



**Woodford County High School Weekly Student
Bulletin Friday 22nd January 2021**

**Welcome to the first Bulletin just for the Woodford
Students**

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, even during lockdown.

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.

Dates for your Diary

Year 7

Parents Evening has been rescheduled to **Thursday 28th January**. Your parent's appointment times for the teachers that they did not see will be transferred across to that date.

Year 9

Tuesday 26th January will be Review Day for Year 9 students. You will be sent an appointment time to attend a meeting with a member of staff to discuss your progress in KS3 and plans for options. You will not have lessons on this day but may have work set in some subjects. You should be using the day to prepare for your review day interview and to make sure that all books and assignments are up to date.

Food and Nutrition Department presents a monthly

WCHS MasterChef Junior competition



Can you become the school's next MasterChef Junior?

The Food and Nutrition department calls Year7, 8 and 9 students to a monthly WCHS MasterChef Junior competition.

Every month you will be presented with a theme to prepare, cook, and present a dish. The winner will be selected from each year group and presented with a certificate and a prize.

In the month of Veganuary, we challenge you to prepare and present a

RAINBOW SALAD.

The salad could be prepared with fruits, vegetables, or a combination of both. You can use fresh ingredients or a combination of fresh and cooked ingredients.

Submission deadline is **24th January 2020, Sunday**

Rules of the competition

Enter as an individual.

Write a recipe on a word document in the following format:

Name of the dish

List of ingredients

Method

Prepare the dish with adult supervision.

Take a picture of the final dish and a picture of yourself with the dish.

Send the two pictures and the recipe sheet to foodentries@woodford.redbridge.sch.uk

In the subject of your email include Year group, Form class and your full name



Have you got more questions on this challenge? Then read along.

What is the WCHS MasterChef Junior competition?

The WCHS MasterChef Junior competition is a monthly cooking competition run by the Food and Nutrition department. Year 7, 8 and 9 students will be presented with a creative and exciting themed opportunity to prepare, cook and present a dish.

How will the winner be selected?

The Food and Nutrition department will carefully go through all the entries and select a monthly winner for Year 7, Year 8 and Year 9. The winners will be awarded with a certificate and a prize. Follow the instructions of the competition carefully to avoid disqualification.

How do I complete this challenge?

Research and survey which fruits and vegetables are suitable for a rainbow salad. Think about the colours of a rainbow! Make a list of all the ingredients.

Now look up in the cookbooks (if you have at your home) or on websites for recipe ideas.

Use your creativity to make your own recipe.

With adult supervision, put your ideas into action!

Take a picture of the final dish and a picture of yourself with the final dish

After you have taken the pictures, enjoy eating the salad (don't forget to share it too!).

What is the theme for January?

Rainbow salad

What is the theme for February?

Surprise!

It will be published in the first week of February

What if I have further queries on this challenge?

Email your query to Mrs Gumber at gumbera@woodford.redbridgesch.uk

Woodford County High School

Composition Club!

Dear Student,

During these remote times, the BBC have been very helpful in putting together some great resources for us all to continue to make music at home.

As part of this initiative, I would like to introduce you to the *brand new* **Woodford County High School Composition Club!**

To get started, simply:



<https://www.bbc.co.uk/bitesize/topics/zhdfscw>

1. Choose a composition style from the **BBC** link below and read through the instructions and tutorials:
Including genres such as: Film music, Indian fusions, Pop, Jazz, composing a new theme song for Doctor Who...



BandLab.

For Education



<https://edu.bandlab.com/join/mc8q8sf>

then enter the following pin: **M C 8 Q 8 S F**

2. Join the **eduBandLab** link below to access the **WCHS Composition Club class** and free music sequencing software. (Remember to seek parental permission if visiting another site on the internet).

3. Join the **WCHS Composition Club** (MS Teams) where you can interact with Mr. Ashman-Jones on your composition work.



<https://teams.microsoft.com/l/team/19%3a5e09db8dddc41a19c996785be9de3c5%40thread.tacv2/conversations?groupId=7bf4de14-32c9-4f17-9726-8e8338cf9e39&tenantId=a50c3206-779e-4764-bee5-484b25926a36>

Also...

look out for '**Singing with the BBC Singers**' being shared on the choir Teams with further details (link below).



If you wish to join the WCHS Choir Teams, please speak to Ms. Hasler or Mr. Ashman-Jones:

<https://www.bbc.co.uk/teach/ten-pieces/ten-pieces-at-home-showcase-week-four/zh4bhcw>

Ten Pieces at Home Showcase - Week Four - BBC Teach

Take a look at some wonderful work made by children across the UK whilst they stay at home. In week four's activity the BBC Singers guided you in how to sing the hymn-like section from Sibelius



COMPETITION -TIME-

Top three entries will win a £50 ASOS gift vouchers and other goodies!!

TEENAGE MENTAL HEALTH.

BE CREATIVE

Remember, if it speaks to you, it may speak to someone else and change lives.

#togetherwecan



Redbridge Crime Survey

Young people at school in Redbridge are invited to participate (by 31 January 2021) in a local crime survey.

The school with the most student responses will win a £200 voucher as well as a prize draw for five students to win a £20 Amazon voucher for themselves.

Follow the link to make your views known.

<https://engagement.redbridge.gov.uk/strategy/youth-survey-on-crime/>



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.

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.

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



Good Night



Good-quality sleep makes a big difference to how we feel mentally and physically, so it's important to get enough.

During your teenage years it is recommended you get 10 hours sleep every night. Do not use any technical gadgets for at least 40 minutes before you go to bed, including TV.

Instead put on your PJs, read and/or listen to relaxing music whilst sitting/lying in bed. Here's to a good night's sleep!

Ms Horn's Boredom Busting Ideas

Please note: if you need to create an account for any of the resources listed below – use your school email address.

If you try just one of these boredom busting ideas, try [Apples and Snakes](#). Modern spoken word poetry movement. Enjoy!

Key Stage	Resource/Event Description
22/01/21	
All	Virtual Library . A free book each week, starting with Tracy Beaker.
All	Virtual tour of London Attractions . Uncover mummies at the British Museum during Lunchtime, just a suggestion.
All	Learn Japanese . A blog about the Japanese language and culture.
All	Build your Japanese Vocabulary . Free for the first 3 levels.
All	Memrise . Learning a foreign language? Forget textbooks, practice here.
All	British Museum talk on Climate Change, 28 th January @ 17.30.
4/5	ISIS . Oxford Uni magazine. Pretty pictures, podcasts, articles & more.
All	Redbridge Book Awards Creative Writing Competitions: Short Story & Poetry details. All entries to Mrs Horn in WORD before the closing date 26 th March 2021. Here are the shortlisted books for 2021: Children & Teen . If you can get access to these books, read them and let me know your favourite from both categories OR rank them and email me your list.
3/4	<p>News Feeds, try these:</p> <ul style="list-style-type: none"> • BBC Newsround offers daily stories on national, international, sports, entertainment and science news, as well as inspiring stories about children. You can watch the Newsround bulletins and read stories on the website. • BBC What's New? a news programme for young people in Africa. A weekly broadcast is available to watch on their YouTube channel. They also include stories about children doing remarkable things in different African countries. • The Day is an online news service for schools. You can read certain articles for free but must subscribe to access the full range of stories and materials. There is also a weekly news quiz that you can access for free. • Dogo News an online news site with an international perspective. • First News Live includes a free weekly news broadcast presented by young people made by Sky News and First News, weekly polls on current news topics and the Positivity Place; a great source of positive news stories. There is also currently a limited offer to access the First News newspaper for free. • Inside Science is a science news service from the American Institute of Physics. It is a good source of weird and wonderful science news.

All	Core: Research ejournal service. Works like a google search engine. Easy, peasy.
All	Create a Picture Book . ReadingZone competition; closing date Friday 23 rd April.
15/01/21	
All	Redbridge Book Awards Creative Writing Competitions: Short Story & Poetry details. All entries to Mrs Horn in WORD before the closing date 26 th March 2021.
5	The Lancet : medical journal.
All	Gresham College Lectures : everything you can imagine from radios to neutrino to bell ringing. I love this site and use it all the time.
All	STEM Learning . As the name suggests it's STEM focussed.
3	STEM Ambassadors . A home drawing home competition for 9-12 year olds. Will be launched Monday 25 th Jan @ 12.30.
All	Neil Gaiman reads The Graveyard Book and more. Really good.
All	Mediation: calming podcast
All	Words Alive! Authors speak: this is a great site with famous author / illustrators videos, chat, tips & a funny game 'Guess the Book' etc.
3/4	MORE Authors speaking about their work and giving tips.
All	Authorfy . You need to sign up – use your school email address. Under 'Free Videos & Resources' is 'Ten Minute Challenge' – these are interesting and you will recognise many authors here. Try Holly Jackson – 'burying clues' and Joseph Elliott – he lives in Wanstead!
All	British Library – of course.
All	National Shelf Service . More author speak.
4/5	Apples and Snakes . Modern spoken word poetry movement.
4/5	Project Gutenberg . Free 'classic' ebooks, eg Black Beauty, Anne of Green Gables etc
All	Audible . Looks like they have some for free, you will have to do some searching here
All	Titanic . Immersive VR game (and story) where you explore the ship
	School Resources (find these on the school website (+More))
All	Kerboddle has all digital editions of science & history textbooks
All	SnapRevise : as the name suggests Revise!
4/5	JStor access via the school website (+More). Username: WCHS / Password: Apple2019 (case sensitive). This is an electronic journal service, mostly used by Sixth Formers but everyone can access it – have a look at it.
All	Artstor . This is an art resource that we have access to until 22nd January so try it today. Username: jcs001@jcsonlineresources.org Password: Testimonial
3/4	Collins Connect for science revision, access via the school website (+More)
3/4	GCSE Pod
All	Massolit – short video courses on lots of subjects. You need to create your own account – use your school email address.

20th January @ 1245 – 1330

Physics: Problem Solving & Thinking Skills –
University Masterclass with Dr Meghan Gray of
the University of Nottingham

21st January @ 1400 – 1500

History: Tudors 1485 – 1603 with UEA & Goldsmiths

26th January @ 0930 – 1015

Media: Media Language with Goldsmiths

26th January @ 1415 – 1500

Business: The Weird World of VAT with Dr Sarah
Lindop of Aberystwyth University

27th January @ 1330 – 1415

Think Tank: Distribution of Wealth with the University
of Reading (History Department) & UEA
(Economics Department)

28th January @ 1245 – 1330

MFL: Careers in Translation UEA - Graduates Tell Their Story

Spring 2021 Webinar Schedule - January

To sign up:

1. Register with each event via the link using your school email address
2. Advise Mrs Horn, in the Library, which event(s) you have registered for
3. Enjoy!

Spring 2021 Webinar Schedule - February

To sign up:

1. Register with each event via the link [using your school email address](#)
2. Advise Mrs Horn, in the Library, which event(s) you have registered for
3. Enjoy!

2nd February @ 1115 – 1215

Geography: Natural Hazards with the University of Glasgow

2nd February @ 1415 – 1500

Astrophysics: Space Exploration with Dr Rachel Cross of Aberystwyth University

3rd February @ 1300 – 1345

Music: Psychology of Performance Masterclass from Goldsmiths

4th February @ 1715 – 1800

HE: University Accommodation from Aberystwyth University

9th February @ 1415 - 1500

Psychology: Understanding Terrorism with Jen Phipps of Aberystwyth University

10th February @ 1415 – 1500

Think Tank – Artificial Intelligence with Sheffield University (Engineering Department) & UEA (Psychology & Philosophy Departments)

11th February 1300 – 1345

Nursing: Graduates from UEA Tell Their Story

11th February @ 1715 - 1800

PE: Keeping Fit (Mind & Body) @ University with Robin Lovatt of Aberystwyth University

23rd February @ 1415 – 1500

Geography: Antarctic Ice Shelves in a Warming World with Dr Tom Holt of Aberystwyth University

25th February @ 1330 - 1430

Psychology: Attachment – Research in Action with Goldsmiths & the University of Sheffield

25th February @ 1715 - 1800

HE: Getting the Most Out of Uni Life – Your Guide to Clubs & Societies @ Aberystwyth University

26th February @ 1100 – 1200

Classics: Virgil & the Aeneid with UEA & the University of Reading

2nd March @ 1115 – 1215

Philosophy: Ethics with the University of Reading & UEA

2nd March @ 1415 – 1500

Maths: The Spread of Disease in Population. Modelling & Testing with Professor Simon Cox & Dr Kim Kenobi of Aberystwyth University

4th March @ 1115 – 1215

Creative Writing: Skills Workshop with Dr Jake Huntley of UEA

4th March 1715 – 1800

HE: Not Just Any University Location – Your Guide to Studying Away From Home with Aberystwyth University

5th March 1245 - 1330

Politics: Prospects for International Cooperation with the University of Nottingham

9th March @ 1245 – 1345

Film Studies: Experimental Film (1960 – 2000) with UEA & Nottingham University

10th March @ 1415 – 1515

Design: Design Tutorial with Goldsmiths (NB a design brief will be set before the session)

11th March @ 0930 – 1030

Maths: Modelling – Case Studies & Skills with UEA and Nottingham University

16th March @ 1415 – 1500

Psychology: I See What You Mean. I Mean, I See What You See Now! With Dr Catherine O'Hanlon of Aberystwyth University

17th March @ 1245 – 1345

Engineering: Exploring & Utilising (Outer) Space with the University of Sheffield

18th March @ 1330 – 1415

Tourism: Hospitality & Leisure – Graduates Tell Their Story

23rd March @ 1415 – 1500

Law: Miscarriages of Justice with Dr Sam Poyser of Aberystwyth University

24th March @ 1415 – 1515

Law: Reasoning Masterclass with Professor Andreas Stephan of UEA

Spring 2021 Webinar Schedule - March

To sign up:

1. Register with each event via the link using your school email address
2. Advise Mrs Horn, in the Library, which event(s) you have registered for
3. Enjoy!

Opportunities;



The construction company Wates has agreed to extend the application deadline for the exciting virtual placements they are offering during the February half term and beyond.

We hope Woodford County High School students will take this opportunity to gain insights into the career pathways available in the construction industry by applying as soon as possible.

Wates Virtual Work Experience Opportunities Recruiting Now:

- **Build Yourself with Wates VWEX (Midlands and The North)**
- Dates: 15th - 19th February 2021.
- Eligibility: 14 – 19 year olds keen to find out more about a career in construction, development, and property services.
- Application Deadline: 15th January 2021 DATE EXTENDED
- **Build Yourself with Wates – Virtual Insight Day**
- Dates: 16th February 2021.
- Eligibility: 14 – 19 year olds keen to network and learn about roles available in the construction industry.
- Application Deadline: 29th January 2021
- **Wates: An Insight into the Construction Industry - International Women's Day 2021**
- Dates: 8th March 2021.
- Eligibility: 14 – 19 year old females keen to network and learn about why construction is a rewarding career choice for women.
- Application Deadline: 8th February 2021
- **Build Yourself with Wates VWEX (London and the South)**
- Dates: 15th – 19th February 2021.
- Eligibility: 14 – 19 year olds keen to network and learn about roles available in the construction industry.
- Application Deadline: 22nd January 2021



<https://s4snextgen.org/>

For a full list of placements - [sign in here to search and apply.](#)

If you have any questions about the placements or experience any issues signing in to your account, please do not hesitate to contact

experience@speakersforschools.org.