

Dear parents and carers,

Re. Message from your Safer Schools Officers: Talk to your child about phone safety

Mobile phones are a great way to stay in contact with family and friends. Many children starting secondary school in September own one or have access to one.

As useful as they are, they can make children vulnerable to thieves who are particularly interested in new models and other valuable items such as cash, airpods and expensive coats. Reducing robbery is our top priority and our officers are working hard to catch those responsible, with activity to prevent it taking place daily.

There are however, a number of things you can do to help reduce your child's risk of becoming a victim and keep safe whilst using their phone. **If you can, talk to them about where and how they use their phone using the following advice:**

Safety when out and about:

- Keep your phone and valuables out of sight in a safe place when travelling to and from school. Be careful when you take your phone out in public places.
- Bus stops, train stations and surrounding areas are common target areas for thieves, who can approach on foot, moped or on a pedal bike or e-scooter.
- Earphones/headphones can distract you, stopping you from seeing or hearing someone approach you from behind.
- Don't confront a thief – it's not worth risking your own safety for possessions that can be replaced.
- Robbery or attempted robbery are serious crimes and should be reported. It's important you seek help straight away by dialing 999 rather than contacting police when you get home. Use a friend's phone or the phone of a trusted adult. This gives us the best chance to catch the suspects, recover any stolen property and ensure your safety.
- If you have information about a robbery and do not want to report it to police, speak to Fearless 100 % anonymously at www.fearless.org. Fearless is the youth service of independent charity Crimestoppers.
- Whether you have a phone or not, memorise or keep a parent/carer's phone number in a separate place in your bag/zipped pocket in case of emergency.

Help protect your child's phone if it's stolen:

- Use your device's security features, apps or PIN locking mechanisms to protect your data and prevent the phone being used.
- Keep a record of the phone's IMEI number (not on your phone!). This is a 15-digit unique number which can be obtained by keying in *#06#. You need this information if the phone is lost or stolen.
- Consider installing a tracker app, available online.

You might find the attached leaflet useful – it's aimed at young people and will be used by our officers in schools.

For more information go to www.fearless.org/campaigns/robbery. For help and advice on staying safe online and how to keep cyber criminals at bay, the Met has some great videos and other resources at www.met.police.uk/littlemedia



KEEPING YOU AND YOUR PHONE SAFE

Getting a phone is really exciting. You can stay in touch with friends and find out more about the world.

As police officers, our job is to keep you safe and stop people who want to steal property like phones, cash, earphones and even expensive coats or trainers.

You can help us do that by being careful where you use your phone and taking care of cash and other valuable items.

5 TIPS TO KEEP SAFE

- Keep your phone and valuables out of sight and in a safe place. Take care when you take them out especially near bus stops and train stations.
- Stay alert and remember earphones/headphones can distract you from being aware of someone approaching from behind you. Thieves can approach on mopeds, e-scooters and pedal cycles.

Don't fight back, it's not worth the risk when a phone can be replaced.

- Tell us if someone robs you or tries to. It's important you get help straight away by dialling **999** using a friend or trusted adult's phone rather than contacting police when you get home. This gives us the best chance to catch the suspects, recover stolen items and make sure you're safe.

- If you don't want to talk to police – contact Fearless online, without giving your name, at www.fearless.org
- Memorise or keep a note of a parent/carer's phone number in a separate place in case of emergency.

YOU CAN HELP US PROTECT AND TRACK YOUR PHONE IF IT'S STOLEN.

HERE'S 3 THINGS YOU CAN DO:

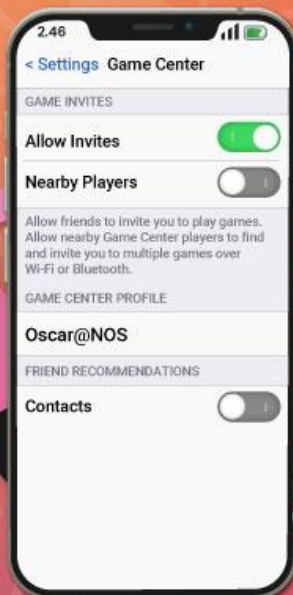
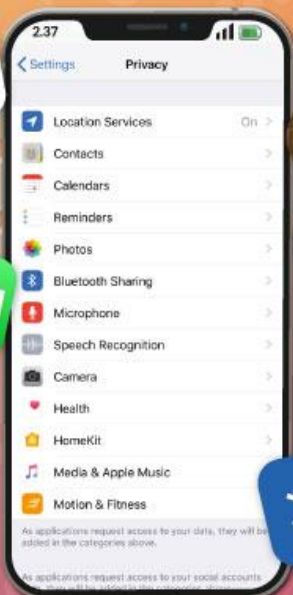
- Your phone will have security features such as a passcode or fingerprint/face ID. Make sure you use it to protect access to your phone.

- Tracker apps can help locate your phone if it's lost or stolen. Ask a parent to show you how to set one up.
- Record the phone's IMEI number in a separate place at home. Find this by typing in ***#06#**. You'll need to give this number to police if it's stolen.

For more information go to www.fearless.org/campaigns/robbery

How to Set up PARENTAL CONTROLS for APPS iPhone

Apple devices come with built-in apps already available: Mail, FaceTime and Safari, for example. However, you can choose which apps and features appear on your child's device and which ones don't. You can also manipulate the features in Game Centre to enhance your child's safety and privacy when playing games, as well as blocking iTunes or App Store purchases if you wish.



How to Restrict Built-in Apps/Features

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Allowed Apps (you may need to toggle this to 'on' at the top)
- 5 Enable or disable the apps you wish to appear (or disappear) on your child's device

How to Restrict Game Centre

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions (you may need to switch the toggle at the top to the 'on' position)
- 5 Scroll down to Game Centre
- 6 Choose between Allow, Don't Allow, or Allow with Friends Only in the settings for each feature

How to Restrict iTunes & App Store Purchases

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap iTunes & App Store Purchases
- 5 Select Allow or Don't Allow for each feature (you can also lock these settings with a password)

CO-CURRICULAR DAY WEDNESDAY 20TH JULY

A reminder that the normal timetable will be suspended tomorrow to allow for a number of co-curricular activities to take place.

Years 7 & 8 will be in school all day, but will not be required to wear school uniform.

Year 9 will be out for the day at Shoreditch. They will be required to wear school uniform.

Year 10 will be out of school doing a day's work experience.

If for any reason they have been unable to participate in work experience, Year 10 students must report to the Conference Room in school uniform at 8.30am. They are likely to finish school slightly early.

Year 12 will be out of the school for most of the day on a planned activity.

Details of the events for all year groups have now been sent home. For Years 7 & 8 these were sent out via Satchel:One. Please check with your daughter if she has not already spoken to you about this.



**AMNESTY
INTERNATIONAL**



Woodford County High School
High Road
WOODFORD GREEN
Essex
IG8 9LA



07 July 2022

Dear Aneela,

I am writing to thank you and the students at Woodford County High School For Girls Amnesty Group for your generous donation of £70.70 raised by students who assembled and sold sweetie cones.

Your donation supports critical human rights work that reunites families and frees people unjustly imprisoned. Tran Thi Nga from Vietnam was imprisoned in 2017 for her writings and online videos, and sentenced to nine years in prison and five years' house arrest. She was released from prison early in January 2020 after pressure from Amnesty International.

Tran Thi Nga said 'I thank Amnesty International for your tireless effort in demanding my freedom'.

As a condition of her release she and her family are now in exile in the USA unable to go back home. Amnesty International continues to fight for human rights defenders all over the world.

Your support helps us continue to fight for human rights defenders like Tran Thi Nga who are unjustly imprisoned.

By raising money for Amnesty International UK, you are part of a movement that has worked for nearly 60-years campaigning for justice and human rights. Thank for standing with us. Together we can produce extraordinary results and ensure that **humanity wins**.

Once again thank you so much for your kind donation and please get in touch if you need any information, materials or advice for future fundraising activities.

Best wishes,

Richard Glynn
Montague
Community Groups Fundraiser
020 7033 1650
richard.glynn@amnesty.org.uk

Anne

Community Organiser (Youth)
020 7033 1590
student@amnesty.org.uk

CONGRATULATIONS TO

Woodford County High School

who raised

£70.70

Thank you!

Your support strengthens
our work for human rights

www.amnesty.org.uk
fundraise@amnesty.org.uk

Amnesty International UK



We are committed to the highest standards in fundraising.
Read our promise to you: amnesty.org.uk/promise
Amnesty International (UK Section) Charitable Trust Charity
Registered in England and Wales no.1051681



Registered with
**FUNDRAISING
REGULATOR**

**AMNESTY
INTERNATIONAL**



Online safety Training for Parents - July 2022

Dear Parents'

Our Online E-safety training course for parents July 2022 is available via the link below of via the school website.

This can be carried out in the comfort of your own home at a time that suits you best! There is no time limit once you commence the training but please allow yourself twenty minutes to complete this comfortably.

Don't forget to enter your name in full at the start as once completed you will be able to download your certificate. The most up to date training link can always be found [here](#) on the school website.

Click below to start your online safety training for July 2022:

[Parent Esafety Training Link – July 2022](#)

Regards

Mrs Del Giudice

Network Manager





Redbridge Clinic's
Childhood immunisations



Has your child missed any of their school age vaccinations?

We are running catch up clinics in your area for the following vaccinations:

HPV: Year 8

Polio, Diphtheria, Tetanus & ACWY: Year 9

MMR

These clinics will allow Walk In's.

If you would like to attend, please either call us on 0203 432 1537
or alternatively email us at redbridge@v-uk.co.uk to make an appointment.

Date	Time	Venue – See address below
Tuesday 19 th July	15:00 – 17:30	Fullwell Cross Library
Tuesday 2 nd August	10:00 – 14:00	Loxford C Centre
Tuesday 9 th August	10:00 – 14:00	Fullwell Cross Library
Tuesday 16 th August	10:00 – 14:00	Loxford C Centre
Tuesday 30 th August	10:00 – 14:00	Fullwell Cross Library

Fullwell Cross Library
140 High Street
Barkingside
IG6 2EA

Loxford Children's
Centre
138-140 Ilford Lane
IG1 2LG



ROYAL
OPERA
HOUSE

Audition Workshops for ROH Youth Opera Programmes 27th and 28th August 2022

The Royal Opera House is delighted to invite children aged 7-13 with a passion for the performing arts to audition for our Youth Opera programmes this August. No experience or knowledge of opera is required, just a love of singing and performing and an enthusiasm to explore and create opera with the ROH. There is no fee to join us, and we are particularly interested in applications from boys and/or those who are ethnically diverse.

If you know a young person in state education who may benefit from our programmes, please read the following for more information on our programmes and how to register interest for an audition workshop.

ROH Youth Opera Programmes

There are two programmes available for young performers:

- **ROH Young Voices** is a singing programme for 7-8 year olds, developing participants' vocal control, musical literacy and performing skills. As well as performing at concerts and other ROH events, participants receive gain a grounding in the skills required to progress into our older ensemble, the ROH Youth Opera Company.
Audition workshops for the ROH Young Voices will be held on Saturday the 27th of August from 11-1pm
- **ROH Youth Opera Company** is our in house ensemble of 9 – 13 year olds, and offers participants an all-round training in the performing arts, covering vocal technique, language coaching, acting and stage craft, musical literacy, and creative processes for developing new work.
Auditions for the ROH Youth Opera Company will be held on Saturday the 27th of August from 2-4pm, and Sunday the 28th August from 11-1pm and 2-4pm.

Both groups meet for half day rehearsals on Saturdays during term time at Covent Garden and participate in an online music theory class after school on Wednesdays. A high level of attendance is expected so please bear this in mind when applying to join the programmes. For more information on the programmes and how they support the development of young performers [watch this video](#).

TO REGISTER YOUR INTEREST

To give your child an insight into the ROH Youth Opera programmes we ask that you share with them our '[What is Opera](#)' video workshop. Please note, this video includes some group activities which your child need not complete. Should they be invited to attend an audition workshop, they will need to be familiar with the song explored in this video as this will be explored further in the workshop. Our audition workshops are relaxed, welcoming spaces inviting attendees to explore opera with our YOC Associate Artists. Children may be asked to sing in small groups, but not on their own. Please note that audition places are limited and based on a range of considerations.

To register your child's interest in attending an ROH Youth Opera audition workshop:

1. Please complete [this form](#)
2. Please ensure your child has watched the 'What is Opera' workshop: <https://www.youtube.com/watch?v=yUaHe1TRaKE&t=1s>

For more information on the ROH Youth Opera programmes email youthopera@roh.org.uk

Thank you and good luck!

Jimena and Tom—Opera Team - Learning and Participation—The Royal Opera House



WWW.APSAINTSNETBALL.COM



@APSAINTSNETBALL

ARE YOU INTERESTED IN STARTING NETBALL?

ARE YOU LOOKING FOR A FUN AND COMPETITIVE CLUB FOR NEXT SEASON?

COME ALONG TO OUR TASTER SESSION AND JOIN AP SAINTS NC. OPEN TO ALL AGES.

WEDNESDAY 20TH JULY 2022

17:45-19:30

LAMMAS SCHOOL & SIXTH FORM, 150 Seymour Rd, London E10 7LX



AP SAINTS NETBALL CLUB IS A FRIENDLY AND HIGHLY COMPETITIVE NETBALL CLUB BASED IN LONDON. WE COMPETE IN FORTNIGHTLY FIXTURES IN THE ESSEX MET NETBALL LEAGUE.

Weekly training on Tuesday evenings and fortnightly matches played on a Saturday.



**FOR MORE INFORMATION PLEASE EMAIL
SHANA@APSAINTSNETBALL.COM**

**TO SECURE YOUR SPACE, SCAN OUR QR CODE OR
COPY THE FOLLOWING LINK BY MONDAY 18TH JULY**

[HTTPS://FORMS.GLE/YLMWSEBSHH59XVLG8](https://forms.gle/YLMWSEBSHH59XVLG8)



Chingford
Cricket Club

Chingford Cricket Club

'Forest Side' ground, Kimberley Way, Chingford E4 6DE



Summer 2022 Cricket Camp

Tuesday 2 August – Thursday 25 August

Bowling practice

Fielding practice

Girl-only sessions



Batting practice

Hardball and soft ball

Practice matches

Male and Female ECB qualified coaches

	Tuesdays	Wednesdays	Thursdays
10am – 12.30pm	Boys 6 – 9 years Girls 6 – 14 years	Boys 6 – 9 years Girls 6 – 14 years	Boys 6 – 9 years Girls 6 – 14 years
Lunch Break			
1.30pm – 4.00pm	Boys 10 - 13 years 14 - 19 years	Boys 10 - 13 years 14 - 19 years	Boys 10 - 13 years 14 - 19 years



Only £10 per session

Indoor cricket school
available in wet weather



**No booking required! For more info contact Hassan Malik
on 07951 242393 or email chingfordcccolts@gmail.com**



Chingford
Cricket Club

Chingford Cricket Club

'Forest Side' ground, Kimberley Way, Chingford E4 6DE



Free Cricket for Girls



**Every Friday from July 15th through to
The end of September
5.45pm – 6.45pm**



Male and Female ECB qualified coaches

For more info contact Mark Campbell on
07958021005 or email
drmarkcampbell@blueyonder.co.uk



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£10 off a full week*

*can't be used in conjunction with other offers

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YEAR OLDS!

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Ofsted
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Provider

Ofsted
Good
Provider



FROM
4+
YEARS

REDBRIDGE
HOLIDAY

MINI MIX

SATURDAY 23 JULY to SATURDAY 10 SEPTEMBER 2022

Discover all the amazing
activities on offer
at Redbridge Libraries
this summer!

Complete 5 different
activities to get a
CERTIFICATE



There's something for all tastes from:

- books & reading
- STEM
- shows and so much more!
- arts & crafts
- healthy activities

Come and take part in the Library pledge!



For more information visit:
visionrcl.org.uk/minimix

London Borough of
Redbridge





COME AND TRY STEELPAN, TABLA AND DJEMBE! THESE MINI SESSIONS ARE LED BY EXPERT PROFESSIONALS DEVOTED TO THEIR CRAFT. FOR FULL DETAILS AND TO BOOK SCAN OUR QR CODE.



PUPILS AGED 8 - 16 ARE INVITED TO PARTICIPATE. PRIMARY SCHOOL PUPILS MUST BE ACCOMPANIED BY THEIR PARENT/CARER FOR THE DURATION OF THE WORKSHOP. SECONDARY SCHOOL PUPILS UP TO THE AGE OF 16 ARE WELCOME TO ATTEND WITHOUT SUPERVISION BUT WITH THE UNDERSTANDING OF THE PARENT/CARER THAT THE DUTY OF CARE OF THEIR CHILD IS ONLY FOR THE DURATION OF THE WORKSHOP, NOT BEFORE OR AFTER THE EVENT. ARRIVING AT AND LEAVING THE WORKSHOP IS THE RESPONSIBILITY OF THE PARENT/CARER.

**TASTER
SESSIONS**

**8-16
YEARS**

**REDBRIDGE
HOLIDAY**

MEGA MIX

MONDAY 25 JULY to FRIDAY 26 AUGUST 2022

**CINEMA
or SWIM
for £1**

**Challenge yourself to try
something new this summer!**

We have a variety of summer activities for you to come and get involved with:

- arts & crafts • digital workshops • theatre
- dance • sports • **plus** so much more!



Advanced booking required.
visionrcl.org.uk/megamix

London Borough of
Redbridge



working towards
**child
friendly
Redbridge**

Vision
Redbridge Culture & Leisure

New Scotland Yard
Victoria Embankment
London
SW1A 2JL

www.met.police.uk
18 July, 2022

Dear Parent / Carer

As the summer holidays approach, there is a good chance that your child will be spending more time online during their free time. One of the risks to young people online is from those looking to radicalise and draw them into extremism.

I am therefore reaching out to parents and carers across every London borough to share information about spotting the signs of radicalisation in young people. This shouldn't be a cause for alarm, and I want to reassure you that the risk of radicalisation is still relatively low.

However, we are seeing an increasing number of young people being drawn into various forms of extremism, so it is important we are doing everything to safeguard and protect young people from these risks.

When a young person is being drawn down a path towards radicalisation, there are often signs in their behaviour that can indicate this is happening. This could be something like becoming more secretive about who they are speaking to, or becoming less tolerant of other people's views.

The **ACT Early** website - www.actearly.uk - has information and advice about the signs to look out for and how you can approach and have conversations with your children about this subject.

If you are worried about your own child, or anyone else, then there is help available through the *Prevent* programme. *Prevent* is the Government's programme aimed at safeguarding and supporting those vulnerable to radicalisation and police work closely with other partners to help steer people away from radicalisation and extremism.

If you do have concerns – however big or small, then you can also call the **ACT Early Support Line** on **0800 011 3764**, in confidence, to share your concerns and speak with our specially trained officers.

By reaching out early for support and advice, you can help protect your child before their extreme views become more of a danger to themselves or others.

So please be vigilant, particularly over the coming weeks when schools and colleges are closed, and if you have any concerns at all, then please ACT Early and get in touch with us.

Kind regards,

Jane Corrigan,
Detective Superintendent, and Met Police Prevent Lead



Is someone close becoming a stranger?



If you're worried that
someone you know
is being radicalised,
visit actearly.uk

ACT | ACTION
COUNTERS
TERRORISM

It can be hard to know what to do if you are worried someone close is expressing extreme views or hatred which could lead to them harming themselves or others. Working alongside other organisations, the police protect vulnerable people from being exploited by extremists through a voluntary Home Office programme called Prevent.

Who we are

Police forces across the country have specially trained Prevent officers who work with professionals in health, education, local authorities and charities, as well as faith and community groups to help vulnerable people move away from extremism.

Because all of the organisations are involved from the start, we can get them the help they need quickly. Working together we have helped many people find a path away from extremism.



Extremists try to get inside the minds of vulnerable people

“

I knew something was wrong. I felt frightened, nervous like the sand was shifting under my feet. I embraced it when my son was referred to the Prevent programme. It was good to get support.

”

Mother of son who was supported through Prevent

How we can help the person you care about

Every case is assessed by our Prevent officers who work with other organisations to put the best plan in place to support the person. This can mean the right support is provided by a charity, your local authority or someone who works in health or education. In most cases there isn't any need for ongoing police involvement.

“

Don't ignore the small changes, because by the time you realise the danger it will be a bigger problem to deal with. Just start the conversation. Trust your instincts.

”

Family member of someone supported through Prevent



Many people are drawn into radicalisation by online content and social media

Why it's important to act early and share your concerns

It could be nothing, but what if it isn't? It can feel very scary to think someone close could be heading down a path towards extremism. But friends and family are better placed than anyone to know when something doesn't feel right. We're here to help. You can better protect someone you love from harming themselves or others if you seek advice at an early stage. Together we can help prevent them from becoming drawn into harmful activities or groups.

Who can you talk to?

If you are worried about someone visit our website actearly.uk to find out more about how we can support the person you are concerned about. Our website will help explain more about our role, how you can contact us in confidence and details of the other organisations who can help if you would prefer to speak with someone else.

The most important thing to remember is to share your concerns early, whichever organisation you decide to contact for support and advice.

Remember, in an emergency, please make sure you are safe and dial 999.



It can be scary when someone close expresses extreme views

Receiving support is voluntary

Contact us in confidence and we'll listen carefully to your concerns. The earlier you tell us your worries, the quicker we can get the person you care about the help they need. Receiving support is voluntary. We'll need the person's permission to help them. Depending on the situation, we might reach out to other organisations we work with to put the right support in place. That could be support from a doctor, through a school, or with a local community group or mentor for example.

If you are concerned, tell us. You won't be wasting our time and you won't ruin lives, but you might save them. Visit actearly.uk for more information.

Are you looking after a child who is not your own?

- Is the child under 16 (or 18 if they have a disability)?
- Are you NOT the child's step parent, sibling, aunt, uncle or grandparent? This also includes host families to overseas students
- Do you plan to have the child with you for more than 28 days?
- This is called "private fostering" and we must be **LEGALLY** notified to ensure the child is safe.

Please contact the Child Protection and Assessment Team (CPAT):

 **020 8708 3885**

 **CPAT.Referrals@redbridge.gov.uk**

or visit www.redbridge.gov.uk/private-fostering for more information

WWW.WOODFORD.REDBRIDGE.SCH.UK

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@WoodfordCHS_UK

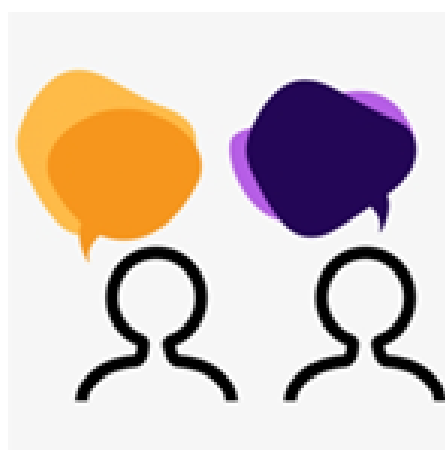


Educational Psychology Parent Helpline

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 School finishes at 2pm
Non-Contact Day	Wednesday 29 June 2022	

AUTUMN 2022		
Term	Monday 5 September 2022	Friday 21 October 2022
Half-term	Monday 24 October 2022	Friday 28 October 2022
Term	Monday 31 October 2022	Tuesday 20 December 2022
Non-Contact Day	Friday 7 October 2022	



KEY DATES TO REMEMBER

20th July—Co-Curricular Day

22nd July—Last day of Term, **school finishes at 2pm**

5 September—First day of the Autumn Term—Please send your child in with a packed lunch as there will be no canteen