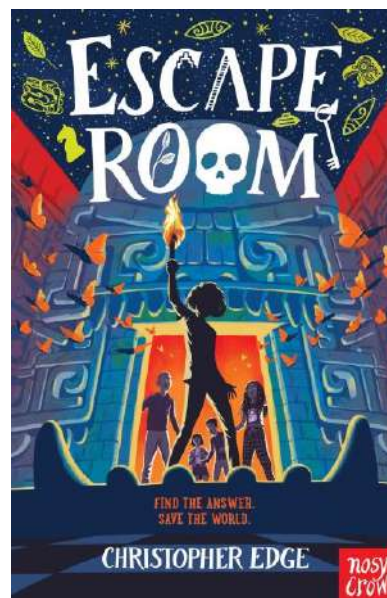
Recommended read for KS3

Escape Room by Christopher Edge

A group of children take part in an escape game, only to discover that the puzzles they have to solve are far more serious than they expected.

When twelve-year-old Ami arrives at The Escape, she thinks it's just a game - the ultimate escape room with puzzles and challenges to beat before time runs out. Meeting her teammates, Adjoa, Ibrahim, Oscar and Min, Ami learns from the Host that they have been chosen to save the world and they must work together to find the Answer. But as he locks them inside the first room, they quickly realise this is no ordinary game.

From a cavernous library of dust to an ancient Mayan tomb, a deserted shopping mall stalked by extinct animals to the command module of a spaceship heading to Mars, the perils of The Escape seem endless. Can Ami and her friends find the Answer before it's too late?

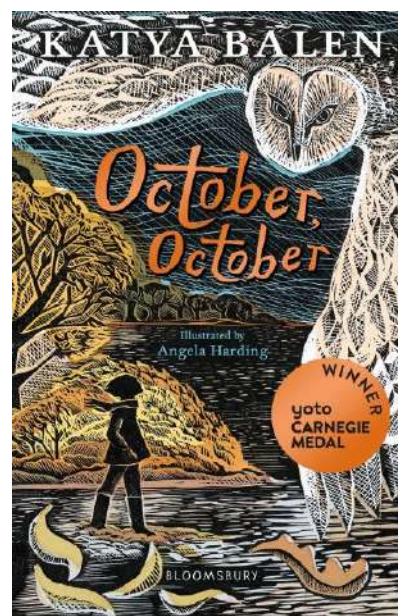


October October by Katya Balen

An eleven-year-old girl's world is turned upside-down when she has to go and live with her mother in the city after her father, with whom she lives in the woods, is seriously injured in an accident.

A classic in the making for anyone who ever longed to be WILD. October and her dad live in the woods. They sleep in the house Dad built for them and eat the food they grow in the vegetable patches. They know the trees and the rocks and the lake and stars like best friends. They read the books they buy in town again and again until the pages are soft and yellow - until next year's town visit. They live in the woods and they are wild.

And that's the way it is. Until the year October turns eleven. That's the year October rescues a baby owl. It's the year Dad falls out of the biggest tree in their woods. The year the woman who calls herself October's mother comes back. The year everything changes.





Recommended read for KS4

The Reappearance of Rachel Price by Holly Jackson

When Bel's missing mother shows up just as a true crime documentary about her starts filming, unanswered questions threaten to bring sinister answers.

18-year-old Bel has lived her whole life in the shadow of her mum's mysterious disappearance. Sixteen years ago, Rachel Price vanished and young Bel was the only witness. Rachel is gone, presumed dead. The case is dragged up from the past when the Price family agrees to a true crime documentary. Bel can't wait for filming to end, for life to go back to normal. But then Rachel Price reappears, and life will never be normal again...



Say Her Name by Juno Dawson

A girl and her friends fight to survive after they summon a murderous ghost while at boarding school Roberta 'Bobbie' Rowe is not the kind of person who believes in ghosts. A Halloween dare at her ridiculously spooky boarding school is no big deal, especially when her best friend Naya and cute local boy Caine agree to join in too.

They are ordered to summon the legendary ghost of 'Bloody Mary': say her name five times in front of a candlelit mirror, and she shall appear... But, surprise surprise, nothing happens. Or does it?

Next morning, Bobbie finds a message on her bathroom mirror: 'five days' but what does it mean? And who left it there? Things get increasingly weird and more terrifying for Bobbie and Naya, until it becomes all too clear that Bloody Mary was indeed called from the afterlife that night, and she is definitely not a friendly ghost.





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	7,421	9,302	8,747	9,281
Negative points	-490	-405	-303	-412
Points overall	6,931	8,897	8,444	8,869

Top students in year 7

Forename	Surname	Form	House	Points
Zerya	Yildirim	7RCM	R	68
Isabelle	Salami	7ODC	O	65
Keon	Ismailah-Garner	7ODC	O	65
Elisabeta	Peposhi	7RCM	R	61
Nathan	Davis	7BED	B	60
Luca	Hosier	7RCM	R	60
Aiden	Alija	7ODC	O	56
Johannes	Boow	7ODC	O	56
Sophia	Antoniades	7BED	B	55
Pavlina	Karadimitri	7ODC	O	55
Paraskevas	Koumourou	7RCM	R	55
Keidaah-Aurae	Lyons-Johnson	7RCM	R	55

Top students in year 8:

Forename	Surname	Form	House	Points
Zahra	Putwa	8OFD	O	82
Alara	Ali	8OFD	O	79
Ermes	Desimine	8OFD	O	77
Ricky	Sadler	8OFD	O	76
Greta	Suli	8OFD	O	76
Ceylin	Yagliyurt	8OFD	O	76
Deniz	Hassan	8OFD	O	76
Larra	Jaicob	8OFD	O	74
Iyara	Peart-Heron	8OFD	O	73
Neha	Sidhu	8OFD	O	72
Alp	Ercosman	8OFD	O	72

**Top students in year 9:**

Forename	Surname	Form	House	Points
Zakariyya	Ahmed	9OMK	O	53
Isobel	Butcher	9BHV	B	52
Poppy	Perkins	9OMK	O	48
Nicholas	Brewster	9WEL	W	48
Eliz	Sekmen	9WEL	W	48
Shamaya	Gitu	9OSB	O	47
Sophie	Lynch	9WEL	W	47
Joshua	Afhim	9BAS	B	44
Oscar	Abrahams	9OMK	O	44
Jessica	Airey	9WEL	W	44

Top students in year 10:

Forename	Surname	Form	House	Points
Kimora	Hall	10WSW	W	44
Leo	Smith	10RZA	R	41
Hannah	Bauluck	10ORD	O	39
Diana	Hristeva	10RZA	R	38
Tiah	Patel	10RZA	R	36
Lucy	Pishiris	10ORD	O	35
Ariella	Elkabbas	10RZA	R	34
Aaliyah	Lascelles	10WSW	W	34
Kristina	Suli	10BGH	B	33
Selim	Ozturk	10ORD	O	32
Guney	Comak	10RZA	R	32

Top students in year 11:

Forename	Surname	Form	House	Points
Anaiya	Dhaliwal	11WNK	W	39
Faye	Etuazim	11WNK	W	37
Sena	Oguz	11WNK	W	33
Marianna	Pallikaros	11WMP	W	31
Marcus	Marfici	11WMP	W	31
Owen	Smith	11WNK	W	31
Aalycia	Udahemuka	11WNK	W	31
Shriya	Matharu	11WNK	W	31
Alina	Siby	11BAM	B	30
Manav	Tailor	11BAM	B	30

**Top students in year 12:**

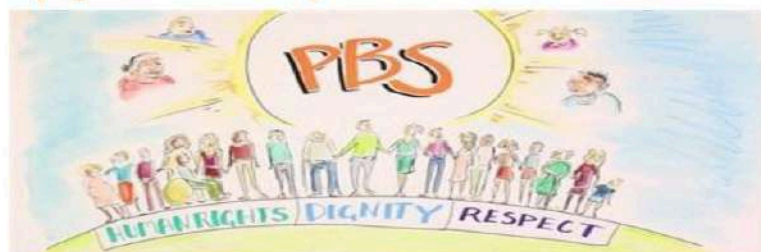
Forename	Surname	Form	House	Points
Eunique	Tshiamala	12BTD	B	16
Alexandra	Drikou	12R	R	16
Sophia	Panayi	12WSN	W	16
James	Cooper-Dobson	12BTD	B	14
Darcy	Smethurst	12BTD	B	12
Aled	Price	12OES	O	12
Naveen	Rasiah	12OES	O	12
Eva	Pangratiou	12R	R	12
Jorja	Hodge	12RAA	R	12
Laura	Santos Vettore	12RCG	R	12

Top students in year 13:

Forename	Surname	Form	House	Points
Raphael	Asoegwu	13BJT	B	12
Grace	Linnane	13BJT	B	12
Samah	Miah	13OMA	O	12
Anastasia	Katz	13OMA	O	12
Joshlyn	Robinson	13RCW	R	12
Lyra	Heywood	13RCW	R	12
Emilia	Loizou	13RCW	R	12
Lucy	Lord	13RSL	R	12
Evie	Lockwood	13WTA	W	12
Ella	Kissos Boast	13RSL	R	10



Introduction to Positive Behaviour Support for parents and carers



This workshop, organised by Our Voice Parent/Carer Forum and Enfield's Joint Service for Disabled Children, is for all parents and carers of children and young people (0-25) with special educational needs and/or disabilities living in Enfield.

The training aims to provide an understanding of Positive Behaviour Support, to help families to prevent and manage behaviours of distress, by creating an environment where the behaviour is no longer needed and so to improve the quality of life for their child or young person and the whole family. We will look at how families can work with the network of people around their child or young person (such as staff at their school or social care environments) to enable a consistent approach that encourages engagement in education and the community.

The training is delivered by expert Our Voice team members with lived experience, supported by professionals from Enfield's Service for Disabled Children, and promotes strength-based approaches and a truly person-centred approach

Thursday evening 4th November 26 from 7 – 9 pm
Online via Zoom (link will be supplied when you book)

Book your place at: <https://PBS-intro-Nov26.eventbrite.co.uk>

Or find the link on our events page – link below or scan the QR Code.



Scan Me

See more details of the workshop at:
<https://www.ourvoiceenfield.org.uk/events/show/297>



UPCOMING DROP-IN EVENTS FROM OUR VOICE AT THE FAMILY HUBS



Building a good relationship with your child's school

12:30 PM – 2 PM: PONDER'S END FAMILY HUB

Building a good relationship with your child's school
10 AM - 11.30 AM: CRAIG PARK FAMILY HUB



Find out about Universal Therapies

12.30 PM – 2 PM PONDER'S END FAMILY HUB

Find out about Universal Therapies
10 AM- 11.30 AM CRAIG PARK FAMILY HUB



MORE DETAILS AT
WWW.OURVOICEENFIELD.ORG.UK/EVENTS

Our Voice





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](https://www.futurefirsthub.org.uk) 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?

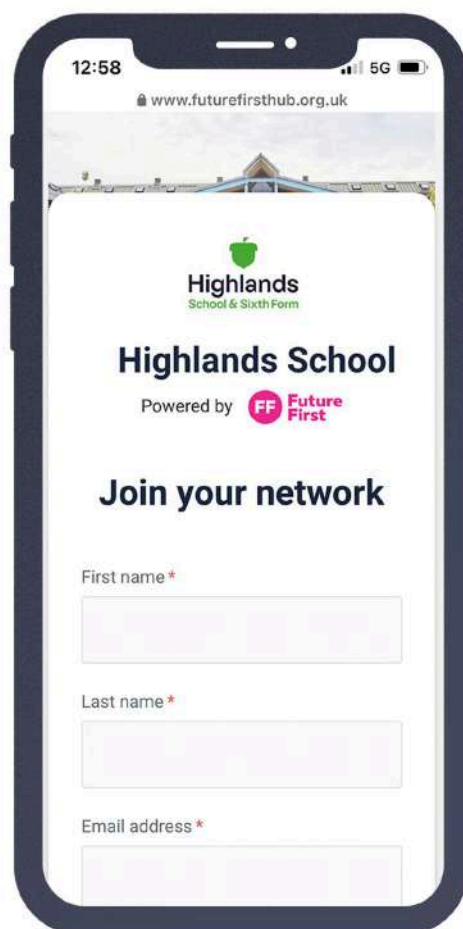
Return to Highlands School to inform our current students about what life beyond school is really like.

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
UNLASH THE POWER OF 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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