



# Highlands School Newsletter

30th January 2026



Dear parents and carers,

This week at Highlands nearly 100 students in year 8 and 9 were in Pra Loup, France, for our school ski trip. Highlands last took students skiing in the Alps in 2020, weeks before the first COVID cases came to Britain and the country was locked down for the first time. It was great to be in the mountains again; students and staff had a great time, and we fully expect to be inviting students in the current years 7 and 8 to take part in the ski trip next year. Massive thanks go to Ms Berrill who organised the trip, supported by Ms Hutchinson.

Next week on Wednesday we have our options evening at school. For year 8 parents, there are talks about the options process which you should attend in the main hall. Year 9 parents do not need to attend the talks in the hall but can visit the GCSE option subject departments between 6-8pm. Please note the late start the following morning, details below.

Have a great weekend,

Mr McInerney,  
Headteacher.

Key dates for this half term:

- Wednesday 4th February: options evening for year 8 and 9 parents at school
- Thursday 5th February: late start following options evening (students arrive at 11:20am)
- Friday 13th February: final day of half term



## PE kit reminder

At Highlands we are always keen to listen to the views of our students. Many students have reported that they like wearing their PE kits to all their lessons on the days when they have PE. Students have reported that they like this system because it prevents them from having to carry their PE kit around school. As a result, we are happy to allow students to wear their PE kits on the days when they have PE lessons.

Today, students have been reminded that they are only allowed to wear their PE kits to school on the days when they have PE lessons. Students should wear their full uniform on the days when they do not have PE lessons.

Please be aware that those students who wear their PE kit on the days when they should wear their full uniform will lose the right to wear their PE kit to school. Instead, they will need to wear full school uniform every day, and will need to change in and out of their PE kit before and after PE lessons.

Please can you support your son / daughter to wear the correct uniform on the correct days. Please do contact your son's / daughter's head of year if you have any questions about uniform.

## Year 11 English walking, talking mock

This week at Highlands, all year 11 students spent 2 hrs 15 minutes in the main hall taking part in a full walkthrough of their English Literature Paper 2. As this paper accounts for 60% of the overall GCSE literature grade, the session provided an invaluable opportunity for students to practise the exam in full under guided conditions ahead of their summer examinations.

The focused session helped reinforce exam structure, timing and expectations, giving students added confidence and preparation for the real assessment.





## Holocaust Memorial Day - 27th January

This week, we commemorated Holocaust Memorial Day, marked annually on 27th January, with a series of thoughtful and reflective assemblies led by our wonderful head students Elena and Luke alongside Ms Pavlou.

Holocaust Memorial Day is a time to remember the six million Jewish people murdered in the Holocaust, as well as the millions of others subject to Nazi persecution and in subsequent genocides. The assemblies encouraged students to reflect on the importance of remembrance, tolerance and standing against hatred in all its forms.



**HOLOCAUST  
MEMORIAL  
DAY 27/1**



To further support this learning, our book corner in the library has been specially decorated with literature linked to this theme, and students are encouraged to visit and explore the books on display.



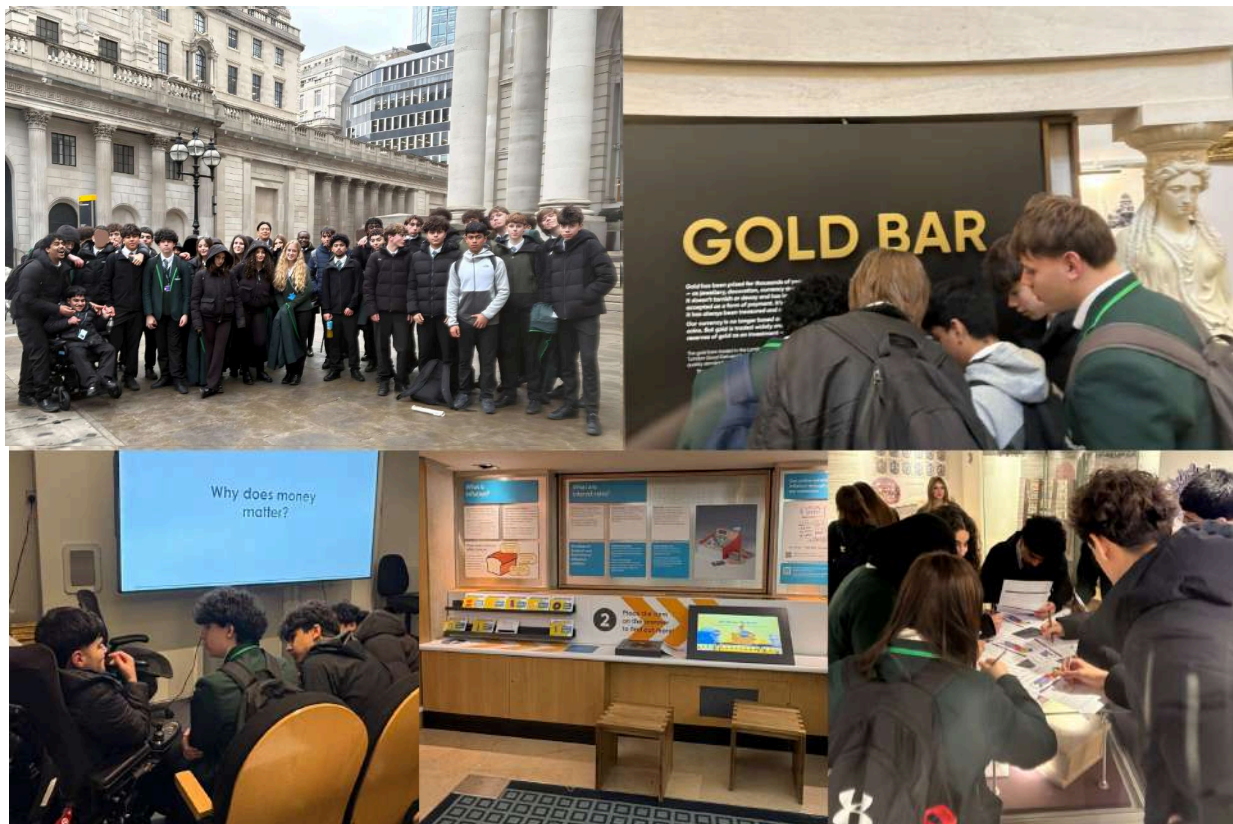


## Year 11 Economics Students Visit the Bank of England

Our year 11 economics students recently visited the Bank of England to explore the UK's financial sector. This trip offered a fantastic opportunity to connect classroom studies with the real-world economy. At the Bank's museum, the group explored 300 years of history and the vital role the Bank plays in our society. A highlight was the chance for students to lift a genuine 13-kilogram gold bar with a current market value of over £1.3 million.

The students also attended an engaging presentation led by a bank representative. The session focused on the essential tools used to keep the economy stable. Students learned how inflation is tracked using a "basket of goods" to measure the Consumer Price Index (CPI). They also discussed the impact of the Bank Rate on borrowing and how Quantitative Easing is used to manage money within the financial system. By exploring these key responsibilities, the students gained a clearer understanding of how the Bank maintains financial stability and discovered the various career paths available in the world of economics.

**Ms Ryoo**

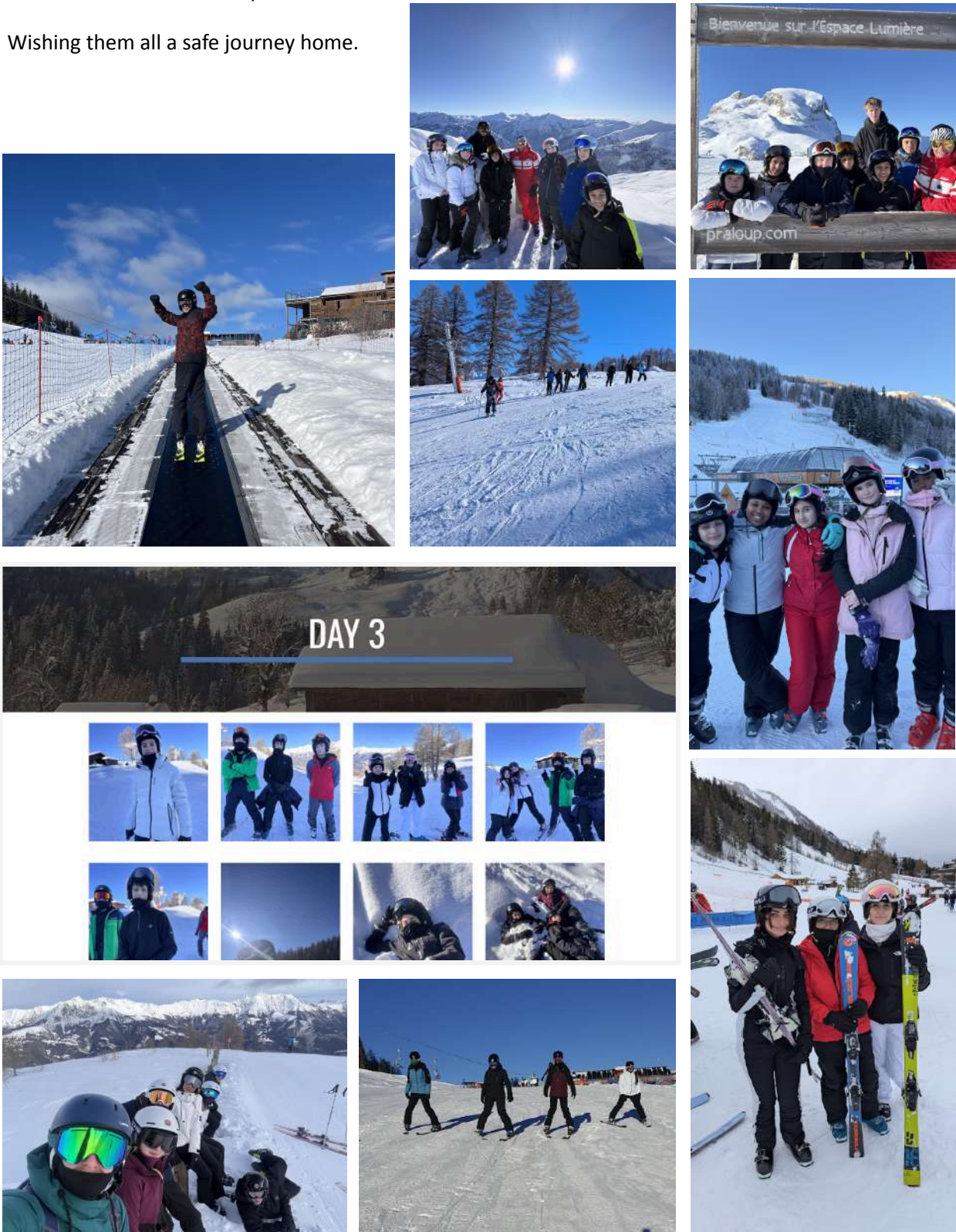




## Pra-Loup, France ski trip

Students and staff are having a wonderful time in Pra-Loup, France, enjoying their ski adventure and making fantastic memories on and off the slopes. You can follow their journey on the [Ski France mini website](#) and through our social media stories. Next week, look out for a highlights reel capturing the best moments from the trip.

Wishing them all a safe journey home.





## Davidson Inventors Challenge (Cambridge University)

Our Highlands teams - *EcoSisters*, *Urban Collective* and *Leaf Logic* have worked incredibly hard to produce outstanding invention proposals.

Their work forms part of the Davidson Inventors Challenge, a prestigious initiative hosted by the Department of Chemical Engineering and Biotechnology in collaboration with the Association of Science, Technology & Innovation and supported by the Institution of Chemical Engineers. The challenge inspires young people to design cost-effective, sustainable solutions to global issues aligned with the United Nations Sustainable Development Goals, including climate action, clean water and sanitation.

They have received fantastic feedback from their Cambridge University mentors - Graham Dransfield, Daniel Akinrefon, Arya Sunkara, Francesca van Tartwijk and Peter Jackson - which all teams will now use to further refine and strengthen their proposals.

We are extremely proud of their dedication, creativity and innovation. Good luck to all teams, and we hope to see your inspiring ideas recognised and rewarded.



Dr Len





## Students shine at BETT Conference

Belkisa Cota in year 12 and Saira Akdam in year 13 spoke at this year's BETT Conference, sharing their experiences of using AI as students at Highlands School.

Both students were confident, composed and highly knowledgeable, representing the school exceptionally well and showcasing Highlands in the best possible light.

**Mr Davies**





## Year 12 students gain hands-on insight at dental clinic

Year 12 students, Roni Koker and Warzan Sadiq recently attended an insight day at a local dental clinic, where they gained valuable first-hand experience of working in a dental setting after successfully securing the placement.

During the visit, they were shown how dental impressions are taken in preparation for crowns, as well as how modern 3D scanning technology is used to create digital impressions of the mouth. They also had the opportunity to interact with patients and observe how dental professionals communicate and build rapport in a clinical environment.

In addition, they observed a range of dental treatments, including root canal procedures, routine cleanings and dental implants. The day provided an excellent overview of both the clinical and patient-focused aspects of dentistry and offered a realistic insight into the profession. Both students are aspiring dentists and found the experience particularly valuable in supporting their future career ambitions.



*Roni and Warzan, year 12*

**Mrs Laurenzi**

## Inspiring medical work experience at the Royal Free

Year 12 student Parla Ghanipour completed an outstanding work experience placement in the Plastic & Reconstructive Surgery Department at the Royal Free London NHS Foundation Trust. Working alongside junior doctors, she observed real clinical practice in the hand clinic and gained first-hand exposure to complex injuries.

Parla was made to feel genuinely welcomed and part of the team throughout her placement. We are extremely grateful to the Royal Free for this invaluable opportunity, and a huge well done to Parla for her courage, ambition and determination in pursuing a future in medicine.



*Parla, year 12*

**Mrs Laurenzi**



## Year 7 and 8 futsal competition

On Tuesday the year 7 and 8 girls' football team took part in a futsal competition at Chace Community School. They beat Edmonton County 4-1 in their first game and then beat Chace Community School 4-0 to win the competition.

For most of the team it was the first time they had played futsal. It was impressive how quickly they picked up the rules and were able to effectively implement tactics discussed. The player of the tournament chosen by the team was Nicole Panayi. Well done girls!

Mrs Walters



## 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.

- **Hamza Kasmani 12ODS, Royce Lin 12RCW, Francisco Pinto 12WTA and Anthony Andreou 12OMA:** Awarded for participating in the UK Economics Olympiad.
- **Summer Mullooly 9RJG:** Awarded for overcoming adversity.
- **Harrison Higginson 10RCX:** Awarded for his hard work in business studies, his high level of concentration and ability to complete the work as well as answer questions when cold calling and being able to 'unpack' and explain the answer in great depth!
- **Belkisa Cota 12BCR and Saira Akdam 13BAS:** Awarded for speaking at the BETT Conference, where they discussed their experiences of AI as students at Highlands School.
- **Parla Ghanipour 12OMA, Roni Koker 12WTA and Warzan Sadiq 12WTA:** Awarded for demonstrating outstanding professionalism, curiosity and commitment during work experience in healthcare.
- **Jessica Smyth 12WTA, Shaniyah Areh 12OMA and Evie Ferguson 12WTA:** Awarded for their excellent studies.



## Dancers of the week

Our dancers of the week are Alexandra, Alara, Larra, Sienna and Grace in year 7 from the Oak and Rowan forms for their choreography in their PE cover lesson this week.

Great work girls - well done.

**Miss Brown**



## Year 9 - The Great Debate

Year 9 students took part in a thoughtful and timely debate this week on the motion, *“This House believes that assisted dying should be legalised.”* In the lead-up to the debate, students spent the week preparing their speeches and refining their arguments, demonstrating real commitment to the topic.

The debate was conducted to a very high standard, with students speaking confidently and engaging respectfully with opposing viewpoints. Following strong contributions from both sides, the final vote was 115 in favour and 52 against, reflecting mature and informed engagement with a complex national issue.





## Book of the month - February

### Recommended read for KS3: *Sisters of the Moon* by Marie-Louise Fitzpatrick

A wonderfully atmospheric story about holistic mysticism, the unexplainable and the power of female friendship.

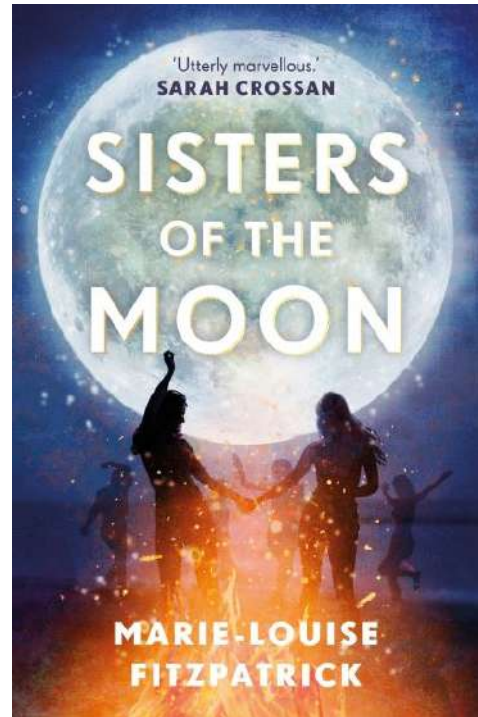
Suzy Button is grieving. Grieving for her dead mother, but also for the friends she's left behind, the father who no longer laughs and the life that she once had. In desperation she finds herself

in the garden in the middle of the night, under the light of a supermoon, wishing everything would change. And suddenly, it does.

Into school walks Rhiannon, a fearless new girl who makes Suzy her instant best friend. And Rhiannon seems to make things...happen. If Suzy wants something, somehow Rhiannon can make it so: friends, beach parties, midnight photoshoots under a moonlit sky...Suzy's life is finally moving forward again.

But where did Rhiannon come from? She doesn't seem to live in Sallycove. Why can't Suzy go to her house? And why does she never have any stuff?

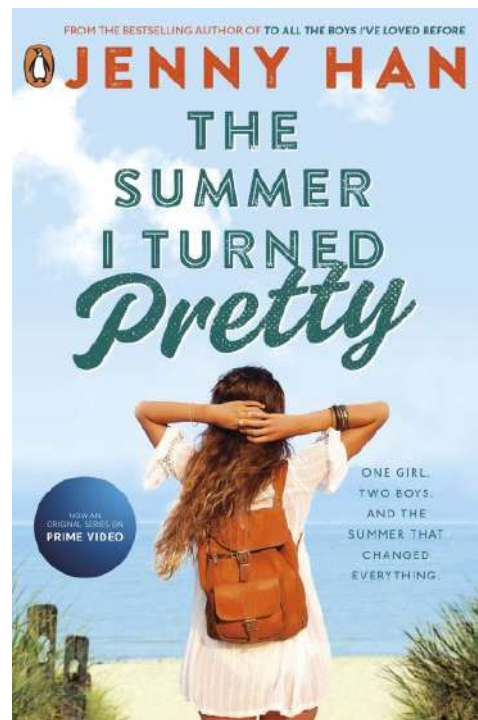
Suzy might be her best friend, but does she really know who Rhiannon is?



### Recommended read for KS4: *The Summer I Turned Pretty* by Jenny Han

Follows the story of 15 year old Belly as she attempts to have the perfect summer. Every year Isabel spends a perfect summer at her family friends' house. There's the swimming pool at night, the private stretch of sandy beach... and the two boys. Unavailable, aloof Conrad - who she's been in love with forever - and friendly, relaxed Jeremiah, the only one who's ever really paid her any attention.

But this year something is different. They seem to have noticed her for the first time. It's going to be an amazing summer - and one she'll never forget...





## Show Racism the Red Card

This year marks our fourth consecutive entry into Show Racism the Red Card and we are incredibly proud of our success to date, having won the competition three years in a row. Last year, we achieved outstanding recognition by winning the *Year 10+ Art & Creative Writing category*, the prestigious *Jo Cox Memorial Award*, and being selected as the *overall competition winner*. Our winning student, Neriah, was invited to the Palace of Westminster, met Keir Starmer, and performed her poem at 10 Downing Street. We hope this inspires everyone to get involved again this year and continue this incredible legacy.



### **What is the competition?**

- The Show Racism the Red Card (SRtRC) school competition is free to enter and open to young people of all ages and abilities.
- We want to encourage participants to think about racism and produce their own work about this serious issue.
- This is a unique opportunity for schools to proactively demonstrate their commitment to equality and tackling racism by taking part in the UK's largest equalities themed school competition

### **How is it judged?**

- An independent panel of judges select the winning entries and winners are invited to a special awards ceremony at a Premier League stadium.
- Prizes are presented by special guests including current and former professional footballers.

### **The categories:**

- Everyone is welcome to produce work in any medium: **artwork, creative writing, song, film, music, t-shirt or football boot designs.**
- If it's about racism, we want to see it!

The **design a boot** and **t-shirt** categories is a creative task. The templates can be downloaded [here](#).

**The music category:** encourages students to use sounds, rhythm and lyrics as powerful tools to express their understanding of racism. Students can choose to write an original song, create a rap, compose instruments or reinterpret an existing piece to communicate a strong sense of equality and inclusion.





### The rules

SHOW  
RACISM  
THE  
RED  
CARD

## RULES

- **Artwork** must not exceed **A3 size** (297 x 420mm)
- **Music entries** must not exceed **5 minutes** & must be playable in **MP3 or MP4 format**
- **Film entries** must not exceed **6 minutes** & must be playable in **Windows Media Player**
- **Group entries** are permitted but limited to a **maximum number of 6 young people per group**
- **Please do not send more than one entry, per category, per school**

### How to enter

All entries to be handed in or sent to [Ms Maple](#) by **17th February 2026**.

Please write the following information on the back of each entry:

- **Name of entrant**
- **Year group**
- **Name of school**

Paper templates of the boot and t-shirt can be found in Ms Maple's office or [here](#).





## School announcements

### Calling all employers - Help shape a future!

We're always looking to expand our employer connections and provide year 12 students with valuable work experience opportunities. If you are able to support a student with a placement, please get in touch by emailing [careers@highlearn.uk](mailto:careers@highlearn.uk)

### 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 items 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.

### 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](mailto:postbox@highlearn.uk) for years 7-11 and [sixthform@highlearn.uk](mailto: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.

### 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](mailto:school.hire@yahoo.co.uk). You can also find more details at [www.school-hire.com](http://www.school-hire.com)

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

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

CONTACT TODAY  
07855042027



## House weekly winners

The winner is the house with the most positive points, minus negative points. Well done **Rowan**!

	Beech	Oak	Rowan	Willow
Positive points	5,499	5,506	7,622	5,635
Negative points	-458	-528	-290	-427
<b>Points overall</b>	<b>5,041</b>	<b>4978</b>	<b>7,332</b>	<b>5,208</b>

### Top students in year 7

Forename	Surname	Form	House	Points
Cassandra	Norman	7RHG	R	82
Kaj	Hopkins	7RHG	R	69
Nicole	Panayi	7RHG	R	63
Onesimus	Zakarias	7RHG	R	62
Selma	Hafuzi	7RHG	R	62
Alara	Yorganci	7RHG	R	60
Emma	Morina	7RHG	R	60
Eftelya	Kaynar	7RHG	R	58
Kristian	Tatanov	7RHG	R	57
Thanishka	Sathiyaseelan	7RHG	R	56
Neda	Torkmani	7RHG	R	56
Javaeh	July-Clarke	7RHG	R	56

### Top students in year 8:

Forename	Surname	Form	House	Points
Eren	Mistiki	8RAC	R	51
Afifa	Hakime	8BHV	B	48
Levi	Xhetani	8RAC	R	42
Selin	Erdogan	8RAC	R	39
Dylan	Julful	8RAC	R	39
Vitaliia	Zakharchuk	8RAC	R	38
Helin	Yaman	8RAC	R	37
Sewal	Gulem	8RAC	R	37
Alessia	Koci	8WEF	W	36
Hollie	Chambers	8RAC	R	35
Toni Everton	Spinelli Filho	8RAC	R	35
Gabriella	Georgiou	8RAC	R	35



### Top students in year 9:

Forename	Surname	Form	House	Points
Sumeyra	Kiyamaz	9RGA	R	42
Olivia	Constantinou	9RGA	R	39
Hasti	Zare	9ODM	O	38
Aryan	Shah	9RGA	R	38
Aaliyah	Lascelles	9WSW	W	37
Hannah	Gibbons	9WSW	W	37
Hannah	Bauluck	9ORD	O	35
Michael	Angeli	9RGA	R	34
Alexa	Nicolau	9RGA	R	34
Mertcem	Kaynar	9RGA	R	34
Betsy	Coneywood	9ORD	O	33
Dylan	Makani	9ODM	O	32

### Top students in year 10:

Forename	Surname	Form	House	Points
Nathan	Lemonious	10RCX	R	40
Liam	Redmond	10RCX	R	33
Bibiana	Edwards	10BBK	B	31
Kaelyn	Beisty	10WNK	W	31
Andriana	Yiallourous	10BAM	B	30
Beyza	Guyen	10BBK	B	30
Simra	Hassan	10OAC	O	30
Molly	McGrath	10RCX	R	30
Lucie	Sadler	10BBK	B	28
Christian	Demetriou	10BBK	B	28
Eren	Yener	10RAB	R	28
Emily	Newton	10RAB	R	28
Xhorxhia	Kuvertaris	10RCX	R	28



### Top students in year 11:

Forename	Surname	Form	House	Points
Maximus	Taylor	11BSQ	B	33
Lucas	Baja	11WJQ	W	29
Constantinos	Socratous	11ODC	O	26
Ayse	Carmanbar	11BLM	B	25
Samuel	Taheny	11ODC	O	25
Sophia	Kastanias	11ODC	O	25
Joshua	Murray	11RCG	R	25
Bana	Tahsen	11BLM	B	24
Evren	Okanay	11OSM	O	24
Nicholas	King	11WJQ	W	24

### Top students in year 12:

Forename	Surname	Form	House	Points
Paula	Shehu	12BCR	B	12
Belkisa	Cota	12BCR	B	12
Mashaal	Khan	12ODS	O	12
Nellie	Eaves Baker	12OMA	O	12
Junaid	Ejaz	12RCW	R	12
Mariah	Brooks	12RSL	R	12
Nehir	Cetin	12RSL	R	12
Adasu	Satilmis	12RSL	R	12
Lara	Uzum	12RSL	R	12
Diego	Deda	12RSL	R	12
Baran	Byndor	12WTA	W	12
Ann	Siby	12WTA	W	12

### Top students in year 13:

Forename	Surname	Form	House	Points
Elena	Giudice	13BAS	B	11
Luke	Tyrimos	13WAD	W	11
Saira	Akdam	13BAS	B	10
Sia	Loomis	13OES	O	6



**Join a GP today**

Health support for you and your family

Anyone can register for free



[nhs.uk/register](https://nhs.uk/register)



## Get the right care for you and your family by registering with a GP practice

Being registered with a GP practice helps make sure you and your child can get the right care, at the right time – from vaccinations and check-ups to everyday health concerns.

### Anyone can register with a GP practice

You are entitled to register and receive care from a GP practice, regardless of your circumstances.

### You do not need:

- Proof of address
- Proof of immigration status
- Identification (ID)
- An NHS number

### How to register

Simply contact your local GP practice:

- Visit the practice and ask the reception team for help to register

Or find out more at [nhs.uk/register](https://nhs.uk/register)



[nhs.uk/register](https://nhs.uk/register)





# 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](mailto:faithia.garffus@futurefirst.org.uk)

#HighlandsAlumni



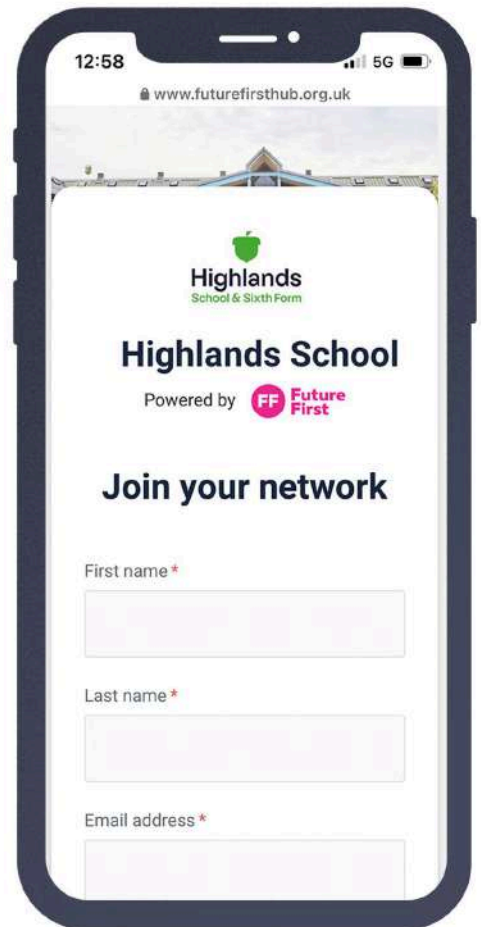
Scan the QR code to join the Alumni network

## 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.





## 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

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

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>

Urgent and other support available

**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](mailto: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)

**childline**  
SOMEONE ON THE PHONE, ANYTIME

Childline confidential telephone counselling service for any child with a problem  
Call: 0800 1111 anytime or [online chat with a counsellor](#)

**Good Thinking**

Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

**THE MIX**

The Mix provides free, confidential support for young people under 25  
Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)

**Beat**

Beat provide support to help young people who may be struggling with an eating problem or an eating disorder  
Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

**kooth**

Kooth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine



## Safeguarding contacts

If you are concerned about your child's wellbeing or the wellbeing of any other student at Highlands School, please contact the school on 020 8370 1100 or email the DSL at [staysafe@highlearn.uk](mailto: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](http://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:

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