# Woodford County High School

Weekly Student Bulletin

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### Wednesday 16th June 2021

### Issue No 16

### Welcome to Bulletin No 16

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 Join the Choir Winners – KS3 Idioms Competition, Teach a Friend a Language Pride Month Year 7 COVID Research Wellbeing strategies Helpful websites

Sports PE Extra Curricular for June Netball Camp Cricket ideas WHU Women's Academy trials Girls Regional Football Talent Trials LYG Open Games Youth Academy

National Saturday Club

Think Accountancy STEM opportunities



### Tuesday lunchtimes in the hall – starting Tuesday 15<sup>th</sup> 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

is coming back!

And the winner of the KS3 idioms competition is ....

Aunque se vista de seda la mona(o) mona (o) se queda

Even if a monkey dresses in silk it is still a monkey.

1111

No matter how you act or all the material possessions you have your true self always shows Mariana Villarin (7B) Congratulations to the following pupils who matched their idioms with 100% accuracy

Kashmira Yeole 8E Saloni Vaghela 7A Kareena Bassi 7D Alayna Amin 7E Aishani Roy 7D



### Teach a Friend Another Language Competition

There are over 50 languages spoken at Woodford and the MFL department is particularly delighted to be part of such a linguistically diverse community. In the past we have celebrated the wealth of languages spoken through an International fiesta, but this year is, as we all know, a little different.

This year we will be asking you to participate in our TAFAL (teach a friend another language) competition, in the virtual world.

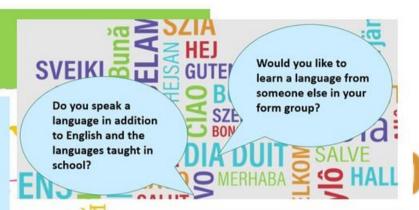


### Привет

### Deadline extended to 28<sup>th</sup> June

All the details are on SMHW but don't hesitate to contact Ms Longmate if you have any queries

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Your entries should be filmed/ recorded and submitted via SMHW be as inventive as you like.

- Teach somebody in your form a poem or a song
- Write and perform a dialogue
- Enact a scene from a play
- Make a "how to" video of a recipe/craft



### PRIDE MONTH

Dear Students,

As you may know, every June the LGBT+ community celebrates Pride Month across the globe.

The month of June has been dedicated for this as this is when the Stonewall Riots took place in 1969, in Manhattan. These riots served as a catalyst for the rights of LGBTQ+ people. 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 Month 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 - <a href="https://www.stonewall.org.uk/">https://www.stonewall.org.uk/</a>

Give us a Shout
 Accessed on - <u>https://giveusashout.org/</u>
 Or can be reached 24/7 via text on 85258

### The Proud Trust For information about local support groups, you can use - <u>https://www.stonewall.org.uk/</u>

Mermaids (especially for young people who feel at odds with the gender they have been assigned)
 Accessed on - <u>https://www.mermaidsuk.org.uk/</u>

Or you can call from Monday-Friday 9am-9pm on 0344 334 0550

 Switchboard (an LGBT+ Helpline) Accessed on - <u>http://switchboard.lgbt/</u> 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 and Happy Pride Month!

**Miss Keith** 

Pride Youth Network Co-ordinator



### 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





### 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.

# YOUNGMINDS





# NSPCC

# tootoot》

# Speak Up Speak Out

Log your worries on tootoot today



# **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





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 <i>KRI – Field</i> 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 <sup>th</sup> 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

30<sup>th</sup> July - <u>https://londonpulsenetball.com/product/summer-come-play-a-day-tournament/</u>

27<sup>th</sup> August - <u>https://londonpulsenetball.com/product/summer-come-play-a-</u> <u>day-tournament-2/</u>

<u>Churchfields Jnr School Summer Camps</u> <u>https://londonpulsenetball.com/product/summer-netball-camp-churchfields-inr-school-2/</u> Dates: 26th and 27th July (School Years 3-6) 28th and 29th July (Years School 7-10)

https://londonpulsenetball.com/product/summer-netball-camp-churchfieldsjnr-school-3/

Dates: 23rd and 24th August (School Years 3-6) 25th and 26th August (School Years 7-10)

<u>Camps – London Pulse Netball</u> London Pulse are a semi-professional sports club competing in the UK wide Sky Sports broadcast Vitality Netball Superleague. <u>Iondonpulsenetball.com</u>

### 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>



Chingford Cricket Club



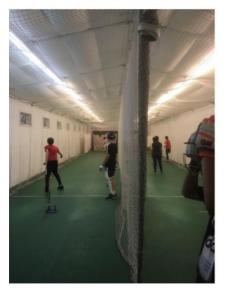
### **Chingford Cricket Club**

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 <u>chingfordcccolts@gmail.com</u>







# SPECK®

# 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





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 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

### HTTPS://FORMS.GLE/EGUYKM34CA9PGFJL8

CONTACT ESSEXRTC@ESSEXFA.COM FOR MORE INFO



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

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.



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. <u>https://saturday-club.org/club/barking-and-dagenham-college-esports/</u>

**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. <u>https://saturday-club.org/club/barking-and-dagenham-college-film-media/</u>

**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. <u>https://saturday-club.org/club/barking-and-dagenham-college/</u>

**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.* <u>https://saturday-club.org/club/barking-and-dagenham-college-product-design/</u>

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

### **David Staley**

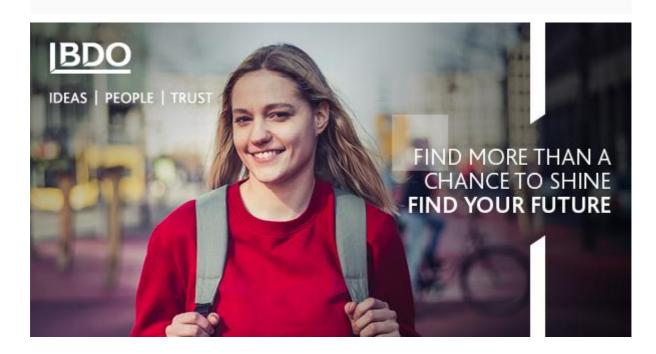
Schools Engagement and Alumni Officer

Direct:0203 667 0215

Please view and share our Course Guide for 2021/22

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

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 5<sup>th</sup>-9<sup>th</sup> 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.

MIN MALOW

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.





illistowerswatson.com/social-media



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)