

Woodford County High School



Weekly Student Bulletin



Tuesday 18th July 2023

Welcome to Bulletin No 78

The aim of this bulletin is to give you important information and reminders from your Heads of Year or other members of staff.

It will include information about events taking place at and around school that you can take part in.

Also there will be wellbeing and support advice as well as reminders about how to access support if you should need it.

**HAVE A RESTFUL
SUMMER BREAK.**

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Final Achievement Report total from 5th September 2022

Weekly Feature

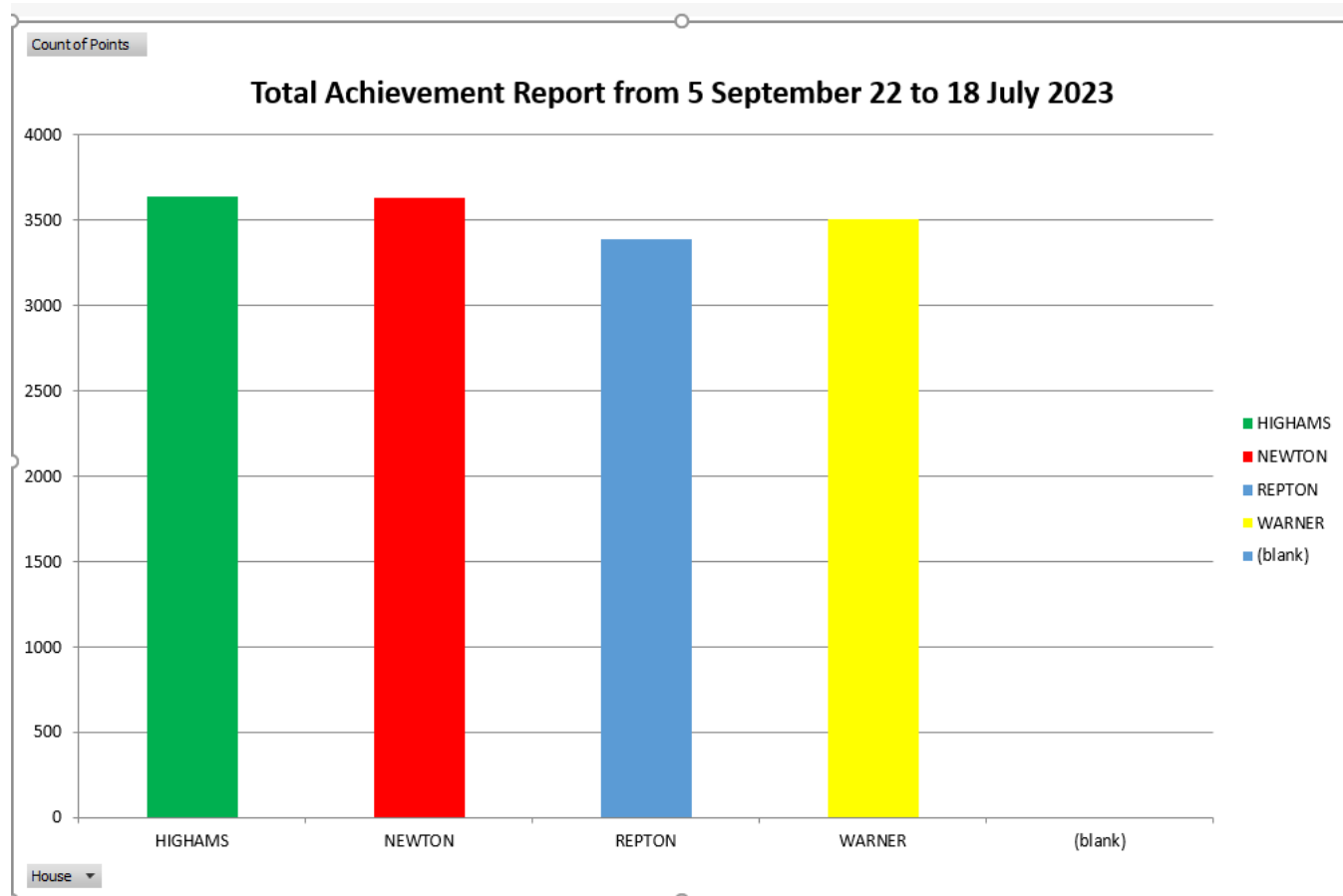
NEWTON IS IN THE LEAD

1st **Newton**

2nd **Highams**

3rd **Warner**

4th **Repton**



**ALL LOST PROPERTY
WILL BE DISPOSED OF BY THE END OF THIS WEEK. PLEASE
SEE RECEPTION TO LOOK FOR ANY LOST ITEMS**



ALL TICKETS £27.50

TO BOOK TICKETS + MORE INFORMATION - EMAIL MS HORN IN THE
LIBRARY
LIBRARY@WOODFORD.REDBRIDGE.SCH.UK



WCHS THEATRE SOCIETY

The Effect ([trailer](#))

Monday 11th September @ 7.30pm

National Theatre

TICKETS AVAILABLE @ £15

TICKETS NOW ON SALE FOR ...

[Six the Musical \(trailer\)](#) 5th October. Vaudeville Theatre @ 8pm **(£27.50)**

[The Lion King \(trailer\)](#) 10th October. Lyceum Theatre @ 7.50pm **(£35)**

[Mr. Neighbour Totoro \(trailer\)](#) 28th November. The Barbican Theatre @
7pm **(£50)**

[Hedercorn \(trailer\)](#) 27th February. Lyric Theatre @ 7.50pm **(£50)**

COMING SOON ... Hamilton & The Curious Child (Parts 1 & 2)

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.

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



LIBRARY@WOODFORD.REDBRIDGE.SCH.UK





**Bring
anything**
but a bag to school!

**Wednesday
19th July**

**£1 cash donation
per Student**

**Judging for the best
'non-school bag' in the
main hall, win a prize!**

1:40-2:00

50p entry

*please be responsible with the items you
bring in

SOME SUGGESTIONS OF WHAT YOU
COULD BRING :

- saucepan
- cardboard box
- a small shopping basket (e.g. the ones that are a part of a toy set)
- a halloween face mask
- a pillow case
- a small suitcase
- tying your belongings inside a scarf
- a small recycling bin

all proceeds to





InvestIN's Summer Challenge: The Skills of the Future is [here!](#)

We are delighted to provide with you this pack of resources in response to the newly published World Economic Forum's Future of Jobs Report.

This pack includes a Skills of the Future Video Lesson full of ways you can develop and enhance the most sought after skills, as well as two corresponding worksheets and a Summer Checklist to provide support and guidance in maximising your summer holidays.

Students who submit a completed worksheet to the form [linked here](#) can be in with a chance of winning a £50 Amazon voucher and access to AmbitionX, our cutting-edge online careers platform, which would allow you access to an unlimited number of our Live Online Career Experience Programmes across 18 different industries.



Five Star Kitchen



Join the Food and Nutrition Department in celebrating the outstanding achievement of Chef Dom Taylor. "Chef Dom" as we know him, visited our KS4 classes and Year 9's during the autumn term for Black History Month to share his culinary skills with our students and experience working in the food industry in a Q & A session.

At the time of his visit Chef Dom told Ms Rhodes and I that he had something in the pipeline. Little did we know that he was involved in a new TV competition judged by the culinary legend and Langham chef Michel Roux Jr, leading global restaurateur, Mike Reid and pastry master and hospitality consultant ~~Rayneet~~ Gill.

After six episodes of gruelling challenges in the elite world of five – star dining, Chef Dom was crowned the winner, beating twelve contestants in the episode aired on Channel 4 on Friday 14th July 2023. His prize is to open a restaurant at The Langham's Palm Court initially for six months.

Following his win Chef Dom commented: *"I am absolutely blown away and delighted to have won. My plans for this restaurant concept are big, we're going to be serving fantastic Caribbean food. Knowing that people are likely to travel from far and wide to taste my cuisine is daunting, but makes me all the more determined to deliver something very exciting and delicious!"*

Chef Dom's achievement is inspiring to all of us especially our Year 10 GCSE Food and Nutrition students who discovered him during our annual Black History Month research project. We wish him all the best.

More on Chef Dom at <https://www.chefdomtaylor.co.uk/>

Or watch the six episodes on Channel 4.

Mrs Rhodes and I look forward to visiting his restaurant during the summer break!

Mrs Grant.

Britain's Next Great Chef

10 Ways You Can SHARE KINDNESS ONLINE

Last year, around one in five young people aged 10–15 in England and Wales admitted experiencing online bullying: most commonly being insulted or sworn at, or having hurtful messages sent about them. To someone who's being bullied, the world can seem like a bleak, negative place – but just one kind word can be a ray of hope: a turning point that brightens their day and refreshes their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

1 PRAISE WHERE IT'S DUE

Sometimes a friend or relative might post online about something they're proud to have achieved: maybe an exam they've passed, a new skill they've learned or a task they've completed. Celebrate their hard work and determination by being kind enough to praise them for it publicly.

2 REACH OUT

It's not always easy to tell what kind of mood someone is in just from what they post online. Simply dropping somebody a message to say 'hi', to ask if they're OK or to tell them that you're thinking of them could totally make their day.

3 RECOMMEND FUN THINGS

If there's something you enjoy doing online – perhaps you play a particular game, or you've found a really cool site – share it with someone you think will enjoy it. Even recommending a film or TV show you think they'll like can bring a little happiness to someone who really needs it.

4 OFFER TO HELP

Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it – if you can help, get in touch. Something that's difficult for them might be no trouble for you!

5 POST POSITIVELY

Lots of people seem to go online purely to complain about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you can't be positive, though! Post about things that make you happy and that you're thankful for. It could brighten someone else's day.

6 SHOW YOUR APPRECIATION

If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post. Expressing your gratitude costs nothing and showing someone that you appreciate them will really make them feel good.

7 BE UNDERSTANDING

Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to listen to them and understand their situation.

8 SHARE INSPIRATIONAL POSTS

When you see something online that inspires you or makes you feel happy, share it with people you know. A spot-on quotation, a beautiful photo or an uplifting video can lift someone's spirits and help them to feel better about life.

9 THINK BEFORE COMMENTING

Thinking before we act can be just as important as acting in the first place. Taking a second to consider what you're saying in advance could stop you from posting something negative, hurtful or offensive – even if you don't mean to. It's better to post positively or not post at all.

10 LIKE, LOVE AND ENGAGE

If somebody posts something that you like on social media, don't just scroll past – take the time to like it, love it or leave an appreciative comment! Reacting positively to other people's posts might seem like a small gesture but could mean a lot to them.

Meet Our Expert

Carly Page is an experienced technology journalist with more than 10 years of experience in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



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@nationalonlinesafety

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IMPORTANT SAFEGUARDING INFORMATION

Dear All

Below is a link to safeguarding information from the NSPCC. It also contains very helpful information to make you aware of the dangers that young people may face. Please take a look it is very informative.

It includes some information about bullying and cyberbullying; child sexual exploitation; criminal exploitation and gangs;
online abuse, child trafficking; sexual abuse; domestic abuse, emotional abuse, female genital mutilation, neglect, non-recent abuse and physical abuse.

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/>

If anything you read rings true to you, please come and speak to either Mrs Greenfield, Mrs Marku, Mrs Kaye or Mrs Menon.

Be safe

Mrs Greenfield



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



Meet your Safeguarding and Pastoral Team

				
Ms Pomeroy Headteacher & Deputy Designated Safeguarding Lead	Mrs Greenfield Assistant Headteacher & Designated Safeguarding Lead, SMHL Head of KS3	Mrs Holman Student Guidance Officer & Deputy Designated Safeguarding Lead	Mr Saxton SEND Coordinator	Mrs Kaye Health & Welfare Officer

				
Mrs Menon SEND Officer	Mrs Marku Student Guidance Assistant	Ms Bird Health & Welfare Assistant	Ms Hasler Head of Sixth Form	Dr Ashraf Head of KS4

KEY STAGE 3		
Mrs Hawks Head of Year 7	Mr Mills Head of Year 8	Ms Keith Head of Year 9

KEY STAGE 4		KEY STAGE 5	
Ms Runacres Head of Year 10	Ms Grant/Ms Rehman Head of Year 11	Ms Valente Head of Year 12	Mrs Easton Head of Year 13



If you would like some sanitary products for school or home, please contact **Mrs Kaye** or **Miss Bird** in the **Medical Room** and we will discretely provide you.



BOOST YOUR MENTAL HEALTH DURING THE SCHOOL HOLIDAYS

Ahh the school holidays...time to relax and enjoy some sunshine (if the British weather allows).

For many of us, summer is the season of fun and freedom but if you're living with a mental health issue, you might not be quite so excited at the prospect of the weeks ahead.

Here are some tips put together by the NHS:

1. Don't do away with the routine

Long lie-ins are a must sometimes but if you're sleeping lots every day, it can have a negative impact on your mental health. It's ok to relax your routine a little – we're not suggesting 6am starts – but try to go to bed at a reasonable time and get up not much more than an hour later than you normally would. Have a shower and get dressed, even if you've got no plans. You'll feel refreshed and more energised.

2. Get planning

If you're struggling to get motivated, planning your time can help. Give yourself something to do every morning and afternoon, and make sure you have a good mix. Schedule in some time for gaming, reading or watching TV and add in a couple of chores. It's not just to keep your parents happy (although that's an added bonus), it'll give you a sense of achievement and make the fun stuff more enjoyable. Look online for activities in the area you live. A lot are free of charge.

3. Practice a summer of self-care

Self-care is all about being kind to yourself, listening to what your body and mind need and making time for the things that make you feel good. Check in with yourself each morning and evening to see how you're feeling and if there's anything you need. Sometimes a few minutes of mindfulness, a short walk or a nice relaxing bath can do wonders. Try making a list of some feel-good activities and plan them out for the weeks ahead.

4. Enjoy the great outdoors

Ok, so living in the UK's largest city, it might feel like we're miles from the countryside but there's more to see in London than you might think. As well as beautiful parks and nature reserves, a walk around the city itself can be pretty interesting. We are lucky enough in this area to have some beautiful forests on our doorstep. Whatever works for you, try to get outside at least a few times a week.

5. Stay connected

If you can't meet up with your mates over the summer, six weeks can feel like a lifetime. Having some company is important for everyone, so make an effort to catch up with family members and keep in touch with friends if possible

MINDFUL ACTIVITIES FOR THE HOLIDAYS

1. Fly like an eagle

Combine movement with deep breathing in this exercise. As you walk slowly around your bedroom/living room etc, breathe in as your “wings” go up and breathe out as your “wings” go down.

2. Bring on the glitter

To calm down, shake up a glitter jar and then watch and breathe until the glitter settles in the bottom of the jar.

3. Paint Nature

Nothing calms a person like connecting with nature. Take out your paints or pencils and draw/paint what you see.

4. Take a sensory walk

Take a walk somewhere that you love and engage all five senses observing and focussing on what you see, smell, hear, taste and feel.

5. Blow bubbles

Buy a pot of bubbles and watch them sail away in their rainbow colours, you could always chase them too!

6. Make time for reflective journaling

Try to free-write. Don't set limits on the content or format of your writing, just express yourself in any way you choose. You can make lists, write poems or essays or letters you would like to send, or simply jot down words or phrases.

7. Practice five-finger gratitude

Simply take a moment to count out one thing you are grateful for on each finger. You'll be surprised how it changes how you feel.

8. Adapt your screen time

It's hard to be mindful when you are constantly bombarded with input. Try some phone-free time, one hour a day and build it up. How about phone-free Fridays!



Strategies that can help with anxiety:

Calming or Grounding techniques are a good way to reduce our heart rate/blood pressure when feeling worried or anxious. It helps us refocus our attention and overcome those unpleasant feelings so we can feel better and do more.

5 4 3 2 1

Take notice of your senses by thinking of:

- 5 things you can see
- 4 things you can hear
- 3 things you can feel/touch
- 2 things you can smell
- 1 thing you can taste

Facts

Think about and name facts about what is going on right now. For example, think:

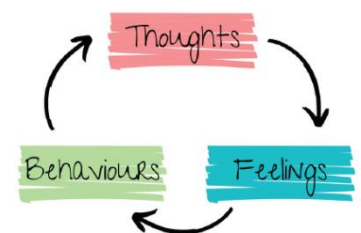
- My age is...
- My name is...
- I am wearing...
- The weather is...
- I am in...

Room Search

Think of a category and search the room for it. For example, look for:

- Everything that is a ... colour
- Everything that is a ... shape
- Things that feel of...
- Things made of...

By **thinking** about things to help us calm down we can then **do** the things we want/need to do and **feel** better and happier.



Video to try a grounding technique! <https://www.youtube.com/watch?v=5a88mUAzNLk&t=6s>

How to handle a panic attack

Professor Paul Salkovskis, Professor of Clinical Psychology and Applied Science at the University of Bath, says it's important not to let your fear of panic attacks control you.

"Panic attacks always pass and the symptoms are not a sign of anything harmful happening," he says. "Tell yourself that the symptoms you're experiencing are caused by [anxiety](#)."

He says don't look for distractions. "Ride out the attack. Try to keep doing things. If possible, it's important to try to remain in the situation until the anxiety has subsided."

"Confront your fear. If you don't run away from it, you're giving yourself a chance to discover that nothing's going to happen."

As the anxiety begins to pass, start to focus on your surroundings and continue to do what you were doing before.

Breathing exercise for panic attacks

If you're breathing quickly during a panic attack, doing a breathing exercise can ease your other symptoms. Try this:

- breathe in as slowly, deeply and gently as you can, through your nose
- breathe out slowly, deeply and gently through your mouth
- some people find it helpful to count steadily from 1 to 5 on each in-breath and each out-breath
- close your eyes and focus on your breathing
-

You should start to feel better in a few minutes. You may feel tired afterwards.

Visit the No Panic website for another [breathing exercise to calm panic](#).

99 Coping Skills

1. Exercise (running, walking, etc.).
2. Put on fake tattoos.
3. Write (poetry, stories, journal).
4. Scribble/doodle on paper.
5. Be with other people.
6. Watch a favorite TV show.
7. Post on web boards, and answer others' posts.
8. Go see a movie.
9. Do a wordsearch or crossword.
10. Do schoolwork.
11. Play a musical instrument.
12. Paint your nails, do your make-up or hair.
13. Sing.
14. Study the sky.
15. Punch a punching bag.
16. Cover yourself with Band-Aids where you want to cut.
17. Let yourself cry.
18. Take a nap (only if you are tired).
19. Take a hot shower or relaxing bath.
20. Play with a pet.
21. Go shopping.
22. Clean something.
23. Knit or sew.
24. Read a good book.
25. Listen to music.
26. Try some aromatherapy (candle, lotion, room spray).
27. Meditate.
28. Go somewhere very public.
29. Bake cookies.
30. Alphabetize your CDs/DVDs/books.
31. Paint or draw.
32. Rip paper into itty-bitty pieces.
33. Shoot hoops, kick a ball.
34. Write a letter or send an email.
35. Plan your dream room (colors/furniture).
36. Hug a pillow or stuffed animal.
37. Hyperfocus on something like a rock, hand, etc.
38. Dance.
39. Make hot chocolate, milkshake or smoothie.
40. Play with modeling clay or Play-Dough.
41. Build a pillow fort.
42. Go for a nice, long drive.
43. Complete something you've been putting off.
44. Draw on yourself with a marker.
45. Take up a new hobby.
46. Look up recipes, cook a meal.
47. Look at pretty things, like flowers or art.
48. Create or build something.
49. Pray.
50. Make a list of blessings in your life.
51. Read the Bible.
52. Go to a friend's house.
53. Jump on a trampoline.
54. Watch an old, happy movie.
55. Contact a hotline/ your therapist.
56. Talk to someone close to you.
57. Ride a bicycle.
58. Feed the ducks, birds, or squirrels.
59. Color with Crayons.
60. Memorize a poem, play, or song.
61. Stretch.
62. Search for ridiculous things on the internet.
63. "Shop" on-line (without buying anything).
64. Color-coordinate your wardrobe.
65. Watch fish.
66. Make a CD/playlist of your favorite songs.
67. Play the "15 minute game." (Avoid something for 15 minutes, when time is up start again.)
68. Plan your wedding/prom/other event.
69. Plant some seeds.
70. Hunt for your perfect home or car on-line.
71. Try to make as many words out of your full name as possible.
72. Sort through your photographs.
73. Play with a balloon.
74. Give yourself a facial.
75. Find yourself some toys and play.
76. Start collecting something.
77. Play video/computer games.
78. Clean up trash at your local park.
79. Perform a random act of kindness for someone.
80. Text or call an old friend.
81. Write yourself an "I love you because..." letter.
82. Look up new words and use them.
83. Rearrange furniture.
84. Write a letter to someone that you may never send.
85. Smile at least five people.
86. Play with little kids.
87. Go for a walk (with or without a friend).
88. Put a puzzle together.
89. Clean your room / closet.
90. Try to do handstands, cartwheels, or backbends.
91. Yoga.
92. Teach your pet a new trick.
93. Learn a new language.
94. Move EVERYTHING in your room to a new spot.
95. Get together with friends and play Frisbee, soccer or basketball.
96. Hug a friend or family member.
97. Search on-line for new songs/artists.
98. Make a list of goals for the week/month/year/5 years.
99. Face paint.

BOYS TOWN
National Hotline

www.yourlifeyourvoice.org



If you are finding things challenging, as we all do from time to time, do remember to check that you are including the 5 ways to well-being in your daily life, in whatever way you can. Remember the 5 ways to well-being are:

Connect (Talk and Listen, feel connected, be there)

Be Active (Do what you can: Enjoy what you do: Move your mood)

Take Notice (Remember the simple things that give you joy)

Keep Learning (Embrace new experience, see opportunities, surprise yourself)

Give (Your time, your words, your presence)

It is often helpful to talk through concerns or worries with family or a friend so do both reach out to others and be there for your friends and family should they need to talk to you. Sometimes talking through a worry can really help.

Sometimes it may be helpful for you or a friend to access support to access help outside of or in addition to family and/or friends. You can contact the school in several ways to do this and there are various people who can offer help and support.

CONFIDENTIALITY

If you speak to a member of school staff about a private matter this will usually remain confidential between you and that member of staff. If the member of staff thinks that it is a good idea to involve someone else such as another member of staff, an external agency or your parents they would talk to you about this and get your consent. However, all members of staff have a duty to pass on information to only the school Safeguarding Team if they had concerns about your own safety or that of another member of the school community. The Safeguarding Team is limited to Mrs Greenfield.

HOW TO ACCESS SUPPORT

Tootoot – this is a way of contacting the school anonymously. You can access Tootoot from the School Website and you would have been sent a login to your school email at the start of the year. You can use Tootoot to get help with problems that you are having at school or to report something you are worried about. There is a small selection of staff who will receive your message when it is sent and will endeavour to answer as soon as they can.

Form tutor – the first place you should go if you have any problems is to your form tutor. They will offer advice if they can and /or will direct you to the relevant person in the school who can help. Currently you may be able to speak to your tutor at the end of a Teams Meeting or by emailing into the relevant KS Administrator asking your Form Tutor to contact you (you would not need to give any details). You could also get a message to them through Tootoot but would need to give your name so that they would know who to contact.

Head of Year – form tutors usually work closely with Head of Year. You can also go directly to your Head of Year if you would prefer to do this.

Continued below/

Student Guidance Team – Mrs Marku is available to speak to you if you have a problem, whether related to school or more personal and will guide you as to the best way to deal with the problem. They may offer to see you again themselves or advise you to see a school counsellor.

School Counsellor – Feeling overwhelmed? Scared because your parents are splitting up? Feel like you don't fit in? Sometimes it's just not possible to sort through tough times alone. Problems can build up and you may lose sleep, find you can't concentrate on school work/homework, or even become depressed. When you need to talk to someone, your school counsellor can be a great person to help you through your bad times. They will listen and help. They'll take your problem seriously and work with you to find a good solution. School counsellors are trained to help with most issues. Please speak to your Form Tutor or other member of staff or enquire via Tootoot. Speaking to a counsellor is informal, just like a chat.

Counselling is very informal, like having a chat and the Counsellors may ask questions or give advice. The sessions are about you and is your time to speak about what is worrying you.

Students if you are experiencing low mood or anxiety and would like support for this in the form of eight on-line sessions with an Education Mental Health Practitioner, you can contact Mrs Marku for more information and sign-up.

Mrs Marku is based in the Student Guidance Office, formerly SG4.

MINDFULNESS PAGES



Things You Should Know to Meditate

- Create a distraction-free space without phones or TVs and a comfortable place to sit.
- Set a timer for 5 to 10 minutes (or shorter), close your eyes, and focus on your breathing until the timer dings.
- Concentrate on your inhales and exhales if your mind wanders while meditating—it may even be helpful to count your breaths.
- Meditating can help you relax while lessening stress, relieving anxiety, and channeling your focus.

Getting a good night's sleep (Easy Read)



Sleep is very important. It lets your body and mind rest after a busy day.



Everyone has trouble sleeping sometimes. There are things you can do to help you sleep better.



Think about what you eat and drink in the afternoons and evenings. Cola drinks have something in them to keep you awake.



Try not to eat too much before bedtime. Have a least an hour after dinner to let your food go down.



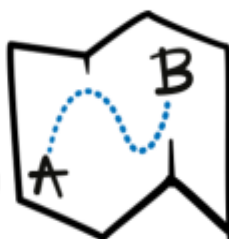
Try to get some fresh air each day. You don't have to do a sport every day. Just going outside is good.

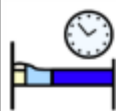


Try not to have where you sleep too hot or too cold.



Put a nightlight on if you like to have some light or dark curtains if you don't.





Try to go to bed at the same time each day. This should be the same at weekends as well as on school nights.



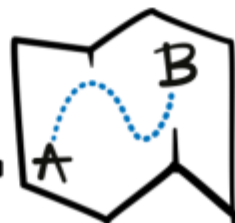
Have a warm bath or shower before bed to relax you. You could also have a milky drink as this could help you sleep.



Don't watch the television or use your phone or tablet before bed. The light they give off can wake up your brain.



Remember to go to the toilet before you go to bed.





TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR HOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

MY CIRCLE OF CONTROL

I WILL FOCUS ON WHAT I CAN CONTROL



THINGS THAT ARE OUT OF MY CONTROL

What other people do	Things from the past	Other people's choices
What other people say	How other people feel	The weather

Helpful websites:



**FAITH AND CULTURALLY
SENSITIVE SUPPORT BY
PHONE, LIVE CHAT,
WHATSAPP OR EMAIL**

We offer non-judgemental, confidential support 7 days a week, 365 days a year including bank holidays and Eid.

Call our helpline 7 days a week (4pm-10pm) **0808 808 2008**

You can text: YM to 85258 for free 24/7 support

<https://youngminds.org.uk/>

YOUNGmINDS

kooth

Online well-being platform that is accessible through mobile, tablet and desktop and free.

<https://www.kooth.com/>

HOPELINEUK (PAPYRUS)

Phone: 0800 068 4141

<https://www.papyrus-uk.org/>

Email: pat@papyrus-uk.org

Text: 07860039967

(Mon – Fri 0900 – 2200 and Sat – Sun 1400 –2200)



Sexual Abuse

There is a helpline run by the NSPCC and is available to current or past victims as well as parents, carers or professionals with concerns. The number is 0800 136 663. The helpline is free and anonymous, and will be open Monday to Friday from 8am – 10pm and Saturday to Sunday from 9am – 6pm.



The Mix Crisis Messenger



**gr'ef
encounter**

supporting bereaved children & young people

gr'eftalk helpline

0808 802 0111

Weekdays 9am-9pm

CHAT

EMAIL

CALL

Young Carers:



Redbridge Carers
Support Service

Phone: 020 8514 6251

Email: office@rcss.org.uk



[020 8496 2442](tel:02084962442)

young.carers@walthamforest.gov.uk

Living with Chronic Illness



Support for young people living with chronic illness
Teapot-Trust.org

Drugs and Alcohol Help and Advice

Redbridge Fusion NELFT Free and friendly confidential service to young people in the borough of Redbridge under the age of 18.

Station Road Centre, Station Road,
Barkingside,
Essex IG6 1NB

Tel: 020 8708 7801

Fax: 020 8708 7802

Email: fusion@redbridge.gov.uk

Opening times: 9am-5pm, Monday to Friday



[Drugs A-Z](#) [News](#) [▼ Help and advice](#) [Contact](#)

Search Q

[0300 1236600](tel:03001236600)

**Honest information
about drugs**

<https://www.talktofrank.com>

LGBTQ+

Dear Students,

Pride is a movement which celebrates diversity as well as protesting against discrimination and violence as whilst the rights of the LGBTQ+ community have come a long way, there is still not full equality. There is plenty of information online about the history of the development of the rights for the LGBTQ+ community available online, for example –

<https://www.bbc.co.uk/newsround/40459213>

Remember, Pride is all about inclusivity and diversity. The priority is the promotion of equality and creating a community and a safe space for people to be who they are.

If you, or anyone you know, has any questions about this or feel that they need some support then you can speak to a trusted adult at school such as your Head of Year or Form Tutor. Alternatively, the following websites might be of use –

- **Stonewall**

For further information about LGBTQ+ and support, please see –

<https://www.stonewall.org.uk/>

- **Give us a Shout**

Accessed on –

<https://giveusashout.org/>

Or can be reached 24/7 via text on 85258

- **The Proud Trust**

For information about local support groups, you can use –

<https://www.stonewall.org.uk/>

- **Mermaids** (especially for young people who feel at odds with the gender they have been assigned)

Accessed on - <https://www.mermaidsuk.org.uk/>

Or you can call from Monday-Friday 9am-9pm on **0344 334 0550**

- **Switchboard** (an LGBTQ+

Helpline) Accessed on –

<http://switchboard.lgbt/> for online chat and email service

Or you can call from 10am-11pm everyday on 300 330 0630

Please look out for some information from me with regard to the Pride Youth Network!

Take care now.

Miss Keith

Pride Youth Network Co-ordinator



Dear Students,

As you may know, every June the LGBT+ community celebrates Pride Month across the globe! The month of June has been dedicated for this as this is when the Stonewall Riots took place in 1969, in Manhattan. These riots served as a catalyst for the rights of LGBTQ+ people. Pride is a movement which celebrates diversity as well as protesting against discrimination and violence as whilst the rights of the LGBT+ community have come a long way, there is still not full equality. There is plenty of information online about the history of the development of the rights for the LGBT+ community available online, for example -

<https://www.bbc.co.uk/newsround/40459213>

Remember, Pride Month is all about inclusivity and diversity. The priority is the promotion of equality and creating a community and a safe space for people to be who they are. This week (26th – 30th June) is also **School's Diversity Week** so it is another opportunity to continue to celebrate our rich diversity here at Woodford.

Some videos which may be of interest to some of you about LGBT+ celebration and diversity are linked here –

1. Lord Michael Cashman on 'How LGBT+ rights have changed in the UK' [here](#)
2. Can you be a person of faith and LGBT+? [here](#)
3. How can I be myself online, and stay safe? [here](#)
4. What does it mean to be queerly autistic and proud? [here](#)

If you, or anyone you know, has any questions about this or feel that they need some support then you can speak to a trusted adult at school such as your Head of Year or Form Tutor. Alternatively, the following websites might be of use –

- **East London Out Project (ELOP)** - an award-winning LGBT+ wellbeing charity with over 25 years' experience of supporting LGBT+ young people in East London. It supports young people in two ways:
 - Free weekly (virtual) LGBT+ youth group
 - Free LGBT+ mentoring (12-18 year olds)

- **Give us a Shout**

Accessed on - <https://giveusashout.org/>

Or can be reached 24/7 via text on 85258

- **The Proud Trust**

For information about local support groups, you can use –

- **Mermaids** (especially for young people who feel at odds with the gender they have been assigned)

Accessed on - <https://www.mermaidsuk.org.uk/>

Or you can call from Monday-Friday 9am-9pm on **0344 334 0550**

Happy Pride Month!

Remember, Woodford's Pride Youth Network meets every Monday in SF7 at 1:30 – everyone is welcome!

Keep an eye out for posters about events on next week.

Miss KeithPride Youth Network Co-ordinator



PRIDE YOUTH NETWORK!

**Meetings every Thursday
lunchtime 1:30 – 2:00pm in SF7**

Safe space for all

Feel free to bring your lunch

**Please speak to a PYN Ambassador or Miss Keith
if you have any queries or suggestions**





Dear Students

Woodford County High School subscribes to Tootoot, this is an online reporting platform and app for students. We are aware that there may be times when you may not feel comfortable to speak to someone face- to face about your concerns, or may be concerned about being identified or potentially making matters worse.

With Tootoot, you are able to safely and anonymously report your concerns and worries to mentors (WCHS safeguarding and pastoral team), so use this as a first step to resolving your concerns. ***Although anonymous please be aware that in the event of a serious safeguarding issue, (i.e. where a student is in danger of imminent harm) it would be possible for the Designated Safeguarding Leads to gain access to identify the student.***

Tootoot is accessible anywhere, anytime and on any internet-enabled device, if there is something that is concerning you, or making you feel unsafe (whether an issue personal to you or a wider concern about others in school) you can use this platform to raise your concern. School should be a safe place where you can grow in confidence and learn, no one should ever be bullied. When reporting you will also be able to attach supporting evidence, such as images, screenshots or documents etc.

Ms Heeks and Mrs Easton, as well as the school's Student Guidance Officer Mrs Marku and Assistant Student Guidance Officer, will be happy to discuss any concerns you may have in person.

Please note that Tootoot **should not** be used for day to day school- related questions, please speak to your form tutor, teachers or Key Stage Administrator for these. You are also able to contact your teachers via email who will get back to you during a school day.

Keep an eye out for an email from Tootoot with your login details, which will be sent out via the Tootoot system. Your accounts are linked to your school email therefore should you forget your details going forward, you will always be able to use the "Forgotten your login/password?" feature on the home page to receive a password reset link.

Regards

Mrs Del Giudice

YOUNG MUSLIM WRITERS AWARDS 2023

CLOSES
6TH AUGUST
2023

ARE YOU AGED 5 TO 16?

DO YOU WANT TO IMPRESS OUR
JUDGES WITH YOUR WRITING?

ENTER THE COMPETITION FOR
YOUR CHANCE TO WIN £100!



YMWA.ORG.UK

CATEGORIES

SHORT STORY
POETRY
JOURNALISM
SCREENPLAY
PLAY SCRIPT



Charity Reg. No. 1109056



WE'RE BACK!



OUR NATIONAL COMPETITION IS BACK
FOR THE 13TH YEAR AND WE ARE OFFERING
YOUNG WRITERS THE CHANCE TO TAKE PART
AND SHOWCASE THEIR CREATIVITY IN UP TO
FIVE CATEGORIES!



TAKE PART

Teachers, parents/carers, and young writers themselves are encouraged to submit entries by the young writers. If the entry is shortlisted, our judges will decide whether it is one of this year's winners!

WIN AWARDS

Shortlisted writers will receive a certificate and a gift bag of books at our awards ceremony. Winners in each category will also be presented with a cash prize and a trophy!



OPPORTUNITIES



Shortlisted entries will be published in our annual anthology. After winning at the Young Muslim Writers Awards, writers will join the ranks of previous winners Imaan and Umar who were invited to international festivals, Safeerah who read her award-winning poem at TEDxTeen, and Mina who published her debut novel at the age of just 15!



CLOSES
6TH AUGUST
2023



FIND OUT MORE!

YMWA.ORG.UK



LINCOLNSHIRE
TRAINING HUB
Primary Care Education



Application to Medicine

Zoom Event – Saturday 22nd July

MAXIMISE YOUR UCAS APPLICATION BEFORE THE OCTOBER DEADLINE

Lincolnshire Training Hub are holding a course aimed at students applying to medicine this July on zoom, to help maximise the potential of their application, and aid them in getting a place at medical school. There are two sessions: a morning session running 9am to 12:15pm and an afternoon session 1pm to 4:15pm.

This interactive course will include different sessions including:

- Details of the Application Process
- Choosing where to apply
- Personal Statement Workshop

For more information or to apply, please visit our website > Training & Events > Futures Programme > Future Doctor.



Or apply via the link here: <https://forms.gle/S6LpNpHBVCFCsgF8>
Deadline is the 13th of July.



@HubLincolnshire

EMAIL:

molly.butcher@nhs.net

NHS

Summer Short Courses 2023

Ages 14-16



The Bartlett School of Architecture on-campus short courses have been specially designed for younger students looking to develop their understanding of architecture at university level.

As 14- to 16-year-olds approach the important decision about their GCSEs and A-levels soon, these courses will help them gain a better understanding of the built environment and its impact on our lives.

Our 1- to 2-day courses give an introduction into the specific skills an architect needs while also allowing students to develop their collaborative capabilities.

2-day courses

Option 1: 25-26 July

Option 2: 27-28 July

£240 (inc. VAT)

All courses will be held at The Bartlett School of Architecture, 22 Gordon Street, WC1H 0QB and run from 10:30-16:00.

1-day courses

Specialising in model making

Option 1: 25 July

Option 2: 26 July

£120 (inc. VAT)

Course fees include teaching and material costs only.

We offer a range of short courses for other age groups. We also offer a number of scholarships.

Specialising in drawing

Option 1: 25 July

Option 2: 26 July

£120 (inc. VAT)

Please visit our website for more information on how to apply.

<https://www.ucl.ac.uk/bartlett/architecture/programmes/short-courses-0>





REDBRIDGE **YOUTH HUB**

**A virtual one-stop shop for
young people aged 16-24**

Find information and resources on

- ◆ education
- ◆ employment
- ◆ careers advice
- ◆ training
- ◆ apprenticeships
- ◆ managing money
- ◆ health and
well-being support



www.redbridge.gov.uk/youth-hub

