



Woodford County
High School for Girls

Bulletin

Issue No. 418

8th November 2022



PARENT GOVERNOR NOMINATIONS

Please note, the deadline for handing in the completed nomination forms for the election of 3 new Parent Governors is tomorrow, Wednesday 9th November 2022.

The Nomination Form have can be found on pages 2-4 in last week's [Bulletin](#).

PFA RAFFLE

The PFA will be holding raffle at the upcoming House Drama school event. We would be grateful if you could donate any of the items below:

- Unused cosmetics/jewellery and accessories
- Unwanted/unused gifts e.g. candles, toiletries such as bubble bath, shampoo, body lotion
- Good to new toys (not books)
- Unused pencils sets/ drawing books
- Vouchers for stores or restaurants etc.

If you run a business or restaurant, vouchers would be good.

We cannot accept alcoholic goods or perishable items.



The donations will be collected by The PFA and made into presentable hampers which you can win on the night.

To support the school in managing these donations, could we please ask you to bring in any donations to the Main School Office between **Wednesday 9th November** and **Tuesday 15th November 2022** (8am – 5pm).

Please note, refreshments will be served by the PFA at the House Drama event on Thursday 17th November.

Thank you for your continued support.



Year 7 & 8 Movie Night

Tuesday 22nd November

3.45pm – 6pm

Jungle Cruise (12A)

£7 via ParentPay by 17/11/22
(incl. ticket, popcorn & a drink)

Limited to 130 places

Extra Refreshments on sale

Location: Conference Room





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)



Notice of Annual General Meeting of Parents & Friends of Woodford County High School (PFWCHS*)

Wednesday 30th November 2022 at 7pm – 8.15pm in Classroom N1

Dear Parent/Carer/Friend

You are warmly invited to attend the Annual General Meeting of the Woodford County High School Parent and Friends Association to be held at Woodford County High School on Wednesday 30th November 2022 in Classroom N1. Refreshments will be served.

The AGM will cover:

1. Reports from the President (Head teacher) , Chair and Treasurer,
2. Receiving and approving the accounts for the year end 31 July 2022
3. Election of trustees (see below for brief guidance on what the trustee's roles entails).

Trustees positions:

- **Chair** - The Chair provides leadership for the committee sets the agenda for meetings with the Secretary and manages meetings in line with the agenda.
- **Vice-Chair** (up to 2 positions) – Supports the chair in fulfilling his/her duties.
- **Treasurer** –The Treasurer is responsible for management of financial records and procedures as well as the banking and handling of money from events.
- **Secretary** - The Secretary is responsible for ensuring that there are effective communication links between committee members and between the association and the school.

You can get involved by nominating yourself, supporting another parent's nomination &/or by voting. Nominations using form attached should be completed and returned in the PFA BOX in the school entrance lobby prior to the AGM by **5pm on 18th November 2022** or email the PFA secretary at the email address below. Alternatively, nominations can be made in the meeting itself. In the event of two or more nominations for any one post, a vote will be carried out.

Please note that the Chair and Vice-chair positions will be vacated this meeting so please do consider these roles and feel free to contact us to make enquiries.

If you are unable to attend the meeting but wish to express an interest in supporting or joining the PFA please email us at SecretaryP@woodford.redbridge.sch.uk

WE HOPE TO SEE YOU THERE.

Farina Sharif, Chair of PFWCHS

* We are officially registered as Parents and Friends of Woodford County High School with the charities commission but more frequently referred to as Parents & Friends Association (PFA).

Trustee Nomination Form 2022-2023

Nominations for trustees of PFWCHS for 2022/23	NOMINATED BY	SECONDED BY
POSITION		
Chair		
Vice-Chair		
Treasurer		
Secretary		

WOODFORD CAREERS

Nov. 7th-12th is the inaugural national Green Careers Week



A green career can be any job, role or occupation that contributes to preserving or restoring the environment and our planet. Jobs are varied across a whole host of industries, requiring different skill sets and offering routes and paths into a satisfying career that many may not have thought of as 'for them'.

Students can research some of the likely growth areas in this sector by visiting some of these websites, but there are many more!

<https://greenjobsfornature.org/careers/>

<https://greencareersweek.com/careers-in-nature/>

<https://greencareersweek.com/environment-agency/>

<https://greencareersweek.com/met-office/>

Click on the link below for a parent's guide to Green Careers

<https://www.theparentsguideto.co.uk/post/the-parents-guide-to-green-careers-week>

covers roles in the built environment, consultancy, energy, farming, food production and distribution, the great outdoors and more.

UK apprenticeship applications are now open for 2023 early career programmes



BP's 2023 UK early career programmes are now open for applications! The website below gives further details

<https://www.allaboutschooleavers.co.uk/employers/profile/bp>

UNIVERSITY OF SURREY—Y11 REVISION MASTERCLASSES

The University of Surrey invites your Year 11 students to take part in their fully funded GCSE Revisions Masterclasses taking place in Autumn.

Led by educational consultants with a wealth of experience in teaching and assessment, these live online sessions will cover recommended revision tips and techniques within English, Maths and Science that will provide additional support when applying learning and understanding within examinations. All masterclasses are 60 minutes with each subject its own series. All sessions take place online and will start at 17:00 and start from Tuesday 15th November.

The link to the opportunity where students can apply is here—

<https://pathwayctm.com/registration/>



WE WANT TO IMPROVE MENTAL HEALTH SUPPORT ACCESS TO YOUNG PEOPLE ACROSS LONDON

We know that **young people face more significant challenges to their mental wellbeing** than ever before.

As part of [Healthy London Partnership's](#) commitment to ensuring London is a centre of excellence for supporting mental health and wellbeing, especially for children and young people, **we want to hear from young people and their families** about their experiences and understanding of local mental health support.

Taking our short survey will help us to **identify the best ways to improve mental health support** access to young people across London in the future.

Parents can take the quick survey [here](#). You or your child do not need to be an active user of mental health services to respond.

All responses are recorded anonymously. No personalised data is requested and all data is held anonymously and securely. Read our full privacy policy [here](#).

Working to make London the healthiest global city





GIRLS INTO TECH ONLINE EVENT

THE TECH INDUSTRY OFFERS A CREATIVE,
FLEXIBLE AND HIGHLY REWARDING CAREER
PATHWAY.

FIND OUT WHERE STUDYING A TECH
SUBJECT COULD TAKE YOU!

Wednesday 16th November 2022
16:00 - 17:00



Queen Mary
University of London



SCAN ME TO REGISTER

FREE ONLINE WORKSHOPS FOR REDBRIDGE PARENTS

Join our Mental Health Support Team Parent/Carer Week

We are offering free online workshops which provide opportunities to learn about a range of topics and hear about the support the MHST offer in your schools.

**PLEASE SIGN UP TO
THE SESSIONS BY
SCANNING THE QR
CODES
OR COPYING THE
LINKS,
AND THEN ENTERING
YOUR DETAILS.**

What is the MHST?

An introduction to Redbridge Mental Health Support Team. We invite parents to meet our team and hear about the service we offer.

Monday 7th November 2022



tinyurl.com/2hmvk5zf

12:30-1:30pm



tinyurl.com/bdm6vf43

7:00pm-8:00pm

Understanding Low Mood

We will share the psychology behind low-mood and provide helpful tips to develop emotional and practical strategies to support your teenager.

Tuesday 8th November 2022



<https://tinyurl.com/5n7wvyhp>

12:30-1:30pm



<https://tinyurl.com/2s4hfd6x>

7:00pm-8:00pm

Brave! Managing anxiety with complex needs

An introduction to anxiety: how it is developed, maintained and tips on what you can do to help. It will give consideration to supporting those who have additional needs such as social communication or learning needs.

Wednesday 9th November 2022



<https://tinyurl.com/36uctu7>

12:30-1:30pm



<https://tinyurl.com/mrxhh2za>

7:00pm-8:00pm

Future proofing for exam resilience

This webinar will consider how to recognise signs of exam stress, and strategies to help your child to overcome exam stress so they can perform at their best.

Thursday 10th November 2022



<https://tinyurl.com/nhzjx3c2>

12:30-1:30pm



<https://tinyurl.com/4cx6verj>

7:00pm-8:00pm

Understanding Body Image

Supporting young people with body acceptance and sharing strategies to develop emotional resilience

Friday 11th November 2022



<https://tinyurl.com/2p87v5b9>

12:30-1:30pm



<https://tinyurl.com/smbdar7>

7:00pm-8:00pm

COATS AROUND SCHOOL

A large number of students are wearing coats in corridors between lessons and some times wearing them in lessons themselves.

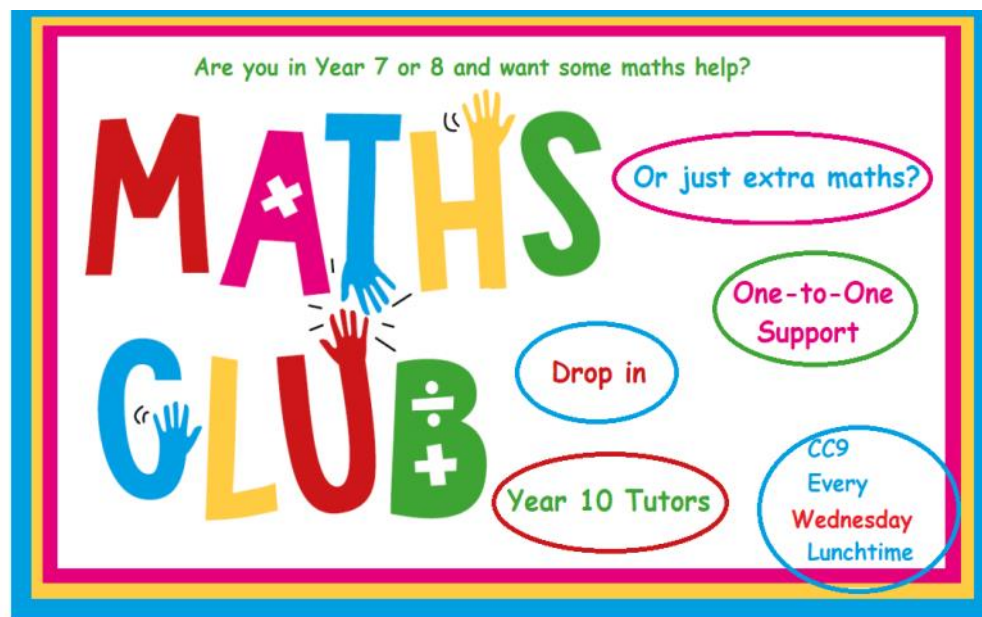
This is unnecessary. The buildings are well-heated and transition between them is too brief to cause serious discomfort.

Coats must be left in lockers. They may be collected to be worn outside at break and lunchtime and girls in Years 7-9 may take them to their lesson period 5 because they leave earlier than the rest of the school.

Exceptions are made for torrential rain and very severe cold weather.



Coats may be confiscated for all or part of the school day at the discretion of teachers.



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.

P.E. EXTRA-CURRICULAR TIMETABLE

	<u>Mon</u>	<u>Tues</u>	<u>Weds</u>	<u>Thurs</u>	<u>Fri</u>
<u>Before School</u> <u>7.50-8.20am</u>	All Years – Badminton Sports Hall KST	All Years – Volleyball Sports Hall VJA			Badminton for y12 & 13 ONLY STA
<u>Lunchtime</u> <u>1.30-2pm</u>	All Years – Basketball Sports Hall VJA	Football for y7&8 Sports Hall/Field STA & TL	<u>Running Club – led by</u> <u>Rachael Yr13 student</u> KRU Netball for ALL (courts) <u>Football for y9,10 7 11</u> <u>only</u> STA & TL	Badminton Sports Hall VJA STA – Y9-13 <u>Trampolining</u> All Years – Athletics Sports Hall/Field KRI	<u>Trampolining – Y7&8</u> KRU
<u>Afterschool</u> <u>3.30-4.20pm</u>	A.S.C self defence Sports hall All years – Games (dodgeball / kickball etc.) Courts KST	A.S.C JIU JITSU Sports hall	Netball Training/Fixture (courts) INVITE ONLY STA VJA KRU KRI Boxing External Coach A.S.C	A.S.C DANCE Dance Studio	Prisons - led by Lilla Yr11 student 3.45 – 4.10pm Supervised by Ms Gribble Years 9, 10 & 11

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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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 (Conference room) 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			

Jazz band is a group for wind, brass and percussion players of grade 4/5+ standard. We primarily play big band music but there are opportunities to learn improvisation skills and perform solos within ensemble playing. We perform at concerts and events like the summer showcase.

Junior choir is our main choral ensemble for years 7-9, run by Yolanda Thompson from Redbridge Music Centre. It is also an excellent group to participate in for new students in year 7, reinforcing musicianship skills required during the curriculum. No previous singing experience is required, and so the group gives great confidence to those looking for a friendly environment to develop their abilities while also producing high-quality performances for concerts.

The **orchestra** is the main music ensemble of the school which plays music from the classical repertoire plus arrangements and film music. All string/wind and brass instruments are welcome and entry requirements are for students to be at least grade 4 standard.

String orchestra is a group for all string instruments for students at least grade 3 in standard. We will be tackling some 20th-century Russian repertoire this term.

Junior band is an excellent group for younger musicians, from those just beginning on an instrument up to grade 3 in standard, to engage in an ensemble playing a variety of musical arrangements. All types of instruments are welcome, regardless of previous experience. Again, this is an excellent opportunity for younger musicians to build up confidence in performance and develop skills which also strongly support their curriculum work.

The **brass ensemble** welcomes students from beginner to advanced level to take part playing music for the end-of-term concerts. This group is particularly appropriate for musicians who have previously done the year 8 brass projects as part of the curriculum lessons, and is an excellent next step in developing their instrumental skills. Instruments can also be provided by the tutor so please do come even if you do not own an instrument.

The **senior choir** is an excellent ensemble for years 10-13 which tackles more challenging and diverse repertoire for performance in concerts and other functions. Again, as with other groups, new-comers are always welcome in this friendly and supportive environment.

Theory and **GCSE/A-level support** provides theory tuition at all levels for those wishing to build up their theory knowledge. GCSE and A level students are also supported in their studies for example in coursework or revision.

Chamber groups – This is an opportunity for self-led student groups to run rehearsals with the support of music staff when required.

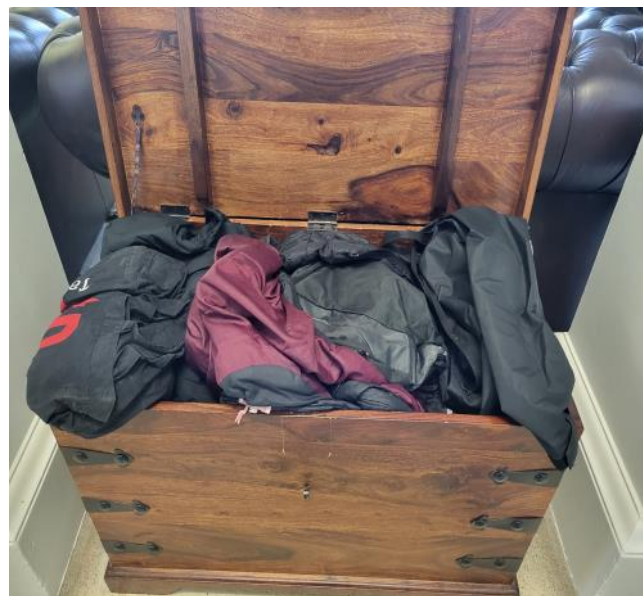


LOST PROPERTY

Our lost property box (located near the Main School Office) is full.

If your child has misplaced something, please ask them to come and check the box.

Jewellery, watches, USB sticks and glasses can be picked up from the main reception—please check the photo below to see if you recognise any of the items. Thank you.



REMINDER

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



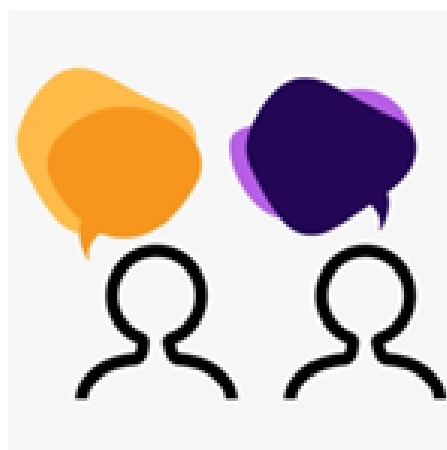


Educational Psychology Parent Helpline

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

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	

SPRING 2023		
Term	Thursday 5 January 2023	Friday 10 February 2023
Half-term	Monday 13 February 2023	Friday 17 February 2023
Term	Monday 20 February 2023	Friday 31 March 2023
Non-Contact Day	Tuesday 7 March 2023	

SUMMER 2023		
Term	Monday 17 April 2023	Friday 26 May 2023
Half-term	Monday 29 May 2023	Friday 2 June 2023
Term	Monday 5 June 2023	Friday 21 July 2023
Non-Contact Day	Wednesday 28 June 2023	



KEY DATES TO REMEMBER

- 17 November—House Drama Event**
- Week of 21 November—Warner House Charity Week**
- 22 November—Year 7 & 8 Movie Night**
- 24 November—GCSE Prizegiving 2022-23**
- 25 November—Woodford & Ilford County Christmas Disco**
- 29 November—Year 13 Parents Evening**
- 5 December—Year 11 Parents Evening**
- 6 December—Years 7 & 8 School Disco**
- 8 December—Christmas Concert**
- 12 December—Year 13 (2020-2021) Certificate & Social Event**
- 20 December—End of Term**