



Highlands School Newsletter

20th March 2026



Dear parents and carers,

Yesterday evening I was privileged to help host the second-ever Battle of the Bands competition at Highlands. The show opened with last year's winning act (now in year 11), pictured above, followed by performances from students in years 7–10 competing to win in each age bracket. Many thanks go to the music department particularly Mr Hawkins and Ms Miller for making the show such a memorable evening.

Next week marks the end of the spring term and, as always on the final day of term, students will be dismissed at midday. Our work will continue over Easter, however, as we offer Easter revision school to students sitting summer exams this year. Please encourage your children to attend the sessions.

Finally, as the month of Ramadan comes to a close, we would like to extend our warmest wishes to all our students, staff, and families celebrating Eid al-Fitr.

Eid is a time of joy, gratitude, and coming together with loved ones and community. We recognise the dedication shown by our students who have been fasting and reflecting over the past month.

To everyone celebrating: Eid Mubarak!

Have a great weekend,

Mr McInerney,
Headteacher.

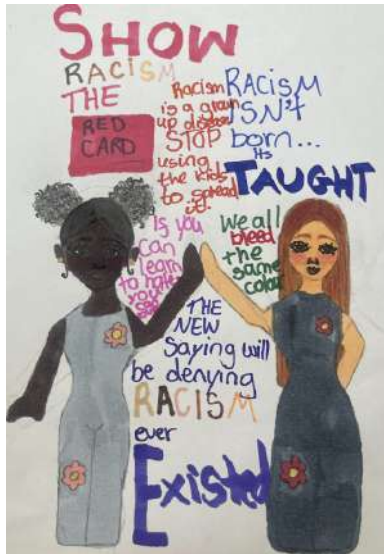
Key dates for this half term:

- Friday 27th March: final day of term, students released at midday.



Show Racism the Red Card

Well done to all the students who entered the SRtRC Competition. Taking part is an achievement in itself and you should be incredibly proud of the effort, courage and commitment you have shown. It takes confidence to step forward and give something your best and every participant has done just that. All submissions have now been sent off and we look forward to hearing how our students placed. Please see the attached entries for a showcase of their fantastic work. See all of the top entries [here](#).



Piano

When I first sat at the piano,
I didn't just meet an instrument—
I met a mirror.
Black keys, white keys.
Brimming with potential, Separate on the surface,
But only together do they compose anything worth hearing.
No masterpiece is written with half the keyboard.
I did not begin my journey knowing where I would end up.
I only knew what I had seen.

I was young when it began.
Two Black students in the years above—
playing classical music with confidence and command.
They didn't need to be the next sports star,
or the next rapper,
or the next entertainer to shine.
They were proof that greatness has no assigned costume,
that excellence is not limited to the paths already lit for us.
Their success broke invisible barriers,
and because I could see myself in them,
I believed I could break them too.

That was how I began—
I started piano with no lessons,
just intention, stubbornness, and hope.
I listened, experimented, and taught myself to find my tune,
not confined to the rules others expected.

Finding my own rhythm in a world
that didn't expect this tune from someone like me.
Every time I pressed a key,
I pushed against expectation,

I learned that progress isn't polite,
and talent isn't reserved for those born into the right room.
It belongs to whoever dares to reach for it.

My dad would always tell me I could achieve great things.
He said it like a promise, not a possibility—
not as a suggestion but a prophecy.

Say My Name

By Micah Codrington

My name's Micah Codrington—
My-kah, not Mee-kah,
but every time they read it off a sheet
their tongue takes a wrong turn,
twisting my name like it's foreign,
like the sound of me doesn't fit in their mouth.
I correct them with a smile,
but in my head I think to myself,
"My name's the simplest thing about me—
so why's it the hardest thing for them to hear?"

I can see their eyes pause,
stumble,
trip over those five letters
like they're navigating an obstacle course.
And I correct them—
with a calm voice and a small smile—
but inside, I'm thinking,
If you can say "Ikea,"
you can definitely say Micah.

I'm fourteen,
Jamaican at heart,
even though these UK pavements
have felt the weight of my footsteps.
My skin is warm and brown, like a festival in hot oil,
and my hair is braided neatly—cornrows sharp as a bassline—
a crown not made of gold
but of culture.

I come from a lineage
that knows how to stand firm in storms.
Just ask anyone in my family
about Hurricane Melissa,
and watch their faces tighten



A magical day at Warner Bros. Studio: The Making of Harry Potter

Year 9 and year 10 GCSE Business Studies students recently enjoyed an exciting trip to the Warner Bros. Studio Tour London - The Making of Harry Potter. The visit began with an engaging workshop on movie marketing, where students explored how blockbuster films are promoted, analysed target audiences and developed their own campaign ideas.



Following the workshop, students toured the iconic sets and props from the Harry Potter films, including the Great Hall and Diagon Alley, while discovering how special effects and production brought the wizarding world to life. The trip provided a fantastic opportunity to connect classroom learning with real-world marketing, while inspiring creativity and critical thinking.



HPFA Quiz night

The HPFA Quiz Night took place last week and was a fantastic success, with a great turnout from across the school community. A special well done goes to our very own Highlands team, LS United & Co, made up of Ms Minton, Mr Cochrane, Ms Jutila, Mr Minton, Dr Tsoni, Ms Piotrowska and Ms Warren. The team were crowned winners on the night, taking home the fabulous prize of a magnificent hamper filled with goodies. Thank you to everyone who attended and supported the event.

More information about the evening, including the total amount raised, will be shared soon.





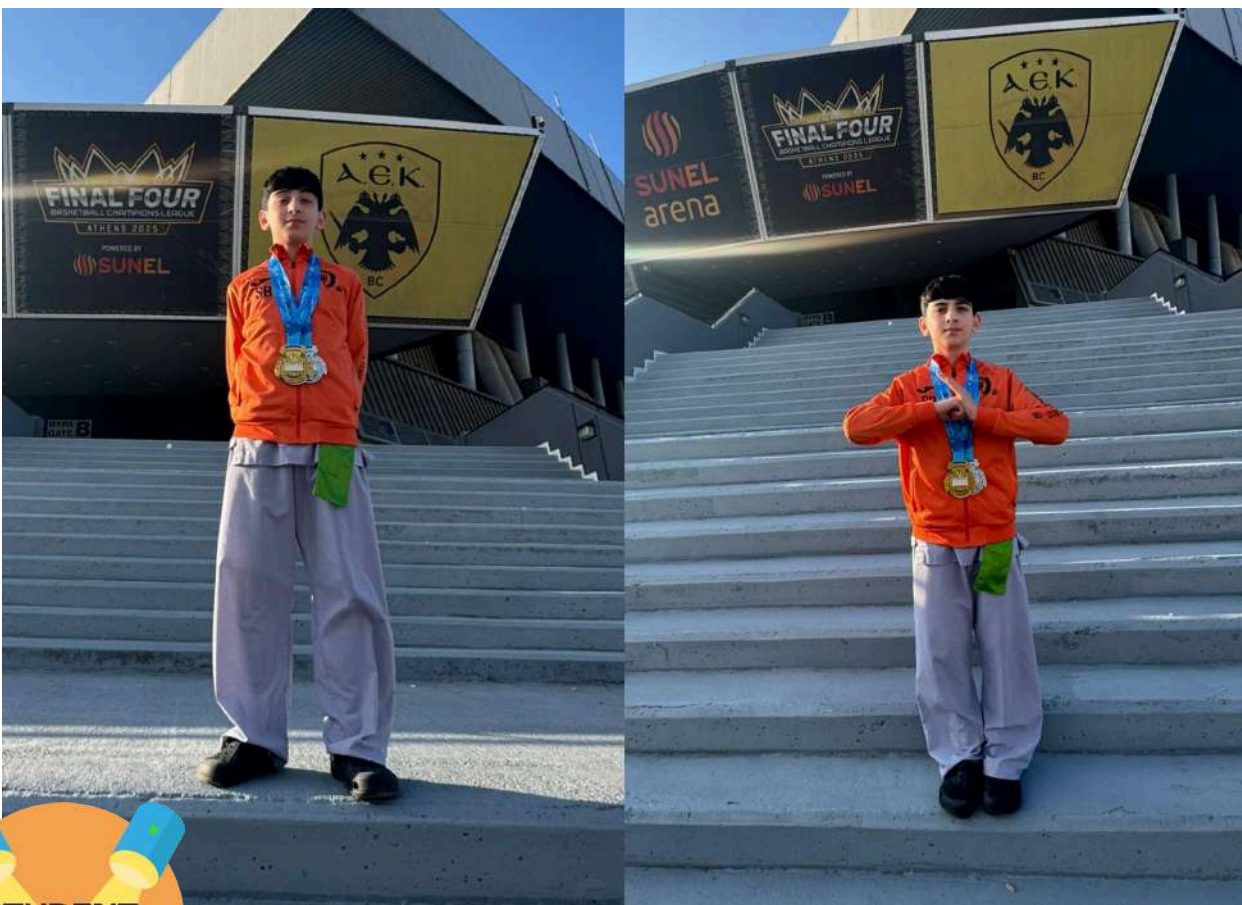
Highlands student shines at Wushu Championships

We are delighted to celebrate the outstanding achievement of Sidar Bozdag, who proudly represented Team GB Traditional Wushu at the 6th Acropolis International Open Wushu Championships in Athens, Greece on 14th March 2026.

Competing against 761 athletes from 20 countries, Sidar took part in the *Empty Hand*, *Short Weapon* and *Long Weapon* categories, achieving an incredible 1 Gold and 2 Silver medals.

His performances demonstrated exceptional skill, focus and discipline on the international stage. Having begun his training at the Shaolin Temple Martial Arts and Cultural Centre just over two years ago, Sidar has shown remarkable dedication and rapid progression.

His success is a testament to his hard work and determination, and we are incredibly proud of the way he represents both the school and his community as a truly inspiring role model. Go Sidar!





Year 12 religious studies trip to Bloomsbury Baptist Church

Year 12 religious studies students recently visited Bloomsbury Baptist Church for an insightful and thought-provoking talk from renowned ethicist Dr Peter Vardy.

The session provided a valuable opportunity for students to explore complex ethical theories and real-world moral dilemmas, deepening their understanding of key topics within their studies.

It was an engaging experience that challenged students to think critically and broaden their perspectives.



Dancers of the week

The dancers of the week are Vienna, Athena and Lorin in year 11 for working hard to get their performance piece completed, and Sophia Klovak for her work on completing her choreography.

Well done all.

Miss Brown



Year 12 BlackRock finance talk

Year 12 students recently had the privilege of attending an engaging careers talk hosted at school and delivered by Brian Hallissey, project manager at BlackRock.

BlackRock®

BlackRock is one of the world's preeminent asset management firms and a premier provider of investment management, advisory and risk management solutions, working with institutions and individuals across the globe.

During the session, Brian introduced students to the world of finance and asset management, explaining how organisations like BlackRock manage investments and support clients such as pension funds, banks and insurance companies. Students gained valuable insight into how global financial markets operate and the important role the industry plays in economies around the world.

Brian also shared his career journey in financial markets and spoke about the wide range of opportunities available within the sector. He highlighted different pathways into financial services, including apprenticeships, internships and graduate roles, helping students understand the variety of routes available after sixth form and university.

The session concluded with an engaging Q&A, where students asked thoughtful questions about careers in finance, working in the City and globally and the skills needed to succeed in the industry.

This was a fantastic opportunity for our students, and we are especially grateful that Highlands School was one of the first schools BlackRock has delivered this talk to.

A huge thank you to Brian from BlackRock for giving his time to inspire and inform our students.

"I didn't realise how many different roles and opportunities there are in a company like BlackRock, it made the industry feel much more accessible."

"The Q&A was really helpful because we could ask questions about careers and what skills employers are looking for."

"The session helped me understand how finance, technology and global markets are connected."

"It was inspiring to hear directly from someone working in the industry and learn about the different pathways into finance."



Mrs Laurenzi

Science Week at Highlands

For Science Week, the Science department has arranged for all year 8 students to get free access, through their Google Classroom accounts, to a great new online app called *Brilliant*. *Brilliant* is a highly interactive, puzzle-based app for STEM subjects (math, science, computer science). It provides short, engaging activities that are great for curious students who want to develop their understanding of science and improve their problem solving skills.



The theme of this year's Science Week is 'curiosity', so students are able to choose any topic from the app that they are interested in studying further. There are plenty of topics to choose from including mathematics, logic, problem solving, scientific reasoning and coding.

As part of the challenge we are checking each week to see how many students use the app and how far they progress with their chosen courses. A big shout to the three best students so far. They are as follows:

- Paul Munjal with 12 lessons completed.
- Qamil Neza with 26 lessons completed.
- Beth Rognaldsen with an amazing 94 lessons completed so far!

Keep up the good work everyone. After the Easter break there will be prizes for the most actively curious minds.

Mr Bradford



Year 9 boys football

The year 9 football team played Ark on Monday in the league semi-final. Despite only having ten players 40 minutes before kick-off, the team started well. Two early penalties and a fantastic goal from Sidney L meant we were 3-0 up inside 15 minutes. Ark began to get into the game, creating chance after chance; however, after fantastic defending, we went into the half time break 3-0 up. Ark grabbed an early goal shortly after the restart, but the team remained calm and continued to be resilient in defence, winning every header and second ball. A late goal resulted in a nervy last few minutes, but the boys saw it through, winning 3-2.



We will play either Southgate or Lea Valley in the final.

Player of the match: Lindi C. (pictured right).

Mr Edwards

Year 8 boys football

On Tuesday 17th March, the year 8 boys' football team travelled to Lea Valley Academy to play in their league semi final. After a cagey start, Highlands fell 1-0 behind but replied quickly through Alex S. who tapped in from close range. After a dominant second half, Rayan scored on debut to give Highlands a 2-1 lead with 5 minutes to go. Alex S. added a third late on.



Highlands 3-1 Lea Valley Academy. The team will now play in the league final.

Player of the match: Rayan M. (pictured right).

Mr Avann



London Youth Games

On Tuesday 17th March the year 7 girls' Sportshall Athletics team represented Enfield in London Youth Games Sportshall Athletics finals at Redbridge Sports Centre. They had earned their place in the finals following an excellent performance in the qualifiers finishing 2nd overall.

The girls competed in track and field events against some very tough opposition. Particular mentions must go to Sophie Winter-Taylor who very impressively won her heat of the two-lap race and Mia March who battled hard with another athlete to finish 2nd in the six-lap race.

Overall we finished as the 11th best team across the whole of London. Well done girls, we are very proud of your excellent performance levels and determination to always give your best for the team.

Mrs Walters & Ms Farmer





Year 7 netball

A huge congratulations to our year 7 netball team on an excellent debut at the Enfield Borough Netball Tournament this week. The team started strong with a 2-1 win over Southgate, followed by a tough match against Winchmore, before bouncing back with a 1-0 victory over Enfield County and a 1-1 draw with St Anne's. These results secured a playoff place, where they finished in style with a 3-0 win against St John's to claim an impressive 5th place overall.

A big thank you to Beth in year 8 for coaching on the day, and well done to Nicole, our player of the tournament.



Miss Berrill

World Book Day - house points

Well done to all members of staff and students who took part in World Book Day by dressing up and bringing their favourite characters to life. It was fantastic to see such creativity and enthusiasm across the school, with so many brilliant costumes on display. As a reward, every staff member and student who dressed up earned 100 house points, contributing to a great sense of competition and school spirit. Here are the final results.

	Beech	Oak	Rowan	Willow
Staff <i>(number of people dressed up)</i>	12	11	13	15
Points	1,200	1,100	1300	1500
Students <i>(number of people dressed up)</i>	18	19	13	19
Points	1,800	1,900	1300	1900
Total points	3,000	3,000	2,600	3,400



Live music assemblies

This week, our live music assemblies brought an incredible start to each day, showcasing the truly outstanding talent of our students. From beautiful solo piano performances to energetic rock band sets, the range and quality of music on display was exceptional.

These performances created a positive, feel-good atmosphere across the school and were a fantastic reminder of the creativity and confidence our students continue to develop in their music lessons.





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.

- **Aaliyah Lascelles 9WSW:** Awarded for being really helpful to staff in the medical room and helpful to her friend who was unwell.
- **Tia Tanay 8WEF:** Awarded for showing real commitment to her learning since starting Highlands in September.
- **Anthony Kapas 8RKM:** Awarded for a huge improvement generally as part of the school community.
- **Afifa Hakime 8BHV:** Awarded for creativity and hard work in food preparation and nutrition.
- **Elsie Berko 13RJB:** Awarded for her incredible dedication and ambition. This past weekend, she travelled to China to take a photoshoot, demonstrating a level of maturity and time management far beyond her years. Her commitments to her studies is a remarkable feat, and she deserves recognition for her drive and discipline.
- **Santino Stavrou 7WTH:** Awarded for receiving 1,000 achievement points since starting Highlands in year 7. This is an amazing achievement! Keep this up!
- **Zubaid Mohamud 10OAC:** Awarded for always trying his best and contributing great ideas in GCSE geography.





Scholastic book fair: 20th March - 25th March

The book fair will be at Highlands School from 20th March - 25th March, it will run during break time, lunchtime and after school until 4pm.

There are two ways to purchase Scholastic books from the wish list:



To pay for wish list books online:

- Click on the TEEN section [books](#) online.
- Fill in this [form](#) making sure you write the name of the book clearly, the age group of the book and the price.
- Pay via the [online](#) form. *Type in N21 1QQ and this will find Highlands Secondary School.*
- Once payment is made, return the paid wish list form to the librarian for order completion and final collections. *(You must list the names of the books you have purchased so that the librarian knows which books you have paid for).*

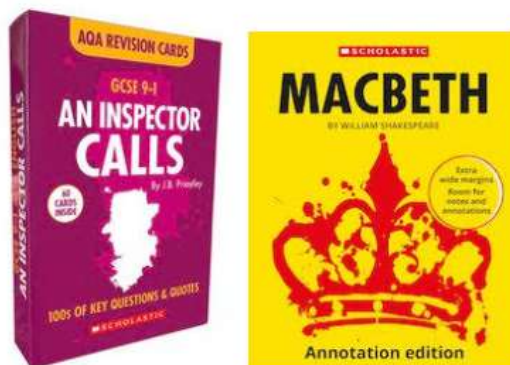
In-house ordering

- On a sealed envelope place your child's name and form (e.g. Sarah Michaels 7RTS), ensure the exact cash amount for the books being purchased in-house is correct, as change will not be given.
- Click on the TEEN section [books](#) online, referencing book titles and pricing - write the name of the book clearly and the age group of the book.
- Forms can also be collected from the library and brought home. All forms must be submitted to the librarian no later than **25th March**, by 11.15am.
- Cash and forms for book purchases must be submitted together to ensure that items from the *wish list* arrive in a timely manner, if they are needing to be ordered.

Collection information

Books for the Scholastic book fair will be displayed on the trollies for students to take home. Alternatively, it will be ordered if items are sold out. If that is the case, students/parents will be notified of any possible delays and informed when items arrive.

Please note: the following revision guides will be available to purchase at the book fair:





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.



House weekly winners

The winner is the house with the most positive points, minus negative points, plus the points from World Book Day. Well done **Rowan**!

	Beech	Oak	Rowan	Willow
Positive points	5,343	6,215	7,800	6,936
Negative points	-494	-499	-326	-459
Points overall	4,849	5,716	7,474	6,477
World Book Day	3,000	3,000	2,600	3,400
Total	7,849	8,716	10,074	9,877

Top students in year 7

Forename	Surname	Form	House	Points
Emma	Varbanova	7RNC	R	69
Emma	Morina	7RHG	R	67
Elissa	Nazilli	7RHG	R	65
Selma	Hafuzi	7RHG	R	65
Cassandra	Norman	7RHG	R	63
Hermione	Smith	7RNC	R	63
Margot	Holdcroft	7OPH	O	62
Isabella	Constantinou	7OPH	O	61
Krishiv	Pithia	7OPH	O	61
Dilay	Yuksel	7OPH	O	60

Top students in year 8:

Forename	Surname	Form	House	Points
Francesca	McNeil	8RKM	R	80
Helin	Aslaner	8RKM	R	72
Asher	Paterson-Mckenzie	8RKM	R	71
Selin	Ozturk	8WEL	W	70
Jack	Mallyon	8RKM	R	69
Helin	Kekec	8WEL	W	68
Orhan	Ekiz	8WEL	W	68
Iyla	Shah	8WEL	W	67
Lilah	Zekayi	8WEL	W	66
Suryan	Mistry	8WEL	W	64



Top students in year 9:

Forename	Surname	Form	House	Points
Seray	Halil	9ORD	O	46
Hannah	Gibbons	9WSW	W	46
Alara	Kilic	9RGA	R	45
Jack	Moules	9RJG	R	41
Aaliyah	Lascelles	9WSW	W	40
Hannah	Bauluck	9ORD	O	39
Chloe	Tsiamas	9ODM	O	38
Christine	Mawutor	9ODM	O	36
Dylan	Makani	9ODM	O	36
Ioannis	Stavrinoudis	9RGA	R	36
Evie	Howlett	9WSW	W	36

Top students in year 10:

Forename	Surname	Form	House	Points
Nathan	Lemonious	10RCX	R	40
Emily	Newton	10RAB	R	35
Theo	Crow	10OAC	O	31
Simra	Hassan	10OAC	O	29
Liam	Redmond	10RCX	R	29
Alex	Jarchlou	10OAC	O	27
Charlie	Gill	10OAC	O	27
Anaiya	Dhaliwal	10WNK	W	27
Tejasvini	Yogarajah	10RAB	R	26
Azra	Demirci	10RAB	R	26
Kaelyn	Beisty	10WNK	W	26
Faye	Etuazim	10WNK	W	26

Top students in year 11:

Forename	Surname	Form	House	Points
Ayse	Carmanbar	11BLM	B	27
Elyscia	Lazarides	11BLM	B	26
Cooper	Ireland	11BLM	B	25
Nicole	Kozinos	11RJC	R	25
Lily	Theodorou	11BLM	B	22
Sophia	Stavrinides	11BLM	B	22
Omyur	Karadzhova	11BLM	B	21
Alessandro	Rosiello	11RJC	R	21



Top students in year 12:

Forename	Surname	Form	House	Points
Mariah	Brooks	12RSL	R	16
Naa Shidaa	Quartey	12WTA	W	15
Ameera	Chaudri	12BJT	B	14
Antonia	Anastasi	12RSL	R	12
Dylan	Daryanani	12RSL	R	12
Mirella	Sidoli	12WBS	W	12
Alexandra	Drikou	12ODS	O	11

Top students in year 13:

Forename	Surname	Form	House	Points
Elena	Giudice	13BAS	B	9
Tiana	Martindale	13BTD	B	6

EASTER

EASTER HAF PROGRAMME

Date: Tuesday 7th April
Wednesday 8th April
Thursday 9th April
Friday 10th April

Time: 10 AM - 2 PM

A program offering a variety of engaging activities and workshops for young people aged 8 to 16.

Activities include

- Boxing & Physical Fitness
- Music Production
- Hair & Nails
- Arts & Crafts
- Jewellery Making
- VR & Gaming

Additional Information

This program is available to school children who receive free school meals and either reside in Enfield or attend an Enfield-based school. Lunch will be provided. Individuals who do not meet this requirement are still welcome to attend; however, kindly ensure that lunch is provided for them.

CONTACT US

☎ 079 8445 0644
077 9261 0474
020 4568 5312

✉ cynthia.cobourn@northsideyouth.co.uk
northside_youths@live.co.uk





FIND US

39 St James Chambers,
Edmonton, N9 0UD
(Next door to Saray Banqueting Suite)

🌐 northsideyouth.co.uk

📷 @nycc_london

📘 NYCC Edmonton

📺 @nycc_london





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!

SH & F SCHOOL HIRE & FUNCTIONS LTD
FIRM EST. SEPTEMBER 2015

CONTACT TODAY
07855042027

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

The Circle of Security Parenting

COSP

Circle of Security Parenting groups are designed to give Parents (including Fathers) 'a map' for understanding and responding to their children's emotional needs.

Circle of Security Parenting is not about fixing or managing behaviour – it is about strengthening the relationship and focusing on the most important thing of all – our relationship with our children. Circle of Security Parenting helps parents focus on connection, not correction. When we understand our child's needs, behaviour starts to make sense.

Aims of the Programme:

- Build a closer, more connected relationship with your child
- Understand what your child needs, not just their behaviour
- Focus on connection, especially when things feel hard
- Learn what your child is really trying to tell you through their behaviour
- Feel more confident in your parenting

Participants attend a 2-hour group session once per week for 8 weeks

Who is it for? Parents/Caregivers (including Fathers) of children ages 4 months to 5 years old

When? Mondays, 20 April – 22 June 2026; or Fridays, 15 May – 10 July 2026

Where? Mondays, Craig Park Hub, 2 Lawrence Road, N16 2HN; or Fridays, Ponders End Family Hub, 141 South Street, EN3 4PX

Time? Mondays 10am – 12noon; or Fridays 10:30am – 12:30

How to book? Circle of Security Referral Or Scan QR Code

Contact Information: parentingprogrammes@enfield.gov.uk
www.enfieldparentingdirectory.co.uk



Join Our Free Online Parent Support Group
Once a week for 4 weeks

Introducing our virtual Parent Support Group
Facilitated by Family Based Solutions
Supporting families since 2012

Join us every week for a month to connect with other parents, share experiences, and gain valuable insights. This online group is designed to provide a safe space for parents to discuss challenges, seek advice, and build a supportive community.

Suitable for parents/carers/grandparents looking for ways to improve their current situation when faced with conflict and challenging behaviours. Let's navigate the ups and downs of parenting together.

GROUP 2	GROUP 3	GROUP 4
Thursday's	Tuesday's	Thursday's
1230pm-2pm	1230pm-2pm	630pm-8pm
19th March 2026	28 th April 2026	30 th April 2026
26th March 2026	5 th May 2026	7 th May 2026
16th April 2026	12 th May 2026	14 th May 2026
23rd April 2026	19 th May 2026	21st May 2026

Switching groups is not permitted.
Due to sensitive discussions children should not be present during the weekly sessions.

Sign up confidentially for this 4-week journey:
CONTACT DETAILS admin@familybasedsolutions.org.uk
Tel: 020 8363 6262

www.familybasedsolutions.org.uk
www.facebook.com/familybasedsolutions
Family Based Solutions (FBS) Charity No. 1149383



Highlands School Alumni

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

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

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

#HighlandsAlumni



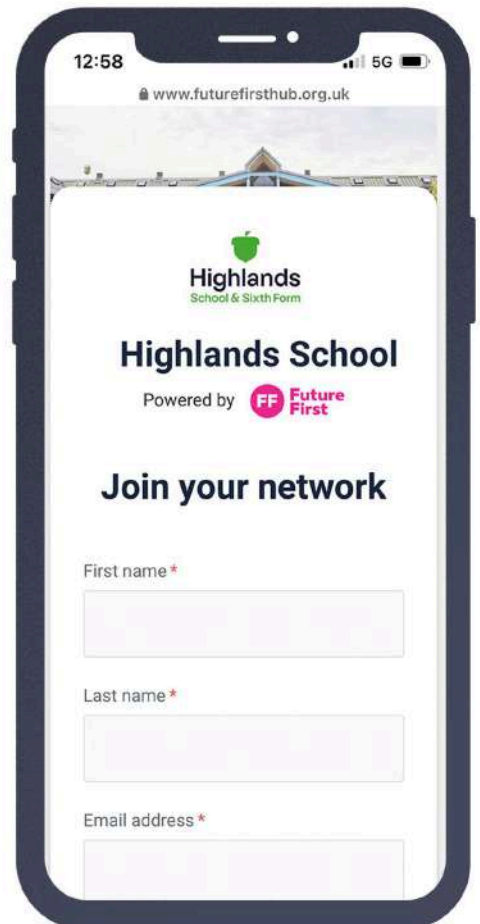
Scan the QR code to join the Alumni network

Former student?

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

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

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





Student medical needs

If your child needs to take regular medication in school, please fill out the following [Medicines Consent Form](#) to give the school consent to administer medication to your child. All medications that are kept in school must be stored in the medical room.

Mental health

We are continuously working hard to improve our understanding as a community of mental health, to enable us to provide the best possible outcomes for the young people in our lives. If you are ever concerned that your child is at risk due to very poor mental health please inform the school. You can also contact one of these numbers to seek support from a specialist. The Crisis line is there to offer guidance if your child may be having suicidal thoughts and is possibly in immediate danger. If you do ever find yourself in a position where you need to use these resources for your child, please make the school aware so we can provide appropriate support within school for your child.

Urgent mental health support - 24/7 crisis lines

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

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

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

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

Urgent and other support available

shout
85258

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

SAMARITANS

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

Crisis Tools

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

PAPYRUS

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

childline
SOMEONE ON THE PHONE, ANYTIME

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

Good Thinking

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

THE MIX

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

Beat

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

kooth

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



Safeguarding contacts

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

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

Helpful numbers and websites

Childline: 0800 1111

NSPCC helpline: 0808 800 5000

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

LGBT switchboard: 0300 330 0630

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

Multi Agency Safeguarding Hub: 0300 500 80 90

Barnardos: 0800 008 7005

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

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

Talk to someone....

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

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)