

Woodford County High School



Weekly Student Bulletin

Wednesday, 13th September 2023

Welcome to Bulletin No 79

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.

Please remember that on Friday 15th September is remote schooling day.

Please make sure you remain at home and know how to log into MS Teams.

CONTENT:

Achievement Report

Pride Youth Network

Keep safe from and to school

Music extra curriculum time-table

Autumn 2023 Webinars

Live for the Movement

Strategies for Anxiety

How to handle a Panic attack

Breathing Exercises for Panic Attacks

Five Ways to Wellbeing

How to contact the mental health support team

Things you should know to meditate

Getting a good night Sleep

My Circle of Control

Helpful Websites

Young Carers

NEW Living with Chronic Illness

Drugs and Alcohol Help and Advice

FRANK Honest Information about Drugs/

Talk to FRANK

LGBTQ+/Pride Youth Network

Pride Month

Tootoot

Redbridge Youth Hub

Total Achievement Report from 6th September 2023 to 8th September 2023

HIGHAMS IS IN THE LEAD

1st Highams

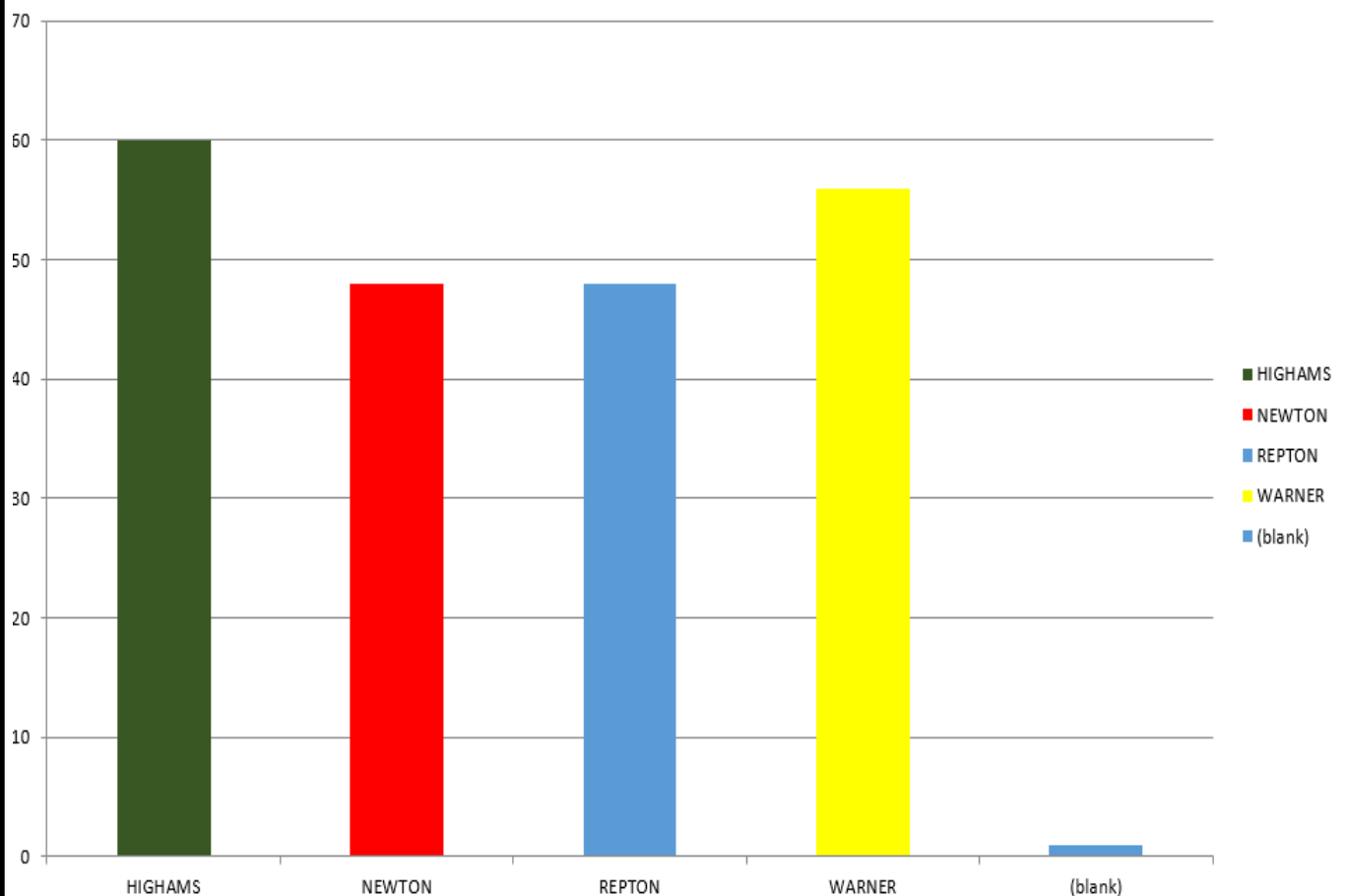
2nd Warner

3rd Repton

4th Newton

Count of Points

Total Achievement Report from 6 September 23 to 8 September 23

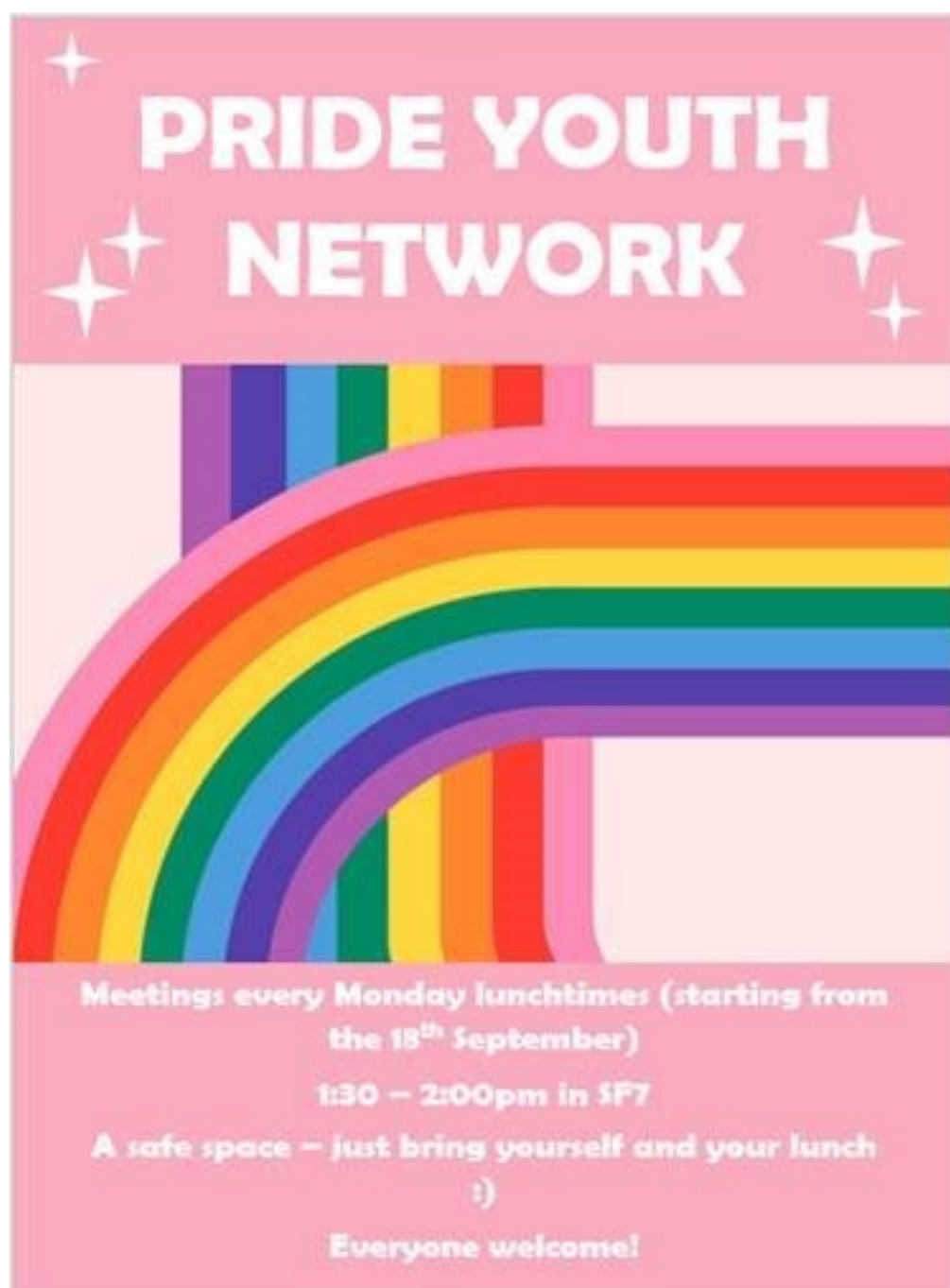


House ▼

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

There is an extra session of Senior Choir on Thursday (14th), at lunchtime in SF1, for the school birthday. This will also be put on the Satchel One noticeboard.

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



AUTUMN 2023 WEBINARS

Register with Mrs Horn, in the Library.

hornd@woodford.redbridge.sch.uk

SEPTEMBER 2023

18th, 3.45pm – 4.30pm: MFL – French Media with UEA

19th, 11.10am – 12.10pm: Politics/Geography – Regional Organisations with Goldsmiths' Uni

19th, 4.15pm – 5.15pm: Engineering – General vs Specialism with Nottingham & Sheffield Unis

20th, 2.00pm – 2.45pm: EPQ, Getting Started with Southampton Uni

20th, 3.35pm – 4.20pm: Film, Scene Analysis with UEA

21st, 4.30pm – 5.15pm: HE – Personal Statement Preparation with UEA

25th, 4.15pm – 5.00pm: Politics/Geography – Rethinking Aid & Development with Portsmouth Uni

27th, 4.15pm – 5.15pm: AI – Perspectives & Debate with Glasgow & Sheffield Unis

28th, 11.15am – 12.00pm: History – The Cold War, Then & Now with Goldsmiths' Uni

28th, 3.35pm – 4.20pm: Mathematics – Problem Solving Tutorial with UEA

OCTOBER 2023

2nd, 11.00am – 12noon: Psychopathology with Goldsmiths' Uni

3rd, 10.30am – 11.30am: English – Exploring Creative & Critical Writing with UEA

3rd, 12.45pm – 1.45pm: History – Radicalism in the English Revolution with Goldsmiths' Uni

4th, 3.45pm – 4.45pm: Music @ University with Solent Uni

5th, 1.00pm – 1.45pm: Politics – Liberalism with UEA

9th, 2.15pm – 3.15pm: Drama – An Actor's Work on Oneself with Solent Uni

9th, 4.15pm – 5.15pm: Geography – Global Commons with UEA & Glasgow Unis

10th, 11.10am – 11.55am: History – South Africa, Women & Anti-Apartheid Movement with UEA

10th, 2.15pm – 3.00pm: Psychology – Happiness & Emotional Wellbeing with Portsmouth Uni

11th, 11.10am – 12.10pm: Human Rights Perspectives & Debates with Goldsmiths' Uni

11th, 2.00pm – 2.45pm: EPQ – Crafting a Question with Southampton Uni

REGISTER WITH MRS HORN, IN THE LIBRARY. 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





Strategies that can help with anxiety:

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

5 4 3 2 1

Take notice of your senses by thinking of:

5 things you can see

4 things you can hear

3 things you can feel/touch

2 things you can smell

1 thing you can taste

Facts

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

My age is...

My name is...

I am wearing...

The weather is...

I am in...

Room Search

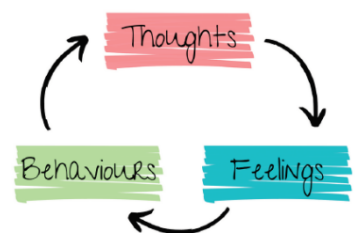
Think of a category and search the room for it. For example, look for:

Everything that is a ... colour

Everything that is a ... shape

Things that feel of...

Things made of...



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

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

How to handle a panic attack

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

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

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

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

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

Breathing exercise for panic attacks

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

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

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

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



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.

**NHS**

Great Ormond Street
Hospital for Children
NHS Foundation Trust

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 at 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.



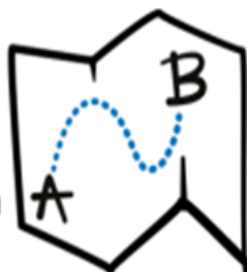
Have a warm bath or shower before bed to relax you. You could also have a milky drink as this could help you sleep.



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/>

YOUNGMINDS

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-



Sexual Abuse

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



The Mix Crisis Messenger



**gr'ef
encounter**

supporting bereaved children & young people

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

CHAT
 EMAIL
 CALL

Young Carers:



Redbridge Carers
Support Service

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



[020 8496 2442](tel:02084962442)

young.carers@walthamforest.gov.uk

Living with Chronic Illness



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

Drugs and Alcohol Help and Advice

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

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



Tel: 020 8708 7801

Fax: 020 8708 7802

NHS Foundation Trust

Email: fusion@redbridge.gov.uk Opening times: 9am-5pm, Monday to Friday



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

Search Q [0300 1236600](tel:03001236600)



**Honest information
about drugs**

<https://www.talktofrank.com>

LGBTQ+

Dear Students,

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

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

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

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

Stonewall

For further information about LGBTQ+ and support, please see – <https://www.stonewall.org.uk/>

Give us a Shout

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

Or can be reached 24/7 via text on 85258

The Proud Trust

For information about local support groups, you can use – <https://www.stonewall.org.uk/>

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

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

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

Switchboard (an LGBTQ+ Helpline) Accessed on –

<http://switchboard.lgbt/> for online chat and email service Or
you can call from 10am-11pm everyday on 300 330 0630

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

Take care now. Miss

Keith

Pride Youth Network Co-ordinator



Dear Students,

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

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

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

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)

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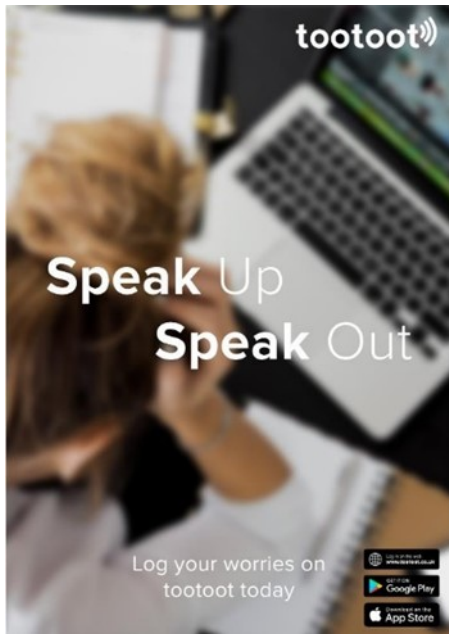
Or you can call from Monday-Friday 9am-9pm on **0344 334 0550**

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

