

Woodford County High School



Weekly Student Bulletin



Wednesday 23rd November 2022

Welcome to Bulletin No 60

The aim of this bulletin is to give you important information and reminders from your Heads of Year or other members of staff.

It will include information about events taking place at and around school that you can take part in.

Also there will be wellbeing and support advice as well as reminders about how to access support if you should need it.

In this edition:

Updated Total House Points Highams in the lead
NEW – Charity Christmas Jumper Day

NEW – School Christmas Lunch – Book Now

Share Kindness Online – 10 Ways

Important Safeguarding Information

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5 Ways to Wellbeing

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The Body Scan and Beditation/Everyday

Mindfulness: The Body Scan

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Mindful Eating Script

Sleep Hygiene

My Circle of Control

Help Lines – mental health

Bereavement help line

Drug and Alcohol Help and Advice line

LGBTQ+

Pride Youth Network meetings

Tootoot

COMPETITION –

Centre for Personalised Medicine – Art Competition

NEW OPPORTUNITIES

Get Into Tech, Digital and IT

National Space Academy

Redbridge Youth Hub

Achievement Report total from 1st September 2022 Weekly Feature

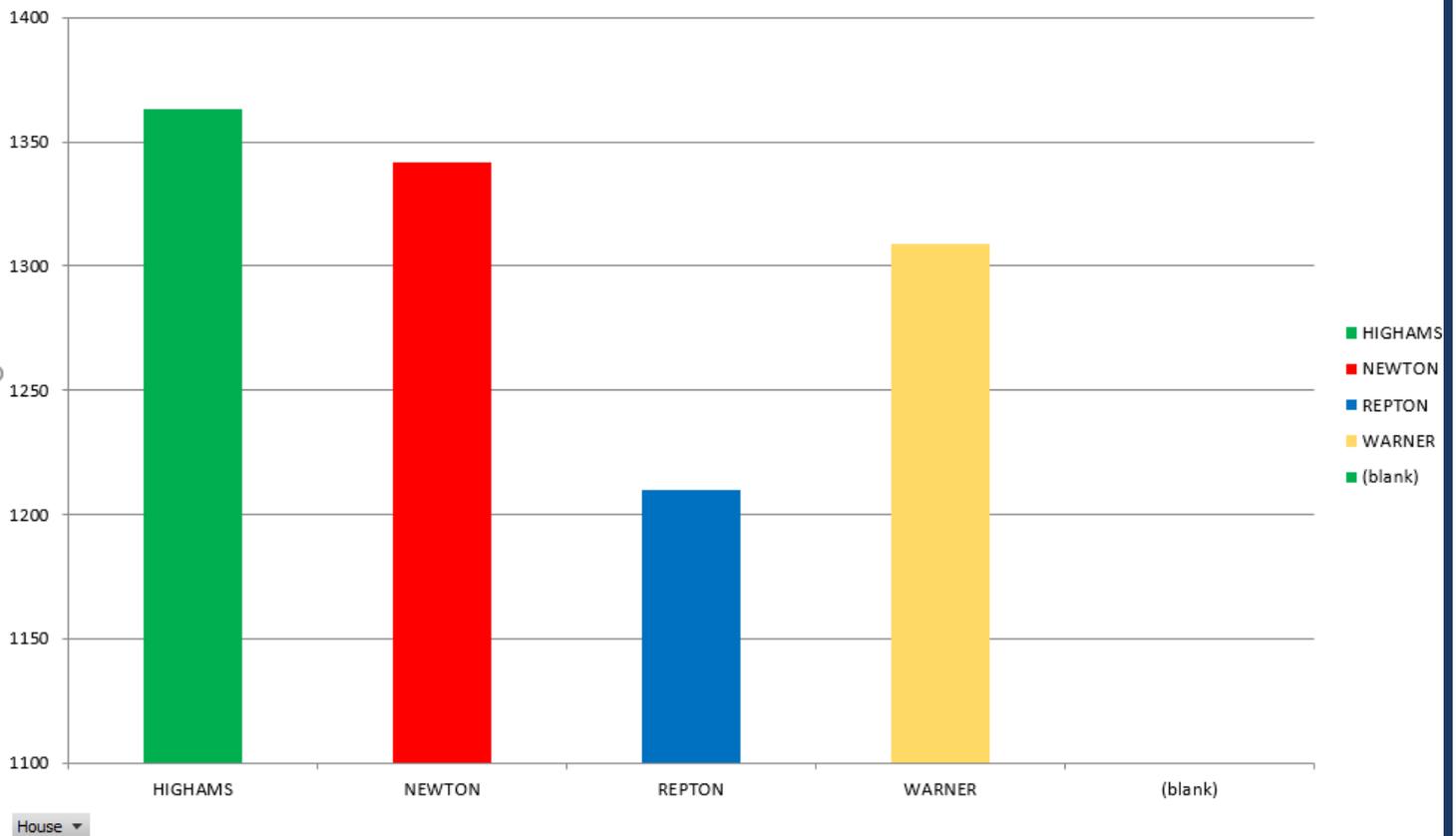
1st Highams

2nd Newton

3rd Warner

4th Repton

Total Achievement Report from 5 September to 17 November 2022



Advanced Notice – WCHS will be taking part in the National Christmas Jumper Day to raise money for Save the Children. This is on Thursday 8th December. Plan / save up / create / make / customise your jumper!



School Christmas Lunch

Thursday 15th and Friday 16th December

Christmas Lunch will be served on 2 days this year during the normal lunchtime period.

The days will be split as follows:

Thursday 15th December - Forms 7 (A-C), 8 (A-C), 9 (A-C), 10,(A-C), 11(A-C) Staff & 6Th Form

Friday 16th December - Forms 7 (D-F), 8 (D-F), 9 (D-F), 10 (D-F), 11(D-F) Staff & 6Th Form

The cost of the Christmas meal will be **£3.00**, and will be served by ticket only. Tickets must be purchased and paid in advance at the tills at Breakfast and Lunch sessions from Wednesday 23rd November till Friday 2nd December.

There will be a meat and vegetarian option consisting of

Roast Halal/Non Halal Turkey OR Vegan Mushroom Wellington with a selection of

Roast Potatoes, Seasonal vegetables and Gravy.

Christmas pudding with custard Or Stained glass window shortbread, party cracker and drink

****Christmas cookie to take home £1.00** must be pre ordered and ticket purchased with meal**

Tickets will be on sale up until Friday 2nd December as numbers need to be known in advance for catering purposes

On the days /times you are not having a Christmas dinner, PLEASE BRING A PACKED LUNCH.

There will be the usual snacks / sandwiches at breakfast and morning break.

Please ensure that you purchase your tickets in advance

10 Ways You Can SHARE KINDNESS ONLINE

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

1 PRAISE WHERE IT'S DUE

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

2 REACH OUT

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

3 RECOMMEND FUN THINGS

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

4 OFFER TO HELP

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

5 POST POSITIVELY

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

6 SHOW YOUR APPRECIATION

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

7 BE UNDERSTANDING

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

8 SHARE INSPIRATIONAL POSTS

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

9 THINK BEFORE COMMENTING

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

10 LIKE, LOVE AND ENGAGE

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

Meet Our Expert

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



NOS National Online Safety®
#WakeUpWednesday

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 Marku, Mrs Kaye or Mrs Menon.

Be safe

Mrs Greenfield



**Woodford and Ilford County
Christmas Disco 2022**

Tuesday 6th December

Years 7 & 8

**6-8pm in the School Hall at
Woodford County High School**

Ticketed Event

£8.50 per student

Pay via ParentPay by 25th November 2022

(letter with further information to follow via email)

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
Wednesday
Lunchtime

Maths Club is a drop in session open to all Year 7 and Year 8 students run by Ms Gribble and older students. Students will normally receive one-to-one support and can ask for maths challenges or specific maths topics they would like help with.

The sessions start at 1:40pm and finish by 2:20pm in CC9.



Gardening

Gardening club is a fun way to directly impact the school grounds.

We grow vegetables, create bouquets for events and this year we're launching a Gardener's journal.

Gardening club is also available for yr. 10s DofE skill or volunteering section

Timings: Week A Thursday 1:30 PM
Week B Thursday 1:30 PM- in the square courtyard outside the RS block

Open to years 7 to 11

Contact: Amanah Amin on teams not email.

The poster features a central green box with white text, surrounded by decorative elements including bees, flowers, and a watering can.

Music Extra-curricular Timetable: Autumn 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Junior Choir (SF1) 13:30- 14:10 Brass Ensemble MTH (SF2) 13:45-2:15 Kalimba Club (Jubilee Rooms) 13:45-14:20	Junior Band IBO (SF1) 13:30- 14:10 Musical Theatre club (Conference room) 13:40-14:15	Jazz Band KHN (SF1) 13:40-14:15 String orchestra IBO (Conference Room) 13:40-14:15 Carnatic Ensemble Jubilee Room 1 13:40-2:15	Senior Choir KHA (SF1) 13:40- 14:15 Theory and GCSE/A-level support IBO (SF2) 13:40-14:15	Orchestra IBO (SF1) 13:40-14:15 Guitar and Ukulele Ensemble (SF2) 13:40-14:15
After school		Chamber groups IBO (SF1/2) 15:45-16:30			

P.E. EXTRA-CURRICULAR TIMETABLE

Clubs will be starting from next week (12th September).

Year7 netball trials on Wednesday next week which is the 14th September

	Mon	Tues	Weds	Thurs	Fri
Before School 7.50-8.20am	All Years – Badminton Sports Hall KST	All Years – Volleyball Sports Hall VJA			
Lunchtime 1.30-2pm	All Years – Basketball Sports Hall VJA All years Dance Dance studio STA	All years football Sports Hall/Field STA		Badminton Sports Hall VJA All years Fitness Dance Studio/Field STA All Years – Athletics Sports Hall/Field KRI	
Afterschool 3.45-4.45pm	A.S.C self defence Sports hall All years – Games (dodgeball / kickball etc.) Courts KST	Boxing External Coach Year 10 & 11 (Sign up required) KRU A.S.C JIU JITSU Sporthall	Netball Training/Fixture (courts) STA VJA KRU KRI	Trampolining – All Years KRU A.S.C DANCE DANCE STUDIO	

WCHS - ECTT – Term 1

Term 1 sports – Rugby, Netball, Football, Volleyball, Trampolining, Badminton, Basketball, Dance, Fitness, GCSE Theory, Cross Country

STA: 4	VJA: 4	KRU: 3	KRI: 2	KST: 2	SD:
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Please follow the PE Department on Instagram
@wchsukpe for all the latest updates



Come and join us for

Prisons Club

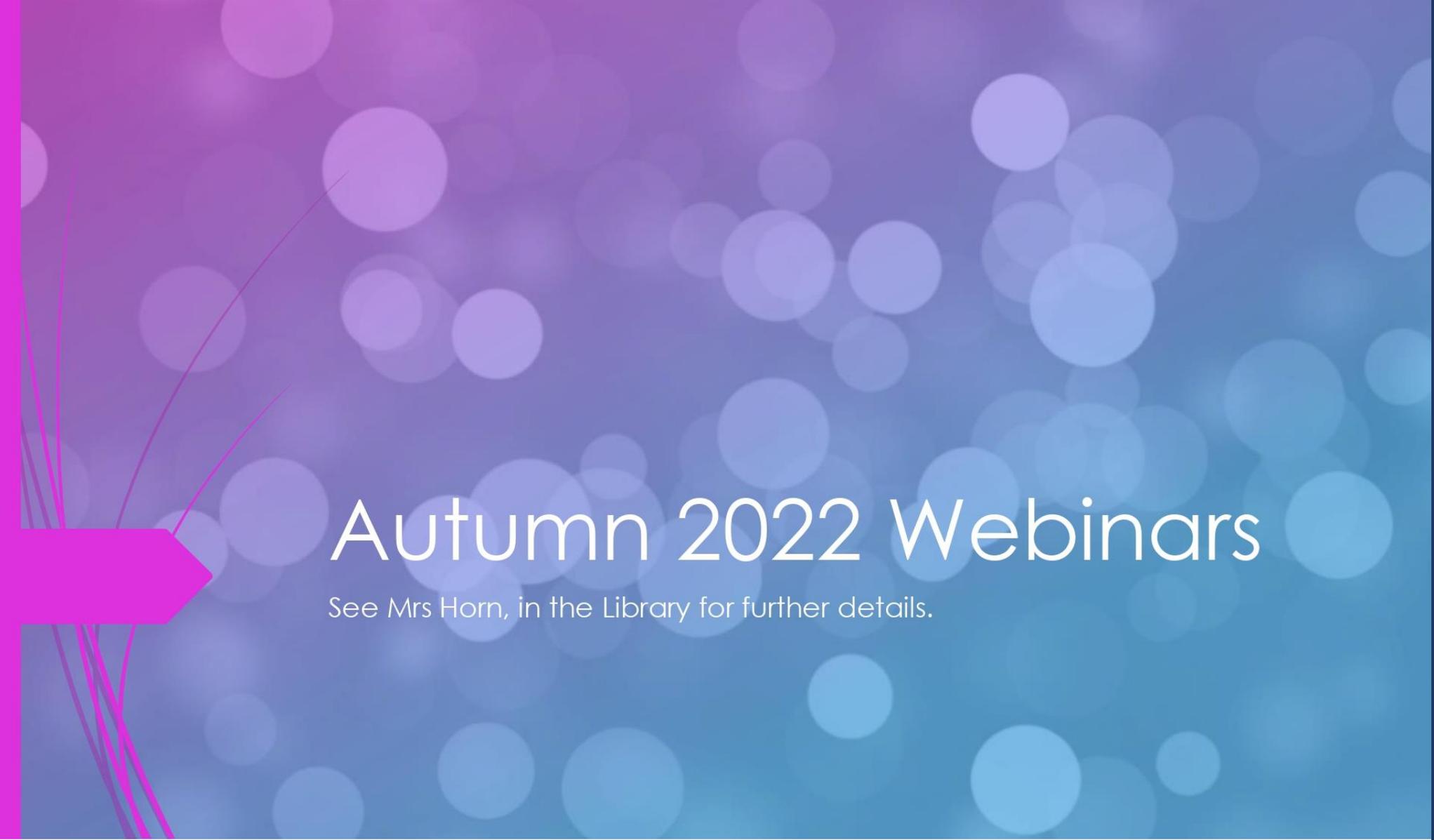
**Fridays after school 3.45—4.10pm
in the Sports Hall**

**Run by Lilla in Year 11 and super-
vised by Miss Gribble**

Years 9,10 & 11 welcome



Team B's Prison	Team A	Team B	Team A's Prison
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Autumn 2022 Webinars

See Mrs Horn, in the Library for further details.

November 2022

- ▶ 24th November @ 4.15pm Maths: Probability & Its Real World Applications – Markov Chains
- ▶ 28th November @ 11.15am Biology: Photosynthesis – Efficiency & Environmental Factors
- ▶ 29th November @ 11.10am Psychology: Research Design, Skills & Insight
- ▶ 29th November @ 4.30pm HE: Prep for Medic & Healthcare Interviews
- ▶ 30th November @ 2.15pm Physics: Understanding the Universe with the Astrophysicist's Toolkit
- ▶ 30th November @ 4.00pm Pharmacy: Do YOU Have What It Takes To Be An Expert In Medicines?

See Mrs Horn, in the Library for further details.

December 2022

- ▶ 1st December @ 9.00am
- ▶ 1st December @ 11.00am
- ▶ 5th December @ 4.15pm
- ▶ 8th December @ 4.15pm

Economics: Labour Market Insights

History: The Origins of British Rule in India

Drama/Theatre: Set Design

Criminology: Miscarriages of Justice

See Mrs Horn, in the Library for further details.

Meet your Safeguarding and Pastoral Team

				
Ms Pomeroy Headteacher & Deputy Designated Safeguarding Lead	Mrs Greenfield Assistant Headteacher & Designated Safeguarding Lead, SMHL Head of KS3	Mrs Holman Student Guidance Officer & Deputy Designated Safeguarding Lead	Mr Saxton SEND Coordinator	Mrs Kaye Health & Welfare Officer

				
Mrs Menon SEND Officer	Mrs Marku Student Guidance Assistant	Ms Bird Health & Welfare Assistant	Ms Hasler Head of Sixth Form	Dr Ashraf Head of KS4

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

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



Strategies that can help with anxiety:

Keeping Calm/Anxiety or Panic Attacks

Calming or Grounding techniques are a good way to reduce our heart rate/blood pressure when feeling worried or anxious. It helps us refocus our attention and overcome those unpleasant feelings so we can feel better and do more.

5 4 3 2 1

Take notice of your senses by thinking of:

- 5 things you can see
- 4 things you can hear
- 3 things you can feel/touch
- 2 things you can smell
- 1 thing you can taste

Facts

Think about and name facts about what is going on right now. For example, think:

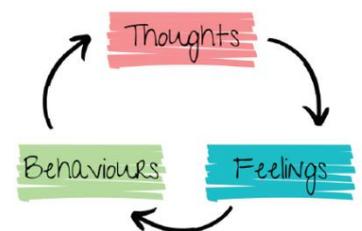
- My age is...
- My name is...
- I am wearing...
- The weather is...
- I am in...

Room Search

Think of a category and search the room for it. For example, look for:

- Everything that is a ... colour
- Everything that is a ... shape
- Things that feel of...
- Things made of...

By **thinking** about things to help us calm down we can then **do** the things we want/need to do and **feel** better and happier.



Video to try a grounding technique! <https://www.youtube.com/watch?v=5a88mUAzNLk&t=6s>

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.

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.

SELF-CARE IDEAS

 Bake your favorite treat!

 Have a laugh!

 Learn something new!

 Color!

 Play a board game with a friend!

 Listen to music or your favorite podcast!

 Travel & explore new places!

 Treat yourself!

 Love on an animal!

 Get some rest!

 Celebrate the small wins!

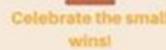
 Exercise!

 Plant a garden!

 Disconnect from the internet!

 Strike a yoga pose!

 Sit in nature!



 Stay Hydrated!

 Read a book!

 Journal!

50 Ways to Take a Break

REST

- Take a Bath
- Light a candle
- Listen to Music
- Take a Nap
- Go to a body of water
- Watch the clouds
- Watch the stars
- Write a Letter
- Learn something NEW
- Listen to a guided relaxation
- Read a Book
- Let out a sigh
- Put a Kite
- sit in NATURE
- 2x Move twice as slowly
- Take Deep Belly Breaths
- MEDITATE
- Call a friend
- Meander around Town
- Notice your Body
- Buy some Flowers
- Find a relaxing scent
- Walk Outside
- Go for a run
- Take a bike ride
- Create your own coffee break
- View some ART
- Go to a park
- Pet a furry creature
- Go to a Farmer's Market
- Forgive Someone
- Read or watch something FUNNY
- Engage in small acts of KINDNESS
- Write a quick poem
- Read poetry
- Put on some music and DANCE
- Give Thanks

WRITE

- Write in a journal
- Notice your Body
- Write a quick poem
- Read poetry

ART

- Light a candle
- Write a Letter
- View some ART

MEAN

- Meander around Town

MEAN

- Meander around Town

MEAN

- Meander around Town

Karen HomeFier-Ginter www.kareng.com Art by Paulo Hansen www.chart-magic.com

99 Coping Skills

1. Exercise (running, walking, etc.).
2. Put on fake tattoos.
3. Write (poetry, stories, journal).
4. Scribble/doodle on paper.
5. Be with other people.
6. Watch a favorite TV show.
7. Post on web boards, and answer others' posts.
8. Go see a movie.
9. Do a wordsearch or crossword.
10. Do schoolwork.
11. Play a musical instrument.
12. Paint your nails, do your make-up or hair.
13. Sing.
14. Study the sky.
15. Punch a punching bag.
16. Cover yourself with Band-Aids where you want to cut.
17. Let yourself cry.
18. Take a nap (only if you are tired).
19. Take a hot shower or relaxing bath.
20. Play with a pet.
21. Go shopping.
22. Clean something.
23. Knit or sew.
24. Read a good book.
25. Listen to music.
26. Try some aromatherapy (candle, lotion, room spray).
27. Meditate.
28. Go somewhere very public.
29. Bake cookies.
30. Alphabetize your CDs/DVDs/books.
31. Paint or draw.
32. Rip paper into itty-bitty pieces.
33. Shoot hoops, kick a ball.
34. Write a letter or send an email.
35. Plan your dream room (colors/furniture).
36. Hug a pillow or stuffed animal.
37. Hyperfocus on something like a rock, hand, etc.
38. Dance.
39. Make hot chocolate, milkshake or smoothie.
40. Play with modeling clay or Play-Dough.
41. Build a pillow fort.
42. Go for a nice, long drive.
43. Complete something you've been putting off.
44. Draw on yourself with a marker.
45. Take up a new hobby.
46. Look up recipes, cook a meal.
47. Look at pretty things, like flowers or art.
48. Create or build something.
49. Pray.
50. Make a list of blessings in your life.
51. Read the Bible.
52. Go to a friend's house.
53. Jump on a trampoline.
54. Watch an old, happy movie.
55. Contact a hotline/ your therapist.
56. Talk to someone close to you.
57. Ride a bicycle.
58. Feed the ducks, birds, or squirrels.
59. Color with Crayons.
60. Memorize a poem, play, or song.
61. Stretch.
62. Search for ridiculous things on the internet.
63. "Shop" on-line (without buying anything).
64. Color-coordinate your wardrobe.
65. Watch fish.
66. Make a CD/playlist of your favorite songs.
67. Play the "15 minute game." (Avoid something for 15 minutes, when time is up start again.)
68. Plan your wedding/prom/other event.
69. Plant some seeds.
70. Hunt for your perfect home or car on-line.
71. Try to make as many words out of your full name as possible.
72. Sort through your photographs.
73. Play with a balloon.
74. Give yourself a facial.
75. Find yourself some toys and play.
76. Start collecting something.
77. Play video/computer games.
78. Clean up trash at your local park.
79. Perform a random act of kindness for someone.
80. Text or call an old friend.
81. Write yourself an "I love you because..." letter.
82. Look up new words and use them.
83. Rearrange furniture.
84. Write a letter to someone that you may never send.
85. Smile at least five people.
86. Play with little kids.
87. Go for a walk (with or without a friend).
88. Put a puzzle together.
89. Clean your room /closet.
90. Try to do handstands, cartwheels, or backbends.
91. Yoga.
92. Teach your pet a new trick.
93. Learn a new language.
94. Move EVERYTHING in your room to a new spot.
95. Get together with friends and play Frisbee, soccer or basketball.
96. Hug a friend or family member.
97. Search on-line for new songs/artists.
98. Make a list of goals for the week/month/year/5 years.
99. Face paint.



www.yourlifeyourvoice.org



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 Mrs Marku 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.

Students if you are experiencing low mood or anxiety and would like support for this in the form of eight on-line sessions with an Education Mental Health Practitioner, you can contact Mrs Holman for more information and sign-up.

Mrs Holman is based in the Student Guidance Office, formerly SG4.

MINDFULNESS PAGES



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.

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

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

Sleep Hygiene



What is sleep hygiene?

- Sleep hygiene are ways that you can set yourself up for better sleep.
- Strong sleep hygiene means having both a bedroom environment and daily routines that promote consistent, uninterrupted sleep.
- Keeping a stable sleep schedule, making your bedroom comfortable and free of distractions, following a relaxing pre-bed routine, and building healthy habits during the day can all contribute to ideal sleep hygiene.
- 8-10 hours of sleep is recommended for adolescents.
- Everyone can tailor their sleep hygiene practices to suit their needs. Positive habits can make it easier to sleep soundly throughout the night and wake up well-rested.
- Can you think of some more suggestions for good sleep hygiene?



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

Helpful websites:

You can text: YM to 85258 for free 24/7 support

<https://youngminds.org.uk/>

The logo for YoungMinds, with 'YOUNG' in yellow and 'MINDS' in grey.

Online well-being platform that is accessible through mobile, tablet and desktop and free.

<https://www.kooth.com/>

The logo for Kooth, featuring the word 'kooth' in black with two stylized faces integrated into the 'o's.

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)

The logo for Papyrus, featuring two overlapping speech bubbles (one purple, one blue) and the text 'PAPYRUS PREVENTION OF YOUNG SUICIDE'.

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

The logo for gr'ef encounter, with 'gr'ef' in a stylized purple font and 'encounter' in a bold blue font.

supporting bereaved children & young people

gr'eftalk helpline

0808 802 0111

Weekdays 9am-9pm

 **CHAT**

 **EMAIL**

 **CALL**

Drugs and Alcohol Help and Advice

Redbridge Fusion NELFT Free and friendly confidential service to young people in the borough of Redbridge under the age of 18.

Station Road Centre, Station Road,
Barkingside,
Essex IG6 1NB

Tel: 020 8708 7801

Fax: 020 8708 7802

Email: fusion@redbridge.gov.uk
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 LGBT+ 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 LGBT+ 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 LGBT+ 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 LGBT+ 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

THE PEOPLE'S PAVILION THE PEOPLE'S PAVILION THE PEOPLE'S PAVILION

PEOPLE'S PAVILION DESIGN COMPETITION

BEYOND
THE
BOX

ARE YOU AGED 14 - 18?
DO YOU LIVE IN EAST LONDON?
INTERESTED IN DESIGN AND ARCHITECTURE?

Apply to enter the People's Pavilion design competition and you could win an all-expenses paid study trip to Venice.

Workshops are taking place across East London between Oct 2022 - Jan 2023

You are welcome to attend the workshops with a team you have formed, or form one with the aspiring designers you meet on the day!

The winning design will be built in the summer of 2023 and will host a cultural festival produced by young people.

Hit the QR code to sign up!

FOR MORE INFO / TO SIGN UP



SCAN HERE

THE PEOPLE'S PAVILION THE PEOPLE'S PAVILION THE PEOPLE'S PAVILION

THE PEOPLE'S PAVILION THE PEOPLE'S PAVILION THE PEOPLE'S PAVILION

PEOPLE'S PAVILION DESIGN COMPETITION

BEYOND
THE
BOX

A DESIGN COMPETITION FOR 14 - 18 YEAR OLD'S LIVING IN EAST LONDON

WEEKEND WORKSHOP DATES

PLEASE SIGN-UP FOR THE BOROUGH YOU LIVE IN!

Workshops run from 10am - 3pm

TO ENTER, YOU MUST ATTEND BOTH THE
SATURDAY AND SUNDAY WORKSHOPS FOR YOUR BOROUGH!

HACKNEY

SATURDAY 22ND, SUNDAY 23RD - OCTOBER 2022

REDBRIDGE

SATURDAY 5TH, SUNDAY 6TH - NOVEMBER 2022

HAVERING

SATURDAY 19TH, SUNDAY 20TH - NOVEMBER 2022

TOWER HAMLETS

SATURDAY 3RD, SUNDAY 4TH - DECEMBER 2022

BARKING & DAGENHAM

SATURDAY 7TH, SUNDAY 8TH - JANUARY 2023

NEWHAM

SATURDAY 21ST, SUNDAY 22ND - JANUARY 2023

WALTHAM FOREST

SATURDAY 28TH, SUNDAY 29TH - JANUARY 2023



THE WINNING
TEAM GETS AN
ALL-EXPENSES
PAID STUDY
TRIP TO
VENICE!



OR EMAIL
KUDZAI@BEYONDTHEBOXCONSULTANTS.COM

THE PEOPLE'S PAVILION THE PEOPLE'S PAVILION THE PEOPLE'S PAVILION



Schools Art Competition 2022-2023

What can we measure about our health? Is it possible to measure too many things? Should researchers be allowed to use any measurements collected by the NHS? We want to see what you think!

The Oxford Centre for Personalised Medicine is asking pupils in Years 7-9 to create art about measuring things to do with health and disease. There are loads of different things your art could look at: what might be helpful to measure if someone is ill? Are measurements always right? Who should be able to look at a person's healthcare measurements? We can't wait to see your ideas!

You can make a drawing, a painting, a collage, a sculpture – anything goes as long as it's something you can take a photo of. First prize is £100, and the best entries will form part of a display at a Centre for Personalised Medicine art exhibition in Oxford next year. The deadline for entries is 20th January 2023. More details can be found here: <https://cpm.well.ox.ac.uk/art-competition>

If you decide to enter, please send Mrs Peters a copy of your entry.

'GET INTO' TECH, DIGITAL, & IT

Year 9-13's come and join us for an evening with
the some of the top brands in the industry...

 Beal High School, Ilford & Live streamed

 Thursday 8th December

 17:00-19:30

Sign up now

Bring your
parents &
friends along!

- ★ Network with professionals
- ★ Learn more about the industry
- ★ Q&A session
- ★ Prizes to be won

Scan me to secure
your place!



Deutsche Bank **accenture**



The National Space Academy will be hosting online careers conferences for students and parents/guardians, thanks to the UK Space Agency. These conferences will allow viewers to find out about some of the most exciting job opportunities within an ever-growing industry. Jobs within the sector range from working with satellites to help predict the weather and farmers to better understand their crops to designing and building rockets to becoming a space lawyer.

The UK Space Industry has an annual turnover of £16.4 billion and employs over 45,000 people. It continues to grow year on year. The UK Space Innovation and Growth Strategy has a target of achieving 10% of the global space market, which is estimated to be £400 billion by 2030.

These interactive online careers conferences will explore the range of careers available before delving further into the career choices of three of our speakers. Looking at how their career journey brought them to where they are today and what it is they do daily. This will be followed by a 30-minute Q&A session with the speakers.

Upcoming Online Careers Conferences 2022

Online careers conference - Students aged 14 - 18

Saturday 3rd December 2022

Year 10 and 11 students

10.30 - 12.30

[Book here](#)

Saturday 3rd December 2022

Year 12 and 13 students

14.00 - 16.00

[Book here](#)

London Borough of
Redbridge



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

