

# Woodford County High School for Girls

## Bulletin

Issue No. 536

14th November 2025



Dear Parents and Carers,

Following the success of last year's Parent and Carer coffee mornings, I am delighted to continue these events this year as part of my commitment to an open, two-way communication between school and home. These informal gatherings are an important opportunity for us to work together in supporting the best possible education and well-being for our young people.

Our first coffee morning for this academic year. will take place at **8am – 8.30am** on **Thursday 20<sup>th</sup> November 2025** in the Conference Room, at Woodford County High School. Tea and coffee will be available from 7.45am.

During the session, I will:

- Share key updates from the school, including the introduction of new members of the leadership team and new remits of existing leaders and an overview of how our structure supports your pupil's experience at Woodford.
- Discuss key topics and initiatives for the year ahead.
- Respond to common themes from pre-submitted questions.

The session also provides a relaxed opportunity to meet other parents and carers in your daughter's year group or from across our school community and connect with key members of staff.

Please [click here](#) to confirm your attendance by **Monday 17<sup>th</sup> November 2025** and to pre-submit questions, if you wish. Please note that this form may close early once the venue's capacity is reached.

I look forward to welcoming you and continuing to build a strong partnership between home and school.

Kind regards,

Gemma Van Praagh  
**Headteacher**





## Notice of Annual General Meeting of Parents & Friends of Woodford County High School (PFWCHS\*)

**Wednesday 19th November 2025**

**5.30 – 7.00 pm**

Dear Parents, Carers & Friends,

You are warmly invited to attend the **Annual General Meeting** of the Woodford County High School **Parent and Friends Association**, to be held at Woodford County High School (**Main Hall**) on **Wednesday 19<sup>th</sup> November 2025**. Refreshments will be served.

The AGM will cover:

1. Reports from the President (Head teacher), Chair and Treasurer.
2. Receiving and approving the accounts for the year end 31 July 2025.
3. Election of trustees (see below for brief guidance on what the trustee's roles entails).

As per the PFA Charter, all positions will be up for re-election. We encourage parents to **consider applying for the roles**, as several current Committee members will not be reapplying.

### **Committee Roles:**

**Chair:** Provides leadership for the Committee, sets the agenda for meetings with the Secretary, and manages meetings in line with the agenda.

**Vice-Chair:** Supports the Chair in fulfilling his/her duties.

**Treasurer:** Responsible for management of financial records and procedures, as well as the banking and handling of money from events.

**Secretary:** Responsible for ensuring that there are effective communication links between Committee members and between the association and the school.

You can get involved by nominating yourself, supporting another parent's nomination and/or by voting. You can nominate yourself for any role. Nominations using the form below should be completed and returned to the school prior to the AGM (i.e. by 18<sup>th</sup> November 2025) or email the PFA secretary ([pfasecretary@woodford.redbridge.sch.uk](mailto:pfasecretary@woodford.redbridge.sch.uk)).

Alternatively, nominations can be made in the meeting itself. In the event of two or more nominations for any one post, a vote will be carried out.

If you are unable to attend the meeting, but wish to express an interest in supporting or joining the PFA, please email [pfasecretary@woodford.redbridge.sch.uk](mailto:pfasecretary@woodford.redbridge.sch.uk).



Dear Parents, Carers & Friends,

Please do show your support by attending this meeting and consider putting yourself forward for one of our committee roles. By joining, you'll be helping to ensure the PFA can continue its important work in supporting the school and enriching your daughters' experiences.

With kind regards,

Iffat Hyatt  
**PFA Chair**

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<b>POSITION:</b>	<b>NOMINATED BY</b>	<b>SECONDED BY</b>
Chair		
Vice-Chair		
Treasurer		
Secretary		

**Trustee Nomination 2025-2026**

# **PFA presents Year 7 and 8 Movie Night**

**Thursday 20<sup>th</sup> November 2025**

**Conference Room between 4-6pm**



**Available to purchase on Parent Pay**

**£7 per ticket including popcorn and a drink**

**Deadline to book tickets Monday 17<sup>th</sup> November 2025**

**(Students may come straight to the conference room after school)**

# PRE-LOVED UNIFORM SALE

The PFA and Eco-Committee have teamed up to launch our Pre-Loved Uniform campaign.

Shop at school events or order directly via the PFA email.

- Full garment list and prices available.
- For more information or to order contact the PFA on:  
**PFASecretary@woodford.redbridge.sch.uk**
- 100% of the proceed will go towards funding school eco projects.

**Uniform drive:** Throughout November donate any **good condition** and clean uniform (including blazers, PE kit, lab coats and food tech aprons) to the hamper outside student support.

- No coats, socks/tights or damaged items.
- Missing a size label, add a note with the size/age, so we can match perfectly to their next owner.

Shopping pre-loved uniform not only saves money but helps reduce clothing waste.

Thank you,  
PFA & the Eco-Committee.

# MEDICINE & DENTISTRY MMI EVENT

## AT WCHS

### FRIDAY 5 DECEMBER 2025

### 8.45AM–1.15PM

**BREAKFAST SERVED FROM 8AM**

**REFRESHMENTS AVAILABLE THROUGHOUT THE DAY**



MMI STYLE  
INTERVIEW WORKSHOP,  
GUEST SPEAKERS  
& Q&A PANELS



## VOLUNTEERS NEEDED IN THE MEDICAL & DENTAL FIELDS

CLICK THE FOLLOWING LINK OR SCAN THE  
QR CODE TO REGISTER YOUR AVAILABILITY



<https://forms.gle/vm6ZCHjUjFr7DWet8>

# P.E.—Extra-curricular timetable—Term 1



	<u>Mon</u>	<u>Tues</u>	<u>Weds</u>	<u>Thurs</u>	<u>Fri</u>
<u>Before School</u> <u>7.50-8.20am</u>				GCSE Badminton HBA	
<u>Lunchtime</u> <u>1.40-2.10pm</u>	Badminton VJA WEEK A = Y7 & 8 WEEK B = Y9,10 &11		GCSE Club (Y11) STA & VJA & KWI & HBA & KRI	Dance STA  Trampolining KWI  Y8-11 <small>(LIMITED AVAILABILITY)</small>  XC KRI  Football—  6th Formers	Netball for <b><u>ALL</u></b> 6th Formers
<u>Afterschool</u> <u>3.30-4.30pm</u>		Netball Squad Training Y7 & 8 VJA & HBA	<b><u>*FIXTURES*</u></b> Netball Y 10 & 11 6 <sup>th</sup> formers	Netball Squad Training Y9 & 10 STA & KWI	

## Trainers



Do you have any old / outgrown trainers that can be donated to our PE department's lost property?

If so, please can you send them in with your child next week and they can leave them in the PE block foyer.



# Music Extra-Curricular Timetable Autumn 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunchtime</b>	<b>Brass Ensemble</b> (Jubilee room 1) 13:45 - 14:15 Mr Thomas	<b>Junior Choir</b> (SF1) 13:30 - 14:10 Ms Evans	<b>Jazz Band</b> (SF1) 13:40 - 14:15 CBO and MC	<b>Ukulele Club</b> (Jubilee room 2) 13:40 - 14:15 Student led	<b>Orchestra</b> (SF1) 13:40 - 14:15 IBO and MC
	<b>Guitar Club</b> (SF1) 13:40 - 14:15 MC	<b>Kalimba Club</b> (Jubilee room 2) 13:40 - 14:15 Student led		<b>Junior Band</b> (SF1) 13:30 - 14:15 MC and IBO	
		<b>Senior Choir</b> (Main Hall) 13:40 - 14:15 CBO		<b>String orchestra</b> (SF2) 13:40 - 14:15 CBO	

If you are having instrument lessons this term and/or are doing GCSE music, you must attend at least one staff-led music club.

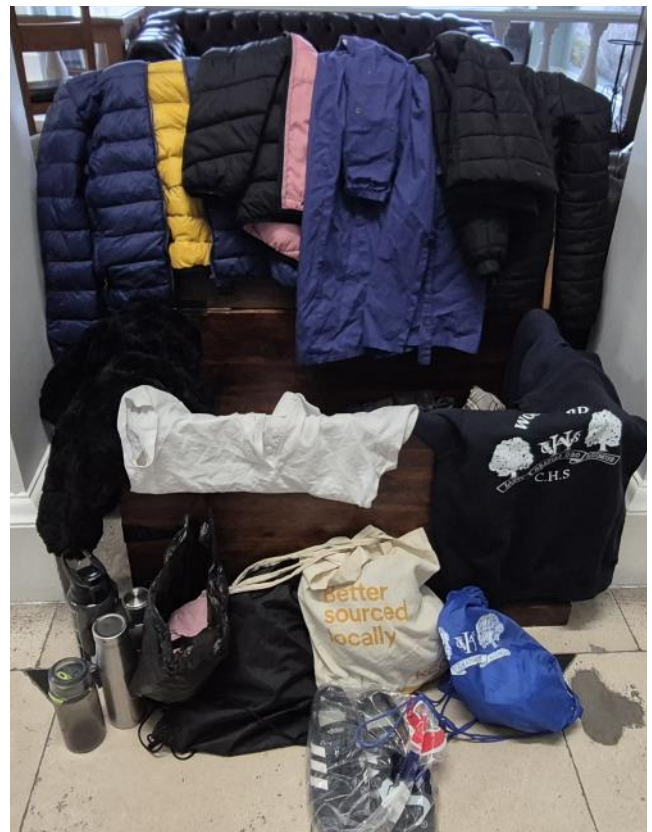
There are still some piano slots available with Redbridge Music Service for 15 minutes 1 to 1 tuition. Please contact Redbridge Music Service directly on 020 8708 2828.

## LOST PROPERTY

If your child has misplaced something, could you please ask them to check the big wooden box, which is situated near Reception in the main school building.

There are also a lot of PE items in the PE department and the ground floor open learning area of the CC building. Small items are left at reception.

Thank you.





# CUT YOUR CARBON



Throughout November, we're challenging everyone to complete 6 small carbon-cutting activities at home with friends and family.



These actions will reduce your everyday carbon emissions and benefit our planet.

To find out how you can get involved, speak to a member of the school Eco-Committee.





Make 3 evening meals plant-based across the month.



Make 3 journeys active across the month.



Meal plan to reduce food waste for one week.



Lower your washing machine temperature to 30°C for three washes across the month.



Have a 'device-free' day.



Drop your heating by 1°C for a week.

Completed by: .....

# November is Cut Your Carbon month!

Eco-Schools is calling on young people across the UK to tackle carbon emissions, one simple action at a time. Complete these 6 challenges at home with family and friends to raise awareness and spark change. At the end of the month, we'll count how many of you joined in, add up the estimated carbon saved, and celebrate your amazing efforts!

 **Stick this checklist on your fridge – and start cutting carbon today!**

-  **Make three evening meals plant-based across the month**  
Meat production is responsible for around 14% of the world's greenhouse gas emissions, so make three evening meals plant-based and discover how delicious cutting carbon can be!
-  **Make any three journeys 'active' across the month**  
Transport creates nearly a quarter of the UK's carbon emissions. Active travel - such as walking, scooting, wheeling, or cycling - doesn't emit anything! So, get active and ditch the drive!
-  **Meal plan to reduce food waste for one week**  
Research suggests that the average person wastes 95kg of food per year! At each stage of the life-cycle of wasted food, from production to rotting at landfill, carbon is produced. Plan your meals, shop smart, and waste less – it's good for the planet and your wallet!
-  **Lower your washing machine temperature to 30°C for three washes across the month**  
Washing machines are energy-hungry! Drop the temperature to 30°C for three washes this month and cut carbon without sacrificing clean clothes. Cool it to care!
-  **Have a device-free day**  
Electricity makes up about 25% of your home's carbon footprint. Power down non-essential devices for one day – no gaming, no streaming – and rediscover the joy of offline fun!
-  **Turn down the heating by 1°C for a week**  
Heating is the top source of home carbon emissions in the UK. Turn it down by just 1°C for a week, layer up, and show your love for the planet – one cosy jumper at a time!



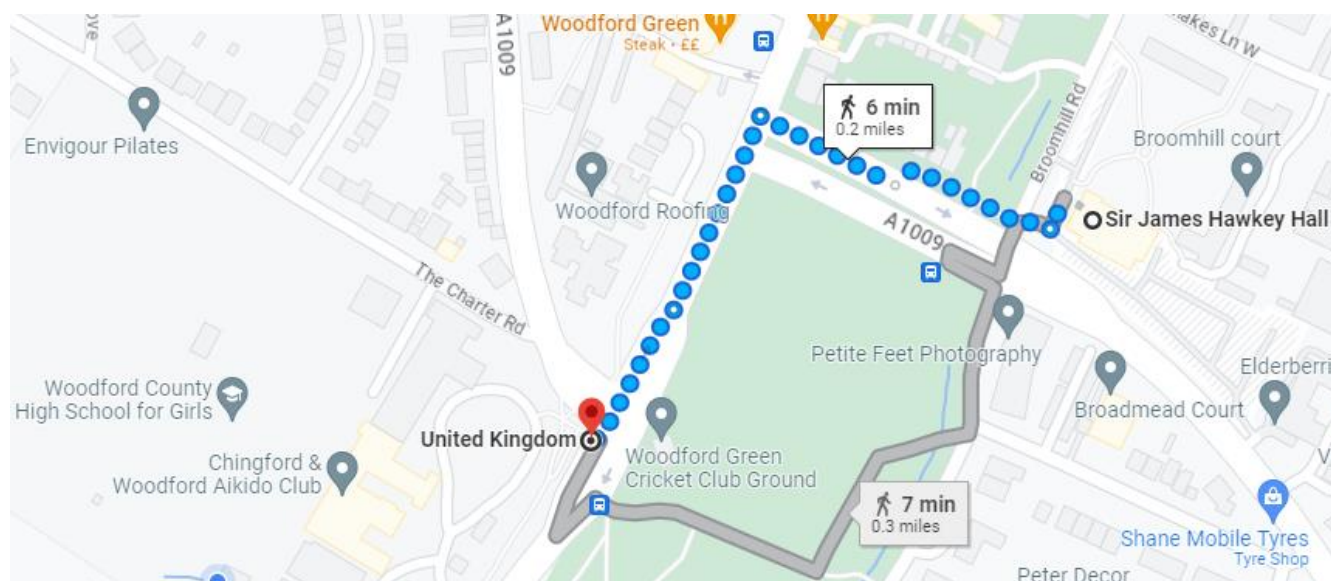


## PARKING / STOPPING AROUND THE SCHOOL

We frequently receive complaints from residents around the school, regarding parents from this school, parking on double yellow lines, parking across their drives and blocking the road.

If you do drive your child to school, please park at the Sir James Hawkey Hall car park (IG8 0BG - see map below). It is a short distance from the school with ample parking available. If you are unable to do so, then please show consideration to our neighbours. Students can easily be dropped a short distance from the school and walk the remainder of the journey.

Could we also request that when collecting or dropping off your child, you do not sit with your car engine idling. We appreciate your co-operation.





**\*\*\* DONATIONS \*\*\***

**\*\*\* NEEDED \*\*\***



The Medical Room is seeking donations of new white socks / tights in various sizes to keep as spare items for students who may need to change, due to reasons such as accidents, wet feet or falling over.

Please send your donations to Mrs Kaye or Mrs Mann in the Medical Room, where they will be stored for future use.

Thank you in advance.

## School Facilities Available for Lettings!

Looking for the perfect space for your next event, class, or rehearsal?

We are pleased to offer **availability in our Dance Studio and Conference Hall** for external hire!

### Facilities Available:

- **Dance Studio** – Ideal for dance classes, fitness sessions, and rehearsals.
- **Conference Hall** – A spacious venue perfect for meetings, training sessions and community events.

**Available Hours:** 17:30 – 22:00

For more information on availability and pricing, or to make a booking, please contact <https://schoolhire.co.uk>.

Don't miss this opportunity to secure a fantastic space at your school!



Conference Room



Dance Studio



# LIVE FOR THE MOVEMENT

Sign up today for **FREE**  
weekly fitness classes

Calling all girls aged 11-16! Check  
out our new **MOVE TOGETHER**  
**FITNESS CLASSES.**

Good for both body and mind  
our specially designed classes  
will help you to build strength,  
confidence and get you moving.  
It's the perfect opportunity to  
have fun with friends.

[Find out more](#)

## **MOVE TOGETHER**

Join our next class at...

Time:

Date:

Location:

[nuffieldhealth.com/movetogether](https://nuffieldhealth.com/movetogether)



**Would you like to talk to someone?**

**Do you need some support with creating a daily routine for your child?**

**Are you concerned about your child's emotional wellbeing?**

**Are you struggling to motivate your children at home or manage sibling relationships?**

**The Educational Psychology Service (EPS) are here to support you.**

We have a **dedicated telephone helpline for parents/carers** where you will receive advice and guidance from a professional

Educational Psychologist.

The EPS helpline is available for all parents and carers - your child does not need to be known to the EPS, does not need to have a special educational need or additional support within school.

We welcome calls from all parents and carers.



### **EPS Helpline**

**Telephone: 07741 331 009**

**Opening hours: Every Wednesday 10am - 4pm**

**Webpage: <https://www.redbridge.gov.uk/schools/educational-psychology-service/>**

**FIND: [Educational Psychology Service](#)**

**@Redbridge\_aep Twitter account.**



## **Call to Action—Educational Psychology**

Please click on the link to access the “Call To Action” video from the Redbridge Educational Wellbeing Team (REWT) and the Redbridge Mental Health Support Team (MHST), who work with students and staff here at Woodford. This video is specifically for parents and carers and is part of their “break the stigma” campaign.

[Click here to access video](#)

<b>AUTUMN 2025</b>		
Term	Monday 3 November 2025	Friday 19 December 2025

<b>SPRING 2026</b>		
Term	Monday 5 January 2026	Friday 13 February 2026
<b>Half-term</b>	<b>Monday 16 February 2026</b>	<b>Friday 20 February 2026</b>
Term	Monday 23 February 2026	Friday 27 March 2026
<b>Non-Contact Day</b>	<b>Wednesday 4 March 2026</b>	



## KEY DATES TO REMEMBER

- 19 November—RMS Music Recital
- 27 November—GCSE Prizegiving 2024-25
- 28 November—6th Form Charity Gala
- 2 December—Year 13 Parents' Evening
- 8 December—Year 11 Parents' Evening

## EMAILING THE SCHOOL

To report an absence relating to KS3 and KS4, please email

[absence@woodford.redbridge.sch.uk](mailto:absence@woodford.redbridge.sch.uk).

If you need to contact a member of staff regarding your child for any matter relating to KS3 or KS4, other than absence, please email [admin@woodford.redbridge.sch.uk](mailto:admin@woodford.redbridge.sch.uk).

**For KS5 (Sixth Form), students are expected to call Miss Mamtora themselves on the day of the absence, before 8.30am, on 020 8506 2927.**

Thank you



## REMINDER

Please remind your daughter to bring in her lanyard, locker key and fob to school every day.

