



Issue No. 388

25th January 2022



Dear Parents,

AllAboutSchoolLeavers are hosting free virtual apprenticeship events and open evenings for students across the UK.

#### Post-16 events

We are working with Rolls Royce, BT and AstraZeneca for students post-16. These opportunities are not limited to practical roles (e.g. technician/engineering) and also include business and marketing roles.

Students can sign up by clicking the below links.

#### **Rolls Royce - Benefits of Apprenticeships**

8th February 2022, 4.30pm-5.30pm

https://www.schoolleaverfair.co.uk/auditorium/live-webinars/60/benefits-of-apprenticeships

#### Virtual open evening with BT

10th February 2022, 4pm-5pm

https://www.schoolleaverfair.co.uk/auditorium/live-webinars/64/virtual-open-evening-with-bt

#### Introduction to AstraZeneca & Making an Apprenticeship Application

10th February 2022, 5pm-6pm

https://www.schoolleaverfair.co.uk/auditorium/live-webinars/66/introduction-to-astrazeneca-making-an-apprenticeship-application

## Post-18 events

We are working with Standard Chartered and Schroders at post-18 level, for students interested in a career in finance.

Students can sign up by clicking the links below.

# Standard Chartered - virtual open evening

27th January 2022, 4pm-5pm

https://www.schoolleaverfair.co.uk/auditorium/live-webinars/61/virtual-open-evening-with-standard-chartered

## Schroders - virtual open evening

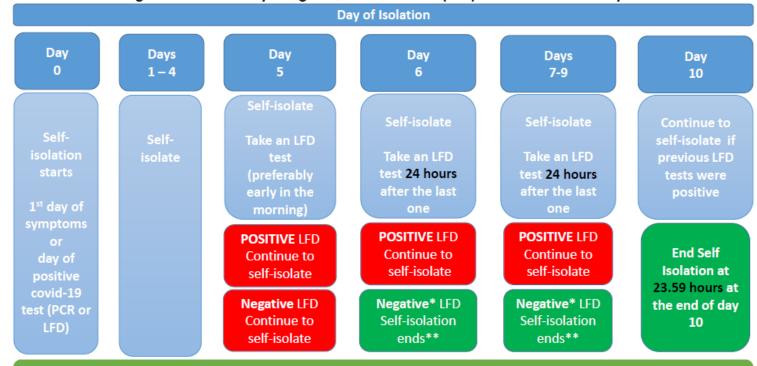
2nd February 2022, 4pm-5.30pm

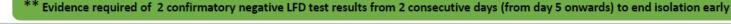
https://www.schoolleaverfair.co.uk/auditorium/live-webinars/59/virtual-open-evening-with-schroders

Students, parents and schools can browse and sign up for all of our events here:

https://www.schoolleaverfair.co.uk/auditorium/live-webinars

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





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

Students can stop self-isolating & return to school provided that they feel well and DO NOT have a raised temperature



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. 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, 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 of 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.



# **AFTER SCHOOL CLUBS**

# **MARCH/APRIL 2022**

Dear parents, we have a few spaces left in March's after school clubs, these are available on ParentPay now.

- v Musical theatre.
- v Pop workshop.
- v Basic Cooking 3.
- v Street food.
- v Drama.
- v Pop workshop.
- v Dance.
- v Self defence.
- v Tastes from around the world.

Thank you.

Ms Dawson











# YEAR 9

The 2<sup>nd</sup> HPV dose session will be taking place on 31<sup>st</sup> January 2022.

This replaces the cancelled session that should have been held in the summer term when your child was in year 8.



# **LOST PROPERTY**

Do you recognise any of the below items? Please come and collect them from the Main School Office. Thank you.



# **REMINDER**

Please remind your daughter to bring in her face mask, lanyard, locker key and fob to school every day.

# 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.



# **INVESTIN**

# 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

# **INVESTIN**

# **Invitation for Parents: Success Beyond School**



We are delighted to announce the first events in our *Success Beyond School* series for 2022. **These are free-of-charge, live online seminars featuring career experts, designed to help parents amplify their children's career potential.** 

We have 5 fantastic seminars this term, including topics such as 'how to help your child choose their career' and 'how to inspire young women to become entrepreneurs.' These events are for parents of students aged 12-18 and are free to attend.

View All & Register

Redbridge Children's Book Award

Poetry Competition

# Short Story Competition

Redbridge Children's Book Award

2021



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.

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



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

Vision

Visionrd.org.uk/sls



# RETURN Your Library Books



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)

# **MUSIC CLUBS**

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

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



Please note that the Spring Recital date has changed to **Tuesday 8th February** at the same time of 18:00-20:00, rather than 10th February as stated originally in the calendar.

Please do come and support the students who will be performing a range of musical items across all year groups.

# PE Extra-curricular (Spring)

# January 2022



@wchsukpe

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













As part of Woodford's involvement in the Sport England Teacher Training Programme we are required to complete two surveys, Staff and Student.

Could you please encourage your daughter to fill out this survey.

Please note: The surveys will need to completed again at the end of the programme in July 2022.

The survey covers generic questions related to Physical exercise inside and outside of school.

It is anonymous, requiring only to indicate the school the students are linked to in the programme.

The survey should take approximately 10 minutes.

Behaviour and attitudes survey towards physical activity

# Behaviour and attitudes survey towards physical activity

Please click 'next' to begin.









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

www.bancroftlions.club





# The Platinum Pudding Competition

Would you like to see your pudding creation served up at street parties and other celebrations up and down the country? Fortnum & Mason is inviting you to invent the Jubilee Pudding for The Queen's Platinum Jubilee in 2022.

The winning pudding will be an important part of the celebrations marking Her Majesty's 70 years as Monarch. And the creator of the winning pudding will be invited to be at the centre of the celebrations.

Get cooking, and your creation could be a joyful and delicious part of the first ever Platinum Jubilee.

## ENTER THE COMPETITION

Read our FAQs >











# 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



# GROUNDSWELL. PROJECT

# MOTHERS FOR CHANGE FREE COURSE! LIMITED PLACES



# Mothers' online Safeguarding course

Learn about issues that affect young people and children such as online safety, extremism, hate

 Feel equipped and confident to challenge online harms

crime, loneliness, self esteem, social media,

- Workshops are interactive and delivered by experts in the field and take a nuanced perspective on the lives of young people and children today
- Meet other mothers who are also interested in understanding these important issues
- Every Tuesday and Thursday online in March
- · Certificates awarded for completion

cyberbullying and more!

4 week starting Tuesday March 1st 10:00-12:00







Maeve@groundswell.world





# WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: OCIAL MEDIA & MENTAL HEALTH



Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.



# POSITIVE IMPACTS





# FAKE NEWS

# NEGATIVE IMPACTS

# SELF-ESTEEM & BODY IMAGE







# ADDICTION AND COMPULSIVE CHECKING



# A SENSE OF BELONGING





# CYBERBULLYING



#### HELPFUL APPS:

# SOURCES OF HELP:

- Childline, 0800 1111 or visit their website
- Bullying UK, 0808 8002222 Young Minds Parents line, 0808 802 5544

# National Online Safety #WakeUpWednesday

# Meet our expert

This guide has been written by Anna Batem Anna is passionate about placing preventio the heart of every school, integrating ment wellbeing within the curriculum, school cult and systems. She is also a member of the ad group for the Department of Education, adv them on their mental health green paper.





Horror video games come in a such a variety that the genre can hard to define. The overlapping element is that these games are designed to scare or unsettle the player through gameplay, atmosphere, story, music, setting and jump scares'. The most common sub-genres are survival horror, action horror, psychological horror, jump-scare horror and reverse horror. These games originate from a range of developers, including smaller indie studios which release download-only titles (that is, they aren't physically sold in shops) and therefore aren't subject to age ratings.

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# WHAT ARE THE RISKS?

#### **ADULT THEMES**

orror games are typically made rith adults in mind, which means by efinition that they often feature adult hemes. Outlast, for instance, is a opular horror game series including naterial such as nudity and extreme adistic violence. Other games, like five light's at Freddy's and its sequels, have back-story that doesn't actually ppear on screen but still hints at explicit dult themes.

#### VIOLENT CONTENT

#### ONLINE INTERACTION

# PSYCHOLOGICAL HORROR

# LONG-TERM FEAR FACTOR

# Advice for Parents & Carers

#### BEWARE OF JUMP SCARES

#### RESEARCH THE GAME

#### ENCOURAGE BREAKS

is easy to lose track of time when gaming, and orror games are no exception. A short break ivery hour or so is important to rest the eyes and relieve the posture — especially if traumatic ituations in the game have built up tension and trees. For horror gamers, breaks also give the idded benefit of feeling more relaxed ifterwards, which can mean a scarier gaming ession when they resume!

#### IF IN DOUBT, SWAP IT OUT

If your child finds a horror game to play, but after doing some research you decide it doesn't look like the right one for them, swap it out! There are a lot of horror titles to choose fro and some will be more appropriate than others Work together with your child to find a suitable game for them. Remember, horror games don't have to be governotized and graphly to be

## STAY RECEPTIVE

# Meet Our Expert

are Godwin (a.k.a. Lunawolf) has worked as an editor and urnalist in the gaming industry since 2015, providing ebsites with event coverage, reviews and gaming guides. he is the owner of Lunawolf Gaming and is currently workin warious gaming-related projects including game welopment and writing non-fiction books.





















# 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.



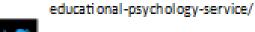
#### **EPS Helpline**

Telephone: 07741 331 009

Opening hours:

Every Wednesday 10am - 4pm

Webpage: https://www.redbridge.gov.uk/schools/



FIND: Educational Psychology Service

@Redbridge\_aep Twitter account.

# **Dates for the Diary**

| SPRING 2022                              |                         |                         |  |
|--|-------------------------|-------------------------|--|
| Term                                     | Tuesday 4 January 2022  | Friday 11 February 2022 |  |
| School Closure In Lieu<br>of 3 June 2022 | Friday 11 February 2022 |                         |  |
| Half-term                                | Monday 14 February 2022 | Friday 18 February 2022 |  |
| Term                                     | Monday 21 February 2022 | Friday 1 April 2022     |  |
| Non-Contact Day                          | Tuesday 8 March 2022    |                         |  |
| SUMMER 2022                              |                         |                         |  |
| Term                                     | Tuesday 19 April 2022   | Friday 27 May 2022      |  |
| Half-term                                | Monday 30 May 2022      | Friday 3 June 2022      |  |
| Term                                     | Monday 6 June 2022      | Friday 22 July 2022     |  |
| Non-Contact Day                          | Wednesday 29 June 2022  |                         |  |

# **KEY DATES TO REMEMBER**



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

8 February—Music Recital Evening—NEW DATE

11 February—School is Closed in Lieu Of 3 June 2022 Bank Holiday
From 21 February—Y11 Review Fortnight begins
21 February—DTP & Meningitis ACWY Vaccine—Year 9
Week of 28 February—House Charity Week (Warner)
Week of 7 March—National Careers Week
8 March—INSET Day
10 March—HPV 2nd Dose—Year 8
17 March—Year 8 Parents Evening

24 March—Spring Concert