



Message from the Headteacher

The term is flying by and it is hard to believe we are half way through the school year. This is a time for reflection for us as we consider what we have achieved in the School Improvement Plan and where we are having most impact on our journey of growth and development and where we need to make more rapid progress. We will welcome feedback from parents and carers later in the year in our annual survey but I also encourage you to take part in any consultation offered, for example around new policies etc. You can also feedback directly to me anytime about any big issues, both positive and areas for improvement. We have a slot in the Staff Bulletin where we feedback positive parent comments to staff so please feel free to send any specific feedback – staff find this very heartening and it is great to share good practice. You can also book appointments with me or other staff at most Parent Evenings and there is a Parent Surgery each term.

I was blown away by the quality of the LGBTQ+ pupil assemblies led by pupils last week and the school community showed off their commitment to inclusion by exemplary behaviour throughout the week. Pupils are definitely LGBTQ+ allies in this school and it is good to see some pupils wearing rainbow shoe laces to show this. A pupil group go to Woodbridge High tomorrow for an LGBTQ+ Month celebration. A huge well done to all.

On this note, the pupil population show on a daily basis a commitment to inclusivity and diversity and, although we plan to do more work on this in the future, pupils are very receptive and understand the power of kindness and community – I am very proud of them all.

Councillor Athwal came to see the progress made on the new building and pool last week; we had a few things to feed back about the processes and impact on the school and he was helpful in trying to solve these issues. Fingers crossed, these challenges will be resolved with his support.

Please read the additional important information in my messages on p.2 and p.3

School Assemblies 27th February - 10th March

School Week	Week Beginning/Date	Year 7 Wednesday	Year 8 Friday	Year 9 Monday	Year 10 Thursday	Year 11 Tuesday	Year 12 Tues	Year 13 Mon
1	27 th Feb	National Careers Week						
2	6 th Mar	International Women's Day						

Issue No. 3

27th February 2023

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I hope that the strike days run smoothly for all and we apologise again for the disruption, although again we hope it has the impact needed to ensure schools can recruit and retain the best possible staff.

I am delighted we are able to extend the Duke of Edinburgh programme to include more Year 9s—further details to follow.

Mrs Martin and I visited Michaela School today; also known as Britain's strictest school. It was a fascinating visit and we saw some positive practice; some of which can be incorporated here without changing the ethos here—for example the focus on oracy was very impressive.

Until next time, and hopefully some warmer weather, stay safe and well.

Emma Hillman Headteacher

Diary Dates 27th Feb - 10th March 2023

W/b 27th February - 10th March 2023 Year 11 & 13 Mock exams

28th February 2023 Year 10 D of E Kit list planning

1st March 2023 Maths Feast at Oaks Park School

2nd March 2023 NEU Industrial Action

Messages from Headteacher

Strike Days

Information has been sent out and there will be further details about some of the targeted events and activities. We will remind parents/carers the night before about the format of the day and the websites pupils can access on the days. Pupils can always use Google Classroom for resources.

I have agreed to share the NEU's flyer with you which is on page 18 but I want to stress that these are the views of the NEU, not the school.

Year 11 and 13 Mocks

We wish all our amazing pupils the best of luck with their last set of assessments before the real exams in May/June. We wish them all the best and are very proud of their resilience, ambition, good-humour and determination.

Assessment and Year 10 Exams

As an early warning, Year 10s will have formal assessments starting, most likely, from 12th June. Further details will follow and teachers will plan for this through learning. As you know we are considering our assessment procedures for all year groups from September and ensure these are easier for parents to plan for and also interpret.

Term Dates

The dates for 2023-24 are now published and in this bulletin. Please see **page 12**

Shoes

Whilst we will be considering uniform in the future, pupils must currently wear black school shoes and this is unlikely to change. This does not include Air Force or other similar trainer-style shoes. Boots are also not allowed; although we may allow this for safety in poor weather conditions. Please support us with ensuring the highest standards of uniform under the current policy.

Community Safety

We continue to advise parents to ensure pupils go straight home after school rather than hang around the High Street. If pupils do need to shop or be there for a reason, we urge that they are home by 4pm. Our patrols are for the time immediately after school to ensure smooth exit and staff are up on the High Street for this period until about 3.45pm. After this, we do not have the capacity to patrol further as a matter of course and we want our pupils to be safe, especially in light of the recent muggings or attempted muggings. We may make this more robust in our new behaviour policy.

We are starting to have a great response to our reach-out to local businesses and many are offering to become safe spaces for our pupils. Thank you to them all. We will update you when we have more information and feedback.

We are currently aware that the crime statistics do not prioritise Wanstead, but there is still some confusion about the number of incidents reported, which I am liaising with local police or politicians about. Whilst we resolve this, please ensure that you report any crime or attempted crime to the police and school. This will help the police to better understand the issues and hopefully provide further support.

Toilets

Senior Staff and Middle Leaders will be on duty at the toilets at break and lunchtime for the foreseeable future to try and ensure these are the safest spaces possible, as we have had feedback from pupils about poor behaviour within. We have longer term plans to tackle the toilets and are awaiting the feedback from the Condition Survey completed over half-term before we decide the way forward. In the meantime, we want to ensure they are managed well and this will also help us to get a sense of what is working and what isn't.

We are aware that there have been a number of TikTok trends which encourage pupils to make a stand against school rules, including toilets not being open for use all day. We, like many other schools, supervise the toilets at break and lunch which is when they should be used. Pupils should not expect to use them as a matter of course during lessons – this is for emergencies only and are accessed via Pupil Reception and with a pass from the teacher. This will remain the same whatever refurbishment/changes takes place.

Vaccinations

A number of parents contacted us about the recent vaccinations with some concerns. The school had also raised concerns with Vaccination UK. The school has now met with them and we are confident they have made changes to their procedures to ensure these run smoothly and safely.

We agreed the following:

- School will send details of first priority source only for each child in order to ensure no other contacts on the child's file receive communications.
- School will stipulate to parents the importance of the forms being completed so that the vaccination team have clear yes or no responses and in a timely manner.
- Only children who have consented will be removed from their lessons.
- List of consents to be provided to us by Vaccination UK prior to vaccination session.
- Post vaccine advice provided by Vaccination UK to both parents and school staff so we respond appropriately to children who may have after effects.

Upcoming Vaccinations

Year 9 DTP/Men ACWY Wednesday 24th May 2023 & Thursday 25th May 2023

Year 8 HPV immunisations Monday 17th July & Tuesday 18th July

Messages from Headteacher

Parents' Evening Year 10

It was great to meet so many of you, albeit remotely on Thursday evening. We will be surveying the school community again later in the year to consider the future of Parents' Evenings and how we can make them as effective as possible, whether remote or in person.

Wanstead Youth Centre

You will find a flyer in this bulletin with details of the campaign

to save the local youth centre. Please do join the campaign as this is a much needed resource for our young people and the community. There is a public meeting on 7th March and a link to a petition which we urge that you sign.

Cross Country Update

We hope to reschedule this for the last day of the Spring Term. Further details will follow.

Messages from Deputy Headteacher Mrs H Martin

Character in Focus: LGBTQ+ History Month

This week all pupils have benefitted from a wonderful assembly led by four heroic Year 7 pupils focused on LGBTQ+ History Month. The theme this year was 'Behind the Lens' and pupils were introduced to members of the LGBTQ+ community, from the past and present, who have contributed to the world of film and cinema.

This included individuals such as Adrian Adolph Greenburg who worked on hundreds of MGM productions, styling some of the biggest stars in Hollywood at the time. His most famous work was as a costume designer for the 1939 film 'The Wizard of Oz', for which he designed Dorothy's iconic ruby slippers.

The assembly presenters delivered some really important messages for us as a school, they spoke about the role and responsibility each one of us has in ensuring Wanstead High school is a safe and inclusive community in which everyone feels seen, heard, valued and welcomed.

The assembly finished with an invitation to all pupils, of any identity, to join the school's LGBTQ+ group which is led by Ms Ibrahim. They continue to do brilliant work supporting pupils and promoting equality and inclusivity within school and beyond.

Ten Wanstead Pupils will be joining 140 other pupils from across the borough at the Redbridge LGBTQ+ Conference which takes place at Woodbridge High school on Tuesday 28th February. On the day pupils will have workshops on LGBTQ+ History, healthy relationships, wellbeing and hear from LGBTQ+ role models. They will also make an important contribution to the Redbridge LGBT+ Action Plan pupils first drafted in July 2022.

A huge well done to Riku, Albert, Isabelle-Mae and Rebecca all Year 7 pupils, for delivering an outstanding assembly on a very important topic to over a thousand pupils.

Safeguarding Spotlight

As you will be aware, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one forum. While they are useful for helping friends, people

with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

We wanted to share with you this excellent guide produced by the National Online Safety group (published on page 16). In the guide, you'll find tips on a number of potential risks such as bullying, inappropriate content and unknown members.

School Mobile Phone Policy

We have had a few requests recently for clarity on our mobile phone policy. Whilst we understand pupils may have them on their persons during the school day, we ask that they are switched off and placed in their school bags.

Under no circumstances should pupils be using them on the school site, this includes to contact parents during the school day. If a pupil feels they need to speak to a parent/carer, they can request this via the Wellbeing Office and a member of staff will discuss the reasons why and make a decision as to whether it is appropriate.

If pupils are seen with their phone out or indeed using them, they will be confiscated and kept in a safe and secure place until the end of the day. We recognise how important it is for pupils to be contactable by parents/carers at the end of the school day and so we would not withhold the phone any longer. However, if a pupil continues to ignore the mobile phone policy, they would be required to hand it in at the beginning of each school day for a set period of time, typically a half term.

The use of phones to take recordings of other pupils or staff is considered to be an act of serious misbehaviour and would be sanctioned according to the circumstances.

Adopters Group

We recently received an enquiry from a parent who is interested in setting up a support group for adopters. The aim of the group would be to provide parents in adoptive families, who are part of the Wanstead High School community, with opportunities to connect, socialise and support each other.

If you are interested in establishing and joining such a group, please contact Mrs Martin.

Staff Update

Leavers:

Ms Awan, one of our Chemistry teachers, who left before half-term after 8 years. Our thanks go to Ms Awan for the contributions she has made to the Science Department over the years. We wish her well in the next stage of her life.

Congratulations to:



Mr Nazir

On his successful appointment to support Ms Feeney with organising the Duke of Edinburgh's Award until the end of the Academic Year. This will mean we can extend the programme for more Year 9 pupils.



Mr Anderson

On his successful appointment as Drama Subject Lead until the end of the Academic Year

Welcome

Welcome to our new Exam Invigilators who will join our existing Invigilation Team for the mocks w/b 27th February 2023:

Mrs Adam

Mrs Adam is originally from Botswana but London has been her home since completing her higher education in the UK. Prior to taking a career break She worked as a Consultant in Financial Services. Her family has been part of Wanstead's community for over 10 years and she's excited to be joining Wanstead High School. In her spare time you will find her absorbed reading a good book and sipping her favourite coffee or planning her next travelling adventure!

Mr Moore

Mr Moore is a retired licensed London taxi driver and for the past 20 years has worked with charities helping disadvantaged children and those with Special Educational Needs. His hobbies include walking, fishing, reading, listening to music and classic cars.

Mrs Sheikh

Mrs Sheikh is a mother to three older children. She has had experience of working in schools as a Chair and Treasurer of the PTA as well as a School Governor. She is also an avid runner who runs for a Club, and is also a Run Director for parkrun.

Mrs Percy

Prior to having a family, Mrs Percy worked in Marketing and Advertising for 10 years. Her hobbies include dog walks with her spaniel, reading and time with her family.

Mrs Karunakaran

Mrs Karunakaran recently relocated to London with her husband and daughter. Previously she has experience working as a primary class teacher in India for a few years and she is glad to be a part of the Wanstead High School community. In her spare time she enjoys listening to music and spending time with friends.

Personalised Hoodies for Year 11

Please find the prices below to purchase your child's hoodie and/or Yearbook.

- Hoodie - £25
- Hoodie including personalisation - £28
- Yearbook - £15

This is now available to pay for via ParentPay. If your child wishes to make any changes to their order or wants to place an order, then please email me on n.ahmed@wansteadhigh.co.uk or ask them to come and see me in Room 8. **By Ms N Ahmed**

Multilingual March

Helping pupils celebrate Multilingual March by choosing a week in March in which pupils can answer the register in a language other than English. Extra credit will be given to a

variety of languages – competition does get tough!

There will be a small edible prize for the tutor group in each year group which is most successful, so bonne chance!



It's Multilingual March! So brush up your multilingual "Bonjours" for the inter-tutor group competition!

For one week in March, answer the register in a language other than English. The tutor group in each year which tries the hardest will win some delicious

Easter Chocolates!

Competition is tough, so check out all the languages you know between you, then search out some more.

Good Luck!



INTO FILM

YEAR'S 7 & 8
MONDAY (WEEK 1)
3.10-5PM (APPROX.)
ROOM 24 MEDIA
FREE
POPCORN!

INTOFILM FILMCLUB
IS A FREE FORTNIGHTLY
CLUB OPEN TO YEAR
7 & 8 PUPILS AIMED AT
FOSTERING AN
ENGAGEMENT AND LOVE OF
FILM.

DISCUSSIONS HELP TO IMPROVE
STUDENTS UNDERSTANDING OF FILM
AND THE INDUSTRY AND VERBAL OR
WRITTEN FILM REVIEWS HELP TO
PROMOTE LITERACY
AND ORACY

COLLECT A PERMISSION LETTER FROM ROOM 24 (MEDIA) TO JOIN

Haven House Enterprise Project Fundraising

Many thanks to those of who were able to contribute through our Valentine's and non-uniform day fundraising-please see details of upcoming events. ParentPay is still open for payments of the £1 donation for the non-uniform day if you still need to make this.

Run (or walk) 3 miles in March

Please see the poster below of our sponsored run or walk. Those wishing to participate can do this in their own time, and all proceeds should be donated straight to our JustGiving page (QR code below and on the poster; link below).



JustGiving Page

We have launched a JustGiving page for donations to the Project. This is both for ad hoc donations and, and indicated above, to donate funds raised for the sponsored run or walk. All funds raised will go straight to Haven House. As always, donations are very much appreciated-both by us and the charity.

<https://www.justgiving.com/fundraising/wansteadhighenterprise>

Details of further fundraising events will be provided in future communications.



World Book Day 2023

It's that time of year again - World Book Day! With a mission of promoting reading for pleasure and offering every child and young person the opportunity to have a book of their own, World Book Day changes lives through the love of books and shared reading. Reading for pleasure is the single biggest indicator of a child's future success – more than their family circumstances, their parents' educational background or their income. We want to see more children with a life-long habit of reading for pleasure and the improved life chances this brings them.

Created by UNESCO on 23rd April 1995 as a worldwide celebration of books and reading, World Book Day is celebrated in over 100 countries around the globe with the first World Book Day in the UK and Ireland taking place in 1997. And this year is no different! Thursday 2nd March 2023 will mark the 26th World Book Day celebration with the usual array of fantastic children's and YA titles available for free from participating retailers. This year, in a bid to cut waste, book tokens are now digital. All you have to do is select the book you would like, take it to the cashier and show the voucher on your device as payment - it's that easy. Alternatively, if none of the available titles interest you, you can use the same voucher for £1 dis-

count on any other full priced book.

This year titles include The Boy with Wings: Attack of the Ram-paging Robot by Lenny Henry, A Dragon Realm Adventure by Katie and Kevin Tsang, Kay's Brilliant Brains by Adam Kay, Boot It! by A. M. Dassu, Being an Ally: Real Talk About Showing Up, Screwing Up, and Trying Again by Shakirah Bourne and an array of other titles for a variety of ages and reading levels.

In addition to your free book voucher, we'll be celebrating in school with a range of activities throughout the day organised by the English Department and Library. Activities such as 'Blind date with a mystery book', 'Quote Quest', the dress up photo booth and much more.

Despite being a strike day, we will ensure these activities take place during the month.

Happy World Book Day!





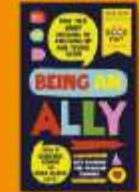
WORLD
**BOOK
DAY**

2 MARCH 2023

£1 Book Token

Secondary Schools (UK)

World Book Day® changes lives through a love of books and reading. Our mission is to promote reading for pleasure, offering every child and young person the chance to choose and have a book of their own. We hope you will join us in celebrating the joy of reading. Visit worldbookday.com for reading tips, videos, activities and brilliant recommendations from your favourite authors. Your **£1 book token** is available below.

	VALID FROM 16 FEBRUARY - 26 MARCH 2023	SPONSORED BY NATIONAL BOOK tokens	YOUNG PEOPLE AND FAMILIES: Participating retailers undertake to redeem this token as described, subject to the terms and conditions: worldbookday.com/terms-conditions Find your nearest participating bookseller at worldbookday.com/participating-retailers
THIS IS YOUR			RETAILERS: Retailer's full terms and conditions: worldbookday.com/resources/booksellers PROMOTER: World Book Day is co-ordinated by World Book Day Ltd, registered charity 1079267 (England and Wales), registered company 05783095 (UK).
£1 BOOK TOKEN			 9 930430 081007
			Take me to a bookshop. Choose your £1 book for FREE. OR use me to get £1 off any book or audiobook worth £2.99 or more or more in participating booksellers only, subject to stock availability.
Changing lives through a love of books and reading			#WORLDBOOKDAY

For the full list of £1 books, visit worldbookday.com/books, for full terms visit worldbookday.com/terms-conditions

The World Book Day £1 books are a gift from booksellers, who fully fund the cost of the £1 book token redemptions. Check with your local bookseller what plans they have in place for World Book Day. Please note:

- Only **ONE TOKEN** can be used per transaction.
- Token is for young person's individual use.
- Offer valid **16 February 2023 – 26 March 2023** inclusive.
- The book token barcode can either be scanned from your phone/tablet screen or printed out and shown in-store. Please check with your local bookseller before visiting if they can accept the barcode on mobile devices.
- The digital £1 book token cannot be redeemed online.

Visit our FAQ page to answer all your questions:
worldbookday.com/about-us/frequently-asked-questions
To contact the World Book Day team, email wbd@education.co.uk

HOW TO TRAIN YOUR
DRAGON
20 YEARS



WIN A FIERY FAMILY ADVENTURE!

Celebrate 20 years of Cressida Cowell's magical series with a chance to win a trip to Heide Park in Germany, the theme park that is home to an entire *How to Train Your Dragon* land. PLUS lots of extra goodies to be won.

To enter and for full terms and conditions visit worldbookday.com/HowToTrainYourDragon

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Pupil Opportunity: Cambridge Centre for Animal Rights Law's Annual Essay Competition

The [Cambridge Centre for Animal Rights Law](#) is an academic centre of competence dedicated to the study of fundamental rights for non-human animals and is based in Cambridge, UK.

Our annual essay competition introduces the topic and field of animal rights law for pupils in secondary school through to university graduates. The aim of this competition is to encourage pupils to explore new ideas, consider fascinating possible futures, and discuss thought-provoking questions in an original piece of writing that may inspire them to engage further with the topic in the future.

A Winning Commendation and up to two Special Commendations will be sent to the winners in our secondary school category, and prizes of £250 will be sent to the winners' schools.

This year, we are inviting essays on the question:

Richard Ryder once wrote: "Since Darwin, scientists have agreed that there is no 'magical' essential difference between human and other animals, biologically-speaking. Why then do we make an almost total distinction morally?" Assuming that is correct, how does this affect the arguments for and against animal rights laws?

Our international essay competition encourages approaches to the essay question from various perspectives (not limited to a legal perspective). Only one entry is permitted per person. The deadline for submissions is 5th March 2023. Please submit your essay (less than 1,000 words including footnotes but excluding bibliography), a brief summary of your background/educational details (up to 100 words), and contact details of your school and Teacher/Head Teacher [here](#).

We've had great responses in the past from entrants so please share this opportunity with your pupils. Our website also contains free educational talks and upcoming event opportunities which may be of interest.

You can also download this call for applications as a [PDF file](#). The winners will be announced in late-March 2023. Winning entries will be uploaded to [our webpage](#).

Animal Rights Law Essay Competition 2023

The Cambridge Centre for Animal Rights Law is pleased to announce its third Animal Rights Law Essay Competition. This year, we are inviting essays on the question:

Richard Ryder once wrote: "Since Darwin, scientists have agreed that there is no 'magical' essential difference between human and other animals, biologically-speaking. Why then do we make an almost total distinction morally?" Assuming that is correct, how does this affect the arguments for and against animal rights laws?

The competition has two categories: one for university pupils and one for secondary school (high school) pupils.

University pupils

This category is for anyone who has started or completed an undergraduate degree programme but who has not completed a doctoral degree. We welcome essays that are not longer than 3,000 words (including footnotes but excluding bibliography). Three prizes will be awarded in this section. The winning essay will be awarded £750, £500 will go to the second place, and £250 to the third-place winner.

Entrants can approach the essay question from various perspectives and are not limited to a legal perspective. Only one entry is permitted per person. The deadline for all submissions is 5th March 2023. Please submit your essay (and a summary up to 200 words of your biographical/educational details) using the following link: <https://tinyurl.com/2wvffzuk>

Secondary school pupils

This category is for anyone who has not started an undergraduate degree at a university (ie anyone who is at high school, college, or similar). We welcome essays that are not longer than 1,000 words (including footnotes but excluding bibliography). A Winning Commendation and up to two Special Commendations will be sent to the winners in this category, and prizes of £250 will be sent to the winners' schools. 2 / 2 Entrants in the secondary school category may find the following explanatory note helpful:

The question starts with a statement about the biological similarities between animals and humans. You are then asked to consider whether biological similarity should have an influence on the debate on animal rights law, eg whether it is a sufficient ground for granting rights to animals or whether something more is needed (or something else is still missing)? And if so, what?

Entrants can approach the essay question from various perspectives and are not limited to a legal perspective. Only one entry is permitted per person. The deadline for submissions is 5th March 2023. Please submit your essay (and a brief summary of your background/educational details (up to 100 words) and contact details of your school and Teacher/Head Teacher) here: <https://tinyurl.com/2wvffzuk>

The winners will be announced in late-March 2023. Winning entries will be uploaded to our website.

For more information, visit <https://animalrightslaw.org/essaycompetition>

Our Essay Competition is made possible through the generous support of our donors: the prizes are sponsored by the International Society for Animal Rights (ISAR), lead sponsor is the Jeremy Collier Foundation and additional sponsorship is by the Brooks Institute for Animal Rights Law & Policy.

Term Dates and INSETs 2023-24 Planning Ahead!

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

Autumn Term 2023-24

Period	Monday 4 th September 2023 to Wednesday 20 th December 2023
INSET 1 INSET 2	Monday 4 th September Tuesday 5 th September
<i>Half term break – Monday 23rd October 2023 to Friday 27th October 2023</i>	
INSET 3	Friday 24 th November

Spring Term 2023-24

Period	Thursday 4 th January 2024 to Thursday 28 th March 2024
<i>Half term break – Monday 19th February 2024 – Friday 23rd February 2024</i>	

Summer Term 2023-24

Period	Monday 15 th April 2024 to Friday 19 th July 2024
<i>Half term break – Monday 27th May 2024 to Friday 31st May 2024 Last Day of Summer Term Friday 19th July</i>	

Film acting opportunity

Isabella Odoffin, a Casting Director working across film, television and theatre. Her young person credits include PAN (Warner Bros), ANNA KARENINA, THE LAST BUS (Netflix), GET SANTA (produced by Ridley Scott) ([link to IMDb CV](#)).

Isabella is currently casting a **Feature Film**, which will shoot during the summer holidays '23 in Ireland.

We are seeking the following:

People who identify as females of Indian/Pakistani/Sri Lankan ethnicity - including dual heritage with Caucasian ethnicity, between the ages of 17 - 21yrs.

This is a paid opportunity, and no previous professional acting experience is necessary.

If open to your pupils participating in this opportunity, we would like to suggest a visit which would be unobtrusive and would involve Isabella coming into the college during break or lunch time, flanked by a member of staff if you can spare the time. Isabella is fully DBS checked.

Alternatively, Isabella is happy to give a talk to any interested/curious pupils. The brief is very open and she encourages inclusivity within casting.

We very much look forward to hearing from you.

Best wishes,

Joanna

ISABELLA ODOFFIN CAST

14 Feathers Place London SE10 9NE
email: assistantiocasting@gmail.com

Tel: +44 (0) 7940 554 435

February 2023

Dear Parent/Guardian,

We would like to extend an opportunity for your child to audition for a role in a film being produced by a major production company.

The film will shoot during the summer holidays in Ireland.

Isabella Odoffin's child/young person casting credits include; *WRATH OF THE TITANS*, *ANNA KARENINA*, *PAN* and *GET SANTA*, amongst others.

We are looking for British female-identifying teens of South Asian ethnicity aged 17-21yrs

No previous acting experience required.

If your child fits the brief and would like to be considered, please email my team on assistantiocasting@gmail.com for further details **by Friday 3rd March**, and include the name of your child and their school/college within the email title.

We kindly ask that parents/guardians get in touch on behalf of your child. I look forward to hearing from you.

With best wishes,
Isabella Odoffin



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

Active Body Healthy Mind

If you have answered 'Yes!' to any of the above, come and get involved. From October 2022 – July 2023, you can find a full programme of activities in various locations across Redbridge.

- Booking required
- Age 16+
- Taster sessions
- FREE



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

Visit: www.visionrcl.org.uk/activebodyhealthymind

Email: active.redbridge@visionrcl.org.uk



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Celebrate International Women's History Month March

To celebrate International Women's History Month March 2023, Vision Redbridge Culture & Leisure has created a timetable of women's only physical activity events through the project: Active Body, Healthy Mind.

<https://visionrcl.org.uk/sport-health-physical-fitness/community/activebodyhealthy-mind/>

From Pilates to Yoga to Box Fit – women (aged 16+) can attend a FREE activity session within their community. Attendees can come along to as many sessions as they wish, with a full timetable of events in different areas of the Borough.

Booking is required, you can find more information and book onto a session via our booking platform: <https://bookwhen.com/activebodyhealthymind>

Please feel free to send to or invite any clients, colleagues or relatives who may be interested.

YOGA

Date: Tuesday 7th March 2023

Time: 10:15am-11:15am

Address: Gloucester Room, Redbridge Central Library, Clements Road, Ilford, Essex, IG1 1EA

Yoga can produce many benefits to both our physical and mental health. It aims to relieve anxiety, de-stress and calm the mind, increase cognitive function, concentration and give you more energy.

It can also strengthen the body, improve flexibility, improve balance and result in better stability. It can improve back, joint and arthritis pain, change body shape and can even help you sleep better.

POWER YOGA

Date: Monday 13th March 2023

Time: 6pm-7pm

Address: Gloucester Room, Redbridge Central Library, Clements Road, Ilford, Essex, IG1 1EA

Power Yoga is a dynamic version of traditional yoga with the focus on building strength and definition.

Challenge yourself in this fun, energetic class. If you want to sweat, build strength and definition, this is the perfect class for you.

PILATES

Date: Monday 13th March 2023

Time: 7pm-8pm

Address: Gloucester Room, Redbridge Central Library, Clements Road, Ilford, Essex, IG1 1EA

A Pilates class concentrates on strengthening the body with exercises focusing on the core strength and conditioning, helping improve overall fitness and wellbeing.

It can also strengthen the body, improve flexibility, improve balance and result in better stability. It can improve back, joint and arthritis pain, change body shape and can even help you sleep better.

BOOTCAMP

Date: Wednesday 15th March 2023

Time: 9:30am-10:30am

Address: Aldborough Room, Fullwell Cross Library, 140 High Street, Ilford, IG6 2EA

A bootcamp class uses various cardio exercises and weight training to build strength and cardio fitness.

It can also strengthen the body, improve flexibility, improve balance and result in better stability.

BOX FIT

Date: Wednesday 15th March 2023

Time: 10:30am-11:30am

Address: Aldborough Room, Fullwell Cross Library, 140 High Street, Ilford, IG6 2EA

Combining boxing moves with aerobic exercise, work up a sweat in a non-competitive environment.

Practice punch combinations and get your heart rate going in this empowering workout!

It can also strengthen the body, improve flexibility, improve balance and result in better stability.

POWER YOGA

Date: Thursday 23rd March 2023

Time: 9:30am-10:30am

Address: Wanstead Library, Spratt Hall Road, London, E11 2RQ

Power Yoga is a dynamic version of traditional yoga with the focus on building strength and definition.

Challenge yourself in this fun, energetic class. If you want to sweat, build strength and definition, this is the perfect class for you.

PILATES

Date: Thursday 23rd March 2023

Time: 10:30am-11:30am

Address: Wanstead Library, Spratt Hall Road, London, E11 2RQ

A Pilates class concentrates on strengthening the body with exercises focusing on the core strength and conditioning, helping improve overall fitness and wellbeing.

It can also strengthen the body, improve flexibility, improve balance and result in better stability. It can improve back, joint and arthritis pain, change body shape and can even help you sleep better.

BOX FIT

Date: Monday 27th March 2023

Time: 5-6pm

Address: Gloucester Room, Redbridge Central Library, Clements Road, Ilford, Essex, IG1 1EA

Combining boxing moves with aerobic exercise, work up a sweat in a non-competitive environment.

Practice punch combinations and get your heart rate going in this empowering workout!

It can also strengthen the body, improve flexibility, improve balance and result in better stability.

BOLLYWOOD DANCE FITNESS

Date: Wednesday 29th March 2023

Time: 10:15am-11:15am

Address: Gloucester Room, Redbridge Central Library, Clements Road, Ilford, Essex, IG1 1EA

Bollywood dancing is an expressive fusion of many different dance forms like Bhangra, jazz, hip-hop and Kathak.

Bollywood dance can boost your mood, promote strength and balance, improve heart and lung health and can aid in our social connection to others.

If you need any further information about each event or have any queries, please get in touch.

LONDON YOUTH GAMES



2023

Would you like to represent Redbridge at the
London Youth Games 2023?

Girls football

School Years 8 & 9

Born between 1/8/08 and 31/8/2010

To register—[Click Here](#)

Trial
Wednesday 19th April
16.15—17.15 @ Fren-
ford Clubs



You must live or go to school in the London Borough of Redbridge.

active.redbridge@visionrcl.org.uk

YOUR **BOROUGH**
YOUR **SPORT**
YOUR **PASSION**

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Tutor Grid 2022 – 23

Year	HOY	1	2	3	4	5	6	7	8	9	AHOY
7	Ms C Murray	7.1 Mr K Holdbrook Ms Chime SS1	7.2 Ms K Uddin MA2	7.3 Ms N Rowshan SS2	7.4 Ms M Kaira 42	7.5 Ms E Everhart Ms S Morgan 01	7.6 Mr A Yiacoumi NB10	7.7 Mr R Ali S3	7.8 Mr M Hamza NB2	7.9 Mr D Vardavas NB8	Mr Hussain
8	Mr M Tinker	8.1 Ms F Begum NB5	8.2 Ms K Kaddour Ms E Christofides 16	8.3 Ms N Gomez 19	8.4 Ms S Begum 07	8.5 Ms C Feeney LP1	8.6 Mr D Leftwich NB3	8.7 Ms T Reynolds 09	8.8 Mr S Younis S12	8.9 Ms E Hayes LP2	Ms Gallagher
9	Ms R Gullefer	9.1 Ms O McLaughlin 02	9.2 Ms D Collins 18	9.3 Ms T Rajput 36	9.4 Ms B Waters 03	9.5 Ms N Redondo 20	9.6 Ms C Gorczak 04	9.7 Ms D Bennett Ms H Cressall 40	9.8 Mr D Hardy 11	9.9 Ms N Hassan S4	
10	Ms G White	10.1 Ms M John MA5	10.2 Mr G Narang MA4	10.3 Mr S Rashid MA1	10.4 Ms S Hoque Mr P Wilson S5	10.5 Mr I Sweet 38	10.6 Ms J Wali 37	10.7 Mr A Chauhan 22	10.8 Ms M Ayer NB9	10.9 Ms A Malik 10	
11	Mr R Carfrae	11.1 Dr D Srikanthan S9	11.2 Ms K Khan MA6	11.3 Ms R Grace S11	11.4 Ms N Begum MA3	11.5 Ms N Ahmed 08	11.6 Ms N Yasin 06	11.7 Ms S Clarke 44	11.8 Mr B Anderson Theatre	11.9 Mr R Nazir S2	
12	Ms T van Beers	12.1 Ms F Mak Ms F Law NB4	12.2 Ms J Ibrahim Mr Hamamci 15	12.3 Mr R Smith Ms V Premkumar NB1 / 05	12.4 Ms L Redman Ms Ogunfemi 12	12.5 Mr B Alom IR1	12.6 Mr Z Munir EP1				
13	Ms H Battwala	13.1 Ms B Kaur IR4	13.2 Mr M Adams S1	13.3 Mr L Willer S6	13.4 Ms M Warner 24	13.5 Ms S Younas S7	13.6 Ms H Tassine S10				

Pupil Lockers

If you have booked and paid for a locker for your child they should now be making full use of it. So far, the introduction of these has been very successful and pupils have been very grateful.

We still have lockers available. Please see below how to book.

If you have any questions please contact Sarah Williams on s.williams@wansteadhigh.co.uk

THE UK'S NO.1 SCHOOL LOCKER.

Secure

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2 SIMPLE WAYS TO RENT YOUR LOCKER.



Visit www.locker.rentals



Scan this QR Code

Once on the web app do the following:

- Enter your **LOCATION**
- Choose your **PREFERRED LOCKER AREA** from the drop down menu (if available)
- Click on **CHECK AVAILABILITY**
- Where prompted enter your details and read and agree to the terms and conditions
- Click on **RENT LOCKER** and follow the instructions for entering your payment details
- You will then be emailed a locker code and the number of your locker compartment.

How to Access your Locker:

- Go to the locker number detailed on your confirmation email
- Enter the **4 digit code** detailed on your confirmation email and open the lock.
- Should you forget your code it can be reissued by visiting www.locker.rentals and clicking on the re-Issue my locker code link.

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What Parents & Carers Need to Know about GROUP CHATS

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

WHAT ARE THE RISKS?

BULLYING

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

EXCLUSION AND ISOLATION

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

INAPPROPRIATE CONTENT

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

SHARING GROUP CONTENT

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

UNKNOWN MEMBERS

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

NOTIFICATIONS AND FOMO

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

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Advice for Parents & Carers

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CONSIDER OTHERS' FEELINGS

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

PRACTISE SAFE SHARING

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

GIVE SUPPORT, NOT JUDGEMENT

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

AVOID INVITING STRANGERS

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

BLOCK, REPORT AND LEAVE

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

SILENCE NOTIFICATIONS

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

Meet Our Expert

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



What Parents & Carers Need to Know about

TIKTOK

AGE RESTRICTION
13+

(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-16 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

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CONSENSUS

DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact with strangers on TikTok is high – especially as accounts created by over-16s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also lets their videos be suggested to others and enables anyone to comment on them or download them.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive: figures show that young people are investing increasing amounts of time in it. In the UK, children with TikTok spend an average of 102 minutes per day on the app, versus 53 minutes on YouTube. This compulsive repeated use can interfere with their sleep patterns – leading to irritability – and distract them from other activities.

TIKTOK NOW

Introduced in late 2022, the 'TikTok Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

Advice for Parents & Carers

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.



MAKE ACCOUNTS PRIVATE

Although under-16s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.



LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.



DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.



READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.



Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



NOS
National Online Safety

#WakeUpWednesday

Why are teachers on strike? REDBRIDGE PARENTS'

MEETING

Thursday 2 March

7pm-8pm Online via Zoom

Meeting ID: 994 9541 0624 Passcode: 913762



Teachers don't want to be striking. We want to be in class teaching. We want to explain this to parents, and ask you to add your voices to ours.

Come and hear teachers explaining why they feel the have to strike, and parents talking about how they are organizing to defend their children's education.



LUNCH TIME CLUBS & AFTER SCHOOL CLUBS

Before School

Mon	Tues	Wed	Thurs	Fri
Before School Breakfast Club Every morning				
Library Year 7	Library Year 8 Years 7 & 8 Well-being morning Well-being room	Library Year 9 Year 9 Well-being morning Well-being room	Library Year 10 Years 10 & 11 Well-being morning - Well-being room	Library Year 11

Lunch Time Clubs Year 7-9 Lunch is 12.20-1.00pm; Year 11-13 is 1.20-2.00pm

Mon	Tues	Wed	Thurs	Fri
Boys Multi Faith Prayer Club Room S1	Boys Multi Faith Prayer Club Room S1	Boys Multi Faith Prayer Club Room S1	Boys Multi Faith Prayer Club Room S1	Boys Multi Faith Prayer Club Room S1
Girls Multi Faith Prayer Club 1.30 -1.50pm - Room SS2	Girls Multi Faith Prayer Club 1.30 -1.50pm - Room SS2	Girls Multi Faith Prayer Club 1.30 -1.50pm - Room SS2	Girls Multi Faith Prayer Club 1.30 -1.50pm - Room SS2	Girls Multi Faith Prayer Club 1.30 -1.50pm - Room SS2
Year 8 Textiles Club - Week 2 Only Pupils in 8W2 Tech Room 42	KS3 Year 7 - 9 Origami Club Room S2	Year 9 Dance Company Dance Studio	KS3 Year 7 - 9 Photography Club (Week 1) NB09	KS3 Year 7 - 9 Dance & Drama Open Studio
KS4 Year 10 & 11 Maths Home- work Club (Week 1) - MA1	KS3 Years 7 & 8 Dance Company	KS3 Year 7 - 9 Maths Home- work Club (Week 2) - MA1	KS4 Year 10 & 11 Maths Home- work Club (Week 2) - MA1	KS4 Year 10 & 11 Dance & Drama Open Studio
	Week 2 - GCSE PE Revision Room S13	Week 2 KS3 Year 7 - 9 Board Game Club Room 14	KS4 Year 10 & 11 and KS5 Year 12 & 13 Choir - Room 36	Week 1 & 2 - GCSE PE Students - Badminton/Sports Hall
		Week 1 & 2 - GCSE PE Students Badminton/Sports Hall	KS4 Year 10 & 11 Dance & Drama Open Studio	
			KS3 Year 7 - 9 LGBT+ Club - Room 15	
			KS3 Year 7 - 9 Maths Homework Club (Week 1) - Room MA1	
			KS4 Year 10 & 11 Spanish Conversation Club Room 19	
			Week 1 - GCSE PE Revision Room S13	
			LGBTQ+ Club KS3 Year 7 - 9 Room 15	

After School Clubs

Mon	Tues	Wed	Thurs	Fri
Choir, 3.00-3.50 Room 36	New Views Script Writing KSS Year 12 & 13 Room 3/4	Orchestra, 3.00-3.50 Room 36	Steel Pans 3.00-3.50 - Room 36	Jazz Band Room 36
Brass Group 3.00-3.40 Room 37	Week 1 - Meteorological Society - 3.15 - 4pm Room NB1	Week 2 - KS3 Year 7 - 9 Geogra- phy Homework Support 3.15- 4.00pm - Room NB2		KS4 Year 10 & 11 KS5 Year 12 & 13 Art Club Room NB11
KS5 Year 12 & 13 Film Club (Week 2) Room 25	KS3 Year 7 - 9 Board Game Club Room S3	KS4 Year 10 & 11 Dance Team Rehearsals Studio		
KS3 & KS4 Year 7 - 11 Film Club (Week 1) Room 25	Band Rehearsals 3.00-3.50 Room 38 & Practice rooms	Robotics Club - Room IR1 Max number of students only 20 allowed		
New Views Script Writing Post 16 - Room 3/4	Wind Band 3.00-3.50 Room 37	Crochet Club - Room MA3		
KS3 Year 7 - 9 Creative Writing Club Room 1	KS4 Year 10 & 11 Coding Club - Room IR4	Year 11 Maths Homework Club Room MA6		
KS5 Year 12 & 13 Creative Art Club Room NB10	KS3 Year 7 - 9 Dance Team Rehearsals Studio	From March 2023 KS3 Year 7 - 9 Wanstead's London Geography Society - 3.15-5.15 pm Room NB3		
KS4 Year 10 & 11 Design & Tech. (Yr11 Only) - Room 44	Basketball Year 9, 10 & 11 Sports Hall	KS3 Year 7 - 9 Drama Club Theatre		
KS4 Year 10 & 11 D&T Technology Textiles Club (Yr11 only) - Room 42	Dodgeball - Gymnasium https://docs.google.com/forms/d/15_bdtENsp8mIR8-N6o-Tlo-nL5mg_hcb-cW0apq0k1rU/edit	New Views Script Writing class for KS5 Years 12 & 13 - Room 3		
Fitness Club - Gymnasium	KS4 - Year 11 History Interventions Room 13	Badminton https://docs.google.com/forms/d/13e0c3u3k31D2o3y0VtYth_338nX2WZm_W0W0Mh7ca/		
KS5 Year 12 & 13 Philosophy & Ethics Essay Writing Clinic 3- 3.40pm - Room NB7		KS5 - Year 13 History Interventions Room 13		
Classics Club - Room 2		Chess Club - LP1		
KS5 - Year 13 Stem/TMUA/MAT Preparation - Room 22				
UK Maths Challenge Club Room 23				
Basketball KS3 Year 7 & 8 Sports Hall				
Food Tech Week 2 KS4 Year 10 & 11 Catch up session to support				

JAN 2023

After February half-term the Drama department is offering pupils to complete the LAMDA qualification. Depending on uptake weekly sessions will cost approximate £8 each, financial support can be offered for those eligible for free

school meals. If interested please contact hello@louderdrama.com with the subject "LAMDA Tuition @WHS"

We teach



LAMDA

— Exams & Qualifications



We Bring the Character

We now offer the LAMDA drama qualification here at Wanstead High School. If interested please contact hello@louderdrama.com

Week 1 Menu					
	Monday	Tuesday	Wednesday	Thursday	Friday
 Option 1	Cottage Pie	Jerk Chicken with Rice and Peas	Chicken Roast: Lemon, Tikka, or Plain with Roast Potatoes, Gravy, and Seasonal Vegetables	Chicken Katsu Curry with Rice and Mixed Pepper Siracha Slaw	"Fish and Chips with Peas and Baked Beans served with Ketchup, Tartar Sauce, or Curry Sauce"
 Option 2	Veggie Loaded Naan (like a pizza without saying pizza) Or Mac 'N' Cheese	Vegetable Biryani	BBQ Quorn Fillet with Roast Potatoes and Gravy	Chickpea and Spinach Curry with Naan	Vegan Sausage Roll with Chips, Peas, and Baked Beans Served with Siracha, Ketchup or Curry Sauce
Option 3 (Grab and Go)	Quorn Fishless Fish Finger Wrap with Siracha Coleslaw	Grilled Chicken Ciabatta	BBQ or Hot and Spicy Chicken Wings with Wedges and Sweetcorn Salad	Veggie Noodle Pot	"Fish Finger Bap with Chips, Peas, Baked Beans, Ketchup or Tartar Sauce"
Dessert	Vegan Chocolate and Kale Brownie	Marble Berry Cake	Fruit Shortbread	Lemon Drizzle Cake	Fruit Muffin
Dessert	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly
Salad Bar Menu	Tomatoes, Cucumber, Mixed Leaf, Coleslaw, Beetroot, New Potatoes, Chickpea Salad and Courgette and Lentil Salad	Tomatoes, Cucumber, Mixed Leaf, Jalapeño and Lime Coleslaw, Beetroot, Spicy Potato, Cos Cherry Tomato and Pesto and Greek Pasta	Tomatoes, Cucumber, Mixed Leaf, Herbed Coleslaw, Beetroot, Potato and Orange, Mexican Sweetcorn and Mushroom, Lemon and Lentils	Tomatoes, Cucumber, Mixed Leaf, Coleslaw, Beetroot, Potato Marie Rose, Pasta and Roasted Vegetables and Tomato and Carrot Salsa	Tomatoes, Cucumber, Mixed Leaf, Chef's Choice


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Week 2 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
 Option 1	Chicken and Vegetable Pie	Lasagne with Garlic Ciabatta Bread	Chicken Sausage and Mash with Roasted Veggies	Chicken Naandoori with Asian Slaw	Fish and Chips with Peas and Baked Beans served with Ketchup, Tartar Sauce, or Curry Sauce
 Option 2	Bean and Cheese Burrito Or Veggie dirty jackets	Vegetable Spaghetti Bolognese	Vegan Sausage Yorkshire with Mash and Roasted Veggies	Teriyaki Noodles	Veggie Plait with Chips
Option 3 (Grab and Go)	5 Bean Chilli Nachos	Chicken Fajita	Sloppy Guiseppe Open Sandwich with Wedges	Macaroni Cheese Pot	Fish Finger Bap with Chips, Peas, Baked Beans, Ketchup or Tartar Sauce
Dessert	Chocolate Crispy Cake	Flapjack	Autumn Iced Loaf	Banana Oatbar	Strawberry Mousse
Dessert	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly
Salad Bar Menu	Tomatoes, Cucumber, Mixed Leaf, Coleslaw, Beetroot, Potatoes, Mediterranean Pasta and Green Apple Salad	Tomatoes, Cucumber, Mixed Leaf, Asian Coleslaw, Beetroot, Potato Nicoise, Tasty Cous Cous and Five Bean Salad	Tomatoes, Mixed Leaf, Kale Coleslaw, Beetroot, Potato and Chickpea, Pasta and Beans and Russian Salad	Tomatoes, Cucumber, Mixed Leaf, Yogurt Coleslaw, Beetroot, Pesto Potatoes, Watermelon and Feta and Sweetcorn Salsa	Tomatoes, Cucumber, Mixed Leaf, Chef's Choice

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Week 3 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
 Option 1	Chicken Burger	Sweet Chilli Chicken Noodle	Chicken Carvery Roast Done 3 Ways: Lemon, Tandoori, Plain with Roast Potatoes, Gravy, and Seasonal Vegetables	Chicken Jalfrezi with Rice	Fish and Chips with Peas and Baked Beans served with Ketchup, Tartar Sauce, or Curry Sauce
 Option 2	Vegan Pad Thai Or Veggie Lasagne	Spicy Falafel and Hummus Wrap	Cheesy Baked Mediterranean Gnocchi	Chickpea, Sweet Potato, and Spinach Curry with Brown Rice	Chickpea Masala Samosa with Chips
Option 3 (Grab and Go)	No Chicken Tikka Nan Wrap	Beef Bolognese and Pasta Pot	Sausage Roll with Spicy Wedges and Slaw	BBQ Chicken and Rice with Siracha Slaw	Fish Finger Tacos with Chips
Dessert	Carrot Cake	Apple Shortbread	Lime and Coconut Drizzle	Raspberry and Coconut Flapjack	Chocolate Custard Pot
Dessert	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly
Salad Bar Menu	Tomatoes, Cucumber, Mixed Leaf, Coleslaw, Beetroot, Potato and Orange, Ratatouille and Tasty Quinoa	Tomatoes, Cucumber, Mixed Leaf, Coronation Coleslaw, Beetroot, Potatoes and Lentils, Pasta and Roasted Vegetables and Caesar	Tomatoes, Cucumber, Mixed Leaf, Rainbow Coleslaw, Beetroot, Mediterranean Potatoes, Teriyaki Noodles and Greek Salad	Tomatoes, Cucumber, Mixed Leaf, Broccoli Coleslaw, Beetroot, Potato Crunch, Pasta with Cucumber and Peas and Cowboy Cavier	Tomatoes, Cucumber, Mixed Leaf, Chef's Choice

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