

# Woodford County High School



## Weekly Student Bulletin

Tuesday, 17th October 2023

### Welcome to Bulletin No 84

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.

Kalimba Club will be held in room SF2 until 20<sup>th</sup> November, and Senior Choir will be held in the Conference room between those dates too. This is because of House Drama rehearsals taking place in the hall during lunch.

### CONTENT:

**Achievement Report**

Black History Month

Non Uniform Day

After School Club

MFL Competition

Invest **IN**

Autumn Term

Weekend Career

Maths Support Available

Tomorrow's Engineers Week

**Sustainability**

Free Open Days, Cast Announcements and more!

Club timetable for PE

**Pride Youth Network**

Keep safe from and to school

Music extra curriculum time-table

**Autumn 2023 Webinars**

Live for the Movement

Strategies for Anxiety

**Meet your safeguarding and pastoral Team**

How to handle a Panic attack

Breathing Exercises for Panic Attacks

**Five Ways to Wellbeing**

# Total Achievement Report from 6th September 2023 to 13th October 2023

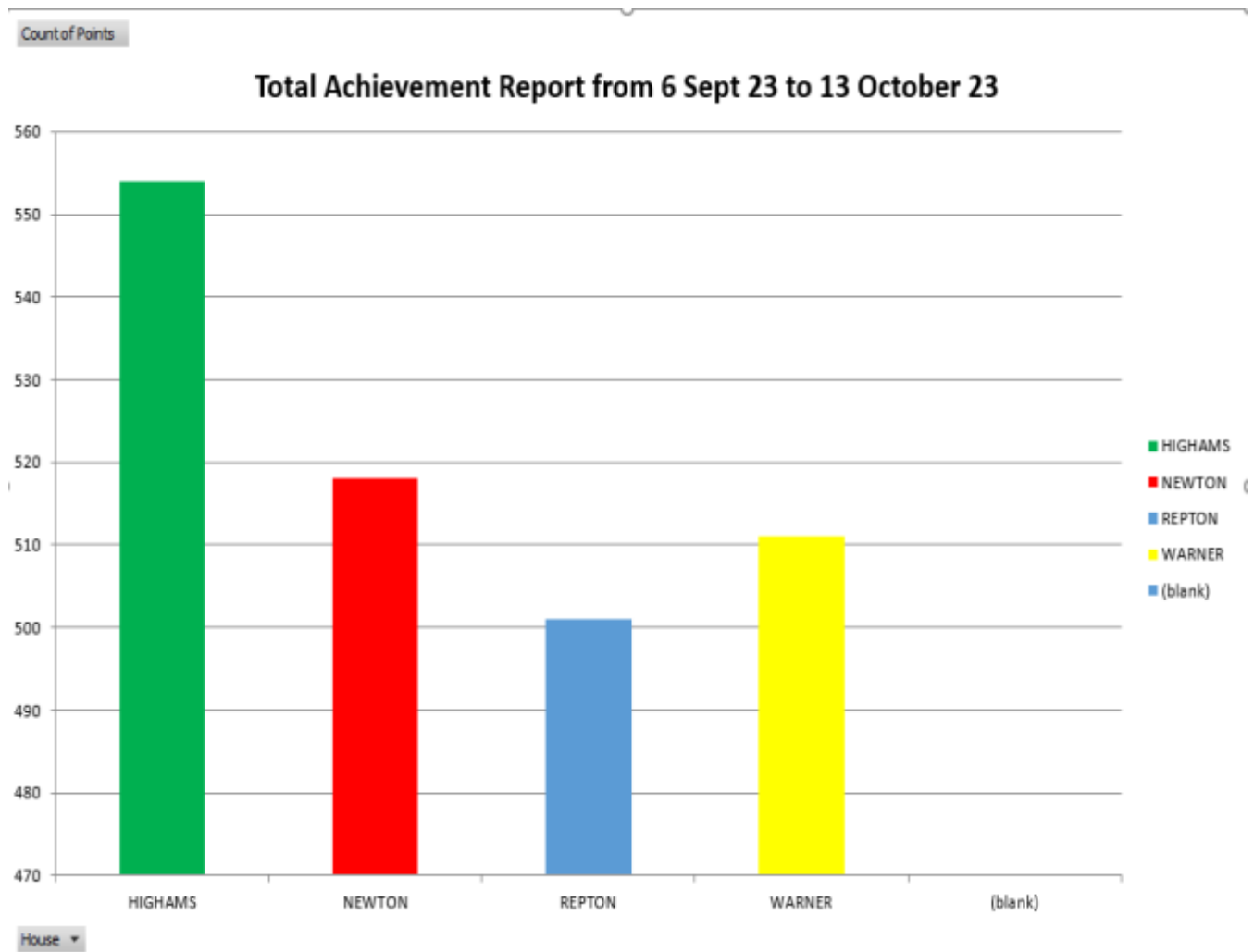
**HIGHAMS IS IN THE LEAD**

1st Highams

2nd Newton

3rd Warner

4th Repton



**BLACK HISTORY MONTH**

# LET'S COOK

Get cooking this half term with one or more of the recipes on the websites linked below.

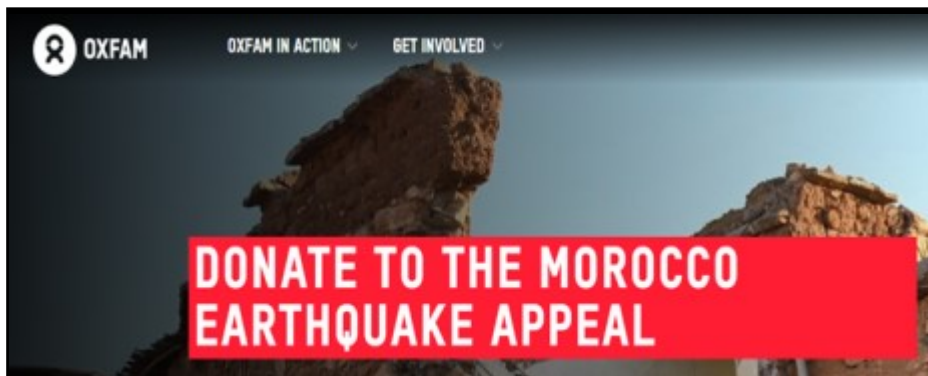
Share pictures of the dish with your full name and form with Mrs Grant at  
[GrantP@woodford.redbridge.sch.uk](mailto:GrantP@woodford.redbridge.sch.uk)

[Celebrating Black History month | Sainsbury's Recipes \(sainsburys.co.uk\)](#)



[Partners' Recipes On The Menu For Black History Month | Waitrose & Partners](#)





**NON UNIFORM DAY\***

**Wednesday 18<sup>th</sup> October**

**Disaster Relief Appeals:**

**Libyan Floods**

**Moroccan Earthquake**

**£2 – Pay on parent pay – NOW OPEN**

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







## AFTER SCHOOL CLUBS

*There are still a few places  
available for after school  
activities,*

*Starting November 2023.*

- ◇ *Mandarin.*
- ◇ *Pop workshop*
- ◇ *Arts & crafts*
- ◇ *Macramé*
- ◇ *Pop workshop*
- ◇ *Self defence*

*Please book on parentpay by Friday  
27th October, to secure your  
daughters place.*

# Black History Month In Geography



## What can we learn?

**Watch:** David Olusoga—Migration—search GCSE Bitesize

<https://www.bbc.co.uk/teach/class-clips-video/history-ks3--gcse-migration/zkn8vk7>

David Olusoga's series about migration. They are aimed at history, but migration is a large part of geography as well.

**Research:** Who is Dr LaToya Eaves?

Dr Eaves is a Associate Professor of Geography at the University of Tennessee, Knoxville. Her research intersects "race, gender and critical geographies"

**Research:** Who is Dr Salome Buglass?

Buglass is a Marine Ecologist at the Charles Darwin Research Station (Ecuador)

**Read:** The Royal Geographical Society has created a series of articles for BHM, including Hidden Stories of Black geographers. The series is called :Black geographers: past, present, future

<https://www.rgs.org/geography/black-geographers/>

**Share:** Share your ideas with your classmate and your geography teachers—we look forward to hearing your thoughts.

'Saluting our Sisters'

The Geography  
Department



**"Black History Month 2023 is a momentous occasion to recognise and celebrate the invaluable contributions of black people to British society."**

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

# MFL COMPETITION



YEAR 9 STUDENTS

TOP SECRET

GOOD AT SOLVING PUZZLES?

CRACKING CODES IN MINUTES?

HAVE AN EYE FOR A PATTERN?

QUICK - FORM YOUR TEAM!

N2 WILL BE HEADQUARTERS

LINGUISTS ASSEMBLE!

COMplete the sign up form here:

[HTTPS://FORMS.OFFICE.COM/E/2APATPXICA](https://forms.office.com/E/2APATPXICA)

6 - 10 NOVEMBER 2023





# INVESTIN

IMMERSIVE CAREER EXPERIENCES



## EXPERIENCE YOUR DREAM CAREER

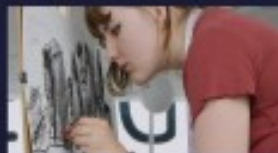
*Programmes available in 15 competitive industries for students aged 12-18*

*Weekend programmes available between November 2023 & March 2024*  
*Summer Experiences available in July & August 2024*

ENTREPRENEURSHIP  
INVESTMENT BANKING



MEDICINE DENTISTRY  
VETERINARY SCIENCE



ART ARCHITECTURE  
FILMMAKING FASHION DESIGN



COMPUTER SCIENCE  
ENGINEERING

*Available in-person in London on UCL Campus or Live Online*



LAW INTERNATIONAL POLITICS  
FORENSIC SCIENCE PSYCHOLOGY

Work with top industry professionals

Receive industry-specific career coaching

Visit exclusive professional venues

Experience hands-on career simulations

Gain a certificate to boost applications

Get 10% off with your code:

**WOODFORD10**

VIEW PROGRAMME TIMETABLES  
& REGISTER NOW





INVESTIN

# AUTUMN TERM WEEKEND CAREER EXPERIENCES



INTERACTIVE CAREER MASTERCLASSES FOR STUDENTS AGED 12-18

GET HANDS ON WITH INTERACTIVE ACTIVITIES, GAIN KNOWLEDGE FROM  
INDUSTRY PROFESSIONALS AND RECEIVE A CERTIFICATE OF ATTENDANCE

**AGES 15-18**

PROGRAMME	DATE
<u>Youngs Doctor Weekend</u>	5th November 2023
<u>Youngs Architect Weekend</u>	5th November 2023
<u>Young Entrepreneur Weekend</u>	5th November 2023
<u>Young Filmmaker Weekend</u>	5th November 2023
<u>Youngs Dentist Weekend</u>	12th November 2023
<u>Young Engineer Weekend</u>	12th November 2023
<u>Youngs Computer Scientist Weekend</u>	12th November 2023
<u>Youngs Investment Banker Weekend</u>	19th November 2023
<u>Young Psychologist Weekend</u>	19th November 2023
<u>Youngs International Politics</u>	19th November 2023
<u>Youngs Fashion Designer Weekend</u>	19th November 2023
<u>Youngs Lawyer Weekend</u>	26th November 2023
<u>Young Vet Weekend</u>	26th November 2023
<u>Young Forensic Scientist Weekend</u>	26th November 2023
<u>Youngs Artist Weekend</u>	3rd December 2023

**AGES 12-14**

GET 10% OFF  
WITH YOUR  
DISCOUNT CODE:

**WOODFORD10**

REGISTER VIA OUR WEBSITE NOW

PROGRAMME	DATE
<u>Future Engineer Weekend</u>	21st January 2024
<u>Future Doctor Weekend</u>	21st January 2024
<u>Future Computer Scientist Weekend</u>	28th January 2024
<u>Future Lawyer Weekend</u>	28th January 2024
<u>Future Investment Banker Weekend</u>	28th January 2024



www.investin.org



info@investin.org



+44 (0)203 488 5089



Trustpilot





# INVESTIN HUMANITIES | THE ARTS

## AUTUMN PROGRAMMES

### LONDON | LIVE-ONLINE

Gain valuable career experience with us this term and join us for an interactive masterclass in your dream career. Meet industry leading professionals across Policy, Cultural and Creative industries

Highlights for our Weekend Programmes:

International Politics: Take part in a parliamentary debate

Law: Participate in a mock murder trial

Art: Form an artist collective and work together to respond to a custom brief

Filmmaking: Shoot your own short scene with professional equipment

Fashion Design: Experience an audience with Top Designers

[Young International Politics](#): 19th November 2023

[Young Lawyer](#): 26th November 2023

[Young Artist](#): 3rd December 2023

[Young Filmmaker](#): 5th November 2023

[Young Fashion Designer](#): 19th November 2023

CLICK ON THE  
LINKS TO FIND  
OUT MORE

GET 10%  
OFF USING YOUR  
DISCOUNT CODE:

WOODFORD10

INVESTIN.ORG



REGISTER VIA OUR WEBSITE NOW



# INVESTIN STEM | TECH | MEDICINE

## AUTUMN PROGRAMMES

### LONDON | LIVE-ONLINE

Experience where a career in Science, Technology, Engineering or Maths could take you. We offer programmes in 10 STEM and Medical Science Careers

Join us for interactive simulations and masterclasses led by industry professionals, with highlights including:

Engineering: Design the mission to take humans to Mars

Medicine: Practice stitching up a wound

Psychology: Carry out a clinical psychology assessment

Computer Science: Design your own web application

[Architecture](#) - 5th November 2023

[Medicine](#) - 5th November 2023

[Entrepreneurship](#) - 5th November 2023

[Dentistry](#) - 12th November 2023

[Engineering](#) - 12th November 2023

[Computer Science](#) - 12th November 2023

[Investment Banking](#) - 19th November 2023

[Psychology](#) - 19th November 2023

[Veterinary Science](#) - 26th November 2023

[Forensic Science](#) - 26th November 2023

CLICK ON THE  
LINKS TO FIND  
OUT MORE

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REGISTER VIA OUR WEBSITE NOW



# INVESTIN LAW | FINANCE

## AUTUMN PROGRAMMES

### LONDON | LIVE-ONLINE

Gain valuable career experience with us this term and join us for an interactive masterclass in your dream career. Meet industry leading professionals as you discover where a career in law & Finance could take you.

Highlights for our Weekend Programmes:

Law: Participate in a mock murder trial

International Politics: Take part in a parliamentary debate

Investment Banking: Join the trading floor to compete to trade currencies, stock and commodities

Entrepreneurship: Pitch a business strategy to industry professionals

[Young Lawyer](#): 26th November 2023

[Young International Politics](#): 19th November 2023

[Young Investment Banker](#): 19th November 2023

[Young Entrepreneur](#): 5th November 2023

CLICK ON THE  
LINKS TO FIND  
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## Weekend Programme Dates

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### Ages 15-18

[Architecture](#) - 5th November 2023

[Medicine](#) - 5th November 2023

[Entrepreneurship](#) - 5th November 2023

[Dentistry](#) - 12th November 2023

[Engineering](#) - 12th November 2023

[Computer Science](#) - 12th November 2023

[Investment Banking](#) - 19th November 2023

[Psychology](#) - 19th November 2023

[Veterinary Science](#) - 26th November 2023

[Forensic Science](#) - 26th November 2023

[VIEW STEM PROGRAMMES | AGES 15-18](#)

### Ages 12-14

[Engineering](#) - 21st January 2024

[Medicine](#) - 21st January 2024

[Computer Science](#) - 28th January 2024

[Investment Banking](#) - 28th January 2024

[VIEW STEM PROGRAMMES | AGES 12-14](#)

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# INVESTIN

AMBITION BEYOND EDUCATION

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InvestIN Education Ltd  
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322 High Holborn  
London  
WC1V 7PB

## DEAR PARENTS AND GUARDIANS

We are delighted to inform you that Woodford County High School for Girls is an InvestIN Partner School! The school joins over 1,200 others across the world who share our commitment to helping students bridge the gap between school and industry and maximise their potential.

### WHO IS INVESTIN?

InvestIN empowers students with the knowledge and experience they need to make the right choices about their future careers. We offer students aged 12-18 the opportunity to learn from top industry professionals through interactive activities, invaluable site visits, networking opportunities, career coaching sessions and much more.

### OUR CAREER EXPERIENCE PROGRAMMES

- We deliver immersive career experiences across 15 different industries, from the ever-popular Medicine and Law through to more up and coming industries like Fashion Design and Forensic Science.
- These are available in both an in-person or live online format and range from 1 day to 2 weeks in length throughout the year.
- Our Summer Experiences, in particular, offer a 360-degree immersion into some of the world's most illustrious careers. Students will learn from top professionals through interactive simulations, experience days, site visits, exclusive networking opportunities, personalised career coaching and much more.
- Students also gain a certificate of attendance, which are widely recognised and help boost CVs and UCAS applications.
- When they register, students are now invited to join our state-of-the-art tech platform, AmbitionX, so they can really enhance their future prospects by experiencing an unlimited number of live online programmes and masterclasses, tracking their progress as they go.

### HOW TO REGISTER

- You can register your child for any programme by visiting our website, [www.investin.org](http://www.investin.org), or by scanning the QR code below.
- Your child can benefit from 10% off any of our opportunities by inserting the school's unique Partner School discount code **WOODFORD10** at registration.
- If your child is in receipt of any financial support, we also offer bursaries for eligible students to attend our live online programmes free of charge. For more information, please speak directly with your Careers Lead, who will be able to assist you further.

### SUPPORT FOR PARENTS & GUARDIANS

InvestIN is dedicated to supporting teachers and parents help young people make the right career decisions for them. On our website, you can find a range of careers resources, including blog posts, competitions and free events for parents, so that you can keep the conversation going at home. We also offer our Partner Schools access to complimentary employability skills workshops, featuring follow-up resources for both students and parents.

For more information, you can reach out to us via [Info@investin.org](mailto:Info@investin.org) for all general enquiries.

We look forward to working with students at **Woodford County High School for Girls** and providing opportunities for your child to maximise their potential!

Best wishes,

**LILLY WALKER**

Partner Development Manager

[investin.org](http://investin.org)

★ Trustpilot 



# Maths Drop In's

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

Yr 7 & 8

Weds

1.30-2.20

CC10

When you solve a maths  
problem 3 times



and get different answer  
each time

Yr 9, 10 & 11

Tues

1.30-2.00

CC3

How I sleep knowing I'm not  
struggling with maths

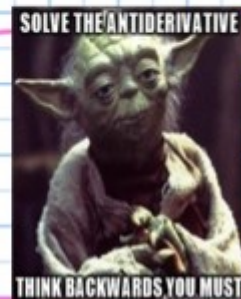


Yr 12 & 13

Weds

1.30-2.25

CC3



Maths Support Available to Students if  
they need some extra help.



# Save the date

## Tomorrow's Engineers Week

6 to 10 Nov 2023

#TEWeek23

Hi ,

Get your class involved and become part of the grand celebration of the 11th annual Tomorrow's Engineers Week, which will take place 6 to 10 November!

To kick off this exciting week, join a live, interactive, and free school broadcast on Monday 6 November at 2pm . Passionate engineers and technicians will be on hand to share their inspiration and provide unique insights into exciting and unconventional career paths. They'll reveal how engineering is currently shaping the world of entertainment, technology, and the environment. Your students will have the opportunity to ask questions and seek advice on potential routes into engineering. The school broadcast will be recorded and available to view after the event.

Students will also have a chance to submit specific questions to the Tomorrow's Engineers Week panel online to learn more and also gain support for their work and discussions throughout the week.

Sign up now to save the date for the FREE school broadcast and receive exclusive early access to curriculum-linked resources that you can use throughout the week, including engaging activities, daily challenges, a careers journal, and so much more! Prepare for an unforgettable week of exploration and discovery!

[https://teweek.org.uk/register-interest-schools/?](https://teweek.org.uk/register-interest-schools/?utm_source=everfi&utm_medium=email&utm_campaign=TEWeek23&source=7015b000005SKku&utm_source=)

[utm\\_source=everfi&utm\\_medium=email&utm\\_campaign=TEWeek23&source=7015b000005SKku&utm\\_source=](https://teweek.org.uk/register-interest-schools/?utm_source=everfi&utm_medium=email&utm_campaign=TEWeek23&source=7015b000005SKku&utm_source=)



# Woodford County Eco Info

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

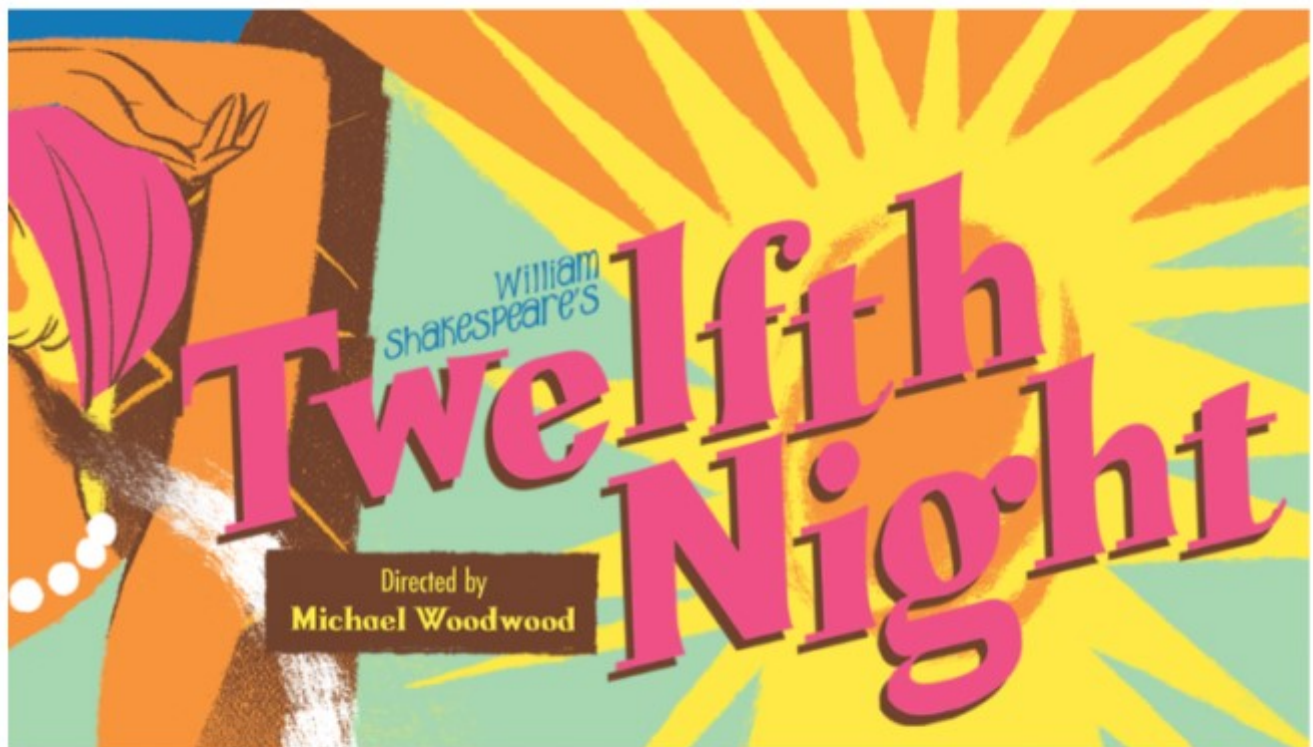
## E-WASTE



You can recycle anything with an battery,  
wire, or plug!

Visit [https://  
www.recycleyourelectricals.org.uk/](https://www.recycleyourelectricals.org.uk/)

# Twelfth Night



Redbridge Creates' Shakespeare production this year is **Twelfth Night**, brought to you by the same team who produced Macbeth and last year's Romeo and Juliet, using the same imaginative flair, creative invention and large cast of experienced actors from stage and screen.

Shipwrecked and with a brother lost, Viola is washed up into a world turned upside down by mistaken identities, mischievous tricks, and wicked disguise. As the music plays on, Viola is forced to don man's clothes and plunge into a farcical love triangle where partying and plenty of cakes and ale keep her from untangling a crazy knot of confusion. Set in the nineteen twenties, this colourful tale is Shakespeare's funniest romantic comedy.

School performances 30 October - 3rd November - call our box office for school bookings

## Tickets

Full Price £20.50 / Concessions £17.50 (prices include £1.50 Theatre Maintenance Levy)

Group booking and school booking prices available on request.

<https://visionrcl.org.uk/event/twelfth-night/>

# **WCHS - ECTT – Term 1**

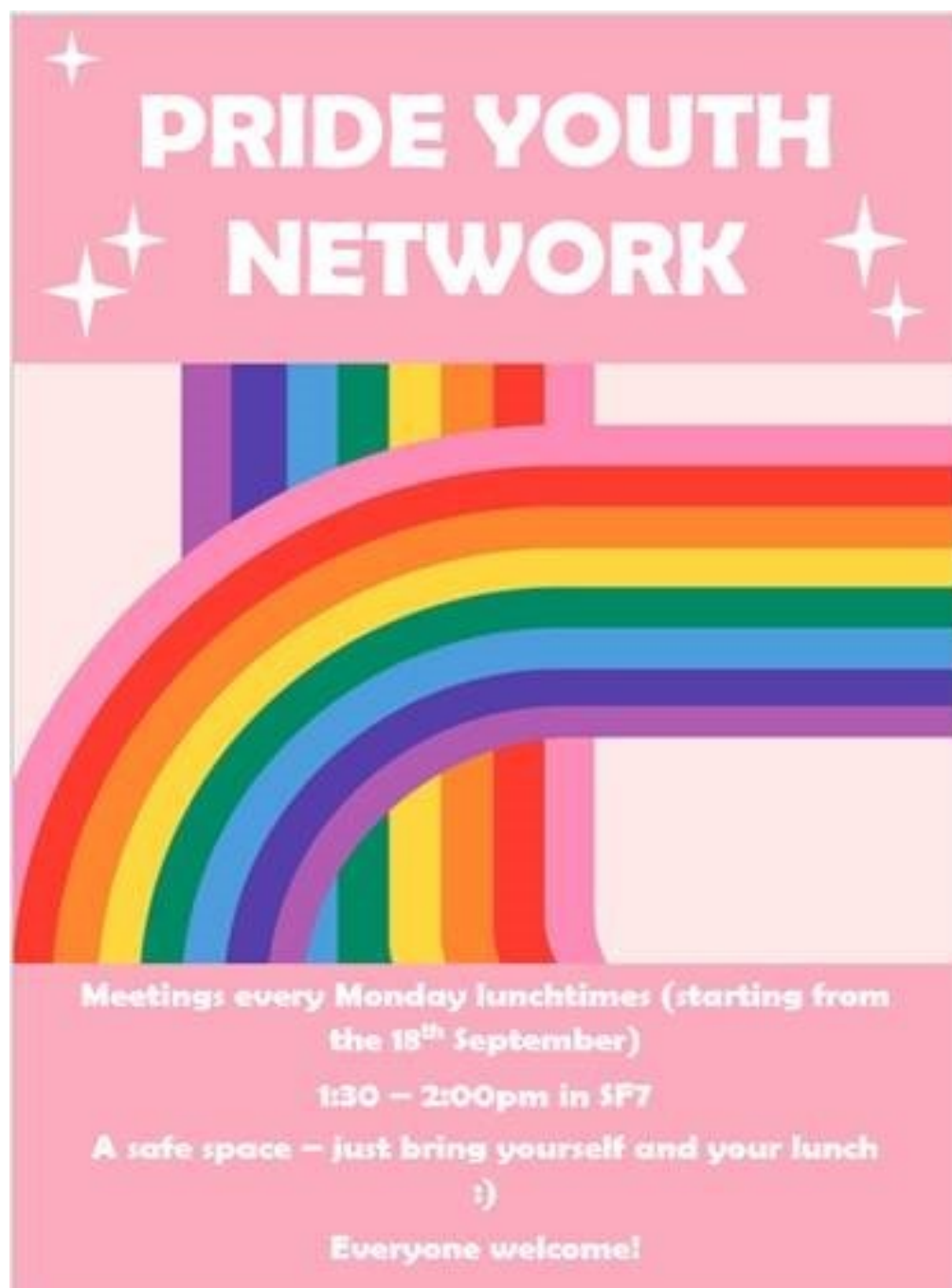
	<u>Mon</u>	<u>Tues</u>	<u>Weds</u>	<u>Thurs</u>	<u>Fri</u>
<u>Before School</u> <u>7.50-8.20am</u>					<u>Yr12&amp;13</u> <u>Badminton</u> STA
<u>Lunchtime</u> <u>1.30-2pm</u>	<u>Volleyball (all)</u> VJA  <u>Trampolining</u> KRU Week A = yr9-11 Week B = yr7&8	<u>*Netball - SQUAD</u> <u>Training Only*</u> + Sixth formers STA, VJA, HBA, KRU	<u>Football Training</u> Week A = yr7 & 8 HBA Week B = yr9-11 STA  <u>Athletics (all)</u> KRI	<u>Badminton</u> VJA Week A = yr7&8 Week B = yr9-11	<u>Yr10 &amp; 11 GCSE</u> <u>Trampolining &amp;</u> <u>Badminton</u> STA & KRU  <u>Cross Country</u> (all) KRI
<u>Afterschool</u> <u>3.30-4.20pm</u>			<u>*FIXTURES*</u>		



*Please see the below for information about Woodford's Pride Youth Network. This club is run by Sixth Formers and overseen by Ms Keith. We meet on Monday lunchtimes and everyone is welcome – it is a safe space to chat to others and have fun, please do come along.*

*If you have any questions, please ask Ms Keith.*

*See you next Monday in SF7.*



## **KEEP SAFE TO AND FROM SCHOOL**

- **Stay aware of your surroundings when travelling to and from school**
- **Avoid walking with valuables on display such as mobile phones and earpods**
- **Plan your route and use forms of transport others are using. Perhaps travel with a friend**
- **Avoid shortcuts and isolated places**
- **Do not confront a thief or risk your own safety**

## **LOCATE YOUR PHONE IF LOST OR STOLEN**

- **Record your phone's IMEI number by typing \*#06# on your phone keypad and keep a note of it somewhere at home**
- **Use access codes sent (two-factor authentication codes) to access your data from another device**
- **KNOW YOUR DETAILS** Tracker Apps can help locate your phone, such as Find My Phone and record password details elsewhere, in case you need to provide information to an officer after your phone has been stolen.

# Music Extra-curricular Timetable:

## Winter 2023

The sign-up sheet for the music recital is now up outside SF2. This is for anyone wishing to do a solo or small ensemble performance for the concert on Thursday 19<sup>th</sup> October. Please sign up if you wish to audition, the event is a great opportunity to showcase students' musical talents. Auditions will take place in the week beginning 2<sup>nd</sup> October.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lunchtime</b>	<b>Junior Choir</b> Ms Nina (SF1) 13:30- 14:10  <b>Senior choir</b> JMI (Main Hall) 13:40-14:15  <b>Brass Ensemble</b> (Jubilee room) 13:45-14:15  <b>Kalimba Club</b> (Conference room) 13:40-14:15	<b>Junior Band</b> IBO (SF1) 13:30- 14:10  <b>Flute ensemble</b> (please speak to Ms Hannent if interested) KHN 13:40-14:10  <b>Musical Theatre  Club</b> (Conference Room) 13:40-14:10	<b>Jazz Band</b> KHN (SF1) 13:40-14:15  <b>String orches-  tra</b> IBO (SF2) 13:40-14:15  <b>Carnatic  Ensemble</b> Jubilee Room 1 13:30-14:20  <b>Ukelele Club</b> (Jubilee Room 2) 13:40-14:15	<b>Theory and  GCSE/A-level  support</b> IBO (SF2) 13:40-14:15  <b>Guitar Ensemble</b> (SF2) 13:40-14:15	<b>Orchestra</b> IBO (SF1) 13:40-14:15
<b>After  school</b>		<b>Chamber groups</b> IBO (SF1/2) 15:45-16:30			





# AUTUMN 2023 WEBINARS

Register with Mrs Horn, in the Library.

[hornd@woodford.redbridge.sch.uk](mailto:hornd@woodford.redbridge.sch.uk)

## OCTOBER 2023

- 
- 2<sup>nd</sup>, 11.00am – 12noon: Psychopathology with Goldsmiths' Uni*
  - 3<sup>rd</sup>, 10.30am – 11.30am: English – Exploring Creative & Critical Writing with UEA*
  - 3<sup>rd</sup>, 12.45pm – 1.45pm: History – Radicalism in the English Revolution with Goldsmiths' Uni*
  - 4<sup>th</sup>, 3.45pm – 4.45pm: Music @ University with Solent Uni*
  - 5<sup>th</sup>, 1.00pm – 1.45pm: Politics – Liberalism with UEA*
  - 9<sup>th</sup>, 2.15pm – 3.15pm: Drama – An Actor's Work on Oneself with Solent Uni*
  - 9<sup>th</sup>, 4.15pm – 5.15pm: Geography – Global Commons with UEA & Glasgow Unis*
  - 10<sup>th</sup>, 11.10am – 11.55am: History – South Africa, Women & Anti-Apartheid Movement with UEA*
  - 10<sup>th</sup>, 2.15pm – 3.00pm: Psychology – Happiness & Emotional Wellbeing with Portsmouth Uni*
  - 11<sup>th</sup>, 11.10am – 12.10pm: Human Rights Perspectives & Debates with Goldsmiths' Uni*
  - 11<sup>th</sup>, 2.00pm – 2.45pm: EPQ – Crafting a Question with Southampton Uni*

## NOVEMBER 2023

- 
- 7<sup>th</sup>, 2.15pm – 3.15pm: Computer Science – Networking with UEA*
  - 7<sup>th</sup>, 4.00pm – 5.00pm: China – Perspectives & Debate with UEA*
  - 8<sup>th</sup>, 2.00pm – 2.45pm: Business – Examining Current Global Trends with UEA*
  - 8<sup>th</sup>, 3.35pm – 4.20pm: Media – How a Documentary Editor Thinks*
  - 13<sup>th</sup>, 12.30pm – 1.15pm: English / Drama – Shakespeare's First Folio with Solent Uni*
  - 14<sup>th</sup>, 11.10am – 11.55am: English – A Doll's House Contemporary Production with UEA*
  - 14<sup>th</sup>, 1.00pm – 1.45pm: Natural Sciences – Unlocking the Brain with Medical Imaging*
  - 14<sup>th</sup>, 2.15pm – 3.00pm: Philosophy – A Thinking Skills 'Workout' with UEA*
  - 14<sup>th</sup>, 4.30pm – 5.15pm: HE Applying to Uni with UEA*
  - 15<sup>th</sup>, 12.45pm – 1.30pm: History – Henry VIII & Monarchical Power with Portsmouth*
  - 15<sup>th</sup>, 4.15pm – 5.00pm: Engineering – Early Stage Design with UEA*

REGISTER WITH MRS HORN, IN THE LIBRARY. [hornd@woodford.redbridge.sch.uk](mailto:hornd@woodford.redbridge.sch.uk)



# LIVE FOR THE MOVEMENT

Sign up today for **FREE**  
weekly fitness classes

Calling all girls aged 11-16! Check  
out our new **MOVE TOGETHER**  
**FITNESS CLASSES.**

Good for both body and mind  
our specially designed classes  
will help you to build strength,  
confidence and get you moving.  
It's the perfect opportunity to  
have fun with friends.

**Find out more**

## **MOVE TOGETHER**

Join our next class at...

Time:

Date:

Location:

[nuffieldhealth.com/movetogether](http://nuffieldhealth.com/movetogether)







## 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

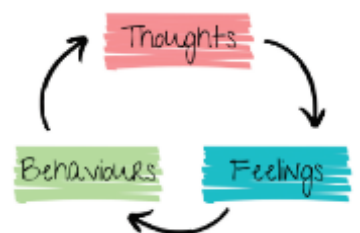
Think of a category and search the room for it. For example, look for:

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>



## MEET YOUR SAFEGUARDING AND PASTORAL TEAM 2023 - 24

				
<b>Ms POMEROY</b> Headteacher & Deputy Designated Safeguarding Lead	<b>Mrs GREENFIELD</b> Assistant Headteacher & <b>Designated Safeguarding Lead,</b> <b>SMHL</b> Head of KS3	<b>Mrs MARKU</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>Ms SHAIK</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>Ms JAMES</b> Head of Year 7	<b>Ms KEITH</b> HEAD OF YEAR 8	<b>Mr MILLS</b> Head of Year 9
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### KEY STAGE 4

### KEY STAGE 5

<b>Ms GRANT</b> HEAD OF YEAR 10	<b>Ms RUNACRES</b> HEAD OF YEAR 11	<b>Mrs EASTON</b> HEAD OF YEAR 12	<b>Ms VALENTE</b> HEAD OF YEAR 13
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# How to handle a panic attack

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

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

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

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

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

## Breathing exercise for panic attacks

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

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

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

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



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

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

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

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

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

**Give** (Your time, your words, your presence)

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

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

## CONFIDENTIALITY

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

## HOW TO ACCESS SUPPORT

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

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

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

Continued below/ .....

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

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

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

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

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

## MINDFULNESS PAGES



### Things You Should Know to Meditate

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



## Getting a good night's sleep (Easy Read)



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



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



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



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



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



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



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





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



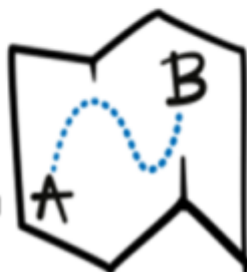
Have a warm bath or shower before bed to relax you. You could also have a milky drink as this could help you sleep.



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



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





TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



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



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

# MY CIRCLE OF CONTROL

## I WILL FOCUS ON WHAT I CAN CONTROL



## THINGS THAT ARE OUT OF MY CONTROL

What other people do

Things from the past

Other people's choices

What other people say

How other people feel

The weather



## Helpful websites:

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

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

Call our helpline 7 days a week (4pm-10pm)

**0808 808 2008**

You can text: YM to 85258 for free 24/7 support <https://youngminds.org.uk/>

**YOUNG MINDS**

**kooth**

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

<https://>

**HOPELINEUK**

**(PAPYRUS)**

**Phone: 0800 068**

**4141**

<https://>

[www.papyrus-](https://www.papyrus-)



### **Sexual Abuse**

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



### **The Mix Crisis Messenger**



**gr'ef  
encounter**

supporting bereaved children & young people

**gr'eftalk helpline**  
**0808 802 0111**  
Weekdays 9am-9pm

**CHAT**  
 **EMAIL**  
 **CALL**



## Young Carers:



Redbridge Carers  
Support Service

Phone: 020 8514 6251  
Email: [office@rcss.org.uk](mailto:office@rcss.org.uk)



[020 8496 2442](tel:02084962442)

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

## Living with Chronic Illness



Support for young people living with chronic illness  
[Teapot-Trust.org](http://Teapot-Trust.org)

## Drugs and Alcohol Help and Advice

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

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

Tel: 020 8708 7801

Fax: 020 8708 7802

Email: [fusion@redbridge.gov.uk](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



Dear Students,

**As you may know, every June the LGBT+ community celebrates Pride Month across the globe!** The month of June has been dedicated for this as this is when the Stonewall Riots took place in 1969, in Manhattan. These riots served as a catalyst for the rights of LGBTQ+ people. Pride is a movement which celebrates diversity as well as protesting against discrimination and violence as whilst the rights of the LGBT+ community have come a long way, there is still not full equality. There is plenty of information online about the history of the development of the rights for the LGBT+ community available online, for example - <https://www.bbc.co.uk/newsround/40459213>

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

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

Lord Michael Cashman on 'How LGBT+ rights have changed in the UK' [here](#)

Can you be a person of faith and LGBT+? [here](#)

How can I be myself online, and stay safe? [here](#)

What does it mean to be queerly autistic and proud? [here](#)

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

**East London Out Project (ELOP)** - an award-winning LGBT+ wellbeing charity with over 25 years' experience of supporting LGBT+ young people in East London. It supports young people in two ways:

Free weekly (virtual) LGBT+ youth group

Free LGBT+ mentoring (12-18 year olds)

#### **Give us a Shout**

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

Or can be reached 24/7 via text on 85258

#### **The Proud Trust**

For information about local support groups, you can use –

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

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

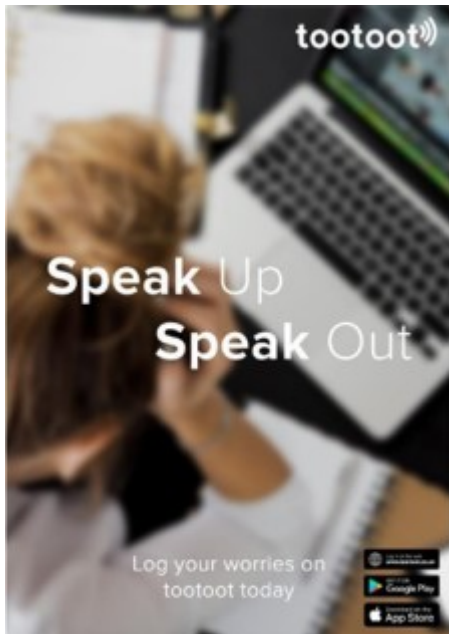
Or you can call from Monday-Friday 9am-9pm on **0344 334 0550**

Happy Pride Month!

**Remember, Woodford's Pride Youth Network meets every Monday in SF7 at 1:30 – everyone is welcome! Keep an eye out for posters about events on next week.**

Miss Keith Pride Youth Network Co-ordinator





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

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

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

Regards

Mrs Del Giudice



# 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)**

