Woodford County High School for Girls

Bulletin

Issue No. 443

13th June 2023

Dear Parents,

BEWARE CYBER-ATTACKS

As you may be aware, there has been an increase in cyber-attacks in the local area in the past few weeks. To stay safe online, please be cautious of suspicious emails and attachments:

Do NOT click on any links or open email attachments in unsolicited or suspicious emails*. Attackers often use phishing techniques to trick unsuspecting victims into compromising their systems. If you receive an email that appears suspicious or contains unexpected attachments, it is best to refrain from interacting with it and promptly delete it.*

Use a strong, unique password (consider using a passphrase or "three random words") & Do NOT use passwords that you also use for other systems. How secure are your passwords? https://www.security.org/how-secure-is-my-password/ enter your passwords to see how quickly someone could gain access to your account.

Regards

Rita Del Giudice

Network Manager

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

WCHS THEATRE SOCIETY

Heathers (14+)

Tuesday 27th June @ 7.30pm

The Other Palace

TICKETS AVAILABLE

TICKETS NOW ON SALE FOR …

The Crucible 3rd July. Gielgud Theatre @ 7pm

The Effect 11th September. National Theatre @ 7.30pm

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

The Lion King 10th October. Lyceum Theatre @ 7.30pm (£35)

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

Hadestown 27th February. Lyric Theatre @ 7.30pm (£30)

The WCHS Theatre Society is a PFA initiative. An adult must accompany lower school students – this is not a school trip and it is not supervised.

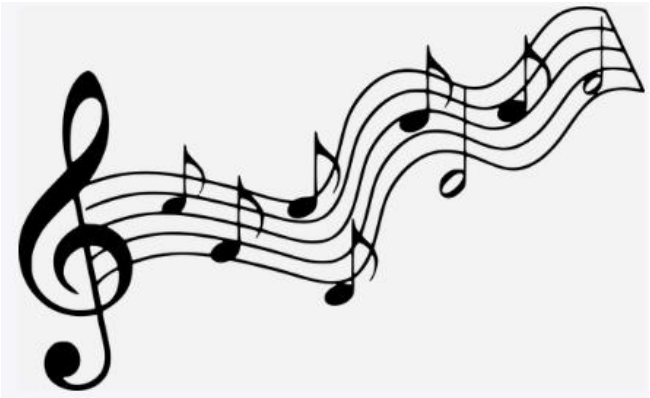
ALL TICKETS £27.50

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					Morning Mile STA
Lunchtime 1.30-2pm	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**		

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

London Borough of Redbridge

NELFT NHS
NHS Foundation Trust

NHS

Do you live in Redbridge?
FREE online courses for all residents

Understanding Pregnancy, Labour, Birth and Your Baby
Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

Understanding Your Baby
Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

Understanding Your Child (0-19 yrs)
Popular **online** course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

Understanding Your Teenagers' Brain (short course)
Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

www.inourplace.co.uk

If you need local support or advice please contact the Redbridge Families Together Hub, Early Intervention team on 020 8708 3882

The Solihull Approach was Developed by Psychologists, Psychotherapists, Health Visitors & NHS and Education Professionals

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

Access Code:
BRIDGE

Go to www.inourplace.co.uk

Apply the 'access code' for FREE access!
Fill in some details to create an account
To return to the course(s) go to
www.inourplace.co.uk and sign in!

For technical support contact
solihull.approach@heartofengland.nhs.uk
or 0121 296 4448 Mon-Fri 9am–5pm

SolihullApproach

@SolihullAproach (NB: 1 'p')

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

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

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

London Borough of Redbridge

Parent / Carer Week Event Schedule

12-16 JUNE

Free workshops open to all Redbridge Parents and Carers

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

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

JUNE

12 MON — Digital Resilience: Supporting Healthy Screen Time

Screens are an inevitable part of modern life. Join Nalini Naidoo, of ParentZone to discuss how to raise digitally resilient children, and support a healthy, future-proof relationship with screens.

12:00PM • *UPHALL PRIMARY SCHOOL*

---

12 MON — Supporting a Child who is Anxious to Attend School

Many children and young people worry about school. This is normal. However sometimes a child's worries may lead to difficulties attending school. If your child has high levels of anxiety and does not want to attend school, they may be experiencing Emotionally Based School Avoidance (EBSA). Join our workshop to learn more about EBSA, and practical tips for how to address concerns about school avoidance.

2:30PM • *UPHALL PRIMARY SCHOOL* **7:00PM** • *ONLINE*

---

12 MON — Listening to the Voices of Redbridge Parents

Join us for an interactive session with the Mental Health Support Team and Redbridge Education Wellbeing Team. We want to hear from parents and carers about how local services can better meet the mental health and emotional wellbeing needs of Redbridge children and young people.

7:00PM • *ONLINE*

---

13 TUES — Responding to Behaviours which Challenge in Children

Testing boundaries is a normal part of children's development but it needn't damage your relationship with your child. Learn how to enhance emotional regulation and promote positive behaviour through play, boundary-setting, and setting clear expectations.

12:00PM • *UPHALL PRIMARY SCHOOL* **7:00PM** • *ONLINE*

---

13 TUES — Supporting your Child with Worries and Fears

Worry and anxiety is a normal part of life. In small doses it can motivate and drive us, but if it is interfering with your child's daily life then support might be needed. Join us to hear about how to support children with their worries and fears, and learn some practical techniques to help your child.

2:30PM • *UPHALL PRIMARY SCHOOL* **7:00PM** • *ONLINE*

London Borough of Redbridge

Parent / Carer Week Event Schedule

12-16 JUNE

Free workshops open to all Redbridge Parents and Carers

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

JUNE

14 WED — Supporting your Child's Emotional Wellbeing on Transition to Secondary School

Making the transition to Secondary School can feel daunting and exciting at the same time. You might remember your own first days at Secondary School. A new building, lots of different subjects and teachers, new students, new uniform, and different journey into school. Along with it, a growing sense of independence. For some children, transition to secondary school can feel exceptionally scary. Learn practical strategies for supporting your child during this exciting, but daunting time.

12:00PM • *UPHALL PRIMARY SCHOOL* **7:00PM** • *ONLINE*

---

14 WED — Supporting Children and Teens who Struggle with Low Mood and Motivation

It's hard as a parent to see your child struggling with low mood. Sometimes those feelings of sadness can become overwhelming to children and a sign that they need support. Join us to learn practical techniques based on Cognitive Behavioural Therapy to support your child with their low mood.

2:30PM • *UPHALL PRIMARY SCHOOL* **7:00PM** • *ONLINE*

---

15 THUR — Managing Behaviours which Challenge in Adolescents

Promoting positive behaviour in teens can be a challenging task. This is a hugely formative stage in their lives where they are testing boundaries, taking risks, and critically developing their identity. Learn how to promote positive behaviour in teens, and enhance your relationship.

12:00PM • *UPHALL PRIMARY SCHOOL* **7:00PM** • *ONLINE*

---

15 THUR — Digital Resilience: Supporting your Child with Online Safety

The online world is moving quickly. It's hard for parents to keep up. Learn how to keep your child safe online using practical strategies for enhancing your child's resilience in the digital age.

2:30PM • *UPHALL PRIMARY SCHOOL*

---

15 THUR — Digital Resilience: Supporting Healthy Screen Time

Screens are an inevitable part of modern life. Join Nalini Naidoo, of ParentZone to discuss how to raise digitally resilient children, and support a healthy, future-proof relationship with screens.

7:00PM • *ONLINE*

---

16 FRI — Digital Resilience: Supporting your Child with Online Safety

The online world is moving quickly. It's hard for parents to keep up. Learn how to keep your child safe online using practical strategies for enhancing your child's resilience in the digital age.

12:00PM • *ONLINE*

YOUNG CARERS PROGRAMME

Caring for those who provide Care

Can I access young carers support?

---

(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

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	

wchs_geog
WoodfordCHS_UK_Geography

Instagram

KEY DATES TO REMEMBER

26 Jun—Year 12 Induction Day (DATE CHANGE)
27 Jun—Year 11 Prom
30 Jun—Year 13 Leavers' Day
14 July—40 Years On - Reminiscing the Summer Production
24 August—GCSE Results Published
6 September—Back to School
15 September—Remote Schooling (One Day Only)
12 October—Non-Contact Day

REMINDER

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