



# Woodford County High School for Girls

## Bulletin

Issue No. 377 19th October 2021



Tuesday 19 October 2021

Dear Parents / Carers

Thank you for your continued support of our Covid-19 precautionary measures, as outlined in our current Risk Assessment. [Covid Risk Assessment \(September 2021\)](#)

### **Covid-19 levels at Woodford**

Infections remain relatively low, suggesting our Covid-19 precautionary measures are working well for us:

- Wearing a face mask on public and school transport
- Wearing a face mask in school in corridors and communal spaces
- Keeping indoor spaces well ventilated
- Socialising outdoors at break and lunchtime whenever the weather allows (& dressing accordingly)
- Observing careful hand hygiene
- Continuing with twice weekly lateral flow testing and reporting results both to public health and by e-mail to WCHS.
- [Lateral Flow Testing Reporting \(September 2021\)](#) (Test kits are available via form tutors.)
- Keeping a sensible distance from 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). See below.

### **Covid-19 Vaccinations at Woodford**

Covid-19 vaccinations will be available to students aged 12 – 15 at Woodford on Monday 15 November 2021. The necessary consent forms will be sent by Group Call to parents and carers of the cohort later this week and we will issue reminders at regular intervals. Information aimed both at parents and at students is available on our website [Here](#). In the meantime I would encourage you to be talking to your child about the vaccination in order that informed decisions can be taken.

### **Flu vaccination programme 2021 to 2022**

For the 2021 to 2022 flu season, we understand the flu vaccination programme that already includes all children in primary school will be expanded to additional children in secondary school so that those in Years 7 to 11 will now be offered flu vaccination.

We have no further information yet but will provide it as and when we can.

\*\*\*

Half-term next week gives us all a chance to recharge our batteries. I take this opportunity to congratulate our students (and their teachers) on what has been achieved. We've had a very positive start to the academic year and we look forward to welcoming everyone back on Monday 1 November.

Yours sincerely

Ms Jo Pomeroy  
Headteacher

### **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

# Sixth Form Virtual Open Evening

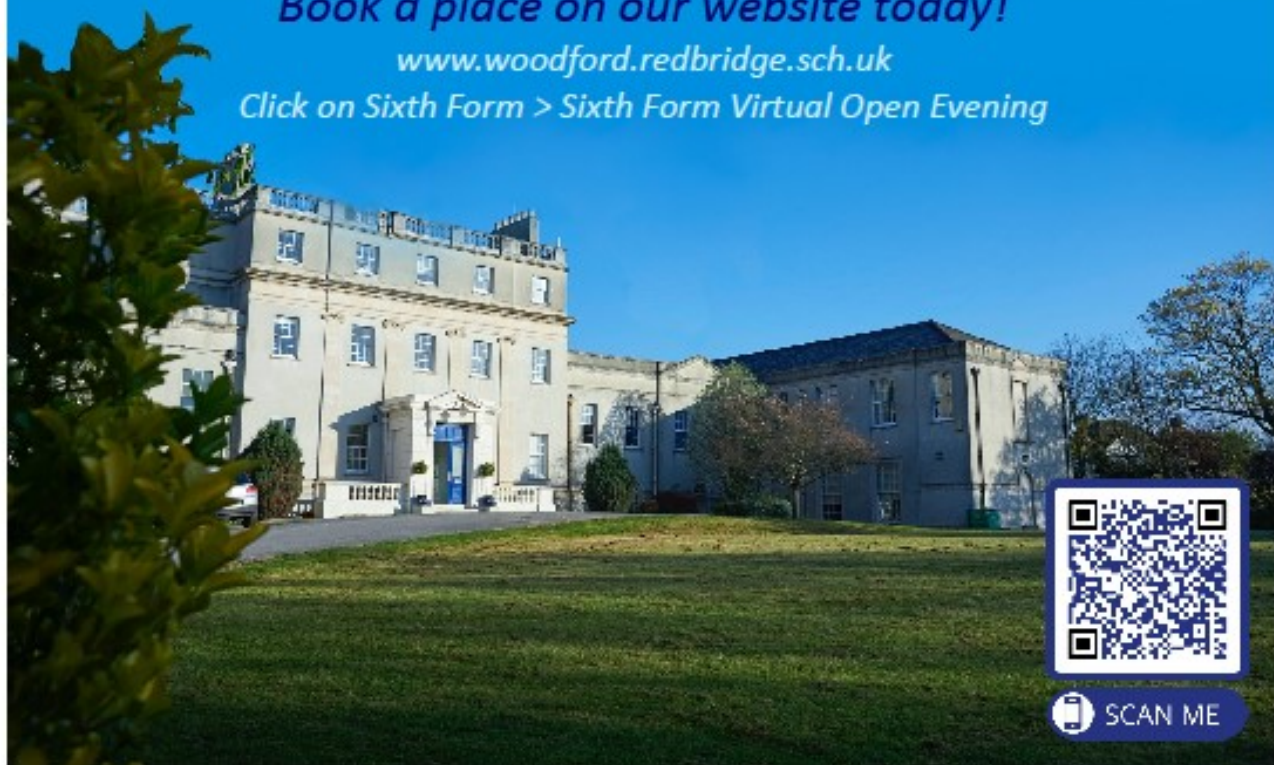
**Tuesday 19th October 2021  
5.30-8.00pm**

On our website and Microsoft Teams

*Book a place on our website today!*

[www.woodford.redbridge.sch.uk](http://www.woodford.redbridge.sch.uk)

*Click on Sixth Form > Sixth Form Virtual Open Evening*



SCAN ME

## **Vote For your WCHS *Child Friendly Redbridge* Ambassadors**

In late September, The London Borough of Redbridge (LBR) asked **all young people in Year 8 through to Year 12** in Redbridge schools to nominate themselves to become a **Child Friendly Redbridge Ambassador for their school**.

As an Ambassador, elected students will have a **unique opportunity** to work with the council and other organisations, such as the police and NHS, to **make Redbridge a better place for young people**. They will influence and help make decisions that positively affect young people from all backgrounds. LBR want young people to help steer the work they will undertake as part of the Child Friendly Redbridge project and provide a voice for themselves, their school and other young people in Redbridge.

LBR received nearly **300 nominations** from across Redbridge schools. Thank you to everyone who nominated themselves. **Now it's time for all WCHS students to vote for their Child Friendly Redbridge Ambassador here at Woodford!**

LBR are now looking to elect two Ambassadors from every secondary school in Redbridge and need as many young people as possible to vote for who they want as their Ambassador.

Click on the link below to cast your vote! Voting opens on Monday 18 October 2021. Winners will be notified after voting closes on 31st October 2021. Good luck to all candidates!

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



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 31<sup>st</sup> October 2021**. Thank you in advance for your support.

[https://d8x55pnulm6ez.cloudfront.net/Parents\\_Leaflet\\_V2\\_\(Detailed\).pdf](https://d8x55pnulm6ez.cloudfront.net/Parents_Leaflet_V2_(Detailed).pdf)

Link 2 in the email. Please copy and paste into your web browser.



# Recital Evening



Featuring solos, duets & small ensembles

**THURSDAY 21<sup>st</sup> October, 2021**

6.00pm to 8.00pm in the Main Hall  
(seated by 5.30pm)

Free admission  
No need to book

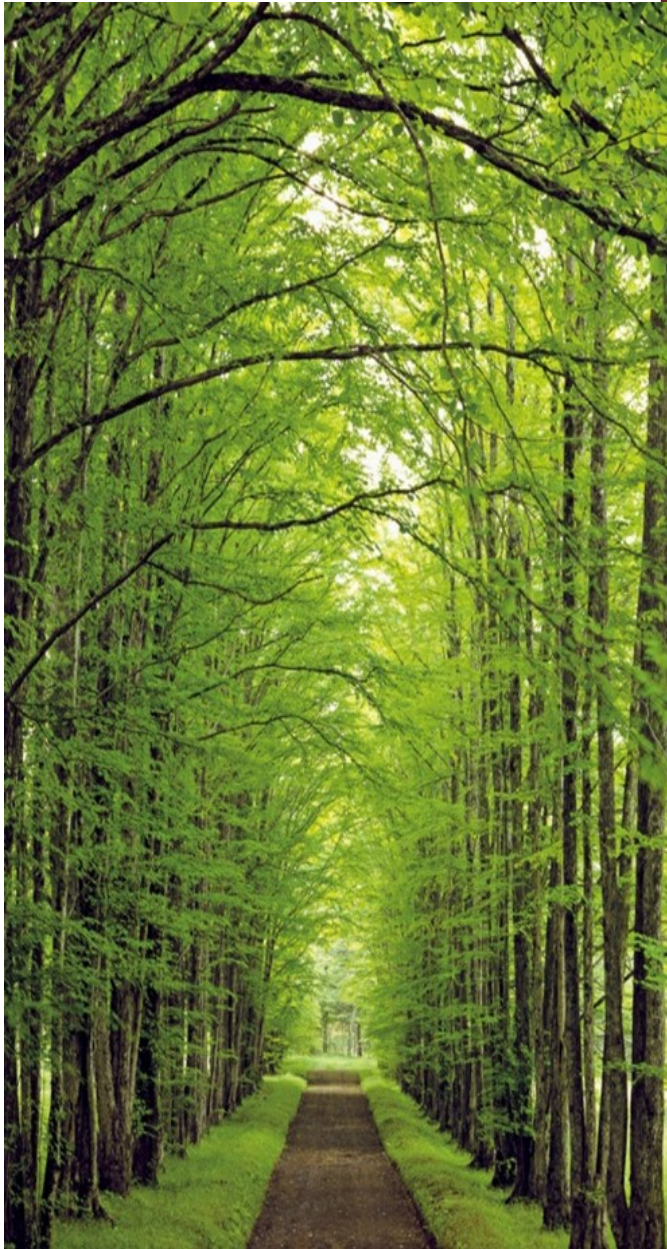
**We ask that you can please bring and wear a  
facemask for this occasion**

# MUSIC CLUBS

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

*Arts & Crafts Year 7- 3 places*

*Basic Cooking 1 Year 7 -2 places*

*Basic Cooking 2 Year 7&8 -3 places*

*Intermediate cooking Year 8+2 places*

*Boxing All Years -2 places*

*Advanced cooking Year 8+ -3 places*

*Please book by the 20<sup>th</sup> 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](mailto: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](mailto:girlsrugby@bancroftRFC.com) | 07801 802 201



## Online Training: E-safety Training for Parents- October 2021

Dear Parents'

You are invited to participate in online E-safety training.

This can be carried out in the comfort of your own home at a time that suits you best! There is no time limit once you commence the training but please allow yourself fifteen minute to complete this comfortably.

Please enter your name in full at the start as you will be able to download your certificate at the end of the session.

<https://www.safeguardingessentials.com/onlinetraining?course=rHW8CqtkcGB8&school=144/>

Link contained within the email. Please copy and paste into your web browser.





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

Discord has a large community of users, many of whom are young. This means there is a risk of inappropriate content being shared. Parents should monitor their child's activity and ensure they are not exposed to anything inappropriate.



### SEXUAL IMAGERY

Discord has a large community of users, many of whom are young. This means there is a risk of sexual imagery being shared. Parents should monitor their child's activity and ensure they are not exposed to anything inappropriate.



### RISK OF CYBERBULLYING

Discord has a large community of users, many of whom are young. This means there is a risk of cyberbullying. Parents should monitor their child's activity and ensure they are not exposed to anything inappropriate.



### HIDDEN CHARGES

Discord has a large community of users, many of whom are young. This means there is a risk of hidden charges. Parents should monitor their child's activity and ensure they are not exposed to anything inappropriate.



### RISK OF CYBERCRIME

Discord has a large community of users, many of whom are young. This means there is a risk of cybercrime. Parents should monitor their child's activity and ensure they are not exposed to anything inappropriate.



### STRANGER DANGER

Discord has a large community of users, many of whom are young. This means there is a risk of stranger danger. Parents should monitor their child's activity and ensure they are not exposed to anything inappropriate.



## Top Tips to Protect Your Child



### 1 BEWARE OF WHAT'S SHARED

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.



### 2 IMPROVE SECURITY SETTINGS

To help protect your child, make sure they are using a secure password. You should also ensure they are not sharing their password with anyone else.



### 3 CHECK THEIR FRIEND LIST

Discord has a large community of users, many of whom are young. This means there is a risk of cyberbullying. Parents should monitor their child's activity and ensure they are not exposed to anything inappropriate.



### 4 REPORT & BLOCK SUSPICIOUS USERS

Discord has a large community of users, many of whom are young. This means there is a risk of cyberbullying. Parents should monitor their child's activity and ensure they are not exposed to anything inappropriate.



### 5 BEWARE OF NSFW CONTENT

Discord has a large community of users, many of whom are young. This means there is a risk of cyberbullying. Parents should monitor their child's activity and ensure they are not exposed to anything inappropriate.



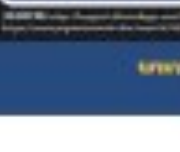
### 6 SHOW RESPECT TO OTHERS

Discord has a large community of users, many of whom are young. This means there is a risk of cyberbullying. Parents should monitor their child's activity and ensure they are not exposed to anything inappropriate.



### 7 TURN ON SAFE MESSAGING

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



### Meet our expert

Dr. Jane Widdows is a leading expert in child protection and online safety. She has worked with the police, the NHS, and the government 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](mailto: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 - 25<sup>th</sup> October – 29<sup>th</sup> 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](mailto: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.

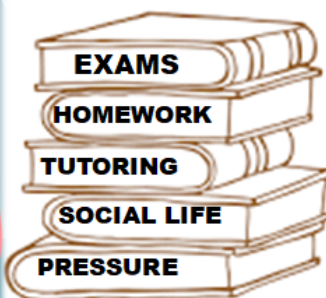
Create a timetable/ list of things you will do each day focusing on one thing at a time.



## 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](http://WWW.WOODFORD.REDBRIDGE.SCH.UK)

## FOLLOW US ON SOCIAL MEDIA



@WCHS\_UK



@WoodfordCHS\_UK

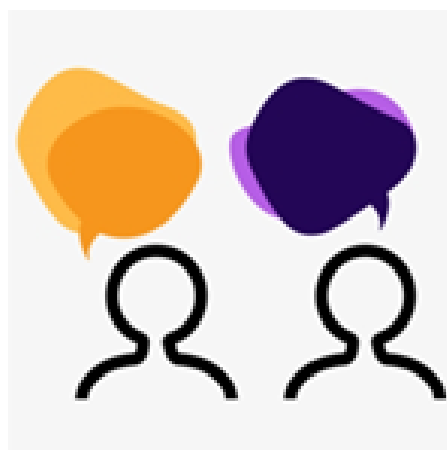


## Educational Psychology Parent Helpline

*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.

# Dates for the Diary

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



## KEY DATES TO REMEMBER

Tuesday 19 October—Sixth Form A Level Options Day  
 Tuesday 19 October—Sixth Form Open Evening  
 Thursday 21 October—Music Recital Evening  
 Tuesday 16th November—House Drama  
 Tuesday 30th November—Year 11 Parents Evening  
 6th to 10th December—House Charity Week (Warner)  
 Monday 6th December—Year 13 Parents Evening  
 Thursday 9th December—Christmas Concert