

THE HERON HOMELINK *newsletter*



April 2023 Issue No. 4



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Welcome from the Headteacher

Dear Parents/Carers,

I hope you are enjoying the break and your children are giving you enough peace to be able to find time to read about the exciting activities and events that just keep happening at Wanstead High. It has been great to see so many Year 11s and 13s in school this week engaging in the Easter School and again thank you to my staff for their commitment to supporting our pupils. There is a huge amount to read about in this issue and none of these things could happen without the staff, but also your commitment and the energy and engagement of the pupils – I thank all of you who play a part in this excellent community.

The building work continues and it is fascinating to read Riku's article – it is good to be reminded of the end product as the building phase is making life much more challenging for everyone on the site – our staff and pupils are incredibly resilient as they have to get used to new routes and one-way systems, as well as experiencing the relentless banging and crashing! I am also hoping the building will be finished earlier than Riku's prediction – hopefully closer to 2024/25 but I understand the current reluctance to commit.

You will be aware that there are further strikes likely to affect our pupils and we will do all we can to respect what is being fought for, whilst ensuring we can put on some education for our pupils; on Thursday 27th April and Tuesday 2nd May, our exam groups will take top priority and further details will follow.

You will notice a number of vacancies in the coming weeks for job roles and we hope we can find a way through the challenges of recruitment, especially in an outer London borough – a teacher starting in Barking and Dagenham, for example, classed as Inner London, will earn over £2000 more a year than the starting salary in Redbridge. We are optimistic that we have strategically planned early enough to find the best teachers out there but this will be a roller coaster ride until the start of the academic school year 2023-24. I am delighted to say we have recruited an excellent Head of Media and new Assistant Head last week – therefore making an excellent start to recruitment. We will update you as and when of leavers and starters.

We welcome some new staff as you know from the information in the In Touch Bulletin and welcome them all to the school – I am sure they will learn to love this community as much as we do.

The media coverage of Ofsted is fascinating and we read it with interest, especially as our Ofsted window is open! I do hope that a solution can be found to hold schools to account and raise standards but in a supportive and not punitive way – we will watch what unfolds.

Enjoy the warmer weather and your family time over the next week or so. We do have some challenges ahead, but we always try and find some humour and smiles in the situation:

As Herman Melville said in Moby Dick,

“I know not all that may be coming, but be it what it will, I'll go to it laughing.”

Miss E Hillman
Headteacher

Keep up to date with us via
our website:

<https://www.wansteadhigh.co.uk/>

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Twitter, Facebook or Instagram
(wansteadhigh11)



Wanstead High School



Year 10 Duke of Edinburgh

Huge well done to the Year 10 Duke of Edinburgh cohort for persevering through their very wet, and windy training walk in Epping recently. All pupils showed excellent navigation and survival skills and we are looking forward to their assessed expedition after Easter.

By Ms C Feeney



Maths Geniuses



A team of four of our Year 10 mathematicians entered the Maths Feast on 29th March to compete against a host of regional schools. The competition consisted of four rounds on different themes such as conversion of units and approximations of pi, under timed conditions.

The team came first against 18 other groups. Congratulations to Sophie, Cole, William, and Orla.

By Ms N Begum

Messages from Heads of Year



Head of Year 7

Dear Parents and Carers, Spring Term is traditionally the shortest term but this year if you blinked, you could be forgiven for missing it. It only seems like yesterday that we were taking down Christmas decorations in our tutor rooms. Now with the warmer weather, lighter brighter mornings

Spring has finally sprung and Easter has crept up on us. Despite being an incredibly short half term, Year 7 have crammed a lot into a small space of time.

We returned from the half term break still enjoying celebrating LGBT+ History Month. I was so proud to see our Year 7 pupils deliver whole school assemblies to mark the occasion. The year group do a lot to promote tolerance and understanding by learning more about the different elements of self-identity within our school community.

March saw us celebrate International Women's Day. Tutor group 7.3 took their class assembly project very seriously, often working late here at school to research, prepare and rehearse. The result was a very powerful and hard-hitting assembly looking at Women's rights throughout the ages and today across the world. They did an amazing job and it provided a useful precursor to the assembly addressing Misogyny later in the term.

March also saw us celebrate British Science Week during

which it looked like an episode of Wacky Races in our laboratories. I'm sure local councils reported a dip in recycling levels in March as Year 7 raided their household rubbish to upcycle their balloon car racers. If we don't have a future Blue Peter presenter in the year group, it would be a crying shame. See page 12 for the winners.



Next term the year group is going to build on their scientific enthusiasm by working towards their Bronze Crest Award. I'm looking forward to seeing those projects.

In March we also celebrate International Happiness Day and we explored how important relaxing and doing things we enjoy impacts our well-being. There have been a lot of celebrations this term but by far my favourite is our achievement assembly where we enjoy all the wonderful things they have accomplished. With such a fabulous year group, there is always tonnes to recognise and celebrate! Happy Easter and best wishes for a restful holiday.

By Ms C Murray



Head of Year 8

Dear Parents and Carers, I hope that this newsletter finds your family well and that you are looking forward to the Easter holidays.

I want to take this opportunity to share my ongoing reflections of the year group and their performance so far. I continue to be extremely proud of my year group

on the whole. Pupils have continued to display many talents throughout the year and have shown me the ability to

persevere and maintain a driven approach to achievement. They are still the highest achieving year group and this is credit to their determination and will to succeed. There are always things however in which we can improve on as a year group and these are slowly but surely being ironed out. I have mentioned before about the sheer potential that they have and that the sky is the limit for this cohort. They are on a positive trajectory and long may it continue.

I hope that you have a lovely Easter break.

By Mr M Tinker



Head of Year 9

Dear Parents and Carers,

I would like to thank all pupils for their consistent demonstration of hard work, resilience and intrigue this term. Also thank you to all families and carers for supporting the pupils and the school during the spring term. The options process is now complete and pupils will be finding out their final

choices over the coming months. Though their subject choices reflect a passion for those in particular, it's important they maintain high standards in all the lessons for the rest of the year even those they may not be continuing with in Year 10. I would also like to thank pupils for the way they have engaged with their SLT interviews and also parents for their continued support. Like previously mentioned, pupils will receive the results of their option choices next term and I know how excited they are to begin new

courses in as yet undiscovered subject areas, as well as continuing to study familiar subjects with depth and rigor. Many Year 9's are taking part in their Duke of Edinburgh Bronze Award. Thank you to all pupils attending the after school equipment packing meeting, it is great to see you all excited and ready for adventure! Thank you to Ms C Feeney and Mr R Nazir!

Thank you to all families and pupils for your engagement with the Unifrog platform, it was great to see so many of you at the options event where I was able to give some more information but please do not hesitate to contact me if you would some more guidance and advice navigating Unifrog and all its features.

We look ahead to the summer term filled with very exciting events, trips, fixtures and shows. Upcoming we have our Dance and Drama annual showcase.

Dance Showcase: Adrenaline – 25th and 26th April - WHS Theatre at 7pm – tickets available on ParentPay

Drama Showcase: 27th and 28th April WHS Theatre – tickets available on ParentPay.

As always, thank you to all families and pupils for all the support during the options process, I hope you all have a very restful Easter break!

By Ms R Gullefer



Head of Year 10

Dear Parents and Carers,

Our Year 10 pupils really enjoyed the recent assembly and workshop delivered by the 'fix up' Team. The assembly focused on having a positive mind set and helping pupils believe in themselves. It was great to see so many pupils getting involved and even taking the opportunity to stand up

and speak about their future aspirations and how they are going to achieve them.

I would like to congratulate Tutor Group 10.2 on delivering an assembly to the rest of the Year group on 'International Women's Day'. They worked hard in the lead up to the assembly and ensured key messages were advertised - Well done 10.2!

Please be reminded all Year 10 pupils should have full Wanstead High P.E kit and pupils must bring trainers for every P.E lesson. Football tops, hooded jackets and other sports clothes are not allowed. Year 10 pupils continue to have 2 hours of practical P.E every week and should be organised with the correct P.E kit.

As we head towards the final summer term, I would like to inform you all about our upcoming Year 10 GCSE Mock exams which will begin on Monday 12th June through to Friday 23rd June. I will be sending home a more detailed letter regarding support for your child and further arrangements. This is the first real experience of sitting in the exam hall facing full test papers. This will be a nervous time for all so it is important that we start preparing now. It is vital that we revise but that we do it in the most effective way.

During tutor time, after the Easter break, we will be focusing on creating a clear revision timetable and ways in which to prepare and revise for the examinations.

The year group will be introduced to the idea of 20-minute revision sessions. If pupils were to have 2 of these sessions per day, then they'd be able to revise all their GCSE subjects in a week – keeping the regular checking and practicing of knowledge and skills but in a way that isn't overwhelming. This means 12 weeks of revision before their mocks that will ensure the subject knowledge is secure and give pupils the best possible chance for the exams. What is equally important is to ensure that we reduce any anxiety pupils will naturally feel in the build up to exams by keeping the revision sessions shorter and more manageable.

There will also be a "How to revise" guide on the school website and on our year group Google Classroom page.

By Ms G White

REMINDER ParentPay

If parents or carers wish to set a limit on their child's ParentPay break or lunchtime spending, they need to notify the school (via email whs@wansteadhigh.co.uk) as this can only be done by the school.



Head of Year 11

Dear Parents and Carers,

The year group have made it to the end of their penultimate term and next term is the big one.

The pupils have shown such resilience and hard work in approaching the mocks and I've seen how their attitude and commitment to their GCSEs is

growing every day. There have been NEA submissions and various practical exams which hopefully can further moti-

vate the pupils after they see their hard work realised. The GCSE exams start in May and they need to be prepared and I have every faith they will be with their attitudes this term.

We have the Year 11 Leavers Prom on 6th July to look forward to and I'd love to see every member of Year 11 there – tickets are available on ParentPay. It's an event I'm really looking forward to and I hope the pupils can see it as a treat to look forward to after their exams – I certainly am.

I hope this Easter holiday can be a chance for Year 11 to rest and recharge, as well as continue their revision. Next term is one that will come with pressure but I know the school and parents will work together to support our young people through their exams.

By Mr R Carfrae



Head of Year 12

Dear Parents and Carers,

It was fantastic to see our Year 12 parents at our Higher Education Evening on 28th March when we had an opportunity to go through ways of supporting your child with the Post 18 application process. We were very fortunate to have pres-

entations from Imperial College London, who discussed tips for applying for competitive places and The University of East Anglia who explained student finance and funding. In addition, I spoke about and demonstrated Unifrog, our Post 18 'destinations platform'. The full presentation from the evening, including parent login details for Unifrog, can be accessed on our school website under the Sixth Form tab.

You should be, by now, in receipt of your child's Term 2 report. With the predicted grade on the report, it would be a valuable exercise for you and your child to use Unifrog's 'UK Universities Tool' and 'Apprenticeship Tool' to begin to explore exciting destination possibilities.

Last week the year group had a Civil Service Drop Down Day at school with representatives from the Civil Service who set out to demystify stereotypes. The day started with keynote speakers followed by the chance for pupils to 'meet and greet' members of the cabinet office who answered questions. Many of our pupils commented that they hadn't appreciated the wide range of Civil Service departments and were impressed by the varied and structured entry routes on offer including Apprenticeships. I've put a useful link to Civil Service careers on our Year 12 Google Classroom page for further perusal.

Our Year 12 aspiring medics were lucky enough to be recently visited by Dr Bowe, an alumni student who generously made time from his hectic schedule to spend

the afternoon with them. He delivered an excellent presentation on preparing for specialist exams for medical entry; boosting university applications with super curricular activities; medical work experience and gave pupils the low down on what to expect as a medical student. I have shared his resources on our Year 12 Google Classroom page for further reference.

The Summer Term of Year 12 will prove to be a busy one as our pupils start to refine ideas for post 18 pathways. We have already made plans to take the year group to the Higher Education Fair at the University of East London where they will get a chance to meet face to face with over 100 representatives from universities, colleges and apprenticeship providers. Towards the end of June we have planned a whole cohort visit to a leading London university alongside a school based drop down day which will focus on writing outstanding personal statements for university.

For those pupils not wishing to apply to university we will be organising an alternative programme of events in the summer term to include guest speakers from apprenticeship schemes, gap year and volunteering organisations.

As you will know by now, our Year 12 Mock exams will be held on the 12th to the 22nd June. I know that our conscientious pupils will use the Easter Holidays to start their revision schedule. I have posted on our Year 12 Google Classroom page an electronic study planner which allows the user to list and tick off each component for revision. I would, however, also like to encourage pupils to make time over the holidays to relax, spend time with family and friends and generally recharge batteries so they can tackle the last term of Year 12 with gusto on their return.

Wishing you and your families a peaceful and restful Easter break.

By Ms T van Beers



Head of Year 13

Dear Parents and Carers,
I hope this newsletter finds you and your families well and in the best of health. Year 13s are now in their final few months of life at Wanstead High and we are busy preparing celebrations to remember their time here as well as next steps for their lives

ahead. On Monday 27th March, we had our termly achievement assembly. Congratulations to all those who were praised and awarded for their efforts within subject areas and in the Sixth Form generally.

I have been very proud of how pupils have conducted themselves in the second mock series and hope that there have been some key learning points following feedback from teachers to help pupils in their continued revisions ahead of the final summer exams.

All those who have applied to universities will now be receiving the last of their offers. Pupils should be selecting their 'firm' and 'insurance choices' once they have received a decision from all universities. Please encourage your young people to access and show you resources on

the Google classroom (code: uk4dcja) where I regularly upload information and guides that may be helpful.

As part of our programme to prepare pupils for University life, on 27th April, we have invited a representative from the University of East Anglia to deliver a talk on student finance and how to apply ahead of the 27th May deadline as well as to talk about the clearing process. Please remind your young person that they must attend this important assembly (8.40am).

On Monday 17th April, we will have our full year group photo. All pupils will need to be in form at 8.40am ready for this, regardless of normal home study privileges. This photo will appear in the Yearbook and will be available to purchase separately as well. Please remind your young person that they need to be in full sixth form formal attire.

A reminder that prom tickets are available to purchase on ParentPay and will be held at The Kings Oak on 7th July between 7pm and 12pm. Although pupils are currently busy preparing for the exams, it is helpful to look ahead to celebrations they can look forward to.

I hope you and our young people have a restful and well-deserved break over the Easter holidays. As always, do not hesitate to contact me if you have any questions or queries in these last few vital months.

By Ms H Battiwala

One-of-a-kind masterpieces!



Pupils in Year 7 have worked extremely hard in Design and Technology Textiles. The brief instructed pupils to design electronic device protectors that would appeal to 12–16-year-old age group and be inspired by a designer. Pupils worked through the design process designing, making and evaluating their designs.

They worked with fleece and felt to produce a range of phone and laptop sleeves. Pupils showed resilience when learning to using the sewing machine which can be very fiddly and challenging. The Design and Technology team is very proud of Year 7.

By Ms M Kara

Walton-on-the-Naze fieldwork



From a geological perspective, the soft cliffs contain numerous fossilised shells and sharks teeth ranging from 5 to 45 million years old. Unfortunately the poor weather hampered our search for these although shells and fossilised wood were found.

Once back in our warm dry classroom, the class will be plotting and analysing the data collected on the day and evaluating the effectiveness of the defences at Walton.

This fieldwork fits closely with the module 'Coastal landscapes and change' which focuses heavily on the effects of climate change on our coasts. We have studied impacts of coastal erosion and sea level rise at various global locations but this trip showed we are facing similar challenges along many of our UK coastlines too.

By Mr R Smith



On Tuesday 14th March our Year 13 Geography pupils travelled to a cold, wet and windy Walton-on-the-Naze on the Essex coast. Walton provides an excellent opportunity for geographers to view and contrast areas of managed and unmanaged coastline. Managed coastline involves the use of structures such as sea walls to protect the land behind, unmanaged has no protection and is at the mercy of the elements.

Like many stretches of the Anglian coastline, the cliffs at Walton are made up of very soft materials; layers of clay, sand and mud make them very susceptible to erosion and weathering. The result is rapid retreat of unprotected cliffs, currently this is around 2 metres per year.

While on site, our pupils collected contrasting data from the two sites including beach profiles (how steep the beaches were), beach material analysis and also longshore drift direction (where the sea was moving the material to). As a group, we also discussed the state of the management schemes and their effectiveness at protecting the land behind.



Geography Golden Globes

Once again, Geography teachers have needed to rack their brains to identify the worthy winner of the Spring Term

Wanstead Geography Golden Globes.
By Mr D Leftwich

Mr Hamza	Evie Year 9	"Always great commitment and excellent quality work completed every lesson."
Mr Leftwich	William Year 8	"A reward and recognition for being a methodical and conscientious geographer. It is so rewarding having such an enthusiastic pupil in the class who is so modest and keen to develop understanding further."
Miss Mak	Oscar Year 7	"Oscar always shows interest through his engagement in every lesson and always contributes to class discussions, demonstrating great geographical knowledge as well as providing good quality answers through his written work."
Mr Smith	Saskia Year 10	"I have been incredibly impressed with her work ethic and consistent performance in assessments over the last two terms. Her work is always well presented and she strives to improve."
Mrs Steel	Tanisi Year 9	"Conscientious approach and hard work."

A Classic Production of Plato's Symposium

On Thursday 9th February, Year 13 Classics pupils attended the Bloomsbury Theatre for the annual UCL Classics production which this year was Plato's Symposium.

This is a key text for the Love and Relationships module so it was the perfect opportunity for pupils to witness this performance.

There was also a guest lecture beforehand from Dr Frisbee Sheffield (Cambridge) who helped consolidate understanding of this challenging dialogue and support historical

and modern reception. Pupils were able to see the comic interactions that took place in Athens in late fifth century BCE during an imagined symposium where the key authors of the day – Aristophanes, Agathon and Socrates discussed the origins of love and its purpose as well as the disastrous consequences for infamous general Alcibiades.

It really helped to bring this Platonic dialogue to life and was enjoyed by all!

By Ms McLaughlin



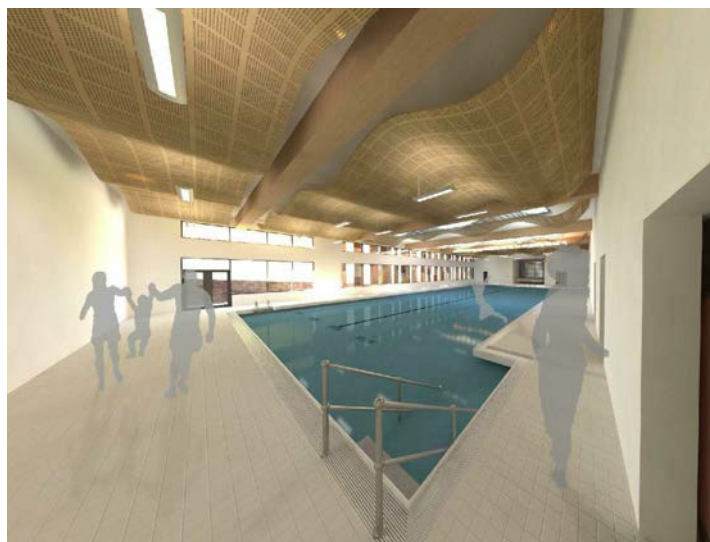
The Future is Looking Bright

Progress at last with our New Build!

In the summer of 2022, the old Art, Geography and Religion & Philosophy building was demolished. Since then, the Quad has been surrounded by fences and ground clearance has taken place. Once the fences are taken down, a beautiful sight will meet our eyes...

Recently, I met Mr. Parekh, the Project Manager for the building site at Wanstead High School. His day-to-day role is solving challenges that turn up during this project, and also keeping the school's children and staff safe while building works are taking place during the day.

the triangle of grass on the lower playground hard-landed in Easter this year, and as well as this the benches which were previously in The Quad will be relocated there. The Quad will be replaced with a more enhanced courtyard, benefiting from new landscape areas for pupils. The new lunch hall will replace the one in the main building which we currently use, which will most likely be used only as an assembly hall. The newly built dining hall is going to be twice the size (404 square metres to be precise), allowing more pupils to be inside the lunch hall to reduce the long queues outside.



The aim of this project is to provide a new three-storey building which will bring a new dance studio and a 25-metre swimming pool to the existing leisure centre, a dining hall and huge kitchen, new classrooms, new toilets, changing rooms and a courtyard which will replace the old one. Many questions have been asked around the school, so I am in the hope that this article will answer most of them...

The pupils of Wanstead High will have their play areas returned, and in an even better state than before. Mr Parekh plans to have

A few more parking spaces will be created in the car park and some dedicated spaces to park our school minibuses. At the moment, the building works are on the second phase, which is Land and Foundation. In this stage, any debris or plants found on the site are removed, and the ground is levelled and prepared for a solid foundation to be dug and installed. Mr Parekh's biggest concern is ensuring the programme does not fall behind and the new buildings are delivered on time.

He also wants to minimise the pollution emitted by the construc-



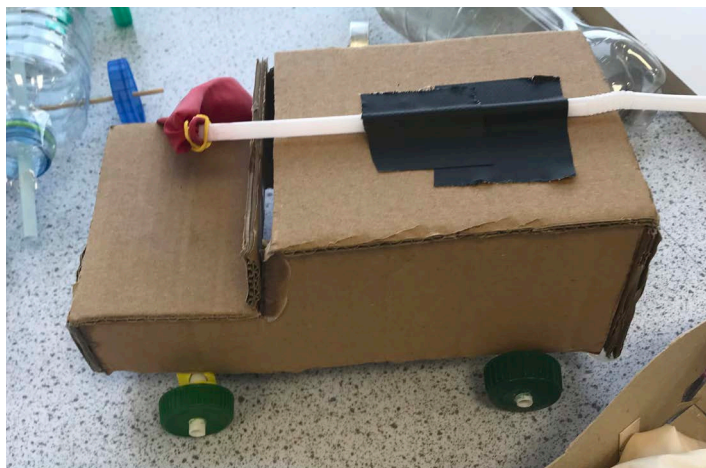
tion vehicles, and as well the noise caused which could impact the school. Stanley Bragg Architects designed the plans for the new build in 2021, and the construction company contracted is called Jerram Falkus. It is predicted that this project will be completed by 2025/6 at an

estimated cost of around £18 million. Construction of the main building expected to start at the end of this year, once the foundations are installed. Precise plans will take place to maintain the highest standards throughout construction.
By Riku Year 7



Balloon Powered Car Competition

Year 7 Science



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 raced the carts and decided on a winner, they were assessed on speed as well as creativity and design. Ellie won 1st prize, and the other winners were Lily, Noah and Zoe. Thank you for the incredible effort!

By Ms H Tassine



Careers Week

Personal Training Session with Key Fit Coaching Cary Wright

As part of National Careers Week, the PE department invited a personal trainer into a number of Key Stage 3 lessons across the week. Cary Wright is a personal trainer at Key Fit Coaching a local personal training service that works out of Wanstead Leisure Centre. The session was split into 3 parts, the first being an introduction to their route and experiences at school and how they have progressed. The second part was a fitness session that focused on specific aspects of fitness which all pupils enjoyed. The final part of the exercise was an opportunity for pupils to ask

questions specifically about their career journey and how they have approached barriers and opportunities providing advice to pupils on the setting up of their own business. As a department, we hope to work with Cary in the future to develop activities within the curriculum and enrichment programme as well as supporting pupils who may wish to explore a career in the fitness industry.

By Mr M Adams



Community Commitments

As part of our commitment to strengthen our links with the community, seven members of the Junior Leadership Team visited an open day at Chestnut Manor care home in Cambridge Park on Friday 24th March. They met and talked to the residents and treated them to a couple of songs. They were rewarded for their

efforts with a delicious spread provided by the care home. The visit was very much enjoyed by all involved, and we are looking to maintaining a strong relationship going forward.

By Mr D Langford



Year 12 Art Trip to the Barbican Art Gallery

The American painter Alice Neel, born 1900, claimed she was a 'collector of souls'. She chose to portray individuals who were often not the subjects of paintings - black intellectuals, Communist leaders, neighbourhood children from deprived parts of New York - even her local taxi driver! Her work wrestled to capture the essence of a person: who a person is and what they might be when they set aside the role they perform for society. She was also a canny observer of society's effects on the individual: in her words 'I wanted to paint what the world had done to them and their retaliation'.

Year 12 pupils were fascinated by the quality of line which changed through the years but also by the unique way Alice Neel captured the personal story of her subjects exposing what they had been through. Pupils took the opportunity to study the works in a focused way by sitting and sketching in the gallery. We then progressed to the Conservatory where pupils were given time to continue their recording - this time focusing on the contrast between the Brutalist Barbican Architecture and the lush foliage of the tropical plants.

Some reflections from the Year 12s:

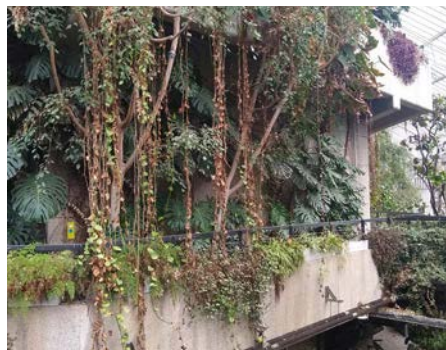
'The opportunity to sit and sketch in the gallery has given me lots of confidence-I had never done this before'

'It was really refreshing to be learning outside of the classroom'

'It was the first time I had been to an art gallery-it was amazing seeing the paintings for real'

'Alice Neel saw the truth in a person-not the stereotype'

By Ms T Van beers





Redbridge Choral Festival at the Royal Albert Hall

32 Wanstead pupils from the school choir took part in the bi-annual Redbridge Choral Festival on Monday 13th March. This was a fantastic event, organised by Redbridge Music Service, and our pupils sang brilliantly with the choirs from almost every other school in the borough. A number of our pupils also performed in the orchestra, brass group and the Redbridge drama group, all of

whom also performed fantastically.

The choir will be starting on new material from Monday 17th March (Rehearsals are 3pm - 3:50pm on Mondays in Room 36) and new members are always welcome.

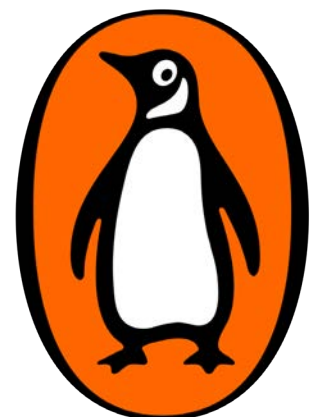
By Mr I Sweet

Insight into the World of Publishing

A selection of our Year 10s attended a Penguin Careers Workshop which gave them a chance to find out more about the world of publishing. The session was led by local resident Anna On, and gave pupils an opportunity for a hands-on experience

of a range of careers within publishing, from digital marketing to sales. The pupils were enthused and engaged and really impressed Anna with their wonderful responses!

By Ms A Malik



UKMT Challenge



Our set one classes from Years 10 & 11 took part in the UKMT challenge which is a competition that encourages mathematical reasoning, precision of thought, and fluency in using basic mathematical techniques to solve interesting problems. The problems on the Intermediate Mathematical Challenge are designed to make pupils think. Most questions are accessible, however, it still challenges those with more experience.

Our pupils at WHS were entered for the 'intermediate challenge' in the beginning of March. Out of the 89 pupils entered we had;

- **34 awarded Bronze Certificates**
- **16 awarded Silver Certificates**
- **2 awarded Gold Certificates**

A very big well done to Elliot and Jai who got very strong grades in the UKMT Challenge. It is a very big accomplishment to have also been awarded 'Best in Year' for the results they got in the exams. The Maths department are very



proud to have seen our top set classes do so well after so many years of not being able to participate due to Covid. Jai not only scored high enough for the Gold award, however, he was also entered into the follow-up round for Pink Kangaroo. The top 5% of pupils qualify for this round and Jai met the requirements to be entered for the next stage of the competition. Jai sat this challenge and was awarded a merit in this competition which is given to the top 25% of entrants!

We have included a snippet of the competition and we would like to invite you to give this a go !

This is a small indicator of how difficult these challenges are, and why we are so proud of all pupils who participated in this.

We are looking forward to the upcoming competitions and we will be sure to keep you informed!

From the Mathematics Departments.

By Ms K Khan

18. A group of students took a test which consisted of 3 questions. We know that 90% answered the first question correctly, 80% answered the second question correctly and 70% answered the third question correctly. What is the smallest possible percentage of students who answered all three questions correctly?

A 30% B 35% C 40% D 50% E 70%

19. A rectangle with vertices $(0, 0)$, $(100, 0)$, $(100, 50)$ and $(0, 50)$ has a circle with centre $(75, 30)$ and radius 10 cut out of it. What is the slope of the line through the point $(75, 30)$ which divides the remaining area of the rectangle into two shapes of equal area?

A $\frac{1}{5}$ B $\frac{1}{3}$ C $\frac{1}{2}$ D $\frac{2}{5}$ E $\frac{2}{3}$

20. Eva chooses a three-digit positive number and from it she subtracts the sum of its three digits. She finds that the answer is a three-digit number in which all three digits are the same. How many different starting numbers could Eva have chosen?

A 2 B 5 C 10 D 20 E 30

21. Seven different single-digit numbers are written in the circles of the diagram shown with one number in each circle. The product of the three numbers in each of the three lines of three numbers is the same. Which number is written in the circle containing the question mark?

Achievement Award Winners

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Maths	Arham	Amy	Isla	Beau	Alfie	Martha	Joe
Economics	n/a	n/a	n/a	n/a	n/a	Olivia	Shola
English	Zachary	Jemima	Vinnie	Harman	Charlotte	n/a	n/a
Literature	n/a	n/a	n/a	n/a	n/a	Nora	n/a
Language and Literature	n/a	n/a	n/a	n/a	n/a	Saffia	n/a
Science	Erin	n/a	n/a	n/a	n/a	n/a	n/a
Biology	n/a	Amy	Jusbani	Albion	Lailaa	Aliza	Shakira
Chemistry	n/a	Millie	Joshua	Megan	Luke	Anema	Thivya
Physics	n/a	Barnaby	Alexander	Lily	Erin	Sean	Oisin
History	Oscar	Carmen	Ilya	Annie	Lily	Simona	Maxwell
Classics	n/a	n/a	n/a	n/a	n/a	Rachel	Jay
Geography	Callum	Laurel	Leona	Ellen	Anya	Michael	Jessica
Resistant materials	Mariana	Teddy	Liam		Luke	n/a	n/a
Graphics	Oliver	Eva	Richard	Sabina	Roberto	n/a	n/a
Art	Aijan	Ben	Alice	Sabina	Conrad	Iris	Orla
Photography	n/a	n/a	n/a	n/a	n/a	Daniel	Bryony
Textiles	Sienna	Ilya	Isla	Hal	Evie	n/a	n/a
Food & Technology	Samara	Navleen	Holly	Bay	Lily	n/a	n/a
Dance	Georgia	Emily Rose	Anya	Sophie	Victoria	na	na
Drama	Flora	Henry	Asia	Kristina	Amy	John	Ava
Music	Eddison	Jemima	Holly	Oliver	Marta	Hana	n/a
French	n/a	Eliza	Neha	n/a	Tom	n/a	n/a
Media	na	na	na	Rocco	Charlotte	Daphne	Eliza
Computing	Noah		Iyad	Dilara	Jay	Raameen	Joe
RP	Sanmaria	Leila	Asia	Imogen	Aliyah	Selin	Eliza
Psychology	n/a	n/a	n/a	n/a	n/a	Robin	Shakira
Sociology	n/a	n/a	n/a	Benjamin	Eleanor	Sophie	Leila
PE	Zachary	Zaid	Antigoni	Poppy	Haydar	Fahad	Ben
HOY Award	Erin	Michael	May	Lauren	Madeleine	Jack	Shola
Behaviour Award	Oscar	Grace	Zarif	Santiago	Sam	Sam	Florence
Attendance Award	Ewan	Leah	Dulcima	Edie	Anelia	Luke	Ubaid
Headteacher's Award	Mia	Araminta	Timandra	Max	Ollie	Soha	Nicholas

 Well done to you all! 

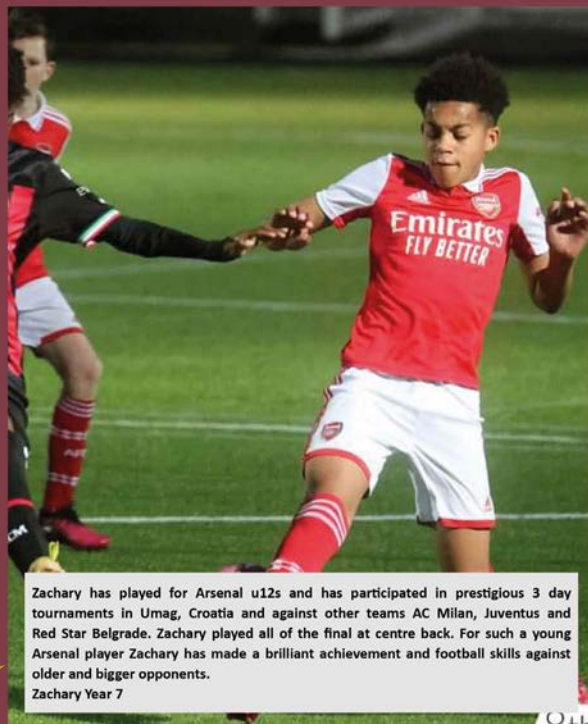






Our Wanstead Stars

★ Wanstead Stars ★



Zachary has played for Arsenal u12s and has participated in prestigious 3 day tournaments in Umag, Croatia and against other teams AC Milan, Juventus and Red Star Belgrade. Zachary played all of the final at centre back. For such a young Arsenal player Zachary has made a brilliant achievement and football skills against older and bigger opponents.

Zachary Year 7



Wanstead High School
EDUCATION WITH CHARACTER

★ Wanstead Stars ★



Jack Petchey Achievement Award Winner
Presented by Danny Crates former Paralympic Gold Medalist.
Zachary Year 8



Wanstead High School
EDUCATION WITH CHARACTER

★ Wanstead Stars ★



Evie is a competitive artistic swimmer with her club Aquavision, and with London Region. She trains 12-14 hours a week in pools across London and the South East. Evie's team won bronze at the recent National Artistic Swimming Championships in Gloucester, with a routine choreographed to AC/DC's Thunderstruck. As one of the region's top individual swimmers she will go on to compete for London in the Artistic Swimming Regional Games in Bristol later this year. Evie was part of the London team which won the Games last year, so they are hoping to repeat this success.

Evie Year 8



Wanstead High School
EDUCATION WITH CHARACTER

The Importance of Communication

On 21st March, the Years 12 and 13 English Language and Literature cohort (17 pupils) attended the English and Media Centre's annual English Language Conference.

The conference provided a fascinating insight into the workings of the way we communicate on a daily basis through spoken and written means, but also opened up fresh perspectives for the pupils through looking at topics such as forensic linguistics- the insight gained from investigating language use in criminal and legal cases, attitudes to accents and even the role of swearing in spoken discourse and its links to human psychology.

Of course, the pupils were all very excited to attend a lecture given by Michael Rosen; they all remember fondly his wonderful poetry that they learned about in primary school and his animated performances! However, on this occasion, he gave a very interesting talk on the nature of writing in various literary genres.

This was a fantastic day out and the pupils all commented on how their knowledge of linguistics had been enhanced and that it opened up new ways of thinking about how we use language.

By Ms B Waters



Netball News

Year 7

Our Year 7 team has had a great spell of wins across the spring term. Our highlight was the School games tournament held at Redbridge Sports Centre, where the team displayed excellent cohesiveness and some brilliant attacking and defensive set plays.



Year 8



The commitment from this Year 8 team is outstanding. It is clear the team love playing together and learning from each other. After some well fought league fixtures, the team was in a great position to compete in the annual Year 8 rally held at Trinity. There were excellent displays of individual flare, resilience and sportsmanship that propelled the team to finish in a very respectable 2nd place in the borough. Unfortunately, they lost out to King Solomon in a close final (score 3-4).

Year 10

As an exam year group, the team are currently working out the balance between netball club and school work. It was lovely to witness some of the pupils recognise the value of physical activity and the benefits it can have during the more stressful periods of school. Hopefully a few of the Year 10 pupils can help with coaching at the netball club next term - it may help those doing DofE.

By Ms E Hayes

Girls Football

As a department we entered the Year 7 & 8 Girls Football team into the ESFA competition. Once the draw had taken place, we scheduled our home game against City of London School for Girls. Wanstead was one player down and still managed to secure a phenomenal 8-0 win. We are so excited for the team to be entered into the next round.

Netball Trip to the Copper Box

Thank you to London Pulse for a brilliant fixture against Strathclyde Sirens and congratulations to them for their win. It was a brilliant opportunity to expose the pupils to an elite sporting environment and watch netball being played at the highest level. We were lucky enough to witness the most capped England player, Jade Clarke, play at

the centre position for the entirety of the game. Hopefully, the pupils learnt something from the experience and can find a way to implement it in their game play. Roll on the next Copper Box trip for Year 7 & 8 in June.



Year 9 Football v Ilford County

The Year 9 football team played Ilford County in a wet and windy home fixture. The game finished 2-3 to Ilford County in a closely contested game. Wanstead went 1-0 up early on through a penalty, Ilford County then scored back to

back goals before half time. The game then became 2-2 through an overhead kick scored by Wanstead which was one of the best goals i've seen this season. However, Ilford then managed to score again. The Year 9 boys should be proud of the way they played and have another fixture coming up against Woodbridge.



Amazing win over Loxford

Our amazing Year 10 pupils went to Loxford High school for a friendly basketball match.

Wanstead won 37-16. Well done Boys, onwards and upwards.
By Ms G White



PE Kit Reminder

Please can you ensure your child has the correct Wanstead High PE kit for all of their PE 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



Calling all Young People in Redbridge!

REDBRIDGE DESIGN CHALLENGE 2023

EARN
£1000

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

DEADLINE
21ST APRIL 2023

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

Student Safety - Crime Prevention



**METROPOLITAN
POLICE**



Safer schools officers are here to develop positive relationships between young people and the Police. We provide visible reassurance before, during and after school. We work alongside the school and parents in early intervention, preventing young people becoming either victims or perpetrators of crime.

What is "Robbery"?

Under Section 8 of the Theft Act 1968, a person will be guilty of the criminal offence of robbery if they steal, and immediately before or at the time of doing so, and to do so, they use force on any person or puts or seeks to put any person in fear of being then and there subjected to force.

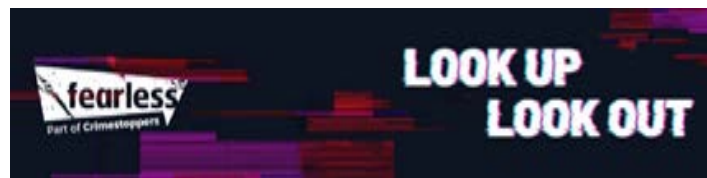


Police contacts

Emergency – 999

Non Emergency – 101

Website – www.met.police.uk



Fearless

Fearless is the dedicated youth service of the independent charity Crimestoppers. They provide you with the opportunity to give information about crime 100% anonymously.

You can give information to them by using their online form (<https://crimestoppers-uk.org/fearless/what-is-fearless/who-we-are>) or by calling Crimestoppers on 0800 555 111

They cannot track your IP address or your phone number. They have no way of knowing who has contacted them.

After receiving your completed form or your call, they will create a report, ensuring it doesn't contain any information that could identify you, and generate a report which is then sent on to the relevant authority with the legal responsibility to review the information that has been passed to them.



**METROPOLITAN
POLICE**

TOTAL POLICING



Student Safety - Crime Prevention contd...

**YOU CAN HELP
US PROTECT AND
TRACK YOUR PHONE
IF IT'S STOLEN.**

HERE'S 3 THINGS YOU CAN DO:

- Your phone will have security features such as a passcode or fingerprint/face ID. Make sure you use it to protect access to your phone.

Tracker apps can help locate your phone if it's lost or stolen. Ask a parent to show you how to set one up.

Record the phone's IMEI number in a separate place at home. Find this by typing in *#06#. You'll need to give this number to police if it's stolen.

For more information go to www.fearless.org/campaigns/robbery



STAY SAFE GOING TO AND FROM SCHOOL

We want children to be as safe as possible on the school journey.

- Stay aware of your surroundings when walking.
- Try not to walk along with your phone or valuables out on show.
- Plan your route and use forms of transport others are using.
- Avoid shortcuts in isolated places.
- Don't confront a thief or risk your own safety.

Robbery is a serious crime that should be reported, this includes any attempts to rob victims of their property.

**IF YOU SEE A ROBBERY TAKING PLACE OR HAVE JUST BEEN ROBBED CALL 999.
OR REPORT IS AS SOON AS POSSIBLE ON 101 OR AT MET.POLICE.UK**



IF YOU ARE A VICTIM

Crime prevention advice can help reduce your chances of being robbed, but it may still happen to you. It can be a frightening experience and leave you feeling worried afterwards, especially if you felt threatened or violence was used. Talking to a parent or adult you trust can help.

IF YOU SEE A ROBBERY TAKING PLACE...

Thieves may use force or threatening behaviour. It's better to hand items over than risk your own safety. If you see a robbery or one has just taken place call police on **999**. You can still report later on **101** or online.

Protect yourself from Mobile Phone theft

Don't leave your phone, iPad, tablet or camera unattended, out of your sight, or left on a table. Thieves can grab a phone from a table in seconds.

Be aware of your surroundings and only use your mobile when it feels safe to.

When you've finished using it, put it away.



KEEPING YOU AND YOUR PHONE SAFE

Getting a phone is really exciting. You can stay in touch with friends out more about world.

STREET ROBBERY

Robbery is when force is used or threatened to steal items. Thieves often target people who are distracted, so keeping your valuables including your mobile phone and other devices hidden ensures you're more alert.

HOW CAN I STAY SAFE?

- When out and about – be aware of your surroundings.
- Stay alert when walking along the road for criminals who might use bikes/mopeds or e-scooters to snatch phones/valuables.
- Try not to walk along with your phone or valuables on show.
- Earbuds/Headphones can be a distraction.
- Plan your route and use forms of transport that others are using and avoid shortcuts in isolated places.

IF YOU ARE A VICTIM

Crime prevention advice can help reduce your chances of being robbed, but it may still happen to you. It can be a frightening experience and leave you feeling worried afterwards, especially if you felt threatened or violence was used. Talking to a parent or adult you trust can help.

KNOW SOMETHING ABOUT STREET ROBBERY?

If you have any information about street robbery taking place in your area, you can tell us what you know **100%** anonymously at Fearless.org

IF YOU SEE A ROBBERY TAKING PLACE...

Thieves may use force or threatening behaviour. It's better to hand items over than risk your own safety.

If you see a robbery or one has just taken place call police on **999**. You can still report later on **101** or online.

As police officers, our job is to keep you safe and stop people who want to steal property like phones, cash, earphones and even expensive coats or trainers.

You can help us do that by being careful where you use your phone and taking care of cash and other valuable items.

5 TIPS TO KEEP SAFE

- Keep your phone and valuables out of sight and in a safe place. Take care when you take them out especially near bus stops and train stations.
- Stay alert and remember ear phones/headphones can distract you from being aware of someone approaching from behind you. Thieves can approach on mopeds, e-scooters and pedal cycles.
- Don't fight back, it's not worth the risk when a phone can be replaced.
- Tell us if someone robs you or tries to. It's important you get help straight away by dialling 999 using a friend or trusted adult's phone rather than contacting police when you get home. This gives us the best chance to catch the suspects, recover stolen items and make sure you're safe.
- If you don't want to talk to police - contact Fearless online, without giving your name, at www.fearless.org
- Memorise or keep a note of a parent/carer's phone number in a separate place in case of emergency.



TOTAL POLICING



Tutor Grid 2023

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 20	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 I Sweet 38	10.6 Ms J Wali 37	10.7 Mr A Chauhan 22	10.8 Ms M Ayer NB9	10.9 Ms A Malik 10	
11	Mr R Carfrae	11.1 Dr D Srikanthan S9	11.2 Ms K Khan MA6	11.3 Ms R Grace S11	11.4 Ms N Begum MA3	11.5 Ms N Ahmed 08	11.6 Ms N Yasin 06	11.7 Ms S Clarke 44	11.8 Mr B Anderson Theatre	11.9 Mr R Nazir S2	
12	Ms T van Beers	12.1 Ms F Mak 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				

Dates for your diary

4

MAY 2023

YEAR 7 PARENTS'
EVENING



Term Dates for 2023

► SPRING 2023 SCHOOL TERM AND HOLIDAY DATES

Spring break: Monday 3rd April 2023 to Friday 14th April 2023

► SUMMER 2023 SCHOOL TERM AND HOLIDAY DATES

Starts from Monday 17th April 2023* to Friday 21st July 2023 – (on the last day of term pupils will be dismissed at lunchtime).

(*Pupils to return back to school from 10:30am for a prompt 10:40am start).

Half term break: Monday 29th May 2023 to Friday 2nd June 2023

► BANK HOLIDAYS IN 2022/23

Please note the following is a Bank Holiday not included in school holidays above:

Monday 1st May 2023

Monday 8th May 2023 - Additional bank holiday to mark King Charles's coronation

► WHOLE SCHOOL TRAINING DAYS FOR 2022/2023 (SCHOOL CLOSED FOR PUPILS)

INSET DAY 5 – Friday 23rd June 2023

► LIKELY STRIKE DAYS

Thursday 27th April 2023

Tuesday 2nd May 2023

Term Dates for 2023 - 2024

▶ AUTUMN TERM 2023-24 SCHOOL TERM AND HOLIDAY DATES

Starts from Monday 4th September 2023 to Wednesday 20th December 2023

(*All pupils return back to school on Wednesday 6th September 2023).

INSET 1 Monday 4th September

INSET 2 Tuesday 5th September

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

INSET 3 Friday 24th November

Christmas break – Thursday 21st December 2023 to Wednesday 5th January 2024

▶ SPRING TERM 2024 SCHOOL TERM AND HOLIDAY DATES

Thursday 4th January 2024 to Thursday 28th March 2024

Half term break – Monday 19th February 2024 – Friday 23rd February 2024

Easter break: Friday 29th March 2024 to Friday 12th April 2024

▶ SUMMER TERM 2024 SCHOOL TERM AND HOLIDAY DATES

Monday 15th April 2024 to Friday 19th July 2024

Half term break – Monday 27th May 2024 to Friday 31st May 2024

Last Day of Summer Term Friday 19th July

▶ WHOLE SCHOOL TRAINING DAYS FOR 2024

(SCHOOL CLOSED FOR PUPILS)

INSET 1 Monday 4th September

INSET 2 Tuesday 5th September

INSET 3 Friday 24th November

LAMDA Drama qualification

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 Bring the
Character***



- ☐ 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



Spring 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 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 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 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
		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 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 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 S3	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 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_bdEN9p9m_R8-N6o_T1o-nLGmg_hcb-cW0apzOKij1rU/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/11sq4QuHi3LTzvcQ4nVTCvIH-4CBRYOFxw20m_WGQMqHY/edit		
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 S13		
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				
KS3 Year 8 & 10 Netball Club Week 1 - Year 7 & 9/Week 2 - Lower Playground				

April 2023

£2.50
Per session

BOXFIT

AT HAINAULT YOUTH CENTRE

Female only

For 11-18 year olds

Also open to relatives
(mother / guardian) wanting
to attend with their
teenage child

Tuesday 6pm-7pm

Book your session here:
<https://vrcl.uk/boxfit>



INTO FILM

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

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

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

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

Active April 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



3 Listen to your body and be grateful for what it can do



4 Eat healthy and natural food today and drink lots of water



6 Do a body-scan meditation and really notice how your body feels



7 Get natural light early in the day. Dim the lights in the evening

1 Commit to being more active this month, starting today

2 Spend as much time as possible outdoors today

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Dig up weeds or plant some seeds

18 Try a new online exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together

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

School Uniform

Please note: that Carolina uniform suppliers will be reviewing their prices in 2022/23

School uniform plays a valuable role in contributing to the tone and ethos of the school. It helps to promote a sense of equality amongst our diverse population of pupils and the understanding of the formal nature of the environment. The wearing of uniform helps to instil pride in the school, a spirit of togetherness and an atmosphere in which successful learning can flourish.

► DRESS CODE

Burgundy school blazer with badge embroidered on pocket

Plain, white cotton (cotton/polyester) shirt

School crested tie with year group coloured stripe

Plain, black, school V-necked pullover with crest

Pleated, black, knee-length school skirt or plain black regular fitting trousers

Socks, ankle or knee length - white or black socks, or black opaque tights

Shoes – flat, black, of a sensible design

Trainers, trainer type shoes, open or canvas shoes are not acceptable and must not be worn

The school embroidered blazer, tie and pullover can only be purchased from the school outfitter.

All other items of uniform may be purchased elsewhere. However, to keep in line with the school's colour, styles and appearance we would suggest you buy your child's full uniform from the school uniform shop.

► OUTFITTER

Contact Details:

Carolina

708 Chigwell Rd Woodford Bridge Essex IG8 8AL

Telephone: 020 8504 6420

Email: carolinaschoolwear@yahoo.com

Website: www.carolinaschooloutfitters.co.uk

► General Uniform Rules

1. Make-up need to be subtle. False eyelashes, nail varnish and fake nails are considered excessive and are not permitted.
2. The only jewellery permitted in school is one small signet ring, one sleeper or stud in each ear and a simple religious emblem on a necklace worn under the shirt. Large diamanté earrings are not permitted. No other body piercing should be displayed.
3. Religious headwear should be plain in black, burgundy or white.
4. Hair bands must be plain black. Patterned bandanas are not permitted.

5. Extreme hair styles or hair colour or those associated with any kind of anti-social activities or groups are not permitted. These change from time to time. The patterned shaving of hair or eyebrows is forbidden.
6. It is not permitted for any student to wear any form of cap or hat in the school building. This includes du-rags. A plain black woollen hat can be worn to and from school and at break/lunchtimes when the weather is cold.
7. Hooded sports tops or 'hoodies' are not permitted and will be confiscated.
8. Trainers, canvas shoes, plimsolls or patterned shoes must not be worn.
9. Jeans or tight fit trousers are not permitted.
10. Coats and jackets must be plain, and without large patterns or logos, these can be worn in the school building (not in lessons and/or the Dining Hall) as a trial from 3rd October 2022.
11. Trouser belts must be plain and dark in colour.
12. The school has adopted the Halo Code - see school website.

Pupils must wear school uniform at all times, including as they arrive at school and depart at the end of the day.

If there are any problems with uniform, temporary or permanent, contact the Head of Year in advance. In addition, the school has a family hardship fund for parents / carers that cannot afford to buy or replace uniform. Please contact the Head of Year to discuss your family's eligibility for this financial support.

Uniform will be reviewed as per government guidance in the summer term.

