



Woodford County High School for Girls

Bulletin

Issue No. 467

30th January 2024



Dear Parents and Carers,

Tuesday 6th February marks this year's Safer Internet Day. Year 7 and year 10 pupils will be joining schools and youth organisations across the UK in celebrating Safer Internet Day 2024 during their PSHCE lesson. Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers and more, to help to create a better internet. This year the campaign will be focusing on change online, this includes covering:

- Young people's perspective on new and emerging technology
- Using the internet to make change for the better
- The changes young people want to see online
- The things that can influence and change the way young people think, feel and act online and offline

Using the internet safely and positively is a key message that we promote in school celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year.

We would be delighted if you could join us in celebrating the day by continuing the conversation at home. To help you with this, for the UK Safer Internet Centre have created some free activities and information for parents and carers which are available at:

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Whether you have 5 minutes to start a conversation or hours to spare, there are top tips, quizzes and films which you can use at home with your child. Further information can be found here:

[Parents and carers - UK Safer Internet Centre](#)

If you have any concerns or questions about keeping your child safe online, please do get in touch with myself, our IT Manager, Mrs Del-Guidice or, our Designated Safeguarding Lead Mrs Greenfield.

Kind regards,

Mrs Grant

Head of Year 10

SAVE THE DATE— BATTLE OF THE BANDS 2024!

WHEN?

WEDNESDAY 10TH JULY
18:00-20:00

WHERE?

WCHS MAIN HALL

AUDITIONS

AT THE BEGINNING OF THE SUMMER TERM

ALL WELCOME

START FORMING
YOUR GROUPS
AND PLANNING
REHEARSALS!

MORE DETAILS
COMING SOON



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:

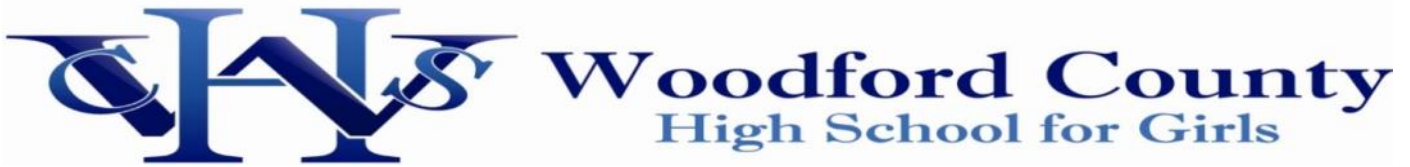
assets.publishing.service.gov.uk

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

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



After school clubs brochure



KEEP AN EYE OUT FOR THE NEXT SPRING AFTER SCHOOL
CLUBS BROCHURE, OUT AT THE END OF THE WEEK.
THE ACTIVITIES WILL GO LIVE ON PARENTPAY AT
THE BEGINNING OF NEXT WEEK.

IF YOU PAY BY CHILDCARE VOUCHER, PLEASE CONTACT
MS. DAWSON AS SOON AS POSSIBLE.

THANK YOU



ACTIVITIES INCLUDE: BOULDERING, A TASTE OF THE ORIENT,
SPRING CAKES, ARTS & CRAFTS PLUS MORE.

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**

International Zebra Day – 31st Jan

World Wetlands Day – 2nd Feb

World Pangolin Day – 17th Feb

International Polar Bear Day – 27th Feb

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

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

MATHS SUPPORT

We have maths Sessions to support our students across all year groups—please see the poster below. All sessions take place at lunchtime. Year 7 and 8 students can go to room CC10 on Wednesdays; Year 9, 10 and 11 students can go to room CC3 (lower ground floor) on Tuesdays and Year 12 and 13 students have a session on Wednesdays in CC3.

Students can get help with questions or with their homework. Year 11 students can do a past paper provided by the Maths Department.

Maths Sessions:

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



Music Extra-Curricular Timetable: Spring 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Junior Choir Ms Nina (SF1) 13:30- 14:10 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 Ukulele Club (SF1) 13:40-14:15 Senior choir KHA (Main Hall) 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			



Please note, Senior Choir has now changed to Thursdays.

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

The Lion King

Tuesday 12th March @ 7.30pm

Lyceum Theatre

ONE TICKET AVAILABLE FOR £35.00

TICKETS NOW ON SALE FOR...

THE PLAY THAT GOES WRONG—Wed 20th March @7.30pm, Duchess Theatre **£27.50**

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

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

MRS DOUBTFIRE—Wednesday 22nd May @ 7.30pm, Shaftesbury Theatre **£30**

THE DEVIL WEARS PRADA – Wed 6th November @ 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



This is to recognise the wonderful achievement of

Woodford County High School

for raising £991.25 for the British Red Cross

This valued donation will provide practical, medical
and emotional care to people in crisis.

Your kindness will help to save lives
and will bring happiness to many.

SPRING 2024 WEBINAR SCHEDULE

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

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

MARCH 2024

4 th @ 9.10am-9.55am	Linguistics: Child Language Development
4 th @ 10.30am-11.15am	History: Strong or Weak Dictator? Hitler & the Nazi Political System
5 th @ 11.10am-11.55am	Sport Psychology & Performance
6 th @ 2.00pm-2.45pm	EPQ: Presentation Skills
6 th @ 4.15pm-5.15pm	Politics/International Relations @ Uni
7 th @ 4.30pm-5.15pm	HE: How to Write a Personal Statement
7 th @ 5.00pm-6.00pm	Nursing @ Uni
8 th @ 12.45pm-1.30pm	International Women's Day: Healthcare – Medieval Origins & Practices
11 th @ 10.10am-11.00am	Classics: Love & Relationships
11 th @ 12.45pm-1.30pm	Law/Politics/Human Rights: Sending Refugees to Rwanda?

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



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?

Do you want your voice heard?

Upcoming COFFEE MORNINGS 10am to 12pm

DATE: THURSDAY 25TH JANUARY 2024

VENUE: ALBERT ROAD CHILDREN'S CENTRE, ILFORD, IG1 1HL

GUEST: SEND TEACHER/FAMILY COACH



DATE: THURSDAY 1ST FEBRUARY 2024

VENUE: ALBERT ROAD CHILDREN'S CENTRE, IG1 1HL

GUEST: MENTAL HEALTH SUPPORT TEAM (MHST)



DATE: FRIDAY 16TH FEBRUARY 2024 AT 10.30AM

VENUE: CHERRY TREE CAFE, WANSTEAD, E11 2RH

DATE: MONDAY 26TH FEBRUARY 2024

VENUE: COMMUNITY ROOM, TESCO EXTRA GOODMAYES, RM6 4HY

DATE: WEDNESDAY 20TH MARCH 2024

VENUE: GEARIES CHILDREN'S CENTRE, GANTS HILL, IG2 6TF

PLEASE NOTE: We do not endorse any speakers or services invited.

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



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)



London Borough of
Redbridge



Are you looking after a child who is not your own?

- Is the child under 16 (or 18 if they have a disability)?
- Are you NOT the child's step parent, sibling, aunt, uncle or grandparent? This also includes host families to overseas students
- Do you plan to have the child with you for more than 28 days?
- This is called "private fostering" and we must be LEGALLY notified to ensure the child is safe.

**Please contact Redbridge Children's Services:
020 8708 3885**

CPAT.Referrals@redbridge.gov.uk

or visit: www.redbridge.gov.uk/private-fostering for more information

Aveți în grijă un copil care nu este al dvs.?

- Copilul are mai puțin de 16 ani (sau 18 ani dacă are un handicap)?
- NU sunteți părintele vitreg, fratele/sora, mătușa, unchiul sau bunicul/bunica copilului? Sunt incluse și familiile gazdă ale studenților din străinătate
- Intenționați să găzduiți copilul la dvs. mai mult de 28 de zile?
- Acest lucru se numește „private fostering” (plasament privat) și trebuie să fim anunțați LEGAL pentru a ne asigura de siguranța copilului.

Vă rugăm să contactați Redbridge Children's Services (Serviciile pentru copii din Redbridge):

020 8708 3885

CPAT.Referrals@redbridge.gov.uk

sau vizitați: www.redbridge.gov.uk/private-fostering pentru mai multe informații

آپانی کی آپنار نیجہر نمان۔من کونو شیشور دکھاہونا کرکھن؟

- شیشو کی 16 বছرہر کم بھسی (اٹھوا تار کونو اٹھماتا থাকلے، سیکھتے 18)؟
- آپانی کی سبھانہر سہ پیتا/ماتا، ڈیہوان، خالا، چاچا یا دانا-دانی نمان؟ امر مٹھو بیدہشی آھادہر جنیا ہوسٹ پیربارو اتھرتھت
- آپانی کی شیشو کی 28 دینہر ہیشی سامہر جنیا آپنار ساٹھ راخار پریکھنا کرکھن؟
- اٹیکہ "پرائیویٹ فاسٹیرنگ" یا "بھکشیگت لالان-پالان" بھلا ہمان اہم شیشو کی نیراپاد کینا آ نیشیت کرتے آمادہر اہمٹھو آھانگتھابہ اہمٹھو کرا اٹھت۔

انٹراہ کرے ریدبرج چیلڈرنس سارٹیسس ساٹھ ہوپاہوپا کرکھن اہی نمبر:

020 8708 3885

CPAT.Referrals@redbridge.gov.uk

اٹھوا آھانگ تھوہر جنیا اٹھانہ مان: www.redbridge.gov.uk/private-fostering

کیا آپ ایسے بچے کی دیکھ بھال کر رہے ہیں جو آپ کا اپنا نہیں ہے؟

- کیا بچہ 16 سال (یا اگر وہ معذوری کا شکار ہے تو 18 سال) سے کم عمر ہے؟
- کیا آپ بچے کے سوتیلے والد/والدہ، بہن/بھائی، اٹھی، انکل یا دادا/دادی نہیں ہیں؟ اس میں غیر ملکی طلباء کے میزبان خاندان بھی شامل ہیں
- کیا آپ کا 28 دن سے زیادہ بچے کو اپنے پاس رکھنے کا ارادہ ہے؟
- اسے "نجی رضاعت" کہتے ہیں اور بچے کے محفوظ ہونے کو یقینی بنانے کے لیے ہمیں اس کی اطلاع دینا لازم ہے۔

براہ کرم ریڈ برج سروسز برائے اطفال سے رابطہ کریں

020 8708 3885

CPAT.Referrals@redbridge.gov.uk

یا مزید معلومات کے لیے: www.redbridge.gov.uk/private-fostering

ملاحظہ کریں

کیہ نسیں کسے ایہو جے بچے نوں ساتیہ رہے او جیہڑا تھڈا اپنا بچہ نہیں اے؟

- کیہ بچے دی عمر 16 ورھیاں نوں گھٹ اے (یاں 18 ورھے جے اوہناں نوں کوئی معذوری اے)؟
- کیہ نسیں بچے دے مٹرے مایے، بھین، بھرا، چاچا، چچی، ماما، مامی، تایا تائی یاں دادا دادی، نانا نانی نہیں او؟ ایہدے وچ بابرے ملکوں آئے پڑھیاراں دے میزبان ٹیر وی شامل نیں
- کیہ تھڈا بچے نوں 28 دیہڑیاں توں ودھ وپے لئی آئے کول رکھن دا ارادہ اے؟
- ایہتوں "نجی پرورش" آکھدے نیں تے سائوں قانونی طور تے اطلاع دینا لوڑی دا اے تاں کے پک ہو جاوے بٹی بچہ محفوظ اے۔

پور جانکاری لئی مہربانی کر کے Redbridge Children's Services نال رابطہ کرو:

020 8708 3885

CPAT.Referrals@redbridge.gov.uk

یاں www.redbridge.gov.uk/private-fostering وزٹ کرو۔

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



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

INTERNATIONAL EVENING—TUESDAY 5TH MARCH



Please make a date for your diaries.
Further details will follow in due course...

REMINDER

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

