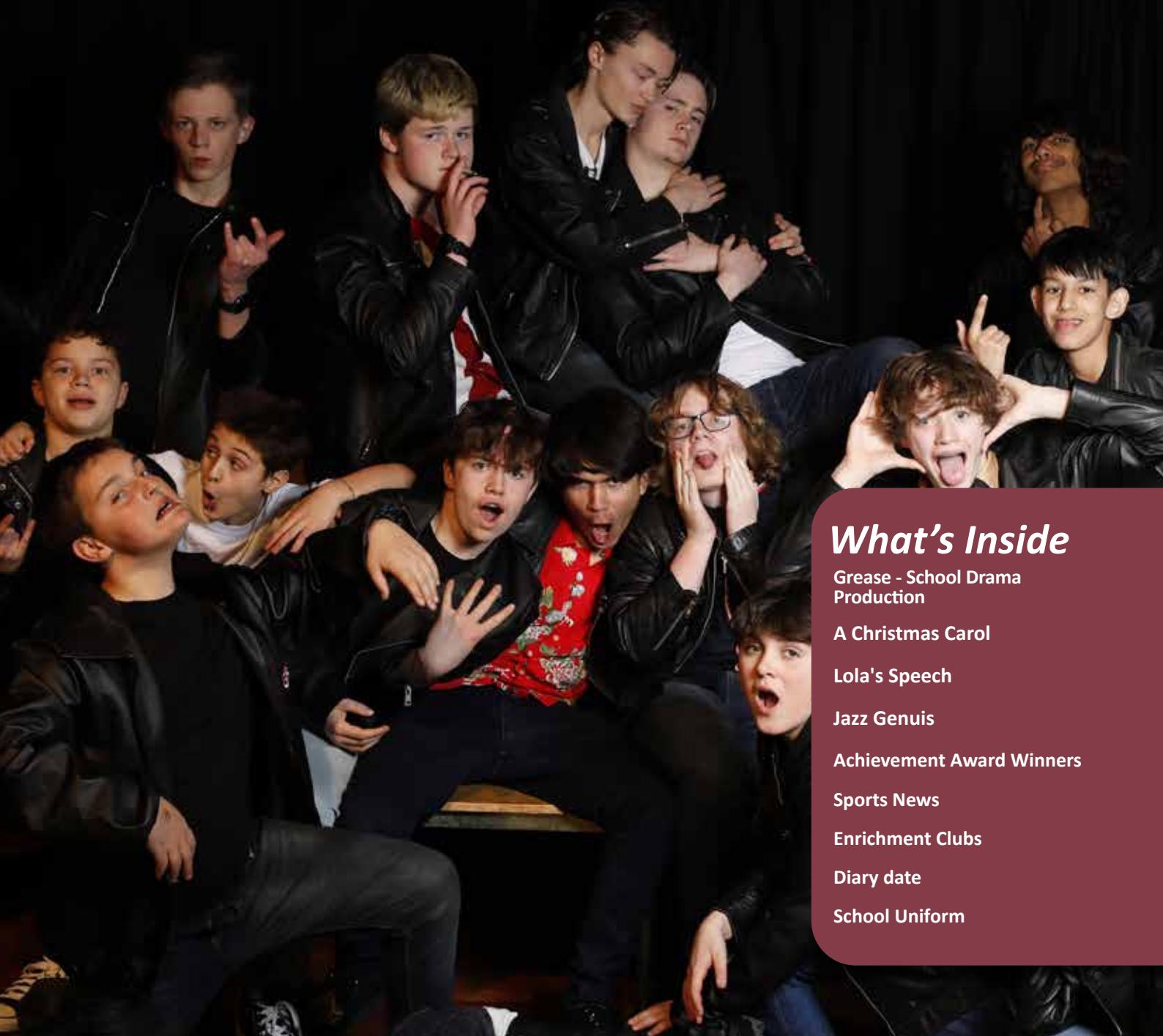


# THE HERON HOMELINK *newsletter*



March 2024 Issue No. 9



## What's Inside

- Grease - School Drama Production
- A Christmas Carol
- Lola's Speech
- Jazz Genius
- Achievement Award Winners
- Sports News
- Enrichment Clubs
- Diary date
- School Uniform



Grease Production



Jazz Genius - Daniel Year 8



Lola's Speech

Education with Character



## Message from the Headteacher

Dear Parents/Carers,

A huge well done and thank you to the staff and pupils involved in Grease – it was so great to see the passion and talent of your young people. Putting on productions takes a huge amount of work and we are so grateful for the support of our staff and you as parents and carers.

### Sports News

There is a lot to read about and celebrate in this edition of the Homelink and I reflect often about the huge wealth of talent in our school. I am more than excited about the appointment of the Director of Sport and know that he will lead the school to become an outstanding sport and PE provider, as well as leading the discussions with Vision about the future for the Leisure Centre and pool and how we can maximise the use of these facilities for our pupils. We hope to publish at some stage in the Homelink some more pictures of what the building will look like to help this vision to become a reality, at least in your minds.

### Our new Director of Sport, Mr Sains, introduces himself:

*My name is Jamie Sains and I am delighted to be writing to you as the newly appointed Director of Physical Education and Sport at Wanstead High School. I feel extremely honoured and privileged to have been chosen to continue and build upon the success the department has already achieved under the leadership of Mr Adams.*

*My vision for the department is a simple one. To provide all pupils with the highest standard of physical education, and through school sport give pupils a wealth of experience and opportunities, so that they leave Wanstead High school as responsible, kind, resilient, caring, hardworking, and tolerant citizens. Always educating them with character.*

#### **Q. What are your qualifications and experiences?**

*A. I am proud to have served my secondary school education in the London Borough of Redbridge, and studied a BSC in Applied Sport Science at the University of East London. I spent twelve years as a Head of Physical Education in Waltham Forest and recently two years as an Assistant Head teacher.*

#### **Q. What extra-curricular opportunities will your department provide?**

*A. I strongly believe that just as important as what happens inside our classrooms, are the opportunities and experiences that happen outside of them. Our extra-curricular offer will be broad, with all pupils given the opportunity to experience these activities as a priority, supported by strong club links and talent identification pathways for those pupils with a particular talent and interest.*

#### **Q. What will PE lessons look like at Wanstead High School?**

*I believe that all PE lessons should give pupils the opportunity to be creative, logical, physical, demonstrate leadership skills and have fun, all while developing the key skills and knowledge to be successful when they leave Wanstead High School as well-rounded citizens.*

#### **Q. What examination pathways will you offer?**

*As a qualified exam board moderator and examiner, I have particular skills in developing a robust GCSE PE curriculum where our pupils can achieve well. We are currently undertaking a review of the pathways offered at Key Stage 4 and 5, however and will update you accordingly.*





## Leisure Centre and Pool

Meanwhile, this has finally been published in Redbridge Life and we continue to ask the LA to communicate with you and local stakeholders regularly about this project:

Construction work on new leisure centre is underway. Redbridge Council and our contractor Jerram Falkus, are on site constructing an exciting new building which will extend both Wanstead High School and Wanstead Leisure Centre.

As part of the council's wider plan for regeneration and growth to the area, the £16m construction building will span over three blocks, with 4,200 square metre building housing four new classrooms, a dining hall, and a commercial kitchen.

The existing leisure centre building will be extended to accommodate a new state of the art 25 metre swimming pool, dance studios, a new reception area, and accessible changing rooms for users. Work is due to be completed in Summer 2025.

Cllr Jas Athwal, Leader of Redbridge Council, said "This state-of-the-art leisure centre, right in the heart of Wanstead, will give local people a place to go for a swim, work out, and look after their health, that is right on their doorstep. Wanstead High School will also have use of these top-class facilities. A series of unforeseen circumstances have meant we've had unavoidable delays to the building programme, but our contractor is working at pace to deliver what will be a brilliant new facility for residents and those in the surrounding area".

The extension to the leisure centre and school will include:

- **A new 25 metre swimming pool**
- **Four additional classrooms**
- **An extended playground**
- **Dance studios**
- **A commercial kitchen**
- **A reception area**
- **Accessible changing rooms**

## Catering

On page 10 & 11, there is an exciting update about the new caterers. Please read this carefully and we hope pupils will find this exciting

and a fresh approach to food and dining. There will be plenty of vegan options and a focus on healthy choices and we hope the community can become much more involved in the catering experience. Obviously with no current purpose-built dining room, we still have operational issues but this is part of the new build as you know. Innovate will also establish a pod for pupils to purchase food outside which should help queues. We are still considering how we can provide new eating areas on the school site in conjunction with this.

## Term Dates and Communication

The Term dates for next year are also in this Homelink (page 39) and these will be published on the website too. The new website will be up and running after Easter. We will be phasing out the In-Touch bulletin after Easter as we move to the new website and also adopt Edulink as a new communication method, currently being trialled by parents and carers. This will streamline communication and mean there is less need for this additional communication channel which was originally so necessary. We will continue to review communication with you and ask for your feedback as we know how important this is. We would ask you to use the website as the first point of information in future and will alert you when this is up and running.

I can't believe it is 3 weeks until the end of term and we thank you for all your support with Challenge Week – pupils were very focused and produced some great work.

Wishing you a safe and happy next few weeks and I will send an end of term letter with details of the end and start of term and the new Behaviour Reset, including details of the new phone policy for Key Stage 3.

**Emma Hillman**  
**Headteacher**



## School Drama Production

# Grease

Over ninety-five pupils took part in the school's recent production of 'Grease', including performers, musicians and those involved in backstage and lighting. The show was a massive success and was seen by over six hundred parents, siblings and pupils over six performances in the last week of February. A huge congratulations is owed to everyone

involved and to the following staff: **Ms Gullefer, Ms Wali, Mr Weakliam, Miss Pennington, Miss Prestwidge, Mr Wess and Mr Sweet.**

*Continued on pages 16 & 17*



# Messages from Heads of Year



## Head of Year 7

Dear Parents and Carers,

As we approach the halfway point of the Spring term, I would like to congratulate the year group once again for their continued focus and effort. I have been having many conversations with teachers indicating the excellent work and learning taking place by groups and individuals across the year group.

We have again celebrated the successes of the pupils at our celebration assembly. This time around, the pupils were given a sneak peak of the forthcoming school production of Grease (the cast of which boasts a good number of Year 7 pupils), as well as a full-on rock and roll musical performance from a band of our Year 11 and Year 12 pupils (a little bit of Guns N Roses to start the day!). We also had a chance to celebrate our fantastic Year 7 Dance pupils who participated in the London regionals of the Great Big Dance Off competition.



## Head of Year 8

Dear Parents and Carers,

Spring term is aptly named as Year 8 have certainly sprung into action over the past few weeks. Tutor Time has been filled with preparations for Challenge Week 2 with pupils organising their exam and revision timetables. It was great to see pupils being so proactive with their learning discussing what

was required for each subject assessment and sharing ideas for revision techniques. They are certainly getting into the swing of and raising to the challenge of these assessment weeks. By the time Challenge Week 3 rolls around in the Summer Term they'll be seasoned pros.

During this Challenge Week, the London Ambulance Service came into school and trained up the whole of Year 8 in crucial first aid skills as part of their London Life Savers scheme. I was lucky enough to spend the whole day with Year 8 who impressed everyone with their concentration, skill and level of engagement during their workshops. Year groups been asked to supply suggestions for our school's 'Word of the Week' – their performance in the work shop inspired the suggestion 'Impeccable'. That certainly gets my vote!

There is a lot to look forward to not least of all the departure of Winter and the arrival of Spring (and hopefully brighter days). The cohort will be participating in what will hopefully be an exciting Skills Builder challenge – utilising some of the skills that they have been developing in their tutor time Skills Builder sessions.

In March, there will be World Book Day. As part of this global celebration of literacy, I am looking to organise participation in the "World Book Day: Story Makers" this event took place on March 4th. This one-off live stream event put on by Puffin Books will give the pupils an insight into how published authors and illustrators go about their craft. A fantastic opportunity for anyone interested in creative writing and/or illustrating.

We will have the next form led assembly (this time is the turn of 7.3) – which so far have proven to be very informative and well presented. I am looking forward to organising a few other opportunities for the year group a bit further down the line, but will save them for another time.

By Mr D Tann

Year 8 are rather a democratic community who like to debate options, vote and abide by the majority decision. Consequently it is no surprise that 'Votes for Schools' is one of our most popular tutor time activities.

The PTA have kindly donated a raft of books to support reading in Tutor Time. Each class is to have a reading book for whole class reading but after reading the blurbs, opinions are divided! History buffs are keen for the class to read "Salt to the Sea" by Ruta Sepetys which looks at four lives were affected by the sinking of the German military transport ship the Wilhelm Gustloff in 1945. Some pupils are keen to revisit their History studies from primary school looking at the folklore and beliefs of Vikings by reading "Norse Mythology" by Neil Gaiman. Others have enjoyed learning about the gothic and mystery genres in English this term so are canvassing hard for "Thornhill" by Pam Smy. The late poet and author Benjamin Zephaniah holds a place in pupils' hearts as he is often the first poet they have studied in school so it is no surprise that a lot of pupils are keen to read "Terror Kid". Basketball fans have been holding court promoting their choice of "Rebound" by Kwame Alexander. Whatever the classes pick it is hoped that we will circulate the class readers so within the year everyone gets to read their first choice!

Thank you to all Parents and Carers for all your continued support. It is much appreciated and makes a big difference.

By Ms C Murray



## Head of Year 8

Dear Parents and Carers,  
Firstly, I hope that you are all well and that you had a nice half term holiday.

I would like to take this opportunity to thank you for the GCSE options evening. As I said on the night, it was great to see so many of you there in attendance which is testament to your welcomed support in this process. Year 9 is an important time in

the pupil's educational journey and marks the end of Key Stage 3. It has been lovely to see so many pupils engaged in the process and taking ownership of their future studies. Pupils should have now expressed their interest in subjects and this data is being collected and processed. I understand there may be some concerns regarding certain pathways and we will try our best to ensure that we can accommodate such requests.

Since returning from half term, Year 9 pupils have been busy with Challenge Week activities as well as the trip to Lambourne End Activity Centre. It was a wonderful and engaging experience which built on aspects of our Skills Builder programme such as teamwork, communication and leadership skills. Despite the weather and conditions, every pupil threw themselves straight into the tasks that were before them without hesitation or complaint. This showed incredible application and it was refreshing to see the pupils in a different environment displaying such resilience and determination.

**By Mr M Tinker**



## Head of Year 10

Dear Parents and Carers,

As the spring term draws to a close the Year 10 have kept striving towards success. Preparing for assessments and understanding the commitment and dedication required to excel across their suite of GCSEs. Importantly they are developing their study habits in their revision and review techniques. Parents will gain

feedback on their child's progress and next steps via the Year 10 Progress Evening, which we hope was useful and welcome any feedback.

This term, in March pupils have experienced National Careers Week in which they've been able to consider themes such as job motivation - encouraging them to think about jobs they'd find enjoyable and what factors would keep them motivated at work; their talents and passions and how these could be used in future careers and exposing them to a wide range of career options.

In February, their Humanutopia Workshop built on their experiences from Year 9, reflecting on their growth and the importance of their mental health and well-being . The workshop focussed on reflections, the future and the tools they need to feel empowered to make positive choices in their young lives.

Congratulations to all pupils who continue to challenge themselves in activities as part of their extra-curricular interests, this has ranged from Duke of Edinburgh, school performances, local youth elections, karting, dance competitions.

We are very proud of how our young people challenge themselves beyond the classroom and encourage them to keep this up.

**By Ms M Steel (On behalf of Mr Hadden)**



## Head of Year 11

Dear Parents and Carers,  
Pupils will have received the Summer GCSE Exam timetable; pupils need to ensure the exam tier is correct along with the subject time so we can ensure pupils are supported with no clashes. As we enter the exam period, please be reminded we expect all pupils to be equipped for each exam, please do let us know if you need any further

support with ensuring your child has all of the necessary equipment.

A reminder that any pupils still completing post-16 applications should use the following email when asked for referee details: [referencerequests@wansteadhigh.co.uk](mailto:referencerequests@wansteadhigh.co.uk)

As we enter into the last few months of Year 11, we have started to make plans to remember and celebrate your child's time at Wanstead High School.

**Consent Form for all Celebrations can be completed here:**

<https://forms.gle/PL52V9r4LBSn32Hw5>

Purchasing of Hoodie and Yearbook: April 2024

<https://shop.fizz-group.co.uk/>

Code 27595YR11

Year 11 Leavers' Prom 2024 will be held on Thursday 11th July, 7.30pm to midnight at the Prince Regent Hotel, Chigwell,

Prom tickets need to be purchased through ParentPay April 2024.

A massive well done to those involved in the recent Drama



## Head of Year 12

Dear Parents and Carers,

Year 12 pupils recently attended a greatly moving assembly focused on the Holocaust. This assembly was an important educational experience, designed to deepen our pupils' understanding of one of the most tragic periods in human history, highlighting the significance of tolerance and empathy and the importance of remembering those who suffered.

It was also great that the speaker could speak about their personal experience which the pupils found deeply moving.

Year 12 pupils have completed their second challenge



production 'Grease the Musical' I was extremely proud of all those involved!

**By Ms G White**

week assessments. It has been great to see so many pupils prepping for the assessments using their study sessions. Be it working individually during private study sessions or in small groups during open study sessions.

I hope this work ethic and focus can be extended past the assessment period.

**By Mr M Hamza**



## Head of Year 13

Dear Parents and Carers,

I hope you are all very well and enjoying that Spring seems to be in the air!

After a very hectic start to the year with almost

90% of all Year 13s applying to university I am pleased to say the offers are still pouring in. The year group have obtained some very competitive course offers to top Russell Group universities not to mention three Oxbridge offers. Please remind your young adult to check their UCAS portal very carefully on a regular basis to see if they need to action any enquiries from universities or make responses by certain deadlines. I am happy to answer any questions you may have on this too.

Our Year 13s have demonstrated resilience and dedication during the Challenge Week exams. I know the process will be an excellent way for them to get feedback on any gaps in their learning before the Summer Exams.

At time of writing, we have made plans to be joined by some excellent speakers during our Challenge Week seminars. On Wednesday we have an adviser from the University of East Anglia speaking to us about Student Finance and the loan system. She will explain the thresholds for loans, how to navigate the Government portal and how the repayment system works. Please note that the deadline to apply for a Student Loan is 31st May (to ensure you receive it in time for September). I will share this presentation on our Year 13 Google Classroom page so please do ask your young person to direct you to it.

On Thursday, Ed Flack, financial consultant will speak to our

Year 13s about the pros and cons of credit cards; savings and investments and also the practicalities of flat/house sharing. I know that our Year 13 pupils relish 'practical and real life' lessons and found his seminar last year on taxes and pensions very enlightening!

Our cohort are very fortunate to have Claire Kinselley, leading careers coach and adviser to Blue Chip companies, deliver a seminar on 'Acing Interviews'. This will be a detailed look at tackling interviews: from what to expect with psychometric tests to positive body language during the interview. Many of our pupils are still being interviewed for university and apprenticeships so this will set them up well.

As we enter into the last few months of your young person's time at Wanstead High Sixth Form, we have started to make plans to remember and celebrate their time here at Wanstead High School. The Year 13 Leavers' Prom will be held on Tuesday, 16th July, 7.00 pm to 12 midnight at the King's Oak Hotel, IG10 4AE. Tickets are £42 and can only be purchased via ParentPay. The price of the ticket includes a welcome drink, hot and cold buffet, DJ and dancing until late and a professional photographer with prints to purchase. If we sell enough tickets and the budget allows, we will also look to include a photobooth with free prints. We are sure it should prove to be a fantastic night and a well-deserved treat after the exam season. Tickets are still available, for a very limited time, on ParentPay but please refer to my email dated 18th January for more details about Prom.

By Ms T van Beers

## Staff Update

### A warm welcome to...

**Mrs J Adam-Saib** who joins us from next week as a part-time Pastoral Administrator, working with us 3 days a week. Mrs Adam-Saib has more than 20 years experience in Education and values the work we all do in helping our young people maximise their potential. She is looking forward to joining our school community, please help make her feel welcome

**Ms N Ahmed** who joins us as a temporarily starting next week to support capacity in the Finance Department whilst we welcome Ms S Velani back. Nasema has worked in schools for the past 14 years and has 4 years experience in Finance.

**Mr Miller** who started this week and will support the PE department temporarily whilst we manage a staff absence

**Mr Akhtar** who joins us starting next week temporarily to support capacity in the Science Department whilst we welcome Mr M Hadden back. Saleem has worked in education for 20 years, having previously been a lecturer in both London and Pakistan.

### A fond farewell to...

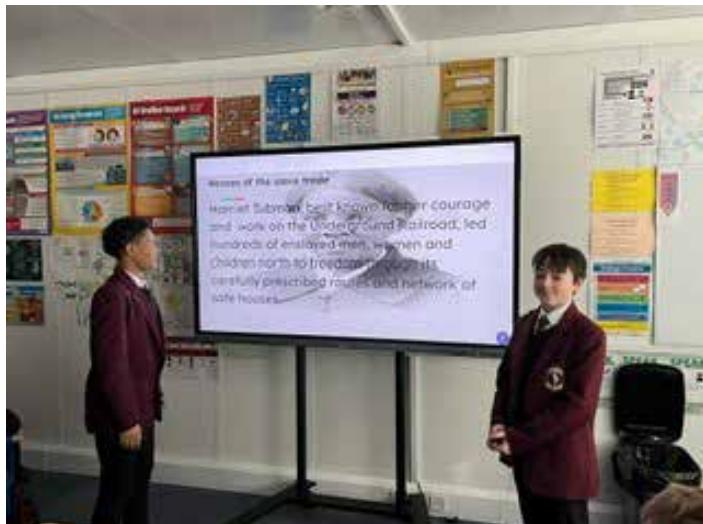
**Mr A Bharmal** who has now left the SEN department

**Mr A Suleman** who supported the school as a casual cover supervisor

We wish Aamir and Abdushshakoor the very best for the future and in whatever they choose to do next

# Developing Pupils' Oracy and Teamwork Skills

Pupils currently sit formalised assessment at the end of every unit, we thought we would do something different



for Challenge Week 2. We really wanted to work on developing our pupils' oracy and teamwork skills at Key Stage 3. As such, pupils were tasked with working in small groups to prepare and deliver presentations on topics covered during the previous term. The whole class then assessed each group's presentation according to a set of stringent criteria. The pupils felt empowered in both their roles as presenters and as the audience and found the whole experience useful and enjoyable. Well done, to all the young historians! Below are some photos of Year 8s in action.

By Mr P Chartorizhsky

Picture 1: Zaki, James, Adam

Picture 2: Ciaran, Anisa, Jake

Picture 3: Teo, Jack

## Jazz Genius

Daniel Year 8 came first in his age group in the Piano jazz category at the Stratford and East London Music Festival and was awarded distinction.

Also, Emily Year 10 and Max Year 7 both gained places on the Ora Singers young composers programme after submitting their composition work.





A WARM WELCOME FROM

*Innovate*

Your New Restaurant Provider at  
Wanstead High School



# Our New Catering Supplier

We are delighted to partner with the pupils, teachers and staff at Wanstead High School.

Our aim, along with the school, is to provide all pupils with an exceptional catering experience. Our very talented Executive Chef and the fantastic catering team will be serving exciting menus packed with healthy ingredients, that are full of variety, and with loads of interesting new things to try. It's important that the food tastes as good as it looks, and we're sure you won't be disappointed.

## What's on the menu?

Innovate has long been considered the most inventive school caterer and that's because we're very clear about our food. All our dishes are prepared every day using quality, fresh and seasonal ingredients that are responsibly sourced. As well as ensuring the food on the plate is healthy, we want our customers to understand the importance of eating the right foods and help them with their food and nutrition journey. Here's a taste of what's to come:

A huge selection of 'grab and go' items including baguettes, paninis, burritos and salads to name a few, all now using our barcode system to help speed up the queues.

**A variety of healthy, tasty main meals prepared fresh every day** from carefully selected ingredients. The menu will follow a similar weekly pattern, so you know what to expect, providing over 35 choices each day in addition to the ever-popular chef specials, themed events and loyalty schemes.

**Our Street Vibes range, global street food that tours the world.** It's always changing; from Korean fried chicken, Chinese bao buns, to Greek souvlaki, there's always something new to try!

**A salad bar bursting with flavour** from traditional garden salads through to composite salads with a wide variety of grains, proteins, and dressings.

Theme days: we're travelling around the world! We'll go to different regions each half term, with 3 days of special dishes alongside Street Vibes street food for the whole half term. There are also lots of individual special days and promotions that will run throughout the year!



## What meal deals are available?

The most popular meal deal is the Blue Dot meal deal for £2.65

Pupils can choose any 4 items (usually 95p each) displaying a blue dot sticker. Items include selected rolls, sandwiches, drinks, cakes and tray bakes, fruit bags, and more!

The Blue Dot meal deal is also available to pupils who have an FSM allowance.

## I have a free school meal allowance, what can I have?

If you are eligible for Free School Meals, we have a variety of dishes available, which can be bought with your daily funding allowance. This is a private matter, so credit is loaded automatically onto your account and is used in the same way as all our customers. Extra money can be loaded on to the account, if you wish, and does not impact on the funding at all. It's definitely worth checking your eligibility on the Government website.

## Tell us what you think

Once you've tried our service, let us know what you think. Drop us an email at [hello@impactfood.co.uk](mailto:hello@impactfood.co.uk) to tell us about your dining experience. We also run regular customer and parent surveys which are sent out via the school: with the results being used to improve our service and adapt our menus.

We look forward to seeing you soon!

Yours sincerely,

**Scott Reader**  
Regional Operations Manager





# A Christmas Carol

The re-telling of Dickens' timeless classic 'A Christmas Carol' proved to be an exceptional event for both Year 10 and Year 11 pupils. This served as a significant opportunity for engagement with a key GCSE text, particularly with Year 11 exams on the horizon. The performance was met with enthusiasm and appreciation. With a faithful rendition of dialogue, set design, and spirited performances. The performance left a lasting impression on the pupils. Despite its modest cast of three performers, the production seamlessly transitioned between characters. Pupils found the experience to be a valuable enhancement to their learning journey, providing a vibrant and memorable interpretation of the text.

Overall, it was the perfect chance to bring this text to life, and we're grateful to Quantum Theatre for such a wonderful performance!

We eagerly anticipate the return of Quantum Theatre for their production of Macbeth on Monday, March 18th, 2024.

By Ms S Khan



# Achievement Award Winners

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
<b>Subject Award</b>							
<b>Maths</b>	David	Dua	Raees	Oleksandr	Lukas	Alfie	Omar
<b>Further Maths</b>						-	Martha
<b>Economics</b>							Nye
<b>English</b>	Umar	James	George	Aydin	Fateha	Charlotte	Gauri
<b>Literature</b>						Lily	
<b>Science</b>	Max	Clarentia					
<b>Biology</b>			Emily Rose	Flora	Ella	Jack	Zeenat
<b>Chemistry</b>			Adrianna	Olivia	Nima	Yann	Hamza
<b>Physics</b>			Christopher	Ilya	Henry	Dylan	George
<b>History</b>	Ernie	Mia	Emily Rose	Dylan	Anisa	Betsy	Daphne
<b>Classics</b>						Joanie	Carolina
<b>Geography</b>	Aslan	Albert	Yasin	Olivia	Alexi	Yusuf	Samuel
<b>Resistant Materials</b>	Wilbur	Maahirah	Velvet				
<b>Graphics</b>	Ernie	James	Kayla	Joshua	Madiha		
<b>Art</b>	Max	Amelia-Jane	Rosa	Dulcima	Annabelle	Lola	Iris
<b>Photography</b>						Elsie	Aaron-James
<b>Textiles</b>	Aslan	Zara	Hana	Amana	Paula		
<b>Food &amp; Nutrition</b>	Thomas	Rebecca	Noah	Beatrice	Heney		
<b>Dance</b>	Rosie	Mimi	Naomi	Ashlea	Mine		
<b>Drama</b>	Manus		Noah				
<b>Music</b>	Joseph	Chloe	Matthew	Thomas	Clementine	Uma	Corey
<b>Spanish</b>			Kayden	Leona	Opurbo	Jay	Nicholas
<b>French</b>	Deen	Yousaf	Louisa	Dulcima	Sophie		Yasmina
<b>Media</b>				Seeta	Betsy-Jayne	Mirabel	Ellie
<b>Computing</b>		Farhan	Jacob	Jugsher	Sabina	Sumedh	Saqib
<b>RP</b>	Ava	Edmir	Usman	Abdurrahim	Abbey	Iqra	Elizabeth
<b>Psychology</b>						Eesa	Selin
<b>Politics</b>						Yusuf	George
<b>Sociology</b>				Emily	Mahd	Hashaam	Alexia
<b>PE</b>	Curtis	Maria	Sahib	Esme	Aleyna		Paramvir
<b>Head of Award</b>	Umair	Farhan	Henry	Liam	Cara	Rosie	Daisy
<b>Behaviour Award</b>	Krishna	Erin	Ebony	Rhyan	Jack	Ruairi	Thadchan
<b>Attendance Award</b>	Ruby	Sebastian	Yasin	Jaiden	Elliot	Ayesha	Jack
<b>Headteachers Award</b>	Oisin	Frances	Jan	Daisy	Taya	Ben	Sophie

Well done to you all!

# What have the Pupil Council been up to?

Since forming in January, the Pupil Council have held several meetings and contributed positively to the life of the school.



In their meetings, chaired by one of the Head Pupils, they have obtained feedback from their peers and discussed a number of important issues and aspects, including:

- The school site
- The curriculum and teaching and learning
- Pupil wellbeing
- Enrichment
- The school canteen
- Fundraising ideas

For the last two points, members of the Pupil Council visited Woodbridge, Walthamstow School for Girls, and Trinity to sample the food on offer there and provide feedback. They also attending a tendering day for the catering contact; again sampling the food on offer and providing feedback.

They were also joined by PTA secretary Louise for one of their meetings, who kindly attended to discuss ways in which the Pupil Council and PTA could collaborate on events and fundraising efforts.

The Pupil Council will be meeting with Ms Hillman soon to provide feedback on school issues-we will provide feedback on this and other developments in the work of the Pupil Council in the next edition of the Homelink.

## Redbridge Youth Elections

The Redbridge Youth Elections were held from 5th to 15th February, with schools from across the Borough, including Wanstead, casting their ballots for 10 candidates from the Redbridge Youth Council. One of these was Wanstead High Pupil Timandra. The results were announced on 28th February, and although not elected, we would like Timandra to know how proud the school community is that she stood for the role, and of her continued work with the Redbridge Youth Council. Keep up the great work serving and supporting the borough's young people!

By Mr D Langford



Wanstead High School PTA presents  
A FUN-DRAISING END-OF-TERM

# QUIZ NIGHT

WITH LOCAL QUIZ LEGEND ABI

7 for 7.30pm Fully licensed bar - meze platters  
included - raffle - teams of up to 8

**FRIDAY 22 MARCH**

**WANSTEAD HIGH SCHOOL, E11 2JZ**



ALL WELCOME.

Tickets available now from **PTA**  
website and Parentpay



Corey Year 13 ( also known as Tjaro) will be DJing at Loki in Brixton on March 16th

Corey Year 13 (also known as Tjaro) will be DJing at Loki in Brixton on March 16th.

WHS DANCE PRESENTS

## IGNITE



25TH AND 26TH APRIL 2024

# CLOSER

DJ Motu (Reprezent FM)  
POLO JAFFA  
Tjaro

15th March 2024  
22.00 - 03.00  
£5 all night  
-  
Loki  
302-304  
Barrington Rd  
SW9 7JJ

# All cast members/Backstage crew

Thank you to everyone who has given their time, dedication and worked incredibly hard to create this wonderful musical for all our audiences. We hope that family, friends, teachers and visitors from the Wanstead community can see the passion pupils at Wanstead High School have for Drama, Music & Dance! The talent, skill and resilience from our pupils show that We Bring The Character!

And as always, the PTA for their unwavering and continued support in running these fantastic events for the Wanstead High School Community.

## WANSTEAD HIGH SCHOOL

PRESENTS



## MAIN CAST

JACK H.  
As  
Danny Zuko

JACK &  
NOAH  
*SONNY LATIERRI*

HENRY &  
ALBERT  
*ROGER*

ALBERT &  
ERIK  
*EUGENE FLORCZYK*

SOLOM  
*JOHNNY CASINO (CLARENCE)*

DANIEL &  
ZAK  
*DOODY*

JOSEPH  
*KENICKIE*

FINN &  
OLIVER  
*VINCE FONTAINE*

JAN  
*TEEN ANGEL*

POLLY  
*BETTY RIZZO*

LILY  
*CHA-CHA*  
*(CHARLENE DIGREGORIO)*

CHLOE &  
MARIATOU  
*MARTY*

CHARLOTTE  
& ORLI  
*MISS LYNCH*

INDIGO &  
JULIA  
as

*SANDY DUMBROWSKI*

KYLA-LILY  
& MAY  
*FRENCHY*

DAISY &  
EMILY ROSE  
*JAN*

RIKU  
& SOHA  
*PATTY SIMCOX*

## The Pink Ladies

Charlotte  
Selin  
Naomi  
Grace E.  
Eliza  
Grace K.  
Robyn.  
Poppy  
Laila  
Mia  
Leila  
Xanthe  
Elsie Wal.  
Elsie Wat.



## BAND

Eleanor  
Oliver  
Seth  
Thomas  
Sofia  
Luke

## RYDELL HIGH STUDENTS

Sandy  
Emily  
Isabelle Mae  
Katie  
Emmanuel  
Theodore  
Mia  
Anna  
Rody  
Selin  
Ceanna  
Euan  
Iris  
Olivia  
Eleanor  
Ayla  
Mika  
Ava  
Oisin  
Cynthia  
Connie  
Jemima  
Liyana  
Rosie  
Edward  
Ruby  
Aaleyah  
Violet

## BACKSTAGE CREW

Assistant Directors:  
Abdurrahim & Georgia

Set:  
Carmen (Lead),  
Joseph, Niamh, Rebecca, Kiana, Claudia,  
Erin, Kitty, Millie,  
Mila

Costume:

Emily (Lead),  
Eliana, Frances,  
Betty, Mia D, Mia F,  
Viktoria

Sound & Lighting:

Daniel (Lead),  
Kate, Billy, Leo,  
Ivor, Anya, Elena

## The Burger Palace Boys

Ben  
Henry  
Alexander  
Leo  
Manus  
Adam  
Oscar  
Samuel





# A Touching Story and Journey by Lola Year 12



## Lola's Speech

In November 2023, during our [Kranky Panky Pancreatitis Awareness Campaign](#), Guts UK gave 16-year-old Lola the opportunity to share her story with a room full of pancreatic specialists. It took guts. This is Lola's speech.

"About twelve years ago my brother started experiencing stomach pains, he was about three or four. I was five. The pains got worse and worse and my mum and dad took him to hospital and to the doctor again and again. They came back with a different diagnosis every time, none of them urgent. But things kept getting worse. One morning my mum noticed his breathing had changed. We ended up in A&E. Scans showed his left lung had collapsed and he had large collections all over his body. There was so much wrong with him they thought it might be cancer. It took 10 days to get the right diagnosis of [pancreatitis](#). We discovered he had a genetic problem. A SPINK 1 gene.

The same one that I have.

When I started getting sick, I didn't actually put the clues together. Of course not! I was 9.



But, doctors too, did not get it right. Despite my shoulder pain, stomach pain, particularly after eating, and of course, most notably, the family history of genetic pancreatitis, I was misdiagnosed. They told me it was Functional Abdominal Pain, and that it was because I was simply too anxious. We said "it looks like [pancreatitis](#)": they said "you're just anxious".

Because of this, I remember being in pain at school and not telling teachers because I felt it was 'my fault'. Of course being told your pain is because of anxiety, only heightens anxiety. I only got worse. I can still feel the impact of the misdiagnosis on my way of thinking, on my interactions with every doctor I've ever seen since, and how I explain myself when I'm unwell.

To be honest, writing this reminded me of just how angry I am about this, angry at the doctors who looked past what is now very clear. The hospital that misdiagnosed me acknowledges this, and even teaches my case as an example of what not to do. I still haven't worked through the overwhelming feeling of distrust by the medical profession. I'm not there yet.

Unfortunately, our two misdiagnoses do not seem out of the ordinary. This story keeps coming up with other people with [pancreatitis](#), both adults and children. I know the difference that early diagnosis would have made for me and my brother would have been significant. I hope that a better way of diagnosis can be found for us all.

Across many cycles of illness, we discovered that I could be in awful pain without my bloods showing anything. My blood tests (lipase or amylase levels) could be in normal range but I could be in agony. So we had to learn how to judge when to go to A&E, and not be sent back home, because the numbers that the doctors paid attention to hadn't yet caught up with how sick I was. This usually meant waiting for long periods of frequent [acute attacks](#) before we went. I had to be not just bad, but "bad enough".

The treatment I received once admitted was really one of two options, either we stay at our local hospital, nil by mouth for a week or so, something that only really made me 'better' for a month before the cycle continued. Or we get sent to a specialist hospital – for drains and ERCPs, and stents, usually meaning an admission of a month or more.

At this point it was a reflection of multiple cycles of illness building up over time. From my experience, I needed more interventions earlier on, but perhaps this is the genuine limitation of medicine. I guess the question of what can be

done is the question that everyone in this room is asking, too.

**Above photo: Lola's self-portrait, depicting how she felt after surgery, and summarising what it is like living with pancreatitis.**



There is little distinction in hospitals between private and personal. Your room is never only your own, with the necessary in and outs of doctors and nurses. It's difficult to know when you are safe and can relax. The lack of control is really a staple of the experience of hospital. The lack of control over your own body, your treatment, and your environment. When you are chronically ill this experience gets repeated over and over, sometimes for months at a time.

When my four year old brother was getting better he began to wear superhero costumes and masks for rounds – perhaps to hide himself from the overwhelming presence of doctors. As a teenage girl, I probably couldn't have gotten away with a mask, but the urge was certainly there. Rounds are overwhelming and can feel dehumanising. There's nothing normal about a group of unfamiliar adults pulling open the walls of your space and staring at you. Of course, rounds are necessary, and my experience of them is limited to teaching hospitals. I understand the importance of teaching, frankly, that's why I'm here speaking to you today.

But there is an inherent loss of dignity to it.

One of the things I argued for in my stays in hospital was a

separation of treatment and personal space. I argued for procedures to be done in the treatment room, rather than in my small contained area of living. A separation between treatment and comfort became very important for me. After being in hospital for months it is hard to define what is a safe space and what is not.

Something I've reflected upon a lot is that, especially for children, the overwhelming power and authority of doctors – sometimes comforting, sometimes not – makes it a difficult environment in which to find our voice.

On a hospital ward doctors seem to have more power and authority than our parents or carers. And that is a lot of power. You are the people who we ask to help and heal us. Therefore, it is important to understand that children often want to please you, not upset you. So we sometimes say the things we think you want to hear. Or try to do the things that make you smile. Many children blame themselves when they are forced by their illness into being a 'bad patient'. Or when they are just not getting better. Partly because for a child, somehow your pleasure signals that we are getting better. And that can all be quite a confusing knot for a child to untangle.

I know for me I've felt like I let down doctors a lot, doctors have expressed disappointment at me and this has affected me long term. Doctors would talk about my way of communication – or my lack of communication – even my lack of eye contact. Ironic, considering what I am doing at this very moment, with talking to you!

I was the first person to realise it was time for me to have a serious operation – that enough was enough. I had the Puestow procedure in 2021, but it took me researching and reading to convince my parents, and then to bring it up with doctors. The lack of framework became clear in this process – there had never been a long term plan for me. Treatment had only ever been reactive to the acute effects of pancreatitis, and discussions never centred the future.

I know that a lot of pancreatitis patients go home from hospital with very little information about the disease, and very little about the possible options they may find themselves faced with. Many of them go on forums and ask "what does this mean? What happens now? Who should I turn to?"

Another thing I've learnt in the last 7 years of my life, is that medicine is not an exact science. But, I do wonder what my life would look like now if someone had stepped in earlier and made a decision that looked at my health as what it is: chronic illness.

It is very difficult to get the mental and emotional support you need at this point. I am on the waiting list to see therapists at mental health services, with an initial diagnosis of PTSD and anxiety. But I've been on the list for a year now, and I've just been told it might take another four months.

My hospital team has a psychologist working alongside them, and this has certainly been helpful, but I know that most patients with [pancreatitis](#) don't receive mental health support. It's not even suggested for many. It means feelings of abandonment are very common in people like me.

Every area of my life has changed. My education has not looked like that of my peers for the past seven years. My school has been incredibly supportive, but I have been on a reduced timetable for almost three years now. And I have been out of school for prolonged periods of time many times. In the first year of my GCSEs, the year of the Peustow, I had only 18% attendance.

I was very lucky with my school. But as the biggest part of caring for people with chronic conditions has to happen when they have left the ward, I wish things like that weren't left to chance.

It is difficult to interact with people my age who simply do not understand what my life looks like. I imagine it's difficult for adults too, I mean no one can truly be expected to understand what someone else's life can look like. But, as a teenager, in a time known for its angst, I feel more isolated and different than everyone around me. My friends, even the good ones, don't really know how to talk to me about all this, particularly without the comforting story in which it will all get better. Along with the pain, isolation makes us even more vulnerable to sadness, anxiety and grief. Grief, because at such a young age we have lost the possibility of a normal life.

I don't know what the future holds for me. I don't know how this disease will progress.

I ask myself, What else might be heading my way? I have joint pain and mobility issues, probably as a result of the deconditioning that occurred over 15 separate hospital admissions. The pain and fatigue are large barrier in my daily life.

How will I cope with university? And work? Can I hold down a job?

Sometimes I ask myself why I deserved this? And sometimes I ask who can I blame? It might be helpful to have someone to shout at.

These questions crowd my head often. Children often think like this of course. But usually not with the same force that people with chronic illnesses do. There aren't many places that want to hear these questions and seek answers. I wish there was.

Finally, it's quite a big and nerve-wrecking thing for me to be here today, speaking to you like this. But I'm here because after everything that's happened to me I do think it's so important that the experiences of patients, and children who are patients, is a big part of the discussion. So I'd like end by thanking Guts UK for bringing me here today, and also to thank yourselves for giving me this time to speak. And for letting me be involved in deciding the Top 10 [Research Priorities for pancreatitis](#).

Please support Guts UK by donating today - <https://gutscharity.org.uk/donate/>



# Other News & Events

## Exemplary pupil at Options Evening

Dear Ms Hillman,

I'm writing to you because I wanted to thank our guide Oliver for last night. He was exceedingly helpful and very patient showing us round. He had excellent knowledge and expressed himself very eloquently. It was evident that he was very passionate about his studies. He is both a credit to the school and to his family.

Unfortunately I was unable to thank him in person as he had to go when we were listening to your speech. Please could you pass on our gratitude and wish him in the best for his GCSEs and future studies.

## Act of Kindness

Good evening,

Today after school I spotted one of Wanstead high school pupils getting off his bike to help an elderly lady cross a road, it was the most sweetest, kindest act I've seen in such a long time brought tears to my eyes I just caught a photo at the end. Before I could ask for his name he rode off but I asked a few pupils who said he's name is Miles in Year 7. I just wanted his parents to know how proud they should be and how rare it is to see.



## Key Stage 3 (Year 7, 8 & 9) Latin Club

Latin club is open to all Key Stage 3 pupils where they will learn the Latin language and transform into a *discipulus optimus* (excellent pupil).

We will also explore the Ancient World, from Ancient Aethiopia, Ancient Egypt, Classical Athens versus Sparta,

Ancient Rome to Celtic Britain.

It will be run every Monday from 3:10-4:00pm

Please contact Ms McQuillan for any further questions.

Please fill in the details of any pupils interested in attending to help us gauge interest and for register purposes

[https://docs.google.com/forms/d/16ZVBy3lcrA\\_bjhj9lPyJw2FcwN5eTbpnn2hIFBQ/viewform?ts=656739cd&edit\\_requested=true](https://docs.google.com/forms/d/16ZVBy3lcrA_bjhj9lPyJw2FcwN5eTbpnn2hIFBQ/viewform?ts=656739cd&edit_requested=true)

## FILM CLUB

'Calling all film fanatics!! Film Club is a fun and inclusive afterschool club at Wanstead currently open to Year 7 & 8 pupils.

Each week we get together to watch a film, eat popcorn and share ideas and thoughts on film. The membership of the club and refreshments are free as well as your exclusive membership to the Into-Film website – a huge resource full of films, articles and activities. Our club meets every Monday at 3.10pm in Room 25 (Media Studies).

Please note that a parent/carer must complete the google permissions form before a pupil can attend <https://forms.gle/atE5g1XeFzupzH976>



# Other News & Events

## Debate Chamber – History Summer School 2024

From the toppling of colonial monuments to the alleged brotherhood of Eastern European nations, it's clear to see how powerful the study and interpretation of history can be for our contemporary lives – very often shaping the stories we tell and the arguments we make about the present day, as well as about the past.

At Debate Chamber our History courses are aimed at pupils aged 15-18 who have a strong enthusiasm for the subject and would like to go further than time constraints or the limits of the school curriculum often allow. They offer pupils the chance to explore classic historiographical questions using some fascinating (and sometimes weird and wonderful) case studies.

Each course is conducted through a mix of seminars, lectures, structured role play activities and lively discussions, designed to create a real sense of what studying history at undergraduate level is like.

Our fantastic tutors (typically Masters or PhD pupils) are selected for their exceptional communication skills, charismatic and inspiring classroom presence and very strong subject knowledge. Their role is to energise and inspire future scholars, and to offer a clear view of the path forward.

History Summer School (online and in-person options available)

This intensive five-day summer course looks at a fascinating range of historical questions and methodologies. Topics are selected to challenge and broaden the historical outlook of participants.

Over the course of the week, we will look at classic historiography, postcolonial thought, gender history and the history of ideas – you can see a more detailed course outline [here](#).

The material will be challenging, but the atmosphere will be relaxed, with plenty of discussion and debate, and opportunities for pupils to shape the direction of classes.

Participants will be supported in formulating and presenting their own viewpoints clearly and logically, and will be encouraged to challenge one another's positions in a constructive and friendly way. It is an environment which is conducive to getting to grips productively with new ideas, and for making like-minded friends – very often former pupils tell us that these connections continue into university life.

A few comments from previous attendees:

'A must go! It confirmed my passion and love for history which I now want to go and study at university. Plus it looks good, and you will have fun whilst doing it!'

'I absolutely loved this course! Right from the start, our first tutor asked us interactive questions such as our favourite area of history or particular favoured time period and right away, gave us book suggestions! I was fascinated by his knowledge as well as all the other tutors. Additionally, this course gave me insight for university and all tutors were open to any questions on the Oxbridge interviews or personal statement. Would recommend!'

'So much important academic thought is wrapped up and squeezed into a week in this summer school. If you're ready for never experiencing a dull moment, and willing to question your beliefs about structure and perspectives in history then this course is definitely worth your time. The written materials are inspiring, and the instructors ask thought provoking questions. Definitely go.'

See lots more reviews [here](#), and details for the in-person event [here](#), and the online event [here](#).

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In addition to the event highlighted above, we also have Summer Schools in International Relations, Economics, Philosophy, English Literature, Law, Medicine, Mathematics and Physics.

You can see a full calendar of events by subject [here](#).

Practical Details:

This year we will have a mixture of online and in-person events. All events, whether in-person or online, will involve live small group seminar classes with exceptional tutors and plenty of individual support for each pupil.

In-person events will be held at Woburn House in Bloomsbury, Central London – see full venue and travel details [here](#).

In terms of costs, the five-day Summer School is £495 online, or £745 in-person. Please note that for pupils who would otherwise face financial barriers to attending, we offer a number of fees bursaries of up to 90%, for which applications are now open. You can see all the details about the bursary programme [here](#).

If you have any questions, or if there is anything else which I can do to help, then please feel free to contact me on [info@debate-chamber.com](mailto:info@debate-chamber.com) or on 0800 810 1058.

Best wishes,

Jess Harvey-Smith

Debate Chamber



# Other News & Events



## Fourth Plinth Schools Awards 2024

The Fourth Plinth Schools Awards are now open for entries. It's a chance for schools to get creative and produce a work of art inspired by the contemporary art commissions for Trafalgar Square's Fourth Plinth.

Once again, thanks to our partner Cass Art – the UK's leading art supplies retailer – there are some fantastic prizes up for grabs. Here's how to get involved:

Get your pupils to design an artwork inspired by the Fourth Plinth in Trafalgar Square

Scan or take a photo of your pupils' artwork and submit it to the online gallery

That's it!

There are winner and runner-up prizes for different age categories: 5-7 years, 8-11 years and 12-15 years, as well as prizes for the best work from each borough. There'll also be a presentation ceremony at new City Hall and all winning entries will appear in an exhibition in late spring.

Entries can be in all art forms including drawing, painting, sculpture, collage and digital designs. There's no limit to the number of entries from each school and both group and individual entries are welcome.

The deadline for entries is 15 March 2024 at 11.59pm.

Check our website for new ideas and helpful materials [www.london.gov.uk/imagination](http://www.london.gov.uk/imagination). You can also visit Bloomberg Connects, the free arts and culture app to see all the 2023 winners, learn about past commissions and hear from the artist behind the current installation, Samson Kambalu. You can also find out more about our next commission Improntas (Imprints) by Teresa Margolles.

Please don't hesitate to contact us at [fourth.plinth@london.gov.uk](mailto:fourth.plinth@london.gov.uk) with any questions. We are looking forward to seeing your pupils' submissions online!

Get 10% off Art Supplies at Cass Art This series of awards celebrates Cass Art's art education initiative, the Viridian card. Cass Art, the UK's leading art supplies retailer, gives art & design tutors, teachers and technicians 10% off\* art supplies for life with the Viridian Card. 5% of every purchase made with the card goes to support a charitable organisation that supports art education. Apply for your free Viridian Card here. \*T&Cs apply.

## National Saturday Club

Applications are open for 13–16-year-olds to join FREE Film & Screen Saturday Clubs

Into Film is delighted to be working with the National Saturday Club to support their Film&Screen programme which gives young people the opportunity to share their diverse and unique stories and find a voice through practical filmmaking activities.

The National Saturday Club gives 13–16-year-olds across the country the opportunity to study subjects they love for free at their local university, college or cultural institution. It's a unique chance for young people to learn new skills, grow in confidence and find out more about future study and careers.

Film&Screen Saturday Clubs celebrate and explore the breadth of film and screen from production, editing and sound design to VFX, scripting and animation. At the Club, young people will try their hand at filmmaking, embracing the art of film and its ability to entertain and inform our society. Club members will also

have the chance to tell their own stories through the medium of film and will gain practical and technical insights into production elements, such as set-design, sound engineering, and lighting.

Film&Screen Saturday Clubs provide the perfect space for young people to discover the vast array of future study and career opportunities across this rapidly growing sector of the UK economy.

Joining the National Saturday Club is a unique opportunity to learn new skills, discover talents, meet new people, and find out more about further education, higher education and rewarding careers.

Find your local Club – Apply to join

There are more details about it here:

<https://saturday-club.org/>



# Round Up of Social Media wansteadhighE11



## Year 9 DofE Training Walk

Huge well done to our Year 9's (Cohort 1) who embarked on their DofE training walk. Pupils experienced all the seasons (wind/rain/sun/frost). The resilience, teamwork and kindness shown by all was incredible. We are looking forward to their assessed expedition in May.



## Skills Builder Challenge Day

Our Skills Builder Challenge Day from last week with Year 7. Pupils who had to apply all essential Skills Builder skills to build and design a new society.

Thanks to both staff and pupils for their hard work and enthusiasm in making this a success.

# Round Up of Social Media wansteadhighE11



## Year 10 Duke of Edinburgh C1 Awards

Huge congratulations to our Year 10 Duke of Edinburgh C1 who received their Bronze Award before half term. Thank you to all that came and supported the pupils on their journey. We are really proud of what they have achieved and look forward to the Silver Award this year.

## Apprenticeships Fair For Year 10 & 12 Pupils

On Monday 4th March we held our apprenticeships fair for our Year 10 and 12 pupils. With stalls from over 20 employers, further and higher education institutions, it proved to be a highly informative and inspirational day. Thanks to all who were involved.





Wanstead High School 1924-2024



# CENTENARY LOGO COMPETITION



Wanstead High School celebrates 100 years this year and the school and PTA will be organising a series of events to commemorate the occasion.

Calling all artists and designers!

We need you to **design a logo** to go on all promotional material for the event.



You get to call the shots on the design, but here's the deal: it's got to give a nod to Wanstead High and its whopping 100-year history!



## GET DESIGNING!

&

## GOOD LUCK!



The last date for entries will be **Friday 19th April**

REDBRIDGE COUNCIL PRESENTS  
**REDBRIDGE  
EDUCATION  
AWARDS  
2024**

**Celebrating individuals  
who are shaping  
extraordinary futures**

**Sixteen award  
categories, including:  
Teacher of the Year,  
Employee of the Year,  
and Champions for Change.**

**NOMINATE NOW!**



**[www.redbridge.gov.uk/redbridge-education-awards](http://www.redbridge.gov.uk/redbridge-education-awards)**



## Other News & Events

# WANSTEAD HIGH SCHOOL INVITES YOU TO JOIN OUR CENTENARY CELEBRATIONS



ABEUNT STUDIA IN MORES

22nd September > Alumni Celebration

15th June > Centenary Ball

**Wanstead High School will be 100 years old on 23rd September 2024.**

To celebrate this, we have planned two Celebration Events

15th June – Centenary Ball – PTA event at Eton Manor RFC

22nd September – Alumni Celebration – At WHS

Further details will be shared about these and the planned in school events nearer the time

## Other News & Events

Wanstead High School PTA presents  
A FUN-DRAISING END-OF-TERM

# QUIZ NIGHT

WITH LOCAL QUIZ LEGEND ABI

7 for 7.30pm Fully licensed bar - meze platters  
included - raffle - teams of up to 8

**FRIDAY 22 MARCH**

**WANSTEAD HIGH SCHOOL, E11 2JZ**



ALL WELCOME.

Tickets available now from [PTA website](#) and Parentpay



# Sports News

## Year 8 Girl's Indoor Athletics

After successfully winning the Redbridge Schools event held at Chadwell school before Christmas the Year 8 Girls team were invited to compete in the first London quarter final. Wanstead were competing against 7 other London Boroughs that included Havering, Newham and Tower Hamlets to name a few.

The format of the event was the same with both field events and track events with all pupils competing in at least two of these attempting to win points that go to the final finishing position. There were some very impressive individual performances in both the field and track events but the highlight was the obstacle race which proved to be very entertaining for the crowds but also the athletes taking part. After all events were completed and points calculated Wanstead finished 6th out of the 10 schools that entered. This is the first time a team from the school has qualified for this event and all athletes that competed showed excellent conduct, fair play but most importantly put their 100% effort in the event.

Well done and we look forward to the outdoor athletics events that are in the summer term and will provide further opportunities for pupils to compete against other Redbridge schools.

## Netball

Despite the Redbridge rounds coming to an end and the dark & cold evenings, the commitment from our Year 7 & 8 netballers has been excellent. Below is, Margot and Emily keeping warm, smart thinking girls! Keep your eyes peeled for upcoming rally dates that are fast approaching.



## Trip to the Copper Box Arena

**Year 7 trip: Monday 15th April v Saracens Mavericks 7pm**

**Year 8, 9, 10 & 11 trip: Friday 10th May v Surrey Storm 7:30pm**

We are still very much looking forward to our netball trip to the Copper Box Arena to go and support our local team, London Pulse. They have made a great start to the season beating last year's Super League champions, Loughborough Lightning this weekend 53-52.

On the day, pupils will have time to go home from school, change into casual clothing and potentially eat dinner before returning to the school by 5:15pm with the aim to leave at 5:30pm. Pupils will arrive back to Wanstead from the Copper Box at approximately 9:30pm. Pick up from either Wanstead Station or Leisure center car park has already been specified on Google form responses.

Pupils will need either a topped-up Oyster Card, or money to purchase a train ticket. If pupils wish to buy any snacks, additional spending money will be required. The Copper Box Arena tends to only accept card payment only.

More details and reminders will be sent out closer to the time.

**PULSE**

**2024 HOME FIXTURES**

SAT 2ND MARCH V LOUGHBOROUGH LIGHTNING 7PM

SAT 16TH MARCH V SEVERN STARS 7PM

FRI 5TH APRIL V STRATHCLYDE SIRENS 7.30PM

MON 15TH APRIL V SARACENS MAVERICKS 7PM

SAT 20TH APRIL V TEAM BATH 7PM

SAT 4TH MAY V LEEDS RHINOS 7PM\*

FRI 10TH MAY V SURREY STORM 7.30PM

SAT 25TH MAY V CARDIFF DRAGONS 7PM

**OUR TEAM OUR TIME YOUR PULSE**

\*THIS GAME WILL BE PLAYED AT CRYSTAL PALACE SPORTS CENTRE, ALL OTHER GAMES WILL BE PLAYED AT THE COPPER BOX ARENA

# Girl's (EmpowerHer) Rugby Visit to Eton Manor

The RFU organised this 'EmpowerHer' event to encourage more young girls to participate in rugby. The pupils had a speech from the famous Maggie Alphonsi explaining how she first got involved and the pathways she took to play for England and now commentate on ITV, Sky Sports and BBC Sport. In this session, the pupils got the chance to ask Maggie questions. They found it particularly interesting to hear about her career journey and the barriers she faced as a female in a male dominated sport.



Of course, they got the opportunity to play on Eton Manor's excellent facilities. Maggie Alphonsi provided a rugby session for our pupils focusing on physical fitness, leadership and ball handling. The BBC news were reporting on the event and gave a few of the girls amazing interviewing experience!

I think it's safe to say, the pupils thoroughly enjoyed the day. Thank you to Eton Manor for facilitating this amazing experience for our pupils and the RFU for their support in the development of the game at all levels. If you are interested in playing rugby please speak to a member of the PE department and they can provide you with the contact details for the club.



# Basketball Year 7 v Seven Kings

Wanstead travelled to Seven Kings for a competitive fixture, after a number of weeks of training and playing at the basketball club after school on Monday it was now the pupils' opportunities to put these onto the court. The pupils did not disappoint, displaying an excellent attitude and skills levels throughout. The end result was a 17-15 victory for Wanstead with a very close and tense last quarter which required all the defensive skills of the team to secure the victory.

## Year 9 v Forest Academy

Year 9 played a competitive fixture against Forest Academy in the sports hall at the school. The game started at a fast pace with not many scoring baskets but as the game settled down the baskets began to flow and by half-time Wanstead were 10 points up on their opponents. All pupils in the squad secured minutes on the court and played a vital role in the winning of the game by 24-16. This was an excellent team performance that showed cohesion and resilience especially when Forest looked like they were making their way back in the game in the third quarter.

## Boys Redbridge Football

After the completion of the group stages of the new format for Redbridge boys football the draw has been made for the quarter finals and they are as follows. All games are to be played before the 15th March but if required and agreed by both schools an extension can be granted. The semi-finals will take place after the Easter holidays. We are hoping for some excellent performances and seeing the teams progress in to the semi-finals across all year groups:

**Match reports and scores for the fixtures below will appear in the next edition of Homelink**

**Year 7 Cup Competition Wanstead v Beal**  
**Year 8 Cup Competition Wanstead v Woodbridge**  
**Year 9 Cup Competition Wanstead v Trinity**  
**Year 10 Plate Competition Wanstead v Beal**  
**Year 11 Cup Competition Wanstead v Beal**

## GCSE PE - Rock Climbing

A number of GCSE PE pupils were invited to attend Thriftwood Scout Camp in Brentwood to complete a climbing assessment that can be used towards their NEA.

The day started with all pupils meeting in the main hall and then transported to the center by the school minibus. Upon arrival to the center pupils started the day bouldering at low levels developing and refining technique before the skills of knot tying and belaying were introduced. For

some pupils this was the first time they had experienced this type of activity and for many placing them outside of their comfort zones.

As the day progressed, pupils applied skills to various climbs on the wall displaying excellent technique but all support for each other throughout the day. As a school we would like to thank the centre for providing this opportunity and to also help raise the attainment of pupils.



# Sports News & Upcoming PE Fixtures

## PE Fixtures for the coming weeks:

### Week 1 beginning Monday 11th March 2024

11/03/24 – Year 10 Football v Beal (H)  
13/03/24 – Year 9 Netball Rally at Seven Kings  
13/03/24 – Year 11 Football v Beal (H)

### Week 2 beginning Monday 18th March 2024

18/03/24 – Year 10 Netball Rally at Chadwell  
18/03/24 – Year 9 Football v Trinity (A)

Monday	Tuesday	Wednesday	Thursday	Friday
Netball (Lower Playground)	Year 9 & 10 Basketball <a href="https://docs.google.com/forms/d/1qKJE5C3LdQH7jKZ-nuMBCAtxnSX9BP-7bV8gRn-ieuAI/edit">https://docs.google.com/forms/d/1qKJE5C3LdQH7jKZ-nuMBCAtxnSX9BP-7bV8gRn-ieuAI/edit</a>	Table Tennis <a href="https://docs.google.com/forms/d/1HY-e20E4DHEK1M-KlahwitsYS6V-91cLKvQrodph6O-DRTE/edit#settings">https://docs.google.com/forms/d/1HY-e20E4DHEK1M-KlahwitsYS6V-91cLKvQrodph6O-DRTE/edit#settings</a>		
Year 7 & 8 Basketball (Sports Hall) <a href="https://docs.google.com/forms/d/1rdwnin-rX2Op-YaAyT2bx-4SYDNIQHld-jTovPrqlq8Vw/edit">https://docs.google.com/forms/d/1rdwnin-rX2Op-YaAyT2bx-4SYDNIQHld-jTovPrqlq8Vw/edit</a>	Dodgeball <a href="https://docs.google.com/forms/d/1-9gmb-mCrf5OKxYZOpGe-Le29-S-SH-xoOG-CfaCgbvitw/edit#settings">https://docs.google.com/forms/d/1-9gmb-mCrf5OKxYZOpGe-Le29-S-SH-xoOG-CfaCgbvitw/edit#settings</a>	Badminton <a href="https://docs.google.com/forms/d/106I1G-dD2tBs-sulul-8WihRetqtEoadO-4JGibAqqXZXs/edit#settings">https://docs.google.com/forms/d/106I1G-dD2tBs-sulul-8WihRetqtEoadO-4JGibAqqXZXs/edit#settings</a>		GCSE PE
	Yoga <a href="https://docs.google.com/forms/d/15XcyX_CsqxQhaDbnQHcL-ICy4rBVLpnoVCy-Wrmmrwi6Ms/edit">https://docs.google.com/forms/d/15XcyX_CsqxQhaDbnQHcL-ICy4rBVLpnoVCy-Wrmmrwi6Ms/edit</a>			

# 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 F Rahman
		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	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 M Ayer/ Ms R Gullefer	11.7	Ms N Hassan
10.8	Ms R Gullefer/Ms J Walli	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 G Brodie/Ms T Zehra

# Spring Term Enrichment - 2024

\*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
<b>Before School - 7.30 - 8.20</b>				
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)
<b>Before School: Breakfast Club &amp; Library every morning - 7.30 - 8.20</b>				
<b>Lunchtime</b>				
<b>Year 7-9 Lunch is 12.20 - 1.05pm</b>		<b>Year 10 -13 Lunch is 1.20 - 2.05pm</b>		
Year 9 Drama Club Theatre	Year 10, 11, 12 & 13 Choir Room 36	Week 1 only <b>KS3 Photography Club</b> Room N89 12 spaces <a href="https://docs.google.com/forms/d/1xVqWOp-1-5Lud02TmBtvsz2K_fmvYfEkXk5gk/edit?viewform&amp;edit_requested=true">https://docs.google.com/forms/d/1xVqWOp-1-5Lud02TmBtvsz2K_fmvYfEkXk5gk/edit?viewform&amp;edit_requested=true</a>	Year 9 Dance Company Dance Studio	KS3, KS4 & KS5 Multi Faith Prayer Alan Hearne Hall
KS4 Art and Art History Society Room NB10 1.20-2.00	Year 7 & 8 Dance Company Dance Studio, Sign up required - see Ms Gullefer		Week 2 only <b>KS3 LGBTQ+</b> Room MA2 - 1:30 2:00	KS3 Dance Open Studio
	KS4 & KS5 Spanish Speaking Club Room MA4		Week 1 only <b>KS4/5 LGBTQ+</b> Room MA2 - 2:30 3:00	The Year 7 Garden Club Room S4
<b>After School 3.05 - 4.10pm</b>				
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	KSS Philosophy Club Room MAS Sign up via Google Classroom: fm46ano	Homework Club (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
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 <b>KS3 Weather Club</b> Room NB1	KS4 1:1 for Language & Literature (For targeted pupils with English as an Additional Language) Room LS2	GCSE PE NEA Club Sports Hall
Year 7 & 8 Basketball (Sports Hall) <a href="https://docs.google.com/forms/d/1Jdwewnx-20o-Ydy4j7bae4YDHIQrh15oerfrakqaBfw/edit">https://docs.google.com/forms/d/1Jdwewnx-20o-Ydy4j7bae4YDHIQrh15oerfrakqaBfw/edit</a>	Dodgeball (Gym) <a href="https://docs.google.com/forms/d/1.9gm3m-CrISOKxY2OyGeLe25-5-SH-wsO9CleGafswf/edit#settings">https://docs.google.com/forms/d/1.9gm3m-CrISOKxY2OyGeLe25-5-SH-wsO9CleGafswf/edit#settings</a>	Table Tennis (Sports Hall) <a href="https://docs.google.com/forms/d/1JHn204D-HEK1MKalwts3EV51cLwQodpH6ODRTJ/edit#settings">https://docs.google.com/forms/d/1JHn204D-HEK1MKalwts3EV51cLwQodpH6ODRTJ/edit#settings</a>	Steel Pan Group Room 36	KS3 London Youth Games Preparation Dance Studio
Musical Rehearsals Theatre By audition	Year 9 & 10 Basketball (Sports Hall) <a href="https://docs.google.com/forms/d/1_eKIE5C3jd-QH7jEzaulMBCAtx-SX98P7hV8gRn-ieuAl/edit">https://docs.google.com/forms/d/1_eKIE5C3jd-QH7jEzaulMBCAtx-SX98P7hV8gRn-ieuAl/edit</a>	Badminton (Sports Hall) <a href="https://docs.google.com/forms/d/1061Gg-D2IBs-svhUWlHResqIeaOUGibhgqXZoJ/edit#settings">https://docs.google.com/forms/d/1061Gg-D2IBs-svhUWlHResqIeaOUGibhgqXZoJ/edit#settings</a>	KS4 & KS5 New Views Scriptwriting Club Room 3 (17 places) Sign up required See Ms Waters	Jazz Band Room 36
Brass Group Room 37	Yoga (Squash Court) <a href="https://docs.google.com/forms/d/1SlScyX_Csq-QhaDmQhIC4v8VLPwvOCyWmrwI6Ms/edit">https://docs.google.com/forms/d/1SlScyX_Csq-QhaDmQhIC4v8VLPwvOCyWmrwI6Ms/edit</a>	Musical Rehearsals Theatre By audition		
Netball (All Years) (60 places) <a href="https://docs.google.com/forms/d/1Id0lVgUAM-6MaqbcAnApqyGd3BQXwhMtM-dkh5Q/edit">https://docs.google.com/forms/d/1Id0lVgUAM-6MaqbcAnApqyGd3BQXwhMtM-dkh5Q/edit</a>	Musical Rehearsals Rooms 36 and 37	School Newspaper All year groups Library		
KS3 Film Club Room 24 <a href="https://forms.gle/k6nniEhHmlvtb346">https://forms.gle/k6nniEhHmlvtb346</a>	KS4 London Youth Games Preparation Dance Studio	Rugby Club Eton Manor (Off Site) <a href="https://docs.google.com/forms/d/1uDivsWy-pnac-DeWwyeyTsas-SeDorXk-esIoSYIA/edit">https://docs.google.com/forms/d/1uDivsWy-pnac-DeWwyeyTsas-SeDorXk-esIoSYIA/edit</a>		
String Orchestra Room 36	GCSE Further Maths Class Year 11 Set 1 Room 17	Hand Ball Club <a href="https://docs.google.com/forms/d/1t8tmdUJ-JwefLUsx0Bx0Anbzg11tHtclz7338m1x/viewForm&amp;edit_requested=true">https://docs.google.com/forms/d/1t8tmdUJ-JwefLUsx0Bx0Anbzg11tHtclz7338m1x/viewForm&amp;edit_requested=true</a>		
Wind Band Room 38	KS3 Maths Homework Study Club Room IR3	Yoga Club <a href="https://docs.google.com/forms/d/1SX-CsqQhaDmQhIC4v8VLPnoVCyWmrwI6Ms/edit">https://docs.google.com/forms/d/1SX-CsqQhaDmQhIC4v8VLPnoVCyWmrwI6Ms/edit</a>		
Year 7 Science Club Room S7	KS3 Maths Challenge Club Set 1 and 2 Room 18			
Year 8 Science Club Room S8	Week 2 only <b>KS3 Robotics Club</b> Room IR1 Sign up required See Mr Alom			
KS3 (Year 7, 8 & 9) Latin club <i>It will be running from 15th January, every Monday from 3:10-4:00</i> <a href="https://docs.google.com/forms/d/16ZVBy38-cAbjh29PyJw22_FcwNSe5Ttbarn2HFBQ/editForm?ts=656739cd&amp;edit_requested=true">https://docs.google.com/forms/d/16ZVBy38-cAbjh29PyJw22_FcwNSe5Ttbarn2HFBQ/editForm?ts=656739cd&amp;edit_requested=true</a>	KS4 & KS5 New Views Scriptwriting Club Room 3 (17 places) Sign up required See Ms Waters			
	Debate Club below KS5 Year 12 pupils Room NB8			

Dear Parent/Carer,

Following your feedback, we wanted to clarify the system put in place if your child is attending after school enrichment.

At the start of all enrichment clubs, registers will be taken so we are clear on who is in the school building.

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.

At the end of the enrichment session, all pupils will be escorted to the main reception to be dismissed.

If, for an exceptional circumstance, a club is cancelled, parents will be informed via a message.

As always, please encourage your child to attend enrichment and make the most of the many opportunities on offer.

Ms D Samuel

If you are experiencing difficulties accessing the links for the extra - curricular clubs please click on this link: [E0075FDB717E28495ACB767DA3700E7F.pdf\(wansteadhigh.co.uk\)](http://E0075FDB717E28495ACB767DA3700E7F.pdf(wansteadhigh.co.uk))



SIGN UP

**GIRLS RUGBY TASTER SESSION**

Come and **make new friends**, learn new skills and **play fun games!**

Girls aged **11-17** of all abilities and experiences are welcome!  
You can also stay to **watch** the East London **women play** at 2pm.

**SUN 22ND OCTOBER****12 - 2PM SESSION**

Plus 2-3:30pm women's game

**EAST LONDON RFC**Memorial Recreation Ground  
71 Holland Rd E15 3BP**INNER WARRIOR**

WEAR TRAINERS/STUDED BOOTS AND SPORTS KIT. BRING WATER AND LUNCH.

SIGN UP: <https://forms.gle/nqQgWo6ZThkrzbQz5>CONTACT: [jmulholland@morpeth.towerhamlets.sch.uk](mailto:jmulholland@morpeth.towerhamlets.sch.uk) with any questions.

# SEaTSS Upcoming Parent

## Specialist Education and Training Support Service

### Training Dates

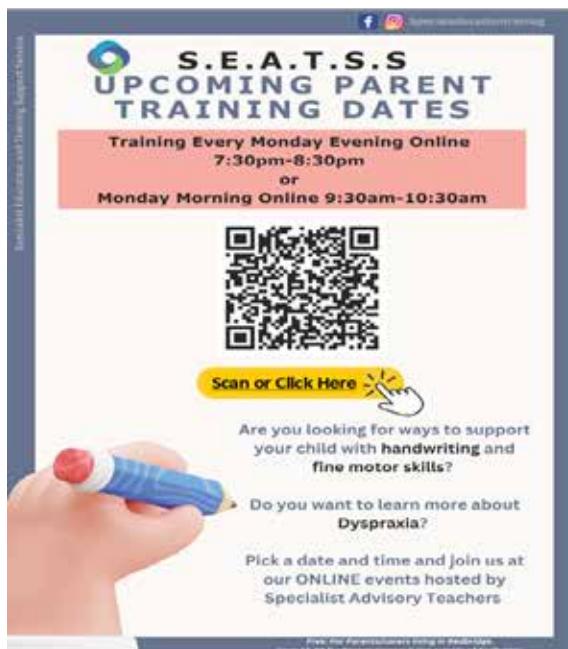
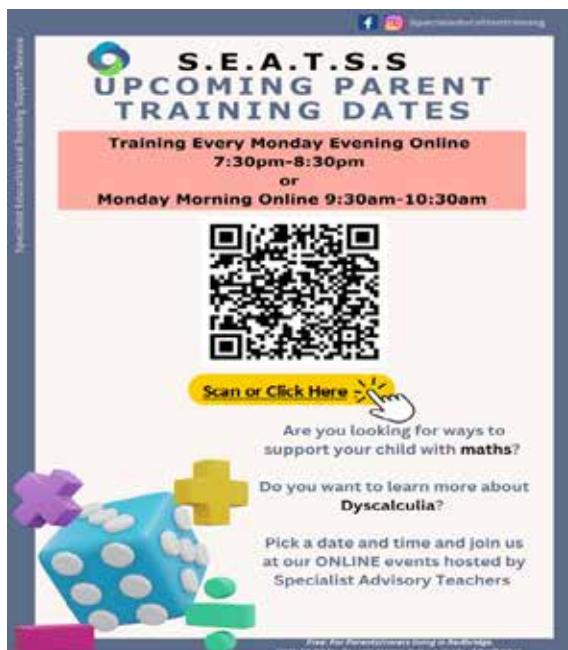
SEaTSS have sent through the attached information for parents/carers of pupils with SEND:

We enclose lots of free opportunities for you and your families.

### Social Media

SEaTSS are on social media now - we aim to upload short reels and information 2-3 times a weeks. Please share with all staff and families. If you share the flyer attached, you only need to click on the image and it will take you straight to the platform.

Don't forget to also share our You Tube too – please ask all staff and families to subscribe, and this helps keep the training for



your schools free.

<https://www.youtube.com/@RedbridgeSEATSS/playlists>

### Parent training

We have launched our Parent training for this term. We are running separate primary and secondary sessions, and we are also running these in the daytime and evenings too.

Please find details on our event flyer. Please share with all parents

**Our training is FREE for Redbridge parents.**

**By Ms J Connal**

# WhatsApp safety guide for parents

internet  
matters.org

**16+**

WhatsApp's  
minimum age  
in the UK

**58%**

Kids aged 3-17  
who use  
WhatsApp

**37%**

Kids under 13  
who use  
WhatsApp



## 5 tips to keep kids safe on WhatsApp



**1**

**Review privacy settings** WhatsApp has a range of privacy and security settings to keep users safe. Customise groups, app access, live location and more.



**2**

**Customise contacts** Show your child how to report and block unwanted contacts. Then, work with them to add their friends and family. Review and talk about their contacts regularly.



**3**

**Talk about personal information** Make sure your child understands what personal information is. Talk about the importance of keeping that information private on WhatsApp.



**4**

**Show them where to get support** If something goes wrong or they see something worrying on WhatsApp, make sure they know to come to you, and talk about other sources of support.



**5**

**Check in regularly** Once you've done all of the above, check in with them regularly to review settings and how they use WhatsApp.

internet  
matters.org

f [InternetMatters](#)

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X [@IM\\_Org](#)

facebook [@InternetMatters\\_org](#)

Instagram [@internetmattersorg](#)

linkedin [Internet Matters Ltd](#)

# What Parents & Carers Need to Know about WHATSAPP

...MSG ME...

WHAT ARE THE RISKS?

## EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

## CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

## FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original ... and might not be entirely factual, either.

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging. WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

In UK and Europe:  
rest of the world 13+

AGE RESTRICTION  
**16+**

## 'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content – but a recently added WhatsApp feature now blocks this, citing increased privacy.

## CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a password, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

## VISIABLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

## Advice for Parents & Carers ...TYPING...

### EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

### ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval: you can give permission to 'My Contacts' or 'My Contacts Except ...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

### 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.

Sources: <https://blog.whatsapp.com/an-open-letter/> | <https://faq.whatsapp.com/1070888348332/> | <https://faq.whatsapp.com/10589618245/> | <https://www.whatsapp.com/security/> | <https://blog.whatsapp.com/chat-lock-making-your-most-intimate-conversations-more-private/> | <https://www.duna.com/learn/whatsapp-scams>

### THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

### CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

...HEY OSCAR...



National  
Online  
Safety®  
#WakeUpWednesday



# 12 Social Media Online Safety Tips FOR CHILDREN WITH NEW DEVICES

With Christmas only a few weeks away, many of you will be using social media to share your excitement with friends and family. Being active on social media is a great way to show others how much fun you're having, but it's important that you know how to use these apps safely and securely so that bad things don't happen. By following our safety tips below, you can make sure that your personal information stays private, your postings are positive and that your social media use overall is responsible, healthy and most of all enjoyable.

## 1 DON'T ACCEPT FRIEND REQUESTS FROM STRANGERS



Make sure that you set your profile to private so that people you don't know can't find you online. Always tell a trusted adult if a stranger or somebody you don't know sends you a message or a friend request.

## 2 NEVER SHARE YOUR PERSONAL INFORMATION WITH PEOPLE YOU DON'T KNOW

Keep your personal information personal. Sometime people online aren't always who they say they are and might ask you to share things that you don't feel comfortable sharing.

## 3 DON'T SHARE EMBARRASSING PHOTOS OR VIDEOS OF OTHERS ONLINE



This could really upset them and could get you into a lot of trouble. Always think twice before posting anything on social media and treat people online as you would in real-life.

## 4 NEVER SEND NAKED PICTURES OF YOURSELF TO OTHERS

This is illegal if you are under 18 and you could get into trouble with the Police. If you are being pressured by someone, always say no and tell a trusted adult. Even if you think it is innocent fun, the photo could be shared with other people and you won't be able to control who else sees it.

## 5 CREATE A POSITIVE ONLINE REPUTATION



Always be kind and polite when posting comments on social media and only upload pictures and videos of things you are proud of. This forms part of your digital footprint. Everything you do online can be tracked and monitored and could affect what people think of you in real-life if it is negative.

## 6 LIMIT YOUR SCREEN TIME



Social media can be addictive, and it is easy to keep checking newsfeeds or your notifications every 5 minutes which can affect your behaviour and stop you from doing other things. Remember to only use your phone at certain times of the day, turn notifications off at bedtime and go out and have as fun as much as possible. This will keep you fit and healthy and make you appreciate there's more to life than just what's on social media.

## 7 BLOCK ONLINE BULLIES



Sometimes people might say nasty things to you online or post offensive comments on your pictures or videos. If this happens, always tell a trusted adult who will help you block them from your profile and support you in taking further action.

## 8 REPORT INAPPROPRIATE CONTENT



If you see something on social media that you don't like, offends you or upsets you, you should always report it to a trusted adult. You should also report it to the social media app who will be able to remove the content if it is against their user policy and can block the person who posted it.

## 9 ONLY USE APPS WHICH YOU ARE OLD ENOUGH TO USE



Before downloading any new social media app, always check the age-rating. If you need help, ask your parent or carer to make sure that the app is safe for you to use and never download anything which you are too young for as it may contain content that isn't safe for you to see.

## 10 ALWAYS SECURE ALL YOUR SOCIAL MEDIA PROFILES WITH A PASSWORD



This will help to keep your private information safe and won't allow others to access your profiles without your permission. Make sure your passwords are memorable and personal to you but something which other people can't guess, and always share them with your parents just in case you forget them.

## 11 ASK PARENTS TO SET-UP 'PARENTAL CONTROLS' FOR SOCIAL MEDIA



When you download a social media app, you should always ask a trusted adult to help you set it up for the first time. This will help you control who sees what you post, who can contact you and make sure you are able to enjoy using the app safely and securely.

## 12 ALWAYS TALK TO YOUR TRUSTED ADULT IF SOCIAL MEDIA IS MAKING YOU UNHAPPY



Sometimes, social media can make us feel bad about ourselves or sad that we aren't the same as someone else or doing the same things as someone else. Remember, if you ever feel this way, it's really important to talk to your trusted adult(s) like your parents, carers, other adult family members or a teacher, all of whom will be able to support you and discuss your feelings with you to help make you feel better.

# Term Dates for 2023 - 2024

## ► SPRING TERM 2024 SCHOOL TERM AND HOLIDAY DATES

Thursday 4<sup>th</sup> January 2024 to Thursday 28<sup>th</sup> March 2024

Easter break: Friday 29<sup>th</sup> March 2024 to Friday 12<sup>th</sup> April 2024

## ► SUMMER TERM 2024 SCHOOL TERM AND HOLIDAY DATES

Monday 15<sup>th</sup> April 2024 to Friday 19<sup>th</sup> July 2024

Half term break – Monday 27<sup>th</sup> May 2024 to Friday 31<sup>st</sup> May 2024

Last Day of Summer Term Friday 19<sup>th</sup> July

## ► WHOLE SCHOOL TRAINING DAYS FOR 2024

(SCHOOL CLOSED FOR PUPILS)

Last Day of Summer Term Friday 19<sup>th</sup> July

INSET 4 (disaggregated) Monday 22<sup>nd</sup> July

INSET 5 (disaggregated) Tuesday 23<sup>rd</sup> July

# Term Dates for 2024 - 2025

## ► AUTUMN TERM 2025

Monday 2 September 2024 to Friday 20 December 2024

Half term break - Monday 28 October 2024 to Friday 1 November 2024

## ► SPRING TERM 2025

Monday 6 January 2025 to Friday 4 April 2025

Half term break - Monday 17 February 2025 - Friday 21 February 2025

## ► SUMMER TERM 2025

Tuesday 22 April 2025 to Tuesday 22 July 2025

Half term break - Monday 26 May 2025 to Friday 30 May 2025

## ► WHOLE SCHOOL TRAINING DAYS FOR 2024

INSET DAY 1 Monday 2nd September 2024

INSET DAY 4 Monday 13th January 2025

INSET DAY 2 Tuesday 3rd September 2024

INSET DAY 3 Friday 4th October 2024

Disaggregated INSET DAY: FRIDAY 29th November 2024

## Dates for your diary

March  
14<sup>th</sup> 2024

Year 10 Progress  
Evening  
2.45-5.45pm

May  
2<sup>nd</sup> 2024

Year 7 Progress  
Evening  
3.30-6.30pm

June  
6<sup>th</sup> 2024

Year 8 Progress  
Evening  
3.30-6.30pm

All Progress  
Evenings will be  
online



# School Uniform

## Uniform, Clothing & Appearance

How we present ourselves can be a way of communicating our feelings and values. Being well presented and smart supports self-confidence, identity and pride.

High standards of uniform and personal appearance can make a valuable contribution to the self-confidence of individual pupils and the professionalism of the school community as a whole.

A shared uniform supports the principles of equality and unity, it encourages a sense of belonging and identity as a pupil of Wanstead High School. It also prepares pupils for working life, many careers require uniforms or clear professional dress codes.

All uniform is gender neutral.

### Required Items Year 7 - 11

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 6<sup>th</sup> Form

Required Items 6 <sup>th</sup> 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://carolinaskooloutfitters.co.uk/> Other items can be bought from any other appropriate establishment. This will be reviewed in 2023-24.

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.

## School PE Kit

### Required Items Year 7 - 11

- 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	<ul style="list-style-type: none"><li>- 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.</li><li>- Pupils may wear a watch; smart watches are not permitted in exams or assessments.</li></ul>
Make Up	<ul style="list-style-type: none"><li>- 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.</li></ul>
Hair	<ul style="list-style-type: none"><li>- 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.</li><li>- 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.</li></ul>
Hoodies and other non-uniform jumpers or coats	<ul style="list-style-type: none"><li>- 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.</li></ul>
Hats, Ski Masks, Balaclavas, Face coverings	<ul style="list-style-type: none"><li>- 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/lunch-times when the weather is cold. Ski masks, balaclavas and face coverings should not be worn, to, from or within school.</li></ul>

