Woodford County High School



Weekly Student Bulletin



Tuesday 2nd March 2021

Issue No 5

Welcome to Bulletin No 5

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.

Hopefully, as more editions are produced students will be able to have an input too.

Dates for your Dairy

Week Beginning 8th March – It is <u>very important</u> that you read all of the information that has been sent to both yourselves and your parents/care givers, to let you know what is happening regarding your return to school.

New this issue:
World Book Day
National Careers Week
Junior Master Chef Competition for March
Year 7 Creative Colour Wheels
New Wellbeing Tips for returning to School
Updated Boredom Busting Ideas and Webinars





Face Paint Ideas

Take a snap and send to Mrs Horn so she can create a montage...

World Book Day, Thursday 4th March













Grayson Perry's Art Club is back for a second series and we can't wait!

Some of you may already know that during the first lockdown, Grayson's Art Club provided a creative outlet that helped us get through a challenging time. Well we are shadowing him again...this series the themes are: Family; Nature; Food; Dreams; Work & Travel. All year groups can get involved- you don't have to submit artwork for all 6 weeks/themes- it can be even for one of the weeks or for your favourite theme out of the 6!

If you want to participate, you can submit your art work online directly to Grayson @



https://www.graysonsartclub.com/submit-your-art

Additionally, we at Woodford would love to see all your amazing art so please submit a photo of your artwork to Mrs Horn at:



Hornd@woodford.redbridge.sch.uk each week or by Friday 19th March 2021, latest.

Try to ensure that your photo is of professional quality, it is clear and has been taken in a well-lit environment. Also keep an eye on the school's Twitter feed and Student Bulletin, for your art making a showcase!

We will be collecting artwork submissions up until the deadline of **Friday 19**th **March 2021** and once in, we will select the 3 winners from each theme, who will all receive a special PRIZE! If you would like to know more on this great art project or have any questions, then please talk to your Art teacher or Mrs Horn in the Library.

National Careers Week at Woodford 1st March-5th March 2021



National Careers Week at Woodford 1st March-5th March 2021

Key stage 3

Power point		Jobs for the future
PPT		NHS competition Step into NHS
(Vimeo)		Watch short videos on careers
		<u>Click here</u>
Tues 2 nd March 5-6pm LINK TO JOIN	Ella d'Amato, Chief Commercial & Partne Officer, Not on the High Street for KS3-5/ S1-6	
Wed 3 rd March 10-11am LINK TO JOIN	Kajal Odedra, UK Director, Change.org KS 5/ S1-6	We are going to be joined by Kajal Odedra, a writer and activist, with over 13 years experience in the campaigns sector. As Executive Director for Change.org UK, the largest petition platform, she has grown the platform to over 19 million users in the UK. After identifying a diversity problem in the UK campaigns sector she founded the People of Colour in Campaigns network. She is on the board for Save The Children UK and Ada's List. Kajal will be sharing her career journey and highlights and is looking

forward to answering your questions.

Barclays lifeskills: 5 days career and skill development activities

Monday - 20-30 minutes

Start with the Wheel of strengths to help students discover job roles that might be a match for their skills and interests.

Tuesday – 30-60 minutes

Explore diversity, why it's important in the workplace and how to become an inclusivity champion with our <u>case studies</u> and <u>Online lesson film</u>.

Wednesday - 15-90 minutes

Develop students' <u>CV skills</u> by getting them to write a CV, perhaps for a role from their Wheel of strengths results.

Thursday – 15-90 minutes

Now they've discovered how to apply for a job, give students the skills to succeed in interviews with our <u>Virtual interview practice tool</u>.

Friday – 60-90 minutes

Finish by preparing students for different roles with an activity utilising <u>case study</u> <u>films</u>, featuring young people in a range of industries.







WCHS MasterChef Junior Competition

The Food and Nutrition department calls Year 7, 8 and 9 students for a monthly baking and cooking competition.

Every month, the winner from each year will be awarded with a certificate and a prize!

The theme for March is to bake a **sweet** or **savoury** dish in support of

RED NOSE DAY

Email the picture of your dish, a picture of yourself with the dish and the recipe at **foodentries@woodford.redbridge.sch.uk**

In the email title include your full name, Year group and Form class

Submission deadline is 31/03/21, Wednesday







Rules of the competition

- 1. Enter as individual
- 1. Write a recipe on a Word document
- 2. Prepare the dish with Adult supervision.
- 3. Take a picture of the final dish and a picture of yourself with the dish.
 - 4. Send the two pictures and the recipe sheet to foodentries@woodford.redbridge.sch.uk
- 5. In the subject of your email include Year group, Form class and your full name

During this lockdown, 7A, 7B and & 7C have learned a lot about colour theory this term. They created these wonderful original and creative colour wheels from home. We usually explore Tertiary colours at school while weighing the right amount of powder paint!! I am so impressed that year 7 still managed to do so with the most unusual resources, objects and using their creativity. Thank you to all of them for brightening our days with their good sense of humour and use of colours.

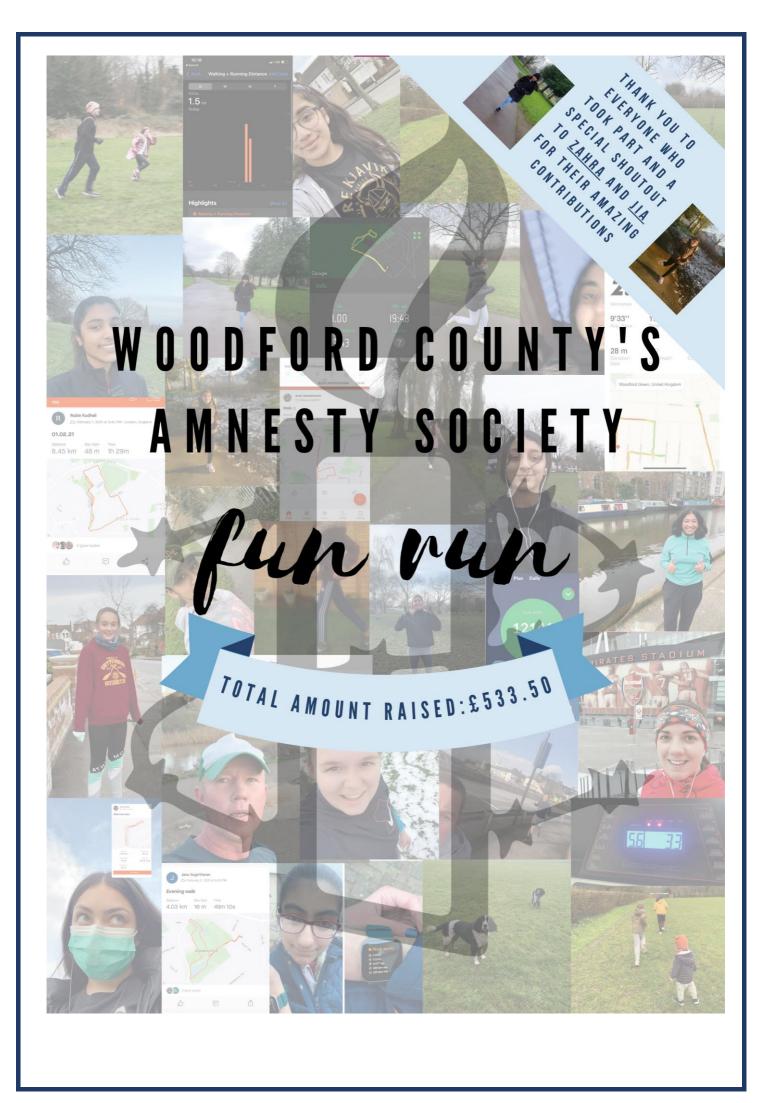
Mrs Jerome Head of Art.











Woodford County High School Composition Club!

Dear Student,

During these remote times, the BBC have been very helpful in putting together some great resources for us all to continue to make music at home.

As part of this initiative, I would like to introduce you to the brand new Woodford County High School Composition Club!

To get started, simply:

- 1. Choose a composition style from the BBC link below and read through the instructions and tutorials: *Including genres such* as: Film music, Indian fusions, Pop, Jazz, composing a new theme song for Doctor Who...
 https://www.bbc.co.uk/bitesize/topics/zhdfscw
- 2. Join the eduBandLab link below to access the WCHS Composition Club class and free music sequencing software. (Remember to seek parental permission if visiting another site on the internet). https://edu.bandlab.com/join/mc8q8sf then enter the following pin:

 M C 8 Q 8 S F
- **3.** <u>Join the WCHS Composition Club (MS Teams)</u> where you can interact with Mr. Ashman-Jones on your composition work.

Also, look out for 'Singing with the BBC Singers' being shared on the choir Teams with further details (link below).





Wellbeing Tips from Mrs. Holman

Back to school

How amazing to be able to see your friends again! However, remember that everyone has had a different experience during lockdown. It's been both a happy time for some and a sad or difficult time for others.

Be tolerant and caring about your peers' feelings and listen to what they are saying, without interruption or comment and do not judge them. Be a good friend.

If you or a friend are having a difficult time settling back in or would like to speak to someone about your experiences, please let your form tutor know.

Top Tips for Going Back to School

Be prepared

Make sure you are prepared for and understand what's different about being back. Talk about how things have changed e.g. facemasks to be worn in the classrooms

Focus on the good things

Please feel reassured that the current situation will not last forever and that any negative feelings you have should pass. Think about the future, what are you looking forward to and try to focus on those positives when you are worried.

Be careful

Understand what the school is doing to make things as safe as possible, as well the things you can do yourself to stay safe from the virus. This should help ease any anxiety. Keep to the rules.

Re-establish a routine

Routines can be reassuring too. Try to get into the swing of what worked before as far as possible in terms of healthy eating, activity and sleep, or think about new routines that work better for the situation as it is now.

Reconnect with friends

It is good time to rekindle your friendships and see those you may not have been able see, or keep in touch with, during lockdown.



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 giveyou 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 or 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 Ms Menon 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.

Helpful websites:

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

https://youngminds.org.uk/

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

https://www.kooth.com/

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)







WCHS Virtual Friday Morning Mile



Run a mile every Friday morning. Send a screenshot of your effort to @wchsukpe Instagram and add to your coach miles totals

Table Tennis

We now have two tables available for students to use during break & lunch time.

Girls will need to provide their own bats & balls.

Enjoy the fun!



LIBRARY TIME ROTATION

Year 7 Monday (break & lunch)

Year 8 Tuesday (break & lunch)

Year 9 Wednesday (break & lunch)

Year 10 Thursday (break & Lunch)

Year 11 Friday (break & lunch)

Year 12 access during your EPQ study sessions held in H3. If you are not doing an EPQ, please see me regarding your Library access.

Year 13 all other times, except break & lunch for Years 7 - 11.

Don't forget you can use the 'click-collect/delivery' service. You access it via the Library Catalogue on the school website (+More).

TWO GOLDEN RULES:

1. RETURN ALL LIBRARY BOOKS BORROWED DURING LOCKDOWN



2. YOU MUST WEAR A FACE COVERING AT ALL TIMES IN THE LIBRARY

Any questions or concerns about your Library Account see me during your library day or email me: hornd@woodford.redbridge.sch.uk.

Mrs Horn, in the Library

Currently reading...Cane Warriors (shortlisted for the Redbridge Book Awards 2021)

Ms Horn's Boredom Busting Ideas



<u>Please note:</u> if you need to create an account for any of the resources listed below – use your school email address.

If you do nothing else this week, watch <u>Letters Live</u>. Remarkable letters read by outstanding performers. The link is an archive film of some favourite ever performances of incredible letters, taken from the beautiful Freemasons' Hall. You can watch for free.

Key Stage	Resource/Event Description
Stage	
22/02/21	
3	Famous people read <u>James and the Giant Peach</u> to YOU. Enjoy!
All	Redbridge Libraries have <u>38 free ebooks</u> for you. You must have <u>Redbridge Library</u> <u>Membership</u> to access them. Enjoy!
All	Access to authors: Virtual Authors
All	Watch Grayson Perry's Art Club. The Art Department are asking Years 7, 8 & 9 to mirror the themes on the show, deadline for submissions is 31 st March. See the Art Department for the T's & C's.
All	National Theatre Collection. Access details are not to be shared with people outside of our school. Note: some age restrictions for productions. Username: 1Wp*1P3*k+ Password: 0K328Azgq)
All	Origami. Ms Carboni has Y10s making cranes for the staffroom of a local hospital. Let's all help. Watch the tutorials and post (snail mail) the cranes into school. Krokotak; Very long tutorial; Or this one
5	<u>Firstsite</u> . My Name is Not Refugee exhibition. Discover a new view of life in Britain in an exhibition of artworks chosen by a group of refugees and asylum seekers living in Colchester.
All	Redbridge Book Awards. Download (it's safe) this book from the shortlist Boy, Everywhere. Enter the short story and/or poetry competitions, deadline 26 th March. All creative writing entries to Mrs Horn, in the Library.
All	ArtFund. Get your art fix here with these digital museum guides.
3/4	WCHS MasterChef Junior Competition . March's theme is Red Nose Day. See the Food Technology Department for the T's & C's.
	School Resources (find these on the school website (+More)
All	Kerboddle has all digital editions of science & history textbooks
All	SnapRevise: as the name suggests Revise!
4/5	JStor access via the school website (+More). Username: WCHS / Password: Apple2019 (case sensitive). This is an electronic journal service, mostly used by Sixth Formers but everyone can access it – have a look at it.
3/4	Collins Connect for science revision, access via the school website (+More)
3/4	GCSE Pod
All	Massolit – short video courses on lots of subjects. You need to create your own account – use your school email address.

NEW WEBINARS HIGHLIGHTED IN BLUE THROUGHOUT THIS DOCUMENT

Spring 2021 Webinar Schedule March

To sign up:

3. Enjoy!

Register with each event via the link <u>using your</u> school email address
 Advise Mrs Horn, in the Library, which event(s) you have registered for

- 1st March @ 1415 1500 <u>Biochemistry</u>: Parasites & Proteins with Aberystwyth
- 5th March 1245 1330 <u>Politics</u>: Prospects for International Cooperation with the University of Nottingham
- 8th March 1415-1500 Politics/History: Fake News in the Age of Trump & Putin with Aberystwyth University
- 9th March @ 1245 1345 <u>Film Studies</u>: Experimental Film (1960 2000)
 with UEA & Nottingham University
- 9th March @ 1415 1500 <u>History</u>: Music in the Civil Rights Movement
- 10th March @ 1415 1515 <u>Design</u>: Design Tutorial with Goldsmiths (NB a design brief will be set before the session)
- 11th March @ 0930 1030 <u>Maths</u>: Modelling Case Studies & Skills with UEA and Nottingham University
- 11th March @ 1400-1500 <u>Natural Sciences</u>: A Trip Through A Carbon NanoZoo with the Society for Natural Sciences
- 15th March @ 1415 1500 Sport & Exercise Science: Wearable Technology

NEW WEBINARS HIGHLIGHTED IN BLUE THROUGHOUT THIS DOCUMENT

Spring 2021 Webinar Schedule March

To sign up:

- 1. Register with each event via the link <u>using your</u> school email address
- 2. Advise Mrs Horn, in the Library, which event(s) you have registered for 3. Enjoy!

- 16th March @ 1415 1500 <u>Psychology</u>: I See What You Mean. I Mean, I See What You See Now! With Aberystwyth University
- 17th March @ 1245 1345 <u>Engineering</u>: Exploring & Utilising (Outer) Space with the University of Sheffield
- 18th March @ 1330 1415 <u>Tourism</u>: Hospitality & Leisure Graduates Tell Their Story
- 22nd March @ 1245-1330 Engineering: Recycled Aeroplanes? with UEA
- 23rd March @ 1415 1500 <u>Law</u>: Miscarriages of Justice with Dr Sam Poyser of Aberystwyth University
- 24th March @ 1415 1515 <u>Law</u>: Reasoning Masterclass with Professor Andreas Stephan of UEA
- 25th March @ 1115 1215 <u>Linguistics</u>: How Can Studying Linguistics Help Your Language Learning? With Glasgow University

Practical Activities to Learn at Home

Do you want to enhance your coding skills? Are you ready to learn more at home?

Please find a list of interesting practical project ideas that you can learn at home. It is all online and it contains a mixture of programming projects and some including Electronics:

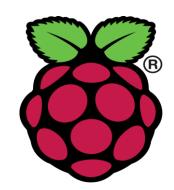
Programming Projects

- Calming LEDS
 - https://microbit.org/projects/make-it-code-it/calming-leds/
- Thermometer
 - https://microbit.org/projects/make-it-code-it/thermometer/
- Try out machine learning with Scratch [Raspberry Pi] https://www.youtube.com/watch?v=rQwJvn-noHg
- Create your own video game [Raspberry Pi] https://www.youtube.com/watch?v=mqE He2F0cw&list=PLxyaWvsfmq49REpw7XnAvhsLZI3ZbDScx
- Against the Clock [Micro:bit] Learn how to make a timer https://projects.raspberrypi.org/en/projects/against-the-clock
- Nightlight [Micro:bit] A nightlight that lights up your micro:bit's LED display in the dark https://microbit.org/projects/make-it-code-it/nightlight/
- Make a Chase Game https://scratch.mit.edu/projects/editor/?tutorial=all
- Compass North https://microbit.org/projects/make-it-code-it/compass-north/
- Step Counter
 - https://microbit.org/projects/make-it-code-it/step-counter/
- Scratch Guitar Play real chords on an electric micro:bit guitar. https://microbit.org/projects/make-it-code-it/scratch-guitar/
- Make Music https://scratch.mit.edu/projects/editor/?tutorial=all

Programming combined with Electronics

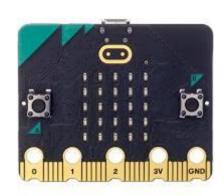
For some of these projects you will need some electronics components, have a look and have a go:

- Make it blink [Raspberry Pi] https://www.youtube.com/watch?v=r2kfPtj-sUl
- Blinking LED Circuit Stickers [Material Required]
 https://www.instructables.com/Holiday-Cards-with-Chibitronics-Blinking-LED-Circu/
- DIY Kids Traffic Lights with Arduino & Recycled Materials [Material Required]
 - https://www.youtube.com/watch?v=2QN8tdJy3cE&feature=em b_logo
- Arduino Tutorial: Mini Piano [Material Required]
 https://www.youtube.com/watch?v=niiFx9eiCZk&feature=emb_l
 oao
- Buzz Wire Game [Material Required]
 https://www.youtube.com/watch?v=mXleSlmRQuc&feature=em
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Free Saturday Clubs for all Year 9, 10 and 11 students - launching at 10am this Saturday 27th February for ten weeks

From this morning, we are keenly accepting online applications to all four Saturday Club programme options being hosted free of charge and virtual initially, then at our Barking & Dagenham College Campus as soon as we're able.

These exciting opportunities are available to all young people aged 13–16 and will develop advanced skills in areas that you currently enjoy or wish to discover and to learn much more about.

In 2021, we are offering the following four options:

Option 1 - Esports as a future career - This Saturday Club option would cover an introduction to employability roles within the growing Esports sector, alongside designing and the creation of content. The sessions will allow all Club members to experience broadcasting a live stream, looking at tactics\strategies when playing ESports and finally event planning and the organisation and hosting, of an end of course ESports

Tournament. https://saturday-club.org/club/barking-and-dagenham-college-esports/

Option 2 - Film & Media creation - This Club would introduce you to our brand-new film and audio recording studio within the on-campus, East London Institute of Technology - ELIoT. All Club participants would get the amazing opportunity to create a short film and soundtrack and then edit both into a final broadcast standard, production. At the end of the programme, all the films would be showcased in a Film event held at the College and shown online nationally. https://saturday-club.org/club/barking-and-dagenham-college-film-media/

Option 3 - Creative Industries, Art & Design - This programme will immerse you in a wide range of exciting and engaging creative arts workshops exploring various Art & Design processes and using sector-standard equipment which will release and enhance all your inner skills and abilities. You will cover different areas of practices, from Fashion to Architecture to Graphic Design and much more. You will need an internet connection, a tablet/phone/computer to join, a free zoom account and something to draw with. https://saturday-club.org/club/barking-and-dagenham-college/

Option 4 - Art & Design, Designing and creating your unique phone case. You will be measuring your own phone using industry standard equipment, drawing the design in 2D and 3D using CAD and 3D printing, choosing and testing materials and finally, laser cutting to make the final and unique product. You should have predicted pass grades in GCSE English, Maths, Science and Design & Technology would be preferred - this option will start online on Saturday 6th March. https://saturday-club.org/club/barking-and-dagenham-college-product-design/

This is a free Saturday Club programme for all Year 9, 10 and 11 students - launching online at 10am this Saturday 27th February for ten weeks

David Staley

Schools Engagement and Alumni Officer

Direct: 0203 667 0215

Please view and share our Course Guide for 2021/22

https://barkingdagenhamcollege.pagetiger.com/ckezgxe/1

Ages 12-18 | 'Live Online' or In-Person at UCL



Architecture | Computer Science | Dentistry | Engineering | Investment Banking | Medicine | Psychology | Veterinary Medicine

Supercharge your students' potential today. Hands-on, immersive career experiences now available in 8 STEM-related industries.

Register now for a unique opportunity to work alongside experienced engineers, doctors, psychologists, vets and others this term. Students can choose to attend 'Live Online' before Easter or inperson later in April. Our in-person events have strict COVID measures in place.

Please share this email with students and parents so they can register now. You can download a PDF of this email here.

Register Now (Ages 15-18) Register Now (Ages 12-14)



BUILT FOR YOUNG CREATORS

The Young Songwriter 2021 competition is open for entries – a fantastic opportunity for musical & creative pupils



Dear Dr Ashraff,

Do you have pupils (aged 8-18) who love writing songs? The Young Songwriter 2021 competition is now open for entries and we can't wait to hear what your pupils have to say!

Many teachers have said that announcing The Young Songwriter competition opportunity is an inspiring way to engage, motivate and boost the confidence of musical & creative pupils. This year it's more important than ever.

$\frac{\textbf{FIND OUT MORE ABOUT THE}}{\textbf{YOUNG SONGWRITER COMP}} \rightarrow$

Calling all young songwriters!

- Aged 8-18? Written your own original songs? Fancy writing your first song?
- The Song Academy Young Songwriter 2021 competition #SAYS21 is open for entries until the 31st March 2021.
- Win great prizes (including a recording studio session and Yamaha equipment worth £1,000), have opportunities to be heard & connect to young songwriters worldwide.
- With judges including Fraser T Smith, Tom Odell, Miranda Cooper, Calum Scott & Tom Grennan this year is set to be bigger than ever!
- Check out <u>songacademy.co.uk/SAYS21</u> for inspiration, tips on songwriting and how to enter #SAYS21.

Gen Z has something to say and we can't wait to hear it! Be part of an exciting and uplifting community of young songwriters across the world – listening to everyone's songs, feeling connected and having access to exclusive opportunities!

Thanks for helping us to inspire young people to express themselves and find their voice. We're looking forward to listening to their songs.

All the best Rowena & The Song Academy Team

FIND OUT MORE & ENTER THE COMPETITION \rightarrow