

# Woodford County High School



## *Weekly Student Bulletin*



**Thursday 2nd February 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.

#### **Contents:**

##### **House Points**

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Wellbeing:  
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Mindfulness: The Body Scan  
Beditation/Mindful Walking  
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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  
**NEW Galentine's Delivery Service**  
**OUTSIDE COMPETITIONS –**  
**NEW The OurEcho Challenge - STEM**  
**NEW Science Buddies 2023 Engineering Challenge**  
**Poetry Competition**  
**Short Story Competition**  
**Wildlife Artist of the Year 2023**  
MiSAC biology Competition  
NEW Video Essay Competition Yrs 10, 11 & 12  
Centre for Personalised Medicine – Art Competition  
**CAREER OPPORTUNITIES**  
**NEW LSE Accounting Conference**  
Apprenticeship Open Evenings  
Redbridge Youth Hub

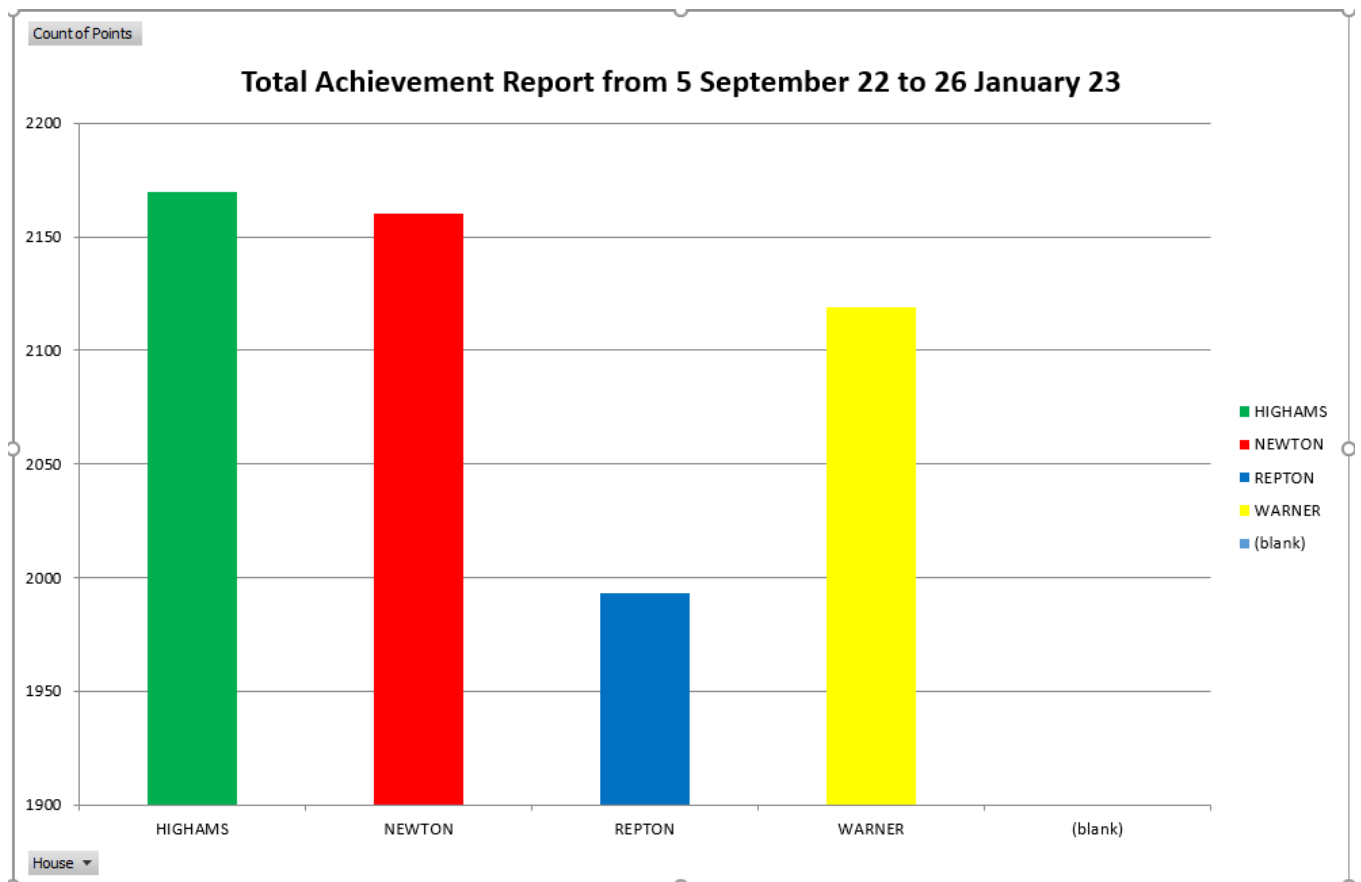
# Achievement Report total from 1<sup>st</sup> September 2022 Weekly Feature

1<sup>st</sup> Highams

2<sup>nd</sup> Newton

3<sup>rd</sup> Warner

4<sup>th</sup> Repton



Newton are catching up!



Woodford County  
High School for Girls

Bulletin

Issue No. 427

24th January 2023



## **GALA INTERNATIONAL EVENING 2023 TUESDAY 28<sup>TH</sup> FEBRUARY 6-9PM**

Woodford County High School, in association with its Parents & Friends Association, is hosting a Gala International Evening of music, dance, drama, poetry and food from across the world.



All girls, their parents and families are welcome to attend.

Dress code: traditional (optional).

Ticket prices are £5 for individuals, or £12 for families of 3 or more. The ticket will entitle you to entry and a free mocktail per ticket. Please bring along additional money to buy food.

All proceeds will go to the PFA, which funds school projects that benefit all of the students.

Tickets can be purchased via Parentpay.



The Dead Poets Society

SMELL OF BOOKS

For the ones who dream of stranger worlds

# World Book Day

Friday 3<sup>rd</sup> March 2023

Non-uniform day

£2 to BookAid International – Pay on ParentPay

Money goes to Haven House.

Theme: ... because I am a reader

by Meerab

A reader lives  
 a thousand lives  
 before he dies.  
 The man  
 who never reads  
 lives only once.

—HERBERT A. S.

## LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Classic Favourites</b>	<b>SOUTHERN STYLE</b>	<b>Great British Roast</b>	<b>CURRY</b>	<b>Fish &amp; Chips</b>	
<b>HALAL &amp; NON-HALAL MAIN MEAL</b>	<b>CLASSIC BEEF LASAGNE</b> Garlic Bread	<b>CHICKEN &amp; SAUSAGE JAMBALAYA WITH FRESH LIME &amp; CORIANDER</b>	<b>LEMON &amp; THYME ROASTED CHICKEN LEG</b> Yorkshire Pudding, Gravy	<b>BEEF KEEMA CURRY</b> 50/50 Rice, Naan Bread	<b>BATTERED FISH/SALMON FISHCAKES</b> Chips
<b>VEGETARIAN MAIN MEAL</b>	<b>VEGAN BOLOGNAISE</b> Garlic Bread	<b>ASIAN VEGETABLE &amp; NOODLE STIR FRY</b> Carrot & Sesame Salad	<b>BAKED MACARONI CHEESE WITH A CRUNCHY TOPPING</b>	<b>VEGAN JERK QUORN BURRITO</b> Rice	<b>SPICY BEAN ENCHILADA</b> Tomato Sauce
<b>VEGETABLE</b>	<b>GARDEN SALAD PEAS</b>	<b>SHREDDED GREENS</b>	<b>SEASONAL VEGETABLES</b>	<b>SWEET CHILLI SLAW</b>	<b>PEAS CHIPS</b>
<b>PASTA POTTS</b>	<b>TOMATO &amp; BASIL</b>				
	<b>PESTO PASTA</b>	<b>QUORN BOLOGNAISE</b>	<b>CHEESE SAUCE</b>	<b>CARBONARA</b>	<b>CHEESE SAUCE</b>
<b>JACKET POTATO</b>	<b>TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS</b>				
<b>DESSERT</b>	<b>BERRY &amp; APPLE CRUMBLE</b> Custard	<b>CORNFLAKE CRISPY CAKE</b>	<b>LEMON SPONGE</b> Custard	<b>SPICED APPLE SPONGE</b> Vanilla Sauce	<b>CHILLED COCONUT RICE PUDDING</b>
<b>FRUIT</b>	<b>SELECTION OF FRUIT DAILY</b>				
<b>YOGHURT POTTS</b>	<b>SELECTION OF YOGHURT POTTS DAILY</b>				

TRY OUR HOME-MADE SOUP WITH FRESHLY BAKED BREAD

LOOK OUT FOR AMAZING BLUE DOT MEAL DEALS


PEZZAS, WRAPS & PANINIS  
FRESH OPTIONS EVERY DAY

TAKE HOME A TAKEAWAY Collect Before You Go Home

LUNCH MEAL DEAL Check out what's on offer today!

WATCH OUT FOR OUR POP UP & STREET FOOD PROMOTIONS


All of Our Deli Range, Sandwiches, Salads & Desserts are FRESHLY MADE HERE DAILY

		WEEK 2				
		Classic Favourites MONDAY	SOUTHERN STYLE TUESDAY	Great British Roast WEDNESDAY	CURRY THURSDAY	Fish & Chips FRIDAY
HALAL & NON-HALAL MAIN MEAL		TRADITIONAL SAUSAGE & MASH Onion Gravy	MEXICAN BURRITO BAR Various Fillings	ROAST TURKEY Yorkshire Pudding, Gravy	CARIBBEAN CHICKEN CURRY 50/50 Rice, Naan Bread	BATTERED FISH/ SALMON FISHCAKES Chips
VEGETARIAN MEAL		VEGAN SAUSAGE & MASH Onion Gravy	REFRIED BEAN BURRITO BAR Various Toppings	QUORN ROAST Yorkshire Pudding, Gravy	VEGETABLE NOODLES & SOYA BEAN STIR FRY	PIZZA WRAP Chips
VEGETABLE		CARROTS PEAS	SWEETCORN	SEASONAL VEGETABLES	GINGER FRIED GREENS	BEANS GARDEN SALAD PEAS
PASTA POTS		TOMATO & BASIL				
		QUORN BOLOGNAISE	CARBONARA	PESTO	ARRABIATA	CHEESE SAUCE
JACKET POTATO		TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS				
DESSERT		JAM SPONGE Custard	PEAR & GINGER CRUMBLE Cinnamon Custard	CHOCOLATE SPONGE Chocolate Sauce	APPLE & BLACKBERRY CRUMBLE Custard	SYRUP SPONGE Custard
FRUIT		SELECTION OF FRUIT AVAILABLE DAILY				
YOGHURT POTS		SELECTION OF YOGHURT POTS AVAILABLE DAILY				

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		WEEK 3				
		Classic Favourites MONDAY	SOUTHERN STYLE TUESDAY	Great British Roast WEDNESDAY	CURRY THURSDAY	Fish & Chips FRIDAY
HALAL & NON-HALAL MAIN MEAL		CLASSIC BEEF BOLOGNAISE 50/50 Pasta	HOUSE RUBBED JERK CHICKEN	SALT & PEPPER CHICKEN Roast Potatoes, Gravy	THAI RED CHICKEN CURRY White Rice	BATTERED FISH/ SALMON FISHCAKES Chips
VEGETARIAN MEAL		ROASTED PEPPER & QUORN MOUSSAKA	MIXED BEAN ENCHILADA	CAULIFLOWER CHEESE & GREENS PASTA BAKE	VEGETABLE BALTI White Rice	BEAN BURGER Chips
VEGETABLE		SWEETCORN GARDEN SALAD	RICE N PEAS, SWEET CHILLI SLAW	SEASONAL VEGETABLES MIXED SALAD	LIME & CORIANDER SLAW	BEANS GARDEN SALAD PEAS
PASTA POTS		TOMATO & BASIL				
		QUORN BOLOGNAISE	CARBONARA	PESTO	ARRABIATA	CHEESE SAUCE
JACKET POTATO		TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS				
DESSERT		APPLE & BERRY PIE Ice Cream	WARM CHOCOLATE BROWNIE Chocolate Sauce	JAM SPONGE Custard	PANCAKE BAR Fruit Toppings	BANANA BREAD & BUTTER PUDDING Custard
FRUIT		SELECTION OF FRUIT AVAILABLE DAILY				
YOGHURT POTS		SELECTION OF YOGHURT POTS AVAILABLE DAILY				

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# 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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## **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.

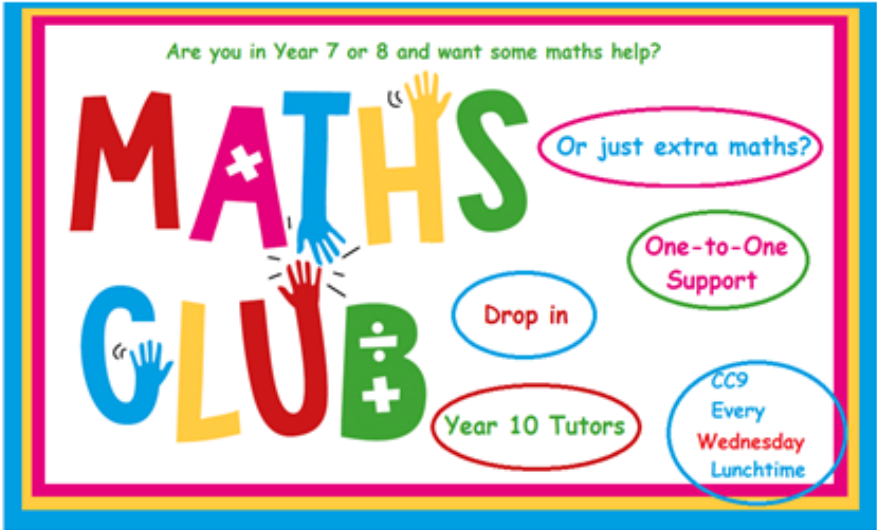
<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/>

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





Are you in Year 7 or 8 and want some maths help?

**MATHS CLUB**

Or just extra maths?

One-to-One Support

Drop in

Year 10 Tutors

CC9 Every Wednesday Lunchtime

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: Autumn 2022

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

## P.E. EXTRA-CURRICULAR TIMETABLE

Clubs will be starting from next week (12<sup>th</sup> September).

Year7 netball trials on Wednesday next week which is the 14<sup>th</sup> September

	<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			
<b><u>Lunchtime</u></b> <b><u>1.30-2pm</u></b>	All Years – Basketball Sports Hall VJA  All years Dance Dance studio STA	All years football Sports Hall/Field STA		Badminton Sports Hall VJA  All years Fitness Dance Studio/Field STA  All Years – Athletics Sports Hall/Field KRI	
<b><u>Afterschool</u></b> <b><u>3.45-4.45pm</u></b>	A.S.C self defence Sports hall  All years – Games (dodgeball / kickball etc.) Courts KST	Boxing External Coach Year 10 & 11 (Sign up required) KRU  A.S.C JIU JITSU Sporthall	Netball Training/Fixture (courts) STA VJA KRU KRI	Trampolining – All Years KRU  A.S.C DANCE DANCE STUDIO	

### WCHS - ECTT – Term 1

Term 1 sports – Rugby, Netball, Football, Volleyball, Trampolining, Badminton, Basketball, Dance, Fitness, GCSE Theory, Cross Country

STA: 4	VJA: 4	KRU: 3	KRI: 2	KST: 2	SD: 1
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Please follow the PE Department on Instagram  
@wchsukpe for all the latest updates



£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



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



# HUMAN RIGHTS WINS 2022



- 1) School headteacher **Hriday Chandra Mondal** released with all charges dropped, after being detained for discussing the difference between science and religion in class
- 2) **Professor Faizullah Jalal**, a university lecturer, was released in January after arbitrary detainment by the Taliban
- 3) **Younis Abdelsalam**, who freely expressed his opinion to the public, was released in December after being detained for over a year
- 4) **Kazakhstan** banned the death penalty for all crimes in January, as well as **Papua New Guinea** in April
- 5) **Colombia** decriminalized **abortion** in February during the first 24 months of pregnancy
- 6) **Miranda Ruiz** was acquitted in September following unjust prosecution for guaranteeing a legal abortion
- 7) A bill was passed in **Spain** in **May** with measures to **prevent and prosecute rape**.
- 8) Finland passed measures in June to remove the ambiguity around consent in rape
- 9) Finland passed reforms to **ease the strict abortion laws** in the Nordic Region of the county

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](#)



## FEBRUARY 2023

1 <sup>st</sup> February @ 2.15pm	Chemistry/Geology: Understanding the Earth
1 <sup>st</sup> February @ 4.15pm	Geography: Achieving Energy Security
2 <sup>nd</sup> February @ 2.30pm	History: Detecting Bias in Sources
2 <sup>nd</sup> February @ 4.00pm	Chemistry: The Periodic Table – The 7 <sup>th</sup> Row
6 <sup>th</sup> February @ 10.00am	English: Language Diversity & Change
6 <sup>th</sup> February @ 12.45pm	MFL: German Youth Culture
6 <sup>th</sup> February @ 3.45pm	English: Dracula Uni Book Club
7 <sup>th</sup> February @ 3.35pm	Chemistry: What Can We Use Nanotechnology For?
7 <sup>th</sup> February @ 5.30pm	Creative Writing: Skills & Insight
8 <sup>th</sup> February @ 11.15am	English: Dystopian Literature
8 <sup>th</sup> February @ 2.15pm	PE: Sport & Exercise Science & Psychology
8 <sup>th</sup> February @ 4.15pm	MFL: French Film Society – La Haine
9 <sup>th</sup> February @ 12.45pm	Economics: Focus on UK Economic Performance
22 <sup>nd</sup> February @ 4.30pm	HE: How Do You Pay for Uni?
28 <sup>th</sup> February @ 4.15pm	Maths: Real World Application of Matrices

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



## MARCH 2023

1 <sup>st</sup> March @ 3.35pm	Economics/Business: Strategic Direction & Methods
6 <sup>th</sup> March @ 11.15am	RS/Philosophy: Metaethics – Skills & Insight
6 <sup>th</sup> March @ 12.45pm	Physics: Waves
6 <sup>th</sup> March @ 4.15pm	Chemistry: Computational Chemistry
7 <sup>th</sup> March @ 1.00pm	Engineering: Astrodynamics
7 <sup>th</sup> March @ 4.15pm	Classics: Sophocles - The Three Theban Plays
8 <sup>th</sup> March @ 11.15am	History: US Civil Right Movement
9 <sup>th</sup> March @ 10.10am	EPQ: Developing Academic Writing Skills
9 <sup>th</sup> March @ 12.45pm	Medicine: Supporting People with Mental Health Issues
9 <sup>th</sup> March @ 4.15pm	The Balance of Power: Government, Media, Markets
13 <sup>th</sup> March @ 2.00pm	Art: Analysing & Interpreting Previously Unseen Art
14 <sup>th</sup> March @ 2.15pm	Media: The End of the Audience
14 <sup>th</sup> March @ 6.00pm	Economics/Business: Entrepreneurship from Problem to Concept

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





## MARCH 2023

15 <sup>th</sup> March @ 2.15pm	Biology: A Tour of the Human Brain
16 <sup>th</sup> March @ 4.15pm	Philosophy: Language of Argumentation
16 <sup>th</sup> March @ 5.15pm	HE: Student Money – How Does It Add Up?
20 <sup>th</sup> March @ 2.15pm	Biology: Planning & Executing Fieldwork
20 <sup>th</sup> March @ 4.15pm	English: Death of a Salesman Uni Book Club
21 <sup>st</sup> March @ 3.35pm	Culture: The Decline of Cinema
22 <sup>nd</sup> March @ 12.45pm	Politics: Anarchism – Collectivists vs Individualists
22 <sup>nd</sup> March @ 3.45pm	English: Do the Right Things by Spike Lee Uni Book Club
23 <sup>rd</sup> March @ 4.30pm	Pharmacy: The Science & Practice of Drug Combinations
27 <sup>th</sup> March @ 12.45pm	STEM: Communicating Science
28 <sup>th</sup> March @ 12.45pm	History/Politics: UK Poverty
28 <sup>th</sup> March @ 3.15pm	Art: British Contemporary Art 1960+

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





Dear WCHS students,

“The Jack Petchey Foundation Internship Programme funds **12-month paid internships in youth organisations across London and Essex**, and this year we are funding 30 new roles! These roles are perfect for young people at the beginning of their career looking to take their first steps into working in the voluntary sector.

From youth theatre to youth work, marketing to refugee support and much more, there is a wide variety of roles for young people to apply to! The Jack Petchey Internship Programme is designed to **give young people a flying start in the youth sector** and to help youth organisations increase the support they provide for young people in London and Essex. It aims to support dynamic young individuals on their first step towards being the sector’s future leaders.”

Take a look for more information about their [INTERNSHIPS](https://www.jackpetcheyfoundation.org.uk/opportunities/internships/) or [APPRENTICESHIPS](https://www.jackpetcheyfoundation.org.uk/about-us/work-for-us/). You may be eligible to apply\* or you may simply want to have a look at opportunities that may be available to you in a few years’ time.






Mrs Hawks Woodford County High School Jack Petchey Co-ordinator



\* For apprenticeship there are minimum GCSE grade requirements and you need to be available to work – therefore once you finished school!

Internships: <https://www.jackpetcheyfoundation.org.uk/opportunities/internships/>

Apprenticeship: <https://www.jackpetcheyfoundation.org.uk/about-us/work-for-us/>

## 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:

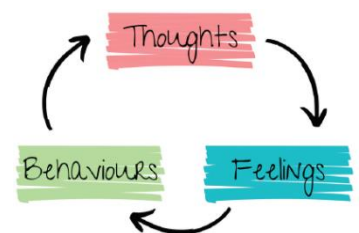
- My age is...
- My name is...
- I am wearing...
- The weather is...
- I am in...

### 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>



# 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





# Galentine's Delivery Service - 6th February

All proceeds go to Haven House



## ROSE PACKAGE



£3.00

Card  
Galentine's milk chocolate  
Single wrapped rose

## SWEET PACKAGE

£2.00



Card  
Galentine's milk chocolate  
2 Lollipops  
2 hard boiled candies

Option to remain anonymous or write your name

Microsoft Forms to be sent out by email and SMHW  
Payment to be made on ParentPay\*  
Deadline to order: 3rd February

\*If you wish to pay in person, or have any allergy  
concerns please email,  
[hhenterprise@woodford.redbridge.sch.uk](mailto:hhenterprise@woodford.redbridge.sch.uk)



# **Looking for something to do over half term?**

## **Take the Science Buddies 2023 Engineering Challenge!**

### **About the Challenge**

K-12 students worldwide are invited to give engineering a try with the annual Engineering Challenge from Science Buddies. Announced every January, the Science Buddies Engineering Challenge lets students use their problem-solving skills to design, build, and test contraptions. The challenges use simple materials and are free for all to participate.

### **Ping Pong Pickup 2023 Engineering Challenge**

Can you make a device out of paper, string, tape, and paper clips to pick up a ping pong ball and return it to a start line? What is the greatest distance over which your device can work? Students across the globe are invited to try this challenge and submit their results by March 19, 2023, to be entered (where eligible) in random drawings for \$10,000 in prizes. We are excited to see what you build!

Full instructions: [https://www.sciencebuddies.org/science-fair-projects/project-ideas/ApMech\\_p058/mechanical-engineering/ping-pong-pickup-challenge](https://www.sciencebuddies.org/science-fair-projects/project-ideas/ApMech_p058/mechanical-engineering/ping-pong-pickup-challenge)

Video intro:

[https://www.youtube.com/watch?time\\_continue=2&v=YqFcL95QHFE&embeds\\_euri=https%3A%2F%2Fwww.sciencebuddies.org%2F&embeds\\_origin=https%3A%2F%2Fwww.sciencebuddies.org&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=2&v=YqFcL95QHFE&embeds_euri=https%3A%2F%2Fwww.sciencebuddies.org%2F&embeds_origin=https%3A%2F%2Fwww.sciencebuddies.org&feature=emb_logo)

Scoring and submitting entries: <https://www.sciencebuddies.org/engineering-challenge>

**Once you have finished your entry please copy your pictures to Mrs Peters and we will feature them in the April 2023 edition of the Woodford STEM Magazine!**

# THE OURECHO CHALLENGE



The OurEcho Challenge is a STEM competition that empowers students to take a closer look at biodiversity in their communities. Students will first identify threats to local ecosystems and then propose solutions to help preserve, protect, or repair those natural resources.

## OURECHO CHALLENGE IS NOW OPEN FOR ENTRIES TO US AND UK TEAMS!

This year, the OurEcho Challenge is open to students in the US (Grades 5 - 9) and the UK (Years 6 - 10). The competition is open for entries from November 3, 2022 - March 3, 2023.

Find out more here: <https://www.earthecho.org/ourecho-challenge>

## THE PRIZES



**US Grand Prize: \$5,000**  
**UK Grand Prize: £5,000**



**US 2nd Prize: \$2,500**  
**UK 2nd Prize: £2,500**



**US 3rd Prize: \$1,000**  
**UK 3rd Prize: £1,000**

## RESOURCES

- Parental/Guardian Consent Form: [https://assets-global.website-files.com/5cfe1ff171000a855754a32f/63628e3e72b5ac5772a86f0f\\_Y3\\_EE\\_OE%20PermissionForm.pdf](https://assets-global.website-files.com/5cfe1ff171000a855754a32f/63628e3e72b5ac5772a86f0f_Y3_EE_OE%20PermissionForm.pdf)
- Project planning worksheet: [https://assets-global.website-files.com/5cfe1ff171000a855754a32f/63628fbc3468a415382328ec\\_Y3\\_EE\\_OE\\_ProjectPlanningWorksheet\\_Entry.pdf](https://assets-global.website-files.com/5cfe1ff171000a855754a32f/63628fbc3468a415382328ec_Y3_EE_OE_ProjectPlanningWorksheet_Entry.pdf)
- Challenge Checklist & Winning Tips: [https://assets-global.website-files.com/5cfe1ff171000a855754a32f/636290a69ba1524d06a5e41f\\_Y3\\_EE\\_OE\\_ChallengeChecklist.pdf](https://assets-global.website-files.com/5cfe1ff171000a855754a32f/636290a69ba1524d06a5e41f_Y3_EE_OE_ChallengeChecklist.pdf)
- Entry form: [https://assets-global.website-files.com/5cfe1ff171000a855754a32f/6036afb3eb4ed32fec584595\\_2021\\_EE\\_OE\\_ENTRY%20FORM.pdf](https://assets-global.website-files.com/5cfe1ff171000a855754a32f/6036afb3eb4ed32fec584595_2021_EE_OE_ENTRY%20FORM.pdf)

Entries must be submitted by a teacher, parent or other mentor (aged 21+). If you would like Mrs Peters to submit your entry you should email the pdf entry form and complete parent/guardian consent forms by **Monday 27<sup>th</sup> February 2023**.



# Redbridge Children's Book Award 2023

## Poetry Competition



Write a poem (maximum 40 lines) on the following theme:

**I Wish I Could...**

The competition has two age categories **Junior (Years 6 and 7)** and **Teen (Years 8 upwards)**

**Closing Date: Friday 17 March 2023**

Poems should be in **WORD** and handed in to your school librarian or teacher who will select the **best five** to submit to the competition.

Please include your name, age, year group, address and school.

# Redbridge Children's Book Award 2023

## Short Story Competition



Write a short story, using the phrase:

**Lightning slashed the sky, revealing a wooden doorway hidden behind a pile of rubble**  
(maximum length of story 1500 words)

The competition has two age categories **Junior (Years 6 and 7)** and **Teen (Years 8 upwards)**

**Closing Date: Friday 17 March 2023**

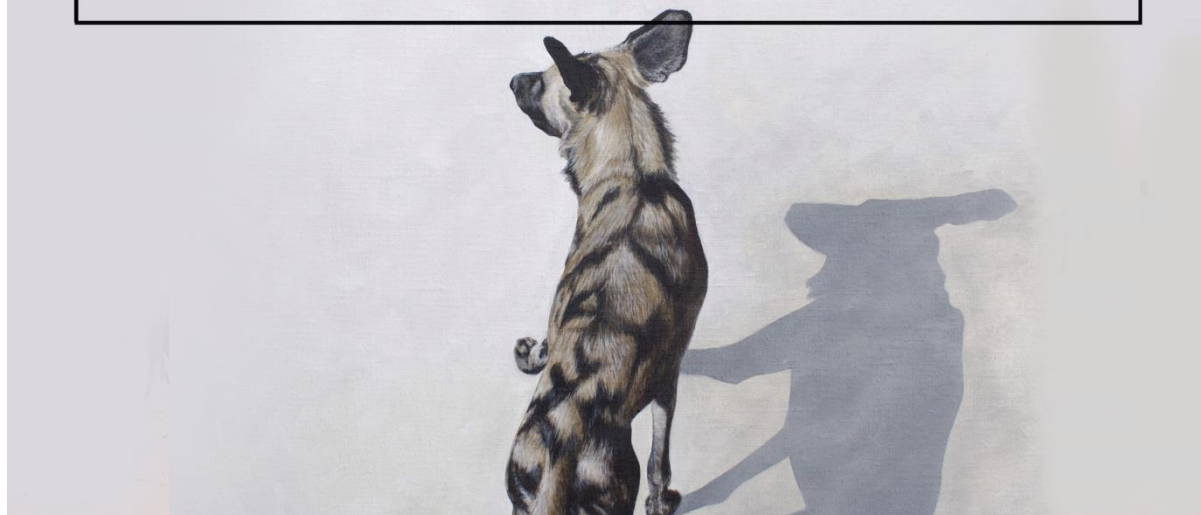
Stories should be in **WORD** and handed in to your school librarian or teacher who will select the **best five** to submit to the competition.

Please include your name, age, year group, address and school.



**The Art of Survival:** FIGHT • PROTECT • ENGAGE

DAVID SHEPHERD WILDLIFE FOUNDATION  
**WILDLIFE ARTIST** OF THE **YEAR 2023**



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

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## 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!**

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# PRIZES

£10,000\* **OVERALL WINNER**  
£2,000\* **RUNNER UP**

£500 **Category Winner**  
£500 **Youth Exclusive Award**  
£500 **First Time Entrants Award**  
£500 **Elizabeth Hosking Prize  
for Watercolour**



Artwork by Carla Grace

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## 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.

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## 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!

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.



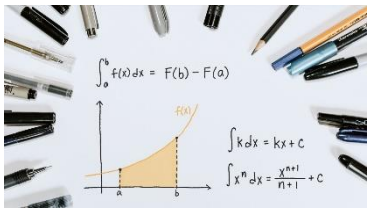
## BRAND NEW COURSES



### CLASSICS

## Quintus and Pomponia

Prof. Christopher Whitton, University of Cambridge



### MATHEMATICS

## Integration I

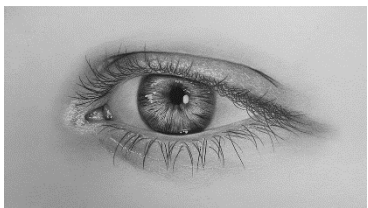
Prof. Ivan Contreras, Amherst College



### 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.

## Accounting Opportunity

LSE Accounting Society along with the department are holding a conference, which is a great opportunity to network with partners and managers at leading firms such as Deloitte and Deutsche Bank. This is beneficial for those wanting to go into tech, accounting and finance, or banking. Also, for those considering coming to LSE, they can visit campus and have the chance to speak to professors at the conference.

We would appreciate if you could advertise this to 6th formers.

Here's the link to sign up (it is £5 but lunch will be provided under the cost) and the poster with further details:

<https://lsesu.native.fm/event/lse-accounting-conference/81390>



The poster features a black central rectangle with white text and icons, set against a background of a city skyline at sunset. At the top of the rectangle is a stylized 'A' logo. Below it, the text 'LSESU ACCOUNTING SOCIETY' is written in a sans-serif font. The main title 'LSE Accounting Conference' is in a large, bold, serif font, followed by the subtitle 'Age of Digitisation Theme' in a smaller serif font. A horizontal line separates this from the event details. On the left, four icons (calendar, clock, tie, location pin) are aligned with the text: '11th February 2023', '10am - 4pm', 'Business Casual', and 'LSE CBG Auditorium'. On the right, there is a white icon of a podium with a microphone.

  
LSESU ACCOUNTING  
SOCIETY

**LSE Accounting Conference**  
Age of Digitisation Theme

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 11th February 2023  
 10am - 4pm  
 Business Casual  
 LSE CBG Auditorium



## Apprenticeship Open Evenings

January-February 2023

Free to attend!

All About School Leavers is hosting a variety of virtual apprenticeship events with a range of employers in early 2023. Learn more about the opportunities available to you and register for these events now!



Virtual Open Evening

Wednesday 25th January 2023, 4.30pm-5.30pm

Tuesday 21st February 2023, 4.30pm-5.30pm

[RESERVE PLACE AT STANDARD CHARTERED \(JAN\)](#)

[RESERVE PLACE AT STANDARD CHARTERED \(FEB\)](#)



Careers in Law with CMS

Monday 6th February 2023, 4pm-5pm

[RESERVE PLACE AT CMS](#)



All About Deloitte Apprenticeships

Tuesday 7th February 2023, 4.30pm-5.30pm

[RESERVE PLACE AT DELOITTE](#)



Life as a Solicitor Apprentice at Ashurst

Wednesday 8th February 2023, 5pm-6.30pm

[RESERVE PLACE AT ASHURST](#)





# 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)**

