

Woodford County High School



Weekly Student Bulletin



Wednesday 9th June 2021

Issue No 15

Welcome to Bulletin No 15

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.

VERY IMPORTANT: PLEASE CONTINUE TO REPORT YOUR LATERAL FLOW TEST RESULTS

[Click here to access information on Lateral Flow Testing including links to report results to the school and the NHS](#)

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- National Saturday Club
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- STEM opportunities

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@WCHS_UK



@WoodfordCHS_UK

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. [Join the WCHS Composition Club \(MS Teams\)](#) 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).



Redbridge Educational Psychology Service (EPS) Children & Young People Views

"We want to hear your voice"

We at Redbridge Educational Psychology Service (EPS) are conducting a short piece of research with our Redbridge schools, children and young people and families/carers to find out how much is known about Redbridge Educational Psychology Service (EPS). We would like your help to find out what schools, students and families already know about our service and the work we do. We would also like to find out what we can do to improve the accessibility of our service, which is why your views are so important.

The survey will take no longer than 5 minutes to complete, and we have included the link to the survey below. All data will be anonymous, so you will not be identified within the research and your name will not be shared with anyone.

We will use your answers to help us understand how much schools, students and families know about the services we provide. Information gained from this research will help us to improve our services, allowing us to plan and deliver services that meet the needs of the schools, children and young people and families within Redbridge.

If you have any questions, please email either Helen O'Neill (Helen.O'Neill@redbridge.gov.uk) or Zeta Meheux (Zeta.Meheux@redbridge.gov.uk).

Children and young people's survey link -
<https://forms.gle/DhfCgfuksnJSQueu9>

Please can you submit the form by Friday 11th June at 5pm.



Strategies that can help with anxiety:

Breathe slowly and deeply.

You can count slowly to five as you breathe in, and then five as you breathe out. If this is too much, try starting with shorter counts. If it works gradually breathe out for one or two counts longer than you breathe in. This can help your body to relax.

Think of a safe and relaxing place in your mind.

It could be your bedroom, a grandparent's house, a favourite place in nature or somewhere you have been on holiday. Sometimes holding a memento of a relaxing place, like a seashell or pebble, can help.

Try using all five senses together.

Connecting with what you can see, touch, hear, smell and taste can bring you closer to the present moment and reduce the intensity of your anxiety. You might think about five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste.

Try to do something that helps you to feel calmer.

This could be running, walking, listening to music, painting, drawing or colouring-in, writing in a journal, baking, watching a favourite film or reading a favourite book.

Remember that everyone is different, and that over time you will find the things that work best for you in these moments.



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 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)

YOUNGmINDS

kooth

 **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.


NSPCC




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

SAFER SCHOOLS & YOUTH ENGAGEMENT NEWSLETTER

Every Secondary School across Havering, Redbridge and Barking & Dagenham (known as East Area) has a Safer Schools Police Officer attached to them. We will already be a friendly and familiar face to your child and a part of their school community.

Our role, put simply, is to educate your child on the law through assemblies, lessons, workshops and our general interactions with them. This is to ensure that they are equipped with the knowledge to keep themselves safe and divert them away from becoming involved in crime. We will always do our best to avoid criminalising young people using a restorative approach, although sometimes this isn't always possible depending on the nature of the crime. The safety of the staff and the pupils is our main concern.

We will be producing a Newsletter every half term, to keep you up to date with key information, and look forward to engaging with you and your child in the future. Take care and stay safe.

PERSONAL SAFETY – As lockdown measures are easing, we anticipate an increase of reports in thefts and robberies. We have officers tasked in town centres and transport hubs to provide a visible reassurance to the public, and deter any would-be offenders.

Phones and other electricals are normally the target of these thefts. Please remind your child about keeping themselves and their property safe by not having their valuables on display, and by using busy well lit routes.

Property can be registered at www.immobilise.com, or ask them to speak to their Safer Schools Officer to get their property security marked.

YOUTH PRODUCED SEXUAL IMAGERY - It is a criminal offence for a person aged under 18 to send or distribute an indecent image or to ask another to send them such an image. It is also an offence for them to take an indecent image, even if it is of themselves.

Beyond the criminal ramifications, the embarrassment and mental hurt this can cause to your child is immeasurable. Once the image has been sent on, it is impossible to get all copies of it destroyed.

Please help us to keep your child safe, and remind them not to be involved in these incidents.

For further advice, many charities including Barnardo's and the NSPCC have many accessible parent resources.



The VPC in East Area is currently recruiting for both Junior and Senior Cadets. This is a fantastic opportunity for young people to work with the Met Police, obtain their Duke of Edinburgh award, and assist with various policing operations. For more information, please contact:

Havering: Anthony.Kiddle@met.police.uk

Redbridge: Amanda.Miller@met.police.uk

Barking & Dagenham: Mark.Colyer@met.police.uk



MAY 2021

THINGS TO KNOW:

BIKES

We have had a number of reports of children using their bikes in an anti-social manner in the roads.

Not only is this a nuisance to other road users but, more importantly, we do not want any child to be injured.

Please remind your child that when they are cycling in the road, they must adhere to the Highway Code.

Some good advice from journey planning to how to fix a puncture can be found at:

<https://www.cyclinguk.org>

E-SCOOTERS

Although you can legally buy an E-Scooter in the UK, you can **ONLY** ride them on private land with the land owner's permission. Anyone riding one on a public road, cycle lane or pavement is committing an offence. The Scooter may then be seized and further police action may be taken.

Exercise/Fitness



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!



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



Chingford
Cricket Club



Chingford Cricket Club

Cricket training at the
club's Forest Side ground,
Kimberley Way E4 6DE

Fridays

5.30pm-6.30pm

Boys ages 8-11

7.00pm – 8.10pm

**Girls ages 8-16 and
boys ages 11-18**

Only £5 per session



Follow in the footsteps
of our England & England
Lions players Dan
Lawrence and Jamie
Porter!



Softball and hard ball cricket



**Cricket fitness, training and
development sessions**
**At the Sir George Monoux Sixth Form
College**

190 Chingford Rd, London E17 5AA

Wednesdays

5.00pm – 6.30pm

Ages 8-13

6.30pm – 8.00pm

Ages 14-adult

Only £7 per session



**For more information contact Hassan Malik
on 07951 242393 or email chingfordcccolts@gmail.com**



**This
is our
game.**

Join us at:

Woodford Wells Club

Sessions will run:

Tuesdays 6.30pm from May 11th

dynamicscricket.co.uk



This is our game.

Dynamos Cricket provides a fantastic next step for all those graduating from All Stars Cricket and the perfect introduction for all 8-11 year-olds new to the sport!

Sessions are all about playing together and developing new skills, teamwork and friendship.

Every child that registers will receive their very own Dynamos Cricket New Balance t-shirt, personalised with their name and number on the back and have access to a brand new digital app, packed with exclusive cricket content, unlockable skills challenges, quizzes and activities.

**Sign up today to your nearest
Dynamos Cricket centre.**

dynamoscricket.co.uk

The West Ham United academy pathway would be open to girls aged U10 to U16 of any ability or experience, and they hope to be able to place every participant somewhere within their pathway or refer them to one of the local sister clubs. Use the following link to sign up:

<https://www.whufc.com/news/articles/2021/april/19-april/west-ham-united-womens-academy-trials-set-july-apply-now>

West Ham United Women's Academy trials set for July - Apply Now!



The poster features the West Ham United crest in the top left corner. To its right, the word "WOMEN" is written in large, white, sans-serif capital letters. Below this, a red chevron points upwards towards the word "WOMEN". Underneath the chevron, the words "THE ACADEMY OF FOOTBALL" are written in a smaller, white, sans-serif font. The central text reads "U10-U16S" in a white, sans-serif font, followed by four white 'X' marks. Below this, the word "TRIALS" is written in very large, bold, white, sans-serif capital letters. Underneath "TRIALS", there are four white 'X' marks followed by the text "2021/22" in a white, sans-serif font. At the bottom, the phrase "SIGN UP TODAY" is written in a bold, blue, sans-serif font. The background of the poster is a photograph of two young girls playing soccer on a green field. One girl, wearing a yellow bib over a purple shirt and dark shorts, is in the foreground, dribbling a soccer ball. Another girl, wearing a purple shirt and dark shorts, is behind her, attempting to tackle. The background shows a clear blue sky and a white goalpost.

WOMEN
THE ACADEMY OF FOOTBALL
U10-U16S X X X X
TRIALS
X X X X **2021/22**
SIGN UP TODAY



**GIRLS REGIONAL
TALENT CLUB**

TRIALS 2021-22



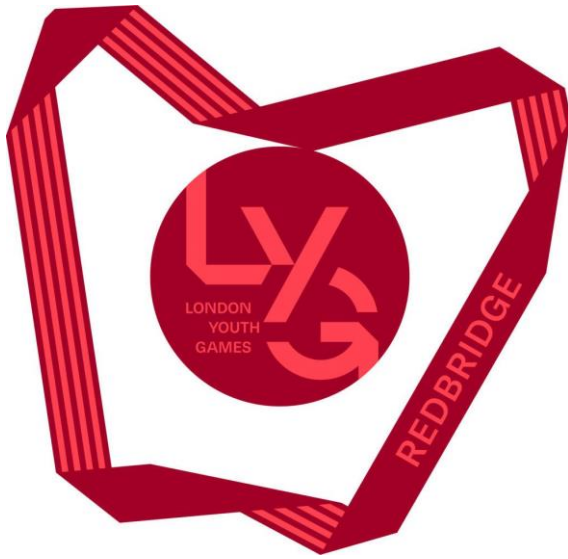
ARE YOU LOOKING FOR THE NEXT STEP UP IN YOUR
FOOTBALL JOURNEY?

WE ARE HOSTING OPEN TRIALS FOR ALL POSITIONS
WITHIN THE FOLLOWING AGE GROUPS; U11, U12, U14
& U16. TRIALS TO BE HELD IN COLCHESTER,
THROUGHOUT JUNE!

**FOR MORE INFORMATION & TO REGISTER
CLICK THE LINK BELOW**

[HTTPS://FORMS.GLE/EGUYKM34CA9PGFJL8](https://forms.gle/EGUYKM34CA9PGFJL8)

CONTACT ESSEXRTC@ESSEXFA.COM FOR MORE INFO



LYG Open Games – Yr8/9 Girls Football -
Saturday 11th September – Mabley Green
Park

Together with LYG & Frenford clubs we are putting together a Redbridge Girls Team to compete in this years' open competition. Any girls who may be interested in attending trials/training which will be held:

Monday 6pm-7pm @ Frenford Football Club
(IG1 3PS)

Starting 31st May 2021

YOUTH ACADEMY

TUESDAY EVENINGS

18:30 - 19:45

OLD LOUGHTONIANS

Coaching for boys and girls aged 7 to 14 is available **FREE OF CHARGE** on Tuesday evenings from 18:30 to 19:45 at Old Loughtons' during school term times throughout the hockey season.

The Youth Academy was set up in 2000 and is open to everyone regardless of whether they are a club member.

This initiative is part of our aim to work within our local community and promote hockey for all.

Please contact the Club Office on **0208 504 4010** for more information.

FREE



NATIONAL SATURDAY CLUB

Free Saturday Clubs for all Year 9, 10 and 11 students - launching at 10am on 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/ckezqxe/1>

[View this email in your browser](#)



Think accountancy is just about number-crunching? Think again.

We're BDO, one of the UK's largest accountancy and business advisory firms, working with some of the most exciting and ambitious companies in the UK and across the world. We find solutions to their toughest challenges. That means there's so much more to a career here than just the number-crunching you might assume of accountancy, and there are lots of ways you can make a big impact.

Who the programme is for

We've created the Explore BDO Virtual Insight Programme to show you what's exciting about a career at BDO. This programme is specifically open to **students in Years 10-12 who attend a state school and have either been eligible for free school meals or would be the first of your family to go to university.**

At BDO, we believe your career success should be defined by your talent and drive, not your background. You don't need any previous experience in

accountancy. If you've got the drive and the determination, then we'd like to hear from you.

What you'll do

Over a week, from the 5th-9th July, you'll join a range of virtual sessions that give you the opportunity to fully understand what we do at BDO and what your career here could look like. You'll meet our senior leaders, recent apprentices, and industry experts, whilst developing professional skills you can add to your CV that will give you a head start in your career both here at BDO and beyond. If you're in the relevant year of study with the required grades, at the end of the week you'll have a chance to secure a fast-track onto our Summer School or school-leaver apprenticeship programmes.

What's next?

This programme is a chance for you to learn more about BDO and the sector we work in. It's also designed to help you decide if an apprenticeship with us is the best option for you. We see apprentices as an important part of our future and have a strong track record of hiring talented youngsters who go on to play a major role in our business; our Managing Partner, Paul Eagland, joined us straight from school.

Take the first step towards your future and find out more about the Explore BDO Insight Programme.

Apply Now

The **insurance sector** generates a significant impact to the GB economy and, believe it or not, is an interesting and vibrant section that dates back centuries. It's future is steeped in influencing the fourth industrial revolution and key advancements in technology, such as Artificial Intelligence, Quantum Computing, Robotics and Blockchain.

The world will always need insurance, and brokers are there on the front line helping their large corporate clients to have adequate risk management methods, including suitable insurance policies. However, the world is changing, and becoming increasingly complex with innovation often driving this change.

There is a real need for experts who are able to innovate and use Design Thinking. Design Thinking is extremely useful in tackling problems that are ill-defined or unknown, by re-framing the problem in human-centric ways, creating many ideas in brainstorming sessions, and adopting a hands-on approach in prototyping and testing. It is based heavily on the methods and processes that designers use (hence the name), but it has actually evolved from a range of different fields — including architecture, engineering and business. Design Thinking can also be applied to any field.

What we want to do is bring together the next future of STEM leaders and help them learn more about Design Thinking and Innovation.

We would like to invite a group of around 20 female students (aged 14 – 18) who possess an interest in Science, Technology, Engineering and Maths based subjects, to take part in a virtual insight week with WTW to learn more about innovation.

Taking place in early March, as part of International Women's Day, each participant will have the opportunity to learn more about Design Thinking and what it means to be an innovator! Participants will be split into small groups, where (supported by a WTW coach) they will be taken on the journey of 'Innovation and Design Thinking'. They will undertake challenges that allow them to develop their innovative thinking skills. A skill which is highly sought after by many employers. At the end of the week teams will present their innovations to a panel with the winning team gaining a prize!

The course will run from Monday – Friday only, and will run for a maximum of 1.5 hours every day. We also ask that participants also have their own laptop to use throughout the week (with internet capability), along with an email address that can be used for invitation purposes.

If you're a young person interested in taking part in this exciting opportunity, please get in touch with **Rhoda Quist** at STEM Learning on R.Quist@stem.org.uk who will be able to provide more information and sign up details.



About Willis Towers Watson

Willis Towers Watson (NASDAQ: WLTW) is a leading global advisory, broking and solutions company that helps clients around the world turn risk into a path for growth. With roots dating to 1828, Willis Towers Watson has over 40,000 employees serving more than 140 countries. We design and deliver solutions that manage risk, optimize benefits, cultivate talent, and expand the power of capital to protect and strengthen institutions and individuals. Our unique perspective allows us to see the critical intersections between talent, assets and ideas – the dynamic formula that drives business performance. Together we unlock potential.



[willistowerswatson.com/social-media](https://www.willistowerswatson.com/social-media)

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

“EXTREMELY VALUABLE”

STEM & MEDICAL SCIENCES

“A ONE OF A KIND EXPERIENCE”

“HIGHLY BENEFICIAL”

“INTERESTING, ENGAGING & THOROUGH”

★★★★★ Trustpilot

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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)