Woodford County High School

Weekly Student Bulletin

Wednesday 15th March 2023

Welcome to Bulletin No 66

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 Earthquake Appeal Non Uniform Day
Lost Property
Lunch Menu
Share Kindness Online – 10 Ways
Important Safeguarding Information
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Meet the Safeguarding and Pastoral Team
Wellbeing:
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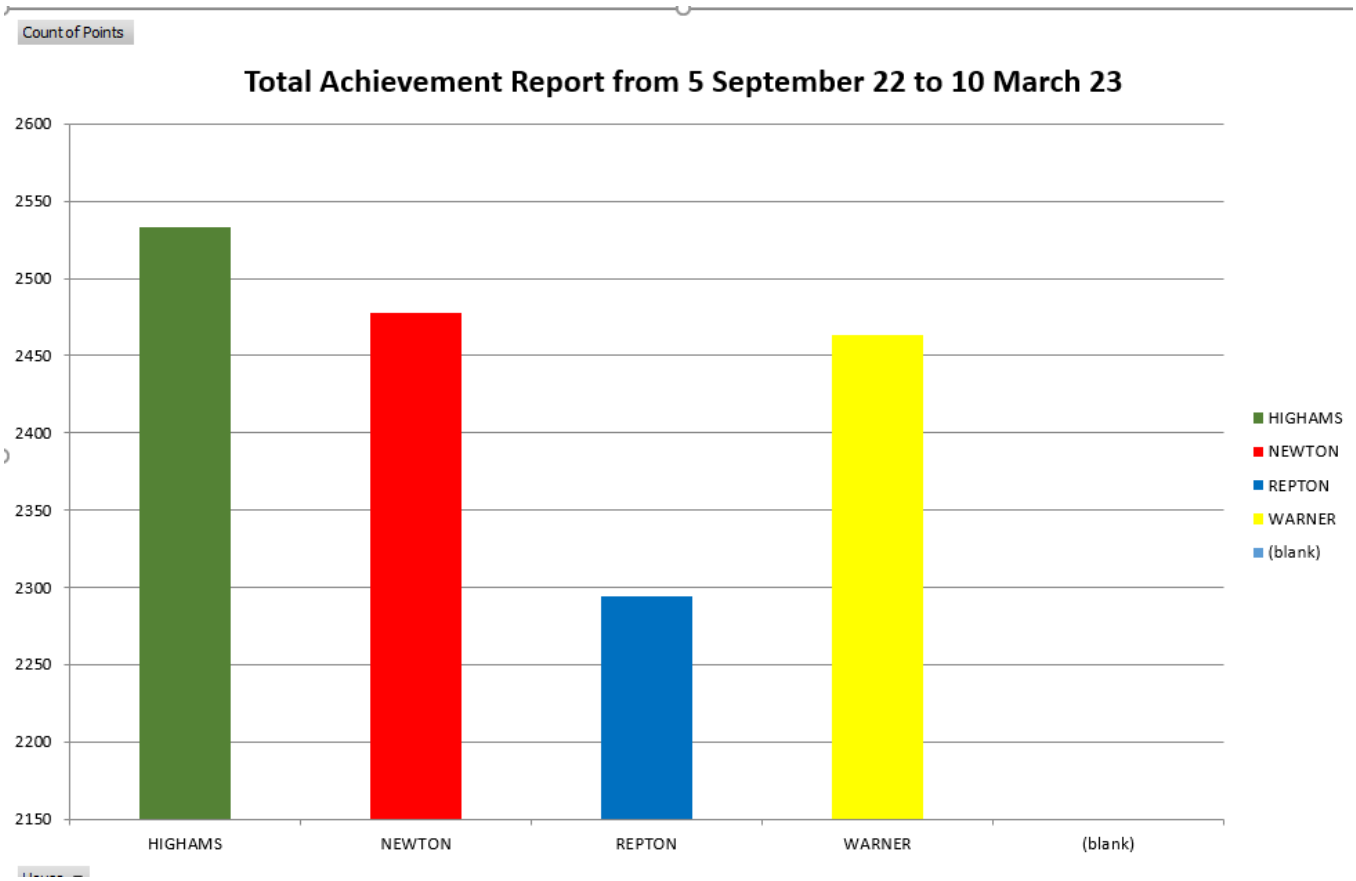
Mindfulness:
The Body Scan and Beditation/Everyday
Mindfulness: The Body Scan
Beditation/Mindful Walking
Sleep Hygiene
My Circle of Control
Help Lines – mental health
Bereavement help line
Young Carers Service (Redbridge and Waltham Forest)
Drug and Alcohol Help and Advice line
LGBTQ+
Pride Youth Network meetings
Tootoot
OUTSIDE COMPETITIONS –
Wildlife Artist of the Year 2023
MiSAC biology Competition
NEW Video Essay Competition Yrs 10, 11 &1 2
CAREER OPPORTUNITIES
NEW Women at the Bar – Career in law
Redbridge Youth Hub

Achievement Report total from 1st September 2022 Weekly Feature

1st Highams
2nd Newton
3rd Warner
4th Repton



WCHS THEATRE SOCIETY

To Kill A Mockingbird

Tuesday 28th March @ 7pm

Gielgud Theatre

Shaftesbury Ave,
London W1D 6AR

LIMITED TICKETS AVAILALBE

UPCOMING EVENTS … Tickets on sale soon.~32517

Newsies 26th April. Troubadour Theatre, Wembley Park @ 7.30pm

Wicked 16th May. Apollo Victoria Theatre @ 7.30pm

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

Six 12th July. Vaudeville Theatre @ 8pm

The WCHS Theatre Society is a PFA initiative. All lower school students must be accompanied by an adult – this is not a school trip and it is not supervised.

ALL TICKETS £27.50

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

LIBRARY@WOODFORD.REDBRIDGE.SCH.UK

NON UNIFORM DAY

Wednesday 29th March

Help raise funds for the Disasters Emergency Committee* earthquake appeal

£2 – Pay on parent pay – NOW OPEN

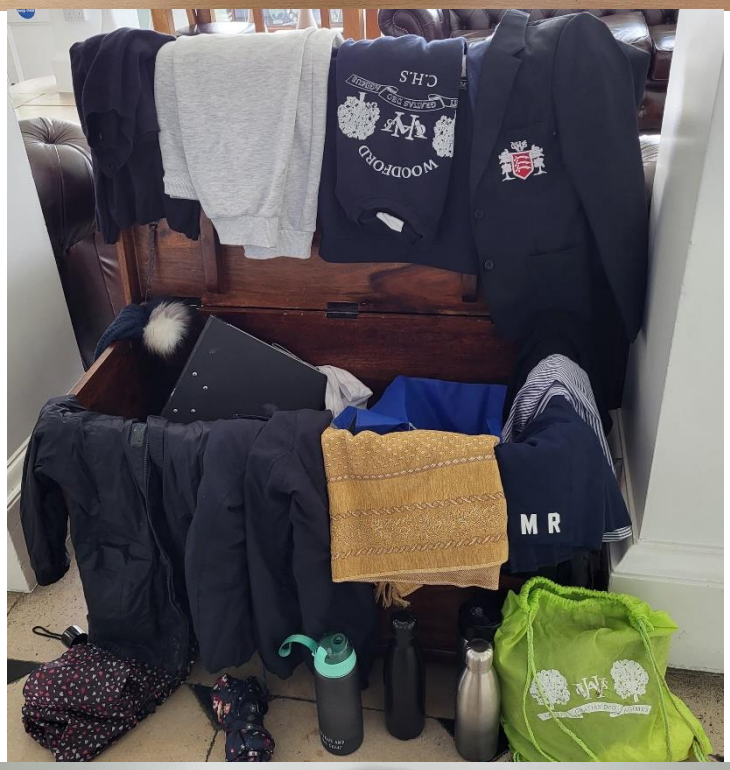
Disasters Emergency Committee* work with 15 leading aid charities to co-ordinate donations and aid efforts. They are humanitarian aid experts and they specialise in disaster response. They work with other Charites such as Oxfam, Save the Children, Tear fund and Islamic relief – to name a few. All 15 can be seen on the banner at the bottom.

DEC MEMBER CHARITIES

Lost Property

Please have a look at the photos below and if you recognise anything or think your child has lost items in school, please ask your child to come and collect them from the main school office for items on photo 1 and for photos 2 & 3 please check the lost property box by Staffroom 1. Please note, items not collected by the end of Spring term will be taken to a charity shop.

Thank you



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

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.

National Online Safety®

#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @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.

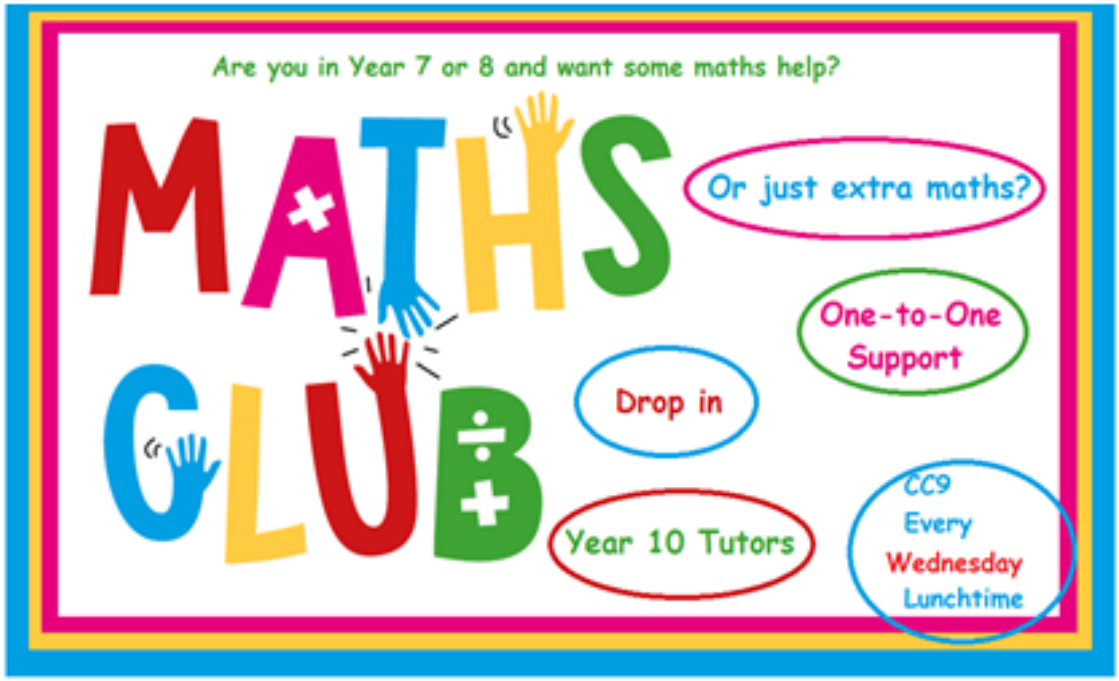
It includes some information about bullying and cyberbullying; child sexual exploitation; criminal exploitation and gangs;
online abuse, child trafficking; sexual abuse; domestic abuse, emotional abuse, female genital mutilation, neglect, non-recent abuse and physical abuse.

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 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

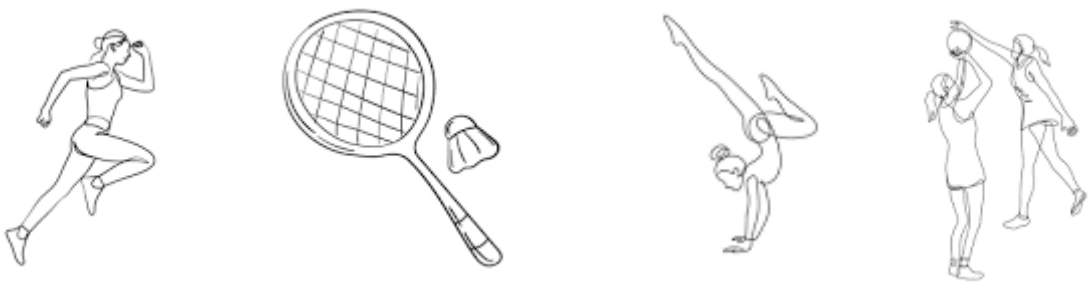
	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	**Junior Choir** (Main hall) 13:30- 14:10 **Senior choir** (Main hall) 13:45-14:30 **Brass Ensemble** (SF2) 13:45-14:15 **Kalimba Club** (Conference room) 13:45-14:20	**Junior Band** IBO (SF1) 13:30-14:10 **Musical Theatre club** (TBC) 13:40-14:15 **Flute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

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

P.E. EXTRA-CURRICULAR TIMETABLE

	Mon	Tues	Weds	Thurs	Fri
Before School 7.50-8.20am	All Years – Badminton Sports Hall KST	All Years – Volleyball Sports Hall VJA			Badminton for y12 & 13 ONLY STA Sports hall
Lunchtime 1.30-2pm	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
Afterschool 3.30-4.20pm	All years – Games (dodgeball / kickball etc.) Sports hall KST		**Fixtures** 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 **Staff Badminton 4.10pm**

WCHS - ECTT – Term 1



£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

Vision
Redbridge Culture & Leisure

working towards child friendly Redbridge

London Borough of Redbridge

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

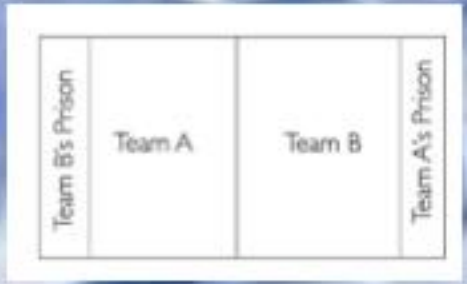
Prisons Club

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



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

14th March @ 2.15pm	Media: The End of the Audience
14th March @ 3.45pm	US Politics: Is There a Crisis of Democracy in the USA?
14th March @ 6.00pm	Economics/Business: Entrepreneurship from Problem to Concept
15th March @ 2.15pm	Biology: A Tour of the Human Brain
16th March @ 5.15pm	HE: Student Money – How Does It Add Up?
20th March @ 12.45pm	STEM: Skills & Insight – Communicating Science Through Writing
20th March @ 4.15pm	English Lit: Uni Book Club - Death of a Salesman by Arthur Miller
21st March @ 3.35pm	Culture: The Decline of Cinema
21st March @ 3.45pm	Maths: Representing the Reals - Continued Fractions

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

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 Hossein **Head of Year 10**	**Ms Grant/Ms Rehman** **Head of Year 11**	**Ms Valente** **Head of Year 12**	**Mrs Easton** **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

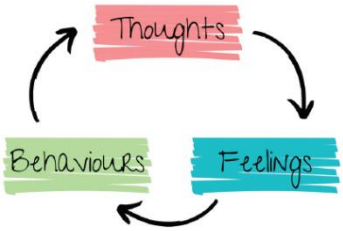
Facts

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?

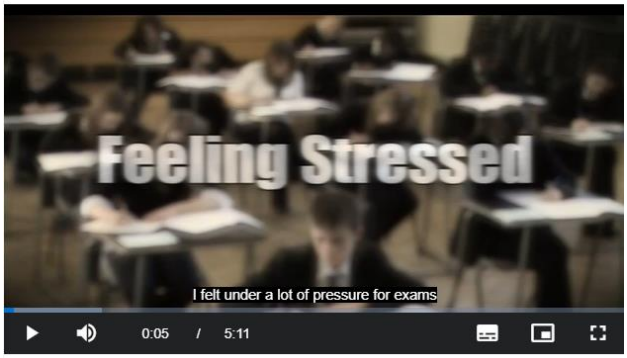
Exams can be stressful on their own, but other things might cause you to feel worse. These might include:

- 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.

Coping with exams

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



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

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 or 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

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?

CONNECT
TALK & LISTEN, BE THERE, FEEL CONNECTED

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 EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

Give
Your time, your words, your presence

MY CIRCLE OF CONTROL

I WILL FOCUS ON WHAT I CAN CONTROL

THINGS THAT ARE IN MY CONTROL

- The amount of effort I put in
- My words
- My actions
- How I treat others
- Whether or not I follow rules
- How I handle my feelings
- My decisions
- How I take care of myself

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/

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

shout 85258 here for you 24/7 CRISIS TEXT LINE

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

gr'eftalk helpline 0808 802 0111 Weekdays 9am-9pm CHAT EMAIL CALL

gr'ef encounter supporting bereaved children & young people

Young Carers:

Redbridge Carers Support Service

Phone: 020 8514 6251
Email: office@rcss.org.uk

Waltham Forest

020 8496 2442
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.

NELFT NHS
NHS Foundation Trust

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

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 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 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 LGBT+ 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 LGBT+ 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

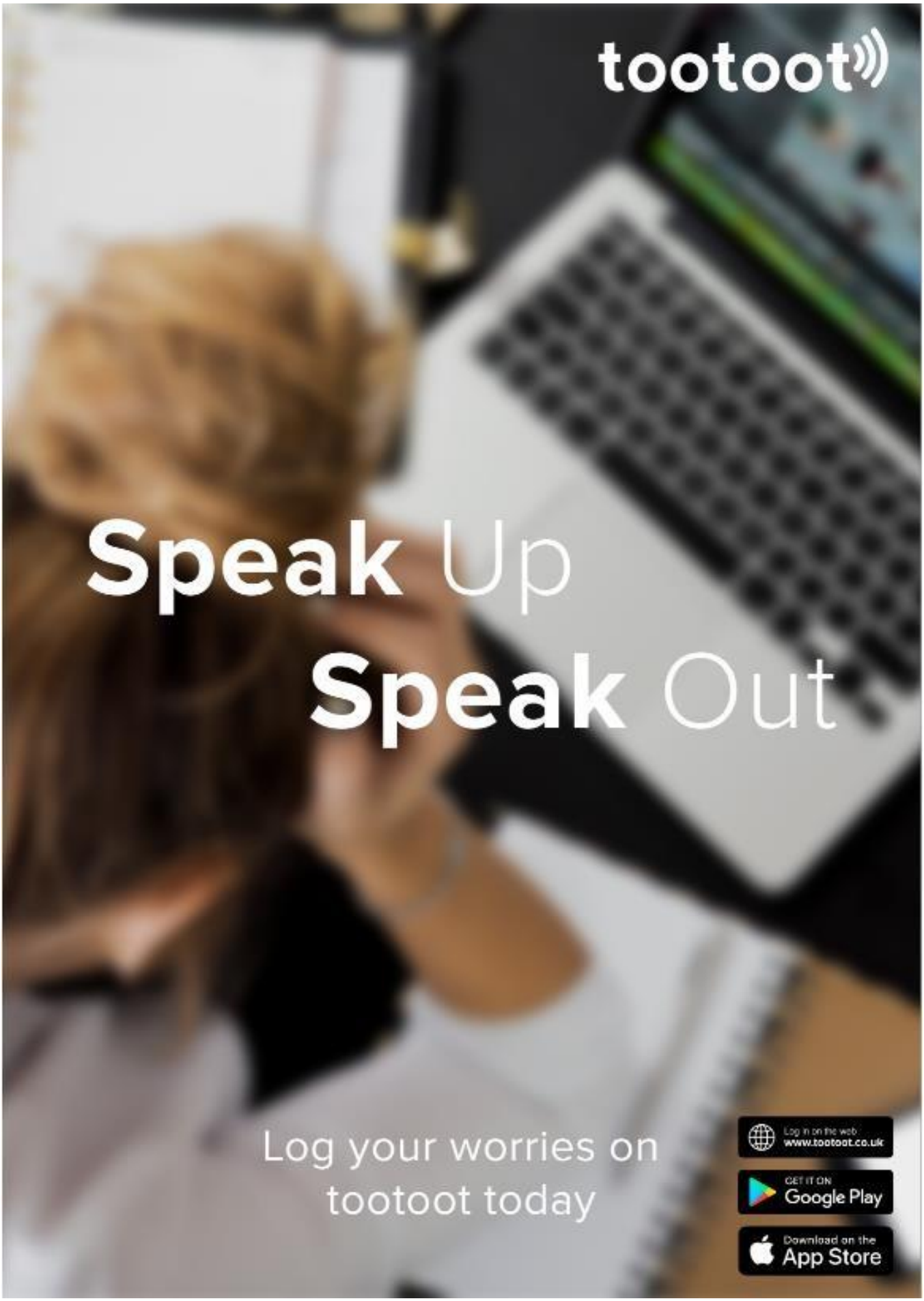
PRIDE YOUTH NETWORK!

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
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

The Art of Survival: FIGHT • PROTECT • ENGAGE

Artwork by Zoe Fitchet

Wildlife Artist of the Year 2023

Entries now open!

We're delighted to announce that entries are now open for David Shepherd Wildlife Foundation (DSWF) Wildlife Artist of the Year 2023 and that after three years away, we will be returning to an **in-person exhibition in September!**

Continuing the incredible legacy left behind by our founder, David Shepherd CBE, this internationally renowned competition celebrates the beauty and diversity of our natural world, whilst raising awareness for what could be lost if we do not take action to save it.

Every entry and artwork sold will help us in our fight to turn the tide on extinction and thanks to your generous support, an incredible £85,000 was raised during last year's competition and exhibition.

We are therefore asking our devoted community of wildlife artists to once again pick up their brushes, pencils and chisels to help us make this year bigger and better than ever before!

Enter now!

Please help to spread the word about this global competition by sharing our posts on Instagram, Twitter and Facebook. You can also forward this email on to your friends and contacts in the art community. Thank you!

Overall Winner 2022

'Costa Rican Cloud Forest' by Cy Baker

Overall Runner-up 2022

'Dappled Respite' by Gordon Pembridge

- **Entries Open** – 5th January 2023
- **Entries Close** – 29th March 2023
- **Shortlisted Artists Announced** – June 2023
- **Online Exhibition** – 1st-16th September 2023
- **Mall Galleries Exhibition** – 11-16th September 2023

COMPETITION DETAILS

Entries open from midday today, 5th January 2023,
and **close at midnight on the 29th March 2023** (UK time).

DSWF Wildlife Artist of the Year 2023 is open to both professional and amateur artists alike, using any technique, medium or style (excluding photography and digitally produced artwork).

Participants must have reached 19 years old by the closing date for entries (29th March 2023), with the exception of our Youth Exclusive Award which is open to young artists aged 15 and over.

IN-PERSON EXHIBITION

All artworks entered into the competition must be available for sale and by taking part, artists agree that, if shortlisted by our expert judging panel, they will show their piece in the finalists' exhibition at the **Mall Galleries** in London, between the 11-16th September 2023.

Please be aware that artists are responsible for delivery costs, as well as ensuring their pieces are hanging ready - including framing, if relevant.

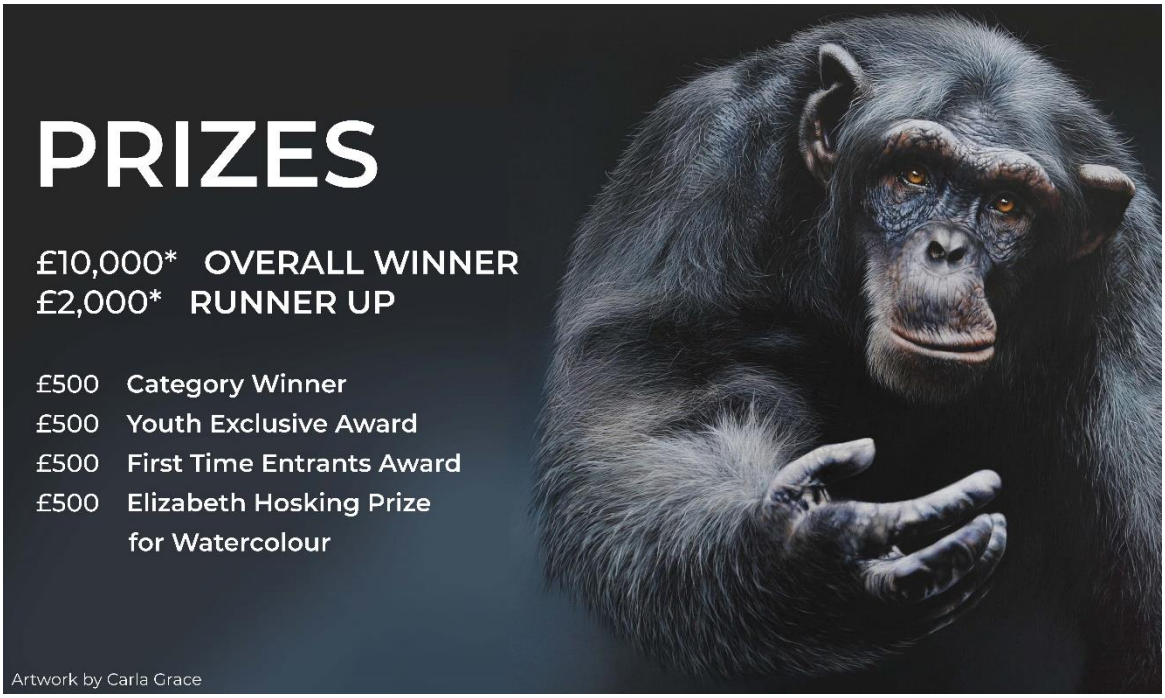
50% of the proceeds from the sale of all artworks from this exhibition will continue to support our work to **Fight** wildlife crime, **Protect** species and **Engage** individuals and communities to ensure a brighter future for endangered animals.

Since its inception, DSWF Wildlife Artist of the Year has attracted 15,000 entries and raised over £1.7 million for our conservation efforts across Africa and Asia.

You can find out more about how to enter here or by visiting our FAQs page. Alternatively, you can follow our artist-based Instagram account @dswfwildlifeart for further updates about this prestigious competition.

Enter now!

Artwork by Laura Smith



ENTRY FEES

£25 per entry for each of the first two entries and **£15** thereafter

£15 per entry for the Youth Exclusive Award

*Prize packages consist of a 50% cash prize and 50% conservation voucher to be donated to a DSWF project of the winner's choice.

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 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
Registered Charity no. 289163 (c)MiSAC

VIDEO ESSAY COMPETITION, ECONOMICS, TRANSCRIPTS AND MORE!

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.

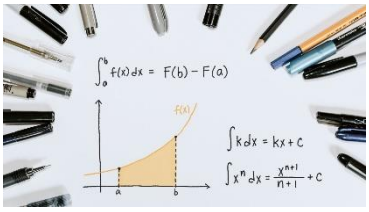
📝 All lectures are now supported with subtitles AND there is a **transcript tab** to quickly navigate through each video.

BRAND NEW COURSES

CLASSICS

Quintus and Pomponia

Prof. Christopher Whitton, University of Cambridge



MATHEMATICS

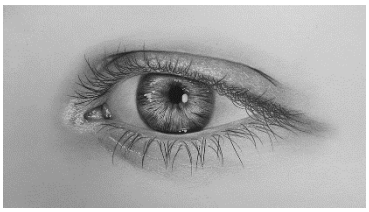
Integration I

Prof. Ivan Contreras, Amherst College

HISTORY

Andreas Vesalius, 1514-64

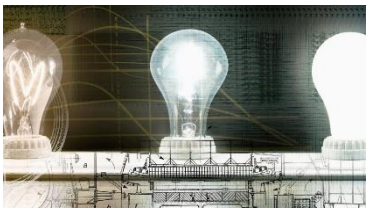
Prof. Dániel Margócsy, University of Cambridge



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.

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

London Borough of Redbridge

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

child friendly Redbridge

www.redbridge.gov.uk/youth-hub