



Highlands School Newsletter

9 January 2026



Dear parents and carers,

I hope you all had a restful Christmas and New Year break. As you know, the weather has been cold this week. On Monday and Tuesday we had some issues at school with the performance of the boilers and the air handling units circulating warm air around the building. As a result, some rooms and corridors were colder than we had expected them to be. Students and staff persevered with this for the first couple of days of the week while we called in engineers and resolved the problems. I would like to thank them for sticking with us until the issues were sorted, and thanks to Ms Czapich and the site team for getting the heating systems running to maximum efficiency as quickly as possible.

During this cold weather I want to ask you to remind your children that they should not run or push each other on icy roads or surfaces and absolutely not play on bodies of water, such as lakes, that have iced over. In the event that it snows, please remind children that while travelling to and from school, and while in school, students are not allowed to pick up or throw snow. This may seem like a Grinch-like approach to snowball throwing, but a snowball that may contain ice, thrown by an 18-year-old sixth former and accidentally hitting an 11-year-old can cause real injury and distress.

On page 2 of this week's newsletter, you can see the students in year 9 who received our DARE application and homework awards. On the back of every exercise book in the school are the DARE application and homework matrices. We use them to complete the mid-year reports you receive. We reward students who achieve the highest scores with vouchers. This is because these are the students who regularly demonstrate our school values and act as an example to others. Well done to them.

Mr McInerney,
Headteacher.



Key dates for next half term:

- Tuesday 13th January: year 11 mock exam results event - parents invited to school in evening
- Tuesday 13th January: year 10 mock exam results webinar for the early entry GCSE
- Wednesday 14th January: year 11 parents' evening
- Monday 19th January: online meetings with Y11 parents about post-16 options
- Wednesday 21st January: year 8 parents' evening
- Wednesday 4th February: options evening for year 8 and 9 parents at school
- Thursday 5th February: late start following options evening
- Friday 13th February: final day of half term

DARE Award winners - Year 9

There are many students who come to school every day, always bring equipment, complete work to the best of their ability and generally embody the values of our school: determination, aspiration, respect and equality. The DARE rewards are a way of celebrating these students.

DARE scores are entered by a range of teachers and reflect what students do day-in, day-out so the students who are being recognised and rewarded are those who are consistently doing the right thing.

The average DARE application score for each student has allowed us to rank the students in the year group from those with the best average DARE application score to the lowest.

Congratulations to the following students who were ranked the top students in **year 9** they will all receive a £30 voucher for their hard work - their names are listed below. The top 100 achieving students will be receiving a letter home in recognition of their achievements in the DARE values.

Joint 1st:

- Jake Appleby 9BLR (**Beech**)
- Betsy Coneywood 9ORD (**Oak**)
- Sibora Myftari 9WMT (**Willow**)





Academic excellence - Year 9

As part of our commitment to celebrating excellence in the house competition, we introduced the academic excellence awards based on student feedback. After each year group's mid-year assessments and mock exams, we honour the top achiever in each subject with an academic excellence trophy for their house, 1,000 house points, and a certificate. Additionally, the most improved student in each subject will receive a certificate to acknowledge their hard work and progress. Congratulations to all of the winners.

Position	Student	Form	House	subject
1	Alexandra Koneva	9RGA	Rowan	art
1	Katrina Awatar	9WSW	Willow	Citizenship
1	Kaynar Mertcem	9RGA	Rowan	Computer science
1	Amelie Mohan	9RGA	Rowan	Dance
1	Kerem Hassan	9WMT	Willow	Drama
1	Elma Stena	9ORD	Oak	English language
1	Farida Nooreldeen	9WMT	Willow	English literature
1	Farida Nooreldeen	9WMT	Willow	French
1	Chloe-Sophia Antoniadis	9RJG	Rowan	Geography
1	Aston Lyle	9RGA	Rowan	
1	Farida Nooreldeen	9WMT	Willow	History
1	James Mehmet	9RJG	Rowan	Maths
1	Betsy Coneywood	9ORD	Oak	Music
1	Leon Spalevic	9RJG	Rowan	
1	Noam Powell	9ORD	Oak	
1	James Mehmet	9RJG	Rowan	
1	Jayden Muhelele	9WMT	Willow	
1	Lucy Pishiris	9ORD	Oak	PE
1	Liliana Jonczyk	9ORD	Oak	Religious studies
1	Ryan Arun	9RJG	Rowan	
1	Archie Barretta	9ORD	Oak	
1	Andrew Spitaliotis	9ORD	Oak	
1	Jasaiya Ollivierre	9WMT	Willow	
1	Edgar Freimanis	9BEF	Beech	
1	Raya Modha	9BEF	Beech	
1	Matthew Lam	9RJG	Rowan	
1	Martha Dobinson	9RJG	Rowan	Science
1	Aistis Mankevicius	9ODM	Oak	Spanish
1	Chloe-Sophia Antoniadis	9RJG	Rowan	
1	Aynara Gomez Rosales	9RGA	Rowan	



Year 9 top achieving students



iDEA Bronze Award

Well done to the following students who successfully completed the iDEA Bronze Award as part of DARE Days in October.

The Inspiring Digital Enterprise Award (iDEA) is an international programme designed to develop digital, enterprise and employability skills. Through a series of online challenges, students built their knowledge in digital awareness, workplace IT skills, digital creativity and turning ideas into viable business concepts.



Achieving the Bronze badge and earning 500 points is a fantastic accomplishment and reflects their commitment, creativity and future-focused thinking.

Aalycia Udahemuka, Aaron Sam-Habboo, Adalane Angate, Alex Florides, Alex Savva Faruk, Anaiya Dhaliwal, April Clydesdale, Bibiana Edwards, Chloe Shi, Christian Demetriou, Conrad Berndes, Defne Kaynaroglu, Dennis Erdogan, Eren Yener, Ethan Martindale, Hayrullah Ozdemir, India Barron, Isabel Antoniou, James Fryer, James Lindsey, Kalan Bowry, Manav Tailor, Marcus Afhim, Marianna Pallikaros, Marika Daley, Navid Mohammadaghaei, Nea Petrijtaj, Nikeel Sookharry, Nurullah Ozdemir, Oliver Dhillon, Owen Smith, Ralph Bishop, Ruby Wakeford, Sena Oguz, Siena Jugurnauth, Sindi Shaban Sophie Rooke, Sunny Morgan Jones, Taijah Green-Barban, Thomas Chambers, Thomas West, Tish Patel, Yuxi Chen and Zayn Akhtar.





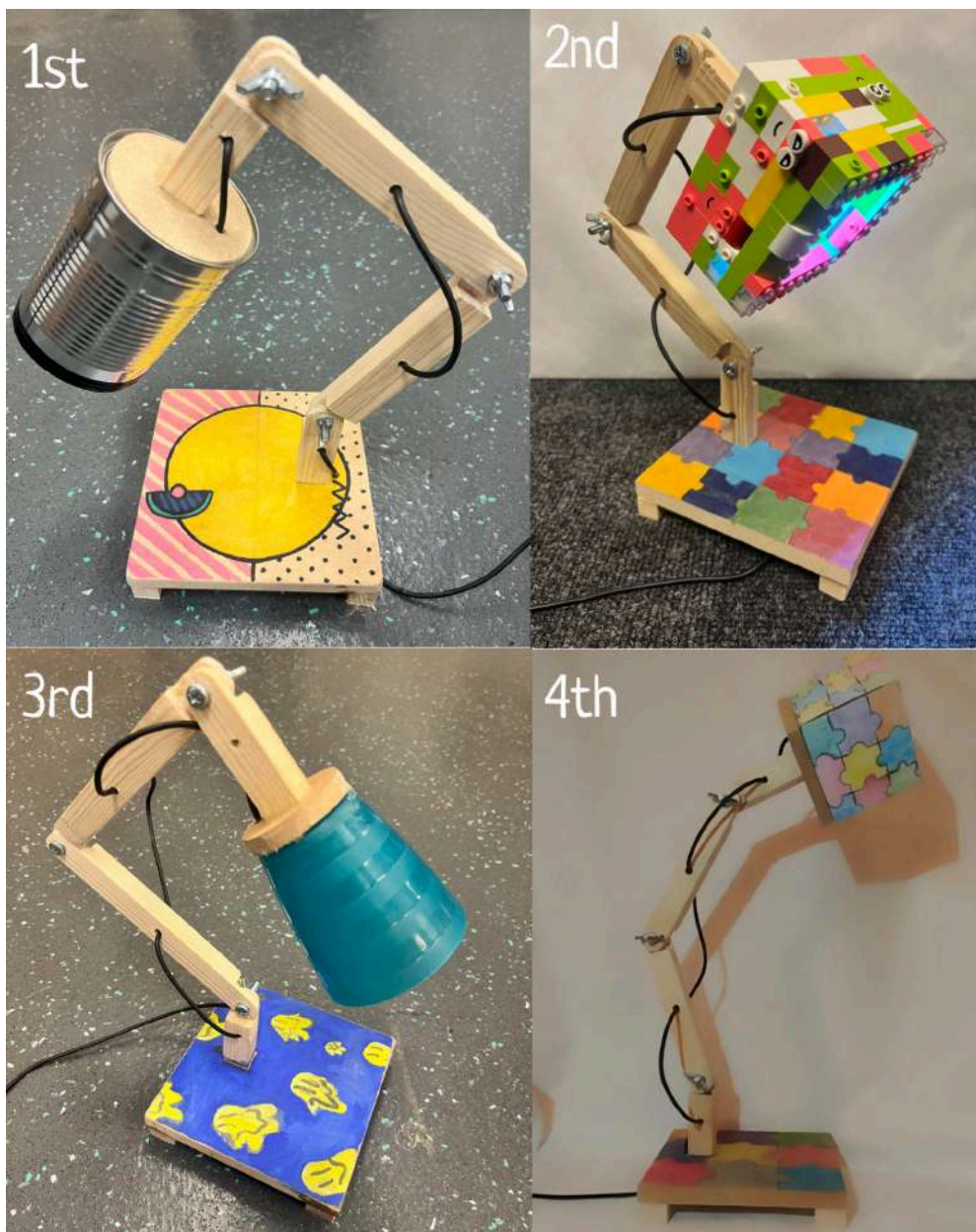
Year 8 D&T Lamp competition

In design technology, students have been busy designing and making Memphis-style desk lamps using resistant materials.

The year 8 house competition has now taken place, and we are pleased to announce the 1st, 2nd and 3rd place winners. A huge congratulations to Orinthia who won 1,000 points for her house Rowan.

- **1st:** Orinthia Goonan - **Rowan**
- **2nd:** Campbell Paraskeva - **Willow**
- **3rd:** Emily Dent - **Rowan**, with Izsy Butcher in **Beech** as the runner up.

Well done to all our creative and hardworking D&T students!





Highlands student shines on stage

Sophia Kakouris in year 9 has been busy shining on stage this festive season, performing in the Christmas production *Red* at the Chickenshed Theatre. A creative twist on *Little Red Riding Hood*, the show sees Sophia taking on the lead role of 'Red' in one of the performance rotas.

Alongside her acting, she delivers a solo performance, raps with the Wolf, dances and has even learnt to sign as part of the production. The show opened in mid-November and ran throughout the Christmas holidays.

Chickenshed, an iconic and inclusive theatre celebrating over 50 years, provides a space where young people of all abilities can express themselves. Sophia was also interviewed on BBC Radio by Gaby Roslin for the *Make a Difference* show, where she spoke about the theatre's inclusive ethos and its positive impact on young lives.





Welcome back assemblies

This week, we held welcome back assemblies for each year group, where students were updated on the successes of last term, current house positions, and the exciting events coming up this term. The assemblies were a great opportunity to celebrate achievements and prepare students for the weeks ahead this term.



Rowan rewards celebration

After being crowned half term champions once again, Rowan celebrated in style with a well-earned rewards celebration at break time.

Students enjoyed a special treat alongside extended break time, recognising their continued effort, teamwork and commitment throughout the half term - and with form like this, could Rowan be on track to become this year's overall winning house? The race is on...





PE Clubs - starting Monday 12th January

Monday	Tuesday	Thursday	Friday
Years 9-13 Basketball Mr Seston Sports Hall 3:15 - 4:15	GCSE PE intervention (Week B) 11R/Pg Mrs Hutchinson Sports Hall 3:15 - 4:15	GCSE PE intervention (Week B) 11S/Pg Mr Avann Sports Hall 3:15 - 4:15	GCSE Badminton (11R,11S,10P) Sports Hall Mrs Hutchinson 3:15 - 4:30
Year 7-8 Tag Rugby Mr Avann Astro 3:15 - 4:15	Year 7-10 (Week A) Volleyball Miss Berrill Sports Hall 3:15 - 4:30	Y13 A Level PE Mr Edwards Week B SL6 3:15 - 4:15	6th Form Football Mr Edwards Astro 3:15 - 4
Y13 A Level PE Mr Edwards Week A SL6 3:15 - 4	Years 7-11 Girls football Mrs Walters/ Mr Cross Astro 3.15 - 4.30		

How to join a PE club

- Simply show up after school at the PE changing rooms at 3:15pm after period 5.
- Students must wear their Highlands PE kit and trainers to take part.
- Students must wear their school uniform to school and get changed after school in the changing rooms (unless they have a practical PE lesson on the day of their club).
- Bring any medical devices e.g., asthma pump.
- All clubs are for all students in the year groups stated. Year groups and clubs will change each half term.
- Students must inform parents/carers that they are attending a club and that their finishing time at school will be later (4:30pm).
- If a club is cancelled then an email will be sent home to inform parents.

London Waiting Room - Mental health and wellbeing

[Waiting Room](https://www.londonwaitingroom.nhs.uk) is a free NHS website that helps people understand their mental health and wellbeing options across north London. Their website includes local service information, self-help tools, and co-produced resources on specialist topics, e.g., SEND support.

Here is the [link](#) to the training and sign up.



The Cooking Champions sleep out

Friday 6th February 2026, 6pm
St Matthew's Church, Ponders End
One night. One powerful act of solidarity.



This February, join Cooking Champions for a special sponsored Sleep Out at the church where our community kitchen is based. We'll spend one night sleeping on the church floor, with no heating - a symbolic act to help raise awareness of the harsh realities faced by many people experiencing homelessness, including some of the guests who come to our kitchen each week.

This is a fundraising sleep out. Everyone taking part is encouraged to ask friends, family and colleagues to sponsor them, helping to keep Cooking Champions going.

For Johnny - This sleep out is in memory of Johnny, a much-loved regular at Cooking Champions. The kitchen was a constant in his life - a place of welcome, care and connection. He is deeply missed by us all.

What the night will be like:

- **Friday 6th Feb**
6:00 - 7:00pm: Arrive, register, settle in
7:30pm: Hot meal together
8:30 - 9:30pm: Live music, reflection, quiet moments
10:30pm: Lights out
- **Saturday 7th Feb**
7:00am: Breakfast together

We'll be sleeping indoors on the church floor. Please bring a sleeping bag and warm layers - there'll be no heating overnight.

Fundraising & signing up

- £35 registration fee to secure your place
- Minimum fundraising target: £150 per person
- Raise £350 or more and we'll refund your registration fee
- We ask everyone taking part to fundraise in their own way - sharing why they're sleeping out, and inviting people to support them.

Who this is for?

- Anyone aged 16+
- The night will be fully supported with security on site
- We're keeping it small so it feels personal, safe, and connected

Why it matters

We know that one night on a church floor won't solve homelessness, but it can honour Johnny's life. It can remind people that everyone deserves warmth, food and a place where they belong. And it can help keep Cooking Champions open so that we don't turn anyone away. Come sleep out with us. Remember Johnny. Help make a difference. [Register 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

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 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.

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 flyer for Highlands School School Hire and Functions Ltd features a green apple logo at the top. The text includes the school name, address (148 Worlds End Lane, London, N21 1QQ), and a list of facilities: 4G Astro pitch, Mirrored dance studio, Drama studios, Classrooms, Sports hall, and Outside spaces. It also provides contact information: 'CONTACT TODAY 07855042027'. A small note mentions 'SCHOOL HIRE & FUNCTIONS LTD FROM 1ST SEPTEMBER 2020'. The background shows a 'Welcome to Highlands' sign and three circular images of school facilities.



Spring term 1 PSHE topics

Year Group:	Topic:	Lessons:
Year 7	Unit 4: Respecting others. Diversity and Discrimination Part 1.	Respecting Diversity and Discrimination Part 1. Lesson 1: Peer-on-peer abuse Lesson 2: Challenging peer-on-peer abuse Lesson 3: Healthy friendships Lesson 4: Managing online relationships Lesson 5: Safety in online relationships Lesson 6: Debate: 'Is it more important to respect other people's opinions, even if you don't agree with them, or to stand up for what you believe in?'
Year 8	Unit 3: Planning for the future	Lesson 1: What are my aspirations? Lesson 2: How do I work best with others and Skills for working with others Lesson 3: Goal-setting and How do I plan for my future? Lesson 4: What do I need to plan for? Lesson 5: What opportunities are out there for me? Lesson 6: How do I improve my prospects?
Year 9	Unit 3: Body Image	Lesson 1: Positive body image Lesson 2 and 3: Media and self-esteem and debate Lesson 4: Eating disorders Lesson 5: Practising healthy habits Lesson 6: Practicing healthier habits
Year 10	Unit 2: Personal Health	Lesson 1: Personal health care Lesson 2: Cancer screening - testicular Lesson 3: Cancer screening - Breast cancer awareness Lesson 4: The science relating to blood donation Lesson 5: Exploring blood, stem cell and organ donation
Year 11	Intervention	
Year 12	Unit 3: Financial Planning	Lesson 1: Managing money and budgeting Lesson 2: Credit cards, debit cards and loans Lesson 3: Mortgages Lesson 4: Tax and deductions Lesson 5: Pensions and life insurance



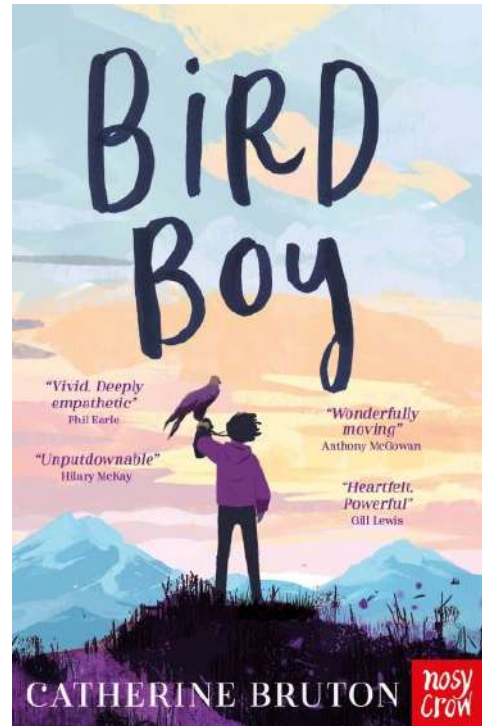
Book of the month - January

Recommended read for KS3

Bird Boy by Catherine Bruton

Can you heal a broken wing? What about a broken heart? After years trapped in a high-rise flat with only birds for company, Will doesn't know how he'll survive a place like this, but he soon finds solace in the woods, when he's surrounded by birdsong.

With his new friend Omar - a refugee from Afghanistan - Will discovers an osprey nest with two small chicks inside. He forms an unbreakable bond with the birds, especially the smallest chick, who they name Whitetip. But when tragedy almost strikes again one stormy night, and Whitetip is knocked out of the nest breaking a wing, Will is determined to save her. Smuggling her down from the mountain, he finds a way to keep her alive. As Will helps Whitetip to grow and to heal, he finds a strength inside himself that he never knew he had. Maybe, finally, Will can find a way to take flight too.

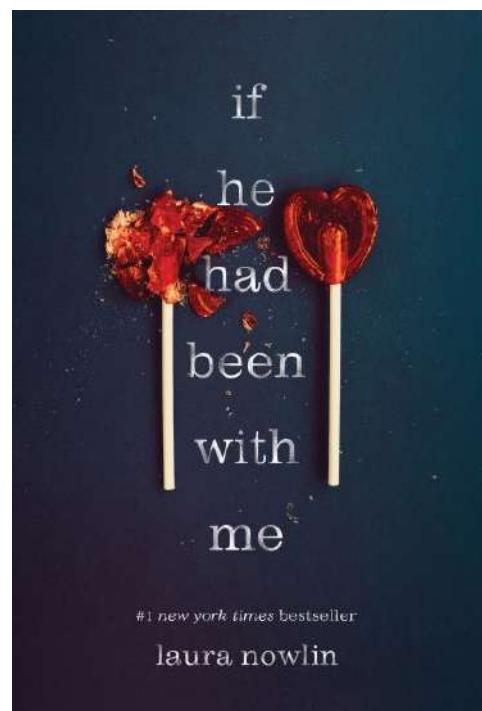


Recommended read for KS4

If he had been with me by Laura Nowlin

An achingly authentic and raw portrait of love, regret, and the life-altering impact of the relationships we hold closest to us, this YA romance bestseller is perfect for fans of Colleen Hoover, Jenny Han and *You've Reached Sam*.

If he had been with me, everything would have been different. Autumn and Finn used to be inseparable. But then something changed. Or they changed. Now, they do their best to ignore each other. Autumn has her boyfriend Jamie, and her close-knit group of friends. And Finn has become that boy at school, the one everyone wants to be around. That still doesn't stop the way Autumn feels every time she and Finn cross paths, and the growing, nagging thought that maybe things could have been different. Maybe they should be together. But come August, things will change forever. And as time passes, Autumn will be forced to confront how else life might have been different if they had never parted ways.





House weekly winners

This week's winner is the house with the highest achievement points minus concern points. Congratulations to **Willow**.

	Beech	Oak	Rowan	Willow
Positive points	5,352	5,735	5,794	6,343
Negative points	-298	-266	-248	-275
Points overall	5,054	5,469	5,546	6,068

Top students in year 7

Forename	Surname	Form	House	Points
Alara	Yorganci	7RHG	R	62
Stacey	Demo	7WDD	W	59
Dylan	Heer	7RHG	R	57
Angela	Totev	7RHG	R	57
Inaaya	Miah	7RHG	R	56
Neda	Torkmani	7RHG	R	56
Abigail	Hobley	7BJC	B	54
Elissa	Nazilli	7RHG	R	52
Nicole	Panayi	7RHG	R	52
Onesimus	Zakarias	7RHG	R	52

Top students in year 8:

Forename	Surname	Form	House	Points
Zara	Sheikh	8OMK	O	46
Suryan	Mistry	8WEL	W	45
Sashvika	Sathiyaseelan	8OMK	O	43
Keira	Kataria	8OMK	O	42
Regan	Roberts	8OMK	O	41
Jemimah	Miah	8OMK	O	40
Mollie	Morgan	8OMK	O	39
Iyla	Shah	8WEL	W	38
Hatice	Bolat	8OSB	O	37
Orhan	Ekiz	8WEL	W	36
Lilah	Zekayi	8WEL	W	36



Top students in year 9:

Forename	Surname	Form	House	Points
Evie	Howlett	9WSW	W	45
Hannah	Gibbons	9WSW	W	42
Klea	Kambo	9WSW	W	33
Aariah	Udahemuka	9WSW	W	33
Bella	Aydemir	9RGA	R	32
Isabella	Mene	9ORD	O	32
Ciara	Moore-McGowan	9WSW	W	32
Leo	Smith	9RJG	R	31
Hannah	Bauluck	9ORD	O	30
Alara	Kilic	9RGA	R	30
Asya	Sagiroglu	9WSW	W	30

Top students in year 10:

Forename	Surname	Form	House	Points
Oliver	Dhillon	10OAC	O	38
Leah	Evans	10OAC	O	37
Ruby	Wakeford	10ORF	O	33
Naara Sade	Salom-Mason	10OAC	O	32
Tyanna	Ferreira	10OAC	O	30
Lucie	Sadler	10BBK	B	27
Azat	Secgin	10WNK	W	27
Stephanie	Berko	10BAM	B	26
Natalia	Deda	10OAC	O	26
Zubaid	Mohamud	10OAC	O	26

Top students in year 11:

Forename	Surname	Form	House	Points
Bana	Tahsen	11BLM	B	39
Liya	Ali	11BLM	B	31
Omyur	Karadzhova	11BLM	B	31
Ayse	Carmanbar	11BLM	B	27
Lucia	Manescu	11RJC	R	25
Enes	Turan	11ODC	O	25
Keira	Cheek	11RCG	R	24
Hayden	Hadley	11WJQ	W	24
Ikram	Mohamed	11BLM	B	24
Melisa	Angelova	11BLM	B	23
Harrison	Willer	11RJC	R	23



Top students in year 12:

Forename	Surname	Form	House	Points
Kamilah	Abib	12RCW	R	16
Harrison	Sykes	12RCW	R	14
Mariah	Brooks	12RSL	R	9
Matthew	Guest	12RSL	R	9
Antonia	Anastasi	12RSL	R	8
Skye	Creary	12WBS	W	8
Evie	Ferguson	12WTA	W	8
Grace	Linnane	12BJT	B	8
Polina	Zaiat	12BJT	B	8

Top students in year 13:

Forename	Surname	Form	House	Points
Sophie	Gerrish	13RJB	R	18
Lescine	Chapman	13BTD	B	12
Jasmine	Desai	13OAL	O	12
Jack	Dicker	13WAD	W	12
Zoe	Ellerby	13WDS	W	12
Tuana	Koc	13BTD	B	12
Tiana	Martindale	13BTD	B	12
Ella	Mohan	13OES	O	12
Elias	Osafo	13BAS	B	12
Jessica	Reidy	13BAS	B	12
Holly	Thewlis	13OAL	O	12
Danny	Warren	13RJB	R	12
Spyros	Yiallourous	13BTD	B	12
Grace	Zelechowski	13RHK	R	12



Jazz workshop

A jazz workshop is taking place on Saturday 14th February. It's from 9.30am to 12.30pm at the Raglan Schools, Raglan Road Entrance, EN1 2RG.

This will be a fun workshop where pupils will work together with Sam Eastmond who is a jazz specialist. Pupils need to be a minimum of Grade 1 standard to take part. There will be an informal performance for friends and family at 12.00pm.

All brass, woodwind and string players are welcome. Pianists, drummers and bass guitarists are also welcome, but as there are only limited places for these instruments parents will need to [email](#) to check if there are places available. Click [here](#) for more information.

The poster features a green background with the text 'ENFIELD MUSIC SERVICE' at the top. Below it, 'JAZZ WORKSHOP' is written in large, bold, black letters. To the right is a circular logo with a treble clef and the words 'ENFIELD MUSIC SERVICE' around it. The date and time '14TH FEBRUARY 2026, 9:30 - 12:30' and location 'AT THE RAGLAN SCHOOLS' are listed. Below that, it says 'FOR WIND, BRASS & STRING PLAYERS OF AT LEAST GRADE 1 STANDARD'. A link 'CLICK HERE FOR MORE INFORMATION' is underlined, followed by 'THEN LOG-IN OR CREATE A MUSIC STORE ACCOUNT TO BOOK'. At the bottom, there is a black and white photo of a school band playing brass instruments, with a green price tag in the top left corner that says '£10'.



The Nationals - Goalkeeper Coaching Induction Session (years 9–11)

The Nationals is one of the most innovative goalkeeper brands with world-class goalkeeping coaching and development. More than just improving goalkeeper skills, The Nationals focuses on the mental side of the game including discipline, confidence, mindset and resilience.

We have been offered an exclusive introduction session for Highlands students in years 9-11 (boys and girls).

- **Date:** Tuesday 20th January
- **Time:** 3:30-4:30pm

Places are limited - complete this [form](#) by **Friday 16th January 2026**. (Selected students will be contacted)

THE NATIONALS
GOALKEEPER COACHING

Years 9–11 only
Boys & girls welcome
Limited spaces – sign up early

The Nationals combine world-class goalkeeper coaching with mindset, discipline, confidence and mental strength.
This induction session will give you a chance to experience professional coaching and learn more about ongoing development opportunities.

- Professional goalkeeper coaching
- Confidence + focus + mentality
- Discipline and resilience
- Elite goalkeeper mindset

TUESDAY 20TH JANUARY
3:30 - 4:30PM
VISIT: WWW.THENATIONALS.CO.UK

Scan the QR code to register

WELLBEING Workshop

FOR 6TH FORM STUDENTS & STAFF DE-STRESS • STITCH • CREATE

MAKE YOUR OWN FABRIC DIARY
A calming, creative activity inspired by Tracey Emin's fabric diaries. Express yourself through colour, texture, and hand-stitching

LEARN THE ART OF MENDING & REPAIR
Discover simple hand techniques AND try machine stitching to extend the life of your clothes.

RE-PURPOSE & UPCYCLE
Turn old garments into something new. Upcycle. Re-purpose. Reduce Waste.

ALL MATERIALS PROVIDED.
Bring any old clothes you'd like to transform

WHY JOIN?

- ✓ Relax and unwind
- ✓ Build practical sewing skills
- ✓ Explore machine stitching in a supportive space
- ✓ Support wellbeing through mindful making
- ✓ Create something personal to take home

STARTING WEDNESDAY 14TH JAN 2026
2:20 - 3:20, in T2

YEAR 12 & 13

FOOTBALL CLUB

FRIDAYS AFTER SCHOOL ON THE ASTRO

3:15PM - 4:15PM
No studs, show up in sports kit

GIRLS & BOYS



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



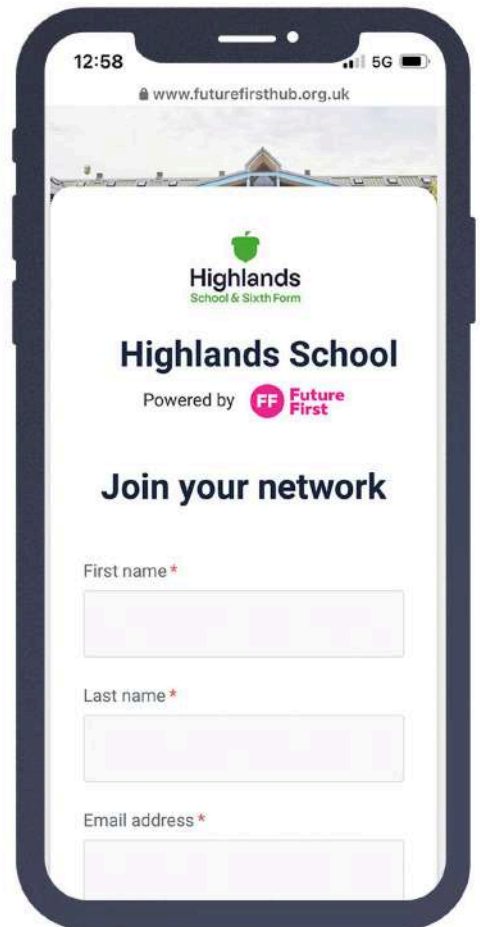
Scan the QR code to join the Alumni network

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

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. 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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