



Woodford County High School for Girls

Bulletin

Issue No. 376 12th October 2021



Tues 12 October 2021

Dear Parents / Carers

Attached to this bulletin you will find a joint letter to parents (dated yesterday) from the Secretaries of State for Education and for Health. Your continuing support of twice weekly lateral flow testing for secondary age pupils is sought and information is provided about the Covid-19 vaccination programme for young people.

Covid-19 levels at Woodford

We continue to work hard in school to keep Covid-19 at bay and to follow the precautions set out in our September 2021 risk assessment. [Covid Risk Assessment \(September 2021\)](#). Infections have been low but having now been notified of 5 cases in one cohort (Year 11) in the last ten days, we have today met a first outbreak threshold. Our cautious approach on return to school in September means the intervention steps now required of us by Public Health are not dramatic. Students and staff are already asked to wear masks in corridors and communal spaces – we will be reinforcing this message. We will continue to ensure classrooms are well ventilated and that girls are outside at breaks and lunchtimes whenever this is possible. There is already a requirement for the wearing of masks on school and public transport. Students remain free to wear masks in lessons. There is no cause for alarm but you are asked to reinforce the importance of the following with your child:

- Wearing a face mask on public and school transport
- Wearing a face mask in school in corridors and communal spaces
- Observing careful hand hygiene
- Continuing with twice weekly lateral flow testing and reporting results both to public health and by e-mail to WCHS. covidresult@woodford.redbridge.sch.uk. (Test kits are available via form tutors.)
- Keeping a sensible distance for others
- Staying at home if experiencing Covid-19 symptoms, or if required to quarantine (after travel), or to isolate (after close contact)
- Making an informed decision about Covid-19 vaccination and/ or flu vaccination in due course (if eligible)

Covid-19 Vaccinations at Woodford

We have this week been notified that Covid-19 vaccinations will be available to students aged 12 – 15 at Woodford on Monday 15 November 2021. We will provide you with further information (including the necessary consent forms) when we are in a position to do so. In the meantime I would encourage you to be talking to your child about the vaccination in order that informed decisions can be taken.

We are immensely grateful for the support we have had from parents and carers throughout the pandemic. In partnership, we have been able to keep our school community safe and thus to focus on promoting the academic progress and the overall wellbeing of the students in our care. With your help, we will continue to do so.

Yours sincerely

Ms Jo Pomeroy
Headteacher

STUDENT DROP OFF AND PICK UP

We were informed today of a very unpleasant incident where a parent had parked across the school drive to drop off their daughter. This blocked a member of staff entering the school in their vehicle. When they spoke to the parent they were abused and sworn at. This is completely unacceptable behaviour.

Parents **MUST NOT** drop their children off or pick them up by pulling into the main entrance gate at the front of the school. This entrance is for staff and school visitors only and not a drop off zone. As well as being inconsiderate, stopping in this area also causes a traffic hazard.

Parents are also stopping on the yellow zig-zag markings and double yellow lines on Woodford Green High Road which causes traffic problems on this very busy main road.

Parents **MUST NOT** wait, park or block access to and from neighbouring residential roads in particular Lodge Villas on the Woodford High Road.

Additionally parents are parking on the double yellow lines on The Charter Road and have even been observed pulling entirely onto the pavement at the junction of this road and Chingford Lane.

If you cannot safely drop or pick up your daughter on The Charter Road, parking is available at Sir James Hawkey Hall around the corner on The Terrace. Alternatively you can drop your daughter several hundred yards from the school and she can walk in the rest of the way herself.



Availability of Home Test Kits

The high transmissibility of the Delta virus variant means that, to limit numbers isolating, it is more important than ever to identify cases early, before the infected individual is in school potentially passing the virus on to others.

We therefore seek your assistance and encourage all students to continue twice weekly testing during the remainder of this month. Students will have been issued with a new box of test kits for this purpose following round 2 of mass onsite testing.

We would also ask that you continue to report your test results whether negative, positive or Void to both the NHS via the NHS website <https://www.gov.uk/report-covid19-result>

In addition, please report the result to the school via our Microsoft form [Lateral Flow Test Home Reporting - STUDENTS \(September 2021\)](#)

Contacts who are not required to self-isolate from 16 August

From 16 August, you will not be required to self-isolate if you are notified you have had close contact with someone with COVID-19 and any of the following apply:

- you are fully vaccinated
- you are below the age of 18 years 6 months
- you have taken part in or are currently part of an approved COVID-19 vaccine trial
- you are not able to get vaccinated for medical reasons

Fully vaccinated means that you have been vaccinated with an MHRA approved COVID-19 vaccine in the UK, and at least 14 days have passed since you received the recommended doses of that vaccine.

All other persons should isolate for the required number of days

Should a member of your household test positive for COVID 19. You should take a PCR test even if you have no symptoms. Students should not attend school whilst they await the result of the PCR Test. If the results are negative, students can return to school but continue to take regular Lateral Flow Tests whilst members of their household with COID are isolating. If the PCR test result is positive, students should stay at home for the required isolation period.

Sheila Fonseca
School Business Manager



Woodford County High School has been selected by Morrisons to receive Its Good to Grow vouchers to help us get free gardening equipment for our school.

We would like to ask as many parents as possible who shop at Morrisons to support this scheme if they can.

Collecting tokens is easy:

- Download the MyMorrisons app
- Sign in/register to MyMorrisons and select **Woodford County High School** as the school you wish to collect for
- Scan the app at the checkout or use it online when shopping
- For every £10 they spend, you will receive a Grow Token to donate to Woodford County High School
- At the end of the token collection period, Woodford County High School can exchange tokens for free gardening equipment such as mini greenhouses, wheelbarrows, plant pots, watering cans, trowels and spaces, seeds and much more.

The last day to collect tokens via in store or online shopping is **Sunday 31st October 2021**. Thank you in advance for your support.

Here is a link to a poster with more information and how to do the above – can this poster be added to the bulletin rather than a link?

[https://d8x55pnulm6ez.cloudfront.net/Parents_Leaflet_V2_\(Detailed\).pdf](https://d8x55pnulm6ez.cloudfront.net/Parents_Leaflet_V2_(Detailed).pdf)

If this doesn't make sense, please let me know and I can help you.

Natalie Diamond

Headteacher's PA (with responsibility for HR)

October Recital Evening

Thursday 21st October at 6pm

The School Recital Evening takes place on Thursday 21st October, featuring a number of solo and small ensemble performances from across the year groups.

This will take place from 6.00pm until 8.00pm in the School Hall.

Please do come along to hear and support the musical talent on offer.



Redbridge Music Service (RMS) – Individual Music Lessons

Can parents please remind their daughters to check their lesson timetables and to make sure they attend their lessons. All students have been given their timetables. They are also on display on the RMS noticeboard by the Main Hall, in the Jubilee Rooms and on the notice board by the music rooms. Should they have any problem locating these they can speak to Mr. Ehigie in the office or email music@woodford.redbridge.sch.uk

Any students who wish to sign up for new music lessons need to contact RMS Directly, please be aware additional students will only be able to be added to lessons at the start of a term, therefore students now can request sign up for January lessons

<https://visionrcl.org.uk/music-service-sign-up/>

Any queries about billing or requests to cancel lessons need to go to RMS direct

<https://visionrcl.org.uk/centre/redbridge-music-service/>

Please be aware that timetables are not given out to parents.

Thank you

Ms. Wightman

MUSIC CLUBS

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Junior Choir Conference Room 13:50- 14:35	Junior Band IBO (SF1) 13:50-14:40	Jazz Band KHN (SF1) 13:25-14:15 GCSE/A-level support IBO (SF2) 13:25- 14:05	Senior Choir KHA (SF1) 13:25- 14:05 Theory IBO (SF2) 13:30-14:20	Orchestra IBO (SF1) 13:30-14:20
After school	String orchestra IBO (SF1) 15:45-16:30 Brass Ensemble (SF2) 15:45-16:15	Chamber groups IBO (SF1) 15:45-16:30			

These music sessions will be on weekly, girls should bring their own instrument and no registration is required for the sessions.



*There are still a few places
available for after school activities,
starting in November*

Arts & Crafts Year 7- 3 places

Basic Cooking 1 Year 7 -4 places

Basic Cooking 2 Year 7&8 -3 places

Intermediate cooking Year 8+ -2 places

Boxing All Years -2 places

Advanced cooking Year 8+ -4 places

*Please book by the 15th October, to secure
your daughter's place.*

**SILVER CAPS
ACCREDITED CLUB**

**AP SAINTS**
Netball Club



**AGES 10-14
WEEKLY TRAINING SESSIONS**

AP SAINTS NC

**LOCATION: LAMMAS SCHOOL AND SIXTH FORM, 150
SEYMOUR ROAD, LONDON E10 7LX**

**DATE: EVERY WEDNESDAY STARTING 3RD NOVEMBER 2021
Time: 5:30-7:30PM**

**JOIN US FROM 3RD NOVEMBER FOR FRIENDLY BUT INTENSE
TRAINING SESSIONS TO IMPROVE BALL SKILLS, FITNESS AND
TECHNICAL & TACTICAL SKILLS**

**COMPETING IN A COMPETITIVE DIVISION IN THE ESSEX MET
NETBALL LEAGUE WITH FORTNIGHTLY MATCHES**

TO JOIN EMAIL SHANA.APSAINTS@GMAIL.COM



TRAIN WITH **ROCKY CLARK** MBE

A GIRLS ONLY RUGBY SESSION
AT BANCROFT RFC

SATURDAY 16TH OCTOBER
10:30AM

- SUITABLE FOR GIRLS AGED 11 TO 15 -
- NO RUGBY EXPERIENCE NEEDED -
- ENGLAND'S MOST CAPPED INTERNATIONAL PLAYER -
- RUGBY WORLD CUP WINNER 2014 -
- SARACENS PLAYER/COACH -

TO BOOK YOUR SPACE, EMAIL OR CALL - girlsrugby@bancroftRFC.com | 07801 802 201

ONLINE SAFETY INFORMATION

What Parents need to know about DISCORD (Communication app)



What is Discord?

Discord is a chat room app commonly used by gamers, it is used to talk to other players while playing games. Users can send direct messages swap tips and advice with other players in game-specific servers (similar to online forums). Some games, like Fortnite and PUBG, have official verified Discords for fans to talk about the game.

Most significantly, you do not have to download an app to use it as it can be accessed via any browser and is free to use.

This is being shared with you to make you aware that the Discord social networking tool is geared towards adults, not children and young people.

[Click on this link for more detailed information from Defend Young Minds](#)

[Parents' Ultimate Guide to Discord](#)



Official
age rating

Rita Del Giudice
Network Manager



With over 14 million daily users, Discord is one of the most popular communication tools for gamers. It allows you to create or join what are known as 'servers', where different users can talk in groups via text message or voice call. There is also the option to send direct messages and make video calls.



What parents need to know about **DISCORD**



INAPPROPRIATE CONTENT

While most parents allow their child to use Discord, they may not be aware of the content that is available. This can include inappropriate language, images and videos that are not suitable for children.



SEXUAL IMAGERY

Discord has a large community of users who are able to share sexual images. This can be inappropriate for children and young people.



RISK OF CYBERBULLYING

Discord is a social platform where users can interact with each other. This can lead to cyberbullying, where users are harassed or threatened online.



HIDDEN CHARGES

Discord is a free platform, but there are hidden charges. For example, users can purchase virtual items, such as avatars and emotes, which can be expensive.



RISK OF CYBERCRIME

Discord is a platform where users can interact with each other. This can lead to cybercrime, where users are scammed or have their accounts hacked.



STRANGER DANGER

Discord is a platform where users can interact with each other. This can lead to stranger danger, where users are contacted by strangers who may be harmful.



Top Tips to Protect Your Child



1 BEWARE OF WHAT'S SHARED

While most parents allow their child to use Discord, they may not be aware of the content that is available. This can include inappropriate language, images and videos that are not suitable for children.



2 IMPROVE SECURITY SETTINGS

To help protect your child, make sure they set strong passwords. You should also consider using two-factor authentication for extra security.



3 CHECK THEIR FRIEND LIST

Discord is a social platform where users can interact with each other. This can lead to cyberbullying, where users are harassed or threatened online.



4 REPORT & BLOCK SUSPICIOUS USERS

Discord is a platform where users can interact with each other. This can lead to cybercrime, where users are scammed or have their accounts hacked.



5 BEWARE OF NSFW CONTENT

Discord is a platform where users can interact with each other. This can lead to stranger danger, where users are contacted by strangers who may be harmful.



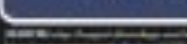
6 SHOW RESPECT TO OTHERS

Discord is a platform where users can interact with each other. This can lead to cyberbullying, where users are harassed or threatened online.



7 TURN ON SAFE MESSAGING

You should encourage your child to enable the Safe Messaging option. This will help protect them from inappropriate content.



Meet our expert

Dr. Sarah Griffiths is a leading expert in child online safety. She has worked with the government and various organizations to help protect children from online risks.

"When I grow up, I want to be a superhero!"

London Borough of
Redbridge 



Foster for Redbridge

0208 708 6068

fostering@redbridge.gov.uk

Dear Parent/Carer,

LOST PROPERTY

We have a large number of items in our lost property box.

Could you please remind your daughter to check for any missing items.

Thank you for your co-operation.



VIRTUAL WORK EXPERIENCE AT WSP

ABOUT:

'Our placements are run using Go To Webinar, Monday to Friday. Students participate in various modules throughout the week which are ran by Engineers/ Consultants working at WSP. Our presenters introduce the students to their field (i.e. structures, environment, flood risk and drainage etc), talk about their role, their routes into industry and their real-world project experiences at WSP. All presentations include an interactive activity for students to undertake relevant to that job role. Each module lasts approximately 1.5 hours. We also cover routes into engineering, including both the Apprenticeship and Graduate routes.'

WHEN:

- October half-term 2021 - 25th October – 29th October

AGE GROUP:

- 15 years old – 18 years old

CONTACT:

If you are interested in being apart of one of our virtual work experiences or want more information, please contact:

UK-STEM@WSP.COM

EXAMPLE OF VIRTUAL WORK EXPERIENCE WEEK:

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Session	09:00am Intro to WSP & Health and Safety pause (45mins) 10:00 Intro to Engineering and the role of an Engineer (45mins) 11:00pm Project Health & Safety (45 mins)	09:00am Highways Module (1.5hrs) 11:00am Bridges Module (1.5hrs)	09:00am Intelligent Transport Systems Module (1.5hrs) 11:00am Environment Module (1.5hrs)	09:00am Future Ready (1.5hours) 11:00am Structures Module (1.5hrs)	09:00am Routes into STEM Careers (30mins) 10:00am Panel Session (45mins) 11:00am Wrap Up Session & Certificate Presentation (30mins)
Lunch					
PM Session	2:00pm Intro to Project Management (1.5hrs)	2:00pm Flood Risk and Drainage Module (1.5hrs)	2:00pm Nuclear Module (1.5hrs)	2:00pm Building Services & Energy Module (1.5hrs)	

NATIONAL STRESS AWARENESS

3rd November 2021



EXERCISE

Taking part in regular physical activity **boosts your energy levels, increases your endorphins levels which makes you feel better, improves your sleep and sharpen your focus.**



GET MORE SLEEP

Ensuring you get enough sleep helping you pay attention throughout the day and maintaining overall health.

Teens should get on average **8-10 hours.**

Adults should get on average **7-9 hours.**



TIME MANAGEMENT

Use your time efficiently.

Break down work/ tasks into smaller steps to make them more manageable, reducing procrastination.

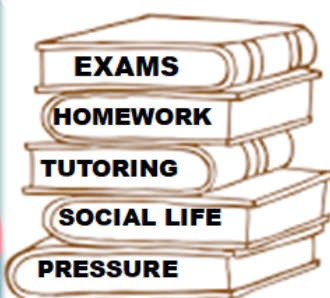
Create a timetable/ list of things you will do each day focusing on one thing at a time.



TALK TO SOMEONE

Talk to your teachers especially if you are having difficulty with the work don't be afraid to ask for help.

Socialise giving yourself a break or you can even study in a group increasing your motivation to complete work.



TEACHERS VS STUDENTS NETBALL

To promote the importance of physical activity our 6th formers will be playing a netball game against the teachers.

Where: Sports Hall

When: 3rd November 1:30-2pm lunchtime

WWW.WOODFORD.REDBRIDGE.SCH.UK

FOLLOW US ON SOCIAL MEDIA



@WCHS_UK



@WoodfordCHS_UK

RETURN Your Library Books



LIBRARY

Please return all Library books borrowed last term. Our records show that we have a number of seriously overdue books on loan.

If you are unsure of the status of your Library account see me in the Library to discuss.

Many thanks,

Danielle Horn

Librarian

Currently reading Fen

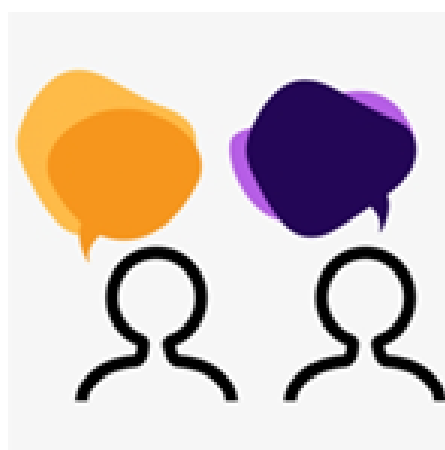


Educational Psychology Parent Helpline

Would you like to talk to someone about difficulties that you or your child are experiencing during the COVID-19 pandemic? Do you need some support with creating a daily routine for your child? Are you concerned about your child's emotional wellbeing? Are you struggling to motivate your children at home or manage sibling relationships? The Educational Psychology Service are here to support you.

The Redbridge Educational Psychology Service have a **dedicated telephone helpline for parents/carers** where you will receive advice and guidance from a professional psychologist.

The EPS helpline is available for all parents and carers - your child does not need to be known to the EPS, does not need to have a special educational need or additional support within school. We welcome calls from all parents and carers.



EPS Helpline

Telephone: 077 41 3 31 009

Opening hours:

Every Wednesday 10am - 4pm

Webpage: <https://www.redbridge.gov.uk/schools/educational-psychology-service/>



FIND: [Educational Psychology Service](#)

@Redbridge_aep Twitter account.

AUTUMN 2021		
Term	Friday 3 September	Friday 22 October
Half-term	Monday 25 October	Friday 29 October
Term	Monday 1 November	Friday 17 December
Non Contact Day	Friday 8 October	
SPRING 2022		
Term	Tuesday 4 January 2022	Friday 11 February 2022
Half-term	Monday 14 February 2022	Friday 18 February 2022
Term	Monday 21 February 2022	Friday 1 April 2022
Non Contact Day	Tuesday 8 March 2022	
SUMMER 2022		
Term	Tuesday 19 April 2022	Friday 27 May 2022
Half-term	Monday 30 May 2022	Friday 3 June 2022
Term	Monday 6 June 2022	Friday 22 July 2022
Non Contact Day	Wednesday 29 June 2022	



KEY DATES TO REMEMBER

Monday 11 to Friday 15 October—House Charity Week (Newton)

Tuesday 19 October—Sixth Form A Level Options Day

Tuesday 19 October—Sixth Form Open Evening

Thursday 21 October—Music Recital Evening