



Highlands School Newsletter

27th March 2026



Dear parents and carers,

This week our under 16 girls' football team won the Middlesex Cup (above). The Middlesex Schools' FA covers the boroughs of Barnet, Brent, Ealing, Enfield, Haringey, Harrow, Hillingdon and Hounslow. In total well over 150 schools. Since we had girls old enough to enter the under 16s tournament (2005) we have won the competition six out of a possible 21 times, more than any other school, and three times in the past four years. We are enormously proud of the girls for their achievement, many of them have played for our football teams since year 7 with success at every age group. And we thank the PE department for their ongoing work maintaining our position as one of the strongest schools for girls' football.

Today is the final day of the half term. I wish all of you a restful break and look forward to seeing everyone back at school on Monday 13th April. Please find important dates for the next half term below.

Have a great weekend,

Mr McInerney,
Headteacher.

Key dates for next half term:

- Monday 13th April: first day of the summer term
- Monday 4th May: bank holiday: school closed
- Tuesday 5th May: summer polo shirts can be worn from this date
- Friday 22nd May: end of half term



Happy Easter, Orthodox Easter and Passover

Happy Easter, Orthodox Easter and Passover to everyone celebrating! May this special time bring you joy, peace and togetherness. To our Orthodox community, Christos Anesti - Christ is risen! From everyone at Highlands, we wish you a wonderful celebration.



Celebrating Easter in our library

The reading corner in our library was beautifully decorated for Easter, creating a bright and inviting space for students to enjoy. A selection of themed books was put on display, celebrating the season.

Students were encouraged to take a moment to explore the display and discover a new read.





U16 girls' Middlesex Cup champions!

On Tuesday afternoon the U16 girls' football team played Queen's Park Community School in the final of the Middlesex Cup. From the kick off we controlled possession and a header from Millie, followed by an excellent finish from Naomi put us 2-0 up. Queen's Park caught us on the break to get one back before Hannah's cool finish put us 3-1 up at half time. Early in the second half we conceded again before Hannah scored directly from a corner to make the score 4-2. Millie then scored an excellent free kick before Queen's Park got one more back before the final whistle.

The team played some excellent football and it was a well deserved win. The player of the match selected by the referee was Hannah. A shout-out must also be given to Zainab who only joined the team this year and has proved to be a valuable asset. Her desire to win the ball and her tireless workrate has been an example for all.

Highlands are U16 Middlesex Cup Champions again! A huge congratulations to the entire squad for the way you have represented Highlands both this year and since year 7.

We are very proud of every one of you.

Mrs Walters & Mrs Hutchinson





Year 7 and 8 girls' football

On Monday the year 7 and 8 girls' football team played their last league game against Southgate. They went into the game knowing that a win would put them top of the division and send them through to the league final. Fired up and ready to go, the team started well with some slick passing leading to a number of good chances. Midway through the first half, Nicole scored to break the deadlock but Southgate battled back and caught our team napping to equalise just before half time. After regrouping at half time, Poppy scored early in the second half and Elissa put in a third a couple of minutes later. Natalie showed some excellent individual skills to make it 4-1 before Southgate got one back. Two more goals from Poppy took the game beyond Southgate's reach, securing a 6-2 victory. The player of the match chosen by Southgate was Nicole.



**Player of the match:
Nicole**

We will play Latymer in the league final after the Easter holidays. Well done girls, a great win! Your place in the final is well deserved.

Mrs Walters

Year 10 girls' netball

Our year 10 girls' netball team wrapped up their season this week and what a journey it has been. Throughout the season, the squad faced some incredibly clinical opposition, but they rose to the challenge every time. Most impressively, the girls demonstrated our DARE values in abundance, consistently taking to the court with a positive attitude and a smile on their faces, regardless of the scoreline.



All that hard work and perseverance paid off in their final fixture. The team came together brilliantly, finishing their season with a fantastic 13-0 victory over AIM North London. It was a game where every pass and tactical play clicked perfectly.

Player of the match was awarded to Mya, whose movement and clinical finishing in the shooting circle were instrumental to the team's success.

Congratulations to the entire squad on a resilient and inspiring season!

Miss Berrill



Battle of the Bands 2026

Highlands School's *Battle of the Bands* on Thursday 19th March was nothing short of spectacular. An evening bursting with joy, laughter, and truly outstanding music. From the moment the first note rang out, it was clear this was going to be a night to remember.

Students from years 7 to 10 took to the stage with confidence and passion, delivering a programme of wonderful entertainment that showcased both talent and creativity. The event was brilliantly compered by the performance captains and vice captains from Beech, Rowan, Willow and Oak houses, whose energy and humour kept the audience engaged throughout.

The judging panel, Ms Caismir-West, Mr Hurst and Mr Friend, had no easy task. The standard this year was exceptionally high with a fantastic mix of original compositions and well-loved covers. The year 8 students were particularly impressive, performing their own songs with heartfelt lyrics and originality, while other year groups brought their own flair to some amazing covers.

A true highlight and a moment that brought the house down was the surprise performance from the staff band, A2C2, who had everyone on their feet with a rousing rendition of *Rocking All Over the World*. It was an unforgettable twist that added even more excitement to an already electric atmosphere.

This year's event truly surpassed expectations, building on last year's success and raising the bar even higher. The night celebrated not only incredible vocals and musicianship but also confidence, creativity and showmanship.

While every performer deserved recognition, the judges announced the following standout acts:

Year 7

- Anon – *Unstoppable* (Sia).
- Six Beats Left – *Birds of a Feather* (Billie Eilish).

Year 8

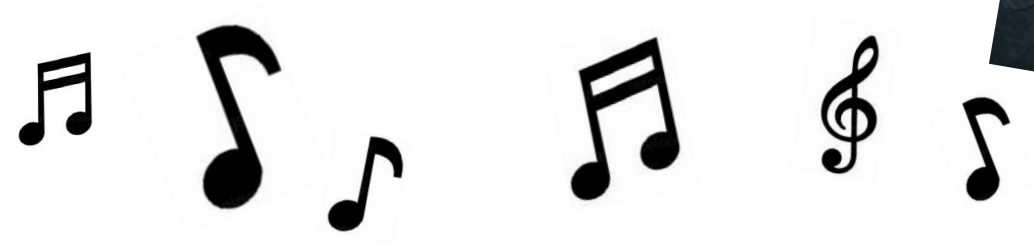
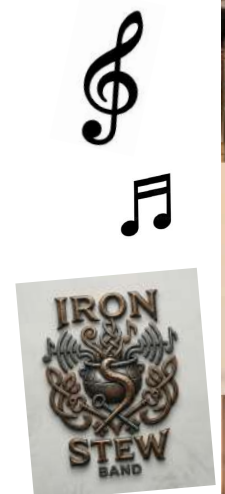
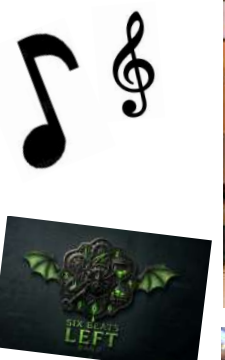
- *Winners*: The Speakers – *Unspoken* (original song).
- *Runners-up*: The Endless – *Out of the Dark* (original song).

Year 9

- Iron Stew – *Wipeout* (The Surfaris).
- Buzz 49 – *Just* (Radiohead).

Every act brought something special, making it clear that the future of music at Highlands School is incredibly bright. Bring on the 2027 *Battle of the Bands* and any musical surprises still to come!

Ms Maple





Move It dance trip

On Friday 20th March, the year 11 and year 12 dance students went to London's ExCeL Centre for the world's biggest dance exhibition. Whilst at the exhibition, they were able to take part in workshops led by world-class dance educators and providers such as Performers College, Addicts Dance Academy, OHC, Wilkes Academy and the New York Conservatory for Dramatic Arts (AMDA). A level students were also given the opportunity to work with the UK's oldest contemporary dance company, Rambert, which they study in year 12 and year 13 for their A level exam.

Highlands students took part in a range of workshops across genres including hip hop, jazz and contemporary. They also watched performances by leading musical theatre providers such as Bird College, gaining valuable insight into further study opportunities.

I am extremely proud of how well the Highlands students performed in the classes, demonstrating excellent fitness, agility and stage presence.

Highlands School would like to thank the Jack Petchey Foundation for sponsoring this trip, covering 70% of the costs and enabling all students to access this event. You can watch highlights of the trip [here](#).

Miss Brown





UK Economics Olympiad

Two of our exceptional year 12 economics students, Francisco and Hamza demonstrated outstanding performance in the initial round of the UK Economics Olympiad. They qualified for the regional round after placing within the top 25% of all participants.

The regional competition took place at SOAS University in Central London, where the students spent the day completing two rigorous and challenging assessments designed to test their economic knowledge.

Beyond the competition, the students enjoyed an invaluable opportunity to explore the world of university economics. They learned about the courses available and gained valuable insights into what studying the subject at a higher level is truly like. A particular highlight was a taster lecture delivered by Dr Fernando Rugitsky on the Economics of the Environment. He explained complex concepts, drawing mainly on the research of Nobel laureate economist Nordhaus. Overall, the day was a fantastic experience of academic enrichment for both students.

Ms Ryoo





Software engineering degree apprenticeship at Goldman Sachs

We are incredibly proud to announce that Adrian Tumanya in year 13 has successfully secured a software engineering degree apprenticeship with Goldman Sachs, one of the most highly sought-after programmes in the UK.

The Goldman Sachs Degree Apprenticeship is an innovative four-year pathway that allows participants to earn a salary, gain hands-on experience and complete a fully funded undergraduate degree, all while working at one of the world's most prestigious banks. Goldman Sachs is a global leader in investment banking, securities and financial services, connecting people and capital with ideas to solve complex challenges worldwide. Their engineering teams are at the heart of the business, building scalable software systems, architecting low-latency infrastructure, and leveraging cutting-edge technologies like machine learning to transform finance.

Adrian's journey to this opportunity was highly competitive. He successfully navigated four rigorous rounds, culminating in the Goldman Sachs Superday, a high-pressure assessment centre designed to test candidates through teamwork assessments and 2-5 rounds of face-to-face interviews. The Superday measures qualities including: leadership, creativity, communication skills, analytical thinking, problem-solving and personal initiative.

This apprenticeship offers Adrian the chance to work on real responsibilities alongside experienced professionals, receive tailored training and be fully immersed in a dynamic, fast-paced environment where innovation and problem-solving are central.

We are thrilled for Adrian and can't wait to see the impact he'll make in the world of technology and finance.

Ms Laurenzi

Goldman Sachs





SEND coffee morning

The SEND coffee morning recently took place, bringing together parents and carers for an informative session on supporting students through the exam period. The morning focused on what to expect in years 10, 11 and 13 as students prepare for mock exams, as well as how early preparation begins at KS3. Families also gained insight into the support systems in place at Highlands to help students feel confident and prepared.

Thank you to all who attended.



Year 7 spring term 2 form group winners

Congratulations to 7WDD, the year 7 spring term 2 winning form! Tutor groups are ranked on attendance, achievement points and concern points, and 7WDD secured the top spot with the strongest overall performance.

Their consistent effort, positive attitude and commitment to doing their best each day have made them deserving champions this term.





England Deaf Karting League champion!

We are incredibly proud to share that Andrei Stoian in year 12 recently competed in the England Deaf Karting League (EDKL), achieving an outstanding 1st place in the 'B' final. This marks a special milestone as the first deaf Highlands student to take part in this competition, making it a proud moment for the whole school, and particularly for our deaf base. Starting in 7th position, Andrei showed determination and skill to fight through the field and finish in 1st place - an exceptional achievement, go Andrei!



Performing arts success!

Congratulations to Sofia Brits Keye in year 8, who successfully auditioned for the Emil Dale Part-Time Academy and secured a place.

Emil Dale is a prestigious performing arts academy that provides professional-level training in acting, singing and dance, helping young performers develop their skills and confidence.

This is a fantastic achievement and we are incredibly proud of Sofia's success.





EMS Secondary Schools Showcase 2026

The Enfield Music School (EMS) Secondary Schools Showcase 2026 took place at the Millfield Theatre, celebrating musical talent from across the borough.

Highlands was proudly represented by our school orchestra and year 11 rock band, who delivered fantastic performances on the night.

Both groups showcased their skill, confidence and dedication, making it a memorable event for all involved.

Mrs Miller



Rewards assemblies

Traditionally, in the final week of term at Highlands, we hold rewards and achievement assemblies where we celebrate the successes of each year group.

The highest-achieving form groups are recognised, alongside students who have earned bronze, silver, gold and platinum awards based on the number of achievement points they have accumulated.

It is a wonderful way to end the term and well done to all students for their hard work and dedication.





Department house competitions

This term, our departments have been busy running a range of exciting house competitions. Now that we have passed the halfway point on the journey to crowning this year's champions, every point earned is more important than ever. Each competition plays a vital role in shaping the leaderboard, with students showing fantastic effort and house spirit throughout.

Year 7 computer science competition

The computer science house competition took place this term, with students across all classes putting their skills to the test. A huge well done to Willow, who was the highest-scoring house overall and has been awarded 4,000 points for their first-place finish. Congratulations also to the following students who achieved the top scores in their classes - an excellent effort all round!

- **1st: Willow (4,000 points)**
- **2nd: Rowan (3,000 points)**
- **3rd: Beech (2,000 points)**
- **4th: Oak (1,000 points)**

Class	Student
7BNI	Raphael Ismail Mohammad
7BJC	Floyd Smith
7OFD	Sienna Cox
7OPH	Margot Holdcroft
7RHG	Cassie Norman
7RNC	Jasper Gavaz
7WTH	Frankie Furmaniak
7WDD	Imogen Carlisle

Year 9 drama house competition

A huge well done to all the year 9 core drama students who created original pieces of theatre for the drama house competition this term! We saw some fantastic performances that were both imaginative and highly creative.

To bring their visions to life, students chose a stimulus to spark their ideas before researching their chosen themes. They each wrote a statement of intent to outline their artistic aims before finally performing for an audience of their peers.

Congratulations to the winners from Oak house, with Beech coming a close second! Well done to everyone involved for such a brilliant showcase of talent.

- **1st: Oak (4,000 points)**
- **2nd: Beech (3,000 points)**
- **3rd: Rowan (2,000 points)**
- **4th: Willow (1,000 points)**

Ms Vincent-Hall



Year 7 music competition

The music department recently held a year 7 inter-house singing competition, celebrating work that began at the start of the spring term.

Students from Rowan, Willow, Oak and Beech learnt a body percussion performance based on *In the Hall of the Mountain King* by Edvard Grieg. They worked in two parts, focusing on rhythm, dynamics, and ensemble skills, requiring strong teamwork and coordination.

With over 250 students involved, this was an ambitious task but students rose to the challenge and performed with confidence and precision. The competition was a fantastic showcase of their progress, collaboration and developing musical skills. [Watch Rowan's winning performance.](#)

- **1st: Rowan (4,000 points)**
- **2nd: Beech (3,000 points)**
- **3rd: Oak (2,000 points)**
- **4th: Willow (1,000 points)**

Ms Maple

Sixth Form newsletter - March 2026

Please take a moment to read this term's [sixth form newsletter](#), which is packed with exciting stories and highlights from across the term. Our sixth form students have been incredibly busy and it has been a highly successful term for all involved.





Deaf base trip to the Globe Theatre

Students from the deaf base recently enjoyed an inspiring trip to Shakespeare's Globe Theatre, taking part in the Sensory Shakespeare programme.

The day began with a hands-on session exploring props and musical instruments, where students were able to touch, play and learn how sound is used in performance. They also had the opportunity to meet and interact with the actor playing Romeo. This was followed by a workshop led by a renowned deaf actress, where students worked in teams to perform lines from Shakespeare, before taking part in a fun actors' warm-up activity. The visit concluded with a performance of *Romeo and Juliet*, which was interpreted in BSL and captioned, making it fully accessible.

With excellent seats and an engaged audience, it was a truly memorable experience that our students thoroughly enjoyed.

"I really liked how inclusive the trip was. My favourite part was being on stage and using the instruments." - Aaliyah, year 9

"It was the first time we saw Shakespeare being signed in BSL and VV (visual vernacular). It was fantastic and accessible for Deaf students." - Mr O Costi

"We had a great time!" - River, year 8





Year 10 academic excellence

As part of our commitment to celebrating excellence in the house competition, we introduced the academic excellence awards. 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. We also celebrate the most improved student in each subject. The top ranked most improved student in each subject area will receive 500 points for their house and a certificate. Congratulations to all of the winners.

Position	Student	Form	House	Subject
1	Hayrullah Ozdemir	10WMP	Willow	Art Y1
1	Marika Daley	10BAM	Beech	Art Y2
1	Nea Petritaj	10WNK	Willow	Biology
1	Kaelyn Beisty	10WNK	Willow	Business studies
1	Bibiana Edwards	10BBK	Beech	Chemistry
1	Stefano Keliris	10RCX	Rowan	Chemistry
1	Gulay Yuksel	10BBK	Beech	Child development
1	Lucie Sadler	10BBK	Beech	Child development
1	Austin Kavanagh	10RCX	Rowan	Citizenship
1	Marianna Pallikaros	10WMP	Willow	Computer science
1	Ayse Bayar	10ORF	Oak	Drama
1	Meliz Hassan	10WMP	Willow	Dance
1	Ruby Wakeford	10ORF	Oak	Dance
1	Aalycia Udahemuka	10WNK	Willow	Economics
1	Annika Trivedi	10WNK	Willow	English language
1	Aalycia Udahemuka	10WNK	Willow	English language
1	Aalycia Udahemuka	10WNK	Willow	English literature
1	Austin Kavanagh	10RCX	Rowan	Food & nutrition Y1
1	April Clydesdale	10RAB	Rowan	Food & nutrition Y2
1	Marika Daley	10BAM	Beech	French
1	Marika Daley	10BAM	Beech	Geography Y1
1	Azat Secgin	10WNK	Willow	Geography Y2
1	Austin Kavanagh	10RCX	Rowan	History Y1
1	Emily Newton	10RAB	Rowan	History Y1
1	Aalycia Udahemuka	10WNK	Willow	History Y2
1	Oscar Cattarossi	10ORF	Oak	Maths
1	Dennis Erdogan	10OAC	Oak	Maths
1	Austin Kavanagh	10RCX	Rowan	Maths
1	Stefano Keliris	10RCX	Rowan	Maths
1	Warren Kelly	10OAC	Oak	Maths
1	Samuel Malaj	10ORF	Oak	Maths
1	Sunny Morgan Jones	10WMP	Willow	Maths
1	Lexie Cullen	10RCX	Rowan	Media



1	Aalycia Udahemuka	10WNK	Willow	Media
1	Bibiana Edwards	10BBK	Beech	Music
1	Rosie Baxter	10BAM	Beech	PE Y1
1	Owen Smith	10WNK	Willow	PE Y1
1	Tish Patel	10WMP	Willow	PE Y2
1	Warren Kelly	10OAC	Oak	Physics
1	Samuel Malaj	10ORF	Oak	Physics
1	Charlie Gill	10OAC	Oak	Religious studies
1	Annika Trivedi	10WNK	Willow	Religious studies
1	Panayiotis Palamaras	10RCX	Rowan	Resistant materials
1	Meliz Hassan	10WMP	Willow	Science
1	Anahi Camacho-Merchan	10ORF	Oak	Spanish
1	Naara Sade Salom-Mason	10OAC	Oak	Spanish
1	Lara Almeida	10BBK	Beech	Textiles
1	Isabel Antoniou	10BAM	Beech	Textiles



Points awarded to each house following the year 10 mid-year assessments for the top achieving students.

Year 10	Beech	Oak	Rowan	Willow
Academic excellence	7,000	4,568	6,284	13,142



Year 10 most improved students

Rank	Student	Form	House	Subject
1	Saina Sobati	10RCX	Rowan	Art Y1
1	Amili Blana	10RCX	Rowan	Art Y2
1	Nea Petritaj	10WNK	Willow	Biology
1	Bibiana Edwards	10BBK	Beech	Chemistry
1	Ayse Bayar	10ORF	Oak	Citizenship YR2
1	Mehmet Hassan	10ORF	Oak	Computer science
1	Christopher-Cruz Mazo	10RCX	Rowan	
1	Gabriella Michaelides	10WMP	Willow	Dance
1	Naara Sade Salom-Mason	10OAC	Oak	
1	Ayse Bayar	10ORF	Oak	Drama YR1
1	Phoenix-Lei Chambers	10ORF	Oak	English language
1	Nevaeh Watson Wright	10ORF	Oak	English literature
1	Diana Derakhshan	10WMP	Willow	Food & nutrition YR2
1	Gabriella Michaelides	10WMP	Willow	
1	Tahlia Teoni Boyele	10RCX	Rowan	Geography YR1
1	Mollie Abrahams	10WNK	Willow	Geography YR2
1	Shanaya Herman	10RAB	Rowan	History YR1
1	Nikeel Sookharry	10BAM	Beech	History YR2
1	Zubaid Mohamud	10OAC	Oak	Maths
1	Tyanna Ferreira	10OAC	Oak	Music
1	James Fryer	10OAC	Oak	PE GCSE YR1
1	Conrad Berndes	10BBK	Beech	PE GCSE YR2
1	Bibiana Edwards	10BBK	Beech	Physics
1	Christian Demetriou	10BBK	Beech	Religious studies
1	Matthew Nicolaou	10ORF	Oak	Resistant materials
1	Lara Almeida	10BBK	Beech	Science

Points awarded to each house following the year 10 mid-year assessments for the most improved students.

Year 10	Beech	Oak	Rowan	Willow
Most improved students	3,000	4,500	2,250	1,750



Year 10 DARE Award winners

Many students consistently uphold our school values - determination, aspiration, respect and equality - by attending daily, bringing equipment and giving their best effort. The DARE rewards celebrate these students. Teachers submit DARE scores based on students' daily actions, ensuring recognition goes to those who consistently do the right thing. These scores allow us to rank students within each year group.

Congratulations to the top-ranked students in year 10. The top 100 students will receive a letter home in recognition of their achievements. **1st place: £50, 2nd: £30 and joint 3rd: £10 voucher.**

Rank	Student	Form	House
1	Charlie Gill	10OAC	Oak
2	Bibiana Edwards	10BBK	Beech
3	Hannah Cullen	10RAB	Rowan
3	Emily Newton	10RAB	Rowan





Dancers of the week


Our dancers of the week are Jorja, Darcy and Lily in year 11 and Laina, Evie, Jessica and Anastasia in year 12 for their fantastic contribution to the school trip to *Move it* last week.

PE clubs: 13th April - 22nd May 2026

Monday	Tuesday	Thursday	Friday
Y13 A Level PE Mr Edwards Week A SL6 3:15 - 4	GCSE PE intervention (Week B) 11R/Pg Mrs Hutchinson PE4 3:15 - 4:15	GCSE PE intervention (Week B) 11S/Pg Mr Avann PE4 3:15 - 4:15	Tennis Years 7-10 Mr Mutinda/Mr Seston Courts 3:15 - 4:15
Cricket (boys and girls) Years 7-11 Mr Avann/ Mr Clarke Field/ Cricket Nets 3:15 - 4:15	GCSE PE Intervention 10P Mr Avann PE4 (theory) 3:15 - 4:15	Y13 A Level PE Mr Edwards Week B SL6 3:15 - 4:15	
	Athletics (track) Years 7-11 Mr Edwards/Mrs Hutchinson Field 3:15 - 4:15		
	Rounders Years 7-10 Mrs Walters, Ms Berrill, Mr Clarke Field 3:15 - 4:15		

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 (4:30pm).
- If a club is cancelled then an email will be sent home to inform parents.

ROUNDERS CLUB


YEARS 7 - 10

EVERY TUESDAY
ON THE FIELD
3:15PM - 4:15PM

THE CLUB WILL START WEEK COMMENCING 20TH APRIL

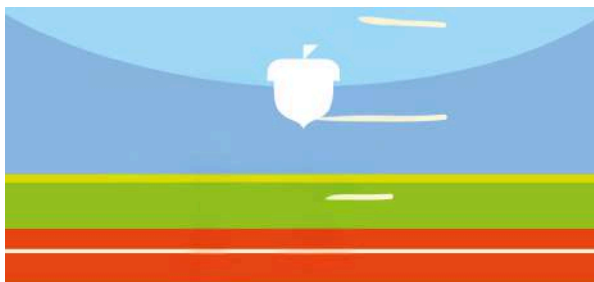
CRICKET CLUB

YEARS 7 - 11
BOYS & GIRLS



ON THE FIELD
EVERY MONDAY
3:15PM - 4:15PM

The club will start week commencing 20th April.

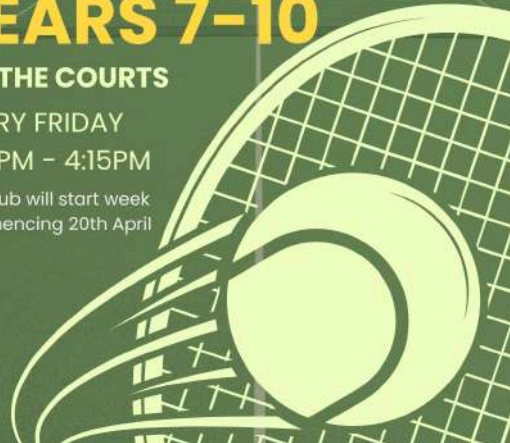


ATHLETICS CLUB

THE CLUB WILL START WEEK COMMENCING 20TH APRIL.

YEARS 7 - 10

EVERY TUESDAY
ON THE FIELD
3:15PM - 4:15PM



TENNIS CLUB

YEARS 7-10

ON THE COURTS

EVERY FRIDAY
3:15PM - 4:15PM

The club will start week commencing 20th April



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:

- **Malak Abood 8OMK:** awarded for showing exceptional resilience and effort in science.
- **Asena Kilic 7BJC, Mia March 7BJC, Phoebe Baxter 7BJC, Micheala Tsiamas 7BNI, Cassie Norman 7RHG, Nicole Panayi 7RHG, Emma Varbanova 7RNC, Grace Eldred 7RNC, Liana Bakalli 7WTH:** awarded for an excellent season in the year 7 netball team.
- **Beth Rognaldson 8RAC:** awarded for completing an outstanding 94 lessons on the 'Brilliant' STEM app as part of British Science Week.
- **Estera Misheva 7WDD:** awarded for always being supportive and helpful to her peers.
- **Beth Rognaldson 8RAC:** awarded for her help and support with the year 7 netball tournament.
- **Cindy Gjoni 13OAL:** awarded for her outstanding support in producing innovative project plans for Cambridge University, demonstrating a strong commitment to improving environmental issues.
- **Hamza Kasmani 12ODS and Francisco Pinto 12WTA:** awarded for qualifying and participating in the regional round of the UK Economics Olympiad (top 25%).
- **Ivan Markovets 12WBS:** awarded for reaching Level 6 (highest level) on the Financial Times News Challenge programme.
- **Adrian Tumanya 13WAD:** awarded for remarkable determination, preparation and humility in securing a prestigious Goldman Sachs degree apprenticeship.
- **Mia March 7BJC, Phoebe Baxter 7BJC, Sophie Winter-Taylor 7BJC, Michaela Tsiamas 7BNI, Jialin Wei 7OPH, Nicole Panayi 7RHG, Tess Rowswell 7RNC, Persie LaMarca 7WDD and Demmi Colthrust 7WTH:** awarded for representing Highlands and Enfield at the London Youth Games Sportshall Athletics event and finishing 11th overall.
- **Logan George 7WTH:** awarded for showing excellent resilience and his positive attitude to school and learning.
- **Qamil Neza 8OSB, Sofia Kolovos 8OSB, Alexander Millar 8WDD and Helin Kekec 8WEL:** awarded for their contribution to a successful entry in the Slogan Competition, demonstrating creativity and initiative.
- **Kaj Hopkins 7HRG and Sofia Kolovos 8OSB:** awarded for their creative projects based on 'curiosity' for the British Science Week competition.
- **Samuel Malaj 10ORF, Cooper Ireland 11BLM, Elyscia Lazarides 11BLM, Lily Theodorou 11BLM, Darcy Smethurst 11BSQ, Daniella Ursache 11ODC, James Butcher 11OSM, Jorja Hodge 11RJC,**



Adithya Krishna Das 11WCM, Elis Cristovao 11WCM, Tarai Edgehill 11WCM, George Robinson 11WCM, Alexandra Drikou 12ODS, Mariah Brooks 12RSL, Naa Shidaa Quartey 12WTA, Elena Guidice 13BAS, Arthur Butcher 7BJC, Isabella Constantinou 7OPH, Khloey Ferreira 7OPH, Blake Cunningham 7RHG, Cassie Norman 7RHG, Iris Dobinson 7RHG, Boris Pinalev 7RNC, Dora Bilge 7RNC, Ibrahim Gokpinar 7RNC, Maximos Drikos 7WDD, Dilara Mehmet 7WTH, Gwilym Jenkins-Green 8BHV, Kosta Nicolaou 8RKM, Tyanna Ferreira 10OAC, Iyla Shah 8WEL, Sita Maitland-Walker 9BLR and Bibiana Edwards 10BBK: awarded for their outstanding performance in the Live Music Assemblies.

- **Emily Newton 10RAB, Julia Zysko 12OMA, Ermioni Tsantikou 11OSM, Franceska Koci 11RJC, Elis Cristovao 11WCM, Daniel Malaj 12BCR, Raphael Asoegwu 12BJT, Isaac Mooney 12ODS, Sakura Daley 12ODS, Thanos Ioannou 12ODS, Parla Ghanipour 12OMA, Liam O'Connor 12WBS, Francisco Pinto 12WTA, Rhys Willis 12WTA:** awarded for working amazingly hard in a team to submit great project plans to Cambridge University on innovative ideas for how to improve our environmental concerns.
- **India Barron 10BBK, Dennis Erdogan 10OAC, Max Rich 10OAC, Tyanna Ferreira 10OAC, Ruby Walford 10RAB, Georgia Kuvertaris 10RCX, Leo Albrecht 10RCX, Zach Ekkeshis 10RCX, Micah Codrington 10WMP, Anthony Angeli 10WNK, Cooper Ireland 11BLM, Darcy Smethurst 11BSQ, Daniella Ursache 11ODC, Jorja Hodge 11RJC, Tarai Edgehill 11WCM, George Robinson 11WCM, Dilda Payiz Simsek 7BJC, Jada Osei 7BJC, Phoebe Baxter 7BJC, Charlie Shi 7BNI, Logan Thompson 7BNI, Ruari Weiner 7BNI, Sanai Edgehill 7BNI, Alp Ercosman 7OFD, Joe Norman 7OFD, Khloey Ferreira 7OPH, Oliver Acton 7OPH, Umut Gok 7OPH, Blake Cunningham 7RHG, Cassie Norman 7RHG, Iris Dobinson 7RHG, Boris Pinalev 7RNC, Dora Bilge 7RNC, Ibrahim Gokpinar 7RNC, Bella Luff 7WDD, Maximos Drikos 7WDD, Dila Kartal 7WTH, Lilly Anisko 7WTH, Rosie-Mae Lyle 7WTH, Santino Stavrou 7WTH, Zebulun Howard 7WTH, Joshua Afhim 8BAS, Niamh Synnott 8BAS, Noah Chavda 8BAS, Reuben Maple 8BAS, Izszy Butcher 8BHV, Aaron Habib 8OMK, Amber Pierides 8OSB, Amelia Stevens 8OSB, Fyfe Kelly 8OSB, Qamil Neza 8OSB, Hollie Chambers 8RAC, Skye Hawkins 8RAC, Hus Gokpinar 8RKM, Jaden Garcia 8RKM, Kosta Nicolaou 8RKM, Tobey Harris 8RKM, Campbell Paraskeva 8WEF, Chloe Desimine 8WEF, Mae Elliott- Smith 8WEF, Niamh Castle 8WEF, Nicholas Photi 8WEF, Fedor Nikolaitsev 8WEL, Xavier Harris Vital 9BEF, Andrew Spitaliotis 9ORD, Aarav Shah 9RJG, James Dervish 9RJG, James Mehmet 9RJG, Leon Spalevic 9RJG, Jasaiya Ollivierre 9WMT and Marianne Smith 9WSW:** awarded in recognition of an outstanding performance at the Highlands School Battle of the Bands. Their talent, dedication and passion for music helped create an unforgettable evening of entertainment. Their confidence, creativity and showmanship on stage were truly inspiring, and they played a vital part in making the event such a success. Congratulations on a fantastic achievement and for sharing their music with such energy and excellence.
- **Louis Marsh 9BLR, Levi Howard 9RJG, Jake Appleby 9BLR, Oliwier Zysko 9BLR, Andrey Petropavlovskiy 9ODM, Leo Smith 9RJG, Ryan Arun 9RJG and Kerem Hassan 9WMT:** awarded in recognition of their creativity and hard work in their recent devised performance in drama. They went above and beyond, and the final piece was original, entertaining and informed by research. Well done!
- **Bibiana Edwards 10BBK, Ruby Wakeford 10ORF, Ioanna Bello 10RAB, Lily Theodorou**



- **11BLM and Elis Cristovao 11WCM:** Awarded in recognition of their outstanding contribution as a compère at the Highlands School Battle of the Bands. Their confidence, energy and professionalism helped ensure a smooth and engaging evening for all. Thank you for their dedication and for playing a key role in the event's success.
- **Asena Killic 7BJC and Lois Jobber 7BJC:** awarded in recognition of their outstanding enthusiasm and creativity. They showed wonderful effort and generosity by making a fantastic French flag, complete with brilliant images of themselves eating a baguette and a croissant while wearing a French beret. Their positivity, imagination and willingness to go above and beyond have truly stood out. They are a joy to have in school!
- **Kaelyn Beisty 10WNK and Zehra Besier 11WJQ:** awarded for their continued hard work and support in Ed-Extra classes, consistently demonstrating a positive and enthusiastic attitude while helping year 7 and 8 students, and showing commitment, reliability and consideration.





School announcements

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.

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.

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.

ParentPay funds

Please ensure that your child's ParentPay account is topped up each week with sufficient funds for lunch. This helps to avoid any disruption during the school day and ensures students can access their meals without issue.



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

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
- Mirrored dance studio
- Drama studios
- Classrooms
- Sports hall
- Outside spaces

CONTACT TODAY
07855042027

Summer term canteen menus

[Click here](#) to view our summer term weekly food menus.

WEEK 1 THIS WEEK'S MENU			
	OPTION ONE	OPTION TWO	GRAB & GO
MON	BBQ CHICKEN BURGERS with Colby Cheese and Bacon	AMERICAN BQ MAC & CHEESE BURGERS with Colby Cheese and Bacon	NOT BORN Pasta, Tuna and Breadcrumbs Pasta and Breadcrumbs Pasta and Breadcrumbs Pasta and Breadcrumbs
TUE	CHICKEN KODIA with New Tomato, Avocado and Cheese	BANANEI BISTAN with New Tomato, Avocado and Cheese	YAKHNI Pasta, Tuna and Breadcrumbs Pasta and Breadcrumbs Pasta and Breadcrumbs
WED	MEXICAN PORK BEEF PITA with Cheese	INDIAN TANDOORI PITA with Cheese	THE BIRD Pasta, Tuna and Breadcrumbs Pasta and Breadcrumbs Pasta and Breadcrumbs
THUR	BBQ LAMB with New Tomato, Avocado and Cheese	BBQ LAMB with New Tomato, Avocado and Cheese	SHAKO Pasta, Tuna and Breadcrumbs Pasta and Breadcrumbs Pasta and Breadcrumbs
FRI	CHICKEN KODIA with New Tomato, Avocado and Cheese	CHICKEN KODIA with New Tomato, Avocado and Cheese	CHICKEN KODIA with New Tomato, Avocado and Cheese

WEEK 2 THIS WEEK'S MENU			
	OPTION ONE	OPTION TWO	GRAB & GO
MON	BBQ CHICKEN BURGERS with Colby Cheese and Bacon	AMERICAN BQ MAC & CHEESE BURGERS with Colby Cheese and Bacon	NOT BORN Pasta, Tuna and Breadcrumbs Pasta and Breadcrumbs Pasta and Breadcrumbs
TUE	CHICKEN KODIA with New Tomato, Avocado and Cheese	BANANEI BISTAN with New Tomato, Avocado and Cheese	YAKHNI Pasta, Tuna and Breadcrumbs Pasta and Breadcrumbs Pasta and Breadcrumbs
WED	MEXICAN PORK BEEF PITA with Cheese	INDIAN TANDOORI PITA with Cheese	THE BIRD Pasta, Tuna and Breadcrumbs Pasta and Breadcrumbs Pasta and Breadcrumbs
THUR	BBQ LAMB with New Tomato, Avocado and Cheese	BBQ LAMB with New Tomato, Avocado and Cheese	SHAKO Pasta, Tuna and Breadcrumbs Pasta and Breadcrumbs Pasta and Breadcrumbs
FRI	CHICKEN KODIA with New Tomato, Avocado and Cheese	CHICKEN KODIA with New Tomato, Avocado and Cheese	CHICKEN KODIA with New Tomato, Avocado and Cheese

WEEK 3 THIS WEEK'S MENU			
	OPTION ONE	OPTION TWO	GRAB & GO
MON	BBQ CHICKEN BURGERS with Colby Cheese and Bacon	AMERICAN BQ MAC & CHEESE BURGERS with Colby Cheese and Bacon	NOT BORN Pasta, Tuna and Breadcrumbs Pasta and Breadcrumbs Pasta and Breadcrumbs
TUE	CHICKEN KODIA with New Tomato, Avocado and Cheese	BANANEI BISTAN with New Tomato, Avocado and Cheese	YAKHNI Pasta, Tuna and Breadcrumbs Pasta and Breadcrumbs Pasta and Breadcrumbs
WED	MEXICAN PORK BEEF PITA with Cheese	INDIAN TANDOORI PITA with Cheese	THE BIRD Pasta, Tuna and Breadcrumbs Pasta and Breadcrumbs Pasta and Breadcrumbs
THUR	BBQ LAMB with New Tomato, Avocado and Cheese	BBQ LAMB with New Tomato, Avocado and Cheese	SHAKO Pasta, Tuna and Breadcrumbs Pasta and Breadcrumbs Pasta and Breadcrumbs
FRI	CHICKEN KODIA with New Tomato, Avocado and Cheese	CHICKEN KODIA with New Tomato, Avocado and Cheese	CHICKEN KODIA with New Tomato, Avocado and Cheese

Year 8 HPV vaccinations - Friday 17th April

The Enfield Immunisation Team will be at Highlands on **Friday 17th April** to administer the HPV vaccine to year 8 students. The Immunisation Team will be contacting parents directly to gain consent.

For more information about the HPV vaccine and why it is offered, please watch the webinar from the Immunisation Team:

[Understanding the HPV vaccine - FAQs and myth busting](#)



House weekly winners

The winner is the house with the most positive points, minus negative points, plus the points from the department competitions and the year 10 academic excellence and most improved results. Well done

Willow!

	Beech	Oak	Rowan	Willow
Positive points	5,736	6,122	8,245	6,831
Negative points	-408	-358	-264	-337
Points overall	5,328	5,764	7,981	6,494
Department competitions	8,000	7,000	9,000	6,000
Y10 academic excellence and most improved	10,000	9,068	8,534	14,892
Total points	23,328	21,832	25,515	27,386

Half termly winners

Willow house will receive the extended reward brektime after Easter.

	Beech	Oak	Rowan	Willow
Achievement points	15,907	16,819	17,046	22,922
Other points	22,859	14,788	19,808	27,028
Points overall	38,766	31,607	36,854	49,950

Overall leaderboard after $\frac{2}{3}$ of the year...

Rowan is leading the race to Thorpe Park.

	Beech	Oak	Rowan	Willow
Achievement points	140,620	148,969	171,488	169,983
Other points	127,282	137,658	138,180	135,412
Points overall	267,902	286,627	309,668	305,395



Top students in year 7

Forename	Surname	Form	House	Points
Michaela	Tsiamas	7BNI	B	110
Aseña	Kilic	7BJC	B	95
Nicole	Panayi	7RHG	R	93
Persephone	LaMarca	7WDD	W	83
Grace	Eldred	7RNC	R	80
Mia	March	7BJC	B	78
Emma	Varbanova	7RNC	R	78
Cassandra	Norman	7RHG	R	76
Molly	Goss	7BNI	B	70
Rudy	Sadiq	7BJC	B	64
Boris	Pinalev	7RNC	R	64

Top students in year 8:

Forename	Surname	Form	House	Points
Lucja	Drozd	8BAS	B	76
Beth	Rognaldsen	8RAC	R	74
Alexia	Symeou	8WEL	W	67
Niamh	Synnott	8BAS	B	61
Mollie	Morgan	8OMK	O	61
Alex	Piatkowska	8WEF	W	61
Ozlem	Osman	8BAS	B	60
Tobey	Harris	8RKM	R	58
Dearbhla	Higgins	8BAS	B	57
Eren	Mistiki	8RAC	R	57

Top students in year 9:

Forename	Surname	Form	House	Points
Hannah	Gibbons	9WSW	W	64
Aaliyah	Lascalles	9WSW	W	62
Evie	Howlett	9WSW	W	54
Kimmi	Hall	9WSW	W	54
Esmee-Mai	Coleman	9RJG	R	53
Ciara	Moore-McGowan	9WSW	W	50
Ava	Quinn	9WSW	W	49
Alexandra	Koneva	9RGA	R	48
Anabelle	Arjomand	9WSW	W	48
Marianne	Smith	9WSW	W	47



Top students in year 10:

Forename	Surname	Form	House	Points
Alex	Jarchlou	10OAC	O	48
Nathan	Lemonious	10RCX	R	45
Xhorxhia	Kuvertaris	10RCX	R	40
Simra	Hassan	10OAC	O	39
Azra	Demirci	10RAB	R	39
Tejasvini	Yogarajah	10RAB	R	34
Liam	Redmond	10RCX	R	33
Lamprini	Sotiri	10ORF	O	31
Molly	McGrath	10RCX	R	30
Natalia	Deda	10OAC	O	28
Ioanna	Bello	10RAB	R	28

Top students in year 11:

Forename	Surname	Form	House	Points
Sophia	Kastanias	11ODC	O	32
Lorin	Varli	11ODC	O	27
Valentino	Macdonald	11RJC	R	27
Elis	Cristovao	11WCM	W	27
Alessandro	Rosiello	11RJC	R	26
Mia	O'Sullivan	11RCG	R	24
Jorja	Hodge	11RJC	R	24
Nicole	Kozinos	11RJC	R	22
Enes	Turan	11ODC	O	21
Samuel	Taheny	11ODC	O	21

Top students in year 12:

Forename	Surname	Form	House	Points
Alexandra	Drikou	12ODS	O	17
Naa Shidaa	Quartey	12WTA	W	15
Mariah	Brooks	12RSL	R	13
Polina	Zaiat	12BJT	B	12
Ava	De Sio	12WTA	W	12
Madison	Lloyd	12BCR	B	10
Ameera	Chaudri	12BJT	B	10
Grace	Gakhar	12RCW	R	10
Daisy	Marshall	12WBS	W	10
Ann	Siby	12WTA	W	10



Top students in year 13:

Forename	Surname	Form	House	Points
Elena	Giudice	13BAS	B	15
Louis	Elsom	13OES	O	10
Aaliyah	Lewis	13BAS	B	6
Anastasia	Pappa	13OAL	O	6
Nathan	Fisher	13OAL	O	6
Daisy	Warner	13RHK	R	6

Speak to Lead - female equality club

Speak to Lead is Highlands School's equalities club, launching on **Tuesday 14th April, every week B from 3:20pm - 4pm in the conference room, all year groups are welcome.**

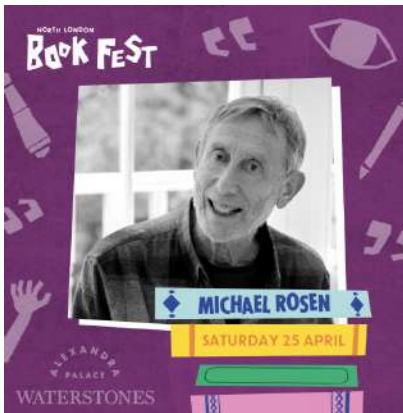
The club is run by our sixth form students Sahara and Isaac.

Speak to Lead is a club that advocates for equal rights and opportunities between males and females. We are here to speak about the issues and lead the change.

If you would like to sign up to the club, please fill out the form via the following [link](#).



North London Book Fest at Alexandra Palace



Beloved poet Michael Rosen celebrates his 80th birthday with lively readings, new poems, storytelling and laughter for families young and young-at-heart - [Book now.](#)



Award-winning author Onjali Q. Rauf shares inspiring stories and activities encouraging empathy, kindness and courage to support refugees and others - [Book now.](#)



Poet and performer Simon Mole brings playful poems, silly games, and interactive fun, exploring bugs, dinosaurs, nature, and imagination for curious kids - [Book now.](#)



Explore the lives of history's most inspiring women with Kate Pankhurst through storytelling, creative activities and playful learning for families - [Book now.](#)

Explore more [Book Fest events](#) and this year's [Easter event at Ally Pally.](#)



ENFIELD YOUTH DEVELOPMENT SERVICE

EASTER ACTIVITIES

AGE 8-15

BOUNDARY HALL

7 SNELLS PARK, N18 2SY

Free activities and food for young people on free school meals. Four days of fun activities from arts and crafts, games, cooking and much more!

- MON 30 MAR 11:30AM-3:30PM
- THU 2 APR 11:30AM-3:30PM
- TUE 7 APR 11:30AM-3:30PM
- THU 9 APR 11:30AM-3:30PM

HOW TO ACCESS

If you are aged between 8-15 and you are currently receiving free school meals, a unique booking code has already been sent by email to eligible parents. If you did not receive your voucher, please firstly contact your child's school or email HAF@enfield.gov.uk

Interested? Email youthenfield@enfield.gov.uk

Funded by
 Department for Education

ENFIELD Council

SuccessClub
 Be better in the next second than you were in the last

Easter HAF

30th MARCH - 2nd APRIL 10:00 AM - 3:00 PM YEARS 7-9
 St Michael's C.E. Primary School, Brigadier Hill
 Enfield EN2 0NB

MULTISPORTS
 CRAFTS & CROCHET
 DANCE
 HOT LUNCH
 DRAMA

FREE for children receiving FSM benefit - A unique booking code will be sent by email to eligible parents. Please contact your child's school or visit the Enfield Council HAF webpage for more information about how the vouchers work

Department for Education
WWW.SUCCESSCLUB.ORG.UK
 REGISTERED CHARITY NO.1180864

BEST BASKETBALL Home of Elite Fundamentals

Presents

FREE Skill Session Sunday

9am -12pm

22nd March 2026 - 12th April 2026

AT AIM NORTH LONDON SCHOOL, N9 8DQ

ENFIELD Council

BEST BASKETBALL Home of Elite Fundamentals

Presents

FREE Skill Session Sunday

To be eligible

1. Must Be Under 21
2. Follow @Bestbasketballcic and @LimitlessCourts on Instagram & TikTok
3. Fill in Sign up form and book your Sunday spot

ENFIELD Council



Highlands School Alumni

As a school, we want to reconnect with our former students so that we can keep in touch and let them know about volunteering opportunities that will benefit our current students. We want to show them the variety of pathways available to them after leaving Highlands School, and who better to showcase this information than former students!

We are working with education charity Future First to set this up and all you need to do to get involved is sign up here: [Highlands School Alumni](https://www.futurefirsthub.org.uk) or alternatively scan the QR code below.

More information is on our [website](#) and if you have any questions please contact our Alumni Programme Manager at Future First: Faithia Garffus – faithia.garffus@futurefirst.org.uk

#HighlandsAlumni

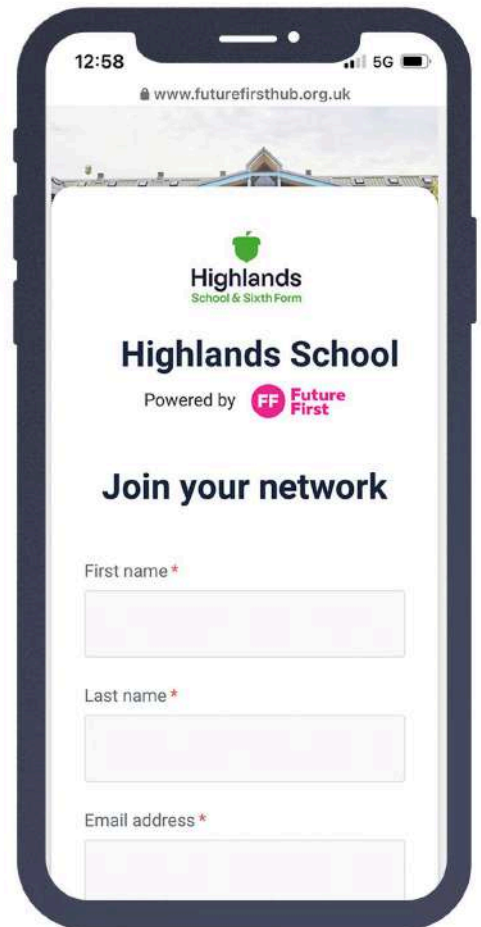


Former student?

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

Sign up to our former student network to receive news, updates and invites to events.

Once you're signed up there is no obligation to volunteer, you can get involved around your availability.





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
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	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>

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
ONLINE, 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
Specialist support for under 25s

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

Beat

Beat provides 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)

koeth

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



Safeguarding contacts

If you are concerned about your child's wellbeing or the wellbeing of any other student at Highlands School, please contact the school on 020 8370 1100 or email the DSL at staysafe@highlearn.uk. This email address can also be used for students, parents and carers to share any safeguarding concerns or to request support.

If you are concerned that a child has been harmed or is at risk of being harmed and school cannot be contacted, please contact Enfield Children's Multi-Agency Safeguarding Hub (MASH) on 020 8379 5555, and call the police on 999 straight away.

Helpful numbers and websites

Childline: 0800 1111

NSPCC helpline: 0808 800 5000

The police: (if you are in danger): 999

LGBT switchboard: 0300 330 0630

Kooth: www.kooth.com - support service for students wellbeing

Multi Agency Safeguarding Hub: 0300 500 80 90

Barnardos: 0800 008 7005

Sign Health: <https://signhealth.org.uk/contact/>

Deaf young people: <https://signhealth.org.uk/with-deaf-people/supporting-young-people/>

Talk to someone....

- if you feel upset or worried about anything at all (even if you think it is not important)
- if you feel anxious or unable to cope
- if someone has hurt you physically, emotionally or mentally
- if you feel worried about someone at home
- if you are being threatened or forced to do things
- if someone has done something to you without your consent
- if you feel unsafe in school, at home or on the streets
- about anything else worrying you

Follow Highlands School on:

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

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

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

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

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