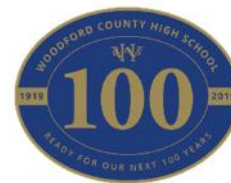


Woodford County High School for Girls

Bulletin

Issue No. 397

19th April 2022



Dear Parent / Carer

'Living with Covid' at Woodford

You will be aware that from 1 April 2022 the remaining Covid-19 legal requirements in England (aimed at preventing the spread of the virus) were removed. Several recommendations remain in place in the form of guidance. Significantly, testing (lateral flow or PCR) is no longer free and while isolation guidance for those with symptoms (or with positive tests) remains in place, it is no longer mandatory.

Our priorities in school have not changed. We are committed to doing all we can to support the health and wellbeing of those in the WCHS community and to maintaining a full and first rate educational provision for students on our site. Infection rates (locally and nationally) remain high, but at WCHS (as elsewhere) we need to learn to "live with Covid" for the foreseeable future.

To this end, I draw the following guidance to your attention:

School Children with Covid-19 symptoms or positive tests:

WCHS parents are asked to err on the side of caution when deciding whether to send children with symptoms of respiratory disease to school. Those with a raised temperature or who are markedly unwell should certainly not attend school until their temperature has returned to normal and their symptoms have improved. Any child with a positive Covid-19 test should stay at home for 3 full days after the day of the positive test, minimising contact with others. (For adults the recommendation is 5 days.) Please continue to advise the school if you suspect your child is suffering from Covid-19.

The new NHS advice can be accessed below:

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

The use of face masks in school and on public transport

As you know we have maintained the use of face masks in corridors and in busy communal spaces. This continues to be our strong recommendation (and students continue to be free to wear face masks in the classroom too if they so wish). However, a recommendation is not a requirement. Please note that should pockets of infection be identified or should an outbreak occur we would likely resume the mandatory wearing of masks. For this reason, students should continue to have a mask at their disposal in school.

TfL still *recommend* that passengers on their network wear face coverings. Again this is guidance and not mandatory.

Of course we all of us hope that the improving weather will reduce the prevalence of Covid-19 allowing everyone to finish the academic year confident in school without masks. Our current stance, enables individuals to make that journey at a pace comfortable to them, while ensuring that should it become necessary, we could ramp up our precautions quickly and effectively.

Covid-19 vaccination available to children

Vaccination against Covid-19 remains a decision for young people and their families. We have benefitted from high uptake among WCHS students and this remains the best defence against the disease. Parents are reminded that vaccination in the U.K is available to any child aged 5 years or over.

The support of parents has been central to control of the spread of Covid-19 at WCHS in the last two years. Arguably the decisions you (and we) are being asked to make in this current phase are more difficult (and less supported) but by exercising a degree of caution we are certainly capable of living – and learning – with Covid at Woodford.

Yours sincerely

Ms Jo Pomeroy

Dear Parents and Carers,

Fatality in Ilford following consumption of one “gummy” (or “edible”)

You will be aware that last term saw us (for the first time) dealing with a small number of students who had consumed cannabis during the school day – either by smoking it or by consuming a “gummy” (otherwise known as an “edible”) – a sweet containing the active ingredient of cannabis. In both cases a WCHS student had to be treated at A&E having become unwell. It also became evident that the national increase in teenage vaping had been reflected at Woodford. The incidents involving cannabis consumption (above) were both sequels to vaping by the students concerned. Parents need to be aware that for many young people vaping (in itself illegal in those under 18, and banned for **anyone** on the school site) acts as a gateway drug. As a safeguarding measure we have put in place an action plan on drugs education. Expert presenters on the subject have already run sessions for us. This work continues.

If young people are to be kept safe, their schools and homes need to work in partnership. To that end we ask you to reinforce messages with students about the dangers of vaping and of drug consumption as well as its illegality and the serious consequences for students found to be breaking school rules in this area. In turn we will alert you when we are made aware of a specific threat or danger.

This communication concerns one such danger. You may be aware that a young woman (23 years old) died in Ilford recently following the consumption of one gummy. We have been asked by LB Redbridge to share the alert below with you. Students are also being briefed in school on the presence of these gummies locally and the obvious attendant danger.

LBR Drugs Alert

A young woman from Ilford has died following the consumption of a cannabis infused sweet. The cause of her death is still under investigation but the product below has been linked with a number of other people becoming unwell and it could be a serious risk to health. The case has been reported to the Office for Health Improvement and Disparities who have advised we issue a local alert.

This product is a class B drug and illegal and the ingredients on the packing may not reflect those in the sweets themselves. Please be vigilant and raise awareness with young people to be cautious and to avoid purchasing and consuming this product or anything similar.

Ms Jo Pomeroy

Headteacher





The Five Penny Race

is tomorrow

at 1.30pm - on the back terrace

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.

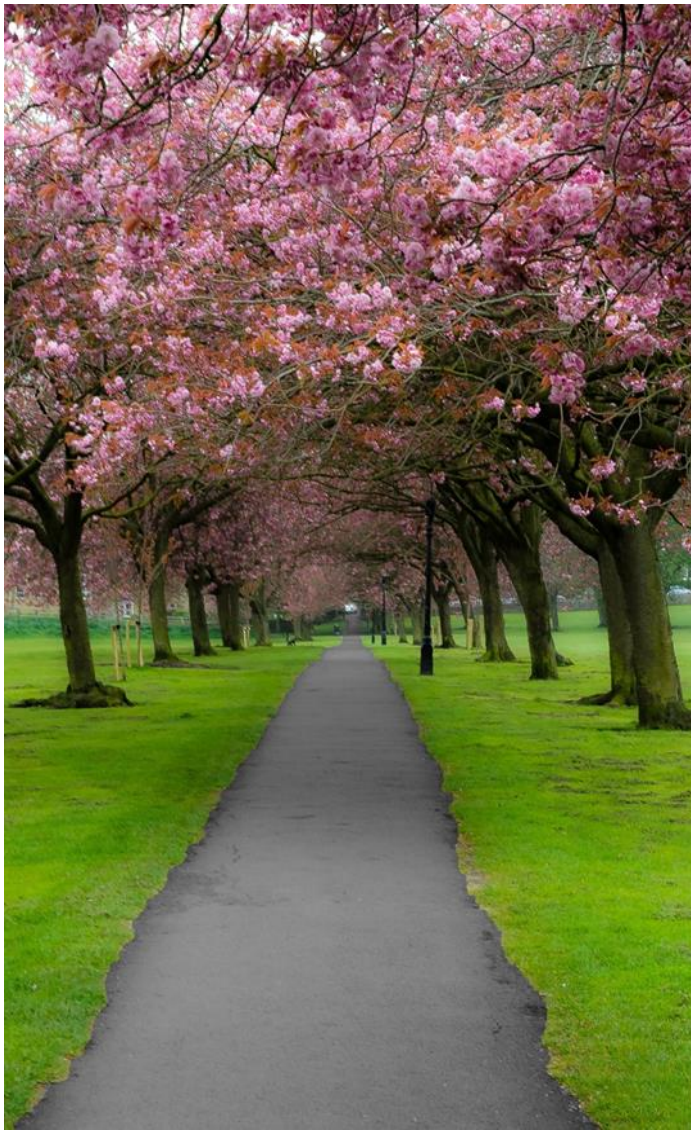
Please bring your 5p coins in to school tomorrow (20th April 2022)

Money raised will be donated to



Thank you





*There are still a few places available for
after school activities, starting in April.*

Dance

Musical theatre

American Diner

Skincare

Henna

Calligraphy

Pop workshop.

Arts & Crafts

Self defence

*Please book by Friday 22nd April, to se-
cure your daughters place.*

The Islamic Month of Ramadan

As you are probably aware, the Islamic month of Ramadan started at the beginning of our Spring break. Eid al-Fitr will be either Sunday 1st May or Monday 2nd May for the majority of girls.



The fasts (dawn to sunset) are long and challenging again this year, particularly now we are back to school. Fasts will be around 16 hours long without food or drink. This, we understand, will mean getting up very early to get a quick bite to eat for some of our girls, so sleep patterns may be affected. We are aware that, as well as the “non-eating” side of things, family commitments and prayer are increased during this period. Of course, some members of staff will be fasting too.

Colleagues have been alerted to the general challenges our Muslim students (and their families) may be facing during this period and will be attentive to their welfare. If parents are aware of any specific issues regarding their daughter’s fast, they are asked to let us know.

Students are reminded that we have a Spirituality Space (at the top of the main building) set aside for lunchtime prayer. Lab 1 may also be used for this purpose.

New Year, New Challenge



Foster for Redbridge

020 8708 6068

fostering@redbridge.gov.uk

WWW.WOODFORD.REDBRIDGE.SCH.UK

FOLLOW US ON SOCIAL MEDIA



@WCHS_UK



@WoodfordCHS_UK

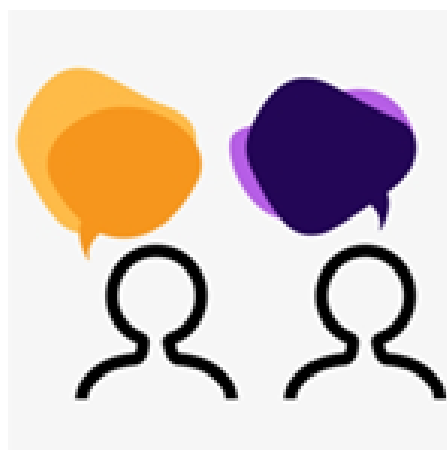


Educational Psychology Parent Helpline

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

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

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



EPS Helpline

Telephone: 077 41 3 31 009

Opening hours:

Every Wednesday 10am - 4pm

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



FIND: [Educational Psychology Service](#)

@Redbridge_aep Twitter account.

Dates for the Diary

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

20 April—Five Penny Race in aid of Leukaemia research

21 April—Busking Thursday returns

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)

13 May—Years 11 & 13 go on Study Leave
(provisional)

Week of 6 June—Internal Exams Week

15 June—Year 12 Chemistry Practical Day

20 June—UCAS fortnight begins

22 June—Year 12 Induction Day

29 June—INSET Day

1 July— Year 13 Leavers' Day

