

Woodford County High School

Weekly Student Bulletin



Tuesday, 22nd March 2022

Issue No 43

Welcome to Bulletin No 43

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.

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NEW More Lost Property!

Share Kindness Online – 10 Ways

NEW Brighten Someone's Day

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London Youth Games Netball

COMPETITION: My Career, My Vision

COMPETITION: The Big Bang Competition

Skills Booster Effective Revision

Redbridge Youth Hub

WWW.WOODFORD.REDBRIDGE.SCH.UK

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



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.



National
Online
Safety®

#WakeUpWednesday

BRIGHTEN SOMEONE'S DAY ONLINE

Tiny actions can have a huge impact. Here are our suggestions for making someone smile online!

VIDEO
CALL A
RELATIVE

SHARE
UPBEAT
PLAYLISTS

SHARE A
FUNNY
POST

SHARE
THROWBACK
PHOTOS

BE KIND
IN THE
COMMENTS

SEND
HAPPY
VOICE
NOTES

PLAY
GAMES
WITH
MATES

SEND
A KIND
MESSAGE

Share
GOOD
NEWS

Share posts
FROM YOUR FAVOURITE
CHARITIES

COMIC
RELIEF

RED
NOSE
DAY



National
Online
Safety®

#WakeUpWednesday

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 CHOKSI, AVNEET PUREWAL, ZARA CHOWDHURY
(YEAR 12)
OR HEAD OF THE ECONOMICS DEPARTMENT: MRS PATEL

Music Extra-Curricular Timetable

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

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

MATHS CLUB

Or just extra maths?

One-to-One
Support

Drop in

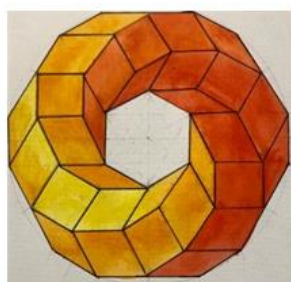
Year 10 Tutors

CC9
Every
Thursday
Lunchtime

MATHS CLUB

Takes

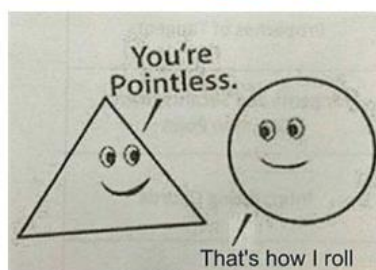
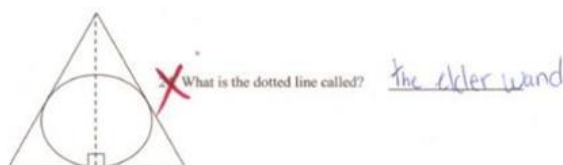
EVERY MONDAY
LUNCHTIME UNTIL FEB



HALF-TERM
2PM IN THE LIBRARY
YEAR 7s ONLY

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

LOTS OF FUN AND INTERACTIVE GAMES
SUCH AS RIDDLES, MATHS JOKES/MEMES,
SUDOKU, DOMINOES, MATHS ART,
CHARADES. COME ALONG!



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) 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) 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) if in doubt

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

March 2022

- ▶ 22nd March @ 1115-1215: Computer Science - Software Development with Sheffield & Goldsmiths
- ▶ 22nd March @ 1535-1620: Chemistry - Developing New Medicines with Bath Uni
- ▶ 22nd March @ 1535-1620: Economics-Tax Evasion with Reading Uni
- ▶ 23rd March @ 1535-1635: Science-Chasing Chimps, Digging Dinosaurs with UEA
- ▶ 24th March @ 1535-1620: Media/Business - Multimedia Marketing Campaigns

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

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

March 2022

- ▶ 24th March @ 1330-1410: History of Art - Nature & Architecture; Culture to Climate Change with Warwick Uni
- ▶ 24th March @ 1535-1620: Media/Business - Multimedia Marketing Campaigns
- ▶ 28th March @ 1615-1715: Business - Negotiation Skills
- ▶ 29th March @ 1615-1715: Computer Science @ University with Surrey & UEA
- ▶ 30th March @ 1535-1620: Classics - Beliefs & Ideas
- ▶ 31st March @ 1535-1620: Politics-What is Populism and why is it Important? with Reading Uni

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

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

Summer 2022 Webinar Schedule

April 2022

27th April @ 1110-1210: Economics - Globalisation

28th April @ 1400-1500: Law - Negligence

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

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

May 2022

3rd May @ 1300-1400: RS - Religion, Gender & Sexuality

3rd May @ 1535-1620: Physics - Radiation

4th May @ 1535-1620: Biomedicine - A Day in the Life of a Medical Research Scientist with UEA

5th May @ 1615-1715: Humanities Debate: Global North vs Global South

9th May @ 1535-1620: Dance - Techniques & Structure in Choreography

10th May @ 1110-1210: MFL - German Political/Social/Cultural Life

11th May @ 1535-1635: Natural Sciences - Carbon NanoZoo

12th May @ 1615-1715: English Lit - A Streetcar Named Desire

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

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

May 2022

17th May @ 1615-1715: Politics - UK, The State of the Union

18th May @ 1400-1500: Music - Composition & Gaining Confidence

18th May @ 1535-1635: Pharmacology - Drug Discovery with UEA

19th May @ 1245-1345: Geography - The Fishing Industry

19th May @ 1615-1715: English Lit. - Frankenstein or the Modern Prometheus

23rd May @ 1010-1100: EPQ - Getting Started & Making the Most of Summer

24th May @ 1535-1635: Maths - The Mathematician & National Security

25th May @ 1400-1500: Media Studies - Audience Involvement & Production

25th May @ 1535-1635: Pharmacy - Expert in Medicines

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

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

June 2022

13th June @ 1535-1620: Engineering/Design - Balancing Process & Creativity

14th June @ 1535-1620: Health & Social Care - How to Find Work Experience

15th June @ 1100-1200: History - Tudors

20th June @ 1615-1700: Classics - Beliefs & Ideas

21st June @ 1300-1345: HE Guidance - The Transition to University

23rd June @ 1615-1715: PE - Diversity in Sport

28th June @ 1400-1500: PE - Sport & Exercise Science

29th June @ 1245-1345: Politics - Focus on Political Parties

30th June @ 1615-1715: Engineering - Uni Faculty Tour

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

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

July 2022

4th July @ 1115-1215: Business - Strategy





5th July @ 1535-1620: Education - Being at Teacher in 2035

6th July @ 1615-1715: Medicine - Diagnosis Skills Workshop

12th July @ 1535-1635: Science - Uni Faculty Tour

Meet your Safeguarding and Pastoral Team

			
Ms Pomeroy Headteacher & Deputy Designated Safeguarding Lead	Mrs Greenfield Assistant Headteacher & Designated Safeguarding Lead	Ms Hasler Head of Sixth Form	Mr Saxton SEND Coordinator

			
Mrs Holman Student Guidance Officer & Deputy Designated Safeguarding Lead	Mrs Menon Student Guidance Assistant	Mrs Sawyer Health and Welfare Officer	Mrs Marku Health and Welfare Assistant

KEYS STAGE 3		
Mrs Hawks Head of Year 7	Ms Keith Head of Year 8	Mr Mills Head of Year 9

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



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/>



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

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

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

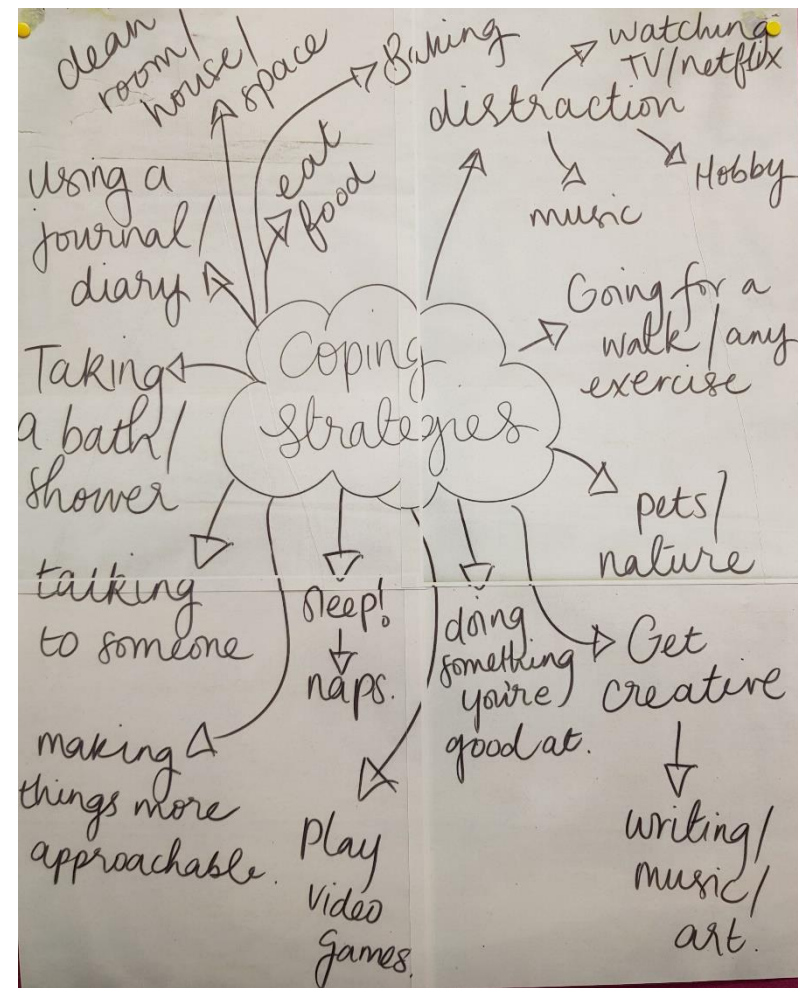
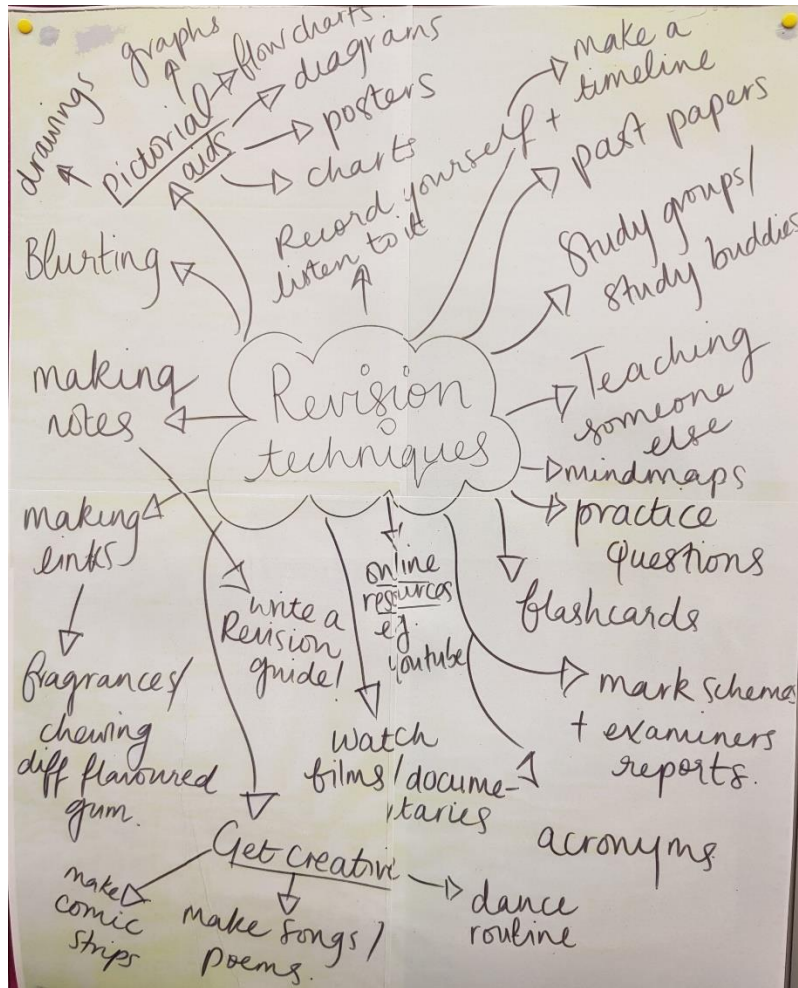
Other people's choices

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

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'eftalk helpline

0808 802 0111

Weekdays 9am-9pm

 **CHAT**

 **EMAIL**

 **CALL**

**gr'ef
encounter**

supporting bereaved children & young people

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
Monday to Friday



NHS Foundation Trust

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



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

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> Field 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

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)



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

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?

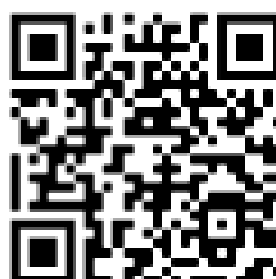
Netball

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

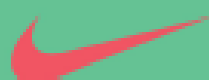


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active.redbridge@visionrcl.org.uk

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

Trustpilot 4.8/5 from 1582+ reviews

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

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e: 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](#).

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

