

Woodford County High School



Weekly Student Bulletin

Tuesday, 12th March 2024

Welcome to Bulletin No 100

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.

Medical Room during Ramadan

Whenever a student attends the medical room they will be asked about their symptoms and this will inform the medical room staff about how to proceed. Please do not be concerned about attending the medical room if you are fasting. We will ask you about your symptoms as usual but you will not be required to break your fast. We will enquire if you are fasting so that we can take this into account, in deciding the best advice to give you. For example, we will first try treatments that will not break your fast i.e. if a headache a cold compress or heat pack, if feeling light headed, resting for a short while before returning to class. If we are recommending a treatment that would involve breaking your fast, we would be sure to give the option of consulting with your parents first as many students prefer to do this. Illness can happen at any time so we wanted you to know that we recognise, respect and support the fact that students have different requirements according to their religious practices.

CONTENT:

Achievement Report
Spring Art Exhibition
Careers Fair Notice
After School Clubs
Science Competitions
Summer Camp
Big Plastic Count
Economics Society
Keeping yourself Safe
PE- extra Curricular
Sustainability
MiSAC Competition
Maths Support Available
Pride Youth Network
Spring 2024 Webinars
WCHS Theatre Society
Live for the Movement
Meet your safeguarding and pastoral Team
Strategies for Anxiety
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

Total Achievement Report from 6th September 2023 to 8th March 2024

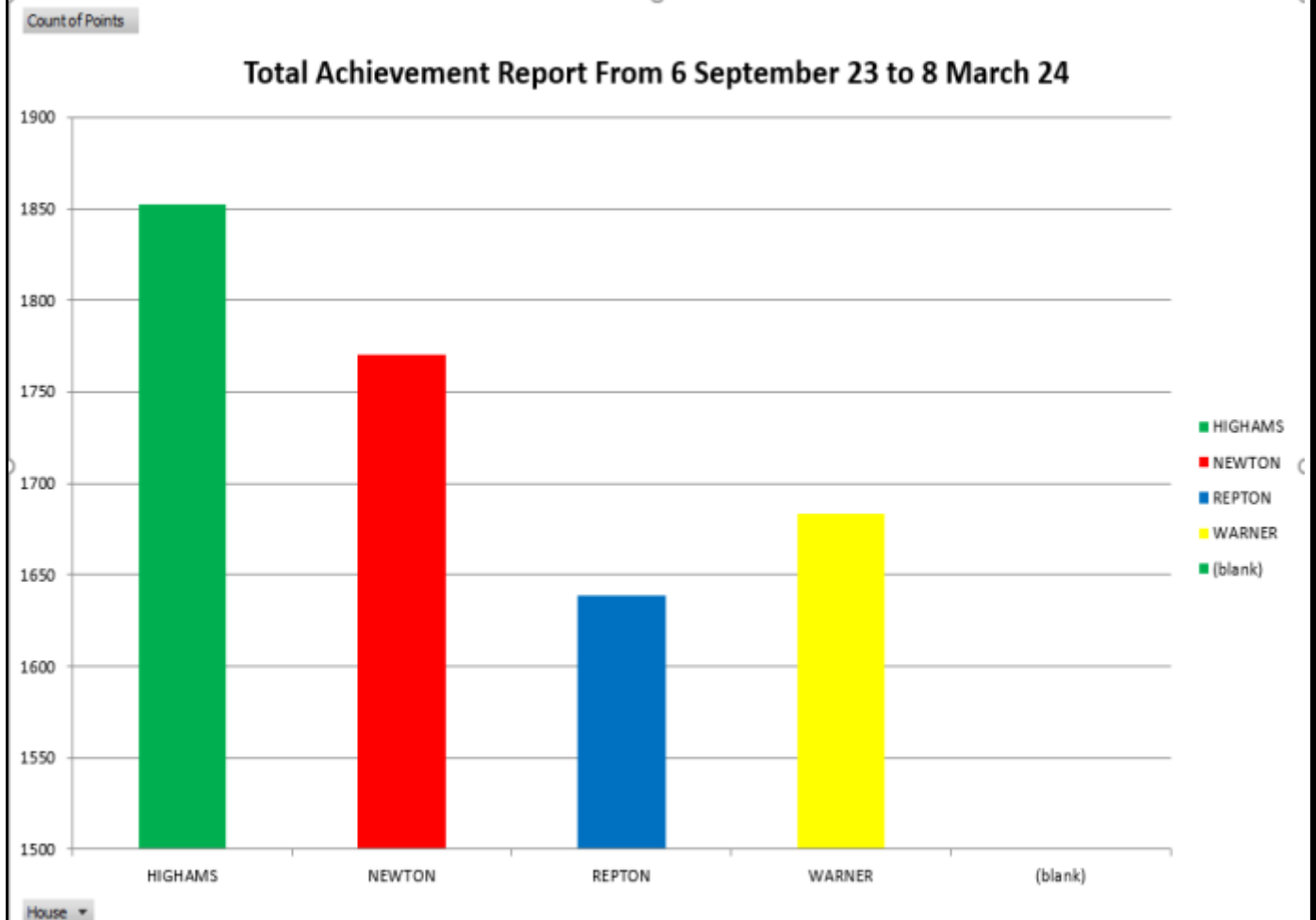
HIGHAMS IS IN THE LEAD

1st Highams

2nd Newton

3rd Warner

4th Repton



Sir James Hawkey Hall - Broomhill Road, Woodford Green, IG8 0BG

**THE STOW
BROTHERS**

Careers Fair (Y10-Y13)

Date: 27/03/2024

Time: Period 3 – Period 5

Location: Main Hall

A fantastic opportunity for students to meet one-on-one with employers to discuss potential pathways & explore careers in a variety of fields.

Any questions, please email
summersh@woodford.redbridge.sch.uk

After school clubs

New activity coming for April/May, keep an eye out for a booklet coming out to you on Groupcall.

Limited spaces and consent form to be filled in.



Ready? Aim ... Fire!

Brand new to after school clubs this half term, and double the fun. Starting with soft archery and ending with tag archery.

Years 7-9: The British Science Week 2024 Poster Competition

The theme this year is 'Time', – there are loads of STEM topics were explored! Students could create a poster showing how a certain type of technology has changed over time, or even the advancement of time-telling technology itself. Budding poster makers could also go futuristic show us how they think the world might look in years to come, or perhaps look at nature – lifecycles, lifespans, evolution and hibernation – nature is full of timely topics.

British Science Week 2024 marks the Week's 30th anniversary, with the inaugural celebration happening in 1994. Students could think about scientific innovations since then, or explore 1994 itself – what was life like 30 years ago?

We can only submit 5 posters as a school. ~~So~~ in the event that more than 5 posters are submitted, the STEM Coordinator will anonymise entries, and other science staff will vote on which entries proceed to the national competition

Posters should be submitted to Mrs Peters by Friday 22nd March.

Years 7-11: Neglected Tropical Diseases and Climate Change Competition Final Reminder

A reminder that posters for the Neglected Tropical Diseases and Climate Change Competition **must be with Mrs Peters by Friday 15th March 2024** in order for them to reach MiSAC by the deadline of 1st April.

There is a maximum of 10 entries per Key Stage per school; if more than 10 entries are received in either Key Stage, the STEM Coordinator will anonymise entries, and other science staff will vote on which entries proceed to the national competition.

The aim of this year's competition is to develop an understanding among teenagers of the impact of neglected tropical diseases (NTDs) on global health, and how climate change may impact their distribution around the world.

You are required to design an illustrated, web-page report for teenagers to raise their awareness of NTDs. You may work alone or in a group of no more than 4 students.

- Select one neglected tropical disease.
- Describe the disease, including its symptoms, where it is found in the world, preventative measures and treatments, and the impact it has on affected people and communities.
- Describe the pathogen that causes the disease and what is known about how it is transmitted.
- Discuss how climate change may alter the spread, global distribution and impact of the disease.

Years 11-13: Unsung Heroes of Science Video Competition

Entries for the 2024 edition of the Unsung Heroes of Science video competition for 16–18-year-olds (by the end of August 2024) is now open. Entrants (as individuals or groups of up to 3) are invited to produce and submit a two-minute video on a scientific figure who they feel has been maligned or overlooked in history. Professional quality video editing isn't necessary – engaging content and ideas are the main criteria! The shortlisted videos will be promoted by Hertford College, Oxford and their creators will be invited to a summer prizegiving event at the college. The **deadline for submissions is Tuesday 16th April**. You can find more information on the competition here:

<https://www.hertford.ox.ac.uk/unsungscience>

Years 11-13: St Edmund Hall Big Think Competition

Entries for St Edmund Hall's annual Big Think Competition are now open for UK state school students in Years 11-13. This competition invites entrants to consider 'big' questions from their respective subjects and requires entrants to produce a five-minute video presenting their arguments, research, evidence and opinions on the question. Ideas are more important than professional editing skills, so entrants can film on their phone if they would like. Entries also do not need to include their face in the video. This year's STEM* questions are:

- Biochemistry: Do our genes define who we are?
- Chemistry: Last year's Nobel Prize in Chemistry was awarded for the discovery and synthesis of quantum dots. Why?
- Earth Sciences: When did complex life on land evolve?
- Engineering: Should we let robots do all the driving?
- Materials Science: How and why can new materials contribute to the clean energy revolution?
- Maths: Is maths created or discovered?
- Medical Sciences: How is artificial intelligence shaping the future of medicine and biomedical sciences?
- Physics: Is Pluto a planet?
- Psychology: Why don't people do what they know they should?

Entries should choose and answer one question.

The 1st prize is £100 with winners also being invited to Oxford for the day for a college tour, lunch and to discuss their video with subject tutors. The **deadline for entries is Wednesday 1st May**. Further information and details on how to submit can be found here:

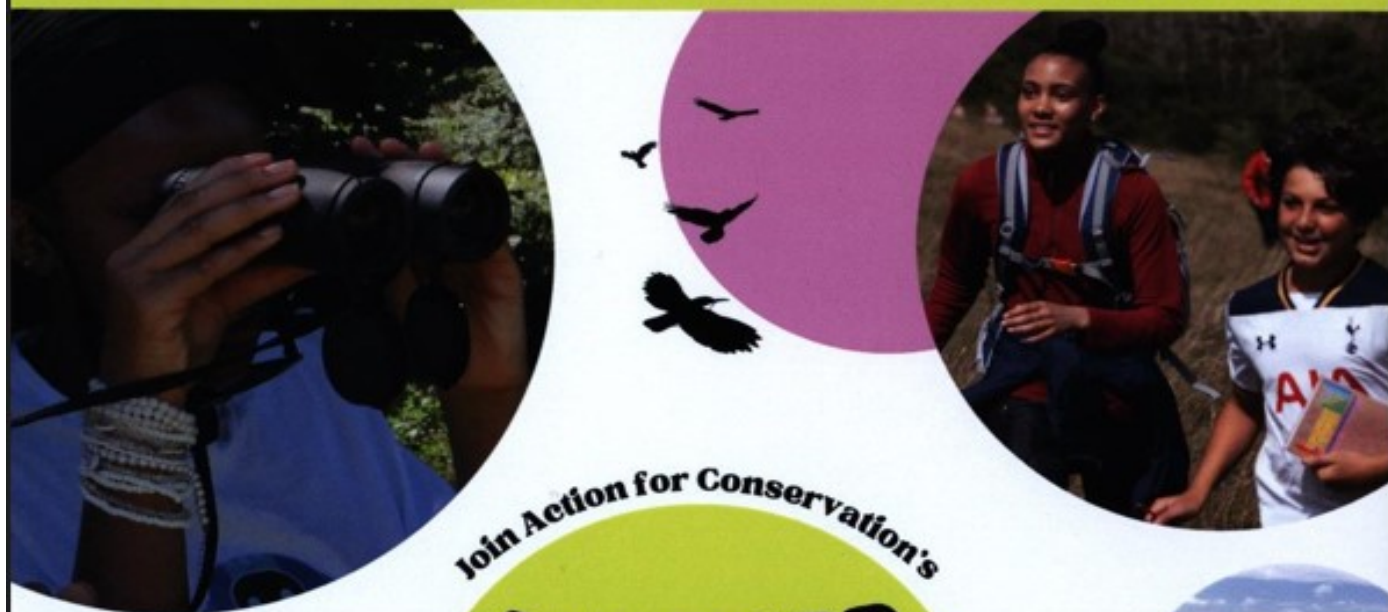
<https://www.seh.ox.ac.uk/study/outreach/events-and-competitions/big-think-competition>

*There are non-STEM questions available as well

"Please note that this is not a school trip or an event that has been organised by WCHS.

If you have any questions or would like more information contact Action for Conservation directly or follow the QR code link."

- EXPERIENCE HANDS ON CONSERVATION ACTIVITIES ● TAKE PART IN INSPIRING WORKSHOPS ●
- LEARN TO LEAD YOUR OWN ENVIRONMENTAL PROJECT OR CAMPAIGN ●
- GAIN SKILLS & KNOWLEDGE ● ATTEND MOTIVATIONAL CAREER TALKS ● DISCOVER INCREDIBLE WILDLIFE ●
- VISIT THE BEACH ● GO HIKING ● STARGAZE ● MAKE FRIENDS FOR LIFE ● HAVE THE BEST SUMMER EVER ●



- Who?** Young people aged 12-16 living in England & Wales
- What?** All-inclusive residential trips with the Action for Conservation team
- Where?** Peak District, Pembrokeshire Coast & South Downs National Parks
- When?** In July & August 2024
- Why?** Explore nature, learn new skills, build your environmental knowledge & make friends for life!



ACTION
FOR CONSERVATION

Registered charity in England and Wales No. 1157297

CONTACT: CAMP@ACTIONFORCONSERVATION.ORG

APPLY ONLINE AT: WWW.ACTIONFORCONSERVATION.ORG/CAMP

Scan the qr code to find out more





THE BIG PLASTIC COUNT

11-17 MARCH

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.



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.

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.

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 [Let's Count Tally Sheet](#), 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.



Economics Society



Monday Week B

1:30-2pm

CC2

Years 7-11

Bring your Lunch!



Dates:

26/02/24

11/03/24

25/03/24

**New Concepts,
Movies, Current
Affairs, Quizzes,
Discussions, Debates**

Co-Presidents:

Simrit, Gurpriya, Damanpreet,

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

PE extra-curricular timetable Starts in January!

WCHS - ECTT – Term 1



	Mon	Tues	Weds	Thurs	Fri
<u>7.50-8.20am</u>					<u>Yr12&13</u> <u>Badminton</u> STA
<u>Lunchtime</u> <u>1.30-2pm</u>	<u>Volleyball (all)</u> VJA	<u>*Netball - SQUAD</u> <u>Training Only*</u> STA, VJA, HBA, KRU (Fatima)	<u>Football Training</u> Week A = yr7 & 8 HBA Week B = yr9-11 STA <u>Athletics (all)</u> KRI <u>Badminton</u> VJA Week A = yr7&8 (Lekhana) Week B = yr9-11 (Pranathi) <u>Table Tennis</u> KRU From the 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 (all)</u> KRI	<u>Prisons Club</u> (Saarvi)
<u>3.30-4.20pm</u>			<u>*FIXTURES*</u>		



Woodford County Eco Info

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



21 March
International Day of Forests

March 2024

**sustainability and
environmental
awareness dates**

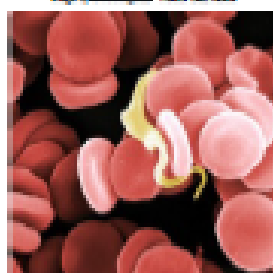


- World Wildlife Day – 3rd March
- Big Plastic Count – 11th to 17th March
- Great British Spring clean – 15th to 31st March
- Global Recycling Day – 18th March
- International Day of Forests – 21st March
- World Water Day – 22nd March
- Earth Hour – 23rd March

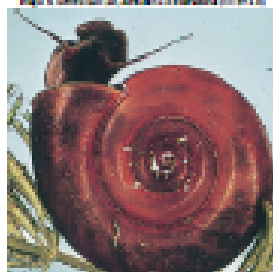
<https://moralfibres.co.uk/environmental-days-and-dates-to-know/>



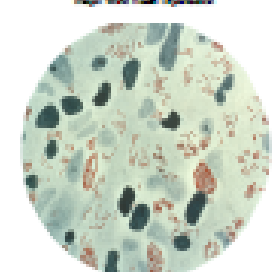
Sand fly: vector that transmits the parasite *Leishmania*, which causes *Leishmaniasis*
Image: iStockphoto.com, Peter D. White



Trypanosoma brucei parasite (yellow) that causes Human African *Trypanosomiasis*
Image: iStockphoto.com, Justin C. Johnson



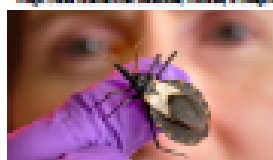
Freshwater snail: vector that transmits the schistosome parasite worm
Image: iStockphoto.com, Gregor



Mycobacterium avium bacteria (red) that cause tuberculosis
Image: iStockphoto.com, Justin C. Johnson



Vampire bat: a vector that transmits rabies virus in Peru
Image: iStockphoto.com, Justin C. Johnson



Tsetse palpalis ("kissing bug") vector of the parasite *Trypanosoma cruzi*, which causes Chagas Disease
Image: iStockphoto.com, Justin C. Johnson

Neglected Tropical Diseases and Climate Change

Closing date:
1st April 2024

Aim of the 36th MISAC Annual Competition

To develop an understanding among teenagers of the impact of **neglected tropical diseases** (NTDs) on global health, and how climate change may impact their distribution around the world.

Background

NTDs have not been widely studied, though they affect over 1.7 billion people on our planet. They are usually found in tropical areas, particularly in the southern hemisphere. They largely affect impoverished communities, often in remote areas. Poor water quality, sanitation, hygiene and healthcare in these areas heighten their impact. Twenty conditions have been designated NTDs, and most are caused by a parasitic, bacterial, viral or fungal pathogen. Many are spread by various animals, that act as vectors, while others pass directly between infected people.

NTDs cause serious illnesses, damaging patients' attendance at school or work, and may be fatal. Some also cause disfigurement, often resulting in social stigma and isolation. In addition, some NTDs also affect animals, which can harm farming practices. Both wild and domestic animals can act as reservoirs of infection (eg. game animals for sleeping sickness) or directly transmit the infection to humans (eg. dogs spread rabies). The economic impact of NTDs is huge; in affected areas, they trap vulnerable populations in cycles of poverty, costing developing countries billions of pounds each year.

NTDs are preventable and treatable but affected communities often lack the resources to tackle them well. In general, effective vaccines against NTDs are not yet available. Treatment options are limited, may have significant side effects, or are met with pathogen resistance. In 2020, the World Health Organisation published a roadmap to control, prevent or eliminate the NTDs by 2030 and progress is being made.

However, climate change may make this more difficult. Rising temperatures and changes in rainfall patterns may alter vector habitats, allowing them to expand into new areas. Warmer winters may allow arthropod vectors to survive longer. Extreme weather events also displace people, resulting in overcrowding within temporary shelters. These can increase the spread of NTDs and may bring people and vectors closer together, helping the transmission of NTDs. Extreme weather can also disrupt healthcare, housing, sanitation and food security, and the changing climate increases poverty, malnutrition and poor health, worsening the effects of NTDs.

Object of the competition

You are required to design an illustrated, web-page report for teenagers to raise their awareness of NTDs.

- Select **one** neglected tropical disease.
- Describe the disease, including its symptoms, where it is found in the world, preventative measures and treatments, and the impact it has on affected people and communities.
- Describe the pathogen that causes the disease and what is known about how it is transmitted.
- Discuss how climate change may alter the spread, global distribution and impact of the disease.

Format of entries

- Your entry must be produced on paper as hard copy on one A3 sheet (or two A4 sheets secured side by side with adhesive tape) using only one side of the paper.
- You may produce your entry either by hand or computer.
- The entry may be submitted by an individual or a group of not more than four students.

Prizes

Schools:	1st £250	2nd £125	3rd £70
Students:	1st £100	2nd £50	3rd £25

A certificate will be awarded to each student submitting an entry of scientific merit. The results, winning entries and a report of the competition will be published on the MISAC website competition pages at www.misac.org.uk.

Five top tips

1. Use the scientific name of any pathogens you mention.
2. Don't forget that the first name (genus) begins with an upper-case letter and the second name (species) has a lower-case initial letter (eg *Trypanosoma brucei*). This can be abbreviated, for example, to *T. brucei* after its first use.
3. Use italics for the scientific name – or underline if your entry is hand-written.
4. Use your own words because plagiarism (which is cheating) will be penalised.
5. For data and other material used to illustrate your entry, provide information of their sources.

What makes a good web page?

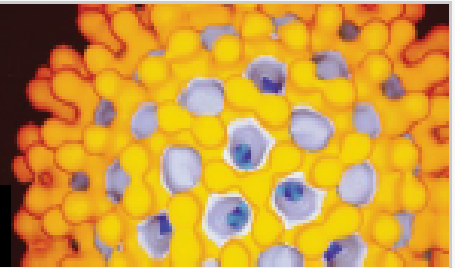
Effective web pages rely on being not only informative but attractive, lively, well-designed and often amusing. In order to make an immediate visual impact. This can be achieved by using photographs, diagrams, drawings, plus data and sources of further information. Make the presentation of your entry entertaining for its intended audience - teenagers.

Website articles

- <http://www.who.int/diseases/neglected-tropical-diseases/neglected-tropical-diseases>
- <http://www.who.int/diseases/neglected-tropical-diseases/neglected-tropical-diseases>
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Sponsored by:





Rules

- Judging will be based on two entry groups: Key Stage 3 (S1/2) and Key Stage 4 (S3/4).
- Each entry must be submitted on paper, on one A3 sheet (or two A4 sheets taped together) using one side of the paper only, and may be produced either by hand or by computer.
- Entries may be created either by individuals or groups of no more than 4 students.
- A maximum of 10 entries per school in each entry group is permitted.
- Account will be taken of originality, presentation and effectiveness in communicating with the intended audience.
- Only entries that conform to the competition rules and show scientific merit will be considered; note the requirements and consider the suggestions given on the front page.
- Evidence of plagiarism, such as downloading text directly from web sites without modification and interpretation, will result in disqualification. (MiSAC recommends only reputable sites for research; see www.open.ac.uk/webguide for tips on using the internet.)
- Each entry must be clearly labelled on the back with the name and address of the school, the teacher's name, the full name of each contributing student and the entry group, i.e. Key Stage 3 or S1/2 and Key Stage 4 or S3/4.
- Entries cannot be returned and may be used for promotional purposes by MiSAC.

Check list for teachers

Please tick before submitting entries

- Students' name/s on entry? ☐
- School name on entry? ☐
- School address on entry? ☐
- Teacher's name/Email on entry? ☐
- Key stage on entry? ☐
- Entry form completed? ☐

Sponsor of the 2024 competition



Closing date: 1st April 2024

Entry Form

Please download the entry form from the competition page of the MiSAC web site:

www.misac.org.uk/competition.html



The form will allow you to enter school contact details & students' names, particularly for group entries, and then print this out for submission with the competition entries.

Don't forget to keep a copy of the rules and entry form!

* Personal data for use only by MiSAC in connection with the MiSAC Annual Competition

Address for entries: MiSAC Competition, c/o NCBE, University of Reading, 2 Earley Gate, Whiteknights Road, Reading RG6 6AU

Maths Drop In's

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

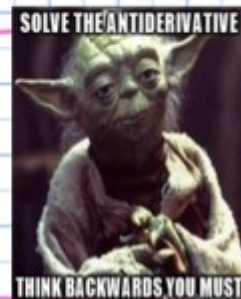


Yr 12 & 13

Weds

1.30-2.25

CC3

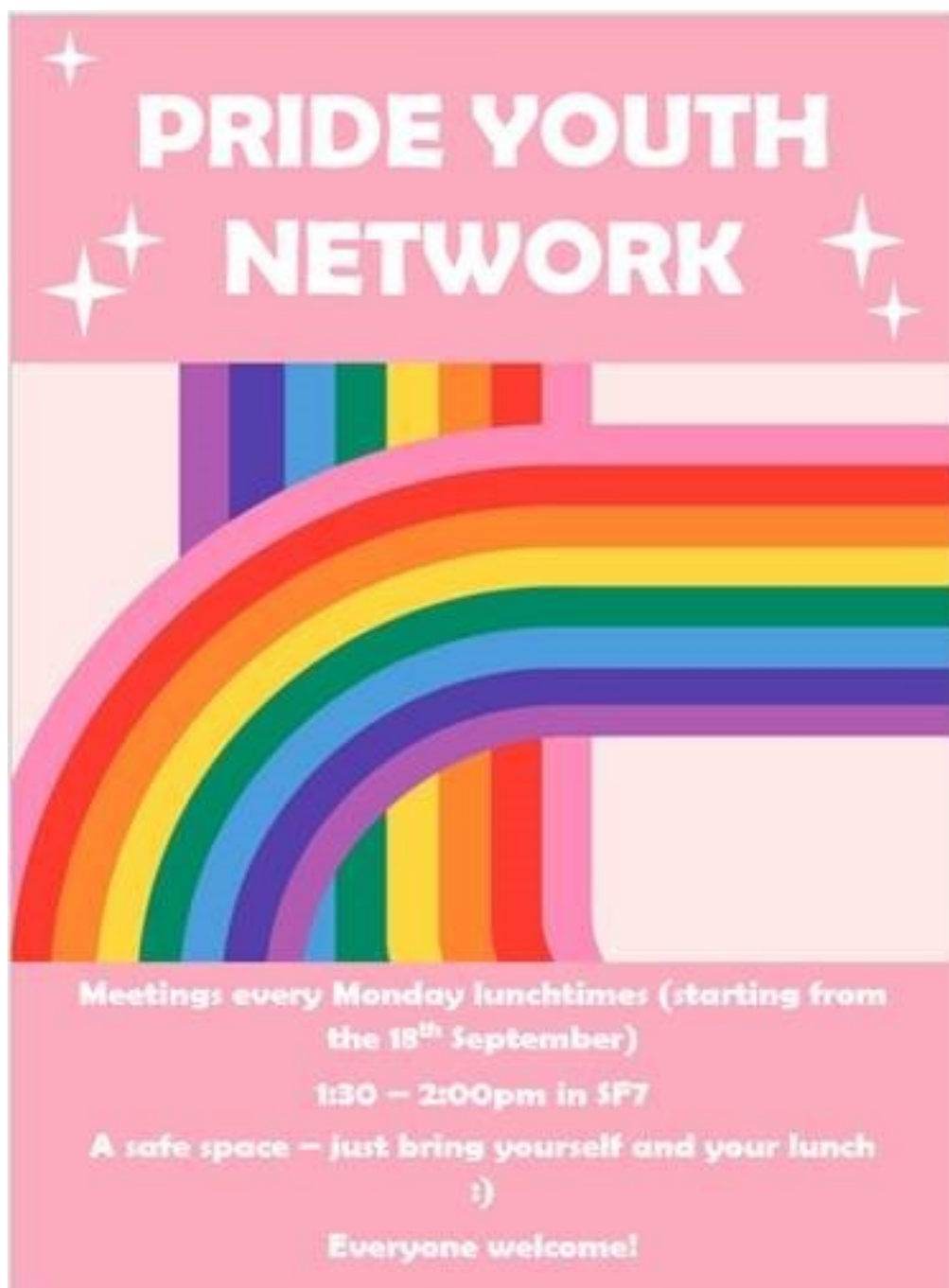


**Maths Support Available to Students if
they need some extra help.**

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.



SPRING 2024 WEBINAR SCHEDULE

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



MARCH 2024

12 th @ 10.15am-11.00am	English: Skills – Focus on Comparing Texts, Techniques & Approaches
13 th @ 11.10am-11.55am	Environmental Science: Clean Rivers & Coasts
13 th @ 2.10pm-3.00pm	Research Methods: Data Handling & Stats for NON-Mathematicians
13 th @ 3.35pm-4.20pm	Maths/CS: The Maths Behind AI
14 th @ 11.10am-11.55am	RS/Philosophy: Ethics & Religion – Life & Death
14 th @ 4.15pm-5.15pm	MFL: French Film Society – Entre Les Murs
18 th @ 1.30pm-2.15pm	Media: Morning TV Analysis (Language & Representation)
18 th @ 4.15pm-5.15pm	Physical Geography
19 th @ 12.45pm-1.30pm	Accounting/Business: Making Sense of Report & Accounts – FTSE100
20 th @ 11.10am-11.00am	English: A Streetcar Named Desire
20 th @ 2.15pm-3pm	Nuclear Physics
21 st @ 12.45pm-1.30pm	Computational Chemistry
21 st @ 2.00pm-2.50pm	Psychology: The Caregiver – Role & Impact
21 st @ 4.00pm-4.45pm	Pharmacology: Drug Development

APRIL 2024

9 th @ 4.30pm-5.15pm	How Do You Pay for <u>Uni</u> ?
16 th @ 4.30pm-5.15pm	How Do I Manage My Money @ <u>Uni</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 20 th March @ 7.30pm, Duchess Theatre	£27.50
THE HILLS OF CALIFORNIA – Tues 30 th April @ 7pm, Harold Pinter Theatre	£30
THE WITNESS FOR THE PROSECUTION – Tues 30 th April @ 7:30pm, London County Hall	£27.50
MAMMA MIA! – Wed 1 st May 2024 @ 7:30pm, Novello Theatre	£30
MRS DOUBTFIRE – Wed 22 nd May @ 7.30pm, Shaftesbury Theatre	£30
BACK TO THE FUTURE – Mon 10 th June @ 7.30pm, Alderphi Theatre	£40
STRANGER THINGS – Tues 9 th July @ 7pm, Phoenix Theatre	£35
SHREK THE MUSICAL – Thurs 25 th July @ 2.30pm, Eventim Apollo	£55
THE DEVIL WEARS PRADA – Wed 6 th November @ 7:30pm, Dominion Theatre	£30

The WCHS Theatre Society is a PFA initiative. A paying 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



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

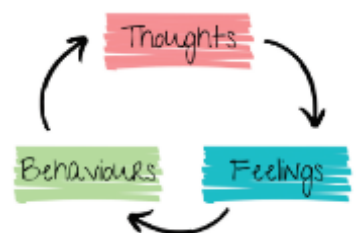
Think of a category and search the room for it. For example, look for:

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 Co-Ordinator	MRS KAYE Health & Welfare Officer

				
DR ASHRAFF Head of KS4	MS HASLER Head of Sixth Form	MRS MENDOZA Student Guidance Assistant	MRS MENON SEND Officer	MRS MANN Health & Welfare Assistant

KEY STAGE 3

MS JAMES Head of Year 7	MRS VERRALL Head of Year 8	MR MILLS Head of Year 9
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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
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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 of 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.

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 at least an hour after dinner to let your food go down.



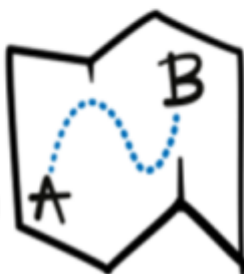
Try to get some fresh air each day. You don't have to do a sport every day. Just going outside is good.



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.



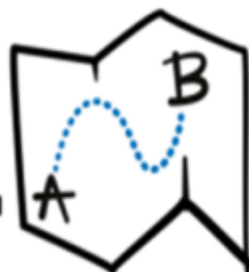
Have a warm bath or shower before bed to relax you. You could also have a milky drink as this could help you sleep.



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.





TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

MY CIRCLE OF CONTROL

I WILL FOCUS ON WHAT I CAN CONTROL



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.



The Mix Crisis Messenger



**gr'ef
encounter**

supporting bereaved children & young people

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



Young Carers:



Redbridge Carers
Support Service

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



[020 8496 2442](tel:02084962442)

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



NHS Foundation Trust



Drugs A-Z News Help and advice Contact

Search Q

0300 1236600

Honest information
about drugs

<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 LGBTQ+ 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 LGBTQ+ 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 LGBTQ+ 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 LGBTQ+ 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/>

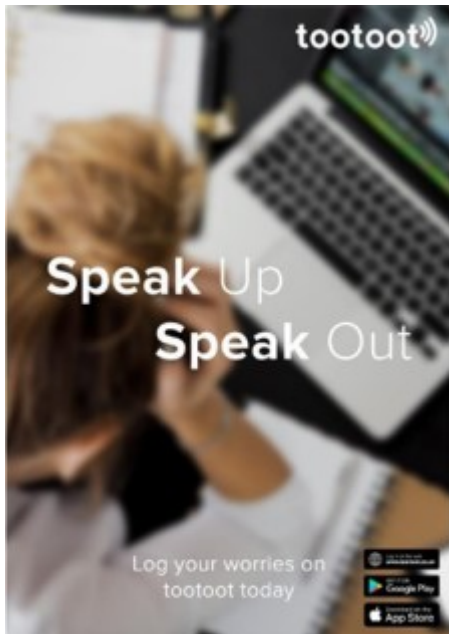
Or you can call from Monday-Friday 9am-9pm on **0344 334 0550**

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

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



www.redbridge.gov.uk/youth-hub

