Woodford County High School

Weekly Student Bulletin





Tuesday 6th July 2021

Issue No 19

Welcome to Bulletin No 19

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

<u>Click here to access information on Lateral Flow Testing</u> including links to report results to the school and the NHS

In this issue:

Social media
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Vote for Dhara!
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Helpful websites
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Girls Regional Football Talent Trials
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Youth Academy

Big Bang Digital places? NHS careers Think Accountancy STEM opportunities WWW.WOODFORD.REDBRIDGE.SCH.UK

FOLLOW US ON SOCIAL MEDIA





@WCHS_UK @WoodfordCHS_UK



Tuesday lunchtimes in the hall – starting Tuesday 15th June

1.00-1.40pm - come for as much as you can!(Bring a packed lunch if possible so that you can eat before/after)

All year groups welcome – you will be socially distanced.

No need to read music – we'll be learning some easy pop songs for the Summer Showcase



Action Planning for a Child Friendly Redbridge

Tell officers from the council about the changes you want to see to make Redbridge a better place for young people

WHEN: MONDAY 19TH JULY, 5-6:30PM

WHERE: ONLINE VIA ZOOM

HOW: SIGN UP VIA EVENTBRITE HERE AND REGISTER TO GET YOUR SUMMER

GOODY BAG HERE





Year 7s COVID Research

Dear year 7's

There is currently research being done at UCL (University College London) on the impact Covid-19 and the subsequent lockdowns have had on current year 7's particularly looking at the transition between year 6 and 7. Your input in this survey would be greatly valued.

The survey is optional and there is an option to have an online interview. You may also withdraw your responses should you wish to.

Please complete this survey with your parents at home. It should not take longer than 10 minutes and will provide critical information to the researchers at UCL on how the pandemic has affected your year group as a whole The link below take you to the survey and this will also be on Satchel One:

https://redcap.slms.ucl.ac.uk/surveys/?s=ADXTWYN
JTN

Thank you in advance

Miss Zakir

Congratulations to the Winners of the Google 3D Build Your Legend Robot Challenge

FIRST PLACE WINNER SHIREEN - WITH HER ROBOT - TRENDY-DIAMOND-BOBCAT





RUNNER UP: AREESHA - WITH HER ROBOT- CLEVER - RASIN - ERMINE

RUNNER UP: MARIA – WITH HER ROBOT - SPOTTY- CHARCOAL-HUMMINGBIRD









Well done to the rest of you that entered, I hope you enjoyed making your robot, we received many outstanding robot images it was a difficult decision!

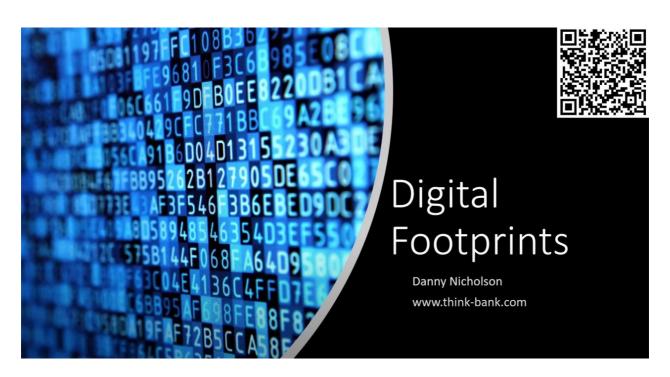
Mrs Del Giudice

Dear Student

Please find below this month's online safety video on 'Digital Footprints'. This is a four minute video, please do make time to watch this and discuss this with your parents and friends.

As young adults you are constantly reminded that the things you do and say online won't go away. Often we focus on the downsides of having a permanent & public digital footprint but your online presence can be just as beneficial if it is a positive one, one that reflects your skills & interests etc. Make your digital footprint work for you.

Mrs Del Giudice Network Manager



<u>Wootube – Woodford's YouTube channel</u>





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 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)





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.



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

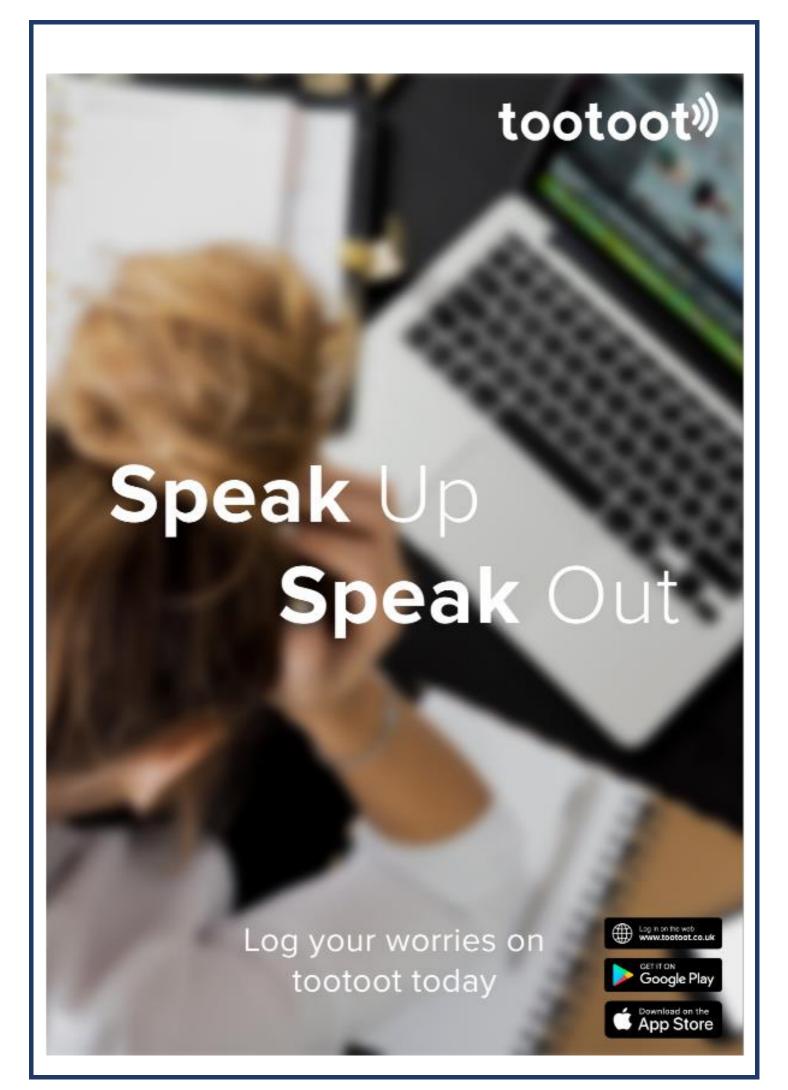
Please look out for some information from me, most likely in the new year, when there are hopefully less Covid Restrictions with regard to the Pride Youth Network!

Take care now.

Miss Keith

Pride Youth Network Co-ordinator





"Creative Writing Competition"

Writing To Reflect View online

Calling All Creative Minds: Writing To Reflect

Enter now for your chance to win a programme place and tablet!



At InvestIN, we want to finish the school year on a high by taking a moment to reflect on what we have gained this year, rather than what we have lost.

To celebrate National Writing Day, we're calling on students aged 12-18 to enter our 'Writing to Reflect' competition. We're looking for positive, thoughtful submissions detailing a skill or life lesson you have learnt outside the classroom and how you think it will benefit your future.

Shortlisted entries will be judged by a professional writer and the winner will receive an Amazon Fire Tablet and a place on one of our 'Live Online' weekend programmes! For every entry, we'll make a donation to UNICEF, whose life-changing work helps children across

The world access education.

The deadline for entries is Friday 6th August and must be no more than 250 words. Enter now for your chance to win!





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RAISING MONEY FOR

HUMANITARIAN AID





INTERNATIONAL RED CROSS AND RED CRESCENT MOVEMENT

NON-UNIFORM DAY

FRIDAY 9TH JULY £1.50 to be paid via ParentPay

"We go where we are needed most"

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

PE Extra-curricular (Summer) June 2021



	Monday	Tuesday	Wednesday	Thursday	Friday
Before School		Year 8 Athletics Club HBA – Field 7:45-8:30am			KS3 Morning Mile JBR - Field 7:50-8:15am
Lunch time (Times vary)	Year 8 Rounders HBA – Field 1:30-2:10pm	Year 7 Football TLE – Top Netball Courts 12:20-1:00pm Year 10 Rounders VJA –Field 1:20-2:00pm	Year 9 Rounders KRI – Field 12:40-1:20pm	Year 7 Rowing Club HBA – Dance Studio 12:30-1:00pm Year 10 Volleyball VJA – Sports Hall/Field 1:20-2:00pm	Year 8 Football JBR – Top Netball Courts 1:45-2:15pm Year 8 Tennis HBA – Courts on Field 1:45-2:15pm Year 9 Athletics KRI – Sports Hall/Field 12:40-1:20pm
After school	Year 7 Rounders JBR - Field 3:20-4:30pm		Year 7 Athletics JBR - Field 3:20-4:20pm Year 10 Athletics VJA - Field 3:40 - 4:40pm	Year 9 & 10 Rugby (Starting 17 th June) Saracens Rugby Coach – Field 3:30-4:30pm	Year 9 Prisons JBR – Sports Hall 3:20-4:10pm



London Pulse Summer Netball Camps

Join our Summer Camps for the opportunity to train with the team behind London Pulse one of the UK's leading netball teams! Each session our qualified coach is joined by members of the London Pulse team, who will provide a players insight into the sessions. You can join us for as many days as you like at locations across the region! Every day is unique. The camps are now split into age groups and younger ones focus on basic principles of the game whilst older ones develop skills to further their abilities.

Woodbridge School Come-and-play days

30th July -

https://londonpulsenetball.com/product/summer-come-play-a-day-tournament/

27th August – https://londonpulsenetball.com/product/summer-come-play-a-day-tournament-2/

Churchfields Jnr School Summer Camps

https://londonpulsenetball.com/product/summer-netball-camp-churchfields-jnr-school-2/

Dates: 26th and 27th July (School Years 3-6) 28th and 29th July (Years School 7-10)

https://londonpulsenetball.com/product/summer-netball-campchurchfields-jnr-school-3/

Dates: 23rd and 24th August (School Years 3-6)

25th and 26th August (School Years 7-10)

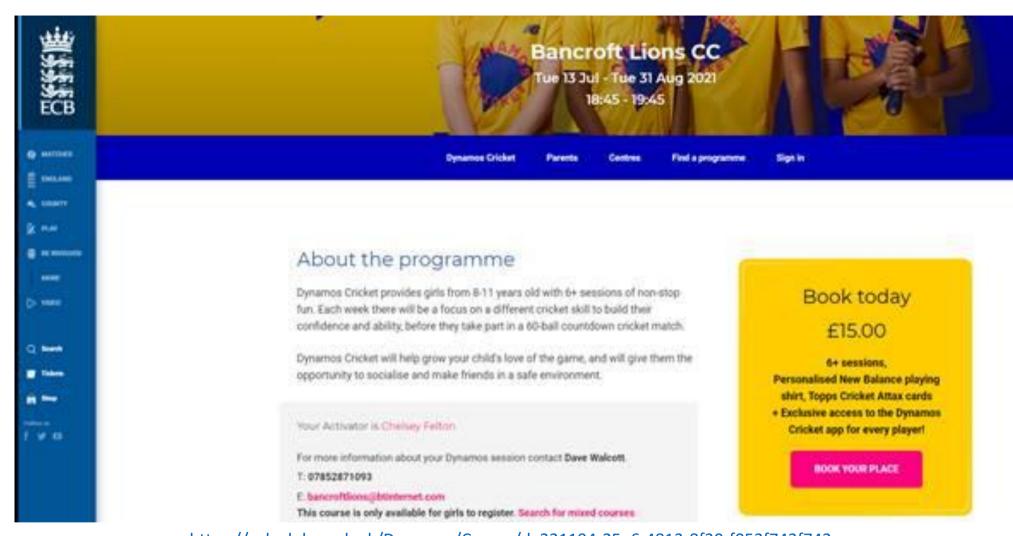
Camps – London Pulse Netball London Pulse are a semi-professional sports club competing in the UK wide Sky Sports broadcast Vitality Netball Super league. www.londonpulsenetball.com

Lisa Brown

Administration, Community & Camps Team London Pulse Ltd

Phone: +44 (0)7816 101337

Email: <u>info@londonpulsenetball.com</u> Website: <u>www.londonpulsenetball.com</u>



https://ecb.clubspark.uk/Dynamos/Course/da321194-25e6-4813-8f20-f053f743f742

For more information about your Dynamos session contact Dave Walcott.

T: 07852871093

E: bancroftlions@btinternet.com

This course is only available for girls to register. **Search for mixed courses**



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!







Cricket fitness, training and development sessions

At the Sir George Monoux Sixth Form College

190 Chingford Rd, London E17 5AA



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

FREE Summer Holiday All Stars cricket for 5-8 year olds and FREE Dynamos Cricket for 8-11 year olds at Chingford Cricket Club for children entitled to free school meals

What is All Stars Cricket?

https://www.ecb.co.uk/play/all-stars

All Stars Cricket provides a fantastic first experience for all children aged 5-8 years old where they're guaranteed 8 sessions of jampacked fun, activity and skills development. The programme is designed to introduce children to the sport, teaching them new skills, helping them make new friends and have a great time doing so.

Every child that registers will receive a backpack full of goodies. Your child's pack will include:

- Backpack
- Cricket bat
- Cricket ball
- Personalised t-shirt with your child's name



What is Dynamos Cricket?

https://www.ecb.co.uk/play/dynamoscricket

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!

Complementing junior cricket, Dynamos provides children with a more social offer focused on developing fundamental movement skills and applying them in an exciting game of countdown cricket.

We know how important it is to look like the heroes of the game, so every child who registers will receive their very own Dynamos Cricket New Balance t-shirt, personalised with their name and number.



The programme

Key All Stars course features include:

- A perfect first experience of cricket for all boys and girls aged 5-8 years-old
- Eight 50-minute sessions, Wednesday and Friday afternoons during the school holidays
- All Stars Cricket kit bag
- Valuable time with your kids mums and dads are encouraged to take part too
- · Safe and fully accredited



- Dynamos Children will use soft balls and light wooden bats
- Eight 60 minute sessions, Wednesday and Friday afternoons during the school holidays
- Introduction to game play through a countdown cricket match
- New Balance personalised t-shirt with name and number
- Valuable time with your kids mums and dads are encouraged to take part too
- Complementary digital app experience
- Exclusive access to Topps Cricket Attax cards
- Safe and fully accredited



What will my child be doing?

All Stars is all about giving children the best first experience of the sport, with an emphasis on fun!

Children will learn fundamental movement skills including catching, throwing and batting. Soft balls and plastic bats are used by everyone and all participants are given their very own cricket bag full of everything they need to play the game.

Every child will earn stars in their own activity booklet that match the skills learned during the programme:

- Batting hitting a moving ball
- Throwing underarm and overarm
- Catching small and large balls
- Bowling overarm
- Running lots of movement
- Teamwork fun games with friends
- Communication the basics of cricket
- Spirit of Cricket how to respect others

Dynamos Sessions begin with a 5-10 minute warmup to get the children moving and recapping on gross motor skills and basic ball handling.

The sessions continue with skill builders for 15 minutes, providing everything children need to play, particularly focusing on bowling, which can be the make-or-break element of any game of cricket!

The session finishes with a game of countdown cricket that will take 30-45 minutes and give everyone a chance to participate in all elements of the game – batting, bowling and fielding.

When is it?

The All Stars and Dynamos programmes will be run together so that brothers or sisters of different ages can attend at the same time, every Wednesday afternoon and Friday afternoon throughout August, on 4th, 6th, 11th, 13th, 18th, 20th, 25th and 27th.

Parents can stay and watch from the clubhouse where we have picnic tables and benches - or get involved!

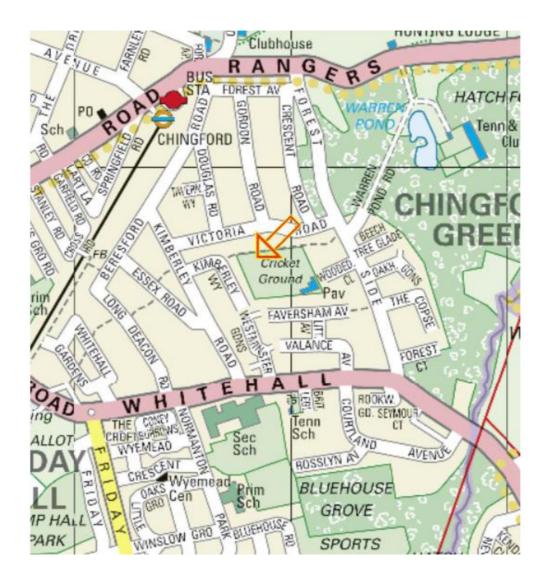
How do I sign my child/children up for either programme?

Contact Mark Campbell on 07958 021005 or e-mail Chingfordcccolts@gmail.com

Where is Chingford Cricket Club?

The club is located up a short track (signposted) just off Kimberley Way, Chingford, E4 6DE. It is a short walk from Chingford bus and train stations.

Free parking is available at the ground





Join us at:

Woodford Wells Club

Sessions with run: Tuesdays 6,36pm from May 11th

dynamoscricket.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!







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

WE ARE HOSTING OPEN TRIALS FOR ALL POSTIONS 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

<u>HTTPS://FORMS.GLE/EGUYKM34CA9PGFJL8</u>

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 Loughts' 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.









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.







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 <u>here</u>.

Register Now (Ages 15-18)

Register Now (Ages 12-14)