

**A reminder that Thursday 12th October is a staff training day.
School will therefore not be open to students.**

Dear Parents/Carers,

Parent Governor Election Result

During the recent election for a Parent Governor to join our Governing Body, we received nominations from the following three parents:

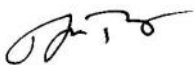
- Ms Mehreen Amjad
- Ms Heidi Mathers
- Mr Satyanarayana Veerlapati

Following the ballot, which closed at 4pm on Thursday 5th October 2023, I am pleased to confirm that the following parent has been appointed as Parent Governor for Woodford County High School and will take up her post on 14th October 2023 for a four-year term.

- Ms Heidi Mathers

Thank you to all parents who put themselves forward.

Yours sincerely



Ms Jo Pomeroy
Headteacher



OPEN EVENING

WEDNESDAY 11th OCTOBER 2023

EARLY FINISH AND VOLUNTEERS

Wednesday October 11th is Open Evening.

This is a ticketed event for children who recently sat the 11+ and their parents.

School will end slightly earlier— 2:50 pm for KS3 and 3:00 pm for KS4 & 5

The 679 buses that start at school have been asked to come at the earlier time.

A number of students are helping at the evening with tours or in Departments.

Students in Y7-11 will bring home a letter with a reply slip to return if they are helping on the night.

Open Evening should end at 8pm for those students helping.

Thank you in advance for those facilitating their children supporting the event.





WOODFORD COUNTY HIGH SCHOOL

Sixth Form Virtual Open Evening

**Tuesday 17th October 2023
5.30-8.00pm**

On our website and Microsoft Teams

Booking now open via our website:

www.woodford.redbridge.sch.uk

Click on Sixth Form > Sixth Form Virtual Open Evening



SCAN ME





**DONATE TO THE MOROCCO
EARTHQUAKE APPEAL**



NON UNIFORM DAY*

Wednesday 18th October

Disaster Relief Appeals:

Moroccan Earthquake

Libyan Floods

£2 – Pay on parent pay – NOW OPEN

- * You must still wear your year group lanyard.
Don't forget your fob and locker keys!



**DONATE TO THE MOROCCO
EARTHQUAKE APPEAL**

CLOSURE OF BROADMEAD ROAD

Letter From The Council

Accompanying this bulletin is a copy of the letter we have received from the Leader of Redbridge Council, Councillor Jas Athwal explaining the problems that have led to the closure of a section of Broadmead Road and the measures the Council is taking to tackle the problem.

If you do not wish to read the whole letter, a summary of its main points are as follows:

1. The closure is likely to be for an extended period, with no specific end point yet in sight.
2. The closure took place because significant structural defects to the bridge were discovered during an inspection.
3. Repairs will take time because of the nature of the damage and the fact that work can only take place when the Central Line is not running.
4. Traffic alleviations measures will be put in place where possible and the Council will work with TfL on bus diversions.

Impact On The School

We are aware that the closure has had a significant impact on students' ability to be in school on time and in particular on the punctuality of the 679 bus. TfL is aware of our concerns about the buses.

We will continue to monitor the traffic situation on a daily basis, but given that the closure is going to be a long-term one, it is important that it is factored into journey planning to ensure girls keep their lateness to a minimum.



Volunteers needed for the Yr13 MMI medicine and dentistry event

Dear All,

As you may be aware, we are organising an MMI-style medicine and dentistry event at WCHS, to be held later in the autumn term 2023. We have run hugely successful events in 2019 and 2022, and are hoping you will be able to contribute to another successful event this year.

If you are in either the medical or dental fields, or know others that are; we would be so grateful if you could volunteer at the event, or forward this onto anyone that can. We understand that you may be incredibly busy but, if you could spare even 1-2 hours, it would be very much appreciated and invaluable to the students.

At WCHS, we are committed to giving our students access to the best support and opportunities, as I know you are. Our parents and guardians are a rich source of expertise, knowledge and inspiration for the students; your involvement and support would mean so much to both the students and the school as a whole.

We are looking for volunteers that can provide interview practice for the students, giving constructive feedback that will help them to develop their interview skills. There will also be presentations and a Q&A session - see below for a possible draft schedule of the day:

- 8 - 9am: Registration, breakfast and welcome
- 9 - 10.30am: Presentations and MMI Interview Workshop Part 1
- 11.10am - 12pm: MMI Interview Workshop Part 2, plus overall feedback
- 12 - 12.30pm: Presentations
- 12.30 - 1pm: Q&A Panel and finish

We hope that you will be able to attend the entire event, but any support you can offer for any of these periods would be so appreciated. If you are not available for the whole day, but could attend for part of the session, please indicate this on the form below.

We are looking at the following 4 dates:

- Friday 17th November 2023
- Friday 24th November 2023
- Friday 1st December 2023
- Friday 8th December 2023

If you may be able to help, please kindly complete the following form, answering Yes if you are available and No if not for each given date. If you know of anyone who may be able to volunteer, please forward it onto them to complete. Note that the form allows for multiple submissions, so you can amend your availability should your schedule change.

<https://forms.office.com/e/vE8K0pzRmH>

Thank you so much for your support. If you have any questions or suggestions, please do not hesitate to contact me.

Best wishes,

Saira Khan, Deputy Head of Science



Demystifying Attendance Reporting

Dear parents, carers,

Some of you will have received a letter from me last week regarding your child's current attendance being below the school's threshold of 96% and may have been a little surprised. In this article I thought I'd demystify some of the rules when it comes to absence and attendance.

First of all, let me start by stating that the whole school current attendance stands at **97.3% for Years 7-11** which makes for a fantastic start to the new academic year. We have seen very few families returning late from overseas visits after the summer vacation this year, which is crucial to allow your child to hit the ground running.

Turning our attention to attendance of individual students; since we are early in the academic year, a day's absence will have a significant impact on your child's attendance statistics. We've had roughly 20 days in school now, so a day's absence constitutes 5% loss in attendance, a further day and your child is now running at 90% and considered as a persistent absentee by Government statistics. Whilst I appreciate that it is unfortunate if your child becomes ill at the start of the academic year (and that their statistics are impacted), what is more important is that **following a bout of illness they are back in school as soon as possible so that they do not miss out on their education**. We have found in the past that some children have remained off-school for longer than necessary or have benefited from parents allowing them to stay at home when experiencing mild symptoms, please do encourage them to return to school once they are physically better.

Another point I wished to demystify are medical absences and other authorised absences and how (and why) they hit your child's attendance figures. As the name suggests, an absence (authorised or unauthorised) from school is just that, an absence from school. As a result, a day's absence is recorded, and attendance figures subsequently hit. This is why we encourage you to book appointments outside of school hours where possible. At this juncture I would like to thank parents who have been sending in documentation for their child's upcoming appointments, this really helps our administration team record absences and pass on this crucial information to teaching staff in advance. Equally, without these details, your child's absence is considered as unauthorised, and you may become liable for a fine if more than 12 sessions (6 days of absence) are recorded in a 12 week period. Coming back to sessions, each day in school is split in to AM and PM sessions, therefore being absent for a day counts towards being absent for two sessions. Students should therefore be absent for as little time as possible during an appointment to help them decrease their absence from school and support their education.

Take home messages

- WCHS is serious about student attendance, and we will be sending out letters to drive attendance up where it is falling short of expectation (**Less than 96% attendance**). We will not continue to send letters if we know that your child is suffering from a **known** chronic illness.
- If your child is ill, please do keep them off school as viral infections will spread and cause others to become ill as well. Please report the absence immediately to your child's Key Stage administrator.
- Once your child is better, please encourage them back into school. If your child is reporting mild illness, again encourage resilience.
- Absences of any type, (authorised or unauthorised) will impact your child's attendance. If your child hits the 96% threshold, a letter will be sent home. If this figure continues to decrease after the initial letter (we report on attendance fortnightly), we will continue to write to you for your support. At school, our Head's of Year will monitor their year group and write student specific plans to improve individuals with known poor attendance. If this fails, our schools Educational Welfare Officer will get involved in instances which are not wellbeing related (physical or mental).
- If you would like further information on our Attendance policy, [please click the following link](#).



Support for residents struggling with the cost of living



Please see the message below from The London Borough of Redbridge:

Please can you send the following links to families which will support them with the cost of living:

[Cost of Living \(redbridge.gov.uk\)](https://redbridge.gov.uk/cost-of-living)

[Cost of Living - Cost of Living payment \(redbridge.gov.uk\)](https://redbridge.gov.uk/cost-of-living-payment)

[Cost of Living - Foodbanks \(redbridge.gov.uk\)](https://redbridge.gov.uk/cost-of-living-foodbanks)

There is the [Ilford Community Grocery](https://communitygrocery.org.uk/ilford/) - we urge every family in need to join the Ilford Community Grocery, 25-29 Clements Rd where residents can buy food at 80% discount:

For the longer term you may be interested in buying your groceries at the Ilford Community Grocery. Join this grocery for £5 a year and you can buy 12 items for just £5. It is located at 25-29 Clements Rd, Ilford.

It is open Monday through Friday 9:30am - 4:30pm.

More details: <https://communitygrocery.org.uk/ilford/>

Five Penny Race

We are pleased to inform you that we have raised £1,296.00 in aid of Leukaemia Research from the 5 Penny Race on 5th October 2023.



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. It will be in the classroom above the Sports Hall.

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, so 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. Please see for donations:

<http://www.justgiving.com/cm23074935>

Iffat Hayat, Chairperson, Parents and Friends Association



Maths Drop In's

Come along any time within your session to get help with classwork, homework or revision

Yr 7 & 8

Weds

1.30-2.20

CC10

When you solve a maths problem 3 times



and get different answer each time

Yr 9, 10 & 11

Tues

1.30-2.00

CC3

How I sleep knowing I'm not struggling with maths

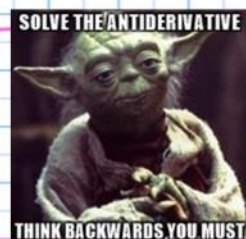


Yr 12 & 13

Weds

1.30-2.25

CC3



Woodford County Eco Info

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

**Turn off the lights
when you leave a
room**



Open up your blinds and use as much natural light as possible before switching on your light bulbs. Enjoy some more sunshine



Dear Parents and Carers

Redbridge's Specialist Education and Training Support Service (SEaTSS) is running weekly online parental training opportunities every Monday with a choice of morning or evening events. Please see attached information about these training sessions and about SEaTSS' brand new social media accounts.

Jo Pomeroy
Headteacher

Special Education and Training Support Service

f i Speciallyeducationtraining

S.E.A.T.S.S UPCOMING PARENT TRAINING DATES

Training Every Monday Evening Online
7:00pm-8:00pm
or
Monday Morning Online 9:30am-10:30am



Scan or Click Here

Are you looking for ways to support your child with **reading, writing and spelling**?

Do you want to learn more about **Dyslexia**?

Pick a date and time and join us at our **ONLINE** events hosted by Specialist Advisory Teachers



Free: For Parents/carers living in Redbridge.
Cost: £6.99 for Parents/carers living outside of Redbridge.

Special Education and Training Support Service

f i Speciallyeducationtraining

S.E.A.T.S.S UPCOMING PARENT TRAINING DATES

Training Every Monday Evening Online
7:00pm-8:00pm
or
Monday Morning Online 9:30am-10:30am



Scan or Click Here

Are you looking for ways to support your child with **maths**?

Do you want to learn more about **Dyscalculia**?


Pick a date and time and join us at our **ONLINE** events hosted by Specialist Advisory Teachers



Free: For Parents/carers living in Redbridge.
Cost: £6.99 for Parents/carers living outside of Redbridge.

Special Education and Training Support Service

Training Every Monday Evening Online
7:00pm-8:00pm
or
Monday Morning Online 9:30am-10:30am




Scan or Click Here

Are you looking for ways to support your child with **handwriting and fine motor skills**?

Do you want to learn more about **Dyspraxia**?


Pick a date and time and join us at our **ONLINE** events hosted by Specialist Advisory Teachers



Free: For Parents/carers living in Redbridge.

Special Education and Training Support Service

Training Every Monday Evening Online
7:00pm-8:00pm
or
Monday Morning Online 9:30am-10:30am




Scan or Click Here

Are you looking for ways to support your child with **revising for exams**?

Do you want to learn **new and advanced strategies** that can support your child?

Pick a date and time and join us at our **ONLINE** events hosted by Specialist Advisory Teachers



Free: For Parents/carers living in Redbridge.
Cost: £6.99 for Parents/carers living outside of Redbridge.



SEATSS UPCOMING PARENT TRAINING DATES

Training Every Monday Evening Online 7:30pm-8:30pm

Supporting your child with
homework - Primary
2.10.2023

→ BOOK NOW

Supporting your child with
homework/ study skills -Secondary
13.11.2023

→ BOOK NOW

Dyspraxia- Primary
09.10.2023

→ BOOK NOW

Dyslexia/ literacy
difficulties - Secondary
20.11.2023

→ BOOK NOW

Dyslexia/ literacy
difficulties - Primary
16.10.2023

→ BOOK NOW

Dyspraxia - Secondary
27.11.2023

→ BOOK NOW

Dyscalculia & Maths
Difficulties - Primary
30.10.2023

→ BOOK NOW

Dyscalculia and maths
difficulties - Secondary
04.12.2023

→ BOOK NOW

Supporting your child with
handwriting /fine motor skills -
Primary
06.11.2023

→ BOOK NOW

Can't Write Won't Write
Secondary
11.12.2023

→ BOOK NOW

Training Every Monday Morning 09:30am-10:30am



London Borough of
Redbridge



Specialist Education & Training Support Service
*Training, advice and resources for parents and
professionals*

**FOLLOW OUR
BRAND NEW SOCIAL
MEDIA ACCOUNTS
TO FIND OUT MORE**



@SpecialEducationTraining



Special Education Training



@RedbridgeSEaTSS



@RedbridgeSEaTSS

Redbridge SEaTSS



SEATSS UPCOMING PARENT TRAINING DATES

Training Every Monday Morning Online 9:30am-10:30am

Supporting your child with
homework - Primary
09.10.2023

→ BOOK NOW

Supporting your child with
homework/ study skills -Secondary
20.11.2023

→ BOOK NOW

Dyspraxia - Primary
16.10.2023

→ BOOK NOW

Dyslexia/ literacy
difficulties - Secondary
27.11.2023

→ BOOK NOW

Dyslexia/ literacy
difficulties - Primary
30.10.2023

→ BOOK NOW

Dyspraxia- Secondary
04.12.2023

→ BOOK NOW

Dyscalculia & Maths
Difficulties - Primary
06.11.2023

→ BOOK NOW

Dyscalculia and maths
difficulties - Secondary
11.12.2023

→ BOOK NOW

Supporting your child with
handwriting /fine motor skills -
Primary
13.11.2023

→ BOOK NOW

Can't Write Won't Write -
Secondary
18.12.2023

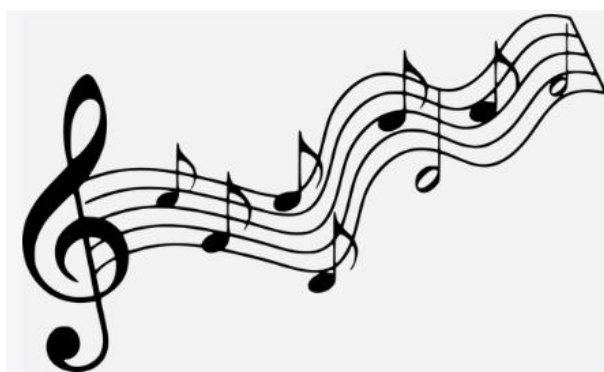
→ BOOK NOW

Training Every Monday Evening 7:30pm-8:30pm



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			



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</u> <u>(all)</u> VJA <u>Trampolin-</u> <u>ing</u> KRU Week A = yr9-11 Week B = yr7&8	<u>*Netball -</u> <u>SQUAD Train-</u> <u>ing Only*</u> + Sixth formers STA, VJA, HBA, KRU	<u>Football Train-</u> <u>ing</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 &</u> <u>Badminton</u> STA & KRU <u>Cross Coun-</u> <u>try</u> (all) KRI
<u>After-school</u> <u>3.30-4.20pm</u>			<u>*FIXTURES*</u>		



What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction; that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (Commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
CAMBRIDGESHIRE
& PETERBOROUGH

The National College

Source: <https://www.bbc.co.uk/news/health-65809924>



www.thenationalcollege.co.uk



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LIVE FOR THE MOVEMENT

Sign up today for **FREE**
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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	



wchs_geog
WoodfordCHS_UK_Geography



Instagram

KEY DATES TO REMEMBER

- 11 October—Year 6 Open Evening—School Finishes Early**
- 12 October—Non-Contact Day**
- 17 October—Sixth Form Open Evening**
- 18 October—Non Uniform Day**
- 19 October—Music Recital Evening**
- 1 November—Year 7 Curriculum Information Evening**
- Week of 6 November—Warner House Charity Week**
- 16 November—House Drama Event**
- 23 November—GCSE Prizegiving 2023-24**
- 28 November—Year 13 Parents Evening**
- 4 December—Year 11 Parents Evening**
- 14 December—Christmas Concert**
- 18 December—Year 13 (2020-2021) Certificate & Social Event**

REMINDER

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

