


# Woodford Weekly Bulletin



Issue No. 558  
22<sup>nd</sup> May 2026



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High Rd, Woodford, Woodford Green, IG8 9LA

# Key Dates and Reminders...



<b>SUMMER 2026</b>		
Term	Monday 13 April 2026	Friday 22 May 2026
<b>Half-term</b>	<b>Monday 25 May 2026</b>	<b>Friday 29 May 2026</b>
Term	Monday 1 June 2026	Monday 20 July 2026
<b>Non-Contact Day</b>	<b>Monday 20 July 2026</b>	



**12-13 June – Duke of Edinburgh Practice Expedition**

**25 June – Year 11 Prom**

**1 July – Summer Showcase**

**15 July – Sports Day**

**17 July – Last Day of the Summer Term**

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



# Contact us...



To report an absence relating to KS3 and KS4, please email [absence@woodford.redbridge.sch.uk](mailto:absence@woodford.redbridge.sch.uk)

Any absences 5 days before or after a school holiday will require medical supporting evidence in order to be authorised. If this requirement is not met, the absence will be marked as unauthorised.

If you need to contact a member of staff regarding your child for any matter relating to Key Stage 3 or Key Stage 4, other than absence, please email [admin@woodford.redbridge.sch.uk](mailto:admin@woodford.redbridge.sch.uk)

For Key Stage 5 (Sixth Form), students are expected to call Miss Mamtora themselves on the day of the absence, before 8.30am on 020 8506 2927.



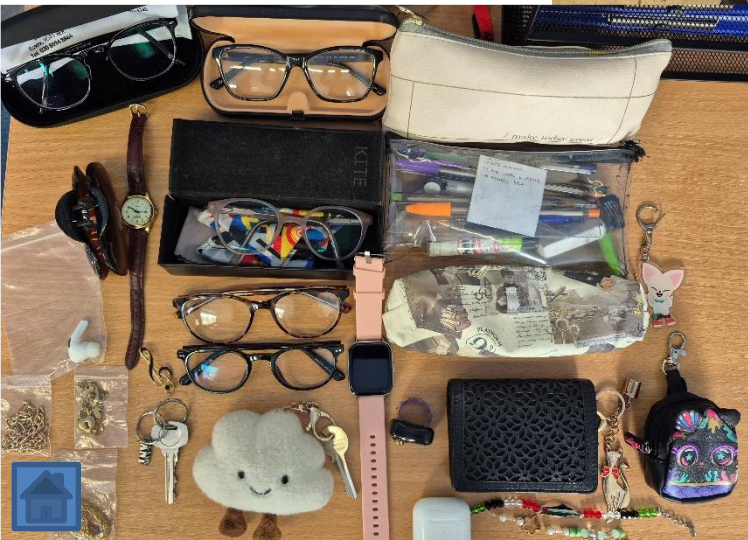
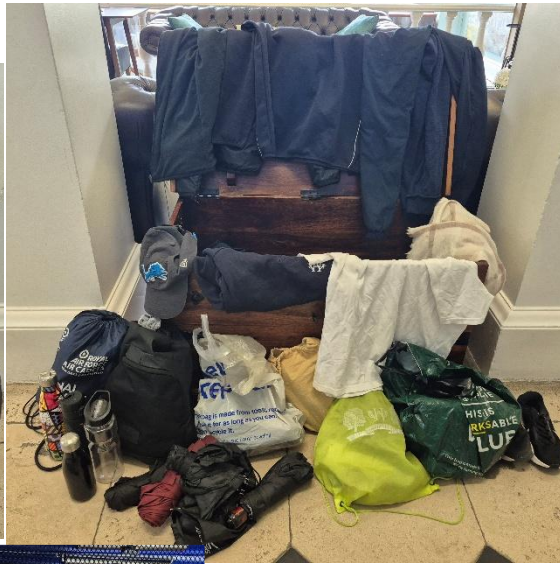
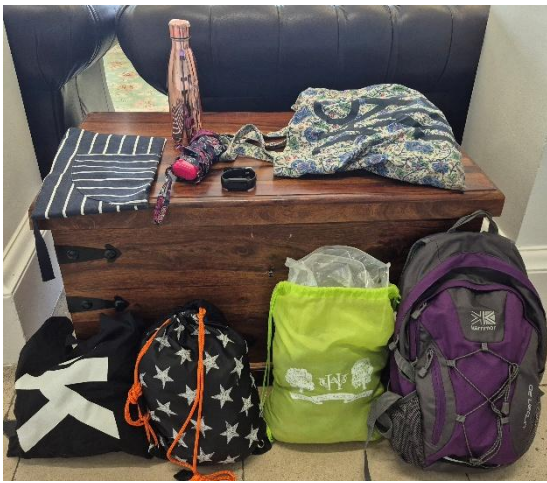
# Lost Property...



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, as soon as possible.

Small items are normally left at the main school reception.

Items not collected by Friday 5 June 2026 will be taken to a charity shop. Thank you.





# MUSIC EXTRA-CURRICULAR TIMETABLE SUMMER 2026

<b>Lunchtime</b>	<b>Guitar Club</b> (SF1) 13:30- 14:10	<b>Senior Choir</b> (SF1) 13:30- 14:10	<b>Jazz Band</b> (SF1) 13:40-14:15	<b>Junior Band</b> (SF2) 13:30- 14:10	<b>Orchestra</b> (SF1) 13:40-14:15
	<b>Brass Ensemble</b> (Jubilee room) 13:45-14:15	<b>Junior Choir</b> (SF2) 13:30- 14:10		<b>String orchestra</b> (SF2) 13:40-14:15	
	<b>Tempest Band</b> (SF2) 13:40-14:15				



# P.E.



# EXTRA-CURRICULAR TIMETABLE SUMMER 2026



	<u>Mon</u>	<u>Tues</u>	<u>Weds</u>	<u>Thurs</u>	<u>Fri</u>
<u>Before School</u> 7.50-8.20am					
<u>Lunchtime</u> 1.40-2.10pm		<b>Athletics for all</b>	GCSE Club (yr11) <b>STA &amp; VJA &amp; KWI</b> & <b>HBA &amp; KRI</b>  <b>Rounders for all</b>	SIXTH FORM BADMINTON  -NITURA, SANKAVI & ELLIE  CRICKET FOR KS3  -ZAINA KANWAR (YR12)	<b>Volleyball for all</b>  <b>Sixth formers - Aminah and Saashi</b>
<u>Afterschool</u> 3.30-4.15pm					



# Hay Fever Medication & Warmer Weather Reminder



As we move further into the spring and summer months, we are seeing an increase in hay fever symptoms among students. To help ensure your daughter is comfortable and able to learn without disruption, please make sure she takes any required hay fever medication **at home in the morning before coming to school.** This greatly helps to manage symptoms throughout the school day.

With the warmer weather approaching, we also ask that every student brings a **refillable water bottle** to school each day. Staying hydrated is essential for wellbeing and concentration, especially during hotter periods.

Thank you  
Mrs Kaye & Mrs Mann  
Medical Room



# Thank You Letter



Please find below a copy of a letter received from Rays of Sunshine Charity.

4th Floor Berkeley House  
304 Regents Park Road  
London  
N3 2JX

Tel: 020 8782 1171  
Email: [office@raysofsunshine.org.uk](mailto:office@raysofsunshine.org.uk)  
Web: [raysofsunshine.org.uk](http://raysofsunshine.org.uk)



Woodford Country High School  
High Road  
Woodford Green  
Essex  
IG8 9LA

April 2026

Dear Woodford County High School,

On behalf of everyone at Rays of Sunshine, I would like to thank all the students and staff at Woodford County High School for your generous donation of **£604.19**, raised through your fantastic fundraising activities. This is an incredible amount, and we are truly grateful.

Your support will make a real difference in helping us grant magical wishes for seriously and terminally ill children across the United Kingdom. You are helping us bring sunshine into their lives when it matters most.

The wishes we grant are as unique as the children themselves. Whether a child dreams of being a firefighter for the day, meeting a real-life mermaid, or dancing with Cinderella, we work hard to make that wish come true. A wish brings pure happiness and hope when every moment counts. For many families, especially those facing a terminal diagnosis, it creates a treasured memory they can hold onto forever. Thank you once again for your time, generosity, and kind support of Rays of Sunshine.

With heart-felt thanks

A handwritten signature in black ink that reads "Gemma".

**Gemma Ralph**  
**Community & Challenge Events Manager**  
Rays of Sunshine Children's Charity



# Holiday Activities



## Give your child an unforgettable school holiday filled with fresh air, freedom and adventure!

Set in the stunning Gilwell Park, Chingford, on the edge of Epping Forest, children aged 8-16 will take part in a daily programme of non-stop outdoor action. With expert instructors leading the way, creating a safe and supportive environment where children run, climb, explore, and build confidence while unplugging from screens and having a blast with friends in the great outdoors!

### What's on offer:

- High-energy adventures such as archery, ziplining, and climbing.
- Fun team building games and problem-solving challenges.
- Survival skills such as shelter building, backwoods cooking and fire lighting.
- Connect with the natural world with mindful activities, outdoors arts and crafts, wildlife spotting, and nature walks.



### When is it:

- Running throughout school holidays - February, Easter, May, Summer and October (see website for dates).
- 8am-5.30pm daily (activities run 9am-5pm).
- Participants can attend individual days, or the entire week.

### Pricing:

£35 per day, per child. Save 10% on a full week block and each additional child.

## Book now and join the adventure!

[www.scoutadventures.org.uk/events](http://www.scoutadventures.org.uk/events)

✉ [activeadventures@scoutadventures.org.uk](mailto:activeadventures@scoutadventures.org.uk)

📍 Scout Adventures Gilwell Park,  
Chingford, London E4 7QW



# SPARKLE WALK 2026



## SATURDAY 6 JUNE 2026

### 5k and 10k walk



**SIGN UP NOW**

[havenhouse.org.uk/sparklewalk](https://havenhouse.org.uk/sparklewalk)



**BB**  
BOWDEN  
BRADLEY

**FR** Registered with  
FUNDRAISING  
REGULATOR

Charity Number: 1044296



# Young Advisors



**Park Trust**  
**Young**  
**Advisors**



## Calling All Change Makers

*Join our new*

## Park Trust Young Advisors

### Are you passionate about education, fairness and making a real difference?

Park Charitable Trust is looking for motivated young people to help shape the future of our charity

### What is the Park Trust Young Advisors?

A group of young advisors who will:

- Help guide decisions about the Trust's direction
- Advise on projects and causes we support
- Ensure the voices of young people, especially girls affected by educational disadvantage, are heard
- Work alongside our Trustees to ensure the Trust has a meaningful and lasting impact



### Time Commitment

Members will serve a one-year term and will be required to attend three meetings per year, one each term. Meetings will be held in the Trust's offices in Chadwell Heath on a weekend and ALL travel expenses will be reimbursed.

### Who can apply?

We welcome applications from girls who:

- Are currently in Year 10 to Year 13 (aged 15 to 18)
- Care about education, equality, and opportunity
- No previous experience is required – just a willingness to speak up and listen

### What will you gain?

As a Park Trust Young Advisor, you will:

- Develop leadership, communication and decision-making skills
- Take part in skills workshops for personal and professional development
- Gain experience for your CV, college, university or apprenticeship applications
- Build confidence by contributing to real decision making that makes a difference
- Receive support and mentoring from Trustees, charity professionals, and partners

### How to apply:

Write a short letter of application (up to 350 words) explaining:

- Why you want to become a Park Trust Young Advisor
- What issues around education matter to you
- What you would bring to the role

Please send your letter of application by email to [admin@parktrust.org.uk](mailto:admin@parktrust.org.uk)

Please ensure you include your full name, year group, school name and tell us how you heard about this opportunity.

### Important Dates:

**Sunday 31 May:** Deadline for all applications.

**Friday 12 June:** You will be notified if your application has been successful and you have been shortlisted for interview.

**Saturday 27 June:** Informal Interviews will be held in the Park Charitable Trust offices in Chadwell Heath.

In September, we will be arranging a team-building day at Stubbers Adventure Centre in Upminster for everyone to meet for fun activities and pre-planning.

[www.parktrust.org.uk](http://www.parktrust.org.uk)

 Follow us on Instagram @parkcharitabletrust



# 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!

- 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 our school!



Redbridge Mental Health Support Team presents...

## PARENT AND CARERS IN MIND: WEBINARS FOR WELLBEING

Hear from mental health professionals about how to promote your child's emotional health and wellbeing. Our summer webinar offer continues with three popular topics

**REGISTER NOW!**

### ENCOURAGING POSITIVE BEHAVIOUR WITH YOUR PRIMARY AGED CHILDREN

In this webinar, we look at behaviour as a form of communication and how testing boundaries is a normal part of child development. Learn to enhance your child's emotional regulation and promote positive behaviour through play, boundary setting and clear expectations.

**WED 20.05.26 7-8PM**

### TALKING WHEN IT MATTERS: STRATEGIES FOR SUPPORTING YOUR CHILD'S IDENTITY

Join this webinar exploring how identity develops through an LGBTIQ+ perspective and the impact of minority stress. The session includes practical tips and strategies to help you navigate challenging conversations with confidence, supporting you and your child to feel emotionally safe.

**TUES 16.06.26 7-8PM**

### DEVELOPING BETTER RELATIONSHIPS WITH TEENAGERS

In this webinar, we focus on working together with your teenagers to support positive communication. We will look at the development of the teenage brain and implications for emotional regulation. You can learn strategies for giving effective instructions using a "connection before correction" approach.

**THURS 16.07.26 7-8PM**

**SCAN ME!**



FOR MORE INFORMATION & TO SIGN UP  
CLICK HERE,

VISIT [WWW.REDBRIDGE.GOV.UK](http://WWW.REDBRIDGE.GOV.UK) AND SEARCH 'MHST'  
OR GO TO [LINKTR.EE/REDBRIDGEMHST](http://LINKTR.EE/REDBRIDGEMHST)



# Free Parent Webinars



## Summer Term Parent Support Series

### Free Parent Webinars

*Join us and Elevate Education for FREE 60-minute webinars designed to help you support your child's studies at home.*

[Click here to Register](#)

#### In the Summer Term, we'll cover:

1. **Ask Me Anything (Live Q&A)**  
- 28<sup>th</sup> April @6:00pm (BST)
2. **How You Can Help Improve Your Child's Memory**  
- 12<sup>th</sup> May @6:00pm (BST)
3. **How to Help Your Child Alleviate Stress**  
- 9<sup>th</sup> June @6:00pm (BST)
4. **How to Get (And Keep!) Your Child Motivated**  
- 23<sup>rd</sup> June @6:00pm (BST)
5. **How You Can Set Your Child Up for Success**  
- 7<sup>th</sup> July @6:00pm (BST)



# Useful Links

FREE weekly fitness classes for girls aged 11-16



Popular Apps and Games Guide for Parents

Free Parent Webinar Series



The Educational Psychology Service

Call to Action— Educational Psychology Video

#breakthestigma



Little Kickers Free Trial at Woodford County High School

