

# Woodford County High School

## *Weekly Student Bulletin*



Tuesday, 15th March 2022

Issue No 42

### Welcome to Bulletin No 42

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.

In this edition:

Follow Us on Social Media

**NEW** The Five Penny Race is back!

**NEW** Lost Property

**NEW** British Biology Olympiad

**NEW** Duke of Edinburgh Award Photos

Share Kindness Online – 10 Ways

Important Safeguarding Information

Economics Society

Music Extra Curricular Timetable

Feeling Poorly and Off School, information for Years 7, 8, 9

Maths Club

Return your library books

Ms Horn's Webinar ideas, Spring Schedule

Student Art Pass

Get Jabbed and Get On

Meet the Safeguarding and Pastoral Team

Eat Well Breakfast recipes

Information from the Medical Room

Wellbeing pages: Anger Management/Anxiety Strategies/General

Wellbeing

The Body Scan and Beditation/Everyday Mindfulness/

Mindful Walking

My Circle of Control

Exam Coping Strategies and Techniques (from previous Year 11s)

Help Lines – mental health

Bereavement help line

Drug and Alcohol Help and Advice line

LGBTQ+

Pride Youth Network meetings

Tootoot

Sport ideas and opportunities:

Friday morning mile

PE Extra-Curricular

Cross Country Club

Winter Cricket

London Youth Games Tennis

London Youth Games Netball

**COMPETITION:** My Career, My Vision

**COMPETITION:** The Big Bang Competition

Skills Booster Effective Revision

Redbridge Youth Hub

The Fluor Engineering Challenge

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# FOLLOW US ON SOCIAL MEDIA



@WCHS\_UK



@WoodfordCHS\_UK



# 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 on the day.

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

## 20 April 2022

Money raised will be donated to



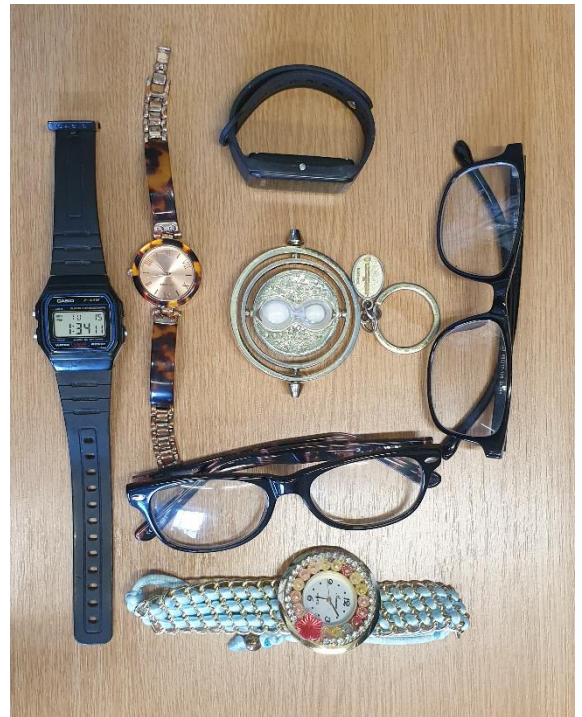
Thank you



## **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. Thank you







## British Biology Olympiad



In Biology we had 31 year 12 students complete Paper 1 and Paper 2 of the British Biology Olympiad today (10/3/22). We anticipate they will receive their results over coming weeks and they have an opportunity, if they have done well, to receive a gold, silver and or bronze award. We wish the year 12 Biology girls luck with their results.

Regards Mr. Howes  
Head of Biology



<https://ukbiologycompetitions.org/british-biology-olympiad/>

### **INFORMATION ON THE BRITISH BIOLOGY OLYMPIAD 2022**



- The British Biology Olympiad 2022 comprises two 45-minute papers. They may be sat on separate occasions or back-to-back.
- The first paper contains many questions about all aspects of biology.
- The second paper contains longer problems.
- Students will be presented with unfamiliar ideas and topics, and will have to use problem solving skills and intuition.
- Both papers were completed on Friday 4/3/22 and Thursday 10/3/22 at lunchtime in Lab 1 (45 minutes for each paper)

**Duke Of Edinburgh's  
Award - Practice  
Expedition during  
INSET Day on 8<sup>th</sup>  
March 2022**





# 10 Ways You Can SHARE KINDNESS ONLINE

Last year, around one in five young people aged 10–15 in England and Wales admitted experiencing online bullying: most commonly being insulted or sworn at, or having hurtful messages sent about them. To someone who's being bullied, the world can seem like a bleak, negative place – but just one kind word can be a ray of hope: a turning point that brightens their day and refreshes their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

## 1 PRAISE WHERE IT'S DUE

Sometimes a friend or relative might post online about something they're proud to have achieved: maybe an exam they've passed, a new skill they've learned or a task they've completed. Celebrate their hard work and determination by being kind enough to praise them for it publicly.

## 2 REACH OUT

It's not always easy to tell what kind of mood someone is in just from what they post online. Simply dropping somebody a message to say 'hi', to ask if they're OK or to tell them that you're thinking of them could totally make their day.

## 3 RECOMMEND FUN THINGS

If there's something you enjoy doing online – perhaps you play a particular game, or you've found a really cool site – share it with someone you think will enjoy it. Even recommending a film or TV show you think they'll like can bring a little happiness to someone who really needs it.

## 4 OFFER TO HELP

Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it – if you can help, get in touch. Something that's difficult for them might be no trouble for you!

## 5 POST POSITIVELY

Lots of people seem to go online purely to complain about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you can't be positive, though! Post about things that make you happy and that you're thankful for. It could brighten someone else's day.

## 6 SHOW YOUR APPRECIATION

If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post. Expressing your gratitude costs nothing and showing someone that you appreciate them will really make them feel good.

## 7 BE UNDERSTANDING

Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to listen to them and understand their situation.

## 8 SHARE INSPIRATIONAL POSTS

When you see something online that inspires you or makes you feel happy, share it with people you know. A spot-on quotation, a beautiful photo or an uplifting video can lift someone's spirits and help them to feel better about life.

## 9 THINK BEFORE COMMENTING

Thinking before we act can be just as important as acting in the first place. Taking a second to consider what you're saying in advance could stop you from posting something negative, hurtful or offensive – even if you don't mean to. It's better to post positively or not post at all.

## 10 LIKE, LOVE AND ENGAGE

If somebody posts something that you like on social media, don't just scroll past – take the time to like it, love it or leave an appreciative comment! Reacting positively to other people's posts might seem like a small gesture but could mean a lot to them.

## Meet Our Expert

Carly Page is an experienced technology journalist with more than 10 years of experience in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



**NOS** National Online Safety®  
#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.11.2021



## IMPORTANT SAFEGUARDING INFORMATION

Dear All

Below is a link to safeguarding information from the NSPCC. It also contains very helpful information to make you aware of the dangers that young people may face. Please take a look it is very informative.

It includes some information about bullying and cyberbullying; child sexual exploitation; criminal exploitation and gangs; online abuse, child trafficking; sexual abuse; domestic abuse, emotional abuse, female genital mutilation, neglect, non-recent abuse and physical abuse.

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/>

If anything you read rings true to you, please come and speak to either Mrs Greenfield, Mrs Holman, Mrs Menon, Mrs Sawyer or Ms Marku.

Be safe

Mrs Greenfield



# Economics Society

Year 12 Focus: Revision and Debates

Year 10 & 11 Focus: Insight to Economics, Debates and Current Affairs



## JOIN US IN CC2

WEDNESDAY WEEK A  
FOR YEAR 12'S  
FORTNIGHTLY  
1:30 - 2:00

WEDNESDAY WEEK B  
FOR YEAR'S 10&11  
FORTNIGHTLY  
1:50 - 2:20

FOR ANY MORE INFORMATION PLEASE CONTACT:  
MEENA CHOKEHI, AVNEET PUREWAL, ZARA CHOWDHURY  
(YEAR 12)  
OR HEAD OF THE ECONOMICS DEPARTMENT: MRS PATEL

## Music Extra-Curricular Timetable

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

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*

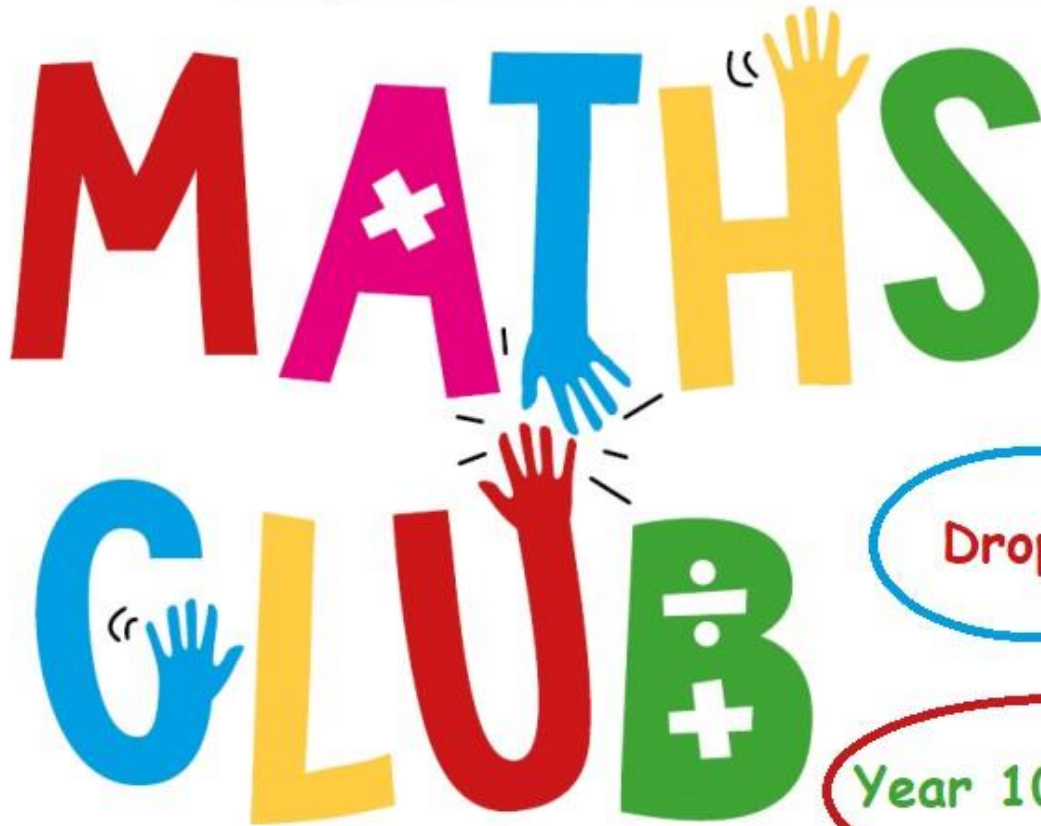
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Are you in Year 7 or 8 and want some maths help?

# MATHS CLUB



Or just extra maths?

One-to-One  
Support

Drop in

Year 10 Tutors

CC9  
Every  
Thursday  
Lunchtime

# MATHS CLUB

Takes

EVERY MONDAY

LUNCHTIME UNTIL FEB

HALF-TERM

2PM IN THE LIBRARY

YEAR 7s ONLY

LOTS OF FUN AND INTERACTIVE GAMES

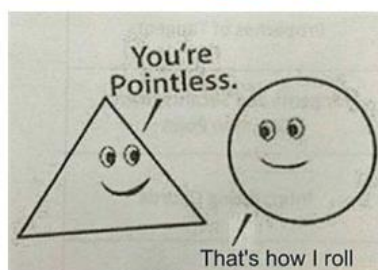
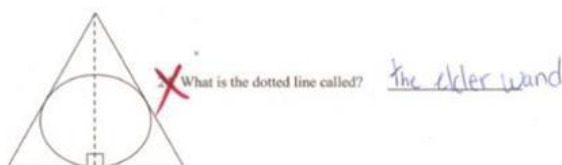
SUCH AS RIDDLES, MATHS JOKES/MEMES,

SUDOKU, DOMINOES, MATHS ART,

CHARADES. COME ALONG!



5	3			7			
6			1	9	5		
	9	8				6	
8				6			3
4			8		3		1
7				2			6
	6					2	8
			4	1	9		5
				8		7	9





# 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)

# Spring 2022 Webinar Schedule

Golden Rule: Your timetabled lessons take priority over webinars.

If in doubt, see Mrs Horn in the Library.

## Two ways to participate in an event:

### 1: Participate in the Library

Step 1: Check the webinar does not clash with your timetable

Step 2: Email Mrs Horn  
([hornd@woodfood.redbridge.sch.uk](mailto:hornd@woodfood.redbridge.sch.uk)) to register

Step 3: Arrive 5 minutes early

Step 4. Enjoy!

### 2: Use Your Own Device

Step 1. Register using your school email address

Step 2. Advise Mrs Horn

([hornd@woodfood.redbridge.sch.uk](mailto:hornd@woodfood.redbridge.sch.uk)) that you have registered (provide event name; date & time).

Step 3. Enjoy! & send Mrs Horn feedback about the webinar

# 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
- ▶ V&A (the Victoria & Albert Museum): Courses & programmes available & FREE



Two ways to register for an event: See Mrs Horn ([hornd@woodford.redbridge.sch.uk](mailto:hornd@woodford.redbridge.sch.uk)) if in doubt

1: Participate in the Library **OR** 2: Use your Own Device

## March 2022

- ▶ 8<sup>th</sup> March @ 1630-1700: Making the Most of Sixth Form with UEA
- ▶ 10<sup>th</sup> March @ 1245-1345: Physics - Skills & Insight Focus on Problem Solving with Sheffield Uni
- ▶ 14<sup>th</sup> March @ 1535-1635: Maths/Statistics - Tackling Unseen Data with Nottingham Uni
- ▶ 15<sup>th</sup> March @ 1250-1335: Life Skills for Dealing with Anxiety with UEA
- ▶ 15<sup>th</sup> March @ 1615-1715: Distribution of Wealth with UEA (Economics)
- ▶ 16<sup>th</sup> March @ 1400-1500: Linguistics with Glasgow Uni

Two ways to register for an event: See Mrs Horn ([hornd@woodford.redbridge.sch.uk](mailto:hornd@woodford.redbridge.sch.uk)) if in doubt

1: Participate in the Library **OR** 2: Use your Own Device

## March 2022

- ▶ 16<sup>th</sup> March @ 1535-1620: Music - Focus on Analysis & Contextual Understanding with Solent Uni
- ▶ 17<sup>th</sup> March @ 1535-1635: Politics - UK vs US Politics with Goldsmiths & UEA
- ▶ 21<sup>st</sup> March @ 1615-1715: Philosophy @ University with UEA
- ▶ 22<sup>nd</sup> March @ 1115-1215: Computer Science - Software Development with Sheffield & Goldsmiths
- ▶ 22<sup>nd</sup> March @ 1535-1620: Chemistry - Developing New Medicines with Bath Uni
- ▶ 24<sup>th</sup> March @ 1535-1620: Media/Business - Multimedia Marketing Campaigns

Two ways to register for an event: See Mrs Horn ([hornd@woodford.redbridge.sch.uk](mailto:hornd@woodford.redbridge.sch.uk)) if in doubt

1: Participate in the Library **OR** 2: Use your Own Device

## March 2022

- ▶ 28<sup>th</sup> March @ 1615-1715: Business - Negotiation Skills
- ▶ 29<sup>th</sup> March @ 1615-1715: Computer Science @ University with Surrey & UEA
- ▶ 30<sup>th</sup> March @ 1535-1620: Classics - Beliefs & Ideas

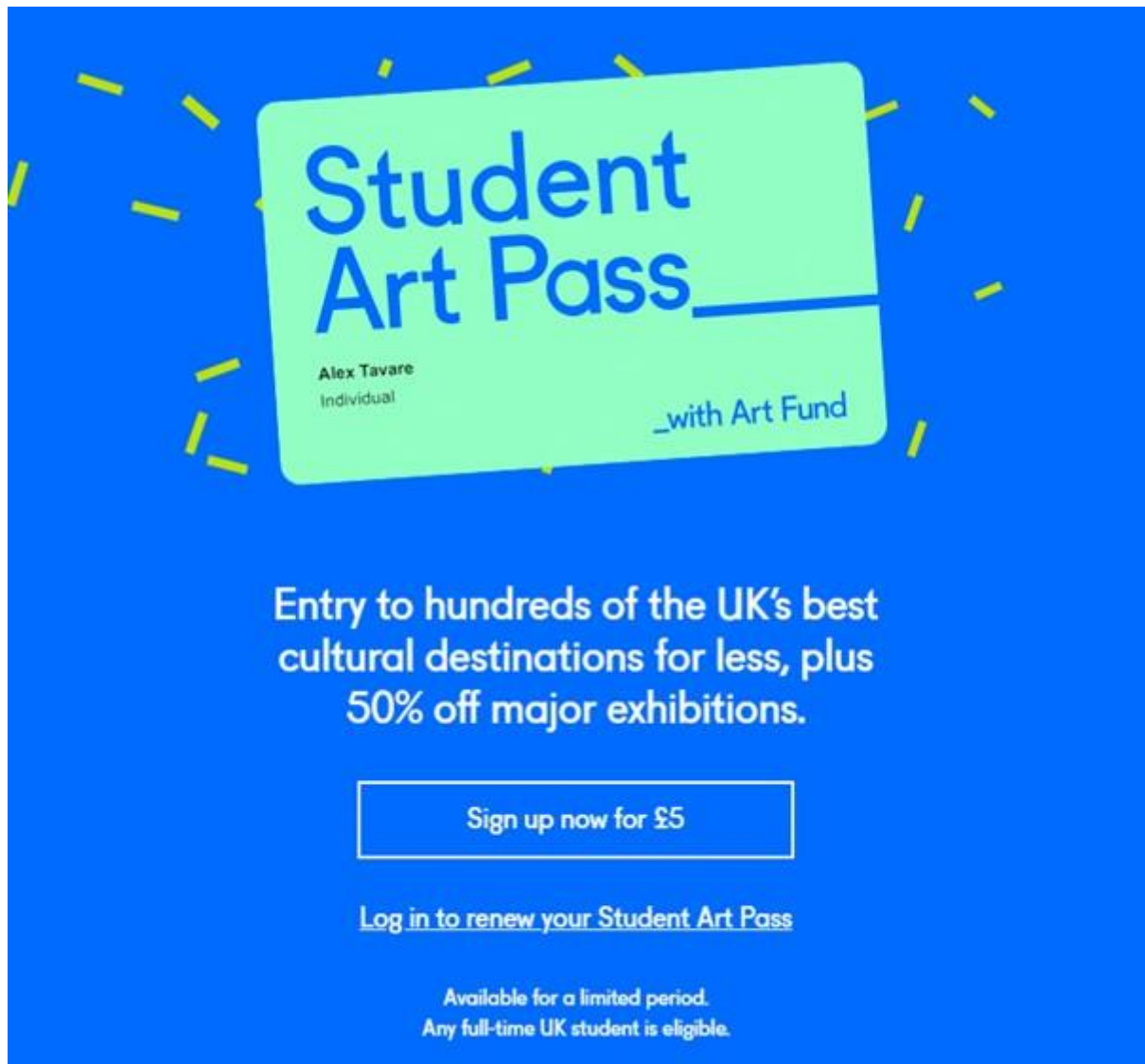


Two ways to register for an event: See Mrs Horn ([hornd@woodford.redbridge.sch.uk](mailto:hornd@woodford.redbridge.sch.uk)) if in doubt

1: Participate in the Library **OR** 2: Use your Own Device

## UPCOMING FOR SUMMER ...

- 4<sup>th</sup> May @ 1535-1620: [Biomedicine](#) - A Day in the Life of a Medical Research Scientist with UEA
- 20<sup>th</sup> June @ 1615-1700: [Classics](#) - Beliefs & Ideas

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

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

# GET JABBED AND GET ON



**KEEP  
REDBRIDGE  
SAFE**

**NHS**





London Borough of  
**Redbridge**





## Meet your Safeguarding and Pastoral Team

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

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

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

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



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/>



The medical room is reverting to reusable heat packs. If you require the use of one please remember to bring a personal item with you that will be held in the medical room until you return the heat pack you have borrowed.

Failure to return heat packs can incur a charge of £2 that your parent/carer will need to pay.

Please note, the medical form your parent completes when you start school states the following:

### **Administration of Paracetamol in School**

Woodford County High School holds a supply of 500mg Paracetamol tablets, which students may request to relieve headaches, period pain and toothache/dental pain following Orthodontic treatment or if they feel generally unwell, have a sore throat/temperature. *This should not be relied upon, if students feel that they are likely to need Paracetamol at school they should bring in their own.*

Students should bring water bottles to school or use fountains available around the school. The medical room is not the place to fill your bottles or get water when you are thirsty. We do not give out cups either.

We are happy to help you when you are genuinely unwell but you also need to remember to help yourselves by being prepared and having the things with you that you might need in a day.





## 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.

# The Body Scan

Mindfully scanning through the body, starts with breathing into the toes and feet, working all the way up the legs into the abdomen, through the belly and upper torso, moving to the hands and arms, the shoulders and neck, then into the face and back of the head, and finally ends at the crown. Lying down meditation focuses attention systematically on the whole body. Widening the scope of awareness to include every part of our physical being, this practice reminds us that we are more than simply residents of our own head.

It can be especially recuperative if we allow ourselves to rest in the awareness of being completely relaxed and supported for 10 – 20 minutes each day. A body scan carried out when we are fully awake can revitalise our sense of being alive and present in the moment. Alternatively, our intention may be to fall asleep as we go about deeply relaxing each body part in turn while focusing on breathing into and letting go of tensions that have accumulated during the day.

## TRY THIS:

### Beditation

1. Lie down on your back in a safe space where you won't be disturbed.
2. Cover yourself with a blanket to keep warm. Or settle down in your bed to sleep.
3. Allow your eyes to close.
4. Place your hands on your belly and gently settle your attention on the rising and falling of your diaphragm as you breath in and out.
5. Take a few moments to feel your whole body lying there, register where you notice the points of contact with the mat or the bed.
6. Take an intentional breath in & imagine the vitality of the inhalation travelling all the way down to into your toes and feet. As you exhale, notice any sensations you feel there.
7. When you are ready to leave the toes and feet, take a deeper breath in and allow any tension or discomfort you find to dissolve in awareness as you exhale and move your attention up into the lower legs and knees.
8. Continue to move up through the rest of your body. If you experience any discomfort such as cramp, it's best to release the tension by moving or massaging away the discomfort before continuing with the scan.
9. The important point is to allow yourself to fully relax, and to drift into sleep as your body pulls you in that direction.
10. If you wish to remain awake, try doing the body scan on a yoga mat with your eyes open during the day.

Here is a link to Professor Mark Williams 40-minute, guided, body scan meditation:

[www.youtube.com/watch?v=OyRNHvPPNbE](https://www.youtube.com/watch?v=OyRNHvPPNbE)

## 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*

## Mindful Walking

Walking is something we do every day without stopping to give it a second thought. Given the option, most of us would rather take a lift than walk to the shops. But this simple form of exercise has many stress relieving benefits.

Shirin Yoku or forest bathing is a form of meditative walking that is very popular in Japan. Designed to help people take time away from their screens, Shirin Yoku trails are chosen for their beauty and tranquillity. Forest bathing is known to improve immune function and lowers anxiety.



Mindful walking has been scientifically proven to reduce the harmful physical effects of stress and increase peace of mind. It can be practised outdoors anywhere you feel safe enough to walk with greater awareness.

The steps that follow describe how to perform mindful walking:

### **Preparation for mindful walking:**

- Find somewhere safe to walk where you will not be disturbed: your garden, a city park, country lane, or a busy street – are all equally good.
- Wear comfortable clothing and shoes for walking.
- Stand still and become aware of how you feel.
- Consider your posture, the weight of your body, feet in your shoes, and your muscles as you balance.

### **Mindful walking instructions:**

- Take a few deep breaths and slowly bring your awareness into the present.
- As you begin walking notice how your feet feel when they make contact with the ground.
- Slow down and notice the sights & sounds around you.
- Deepen your breathing if it feels comfortable.
- When your mind drifts, gently guide your thoughts back to the sensations of walking and breathing.
- Continue walking for as long as you feel safe and comfortable.

Mindful walking is free and doesn't require any specialist equipment. Half-term may provide the perfect moment for you to try this form of moving meditation for yourself.

Emma Liebeskind  
Mindfulness Teacher  
Sixth Form Enrichment





TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

# MY CIRCLE OF CONTROL

I WILL FOCUS ON WHAT I CAN CONTROL



## THINGS THAT ARE OUT OF MY CONTROL

What other people do

Things from the past

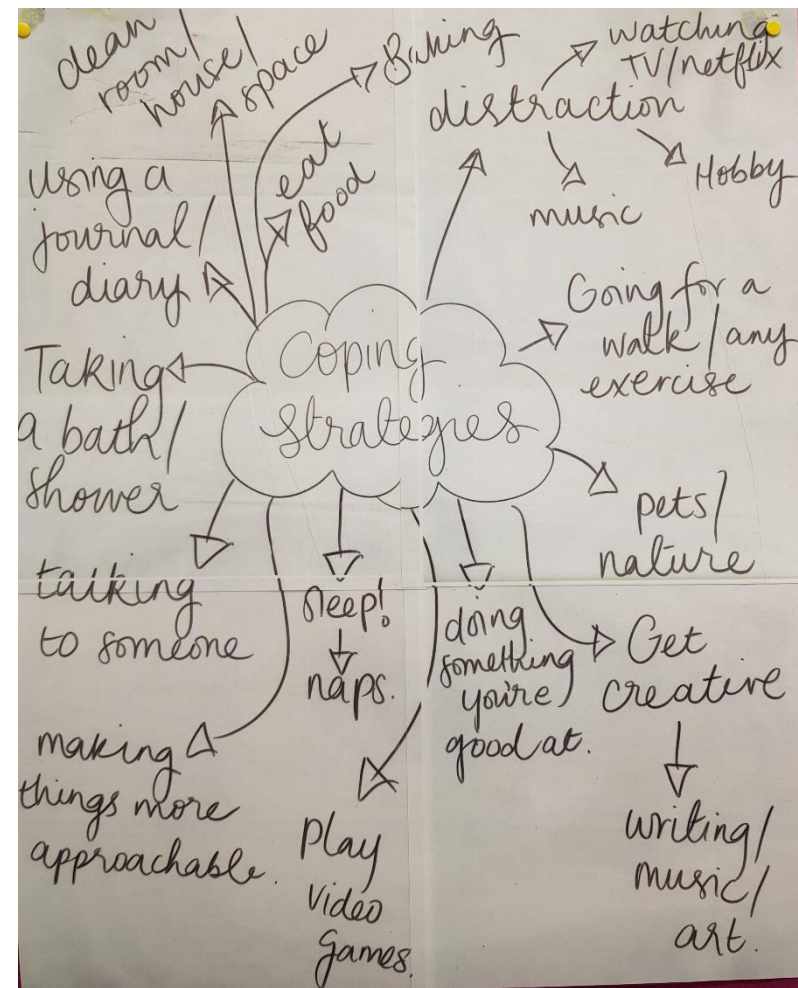
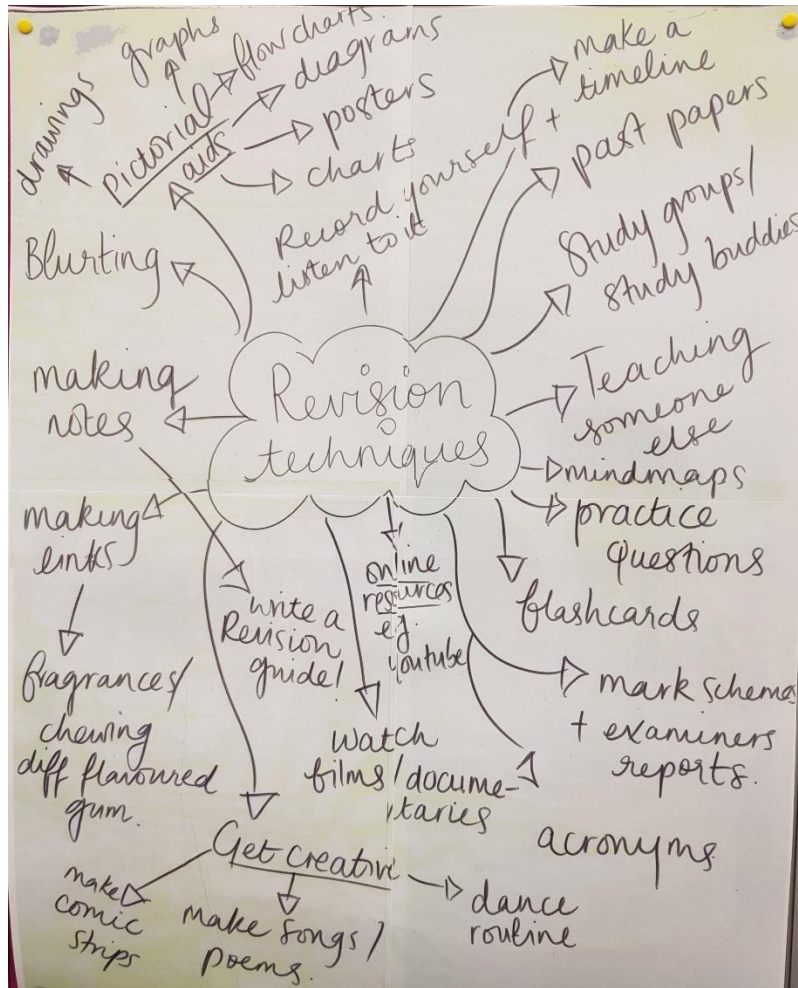
Other people's choices

What other people say

How other people feel

The weather

**EXAM COPING STRATEGIES AND TECHNIQUES AS  
ADVISED BY PREVIOUS YEAR 11 STUDENTS**



## 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)

**YOUNG MINDS**

**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 |**



**gr'ef  
encounter**

supporting bereaved children & young people

**gr'eftalk helpline**

**0808 802 0111**

Weekdays 9am-9pm

 **CHAT**

 **EMAIL**

 **CALL**



## 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)  
Monday to Friday



NHS Foundation Trust

**Opening times:** 9am-5pm,

**FRANK**

Drugs A-Z News ▼ Help and advice Contact

Search Q

0300 1236600

**Honest information  
about drugs**

<https://www.talktofrank.com>



# 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 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



# 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 (Spring)

February 2022



@wchsukpe

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School				<b>Year 9 Badminton</b> <i>HBA - Sports Hall</i> 7:50-8:20	<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
Lunch time (Times vary)	<b>Year 10 Badminton</b> <i>HBA – Sports Hall</i> 13:35-14:00  <b>Year 9 &amp; 10 Football</b> <i>JBR – Field</i> 13:45 – 14:30	<b>Running Club</b> <i>Rachael Lam (Y12)</i> Field 13:40 – 14:10  <b>Year 11 Volleyball</b> <i>VJA – Sports Hall</i> 13:30 – 14:00	<b>Year 7 &amp; 8 Football</b> <i>TLE – Playground</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> 1.30-2pm  <b>Year 7 Cricket</b> <i>VJA – Sports Hall</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 &amp; 8 – Athletics</b> <i>KRI – Sports hall</i> 13:30-14:10
After school	<b>Year 7 Netball</b> <i>VJA - Sports Hall</i> 15:40 – 16:40			<b>Year 8 Netball</b> <i>JBR – Sports Hall</i> 15:40 – 16:50	<b>Y10 Prisons</b> <i>JGR – Sports Hall</i> 3:45 – 4:15

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)*





## **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)



# 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](https://competitions.lta.org.uk/find/player)

To register—<https://airtable.com/shrT8gqW2p3xTtwjm>

Trials  
Friday 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](mailto:active.redbridge@visionrcl.org.uk)

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

LONDON  
YOUTH  
GAMES.ORG



#THISISLYG



# LONDON YOUTH GAMES



# 2022

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

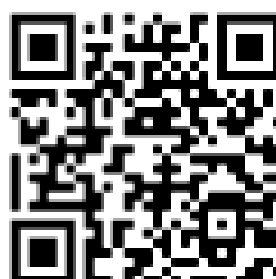
Netball

School Years 9 & Under (born after 1/9/07)

To register—<https://airtable.com/shr71a6oaWcVGxVVn>

Trials

Thursday 19th May, 7-9pm  
@ West Hatch High School,  
High Rd, Chigwell IG7  
5BT



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

[active.redbridge@visionrcl.org.uk](mailto:active.redbridge@visionrcl.org.uk)

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

LONDON  
YOUTH  
GAMES.ORG



#THISISLYG

# Student Competition: My Career, My Vision

Design your dream career and raise money for UNICEF



*"If you can dream it, you can do it" (Walt Disney)*

In honour of the UK's National Careers Week, InvestIN asks students to think creatively about their futures.

## The 'My Career, My Vision' Competition:

We invite students aged 12-18 to submit an image depicting their dream career with an accompanying caption. The image can take any form - a photograph, drawing, graphic design, or anything else - as long as it has been created by the student and clearly depicts the

career of their dreams. Creativity is highly encouraged! **The deadline is Friday 8th April and students can enter now.**

### Enter the Competition

- For each submission, we shall make a **donation to UNICEF**.
- **Every student** who enters will be invited to a live online CV-writing masterclass.
- **The winner** will be given 12 months' membership of our AmbitionX platform, which includes access to hundreds of hours of live online career experiences.

## Summer Career Opportunities

**THE ULTIMATE SUMMER CAREER EXPERIENCE**

*Immersive industry experience for ages 12-18*

The advertisement features four circular images illustrating different career experiences: a woman in a business suit, a blue sports car, two students working on a laptop, and a healthcare professional in a clinical setting. A Trustpilot logo with a 4.9/5 rating is visible in the bottom right corner.

Students should register soon for our life-changing summer experiences for ages 12-18, which are getting booked-up quickly: immersive work experience activities under the guidance of successful professionals at top industry locations around London. Shadow doctors in a London hospital, argue a case in the Supreme Court and much much more.

**View & Register: Ages 15-18**

**View & Register: Ages 12-14**

*Copyright © 2022 InvestIN Education, All rights reserved.*

e: [info@investin.org](mailto:info@investin.org)

t: +44 (0) 203 488 5089

InvestIN, 85 Great Portland Street, London, England, W1W 7LT

No longer want to receive these emails?

You can [unsubscribe from this list](#).

# THE BIG BANG COMPETITION

## THE BIG BANG COMPETITION

Know the next space explorer or climate change hero? Got an idea that will transform people's lives?

Inspire inquisitive minds to think big, challenge facts, ask questions and invent solutions with the UK's top annual science and engineering competition. Young people are amazing – help them shine and change the world.

**Join the fun! (...and develop skills along the way)**

- Build confidence and teamwork skills
- Solve problems
- Get expert feedback
- Celebrate and share your work

The Competition is free and open to all students aged 11 to 19 studying in the UK. Competitors can only enter one project, either on their own or as part of a team. Have a look at our [rules and eligibility](#) for more details.

**The Competition is now open for 2021/22.** The Competition closes for entries on 20 March 2022.



## CORE PRIZES

All projects that are shortlisted for the Finals compete for the following prizes, based on their stream and age category.

### SCIENCE

Junior (Years 7 to 9)  
1 x winner £750  
3 x runner-up £250

Intermediate (Years 10 to 11)  
1 x winner £750  
3 x runner-up £250

Senior (Years 12 to 13)  
1 x winner £750  
3 x runner-up £250

### ENGINEERING

Junior (Years 7 to 9)  
1 x winner £750  
3 x runner-up £250

Intermediate (Years 10 to 11)  
1 x winner £750  
3 x runner-up £250

Senior (Years 12 to 13)  
1 x winner £750  
3 x runner-up £250



**To find out more visit:**

**<https://www.thebigbang.org.uk/the-big-bang-competition/>**



# Tutor2u

## Skills Booster Effective Revision

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

### About this course

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

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

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

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

Who it's for

All students revising for assessments and exams.

**More information here:**

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



**SKILLS BOOSTER** ONLINE COURSE

**EFFECTIVE REVISION**

ondemand.tutor2u.net



# REDBRIDGE **YOUTH HUB**

**A virtual one-stop shop for  
young people aged 16-24**

**Find information and resources on**

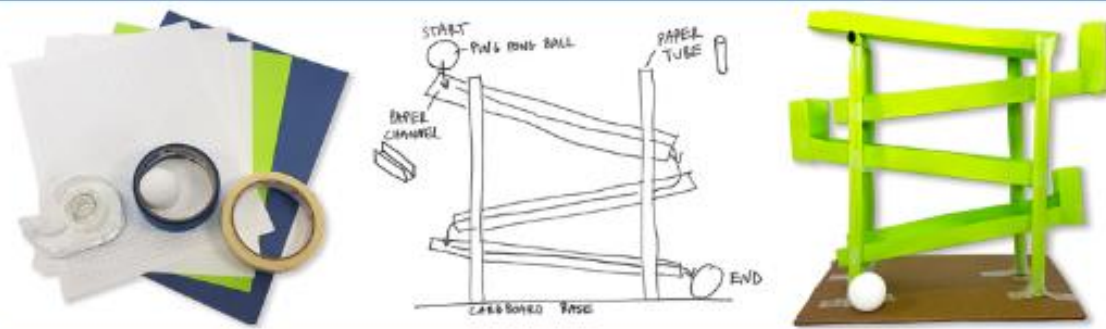
- ◆ education
- ◆ employment
- ◆ careers advice
- ◆ training
- ◆ apprenticeships
- ◆ managing money
- ◆ health and  
well-being support



**[www.redbridge.gov.uk/youth-hub](http://www.redbridge.gov.uk/youth-hub)**



## 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](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!