



# Woodford County High School for Girls

## Bulletin

Issue No. 410

6th September 2022



**Tuesday 6 September 2022**

Dear Parents and Carers

School re-opened yesterday and I'm pleased to report we have had a positive and productive start to the term. Students were delighted to see each other after the long summer holiday and we are pleased to welcome them back. Our joiners in Years 7 and 12 are finding their feet and navigating the site, with the ready support of their peers. We work to a two week timetable, of course, so it will be some time before everyone has experienced a complete run through but we've got off to a good start. Today we are undertaking a walk-through of our fire evacuation and lock down drills. Important early safety routines.

### Uniform

The vast majority of students (Year 7 – 11) have presented in correct uniform. I'm grateful to parents and carers for your support in this matter. Where this is not the case (for example where canvas shoes or trainers are being worn), contact will be made with home by tutors or Heads of Year in order that this be speedily rectified. Uniform is important and will continue to be monitored. We do students no favours at all by sanctioning non-compliance.

On the subject of uniform, we will be looking to contract a second uniform provider alongside Lucilla's. As some parents will recall, John Lewis withdrew their service to us some years ago, as did a secondary local provider before that. The addition of another provider ideally will increase flexibility and convenience for parents as well as introducing an element of competition with regard to quality and price. For that reason we will shortly be asking interested parents to join a consultation group to look at uniform supply as well as to seek feedback on aspects of the uniform. In line with new regulations and in order to reduce cost we have already greatly reduced the number of "regulation" PE kit items, allowing parents to shop around for cheaper alternatives. We have arguably less flexibility in this regard with the WCHS uniform itself but need to ensure best value is being achieved.

In July I asked parents to retain any good quality items of uniform no longer in use in order that some spare items / second hand uniform be available in school. Thank you if you have done so. There is a receptacle outside the Student Support Office where your child can deposit any such items.

### 679 Bus

We have two dedicated WCHS buses on this route at the end of the day. KS3 students finish at 3.20pm and are allocated to the first bus, KS4 students finish at 3.30pm and take the second. Senior teachers supervise the process. Year 7 are obviously new to the process but we will impress on them the importance of getting out to the bus promptly at the end of the day. Where students miss their bus the options are to wait for the shared 679 bus just after 4pm (also used by Trinity and Bancrofts) or to use the (frequent) 179 service. Parents are asked to talk through these contingency measures with their child. Students also have the option of joining activities after school or signing into the homework club (3.30 – 5.00pm) if that is more convenient to parents.

### Attendance

Attendance is strong at Woodford and this contributes in no small measure to the success of our students. Clearly students who are ill should not attend school and this is particularly important if they present an infection risk – for example, if they have been displaying symptoms of Noro virus, flu or Covid-19. However, parents are asked to avoid their child too readily opting to stay home. This impacts on their resilience and ultimately (*demonstrably*) both their performance and their self-confidence. Conversely young people that brave the test that is making them nervous or front up to a teacher about a homework running late, learn that they can manage these ups and downs perfectly well.

### **New caterers**

Thank you for supplying your child with a packed lunch yesterday. Our new caterers “Innovate” launch their offer today - students will, I know be keen, to sample their wares. Parents can view the menu at any time from our website. If your child is to use the catering service (breakfast, break or lunch) you will need to ensure that her ParentPay account is kept topped up. This online payment system also gives you oversight of what she is purchasing from our caterers. With regard to Parent Pay meal balances, an upgrade to the school tills will have been undertaken over the summer holidays. As a result, some balances may be showing as zero. Please be advised that once your daughter has activated her account by purchasing an item in the canteen, the balances will be restored to the correct amount. Innovate will be launching an after-school offering (before After School clubs) soon. More information will follow in due course.

### **Reason to celebrate**

Public examination results at both A-Level and GCSE gave us plenty to celebrate this summer. We are very proud of the way both students and teachers have navigated the challenges of the past two and a half years and delighted that the resilience and determination shown has been so richly rewarded by simply outstanding results. You may peruse the results on our website. Firm foundations have been laid for A-Level study (in the case of Year 11) and for university and employment (Year 13). Such achievement will also, we hope, bolster the confidence of students preparing for 2023 examinations who were exhorted in yesterdays’ assemblies to get into good study habits from the first. Progress in academic study really is incremental – every half an hour well spent makes a difference.

We look forward to working in partnership with you this year to the benefit of your child and her education. I wish you and your family well as those term-time routines re-establish themselves!

Yours sincerely

Ms Jo Pomeroy

Headteacher



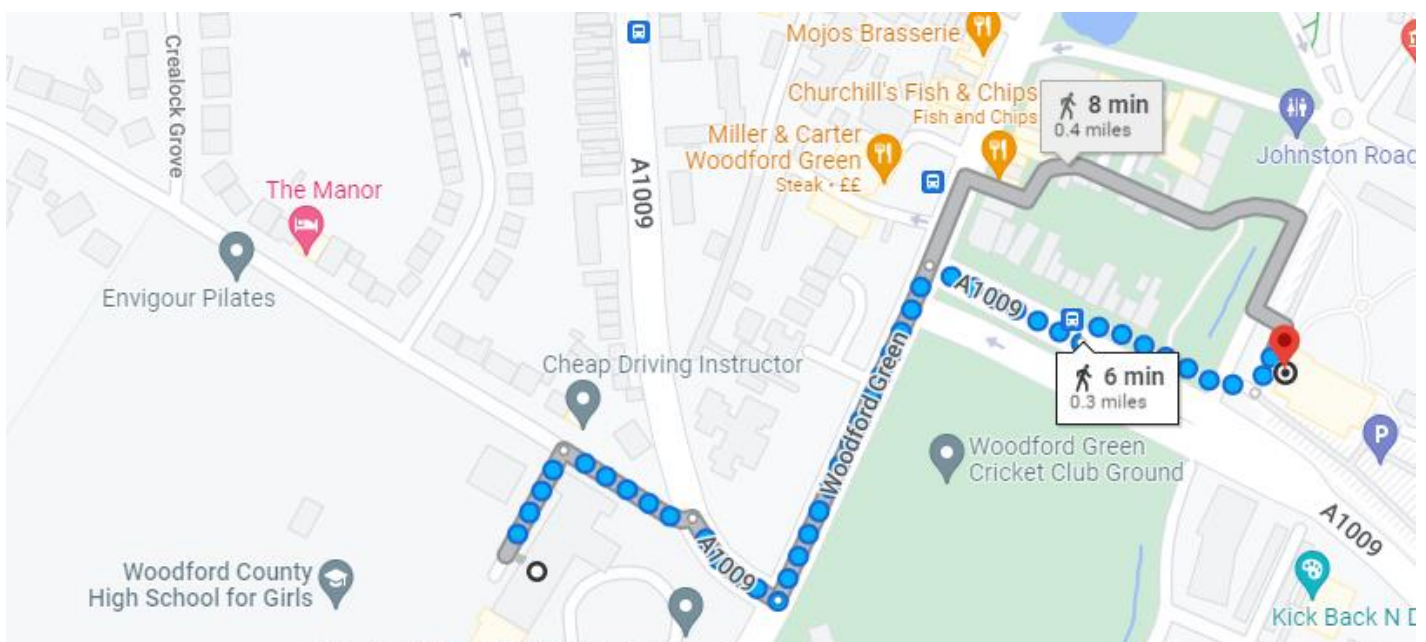
## **PARKING / STOPPING AROUND THE SCHOOL**

We have already had numerous complaints from residents around the school regarding parking on double yellow lines, parking across their drives and blocking the road.

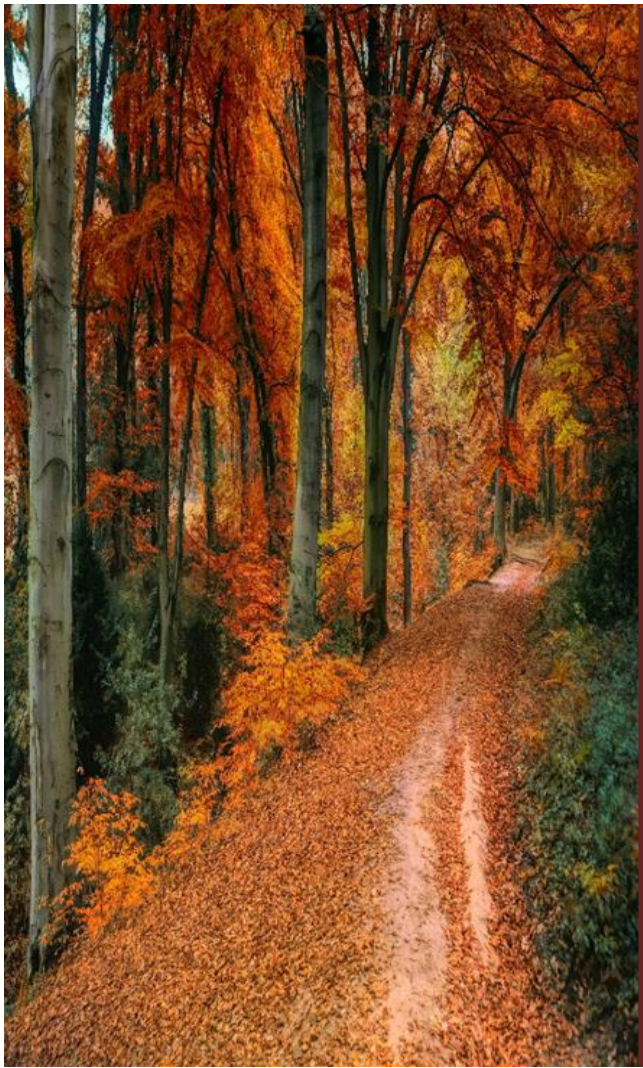
If you do drive your child to school, please park at the Sir James Hawkey Hall car park (IG8 0BG), see map below. It is a short distance from the school with ample parking available. If you are unable to do so, then please show consideration to our neighbours. Students can easily be dropped a short distance from the school and walk the remainder of the journey.

Could we also request that when collecting or dropping off your child you do not sit with your car engine idling.

Thank you.







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

- ♦ *Dance*
- ♦ *Musical theatre*
- ♦ *Street Food*
- ♦ *LAMDA.*
- ♦ *Henna Art*
- ♦ *Monday basic cooking*
- ♦ *Pop workshop*
- ♦ *Drama*

*Please book on parentpay by Friday, to secure your daughters place.*

## **YEAR 8 HPV VACCINE**

Year 8 **HPV vaccination** is taking place at school on 20th September.

The vaccination is free and recommended for young people to protect them against the human papilloma virus which increases the risk of developing some cancers later in life, such as cervical cancer, some mouth and throat cancers and some cancers of the anus and genital areas.

Read more about the [The universal HPV immunisation programme \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)



## **LUNCH BALANCES ON ParentPay**

An upgrade to the school tills will have been undertaken over the summer holidays. As a result, some balances may be showing as zero. Please be advised that once your daughter has activated her account by purchasing an item in the canteen, the balances will be restored to the correct amount.

Thank you for your patience



## **NEW CATERERS**

Dear Parents

We would like to introduce you to our new caterers – Innovate. Please see below a welcome flyer, menus for the next three weeks which can also be viewed on our school website and a photograph (above) taken at our first break session this morning. The photo includes a platter showing just some of the fresh ingredients used in today's menu.

We continue to offer a selection of vegetarian, Halal and Non halal offerings each day so we are sure there will be something for everyone

We are very excited to launch our new food offerings and hope your daughters will be excited to try out the new menus too.

Bon Appétit!

Mrs Fonseca





A WARM WELCOME FROM

*Innovate*

Your New Restaurant Provider at  
Woodford County High School for Girls





	WEEK 1	Classic Favourites	SOUTHERN STYLE	Great British Roast	KURRY	Fish & Chips
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HALAL & NON-HALAL MAIN MEAL		CLASSIC BEEF LASAGNE Garlic Bread	CHICKEN & SAUSAGE JAMBALAYA WITH FRESH LIME & CORIANDER	LEMON & THYME ROASTED CHICKEN LEG Yorkshire Pudding, Gravy	BEEF KEEMA CURRY 50/50 Rice, Naan Bread	BATTERED FISH/ SALMON FISHCAKES Chips
VEGETARIAN MEAL		VEGETABLE & BEAN LASAGNE Garlic Bread	SWEET POTATO & QUORN JAMBALAYA	MACARONI CHEESE	CAULIFLOWER & LENTIL DAHL 50/50 Rice, Naan Bread	CHEESE & ONION PASTY Chips
VEGETABLE		GARDEN SALAD PEAS	TOMATO & CUCUMBER SALAD	SEASONAL VEGETABLES MIXED SALAD	BOMBAY ALOO	BEANS GARDEN SALAD PEAS
PASTA POTS		TOMATO & BASIL				
		QUORN BOLOGNAISE	CARBONARA	PESTO	ARABBIATA	CHEESE SAUCE
JACKET POTATO		TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS				
DESSERT		BERRY & APPLE CRUMBLE Custard	CORNFLAKE CRISPY CAKE	LEMON SPONGE Custard	SPICED APPLE SPONGE Vanilla Sauce	CHILLED COCONUT RICE PUDDING
FRUIT		SELECTION OF FRUIT DAILY				
YOGHURT POTS		SELECTION OF YOGHURT POTS DAILY				
TRY OUR HOME-MADE SOUP WITH FRESHLY BAKED BREAD		LOOK OUT FOR AMAZING BLUE DOT MEAL DEALS	PIZZAS, WRAPS & PANINIS FRESH OPTIONS EVERY DAY	TAKE HOME A TAKEAWAY Collect Before You Go Home	LUNCH MEAL DEAL Check out what's on offer today!	WATCH OUT FOR OUR POP UP & STREET FOOD PROMOTIONS
		All of Our Deli Range, Sandwiches, Salads & Desserts are FRESHLY MADE HERE DAILY				

	WEEK 2	Classic Favourites	SOUTHERN STYLE	Great British Roast	KURRY	Fish & Chips
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HALAL & NON-HALAL MAIN MEAL		TRADITIONAL SAUSAGE & MASH Onion Gravy	MEXICAN BURRITO BAR Various Fillings	ROAST TURKEY Yorkshire Pudding, Gravy	CARIBBEAN CHICKEN CURRY 50/50 Rice, Naan Bread	BATTERED FISH/ SALMON FISHCAKES Chips
VEGETARIAN MEAL		VEGAN SAUSAGE & MASH Onion Gravy	REFRIED BEAN BURRITO BAR Various Toppings	QUORN ROAST Yorkshire Pudding, Gravy	VEGETABLE NOODLES & SOYA BEAN STIR FRY	PIZZA WRAP Chips
VEGETABLE		CARROTS PEAS	SWEETCORN	SEASONAL VEGETABLES	GINGER FRIED GREENS	BEANS GARDEN SALAD PEAS
PASTA POTS		TOMATO & BASIL				
		QUORN BOLOGNAISE	CARBONARA	PESTO	ARABBIATA	CHEESE SAUCE
JACKET POTATO		TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS				
DESSERT		JAM SPONGE Custard	PEAR & GINGER CRUMBLE Cinnamon Custard	CHOCOLATE SPONGE Chocolate Sauce	APPLE & BLACKBERRY CRUMBLE Custard	SYRUP SPONGE Custard
FRUIT		SELECTION OF FRUIT AVAILABLE DAILY				
YOGHURT POTS		SELECTION OF YOGHURT POTS AVAILABLE DAILY				
TRY OUR HOME-MADE SOUP WITH FRESHLY BAKED BREAD		LOOK OUT FOR AMAZING BLUE DOT MEAL DEALS	PIZZAS, WRAPS & PANINIS FRESH OPTIONS EVERY DAY	TAKE HOME A TAKEAWAY Collect Before You Go Home	LUNCH MEAL DEAL Check out what's on offer today!	WATCH OUT FOR OUR POP UP & STREET FOOD PROMOTIONS
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WEEK 3

## Classic Favourites

MONDAY



## SOUTHERN STYLE

TUESDAY



## Great British Roast

WEDNESDAY



## KURRY

THURSDAY



## Fish & Chips

FRIDAY



HALAL &  
NON-HALAL  
MAIN MEAL

**CLASSIC BEEF BOLOGNAISE**  
50/50 Pasta

**HOUSE RUBBED JERK CHICKEN**

**ROAST PORK**  
Roast Potatoes, Gravy

**THAI RED CHICKEN CURRY**  
White Rice

**BATTERED FISH/ SALMON FISHCAKES**  
Chips

VEGETARIAN  
MEAL

**ROASTED PEPPER & QUORN MOUSSAKA**

**MIXED BEAN ENCHILADA**

**CAULIFLOWER CHEESE & GREENS PASTA BAKE**

**VEGETABLE BALTI**  
White Rice

**BEAN BURGER**  
Chips

VEGETABLE

**SWEETCORN GARDEN SALAD**

**RICE N PEAS, SWEET CHILLI SLAW**

**SEASONAL VEGETABLES MIXED SALAD**

**LIME & CORIANDER SLAW**

**BEANS GARDEN SALAD PEAS**

PASTA POTS

**TOMATO & BASIL**

**QUORN BOLOGNAISE**

**CARBONARA**

**PESTO**

**ARRIBIATA**

**CHEESE SAUCE**

JACKET POTATO

**TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS**

DESSERT

**APPLE & BERRY PIE**  
Ice Cream

**WARM CHOCOLATE BROWNIE**  
Chocolate Sauce

**JAM SPONGE**  
Custard

**PANCAKE BAR**  
Fruit Toppings

**BANANA BREAD & BUTTER PUDDING**  
Custard

FRUIT

**SELECTION OF FRUIT AVAILABLE DAILY**

YOGHURT POTS

**SELECTION OF YOGHURT POTS AVAILABLE DAILY**

TRY OUR HOME-MADE  
**SOUP**  
WITH FRESHLY BAKED BREAD

LOOK OUT FOR  
AMAZING BLUE DOT  
MEAL DEALS

PIZZAS, WRAPS & PANINIS  
FRESH OPTIONS  
EVERY DAY

TAKE HOME A  
TAKEAWAY  
Collect Before You Go Home

LUNCH MEAL DEAL  
Check out what's on  
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ΨΨΨΨΨΨ

WATCH OUT FOR OUR  
**POP UP**  
& STREET FOOD  
PROMOTIONS

All of Our Deli Range,  
Sandwiches, Salads  
& Desserts are  
**FRESHLY MADE  
HERE DAILY**





**We are delighted to partner with the students, teachers, and staff at Woodford County High School for Girls**

Our aim, along with the school, is to provide all students with an **exceptional catering experience**. Our very talented Executive Chef and the fantastic catering team will be serving exciting menus packed with **healthy ingredients**, that are full of variety, and with loads of interesting new things to try. It's important that the food tastes as good as it looks, and we're sure you won't be disappointed.

## What's on the menu?

Innovate has long been considered the most inventive school caterer and that's because we're very clear about our food. All our dishes are prepared every day using quality, fresh and seasonal ingredients that are responsibly sourced. As well as ensuring the food on the plate is healthy, we want our customers to understand the importance of eating the right foods and help them with their food and nutrition journey. Here's a taste of what's to come:

**A huge selection of 'grab and go' items** including baguettes, paninis, burritos and salads to name a few, all now using our barcode system to help speed up the queues.

**A variety of healthy, tasty main meals prepared fresh every day** from carefully selected ingredients. The menu will follow a similar weekly pattern so you know what to expect, providing **over 35 choices each day** in addition to the ever popular chef specials, fortnightly themed events and loyalty schemes.

**Our Street Vibes range, global street food that tours the world.** It's always changing; from Korean fried chicken, Chinese bao buns, to Greek souvlaki, there's always something new to try!

**A salad bar bursting with flavour** from traditional garden salads through to composite salads with a wide variety of grains, proteins, and dressings.

**Theme days:** we're travelling around the world! We'll go to different regions each half term, with 3 days of special dishes alongside Street Vibes street food for the whole half term. There are also lots of individual special days and promotions that will run throughout the year!

## What meal deals are available?

**The most popular meal deal is the Blue Dot meal deal.**

Students can choose any 4 items (usually 70p each) displaying a blue dot sticker. Items include selected rolls, sandwiches, drinks, cakes and tray bakes, fruit bags, and more!

**The Blue Dot meal deal is also available to students who have an FSM allowance.**





# Innovate

## I have a free school meal allowance, what can I have?

If you are eligible for Free School Meals, we have a variety of dishes available, which can be bought with your daily funding allowance. This is a private matter, so credit is loaded automatically onto your card and is used in the same way as all our customers. Extra money can be loaded on to the cards, if you wish, and does not impact on the funding at all. It's definitely worth checking your eligibility on the Government website.

## Tell us what you think

Once you've tried our service, let us know what you think. Drop us an email at [hello@impactfood.co.uk](mailto:hello@impactfood.co.uk) to tell us about your dining experience. We also run regular customer and parent surveys which are sent out via the school: with the results being used to improve our service and adapt our menus.

We look forward to seeing you soon!

Yours sincerely,

**Scott Reader**  
**Regional Operations Manager**





## P.E. EXTRA-CURRICULAR TIMETABLE

Clubs will be starting from next week (12<sup>th</sup> September).

Year7 netball trials on Wednesday next week which is the 14<sup>th</sup> September

	<u>Mon</u>	<u>Tues</u>	<u>Weds</u>	<u>Thurs</u>	<u>Fri</u>
<b><u>Before School</u></b> <b><u>7.50-8.20am</u></b>	All Years – Badminton Sports Hall KST	All Years – Volleyball Sports Hall VJA			
<b><u>Lunchtime</u></b> <b><u>1.30-2pm</u></b>	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	
<b><u>Afterschool</u></b> <b><u>3.45-4.45pm</u></b>	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**

<b>STA: 4</b>	<b>VJA: 4</b>	<b>KRU: 3</b>	<b>KRI: 2</b>	<b>KST: 2</b>	<b>SD:</b>
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## Music Extra-curricular Timetable: Autumn 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunchtime</b>	<b>Junior Choir</b> (SF1) 13:30- 14:10  <b>Brass Ensemble</b> MTH (SF2) 13:40-2:15	<b>Junior Band</b> IBO (SF1) 13:30-14:10	<b>Jazz Band</b> KHN (SF1) 13:40-14:15  <b>String orchestra</b> IBO (Conference Room) 13:40-14:15	<b>Senior Choir</b> KHA (SF1) 13:40- 14:15  <b>Theory and GCSE/A-level support</b> IBO (SF2) 13:40-14:15	<b>Orchestra</b> IBO (SF1) 13:40-14:15
<b>After school</b>		<b>Chamber groups</b> 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 20<sup>th</sup>-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.



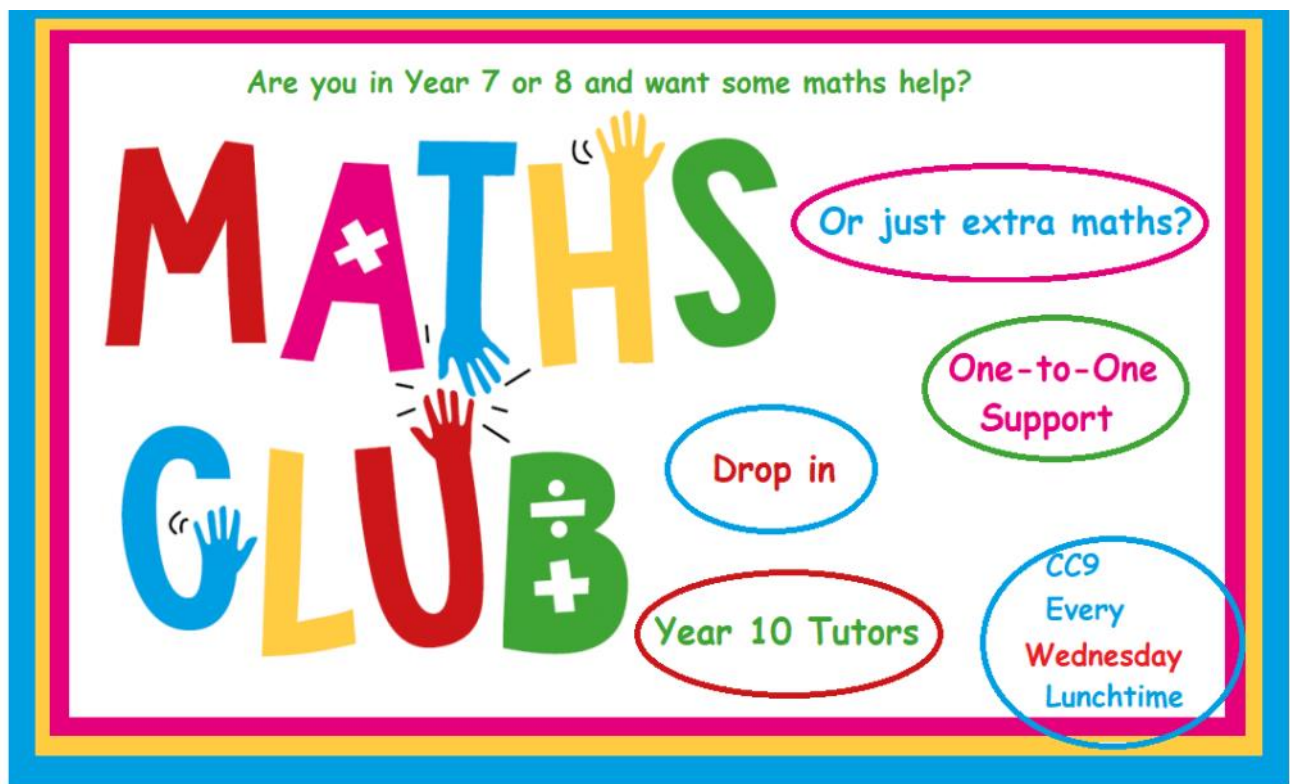
The **brass ensemble** welcomes students from beginner to advanced level to take part playing music for the end-of-term concerts. This group is particularly appropriate for musicians who have previously done the year 8 brass projects as part of the curriculum lessons, and is an excellent next step in 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.





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.

## **WOODFORD CAREERS**

One of our aims within the delivery of our school Careers Education programme is to ensure that students have as many encounters with the world of work as we can provide. This can include presentations from visiting speakers about their occupations, talking about the skills and qualifications they are required to have in their roles and how they got to their position.

We are always looking to update our data base of willing contributors. If you would be willing to come in to school to talk to students over a range of year groups, or could create a short video presentation that we could use, we would love to hear from you.

Please email Marion Smith, Careers Coordinator at [smithm@woodford.redbridge.sch.uk](mailto:smithm@woodford.redbridge.sch.uk) with your contact details and information about the sector in which you are employed.

Thank you.



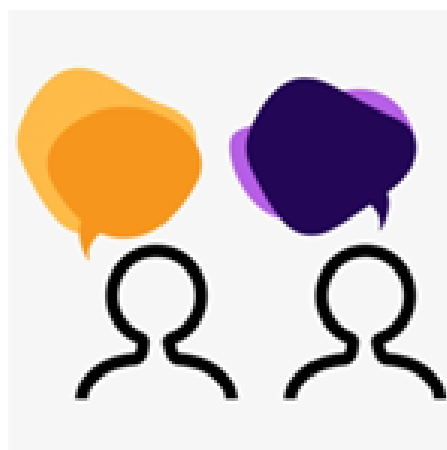


## Educational Psychology Parent Helpline

*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**

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

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

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

## **KEY DATES TO REMEMBER**



**9 September—Years 7, 10 and 12 individual photographs**

**20 September—Year 8 HPV vaccine 1st Dose**

**6 October—Year 6 Open Evening**

**7 October—Inset Day**

**13 October—5 penny race**

**18 October—6th Form Open Evening**

**20 October—Music Recital Evening**

### **REMINDER**

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

