

Woodford County High School



Weekly Student Bulletin



Tuesday 17th January 2023

Welcome to Bulletin No 64

The aim of this bulletin is to give you important information and reminders from your Heads of Year or other members of staff.

It will include information about events taking place at and around school that you can take part in.

Also there will be wellbeing and support advice as well as reminders about how to access support if you should need it.

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The Body Scan and Beditation/Everyday

Mindfulness: The Body Scan

Beditation/Mindful Walking

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My Circle of Control

Help Lines – mental health

Bereavement help line

NEW Young Carers Service (Redbridge and Waltham Forest)

Drug and Alcohol Help and Advice line

LGBTQ+

Pride Youth Network meetings **UPDATED**

Tootoot

OUTSIDE COMPETITIONS –

NEW Poetry Competition

NEW Short Story Competition

NEW Wildlife Artist of the Year 2023

MiSAC biology Competition

People's Pavilion Design Competition

Centre for Personalised Medicine – Art Competition

CAREER OPPORTUNITIES

NEW Apprenticeship Open Evenings

Redbridge Youth Hub

Achievement Report total from 1st September 2022 Weekly Feature

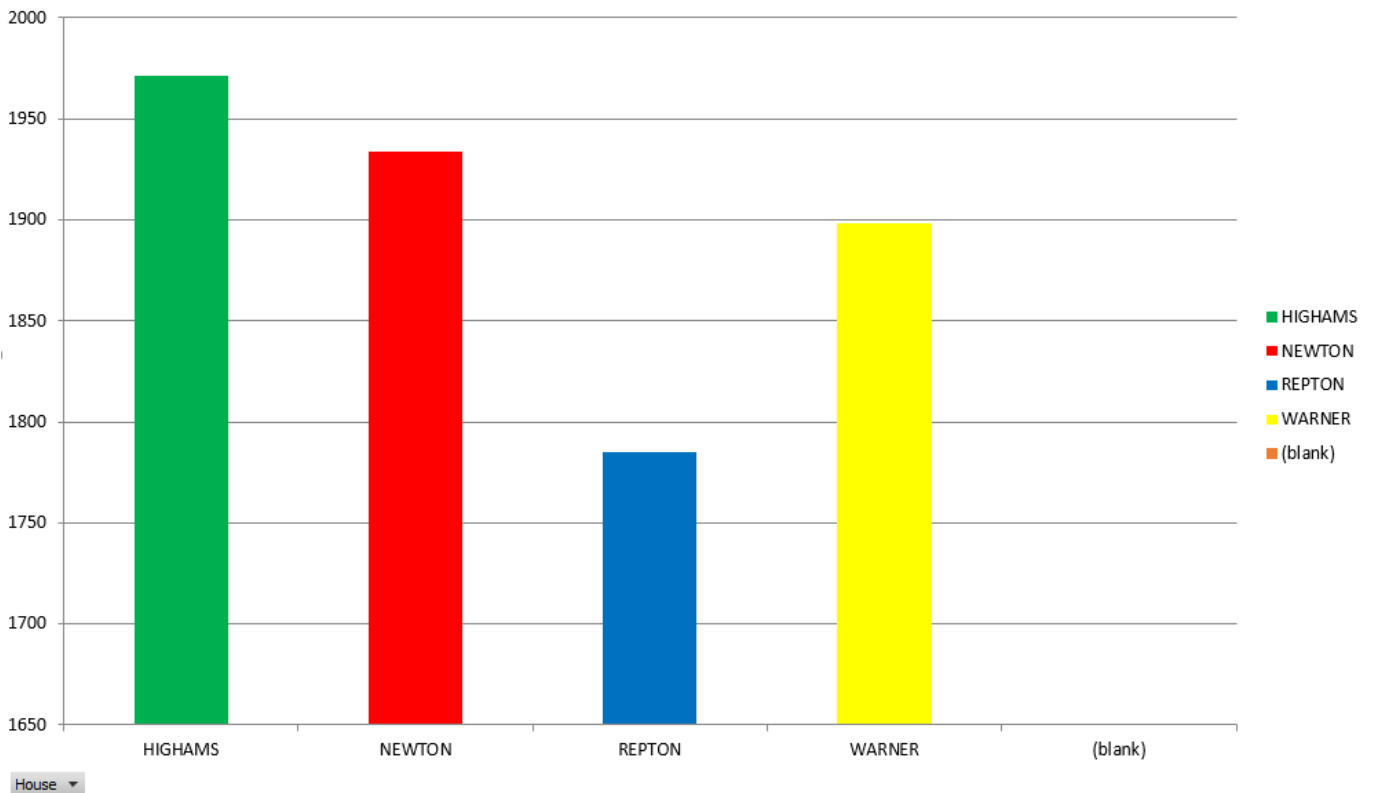
1st Highams

2nd Newton

3rd Warner

4th Repton

Total Achievement Report from 5 September 22 to 13 January 23



COATS IN SCHOOL FAQS

There still appears to be some confusion around the issue of coats in school. Hopefully this FAQs sheet will help to answer your questions.

Rules

- Students are allowed to wear coats into school, but must place them in lockers at the start of the day.
- If they wish to wear them at break and lunchtime they are allowed to do so, but must collect them from their lockers at the start and end of both of those periods of time.
- Girls in Key Stage 3 are also allowed to take coats with them to period 5 if their form room is being used for a KS4 or A Level lesson at that time.
- This does not apply to Sixth Form because they have no lockers. Sixth Form students are expected to take off coats during lessons, however.

Rationale

- Carrying or wearing coats around the school site is both cumbersome and unnecessary.
- Coats in classrooms sets the wrong tone.
- They can be very obstructive, particularly in small rooms, and hinder the orderly conduct of lessons.
- Items that are not allowed (eg mobile phones) are more easily concealed within them than in normal school uniform.

Other Points That Have Been Raised

1. **Girls do not have a dry, warm place to sit to eat their lunch.** All girls do, in fact, have access to the canteen at break (on their allotted days) and lunchtime to eat their food, including lunch brought from home. We encourage them to eat outdoors when the weather is fine and in the warmer months. If that is the case, and the canteen is full, we may insist they do so, but this does not apply in winter or in wet weather.
2. **They do not have time to collect their coat and then go to the canteen at break for food.** Breaks are indeed short, but they should not need to collect their coat because they can stay in the canteen to eat their food at this time.
3. **Girls feel cold in certain parts of the school without coats.** I am not sure why this would be the case because the school is well-heated and the weather to date has been very mild. At times of heightened Covid we may need to ventilate rooms, even when it is cold outside. At these time, girls are normally allowed to wear coats. This is also the case when there are problems with heating because of temporary radiator malfunctions etc.
4. **They cannot always collect coats from their lockers.** Girls are allowed access to form rooms at the start and end of break and lunchtime. Key Stage 3 students may not have access at the end of the day if a KS4 or A Level lesson is taking place in their form room. On those days they are allowed to carry their coat with them to period 5.
5. **They do not have time to collect coats at break.** It takes no more than a few minutes to get from any part of the school to another. If they are not going to the canteen (where they do not need a coat) they have ample time to collect it and return it without being late to their next lesson.

6. **Girls have to eat outside without their coats on.** This is incorrect. See Point 2 above. Indeed we encourage them to stay in the canteen and eat the food they have purchased at break-time.
7. **It is unreasonable that they do not have access to their coats throughout the day.** There is no reason for them to need their coats apart from when they are outside for prolonged periods. See Rationale.
8. **They need them for protection when moving from one lesson to another.** There is no reason why they need to wear them around the corridors when transiting from one lesson to another because the buildings are heated. Even when transiting between buildings, the time they are outside is very limited and does not pose a risk to health or cause major discomfort. We do make exceptions in heavy rain and when it is very cold.
9. **They are not allowed to wear coats in PE when it is outdoors.** This is standard practice in all schools as far as I am aware. They will be participating in physical activity in these circumstances, so a coat would be both a hindrance to that activity and unnecessary because engagement in the activity will keep them warm for the majority of the lesson. Furthermore, there is sufficient flexibility in the uniform code for girls to be allowed to wear tracksuit bottoms, long-sleeved tops, vests etc when taking part in PE lessons outdoors.
10. **No exceptions are made for health conditions.** This is incorrect. If a student has a known health condition which requires them to stay inside, then an exception will be made. They will require a note from the school nurse, however, because it is impossible for all staff to keep abreast of every student's health condition. If this applies to your daughter, please ensure she follows it up with her form tutor.



WEEK 1

Classic Favourites
MONDAY

SOUTHERN STYLE
TUESDAY

Great British Roast
WEDNESDAY

KURRY
THURSDAY

Fish & Chips
FRIDAY

HALAL & NON-HALAL MAIN MEAL

CLASSIC BEEF LASAGNE
Garlic Bread

CHICKEN & SAUSAGE JAMBALAYA WITH FRESH LIME & CORIANDER

LEMON & THYME ROASTED CHICKEN LEG
Yorkshire Pudding, Gravy

BEEF KEEMA CURRY
50/50 Rice, Naan Bread

BATTERED FISH/ SALMON FISHCAKES
Chips

VEGETARIAN MEAL

VEGAN BOLOGNAISE
Garlic Bread

ASIAN VEGETABLE & NOODLE STIR FRY
Carrot & Sesame Salad

BAKED MACARONI CHEESE WITH A CRUNCHY TOPPING

VEGAN JERK QUORN BURRITO
Rice

SPICY BEAN ENCHILADA
Tomato Sauce

VEGETABLE

GARDEN SALAD PEAS

SHREDDED GREENS

SEASONAL VEGETABLES

SWEET CHILLI SLAW

PEAS CHIPS

PASTA POTS

TOMATO & BASIL

PESTO PASTA

QUORN BOLOGNAISE

CHEESE SAUCE

CARBONARA

CHEESE SAUCE

JACKET POTATO

TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS

DESSERT

BERRY & APPLE CRUMBLE
Custard

CORNFLEAKE CRISPY CAKE

LEMON SPONGE
Custard

SPICED APPLE SPONGE
Vanilla Sauce

CHILLED COCONUT RICE PUDDING

FRUIT

SELECTION OF FRUIT DAILY

YOGHURT POTS

SELECTION OF YOGHURT POTS DAILY

TRY OUR HOME-MADE **SOUP**
WITH FRESHLY BAKED BREAD

LOOK OUT FOR AMAZING BLUE DOT MEAL DEALS

PEZZAS, WRAPS & PANINI! FRESH OPTIONS EVERY DAY

TAKE HOME A TAKEAWAY
Collect Before You Go Home

LUNCH MEAL DEAL
Check out what's on offer today!

WATCH OUT FOR OUR **POP UP & STREET FOOD PROMOTIONS**

All of Our Deli Range, Sandwiches, Salads & Desserts are **FRESHLY MADE HERE DAILY**



WEEK 2

Classic Favourites
MONDAY

SOUTHERN STYLE
TUESDAY

Great British Roast
WEDNESDAY

KURRY
THURSDAY

Fish & Chips
FRIDAY

HALAL & NON-HALAL MAIN MEAL

TRADITIONAL SAUSAGE & MASH
Onion Gravy

MEXICAN BURRITO BAR
Various Fillings

ROAST TURKEY
Yorkshire Pudding, Gravy

CARIBBEAN CHICKEN CURRY
50/50 Rice, Naan Bread

BATTERED FISH/ SALMON FISHCAKES
Chips

VEGETARIAN MEAL

VEGAN SAUSAGE & MASH
Onion Gravy

REFRIED BEAN BURRITO BAR
Various Toppings

QUORN ROAST
Yorkshire Pudding, Gravy

VEGETABLE NOODLES & SOYA BEAN STIR FRY

PIZZA WRAP
Chips

VEGETABLE

CARROTS PEAS

SWEETCORN

SEASONAL VEGETABLES

GINGER FRIED GREENS

BEANS GARDEN SALAD PEAS

PASTA POTS

TOMATO & BASIL

QUORN BOLOGNAISE

CARBONARA

PESTO

ARRABIATA

CHEESE SAUCE

JACKET POTATO

TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS

DESSERT

JAM SPONGE
Custard

PEAR & GINGER CRUMBLE
Cinnamon Custard

CHOCOLATE SPONGE
Chocolate Sauce

APPLE & BLACKBERRY CRUMBLE
Custard

SYRUP SPONGE
Custard

FRUIT

SELECTION OF FRUIT AVAILABLE DAILY

YOGHURT POTS

SELECTION OF YOGHURT POTS AVAILABLE DAILY

TRY OUR HOME-MADE **SOUP**
WITH FRESHLY BAKED BREAD

LOOK OUT FOR AMAZING BLUE DOT MEAL DEALS

PEZZAS, WRAPS & PANINI! FRESH OPTIONS EVERY DAY

TAKE HOME A TAKEAWAY
Collect Before You Go Home

LUNCH MEAL DEAL
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WEEK 3

Classic Favourites
MONDAY

SOUTHERN STYLE
TUESDAY

Great British Roast
WEDNESDAY

CURRY
THURSDAY

Fish & Chips
FRIDAY

HALAL & NON-HALAL MAIN MEAL

CLASSIC BEEF BOLOGNAISE
50/50 Pasta

HOUSE RUBBED JERK CHICKEN

SALT & PEPPER CHICKEN
Roast Potatoes, Gravy

THAI RED CHICKEN CURRY
White Rice

BATTERED FISH/ SALMON FISHCAKES
Chips

VEGETARIAN MEAL

ROASTED PEPPER & QUORN MOUSSAKA

MIXED BEAN ENCHILADA

CAULIFLOWER CHEESE & GREENS PASTA BAKE

VEGETABLE BALTI
White Rice

BEAN BURGER
Chips

VEGETABLE

SWEETCORN GARDEN SALAD

RICE N PEAS, SWEET CHILLI SLAW

SEASONAL VEGETABLES MIXED SALAD

LIME & CORIANDER SLAW

BEANS GARDEN SALAD PEAS

PASTA POTS

TOMATO & BASIL

QUORN BOLOGNAISE

CARBONARA

PESTO

ARRABIATA

CHEESE SAUCE

JACKET POTATO

TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS

DESSERT

APPLE & BERRY PIE
Ice Cream

WARM CHOCOLATE BROWNIE
Chocolate Sauce

JAM SPONGE
Custard

PANCAKE BAR
Fruit Toppings

BANANA BREAD & BUTTER PUDDING
Custard

FRUIT

SELECTION OF FRUIT AVAILABLE DAILY

YOGHURT POTS

SELECTION OF YOGHURT POTS AVAILABLE DAILY

TRY OUR HOME-MADE **SOUP**
WITH FRESHLY BAKED BREAD

LOOK OUT FOR AMAZING BLUE DOT MEAL DEALS

PIZZAS, WRAPS & PANINIS
FRESH OPTIONS EVERY DAY

TAKE HOME A TAKEAWAY
Collect Before You Go Home

LUNCH MEAL DEAL
Check out what's on offer today!
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WATCH OUT FOR OUR **POP UP** & STREET FOOD PROMOTIONS

All of Our Deli Range, Sandwiches, Salads & Desserts are **FRESHLY MADE HERE DAILY**

10 Ways You Can SHARE KINDNESS ONLINE

Last year, around one in five young people aged 10–15 in England and Wales admitted experiencing online bullying: most commonly being insulted or sworn at, or having hurtful messages sent about them. To someone who's being bullied, the world can seem like a bleak, negative place – but just one kind word can be a ray of hope: a turning point that brightens their day and refreshes their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

1 PRAISE WHERE IT'S DUE

Sometimes a friend or relative might post online about something they're proud to have achieved: maybe an exam they've passed, a new skill they've learned or a task they've completed. Celebrate their hard work and determination by being kind enough to praise them for it publicly.

2 REACH OUT

It's not always easy to tell what kind of mood someone is in just from what they post online. Simply dropping somebody a message to say 'hi', to ask if they're OK or to tell them that you're thinking of them could totally make their day.

3 RECOMMEND FUN THINGS

If there's something you enjoy doing online – perhaps you play a particular game, or you've found a really cool site – share it with someone you think will enjoy it. Even recommending a film or TV show you think they'll like can bring a little happiness to someone who really needs it.

4 OFFER TO HELP

Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it – if you can help, get in touch. Something that's difficult for them might be no trouble for you!

5 POST POSITIVELY

Lots of people seem to go online purely to complain about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you can't be positive, though! Post about things that make you happy and that you're thankful for. It could brighten someone else's day.

6 SHOW YOUR APPRECIATION

If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post. Expressing your gratitude costs nothing and showing someone that you appreciate them will really make them feel good.

7 BE UNDERSTANDING

Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to listen to them and understand their situation.

8 SHARE INSPIRATIONAL POSTS

When you see something online that inspires you or makes you feel happy, share it with people you know. A spot-on quotation, a beautiful photo or an uplifting video can lift someone's spirits and help them to feel better about life.

9 THINK BEFORE COMMENTING

Thinking before we act can be just as important as acting in the first place. Taking a second to consider what you're saying in advance could stop you from posting something negative, hurtful or offensive – even if you don't mean to. It's better to post positively or not post at all.

10 LIKE, LOVE AND ENGAGE

If somebody posts something that you like on social media, don't just scroll past – take the time to like it, love it or leave an appreciative comment! Reacting positively to other people's posts might seem like a small gesture but could mean a lot to them.

Meet Our Expert

Carly Page is an experienced technology journalist with more than 10 years of experience in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



NOS
National Online Safety
#WakeUpWednesday

IMPORTANT SAFEGUARDING INFORMATION

Dear All

Below is a link to safeguarding information from the NSPCC. It also contains very helpful information to make you aware of the dangers that young people may face. Please take a look it is very informative.

It includes some information about bullying and cyberbullying; child sexual exploitation; criminal exploitation and gangs; online abuse, child trafficking; sexual abuse; domestic abuse, emotional abuse, female genital mutilation, neglect, non-recent abuse and physical abuse.

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/>

If anything you read rings true to you, please come and speak to either Mrs Greenfield, Mrs Holman, Mrs Marku, Mrs Kaye or Mrs Menon.

Be safe

Mrs Greenfield

Are you in Year 7 or 8 and want some maths help?

MATHS CLUB

Or just extra maths?

One-to-One Support

Drop in

Year 10 Tutors

CC9 Every Wednesday Lunchtime

Maths Club is a drop in session open to all Year 7 and Year 8 students run by Ms Gribble and older students. Students will normally receive one-to-one support and can ask for maths challenges or specific maths topics they would like help with.

The sessions start at 1:40pm and finish by 2:20pm in CC9.

Music Extra-curricular Timetable: Autumn 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Junior Choir (SF1) 13:30- 14:10 Brass Ensemble MTH (SF2) 13:45-2:15 Kalimba Club (Jubilee Rooms) 13:45-14:20	Junior Band IBO (SF1) 13:30- 14:10 Musical Theatre club (Conference room) 13:40-14:15	Jazz Band KHN (SF1) 13:40-14:15 String orchestra IBO (Conference Room) 13:40-14:15 Carnatic Ensemble Jubilee Room 1 13:40-2:15	Senior Choir KHA (SF1) 13:40- 14:15 Theory and GCSE/A-level support IBO (SF2) 13:40-14:15	Orchestra IBO (SF1) 13:40-14:15 Guitar and Ukulele Ensemble (SF2) 13:40-14:15
After school		Chamber groups IBO (SF1/2) 15:45-16:30			

P.E. EXTRA-CURRICULAR TIMETABLE

Clubs will be starting from next week (12th September).

Year7 netball trials on Wednesday next week which is the 14th September

	Mon	Tues	Weds	Thurs	Fri
Before School 7.50-8.20am	All Years – Badminton Sports Hall KST	All Years – Volleyball Sports Hall VJA			
Lunchtime 1.30-2pm	All Years – Basketball Sports Hall VJA All years Dance Dance studio STA	All years football Sports Hall/Field STA		Badminton Sports Hall VJA All years Fitness Dance Studio/Field STA All Years – Athletics Sports Hall/Field KRI	
Afterschool 3.45-4.45pm	A.S.C self defence Sports hall All years – Games (dodgeball / kickball etc.) Courts KST	Boxing External Coach Year 10 & 11 (Sign up required) KRU A.S.C JIU JITSU Sporthall	Netball Training/Fixture (courts) STA VJA KRU KRI	Trampolining – All Years KRU A.S.C DANCE DANCE STUDIO	

WCHS - ECTT – Term 1

Term 1 sports – Rugby, Netball, Football, Volleyball, Trampolining, Badminton, Basketball, Dance, Fitness, GCSE Theory, Cross Country

STA: 4	VJA: 4	KRU: 3	KRI: 2	KST: 2	SD:
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Please follow the PE Department on Instagram
@wchsukpe for all the latest updates



Year 10 Netball Game

On Thursday 12th January, the Year 10 Netball team played against Oaks Park after school. In terms of the level of skill applied, competitiveness and sheer determination, this was by far the best game they have played all season.

Despite ending in an exceptionally close loss in the last 2 minutes of the game, the team should hold their head up high knowing they put everything into it.

The team started strongly with Neha and Sankavi working beautifully together in the goal circle, resulting in a 6-2 lead after the first quarter. The lead continued throughout the second quarter although Oaks Park managed to score again finishing with 9-4. In the last two quarters, the goal difference became closer and closer. Nurat made a fantastic effort in blocking out a defender in the centre passes and just generally speeding up the pace of the game. With sheer desperation to win, it was unbearably close finishing quarter three on 10-7. Elsa and Asma did a great job defending in the circle but unfortunately the lead for us was lost in the final minutes and seconds of the game, where Oaks Park got an extra two goals leaving a final result of 11-13 to Oaks Park.

The Year 10s should be exceptionally proud of their immense performance; they are true sportswomen and continue to persevere in the pursuit of progress rather than letting a single loss define them.



Charity Badminton Tournament for years 7-11

SIGN UP USING MICROSOFT FORMS LINK:

<https://forms.office.com/e/9Vtam5fyCD>

All proceeds raised by the tournament will be donated to the Wings of Hope charity.



BADMINTON TOURNAMENT

Raising Money for *Wings of Hope*

27th January 2023
Sports Hall 15:30 - 17:30

£3.00 ENTRY

BEAT THE COACH
Test your skills against the
coach and earn **£50** at
victory! [£2 Entry].

Categories:

- Junior [Years 7 to 9]
- Senior [Years 10 to 11]

Each category consists of singles
and doubles.

Winners of the tournament will be
awarded with prizes.

For more details contact:
aaishajiva@woodford.redbridge.sch.uk

Deadline for google form sign up is the 24th January 2023

The tournament will run with singles and doubles for both age groups running simultaneously with prizes to be won for the winners of each category. Alongside the tournament aspect of the event, there will be an additional section know as “**Beat The Coach**” where participants will play a game to 5 points with the chance of a **£50 gift voucher** of your choice if you can win.

Entry for singles, doubles or both categories will be **£3** and for only an extra **£2** you can enter the “Beat The Coach” contest.

If you have any questions please contact aaishajiva@woodford.redbridge.sch.uk

£2.50
Per session

BOXFIT

AT HAINAULT YOUTH CENTRE

Female only

For 11-18 year olds
Also open to relatives
(mother / guardian) wanting
to attend with their
teenage child

Tuesday 6pm-7pm

Book your session here:
<https://vrcl.uk/boxfit>





About Amnesty Society

Woodford County's Amnesty International Society will be restarting this year! Amnesty International is the world's largest human rights organisation. They investigate and expose abuses, educate and mobilise the public, and help transform societies to create a safer, more just world. In our Amnesty Society, we too, will be helping to raise awareness about the importance of human rights, as well as educating ourselves about and fighting against any human rights violations. We hope to hold fundraising events in support of human rights, so please come along if you have ideas! The society will be run by me, Prabha Sinha, and Andrea Sylvester-Concharles in Year 12. We both want to help support Amnesty's work, and if you do too, come along to H3 on Thursday!

Prabha Sinha, Year 12

Come and join us for

Prisons Club

**Fridays after school 3.45—4.10pm
in the Sports Hall**

**Run by Lilla in Year 11 and super-
vised by Miss Gribble**

Years 9,10 & 11 welcome



Team B's Prison	Team A	Team B	Team A's Prison
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Autumn 2022 Webinars

See Mrs Horn, in the Library for further details.

January 2023

- 10th January @ 4.30pm HE: Applying to Uni – A Step by Step Guide
- 18th January @ 2.00pm Biology: Tackling Cancer
- 23rd January @ 12.45pm Engineering/AI: Machine Learning
- 24th January @ 4.15pm Geography: Coastal Management
- 25th January @ 4.15pm Chemistry: Organic
- 26th January @ 10.10am EPQ: Skills & Insights
- 31st January @ 1.00pm Psychology: Role & Impact of the Father
- 2nd February @ 2.30pm History: Detecting Bias in Sources
- 7th February @ 3.35pm Chemistry: What Can We Use Nanotechnology For?

See Mrs Horn, in the Library for further details.

February 2023

➤ 2nd February @ 2.30pm

History: Detecting Bias in Sources






➤ 7th February @ 3.35pm


Chemistry: What Can We Use Nanotechnology For?

➤ MORE TO BE ANNOUNCED

See Mrs Horn, in the Library for further details.

Meet your Safeguarding and Pastoral Team

				
Ms Pomeroy Headteacher & Deputy Designated Safeguarding Lead	Mrs Greenfield Assistant Headteacher & Designated Safeguarding Lead, SMHL Head of KS3	Mrs Holman Student Guidance Officer & Deputy Designated Safeguarding Lead	Mr Saxton SEND Coordinator	Mrs Kaye Health & Welfare Officer

				
Mrs Menon SEND Officer	Mrs Marku Student Guidance Assistant	Ms Bird Health & Welfare Assistant	Ms Hasler Head of Sixth Form	Dr Ashraf Head of KS4

KEY STAGE 3		
Mrs Hawks Head of Year 7	Mr Mills Head of Year 8	Ms Keith Head of Year 9

KEY STAGE 4		KEY STAGE 5	
Ms Hossein Head of Year 10	Ms Grant/Ms Rehman Head of Year 11	Ms Valente Head of Year 12	Mrs Easton Head of Year 13



Strategies that can help with anxiety:

Calming or Grounding techniques are a good way to reduce our heart rate/blood pressure when feeling worried or anxious. It helps us refocus our attention and overcome those unpleasant feelings so we can feel better and do more.

5 4 3 2 1

Take notice of your senses by thinking of:

- 5 things you can see
- 4 things you can hear
- 3 things you can feel/touch
- 2 things you can smell
- 1 thing you can taste

Facts

Think about and name facts about what is going on right now. For example, think:

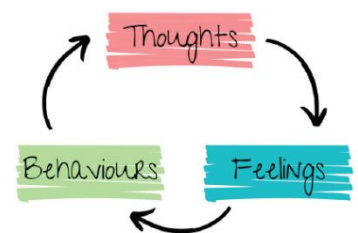
- My age is...
- My name is...
- I am wearing...
- The weather is...
- I am in...

Room Search

Think of a category and search the room for it. For example, look for:

- Everything that is a ... colour
- Everything that is a ... shape
- Things that feel of...
- Things made of...

By **thinking** about things to help us calm down we can then **do** the things we want/need to do and **feel** better and happier.



Video to try a grounding technique! <https://www.youtube.com/watch?v=5a88mUAzNLk&t=6s>

99 Coping Skills

1. Exercise (running, walking, etc.).
2. Put on fake tattoos.
3. Write (poetry, stories, journal).
4. Scribble/doodle on paper.
5. Be with other people.
6. Watch a favorite TV show.
7. Post on web boards, and answer others' posts.
8. Go see a movie.
9. Do a wordsearch or crossword.
10. Do schoolwork.
11. Play a musical instrument.
12. Paint your nails, do your make-up or hair.
13. Sing.
14. Study the sky.
15. Punch a punching bag.
16. Cover yourself with Band-Aids where you want to cut.
17. Let yourself cry.
18. Take a nap (only if you are tired).
19. Take a hot shower or relaxing bath.
20. Play with a pet.
21. Go shopping.
22. Clean something.
23. Knit or sew.
24. Read a good book.
25. Listen to music.
26. Try some aromatherapy (candle, lotion, room spray).
27. Meditate.
28. Go somewhere very public.
29. Bake cookies.
30. Alphabetize your CDs/DVDs/books.
31. Paint or draw.
32. Rip paper into itty-bitty pieces.
33. Shoot hoops, kick a ball.
34. Write a letter or send an email.
35. Plan your dream room (colors/furniture).
36. Hug a pillow or stuffed animal.
37. Hyperfocus on something like a rock, hand, etc.
38. Dance.
39. Make hot chocolate, milkshake or smoothie.
40. Play with modeling clay or Play-Dough.
41. Build a pillow fort.
42. Go for a nice, long drive.
43. Complete something you've been putting off.
44. Draw on yourself with a marker.
45. Take up a new hobby.
46. Look up recipes, cook a meal.
47. Look at pretty things, like flowers or art.
48. Create or build something.
49. Pray.
50. Make a list of blessings in your life.
51. Read the Bible.
52. Go to a friend's house.
53. Jump on a trampoline.
54. Watch an old, happy movie.
55. Contact a hotline/ your therapist.
56. Talk to someone close to you.
57. Ride a bicycle.
58. Feed the ducks, birds, or squirrels.
59. Color with Crayons.
60. Memorize a poem, play, or song.
61. Stretch.
62. Search for ridiculous things on the internet.
63. "Shop" on-line (without buying anything).
64. Color-coordinate your wardrobe.
65. Watch fish.
66. Make a CD/playlist of your favorite songs.
67. Play the "15 minute game." (Avoid something for 15 minutes, when time is up start again.)
68. Plan your wedding/prom/other event.
69. Plant some seeds.
70. Hunt for your perfect home or car on-line.
71. Try to make as many words out of your full name as possible.
72. Sort through your photographs.
73. Play with a balloon.
74. Give yourself a facial.
75. Find yourself some toys and play.
76. Start collecting something.
77. Play video/computer games.
78. Clean up trash at your local park.
79. Perform a random act of kindness for someone.
80. Text or call an old friend.
81. Write yourself an "I love you because..." letter.
82. Look up new words and use them.
83. Rearrange furniture.
84. Write a letter to someone that you may never send.
85. Smile at least five people.
86. Play with little kids.
87. Go for a walk (with or without a friend).
88. Put a puzzle together.
89. Clean your room /closet.
90. Try to do handstands, cartwheels, or backbends.
91. Yoga.
92. Teach your pet a new trick.
93. Learn a new language.
94. Move EVERYTHING in your room to a new spot.
95. Get together with friends and play Frisbee, soccer or basketball.
96. Hug a friend or family member.
97. Search on-line for new songs/artists.
98. Make a list of goals for the week/month/year/5 years.
99. Face paint.

BOYS TOWN
National Hotline

www.yourlifeyourvoice.org



If you are finding things challenging, as we all do from time to time, do remember to check that you are including the 5 ways to well-being in your daily life, in whatever way you can. Remember the 5 ways to well-being are:

Connect (Talk and Listen, feel connected, be there)

Be Active (Do what you can: Enjoy what you do: Move your mood)

Take Notice (Remember the simple things that give you joy)

Keep Learning (Embrace new experience, see opportunities, surprise yourself)

Give (Your time, your words, your presence)

It is often helpful to talk through concerns or worries with family or a friend so do both reach out to others and be there for your friends and family should they need to talk to you. Sometimes talking through a worry can really help.

Sometimes it may be helpful for you or a friend to access support to access help outside of or in addition to family and/or friends. You can contact the school in several ways to do this and there are various people who can offer help and support.

CONFIDENTIALITY

If you speak to a member of school staff about a private matter this will usually remain confidential between you and that member of staff. If the member of staff thinks that it is a good idea to involve someone else such as another member of staff, an external agency or your parents they would talk to you about this and get your consent. However, all members of staff have a duty to pass on information to only the school Safeguarding Team if they had concerns about your own safety or that of another member of the school community. The Safeguarding Team is limited to Mrs Greenfield and Mrs Holman.

HOW TO ACCESS SUPPORT

Tootoot – this is a way of contacting the school anonymously. You can access Tootoot from the School Website and you would have been sent a login to your school email at the start of the year. You can use Tootoot to get help with problems that you are having at school or to report something you are worried about. There is a small selection of staff who will receive your message when it is sent and will endeavour to answer as soon as they can.

Form tutor – the first place you should go if you have any problems is to your form tutor. They will offer advice if they can and /or will direct you to the relevant person in the school who can help. Currently you may be able to speak to your tutor at the end of a Teams Meeting or by emailing into the relevant KS Administrator asking your Form Tutor to contact you (you would not need to give any details). You could also get a message to them through Tootoot but would need to give your name so that they would know who to contact.

Head of Year – form tutors usually work closely with Head of Year. You can also go directly to your Head of Year if you would prefer to do this.

Continued below/

Student Guidance Team – Mrs Holman and Mrs Marku are available to speak to you if you have a problem, whether related to school or more personal and will guide you as to the best way to deal with the problem. They may offer to see you again themselves or advise you to see a school counsellor.

School Counsellor – Feeling overwhelmed? Scared because your parents are splitting up? Feel like you don't fit in? Sometimes it's just not possible to sort through tough times alone. Problems can build up and you may lose sleep, find you can't concentrate on school work/homework, or even become depressed. When you need to talk to someone, your school counsellor can be a great person to help you through your bad times. They will listen and help. They'll take your problem seriously and work with you to find a good solution. School counsellors are trained to help with most issues. Please speak to your Form Tutor or other member of staff or enquire via Tootoot. Speaking to a counsellor is informal, just like a chat.

Counselling is very informal, like having a chat and the Counsellors may ask questions or give advice. The sessions are about you and is your time to speak about what is worrying you.

Students if you are experiencing low mood or anxiety and would like support for this in the form of eight on-line sessions with an Education Mental Health Practitioner, you can contact Mrs Holman for more information and sign-up.

Mrs Holman is based in the Student Guidance Office, formerly SG4.

MINDFULNESS PAGES



The Body Scan

Mindfully scanning through the body, starts with breathing into the toes and feet, working all the way up the legs into the abdomen, through the belly and upper torso, moving to the hands and arms, the shoulders and neck, then into the face and back of the head, and finally ends at the crown. Lying down meditation focuses attention systematically on the whole body. Widening the scope of awareness to include every part of our physical being, this practice reminds us that we are more than simply residents of our own head.

It can be especially recuperative if we allow ourselves to rest in the awareness of being completely relaxed and supported for 10 – 20 minutes each day. A body scan carried out when we are fully awake can revitalise our sense of being alive and present in the moment. Alternatively, our intention may be to fall asleep as we go about deeply relaxing each body part in turn while focusing on breathing into and letting go of tensions that have accumulated during the day.

Beditation

1. Lie down on your back in a safe space where you won't be disturbed.
2. Cover yourself with a blanket to keep warm. Or settle down in your bed to sleep.
3. Allow your eyes to close.
4. Place your hands on your belly and gently settle your attention on the rising and falling of your diaphragm as you breath in and out.
5. Take a few moments to feel your whole body lying there, register where you notice the points of contact with the mat or the bed.
6. Take an intentional breath in & imagine the vitality of the inhalation travelling all the way down to into your toes and feet. As you exhale, notice any sensations you feel there.
7. When you are ready to leave the toes and feet, take a deeper breath in and allow any tension or discomfort you find to dissolve in awareness as you exhale and move your attention up into the lower legs and knees.
8. Continue to move up through the rest of your body. If you experience any discomfort such as cramp, it's best to release the tension by moving or massaging away the discomfort before continuing with the scan.
9. The important point is to allow yourself to fully relax, and to drift into sleep as your body pulls you in that direction.
10. If you wish to remain awake, try doing the body scan on a yoga mat with your eyes open during the day.

Here is a link to Professor Mark Williams 40-minute, guided, body scan meditation:

www.youtube.com/watch?v=OyRNHvPPNbE

Mindful Walking

Walking is something we do every day without stopping to give it a second thought. Given the option, most of us would rather take a lift than walk to the shops. But this simple form of exercise has many stress relieving benefits.

Shirin Yoku or forest bathing is a form of meditative walking that is very popular in Japan. Designed to help people take time away from their screens, Shirin Yoku trails are chosen for their beauty and tranquillity. Forest bathing is known to improve immune function and lowers anxiety.



Mindful walking has been scientifically proven to reduce the harmful physical effects of stress and increase peace of mind. It can be practised outdoors anywhere you feel safe enough to walk with greater awareness.

The steps that follow describe how to perform mindful walking:

Preparation for mindful walking:

- Find somewhere safe to walk where you will not be disturbed: your garden, a city park, country lane, or a busy street – are all equally good.
- Wear comfortable clothing and shoes for walking.
- Stand still and become aware of how you feel.
- Consider your posture, the weight of your body, feet in your shoes, and your muscles as you balance.

Mindful walking instructions:

- Take a few deep breaths and slowly bring your awareness into the present.
- As you begin walking notice how your feet feel when they make contact with the ground.
- Slow down and notice the sights & sounds around you.
- Deepen your breathing if it feels comfortable.
- When your mind drifts, gently guide your thoughts back to the sensations of walking and breathing.
- Continue walking for as long as you feel safe and comfortable.

Mindful walking is free and doesn't require any specialist equipment. Half-term may provide the perfect moment for you to try this form of moving meditation for yourself.

Emma Liebeskind
Mindfulness Teacher
Sixth Form Enrichment_

Sleep Hygiene



What is sleep hygiene?

- Sleep hygiene are ways that you can set yourself up for better sleep.
- Strong sleep hygiene means having both a bedroom environment and daily routines that promote consistent, uninterrupted sleep.
- Keeping a stable sleep schedule, making your bedroom comfortable and free of distractions, following a relaxing pre-bed routine, and building healthy habits during the day can all contribute to ideal sleep hygiene.
- 8-10 hours of sleep is recommended for adolescents.
- Everyone can tailor their sleep hygiene practices to suit their needs. Positive habits can make it easier to sleep soundly throughout the night and wake up well-rested.
- Can you think of some more suggestions for good sleep hygiene?



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR HOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

MY CIRCLE OF CONTROL

I WILL FOCUS ON WHAT I CAN CONTROL



THINGS THAT ARE OUT OF MY CONTROL

What other people do

Things from the past

Other people's choices

What other people say

How other people feel

The weather

Helpful websites:

You can text: YM to 85258 for free 24/7 support

<https://youngminds.org.uk/>

YOUNGMINDS

Online well-being platform that is accessible through mobile, tablet and desktop and free.

<https://www.kooth.com/>

kooth

HOPELINEUK (PAPYRUS)

Phone: 0800 068 4141

<https://www.papyrus-uk.org/>

Email: pat@papyrus-uk.org

Text: 07860039967

(Mon – Fri 0900 – 2200 and Sat – Sun 1400 –2200)

 **PAPYRUS**
PREVENTION OF YOUNG SUICIDE

Sexual Abuse

There is a helpline run by the NSPCC and is available to current or past victims as well as parents, carers or professionals with concerns. The number is 0800 136 663. The helpline is free and anonymous, and will be open Monday to Friday from 8am – 10pm and Saturday to Sunday from 9am – 6pm.



The Mix Crisis Messenger

shout
85258

CRISIS TEXT LINE |



gr'ef
encounter

supporting bereaved children & young people

gr'eftalk helpline

0808 802 0111

Weekdays 9am-9pm

 **CHAT**

 **EMAIL**

 **CALL**

Young Carers:



Redbridge Carers
Support Service

Phone: 020 8514 6251

Email: office@rcss.org.uk



020 8496 2442

young.carers@walthamforest.gov.uk

Drugs and Alcohol Help and Advice

Redbridge Fusion NELFT Free and friendly confidential service to young people in the borough of Redbridge under the age of 18.

Station Road Centre, Station Road,
Barkingside,
Essex IG6 1NB

Tel: 020 8708 7801

Fax: 020 8708 7802

Email: fusion@redbridge.gov.uk

Opening times: 9am-5pm, Monday to Friday



NHS Foundation Trust



Drugs A-Z News ▼ Help and advice Contact

Search Q

0300 1236600

**Honest information
about drugs**

<https://www.talktofrank.com>

LGBTQ+

Dear Students,

Pride is a movement which celebrates diversity as well as protesting against discrimination and violence as whilst the rights of the LGBT+ community have come a long way, there is still not full equality. There is plenty of information online about the history of the development of the rights for the LGBT+ community available online, for example –

<https://www.bbc.co.uk/newsround/40459213>

Remember, Pride is all about inclusivity and diversity. The priority is the promotion of equality and creating a community and a safe space for people to be who they are.

If you, or anyone you know, has any questions about this or feel that they need some support then you can speak to a trusted adult at school such as your Head of Year or Form Tutor. Alternatively, the following websites might be of use –

- **Stonewall**
For further information about LGBT+ and support, please see –
<https://www.stonewall.org.uk/>
- **Give us a Shout**
Accessed on –
<https://giveusashout.org/>
Or can be reached 24/7 via text on 85258
- **The Proud Trust**
For information about local support groups, you can use –
<https://www.stonewall.org.uk/>
- **Mermaids** (especially for young people who feel at odds with the gender they have been assigned)
Accessed on - <https://www.mermaidsuk.org.uk/>
Or you can call from Monday-Friday 9am-9pm on **0344 334 0550**
- **Switchboard** (an LGBT+ Helpline) Accessed on –
<http://switchboard.lgbt/> for online chat and email service
Or you can call from 10am-11pm everyday on 300 330 0630

Please look out for some information from me with regard to the Pride Youth Network!

Take care now.

Miss Keith

Pride Youth Network Co-ordinator



PRIDE YOUTH NETWORK!

**Meetings every Thursday
lunchtime 1:30 – 2:00pm in SF7**

Safe space for all

Feel free to bring your lunch

**Please speak to a PYN Ambassador or Miss Keith
if you have any queries or suggestions**





tootoot)))

Speak Up Speak Out

Log your worries on
tootoot today

 Log in on the web
www.tootoot.co.uk

 GET IT ON
Google Play

 Download on the
App Store

Dear Students

Woodford County High School subscribes to Tootoot, this is an online reporting platform and app for students. We are aware that there may be times when you may not feel comfortable to speak to someone face- to face about your concerns, or may be concerned about being identified or potentially making matters worse.

With Tootoot, you are able to safely and anonymously report your concerns and worries to mentors (WCHS safeguarding and pastoral team), so use this as a first step to resolving your concerns. ***Although anonymous please be aware that in the event of a serious safeguarding issue, (i.e. where a student is in danger of imminent harm) it would be possible for the Designated Safeguarding Leads to gain access to identify the student.***

Tootoot is accessible anywhere, anytime and on any internet-enabled device, if there is something that is concerning you, or making you feel unsafe (whether an issue personal to you or a wider concern about others in school) you can use this platform to raise your concern. School should be a safe place where you can grow in confidence and learn, no one should ever be bullied. When reporting you will also be able to attach supporting evidence, such as images, screenshots or documents etc.

Ms Hasler and Mrs Easton, as well as the school's Student Guidance Officer Mrs Holman and Assistant Student Guidance Officer Mrs Menon, will be happy to discuss any concerns you may have in person.

Please note that Tootoot **should not** be used for day to day school-related questions, please speak to your form tutor, teachers or Key Stage Administrator for these. You are also able to contact your teachers via email who will get back to you during a school day.

Keep an eye out for an email from Tootoot with your login details, which will be sent out via the Tootoot system. Your accounts are linked to your school email therefore should you forget your details going forward, you will always be able to use the "Forgotten your login/password?" feature on the home page to receive a password reset link.

Regards

Mrs Del Giudice

Redbridge Children's Book Award 2023

Poetry Competition



Write a poem (maximum 40 lines) on the following theme:

I Wish I Could...

The competition has two age categories **Junior (Years 6 and 7)** and **Teen (Years 8 upwards)**

Closing Date: Friday 17 March 2023

Poems should be in **WORD** and handed in to your school librarian or teacher who will select the **best five** to submit to the competition.

Please include your name, age, year group, address and school.

Redbridge Children's Book Award 2023

Short Story Competition



Write a short story, using the phrase:
Lightning slashed the sky, revealing a wooden doorway hidden behind a pile of rubble
(maximum length of story 1500 words)

The competition has two age categories **Junior (Years 6 and 7)** and **Teen (Years 8 upwards)**

Closing Date: Friday 17 March 2023

Stories should be in **WORD** and handed in to your school librarian or teacher who will select the **best five** to submit to the competition.

Please include your name, age, year group, address and school.

The Art of Survival: FIGHT • PROTECT • ENGAGE

DAVID SHEPHERD WILDLIFE FOUNDATION
WILDLIFE ARTIST OF THE **YEAR 2023**



Artwork by Zoe Fitchet

Wildlife Artist of the Year 2023

Entries now open!

We're delighted to announce that entries are now open for David Shepherd Wildlife Foundation (DSWF) [Wildlife Artist of the Year 2023](#) and that after three years away, we will be returning to an **in-person exhibition in September!**

Continuing the incredible legacy left behind by our founder, David Shepherd CBE, this internationally renowned competition celebrates the beauty and diversity of our natural world, whilst raising awareness for what could be lost if we do not take action to save it.

Every entry and artwork sold will help us in our fight to turn the tide on extinction and thanks to your generous support, an incredible £85,000 was raised during last year's competition and exhibition.

We are therefore asking our devoted community of wildlife artists to once again pick up their brushes, pencils and chisels to help us make this year bigger and better than ever before!

[Enter now!](#)

Please help to spread the word about this global competition by sharing our posts on [Instagram](#), [Twitter](#) and [Facebook](#). You can also forward this email on to your friends and contacts in the art community.

Thank you!



Overall Winner 2022

'Costa Rican Cloud Forest' by Cy Baker



Overall Runner-up 2022

'Dappled Respite' by Gordon Pembridge

-
- **Entries Open** – 5th January 2023
 - **Entries Close** – 29th March 2023
 - **Shortlisted Artists Announced** – June 2023
 - **Online Exhibition** – 1st-16th September 2023
 - **Mall Galleries Exhibition** – 11-16th September 2023

COMPETITION DETAILS

Entries open from midday today, 5th January 2023,
and **close at midnight on the 29th March 2023** (UK time).

DSWF Wildlife Artist of the Year 2023 is open to both professional and amateur artists alike, using any technique, medium or style (excluding photography and digitally produced artwork).

Participants must have reached 19 years old by the closing date for entries (29th March 2023), with the exception of our Youth Exclusive Award which is open to young artists aged 15 and over.

IN-PERSON EXHIBITION



All artworks entered into the competition must be available for sale and by taking part, artists agree that, if shortlisted by our expert judging panel, they will show their piece in the finalists' exhibition at the **Mall Galleries** in London, between the 11-16th September 2023.

Please be aware that artists are responsible for delivery costs, as well as ensuring their pieces are hanging ready - including framing, if relevant.

50% of the proceeds from the sale of all artworks from this exhibition will continue to support our work to **Fight** wildlife crime, **Protect** species and **Engage** individuals and communities to ensure a brighter future for endangered animals.

Since its inception, DSWF Wildlife Artist of the Year has attracted 15,000 entries and raised over £1.7 million for our conservation efforts across Africa and Asia.

You can find out more about how to enter [here](#) or by visiting our [FAQs](#) page. Alternatively, you can follow our artist-based Instagram account [@dswfwildlifeart](#) for further updates about this prestigious competition.

Enter now!

PRIZES

£10,000* **OVERALL WINNER**
£2,000* **RUNNER UP**

£500 **Category Winner**
£500 **Youth Exclusive Award**
£500 **First Time Entrants Award**
£500 **Elizabeth Hosking Prize
for Watercolour**



Artwork by Carla Grace

ENTRY FEES

£25 per entry for each of the first two entries and **£15** thereafter

£15 per entry for the Youth Exclusive Award

*Prize packages consist of a 50% cash prize and 50% conservation voucher to be donated to a DSWF project of the winner's choice.

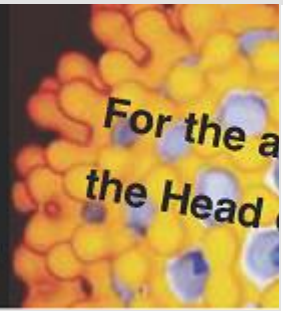


2023 Competition

for KS3 & KS4

S1/2 and S3/4 in Scotland

Promoting microbiology in schools and colleges since 1969



[To View in your Browser Click here](#)

Dear Mrs Peters,

The topic for the eagerly-awaited 35th Microbiology in Schools Advisory Committee (MiSAC) Annual Competition is ***Microbes and the Water Cycle***.

Water is a precious resource and we have to recycle it. In nature, water from seas, lakes and rivers evaporates into the air where it forms clouds. Water is released, eg, as rain or snow, as it falls back to earth. It refills surface waterways and reservoirs or soaks into underground stores (aquifers) from which supplies are taken for domestic, agricultural and industrial use. Before water can be supplied to homes and businesses, it must be treated and tested to ensure that it is safe to use. Treatment includes chlorination to remove bacteria, viruses and parasites that can cause disease. After use, wastewater is contaminated with various pollutants. If it flows into natural water courses, it would harm the environment. The problem of polluted wastewater is solved by harnessing microbes to decompose the organic matter in the pollution. The wastewater is piped into sewage works for treatment.

THE COMPETITION

The aim of this year's competition is to develop an understanding among teenagers of the key roles of microbes in the water cycle by producing an illustrated, web-page report explaining to teenagers the importance of microbial activities in the water cycle and processes involved in reusing water supplies.

There are two entry groups: KS3 and KS4 (S1/2 and S3/4 in Scotland) and the closing date for entries is **3rd April 2023**.

PRIZES

There are money prizes for schools and students.

School: 1st £250; 2nd £125; 3rd £70

Student: 1st £100; 2nd £50; 3rd £25

A certificate will be awarded to each student submitting an entry of scientific merit.

The results will be published on www.misac.org.uk where previous winning entries can be viewed.

Teachers find the MiSAC Annual Competition to be invaluable in helping to put curriculum content into perspective and students thoroughly enjoy the experience of learning, while exploring beyond the curriculum.

For more information, guidance and full competition details [click here](#)

Microbiology in Schools Advisory Committee - promoting microbiology in schools and colleges since 1969. www.misac.org.uk

Registered Charity no. 289163 (c)MiSAC

THE PEOPLE'S PAVILION THE PEOPLE'S PAVILION THE PEOPLE'S PAVILION

PEOPLE'S PAVILION DESIGN COMPETITION

BEYOND
THE
BOX

ARE YOU AGED 14 - 18?
DO YOU LIVE IN EAST LONDON?
INTERESTED IN DESIGN AND ARCHITECTURE?

Apply to enter the People's Pavilion design competition and you could win an all-expenses paid study trip to Venice.

Workshops are taking place across East London between Oct 2022 - Jan 2023

You are welcome to attend the workshops with a team you have formed, or form one with the aspiring designers you meet on the day!

The winning design will be built in the summer of 2023 and will host a cultural festival produced by young people.

Hit the QR code to sign up!

FOR MORE INFO / TO SIGN UP



SCAN HERE

THE PEOPLE'S PAVILION THE PEOPLE'S PAVILION THE PEOPLE'S PAVILION

THE PEOPLE'S PAVILION THE PEOPLE'S PAVILION THE PEOPLE'S PAVILION

PEOPLE'S PAVILION DESIGN COMPETITION



A DESIGN COMPETITION FOR 14 - 18 YEAR OLD'S LIVING IN EAST LONDON

WEEKEND WORKSHOP DATES

PLEASE SIGN-UP FOR THE BOROUGH YOU LIVE IN!

Workshops run from 10am - 3pm

TO ENTER, YOU MUST ATTEND BOTH THE SATURDAY AND SUNDAY WORKSHOPS FOR YOUR BOROUGH!

HACKNEY

SATURDAY 22ND, SUNDAY 23RD - OCTOBER 2022

REDBRIDGE

SATURDAY 5TH, SUNDAY 6TH - NOVEMBER 2022

HAVERING

SATURDAY 19TH, SUNDAY 20TH - NOVEMBER 2022

TOWER HAMLETS

SATURDAY 3RD, SUNDAY 4TH - DECEMBER 2022

BARKING & DAGENHAM

SATURDAY 7TH, SUNDAY 8TH - JANUARY 2023

NEWHAM

SATURDAY 21ST, SUNDAY 22ND - JANUARY 2023

WALTHAM FOREST

SATURDAY 28TH, SUNDAY 29TH - JANUARY 2023



THE WINNING TEAM GETS AN ALL-EXPENSE PAID STUDY TRIP TO VENICE!



OR EMAIL [KUDZAI@BEYONDTHEBOXCONSULTANTS.COM](mailto:kudzai@beyondtheboxconsultants.com)

THE PEOPLE'S PAVILION THE PEOPLE'S PAVILION THE PEOPLE'S PAVILION



Schools Art Competition 2022-2023

What can we measure about our health? Is it possible to measure too many things? Should researchers be allowed to use any measurements collected by the NHS? We want to see what you think!

The Oxford Centre for Personalised Medicine is asking pupils in Years 7-9 to create art about measuring things to do with health and disease. There are loads of different things your art could look at: what might be helpful to measure if someone is ill? Are measurements always right? Who should be able to look at a person's healthcare measurements? We can't wait to see your ideas!

You can make a drawing, a painting, a collage, a sculpture – anything goes as long as it's something you can take a photo of. First prize is £100, and the best entries will form part of a display at a Centre for Personalised Medicine art exhibition in Oxford next year. The deadline for entries is 20th January 2023. More details can be found here: <https://cpm.well.ox.ac.uk/art-competition>

If you decide to enter, please send Mrs Peters a copy of your entry.

Apprenticeship Open Evenings

January-February 2023

Free to attend!

AllAboutSchoolLeavers is hosting a variety of virtual apprenticeship events with a range of employers in early 2023. Learn more about the opportunities available to you and register for these events now!



Virtual Open Evening

Wednesday 25th January 2023, 4.30pm-5.30pm

Tuesday 21st February 2023, 4.30pm-5.30pm

[RESERVE PLACE AT STANDARD CHARTERED \(JAN\)](#)

[RESERVE PLACE AT STANDARD CHARTERED \(FEB\)](#)



Careers in Law with CMS

Monday 6th February 2023, 4pm-5pm

[RESERVE PLACE AT CMS](#)



All About Deloitte Apprenticeships

Tuesday 7th February 2023, 4.30pm-5.30pm

[RESERVE PLACE AT DELOITTE](#)



Life as a Solicitor Apprentice at Ashurst

Wednesday 8th February 2023, 5pm-6.30pm

[RESERVE PLACE AT ASHURST](#)



REDBRIDGE **YOUTH HUB**

**A virtual one-stop shop for
young people aged 16-24**

Find information and resources on

- ◆ education
- ◆ employment
- ◆ careers advice
- ◆ training
- ◆ apprenticeships
- ◆ managing money
- ◆ health and well-being support



www.redbridge.gov.uk/youth-hub

