



Message from the Headteacher

Dear Parent/Carer,

These odd weeks are unavoidable but I hope they are not messing with your head as much as they are mine! Having just about got to grips with which week it is as well as the day, I understand the potential chaotic impact on pupils so please support them with making sure they are up to speed with all the right equipment and uniform and know what day it is! This is hopefully the last disrupted week for some time (what a relief to be able to say that!) and so hopefully we can get back to business as usual moving forward.

I hope however that you do enjoy the long weekend and that you recognise the importance of the weekend's Coronation whatever your views on the monarchy! Please see overleaf for activities in school to commemorate this event. The canteen was also decorated in red, white and blue bunting today to mark the occasion.

We are busy recruiting staff for next year and I will update you on all leavers and starters later in the year. Thus far, things are going reasonably well in the circumstances, although Maths and Science recruitment is a little hairy. If any of you want to consider a career in teaching or are a Maths and Science teacher who is interested in working here or know anyone in this position, please do contact Ms Steel. It really is a great place to work.

It was lovely to speak to some of you at Year 7 Parents' Evening and we had some lovely feedback about this event.

Again, I would like to thank you for all your support during the last few weeks and I apologise for still not having responded to all your supportive emails. I will do my best to respond at some stage but I do want you to know that I was very grateful. I am optimistic that this will be the start of a culture change. Alt-

Contents	Page
Message from the Headteacher	1
Staff Update	3
Other News & Events	4 - 6
Upcoming Events	6
Examination Information for Year 11 & 13	7 - 9
Sporting News & Upcoming Fixtures	10 - 11
Revision & Interventions	11 - 15
Term Dates 2023-24	17
Enrichment Clubs	18
Tutor Grid	19
Group Chats, TikTok, Safe & Healthy Online Habits	21 - 23

hough this may be a slower process than I would have liked, we will still commit to the School Improvement Plan, focusing as well on the objective identified in this to improve relations between the NEU and leadership. We are, as always, committed to making this the best place to work for staff and initiatives like our flexible working policies and more supportive new Leave of Absence policy are testament to this.

Finally, it was such a pleasure to see the Dance and Drama shows last week—all the pupils and their parents should be super proud. A huge well done also to our Haven House Enterprise Team who raised the greatest amount of money against other local schools. Well done all.

Finally finally, well done Mr Sweet—Redbridge Teacher of the Year; again super proud.

Have a great long weekend.

Emma Hillman

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

School Assemblies W/B: 8th May - 15th May

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	8 th May	Courage			Exams			
2	15 th May	Mental Health Awareness Resilience, Awareness & Self Care						

Diary Dates W/B 8th May – 15th May 2023

10 th May	Parent Information Evening for Paris & Spain trips
12 th May	Maths trip to the National Museum of Computing
13 th /14 th May	Year 9 DofE training walk Thriftwood, Brentwood
16 th May	A Level Geography Fieldwork Trip
17 th May	PE Trip to Eton Manor Rugby Club

Message from Headteacher - Miss Hillman

Year 11 and 13

You have now received letters about the arrangements for Year 11 and 13. Do please speak to Mr Carfrae or Ms Battiwala if you have any queries about this. I do hope the run up to the exams all goes smoothly and we wish all our pupils the very best of luck with the exams. The exam timetable is included in this copy of In Touch.

Incident at Wanstead Station

Last Friday, a pupil fell ill at the station and I want to commend the behaviour of all the pupils in the school. I received this email from the London Ambulance service and wanted to share this with you as it is so good to hear:

While on scene we also met a number of your members of staff, each of which helped us where they could.

Ms Hillman, it gives me great pleasure to have met your students and staff. They are all a credit to your school. You should be extremely proud of each of them.

Lunch

A number of Year 7 parents have contacted me about lunch and concerns about their child not having time to eat. Year 7 are currently last in the serving order (it changes each half-term) and so it can be a bit rushed. This is due to having only one servery and no purpose-built canteen currently. The field will be opening next week (see below) for pupils at lunchtime which should reduce pressure on the canteen. None of this is ideal but it will not be until the new canteen is finished.

In addition, we do need to potentially add 10 minutes onto the school day as per Government guidance from September—further details and consultation to follow and this is likely to be 5 minutes added to each lunchtime. As one of the ACAS agreements, we have also agreed to consult with staff first and then, depending on the results, parents to consider both lunches being extended to 55 minutes. I am confident most staff will not want the day to end 30 minutes later due to this but we do first need to hear the voice of the school community.

The School Site

Without the notice promised or the alternative spaces finished, the hoarding will be moved this weekend taking away more playground space (...and breathe!). We will be running through what this means for pupils in a presentation on Tuesday. The field will also be opening up for pupils now the weather is warmer and this will be part of the presentation. When I did a pupil survey before joining the school, the vast majority of pupils stated the field was their favourite part of the school and we are delighted to be able to allow them to use this space at lunchtime. We are still considering how we can improve and use this space all year round (not possible now due to drainage etc) and are looking at a number of long-term options. We will also open up the courtyard area in the old building, first using this as a year 11 chill space during their exam period.

However, we will be setting out clear guidelines and expectations for behaviour, predominantly around litter and, like the chip ban, if pupils cannot follow these guidelines, they will lose this privilege. Neither they nor I want this to happen! Our new team of midday assistants were in today and are a great bunch—they will support us with keeping pupils safe and are as calm and controlled at lunchtime.

Jazz News

Nico's (Year 12) jazz band Oreglo continue to go from strength to strength. The band had an interview on BBC 1extra this week and they played the Cheltenham Jazz Festival last week.

<https://www.bbc.co.uk/programmes/m001l8bs>

Jazz refreshed is on the Thursday 11th May (Brick Lane) and a lot more gigs on the way.

<https://www.jazzrefreshed.com/event/oreglo-live-at-jazz-refreshed/>

Well done Nico!

Coronation

Pupils are invited to submit any creative work to celebrate the King's Coronation and we will publicise this to pupils next week. The closing date is Friday 19th May. We will display the work in Reception next to Lillian's wonderful portrait of the Queen.

We will have a non-uniform day on the last day before half-term—not sadly for Sixth Form due to exam requirements on that day. Whilst the coronation is a British tradition, we will invite pupils to dress to reflect their wider culture and traditions. We also plan to hold a larger Culture Day/Event later in the term. Money raised from the non-uniform day will be for Macmillan, a worthy cause and several staff members will be walking 26 miles in May to raise money for Macmillan and this will also support their fund-raising.

Humanutopia

Year 9 pupils will be taking part in a very exciting initiative on Wednesday and a letter is going out to these parents with all the details.

Message from Deputy Headteacher Mrs Martin

Being in school is important to your child's achievement, wellbeing, and wider development.

Evidence shows that the students with the highest attendance throughout their time in school gain the best GCSE and A Level results. At KS4, pupils **not** achieving grade 9 to 4 in English and Maths had an overall **absence rate of 8.8%**, compared to **5.2%** among those achieving grade 4 or above. The overall absence rate of pupils not achieving grade 9 to 4 was over twice as high as those achieving grade 9 to 5 (8.8% compared to 3.7%).

Regular school attendance is also an essential feature of safeguarding young people, for the most vulnerable pupils, regular attendance is also an important protective factor and the best opportunity for needs to be identified and support provided. Research has shown associations between regular absence from school and a number of extra-familial harms. This includes crime (90% of young offenders had been persistently absent) and serious violence (83% of knife possession offenders had been persistently absent in at least 1 of the 5 years of study).

Every moment in school counts, and days missed add up quickly. For example, a child in Year 10 who is absent for three days over a half term could miss 15 lessons in total. That's why we would like pupils and parents to aim for an attendance of at least 97%, unless there are exceptional circumstances, such as a chronic illness or mental health condition, that would prevent them from achieving this goal.

As a school, we recognise that the barriers to school attendance can be varied and complex. As well as promoting the benefits of good school attendance at a whole school level to pupils, parents and staff. Our role is also to support individual pupils and their families who are struggling to attend.

If you are worried and concerned about your child's attendance then please do get in touch with either myself, their form tutor or their Head of Year.

I would also like to introduce to our school Attendance Team who are also always here to help you.



Ms S O'Malley - Butler

Wednesday - Friday

I've worked at the school for over 11 years, currently as one of the Attendance Officers. I work on the following days: Wednesday, Thursday and Friday and have worked in attendance since April 2022.

Prior to that, I was on reception at the school. All of my career before that was in administration in the NHS.

I live in Wanstead and my son was a pupil here. I really enjoy working in attendance, helping to ensure your child's attendance is the best it can be and that they get the most out of their education as a result"



Ms N Lewis

Monday - Friday

I am the Attendance & Admissions officer at WHS. I have worked in various primary & secondary schools and with families since 2012.

I am focused on raising and promoting pupil attendance.

I am very passionate about children receiving the education they're entitled too; I am dedicated and enthusiastic about encouraging your children(s) attendance to school and to provide the appropriate and necessary support for families to overcome any attendance issues.

Staff Update

Welcome

A warm welcome to:



Ms M Kaur - Joined our Science department, for 2 days a week until May half term, supporting the department with a long-term staff absence.

Ms M Kaur is an overseas trained teacher with over 5 years teaching experience.

She holds a degree in Chemistry, Maths and Physics and a MSc in Chemistry along with a Bachelor of Education.



Ms Z Hussain - Joined us on 5th May as one of our new Midday Assistants.

Miss Z Hussain is originally from Pakistan and has three young children who take up most of her free time. Her favourite food is chicken biriyani and her hobbies include cooking, sewing and arts and crafts.

Miss Z Hussain is very excited to join Wanstead High School!



Miss L Reis Dos Santos - Joined as one of our new midday assistants on Friday 5th May.

Ms Reis Dos Santos is originally from Belgium and has two daughters. She has experience working in a Nursery as well as a Kitchen Assistant in another local school.

She has lived in the UK for more than 10 years and is currently pursuing a degree in Health and Social Care.



Ms J Seekings - Joined us on 5th May as one of our new Midday Assistants.

Ms J Seekings is a former Wanstead High School pupil and since leaving our school has worked in customer service and administration for education establishments and the NHS. Following a career break to raise her young family.

Ms J Seekings is eager to join our school and bring her knowledge, experience and commitment to the role – she is very much looking forward to joining the team!

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- 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 reset by visiting www.locker.rentals and clicking on the re-issue my locker code link.

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

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!



Message to Year 11

Dear Year 13 Parents/Carers and Pupils

I would like to wish all Year 11 pupils the best luck for your GCSE exams.

The hard work you've put in revising, attending interventions, and making sacrifices can finally be put into practice.

Remember to continue that hard work right through to the last exam.

But also remember to look after yourself. Eat and sleep right, reward your efforts and know it will all be worth it. Good Luck Year 11!

Best wishes
Mr R Carfrae

Message to Year 13

Dear Year 13 Parents/Carers and Pupils

Study leave arrangements were outlined in the parent letter sent last week. We would like to take this opportunity to wish all Year 13 pupils the very best of luck in their examinations and we look forward to celebrating their time at Wanstead and all of their achievements during the scheduled leavers' assembly on Friday 12th May.

Congratulations on reaching the end of your time at Wanstead Year 13. This is an exciting time in your life. Embrace a world of infinite possibilities, seize all opportunities that open up to you and make the most of each and every one of them.

May your future be happy, healthy and successful!

Best wishes
The Sixth Form Team



Wanstead High School would like to congratulate His Majesty King Charles III and Queen Camilla, wishing them warm wishes on the day of your Coronation.

We wish you and your families all the best.



Other News & Events

Redbridge Teacher of the Year Award



Congratulations to Mr Sweet We are so thrilled and proud. Well done!

Elite Sport Experience for Pupils Year 7 & 8



On Friday 21st April, Year 7 & 8's who have been regularly attending basketball club, got the opportunity to visit our local Basketball team London Lions and see them in action at the Copper Box.

The trip provided our pupils the opportunity to experience elite sport and see a live basketball game. The London Lions won the game 96-62.

Thank you to the Lions for inviting us and providing this opportunity.



Duke of Edinburgh's Award Year 9

Well done to the Year 9 (cohort 1) Duke of Edinburgh pupils who attended the planning session on Saturday. We are looking forward to the upcoming training walk.

Other News & Events



What an Amazing Achievement!

A massive well done to our Haven House Enterprise Team, who won two awards at the ceremony yesterday: The Inspiration Award and Most Raised, with a fantastic £4019 raised for the cause. Thank you to all members of the school and parent community for your support, and well done to all pupils involved-you have done yourselves and the school proud!

Upcoming Events

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.

Mr R Carfrae - Head of Year 11



Sixth Form Prom

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

Revision & Interventions

Social Science and Religion and Philosophy Revision Techniques for Year 11 and Year 13

As exams are approaching, the Social Science department have a range of revision techniques that will help pupils with revision.

Pupils should have been given Flash cards from the department which can be used in a range of ways, from key theorists, key concepts and key debates.

Past papers are available on websites, however they are also available on Google Classroom.

Create Mind Maps for each topic and link this with key concepts, debates, studies, breakdown of A01, A02 and A03.

Use Personalised Learning Checklists to help with what sub-topics pupils are unsure of and what to focus on.

There are also some great workshops that pupils can attend during April. The below link are workshops at Stratford Vue Cinema. These workshops provide an interactive, intense and fun learning environment where pupils can focus on one subject, develop their exam technique and revise core content.

<https://www.tutor2u.net/workshops/all?series%5B%5D=1425166>

English Department – Intervention and Revision for Exams

English Literature Core Texts:



- *Macbeth*
- *A Christmas Carol*
- *DNA*
- *Power & Conflict poetry anthology*

All pupils are expected to re-read the core texts so that they are confident with plot, characters, and key events. Please also ensure your child has memorised a wide range of quotations from each of the core texts and all 15 poems from the anthology. All pupils should already have their own copy of the texts, or they have been loaned a free copy from the English department. However, if, for whatever reason, your child still does not have a copy - they can come to room 5 and collect one from Ms Khan.

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 group in the English classrooms.

Tutor Time Intervention

A group of pupils have been invited to targeted tutor time intervention with English CTL 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.



English Revision Google Class: bdlvyzb

All Year 11 pupils have access to the Google Classroom listed above. Pupils can access English Language and English Literature revision resources on this classroom. These will include knowledge organisers, sample exam questions, sample answers and video links to help support with final exam revision.

All English teachers will advise pupils on how to make use of these resources.

Revision & Interventions

Notices from the Mathematics Department

Interventions

Tutor Time Intervention – A group of pupils have been selected and informed of the tutor time interventions that take place every morning during registration. 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 help push their progress in Maths.

Wednesday Interventions – Every Wednesday after school intervention sessions takes place for a number of pupils in Set 2 and Set 3. We will be sending out text message reminders if your child has been chosen to take part in this enrichment opportunity. If your child has not been chosen, but would like to enquire about attending these sessions, please ask them to speak to Miss Khan (in MA6) during break or lunch to request a place.

Peer Mentoring – We also offer a peer mentoring group every Wednesday after school; this is where pupils get one-to-one support from teachers and A-Level pupils on GCSE style questions. If your child has not been chosen, but would like to enquire about attending this session, please ask them to speak to Mr Jeffery (in Room 17) during break or lunch to request a place.

Homework Notice

There have been some concerns with pupils not completing homework on time and not to a satisfactory standard to which homework is being completed.

Please bear in mind, homework gets set every week and alternates between three online past papers and three printed past papers. Please ensure you are pushing your child to complete their Maths homework every week as GCSE exams are quickly coming around the corner. The Maths Department are doing everything we can to support your children; including the provision of revision material, enrichment interventions and high-quality teaching.

Revision

There are 11 weeks left until your child's first GCSE Maths exam, which means we are now expecting them to be working on Maths every day in short bursts of 15 minutes at a time. As your child has many upcoming GCSE exams, we understand all of their time cannot be spent on Maths revision. However, they should be attempting to complete 3-4 questions a day from the past papers they get set every week as homework. Alongside this, they should be utilising the resources on 'Dr Frost Maths' to further secure progress.

On the next two pages is a step-by-step guide on how to revise topics on Dr Frost;

Final Message - Maths Mock grade

Your child will be receiving their Maths Mock grade in the next few weeks. Their teacher will provide feedback and a list of topics which they need to work on. The topics given can then be used to support revision outside of school hours.

Thank you for your support and we hope we have answered any questions you may have had with regards to your child's learning.

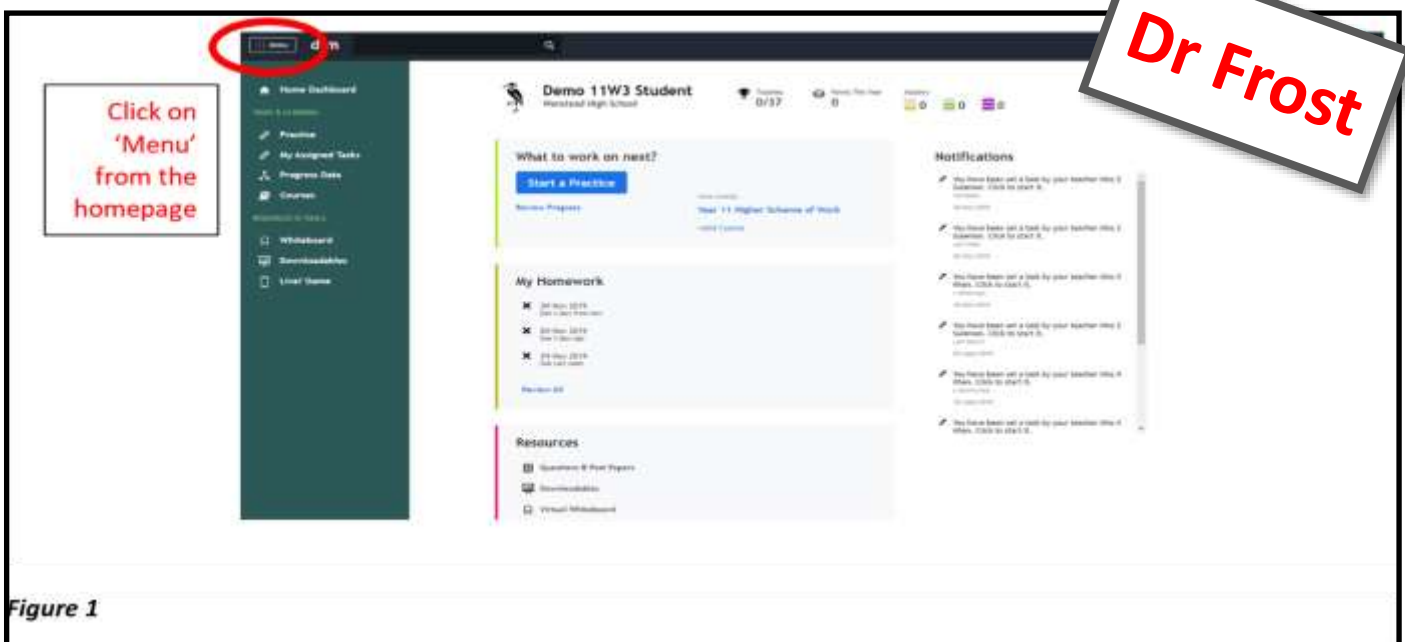


Figure 1

Revision & Interventions

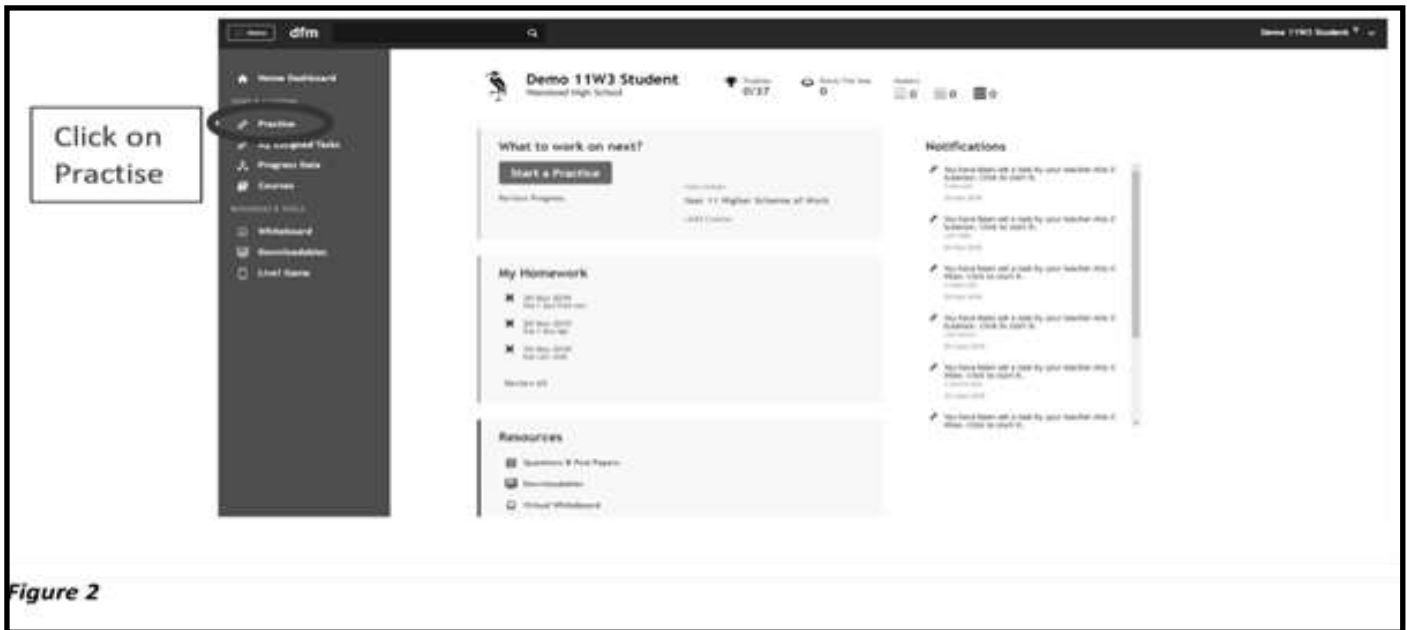


Figure 2



Figure 3

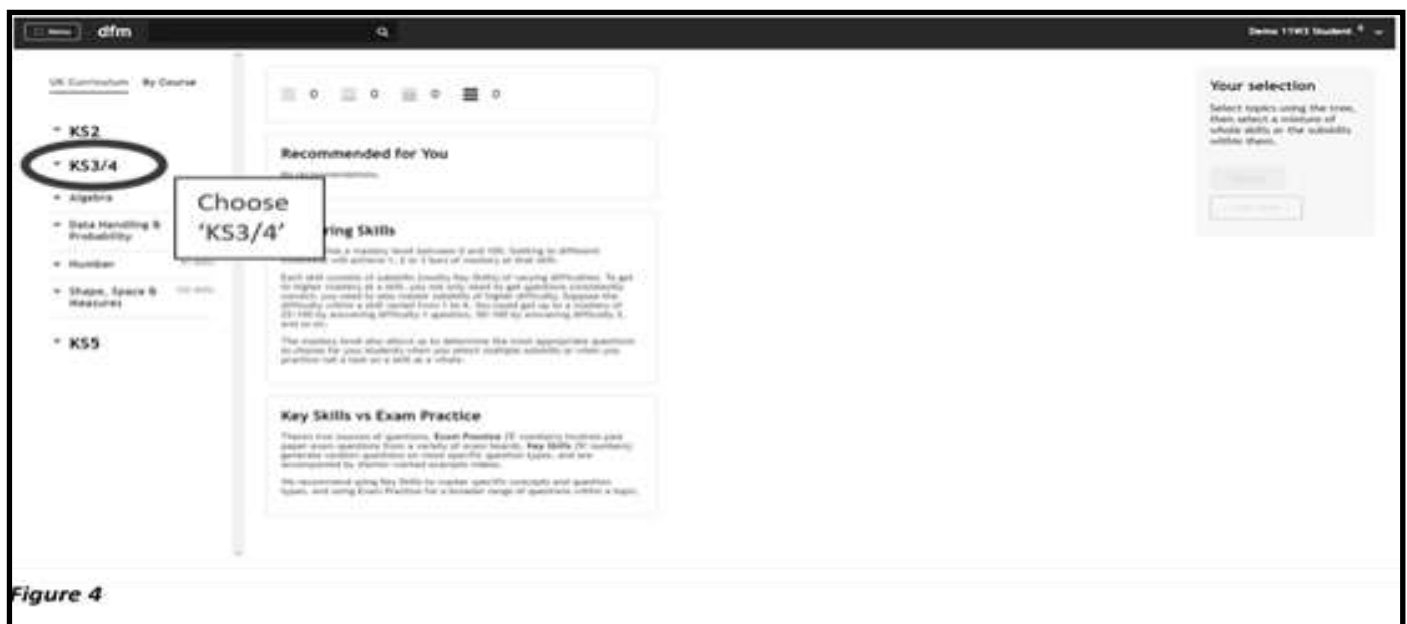


Figure 4

Revision & Interventions

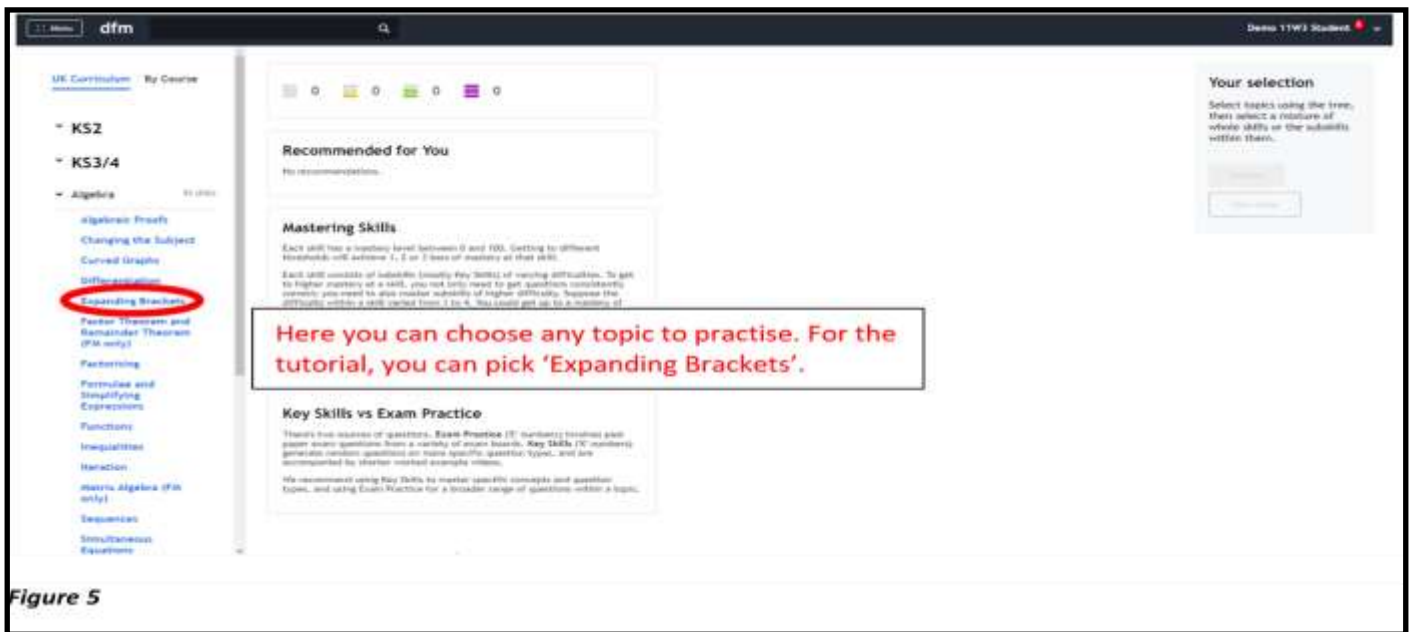


Figure 5

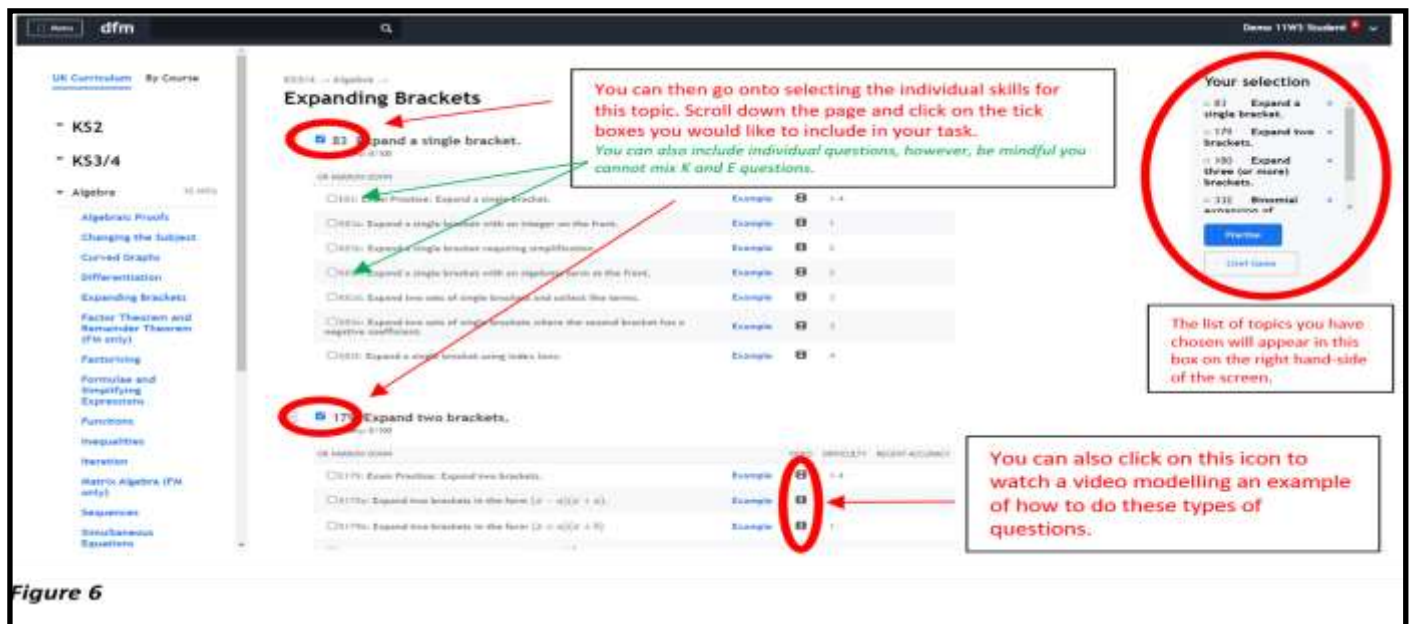


Figure 6

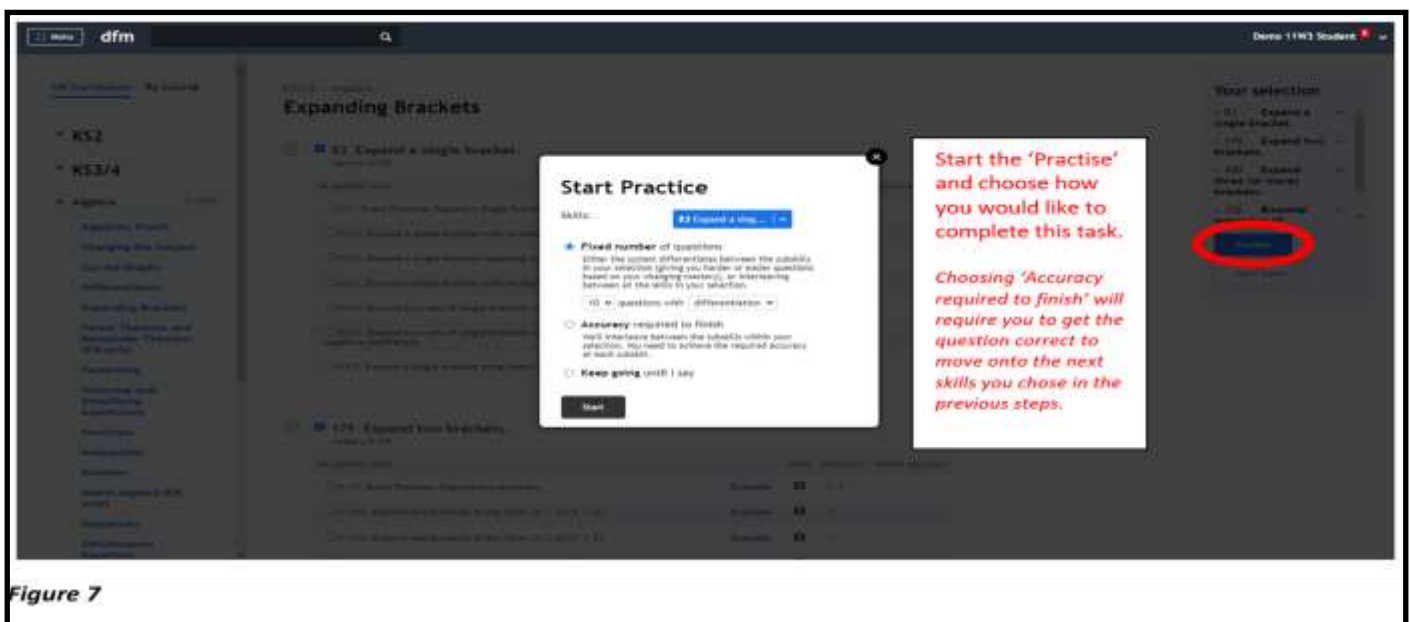


Figure 7

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
Wed 3 May	09:00	15hr	AQA	7402	Art	GCE
Thu 4 May	09:00	15hr	AQA	7402	Art	GCE
Thu 4 May	09:00	All day	AQA	8698	Spanish Oral	GCSE
Fri 5 May	09:00	All day	AQA	8698	Spanish Oral	GCSE
Fri 5 May	09:00	15hr	AQA	7402	Art	GCE
Tue 9 May	09:00	15hr	AQA	7206	Art Photography	GCE
Tue 9 May	09:00	All day	AQA	8698	Spanish Oral	GCSE
Wed 10 May	09:00	15hr	AQA	7206	Art Photography	GCE
Wed 10 May	09:00	All day	AQA	8658	French Oral	GCSE
Thu 11 May	09:00	15hr	AQA	7206	Art Photography	GCE
Thu 11 May	09:00	10hr	AQA	8202	Art	GCSE
Fri 12 May	09:00	10hr	AQA	8202	Art	GCSE
Sat 13 May					Sociology Revision	Revision
Mon 15 May	09:00	00:00	AQA	8062/13	Religious Studies Christianity & Judaism	GCSE/9FC
Mon 15 May	09:00	00:00	AQA	8062/16	Religious Studies A P1-6 Judaism	GCSE/9FC
Mon 15 May	09:00	01:45	EDEXL/GCSE	1RB0 1B	Christianity	GCSE/9FC
Mon 15 May	13:30	01:45	AQA	8261/W	Drama Written Paper	GCSE/9FC
Mon 15 May	13:30	00:45	AQA	8633/LH	Italian Listening Test Tier H	GCSE/9FC
Mon 15 May	13:30	01:00	AQA	8633/RH	Italian Reading Test Tier H	GCSE/9FC
Mon 15 May				Period 5 & After school	Biology	Revision
Tue 16 May	09:00	01:45	AQA	8461/1H	Biology Paper 1 Tier H	GCSE/9FC
Tue 16 May	09:00	01:45	AQA	8461/1F	Biology Paper 1 Tier F	GCSE/9FC
Tue 16 May	09:00	01:15	AQA	8464/B/1H	Combined Sci Trilogy Biology P1H	GCSE/9DA
Tue 16 May	09:00	01:15	AQA	8464/B/1F	Combined Sci Trilogy Biology P1F	GCSE/9DA
Tue 16 May	13:30	02:20	OCR	H408/11	Class Civ: the World of the Hero Wtn	GCE/A
Tue 16 May	13:30	01:30	WJEC/GCSE	C680U10-1	Media Studies COMP1 Exploring Media	GCSE/9FC
Tue 16 May	13:30	01:45	AQA	8192/1	Sociology Paper 1	GCSE/9FC
Tue 16 May	13:30	00:45	AQA	8668/LH	German Listening Test Tier H	GCSE/9FC
Tue 16 May	13:30	01:00	AQA	8668/RH	German Reading Test Tier H	GCSE/9FC
Tue 16 May				Period 3 & 4	History Paper 1	Revision
Tue 16 May				After School	English literature intervention	
Wed 17 May	09:00	02:15	EDEXL/GCE	9GE0 01	Paper One	GCE/A
Wed 17 May	09:00	01:45	AQA	8702/1	English Literature Paper 1	GCSE/9FC
Wed 17 May	13:30	01:15	AQA	8582/1	Physical Education Paper 1	GCSE/9FC
Wed 17 May	13:30	00:45	EDEXL/GCSE	1TU0 1H	Listening [H]	GCSE/9FC
Wed 17 May	13:30	01:05	EDEXL/GCSE	1TU0 3H	Reading [H]	GCSE/9FC
Wed 17 May				Period 3 & 4	PE revision	Revision
Wed 17 May				After School	History Paper 1	
Thu 18 May	09:00	02:00	EDEXL/GCE	9EC0 01	Markets & Bus.Behaviour	GCE/A
Thu 18 May	09:00	01:15	EDEXL/GCSE	1H10 10	Crime & Punishment	GCSE/9FC
Thu 18 May	13:30	00:45	EDEXL/GCSE	1AA0 1H	Listening [H]	GCSE/9FC
Thu 18 May	13:30	01:05	EDEXL/GCSE	1AA0 3H	Reading [H]	GCSE/9FC
Thu 18 May				After School	Maths Paper 1	Revision
Fri 19 May	09:00	02:00	AQA	7182/1	Psychology ADV Paper 1	GCE/A
Fri 19 May	09:00	01:30	EDEXL/GCSE	1MA1 1F	Non Calculator [F]	GCSE/9FC
Fri 19 May	09:00	01:30	EDEXL/GCSE	1MA1 1H	Non Calculator [H]	GCSE/9FC
Fri 19 May	09:00	01:30	OCR	J560/01	Mathematics: Paper 1 Fnd Wrtn	GCSE/9FC
Fri 19 May	13:30	02:00	AQA	8525/1B	Computer Science Paper 1B Python	GCSE/9FC
Fri 19 May				Period 3 & 4	Computer Science (targeted)	Revision
Fri 19 May				After School	Chemistry	
Mon 22 May	09:00	02:00	AQA	7192/1	Sociology ADV Paper 1	GCE/A
Mon 22 May	09:00	01:45	AQA	8462/1H	Chemistry Paper 1 Tier H	GCSE/9FC
Mon 22 May	09:00	01:45	AQA	8462/1F	Chemistry Paper 1 Tier F	GCSE/9FC
Mon 22 May	09:00	01:15	AQA	8464/C/1H	Combined Sci Trilogy Chemistry P1H	GCSE/9DA
Mon 22 May	09:00	01:15	AQA	8464/C/1F	Combined Sci Trilogy Chemistry P1F	GCSE/9DA
Mon 22 May	13:30	02:15	WJEC/GCE	A680U10-1	Media Studies Comp 1 Media Products	GCE/A
Mon 22 May	13:30	02:00	EDEXL/GCE	9EC0 02	National & Global Economy	GCE/A
Mon 22 May	13:30	01:30	EDEXL/GCSE	1GB0 01	Global Geog.Issues	GCSE/9FC
Mon 22 May	13:30	01:30	AQA	8035/1	Geography Paper 1	GCSE/9FC
Mon 22 May				Period 3 & 4	Geography (targeted)	Revision
Tue 23 May	09:00	00:35	AQA	8658/LF	French Listening Test Tier F	GCSE/9FC
Tue 23 May	09:00	00:45	AQA	8658/RF	French Reading Test Tier F	GCSE/9FC
Tue 23 May	09:00	00:45	AQA	8658/LH	French Listening Test Tier H	GCSE/9FC
Tue 23 May	09:00	01:00	AQA	8658/RH	French Reading Test Tier H	GCSE/9FC
Tue 23 May	13:30	01:45	OCR	H408/22	Class Civ: Imperial Image Wrtn	GCE/A
Tue 23 May	13:30	02:00	EDEXL/GCE	9PL0 01	UK Politics	GCE/A

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
Tue 23 May	13:30	01:45	AQA	8062/2A	Religious Studies A P2A Excl Text	GCSE/9FC
Tue 23 May	13:30	01:45	EDEXL/GCSE	1R80 2C	Islam	GCSE/9FC
Tue 23 May				After School	English literature	Revision
Wed 24 May	09:00	02:15	EDEXL/GCE	9H10 1E	Russia 1917-91	GCE/A
Wed 24 May	09:00	02:15	AQA	8702/2	Eng Lit Paper 2	GCSE/9FC
Wed 24 May	09:00	02:30	EDEXL/GCE	9JAO 01	Translation into English	GCE/A
Wed 24 May	13:30	01:30	WJEC/GCSE	C680U20-1	Medstudies COMP2 Understanding Media	GCSE/9FC
Wed 24 May	13:30	02:00	AQA	7582/1	Physical Education ADV Paper 1	GCE/A
Wed 24 May	13:30	02:00	AQA	7408/1	Physics ADV Paper 1	GCE/A
Wed 24 May	13:30	03:00	AQA	7712/1	English Literature A ADV P1	GCE/A
Wed 24 May	13:30	01:15	AQA	8633/WH	Italian Writing Test Tier H	GCSE/9FC
Wed 24 May	13:30	01:25	EDEXL/GCSE	1TU0 4H	Writing [H]	GCSE/9FC
Wed 24 May				Period 3 & 4	Media Studies (targeted)	Revision
Wed 24 May				After School	Physics	
Thu 25 May	09:00	01:00	OCR	H474/01	Eng Lang/Lit: Exp Nonfctn Spk Txt Wtn	GCE/A
Thu 25 May	09:00	01:45	AQA	8463/1H	Physics Paper 1 Tier H	GCSE/9FC
Thu 25 May	09:00	01:45	AQA	8463/1F	Physics Paper 1 Tier F	GCSE/9FC
Thu 25 May	09:00	01:15	AQA	8464/P/1H	Combined Sci Trilogy Physics P1H	GCSE/9DA
Thu 25 May	09:00	01:15	AQA	8464/P/1F	Combined Sci Trilogy Physics P1F	GCSE/9DA
Thu 25 May	13:30	02:00	AQA	7182/2	Psychology ADV Paper 2	GCE/A
Thu 25 May	13:30	01:30	EDEXL/GCE	9FM0 01	Core Pure Maths.1	GCE/A
Thu 25 May	13:30	01:45	AQA	8192/2	Sociology Paper 2	GCSE/9FC
Thu 25 May	13:30	01:45	AQA	8525/2	Computer Science Paper 2	GCSE/9FC
Thu 25 May				Period 3 & 4	Computer Science (targeted)	Revision
Thu 25 May				Period 3 & 4	Sociology (targeted)	
Fri 26 May	09:00	01:15	AQA	8668/WH	German Writing Test Tier H	GCSE/9FC
Half Term					Science Intervention NAR – 30/05/23 – 10am-12pm HUM – 30/05/23 – 10am-12pm HUM – 31/05/23 – 10am-12pm JAI – 31/05/23 – 10am-12pm WIL – 31/05/23 – 9am-10:30am and 10:30am-12pm	Revision
					Maths Intervention Maths team 31/05/23 Time To Be Comfirmed	
Mon 05 Jun	09:00	02:00	OCR	H474/02	Eng Lang/Lit: Lang Ptry & Plays Wtn	GCE/A
Mon 05 Jun	09:00	02:00	EDEXL/GCE	9EC0 03	Micro & Macro Economics	GCE/A
Mon 05 Jun	09:00	01:45	AQA	8700/1	English Language Paper 1	GCSE/9FC
Mon 05 Jun	13:30	02:00	AQA	7182/3	Psychology ADV Paper 3	GCE/A
Mon 05 Jun	13:30	01:30	EDEXL/GCE	9FM0 02	Core Pure Maths.2	GCE/A
Mon 05 Jun	13:30	01:00	AQA	8658/WF	French Writing Test Tier F	GCSE/9FC
Mon 05 Jun	13:30	01:15	AQA	8658/WH	French Writing Test Tier H	GCSE/9FC
Tue 06 Jun	09:00	02:15	EDEXL/GCE	9GE0 02	Paper Two	GCE/A
Tue 06 Jun	09:00	00:45	AQA	8698/LH	Spanish Listening Test Tier H	GCSE/9FC
Tue 06 Jun	09:00	01:00	AQA	8698/RH	Spanish Reading Test Tier H	GCSE/9FC
Tue 06 Jun	09:00	00:35	AQA	8698/LF	Spanish Listening Test Tier F	GCSE/9FC
Tue 06 Jun	09:00	00:45	AQA	8698/RF	Spanish Reading Test Tier F	GCSE/9FC
Tue 06 Jun	09:00	01:25	EDEXL/GCSE	1AA0 4H	Writing [H]	GCSE/9FC
Tue 06 Jun	13:30	01:45	OCR	H408/32	Class Civ: Love & Relationships Wrtn	GCE/A
Tue 06 Jun	13:30	02:30	WJEC/GCE	A680U20-1	Media Studies Comp 2 Media Forms	GCE/A
Tue 06 Jun	13:30	02:00	EDEXL/GCE	9MA0 01	Pure Mathematics 1	GCE/A
Tue 06 Jun	13:30	02:40	EDEXL/GCE	9JAO 02	Translation Into Japanese	GCE/A
Wed 07 Jun	09:00	02:30	AQA	7692/1	Spanish ADV Pap 1 List Read & Writ	GCE/A
Wed 07 Jun	09:00	01:30	EDEXL/GCSE	1MA1 2F	Calculator [F]	GCSE/9FC
Wed 07 Jun	09:00	01:30	EDEXL/GCSE	1MA1 2H	Calculator [H]	GCSE/9FC
Wed 07 Jun	09:00	01:30	OCR	J560/02	Mathematics: Paper 2 Fnd Wrtn	GCSE/9FC
Wed 07 Jun	13:30	02:00	AQA	7402/1	Biology ADV Paper 1	GCE/A
Wed 07 Jun	13:30	02:30	EDEXL/GCE	9DR0 03	Theatre Makers in Prac.	GCE/A
Wed 07 Jun	13:30	02:00	EDEXL/GCE	9PLO 02	UK Government	GCE/A
Wed 07 Jun	13:30	00:00	EDEXL/GCSE	1H10 B4	Early Elizabethan	GCSE/9FC
Wed 07 Jun	13:30	00:00	EDEXL/GCSE	1H10 P4	Superpower Relations	GCSE/9FC
Wed 07 Jun	13:30	01:45	EDEXL/GCSE	1H10 2R	Superpower Elizabethan	GCSE/9FC
Wed 07 Jun				Period 3 & 4	PE	Revision
Thu 08 Jun	09:00	01:45	AQA	8365/1	Level 2 Certificate in Further mathematics Paper 1	GCSE/9FC
Thu 08 Jun	09:00	02:00	AQA	7582/2	Physical Education ADV Paper 2	GCE/A
Thu 08 Jun	09:00	02:30	AQA	7712/2B	English Literature A ADV P2 Opt B	GCE/A
Thu 08 Jun	09:00	01:15	AQA	8582/2	Physical Education Paper 2	GCSE/9FC

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
Thu 08 Jun				Period 4 & 5	Biology	Revision
Fri 09 Jun	09:00	02:00	AQA	7192/2	Sociology ADV Paper 2	GCE/A
Fri 09 Jun	09:00	02:00	AQA	7408/2	Physics ADV Paper 2	GCE/A
Fri 09 Jun	09:00	01:30	EDEXL/GCSE	1GB0 02	UK Geographical Issues	GCSE/9FC
Fri 09 Jun	09:00	01:30	AQA	8035/2	Geography Paper 2	GCSE/9FC
Fri 09 Jun	13:30	01:30	EDEXL/GCE	9HI0 2E	China & Gdr	GCE/A
Fri 09 Jun	13:30	01:45	AQA	8461/2H	Biology Paper 2 Tier H	GCSE/9FC
Fri 09 Jun	13:30	01:45	AQA	8461/2F	Biology Paper 2 Tier F	GCSE/9FC
Fri 09 Jun	13:30	01:15	AQA	8464/B/2H	Combined Sci Trilogy Biology P2H	GCSE/9DA
Fri 09 Jun	13:30	01:15	AQA	8464/B/2F	Combined Sci Trilogy Biology P2F	GCSE/9DA
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	9JAO 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: Rdng Wrtr Wrtn 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	9PL0 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

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:

07/06/23
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/1mWvYNZuSmuUkiprP2lOhNnIA914CcOfW6cb-KnBehh0/edit>

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

PE Fixtures

Week 1 beginning Monday 8th May

09/05/23 – Year 9 & 10 Girls Basketball v Seven Kings (Home)

10/05/23 – Year 7 & 8 Girls Football v Ridgeway Academy (Away)

Week 2 beginning Monday 15th May 2023

16/05/23 – Year 9 Basketball v Seven Kings (Home)

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 active key role for a healthy life-style.

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_6AgGctazcfbGclghXidQOGSdtxJs/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
- Wanstead High shorts/leggings
- Socks (No tights to be worn for PE)
- Trainers
- Hair bobble

Thank you, PE Department



CHANCE TO SHINE STREET

ESSEX

IT'S FREE!

- TAPE BALL CRICKET
- FREE COACHING
- NO EQUIPMENT NEEDED
- WEAR WHAT YOU WANT
- GIRLS ONLY SESSIONS STARTING FROM 22ND MAY 2023

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

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

Sports News



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Gymnastics**
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07955-946-886

@Inspire_Trampoline_Academy

Info@InspireTrampolineAcademy.co.uk

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

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

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

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_bjEN8p5m99-N6a_0lo-ni0mg_hub-cWnq0i0EhUjw8t	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_bjEN8p5m99-N6a_0lo-ni0mg_hub-cWnq0i0EhUjw8t		
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				



- Would you benefit from some 'me' time?
- Do you need support to be more active?
- Are you looking to improve your wellbeing?



Mental Health Awareness Week

15 May-21 May 2023

If you have answered 'yes' to any of the above, come and get involved.

Join Vision Redbridge Culture & Leisure at a programme of events for Mental Health Awareness Week.

Linking into the 5 Ways To Wellbeing, join us for activities across the week aiming to support you to 'Get Active, Connect, Take Notice, Learn and Give'.



Five ways to wellbeing

- Booking required
- Taster sessions



For more information:

Visit: www.visionrcl.org.uk/activebodyhealthymind
 Email: active.redbridge@visionrcl.org.uk



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What Parents & Carers Need to Know about GROUP CHATS

56

64

WHAT ARE THE RISKS?

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

BULLYING

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

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.

74

117

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things 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.

18

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

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.

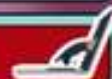
KEEP YOUR HEALTH IN MIND

- 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

Coyler 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.



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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	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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