

Woodford County High School



Weekly Student Bulletin



Tuesday 23rd March 2021

Issue No 8

Welcome to Bulletin No 8

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.

Dates for your Dairy

In this issue:

Poetry Competition

Short Story Writing Competition

March Junior MasterChef

Music Recitals

Youth Travel Ambassadors' Notice

New wellbeing tips

Ms Horn's Updated Boredom Busting Ideas/New Webinars

Complete a Survey, win a book token

Student Motivational Webinars from Cameron Parker

IMPORTANT MESSAGE

Youth Travel Ambassadors' Notice



Dear all,

It has come to our attention that students have been crossing the roads near our school unsafely. Recently there was a student who crossed on a red light that got caught in an accident, luckily they are not severely injured. We would like to remind you of the road crossing protocol:

On ANY type of crossing, you must:

Always check that the traffic has stopped before you start to cross as not everyone will follow the Highway Code.

Always cross at the designated areas and not unsafely at random points on the road. Be especially careful where there are lots of speeding cars, as you probably know, it can be dangerous.

Never linger on the crossing and cross swiftly **but do not run**. If you trip you will find yourself stuck on the road for longer and may also injure yourself.

Outside our school there are staggered pelican crossings, below are the associated rules:

Only cross on the green light, if green changes to red whilst crossing, there should be enough time to get across, however still be cautious: do not turn around to speak to your friends etc.

Never cross on a red light, even if there appears to be no traffic, saving time is less important than safety.

The lights outside of our school are out of sync, keep an eye on the signals for the cars, as they may not correspond with the pedestrian signals. Additionally, when leaving school there are staff at the main crossings immediately outside our school, so always wait for their signals before deciding whether to cross.

Personal Safety Reminders



PUBLIC TRANSPORT

- Know where you are going and which stop you need.
- Check departure times, especially of last buses or trains.
- Try and have your ticket, pass or change ready in your hand so your purse or wallet is out of sight.
- Wait for a bus or train in a well-lit place near other people whenever possible.
- Try not to keep all your valuables in one place. It's a good idea to keep valuables such as wallets in an inside pocket and separate small amount of cash away from your main purse/wallet.
- If a bus is empty or it is after dark, it is safer to stay on the lower deck and sit near the driver.
- On trains avoid compartments which have no access to corridors or other parts of the train. Try to sit with other people and avoid empty carriages.
- If you feel uneasy, move to another seat or carriage. If you feel threatened, make as much noise as possible to attract the attention of the driver or guard.
- British Transport Police non-emergency text number is 61016 for reporting any incidents.

WALKING

- If travelling at night or in an unfamiliar area, try and arrange for someone to meet you at the bus stop or train station. Otherwise try to walk near other people with whom you feel safe
- Never take shortcuts through waste ground, dark alleys or dimly lit areas. Keep to well-lit main roads even if this means a longer walk.
- Walk facing the traffic so that a car cannot pull up behind you without your being aware of it.
- Walk briskly and with confidence; be aware of what's going on around you and where other people are in relation to you. Talking on the phone or wearing headphones makes you less aware and more vulnerable.
- Don't accept lifts from people you don't know and only in agreement with your parents from people that you do know.
- If you think you are being followed, trust your instincts and take action. As confidently as you can, cross the road, turning to see who is behind you. If you are still being followed, keep moving. Head to a busy area (café / shop) and tell people what is happening. If necessary call the police.
- Don't react to verbal abuse/invitations, and avoid eye contact with strangers.
- Consider using apps e.g. mSpy, Map My Run, FollowMee, Family locator, Find My iPhone so your parents can track you on your journey.
- Keep your phone charged and consider carrying a spare back up portable battery.
- If you need to make alternative arrangements e.g. a bus route is diverted, contact your parents
- Consider carrying a personal alarm.

Further information including personal alarms and safety when running can be found here <https://www.suzylamplugh.org/personal-safety-out-and-about>



WCHS MasterChef Junior Competition

The Food and Nutrition department calls Year 7, 8 and 9 students for a monthly baking and cooking competition.

Every month, the winner from each year will be awarded with a certificate and a prize!

The theme for March is to bake a **sweet** or **savoury** dish in support of
RED NOSE DAY

Email the picture of your dish, a picture of yourself with the dish and the recipe at **foodentries@woodford.redbridge.sch.uk**

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

Submission deadline is 31/03/21, Wednesday



Rules of the competition

1. Enter as individual
 1. Write a recipe on a Word document
 2. Prepare the dish with Adult supervision.
 3. Take a picture of the final dish and a picture of yourself with the dish.
 4. Send the two pictures and the recipe sheet to **foodentries@woodford.redbridge.sch.uk**
5. In the subject of your email include Year group, Form class and your full name

Years 7, 10, 13 Survey – Win a book token!



We'd like to know more about students' experience of remote learning in years 7, 10, and 13.

There's a short survey to fill out and you could win a £10 book token just for entering.

You can fill in the survey [here](#) and we'll pick one entry at random to win the book token on Monday 22nd March. (extended to 26th March)

If you have any questions email Mr Hanrahan HanrahanA@woodford.redbridge.sch.uk

Here is the link for the survey in case it doesn't copy over properly:

<https://forms.office.com/Pages/ResponsePage.aspx?id=BjIMpZ53ZEe-5UhLJZJqNn8qAyYOQotInXpfZcn1BfVUOUxOQIVOOVZMR1dVNFA0SUs3MvvQVVU0Sy4u>

Redbridge Children's Book Award 2021

Poetry Competition



Write a poem (maximum 40 lines) on the following theme:

Contact

The competition has two age categories Junior (Years 6 and 7) and Teen (Years 8 upwards)

Closing Date: Friday 26 March 2021

Poems should be in WORD and handed in to your school librarian or teacher who will select the best five to submit to the competition.

Please include your name, age, year group, address and school.

Redbridge Children's Book Award 2021

Short Story Competition



Write a short story, using the phrase:
The High Street was deserted....
(maximum length of story 1500 words)

The competition has two age categories Junior (Years 6 and 7) and Teen (Years 8 upwards)

Closing Date: Friday 26 March 2021

Stories should be in WORD and handed in to your school librarian or teacher who will select the best five to submit to the competition.

Please include your name, age, year group, address and school.

VIRTUAL RECITAL EVENING - March 2021

Dear students,

We hope you are able to take the time to watch many of your peers performing in our **2nd VIRTUAL RECITAL EVENING (March 2021)**.

Please copy and paste the following link into your browser:

<https://youtu.be/vWLwkwhmvRQ>

Thank you to all students who submitted
entries and

"KEEP MAKING MUSIC"!

Best wishes to all!

Mr. Ashman-Jones

Head of Music

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:

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...***
<https://www.bbc.co.uk/bitesize/topics/zhdfscw>
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). <https://edu.bandlab.com/join/mc8q8sf> - then enter the following pin:
M C 8 Q 8 S F
3. [Join the WCHS Composition Club \(MS Teams\)](#) where you can interact with Mr. Ashman-Jones on your composition work.

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



Wellbeing Tips

EXAM/TEST ANXIETY



1. Be Prepared

Yes, this seems obvious, but it bears repeating. If you feel confident that you've prepped thoroughly, you'll feel more confident walking into the exam/test.

2. Get a good night's sleep.

Cramming is never the answer, and pulling an all-nighter can exacerbate your nerves. Having adequate rest (9–10 hours per night) is likely to be more beneficial than rereading a text until dawn.

3. Fuel up.

Eat a nutritious breakfast before the exam/test and pack smart snacks for ongoing energy. Look for foods that offer a steady stream of nutrients, rather than a sugar high followed by a crash.

4. Get to the room as early as you are allowed.

Feeling rushed will only amp up the anxiety. Pack everything you need for the exam the night before and set the alarm, so you can get out the door on time.

5. Have a positive mental attitude.

Bring a picture of your happy place or come up with a morale-boosting mantra like "I can do this" or "I worked hard and deserve this." Peek at your picture or recite your mantra, right before the exam/test begins.

6. Read carefully.

Read the directions thoroughly and read all answers before making a choice or starting the essay. There is nothing worse than putting time into a question and realising you are not solving xx, or the essay is off target. Slowing down can help you stay focused.

7. Just start.

The blank page can maximise your anxiety. After you've read the directions, dive right in by making an outline for an essay answer. Or, find some questions you can ace to build up your confidence and momentum. You can always go back and change things later if needed, but a few quick answers can get the ball rolling.

8. Don't pay attention to what other people are doing.

Everyone else is scribbling away? Ack! What do they know that you don't? It doesn't matter. Pay attention to your own test and pace, and forget about the other students in the room.

9. Note the time

Realising that time is almost up and there are lots of test questions left can make it hard to do anything useful in those final minutes. Stay on pace by scoping out the whole test before getting started. Mentally allocate how much time you'll spend on each section. If there's time to recheck, even better.

10. Focus on calm breathing and positive thoughts.

Deep breathing can slow down a beating heart or a racing mind, so practice these techniques at home. The very act of concentrating on breathing and thinking can alter those anxious feelings.

Sometimes just remembering that *some* test-taking anxiety is a normal part of school can help make it easier to handle



If you are finding things challenging, as we all do from time to time, do remember to check that you are including the 5 ways to well-being in your daily life, in whatever way you can. Remember the 5 ways to well-being are:

Connect (Talk and Listen, feel connected, be there)

Be Active (Do what you can: Enjoy what you do: Move your mood)

Take Notice (Remember the simple things that give you joy)

Keep Learning (Embrace new experience, see opportunities, surprise yourself)

Give (Your time, your words, your presence)

It is often helpful to talk through concerns or worries with family or a friend so do both reach out to others and be there for your friends and family should they need to talk to you. Sometimes talking through a worry can really help.

Sometimes it may be helpful for you or a friend to access support to access help outside of or in addition to family and/or friends. You can contact the school in several ways to do this and there are various people who can offer help and support.

CONFIDENTIALITY

If you speak to a member of school staff about a private matter this will usually remain confidential between you and that member of staff. If the member of staff thinks that it is a good idea to involve someone else such as another member of staff, an external agency or your parents they would talk to you about this and get your consent. However, all members of staff have a duty to pass on information to only the school Safeguarding Team if they had concerns about your own safety or that of another member of the school community. The Safeguarding Team is limited to Mrs Greenfield and Mrs Holman.



HOW TO ACCESS SUPPORT

Tootoot – this is a way of contacting the school anonymously. You can access Tootoot from the School Website and you would have been sent a login to your school email at the start of the year. You can use Tootoot to get help with problems that you are having at school or to report something you are worried about. There is a small selection of staff who will receive your message when it is sent and will endeavour to answer as soon as they can.

Form tutor – the first place you should go if you have any problems is to your form tutor. They will offer advice if they can and /or will direct you to the relevant person in the school who can help. Currently you may be able to speak to your tutor at the end of a Teams Meeting or by emailing into the relevant KS Administrator asking your Form Tutor to contact you (you would not need to give any details). You could also get a message to them through Tootoot but would need to give your name so that they would know who to contact.

Head of Year – form tutors usually work closely with Head of Year. You can also go directly to your Head of Year if you would prefer to do this.

Continued below/

Student Guidance Team – Mrs Holman and Ms Menon are available to speak to you if you have a problem, whether related to school or more personal and will guide you as to the best way to deal with the problem. They may offer to see you again themselves or advise you to see a school counsellor.

School Counsellor – Feeling overwhelmed? Scared because your parents are splitting up? Feel like you don't fit in? Sometimes it's just not possible to sort through tough times alone. Problems can build up and you may lose sleep, find you can't concentrate on school work/homework, or even become depressed. When you need to talk to someone, your school counsellor can be a great person to help you through your bad times. They will listen and help. They'll take your problem seriously and work with you to find a good solution. School counsellors are trained to help with most issues. Please speak to your Form Tutor or other member of staff or enquire via Tootoot. Speaking to a counsellor is informal, just like a chat.

Counselling is very informal, like having a chat and the Counsellors may ask questions or give advice. The sessions are about you and is your time to speak about what is worrying you.

Helpful websites:

You can text: YM to 85258 for free 24/7 support

<https://youngminds.org.uk/>

Online well-being platform that is accessible through mobile, tablet and desktop and free.

<https://www.kooth.com/>

HOPELINEUK (PAPYRUS)

Phone: 0800 068 4141

<https://www.papyrus-uk.org/>

Email: pat@papyrus-uk.org

Text: 07860039967

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

YOUNGMINDS

kooth



PAPYRUS
PREVENTION OF YOUNG SUICIDE

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

Year 7 Monday (9.55–10.15 & 12.20-1.20)

Year 8 Tuesday (10.55-11.15 & 1.20-2.20)

Year 9 Wednesday (9.55-10.15 & 12.20-1.20)

Year 10 Thursday (10.55-11.15 & 12.50-1.50)

Year 11 Friday (9.55-10.15 & 12.20-1.20)

Year 12 access during your EPQ study sessions held in H3. If you are not doing an EPQ, please see me regarding your Library access (10.55-11.15 & 1.20-2.20).

Year 13 all other times, except break & lunch for Years 7 – 11 (9.55-10.15 & 1.20-2.20).

Don't forget you can use the 'click-collect/delivery' service. You access it via the Library Catalogue on the school website (+More).

TWO GOLDEN RULES:

- 1. RETURN ALL LIBRARY BOOKS BORROWED DURING LOCKDOWN**
- 2. YOU MUST WEAR A FACE COVERING AT ALL TIMES IN THE LIBRARY**



Any questions or concerns about your Library Account see me during your library day or email me:

hornd@woodford.redbridge.sch.uk.

Mrs Horn, in the Library

Currently reading...Cane Warriors (shortlisted for the Redbridge Book Awards 2021)

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.

EXTENSION – deadline is now Friday 30th April for the Redbridge Book Awards writing competitions. Send all entries to Mrs Horn, in the Library with your name and form on it. Poetry & short story all details on the Library pages of the school website. Any questions, please contact Mrs Horn.

Key Stage	Resource/Event Description
22/03/21	
KS5	ArtFund . Sign up to this newsletter - you won't regret it & you won't miss anything ever again! Enjoy.
KS4&5	University Taster Sessions. Try one or two of these sessions - all after school hours.
All	James and the Giant Peach , read to you by famous people. I loved it, very entertaining.
All	The Foyle Young Poets of the Year . Entry details here.
All	Redbridge Libraries have 38 free ebooks for you. You must have Redbridge Library Membership to access them. Enjoy!
All	Watch Grayson Perry's Art Club . The Art Department are asking Years 7, 8 & 9 to mirror the themes on the show, deadline for submissions is 31 st March. See the Art Department for the T's & C's.
All	National Theatre Collection . Access details are not to be shared with people outside of our school. Note: some age restrictions for productions. Username: 1Wp*1P3*k+ Password: OK328Azgq)
All	Origami . Ms Carboni has Y10s making cranes for the staffroom of a local hospital. Let's all help. Watch the tutorials and post (snail mail) the cranes into school. Krokotak ; Very long tutorial ; Or this one
All	Redbridge Book Awards . Download (it's safe) this book from the shortlist Boy, Everywhere . Enter the short story and/or poetry competitions, deadline 26 th March. All creative writing entries to Mrs Horn, in the Library.
3/4	WCHS MasterChef Junior Competition . March's theme is Red Nose Day. See the Food Technology Department for the T's & C's.
All	Letters Live relive International Women's Day Monday 8 th March
	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.
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.

NEW WEBINARS HIGHLIGHTED IN BLUE THROUGHOUT THIS DOCUMENT

HE Taster Sessions with UEA March & April 2021

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!

Upcoming taster lectures

We have an ongoing programme of friendly taster lectures to help you get a feel for what it might be like to study your subject at university, including the following sessions over the next few months:

Tuesday 16 March	16.30-17.15	Business	Entrepreneurship and growth strategies for SMEs
Saturday 20 March	11.30-12.15	Chemistry	Studying proteins with spectroscopy
Saturday 20 March	14.00-14.45	History	Was Henry VIII the worst King of England?
Thursday 25 March	16.30-17.15	Business	Understanding counterproductive work behaviour
Thursday 15 April	16.30-17.15	International Relations	Does China rule the world?
Tuesday 20 April	16.30-17.15	International Development	Working and studying in Environment and Development
Tuesday 27 April	16.30-17.15	Physical Education, Sport and Health	Introduction to high performance sport
Thursday 29 April	16.30-17.15	Philosophy	Life after death

To view the full programme, find out more about the talks and to join the sessions, visit: www.uea.ac.uk/study/information-for/young-people/subject-taster-sessions

NEW WEBINARS HIGHLIGHTED IN BLUE THROUGHOUT THIS DOCUMENT

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!

- 15th March @ 1415 – 1500 Sport & Exercise Science: Wearable Technology
- 16th March @ 1415 – 1500 Psychology: I See What You Mean. I Mean, I See What You See Now! With 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
- 19th March @ 1115 – 1215 Media Studies: Friends & Why It Matters with Reading University
- 22nd March @ 1245-1330 Engineering: Recycled Aeroplanes? with UEA
- 22nd March @ 1415 – 1500 MFL: "French Culture in Film" – A Taste of MFL from Aberystwyth University
- 23rd March @ 1030 – 1130 English Lit: A Streetcar Named Desire with Warwick University

NEW WEBINARS HIGHLIGHTED IN BLUE THROUGHOUT THIS DOCUMENT

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!

- 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
- 25th March @ 1115 – 1215 Linguistics: How Can Studying Linguistics Help Your Language Learning? With Glasgow University
- 25th March @ 1400 – 1500 History: Resistance & Memory During Trans-Atlantic Enslavement with Glasgow University

March 2021

Suitable for Year 10, Year 11 & Year 12,
other years welcome

Student motivation webinars

With the UK's #1 motivational speaker

In need of motivation and self-belief? Look no further than Cameron Parker. Cameron is the leader of the younger generation: world-class youth coach and speaker. Join his free webinar and get motivated.

Take a look at some of the feedback from the last webinar.

"I'm not going to lie I was sceptical but this was truly amazing. I learnt more about myself in one hour than I have in a while!"

"I don't think I've ever felt so motivated and positive about my future!"

Tuesday 30th March or Wednesday 12th May @ 6pm

BOOK



**Special VNSL Guest
Appearances**



EASTER COMMUNITY CAMPS

Dates: March 29th to April 1st; April 6th to April 9th; April 12th to 16th

Times: **AM:** 10.00-12.15 **PM:** 12:45 – 15:00

**Cost: £25 per
session**

Venues: St Edmunds College, Ware
Herts & Essex, Bishops Stortford
Charterhouse, Godalming
Brunel University Sports Park
Bennett School, Tunbridge Wells
NEW – Churchfields Junior School, Sth Woodford
NEW – JAGS Sports Club, Dulwich

**Age Groups:
Yr3-6; Yr 7-10**

Practical Activities to Learn at Home

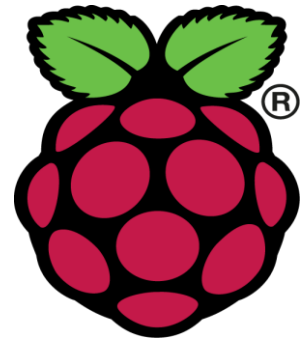
Do you want to enhance your coding skills?

Are you ready to learn more at home?

Please find a list of interesting practical project ideas that you can learn at home. It is all online and it contains a mixture of programming projects and some including Electronics:

Programming Projects

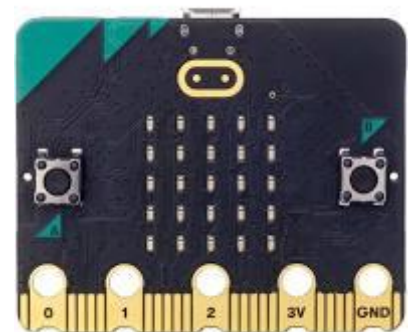
- Calming LEDs
<https://microbit.org/projects/make-it-code-it/calming-leds/>
- Thermometer
<https://microbit.org/projects/make-it-code-it/thermometer/>
- Try out machine learning with Scratch [Raspberry Pi]
<https://www.youtube.com/watch?v=rQwJvn-noHg>
- Create your own video game [Raspberry Pi] -
<https://www.youtube.com/watch?v=mqE-He2F0cw&list=PLxyaWvsfmq49REpw7XnAvhsLZl3ZbDScx>
- Against the Clock [Micro:bit] Learn how to make a timer
<https://projects.raspberrypi.org/en/projects/against-the-clock>
- Nightlight [Micro:bit] - A nightlight that lights up your micro:bit's LED display in the dark
<https://microbit.org/projects/make-it-code-it/nightlight/>
- Make a Chase Game
<https://scratch.mit.edu/projects/editor/?tutorial=all>
- Compass North
<https://microbit.org/projects/make-it-code-it/compass-north/>
- Step Counter
<https://microbit.org/projects/make-it-code-it/step-counter/>
- Scratch Guitar - Play real chords on an electric micro:bit guitar.
<https://microbit.org/projects/make-it-code-it/scratch-guitar/>
- Make Music
<https://scratch.mit.edu/projects/editor/?tutorial=all>



Programming combined with Electronics

For some of these projects you will need some electronics components, **have a look** and **have a go**:

- Make it blink [Raspberry Pi]
<https://www.youtube.com/watch?v=r2kfPtj-sUI>
- Blinking LED Circuit Stickers [Material Required]
<https://www.instructables.com/Holiday-Cards-with-Chibitronics-Blinking-LED-Circu/>
- DIY Kids Traffic Lights with Arduino & Recycled Materials [Material Required]
https://www.youtube.com/watch?v=2QN8tdJy3cE&feature=emb_logo
- Arduino Tutorial : Mini Piano [Material Required]
https://www.youtube.com/watch?v=niiFx9eiCZk&feature=emb_logo
- Buzz Wire Game [Material Required]
https://www.youtube.com/watch?v=mXleSImRQuc&feature=emb_logo



NATIONAL SATURDAY CLUB

Free Saturday Clubs for all Year 9, 10 and 11 students - launching at 10am this 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. <https://saturday-club.org/club/barking-and-dagenham-college-esports/>

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

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

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

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>

The **insurance sector** generates a significant impact to the GB economy and, believe it or not, is an interesting and vibrant section that dates back centuries. It's future is steeped in influencing the fourth industrial revolution and key advancements in technology, such as Artificial Intelligence, Quantum Computing, Robotics and Blockchain.

The world will always need insurance, and brokers are there on the front line helping their large corporate clients to have adequate risk management methods, including suitable insurance policies. However, the world is changing, and becoming increasingly complex with innovation often driving this change. There is a real need for experts who are able to innovate and use Design Thinking. Design Thinking is extremely useful in tackling problems that are ill-defined or unknown, by re-framing the problem in human-centric ways, creating many ideas in brainstorming sessions, and adopting a hands-on approach in prototyping and testing. It is based heavily on the methods and processes that designers use (hence the name), but it has actually evolved from a range of different fields — including architecture, engineering and business. Design Thinking can also be applied to any field.

What we want to do is bring together the next future of STEM leaders and help them learn more about Design Thinking and Innovation.

We would like to invite a group of around 20 female students (aged 14 – 18) who possess an interest in Science, Technology, Engineering and Maths based subjects, to take part in a virtual insight week with WTW to learn more about innovation.

Taking place in early March, as part of International Women's Day, each participant will have the opportunity to learn more about Design Thinking and what it means to be an innovator! Participants will be split into small groups, where (supported by a WTW coach) they will be taken on the journey of 'Innovation and Design Thinking'. They will undertake challenges that allow them to develop their innovative thinking skills. A skill which is highly sought after by many employers. At the end of the week teams will present their innovations to a panel with the winning team gaining a prize!

The course will run from Monday – Friday only, and will run for a maximum of 1.5 hours every day. We also ask that participants also have their own laptop to use throughout the week (with internet capability), along with an email address that can be used for invitation purposes.

If you're a young person interested in taking part in this exciting opportunity, please get in touch with **Rhoda Quist** at STEM Learning on R.Quist@stem.org.uk who will be able to provide more information and sign up details.



About Willis Towers Watson

Willis Towers Watson (NASDAQ: WLTW) is a leading global advisory, broking and solutions company that helps clients around the world turn risk into a path for growth. With roots dating to 1828, Willis Towers Watson has over 40,000 employees serving more than 140 countries. We design and deliver solutions that manage risk, optimize benefits, cultivate talent, and expand the power of capital to protect and strengthen institutions and individuals. Our unique perspective allows us to see the critical intersections between talent, assets and ideas – the dynamic formula that drives business performance. Together we unlock potential.



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Ages 12-18 | 'Live Online' or In-Person at UCL

STEM & MEDICAL SCIENCES

"EXTREMELY VALUABLE"

"A ONE OF A KIND EXPERIENCE"

"HIGHLY BENEFICIAL"

"INTERESTING, ENGAGING & THOROUGH"

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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)



**SONG
ACADEMY**

BUILT FOR YOUNG CREATORS

**The Young Songwriter 2021 competition is open for
entries – a fantastic opportunity for musical & creative
pupils**



Dear Dr Ashraff,

Do you have pupils (aged 8-18) who love writing songs? The Young Songwriter 2021 competition is now open for entries and we can't wait to hear what your pupils have to say!

Many teachers have said that announcing The Young Songwriter competition opportunity is an inspiring way to engage, motivate and boost the confidence of musical & creative pupils. This year it's more important than ever.

**FIND OUT MORE ABOUT THE
YOUNG SONGWRITER COMP →**

Calling all young songwriters!

- Aged 8-18? Written your own original songs? Fancy writing your first song?
- The Song Academy Young Songwriter 2021 competition #SAYS21 is open for entries until the 31st March 2021.
- Win great prizes (including a recording studio session and Yamaha equipment worth £1,000), have opportunities to be heard & connect to young songwriters worldwide.
- With judges including Fraser T Smith, Tom Odell, Miranda Cooper, Calum Scott & Tom Grennan this year is set to be bigger than ever!
- Check out songacademy.co.uk/SAYS21 for inspiration, tips on songwriting and how to enter #SAYS21.

Gen Z has something to say and we can't wait to hear it! Be part of an exciting and uplifting community of young songwriters across the world – listening to everyone's songs, feeling connected and having access to exclusive opportunities!

Thanks for helping us to inspire young people to express themselves and find their voice. We're looking forward to listening to their songs.

All the best
Rowena & The Song Academy Team

**FIND OUT MORE & ENTER
THE COMPETITION →**