

Woodford County High School



Weekly Student Bulletin



Tuesday 7th September 2021

Issue No 22

Welcome to Bulletin No 22

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.

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](#)

It's good to see you back and welcome to the new students to Woodford. Wishing you all a happy and successful year ahead.

In this issue:

- Social Media
- Senior Choir
- Library books
- 16+ COVID vaccination info
- Youth Leadership Role
- Wellbeing tips
- Useful helplines
- LGBTQ+ information
- Sport
- STEM

WWW.WOODFORD.REDBRIDGE.SCH.UK

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@WCHS_UK



@WoodfordCHS_UK

Senior Choir is back!



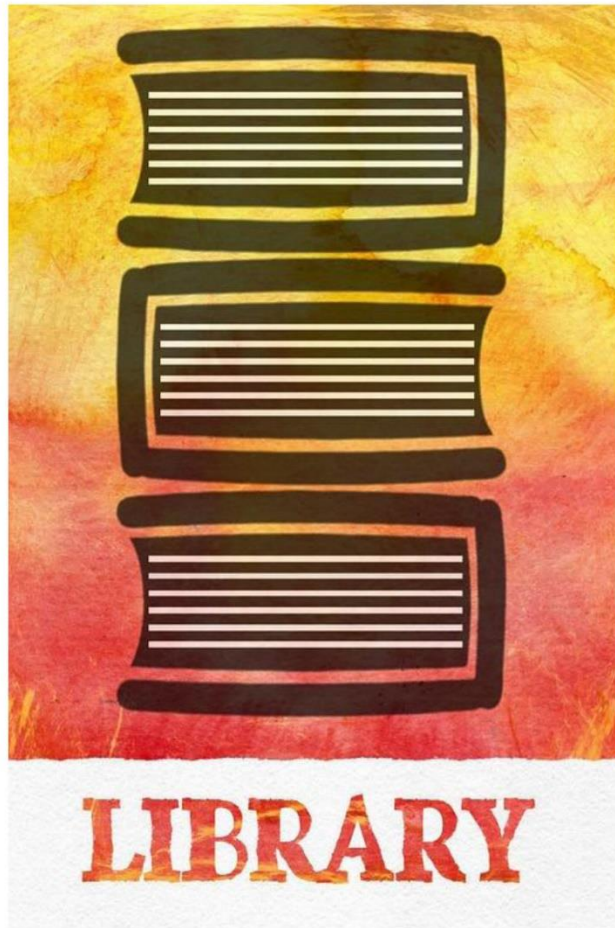
First rehearsal: Wednesday 8th September, 1.25pm in SF1

After the first week, rehearsals will be every Thursday at 1.25pm

All students in Years 10-13 welcome – bring your lunch and eat beforehand

We will be starting by practising our traditional School Birthday blessing – then moving onto something new.

RETURN Your Library Books



Please return all Library books borrowed last term. Our records show that we have a number of seriously overdue books on loan.

If you are unsure of the status of your Library account see me in the Library to discuss.

Many thanks,
Danielle Horn
Librarian

Currently reading Fen

Heading back to school or college



Continue to test
twice weekly



Wear a facemask
in crowded areas



Wash your
hands regularly

protect your friends and family

ARE YOU AGED 16 AND OVER?

YOU CAN NOW GET YOUR COVID VACCINATION

GET JABBED AND GET ON



**KEEP
REDBRIDGE
SAFE**

NHS

London Borough of
Redbridge



Dear Woodford student

Two opportunities to be elected to a Youth Leadership role and to make a difference for young people in Redbridge:

1 Nominate yourself to be the Woodford Ambassador (or Deputy) for Child Friendly Redbridge (Years 8 – 12)

Redbridge is committed to being a child friendly borough and to that end introduced a team of Child Friendly Redbridge (CFR) Ambassadors in February 2020. The first team of ambassadors and their deputies have played a vital role in ensuring that the voices of the young people of Redbridge have been listened to so Redbridge is now seeking to elect a second team of Ambassadors for the year ahead.

Child Friendly Redbridge (CFR) Ambassadors (Representative) Election 2021

An ambassador will be elected for each Redbridge Secondary Schools as well as for different youth groups. The Ambassadors will meet at least twice a term and will be chaired by the Youth MP's, helping to deliver changes on matters concerning safety, health, climate change and regeneration. Along with the meetings the Ambassadors will receive training from UNICEF on how to support and develop plans for CFR, as well as representing and consulting Redbridge young people on their priorities for Redbridge.

Each school will have a separate online election for their Ambassador, organised and supported by the Council.

To nominate yourself:

- visit the website: <https://engagement.redbridge.gov.uk/young-people/cfr/>
- submit your nomination with your Name, Date of Birth, School Year, Form Tutor and a statement of no more than 140 characters as to why you think you should be the ambassador for your school
- **The nominations for the Ambassadors will open on 1st September 2021 and will close on 14th October 2021.**

Students in years 8-12 are eligible and should nominate themselves. There is no limit as to how many young people can nominate themselves from one school. Once the deadline has passed LBR will set up an **online election** for each school. A brief description for the role of Ambassador is attached. **The Ambassador Election will take place from 18th – 29th October** and will be first past the post – with the winning candidate being the Ambassador and the person who is second being the Deputy. The Deputy will take the place of the Ambassador if the Ambassador is unable to attend a meeting. The announcement of the winning Ambassador and Deputy for each school will be made in November 2021.

2 Stand for election to the Redbridge Youth Parliament or contribute to “Make Your Mark” 2022: Advance Notice

Nominations for the Redbridge Youth Election 2022 will open on 18th October 2021 and more information on the Member of Youth Parliament (MYP) election will be sent out shortly. In addition, **Make Your Mark 2022**, which is the national consultation for young people run by UK Youth Parliament, will this year take place at the same time as the Redbridge Youth Election and will be **online**. Registration for schools will start in November 2021. **Both the MYP election and Make Your Mark will take place from 31st January – 10th February 2022** and more details will be sent out nearer the time.

Please direct questions about either of the above to me
(ashraffC@woodford.redbridge.sch.uk).

Dr C Ashraff

Assistant Headteacher



DO **YOU** WANT TO DELIVER
BIG CHANGES FOR YOUNG
PEOPLE IN REDBRIDGE?

BECOME A **CHILD**
FRIENDLY REDBRIDGE
AMBASSADOR

working towards

**child
friendly**
Redbridge

**NOMINATE
YOURSELF**

visit

engagement.redbridge.gov.uk/young-people/cfr

DEADLINE IS
14TH OCTOBER



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

The Mix Crisis Messenger

shout
85258
here for you 24/7

CRISIS TEXT LINE |

THE MIX
Essential support for under 25s

0808 808 4994

LGBTQ+

Dear Students,

Pride is a movement which celebrates diversity as well as protesting against discrimination and violence as whilst the rights of the LGBTQ+ 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 LGBTQ+ 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 LGBTQ+ 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 LGBTQ+ 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





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

Table Tennis

Enjoy the two tables available for students to use during break & lunch time.

Girls will need to provide their own bats & balls.

Have 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 (Autumn)
September 2021



@wchsukpe

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School		Year 10 Boxercise <i>HBA – 7:50-8:20</i> Sports Hall			All Year Groups - Morning Mile <i>JBR – Field</i> 7:50-8:15 Year 11 Badminton <i>VJA – Sports Hall</i> 7:50-8:20
Lunch time (Times vary)	Year 9 Badminton <i>HBA – Sports Hall</i> 13:40-14:20		Year 7/8 Futsal <i>TLE – Sports Hall</i> 13:30-14:00 All Years – Athletics <i>KRI – Field</i> 13:10-14:10 Year 9/10 Football <i>HBA – Field</i> 13:40-14:20	Year 9 Netball <i>HBA - Netball Courts</i> 13:30-14:20 Year 10 Netball <i>KRI – Netball Courts</i> 13:10-14:10	
After school	Year 7/8 Football <i>JBR - Field</i> 15:45-16:45 Year 10/11 Netball <i>VJA – Netball Courts</i> 15:30-16:30		Year 7/8 Netball <i>JBR/VJA – Netball Courts</i> 15:45-16:45	Year 11 Trampolining <i>JBR/VJA – Sports Hall</i> 15:30-16:30	

WHAT IS LYG33?

LYG33 is an exciting project designed to empower young Londoners, giving them a voice to influence the future of London Youth Games and other key issues impacting young Londoners and sport.



WHO ARE WE LOOKING FOR?

We are looking for young people aged between 14-21 from across London's 33 boroughs, who will be selected from a range of different backgrounds to represent the city's rich diversity. Whether you have competed or volunteered at London Youth Games, or maybe you have heard about the Games and would love to be involved – we are looking for you!

HOW DO I APPLY?

You will need to fill out a short application [here](#). Applications are open until Friday 24th September. We will be in touch with everyone who applies on the week beginning 4th October.

WHAT WILL LYG33 DO?

As a member of LYG33 you will attend sessions (virtually and face-to-face) to discuss different elements of London Youth Games. There will also be rewarding experiences with inspirational speakers, opportunities to attend special events and the chance to take your feedback right to the top.

ANY QUESTIONS?

If you have any questions or would like further information, please contact Lucy on lucy@londonyouthgames.org. We look forward to receiving your application.



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

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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)