

# Woodford County High School



## Weekly Student Bulletin

Tuesday, 18th June 2024

### Welcome to Bulletin No 111

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.

### CONTENT:

Achievement Report

Athletics Team

Pride Month

Sustainability and environment awareness dates.

Computer Clubs

UCAS Fortnight

Career Scope

Summer 2024 Webinars

Coffee Morning for Parents

Mental Health Support Team

Battle of the Bands

Safe2Talk

Keeping yourself Safe

Second hand school uniform

Lost Property

PE- extra Curricular

MiSAC Competition

Maths Support Available

Pride Youth Network

Live for the Movement

Period Poster

Meet your safeguarding and pastoral Team

Strategies for Anxiety

How to handle a Panic attack

Breathing Exercises for Panic Attacks

Five Ways to Wellbeing

# Total Achievement Report from 6th September 2023 to 14th June 2024

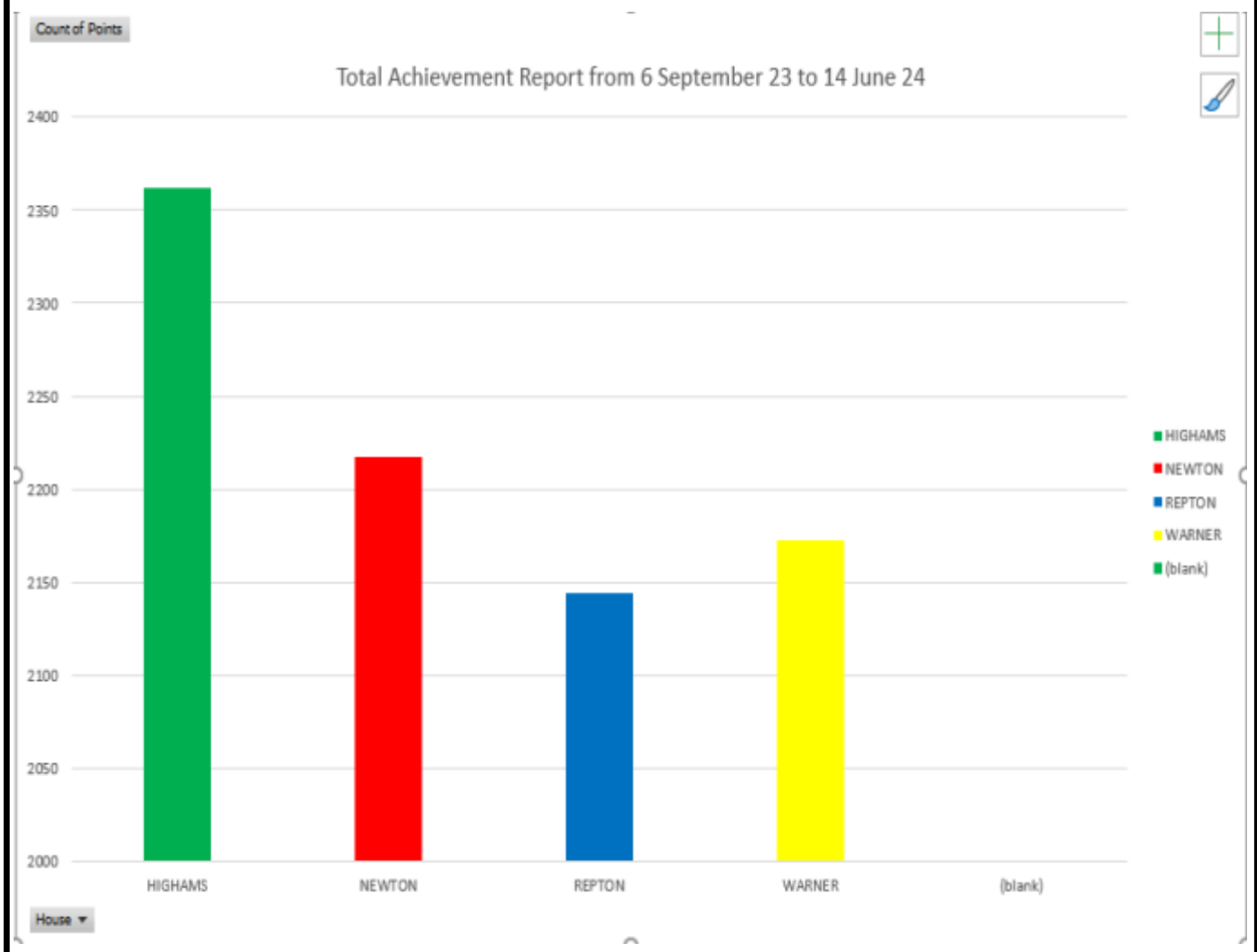
## HIGHAMS IS IN THE LEAD

1st Highams

2nd Newton

3rd Warner

4th Repton



On behalf of the PE team, we would like to congratulate both the year 7 and year 8 athletics teams on their recent success at the District Sports Athletics competition.

Everyone performed really well, and it brings us such pride seeing all your hard work in training paying off at the track.

Year 7 came second place out of the whole Borough of Redbridge.

Year 8 came third place out of the whole Borough of Redbridge.

Well done Woodford Athletes 😊



*Pride*

*Month*

# *Bake Sale!*

Raising money in aid of **Just Like Us** - a charity aiming to **end LGBT+ bullying in schools!**

**Where** - Back Terrace

**When** - Friday 21st June, breacktime

**Pricing** - 50p-£1



# Woodford County Eco Info

As a school community we all have the responsibility to create a sustainable future for our beautiful planet.

**June 2024**  
Sustainability and  
environmental awareness  
dates



- 30 Days Wild – 1<sup>st</sup> to 31<sup>st</sup> June
- World Environment Day – 5<sup>th</sup> June
- World Ocean's Day – 8<sup>th</sup> June
- The Great Big Green Week – 8<sup>th</sup> to 16<sup>th</sup> June
- Bike Week – 10<sup>th</sup> to 16<sup>th</sup> June
- Clean Air Day – 15<sup>th</sup> June
- World Refill Day – 16<sup>th</sup> June
- Plastic-Free Beauty Day – 17<sup>th</sup> June
- World Rainforest Day – 22<sup>nd</sup> June

# Coding Club



Learn. Code. Fly!

## Join Us

Coding ✿ Robotics ✿ Gaming

**Every Wednesday**  
**Innovation Lab**  
**1:30 to 2:00**

Organised By  
Asmita Saha  
Hiba Ather  
Mr.Mian

# UCAS FORTNIGHT

24TH JUNE – 5TH JULY 2024

## WEEK 1: 24-28 JUNE

**M.**

**Choosing the right course / Studying in London**  
Kings College London  
Period 2 Meeting Time

**Apprenticeships: Application Workshop**  
ASK Apprenticeships  
Lunchtime 1.40pm  
Room CC11

**How studying Humanities can open career options**  
Alumni talk  
Lunchtime 1.40pm  
Room CC1

**Studying Optometry**  
Alumni talk  
Period 5 2.30pm  
Room CC1

**TU.**

**Studying Biomedical Science**  
Alumni talk  
Lunchtime 1.40pm  
Room CC1

**Studying Geography, careers in Real Estate and careers in Teaching**  
Alumni talk double bill  
Period 5 2.30pm  
Room CC1

**W.**

**Studying Medicine**  
Alumni talk  
Lunchtime 1.45pm  
Lab 12

**Gap Year Opportunities**  
Project Trust  
Period 5 2.30pm  
Conference Room

**TH.**

**INSET DAY**

**F.**

**Taster Lecture: "The Naked Mole Rat and Pain" - Natural Sciences**  
University of Cambridge  
Lunchtime 1.30pm  
Lab 9

**Careers in Law - whatever your degree**  
Amanda Goble, FCO  
Lunchtime 1.40pm  
Room CC1

### ALSO DURING UCAS FORTNIGHT...

UCAS Predicted Grade tutorials  
Daily personal statement workshops  
Daily Q&A - ask about all things UCAS

**Parent/carer Information Evening:**  
Wednesday 26th June 5.30-6.30pm  
Online via MS Teams

## WEEK 2: 1-5 JULY

**Applying for Medicine and Dentistry - UCAT**  
Alumni talk  
Lunchtime 1.45pm  
Lab 12

**Studying Social Sciences and Working in Tech**  
Alumni talk  
Lunchtime 1.40pm  
Room CC1

**Working in Investment Banking**  
Alumni talk  
Period 5 2.30pm  
Sixth Form Block

**Studying Psychology**  
Alumni talk  
Lunchtime 1.40pm  
Room CC1

**Chemistry, Sciences and Research Publishing**  
Alumni talk  
Period 5 2.30pm  
Room CC1

**RS CONFERENCE**



Sign up for all UCAS Fortnight events here:

**Studying Dentistry**  
Alumni talk  
Lunchtime 1.45pm  
Lab 12

**Taster Lecture: Sociology**  
University of Greenwich  
Period 5 2.30pm  
Conference Room

**Taster Lecture: Nutrition and Dietetics**  
University of Nottingham  
Lunchtime 1.40pm  
Room CC1

**FRINGE EVENT - 12th July**  
Careers in Law Workshop  
Bevan Brittan LLP  
Lunchtime and Period 5  
Room CC1



## CAREERSCOPE SUMMER SCHOOL

CareerScope Summer School is aimed at school & college leavers (16-18) giving them the opportunity to train and work with major hospitality, leisure and tourism industry employers, whilst supporting with building CVs, mock interviews and team building.

The 2-week programme comprises of the **training week** with the opportunity to gain 3 industry-recognised qualifications, as well as hands on industry visits and workshops. This is followed by a 1-week **work placement** with roles tailored to their interested career with a guaranteed interview at the end of the placement.

The **CareerScope Summer School** will take place from the 1st of July for the training week and the 8th of July for the work placement week.

**Candidates must be available for the two weeks.**

Places are limited! So register your interest today:  
[my.careerscope.uk.net/student-signup](https://my.careerscope.uk.net/student-signup)



*Once you have access click on Events to register for the Summer School within your region and a member of the team will be in contact with next steps.*

## Summer 2024 Webinars

Register with Mrs Horn in  
the Library

### June 2024

- 12<sup>th</sup> @ 11.10am English: Tackling Poetry Collections
- 12<sup>th</sup> @ 4.30pm Law: Building a Defence
- 13<sup>th</sup> @ 9.10am Medicine: Global Health & Social Issues
- 13<sup>th</sup> @ 1.30pm Psychology: Free Will vs Determinism
- 13<sup>th</sup> @ 3.35pm Music: Composition – Responding to a Brief
- 13<sup>th</sup> @ 4.30pm HE: How to Choose The Right Course for YOU
- 17<sup>th</sup> @ 4.30pm Maths/CS: The Maths Behind AI
- 18<sup>th</sup> @ 1.30pm Art: The Psychology of Art
- 19<sup>th</sup> @ 4.15pm Natural Sciences: Ocean Acidification
- 20<sup>th</sup> @ 11.05am Geography: Cities Resilient to Climate Change

TIMETABLED LESSONS TAKE PRIORITY OVER WEBINARS

## Summer 2024 Webinars

Register with Mrs Horn in  
the Library

### June 2024

- 24<sup>th</sup> @ 12.45pm Politics: Election 2024 – Is Democracy in Crisis?
- 24<sup>th</sup> @ 1.35pm Nursing: Secure & Forensic Mental Health Settings
- 24<sup>th</sup> @ 4.30pm Business or Economics @ Uni. What's the Difference?
- 26<sup>th</sup> @ 9.10am Psychology: Contemporary Fathers
- 27<sup>th</sup> @ 2pm Social Work: Safeguarding Adults
- 27<sup>th</sup> @ 3.45pm MFL: Focus on Listening & Written Summary
- 27<sup>th</sup> @ 3.45pm Bio/Psych: Multiple Sclerosis

TIMETABLED LESSONS TAKE PRIORITY OVER WEBINARS

JOIN  
US



COFFEE MORNING:

# UNDERSTANDING SELF-HARM

Join the Redbridge Mental Health Support Team at Woodford County High School for a discussion about understanding self-harming behaviours and how to support young people.



SCAN  
ME!



TUESDAY 2ND JULY  
9AM-10AM

#BREAKTHESTIGMA

London Borough of

Redbridge



# MENTAL HEALTH SUPPORT TEAM

London Borough of  
**Redbridge**



## About our team

The Mental Health Support Team is a multi-disciplinary team linked to 30 Redbridge Schools and colleges.

Our team is made up of Educational Psychologists, Senior Wellbeing Practitioners, Education Mental Health Practitioners (EMHPs), and trainee EMHPs undertaking post-graduate training.



## What we provide

# 1

**Brief, evidence-based interventions** for:

- Mild to moderate anxiety (adolescents and children)
- Mild to moderate low mood (adolescents and children)
- Group interventions for Exam resilience, Anxiety, and Emotional Regulation

We work **directly** with adolescents. Our interventions are typically between 5 and 8 sessions long.

# 2

**Activities** which promote the Whole School Approach to mental health and wellbeing.

This includes:

- Supporting the Senior Mental Health Lead
- Needs analysis of school mental health provision
- Delivering whole school, cohort, group work
- Parent workshops and coffee mornings
- Peer mentoring approaches
- Consultation with school staff

# 3

**Timely advice and consultation** for school and college staff, and signposting to external specialist services, where required.

## The Anxiety intervention:

- Focus on graded exposure to anxiety or strategies to manage worry. Understanding anxiety and how it presents
- How to break the cycle of seeking reassurance or avoiding what worries you
- Identifying helpful coping techniques

## The Low Mood intervention:

- Understanding low mood and the cycle of low mood
- How to break the vicious cycle of low mood. Finding out what matters to you.
- Identifying helpful coping techniques

## How we become involved

1. Children and young people are discussed during a Termly Consultation Meeting with our link contact at our schools (usually the Senior Mental Health Lead).
2. If we agree it is a suitable referral to the MHST, the school and parents/carers are asked to complete a consent form.
3. Our EMHPs then complete an initial assessment to explore what intervention would be most suitable.



## Get in touch

The link member of staff at your school is:  
**Suela Marku**

# BATTLE OF THE BANDS 2024!

**TUESDAY 16TH  
JULY**

**18:00-20:00**

**WCHS MAIN  
HALL**

**TICKETS NOW ON SALE ON  
PARENTPAY!!**

**JOIN US FOR AN AMAZING NIGHT OF LIVE  
MUSIC BROUGHT TO YOU BY OUR VERY  
OWN STUDENT GROUPS, INCLUDING...**

**STAGE REVOLUTION**

**THE FUNKY MONKIES**


**EUPHORIA**

**JAMBALAYA!**

**DOUBLE HELIX**

**AND MANY MORE, PLUS A SPECIAL GUEST  
PERFORMANCE BY BAD GRAMMAR!**





# Safe2Talk

A non-judgemental space for anyone who have experienced sexual assault, harassment, or abuse particularly women and girls.

Come and speak one-on-one with all female experts including a police officer and a domestic abuse advocate to get advice or support.

**On the last Monday of each month  
between 2pm - 6pm  
Fullwell Cross Library,  
Barkingside IG6 2EA**

(please confirm the upcoming date on the council's website)

If you cannot attend or wait until the next drop-in, scan the QR code to go to the Redbridge website for more information on support available or call the 24/7 National Domestic Abuse Helpline **0808 2000 247**



# Protect yourself and your property

- ✓ Be aware of your surroundings
- ✓ Avoid walking with ear pods or expensive clothing on display
- ✓ Avoid isolated places, perhaps travel with a friend



- ✓ Each phone has a unique IMEI number...  
Type \*#06# and record it.  
Leave a copy at home
- ✓ Use two-factor authentication codes
- ✓ Use tracker apps, like Find My Phone,  
keep login at home
- ✓ Know your details - in case your phone  
is stolen - this helps Police investigation

## SECOND HAND UNIFORM

Dear Parents

Alongside buying new items of uniform from Lucilla's uniform shop in Ilford (both online and in store), you can now buy and donate good quality second hand uniform via the Sue Ryder Charity Shop in Seven Kings, Ilford.

Second hand uniform items are sold at very affordable prices (currently £1 per item)

- ⇒ The shop is open Monday to Saturday 9.30am to 4.30PM
- ⇒ Donations of good quality uniform can be brought to the shop between 9.30am and 4pm.
- ⇒ Please ensure that the uniform is clean and that all personal name tags have been removed. (Named items cannot be sold due to the General Data Protection Act).

The link to the Sue Ryder Shop website can be found below ;

<https://www.sueryder.org/support-us/shop-with-us/our-shops/seven-kings-ilford>

Thank you.

**Sheila Fonseca**

School Business Manager



### Opening hours

|           |                 |
|-----------|-----------------|
| Monday    | 9:30am - 4:30pm |
| Tuesday   | 9:30am - 4:30pm |
| Wednesday | 9:30am - 4:30pm |
| Thursday  | 9:30am - 4:30pm |
| Friday    | 9:30am - 4:30pm |
| Saturday  | 9:30am - 4:30pm |
| Sunday    | Closed          |

### Address

933 High Road  
Seven Kings  
Ilford  
IG3 8RA  
United Kingdom



# LOST PROPERTY

If you recognise any of the below items, please collect them from Reception.

Thank you



# PE extra-curricular timetable Starts in January!

WCHS - ECTT – Term 3 (part 1)

|                                     | <u>Mon</u> | <u>Tues</u>  | <u>Weds</u>  | <u>Thurs</u>  | <u>Fri</u>                           |
|-------------------------------------|------------|--|--|---|--------------------------------------|
| <u>7.50-8.20am</u>                  |            |  |  |   |                                      |
| <u>Lunchtime</u><br><u>1.30-2pm</u> |            | <p><b>Football Training</b><br/>Week B = yr7 &amp; 8 <b>HBA</b></p> <p><b>Rounders yr8-10</b><br/><b>STA, KRU, VJA, HBA</b><br/>(yr7 will begin later in the term;<br/>this will be communicated<br/>through SMHW)</p> | <p><b>Athletics (all)</b> <b>STA,</b><br/><b>KRU, VJA, HBA, KRI</b></p> <p><b>Basketball for all</b><br/>(GCs)</p> | <p><b>Netball for all</b><br/>(GCs)</p> <p><b>Athletics (all)</b> <b>KRI</b></p> <p><b>Cricket (all)</b><br/><b>STA, KRU, VJA</b></p> | <p><b>Prisons Club</b><br/>(GCs)</p> |
| <u>3.30-4.20pm</u>                  |            |  | <u>*FIXTURES*</u>  |   |                                      |



# Maths Drop In's

Come along any time within your session to get help with classwork, homework or revision

Yr 7 & 8

Weds

1.30-2.20

CC10

When you solve a maths  
problem 3 times



and get different answer  
each time

Yr 9, 10 & 11

Tues

1.30-2.00

CC3

How I sleep knowing I'm not  
struggling with maths

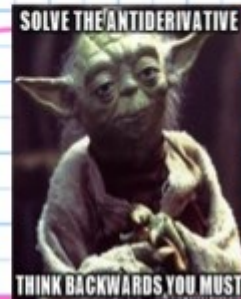


Yr 12 & 13

Weds

1.30-2.25

CC3

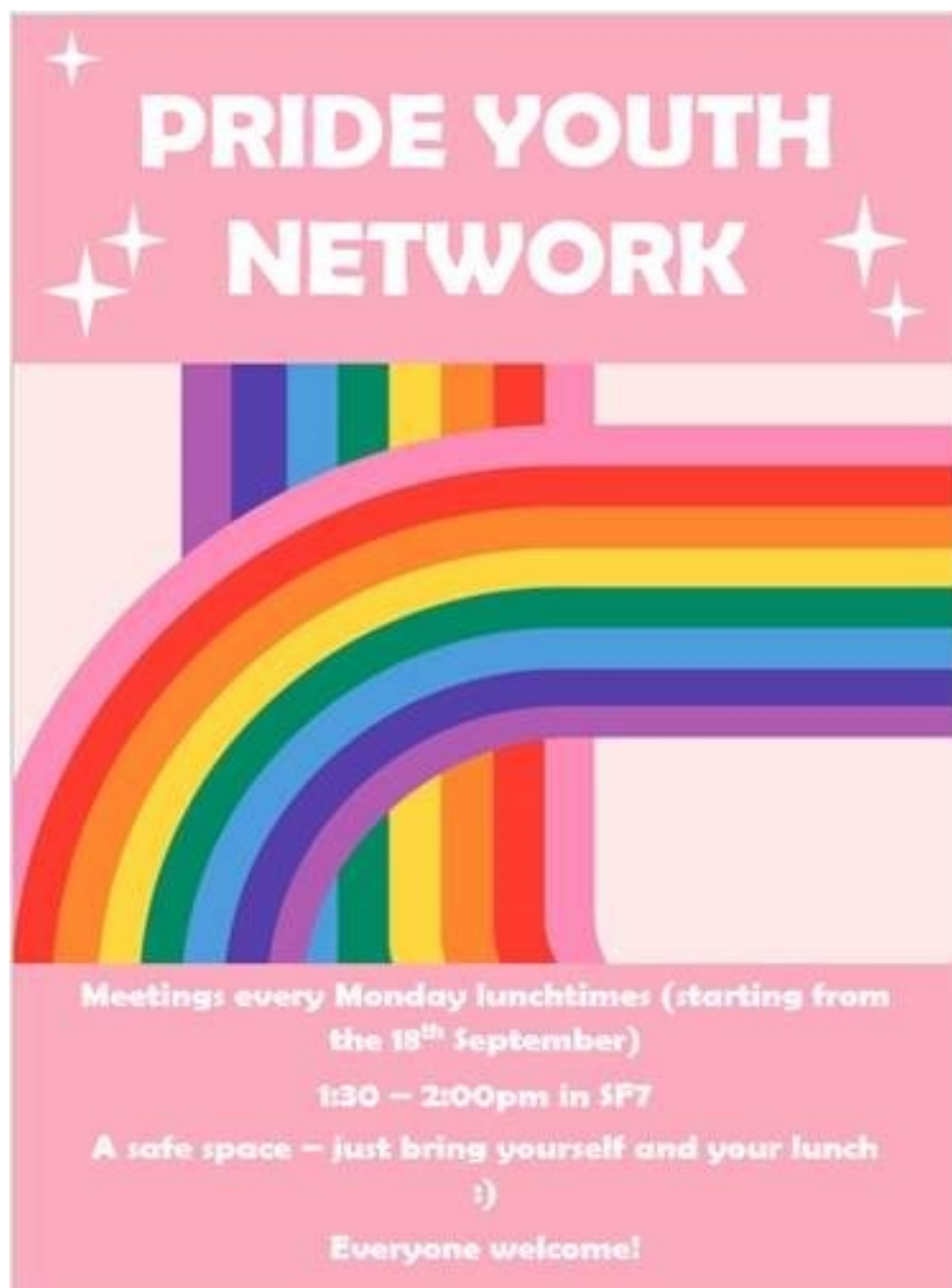


**Maths Support Available to Students if  
they need some extra help.**

*Please see the below for information about Woodford's Pride Youth Network. This club is run by Sixth Formers and overseen by Ms Keith. We meet on Monday lunchtimes and everyone is welcome – it is a safe space to chat to others and have fun, please do come along.*

*If you have any questions, please ask Ms Keith.*

*See you next Monday in SF7.*





# LIVE FOR THE MOVEMENT

Sign up today for **FREE**  
weekly fitness classes

Calling all girls aged 11-16! Check  
out our new **MOVE TOGETHER**  
**FITNESS CLASSES.**

Good for both body and mind  
our specially designed classes  
will help you to build strength,  
confidence and get you moving.  
It's the perfect opportunity to  
have fun with friends.

[Find out more](#)

## **MOVE TOGETHER**

Join our next class at...

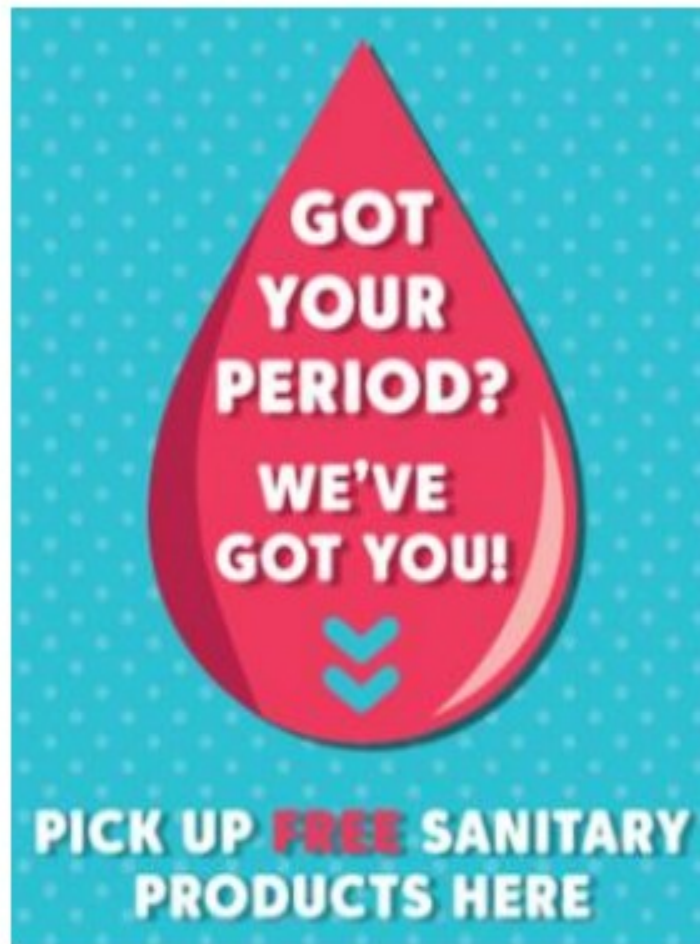
Time:

Date:

Location:

[nuffieldhealth.com/movetogether](https://nuffieldhealth.com/movetogether)





If you would like some sanitary products for school or home, please contact **Mrs Kaye** or **Mrs Mann** in the **Medical Room** and we will provide these for you.





## Strategies that can help with anxiety:

Calming or Grounding techniques are a good way to reduce our heart rate/blood pressure when feeling worried or anxious. It helps us refocus our attention and overcome those unpleasant feelings so we can feel better and do more.

### 5 4 3 2 1

Take notice of your senses by thinking of:

- 5 things you can see
- 4 things you can hear
- 3 things you can feel/touch
- 2 things you can smell
- 1 thing you can taste

### Facts

Think about and name facts about what is going on right now. For example, think:

My age is...

My name is...

I am wearing...

The weather is...

I am in...

### Room Search

Think of a category and search the room for it. For example, look for:

Everything that is a ... colour

Everything that is a ... shape

Things that feel of...

Things made of...



By **thinking** about things to help us calm down we can then **do** the things we want/need to do and **feel** better and happier.

Video to try a grounding technique! <https://www.youtube.com/watch?v=5a88mUAzNLk&t=6s>



## SAFEGUARDING & STUDENT, PASTORAL SUPPORT STAFF 2023-2024

|   |  |   |  |   |
|---|--|---|--|---|
|  |     |          |  |  |
| <b>Ms Pomeroy</b><br>Deputy Designated<br>Safeguarding Lead<br>Headteacher        | <b>Mrs Greenfield</b><br>Designated<br>Safeguarding Lead<br>Assistant<br>Headteacher | <b>Mrs Marku</b><br>Deputy Designated<br>Safeguarding Lead<br>Student Guidance<br>Officer | <b>Mrs Kaye</b><br>Health & Welfare<br>Officer                                     | <b>Mrs Menon</b><br>SEND Officer  |

|  |  |  |   |  |
|--|--|--|---|--|
|  |  |  |  |  |
| <b>Mrs Baillie</b><br>Deputy SENCO<br>Teacher of PE                                | <b>Mrs Mendoza</b><br>Student Guidance<br>Assistant                                | <b>Mrs Mann</b><br>Health & Welfare<br>Assistant                                   | <b>Ms Mamtara</b><br>KS5 Pastoral Support<br>Assistant                              | <b>Ms Grace</b><br>KS5 Academic<br>Support<br>Administrator                          |

### KEY STAGE 3 – Mrs Greenfield – Assistant Headteacher

|   |   |  |
|---|---|--|
| <b>MS JAMES</b><br>Head of Year 7 (Teacher of PE) | <b>MRS VERRALL</b><br>Head of Year 8 (Teacher of History) | <b>MR MILLS</b><br>Head of Year 9 (Teacher of English) |
|---|---|--|

### KEY STAGE 4 Dr Ashraff – Assistant Headteacher

|  |  |
|--|--|
| <b>MS GRANT</b><br>Head of Year 10 (Head of<br>Food and Nutrition) | <b>MS RUNACRES</b><br>Head of Year 11 (Teacher<br>of PE) |
|--|--|

### KEY STAGE 5 Ms Hasler – Assistant Headteacher

|   |  |
|---|--|
| <b>MRS EASTON</b><br>Head of Year 12 (Teacher<br>of Classics) | <b>MS VALENTE</b><br>Head of Year 13 (Teacher<br>of Physics) |
|---|--|

# How to handle a panic attack

Professor Paul Salkovskis, Professor of Clinical Psychology and Applied Science at the University of Bath, says it's important not to let your fear of panic attacks control you.

"Panic attacks always pass and the symptoms are not a sign of anything harmful happening," he says. "Tell yourself that the symptoms you're experiencing are caused by [anxiety](#)."

He says don't look for distractions. "Ride out the attack. Try to keep doing things. If possible, it's important to try to remain in the situation until the anxiety has subsided."

"Confront your fear. If you don't run away from it, you're giving yourself a chance to discover that nothing's going to happen."

As the anxiety begins to pass, start to focus on your surroundings and continue to do what you were doing before.

## Breathing exercise for panic attacks

If you're breathing quickly during a panic attack, doing a breathing exercise can ease your other symptoms. Try this:

- breathe in as slowly, deeply and gently as you can, through your nose
- breathe out slowly, deeply and gently through your mouth
- some people find it helpful to count steadily from 1 to 5 on each in-breath and each out-breath
- close your eyes and focus on your breathing

You should start to feel better in a few minutes. You may feel tired afterwards.

Visit the No Panic website for another [breathing exercise to calm panic](#).



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.

## 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 Marku is 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.

Students if you are experiencing low mood or anxiety and would like support for this in the form of eight on-line sessions with an Education Mental Health Practitioner, you can contact Mrs Marku for more information and sign-up.

Mrs Marku is based in the Student Guidance Office, formerly SG4.

## MINDFULNESS PAGES



### Things You Should Know to Meditate

- Create a distraction-free space without phones or TVs and a comfortable place to sit.
- Set a timer for 5 to 10 minutes (or shorter), close your eyes, and focus on your breathing until the timer dings.
- Concentrate on your inhales and exhales if your mind wanders while meditating—it may even be helpful to count your breaths.
- Meditating can help you relax while lessening stress, relieving anxiety, and channeling your focus.



**NHS**

Great Ormond Street  
Hospital for Children  
NHS Foundation Trust

## Getting a good night's sleep (Easy Read)



Sleep is very important. It lets your body and mind rest after a busy day.



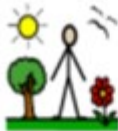
Everyone has trouble sleeping sometimes. There are things you can do to help you sleep better.



Think about what you eat and drink in the afternoons and evenings. Cola drinks have something in them to keep you awake.



Try not to eat too much before bedtime. Have a least an hour after dinner to let your food go down.



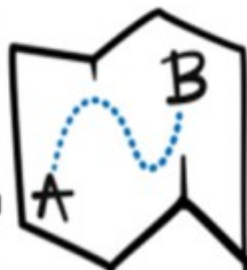
Try to get some fresh air each day. You don't have to do a sport every day. Just going outside is good.



Try not to have where you sleep too hot or too cold.



Put a nightlight on if you like to have some light or dark curtains if you don't.





Try to go to bed at the same time each day. This should be the same at weekends as well as on school nights.



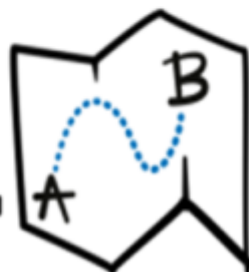
Have a warm bath or shower before bed to relax you. You could also have a milky drink as this could help you sleep.



Don't watch the television or use your phone or tablet before bed. The light they give off can wake up your brain.



Remember to go to the toilet before you go to bed.





TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

# MY CIRCLE OF CONTROL

I WILL FOCUS ON WHAT I CAN CONTROL



## THINGS THAT ARE OUT OF MY CONTROL

What other people do

Things from the past

Other people's choices

What other people say

How other people feel

The weather



## Helpful websites:

**FAITH AND CULTURALLY SENSITIVE SUPPORT BY PHONE, LIVE CHAT, WHATSAPP OR EMAIL**

We offer non-judgemental, confidential support 7 days a week, 365 days a year including bank holidays and Eid.

Call our helpline 7 days a week (4pm-10pm)

**0808 808 2008**

You can text: YM to 85258 for free 24/7 support <https://youngminds.org.uk/>

**YOUNGMINDS**

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

<https://>

**kooth**

**HOPELINEUK  
(PAPYRUS)**

**Phone: 0800 068  
4141**

[https://  
www.papyrus-](https://www.papyrus-)



### **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.



### **The Mix Crisis Messenger**



**gr'ef  
encounter**

supporting bereaved children & young people

**gr'eftalk helpline**  
**0808 802 0111**  
Weekdays 9am-9pm



## Young Carers:



Redbridge Carers  
Support Service

Phone: 020 8514 6251  
Email: [office@rcss.org.uk](mailto:office@rcss.org.uk)



[020 8496 2442](tel:02084962442)

[young.carers@walthamforest.gov.uk](mailto:young.carers@walthamforest.gov.uk)

## Living with Chronic Illness



Support for young people living with chronic illness  
[Teapot-Trust.org](http://Teapot-Trust.org)

## Drugs and Alcohol Help and Advice

Redbridge Fusion NELFT Free and friendly confidential service to young people in the borough of Redbridge under the age of 18.

Station Road Centre, Station Road, Barkingside,  
Essex IG6 1NB

Tel: 020 8708 7801

Fax: 020 8708 7802

Email: [fusion@redbridge.gov.uk](mailto:fusion@redbridge.gov.uk)

Opening times: 9am-5pm, Monday to Friday



NHS Foundation Trust



[Drugs A-Z](#) [News](#) [Help and advice](#) [Contact](#)

Search Q [0300 1236600](tel:03001236600)

**Honest information  
about drugs**

<https://www.talktofrank.com>

# LGBTQ+

Dear Students,

Pride is a movement which celebrates diversity as well as protesting against discrimination and violence as whilst the rights of the LGBTQ+ community have come a long way, there is still not full equality. There is plenty of information online about the history of the development of the rights for the LGBTQ+ community available online, for example –

<https://www.bbc.co.uk/newsround/40459213>

Remember, Pride is all about inclusivity and diversity. The priority is the promotion of equality and creating a community and a safe space for people to be who they are.

If you, or anyone you know, has any questions about this or feel that they need some support then you can speak to a trusted adult at school such as your Head of Year or Form Tutor. Alternatively, the following websites might be of use

## **Stonewall**

For further information about LGBTQ+ and support, please see – <https://www.stonewall.org.uk/>

## **Give us a Shout**

Accessed on – <https://giveusashout.org/>

Or can be reached 24/7 via text on 85258

## **The Proud Trust**

For information about local support groups, you can use – <https://www.stonewall.org.uk/>

## **Mermaids** (especially for young people who feel at odds with the gender they have been assigned)

Accessed on - <https://www.mermaidsuk.org.uk/>

Or you can call from Monday-Friday 9am-9pm on **0344 334 0550**

## **Switchboard** (an LGBTQ+ Helpline) Accessed on –

<http://switchboard.lgbt/> for online chat and email service Or  
you can call from 10am-11pm everyday on 300 330 0630

Please look out for some information from me with regard to the Pride Youth Network!

Take care now. Miss

Keith

Pride Youth Network Co-ordinator



Dear Students,

**As you may know, every June the LGBT+ community celebrates Pride Month across the globe!** The month of June has been dedicated for this as this is when the Stonewall Riots took place in 1969, in Manhattan. These riots served as a catalyst for the rights of LGBTQ+ people. Pride is a movement which celebrates diversity as well as protesting against discrimination and violence as whilst the rights of the LGBT+ community have come a long way, there is still not full equality. There is plenty of information online about the history of the development of the rights for the LGBT+ community available online, for example - <https://www.bbc.co.uk/newsround/40459213>

**Remember, Pride Month is all about inclusivity and diversity.** The priority is the promotion of equality and creating a community and a safe space for people to be who they are. This week (26<sup>th</sup> – 30<sup>th</sup> June) is also **School's Diversity Week** so it is another opportunity to continue to celebrate our rich diversity here at Woodford.

Some videos which may be of interest to some of you about LGBT+ celebration and diversity are linked here –

Lord Michael Cashman on 'How LGBT+ rights have changed in the UK' [here](#)

Can you be a person of faith and LGBT+? [here](#)

How can I be myself online, and stay safe? [here](#)

What does it mean to be queerly autistic and proud? [here](#)

If you, or anyone you know, has any questions about this or feel that they need some support then you can speak to a trusted adult at school such as your Head of Year or Form Tutor. Alternatively, the following websites might be of use –

**East London Out Project (ELOP)** - an award-winning LGBT+ wellbeing charity with over 25 years' experience of supporting LGBT+ young people in East London. It supports young people in two ways:

Free weekly (virtual) LGBT+ youth group

Free LGBT+ mentoring (12-18 year olds)

#### **Give us a Shout**

Accessed on - <https://giveusashout.org/>

Or can be reached 24/7 via text on 85258

#### **The Proud Trust**

For information about local support groups, you can use –

**Mermaids** (especially for young people who feel at odds with the gender they have been assigned)

Accessed on - <https://www.mermaidsuk.org.uk/>

Or you can call from Monday-Friday 9am-9pm on **0344 334 0550**

Happy Pride Month!

**Remember, Woodford's Pride Youth Network meets every Monday in SF7 at 1:30 – everyone is welcome! Keep an eye out for posters about events on next week.**

Miss Keith Pride Youth Network Co-ordinator





Woodford County High School subscribes to Tootoot, this is an online reporting platform and app for students. We are aware that there may be times when you may not feel comfortable to speak to someone face- to face about your concerns, or may be concerned about being identified or potentially making matters worse.

With Tootoot, you are able to safely and anonymously report your concerns and worries to mentors (WCHS safeguarding and past oral team), so use this as a first step to resolving your concerns.

Tootoot is accessible anywhere, anytime and on any internet-enabled device, if there is something that is concerning you, or making you feel unsafe (whether an issue personal to you or a wider concern about others in school) you can use this platform to raise your concern. School should be a safe place where you can grow in confidence and learn, no one should ever be bullied. When reporting you will also be able to attach supporting evidence, such as images, screenshots or documents etc.

Your Form Tutor, Head of Year as well as the school's Student Guidance Officer Mrs Marku and Assistant Student Guidance Officer Mrs Mendoza, will be happy to discuss any concerns you may have in person as will Mrs Greenfield (Designated Safeguarding Lead.)

Please note that Tootoot **should not** be used for day to day school- related questions, please speak to your form tutor, teachers or Key Stage Administrator for this.

***Although anonymous please be aware that in the event of a serious safeguarding issue, (i.e. where a student is in danger of imminent harm) it would be possible for the Designated Safeguarding Lead (Mrs Greenfield) to gain access to identify the student.***

You will have received an email from Tootoot with your login details, which will be sent out via the Tootoot system. Your accounts are linked to your school email therefore should you forget your details, you will always be able to use the "Forgotten your login/password?" feature on the home page to receive a password reset link.





REDBRIDGE  
**YOUTH  
HUB**

**A virtual one-stop shop for  
young people aged 16-24**

**Find information and resources on**

- ◆ education
- ◆ employment
- ◆ careers advice
- ◆ training
- ◆ apprenticeships
- ◆ managing money
- ◆ health and  
well-being support



**[www.redbridge.gov.uk/youth-hub](http://www.redbridge.gov.uk/youth-hub)**

