Woodford County High School

Weekly Student Bulletin

Tuesday, 14th November 2023

Welcome to Bulletin No 87

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.

CONTENT:

Achievement Report
New school menu
Winter Disco
Movie Night
Debate Club
Maths Support Available
MFL Competition
Sustainability
Pride Youth Network
Keep safe from and to school
Autumn 2023 Webinars
WCHS Theatre Hamilton
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
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/

Total Achievement Report from

6th September 2023 to 10th November 2023

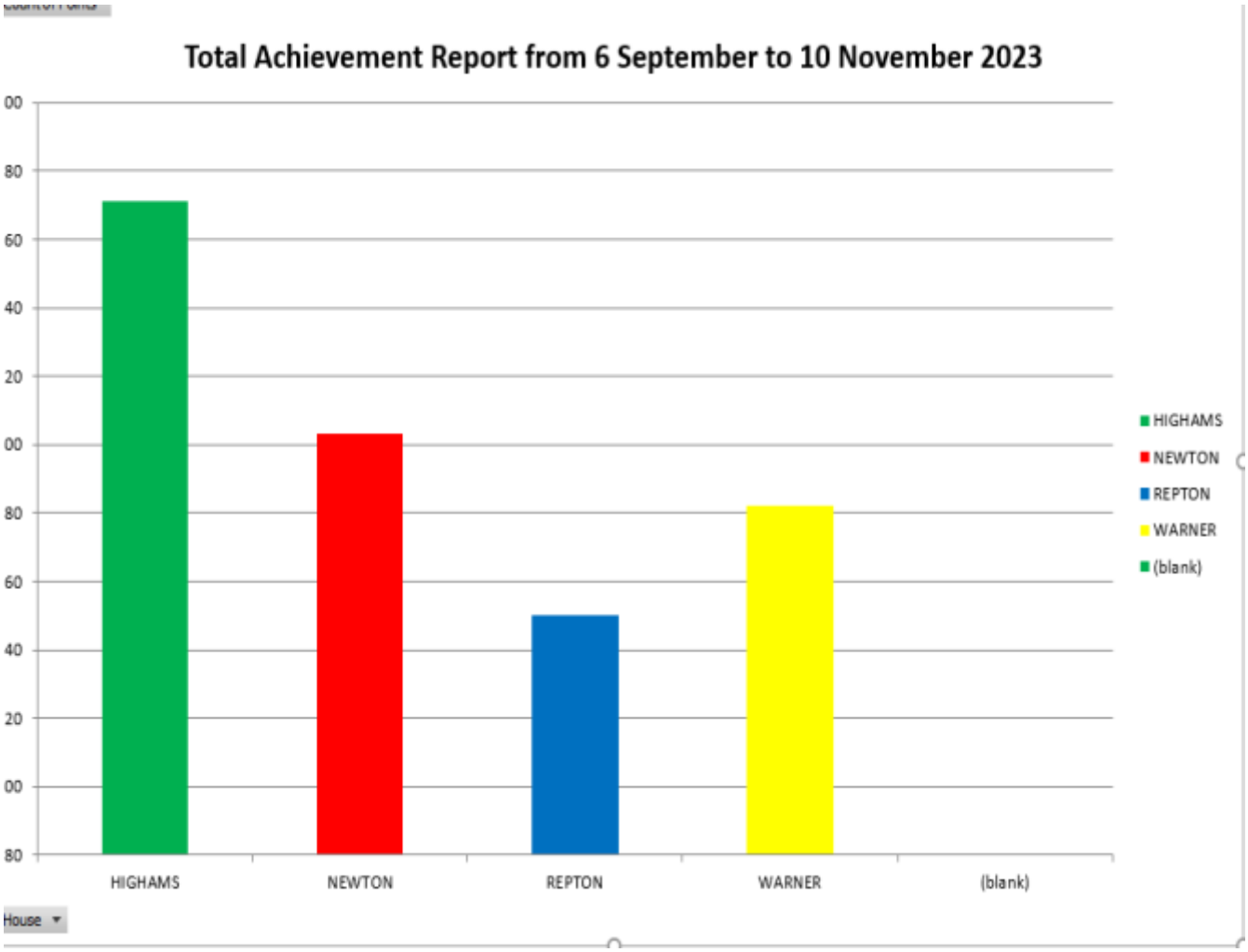
HIGHAMS IS IN THE LEAD

1st Highams

2nd Newton

3rd Warner

4th Repton



WEEK 1

Innovate

WEEK COMMENCING
4/11/2025 27/11/2025 18/12/2025 08/01/2026 29/01/2026 19/02/2026
11/03/2026 01/04/2026 22/04/2026 13/05/2026 03/06/2026
24/06/2026 15/07/2026

(V) - VEGETARIAN
(VE) - VEGAN

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS	VEGETARIAN MAIN MEALS
MONDAY Fragrant Chicken Tagine with Jewelled Lemon Couscous	**MONDAY** Harissa Roasted Sweet Potato & Chickpea Tagine with Jewelled Lemon Couscous (VE)
TUESDAY Classic Beef Lasagne, Garden Salad & Homemade Garlic Bread	**TUESDAY** Vegetable & Mixed Bean Lasagne, Garden Salad & Homemade Garlic Bread (V)
WEDNESDAY Salt & Pepper Roast Chicken, Crisp Roasties, Roasted Root Vegetables & House Gravy	**WEDNESDAY** Crunchy Topped Macaroni Cheese, House Salad or Seasonal Vegetables (V)
THURSDAY Chicken Tikka Masala, Wholegrain & White Rice, Kachumber Salad & Mango Chutney	**THURSDAY** Goan Potato & Spinach Curry, Wholegrain & White Rice, Kachumber Salad & Mango Chutney (VE)
FRIDAY Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce	**FRIDAY** Roasted Provencale Vegetable & Feta Pasty with Chips & Peas (V)

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Berry & Apple Crumble with Custard	Sticky Toffee Pudding with Butterscotch Sauce	Pear & Cocoa Sponge with Custard	Apple & Chocolate Pinwheel	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

Street Vibes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Buffalo Cauliflower Wings on Salt & Pepper Wedges (V)	Greek Souvlaki Chicken	Korean Crispy Fried Chicken	Mei Goreng Indonesian Fried Noodles (V)	Manager's Street Vibes Special

NATURally

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet Chilli Glazed Vegan Bites (VE)	The Big Plant Burger (VE)	Vegetable Gyozas in a Chilli & Ginger Broth (V)	Lentil Buddha Bowl (VE)	Vegan Bean & Jalapeno Burrito (VE)

TRATTORIA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato & Basil Pasta	Manager's Special	Mozzarella & Tomato or Spicy Sausage, Cheese & Tomato Pizza	Manager's Special	Mozzarella & Tomato or BBQ Chicken, Cheese & Tomato Pizza

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

WEEK 2

Innovate

WEEK COMMENCING
25/10/2025 15/11/2025 06/12/2025 10/01/2026 05/02/2026 26/02/2026
18/03/2026 08/04/2026 29/04/2026 20/05/2026 10/06/2026
01/07/2026 22/07/2026

(V) - VEGETARIAN
(VE) - VEGAN

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS	VEGETARIAN MAIN MEALS
MONDAY Loaded Mac n Cheese, a Selection of Toppings, House Salad & Garlic Bread	**MONDAY** Loaded Mac n Cheese, a Selection of Toppings, House Salad & Garlic Bread (V)
TUESDAY Traditional Sausage & Mash, Caramalised Onion Gravy with Carrots & Peas	**TUESDAY** Plant Based Sausage & Mash, Caramalised Onion Gravy with Carrots & Peas (VE)
WEDNESDAY Hand Carved Roast British Turkey, Crisp Roasties, Roasted Root Vegetables & House Gravy	**WEDNESDAY** Roasted Butternut Squash & Edamame Bean Wellington, Crisp Roasties, Roasted Root Vegetables & House Gravy (VE)
THURSDAY Ramen Bar	**THURSDAY** Ramen Bar (V)
FRIDAY Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce	**FRIDAY** Vegan Falafel Burger, Naked Slaw, Mango Chutney, Chips & Peas (VE)

DESSERTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Jam Sponge with Custard	Pear & Ginger Crumble with Cinnamon Custard	Steamed Chocolate Sponge with Chocolate Sauce	Apple & Blackberry Crumble with Vanilla Sauce	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

Street Vibes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lebanese Cauliflower Khobez (V)	Chinese Style Vegan Noodles (VE)	Loaded Jamaican Jerk Chicken Burger	Sri Lankan Fried Chicken	Manager's Street Vibes Special

NATURally

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetable Gyozas in a Chilli & Ginger Broth (VE)	The Big Plant Burger (VE)	Vegetable Korean Noodles (VE)	Onion Bhaji Naan Pizza (V)	Hot Falafel Poke Bowl (V)

TRATTORIA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato & Basil Pasta	Manager's Special	Mozzarella & Tomato or Spicy Sausage, Cheese & Tomato Pizza	Manager's Special	Mozzarella & Tomato or BBQ Chicken, Cheese & Tomato Pizza

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

WEEK 3

Innovate

WEEK COMMENCING
30/10/2025 20/11/2025 11/12/2025 01/01/2026 22/01/2026 12/02/2026
04/03/2026 25/03/2026 15/04/2026 06/05/2026 27/05/2026 17/06/2026
08/07/2026

(V) - VEGETARIAN
(VE) - 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 & Goats 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Apple & Blackberry Pie with Custard	Pineapple Upside-Down Pudding	Sticky Lemon Sponge with Custard	Warm Chocolate Brownie with Chocolate Sauce	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

Street Vibes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Louisiana Dirty Rice (VE)	Mozambique Piri Piri Chicken	"Yaroa Dominican" Minced Beef & Pepper Loaded Wedges	Gnocchi with Mushroom, Spinach & Pesto topped with Crispy Onion & Shaved Cheese (V)	Manager's Street Vibes Special

NATURally

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fork Friendly Onion Bhaji Kebab(V)	The Big Plant Burger (VE)	Tomato, Feta & Spinach Pinwheel (V)	Vegan Korean Noodles (VE)	Chipotle Bean Nacho Bowl (V)

TRATTORIA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato & Basil Pasta	Manager's Special	Mozzarella & Tomato or Spicy Sausage, Cheese & Tomato Pizza	Manager's Special	Mozzarella & Tomato or BBQ Chicken, Cheese & Tomato Pizza

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

Venue : Woodford County High School

PFA and FOCHS presents.

WINTER DISCO

7 December 2023, 6pm - 8pm

Year 7 & 8

BOOK TICKETS NOW

£5.00

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

CHAIRMAN:
SIMRIT TAGAR

MEDIATOR:
MS RAKIC-PLATT

WOODFORD COUNTY

DEBATE CLUB

TUESDAYS WEEK B 1:45-2:15 N1

10TH OCTOBER	DEBATE INTRO	
31ST OCTOBER	WORKSHOP	DELIVERING AN ARGUMENT
14TH NOVEMBER	DEBATE #1	SHOULD PRISONERS GET TO VOTE?
28TH NOVEMBER	WORKSHOP	REBUTTAL
5TH DECEMBER	DEBATE #2	ARE SINGLE SEX SCHOOLS PREFERABLE TO CO-ED ONES?

Made with PosterMyWall.com

Maths Drop In's

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

Yr 7 & 8	Yr 9, 10 & 11	Yr 12 & 13
Weds	Tues	Weds
1.30-2.20	1.30-2.00	1.30-2.25
CC10	CC3	CC3

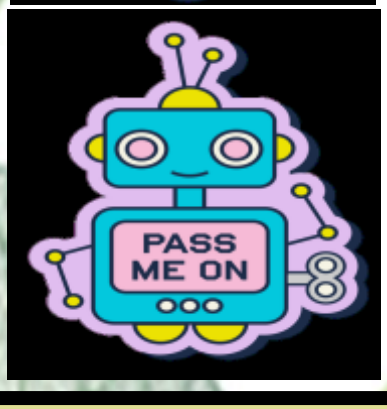
Maths Support Available to Students if they need some extra help.

Woodford County Eco Info

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

WCHS is taking part.....

CUT YOUR CARBON



Complete the 9 small challenges above

As a school community we can work together to CUT OUR CARBON

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.

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

NOVEMBER 2023

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, 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

NOVEMBER 2023

20th, 12.45pm – 1.30pm: Politics – Global Governance & Climate Change with Aberystwyth Uni

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 – The Battle for the New World Order 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

22nd, 4.30pm – 5.15pm: Law – Building a Defence with Goldsmiths' Uni

23rd, 4.30pm – 5.15pm: Medicine – Mental Health & Wellbeing in the NHS with UEA

24th, 11.10am – 11.55am: RS/Philosophy – Religion & Science with Warwick Uni

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

WCHS THEATRE SOCIETY

Hamilton

Tuesday 9th January @ 7.30pm

(Excellent Seats @) Victoria Palace Theatre

LIMITED TICKETS AVAILABLE @ £40.00

TICKETS NOW ON SALE FOR ...

The Motive & The Cue, Wed 10th Jan, 7.30pm @ Noel Coward Theatre £30

Guys & Dolls, Tues 6th Feb, 7.30pm @ The Bridge Theatre. Standing Only £27.50 (TOTALLY IMMERSIVE – YOU ARE PART OF THE SET – it's a great show)

Hadestown, Tues 27th Feb, 7.30pm @ Lyric Theatre (£30)

INSET DAY SPECIAL - The Cursed Child, Wed 6th March, Part A 2pm & Part B 7pm @ Palace Theatre £50 (for both Parts)

COMING SOON ... LONDON TIDE; MAMMA MIA!; THE DEVIL WEARS PRADA

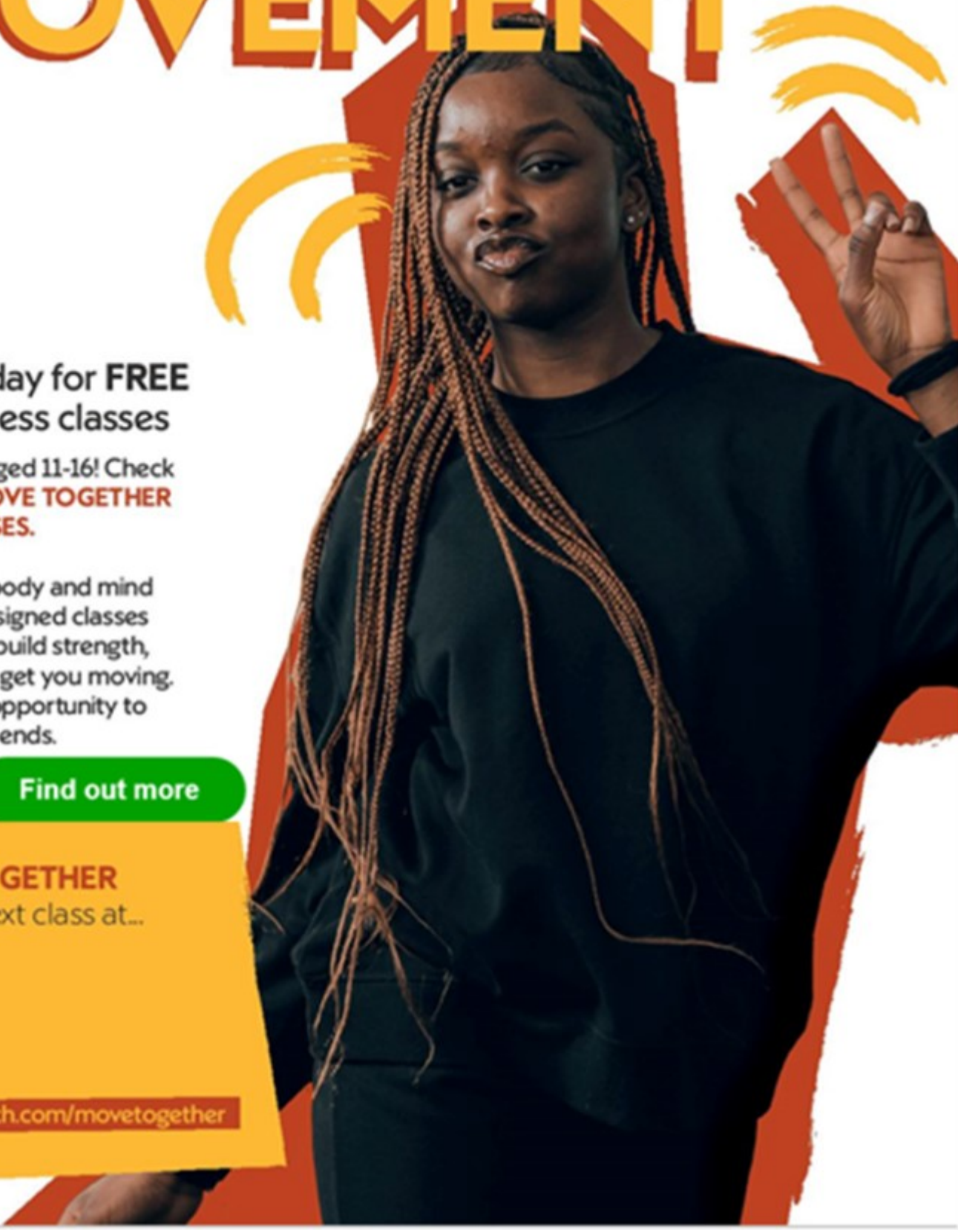
The WCHS Theatre Society is a PFA initiative. An adult must accompany lower school students – this is not a school trip and it is not supervised.

TO BOOK TICKETS + MORE INFORMATION - EMAIL MS HORN IN THE LIBRARY

LIBRARY@WOODFORD.REDBRIDGE.SCH.UK

Nuffield Health

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:

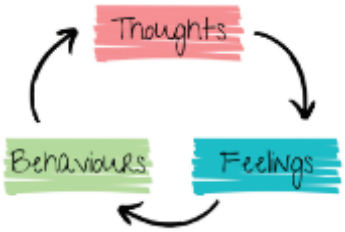
5 things you can see
4 things you can hear
3 things you can feel/touch
2 things you can smell
1 thing you can taste

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 or 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

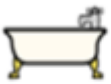
Things You Should Know to Meditate

- 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.

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 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.

CONNECT — TALK & LISTEN, BE THERE, FEEL CONNECTED

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 EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

Give — Your time, your words, your presence

MY CIRCLE OF CONTROL

I WILL FOCUS ON WHAT I CAN CONTROL

THINGS THAT ARE IN MY CONTROL

- The amount of effort I put in
- My words
- My actions
- How I treat others
- Whether or not I follow rules
- How I handle my feelings
- My decisions
- How I take care of myself

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

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

https://

kooth

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.

NSPCC

The Mix Crisis Messenger

shout 85258 here for you 24/7

THE MIX
Essential support for under 25s
☎ 0808 808 4994

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

gr'ef encounter
supporting bereaved children & young people

Young Carers:

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

020 8496 2442 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

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)

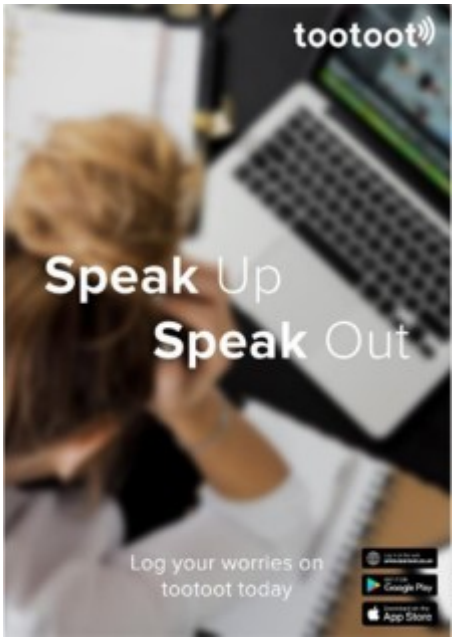
Accessed on - https://www.mermaidsuk.org.uk/

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

London Borough of Redbridge

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

child friendly Redbridge

www.redbridge.gov.uk/youth-hub