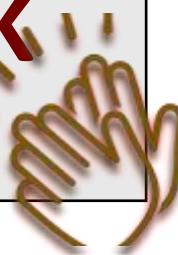




FEEDBACK CORNER



Dear All,

Thank you for organising the information evening tonight. We know that this takes a great deal of preparation and time.

We found the information given was both helpful and clear. Going forward, it will enable us to better support our son, with his homework and future assessments.

The curriculum booklet is especially well put together and very detailed. We also appreciated the demonstration of the Dr Frost maths website.

Finally, it was very nice to meet you all in person.

Year 8 Parent

School Assemblies W/B: 20th Nov - 27th Nov

School Week	Week Beginning/Date	Year 7 Tuesday	Year 8 Wednesday	Year 9 Friday	Year 10 Monday	Year 11 Thursday	Year 12 Friday (Week 2)	Year 13 Thursday (Week 2)
1	20 th Nov	Ending Gender Based Violence						
2	27 th Nov	Character Virtues Launch						

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Please read important information from the Headteacher on p.2

Diary Dates 20th Nov - 1st Dec 2023

23 rd Nov	Year 11 trip to Sadler's Wells
24 th Nov	INSET day - School closed to pupils
27 th Nov	Year 9 Bronze Cohort 1 kit planning
29 th Nov	Year 12 Fieldwork - Kings Cross
30 th Nov	Sixth Form Open Evening
1 st Dec	PTA Fundraising Party—7:00pm - 11:00pm

Messages from the Headteacher

Dear Parent/Carer,

Staffing

We have some staff absence in Science again and are doing our best to find and organise appropriate cover and will update you with any long-term changes. There are some changes to tutor groups in Year 10, also as a result of long-term absence (see page 4). We have not changed the tutor grid as these are temporary changes.

We will update you about any staff changes for January in the next few weeks.

Community Behaviour

Please ensure you read the letter from Mrs Martin about community behaviour.

Communication

We are step closer to finding a new streamlined method of communication to support parents and have narrowed this down to two App based systems. Mr Ali would like a group of parents to support him with trialling this. Please do email z.ali@wansteadhigh.co.uk if you would like to take part. We thank you for all your feedback so far and this has been noted. It has not been possible to reply to all emails but your points have been taken on board.

Year 7 and 8 Information Evening

Thank you for your attendance and we hope these were useful events. We have taken your feedback on board and will ensure this is reflected and considered.

Challenge Weeks

A huge thank you to all those involved in our first Challenge Weeks which were focused and calm as well as enabling pupils to take part in some fun and different events, embodying education with character. We know this is the start of the journey and that these will develop into a much smoother operation over the year. We will ask for your feedback in a survey which will be distributed soon.

Mock Exams

We wish good luck to all our Year 11 and 13 pupils who are starting their mock exams on Monday. You've got this!

INSET Day

Don't forget Friday is an INSET day, although there are exams for some pupils. Staff will be focusing on a pastoral agenda covering Prevent, misogyny and cyber-safety amongst other things.

The Building Site

We continue to ask Redbridge to increase their communication about progress with parents and the community. For your own peace of mind, we have requested evidence that the crane and machinery are appropriately checked for safety and have seen evidence that the over-sailing of the crane into the local area has been approved.

Filming

We will be making a new publicity film in the New Year and will be asking for permission for children to appear in addition to the generic permission slip. This is really exciting and will help to market the school, despite the building work.

Clubs

Please do read the feedback from Ms Samuel which has been addressed as a result of some Year 7 feedback.

Ties

We have now ordered a number of school ties after a long delay in both the shop and for our order. From next week, parents will be able to order a tie via ParentPay and collect in school. Watch this space for more uniform updates.

Have a great weekend and stay safe and we hope this will be a peaceful time across the world.

Thank you for your on-going support.

Have a great week.

Emma Hillman—Headteacher

Staff Update

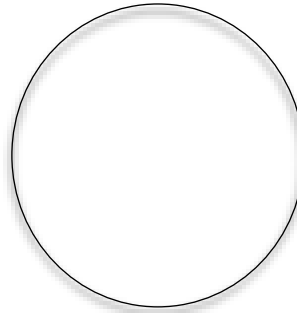
A warm welcome to:



Miss R Iqbal who joined our Sixth Form Team as a Supervisor.

Miss Iqbal has spent the past 4 years supporting pupils in a variety of roles at both primary and secondary level. She has experience in tutoring GCSE Maths pupils.

As a Sixth Form Supervisor, she is looking forward to working with all the sixth form pupils and supporting them throughout their studies.



Ms J Arora who has joined our SEND team as a Teaching Assistant to temporarily support the department with a long term staff absence.

Ms Arora has previous TA experience and has also worked as a Maths Mentor.

A fond farewell to...

Mx L Hughes who leaves us on 16 November 2023 to pursue a new career as an Orthodontic Technologist.

We wish Mx Hughes all the best in their new job – please do stay in touch!

Upcoming Educational Trips

King's Cross Central Field Trip

Wednesday 29th November 2023
Year 12 A Level Geography Fieldtrip to King's Cross Central.

Sadler's Wells Trip

Thursday 23rd November 2023
Year 11 trip to Sadler's Wells

Other News & Events

Message for Year 7 Parents/Carers

I would like to thank you for attending the Year 7 Coffee Evening. The evening gave us a chance to introduce you to the Year 7 team and to give you an update on how the year group has settled into their secondary education.

It was also great to hear your views and receive valuable feedback. Also, following some of our discussions, I have attached a Google Classroom guide which will support you and your child on using the platform. Please click here for the [Google Classroom Guide for Parents](#)

I look forward to continuing to work in partnership with you and your child.

Ms D Samuel

A Race with Jumping Animals in Science!

Year 7s will have the opportunity to take part in an exciting mini Science project. They will design and create a jumping animal using just a sheet of A4 paper (examples in the picture below). These can be painted, coloured, or have things stuck to them to make them look amazing. The best entries will then be selected and a race will take place to choose the winner! The details will be given to pupils via the noticeboard in the Science corridor.

Ms S Hoque



Year 7, 8 & 9 Multi Faith Prayer

I am pleased to inform you that this will now be held daily at lunchtime in the room at the back of the Alan Hearne Hall.

Pupils must bring a pass with their name printed on it-these were provided to the pupils whose parents completed the survey regarding the prayer room.

Year 8 Information Evening

Thank you to parents who came to our Information Evening on Monday. It was lovely to welcome parents in school and we hope to have more 'in - person' school events in the future. Mr Ali outlined how the school is using Challenge Week to change our assessment and reporting process. He also provided a quick refresher course for parents on Google Classroom. Ms Ullah showed how parents could support their child's learning in Maths by using the Dr Frost platform and Corbett Maths. We have had requests from parents to have copies of the Power

Point presentations used. Links to these can be found here ([Tutor Info Evening updated November](#) & [Supporting Your child in Maths](#)).

Parents were also given the Year 8 curriculum booklet which outlines what your child will cover each term in each subject as well as further reading and learning opportunities. Since its publication, the Science department decided to tweak the order in which the Year 8 modules are taught. Previously Science was taught as separate Science disciplines. The department has changed this teaching model so have adjusted the learning pathway accordingly. The amendment for the booklet can be found here ([KS3 Science](#)) The updated booklet can also be found on the school website.

The Year 8 Tutors enjoyed meeting parents and your feedback has been extremely useful. We look forward to continuing to work with you supporting your child with their progress in school.

Message for Year 10 Parents/Carers

Updates for Year 10

Amended Tutor arrangements are as follows:

10.1 tutor is Ms K Ali, Monday to Friday.

10.7 tutors are Ms Ayer and Ms Gullefer, Monday - Thursday and Ms Ayer only on Friday's

10.8 will have Ms Wali as their new tutor, Monday – Thursday and Ms Gullefer on Friday's.

Mrs M Steel, Deputy Headteacher and Year 10 link

Upcoming dates:

The Aim A Little Higher company will deliver a special Year 10 assembly on Friday 8th December, 11.20-12.20pm.

Year 10 Parent Information Evening takes place at the school on Monday 11th December, 5.30-7.30pm.

Year 10 Dance Trip - BalletBoyz!

This term we had the great privilege of taking our wonderful Year 10 GCSE Dance cohort to see BalletBoyz at Sadler's Wells! Thank you to all pupils who attended and behaved in an excellent manner and really made the trip one to remember. For some of our pupils this was their first experience of seeing a live performance in a Theatre and are now looking forward to upcoming trips in the future!



Message for Year 11

For the next two weeks as Year 11 mocks are taking place, Further Maths will not be running. We will resume on Tuesday 5th December 2023.

Mr G Narang

Other News & Events

Pupil Council Election Results

I am pleased to announce the outcome of the Pupil Council election results.

Please see photo below.

The first meeting will be taking place after the Year 11 and 13 mocks, in which the Council will outline its priorities for the year, and consider how it will use the voice of our pupil community to drive school improvement.

Year 12 Work Experience Placements-can you help?

As parents of our Year 12 pupils will be aware, we are offering work experience to our Year 12 pupils between the fixed dates of Monday 1st and Friday 5th July 2024, for which they will find a placement themselves.

We would like to draw on the wealth of experience and potential opportunities within our parent community (not only Year 12 parents) to provide some of the placements.

If you and/or your employer are able to provide a placement, please complete this form by **Monday 27th November**:

<https://forms.gle/gSjnkmy49zXzMnx5>

Please note that the information provided will be shared with both Year 12 pupils and their parents.

Redbridge Youth Council

Please find details of the 2023 Redbridge Youth Elections here: <https://www.redbridge.gov.uk/young-people/redbridge-youth-council/>

The school can have a maximum of 2 pupils standing as candidates. The closing date for applications is 6:00pm on Monday 4th December 2023.



Other News & Events

WOW: **Word of the Week**

There will be a new word every week.

The word will also contain the definition so you know what it means.

Get Achievement Points for using the WOW

To encourage the use of more ambitious vocabulary by pupils, we are encouraging them to use the Word of the Week at school in both communicating verbally and in their written work. Pupils receive achievement points in doing so and have the chance of winning a prize at the end of term. Our Words of the Week for the coming two weeks are, **DERISORY AND FLEETING**

Please also encourage your child to use these at home too.

By Ms A Ullah

Create sentences for your WOW tutor display that include the word of the week!



Week 10

Derisory



Word Class	Adjective
Meaning	1.Scornful;expressing contempt 2.So small that it is ridiculous

Week 11

Fleeting



Word Class	Adjective
Meaning	Passing quickly;very brief

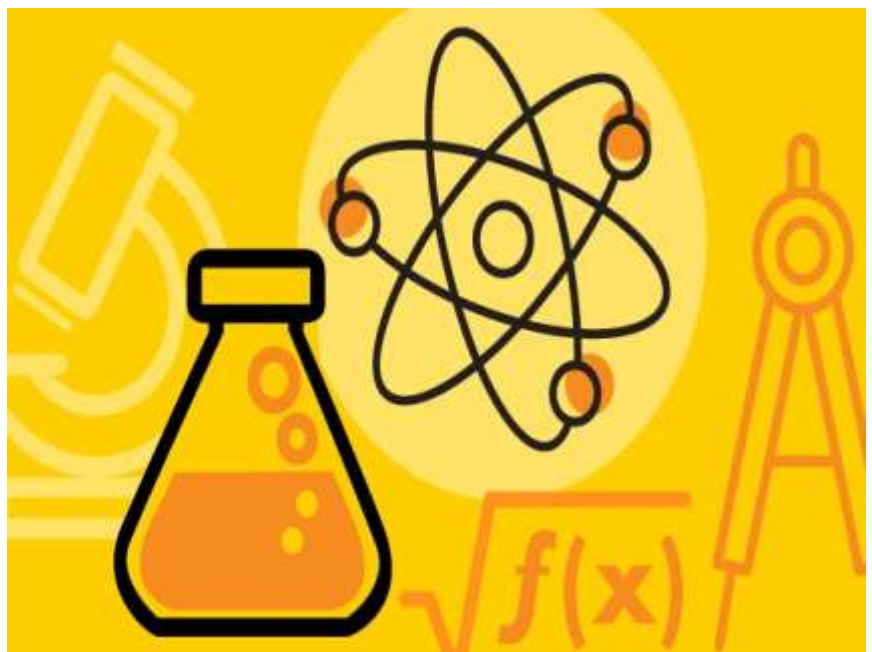
Are you talented in Science or Maths?

We are looking for talented Science or Maths graduates to support in school with extra tutoring for some of our pupils who are supported by the NTP funding. Knowledge to support pupils up to A Level would be necessary and Biology and Physics are key areas for us.

We would love to hear from anyone local who has excellent subject knowledge and is flexible to work during the school day and after school.

Please do contact:

recruitment@wansteadhigh.co.uk if you are interested and do please share as appropriate.



Other News & Events

Winter Concert

The school
Winter Concert
will take place on
Wednesday 13th December
from 7:00pm until 8:00pm
School Theatre

Parents and carers of pupils involved will receive a letter about this shortly with information on buying tickets. Mr Sweet

Music Tuition

The school is now paying for 100% of tuition fees for woodwind, bowed strings and brass instruments and 50% of fees for drum kit, guitar and piano for all pupils entitled to pupil premium/free school meals.

<https://visionrcl.org.uk/theatre-and-music/redbridge-music-service/music-service-sign-up/>

Extra-curricular Music Activities

Parents are reminded about the extra-curricular groups taking place after school on Mondays (Wind Band, Brass Band and String Orchestra), Thursdays (Steel Pans) and Fridays (Jazz Band) as well as the Year 11-13 choir taking place on Thursday lunchtimes.

These are open to all pupils, without audition.

Mock Exams 2023

Date	Line up: 8.40am Start: 9.00am	Line up: 13.10pm Start: 13.45pm
Tues 14 th November		A level Art (all day)
Wed 15 th November		A level Art (all day)
Thurs 16 th November		A level Photography (all day) GCSE Art (all day)
Fri 17 th November		A level Photography (all day) GCSE Art (all day)
	A level Biology Paper 1 (120 mins)	A level Sociology Paper 1 (120 mins)

Date	Line up: 8.40am Start: 9.00am	Line up: 13.10pm Start: 13.45pm
Mon 20 th November	GCSE Biology (105 mins) GCSE Combined Biology (75 mins) A level PE Paper 1 (120 mins)	GCSE Computing Paper 1 (120 mins) A level Economics (90 mins)
Tues 21 st November	GCSE Maths Paper 1 (non-calc) (90 mins) A level Religious Studies (120 mins)	GCSE Sociology (105 mins) A level History Paper 1 (90 mins) A level Further Maths Paper 1 (120 mins)
Wed 22 nd November	GCSE Graphics (120 mins) GCSE Textiles (120 mins) GCSE Music (105 mins) A level Sociology Paper 2 (120 mins)	GCSE History Paper 1 (80 mins) A level Physics (120 mins) A level Politics Paper 1 (120 mins) A level Music (150 mins)
Thurs 23 rd November	GCSE Chemistry (105 mins) GCSE Combined Chemistry (75 mins) A level Spanish (150 mins) A level Geography Paper 1 and 2 (135 mins)	GCSE Food (105 mins) GCSE Dance (90mins) Step Up English (90mins) A level Psychology Paper 2 (120 mins)
Fri 24 th November	GCSE Exam PE Paper 1 (75 mins) A level Chemistry Paper 1 (60 mins) A level Classical Civilisation Paper 1 (105 mins) A level Computer Science Paper 1 (90 mins) A level Drama (150 mins)	GCSE Geography (90 mins) A level French (150 mins) A level Maths Paper 1 (120 mins) A level English Language and Literature Paper 1 (60 mins)

Date	Line up: 8.40am Start: 9.00am	Line up: 13.10pm Start: 13.45pm
Mon 27 th November	GCSE Maths Paper 2 (calc) (90 mins) A level Politics Paper 2 (120 mins)	GCSE Media Written (90 mins) GCSE Drama (105 mins) A level Biology Paper 2 (35 mins)
Tues 28 th November	GCSE English Language (105 mins) A level Media Screening (135 mins)	12pm: GCSE French Listening (Higher 45 mins / Foundation 35 mins) GCSE Spanish Listening (Higher 45 mins / Foundation 35 mins)
Wed 29 th November	GCSE Physics (105 mins) Combined Physics (75 mins) A level Geography Paper 3 (135 mins)	A level Chemistry Paper 2 (60 mins) A level Classical Civilisation Paper 2 (105 mins) A level Computer Science Paper 2 (90 mins)
Thurs 30 th November	GCSE Maths Paper 3 (calc) (90 mins) A level English Literature (120 mins)	GCSE Exam PE Paper 2 (75 mins) GCSE RE (105 mins) A level History Paper 2 (135 mins) A level Further Maths Paper 2 (120 mins)
Fri 1 st December	GCSE History Paper 3 (80 mins) A level Psychology Paper 1 (120 mins)	GCSE Spanish Writing (Higher 80 mins/Foundation 65 mins) GCSE French Writing (Higher 80 mins / Foundation 65 mins) A level PE Paper 2 (120 mins) A level English Language and Literature Paper 2 (60 mins) A level Maths Paper 2 (60 mins) A level Music Technology (90 mins)

EXAM CHECKLIST



Aim to arrive at school **AT LEAST** 30 minutes prior to your exam start time. If you are late, report to Reception as soon as you arrive. If you are more than 30mins late, you may not be permitted to take the exam.



When taking exams, bags and coats should be left in the dedicated space as directed by the Invigilators in exam rooms.



You must not have a mobile phone or ipod in your possession. Mobiles & ipods are to be **TURNED OFF** and put in your bag. **If you are found with a phone or ipod on you, this could result in DISQUALIFICATION from your examination and your overall Qualification.**



It is **YOUR** responsibility to bring **ALL** the necessary equipment to every exam you sit (Equipment will **NOT** be provided on the day). You are not allowed to use correction liquid/fluid/tape. Do not use highlighters in your answers, only for highlighting key texts in the questions if necessary.



You **MUST NOT** talk, attempt to communicate with, or disturb other candidates once you have entered the examination room. If you have any questions, you should raise your hand once seated and an Invigilator will come to you as soon as they can.



No food (including chewing gum) is allowed in the exam hall. If you have a special requirement, please see the Exams Officer before the exam.



Only clear water bottles are allowed in the exam hall - No Labels on the bottle & No Coloured Liquids (unless its pre-approved by the exams office).

Wanstead High School

Education with Character



Pupils currently in Year II, accompanied by their parents/
carers, are invited to join us at our

SIXTH FORM OPEN EVENING



Thursday 30th November 2023 5:15 - 8:00pm

A high performing Sixth Form offering a wide range of high-quality A Level provision,

In 2023, our pupils achieved the following:

A*-A - 28% A*-B - 53% A*-C - 75%

Please visit our school website to view our Prospectus, Course Options Booklet, Online Application Form and Enrolment Key Dates.

An opportunity to meet staff and pupils in all subject areas.

Speeches in the main hall at 5.30pm & 6.30pm.

Redbridge Lane West, Wanstead, London E11 2JZ Tel: 020 8989 2791 E-mail: whs@wansteadhigh.co.uk

(If you require additional assistance such as disabled access, please let us know)

Round Up of Social Media @wansteadhighE11

Challenge Week Activities

Year 7 taking part in a Sublime Science Workshop last week! Pupils really enjoyed the activities - read the full story in our end of term newsletter!



Spectacular Win for Year 7 & 8

Well done to our Year 7 and 8 Netball team who both beat Valentines High School. A special mention to the player of both matches (Sana - Year 7 & Georgia Year 8).



Safety First For Our Pupils

Pupils received assemblies and participated in a Q & A Session with our Safer Schools Officer last week.

Year 7 learned about road safety and received guidance on how to keep themselves and their belongings safe within the local community.

Years 8, 9 & 10 received education on substances; in particular edibles and vaping, to understand the risks and effects these substances can have on young people.



Well Done Girls!

Congratulations to our Year 7/8 Girls Football team who are now through to round 4 of the ESFA competition after their 4-3-win.



Round Up of Social Media @wansteadhighE11

What a Score!

Well done to our Year 9 netballers on their win against Loxford last week (25-3) Player of the match - Gaby.

Thank you to Loxford for coming to us.



Remembrance Day Assembly

Thank you to Tutor Group 11.5 and Mr Ali for your thoughtful Remembrance Day assembly - a time for reflection in the community - so important with the backdrop of such challenging international events.



Awareness of Different Culinary Traditions

On 31st October Year 11 Food and Nutrition pupils embarked on a walking tour around the East End of London to develop their awareness of how migration has effected the choice of food on offer and to deepen their understanding of different culinary traditions. The knowledge gained on the tour will help them develop ideas for their NEA2 and tackle exam questions on international foods.



Sixth Form Experience for Year 11

We have enjoyed inviting our Year 11 pupils to the Sixth Form block over the past few weeks to complete our Year 11 post-16 intentions survey. It has been great speaking to them and we have received some really useful feedback, so thank you!



Autumn & Spring Term Enrichment - 2023

Clubs are offered on a walk-in basis unless stated otherwise
(KS3 - Years 7, 8 & 9) (KS4 - Years 10 & 11) (KS5 - Years 12 & 13)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before School - 7.30 - 8.20				
KS3 Reading Wise (EAL) Room LS2 (For targeted pupils with English as an Additional Language)	KS3 Reading Wise (EAL) Room LS2 (For targeted pupils with English as an Additional Language)	KS3 Reading Wise (EAL) Room LS2 (For targeted pupils with English as an Additional Language)	KS3 Reading Wise (EAL) Room LS2 (For targeted pupils with English as an Additional Language)	KS3 Reading Wise (EAL) Room LS2 (For targeted pupils with English as an Additional Language)

Before School: Breakfast Club & Library every morning - 7.30 - 8.20

Lunchtime

Year 7-9 Lunch is 12.20 - 1.05pm

Year 10 -13 Lunch is 1.20 - 2.05pm

KS3 Multi Faith Prayer Alan Hearne Hall (back room)	KS3 Multi Faith Prayer Alan Hearne Hall (back room)	KS3 Multi Faith Prayer Alan Hearne Hall (back room)	KS3 Multi Faith Prayer Alan Hearne Hall (back room)	KS3 Multi Faith Prayer Alan Hearne Hall (back room)
KS4 & KS5 Multi Faith Prayer Alan Hearne Hall (back room) & Room S5	KS4 & KS5 Multi Faith Prayer Alan Hearne Hall (back room) & Room S5	KS4 & KS5 Multi Faith Prayer Alan Hearne Hall (back room) & Room S5	KS4 & KS5 Multi Faith Prayer Alan Hearne Hall (back room) & Room S5	KS4 & KS5 Multi Faith Prayer Alan Hearne Hall (back room) & Room S5
Year 9 Drama Club Theatre	Year 10, 11, 12 & 13 Choir Room 36	Week 1 only KS3 Photography Club Room NB9 12 spaces https://docs.google.com/forms/d/1xVaWOp-1c5lucdOZFTnBFYvoj57K_RmyVTnKXk15Kp1c/edit	KS5 Maths University Entrance Preparation Room 22	KS5 Maths University Entrance Preparation Room 22
	Year 7 & 8 Dance Company Dance Studio Sign up required - see Ms Gullefer	Week 2 only KS4 Photography Club Room NB9 12 spaces https://docs.google.com/forms/d/1xVaWOp-1c5lucdOZFTnBFYvoj57K_RmyVTnKXk15Kp1c/edit	Year 9 Dance Company Dance Studio	KS3 Dance Open Studio
	KS4 & KS5 Spanish Speaking Club Room MA4		Week 2 only KS3 LGBTQ + Room MA2 - 1:30 2:00	The Year 7 Garden Club Room S4
			Week 1 only KS4/5 LGBTQ+ Room MA2 - 2:30 3:00	

After School 3.10 - 4.10pm

Homework Club (For targeted pupils with English as an Additional Language) Room LS2	Homework Club (For targeted pupils with English as an Additional Language) Room LS2	KS5 Philosophy Club Room MA5 Sign up via Google Classroom: fn46ano	Homework Club (For targeted pupils with English as an Additional Language) Room LS2	KS4 Art Club Room NB10
KS4 1:1 for Language & Literature (For pupils with English as an Additional Language) Room LS2	KS4 1:1 for Language & Literature (For pupils with English as an Additional Language) Room LS2	Week 1 only KS3 Weather Club Room NB1	KS4 1:1 for Language & Literature (For targeted pupils with English as an Additional Language) Room LS2	KS4 1:1 for Language & Literature (For targeted pupils with English as an Additional Language) Room LS2
Poetry through Music (All year groups) Room 2	Dodgeball (Gym) https://docs.google.com/forms/d/1-9gmbm-Crf5OKxY2OpGeLe29-S-SH-xoOGCfaCgbyitw/edit#settings	Table Tennis (Sports Hall) https://docs.google.com/forms/d/1HYe20E4D-HEK1MKlahwitsYS6V91cLKyQrodP6H6ODRTE/edit#settings	Steel Pan Group Room 36	GCSE PE NEA Club Sports Hall
Year 7 & 8 Basketball (Sports Hall) https://docs.google.com/forms/d/1rdwninRX-2Op-YaAyT2bx4SYDNIQHldjTovPrxqlq8Vw/edit	Year 9 & 11 Basketball (Sports Hall) https://docs.google.com/forms/d/1_qKJ5C3Ld-QH7jKZnuMBCAtxn5X9BP7bV8GrN-ieuAI/edit	Badminton (Sports Hall) https://docs.google.com/forms/d/10611Gd-D2tBs-sulu8WihRetqEoadO4JGibAqqXZxs/edit#settings	KS4 & KS5 New Views Scriptwriting Club Room 3 (17 places) Sign up required See Ms Waters	KS3 London Youth Games Preparation Dance Studio
Musical Rehearsals Theatre By audition	Yoga (Squash Court) https://docs.google.com/forms/d/15XcyX_Csqx-QhaDnQHcLlCy4rBVLpnoVCyWrmrwi6Ms/edit	Musical Rehearsals Theatre By audition		Jazz Band Room 36
Brass Group Room 37	Musical Rehearsals Rooms 36 and 37	School Newspaper All year groups Library		
Netball (All Years) (60 places) https://docs.google.com/forms/d/1iclj8YVpUAM-6MAqBcAY14pPvG13ZBQXyWmZM-dXhi5Q/edit	KS4 London Youth Games Preparation Dance Studio	Crochet Club Room 21		
KS3 Film Club Room 24 https://forms.gle/K6nmLEhHtnLvtb346	GCSE Further Maths Class Year 11 Set 1 Room 17	<p>Dear Parent/Carer,</p> <p>Following your feedback, we wanted to clarify the system put in place if your child is attending after school enrichment.</p> <p>At the start of all enrichment clubs, registers will be taken so we are clear on who is in the school building.</p> <p>If a pupil does not attend a club that is expected to, the office will be informed and parents will be contacted to inform them that their child did not attend the club.</p> <p>At the end of the enrichment session, all pupils will be escorted to the main reception to be dismissed.</p> <p>If, for an exceptional circumstance, a club is cancelled, parents will be informed via a message.</p> <p>As always, please encourage your child to attend enrichment and make the most of the many opportunities on offer.</p> <p>Ms D Samuel</p>		
String Orchestra Room 36	KS3 Maths Homework Study Club Room IR4			
Wind Band Room 38	KS3 Maths Challenge Club Set 1 and 2 Room 18			
Year 7 Science Club Room S7	GCSE Code Club Room IR4 Sign up required See Ms Kartha			
Year 8 Science Club Room S8	Week 2 only KS3 Robotics Club Room IR1 Sign up required See Mr Alom			
	KS4 & KS5 New Views Scriptwriting Club Room 3 (17 places) Sign up required See Ms Waters			

Sports News & Upcoming PE Fixtures

Results:

Tuesday 7th November – Year 9 Netball v Loxford – Won 25-3
 Tuesday 7th November – Year 7 & 8 Football (Girls) v Woodlands – Won 4-3
 Wednesday 8th November – Year 7 & 8 Netball v Valentines Year 7 Won 8-1 & Year 8 – Won 7-1
 Wednesday 8th November – Year 7 Football (boys) v Valentines – Won 9-1
 Wednesday 8th November – KS4 (Year 10 & 11) Girls Football at Frenford Centre:-
 Wanstead 4 Woodford County 0
 Wanstead 2 Trinity 0
 Wanstead 3 Oaks Park 0

PE Fixtures

Week 1 beginning Monday 20th November 2023

Wednesday 22nd November – Year 11 Netball v Valentines
 Wednesday 22nd November – Year KS4 Football at the Frenford Centre
 Thursday 23rd November – Year 7 Netball v Loxford

Week 2 beginning Monday 27th November 2023

Tuesday 28th November – GCSE (Year 10 & 11) PE Badminton v Trinity
 Wednesday 29th November – Year 9 & 10 Netball v Rush Lane
 Wednesday 29th November – KS3 (Year 7, 8 & 9) Football at the Frenford Centre

Monday	Tuesday	Wednesday	Thursday	Friday
Netball (Lower Playground)	Year 9 & 11 Basketball https://docs.google.com/forms/d/1_gKJE5C3LdQH7jKZnuMBCATxnSX9BP7bV8gRn-ieuAl/edit	Table Tennis https://docs.google.com/forms/d/1HYe20E4DHEK1MKlahwitsYS6V91cLKvQrodPH6ODRTE/edit#settings		
Year 7 & 8 Basketball (Sports Hall) https://docs.google.com/forms/d/1rdwninrX2Op-YaAy-T2bx4SYDNIQHldjTovPrqxlg8Vw/edit	Dodgeball https://docs.google.com/forms/d/1-9gmbmCrF5OKxYZOpGeLe29-SH-xoOGCfaCgbyitw/edit#settings	Badminton https://docs.google.com/forms/d/1061GdD2tBs-suluI8WihRetqtEoadO4JGibAqqXZxs/edit#settings		GCSE PE
	Yoga https://docs.google.com/forms/d/15XcyX_CsqxQhaDbnQHcLICy4rBVLPhoVCyWrmrwi6Ms/edit			

Lost PE kit/uniform

PE staff will collect any items left in the changing rooms at the end of the lesson and keep these stored. If you have lost anything please ask your PE teacher as it may have been collected. At the end of each week all items will be taken to pupil reception.

KS3 BASKETBALL

Tournament

Years 7, 8 & 9



STARTING W/C **11** DECEMBER

Matches will take place in your timetabled PE lessons

4 teams per form group

At least 2 of the same gender on each team

Finals: Year 7 - Tuesday 19/12/23
Year 8 - Wednesday 20/12/23
Year 9 - Thursday 21/12/23

Lunchtime: 12:30 - 12:55pm



Message from PTA

Dear Parents and Carers,

A great Christmas party for a great cause. And you're invited.

We're writing to invite you to our next fundraiser: the PTA's first ever Christmas party, in the school hall on Friday 1 December, 7-11pm. It's going to be a fabulous night: the perfect way to get your festive season off to a flying start, in great company, with great food, and great music.

Don't miss out

A limited number of tickets are available now on ParentPay (and at <https://whspta.sumupstore.com>). So don't miss out! When they're gone, they're gone.

Pick the right ticket

You just need to choose the ticket you want according to the food you want on the night e.g. buy the Ticket with Beefburger if that is what you fancy. (To avoid any confusion, there are four types of tickets on sale. Each one represents a different food choice for the PTA party, none of them are for the kids' school Xmas dinner.)

A reminder of what we're working for

Everything the PTA raises goes to support our children at the High School and improve their lives there. Now the weather has turned, and it seems like it rains every day, it's a reminder of why some of the projects the PTA is fundraising for are so badly needed. Two of the projects we are raising money for are:

a covered area in the playground to give the children shelter when it rains,

properly draining the school field, which currently turns into a sea of mud every winter.

You can support us and help turn these plans into a reality by coming to the party!

Glass of Prosecco

The ticket price includes a glass of Prosecco on arrival (or non-alcoholic drink).

Gourmet BBQ

We've got a gourmet BBQ lined up thanks to the generous support of [The Duke, Wanstead](#). There are four choices of delicious food *included in the ticket price*:

loaded beefburger,
peri peri chicken wrap,
halloumi and roasted vegetable wrap (VE), or
falafel and roasted vegetable wrap (VG).

Music

We've got Wanstead's most in demand DJ, so wear your dancing shoes and come armed with your requests.

All welcome

This is an event for adults, not for children. But you don't have to be a parent at the school to attend. School staff, parents from local primary schools, your friends, former pupils, etc are all very welcome.

Raffle

If you came to our last event, the quiz night, you'll know how good the raffle was that night. If you have any food or drink treats – or anything else – you can donate as a prize to the raffle this time, please email mary@ptawansteadhigh.co.uk. That's also who to contact if you have any questions about the event.

Thank you

Thanks to all of you who have supported the PTA so far. And thanks to The Duke and Stow Bros for their generous support of this event. We look forward to seeing lots of you on 1 December, for a great night out in great company – while helping to #BuildABetterWansteadHigh.

Your PTA Committee,
Dennis, Mary, Louise, Chris and Carly

ParentPay tickets for Christmas Party

- Remember there are four different Christmas party tickets on ParentPay:
- PTA Christmas Party Loaded Beefburger
- PTA Christmas Party Peri Peri Chicken Wrap
- PTA Christmas Party Halloumi and Roasted Vegetable Wrap
- PTA Christmas Party Falafel and Roasted Vegetable Wrap

- Just buy the one for the meal you want on the night.
- Tickets also available at <http://whspta.sumupstore.com>

Thanks.

Message from PTA



supported by *The* **DUKE**
WANSTEAD

Wanstead High School PTA
fundraising

XMAS Party

FRIDAY 1 DECEMBER, 7-11PM

DECKS IN THE HALL

Wanstead High School Hall

Grown-up school disco ★★★★★

Gourmet BBQ included ★★★★★

Glass of Prosecco on arrival ★★★★★

Deluxe raffle ★★★★★

All funds raised go to help

#BuildABetterWansteadHigh

All adults welcome.

Limited no of tickets for sale on

<https://whspta.sumupstore.com>

(and for parents on ParentPay)

XXX

mary@ptawansteadhigh.co.uk

Reg charity 277767

Message from PTA



PRELOVED UNIFORM

We collect and sell good quality, preloved uniform at very reasonable prices (up to 50% cheaper than RRP!) and are proud to be the only Redbridge secondary school participating in the School Uniform Bank Scheme.

All money raised goes towards the PTA's Build a Better Wanstead High Campaign

Scan the below QR Code for our price list, up to date stock list and ordering instructions



Or visit

www.sites.google.com/ptawansteadhigh.co.uk/preloved-uniform

REDUCE
RECYCLE
RELOVE



PAY
LESS FOR
PRELOVED

Message from the Pastoral Team

Working with Transport for London

We were recently made aware that some of our pupils have been engaging in persistent fare evasion across the London Underground network and in particular at Wanstead Tube Station. It is important that parents, carers and pupils understand the consequences of fare evasion, and that we ensure all pupils have access to an Oyster photocard. To support this, Transport for London will be holding assemblies during our Spring Term Challenge Week and will also be guest speakers at our Keeping Safe evening which will take place on **Monday 4th March 2024**.

Transport for London (TfL) and the London Underground (LU) have devised a Behaviour Code which they expect all young people to adhere to at all times when they are travelling on public transport. This code is in place to ensure everyone travels safely with due respect for fellow passengers, staff and property. If a young person is found to be in breach of the code they may be warned about their behaviour, have a letter sent to their parents and/or they may face police action. TfL will be informed of all incidents of misconduct to consider the withdrawal of the young persons free travel concession.

When on London's public transport network or premises, always:

Act sensibly and treat others as you would like to be treated. Your free travel concession may be withdrawn if we believe that you have behaved in an antisocial way.

Antisocial behaviour includes, but is not limited to:

- Putting your safety or the safety of others at risk
- Use of offensive or threatening language
- Behaving offensively, bullying or threatening others
- Smoking
- Playing music out loud
- Damaging or defacing an Oyster photocard or using a damaged or defaced Oyster photocard
- Letting anyone else use your Oyster photocard
- Committing any crime on, or in connection with, London's public transport network, in particular, but not limited to:
 - Physical or verbal assault;
 - unlawfully carrying a weapon;
 - criminal damage or trespass on London's public transport network premises;
 - theft, robbery or burglary;
 - misusing controlled drugs

Remember to **always touch in** with your Oyster photocard at the start of every journey. If you don't you could lose your free travel. TfL staff are also there to assist anyone in case of any problems, concerns or issues experienced when travelling across the network.

Vaccinations

We understand that not all children who completed handed in completed consent forms received their flu vaccinations. We are working with Vaccination UK, who deliver the vaccinations, to schedule another day in which flu vaccinations can be delivered.

If you would like your child to attend a catch up clinic, you can also email Vaccination UK direct via appointments@v-uk.co.uk or call on 0203 343 2400 (Option 4).

Please note the next planned vaccinations at the school are:

Year 8 HPV Vaccine

The HPV vaccine is offered to all Year 8 pupils and will take place on:

1st Date: **Wednesday 13th March 2024**

2nd Date: **Thursday 14th March 2024**

Year 9 DTP & MenACWY Vaccine

The DTP & MenACWY vaccine is offered to all Year 9 pupils and will take place on:

1st Date: **Wednesday 3rd July 2024**

2nd Date: **Thursday 4th July 2024**

Measles/MMR vaccination

Measles cases are rising across the country, with over 102,000 children starting primary school in England being at risk of catching the disease. We are asking education settings to share key messages from the NHS about MMR / measles and how to get vaccinated.

The [Back to school MMR Guidance](#) from the NHS includes information to share, as well as example social media posts which can be found here: [NHS Vaccine Poster](#) and [NHS MMR Poster](#).

Measles is highly infectious and if left unvaccinated nine out of ten children in a classroom can catch the disease if just one child is infectious. Please share these resources with colleagues, parents, and where suitable, community organisations to increase awareness and encourage parents to get their children vaccinated.

Action for all education settings: Support children and young people to take part in The Big Ambition survey

The Children's Commissioner for England has recently launched 'The Big Ambition' to hear directly from children, young people, and parents across the country.

This is an opportunity to hear from all children, in every part of the country and in every setting. The survey will be used to encourage policymakers to think about children and young people's needs, to ensure children's voices are reflected in the decisions that will affect them in years to come.

Education settings play a critical role in enabling us to hear from as many children and young people as possible. That is why we are encouraging all settings in England to take part and let their pupils have their say on what is important to them!

To find out more head to [The Big Ambition page](#).

To take part in The Big Ambition survey visit:

www.childrenscommissioner.gov.uk/thebigambition.

Message from the Pastoral Team

Our Pastoral Team includes a School Counsellor and Learning Mentor to assist with your child's emotional wellbeing. If you wish to discuss this support, please contact your child's individual Head of Year or our Director of Inclusion Ms Cini via email; d.cini@wansteadhigh.co.uk. The following agencies may also support children and families with difficulties they may be facing.

YOUNGMINDS

- **Young Minds** provide extensive information and support online at www.youngminds.org.uk
- Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis
- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, Giff Gaff, Tesco Mobile and Telecom Plus.
- Free Parent helpline 0808 802 5544 free Mon-Fri from 9.30am to 4pm

THE MIX

- **The Mix** offer support for a variety of topics including mental health and relationships.
- Extensive resources and support online at www.themix.org.uk
- Under 25s can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need.
- Freephone: 0808 808 4994 (13:00-23:00 daily)

kooth

- **Kooth** is an online counselling service offering support for children aged 10 - 18 years of age
- Support can be accessed online at <https://www.kooth.com>
- Monday - Friday 12pm - 10pm and Saturday - Sunday 6pm – 10pm



- **Child Bereavement UK** offer support for young people and their families who have experienced a bereavement online at www.childbereavementuk.org
- Live chat via website (Monday - Friday, 9am - 5pm)
- National Helpline 0800 02 888 40 (Freephone. Monday – Friday, 9am – 5pm)
- Email for bereavement support: support@childbereavementuk.org

WINSTON'S WISH WW

- **Winston's Wish** provide support and therapeutic advice on supporting a grieving child or young person after the death of a loved one online at www.winstonswish.org
- Freephone National Helpline on 08088 020 021
- UK-wide national email service, offering support, information and advice to anyone seeking it via ask@winstonswish.org.
- Winston's Wish Crisis Messenger: text WW to 85258

every mind matters

- Every Mind Matters is an NHS service provide support for mental health and wellbeing
- <https://www.nhs.uk/oneyou/every-mind-matters/>
- Every Mind Matters gives you simple and practical advice to get a healthier mind and get more out of life - from how to deal with stress and anxiety, to boosting our mood or sleeping better. It will help you spot the signs of common mental health conditions, get personalised practical self-care tips and information on further support.

What Parents & Carers Need to Know about GROUP CHATS

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WHAT ARE THE RISKS?

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways; starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Spare room feeling empty?



Foster for Redbridge

020 8708 6068

fostering@redbridge.gov.uk



Term Dates and INSETs 2023-24 Planning Ahead!

The following dates are now confirmed for 2023-24 and are published on the school website:

Autumn Term 2023-24

Period Monday 4th September 2023 to Wednesday 20th December 2023

INSET 1 Monday 4th September 2023

INSET 2 Tuesday 5th September 2023

Half term break – Monday 23rd October 2023 to Friday 27th October 2023

INSET 3 Friday 24th November 2023

Spring Term 2023-24

Period Thursday 4th January 2024 to Thursday 28th March 2024

Half term break – Monday 19th February 2024 – Friday 23rd February 2024

Summer Term 2023-24

Period Monday 15th April 2024 to Friday 19th July 2024

Half term break – Monday 27th May 2024 to Friday 31st May 2024

Last Day of Summer Term Friday 19th July 2024

INSET 4 (disaggregated) Monday 22nd July 2024

INSET 5 (disaggregated) Monday 23rd July 2024

Wanstead High School Uniform, Clothing and Appearance

Required Items Year 7 - 11 Description



- | | |
|--|---|
| Burgundy school blazer with school badge | - Blazers must be worn to and from school. They must be worn at all times around the school site and in lessons unless given permission by their class teacher in class or by a whole school announcement during periods of extremely hot weather, when they may be carried or left at home in exceptional circumstances. |
| School tie | - All pupils must wear a school tie. Ties can be purchased from school via ParentPay or from our uniform retailer. A pupil's year group is identifiable by the colour of the stripe on their tie. The stripe must be visible at all times. |
| White plain school shirt | - Top button must be done up. Shirts can be long or short-sleeved. |
| Black tailored school trousers or black tailored school shorts (summer term only) | - Trousers and shorts must be school-style and not be skinny or tight-fitting. No leggings, jeans or denim. |
| Black knee-length school skirt | - Skirts must be school-style and not be skinny or tight-fitting. Skirts must not be rolled up. |
| Black v-neck long-sleeved plain pullover (optional) | - No sweatshirts, no cardigans and no logos apart from school badge. Pullovers do not have to have the school badge if worn. |
| Black leather shoes with black soles and black laces | - Smart, flat boots to the ankle may be worn. No Dr. Martens boots, no trainers, no high heels, no canvas shoes, no coloured laces (except when sold in school for LGBTQ+ awareness). Nike Air Force or similar are not a suitable school shoe. |
| White or black socks | - Must be worn up to or below the knee and no patterns. |
| Flesh tone or plain black tights (optional) | - No patterns and tights must not be torn or ripped. |
| Outdoor coat (optional) | - Appropriate coat suitable for school. Unzipped whilst in the school building. Hoodies or tracksuit tops may not be worn instead of a coat. |
| Religious headwear | - should be plain black, burgundy or white. |

Required Items 6th Form Description

- | | |
|---|--|
| Formal fit suit | - Should be smart and professional, ID badges must be worn at all times. |
| Formal collared shirt with tie or business style blouse | - Top button must be done up. Shirts can be long or short-sleeved. |
| Formal fit skirt or dress (professional length) with business style blazer | - Should be smart and professional, ID badges must be worn at all times |
| Black leather-style shoes | - Formal flat or low-heeled shoes or sensible, practical, flat or low-heeled formal boots can be worn but must be covered under the trousers or no higher than ankle length. |
| V-neck plain formal jumper/cardigan can also be worn | - Must show a collared shirt and tie/blouse underneath. |

All items of logoed uniform can be purchased from Carolina School Outfitters. <https://carolinaschooloutfitters.co.uk/> Other items can be bought from any other appropriate establishment. This will be reviewed in 2023-24.

Wanstead High School Uniform, Clothing and Appearance

Children coming to school in unacceptable uniform will be supplied with the correct uniform from the Reflection Centre. Pupils are asked to leave a deposit (an article of minor value) whilst school property is being borrowed. In cases of financial need, parents can apply to the school for assistance towards the cost of school clothing.

Required Items Year 7 - 11



School PE Kit

- Wanstead High School polo shirt with logo
- Black shorts/black tracksuit bottoms/black leggings - all with logo; or
- Plain black shorts/plain black tracksuit bottoms/plain black leggings (no cycling shorts)
- Plain black Football socks
- Plain white ankle socks

Optional Additional Items:

- A Wanstead High School Quarter Zip Fleece (during periods of cold weather/outdoor lessons)
- Shin Pads for Football are advised



Item Description

- Jewellery** - Jewellery worn to school should be safe and appropriate. Pupils may wear up to two small stud earrings in each ear and one small nose stud may also be worn. Hoop or drop earrings of any size are not permitted. No other body or facial piercings should be displayed.
 - Pupils may wear a watch; smart watches are not permitted in exams or assessments.
- Make Up** - Make-up needs to be subtle and nail varnish can be worn. Heavy make-up, false eyelashes and fake nails are considered inappropriate for school and a distraction from the purpose of school, they are not permitted in Years 7-11.
- Hair** - Pupils must wear their hair in a natural colour, bright unnatural colours are not permitted. Extreme hair styles or those associated with any kind of anti-social activities or groups are not permitted. These change from time to time and the Headteacher reserves the right to specify what these might be at any point. The patterned shaving of hair or eyebrows is forbidden.
 - Wanstead High School has adopted the Halo Code. This means our school champions the right of staff and pupils to embrace all Afro-hairstyles. We welcome Afro-textured hair worn in all styles including, but not limited to, afros, locs, twists, braids, cornrows, fades, hair straightened through the application of heat or chemicals, weaves, wigs and headscarves, as long as they are in line with school colours and hair colour guidance. This does not include durags or bonnets which are not appropriate in school.
- Hoodies and other non-uniform jumpers or coats** - Hooded sports tops or 'hoodies' are not permitted and will be confiscated. Only a black v-neck jumper may be worn in school, this does not have to be logoed. Dance or Drama hoodies are only allowed for extra-curricular activities.
- Hats, Ski Masks, Balaclavas, Face coverings** - It is not permitted for any pupil to wear any form of cap or hat in the school building. A woollen hat can be worn to and from school and at break/lunchtimes when the weather is cold. Ski masks, balaclavas and face coverings should not be worn, to, from or within school.



Tutor Grid 2023 -24

Year 7		Year 8		Year 9	
HOY	Mr D Tann	HOY	Ms C Murray	HOY	Mr M Tinker
7.1	Ms T Reynolds	8.1	Mr M Adams	9.1	Ms I Unegbu/Ms M Dietze
7.2	Ms B Waters	8.2	Ms I Jasmine/Ms O Ogunfemi	9.2	Mr S Rashid
7.3	Ms S Khan	8.3	Ms N Rowshan	9.3	Mr N Rashid/Ms S Sultana
7.4	Ms C Gorczak	8.4	Ms J Ibrahim	9.4	Mr A Chauhan
7.5	Mr I Choudhury	8.5	Ms D Collins	9.5	Mr D Boachie
7.6	Ms S Begum	8.6	Ms K Kaddour/Ms S Prestwidge	9.6	Ms M John
7.7	Ms N Ahmed	8.7	Ms N Redondo	9.7	Mr G Narang
7.8	Ms E Everhart	8.8	Ms N Gómez	9.8	Ms N Begum
		8.9	Mr D Vardavas/Ms E Christofides	9.9	Ms K Kioi/Ms O Ogungbe

Year 10		Year 11	
HOY	Mr M Hadden	HOY	Ms G White
10.1	Ms K Ali/Ms J Wali	11.1	Ms H Tassine
10.2	Ms F Mak	11.2	Mr S Younis
10.3	Ms L Pennington	11.3	Mr L Willer
10.4	Ms C Feeney	11.4	Ms S Hoque
10.5	Ms E Hayes	11.5	Mr R Ali
10.6	Mr D Leftwich	11.6	Ms S Younas/Ms S Clarke
10.7	Ms R Gullefer/Ms M Ayer	11.7	Ms N Hassan
10.8	Mr D Hardy	11.8	Mr R Nazir
10.9	Mr A Yiacoumi	11.9	Ms H Ikrah

Year 12		Year 13	
12.1	Ms D Bennett/Ms O Gallagher	13.1	Ms H Ahsan/Ms S Wright
12.2	Mr B Weakliam	13.2	Mr K Holdbrook
12.3	Ms S Begum	13.3	Ms C McQuillan/Mr R Smith
12.4	Ms A Khanum/Ms H Cressall	13.4	Ms M Kara
12.5	Mr I Sweet	13.5	Mr B Alom/Ms G Kartha
12.6	Ms F Hinson/Ms V Premkumar	13.6	Mr Z Munir

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Athletics Squads**

England Athletics Accredited Coaches

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IT'S FREE!

- TAPE BALL CRICKET
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- NO EQUIPMENT NEEDED
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- GIRLS ONLY SESSIONS STARTING FROM 22ND MAY, 2023

AGE 8-16 | EVERY MONDAY | 5:30PM TO 6:30PM
**WANSTEAD LEISURE CENTRE,
 REDBRIDGE LANE WEST, WANSTEAD -E11 2JZ**

TO FIND OUT MORE, CONTACT PROMILA RAINA :
 PROMILA.RAINA@ESSEXCRICKET.ORG.UK

Lunch Menus and Tariffs

LUNCH BREAK TARIFF

MAIN MEAL - OPTIONS 1,2 AND 3	£2.47
MAIN MEAL AND DESSERT	£2.65
BOWL SALAD	£1.75
PLATE OF SALAD	£2.47
JACKET POTATO AND 1 FILLING	£2.47
EXTRA FILLING	£0.55
HOT PASTA POT	£2.47
PLAIN PASTA	£1.35
CAKE (SLICE OR INDIVIDUAL)	£1.00
FRUIT/YOGURT/MOUSSE	£1.10
WATER	£0.85
FLAVOURED WATER/RADNOR FIZZ	£1.30
MILK SHAKE/JUICE BOX	£0.85

GREAT FOOD FEED ME EVERY TIME

MID-MORNING BREAK TARIFF

Half Panini	£1.10	Cold Small Pasta Pot	£1.10
Full Panini	£2.00	Cheese and Onion Pastry	£1.50
Pizza	£1.15	Waffles/Croissant	£1.20
Loaded Nachos	£2.00	Hash Browns	£0.65
Dirty Wedges - Meat	£2.20	Egg Roll	£1.10
Dirty Wedges - Veggie	£2.00	Mousse/Fruit	£1.10
Half Wrap	£1.00	Piece of Fruit	£0.55
Wraps	£2.00	Jelly	£0.66
Vegan/Chicken Sausage Roll	£1.35	Water	£0.85
Sandwiches	1.65	Juice Boxes	£0.85
Vegetarian Baguette	£1.90	Flavoured Water/Radnor Fizz	£1.30
Meat Baguette	£2.05	Milk Shake	£0.85
Cold Large Pasta Pot	£1.65		

GREAT FOOD FEED ME EVERY TIME

Mid-Morning Break Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Panini	Panini	Panini	Panini	Panini
Pizza V	Pizza V	Pizza V	Pizza V	Pizza V
Loade Nachos	Dirty Wedges	Veggie Wedges Ve	Dirty Wedges	Loaded Nachos
Veggie Wedges Ve	Wraps - Ve Available	Wraps - Ve Available	Vegan Sausage Roll Ve	Veggie Wedges Ve



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MENU

Vegetarian =

Vegan =

Feed Me Secondary Autumn/Winter 2023

Week 1	Monday - Veggie/Plant +	Tuesday	Wednesday - Roast	Thursday	Friday - Fish
Main 1	Dry aubergine Curry with Cous Cous	Chicken Sausage and Mashed Potatoes with Gravy.	Roast of the Day with Roast Potatoes, Stuffing, and Gravy	Beef Lasagne.	Fish Bar and Chips
Veg 1	Macaroni Cheese (V)	Vegan Sausage with Mashed Potatoes and Gravy	Sweet Potato Chana Masala with Bombay Potatoes	Kale Pesto Pasta	Veggie Nuggets with Chips
Grab and Go	Bean Empanadas with Spicy Sweetcorn Salad	Crispy Chickpea Noodles	Tandoori Wings with Bombay Potatoes with Slaw	Jerk Chicken with Rice and Peas	Fish Finger Gyros
Dessert 1 Baked	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Cinnamon Sponge Fresh Fruit and Yoghurt	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly



MENU

Vegetarian =

Vegan =

Week 2	Monday - Veggie/Plant +	Tuesday	Wednesday - Roast	Thursday	Friday - Fish
Main 1	Halloumi Burger with Slaw	Pie Bar with Mash and Gravy	Roast of the Day with Roast Potatoes, Stuffing, and Gravy	Chef's Special Chicken Curry with Rice	Fish Bar and Chips
Veg 1	Butternut Squash and Chickpea Tagine	Veg Burrito	Best Chickpea Burger with Sweet/Potato Wedges and Slaw	Pasta Primavera	Spring Rolls with Chips, Sweet Chilli Sauce and Slaw
Grab and Go	Teriyaki Noodles	Birria Pork/Chicken Soft Taco	Philly Cheesesteak with Wedges and Sracha Slaw	Sweet Potato and Vegetable Jalfrezi with Rice	Salmon Katsu Curry with Rice or Chips and Slaw
Dessert	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Plum Pudding Cake Fresh Fruit and Yoghurt	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly



MENU

Vegetarian =

Vegan =

Week 3	Monday - Veggie	Tuesday	Wednesday - Roast	Thursday	Friday - Fish
Main 1	Spanish Omelette	Chicken Laksa with Noodles/Rice	Roast of the Day with Roast Potatoes, Stuffing, and Gravy	Peri Peri Chicken with Spicy Rice and Minted Peas	Fish Bar and Chips
Veg 1	Future 50 Samosa with Curried Rice	Thai Style Fried Rice with Edamame	Quorn Roast Fillet with Roast Potatoes, Stuffing and Gravy	Roasted Vegetable Lasagne	Onion Bhaji Wrap with Mango Sauce
Grab and Go	Chickpea and Spinach Curry with Rice	Carbonara Pizza	Beef Meatball Bake (greek or veg) with Roasted New Potatoes	Veggie Yaki Noodles	Loaded Sausage and Chips with Curry Sauce
Dessert 1 Baked	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Vegan Sweet Potato and Ginger Cake Fresh Fruit and Yoghurt	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly



- Are you feeling low and would benefit from some 'me' time?
- Do you need support to be more active?
- Are you looking to improve your wellbeing?
- Would you like to try something new or re-try an activity?

Active Body Healthy Mind

If you have answered 'Yes!' to any of the above, come and get involved. From September 2023 – July 2024, you can find a full programme of activities in various locations across Redbridge.

- Booking required
- Age 19+
- Taster sessions
- FREE



**To view the programme timetable
and to find out more about this project**

Visit: www.visionrcl.org.uk/activebodyhealthymind

Email: active.redbridge@visionrcl.org.uk



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Will Vaping THC Effect My Childs Health Long Term?

The long term health effects of vaping are still being studied. It is believed that whilst vaping is not risk free as it still contains chemicals, it contains a significant amount less than a traditional cigarette as there is no tobacco therefore no tar or carbon monoxide. Studies are beginning in the USA on the impact of vaping on the lungs. However we know that vaping THC can cause the same long term health effects as cannabis use which are laid out below.

You can read more on the NHS website about vaping to stop smoking. [Using e-cigarettes to stop smoking - NHS \(www.nhs.uk\)](https://www.nhs.uk)

The long term effects of cannabis use can include the increased risk of psychotic illness such as schizophrenia as well as other mental health issues.

Schizophrenia = delusions and hallucinations.

- Delusions – believing things that are not true
- Hallucinations – seeing things that are not really there

Risk of schizophrenia is increased if you use cannabis from a young age, frequent use, stronger cannabis i.e. skunk, and family history of schizophrenia
Mental Health -

- Anxiety and paranoia
- Hallucinations

These can happen during use, and may settle when stopped but use can also aggravate existing mental health issues.



You can read more on the NHS website about the mental and physical effects associated with cannabis use. [Cannabis: the facts - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Vaping and The Law

The law around vaping can be very tricky to understand as there is a lack of legislation around vaping. You must be 18 to buy a vape pen. There is no law around where you can and cannot vape, but many places adopt the same rules as smoking, therefore you must go by venue policy. Similarly, driving whilst vaping is not illegal, but the cloud of smoke can be considered a hazard whilst driving and can get you into trouble. **However as THC is illegal, vaping THC oil follows the same laws as cannabis laid out below.**

LAW



Will my child get into trouble for using THC Vapes?

Cannabis is an illegal Class B drug. There are consequences for the **illegal** possession, supply and production of cannabis.

Possession – having (possessing) cannabis in any form including edibles can get you up to 5 years in prison, unlimited fine or both.

Supply - supplying cannabis which includes giving it to your friends for free or sharing it with them can get you up to 14 years in prison, an unlimited fine or both.

Dealing - selling cannabis for any sized financial gain can get you up to 14 years in prison, an unlimited fine or both.

Trafficking - moving it around the country on transport or through private vehicle etc. can get you up to 14 years in prison, an unlimited fine or both.

Production - producing cannabis whether growing for self consumption or to be sold can get you up to 14 years in prison, an unlimited fine or both.

Young people who use cannabis are at increased risk of child criminal exploitation (CCE), and to be groomed into County Lines operations, see below for more information.

To read more about the legality of cannabis please see the government website [Drugs penalties - GOV.UK \(www.gov.uk\)](https://www.gov.uk). To learn more about county lines and CCE, see The Childrens Society website [What Is County Lines? | The Children's Society \(childrenssociety.org.uk\)](https://www.childrensociety.org.uk).

HELP



How can I help my child?

It can be difficult to know the best way to support your child if you are concerned. Speaking with professionals already working with your child is the first step such as teachers, and key workers.

Below are local and national services to find more information and support for your child.

Local

- Adolescent Development Services SORTED
 - sorted@hillingdon.gov.uk
 - 01895 250 721
- ARCH Hillingdon
 - 01895 207 777
 - arch.hillingdon@nhs.net



National

- Childline - 0800 1111
- Frank - talktofrank.com
 - 0300 123 6600
 - frank@talktofrank.com
 - text - 82111
- youngminds - [youngminds.org.uk](https://www.youngminds.org.uk)
- ADFAM - [adfam.org.uk](https://www.adfam.org.uk)
- Samaritans - [samaritans.org](https://www.samaritans.org)
- The Childrens Society - [childrensociety.org.uk](https://www.childrensociety.org.uk)
- MIND - [mind.org.uk](https://www.mind.org.uk)
- CYPMHS - NHS mental health support
 - [nhs.uk](https://www.nhs.uk) - search CYPMHS

