



Woodford County
High School for Girls

Bulletin

Issue No. 395

22nd March 2022



Dear Parents / Carers

Woodford's Parents' and Friends' Association – be an active part of it!

You are invited to the Annual General Meeting at WCHS at 7.15pm tomorrow

Wednesday 23 March 2022 7.15pm in the Conference Room

I'm delighted that this week will see the resurgence of our much valued Parents' and Friends' Association. Our PFA is a friendly, engaged and industrious group who support the school in a whole host of ways – providing much valued feedback on what we are doing, supporting school events and raising funds to enrich the school experience of your children. The PFA are now relaunching on site, post-pandemic, with their Annual General Meeting. (Details below.)

You are warmly encouraged to attend and to contribute in whatever way you can.

I value the opportunity afforded for interaction with parents and carers and I look forward to seeing you tomorrow evening.

Ms Jo Pomeroy

Headteacher



WCHS PFA Annual General Meeting

23rd MARCH 2022

AGENDA

1. Welcome & Apologies
2. Minutes of previous meeting and matters arising.
You can read the minutes of the previous meeting by clicking [here](#).
3. Chair's Report—Farina Sharif
4. Treasurer's Report—Laetitia Dumbura—YE 2021
5. President's Report—Jo Pomeroy (Head teacher)
6. Election of Officers (Chair, Secretary, Treasurer, Vice-chair) + additional committee members

Role	Person	Nominated	Seconded
CHAIR			
VICE CHAIR			
TREASURER			
SECRETARY			
COMMITTEE MEMBER			
COMMITTEE MEMBER			

7. Any Other Business
 - ◇ Chair's Vote of Thanks
 - ◇ Meeting dates to be agreed for the rest of the year—One meeting per term
 - ◇ All meetings are 7.15-8.30pm

Parents & Friends of Woodford County High School is a Registered Charity No.
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There are still a few places available for after school activities, starting in April.

- ❖ *Dance*
- ❖ *Musical theatre*
- ❖ *Sweet treats*
- ❖ *American Diner*
- ❖ *Skincare*
- ❖ *Henna*
- ❖ *Calligraphy*
- ❖ *Pop workshop.*
- ❖ *Arts & Crafts*

Please book by Friday 15th April, to secure your daughters place.

SECOND COVID VACCINATION FOR 12-15 YEAR OLDS

We have been given a date of Thursday 31st March 2022 for the second Covid vaccination to be given in school.

There will be an email tomorrow with the consent form attached, please look out for this.



LOST PROPERTY

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



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

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

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

Thank you





The Five Penny Race is back!

Save the date and your 5p coins

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

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

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

20 April 2022

Money raised will be donated to



Thank you



FREE PARENT WEBINAR SERIES

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

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

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

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

ELEVATE HELPS OVER 1 MILLION STUDENTS ANNUALLY



Global Reach

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



Trusted by 3000+ schools

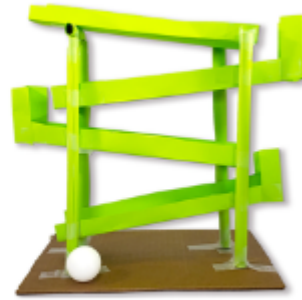
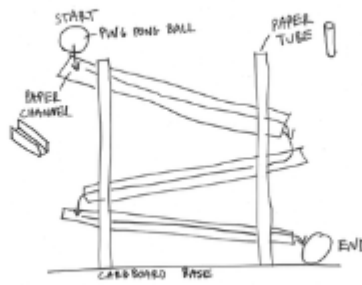
Elevate partners with over 3000 schools worldwide to understand their challenges, techniques, and processes for maximising student success.



Research Driven

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

Take the 2022 Fluor® Engineering Challenge



Build a paper ball run!

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

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

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

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

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

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



Year 7 Technology Survey - 2022

Dear parents, guardians,

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

Holiday Activities and Food Programme – Easter 2022

What is the Holiday Activities and Food Programme?

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

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

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

When is it?

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

Where is it?

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

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

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

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

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

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

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

Is my child eligible?

Your child will need to meet both of the following:

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

How do I book?

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

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



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

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

or via the QR code on the left.



For our SEND places please book via:

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

or via the QR code on the left.

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

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

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

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

REMINDER

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



HOUSE BADGES

If your daughter hasn't got a house badge or has lost it, these can be paid for on ParentPay and collected from the Main School Office.

You can apply for financial support through [here](#).



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

NOS
National
Online
Safety®
#WakeUpWednesday

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.

RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.

EMPHASISE HOPE

Upsetting content can make us feel angry, scared. Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

CONSIDER YOUR EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

SET LIMITS

Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.

TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.

FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.

BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.

IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.

Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Sources: <https://www.bbc.com/news/health-56478956> | <https://www.children.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war>



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#WakeUpWednesday

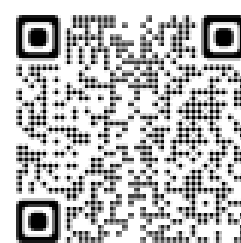
Redbridge Educational Wellbeing Team (REWT) Parent Workshops

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



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

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



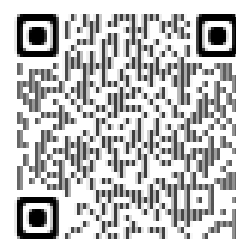
Parent Actions to Improve Wellbeing 22nd March (6-7pm)

<https://tinyurl.com/mw5sn7fs>



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

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



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

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



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

London Borough of

Redbridge



MUSIC CLUBS

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

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

PE Extra-curricular (Spring)

February 2022



@wchsukpe

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

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

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

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

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

Foster for Redbridge

020 8708 6068

fostering@redbridge.gov.uk

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[@WoodfordCHS_UK](https://twitter.com/WoodfordCHS_UK)

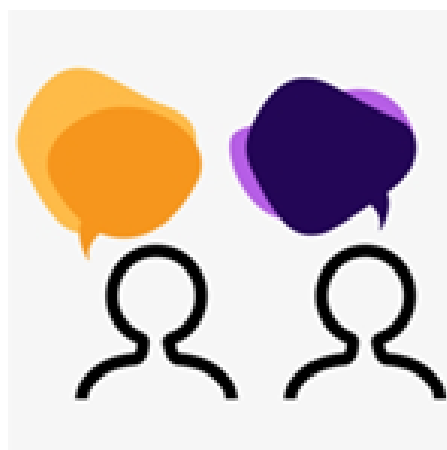


Educational Psychology Parent Helpline

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

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

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



EPS Helpline

Telephone: 077 41 3 31 009

Opening hours:

Every Wednesday 10am - 4pm

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



FIND: [Educational Psychology Service](#)

@Redbridge_aep Twitter account.

Dates for the Diary

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



KEY DATES TO REMEMBER

23 March—PFWCHS Annual General Meeting at School at 19.15h

24 March—Spring Concert

Week of 28 March—Reports for Years 7, 9, 10 12 & 13 Issued

31 March—2nd Covid Vaccination for 12-15 year olds

20 April—Five Penny Race in aid of Leukaemia research

29 April—Non-Uniform Day (Haven House)

2 May—Bank Holiday

5 May —Year 10 Parents' Evening **DATE CHANGE**

12 May—Year 5 Open Evening (Virtual)