

WCHS School Birthday

CAKE COMPEITION!

On Friday 29th September, we will be celebrating the school's 104th birthday.

Our traditional and very popular school birthday cake competition will be taking place.

Please see the information below for further details.

Choose a category and bake a cake celebrating the school's 104th birthday. Cakes will be judged only on the design outcome.

The categories are:

1. Traditional Woodford themed cake
2. A novelty cake (Non-traditional cake)

1st, 2nd and 3rd place for each category and key stage (KS5, KS4 & KS3) will be decided by break time.

NO NUTS ARE TO BE INCLUDED WITHIN THE CAKES!

SOME EXAMPLES:

HOW TO JOIN?

To join the competition collect a form from your Form tutor or Student Support and bring it with you on Friday (if you have not returned it to Student Support already..)

You must clearly label your cake with your :

❖ **FULL NAME AND FORM**

❖ **CATEGORY YOU ARE ENTERING**





Five Penny Race

Save the date and your 5p coins

We will be holding our Five Penny Race on Thursday 5 October 2023.

It is a great school tradition and it is a House competition—students compete against other Houses, laying 5p coins next to each other in a straight line. Whichever House completes the largest number of lines wins.

Lots of fun to be had by the students on the day.

Please collect your 5p coins and give them to your daughter to bring to school on

5 October 2023

Money raised will be donated to



Thank you



PFA INFORMAL MEETING

The PFA would like to host an informal meeting for PFA members on Saturday 14 October at 10.00 - 12:00 am. We will also be hosting a Coffee Morning for Macmillan Cancer Support! Please join us for some tasty treats to raise money to support people living with cancer.

There will be a PFA AGM held In November where we will be inviting new members to formally join the Committee.

This will be a good opportunity to find out more about us and how you can get involved.

Refreshments will be provided courtesy of the PFA. We would love to see you there and share your fundraising ideas.

Iffat Hayat, Chairperson, Parents and Friends Association



FLU VACCINATION FOR STUDENTS IN YEARS 7-11

Please find attached the E-Consent letter regarding the forthcoming Flu Vaccinations which is taking place in school on October 2nd and October 3rd. Enclosed in the letter, and below, is an online link where you can submit the e-consent form. Please note the e-consent site closes on Friday 29th September, so it is important to fill this in ASAP – please complete even if you DO NOT wish your child to receive the vaccination.

This year, Vaccination UK will again be offering the nasal spray as well as the gelatine free alternative which is an injection. The nasal spray is more effective for young people however, if you wish for your child to receive the flu injection instead of the nasal spray, you will need to consent to the vaccination and then you are given the option of nasal spray or injection.

<https://london.schoolvaccination.uk/flu/2023/redbridge>



Flu immunisation for pupils in school years Reception - Year 11

DEAR PARENT/CARER,

The flu vaccine is being offered at your child's school again this autumn/winter.

To give consent for your child to have the flu vaccine, please click here:

<https://london.schoolvaccination.uk/flu/2023/redbridge>

Even if you do not wish for your child to have the vaccine, please complete the online form so that we can record your wishes.

THE NASAL FLU VACCINE

- ✓ Protects your child from the flu.
- ✓ Protects your family and friends from the flu (especially those who are elderly, young babies, or those who have serious health conditions).
- ✓ Is painless, quick and effective.
- ✓ Is free



THE IM FLU VACCINE



We also offer the flu vaccine as an injection, which is **gelatine-free**. This *may* also be the vaccine of choice for vegans. Please go to our website where you can find out more about the manufacturing of the flu injection, and then decide if the injection is more suited to your child.

You only need to complete one consent form for each child. If you later change your mind, please call your local team. If your child has this immunisation elsewhere after you have submitted the consent form, you **MUST** inform Vaccination UK rather than the school.

We understand that you may have questions about the vaccine. For more information, please go to our website, where you can find a list of FAQ's, as well as details of our community catch up clinics. We also have some FAQ's enclosed below.

You can also find informational videos on our YouTube channel, including subtitled versions for other languages.

Yours Faithfully,

Your Local Immunisation Team
Vaccination UK



Vaccination UK

REDBRIDGE Immunisation Team Contact Details



redbridge@v-uk.co.uk



0203 3432400

WORKING ON BEHALF OF

NHS
England

USEFUL INFO



We endeavour to come to your child's school twice. If they are absent or unable to be vaccinated at school, you will need to attend one of our community clinics for the vaccine. Details of these can be found on our website or you can contact the team above.



PLEASE NOTE the flu vaccine will **NOT** be available to otherwise healthy children after **December 15th** at all, and so we urge you to return the consent form as soon as possible in case we are not able to visit your child's schools for a second visit this year.



Your consent will remain in place for the entire flu season. If your child misses a first visit, you do not need to complete a second form.

USEFUL LINKS



www.schoolvaccination.uk/nasal-flu

www.youtube.com/@vaccinationuk



PRIVACY POLICY

Our 2023/24 policy can be viewed here:

www.schoolvaccination.uk/privacy-policy

For data protection queries, please contact:

dpo@vaccinationuk.co.uk



ADDITIONAL INFORMATION

*The consent form needs to be signed by a person with parental responsibility which includes:

- Mother: automatic
- Father: if married to the mother either when baby is born or marries subsequently
- Unmarried father: if name appears on birth certificate (since 1/12/03) or legally acquired
- Others: if parental responsibility is legally acquired
- Parental Responsibility Agreement: signed, properly witnessed and sent for registration to Principle Registry or the Family Division (High Court)
- Residence Order: granted by the Court

Please note that young people under the age of 16 can give or refuse consent if considered competent to do so by nursing staff.

FREQUENTLY ASKED QUESTIONS

Are there any side effects of the vaccine?

Possible side effects are: decreased appetite, headache, a runny or blocked nose, and sometimes a raised temperature. These are common, but they pass quickly and can be treated with paracetamol or ibuprofen if you feel your child needs it.

Are there any children who shouldn't have the nasal vaccine?

You should let us know if your child has any of the following:

- A very severe allergy to eggs, egg proteins, gentamicin or gelatine – it is important for us to know if your child has been admitted to hospital with a condition called anaphylaxis, triggered by these things.
- Are currently wheezy or have been wheezy in the past 72 hours with asthma. There is an alternative flu vaccine that we can talk to you about to ensure that your child is protected as soon as possible.
- Have a condition that severely weakens their immune system.

Also, children who have been vaccinated should avoid close contact with people with *very severely* weakened immune systems for around two weeks following vaccination (By severely weakened, we generally mean people who are isolating, such as those who have received some types of chemotherapy or people who have had a bone marrow transplant, for example). This is because there's an extremely remote chance that the vaccine virus may be passed to them.

Contact with other healthy children or adults does not need to be limited after having the vaccine.

We do not eat pork products.

Can my child have a different flu vaccine?

Yes. There is a flu vaccine available, in the form of an injection.

The nasal flu vaccine is the best vaccine for children and young people under 18 years of age as it is more effective at stopping the spread of flu and it is painless, but it does have a highly processed form of gelatine (porcine gelatine), which is used in a range of many essential medicines. The gelatine helps to keep the vaccine viruses stable so that the vaccine provides the best protection against flu.

If your faith or beliefs mean you would prefer a vaccine that has no pork (porcine gelatine) in it, please complete the consent for the flu injection only. You do not need to complete a form for both.

If your child is vegan, please note that the flu injection is a cell based vaccine. For more information, please see our FAQs page on our website:

<https://www.schoolvaccination.uk/nasal-flu>



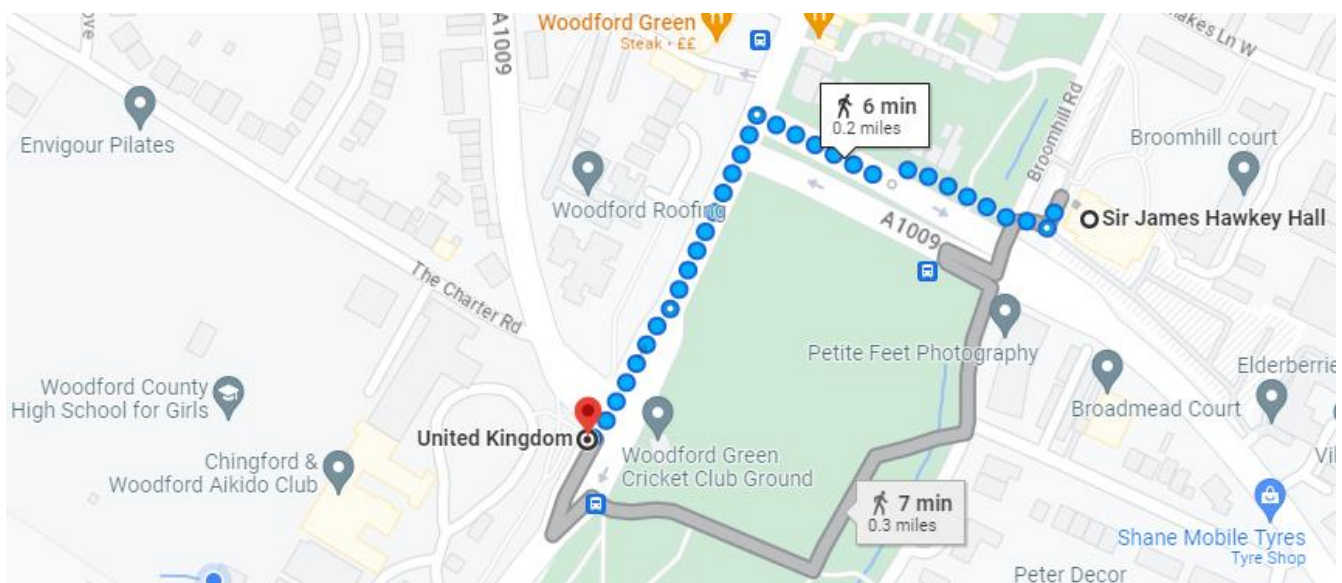
PARKING / STOPPING AROUND THE SCHOOL

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.



Online workshop for parents:

Exploitation, Gangs and Knife Crime Awareness

The Ben Kinsella Trust are delighted to confirm they are running further workshops for parents and carers in October. These workshops are national, so ensure to book a space to avoid missing out.

October 3rd & 10th October 7-9pm via Zoom

(Both sessions to be attended)

You can book your space by clicking the link below:

<https://benkinsella.org.uk/parents-carers-workshops/>

Parents & Carers workshops

Exploitation, Gangs and Knife Crime Awareness

Parenting children and young adults is hard, sometimes it can be scary and overwhelming with news stories and social media influencing how safe we feel our children are and the risks they may face in today's climate.

Join our **FREE** workshop on **Tuesday 3rd October & Tuesday 10th October (7pm-9pm)** on zoom to learn more about what is regular teenager behaviour or what might be signs that a young person in your care is being groomed or exploited.



Woodford County Eco Info

As a school community we all have the responsibility to create a sustainable future for our beautiful planet.

Second hand
September

LIFE
NOT LANDFILL

BE PART OF OXFAM'S
**SECOND
HAND
SEPTEMBER**

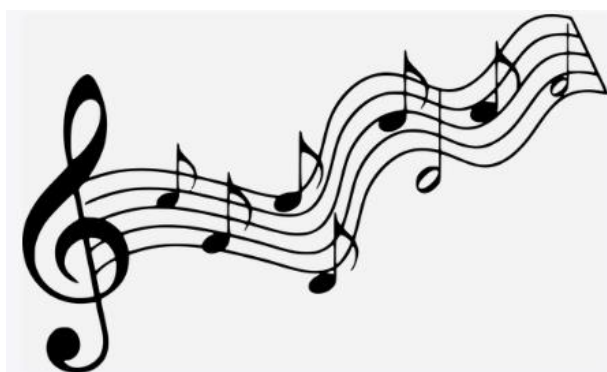
**RETHINK
YOUR
WARDROBE**

**LONG
LIVE
FASHION**

- **REDUCE:** Reduce clothing waste and save great clothes from ending up in landfill
- **REUSE:** Choose to shop second hand – there are many vintage shops, charity shops, online stores that have amazing bargains.
- **RECYCLE:** When you no longer want your old clothes give them a new lease of life and donate them to charity shops or high street shops that have clothing donation banks such as H&M, M&S, TKMaxx and Uniglo. They often give you rewards for doing this too!

Music Extra-Curricular Timetable: Winter 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Junior Choir Ms Nina (SF1) 13:30- 14:10 Senior choir JMI (Main Hall) 13:40-14:15 Brass Ensemble (Jubilee room) 13:45-14:15 Kalimba Club (Conference room) 13:40-14:15	Junior Band IBO (SF1) 13:30- 14:10 Flute ensemble (please speak to Ms Hannent if interested) KHN 13:40-14:10 Musical Theatre Club (Conference Room) 13:40-14:10	Jazz Band KHN (SF1) 13:40-14:15 String orchestra IBO (SF2) 13:40-14:15 Carnatic Ensemble (Jubilee Room 1) 13:30-14:20 Ukelele Club (Jubilee Room 2) 13:40-14:15	Theory and GCSE/A-level support IBO (SF2) 13:40-14:15	Orchestra IBO (SF1) 13:40-14:15 Guitar Ensemble (SF2) 13:40-14:15
After school		Chamber groups IBO (SF1/2) 15:45-16:30			



The sign-up sheet for the music recital is now up outside SF2. This is for anyone wishing to do a solo or small ensemble performance for the concert on Thursday 19th October. Please sign up if you wish to audition, the event is a great opportunity to showcase students' musical talents. Auditions will take place in the week beginning 2nd October 2023.

WCHS - ECTT – Term 1

	<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>					<u>Yr12&13</u> <u>Badminton</u> STA
<u>Lunchtime</u> <u>1.30-2pm</u>	<u>Volleyball (all)</u> VJA <u>Trampolining</u> KRU Week A = yr9-11 Week B = yr7&8	<u>*Netball - SQUAD Training Only*</u> + Sixth formers STA, VJA, HBA, KRU	<u>Football Training</u> Week A = yr7 & 8 HBA Week B = yr9-11 STA <u>Athletics</u> (all) KRI	<u>Badminton</u> VJA Week A = yr7&8 Week B = yr9-11	<u>Yr10 & 11</u> <u>GCSE Trampolining & Badminton</u> STA & KRU <u>Cross Country</u> (all) KRI
<u>After-school</u> <u>3.30-4.20pm</u>			<u>*FIXTURES*</u>		



LIVE FOR THE MOVEMENT

Sign up today for **FREE**
weekly fitness classes

Calling all girls aged 11-16! Check
out our new **MOVE TOGETHER**
FITNESS CLASSES.

Good for both body and mind
our specially designed classes
will help you to build strength,
confidence and get you moving.
It's the perfect opportunity to
have fun with friends.

Find out more

MOVE TOGETHER

Join our next class at...

Time:

Date:

Location:

nuffieldhealth.com/movetogether



DATES FOR THE DIARY

AUTUMN 2023		
Term	Wednesday 6 September 2023	Friday 20 October 2023
WCHS Remote Schooling	Friday 15 September 2023	Students studying from home
Half-term	Monday 23 October 2023	Friday 27 October 2023
Term	Monday 30 October 2023	Wednesday 20 December 2023
Non-Contact Day	Thursday 12 October 2023	



KEY DATES TO REMEMBER

29 September—School Birthday (104th)

2-3 October—Years 7-11 Flue Vaccine

5 October—Five Penny Race in aid of Leukaemia Research

11 October—Year 6 Open Evening

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.

