

Woodford County High School



Weekly Student Bulletin

Tuesday, 16th April 2024

Welcome to Bulletin No 103

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.

Also there will be wellbeing and support advice as well as reminders about how to access support if you should need it.

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Total Achievement Report from 6th September 2023 to 28th March 2024

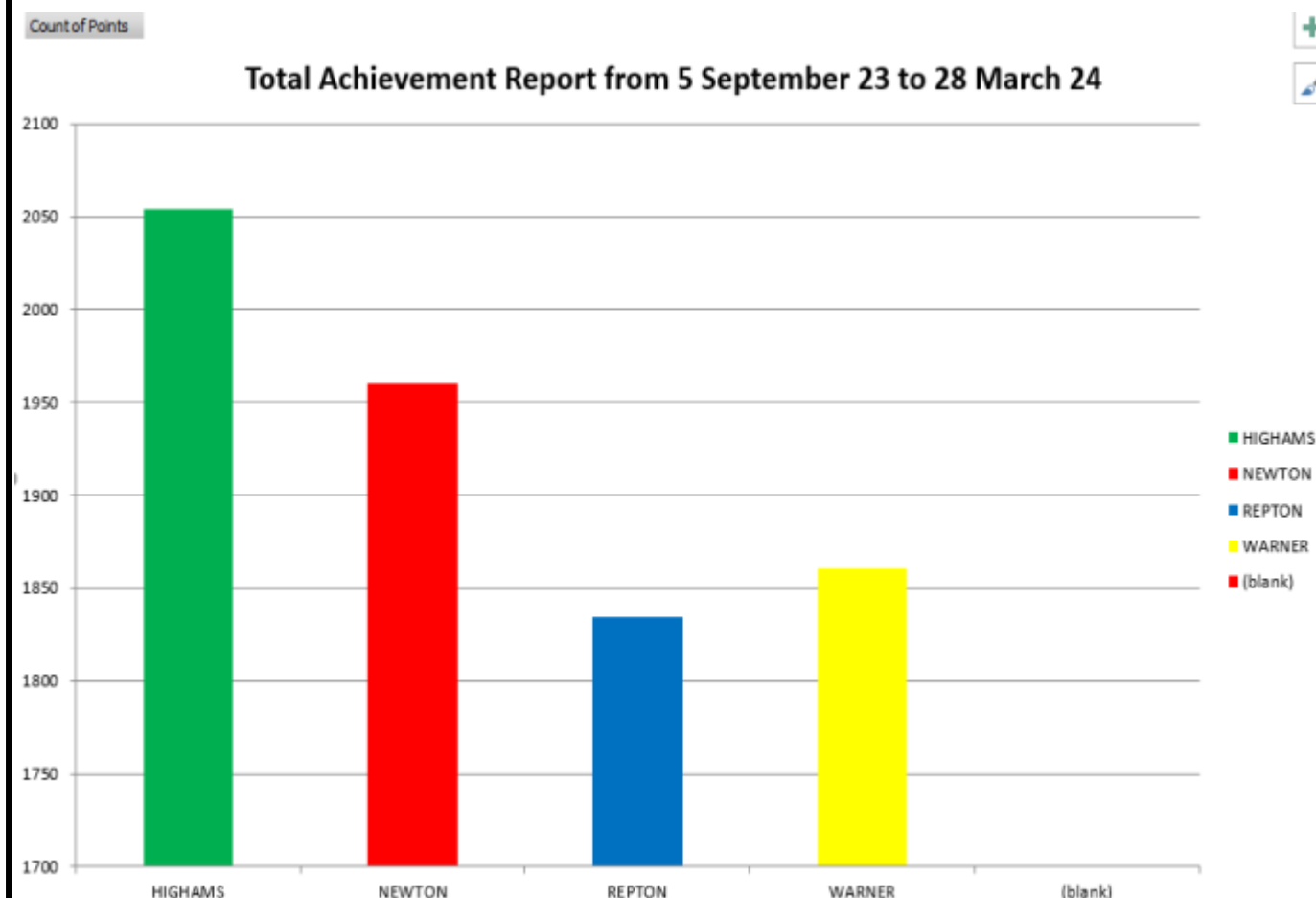
HIGHAMS IS IN THE LEAD

1st Highams

2nd Newton

3rd Warner

4th Repton





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**



AFTER SCHOOL CLUBS

April/May 2024

Dear parents, we have a few spaces left in April's after school clubs starting next week, these are available on parentpay now.

- ❖ Macramé.
- ❖ Knitting.
- ❖ Monday intermediate cooking.
- ❖ Pop workshop.



Unfortunately I have had to cancel a taste of India, as there was a low uptake.

Thank you.

Ms Dawson



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](#).

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ECO ART COMPETITION

Hosted by Amal, Amelia and Nadia
(Members of the Eco Committee)

Looking for all artists out there! The Eco Committee is hosting an art competition where you have to create an eco-related drawing/painting.

Make it as breath taking as you can because the winner gets their painting created into a mural right here in WCHS.

Deadline : 19th April

All entries hand in Student Support Office





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 19th 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>

ALI BABA AND THE FORTY THIEVES

A CLASSIC PERSIAN STORY OF ALI BABA, WHO ONE DAY DISCOVERS A SECRET THAT LEADS HIM AND HIS FAMILY INTO TROUBLE. BUT WHO HOLDS THIS SECRET? THE FORTY THIEVES OF COURSE, AND THEY WILL DO EVERYTHING THEY CAN TO REGAIN WHAT ONCE WAS SOLELY THEIRS...

**AUDITION FOR THIS YEARS SUMMER PLAY!
BOTH SINGING AND NON-SINGING ROLES
AVAILABLE**

PLEASE COMPLETE THE SIGN-UP SHEETS IF INTERESTED BY MONDAY
18TH MARCH AT 3:30 PM

"Thank you to those students who have signed up to participate in the chorus and the orchestra for Ali Baba, this year's summer play. The rehearsal schedule has now been decided for each group, and rehearsals will start W/B 22/04:

- *Chorus: Tuesday lunchtimes, 13:30-14:10 in SF2*
- *Orchestra: Friday lunchtimes, 13:40-14:15 in SF1"*

"We are pleased to announce that we will be having a new peripatetic Music teacher join us. She is a specialist in Carnatic styles of violin playing and singing, and can offer our students tuition. We are yet to finalise the timings of lessons, but please make a note of this if you are interested and more details will be available soon!

WCHS Music Department"

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:

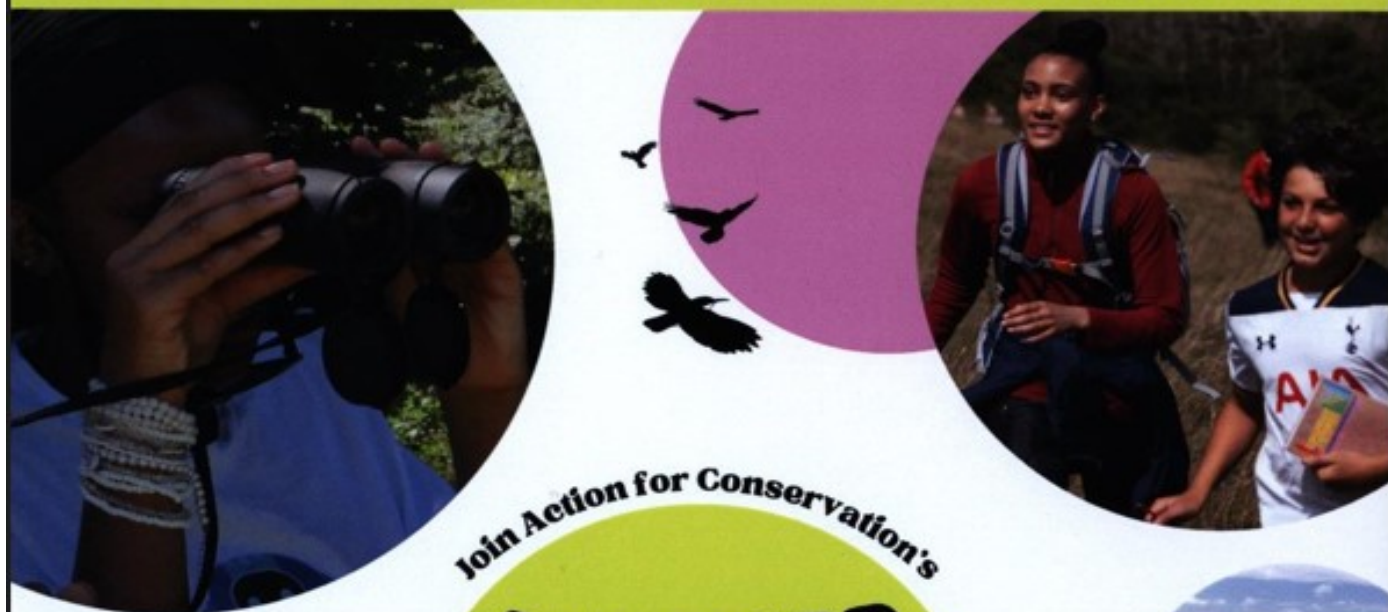
<https://www.seh.ox.ac.uk/study/outreach/events-and-competitions/big-think-competition>

*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

APPLY ONLINE AT: WWW.ACTIONFORCONSERVATION.ORG/CAMP

Scan the qr code to find out more



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> (Saavi)
<u>3.30-4.20pm</u>			<u>*FIXTURES*</u>		



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

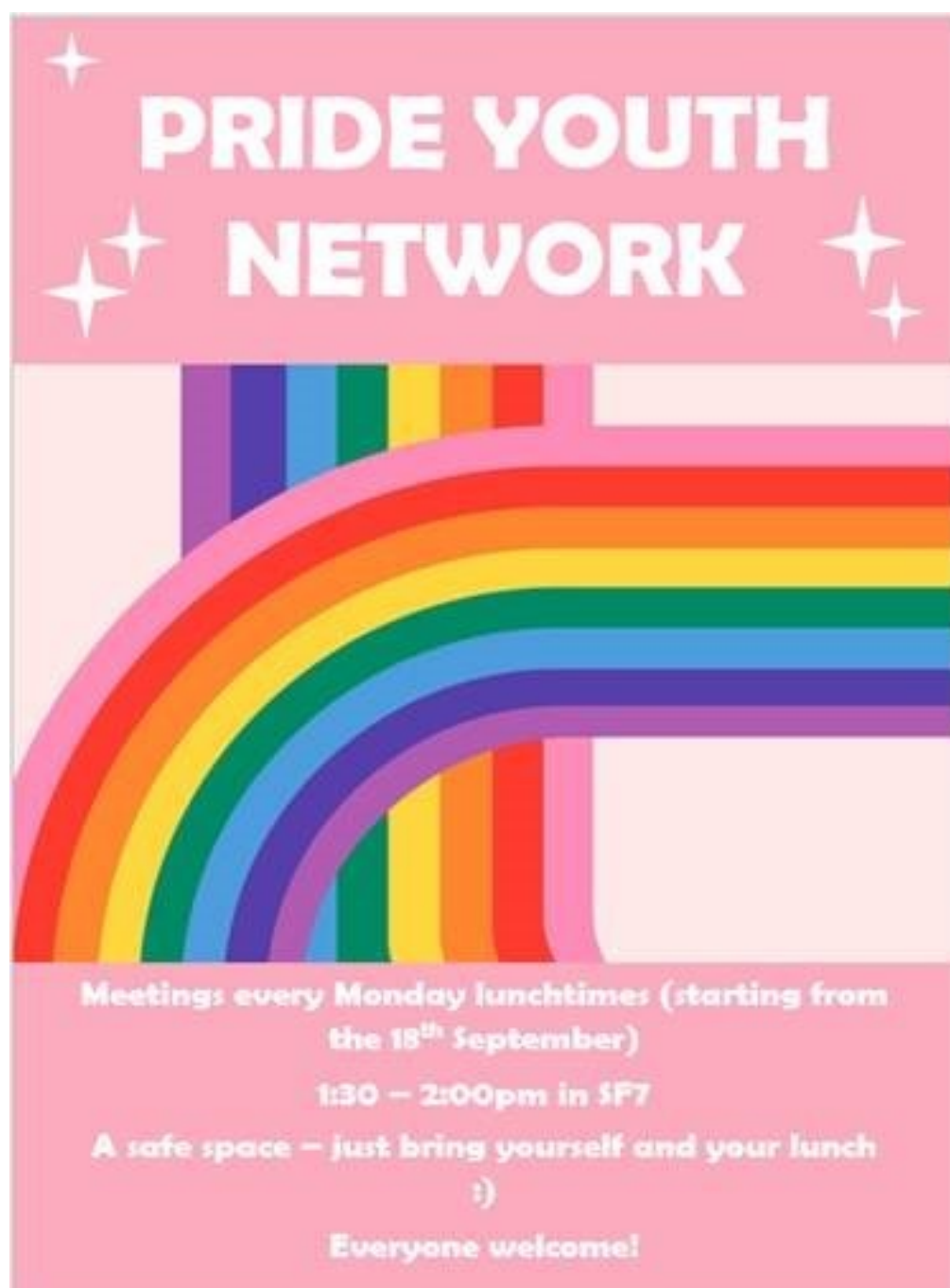


**Maths Support Available to Students if
they need some extra help.**

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

20th @ 10.10am-11.00am

English: A Streetcar Named Desire

20th @ 2.15pm-3pm

Nuclear Physics

20th @ 3.35pm-4.30pm

Geography: Cities Resilient to Climate Change & Improving Liveability

21st @ 12.45pm-1.30pm

Computational Chemistry

21st @ 2.00pm-2.50pm

Psychology: The Caregiver – Role & Impact

21st @ 4.00pm-4.45pm

Pharmacology: Drug Development

25th @ 3.35pm-4.20pm

Biology: Engineering New Properties into DNA Using Synthetic Biology

APRIL 2024

9th @ 4.30pm-5.15pm

How Do You Pay for Uni?

16th @ 4.30pm-5.15pm

How Do I Manage My Money @ Uni?

25th @ 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 30th April @ 7.30pm

London County Hall

TICKETS AVAILABLE FOR £27.50

TICKETS NOW ON SALE FOR...

THE HILLS OF CALIFORNIA - Tues 30 th April @ 7pm, Harold Pinter Theatre	£30
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, Aldephi Theatre	£40
STRANGER THINGS - Tues 9 th July @ 7pm, Phoenix Theatre	£35
KISS ME KATE - Mon 15 th July @ 7.30pm, Barbican Theatre	£30
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...

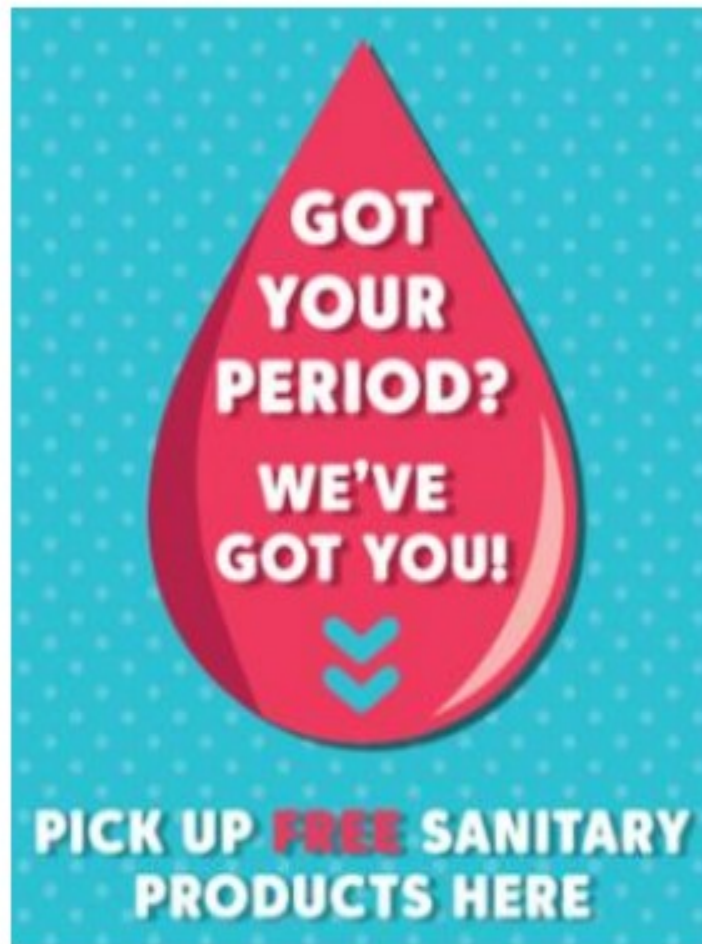
Time:

Date:

Location:

nuffieldhealth.com/movetogether





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

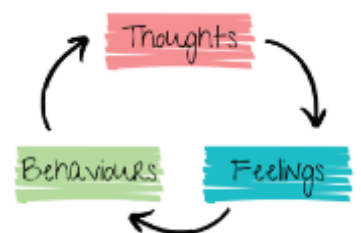
Think of a category and search the room for it. For example, look for:

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>



SAFEGUARDING & STUDENT, PASTORAL SUPPORT STAFF 2023-2024

				
Ms Pomeroy Deputy Designated Safeguarding Lead <u>Headteacher</u>	Mrs Greenfield Designated Safeguarding Lead Assistant Headteacher	Mrs Marku Deputy Designated Safeguarding Lead Student Guidance Officer	Mrs Kaye Health & Welfare Officer	Mrs Menon SEND Officer

				
Mrs Baillie Deputy SENCO Teacher of PE	Mrs Mendoza Student Guidance Assistant	Mrs Mann Health & Welfare Assistant	Ms Mamtara KS5 Pastoral Support Assistant	Ms Grace KS5 Academic Support Administrator

KEY STAGE 3 – Mrs Greenfield – Assistant Headteacher

MS JAMES Head of Year 7 (Teacher of PE)	MRS VERRALL Head of Year 8 (Teacher of History)	MR MILLS Head of Year 9 (Teacher of English)
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KEY STAGE 4 Dr Ashraff – Assistant Headteacher

MS GRANT Head of Year 10 (Head of Food and Nutrition)	MS RUNACRES Head of Year 11 (Teacher of PE)
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KEY STAGE 5 Ms Hasler – Assistant Headteacher

MRS EASTON Head of Year 12 (Teacher of Classics)	MS VALENTE Head of Year 13 (Teacher of Physics)
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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.



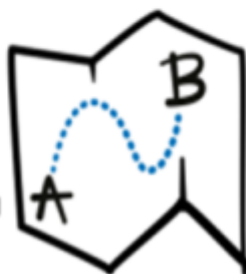
Try to get some fresh air each day. You don't have to do a sport every day. Just going outside is good.



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.



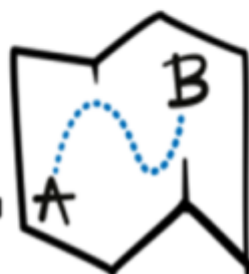
Have a warm bath or shower before bed to relax you. You could also have a milky drink as this could help you sleep.



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

kooth

Online well-being platform that is accessible through mobile, tablet and desktop and free.

<https://>

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/>

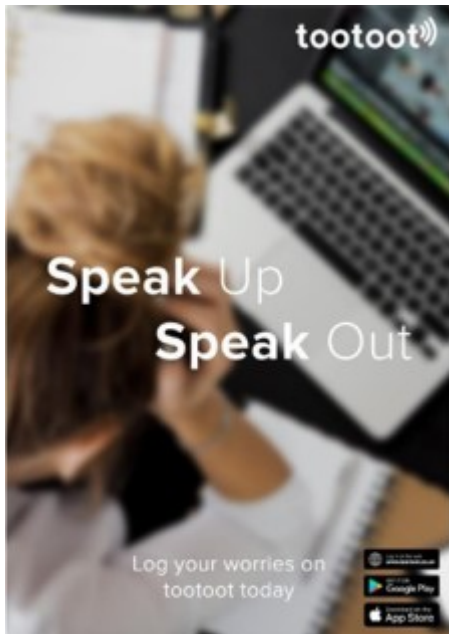
Or you can call from Monday-Friday 9am-9pm on **0344 334 0550**

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 Keith Pride 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

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young people aged 16-24**

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- ◆ employment
- ◆ careers advice
- ◆ training
- ◆ apprenticeships
- ◆ managing money
- ◆ health and
well-being support



www.redbridge.gov.uk/youth-hub

