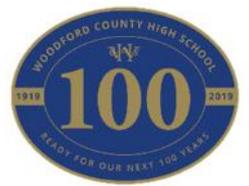


Woodford County High School for Girls

Bulletin

Issue No. 457

7th November 2023



7th November 2023

Dear Parents / Carers

Islamophobic graffiti – interim update

You will understand that our priorities since my communication on Saturday afternoon have been a) to talk clearly to our students on the matter, voicing an unequivocal stance and seeking to reassure them, b) to assess risk and take appropriate actions, c) to launch a thorough investigation and d) to report a criminal matter to the police. Understandably we have received a great deal of communication over two days on the subject from parents and others associated with Woodford, as well, indeed, as from those with no connection with the school. Every communication from a parent or someone associated with Woodford is being read carefully and its contents noted. We don't at present have capacity to reply to all communications individually but I will seek to update parents and carers at intervals as we take the necessary actions.

To that end, actions yesterday included:

- Three headteacher assemblies condemning the anti-Palestinian, anti-Arab and islamophobic act of hate speech, acknowledging the shock, hurt and anger for everyone but and most particularly for Muslim members of our school community, both students, families and staff. Students were told a full investigation was under way, encouraged to come forward with any information which might be related and given means to do so, pointed towards sources of support and advised not to underestimate the role they themselves could play in providing reassurance to each other and healing our community
- Meeting with the police, reporting the crime and securing a police presence at the gate at the end of school day this week
- Booking a police officer to speak to students in assemblies on the subject of hate crime
- Launching a formal investigation
- Increased staff presence at Break Time and Lunch Time
- Providing students with an initial channel to express their feelings both on this outrage in school and also more broadly on the humanitarian crisis in Gaza & planning to incorporate further safe spaces for discussion going forward
- Ongoing discussion with the London Borough of Redbridge

Parents and carers are thanked for messages of support and positive suggestions as we seek to address and learn from this appalling incident.

Yours sincerely

Ms Jo Pomeroy
Headteacher

GRAFFITI INCIDENT

Your chance to speak out

Dear all,

As Ms. Pomeroy mentioned in her address to all students on Monday 6th November we have set up an additional e-mail account for you as students to speak out on matters that are concerning you. We envisage that many of you will use this as a means of sharing your views about the events in the occupied Palestinian territory and Israel and specifically Gaza. You may also choose to focus on school, perhaps suggesting what more you would like to see at school to support you regarding this matter. When communicating, please be mindful of the language that you are using in your email and abstain from writing messages that can be deemed as hurtful or hateful. Whilst we will be unable to respond to every message, we will take on board ideas where we can in the context of a school environment.

Please use the email address studentvoice@woodford.redbridge.sch.uk

For those of you who have any further information about the incident from Friday 3rd November, please also use the same email address and have in the subject: **Incident Friday 3rd November.**

The information that you will provide will remain confidential, you may be asked to give further information if we feel it will help our investigations.

Dr. Cassim Ashraff

Assistant Headteacher

NON-UNIFORM DAYS TO RAISE FUNDS FOR HUMANITARIAN RELIEF IN THE OCCUPIED PALESTINIAN TERRITORIES AND ISRAEL

We are acutely aware of the suffering caused by the ongoing conflict, especially in Gaza. As a consequence we are raising funds for the Red Cross/Red Crescent relief efforts in that area.

INTERNATIONAL



FEDERATION

We shall therefore be holding non-uniform days to coincide with our House Drama festival. Those who are watching House Drama (either Tuesday or Wednesday) are asked to come to school in their House colours.

Payment of a minimum of £1.50 (more is, of course, welcome) can be made via Parentpay as usual. We will also be holding bucket collections on both days, plus on the evening of House Drama, so any additional cash donations at those times would be most welcome (£1 and £2 coins and notes only please). It goes without saying that your daughter should take care of any cash she brings into school until the 9.30am House Drama start time.

Yr13 MMI medicine and dentistry event

Dear All,

Thank you so much to those who have registered their availability for the MMI Event at WCHS. Given the responses received, this email is to confirm that the event will be held on **Friday 8th December 2023**.

If you work in the medical or dental fields, and with the date now confirmed, please kindly fill in the form below to confirm your availability for the day. The event is expected to run from 9am - 1pm, with registration from 8am. I hope that you will be able to attend the whole event, but understand if this is not possible. You will have option to outline what times you are available should you only be able to make part of the event. Please note that multiple submissions are possible should you need to update your availability.

Also, should you know of anyone in the medical or dental fields who may be able to volunteer on the day, please forward the form onto them.

<https://forms.office.com/e/iai4eSRynK>

Thank you so much, and I will be in touch soon with further details. Should you have any questions or queries, please do not hesitate to contact me.

Best wishes,

Saira Khan

Deputy Head of Science

khans@woodford.redbridge.sch.uk



RAFFLE GIFTS

Please could you donate any unwanted gifts etc to the main school office.

We would like to create prize hampers for a raffle on the House Drama event, which is on 16 November 2023.

Deadline for offering donations is 13 November 2023.

Please be generous.

We are also looking for businesses who can donate any vouchers.

Many thanks

Iffat
PFA





GCHQ

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/2APa7PX1CA](https://forms.office.com/E/2APa7PX1CA)

6 - 10 NOVEMBER 2023



WEEK 1

WEEK COMMENCING

6/11/2023 27/11/2023 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

(V) - VEGETARIAN
(VE) - 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 Provencale 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

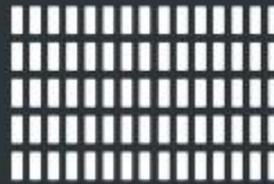
Fruit & Yoghurt Pots Available Daily

**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.





MONDAY

Buffalo Cauliflower Wings on Salt & Pepper Wedges (V)

TUESDAY

Greek Souvlaki Chicken

WEDNESDAY

Korean Crispy Fried Chicken

THURSDAY

Mei Goreng Indonesian Fried Noodles (V)

FRIDAY

Manager's Street Vibes Special

NATURally

MONDAY

Sweet Chilli Glazed Vegan Bites (VE)

TUESDAY

The Big Plant Burger (VE)

WEDNESDAY

Vegetable Gyozas in a Chilli & Ginger Broth (V)

THURSDAY

Lentil Buddha Bowl (VE)

FRIDAY

Vegan Bean & Jalapeno Burrito (VE)

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.



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 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://moralfibres.co.uk/environmental-days-and-dates-to-know/#november-days>

https://www.reduceuserecycle.co.uk/greenarticles/november_environmental_days.php

Woodford County Eco Info

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

LOVE YOUR LEFTOVERS

SAY NO TO NEW

DROP IT LIKE IT'S HOT!

WE'RE TAKING PART IN

CUT YOUR CARBON

PASS ME ON

Throughout November, we're challenging all pupils to complete 9 small, carbon-cutting actions, at home, with the help of friends and family.

Completing these challenges will raise awareness, change behaviours, and cut carbon - a greenhouse gas responsible for driving climate change.

All pupils will bring home a checklist on November 1st, outlining the simple, easy-to-deliver actions. This will help you to tick them off throughout the month.

VEGGIE VIBES

DITCH THE DRIVE

THE TIME TO ACT IS NOW.

IT'S TIME TO CUT YOUR CARBON!

Find out more!



CYC



DITCH THE DRIVE

TRANSPORT IS RESPONSIBLE FOR AROUND 20% OF GLOBAL CO₂ EMISSIONS. CAR AND AIR TRAVEL HAVE A PARTICULARLY BIG CARBON FOOTPRINT!

CYC



DROP IT LIKE IT'S HOT!

THE BIGGEST CAUSE OF HOUSEHOLD EMISSIONS IS HEATING!

CYC



FLIGHTLESS ADVENTURE

THE CARBON FOOTPRINT, PER PASSENGER, OF A RETURN FLIGHT FROM LONDON TO MADRID IS A WHOPPING 195KG OF CO₂.

CYC



LOVE YOUR LEFTOVERS

FOOD WASTE IS RESPONSIBLE FOR AROUND 10% OF GLOBAL GREENHOUSE GAS EMISSIONS!

CYC



PASS ME ON

BEFORE IT'S EVEN USED, A BOOK'S CARBON FOOTPRINT IS AROUND 1KG, A T-SHIRT'S IS AROUND 7KG, AND AN IPHONE'S IS AROUND 60KG OF CO₂!

CYC



SAY NO TO NEW

MANUFACTURING NEW ITEMS RELEASES CARBON INTO THE ATMOSPHERE. SAY 'NO' TO NEW!

CYC



SHARING IS CARING

SHARE TIPS AND KNOWLEDGE! 99% OF PLASTIC IS MADE FROM FOSSIL FUELS. PLASTIC POLLUTION IS DAMAGING OUR OCEANS AND HARMING WILDLIFE.

CYC



SHOWER POWER!

CHOOSING A 4 MINUTE SHOWER OVER A BATH WILL SAVE UP TO 44 LITRES OF WATER AND REDUCE YOUR CARBON FOOTPRINT!

CYC



VEGGIE VIBES

FARMED ANIMALS ARE RESPONSIBLE FOR AROUND 14% OF THE WORLD'S GREENHOUSE GAS EMISSIONS!

November is Cut Your Carbon month!

Eco-Schools is challenging all young people in England to take action on their carbon footprint. Completing 9 simple actions with families and friends will raise awareness, change behaviours, and Cut Your Carbon.

The school will submit the results to the National initiative run by Eco-Schools and then be entered into a Prize Draw.



1. Make at least one journey more sustainable



2. Go meat-free for a day



3. Have a no food-waste weekend



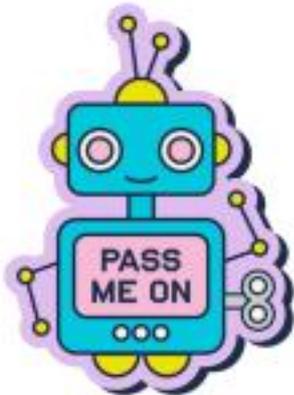
4. Turn down the heating by 1° for a week



5. Design a flight-free holiday



6. Say 'no' to a new item



7. Donate something you no longer need



8. Substitute 4 baths for 4 showers and limit them to 4 minutes



9. Share carbon-cutting advice

COMPLETED BY

November is Cut Your Carbon month!

Eco-Schools is challenging all young people in England to take action on their carbon footprint. Completing these 9 simple actions with families and friends will raise awareness, change behaviours, and Cut Your Carbon - a greenhouse gas responsible for driving climate change.



So grab a magnet, stick this sheet on your fridge, and get going... the time to act is now!

- 1. Make at least one journey more sustainable.** Transport is responsible for around 20% of global CO₂ emissions. So how about turning a car-ride to school into a bus-ride to school? Or perhaps a bus to the shops could become a bike to the shops?
- 2. Go meat-free for a day.** Farmed animals are responsible for around 14% of the world's greenhouse gas emissions, so choose a day to go meat-free and discover how delicious cutting carbon can be. As an extra challenge, try going entirely plant-based for the day (meaning no dairy or eggs either) or attempt a meat-free day each week during November.
- 3. Have a no food-waste weekend.** Prepare only what is needed, eat everything edible on your plate, and ensure any leftovers are saved for another time or used to create a new meal. Growing, processing, and transporting food releases greenhouse gases into the atmosphere, and even more gases are released if this food is binned and sent to landfill.
- 4. Turn down the heating by 1° for a week** Heating is the biggest source of CO₂ emissions in many homes. Dropping your heating 1° below your usual temperature for a week can reduce your carbon footprint and save your family money. You could even go further and commit to 18° for a week, as recommended by the World Health Organization.
- 5. Design a flight free holiday.** Flying is bad for our planet, so for this challenge, we're asking you to appreciate exciting destinations closer to home – sit with your family and decide on a future trip you'd like to take that doesn't involve flying. This might be to visit Stonehenge in Wiltshire, try surfing in Cornwall, or go hiking in the Lake District.
- 6. Say 'no' to a new item.** Write a list of every non-essential item you bought, or that was bought for you, last month and categorise each - e.g., clothing, toys, cosmetics. Choose a category and commit to not purchasing any items in this category for a month, because every item you buy has a carbon footprint.
- 7. Donate something you no longer need.** Manufacturing new items releases carbon into the atmosphere. For example, producing a book releases about 1kg CO₂, a t-shirt 7kg, and an iPhone, a whopping 60kg! Passing on things you no longer need is a great way to prevent emissions, so, swap a book with a friend, donate clothing that doesn't fit to charity, or pass on an unused device to a relative.
- 8. Substitute 4 baths for 4 showers and limit them to 4 minutes.** Swapping a bath for a 4-minute shower can use up to 44 litres less water, saving the energy required to clean, transport, and heat this water. We recommend using a 4-minute song as a timer that you can sing-along to!
- 9. Share carbon-cutting advice with someone.** To conquer climate change, we all need to work together, so share three pieces of carbon-cutting advice with people you know. You might remind a brother or sister not to waste food, challenge a grandparent to time their shower or share a plant-based recipe on social media. Don't forget to add #CutYourCarbon to your posts.

Get additional insight into your family's emissions.

Check out WWF's Carbon Footprint Calculator: <https://footprint.wwf.org.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



Support for residents struggling with the cost of living



Please see the message below from The London Borough of Redbridge:

Please can you send the following links to families which will support them with the cost of living:

[Cost of Living \(redbridge.gov.uk\)](https://redbridge.gov.uk/cost-of-living)

[Cost of Living - Cost of Living payment \(redbridge.gov.uk\)](https://redbridge.gov.uk/cost-of-living-payment)

[Cost of Living - Foodbanks \(redbridge.gov.uk\)](https://redbridge.gov.uk/cost-of-living-foodbanks)

There is the [Ilford Community Grocery](https://communitygrocery.org.uk/ilford/) - we urge every family in need to join the Ilford Community Grocery, 25-29 Clements Rd where residents can buy food at 80% discount:

For the longer term you may be interested in buying your groceries at the Ilford Community Grocery. Join this grocery for £5 a year and you can buy 12 items for just £5. It is located at 25-29 Clements Rd, Ilford.

It is open Monday through Friday 9:30am - 4:30pm.

More details: <https://communitygrocery.org.uk/ilford/>

Educational Psychology Service Parent Helpline

Would you like to talk to someone?

Do you need some support with creating a daily routine for your child?

Are you concerned about your child's emotional wellbeing?

Are you struggling to motivate your children at home or manage sibling relationships?

The Educational Psychology Service (EPS) are here to support you.

We have a **dedicated telephone helpline for parents/carers** where you will receive advice and guidance from a professional Educational Psychologist.

The EPS helpline is available for all parents and carers - your child does not need to be known to the EPS, does not need to have a special educational need or additional support within school. We welcome calls from all parents and carers.

EPS Helpline

Telephone: 07741 331 009

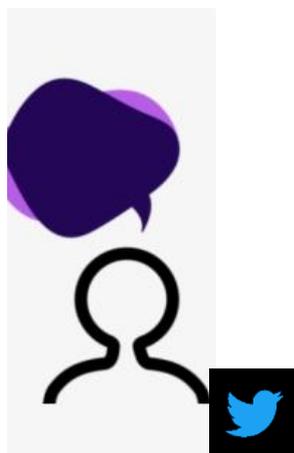
Opening hours:

Every Wednesday 10am - 4pm

Webpage: <https://www.redbridge.gov.uk/schools/educational-psychology-service/>

FIND: [Educational Psychology Service](#)

@Redbridge_aep Twitter account.



PFA Year 7 Movie Night

Tuesday 28 November 3:45pm - 6pm

Haunted Mansion (12A)

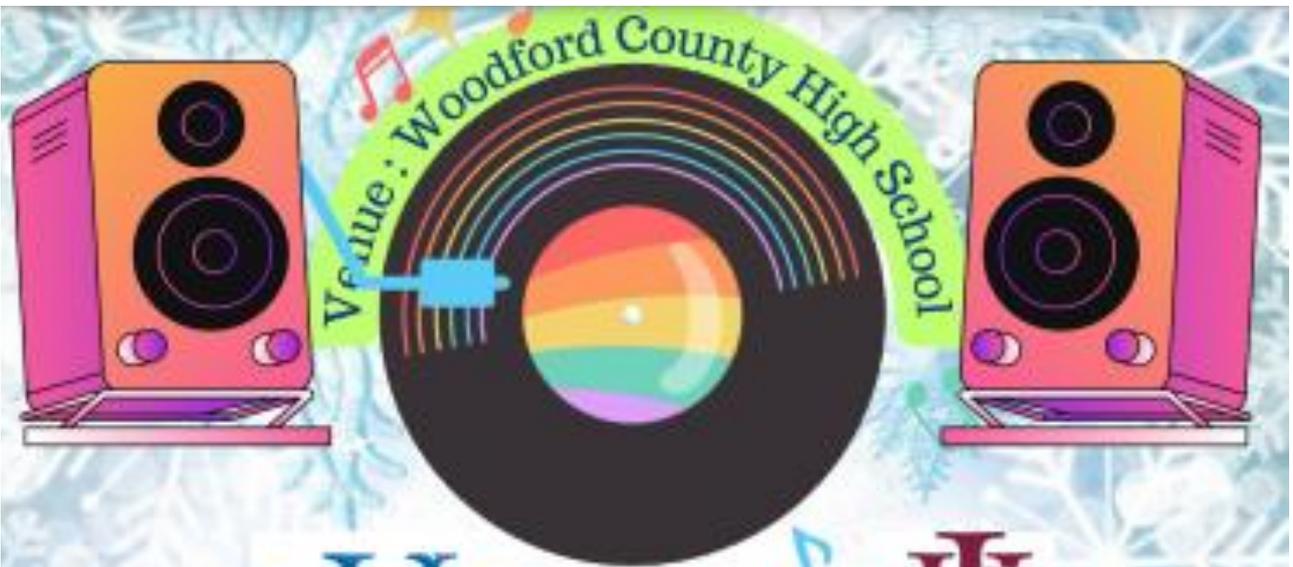


Tickets: £7 inc. drink and popcorn!

Available to buy on Parent Pay

100 places only - no refunds

Location: Conference Room



PFA **W&S** and **FO** **CSI** presents...

WINTER DISCO

7 December 2023, 6pm - 8pm
Year 7 & 8



* Pay via parent pay

* Refreshments available for purchase on the night



Dear Year 7 and Year 8 Parents

Woodford County High School Joint Winter Disco with Ilford County High School

For Year 7 & 8 Pupils on

Thursday 7th December 2023 6.00pm – 8.00pm

at Woodford County High School (School Hall)

The Parents and Friends' Association (PFA) would like to invite pupils in Years 7 & 8 to a joint Disco which is being hosted by Woodford County High School and Ilford County High School.

The disco will take place at Woodford County High School on Thursday 7th December 2023 in the School Hall. The ticket price is **£8.50** per student. All parents will need to collect their daughters (or arrange for a family member to collect them) from Woodford County High School at 8.00pm. Students will not be allowed to leave unaccompanied. (Boys will be collected from the Hall, girls from the Dining Room.) We apologise that parking will not be available on site and ask that you make use of the Hawkey Hall Car Park. There will be parking enforcement at the school gate and they will turn away vehicles attempting to enter the site.

The Disco is a fund raising initiative on behalf of both PFAs and money raised will be divided between the two PFA charities. Refreshments will be on sale at the Disco so please ensure your daughter has some money as she may wish to make a purchase. The Disco will be supervised by Woodford and Ilford staff and PFA members. No external guests will be allowed entry and students will be required to stay on the premises until collected by a parent or family member at 8.00pm.

Please complete the permission form on ParentPay and ensure that payment has been made through ParentPay by **Friday 1st December 2023**. Your daughter may only take part if the permission form and payment have been received. Please note that this is a non-refundable event.

Yours sincerely

Ms Jo Pomeroy

Headteacher



Open Day

18th of November

from 10am to 2pm

We are very excited about our upcoming Open Day on the 18th of November from 10am to 2pm, which is occurring at all 8 of our campuses on the same day. This is a great opportunity for your students to come have a look at our facilities and speak to our teaching and curriculum staff about their options and choices.

Details and booking can be found through this link:

<https://www.ncclondon.ac.uk/open-events/>



PREGNANCY YOGA

MONDAY 7:30 - 8:30PM
DANCE STUDIO, WOODFORD COUNTY
HIGH SCHOOL

BOOK YOUR SPOT: YOUSEFIYOGA.COM



STUDENTS EXHIBITION

MEET THE TEAM
SHOWCASING
STUDENTS WORK
ENROLMENT ENQUIRES

THURSDAY 30TH
NOVEMBER
7PM-8.30PM

BOOK NOW!

@FINALCHECKSACADEMY



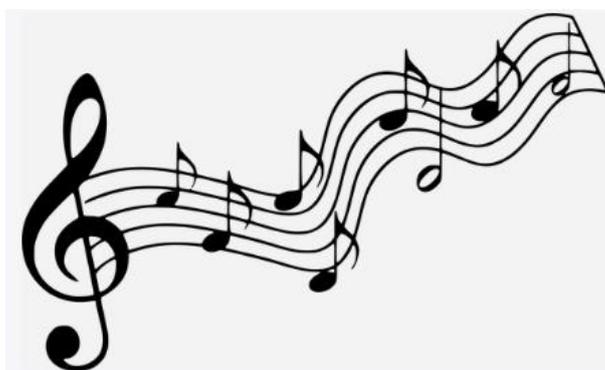
WCHS - ECTT – Term 2

	<u>Mon</u>	<u>Tues</u>	<u>Weds</u>	<u>Thurs</u>	<u>Fri</u>
<u>Before School</u> 7.50-8.20am					<u>Yr12&13 Badminton</u> STA
<u>Lunchtime</u> 1.30-2pm	<u>Volleyball (all)</u> VJA <u>Trampolining</u> KRU Week A = yr9-11 Week B = yr7&8	<u>*Netball - SQUAD 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</u> (all) KRI	<u>Badminton</u> VJA Week A = yr7&8 Week B = yr9-11	<u>Yr10 & 11 GCSE Trampolining & Badminton</u> STA & KRU <u>Cross Country</u> (all) KRI
<u>After-school</u> 3.30-4.20pm			<u>*FIXTURES*</u>		



Music Extra-Curricular Timetable: Winter 2023

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



DATES FOR THE DIARY

AUTUMN 2023		
Term	Wednesday 6 September 2023	Friday 20 October 2023
WCHS Remote Schooling	Friday 15 September 2023	Students studying from home
Half-term	Monday 23 October 2023	Friday 27 October 2023
Term	Monday 30 October 2023	Wednesday 20 December 2023
Non-Contact Day	Thursday 12 October 2023	

SPRING 2024		
Term	Thursday 4 January 2024	Friday 16 February 2024
Half-term	Monday 19 February 2024	Friday 23 February 2024
Term	Monday 26 February 2024	Thursday 28 March 2024
Spring Break	Monday 1 April 2024	Friday 12 April 2024
Non-Contact Day	Wednesday 6 March 2024	



KEY DATES TO REMEMBER

- 16 November—House Drama Event
- 23 November—GCSE Prize Giving 2023-24
- 28 November—Year 13 Parents Evening
- 4 December—Year 11 Parents Evening
- 14 December—Christmas Concert
- 18 December—Year 13 (2020-2021) Certificate & Social Event
- 20 December—End of Term



wchs_geog
WoodfordCHS_UK_Geography



REMINDER

Please remind your daughter to bring in her lanyard, locker key and fob to school every day.

