



Highlands School Newsletter

12 December 2025



Dear parents and carers,

Our celebrations in the run up to Christmas continued this week at Highlands with Christmas jumper day and Christmas dinner on Tuesday. Students and staff gave money to charity to wear their Christmas jumpers, you can see which houses had the most staff and students contributing on page 3 of this newsletter. This week we also held the year 8 inter house football tournaments, the Oak Bake Sale and cultural cuisine day and the year 10 boys' football team recorded a fantastic 10-0 win against Laurel Park School under our new floodlights. It's been busy!

On Monday next week our sixth form business and enterprise students will be holding their annual Winter Wonderland fair in the main hall at lunchtime. I hope lots of students go along to support them.

Please remember that next Friday is a half day with students being released from school at midday.

Have a great weekend,

Mr McInerney, Headteacher.

Key dates for this half term:

- Friday 19th December: end of term (half day)



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**.



End of term arrangements - Friday 19th December

Period	Time	Activity
Start of the day	8.20am - 8.40am	Usual line up and start of school routines.
Tutor time	8:40am - 9:00am	Tutor time
P1	9:00am - 10.05am	Students attend their usual period 1 lesson.
P2	10.05am - 11.10am	Students attend their usual period 2 lesson.
Break	11.10am - 11.40am (Whistles at 11:35am)	30 min break time. All form tutors to be on their doors at 11.35am.
P3 - PM reg	11.40am - midday	PM registration. Form tutors will be sent a short presentation from Ms Toouli to go through with their tutor group on safety and support over the holidays.
	Midday	Bell/student dismissal.



Christmas Jumper Day at Highlands

This week we celebrated Christmas Jumper Day, filling the school with festive cheer and some truly brilliant jumpers. The whole school community came together as each house helped raise money for Highlands Green, our school charity, contributing a total of **£331.68** and earning valuable house points along the way. Here are the totals:

Students (total amount raised):

1st: **Beech**: £69.28 (4,000)

2nd: **Willow**: £68.40 (3,000)

3rd: **Rowan**: £54.01 (2,000)

4th: **Oak**: £44.98 (1,000)

Staff (number of staff wearing Christmas jumpers):

1st: **Oak**: (17) 4,000

2nd: **Beech**: (14) 3,000

3rd: **Rowan**: (12) 2,000

4th: **Willow**: (11) 1,000





Christmas lunch

We all enjoyed our Christmas lunch this week, a delicious, warm traditional meal prepared by our wonderful caterers Chartwells. It was wonderful to see staff and students sharing the experience together, filling the dining hall with a cheerful, seasonal atmosphere.



Staff house quizzes

The Highlands festive staff quiz took place with each house - Beech, Willow, Rowan and Oak, represented by a team of four staff members. This year, the Willow team consisting of Ms Toouli, Mr Tuton, Ms Duffmaster and Mr Marcus claimed victory once again, securing 4,000 points for Willow and adding another trophy to their cabinet.



The event was great fun, complete with mulled wine and festive treats, giving everyone the chance to enjoy some friendly competition and get into the Christmas spirit.

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



Year 8 inter house football

The year 8 inter house football competition took place this week, ending in an exciting final where Willow beat Rowan to earn the crucial 4,000 points and the trophy - well done, Willow!

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



The girls' inter house football final saw Oak secure a fantastic victory over Rowan. Well done, Oak, another win for your house!

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





Oak bake sale

Oak House hosted their bake sale this week, bringing in a spread of delicious treats - from rich chocolate brownies to festive cookies.

Thanks to everyone's support and sweet tooth, they raised **£238.72** for their chosen charity, Noah's Ark Hospice.



Year 10 boys football

On Tuesday 9th December, the year 10 boys' football team played their final league game of the season at home against Laurel Park. After a bright start, some early goals saw Highlands lead 5-0 at half time. With more clinical finishing in the second half, the boys ended up winning **10-0**. What a fantastic result!

Goalscorers: Jackson (3), Austin (1), Conrad (2), Lucas (1), Owen (2) and Nick (1)

Player of the match: Jackson Benbow

Mr Avann



Player of the match: Jackson Benbow



Year 10 and 11 boys basketball

Full time score: Highlands 31-63 AIM North London

On Thursday the year 10/11 boys' basketball team traveled to AIM North London for their second game of the season. Despite playing well and having some periods of regular scoring, the boys were unable to match their opponents frequency of baskets.

Player of the match: Dane Aaron (16 points)

Sponsor: Centrol Supplies

Mr Avann



Upcoming house events

Inter house football

- **Year 7:** Monday 15th December (1:10pm - 1.40pm).
- **Year 11:** Tuesday 16th December (12:40pm - 1.10pm).

Bake sale

- **Willow** bake sale: Tuesday 16th December.

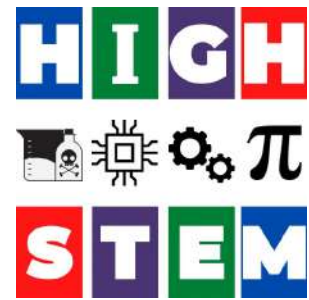
Cultural Cuisine Day

- **USA Cuisine Day - Beech:** Thursday 15th January.



Inspiring the next generation of innovators

Yesterday we had the pleasure of welcoming Felicia Pinto, Head of Regulatory Affairs at Sanofi's R&D in the UK and Ireland, to speak with our year 11 and year 12 students at Highlands.



Felicia delivered an engaging and insightful talk highlighting how essential it is in bringing safe, effective and innovative medicines to patients. She shared her personal career journey, the challenges and rewards of working in a global organisation like Sanofi, and the growing opportunities for young people interested in science, policy and healthcare.

Our students were captivated by her openness, clarity and enthusiasm. It was particularly inspiring to hear how diverse skill sets - from communication to critical thinking - play a central role in shaping the future of medical innovation.

A huge thank you to Felicia for giving her time and expertise, and for encouraging our students to think boldly about their own future pathways. Moments like these truly broaden horizons and spark ambition.

Dr Len





WAAW Creative Challenge

For World Antimicrobial Awareness Week, e-Bug hosted a creative challenge for Key Stage 4 students, where they could demonstrate their creativity through digital or physical artwork such as posters, cartoons, drawings and paintings that would raise awareness about responsible use of antibiotics and knowledge of resistance to antimicrobial medications. The theme of the challenge was: *What can we do to stop antimicrobial resistance (AMR)?*

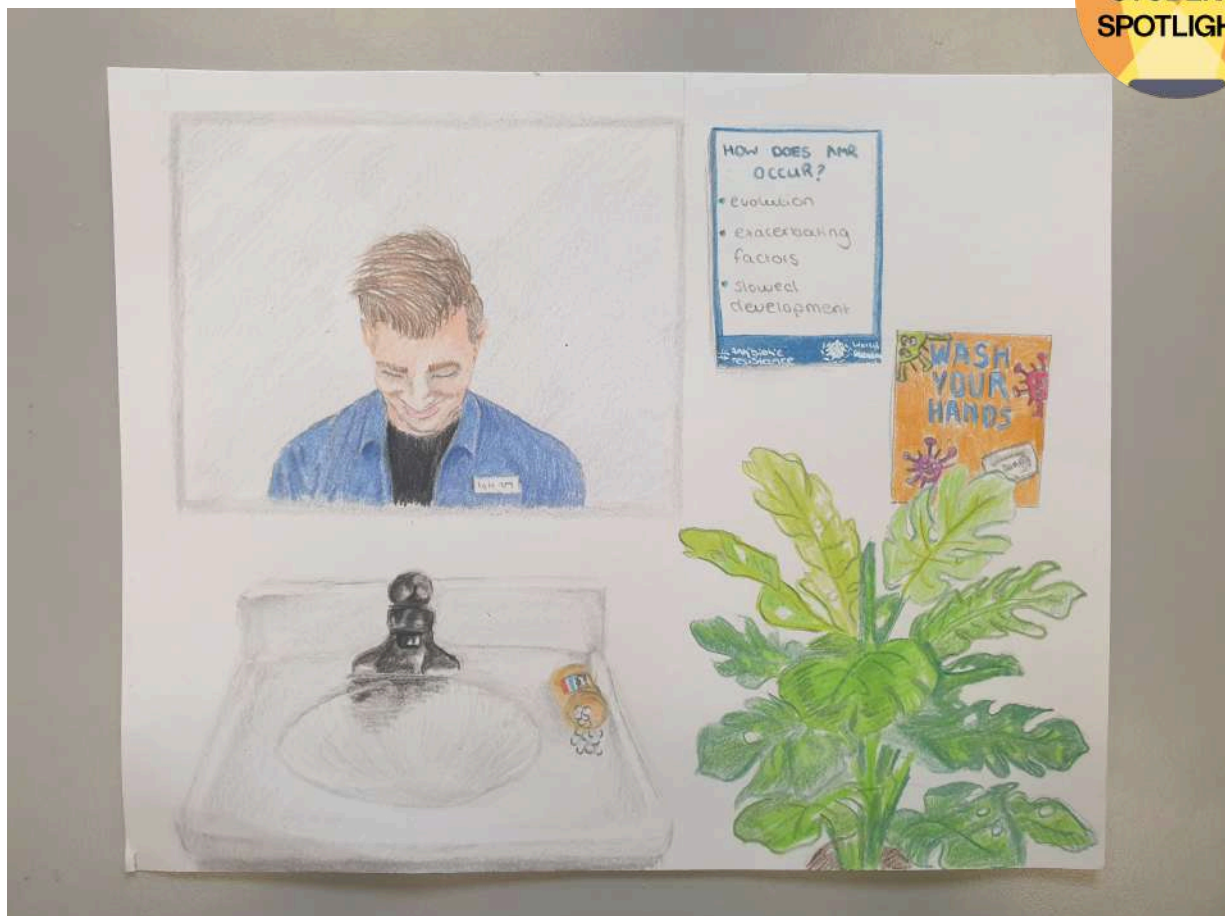
We are very proud and delighted that Sindi Shaban in year 10 won a 3rd prize in e-Bug's WAAW Creative Challenge!

Her work is exhibited on their [website](#) and she will be receiving a £15 retail voucher.

The judges comments: *"The drawing and shading is excellent. This is a very artistic and original poster. Judges loved the details of the different names on the medicine bottle to depict using antibiotics that are not prescribed to them."*

A big well done to Sindi!

Mrs Chrysostomou





Highlands' official Christmas card

Martha Baker in year 7 has now received her wonderful Christmas cards, created from her winning design in the art house competition.

They look fantastic, and she can't wait to share them with her friends and family this festive season.



Mexican Cuisine Day

Oak hosted a vibrant Mexican Cuisine Day, serving up fajita-spiced beef, BBQ pork balls, and Mexican-loaded wedges with sweetcorn as the vegetarian option. The dishes were absolutely delicious, and the dining hall was filled with the most incredible aromas - a real treat for everyone!

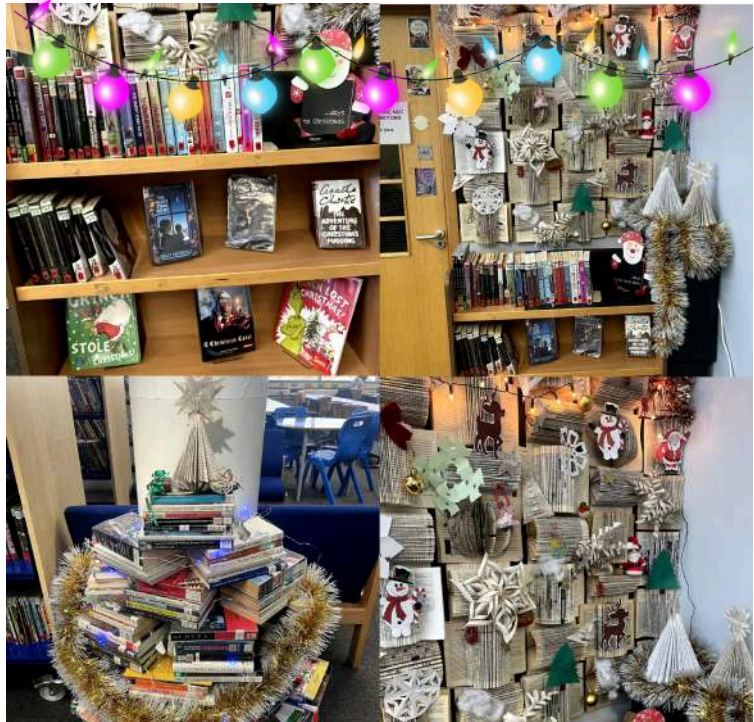




Christmas cheer in our library

Our library has been transformed with true Christmas cheer, featuring a beautiful festive book display filled with seasonal tales - perfect for enjoying on a cold day.

A big well done to our students and to Mrs Mehmet for decorating the space so thoughtfully and bringing a joyful burst of Christmas spirit to our reading corner.



History ambassadors

We are immensely proud to announce the outstanding performance of our two shortlisted students, Lucy Kyriacou (Y11) and JBI (Y13), who recently served as exceptional ambassadors for our school at the local heat of the Historical Association's Great Debate.

This prestigious, nationwide competition is open to students in years 10-13 and is designed to nurture a passion for history while significantly enhancing crucial research and presentation skills.

This year's question was: *"How important are personal and public records as evidence for explaining the story, or stories, of your local area?"*

Both students rose to this intellectual challenge with remarkable distinction, crafting truly excellent arguments. The organisers commended the high quality of the research and the compelling nature of their presentations. Their success reflects their aspiration, demonstrated by entering this high-level challenge, and their determination, evident in the meticulous, high-quality research effort they invested.

Congratulations to both Lucy and JBI for your exceptional contribution!

Ms Pavlou





Duke of Edinburgh Bronze Award

On Monday, 45 year 11 students received their Duke of Edinburgh Bronze Award. Over the past year, they successfully completed all four sections: volunteering, physical, skills and expedition. For the volunteering section, students took part in a wide range of activities to support others - from helping in charity shops and local libraries to assisting elderly neighbours with their weekly shopping.

In the physical section, students enjoyed activities ranging from yoga to ice skating. For the skills section, they developed new abilities such as baking, first aid, photography and online driving skills. Their final expedition was an unforgettable experience, where they learnt map-reading skills, planned their own routes and completed a two-day assessed journey while carrying all their kit.

The Bronze Award requires real dedication, and we are very proud of them for this achievement. Our new year 10 cohort has now begun their Bronze Award, and we look forward to seeing what they accomplish.



Mrs Walters



Dancers of the week

Our dancers of the week are Amanda Kabagaya in year 11 and Margarita Anastasiou.

Well done for your choreography and performance work.





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.

- **Regan Arun 7RNC** and **Alara Yilmaz 7RNC**: Awarded for having the confidence to take part in the year 7 inter house quiz in assembly without having experienced or knowing what this is like.
- **Angus Walmsley 11BLM**, **Francesca Georgiou 11WCM** and **Poppy Goss 11BLM**: Awarded for assisting a member of the public following a car accident.
- **Lucy Kyriacou 11RCG**: Served as exceptional ambassadors for our school at the local heat of the Historical Association's Great Debate.
- **Shaniya Areh 12OMA**, **Jessica Smyth 12WTA** and **Nathaniel Daley 12WBS**: Awarded for top achievement points.
- **Kayden Allen 12BJT**, **Ioannis Athanasiou 12WTA** and **Aydin Chowdhury 12OMA**: Awarded for 100% attendance.
- **Adithya Das 11WCM**, **Alexandra Drikou 12ODS**, **Annalise Demetriou 13WDS**, **Anthony Angelli 10WNK**, **Arthur Butcher 7BJC**, **Bibiana Edwards 10BBK**, **Cooper Ireland 11BLM**, **Daniella Ursache 11ODC**, **Darcy Smethhurst 11BSQ**, **Deniz Gok 10OAC**, **Dennis Erdogan 10OAC**, **Dilara Mehmet 7WTH**, **Elena Guidice 13BAS**, **Elis Cristovao 11WCM**, **George Robinson 11WCM**, **Gwilym Jenkins-Green 8BAS**, **India Barron 10BBK**, **Iyla Shah 8WEL**, **Jorja Hodge 11RJC**, **Khloey Ferreira 7OPH**, **Kosta Nicolaou 8RKM**, **Lily Theodorou 11BLM**, **Lucie Sadler 10BBK**, **Maximos Drikos 7WDD**, **Micah Codrington 10WMP**, **Naa Shidaa Quartey 12WTA**, **Ruby Walford 10RAB**, **Samuel Malaj 10ORF**, **Sita Maitland-Walker 9BLR**, **Tarai Edgehill 11WCM**, **Tyanna Ferreira 10OAC**, **Zac Ekkeshis 10RCX** and **Zayn Akhtar 10BBK**: Awarded for their exceptional performance in the Live Music Assembly.





School announcements

Year 11 D&T students who studied textiles or timbers last year

All year 11 design and technology students who studied timbers or textiles last year, are now able to pick up their final made products from their teachers. Please ensure they are picked up, if they are still here on the last day of term before Christmas, they may be recycled.

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.

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 now also 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



House weekly winners

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

	Beech	Oak	Rowan	Willow
Positive points	6,430	6,605	7,334	9,088
Negative points	-397	-446	-340	-421
Points overall	6,033	6,159	6,994	8,667
Staff house quiz	1,000	3,000	2,000	4,000
Year 8 boys inter house football	2,000	1,000	3,000	4,000
Year 8 girls inter house football	2,000	4,000	3,000	1,000
Christmas jumper day - students	4,000	1,000	2,000	3,000
Christmas jumper day - staff	3,000	4,000	2,000	1,000
Total Points	18,033	19,159	18,994	21,667

Top students in year 7

Forename	Surname	Form	House	Points
Zahra	Hazzan	7BJC	B	88
Aaron	Selcuk	7WTH	W	88
Seraphina	Mumba	7WTH	W	88
Dila	Kartal	7WTH	W	88
Maria	Elbashir	7WTH	W	86
Oriah Mae	Salom-Mason	7WTH	W	84
Charles	Nottage	7WTH	W	82
Darina	Abdulkadhim	7WTH	W	80
Lilly Ann	Anisko	7WTH	W	80
Ruby	Clee	7WTH	W	80



Top students in year 8:

Forename	Surname	Form	House	Points
Keira	Kataria	8OMK	O	72
Iyla	Shah	8WEL	W	72
Jemimah	Miah	8OMK	O	66
Helin	Kekec	8WEL	W	64
Marko	Saliy	8BHV	B	63
Lilah	Zekayi	8WEL	W	60
Selin	Ozturk	8WEL	W	59
Anya	Trivedi	8BHV	B	57
Suryan	Mistry	8WEL	W	56

Top students in year 9:

Forename	Surname	Form	House	Points
Hannah	Gibbons	9WSW	W	55
Barbod	Khosravi	9WSW	W	49
Shaan	Seetul	9WSW	W	47
Asya	Sagiroglu	9WSW	W	45
Michael	Seyidov	9WSW	W	43
Aaliyah	Lascelles	9WSW	W	43
Katrina	Awatar	9WSW	W	42
Marianne	Smith	9WSW	W	41
Aariah	Udahemuka	9WSW	W	41
Syerah	Islam	9WSW	W	41

Top students in year 10:

Forename	Surname	Form	House	Points
Theo	Crow	10OAC	O	46
Simra	Hassan	10OAC	O	46
Molly	McGrath	10RCX	R	44
Xhorxhia	Kuvertaris	10RCX	R	40
Nathan	Lemonious	10RCX	R	38
Faye	Etuzim	10WNK	W	38
Natalia	Deda	10OAC	O	37
Oliver	Dhillon	10OAC	O	37
Sophia	Smith	10RAB	R	37
Ria	Patil	10OAC	O	36



Top students in year 11:

Forename	Surname	Form	House	Points
Cora	Drysdale	11WJQ	W	34
Sophie	Jones	11BLM	B	33
Lorin	Varli	11ODC	O	33
Elias	Marinos	11WJQ	W	30
Melisa	Angelova	11BLM	B	29
James	Simon	11BLM	B	29
Arseniy	Ermolovich	11BLM	B	29
Lucy	Kyriacou	11RCG	R	29
Cooper	Ireland	11BLM	B	28

Top students in year 12:

Forename	Surname	Form	House	Points
Georgette	Agyeman-Aboah	12BCR	B	20
Alexandra	Drikou	12ODS	O	18
Harrison	Sykes	12RCW	R	18
Eren	Nalbantoglu	12RCW	R	16
Rozerin	Bozdog	12WBS	W	16
Georgia	Georgiou	12WBS	W	16
Grace	Gakhar	12RCW	R	14
Alfie	Horn	12WBS	W	14
Evie	Ferguson	12WTA	W	14

Top students in year 13:

Forename	Surname	Form	House	Points
Sophie	Gerrish	13RJB	R	26
Jakub	Warnawski	13OES	O	20
Ella	Mohan	13OES	O	20
Raya	Gotseva	13OES	O	20
Louis	Elsom	13OES	O	20



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

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

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

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

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

THE NATIONALS
GOALKEEPER COACHING

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

The Nationals combine world-class goalkeeper coaching with mindset, discipline, confidence and mental strength.

This induction session will give you a chance to experience professional coaching and learn more about ongoing development opportunities.

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

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

Scan the QR code to register



SHOWCASE YOUR TALENT & WIN PRIZES!

Have you got a talent?

**MUSICIANS, RAPPERS,
MAGICIANS, SINGERS,
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COMEDIANS ALL
TALENTS WELCOME...!**

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ALAN PULLINGER YC

1 John Bradshaw Rd, N14 6BT

MON 12 JAN 4-6PM

CRAIG PARK YC

2 Lawrence Rd, N18 2HN

TUE 13 JAN 4-6PM

CRAIG PARK YC

2 Lawrence Rd, N18 2HN

WED 14 JAN 4-6PM

PONDERS END YC

129 South St, EN3 4PX

THU 15 JAN 4-6PM

CRAIG PARK YC

2 Lawrence Rd, N18 2HN

FRI 16 JAN 4-6PM



Showcase your talent and win! £200 for 1st, £100 for 2nd, £50 for 3rd

Got a talent? Well this is for you!

Contact to book

youthenfield@enfield.gov.uk

Talisha 07572 151 362





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

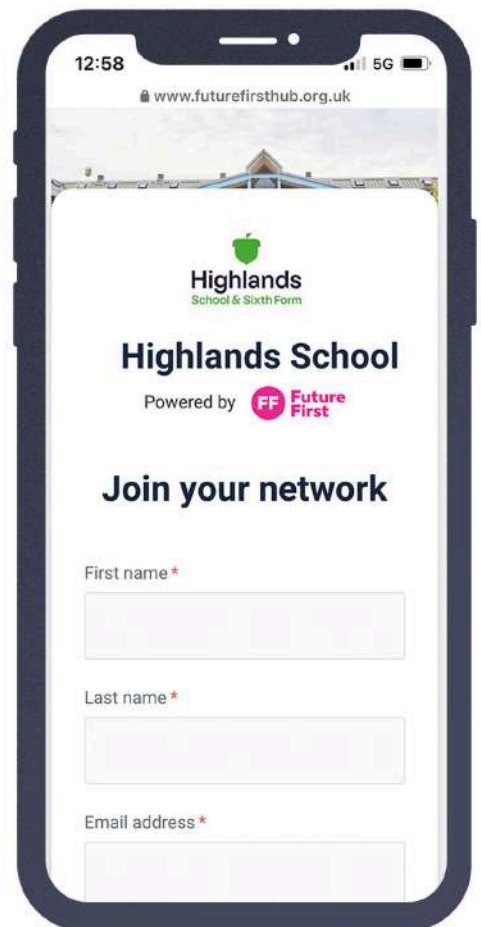


Former student?

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

Every mental health trust in London has put in place a 24/7 crisis line for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder ([link below](https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
South West London	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

shout
85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required
Text "SHOUT" to 85258 or visit [Shout Crisis Text Line](#)

SAMARITANS

Samaritans 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org

Crisis Tools

Crisis Tools helps professionals support young people in crisis - short accessible video guides and text resources
Sign up for free resources [here](#)

PAPYRUS

Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

Urgent and other support available

childline
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

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

Follow Highlands School on:

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

 Facebook [Highlands School](https://www.facebook.com/Highlands_School)