Woodford County High School

Weekly Student Bulletin

Tuesday 22nd June 2021 **Issue No 17**

Welcome to Bulletin No 17

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

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

In this issue:

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Vote for Dhara!
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Girls Regional Football Talent Trials
LYG Open Games
Youth Academy

Big Bang Digital places?
NHS careers
Think Accountancy
STEM opportunities

WWW.WOODFORD.REDBRIDGE.SCH.UK

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@WCHS_UK

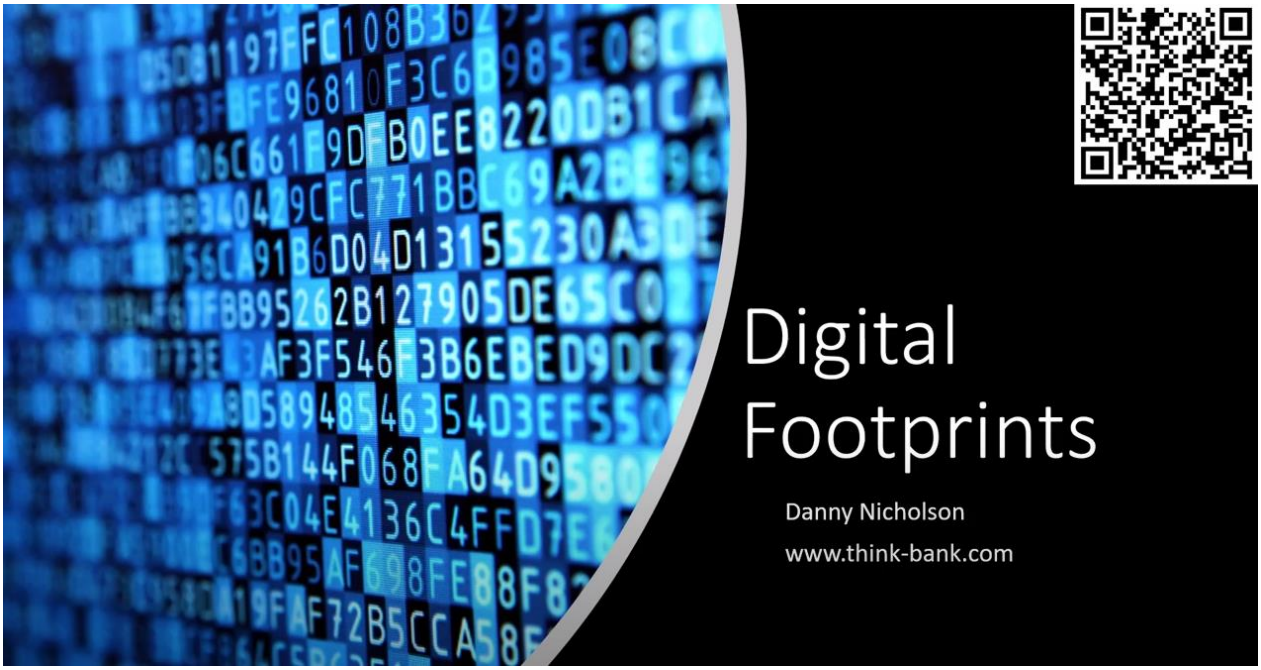
@WoodfordCHS_UK

Dear Student

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

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

Mrs Del Giudice
Network Manager



Wootube – Woodford's YouTube channel

Vote for Dhara!

Beyond the Box Competition

called the People's Bavilion

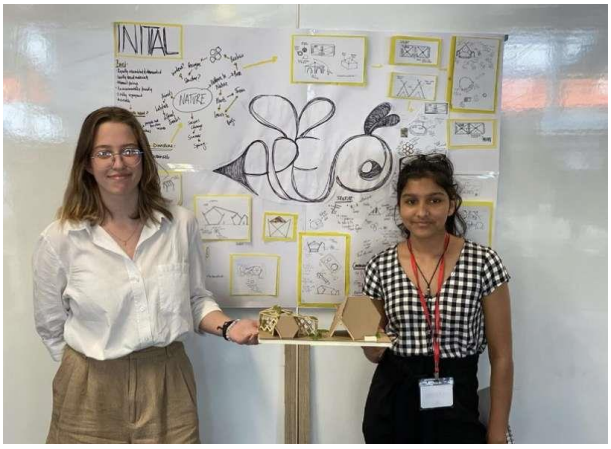
A year 11 student took part in the above competition and she has been shortlisted to be one of the potential winners.

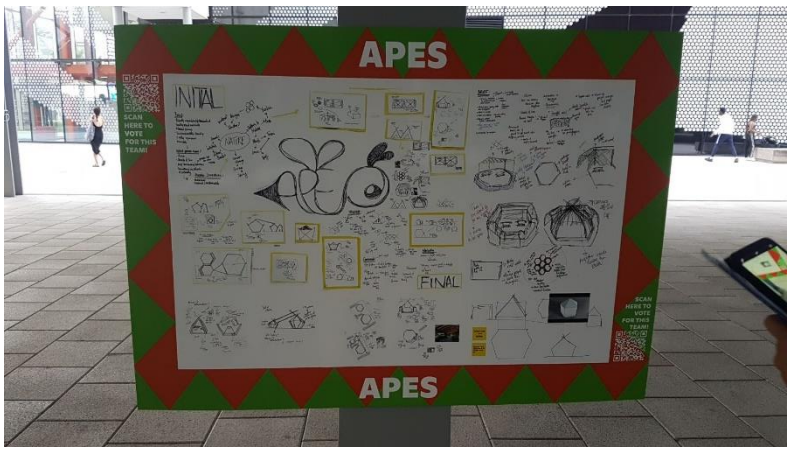
Please see images of her exhibition which is being held at Here East buildings in the Olympic Park until the 30th of June 2021. The purpose of the competition was to promote/encourage young people into design with collaboration from businesses. The student's team is called Apes (pronounced Ar-pes which is Latin for bees).

Please vote for her to win! A link for voting is attached.

https://www.poorcollective.com/peoples-pavilion-lfa-exhibition-voting-page

Thank you





WEEKLY WELLBEING TIPS

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/

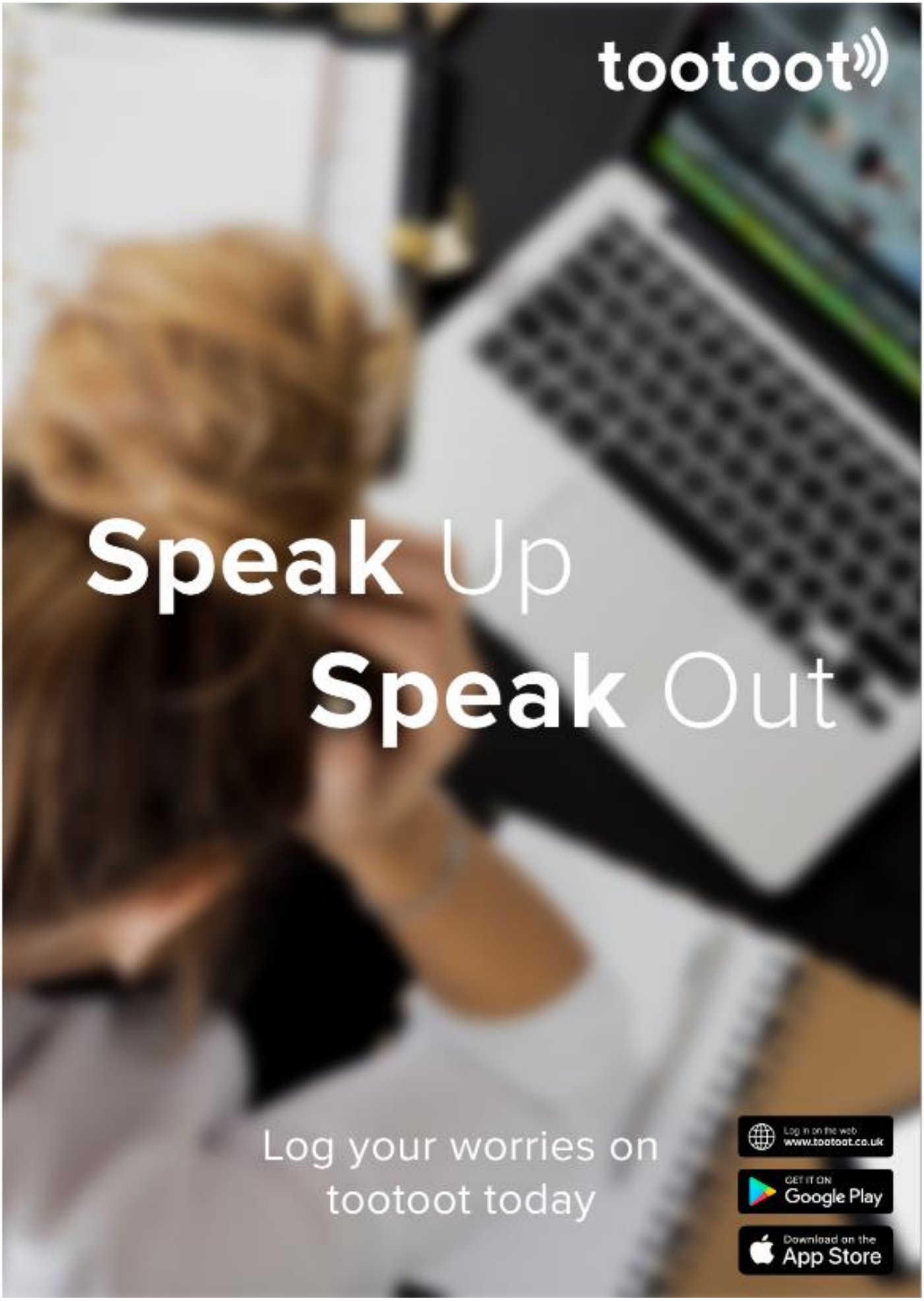
Email: pat@papyrus-uk.org

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.


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

NATIONAL THANK A TEACHER DAY 2021
23rd June
Do you have an AMAZING teacher?
Send your messages of thanks TODAY so they can be featured on
National Thank A Teacher Day
#HowWillYouSayThankYou
#ThankATeacherDay
Thank a Teacher
PEARSON NATIONAL TEACHING AWARDS
Department for Education
Education Scotland
Foghlam Alba
HAYS
Recruiting experts in Education
NORD ANGLIA EDUCATION

National Thank a Teacher Day is coming up on Wednesday 23rd June! This is a day when we encourage the whole country to come together in celebration of the amazing work that schools, colleges, teachers, lecturers and support staff do every day. There's a whole galaxy of stars involved, and we would LOVE your school to be part of the national celebrations too!

Students can enter the celebrity judged #howwillyousaythankyou competitions (https://thankateacher.co.uk/the-howwillyousaythankyou-competitions/) . Please note that entries close on 23rd June and any that come in within the next 7 days will have the chance to be showcased on our social media channels.
Participants can win:
A day's work experience at TES
A creative writing competition judged by Sir Michael Morpurgo
A baking competition judged by Nadiya Hussain.
A drawing competition judged by Gruffalo illustrator Axel Scheffler.

Pupils and parents can send a FREE limited-edition Axel Scheffler e-card – with special thank yous being read out by secret celebrities on the day. The school with the most thank yous will be announced on the day – entries close at midnight on 22nd June so get those thank yous in now by clicking here to start the process. (https://thankateacher.co.uk/thank-a-teacher/thank-a-teacher-form/)

Pearson

Proud to support National Thank A Teacher Day June 23rd 2021

National Thank a Teacher Day is on Wednesday 23rd June!

There's a whole galaxy of stars involved and there's still an opportunity for your school to be part of the national celebrations too!

Please do encourage your pupils to enter our celebrity judged **#howwillyousaythankyou** competitions. Entries close on 23rd June and any that come in will have the chance to be showcased on our social media channels.

Participants can win:

A day's work experience at TES

A creative writing competition judged by Sir Michael Morpurgo

A baking competition judged by Nadiya Hussain

A drawing competition judged by Gruffalo illustrator Axel Scheffler.

Pupils, parents and colleagues can send a free limited edition **Axel Scheffler e-card** – with special thank yous being read out by secret celebrities on the day. The school with the most thank yous will be announced on the day – entries close at midnight on 22nd June, so get those thank yous in now!

You can find on-the-day activities as well as campaign assets to promote the day **on the National Thank a Teacher Day website**.

We hope you'll support us in the build-up to this special day.

Thank a teacher today!

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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 Morning Mile

Run a mile every Friday morning. Send a screenshot of your effort to @wchsukpe Instagram and add to your coach miles totals

Chingford Cricket Club

Chingford
Cricket Club

Cricket training at the club's Forest Side ground, Kimberley Way E4 6DE

Fridays

5.30pm-6.30pm

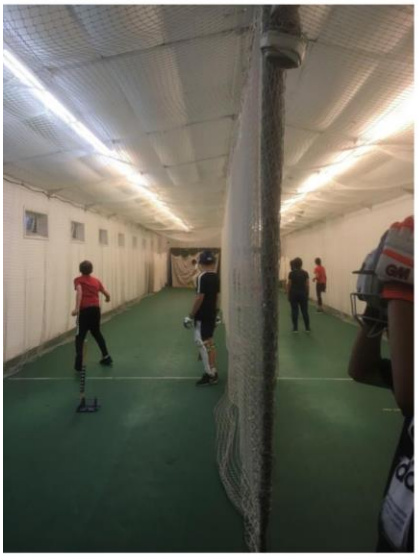
Boys ages 8-11

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 chingfordcccolts@gmail.com

This is our game.
Join us at:
Woodford Wells Club
Sessions will run:
Tuesdays 6.30pm from May 11th
dynamescricket.co.uk

This is our game.

Dynamos Cricket provides a fantastic next step for all those graduating from All Stars Cricket and the perfect introduction for all 8-11 year-olds new to the sport!

Sessions are all about playing together and developing new skills, teamwork and friendship.

Every child that registers will receive their very own Dynamos Cricket New Balance t-shirt, personalised with their name and number on the back and have access to a brand new digital app, packed with exclusive cricket content, unlockable skills challenges, quizzes and activities.

Sign up today to your nearest Dynamos Cricket centre.

dynamoscricket.co.uk

The West Ham United academy pathway would be open to girls aged U10 to U16 of any ability or experience, and they hope to be able to place every participant somewhere within their pathway or refer them to one of the local sister clubs. Use the following link to sign up:

https://www.whufc.com/news/articles/2021/april/19-april/west-ham-united-womens-academy-trials-set-july-apply-now

West Ham United Women's Academy trials set for July - Apply Now!

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

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

Together with LYG & Frenford clubs we are putting together a Redbridge Girls Team to compete in this years' open competition. Any girls who may be interested in attending trials/training which will be held:
Monday 6pm-7pm @ Frenford Football Club (IG1 3PS)

Starting 31st May 2021

YOUTH ACADEMY

TUESDAY EVENINGS
18:30 - 19:45
OLD LOUGHTONIANS

Coaching for boys and girls aged 7 to 14 is available **FREE OF CHARGE** on Tuesday evenings from 18:30 to 19:45 at Old Loughts' during school term times throughout the hockey season.

FREE

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.

STICK IT TO RACISM

sport for all

OLD LOUGHTONIANS 100 YEARS HOCKEY CLUB

View this email in your browser

Have you booked your student places for Big Bang Digital yet?

There’s still time to make sure your 11 to 14-year-old students don’t miss out!

Students will find out how NHS scientists make a difference every day and what life has been like for healthcare scientists during the pandemic.

Big Bang Digital is a three-day STEM event, and NHS Health Careers will be live-streaming its session at 9:15am on Wednesday 23 June. Teachers and careers advisers will also be able to watch our on-demand content on that day and until the end of June

Healthcare science solving human challenges

Watch as our medical maverick Tom shows how some of the latest healthcare equipment works - from an iPhone retina scanner to an ultrasound machine - and the science behind lateral flow testing. Join this session to learn how the latest technological advancements in STEM are solving human challenges in today's health service.

COVID-19 vaccines are front and centre of all our minds at the moment, but have you ever wondered how they actually work? Your students will learn the science behind them from Dr Martin, a microbiologist, and be able to watch a demo of how our cells react to viruses. They'll also meet Louise, an apprentice biomedical scientist, and find out what an average day looks like and why you need creative skills in the lab.

Starting an NHS career – practical hints and tips

On top of all that, our careers information and quality lead Abi Changer will be on hand to provide practical next steps to landing an NHS job and making a difference every single day.

Find out more and register for places today.

We look forward to seeing you there!

Best wishes,

The NHS Health Careers team

NHS Health Careers on social media

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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.

STEM LEARNING

Willis Towers Watson

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

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 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)