



Highlands School Newsletter

9th October 2026



Dear parents and carers,

As all Highlands parents will know, this week we held the first pair of this years' DARE Days. On Thursday, I, along with 240 students and lots of staff, was waiting patiently for the trains on the platform at Oakwood when it was announced that there would be no services and everyone would have to leave the station. With no other realistic means of getting our students into central London, we all walked back to school. Our students behaved excellently throughout as we made our way back through the neighbourhoods surrounding Highlands and, by the time we got back, the team at school had prepared a day of activities for those students, with only 20 minutes' notice. An impressive achievement; I would like to thank the staff who helped with this! Whether your children were taking part in their first sets of DARE Days as year 7s, or their final set as sixth formers, I hope they enjoyed them all, even if the activities they took part in were different from those originally planned!

Today, I was on site and we had a special visitor. Former Member of Parliament and government minister Stephen Twigg came to visit Highlands. Stephen was the MP who memorably (for those of my age) defeated Michael Portillo in the 1997 general election to win the formerly safe Tory seat of Enfield Southgate. He was an education minister in the Labour governments that followed. We toured the school and Stephen took the time to speak with many of the volunteers who supported our year 11 students with their practice interviews today. You can see him on the left-hand side of the photograph above.

On the next page of the newsletter you can see two attendance awards that Highlands were presented with this week. They relate to the last academic year and we have been awarded them because our attendance put us in the top 10% of all schools in England and in the top 10% of similar schools in England. Attendance is a team effort and we thank you for supporting us to get your children into school every day to learn.

We are pleased to announce the names of the head students and deputy head students for this academic year. Harrison Sykes and Naa-Shidaa Quartey are our head students, and Sahara Cakir and Darcy Dundrige are our deputy head students. I look forward to working with them.



As this half term draws to a close next week, please keep in mind that we will release students early on Monday 12th October so we can prepare the school for open evening, and we will have a late start the following morning. Details can be found below.

Mr McInerney,
Headteacher

Key dates for this, and the next, half term:

- 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
- Wednesday 11th November: sixth form open evening
- Thursday 12th November: late start following sixth form open evening
- Wednesday 18th November: year 13 parents' evening
- Monday 7th December: winter music concert
- Wednesday 9th December: year 9 parents' evening
- Thursday 10th December: Christmas jumper and Christmas dinner day
- Friday 18th December: end of term, half day, students dismissed at midday.





Student leadership team 2026 - 2027

We are proud to introduce our newly appointed student leadership team for 2026-27.

Harrison Sykes and Naa-Shidaa Quarthey are our head students, and Sahara Cakir and Darcy Dundrige are our deputy head students for this academic year. They have been selected for their outstanding leadership qualities, dedication and commitment to making a positive impact on our school community. Throughout the year, they will work tirelessly to represent the student body, ensuring that every voice is heard and that meaningful changes are made.

We are confident that their efforts will inspire and lead our school towards continued success.

Also a huge well done to Raphael Asoegwu, Lucy Lord, Isaac Mooney and Iliana Forsyth who have been appointed and student leaders of the executive student leadership team.



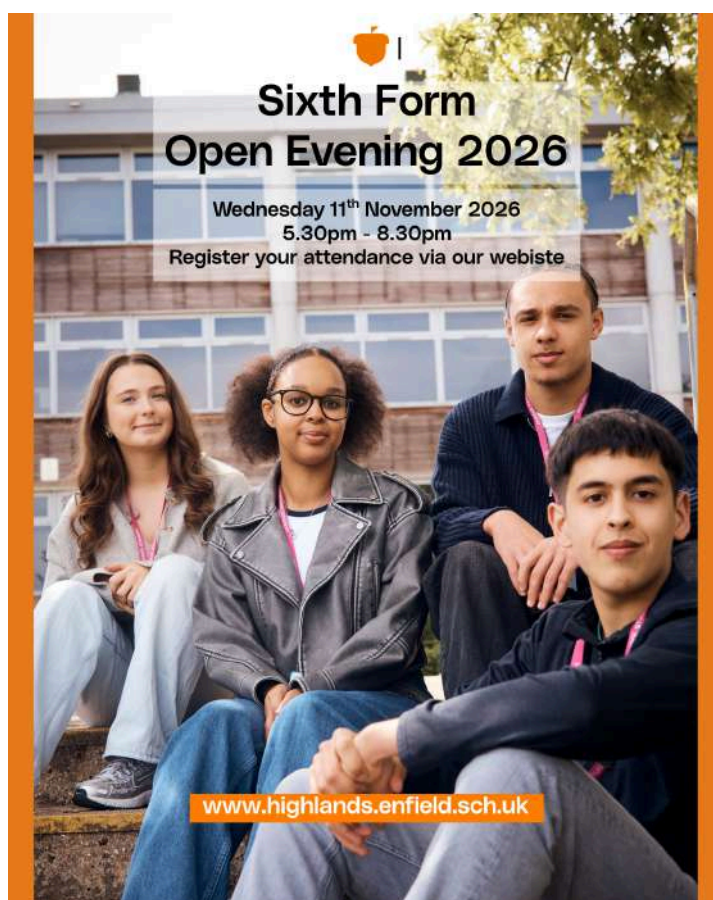


Sixth Form Open Evening 2026

Discover what life is like at Highlands Sixth Form and how we support every student to succeed.

Join us for our Sixth Form Open Evening on **Wednesday 11th November from 5.30pm - 8.30pm** to explore our courses, meet our staff and students, and find out more about the opportunities available to you.

The registration link to our open evening event will go live on 15th October via our school website. We look forward to welcoming you to Highlands Sixth Form.



Sixth form promotional video

A huge thank you to all of our sixth form students and staff who took part in the filming of this year's sixth form promotional video.

We're looking forward to sharing the finished video soon!





DARE Days - October 2026

Our students enjoyed two unforgettable DARE Days, packed with exciting trips and enriching opportunities. From Hertfordshire Young Mariners and the Science Museum to St Albans Cathedral, the Tower of London, Stubbers and Skreens Park, students took part in a range of experiences combining adventure, discovery and learning. Sadly for Thursday's trips to the Science Museum and the Tower of London, the students were let down by TfL with problems on the Piccadilly Line. The students returned to school and spent the rest of the day taking part in onsite activities.

Back at school, students got involved in dance workshops, employability sessions and mock interviews with real employers, alongside the Young Enterprise Launchpad. They also made progress towards their iDEA Award, developing valuable digital and entrepreneurial skills.

It was an inspiring two days of learning, new experiences and personal development.

Click to watch our DARE Days highlights on Instagram: [DARE Days 1](#) and [DARE Days 2](#) or our [DARE Days reel](#).

Year 7

Year 7 students had a fantastic time during their DARE Days visit to Herts Young Mariners, taking on a variety of exciting outdoor activities. From kayaking and rock climbing to team-building challenges, students enjoyed a day filled with adventure, teamwork and plenty of fun. Back at school, students took part in an energetic dance workshop, putting their new skills into practice with a brilliant final performance.





Year 8

Our year 8 students had a fantastic time on their DARE Days trips to the Science Museum and St Albans Cathedral. At the Science Museum, students explored fascinating exhibitions and discovered more about science, technology and innovation. At St Albans Cathedral, they experienced its incredible architecture and rich history, learning more about the significance of this historic landmark.



Year 9

Year 9 students enjoyed an insightful visit to Bletchley Park, discovering its important role during World War II and the fascinating story of codebreaking. Back at school, students took part in interactive Young Enterprise Launchpad workshops, building valuable skills in entrepreneurship, problem-solving and teamwork.





Year 10

Year 10 students enjoyed an exciting visit to the Tower of London, exploring centuries of history and gaining a deeper understanding of its fascinating past. Back at school, students took part in WiseUp activities, working together through a range of challenges designed to develop teamwork, communication, problem-solving and leadership skills.



Year 11

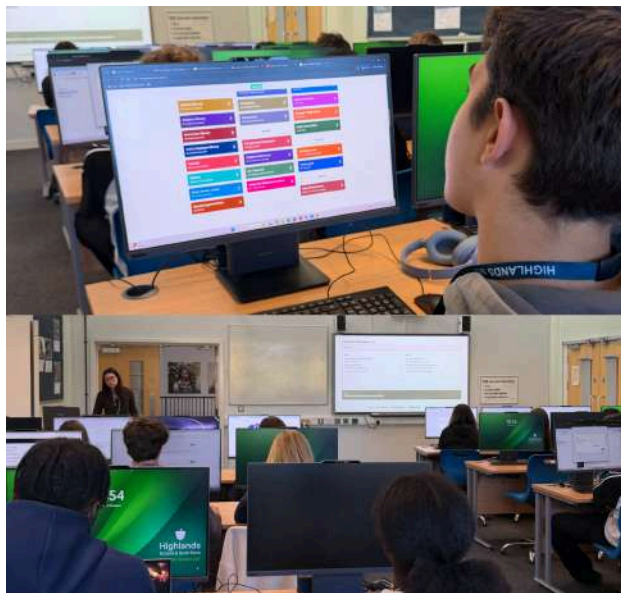
Year 11 students enjoyed an action-packed visit to Stubbers Adventure Centre, taking part in a range of exciting outdoor activities and challenges. Back at school, students participated in mock interviews with a wonderful group of guest volunteers, including employers and former Enfield Southgate MP and education minister Stephen Twigg. These interviews gave students valuable experience of real-world interview situations, helping them build their confidence, communication skills and understanding of workplace expectations.





Year 12

Year 12 students enjoyed an exciting visit to Skreens Park, taking part in a range of activities designed to encourage teamwork, resilience and personal development. Back at school, students continued their DARE Days experience with an engaging activity day, working together through a variety of challenges and developing valuable skills for their future.



Year 11 boys football

On Monday 5th October, the year 11 boys' football team traveled to Edmonton County to play their first round Enfield Cup match.

The boys found themselves 2-0 down at halftime but a quick second half goal from Conrad made the game an entertaining contest. Unfortunately the boys could not find an equaliser.

Final score: Edmonton County 2-1 Highlands.

Players of the match: Tish Patel and Alex Florides



Players of the match: Tish and Alex



Year 13 geography students take their learning to Somerset Coast

Our year 13 geography students have returned from an exciting and successful five-day residential field trip to Somerset, where they put their classroom learning into practice. Based at the Nettlecombe Court Field Studies Centre, they benefited from expert tuition and support from the centre's tutors as they sharpened their fieldwork skills and prepared for their data collection. They explored the coastal locations of Minehead and Porlock Bay, collecting valuable primary data for their individual geographical investigations into Changing Places and Coastal Landscapes.

A huge well done to all of them for their hard work and for representing our school so positively.





Year 13 apprenticeship workshop

Year 13 students interested in applying for apprenticeships and degree-level apprenticeships took part in a workshop as part of our ongoing apprenticeship programme. The session covered how to find opportunities, navigate the application process, create a standout CV and submit a strong application.

We were delighted to welcome one of our alumni, Mar-Valisha McGhan, who is training as a Trading Standards Professional Apprentice at Enfield Council. Macy shared her experiences and insights into life as an apprentice, offering students valuable advice and inspiration. Students also had the opportunity to ask questions during a Q&A session.

A huge thank you to Macy for giving up her time to support our students and share her experiences!





Black History Month assemblies

This week, we held special assemblies to celebrate Black History Month, which takes place throughout October. This year's theme, 'Honouring Communities,' gave students the opportunity to learn about influential Black figures who have made a positive impact within their communities and beyond, from Arsenal Premier League champion and England footballer Bukayo Saka to pioneering politician Bernie Grant. Black History Month is an important opportunity to celebrate Black history, culture and achievements, recognise the contributions that have helped shape our society, and inspire our students through the stories of those who have created positive change.



Celebrating Black History Month in our library

We have been celebrating Black History Month in our library over the last couple of weeks, with a fantastic collection of books that celebrate Black history, culture, voices and experiences. Students can explore powerful non-fiction, inspiring biographies and brilliant fiction from authors including David Olusoga, Elizabeth Acevedo, Angie Thomas and Michelle Obama, alongside many more. From stories of achievement and resilience to books that explore identity, equality and history, there are plenty of inspiring stories and great reads to discover throughout Black History Month.





'Spooktacular' reads await in our library

Students, alongside Mrs Mehmet, have put together a 'spooktacular' Halloween book display packed with spooky stories and chilling reads. Head to the library to explore the collection and find your next frightfully good book!



Annie school production photos

Our wonderful Annie school production photos are now available to purchase. Click [here](#) to view the photo gallery





Year 8 Italian Renaissance title pages

Our year 8 students have created some wonderful *Italian Renaissance* title pages as part of their work in art. The creativity, detail and effort they have put into their work is fantastic – they look amazing!





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



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:

- **Vincenza Bilotti 7OSM:** Awarded for outstanding effort and amazing quality of class and homework in art.
- **Evren Okanay 12OAL:** Awarded for his hard work and consistent effort, submitting amazing coursework and meeting tasks first time round!
- **Oliver Acton 8OPH, Thanishka Sathiyasaleen 8RTM, Zahra Putwaz 8OFD, Eren Mistiki 9RAC, Joseph McHale 9RAC, Hannah Bauluck 10ORD, Ben Clitherow 10RZA, Lamprini Sotiri 11ORF, Emily Newton 11RAB and Stefano Keliris 11RCX:** Awarded for excellent progress and behaviour in Spanish.
- **Nicole Martins Cisneiros 11RAB:** Awarded for excellent progress and behaviour in Spanish and achieving grade 9 in recent pre-mock exams.
- **Ozgenaz Ozsoy 13ODS, Nellie Eaves Baker 13OMA and Henry Hanlon 13WBS:** Awarded for their wonderful commitment on the geography NEA fieldtrip - they showed determination and respect throughout.
- **Ebuka Oluoha 7BER:** Awarded for his kindness towards a member of staff after their injury.
- **Mikey Demetriou 9RKM:** Awarded for his great work in Spanish, and for always trying hard.



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 promotes 'Join The Day & the University of Oxford's new creative storytelling project'. Below this, there are several article tiles. The first row includes 'Reform UK, crypto and a £72 million row', 'Final episodes of TV 'masterpiece'', and 'Bring back old Instagram, says Australia'. The second row features 'Trump promises \$5,000 to every American' (INTERNATIONAL), '9/11: The attack that changed history' (SOCIETY), 'Robots 'solve 90-year-old maths problem'' (SCIENCE & TECHNOLOGY), and 'UK makes stand on West Bank settlements' (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?



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 listed. A paragraph 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, three circular images show the school's exterior, a large green field, and an indoor sports hall. At the bottom, a green banner contains a 'CONTACT TODAY' button with the phone number '07855042027'. To the right of the button, a list of facilities is provided with green checkmarks: '4G Astro pitch', 'Drama studios', 'Sports hall', 'Mirrored dance studio', 'Classrooms', and 'Outside spaces'. A small logo on the left of the banner indicates a partnership with 'JOINING SCHOOL HIRE & FUNCTIONS LTD FROM 1ST SEPTEMBER 2025'.

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

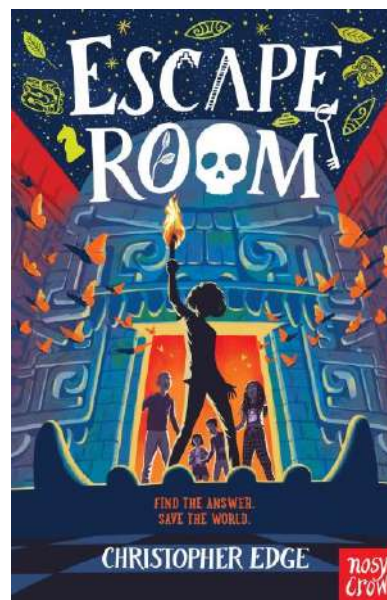
Recommended read for KS3

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?

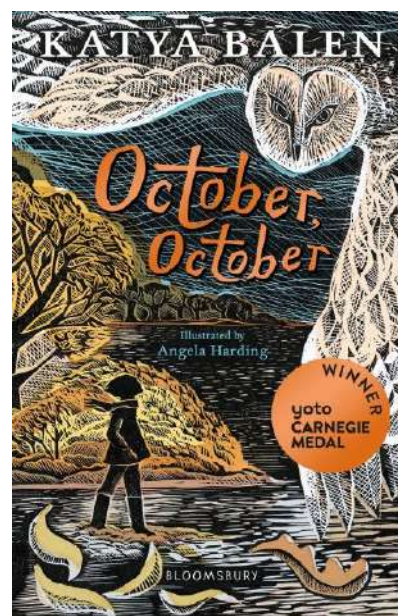


October October by Katya Balen

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.





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
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

Follow Highlands School on:

 [X@Highlands_sch](https://twitter.com/X@Highlands_sch)

 Instagram [@highlandssch](https://www.instagram.com/highlandssch)

 YouTube [Highlands School Enfield](https://www.youtube.com/Highlands School Enfield)

 Threads [@Highlandssch](https://www.threads.net/@Highlandssch)

 Facebook [Highlands School](https://www.facebook.com/Highlands School)