

WOODFORD COUNTY HIGH SCHOOL

NEWSLETTER



Issue No 2

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HEADLINES

Those who have moved house within recent memory will be familiar with some of the additional joys associated with the arrival of spring when you are in a new home: the sudden flowering of bulbs you have not yourself **planted, the emergence of plants you didn't know you** gave bed space to, the different aspect of your new home as the light brightens and the day lengthens.

My second term here has been coloured by many such revelations - both in a physical sense, as the school gardens shake themselves free of winter and more tellingly in terms of the evolving cycle of the school year. Teachers and students will be very conscious of the academic ground gained in the three months of this term. Modules have been completed, coursework projects advanced, university places secured and options choices made. Those preparing for examinations this summer are finishing off syllabuses and scheduling individual campaigns of revision and consolidation. Students throughout the school have much to be proud of in terms of progress made.

The extra-curricular life of the school has continued to be vibrant and colourful this term with dance, music and comedy to the fore. Four distinct styles of Asian dance were woven into the narrative of The Spring Production and the footwork of students across Redbridge was on display at the Dance festival in February. Teams throughout the school continue to add to an impressive catalogue of success for the academic year: Woodford is this year fielding finalists in events from badminton to public speaking, from the Model United Nations to competitive academic Olympiads.

An equal source of pride for the school is the community's shared commitment to supporting the lives of those in less fortunate circumstances. £1,400 was raised for the Japan relief effort (Red Cross) on a single Friday in **March, just a week after we'd all been seen "doing something funny for money"** (Comic Relief 2011).

This second newsletter of the year will, I hope, give you an insight into a lively period at Woodford. As the term comes to an end I wish your daughters and yourselves a **happy, restful and (let's hope) sunny Spring holiday.**

Ms Jo Pomeroy
Headteacher

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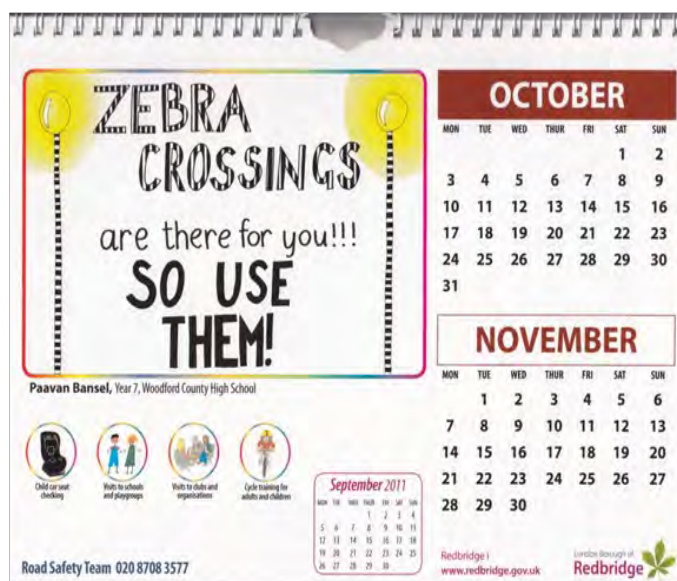
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ROAD SAFETY NEWS

At the start of a new year it is always a great delight to put up new calendars. Last summer our year seven pupils took part in the Redbridge Road Safety Calendar Competition.

We were **delighted to hear that Paavan Bansel's** competition entry was selected as the overall winner in the competition. Twelve drawings were chosen and the calendar was produced and has been circulated in the area. Here is Paavan's entry:

Miss C. Corney
Librarian



KING'S COLLEGE GERMAN PLAY

Woodford girls had front row seats for King's College (London) German play this year. The play was produced by King's College German Society. This year's production was "Die Weiße Rose" and was written and adapted by Lisa Schwer, a King's College alumna, and was based on a variety of historical sources and films.

The play is about the lives of Sophie and Hans Scholl and Die Weiße Rose student group at the University of Munich during the Nazi regime. Hans and Sophie Scholl are among those most closely associated with the anti-Hitler movement in Germany. Their resistance group was committed to non-violence.

They secretly produced many anti-war leaflets and, at great risk to their own lives, distributed them to the public during those dangerous times.

In February 1943 Hans and Sophie Scholl were executed for their anti-regime activities. News about the courageous acts of Die Weiße Rose had already spread across Germany during the war.

To this day the White Rose stands for courage, bravery and political responsibility.



Miss C Corney
MFL Department

BOOK TALKS

Each year librarians from the Schools' Library Service come in to give book talks to our year seven classes. I have enjoyed many of their talks.

After the talks they leave the books they have been talking about with us and they are put into the school library where pupils may borrow them. Many of them are read many times.

Miss C Corney
Librarian



READING FOR PLEASURE

I have always loved to read and couldn't imagine not having a book by my side. So you can imagine my delight when I was told that part of my job at the Redbridge Schools' Library Service was to read books and talk about them to groups of students. Not only that, but I would have access to the newest titles and could buy whatever teen or children's book I wanted.



Book talks give me the opportunity to go into schools, to meet students and to find out what they like reading as well as tell them about titles they might not have considered. Be warned though, I will never reveal the ending to a story. It is far more fun to stop at the cliff hanger and leave everyone desperate to find out what happens next.

by Nina Simon,
Manager of Redbridge Schools'
Library Service

BOOKS FROM THE SCHOOL LIBRARY

The ten most frequently issued books on our Eclipse library system (which does not include library books housed in the Science and Art Departments) on 1st March this year are listed here.

- | | |
|---------------------------------------|--|
| 1. Tell me no Lies – Malorie Blackman | 6. Où est Sylvie : L'Animal Préhistorique – A. Rainger |
| 2. Other Side – Jacqueline Wilson | 7. Misti – A. Rainger |
| 3. The Giant Baby – Allan Ahlberg | 8. Le pique-nique plus Supergosse à la fête – J. Tøye |
| 4. Monsieur Equinox – H. Stanger | 9. Holes – Louis Sachar |
| 5. To be a Slave – Julius Lester | 10. Jan Page – Juggling Lessons |

Miss Corney
Librarian

'MACBETH' AT THE GLOBE

'Macbeth' at the Globe

In November the English Department received some very exciting news; we had been offered free tickets for a **performance of Shakespeare's *Macbeth*** at the Globe Theatre in Southwark.

For a number of years, Globe Education has been running schemes to encourage young people to engage with and enjoy Shakespeare. This particular project is aimed at Year 8 students and includes a visit to the Globe in March as well as a teacher INSET day. I was lucky enough to attend the INSET day in November.

Globe Education prides itself on developing active and engaging approaches to Shakespeare. The INSET day included training in a range of dramatic approaches to **Shakespeare's plays, including, amongst other things,** galloping the beats of the iambic pentameter!

Whilst this was all very good fun its application in lessons **should also prove very beneficial for our students' appreciation of Shakespeare's language, characters and stories.**

Mrs G. Charlton
English Department



BIOLOGY LECTURE AT BANCROFT'S

Are bigger brains better?

This was the question posed by Professor Lars Chittka to our Year 12 class in his lecture **at Bancroft's. His primary focuses were social insects, who proved that brain size doesn't indeed correlate with intelligence.** We were fascinated with what insects have the ability to do from the honeybee dance to the swarm consensus building. For example, the distinguished figure eight dance is used by bees to share information with other bees in their colonies about the direction and distance to food sources.



Likewise, the queen bee and her swarm act as a single brain to make decisions about their next destination. Their ability to find a consensus enables their survival. The lecture even explored the possibility of consciousness in miniature brains. The talk **also highlighted Darwin's theory that 'an ant's brain is more impressive than a human's. Even though there isn't a definitive answer to the question posed, it certainly left us pondering whether humans are the most intelligent species.**

Sinithiya Kanesaratnam

12SH

GEOGRAPHY NEWS

The start of 2011 saw many geography students welcome Miss Richardson as their new teacher. She has settled in extremely well and has already made significant contributions to the planning of new topics and assessment activities. Students in Year 7 have been learning about regional differences in both the UK and Europe, Year 8 classes have been understanding how rainforest and polar environments present various issues and challenges for humans and Year 9 have been developing their awareness of two contrasting countries – India and the USA.

As always the summer term is an exceptionally busy one for the department as we make use of the (hopefully) good weather. This means most year groups will have the opportunity of learning outdoors – an invaluable experience. Therefore, I would like to thank you in advance for supporting these visits. Letters containing more detailed information will be sent home with your daughter in due course.

Year 7	Rochester – heritage tourism (cross-curricular visit with the History Department)	22 nd and 24 th June
Year 8	Herne Bay – coastal studies	26 th OR 27 th May
Year 9	Clacton-on-Sea – impact of tourism	15 th OR 17 th June

A lack of good weather at the start of any year means planning field visits is never a good idea! However, Year 13 A Level students were able to make use of their local area and better understand the complexities of urban waste management by visiting the Eco Park at Edmonton at the beginning of February. The visit was a great opportunity for **them to see how North London's huge volume of waste is treated although the strong odour of rubbish, the high visibility jackets, safety helmets and face masks didn't seem to go down very well with all of them!**

Finally it's been notable how engaged many students have been in recent weeks when asked to talk about current global news events such as the Christchurch earthquake and the tsunami in Japan. It is always very pleasing when students are already aware of what is going on in the world around them. Please encourage your daughters to watch the news, relevant documentaries and read a good quality newspaper whenever they can.

Mr I Saxton
Head of Geography

DANCE AT WOODFORD COUNTY HIGH SCHOOL 2011

Dance is a firm favourite among our pupils with nearly **500 girls taking part in this year's annual Inter-House event called "Dancing to the Stars"**. Woodford endeavours to keep up with dance trends such as Street and Bollywood and encourages all cultures and varieties of styles such as Theatre, Bhangra, Tap, Ballet, Contemporary and Jazz.



Each of the twenty four tutor groups performed a three minute routine to songs from predetermined artists in order to compete to be the Overall Winning House and the Best Performance of the Evening.

Their colourful costumes enhanced routines which were the result of many hours of practice.



Our programme was interrupted by a surprise dance group from ICHS where the boys performed an excellent street dance to the delight of our girls!





The results are as follows: Year 7 - Repton; Year 8 - Newton; Year 9 - Repton; Year 10 - Highams; Year 11 - Warner; Years 12/13 - Highams; Overall Winning House - Repton.

10H deservedly took the award for the Best Performance with a spectacular dance to Starstruck by Lady Gaga choreographed by Simran Seehra which they were able to perform the next day at the Caterham SSP Dance Festival.



The 5th and last annual **Caterham SSP Dance Festival 2011** was hosted again by Woodford County High School.

The afternoon saw performances from all age groups from 5 to 18. Twenty six out of the forty schools participated and the event culminated in a dance workshop lead by senior pupils at WCHS. Due to its popularity there was an increase in numbers this year with many schools performing some exceptional dances. The festival was a celebration of dance in local schools. Everyone had the opportunity to perform and to enjoy a variety of routines performed by other pupils. The opportunity to dance on a stage with lighting and music was clearly much appreciated.

These event are not just about Dance, it **demonstrates the pupils' commitment for excellence**; the fairness and **equality** in who performs the dance; **respect** for one another in their group; new **friendships** that develop from working together; **courage** for performing for the first time in front of a large audience; the **determination** to be the best and **inspiration** to choreograph and perform something unique. Which incidentally are words that you will see and hear more frequently as we approach 2012, they are the values for the Olympic & Paralympic Games.

Both these events would not have been possible but for the support of staff, 6th form students and Sports Leaders.

Thank you.



Mrs L Turnbull
SSCO

LANGUAGES NEWS

BOULOGNE VISIT

On Friday 4 February, 8N spent a day in Boulogne, France. The aim of this visit was for students to practise their French and to give them an insight into the French culture.

The day started early and after a short crossing (35 minutes) between Folkestone and Calais and another short coach journey we finally arrived in Boulogne. There, the girls enjoyed many cultural and linguistic activities such as a guided tour of the town and a **visit to the Aquarium "Nausicaa"**. **Nausicaa is one of the biggest aquariums in Europe** and students marvelled at jelly fish, sharks and colourful tropical fish.



We then moved to the town itself with a visit to the cathedral and we had a short walk on the walls of the town. In *Rue de Lille* students completed a variety of tasks about local shops and restaurants and had the opportunity to eat a few 'crêpes' of course! **We ended our visit in Auchan**, a French supermarket, with, there again, some linguistics tasks to complete and the opportunity to buy some tasty cheeses and other French delights!

We all thoroughly enjoyed the day.

Next trip for Year 8 to Boulogne is Friday 20th May.

M. A. Maldjian
MFL Department

COMMUNITY LANGUAGES

We would like to congratulate the Year 8 girls who volunteered to take part in our Community Languages project last term. The girls showed real commitment and enthusiasm in teaching their friends the language they speak at home. Students prepared a variety of very interesting and stimulating activities over four sessions to teach their peers Spanish, Russian and Tamil.

Lessons have been very much enjoyed by all pupils and form teachers. We also had very informative displays about the languages in each Form room.

Well done everyone!

This term we have the following languages being taught: Urdu (8H), Bengali (8R), Gujarati (8N) and Bosnian (8W)

LANGUAGES THEATRE COMPANY

We are again very pleased to welcome this year the Onatti Theatre Company to perform for our pupils. The performances are very entertaining and also provide very valuable experience of French and German in a fresh context.

Year 9 and Year 10 German students will watch a play in German on Friday 25th March and on Tuesday 5th April the Company will perform for the Year 9 French pupils.



LANGUAGES CONVERSATION CLUBS FOR YEAR 9 PUPILS

We are very pleased to see that so many of our Year 9 pupils have signed up to attend our Languages Conversation Clubs. We hope that they will enjoy the different activities offered to practise and extend their linguistic skills with the help of our Languages Assistants.



Mrs K Harrington
Head of Modern Foreign Languages

INVESTOR IN CAREERS

You may remember that back in December, Woodford became the first school in the Borough of Redbridge to receive the prestigious 'Investor in Careers' award, a national award recognising the Careers Education and Guidance Programme that is provided for our pupils through their PSHE sessions in school. On Friday 25th March, we held a special assembly in school to celebrate this achievement. Bob Neame and Sue Bloom, both members of the senior management within Connexions in Redbridge attended the assembly, as did Rachel Piper of Babcock Enterprise, who gave a short talk comparing the dream jobs of school girls in the 1950s with those of students in 2005, which our girls found quite interesting! We certainly don't have many students aspiring to be wool factory workers today!

Rachel emphasised the need for students to be flexible as the world of work is always changing, and jobs which exist now may no longer do so in their future, and there may indeed be jobs that haven't even been thought of yet. The assembly finished with the presentation of a plaque recognising our achievement by Sue Reeve, also of Connexions, Redbridge, which was accepted on behalf of the school by two of our Year 11 students who had formed part of the final presentation panel in the achievement process. We are very proud to receive this award and will be making space on the wall alongside our other collection of certificates in the front entrance hall to display it.



Marion Smith
Careers Co-ordinator

YEAR 9 VALENTINE'S DAY DISCO IN AID OF THE PAKISTAN FLOOD VICTIMS

In partnership with Ilford County High School, we held a disco to raise funds for the victims of the Pakistan floods on Monday 14th February. With the DJ busily setting up in the dining room, the doors opened and the Year 9s rushed in! The disco ran from 7-9pm and although it was a Monday night, was very well attended with over 100 Woodford and Ilford Year 9 students turning out. The Parents and Friends Association from Ilford County High School kindly organised a stall serving drinks and sweets, with all proceeds from this stall being donated to our worthy cause.

Some of our Year 11 pupils also took the opportunity to raise funds for their own Morocco trip which will be taking place in summer and decided to organise a stall selling glow bands.

This proved to be a big success and for most of the night the girls were dancing around, glowing in bright blues, reds and yellows; it made for quite a sight! I would like to thank Ilford County High School's staff, Parents and Friends Association along with our very own Mrs. Turnbull and Mrs. Matthews who kindly gave up their own time to help with the supervision on the night as without them, it would not have been possible to run this event.

Entry tickets were £4 and the 45 WCHS pupils who attended raised the sum of £180.

Mrs R Prince
KS3 Co-ordinator

PUBLIC SPEAKING SUCCESS

Following the Area Semi-Final of the Rotary Club *Youth Speaks* competition held on Thursday 3 February at Trinity High School, WCHS Senior and Intermediate teams won through to the Area Final **on 19 February at The City of London Boys' School.**

Our Intermediate team gave a very convincing and entertaining performance, speaking on the dangers of technology addiction, and both Qudsiyah-Bano Agha-Shah as Speaker and Aleena Choudhury as Chairperson, won the individual awards for Best in Role. As Proposer of the Vote of Thanks, Sabah Hussain also performed well. She had won the individual award in the Semi-Final and must have been very close to winning it again this round. The team finished First in this round of the competition and deserved to do so.

The Senior team, consisting of Aarti Velani, Chairperson, Melody Ihuoma, Speaker, and Prianka Das, Proposer of the Vote of Thanks, spoke about the power of suggestion and also gave a very strong performance. However, the competition was extremely tough and they were defeated on this occasion.

The Intermediate team will now compete in the Regional Final in Hertfordshire on Saturday 2nd April.

Miss C Burgess
Head of English

TECHNOLOGY NEWS



YEAR 7 COMPETITION

All Year 7 Students have taken part in Practical Action's Competition.

Practical Action

Simple ideas that change lives forever

"Practical Action is a development charity with a difference. We know the simplest ideas can have the most profound, life-changing effect on poor people across the world. For over 40 years, we have been working closely with some of the **world's poorest people** - using simple technology to fight poverty and transform their lives for the better."

Using technology to change the world

"Practical Action believes that the right idea – however small – can change lives. It can create jobs, improve health and livelihoods, and help people have better lives. That's why, since 1966, we've been working with poor people to develop the skills and technology that will enable them to **build a better future.**"

Small Is.... Challenge

In celebration of Practical Action's founder, Fritz Schumacher's centenary year, schools were invited to take part in the **Small Is...Challenge**. Schumacher's philosophy was based on the idea that even a small change can have a big impact on people's lives. The challenge for the students was to look at technologies from the last 100 years and **invent a product** that could help us all lead a more **sustainable future.**

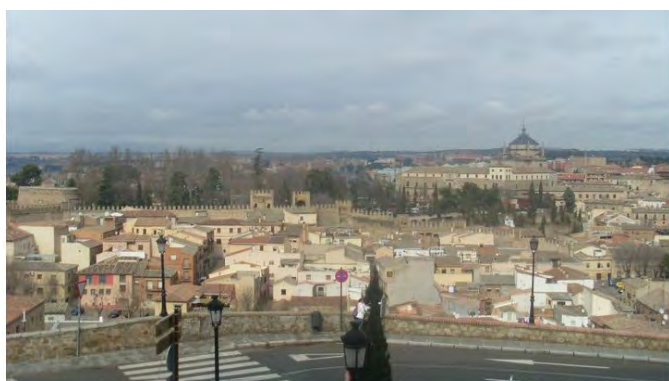
After completing the challenge the work of four students per class was submitted to the competition. We await the results to see how Woodford has fared.



Ms J Karavasili
Head of Design Technology

96 HOURS IN MADRID

A trip abroad in Economics and Business Studies was on the cards for a long time and in the end the place to go was Madrid. It was probably the best choice seeing as Spain is a country with a varied economy, so would be a place where we would learn first-hand about some of the things we are taught in lessons. This was one of the aims of the trip. Educational trips always help learning and also the trip would enable us to make some comparisons between the UK and Spain. But it was also a nice break for both teachers and students. Some students were even able to practise their Spanish!



The trip started off with a journey to Toledo, a city just outside Madrid. Toledo, the city of three cultures, was once the capital city of Spain from the Gothic period until 1560. Here, our aim was to collect pricings of goods and services and then compare them with prices in Madrid. The difference in prices, if any, would allow us to make assumptions as to why there was this price difference. Toledo is a World Heritage site, we were able to go and visit the Cathedral, which is one of the three 13th century gothic cathedrals in Spain. The half an hour that we spent here was not enough to take in the beauty of the architecture inside.



Back outside in the rain, the collation of prices was underway. Collecting some of the prices was easy but as we went into some tourist shops, we found it more difficult, particularly due to the bad communication skills between both parties. In the end, all groups got at least 10 prices and some even had time to do some shopping! Toledo, for us, was quite a surprise. We had expected it to be an old town, with lots of history and small village-like shops. It was old and did have lots of history but most of the shops were high-street shops! Now, we **don't mean Spanish high-street** shops, but shops you would generally find on the UK high street like Bershka, Pull and Bear, Zara, etc. This was probably a good sign showing that Toledo could have once been the capital of Spain and is still a very important city in Spain. Another surprising thing we found in Toledo was that prices in general were quite low. Most of the shops had sales, and comparing it to Madrid, it was quite different. The day-trip to Toledo was quite tiring and there was time for an hour to rest at the hostel before going out for dinner again.



The next day was an early start but for most people the early morning wake-up blues were cancelled out by the excitement of going to see the Bernabéu, the Real Madrid C.F. stadium. To get to the Stadium we had to take the Spanish underground. This was more or less the same as the Underground we have in London but cheaper (this was calculated at the station, when we tried comparing the prices in Madrid and in London). Once there we had the chance to take a self guided tour around the stadium, looking at the history behind the stadium and what makes the location an ideal spot for gaining maximum revenue from tourists who visit Madrid.



This visit enabled us to see how recreational activities, in particular sport, contribute to the infrastructure of the Spanish economy, in comparison to the UK. To the dismay of some, however, we did not see any of the famous Real Madrid players!

As part of our aims as Business and Economics students we had to do some macro research into the relative fortunes of the UK and Spanish economies. In order to do this we had the opportunity to visit El Corte Inglés, a Spanish department store. Apart from shopping, it was also very interesting to find out about the store and opinions on the Spanish economy relative to the UK. Here we had an engaging talk with a representative who told us about the economic output of the store in comparison with other years where the recession was less significant. We also had the chance to ask any questions, which was very useful for Business Studies students in particular, whilst Economics students were more interested in how the store contributed to the Spanish economy overall, for example in terms of employment, tourism, and inflation. Then after this we had some time to shop!

Overall this trip was thoroughly interesting, educational, and enjoyable for all. The Economics and Business students benefited from the wide range of places visited which increased our understanding of the economic climate. As well as being beneficial in terms of our studies, both students and teachers had a good time exploring the Spanish capital, learning about the culture, history and economy.



Abha Shah and Neha Agarwala

Yr12

SIXTH FORM NEWS

Next term Year 13 handover their current positions of responsibility to Year 12. We would like to take this opportunity to acknowledge the hard work and leadership provided by these students during the course of a very busy school year. A special thank you goes to our current team of Silver Badges 2010-11, who have been exemplary in their role:

Inayah Zaheen: **Head Girl**
Akta Prabhakar: **Deputy Head Girl**

SILVER BADGES

Serena Bagria
Emily Coop
Jodie Leckerman
Farzana Mannan
Nilakshini Mahendran
Hailey Ramanathan

We look forward to welcoming the new team of Silver Badges 2011-12 in their role next term:

Thashmim Miah: **Head Girl**
Aarti Velani: **Deputy Head Girl**

SILVER BADGES

Aleisha Best
Simran Channa
Melody Ihuoma
Mirren Johal
Divya Verma
Kirsten Ward



UNIVERSITY SUCCESSES SO FAR....

The deadline for university applications for entry 2011 passed in January. Competition this year is particularly intense due to the proposed changes to fees next year. Whilst some girls are still waiting to **hear back from their chosen universities, there is already lots of good news to celebrate. 4 of last year's Year 13** have been offered unconditional places at the following:

Oxford: Laura Jenkins (Classics and English)
Cambridge: Hattie Pierce (English) and Sara Velezmoro (Economics)
Edinburgh: Keziah Berelson (Politics)

Out of the current Y13, well done to 3 students with conditional offers for Oxford and Cambridge:

Oxford: Bethan Rodden (History)
Cambridge: Saarah Chowdhury (Architecture) and Gabriella Jeakins (Classics)

The competition for entry to Medicine and Dentistry has been very challenging this year, so we are delighted that we have 17 students holding offers for these courses so far and of course, Woodford students have offers to an impressive range of courses nationwide. Congratulations to them all. We look forward to more good news in the coming weeks.

Ms E Fearnhamm
Head of Sixth Form

BADMINTON

KS3 TEAM GO THROUGH TO THE BADMINTON NATIONAL SCHOOL FINALS.

After the fantastic results achieved at the Borough **Badminton competition, both Woodford's KS3 and KS4 team** went through to the East London Finals of the Centre Parc Badminton Competition.

On the 4th February both teams played exceptionally well, with the KS3 team dominating the competition and winning 24 out of 25 games to achieve first place. The KS4 team played well and finished in 3rd place overall.

On the 1st March the KS3 team represented East London in the Regional round of the Competition, at Crystal Palace. They played extremely well, to win their group stages which put them through to the semi-finals. In the semi-final the girls played **against St Michael's School, where they were victorious with a 5-0 win.** After winning this game they faced North London Collegiate. This was a very tense match in which the girls fought very hard to eventually become the tournament winners by obtaining a 3-2 lead.

Well done to all the girls that took part in the early rounds of this Centre Parcs Competition and especially to our KS3 final team.

KS3 team : Riya Amin, Pearly Garg,
Saloni Makhija, Prem Nandrah
Atena Ahmed

KS4 team: Minal Manik, Rebecca Lau,
Ranveer Athwal, Priya Shah



The Key Stage 3 team collecting their medals at the Regional competition

Miss J McDonagh
PE Department

CROSS COUNTRY COMPETITION

The Year 7 cross country team competed in the Borough competition on Wednesday 30th March at Wanstead Park. Despite the heavy rain the girls ran exceptionally well to achieve 3rd place. The team consisted of: Helena Belcastro-Wickett, Suhaa Mahmood, Ellen Malpas, Dearbhail Sheehy, Saranya Sivapalan, Nilaa Subendran, Aarthi Thangavel, Rojah Thayabaran, Aamina Yousaf.

Miss E Bufton
Head of PE



"DOING SOMETHING FUNNY FOR MONEY"

It's difficult to endure extreme torture in the form of having plates of whipped cream hurled at you, in a ridiculous get-up, in the pouring rain; not only managing to retain your dignity but also not speaking during your ordeal. However, one girl not only accepted the challenge but also carried it out with a sense of poise and self-control. Well, more or less!



Qudsiyah-Bano Agha-Shah of 9H undeniably did something *very* funny for money; £158.07 to be exact. She attempted to exceed the £137 she raised last year for Comic Relief and triumphed tremendously. Sure, she was exhausted, dishevelled and had whipped cream up her sleeves towards the end but she did it all in the name of charity. Qudsiyah-Bano has made us realise that it is important not to take what we have for granted and to give to the less privileged – even if it means smelling of off cream for a day.

9H

STRESS DAY

On Wednesday 16th February 2011, Dr Guy Sutton presented two back-to-back half-day tutorials for AS Psychology students on 'stress'. **Stress is a topic** which students will be tested on in their summer exams. Dr Sutton lectures on this topic at **Nottingham University's Medical School** and is an expert in this field.

During his lecture, Dr Sutton discussed both the causes of stress and how it is assessed; the link between stress and illness and approaches on how to deal with stress. After explaining in great depth about biological approaches and how stress is associated with coronary heart disease, the immune system and breast cancer, Dr Sutton surprised us by **dissecting a sheep's brain!** He also took our blood pressure, showed us useful websites on stress and discussed post-traumatic stress experienced with events such as 9/11.

Overall, it was an informative and interesting tutorial that all of the psychology students enjoyed very much. Some were so inspired that they are now looking into occupational psychology and neuroscience as career options. **"The tutorial showed me the depths of neuroscience and just how interesting it can be. A definite career option!",** said year 12 Psychology student, Mirren Johal. We hope that Dr Sutton will be happy to come back to Woodford soon to present more tutorials.



Isabelle Woolley

Year 12

GERMAN

Alexandra Prellberg in 8H has written about her life as a Woodford pupil. Alexandra has written about what she does in school, the class visits to Boulogne, the school uniform, school subjects and which she likes and dislikes and why.

Aus dem Leben einer Schülerin in Klasse Acht

Hallo! Ich heiße Alexandra und ich bin eine Schülerin in Klasse 8H. Manchmal finde ich, dass die Schule ein kleines bisschen langweilig ist aber manchmal finde ich es auch interessant, zum Beispiel wenn wir Ausflüge machen.

Ein besonders interessanter Ausflug ist der Ausflug nach Frankreich. Zwei Klassen sind schon nach Frankreich gefahren aber meine Klasse (Klasse 8H) hat noch nicht den Ausflug gemacht. Ich bin sehr aufgeregt! Es wird viel Spaß machen. Meine Freundin in einer anderen Klasse hat gesagt, dass es viel Spaß gemacht hat.

Mein Schulgebäude ist ziemlich alt. Bevor es eine Schule war, war es ein Haus. Nachher wurde es als ein Krankenhaus benutzt. Im Jahre 1919 wurde es erst als eine Schule benutzt.

In meiner Schule tragen wir eine Schuluniform. Sie besteht aus einem dunkelblauen Schottenrock, einem dunkelblauen Pullover, einer dunkelblau-weiß gestreiften Bluse, weißen Socken, weißen Strumpfhosen oder hautfarbenden Strumpfhosen und schwarzen Schuhen. Ich mag die Schuluniform aber meine Freundinnen in dieser Schule mögen sie nicht.

Ich liebe Musik, weil sie (für mich) viel Spaß macht. Sie ist auch ziemlich interessant und ich finde, dass sie überhaupt nicht langweilig ist. Andere Schulfächer, die ich mag sind: Französisch, Englisch, Mathematik, Kunst und Deutsch – fast alle Schulfächer! Donnerstag ist mein Lieblingstag, weil ich Kunst, Englisch, Musik und Mathematik habe.

Ich mag Geschichte nicht so sehr. Ich mag sie nur, wenn wir etwas über alte Gebäude herausfinden und schreiben. Ich möchte nämlich Architektin werden. Ich hasse Sport, weil ich wirklich schlecht in Sport bin. Ich mag Erdkunde meistens auch nicht so viel, aber manchmal kann sie viel Spaß machen.

Also manchmal kann die Schule ein bisschen uninteressant sein, aber manchmal passieren auch wirklich interessante Sachen.

Alexandra Prellberg

8H

Der Stundenplan

Stunde Tag	1	2	PAUSE	3	4	5	6	MITTAGSPAUSE	7	8	9
Montag	Französisch			Musik		Mathematik			Sport		Kunst
Dienstag	Englisch			Deutsch		Wissenschaft			Kunst		
Mittwoch	Erdkunde			Sport		Französisch			Geschichte		
Donnerstag	Mathematik			Wissenschaft		Sport			Deutsch		
Freitag	Technologie			Französisch		Wissenschaft			Englisch		

INDOOR ROWING - BOROUGH COMPETITION 2011

WCHS entered a team in the Borough Secondary Indoor Rowing Competition where twelve schools took part. Our team of six:

Ayesha Geekiyanage Don 7W,

Nivetha Ledchumikanthan 8W,

Abigail Saffron 9N,

Sabrina Munir 10W,

Emma Denny 11H

Ayo Ogumbambi Yr12,

all did well individually gaining a silver and three bronze medals.



The boys' team from ICHS gave encouragement as they rowed for the best positions. They excelled in the relay race with precision takeovers claiming first place. The excitement mounted as the results were announced as to which team would win overall and we were triumphant winning the team trophy.



Nivetha Ledchumikanthan was asked to represent Caterham SSP Redbridge in the East London Finals where she helped the team to achieve 2nd place to Coopers Coburn in the competition of fourteen teams.

Well done to all the girls, an excellent achievement!

Mrs L Turnbull SSCO

HIGHAMS HOUSE CHARITY

In January Highams House spent break and lunch times raising money for our elected charity, Barnardo's. We sold scrumptious home baked goods, held a sponsored silence and a bazaar with fun and games for everyone.

Barnardo's is a deserving charity which helps thousands of children every year. Being young ourselves, we were all happy to muck in, knowing that it was for a good cause. It was a busy but joyous week and we raised a total of £435.43. Many thanks to everyone who contributed.

Manika Kaur Ghattarody, 11H
Highams Committee



'THE YOUNG NETBALL ORGANISER'

The first day of the half term holidays started a little *too early* for 14 of our Year 10 and 11 GCSE PE students. The girls were involved in an England Netball leadership course and from the onset it proved to be a very busy day with lots to learn about leadership.

Bisi Alao from England Netball led a netball leadership course to help prepare our GCSE candidates to become young talented netball leaders. The Young Netball Organiser course ran from 9.30am - 4.00pm and was held in the sports hall at Woodford County High School. The aim of this 6 hour leadership course was to offer young people aged 14 -18 years the opportunity to gain skills in coaching and officiating within netball. By the end of the course our GCSE pupils had worked increasing hard to develop their leadership skills within the following areas:

- Planning and delivering a safe session.
- Teaching & coaching basic netball skills effectively.
- Progressing basic skills into a small game situation.
- Developing the game of High 5 Netball.
- Using resources to help support their netball sessions.
- Introducing relevant & appropriate rules within their sessions.
- Identifying opportunities for children to play
- netball at school and within the wider community.
- **Organising a netball 'fun day' or mini tournament**

Hopefully the girls will be much more confident about leading netball sessions and will have been inspired to take part, coach and umpire at a basic level within netball. My congratulations go out to all the girls who passed with flying colours. I really look forward to seeing these girls out leading netball sessions to the younger year groups in the near future.

Mrs R Prince
PE Department



THE REDBRIDGE LEAGUE

The Netball teams have been busy throughout the spring term competing in the Redbridge league. **The Year 7's have played exceptionally well, and have been undefeated all season.** In the final they competed against Canon Palmer School and won 12-5.

The other league results are as follows:

Year 8	4 th
Year 9	4 th
Year 10	5 th
Year 11	3 rd
6th Form	2 nd

Miss E Bufton
Head of PE



ART GCSE PROJECT

As part of my Art GCSE I have developed ideas from our topic on 'Preservation' to interact with trees by making them more noticeable within the school's grounds. This is part of a campaign I am working on to make students more aware of how important trees are to us and how we can help preserve them for future generations. My intention is to do this by luring students into the school's forest and gardens every Friday lunchtime, to embrace the natural environment we are so lucky to have access to. Each week I have a different running theme portraying various aspects of my interpretation of their uses, value and importance to conserve. I hope that by means of intervention I can create an intriguing and eye-catching environment that leads students' thoughts to the responsibility we all have to protect such wonderful beauties of nature.

Simranjit Seehra Year 10



Simranjit Seehra Year 10 installation view of GCSE art project on 'Preservation'

MODEL UNITED NATIONS CONFERENCE

On Saturday 12th February four Year 12 students represented the school in a Model United Nations Conference at King Edward VI Grammar School in Chelmsford. Ayesha Patel, Jessica Murphy, Fiona Petersen and Isabelle Woolley represented Somalia at the conference, in which over 80 students from a range of schools across Essex convened at a General Assembly centred on maintaining awareness of the Millennium Development Goals. During the morning the girls, dressed very smartly in suits and carrying with them their pre-prepared resolutions, speeches and research, each participated in one of the committees – Human Rights, Economic and Social, Political and the International Court of Justice - arguing their cases with diplomacy and conviction.

In the afternoon session of the General Assembly the girls sat together as the delegation of Somalia and made invaluable contributions to the wider debates relating to such issues as the persecution of Uyghur Muslims in China and the burden of the ageing population of Western countries. Despite the fact that this was the first MUN event in which the girls had participated they gave an excellent account of themselves, with Jessica Murphy receiving recognition for her individual performance and the whole team winning one of only three 'Outstanding delegation' awards.

Miss C Horner
History Department

INTERMEDIATE MATHEMATICS CHALLENGE

In February three hundred and one students from Years 9 – 11 took part in the UKMT Intermediate Maths Challenge in school. Our students were very successful and between them the girls achieved 28 Gold, 70 Silver and 79 Bronze awards.

Sixteen students performed exceptionally well and were asked to compete in the next round. Last week saw thirteen of these students take the Kangaroo papers and three Year 10 students sat the demanding Olympiad paper for their Year which lasted for two hours. We now eagerly await the results.

Our congratulations go to all students who achieved certificates and well done to all who took part. A special mention must go to Sushila Ramani in Year 10 who was awarded 'Best in School'



Grey Kangaroo:

Year 9

Billie Bradley

Rajini Chanrasegaram

Abida Islam

Priya Radia

Sahana Selvarajan

Mathanki Soorasangaram

Shironika Vaityanaden



Pink Kangaroo:

Year 11

Tanya Li-Chay-Chung

Nilaani Jeyachandran

Midusa Mahenthiran

Salma Perveen

Abhi Theivendram

Carly Truong

Olympiad

Year 10

(Hamilton Paper)

Jenny Essery

Sabrina Munir

Sushila Ramani

Mrs Y Thompson
Head of Mathematics

THE WRIGHT STUFF

On the 7th of March, Woodford's A2 Psychology students were whisked away bright and early to a television studio in Queensway for the filming of the Channel Five current affairs show, The Wright Stuff hosted by Matthew Wright.

We were welcomed with complimentary tea and coffee, and a producer explained what the topics of **the day's show would be, and asked whether we** wanted our opinion to be aired live during that episode. The panellists would be discussing: Prince **Andrew's controversial friendship with a known** paedophile, what responsibilities absent fathers have in contacting their children, whether making cigarette packaging plain would deter new smokers and what is the stigma attached to driving an automatic vehicle compared with a manual.

Woodford's Sonia Pillai was first to comment live on the show, raising the questions over what, if any, **effect the Prince's closeness to the man in question** would have on his ability to overcome his activities, leaving Matthew dumbfounded.

Panellist, *Eastenders'*, Larry Lamb was particularly impressed with Sonia and the rest of us Woodford girls and even swapped emails with a blushing Mrs Green after the show.

The show was a hotbed of quick fire debate and heated arguments, coming to a grand finale with George Michael phoning in at the last minute to air his views on driving (surprisingly!) with an automatic **and to grill Matthew about the bad press he'd** written in the past about the singer.

Larry was on the show to discuss the feelings he had about contacting his estranged daughter **who he hadn't seen in 40 years. We felt we** had informed opinions on the subject having **studied the importance of a child's attachment to** their parents at AS. At the end of the show, Larry suggested he come to Woodford to discuss his own experience of attachment, as well as his familiarity with psychoanalysis, to any budding psychologists. Needless to say we were extremely enthusiastic about the idea!



He will be at Woodford on Friday 1st of April to discuss the psychological aspects of his new autobiography *Mummy's Boy* with the Sixth Form, **so make sure you don't miss out on the** opportunity to get a first-hand experience of Psychology at work – or more importantly to meet such an iconic British celebrity! Just make **sure any questions are relevant to Larry's talk,** rather than obsessing over the gossip from Albert Square!

Catherine March

Yr 13



SILVER BADGES

At the start of the next term, our current team of silver badges will be handing over their positions to their successors. Emily Coop, Serena Bagria, Jodie Leckerman, Farzana Mannan and Nila Mahendran hand over to the new silver badge team; Kirsten Ward, Aleisha Best, Simran Channa, Mirren Johal, Divya Verma and Melody Ihuoma. Deputy Head Girl, Akta Prabhakar will hand over to Aarti Velani, and Head Girl, Inayah Zaheen will hand over to Thashmim Miah.

The Silver badges have been involved with organising key events in the school calendar such as School Birthday and Handover Assembly. Emily Coop says;

"We have enjoyed every aspect of the role, and will be sad to have to hand over. However, we are sure that the new team will serve the school well." The current Silver Badges (pictured below) have been a strong team, and we wish them well in the future.



CHARITY EVENTS

This term we have held a number of charity events to aid those in need, by donating money to worthy causes. Early this year, Highams House raised over **£400 for Barnardo's, a charity concerned with helping children in need.** The charity week kicked off with a bake sale and ended with a highly successful bazaar, in which members of all years contributed a huge variety of stalls. Members of the sixth form also offered their time to carry out tasks for staff in return for a contribution towards the cause. Friday 18th March was Red Nose Day, and girls were given the opportunity to come to school wearing red accessories, whilst donating money to Comic Relief. All in all we raised £559.31p. And finally, on Friday 25th March, a non-uniform day was held to raise money to help those affected by the Japanese earthquake and Tsunami raising £1,433.00 in total.

Well done girls!



HOLOCAUST MEMORIAL

On 26th January, the Silver Badge Team gathered with several other schools in Valentine's Park Holocaust Memorial Garden to pay their respect and remember all those who lost their lives in the holocaust. All 8 of the girls found it an incredibly moving experience, having been given the opportunity to hear from survivors. Deputy Head Girl Akta Prabhakar said, "It was cold, but we were warmed up by the unity of the community in joining together to remember the tragic stories of all those who were killed during the Holocaust."



SPRING PRODUCTION

On 10th March, Woodford County's Asian Society held their 20th Annual Spring Production; "Cruel to be kind" where talented girls from across the school acted, danced, performed and contributed to what was a stunning performance. The proceeds from the evening went to Nia Children's Foundation, a charity working with under-privileged children in Africa. All in all it proved to be a fantastic production with excellent effort from everyone involved.



A GLIMPSE OF THE BLACK FOREST

In our German lessons we learn in German about the life and culture of the people of Germany, Austria and Switzerland. Our year nine pupils have been learning about the Black Forest. They were particularly keen to learn about Black Forest Gateau, the cake which is a speciality of the area. Three of our year nine pupils have written in German about this cake, what it is made of and their own experience of it.



SCHWARZWÄLDERKIRSCHTORTE

In unseren Deutschstunden haben wir in den letzten Wochen über den Schwarzwald gelernt. Im Schwarzwald bäckt man oft Schwarzwälderkirchtorte. Leckere Schwarzwälderkirchtorten findet man oft in den vielen Konditoreien im Schwarzwald.

Schwarzwälderkirchtorte besteht hauptsächlich aus Eiern, Mehl, Butter, Zucker, Schokolade, Kirschen und Sahne.

Schwarzwälderkirchtorte schmeckt ausgezeichnet. Man isst oft Schwarzwälderkirchtorte am Nachmittag und man trinkt eine Tasse Kaffee dazu. Wenn man aber zu viel Schwarzwälderkirchtorte isst, wird man sehr dick!

Eines Montags haben wir Schwarzwälderkirchtorte in unserer Deutschstunde gegessen. Jemand hat unsere Schwarzwälderkirchtorten in South Woodford in London in England gefunden. Sie haben nach Schokolade geschmeckt. Unserer Meinung nach ist Schwarzwälderkirchtorte sehr lecker.

Von: Dayanthapriya Polenthirarajah, Abinaya Sivapalan
und Tharmaja Inparaj, Klasse 9

A NOTEWORTHY WEEK AT WOODFORD

At Woodford, as elsewhere, the last week of March brings with it the Financial Year-End. A lot of gazing into spreadsheets and grappling with numbers, putting one set of accounts to bed and getting a new budget up and running. How wonderful then, that in the midst of all this screen-gazing, Woodford should be hosting no fewer than three concerts. Music a-plenty to smooth the furrowed brow.

On Tuesday 29 March 2011 secondary school students from across the Borough sang their hearts out at the Redbridge Schools' *Singing Festival 2011*. The Festival Choir filled the school stage and the upbeat tempo set for the evening is illustrated in the songs chosen as bookends for the concert: **"Don't Stop Believin"** and **"It don't mean a thing if it ain't got that swing"**. The audience enjoyed the confident performances of four vocal soloists.

Perhaps a particular highlight was an energising rendition of **"Empire State of Mind"** by members of the Hainault Forest High School Choir.

Woodford's Spring Concert on Wednesday 30 March gave a platform to musicians throughout the school community, from those just beginning to learn to those already highly accomplished in their craft. **The Folk Group's performance of a** traditional medley of songs was polished and very warmly received by an audience of students, teachers and parents. A focus of the concert was student composition and new works for vocals, for keyboard and for strings, had their debut.

The finale to this very musical week will be a performance this evening (1 April 2011) by the Redbridge Symphony Orchestra including Symphony N°5 by Shostakovich. A challenging piece for any orchestra and a dramatic finale to an exhilarating musical programme at Woodford this week.



Ms Jo Pomeroy
Headteacher