



Highlands School Newsletter

21 November 2025



Dear parents and carers,

This week one of the most eagerly awaited of our inter house competitions kicked off - the inter house football. Year 10 were first up with Oak winning the boys' competition and Rowan winning the girls'. Each Monday until January a different year group will hold their tournament. The other high profile inter house competition in the run up to Christmas is the inter house Christmas quiz, which will take place in each year group assembly on the week commencing 1st December.

Yesterday Highlands hosted the Enfield High Achievers' Evening. The event was compèred by our head students Elena and Luke, and former students Rishan Patel and Tia El-Ahmadi who were the keynote speakers. It was a privilege to welcome over 150 of the highest performing GCSE students from across Enfield to our school for this prestigious event.

Finally this week I would like to thank all of the students who brought sweet treats into school for our bake sale to raise money for the victims of Hurricane Melissa which recently struck Jamaica. Many members of our school community are from, or have loved ones in, the Caribbean so it was wonderful to see so many students step up and make a contribution to alleviating the suffering caused by this natural disaster.

Mr McInerney, Headteacher.

Key dates for this half term:

- Thursday 27th November: 'Write to Speak' spoken word evening at school
- Wednesday 10th December: year 9 parents' evening
- Thursday 11th December: winter music concert
- Friday 19th December: end of term (half day)



Parent Governor election

Here are the results of our parent governors election.

Elected:

- Samir Afhim
- Tracy Murray
- Felicia Pinto

We would like to thank all those who put their name forward and took the time to complete candidate statements and for those of you who voted. Details of the number of votes cast can be obtained on request from Claire Vaughan-Long, Pastoral Admin Officer.

If you would like to be considered in another capacity as one of our governors at a later date, please contact Claire Vaughan Long email vaughanc@highlearn.uk

Alternatively, do consider looking for vacancies in other schools in the area. For further support with this, register your interest with governor.support.service@enfield.gov.uk.

Mr Matt Miller MBE
Chair of governors

The HPFA Winter Raffle is coming soon

Our much-loved HPFA Winter Raffle is back! This year's prizes are bigger and better than ever, with a Samsung Full HD 40" TV (T5300) as the top prize. You'll also find free personal training sessions, beauty treatment vouchers, LEGO sets, games, craft sets, and plenty more still to come. [Here](#) is the link to buy your raffle tickets. Good luck!

Tickets are £2 each, and the winning tickets will be drawn on **16th December**.

We're also appealing for prize donations of gifts or services from our wonderful community to support our HPFA fundraising efforts. If you or your business can contribute - whether it's a voucher, experience, or product - we'd love to hear from you. Your generosity helps us raise vital funds and makes this event a highlight of the Highlands calendar!

The poster features a festive design with a dark green top border decorated with gold stars and a red poinsettia. The main background is light orange with white snowflakes. The title 'HIGHLANDS WINTER RAFFLE' is in large red letters. Below it, a list of prizes is provided: 'A month of group personal training, beauty treatment vouchers, a boxing lesson, McMullens gift vouchers, LEGO hampers and sets, an art and craft bundle, escape-room game, children's creative kits, a pouring art set, a build-your-own volcano kit with chocolate, Star Wars items, Christmas gift sets, wine, and many more fantastic prizes!'. The draw date is 'TUESDAY 16TH DECEMBER' and the website is 'www.galabid.com/hpfawinterraffle2025'. A QR code is labeled 'SCAN TO PURCHASE YOUR TICKETS'. A red prize box at the bottom right is labeled '1ST PRIZE' and 'Samsung HD TV'. A curved banner says 'GREAT PRIZES TO BE WON'. The bottom of the poster shows wrapped gifts and a green apple logo.



Cross Country Championships

On Friday 14th November, Highlands attended the Enfield Borough Cross Country Championships at Donkey Lane playing fields. Despite the drizzly weather, all of our students performed exceptionally well and displayed huge amounts of determination and resilience.

The table below shows the positions of our athletes.

Y7 girls	Position		Y7 boys	Position
Mia March	1st		Alexander Millar	4th
Persie Lamarca	7th		Oliver Barry	6th
Nicole Panayi	8th		Billy Eldrid	11th
Phoebe Baxter	12th		Seb Muir	13th
Saoirse O'Meara	32nd		Xhoel Mamli	34th
Alexandra Ancharaz	33rd		Percy Durham-Turner	38th
Y8/9 girls	Position		Y8/9 boys	Position
Erin Eastwood	2nd		Taylan Johnson-Nortey	11th
Jemimah Cherotich	10th		Morgan Nash	12th
Marianne Smith	13th		Joshua Afhim	17th
Elektra Taylor	15th		Harry Afhim	18th
Dearbhla Higgins	16th		Eren Mistiki	23rd
Anoushka Menzies	28th			
Seniors boys	Position		Y10/11 girls	Position
Enoc Rodriguez	9th		Rosie Baxter	6th
			Nea Petritaj	8th
			Lexie Cullen	9th
			Bibiana Edwards	11th



As a PE department and as a school, we are extremely proud of all of these students. As a result of the performances above, some of our students will represent Enfield at the Middlesex Cross Country Championships later in early 2026.

PE department



STEM Smart - University of Cambridge

Congratulations!

STEM SMART is a free, 16-month programme to support students in raising their attainment at sixth form level and develop their confidence to apply to study physical, biological or behavioural sciences, engineering or computer science at top universities such as Cambridge in association with Isaac Science.



Well done to the following students who were accepted onto the prestigious and competitive Cambridge STEM SMART Summer School.

- Darcy Dundridge 12RCW
- Ozgenaz Ozsoy 12ODS
- Parla Ghanipour 12OMA
- Haris Rahman 12WTA
- Imran Hassan 12BCR
- Daniel Malaj 12BCR
- Enoc Rodriguez-Lopez 12BCR



UNIVERSITY OF
CAMBRIDGE



"What I would hope to gain out of this experience, is a deeper insight into further education and post A level options, boost in computer science and looking into AI development in the future." - Haris Rahman

"I hope this programme will help me strengthen my understanding of maths and further maths, which are the core analytical skills I need for my goal of studying economics at a top university. I want to gain more confidence in tackling challenging exam questions and learn from the Cambridge approach to problem-solving. I believe this experience will give me the tools and support to achieve my best possible A level grades and build a stronger application for university." - Ozgenaz Ozsoy



STEM Virtual career talk - Dr Alberto Granero, Senior Engineer at PepsiCo

Our year 10 to year 12 students had the privilege of taking part in a Q&A session with Dr Alberto Granero, a distinguished Senior Engineer at PepsiCo, who shared valuable insights into his career journey.

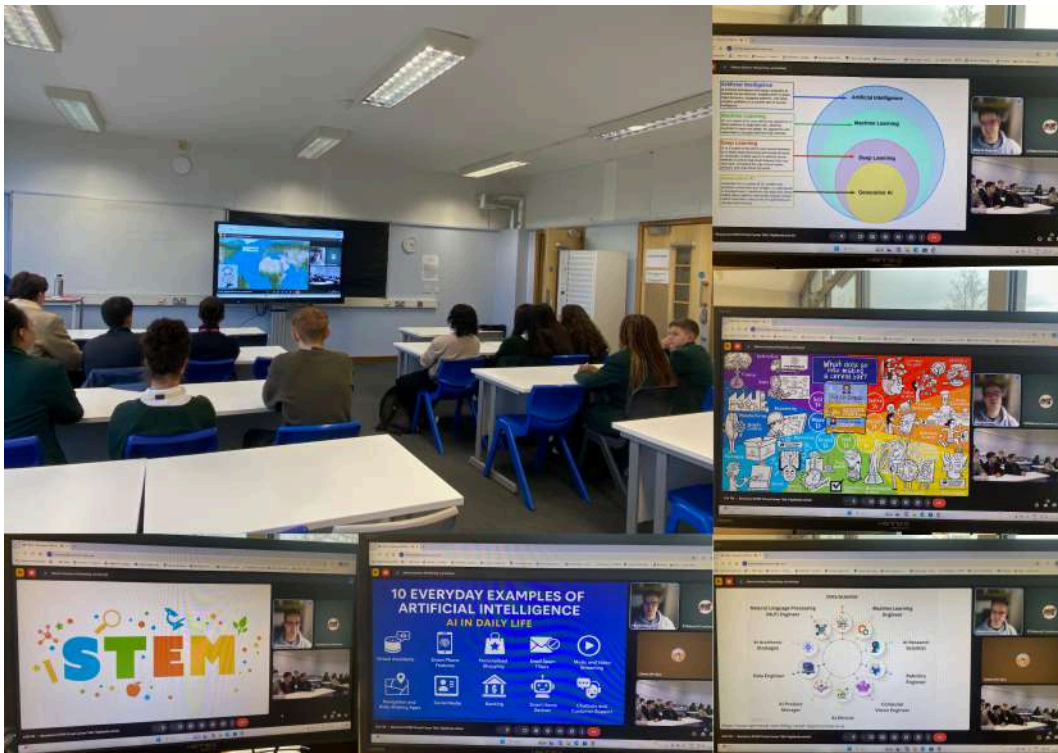


Dr Granero discussed his role as a process engineer, highlighting how he delivers engineering projects using AI, from equipment design to line installation and commissioning. He also spoke about his experience working in both industrial settings and academic research and development departments.

The key themes of his talk focused on the challenges and successes he has encountered, the lessons he has learned along the way, and his outlook for the future of engineering and AI. Students were particularly engaged when he described building machine learning models to solve real business problems - including optimising the crispiness and moisture content of cereal bars to ensure the perfect texture for consumers.

Our students thoroughly enjoyed the session and asked thoughtful questions about artificial intelligence and potential career pathways.

'I hope to get insight into what a day in the life of an engineer looks like and what steps they took to reach where they are now. I hope this further empowers me to keep studying for a STEM career and how AI could possibly be part of it.' Elis Cristovao, year 11



Happy STEMing, Dr Len



House assemblies

This week, all four houses gathered for their house assemblies, where students were introduced to their new house captains and strand leads and learned which charity their house will be supporting this year.

The assemblies also shared updates on upcoming house competitions, a snapshot of how each house is performing so far, and key suggestions raised in last week's house council meeting.

These student-led ideas will now be taken forward, with actions planned to strengthen house spirit, boost participation, and ensure every voice continues to shape the year ahead.



Year 10 inter house football

The inter house football competition has kicked off in style with a fantastic set of year 10 matches.

Oak secured a great win in a tightly contested final against Willow, earning valuable house points for the boys.

1st: Oak, 2nd: Willow, 3rd: Rowan and 4th: Beech





In the girls' final, Rowan delivered an impressive performance to beat Oak, claiming the trophy and crucial points for their house.

A brilliant start to the competition, well done to all teams involved! We look forward to the sixth form competition next week.

1st: Rowan, 2nd: Oak, 3rd: Willow and 4th: Beech



House D&T textiles competition

Well done to the following students who have won the D&T textiles house competition - *designing cushion ideas to help promote a charity*. **Beech** was the overall winning house, earning 1,000 points and a trophy for their cabinet.

- Arwah Ilqbal 7BJC
- Aoibheann Higgins 7BNI
- Isabella Hilmi 7BNI
- Lois Jobber 7BJC
- Abigail Hobley 7BJC



The Highlands official Christmas card 2025

Congratulations to Martha Baker in 7BNI for winning this year's Christmas card competition! Her beautiful design has been chosen as the Highlands official Christmas card for 2025 and will be printed and sent to neighbouring schools and our school board. It was a fantastic piece of artwork - well done, Martha! Martha will be presented with a set of 20 of the printed cards she can use as well.

A big well done also to Kaj and Arya, our talented runners-up, for their brilliant entries.



1st: Martha Baker 7BNI



2nd: Kaj Hopkins 7RHG and 3rd: Arya Serkan 7WTH



Bake sale for Hurricane Melissa

This week, Highlands School came together for a meaningful fundraising effort in support of those affected by Hurricane Melissa. Students baked an incredible variety of treats, from Jamaican-inspired ginger cakes to beautifully crafted colour-wheel cakes, created as part of an art department challenge for year 7. Mrs Chrysostomou proudly displayed some of the standout designs, showcasing the creativity across our school.

Thanks to the generosity of our students, a fantastic £463.48 was raised. In total, 59 donations were made, and these were converted into house points based on how many contributions each house provided. Beech and Willow led the way with 19 donations each, followed by Rowan with 11 and Oak with 10, resulting in the following house point awards:

- **Joint 1st: Beech & Willow: 4,000 points each**
- **3rd: Rowan: 2,000 points**
- **4th: Oak: 1,000 points**

A huge well done to every student and member of staff involved. Your kindness, teamwork and commitment to helping others truly reflect the spirit of Highlands.





Colour wheels

Our year 7 students were set a creative challenge to design their own colour wheels using everyday objects or by making something from scratch - including some incredible cakes that were donated to our Hurricane Melissa bake sale.

Their imagination and effort really shone through, and here are just a few of the wonderful designs they produced.

Mrs Chrysostomou





Inspiring Insights into media, TV and film

Our sixth form students with an interest in media, TV and film were delighted to welcome Nick Godwin, award-winning director and executive producer, for an engaging and motivating careers talk. Nick founded BriteSpark Films in 2013 in partnership with Argonon Media, and has built an impressive career creating ambitious television for major British and North American broadcasters.

With senior roles at Cineflix and Wag TV, Nick has overseen some of the industry's most high-profile documentaries and drama-docs, including *Nazi Hunters*, *Manson*, *Air Aces* and *Motives and Murders*. He began his career producing and directing films for prestigious strands such as Channel 4's *Cutting Edge* and the BBC's *Modern Times*, after studying Politics at the University of Sussex and documentary filmmaking at the National Film and TV School.

During an inspiring Q&A session, Nick highlighted that there is no single route into the creative industries. His message to students was to *study what you love, stay curious, and take initiative*, as passion and drive are key to success.

A heartfelt thank you to Nick Godwin for giving his time and sharing his expertise, and to Speakers for Schools for making this fantastic opportunity possible.





Inspiring finance careers talk

Sixth form students studying business and economics, had the privilege of hearing from Abubakar Olafusi, an entrepreneur and former J.P. Morgan trader, whose journey into the world of finance proved both motivating and eye-opening. Born and raised in Newham and later studying mathematics at the London School of Economics, Abubakar shared how curiosity, determination and a love for markets shaped his path.

He spoke candidly about discovering trading at 18, taking a gap year to launch his first business, and securing two internships at J.P. Morgan before working on the fast-paced trading floor. Students were fascinated by his “day in the life” snapshot: early morning market reviews, rapid-fire team discussions, analysing credit opportunities, and closely tracking major economic data releases. His description of the trading environment - dynamic, challenging, and never the same day twice - left a strong impression.

Abubakar also broadened students’ understanding of the finance world, explaining the differences between roles in Sales & Trading, Investment Banking, Asset Management, Private Banking, and the investment fields of private equity, venture capital and hedge funds. He emphasised that finance is not just about numbers - it’s about curiosity, problem-solving and understanding global events.

One of the most valuable parts of his talk was his practical advice. Abubakar encouraged students to start building experiences now, explore different opportunities, stay informed by reading financial news, and develop the confidence to tell their own story. He highlighted the importance of long-term thinking, smart revision strategies, and learning from those just a step ahead.





Students left the session inspired, with many commenting that the talk made careers in finance feel more accessible and exciting. Abubakar's key message was simple but powerful: believe in yourself, stay curious, and don't be afraid of failure - use it as fuel for growth.

We are grateful to Abubakar for giving his time and offering such an insightful, motivating session for our students.

"Abubakar's talk showed me that finance isn't just about numbers - it's about thinking globally, solving problems, and being curious. I feel much more confident about exploring this career path now." - Year 12 economics student

"The session was inspiring and practical. Abubakar's advice on building experiences and telling your own story was something I'll definitely take on board." - Year 12 business student

Mrs Laurenzi

EAL good practice at Highlands

We were pleased to host Ms. Mathilde Peutrec, the EAL coordinator from Enfield Grammar Upper School, this week. Her visit was focused on seeing our school's example of EAL good practice. She reported being very pleased with her observations and was highly impressed by how well our work with EAL students is organised.

Mr Restrepo





Headteacher's 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.

- **Leah Khan 8OSB, Reuben Maple 8BAS, Noah Chavda 8BAS, Sofia Thanasko 8OSB, Sienna Brown 8BAS, Jannah Silvera 8OSB, Eunique Tshiamala 11WSQ, Elise Berko 13RJB, Romayne Palmer 7WDD, Daniel Boztas 11ODC and Megan Kabeja 8BHV:** Awarded in recognition of participation in "Standing Firm in Power and Pride".
- **Liya Ali 11BLM, Aaliyah Lascelles 9WSW and Harrison Sykes 12RCW:** Awarded for their help and work at the school's open evening event.
- **Yasemin Suleyman 7OPH:** Awarded for creating a lovely selection of poppies for the Remembrance Day display in art.
- **Ryan Arun 9RJG:** Awarded for his excellent piece of homework in GCSE Design and technology.
- **Rhys Willis 12WTA:** Awarded in recognition of his outstanding work experience performance at TFL.
- **James Nicolaou 11RJC, Laura Vettore 11RCG and Alyssa Ketwaroo 11OSM:** Awarded for giving up part of their lunch break to assist a member of staff.
- **Tiana Martindale 13BTD and Sherihan Mehmet 13BTD:** Awarded for helping the art department during Highlands school open evening event.
- **Charlie Skipp 13RHK Alesha Okoye 13WAD, Florence Charlton 13OAL and Nida Demirkaya 13RJB:** Awarded for improvements on their art coursework.
- **Marianna Pallikaros 10WMP and Marika Daley 10BAM:** Awarded for exceptional artwork.
- **Cameron Brodie 8WEL:** Awarded for resilience in PE.





Dancers of the week

The dancers of the week are Jessica Smyth in year 12 and Elrohi, Theo, Zoe and Amber in 8OSB, fantastic work on your choreographies this week. Keep up the great work.



Miss Brown

Celebrating BHM - Thursday 27th November

Join us for an inspiring evening of spoken word performances and video showcasing Highlands students' creativity and talent from our Black History Month themed workshops, *Standing Firm in Power and Pride*.

- Thursday 27th November 2025
- 6:30pm, Main hall, Highlands School
- Tickets available via ParentPay, £5 for adults and £3 under 16s



A proportion of the ticket sales will be donated to the Hurricane Melissa Relief Fund (via the Red Cross) to support communities affected in the Caribbean.



Highlands School Presents

STAND FIRM IN POWER AND PRIDE

Thursday 27th November, 6.30pm | Main Hall

Spoken word poetry evening to explore hidden history and celebrate Black excellence

Tickets via ParentPay

In collaboration with Write2Speak whose mission is to inspire and support as many people as possible to express themselves through spoken word poetry and creative writing. Visit - write2speak.co.uk for more information

Celebrate Black History Month Together

Join us for an inspiring evening of spoken word performances and video, showcasing Highlands students' creativity and talent from our Black History Month themed workshops, **Standing Firm in Power and Pride**

Highlands School Main Hall

November 27, 2025
6:30 p.m.

Please RSVP to Ms Davinia Maple
MapleD@highlearn.uk

Explore Black History in a fresh and creative way.

Everyone is welcome to attend this evening, as it's not just Black history, but our collective history.

This event is in collaboration with Write2Speak who deliver spoken word poetry workshops, projects, and open-mic events for people from all walks of life.



Scholastic Book Fair

Get ready, the Scholastic Book Fair is coming to Highlands School from **28th November to 3rd December!** The library will be transformed into a mini bookshop packed with exciting reads for all ages, from bestselling novels and gripping adventures to fun activity books and stationery. It's the perfect chance to discover new stories, build your home library, and find the next book you just can't put down.

Every purchase also helps our school earn free books - so come along, explore, and get lost in the world of reading!



SEND Coffee Morning

Thank you to everyone who joined us at our SEND Coffee Morning last week. It was wonderful to welcome so many parents for a relaxed and supportive session led by our SEN team and Enfield Educational Psychologists. We hope the discussion around executive functioning, practical strategies for learning, and the chance to share experiences with one another was helpful. Your involvement and partnership make a real difference, and we look forward to continuing to work together to support every child's progress and wellbeing.





Highlands book of the month - December

Recommended read for KS3

Snowglobe by Soyoung park

WHEN YOU'RE INSIDE, THE WHOLE WORLD IS WATCHING . . .

Raised in a climate-ravaged, frozen world, every day is a struggle for survival for Chobahm. Her only solace comes in the form of twenty-four-hour reality television shows, streamed directly from Snowglobe - the climate-controlled domed city at the heart of her world, and the only warm place left on the planet. The citizens of Snowglobe have everything: fame, fortune and, above all, safety from the frigid wasteland outside their walls. In exchange, their lives are broadcast to the less fortunate of their world, who watch eagerly, hoping for the chance to one day become an actor themselves and join their ranks.

Chobahm is one of the dreamers. But her life changes in an instant when she is visited by two strangers from Snowglobe, who deliver earth-shattering news: Goh Haeri, Snowglobe's biggest star has died - and because of Chobahm's striking resemblance to her, she's been chosen to take her place. Given the chance of a lifetime, Chobahm agrees to enter Snowglobe and take on Haeri's identity. Within the

domed city's walls, she will finally have the existence she's always dreamed of - but if life in Snowglobe is so great, why did Haeri seem so desperate to escape it? And when everyone around you is a performer, how can you ever know what is reality, and what is created for the audience.



Recommended read for KS4

The Ruling Class by Jennifer Lynn Barnes

When Tess Kendrick is sent to stay with her older sister in Washington D.C., she has no idea that Ivy is the capitol's go-to 'fixer,' a person who can make powerful people's scandals disappear with a click of her fingers.

Tess never thought she and Ivy had much in common, but when she enrolls at the exclusive Hardwicke School, she soon finds herself thrust into the role of high school fixer, solving problems for the children of the D.C. elite. But secrets pile up as each sister lives a double life, and their worlds come crashing together when a scandal from the halls of Hardwicke reaches Capitol Hill. As the stakes turn deadly, Tess must uncover who's behind the power play before she becomes a target herself.





School announcements

Lost property

Please click [here](#) for a list of lost property received since the start of term. If your child has lost anything listed, or any other item, please ask them to check with the school office, as things arrive daily. All items being claimed will need to be identified by the student. Please can we also remind parents/carers to label all uniform and belongings so we can get items back to students as quickly as possible.

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 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

We're excited to announce that a new lettings company, **School Hire and Functions Ltd**, is now managing all our venue bookings - including the astro, courts, field, main hall, and various rooms within the school. They've already received a high volume of bookings for the next three months, so be sure to get in touch soon if you're interested. We will also be installing floodlights on the astro during half term.

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
Drama studios
Sports hall

Mirrored dance studio
Classrooms
Outside spaces

CONTACT TODAY
07855042027



Uniform4kids and Smiths Schoolwear - Black Friday offer

The Black Friday promotion will be available for one day only, online, on Friday 28th November 2025.

- A 20% discount will apply to all products, including schoolwear, sportswear, footwear, and accessories.
- This offer is exclusively available online at www.uniform4kids.com.
- Please enter the discount code **BLACKFRIDAY20** at checkout.
- A discount cannot be applied retrospectively to an order already placed.
- Exchanges are not available for Black Friday purchases, however, items can be refunded within our standard 60 day returns period.
- Click & collect and delivery to school services will not be available during this event. All orders will be sent via courier.
- Please allow up to one week for processing.

UNIFORM4KIDS.COM

BLACK FRIDAY
sale

FRIDAY 28TH NOVEMBER 2025
ONLINE ONLY
VALID FOR 24 HOURS
HOME DELIVERY ONLY
USE CODE BLACKFRIDAY20
AT CHECKOUT

-20% OFF

Ts & Cs apply
A discount cannot be added to an order already placed.
Exchanges are not available for Black Friday purchases.
However, items can be refunded within our standard 60 day returns period.

Smiths *schoolwear*

Black Friday

BLACK FRIDAY | BLACK FRIDAY | BLACK FRIDAY | BLACK FRIDAY | BLACK FRIDAY

28TH NOVEMBER
ONLINE & INSTORE

USE CODE: BLACKFRIDAY
20% OFF

*Terms and Conditions Apply: percentage off purchases with a minimum spend of £20.00 required. Discount valid from 00:01 (GMT) Friday 28th November 2025 until 23:59 (GMT) online at www.smithsschoolwear.co.uk and in-store at Enfield, Potters Bar and Cockfosters locations. Pre-Loved items exempt from discount. Valid on in-stock items only.

WWW.SMITHSSCHOOLWEAR.CO.UK

ACTIVE ENFIELD ENFIELD Council

INDOOR CRICKET
LONDON YOUTH GAMES 2026
Represent Team Enfield!

TRIALS
Tuesday 17 February 5-6pm: Girls Trial
Tuesday 17 February 6-7pm: Boys Trial
Southbury Leisure Centre

WHO?
Year 8 and under Boys and Girls Separate Teams
(Oldest DOB 01/09/2012)

TRAINING DATES
All successful athletes must be available to train on Tuesday 24 February 5-6pm (girls) and 6-7pm (boys) at Southbury Leisure Centre

Scan the QR code to sign up!

ELIGIBILITY CRITERIA
BOYS: no County squad players
All athletes need to live or go to school in London Borough of Enfield

COMPETITION DATES
East Qualifiers: Sunday 8 March @ UEL SportsDock
Finals: Sunday 22 March @ UEL SportsDock

0204 534 2691 www.activeenfield.uk sport@enfield.gov.uk



PSHE topics - Autumn term 2

Year Group:	Topic:	Lessons:
Year 7	Unit 2: Health and hygiene Unit 3: CPR and First aid	Health and hygiene: Lesson 1: Personal health and hygiene Lesson 2: Healthy sleep Lesson 3: Nutrition Lesson 4: The effects of exercise on the human body CPR and First aid: Lesson 5: CPR Lesson 6: First aid
Year 8	Unit 2: Drugs and harmful substances	Lesson 1: Illegal and prescription drugs Lesson 2: Smoking and e-cigarettes Lesson 3: Alcohol Lesson 4: Energy drinks and caffeine Lesson 5: Addiction and managing influences Lesson 6: Debate: Should smoking be banned for anyone under 15 in the UK.
Year 9	Unit 2: Careers	Lesson 1: What do I want to do? Lesson 2: Types of employment and employment trends Lesson 3: Marketing yourself and personal branding Lesson 4: Rights and responsibilities at work Lesson 5: Employment opportunities Lesson 6 and 7: Debate: Eighteen-year-olds should be required to take part in some form of national service
Year 10	Unit 1: Mental wellbeing	Lesson 1: Introduction to PSHE, our stay safe curriculum and positive mental wellbeing Lesson 2: The adolescent brain Lesson 3: Reframing negative thinking Lesson 4: Social anxiety Lesson 5: Tackling stigma Lesson 6: Stress management
Year 11	Intervention	
Year 12		Lesson 1: Reviewing your understanding of consent Lesson 2: Reviewing your understanding of safe sex, contraception and sexually transmitted infections Lesson 3: Online misogyny Lesson 4: Understanding the risks related to pornography exposure



PE clubs: starting 1st December

Monday	Tuesday	Thursday	Friday
Boys Football Years 7-9 Mr Avann/ Mr Edwards Astroturf 3:15 - 4:30	GCSE PE intervention (Week B) 11R/Pg Mrs Hutchinson/Mr Edwards Sports Hall 3:15 - 4:15	GCSE PE intervention (Week B) 11S/Pg Mr Avann Sports Hall 3:15 - 4:15	GCSE Badminton Club 11R, 11S, 10P (2nd year) Mrs Hutchinson Sportshall 3.15 - 4.30
Netball Years 7-9 Ms Berrill/ Mrs Walters Sportshall 3:15 - 4:30			

House weekly winners

This week's winner is the house with the highest achievement points minus concern points plus the points from the department competitions and the hurricane relief bake sale. Congratulations to **Willow**.

	Beech	Oak	Rowan	Willow
Positive points	5,680	6,143	7,617	7,961
Negative points	-355	-351	-240	-396
Points overall	5,325	5,792	7,377	7,565
Christmas card competition	1,000	-	-	-
Year 10 boys inter house football	1,000	4,000	2,000	3,000
Year 10 girls inter house football	1,000	3,000	4,000	2,000
Hurricane Melissa bake sale	4,000	1,000	2,000	4,000
D&T textiles competition	1,000	-	-	-
Total points	13,325	13,792	15,377	16,565

Top students in year 7

Forename	Surname	Form	House	Points
Santino	Stavrou	7WTH	W	77
Darina	Abdulkadhim	7WTH	W	73
Lilly Ann	Anisko	7WTH	W	73
Charles	Nottage	7WTH	W	73
Oriah Mae	Salom-Mason	7WTH	W	72
Aryan	Poudel	7WTH	W	71
Aaron	Selcuk	7WTH	W	68
Dominic	Wodzynski	7WTH	W	66
Seraphina	Mumba	7WTH	W	66
Ruby	Clee	7WTH	W	65



Top students in year 8:

Forename	Surname	Form	House	Points
Suryan	Mistry	8WEL	W	63
Helin	Kekec	8WEL	W	59
Lilah	Zekayi	8WEL	W	57
Selin	Ozturk	8WEL	W	57
Iyla	Shah	8WEL	W	57
Layla	Orchant	8WEL	W	57
Vitaliia	Zakharchuk	8RAC	R	56
Selin	Erdogan	8RAC	R	56
Orhan	Ekiz	8WEL	W	54
Joseph	McHale	8RAC	R	52

Top students in year 9:

Forename	Surname	Form	House	Points
Hasti	Zare	9ODM	O	50
Hannah	Gibbons	9WSW	W	49
Alexa	Nicolau	9RGA	R	48
Evie	Howlett	9WSW	W	47
Michael	Angeli	9RGA	R	45
Yashar	Ismailoglu	9RGA	R	43
Alara	Aristidou	9BLR	B	40
Elektra	Taylor	9RGA	R	40
Barbod	Khosravi	9WSW	W	39
Andrey	Petropavlovskiy	9ODM	O	38

Top students in year 10:

Forename	Surname	Form	House	Points
Nea	Petritaj	10WNK	W	42
Natalia	Deda	10OAC	O	41
Xhorxhia	Kuvertaris	10RCX	R	39
Sindi	Shaban	10WNK	W	38
Theo	Crow	10OAC	O	37
Sena	Oguz	10WNK	W	37
Molly	McGrath	10RCX	R	36
Ayse	Bayar	10ORF	O	35
Nicholas	Tsekouras	10RAB	R	34
Kelechi	Nwokeji	10RAB	R	34



Top students in year 11:

Forename	Surname	Form	House	Points
Evren	Okanay	11OSM	O	33
Alyssa	Ketwaroo	11OSM	O	26
Elyscia	Lazarides	11BLM	B	25
Sebastian	Angelides	11OSM	O	25
Hugh	Murphy	11BSQ	B	24
Amelie	Manning	11OSM	O	22
Louie	Lynch	11RJC	R	21
James	Butcher	11OSM	O	20
Avril	Brown	11RJC	R	20
Zehra	Besler	11WJQ	W	20

Top students in year 12:

Forename	Surname	Form	House	Points
Darcy	Dundridge	12RCW	R	18
Belkisa	Cota	12BCR	B	16
Alexandra	Drikou	12ODS	O	16
Eren	Nalbantoglu	12RCW	R	16
Emma	Simon	12BCR	B	14
Alfie	Horn	12WBS	W	14
Junaid	Ejaz	12RCW	R	12
Grace	Gakhar	12RCW	R	12
Ojiaku	Uzoukwu	12RSL	R	12
Georgette	Agyeman-Aboah	12BCR	B	10
Isaac	Mooney	12ODS	O	10
Melisa	Isufaj	12WTA	W	10

Top students in year 13:

Forename	Surname	Form	House	Points
Eleanor	Smith	13OAL	O	12
Caitlin	Morgan	13RHK	R	8
Yasmin	Alameldin	13WAD	W	8



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

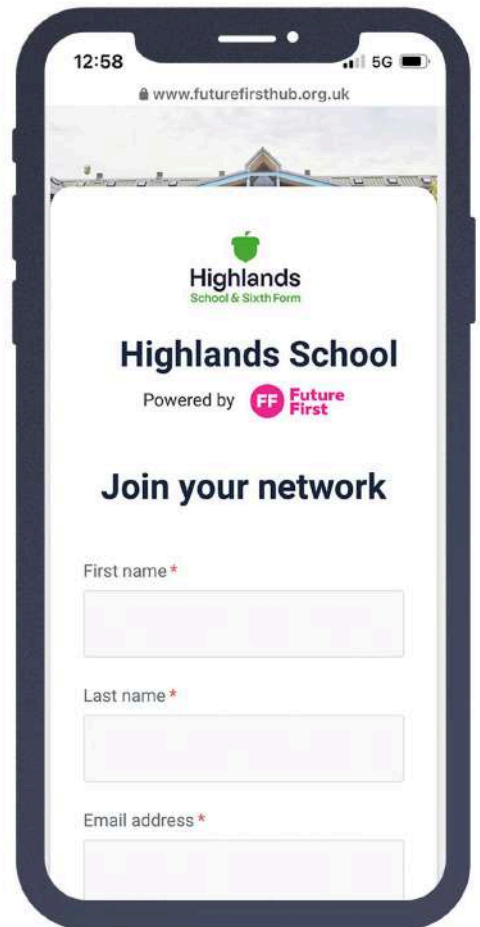


Former student?

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
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 all 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 upset or worried about anything at all (even if you think it is not important)
- 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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