

Woodford County High School for Girls



Issue No. 471 5th March 2024



INSET DAY

A reminder that tomorrow, Wednesday 6th March 2024 is a staff training day, school is closed to pupils.

ART EXHIBITION

Woodford students will be participating in the annual community arts exhibition being held at the Hawkey Hall (March 9th - March 12th).

Year 12 A level art students have an exhibition of recent work in paint, print and clay selected by Ms Jerome and Ms Appleby. There will also be a display of year 9 clay work. The finale of the show will be celebrated in a lunch time concert featuring the school's talented jazz orchestra ably lead by Ms Hannent on saxophone and featuring Ms Hasler, Head of Sixth Form on trombone!

Woodford students & their families are encouraged to visit the show over the weekend of March 9th & 10th. Opening hours are 11am to 6pm, Saturday and Sunday. Entry is free of charge.





Redbridge Schools

Redbridge Safer Schools Team

Email:

Kristy.phillips@met.pnn.police.uk Brian.stevens@met.pnn.police.uk

www.met.police.uk

1/3/24

Dear Parents / Caregivers

Subject: Warning Regarding Dangerous Vape Devices in Redbridge

I hope this letter finds you well. We write to bring your attention to a concerning issue affecting our school community. There have been reports in London of young individuals experiencing health complications after using vape devices containing drugs.

We wish to emphasise the importance of informing parents about the hazards associated with unregulated vape pens, given the recent surge in related incidents. Law enforcement authorities across London, including our local police officers, have seized numerous vapes from students in the past weeks. Some of these devices are currently undergoing testing to detect dangerous Class B substances such as Spice or THC, the active component in cannabis.

It has come to our understanding that certain reusable vape pens are being illicitly filled with drugs by dealers. Officers have received information about students falling ill after using these altered devices, which are then believed to be distributed among young people through platforms like Snapchat and other social media apps.

Parents/Caregivers must be aware that unregulated vape pens pose a serious threat to the health of young individuals. Those contemplating the purchase of these unauthorised, home-filled devices are unaware of their contents and the potential dangers they pose. THC and Spice are harmful psychoactive substances that can lead to severe health problems, necessitating heightened vigilance on the part of parents/Caregivers.

THC, the primary psychoactive compound in cannabis, and Spice, a group of synthetic Class B drugs, are known to mimic the effects of cannabis. Inhaling Spice through a vaping pen is particularly hazardous for young people, leading to various health issues such as breathing difficulties, chest pains, heart palpitations, seizures, extreme anxiety, paranoia, suicidal thoughts, psychosis, vomiting or diarrhoea, and acute kidney injury. In some instances, a single dose can prove fatal.

Our Redbridge Police Schools Officers are collaborating closely with our schools and partners to share information and intelligence on this matter so we can better understand the issues. We urge parents, guardians, and anyone with pertinent information about those supplying these vapes to contact the Police on 101 or Crimestoppers anonymously online at www.crimestoppers-uk.org/fearless or by calling 0800 555 111.

Thank you for your attention to this critical matter. Your cooperation and awareness are crucial in ensuring the safety and well-being of our children.

Sincerely, PS Kristy Phillips & PS Brian Stevens Redbridge Schools Teams Supervisors

To Celebrate



On Thursday 7th March 2024 Innovate will be serving up the below menu:

- * Curried Cauliflower Cheese Filo Pie
- Cottage Pie
- Chicken and Mushroom Pie
- Apple Pie & Custard
- Key Lime Pie

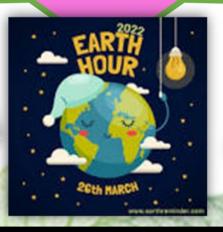
Woodford County Eco Info

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



March 2024
sustainability and
environmental
awareness dates







Big Plastic Count – 11th to 17th March

Great British Spring clean – 15th to 31st March

Global Recycling Day – 18th March

International Day of Forests - 21st March

World Water Day – 22nd March

Earth Hour – 23rd March

https://moralfibres.co.uk/environmental-days-and-dates-to-know/





The WCHS Eco-Committee invite everyone at home to participate in positive change. Together, we can build even more evidence about what happens to our plastic waste to help put a stop to the plastic crisis.

In 2022, nearly 250,000 people from schools, households and communities across the country made The Big Plastic Count the biggest ever investigation into UK household plastic waste. It showed that nearly 100 billion pieces of plastic are thrown away in the UK each year, with hardly any of it recycled.

The rest is burned, sent abroad or ends up in landfill. We can't recycle our way out of the plastic waste crisis, so The Big Plastic Count is back – and this time we've got an even bigger target in our sights – The Global Plastics Treaty.

By joining thousands of people across the country and counting all the plastic you throw away for a week, you can gather the vital evidence we need to convince UK ministers, supermarkets and big brands to lead the way at the global talks that could finally phase out plastic production for good. Let's get counting to make the Global Plastics Treaty as big and bold as it can be.



The UK Government needs to push for a strong and ambitious Global Plastics Treaty. The treaty needs to include an end to plastic pollution, a phase-out of new plastic production, and ensure a just and inclusive transition to a low-carbon, zero-waste, reuse-based economy.

This isn't about rating anyone's recycling habits, and we wouldn't want anyone to feel embarrassed by how much plastic they use. We know that there are some plastic items which are essential for disabled people, or people with medical conditions, and so these won't be included in the count.

HOW TO TAKE PART

It's easy! From Monday morning until Sunday evening, **count as you throw!**Simply mark every piece of plastic package as you throw it away on the **Let's Count Tally Sheet**.

TOP TIPS

- 1. Put the Let's Count Tally Sheet up on your fridge, or near your bin or recycling.
- 2. Tell everyone you live with that you're going to be taking part and ask them to include their plastic waste in the count too.
- 3. Using the <u>Let's Count Tally Sheet</u>, record the different types of household plastic packaging waste you use for one week. This includes plastic going in your bin and plastic you put out for recycling.
- 4. Use the **Plastic ID Tool** to look up plastic items if you need to.
- 5. Remember to write down any piece of plastic packaging you use while out and about, then mark it on your tally sheet when you get back home.

WHAT NOT TO COUNT

- ⇒ **Don't** include: plasters, medication packaging, non-dairy milk/juice cartons, nappies, dog poo bags, plastic cutlery or period products.
- ⇒ We **don't** want to include plastic items that are used for medical or sanitary reasons, or by people with disabilities who rely on plastic items for independence.
- ⇒ Also, we are **not** counting coffee cups or Tetra Pak, the plasticised cardboard material that many juice/milk cartons are made of.
- ⇒ Check out the Plastic ID Tool online to familiarise yourself with the kinds of plastics we're counting up for this survey.

Once your household has completed the survey, please record their results online at home via our unique class link and student's name:

https://thebigplasticcount.com/submit/8989/woodford-county-high-school

Find out more about The Big Plastic Count here: thebigplasticcount.com.

We'd like to say a huge thank you for taking part in this important investigation!

Together, we can build even more evidence about what really happens to our plastic.

Best wishes,

WCHS Eco-Committee.



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 (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			



WCHS - ECTT - Term 3

	<u>Mon</u>	<u>Tues</u>	<u>Weds</u>	<u>Thurs</u>	<u>Fri</u>
7.50-8.20am					Yr12&13
					Badminton-
					STA
<u>Lunchtime</u>	<u>Volleyball</u>	* <u>Netball</u>	Football Training	Yr10 & 11 GCSE	<u>Prisons Club</u>
<u>1.30-2pm</u>	(all) VJA	- SQUAD	Week A = yr7 & 8	Trampolining &	(Saanvi)
		<u>Training</u>	НВА	<u>Badminton</u>	
		Only*	Week B = yr9-11	STA & KRU	
		STA, VJA,	STA		
		HBA,		Netball for all	
		KRU	Athletics (all) KRI	(Kosom/Sampriti/	
		(Fatima)		Sara)	
			Badminton VJA		
			Week A = yr7&8	Cross Country	
			(Lekhana)	(all) KRI	
			Week B = yr9-11		
			(Pranathi)		
			Table Tennis KRU		
			From 22/1/24		
			In the conference		
			room		
2 20 4 20pm					
3.30-4.20pm			*FIXTURES*		









Careers notice for parents

Calling for parent volunteers!

On the 27th March from 11:00 until 3:30, students of year groups 10, 11, 12 & 13 will have the opportunity to participate in a careers fair to meet employers and talk about career paths.

We already have a variety of different careers and organisations confirmed attending but if you are interested in volunteering to talk to students one-on-one about your career path and exciting moments so far, please do get in touch!

If you are interested please email in at summersh@woodford.redbridge.sch.uk with details about the career/sector you could represent, or if you have any further questions.

Thank you

Miss Summers



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 HILLS OF CALIFORNIA—Tues 30th April @7pm, Harold Pinter Theatre £30
THE WITNESS FOR THE PROSECUTION. Tuesday 20th April 2027 @ 7:20pm. Lander

THE WITNESS FOR THE PROSECUTION – Tuesday 30^{Th} 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

BACK TO THE FUTURE - Mon 10th June @ 7.30pm, Aldephi Theatre £40

STRANGER THINGS - Tues 9th July @ 7pm, Phoenix Theatre £35

SHREK THE MUSICAL - Thurs 25th July @ 2.30pm, Eventim Apollo £55

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.

<u>library@woodford.redbridge.sch.uk</u>

SPRING 2024 WEBINAR SCHEDULE

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



MARCH 2024

7th @ 5.00pm-6.00pm Nursing @ Uni

13th @ 3.35pm-4.20pm

14th @ 11.10am-11.55am

18th @ 4.15pm-5.15pm Physical Geography

6th @ 2.00pm-2.45pm EPQ: Presentation Skills

6th @ 4.15pm-5.15pm Politics/International Relations @ Uni

7th @ 4.30pm-5.15pm HE: How to Write a Personal Statement

8th @ 12.45pm-1.30pm International Women's Day: Healthcare–Medieval Origins & Practices

IIth @ 10.10am-11.00am Classics: Love & Relationships

IIth @ 12.45pm-1.30pm Law/Politics/Human Rights: Sending Refugees to Rwanda?

12th @ 10.15am-11.00am English: Skills –Focus on Comparing Texts, Techniques & Approaches

13th @ 11.10am-11.55am Environmental Science: Clean Rivers & Coasts

13th @ 2.10pm-3.00pm Research Methods: Data Handling & Stats for NON-Mathematicians

Maths/CS: The Maths Behind Al

RS/Philosophy: Ethics & Religion – Life & Death

14th @ 4.15pm-5.15pm MFL: French Film Society – Entre Les Murs

18th @ 1.30pm-2.15pm Media: Morning TV Analysis (Language & Representation)

19th @ 12.45pm-1.30pm Accounting/Business: Making Sense of Report & Accounts-FTSE100

20th @ 11.10am-11.00am English: A Streetcar Named Desire

21st @ 2.00pm-2.50pm Psychology: The Caregiver – Role & Impact

21st @ 4.00pm-4.45pm Pharmacology: Drug Development

ALL WELCOME

START FORMING YOUR GROUPS AND PLANNING REHEARSALS!

MORE DETAILS COMING SOON



ILE OF

WHEN?

WEDNESDAY 10TH JULY 18:00-20:00

WHERE?

WCHS MAIN HALL

AUDITIONS

AT THE BEGINNING OF THE SUMMER TERM

Barracudas Holiday Camp

Barracudas holiday camp is opening at our school this Easter!

Barracudas is the UK's favourite school holiday provider for children aged 4½ to 14 years. With 80+ exciting activities including archery, arts and crafts, motorsports, sports, teambuilding and much more!

Ofsted registered, confidence building camps with high staff to child ratios, plus parents of the school receive an extra £20 off per child per week if they quote code HSCP24 at the time of booking.

Book now at www.barracudas.co.uk or call 01480 467 567.





LIVE FOR THE MOVEMENTS

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 Febuary and March 2024.



@DENNISANDDYERBA REECE-MENNIE.COM











These opportunities are for you!





Have your say! Girls in Dance survey



AWA DANCE is launching a Girls in Dance Festival in 2025, to support and celebrate girls who enjoy dancing. We want to hear your voice! Take 5 minutes to help us making this the best opportunity for girls in dance.

Girls in Dance Bootcamp (online)

Saturday 13th April 2024, 12-2pm

Join our FREE online Girls in Dance Bootcamp to meet role models from the dance world, discover exciting opportunities & take part in a k-pop class!



AWA DANCE

AWA DANCE is a charity dedicated to the leadership development of women and teenage girls, using the transformative power of dance as the tool to empower their voices



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: <u>Educational Psychology Service</u>

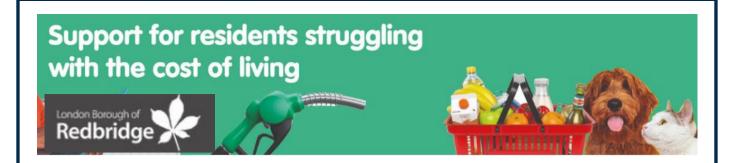
Y

@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



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)

<u>Cost of Living - Cost of Living payment (redbridge.gov.uk)</u>

Cost of Living - Foodbanks (redbridge.gov.uk)

There is the <u>Ilford Community Grocery</u> - 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



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 contactati Redbridge Children's Services (Serviciile pentru copii din

020 8708 3885

CPAT.Referrals@redbridge.gov.uk

sau vizitati: www.redbridge.gov.uk/private-fostering pentru mai multe informatii

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

 کیا بچہ 16 سال آیا اگر وہ معذوری کا شکار ہے تو 18 سال) سے کم عمر ہے؟

 کیا آپ بچے کے سوتیلے والد/والدہ، بہن/بھائی، آنٹی، انکل یا دادا/دادی نہیں 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 دیا جانا لازم ہے۔

 اس کی اطلاع دیا جانا لازم ہے۔

 براہ کرم ریڈ برج سروسز برائے اطفال سے رابطہ کریں

CPAT.Referrals@redbridge.gov.uk یا مزید معلومات کے لیے:www.redbridge.gov.uk/private-fostering ملاحظہ کریں

- শিশুটি কি 16 বছরের কম বয়সী (অথবা তার কোনো অক্ষমতা থাকলে, সেক্ষেত্রে 18)?
- আপনি কি সম্ভানের সৎ পিতা/মাতা, ভাইবোন, খালা, চাচা বা দাদা-দাদি নন? এর মধ্যে বিদেশী ছাত্রদের জন্য হোস্ট পরিবারও অন্তর্ভুক্ত
- এটিকে "প্রাইভেট ফস্টারিং" বা "ব্যক্তিগত লালন-পালন" বলা হয় এবং শিশুটি নিরাপদ কিনা তা নিশ্চিত করতে আমাদের অবশাই আইনগতভাবে অবহিত করা উচিত।

অনুগ্রহ করে রেডব্রিজ চিলড্রেনস সার্ভিসের সাথে যোগাযোগ করুন এই নম্বরে: 020 8708 3885

CPAT.Referrals@redbridge.gov.uk

অথবা আরও তথ্যের জন্য এখানে যান: www.redbridge.gov.uk/private-fostering

- کیہ بچے دی عمر 16 ورھیاں توں گھٹ اے (یاں 18 ورھے جے اوبناں نوں کوئی معذوری اے)؟ کیہ تسیں بچے دے مترئے ماہے، بھین بھرا، چاچا چاچی، ماما مامی، تایا تائی یاں دادا دادی،
 - نانا نانی نہیں او؟ ایہدے وچ بابرلے ملکوں آئے پڑھیاراں دے میزبان ٹبر وی شامل نیں کیہ تہاڈا بچے نوں 28 دیہاڑیاں توں ودھ ویلے لئی آپنے کول رکھن دا ارادہ اے؟
- ایہتوں "نجی پرورش" آکھدے نیں تے سانوں قانونی طور تے اطلاع دینا لوڑی دا اے تاں کے یک

ہور جانکاری لئی مہرہانی 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

6 March—Non-Contact Day
21 March—Spring Concert
27 March—Career Fair
29 March—Bank Holiday
18 April—Year 8 Parents' Evening
30 April—Repton House Charity Week Begins
1 May—Year 10 Parents' Evening
9 May—Year 5 Virtual Open Evening



REMINDER

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

