



Woodford County High School Weekly Student Bulletin

Tuesday 2nd February 2021

**Welcome to Bulletin No. 2 just for the
Woodford Students**

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, even during lockdown.

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 Diary

Childrens' Mental Health Week

Yesterday, Kate Middleton, Duchess of Cambridge, has marked the start of Children's Mental Health Week with the release of a video about the importance of supporting emotional resilience in children.

The Duchess said that both she and The Duke of Cambridge believe that:

"Every child deserves to be supported through difficult times in their lives"

She also spoke of the importance of giving children and young people "tools to cope, and to thrive" in life.

You can read more about this on the Young Minds Website following this link:
<https://youngminds.org.uk/blog/youngminds-and-childrens-mental-health-week/>

This week there will be more information from your Tutors involving you in Mental Health Week, with the theme of "Express Yourself".

Digital family quiz



We are hosting a new fun and interactive quiz event online which will test your family's tech knowledge! The event is suitable for parents, carers, grandparents, uncles and aunts and secondary school-age children – and you can take part from your living room or dining table.

All you need to join is a device like a smartphone, laptop or a PC with internet connection.

Everyone who takes part will be entered into a prize draw with a chance to win a £20 voucher.

Quiz dates

Wednesday 10th February at 6:00 - 7:00pm

Saturday 13th February at 10:30 - 11:30am

Book online at <https://forms.gle/cjvhzLxWWozhwLYh7>

For more information please email
Familylearning@redbridge-iae.ac.uk

Full list of courses from Redbridge
Institute can be found at:

www.redbridge-iae.ac.uk

☎ 020 8550 2398



@redlae



London Borough of
Redbridge



 **parentzone**
The experts in digital family life



AMNESTY SOCIETY PRESENTS...

RUN FOR HER



Around the world there are **132 million girls** out of education. As part of our aim to educate about and stand up for human rights, we are holding a fun run as part of our 'Run For Her' campaign. Our goal is to run **132 miles** as a collective: each mile representing a girl and her struggle for education.

Unfortunately, due to the current circumstances we're unable to do this at school but we would love for everyone to still get involved. We are asking for everyone to **run a mile at home** any time you're free between **1ST FEB-15TH**. This could form part of your daily exercise and you can run at home, in your garden, in your local area – wherever it is easiest – ensuring that it is a safe place to run. We ask that parents encourage their daughters to get involved and run a mile, in a suitable place and with supervision if need be, and you're more than welcome to take part too!

If willing to do so, please take and share a photo whilst running to amnesty@woodford.redbridge.sch.uk. To mark the Fun Run we would love to document positivity in such a challenging time. The class who raise the most money will win a prize!

Each person is asked to donate a minimum of £1 and is of course free to donate any more if you wish. All sponsorships will be paid online via ParentPay and all donations will be handed to Amnesty International to fund their work in providing education all around the world to those without it. **Make sure to write how many miles you ran in the NOTES section on ParentPay.**

We hope to see many girls taking part, and to prove yet again that whilst we may all be at home and far away from each other, Woodford is still a strong community able to come together to do great things.

Good luck with the running!



WCHS Amnesty Society



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:



<https://www.bbc.co.uk/bitesize/topics/zhdfscw>

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...



BandLab.

For Education



<https://edu.bandlab.com/join/mc8q8sf>

then enter the following pin: **M C 8 Q 8 S F**

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).

3. Join the **WCHS Composition Club** (MS Teams) where you can interact with Mr. Ashman-Jones on your composition work.



<https://teams.microsoft.com/l/team/19%3a5e09db8dddc41a19c996785be9de3c5%40thread.tacv2/conversations?groupId=7bf4de14-32c9-4f17-9726-8e8338cf9e39&tenantId=a50c3206-779e-4764-bee5-484b25926a36>

Also...

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



If you wish to join the WCHS Choir Teams, please speak to Ms. Hasler or Mr. Ashman-Jones:

<https://www.bbc.co.uk/teach/ten-pieces/ten-pieces-at-home-showcase-week-four/zh4bhcw>

Ten Pieces at Home Showcase - Week Four - BBC Teach

Take a look at some wonderful work made by children across the UK whilst they stay at home. In week four's activity the BBC Singers guided you in how to sing the hymn-like section from Sibelius



Food and Nutrition department Year 9 CREST Food investigation club.

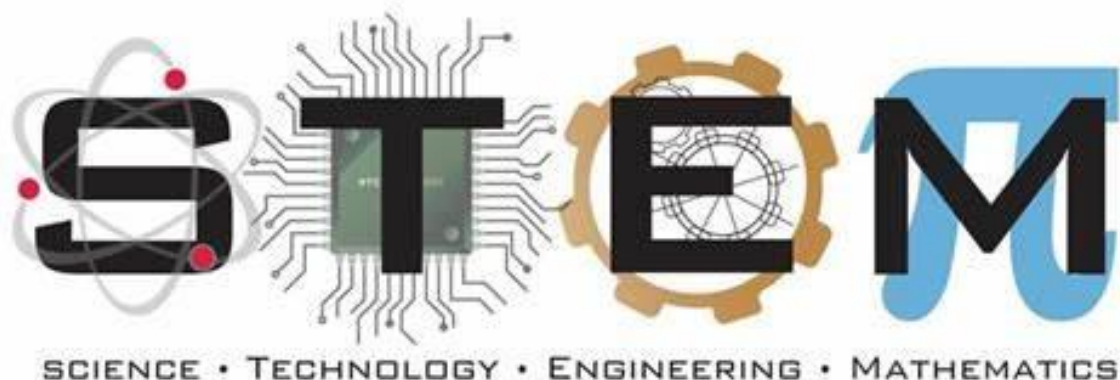
- Do you enjoy learning about Food Science?
- Do you want to participate in a Food investigation?
- Do you like to research and apply the principles of a scientific experimentation?
- Do want to earn a **CREST award certificate** in the Summer term?

Food and Nutrition department will run a Year 9 CREST Food investigation club from week beginning 22nd February for 12 weeks. The club will run remotely once a week at lunch time.

At the end of it, if you wish to receive a **CREST award certificate**, you will submit an investigation report and a fee of £5.

If you are interested to register, then send an email to **Mrs Gumbeer** gumbeera@woodford.redbridge.sch.uk with your Full name and Form class

The deadline to apply for the club is **8th February, Monday**



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 Year 7, 8 and 9 will be awarded with a certificate and a prize!

February's theme is **VALENTINE BAKE**

Email the picture of your Valentine bake, 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 28/02/21, Sunday

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

The Young Songwriter 2021 competition is now open for entries



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.

**FIND OUT MORE ABOUT THE
YOUNG SONGWRITER COMP →**

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 songacademy.co.uk/SAYS21 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 →**



#togetherwecan



Top three entries will win a £50 ASOS gift vouchers and other goodies!!

As we all know The World is in the middle of a pandemic. This Mental Health Awareness Week we are asking for your help to raise awareness of another crisis....

TEENAGE MENTAL HEALTH.

In 2020, 16.7% of boys aged 5 - 16 in the UK suffered with their mental health, as well as 15.2% of girls. The numbers are shocking yet this is not front page news.

We need to make a change. We are asking for young people to design art that can help other young people. You can use whatever art form you like; drawing, painting, photography, graphic design, poetry, music, etc.

Submissions need to be received by 6th February

Winners will be announced on Friday 7th February.

BE CREATIVE

Entries to be emailed to
holmans@woodford.redbridge.sch.uk

Remember, if it speaks to you, it may speak to someone else and change lives.



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.

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.

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)

YOUNGmINDS

kooth

 **PAPYRUS**
PREVENTION OF YOUNG SUICIDE



Tips for working at home:

Follow the 20/20/20 rule:

- *For every 20 minutes spent looking at a computer screen, you should spend 20 seconds looking at something else 20 feet away. This gives your eye muscles a break and helps reduce eye strain and headaches.*

In between lessons get up and move around the room for at least 2 minutes. At break and lunchtime try and fit in some exercise and do not forget to drink lots of water throughout the day and do not skip meals.

If you are sitting for long periods of time, without getting up, it is a good idea to move your legs around and rotate your ankles to the left and right at every opportunity.

If you don't have the option of an office chair, there are some household items you can use to help you adjust. Putting a firm cushion or tightly folded towel under your buttocks will raise your hips and increase the curve of your spine, making sitting more comfortable.

Try to sit upright and have your feet firmly on the floor (not dangling). When looking at the screen, your eye line should be level with the address bar on your web browser.

Find a working height so that your elbows naturally fall flush with your table/desk height (90 degrees).



Ms Horn's Boredom Busting Ideas

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

If you try just one of these boredom busting ideas, try [Apples and Snakes](#). Modern spoken word poetry movement. Enjoy!

Key Stage	Resource/Event Description
22/01/21	
All	Virtual Library . A free book each week, starting with Tracy Beaker.
All	Virtual tour of London Attractions . Uncover mummies at the British Museum during Lunchtime, just a suggestion.
All	Learn Japanese . A blog about the Japanese language and culture.
All	Build your Japanese Vocabulary . Free for the first 3 levels.
All	Memrise . Learning a foreign language? Forget textbooks, practice here.
All	British Museum talk on Climate Change, 28 th January @ 17.30.
4/5	ISIS . Oxford Uni magazine. Pretty pictures, podcasts, articles & more.
All	Redbridge Book Awards Creative Writing Competitions: Short Story & Poetry details. All entries to Mrs Horn in WORD before the closing date 26 th March 2021. Here are the shortlisted books for 2021: Children & Teen . If you can get access to these books, read them and let me know your favourite from both categories OR rank them and email me your list.
3/4	<p>News Feeds, try these:</p> <ul style="list-style-type: none"> • BBC Newsround offers daily stories on national, international, sports, entertainment and science news, as well as inspiring stories about children. You can watch the Newsround bulletins and read stories on the website. • BBC What's New? a news programme for young people in Africa. A weekly broadcast is available to watch on their YouTube channel. They also include stories about children doing remarkable things in different African countries. • The Day is an online news service for schools. You can read certain articles for free but must subscribe to access the full range of stories and materials. There is also a weekly news quiz that you can access for free. • Dogo News an online news site with an international perspective. • First News Live includes a free weekly news broadcast presented by young people made by Sky News and First News, weekly polls on current news topics and the Positivity Place; a great source of positive news stories. There is also currently a limited offer to access the First News newspaper for free. • Inside Science is a science news service from the American Institute of Physics. It is a good source of weird and wonderful science news.

All	Core: Research ejournal service. Works like a google search engine. Easy, peasy.
All	Create a Picture Book . ReadingZone competition; closing date Friday 23 rd April.
15/01/21	
All	Redbridge Book Awards Creative Writing Competitions: Short Story & Poetry details. All entries to Mrs Horn in WORD before the closing date 26 th March 2021.
5	The Lancet : medical journal.
All	Gresham College Lectures : everything you can imagine from radios to neutrino to bell ringing. I love this site and use it all the time.
All	STEM Learning . As the name suggests it's STEM focussed.
3	STEM Ambassadors . A home drawing home competition for 9-12 year olds. Will be launched Monday 25 th Jan @ 12.30.
All	Neil Gaiman reads The Graveyard Book and more. Really good.
All	Mediation: calming podcast
All	Words Alive! Authors speak: this is a great site with famous author / illustrators videos, chat, tips & a funny game 'Guess the Book' etc.
3/4	MORE Authors speaking about their work and giving tips.
All	Authorfy . You need to sign up – use your school email address. Under 'Free Videos & Resources' is 'Ten Minute Challenge' – these are interesting and you will recognise many authors here. Try Holly Jackson – 'burying clues' and Joseph Elliott – he lives in Wanstead!
All	British Library – of course.
All	National Shelf Service . More author speak.
4/5	Apples and Snakes . Modern spoken word poetry movement.
4/5	Project Gutenberg . Free 'classic' ebooks, eg Black Beauty, Anne of Green Gables etc
All	Audible . Looks like they have some for free, you will have to do some searching here
All	Titanic . Immersive VR game (and story) where you explore the ship
	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.
All	Artstor . This is an art resource that we have access to until 22nd January so try it today. Username: jcs001@jcsonlineresources.org Password: Testimonial
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.

Spring 2021 Webinar Schedule - February

To sign up:

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

2nd February @ 1115 – 1215

Geography: Natural Hazards with the University of Glasgow

2nd February @ 1415 – 1500

Astrophysics: Space Exploration with Dr Rachel Cross of Aberystwyth University

3rd February @ 1300 – 1345

Music: Psychology of Performance Masterclass from Goldsmiths

4th February @ 1715 – 1800

HE: University Accommodation from Aberystwyth University

9th February @ 1415 - 1500

Psychology: Understanding Terrorism with Jen Phipps of Aberystwyth University

10th February @ 1415 – 1500

Think Tank – Artificial Intelligence with Sheffield University (Engineering Department) & UEA (Psychology & Philosophy Departments)

11th February 1300 – 1345

Nursing: Graduates from UEA Tell Their Story

11th February @ 1715 - 1800

PE: Keeping Fit (Mind & Body) @ University with Robin Lovatt of Aberystwyth University

23rd February @ 1415 – 1500

Geography: Antarctic Ice Shelves in a Warming World with Dr Tom Holt of Aberystwyth University

25th February @ 1330 - 1430

Psychology: Attachment – Research in Action with Goldsmiths & the University of Sheffield

25th February @ 1715 - 1800

HE: Getting the Most Out of Uni Life – Your Guide to Clubs & Societies @ Aberystwyth University

26th February @ 1100 – 1200

Classics: Virgil & the Aeneid with UEA & the University of Reading

2nd March @ 1115 – 1215

Philosophy: Ethics with the University of Reading & UEA

2nd March @ 1415 – 1500

Maths: The Spread of Disease in Population. Modelling & Testing with Professor Simon Cox & Dr Kim Kenobi of Aberystwyth University

4th March @ 1115 – 1215

Creative Writing: Skills Workshop with Dr Jake Huntley of UEA

4th March 1715 – 1800

HE: Not Just Any University Location – Your Guide to Studying Away From Home with Aberystwyth University

5th March 1245 - 1330

Politics: Prospects for International Cooperation with the University of Nottingham

9th March @ 1245 – 1345

Film Studies: Experimental Film (1960 – 2000) with UEA & Nottingham University

10th March @ 1415 – 1515

Design: Design Tutorial with Goldsmiths (NB a design brief will be set before the session)

11th March @ 0930 – 1030

Maths: Modelling – Case Studies & Skills with UEA and Nottingham University

16th March @ 1415 – 1500

Psychology: I See What You Mean. I Mean, I See What You See Now! With Dr Catherine O'Hanlon of Aberystwyth University

17th March @ 1245 – 1345

Engineering: Exploring & Utilising (Outer) Space with the University of Sheffield

18th March @ 1330 – 1415

Tourism: Hospitality & Leisure – Graduates Tell Their Story

23rd March @ 1415 – 1500

Law: Miscarriages of Justice with Dr Sam Poyser of Aberystwyth University

24th March @ 1415 – 1515

Law: Reasoning Masterclass with Professor Andreas Stephan of UEA

Spring 2021 Webinar Schedule - March

To sign up:

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

Opportunities

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 in-person 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 \(Ages 12-14\)](#)



<https://s4snextgen.org/>

The construction company Wates has agreed to extend the application deadline for the exciting virtual placements they are offering during the February half term and beyond.

We hope Woodford County High School students will take this opportunity to gain insights into the career pathways available in the construction industry by applying as soon as possible.

Wates Virtual Work Experience Opportunities Recruiting Now:

- [Wates: An Insight into the Construction Industry - International Women's Day 2021](#)
- Dates: 8th March 2021.
- Eligibility: 14 – 19 year old females keen to network and learn about why construction is a rewarding career choice for women.
- Application Deadline: 8th February 2021

For a full list of placements - [sign in here to search and apply.](#)

If you have any questions about the placements or experience any issues signing in to your account, please do not hesitate to contact

experience@speakersforschools.org