

Woodford County High School



Weekly Student Bulletin



Tuesday 2nd November 2021

Issue No 29

Welcome to Bulletin No 29

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.

VERY IMPORTANT: PLEASE CONTINUE TO REPORT YOUR LATERAL FLOW TEST RESULTS

[Click here to access information on Lateral Flow Testing including links to report results to the school and the NHS](#)

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@WCHS_UK



@WoodfordCHS_UK

Music Extra-curricular Timetable

	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			

Music activities will be starting on the week of Monday 13th September apart from senior choir which will start rehearsing on Thursday 9th. I would highly encourage people to attend as we have a wide variety of ambitious works, with all involved performing at our Christmas Concert on Thursday 7th December.

A brief description of musical activities:

String Orchestra: Open to all string players from grade 3 level and tackling classical repertoire.

Brass Ensemble: A visiting brass specialist from the Redbridge centre will be taking these, open to all brass players.

Junior Band: This ensemble is an excellent introduction to music at the school, available to all instruments and appropriate from novices up to roughly grade 3 equivalent standard.

Chamber groups: These are small ensembles which the music department will supervise and coach alongside proposed initiatives from students. I highly encourage anyone interested to speak to a member of the music department ahead of time to allow for planning.

Jazz Band: Mainly for years 10-13 instrumentalists, grade 4/5+ level - woodwind, brass, and rhythm section players (guitar, piano, bass, percussion) We play a range of swing, funk and pop tunes; encouraging learning to improvise confidently.

GCSE/A-level support: This is an ongoing class to aid any students taking the GCSE or A-level music course.

Senior Choir: A choir for all students in years 10-13, singing a wide variety of music from pop to jazz to classical. The Senior Choir performs at some of the school's traditional events – including the School Birthday coming up soon.

Junior Choir: A specialist vocal coach from the Redbridge Music Centre will be attending to lead this. It's an excellent opportunity for those in years 7-9 to attend regardless of prior experience.

Theory: These sessions provide a great boost in confidence for those who wish to understand the theoretical side of music not only to supplement music classes across all years, but also for aiding instrumental progress. Coaching will be based on ABRSM graded books, and will include anyone wishing to do their grade 5 theory exam, which is required for instrumental grade 6 and higher.

Orchestra: This is the main instrumental body of the school and is open to all relevant instruments of grade 4 equivalent standard or higher.



Junior MasterChef Winner

The October winner is...Isis Brown 7F! These cupcakes were inspired by the film the nightmare before Christmas by Tim Burton. I recently watched this film, and the main character Jack has the same face and facial expression as these skull cupcakes. I named these my nightmare before Halloween cupcakes.

Thank you to all those that entered. The standards were very high and it is evident that you all made a great effort. – Well done. Please come to SG9 on Monday 8th November for your certificates and a prize gift for the winner!



Runners Up

Jessica 7E



Rabia



JUEE 7D

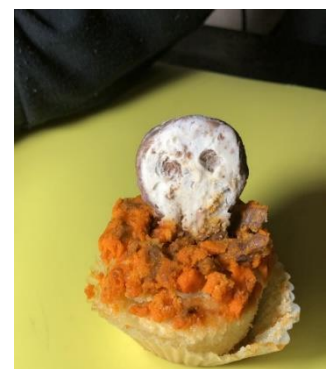


Mandi, Neomi, Rihana
Hayden Mimi Elishs 8F



Chinmayee –

7C/7TD

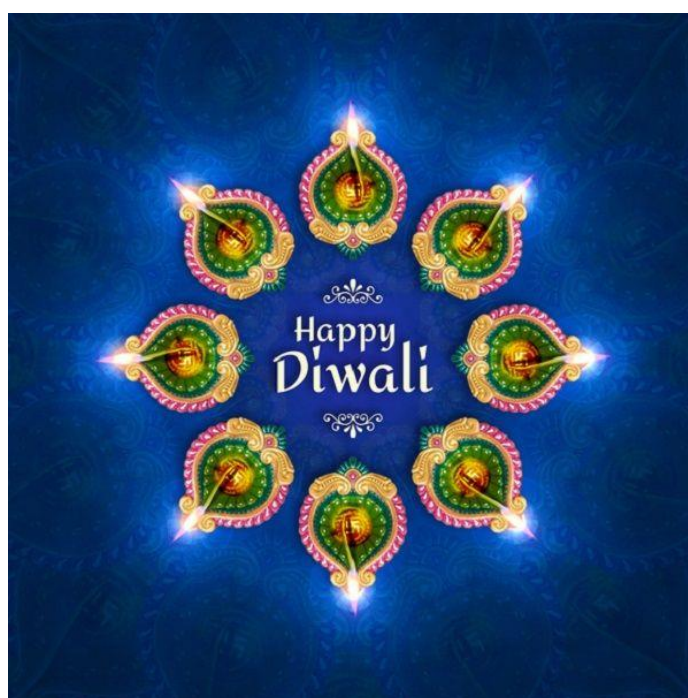




WCHS JUNIOR MASTERCHEF COMPETITION

As November has both Diwali and Bonfire Night, this month's theme is FIRE AND LIGHT!

Make sweet or savory dish in celebration.

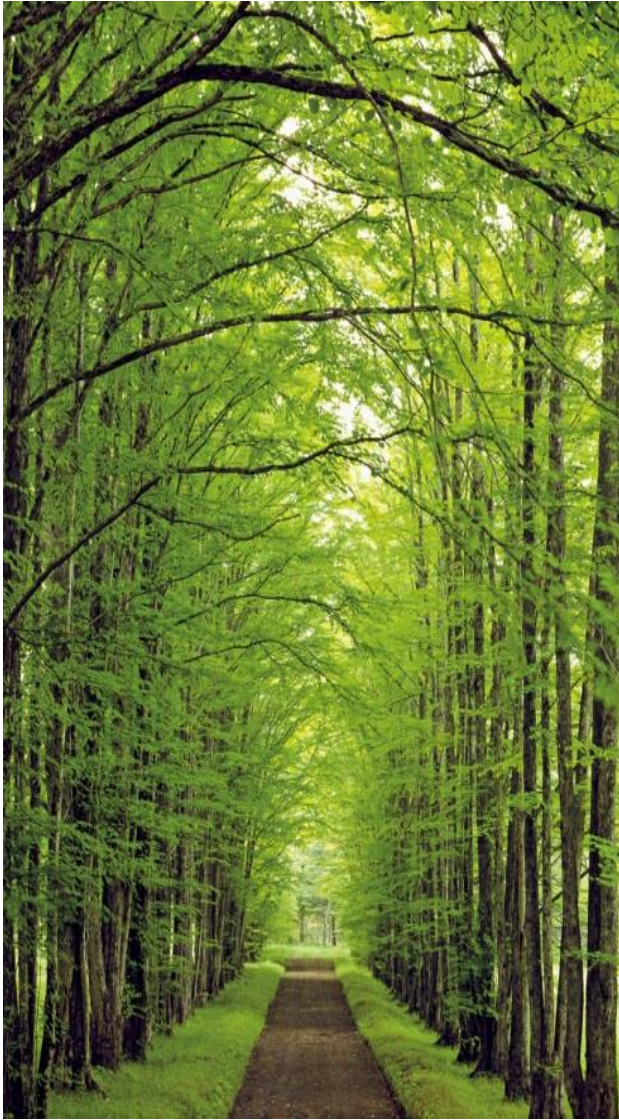


Rules:

1. Send your entries to GrantP@woodford.redbridge.sch.uk by Tuesday November 30th 2021.
2. Make sure you write the subject of the email as "November 2021 FN competition entry (then your full name and form)"
3. Include a photograph of your dish and a picture of you with it.
4. Include a short written piece on your dish explaining your inspiration (not exceeding 100 words).

- **CERTIFICATE AND PRIZE FOR THE WINNER!**

- **CERTIFICATE FOR ALL ENTRANTS!**



*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 4th of November, to
secure your place.*

Staff vs Students

Netball

See below the rules for netball for the match against the 6th formers on

Wednesday 3rd November at 1:30- 2pm.

If you would like to take part drop me an email otherwise, please come and show your support the teachers will need it.

Ms Marden 😊

MardenL@woodford.redbridge.sch.uk>

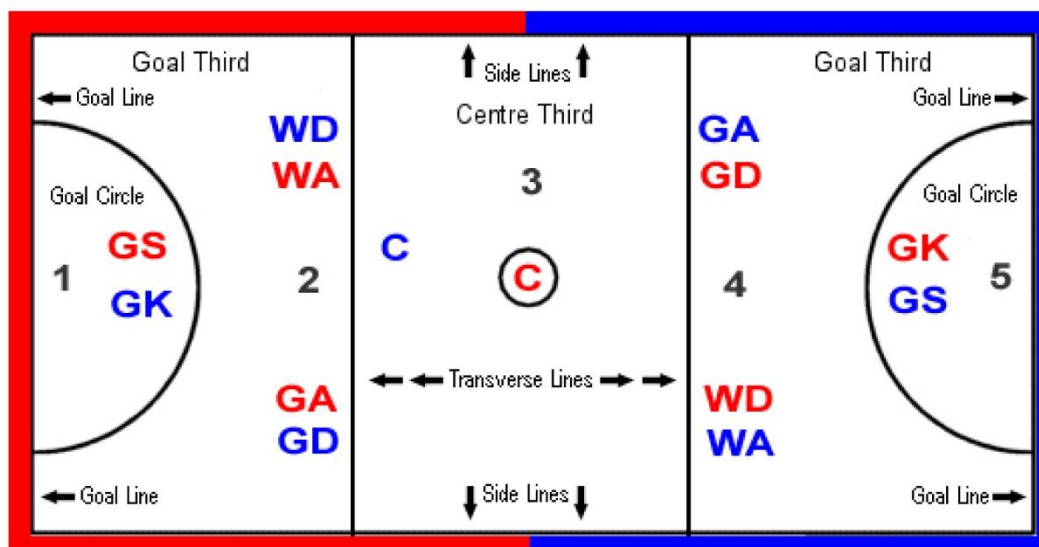


BASIC NETBALL RULES

PLAYERS:

A netball team consists of up to 12 players with 7 players allowed on court at any one time. A team may take the court with a minimum of 5 players.

Netball Court showing starting positions for a centre pass



Playing positions & court areas

Position	Responsibilities	Court Area
GS	To score goals and to work in and around the circle with the GA	1 & 2
GA	To feed and work with GS and to score goals	1, 2 & 3
WA	To feed the circle players giving them shooting opportunities	2 & 3
C	To take the Centre Pass and to link the defence and the attack	2, 3 & 4
WD	To look for interceptions and to prevent the WA from feeding the circle	3 & 4
GD	To win the ball and reduce the effectiveness of the GA	3, 4 & 5
GK	To work with the GD and to prevent the GS from scoring goals	4 & 5

PLAYING THE GAME:

Centre passes are taken alternately by the Centre of each team, after each goal is scored and at the start of each quarter. Each team endeavours to pass the ball to down to their goal circle and score goals. The team with the most goals at the end of the playing time wins the game.

CENTRE PASS:

Before the whistle all players must start in the goal thirds except the two Centres. The Centre with the ball must be wholly within the Centre Circle and must obey the footwork rule after the whistle has been blown. The opposing Centre stands anywhere within the Centre Third and is free to move.

After the whistle the Centre pass must be caught or touched by a player standing in or landing wholly within the Centre third.

SCORING A GOAL:

Only GS or GA can score – they must be completely within the goal circle when the ball is received in order to shoot for goal. A goal is scored when the ball passes over and completely through the goal ring.

PLAYING TIME:

A game consists of 4 x 15 minute quarters with an interval of 3 minutes between the first and second and third and fourth quarters and a 5 minute half time interval. There is up to 2 minutes of time allowed for each injury.

UMPIRES:

Two umpires have control of the game and their decisions are final. When rules of the game are broken the penalties awarded by the umpires are free pass, penalty pass (or penalty pass or shot), throw in, toss up.

Continued/.....

MINOR INFRINGEMENTS- FREE PASS:

Breaking the following rules will result in a FREE PASS being awarded to the opposing team. When a FREE PASS is awarded to a team it may be taken by any player from that team allowed in that area, as soon as they are in position. (A player may not shoot from a free pass in the goal circle).

OFFSIDE:

Player moving out of own area, with or without ball (on a line counts as within either area).

BREAKING AT THE CENTRE PASS:

A player moving into the Centre third before the whistle is blown for the Centre pass.

PLAYING THE BALL:

A player who has caught or the ball shall play it or shoot for goal within three seconds

A player may bounce or bat the ball once to gain control

Once released, the ball must next be touched by another player

There must be room for a third player between hands of thrower and catcher

A player on the ground must stand up before playing ball

PASSING DISTANCE:

At the moment the ball is passed there must be room for a third player between hands of thrower and catcher.

OVER A THIRD:

Ball may not be thrown over a complete third without being touched or caught by a player wholly within that third.

FOOTWORK:

Having caught the ball, a player may land or stand on:

One foot – while the landing foot remains grounded, the second foot may be moved anywhere any number of times, pivoting on the landing foot if desired. Once the landing foot is lifted, it must not be re-grounded until the ball is released.

Two feet (simultaneously) – once one foot is moved, the other is considered to be the landing foot, as above.

Hopping or dragging the landing foot is not allowed.

MAJOR INFRINGEMENTS- PENALTY PASS

Breaking the following rules will result in a PENALTY PASS or PENALTY PASS OR SHOT being awarded to the opposing team.

A PENALTY PASS (or PENALTY PASS/ PENALTY SHOT if in the goal circle) is awarded where the infringement occurred. The offending player must stand out of play beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty.

OBSTRUCTION:

Player with ball: the nearer foot of the defender must be 0.9m (3ft) feet from the landing foot of the player with the ball, or the spot where the first foot had landed if one has been lifted. The defender may jump to intercept or defend the ball from this 0.9m (3ft) feet distance

Player without ball: the defender may be close, but not touching, providing that no effort is made to intercept or defend the ball and there is no interference with the opponents throwing or shooting action. Arms must be in a natural position, not outstretched, and no other part of the body or legs may be used to hamper an opponent.

Intimidation: of any kind, is classed as obstruction

A standing player is not compelled to move to allow an opponent a free run, but dangerous play must be discouraged, e.g. moving into the landing space of a player already in the air or stepping late into the path of a moving player.

CONTACT:

No player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur.

OUT OF COURT - THROW IN

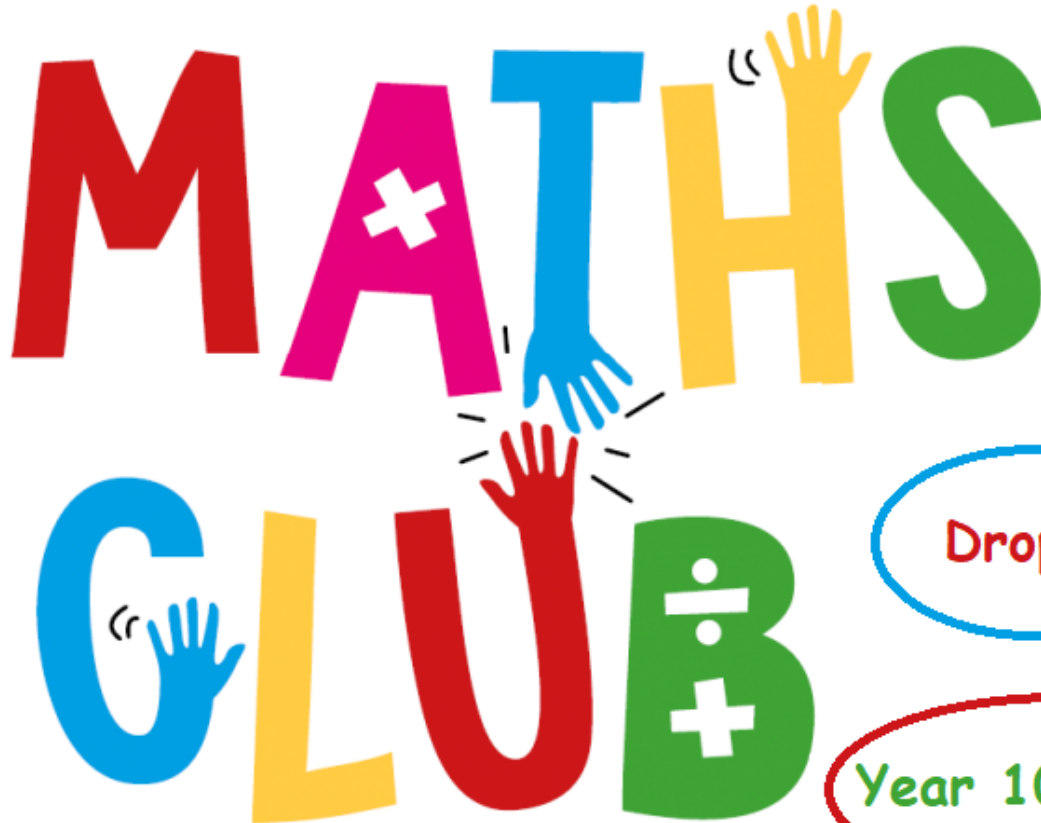
A THROW IN is awarded to the opposing team of the player who last had contact with the ball or who received the ball whilst in contact with anything outside the court. Ball is out of court when it contacts anything outside the court area (except the goalpost). The ball is returned into play by a Throw-In taken from a point outside the court where the ball crossed the line. The player stands with foot close to the line, and the ball must be thrown onto the court within three seconds.

TOSS UP:

This is administered for all simultaneous infringements. The two players stand facing each other at their own shooting ends with hands by their sides and the umpire flicks the ball upwards not more than 600mm (2ft) in the air as the whistle is blown.

Are you in Year 7 or 8 and want some maths help?

MATHS CLUB

The text 'MATHS CLUB' is rendered in large, colorful, blocky letters. The letters are: M (red), A (pink with a white plus sign), T (blue with a hand on the stem), H (yellow with a hand on the stem), S (green), C (blue with a hand on the stem), L (yellow), U (red with a hand on the stem), and B (green with a white plus sign and a division symbol). Several hands are shown reaching up towards the letters, and there are small black lines radiating from the center where the hands are reaching.

Or just extra maths?

One-to-One
Support

Drop in

Year 10 Tutors

CC9
Every
Thursday
Lunchtime

Hello Students,

Please find attached the Autumn 2021 Webinar Schedule. These are pitched at KS5 students. More events will be added when they become available. Some will clash with your timetabled lessons, I'm sorry if this is the case but your timetabled lessons always take priority.

Remember when registering for events – use your school email address. Personal email addresses will not give you access to webinars.

I intend to show some in the Library this term, these are highlighted in blue throughout this document. If you wish to attend an event in the Library email me to register so I can book the event on your behalf and set up the Library. There might have to be a cap on numbers for events (eg 20).

Any questions, do ask.

Much appreciated,

Danielle Horn

Librarian

Currently reading ... The Inheritance Games

Autumn 2021 Webinar Schedule - General

To sign up:

1. Register **using your school email address**
2. Advise Mrs Horn
(hornd@woodfood.redbridge.sch.uk), if you would recommend any lectures you have seen
4. Enjoy!

- 🔗 [Gresham College Lectures](#). Exists to provide free public lectures which have been given for over 400 years. Includes a guide to subjects and digital archive of past lectures.
- 🔗 [Lectures London](#). Find free to attend lectures from leading universities and institutions around London.

* WEBINAR HELD IN THE LIBRARY. REGISTER WITH MRS HORN (hornd@woodford.redbridge.sch.uk) TO ATTEND

Autumn 2021 Webinar Schedule – COP26 Guide

To sign up:

1. Register **using your school email address**
2. Advise Mrs Horn (hornd@woodford.redbridge.sch.uk), if you would recommend any lectures you have seen
4. Enjoy!

- ☐ *2nd November @ 1115-1215: COP26 Economics with UEA
- ☐ *4th November @ 1415-1500: COP26 Business: The Role of Responsible Marketing with UEA & Squish COO
- ☐ *8th November @ 1030-1115: COP26 International Development: Justice & Climate Change with UEA
- ☐ *9th November @ 1300-1400: COP26 Critical Thinking – Preferred Futures with UEA
- ☐ *10th November @ 1030-1115: COP26 Humanities: Research Weather, the Environment & Climate Change with UEA
- ☐ *10th November @ 1300-1345: COP26 Language for a More Sustainable Climate with UEA
- ☐ *11th November @ 1030-1115: COP26 Business: Role of Responsible Business & Marketing in creating Sustainable Futures with UEA, Squish COO & Mo Ozsoy
- ☐ *11th November @ 1245-1325: History-COP in Context. The Do's & Don't's of Diplomacy, 1815-2021 with UEA
- ☐ *12th November @ 1030-1100: COP26 Psychology with UEA

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Autumn 2021 Webinar Schedule - November

To sign up:

1. Register for each event via the link **using your school email address**
2. Advise Mrs Horn (hornd@woodford.redbridge.sch.uk), if you want to join any webinars being held in the Library.
3. Log in early so you don't miss a minute.
4. Enjoy!

- 2nd November @ 1115-1215: [COP26 Economics](#) with UEA
- * 3rd November @ 1115-1215: [Economics](#) – Externalities & Government Intervention with Goldsmiths & UEA
- * 3rd November @ 1245-1345: [History](#) - Why Did alternatives to Appeasement Fail? British Foreign Policy, 1935-39 with Goldsmiths
- * 4th November @ 1245-1330: [Chemistry](#) – Masterclass in Computational Chemistry with UEA
- 4th November @ 1415-1500: [COP26 Business](#): The Role of Responsible Marketing with UEA & Squish COO
- 8th November @ 1030-1115: [COP26 International Development](#): Justice & Climate Change with UEA
- 8th November @ 1645-1730: [Film](#) – Exploring Editing Techniques with UEA
- * 9th November @ 11.00-12.00: [Law](#) – Focus on Contract Law with Goldsmiths Uni
- 9th November @ 1300-1400: [COP26 Critical Thinking](#) – Preferred Futures with UEA
- 9th November @ 1500-1530: [Making the Most of University Interviews](#) with Aberystwyth Uni

November 2021

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Autumn 2021 Webinar Schedule - November

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4. Enjoy!

- 10th November @ 1030-1115: [COP26 Humanities](#): Research Weather, the Environment & Climate Change with UEA
- 10th November @ 1300-1345: [COP26 Language for a More Sustainable Climate](#) with UEA
- 10th November @ 1600-1700: [Art](#) – Exploring Composition Techniques with Reading Uni
- 11th November @ 1030-1115: [COP26 Business](#): Role of Responsible Business & Marketing in creating Sustainable Futures with UEA, Squiish COO & Mo Ozsoy
- 11th November @ 1245-1325: [History-COP in Context](#). The Do's & Don't's of Diplomacy, 1815-2021 with UEA
- 12th November @ 1030-1100: [COP26 Psychology](#) with UEA
- 12th November @ 1340-1440: [Music at Degree Level](#) with Leeds Conservatoire & Goldsmiths Uni
- 15th November @ 1120-1220: [History](#)-Opium, Modern China & The Long Memory of War with Britain with Warwick Uni

November 2021

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- 15th November @ 1535-1620: [AI/Robotics](#) – Achieving Human-like Perception with Sheffield Uni
- * 16th November @ 1245-1345: [EPO](#) – Critiquing & Improving Your Academic Writing with UEA
- 17th November @ 0910-1010: [Physics](#) – Examining Cutting Edge Research into Fields with Sheffield & UEA
- 17th November @ 1115-1215: [English Lit-Shakespeare's](#) Measure for Measure with UEA
- 17th November @ 1415-1515: [Tryst with Destiny – Indian Independence](#) with Goldsmiths
- 17th November @ 1615-1715: [Social Justice – Current Perspectives & Debate](#) with Sheffield & Goldsmiths Uni
- 22nd November @ 1535-1620: [Music](#) – Developing Analytical Skills with Sheffield Uni
- 22nd November @ 1645-1730: [Linguistics](#) – Exploring the Link Between Language & Power with UEA

November 2021

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Autumn 2021 Webinar Schedule - November

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3. Log in early so you don't miss a minute.
4. Enjoy!

- 📅 * 23rd November @ 1115-1215: Classics – The Epics of Homer with Nottingham & UEA
- 📅 23rd November @ 1535-1620: Languages – Immigration & Integration in France on Film & Song with Aberystwyth Uni
- 📅 * 24th November @ 1300-1400: Natural Sciences – Is Fusion a Solution to the Energy Crisis? with the Society for Natural Sciences
- 📅 24th November @ 1615-1715: Literature, Drama & Creative Writing with UEA
- 📅 29th November @ 0910-1010: History – Why Did it Take So Long for Women to Get to Vote in Britain? with Warwick Uni
- 📅 30th November @ 1630-1700: Medicine – Prep for Interviews with Higher Ed. Advisors & UEA

November 2021

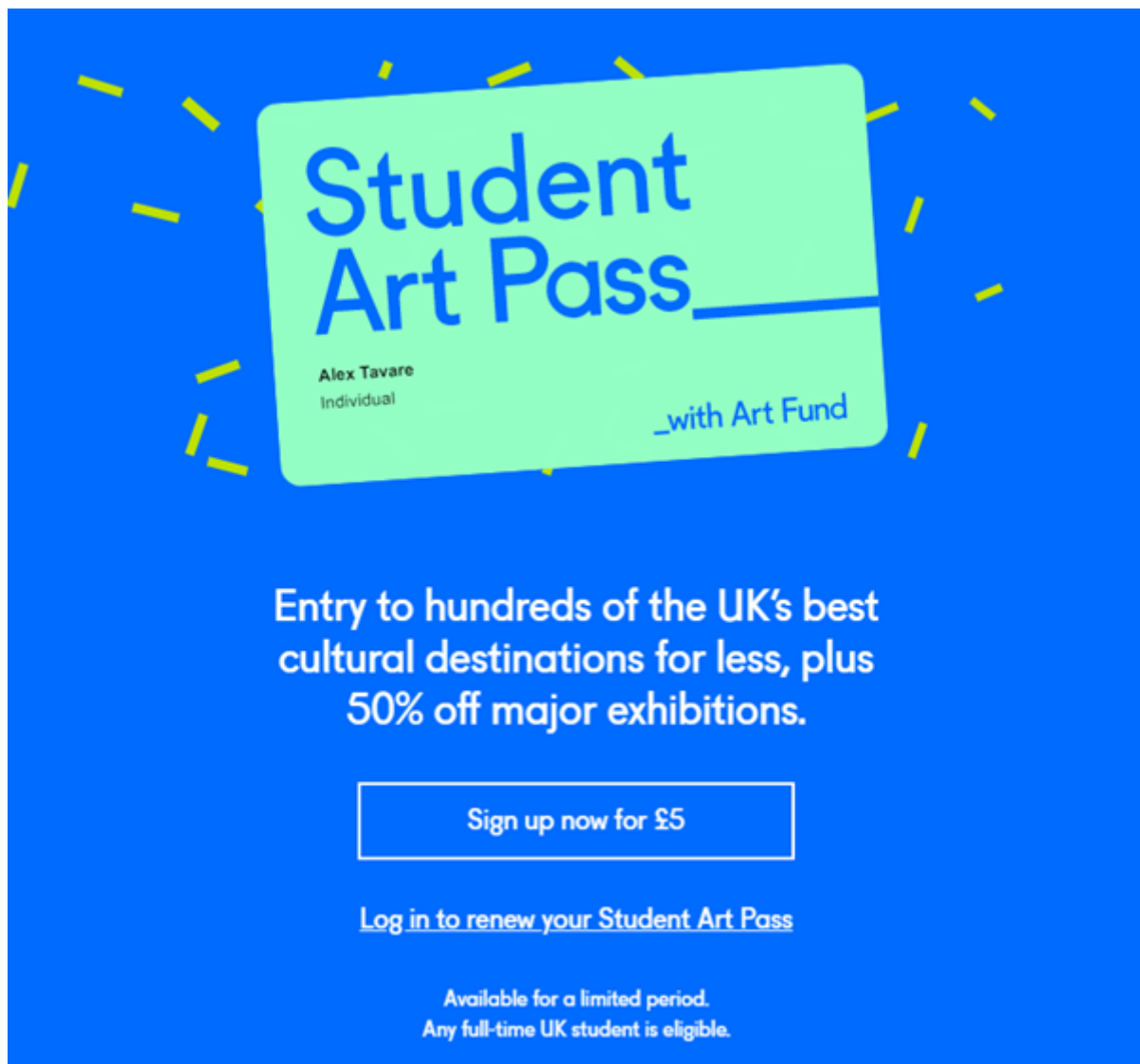
* WEBINAR HELD IN THE LIBRARY. REGISTER WITH MRS HORN (hornd@woodford.redbridge.sch.uk)

Autumn 2021 Webinar Schedule - December

To sign up:

1. Register for each event via the
 2. link **using your school email address**
 3. Advise Mrs Horn,
(hornd@woodford.redbridge.sch.uk)
if you want to join any webinars
being held in the Library.
 4. Log in early so you don't
miss a minute.
- Enjoy!

- 1st December @ 1415-1515: Geography – Landscapes & Systems with UEA & Nottingham
- 1st December @ 1615-1715: History: The Unexpected History of the Pink Pound with Goldsmiths Uni
- 2nd December @ 1200-1300: Physics – Practical Applications with Sheffield Uni & Glasgow Uni
- * 7th December @ 1030-1130: English – Dystopian Literature with Nottingham & UEA
- 8th December @ 1245-1345: Chemistry/Physics – Journey to the Centre of the Atom with Sheffield Uni

A promotional graphic for the Student Art Pass. It features a bright blue background with yellow confetti. In the center is a light green rectangular card with rounded corners. The card has the text 'Student Art Pass' in large blue letters, 'Alex Tavaré Individual' in smaller black letters, and '_with Art Fund' in blue letters. Below the card, the text 'Entry to hundreds of the UK's best cultural destinations for less, plus 50% off major exhibitions.' is written in white. Below this is a white button with the text 'Sign up now for £5'. Under the button is a white link that says 'Log in to renew your Student Art Pass'. At the bottom, in small white text, it says 'Available for a limited period. Any full-time UK student is eligible.'

Students have a limited time to sign up for a [Student Art Pass](#). £5 for a whole year. It's a bargain, check it out.

ARE YOU AGED 16 AND OVER?
YOU CAN NOW GET YOUR COVID VACCINATION

**GET JABBED
AND GET ON**



 **KEEP
REDBRIDGE
SAFE**

NHS

London Borough of
Redbridge



Stand for election to the Redbridge Youth Parliament or contribute to “Make Your Mark” 2022: Advance Notice

Nominations for the Redbridge Youth Election 2022 will open on 18th October 2021 and more information on the Member of Youth Parliament (MYP) election will be sent out shortly. In addition, **Make Your Mark 2022**, which is the national consultation for young people run by UK Youth Parliament, will this year take place at the same time as the Redbridge Youth Election and will be **online**. Registration for schools will start in November 2021. **Both the MYP election and Make Your Mark will take place from 31st January – 10th February 2022** and more details will be sent out nearer the time.

Please direct questions about either of the above to me
(ashraffC@woodford.redbridge.sch.uk).

Dr C Ashraff

Assistant Headteacher

Message from Redbridge Sport and Health Team

Hi,

Redbridge Council are looking for Redbridge Ambassadors to help with work towards becoming a Child Friendly Borough.

The Child Friendly Redbridge programme is looking forward to making big changes for young people in some really important areas, including **safety, health and climate change**.

We want young people from Year 8 through to Year 12 to help the council deliver these changes. We want you to tell us **how** to make these changes so that we can **work together** to deliver **big changes** to help **improve the lives of young people all over Redbridge**.

We are looking for **new Child Friendly Redbridge Ambassadors** to be a part of this exciting work and lead the way in delivering a Child Friendly Redbridge.

You will gain valuable experience of working with the council, the police, NHS and other organisations to help make Redbridge a better place for young people

For more information and to register please visit <https://engagement.redbridge.gov.uk/young-people/cfr/>

Regards

Darren Trippick

Vision Redbridge Culture & Leisure

Sport & Health Team

Tel: 02087080950

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.

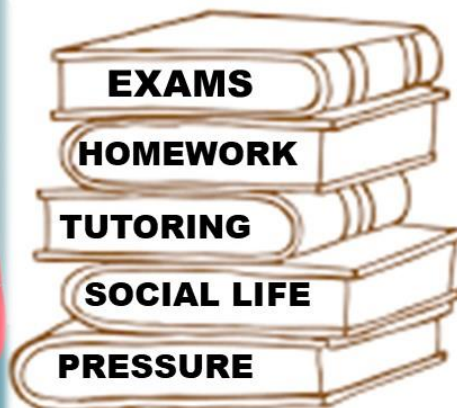
Create a timetable/ list of things you will do each day focusing on one thing at a time.



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

Meet your Safeguarding and Pastoral Team

		
Ms Pomeroy Headteacher & Deputy Designated Safeguarding Lead	Mrs Greenfield Assistant Headteacher & Designated Safeguarding Lead	Ms Hasler Head of Sixth Form

			
Mrs Holman Student Guidance Officer & Deputy Designated Safeguarding Lead	Mrs Menon Student Guidance Assistant	Mrs Sawyer Health and Welfare Officer	Mr Saxton SEND Coordinator

KEYS STAGE 3		
Mrs Hawks Head of Year 7	Ms Keith Head of Year 8	Mr Mills Head of Year 9

KEY STAGE 4		KEY STAGE 5	
Mrs Siddiq Head of Year 10	Ms Hossein Head of Year 11	Mrs Easton Head of Year 12	Ms Valente Head of Year 13



Strategies that can help with anxiety:

Breathe slowly and deeply.

You can count slowly to five as you breathe in, and then five as you breathe out. If this is too much, try starting with shorter counts. If it works gradually breathe out for one or two counts longer than you breathe in. This can help your body to relax.

Think of a safe and relaxing place in your mind.

It could be your bedroom, a grandparent's house, a favourite place in nature or somewhere you have been on holiday. Sometimes holding a memento of a relaxing place, like a seashell or pebble, can help.

Try using all five senses together.

Connecting with what you can see, touch, hear, smell and taste can bring you closer to the present moment and reduce the intensity of your anxiety. You might think about five things you can see, four things you can touch, three things you can hear, two things you can smell and one thing you can taste.

Try to do something that helps you to feel calmer.

This could be running, walking, listening to music, painting, drawing or colouring-in, writing in a journal, baking, watching a favourite film or reading a favourite book.

Remember that everyone is different, and that over time you will find the things that work best for you in these moments.

Anger Management Techniques

Relaxation

Not all anger is misplaced, and often it's a healthy, natural response to difficulties.

Simple relaxation tools, such as deep breathing and relaxing imagery, can help calm down angry feelings.

Some simple steps you can try:

- Breathe deeply, from your diaphragm; breathing from your chest won't relax you. Picture your breath coming up from your "gut."
- Slowly repeat a calm word or phrase such as "relax," "take it easy." Repeat it to yourself while breathing deeply.
- Use imagery; visualize a relaxing experience, from either your memory or your imagination.
- Nonstrenuous, slow yoga-like exercises can relax your muscles and make you feel much calmer.

Practice these techniques daily. Learn to use them automatically when you're in a tense situation.

Restructure your thoughts

When you're angry, your thinking can get very exaggerated and overly dramatic. Try replacing these thoughts with more rational ones. For instance, instead of telling yourself, "oh, it's awful, it's terrible, everything's ruined," tell yourself, "it's frustrating, and it's understandable that I'm upset about it, but it's not the end of the world and getting angry is not going to fix it anyhow" and may make me feel worse. Logic defeats anger, because anger, even when it's justified, can quickly become irrational. So use cold hard logic on yourself. Remind yourself that the world is "not out to get you," you're just experiencing some of the rough spots of daily life.

Problem Solving

Sometimes, our anger and frustration are caused by very real and inescapable problems in our lives. Not all anger is misplaced, and often it's a healthy, natural response to these difficulties.

Make a plan, and check your progress along the way. Resolve to give it your best, but also not to punish yourself if an answer doesn't come right away.

Continued./.....

Better Communication

Angry people tend to jump to—and act on—conclusions, and some of those conclusions can be very inaccurate. The first thing to do if you're in a heated discussion is slow down and think through your responses. Don't say the first thing that comes into your head, but slow down and think carefully about what you want to say. At the same time, listen carefully to what the other person is saying and take your time before answering. Try not to let your anger during a discussion spin out of control. Keeping your cool can keep the situation from becoming a disastrous one.



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 and Mrs Holman.



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 Holman and Ms Menon are available to speak to you if you have a problem, whether related to school or more personal and will guide you as to the best way to deal with the problem. They may offer to see you again themselves or 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.

Helpful websites:

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

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

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

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

HOPELINEUK (PAPYRUS)

Phone: 0800 068 4141

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

Email: pat@papyrus-uk.org

Text: 07860039967

(Mon – Fri 0900 – 2200 and Sat – Sun 1400 – 2200)

YOUNGMINDS

kooth



PAPYRUS
PREVENTION OF YOUNG SUICIDE

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.

NSPCC

The Mix Crisis Messenger

shout
85258
here for you 24/7

CRISIS TEXT LINE |

THE MIX

Essential support for under 25s

0808 808 4994

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, most likely in the new year, when there are hopefully less Covid Restrictions with regard to the Pride Youth Network!

Take care now.

Miss Keith

Pride Youth Network Co-ordinator






tootoot)))

Speak Up Speak Out

Log your worries on
tootoot today

 Log in on the web
www.tootoot.co.uk

 GET IT ON
Google Play

 Download on the
App Store

Dear Students

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 pastoral team), so use this as a first step to resolving your concerns. ***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 Leads to gain access to identify the student.***

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.

Ms Hasler and Mrs Easton, as well as the school's Student Guidance Officer Mrs Holman and Assistant Student Guidance Officer Mrs Menon, will be happy to discuss any concerns you may have in person.

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 these. You are also able to contact your teachers via email who will get back to you during a school day.

Keep an eye out for 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 going forward, you will always be able to use the "Forgotten your login/password?" feature on the home page to receive a password reset link.

Regards

Mrs Del Giudice

Network Manager

London Borough of

Redbridge



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



Table Tennis

Enjoy the two tables available for students to use during break & lunch time.

Girls will need to provide their own bats & balls.

Have fun!



WCHS Virtual Friday Morning Mile



Run a mile every Friday morning. Send a screenshot of your effort to @wchsukpe Instagram and add to your coach miles totals

PE Extra-curricular (Autumn 2)
September 2021



@wchsukpe

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

Tutor2u

Skills BoosterEffective Revision

This free online course provides students with a highly practical, step-by-step guide to making revision for assessments and exams more effective.

About this course

We've drawn on the latest research on how students can organise themselves to make the most of time spent revising for assessments and exams.

From the features of an effective revision environment to the science of how we learn, you'll find everything you need in this self-paced course to make your revision effective.

We've also provided some handy course notes and interactive revision planners too!

Enrol on the course now for FREE! And please share this course link with all your school or college friends so that they can also discover the secrets of effective revision!

Who it's for

All students revising for assessments and exams.

More information here:

<https://ondemand.tutor2u.net/students/effective-revision-skills-booster>



SKILLS BOOSTER

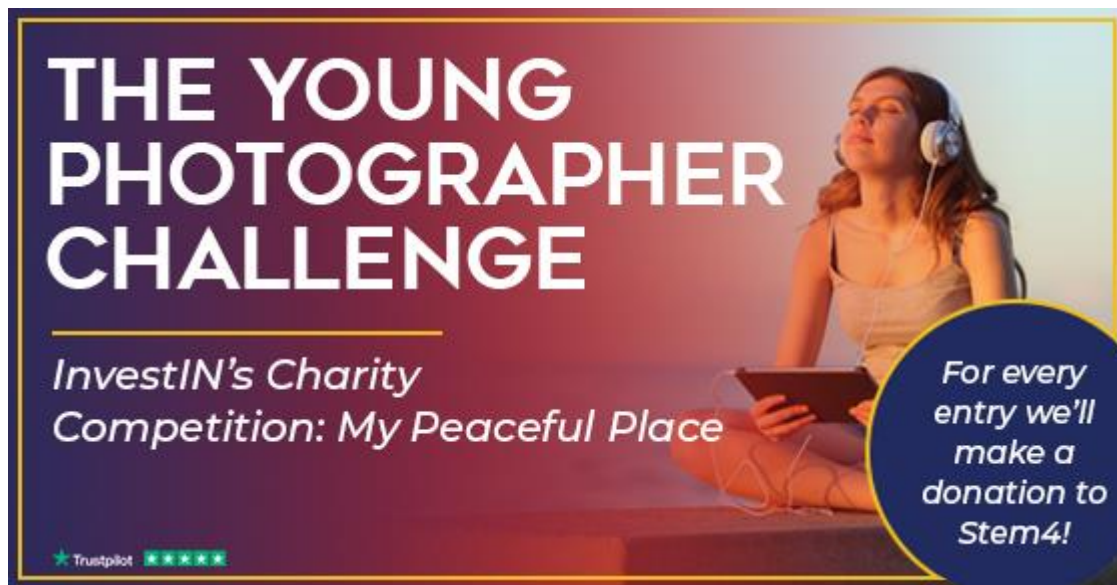
ONLINE COURSE

EFFECTIVE REVISION

ondemand.tutor2u.net

The Young Photographer Challenge: Charity Competition

Help us provide essential support for youth mental health



***"Every photo is...a vulnerable act of courage to build empathy."
(Bryce Evans)***

Studies show that 60% of young people feel unable to cope with stress induced by the pressure to succeed. Research also shows that the visualisation of a tranquil place can help reduce stress, anxiety and fear.

In honour of this and stress awareness week, we invite students aged 12-18 to enter our competition, [The Young Photographer Challenge](#). Students should submit a photograph of their 'peaceful place' along with a title and short explanation. Creativity is highly encouraged!

The competition is free to enter and for each entry we shall make a donation to Stem4, a youth mental health charity. The deadline for entries is Tuesday 23rd November. Please share this email with students so they can take part.

Enter Now

PDF of this Email

The Winner: *The winning photograph will be shared across our social media and featured on our blog which will be seen by 10,000+ people. In addition, they will receive an InvestIN AmbitionX Membership, granting them one year's access to all our weekend live online programmes and evening events.*



FREE RESOURCES AND EXPERT ADVICE

The InvestIN Blog

Have you seen the brand new **InvestIN Blog**? Jam packed with free resources, expert advice from our professionals, top education news, key research and much more to enhance your students' career prospects.

Our most popular pieces include, *A Day in the Life* of our industry experts, *The Complete Guide to Choosing Your University*, *8 Ways*

*To Improve Employability Skills and What A-levels Should I Take?
The Ultimate Guide.*

[Check Out The Blog](#)