

Resilience Day – Wednesday 20th November

Resilience is an essential characteristic for students to be able to continually progress and to better enjoy their education, yet it is a challenging trait for students to develop. At Woodford County High School we want to help all of our students to become resilient young adults and to support them with this we are excited to announce that Wednesday 20th November will focus on developing resilience.

Each year group will be attending an hour presentation with Anthony Bennett who will share the troubles he faced as a student and how he overcome these as a means to help our students see that obstacles are not a dead-end, but instead a challenge to overcome. Students will have the opportunity to ask Anthony questions and we hope students later reflect on the presentation with Anthony to develop their own resilience.

Below is the schedule for the day with the particular resilience theme which will be the focus for each year group's session.

Session	Cohort involved	Theme
Period 1 - 8.40-9.40am	Y9	Mental health, wellbeing and procrastination
Period 2 - 9.45-10.45am	Y12+ Y13	Self-motivation, resilience and dealing with setbacks
Period 3 - 11.05am-12.05pm	Y7 + Y8	Teamwork and bullying
Period 5 - 2.30-3.30pm	Y10 + Y11	Self-motivation, goal setting and resilience

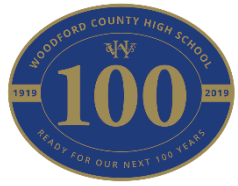
To find out more about Anthony Bennett so you can carrying on these discussions of resilience at home you can read about his journey on his website <https://anthonyinspires.com/about-us>

Miss Estruch

Study Skills Coordinator



Woodford County High School for Girls



Dear Parents,

This afternoon Year 7 and Year 8 students received an e-safety talk with a focus on Digital Footprint and Social Media. As part of this session students were asked about their understanding of the 'terms & conditions' of social media sites such as Instagram, WhatsApp, Snapchat, etc. They were also told that everything they do online leaves a digital footprint and therefore to be mindful of what they upload and post.

They have been made aware of the 'Growing Up Digital' report published by the Children's commissioner, this urges social media companies to be more transparent by rewriting their terms and conditions so that children can actually understand them. It is important to build on their understanding and resilience and to help them learn about their digital rights and responsibilities.

We pulled out page 10 of the report (the terms and conditions for Instagram) as a discussion item. The girls were completely unaware of exactly what happens to their photographs and data once they upload it.

This is being shared with you for information below and attached with this bulletin. [Click on this link](#) for the full report which has been placed on our website for you.

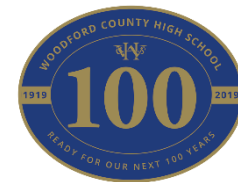
Rita Del Giudice
Network Manager





Woodford County

High School for Girls



[SCHILLINGS]

INSTAGRAM TERMS: Our Rules if you want to use Instagram

1. You have to be 13 or over.
2. Don't post anything showing violence, or that might make other people feel scared, or any images that contain nudity.
3. Don't use anybody else's account without their permission or try to find out their login details.
4. Don't let anyone else use your account.
5. Keep your password secret.
6. Don't bully anyone or post anything horrible about people.
7. Don't post other peoples' private or personal information.
8. Don't use Instagram to do anything illegal or that we tell you not to.
9. If you want to add a website to your username, make sure you get permission from Instagram first.
10. Don't change anything about our website or applications, upload any type of virus or do anything that might interfere with the way Instagram works. Don't send us ideas on how to improve Instagram.
11. Don't use any type of software or robot to create accounts or access Instagram, and don't send spam or unwanted emails.
12. Read our Community Guidelines and obey them when using Instagram.
13. Don't do anything that might affect how other people use and enjoy Instagram.
14. Don't encourage anyone to break these rules.

YOUR RIGHTS AND OUR RIGHTS

1. You have the right to feel safe using Instagram.
2. Officially you own any original pictures and videos you post, but we are allowed to use them, and we can let others use them as well, anywhere around the world. Other people might pay us to use them and we will not pay you for that.
3. You are responsible for anything you do using Instagram and anything you post, including things you might not expect such as usernames, data and other peoples' music.
4. It will be assumed that you own what you post, and what you post does not break the law. If it does, and you are fined, you will have to pay that fine.
5. Although you are responsible for the information you put on Instagram, we may keep, use and share your personal information with companies connected with Instagram. This information includes your name, email address, school, where you live, pictures, phone number, your likes and dislikes, where you go, who your friends are, how often you use Instagram, and any other personal information we find such as your birthday or who you are chatting with, including in private messages (DMs).

We are not responsible for what other companies might do with this information. We will not rent or sell your personal information to anyone else without your permission. When you delete your account, we keep this personal information about you, and your photos, for as long as is reasonable for our business purposes. You can read more about this in our "Privacy Policy". This is available at: <http://instagram.com/legal/privacy/>.

6. Instagram is also not responsible for:
 - Links on Instagram from companies or people we do not control, even if we send those links to you ourselves.
 - What happens if you connect your Instagram account to another app or website, for instance by sharing a picture, and the other app does something with it or takes your personal details.
 - The cost of any data you use while using Instagram.
 - If your photos are lost or stolen from Instagram.
7. Although Instagram is not responsible for what happens to you or your data while you use Instagram, we do have many powers:
 - We might send you adverts connected to your interests which we are monitoring. You cannot stop us doing this and it will not always be obvious that it is an advert.
 - We can change or end Instagram, or stop you accessing Instagram at any time, for any reason and without letting you know in advance. We can also delete posts and other content randomly, without telling you, for any reason. If we do this, we will not be responsible for paying out any money and you won't have any right to complain.
 - We can force you to give up your username for any reason.
 - We can, but do not have to, remove, edit, block and/or monitor anything posted or any accounts that we think breaks any of these rules. We are not responsible if somebody breaks the law or breaks these rules; but if you break them, you are responsible. You should use common sense and your best judgment when using Instagram.
8. Although you do not own your data, we do own ours. You may not copy and paste Instagram logos or other stuff we create, or remove it or try to change it.
9. You can close your Instagram account by logging into Instagram and completing this form: <https://instagram.com/accounts/remove/request/>. If you do, your photos, posts and profile will disappear from your account but if anyone has shared your photos or personal details, or if we have used them ourselves for any reason, they might still appear on Instagram. We will also keep all the data we already have from you and can use it as explained in paragraph 5 above.
10. We can change these rules whenever we like by posting an update on Instagram, whether you notice it or not.

STUDENT DROP OFF AND PICK UP

We have again had reports of inconsiderate and dangerous driving by parents dropping off or picking up their daughters.

For the safety of all students, staff, parents and local residents, please carefully read this notice and cooperate with our requests.

Parents **MUST NOT** drop their children off or pick them up by pulling into the main entrance gate at the front of the school. This entrance is for staff and school visitors only and not a drop off zone. Blocking this entrance is inconsiderate, dangerous and can cause severe traffic problems if authorised vehicles are unable to enter and instead have to wait on the road.

Parents are also stopping on the yellow zig-zag markings and double yellow lines on Woodford Green High Road which causes traffic problems on this very busy main road. Additionally parents are parking on the double yellow lines on The Charter Road and have even been observed pulling entirely onto the pavement at the junction of this road and Chingford Lane.

If you cannot safely drop or pick up your daughter on The Charter Road, parking is available at Sir James Hawkey Hall around the corner on The Terrace.

Parents MUST park safely and considerably in marked bays or where parking restrictions otherwise allow.

Extracurricular Music Tuition - Redbridge Music Service

There is currently a place available for
Tuesday **piano** lessons



There is currently a place available for
Wednesday **drum** lessons

If you are interested please email
music@woodford.redbridge.sch.uk

Year 11 - Work Experience

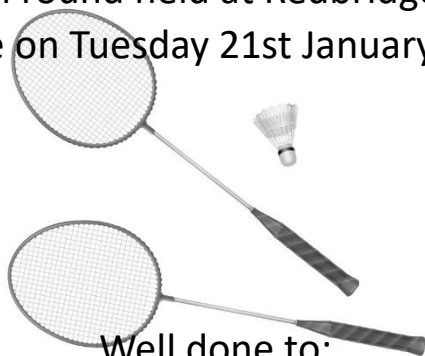
Work experience forms
should now have come
home with your daughter.



Please assist your daughter in finding a placement over the next few weeks and then return the completed form to Mrs Sawyer in the medical room by 20/12/19.

BADMINTON WINNERS

The KS3 and KS4 badminton teams played in the local round of the National Schools Badminton Championships 2019-20 on Thursday 14th November. The pupils faced tough competition from Woodbridge and Bancroft's but came out eventual winners in both ages groups. The girls will go on to the regional round held at Redbridge Sports Centre on Tuesday 21st January 2020.



Well done to:

Sheena, Mia, Deeya, Liyana, Gloria, Edlyn,
Kesaagini, Kaaruni, Esha, Sampriti, Susangky,
Hannah, Ridhima, Lekhana and Ashllyn.

Woodford and Ilford County Christmas Disco 2019

Wednesday 11th December

Years 7 & 8

6-8pm School Hall

Woodford County High School

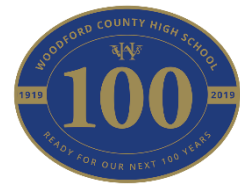
Tickets Event Only

£7.50 including a FREE glow stick

Pay via ParentPay by 5th December



Woodford County High School for Girls



Registered Charity No (1103422)

Indoor Boot Sale

(Raising funds for the school)

SUNDAY 9.30am -12pm

13 October 2019
17 November 2019
8 December 2019
19 January 2020
16 February 2020
15 March 2020

at

Woodford County High School

High Road, Woodford Green, Essex IG8 9LA

Refreshments available

Booking: £14 (Table provided)

Telephone - **07400 238515**

Email: pfwchs@yahoo.co.uk

Booking Form available from

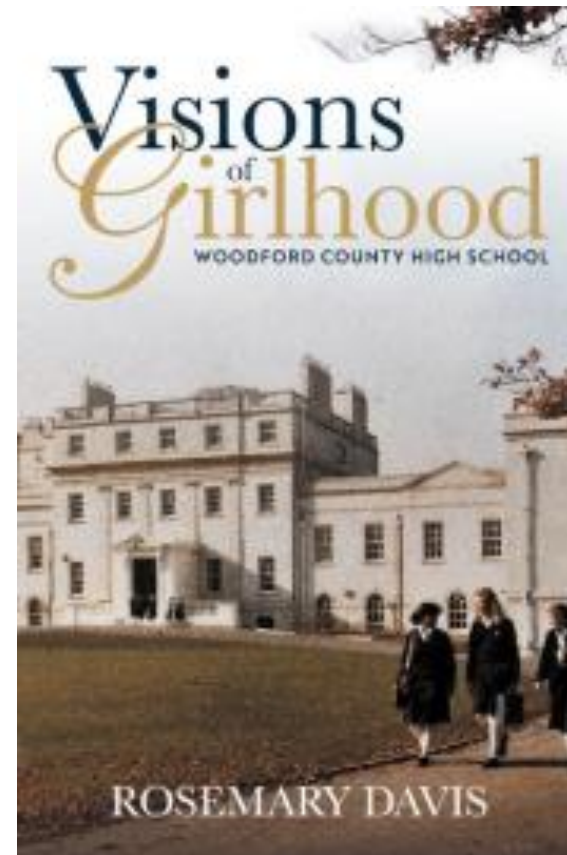
www.woodford.redbridge.sch.uk



Public parking at Sir James Hawkey Hall
Broomhill Road, IG8 0BG

**Admission
50p**

Anyone who has ordered 'Visions of Girlhood' should now collect their copy from Miss Thomas in the main school office. Parents who placed an order can ask their daughter to collect their copy.



Woodford County High School for Girls



Nominate a Redbridge resident, business or employee and help us recognise and celebrate the achievements of those who have made a real difference to the lives of our residents.

This could be someone who takes pride in the borough, a business that contributes to the community, or a resident that goes out of their way to help others.

The categories for the awards are:

- **Best Business Contribution to the Community**
- **Community / Neighbourhood Champion**
- **Taking Pride in Redbridge**
- **Caring for others in Redbridge**
- **Contribution in Support of Young People**
- **Creating a Safer Redbridge**

Nominations will be open until **Sunday 29 December**

www.redbridge.gov.uk/mayorawards



**MELJON
CONCERTS
2019 – 2020**

Saturday 12th October 2019, 7.30pm

Chingford Parish Church – The Green E4 7EN

NORTHERN LIGHT

A celebration of Norwegian music with the **Dargason Ensemble**

GJEILO Sunrise Mass & GRIEG Holberg Suite

A cappella works by Grieg, Gjeilo, Arnesen & Nystedt

Saturday 30th November 2019, 7.30pm

St John's Arts & Recreation Centre, Old Harlow CM17 0AJ

FUSION!

Choral jazz with the **EI Cortado** band

BOBBI FISCHER Missa Latina UK Premiere

Popular songs from the '20s and '30s

Saturday 7th March 2020, 7.30pm

St Mary's Church, South Woodford E18 2PA

A MUSE OF ONE'S OWN

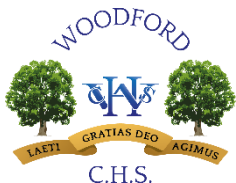
A celebration of choral music by women composers including **Holst** Mass in A minor & **Mackie** Missa Brevis

Saturday 13th June 2020, 7.30pm

St John's Church, Epping CM16 5DN

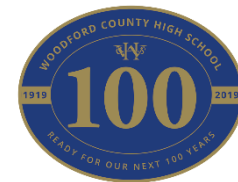
THE GIFT OF LIFE

Works for choir, organ, harp & percussion including **Bernstein** Chichester Psalms & **Rutter** The Gift of Life



Woodford County

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DATES FOR YOUR DIARIES

Thursday 12 December	Christmas concert – 19:00
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TERM & HOLIDAY DATES FOR 2019 -2020

AUTUMN 2019

Non Contact Day	Monday 2 September 2019	
Non Contact Day	Tuesday 3 September 2019	
Term	Wednesday 4 September	Friday 18 October
Half-term	Monday 21 October	Friday 25 October
Term	Monday 28 October	Friday 20 December
Non Contact Day	Thursday 3 October 2019	

SPRING 2020

Term	Monday 6 January	Friday 14 February
Half-term	Monday 17 February	Friday 21 February
Term	Monday 24 February	Friday 3 April
Non Contact Day	Wednesday 18 March 2020	

SUMMER 2020

Term	Monday 20 April	Friday 22 May
Half-term	Monday 25 May	Friday 29 May
Term	Monday 1 June	Friday 17 July
Non Contact Day	Monday 20 July 2020	

BANK HOLIDAYS

Please note the following are Bank Holidays:

- Wednesday 25 December 2019 (for Christmas Day)
- Thursday 26 December 2019 (for Boxing Day)
- Wednesday 1 January 2020 (for New Year's Day)
- Friday 10 April 2020 (Good Friday)
- Monday 13 April 2020 (Easter Monday)
- **Friday 8 May 2020** (Early May for VE day)
- Monday 25 May 2020 (Spring bank holiday)