

# Woodford County High School

## *Weekly Student Bulletin*



Tuesday, 4<sup>th</sup> January 2022

Issue No 33

### Welcome to Bulletin No 33

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:

**This is a reminder to test yourself for COVID at least twice per week and report it to the school**

**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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Skills Booster Effective Revision

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@WCHS\_UK



@WoodfordCHS\_UK

## Music Extra-Curricular Timetable

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

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

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.



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## Feeling poorly and off school?



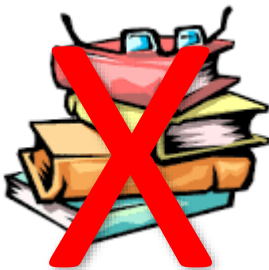
*Dear Students in Year 7, 8 and 9,*

*This is a friendly reminder that, as we head into winter, there may be more colds, bugs and even the flu going around and you may have to take some time off of school because you're feeling poorly – which we completely understand.*

*If this is the case and you're too poorly to come into school then you should be taking the day to rest and recover and should not be emailing your teachers for the missed class work. Whilst this is incredibly conscientious of you, we as your teachers, want you to focus on getting better!*

*Instead, when you're feeling well enough to come back into school, you should ask your teacher in your next lesson what you've missed and if there is anything you need to catch up on.*

*It is important that you do not email teachers about missed work and take this time to get better!*



*Best wishes,*

*Mrs Hawks, Ms Keith and Mr Mills*



## *After School Clubs Schedule January/February 2022*

| <u>Day</u>   | <u>Activity</u>             | <u>Time</u>        | <u>Place</u>        | <u>Cost</u> | <u>Group</u> |
|--|-----------------------------|--------------------|---------------------|-------------|--------------|
| <b>Monday</b><br><b>10/01/22</b><br><b>07/02/22</b>    | <b>Musical Theater</b>      | <b>15:45-16:45</b> | <b>SG7</b>          |             | <b>16</b>    |
|  | <b>Basic cooking 2</b>      | <b>15.45-17.00</b> | <b>SG8</b>          |             | <b>12</b>    |
|  | <b>Self defence</b>         | <b>15:45-16:45</b> | <b>Dance Studio</b> |             | <b>18</b>    |
| <b>Tuesday</b><br><b>11/01/22</b><br><b>08/02/22</b>   | <b>Cakes &amp; Cookies</b>  | <b>15.45-1700</b>  | <b>SG8</b>          |             | <b>12</b>    |
|  | <b>Jiu Jitsu</b>            | <b>15:45-16:45</b> | <b>Dance Studio</b> |             | <b>16</b>    |
| <b>Wednesday</b><br><b>12/01/22</b><br><b>09/02/22</b> | <b>Boxing</b>               | <b>15:45-16.4</b>  | <b>Dance studio</b> |             | <b>10</b>    |
|  | <b>Jam Drama</b>            | <b>15.45-16.45</b> | <b>SG7</b>          |             | <b>16</b>    |
|  | <b>Intermediate cooking</b> | <b>15.45-17.15</b> | <b>SG8</b>          |             | <b>12</b>    |
| <b>Thursday</b><br><b>13/01/22</b><br><b>10/02/22</b>  | <b>Street Food</b>          | <b>15.45-17.1</b>  | <b>SG8</b>          |             | <b>10</b>    |
|  | <b>Dance</b>                | <b>15:45-16:45</b> | <b>Dance studio</b> |             | <b>16</b>    |
| <b>Friday</b><br><b>14/01/22</b><br><b>11/02/22</b>    | <b>LAMDA Drama</b>          | <b>15.45-16.45</b> | <b>SG7</b>          |             | <b>16</b>    |
|  |                             |                    |                     |             |              |

**New activities being considered/ booked for upcoming terms include:**

- ❖ **Sign language course.**
- ❖ **Hair styling.**
- ❖ **Dream catcher course.**
- ❖ **Fashion design.**

**All our instructors will be subject to the borough's safeguarding procedures.**

# After School Clubs

**Activity 1: Monday Self Defence Course ALL YEARS**



The primary objective with this activity is to raise our students' awareness of personal safety issues and improve their physical and self-confidence. We teach them to be alert and observant in order to avoid dangerous and undesirable situations and people, as well as practical self-defence in case they are attacked. Students are taught in a safe and fun environment where their group participation and social skills are constantly being developed. The students will be taught by a female instructor from Eastway Jiu-Jitsu club. They need to be in comfy clothing i.e. tracksuit bottoms and t-shirt, and to bring a water bottle with them.

**\*Limited places\***

**This activity will be held on a Tuesday**

## Activity 2: **Monday** Basic Cooking 2 Club YEAR 7+



Our  
cooking



programmes are proving very popular, and early booking is advisable. The Tuesday club will be the Basic starter package 2, while Wednesday is intermediate and the Thursday club will be the advanced programme. The students will learn to make seasonal dishes; in the first term the students learnt how to make cakes, cupcakes, cookies and sweet treats. In the advanced lesson the students will learn how to cook more sophisticated dishes. Various techniques will be learnt along the way. And the students will also build up their own cook book to keep, containing each week's recipes. The cost of this course includes all ingredients. The students just need to bring a secure container, to transport the food home. The IKEA carrier is ideal (as pictured).

***\*\*LIMITED PLACES\*\****

**This activity will be held on a Monday**



### Activity 3: **Monday** Musical theatre workshop ALL YEARS



We  
have  
been



fortunate enough to secure Nicola

Bright-Thomas, who has extensive experience in the industry, both as a recording artist and appearing in theatre productions locally and in the West End. Nicola's students who have secured West End national tours and she also currently has 2 students who are filming for the Netflix remake of Matilda

In her workshops students will combine elements of singing, acting and dance to create a fully fleshed out performance of a musical number.

The group will work on different songs, from different genres of musicals and as they progress, they will be focusing on acting through song, staging and choreography.

As well as work on the performance, students will also gain an understanding of vocal technique and physical sustainability, as well characterisation and how this ties into the medium of Musical theatre.

**LIMITED SPACES.**

**This activity will be held on Mondays**



## Activity 4: Tuesday Jiu Jitsu

INVITE ONLY.



The primary objective with this activity is to raise our students' awareness of personal safety issues and improve their physical and self-confidence. We teach them to be alert and observant in order to avoid dangerous and undesirable situations and people, as well as practical self-defence in case they are attacked. Students are taught in a safe and fun environment where their group participation and social skills are constantly being developed. The students will be taught by a female instructor from Eastway Jiu-Jitsu club. They need to be in comfy clothing i.e. tracksuit bottoms and t-shirt, and to bring a water bottle with them.

**\*Limited places\***

**This activity will be held on a Tuesday**

## Activity 5: **Tuesday** Cakes and Cookies ALL YEARS



We are offering a programme where the students will specialise in cakes, cupcakes and cookies in this activity. Various techniques will be learnt along the way. The students will also build up their own cook book to keep, containing each week's recipes. The cost of this course includes all ingredients to be used and supplied. The students just need to bring a secure container, to transport the food home. The IKEA carrier is ideal (as pictured).



**This activity will be held on a Tuesday**

## Activity 6: **Wednesday** Intermediate Cooking Club      ALL YEARS



Our cooking programme is proving as popular as ever, and early booking is advisable. The students will learn to make seasonal dishes; cupcakes, cookies and sweet treats. In the advanced lesson the students will learn how to cook more sophisticated dishes. Various techniques will be learnt along the way. And the students will also build up their own cook book to keep, containing each week's recipes. The cost of this course includes all ingredients to be used.



**This activity will be held on Wednesday**

## Activity 7: **Wednesday**    **Boxing Training**    **ALL YEARS**



This is the basic outline of a session, each week the session will develop as the students will improve their boxing skills. Through the classes students develop athleticism, discipline, confidence, respect and focus, skills that they can use in their everyday lives. The acquisition of these skills will help them build confidence in their ability to achieve.

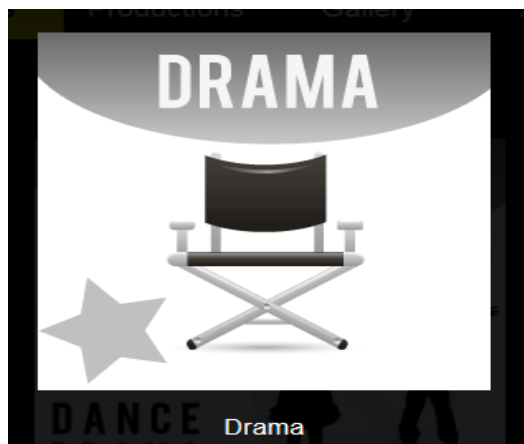
- ❖ Begin with a warm up/skipping techniques/dynamic stretching.
- ❖ Practice stance/ moving forwards, backwards, left and right.
- ❖ Define a jab and how to use it.
- ❖ Teach defence against a jab/partner up and do defence drills.
- ❖ Strength training/calisthenics.
- ❖ Warm down/static stretching/question students about what they learned in the session.

*\*Comfy clothing/p.e KIT and a bottle of water will be needed for this activity\**

**This activity will be held on a Wednesday**

## Activity 8: **Wednesday** Drama Club

**YEAR 7 & 8**



We have been fortunate in securing Jam Dance Company, who already teach dance to our students here. This club is aimed at year 7 and 8's whom have previously expressed an interest in the Drama club. There is also the opportunity for the students to take part in the LAMDA exams if they wish. The club will cover activities such as the basic warm ups and games. The club will go onto teaching the students skills such as:

- Script work
- Improvisation skills
- Character development

Script work including monologues and duologues will be worked on, if the students wish to take their LAMDA exam, which will be taken externally and at an extra cost.

**This activity will be held on Wednesdays**

## Activity 9: **Thursday**      **Dance Club**      **ALL YEARS**



If you have never been to a dance class before and you're nervous about taking the plunge, our classes are perfectly pitched to help you. You'll gain physical confidence and raise your self-esteem within dance. This class makes you feel positive and that you can achieve any challenge that gets thrown at you. The students will learn a mixture of dance styles including street, ballet, jazz and contemporary dance.

Students need to bring a comfy change of clothes and bottled water to the sessions.

**This activity will be held on a Thursday**

## Activity 10: **Thursday** Street Food YEAR 8+



A brand new cooking course starting this term, creating street food dishes. Various techniques will be learnt along the way. And the students will also build up their own cook book to keep, containing each week's recipes. The cost of this course includes all ingredients to be used.



**This activity will be held on Thursday**

## Activity 11: **Friday** Drama Coaching INVITE ONLY



These classes are overseen by an accomplished actress, Anna Karen. The sessions begin with a physical warm up and games to bring the group into focus. Throughout the sessions, a wide range of drama skills are taught and practiced including:

- Mime.
- Script work.
- Stage directions.
- Improvisation exercises.
- Character development.
- 

**May Exam**

Monologues, duologues and scripts are worked on and the teacher will encourage, enhance and support the team as they learn and work together. Students are also given the option to participate in the LAMDA exams which may be worked on within the lesson; there will be a separate charge for the external exam. The students may bring a change of comfy clothing with them.

**This activity will be held on Fridays**

**If you would like to suggest an activity for after-school clubs,  
please ask to  
see me - Ms Dawson.**

**If you have any questions regarding the programme, please  
do not hesitate  
to get in contact. **You can reach me on 0208 506 2922.****

**Ms S Dawson**

**After School Co-ordinator.**

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

# MATHS CLUB



Or just extra maths?

One-to-One  
Support

Drop in

Year 10 Tutors

CC9  
Every  
Thursday  
Lunchtime

Hello Students,

Please find attached the Spring 2022 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

# Spring 2022 Webinar Schedule

Golden Rule: Your timetabled lessons take priority over webinars.

If in doubt, see Mrs Horn in the Library.

# General

- [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.
- [Young Doctor Summer Experience](#) - register here (for All ages).
- [Young Engineer Summer Experience](#) - register here (for all ages).
- [British Library](#): What's on Each Month?

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!

# January 2022

- 12<sup>th</sup> January @ 1245-1330: [Life Skills & Dealing with Anxiety](#)

With UEA & Buzz Consulting

- 17<sup>th</sup> January @ 1535-1635: [History/Archaeology](#) - A Battle from

Space, Understanding WWII with Bishop Grosseteste Uni

- 18<sup>th</sup> January @ 1505-1550: [Film, TV & Media](#) with Aberystwyth Uni

- 19<sup>th</sup> January @ 1200-1300: [Spanish - Monarchies & Dictatorships](#) with Reading Uni

- 20<sup>th</sup> January @ 1535-1620: [Media](#) Language - University Tutorial

- 24<sup>th</sup> January @ 1430-1530: [Psychopathology](#) with Goldsmiths & UEA

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!

# January 2022

□ 25<sup>th</sup> January @ 1535-1620: Politics - Is the UK Parliament Fit for Purpose?

□ 26<sup>th</sup> January @ 1030-1130: Criminology - Crime Scene to Courtroom with Surrey Uni

□ 27<sup>th</sup> January @ 1030-1130: English - Unseen Texts with Goldsmiths

31<sup>st</sup> January @ 1615-1715: Brexit - One Year On with UEA

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!

# February 2022

- 1<sup>st</sup> February @ 1535-1620: Sociology - Focus on Contemporary Family Structures
- 3<sup>rd</sup> February @ 1535-1620: Biology - Gene Therapy
- 9<sup>th</sup> February @ 1615-1715: History: The Unexpected History of the Pink Pound with Goldsmiths Uni

To sign up:

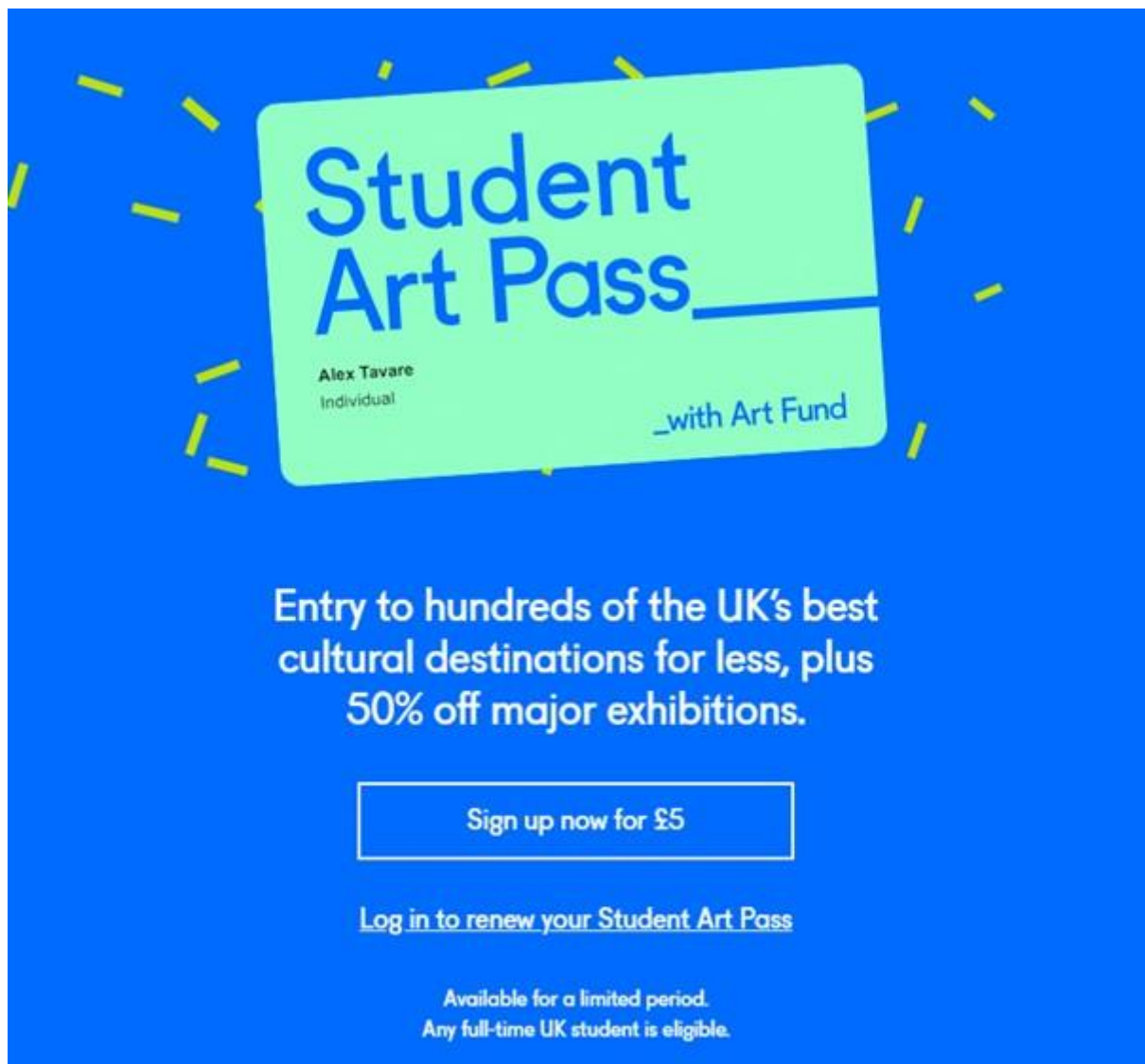
1. Register **using your school email address**
2. Advise Mrs Horn (hornd@woodfood.redbridge.sch.uk), if you would recommend any lectures you have seen
4. Enjoy!

# March 2022

- 2<sup>nd</sup> March @ 1535-1620: Art - Exploring Identities in Art
- 24<sup>th</sup> March @ 1535-1620: Media/Business - Multimedia Marketing Campaigns
- 30<sup>th</sup> March @ 1535-1620: Classics - Beliefs & Ideas

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!

The advertisement features a bright blue background with yellow confetti. At the top, a light green rectangular card is tilted. On the card, the text 'Student Art Pass' is written in large, bold, blue letters. Below this, in smaller black text, is 'Alex Tavaré' followed by 'Individual' on the next line. To the right of the card, the text '\_with Art Fund' is written in a light blue, italicized font. Below the card, the text 'Entry to hundreds of the UK's best cultural destinations for less, plus 50% off major exhibitions.' is centered in white. Underneath this is a white rectangular button with a blue border containing the text 'Sign up now for £5'. Below the button, the text 'Log in to renew your Student Art Pass' is centered in white. At the bottom, two lines of small white text read: 'Available for a limited period.' and '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.

# 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 18<sup>th</sup> 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 31<sup>st</sup> January – 10<sup>th</sup> February 2022** and more details will be sent out nearer the time.

Please direct questions about either of the above to me

[\(ashraffC@woodford.redbridge.sch.uk\)](mailto: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

# Meet your Safeguarding and Pastoral Team

|   |  |  |   |
|---|--|--|---|
|                      |                                       |  |  |
| <b>Ms Pomeroy</b><br><b>Headteacher &amp; Deputy</b><br><b>Designated</b><br><b>Safeguarding Lead</b> | <b>Mrs Greenfield</b><br><b>Assistant</b><br><b>Headteacher &amp;</b><br><b>Designated</b><br><b>Safeguarding Lead</b> | <b>Ms Hasler</b><br><b>Head of Sixth</b><br><b>Form</b>                            | <b>Mr Saxton</b><br><b>SEND Coordinator</b>   |

|  |   |  |   |
|--|---|--|---|
|   |  |  |  |
| <b>Mrs Holman</b><br><b>Student Guidance</b><br><b>Officer &amp;</b><br><b>Deputy</b><br><b>Designated</b><br><b>Safeguarding Lead</b> | <b>Mrs Menon</b><br><b>Student Guidance</b><br><b>Assistant</b>                   | <b>Mrs Sawyer</b><br><b>Health and</b><br><b>Welfare Officer</b>                   | <b>Mrs Marku</b><br><b>Health and</b><br><b>Welfare Assistant</b>                   |

| <b>KEYS STAGE 3</b>                       |  |  |
|---|--|--|
| <b>Mrs Hawks</b><br><b>Head of Year 7</b> | <b>Ms Keith</b><br><b>Head of Year 8</b> | <b>Mr Mills</b><br><b>Head of Year 9</b> |

| <b>KEY STAGE 4</b>                          |   | <b>KEY STAGE 5</b>                                    |   |
|---|---|---|---|
| <b>Mrs Siddiq</b><br><b>Head of Year 10</b> | <b>Ms Hossein</b><br><b>Head of Year 11</b> | <b>Mrs Easton</b><br><b>Head of Year</b><br><b>12</b> | <b>Ms Valente</b><br><b>Head of Year</b><br><b>13</b> |
|   |   |   |   |



## 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.

## Everyday Mindfulness

Mindfulness Based Stress Reduction or MBSR is based on the principle of bringing full awareness to the present moment. This detached attitude of mind helps us recognise the physical symptoms of stress and uses focus on the breath to reduce the anxiety caused by constant rumination and worry.

Insight into our habitual thought patterns brings new understanding and increases our ability to focus our attention where it is needed most. The clarity of mind that comes with regular practice explains the renewed interest in this ancient skill, at a time when there is much each of us needs to do to look after our health, the health of others, and protect the biosphere that is our beautiful planet.

A series of calming, guided meditations from the Oxford Mindfulness Centre can be accessed online free of charge. Their website also includes a helpful information section written with young people in mind.

[www.oxfordmindfulness.org](http://www.oxfordmindfulness.org)

### TRY THIS:

#### Being in the present moment

Set aside 10 minutes after a busy day at school. Find a place to sit comfortably where you will not be disturbed. Lower your gaze or let your eyes close. Rest your hands on your lap, palms upwards or fold your hands together. Breathing through your nose, notice where you feel the sensations of inhalation and exhalation most vividly.

Your thinking mind will pull for your attention, when it does, consciously bring your awareness back to the physical sensations of sitting and breathing. Remain upright, so you stay awake. Adjust your posture from time to time if you feel uncomfortable. Imagine you are a mountain.

**Emma Liebeskind**  
Mindfulness Teacher  
*Sixth Form Enrichment*

## 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](mailto:pat@papyrus-uk.org)

Text: 07860039967

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

YOUNGMINDS

kooth



### 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



CRISIS TEXT LINE |



### 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

# 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





# WELCOME TO THE PRIDE YOUTH NETWORK!

**Years 7-9 Meetings on Week A Monday**  
**Years 10-11 and Sixth Form Meetings on Week B**  
**Monday**

**Both Meetings are in SF7 from 1:30-2pm!**




tootoot)))

# Speak Up Speak Out

Log your worries on  
tootoot today

 Log in on the web  
[www.tootoot.co.uk](http://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**



# 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)**



# Table Tennis

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

Students 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 TIMETABLE  
FOR JANUARY TO FOLLOW NEXT  
WEEK**

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)*

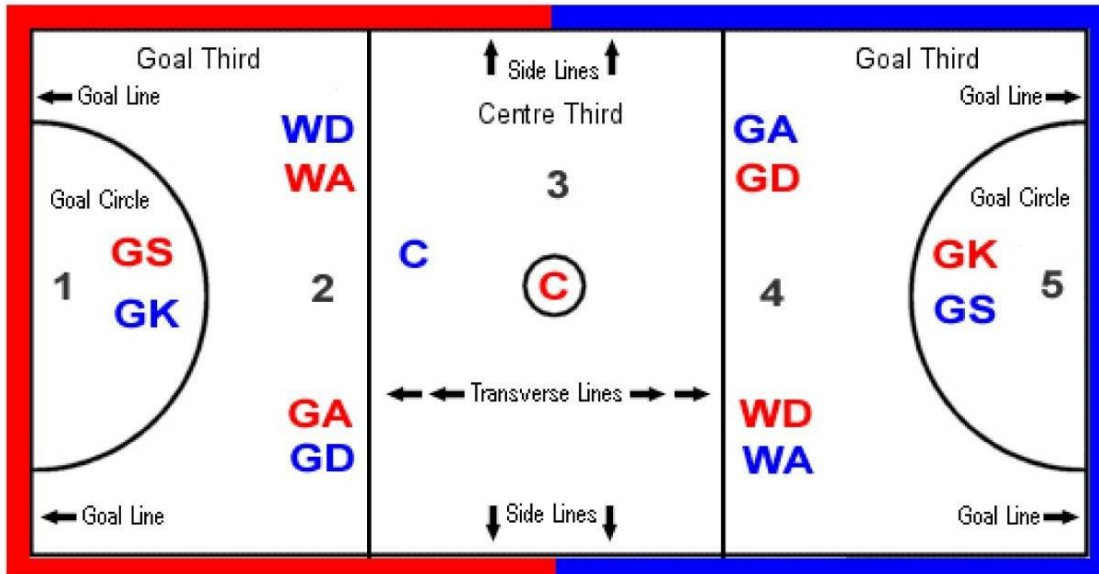


## **BASIC NETBALL RULES**

### **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.

**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.

**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)**

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