

# THE HERON HOMELINK *newsletter*



October 2022 Issue No. 1

## *What's Inside*

Poetry Week

Maths success story

Message from HOY 7, 8, 9,  
10, 11, 12 & 13

Portrait Competition  
Winner

Remembering HRH  
Queen Elizabeth II

Starting Secondary School

Nightingale arrives at  
Wanstead

Sports News



Poetry Week



Commemorative wall  
mural for Queen Elizabeth II



Wanstead Stars

Education with Character



# Welcome from the Headteacher

## *Welcome to our first edition of the Homelink*

I can't quite believe that we are already at half-term – it has been a very busy 7 weeks with pupils achieving successes in and outside of the classroom. This publication shines a light on many of these experiences and I am confident that the number of articles will grow and grow as pupils experience trips and events across the school and take part in enrichment activities. This is all part of developing Education with Character that we are so passionate about and which is more important than ever after Covid.

This has been a challenging Autumn for everyone in the country and we hope that we soon have settled and consistent leadership of Great Britain. Whilst there have been some changes here closer to home, I hope that the change in leadership at Wanstead has not been as distressing as that of the Government. I have, at least, lasted longer than 45 days and will hopefully outlast a lettuce! Our summary School Improvement Plan is published on the website and we are working hard to make this school the best it can be. Change will not happen over night but I hope you can sense our determination and focus on making this an outstanding community school.

The building work which was supposed to start over half term has been delayed as I am not satisfied with the plans that have been submitted and the impact on safeguarding and on the day to day running of the school. We are working closely with the Local Authority to ensure they give us enough notice about their proposed actions as we only received these this week. This may mean further changes to movement around the school site etc and we will keep you and the pupils updated about this.

It was a pleasure to attend some of the Achievement Assemblies this week; sadly I wasn't able to personally present all my awards as I had some other commitments and these are a new initiative. Moving forward I will book these in my diary to ensure I am there. Pupils I have chosen for my Headteacher's Awards have been particularly polite, warm and welcoming and display the good manners that we would expect from every child at the school. Well done to all of them and I look forward to getting to know many more pupils and celebrating their success. These, and other pupils, receive a £20 voucher and they are listed within. We will look at further Headteacher Award events, such as a celebration breakfast, later in the year. I was thrilled also to see an extract from Macbeth in the assembly – I am so excited to see this in December and hope that we will see many of you in the audience. Achievement Assemblies will be held each half-term.

I look forward to meeting many of you at the Year 7 Information Evening and also those of you who have booked into the Parent/Carer Surgeries.

I am writing this staring out to an almost blue sky and feel very sad that our pupils did not experience the cross-country event – the risk with the forecast weather was too great sadly and we had to make a decision in advance. I will never apologise for keeping pupils safe but I am sorry if you and your children were disappointed. We will rearrange this as soon as we are more confident with the weather.

Have a great half-term and a well earned rest. Thank you for all your support as parents and carers – it is much appreciated.

**Miss E Hillman**  
**Headteacher**

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our website:

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**Wanstead High School**





# Poetry Week

## A celebration of all things poetical

**T**his term we celebrated Poetry Week at Wanstead High School with a focus on the theme of 'The Environment'. In English lessons, pupils were looking at poems as well as writing their own about environmental issues, animals in our local area as well as the world around us.

The pupils were also encouraged to perform these poems in class and during lunchtimes where the Library hosted performances from Year 7, 8 and 9. Many pupils took part in our poetry slam and the audience were very supportive to all those who contributed to the event. Lucky-dip prizes were awarded to every pupil who performed as well as a daily winner selected.

This was a fantastic opportunity for Key Stage 3 pupils to share their creativity and appreciate the power of the spoken word. It was truly inspirational to see so many pupils getting involved and sharing their love of poetry. *More poems by pupils on pages 3 & 4*

By Ms C Gorczak

## The Life of a Frog

I saw a frog,  
Ribbiting like a clock at twelve,  
I saw its eye move as sharp as a needle,  
I watched it feed and move it's young.  
I saw its slimy, vibrant, green skin,  
Shimmering as the sun shone,  
Shone as bright as Einstein.  
It looked cold as the shade poured over it,  
I smelt the swamp water surrounding it.  
How does the frog do it?  
Frog spawn clung onto the side of the pond,  
Clasping onto it.  
I saw a frog,  
A noble frog,  
A working frog,  
I saw a frog.  
By Albert - Year 7

## Winners



Ellie - Year 8



Albert - Year 7



Zara - Year 7

# Fox

I saw an orange blanketed creature,  
stalking in the dead of night  
manipulating the long forgotten bins  
as the clock struck midnight

I saw a fresh nature smelling animal  
prancing from tree to tree  
Hunting for its prey  
yelping 'I am Free'

I saw a sneaky and scruffy fox  
searching for its partner in crime  
but when he didn't  
The sun began to rise

**By Neha - Year 9**

# On Your Way To School'

On your way to school,  
You see tears fall,  
You hear the earth bawl.

On your way to school,  
You smell the fumes,  
But dismiss it for strange perfumes.

On your way to school,  
There is pollution in the air,  
But you do not seem to care.

On your way to school,  
You trip,  
But what you see makes your heart rip.

On your way to school,  
You see a bird with a nail in its wings,  
Whilst you have been playing on swings.

On your way to school,  
You notice the litter,  
And how everyone is bitter.

On your way to school,  
You become the change,  
An advocate for climate change.

**By Abdurrahim - Year 9**

# Who am I?

Stinger on my bum as sharp as a knife,  
If I use it on you, I will lose my life.  
Some people are scared of me,  
If you leave me alone, I am as gentle as a flea.

I am stripy like a candy cane,  
Can you guess my unique name?  
I am much happier in a meadow,  
And my body is black and yellow.

I can fly for hours,  
Whilst slurping up pollen from flowers.  
I buzz beautifully when I fly,  
Having fun in the big, blue sky.

Birds tweet loudly,  
Trees wave proudly,  
I gracefully glide past,  
But our numbers are dropping very fast,  
So, when you hear us flying around,  
Say you protect us, say it loud and proud.

**By Frances - Year 7**

# The Countryside

Cruising through the countryside,  
Breathing the countryside's spring fragranced air.  
The birds singing within the rhythm of the whistling brisk breeze,  
This lured me into the countryside where happiness has no end.

Open space and dreams undone,  
A constant feast for my eyes.  
No hustle or bustle is located,  
And the majestic horizon unlocks a treasure chest of curiosity inside me.

I adore the countryside like a Goldsmith with his gold,  
In the mist my anticipation grew more and more,  
To see the meadows and the peaceful sky once more.  
And there surrounding me were bold, purple petals unveiling their perfect form.

Cruising away from the countryside,  
Remembering the countryside's spring fragranced air.  
Hearing the birds singing from the distance within the rhythm of the brisk breeze,  
This lured me back into the countryside where happiness has no end.

Sticks and stones may not break our bones,  
but our present actions will crush our home.

**By Jugsher - Year 9**

# Mr Skin-and-Bones

Last night Mr Skin-and-Bones visited my garden,  
His rusty-red hair in clumps, thin and balding.  
His bare flesh dry and pink,  
Sagging sadly off his bones.

His stench could be smelt from miles around,  
Fish from the next-door neighbours bin.  
A sign of defeat,  
That he hadn't caught his own meal.

His tired paws patted across grass,  
Deafeningly quiet.  
Tense the entire time,  
A robber on the run.

He's searching for a place to rest his head,  
Yet knows he may not awaken tomorrow.  
Praying in desperation he'll make it another night.  
Will he make it?

What happened Mr Skin-and-Bones?  
You were so regal, hair glossy.  
So healthy.  
What happened?

Last night Mr Skin-and-bones visited my garden.  
But as quick as he came,  
He was gone.  
Leaving no trace of him but a thin red tail in the shadows

**By Isla - Year 9**

# Message from Heads of Year



## Head of Year 7

**D**espite eagerly awaiting the unveiling of the much-anticipated new community swimming pool here at WHS, it is fair to say that Year 7 have already taken to secondary school like ducks to water. The year group made a positive first impression

by getting used to new routines and lessons along with making new friends high on their priority list. In tutor time we learned more about each other with our "About Me" activities with many pupils sharing their interests or issues they hold dear. It was clear to see that the Year 7 talent pool runs deep and that the year group already holds many shared values in common.

This was particularly evident when shortly after the term started regrettably, we learned of the passing of HRH Queen Elizabeth II. In sharing this sad event together in tutor time, we looked at the timeline of historical events over which her reign presided and the meaning behind some of the ceremonies we saw during the period of national mourning. However, in the messages children wrote in the condolence book, it was clear that they shared an admiration for her seventy years of service.

Considering and helping others is something that the year group not only values but is keen to practise. Even before the gleam from new school shoes had faded, Year 7 were the first to volunteer to help at the School's Open Evening in September. Providing parent

tours and helping run activities in departments, our pupils were keen to talk about their experience of moving up to secondary school and share what they love about WHS. Year 7 even went above and beyond to help some of their Year 6 friends who were unable to attend the event, hosting an Open Morning for them instead so they wouldn't miss out.

I don't know whether I have been more impressed by their sense of school spirit or their consideration but their enthusiasm for, well ... everything, it seems has been a joy to witness. The sheer volume of Year 7 pupils at extra-curricular clubs, auditions and school teams is testament to that. I can proudly boast that Poetry Week had two winners from Year 7 and our school football team would excitedly report that they are enjoying an enviable winning streak. October also saw us share and find out more about our different heritages. Pupils also used Black History Month to talk about their 'History Heroes' in tutor time and explain why they are inspiring to them.

I find Year 7's gusto inspiring. Despite wearing well their disappointment of not having swimming lessons yet on their timetable, these ducklings seemingly glide effortlessly through the water however calm or choppy enjoying every opportunity and challenge secondary school has to offer. However effortless they make it look, under the water we all know ducks' palmate feet go to a lot of effort to keep things steady and afloat. The care and support you have given to help us support your child during their transition has been wonderful. Thank you so much and I hope you will join us at the Parent Information Evening on 3rd November so we can meet and thank you in person.

Best Wishes for a Happy Half Term Holiday.

**By Ms C Murray**

## Fundraising for the Pakistan Floods

Once again, there was an outpouring of generosity from the Wanstead High School community to support those in need; this time for the victims of the Pakistan floods.

A collection was held by Wanstead pupils during Year 6 Open Evening on Thursday 29th September and on the gate at lunchtime on Friday 30th, and pupils could wear green and white decorative items in solidarity with the people of Pakistan. In total the School community raised. We would like to thank all those that were able to contribute.







## Head of Year 8

I hope that you and your family had a lovely summer holiday. It was important for the pupils to get that break and it is fantastic to have the pupils back in school. I want my year group to continue to build on the solid foundations

that they formed in Year 7. The progress and standard of learning was very high last year. However, I want to really 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. My aim is to motivate pupils to get out of their comfort zones when learning and for pupils to really start to challenge themselves academ-

ically. My intentions are to create invaluable routines and learning habits this year which they can build on throughout their education at Wanstead High School. We should always be looking to improve year on year. As a year group, we need to continue our learning journey and strive for success. I am confident that we will accomplish this and that we will achieve a positive outcome.

On another note, I ask you to encourage your child to participate in our extra-curricular clubs as they are now readily available. It has been great to see so many pupils participating in our after-school clubs since my arrival. They have a positive impact on pupils' health, both physical and mental.

I am looking forward to working with both yourselves and my year group this year.

**By Mr M Tinker**



## Head of Year 9

I would like to thank all Year 9 pupils and tutors for a fantastic and vibrant start to the year. Also, thank you to all parents for your ongoing support.

Thank you to all of the behaviour and welfare team for your wonderful hard work this term

and for supporting the pupils and the pastoral team.

This autumn term has seen many successes and it has been a pleasure to witness the Year 9 pupils enjoying and challenging their learning every day. A highlight of the term would be observing so many of our pupils relishing and taking part in the new enrichment programme. I have had the privilege of seeing some of these clubs during lunch times and after school and seeing the pupils so eager to share their passions is incredible to see after overcoming the challenges of previous years.

Congratulations to our Wanstead football team who started the season with some excellent wins against

neighbouring schools! (4-1!) Looking forward to next term where we have some exciting opportunities heading our way, such as the careers event trip on 10th November at the Queen Elizabeth stadium. Pupils will get to take part in some excellent workshops in helping them select their GCSE options plus a tour of the stadium! Also coming up we have the Matthew Bourne Sleeping Beauty theatre trip for pupils taking part in the London Youth Games dance team, Year 9 Dance Company and interested in GCSE Dance. Next term, we look forward to beginning the first steps of the GCSE options process and supporting pupils through this. I and the Senior Leader Team (SLT) are currently planning a subject fair where pupils will have the opportunity to learn about their GCSE options, the specification of different subjects and surrounding career opportunities in that subject.

Finally, I want to thank again the Year 9 pupils for their determination, kindness and creativity they proudly show every day. Continue working hard Year 9, well done!

**By Ms R Gullefer**



## Head of Year 10

I am delighted that Year 10s have made a very positive start to the academic year. As the Head of Year I have been privileged to hear such positive comments from staff about their behaviour around the school. As you are aware, Year 10 is an extremely important time for pupils; It is the

last full school year pupils have before they sit their GCSE exams, and it is the year when most of the hard work for the GCSEs is done. When visiting lessons, it has been fantastic to see pupils so engaged with lessons and committed to their GCSE subject pathways. In particular, I was very proud of the number of Year 10s involved in our recent Open Evening. Over 60 Year 10 pupils volunteered to assist with tours for parents as well as working alongside individual departments – well done to all of those involved!

Over the last few weeks in tutor time, we have fo-

cussed on the pupils being organised and following routines. Year 10 have a set activity for each tutor time including our weekly assembly. I have been impressed with the amount of Year 10's knowledge surrounding different country's flags. Pupils have now also started a new year of the RSHE curriculum. We have a variety of extra-curricular opportunities for all pupils, it's been lovely to see Year 10s commitment to after school clubs as well as trying something new. Well done to the Year 10 Netball team on their recent wins. I do hope to see even more Year 10 pupils get involved with the activities Wanstead has to offer. Last week's assembly focused on important messages around mental health, especially as it was mental health week. We looked at the importance of accessing support and being kind to those around us. I know the year group will continue to support each other, as I have seen on many occasions, to achieve their potential.

Looking ahead I know Year 10 are excited for their upcoming trips, and our achievement assembly. Thank you to all parents and carers for their on going support.

**By Ms G White**



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## Head of Year 11

The year group have started their GCSE year very positively. They've returned from the summer with a new drive which is fantastic to see. Lots of subjects have been holding interventions for NEA support and will continue to do so. So it is

vital pupils are attending these to secure a top grade in this work. Interventions will be rolling out more regularly following half term to help support pupils in their mock exam preparation. We'll also be updating revision resources on the website and Google Classrooms to further aid them.

Year 11 will also be having guidance on next steps after their GCSEs so that they can make the appropriate next steps. They can continue to use Springpod to explore work experience and future career options. We will also be asking pupils to contribute to their end of year celebrations including the Yearbook, which I've already had so many pupils volunteering already so that is very promising.

Have a lovely half term.

**By Mr R Carfrae**





## Acting Head of Year 12

**W**e have had a really busy but productive start to Sixth Form life. Year 12 pupils have settled into school routines and expectations very well and it has been a pleasure to see them enthusiastically begin

to make plans for the next two years and beyond.

It was lovely to meet so many of you at our Parents' Information Evening on 11th October where we went through Sixth Form procedures, enrichment opportunities as well as sharing how best to support your child with memory and retention skills -vital for exam success! For those who couldn't attend, the Power-Point Presentation can be found on our school website under the Sixth Form tab.

I am very pleased that so many of our Year 12s have been eager to enrol in a variety of enrichment activities. Forty pupils have signed up to become School Ambassadors who will be called upon to serve and represent at extra-curricular events. Many of our cohort have been selected for the award-winning 'Future Leaders' programme which is run by the Mayor of London. Others have signed up for opportunities and work experience run by the Sutton Trust and Oxford University.

We offer the Extended Qualification Project (EPQ) qualification for pupils to take alongside their A Levels and many of our Year 12s have selected this option after successfully completing a MOOC course run by the University of Bath. The EPQ is worth half an A Level, run by the AQA board and is worth UCAS points. Projects are pupil-driven, giving our pupils the freedom and responsibility to select a topic they are interested in, conduct personal research and make a presentation of findings to an audience. Currently we have pupils researching topics as diverse as the 1980s Miners' Strike and Prison Reform.

Year 12 pupils are required to complete 1 hour of Social Contract per fortnight in Terms 1 and 2 of the academic year. This is a good way to support the school community and can be a boost to personal statements or CVs. The Social Contract session will take place during a study period, lunch time or immediately after school. Year 12 pupils are currently signing up for opportunities with the department/enrichment activity of their choice e.g. assisting the music department with KS3 band practice.

We have a dedicated Google Classroom page (code imnz7om) for Year 12 notices, higher education information and enrichment opportunities. So far, our posts include information on Russell Group universities, Degree Apprenticeships and webinars promoting Women in STEM. It would be a good idea if pupils got into the habit of checking our page regularly or set up alerts so not to miss notices and opportunities.

We have an exciting afternoon planned on the 21st October when pupils will have a session to familiarise themselves with the Spring Pod virtual work experience and university exploration portal followed by an 'Insight from Industry' seminar run by Future Options.

Finally, please may we ask for your support in ensuring that your child:

- **Is on time for school each day and with attendance of at least 95%**
- **Adheres to our formal dress code (full details are on our school website)**
- **Arrives ready to learn with the correct resources and equipment**
- **Completes all home learning tasks**

**Please can you:**

- **Contact the school each day your child is absent**
- **Ensure your school contact details are updated as necessary**
- **Offer your child a quiet place to study if possible**

Thank you for your valuable support. Wishing you and your family a lovely half term break.

**By Ms T Van beers**

## Instrumental Exam Success

Some of the pupils celebrated recent success in instrumental/theory exams:

**Well done all!**

**Thomas (Year 9) Grade 7 Piano**

**Ellie (Year 10) Grade 4 Flute**

**Anya (Year 11) Grade 5 Theory**

**Esther (Year 11) Grade 8 Piano**

**Grace (Year 11) Grade 5 Theory**

**George (Year 12) Grade 6 Trombone**

**Nick (Year 12) Grade 5 Theory**

**By Mr I Sweet**



## Head of Year 13

**W**e have had a very busy but productive start to the term in Year 13. The main focus has been preparing for next steps, starting with our early applicants who had a deadline of 15th October.

In order to support these pupils, I have been meeting with early applicants (pupils applying for Medicine, Oxbridge, Dentistry and Veterinary Medicine) as well as Law applicants and have liaised with the exams team to discuss entry for admissions tests that their chosen establishment requires. Pupils will have received information about the logistics of these exams if they are to be sat at school and will be sitting these very soon.

Furthermore, on Wednesday 21st September, we invited a Doctor and Cambridge graduate to provide 1:1 20 minute workshops for these early applicants on their personal statement drafts. Pupils were asked to sign up and bring their statement to their session for tailored advice on how to improve these.

On 28th September, we invited Access Wadham College to speak to our early applicants and those requiring admissions tests about the process and how to prepare.

From Wednesday 19th October, we will be holding personal statement drop-in workshops open to all Year 13 pupils to attend from 3.05pm to 4.15pm. We will provide support with re-drafting statements during these sessions and encourage all pupils to bring a hard copy of their statements with them. As a school we have set up an internal deadline of 25th November for UCAS applications to be ready so that we can review applications with pupils before they are sent. In order to ensure we are supporting and guiding all pupils during the entire UCAS application process, we will be checking their online application forms and sending off to UCAS with pupils at school in time for the final deadline on 25th January.

On 21st October, all Year 13 pupils will be off-timetable during Periods 4 and 5. We have invited an external visitor from an organisation called Hundo, to deliver an 'Insight from Industry session' for our pupils. Technology is a key part of all jobs and will continue to be in the future and the educational organisation aims to help pupils access the digital sector. He

will share his career journey, any top tips for future careers, opportunities in the digital sector for jobs and talk about different roles in the sector he works in. We hope this will also provide further insight and opportunity for pupils who may not necessarily want to go to university.

**By Ms H Battiwala**

# Portrait Competition Winner



Congratulations to the winner of our Queen Creative Competition Lilian Year 8, whose winning effort can be seen above.



# Homework News articles from Year 8


## Breaking News

Homework: Create an article to explain Henry VIII's break with the Roman Catholic Church.

### HENRY VIII'S BREAK WITH THE ROMAN CATHOLIC CHURCH

### BREAKING NEWS!

Henry VIII has decided he will not support Roman Catholic church anymore. The reason causing this is the Pope's decision by not allowing Henry to divorce with his current wife, Catherine of Aragon. He wants to marry Catherine Anne Boleyn as they believe they will have a son. The reason Henry has had many wives is because he wanted a son so he could have a heir to add to the throne. He wanted to be a king. This decision by the Pope led Henry VIII breaking with the Catholic Church and creating his own church/religion known as protestants.



This is a drawing of Henry VIII

How are you going to report the news? Make sure you include details of why the split took place.

Excellent!

## Henry VIII breaks from Rome

As part of the Year 8 unit on how far the Early Modern time period in England was a religious roller-coaster, Wanstead pupils have created newspaper articles on Henry VIII's break from Rome.


The Year 8s really went above and beyond for these! Here are just some of the outstanding examples.

By Mr P Chartorizhsky

Homework: Create an article to explain Henry VIII's break with the Roman Catholic Church.

### King Henry VIII Leaves Catholic Church officially

After lots of consideration, King Henry VIII has decided to officially leave the Catholic church. He ~~says~~ says that ~~the~~ the problem is the Pope won't grant him a divorce to his wife, Kathrine of Aragon. Even though he over through the Catholic Church, he is not necessarily protestant. He still believes in the Catholic ways of life.



Portrait of the King Henry VIII

How are you going to report the news? Make sure you include details of why the split took place.

Excellent!

Homework: Create an article to explain Henry VIII's break with the Roman Catholic Church.

### Breaking News

### King Henry's Break with the CATHOLIC CHURCH


It is breaking news that KING HENRY VIII has officially broken from the Catholic Church.

Instead of the Pope being the head of the church King Henry VIII will be the head of a new church called the Church of England.

King Henry wanted to divorce his wife, Catherine of Aragon. Henry believed his marriage to Catherine was illegal. He used a passage from the Bible called Leviticus, which forbids a man from marrying his brother's wife.

However, the Pope still refused to grant Henry with the divorce that he wanted. Henry was so upset with the Pope that he has broken away from the Catholic Church and has made himself supreme head of the Church of England.

The Pope will no longer be agreed to my divorce with Catherine. Said King Henry. Even though I believe that the marriage was illegal you only have to read Leviticus chapter 20 verse 21 in the Bible.



How are you going to report the news? Make sure you include details of why the split took place.



# Remembering HRH Queen Elizabeth II



Although a sad time, the passing of HRH Queen Elizabeth II served to mobilise the school community. Condolence books were organised for each year group, and pupils across year and tutor groups recorded messages, which will form a permanent archive for the school.

The staff and pupils of the Art department have created the stunning mural that can be seen in the picture below, which now adorns the wall below the upper playground. Special assemblies were organised to remember the Queen across the week before her funeral, at the end of which our pupils left the school gates to the National Anthem, delivered by our outstanding trumpeters Nick and Zara, and saxophonist Ellie.

Many thanks to all members of the school community that contributed to a fitting commemoration of Queen Elizabeth II's remarkable life and achievements.

**By Mr D Langford**

## Commemorative Mural

Our commemorative mural celebrates the diversity of the local community, the values and ethos of the school as well as paying our respects to our late Sovereign Queen.

Special credit goes to our Art Technician Ms Migut who co-ordinated this project and the pupils who volunteered and contributed towards it. The Head of Art, Mr Yiacoumi described it as, "A whole school project. We had pupils from Years 7-13 taking part, including staff as well as the Headteacher, Miss Hillman. It was a real team effort. This is just the start as there are many other projects we are lining up around the school". Watch this space everyone!

**By Mr A Yiacoumi**





# A Kick Start to our High-flying Mathematicians Geniuses

**A**fter-school classes for the challenging Further Maths GCSE qualification began for our high-flying Year 11 Mathematicians in September. Pupils on track to achieve 8s and 9s in their regular Maths GCSE course were invited to join the classes. This is the 4th year the course has run and demand this year has been unprecedented; 42 pupils are regular-

ly attending each Monday. Pupils cover a range of topics beyond the scope of the regular GCSE and the course provides an excellent (and enjoyable!) stepping stone for A-level study and beyond. One ex-pupil that took the course wrote:

*"Thought I'd get back in touch after results day to say thanks again- I got a place at Cambridge*

*Engineering with triple A\* and Maths and the Further Maths Club at Wanstead was invaluable in getting me there. It really made me enjoy the subject and the extra content in FM really helped at A-Level as well as being interesting and surprisingly fun too!"*

By Mr S Jeffrey





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# Starting Secondary School

An article by Year 7 Pupils

**Hello our names are Leo and Robyn and 7 weeks ago we started at Wanstead High School and here is our experience.**

When we started on day one we were both nervous but it is quite normal. Some of our worries about starting secondary school were making new friends, new hard lessons, getting lost and strict teachers. Just one more thing that might be worrying is if you do something wrong you get 3 warnings and then you do get a concern (3 of these makes a detention). On the flip side of things, if you do something really good you get praise points.

After two weeks we settled in well and made lots of new friends as well as finding our way around the school with ease. Though getting lost was part of our daily routine- it was rather difficult with teachers and older pupils always there to help. The playground is huge! There are football and basketball cages. A field with huge goals and this is where our Wanstead team plays - currently on a very nice winning streak - as well as benches for sitting and talking with friends.

Furthermore, in about a year and a half our Leisure Centre swimming pool MIGHT be ready and some other parts of the playground are currently under construction but will be rebuilt by the time some of

our new pupils move up here to Year 7. As well as sporting clubs we are offered: Dance, History Club, Maths Homework Club, Drama Club, Chess Club, General Homework club, Football Watching Club and much more. Our brilliant school Library is a place where you can read, have access to online homework and of course lots of books which are both non-fiction and fiction. There are even Library lessons and that's something that some other schools don't offer and another lesson that other schools don't offer as a regular lesson is Dance which you can even take a GCSE in!

Additionally; make sure you come and watch us in Macbeth! Tickets available for December 1st, 2nd, 5th and 6th. The lessons are extremely exciting and engaging - for example in Science on our transition day we used irons and metal chemicals to change the colour of our flame on our bunsen burners and we took part in drama and dancing in our regular lessons.

The one piece of advice we would give to Year 6 reading this is don't worry, it may be daunting but you'll settle in as quickly as we did... It's like we've been here for years!

Thank you.

**By Leo and Robyn - Year 7**

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## Nightingale arrives at Wanstead

**Hello, we are Mia and Jeanna - two pupils from Year 7.**

Recently, we were given the opportunity to welcome Year 6 pupils from our alma mater; Nightingale Primary School. Upon being told this we were thrilled, (knowing we could see people we know of in Year 6) and we immediately said: yes!

On Thursday 29th September 2022, there was an Open Evening for all. Unfortunately, Nightingale Year 6's had another date in their diary- their Year 6 residential. On hearing this, our Head of Year - Ms Murray - asked for our help to arrange another visit so they wouldn't miss out.

Our aim was to show Nightingale what we do best; Education with Character.

Upon their arrival, a speech was performed to educate them about our school. This amazing speech was by Ellie and Robyn. Then, a Q & A took place with

teachers and Year 7 pupils facing a barrage of brilliant questions from Nightingale pupils such as; *"When will the swimming pool be built?"* and *"How does the behaviour system work?"* (These questions are answered in a different article).

The speech went well, here is what one of the speakers have said:

*"I was extremely excited about my speech as I could see my old friends from Nightingale and very nervous as I wished to do well representing my school"*

**Robyn - Year 7**

Nightingale pupils then did a variety of Music, Drama, Art and Dance workshops and all too soon it was time for them to leave.

We hope that we will see them all again soon later in the year on the Moving Up day and we look forward to them joining us in September.

**By Mia & Jeanna - Year 7**



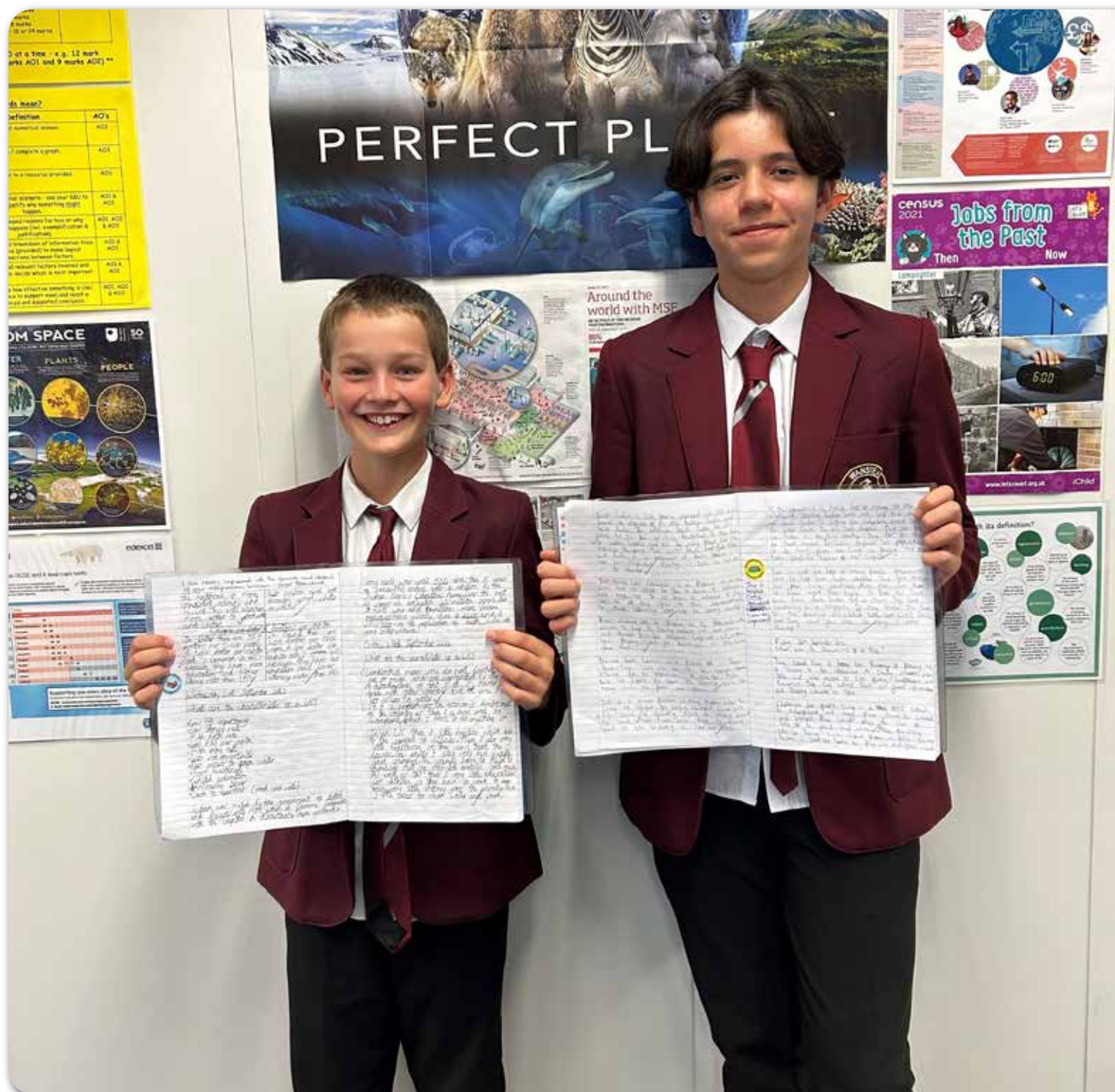
# Outstanding Geographers

A huge congratulations to Daniel, William, Lauren, Claudia and Grace of 8.2. Recently a homework task was set where pupils were asked to research facts about contrasting levels of development using a range of development indicators. These pupils not only conducted a very thorough piece of detailed re-

search but then went on to analyse the data in such depth and clarity that this could easily have been submitted by Year 11 pupils as part of their GCSE studies. William and Daniel are shown with their work, unfortunately the other pupils were too shy to be included in the photo.

The pupils in 8.2 are outstanding geographers and always give their best in all aspects of their work - I have never experienced a Key Stage 3 class of this high standard and enthusiasm in 33 years of teaching - well done to all of you.

**By Mr D Leftwich**



# Auschwitz-Birkenau

# Understanding The Holocaust

*Written by Soha - Year 12*

On Thursday 13th October 2022, I was given the opportunity with a classmate to visit Auschwitz-Birkenau, two of the main concentration and extermination camps during the Holocaust. My experiences of Auschwitz was unique and different from every other person over there's experience but before I get into that I want to explain a bit about what I learnt about the Holocaust and Auschwitz.

The Holocaust was an anti-Semitic event that lasted six years from 1939-1945, it stemmed from hate, stereotypes and negative ideologies. My visit to Auschwitz has helped me to understand the depth and the complexity of the Holocaust. It created questions in my mind like::

Is Hitler the only one to blame?

Is every bystander innocent?

How many people can be blamed?

Questions we don't often ask or think about because the Holocaust doesn't affect us, you or me personally weren't involved, so why does it matter?

It is crucial to understand that the Holocaust was not a single random event, it was strategic and built because of hate and anti-Semitism. We learn about the Holocaust because the same ideas that led to 6 million deaths still exist in our world today. The lessons from Auschwitz project does not aim to compare suffering or provide

statistics, by taking part in a project like this you become part of the people who work to re-humanise the Holocaust. When learning about the holocaust it is easy to get lost in figures and statistics. It is up to us to remember that the number we have of 6 million is not just a figure, it is 6 million individual stories of people with families, jobs and lives. Therefore, I would like to speak about Jewish life prior to the war.

Before the war, the Jewish population in Europe was not huge but it was there from 1% in Germany to 10% in Poland. They lived peacefully alongside others, they led normal lives like you or me, they didn't do anything obscenely different, they lived as people, as humans. There is a small town in Poland called Oświęcim, it is where everything began. It once was the largest Jewish community in Poland and Europe with a vibrant lifestyle where Christian's, Jews and the polish community all lived together harmoniously with joint lives, taking part in trade and filling the streets with festivals, what once was the busiest street in Poland with the most famous synagogue in the world was ruthlessly destroyed by the Nazis. Everything went downhill from there. The main camps of Auschwitz are in Oświęcim which is why I chose to talk about the town. Today it is a quiet calm street with no trace of that life, the last Jewish resident sadly passed a few years ago, a

void is left in Oświęcim forever after the Holocaust.

My journey in Auschwitz started in Oświęcim where I saw and felt the solemn atmosphere and emptiness left in the town as civilisation was eventually forced to continue. When I was in Auschwitz I felt a range of emotions, some which I couldn't place, it was hard and definitely overwhelming but it was an experience I felt was necessary to see what hate can do. We often feel that the Holocaust was so long ago it does not relate to us, yet even today people are attacked and hunted for their identity. Seeing the shoes, clothes, ponytails, belongings and personal items of the victims of Auschwitz was devastating and extremely difficult to walk through. When going through the gas chambers I felt chills and it felt like I could smell the gas. It is a chilling experience because Auschwitz was never meant for people to see and the only reason, we can see it is because after the liberation, the Polish Jews decided that they wanted it to be a memorial for people to see and learn about what the entire world turned a blind eye to for 6 years. One thing that really struck me was the book of names, there was a book about 10 metres long full of 4.4 million names of victims who were remembered, 4.4 out of 6 million. Seeing all of these things, the conditions they had to live in and the experiences they had in the camps sparked so many emo-



tions and it really made the Holocaust feel more real because it was no longer just something out of a textbook I was there in person.

We learn about the Holocaust to understand that every individual had a personal life and visiting Auschwitz made the Holocaust more than just an event that happened in the past that we have to learn about, it made it real and provided detail and information about what really happened. On our journey we were joined by a Rabbi, he himself was not a direct victim of the Holocaust however his family was, he told us his story and I want share his story which I was fortunate enough to have heard.

The Rabbi told us, there once was a Polish man who met a Jewish woman, they fell in love and they got married. They lived together happily for 2 months before the SS men came knocking on their door and took him away, he promised her he'd be back. Talks in the town said the Jews were next, a Catholic woman approached the Jewish woman, she gave her a visa and some papers, told her to leave and go far away, the Jewish woman did so, she went to Glasgow where she

fainted and was rushed to hospital, she found out she was pregnant. She wrote to her husband whom she found out later had been killed. She raised her daughter alone and moved to London with her and made sure she was given an education. That Polish man who was killed was the Rabbi's Grandfather who he never met. The brave Jewish woman who started a new life in a new country and didn't even speak the language, was his grandmother who taught her children to love everyone and to not hate, a woman who lost everything she knew was determined to still spread kindness in a cruel world. This story is just 1 out of 6 million, there is no correct way to feel at Auschwitz, every feeling is valid, the Rabbi's story made me emo-

tional, the photos made others emotional and the place made others emotional but the experience is accepting that it happened and learning to teach about it and re-humanise the victims.

I'm going to leave you with a few words from an survivor (originally in Hebrew translated into English) :

*"You painted the walls with our blood to hide your sins,*

*the same red that led to our deaths*

*left your hearts*

*leaving it dark and blackened.*

*How often our bloods would mix*

*Yet so easily you failed to see,*

*we are the same as you."*

*~ anonymous/unknown*

## EAL Department

Pupils who have English as an additional language are welcome to join our "Early Birds" reading group before morning tutor time to practise reading English in a supportive and fun environment.

Year 10 and 11 pupils are also welcome to book a slot after school for help with GCSE English.

## NLP SPORTS



Dear Sir/Madam,

Welcome to NLP Football Academy. Our clubs allow children to not only learn a new sport, but also continue to better themselves if they already have a sport of their choice.

NLP Football Academy is a football performance academy. Our programs include modules such as fitness, speed, possession, shape, passing and shooting. Our elite football coaches have many years of reputable experience in the football academy field and are sure to get the best out of everyone. Our step-by-step coaching system allows children to grow as individuals as well as players, learning important life skills such as being a team player whilst keeping fit at the same time. Our programs are specially designed to promote 3 models including Health and wellbeing, Sports participation, and Opportunities to excel at elite levels.

### Free Day Pass Football Trial in Redbridge

We are currently recruiting young aspiring boys in football **aged 8 to 11 and 12 to 16 years old** for our elite level programs and would like to invite any boys in your school who are interested to attend a **free football trial on Tuesday 25<sup>th</sup> October**. The trial will be held at **Valentines High School between 6.15 pm and 7.30 pm**..

For parents to register please ask them to **display the QR Code at the top right-hand side of this letter over their camera phone to be automatically taken to the Redbridge Football Trial Registration Form**, and from there they will receive full confirmation details on how to confirm their place. **Alternatively, we can also be reached via phone on 0203 432 5722, our website <http://nlp sports.co.uk/>, or via email at [registrations@nlp sports.co.uk](mailto:registrations@nlp sports.co.uk):**

**Trial Date:** Tuesday 25<sup>th</sup> October at 6.15 pm

**Address:** Valentines High School, Perth Road, Ilford IG2 8DB

**Please note the deadline for registration is Wednesday 19<sup>th</sup> October at 23.59 pm as we will have limited spaces.**

Feel free to contact us directly if you have any further questions...

Thanks,

NLP Academy team

Inspired by sports and performance

W: [www.nlp sports.co.uk](http://www.nlp sports.co.uk)  
E: [info@nlp sports.co.uk](mailto:info@nlp sports.co.uk)  
T: 0203 432 5722



# Pupils with Medical Conditions

Please ensure the school is kept up to date with any changes to your child's medical needs. This particularly relates to children who require medication or treatment (such as EpiPen, inhalers) and who may require a Medical Care Plan. Please contact Ms Smith, Lead First Aider, with this information.

## Children with Infectious Diseases, especially Measles, Mumps, Chickenpox and Shingles

Please may we ask for your co-operation in this matter.

One of our pupils received medical treatment that puts them at

increased risk from infectious diseases, especially Measles, Mumps, Chickenpox and Shingles. If they come into contact with anyone suffering from these conditions the pupil requires some protective medication. This has to be given within 72 hours of exposure in order to be effective. Due to the fact a child may be infectious for up to 72 hours before symptoms appear, it is likely the at-risk pupil will be unknowingly exposed.

We would therefore ask that if your child develops Measles, Mumps, Chickenpox or Shingles (or any other infectious disease) that you inform us immediately

so that we can ascertain if exposure has occurred and appropriate treatment can be given to the at-risk pupil.

Your child is not at risk from this situation, however the health of our at-risk pupil does depend on your co-operation in this matter and your help will be gratefully appreciated.

*Please also inform the school if your child has suffered a fracture or a broken bone as they will need a risk assessment prior to their return to school.*

By Ms D Cini

# Our Wanstead Stars

## Wanstead Stars



**Wanstead High School**  
EDUCATION WITH CHARACTER

## Wanstead Stars



**Wanstead High School**  
EDUCATION WITH CHARACTER



## Wanstead Stars



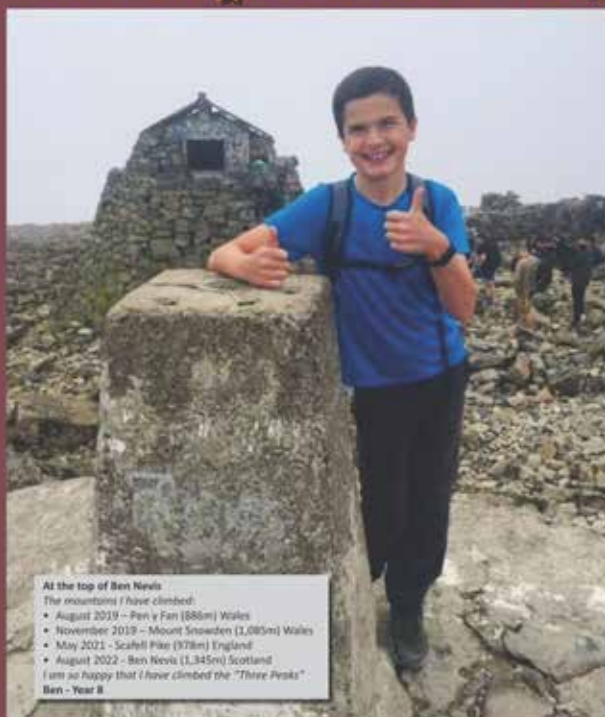
**Wanstead High School**  
EDUCATION WITH CHARACTER

## Wanstead Stars



**Wanstead High School**  
EDUCATION WITH CHARACTER

## Wanstead Stars



**Wanstead High School**  
EDUCATION WITH CHARACTER

## Wanstead Stars



**Wanstead High School**  
EDUCATION WITH CHARACTER

# Achievement Awards Winners

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Assembly Date	19/10/22	21/10/22	17/10/22	20/10/22	18/10/22	17/10/22	18/10/22
Subject Award -CTL							
Maths	Mia	Leah	Asia	Darin	Adam		
Economics	N/A	N/A	N/A	N/A	N/A	Lara	Muhammad
English	Zara	Zak	Thomas	Jesse	Melissa	Martha	William
Science	Sriyan	N/A	N/A	N/A	N/A		
Biology	N/A	Michael	Amelia	Luella	Harry	Hamza	Natalya
Chemistry	N/A	Carmen	Mischa	Maya	Mohammed-Yaseen	Martha	Finn
Physics	N/A	Zakariya	Isla	Anna	Jai	Nye	William
History	Ellie Zachary	Sahib Ben Tyon	Julia Jennah Stephen Timandra	Harry Heidi	Isabel Ismail Sofia	Soha	Ella Livi
Classics	N/A	N/A	N/A	N/A	N/A	Flo	Amelia
Geography	Robyn	Lili	Tanisi	Chloe	Lily	Lara	Theo
Resistant Materials	James	Isabella	Zarif		Sumayah	N/A	N/A
Art	Aylin	Lili	Umar	Anaya	Madalena	Francesca	Zaara
Textiles	Aijan	Elena	Lily	Erik	Eva	N/A	N/A
Food & Technology	Isabelle	Juliette	Rayah	Jesse	Elyse	N/A	N/A
Dance	Ja'Kaydi	Noah	Anna	Poppy	Jessica	N/A	N/A
Drama	Leo	Zakariya	Orli	Maya	Eleanor	Soha	Florin
Music	Rose	Charlotte	Thomas	Lily	Luke	Finnegan	N/A
Spanish	Scarlett	N/A	Sibemusa	Bilal	Uma	Nicholas	Leila
French	N/A	Benjamin	Lucas	Sophie	Benjamin	Charis	Shakira
Media	N/A	N/A	N/A	Finn	Monika	Daphne	Madhi
Business Studies & Computing	Frances	N/A	Ngaire	William	Frederic	William	Muhammad
RP			Finn			Ella	Rose
Psychology	N/A	N/A	N/A	N/A	N/A	Saffia	
Politics	N/A	N/A	N/A	N/A	N/A	Jack	
Sociology	N/A	N/A	N/A	Santiago	Rhea	Carolina	
PE	Ellie	Gabriella	Zachary	Ellen	Eva	Emmanuel	Bayleigh
£20 vouchers	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
HOY Award (HOY)	Albert	Caspian	Oscar	Sophia	Lily	Charis	Jay
Behaviour Award (HOY)	Zachary	Maryam	Ava	Ryan	Tom	Jacob	Mya
Attendance Award (HOY)	Annabelle	Olivia	Anyia	Stefan	Leona	Amelia	Saira
Headteacher's Award	Yasir	Seth	Alfie	Benjamin	Kyla	Isabella	Maxwell

## Well done to you all!







# ► Sports News

## Football

Football has started really well at the school with lots of pupils attending both boys and girls football clubs as part of the school enrichment opportunities. It has really been good to see pupils of all genders and abilities attending with excellent sporting values shown by all.

As a result of attending these clubs, a number of pupils have had the opportunity to represent the school in fixtures against other school with some excellent individual and team performances that have produced some winning results.

### Year 7

This team has made an excellent start to the school year having played two games with some excellent

team performances that contributed to two wins. The first coming against a strong Woodbridge team in a game that showed excellent technical skills from both teams but the deciding factor was the clinical finishing from the Wanstead attackers resulting in a 2-0 victory.

The second game was also exciting with the team coming back from 2-0 to take the lead 3-2 but then conceded in the last minute. As a result the game went to penalties (Redbridge Cup Game) and after 3 saves by Oscar. Wanstead were victorious and move into the next round to play either Beal or Isaac Newton.

### Year 8

Their first competitive game of the year unfortunately did not end so well. However, they produced a spirited second half performance and was unlucky throughout the game. The score line did not reflect the level of performance given from the boys. Going



**Wanstead High School beat Woodbridge 2-0 with a great team performance with the goals from Zachary and Kedyn-Yssou.**



forward, there will be some more positive results for Wanstead. Elson was man of the match due to his constructive mindset and motivation towards the team.

Unfortunately, Frank was injured but we wish him a speedy recovery! Onwards and upwards! Year 8 have another fixture against Isaac Newton Academy before half-term so hopefully they can win this and progress into the next round of the Redbridge Cup.

## Year 9

This team have had a mixed start to the year with one loss and a very good win against a strong Loxford side. The opening game was the first time the team had played together and there were some excellent technical skills but the team lacked cohesion. As a result they went 1-0 down but as the game went on Beal become stronger and took a hold of the game eventually winning the game 4-1.

However, the next match against Loxford (Redbridge Cup) proved to be more successful with the team learning from the previous match and working more as a team and playing some excellent football which resulted in a 4-1 win with a hat-trick from Jamie.

The team will now play Woodbridge in the next round of the cup with a date to be arranged.

## Year 10

The Year 10 team had 3 games arranged for this half-term but due to factors that were outside of the schools control it meant that the team have not yet had the opportunity to play a competitive fixture.

However, there are two games arranged against Valentines (19/10/22) and ATOM Academy (02/10/22) to provide an opportunity for the team to play.

## Year 11

The Year 11 team started their Redbridge Cup game strongly against Ilford County High School but as the game progressed the opposition become stronger and took the game to extra time after being 2-0 down as a result of some excellent attacking play that the Wanstead defence were unable to resist.


The game went into extra-time with ICHS taking their opportunity to win the game 3-2. This was despite some sustained pressure at the end of the extra time period from Wanstead but they were just not able to score the goal that would have taken the game to penalties.

# Girls Football

It has been really good to see the participation at girls Football Club after school on a Tuesday following on from the success of the England's Women's Football Team in the summer Euro's tournament and it is clear that girls football is rapidly growing sport. As a result of this, the school have entered the following Redbridge School tournaments that will take place at Frenford FC, The Jack Carter Centre, The Drive, Ilford, IG1 3PS on the following dates:

- **Redbridge Yr9/10/11 Girls Football League 9-a-side**
- **Wednesday 16th November, 30th November & 14th December**
- **Redbridge Yr7/8 Girls Football League 7-a-side**
- **Wednesday 9th November, 23rd November & 7th December**

The winners of the league will go through to represent Redbridge in the East London Champions Cup due to take place on Wednesday 1st March so hopefully Wanstead will have an opportunity not to only play Redbridge Schools but also, if successful, other London Borough schools.



**ONE LDN**

# MINI HOOPERS

## WOODFORD

STARTING  
**04 OCTOBER 2022**

**EVERY TUESDAY FROM 6PM**

At Bancrofts's School, 611 - 627 High Road,  
Woodford, Woodford Green, IG8 0RF

Ages - U7's, U9's, U11's and U13's

For more details email: [info@oneldn.org.uk](mailto:info@oneldn.org.uk)





It was brilliant to see just under 100 pupils attending football club tonight from Years 7-10. Girls football tomorrow after school all girls welcome from Years 7-11.

## Year12/13 Football

It was really good to see a return for Sixth Form football with a lot of the team having played together as they progressed through the school. The team beat Woodbridge 3-1 with an excellent display with

only 10 players which showed excellent fitness levels and determination. This was alongside some excellent technical ability especially the third goal from Joe R. There will be further games throughout

the year to provide as many opportunities for the pupils to represent the school.

**By Mr M Adams**



Sixth Form football played Woodbridge tonight winning 3-1 with two goals from Joe Rock and an own goal. Excellent team performance that ended with a positive result. Well done to all.



# Netball News



## Wanstead v Woodbridge

Congratulations to our Year 7 Netball team with a win against Woodbridge at home (8-6). Shout-

out to Noah for getting player of the match. Also, a huge well done to our Year 10 team. Although they displayed some excellent Netball talent and skill, they narrowly missed out on the win (15-14 to Woodbridge). Thank you, Woodbridge, for coming over to us.



## Wanstead v Seven Kings

Congratulations to our WHS' Year 7 and 8 Netball teams for their recent wins against Seven Kings. Year 7 came out on top with a score of 8-3, well done Sylvie for getting Player of the Match. Year 8 replicated the win with a score of 15-5, well done Eva for getting Player of the Match. Thank you to Seven Kings for coming to us for the fixture.

## Wanstead v Woodford County

The girls were keen to get the fixtures rolling again in the new school year and had their first game against Woodford County. Thank you to Ellen in Year 10 for bringing the team together and organising the squad for the game. The pupils played brilliantly in attack and defence earning them a well-deserved win with 13 goals to their 8. Also, a big well done to Jasmine who used this game as part of her GCSE PE NEA and got Player of the Match. Congratulations Wanstead.







## Eton Manor Girls U16 Cup winners

A number of Wanstead pupils play for the hugely successful Eton Manor Girls Rugby team. The U16 team took home the Sudbury 7s trophy - the squad featured 8 girls from Years 10 and 11. Also, the U14s also feature many girls from Wanstead High and they were unbeaten all day. Orla, Year 13, captained the U18 side who came home with a second place trophy. Well done girls!

The photo shows Orla receiving the runners up trophy at Sudbury Rugby 7s in October. She is captain of Eton Manor Under 18 Girls. Sasha, Year 13 is to Orla's right.

**If interested training takes place at Eton Manor from 6.30pm on Wednesdays and 9.30am on Sundays and are actively recruiting girls from Years 7-13.**



## Sports Captain

Over the past weeks, pupils have been submitting applications to be their forms sports captain and leader. It was fantastic to see so many applications from Year 7. Although there was a lot of worthy candidates, the PE department had to make the tough decision to choose only nine pupils from each year group to represent their form. Congratulations to the following pupils who were successful in their application.

**Year 7 Sports Leader**  
Zachary 7.9

### Year 7 Sports Captains

Grace 7.1  
Kitty 7.2  
Noah 7.3  
Zoe 7.4  
Maria 7.5  
Ellie 7.6  
Sriyan 7.7  
Jake 7.8



# LUNCH TIME CLUBS & AFTER SCHOOL CLUBS

## Before School

Mon	Tues	Wed	Thurs	Fri
<b>Before School Breakfast Club Every morning</b>				
Library Year 7	Library Year 8	Library Year 9	Library Year 10	Library Year 11
Year 7 Nature Agent Club Room S8	Years 7 & Well-being morning	Year 9 Well-being morning	Years 10 & 11 Well-being morning	

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

Mon	Tues	Wed	Thurs	Fri
Boys Multi Faith Prayer Club Room S1	Boys Multi Faith Prayer Club Room S1	Boys Multi Faith Prayer Club Room S1	Boys Multi Faith Prayer Club Room S1	Boys Multi Faith Prayer Club - Room S1
Girls Multi Faith Prayer Club 1.30 -1.50pm - Room SS2	Girls Multi Faith Prayer Club 1.30 -1.50pm - Room SS2	Girls Multi Faith Prayer Club - 1.30 -1.50pm - Room SS2	Girls Multi Faith Prayer Club - 1.30 -1.50pm - Room SS2	Girls Multi Faith Prayer Club 1.30 -1.50pm - Room SS2
Year 8 Textiles Club - Week 2 Only - Pupils in 8W2 Tech - Room 42	KS3 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	
		Chess Club - LP1	KS4 Dance & Drama Open Studio	
			KS 3 - LGBT+ Club Room 18	
			KS3 Maths Homework Club (Week 1) - MA1	

## After School Clubs

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		Jazz Band Room 36
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	Macbeth Rehearsals Theatre		KS4/KS5 Art Club NB11
KS3 & 4 Film Club (Week 1) Room 25	KS5 Literary Masterclass Library	KS4 Dance Team Rehearsals Studio		
New Views Script Writing Post 16 - Room 3/4	KS3 Poetry Club Room 9	Netball Club		
KS3 Creative Writing Club Room 1	KS3 Board Game Club Room S3	Robotics Club Room IR1		
KS5 Creative Art Club NB10	Steel Pans 3.00-3.50 - Room 36	Crochet Club Room MA3		
KS4 Design & Tech. (Yr11 Only) - Room 44	Band Rehearsals 3.00-3.50 - Room 38 & Practice rooms	Year 11 Maths Homework Club MA6		
KS4 D&T Technology Textiles Club (Yr11 only) - Room 42	Wind Band 3.00-3.50 Room 37	From March 2023 KS3 Wanstead's London Geography Society 3.15-5.15 pm Room NB3		
Boys & Girls Football Club	KS4 Coding Club Room IR4			
KS5 Philosophy & Ethics Essay Writing Clinic 3- 3.40pm - NB7	Girls Football Club			
Macbeth Rehearsals Theatre	Macbeth Rehearsals Theatre			
Classics Club Room 2	KS3 Dance Team Rehearsals Studio			
Year 13 Stem/TMUA/MAT Preparation Room 22				
UK Maths Challenge Club Room 23				

**2022 - 2023**

# Our Pastoral Team

Our Pastoral Team includes a School Counsellor and Learning Mentors to assist with your child's emotional wellbeing. If you wish to discuss this support, please contact your child's individual Head of Year or our Pastoral Manager Ms Cini via email; [d.cini@wansteadhigh.co.uk](mailto:d.cini@wansteadhigh.co.uk). The following agencies may also support children and families with difficulties they may be facing.



**YOUNG MINDS**

- Young Minds provide extensive information and support online at [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis
- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.
- Free Parent helpline 0808 802 5544 free Mon-Fri from 9.30am to 4pm

**THE MIX**

- The Mix offer support for a variety of topics including mental health and relationships.
- Extensive resources and support online at [www.themix.org.uk](http://www.themix.org.uk)
- Under 25s can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need.
- Freephone: 0808 808 4994 (13:00-23:00 daily)

**kooth**

- Kooth is an online counselling service offering support for children aged 10 - 18 years of age
- Support can be accessed online at <https://www.kooth.com>
- Monday - Friday 12pm - 10pm and Saturday - Sunday 6pm - 10pm

**WINSTON'S WISH**

- Child Bereavement UK offer support for young people and their families who have experienced a bereavement online at [www.childbereavementuk.org](http://www.childbereavementuk.org)
- Live chat via website (Monday - Friday, 9am - 5pm)
- National Helpline 0800 02 888 40 (Freephone. Monday - Friday, 9am - 5pm)
- Email for bereavement support: [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

**Child Bereavement UK**  
REBUILDING LIVES TOGETHER

- Winston's Wish provide support and therapeutic advice on supporting a grieving child or young person after the death of a loved one online at [www.winstonswish.org](http://www.winstonswish.org)
- Freephone National Helpline on 08088 020 021
- UK-wide national email service, offering support, information and advice to anyone seeking it via [ask@winstonswish.org](mailto:ask@winstonswish.org).
- Winston's Wish Crisis Messenger: text WW to 85258

**every mind matters**

- Every Mind Matters is an NHS service provide support for mental health and wellbeing
- <https://www.nhs.uk/oneyou/every-mind-matters/>
- Every Mind Matters gives you simple and practical advice to get a healthier mind and get more out of life - from how to deal with stress and anxiety, to boosting our mood or sleeping better. It will help you spot the signs of common mental health conditions, get personalised practical self-care tips and information on further support.



# Dates for your Diary

24

Nov 2022

SIXTH FORM  
OPEN EVENING

8

DEC 2022

YEAR 9 PARENTS'  
EVENING

19

JAN 2023

YEAR 11 PARENTS'  
EVENING

2

FEB 2023

YEAR 12 & 13  
PARENTS' EVENING

23

FEB 2023

YEAR 10 PARENTS'  
EVENING

30

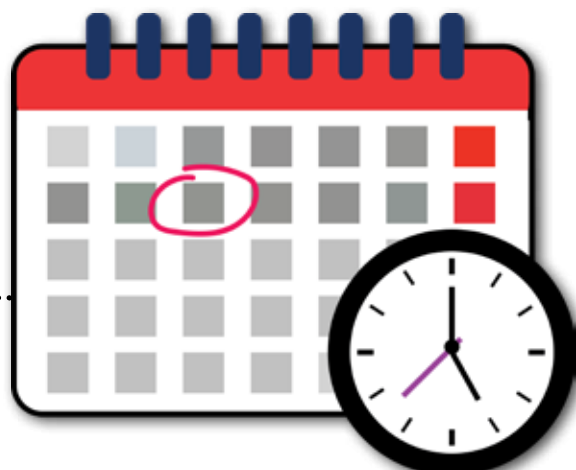
MAR 2023

YEAR 8 PARENTS'  
EVENING

4

MAY 2023

YEAR 7 PARENTS'  
EVENING



## Term Dates

### ▶ AUTUMN 2022 SCHOOL TERM AND HOLIDAY DATES

**Half term break:** Monday 24th October 2022 to Friday 28th October 2022

**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

### ▶ 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 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 needs 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 pupil 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 cold.
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 parent or carer to collect any confiscated items from 3.15pm that day.

