## The Islamic Month of Ramadan

As you are probably aware, the Islamic month of Ramadan started on Sunday. Eid al-Fitr will be either Tuesday 9 April or Wednesday 10 April 2024.

The fasts (dawn to sunset) are long and challenging, particularly during the school term. Fasts will be around 14 hours long without food or drink. This, we understand, will mean getting up very early to get a quick bite to eat for some of our students, so sleep patterns may be affected. We are aware that, as well as the "non-eating" side of things, family commitments and prayer are increased during this period. Of course, some members of staff will be fasting too.

Colleagues have been alerted to the general challenges our Muslim students (and their families) may be facing during this period and will be attentive to their welfare. If parents are aware of any specific issues regarding their daughter's fast, they are asked to let us know.

Students are reminded that we have spaces set aside for lunchtime prayer. In the main building the Spirituality Space is on the top floor. In the Centenary Centre Lab 1 is available. For the duration of Ramadan the Conference Room will serve as an additional prayer space.

We wish our Muslim students and their families well as they mark the Holy Month of Ramadan.

Ms Jo Pomeroy
Headteacher

## 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.

Regards
Mrs Kaye and Mrs Mann


## Warner House



# Thank you for raising an incredible $£ 384.03$ for Macmillan Cancer Support during your Charity Week! 

Together, we can do whatever it takes to help people with cancer.

## Thank you.

## Coding Club

## Learn. Code. Fly!



## coding \& Robotics $\%$ caming

Every Wednesday Lunch Time SG3

1:30 to 2:00
Organised $B y$ Asmita Saha Hiba Ather Mr.Mian

## GCSE Computer Science Revision Club

Join our Computer Science Revision Club, tailored specifically for GCSE year 11 students! Dive deep into the most challenging topics, enhance your understanding, and conquer your exams with confidence. Benefit from exclusive quizzes, comprehensive notes, and engaging PowerPoints, all crafted with care. Don't miss this opportunity to boost your grades and knowledge in a supportive and interactive environment. See you there!

Day, time and location: Every Thursday, During lunch in SG3 Run by: Ms. Paramesvaran (A* A-Level Student)

Supervised by: Head of Department


## 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.

## Music Extra-Curricular Timetable: Spring 2024

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



## WCHS - ECTT - Term 3

|  | Mon | Tues | Weds | Thurs | Fri |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 7.50-8.20am |  |  |  |  | $\begin{aligned} & \hline \text { Yr12\&13 } \\ & \text { Badminton- } \end{aligned}$ STA |
| $\begin{aligned} & \text { Lunchtime } \\ & 1.30-2 \mathrm{pm} \end{aligned}$ | $\begin{array}{\|l} \hline \text { Volleyball } \\ \hline \text { (all) VJA } \end{array}$ | *Netball <br> - SQUAD <br> Training <br> Only* <br> STA, VJA, <br> HBA, <br> KRU <br> (Fatima) | Football Training <br> Week $A=y r 7 \& 8$ <br> HBA <br> Week B = yr9-11 <br> STA <br> Athletics (all) KRI <br> Badminton VJA <br> Week A = yr7\&8 <br> (Lekhana) <br> Week B = yr9-11 <br> (Pranathi) <br> Table Tennis KRU <br> From 22/1/24 <br> In the conference room | Yr10 \& 11 GCSE <br> Trampolining \& Badminton <br> STA \& KRU <br> Netball for all <br> (Kosom/Sampriti/ Sara) <br> Cross Country <br> (all) KRI | $\begin{aligned} & \hline \text { Prisons Club } \\ & \hline \text { (Saanvi) } \end{aligned}$ |
| $3.30-4.20 \mathrm{pm}$ |  |  | *FIXTURES* |  |  |

## Woodford County Eco Info

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


Big Plastic Count - $11^{\text {th }}$ to $17^{\text {th }}$ March
Great British Spring clean $-15^{\text {th }}$ to $31^{\text {st }}$ March
Global Recycling Day - $18^{\text {th }}$ March
International Day of Forests - $21^{\text {st }}$ March
World Water Day - $22^{\text {nd }}$ March
Earth Hour - $\mathbf{2 3}^{\text {rd }}$ March


## THE BIG PLASTIC 11-17MARCH

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 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

$\Rightarrow$ Don't include: plasters, medication packaging, non-dairy milk/juice cartons, nappies, dog poo bags, plastic cutlery or period products.
$\Rightarrow$ 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.
$\Rightarrow \quad$ Also, we are not counting coffee cups or Tetra Pak, the plasticised cardboard material that many juice/milk cartons are made of.
$\Rightarrow \quad$ 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,

## 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

## Careers notice for parents

Calling for parent volunteers!
On the $27^{\text {th }}$ 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 Dlay That Goes Wrong 

Wednesday 20 ${ }^{\text {h }}$ March @ 7.30pm
Duchess Theatre
TICKETS AVAILABLE FOR £27.50

## TICKETS NOW ON SALE FOR...

THE HILLS OF CALIFORNIA-Tues 30th April @7pm, Harold Pinter Theatre $£ 30$
THE WITNESS FOR THE PROSECUTION - Tuesday 30Th April 2024 @ 7:30pm, London, County Hall $£ 27.50$

MAMMA MIA! - Wednesday $1^{\text {st }}$ May @ 7:30pm, Novello Theatre $£ 30$
MRS DOUBTFIRE-Wednesday $22^{\text {nd }}$ May @ 7.30 pm , Shaftesbury Theatre $£ 30$
BACK TO THE FUTURE - Mon $10^{\text {th }}$ June @ 7.30 pm , Aldephi Theatre $£ 40$
STRANGER THINGS - Tues $9^{\text {th }}$ July @ 7pm, Phoenix Theatre $£ 35$
KISS ME KATE-Wed 17th July @ 7.30pm, Barbican Theatre $£ 30$
SHREK THE MUSICAL - Thurs $25^{\text {th }}$ July @ 2.30 pm, Eventim Apollo $£ 55$
THE DEVIL WEARS PRADA - Wed $6^{\text {th }}$ 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.

## SPRING 2024 WEBINAR SCHEDULE

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

## MARCH2024

I2 ${ }^{\text {th }} @$ I0.I5am-I I.00am English: Skills -Focus on Comparing Texts, Techniques \& Approaches I3 ${ }^{\text {th }}$ @ II.IOam-I I.55am Environmental Science: Clean Rivers \& Coasts $13^{\text {th }} @ 2.10 \mathrm{pm}-3.00 \mathrm{pm}$ Research Methods: Data Handling \& Stats for NON-Mathematicians $13^{\text {th }} @ 3.35 \mathrm{pm}-4.20 \mathrm{pm}$ Maths/CS:The Maths Behind AI 14 ${ }^{\text {th }}$ @ II.IOam-I I.55am RS/Philosophy: Ethics \& Religion - Life \& Death
$14^{\text {th }} @ 4.15 p m-5.15 p m$ MFL: French Film Society - Entre Les Murs
$18^{\text {th }}$ @ 1.30 pm-2.15pm Media: Morning TV Analysis (Language \& Representation)
$18^{\text {th }} @ 4.15 p m-5$. 15 pm Physical Geography
19 ${ }^{\text {th }} @ 12.45$ pm-I.30pm Accounting/Business: Making Sense of Report \& Accounts-FTSEI00
20 ${ }^{\text {th }} @$ I I.10am-I I.00am English:A Streetcar Named Desire
$21^{\text {st }} @ 2.00 \mathrm{pm}-2.50 \mathrm{pm}$ Psychology:The Caregiver - Role \& Impact
$21^{\text {st }} @ 4.00 \mathrm{pm}-4.45 \mathrm{pm}$ Pharmacology: Drug Development

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


WHEN?

## WEDNESDAY 10TH JULY <br> 18:00-20:00

WHERE?
WCHS MAIN HALI

- 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 •



## 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 $41 / 2$ 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 01480467567.


## 宜 <br> 

## 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:

## FREE FENALE SEF- DEFENECLASSE!

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.

ENGLAND BOXING AFFILIATED
@DENNISANDDYERBA REECE-MENNIE.COM

## Are you a girl aged 13-19? Do you enjoy dancing?

## 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 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

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: 07741331009
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.

## Support for residents struggling with the cost of living

## London Borough of

Redbridge

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

There is the llford Community Grocery - 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 HIGHSCHOOL


# 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: 02087083885 <br> CPAT.Referrals@redbridge.gov.uk <br> or visit: www.redbridge.gov.uk/private-fostering for more information

## Aveti în grija un copil care nu este al dvs.?

- Copilul are mai putin de 16 ani (sau 18 ani dacă are un handicap)?
- NU sunteti par intele vitreg, fratele/sora, måtuşa, unchiul sau bunicul/bunica copilu lui? Sunt incluse sif familiile gazdă ale studentilor din străinătate
- Intenționați să găzzuitị copilul la dvs. mai mult de 28 de zile?
- Acestlucru se numeste „ private fostering" (plasament privat) și trebuie să fim anuntatit LEGAL pentru a ne asigura de siguranta copilului.
Vâ rugăm sâ contactați Redbridge Children's Services (Serviciile pentru copii din Redbridge):
02087083885
CPAT.Referrals@redbridge.gov.uk
sau vizitatil: www.redbridge.gov.uk/private-fostering pentru mai multe informații

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 02087083885 CPAT.Referrals@redbridge.gov.uk
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 कबत्लन?


 02087083885
CPAT.Referrals@redbridge.gov.uk
অशया आরও उशথाब জता এचाल घान: www.redbridge.gov.uk/private-fostering
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 :بور جانكارى للّى مهربانى كري Redbridge Children's Services نال رابطّ كروi: 02087083885


## 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



21 March—Spring Concert<br>27 March-Career Fair<br>29 March—Bank Holiday<br>18 April-Year 8 Parents' Evening 30 April—Repton House Charity Week Begins<br>1 May-Year 10 Parents' Evening<br>9 May-Year 5 Virtual Open Evening<br>26 June-Year 11 Prom<br>27 June-INSET Day<br>3 July-Summer Showcase

## REMINDER

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

