Woodford County High School for Girls

Bulletin

Issue No. 442

5th June 2023

AFTER SCHOOL CLUBS

There are still a few places available for after school activities,
Starting Monday 12th June 2023.

- *Arts & crafts.*
- *Advanced Cooking &*

The Art of cooking are now merged and held on Thursdays.

Please book on parentpay by Friday 9th June, to secure your daughter's place.

C A K E S A L E !

MONDAY 12th June

B R E A K T I M E I N
T H E D I N I N G H A L L

50p - £1 PER CAKE

Cake donations to be taken to MAIN DINING HALL
before morning registration on
Monday 12th June
NO NUTS IN ACCORDANCE WITH SCHOOL POLICY*
Thank you!

All proceeds will go to Parents and Friends Association

THE GREEK THEATRE
WOODFORD COUNTY HIGH SCHOOL
30TH JUNE 7PM
MACBETH
SCAN TO BOOK OR VISIT
DRAMAIMPACT.COM

WCHS THEATRE SOCIETY

Patriots

Wednesday 7th June @ 7.30pm

Noel Coward Theatre

TICKETS AVAILABLE

TICKETS NOW ON SALE FOR …

Heathers 27th June. The Other Palace @ 7.30pm (15+ age rating)

The Crucible 3rd July. Gielgud Theatre @ 7pm

The Effect 11th September. National Theatre @ 7.30pm

Dr Semmelweis 13th September. Harold Pinter Theatre @ 7.30pm

Six the Musical 3rd October. Vaudeville Theatre @ 8pm.

My Neighbour Totoro 28th November. The Barbican Theatre @ 7pm (£30)

COMING SOON . . .The Lion King

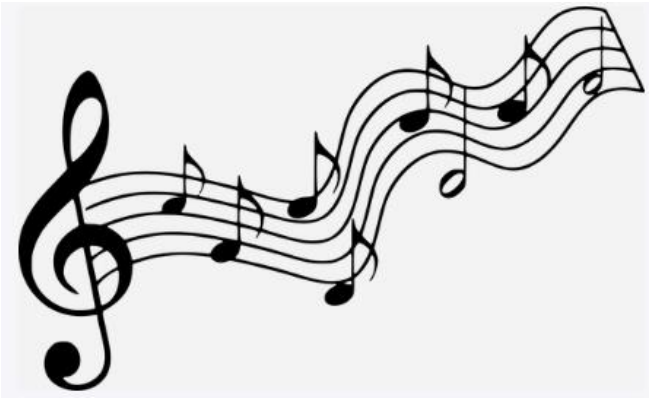
ALL TICKETS £27.50

TO BOOK TICKETS + MORE INFORMATION - EMAIL MS HORN IN THE LIBRARY

LIBRARY@WOODFORD.REDBRIDGE.SCH.UK

Music Extra-curricular Timetable: Summer 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	**Junior Choir** (SF1) 13:30- 14:00 **Senior choir** (SF1/2) 14:00-14:30 **Brass Ensemble** (Jubilee Room) 13:45-14:15 **Kalimba Club** (Conference room) 13:45-14:20	**Junior Band** IBO (SF1) 13:30- 14:10 **Musical Theatre club** (Practice room) 13:40-14:15 **Flute ensemble** KHN 13:40-14:10	**Jazz Band** KHN (SF1) 13:40-14:15 **String orchestra** IBO (SF2) 13:40-14:15 **Carnatic Ensemble** (Conference room) 13:40-14:15	**Theory** and **GCSE/ A-level support** IBO (SF2) 13:40-14:15 **Guitar Ensemble** (SG7) 13:30-14:15	**Orchestra** IBO (SF1) 13:40-14:15
After school		**Chamber groups** IBO (SF1/2) 15:45-16:30			



DON'T MISS THIS FANTASTIC OPPORTUNITY

REDBRIDGE MUSIC SERVICE

REDBRIDGE SCHOOLS CHORAL FESTIVAL

Happy and Glorious

13 March 2023 | Royal Albert Hall

DVD & ONLINE

Relive the magic of this spectacular concert for years to come

Order your DVD today

A professional video recording of this concert from the Royal Albert Hall is being produced. DVDs and ONLINE DIGITAL VIEW will be available for purchase by early May, priced £15 (p+p for DVD).

You can order online at

bsfv.co.uk/shop

P.E. EXTRA-CURRICULAR TIMETABLE

	Mon	Tues	Weds	Thurs	Fri
Before School 7.50-8.20am					Badminton for y12 & 13 ONLY STA Sports hall (until 12/5/23) Morning Mile STA
Lunchtime 1.30-2pm	Y7 & 8 Badminton Sports Hall VJA (until 12/5/23) Running Club with Sara GC	Cricket VJA & GC Hafsah Outdoor Games HBA	Rounders for all STA, KRU, HBA, VJA	All Years – Athletics KRI & KRU (see notice board for updates) Netball for All GC Kosom	All Years – Athletics KRI & STA (see notice board for updates)
Afterschool 3.30-4.20pm			**Fixtures**		

NHS
Health Education England

LINCOLNSHIRE TRAINING HUB
Primary Care Education

FUTURE DOCTOR

Should I become a Doctor?

Virtual Zoom Event– Tuesday 13th of June 6:30 – 8pm

GAIN AN INSIGHT INTO LIFE AS A MEDICAL STUDENT AND DOCTOR.

This presentation, held my medical students, is designed to help Year 9 – 12 students decide whether 'Medicine' is for them. It could also be helpful for anyone else seeking information about the Medicine Application Process – including parents and teachers.

It is will be held on the 13th of June between 6:30-8pm on Zoom. **Please fill in the sign-up form below to receive the log in details,** or find It on our website under Training & Events > Futures Programme > Future Doctor: ***https://forms.gle/GpQkhniCirnnEs7h7***

The evening will include:

- How do I know medicine is right for me?
- The Application Process
- The Medical Degree / Life as a Medic
- Foundation Years (Post Degree)

The discussion will be led by our Student Ambassadors, who are all in varying stages of their medical degrees. There will be time at the end to ask questions.

If you have any more questions, please contact molly.butcher@nhs.net

@HubLincolnshire
@LincsFutures

EMAIL: molly.butcher@nhs.net
WEBSITE: www.lincolnshiretrainighub.nhs.uk

RIASS
Redbridge Information, Advice & Support Service for Special Educational Needs & Disability

Redbridge Carers Support Service

Carers Week 5-11th June 2023 Information Event

As part of National Carers Week, RIASS would like to invite you to special information event in partnership with RCSS. (Redbridge Carers Support Service)

Wednesday 7th June
11am – 1pm
Central Library Ilford

The information session will feature a marketplace for services that support children and young people with SEND, from both statutory and voluntary sectors in Redbridge.
It will be your chance to meet services, ask questions and find out more information

LBR SEN Team 0-14
LBR SEN Team PFA
LBR CWDT (Children with Disability Team) Social Care
LBR SEND Therapy Service
LBR EP service

LBR REWT
SEaTSS
Local Offer
Connexions
Work Redbridge
FiND

RCVS, Redbridge Forum, Redbridge Respite,
One Place East, Richmond Fellowship Uniting Friends,
Jewish Care, Voiceability

And many more services from both statutory and voluntary sector

There will be an update on the Carers Strategy and Charter from the Lead Commissioner at LBR and your chance to put your views across and find out how you can be involved

Therapy taster sessions and light refreshments will be provided, and this is an opportunity for communities to come together to recognise the huge contribution unpaid carers make to society. It is also a chance for carers to network, gain peer support and learn more about support services.

Spaces are limited

To book a space please call, email, or use the Eventbrite link below:
riass@redbridge.gov.uk
020 8708 8922
https://www.eventbrite.co.uk/e/riass-rcss-information-day-tickets-631376763897?aff=ebdssbdestsearch

We look forward to seeing you

inspiring the future

Join us this London Careers Festival

Registration is still open for London Careers Festival 2023! Register your students today for the opportunity to attend our **free virtual activities** aimed at year 10-13.

Jobs in Sports Sector

Tues 27 June, 9:30 - 10:30 am

This session offers students the chance to meet a number of volunteers who have jobs in the sports sector with interactive polls, quiz questions and Q&A from students. Our sports themed panel will discuss the volunteers' experiences, the skills and qualifications they obtained and the issue of tackling gender stereotypes in the sports sector.

Register for this session

Working towards Sustainability

Tues 27 June, 1:30 – 2:30 pm

This session aims to showcase the growing need for sustainability related jobs across sectors in London such as construction, healthcare, tech and beyond. Volunteers will deliver a presentation about their career pathway, the importance of sustainable jobs, and their experience of working in the sector. Students will have time for Q&A, as well as answering quiz questions related to

Register for this session

Pathways into Healthcare

Wed 28 June, 9:30 - 10:30 am

This session will introduce students to a wide range of roles in the healthcare sector, connecting them to volunteers from across the NHS. Students can hear about the essential skills and subjects that are useful in jobs in the NHS, as well as learning about the different pathways into such roles.

Register for this session

Creative Jobs

Thurs 29 June, 9:30 - 10:30 am

This session offers students the chance to meet a number of volunteers who are not just creatives but have a range of jobs in the creative industry. Students can hear about the volunteers' skills and experiences, tackle the idea that breaking into the creative industry is about "who you know" and discuss how creativity is an essential skill that cuts across industries.

Register for this session

London Borough of Redbridge

Free workshops open to all Redbridge Parents and Carers

Parent / Carer Week

MENTAL HEALTH SUPPORT TEAM

12-16 JUNE

Redbridge Mental Health Support Team provides targeted mental health support for children and young people as well as training and support for staff in 18 Redbridge schools

We are offering free workshops to teach about a range of topics on children and young people's wellbeing and to offer information about the support Redbridge MHST offers in your schools

MON 12
Digital Resilience: Supporting Healthy Screen Time
12:00PM • *UPHALL PRIMARY SCHOOL*

MON 12
Supporting a Child who is Anxious to Attend School
2:30PM • *UPHALL PRIMARY SCHOOL*
7:00PM • *ONLINE*

MON 12
Listening to the Voices of Redbridge Parents
7:00PM • *ONLINE*

TUES 13
Responding to Behaviours Which Challenge in Children
12:00PM • *UPHALL PRIMARY SCHOOL*
7:00PM • *ONLINE*

TUES 13
Supporting your Child with Worries and Fears
2:30PM • *UPHALL PRIMARY SCHOOL*
7:00PM • *ONLINE*

WED 14
Supporting your Child's Emotional Wellbeing on Transition to Secondary School
12:00PM • *UPHALL PRIMARY SCHOOL*
7:00PM • *ONLINE*

WED 14
Supporting Children and Teens who Struggle with Low Mood and Motivation
2:30PM • *UPHALL PRIMARY SCHOOL*
7:00PM • *ONLINE*

THUR 15
Managing Behaviours which Challenge in Adolescents (Secondary)
12:00PM • *UPHALL PRIMARY SCHOOL*
7:00PM • *ONLINE*

THUR 15
Digital Resilience: Supporting your Child with Online Safety
2:30PM • *UPHALL PRIMARY SCHOOL*

THUR 15
Digital Resilience: Supporting Healthy Screen Time
7:00PM • *ONLINE*

FRI 16
Digital Resilience: Supporting your Child with Online Safety
12:00PM • *ONLINE*

Scan our QR code to Sign Up!

We want to ensure our events are accessible to everyone in our community. Please contact this email address if you wish to discuss your access requirements:

mhst@redbridge.gov.uk

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

London Borough of Redbridge

- 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 Redbridge Children's Services:

020 8708 3885

CPAT.Referrals@redbridge.gov.uk

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

YOUNG CARERS PROGRAMME

Caring for those who provide Care

Can I access young carers support?

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(1) DO YOU AND YOUR FAMILY LIVE IN WALTHAM FOREST?

(2) DOES YOUR CHILD HELP LOOK AFTER A FAMILY MEMBER (ADULT OR CHILD) WITH HEALTH/ PHYSICAL NEEDS BECAUSE THEY ARE DISABLED, HAVE EMOTIONAL OR MENTAL HEALTH NEEDS OR A SUBSTANCE DEPENDENCY?

(3) IS THIS YOUNG CARER AGED 6 – 18 YEARS OF AGE?

IF YOU HAVE SAID "YES" TO ALL THE ABOVE,
CONTACT THE TEAM ON 0208 496 2442 OR EMAIL:
young.carers@walthamforest.gov.uk

FOR MORE INFORMATION, VISIT OUR DEDCIATED WEBPAGE:
Young carers | London Borough of Waltham Forest

"Caring for those, who provide Care"

SCHOOL-AGED IMMUNISATIONS CLINICS

Children and young people attending a Redbridge school will automatically be contacted through their schools with a link to consent when they are due for vaccinations for in-school offer. If your child has missed the school session and you would like to attend a clinic, please either email us at appointments@v-uk.co.uk or call on 0203 343 2400

- HPV: Year 8
- DTP & Meningitis ACWY: Year 9
- MMR: Rec – Year 13

Date	Time	Venue
Thursday 6th April	12:00pm – 3:00pm	Fullwell Cross Library
Tuesday 25th April	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 11th May	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 23rd May	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 8th June	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 20th June	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 6th July	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 18th July	3:30pm – 5:30pm	Loxford Children's Centre

Fullwell Cross Library	**Loxford Children's Centre**
140 High Street Barkingside IG6 2EA	138-140 Ilford Lane IG1 2LG

London Borough of Redbridge

Parent Views of Mental Health

Does your child go to school in Redbridge?

We are seeking parent views on accessing mental health support through schools for you and your family

Please scan the QR code with your phone to fill out our five-minute survey and help us develop the best support for families in

Redbridge Mental Health Support Team

THE FATAL FOUR SYMPTOMS OF

TYPE 1 DIABETES

RECOGNISING THE SIGNS SAVES LIVES

- EXCESSIVE THIRST?
- MORE FREQUENT URINATION?
- RAPID WEIGHT LOSS?
- EXTREME TIREDNESS?

If you recognise these symptoms ask your GP for a blood sugar test immediately. Learn more at AdamBellFoundation.org.uk

adam bell foundation

UK Registered charity (1115093)

DIABETES BY DESIGN

Artwork by @DiabetesByDesign

DATES FOR THE DIARY

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

27 Jun—Year 12 Induction Day
27 Jun—Year 11 Prom
30 Jun—Year 13 Leavers' Day
14 July—40 Years On -
Reminiscing the Summer Production
15 September—Remote Schooling (One Day Only)
12 October—Non-Contact Day

wchs_geog
WoodfordCHS_UK_Geography

Instagram

REMINDER

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