THE HERON HOMELINK new sletter





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The History of Wanstead **High School**

Education with Character





Welcome from the Headteacher

This edition is a stunning collection of all that makes Wanstead such a great school and is such a celebration of 'education with character.' I would like to thank all staff for going the extra mile to support our children; every trip and activity means teachers and other staff really putting themselves out in their personal time to support our pupils. It has been great to meet so many of you at some of the school events and thank you for supporting and nurturing your children's talent.

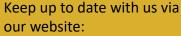
We have achieved so much this term, despite the challenges of building works, snow and everything else that has been thrown at schools up and down the country and it has been such a pleasure to get to know the young people that make up this amazing school. Normally, you would be able to share in the awards that are presented at the end of term but, as you know, we have postponed these until the start of term and I don't want to give anything away about the winners. Congratulations in advance to all those who will receive awards. However, even if pupils do not receive awards, they will have many things to be proud of over the term; whether they have tackled small obstacles or scaled bigger mountains. We have a new year ahead of us and a chance for us to reflect and get ready for the year ahead with a positive mind-set. As Melody Beattie, neatly put it, 'The new year stands before us, like a chapter in a book, waiting to be written.'

Whatever your plans for the holidays, I hope that you are surrounded by loved ones and have a happy and healthy holiday. Happy Christmas.

Thank you for being part of this amazing community

 and we will come back in 2023, along with all the challenges of the building work, even stronger.

Miss E Hillman Headteacher



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Merry hristmas!



As usual, the Winter Concert at the end of term featured performances from all the Music department ensembles. The Orchestra, Jazz Band, Wind Band, Brass Group, Steel Pan Ensemble, KS3 Choir and KS4 and 5 Choir all performed brilliantly, with Xanthe and Amelia from Year 12 and 13 singing as soloists and Anya from Year 11 playing a solo violin piece.

New members to these ensembles are always welcome

but the start of the spring term is an ideal time to start as we'll be looking at the new repertoire. In particular, all pupils are welcome to join the school choir (rehearsals take place on Mondays after school until 3:50pm), which will be learning material for the Redbridge Choral Festival that takes place in March.

By Mr I Sweet



School Production

Macbeth

WOW! What thrilling and riveting performance

his has been a very busy term for the Drama department whilst we have been working on our production of Macbeth. The cast did an amazing job, performing a total of 8 shows to audiences of pupils, parents and primary school pupils.

Each show was a great success and audience feedback was always very positive (see Ms Porter's comments from Redbridge Primary).

There was an incredible togetherness amongst the cast throughout the rehearsal and performance process and, as teachers, it was joyous to see pupils from across the school come together and collaborate on this project, from Year 7 to Year 13. Each and every one of them contributed something special to this performance and are a credit to themselves and the school.

Now that the dust has settled, the Drama department will begin to turn their attention to a Spring Term Drama Showcase, which will contain a selection of shorter performances from pupils across the school, compered by two A-level Drama pupils.

Rehearsals will take place at Drama Club, which will be running on Wednesdays after school in the Theatre after the Christmas break.

Once again, a big congratulations to all pupils involved in the Macbeth production. You are all superstars!

By Mr B Anderson









Just wanted to send an email to say once again thank you for inviting us to your production – it was fantastic! The children couldn't stop talking about the acting skills the children showed and we even saw them attempting to use the skills your actors used during fight scenes on the playground (all supervised of course!).

The teachers were all blown over by the acting skills as well – it was amazing to see children across the age range demonstrate such passion and talent for the art! The modern take on Macbeth won many of us teachers over (clever and brilliant!) and the music was a great selection!

Once again, I can't say it enough - what a fantastic performance you have put on! It was such a privilege to come and watch so we thank you once more for the invitation and we look forward to this hopefully continuing in the future!

Ms S Porter, Redbridge Primary School



Message from Heads of Year



Head of Year 7

ecently I have caught myself humming "Its Beginning to Look a Lot Like Christmas" as everywhere I go, visiting Year 7 in lessons or tutor time, pupils are working harder than the elves in Santa's workshop in December. Whilst this is a time of year when

we like to wind down and enjoy the celebrations with friends and family, Year 7 always seem to be busying themselves with some project or other so, instead of slowing down, they have embraced the festive season by adding more tasks to their to-do lists. Tutor time has been focussed on seasonal crafts and we had our classrooms festooned with their Christmas creations before long. Tutor groups also planning their own class celebrations for our last day of term. Their ideas and the effort they put into this endeavour demonstrates the

typical vim and vigour that they approach everything. In preparation for their end of year reports, we have looked at the theme of 'Goals, Careers and Aspirations' in Tutor Time. Pupils have explored the idea of skills and qualities and began to look at what skills each of their curriculum subject helps foster as well as what job sector each subject lends itself too. In the new year we are going to ask pupils to try and demonstrate and build their subject interest in particular curriculum areas. Pupils have also enjoyed lots of extracurricular clubs and activities. Their contribution to the school performance of 'Macbeth' and the Winter concert were outstanding, they really put their heart and soul into it.

Year 7 have had an amazing start to secondary school and are a delightful year group. I'm really looking forward to seeing what they go on and achieve in the New Year.

Wishing you and your families a very Merry Christmas and a Happy New Year.

By Ms C Murray



Head of Year 8

hope that this newsletter finds your family well and that you are looking forward to the Christmas holidays. I want to take this opportunity to share my reflections of how the first term of the year has gone so far. It is easy for me to say how incredibly proud I am

of the pupils in Year 8. It has been a long term for them, which has undoubtedly been a very busy 4 months. Pupils have shown many qualities throughout the term and have shown me the ability that they have across a variety of subject areas. This time has provided me with a great insight of the year group as a whole. What is clear to see is the sheer potential that they have.

Following on from that, I would like to mention that Year 8 have the highest achievement points in the school. This is clear indication of the good things that they are doing. There are still many things in which we can always improve on however I am delighted with the start that they have had to the academic year. I would

like you to congratulate your child for being a part of that success and long may their achievement continue! In my previous Heron Homelink, I mentioned that I wanted to try to stretch our pupils and encourage them to think more about the way they learn as well as increasing their awareness and understanding of different learning strategies. We have introduced a more robust pastoral curriculum for Year 8. Part of the new pastoral curriculum has been to introduce a great initiative called Skills Builder. This focuses on essential skills which are needed for learning in the classroom, with the aim of boosting academic outcomes, perseverance and self-belief. They claim to help halve the likelihood of being out of work in the future and to increase earnings across a lifetime. Pupils will be working on the following skills this year: teamwork, problem solving, staying positive, aiming high and speaking. They will then hopefully continue to be developed through their time at Wanstead High School with other skills also being visited along their journey with the intention of preparing them in the best way in which we can for when they eventually leave to enter the world of working life in Britain and overseas.

I hope that you have a safe and restful break over Christmas.

By Mr M Tinker



Head of Year 9

would like to begin with a huge well done to all Year 9 pupils on a very successful Autumn term.

It may have been the longest term of the year however pupils have shown consistent determination, and effort and applied

themselves to every lesson and opportunity that has come their way. Well done!

Looking back, we have had a very colourful and exciting term. I was lucky enough to attend the Belgium trip with Year 9 and I can confidently say it was a fantastic trip, pupils asked insightful questions to our brilliant tour guides and showed WHS in a wonderful light. We even got positive feedback from French border control, that our pupils were "very respectful and kind".

We look back to not too long ago, the Drama production of Macbeth made its premiere this term, a huge congratulations to all pupils involved who contributed to this production happening. I have witnessed the hard work the cast put in day in and day out and how they came together as a team all year groups and pulled off an amazing performance. A huge thank you to Ms Wali and Mr. Anderson from the Drama department for directing and providing such an amazing opportunity.

We look ahead to many great opportunities coming up for Year 9, thank you to all pupils that have sent in their Haven House Enterprise applications. Ms van Beers and I look forward to supporting the Wanstead Enterprise Team as they take on the challenge to turn £50 into the target of £1,500 through fundraising events for Haven House charity.

Wanstead Dance Department also has our Sleeping Beauty theatre trip coming up with several Year 9 pupils to watch Mathew Bourne's rendition of Sleeping Beauty. Not only this, but we also have our first heat of the Great Big Dance Off competition happening in January, as we were very successful last year we are hoping to come back with a win! Good luck to all the teams involved!

Looking ahead, the GCSE options process is due to start in January with assemblies, tutor time activities and evenings for parents. I look forward to supporting pupils through this milestone of their school careers and their future successes.

I hope you all have a restful Christmas break!

Happy Holidays!

By Ms R Gullefer





Head of Year 10

s the first term is drawing to an end, I would like to take this opportunity to thank you for your support during a very busy Autumn Term. Year 10 are continuing to do well across their subject lessons, it has been wonderful to hear so many positive com-

ments from class teachers regarding individual pupils; especially in lessons they would not have studied in Key Stage 3. Year 10 have been given extra Maths revision resources which are being supported during Wednesday Tutor times. The resource booklets are what we call '5-a-day', and the idea is that the pupils complete one of the 5-a-days each session.

I have been extremely proud of the Year 10 pupils that were involved in the recent Macbeth performance and the Winter concert. I know how committed pupils have been to rehearsals and could see how much they enjoyed preforming. Year 10 were lucky enough to watch one of the Macbeth performances live as a cohort; pupils were given this fantastic opportunity to begin thoughts on the creative interpretation of the text as they are due to study Macbeth as part of their English GCSE.

As well as celebrating Christmas, Year 10 have so much to celebrate from this half term... A variety of awards in our achievement assembly, the undefeated Year 10 Netball team, our Year 10 girls who are due to participate in the Borough Girls Football semi-finals, Our Boys football team who have won both recent matches. A final good luck for the upcoming Year 10 Basketball match.

Wishing you all a wonderful and restful Christmas break and prosperous 2023!

By Ms G White



Head of Year 11

their mock exams and have shown fantastic resilience, particularly with the disruption caused by the weather. To see so many of them in school, continuing to be focused and motivated, says a lot about their character. In January, we will be supporting pupils with their next steps in regards to colleges and sixth forms. Over the Christmas period, the Year 11s may want to look for potential courses for them ready to apply for when we return.

Any references you require please do use this email: referencerequests@wansteadhigh.co.uk

It's been a long term and the year group should use the Christmas holiday to relax and regroup as we build towards the summer exams.

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Have a wonderful Christmas and New Year.

By Mr R Carfrae





Head of Year 12

s the nights draw in and this year comes to an end, our Year 12s have started to make plans for the future.

Year 12s have started to engage with Unifrog, our Post 18 destinations platform. Through the use of Unifrog, pupils can compare every university course, apprenticeship

and Further Education course, then transfer their information to their application (e.g. UCAS or apprenticeships) and apply successfully. Form tutors and Heads of Year can also view and manage pupils' progression effectively via the Unifrog platform. In dedicated tutor time sessions, all pupils have been issued Unifrog login details and have set up their personal account which they will access and build upon regularly. Over the Christmas holidays please ask your child to login to Unifrog and show you what it can do. So far, pupils have completed guizzes to explore their interests and career aspirations and have investigated 'Special Opportunities' that relate to their personal subject and career interests. Unifrog 'Special Opportunites' include university MOOC courses, summer schools, webinars and scholarships. Please do ask your child what special opportunities they have shortlisted. Year 12 is a perfect time to engage with extra and super curricular opportunities: strong applications Post 18 (UCAS, Apprenticeships etc) depend upon it. Year 12 pupils have also been set a homework task to log their transferable skills on Unifrog. Through their involvement with the Social Contract, our recent Open Evening and extra-curricular enrichment they all have many valuable competencies to log! Having this record will greatly assist any application they make next year. In the Spring term we will be looking to invite parents and carers to school for an introduction session to Unifrog.

At this stage in Year 12, we are aware that some pupils may need further career direction and guidance. If your child would like to make an appointment to see Ms Lasite from the prospects, please ask them to see me and will put their name on the list.

At the time of writing we are looking forward to the 'Thinking of applying to Oxbridge or a Russell Group' seminar from Footprints Community Project. They will be giving us top tips in our forward planning for next year and launching their app which will allow pupils to find profiles and tips from successful applicants to the UK's top universities who come from diverse backgrounds.

Pupils have embarked upon their social contracts this term and gaining a range of valuable experience including supporting younger pupils in maths intervention; assisting in food technology lessons and assisting the librarian. They will carry on with their social contracts for the Spring Term.

Our tutor time sessions continue to follow a structured timetable. Wednesdays, for example, now alternate between a wellbeing and a post 18 option focus. Our Thursday remains constant with our 'reading for pleasure' session and all pupils are expected to bring in a suitable reading book-something that will give them joy or enthrall them! Studies show that pupils who read for pleasure have better mental health and empathy not to mention vocabulary. I will be arranging library sessions for all tutor groups in the new term so they can select some new titles.

As you will know, those pupils with excellent attendance, punctuality, behaviour and who are on track to meet their target grades will be awarded the privilege of Home Study in the new term. Home Study means they can leave school at lunchtime to continue their studies at home if they have no scheduled taught lesson for period 5. All pupils are expected to attend a full school day until we inform them that they have been awarded Home Study.

A big thank you to all of the Year 12 pupils and our ambassadors who gave up their time on a dark and rainy November night to make our Year 12 Open Evening a success. I am very grateful to the parents and carers who facilitated their children being there. We received really positive feedback about how knowledgeable and enthusiastic our pupils are-often going the 'extra mile' to ensure visitors had a good experience.

May I wish you and your families a safe and restful Christmas holiday and a joyful start to the New Year.

By Ms T van Beers



Head of Year 13

hope you and yours are well and in the best of health. As we approach the Christmas holidays, I would like to congratulate the year group on all their hard work and efforts this term.

This term, pupils have been working on their UCAS applications. Ms

Bray and I have been busy meeting pupils to discuss their applications, choices and personal statements. We had set an internal deadline for 25th November for pupils to have an application ready so that we could ensure enough time for us to meet with pupils and quality check before submitting. All applications that are received before the January 25th application deadline will be given equal consideration by universities. We do however encourage pupils to send off as soon as possible only in order for them to have it out of the way and be able to focus on their A Levels. Well done to pupils who have already sent off their UCAS applications.

Pupils who have yet to submit their application will need to make a payment of £27 on the UCAS portal. This payment goes to UCAS but the actual application itself will sit with the school and not be submitted to universities through UCAS until either myself or Ms Bray have had 1:1 sessions with pupils and advised pupils further before sending off. It will seem as if the student is submitting to UCAS as it asks you a series of questions but this is not the case at all. They are actually just submitting to myself and Ms Bray for approval and we will then be able to check this. Further changes can still be made before sending off to UCAS with either one of us.

Year 13s have been engaging with Unifrog, our Post 18 destinations platform. Through the use of Unifrog pupils have been able to compare university courses, apprenticeships and Further Education courses, then transfer their information to their application (e.g. UCAS or apprenticeships) and apply successfully. Form tutors and Heads of Year can also view and manage pupils' progression effectively via the Unifrog platform. On our drop down day, pupils received Unifrog login details and have set up their personal account. Over the Christmas holidays please ask your child to login to Unifrog and show you what it can do. Pupils have completed quizzes to explore their interests and career aspirations and have investigated the University options available for their chosen course.

On Wednesday 23rd November, Oxbridge and Medicine applicants had a short but informative session on how to prepare for interviews from a doctor and Cambridge

graduate followed by 45 minute long mock interviews for those who have had interview offers. Pupils fed back that they found this very useful and felt much more confident ahead of these. We wish these pupils the very best of luck in these interviews and further admissions tests.

This half term, we had 17 applicants for the role of Head pupil and as Head of Year I had the joy of seeing these young people really excel throughout a three-stage process. After submitting an application outlining why they would be suitable for the role, they then had to write a speech they would give to a Year 11 cohort. All applicants were then invited for an interview with Ms Bray and I. We are incredibly proud of all those who put themselves forward and it was a very strong field; any of the applicants would have made positive role models as Head Pupils. We are pleased to announce that Livi and Jay have been selected as Head Pupils. They have already been busy organising a prom committee and giving speeches to Year 11 pupils at the Sixth Form Open Evening.

At the Open Evening for prospective Year 12 pupils, some Year 13s volunteered in departments to help their teachers show potential future pupils what the school has to offer. These pupils were confident and generous with their time and I would like to take this opportunity to thank them for their efforts and for being part of a successful evening.

On Monday 21st November, Ms Bray (Assistant Head-teacher and Head of Sixth Form) delivered an informative session on metacognition ahead of the Year 13 exams. This included tips on how to effectively use flashcards, how not to revise and how memory works ahead of the Year 13 mock exams. We wish pupils the best of luck in these exams.

Many pupils have been taking advantage of the careers advisor appointments that we are able to arrange in school with Ms Lasite. If your young person is unsure about their next steps, this is a very useful step. All pupils now also have access to Unifrog where they can explore courses, find useful tips for personal statements and even apply for apprenticeships.

I want to also take this opportunity to thank all parents and carers for your continued support. I bumped into some parents at the Open Evening and have been speaking to many of you on the phone and appreciate your efforts in keeping me in the loop when it comes to any issues or feedback you may have.

Wshing you and your families a safe and restful Christmas and a Happy New Year.

By Ms H Battiwala



Speakers for Schools

n Wednesday 23rd November, the performing arts department hosted a Speakers for School talk led by Sue Hoyle based on Careers in the Arts. We have 50 pupils from Years 10 to 13 attend to hear about Sue's experiences of working in the arts.

Sue has worked on arts and leadership programmes at colleges and universities all over the world. She has also worked with the English National Ballet, The Royal Opera House, Art Council England and Leeds Culture Trust so it was fantastic for her to share her knowledge. She shared different career opportunities in the arts, courses you can study in further and higher education and the transferrable skills you can use from arts subjects which will help the pupils in

different career pathways. Pupils then had time for questions, Sue and I were so impressed with mature questions that were asked by the pupils. The main messages taken from the talk was whatever career path you choose do what you love and it is also normal to change your mind and find a new career path if your original plan isn't making you happy. This was an inspirational message for our pupils to hear at a time where they are considering their own careers.

I would like to thank all of those pupils who attended the event in their lunchtime and for their participation to make it a success.

By Ms R Grace

Code Club and Robotics

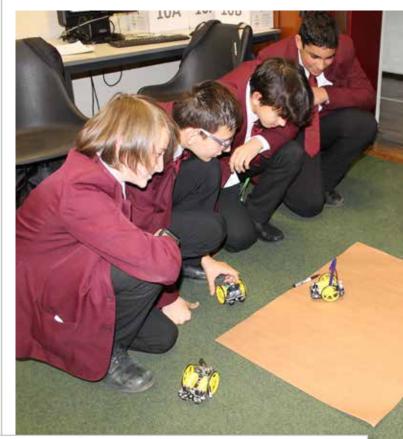
We launched the Robotics Club in early October and has been very popular amongst our Key Stage 3 pupils.

The club is designed to give 11 – 14-year-olds the skills needed to progress towards a career in the IT industry. During our afterschool programme pupils are led through a variety of tasks each week, our pupils get a chance to use cutting edge robotics hardware. This fully-featured robot allows you to explore movement, light and sound, and the onboard sensors allow you to code autonomy that is capable of reacting to its environment.

The Coding Club which focuses more on GCSE context is very busy on Tuesdays. Pupils who are studying GCSE Computer Science are supervised by Ms Kaur.

We have a handful of A Level pupils who attend the club regularly and work with pupils individually and in groups. Pupils are taught the basics of programming using Python and for those advanced programmers, pupils are set more complex projects.

By Mr B Alom





A Memorable Sixth Form Open Evening

We had a memorable Sixth Form Open evening in November. It was fantastic to see so many of you there, getting the opportunity to speak with you and for you to get a sense of what makes our Sixth Form really special. **By Ms E Bray**



Haven House Enterprise Project

ast month, Year 9 and 12 pupils were invited to participate in The Haven House Enterprise Project. As you may know, Haven House is a hospice based in Woodford Green that cares for sick and terminally ill children and their families. They provide a warm and caring environment for those who are going through the toughest of times. Haven House need to raise £4.2 million each year to be able to continue to care for the children and families they support. Of this only around 19% is funded by the NHS or local authorities. The Enterprise Project is a great way for local schools to get involved in raising much needed funds for them.

The Project is looking for 8 pupils who will work as one team to put together amazing fundraising events including one large scale 'Showcase Event' in the Summer Term. The team will receive £50 seed capital and be set the target of turning their initial investment into £1,500+ over 11 weeks. Ten other schools in the local area will

be running this scheme themselves and together the potential income to the hospice will hopefully be in the region of £15,000+.

Galliard Homes, who are London's largest private property development and management group are sponsoring the project and will offer monthly face to face mentoring sessions. The mentors will guide and share their business expertise so the team can successfully bring their fundraising plans to life. Galliard Homes will be awarding two outstanding pupils, chosen from all participating schools, a work experience placement in 2023/24. Remaining pupils will be able to apply for work experience if they wish through the Galliard Homes website, once applications are open. There are so many good reasons for our pupils to get involved with the project in addition, of course, to supporting a very worthy cause. Involvement in the project will be valuable evidence for CV/UCAS statements; it will be a fantastic opportunity to

network and receive mentoring from leading business professionals; the scheme will develop a wide range of valuable soft skills including negotiation, teamwork and communication and it will be a chance to learn and demonstrate new skills including planning, budgeting and presentation.

Interested pupils were asked to initially hand in a 500 word proposal to include an outline of costs, turnover and potential profit. At time of writing we have invited pupils, who have successfully applied, to present their proposals and those who demonstrate the best vision at this stage will be invited to form a team and attend the Launch Event at Forest School in January.

Please watch this space for further updates on how our Haven House Team progresses with the Enterprise Project in forthcoming Herons!

By Ms T van Beers



Head Pupils

A huge congratulations to Livi and Jay from our Sixth Form for being selected as Head Pupils. There was a tough application process and many worthy applicants. It was a tough decision; well done to everyone who applied!

By Ms H Battiwala

Art News





14

Ex-student provides insight into the world of Graphic Design

A big thank you to Ms van Beers, for organising and inviting ex-pupil, Freddie Cochrane, currently studying in his 3rd Year Graphics Design Degree course at "Central Saint Martins", to speak to our current Sixth Form Art and Photography pupils on their next steps to Higher Education. It was a useful and fascinating insight into the process of applying for a foundation course, preparing a portfolio for interview and choosing the right vocation.

See picture below of our own interpretation to Freddie's chosen specialism, using the Graphics filter.

Good luck Freddie in your final year and we look forward to more collaborations in the future.

By Art Department





Screen printing now in action in the Art department.





A trip to Ypres

t Wanstead, we believe that the study of history should continue outside of the classroom. We were therefore very keen to extend the Year 9s' knowledge, understanding and experience of the World War I unit by providing an opportunity for 100 pupils to travel to Belgium for a day in November in order to learn more about British soldiers' experiences on the Western

This was the first large scale overseas trip that the school has undertaken for sometime. As such, there were a few challenges along the way, such as mitigating for a very early departure and extra documentation needed due to Brexit, ensuring that Mr Langford picked up the keys to the gates of the leisure centre car park, and organising the whole trip in record time. We would also like to apologise to all

those pupils who did not get to attend the trip for whatever reason – it has been a significant logistical challenge organising the trip and we as a school worked extra hard to do our best.

Having said all of the above, the trip went very smoothly and the Year 9's were engaged in all the activities. Following our 7:20am Eurotunnel crossing, we visited some war cemeteries – two allied ones and a German one, where the pupils learned about some individual soldiers' stories – to put a personal dimension to the conflict – and took part in a remembrance wreath laying ceremony. This was followed by a visit to a trench recreation and a museum where pupils learned more about what it was actually like for young soldiers on both sides of the conflict and had a demonstration of the uniform and equipment worn

throughout the war. Finally, there was a chance to stop off for some dinner and visit a Belgian chocolate shop in the centre of Ypres before boarding the coach back to the tunnel and retuning to Wanstead by midnight after a very long day!

We would just like to thank all the staff involved in planning and running this trip - both the admin staff and the teachers, who gave up their whole Friday evening (and in many cases the Saturday – as it took almost a whole weekend to recover). We would also like to thank all the parents for ensuring that all the children were dropped off and picked up on time, and for being very patient with us while we planned the trip. We are looking forward to having more of these trips in the future!

By Mr P Chartorizhsky









Exploring Nine Elms and Battersea Power Station

ew to the A Level fieldwork itinerary this year was a visit to the ongoing transformation of the Nine Elms area into a new residential district, catering predominantly to the high end market as well as being the home of the new US Embassy, and to the former Battersea Power Station retail, residential and office complex. Pupils were able to experience at first hand classroom learnt concepts including "arrested decay", the controversial regeneration concept of "poor doors" and the constraints of working with listed buildings.

Visiting the former power station just three weeks after opening, allowed pupils to view the high-end shopping centre whilst work was still being undertaken and this also enabled us to see an exhibition mounted by the developers in one of the vacant shops showing each stage of the redevelopment of the area over the past 40 years from closure of the power station through various failed attempts to transform the area culminating in the current project in its final stages of completion.

Pupils were able to judge first hand

who the development is being geared towards as well as judging its success as a regeneration project. A simple "shopping basket" survey found that 20 items of an everyday shop cost 115% more at the general store on site than it did in a high street supermarket – clearly catering for a market with high disposable income, but probably small change for those who can afford the £9 million penthouse properties on the top floor extension to the listed power station building.

By Mr D Leftwich

The Wanstead Golden Globes

Starting this term, the Geography Department are awarding golden globe badges to pupils who have excelled in their learning this term. Each teacher has one badge to award across all the groups they teach. This term the Wanstead Golden Globes go to:

Mr Hamza	Mr Leftwich	Miss Mak	Mr Smith	Mrs Steel		
Elise Year 8	Fayed Year 10	Millie Year 8	Selin Year 8	Frankie Year 9		



Outstanding Geographers

Well done to the Year 9 pupils Eliza, Tavras, Maya, Skye and Ngaire they have demonstrated excellence from the start of the academic year in Geography, in all the lessons they have been present in. The quality of their work on the current topic of Population and Urbanisation has been outstanding and easily exceeds the standard of Year 9 work in Geography. The impressive detail throughout the topic was commendable, especially the use of data! All the pupils have made thought provoking contributions during class discussions which has allowed high quality discussions to take place during the lessons. They have also worked well in group tasks benefiting those around them.

All their hard work was demonstrated as they each scored exceptionally in their end of topic assessment, supporting their answering with fantastic examples that went beyond what was discussed and taught in class.

By Mr M Hamza

A trip to King's Cross Central - Europe's largest regeneration scheme

his year's visit to King's Cross Central to view and evaluate the progress of Europe's largest regeneration scheme was enhanced with a presentation from the developers, Argent's Managing Partner, Nick Searl. During Nick's 40 minute presentation pupils gained an insight into the scale and complexity of the project and how Argent shaped the transformation of 27 hectares of

brownfield site into a new residential, commercial, leisure, retail, and educational hub just to the north of King's Cross Station. It became clear that sustainability and adaptation have been the key features of the process and that neither Brexit nor the pandemic have had any major impacts on the nature or progress of the scheme. Nick confidently expects completion of the project by 2025,

largely on schedule and to budget. At the end of the presentation the pupils asked a series of insightful questions which has enabled them to develop a significant case study for their A Level Geography studies whilst also developing a wide range of fieldwork skills in readiness for the NEA coursework research which will begin later in Year 12.

By Mr D Leftwich



The History of Wanstead High School



As Wanstead High is nearing its centenary, some of us wonder what the history of the school is. Well, it is a very long and interesting one, all beginning with the demolition of Wanstead Park Manor.

When the extensive manor was demolished in the 19th century,

one of the only buildings remaining was The Old Rectory in the very corner of the grounds, which served as the cornerstone of what was then called Wanstead County (now Wanstead High). The very first headmaster of the school was A.F. Joseph Esq, and in its beginning, our school was a grammar school - in fact one of the only few mixed sex schools in England.





which we do not have anymore. Those who have attended or worked at this school for the last few years will remember the old pavilion on the edge of the Main Quad. In the Heronian, the funding for this pavilion was mentioned quite a few times across a few issues. It was first opened in the year of 1935 at the price of £1,450, and we are lucky enough to even

have a photograph of what it looked like then.



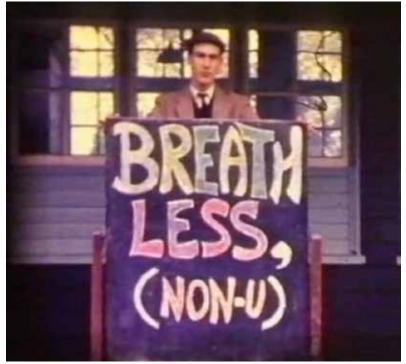
When Miss Hillman, the headteacher of our school, was clearing up her office after the former headteacher, she found a stack of very old newsletters titled 'The Heronian' dating back to 1935. These are filled with recounts of school trips and events, advertisements, and each of them had the game scores for school sports matches. These help us build up a wider knowledge for us of what the school looked like back in the 1930s.

There are many parts of the school back in those days



There are also another two sources of information on what the school was like decades

ago. The first is a very interesting one. The school received funding for a 8mm film titled "Breathless", which was along the same lines of the 1960 French crime drama film with the same title. Wanstead High decided to make their own version as the film was very popular in those times. Parts of the film show the parts of the school in the 60s. There is also a documentary on Vimeo named 'Wanstead High School in the 1960s' made twelve years ago with author Ned Williams recounting his life at the school in that era.



The old history block, interestingly, used to be the boys' prefects' hut. According to one of our history teachers, Mr. Hardy, the site of the gym used to be an open-air swimming pool, which you can see in "Breathless". Teachers who have taught here for at least twenty years will remember the times when there were no fences around the school, which resulted in madness: golfers from the nearby Wanstead Golf Club would come storming onto the grounds looking for their balls, or angry parents looking to complain.

In the school's first few decades, the place of the Main Quad was the site of the old lunch hall, which stood there in the times when there was not enough space for a lunch hall inside the main building.

I went on the hunt around the school to find the place in which the shooting range of our school used to be. This was used by Army Cadets, and they would probably use real rifles. One of our school's caretakers said that they were told the site was in the area where the commemorative Queen Elizabeth Artwork is located.

Our incredible theatre did not exist a long time ago- so, you may wonder, where was it?

The main building did not have a dining hall, and so there was no kitchen. In the place of the kitchen was a vast gym, and a stage. This was used for assemblies and for school theatre productions such as the Shakespeare plays.

Even back in the 30s, there were school trips abroad, but really it is expected as it was a grammar school once. The girls had a trip to

Paris once, where they visited Notre Dame, followed by The Château de Malmaison 15 kilometres from the centre of Paris.

Uncovered by Ned Williams, the school in the 60s still had prayers in the mornings- the Christians would do so in the lunch and assembly hall, and there would also be a special space for the Jewish Community of the school, who made up a large part of the school population back then.

Miss Hillman, sadly, never met her grandfather, Sidney Huxley, but found out that he had worked at the school from 1939 to 1949 as a French and English teacher. She found this out by looking in the school archives which had a list of all the teachers who had

By Riku - Year 7

ever worked at Wanstead High. He had actually experienced the evacuation of the school to Ipswich in 1938 (the beginning of the second world war). They used a fleet of London Buses to do so, and were later also sent to Chippenham in Southwest England. Thankfully, the school buildings were not even touched and no damage was discovered when children went back to school in 1945



Careers Updates

would like to thank my colleagues for the work that they have done to ensure that careers information, opportunities and experiences are embedded in the mainstream of our school community. This includes initiatives and opportunities cited elsewhere in this edition of the Heron Homelink, including the rollout of Unifrog and Skills builder in the Sixth Form and Year 8 respectively, and the promotion of the Enterprise Project in Years 9 and 12. Updates will of course be provided on all of these in upcoming editions.

In addition to the talk from Sue Hoyle on careers in the Arts hosted by Ms Grace, some teachers have also been hosting online talks from Speakers for Schools, including a talk on Women in STEM to Year 10 and 12 Science pupils.

On Friday 9th December, I hosted an interactive talk on STEM careers in the motor industry by two representatives from Ford, spotlighting opportunities through their apprenticeship and graduate schemes.



We have also run a careers-focused visit in the form of the London Schools Climate Kick Start event, taking 30 Year 9 pupils to the London Stadium on 17th November. The event, organised by the Greater London Authority, was hosted as part of Green Careers

Week, targeted at pupils interested in a career in the green industries/sectors to help inform their GCSE choices. The event started with workshops hosted by TfL and the University of Greenwich, focused on sustainability. The group hosted by TfL for example, had to redesign a road that had been closed by traffic to make it sustainable and environmentally friendly.

The pupils then visited an interactive exhibition hosted by representatives of green careers and industries, including London College of Fashion, UCL, Greenwich University, Jacobs and Balfour Beatty, London Legacy and West Ham United. A favourite stand was hosted by event partner and global IT and consultancy firm CGI, at which pupils could connect with the UN Climate Change Conference taking place in Egypt via a virtual reality headset.

The visit was topped off by a tour of the stadium, including to the home and away dressing rooms, which focused on its sustainable elements. The visit proved to be both highly enjoyable and beneficial for pupils in helping inform their GCSE choices, and we look

forward to holding more careers-focused visits and events in the New Year.

By Mr D Langford





Careers dates for your calendar

National Apprenticeship Week -

6th- 12th February 2023

National Careers Week -

6th - 11th March 2023

Other important careers updates

For Year 11 pupils-events, opportunities and information is posted regularly on the Post-16 Pathways Google Classroom (code 45me6yo)-please could you ensure that your

child has joined if they are in this year group.

The latest edition of the ASK Apprenticeship parent pack can be found here.

All pupils from Year 11 upwards are entitled to a careers appointment with our Prospects advisor, and will be seen over the course of the year. If you would like your child to have a priority appointment sooner, or they are in a lower year group and you would like them to have an appointment, please contact either myself or their form tutor, who can arrange an appointment through the school office.

By Mr D Langford

Our Sixth Form application window is now open.

Please click on the link to apply.

https://wansteadhigh.applicaa.com/

Visit to Queen's Theatre

The Strange Case of Dr Jekyll and Mr Hyde

'ear 10 pupils were invited to the Queen's Theatre to watch a thought-provoking performance of the Victorian classic 'The Strange Case of Dr Jekyll and Mr Hyde'. Three coach load of excited Year 10s embarked on their first English trip in three years. The atmosphere on the coaches was one of excitement and adventure. The dark and

dramatic performance ignited a much needed discussion amongst pupils around social issues of toxic masculinity and sexual violence against women. The written responses that followed by pupils were thoughtful and mature, reflecting a real engagement with the performance.

By Ms S Khan

I enjoyed the day out as a time away from the stress of school to relax and watch the play with my friends. It was the first trip I've been on with school and would love to go again. I've never been a fan of watching plays however it set a high expectation for me and has inspired me to watch more. By Max - Year 10

We have not had many opportunities to go on trips over the last few years. This was a refreshing change from learning in school. **By Patrick - Year 10**

A thought provoking piece of theatre exposing the shocking reality of malicious masculinity in society then and now

The timeless classic by Robert Stevenson was adapted and directed by Neil Barlett to explore the oppressive nature of a patriarchal society. This is presented through the intriguing ensemble of highly respected gentlemen who represent the voice of society refusing to go against the title and legacy of a man but rather cover up the crimes of a fellow high class colleague. The play is executed down to every last detail to set the scene of a patriarchal time period and expose the sexist attitude towards women.

By Nadia - Year 10

A mind twisting piece of theatre exposing the components of sexism and toxic masculinity in our society.

The play was very well directed, with synchronized choreography, and an aspect of suspense portrayed through the forces of evil of the chorus of top hatted gentlemen standing as one. As the play progresses the audience begins to understand the narration of the ensemble of gentlemen is not trustworthy and as the audience we need to build our own perception of what is happening, which adds to the sense of mystery.

The play was an adaptation of the #MeToo movement, a social movement against sexual abuse. In this adaptation, one of the main protagonists of the play was Dr Stevenson, the first female to be admitted to an all-male hospital. The other characters were quick to judge her capabilities, referring to her as "doctor" in a sarcastic tone, yet she played a big role in piecing together the mystery of Dr Jekyll's nocturnal violence. Dr Stevenson and Hyde's first victim, 'the girl' work together to uncover this mystery. 'The girl' was eager to expose Dr Jekyll for who he really is, and to expose the network of top hatted gentlemen, who would rather cover up than expose the truth.

In my opinion, the performance was very engaging, it kept you on the edge of your seat throughout the duration of the play, and overall was a very positive experience.

By Lorena - Year 10

Neil Berlett's adaptation of the Victorian classic, 'Jekyll and Hyde', has taken a direct blow at the issues racking our society, using female leads and an oppressive male chorus to show the dark impact of toxic masculinity on our society.

The thought provoking play makes use of many different aspects of theatre - from comedy, to tragedy to horror, a spectacular twist to the original gothic novella. The play also manages to combat social issues, influenced heavily by the recent Me Too movement, showing that even in the 21st century, classics like this still have relevance. Throughout the play, the sinister chorus of gentlemen are seen conspiring and covering up the misdeeds of others, all the while barring any who are different to them - notably women - from entering their world of the 'top tier' of society.

Arguably the protagonist, Dr Stevenson acts in a detective role, struggling to piece the puzzle of the Strange Case of Dr Jekyll and Mr Hyde together as all those around her malevolently try to hinder her progress. Together with a young girl attacked by Mr Hyde, they also strive to break down the gender barriers that marked Victorian society.

Overall, the performance is a perfectly executed, majestic piece of art, encompassing all essential elements of theatre. I would recommend it to anyone - 'Jekyll and Hyde' is definitely a hit!

By Elliot - Year 10

The terror of toxic masculinity

Robert Louis Stevenson explores the idea of monstrous masculinity through multiple characters. For example the constant hushing from the chorus of men is a microcosm of the minority of male figures who silence the voices of desperate characters like The Girl. I thought they played a significant part in the play and really pushed forward the meaning of the #METOO movement in the sense that in order to be heard you must speak out against those preventing you.

By Oliver - Year 10

Summer Reading Challenge 2022

his Summer, pupils in Key Stage 3 and Key Stage 4 were encouraged by the English Department to participate in the Summer Reading Challenge where they were encouraged to read widely during their six weeks holiday. Pupils were asked to list the books that they read and praise points were awarded to each participant. We received hundreds of entries from all year groups and it was clear that pupils really took this challenge seriously. It was lovely to see the broad range of texts that were read during the summer. The top three readers from year group were then put into a hat and selected at random. The winners this year were:

Kitty - Year 7

Kate - Year 8

Isla - Year 9

Anna - Year 10

Winners will receive a certificate and voucher! We look forward to inviting pupils to take part again in Summer 2023.

By Ms S Khan and Ms C Gorczak

Poetry Inspired By Langston Hughes Poem 'Dream Deferred'

What happens to a dream deferred?
Does it whimper
Like a wounded dog?
Or linger like smog—
And then engulf you?
Does it crumble like a smouldering house?
Or rumble and grumble inside —
Like the stomach of a starving child?

Or does it implod

By Abdurrahim, Isaac and Amaani - Year 9

Refecting Upon Climate Change

One day, you will stop and see.

You hear the clanging of metal in the sea, You see the plastic floating in despair, You feel the sea gasping for air, You gaze into the depths of the dying sea, And finally notice the spots of death appearing in the

One day, you will stop and see.

By Abdurrahim - Year 9

Wonders of nature

I am awestruck by the wonders of nature, I see glistening waterfalls, I hear birds chirping melodies, I see rivers flowing smoothly, I hear the whistling wind around me, I see gentle waves in the river, I am awestruck by the wonders of nature.

By Amelia-Jane & Scarlett - Year 7

You stand in the darkness and look at the world around you

You see the smog filled air

You step into endless litter

You stare at the concrete jungle

You hear the groans of over worked people

You smell the car fumes

And finally you notice the world looking back at you.

What do you say?

What do you do?

By Amaani - Year 9

Young Writers Mini –Saga Competition

As part of developing and inspiring budding writers, all Key Stage 3 pupils were invited to enter a mini- saga competition. This was 100 word story inspired by a number. We had many original entries from all year groups! Look out for further competition announcements on the English Competitions and Events Google page. If you haven't already done so, join with this code - 5d7atkr Thank you all for taking part and congratulations to the

By Ms S Khan and Ms C Gorczak

Below are the winning entries \textstyle \te

Squished in a humid, white room, we were like prisoners confined... Numbers stuck to us like velcro on our beige surgical gowns, I had been nominated as number 13. Leather wristbands, wrapped around our wrists marinated in our own blood. Selfish, dull workmen shuffled toward each 300 of us. We were called upon to begin the test, the test that decided our lives. Failing the test wasn't an option. One wrong answer and you would be concealed deep in the depths of a graveyard. Dead. Shrieks and cries echoed throughout that humid, white room that haunts me to this day By Betty - Year 7

A blood curdling scream rang out across the neighbourhood, closely followed by a gunshot, and then silence... Police ran fast, but it was too late. They entered room 707, and all that was to be found was a smashed window and the dead body of a young woman lying still on the cold, hard floor. They began to look for possible clues, and it was then that they saw it. An open diary with the letters L.O.L scratched out in oozing red blood. What once had been a happy family home had now become the scene of the murder of Lucy Olivia Lace.

By Frances - Year 7

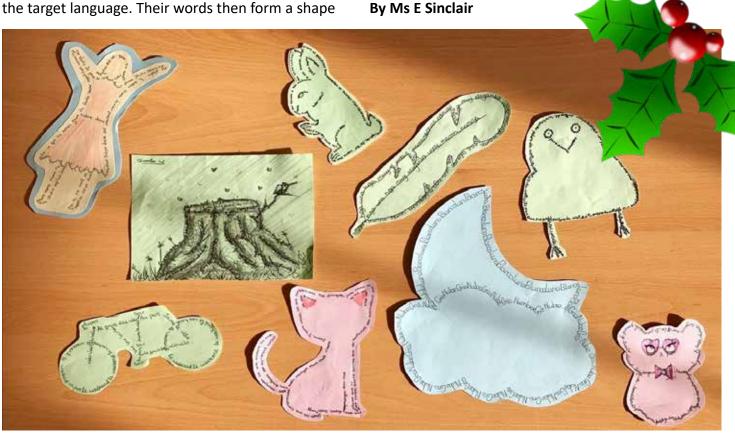
"As I lay down on my stomach. My breathing was rapid. My finger lay softly on the trigger. As the streams of dust settled - I saw the target. He was in the perfect position. I lay there wondering when I should take the shot asking myself questions like - "Should I take the shot?" Then a voice in my ear sounded. "Take it." "5... 4... 3... 2...1, Snap!" I push down. There is flashing light and click..." Smile for the camera!"

By Umar-Farooq - Year 9

Inspiring Calligrams

Calligrams are a fantastic way to get creative in another language. Pupils choose a topic that they love and research words and phrases about that topic in the target language. Their words then form a shape

related to the topic allowing pupils to broaden their vocabulary and create a work of art in Spanish and French!



Build A Boat Competition

Criteria for success:

Use any small objects such as sticks, twigs, leaves, egg shells, anything that will not dissolve or get soft when wet! The boat needs to float. The model must be bigger than your hand.

Well done to everyone who put a lot of effort in building the boats.

By Science department





Snow poems



Daisy - Year 10 Winter I saw no beauty in winter. I only saw cold grey The blatant Ioneliness and misery; now I see, The snowflakes drifting, like stars

In the night

The heat of my breath Cascading in twists and whirls

The wind in my hair,

Iced, Feathered

Sending chills down my spine

The crunch of the snow

Under my feet That echoes through my mind Like the lingering sensation of the once warmth Of my home

The sun that rises,

Bright,

Luminous,

Like the shine of happiness and joy, the snow begins to fall; I see the beauty of winter

Because now,

I see the essence of hope,

And its ability to make even the coldest things

Warm

Inspired by poet, Brian Bilston's 'snow poem'

Droplets

Pitter

Pattering

Against

My

Water

Window

And

Then

Sliding

Down

To

The

Ground

Inalargepuddle

Elise - Year 8

White Reece - Year 9 speckles fell to the ground Built a thin layer made heart pound my Soft speckles hardened overnight Skies so light

It made me grin with delight.







The small white Snowflakes fell slowly cold On to Tree And Created This great **Awesome** Poem about the snow

Alexander - Year 7

playful,

I dance gracefully;

I float unknowingly

Of the

excited children

Who Await My

Freezing fate.

As I come to rest on my emerald bed, I hear the squeals of delighted heads. As they joyously chant "It's here, it's here" And gather me up in light-hearted cheer.

What am I? Snow.

Persis - Year 10

lggy - Year 9 **Snow Day** Fun Fell From the Heavens and landed on our driveway In the Form Of

During remote learning, some of our pupils wrote snow poems as inspired by Brian Bilston's 'snow poem'. They were shared with him on Twitter and we were thrilled that he replied saying that he loved them!

Snow, settling on the ground, being

described by a student as they turn it into a

By Ms N Ahmed

poem.



I am pleased to report that the Christmas spirit of the school community triumphed

I am pleased to report that the Christmas spirit of the school community triumphed over the disruption caused by the snow and ice.

We ploughed (excuse the pun!) ahead with our plans for the pupil Christmas lunch on Thursday 15th December. The dining hall was decorated using decorations made by pupils with the help of the Art department, with tables furnished with Christmas table cloths. The pupils enjoyed Christmas crackers and a delicious festive lunch prepared by our catering team, whilst listening to Christmas classics.

We also held our school Christmas jumper day to compliment our celebrations, and many of our staff and pupils were stylishly dressed in numbers of varying designs. The money raised will be donated to homelessness charity Crisis.

Finally, we held our annual collection for Redbridge Food Bank, and as always, were overwhelmed by the generosity of the school community; filling 7 large crates with donations of much-needed items.

I would like to thank the pupils and parents who were able to contribute to our Christmas fundraising efforts, and would like to take this opportunity to wish you all a Merry Christmas and Happy New Year.

By Mr D Langford





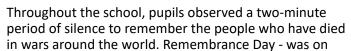


A time to reflect! Remembrance Day











Friday 11th November - which marks the actual day of World War One which ended, at 11am on the 11th day of the 11th month, in 1918.

Looking back on our Open Evening

On Thursday 27th September, Wanstead High hosted its Open Evening from 5:30 pm to 8:30 pm. It was filled with success; bright smiles, great feedback from parents of children who attended and hard-working pupils presenting what everyday lessons looked like. All of these were the elements of an incredible evening. "Although most members of Staff and pupils were tired by the end, we all loved the atmosphere going around the school throughout this evening." stated Mr Anderson from the Drama and Dance department.

A Year 7 student who took part said that "All of the children were very confident, creative and did not shy away."

Our headteacher, Miss Hillman, was making speeches to the different groups of parents and children about the all aspects of the school. This was followed by four pupil speakers saying what the school offers to all who join the school. Lest us not forget about those pupils who led the tours, who did a marvellous job taking parents and children- the majority of whom were from Years Five and Six- to all the departments and showing off how much they love being in this environment. A notable email was sent from one of the parents to Miss Hillman, bearing this message, "The children who welcomed us in different areas of the school— particularly the science departments-were confident, fun and engaging.

Our tour guides were incredible. The classrooms were bright and interesting and the food in the canteen were great. There wasn't a hint of teenage cynicism – just genuine enthusiasm." This is the message which made Miss Hillman feel incredibly proud to be the Headteacher at Wanstead High.

By Riku - Year 7

Wanstead Stars



Wanstead Stars



William, who is a member of the RAF Air Cadets. He was selected, at short notice, to attend a day of flying at RAF Benson in Oxfordshire.

William - Year 10



Wanstead High School

EDUCATION WITH CHARACTER

Wanstead Stars



Ben, completed his 1000 miles in 2022 in July. Some of it was day to day walking to school and in the playground but he also walked up 2 volcanos and a glacier in Iceland.



Wanstead High School

EDUCATION WITH CHARACTER

Wanstead Stars



Ellen, our Jack Petchey winner this Autumn. At Eton Manor Ellen attends lessons, tournaments and social events enthusiastically. She also helps out at coaching sessions and has a big impact on the young people's progress. Well done Ellen!



Wanstead High School

EDUCATION WITH CHAPACTER

Wanstead Stars



Oscar, finished second in the 2022 Mexico Cup Karting Championship. The final race was last night at the Rye House track in Hertfordshire. Oscar is the fastest driver in his championship, having set the fastest lap of the whole season during the race. He finished the season just a few points behind the overall winner. Oscar's next race will be in February - higher-level Spa Karting Championship in February.



Wanstead High School

EDUCATION WITH CHARACTER

Christmas dishes made by pupils



25th November 2022 Teaching & Learning INSET Day Adaptive Teaching



Sports News



Boys Football

After a number of cancellations and attempts to arrange fixtures, the Year 10 boys started their season very well with a very competitive 2-1 victory away at Valentines High School. The game was played in good spirits with excellent sportsmanship and some good technical skills on show from both schools.

The team then played Atam Academy on a very challenging school pitch but attempted to play passing football throughout the game with the threat of pace upfront from the Wanstead attackers. As the game developed, Wanstead grew in confidence and 3 quick goals at the end of

the first half won the game for the team. In the second half, Atam grew in confidence pushing to get any consolation but the Wanstead defense stayed strong resulting in a 5-0 win. In the final game and the hardest of the three so far Wanstead travelled to Caterham High School in the first round of the Redbridge Schools Cup. On a wet and windy evening, the team played some very nice passing football on an astroturf surface that was suited to this style of play.

The game was very close in the first 20 minutes but as Wanstead grew into the game their dominance took over with a 3-1 win. The next round is currently being arranged and the boys will play Trinity.

By Mr M Adams

Indoor Athletics

Year 7 and Year 8 attended an Athletics competition for Redbridge Schools on the following dates:

Year 7 - 13/12/22 at Beal High School

Year 8 - 6/12/122 at Mayfield High School

The Year 8 Athletics team thoroughly enjoyed their time at Mayfield High School. All pupils showed excellent leadership, teamwork and resilience throughout the event, which was extremely competitive especially for the boys in their competition.

We are awaiting individual results for events from the organiser, but the girls finished 3rd in the Borough, which is an excellent result for the school. This bodes well for the upcoming summer Athletics events.

Well done to the following pupils who attended:

Maeve	George		
Molly	Sam		
Lara	Seth		
Lottie	James		
Mia	Henry		
Naomi	Daniel		
Ruby	Elson		



Girls Football

Year 7 & 8

Congratulations to our Year 7 and 8 Girls Football team on their second out of three tournament matches at Frenford FC. The girls showed excellent teamwork and resilience, which allowed them to lead Wanstead to victory! Hopefully, the girls can continue strongly in the last week of the competition (7/12/22).

Week 1 Results

Wanstead v Trinity 1-1

Wanstead v Beal 5-0

Wanstead v Woodbridge 1-0

Week 2 Results

Wanstead v Chadwell Heath 1-1

Wanstead v Atam 4-0

Wanstead v Seven Kings 2-1

Well done to all the girls that played; Robyn, Mia, Evie, Tayneah, Mariela, Lily, Maryam, Evan, Ellie, Maria, Zoe.



Week 1 Results

Wanstead v Caterham 2-0

Wanstead v Trinity 2-0

Wanstead v Seven Kings 9-0

The girls qualified for the quarter finals where they played against Mayfield on December 14th. Well done girls; Kitty, Esme, Brooke, Nadia, Hajar, Orla, Persis, Megan, Matilde.

By Ms C Feeney



Netball

It is great to see Netball Club numbers still soaring after the recent drop in temperature and darker evenings. After some match practice on the lower playground at the beginning of term, we have had more recent Wednesday's to practice our basic skills like footwork, shooting and defending in the comfort of the Sports Hall.

The pupils enjoyed the 'netball specific' circuit training session, where each station focused on a different aspect of Netball. For example, explosive strength, balance work, reaction time and speed were all components practiced during the session.

Thank you to Woodbridge High School, Isaac Newton Academy and King Solomon High School for coming to us for the fixtures this half term.

We have some away fixtures scheduled for after

Christmas which we're excited to share with the pupils.

Congratulations to our Year 8
Netball team who were victorious
against Isaac Newton Academy
with a score of 23-5. Well done to
our captain, Maeve R, for receiving
player of the match. Thanks to INA
for coming to us for the fixture.

By Ms C Feeney

Ebony
Lottie
Maeve
Mia W
Mia M
Eva
Gabriella
Molly







Basketball

Year 8 boys played and won their first basketball game of the season against Valentines on 24/11/22, with the final score being 18-14 to Wanstead. The starting line up included George S, Kayden A-M, Elson C, William B and Rudy A, Lucas M, Seth M, Mohammad Y, Mohammed E-P and Louka P started on the bench but played a vital role in the win where rotation was key. The boys had a 2 point lead going into the final quarter. William B secured the win with a fantastic shot from just outside the free throw line.

Participation in basketball has been excellent this term

across all year groups with Year 7 and 8's basketball taking place on a Monday and Year 9's and 10's on a Tuesday. Keep up the good work!

Interform Basketball

This will be taking place in the last week of term (Week beginning 12th December) for Key Stage 3. The tournament will take place in both of your PE lessons for that week with the winner s for each half of the year playing in a final after the xmas holidays.

By Mr M Adams

Sporting opportunities in the local area

Name of club organisation: Wanstead Shotokan Karate Club

Contact information: Gary James - Gary.wanstead@outlook.com

Time and date of session(s): Monday at 7pm for beginners and 8pm for Advanced Pupils and Saturday at 12.15 for Advanced Pupils and 1.15 for beginners

Location: Wanstead Leisure Centre, Redbridge Lane West, E11 2JZ

Name of club organisation: **Eton Manor RFC**

Contact information: Ged White - 07305 089972. gedwhite@gmail.com

Time and date of session(s): Training on Tuesday & Thursday evenings, games/training on Sunday mornings

Location: The New Wilderness, Nutter Lane, Wanstead E11

If you organise girls only sessions if so any further information: We do run separate sessions for girls at U12, 14, 16 & 18's. Training is on a Wednesday evening with games/training also on a Sunday.

Name of club organisation: Linkside Lawn Tennis Club

Contact information: Yasmin Anwar Email - membership@linksidetennis.co.uk

Time and date of session(s): We have tennis sessions after school on weekdays and Saturday mornings for different age groups. If anyone is interested, they can email for further information

Location: Overton Drive , Wanstead , London, E11 2LY

If you are interested in advertising your club/ organisation to pupils of the school please send the details to m.adams@wansteadhigh.co,uk.

PE Enrichment

The school have been approached by a local squash club to see if any pupils at the school are interested in receiving squash coaching after school. If you would like your child to be involved in this opportunity please complete the Google Form to express interest and more information will follow. https://docs.google.com/forms/d/1cAG6 PSgfN-182MPXF7KxKrCK5MVAdWLTGybzBPJqgtc/edit

The PE department are also changing the enrichment clubs after school starting from Monday 9th January from 15.00-16.00.

Monday - Year 7 & 8 Basketball in the sports hall & fitness in the gymnasium

Tuesday - Year 9-13 Basketball in the sports hall & Dodge Ball in the gymnasium (if interested please express your interest via the google form https://docs.google.com/ forms/d/15_bdEN9p9mR8-N6o_Tlo-nLGmg_hcbcW0apzOklj1rU/edit#settings)

Wednesday - Badminton (all year) in the sports hall (if interested please express your interest via the google form https://docs.google.com/forms/d/11sq4QuHi3LTZvcQ4n-VTCvlH4CBRYOFxW20m WGQMqHY/edit#settings)

Day	PE Enrichment Club (15.00-16.00)
Monday	Year 7 & 8 Basketball Fitness
Tuesday	Year 9-13 Basketball Dodge Ball
Wednesday	Badminton GCSE PE Intervention (IR2)
Thursday	Staff meetings/school events
Friday	

Sporting Success

As a department we are aware that many pupils within the school community participate in sports clubs and activities outside of school which is excellent and something that we encourage. Also, thanks to the parents/carers who give up their own time to support their children in their performances. As a department it would be good to share these and promote these within the school. If your child achieves sporting success please email m.adams@wansteadhigh. co.uk and we can share this with the school community.



Freedom Programme

Six Year 9 pupils are currently participating in a 6-week self-development art programme called Freedom 2 Create run by FREEDOM 2. FREEDOM 2 is a charity based in East London and work with girls aged between 12 years and 17 years old. FREEDOM 2 uses a variety of different art activities to focus on important topics, such as self-worth, identity, healthy relationships and empowerment. The aim is to encourage every girl to reach their full potential. The programme will culminate with an exhibition at a local gallery which will showcase our pupils work.

By Ms D Cini

Pictured: Amber and Kitty working on their creative projects

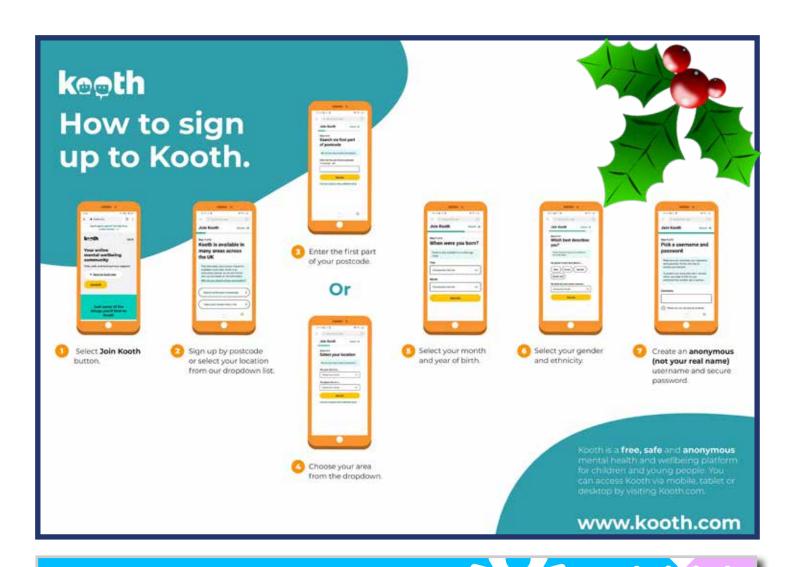
keeth

Kooth provides a safe, secure means of accessing online emotional health support from a professional team of qualified counsellors and emotional wellbeing practitioners.

Kooth offers wellbeing support 365 days a year via a vast range of self-help materials, peer to peer support and young people are able to contribute too. Kooth also has an online wellbeing team from midday to 10pm Monday to Friday and 6pm-10pm at weekends - they provide online counselling via live chat or messaging.

Kooth is free to access via a mobile phone, laptop or tablet - your child simply needs to visit www.kooth. com and click 'Join Kooth'. Everything is pre-moderated and age appropriate, in order to safeguard our users, so you know that what your child is accessing is safe.







What's on Kooth in **December**

Tuesday 6th December

Discussion Board Coping with Grief during the festive period

Wednesday 14th December

Live Forum **Top Tips- For budgeting** this season 7.30pm - 9pm

Wednesday 28th December

Live Forum Social Takeover- End of Year Party 7.30pm - 9pm



Tuesday 13th December

Discussion Board Coping with eating difficulties during the festive period

Monday 19th December

Live Forum Let's Talk: Loneliness 7.30pm - 9pm

Friday 30th December

Discussion Board End of year reflections

LUNCH TIME CLUBS & AFTER SCHOOL CLUBS

	Mon	Tues	Wed	Thurs	Fri				
3		Befor	e School - 7.30-	8.20					
	Breakfast Club	Breakfast Club	Breakfast Club	Breakfast Club	Breakfast Club				
*	Library Year 7	Library Year 8	Library Year 9	Library Year 10	Library Year 11				
	Year 7 Nature Agent Club Room \$8	Years 7 Well-being morning Well-being Room	Year 9 Well-being morning Well-being Room	Years 10 & 11 Well-being morning Well-being Room					
	Lunch Time Clubs Year 7-9 Lunch is 12 20-1 00nm · Year 11-13 is 1 20-2 00nm								

	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		
	Year 8 Textiles Club - Week 2 Only - Pupils in 8W2 Tech - Room 42	KS3 Origami Club Room S2	Year 9 Dance Company Dance Studio	KS3 Photography Club (Week 1) NB09	KS3 Dance & Drama Open Studio		
	KS4 Maths Homework Club (Week 1) - MA1 Years 7 & 8 Dance Company		KS3 Maths Homework Club (Week 2) - MA1	KS4 Maths Homework Club (Week 2) - MA1	KS4 Dance & Drama Open Studio		
		Meteorological Society 12.40-1.00pm - Week 1 - NB1	KS3 Board Game Club Room 14	KS4 and 5 Choir Room 36			
		7 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 -	Chess Club - LP1	KS4 Dance & Drama Open Studio			
				KC 2 I CRT+ Club	A CONTRACTOR OF THE PARTY OF TH		

After School Clubs

Room 18 **KS3 Maths Homework Club** (Week 1) - MA1 **KS4 Spanish Conversation Club** - Room 19

		Aitel School Class						
	Mon	Tues	Wed	Thurs	Fri			
	Choir, 3.00-3.50 Room 36	Football Fanatics Club - for all - Room NB6	Orchestra 3.00-3.50 - Room 36	Steel Pans 3.00-3.50 - Room 36	Jazz Band Room 36			
1	Brass Group 3.00-3.40 Room 37	KS3 History Club Room 13	Geography Book Club 3.15- 4.00 (Week 2) - NB2		KS3 Drama Club Theatre			
	KS5 Film Club (Week 2) Room 25	New Views Script Writing KS5 - Room 3/4	KS4 Dance Team Rehearsals Studio		KS4/KS5 Art Club NB11			
¥	KS3 & 4 Film Club (Week 1) Room 25	KS5 Literary Masterclass Library	Netball Club		200			
	New Views Script Writing Post 16 - Room 3/4	KS3 Poetry Club Room 9	Robotics Club Room IR1		プラ			
	KS3 Creative Writing Club Room 1	KS3 Board Game Club Room S3	Crochet Club Room MA3					
ŀ	KS5 Creative Art Club NB10	Band Rehearsals 3.00-3.50 - Room 38 & Practice rooms	Year 11 Maths Homework Club MA6	eva-				
	KS4 Design & Tech. (Yr11 Only) - Room 44	Wind Band 3.00-3.50 Room 37	From March 2023 KS3 Wanstead's London Geography Society 3.15-5.15 pm Room NB3					
	KS4 D&T Technology Textiles Club (Yr11 only) - Room 42	KS4 Coding Club Room IR4	THE PART OF THE PA	No. 1				
	Boys & Girls Football Club	Girls Football Club	心里是这					
	KS5 Philosophy & Ethics Essay Writing Clinic 3- 3.40pm - NB7	KS3 Dance Team Rehearsals Studio			STUDIA IN M			
	Classics Club Room 2		6 13					
V	Year 13 Stem/TMUA/MAT Prepartation Room 22		in the new term wated in January.	il 2022	2 - 2023			

UK Maths Challenge Club Room 23









Two online courses exclusively for teenagers!

Understanding your brain (for teenagers only!)

and **NEW Understanding your feelings***

(for teenagers only!)

*Includes the emotional effects of the COVID-19 pandemic

inourplace.co.uk

FIND OUT MORE...

Do you live in Redbridge?

- 1. Visit www.inourplace.co.uk
- 2. Enter Access Code
- 3. Begin learning

Access Code:

BRIDGE



Tutor Grid 2022 -23

Year	НОҮ	1	2	3	4	5	6	7	8	9	АНОУ
7	Ms C Murray	7.1 Mr K Holdbrook ICT Teacher SS1	7.2 Ms K Uddin MA2	7.3 Ms N Rowshan SS2	7.4 Ms M Kara 42	7.5 Ms E Everhart Ms S Morgan 01	7.6 Mr A Yiacoumi NB10	7.7 Mr R Ali S3	7.8 Mr M Hamza NB2	7.9 Mr D Vardavas NB8	Mr Hussain
8	Mr M Tinker	8.1 Ms F Begum NB6	7.2 Ms K Uddin MA2	8.3 Ms N Gomez 19	8.4 Ms S Begum 07	8.5 Ms C Feeney LP1	8.6 Mr D Leftwich NB3	8.7 Ms T Reynolds 09	8.8 Mr S Younis S12	8.9 Ms E Hayes LP2	Ms Gallagher
9	Ms R Gullefer	9.1 Ms O McLaughlin 02	9.2 Ms D Collins 18	9.3 Ms T Rajput 36	9.4 Ms B Waters 03	9.5 Ms N Redondo 20	9.6 Ms C Gorczak 04	9.7 Ms D Bennett 40	9.8 Mr D Hardy 11	9.9 Ms N Hassan S4	Г
10	Ms G White	10.1 Ms M John MA5	10.2 Mr G Narang MA4	10.3 Mr S Rashid MA1	10.4 Ms S Hoque Mr P Wilson SS	10.5 Mr I Sweet 38	10.6 Ms J Wali 37	10.7 Mr A Chauhan 22	10.8 Ms K Herbert then Ms Helen Cressall. Ms P Ayer (after February half- term) NB9	9.9 Ms N Hassan S4	
11	Mr R Carfrae	11.1 Dr D Srikanthan S9	11.2 Ms K Khan MA6	11.3 Ms R Grace S11	11.4 Ms N Begum MA3	11.5 Ms N Ahmed 08	11.6 Ms N Yasin 06	11.7 Ms S Clarke 44	11.8 Mr B Anderson Theatre	11.9 Mr R Nazir S2	
12	Ms T van Beers	12.1 Ms F Mak Ms F Law NB4	11.2 Ms K Khan MA6	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 2 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 Awan Ms S Younas S7	13.6 Ms H Tassine S10				

Autism in schools events links

Booking links:

Autism acceptance: A young person's perspective:

Wednesday 7th December 7.30 pm https://us06web.zoom.us/webinar/register/WN j LcU5-fSdOEPv4l-3Zw8w

Lessons I wish I'd learned growing up autistic

Friday 9th December 10 am https://us06web.zoom.us/ webinar/register/WN MHHi4HsUSAKsGavxZ7ow-w

Screen internet use and children with special educational needs and disabilities

Monday 12th December 7.30 pm https://us06web.zoom.us/webinar/register/WN walomBIOQVOYspI9sZ4ukQ

Special Educational needs and teenage years and how to navigate extreme behaviours

Wednesday 14th December 10 am https://us06web.zoom.us/webinar/register/WN KyE2eM9gTxesYJ0GAT0f1A

Additional links:

Autism in schools project more information https://nnpcf.org.uk/2021/06/23/autism-schools-project/

I can't go to school – a non-school attenders workshop: https://www.happyinschoolproject.com/i-cant-go-to-school/

Spectrum gaming - https://www.spectrumgaming.net/
Autistic not weird https://autisticnotweird.com/
Newbold Hope https://www.newboldhope.org/

How much do you know about autism?

Phase 1 of NHS England's 'Autism in Schools Project' is currently underway with 20 pilot schools in the London Region. As part of this project, the National Network of Parent Carer Forums would like to invite parents to a series of FREE online training and information events to help support autistic pupils at home and in school.

Find out more about the Autism in Schools Project here

"I Can't Go To School" a talk by Suzy Rowland

Thursday 1st December book for 10.30am or 7.30pm

Find our why anticle children can find it difficult to attend school and how you can help. FREE copies of Sury's new book <u>"Con't Go To School" - A School Nor Allende's Workhook</u> are up for grains for SR parents who attend the weblear.



Wednesday 7th December 7.30-9.30pm BOOK HERE

"Lessons I wish I'd learned growing up autistic"

Onis Bannella, autistic advacate, former teacher, award winning writ nowellat and founder of <u>Autistic Net Weind</u> shares his personal and professional insight on an autistic shild's experience of growing up.

Friday 9th December 12pm-2pm BOOK HERE

ticale, former tracher, award winning writer, tintic Not Weird shares his personal and instinctic shift's experience of growing up.

12pm-2pm BOOK HERE

Screen and Internet Use and Children with Special Educational

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Needs and Disabilities – Monday 12th Dec, 7,30-9,30pm BOOK

Special Educational Needs and Teenage Years & How to Navigate Extreme Behaviour – Wednesday 14th Dec, 10am-12pm BOOK

With Yvonne Newbold from Newbold Hope

If you have a query about these sessions or the Project please email us at London@nnpcf.org.uk

Links to register for the sessions are here.

The schools listed on the registration form are those taking part in the pilots across London. For Lambeth just tick 'other'

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY December Kindness 2022 Spread Contact Support a charity, cause someone you can't be with or campaign December you really care to see how calendar with they are Listen Notice when Give a gift to Do something wholeheartedly to others without judging you're hard on helpful for a message for someone else friend or family others and be kind instead feeling lonely member to find Give thanks. List the kind Share a Look for something happy memory many different people you can smile at today and let someone else discover the joy of giving Feed someone rinspiring positive to say things others have done thought with to everyone kindness today you speak to Appreciate Help others Bring joy to Treat everyone with kindness today, including kindness and someone for an achievement by giving away something that others. Share something which who do things that may go unnoticed you don't need made you laugh Be kind to Let someone Pick up litter or digital devices and really listen know how much the planet. Eat you appreciate use less energy kind for nature =(3) ACTION FOR HAPPINESS < Happier · Kinder · Together

Dates for your diary

JAN 2023

YEAR 11 PARENTS' **EVENING**

MAR 2023

YEAR 8 PARENTS' **EVENING**

FEB 2023

YEAR 12/13 PARENTS' EVENING

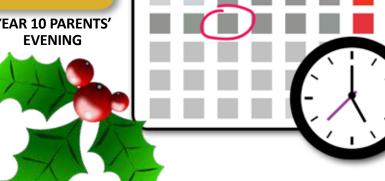
MAY 2023

YEAR 7 PARENTS'

EVENING

FEB 2023

YEAR 10 PARENTS'



Term Dates

AUTUMN 2022 SCHOOL TERM AND HOLIDAY DATES

Christmas break: Tuesday 20th December 2022 to Wednesday 4th January 2023 (inclusive)

► SPRING 2023 SCHOOL TERM AND HOLIDAY DATES

Starts from Thursday 5th January 2023 to Friday 31st March 2023 – (on the last day of term pupils will be dismissed at lunchtime)

Half term break: Monday 13th February 2023 to Friday 17th February 2023

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)

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

WHOLE SCHOOL TRAINING DAYS FOR 2022/2023

(SCHOOL CLOSED FOR PUPILS)

INSET DAY 1 – Thursday 1st September 2022

INSET DAY 2 – Friday 2nd September 2022

INSET DAY 3 – Friday 25th November 2022

INSET DAY 4 – Tuesday 20th December 2022 (Disaggregated into twilight training sessions)

INSET DAY 5 - Friday 23rd June 2023

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 (crest optional)

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@vahoo.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 diamante 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. It is not permitted for any student to wear any form of cap or hat in the school building. A plain black woollen hat can be worn to and from school and at break / lunchtimes when the weather is
- 6. Hooded sports tops or 'hoodies' are not permitted and will be confiscated.
- 7. Trainers, canvas shoes, plimsolls or patterned shoes must not be worn.
- 8. Jeans or tight fit trousers are not permitted.
- 9. 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.
- 10. Trouser belts must be plain and dark in colour.

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.



The school requires a