

# Woodford County High School



## Weekly Student Bulletin

Tuesday, 26th March 2024

### Welcome to Bulletin No 102

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

Girls Rugby

Win a trip to The Olympic Games

Careers Fair Notice

After School Clubs

Duke of Edinburgh Award

Battle of the Bands

Science Competitions

Summer Camp

Keeping yourself Safe

PE- extra Curricular

MiSAC Competition

Maths Support Available

Pride Youth Network

Spring 2024 Webinars

WCHS Theatre Society

Lost Property

Live for the Movement

Period Poster

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

# Total Achievement Report from 6th September 2023 to 22nd March 2024

**HIGHAMS IS IN THE LEAD**

1st **Highams**

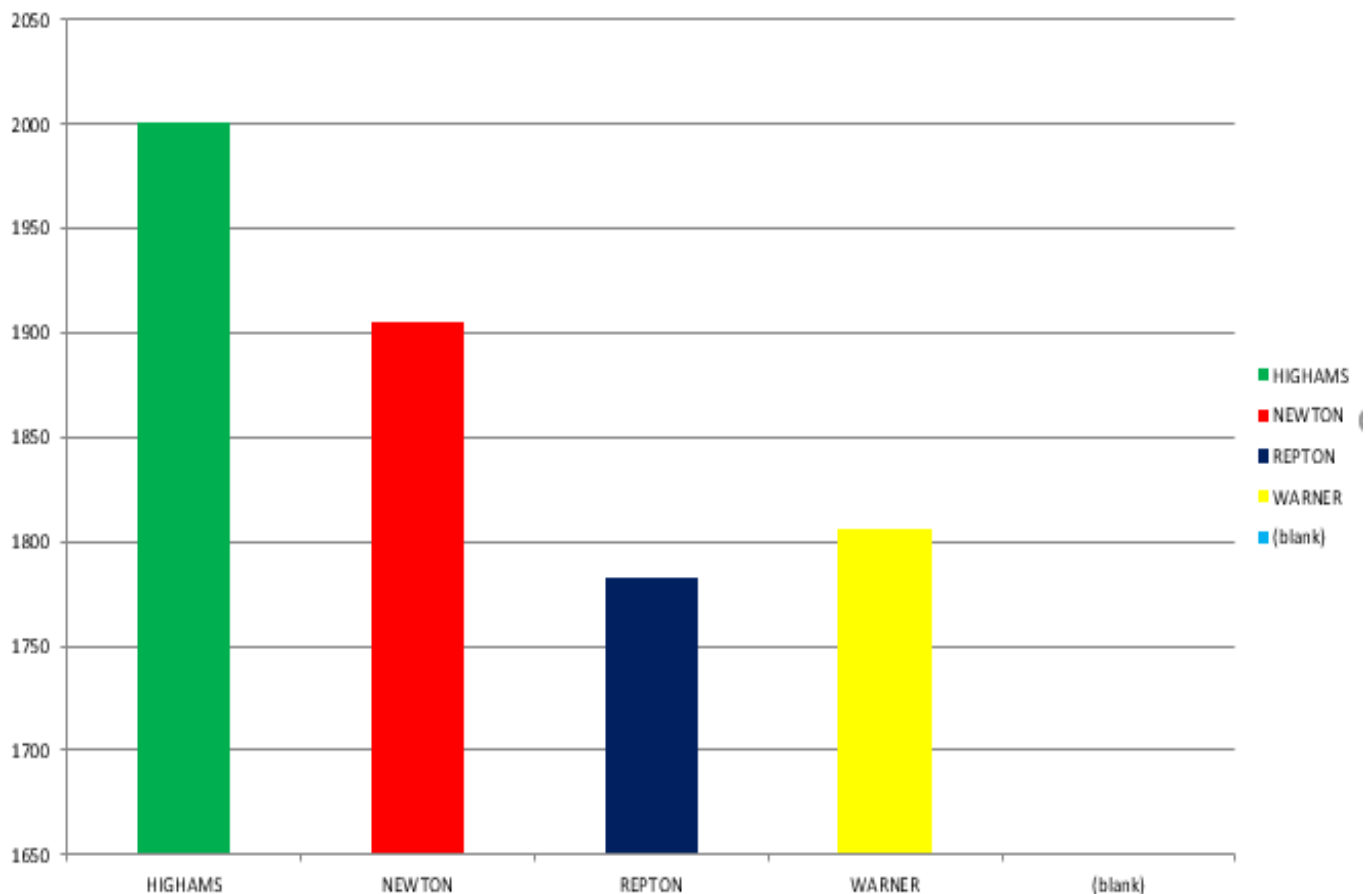
2nd **Newton**

3rd **Warner**

4th **Repton**

Count of Points

Total Achievement Report from 6 September 23 to 22 March 24





**SIGN UP**



# **GIRLS RUGBY JOIN US!**

**TASTER SESSION  
24TH APRIL 6:30-8PM**



**NO PREVIOUS EXPERIENCE NEEDED  
OPEN TO YEAR 7 to 11 GIRLS**

**EMPOWERING  
BUILDING SELF-ESTEEM  
NEW FRIENDS AND  
SUPPORT NETWORK  
LONG LIFE LESSONS**

**SIGN UP: <https://forms.gle/XYhpgc2RucdfScGt7>**

**HERE TO MAKE MEMORIES, HAVE FUN  
AND TRAIN THE NEXT GENERATION  
OF RUGBY PLAYERS!**

**ETON MANOR RFC  
THE NEW WILDERNESS  
NUTTER LN, LONDON E11 2JA**







Hello Ms Pomeroy,

One of your students could win a trip to the Paris 2024 Olympic Games! Imagine one of your students winning a family trip to see Team GB in action at the Paris 2024 Olympic Games, a £100 Aldi Voucher, plus £1,000 for their school!\*

Here's how you can make it happen:

### **What's the Challenge?**

We're asking future chefs aged 5–14 to design a balanced, healthy meal for one of our Team GB or ParalympicsGB Aldi Athlete Ambassadors at the Games!

### **What's in it for You?**

Aside from the joy of seeing your students get creative, you have the chance to make one of your pupil's sporting dreams come true with a trip to the Olympic Games – alongside £1,000 for your school!

 **Entries close 10 May 2024, don't miss out.**

It's simpler to enter-register [here](#) and get started with our athlete videos and curriculum –linked competition resources.

Enter Competition



#GetSetEatFresh

\*Terms and conditions for the competition can be found [here](#).

© British Olympic Association. The British Olympic Association is a company registered in England and Wales with its registered office at 101 New Cavendish St, London W1W 6XH. Registered number is 01576093

© British Paralympic Association. The British Paralympic Association is a charitable company limited by guarantee registered in England and Wales with registered number 02370578 whose registered office is at 101 New Cavendish Street, London W1W 6XH. Registered charity number: 802385

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# 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](mailto:summersh@woodford.redbridge.sch.uk)



## AFTER SCHOOL CLUBS APRIL/MAY 2024



*There are still a few places Available for after school Activities, Starting in April 2024.*

- ❖ *Pop workshop=8 places*
- ❖ *Knitting =8 places*
- ❖ *Monday intermediate cooking = 5 places*
- ❖ *Tuesday intermediate cooking=2 places*
- ❖ *Macramé =5 places*
- ❖ *Taste of India = 9 places*

*Please book on parentpay  
By Thursday 28<sup>th</sup> March,  
To secure your daughters place.*

*Thank you*



The much-awaited applications for the Duke of Edinburgh Award will be opening this Friday. This opportunity is available for all **Year 9** students, and we have allocated 105 spaces for this program. Applications will close on Friday 19<sup>th</sup> of April.

The selection process will be random, based on the applications received via MS Forms (sent to students via SMHW on Friday). I urge you to visit the school's DofE webpage for more information about this life-changing program. We will be sharing the enrolment information shortly.

<https://www.woodford.redbridge.sch.uk/page/?title=The+Duke+of+Edinburgh&pid=1809>



# **SAVE THE DATE— BATTLE OF THE BANDS 2024!**

## **WHEN?**

**TUESDAY 16TH 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**



### 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:

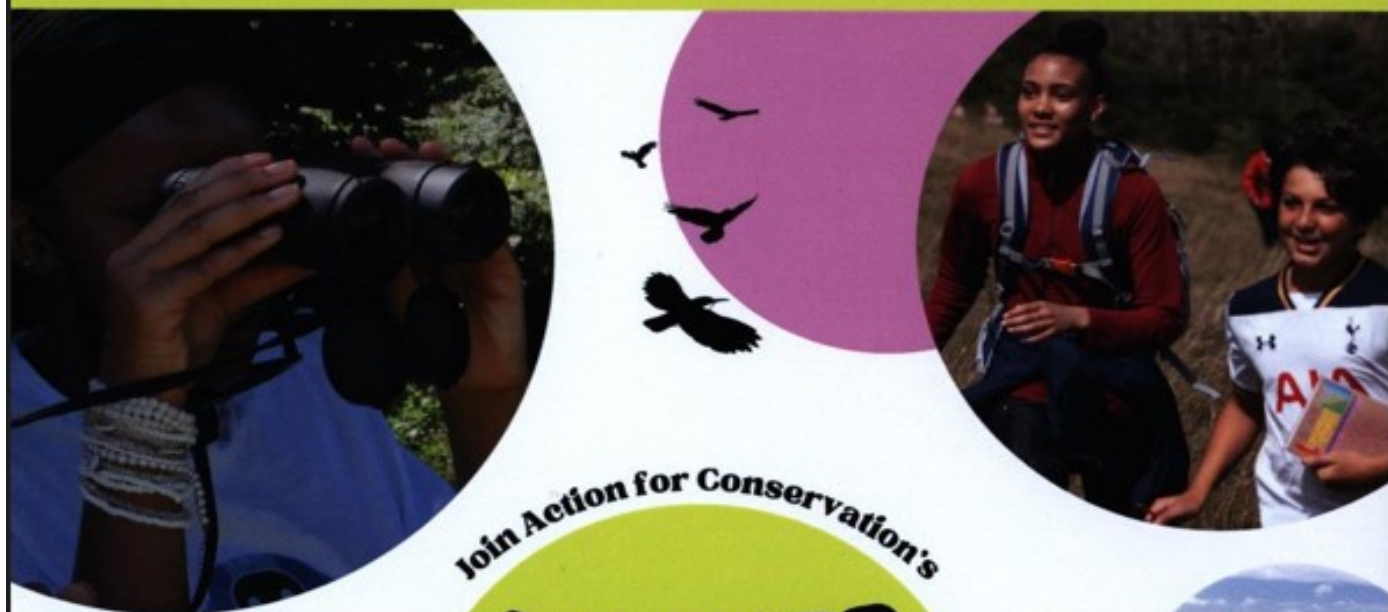
<https://www.seh.ox.ac.uk/study/outreach/events-and-competitions/big-think-competition>

\*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](mailto:CAMP@ACTIONFORCONSERVATION.ORG)

APPLY ONLINE AT: [WWW.ACTIONFORCONSERVATION.ORG/CAMP](http://WWW.ACTIONFORCONSERVATION.ORG/CAMP)





# 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

# PE extra-curricular timetable Starts in January!

## WCHS - ECTT – Term 1

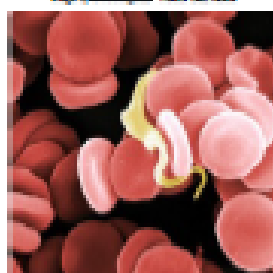


	Mon	Tues	Weds	Thurs	Fri
<u>7.50-8.20am</u>					<u>Yr12&amp;13</u> <u>Badminton</u> STA
<u>Lunchtime</u> <u>1.30-2pm</u>	<u>Volleyball (all)</u> VJA	<u>*Netball - SQUAD</u> <u>Training Only*</u> STA, VJA, HBA, KRU (Fatima)	<u>Football Training</u> Week A = yr7 & 8 HBA Week B = yr9-11 STA  <u>Athletics (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 &amp; 11 GCSE</u> <u>Trampolining &amp;</u> <u>Badminton</u> STA & KRU  <u>Netball for all</u> (Kosom/Sampriti/Sara)  <u>Cross Country (all)</u> KRI	<u>Prisons Club</u> (Saavi)
<u>3.30-4.20pm</u>			<u>*FIXTURES*</u>		

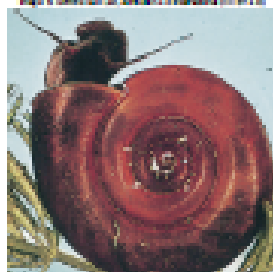




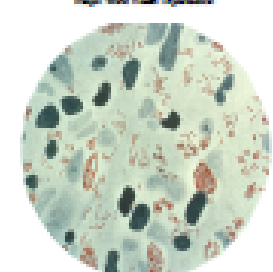
Sand fly: vector that transmits the parasite *Leishmania*, which causes *Leishmaniasis* (major public health problem, mainly the tropics)



*Trypanosoma brucei* parasite (yellow) that causes Human African Trypanosomiasis (sleeping sickness, mainly in sub-Saharan Africa)



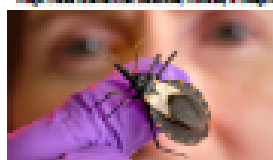
Freshwater snail: vector that transmits the schistosome parasite worms (major cause of bladder, reproductive and liver disease)



*Mycobacterium spiner* bacteria (red) that cause leishmaniasis



Vampire bat: a vector that transmits rabies virus in Peru



*Tsetse* (tsetse fly) vector of the parasite *Trypanosoma brucei*, which causes *Chagas' Disease* (major cause of blindness, heart disease)

# Neglected Tropical Diseases and Climate Change

**Closing date:**  
**1st April 2024**

## Aim of the 36<sup>th</sup> 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](http://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.

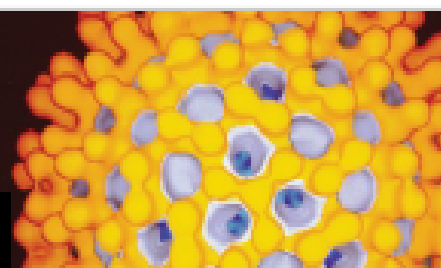
## Website articles

- <http://www.who.int/news-room/fact-sheets/detail/neglected-tropical-diseases>
- <http://www.who.int/news-room/fact-sheets/detail/neglected-tropical-diseases>
- <http://www.who.int/news-room/fact-sheets/detail/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](http://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](http://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

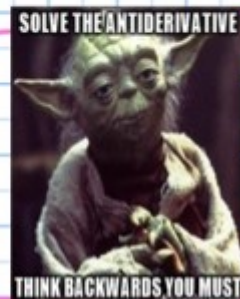


Yr 12 & 13

Weds

1.30-2.25

CC3

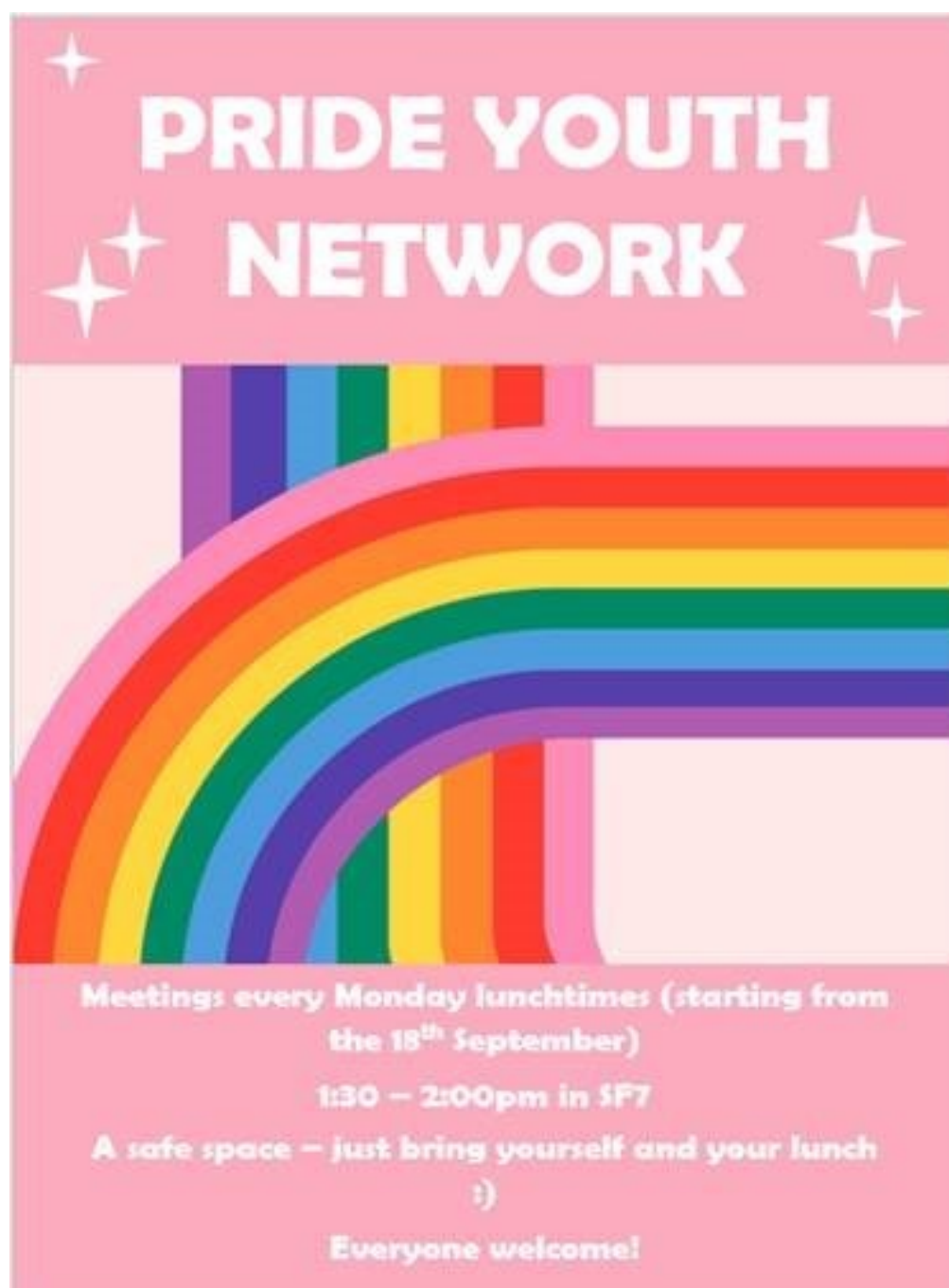


**Maths Support Available to Students if  
they need some extra help.**

*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

20<sup>th</sup> @ 10.10am-11.00am

English: A Streetcar Named Desire

20<sup>th</sup> @ 2.15pm-3pm

Nuclear Physics

20<sup>th</sup> @ 3.35pm-4.30pm

Geography: Cities Resilient to Climate Change & Improving Liveability

21<sup>st</sup> @ 12.45pm-1.30pm

Computational Chemistry

21<sup>st</sup> @ 2.00pm-2.50pm

Psychology: The Caregiver – Role & Impact

21<sup>st</sup> @ 4.00pm-4.45pm

Pharmacology: Drug Development

25<sup>th</sup> @ 3.35pm-4.20pm

Biology: Engineering New Properties into DNA Using Synthetic Biology

### APRIL 2024

9<sup>th</sup> @ 4.30pm-5.15pm

How Do You Pay for Uni?

16<sup>th</sup> @ 4.30pm-5.15pm

How Do I Manage My Money @ Uni?

25<sup>th</sup> @ 1pm-2pm

Physics: The Physics Principles Behind Super Engineering Projects

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

# WCHS THEATRE SOCIETY

## Witness for the Prosecution

Tuesday 30<sup>th</sup> April @ 7.30pm

London County Hall

**TICKETS AVAILABLE FOR £27.50**

### TICKETS NOW ON SALE FOR...

THE HILLS OF CALIFORNIA - Tues 30 <sup>th</sup> April @ 7pm, Harold Pinter Theatre	£30
MAMMA MIA! - Wed 1 <sup>st</sup> May 2024 @ 7:30pm, Novello Theatre	£30
MRS DOUBTFIRE - Wed 22 <sup>nd</sup> May @ 7.30pm, Shaftesbury Theatre	£30
BACK TO THE FUTURE - Mon 10 <sup>th</sup> June @ 7.30pm, Aldephi Theatre	£40
STRANGER THINGS - Tues 9 <sup>th</sup> July @ 7pm, Phoenix Theatre	£35
KISS ME KATE - Mon 15 <sup>th</sup> July @ 7.30pm, Barbican Theatre	£30
SHREK THE MUSICAL - Thurs 25 <sup>th</sup> July @ 2.30pm, Eventim Apollo	£55
THE DEVIL WEARS PRADA - Wed 6 <sup>th</sup> 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](mailto:library@woodford.redbridge.sch.uk)

## LOST PROPERTY

Please check the photos below.

If you recognise any of the items, please collect items on the first photo from lost property box and items on the second photo from reception.

Please note, items not collected by Thursday, 28th April 2024 will be taken to a charity shop.

Thank you







# 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...

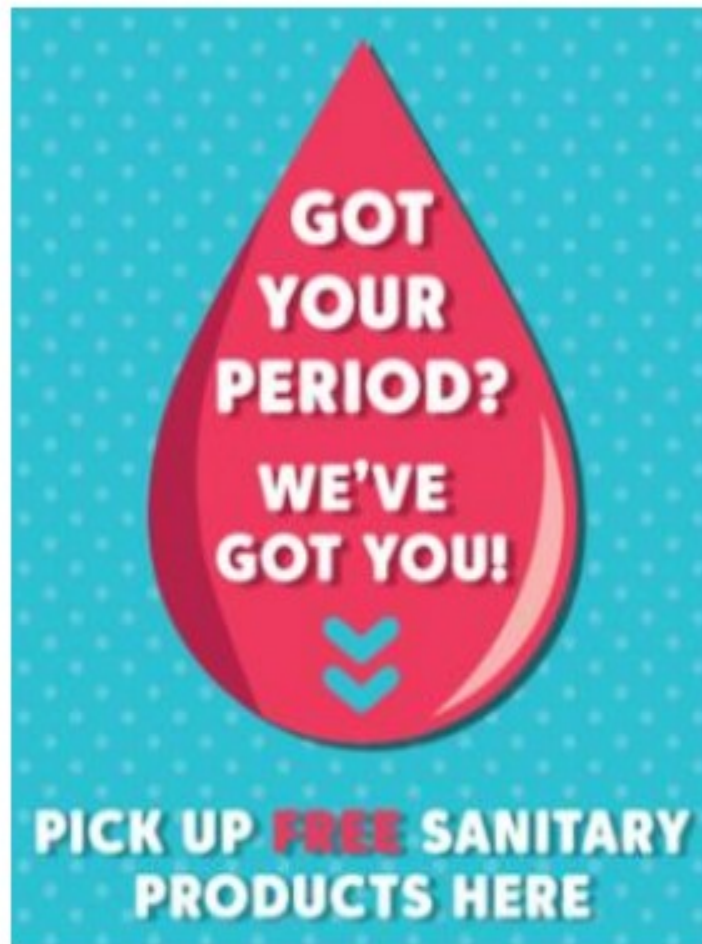
Time:

Date:

Location:

[nuffieldhealth.com/movetogether](http://nuffieldhealth.com/movetogether)





If you would like some sanitary products for school or home, please contact **Mrs Kaye** or **Mrs Mann** in the **Medical Room** and we will provide these for you.





## 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

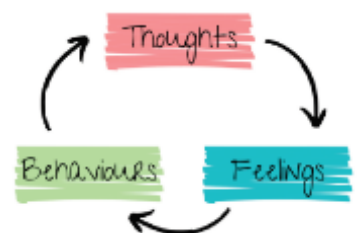
Think of a category and search the room for it. For example, look for:

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

				
<b>MS POMEROY</b> Headteacher & Deputy Designated Safeguarding Lead	<b>MRS GREENFIELD</b> Assistant Headteacher & Designated Safeguarding Lead, SMHL Head of KS3	<b>MRS MARKU</b> Student Guidance Officer & Deputy Designated Safeguarding Lead	<b>MRS BAILLIE</b> Deputy SENCO	<b>MRS KAYE</b> Health & Welfare Officer

				
<b>MS MAMTORA</b> KS5 Pastoral Support Assistant	<b>MS GRACE</b> KS5 Academic Support Administrator	<b>MRS MENDOZA</b> Student Guidance Assistant	<b>MRS MENON</b> SEND Officer	<b>MRS MANN</b> Health & Welfare Assistant

### KEY STAGE 3

<b>MS JAMES</b> Head of Year 7	<b>MRS VERRALL</b> Head of Year 8	<b>MR MILLS</b> Head of Year 9
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### KEY STAGE 4

<b>MS GRANT</b> Head of Year 10	<b>MS RUNACRES</b> Head of Year 11
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### KEY STAGE 5

<b>MRS EASTON</b> Head of Year 12	<b>MS VALENTE</b> 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.



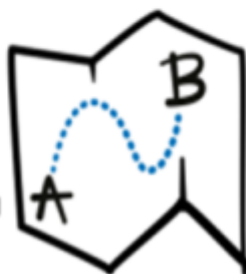
Try to get some fresh air each day. You don't have to do a sport every day. Just going outside is good.



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.



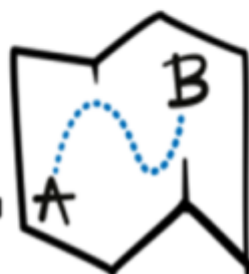
Have a warm bath or shower before bed to relax you. You could also have a milky drink as this could help you sleep.



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-](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](mailto:office@rcss.org.uk)



[020 8496 2442](tel:02084962442)

[young.carers@walthamforest.gov.uk](mailto:young.carers@walthamforest.gov.uk)

## Living with Chronic Illness



Support for young people living with chronic illness  
[Teapot-Trust.org](http://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](mailto: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 (26<sup>th</sup> – 30<sup>th</sup> 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/>

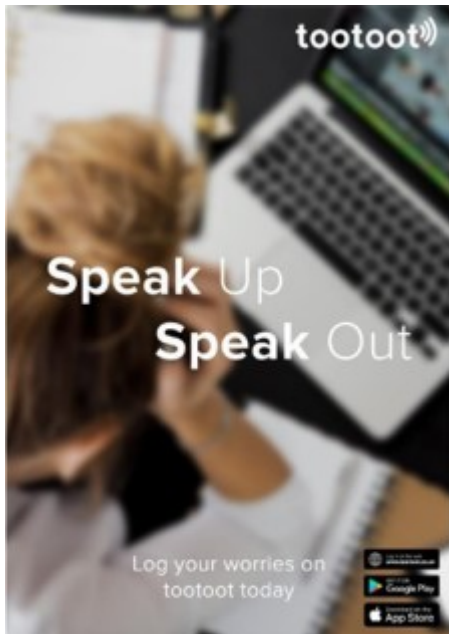
Or you can call from Monday-Friday 9am-9pm on **0344 334 0550**

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](http://www.redbridge.gov.uk/youth-hub)**

