



Highlands School Newsletter

19 December 2025



Dear parents and carers,

Today marks the end of the first term of the academic year. In the run up to today the Christmas events and inter house activities have provided some memorable moments. We had our 'Winter Wonderland' event run by the year 12s at lunchtime on Monday this week and the Willow Christmassy bake sale. Years 7 and 11 had their inter house football tournaments. Luke and Elena, our head students, presented seven end of year celebration assemblies; a great effort from both of them following a long term!

Key dates for the upcoming half term are below, for your diaries, and we are also pleased to share our 2026/7 academic year term dates on page 2 of this newsletter; they are also on the school website.

This term has been a very successful one at school, and I want to thank you all for your support because it is through working in partnership with you that we can improve.

Have a restful Christmas and New Year break,

Mr McInerney, Headteacher.

Key dates for next half term:

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



Term dates 2026 - 2027

Autumn term	
Tuesday 1st September 2026	First day of autumn term
Friday 16th October 2026	Final day of half term
Monday 19th October - Friday 30th October 2026	Half term holiday (two week holiday)
Monday 2nd November 2026	First day of half term
Friday 18th December 2026	Final day of autumn term

Autumn term	
Tuesday 5th January 2027	First day of spring term
Friday 12th February 2027	Final day of half term
Monday 15th February - Friday 19th February 2027	Half term holiday
Monday 22nd February 2027	First day of half term
Thursday 25th March 2027	Final day of spring term

Summer term (Monday 3rd May is a bank holiday)	
Monday 12th April 2027	First day of summer term
Friday 28th May 2027	Final day of half term
Monday 31st May - Friday 4th June 2027	Half term holiday
Monday 7th June 2027	First day of half term
Thursday 22nd July 2027	Final day of summer term



Merry Christmas from everyone at Highlands

Staff at Highlands enjoy a weekly wellbeing break, taking time to relax, mingle and connect over hot drinks and treats, including biscuits and homemade cakes generously baked by colleagues. These moments are an important part of supporting staff wellbeing and building a positive, supportive community.

This week, the wonderful Mrs Brewerton set out a festive spread that helped everyone get into the Christmas spirit, from hot chocolate to mince pies and gingerbread biscuits.

Everyone at Highlands would like to wish the entire school community a very Merry Christmas.





Year 7 inter house football

The year 7 inter house football competition took place this week, ending in an exciting final where Rowan beat Beech to earn the crucial 4,000 points and the trophy - well done, Rowan!

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



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

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





Year 11 inter house football

The year 11 inter house football took place on a cold and rainy day, but that didn't stop the fantastic effort and determination shown by all teams. In the boys' competition, Rowan secured a narrow 1–0 victory against Oak in the final - well done to Rowan on a hard-fought win. In the girls' final, Willow claimed a solid 3–1 victory over Oak, showing great teamwork throughout. Congratulations to all the players for their commitment and sportsmanship.



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



Girls: 1st: **Willow**, 2nd: **Oak**



Willow bake sale

Willow hosted their bake sale this week, the final bake sale of the term.

Thanks to everyone's support, they raised **£265.41** for their chosen charity, Place2Be.



House bake sales

Now that all four houses have held their bake sales, the money raised for their chosen charities will be converted into house points. Each house worked incredibly hard to support worthwhile causes, and based on the totals raised, here is how the houses ranked.

- £265.41 - **Willow** - **1st**: (4,000pts)
- £251.82. - **Beech** - **2nd**: (3,000pts)
- £238.72 - **Oak** - **3rd**: (2,000pts)
- £186.80 - **Rowan** - **4th**: (1,000pts)



Year 7 inter house choir competition

The year 7 inter house choir competition took place this term and was an incredible showcase of talent, energy and teamwork. Each house learned and choreographed a song, delivering confident and enthusiastic performances of *Voulez Vous*, *I Just Can't Wait to Be King*, *Hercules* and *We're All in This Together*, making judging a real challenge.

The competition was judged anonymously by Mr McInerney. A huge well done to **Oak** for winning the competition, Mr McInerney was particularly impressed by their synchronised choreography and strong singing. An impressive 4,000 house points will be awarded to Oak for their fantastic performance.

1st: Oak - *Hercules*, **2nd: Rowan** - *We're All in This Together*, **3rd: Bech** *I Just Can't Wait to Be King* and **4th: Willow**: *Voulez Vous*



Dancers of the week

The dancers of the week are Amelie, Izzy and Evie for their fabulous performances in the Winter Concert last week.

Girls, thank you for your endless commitment to the performing arts at Highlands.

Miss Brown





Citizenship - letter to an MP house competition

Congratulations to **Willow**, who has won the year 8 letter to an MP competition. A student in 8WEF secured the win after writing a compelling and well-thought-out letter that truly stood out.

Well done to Willow on their fantastic achievement and on earning 1,000 house points.

Maths Christmas inter house quiz

Well done to all students who took part in the Christmas maths inter house quiz.

A huge congratulations to **Rowan**, who dominated across all three year groups, taking top spot in years 7, 8 and 9 - an outstanding achievement.

	Beech	Oak	Rowan	Willow
Yr 7 quiz	3rd	4th	1st	2nd
	2,000	1,000	4,000	3,000

	Beech	Oak	Rowan	Willow
Yr 8 quiz	3rd	2nd	1st	4th
	2,000	3,000	4,000	1,000

	Beech	Oak	Rowan	Willow
Yr 9 quiz	3rd	2nd	1st	4th
	2,000	3,000	4,000	1,000



Highlands Winter Wonderland Event

Highlands School is absolutely thrilled to announce the outstanding success of the Highlands Winter Wonderland event, which raised an impressive total of £706.30 for the Leukaemia UK!

The festive fair, held in the main hall on Monday, 15th December, was entirely hosted, managed, and executed by our dedicated year 12 business studies students as the capstone project for their Unit 4 coursework, "Managing an Event."

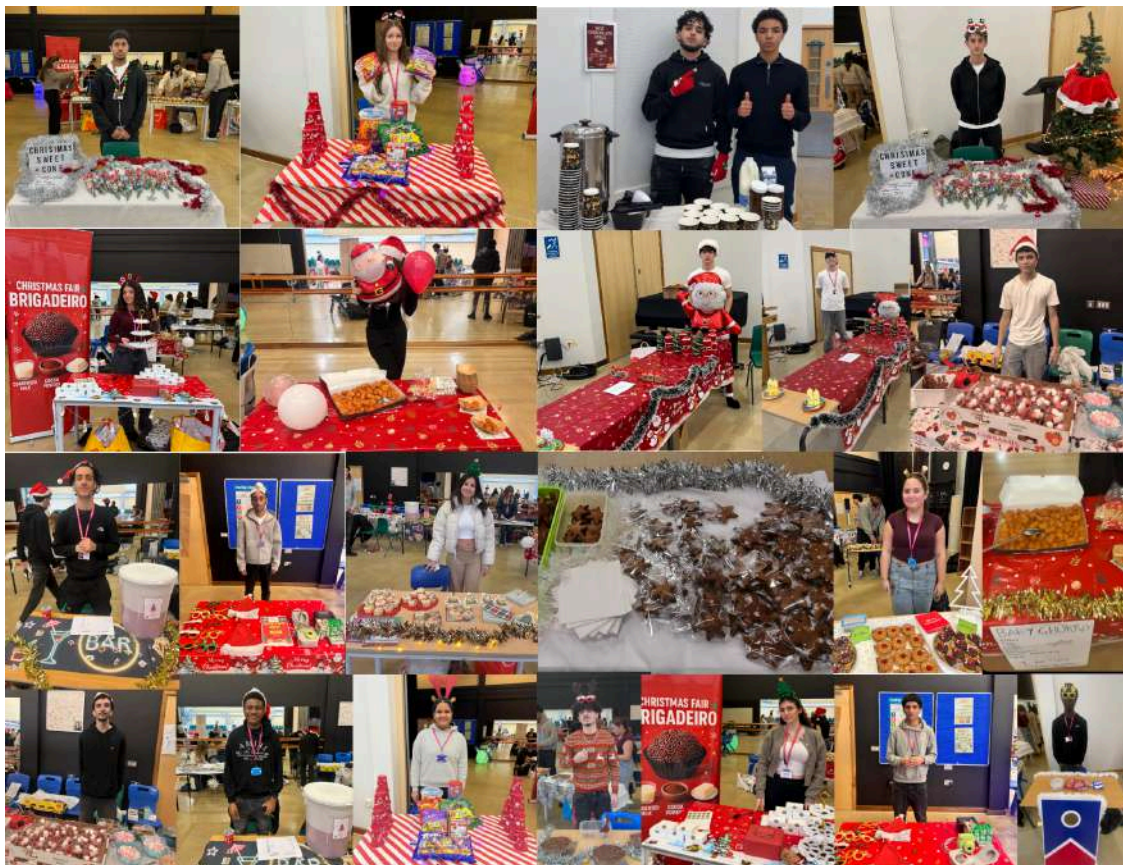
The students applied their learning in planning, marketing, and budgeting to create a truly festive and engaging event for the whole school. The students enjoyed a fantastic variety of stalls, including:

- Challenging games like *throw the ring on the bottle*, *stack the winter cups* and *throw the bean bag in the snowman*.
- Delicious treats like festive chocolate cake, Christmas cupcakes, and strawberries with melted chocolate.
- Warming beverages such as hot chocolate and seasonal Christmas mocktails.

The incredible total of £706.30 is a direct testament to the year 12 students' exceptional organisation, creativity, and teamwork, demonstrating how academic learning can translate into significant real-world impact.

We offer our heartfelt congratulations to the year 12 business studies class for their hard work and dedication, and we extend a huge thank you to all students, staff, and parents who contributed their time and money to support this wonderful cause.

Ms Constantas





Highlands Winter Concert 2025

The Winter Concert took place at Highlands and was truly sensational, with performances that were out of this world. From singing and steel band orchestra to bands and performing arts, the range of talent on display was incredible and the list was endless.

A huge thank you to the HPFA for their support in selling refreshments and helping make the evening such a success.





Tottenham Hotspur Stadium tour

Following on from playing in the Spurs Foundation Summer Champions Tournament last July, a group of girls from the school football teams were given the opportunity to tour the Tottenham Hotspur stadium on Monday afternoon. Thought by many to be one of the best stadiums in Europe, the girls had the opportunity to see behind the scenes. They considered the differences between the home and away changing rooms, they experienced what it was like to sit pitch side as the coaching team and pondered over the enormity of the NFL changing rooms. They also got to see the VIP spectator sections and experience the heated seats and echo produced in the empty stadium. A real highlight (for Mrs Walters & Mrs Hutchinson at least) was seeing the Europa league trophy proudly on display.

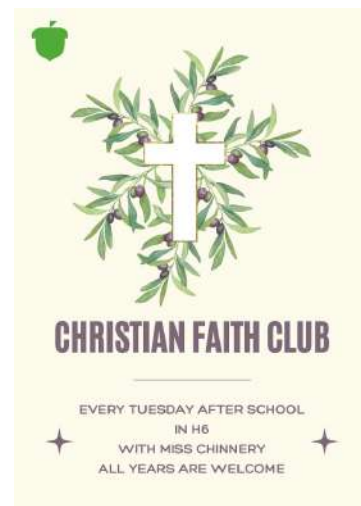
Mrs Walters & Mrs Hutchinson



Christian Faith Club

On Tuesday after school, the Christian Faith Club celebrated Christmas with an end-of-term celebration. Filled with Christmas tunes, a reading of the story of Christmas, a classic game of pass-the-parcel, and lots of biscuits and sweets. Fun was had by all students, from year 7 to year 13.

Merry Christmas!





Work experience spotlight: Alexander at Acrisure Re

Alexander Antoniou, a year 11 student, recently completed an exciting work experience placement at Acrisure Re in the heart of London's insurance industry. During his time at the firm, Alexander gained hands-on exposure to internal governance and internal operations, reviewing claims and premiums while developing a deeper understanding of how the business functions day to day.

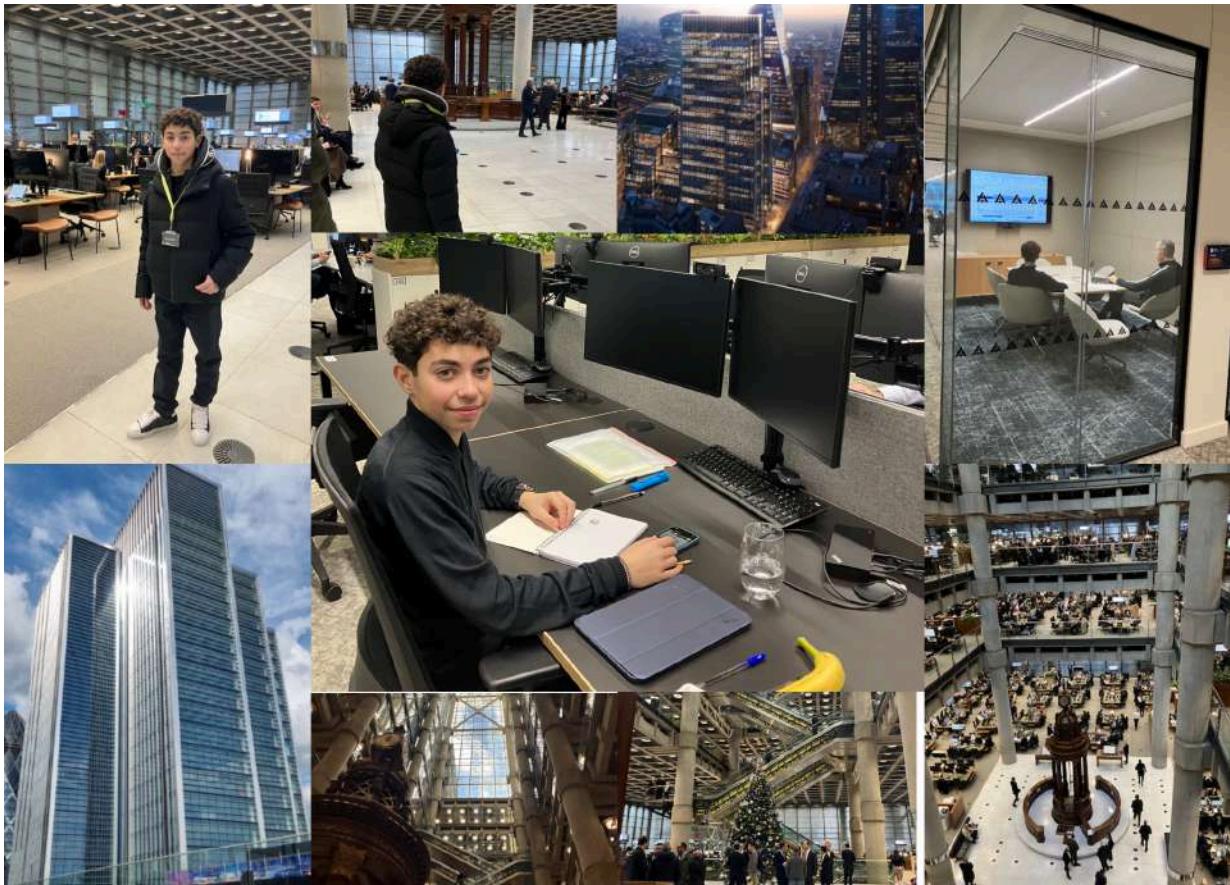


He also spent time with the Wholesale Insurance - Fine Arts team, learning about specialist insurance markets, and explored Financial Planning & Analysis (FP&A) to understand the financial framework behind the organisation. In addition, Alexander explored Acrisure's Corporate Advisory & Solutions (ARCAS) division, gaining insight into its investment banking and advisory capabilities.

Alexander concluded his placement with a visit to Lloyd's of London, where he gained valuable insight into the role of insurance across the UK and European markets and observed the iconic trading floor in action. Alexander described the experience as both exciting and inspiring.

We would like to extend a huge thank you to all the employees at Acrisure Re who gave up their time to mentor Alexander and provide such an inspiring experience. Your support has made a real difference!

Mrs Laurenzi





CyberFirst Girls competition success!

Highlands School was incredibly proud to see one of its year 8 girls' teams take part in this year's CyberGirls first competition, run by the NTSC as an introduction to cyber security. From over 10,000 pupils and 500 teams who entered nationwide, the team, *Hack Heroines* (Katherine Karasik, Na'Rae Rodney, Beth Rognaldsen and Sewal Gulem), placed 7th among all London schools, marking a significant improvement on previous years. While the team is hopeful this result may lead to progression to the national finals, it remains a fantastic achievement highlighting their skill, determination and enthusiasm for cyber security.

"Doing so well in this competition has really inspired me and made me seriously consider studying Computer Science at A level." - Beth



Year 7 form time champions

Congratulations to 7RHG, who were crowned Autumn 2 Form Time Champions. The results were based on the highest number of achievement points, the fewest concern points and the best attendance.

Impressively, 7RHG also won the title last half term, making it back-to-back victories.





Rewards and achievements assemblies

As always at the end of term, Highlands hosts Rewards and Achievement Assemblies for each year group, celebrating student achievements and successes from across the term. Hosted by the Heads of Year alongside Head Students Luke and Elena, the assemblies recognise individual accomplishments, highlight success stories, and reward the top form group of the term for their hard work and commitment. They provide a wonderful way to reflect on a successful term and finish the year on a positive and celebratory note.



HPFA Winter Raffle

A huge thank you to everyone who supported our Winter Raffle! Thank you to everyone who bought a ticket, together we raised an incredible **£1,423**, an amazing amount that will make a real difference to our school. We're also extremely grateful to everyone who donated such wonderful prizes, and to the HPFA for organising the raffle so brilliantly. We truly couldn't have done it without you.

All winners have now been contacted and arrangements made to collect their gifts. If you need to collect from school please do so before 11.30am on Friday 19th.

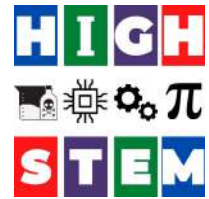
From everyone at Highlands, we wish you a very Merry Christmas and thank you for your continued support.





LEGO Robotics and Coding Club winners

We are delighted to celebrate the fantastic achievements of our LEGO Robotics and Coding Club pupils for term 1 (2025–26).



This term's challenge was to design and build a race car that combined speed with creative design. Congratulations to year 7 students Deren Hussein and Jasper Gavaz, who took first place with their impressive winning car.

A special mention also goes to Maya Muller (year 8) and Regan Arun (year 7). Their race car, "Chicken Uzumaki", stood out for its outstanding creativity, presentation, and teamwork.

It has been inspiring to see the dedication, problem-solving skills, and innovation shown by all participants. We look forward to even more exciting projects and collaboration in the coming terms.

Well done to everyone involved and a big thank you to Glenn Macdonald and Raquel Soares for their amazing support with the coding club!

Dr Len





Christmas dance performance

Congratulations to Miss Berrill's dance class who have been working on their performance and expressive skills this term.

The students finished this unit of work with a special Christmas performance to Sparklejollytwinklejinglely from Elf the Musical.

We're looking forward to what they produce in their choreography unit next term!





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.

- **Alexander Antoniou 11OSM:** Awarded for outstanding achievement and professionalism during work experience.
- **Zehra Besier 11WJQ:** Awarded for consistently helping out in Ed-Extra every week with enthusiasm and warmth, engaging positively with year 7 students who have greatly appreciated her guidance and support.
- **Adem Ucar-Batili 10BAM, Aqeel Ansar 10BAM, Alexander Florides 10BAM and Zayn Akhtar 10BBK:** Awarded for their assistance with the inter house football competitions.
- **Dane Adon 11RJC, Hasti Karimaghaei 11WJQ, James Tyrimos 11RCG, Claudia Poyiadzis 11ODC, Cooper Ireland 11BLM, Joshua Mrozi 11BLM and Leo Veneti 11WCM:** Awarded for remarkable improvement in the November mock for history.
- **Nick Agyeman-Duah 12RSL, Essa Ali 12BCR, Alexia Allen-Zavrou 12ODS, Asante Appau 12ODS, Harry Dagger 12RSL, Gabby Gregoriou 12BCR, Deniz Gucuck 12WTA, Deniz Gun 12WTA, Melisa Halil 12R, Eliz Hodger 12BJT, Nika Ivakin 12R, Tibet Kara 12RSL, Carey Kirton 12BCR, Sophia Kyriacou 12OMA, Akeel Lokat 12WTA, Sebastian Mandrides 12OMA, Jack Nagioff 12RSL, Emily Palkowska 12OMA, Matthew Panayiotou 12OMA, Adam Sheriff 12RCW, Jujhar Sondh 12OMA, Jack Trautner 12WBS, Domenika Vrousai 12ODS and Kasmin Williams 12BJT:** Awarded for successfully executing the Winter Wonderland event from beginning to end with professionalism, organisation and attention to detail.
- **Elaine Ho 13WDS:** Awarded in recognition of her kindness and creativity. She creates the most beautiful crochet and origami pieces and often shares her skills and the wonderful items she has made.
- **Megan Kabeja 8BHV:** Awarded for significantly improving her behaviour conduct in the medical room.
- **Sewal Gulem 8RAC, Katherine Karasik 8RKM, Na'Rae Rodney 8RKM, Beth Rognaldsen 8RAC, Megan Kabeja 8BHV, Zoe Mathews 8BHV and Maya Muller 8BHV:** Awarded for their outstanding achievement in the CyberFirst challenge.





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.

Calling all employers – Help shape a future!

We're always looking to expand our employer connections and provide year 12 students with valuable work experience opportunities. If you are able to support a student with a placement, please get in touch by emailing careers@highlearn.uk

Lost property

Please click [here](#) for a list of lost property received since the start of term. If your child has lost anything listed, or any other item, please ask them to check with the school office, as 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 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
JOINING SCHOOL HIRE & FUNCTIONS LTD
FROM 1st SEPTEMBER 2025

CONTACT TODAY
07855042027

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

Enfield Parenting Programmes - Supporting parents this winter

Christmas time can be both wonderful and challenging. Many adults tend to experience family conflicts at this time of the year - expectations, expenses, child contacts, and busyness can make this period very stressful.

Conflict does not need to be violent or obvious to be harmful to children. Evidence-based support is available for parents and carers of children aged 0 to 18+ in Enfield. For more information [please read](#).



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 **Rowan**.

	Beech	Oak	Rowan	Willow
Achievement points	6,064	6,400	7,140	8,631
Inter house football Y7 & Y11	6,000	12,000	11,000	8,000
Maths quiz - Y7, 8 & 9	6,000	7,000	12,000	5,000
Bake sales	3,000	2,000	1,000	4,000
Year 7 inter house choir competition	2,000	4,000	3,000	2,000
Y8 Citizenship - letter to an MP	-	-	-	1,000
Total Points	23,064	31,400	34,140	28,631

Half term winners

This term's half term winners are **Rowan**!

Beech	Oak	Rowan	Willow
117,883	127,496	138,413	125,629

House currently leading

What house is leading the way to Thorpe Park.

Beech	Oak	Rowan	Willow
183,867	196,790	215,082	197,218

Top students in year 7

Forename	Surname	Form	House	Points
Khloey	Ferreira	7OPH	O	77
Bella	Luff	7WDD	W	75
Violet	Debenham-Burton	7WDD	W	74
Yasemin	Suleyman	7OPH	O	73
Emilia	Celiz	7WDD	W	70
Maximos	Drikos	7WDD	W	70
Noah	Sonubi	7WDD	W	69
Amelia	Francis	7OPH	O	68
Dilara	Mehmet	7WTH	W	68
Melodi	Erbil	7WDD	W	66



Top students in year 8:

Forename	Surname	Form	House	Points
Iyla	Shah	8WEL	W	72
Suryan	Mistry	8WEL	W	70
Nieve	Pratt	8WEF	W	64
Lilah	Zekayi	8WEL	W	64
Helin	Kekec	8WEL	W	60
Gwilym	Jenkins-Green	8BAS	B	58
Selin	Ozturk	8WEL	W	55
Layla	Orchant	8WEL	W	55

Top students in year 9:

Forename	Surname	Form	House	Points
Israel	Nortey	9RGA	R	44
Anthony	Stavrou	9WSW	W	41
Kunal	Das	9WSW	W	41
Michael	Angeli	9RGA	R	40
Bella	Aydemir	9RGA	R	40
Ioannis	Stavrinoudis	9RGA	R	40
Hannah	Gibbons	9WSW	W	40
Michael	Seyidov	9WSW	W	39
Alara	Kilic	9RGA	R	38
Evie	Howlett	9WSW	W	38

Top students in year 10:

Forename	Surname	Form	House	Points
Bibiana	Edwards	10BBK	B	48
Sindi	Shaban	10WNK	W	40
Marianna	Pallikaros	10WMP	W	38
Aalycia	Udahemuka	10WNK	W	37
Sophia	Smith	10RAB	R	33
Nurullah	Ozdemir	10WNK	W	33
Marcus	Marfici	10WMP	W	32
Azat	Secgin	10WNK	W	32
Owen	Smith	10WNK	W	32
Dennis	Erdogan	10OAC	O	31
Abel	Kalaj	10WMP	W	31



Top students in year 11:

Forename	Surname	Form	House	Points
Evren	Okanay	11OSM	O	52
Cooper	Ireland	11BLM	B	45
Amelie	Manning	11OSM	O	42
Alexander	Antoniou	11OSM	O	38
James	Butcher	11OSM	O	37
Beatrice	Afhim	11OSM	O	36
Ermioni	Tsantikou	11OSM	O	36
Owen	White	11OSM	O	36
Madiha	Yahya	11OSM	O	36
Alyssa	Ketwaroo	11OSM	O	34

Top students in year 12:

Forename	Surname	Form	House	Points
Evie	Ferguson	12WTA	W	24
Alexandra	Drikou	12ODS	O	23
Lily Mae	Beisty	12WBS	W	20
Mikael	Chaudhry	12OMA	O	19
Nehir	Cetin	12RSL	R	18
Adasu	Satilmis	12RSL	R	18
Daniel	Lam	12RSL	R	18
Rozerin	Bozdog	12WBS	W	16
Georgia	Georgiou	12WBS	W	16
Ann	Siby	12WTA	W	16
Naa Shidaa	Quartey	12WTA	W	16

Top students in year 13:

Forename	Surname	Form	House	Points
Annalise	Demetriou	13WDS	W	27
Maria	Salamanca	13WAD	W	26
Stephania	Chrysanthou	13OES	O	23
Joel	Biggs	13RHK	R	23
Suleyman	Degirmenci	13RJB	R	23
Spyros	Yiallourous	13BTD	B	22
Tiana	Martindale	13BTD	B	22
Grace	Zelechowski	13RHK	R	20
Jaimin	Shah	13RHK	R	20
Connie	Wakeford	13WAD	W	20
Zoe	Ellerby	13WDS	W	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







YR7/8 GIRLS SPORTS HALL ATHLETICS TRIALS

TUESDAY 6TH JAN 3.15PM - 4.30PM

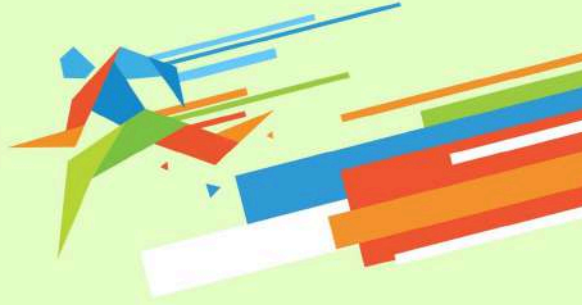
THOSE SELECTED WILL BE EXPECTED TO ATTEND TRAINING ON THURSDAY 8TH JAN AND A COMPETITION ON MONDAY 12TH JAN AFTER SCHOOL.

YR7/8 BOYS SPORTS HALL ATHLETICS TRIALS

FRIDAY 9TH JAN 3.15PM - 4.30PM

THOSE SELECTED WILL BE EXPECTED TO ATTEND TRAINING ON MONDAY 12TH JAN AND A COMPETITION ON MONDAY 19TH JAN AFTER SCHOOL.



WELLBEING Workshop

FOR 6TH FORM STUDENTS & STAFF

DE-STRESS • STITCH • CREATE




MAKE YOUR OWN FABRIC DIARY

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

LEARN THE ART OF MENDING & REPAIR

Discover simple hand machine techniques AND try machine stitching to extend the life of your clothes.

RE-PURPOSE & UPCYCLE

Turn old garments into something new. Upcycle. Re-purpose. Reduce Waste.

WHY JOIN?

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

ALL MATERIALS PROVIDED.

Bring any old clothes you'd like to transform

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



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

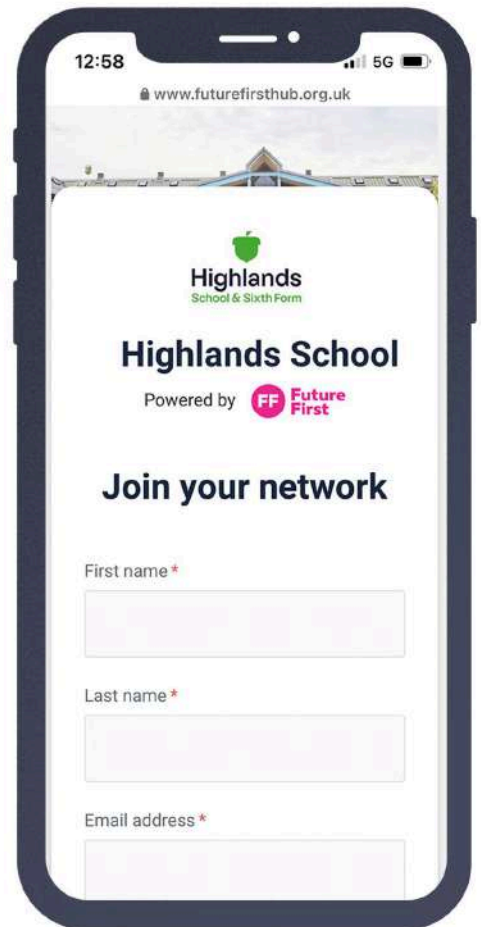


Former student?

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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