

# Woodford County High School

## *Weekly Student Bulletin*



Tuesday 19<sup>th</sup> July 2021

Issue No 21

### Welcome to Bulletin No 21

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 LATERAL FLOW  
TEST DURING THE HOLIDAY AND BEFORE  
YOU COME BACK IN SEPTEMBER**

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

In this issue:

Step Up to The Plate  
Year 7s COVID Research  
Wellbeing Strategies  
Helpline Numbers  
Creative Writing Competition  
Summer Sporting Events  
STEM opportunities

**HAVE A VERY RESTFUL  
SUMMER BREAK**

**Return date is**

**Friday**

**3<sup>rd</sup> September 2021**

[WWW.WOODFORD.REDBRIDGE.SCH.UK](http://WWW.WOODFORD.REDBRIDGE.SCH.UK)

# **FOLLOW US ON SOCIAL MEDIA**



@WCHS\_UK



@WoodfordCHS\_UK

## STEP UP TO THE PLATE

In November 2020, I was fortunate enough to be casted for a BBC competition series called Step Up to the Plate. The show features two teams of kids (the restaurant crew and kitchen crew) who have to manage a restaurant by themselves. I was a part of the restaurant crew, which meant I was at the front of house, welcoming and serving the guests, attending to their needs and sometimes having to deal with more “demanding” guests. The whole experience was surreal, and honestly, was considerably harder than it looks on TV. The role included being able to multitask, remember the entire menu with the origins of the dishes, the method and ingredients and most importantly to be engaging and friendly – which quite frankly, was difficult at times. However, I learnt lots throughout the experience and was able to develop my social skills as well as learning a lot from Fred Siriex (the judge and a mentor on the show) who taught us about the hospitality industry. The most challenging task was probably having to deal with the difficult diners or the critics in the semi-finals. The difficult diners were so ‘surprisingly’ difficult to handle so I did get a bit confused; nevertheless, I used this to build my confidence which benefitted me massively afterwards. The critics had very high expectations which was very intimidating and when serving them, it was only me in the room (apart from the Fred and the critics) which put so much more pressure on me, yet I luckily still managed to get through to the finals.

The finals were undeniably testing, but not as much as the other rounds, because I knew my strengths and weaknesses and used them to my advantage. There was a lot to do which was not shown on TV, such as having to lay out the specific cutlery specific to everyone’s dish/meal they were having in a certain way. The drinks were hard to carry because of the glasses, which were taller, but thankfully I did not drop any. The menu was very intricate including so many dishes and ingredients I’d never heard of – we had to learn these in one hour and be prepared to answer any questions asked about the method, ingredients or origin of the dish. My favourite part out of the entire experience was certainly getting to meet many celebrities such as Craig Revel Horwood, Dick and Dom and Tilly Ramsay (Gordon Ramsay’s daughter).

This opportunity helped me to gain more self-confidence, patience and to deal with harder situations on the spot. All of these attributes that I either developed or gained are very beneficial and so I would encourage anyone who is reluctant to try out a new experience because – trust me – as scary as it seems, only good can come out of it.

Rida Qaisar



## 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=ADXTWYNJTN>

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 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](mailto:pat@papyrus-uk.org)

Text: 07860039967

(Mon – Fri 0900 – 2200 and Sat – Sun 1400 – 2200)

**YOUNG**MINDS

**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](http://www.tootoot.co.uk)

 GET IT ON  
Google Play

 Download on the  
App Store

# “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!**

[Enter Now](#)



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## 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





**Monday 26th July - Friday 27th  
August 2021**



**MULTI SPORTS 9.30am - 3.30pm  
Extended Days (8.00am - 6.00pm)**

**look out for Specialist courses too:  
Netball –Tennis - Squash - Badminton**

**To Book NOW Call 020 8498 1010; email [KAP@rslonline.co.uk](mailto:KAP@rslonline.co.uk)**

PLEASE BE AWARE THAT ALL CHILDREN TAKING PART IN ANY OF OUR COURSES MUST BE 5 YEARS  
AND OVER AT THE TIME OF BOOKING

**Redbridge Sports & Leisure**, Forest Road, Barkingside, Essex, IG6 3HD

[www.rslonline.co.uk](http://www.rslonline.co.uk)

## **MULTI-SPORTS**

**Monday 26th July 2021 - Friday 27th August 2021**

**Weekly (5-Day weeks) or Daily bookings available**

**Age: 5-14 years**

### **MULTI-SPORTS 9.30AM-3.30PM**

<b>Weekly:</b>	<b>£99.00</b>	<b>Member</b>
	<b>£107.00</b>	<b>Non-member</b>
<b>Daily Price:</b>	<b>£28.00</b>	<b>Member</b>
	<b>£30.00</b>	<b>Non-Member</b>

### **EXTENDED MULTI-SPORTS 8AM-6PM**

<b>Weekly:</b>	<b>£131.00</b>	<b>Member</b>
	<b>£138.80</b>	<b>Non-Member</b>
<b>Daily Price:</b>	<b>£37.50</b>	<b>Member</b>
	<b>£39.40</b>	<b>Non-Member</b>





# DETAILS & BOOKING FORM REDBRIDGE SPORTS & LEISURE Kids Activity Programme 2021

Page  
1

Child's Name: ..... Date of Birth: .....

Age: ..... Home Address: .....

Postcode: ..... Home Telephone No.: .....

## DETAILS OF PARENTS/GUARDIANS/CARERS

(1) Parent's/Guardian's/Carer's Name: .....

Address (if different from above) : .....

Postcode: ..... Email: .....

Place of Work: ..... Work Number: .....

Mobile Number: .....

(2) Parent's/Guardian's/Carer's Name: .....

Address (if different from above) : .....

Postcode: ..... Email: .....

Place of Work: ..... Work Number: .....

Mobile Number: .....

Emergency contact/number's (other than parent/guardian/carer): .....

Name of person who usually collects the child: .....

Other person(s) who may collect the child ..... Password .....

Other person(s) who may collect the child ..... Password .....

Further information (if necessary) .....

Details of who has legal contact with the child .....

Details of who has parental responsibility for the child .....

Details of who the child usually lives with .....

## CHILD'S DOCTOR/GP DETAILS

Name & Address: .....

Phone Number: .....

## CLINIC/HOSPITAL CONTACT (if applicable)

Name ..... Phone No. ....

## HEALTH INFORMATION

Does your child have any health/medical needs and if yes please give details of child's symptoms:

What medication does the child usually have (details recorded on Parental Permission Form):

Any follow up care required: .....

PTO





# DETAILS & BOOKING FORM REDBRIDGE SPORTS & LEISURE Kids Activity Programme 2021

Page  
2

Special dietary requirements. Preferences or food allergies .....

Spoken language at home .....

Child's religion/culture .....

Anything else our staff should know about your child e.g likes, dislikes, fears .....

Do you give permission for our coaches to give sterile hypo-allergenic plasters to your child?  
(Please tick box) Yes I give permission ☐ No I do not give permission ☐

**A parental permission form MUST be completed should any medication be held by a child or coach. PARENTS SHOULD NOTIFY THE SET- ☐ TING OF ANY CHANGES TO THESE DE- ☐ TAILS IMMEDIATELY & PLEASE BE AWARE THAT ALL CHILDREN TAKING PART IN ANY OF OUR COURSES MUST BE 5 YEARS AND OVER AT TIME OF BOOKING**

**PARENT/GUARDIAN/CARER SIGNATURE:** .....

If you would like your child to be in the same group as friends/family please state their names:

.....

Name	Course/Code	Cost
TOTAL:		

I understand Parents Guidelines **Yes/No**

Centre Member: **Yes/No**

**Photograph Permission:** We occasionally take photos of some of the activities for future use in advertising the KAP programme. This advertising can include our website, brochures, posters within the Centre and the local press. Pho- ☐ tos will be retained for a maximum ☐ of 12 months. You will be sent copies of any articles printed.

**I DO / DO NOT** give Redbridge Sports & Leisure permission to photograph my child.

Signature of Parent /Guardian: ..... Date: .....

**REFUNDS WILL NOT BE GIVEN FOR LATE CANCELLATIONS**

FOR OFFICE USE ONLY: Please attach copy of receipt

Amount Received: ..... Chq/Cash/Visa

Date: .....

Reception Initials: .....



# 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](http://www.londonpulsenetball.com)

## **Lisa Brown**

Administration, Community & Camps Team

London Pulse Ltd

Phone: +44 (0)7816 101337

Email: [info@londonpulsenetball.com](mailto:info@londonpulsenetball.com)

Website: [www.londonpulsenetball.com](http://www.londonpulsenetball.com)

The screenshot shows the website for Bancroft Lions CC. At the top, there's a header with the ECB logo on the left and a banner for the 'Bancroft Lions CC' featuring a group of girls in yellow cricket uniforms. The banner text says 'Tue 13 Jul - Tue 31 Aug 2021' and '18:45 - 19:45'. Below the banner is a dark blue navigation bar with links: 'Dynamos Cricket', 'Parents', 'Centres', 'Find a programme', and 'Sign in'. On the left side, there's a vertical menu with icons and labels: 'MATCHES', 'ENGLAND', 'COUNTY', 'PLAY', 'BE BROADCAST', 'NEWS', 'VIDEO', 'Search', 'Tickets', 'More', and 'Follow us' with social media icons. The main content area has a section titled 'About the programme' with two paragraphs. The first paragraph describes the Dynamos Cricket programme for girls aged 8-11, mentioning 6+ sessions of non-stop fun and a focus on different cricket skills. The second paragraph states that the programme will help grow a child's love of the game and provide a safe environment for socialising. Below this, it says 'Your Activator is Chelsey Felton'. Further down, it provides contact information for Dave Walcott: 'For more information about your Dynamos session contact Dave Walcott. T: 07852871093 E: bancroftlions@btinternet.com'. A note at the bottom of this section states 'This course is only available for girls to register. Search for mixed courses'. To the right of the 'About the programme' section is a yellow box with the text 'Book today £15.00', followed by a list of benefits: '6+ sessions, Personalised New Balance playing shirt, Topps Cricket Attax cards + Exclusive access to the Dynamos Cricket app for every player!'. At the bottom of this box is a pink button that says 'BOOK YOUR PLACE'.

**Bancroft Lions CC**  
Tue 13 Jul - Tue 31 Aug 2021  
18:45 - 19:45

**About the programme**

Dynamos Cricket provides girls from 8-11 years old with 6+ sessions of non-stop fun. Each week there will be a focus on a different cricket skill to build their confidence and ability, before they take part in a 60-ball countdown cricket match.

Dynamos Cricket will help grow your child's love of the game, and will give them the opportunity to socialise and make friends in a safe environment.

Your Activator is **Chelsey Felton**

For more information about your Dynamos session contact **Dave Walcott**.  
T: 07852871093  
E: [bancroftlions@btinternet.com](mailto:bancroftlions@btinternet.com)

This course is only available for girls to register. [Search for mixed courses](#)

**Book today**  
**£15.00**

6+ sessions,  
Personalised New Balance playing shirt, Topps Cricket Attax cards  
+ Exclusive access to the Dynamos Cricket app for every player!

**BOOK YOUR PLACE**

<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](mailto:bancroftlions@btinternet.com)

This course is only available for girls to register. [Search for mixed courses](#)





Chingford  
Cricket Club

**Chingford Cricket Club**

\*Forest Side ground, Kimberley Way, Chingford E4 6DE

# Summer Cricket Camp



**Tuesday 3 August – Thursday 26 August**

Bowling practice

Fielding practice

Girl-only sessions

**First week  
FREE**

Batting practice

Hardball and soft ball

Net practice

**Male and Female ECB qualified coaches**

	Tuesdays	Thursdays
10am – 12.30pm	Boys & Girls 6 – 9 years Boys 10 – 13 years	Boys 6 – 9 years Girls 6 – 14 years
Lunch Break		
1.30pm – 4.00pm	Boys 14-19 years	Boys 10 - 13 years 14 - 19 years



**From 10th August each  
session only £10**



No booking required, just turn up! For more info contact  
Hassan Malik on 07951 242393 or email

[chingfordcccolts@gmail.com](mailto: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 jam-packed 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/dynamoscriccket>

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 warm-up 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 4<sup>th</sup>, 6<sup>th</sup>, 11<sup>th</sup>, 13<sup>th</sup>, 18<sup>th</sup>, 20<sup>th</sup>, 25<sup>th</sup> and 27<sup>th</sup>.

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?

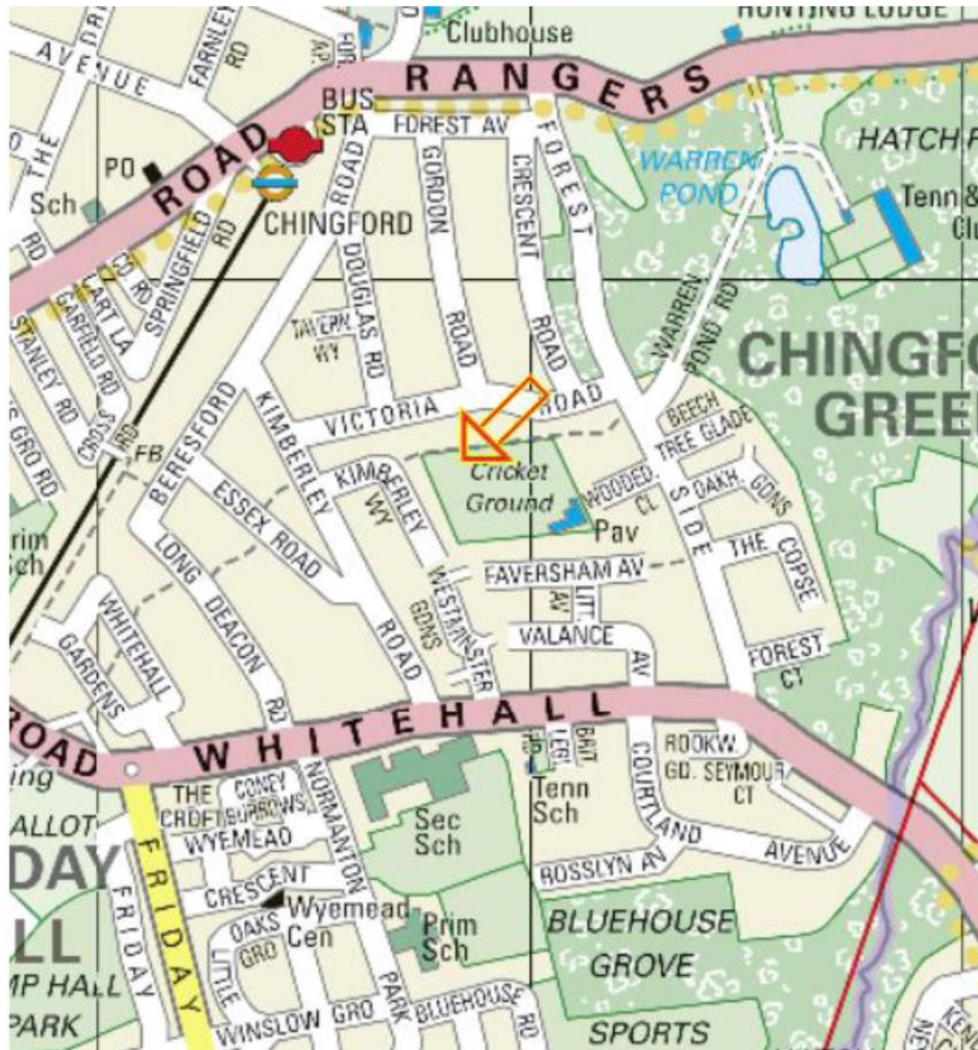
Contact Mark Campbell on 07958 021005 or e-mail [Chingfordcccolts@gmail.com](mailto:Chingfordcccolts@gmail.com)

### 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





# 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.**

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GIRLS REGIONAL  
TALENT CLUB

# TRIALS 2021-22



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WITHIN THE FOLLOWING AGE GROUPS; U11, U12, U14  
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CONTACT [ESSEXRTC@ESSEXFA.COM](mailto:ESSEXRTC@ESSEXFA.COM) FOR MORE INFO

# 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**





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](mailto: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.



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**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)**