



Highlands School Newsletter

16th October 2026



Dear parents and carers,

Today marks the end of the first half term of the academic year, and it seems to have flown by! The past couple of weeks have seen our students at their very best, out and about across London for our DARE Days and supporting us at open evening. At open evening last Monday, around 250 students gave up their time, staying late until 9pm, to either show prospective parents around the school or assist in subject areas. The evening was a great success, and a large part of that is down to our students. I would like to thank them all.

Year 11 families, please note that our sixth form open evening is on Wednesday 11th November. Our sixth form has flourished in recent years, with record numbers of students joining us in 2026. Being an internal Highlands student gives students priority in the application process over new applicants, so we want to make sure our students are applying in a timely manner and for the right courses. Please make sure you sign up and come along, details are on the next page.

Have a lovely two-week half term break and I look forward to seeing everyone back at school on Monday 2nd November.

Mr McInerney,
Headteacher

Key dates for next half term:

- 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
- Friday 13th November: HPFA family music bingo night
- 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.

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.

This is a fantastic opportunity to explore what makes our sixth form so successful, discover the wide range of opportunities available and experience life at Highlands Sixth Form.

Registrations are now open! Bookings are made on a first come, first served basis, so we encourage you to secure your place early.

We look forward to welcoming you to Highlands Sixth Form and showing you what makes our community so special!

[Register now](#)





Alessia Cup

On Thursday, Mrs Walters took several members of the year 7 and 8 girls' football team to participate in the Alessia Cup at New River Stadium in Tottenham. This was the second-ever Alessia Cup, hosted by the Alessia Russo Foundation and sponsored by Sky. The day was fantastic from start to finish. The girls enjoyed the football tournament, winning some games and losing others, but this day involved so much more. In between football games, they got to design their own Alessia Cup T-shirts, have them printed and enjoy playing around in the photo booth. They also became Sky Sports reporters and enjoyed interviewing each other in the Sky Sports van. They also spent some time in the dance tent and were able to try on Alessia's Adidas boots and complete the Adidas football challenge, where Jialin won herself a pair of boots! Lunch was also a highlight, with the girls enjoying jerk chicken and rice along with some pick and mix.

During the afternoon, all the teams gathered to watch the final, where Highgate Wood School, coached by Ayla, a former Highlands student, lifted the trophy. This was followed by an inspiring Q&A session with Alessia Russo, where she spoke about her football journey and the importance of enjoying football to help you play at your best. The best part of the day was when the girls got the opportunity to meet Alessia and get photographs and autographs. They came home inspired to keep enjoying their football and working hard at it. You never know, maybe amongst that team there is a future Lioness!

Mrs Walters





HPFA Family Music Bingo Night - Friday 13th November

Following on from last year's success, the HPFA is running a Family Musical Bingo Night on **Friday 13th November in the main hall from 7pm - 9pm.**

Tickets are **£8.00** per adult and **£5** per child (over 5s only) and available to purchase on ParentPay.

This is a fantastic opportunity for a fun family night out while testing your musical knowledge and be in with the chance to win some prizes!

All ticket and refreshment sales will contribute to the HPFA's efforts to raise funds for school resources and facilities.

OUR HPFA PRESENTS

Family Music BINGO NIGHT

**FRIDAY 13TH
NOVEMBER** | **MAIN HALL
HIGHLANDS SCHOOL** | **7PM - 9PM**

A fantastic opportunity for a fun family night out while testing your musical knowledge and be in with the chance to win some prizes!

All ticket and refreshment sales will contribute to the HPFA's efforts to raise funds for school resources and facilities.

Tickets: adults: £8 and children £5
(over 5s only)

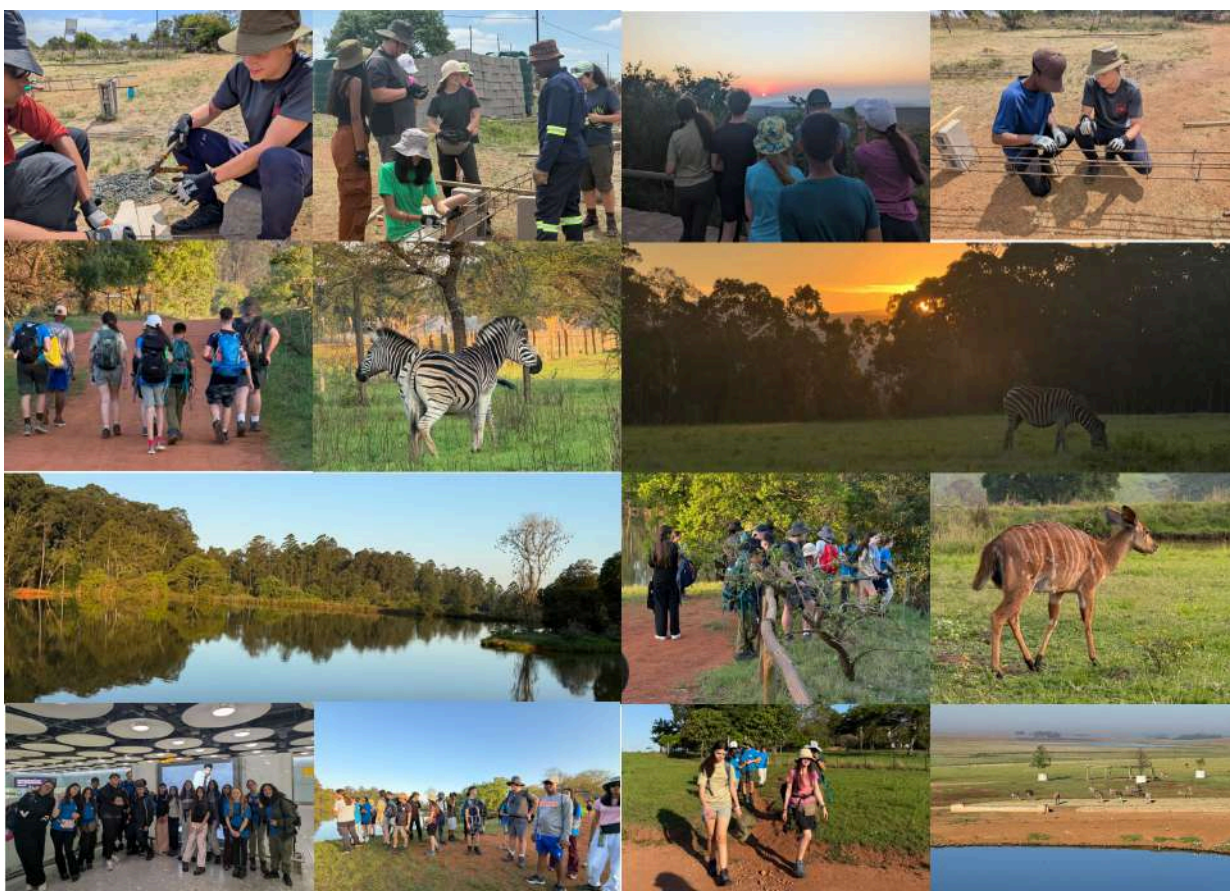
AVAILABLE TO PURCHASE ON PARENTPAY



Eswatini 2026

Our students are having a fantastic time in Eswatini! They have now arrived at their project site, where they will be working together on a meaningful community project, making a positive difference to the local community.

You can follow their adventure and keep up to date with their experiences through our social media channels or our dedicated [Eswatini Google Site](#), where we'll be sharing regular updates and photos!





It was wonderful to meet you all and give you a glimpse of what life at Highlands is like. We hope you enjoyed exploring our school with our fantastic student tour guides, chatting with staff, asking questions and getting to know our wonderful Highlands community. You can watch our Open Evening highlights on our [socials](#).

DARE Day student evaluation forms

Please take a few moments to complete the evaluation forms shared on your Google Classrooms or via the links below and share your thoughts and experiences. Your feedback is incredibly valuable in helping us improve and make our future DARE Days even more enjoyable, engaging and rewarding for everyone.

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Silver Schools Music Award

We are delighted to announce that Highlands School has been awarded the Silver Schools Music Award by Enfield Music Service, in recognition of our commitment to providing high-quality music education. This fantastic achievement celebrates the dedication of our music department and the wonderful opportunities available for students to develop their musical talents, creativity and passion for music.

A huge congratulations and thank you to our talented students and dedicated staff who have made this achievement possible!



Schools Music Award 2026-27

Enfield Music Service presents this certificate to

Highlands School
for achieving



*in recognition of the school's commitment
to high-quality music education.*



Annie school production orders

A huge thank you to all the families who have purchased a recording of our wonderful production of *Annie*! Orders will be distributed after half term. We hope you enjoy reliving the fantastic performances, memorable moments and incredible talent of our students.



Rewards assemblies

At the end of every half term, we hold our rewards assemblies for each year group, to celebrate the achievements and successes of our students. These assemblies are a wonderful opportunity to reflect on the highlights of the half term, share inspiring stories and celebrate our top-achieving students and form groups. We also recognise outstanding attendance and share important updates about the exciting opportunities and events coming up in the next half term.



Year 7 form time champions

A huge congratulations to 7OSM who have been crowned the year 7 form time champions for this term. They are the top form group with the best attendance, highest achievement points and lowest concern points. Well done to you all.





PE Clubs: November - December

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

How to join a PE club

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



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:

- **Hassan Farrukh 7BED:** Awarded for bringing in an incredible model of a fighter plane which he created and built entirely on his own at home. It showed perseverance, creativity and imagination.
- **Aurora Smith 7WJC:** Awarded for exceptional homework.
- **James Dervish 10RZA:** Awarded for the effort he put into his Wise Up DARE Day activity. He really showed perseverance to complete the task with very little help.
- **Natalina Fitzgerald 7OSM, Albion Mersini 7BER and Ariyah Marshall 7WJC:** Awarded for an amazing start at Highlands School. Keep this up!
- **Lucja Drozd 9BAS, Mae Elliot-Smith 9WKG, Dylan Julful 9RAC and Megan Kabeja 9BHV:** Awarded for being exceptional drama subject helpers at the recent open evening. They represented the school brilliantly by proactively answering parent questions with professionalism and positivity while also engaging prospective students through practical activities - getting them involved in acting and design. The Drama department is incredibly proud of the way they represented the school, well done!
- **Krishiv Pithia 8OPH and Kye Wynter-Hudson 8OPH:** Awarded for achieving 1st place in their form group for their exceptionally creative and imaginative designs for surviving on planet Mars!
- **Zoe Mathews 9BHV, Maya Muller 9BHV, Sindi Shaban 11WNK and Amelie Rupp 9BAS:** Awarded for going above and beyond for the art department during the open evening.
- **Phillip Ogwu 7WNL:** Awarded for being an excellent friend on DARE days.
- **Tselmuun Batbayar 7BED, Phillip Ogwu 7WNL, Naa Shidaa Quartey 13WTA and Harrison Sykes 13RCW:** Awarded for their exceptional speeches for this year's Open Evening event.





School announcements

School photograph orders

School photograph order forms have been distributed by form tutors. Orders must be placed directly with the photographer, and full instructions for placing an order can be found on the form.

Please ensure that your order is submitted by **22nd October**.

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 prominently displayed in a large, bold, dark blue font. Underneath the school name, the address '148 Worlds End Lane, London, N21 1QQ' is written 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 left, there is a small logo for 'JOINING SCHOOL HIRE & FUNCTIONS LTD FROM 1ST SEPTEMBER 2025' and a 'CONTACT TODAY 07855042027' button. To the right of the button is a list of facilities with green checkmarks: '4G Astro pitch', 'Drama studios', 'Sports hall', 'Mirrored dance studio', 'Classrooms', and 'Outside spaces'.

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

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

JOINING SCHOOL HIRE & FUNCTIONS LTD FROM 1ST SEPTEMBER 2025

CONTACT TODAY
07855042027

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

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.



HPFA fundraising

We're calling on you all to help the HPFA fundraise - but we don't need you to donate money or time. Simply install the **easyfundraising** app!

It's completely free and when you shop with 8,000+ online retailers, the HPFA receives a free cashback donation, *at no extra cost to you*.

Up until the 1st November, each time 10 of you get the app, we get a £50 bonus.

We currently have 114 supporters on the Easyfundraising App.

If we can add an **additional 200 supporters by the end of October**, then we will receive at least £1000.

Simply download the free App!

HPFA



If 10 parents get the free app, we'll get £50!



Helping us raise funds is as easy as 1-2-3!

-  Download the easyfundraising app
-  Sign up as our supporter
-  Open the app when you shop online and our school receives a donation at no extra cost to you!

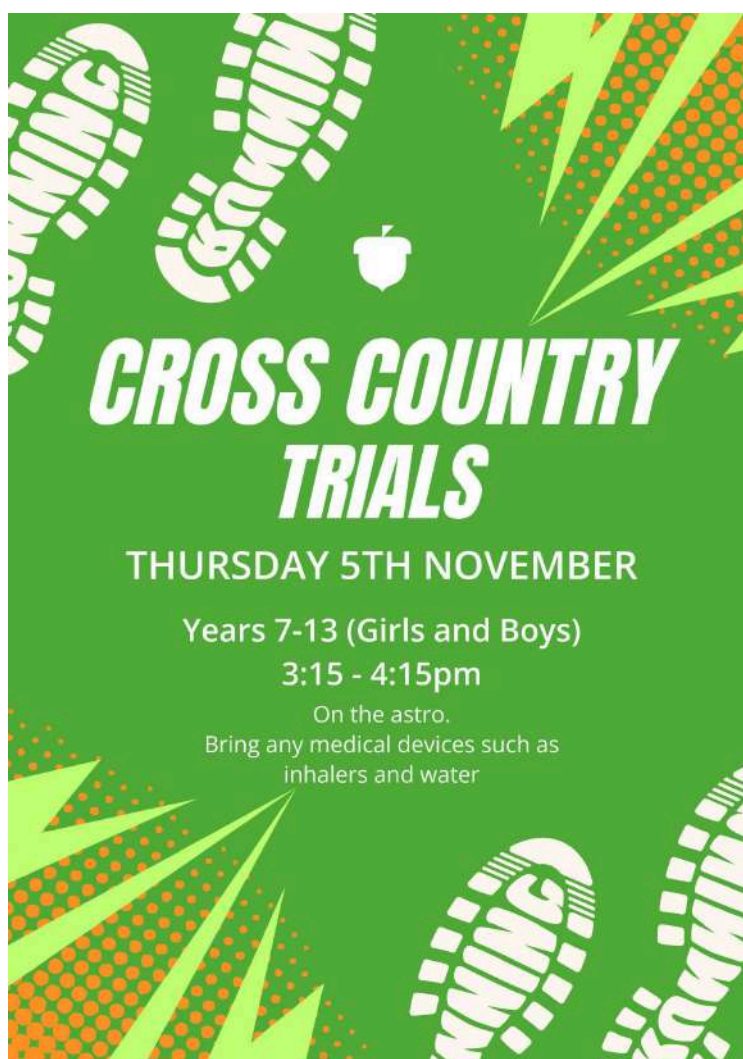
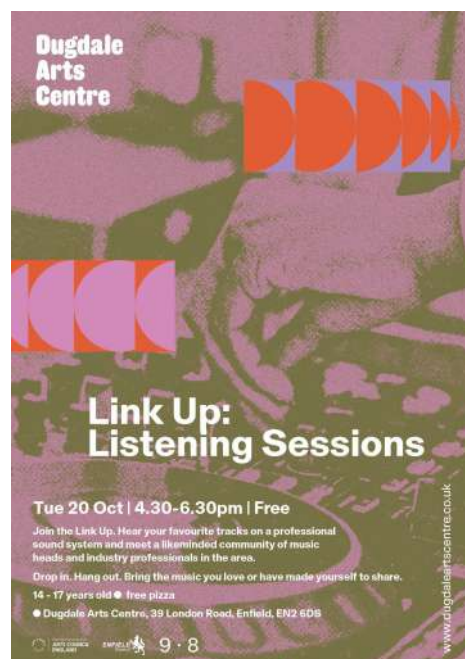




Link Up: Listening sessions

The team at Dugdale Arts Centre (DAC) is involved in an Arts Council England-funded programme of events aimed at signposting career opportunities in music and helping young people access support and information/make contacts.

They are running Link Up: Listening Sessions at DAC starting later this month – the first one is on 20th October – for young people to share/listen to music and connect with others who are also passionate about music. They are also offering an opportunity to secondary schools, for local artists who work in the industry to come into school to speak to a group of young people about their roles and routes into the industry, as well as explaining about the Link Up sessions.





Book of the month - October and November

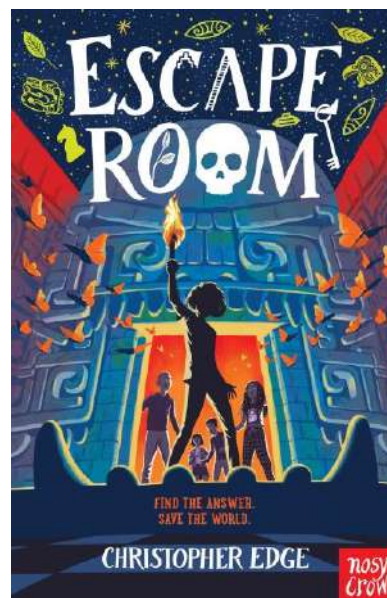
Recommended read for KS3

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?

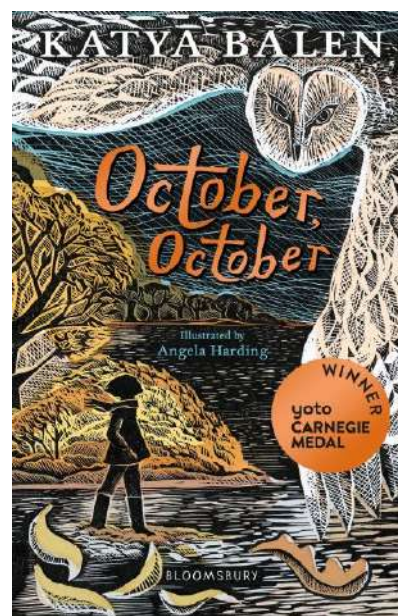


October October by Katya Balen

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	11,407	11,268	11,586	11,460
Negative points	-802	-629	-703	-734
Points overall	10,605	10,639	10,883	10,726
Y7 Art flash card Competition	-	1,000	-	-
Total points	10,605	11,639	10,883	10,726

Half term winner

A huge well done to Willow house for being crowned our **house champions this half term!**

Your hard work, enthusiasm and fantastic house spirit have paid off! As a reward, Willow students will enjoy a special celebration after half term! Well done, team **Willow**!

	Beech	Oak	Rowan	Willow
Achievement points	41,245	45,094	44,125	46,441
Competition points	0	1,000	0	0
Points overall	41,245	46,094	44,125	46,441

Top students in year 7

Forename	Surname	Form	House	Points
Tilly-Love	Julian	7BED	B	91
Esin	Hamamci	7ODC	O	91
Sebastian	Jones	7ODC	O	90
Eliza	Groves	7BED	B	89
Alara	Yenilmez	7ODC	O	89
James	Tyler	7ODC	O	89
Angelina	Liu	7ODC	O	87
Incinaz	Ozsoy	7ODC	O	86
Isabelle	Salami	7ODC	O	86
Sophia	Antoniades	7BED	B	85
Eftelya	Yesilkaya	7ODC	O	85

**Top students in year 8:**

Forename	Surname	Form	House	Points
Alexa	Smith	8WDD	W	84
Noah	Sonubi	8WDD	W	82
Jaiden	Camacho-Merchan	8BJC	B	79
Athina	Bogkntani	8RNC	R	79
Akshayan	Kanagarajah	8WDD	W	79
Dylan	Ebberson	8RNC	R	78
Savvas	Georgiou	8WDD	W	78
Sophie	Winter-Taylor	8BJC	B	77
Aisel	Koxha	8BJC	B	77
Boris	Pinalev	8RNC	R	77
Javaeh	July-Clarke	8RTM	R	77

Top students in year 9:

Forename	Surname	Form	House	Points
Zoe	Mathews	9BHV	B	67
Dylan	Julful	9RAC	R	64
Rowan	Vaughan-Williams	9RKM	R	63
Francesca	McNeil	9RKM	R	62
Noah	Xira	9OMK	O	61
Zoe	Lindsey	9OSB	O	60
Orinthia	Goonan	9RKM	R	58
Thomas	Severn	9RAC	R	56
Husniye	Gokpinar	9RKM	R	56
Emilio	Paphitis	9BHV	B	55

Top students in year 10:

Forename	Surname	Form	House	Points
Betsy	Coneywood	10ORD	O	57
Selim	Ozturk	10ORD	O	56
Liam	Wood	10WSW	W	53
Syerah	Islam	10WSW	W	50
Aldjo	Kumaraku	10ORD	O	47
Mertcem	Kaynar	10RGA	R	47
Alara	Kilic	10RGA	R	46
Anabelle	Arjomand	10WSW	W	45
Mark	Omowa Vilafranca	10ORD	O	44
Alexandra	Koneva	10RGA	R	44
Adar	Abdi Mahamed	10WSW	W	44

**Top students in year 11:**

Forename	Surname	Form	House	Points
Alfie	Williams	11ORF	O	53
Joseph	Hyndman	11OCM	O	42
Kavish	Amuwitagama	11ORF	O	38
Micah	Codrington	11WMP	W	38
Oscar	Cattarossi	11ORF	O	37
Jack	Lahi	11ORF	O	35
Liam	Redmond	11RCX	R	35
Nathan	Lemonious	11RCX	R	35
Harry	Stylianou	11WNK	W	35
Hasan	Kasmani	11ORF	O	31

Top students in year 12:

Forename	Surname	Form	House	Points
Darcy	Smethurst	12BTD	B	34
Elfida	Yilmaz	12BTD	B	28
Naisha	Kumar	12BTD	B	28
Hugh	Murphy	12BTD	B	26
James	Cooper-Dobson	12BTD	B	22
Joseph	Smyth	12BTD	B	22
Melisa	Spahia	12BTD	B	22
Artin	Heydari	12BTD	B	22
Melina	Kooshki	12BTD	B	22
Jorja	Hodge	12RAA	R	22

Top students in year 13:

Forename	Surname	Form	House	Points
Aydin	Chowdhury	13OMA	O	18
Anastasia	Katz	13OMA	O	16
Mason	Newton	13WBS	W	16
Daniel	Derakhshan	13RCW	R	14
Sufyaan	Kaderia	13RCW	R	14
Lucy	Lord	13RSL	R	13
Naa Shidaa	Quartey	13WTA	W	13
Anthony	Andreou	13OMA	O	12
Samah	Miah	13OMA	O	12
Anastasia	Pappa	13OMA	O	12



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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