



### COVID-19 vaccination information for parents of children aged 12 to 15 years of age

Dear Parent or Guardian,

As you know, we have been working hard to keep our school and our community safe this school year. Nevertheless, we are aware of the rising number of COVID-19 infections in this age group across England. The main purpose of the COVID-19 secondary schools vaccination programme is to provide protection to the children who are vaccinated and to reduce the disruption to face to face education this winter.

COVID-19 is a very infectious respiratory disease caused by the SARS-CoV-2 virus. Very few healthy children and young people with COVID-19 infection go on to have severe disease.

The decision to vaccinate is down to you as the parent/guardian/carer and your child. I understand that you will have questions about the vaccine and the process.

#### What will happen next

You are being sent an information leaflet from the NHS which includes a link to the electronic registration form (see next page). If you have any issues with completing the consent form, please contact your Key Stage Administrator who may be able to assist. The SAIS team will carry out the vaccinations and manage the consent process. The SAIS team will visit Woodford County High School on **Monday 15 November 2021** to carry out the Vaccination programme.

***All consent decisions must be completed by Thursday 11 November 2021***

#### What will happen on the vaccination day

The process on the day will be quick and easy. The vaccine will be administered by trained and experienced healthcare staff. Whilst parents/guardians/carers unfortunately can't attend on the day, the SAIS team will do their best to support your and make them feel comfortable child during their vaccination.

If your child is absent on the day of the vaccination or unable to be vaccinated but consent has been given, or if you would prefer to accompany your child during their vaccination, then you will be able to book your child a vaccination appointment at a vaccination centre by visiting [www.nhs.uk/covid-vaccination](http://www.nhs.uk/covid-vaccination). Appointments will be made available in most areas from the 23<sup>rd</sup> October.

Thank you for continuing to help keep our school and community safe.

#### Further information

- Here you can find answers to your questions as a parent/guardian/carer: [COVID-19 vaccination programme for young people: guidance for parents - GOV.UK \(www.gov.uk\)](#)
- If your child wants more information, they can find it here: [COVID-19 vaccination: resources for children and young people - GOV.UK \(www.gov.uk\)](#)

Translations of the information for children and young people are available in [Arabic](#), [Bengali](#), [Brazilian Portuguese](#), [Bulgarian](#), [Chinese](#), [Estonian](#), [Farsi](#), [Greek](#), [Gujarati](#), [Hindi](#), [Latvian](#), [Lithuanian](#), [Panjabi](#), [Pashto](#), [Polish](#), [Romanian](#), [Romany](#), [Russian](#), [Somali](#), [Spanish](#), [Tagalog](#), [Turkish](#), [Twi](#), [Ukrainian](#), [Urdu](#) and [Yiddish](#). A Braille version is also available to order. Translated versions of the parent guidance will be available soon.

Thank you

(The official letter from the UK Health Security Agency, Vaccination UK & England NHS is on the next page of this bulletin.)



UK Health  
Security  
Agency



Vaccination UK



**England**

## Invitation letter for parents of children aged 12 to 15 years of age

1 October 2021

Dear Parent / Carer,

I am writing to inform you that we will soon be offering COVID-19 vaccinations in school. I would like to ask if you wish to give your consent for your child to receive a single dose of the vaccine.

This vaccination will be free of charge and our highest priority is making it easy for children to access one dose of the vaccine before the winter.

The main purpose of the COVID-19 school age vaccination programme is to provide protection to the children who receive the vaccine and it may also help to reduce transmission of COVID-19 in the wider population.

During the vaccination delivery we will maintain the range of measures we have in place to keep you safe from COVID-19.

Your child's school may have a vaccination session already arranged. If not, it will be booked very soon. The school will inform you of the date of this, and the vaccinations will be carried out by an NHS immunisation team.

Please do take the time to read the additional information which is provided in the links below to help you and your child to make an informed decision about the COVID-19 vaccination.

The government have produced information for parents and carers, which you can read here:

[COVID-19 vaccination programme for young people: guidance for parents](#)

There is also information for 12–17-year-olds, which you can read with your child:

[COVID-19 vaccination – A guide for children and young people](#)

Please indicate your consent by completing the online e-consent. Please note that the cut-off for completing the consent is 2 days before the scheduled session, so we kindly ask that you complete this as soon as possible.

**The link to the e-consent form is below:**

<https://london.schoolvaccination.uk/covid/2021/redbridge>

By consenting you will be helping to play your part in reducing the risk of COVID-19 spreading.

Best Wishes,

Amanda Schiller

*Clinical Director,*

*Vaccination UK*

### **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 COVID are isolating. If the PCR test result is positive, students should stay at home for the required isolation period.

Sheila Fonseca  
School Business Manager

# 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.

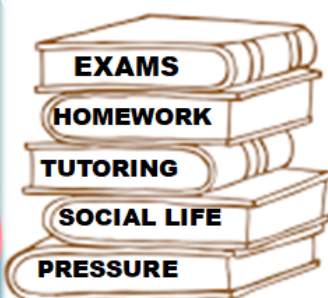
Create a timetable/ list of things you will do each day focusing on one thing at a time.



## 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

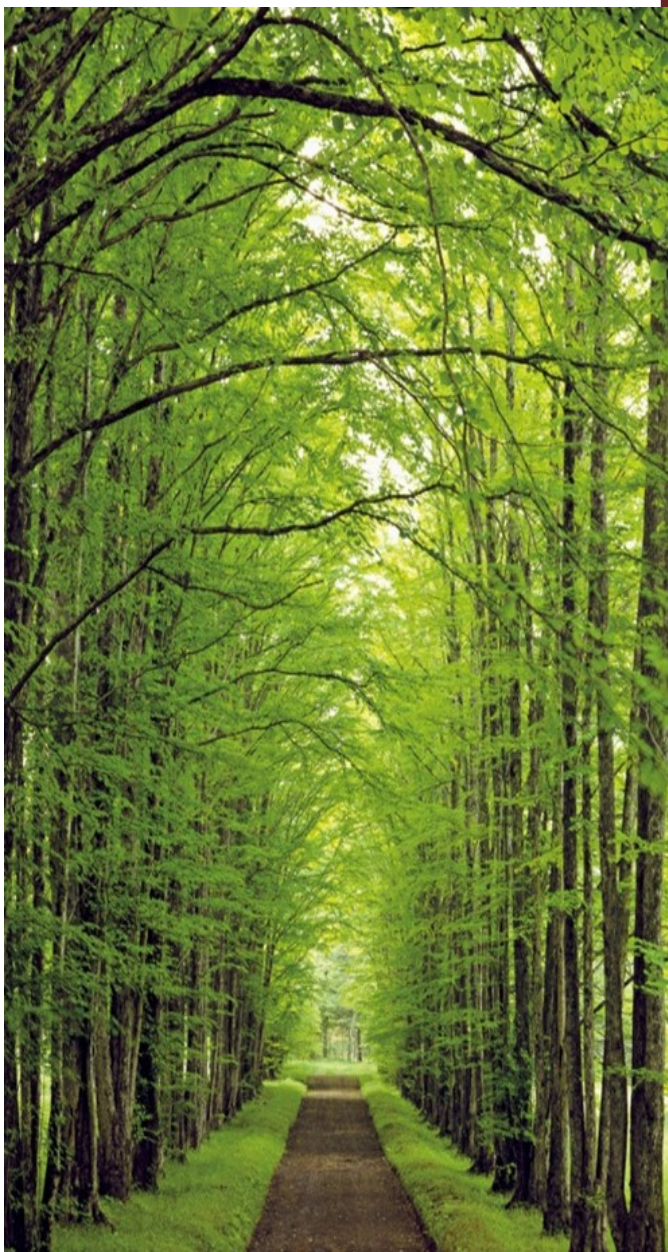


@WCHS\_UK



@WoodfordCHS\_UK





*There are still a few places available for  
after school activities, starting next  
week:*

*Monday – Basic Cooking*

*Drama*

*Wednesday - Intermediate Cooking*

*Boxing*

*Thursday – Advanced Cooking*

*Dance*

*Please book by the 4<sup>th</sup> of November, to  
secure your daughter's place.*

## **A LEVEL OPTIONS SURVEY**

### **DEADLINE MIDDAY WEDNESDAY 3RD NOVEMBER**

All Year 11 students should ensure they complete this by the deadline. The survey will be used to construct the A Level option blocks. Failure to complete it may mean that the combination of subjects they wish to study is no longer available when final options have to be submitted in early January.

**PE Extra-curricular (Autumn 2)**  
**November 2021**



	Monday	Tuesday	Wednesday	Thursday	Friday
Before School			<b>Y7/8 Sports hall athletics</b> <i>JBR - Sports hall</i> 7:50 – 8:20		<b>All Year Groups - Morning Mile</b> <i>JBR – Field</i> 7:50-8:15  <b>Year 11 Badminton</b> <i>VJA – Sports Hall</i> 7:50-8:20
Lunch time (Times vary)	<b>Year 9 Badminton</b> <i>HBA – Sports Hall</i> 13:40-14:20	<b>Running Club with Rachael Lam (Y12)</b> Field 13:30 – 14:00	<b>Year 7/8 Football</b> <i>TLE – Netball courts</i> 13:30-14:00  <b>All Years – Athletics</b> <i>KRI – Sports hall</i> 13:25-14:10  <b>Year 9/10 Football</b> <i>HBA – Netball courts</i> 13:40-14:20	<b>Year 9 Netball</b> <i>HBA - Netball Courts</i> 13:30-14:20  <b>Year 10 Netball</b> <i>KRI – Netball Courts/Sports Hall</i> 13:10-14:00	<b>Y12/13 Netball</b> <i>LMA – Sports Hall</i> 13:10 – 2:00  <b>Boxercise (Invitation Only)</b> <i>HBA – Dance Studio</i> 13:40-14:10  <b>Year 10 GCSE Catch Up</b> <i>KRI</i> 13:30-14:00
After school	<b>Year 7/8 Football</b> <i>JBR - Field</i> 15:45-16:30  <b>Year 9/10/11 Netball</b> <i>VJA/LMA – Sports Hall</i> 15:30-16:30	<b>All years Trampolining</b> <i>JBR/LMA – Sports Hall</i> 15:40 -16:40	<b>Year 7 Netball</b> <i>VJA/LMA – Sports Hall</i> 15:45-16:45	<b>Year 8 Netball</b> <i>JBR – Sports Hall</i> 15:45-16:45	

All years welcome



# **CROSS COUNTRY CLUB**

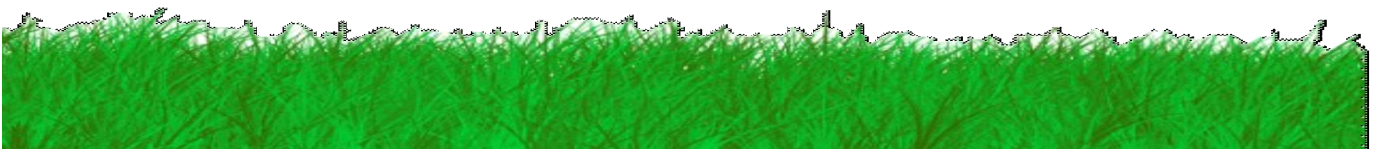
Date: Every Tuesday

Time: 1:40 – 2:00

Location: Go to the Sports building to meet me and get changed. I will register you.

If it is sunny, we go to the field; if it is wet, we stay indoors.

Queries: talk to Rachael Lam (Year 12)





**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)**



# 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.



## Online Training: E-safety Training for Parents

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 minutes 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 set strong passwords. You should also consider using two-factor authentication for extra security. This means you will need to provide a second code when logging in, which can be sent to your phone or email.



### 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.



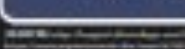
### 6 SHOW RESPECT TO OTHERS

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

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.



### Meet our expert

Dr. Jane Wootton is a leading expert in child psychology and has worked with a range of professionals to develop strategies to protect children from online risks. She is a frequent speaker at conferences and has written several books on the topic.

# "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/Carers,

### LOST PROPERTY

Can you also please ensure that your daughter's name is shown on their coat/uniform clothing and on other items, where practical, so that items which are lost and found can easily be identifiable.

We have a number of clothes/coats in the Lost Property Trunk in the main reception area. Again, please ask your daughter to come to the main school office if they wish to search through the lost property wooden trunk.

Thank you for your co-operation.



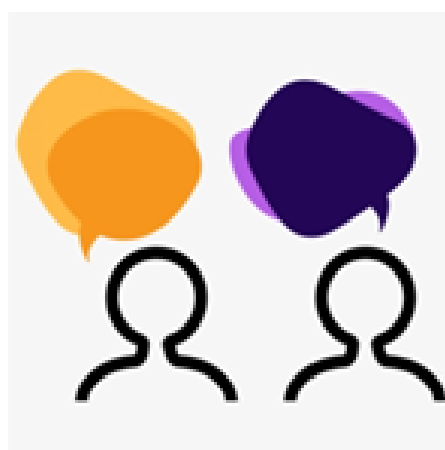


## Educational Psychology Parent Helpline

*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

Thursday 11th November—Prizegiving  
 Monday 15th November—Covid-19 vaccination for 12-15 years of age  
 Thursday 18th 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  
 15th/16th December—Years 7 & 8 Flu Vaccines