



Message from the Headteacher

I cannot believe we are so close to the end of term—the Spring Term always flies by. Thank you for your continued support of your children and the school. We know we have a lot of work still to do over the next few years but hope that you can recognise some of the progress made—we will share a summary update of progress made in the School Improvement Plan later in the year. None of this can be done without the support of our teachers and staff and we are very grateful to them for their work in wanting to take the school forward, even though we accept change can be difficult.

Please do take the opportunity to give feedback to Mrs Martin about the new Behaviour Policy as it is important that this is a policy that supports the whole community and enables even better behaviour across the school and in the local area. We want to enable our pupils to self-regulate in situations so we can run a calm and purposeful school. On the whole, despite the challenges of life after the pandemic affecting attendance and mental health, our pupils behave very well the vast majority of the time. Once this is approved, we will undertake some ‘teaching’ of the values and expectations of the new Behaviour Policy to ensure all pupils are familiar with the content. This will include training pupils in areas such as how to greet (e.g. eye contact) and speak to adults (Sir/Miss/Mx), something which has not really been implemented here previously. We will be asking for your general feedback in a more formal survey next term. In the meantime, as the Ofsted window is open, please don’t forget to complete the Parent View survey which will help Ofsted to form a view of the school—<https://parentview.ofsted.gov.uk>. Obviously, if you have concerns, please do not hesitate to contact us to try and resolve these issues.

As always, please do read the initial pages for important school

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

School Assemblies 27th March - 21st April

| School Week | Week Beginning/Date | Year 7 Wednesday | Year 8 Friday | Year 9 Monday | Year 10 Thursday | Year 11 Tuesday | Year 12 Tues | Year 13 Mon |
|-------------|-----------------------|------------------------|---------------|---------------|------------------|-----------------|--------------|-------------|
| 1 | 27 th Mar | Achievement Awards | | | | | | |
| 2 | 17 ^h April | Civility and Standards | | | | | | |

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information, especially about the start and end of term. I have agreed to a non-uniform day on the last half day of term—I was asked at the end of a long day when I was feeling weak and said yes to this!!! I think Mr Langford had planned his strategy well!

The new extra-curricula timetable for next term will be published in at the start of term, as well as further details about arrangements for Year 11 and 13—there will be a full programme to support them up until the exams and we expect all pupils to attend.

Have a great break when it comes and here’s to longer days and more sunshine.

All the best

Emma Hillman

Diary Dates W/B 27th March - 21st April 2023

| | |
|-----------------------------|--|
| 29 th March 2023 | Year 10 Maths Feast - Eastbury Community School |
| 29 th March 2023 | Dance trip to Sadler’s Wells to see Akram Khan’s Creature performed by the National Ballet |
| 30 th March 2023 | Year 8 Parents’ Evening |
| 31 st March 2023 | Last day of term - Half day for pupils |
| 17 th April 2023 | Year 11 & 13 panoramic photographs |
| 22 nd April 2023 | Year 10 Assessed Expedition Thriftwood, Brentwood |

Messages from Headteacher - Miss Hillman

End of Term

As previously highlighted, school will end from 12pm on Friday and pupils will return to Tutor time for lesson 3 after which they will be released between 12 and 12.30pm. Pupils should go straight home after the end of term. Break food will be served and pupils with free school meals can collect a lunch at break time. A non-uniform day will be in place with funds going to Haven House. As a one-off, pupils will be asked to pay £1 in cash and bring this in on the day. Any parents worried about vulnerable children or child care for the afternoon, can email the school and we will look after your child/ren until the end of the school day—please do email us by Thursday at 3pm if this applies to you.

Start of Term

Due to on-going short notice about building works and more planned over Easter, we will have a **late start on the first day back** to allow all staff to have a live update and safeguarding tour of the site, enabling us to point out areas of note and possible concern. We will send out further details but the likely plan time will be for an 11am start. The Year 11 and 13 photos are likely to be taken on this day and we will again send further details, assuming we can accommodate this amongst the building work. Apologies for the inconvenience but I would rather ensure safety for the term ahead in the midst of such challenges.

Reports/Parent Evening

The end of term reports will go out between now and the end of the week with a focus on Year 8 first due to the Parents' Evening. We look forward to meeting lots of you at this evening—as you know, we will consult shortly about the model for Parents' Evenings next year.

Options

Thank you to all those that have submitted options—71 have not submitted a preference yet and the deadline is on Thursday. We are still working through the interviews for disadvantaged pupils and those who requested interviews, so if you are in this category, you will not miss out by missing the deadline and we will talk to your child shortly. Please do contact us if you have any questions as per previous guidance and advice.

Easter School

I am delighted that staff have responded to the mocks and offered an Easter School Programme to support our young people. Please ensure your child attends as, after the pandemic and disrupted education of the previous years, we need to ensure we support our young people right up until the end.

Ramadan

A letter has already been sent out to parents about PE during Ramadan. We are aware that some pupils and families may have reservations in partaking in singing, listening to music and dancing in a mixed environment. Teachers will be sensitive of this and, of course respect the observation of Ramadan, but pupils will be expected to join in as these subjects are being studied rather than being done purely for enjoyment. Please do contact the school if you wish to discuss this in more detail. I do hope this is a peaceful and reflective time for all our Muslim families and Ramadan Mubarak to you all. On the days of Eid, we respect that pupils may be absent from school for religious reasons and we ask that you email the school to request the

time off as far in advance of the day as you can.

Uniform

Please use the Easter holidays to ensure your child's uniform is fully up-to-date. The PTA are looking at setting up a second-hand uniform scheme and, as you know, we will be looking at uniform longer term to try and support parents with the purchase of this - aiming to make the process easier, cheaper and with more variety of stockist, as per Government Guidance. Please ensure that piercings or nails are not done over the holidays that will contravene our uniform policy. We need your support to ensure that these issues do not interfere with teaching and learning. On the recent day when pupils were able to come in in PE kit, due to the Drama exams, the quality and consistency of the PE kit was shocking—in some cases, it looked like children had run round Westfield covered in glue!! This is also not fair on all the pupils that do wear the correct kit and look smart. Please ensure your child has the proper current kit as outlined on page 10.

PE Kit

After Easter, pupils who have PE last period will be able to go home in their PE kit to maximise learning opportunities and minimise time in the changing rooms.

Parking and Car Park

Please be considerate when dropping your child/ren off at school. Many parents stop in places that are dangerous and are breaking the Highway Code. We have significant issues with parking in the Leisure Centre car park and it is likely that at some point an ANPR will be introduced only allowing staff and Leisure Centre users access to the car park. In the meantime, please avoid dropping your children off here as this causes more disruption and congestion. Sadly, we cannot provide parking spaces for Sixth Formers with cars any longer and Ms Bray will inform pupils of this.

Vaccinations

Numbers of pupils taking up vaccinations has been much lower in recent years. In recent vaccination programmes at school, take up was much lower than previously and the national target. We will be holding another chance to take up these vaccinations in school and attach a poster about clinics in the community for parents that prefer to take their children out of school. I have updated you about changes to the processes to ensure Vaccination UK manage the implementation of these better after some difficulties before and we are now confident that the service will be more robust.

Lunch Times

After Easter, lunchtimes will change for Key Stage 3. Key Stage 4 will remain as now to support Year 11s with exams.

Lunch One

12.20 Year 8

12.30 Year 9

12.40 Year 7

Lunch Two

12.20 Year 11

12.40 Year 10

Message from Deputy Headteacher Mrs H Martin

Draft Behaviour Policy for Parent Consultation

I am pleased to be sharing with you our draft Behaviour Policy, for the purpose of consultation. The policy is an abridged version with key information that might be the most relevant to you as parent/carers. The full policy can be accessed via this link: https://www.wansteadhigh.co.uk/docs/policies/POLICY_2023/ [Wanstead High School Draft Behaviour Policy for Consultation](#)

Your views and thoughts on the policy are encouraged and welcomed, I have put together a Microsoft form to support this process. The form can be accessed here <https://forms.office.com/e/ECEZkCDBz6>

Can I ask you to please share your views and comments by **10am on Friday 14th April**. Following the remote element of consultation, we will be holding a face-to-face parent focus group meeting on **Monday 17th April between 6pm - 7pm**. Refreshments will be available and as a group we will discuss the policy as well as some of the other feedback submitted via the Microsoft form.

A number of parents/carers have already been in touch to say they would like to be part of this process following discussion

with myself and in response to the notice placed in our first InTouch Bulletin that went out in January.

If you haven't been in touch but would like to attend the parent focus group on Monday 17th April, please do email us on whs@wansteadhigh.co.uk before **31st March** and place in the subject: School Behaviour Policy: Parent Focus Group so that it will be forwarded to myself.

As part of the consultation, we have been gathering pupil's views on behaviour, relationships, rewards and sanctions through pupil focus groups and to date have met with groups from Year 8, 9 and 12. I look forward to continuing the discussions with Year 7, 10, 11 and 13 in the next few weeks. Their feedback will also inform the final version of the policy which goes to the Governing Body for ratification.

Of course, school staff will also be consulted on the policy which will be following a similar structure and timeline to that of the parent/carer and pupil process.

I look forward to receiving your feedback.

By Mrs H Martin

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Once on the web app do the following:

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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 reissued 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

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 whilst revising over the Easter Period.

- 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 subtopics 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 05 and collect one from Ms Khan.

Tuesday Afterschool 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 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 con-

tinue 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.

Easter Revision

There will be targeted interventions run by Ms Malik and Ms Khan during the first week of the Easter break. These sessions will support both English Literature and English Language revision. All invited pupils will be sent a letter and English teachers will also inform their pupils.

These sessions will be taking place in room 10 with Ms Malik or room 05 with Ms Khan.

Staff Update

Welcome

A warm welcome to:



Ms J Bean our new long term Social Sciences teacher who has joined us full time until the end Term 3. Jeanette has more than 20 years teaching experience and has previously been CTL of Social Sciences, teaching in secondary schools and Universities in both the UK and Russia.



Ms H Ikrah, our new Chemistry teacher who will be joining us full time from Monday 17 April. Ms Ikrah has a degree in Biochemistry and enjoys using real life examples to connect the curriculum to the science that is all around us. She likes to use puzzles and games to engage pupils in lesson.



Ms N Lewis, our new Attendance and Admissions Officer who will be joining us full-time from Monday 27th March. Ms Lewis has many years of Admin and Office experience and is also a keen cook – hoping to complete her degree and eventually set up her own food business. She has previously studied Performing Arts in LA and is looking forward to what WHS specialises in. She is a proud mum to 2 children and a spoiled cat!



Ms L Pennington, our new Music teacher who will be joining us full time from Monday 17 April. Ms Pennington is an enthusiastic pianist, performing and accompanying choirs in her local area. She cannot wait to share the love of the subject with the pupils at Wanstead High School.

These new staff will also act as tutors and we will publish the updated tutor list in the Heron Homelink at the end of term.



Ms S Abukar, our new long term History and English teacher who has joined this week and then full time for Term 3. Ms Abukar completed her PGCE in London and has a BA Hons degree in English Literature. She has experience as an Intervention teacher, working as part of a Literacy Programme, as well as experience as a private tutor.

A fond farewell to...

Mrs Fiona Law, who has been at Wanstead for more than 10 years, having joined our school in 2010. Her last day will be Monday 27th March 2023. During her time here, Mrs Law has made a huge difference to the school, History department and Leadership Team. Although originally planning to leave in Summer 2022 we managed to hold onto her for a little longer whilst she split her time between Wanstead and a new job with Google. Having worked hard to balance her time, we now say a fond farewell to Fiona who is going to focus on her role within Education, working for Google. Wishing you the best of luck!

Ms Sue Morgan, who joined Wanstead in 2016. Her last day will be Wednesday 29th March 2023. Ms Morgan has contributed hugely to both the English and History departments as well as the Leadership Team and her contribution and calm approach will be sorely missed by both staff and pupils. Sue is leaving us to spend more time with her family and to explore a new role in a different school. We wish her all the best in her next adventure, please do stay in touch!

Mr K Bliznakov, who has been teaching in the Music department this term. His last day will be Friday 31st March 2023. Mr Bliznakov slotted into the team and hit the ground running ensuring that he supported the Music team with the curriculum and extracurricular activities. We wish him well in his roles in the future!

Upcoming Events

Year 12 Higher Education Parent Information Evening, Tuesday 28th March

As part of our commitment to providing all pupils with access to Higher Education we would like to invite all Year 12 Parents/carers to a HE parent information evening in the main hall at **6pm on Tuesday 28th March**. This will be an opportunity for you to receive important information on how you can best support your child through the application process.

Our programme will include presentations from Dr Hugh Munroe from Wadham College, Oxford who will be

discussing applications to Oxbridge, and Imperial College London who will discuss applying for competitive courses and institutions. There will also be information regarding pupils finance and an induction for parents on the Unifrog platform.

Please contact Ms van Beers, Head of Year 12 if you have any questions

Old Bailey Sociology Trip

A group of Year 11s will be attending the Old Bailey for part of their Crime and Deviance Module in Sociology.

The Old Bailey is the Central Criminal Court of England and Wales, one of the many buildings housing the Crown Court. It is a centre of intense activity with thousands of people

entering the building on a daily basis including judges, counsels, jurors, witnesses and defendants. Sociology pupils are being given the invaluable opportunity to witness actual court cases on Wednesday 12th April 2023 during the Easter Holidays.

By Ms Christofides

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 will be available on Parent Pay. 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 11.15 pm 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.

Assembly - Monday 24th April

Assembly with speaker from University of East Anglia on Student Finance and how to apply (attendance to all assemblies is compulsory)

Other News & Events



Redbridge Choral Festival at the Royal Albert Hall

Around 40 pupils from Wanstead took part in the Redbridge Choral Festival on Monday 13th March at the Royal Albert Hall, with many singing in the choirs and some playing in the accompanying orchestra and brass bands. This was a fantastic event and demonstrated the breadth of musicianship present in the young people of the borough.

Sad farewell to our beloved chef!

Sad scenes as we said goodbye to Colin, our amazing chef, last week. No one can master a chicken katsu like he can!

Welcome to Sergio who is now in command!



Braving the weather at Walton-on-the-Naze

Year 13s braved the cold and rain to visit Walton-on-the-Naze to study erosion and coastal management.

Enterprise Project Cake Sale

Thank you for the generosity of our school community, we had a very successful cake sale.



Civil Service Outreach and Engagement Day

Thank you to our guests from the FCDO, DWP, Home Office and Department for Business, Energy and Industrial Strategy for giving up their time to engage and inspire our pupils.



Other News & Events

Year 9 Duke of Edinburgh cohort

Thank you to Year 9 pupils (cohort 1) who attended their first Duke of Edinburgh planning session. Pupils have now chosen their walking groups and the items they need to bring on this expedition. We look forward to having this cohort back with us to plan their route after Easter.



Year 10 Duke of Edinburgh cohort

Well done to the Year 10 Duke of Edinburgh cohort who came into school on Saturday to complete their route planning. We are looking forward to the upcoming training walk.



Your Hired!

Mastering Interviews Techniques for Post Year 11 Pupils

Year 11 pupil interviews today for post 16 were so enjoyable! What a pleasure to meet such ambitious and focused young people. Ayesha and Luke in action during their interviews - both were, of course, made conditional offers.



Taster Session during National Careers Week

As part of the schools National Careers Week, Cary Wright a personal trainer came into some lessons to deliver a PT session, gave a speech about his career pathway and a Q & A session. We would like to thank Cary and if interested you can follow him on Instagram – keyfitcoaching.



Other News & Events

Year 12 visit the Barbican

Year 12 Art Class visited the 'Alice Neel' Exhibition at the Barbican on Friday 10th March. We had the opportunity to sketch at the exhibition but also to see the amazing tropical conservatory .



Making a difference

Out in the local community. Some of our JLT members attended an open day at Chestnut Manor care home, where they met the residents and treated them to some singing. A lovely visit enjoyed by all.



Science Year 7 'Balloon Powered Car Competition'

Year 7s have done an amazing job making racing carts for the Year 7 'Balloon Powered Car Competition'. We have had an amazing number of entries using lots of different materials from around the house, the creativity used by pupils was amazing! Judges will now race the carts and decide on a winner, they will be assessed on speed as well as creativity and design. The winner will be announced in assembly this week and the Heron Homelink. Thank you for the incredible effort!



Safety First!

Staff first aid training ensuring we keep our pupils safe at all times.

Upcoming PE Fixtures

PE Fixtures

Week 1 beginning Monday 27th March 2023

Tuesday 28th March — Year 10 Basketball v Loxford (Away)

Tuesday 28th March Year 7 & 8 Netball v Woodford (Home)

Week 2 beginning Monday 17th April 2023

Wednesday 19th April - Wanstead v Haileybury Turnford - ESFA Football League (Girls) Year 7 & 8 (Home)

Thursday 20th April – Year 7 Netball at Woodford (Away)

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

HELP FEED A CHILD THIS EASTER

Many families are not eligible for free school meal vouchers but will struggle to feed their children this Easter

Just £20 will provide a child with food vouchers during the Easter school holidays



To donate any amount to help our cause, please visit our GoFundMe page:

<https://www.gofundme.com/f/help-feed-a-child-this-easter?qid=c1550edac4ef2dc82487ffa12d2607d3>

Revision & Interventions

Notices from the Mathematics Department

Interventions

1. **Tutor Time Intervention** – A group of pupils have been selected and informed of the tutor time interventions that take place every morning during registration. This starts up again from Friday 10th March, following on from Mock Week. 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.
2. **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.
3. **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 completing homework on time and with the 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 paper 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.

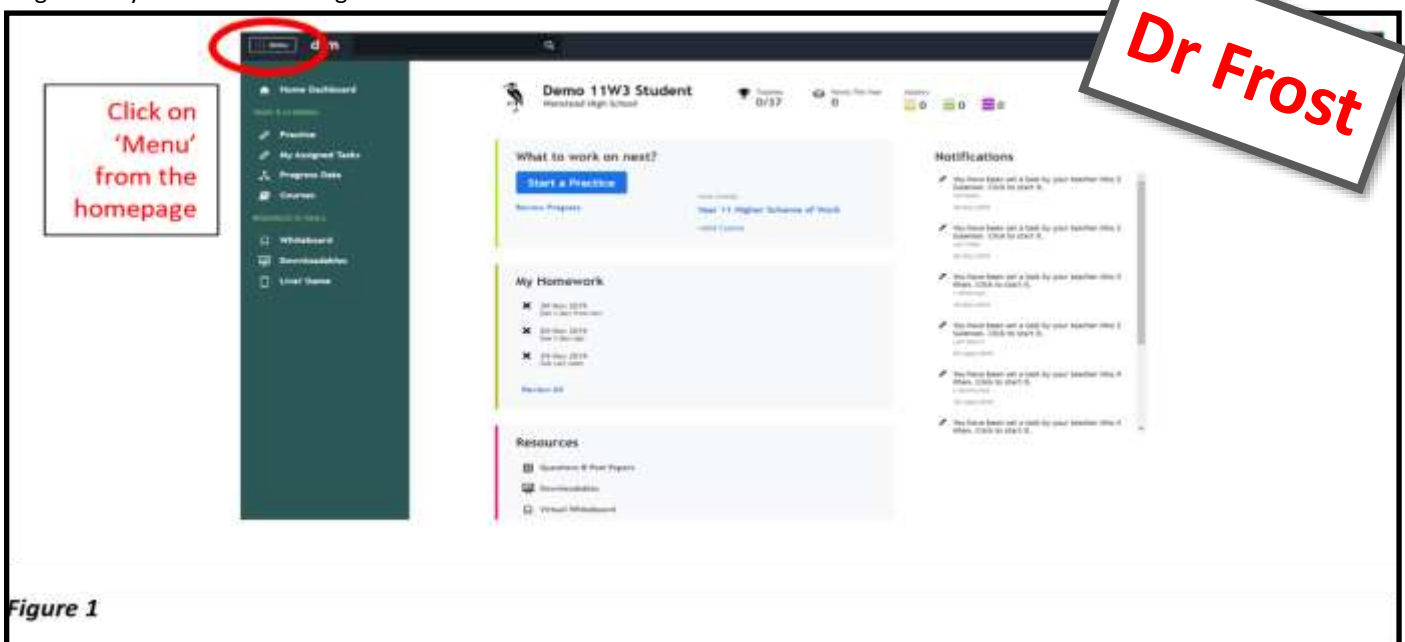


Figure 1

Revision & Interventions

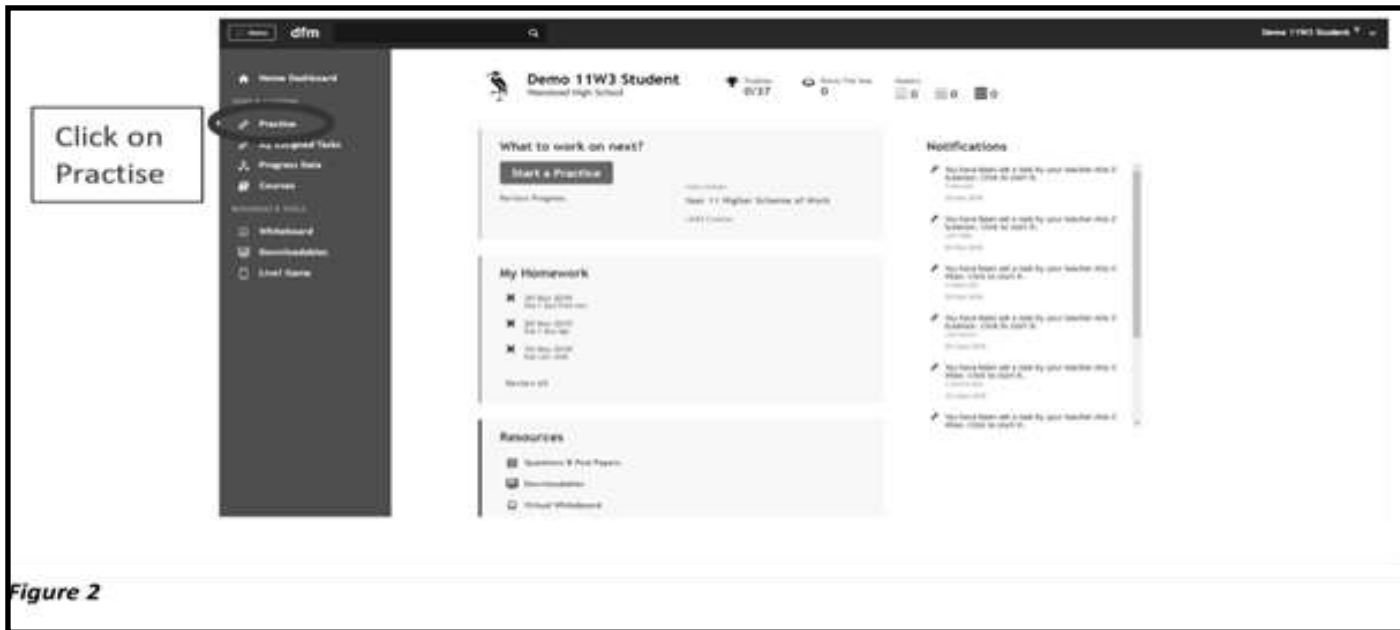


Figure 2



Figure 3

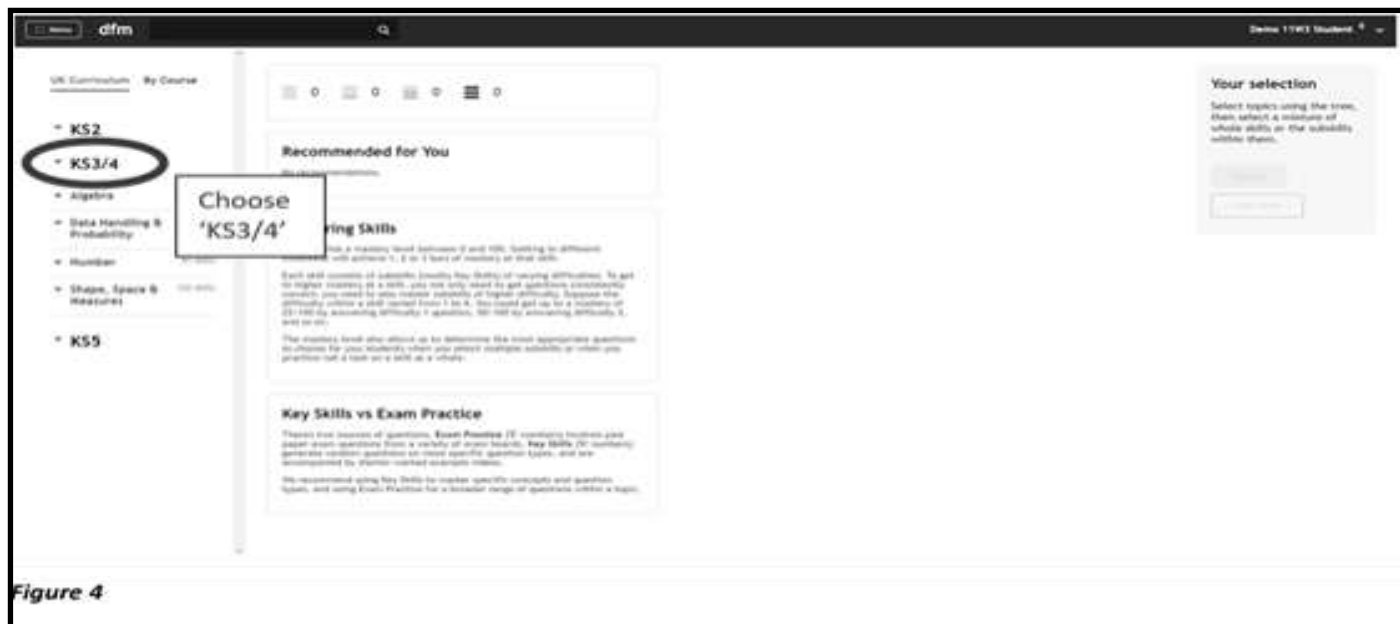


Figure 4

Revision & Interventions continued

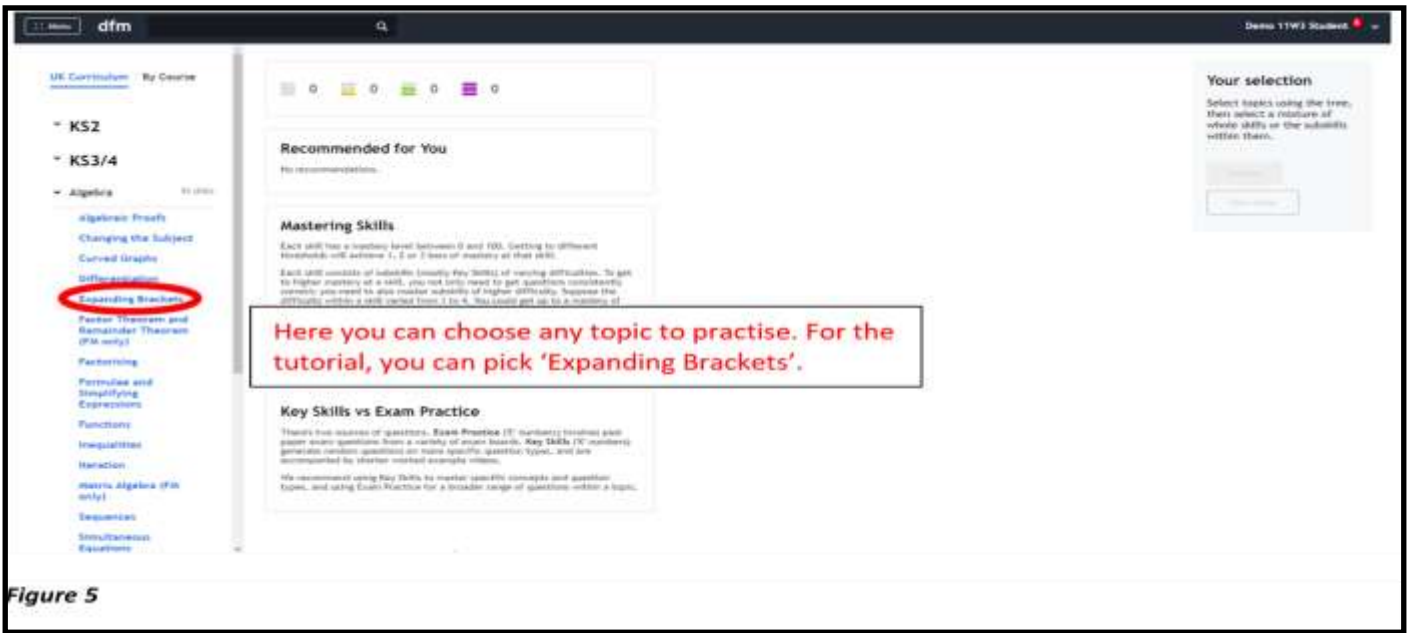


Figure 5

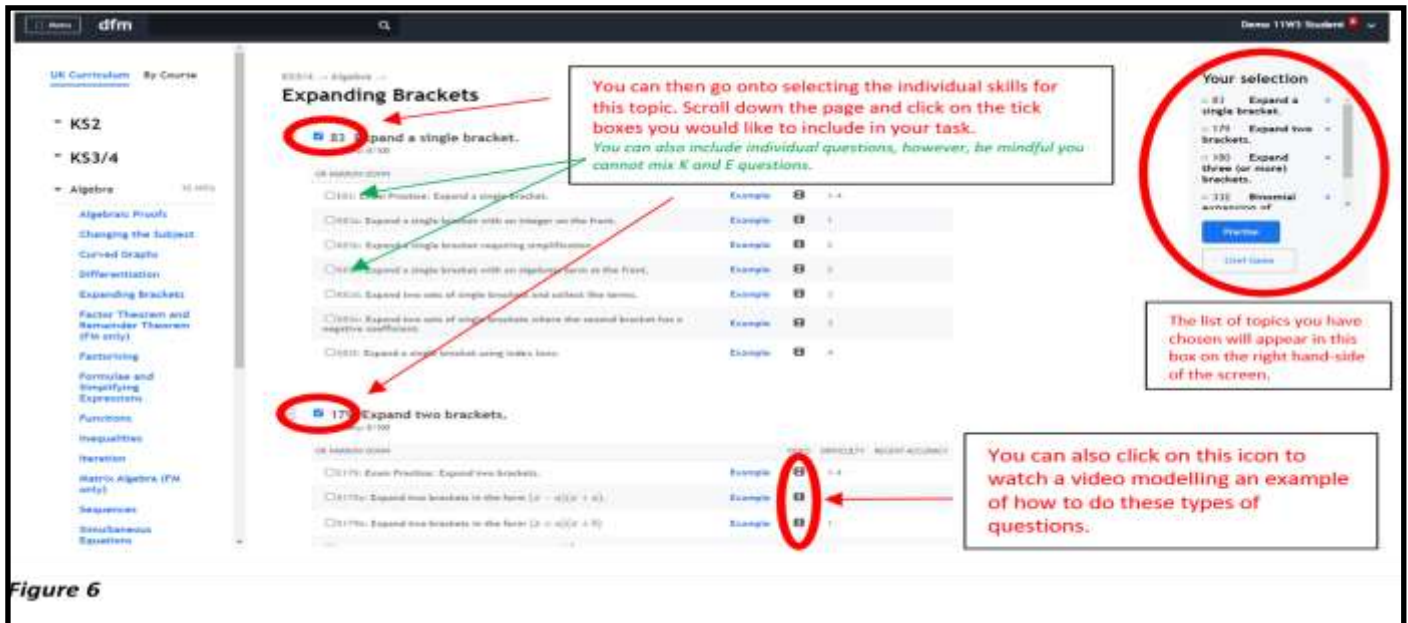


Figure 6

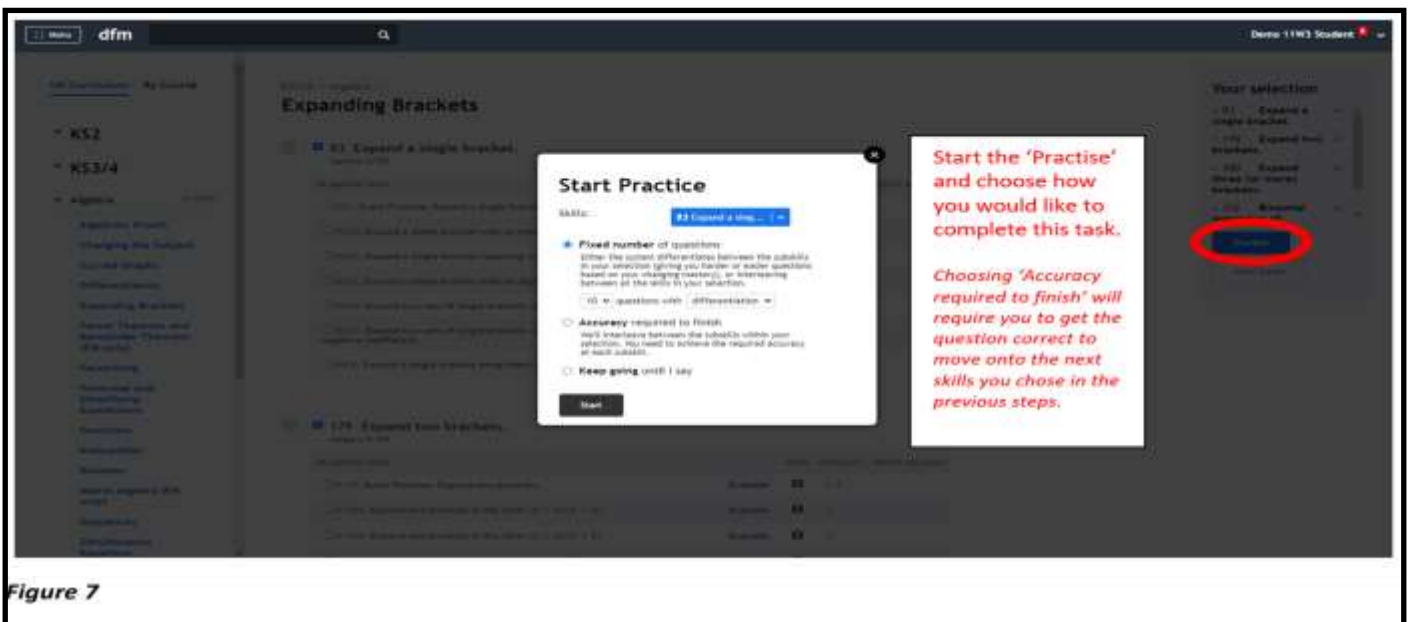


Figure 7

Fundraising

Haven House Enterprise Project Fundraising

We are now into the final week of our fundraising efforts and are making one final push to raise as much as possible for Haven House. Please get involved and donate if you are able.

Run (or walk) 3 miles in March

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



Venture Photography



Venture Photography in South Woodford have kindly donated a voucher worth £245 to support the Haven House Enterprise Project which includes a 1-hour full family photo shoot, design consultation appointment and a 7" x 5" framed image. If you would like to enter the raffle to win this prize, you can now do so on ParentPay. It is £1 per strip of tickets.

Thank you for those who have donated to the JustGiving page

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

JustGiving Page

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

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

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



Competition

Calling all Young People in Redbridge!

REDBRIDGE DESIGN CHALLENGE 2023

EARN
£1000

DEADLINE
21ST APRIL 2023

Are you aged 16 - 25, living or working in Redbridge and not currently a full time designer?

Interested in transforming Redbridge into a more vibrant and creative place whilst gaining creative skills?

We are running a design challenge for young people in the borough to come up with a name, logo, and concept design for our print and social media campaign.

The winning entry, which can either be one person or a duo, will work with a design professional to help turn their ideas into reality and earn over £1000 for their idea and time.

Not only that but we will help our chosen young winner(s) develop their creative skills, gain material for their portfolio/CV and access to creative professionals from across the industry.

If you have any questions, email Jordan at culture@visionrcl.org.uk

For more info along with the application pack, please visit: tinyurl.com/redbridge-2023

SCAN HERE



Supported by Friends of Loxford, Ilford Business Improvement District, Muslimah Sports Association, Redbridge CVS, SPACE Studios, Vision Redbridge Culture and Leisure

Website: <https://tinyurl.com/redbridge-2023>

Celebrate International Women's History Month March

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

BOLLYWOOD DANCE FITNESS

Date: Wednesday 29th March 2023

Time: 10:15am-11:15am

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

Bollywood dancing is an expressive fusion of many different dance forms like Bhangra, jazz, hip-hop and Kathak. Bollywood dance can boost your mood, promote strength and balance, improve heart and lung health and can aid in our social connection to others.

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

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 |
|--------|---|

| | |
|---------|-----------------------------------|
| 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 |
|---------|----------------------------------|

Spring Term 2023-24

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

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 |
|--------|---|

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

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



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

Active Body Healthy Mind

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

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



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

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



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MAYOR OF LONDON

**GREATER
LONDON
AUTHORITY**



visionrcl.org.uk
[@ActiveRedbridge](https://twitter.com/ActiveRedbridge)
[/ ActiveRedbridge](https://www.facebook.com/ActiveRedbridge)



LONDON YOUTH GAMES



2023

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

Girls football

School Years 8 & 9

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

To register—[Click Here](#)

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



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

active.redbridge@visionrcl.org.uk

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

LONDON
YOUTH
GAMES.ORG



#THISISLYG

What Parents & Carers Need to Know about GROUP CHATS

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.

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

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.

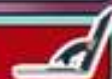
KEEP YOUR HEALTH IN MIND

- 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

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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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

LUNCH TIME CLUBS & AFTER SCHOOL CLUBS

Before School

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

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

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

After School Clubs

| Mon | Tues | Wed | Thurs | Fri |
|--|--|--|--------------------------------|--|
| Choir, 3.00-3.50 Room 36 | New Views Script Writing KSS Year 12 & 13 Room 3/4 | Orchestra, 3.00-3.50 Room 36 | Steel Pans 3.00-3.50 - Room 36 | Jazz Band Room 36 |
| Brass Group 3.00-3.40 Room 37 | Week 1 - Meteorological Society - 3.15 - 4pm Room NB1 | Week 2 - KS3 Year 7 - 9 Geogra- phy Homework Support 3.15- 4.00pm - Room NB2 | | KS4 Year 10 & 11 KS5 Year 12 & 13 Art Club Room NB11 |
| KS5 Year 12 & 13 Film Club (Week 2) Room 25 | KS3 Year 7 - 9 Board Game Club Room S3 | KS4 Year 10 & 11 Dance Team Rehearsals Studio | | |
| KS3 & KS4 Year 7 - 11 Film Club (Week 1) Room 25 | Band Rehearsals 3.00-3.50 Room 38 & Practice rooms | Robotics Club - Room IR1 Max number of students only 20 allowed | | |
| New Views Script Writing Post 16 - Room 3/4 | Wind Band 3.00-3.50 Room 37 | Crochet Club - Room MA3 | | |
| KS3 Year 7 - 9 Creative Writing Club Room 1 | KS4 Year 10 & 11 Coding Club - Room IR4 | Year 11 Maths Homework Club Room MA6 | | |
| KS5 Year 12 & 13 Creative Art Club Room NB10 | KS3 Year 7 - 9 Dance Team Rehearsals Studio | From March 2023 KS3 Year 7 - 9 Wanstead's London Geography Society - 3.15-5.15 pm Room NB3 | | |
| KS4 Year 10 & 11 Design & Tech. (Yr11 Only) - Room 44 | Basketball Year 9, 10 & 11 Sports Hall | KS3 Year 7 - 9 Drama Club Theatre | | |
| KS4 Year 10 & 11 D&T Technology Textiles Club (Yr11 only) - Room 42 | Dodgeball - Gymnasium https://docs.google.com/forms/d/15_bdtENsp8mNR-N6o_Tlo-nL5mg_hcb-cW0wqrokj1rU/edit | New Views Script Writing class for KS5 Years 12 & 13 - Room 3 | | |
| Fitness Club - Gymnasium | KS4 - Year 11 History Interventions Room 13 | Badminton https://docs.google.com/forms/d/13e6c3u31D2y20yVtYth_838nX2WZm_W0wMh7c4t | | |
| KS5 Year 12 & 13 Philosophy & Ethics Essay Writing Clinic 3- 3.40pm - Room NB7 | | KS5 - Year 13 History Interventions Room 13 | | |
| Classics Club - Room 2 | | Chess Club - LP1 | | |
| KS5 - Year 13 Stem/TMUA/MAT Preparation - Room 22 | | | | |
| UK Maths Challenge Club Room 23 | | | | |
| Basketball KS3 Year 7 & 8 Sports Hall | | | | |
| Food Tech Week 2 KS4 Year 10 & 11 Catch up session to support | | | | |

JAN 2023

The ex-curricular clubs will be updated and posted at the start of the Summer Term

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

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

We teach






LAMDA

— Exams & Qualifications



We Bring the Character

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

| Week 1 Menu | | | | | |
|---|---|---|---|---|--|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
|  Option 1 | Cottage Pie 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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