



Message from the Headteacher

Dear Parent/Carer,

Well, the PE department and our pupils have been super busy winning various competitions and smashing the borough athletics event. There is some news inside but full details will be provided in the Heron Homelink. Great qualities shown, as always, by our young people in these sporting competitions.

Year 10 and Year 12 have started their exams very sensibly and calmly and we wish them luck as they have the opportunity to practise GCSE and A Level assessments.

Mrs Martin has been running assemblies all last week on community behaviour and we reiterate our desire for all pupils to show the highest standards of respect for their environment and community. We look forward to hearing positive reports from local businesses etc.

We look forward to welcoming pupils in Year 6 later in the term and a number of Year 7 pupils will be helping with the transition day on 5th July—it is hard to believe that the once new and shy Year 7s are now nearly at the end of their first year.

Our new staff induction day is also that week and we will update you then about starters and leavers. We are now fully staffed for 2022-23 with the exception of Computer Science. A reminder that if anyone is considering a career change or knows someone who might be considering a

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career in an amazing school and appropriate qualifications in this area, please do let me know as soon as possible.

I hope you continue to enjoy the weather and stay safe and well.

Emma Hillman
Headteacher

Please read the additional important information in my message on p.2

School Assemblies W/B: 12th June - 23rd June

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	12 th June	Pride Month LGBTQ+ Group						
2	19 th June	Refugee Week						

Diary Dates W/B 12th June - 23rd June

20 th June	EAL Trip (London)
21 st June	Redbridge District Athletics - Years 9 & 10
22 nd June	Rugby Trip
23 rd June	INSET Day

Message from Headteacher - Miss Hillman

Hot weather

Pupils are responding very sensibly to the temporary uniform changes. We are focusing on ensuring high standards, especially around shirts tucked in and skirts unrolled. Please support this at home so we are all giving the same messages. It is great to see a number of boys in smart shorts.

Uniform

As previously explained, we are unable to untangle the current school uniform contract with Carolina's and orders had already been made at the start of the year. We will however be following the DfE guidance at the start of the year which will mean there will be greater choice in purchasing uniform in the future. However, a reminder that in the meantime, we have removed the necessity for a heron on the jumper and also the need for specialist PE bottoms. We will also share any proposed changes to the uniform policy when we launch the Behaviour Policy, but this will not affect the bigger items you buy this year.

Tutors

We will be making some changes to tutors next year as there appears to be little rhyme and reason for the current allocation and we are planning to reorganise the location of year groups. I appreciate some pupils may struggle with change, but we need to ensure there are robust decisions behind the future tutors and tutor groups, and as there are a number of new staff this seems like a good time to do this. We then hope to keep that tutor with the form group until your child leaves the school, which should result in a more consistent experience for all. We will give you as much notice as possible and inform you when we update you with new staff and leavers.

Eid

Please ensure that you inform the school as soon as you are able about which day your child will be celebrating Eid if this is the case. We are aware that this will affect assessments and will build in any opportunities to retake these papers when pupils return.

Reports and Assessment

As you know we are in the middle of a soft assessment launch and we welcome feedback from parents and pupils when we put our survey out later in the term. The assessment calendar for 2023-24 will be published well in advance so everyone is clear about key assessment points.

You will receive a school report before the end of term

and, as you also know, we will be changing the format of these next year to try and make them easier for you to see how your child is progressing. In previous years, in the summer term, reports have contained a short paragraph about your child written by the tutor, normally cut and pasted from a series of comments. This will not be included moving forward. This is a genuine workload issue and has been phased out previously by most schools.

We will also be asking for feedback on Parent Evenings in the parent survey before making a final decision about next year and how they are run and organised.

32.5 Hour School Week

All schools in the country must ensure that pupils are in school for 32.5 hours per week. At present, our pupils are in for 31.6 hours. We are currently consulting with staff and will then share the proposals with you for feedback. The likely outcome will mean 10 minutes added to the end of the school day meaning the school will finish at 3.10pm.

Website

We have now chosen a website provider and will be working on our new website which should be up and running by the end of September. Not only will this look much better, but we will ensure the content is all reviewed ensuring you have clear and up-to-date information at your fingertips.

Coronation Competition

The winner of the creative competition is Jude Year 8. This is a thought-provoking and innovative piece of work that shows Jude's immense skill. He explained that the piece is there to raise questions about the cost of the coronation and fits the brief of us asking pupils what the coronation meant to them. The runners up are Giada and Lillian in Year 8. All the pictures are published on page 4 and will be displayed in reception. Jude will win a voucher for his submission.

Macmillan

Due to your generosity for the last non-uniform day, we raised over £3000 for Macmillan. Thank you—much appreciated.

Duke of Edinburgh

Well done to all Year 9 pupils who managed to complete their training walk in the heat last weekend. Very impressive! And thanks to Mr Nazir for accompanying them!

Staff Update

Welcome

A warm welcome to:



Ms C Gordon, who has joined the English department to cover a maternity leave.

Ms Gordon is a passionate educator who believes that every child has the right to an excellent education that is delivered within a harmonious environment.

Ms Gordon has taught in three different countries and strongly believes that high quality first teaching has the power to transform lives.



Ms M Wade, who has joined as a Midday Assistant.

Ms Wade is a qualified fitness instructor and enjoys exercising and baking in her spare time. She also enjoys spending time with her grandchildren and describes herself as a 'team player'.

Ms Wade is looking forward to joining and being part of the team at Wanstead High School.



Ms S Wright, who joined the Dance department on 5th June, whilst Ms R Grace is on maternity leave.

Ms Wright is passionate about Dance and has taught in Redbridge since 2016, and recently in an Academy teaching Dance and Drama.

Ms Wright has worked across the UK with various youth schemes to support and encourage young people using Dance and is really look forward to working at Wanstead, especially the extra-curricular sessions with the amazing competition teams!

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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.

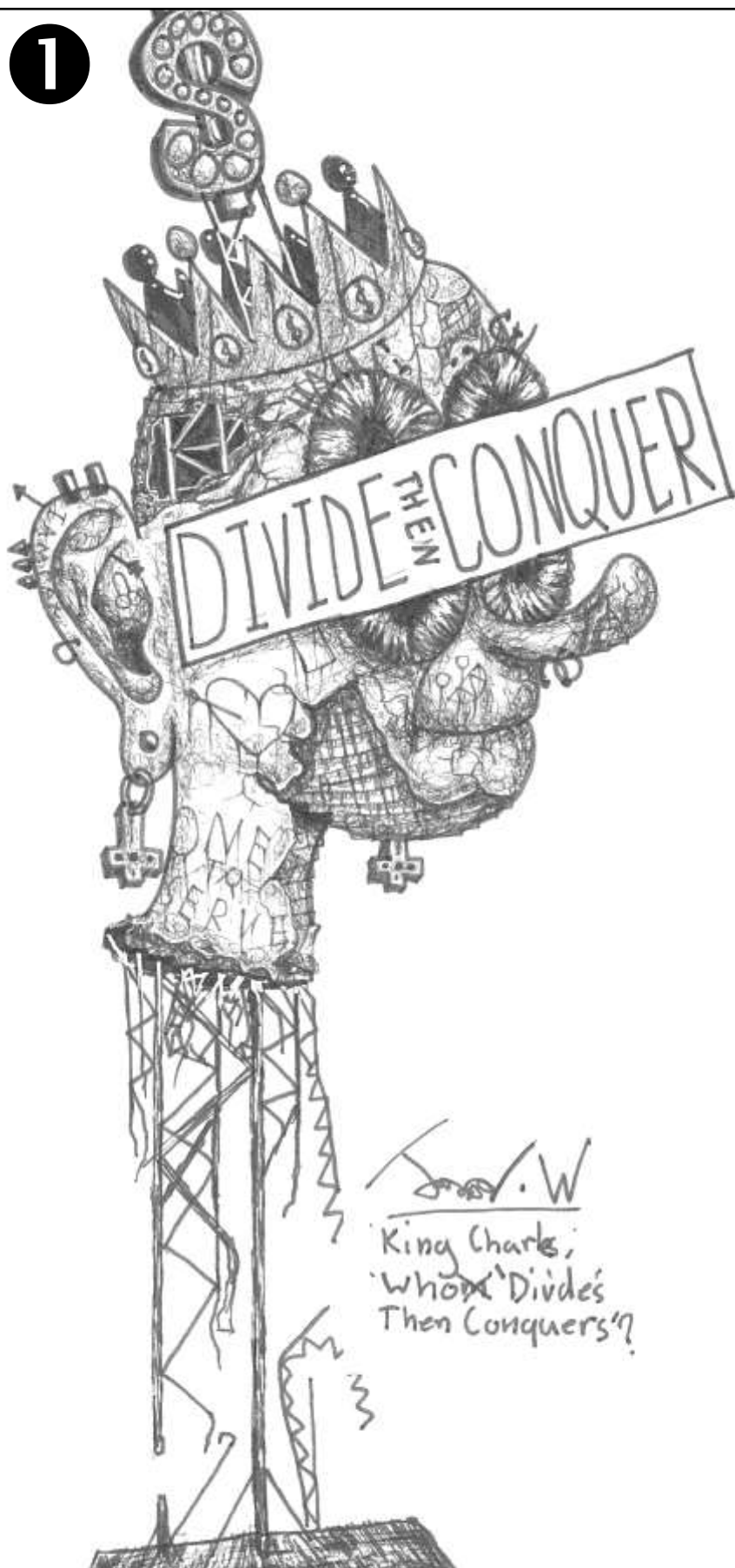
We still have lockers available. Please see below how to book.

If you have any questions please contact

Sarah Williams on s.williams@wansteadhigh.co.uk

Coronation Competition Winners

1



Winner: Jude - Year 8

Runners up: Lillian and Giada - Year 8



Upcoming Events

Message to Year 8 & 10

Dear Year 8 & 10 Parents/Carers and Pupils

End of year trip reminder:

Please be reminded to secure your child's place for the end of year trip to Adventure Island. Please read through the letter previously sent home and complete the google form/ParentPay link.

Ms White & Mr Tinker

Year 11 Leavers' Prom

This year's Leavers' Prom will be held on **Thursday 6th July, 7.30pm to 11.00pm at the Prince Regent Hotel, Chigwell, IG8 8AE.**

The Prom is an evening event where pupils can celebrate their time together after finishing their GCSE exams. It is a wonderful occasion which will allow pupils to create memories for them to cherish forever.

The cost of the Prom ticket is £35. This includes entry and security at the venue, hot and cold buffet, drinks, formal photographs and the DJ. Tickets are available on ParentPay.

If you require support for the cost of the ticket, please complete this Google Form:

<https://forms.gle/9oCcyKfVdorKvpNP6>

It will be the responsibility of parents and carers to organise travel arrangements to and from the venue. Staff will also be leaving the venue at 11.15pm so please make sure pupils are collected by this time.

The Prom has been a very successful event in the past for previous Wanstead High Year 11s and we would like the same for this cohort.

Therefore, it's important for pupils who will attend the Prom to follow and adhere to the rules and conditions set out in the letter sent to them on Thursday 23rd March. Attendance relies on this.



Sixth Form Prom

Prom tickets are now available to purchase on ParentPay. If your child would like to attend on Friday 7th July at the King's Oak Hotel, then please ensure this payment is made as soon as possible. Thank you.

Other News & Events



Year 7/8 Girls Football Team are now in the semi-final

Another huge congratulations to the Year 7/8 Girls Football team who won their quarter final match 4-2. The team are now in the top 4 schools in England and will play their semi-final match this week. We wish the team the best of luck!

Sports News & Upcoming PE Fixtures

Wanstead High School Cricket Club

In the summer term, the school and Wanstead Cricket Club will be working together to provide extra-curricular opportunities after school from 3.00-4.30pm. These sessions will take place every Wednesday starting on Wednesday 7th June. The Cricket Club have kindly allowed us access to the nets and the outfield to allow pupils to develop their skills. This opportunity is open to all pupils in the school and is not based on previous experience or ability.

At all times pupils will be supervised by members of Wanstead High School staff.

If pupils are using the nets, full protective equipment is required and at all times these sessions will be supervised by staff.

Pupils will meet PE staff in the changing rooms, and they will then walk to the Cricket Club with members of staff.

The dates for the after school sessions are as follows at Overton Drive, London E11 2LW:

14/06/23

21/06/23

28/06/23

05/07/23

12/07/23

19/07/23

If you would like your child to attend please complete the Google Form - <https://docs.google.com/forms/d/1mWVyVNZuSmuUkiprP2IOhNnIA914CcOfW6cb-KnBehh0/edit>

if you have any questions please contact Mr Adams via email - m.adams@wansteadhigh.co.uk

PE Fixtures

Week 1 beginning Monday 12th June

Monday 12th June: Potential Girls Football Semi-final but awaiting availability of the pitch TBC

Tuesday 13th June – Year 7 & 8 Indoor Cricket V Seven Kings (home fixture in the Sports Hall)

Thursday 15th June – Year 9 & 20 Indoor Cricket v King Solomon (home fixture in the Sports Hall)

Week 2 beginning Monday 19th June 2023

Tuesday 20th June – Year 8 & 9 Cricket v Loxford

Wednesday 21st June – Year 9 & 10 District Athletics at Ashtons Athletics Track

Celebrating Sporting/Physical Activity Achievements outside of school

As a department we are aware that pupils are competing and taking part in a wide range of sporting and physical activities outside of school.

This could be before school, after school and at weekends and we encourage this as being an active key role for a healthy lifestyle.

In the local area there are a number of excellent sports clubs/teams that provide competitive opportunities for pupils to showcase their talents and it would be good to be made aware of these.

If we are made aware, we can then celebrate these within the department, year groups and the whole school.

Please complete the form below if you would like to provide information on any achievements either competitive or non-competitive that we can celebrate within the department and across the school - https://docs.google.com/forms/d/1_6hK-cnZuvC3d2_6AgGctazcfbGclghXidQOGSdtxls/edit

PE kit reminder

Please can you ensure your child has the correct Wanstead High PE kit for all of their lessons, this includes the following:

- Wanstead High top
- Black shorts/black leggings/black track suit trousers
- Socks (No tights to be worn for PE)
- Trainers
- Hair bobble

Thank you, PE Department



Other News & Events



What amazing achievement!

Well done to our amazing Year 7 & 8 pupils who represented

Wanstead at the Redbridge District Athletics event on Tuesday 6th June. Full details of all event winners to follow in the next Heron Homelink.

Hardworking Year 8 Historians

Our Wanstead Year 8 pupils have been working extremely hard to revise for their debate on how far the Civil Rights

movement in the USA achieved change by the 1960s. Jemima from Ms McLaughlin's class created this amazing revision tool that she then used to help her team win the debate! Well done to her and all of our hardworking young historians!

WW2 IMPACT

- Segregation was enforced wherever there were white people...
- The role African American soldiers played: racial stereotypes
- White and black serving together: racial tension and hatred

Notes:

- These changes in attitudes did not extend to people back home. Many black soldiers were returned with hostility

Birmingham Alabama

WHAT? SERVICEMEN and SERVICEMEN PROTESTS in Birmingham Alabama - a racially racist city

WHO? SERVICEMEN and SERVICEMEN

WHAT HAPPENED? THE MARCH BEGAN IN 1955. LINDA BROWN TOOK HER DAUGHTER LINDA TO A FRIEND'S 'WHITE SCHOOL' (NAME IN HER NAME). IN 1954, THE SUPREME COURT STRUCK SCHOOL SEGREGATION DOWN.

WHAT HAPPENED? THE MARCH BEGAN IN 1955. LINDA BROWN TOOK HER DAUGHTER LINDA TO A FRIEND'S 'WHITE SCHOOL' (NAME IN HER NAME). IN 1954, THE SUPREME COURT STRUCK SCHOOL SEGREGATION DOWN.

Little Rock High (Excellent! ★)

WHAT HAPPENED? A BLACK GIRL WENT TO A FRIEND'S 'WHITE SCHOOL' (NAME IN HER NAME).

WHAT HAPPENED? HE VISITED RELATIVES IN THE DEEP SOUTH. HE ALLEGEDLY AT A WHITE WOMAN IN HER SHOP. THAT NIGHT HER HUSBAND HORROR AND MURDERED HIM AND THREW HIS BODY IN A RIVER.

WHAT HAPPENED? LINDA BROWN HAD AN OBEY TO PROTEST (NAME IN HER NAME) (NAME IN HER NAME).

AMERICAN CIVIL RIGHTS MOVEMENT

GREENSBORO SIT-INS

WHAT HAPPENED? STUDENTS HAD A SIT-IN AT A SEGREGATED CAFE (NAME IN HER NAME) (NAME IN HER NAME).

WHAT HAPPENED? LINDA BROWN REFUSED TO LEAVE FOR A WHITE PERSON ON A SEGREGATED BUS.

Freedom Rides

WHAT HAPPENED? A GROUP OF BLACK AND WHITE ACTIVISTS WERE BOMBED TOGETHER TO SIT IN A SEGREGATED BUS.

WHAT HAPPENED? AS MEMBERS OF HER ACTIONS SPREAD, IT GAINED AND SPREAD TO SUCCESSFUL MILES OF MARCHES IN MANY CITIES.

WHAT HAPPENED? SHE WAS ARRESTED, FOUND GUILTY AND FINED.

WHAT HAPPENED? SHE BOUGHT A BUS FOR 50 DAYS. HUNDREDS OF PEOPLE INVOLVED.

Other News & Events



Good luck to all our pupils in their GCSE and A Level exams. We are so proud of you. You've got this!



Staff Guidance for Safeguarding Training

Thank you for sending your children back slightly last week so we could ensure staff had important safeguarding training covering sexual harassment and child on child abuse. I hope they appreciated the lie-in as much as staff appreciated the guidance and reminders from Ms Martin.



Year 12 Pupils Visit UEL Fair

Our Year 12 pupils attended the UCAS discovery at the UEL fair recently and had the opportunity to meet and chat with 100 universities and apprenticeship providers.



Copper Box Trip

Year 7 and 8 loved the trip to the Copper Box to support our local netball team, London Pulse.



Maths Revision Session

Maths early morning revision session that took place on Wednesday 7th June. What a turn out! Hope the Maths paper was all you dreamed about....another hurdle complete! Well done Year 11.



Other News & Events

Residential trip to Spain

Day 1: A flamenco lesson ¡Y Olé! Followed by a lovely sunset in Fuengirola!

Day 2: We walked nearly 20K in Málaga! pupils loved the Alcazaba and Gibralfaro Castle.

Day 3: We saw the impressive views of Granada from “Torre de la Vela” in the Alhambra Palace.

Day 4: We said “Adiós España” in Plaza del Ayuntamiento in Fuengirola.



Residential trip to Paris

Recently our pupils enjoyed visiting Le Stade de France, le Musée Louvre et Disneyland during our residential trip in May. More to follow in the Heron Homelink



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Exam Information for GCSE & A Level

Exam Dates & Times/Revision Dates

More information is available on the school website <https://www.wansteadhigh.co.uk/Exams/Exams/>

Date	Start	Length	Board	Component Code	Component Title	Level
Mon 12 Jun	09:00	02:00	OCR	H573/01	Rel Stud: Philosophy of Religion Wtn	GCE/A
Mon 12 Jun	09:00	02:30	AQA	7652/1	French ADV Paper 1 List Read & Writ	GCE/A
Mon 12 Jun	09:00	02:00	AQA	7405/1	Chemistry ADV Paper 1	GCE/A
Mon 12 Jun	09:00	01:45	AQA	8700/2	English Language Paper 2	GCSE/9FC
Mon 12 Jun	13:30	02:30	AQA	7517/1D	Computer Science ADV Paper 1D Python	GCE/A
Mon 12 Jun	13:30	02:15	EDEXL/GCE	9GE0 03	Paper Three	GCE/A
Mon 12 Jun	13:30	02:15	EDEXL/GCE	9JA0 03	Listening Reading Writing	GCE/A
Mon 12 Jun				Period 4 & 5	Chemistry	Revision
Tue 13 Jun	09:00	02:15	EDEXL/GCE	9HI0 35	Britain: Empire & Warfare	GCE/A
Tue 13 Jun	09:00	01:45	AQA	8462/2H	Chemistry Paper 2 Tier H	GCSE/9FC
Tue 13 Jun	09:00	01:45	AQA	8462/2F	Chemistry Paper 2 Tier F	GCSE/9FC
Tue 13 Jun	09:00	01:15	AQA	8464/C/2H	Combined Sci Trilogy Chemistry P2H	GCSE/9DA
Tue 13 Jun	09:00	01:15	AQA	8464/C/2F	Combined Sci Trilogy Chemistry P2F	GCSE/9DA
Tue 13 Jun	13:30	02:00	EDEXL/GCE	9MA0 02	Pure Mathematics 2	GCE/A
Tue 13 Jun	13:30	01:15	AQA	8698/WH	Spanish Writing Test Tier H	GCSE/9FC
Tue 13 Jun	13:30	01:00	AQA	8698/WF	Spanish Writing Test Tier F	GCSE/9FC
Tue 13 Jun				Period 4 & 5	Maths	Revision
Wed 14 Jun	09:00	02:00	AQA	7692/2	Spanish ADV Paper 2 Writing	GCE/A
Wed 14 Jun	09:00	01:30	EDEXL/GCSE	1MA1 3F	Calculator [F]	GCSE/9FC
Wed 14 Jun	09:00	01:30	EDEXL/GCSE	1MA1 3H	Calculator [H]	GCSE/9FC
Wed 14 Jun	09:00	01:30	OCR	J560/03	Mathematics: Paper 3 Fnd Wrtn	GCSE/9FC
Wed 14 Jun				Period 3 & 4	Music	Revision
Wed 14 Jun	13:30	02:00	AQA	7192/3	Sociology ADV Paper 3	GCE/A
Wed 14 Jun	13:30	01:30	EDEXL/GCE	9FM0 3C	Further Mechanics 1	GCE/A
Wed 14 Jun	13:30	00:45	AQA	8688/LH	Polish Listening Test Tier H	GCSE/9FC
Wed 14 Jun	13:30	01:00	AQA	8688/RH	Polish Reading Test Tier H	GCSE/9FC
Wed 14 Jun	13:30	01:45	EDEXL/GCSE	1MU0 03	Appraising Music	GCSE/9FC
Thu 15 Jun	09:00	02:00	OCR	H474/03	Eng Lang/Lit: Rdnng Wrtr Wrtnng Rdr Wtn	GCE/A
Thu 15 Jun	09:00	02:00	AQA	7408/3/A	Physics ADV P3 Sections A & B Opt A	GCE/A
Thu 15 Jun	09:00	02:00	AQA	7408/3/D	Physics ADV P3 Sections A & B Opt D	GCE/A
Thu 15 Jun	09:00	01:20	EDEXL/GCSE	1HI0 33	The Usa	GCSE/9FC
Thu 15 Jun				Period 4 & 5	Physics	Revision
Fri 16 Jun	09:00	02:00	AQA	7402/2	Biology ADV Paper 2	GCE/A
Fri 16 Jun	09:00	02:00	EDEXL/GCE	9PLO 3B	Compar. Politics-Global	GCE/A
Fri 16 Jun	09:00	01:45	AQA	8463/2H	Physics Paper 2 Tier H	GCSE/9FC
Fri 16 Jun	09:00	01:45	AQA	8463/2F	Physics Paper 2 Tier F	GCSE/9FC
Fri 16 Jun	09:00	01:15	AQA	8464/P/2H	Combined Sci Trilogy Physics P2H	GCSE/9DA
Fri 16 Jun	09:00	01:15	AQA	8464/P/2F	Combined Sci Trilogy Physics P2F	GCSE/9DA
Fri 16 Jun	13:30	01:30	EDEXL/GCSE	1GB0 03	People & Environ.Issues	GCSE/9FC
Fri 16 Jun	13:30	01:15	AQA	8035/3	Geography Paper 3	GCSE/9FC
Fri 16 Jun	13:30	01:30	EDEXL/GCE	9FM0 3B	Further Statistics 1	GCE/A
Mon 19 Jun	09:00	02:00	AQA	7652/2	French ADV Paper 2 Writing	GCE/A
Mon 19 Jun	09:00	02:30	AQA	7517/2	Computer Science ADV Paper 2	GCE/A
Mon 19 Jun	09:00	02:00	AQA	8552/W	Design and Technology Written Paper	GCSE/9FC
Mon 19 Jun	13:30	02:00	OCR	H573/02	Rel Stud: Religion and Ethics Wtn	GCE/A
Mon 19 Jun	13:30	02:00	AQA	7405/2	Chemistry ADV Paper 2	GCE/A
Tue 20 Jun	09:00	01:45	AQA	8585/W	Food Prep and Nutrition Written	GCSE/9FC
Tue 20 Jun	09:00	01:30	AQA	8236/W	Dance Written Paper	GCSE/9FC
Tue 20 Jun	13:30	02:00	EDEXL/GCE	9MA0 03	Statistics & Mechanics	GCE/A
Tue 20 Jun	13:30	00:00	EDEXL/GCE	9MA0 31	Statistics	GCE/A
Tue 20 Jun	13:30	00:00	EDEXL/GCE	9MA0 32	Mechanics	GCE/A
Wed 21 Jun	09:00	02:00	AQA	7402/3	Biology ADV Paper 3	GCE/A
Wed 21 Jun	09:00	01:15	AQA	8688/WH	Polish Writing Test Tier H	GCSE/9FC
Wed 21 Jun	13:30	01:45	AQA	8365/2	Level 2 Certificate in Further mathematics Paper 2	GCSE/9FC
Fri 23 Jun	09:00	02:00	AQA	7405/3	Chemistry ADV Paper 3	GCE/A
Fri 23 Jun	13:30	01:30	EDEXL/GCE	9FM0 3D	Decision Maths.1	GCE/A
Mon 26 Jun	13:30	02:00	OCR	H573/04	Rel Stud: Dvlpmnts Islmc Thght Wtn	GCE/A
Mon 26 Jun	13:30	01:30	EDEXL/GCE	9FM0 4B	Further Statistics 2	GCE/A

Revision & Interventions

English Department – Year 10 mock exam revision



revised are: poverty, social inequality, social responsibility and change. It is a closed book paper, which means the pupils will not have the text with them in the mock.

All pupils are expected to re-read **both** *Macbeth* and *A Christmas Carol* in full so that they are confident with plot, characters, context and key events. It is crucial that your child has a strong understanding of the texts to perform well in the upcoming mock exams. Additionally, we kindly request that you ensure your child has memorised a wide range of quotations from both *Macbeth* and *A Christmas Carol*. Class teachers will be working closely with pupils to provide strategies to help them effectively memorise these quotations. We would also like to clarify that all pupils should already have their own copy of the texts. If, for any reason, your child does not have a copy, they can visit room 5 and collect a copy from Ms Khan. Thank you for your support.

The two texts pupils need to revise for the mock exam are ***Macbeth*** and ***A Christmas Carol***. *Macbeth* revision should focus on the central characters of Macbeth and Lady Macbeth and the themes to be revised are: power, the consequences of unchecked ambition and guilt. *A Christmas Carol* revision should focus on: the character of Scrooge, the Cratchits, Jacob Marley and the importance of the Ghosts. The themes to be



Year 10 English Exam Revision Resources

Google Class: 7ytjt72

All year 10 pupils have access to the Google Classroom mentioned above, which contains valuable resources for their English Literature revision. The resources include knowledge

organisers, sample questions, sample answers and video links. These materials are designed to help pupils deepen their understanding of the texts and the video links will provide valuable perspectives and insights to support analysis.

Your child's English teacher will provide guidance on how to make the best use of these resources.

Tuesday After school Intervention

Every Tuesday (week 2) after school, intervention sessions have been taking place and will continue to do so for pupils who have been identified as needing additional support to achieve their target grades. English teachers will remind their own pupils to attend these sessions.

These sessions take place in small groups in the English classrooms.

Tutor Time Intervention

A group of pupils have been invited to targeted tutor time intervention with the Head of English, Ms Malik. These interventions will continue to take place Monday-Thursday during morning registration until the English exams begin. Letters have been sent home informing you if your child has been chosen for this intervention. Please encourage your child to attend these sessions.

If they have been chosen, this will support their progress in English.

Sports News - Summer Enrichment



WHS PE Summer Enrichment

MONDAYS (3pm - 4pm)	TUESDAYS (3pm - 4pm)	WEDNESDAYS (3pm - 4pm)
<p>Netball Ms Hayes</p> <p>Athletics Ms Feeney Mr Tinker Mr Holdbrook Ms White</p>	<p>Rounders Ms Feeney Ms Hayes</p>	<p>Cricket @ Wanstead cricket club - please sign up using QR code</p> <p>Mr Adams Mr Holdbrook</p>
 		 



Sports News



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- WEAR WHAT YOU WANT
- GIRLS ONLY SESSIONS STARTING FROM 5TH JUNE

AGE 8-16 | EVERY MONDAY | 4:15 PM - 6 PM
QUEEN ELIZABETH PARK, STRATFORD E20 2AE

Head to London Stadium training tracks,
next to Bobby Moore Academy

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



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- NO EQUIPMENT NEEDED
- WEAR WHAT YOU WANT
- ALL GENDERS WELCOME

AGE: 8 TO 16 | EVERY WEDNESDAY |
4:15 PM - 6 PM, STARTING FROM 17TH MAY
QUEEN ELIZABETH OLYMPIC PARK, E20 2AE
HEAD TO LONDON STADIUM TRAINING TRACKS
NEXT TO BOBBY MOORE ACADEMY

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

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
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INSET 1	Monday 4 th September
INSET 2	Tuesday 5 th September

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

INSET 3	Friday 24 th November
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Spring Term 2023-24

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

Summer Term 2023-24

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



ARE YOU 10-14 YEARS OLD?
DO YOU HAVE A

**PASSION
FOR
FASHION?**

DO YOU HAVE INDIVIDUAL STYLE?

Would you like to show off your creative design skills to celebrities + showcase your ideas to the fashion world?

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CBBC + iPLAYER**

For more details, ask your parent or guardian to contact:

Fashion@liontv.co.uk

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Summer Term Extra Curricular Clubs 2023

Before School

Mon	Tues	Wed	Thurs	Fri
Before School Breakfast Club Every morning				
Library Year 7	Library Year 8	Library Year 9	Library Year 10	Library Year 11
	Years 7 & 8 Well-being morning Well-being room	Year 9 Well-being morning Well-being room	Years 10 & 11 Well-being morning - Well-being room	
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 51	Boys Multi Faith Prayer Club Room 51	Boys Multi Faith Prayer Club Room 51	Boys Multi Faith Prayer Club Room 51	Boys Multi Faith Prayer Club Room 51
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 52	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 Homework Club (Week 1) - MA1	KS3 Years 7 & 8 Dance Company	KS3 Year 7 - 9 Maths Homework Club (Week 2) - MA1	KS4 Year 10 & 11 Maths Homework Club (Week 2) - MA1	KS4 Year 10 & 11 Dance & Drama Open Studio
KS5 Year 12 & 13 Spanish Debate Lunch Club Monday Week 1 Only Room 19	Week 2 - GCSE PE Revision Room 513	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
		Chess Club - Room LP1	KS4 Year 10 & 11 Dance & Drama Open Studio	
		Week 1 & 2 - GCSE PE Students Badminton/Sports Hall	LGBTQ+ Club KS3 Year 7 - 9 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 513	

After School Clubs

Mon	Tues	Wed	Thurs	Fri
Choir 3.00-3.50 Room 36	New Views Script Writing KS5 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 Geography 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 53	KS4 Year 10 & 11 Dance Team Rehearsals Studio		
KS3 - Year 7 - 9 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 MA2		
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 Wentstead'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://forms.gle/fozra4d/EL_bjEN8p9n-89-N6a_8lo-ni8mg_hub-cWnqz0kE8rU/wd8	New Views Script Writing class for KS5 Years 12 & 13 - Room 3		
Fitness Club - Gymnasium	KS4 - Year 11 History Interventions Room 13	Badminton https://forms.gle/fozra4d/EL_bjEN8p9n-89-N6a_8lo-ni8mg_hub-cWnqz0kE8rU/wd8		
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		GCSE PE Revision Room 513		
KS5 - Year 13 Stem/TMU/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				
KS3 Year 8 & 10 Netball Club Week 1 - Year 7 & 9/Week 2 - Lower Playground				

April 2023

Tutor Grid

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 Kara 42	7.5 Ms E Everhart 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 NB6	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 J Bean 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/ Ms H Ikrah S5	10.5 Mr J 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/ Ms S Abukar 10	
11	Mr R Carfrae	11.1 Dr D Srikanthan S9	11.2 Ms K Khan MA6	11.3 Ms L Pennington 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 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 Battiwala	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				

Children and young people attending a Redbridge school will automatically be contacted through their schools with a link to consent when they are due for vaccinations for in-school offer. If your child has missed the school session and you would like to attend a clinic, please either email us at appointments@v-uk.co.uk or call on 0203 343 2400

- HPV: Year 8
- DTP & Meningitis ACWY: Year 9
- MMR: Rec – Year 13

Date	Time	Venue
Tuesday 28 th March	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 6 th April	12:00pm – 3:00pm	Fullwell Cross Library
Tuesday 25 th April	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 11 th May	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 23 rd May	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 8 th June	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 20 th June	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 6 th July	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 18 th July	3:30pm – 5:30pm	Loxford Children's Centre

Fullwell Cross Library
140 High Street
Barkingside
IG6 2EA

Loxford Children's Centre
138-140 Ilford Lane
IG1 2LG

Although I'm not their mother
I care for them each day.
I cuddle, sing and read to them
And watch them as they play.

I see each new accomplishment,
Growing and learning over the years.
They proudly show their work to me,
I give the loudest cheers!

No, I'm not their mother,
But my role is just as strong.
I nurture them and keep them safe,
Though maybe not for long.

I know someday the time will come,
When we will have to part.
But I know each child I cared for
Is forever in my heart.

Foster for Redbridge
020 8708 6068
fostering@redbridge.gov.uk

Looking After Your Child's Mental Health

PARENTS: *What can I do at home with my teen?*

Find time to talk, just the two of you – 'Check in' with them while you're doing things together, so they get used to talking about their feelings.

Do a fun activity together – this helps them to be curious, learn new things, solve problems and express feelings without words.

Be a role model – Show how you cope with difficult feelings and look after yourself.

Does my young person need mental health support?

It's normal to feel angry, sad, worried or stressed sometimes.

However, if they're struggling to cope with those feelings, they might need support.

Look out for:

Sudden changes in behaviour

Negative thoughts and low self-esteem

Arguing and fighting

Sleep problems

Avoiding school or staying with you all the time

Aches and pains

*Remember – everyone is different and these signs might not have anything to do with a mental health problem.

Try talking to them first. If you're worried get help!

Some great places to start online are:

[NHS](#)

[Young Minds](#)

[MindEd](#)

[Place2Be's blog](#)

Ms V Vashisht - *School Counsellor*

Exploitation, Gangs & Knife Crime Awareness

Parents & Carers
Exploitation, Gangs &
Knife Crime Awareness

Anti-knife crime charity, The Ben Kinsella Trust has launched a **FREE** online course for ALL parents and carers.

Exploitation, Gangs and Knife Crime Awareness sessions are a two-part course delivered over two evening sessions (**June 20th and 27th 7 - 9pm**)

These sessions are delivered by an ex- Police Officer and come highly recommended.

Please share with your network, any parents and carers, schools or youth provisions. These are a valuable resource and signposting tool in preventing serious youth violence and exploitation. Colleagues and staff are also welcome to book on.

The link to secure your space is here - <https://benkinsella.org.uk/parents-carers-workshops/>

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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.

GIVE SUPPORT, NOT JUDGEMENT

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

BLOCK, REPORT AND LEAVE

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

PRACTISE SAFE SHARING

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

AVOID INVITING STRANGERS

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

SILENCE NOTIFICATIONS

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

Meet Our Expert

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



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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CONSENSU

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

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here –

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Coyley Jurgensen is a registered counsellor with the Health Professionals Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



NOS National Online Safety®

#WakeUpWednesday

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.03.2023

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 Or Mac 'n' Cheese	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	Vegan Vegetable Biryani	Vegan BBQ Quorn Fillet with Roast Potatoes and Gravy	Vegan 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)	Vegan Quorn Fishless Fish Finger Wrap with Siracha Coleslaw	Grilled Chicken Ciabatta	BBQ or Hot and Spicy Chicken Wings with Wedges and Sweetcorn Salad	Vegan 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

Week 2 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken and Vegetable Pie Or Veggie Dirty Jackets	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	Vegan Vegetable Spaghetti Bolognese	Vegan Sausage Yorkshire with Mash and Roasted Veggies	Vegan Teriyaki Noodles	Vegan Veggie Plait with Chips
Option 3 (Grab and Go)	Vegan 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 Cole- slaw, Beetroot, Potato Nicoise, Tasty Cous Cous and Five Been Salad	Tomatoes, Mixed Leaf, Kale Coleslaw, Beetroot, Potato and Chickpea, Pasta and Beans and Russian Salad	Tomatoes, Cucumber, Mixed Leaf, Yogurt Cole- slaw, Beetroot, Pesto Pot- atoes, 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 Or Veggie Lasagne	Sweet Chilli Chicken Noodle	Chicken Carvery Roast Done 3 Ways: Lemon, Tandoori, Plain with Roast Potatoes, Gravy, and Sea- sonal 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	Vegan Spicy Falafel and Hummus Wrap	Vegan Cheesy Baked Mediterranean Gnocchi	Vegan Chickpea, Sweet Potato, and Spinach Curry with Brown Rice	Vegan Chickpea Masala Samosa with Chips
Option 3 (Grab and Go)	No Chicken Tikka Nan Wrap	Beef Bolognese and Pasta Pot	Vegan 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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