

# Woodford County High School



## *Weekly Student Bulletin*



Wednesday 29th March 2023

### Welcome to Bulletin No 69

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.

#### House Points

**NEW** WCHS Theatre Society

**NEW** Coronation Celebrations

**NEW** Result British Biology Olympiad

Share Kindness Online

Safe2Talk

Important Safeguarding Information

Maths Club

Music Extra-Curricular Timetable

Battle of the Bands

PE Extra-Curricular Timetable

Crossfit Holiday Camp

Boxfit

Amnesty International

Prisons Club

Mrs Horns's Webinars

Meet your Pastoral Team

Strategies for Anxiety

Dealing with Exam Stress

99 Coping Skills

Five Ways to Wellbeing

Mindfulness Pages

Mindful Walking

Sleep Hygiene

My Circle of Control

Helpful Websites

LGBTQ+/Pride Youth Network

Tootoot

Careers

**NEW** National Apprenticeship Webinars

**NEW** London Institute of Banking & Finance

Women at the Bar

Competitions

Science Competition - Microbiology

Video Essay Competition

**New** French Writing Competition

Redbridge Youth Hub

# Achievement Report total from 1<sup>st</sup> September 2022 Weekly Feature

1<sup>st</sup> Highams

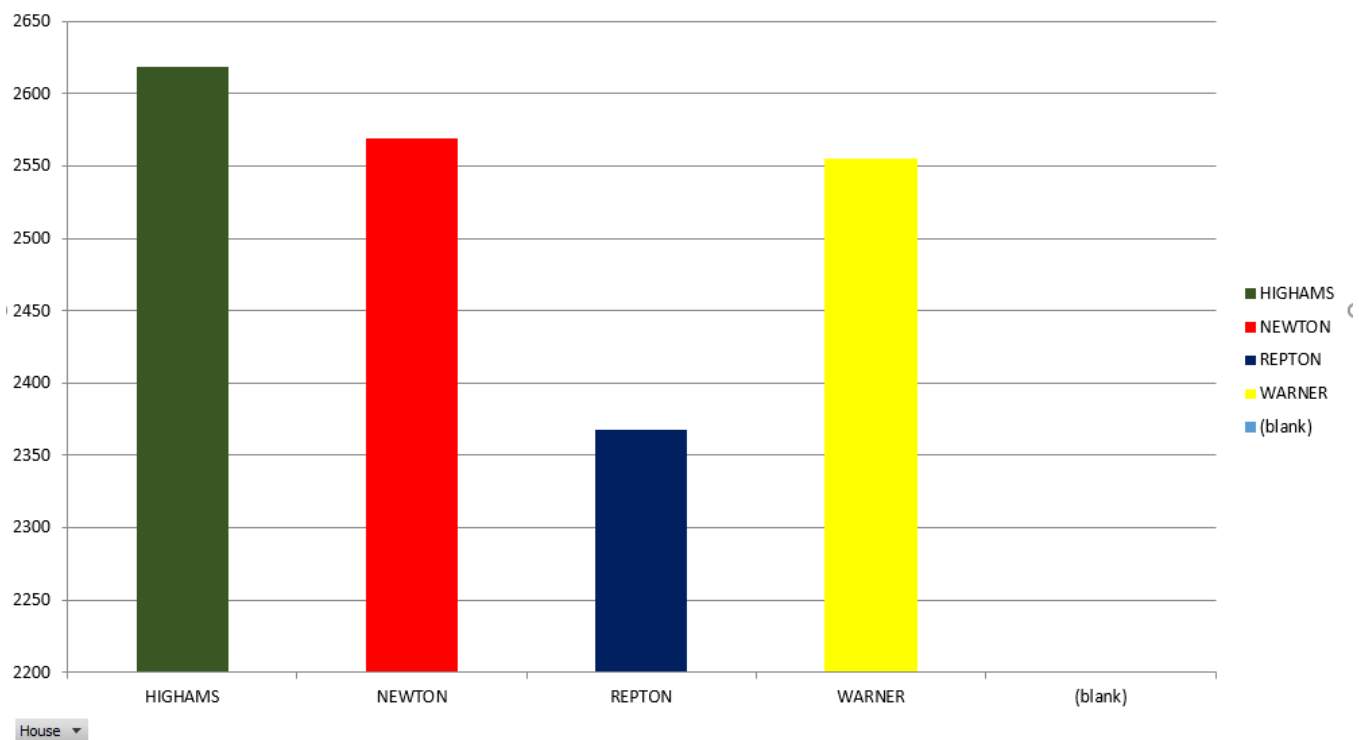
2<sup>nd</sup> Newton

3<sup>rd</sup> Warner

4<sup>th</sup> Repton

Count of Points

Total Achievement Report from 5 September 22 to 23 March 2023





WCHS THEATRE SOCIETY

Dancing at Lughnasa

Monday 17<sup>th</sup> April @ 7.30pm

National Theatre, South Bank, London SE1 9PX

LIMITED TICKETS AVAILABLE

***TICKETS NOW ON SALE FOR ...***

Newales 16<sup>th</sup> April. Troubadour Theatre, Wembley Park @ 7.30pm

Wicked 16<sup>th</sup> May. Apollo Victoria Theatre @ 7.30pm

Patriots 7<sup>th</sup> June. Noel Coward Theatre @ 7.30pm

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

The Crucible 5<sup>th</sup> July. Cielgud Theatre @ 7pm

Six 12<sup>th</sup> July. Vaudeville Theatre @ 8pm

*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 ~~M5~~ HORN IN THE LIBRARY

[LIBRARY@WOODFORD.REDBRIDGE.SCH.UK](mailto:LIBRARY@WOODFORD.REDBRIDGE.SCH.UK)



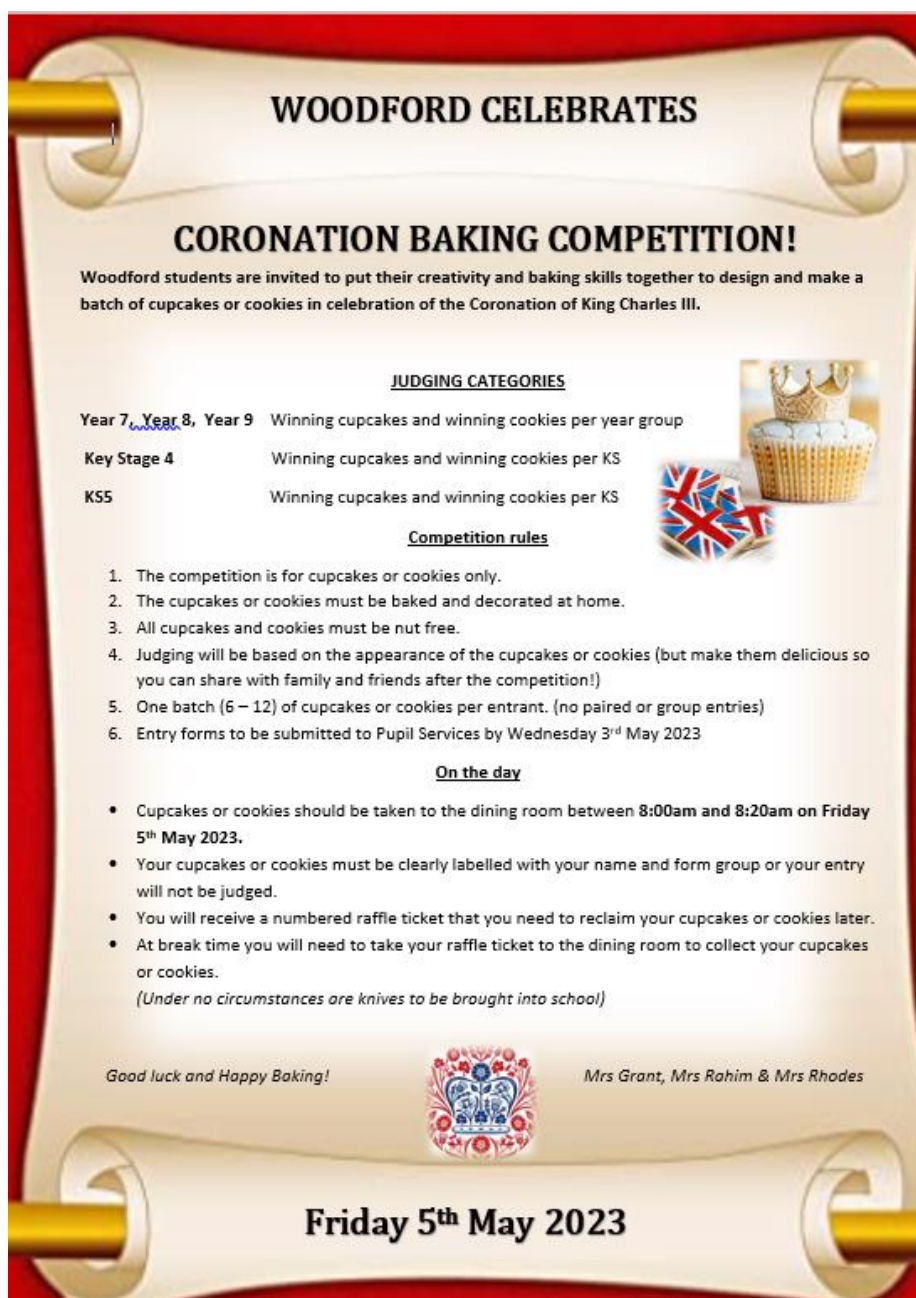
## Coronation May 2023: Woodford to join in the national celebrations

At Woodford we seek to contribute to and to mark the history being made around and to furnish all our students with a memory of notable events. Hence we celebrated (among other things) the London Olympics in 2012, the Tour de France Peloton whizzing past our gates in 2014, our own school centenary in 2019 and the Queen's Platinum Jubilee last year. On 6th May 2023 (some three school weeks from now) King Charles III will be crowned in Westminster Abbey – and everyone, we hope, will enjoy the associated Bank Holiday Weekend.

We will mark the occasion in school on Friday 5 May 2023 with a lunch time street party, an associated activity we think our students will enjoy (shhh! under wraps!) and a couple of prize-worthy challenges. To allow our highly creative students to exercise their imaginations to the full, I draw your attention and theirs in advance to our two coronation competitions. (Please see the flyers which follow for further detail.)

- A dress-up challenge: in place of uniform students are asked to dress as royalty for the day: **"Kings and Queens – historical, fictional or fantastical"**.
- A baking challenge: **Coronation Cupcakes or Cookies**

We hope we'll have a colourful and enjoyable day and that those all-important memories will be made. There are no additional costs for students associated with the day but it will be in their interest to have just a little bit of cash at hand at lunchtime. (We'll remind them nearer the time.)



**WOODFORD CELEBRATES**

**CORONATION BAKING COMPETITION!**

Woodford students are invited to put their creativity and baking skills together to design and make a batch of cupcakes or cookies in celebration of the Coronation of King Charles III.

**JUDGING CATEGORIES**

Year 7, Year 8, Year 9	Winning cupcakes and winning cookies per year group
Key Stage 4	Winning cupcakes and winning cookies per KS
KSS	Winning cupcakes and winning cookies per KS

**Competition rules**

1. The competition is for cupcakes or cookies only.
2. The cupcakes or cookies must be baked and decorated at home.
3. All cupcakes and cookies must be nut free.
4. Judging will be based on the appearance of the cupcakes or cookies (but make them delicious so you can share with family and friends after the competition!)
5. One batch (6 – 12) of cupcakes or cookies per entrant. (no paired or group entries)
6. Entry forms to be submitted to Pupil Services by Wednesday 3<sup>rd</sup> May 2023

**On the day**

- Cupcakes or cookies should be taken to the dining room between 8:00am and 8:20am on Friday 5<sup>th</sup> May 2023.
- Your cupcakes or cookies must be clearly labelled with your name and form group or your entry will not be judged.
- You will receive a numbered raffle ticket that you need to reclaim your cupcakes or cookies later.
- At break time you will need to take your raffle ticket to the dining room to collect your cupcakes or cookies.

*(Under no circumstances are knives to be brought into school)*

Good luck and Happy Baking!

Mrs Grant, Mrs Rahim & Mrs Rhodes

**Friday 5<sup>th</sup> May 2023**



The Biology department had 38 yr 12 and 13 biology students complete Paper 1 and Paper 2 of **the British Biology Olympiad 2023** on the 9/3/23 and 10/3/23 (45 minutes at lunchtime in Lab 1 and CC11). The A level biology students received their results this week and we can confirm that the school received 1 Silver medals, 2 Bronze medals, 6 Highly Commended Medals, 3 Commended Medals and 26 Participation Medals. The results are as below. Congratulations to all the A level biology students that took part.

Regards Mr Howes,

**Head of Biology**

### INFORMATION ON THE BRITISH BIOLOGY OLYMPIAD 2023

- The British Biology Olympiad 2023 comprises two 45-minute papers. They may be sat on separate occasions or back-to-back.
- The first paper contained many questions about all aspects of biology.
- The second paper contained longer problems.
- Students were presented with unfamiliar ideas and topics, and will have to use problem solving skills and intuition.

<b>Student name</b>	<b>Medal</b>	<b>Student name</b>	<b>Medal</b>	<b>Student name</b>	<b>Medal</b>
Rumaysa Amin	Silver	Eiman Nabeel	Participation	Zoyah Ayat Khan	Participation
Andria Rinosh	Bronze	Maliha Islam	Participation	Cagena	Participation
Prabha Sinha	Bronze	Jane Simonraj	Participation	Nyamutumbu	Participation
Kulsum	Highly			Samhita	Participation
Miyanjee	Commended	Mahum Khan	Participation	Saravanabhava	Participation
	Highly			Mahira Purna	Participation
Pranathi Panta	Commended	Riddhi Ramesh	Participation	Azhaar Saed	Participation
	Highly			Deeti Thakkar	Participation
Nafeesa Kulsum	Commended	Angelina Martin	Participation		
Polina	Highly	Nivetha	Participation	shivvya sivagaran	Participation
Maystrenko	Commended	Senthilnithy	Participation	Saimiarra	Participation
Maya	Highly			Srivarathan	Participation
Macudzinska	Commended	Sarah Begolli	Participation		
Maria	Highly	Kueene	Participation	Aamenah Ugradar	Participation
Mahmood	Commended	Renanton	Participation		
Amsika				Kosom Sadiq	Participation
Kandasamy	Commended	Prina Patel	Participation	Andrea Sylvester	Participation
		Mahisha	Participation	Concharles	Participation
Ella Wheeler	Commended	Somasgandan	Participation		
		Kirisha	Participation	Aisha Mian	Participation
Zeenath Lahrie	Commended	Nareshkumar	Participation		Participation
		saarah chaudry	Participation	Aleeha Kamran	

# 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



@nationalonlinesafety

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Working together for a safer London



# Safe2Talk

A non-judgemental space for women and girls who have experienced sexual assault, harassment, or abuse.

Come by and speak one-on-one with female experts including a police officer and a domestic abuse specialist to get advice and support.

Fullwell Cross Library, Barkingside  
IG6 2EA

Upcoming dates:

Monday 28th November 2-6pm

Monday 19th December 2-6pm

Monday 30th January 2-6pm

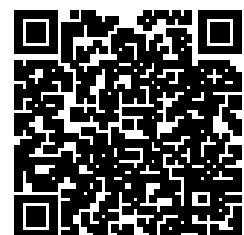
Monday 27th February 2-6pm

Monday 27th March 2-6pm

Monday 24th April 2-6pm



Scan for more info on support available



## 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.

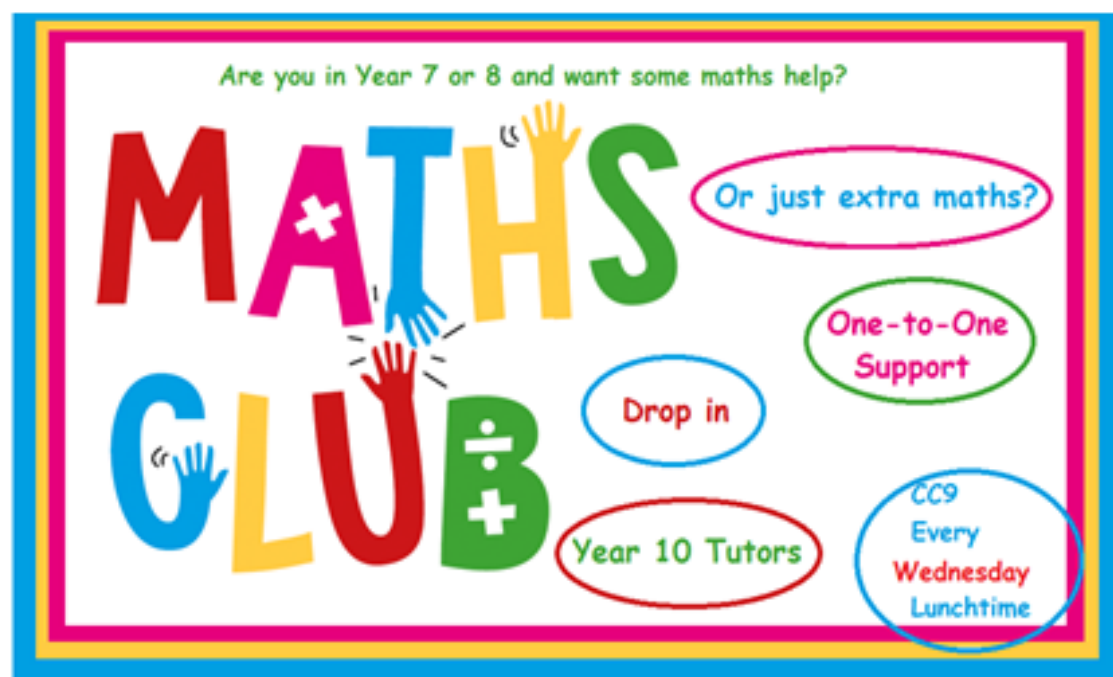
It includes some information about bullying and cyberbullying; child sexual exploitation; criminal exploitation and gangs;  
online abuse, child trafficking; sexual abuse; domestic abuse, emotional abuse, female genital mutilation, neglect, non-recent abuse and physical abuse.

<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 Holman, Mrs Marku, Mrs Kaye or Mrs Menon.

Be safe

Mrs Greenfield



Maths Club is a drop in session open to all Year 7 and Year 8 students run by Ms Gribble and older students. Students will normally receive one-to-one support and can ask for maths challenges or specific maths topics they would like help with.

The sessions start at 1:40pm and finish by 2:20pm in CC9.

# Music Extra-curricular Timetable: Spring 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	<b>Junior Choir</b> (Main hall) 13:30- 14:10 <b>Senior choir</b> (Main hall) 13:45-14:30  <b>Brass Ensemble</b> (SF2) 13:45-14:15  <b>Kalimba Club</b> (Conference room) 13:45-14:20	<b>Junior Band</b> IBO (SF1) 13:30-14:10  <b>Musical Theatre club</b> (TBC) 13:40-14:15  <b>Flute ensemble</b> KHN 13:40-14:10	<b>Jazz Band</b> KHN (SF1) 13:40-14:15  <b>String orchestra</b> IBO (SF2) 13:40-14:15  <b>Carnatic Ensemble</b> (Jubilee Room 1) 13:40-14:15	<b>Theory and GCSE/A-level support</b> IBO (SF2) 13:40-14:15  <b>Guitar Ensemble</b> (SG7) 13:30-14:15	<b>Orchestra</b> IBO (SF1) 13:40-14:15
After school		<b>Chamber groups</b> IBO (SF1/2) 15:45-16:30			





WCHS AND ICHS

# BATTLE OF THE BANDS

Join us as WCHS and ICHS bands compete to win this musical war, as well as a special performance by... **BAD GRAMMAR!**

9th May 2023 | 6:00 pm - 8:00 pm  
at WCHS

ticket price: **£1.50 each** (not including refreshments)  
refreshments will be sold by the PFA. All proceeds will go  
to 'Save the Children'!

TICKETS AVAILABLE ONLINE ON  
PARENTPAY



**Save the  
Children**



Please follow the PE Department on Instagram  
@wchsukpe for all the latest updates

## P.E. EXTRA-CURRICULAR TIMETABLE

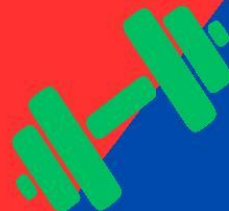
	<u>Mon</u>	<u>Tues</u>	<u>Weds</u>	<u>Thurs</u>	<u>Fri</u>
<b><u>Before School</u></b> <b><u>7.50-8.20am</u></b>	All Years – Badminton Sports Hall KST	All Years – Volleyball Sports Hall VJA			Badminton for y12 & 13 ONLY STA Sports hall
<b><u>Lunchtime</u></b> <b><u>1.30-2pm</u></b>	Badminton Sports Hall VJA  Football for 10 & 11 only STA & TL courts  Cheerleading STA & KRU studio	Yr7 & 8 Netball Team Training VJA sports hall	Running Club – led by Rachael Yr13 student field	All Years – Athletics Sports Hall KRI Sports hall  Football for y7, 8 & 9, STA & TL courts  Alternative sporting games – All years KRU Sports hall	Y9 & 10 & 11 Netball team training KRU & KRI & STA Sports hall
<b><u>Afterschool</u></b> <b><u>3.30-4.20pm</u></b>			<b><u>Fixtures</u></b>  Gymnastics – All Years Sports Hall KRU	Yr11 Tuition STA	Prisons - led by Lilla Yr11 student 3.45 – 4.10pm Supervised by Ms Gribble Years 9, 10 & 11  <b><u>Staff Badminton</u></b> <b><u>4.10pm</u></b>

WCHS - ECTT – Term 1





**BATTLEBOX**  
FITNESS



Is your child or teen interested in competitive sports?  
Are they missing their usual fitness activities during the holidays?

INTRODUCING:

# CROSSFIT HOLIDAY CAMP



Tuesday 11th - Thursday 13th April 2023  
1:30pm to 4:30pm



At BattleBox Fitness

Unit 3b, 4 Raven Rd, London, E18 1HB

For ages 8 to  
16

**GET ACTIVE**  
**DEVELOP SKILLS**  
**MAKE NEW FRIENDS**

£40 per day or  
£100 for all 3  
days\*

INTERESTED? GET IN TOUCH:

WHATSAPP: +447719406205

EMAIL: [GIDEON@CROSSFITBATTLEBOX.COM](mailto:GIDEON@CROSSFITBATTLEBOX.COM)



[www.crossfitbattlebox.com](http://www.crossfitbattlebox.com)



[battleboxfitness](https://www.instagram.com/battleboxfitness)



[BattleBox Fitness](https://www.facebook.com/BattleBox Fitness)

\*10% discount for current BattleBox members.

NB: to attend 13th April, booking must also include either the 11th or 12th

£2.50  
Per session

# BOXFIT

## AT HAINAULT YOUTH CENTRE

**Female only**

For 11-18 year olds

Also open to relatives  
(mother / guardian) wanting  
to attend with their  
teenage child

**Tuesday 6pm-7pm**

**Book your session here:**

**<https://vrcl.uk/boxfit>**





### About Amnesty Society

Woodford County's Amnesty International Society will be restarting this year! Amnesty International is the world's largest human rights organisation. They investigate and expose abuses, educate and mobilise the public, and help transform societies to create a safer, more just world. In our Amnesty Society, we too, will be helping to raise awareness about the importance of human rights, as well as educating ourselves about and fighting against any human rights violations. We hope to hold fundraising events in support of human rights, so please come along if you have ideas! The society will be run by me, Prabha Sinha, and Andrea Sylvester-Concharles in Year 12. We both want to help support Amnesty's work, and if you do too, come along to H3 on Thursday!

*Prabha Sinha, Year 12*

For Human Rights Wins in 2022 see below (note that in point 5 it should say 24 weeks, not 24 months)

Come and join us for

# Prisons Club

**Fridays after school 3.45—4.10pm  
in the Sports Hall**

**Run by Lilla in Year 11 and super-  
vised by Miss Gribble**

**Years 9,10 & 11 welcome**

Team B's Prison	Team A	Team B	Team A's Prison
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# SPRING 2023 WEBINARS

*See Mrs Horn, in the Library  
for further details.*

Another Freebies you should check out which covers all manner of content:

[Gresham College](#)













22 <sup>nd</sup> March @ 12.45pm	Politics: Anarchism – Collectivists vs Individualists
22 <sup>nd</sup> March @ 2.15pm	Geology/Chemistry: Toolkit for NetZero
22 <sup>nd</sup> March @ 3.45pm	English Lit: Uni Book Club - Do the Right Thing by Spike Lee
23 <sup>rd</sup> March @ 4.15pm	Philosophy: Language of Argumentation
23 <sup>rd</sup> March @ 4.30pm	Pharmacy: The Science & Practice of Drug Combinations
27 <sup>th</sup> March @ 2.15pm	Biology: Skills & Insight on Fieldwork
28 <sup>th</sup> March @ 12.45pm	History/Politics: UK Poverty
28 <sup>th</sup> March @ 4.15pm	Maths: Real World Applications of Matrices
30 <sup>th</sup> March @ 4.30pm	HE: Understanding Financial Support @ Uni
26 <sup>th</sup> April @ 4.15pm	Maths: The Role of the Mathematician & the Climate Crisis
27 <sup>th</sup> April @ 4.30pm	HE: How Do I Manage my Money @ Uni
3 <sup>rd</sup> May @ 11.15am	History: US Civil Rights Movement
22 <sup>nd</sup> May @ 2pm	Art: History & Analysing Previously Unseen Art

***See Mrs Horn, in the Library for further details and how to register for all events.***



## Meet your Safeguarding and Pastoral Team

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

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

KEY STAGE 3		
<b>Mrs Hawks</b> Head of Year 7	<b>Mr Mills</b> Head of Year 8	<b>Ms Keith</b> Head of Year 9

KEY STAGE 4		KEY STAGE 5	
<b>Ms Hossein</b> Head of Year 10	<b>Ms Grant/Ms Rehman</b> Head of Year 11	<b>Ms Valente</b> Head of Year 12	<b>Mrs Easton</b> Head of Year 13



## 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:

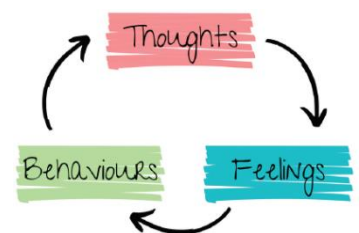
- My age is...
- My name is...
- I am wearing...
- The weather is...
- I am in...

### 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>

## Exam Stress (Information from MIND)

Exams can come with a lot of pressure and make us feel really stressed.

You might feel especially worried because of changes to exams and assessments since the start of the coronavirus pandemic.

If you're struggling to cope, you're not alone. We're here to help you manage your feelings around exams and find ways to cope.

### What is exam stress?

Lots of us know what it's like to feel stressed, but it's not easy to describe what stress is.

There's no single definition of stress, and it might feel different for you than it does for someone else. How we experience stress can feel different at different times. It can also depend on what's causing it.

Exam stress can be more than feeling nervous on the day of an exam. It can also be how you feel building up to exams, during exams and when waiting for results.

Young people, interviewed by MIND, described exam stress as:

- “Like a weight placed on top of you. While you want to succeed, I find it really difficult to because of the pressure.”
- “Where I'm constantly feeling overwhelmed by the idea of studying or doing the exams and it causes me to lose focus. This lack of focus leads to me feeling like I'm going to fail and adds to the stress – like a snowball effect.”
- “Knowing you have so much to do in so little time. Imagining how you know you're going to fail and feeling so stupid because you simply can't remember anything.”

- Feeling stressed, worried, or under pressure around exams can be difficult to manage. But there are things that can help – it's about finding what's right for you.

## What causes exam stress?

**Exams can be stressful on their own, but other things might cause you to feel worse. These might include:**

- Feeling like you're not ready or prepared for exams, like leaving revision too late.
- Worrying about how you'll feel and perform during the exam, especially when you don't know what will be in it.
- Pressure from others, like parents, carers or teachers.
- Pressure from yourself to get certain grades.
- Comparing yourself to others, like believing you have to get the same results as your friends.
- Worrying about the future, like getting into university or getting a job.
- Coping with life changes, like moving from secondary school to college.
- Having difficulties at home or in your relationships with family, friends or partners.
- Having caring responsibilities for a family member or someone you live with.

You may also feel stressed for reasons that aren't listed here. We're all different and that's okay.

## Good webpage from Young Minds:

<https://www.youngminds.org.uk/young-person/coping-with-life/exam-stress/>

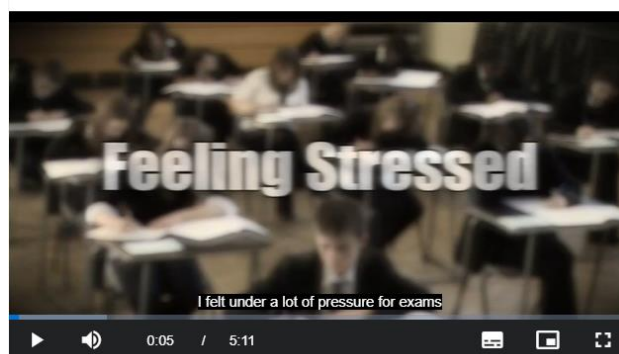
Try this guidance written by the NHS. There is a very helpful video made by teenagers to say how they feel about exams and then how they coped with their GCSE exams.

<https://www.nhs.uk/mental-health/children-and-young-adults/help-for-teenagers-young-adults-and-students/tips-on-preparing-for-exams/>

Scroll down the page of the link above to find the video

### Coping with exams

In this video, teenagers prepare themselves and build the confidence to sit their GCSE exams.



# 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](http://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 and Mrs Holman.

## 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 Holman and Mrs Marku are 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 Holman for more information and sign-up.

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

## MINDFULNESS PAGES



### The Body Scan

Mindfully scanning through the body, starts with breathing into the toes and feet, working all the way up the legs into the abdomen, through the belly and upper torso, moving to the hands and arms, the shoulders and neck, then into the face and back of the head, and finally ends at the crown. Lying down meditation focuses attention systematically on the whole body. Widening the scope of awareness to include every part of our physical being, this practice reminds us that we are more than simply residents of our own head.

It can be especially recuperative if we allow ourselves to rest in the awareness of being completely relaxed and supported for 10 – 20 minutes each day. A body scan carried out when we are fully awake can revitalise our sense of being alive and present in the moment. Alternatively, our intention may be to fall asleep as we go about deeply relaxing each body part in turn while focusing on breathing into and letting go of tensions that have accumulated during the day.

### Beditation

1. Lie down on your back in a safe space where you won't be disturbed.
2. Cover yourself with a blanket to keep warm. Or settle down in your bed to sleep.
3. Allow your eyes to close.
4. Place your hands on your belly and gently settle your attention on the rising and falling of your diaphragm as you breath in and out.
5. Take a few moments to feel your whole body lying there, register where you notice the points of contact with the mat or the bed.
6. Take an intentional breath in & imagine the vitality of the inhalation travelling all the way down to into your toes and feet. As you exhale, notice any sensations you feel there.
7. When you are ready to leave the toes and feet, take a deeper breath in and allow any tension or discomfort you find to dissolve in awareness as you exhale and move your attention up into the lower legs and knees.
8. Continue to move up through the rest of your body. If you experience any discomfort such as cramp, it's best to release the tension by moving or massaging away the discomfort before continuing with the scan.
9. The important point is to allow yourself to fully relax, and to drift into sleep as your body pulls you in that direction.
10. If you wish to remain awake, try doing the body scan on a yoga mat with your eyes open during the day.

Here is a link to Professor Mark Williams 40-minute, guided, body scan meditation:

[www.youtube.com/watch?v=OyRNHvPPNbE](https://www.youtube.com/watch?v=OyRNHvPPNbE)

## Mindful Walking

Walking is something we do every day without stopping to give it a second thought. Given the option, most of us would rather take a lift than walk to the shops. But this simple form of exercise has many stress relieving benefits.

Shirin Yoku or forest bathing is a form of meditative walking that is very popular in Japan. Designed to help people take time away from their screens, Shirin Yoku trails are chosen for their beauty and tranquillity. Forest bathing is known to improve immune function and lowers anxiety.



Mindful walking has been scientifically proven to reduce the harmful physical effects of stress and increase peace of mind. It can be practised outdoors anywhere you feel safe enough to walk with greater awareness.

The steps that follow describe how to perform mindful walking:

### **Preparation for mindful walking:**

- Find somewhere safe to walk where you will not be disturbed: your garden, a city park, country lane, or a busy street – are all equally good.
- Wear comfortable clothing and shoes for walking.
- Stand still and become aware of how you feel.
- Consider your posture, the weight of your body, feet in your shoes, and your muscles as you balance.

### **Mindful walking instructions:**

- Take a few deep breaths and slowly bring your awareness into the present.
- As you begin walking notice how your feet feel when they make contact with the ground.
- Slow down and notice the sights & sounds around you.
- Deepen your breathing if it feels comfortable.
- When your mind drifts, gently guide your thoughts back to the sensations of walking and breathing.
- Continue walking for as long as you feel safe and comfortable.

Mindful walking is free and doesn't require any specialist equipment. Half-term may provide the perfect moment for you to try this form of moving meditation for yourself.

Emma Liebeskind  
Mindfulness Teacher  
Sixth Form Enrichment

## Sleep Hygiene



What is sleep hygiene?

- Sleep hygiene are ways that you can set yourself up for better sleep.
- Strong sleep hygiene means having both a bedroom environment and daily routines that promote consistent, uninterrupted sleep.
- Keeping a stable sleep schedule, making your bedroom comfortable and free of distractions, following a relaxing pre-bed routine, and building healthy habits during the day can all contribute to ideal sleep hygiene.
- 8-10 hours of sleep is recommended for adolescents.
- Everyone can tailor their sleep hygiene practices to suit their needs. Positive habits can make it easier to sleep soundly throughout the night and wake up well-rested.
- Can you think of some more suggestions for good sleep hygiene?



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:

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

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

**YOUNGmINDS**

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

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

**kooth**

**HOPELINEUK (PAPYRUS)**

Phone: 0800 068 4141

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

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

Text: 07860039967

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

 **PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

### 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.

**NSPCC**

### The Mix Crisis Messenger

**shout**  
**85258**

Free 24/7  
**CRISIS TEXT LINE |**

**THE MIX**  
Essential support for under 25s  
☎ 0808 808 4994

**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](mailto:office@rcss.org.uk)



**020 8496 2442**

[young.carers@walthamforest.gov.uk](mailto:young.carers@walthamforest.gov.uk)

## 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](mailto:fusion@redbridge.gov.uk)

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



NHS Foundation Trust



Drugs A-Z News ▼ Help and advice Contact

Search Q

0300 1236600

**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



# 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**





tootoot)))

# Speak Up Speak Out

Log your worries on  
tootoot today

 Log in on the web:  
[www.tootoot.co.uk](http://www.tootoot.co.uk)

 GET IT ON  
Google Play

 Download on the  
App Store

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 your, 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 Hasler and Mrs Easton, as well as the school's Student Guidance Officer Mrs Holman and Assistant Student Guidance Officer Mrs Menon, 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



# NATIONAL APPRENTICESHIP WEBINARS PROGRAMME 2023



Coming Soon!

TUES 23 MAY



TUES 27 JUN



HEADLINE SPONSOR



THURSDAY 27 APRIL | 6 - 6.30PM

HEAR LIVE FROM LEADING FINANCIAL SERVICES ORGANISATION



This series aims to help parents, carers, teachers, career leads and students understand;

- Levels of apprenticeships and what they mean
- When to apply and what the process might look like
- What an apprenticeship might offer and the various careers it can lead into



Book your place today!



PROGRAMME  
SCHEDULE

SUPPORTED BY

THE GATSBY BENCHMARKS  
GOOD CAREER GUIDANCE

UCAS

## The London Institute of Banking & Finance

If you are in year 12 and are considering studying finance, economics or business you may be interested in applying for a [Summer taster programme](#) with the London Institute of Banking and Finance.

Are you thinking of a career in the financial services but don't know where to start? Our [summer taster programme](#) is for you!

Join us over three days where you'll be able to experience a variety of workshops, talks and lectures led by industry experts. You'll also get a sneak peek into student life with LIBF through social activities, networking sessions and a guided tour around the city.

There are spaces available for both July and August so make sure to register your place to avoid missing out!

## CAREERS

### ***Women at the Bar: Issues in pursuing a career in law***

Are you interested in pursuing a career in Law? You may find this webinar of interest. Five female barristers from different backgrounds talk about their personal experience at the Bar. Click on the link to join in and listen

<https://youtu.be/EFP51jggZTI>

### ***Year 11 Work Experience***

There is still a large number of students in year 11 who have yet to find a work experience placement. Use time over the next few weeks to dedicate to some serious searching to source a placement before school finishes for the spring term. Once again, if any parent can help support a student please get in touch at [smithm@woodford.redbridge.sch.uk](mailto:smithm@woodford.redbridge.sch.uk)





## 2023 Competition

for KS3 & KS4

S1/2 and S3/4 in Scotland

Promoting microbiology in schools and colleges since 1969



[To View in your Browser Click here](#)

Dear Mrs Peters,

The topic for the eagerly-awaited 35th Microbiology in Schools Advisory Committee (MiSAC) Annual Competition is ***Microbes and the Water Cycle***.

Water is a precious resource and we have to recycle it. In nature, water from seas, lakes and rivers evaporates into the air where it forms clouds. Water is released, eg, as rain or snow, as it falls back to earth. It refills surface waterways and reservoirs or soaks into underground stores (aquifers) from which supplies are taken for domestic, agricultural and industrial use. Before water can be supplied to homes and businesses, it must be treated and tested to ensure that it is safe to use. Treatment includes chlorination to remove bacteria, viruses and parasites that can cause disease. After use, wastewater is contaminated with various pollutants. If it flows into natural water courses, it would harm the environment. The problem of polluted wastewater is solved by harnessing microbes to decompose the organic matter in the pollution. The wastewater is piped into sewage works for treatment.

### THE COMPETITION

The aim of this year's competition is to develop an understanding among teenagers of the key roles of microbes in the water cycle by producing an illustrated, web-page report explaining to teenagers the importance of microbial activities in the water cycle and processes involved in reusing water supplies.

There are two entry groups: KS3 and KS4 (S1/2 and S3/4 in Scotland) and the closing date for entries is **3rd April 2023**.

### PRIZES

There are money prizes for schools and students.

School: 1st £250; 2nd £125; 3rd £70

Student: 1st £100; 2nd £50; 3rd £25

A certificate will be awarded to each student submitting an entry of scientific merit.

The results will be published on [www.misac.org.uk](http://www.misac.org.uk) where previous winning entries can be viewed.

Teachers find the MiSAC Annual Competition to be invaluable in helping to put curriculum content into perspective and students thoroughly enjoy the experience of learning, while exploring beyond the curriculum. For more information, guidance and full competition details [click here](#)

Microbiology in Schools Advisory Committee - promoting microbiology in schools and colleges since 1969. [www.misac.org.uk](http://www.misac.org.uk)  
Registered Charity no. 289163 (c)MiSAC



## VIDEO ESSAY COMPETITION, ECONOMICS, TRANSCRIPTS AND MORE! Closes 30<sup>th</sup> June 2023

The [MASSOLIT video essay competition](#) in partnership with Brasenose College is back for 2023!

The competition is open to UK-based students in Years 10, 11 and 12. Students should create a “MASSOLIT-style” video lecture around 8-12 minutes long on any academic topic for a chance at a cash prize and prize-giving ceremony at the University of Oxford. [Download competition poster](#)

In other news...

🏠 We've been blown away by the interest in **Economics**, thank you to everyone who has enquired. Why not set up a [subject trial](#) today?

📖 We revamped our subject landing pages! Our new **Curriculum View** enables you to quickly find the lectures that match the exam spec you're teaching.

🐾 All lectures are now supported with subtitles AND there is a **transcript tab** to quickly navigate through each video.

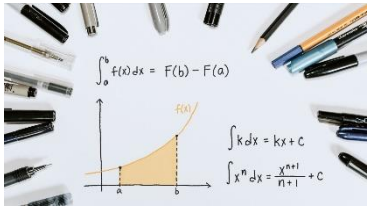
**BRAND NEW COURSES**



## CLASSICS

# Quintus and Pomponia

Prof. Christopher Whitton, University of Cambridge



## MATHEMATICS

# Integration I

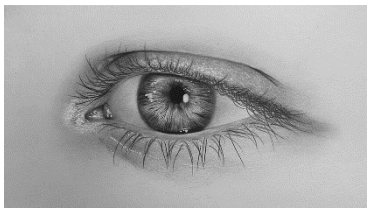
Prof. Ivan Contreras, Amherst College



## HISTORY

# Andreas Vesalius, 1514-64

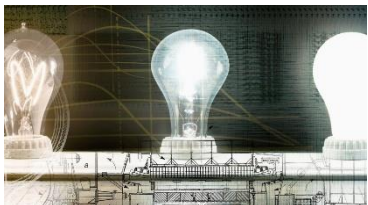
Prof. Dániel Margócsy, University of Cambridge



## BIOLOGY

# The Eye

Dr Matt Ivory, University of Cardiff



## PHYSICS

# Battle of the Currents: AC vs DC

Prof. Bruce Hunt, The University of Texas at Austin

[BROWSE NEW COURSES](#)

## SHARE THE GOOD NEWS!

Do you have colleagues that should also be receiving this email? Make sure they are assigned the Teacher or Admin role and they will start receiving regular news and updates.

Check out our [Help Guide article](#) on updating user roles.



Bonjour

Would you like to participate in a **French writing competition**, run by the **University of Oxford**?

You are required to write a **story in French of no more than 100 words**. The competition will be judged in 3 groups (Y7 - 9, Y10 - 11, Y12 - 13) . There are **prizes** for the winners.

For more information, **please see the website**, and please read through the conditions of the competition and how to apply:

<https://www.mod-langs.ox.ac.uk/schools/language-competitions#french>

You are required to submit your work and the deadline is **Friday 31 March** at 12 noon, so you'll probably need to have submitted it on **Thursday**.

This **needs to be independent work**, but once you've entered, please send a copy to your French teacher so that we can create a display of entries from WCHS.

Amusez-vous bien!

French @ WCHS



# 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](http://www.redbridge.gov.uk/youth-hub)**

