

Woodford County High School



Weekly Student Bulletin



Wednesday 10th February 2021

Issue No 3

Welcome to Bulletin No 3

The aim of this bulletin is to give you information and reminders from your Heads of Year and other members of staff.

It will include advice about wellbeing as well as reminders about how to access support if you should need it.

It will also include information about events, activities and competitions taking place at and around school that you can take part in, even during lockdown.

Hopefully, as more editions are produced students will be able to have an input too.

Dates for your Dairy

12/02/21 Deadline for Y9 student to submit their GCSE option choices

Have a lovely half-term!

In this Issue

Wellbeing and Access to Support

Results and updates from activities, competitions and events

Activities, Competitions and Events

Wellbeing and Access to Support



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 or 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.

There are also a number of organisations with good online activity and some that also offer 24hour access to support.

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 person you should easily be able to 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 refer 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.

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.

To see a school counsellor speak to your Form Tutor or any other member of staff. A referral would need to be made by the member of staff. There is sometimes a waiting list and you may be offered other support whilst you are waiting if this seems appropriate. We have 5 trained school counsellors who are currently all meeting students via TEAMS. When your appointment comes up you would be contacted and if you are missing a lesson the teacher will be informed that you have an authorised absence from their lesson (the reason for the absence is not given.) The counsellor will explain to you more about the sessions when you have your first one.

CONFIDENTIALLY

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.

In a situation where a member of staff has concerns about your own safety or that of another member of the school community they would let you know that they must pass on that concern to the Safeguarding Team. The Safeguarding Team is limited to Mrs Greenfield and Mrs Holman. You would then hear back to you if any further action was being considered.

Helpful websites:

Childline is here to help anyone under 19 in the UK with any issue they're going through.

<https://www.childline.org.uk/>

Young Minds helps young people to look after their own mental health and provides someone to turn to

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

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

Papyrus (HOPELINEUK) provides confidential support and advice to young people struggling with thoughts of suicide and anyone worried about a young person.

Phone: 0800 068 4141

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

Kooth provides a welcoming digital mental health and wellbeing care for all

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

childline

ONLINE, ON THE PHONE, ANYTIME

YOUNGmINDS



PAPYRUS
PREVENTION OF YOUNG SUICIDE

kooth

Results and Updates

WCHS MasterChef Junior Competition January theme - Rainbow Salad

Year 7 WINNER
Hiranmayi (7A)



Year 8 Winner
Arfia (8C)



Year 9 Winner
Afrida (9C)

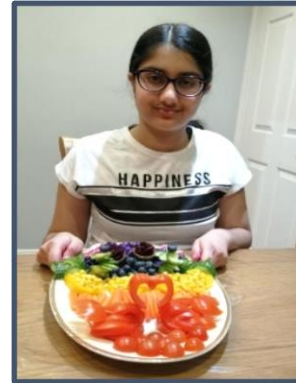


Year 7 Runners up
Adya (7C)



Front View

Top View



Sharanya (7D)



Year 8 Runners up
Sri Raahavi(8E)



Imaani (8B)



Year 9 Runners up
Sukhmani (9B)



Alvina Farrukh (9B)



Well done to these student and everyone who took part.

Information about the February MasterChef Competition is further on in this bulletin

FEBRUARY 2021



FUN RUN UPDATE

WOODFORD COUNTY'S AMNESTY SOCIETY WOULD LIKE TO SAY A HUGE WELL DONE TO THE RUNNERS SO FAR!



Information and how to take part can be found further on in this bulletin.

Activities, Competitions and Events



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 Year 7, 8 and 9 will be awarded with a certificate and a prize!

February's theme is **VALENTINE BAKE**

Email the picture of your Valentine bake, 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 28/02/21, Sunday

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

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).

If you wish to join the WCHS Choir Teams, please speak to Ms. Hasler or Mr. Ashman-Jones. [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 ... www.bbc.co.uk

RUN FOR HER



Around the world there are **132 million girls** out of education. As part of our aim to educate about and stand up for human rights, we are holding a fun run as part of our 'Run For Her' campaign. Our goal is to run **132 miles** as a collective: each mile representing a girl and her struggle for education.

Unfortunately, due to the current circumstances we're unable to do this at school but we would love for everyone to still get involved. We are asking for everyone to **run a mile at home** any time you're free between **1ST FEB-15TH**. This could form part of your daily exercise and you can run at home, in your garden, in your local area – wherever it is easiest – ensuring that it is a safe place to run. We ask that parents encourage their daughters to get involved and run a mile, in a suitable place and with supervision if need be, and you're more than welcome to take part too!

If willing to do so, please take and share a photo whilst running to amnesty@woodford.redbridge.sch.uk. To mark the Fun Run we would love to document positivity in such a challenging time. The class who raise the most money will win a prize!

Each person is asked to donate a minimum of £1 and is of course free to donate any more if you wish. All sponsorships will be paid online via ParentPay and all donations will be handed to Amnesty International to fund their work in providing education all around the world to those without it. **Make sure to write how many miles you ran in the NOTES section on ParentPay.**

We hope to see many girls taking part, and to prove yet again that whilst we may all be at home and far away from each other, Woodford is still a strong community able to come together to do great things.

Good luck with the running!



WCHS Amnesty Society



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



One-Minute Mindful Meditation

Note: Play any light instrumental, forest or waterfall music from YouTube

Sit erect in a straight-backed chair. If possible, bring your back a little way from the rear of the chair so that your spine is self-supporting. Your feet can be flat on the floor. Close your eyes or lower your gaze.

Focus your attention on your breath as it flows in and out of your body, Stay in touch with the different sensations of each in-breath and each out-breath. Observe the breath without looking for anything special to happen. There is no need to alter your breathing in any way.

After a while, your mind may begin to wander. When you notice this, gently bring your attention back to your breath, without giving yourself a hard time - the act of realising that your mind has wandered and bringing your attention back without criticising yourself is central to the practice of mindfulness meditation.

Your mind may eventually become calm like a still pond - or it may not. Even if you get a sense of absolute stillness, it may only be fleeting. If you feel angry or exasperated, notice that this may be fleeting too.

Whatever happens, just allow it to be as it is.

After a minute, let your eyes open and take in the room again.

Mindful Eating

- ❖ Choose/select a fruit - e.g. raisin, grape, apple, strawberry etc.
- ❖ Look carefully at the fruit - what do you notice?
- ❖ Take a few moments to feel the fruit in your hands - how does it feel?
- ❖ Bring it close to your nose - what smells do you notice; sweet, sour, sharp?
- ❖ Bring it close to your ears - what do you hear?
- ❖ Now put it into your mouth but do not chew on it or eat it just yet - spend some time paying attention to the sensations you feel with the fruit in your mouth, on your tongue etc.
- ❖ Now you may chew the fruit, but take your time, savour it. Feel the burst of flavour as you bite into the fruit. What other senses, glands, organs are stimulated by it?
- ❖ Now just take a moment to absorb and reflect on the entire process...how did that feel?

WCHS Well- Bean Project

Why not try this over the half term and share the results with your Art Teacher or Form Tutor?



This project is in part Socially engaged practice, also referred to as social practice or socially engaged art. It can include any artform which involves people and communities in collaboration or social interaction. Many contemporary artists also use it within their work.

The participatory element of socially engaged practice, is key, with the artworks created often holding equal or less importance to the collaborative act of creating them, social practice is 'art that' is socially engaged, where the social interaction is at some level the art.

To that end we will be sharing the drawings we make of our beans, growing, online through teams and possibly in our exhibition when we return to school.

The project is also in part about our individual well being (well bean!) Arts play an important role in mental health and well being through the creation of a space for social connection. This is why we will be sharing our drawings.

The underlying principle is SLOW LOOKING.

What happens when we spend five minutes, fifteen minutes, an hour or an afternoon really looking in detail at something - an artwork, the natural world etc. This is 'slow looking'. It is an approach based on the idea that, if we really want to *get to know* something, we need to spend time with it.



Two ways to grow your bean seed....

① Line a jar with several layers of Kitchen roll. Place bean $\frac{1}{2}$ way down. Keep damp.

② Fill a jar, plastic cup, plant pot with soil. Plant bean just under top of soil. Water regularly.

Watch and wait and draw!

Off-Screen Half Term Challenge!

Creative Ideas:

- Drawing
- Baking
- Make something
- Painting
- Arts and Crafts
- Embroidery
- Learn to knit
- Origami
- Make your castle
- Write a song
- Make puppets

Nature:

- Walk in the park
- Stargazing

Family Bonding:

- Spend time with your family
- Sing karaoke with your family
- Make breakfast in bed for parents
- Go on a picnic
- Teach someone in your household how to do something
- Write a quiz for your family/friends

Mindfulness:

- Make a top ten list of ways to show gratitude/ways you are grateful
- Create a jar of activities to do when lockdowns finished
- Meditate

Reading and writing:

- Read a new book
- Make a journal
- Write down someone's best qualities and share it with them
- Write a creative story
- Write a poem
- Write a diary from the perspective of one of your favourite characters
- Design a blog on paper
- Write a letter to someone

Fun and Games:

- Play cards
- Play a boardgame
- Do a jigsaw
- Write a piece of 'house' music and play it using items from your home
- Put on as many of your clothes as possible and take a picture!
- Make your own indoor obstacle course
- Make a den
- Make a dress out of toilet paper

Your challenge:

Try to complete as many offline activities over half term as possible over half term – aim for six and try to do a variety of types of activity. You could share your experiences with your form tutor.

Sports ideas:

- Try a new sport
- Learn a new football skill
- Make up a new fitness routine

[Grayson Perry's Art Club](#) is back for a second series and we can't wait!

Some of you may already know that during the first lockdown, Grayson's Art Club provided a creative outlet that helped us get through a challenging time. Well we are shadowing him again...this series the themes are: Family; Nature; Food; Dreams; Work & Travel. All year groups can get involved- you don't have to submit artwork for all 6 weeks/themes- it can be even for one of the weeks or for your favourite theme out of the 6!

If you want to participate, you can submit your art work online directly to Grayson @ <https://www.graysonsartclub.com/submit-your-art>

Additionally, we at Woodford would love to see all your amazing art so please submit a photo of your artwork to Mrs Horn at:

Hornd@woodford.redbridge.sch.uk each week or by **Friday 19th March 2021**, latest.

Try to ensure that your photo is of professional quality, it is clear and has been taken

in a well-lit environment. Also keep an eye on the school's Twitter feed and Student Bulletin, for your art making a showcase!

We will be collecting artwork

submissions up until the deadline of **Friday 19th March**

2021 and once in, we will select the 3 winners from each theme, who will all receive a special PRIZE!

If you would like to know more on this great art project or have any questions, then please talk to your Art teacher or Mrs Horn in the Library.



Mrs 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, enter the Redbridge Book Awards. Poetry and Short Story *competition* closes 26th March. If you can get access, read the books on the Children's & Teen shortlists. Let me know your favourite. You vote; you choose the winner which is announced in July. Plenty of time to take part!

Key Stage	Resources/Event Description & Links
All	Art Fund . Have a listen to the podcast. Online exhibitions too.
	School Resources (find these on the school website (+More))
All	Kerboodle 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 22 nd January so try it today. Username: jcs001@jconlineresources.org Password: Testimonial
3/4	Collins Connect for science revision, access via the school website (+More)
3/4	GCSEPOD
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 THROUGOUT THIS DOCUMENT

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
- 5th February @ 1245 -1330 Politics: Do British Voters Follow the (Party) Leader? Who Votes & Why? with the University of Surrey
- 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)

NEW WEBINARS HIGHLIGHTED IN BLUE THROUGOUT 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!

- 1st March @ 1415 – 1500 Biochemistry: Parasites & Proteins with Aberystwyth
- 1st March @ 1415-1515 Nursing: Mental Health Acute & Critical Care Needs with Surrey University & Sheffield University
- 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
- 3rd March @ 1115-1215 English Lit/Film: The Great Gatsby – The Novel's Context, Its Exploration of 1920s Issues & Reinterpretation in Film with UEA
- 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



Keeping it Wild:

We are giving all young people the opportunity to **vote for the topic areas you want Child Friendly Redbridge** to focus on - **cast your vote** at

<https://engagement.redbridge.gov.uk/young-people/c3575a39>.

Our new - Environmental project - **Keeping it Wild** has now officially started and if young people interested in the **Environment** and want to either look at making Redbridge Greener, developing Fairlop Waters and/or growing your own food then please register that you are interested [here](#) and come to our next meeting at **11am on Thursday 18th February**.

The meeting will be on Zoom
and the link is

<https://zoom.us/j/5323398941?pwd=SG1kTEZkOS9GK2hJZTA3NVY5L3Nwdz09>

or use the Meeting ID: 532 339 8941 and Passcode: Green.

Please confirm that you will be attending.

Deadline extension to complete our Youth Survey on Crime –

We want to hear the views of children and young people on crime and safety in Redbridge. Please complete our [anonymous youth survey](#) online, it takes less than 10 minutes and you'll have the opportunity to enter into a prize draw for the **chance of winning one of five £20 Amazon vouchers**. Please share with your friends and peers too! Survey closes **Monday 15th February 2021**.

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Digital family quiz



We are hosting a new fun and interactive quiz event online which will test your family's tech knowledge! The event is suitable for parents, carers, grandparents, uncles and aunts and secondary school-age children – and you can take part from your living room or dining table.

All you need to join is a device like a smartphone, laptop or a PC with internet connection.

Everyone who takes part will be entered into a prize draw with a chance to win a £20 voucher.

Quiz dates

Wednesday 10th February at 6:00 - 7:00pm

Saturday 13th February at 10:30 - 11:30am

Book online at <https://forms.gle/cjvhzLxWWozhwLYh7>

For more information please email
Familylearning@redbridge-iae.ac.uk

Full list of courses from Redbridge
Institute can be found at:

www.redbridge-iae.ac.uk

☎ 020 8550 2398



@redlae



London Borough of
Redbridge



 **parentzone**
The experts in digital family life



Apprenticeship Week: 8th February 2021 -15th February 2021

Embedded finance: the future of financial services?

Wednesday 17 February 2021
1pm to 2pm GMT

Investment 2020

National Apprenticeship Week Film: Investment20/20 Q&A with Apprentices

Get an insight to careers and apprenticeships in investment management with our National Apprenticeship Week Films: Investment20/20 Q&A with Apprentices.

There are two films. The first one features Sophie, an Investment Operations Apprentice at Schroders, and Nathan, a Business Analyst Apprentice at M&G. The second film is a Q&A with Tariq, a Communication Apprentice at Fidelity. Having left sixth form within the last two years, Sophie, Nathan and Tariq share their experiences of the recruitment process, how they felt on their first day, what their job titles mean, and how they combine the study and work elements of their apprenticeship. This is a brilliant way for students to gain an insight direct from Apprentices.

[Sophie \(Schroders\) and Nathan \(M&G\) Film](#)



[Tariq \(Fidelity\) Film](#)



Deloitte Bright Start Apprenticeships

With National Apprenticeship Week approaching, we wanted to take this opportunity point you in the direction of some great resources to support students interested in pursuing a Deloitte BrightStart Apprenticeship.

[Sign up](#)

KPMG Apprenticeship

Welcome to KPMG's 2021 Student Recruitment update!

At KPMG, we recognise that we need Inclusion, Diversity and Social Equality to be successful. We would love to work with you further to showcase and develop the bright-minded students you have at your institution. While university might seem like the obvious next step, an apprenticeship can offer just as many opportunities – especially here at KPMG. We can support students with guidance on making the right choices about their future and being able to adapt to the ever-changing situation we find ourselves in.

[Click here](#)



**SONG
ACADEMY**

BUILT FOR YOUNG CREATORS

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



**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 →