

Woodford County High School



Weekly Student Bulletin

Tuesday, 31st October 2023

Welcome to Bulletin No 85

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 20th 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.

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NEW Living with Chronic Illness

Drugs and Alcohol Help and Advice

FRANK Honest Information about Drugs/

Total Achievement Report from 6th September 2023 to 20th October 2023

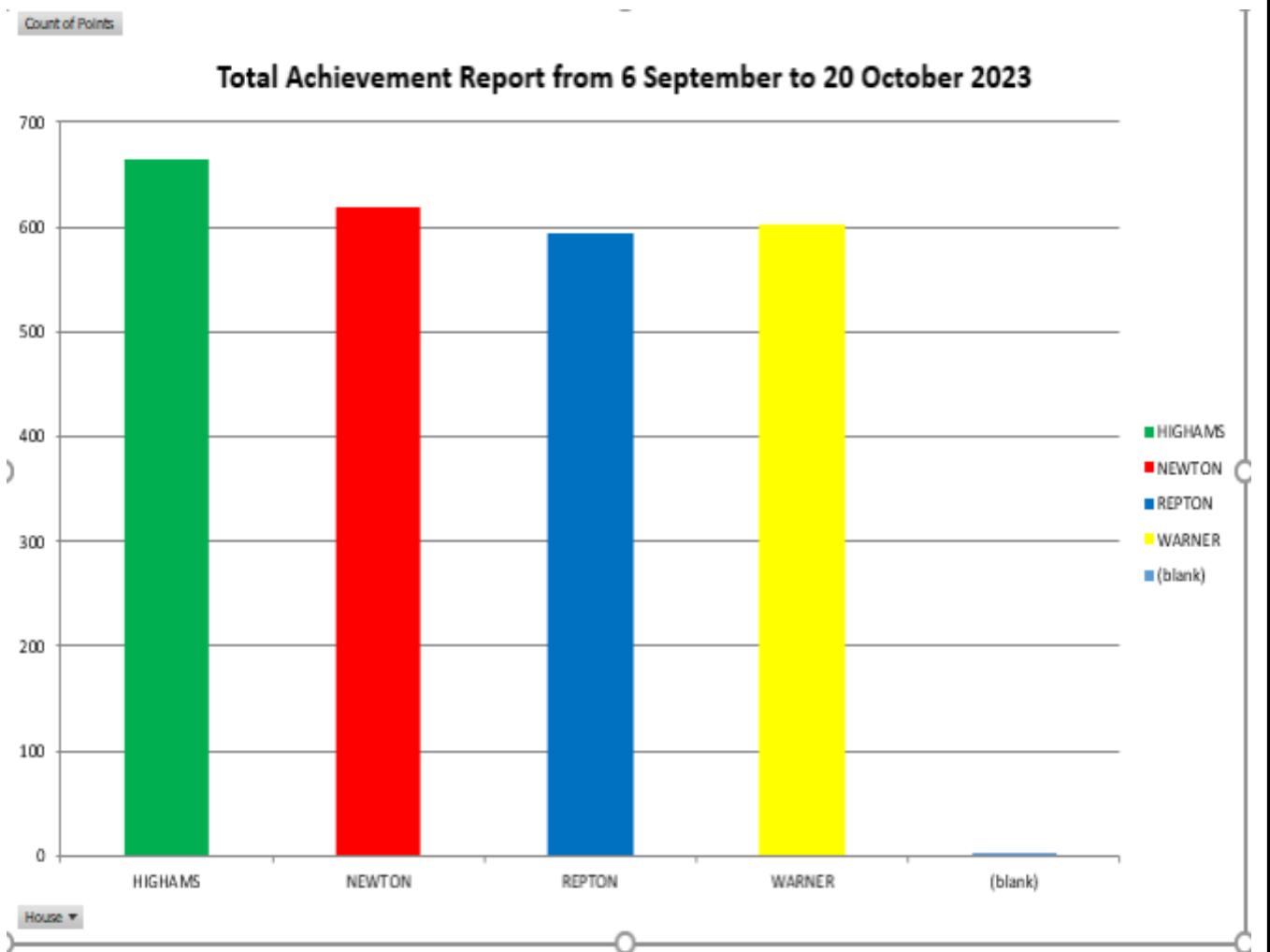
HIGHAMS IS IN THE LEAD

1st Highams

2nd Newton

3rd Warner

4th Repton



WEEK 1

Innovate

WEEK COMMENCING
 4/11/2023 17/11/2023 18/12/2023 08/01/2024 29/01/2024 19/02/2024
 11/03/2024 01/04/2024 22/04/2024 13/05/2024 03/06/2024
 24/06/2024 15/07/2024

CV - VEGETARIAN
 CVV - VEGAN

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

MONDAY

Fragrant Chicken Tagine with Jewelled
Lemon Couscous

TUESDAY

Classic Beef Lasagne, Garden Salad &
Homemade Garlic Bread

WEDNESDAY

Salt & Pepper Roast Chicken, Crisp
Roasties, Roasted Root Vegetables &
House Gravy

THURSDAY

Chicken Tikka Masala, Wholegrain &
White Rice, Kachumber Salad & Mango
Chutney

FRIDAY

Chip Shop "Fryday" Fish, Pizza or
Fishcake & Chips with Peas & Tartare
Sauce

VEGETARIAN MAIN MEALS

MONDAY

Harissa Roasted Sweet Potato
& Chickpea Tagine
with Jewelled Lemon Couscous (VE)

TUESDAY

Vegetable & Mixed Bean Lasagne,
Garden Salad & Homemade Garlic Bread
(V)

WEDNESDAY

Crunchy Topped Macaroni Cheese,
House Salad or Seasonal Vegetables (V)

THURSDAY

Goan Potato & Spinach Curry,
Wholegrain & White Rice, Kachumber
Salad & Mango Chutney (VE)

FRIDAY

Roasted Provencal Vegetable & Feta
Pasty with Chips & Peas (V)

DESSERTS

MONDAY

Berry & Apple
Crumble with
Custard

TUESDAY

Sticky Toffee
Pudding with
Butterscotch
Sauce

WEDNESDAY

Pear & Cocoa
Sponge with
Custard

THURSDAY

Apple &
Chocolate
Pinwheel

FRIDAY

Manager's
Special

Fruit & Yoghurt Pots Available Daily

**HOMEMADE SOUP &
FRESHLY BAKED BREAD**
Available Daily

JACKET POTATOES
Topped with a Choice of: Cheese,
Tuna or Beans Available Daily

Our Vegetarian and Vegan recipes are approved by the Vegetarian Society.



WEEK 2

Innovate

WEEK COMMENCING
 25/10/2023 15/11/2023 04/12/2023 18/01/2024 08/02/2024 24/02/2024
 18/03/2024 08/04/2024 29/04/2024 20/05/2024 10/06/2024
 01/07/2024 22/07/2024

CV - VEGETARIAN
 CVV - VEGAN

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

MONDAY

Loaded Mac n Cheese, a Selection of
Toppings, House Salad & Garlic Bread

TUESDAY

Traditional Sausage & Mash,
Caramelised Onion Gravy with Carrots &
Peas

WEDNESDAY

Hand Carved Roast British Turkey, Crisp
Roasties, Roasted Root Vegetables &
House Gravy

THURSDAY

Ramen Bar

FRIDAY

Chip Shop "Fryday" Fish, Pizza or
Fishcake & Chips with Peas & Tartare
Sauce

VEGETARIAN MAIN MEALS

MONDAY

Loaded Mac n Cheese, a Selection
of Toppings, House Salad & Garlic Bread
(V)

TUESDAY

Plant Based Sausage &
Mash, Caramelised Onion Gravy with
Carrots & Peas (VE)

WEDNESDAY

Roasted Butternut Squash & Edamame
Bean Wellington, Crisp Roasties, Roasted
Root Vegetables & House Gravy (VE)

THURSDAY

Ramen Bar (V)

FRIDAY

Vegan Falafel Burger, Naked Slaw, Mango
Chutney, Chips & Peas (VE)

DESSERTS

MONDAY

Jam Sponge
with Custard

TUESDAY

Pear & Ginger
Crumble with
Cinnamon
Custard

WEDNESDAY

Steamed
Chocolate
Sponge with
Chocolate Sauce

THURSDAY

Apple &
Blackberry
Crumble with
Vanilla Sauce

FRIDAY

Manager's
Special

Fruit & Yoghurt Pots Available Daily

**HOMEMADE SOUP &
FRESHLY BAKED BREAD**
Available Daily

JACKET POTATOES
Topped with a Choice of: Cheese,
Tuna or Beans Available Daily

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MONDAY

Lebanese
Cauliflower
Khobez (V)

TUESDAY

Chinese Style
Vegan Noodles
(VE)

WEDNESDAY

Loaded
Jamaican Jerk
Chicken Burger

THURSDAY

Sri Lankan Fried
Chicken

FRIDAY

Manager's Street
Vibes Special

NATURally

MONDAY

Vegetable
Gyozas in a Chilli
& Ginger Broth
(VE)

TUESDAY

The Big Plant
Burger (VE)

WEDNESDAY

Vegetable
Korean Noodles
(VE)

THURSDAY

Onion Bhaji
Naan Pizza (V)

FRIDAY

Hot Falafel Poke
Bowl (V)

TRATTORIA



MONDAY

Tomato & Basil
Pasta

TUESDAY

Manager's
Special

WEDNESDAY

Mozzarella &
Tomato or Spicy
Sausage, Cheese
& Tomato Pizza

THURSDAY

Manager's
Special

FRIDAY

Mozzarella &
Tomato or BBQ
Chicken, Cheese
& Tomato Pizza

WEEK COMMENCING
 10/10/2023 11/12/2023 01/01/2024 11/01/2024 12/02/2024
 04/05/2024 15/05/2024 15/04/2024 04/05/2024 27/05/2024 17/04/2024
 04/07/2024

CV2 - VEGETARIAN
 CV3 - VEGAN

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

MONDAY

BBQ Chicken Fajita, Salt & Pepper
 Wedges, Spiced Slaw & Sauces

TUESDAY

Beef & Tomato Ragout with Wholegrain
 Pasta & House Salad

WEDNESDAY

Lemon & Thyme Roast Chicken, Crisp
 Roasties, Seasonal Vegetables & House
 Gravy

THURSDAY

Chicken Makhani Curry with Rice, Naan
 Bread & Mango Chutney

FRIDAY

Chip Shop "Fryday" Fish, Pizza or
 Fishcake & Chips with Peas and Tartare
 Sauce

VEGETARIAN MAIN MEALS

MONDAY

Falafel & Vegetable Fajita, Salt & Pepper
 Wedges, Spiced Slaw & Salsa (VE)

TUESDAY

Plant Based Ragout with
 Wholegrain Pasta & House Salad (VE)

WEDNESDAY

Roast Beetroot, Onion & Coats Cheese
 Pissaladiere (V)

THURSDAY

Sri Lankan Split Pea & Cauliflower Curry,
 Braised Pilau Rice (V)

FRIDAY

Vegan Onion Bhaji Burger, Slaw, Chips &
 Peas (VE)

DESSERTS

MONDAY

Apple &
 Blackberry Pie
 with Custard

TUESDAY

Pineapple
 Upside-Down
 Pudding

WEDNESDAY

Sticky Lemon
 Sponge with
 Custard

THURSDAY

Warm Chocolate
 Brownie with
 Chocolate Sauce

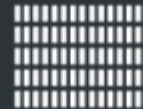
FRIDAY

Manager's
 Special

Fruit & Yoghurt Pots Available Daily

**HOMEMADE SOUP &
 FRESHLY BAKED BREAD**
 Available Daily

JACKET POTATOES
 Topped with a Choice of: Cheese,
 Tuna or Beans Available Daily



MONDAY

Louisiana Dirty
 Rice (VE)

TUESDAY

Mozambique Piri
 Piri Chicken

WEDNESDAY

"Yaroc
 Dominican"
 Minced Beef &
 Pepper Loaded
 Wedges

THURSDAY

Gnocchi
 with Mushroom,
 Spinach &
 Pesto topped
 with Crispy
 Onion & Shaved
 Cheese (V)

FRIDAY

Manager's Street
 Vibes Special

NATURally

MONDAY

Fork Friendly
 Onion Bhaji
 Kebab(V)

TUESDAY

The Big Plant
 Burger (VE)

WEDNESDAY

Tomato, Feta &
 Spinach
 Pinwheel (V)

THURSDAY

Vegan Korean
 Noodles (VE)

FRIDAY

Chipotle Bean
 Nacho Bowl (V)

TRATTORIA



MONDAY

Tomato & Basil
 Pasta

TUESDAY

Manager's
 Special

WEDNESDAY

Mozzarella &
 Tomato or Spicy
 Sausage, Cheese
 & Tomato Pizza

THURSDAY

Manager's
 Special

FRIDAY

Mozzarella &
 Tomato or BBQ
 Chicken, Cheese
 & Tomato Pizza

Our Vegetarian and Vegan recipes are approved by the Vegetarian Society.



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

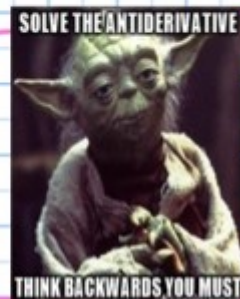


Yr 12 & 13

Weds

1.30-2.25

CC3



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



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/2APR7PXICA>

6 - 10 NOVEMBER 2023





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.

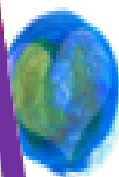
November 2023
sustainability and
environmental awareness
dates



WORLD BASKING
SHARK DAY



BUY
NOTHING
DAY



World Kindness Day
NOVEMBER 13 -
#BeKindnessDay

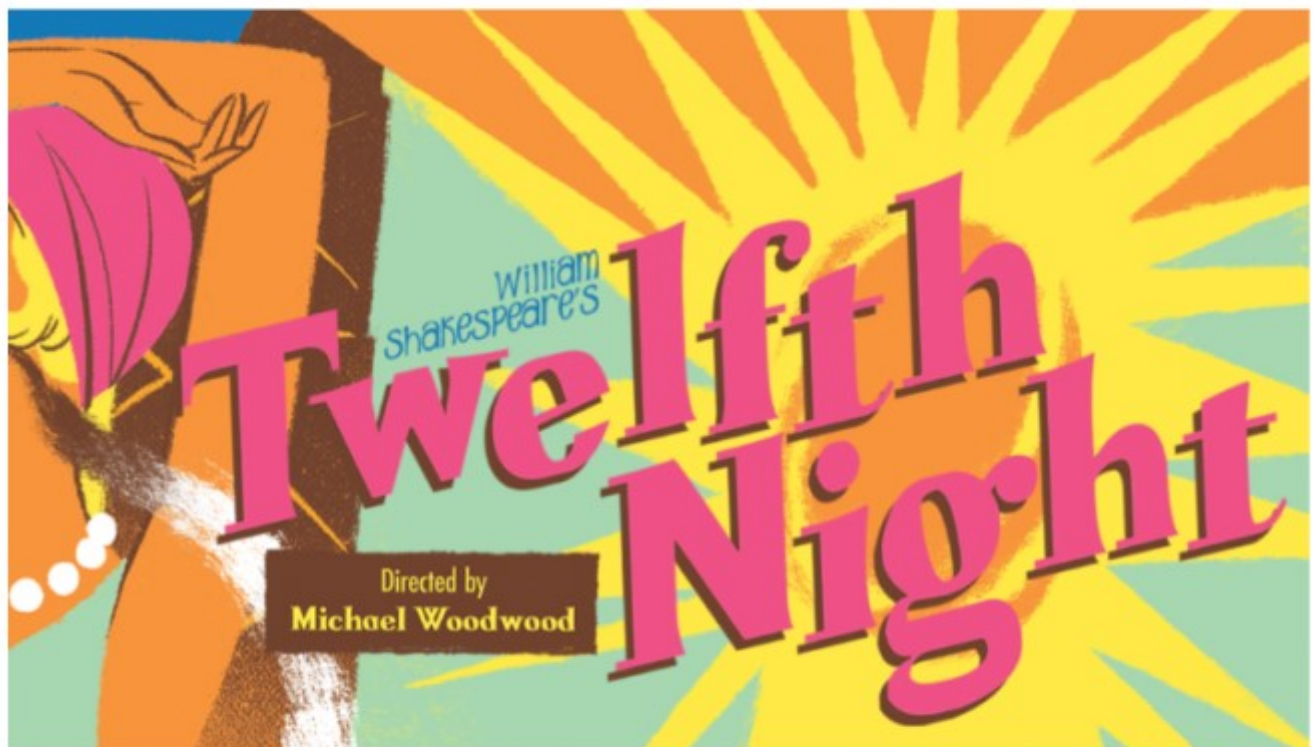


- World Vegan Month-1st to 30th Nov
- World Basking Shark Day-3rd Nov
- World Kindness Day- 13th Nov
- One World Week-14th to 20th Nov
- World Fisheries Day-21st Nov
- Buy Nothing Day-24th Nov
- National Tree Week-25th Nov to 3rd Dec
- International Jaguar Day- 29th Nov

<https://morafibres.co.uk/environmental-days-and-dates-to-know/#november-days>

[https://www.reducereuserecycle.co.uk/greenarticles/november environmental days.php](https://www.reducereuserecycle.co.uk/greenarticles/november%20environmental%20days.php)

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)

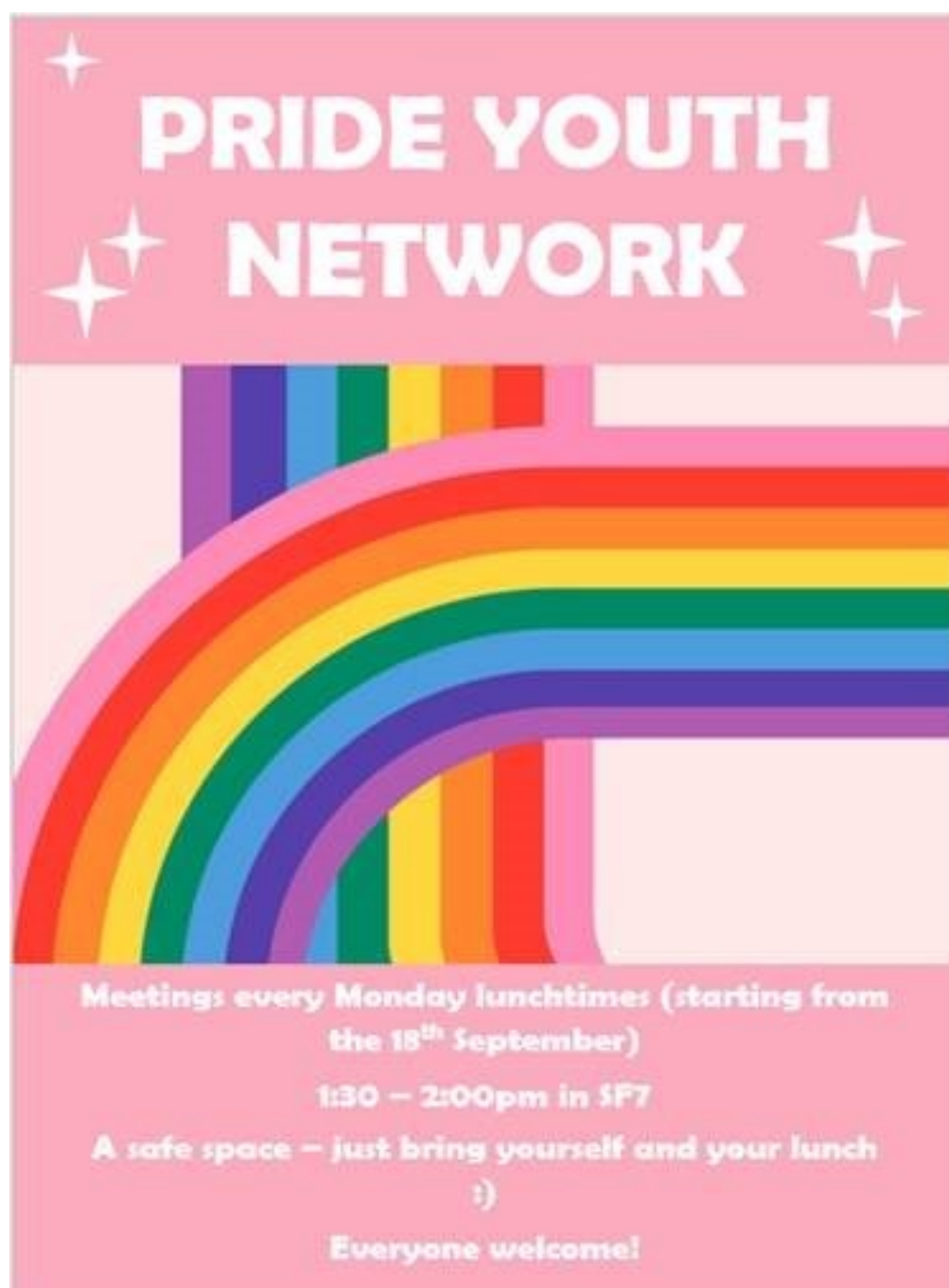
Group booking and school booking prices available on request.

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

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.



AUTUMN 2023 WEBINARS

Register with Mrs Horn, in the Library:
hornd@woodford.redbridge.sch.uk

NOVEMBER 2023

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

REGISTER WITH MRS HORN, IN THE LIBRARY. hornd@woodford.redbridge.sch.uk

NOVEMBER 2023

- 15th, 12.45pm – 1.30pm: *History – Henry VIII & Monarchical Power with Portsmouth*
- 15th, 2pm – 2.50pm: *Law – Legal Reasoning with UEA*
- 15th, 4.15pm – 5.00pm: *Engineering – CAE Using Physics in Design*
- 16th, 11.15am – 12.00pm: *History – Sweating Primary Sources with Goldsmiths' Uni*
- 16th, 4.15pm – 5.15pm: *English – The Duchess of Malfi with UEA*
- 20th, 3.45pm – 4.30pm: *Media – Ownership & Control with Aberystwyth Uni*
- 20th, 3.45pm – 4.45pm: *MFL @ University with Bath & Portsmouth Unis*
- 21st, 12.45pm – 1.30pm: *Politics – Dominant Themes in International Relations with UEA*
- 21st, 4.30pm – 5.15pm: *HE Student Finance with UEA*
- 22nd, 11.00am – 12.00pm: *MFL Film Society – 'Almanya Willkommen in Deutschland' with Nottingham 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

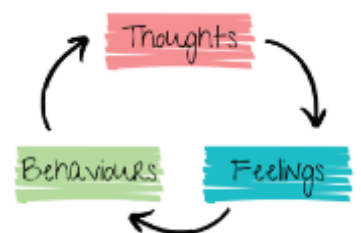
Think of a category and search the room for it. For example, look for:

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>



MEET YOUR SAFEGUARDING AND PASTORAL TEAM 2023 - 24

| | | | | |
|---|---|---|--|---|
|  |  |  |  |  |
| Ms POMEROY Headteacher & Deputy Designated Safeguarding Lead | Mrs GREENFIELD Assistant Headteacher & Designated Safeguarding Lead, SMHL Head of KS3 | Mrs MARKU Student Guidance Officer & Deputy Designated Safeguarding Lead | Mr SAXTON SEND Coordinator | Mrs KAYE HEALTH & WELFARE OFFICER |
|  |  |  |  |  |
| Mrs MENON SEND OFFICER | Ms SHAIK Student Guidance Assistant | Ms Bird Health & Welfare Assistant | Ms HASLER Head of Sixth Form | Dr Ashraf Head of KS4 |

KEY STAGE 3

| | | |
|-----------------------------------|-----------------------------------|-----------------------------------|
| Ms JAMES Head of Year 7 | Ms KEITH HEAD OF YEAR 8 | Mr MILLS Head of Year 9 |
|-----------------------------------|-----------------------------------|-----------------------------------|

KEY STAGE 4

KEY STAGE 5

| | | | |
|------------------------------------|---------------------------------------|--------------------------------------|--------------------------------------|
| Ms GRANT HEAD OF YEAR 10 | Ms RUNACRES HEAD OF YEAR 11 | Mrs EASTON HEAD OF YEAR 12 | Ms VALENTE HEAD OF YEAR 13 |
|------------------------------------|---------------------------------------|--------------------------------------|--------------------------------------|

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.



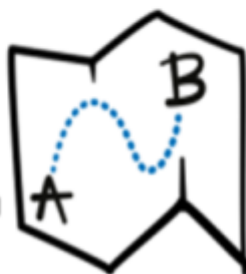
Try to get some fresh air each day. You don't have to do a sport every day. Just going outside is good.



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.



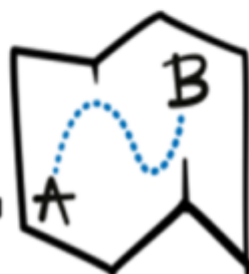
Have a warm bath or shower before bed to relax you. You could also have a milky drink as this could help you sleep.



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/>

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-](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



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

Email: 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 LGBT+ community have come a long way, there is still not full equality. There is plenty of information online about the history of the development of the rights for the LGBT+ community available online, for example –

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

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

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

Stonewall

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

Give us a Shout

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

Or can be reached 24/7 via text on 85258

The Proud Trust

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

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

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

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

Switchboard (an LGBT+ Helpline) Accessed on –

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

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

Take care now. Miss

Keith

Pride Youth Network Co-ordinator



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)

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

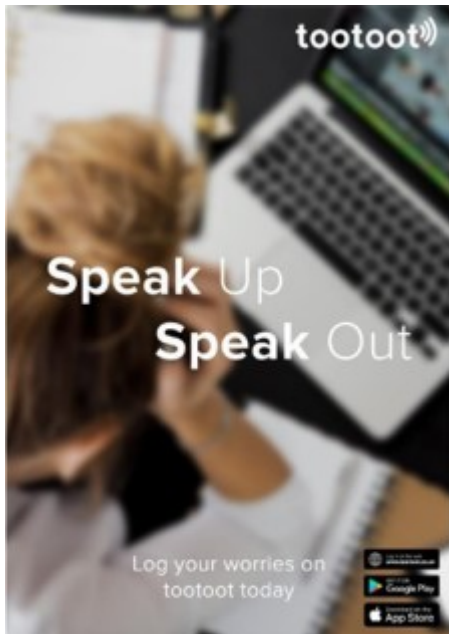
Or you can call from Monday-Friday 9am-9pm on **0344 334 0550**

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 KeithPride 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

