

Year 8 HPV (Human Papilloma Virus) Vaccination

HPV (Human Papilloma Virus) Vaccination Dear Parent/Carer, HPV (Human Papillomavirus) causes around 9,000 cancers each year in the UK, most of which can be prevented by having the HPV vaccine. HPV is responsible globally for 5% of all cancers.

The HPV vaccine is universally offered as routine in year 8.

Why should your child have the HPV vaccination?

- The vaccine protects against some types of cancer caused by the HPV viruses, such as cervical cancer, some mouth and throat cancers and cancer of the anus and genital areas.
- The vaccine protects against different types of HPV. Two of these types cause 70% of cervical cancers and are present in 60% of head and neck cancers.
- The vaccine is more effective in preventing cancers associated with HPV if given at a younger age which is why it is offered to people aged 12-13.
- The HPV vaccine has been shown to prevent hundreds of deaths from cervical cancer every year. It is expected that more deaths will be prevented as boys receive the vaccine in addition to girls.

Your child only needs ONE dose of HPV vaccine to be protected. The vaccine is FREE on the NHS.

Year 8 will be receiving their HPV Vaccine in school on Friday 16th February.

For further information on the vaccine please visit:

assets.publishing.service.gov.uk

Please complete the consent form by following this link, even if you wish to refuse.

[Vaccination UK Immunisation \(schoolvaccination.uk\)](https://schoolvaccination.uk) - Redbridge



LOST PROPERTY



If you recognise any of these items, please collect the coats and bags from the lost property box and small items like jewellery from reception.

Please note, items not collected by Friday will be sent to charity.



Woodford County Eco Info

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

January and February 2024 Sustainability



**WORLD
WETLANDS
DAY**

Big Schools Birdwatch – 8th Jan to 19th Feb

Big Garden Birdwatch – 26th Jan to 28th Jan

International Zebra Day – 31st Jan

World Wetlands Day – 2nd Feb

World Pangolin Day – 17th Feb

International Polar Bear Day – 27th Feb

https://www.reduceusecycle.co.uk/greenarticles/february_environmental_days.php

<https://greenecofriend.co.uk/environmental-awareness-calendar/>

Music Extra-Curricular Timetable: Spring 2024

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

The audition sign-up sheet for Music Recital Evening (Thursday 8th February) is now up in the Music Department. The auditions will be taking place on Tuesday 23rd, Wednesday 24th, and Thursday 25th January.



Auditions will take place in the Music department. Please ensure that you arrive a few minutes early for your audition in order to get your instrument and music ready beforehand. You MUST make sure that you can attend before signing up. If you are unavailable for the above lunchtimes, please speak to Dr Bonnici.

WCHS - ECTT – Term 3

	<u>Mon</u>	<u>Tues</u>	<u>Weds</u>	<u>Thurs</u>	<u>Fri</u>
<u>7.50-8.20am</u>					<u>Yr12&13</u> <u>Badminton-</u> STA
<u>Lunchtime</u> <u>1.30-2pm</u>	<u>Volleyball</u> <u>(all)</u> VJA	<u>*Netball</u> <u>- SQUAD</u> <u>Training</u> <u>Only*</u> STA, VJA, HBA, KRU (Fatima)	<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 (Lekhana) Week B = yr9-11 (Pranathi) <u>Table Tennis</u> KRU From 22/1/24 In the conference room	<u>Yr10 & 11 GCSE</u> <u>Trampolining &</u> <u>Badminton</u> STA & KRU <u>Netball for all</u> (Kosom/Sampriti/ Sara) <u>Cross Country</u> (all) KRI	<u>Prisons Club</u> (Saanvi)
<u>3.30-4.20pm</u>			<u>*FIXTURES*</u>		



WCHS THEATRE SOCIETY

Guys & Dolls

Tuesday 6th February @ 7.30pm

Bridge Theatre

(STANDING ONLY)

This is immersive theatre – you become part of the cast & crew – it's amazing!

TICKETS AVAILABLE FOR £27.50

TICKETS NOW ON SALE FOR...

THE LION KING – **ONE TICKET LEFT**—Tuesday 12th March 2024 @ 7:30pm, Lyceum Theatre **£35**

THE PLAY THAT GOES WRONG—Wed 20th March @ 7:30pm, Duchess Theatre **£27.50**

LONDON TIDE – Monday 15th April 2024 @ 7pm, National Theatre (Lyttelton) **£15**

THE WITNESS FOR THE PROSECUTION – Tuesday 30th April 2024 @ 7:30pm, London, County Hall **£27.50**

MAMMA MIA! – Wednesday 1st May 2024 @ 7:30pm, Novello Theatre **£30**

MRS DOUBTFIRE—Wednesday 22nd May @ 7:30pm, Shaftesbury Theatre **£30**

THE DEVIL WEARS PRADA – Wednesday 6th November 2024 @ 7:30pm, Dominion Theatre **£30**

The WCHS Theatre Society is a PFA initiative. An adult must accompany lower school students – this is not a school trip and is not supervised. For more information and to book tickets, email Ms Horn in the library.

PAYMENT MADE VIA PARENTPAY. Search for PFA Theatre Society.

library@woodford.redbridge.sch.uk

Are you a parent or carer of a child or young person with special educational needs or a disability aged 0-25 living in Redbridge?

JOIN OUR FREE WEBINARS!

Dyscalculia and Maths Difficulties – strategies

Wednesday 17th January 2024 at 7pm

School 'Refusal' & Attendance Difficulties

Thursday 18th January 2024 at 8pm

Preparing for Adulthood, Post-16 Options & Leaving School

Tuesday 23rd January 2024 at 8pm

Paediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANS/PANDAS)

Tuesday 6th February 2024 at 8pm

Attention Deficit Hyperactivity Disorder (ADHD) and GIRLS

Monday 26th February 2024 at 7pm

Home Education

Tuesday 27th February 2024 at 8pm

Please check EPT Facebook page for further details.

Please join EPT free membership and book the webinars by text or email.

FREE MEMBERSHIP

Open to family members and carers of any child or young person with SEND up to the age of 25 years who live in or receive services from Redbridge. Associate membership is available for practitioners.

MEMBERSHIP FORMS AVAILABLE FROM:

**www.empoweringparentstogether.org.uk
info@empoweringparentstogether.org.uk**



**07486 880 799
07486 880 646**

FOLLOW US ON FACEBOOK: Empowering Parents Together – Redbridge

FOLLOW US ON TWITTER: @EPT_Redbridge



**Department
for Education**

London Borough of

Redbridge



contact For families
with disabled children

How to create an environment for kids to talk

internet
matters.org

1 Talk early and often

- Talk with children from an early age to make it easier to maintain good communication
- Have bitesized conversations that are relevant to them



2 Choose the right time

- Choose to talk when you are due to spend some time together, like over a meal or during their bedtime routine
- Bring digital experience into normal, everyday conversations

3 Open up and share too

- Model the behaviour you want them to show by sharing about your day
- Be open and encouraging to make them feel supported



4 Create a safe space for your child

- Ask open-ended questions
- Ensure that your child feels listened to rather than cornered
- When they start talking, hold off with questions and really listen
- Be prepared, calm and patient with them



What to talk about

Online reputation

- Understanding how online activity creates a 'digital footprint' that lasts forever
- Being a good digital citizen e.g. treating people like you would face to face
- Thinking before posting

Critical thinking

- Making them aware that some people hide behind fake profiles
- Being critical about what they see online as not everything is true
- Agreeing digital boundaries to allow them freedom to make informed decisions

Resolving online issues

- Tools and strategies to deal with issues they may face online such as cyberbullying or seeing inappropriate content
- Where & how to report an issue – encouraging them to speak to an adult



Personal safety

- Keeping info private on devices and apps they use with privacy settings
- What a secure social media profile looks like
- Create strong passwords for every online account

Best of the net

- What they enjoy most about their favourite apps or sites
- The coolest sites and apps among their group of friends
- Talking about things online you can enjoy together and ways to stay involved in their digital world

Free tools to promote conversations

Digital Matters

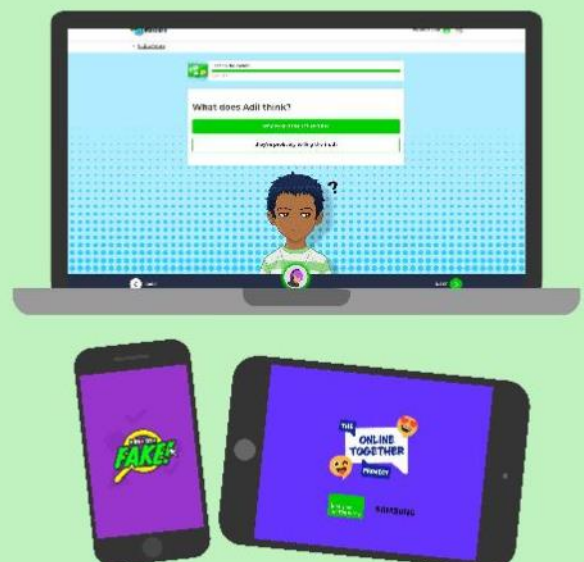
Use the Once Upon Online storytelling activities to discuss how children can get help and from where, along with how to manage different aspects of their online lives.

The Online Together Project

This interactive quiz provides guidance on how to talk about tough issues like gender stereotypes and online safety.

Find the Fake

Discuss what misinformation online looks like and what children can do to make sure they think critically about what they see online.



SPRING 2024 WEBINAR SCHEDULE

Register with Mrs Horn in the Library
TIMETABLED LESSONS TAKE PRIORITY OVER WEBINARS
hornd@Woodford.redbridge.sch.uk



JANUARY 2024

17 th @ 11.10am-12.00noon	Neuroscience: A Tour of the Human Brain
17 th @ 2pm-2:45pm	EPQ/Psychology: Research Methods
18 th @ 11.15am-12noon	Law/Politics/Geography: Human Rights & Modern Slavery
18 th @ 3:45pm-4:45pm	MFL: French Politics
22 nd @ 4:15pm – 5pm	Biology: Blood & Gas Exchange During Surgery
22 nd @ 4:15pm – 5:15pm	Economics: Market Failure
23 rd @ 2:15pm-3pm	Biology: Genes & Ecosystems
24 th @ 4:15pm-5:15pm	Economics/Politics: Distribution of Wealth
29 th @ 11:10am-11:55am	Maths/Stats: Hypothesis Testing
29 th @ 1pm-1:45pm	Politics: Media Influence on Voting Behaviour & on Political Parties

FEBRUARY 2024

1 st @ 3.45pm-4.30pm	HE: Creating Impressive Academic Profiles & Enhancing Uni Applications
5 th @ 11.15am-12.00noon	Economics :Aggregate Demand - UK
5 th @ 4.15pm-5.15pm	Geography/Politics: Global Conflict Perspectives & Debate
6 th @ 12.05pm-12.50pm	English: A Doll's House by Ibsen
6 th @ 3.35pm-4.35pm	Maths @ Uni
7 th @ 2.00pm-2.45pm	EPQ: Academic Writing
8 th @ 2.05pm-2.50pm	Chemistry: Principles of Bonding Applied to New Materials
22 nd @ 4.30pm-5.15pm	HE: How Do You Pay for Uni? Student Finance, Scholarships & Budgets
27 th @ 11.00am-12.00noon	Quantum Physics
27 th @ 1.00pm-1.45pm	Computer Science: Algorithms, Ethics & Legislation
27 th @ 3.35pm-4.20pm	Inorganic Chemistry: Metals in Medicine
28 th @ 1.00pm-1.45pm	Politics: Can We Control Nuclear Weapons?
28 th @ 2.15pm-3.00pm	History: The Making of a Superpower – USA, 1865-1975
28 th @ 4.30pm-5.30pm	Creative Writing Workshop
29 th @ 2.10pm-3.00pm	Psychology/Biology: Exploring Memory
29 th @ 4.00pm-5.00pm	English – The Picture of Dorian Gray

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



DENNIS & DYER
LEARN - GET FIT - COMPETE
DENNISANDDYERBOXINGACADEMY.CO.UK

FREE FEMALE SELF-DEFENCE CLASSES!

Throughout February and March 2024, Dennis and Dyer are giving back to the local community and will be putting on a number of free self-defence classes for females.

We want to aid in the improvement of self-defence, confidence, and overall fitness!

Dates to book: February 4th 18th & March 3rd 17th at 11 am



Download the app and keep an eye out for the notifications. Free classes valid through February and March 2024.



ENGLAND BOXING AFFILIATED

@DENNISANDDYERBA
REECE-MENNIE.COM



Protect yourself and your property

- ✓ Be aware of your surroundings
- ✓ Avoid walking with ear pods or expensive clothing on display
- ✓ Avoid isolated places, perhaps travel with a friend



- ✓ Each phone has a unique IMEI number... Type *#06# and record it. Leave a copy at home
- ✓ Use two-factor authentication codes
- ✓ Use tracker apps, like Find My Phone, keep login at home
- ✓ Know your details - in case your phone is stolen - this helps Police investigation



Metropolitan Police Service Asian Female Careers Insight Session Tuesday 30th January 2024

**NEW INCREASED
PC STARTING
SALARY £36,775,
£40,837 after
2 - 3 year probation**

**Tower Hamlets Town Hall
160 Whitechapel Rd. E1 1BJ
18:45 – 19:30 hours**

Book via
QR Code



Check out the eligibility and [entry pathways](#)
Find out the many [career opportunities](#) and specialisms
Meet our Officers, hear their experiences and career paths
Explore the application / recruitment process
Get advice to feel confident and prepared.

✉ Or Email CEOutreach@met.police.uk

Eligibility: You must be **18+** to join, (apply from 17.) Typically the upper age limit is 57.
British Citizen: Indefinite Leave to Remain / EU settled status.
Lived continuously in UK for 3 year period before application*

*This doesn't apply to those serving abroad in the British Armed Forces.

**FITNESS - 15-metre shuttle
run for 3 mins 35 seconds**



@met_connected

www.met.police.uk/Outreach



Educational Psychology Service Parent

Helpline

London Borough of

Redbridge



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.



Call to Action—Educational Psychology

Please click on the link to access the “Call To Action” video from the Redbridge Educational Wellbeing Team (REWT) and the Redbridge Mental Health Support Team (MHST), who work with students and staff here at Woodford. This video is specifically for parents and carers and is part of their “break the stigma” campaign.

[Click here to access video](#)



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/>



PREGNANCY YOGA

MONDAY 7:30 - 8:30PM

DANCE STUDIO, WOODFORD COUNTY
HIGH SCHOOL

BOOK YOUR SPOT: [YOUSEFIYOGA.COM](https://yousefiyoga.com)

DATES FOR THE DIARY

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	

SPRING 2024		
Term	Monday 15 April 2024	Friday 24 May 2024
Half-term	Monday 27 May 2024	Friday 31 May 2024
Term	Monday 3 June 2024	Tuesday 23 July 2024
Non-Contact Day	Thursday 27 June 2024	



KEY DATES TO REMEMBER

17 January—Year 7 Parents Evening
 23 January—Year 12 Parents Evening
 8 February—Music Recital Evening
 12 February—Year 9 Parents Evening
 16 February—HPV Single Dose—Year 8
 16 February—Year 7, 8, 9 & 11 Form Photos
 5 March—International Evening
 6 March—Non-Contact Day
 21 March—Spring Concert



REMINDER

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

