



Woodford County
High School for Girls

Bulletin

Issue No. 394

15th March 2022



Dear Parents / Carers



The Five Penny Race is back!

Save the date and your 5p coins

Due to Covid-19 we were not able to hold our annual Five Penny Race in the last couple of years but we are pleased to announce that it is back.

It is a great school tradition, lots of fun to be had by the students on the day.

Please collect your 5p coins and give them to your daughter to bring to school on

20 April 2022

Money raised will be donated to



Thank you



Woodford County High School for Girls

April –May After school clubs brochure out this week.

Activities include:



Arts & crafts



Sweet treats



American Diner



Henna Art



Skin care course

Please book via ParentPay,

Limited places

Activities are now live.

Thank you

Ms Dawson

TEMPEST PHOTOGRAPHY ORDERS—DEADLINE IS TOMORROW

If you wish to order photos via the Tempest Photography website, all free postage online orders need to be completed by tomorrow, **March 16th 2022, at the very latest. All online orders will be posted directly to your home address.**

If you wish to order online after the above date, there will be a postal charge of **£5 per order** and there is no deadline date, such orders can be placed at any time.

If you are completing and returning the **paper order forms** to school, please ask your daughter to return the form to the main school office by **March 16th 2022. All paper orders returned to school will be posted back to the school and issued to your daughter**



YEAR 8—HPV VACCINATION —TOMORROW

Vaccination UK have changed the date and will now be in school on Wednesday 16th March to deliver the second dose of the HPV immunisation. These will be taking place in the main hall.



SECOND COVID VACCINATION FOR 12-15 YEAR OLDS

We have been given a date of Thursday 31st March 2022 for the second Covid vaccination to be given in school. Please check your emails regularly for further information and the electronic consent form which you will need to complete, even if you already completed it for the first dose. The closing date for consent will be 27th March so we are expecting the consent form to be sent to the school approximately a week before that date.



LOST PROPERTY

The lost property box is full again. If you have misplaced an item, please have a look in the box by the main school office.



Jewellery and watches can be collected from the main school office.

Additionally, the PE department has two big boxes full of PE kit, including several jumpers.

Please make sure you write your daughter's name in their clothing as this would help us identify and return the misplaced items.

Thank you





**Notice of Annual General Meeting of Parents & Friends of Woodford County High School (PFWCHS*) –
Wednesday 23rd March 2022 7.15 – 8.30 p.m.**

Dear Parent/Carer/Friend

You are warmly invited to attend the Annual General Meeting of the Woodford County High School Parent and Friends Association to be held in the Conference Room, Woodford County High School, on Wednesday 23rd March 2022. Refreshments will be served.

The AGM will cover:

1. Reports from the President (Head teacher) , Chair and Treasurer,
2. Receiving and approving the accounts for the year end 31 July 2021,

Election of trustees (see below for brief guidance on what the trustee's roles entails).

Trustees positions:

- **Chair** - The Chair provides leadership for the committee sets the agenda for meetings with the Secretary and manages meetings in line with the agenda.
- **Vice-Chair** (up to 2 positions) – Supports the chair in fulfilling his/her duties.
- **Treasurer** –The Treasurer is responsible for management of financial records and procedures as well as the banking and handling of money from events.
- **Secretary** - The Secretary is responsible for ensuring that there are effective communication links between committee members and between the association and the school.

You can get involved by nominating yourself, supporting another parent's nomination and/or by voting. Nominations using the form attached should be completed and returned in the PFA BOX in the school entrance lobby prior to the AGM by 5pm 18th March 2022 or email the PFA secretary at the email address below. Alternatively, nominations can be made in the meeting itself. In the event of two or more nominations for any one post, a vote will be carried out.

If you are unable to attend the meeting but wish to express an interest in supporting or joining the PFA please email us at SecretaryP@woodford.redbridge.sch.uk

WE HOPE TO SEE YOU THERE.

Farina Sharif, Chair of PFWCHS

* We are officially registered as Parents and Friends of Woodford County High School with the charities commission but more frequently referred to as Parents & Friends Association (PFA).

Trustee Nomination Form 2021-22

Nominations for trustees of PFWCHS for 2021/22	NOMINATED BY	SECONDED BY
POSITION		
Chair		
Vice-Chair		
Treasurer		
Secretary		



BREAKFAST

Get your day off to a good start with a healthy, tasty breakfast.

Have more energy, less headaches/dizzy spells and be ready to learn.

Check out the NHS website for quick and easy ideas.

<https://www.nhs.uk/live-well/eat-well/healthy-breakfasts-recipes/>



WATER Please ensure your daughter is bringing water to school with them every day.





FREE PARENT WEBINAR SERIES

Stress & Wellbeing – 22nd March, 6-7 pm

Elevate is an external organisation that has been working with us to help Year 10 students become more effective learners. We realise that these are challenging times and it is important for students to self-motivate, manage their time and prepare effectively for their success over the next few months.

Please note, these webinars are suitable for parents of students across all Key Stages.

Free Sign up: <https://get.elevatecoaching.info/uk/register>

ELEVATE HELPS OVER 1 MILLION STUDENTS ANNUALLY



Global Reach

Elevate Education works with students across Australia, Singapore, Malaysia, Hong Kong, South Africa, New York, California, and the United Kingdom



Trusted by 3000+ schools

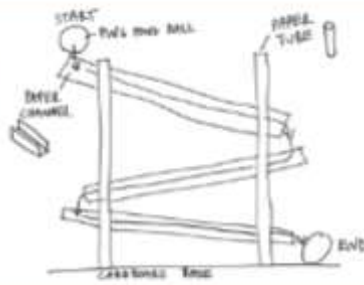
Elevate partners with over 3000 schools worldwide to understand their challenges, techniques, and processes for maximising student success.



Research Driven

Elevate Education's study skills are based off research and best practice knowledge from working with schools globally for 19 years.

Take the 2022 Fluor® Engineering Challenge



Build a paper ball run!

(How can you make the ball's path take as long as possible?)

The Fluor Engineering Challenge is a global competition run by the ScienceBuddies.org.

Build the slowest ball run using the allowed materials and enter it to be in with a chance of winning \$1000 for Woodford.

To find out more visit <https://www.sciencebuddies.org/fluor-challenge-2022> for details of competition and

https://www.sciencebuddies.org/science-fair-projects/project-ideas/CE_p030/civil-engineering/paper-ball-run-challenge for the rules.

If you enter please send a picture of your entry to Mrs Peters!



Technology Survey

Year 7 Technology Survey - 2022

Dear parents, guardians,

Would you kindly complete this technology survey for us. The information collected in this survey will be used to assist us with future planning.

Holiday Activities and Food Programme – Easter 2022

What is the Holiday Activities and Food Programme?

Also known as HAF, this programme is being provided to enable eligible children to access the following during the school holidays:

- ✓ Daily physical activity
- ✓ Enriching activities
- ✓ Nutritional education

Children and young people who took part in last year's programme had a great time and made new friends too.

When is it?

Our main sessions will take place from 10.00am to 2.00pm, Monday 11 April to Thursday 14 April 2022. Once we've confirmed your place, you'll be able to turn up on all four days, but you don't have to. If you have other plans then you can just join in on one, two or three days instead.

Where is it?

Primary age children will be able to attend one of the following sites:

- Cranbrook Primary School, The Drive, Ilford, Essex, IG1 3PS
- Coppice Primary School, Manford Way, Chigwell, Essex, IG7 4AL
- Fullwood Primary School, Burford Close, Barkingside, Ilford, Essex, IG6 1ER
- Ray Lodge Primary School, Snakes Lane East, Woodford Green, Essex, IG8 7JQ
- South Park Primary School, Water Lane, Seven Kings, Ilford, IG3 9HF
- Uphall Primary School, Uphall Road, Ilford, Essex, IG1 2JD
- Woodlands Primary School, Loxford Lane, Ilford, Essex, IG1 2PY

Secondary age children will be able to attend the following site:

- Oaks Park High School, 45-65 Oaks Lane, Ilford, IG2 7PQ
- If you are unable to travel to Oaks Park, we will also be running a transport service daily, to and from the front of Loxford School, Loxford Lane and the New North Road entrance of Forest Academy, to the Oaks Park High School HAF.

We will also be providing dedicated places for pupils with complex Special Educational Needs and Disabilities (SEND). These will run between Monday 4 April and Thursday 7 April 2022 and be hosted at the following two sites:

- Hatton School, Roding Lane South, Woodford Green IG8 8EU
- Newbridge Upper School, 258 Barley Lane, Goodmayes, Essex IG3 8XS

Parents/carers who are interested in accessing these places should *use the separate booking form* outlined below.

Is my child eligible?

Your child will need to meet both of the following:

- ✓ Eligible for, and in receipt of, Free School Meals (not including those accessing universal entitlement for Free School Meals unless they also meet the eligibility criteria for FSM)
- ✓ Age 5-16 years

How do I book?

If you would like your child to take part, please register your interest no later than 11.59pm on Tuesday 22 March 2022.

PLEASE NOTE THAT THERE ARE SEPARATE BOOKING FORMS FOR OUR MAINSTREAM AND SEND PLACES



For our mainstream primary and secondary school places please book via:

<https://forms.office.com/r/jUSrpUdbf5>

or via the QR code on the left.



For our SEND places please book via:

<https://forms.office.com/r/mvU0S62q41>

or via the QR code on the left.

Places are allocated on a first come first served basis so please book as soon as possible to avoid disappointment.

Once we have confirmed your child is eligible and a place is available, we will confirm the details with you. We will also share yours and your child's information, including the medical health plan and/or protocol (where applicable) with the third-party organisation that will be responsible for offering the activities for your child.

If you have any queries, then please email us at haf@redbridge.gov.uk

[Guidance for parents and carers of children attending out-of-school settings during the coronavirus \(COVID-19\) outbreak - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/guidance-for-parents-and-carers-of-children-attending-out-of-school-settings-during-the-coronavirus-covid-19-outbreak)

REMINDER

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





MARCH 2022
9.30 AM - 2.30 PM

ONLINE SESSIONS

£20 (+ BOOKING FEE)
GAINS YOU ACCESS TO OVER
15 LIVE SESSIONS COVERING A
RANGE OF SEND NEEDS FOR ALL
AGES- YOU CHOOSE THE SESSIONS
THAT SUIT YOU
FOR ONE PRICE YOU CAN ATTEND AS
MANY OR AS FEW AS YOU LIKE

REGISTRATION:

<https://www.eventbrite.co.uk/e/seatss-family-send-conference-tickets-292411238887?aff=ebdssbonlinesearch>

OPEN TO
FAMILIES ACROSS
THE UK

30th March 2022

ONLINE SEND CONFERENCE

Discover our top pick of topics and speakers
Something for everyone
Connect, learn and share knowledge

KEYNOTE: MANDY GURNEY



Mandy from Millpond Children's Sleep Clinic, has over 30 years experience supporting families with Sleep issues, including those who have complex SEND.

SPECIFIC SEND SESSIONS



We will be offering live sessions linked to;
Autism, Speech and Language, Dyslexia/Literacy, Sensory impairments eg Visual and Hearing impairment

PRACTICAL SESSIONS TO GIVE YOU IDEAS FOR HOME



We will be running sessions linked to;

- Handwriting /Fine motor skills
- Sign Language
- Transition
- IT/ ACC
- Anxiety
- Homework and study skills



Welcome and Keynote Speaker

Susan McMahon - Head of Service at SEaTSS, will introduce the day.

Liz Hunt- Head of Access and Inclusion in Redbridge, will open the Conference, and welcome our keynote speaker.

9.30-10.30 am

Mandy Gurney - Millpond Children's Sleep Clinic will talk through practical strategies and ideas linked to sleep challenges faced by so many families who have children with complex SEND.

11.00-12.00

Full live presentations by the Team, and time for questions

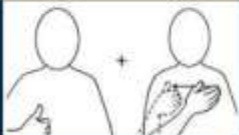


To choose a session - join on the original link, and you will find the links to these rooms in the 'chat'. You can drop in into any rooms you are interested in - no limit.

Room 1	ADHD Supporting students at Primary		A primary focused workshop exploring understanding and managing ADHD with young children. The workshop will discuss the science of ADHD, strategies to support and how to assist children to understand and celebrate their 'superpowers'!	5-11yrs
Room 2	Can't write/ Won't Write Secondary		This session will look at practical strategies to support Secondary Students who can't, or are reluctant writers. We will look at physical ways to support and the use of ICT	11-18yrs
Room 3	Communication and language ideas for home Primary		This session will cover practical education strategies for families to support their primary children who have speech and language needs at home.	5-11yrs
Room 4	Anxiety/ School refusal		Is your child anxious about attending school or refusing to go to school? This session will look at identifying the signs of anxiety, understanding potential triggers and practical tips to support primary and secondary students.	5-18yrs
Room 5	How to support your child who is struggling with writing and spelling Primary		This session will provide useful suggestions to support your child with writing and spelling. We will focus on key elements to consider before starting a piece of writing and must-have resources when supporting children to express their ideas through writing.	5-11yrs
Room 6	Developing resilience and independence Secondary/ College		This session will explore what it means to be a resilient & independent learner. We will then explore strategies and ideas with you to help you support your child in developing resilience and independence skills for school and life beyond school.	11-18yrs

10.30-11.00 am Live mini sessions

Our Mini sessions are less formal- you can choose a session to drop into to ask some questions or simply learn a new skill.

To choose a session - join on the original link, and you will find the links to these rooms in the 'chat'. You can drop in into any rooms you are interested in - no limit.

Room A	DEAF TEAM My child is Deaf or has a Hearing Impairment- come and talk to the DST team		In this room, you will meet our Deaf Support Team. Do you have a child with a hearing loss- got some questions? drop into the room for a chat
Room B	MAKATON Come and learn some simple Makaton signs		Fancy learning some simple Makaton signs- come and learn some every day signs to use with your child
Room C	INTERNET SAFETY How can I keep my child safe on the internet		In this session you will learn; 1.How to limit access to the Internet 2.How to prevent in app/ games purchases 3.How to make the most of your Internet at home to enable more than one person have safe access
Room D	EHCP Understanding your child's EHCP and getting prepared for the Annual Review		Do you understand your child's EHC Plan? Do you have questions? or would like to prepare for an Annual Review - drop into the room for advice and support

12.30-1.00pm Live mini sessions

Our Mini sessions are less formal- you can choose a session to drop into to ask some questions or simply learn a new skill.


To choose a session - join on the original link, and you will find the links to these rooms in the 'chat'. You can drop in into any rooms you are interested in - no limit.

Room 1	SELF CARE Self care for Parents and Carers		Caring for a child with SEND is challenging, isolating and sometimes Come and learn some basic self care techniques.
Room 2	VISUAL IMPAIRMENT My child has a Visual Impairment -come and talk to the team		In the room we have 2 x QTVI's and our specialist VI ICT technician. Come and have a chat with any questions you may have?
Room 3	BSL SIGN LANGUAGE Come and learn BSL sign language - taster session		Naomi, our CSW will be teaching anybody who drops into this room some simple BSL signs.
Room 4	ACC app's Taster session- Apps to help students communicate (ACC)		Nicola, our Specialist ICT Technician will be reviewing our favourite apps we use when supporting Students who have limited or no spoken language.

1.30-2.30

Full live presentations by the Team, and time for questions

To choose a session - join on the original link, and you will find the links to these rooms in the 'chat'.
You can drop in into any rooms you are interested in - no limit.

Room A	Handwriting and fine motor skills Supporting Handwriting and Fine Motor needs Primary		This session will look at practical strategies to support Primary Students who can't, or are reluctant writers. We will look at physical ways to support and the use of ICT.	5-11yrs
Room B	Transition - moving from Primary to Secondary		Planning a positive transition for your child with SEND – Is your child transitioning from year 6 to year 7? Are you feeling anxious about this transition? Come along for some top tips to support a positive transition for your child.	Students in Yr 5 and Yr 6
Room C	Organisation and Study Skills Secondary		Experiencing difficulties in supporting your child with the revision and the retention of information during the exam period? In this session, you will learn about the various strategies you can implement as a parent to support your child with their exam revision.	11-18yrs
Room D	ADHD Supporting Secondary students		This session will explore different aspects of ADHD and the challenges and opportunities a diagnosis can present.	11-18yrs
Room E	Autism Routine/ visuals and structure for home Primary		An informative and interactive session presented by a team of ASC specialists. Our aims are to signpost you to finding help and support and also to share strategies between school and home.	5-11yrs

To book a place - book through Eventbrite or click here:

<https://www.eventbrite.co.uk/e/seatss-families-send-conference-tickets-292411238887>

Every Parent/Carer attending the event will be given a **FREE** Information pack
There will be the opportunity to win free App's /Software/ Books and online resources throughout the day.

You will be sent one link- click on the link throughout the day, and you can choose which room you would like to join. Choose as many as you would like.

Come and experience SEaTSS training.

We will be running live sessions throughout the summer term.

Redbridge Educational Wellbeing Team (REWT) Parent Workshops

REWT are excited to be delivering parent workshops to support the wellbeing of Redbridge parents and their children. Please register for the workshops using the links or QR codes below.



Understanding and Supporting Anxiety and Low Mood 16th March (5:30-6:30pm)

<https://tinyurl.com/3a5h9p3f>



Parent Actions to Improve Wellbeing 22nd March (6-7pm)

<https://tinyurl.com/mw5sn7fs>



Understanding and Supporting Bereavement and Loss 5th April (1-2:30pm)

<https://tinyurl.com/28mwjmzr>



***Please note that this workshop takes place during the
Easter Holidays***

REWT are committed to ensuring our workshops are accessible to all, please contact us if you require any special accommodations to access our workshops.



Please email REWT@redbridge.gov.uk if
you have any queries

London Borough of

Redbridge



MUSIC CLUBS

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

February 2022



@wchsukpe

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School				Year 9 Badminton <i>HBA Sports Hall</i> 7:50-8:20	All Year Groups Morning Mile <i>JBR – Field</i> 7:50-8:15 Year 11 Badminton <i>VJA Sports Hall</i> 7:50-8:20
Lunch time (Times vary)	Year 10 Badminton <i>HBA Sports Hall</i> 13:35-14:00 Year 9 & 10 Football <i>JBR Field</i> 13:45 – 14:30	Running Club <i>Rachael Lam (Y12)</i> <i>Field</i> 13:40 – 14:10 Year 11 Volleyball <i>VJA Sports Hall</i> 13:30 – 14:00	Year 7 & 8 Football <i>TLE Playground</i> 13:30-14:00 Boxercise Invitation Only <i>HBA Dance Studio</i> 13:40-14:10 Year 10 GCSE PE Theory <i>KRI - SH3</i> 1.30-2pm Year 7 Cricket <i>VJA Sports Hall</i> 13:30-14:00	Year 9 Netball <i>HBA Netball Courts</i> 13:40-14:20 Year 8 Badminton <i>JBR Sports Hall</i> 13:35 – 14:05	Year 7 & 8 Athletics <i>KRI Sports hall</i> 13:30-14:10
After school	Year 7 Netball <i>VJA Sports Hall</i> 15:40 – 16:40			Year 8 Netball <i>JBR Sports Hall</i> 15:40 – 16:50	Y10 Prisons <i>JGR Sports Hall</i> 3:45 – 4:15

LONDON YOUTH GAMES



2022

Would you like to represent Redbridge at the London Youth Games 2022?

Tennis

School Years 8—13

All Players must have a World Tennis Number between 30-40 as at the squad entry date 4/5/2022. To check please visit -

<https://competitions.lta.org.uk/find/player>

To register— <https://airtable.com/shrT8ggW2p3xTtwjm>

Trials

Thursday 8th & 22nd April—
7pm @ Redbridge Sports Centre— outdoor courts



You must live or go to school in the London Borough of Redbridge.

active.redbridge@visionrcl.org.uk

YOUR **BOROUGH**
YOUR **SPORT**
YOUR **PASSION**

LONDON
YOUTH
GAMES.ORG



#THISISLYG

**Although I'm not their mother
I care for them each day.
I cuddle, sing and read to them
And watch them as they play.**

**I see each new accomplishment,
Growing and learning over the years.
They proudly show their work to me,
I give the loudest cheers!**

**No, I'm not their mother,
But my role is just as strong.
I nurture them and keep them safe,
Though maybe not for long.**

**I know someday the time will come,
When we will have to part.
But I know each child I cared for
Is forever in my heart.**

Foster for Redbridge

020 8708 6068

fostering@redbridge.gov.uk

WWW.WOODFORD.REDBRIDGE.SCH.UK

**FOLLOW US ON
SOCIAL MEDIA**



@WCHS_UK



@WoodfordCHS_UK

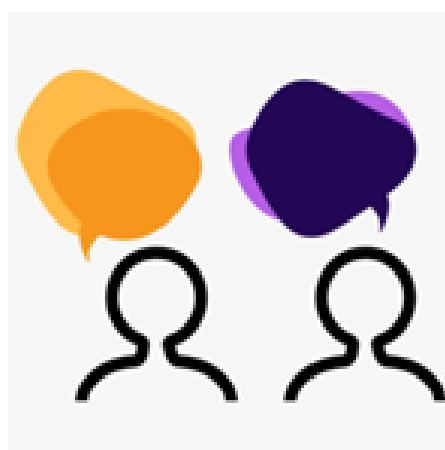


Educational Psychology Parent Helpline

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

SPRING 2022		
Term	Tuesday 4 January 2022	Friday 11 February 2022
School Closure In Lieu 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

- 16 March—HPV 2nd Dose—Year 8
- 17 March—Year 8 Parents Evening
- 23 March—PFWCHS Annual General Meeting
- 24 March—Spring Concert
- Week of 28 March—Reports for Years 7, 9, 10 12 & 13 Issued
- 31 March—2nd Covid Vaccination for 12-15 year olds
- 20 April—Five Penny Race in aid of Leukaemia research
- 25 April—Year 10 Parents' Evening
- 29 April—Non-Uniform Day (Haven House)
- 2 May—Bank Holiday
- 12 May—Year 5 Open Evening (Virtual)