

WOODFORD COUNTY HIGH NEWSLETTER



Issue No 17 March 2016

Headlines

In 1956 the new Queen's consort – Philip, Duke of Edinburgh – launched what was then a revolutionary project for young people: the award scheme that shares his own title. What he imagined would be its life span is not given to us to know, but the fact is that today, 60 years later, the D of E Scheme as it is familiarly called, continues to flourish. Its purpose was and is to encourage and stimulate young people to undertake activities and challenges that will extend them – physically, of course, and indeed mentally, but also extend them as *people* by putting them in touch with aspects of experience which might otherwise have remained a closed book to them. Although I don't think it advertises itself in any way as an educational organisation, that goal of extension - of enabling young people to discover and broaden previously unsuspected capabilities within themselves - is very much in line with what we as formal educators should always be seeking to achieve.

In this its 60th ("Diamond") anniversary year the D of E is promoting a wide range of special projects and challenges which you will find set out in detail on its website (www.dofe.org). Some of you may know people who are involving themselves in these – indeed, you yourself may already be taking part. Within this very school a group of staff are undertaking the 3 Peaks Challenge, a fundraising event which will entail scaling and travelling between the three highest peaks in Yorkshire to a very tight schedule, thereby raising money to fund disadvantaged young people in projects of their own.

One of the great things about the Duke of Edinburgh Awards is that they provide a structure for challenge, but one within which the particular challenges are not prescribed. The emphasis is always on encouraging young people to devise and plan adventures of their own, which of course is an extra form of extension in itself. In the end it makes little difference whether the new targets and experiences you set yourself to encompass are followed through under the umbrella of some existing organisation or entirely on your own initiative. What matters is the extension itself – the appetite to discover and fulfil your potential in ever-diversifying ways.

Dare I suggest, just informally, that between now and, let's say, the end of the summer, each one of us might care to come up with (and then of course execute!) some form of activity that tests us out on unfamiliar territory. I have my project already in mind.

Not that we are short of extension or challenge in our daily lives here in school - the pages of this very newsletter testify to that each and every term. Whether it's a master class in Chinese cookery, designing our Safer Internet Day activities, representing the school (spectacularly effectively) at the Model United Nations or in the Talent 2030 Engineering Challenge, interviewing prospective teachers, designing new student washrooms or exhibiting a STEM project at the Big Bang Fair in Birmingham, girls have demonstrated their creativity, focus and perseverance over and over again this term. In the younger years take-up of after school activities has been strong. Again everyone in year 8 has learned to play trumpet or trombone and by the end of the year, will have performed in public. New peer leadership initiatives (*Childnet Digital Leaders*, *Free the Children* and *Fearless Futures*) are paying dividends both in terms of the confidence of the participants and the impact of the interventions they have undertaken. And I continue to be impressed every year by the innovation, enterprise and active participation showcased in the applications we process each year for university places.

You can read about all these events, and others besides, in the pages of this second newsletter of the year. As the term comes to an end I congratulate everyone on their undertakings and their achievements and I wish your daughters and yourselves a happy, restful and (let's hope) sunny Spring holiday.



Ms Jo Pomeroy
Headteacher



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On 9th March, 20 of Woodford's Free the Children Ambassadors attended *We Day* at Wembley Arena. The event is a celebration of youth making a difference in their local and global communities. With a combination of musical performances and inspirational speeches, *We Day* was the kick-start to a new year of social change.

You cannot buy a ticket to *We Day*.

To be given Woodford's first ever *We Day* tickets, we had to implement one Global Change and one Local Change. Our 'We Are Rafiki' and 'We Won't Rest' campaigns were what gave us this amazing opportunity

The trek to Wembley Arena was in itself an experience. Having to cram ourselves on the Jubilee Line at morning peak time made the event a whole new level of reward. On arriving at Wembley, we found ourselves in a mass of other students (considerably younger than us), who were also attending the event...nothing could have prepared us for that little glimpse of Joe Jonas in and amongst the sea of attendees.

Our anticipation was broken by the booming opening act of Labyrinth, who opened the show with "Let it be". The day progressed with various speeches on how social change touches everyone, along with interludes of musical performances and impromptu dancing.

The speakers consisted of Spencer West, who climbed Mount Kilimanjaro without legs, Rita Ora, who discussed our intolerance to immigration and how islamophobia is on the rise, and also a young speaker suffering from EB (a severe skin condition, limiting her everyday actions), who emphasised how social change can't be done alone. Princess Beatrice and Professor Brian Cox also attended to encourage and inspire young people to make a difference in the world we live in.

We were treated to an array of musical acts, from Fleur East to Darren Criss with gospel group Revelation Avenue. A crowd favourite was Nico and Vinz with their hit 'Am I Wrong'.

But unlike many showcases, *We Day* took us on a journey from Me... to We.

Overall, the day was not only incredibly fun but has jumpstarted a new year in social change. We have learnt that young people, like ourselves, have the capability to improve our world and that obstacles can always be overcome with determination and hope it all starts with an idea.



Tatjana Mandil 12 JS and Vidya Divakaran 10W

BRAIN Day

On 23rd February this year, Year Twelve Psychology students were welcomed to a fascinating and thought-provoking insight into the workings of the human brain in an event called "Brain Day", led by none other than Doctor Guy Sutton. A specialist in neuroscience Doctor Sutton's prime focus of interest, are neuropathology and the genetics of neurodevelopment. He is director of MBI (Medical Biology Interactive) and an Honorary Lecturer at the University of Nottingham Medical School. His passion for his work is translated through the numerous projects and accomplishments achieved, including data analysis for organisations such as the Department of Health and the Medical Research Council, and being an associate tutor for educational trusts and organisations, such as Villiers Park Educational Trust, Cambridge. He has made appearances on television, radio and at international conferences, in which he presented findings on the theoretical and clinical aspects of his research.

So, why is "Brain Day" so important? The brain is not only an extraordinary organ, but arguably one of the most intricate structures on planet Earth, naturally leading it to be an object of timeless biological and psychological research and focus. In recent history alone, there have been incredible advances in our understanding of the mechanisms of the human brain, in addition to neuroscience as a whole. Neuroscience is also an important component of many degree courses including, medicine, psychology, biology biochemistry, dentistry neuroscience and pharmacy. "Brain Day" gave students a small insight into all of these components.

The actual day itself consisted of a half-day presentation/tutorial in which Sutton and students explored some key areas of neuroscience, for example, how the mammalian brain works, fundamental principles of neuroanatomy and brain function, brain damage and degeneration, the effects of alcohol and cocaine on nerve cells and behaviour and the working brain. Most memorably Sutton carried out a sheep brain dissection, showing all the major parts of the brain, which in turn gave students a rare chance to see and touch an actual sheep's brain!

The expertise provided by Dr Guy Sutton paired with the undeniable enthusiasm and interest from participating students made "Brain Day" a huge success and overall an event that students won't forget!

Helena Belcastro-Wickett A Level Psychology Student

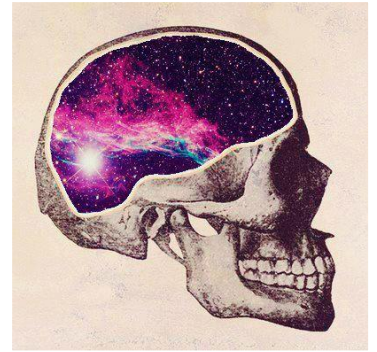


Our Psychology Club

Psychology Club takes place every Monday lunchtime at 1:30pm in the main library. Most of our sessions consist of laughter, psychotic episodes and just a rollercoaster of emotions.

The topics we have already discussed and gained more insight into include 'Psychopaths and Sociopaths', 'Dreams and their meanings', 'Lying and how to know when someone is lying', 'The left and right side of our brains' and 'Emotions and why we cry'. Watch out for psychopaths and sociopaths lurking around our school because we had some girls at our club who demonstrated characteristics!

If you feel that you have missed out on these topics, don't worry. Just pop along to our next session and get psyched with the other girls!



Our upcoming topics include 'Beauty and the brain', 'Inkblot tests' and 'Psychological drugs- both good and bad'. Did you know that physical appearance alters the way our brain and mind reacts to people and situations? Does this mean that we can measure physical attractiveness? Come along to find out!

Nishany Shanthakumar – A Level Psychology Student

Chance to Shine



Eleven years ago Ashes fever gripped the nation, but in state schools cricket was dying out. Over the past few decades there had been a shift in *who* played cricket - suddenly it was, near enough, *an* exclusive, club-only sport! Hard to comprehend, seeing as some of the greatest international cricketers have their roots buried in the lowest of socio-economic backgrounds. In countries such as Pakistan and India cricket is played on the streets with next to nothing but love for the game.

Following on from this notable change in attitudes, **Chance to Shine** <http://www.chancetoshine.org/> set a target to reach 2 million boys and girls with cricket. Eleven years on and the initiative has sparked new passions for cricket in over three million individuals across England! To celebrate this milestone, Samantha Cameron hosted an evening reception for supporters and participants of the initiative, where she and an England fast bowler spoke of the importance of cricket in teaching young people to be strong leaders, to develop teamwork skills and become all round resilient individuals. As someone who has been part of this initiative I was delighted to get the chance to go to Downing Street for this event.

Hajarah Chaudhry 13BQ

Ada Lovelace Competition



I recently took part in the 'Ada Lovelace Competition' run by The National Museum of Computing. Ada Lovelace wrote the

very first computer program long before computers were actually built, her understanding of computing remained unparalleled for 100 years. The competition, marking the 200th anniversary of the birth of Ada, invited girls with an interest in computing to explain what they think would fascinate Ada Lovelace about 21st century technology. I addressed the ways in which our lives have been revolutionised through communication and the development of mobile phones, while also discussing the scope of emerging technologies in medicine such as high tech sensors and robot assisted minimally invasive surgery. Innovation in car technology has also been incredibly influential, ranging from in-vehicle technology such as navigation and entertainment systems to the potential of self-driving cars. Coming third in the competition, I won a tablet, Ada Lovelace books, and a visit to The National Museum of Computing, which holds the world's largest collection of functional historic computers, including the first electronic computer and the oldest working digital computer.

Mathusha Mohan 13SDO

Library News

The Library is a busy place at the best of times but we have reached new levels of activity this term. Enduring events include the Reading the World Project; further IT upgrades and new furniture installed over the holidays; and the Redbridge Book Awards are still going strong. Please note that the Awards Ceremony is being held on Thursday 7th July – this date does coincide with Eid but I am hoping that all those wishing to attend will do so. The students participating are very keen to meet and quiz the authors they have judged outstanding from this year's shortlist.

Finally, as part of the English Enrichment Programme, numerous Departments are working together to bring to you: Shakespeare's 400th Birthday. Look out for advertising throughout the school and in the bulletin in the Summer Term, but to get ahead why not create your Shakespearian costume over the holidays.

Have a very happy Easter holiday.

Mrs Horn, Librarian

Talent 2030 National Engineering Competition for Girls

Upon hearing about the 'Talent 2030 National Engineering Competition for Girls', we were up for the challenge. The competition required us to find or discuss potential solutions to an engineering problem of the 21st Century.



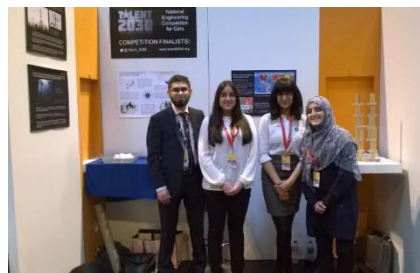
The following three months saw our project begin to take form. By the end of the academic year, we submitted our entry, The Lotus Project, detailing our plans for a floating city to combat the ever-growing problem of over population. The New Year began with the anticipation for the results. First came the email informing us that our project had been shortlisted out of over 150 entries. As joyous as we were, we were still awaiting the final results.

During the half term, after a technical difficulty that caused the results to be delayed, we received the announcement that we had been selected as the runner-up for the 17-18 age category.

Far from it being over, we now began our preparations for our exhibition at the Big Bang Fair in Birmingham on the 19th of March. This involved designing and creating high-quality posters explaining our project in brief. However, the most distinctive aspect of our exhibition was the 3D printed model of The Lotus. This proved to be popular amongst the Big Bang Fair attendees, especially the numerous children who were fascinated by the floating model.



The day of the Big Bang Fair was an eventful one, wherein we had the opportunity to roam around the other stalls that occupied the vast complex of the NEC. These included exhibitions held by organisations such as, Rolls-Royce, BAE Systems and the BBC, as well as universities (Warwick, Coventry and Manchester).



As enjoyable as this was, the most rewarding part of the day was being able to showcase our own thoughts and ideas in the form of our project.

It was also really encouraging to hear the very positive feedback from professionals in the field who admired the engineering potential our project displayed. The fair was a great success and thanks to Dr. Ashraff for accompanying us.

The day progressed with numerous explanations of our project, many of which ran our throats dry, and culminated in us receiving our certificates and prize money from respected female engineers. The whole process was very insightful and gave us an opportunity to further our interest in engineering, proving that girls are fully capable of achieving success in STEM fields.

Tatjana, Suhaa and Aamina Yr12

Sustainability project

On Friday 26th of February, 20 Year 9 students had the opportunity to work with University College London in trialling a new sustainability activity. The girls were split into 4 teams and each team was responsible for running a successful company. The success of each company depended on the energy decisions made by the students. Students made a series of decisions regarding their firm's energy consumption and had to carefully consider the financial, social and environmental impact of each decision. After each round of decisions, the girls made presentations to justify why they chose particular energy sources and the consequences of their decisions. The girls showed an excellent awareness of causes of global warming and offered insightful ideas on how businesses and consumers can work together to encourage sustainable development. It is clear that Woodford girls are passionate about protecting the environment and understand the importance of preserving our planet's scarce resources for generations to come.

Mr Donohue, Economic Department

Year Eight Students Visit the Globe Theatre



On the 26th of February, the whole of Year 8 attended a matinee performance of *Twelfth Night* at the Globe Theatre as part of the *Playing Shakespeare* 2016 project. This year celebrates a decade of *Playing Shakespeare*, one of the longest running education projects in the UK. Unlike other performances of Shakespeare's plays at the Globe, *Playing Shakespeare* is the Globe Education's project for London schools designed especially for secondary students to support their study of Shakespeare at KS3 and GCSE level.

All Year 8 students attended the visit, and we are immensely proud of their exceptionally advanced appreciation of the Globe and the performance of *Twelfth Night*. As they entered the venue, they were quick to note the advantages of watching the play in a modern reconstruction of Shakespeare's Globe built on the site of the original theatre. As Sarayu Bacchu observed, 'Watching the play in an open-roofed theatre was really enjoyable because there was natural lighting and we got the chance to see how plays used to be performed in the Elizabethan time period.' Sayini Sutharsan agreed, echoing the opinions of other students when she said, 'This fun and educational experience transported us to the time Shakespeare lived in.'

120 Woodford girls and 8 members of staff – seated in the theatre's middle gallery – were fully immersed in the thrilling 100-minute performance of the play. Mature in reflecting on their experiences of the play, Y8 students praised the high quality of the performance and recognised what made the play so special. '*Twelfth Night* was a well-adapted play, with different genres combined together, using comedy from modern-day life, which made it more enjoyable, and easier to understand,' said Avneet Hunjan-Kalsi. Nusrat Razzaque added that 'the play was well-presented and humorous, even though the language was complex. The actors made the story fun to follow, and they incorporated current trends into it.'

Acting was also discussed amongst the students, with Muntashera Uddin stating that 'the actress who played Viola was very good as she portrayed her character's two faces extremely well.' Similarly, other students found acting and the innovative use of props exciting. Jashmiga Mohan commented on how the actors 'used the big box in the middle as different things such as a boat, a jail and an entrance at different times' effectively.

On the whole, there was a very positive reaction to the play, and we hope that we shall continue the visits to the Globe in future years as it is an invaluable opportunity to widen our students' appreciation and enjoyment of Shakespeare's work.

Ms J Starcevic, English Department

The Spring Production



This year's Spring Production was *Bandhan*, a tale of "the power of friendship, passion and emotion". It was certainly an emotional rollercoaster of music and dancing, interspersed with humorous and touching dialogue sections delivered with consummate timing by Sayakki Pransveswaran, Eunice Sarpong, Eugenia Sarpong and Zibad Javed.

A huge variety of talent was on display this year. Not only did we witness the aforementioned acting, but there were solo singing performances and dancing displays that encompassed many genres – Classical, Hindi, Street and Stomp, Contemporary and many others. All those weeks of practising and rehearsing really paid off in a night of dazzling display. The audience's senses were assaulted by sounds, lights and colours that made for a night of truly memorable entertainment.

Many girls put in a great deal of effort to make such a professional display possible, but congratulations must go to Maeha Patel and Sheena Shah. Their efforts were truly gargantuan and they did well, at times, to hang on to their sanity as they attempted to organise, choreograph, write, perform and direct! They appear to have survived the experience and I am sure it will stand them in great stead in the future. Well done to one and all!

Mr Jenkins, Deputy Head Teacher



The ROYAL
SOCIETY of
MEDICINE

Medical Careers Day: So you want to be a doctor?

On Monday the 29th of February, Woodford County's very own prospective medical applicants in Year 12 made their way to the Royal Society of Medicine in London to attend a conference that hopefully, for many, helped cement their decision to go ahead and apply for Medicine in October. Over 300 students from across London and the south east were present for what promised to be a very interesting event. A camera crew from ITN was also present to film aspects of the day as part of the Royal Society's aim to encourage people from a wider variety of backgrounds to consider a career in Medicine.

The day commenced with a welcome address from Professor John Betteridge, Dean Emeritus of the Royal Society of Medicine, a highly regarded man in his field of expertise.

The morning session consisted of a series of talks from doctors, admissions tutors and other career professionals. Their advice ranged from providing the best tips for medical school applicants wishing to make a competitive application and land that very important interview, to tackling the BMAT and UKCAT and making that great first impression in a medical interview to maximise the chances of getting a place- instead of the 10 other people that all medical applicants will be going up against. There was also practical advice on how to get the right work experience and make the most of it so that it can be used to an applicant's advantage in various sections of the application.

In the afternoon, the future medical applicants were addressed by a current medical student, lecturers and even more doctors on how to choose the right medical school to suit them and what the 5-6 years medicine course and the training foundation years entail. We then were very lucky to have the opportunity to hear first- hand insights into the lives of a series of professionals such as general practitioners, consultants and surgeons. For many of the attendees, this was a real eye opener into the job of a doctor and an honest description of what their very own lives might look like one day in the many years to come - that is providing they paid attention to all the helpful advice on how to make a successful application and they have what it takes to become a great doctor.

Gabriele Kurpyte 12LA

UKMT Team Maths Challenge



We (Deborah 9H, Janusha 9N, Hanisha 8R and Sofea 8R) recently represented our school at the UKMT Team Maths Challenge Regional Final at Bancroft's School on Tuesday 15th March.

We competed in four rounds. In the first round, we were given some really difficult word problems to solve as a team. The next two rounds (Cross-number and Shuttle) were completed in two pairs and we did much better, beating our previous scores. The last round was Relay, in which we took it in turns to solve problems and run to the other pair to deliver the next problem. This round involves lots of fun and excitement.

The tension whilst we waited for the final results was palpable. We were nervous to find out what position we had gained. We were surprised and overjoyed to find out that we came fifth out of twenty nine participating schools across Essex.

It was a whole day of challenging, yet enjoyable experience that we are all proud to be involved in! We would like to give our kindest gratitude to Ms. Yang for providing us with the opportunity of attending this great event. We look forward to next year's competition and hope we will do even better!

Sofea and Hanisha 8R

Inter-House Quiz

Years 7, 8, and 9 took part in the Inter-House Quiz on 22nd March 2016. In teams of 6, two from each Year Group, students answered 90 General Knowledge questions. Congratulations to the top team Newton 6 and Repton 11 who scored 67 out of a possible 90 points. Repton House were victorious with a total of 876 out of a possible 1350 points.

Mr. Becket, on behalf of the House Heads



Free the Children: We Bake for Change

This February, a group of students from Y7-11 came together to carry out the 'We Bake for Change' campaign. This global campaign aimed to raise money and awareness for the families that live in developing countries all around the world. To fundraise, we had various ideas, including a bake sale where we sold a large amount of goodies whipped up by the keen chefs in our team, after school one Tuesday. These goodies included brownies, millionaire's shortbread, carrot cake, cupcakes, lemon drizzle cake and cookies. We had previously been planning to sell them both at break and lunch but they proved so popular that by the end of break, we had sold out!

We also decided to run a raffle alongside our bake sale and the prize was a huge and impressive hamper for one very lucky winner to receive.



The hamper contained an array of baking supplies and equipment with the idea that we would be passing on the resources to someone else so that they could continue the campaign even further, instead of it just stopping there.

The timing of the bake sale meant that Mother's day was fast approaching, so we set about creating the 'perfect' mother's day

gift to sell alongside the delicious cakes at the bake sale. We came up with 'Cookies in a jar' mix; we layered up jars with all of the dry ingredients needed to bake cookies. The first batch sold like hot-cakes, we ran out in just 2 minutes so our team got back together to make some more to sell again next day. We also held a 'Guess how many cookies in the jar' for people to put their estimating skills to the test!

Overall, we raised £353.60 through the campaign to give to go to Free the Children. This is an amazing amount that will go towards making better lives for families living in developing countries. It was a very fulfilling experience coming together with other like-minded people in different year groups to do something charitable. In the meantime, we also had a lot of fun, baking after school and selling products that we had proudly made ourselves. I would definitely love to continue to be involved in more campaigns in the future!

Ella Conlon-Murphy 9H

Voluntary Service

As part of the Year 12 curriculum, it is required of students to undergo a minimum of 20 hours of voluntary service. Placements are intended to encourage students to get more involved with the local community, as well as developing soft skills such as empathy and communication, which will be invaluable in any chosen area once we leave Woodford.

For my voluntary placement, I have been visiting a unit for people with mental health issues who need a support system. It is for those who are unable to fully support themselves in their own accommodation but not so unwell that hospitalisation is necessary. During my time there I have been getting to know the residents a little better, whilst also gaining a more comprehensive understanding about the expectations of staff working in care homes. It turns out that this is a great deal! From making meals for the residents, to simply being there as a figure of psychological support, the staff at the unit really are incredible in the variety of roles that they satisfy.

Moreover, by being there students gain a greater appreciation for the difference in the roles of doctors and care providers. It is sometimes easy to blur the expected roles of these two professions together since they are both involved with the diagnosis and care of patients with mental health needs. However, there is also a fundamentally holistic element involved in their care. Being exposed to this group and the care they receive has enabled me to see past the stigma of mental illness and its treatment.

My experience through volunteering has been an enriching one, enabling me to develop more as an individual whilst improving my communication skills and empathy. I encourage anyone who has the opportunity to volunteer to invest the time and effort because the rewards of such a placement really are unique!



Rojah Thayabaran 12JMc



Fearless Futures Update



Over an 8 week period, 12 students from Year 10 were lucky enough to participate in a programme called *Fearless Futures*. The organisation consists of a team of 'inspiring, passionate and innovative people committed to a gender equal future'.

During the sessions with our 'trailblazer' Dulcie, we discussed topics such as gender stereotypes, appreciating yourself for who and what you are, building confidence, discrimination, sisterhood and the ways in which women are treated in our society. It was helpful to have other girls in my year group with me; as we grew in confidence and got to know each other better everyone became more open about their opinions and more confident to stand up for what they believe in.

We worked together as a whole team, as well as in pairs or small groups. This allowed us to talk freely, to someone we may not usually talk to, and create extraordinary posters by combining all of our thoughts, feelings and opinions. Together we came up with some ideas and strategies to share with others and use in our own lives to tackle prominent issues such as 'gender norms'.



The best part of this experience for me was the Year 8 workshop. As a group, we had independently to plan a 90 minute workshop for 24 Year 8 students explaining everything we'd learnt in the past 6 weeks. We had to decide what we would talk about, how we would do it and how long we would spend on each topic. I took on the role of introducing the workshop along with a few other students. It may not seem like the most significant role, but I was extremely nervous, talking to nearly a whole class. However, with the help of my new friends and our 'trailblazer', Dulcie, I was confident enough to speak to them.



At the beginning, we had a 'relay race', asking the students to write down as many gender stereotypes as they could think of. I think the students surprised themselves with how many ideas they came up with and this helped them realise that they had more opinions they could share. We also discussed potential solutions to overcome the stereotypes. We also looked at how women are portrayed and treated in the media. We took part in an activity to help appreciate yourself and others. As the workshop ended everyone seemed happier, wiser and most importantly more confident.

My experience of 'Fearless Futures' was amazing. I strongly believe that this helped me develop my confidence and have the courage to be myself; I now see that the possibilities for me are endless and that I am capable of anything. Talking to other people who share the same concerns and fears, really helped to conquer my shyness and realise that I am not alone. The topic I learned most about was gender stereotypes in society, the world of work and among young people. Talking about topics like this really expanded my knowledge of how other people view men and women in the society. This inspired me to try to challenge these stereotypes and has inspired me to look into the construction industry.

Overall, Fearless Futures has made me into the person I am now – stronger, brighter, wiser and much more confident.

Zara Ali 10N



Free the Children: We Won't Rest

The 'We Won't Rest' campaign that I was a part of was oriented around dissociating homeless people from the stereotypes that many people believe, and acknowledging that giving to the homeless is important all year round. This campaign took place in the month of January, one of the coldest months of the year, but also straight after Christmas, a time when most of us stop to think about those less fortunate. Our team wanted to emphasise that helping others should be just as important outside of the holiday season.



Our main goals were to a) experience the struggles homeless people face daily to encourage us to empathise with them and enhance learning experience through practical application b) spread awareness of homelessness and the shocking statistics, encouraging others to see homeless people in a new light, and c) provide aid to local



people in need. Homelessness is something that is an underlying problem in every community, and to help ours, all donations were given to Redbridge Assessment Charity (formerly the Redbridge Night Centre) in Ilford. We raised £231.19 through a 3 hour sponsored 'camp out' on our school's front lawn in very cold weather, and collected bags upon bags of warm winter clothing and toiletries for the shelter, who were delighted to receive them.



Our group was made up of girls from Year 7 through to Year 12, which provided a really insightful and enjoyable experience, as I met students I wouldn't have outside of this situation. The younger girls gave form assemblies to students much older than themselves, developing social and public speaking skills. This experience was as educationally beneficially for us as it was a project to help others.



Personally, from this experience, the most valuable lesson I have learnt is how hard it is for homeless people, especially in the cold British winter. The cold, which we sat in for only 3 hours, compared to the 24 hour struggle of others, was unbearable - my feet were frozen by the end. Whilst we had the company of each other to enjoy, homeless people sit on the edges of streets, largely ignored by the passing public, with only themselves for company. I also learnt the valuable lesson of working with others and preparing to speak about a cause to others, lessons that will benefit me now and beyond life at Woodford.

Zahra Rashid, 11N

Model United Nations



Saturday 12th March was quite a thrilling day for me and my several companions; Zahra Rashid, Husna Memon, Ashley Singh, Ananya Ambekar, Aamena Patel and Hanna Procter. We all ventured into North London, Highgate Wood School to attend the North London Model United Nations conference, an area completely out of our comfort zone and our own knowledge. It proved, however to be a successful day. The morning started off with a mixture of excitement, awe and mainly nervousness. Over 5 schools had gathered in Highgate Wood's assembly hall. The atmosphere was tense with students analysing each other and one fatal slip or fall potentially leaving the wrong impression on your competitors. Once we had sat down Patrick Cozier (Highgate Wood School Headteacher) and Catherine West (Member of Parliament for Hornsey and Wood Green) gave inspirational speeches on the refugee crisis and showed a moving video on the work of the UNHCR I found it extremely difficult to hold back my tears. After the assembly I separated from my companions to travel to a new room with my assigned committee, with completely different candidates. I found it difficult to adopt the formalities required when debating in a Model UN style such as understanding the difference between a moderated and unmoderated caucus however I believe my companions and I persevered and were able to draft witty and constructive answers. We found ourselves able to deliver and respond to positive criticism in the short time we had. I learned that I needed to be quick on my feet and even during the lunch break I was urged to work on my competitors and to formulate alliances. Model UN, I learned, is not about being able to deliver and memorise as much information as you possibly can. Research and knowledge played a minor role in drafting up a resolution to addressing problems from the refugee crisis. Model UN is really about your ability to work with new people, use positive criticism and

employ persuasive techniques to reach a solution you believe in. This is what every one of us took on board and it is what enabled my companion and I to walk away at the end of the day holding the 'Secretary General' Award which is given to the school judged to be superior in all the debates.

Namra Din 11N

Inter-house Dance

This year's Inter-house Dance competition was organised by the Nepal Expedition Team, to raise funds for the project phase of the trip this summer.



Students were set the task of choreographing and rehearsing a dance to a song by an assigned artist, to perform only a few weeks later. The dances were all of a very high standard, better than some professionals, according to one of our judges and for the very first time the competition saw solo and duet performances by girls in Year 7! The Nepal Team would like to thank all the staff who supported the event, especially Miss Keeling and Miss Patel for their constant help in ensuring Inter-house Dance was a huge success.

Aarti and Zaynab 11H

Woodford Wired

The start of this academic year saw the introduction of Woodford's very own online magazine, Woodford Wired. The participants of the weekly Magazine Club have worked tirelessly to produce articles covering a range of topics, including Student Life, Creative Writing and Fashion and Beauty. Articles have been checked by an eagle-eyed group of editors who work to ensure the articles published are the best that they can be. Whether you're in the mood for some movie reviews or something more hard-hitting, Woodford Wired Magazine is guaranteed to have something to suit everyone. To access our online magazine, go to the English room on Fronter and click on the Woodford Wired link. I hope you enjoy it!

Aamina Shah 12GB

GCSE Food Technology Chinese Cookery Lesson

Recently, we had the opportunity to have our food tech lesson run by three chefs from the Ming Ai Institute. But before we could start cooking, the chef delivered a fascinating presentation on the basics of the Chinese culture and cuisine. He tested our knowledge of the culture as well as introducing us to a wider range of Chinese dishes and cooking methods, and made us more aware of the great variety within the cuisine, which has become increasingly popular in our culture.



We were introduced to the different cooking methods used to prepare famous Chinese dishes such as dumplings and stir fry noodles, and the main dishes

cooked at famous Chinese celebrations and festivals. However, the focal point of her presentation, as well as of the whole session overall, was to show the importance of sauces in Chinese cooking and how much they simplify the dishes. What was most fascinating to learn about, however, was how Oyster Sauce, like many other influential inventions, was found by accident, and how this has become one of the most important sauces in Chinese cooking.

Using this sauce along with the classic Black Bean sauce, we prepared an easy stir-fry, Black Bean Chicken composed of mainly chicken. The dish was a rather simple recipe to follow, but one with great taste and full of vibrant colours. The black beans from the black bean chicken sauce gave the chicken a wonderfully nutty taste. One of the best aspects of the dish was that it could be adapted to many different peoples' needs because you can make it with tofu as a vegetarian dish! It can also be adapted to your own requirements in terms of the seasoning or dietary needs. What's more, the dish can easily be accompanied with rice or some sautéed vegetables to enjoy with your family and friends. The three "Healthy Chinese" ambassadors also demonstrated how simple Chinese food is to prepare, and how the dishes can be adapted to be both tasty and healthy.

Sargun Sareen 11W & Mahrukh Nisar 11W

Swedish delegation explore play based learning at Woodford

Following the successful INTEL Summit event hosted in December, news of Woodford's play based Computing had spread and further



international connections have been forged as we had the pleasure of receiving a group of Swedish delegates from Molndal and Gothenburg at the start of this term in January. Our visitors were from various educational backgrounds ranging from Primary school teachers, secondary school teachers, network administrators to middle leaders and head teachers. The purpose of the visit was to observe how Computing was being delivered in Secondary schools in London – in particular our play-based approach which encourages students to explore, create and innovate.

The visitors were pleasantly surprised at how a relaxed and open approach to a subject that is based on logical and computational thinking, application of



rules and precision, could help students learn. A group of Year 7 girls took part in the workshop that was focused on Networks and as part of the play based aspect the use of 3D Doodlers was incorporated in to the exercise.

Our visitors were very pleased with the day programme and were very much inspired by the teaching and learning pedagogies observed. Key focus areas were computational thinking unplugged activities and visual programming, all of which they planned to take back to Sweden and share with their institutes.

It was a pleasure to be able to have the opportunity to work with and inspire colleagues in education from Sweden and we look forward to working collaboratively to support them in achieving their aim.

Ms Nazneen Chadee, Head of Computing

Childnet Digital Leaders: Update

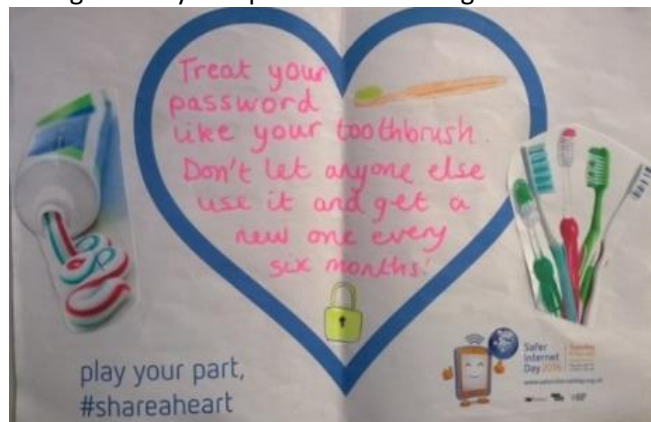
Today we have the world compressed into a six inch screen. The internet. Twenty years ago the internet was a privilege that could be retrieved after at least ten minutes of buzzing from the dial-up modem. Now it's a necessity at our fingertips which we use every



day. Since November last year, a handful of Woodford girls have been completing the Childnet training to become

qualified digital leaders. Four months ago, we expected typical sessions which repeated the 'don't talk to strangers online' and 'don't hand out personal information like chewing gum' – things we had heard countless times before. However, Childnet recognised this and educated us about the optimistic aspects, how to create a kinder internet while schooling us about how we should respond to concerns from our peers.

Having recently completed our training we are excited



to show the school what we have learnt with plans of using programming to showcase our advice.

Woodford celebrated Safer Internet Day (SID) on the 9th of February and it was the Childnet team's responsibility to plan activities for the day to pass on what we have learnt.

Our planning started a couple of weeks prior to SID with a webinar with other schools also enrolled on the digital leader program. We had some ideas ourselves but were inspired by the plans other schools shared with us.

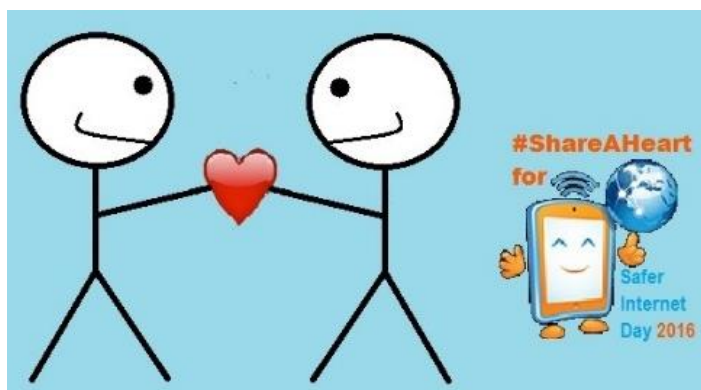
At the start of the day, computers across the school had a new desktop background promoting SID. During PSHCE our goal was to enlighten our fellow students about the positives of the internet as well as the online risks that could be faced. We threw ourselves into the #shareaheart campaign as it allowed us to easily get our message across in a way everyone could understand; we had students design their own #shareaheart poster and got them to engage in class activities, discussions and debates about 'the good, the bad and the ugly' internet .



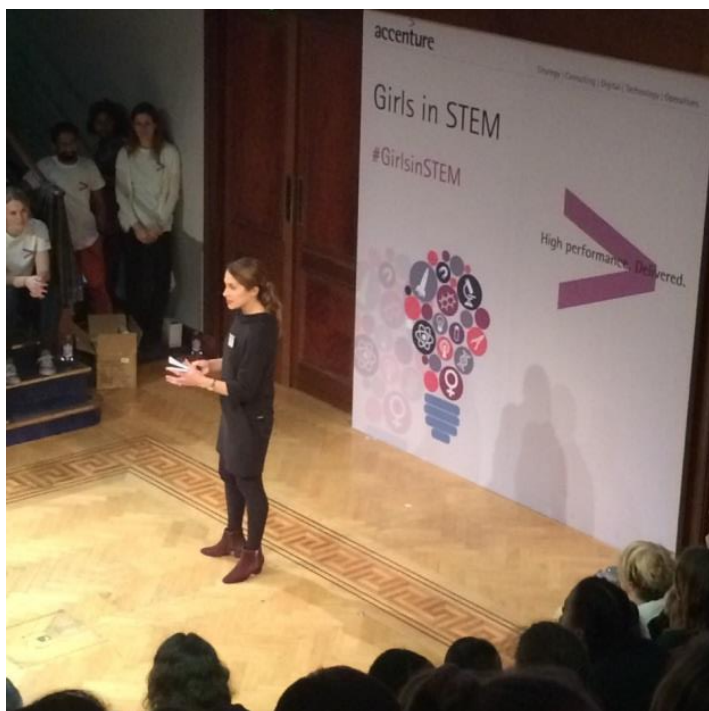
After the school day ended, five of us headed up to the school library for another webinar this time talking about how to protect yourself from online risks like cyberbullying and viruses with other schools from the borough and two metropolitan police officers. It was certainly a new experience and it was a privilege to be a part of it.

After having this training, planning a lesson for my peers and attending two webinars I can certainly say that being a digital leader has taught me a lot. Not only about the internet, but it has helped me develop my presentation skills and I have learnt how to engage people as well as help and support them. I am very excited for what is still to come.

Arighni Ghosh 10R



GI STEM 2016



As part of the national initiative to involve girls in STEM subjects (Science, Technology, Engineering and Maths), 15 Year 9 girls were privileged to be invited to attend the South East GI STEM Event 2016 at the Royal Institute in central London on Thursday 28th January.



It was an eventful day! It commenced with exploring some of the latest digital devices in the innovation lounge. The Samsung Gear VR was a popular stop. The girls (and accompanying staff!) experienced entering various virtual reality worlds - encountering the Incredibles, going on scenic drives and walking on the moon...all feedback was nothing but positive and full of amazement!

The event was the largest technology event for girls in the South East as part of a series of events aimed to support the interest of STEM amongst school girls aged 11-15 years.



The girls had the opportunity to participate in a combination of inspiring sessions from industry experts, interactive workshops and group activities. Through the activities and being able to speak to female representatives they explored the value of STEM careers to be inspired in to being the future female leaders of tomorrow.

It was an exciting, inspirational and insightful day which all of the girls thoroughly enjoyed!

Ms Nazneen Chadee
Head of Computing

The Visit of The Visit: A-Level German Class Visit King's College London

On the 9th March 2015, the A2 German students were fortunate enough to visit the German Department of King's College London to watch the German



Society's annual play. This year it was incredibly exciting that the production was "Der Besuch der alten Dame" (The Visit) by Friedrich Dürrenmatt, the play that we are studying as part of our course! Prior to the play, we attended a lecture on the play and a translation workshop. Although the lecturer, Dr Richard McClelland, shared many of our views on the play, we still gained an insight into new perspectives including contextual influences and hidden meanings behind certain quotations, which are now firmly engraved in our minds! The translation workshop consisted of a few challenges, particularly trying to find direct interpretations of small words in German with no exact equivalents in English. However the more we got into it and adding in our own words (which interestingly varied amongst fellow German students), the easier it became to figure out the key concept and understand the text!

The highlight of the event was the evening performance. At first mesmerised by the bold performances of the talented cast, we then switched to focussing on the details, such as props, simple stage directions and lighting that the actors had paid attention to and wondered why they had been manipulated in this way. What did they wish to show? Why this method? Is there a link? These are the questions that are still floating in our minds as we continue to add to our analysis of "Der Besuch", now having a handy visual adaptation to extend our views. It is fair to say that the entire group enjoyed the evening thoroughly and several of us are now even more keen to join the German societies of our university destinations and perhaps put on our own versions of Dürrenmatt's work in the near future!

Abhirame Bavaharan 13KE

A leap of faith - team building at Stubbers

On Friday 18th March, Woodford's newly elected Silver Badge team enjoyed a fun-filled day of activities at Stubbers Activity and Adventure



Centre. The grey weather did nothing to dampen the girls' spirits and they were full of anticipation about the day ahead. The morning was spent participating in a range of team building activities, and after a lot of talking, the team got things underway with their first challenge – moving a pile of tyres from one pillar to another. Rather more complicated than it sounds, the Silver Badges rose to the occasion, even insisting that they try it again so as to improve upon their previous time. Communication was key and will certainly set the girls in good stead for working together as a team in the near future. Following this, the

girls had to put their trust in each other to ensure that they got every one of the team over a wall. Once again, the girls succeeded,



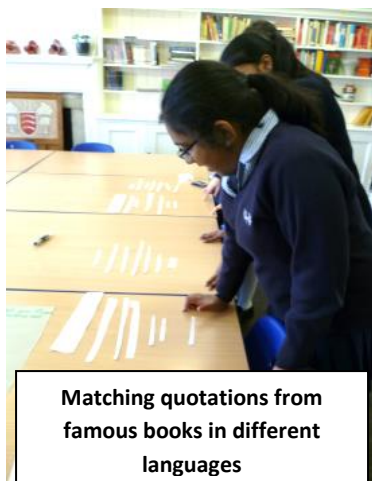
even deciding to then take on another wall which was two foot higher! Then came the 'death defying' high ropes and it was fantastic to see how the girls had really begun to work as a team, shouting out words of encouragement in order to help the others to overcome their fears. After lunch was tunnelling, which they all seemed to thoroughly enjoy. A great day was had by all and proved to be a positive experience that will no doubt help them to shoulder their Silver Badge responsibilities.

Ms S Douek, KS5 Co-ordinator

World Book Day

Year 9 girls and literacy mentors helped run activities in the library during lunchtime on World Book Day. The Year 9 girls were particularly keen to focus on the “world” element of the event and this links to their participation of a multilingual reading project. Some girls from 9W involved in running the event write about their experience. Anyone keen to be more involved in multilingual events should come and find Miss Heath.

Thursday 3rd March was World Book Day and at lunch time there were many different activities taking place in the library. We were part of the group that organised the “Multi-lingual story”. This involved a person writing a sentence and the next person continuing the story without seeing the previous sentence. This eventually turned into a weird but wonderful multilingual story. It was a lot of fun and we had many people of different mother tongues come and show us their skills. We learned a lot that lunchtime about worldwide languages and were awed by the beauty of their symbols. Languages included Arabic, English, French, Dutch, Hindi, Tamil, Cantonese, Mandarin and Bengali.



Matching quotations from famous books in different languages



Students write their multilingual story



Students pick out their blind date books



There were translations of the sentences to ensure everyone understood what was being written. Other activities during the event included a “blind date” (a lucky dip of wrapped books) with books originally written in other languages. There was also a challenge to decode messages from Bengali into English with prizes on offer for successful completion of the activity. Overall it was an enjoyable lunchtime where much was learned and different languages were united as one.

Hana, Zaynab, Khadijah 9W



Students with their blind date book

Young Leaders



The Redbridge *Young Leader* Programme is run by the borough to train Year 11 and 12 students as leaders who can begin to make a positive impact on society. The course aims to develop articulate individuals, aware of what is occurring around them. This year's course had a focus on terrorism and what we as young people can do to minimise fear and to prevent radicalisation. The three of us were lucky enough to be selected for this course and it has been an invaluable experience.

In weekly sessions, we have been introduced to the topical concepts of radicalisation, extremism and the terrorist threat. Through workshops focused on improving soft skills like communication and empathy, we have learned to solve problems, to present and to lead. Alongside a group of like-minded Year 11s and Year 12s from across the borough, we have really come together well as a group of young people. I feel that these weekly sessions have equipped us well for future leadership, particularly within the Prevent strategy.



A 3-day residential at the University of Warwick consolidated the skills we had learnt. Speakers addressed us on the issues we had been discussing. One was a university professor

who gave a lecture on the psychology behind terrorism and radicalization, which was thought provoking as it explored why people turn to terrorism.

The Home Office is at the very heart of issues to do with terrorism and a civil servant talked to us about the measures put in place to prevent radicalisation. As a group we were asked to suggest any measures we believed could make the prevent strategy better, which was a rewarding experience, as we felt as though our views as young people were being appreciated. Perhaps the most challenging but enjoyable day was when we were all separated into different organizations; government, police, a primary school and local government. I learnt very quickly how intense being an MP was, having to prioritise issues under pressure with six other opinionated MPs in the room! Despite the stress, when our presentation to the rest of the group came together, it was such a good feeling knowing that we managed to survive the 'adult world' for a day and put together something worthwhile.

As a reward we were treated to a dinner and dance at the university's art college, which was a charming end to a fulfilling trip.

Overall, participating in the Redbridge Young Leaders Programme has been an unparalleled experience. We have been given the unique opportunity both to develop our existing skills and to acquire new ones. In particular, we appreciate the emphasis placed on our ability to communicate as leaders, and have found ourselves trying to incorporate the skills we have learnt into our everyday interactions. On a more personal level, the friendships we've made have in themselves been immensely rewarding, as has the opportunity to interact with some of the most promising and driven amongst our peers.



Talisha Ariarasa Year 12

Onatti French play

Year 9 pupils were treated to a performance of a play in French “Les Garçons” performed in French by theatre company Onatti.



Mehala Mithran in 9R summarises the storyline.

The good girl always gets the bad boy! Or does she, always...?

Nathalie is babysitting baby Bruno when her ex-boyfriend, Tristan arrives at the house. How dare he! Especially after he left her for another girl. But what did he come for? Probably to keep annoying Natalie, of course!

In this Wattpad-style comedy-drama good girl and bad boy relive the intense drama of a teenage breakup in a cliché play for all teenagers to enjoy.

Mathuza Senthivel in 9R writes her response to it in français and in English.

Pendant “period 5” vendredi le 5 mars nous avons regardé un spectacle en français. Pour être honnête, j’ai pensé que c’était très super. J’ai aimé le spectacle parce que c’était amusant et très interactif. L’acteur et l’actrice étaient extrêmement doués.

Je n’aime pas le personnage, Tristan, parce qu’il est impoli et mal. Cependant j’aime Natalie parce qu’elle est drôle et elle est très belle. La scène était incroyable et j’ai aimé les costumes des personnages. Tristan portait une veste noire et quand j’étais jeune j’aimais la couleur noir: j’aime encore cette couleur. Bruno était le bébé et était très ennuyeux, cependant je l’aime encore. J’ai aimé la fin, mais j’étais très, très triste quand c’était fini.

During period 5 on Friday 5th March, we watched a play in French. To be honest, I thought it was great. I liked the play because it was very funny and interactive. The actor and actress were extremely talented.

I do not like the character, Tristan, because he is rude and bad. However I like Natalie because she is funny and she is very pretty. The stage looked amazing and I loved the characters’ costumes. Tristen was wearing a black jacket and when I was little I used to like the colour black. I do still. Bruno was the baby and was very troublesome however I still like him. I liked the ending but I was very, very sad when it was over.

Redbridge Networked Schools Week



On the 7th March Woodford County High School took part in the

Redbridge Networked Learning Community (RNLC) Open Schools week. Teachers from all secondary schools within Redbridge were invited to learn about the delivery of the new curriculum and we were very pleased to welcome thirteen teachers from across the borough into the English and Science Departments.

With the removal of practical exams and coursework from the Science A-Levels this year, the focus of the science session was on the delivery, assessment and tracking of progress for the new in class assessed required practical. Teachers were shown a demonstration of how the department had planned the new practicals to ensure continual challenge and progression over the two years, and had the opportunity to observe a practical lesson, speak to students and examine the marking in students’ practical books. The session was a great success and very positive feedback was given, whilst opening up a new networking opportunity to share good practice between schools in the borough.

The English session focused on the teaching of creative writing for the new GCSE. As has been much publicised, the government have raised expectations as to what students need to be able to achieve in both their responses to literature and in their written work with the introduction of the new GCSE syllabus for English Language and English Literature GCSE. The English Department have responded to this by writing a new unit of work which seeks to engage students in the creative writing process by exposing them to challenging, inspiring and interesting narrative writing, using this as a model for them to improve and develop their own skills. During the INSET, the Department showed how some of the lessons in the new unit worked and different approaches to teaching writing were discussed and evaluated.

Ms Charlton, English Department

GCSE Music students work with the Britten Sinfonia

On the 18th January, Woodford County's GCSE music pupils were visited by a few members of the Britten Sinfonia orchestra. We were introduced to a cellist (Caroline Dearnley) and violinist (Miranda Dale), who we later saw during the "At Lunch" concert. These two musicians were introduced by the composer, Fraser Trainer. We began



GCSE Music students perform with members of the Britten Sinfonia

the workshop by using body percussion, by passing a clap around the room. This entailed one person turning and facing the person next to them and clapping their own hands in that person's direction, passing them the clap - they receive it in the same way, by facing the giver and clapping their own hands at the same time. After being told to continue the activity with our eyes closed, we realised how difficult it was to notice sounds with just our ears, and that music affected all of our senses.

We then took part in activities, and responded to a piece by Arvo Part, which we then performed. We also played music inspired by a new piece by Anna Clyne, an up and coming composer, which we again heard being performed when we went to see an "At Lunch" concert later that week in Wigmore Hall. Despite the concert being an hour long and not specifically for students, the younger audiences were fascinated by the dramatic yet soothing works of Bach and Scarlatti, performed by a small selection of musicians, which included the ones we met during the workshop. The concert concluded with the London premier of Anna Clyne's new piece - 'This Lunar Beauty'. Overall, the workshop was eye-opening, and has given me a new insight into classical music, and that it is still fairly popular among all ages in the 21st century.

Parisa Teli, Year 10 W

Percussionists 'O Duo' visit Woodford

A group of Year 8 students were fortunate to get the opportunity to work with internationally-renowned percussion group 'O Duo' earlier this term, when they visited Woodford - bringing marimbas, xylophones and glockenspiels aplenty - to run a



Year 8 students work with Ollie and Owen, who make up percussion group 'O Duo'

workshop exploring percussion-based music. Students composed and performed using the instruments, creating minimalist-style pieces, and formed a giant samba band to recreate a 'Carnival' atmosphere.

The students then went to hear O Duo perform at the Wigmore Hall - with a few lucky girls being invited to perform with them on stage - a great experience for all involved.

Woodford takes the stage at the Royal Albert Hall

Woodford were well-represented at the recent Redbridge Schools Choral Festival at the Royal Albert Hall, when students took to the stage in the choir and orchestra, and as soloists, to perform a range of music celebrating 40 years of the festival. 74 Woodford students sung as part of the 1000-strong massed choir, while Amrit Kambo (Year 12) and Ashley Singh (Year 11) were featured in small vocal groups performing music from South America - a nod to this year's Rio Olympics. Inova Lee led the Redbridge Symphony Orchestra with aplomb, supported by Woodford students Hanna Procter in the first violins and Ellen Malpas in the cellos - who also took a turn at the piano, performing some exciting solos and duets with Inova in Marquez's 'Danzon no. 2'.

Woodford was also represented on the conductor's podium, where both Head of Music Miss Hasler and Vocal Teacher Mrs Thompson conducted choral items, before the whole concert closed with a rousing medley of songs by Abba - who were at the top of the charts during the first Choral Festival, back in 1976.

Ms Hasler, Head of Music Department

Woodford take on Ilford at the Battle of the Bands



A great evening was had by all who attended the first ever Woodford and Ilford County joint Battle of the Bands! Six bands performed in all – three from each school – providing a varied and enjoyable night of musical entertainment, to which the audience danced and sang along.



A special guest appearance was made by Woodford's staff band – The Educators – while the audience cast their votes for their favourite band. And the winners were... *Fallen Beyond Sanity* – a band made up entirely of students from 8R, whose performance of songs by The Vamps and Imagine Dragons had won the audience over. Meanwhile, the overall audience vote went (just!) in Woodford's favour, giving a victory to us as the host school. A re-match



could be in the offing for next year...!

Spring Concert celebrates Woodford's musical talent

This term's Spring Concert celebrated the wide range of musical talents that exist within Woodford. From the Year 8 Brass Band – who performed with confidence and enthusiasm, despite only having been learning their instruments for four and a half weeks – to the Orchestra, who tackled challenging music including Shostakovich's *Jazz Waltz no. 2* and highlights from John Williams' *Jurassic Park*. The Brass Band demonstrated their growth as an ensemble, playing Rossini's *William Tell Overture* alongside the fun *Swinging With The Mountain King*, while the Junior Band showed off their growth in numbers, with a particularly strong violin section leading an excellent performance of three pieces by our resident composer, Mr Mitchell.



The concert was brought to a close with two joint numbers – the Big Band and Senior Choir joining for a lively rendition of *Son of a Preacher Man*, before the WCHS Singers and Senior Choir reprised Chilcott's *Like A Singing Bird*, which was a feature of the Redbridge Schools Choral Festival at the Royal Albert Hall.



Miss Hasler – Head of Music Department



The School Council meet with MP Iain Duncan Smith Democratic representation – where very local meets national

In February representatives of the School Council met with our MP, (then) Cabinet Minister, Mr Iain Duncan Smith. They outlined to him their undertakings for the year. Projects include facilities refurbishment, working with caterers to broaden the vegetarian option at lunchtimes and raising awareness of adolescent mental health. The latter issue chimed with concerns at national level and Mr Duncan Smith talked about some of the research and intervention work currently undertaken. Girls were really pleased, as the meeting closed, to be invited to visit the Houses of Parliament.

School Council's Visit to City Hall



With less than 100 days until the Mayor of London and the London Assembly Elections, members of Woodford's School Council from Years 7 to 13 had the opportunity to visit City Hall last Thursday, the headquarters of the Greater London Authority.

Located in Southwark, on the south bank of the River Thames overlooking Tower Bridge, the surroundings of City Hall itself were mesmerising. However, on entering, we found ourselves even more fascinated with the stunning piece of architecture – in fact, so fascinated that we were almost oblivious to the security checks! But our marvel was short-lived as we were quickly whisked off to our first event, a conference between the Commissioner of the Metropolitan Police and the London Assembly, which was the last conference to take place before the May Elections. Whilst sitting at the conference, Ms Fearnham made it her objective that we took away at least some things from it, for example, how the police force is trying to combat crime using more discreet methods now, such as placing knife bins in less monitored areas to encourage people to discard harmful weapons, or how London's police have dealt efficiently with security checks on last-minute calls. After being extensively quizzed on what we learnt, we were off to our next event – our own quizzing session with the Deputy Mayor of London, Roger Evans, and this time, it was us who sat on the panel in the conference room. There were several interesting questions asked, such as where the Deputy Mayor stands on the EU Referendum and what it's truly like to be a politician. But unfortunately our hunger pangs would not cease so our meeting with the Deputy Mayor was cut short. We were led into the cafeteria, ate our lunches, and were back on our way to Woodford with, of course, a short ice cream break along the way! Overall, the visit was an exciting one which definitely showed us the reality of how hard it can be to implement a change, but with determination, it is certainly possible – a learning experience which our School Council members will undoubtedly prosper from.

Aamena Patel 11R

On the menu Earlier this term, at our request, a representative of Harrisons (our catering company) met with us in school to hear our views about the food on offer in the canteen. Our main request was for more varied and inspiring vegetarian options. Councillors had come prepared with suggestions of what they'd like to see on the menu: everything from Singapore noodles to wraps, pastas and salads. Our opinion was sought on the smoothie bar planned and we talked about a number of things including the drinks on offer and the food available at breakfast and at lunch. So far, councillors have received positive feedback regarding the food at break time and the smoothie bar and plan to set up another meeting with the caterers regarding more varied vegetarian options.

"For this relief, much thanks."

One of the School Council's most practical projects this year has tested our collective skills as interior designers. A working party of council members selected the colour scheme, flooring and the fixtures and fittings for the refurbishment of the two washrooms at the north end of the building. Our aim was to avoid an institutional appearance. We chose dark slate coloured flooring, green paintwork and wooden cubicle doors. It's probably the unusual choice of sinks and round mirrors that does most to lift our new facilities above those normally found on school premises. Our new Dyson hand-dryers provide added functionality as well as bringing us nicely up-to-date. Feedback from other students has been very positive. And it's satisfying that the 2015/2016 School Council can count a practical resource as part of its legacy.



Council Video Conferencing

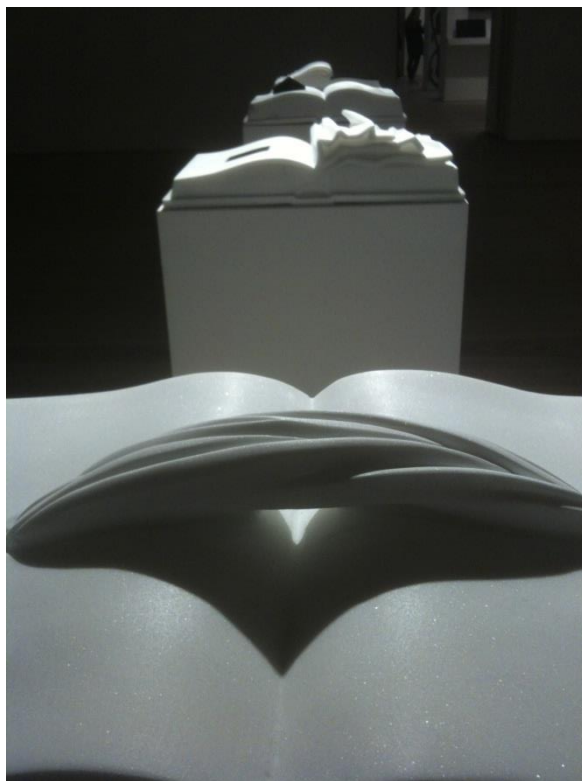
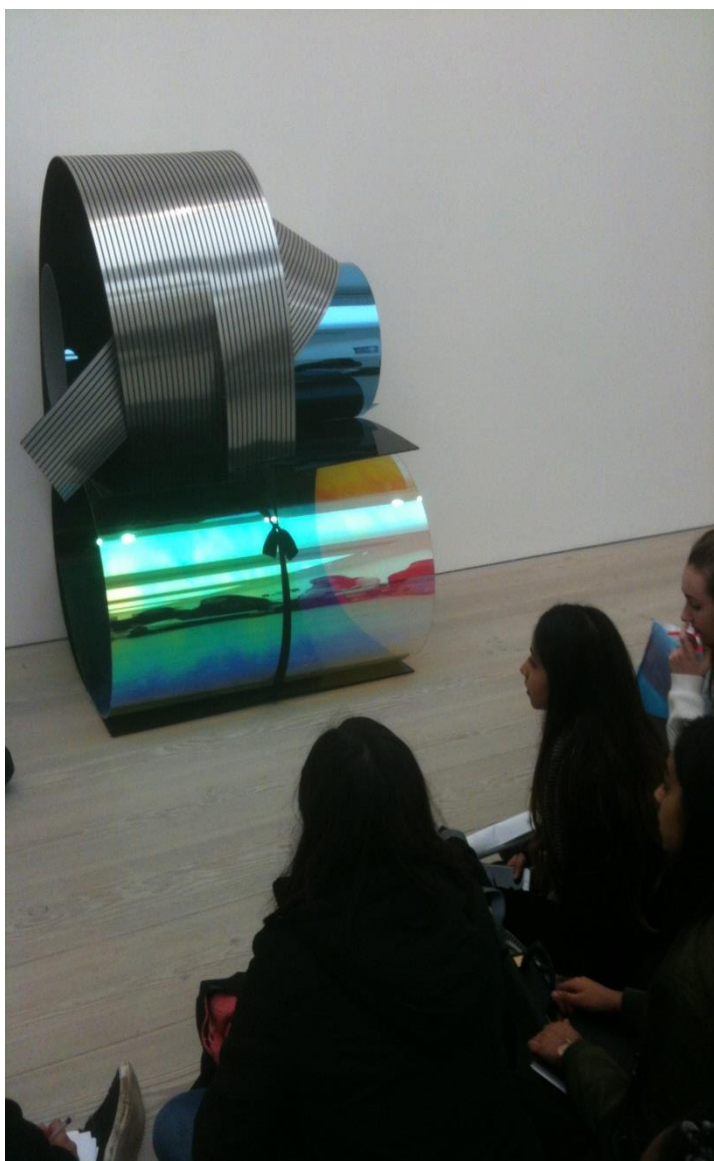
At the end of last term, a group of councillors had a video conference with the current Deputy Mayor of London and other schools in the area. Our views regarding transport, safety and the environment were listened to and it was interesting to see that other schools had similar thoughts and concerns. The main issues we discussed included whether or not TFL could lay on additional school buses and whether the Central Line could be serviced more. (As you will be all too aware, delays are regularly caused by its often poor service). Hearing about the persistence needed to address these issues provided a lesson in the value of determination.

Simren Lakhan 12KE, Head of School Council

Art Department

This term, AS and A2 art students visited the Saatchi Gallery to generate some ideas in response to their exam paper title “transformation” and “Truth, Fiction and Fantasy”. They received a talk from the gallery curator and recorded from primary sources. We are looking forward seeing their final piece!!

Whereas Year 11 art students decided to go to Tate Britain where they sketched and attended talks on key art pieces from Ms Campbell and Mrs Jerome, linking to their exam title “Past, Present and Future”.



Mrs S Jerome, Head of Art

Amishta Elected as a Member of the Youth Parliament

We were very pleased that Amishta in Y12 and Mariyah Rehman 11R both stood for election to become Redbridge Members of the Youth Parliament. Amishta and Mariyah along with another eight young people in Redbridge wrote their manifestos and made these available to their voters.



All students of Woodford along with all the other Young People in Redbridge had the opportunity to vote in early February.

The results of the Redbridge Youth Election were announced in the Council Chambers, Ilford Town Hall on 2 March. Out of the 10 possible candidates the young people of Redbridge voted Woodford's Amishta as one of their two new representatives.

The two new Redbridge Members of Youth Parliament (MYP) and their deputy will join more than 600 teens across the country to create the parliament. Their job will be to ensure the voices of young people are heard at national, regional and local levels.

A total of 12049 votes were cast, the most since 2008 showing young people in the borough are keen to have their voice heard.

Amishta's manifesto is shown below. We wish her every success in representing and working for the young people in Redbridge for her year's term in office.

Amishta's Manifesto

Concerning transport; I feel it's unfair that a person over sixteen is considered an 'adult' when they may still be in full time education. Students in Redbridge may rely on transport as a way to commute; the cost of transport could have negative impacts on young people. I aim to campaign to reduce the fare for people that hold a 16+ Oyster card. This is important as it may promote material deprivation / inequality amongst peers.



Furthermore the idea of not being able to commute on a bus if their card shows 'declined' is another issue. This restricts the youth from journeys and could become a safeguarding issue. I want the youth of Redbridge to find a way to tackle this and see change happen by the end of my term if elected as a Youth MP.

Focusing on Redbridge mainly, I want our Borough to promote the opportunities on offer to students. I aim to organise a workshop, where we make it known to students which corporations happily offer work experience to students. This will be of utmost benefit to the youth and a great way of promoting social mobility, as well as learning essential life skills.



Photo: Cllr Elaine Norman with Amishta to her right and the other winning candidates. (image from the Ilford Recorder)

Mrs Greenfield , Assistant Headteacher



London Youth Games Final – Badminton

On Thursday 11th February at Redbridge Sports Centre, the Key Stage 4 Badminton team successfully advanced through to the East London rounds of the National Schools Badminton Competition, representing the Borough of Redbridge. The day was made even more successful by the 10 Woodford students who officiated at the event. We later received an email from the London Youth Games Organisers which said

'Definitely the best group of School Team volunteers we've had to date! We had over 300 volunteers from 30 schools and that is impressive.'

A big well done to both the players and officials.

Following this the Key Stage 4 team progressed to the London Youth Games Finals at Crystal Palace on Wednesday 9th March. The team played exceptionally well and were up against some tough competition. Unfortunately the team did not progress to the final stages of the competition however they did finish a very impressive 7th out of the 33 Boroughs entered. Well Done!

Picture below:

KS4 team Hajra, Mathumie, Rhea, Vidya & Jaanika.



Miss Keeling, Acting Head of PE

Sport Relief Mile

On Thursday 17th March over 100 students took to the track to take part in the Sport Relief Mile organised by PE department. It was a glorious day – perfect conditions for running. The event tapped into the girl's competitive side as it was run as an inter-house competition. Warner completed the most miles (38 miles), with Highams raising the greatest amount of money from runners and supporters donations. The final total to send to Sport Relief is £150!

A huge thank you to the Sixth Form who came out to help with the event!



Physical Education Department

Netball League 2015-2016

A big well done to all the students in the netball teams – another fantastic season. League results will be finalised after Easter so we will keep you updated.



Year 7



Year 8 – (A League)



Year 9



Year 10



Year 11



Photos above: Year 8 Visual Arts Technology students wanted to share their Spring photographs.