



# Woodford County High School for Girls

## Bulletin

Issue No. 387

18th January 2022



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Dear Parents / Carers

The guidance on Covid-19 testing and isolation periods having changed for the third time in two weeks, we are taking a different tack in communicating the current requirements to you. The document attached shows you in diagrammatic form the circumstances in which the ten day isolation period for students who test positive for Covid-19 may (in particular circumstances) be ended early. The document includes active links to help you report test results (to NHS Test and Trace and to WCHS) as required.

The document is available on the WCHS website for the reference of those with a child here who has had a positive test.

Please continue to promote with your child the measures which have minimised virus spread here: Twice-weekly LFT testing, mask wearing, the ventilation of internal spaces, hand hygiene, sensible distancing and vaccination. Thank you.

Yours sincerely

Ms Jo Pomeroy

Headteacher

## Ending self Isolation early using Lateral Flow Device (LFD) Tests from 17 January 2022

Day of Isolation					
Day 0	Days 1 – 4	Day 5	Day 6	Days 7-9	Day 10
Self-isolation starts  1 <sup>st</sup> day of symptoms or day of positive covid-19 test (PCR or LFD)	Self-isolate	Self-isolate  Take an LFD test (preferably early in the morning)	Self-isolate  Take an LFD test <b>24 hours</b> after the last one	Self-isolate  Take an LFD test <b>24 hours</b> after the last one	Continue to self-isolate if previous LFD tests were positive
		<b>POSITIVE LFD</b> Continue to self-isolate	<b>POSITIVE LFD</b> Continue to self-isolate	<b>POSITIVE LFD</b> Continue to self-isolate	
		<b>Negative LFD</b> Continue to self-isolate	<b>Negative* LFD</b> Self-isolation ends**	<b>Negative* LFD</b> Self-isolation ends**	<b>End Self Isolation at 23.59 hours at the end of day 10</b>
<p>* Students can stop self-isolating &amp; return to school provided that they feel well and DO NOT have a raised temperature</p> <p>** Evidence required of 2 confirmatory negative LFD test results from 2 consecutive days (from day 5 onwards) to end isolation early</p>					



### Changes to the self-isolation period for those who test positive for COVID-19



From Monday 17 January 2022, people who are self-isolating with Covid-19 will have the option to reduce their isolation period after 5 full days if they test negative with an LFD test on both day 5 and day 6, they feel well and they do not have a raised temperature. For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to their education setting immediately on day 6. Please note that day 0 is the 1st day of symptoms or the day of the test if no symptoms are present. The 1st test must be taken no earlier than day 5 of the self-isolation period and the 2nd must be taken the following day. All results should be [reported to NHS Test and Trace](#) as well as emailed to [covidresult@woodford.redbridge.sch.uk](mailto:covidresult@woodford.redbridge.sch.uk). If the results of either are positive, the student should continue to self-isolate until they get negative results from 2 LFD tests on consecutive days or until they have completed 10 full days of self-isolation, whichever is earliest. Anyone who is unable to take LFD tests or anyone who continues to have a raised temperature will need to complete the full 10 day self-isolation period.



### IMPORTANT INFORMATION - RETURNING TO SCHOOL FOLLOWING SELF-ISOLATION



#### PARENTS

##### If ending isolation early using LFD tests:

- Please ensure your daughter is feeling well and **DOES NOT** have a raised temperature
- **IN ADVANCE** of your daughter's return to school early from self-isolation **YOU MUST:**
  - Report (via email) the date of your daughter's return to school
  - Supply 2 NHS confirmations of a negative test result from 2 consecutive days (after day 5) if reducing the isolation period
- Email all the above to [covidresult@woodford.redbridge.sch.uk](mailto:covidresult@woodford.redbridge.sch.uk), stating your daughter's **FULL** name, **YEAR** and **FORM**.
- Failure to provide the required evidence will result in your daughter being sent home to continue to isolate.

##### If completed the full 10 days isolation period:

- Your daughter can return to school without the requirement to provide negative LFD test results provided she feels well and **DOES NOT** have a raised temperature.

#### STUDENTS

Report to the **Medical Room** between **8:00am & 8:20am** on day of return to school to conduct an on-site lateral flow test before re-joining your class

We are grateful to students and to parents for compliance with guidance and for helping us keep the virus at bay

# Blended Learning

As you know, the school offers blended learning for those students who are forced to self-isolate because of Covid. This is done through Microsoft Teams.

Unfortunately we have had a number of cases where teachers have started the lesson but students have not tuned in. Teachers have then tried to contact the student, wasting valuable time and disrupting the lesson for all the other pupils.

As a consequence, staff have been instructed henceforth to start the lesson on Teams to allow pupils to tune in for blended learning, but neither they nor our administrative support staff will take further action if the student fails to appear. Unfortunately we do not have the resources to chase up every absence from blended learning lessons. Any pupil who does not attend blended learning sessions will then have to follow up on missing work when they return to school, as would be the case with any other illness.

If, on the other hand, the absence is owing to technical problems, please contact the school and inform us and we will see what can be done to rectify the problem.

If your daughter is currently, or in the future, isolating because of Covid we would ask that you support their learning by monitoring as best you can their attendance at blended learning sessions.





# Oversharing online

## Parent Guide

## How to help your child know what and when to share online



### What is oversharing?

Sharing things is a **key part of life online**. There are plenty of things that are great for your child to share online with their friends. Many young people use social media to **express** who they are, **update** what they are doing or **post things** they feel particularly proud of.

But some things are **not appropriate to share online**, and could even be **dangerous**. Examples of this are **passwords, personal information** like your **location or home address**, or content that could be **hurtful** to others.

What your child shares also depends on **who they're planning to share it with**. Something suitable to share with a friend may not be **appropriate to share publicly**.

### What are the risks?

Your child might not be aware that something they have put online **could harm themselves or others**. It isn't always obvious, so it's **important to discuss** what is and isn't appropriate.

For example, if your child posts a picture of themselves in their **school uniform**, this could tell anyone who sees the picture **where your child goes to school**. Your child should also be mindful **not to post pictures of their friends or others without their permission**, as doing so could **reveal personal information they haven't agreed to share** – or simply embarrass them.

It's also important that your child understands that once something has been posted online – even if among friends – that image, post or message is **no longer in their control**. Even if they delete it in the future, others could have **already shared it or taken a screenshot**.

Encourage your child to **think carefully** about whether they will **feel comfortable** in the future about something they are planning to share.

### What else should I do?

Make sure that your child understands **privacy settings** on the devices and platforms they use. **The Children's Code**, introduced in September 2021, goes some way to **protecting data privacy**, for example, by ensuring that social media sites **set all accounts for under 16s to private by default** – but these default settings **can be switched off**. Talk to them about why these settings are important, and how they protect them online.

While you should always be mindful of your digital footprint, many social media platforms allow you to **request images to be removed**. Organisations, such as the NSPCC and CEOP, can also support you in removing certain types of images online, for example naked images.

The most important thing is that you **keep up a conversation with your child and always encourage them to come to you** if they feel concerned about something that they've shared online.



# Spring Term Career Opportunities

## For Ages 12-18

*Available in 20+ industries: In-person at UCL or live online*



Your students can now register for our spring term career opportunities, which are available in 20+ cutting-edge industries. **Students will learn directly from some of the UK's best professionals** - doctors, forensic scientists, architects, MPs, filmmakers, engineers and more - through a series of live, interactive simulations which provide tailor-made, professional experience to ages 12-18.

Students can choose to attend either at UCL or live online from the comfort of their own homes.

**We expect to be fully-booked for our most popular programmes by 30th January.**

**VIEW ALL: AGES 15-18**

**VIEW ALL: AGES 12-14**



# Redbridge Children's Book Award 2022

## Poetry Competition



Write a poem (maximum 40 lines) on the following theme:

### Choices

The competition has two age categories: Junior (Years 6 and 7) and Teen (Years 8 upwards)

Closing Date: Friday 25 February 2022

Poems should be in WORD and handed in to your school librarian or teacher who will select the best five to submit to the competition.

Please include your name, age, year group, address and school.

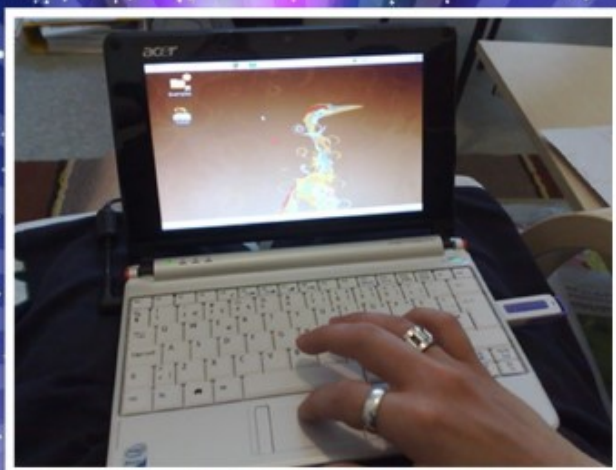


[visionrd.org.uk/sls](http://visionrd.org.uk/sls)



# Redbridge Children's Book Award 2021

## Short Story Competition



Write a short story, using the phrase:

**I slid the memory stick into the USB port of my computer...**  
(maximum length of story 1500 words)

The competition has two age categories: Junior (Years 6 and 7) and Teen (Years 8 upwards)

Closing Date: Friday 25 February 2022

Stories should be in WORD and handed in to your school librarian or teacher who will select the best five to submit to the competition.

Please include your name, age, year group, address and school.



[visionrd.org.uk/sls](http://visionrd.org.uk/sls)



# RETURN Your Library Books



# LIBRARY

Please return all overdue Library books. Our records show that we have a number of seriously overdue books on loan.

If you are unsure of the status of your Library account see me in the Library to discuss.

I am currently issuing overdue notices to students.

Many thanks,  
**Danielle Horn**  
Librarian

Currently reading .... They Wish They Were Us (RBA 2022 Longlist)

## **The Music Recital Evening**

The Music Recital Evening will take place on Thursday 10th February at 18:00-20:00.

Any student who wishes to perform in this event, either as a soloist or in a duet or small ensemble, can sign up on the sheet which is on the board outside SF1 for an audition.

These auditions will take place on 18th-20th January. This is a great opportunity for anyone to showcase something they have been preparing. Please do encourage anyone who would be a suitable candidate.



# MUSIC CLUBS

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

These music sessions will be on weekly, girls should bring their own instrument and no registration is required for the sessions.



# PE Extra-curricular (Spring)

January 2022



@wchsukpe

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Before School</b>					<b>All Year Groups Morning Mile</b> <i>JBR-Field</i> 7:50—8:15  <b>Year 11 Badminton</b> <i>VJA-Sports Hall</i> 7:50—8:20
<b>Lunch time (Times vary)</b>	<b>Year 10 Badminton</b> <i>HBA-Sports Hall</i> 13:35—14:00	<b>Running Club with Rachael Lam (Y12)</b> <i>Field</i> 13:40—14:10  <b>Year 10/11 Netball</b> <i>VJA/LMA Sports Hall</i> 13:30—14:00	<b>Year 7 (Week A) / Year 8 (Week B) Futsal</b> <i>TLE—Sports Hall</i> 13:30—14:00  <b>Boxercise (Invitation Only)</b> <i>HBA-Dance Studio</i> 13:40—14:10  <b>Year 10 GCSE PE Theory</b> <i>KRI—SH3</i> 13:30—14:00	<b>Year 9 Netball</b> <i>HBA-Netball Courts</i> 13:40—14:20  <b>Year 8 Badminton</b> <i>JBR—Sports Hall</i> 13:35—14:05	<b>Year 7 Athletics</b> <i>KRI—Sports Hall</i> 13:30—14:10
<b>After school</b>	<b>Year 7 Netball</b> <i>VJA/LMA Sports Hall</i> 15:40—16:40		<b>Year 7 (Week A) / Year 10 (Week B) Trampolining</b> <i>JBR/LMA Sports Hall</i> 15:45—16:45  <a href="#">Starts 19/1/22</a>	<b>Year 8 Netball</b> <i>JBR-Sports Hall</i> 15:40—16:50	<b>Year 10 Prisons</b> <i>JGR-Sports Hall</i> 15:45—16:15



## **Winter cricket for Girls (and Boys) of all abilities**

Bancroft Lions Cricket Club is a clubmarked family friendly club led by experienced and qualified cricket coaches for children and young adults from 7 years of age. We provide an early opportunity for all girls and boys to play organised, fun and competitive cricket and multi skills to suit their age and abilities. Opportunities exist to play in the numerous teams we manage during the year, from soft ball Fundamentals to friendlies, festivals, camps tournaments and leagues with local clubs. Following the success of our ECB AllStars and Dynamos programmes, we have a very big focus on Girls cricket. We as a club pride ourselves on providing opportunities for numerous other team based social activities.

### **Indoor training**

**Where:** Every Wednesday from 6.30 – 8pm at the Peter May Centre, 135 Wadham Road, Walthamstow, E17 4HR. **From 12<sup>th</sup> Jan 2022**

**Fees:** ~~£8.00~~ per session with very significant bulk discount of just **£60** inclusive for min 12 plus sessions until the outdoor summer programme which start in Mid April. Further concessions for siblings (details on request, including for alternative, additional and girls only sessions).

Due to the success of the ongoing association new Girls from Woodford CHS benefit from a **FREE** introductory sessions with this flyer. Just come along, all equipment provided. Limited availability.

Please contact Mr David Walcott on [bancroftlions@btinternet.com](mailto:bancroftlions@btinternet.com) or

Mobile 0785 287 1093. You can find more details about Bancroft Lions on our website.

[www.bancroftlions.club](http://www.bancroftlions.club)



# Online safety Training for Parents

January 2022

Dear Parents

Congratulations to those of you that completed the online safety training last month.

Due to popular demand this is being made available again for parents that missed out last month.

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

Don't forget to enter your name in full at the start as once completed you will be able to download your certificate. The most up to date training link can always be found [here](#) on the school website.

[Click here to start your online safety Training for Parents](#)

Regards

Mrs Del Giudice

Network Manager





# New Year, New Challenge



## Foster for Redbridge

020 8708 6068

[fostering@redbridge.gov.uk](mailto:fostering@redbridge.gov.uk)

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

## FOLLOW US ON SOCIAL MEDIA



@WCHS\_UK



@WoodfordCHS\_UK

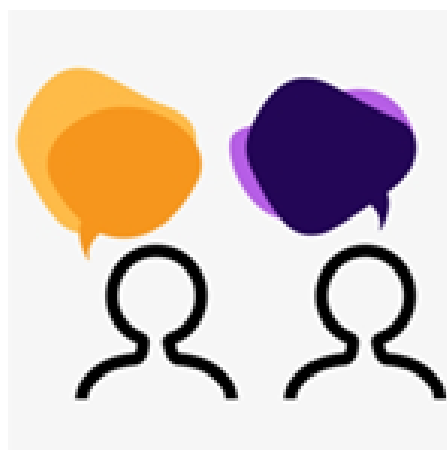


## Educational Psychology Parent Helpline

*Would you like to talk to someone about difficulties that you or your child are experiencing during the COVID-19 pandemic? Do you need some support with creating a daily routine for your child? Are you concerned about your child's emotional wellbeing? Are you struggling to motivate your children at home or manage sibling relationships? The Educational Psychology Service are here to support you.*

The Redbridge Educational Psychology Service have a **dedicated telephone helpline for parents/carers** where you will receive advice and guidance from a professional psychologist.

The EPS helpline is available for all parents and carers - your child does not need to be known to the EPS, does not need to have a special educational need or additional support within school. We welcome calls from all parents and carers.



### EPS Helpline

Telephone: 077 41 3 31 009

Opening hours:

Every Wednesday 10am - 4pm

Webpage: <https://www.redbridge.gov.uk/schools/educational-psychology-service/>



FIND: [Educational Psychology Service](#)

@Redbridge\_aep Twitter account.

# Dates for the Diary

<b>SPRING 2022</b>		
Term	Tuesday 4 January 2022	Friday 11 February 2022
<b>School Closure In Lieu of 3 June 2022</b>	<b>Friday 11 February 2022</b>	
Half-term	<b>Monday 14 February 2022</b>	<b>Friday 18 February 2022</b>
Term	Monday 21 February 2022	Friday 1 April 2022
<b>SUMMER 2022</b>		
Term	Tuesday 19 April 2022	Friday 27 May 2022
Half-term	<b>Monday 30 May 2022</b>	<b>Friday 3 June 2022</b>
Term	Monday 6 June 2022	Friday 22 July 2022
<b>Non-Contact Day</b>	<b>Wednesday 29 June 2022</b>	

## KEY DATES TO REMEMBER



17-21 January—Year 9 Review Week  
 18-20 January—Music Recital Auditions  
 20 January—Year 12 Parents Evening  
 24 January—House Charity Week—Repton  
 24 January—Year 13 Mock Exam Week  
 31 January—HPV Dose 2—Year 9  
 1 February—Year 9 Parents Evening  
 Week of 7 February—Year 11 Reports Issued  
 10 February—Music Recital Evening  
 11 February—School is Closed in Lieu Of 3 June 2022 Bank Holiday

Students are still forgetting to bring in their face mask, lanyard, locker key and fob to school.

Please remind your daughter to bring these items in daily.