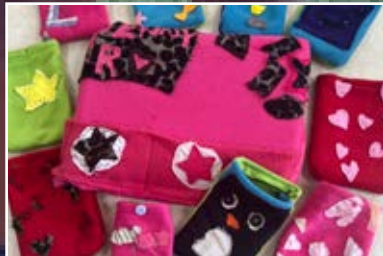


# HERON HOMELINK

NEWSLETTER



Education with Character

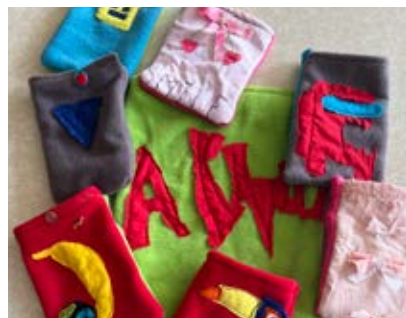
# contents

WHS Heron Homelink May 2025 Issue No. 17



13

The Great Big  
Dance Off 2025



18

Weaving Success

04

Your Voice Matters - Feedback Corner

05

Message from Head of Year 7, 8, 9, 10, 11,  
12 & 13

10

School Fund: Parental Contributions

11

Maths Challenge Success

12

School Council's Bold Initiatives

14

Cultural Diversity Project Secures Vital  
Funding Boost

16

PTA's Generosity Sparks a Brighter Future for  
Our School Library

Redbridge Competitions 2025	20
The Best of the Best in Short-Listed Work	22
Pupils Unleash Their Imagination	26
Sports News	31
Summer Term Enrichment Clubs	41
Intervention List	42
Term Dates for 2025/26 & Diary Dates	44
School Menus	47
Uniform, Clothing & Appearance	50



**28** Pupils Delve into Shakespeare's Macbeth



**29** Achievement Award Winners Ceremony



**34** Year 10 & 12 Pupils Complete Silver Expedition



Every single interaction we have ever had with WHS has always been 100% positive – whether an email, a call, a meeting or an event or a simple interaction over a sports fixture. How special is that!

**Parent**

Dear **Mrs Walker** and **Ms Gullefer**, I wanted to say such a massive thank you and congratulations on the incredible dance shows. That you inspired, encouraged and empowered so many students to choreograph and perform their own dances was just phenomenal! Thank you so much for giving our children the tools and support to grow their talents and have such fun doing it.

**Year 8 Parent**

Thank you for taking the plunge last year to confiscate phones every day. Thank you and all your SLT for implementing this and making it work so well so the students can get on with their school days unimpeded. It's brilliant to see the building work crack on so fast too, it's going to be amazing!

**Parent**

We wanted to extend our thanks and appreciation to all staff who enabled the school to be open, and to those who have provided additional lessons, during the Easter holidays. The lessons were extremely useful and provided additional structure over the Easter break. Many thanks once again.

**Year 11 Parent**

Thank you for hosting the school Iftar event and allowing students to raise money for the One Umar Gaza appeal.

**Parent**

Dear **Mrs Walker** and **Ms Gullefer**, congratulations on the two INCREDIBLE dances last night at the Cadogan Hall, wow you should both be so proud! It was amazing to see the students put on such stellar dances but also cheer each other on so brilliantly; it was really something! Such fantastic news that the KS3 Stranger Things dance is through to the nationals, and the KS4 dance was clearly robbed - it's absolutely phenomenal. They performed superbly though and must have just missed the top slots with going last; I'm sure they will do amazingly at the London Youth Games competition. Thank you for giving the students such amazing opportunities as last night, and many congratulations for the way your pupils stood out for their creativity and verve as well as inclusivity. Wanstead and Chiswick are clearly top notch for their ambition in seeking - and reaching - the heights - and the stories their dances tell as well as their ingenuity with their costumes (rather than buying glitz off amazon). Wanstead really was top level. Thank you both ever so much again.

**Year 8 Parent**

I just wanted to take a moment to share how grateful we are for the wonderful support, kindness and care from our child's form tutor and teaching assistant, **Ms Begum** and **Ms Warren**.

They go above and beyond to create a positive and nurturing environment, and it truly makes a difference. Their encouragement, patience, and understanding have not gone unnoticed, and we deeply appreciate the impact they are having on the children's well-being and confidence and overall enjoyment at school.

Ms Begum is the most WONDERFUL form tutor a secondary pupil could hope for, nurturing and championing and where necessary shepherding and advocating for her pupils. She is clearly a brilliant teacher and our child so enjoys the form time debates and discussions Ms Begum curates so effectively and sees what a love of English Ms Begum fosters. There have been many occasions where Ms Begum manages to intercede on issues the form raises with her involving other children or teachers, where Ms Begum somehow manages to find the time in a hugely busy schedule to help untangle and resolve complicated issues and make the pupils feel they are her only students. She is phenomenal!

Ms Warren sounds so incredibly fun and lovely to all the children, supporting so many different needs in such a kind and observant way, always finding time for everyone and making everyone's day that little bit nicer. What a wonderful member of staff. Thank you for having such a fantastic staff - we're very thankful for both these amazing teachers and wanted to make sure their kindness didn't go unrecognised. All best wishes.

**Year 8 Parent**

Keep up to date with us via our website: <https://www.wansteadhigh.co.uk/> or follow us on Twitter, Facebook or Instagram (wansteadhigh11)





## Head of Year 7

**Ms G White**

**Dear Parents and Carers,**

I hope this message finds you well. I wanted to take a moment to let you know that I will be beginning my maternity leave shortly, and will be stepping away from my role as Head of Year 7 for the remainder of the academic year.

It has been an absolute pleasure joy and privilege to lead Year 7 through this important transition into secondary school. Watching our pupils grow in confidence, build friendships, and find their place in the school community has been incredibly rewarding. From their very first day, they've shown resilience, kindness, and a fantastic enthusiasm for learning. I am incredibly proud of everything Year 7 has

achieved so far this year – from academic progress to their participation in clubs, trips, and school events.

I am confident that they will continue to flourish under the guidance of Miss Hayes, Miss Ahmed, their class teachers and their tutors. I will certainly be thinking of them and cheering them on from afar.

Thank you for your continued support and partnership this year – it truly makes a difference. I look forward to returning and hearing all about the wonderful things Year 7/Year 8 have achieved.

Wishing you all a happy and successful rest of the school year.



**Ms E Hayes**

**Dear Parents and Carers,**

I am delighted to introduce myself as the new Head of Year 7, joining the team after the May half term as Miss White's maternity cover. I'm very much looking forward to working with you and supporting your children achieve both academic success and personal growth.

At the heart of my approach is the belief that our pupils should lead with character - prioritising qualities such as resilience, kindness, respect, and integrity alongside strong learning habits and our school values. These values are essential

in helping our young people grow into well-rounded individuals, prepared for the challenges ahead.

My focus will be on maintaining high standards of behaviour, attendance, and uniform that have been strongly embedded by Miss White. To encourage this, we have an exciting reward trip planned for those who consistently demonstrate positive behaviour, perfect uniform and an excellent attitude towards learning. I look forward to working closely with you and celebrating the many successes to come. Let's finish the year on a high!



## Associate Head of Year 8

**Ms C Feeney**

**Dear Parents and Carers,**

I am excited to be writing to you and to formally introduce myself as the Associate Head of Year 8. It has been a short half term, but a very successful one, and I am incredibly proud of the way our Year 8 pupils have returned to school with focus, maturity, and a positive attitude.

As we move into the final stretch of the academic year, our priority is to maintain the high standards we've set, and to continue supporting every pupil in both their academic and personal development.

This is a key time for Year 8, as we build strong foundations for their transition into the upper years of school.

Our pastoral team remains committed to creating a supportive environment where all pupils feel valued and encouraged to do their best.

I'd also like to take a moment to celebrate recent achievements. Well done to all the pupils who participated in the recent Cricket tournaments. While we may not have secured a win, what stood out was the excellent teamwork, dedication, and sportspersonship shown throughout. It was a proud moment for our year group, and a reminder of the strength of our school community.

There are lots of exciting opportunities

ahead, including enrichment activities and school events, such as sports day and our end of year reward trip to Thorpe Park. I encourage all pupils to get involved and make the most of everything this term has to offer.

Please remember that attendance on the Thorpe Park trip is subject to pupils meeting our expected standards of behaviour. If your child wishes to attend, kindly ensure the Google Form included in the most recent letter has been completed.

I look forward to continuing to work with our fantastic Year 8 cohort throughout the remainder of the term.



## Head of Year 9

**Ms C Murray**

I often tell Year 9 that they give me pause to feel proud of them everyday and this half term has been full of those moments. Whether it's their attitude in lessons, the way they support each other, the care and consideration they demonstrate or just the general energy they bring to school they are always up there in the highlights of my school day.

Recently, though, they really went above and beyond during the Ofsted inspection. They spoke so positively about their experiences, were keen to share their successes, and showed genuine pride in our school. It was lovely to see that they're just as proud of being part of this community as I am of them.

On top of that, many of them have been working hard in preparation for the upcoming DofE expedition – showing real resilience, integrity, and a great team spirit. Their efforts haven't gone

unnoticed and have definitely been another reason to feel proud. Thank you to all the families supporting them in this venture too. They have appreciated the advice and the camping equipment!

Year 9 have also made a strong start to their GCSE Science course. Their teachers report that Year 9's attitude, focus and preparation have been really impressive – they're clearly taking this next step seriously, as we are readying ourselves to embark on Key Stage 4. I couldn't ask for more.

I hope they all enjoy a well-deserved rest over half term – they've earned it!

Take care and have a lovely break,



## Head of Year 10

**Mr M Tinker**

As we approach the May half-term break, I'd like to take a moment to reflect on the fantastic attitude and commitment our pupils have shown so far this term. We are now nearly halfway through Key Stage 4, and we've been genuinely impressed by pupil's behaviour, focus and application to learning.

Looking ahead, shortly after the break will include a series of mock exams for

Year 10, offering a valuable opportunity to continue practising exam techniques and consolidating revision. We encourage all pupils to use the half-term to rest and recharge but also to maintain some momentum with revision in preparation for these assessments.

Wishing all our families a restful and productive break!



# Head of Year 11

Ms R Gullefer

**Dear Parents and Carers,**

The exams have started!

We are through our first few weeks of the GCSE examinations; I am very proud of how committed pupils have handled the exam pressure and anxieties. They have been very consistent and I have received wonderful feedback from our exams team and the exam invigilators.

It has been wonderful to see pupils leaving their exams in a positive manner and being excited to see how they did.

We have just celebrated Year 11 Leavers' Day, this was a fantastic day. Pupils received awards in our final assembly and celebrated their time at Wanstead High School whilst reminiscing on their favourite memories. Pupils will need to ensure they still have full uniform available for the remainder of their GCSE exams whilst ensuring they are equipped and ready for each exam.

A reminder that if your child has loaned a Chromebook from the school, please can they bring this in and hand it to main reception by Thursday 19th June. If this is not returned, then we will need to invoice you for the cost of a replacement. These can be reissued at post-16 if pupils are staying and these are needed.

If pupils are away on Results Day, they can nominate someone else to collect their results on their behalf. Please email the Exams team [examsanddata@wansteadhigh.co.uk](mailto:examsanddata@wansteadhigh.co.uk) with the name of the person who is collecting for your child - that person will have to bring in ID if they are external. They will also be able to enrol for you - please make sure Sixth Form are aware of who will come on your behalf. If pupils are unable to find someone to collect, we can email results but this may not be able to be sent through until the following day. We are unable to give results if you haven't emailed in, so please make sure this is done in advance.

Thank you all to those that have purchased a Yearbook and a hoodie. Hoodies have been given to the Year 11 pupils on the last day of term and Yearbooks will be given out on results day.

Tickets are still on sale for the Year 11 Leavers' Prom 2025 which will be held on Wednesday 9th July, 7.30pm to 11.30pm at the Prince Regent Hotel, Chigwell. Pupils need to ensure their behaviour is exemplary in the lead up and on the night of Prom.

Prom tickets need to be purchased through ParentPay.

I would like to thank you all for your continued support through this challenging and stressful time. The pupils have shown so much resilience and positivity in the exam period so far: it is inspiring to see.

I would like to wish all Year 11 pupils the best of luck in the rest of their GCSE exams.

The hard work they have put in with revision and attending interventions, and making sacrifices, is finally be put into practice.

Remember to look after yourself: eat and sleep right, reward your efforts and know it will all be worth it.

**Dates for your Diary:**

**Year 11 GCSE Exam Period:**

Thursday 9th May – Wednesday 18th June

**Year 11 Leavers' Prom:**

Wednesday 9th July

**GCSE Results Day:**

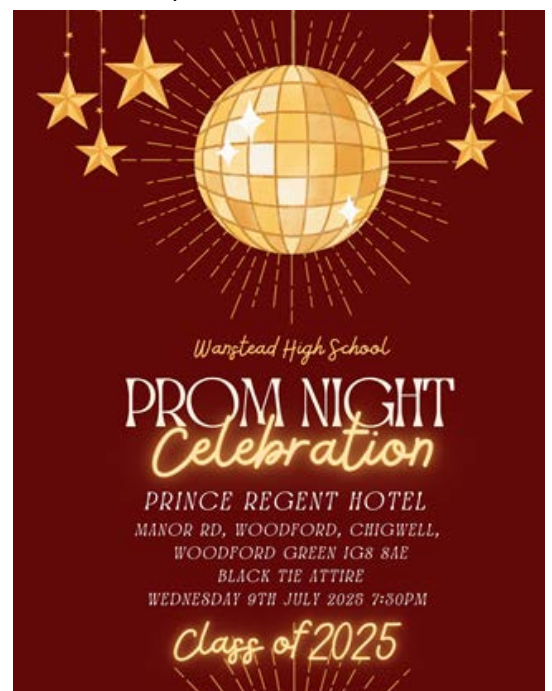
Thursday 21st August

**Wanstead High School Sixth form**

**Enrolment day:**

Thursday 21st August

Thank you all.





## Head of Year 12

Ms T van Beers

**Dear Parents and Carers,**

I hope you are all very well.

In our Learn to Learn lessons this month, we have started to write personal statements for university applications and from next week we will be registering all pupils for UCAS. The current Year 12 cohort will be the first to write personal statements that follow the new 'Three Questions' format and we have been exploring ways of boosting our super-curricular activities in order to enhance our applications. Apart from reading books, journals etc., pupils can listen to podcasts or watch online lectures. The BBC Sounds platform has some excellent podcasts in subjects ranging from Classics to Astrophysics. Oxford University has a brilliant podcast website whereby recorded lectures can be accessed for free: <https://podcasts.ox.ac.uk/>. The Gresham College has an extensive list of free public lectures on a range of topics that can be accessed either in person or online. This Summer's offerings include 'The Deceived Brain: coding and illusion' and 'The Future of Immunity' [https://www.gresham.ac.uk/whats-on?](https://www.gresham.ac.uk/whats-on?see-all) see-all

If your child has an interest in making an Early Application to UCAS eg. they intend to apply to Oxford, Cambridge or for Medicine, Dentistry or Veterinary Science, please can you remind them to sign up to the form on Google Classrooms for my records. Pupils can change their mind either way about being an Early Applicant up to Friday 26th September, our Wanstead High internal deadline.

We understand that a few of our pupils are interested in following alternative pathways other than university and more guidance on this process including Apprenticeships will be given during the rest of the term.

As you will know, Year 12s sit their mock exams from 11th June to 27th June. Pupils are expected to attend all lessons as normal between exams as they do not have study leave. The summer mock examination results will help to inform predicted grades, along with a review of progress throughout Year 12. Pupils must therefore prepare for these appropriately and work hard for their mock exams

and in-class tests to establish their credentials for their applications, particularly if they intend to apply for competitive courses or Russell Group universities.

Wishing you and your families a lovely half term break.



## Head of Year 13

Mr M Hamza

As we approach the final stages of the academic year, it's a moment of both reflection and anticipation for our Year 13 pupils at Wanstead High School. With exams well underway, I want to take a moment to share some important information and celebrate the remarkable journey your child has taken over the past two years.

Our recent leavers' assembly was a heartfelt celebration of the memories, friendships, and achievements our pupils have created during their time here. From amazing videos, to heartfelt speeches and much more, it was clear that the Class of 2025 have left a lasting mark on our school community.

Please ensure your child is following all exam protocols carefully. Each pupil was issued an exam ID card on the morning of leavers' assembly, and this must be brought to every exam. This helps ensure the smooth running of examinations.

For those heading off to university in the Autumn, I strongly encourage all families to check that Student Finance applications are complete and up to date. Missing deadlines or documents can cause delays in receiving financial support, so please make sure everything is in order as soon as possible. This will ensure a smooth transition to university for all the pupils.

<https://www.gov.uk/student-finance-register-login>

A wonderful keepsake for your child's time at Wanstead, the Year 13 Yearbook is still available to purchase via the Fizz Yearbooks website. It's packed with photos, messages, and memories—perfect for looking back in years to come. The online shop closes on 20th June. If you are looking to purchase the Yearbook our unique online ID is: 27595YR13.

<https://shop.fizz-group.co.uk/shop>

Finally, I would like to thank you for your continued support over the past two years. I wish all of you a restful and refreshing half-term break. For the pupils, I hope it brings the right balance of rest and revision as they head towards the finish line.

# School Fund: Parental Contributions

A heartfelt thank you to all the parents and carers who continue to contribute to the School Fund. So far, we have raised £9,102.56 for the main school and £3,787.29 for the Sixth Form. Your generous support is invaluable, particularly in these challenging times. These contributions enable us to fund important projects that directly benefit our pupils.

## How You Can Help

We suggest an annual contribution of £60 for the main school and £50 for the Sixth Form, though any amount you can afford is greatly appreciated. Your contributions have a direct impact on your child's education and well-being.

Once again, thank you for your continued support.

## Innovate: The School's Catering Company

### Pupil Dinner Money Accounts

Please ensure your child's dinner money account is kept topped up regularly. Whilst we will not deny your child a lunch, Innovate does not offer a credit service, so there must be sufficient funds to cover any snacks or meals.

### Year 11 and Year 13 Pupils

As Year 11 and Year 13 pupils prepare to leave in the summer, please ensure that their dinner money accounts have a minimum balance. Refunds for balances under £5.00 will be processed as one payment to the school and not to individual accounts. Dinner account refunds will be processed via ParentPay, with a list of eligible pupils sent to Innovate by 13/06/2025, and refunds completed by 11/07/2025.

### Daily Spending Caps

Some pupils already have a daily spending cap on their accounts, which would have been set at the request of their parents. However, we've noticed that some pupils find it difficult to manage their allowance across break and lunch, often running out of funds before lunchtime. We encourage parents to discuss their expectations for their child's daily spending. If your child does not currently have a spending cap or if you feel their existing cap needs adjustment, we can set or modify the cap to help them stay within budget. Please contact the school at [whs@wansteadhigh.co.uk](mailto:whs@wansteadhigh.co.uk) to request any changes or to add a cap to your child's account. You can also reference the menus and price list available on the school website to guide your discussions with your child.

### Free School Meals

If you think you may be eligible for Free School Meals, please

contact [admissionsandawards@redbridge.gov.uk](mailto:admissionsandawards@redbridge.gov.uk)

## New Menus

The updated menus for the Summer term are on the school [WEBSITE](#). Enjoy!

## School Communication: Edulink

All parents and carers should now have an Edulink login, which is used for all communication from the school. With Edulink, you can:

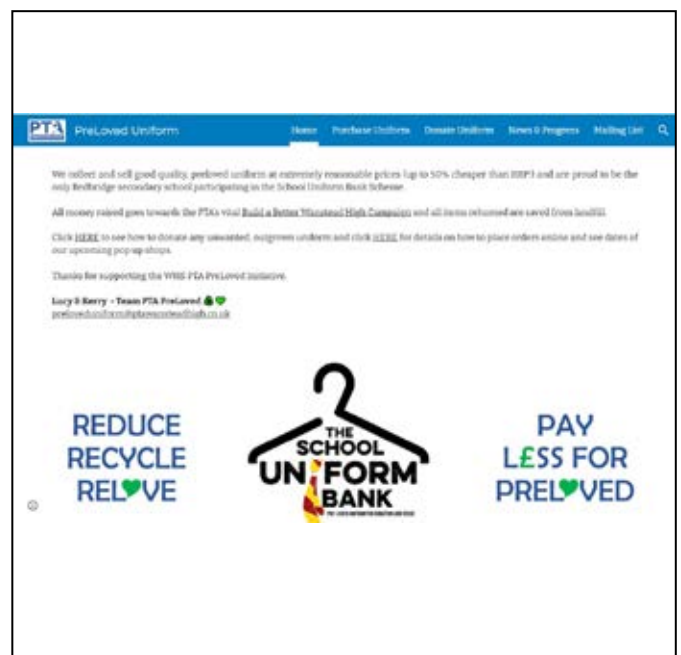
- Check your personal details
- Check your child's details
- Monitor your child's attendance and behaviour
- Track achievement and consequence points

If you have any issues with accessing your Edulink account, please email [whs@wansteadhigh.co.uk](mailto:whs@wansteadhigh.co.uk)

## School Uniform:

Pre-Loved Uniform for uniform items, please visit our pre-loved uniform site: [Pre-loved Uniform](#)

Pre-loved Uniform - see page 50.



# New Bike Shed

The PTA has generously donated funds for a new bike shed located within the school perimeter, on the upper playground. The new shed provides a secure and convenient place for pupils to store their bikes. We encourage pupils arriving early or using the breakfast club to wheel their bikes through the main entrance.

## PTA Support

Link to PTA website: <https://sites.google.com/ptawansteadhigh.co.uk/preloved-uniform/home?authuser=0>

The PTA continues to be a tremendous support for the school, funding various initiatives across departments. Here are just a few of the items they have helped fund:

- **Geography:** A high-quality Nikon 11 Pro camera to support fieldwork and NEA research for A Level Geography.
- **Library:** New, up-to-date books to create a thriving space that encourages literacy across all year groups.
- **EAL:** Flash Academy Software to support our growing EAL cohort in improving English skills.
- **PE:** Spare PE kits to support pupils who cannot afford or have appropriate kit, ensuring all pupils can participate in extra-curricular activities.
- **Drama:** A design resource pack to support the inclusion of design elements in the curriculum for GCSE pupils.
- **SEND:** Reader pens to assist dyslexic pupils or those who struggle with reading, both in lessons and exams.
- **Whole School:** A new, secure bike shed to provide safe storage for pupils' bikes.

- **School Environment:** A phased installation of new signage and displays in the shared areas of the school promoting the school's vision and values. This will enhance the sense of identity and belonging among pupils, staff, and visitors. Visually engaging displays will contribute to a more modern, welcoming, and professional atmosphere throughout the school.

The PTA considers new requests from the school body each term, with updates on the latest submissions to be shared in the next Heron Homelink.

In addition to ongoing fundraising, the PTA continues to support a wide range of school activities. Earlier this academic year, they played a part in both the Centenary celebrations and the school's first Iftah event—two highlights previously featured in this newsletter. Their contributions, both financial and practical, help bring these occasions to life.

The PTA also runs a successful pre-loved uniform initiative, with a pop-up shop operating from a repurposed container in the Leisure Centre car park. This dedicated team restores and organises donations, working with local businesses to keep the service going. It offers a sustainable and affordable option for families, and is a valued resource within our community.

New members are always welcome, and we remain grateful for the PTA's continued commitment and involvement. Your support makes a real difference—thank you!

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# Maths Challenge Success



After being awarded Gold in the National UKMT Maths Challenge 2025 in January, one of our pupils qualified for the Grey Kangaroo for Maths and another pupil for the Cayley Mathematical Olympiad - both very challenging national Maths competitions. Both attained Certificates of Achievement. Congratulations to Oscar A and Milan M.

By Mr A Chauhan

# Revolutionizing Education: School Council's Bold Initiatives



The school council recently presented several innovative ideas to the Senior Leadership Team (SLT) aimed at enhancing the school environment and pupil experience. Their thoughtful proposals covered a range of topics including Culture Day, a summer uniform option, well-being and mental health spaces, and improving the movement around the school. The SLT was notably impressed with the council's initiative and creativity, agreeing to explore potential implementation strategies.

The SLT's positive reception of these proposals marks the beginning of a collaborative effort to bring these ideas to fruition. The next steps will involve detailed discussions on feasibility, budgeting, and timelines to ensure successful implementation. Kudos to the school council for their dedication and forward-thinking contributions!

# The Great Big Dance Off 2025

On Tuesday 6th May, our two brilliant dance teams competed at this year's Great Big Dance Off at Cadogan Hall in Chelsea. The Key Stage 3 team performed a dance inspired by Stranger Things with the creatures from the upside-down creeping around the stage to overpower the human world. The Key Stage 4 team performed a dance inspired by When They See Us, a true story based on the prosecution of the Central Park Five. The piece was named Guilty Until Proven Innocent and throughout the dance explored themes of oppression, manipulation of the

police and protest. Both teams were amazing! They performed engaging and powerful performances which created an electric atmosphere throughout the venue and they made the school extremely proud. The Key Stage 3 team came second in their category so will now be performing on Tuesday 1st July at the National Finals in Cheltenham. We wish them the best of luck!



## Key Stage 3 Team

Lottie	Annabelle
Seren	Georgia
Rosie	Talya
Cynthia	Nylah
Violet	Xanthe
Ava	Mimi
Connie	Clarentia
Sienna	Alexandra
Scarlett	Rosa
Anna	Ellie
Iris	Thea
Poppy	Frances
Bluebell	Jagger
Beth	Rose
Ieva	Ja'Kaydi



## Key Stage 4 Team

Mia
Molly
Selin
Ebony
Amy
Laurel
Louisa
Giada
Elise
Naomi
Iyla
Maeve
Emily
Jemima
Ruby
Gabriella
Anyia
Lily

# Cultural Diversity Project Secures Vital Funding Boost



Jessiona and Zach, Year 11 pupils at Wanstead High School, recently made a compelling presentation to the Wanstead High School PTA. Representing both the EAL (English as an Additional Language) ambassadors and the School Council, they aimed to secure funding for an upcoming Culture Day. Their dedication and persuasive skills paid off, as they successfully bid for £500 to support this vibrant event.

Special thanks are extended to Dennis Weeks from the PTA, whose support and encouragement have been invaluable.

The effort and enthusiasm demonstrated by Jessiona and Zach, highlight the strong school spirit at Wanstead High School. Their initiative and passion for promoting cultural diversity sets a positive example for their fellow pupils. The school's commitment to inclusivity and awareness is clearly reflected in such events.

Congratulations to Jessiona and Zach, and all involved for their hard work and successful presentation. Their achievement is a testament to the power of collaboration and community support in enhancing the educational experience for all pupils.

# A Memorable Farewell Meal with Year 13



As we gathered for our final meal with Year 13, it was a bit-tersweet moment filled with nostalgia and celebration. The occasion was marked by an authentic Mexican lunch, where the air was filled with the tantalizing aroma of spices and freshly cooked tortillas. Sharing this meal together was not just about the delicious food but also about cherishing the bonds we've formed over the years.

One of the highlights of the day was making our own tacos. Each pupil had the opportunity to craft their taco, selecting from a variety of vibrant fillings and toppings. This hands-on experience not only brought out creativity and laughter but also symbolized the culmination of our shared learning journey in Spanish culture.

This lunch was more than just a meal; it was a celebration of our time together. Over the past two years, we have explored the rich tapestry of Spanish language and culture, and this meal was a fitting tribute to that journey. It was a delicious way to say goodbye to pupils who have grown not only in their language skills but also as individuals.

As we bid farewell, I am filled with gratitude for the privilege of being your teacher. Watching you all grow and succeed has been one of the most rewarding experiences of my career. Although it is time to say "adiós," know that you will always hold a special place in my heart.

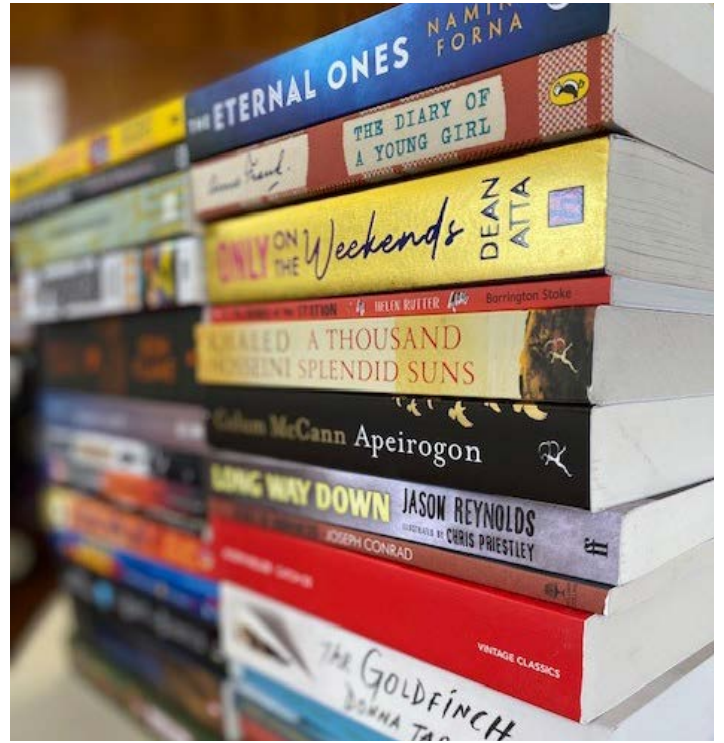
Thank you for the memories, the laughter, and the joy. May your future endeavors be as flavourful and fulfilling as our time together. ¡Adiós, clase!

**Sra Gómez Álvarez**



# PTA's Generosity Sparks a Brighter Future for Our School Library

This year the school library has received a fantastic boost thanks to the generosity of our PTA. Through a combination of financial donations and a book collection drive, the PTA has provided hundreds of new titles for pupils to enjoy. From gripping fiction to inspiring non-fiction, these additions are already proving popular with readers across all year groups. The support from the PTA has helped us expand and refresh our collection, creating more opportunities for pupils to explore, discover, learn and read for pleasure. We're incredibly grateful for this wonderful contribution to our school community.



## Digging Up the Past:

# The Fascinating History of the Wanstead Grotto

The Wanstead History Ambassadors took up the unique opportunity of finding out about our local history through visiting the Wanstead Grotto (part of the once world-famous Wanstead House, which we study in the summer term in Year 7, as part of our local history unit) and the crypt at St. Mary's church. They got to find out about the effort to preserve our local heritage as well as about careers in archaeology and historical restoration. They also got to look at the preserved heart of a Wanstead character in the crypt and took part in a workshop around making political cartoons based on Georgian scandals! They loved the trip and the follow up (either in July or September), will hopefully involve them getting their hard hats on and taking part in restoration work at the Grotto!

By Mr P Chartorzhsky





# Celebrating Key Stage 3 Textiles Achievements: Weaving Success

This half term, our Key Stage 3 pupils have truly excelled in their textile's projects, showcasing remarkable growth and creativity. It has been immensely rewarding to observe their skill development on the sewing machines throughout the project. Here's a glimpse into the fantastic work produced by each year group:

Year 7 pupils have been honing their decorative skills with a focus on creating personalized tech covers. They have crafted unique phone, laptop, and tablet covers, each reflecting a theme of their choice. The variety and creativity displayed in their designs have been truly impressive, marking a significant step in their textile journey.

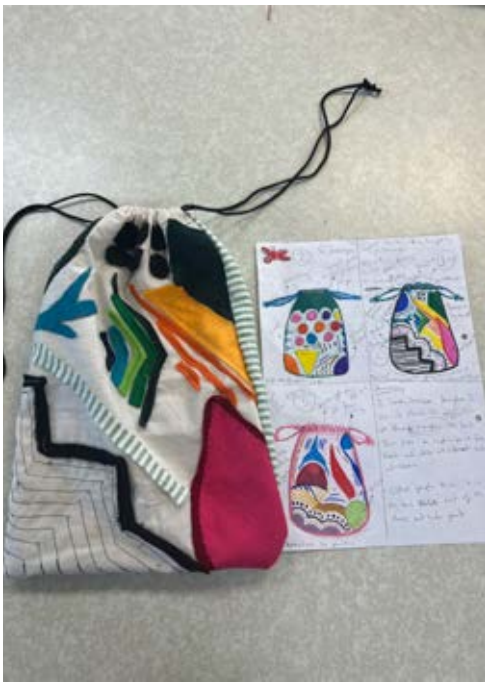
Year 8 pupils embarked on a project to design and create drawstring bags, intended as a sustainable alternative to plastic bags. It's been inspiring to see their initial drawings evolve into practical, usable products. This project not only enhanced their

sewing skills but also instilled a sense of environmental responsibility.

Year 9 pupils have taken their textile skills to the next level by designing and printing their own fabric to create unique pencil cases. This project allowed them to explore textile printing techniques and express their individuality through their designs. The end products are both functional and a testament to their creative abilities.

In conclusion, congratulations to all our Key Stage 3 pupils for their hard work and dedication this term! Your accomplishments in textiles are a source of pride and a wonderful reflection of your growing skills and creativity. Keep up the fantastic work!

By Ms M Kara





# Redbridge Competitions 2025

Pupils were once again given the exciting opportunity to participate in three Redbridge Competitions. This included the short story, poetry and book jacket design. Below is a list of the pupils who were shortlisted and sent to Redbridge organisers where they will be judged against entries from other Redbridge schools.

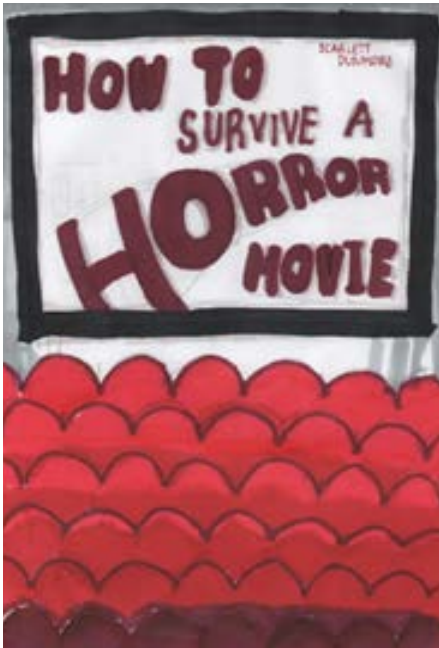
We are eagerly awaiting the results and will announce these in the next edition!

By Ms S Khan



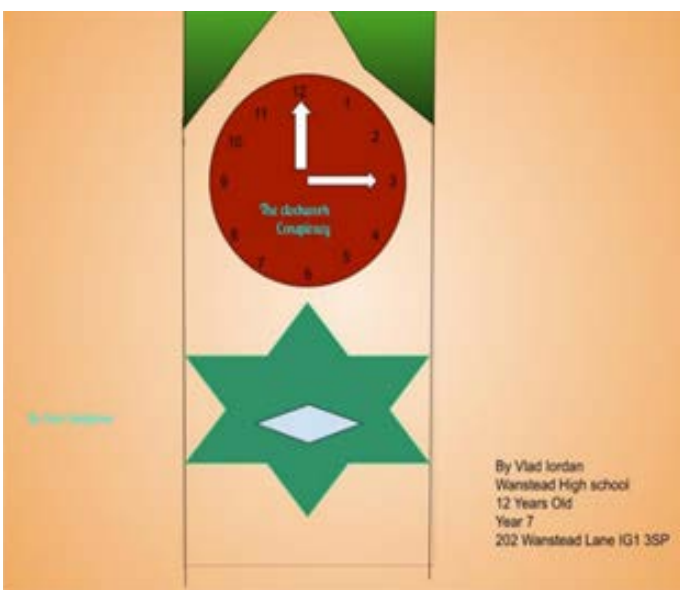
Short Story	Poetry	Book Jacket
Adam – ‘Banker Baby’	Poppy – Year 8	Connie
Pranav – ‘untitled’	Cleo – Year 8	Sandy
Safa – ‘Trapped Inside’	Alex – Year 8	Alice
Ava Rose – ‘The Wish of the Willow’	Viktorija – Year 9	Vlad
Ella – ‘The Unlucky One’	Amy – Year 10	Scarlett
Eliana – ‘All Except One Grow Up’	Isla – Year 11	Brooklyn
Mika – ‘An Unexpected Hero’		
Emmanuel – ‘Never’		
Zara – ‘Crystals of Time’		
Viktorija – ‘Neverland’		
Kate – ‘The Cursed’		
Rebecca – ‘Untitled’		

# Entries for the Redbridge Book Cover competition



- 1. Scarlett
- 2. Connie
- 3. Alice

- 4. Vlad
- 5. Sandy



- 6. Brooklyn

Exclusive Look:

# The Best of the Best in Short-Listed Work

## Whispers of the Selo

Everything changes, yet mountains stand tall,  
Watching the selo through seasons' slow call.  
The rivers still murmur, the meadows still sway,  
Yet time, like the wind, carries moments away.

The morning hums with birds in flight,  
As dawn spills over peaks so bright.  
The scent of earth, so fresh, so free,  
Mingles with blooms and ancient trees.

The hills roll on, so wild, untamed,  
Each blade of grass by sunlight framed.  
The shepherd sings, his voice so light,  
A lullaby to greet the night.

The vineyards stretch, the grapes grow sweet,  
The village air—both calm and fleet.  
The hands that till, the souls that stay,  
Keep whispers of the past at bay.

Yet seasons turn, the young depart,  
New roads are paved, new dreams take heart.  
The winds still dance, the rivers run,  
But nothing stays—not even sun.

And when the stars take up their throne,  
The selo breathes in hush, alone.  
A land untouched, yet rearranges—  
For even here, everything changes.

Selo = village  
Viktoria - Year 9

## Villain and Violent, Infant and Innocent

I was soft once, light as air,  
A child with ribbons tangled in braided hair.  
I freely held the world like a butterfly wing,  
Believed in the good in everything.

I danced in sunlight, ran with the breeze,  
Laughed at nothing and scraped my knees.  
My words were gentle, my hands were clean  
A heart unbroken, a soul unseen.

But the world moves so very fast, and I fell behind,  
So I sharpened my tongue and hardened my mind.  
I traded my kindness to find my place,  
Learned how well a smile can hide reckless disgrace.

I yearned to fit where the wild ones go,  
So I whispered forbidden secrets I shouldn't know.  
I broke what was fragile to feel less small  
Climbed over others to appear standing tall.

I was innocent once- how did I forget?  
The games we played, no tears, no regret.  
Now, villain and violent, I wear the disguise  
But the mirror still shows a child's wide eyes.

I look back now at the price I've paid  
I've lost who I was, And I'm still afraid.

Amy – Year 10

Everything changes, nothing stays the same,  
The sun will rise, but it's never quite the same,  
The winds still blow, the seasons turn  
Yet somethings gone-I feel it burn

The laughter fades, the voices blur,  
The past feels close, yet far as ever,  
The streets I walked, the hands I held,  
Are memories now-just stories to tell.

The trees still grow, the the rivers run,  
The sky still glows with the setting sun,  
But time moves on, its won't stand still  
No matter how I wish it will.  
Everything changes.

**Cleo – Year 8**

Everything changes when the sun rises,  
Suddenly the world is full of surprises  
The dark is gone, the birds chirp,  
Everyone's getting ready for work.

The city is busy, people rush  
It's hard to find a space for hush  
It begins to rain - more change again  
Getting wet is such a shame!

Nothing ever stays the same.

**Anton - Year 7**

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## My Mother Tells Me Stories

My mother tells me stories,  
The same I heard aged five.  
They may not have changed as I have done,  
But they still live on, alive.

I have grown and changed and aged,  
Yet the cow still jumps over the moon.  
Our world may be completely different,  
But the dish will forever run with the spoon.

In simple moments, one hundred things can change,  
But who you were will forever remain.  
A moment frozen as time races by,  
A split-second flashback as you race through life's game.

The world, it never stops turning.  
As the Earth orbits the sun,  
Technology develops at rapid rates.  
Baby steps turned into a run.

I admit, I am afraid of change,  
As everything seems to fly past.  
But my mother still tells me stories,  
My reminder that although no second seems the same –  
Love always lasts.

**Isla - Year 11**

The sun fades to orange, then slips out of sight,  
Day gives way to night, and the stars claim their rite,  
Old walls crumble, new ones take place,  
Time is a river, we race in its grace,

Lovers grow distant, they find their return,  
Like fire that wanes but again will burn,  
The child becomes older, their laughter turn grey,  
Yet in every wrinkle, the memories stay,

The streets are redrawn, the maps now erased,  
History's story cannot be retraced,  
Familiar faces, once etched in our hearts,  
In the blink of an eye, they may drift apart,

For change is the canvas, life's brush in the air,  
Creating and shifting, erasing despair,  
So let go of the fear, let the new world unfold,  
In every transformation, new stories are told.

**Ava-Rose – Year 7**

## Stories inspired by the opening line of Peter Pan:

# 'All children, except one, grow up.'

## Never

All children, except one, grow up. I am that exception. I will forever stay the same. Never change, never grow, never become an adult. I have always felt like a fish out of water, watching everyone I know swimming in the times of becoming a teen, a young adult and now finally a full-grown adult. I'm just stuck on the shore waiting for any of those times to come and pull me into the sea.

They never came, and now I know they never will.

I am forever starting over: having to move to a new town, a new school, find new friends and it is exhausting. More exhausting than you will ever know, so let me give you an idea. It is more exhausting than the final week of school at the end of the year. I should know, I've done that week millions of times. More exhausting than your first game back at football after the end of season break. You feel so unfit. Even more exhausting than that month of tests that you have every term. Even including all the revisions. I am fed up with it. I can't stand it anymore. It's infuriating.

I spend all my life hiding the fact that I can't grow up. I am made to think that I can't succeed in life, that I will never be able to reveal the truth and if I do it will be the biggest mistake of my life. But to be honest the biggest mistake I've made is keeping quiet, being silent, standing watching as all my dreams and hopes and aspirations fly out the window. I cannot stand to feel that I'm just not good enough, that I stand no chance in life and that no matter what I can't shake this feeling of disappointment.

Disappointment from my parents, disappointment from my family, disappointment from really anyone who knows the truth. But most of all disappointment in myself, in the fact that I just stand by and watch as all of this unfolds around me and I'm just there watching it happen in silence. This ends today.

Think carefully about what you want to do, who you want to be and how badly you want it. Imagine if one day it was all taken away, every last drop, like everything you have ever wanted has been squeezed out of you. You're just left with this feeling of emptiness - knowing that the fact that you can never, ever be enough for anyone. It's horrible I can tell you. I just want a change; a change in it all. I can't keep living like this. It's demoralising. I used to wonder some days what it was, why I was different, why I could never grow up. My parents wanted nothing to do with it. I don't know whether it was the fact that they couldn't deal with something being wrong with me or whether they just didn't care but at that time I didn't want to hear it. I just needed to know the truth. Now I do. I finally persuaded my

dad to take me to the doctors to get me checked out. My mum wasn't there because she didn't even know we had gone. She wouldn't have allowed it if we told her so she wasn't told. She still doesn't know we went, let alone the results. But I know and that's all that matters.

For all of the talk and problems that I face, the real cause isn't really that special. I have something called peter-pan syndrome, which is quite a funny name for something so unfunny. This means that my body will never grow up. No matter how hard I try. No matter what I do, I will always be a child on the outside. I am sort of warm to the fact of that now and I'm proud of it. You hear adults all wishing that they could go back to the glory days of when they were a child. I will always have these with me so maybe that is not such a bad thing. It won't be easy living like this but it won't be impossible. I will come through this on top, because one thing I do have (even if it's not facial hair or hair under my armpits or a growth spurt) is a bit of self-belief. A bit of self-confidence, and sometimes all you need to do is back yourself and you will have the last (high-pitched) laugh.

And so I guess the point of this speech to all of you is to tell you that your subtle hints of disappointment and jeers at me behind my back as I walk through the corridors, is that it won't work because you should never judge a book by its cover, sometimes the best looking people with the most money and the best clothes and the best hair are not the people who are happiest on the inside, and at the end of the day that's all that matters. Not your height or who has the bushiest moustaches. It's how you feel how happy and how much you enjoy the world and so remember peter-pan is the one who flies.

**Emmanuel – Year 8**

**All children, except one, grow up**, Daniel Scott, a thirty-seven year old man who never managed to mature past the age of ten, most likely due to the fact his parents were always out on business vacations in fancy places and trusted him to do everything himself, therefore, he never really went to school, disappointing I know. An example of his childish behaviour is that he always seemed to start fights, or another silly thing like refusing to eat any vegetable that wasn't a carrot, carrots were his favourite. However, the one thing he always dreamt of (if he hadn't stayed up all night) was to be a superhero, and that's where our story begins...

Daniel was sat on his bed on a Saturday morning, his long brown hair was messy and greasy and his chubby fingers were brushing through it, leaving trails of sugar behind from last night's midnight feast, his diamond blue eyes were half open due to the fact he had just had another late night gaming session. His eyes widened slightly when he noticed a strange green glow emanating from his console, normally a blue light would be in its place. Daniel waded through the piles of dirty clothes on his floor, he hadn't done washing in so long you couldn't even tell what was the floor and what was a pile of clothes. He reached the console, which was precariously placed on top of a pile of all the games he owned, and unplugged it, as he picked it up, the glow remained, "That's weird..." he tapped on the console to try and turn off the light but it remained. "No power? But still light?" He stared at the deep grassy light which was practically seeping through the cracks of the console and was completely baffled. In a desperate attempt to fix it, he began to crack open the outer shell of the console. As the console snapped open, a large green crystal was revealed, crammed in between the plethora of circuits and wires of the console. It seemed like an archaic fossil, but from an alien, Daniel was completely interested by the gem and out of curiosity began to claw at the crystal, slowly tearing it out of its confined space. However, the moment he finally revealed the full object, it exploded into a burst of light and sent him flying back.

When Daniel woke up from the impact, the room seemed completely intact and everything was where it was before the sudden eruption. Although he did not feel the same, neither did he look the same, as he looked down, his arms were bigger, and muscular, his whole body was in fact stronger. Then something clicked in his brain "I've... I've... I've got super powers!!" Daniel laughed, never in a million years would he have believed that he would have gained superpowers, but today was the day, he was certain it was true, an alien crystal appeared, exploded, didn't damage anything and now he's super muscular, this was not a dream either, he was fully aware of it all. "Ooh I've got so many plans, first I'm gonna—" suddenly there was a crashing noise outside, rushing towards the window, he heard people screaming and some sort of laser gun sound. When Daniel stepped outside, accidentally breaking the door from his newfound strength, he was met by a tall monster, it had long scaly legs and arms, a crocodile like face and a laser gun in hand, its green skin and purple spikes sent a shiver down Daniel's back. "WHERE IS THE CRYSTAL!?" shouted the monster, Daniel stupidly waved at the thing and chuckled "Hey buddy, it's kinda inside of me, crazy right? Anyway, what's your name? Ooh are you my first villain, oh wait, you're gonna kill me aren't you..." he started to run but the creature wrapped its arm around him and pulled him closer, "I AM SHEEKEN!! DESTROYER OF WORLDS, YOU HAVE STOLEN MY GEM!" the thing spat as it spoke, "First of all, you shout a

lot! Also, you're called chicken? I had that for dinner yesterday! I think we should definitely fight, I wanna test my powers." Daniel broke free of Sheeken's grasp and punched him in the face, Sheeken suddenly fell back as his face scrunched up in pain, "WOAH! I'm stronger than you?" Sick!" he laughed, he then ran up to Sheeken and tried to punch it again, but Sheeken caught his fist and through him aside, he winced in pain and tried to stand up, but Sheeken was already charging at him, surprised by the quick chain of attacks, he dodged its barge and ran up behind, delivering a devastating blow to its back which sent it flying up into the air, yelping in fright. When Sheeken came back down he stood up and faced Daniel, "I will be back..." stated Sheeken, it then began to dash off into the distance, leaving the street in a devastating mess after their intense fight.

"BREAKING NEWS: A new superhero has emerged from the shadows, this is our first hero since the sudden loss of quick bite, a speedy vigilante stopping crime everywhere, locals are calling the man their super friend as he wears no disguise and handed out free pizza to everybody afterwards, however, one name that stuck was... Power Peace due to his immense strength which he uses for the greater good" the TV was left on as Daniel ate his breakfast the next day, he smiled to himself, very excited to be recognised as a cool but strong hero, though he was still dwelling on the fact that the monster stated he would be back, he knew he would most likely beat him. When Daniel stepped out of his house, which was slightly cleaner because some of it was destroyed during the fight, he was greeted by many faces staring at him, excited, angry and curious faces, "You broke my house!" cried out one of the people, then everybody started to argue, "Hey! Uh... so what's going on exactly? I'm kinda slow with stuff, if you could catch me up?" Daniel said, "Dude you saved us from an alien!" cheered a woman, her exclamation was followed by an applaud from the majority of the crowd, however some were still unhappy, another protesting person began to shout something when suddenly a man silenced them and came up to Daniel, "Power Peace, you have been selected, please come with me" he gestured towards a van out on the road, completely unaware of what was happening, he simply walked with the man in the suit to the black van and stepped into the passenger seat, "The reason I wanted you here, Daniel, is because you have been noticed by—" he was interrupted "Wait you know my name? Am I gonna be in the army? Ooh do I get money? When do I get paid... how much do I get paid?" He had many questions but the other man spoke again, to silence all of Daniel's silly questions, "You, Daniel Scott, have been selected to replace QuickBite in the Protectors Institute, we hope you accept thi—" he began "I'm in!" Daniel shouted in excitement.

**Mika – Year 8**

# The Power of Language: Pupils Unleash Their Imagination



This collection of descriptive writing pieces is inspired by the image of a stormy sea. Written by Year 10 pupils as part of their preparation for the GCSE English Language exam, each piece captures the drama, atmosphere, and emotion stirred by turbulent waters. The English department are really proud of the positive attitude and commitment the current Year 10 have shown in English lessons this year!

By Ms S Khan

Without warning, the clear azure sky became crowded with coal-grey clouds, stretching to the horizon in all directions. The gentle sea began to form vicious waves, towering over the dingy before pummelling the battered and exhausted cliffs. Explosive blusters of wind whipped around the boat, which rocked and creaked, insignificant in comparison with the forces of nature.

Trying desperately to remain afloat, he sat churning the sea with his oars, knowing they would make a negligible difference. If it weren't for his father being on the island, he would have given up and accepted his fate. Relentlessly, he persevered. His target of the lighthouse appeared to shrink, dwindling into the distance. Its magnificent, gleaming white structure was enshrouded behind sheets of rain.

**Daniel P**

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Eerie dark clouds swallowed the sun's rays casting an ominous cloak of shadow over the vast endless sea below. Cackling of crows echoed as sounds of ravaging waves crashing (against the slated rock coastline) engulfed the pitiful silence encapsulating the futile atmosphere in midnight darkness. Miniscule drops of rain that emerged from glooming raven clouds collided with a

dark figure who stared ominously into the vast immense darkness, barely visible through the cascade of mystical mist. Alfie T

Overpowering waves pounded against the menacing rocks, unyielding as their spray suffocated every prominent, rough rock. Turbulent wind howled and screeched into the vast, endless sky. Rain lashed relentlessly from the bruised clouds, overflowing with sharp, icy liquid. Murky water swirled mesmerisingly in intricate patterns, before battering the rugged rocks once more. A merciless roar bellowed from the stretching, sombre sky, echoing as if in a cave, and leaving behind an endless ringing.

**Evie B**

Towering, corrupted waves crashed violently against the grimy sides of the lighthouse, which stood proudly upon the jagged rocks. Sheets of rain poured down from the blanket of bruised clouds above, swallowing any trace of light. A strange, nauseating odour whipped through the howling wind, snaking tightly around the weathered structure. Squeezing it in its deathly coil. A red-faced, hunched old man with the appearance of a fisherman staggered towards the stained windows of the lighthouse, the dull thump of his splintered walking stick echoing within

the battered, peeling walls. The wind screeched in his folded ears and left his mind ringing. The high-pitched call of the wind causing the dry, silver hairs on the back of his blotched neck to stand on end. As he reached the windows of the lighthouse, the man paused, gazing out at the hurling sea. The waves roared like wild animals, and the storm seemed to mirror a similar turmoil within him. Memories flooded back, each one hitting sharper and harder than the last. He felt a pull as if the storm itself was calling him, like a siren. Reminding him involuntarily of the night where he lost it all.

**Mia W**

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Ominous clouds shield the sun away, tucking away any glimpse of light. The once breath-taking bright day had transformed into complete darkness and destruction. I watch the ferocious waves pounding against the steep cliff and bolts of energy strike down from the blanket of smoky grey. In the distance I spot a ship swaying and shaking from the violent waters surrounding. I climb up the endless stairs until I reach the top. Unlocking the same door I open every day but with panic jolting through my veins. Disastrous waves swallow the ship whole. 'Help!' I hear their screams echoing through my head. Steering the light, I try to push with all my might but I haven't got the strength I once had. There is no one else here. No one can do this but me. I call the local lifeguards and fear builds in every beep as I wait for a response. 'Hello? What is your emergency?' 'There's a ship' I exclaimed sharply. 'Four people fell overboard around five hundred meters from the lighthouse' I stated with experience. 'Rob? We can't hear you-' 'Hello? Hello?' I queried as the line cut off and sparks of electricity zapped away the light leaving nothing but the ominous clouds.

**Laila P**

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Bitter and melancholic, the wind swirled around him. Life hadn't been the same since his daughter had passed away. Even while sailing through the tranquil, lapis sea, he still felt as if he was suffocating, as it only reminded him of the times when his daughter was still alive. Filled with grief, he reminisced on the priceless memory of him teaching his daughter the fishing lessons his father taught him, when he was just a boy. Although it had already been 2 years since her death, nothing could wash away those feelings of depression, rage, and guilt. Suddenly, he felt a change in the atmosphere, and the earlier slight breeze transformed into a wild whirlwind. Before he knew it, the bruised clouds had encapsulated the light, blanketing any sense of hope. From above, everything was silent, and the mysterious blue was still in its slumber, but danger was in the air. As the darkness crept over him, he finally broke away from the manacles of his mind, realising his safety was now under threat. Savagely, the storm growled with apocalyptic thunder and burst into tears of torrential rain. Flashes of lightning illuminated the turbulent waves, revealing the chaos of the tempestuous sea. Ferociously, the brutal, murky beast ruthlessly slammed against his boat, gripping it in an unyielding embrace, eager to drown it in the merciless waves. Intense icy winds with fingering stealth came feeling for his face, and in a split second, he was now submerged under the vast weight of the overpowering sea. Fed by instincts, he strived to rush to the surface, using every last bit

of strength and sheer willpower left in him. Amidst the roaring waves, a gentle, familiar voice called out to him, and pulled him out of the tormenting chaos, back onto the boat. As he returned to his senses, he realised that the pain had instantly faded, and the only thing he felt now was the warmth of the radiant sun, with the serene melody of the delicate ripples from the sea comforting him. Confused, but grateful, he desperately looked around for an answer, scanning his surroundings.

"Dad?" Before he could turn around, he felt a tender hand tap his back. As he faced the sound, his face immediately lit up; he couldn't believe his eyes. Standing there, bathed in sunlight, stood his daughter, vibrant and full of life, just as she had been before becoming ill.

"My angel, I've missed you so much," he sobbed, his voice cracking, as tears flooded his eyes.

"Of course you have," she teased playfully, her laughter lighting up the moment. As they sat side by side, his daughter eagerly helped him set up the fishing equipment, and a wave of gratitude enveloped him, as he realised that his dream had truly come true.

**Adrianna G**

Blood, Ambition, and Betrayal:

# Pupils Delve into Shakespeare's Macbeth

As part of their English studies, Year 10 pupils have been exploring Shakespeare's Macbeth. The group pictured below focused on the dramatic Banquo's ghost scene, examining how tension, guilt, and the supernatural are portrayed. To deepen their understanding, the pupils re-enacted the banquet scene in class, bringing the characters and atmosphere to life through performance. **By Ms S Khan**

**“Thou canst not say I did it; never shake/Thy gory locks at me.”**



# Celebrating Success

## Highlights from our latest Achievement Award Winners Ceremony

	Year 7	Year 8	Year 9	Year 10
Maths	Lujain	Adam	Zara	Juliette
Further Maths				
Economics				
English	Jacob	Emily	Talya	George
Literature				
Language and Literature				
Science	Andreas	Oisin	Yasiar	Lara
Biology				Jemima
Chemistry				Ben
Physics				Laurel
History	Patryk	Katie	Edmir	Carmen
Classics				
Geography	Brooklyn	Mika	Daniel	William
Resistant Materials				
Graphics	Ella	Sulaiyman	Lily	Oliver
Art	Ambar	Zahra	Sylvia	Anya
Photography				
Textiles				
Food & Nutrition	Charlotte	Mila	Erin	Alayna
Dance	Idris	Marc	Frances	Iyla
Drama	Brooklyn	Ayla	Robyn	Jemima
Music	Isla	Theodore	Maria	Blake
Spanish	Emma	Mila	Robyn	Mina
French	Alex	Hannah	Milan	Emily
Media				Hasnain
Computing	Krishan	Aleena	Ritaal	Eleanor
RP	Adam	Ella	Annabelle	Alayna
Psychology				
Politics				
Sociology				
SEND				
PE	Krishan	Eliza	Mia	Zak
Resistant Materials	Daniel	Thomas	Oscar	Lillian
HOY Award	Emegli	Scarlett	Beau	Nelson
Behaviour Award	Toby	Olivia	Erin	Louis
Attendance Award	Woody	Noah	Oscar	Iyla
Headteacher's Award	Dmytro	Wilbur	Maisy	Oliwia



Kicking Her Way to the Top:

# Maria's Ambitious Football Career

We told you recently to look out for Maria's progress in Football having been on the England Ladies' Football Team's radar for some time and here she is representing England in a recent tournament against some other National teams. This is a simply extraordinary achievement, having demonstrated her abilities at Borough, County and now National level.

Maria has dreams of making it as a professional footballer, and is most certainly on track to achieve this!

Congratulations Maria! We are all very proud of you and look forward to what you can achieve in



# Bright Prospects Ahead for Rising Star Zach



We are all unbelievable proud of Zach's achievements representing Essex U14s in Football this season.

Zach was named as captain at the beginning of the season, and this photograph shows him lifting the National trophy at the Britannia Stadium in Stoke, not only as the captain but as 'Man of the Match'.

Zach so evidently has a fantastic future in football and we can't wait to see his career progress.

Perhaps, one of the most impressive things about Zach, outside of him being one of the most talented footballers in the country, is how grounded, humble, respectful and hardworking he is in other aspects of his life including in school as a model pupil!



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## Toby Takes the Nation by Storm: A Rising Star in the Making

It is always so lovely to hear of the successes of our pupils, outside of school. In this case Toby (Year 7) who is an extremely talented Table Tennis player.

Toby has been competing on the national stage, reaching the latter stages of these competitions meaning that he is one of the most talented players in the country!

We will watch Toby's progress and wish him all the best of luck in some upcoming events.

There are plans ahead to develop Table Tennis at Wanstead in the next academic year, so if you want a chance at beating Toby, look out for the communication in the Autumn term.

**Please do get in touch with us if your child takes part in something outside of school that we may be unaware of. Simply contact [j.sains@wansteadhigh.co.uk](mailto:j.sains@wansteadhigh.co.uk) with information.**



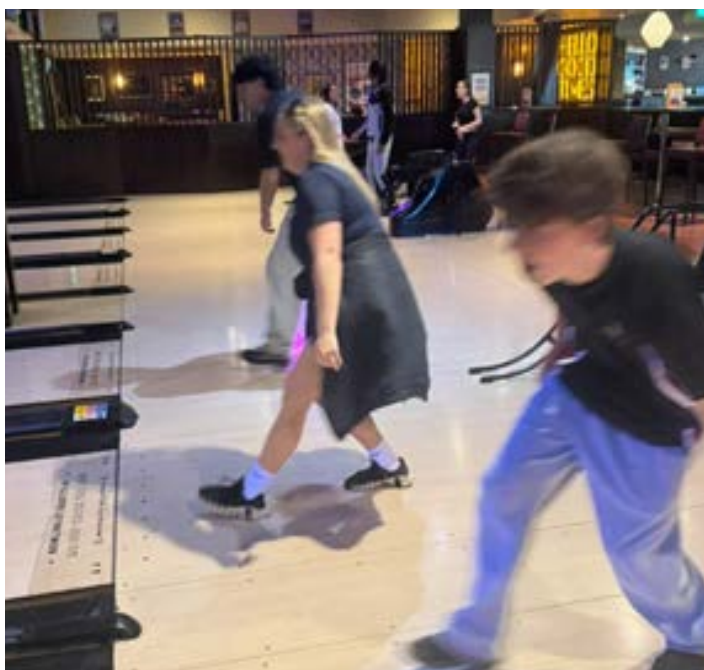
# Rolling Out the Fun: PE's Team-Building Adventure

Team PE is a real thing! It includes all pupils that study PE at Wanstead High School from Key Stage 3 PE, through Key Stage 4 exam courses, all the way through to Key Stage 5 A Level PE.

In the below case, some Key Stage 4 members of team PE enjoyed a team bonding trip to a bowling alley. We took the

afternoon out of school, had some food together, and then competed against each other in a friendly (!) game of bowling.

I think it is safe to say that Mr Sains will not be winning any bowling awards anytime soon!



From Theory to Reality:

# Year 10 & 12 Pupils Complete Silver Expedition

A huge congratulations to our incredible Year 10 & 12 pupils who successfully completed their Silver Duke of Edinburgh's Award expedition in Norfolk. Walking nearly 60km through varied countryside, all participants showed tremendous perseverance, teamwork, and resilience in challenging conditions.

The Duke of Edinburgh's Award is one of the UK's leading youth achievement programmes, encouraging young people to develop key life skills such as independence, leadership, problem-solving, and self-confidence. At the Silver Level, participants must complete a three-day, two-night expedition, navigating and camping in unfamiliar terrain while carrying all their gear and working as a team.

Throughout the weekend, pupils tackled long distances, changeable weather, and route-finding challenges – all with a positive attitude and determination to succeed. We are all incredibly proud of how each group supported one another and rose to the occasion.

This expedition marks a significant milestone in their DofE journey. Well done to all involved – a truly outstanding effort!

We now look forward to giving our Year 9 pupils a taste of the great outdoors.





## Fresh Faces Join the Ranks for DofE

And here are the new cohort of Year 9 pupils who may well one day go on to complete their Silver or even Gold DofE one day! Photos below from their own training day recently.



## Swinging into Action:

# Cricket Season Underway

The PE office being full of cricket bags, can only mean one thing! The cricket season has started.

It was wonderful to see these teams demonstrate their skills at Cricket Club (Tuesday's after school), at the Chance to Shine Festival and at an Essex Cricket Festival.

These players demonstrating some excellent bowling, batting and fielding.

We are certainly looking forward to seeing more players at Cricket Club, and some more matches in the next half term.

If you wish for a chance to be selected for these events, then we will see you at Cricket Club on

Tuesday's after school. As always, the only two things that you need is your PE kit and a smile!



# Athletics in Full Bloom This Half Term

It has been fantastic seeing the wonderful Athletics lessons in full swing this half term. Pupils have been introduced to and developed skills in sprinting, middle distance, relay, triple jump, javelin and discus. There are some extremely talented athletes on show, with some key opportunities upcoming such as Athletics Club (Monday after school on the field), London Youth Games Athletics Competition, District Athletics Championships and of course Sports Day!

**Watch this space!**

**Don't forget Athletics Club on Monday's after school on the field for anyone that has enjoyed their Athletics lessons recently. The only things you need to attend are your PE kit and a smile!**



Champions in the Making:

# Boys Dominate Rugby Competition

CONGRATULATIONS to our very own Kye, Krishan and Ronnie who recently took part in a Rugby tournament on the Isle of Wight. All three boys represent the exciting, and talented Wanstead Rugby Club. From the smiles on their faces, it was clearly a wonderful experience!

To top the experience off, the boys returned as the champions

having beaten all rivals to the crown.

**Don't forget to sign up for Rugby Club starting again in September 2025. Watch out for sign-ups early in the Autumn term. As always, the only two things that you need is your PE kit and a smile!**



# Sports Day - The Countdown Begins

**SPORTSSS DAAAYYY!** Planning is in full swing. Early in the next half term Mr Sains will be in assemblies, and families will be receiving some communication.

Pupils should begin to consider which events they would be entering? 100m? Long jump? High jump? Relay? See some talented medal winners from last year.

Will you win a medal? Will you break a school athletics record?



# Rugby Duo Shine as Elson and George Make the Cut

It was an absolute pleasure to watch two of our most talented Rugby players compete in a tournament for Saracens this month.

Such was the prestige of the tournament that it was actually held at the stadium 'StoneX'.

Elson and George have done superbly to have been selected for this squad, and continue to impress the coaches as the season progresses.

What is next in the world of Rugby for these boys? Only time will tell .....



## Message from PE:

The curriculum is so much more than what happens inside the classroom.

Sign yourself up for a PE club. Make some new friends.  
Develop your skills. Enjoy a new activity.

You know what you need. Your PE kit and a smile!

All clubs start 3:15pm – 4:30pm

If you have previously signed up, there is no need to sign up again

If you do sign up, you automatically have a place and will not receive a confirmation.

# Wanstead High School

## Summer Term Enrichment - 2025

\*Clubs are offered on a walk-in basis unless stated otherwise\*  
(KS3 - Years 7, 8 & 9) (KS4 - Years 10 & 11) (KS5 - Years 12 & 13)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Before School - 7:30 - 8:20</b>				
EAL Morning Intervention – Flash Academy	EAL Morning Intervention – Flash Academy	EAL Morning Intervention – Flash Academy	EAL Morning Intervention – Flash Academy	EAL Morning Intervention – Flash Academy

**Before School: Breakfast Club & Library every morning - 7.30 - 8.20**

### Lunchtime

**Year 7-9 Lunch is 12:20 - 1:05pm**

**Year 10-13 Lunch is 1:20 - 2:05pm**

Prayer Club (KS4) Room S1 1:20 - 2:05	Prayer Club (KS4) Room S1 1:20 - 2:05	Prayer Club (KS4) Room S1 1:20 - 2:05	Prayer Club (KS4) Room S1 1:20 - 2:05	Prayer Club (KS4) Room S1 1:20 - 2:05
Science Club Year 7 Week 1 & 2 Room S10 12.30-13.00	Year 9 Company Dance Studio KS3	Choir (KS3) Room 36 12:20 - 1:05	Dance Company Year 7 and 8 Dance Studio 12:30 - 1:00	Open Studio (KS3) Dance Studio 12:30 - 1:00
	Spanish Speaking Club Year 11 Week 1 & 2 Room MA4 1:30 - 2:00		Choir (KS4) Room 36 1:20 - 2:05	Friday Prayer Club (KS3) Room AHH 12:20 - 1:05
			English as an Additional Language (EAL) (KS3) Week 1 & 2 Room MA4 12:30 - 1:00	
			Debating Club (KS4 & KS5) Room NB8 1:20 - 2:05	

### After School 3:05 - 4:10pm

Brass Group (KS3, KS4 & KS5) Room 37 3:15 - 3:45	GCSE NEA Recording + Intervention Room 36 3:15 - 4:00	KS4 Basketball club Sportshall 3:15 - 4:30 <a href="https://forms.gle/xV2FtzrdYG-wbiCqB9">https://forms.gle/xV2FtzrdYG-wbiCqB9</a>	Steel Pans (KS3, KS4 & KS5) Room 36 3:15 - 4:00	Jazz Band (KS3, KS4 & KS5) Room 36 3:15 - 4:00
String Group (KS3, KS4 & KS5) Room 36 3:15 - 4:00	Wind Band (KS3, KS4 & KS5) Room 38 3:15 - 4:00	Crochet Club (KS3, KS4 & KS5) Room 1 3:20 - 4:20	Rugby Club (KS3, KS4 & KS5) Eton Manor Coaches 3:15 - 4:30	Revision Day (KS4 & KS5) Dance Studio 3:15 - 4:20
Athletics Club Field 3:15 - 4:30 <a href="https://forms.gle/khK1fTLRW6r-TiK7dA">https://forms.gle/khK1fTLRW6r-TiK7dA</a>	Fashion Illustration (KS3 & KS4) Room NB9 3:15 - 4:00	KS4 Basketball Club Sports Hall 3:15 - 4:30 <a href="https://docs.google.com/forms/d/e/1FAIpQLSex-0qiNhh0AQH3YLZYBjbnJL-B84lW42Vk_TheLqiAYQ_Pi-IA/viewform">https://docs.google.com/forms/d/e/1FAIpQLSex-0qiNhh0AQH3YLZYBjbnJL-B84lW42Vk_TheLqiAYQ_Pi-IA/viewform</a>	Wind band Room 38 3:15 - 4:00pm	Team (KS3) Dance Studio 3:15 - 4:20
Basketball Club (KS3) Sportshall 3:15 - 4:30 <a href="https://forms.gle/8rDi-j84CVpVT2EWN7">https://forms.gle/8rDi-j84CVpVT2EWN7</a>	KS3 Weather Club Room NB1 3:15 - 4:20	Rounders Club Field 3:15 - 4:30 <a href="https://docs.google.com/forms/d/e/1FAIpQLSepSNOAR-l0uBQH14dY3WpsG1G-LD-Qifo0_5X2RniSf4B2DCbA/viewform">https://docs.google.com/forms/d/e/1FAIpQLSepSNOAR-l0uBQH14dY3WpsG1G-LD-Qifo0_5X2RniSf4B2DCbA/viewform</a>		GCSE PE Support (KS4) IR4/S13 3:15 - 4:30
Film Club (After Oct Half Term) Year 7/9 Room 24 3:20 - 5:00	Coding Club Year 10 Room IR4 3:20 - 4:00		<p><b>Dear Parent/Carer,</b></p> <p>We would like to clarify the system put in place if your child is attending after school enrichment.</p> <p>At the start of all enrichment clubs, registers will be taken so we are clear on who is in the school building.</p> <p>If a pupil does not attend a club that is expected to, the office will be informed and parents will be contacted to inform them that their child did not attend the club.</p> <p>At the end of the enrichment session, all pupils will be escorted to the main reception to be dismissed.</p> <p>If, for an exceptional circumstance, a club is cancelled, parents will be informed via a message.</p> <p>As always, please encourage your child to attend enrichment and make the most of the many opportunities on offer.</p> <p><b>Mr L. Wood</b></p>	
Geography Intervention (KS4) Room NB2 (Mr Hamza) 3.15 - 4.15	Cricket Club Lower playground 3:15 - 4:30 <a href="https://forms.gle/4b-PQqGnmLn2tzPi48">https://forms.gle/4b-PQqGnmLn2tzPi48</a>			
Geography Intervention (KS4) Room NB3 (Mr Leftwich) 3.15 - 4.15	Badminton Sportshall 3:15 - 4:30 <a href="https://forms.gle/EyY8WexBUL-eK4AG38">https://forms.gle/EyY8WexBUL-eK4AG38</a>			
	Team (KS4) Dance Studio 3:15 - 4:20			
	Enrichment: New Views Script Writing (Year 11) Room 3 3:20 - 4:20			

For any queries regarding sports clubs please contact the member of staff responsible, below:

Athletics – [e.hayes@wansteadhigh.co.uk](mailto:e.hayes@wansteadhigh.co.uk) Athletics – [c.feeney@wansteadhigh.co.uk](mailto:c.feeney@wansteadhigh.co.uk) Basketball – [j.sains@wansteadhigh.co.uk](mailto:j.sains@wansteadhigh.co.uk)

Essex County Coach – [k.holdbrook@wansteadhigh.co.uk](mailto:k.holdbrook@wansteadhigh.co.uk) Badminton – [m.tinker@wansteadhigh.co.uk](mailto:m.tinker@wansteadhigh.co.uk)

GCSE PE – [g.white@wansteadhigh.co.uk](mailto:g.white@wansteadhigh.co.uk)



# Intervention and Enrichment

Intervention list for pupils who may require some form of catch-up support or intervention to ensure they are making progress to the best of their ability.

<b>Computer Science</b>						
Staff Member	Day/Dates	Activity	Room	Time	Year group (s)	Number of Pupils
Ms M Umar	Monday	Intervention	IR2	3:15 - 4:00pm	Year 11	NA
Mr B Alom	Wednesday	Intervention	IR1	3:15 - 4:10pm	Year 11	NA
Ms G Kartha	Tuesday	Coding Club	IR4	3:20 - 4:00pm	Year 10	
Ms G Kartha	Wednesday	Intervention	IR4	3:20 - 4:00pm	Year 13	NA

<b>Department: Dance</b>						
Staff Member	Day/Dates	Activity	Room	Time	Year group (s)	Number of Pupils
Ms R Walker/Ms R Gullefer	Monday	Intervention	SDA	3.15 - 4.20pm	Key Stage 4	NA
Ms R Walker/Ms R Gullefer	Tuesday	Key Stage 4 Team	SDA	3.15 - 4.20pm	Key Stage 4	30
Ms R Gullefer	Wednesday	Intervention	SDA	3.15 - 4.40pm	Key Stage 4	NA
Ms R Walker/Ms R Gullefer	Friday	Key Stage 3 Team	SDA	3.15 - 4.20pm	Key Stage 3	30

<b>Department: Drama</b>						
Staff Member	Day/Dates	Activity	Room	Time	Year group (s)	Number of Pupils
Mr B Weakliam	Tuesday	Intervention	S13	3.15 - 4.15pm	Key Stage 4/Key Stage 5	

<b>Department: English</b>						
Staff Member	Day/Dates	Activity	Room	Time	Year group (s)	Number of Pupils
Mr E Everhart	Wednesday	Key Stage 3 Book Club	11	Lunch	Key Stage 3	
Ms A Malik/Mr E Everhart	Wednesday	Intervention	10	3:20 - 1:20pm	Year 13	NA
Ms A Malik	Wednesday	Intervention (Form-Time)	10	8:40 - 9.00am	Year 11	NA
Ms A Malik	Thursday	Intervention (Form-Time)	10	8:40 - 9.00am	Year 11	NA

<b>Department: Geography</b>						
Staff Member	Day/Dates	Activity	Room	Time	Year group (s)	Number of Pupils
Mr R Smith	Tuesday Week 2	Key Stage 3 Weather Club	NB1	3.15 - 4.00pm	Year 7,8 & 9	20

<b>Department: History</b>						
Staff Member	Day/Dates	Activity	Room	Time	Year group (s)	Number of Pupils
Mr P Chartorizhsky	Tuesday	Year 11 intervention	NB5	3.20 - 4.10pm	Year 11 & 13	NA
Mr K Ali	Wednesday	Year 11 intervention	NB7	3.20 - 4.10pm	Year 11	NA
Ms H Ahsan	Tuesday	Year 11 intervention	NB6	3.20 - 4.10pm	Year 11	NA
Ms C McQuillan	Monday	Year 13 intervention	NB8	3.20 - 4.10pm	Year 13	NA
Ms C McQuillan	Thursday	Debating Club	NB8	Lunch	Key Stage 4/Key Stage 5	NA

**Department: Maths**

Staff Member	Day/Dates	Activity	Room	Time	Year group (s)	Number of Pupils
Ms I Unegbu	Monday	Intervention	19	3.20 - 4.10pm	Year 11	NA
Mr D Boachie	Monday	Intervention	23	3.20 - 4.10pm	Year 11	NA
Ms K Kioi	Monday	Intervention	12	3.20 - 4.10pm	Year 11	NA
Ms M Tayeba	Tuesday	Intervention	20	3.20 - 4.10pm	Key Stage 5	NA
Mr N Rashid	Tuesday	Intervention	15	3.20 - 4.10pm	Key Stage 5	NA
Mr S Rashid	Tuesday	Intervention	21	3.20 - 4.10pm	Key Stage 5	NA
Mr A Chauhan	Wednesday	Intervention	22	3.20 - 4.10pm	Key Stage 4	NA
Ms O Ogunge	Monday	Intervention	IR4	3.20 - 4.10pm	Key Stage 3/Key Stage 4	NA
Mr A Chauhan	Thursday	Intervention	Library	12.20 - 1.00pm	Key Stage 3	

**Department: MFL**

Staff Member	Day/Dates	Activity	Room	Time	Year group (s)	Number of Pupils
Ms N Gomez Alvarez	Tuesday	Spanish Speaking Club	MA4	1.20 - 2.05pm	Year 11	NA
Ms K Akhtar Bibi/Mr L Jimenez	Tuesday	French and Spanish intervention	MA1 & MA3	3:15 - 4.00pm	Year 11	

**Department: Music**

Staff Member	Day/Dates	Activity	Room	Time	Year group (s)	Number of Pupils
Ms L Pennington	Wednesday	Key Stage 3 Choir	36	12:20 - 1:05pm	Key Stage 3	
Ms L Pennington	Thursday	Key Stage 4 Choir	36	1:20 - 2:05pm	Key Stage 4	
Ms L Pennington/ Mr I Sweet	Tuesday	GCSE NEA Performing + Composition Guidance	36	3:15 - 4.00pm	Year 10	
Mr I Sweet	Monday	String Group	36	3:15 - 4.00pm	All Year Groups	
Mr I Sweet	Friday	Jazz Band	36	3:15 - 4.00pm	All Year Groups	
Mr Wilcox (Brass Teacher)	Monday	Brass Group	37	3:15 - 3:45pm	All Year Groups	
Patrick (Year 12)	Thursday	Steel Pans	36	3:15 - 4.00pm	All Year Groups	
Luke (Year 13)	Thursday	Wind Band	38	3:15 - 4.00pm	All Year Groups	

**Department: Sociology**

Staff Member	Day/Dates	Activity	Room	Time	Year group (s)	Number of Pupils
Ms E Christofides	Monday	Intervention	SS1	3.20 - 4.15pm	Year 13	
Ms E Christofides/ Ms N Rowshan	Wednesday	Intervention	SS1/SS2	3.20 - 4.15pm	Year 11	
Mr D Vardavas	Mon Week 2	Intervention	MA5	3.20 - 4.15pm	Year 13	
Mr D Vardavas	Mon Week 1	Intervention	MA5	3.20 - 4.15pm	Year 11	

**Department: Media**

Staff Member	Day/Dates	Activity	Room	Time	Year group (s)	Number of Pupils
Ms C Sheehan	Tuesday	Intervention	24	3:15 - 4:00pm	Year 13	NA
Mr A Khanum/ Mr C Sheehan	Wednesday	Intervention	24/25	3:15 - 4:00pm	Year 11	NA

**Department: Economics**

Staff Member	Day/Dates	Activity	Room	Time	Year group (s)	Number of Pupils
Mr G Brodie	Wednesday	Intervention	13	Lunch	Year 13	NA
Mr N Rashid	Wednesday	Intervention	15	3:20 - 4:10pm	Year 11	NA

# Term Dates for 2024 - 2025

## ▶ SUMMER TERM 2025

Tuesday 22 April 2025 to Tuesday 22 July 2025

Half term break - Monday 26 May 2025 to Friday 30 May 2025

# Term Dates for 2025 - 2026

## ▶ AUTUMN TERM 2025

Monday 1 September 2025 to Friday 19 December 2025

Half term break - Monday 27 October 2025 to Friday 31 October 2025

## ▶ SPRING TERM 2026

Monday 5 January 2026 to Friday 27 March 2026

Half term break - Monday 16 February 2026 to Friday 20 February 2026

## ▶ SUMMER TERM 2026

Monday 13 April 2026 to Monday 20 July 2026

Half term break - Monday 25 May 2026 to Friday 29 May 2026

## ▶ WHOLE SCHOOL TRAINING DAYS FOR 2025 -2026

INSET DAY 1 Monday 1 September 2025

INSET DAY 2 Friday 3 October 2025

Disaggregated INSET DAY 3: FRIDAY 28 November 2025

INSET DAY 4 Monday 12 January 2026

Disaggregated INSET DAY 5: Monday 20 July 2026

# Dates for your diary

05

June 2025

Year 7  
5-8 Progress Evening

03

July 2025

Transition Day

11

July 2025

Culture Day

18

July 2025

Sports Day



# An Introduction to Music Production with Redbridge Music Service

Ever wanted to produce your own music or compose your own tracks? Then this is the course for you!

Learn the basic skills and techniques to compose and produce your own music using Ableton Live.

By the end of the course you will have created an original track and acquired the knowledge to compose many more!

**\*NEW\***

10 week  
online course  
starting April  
2025

Online Classes on Mondays:

Class 1 (Years 5-8): Monday 4-5pm

Class 2 (Years 9-13): Monday 5-6pm

Visit [vrcl.uk/musicproduction](http://vrcl.uk/musicproduction)  
for more information.



## Dear Music Teachers,

Following a highly successful Spring course of Music Production Classes, I am pleased to share the details of the Summer course that is now open for registration and may be of interest to your pupils.

'An Introduction to Music Production' is a 10 week online course delivered remotely over Microsoft Teams using Ableton Live.

During this introductory course, pupils will learn the basic skills and techniques required to produce and compose their own original music using Ableton Live.

By the end of the course pupils will have created their own original track and acquired the knowledge to compose many more!

The course is taught using Ableton Live and pupils will be provided with a login for the duration of the course, allowing them to work on their tracks in between sessions and practice what they have learnt. The skills developed will be largely transferable to similar programs such as Logic & Cubase which will then support their school based learning.

The classes offered for the Summer Term are:

- **Class 1 (Years 5-8) - Monday 4-5pm**
- **Class 2 (Years 9-13) - Monday 5-6pm**

The course starts on 28th April 2025

The course fee is £75

Further details about the course content is listed on our website here: [vrcl.uk/musicproduction](http://vrcl.uk/musicproduction)

I would be grateful if you could share this information with your pupils and parents, in particular the attached image and above link.

If you have any feedback on how the Music Service could help to further support and compliment the work you are doing along the lines of Music Technology, Theory or Composition, please drop me an email as it would be very helpful in determining how we shape our future provision.

**Warm regards,**  
**Chris Wilcox**



## CWD Consultation Schedule

The Children with Disabilities service is currently undertaking a consultation exercise. The consultation is designed to test the service's formative ideas about how it can improve the way it delivers its services. The core purpose of these potential changes are to see how Early Family help and support and different ways of deliver its services can improve children's and their families outcomes.

The consultation exercise will be for 12 weeks and the service is seeking to capture a broad spectrum of opinions and views. The consultation will begin on the 29th of April.

### Redbridge Central Library (Ilford):

DATE OF EVENT	TIME / DURATION
Tuesday 17th June	10:30am-12pm
Tuesday 24th June	1pm-2:30pm
Tuesday 8th July	10:30am – 12pm

### Wanstead Library:

DATE OF EVENT	TIME / DURATION
Thursday 29th May	1:30pm-3pm
Thursday 3rd July	1pm-2:30pm

### Fullwell Cross Library:

DATE OF EVENT	TIME / DURATION
Wednesday 21st May	1:30pm-3pm

### Redbridge Forum

DATE OF EVENT	TIME / DURATION
Wednesday 4th June	10:30am-12pm

### We also plan to hold 3 online consultation sessions.

DATE OF EVENT	TIME / DURATION
Tuesday 10th June	6:30-7:30pm
Wednesday 16th July	10am-11am

Please email [CWDconsultation@redbridge.gov.uk](mailto:CWDconsultation@redbridge.gov.uk) to register your interest in attending the online consultation sessions. Meeting joining information will be sent to you.

For more information please check our website:

[engage.redbridge.gov.uk/cwdconsultation](https://engage.redbridge.gov.uk/cwdconsultation)



**WEEK 1**

*Innovate*

Week Commencing: 31/03/25, 21/04/25, 12/05/25, 02/06/25, 23/06/25, 14/07/25

**CLASSIC HOT & HEARTY**

**CLASSIC MAIN MEALS**

**VEGETARIAN MAIN MEALS**

**MONDAY**

Lemon & Herb Piri Piri Chicken with Spicy Rice

**TUESDAY**

Mexican Style Beef Lasagne, Garden Salad & Homemade Garlic Bread

**WEDNESDAY**

Lemon & Thyme Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

**THURSDAY**

Chicken Tikka Masala with Pilau Rice & Coriander Salad

**FRIDAY**

Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce

**MONDAY**

Piri Piri Quorn, Macho Peas and Spicy Rice (VE)

**TUESDAY**

Vegetable & Mixed Bean Lasagne, Garden Salad & Homemade Garlic Bread (V)

**WEDNESDAY**

Roasted Squash & Feta Pie, Seasonal Vegetables or Salad (V)

**THURSDAY**

Crunchy Topped Macaroni Cheese, House Salad or Seasonal Vegetables (V)

**FRIDAY**

BBQ Bean Burger with Garden Peas & Chips (VE)

**DESSERTS**

**MONDAY**

Spiced Pineapple Cake with Vanilla Sauce

**TUESDAY**

Apple Strudel & Custard

**WEDNESDAY**

Chocolate Sponge & Chocolate Sauce

**THURSDAY**

Cookie Dough Fruit Crumble

**FRIDAY**

Fruit, Jelly & Yoghurt Pots

Fruit and Jelly Pots Available Daily

**HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily**

**JACKET POTATOES Topped with a Choice of: Cheese, Tuna or Beans Available Daily**



**MADE YOUR WAY!**

**CHOOSE IT! ADD IT! TOP IT!**

Switch up your flavours with our street food-inspired range, available **Tuesday to Thursday**. With weekly rotating choices, there's always something tasty.

**Choose a base, add protein, and top it your way!**

Visit the restaurant to check out what's on offer each week

**NATURally**

**MONDAY**

Pakistani Tarka Dhal (VE)

**TUESDAY**

Vegan Singapore Noodles (VE)

**WEDNESDAY**

Vegan Ramen Bowl (VE)

**THURSDAY**

The Big Plant Burger (VE)

**FRIDAY**

Garlic & Chili Noodles (VE)

**TRATTORIA**

**MONDAY**

Tomato & Basil Pasta

**TUESDAY**

Pasta in a Cheese Sauce

**WEDNESDAY**

Margherita or Pepperoni Pizza

**THURSDAY**

Creamy Pesto Pasta

**FRIDAY**

Margherita Pizza

**WEEK 2**

*Innovate*

Week Commencing: 07/04/25, 28/04/25, 19/05/25, 09/06/25, 30/06/25, 21/07/25

**CLASSIC HOT & HEARTY**

**CLASSIC MAIN MEALS**

**VEGETARIAN MAIN MEALS**

**MONDAY**

Traditional Sausage & Mash with Onion Gravy

**TUESDAY**

Chicken & Tomato Pasta Bake Served with House salad

**WEDNESDAY**

Hand Carved Roast British Turkey, Crisp Roasties, Seasonal Vegetables, & House Gravy

**THURSDAY**

Sweet & Sour Chicken with Fried Rice

**FRIDAY**

Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce

**MONDAY**

Vegan Sausage & Bean Casserole (VE)

**TUESDAY**

No Waste Cauliflower Cheese Pasta Bake (V)

**WEDNESDAY**

Cheese, Leek and Potato Pie (V)

**THURSDAY**

Chinese Vegetable Stir-Fry (VE)

**FRIDAY**

Vegan Quorn & Ranch Slaw Burger Served with Chips & Peas (VE)

**DESSERTS**

**MONDAY**

Dutch Apple Cake

**TUESDAY**

Warm Blueberry Sponge

**WEDNESDAY**

Apple & Mixed Berry Crumble with Vanilla Sauce

**THURSDAY**

Banana Pudding with Custard

**FRIDAY**

Fruit, Jelly & yoghurt Pots

Fruit and Jelly Pots Available Daily

**HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily**

**JACKET POTATOES Topped with a Choice of: Cheese, Tuna or Beans Available Daily**



**MADE YOUR WAY!**

**CHOOSE IT! ADD IT! TOP IT!**

Switch up your flavours with our street food-inspired range, available **Tuesday to Thursday**. With weekly rotating choices, there's always something tasty.

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**NATURally**

**MONDAY**

Buffalo Cauliflower Wings with Salt & Pepper Wedges (VE)

**TUESDAY**

Vegan Singapore Noodles (VE)

**WEDNESDAY**

Singapore Fried Rice (VE)

**THURSDAY**

The Big Plant Burger (VE)

**FRIDAY**

Garlic & Chili Noodles (VE)

**TRATTORIA**

**MONDAY**

Tomato & Basil Pasta

**TUESDAY**

Pasta in Cheese Sauce

**WEDNESDAY**

Margherita or Pepperoni Pizza

**THURSDAY**

Creamy Pesto Pasta

**FRIDAY**

Margherita Pizza

Week Commencing: 14/04/25, 05/05/25, 26/05/25, 16/06/25, 07/07/25

**CLASSIC HOT & HEARTY**

**CLASSIC MAIN MEALS**

**VEGETARIAN MAIN MEALS**

**MONDAY**  
Kung Pao Chicken, Wholegrain & White Egg Fried Rice

**TUESDAY**  
Mac n Cheese Bolognese Served with a House Salad

**WEDNESDAY**  
Salt & Pepper Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

**THURSDAY**  
Chicken Korma with Pilau Rice

**FRIDAY**  
Chip Shop 'Fryday' Fish, Pizza or Fishcake & Chips with Peas and Tartare Sauce

**MONDAY**  
Asian Vegetable, Soya Bean & Noodle Stir Fry (VE)

**TUESDAY**  
Plant Based Bolognese with Wholegrain Pasta & House Salad (VE)

**WEDNESDAY**  
Smashed Butternut Squash Mac and Cheese with Slaw and Garden Salad (V)

**THURSDAY**  
Cauliflower Bhaji Served with Pilau Rice & Minted Yoghurt (V)

**FRIDAY**  
Chickpea, Carrot & Sesame Burger, Asian Slaw, Chips & Peas (V)

**DESSERTS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chocolate & Banana Brownie	Oaty Apple Crumble & Custard	Sticky Lemon Sponge & Custard	Baked Churros with Chocolate Sauce	Fruit, Jelly & Yoghurt Pots

Fruit and Jelly Pots Available Daily

**HOMEMADE SOUP & FRESHLY BAKED BREAD**  
Available Daily

**JACKET POTATOES**  
Topped with a Choice of: Cheese, Tuna or Beans Available Daily



**MADE YOUR WAY!**

**CHOOSE IT!  
ADD IT!  
TOP IT!**

Switch up your flavours with our street food-inspired range, available **Tuesday to Thursday**. With weekly rotating choices, there's always something tasty.

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**NATURally**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fork Friendly Falafel Kebab (V)	Vegan Singapore Noodles (V)	Spiced Paneer & Red Onion Naan (V)	Onion Bhaji Skewer with Bombay Potatoes (VE)	Garlic & Chilli Noodles (VE)

**TRATTORIA**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato & Basil Pasta	Pasta in a Cheese Sauce	Margherita or Pepperoni Pizza	Creamy Pesto Pasta	Margherita Pizza

**REDBRIDGE EASTER HAF CLUBS**



**APRIL 2025**



**ARE YOU IN RECEPTION-YEAR 11 AND RECEIVE BENEFITS RELATED FREE SCHOOL MEALS? ENJOY FREE SPORTS, TRIPS, ARTS & CRAFTS, COOKING & MORE!**

**SCAN ME TO BOOK**



- NEW SKILLS**
- FREE FOOD**
- NEW FRIENDS**



FOR MORE INFORMATION CONTACT: [HAF@REDBRIDGE.GOV.UK](mailto:HAF@REDBRIDGE.GOV.UK) OR VISIT [FIND.REDBRIDGE.GOV.UK/HAF](http://FIND.REDBRIDGE.GOV.UK/HAF)

London Borough of **Redbridge**



working towards **child friendly Redbridge**

**REDBRIDGE SEND STRATEGY**

Engagement opportunities

Redbridge Council is reviewing our SEND Strategy, and we need your help.

We want parents from across the Borough to share their thoughts and ideas. Your input will help us set our priorities to make sure children with SEND can achieve their outcomes.

We are hosting further workshops for you to attend:

**Coffee Mornings:**

Please check if your child's school has/is hosting a coffee morning.

**Virtual Evening Session:**

Thursday 24th April 6:00 - 7:00pm



Scan or click QR to register

**Town Hall Coffee Afternoon:**

Tuesday 25th March 12:00- 1:30pm.



Scan or click QR to register

**Can't make an event?**

Complete an online feedback survey



Scan or click QR

Redbridge Mental Health Support Team presents...

**SCAN  
ME!**



## PARENTS AND CARERS IN MIND - WEBINAR SESSIONS

**REGISTER  
NOW!**

**ACCESSING THROUGH  
YOUR DEVICE? CLICK ON  
TOP OF THE WEBINAR TO  
REGISTER !**

Your monthly parenting digest. Hear from mental health professionals about how to promote your child's emotional health and wellbeing.

### HEALTHY RELATIONSHIPS WITH SOCIAL MEDIA AND TECHNOLOGY

A session focused on understanding the potential risks that children may find online and exploring strategies and tips to nurture online safety.

**THU 19.06.25 7-8PM**

### HELPING YOUR CHILD BECOME A CONFIDENT LEARNER

A session focused on understanding how children's and young people's capacities and talents can be improved through a growth mindset perspective.

**WED 09.07.25 7-8PM**



**FOR MORE INFORMATION & TO SIGN UP**

**CLICK HERE,**

**VISIT [WWW.REDBRIDGE.GOV.UK](http://WWW.REDBRIDGE.GOV.UK) AND SEARCH 'MHST'  
OR GO TO [LINKTR.EE/REDBRIDGEMHST](http://LINKTR.EE/REDBRIDGEMHST)**

London Borough of  
**Redbridge**  
#BREAKTHESTIGMA



**49**

WHS Heron Homelink  
May 2025 Issue No. 17

# School Uniform

## Uniform, Clothing & Appearance

How we present ourselves can be a way of communicating our feelings and values. Being well presented and smart supports self-confidence, identity and pride. High standards of uniform and personal appearance can make a valuable contribution to the self-confidence of individual pupils and the professionalism of the school community as a whole.

A shared uniform supports the principles of equality and unity, it encourages a sense of belonging and identity as a pupil of Wanstead High School. It also prepares pupils for working life, many careers require uniforms or clear professional dress codes.

All uniform is gender neutral.

Required Items Year 7 - 11	Description
Burgundy school blazer with school badge	- Blazers must be worn to and from school. They must be worn at all times around the school site and in lessons unless given permission by their class teacher in class or by a whole school announcement during periods of extremely hot weather, when they may be carried or left at home in exceptional circumstances.
School tie	- All pupils must wear a school tie. Ties can be purchased from school via ParentPay or from our uniform retailer. A pupil's year group is identifiable by the colour of the stripe on their tie. The stripe must be visible at all times.
White plain school shirt	- Top button must be done up. Shirts can be long or short-sleeved.
Black tailored school trousers or black tailored school shorts	- Trousers and shorts must be school-style and not be skinny or tight-fitting. No leggings, jeans or denim.
Black knee-length school skirt	- Skirts must be school-style and not be skinny or tight-fitting. Skirts must not be rolled up.
Black v-neck long-sleeved plain pullover (optional)	- No sweatshirts, no cardigans and no logos apart from school badge. Pullovers do not have to have the school badge if worn.
Black leather shoes with black soles and black laces	- Smart, flat boots to the ankle may be worn. No Dr. Martens boots, no trainers, no high heels, no canvas shoes, no coloured laces (except when sold in school for LGBTQ+ awareness). Nike Air Force or similar are not a suitable school shoe.
White or black socks	- Must be worn up to or below the knee and no patterns.
Flesh tone or plain black tights (optional)	- No patterns and tights must not be torn or ripped.
Outdoor coat (optional)	- Appropriate coat suitable for school. Unzipped whilst in the school building. Hoodies or tracksuit tops may not be worn instead of a coat.
Religious headwear	- should be plain black, burgundy or white.

Required Items 6 <sup>th</sup> Form	Description
Formal fit suit	- Should be smart and professional, ID badges must be worn at all times.
Formal collared shirt with tie or business style blouse	- Top button must be done up. Shirts can be long or short-sleeved.
Formal fit skirt or dress (professional length) with business style blazer	- Should be smart and professional, ID badges must be worn at all times
Black leather-style shoes	- Formal flat or low-heeled shoes or sensible, practical, flat or low-heeled formal boots can be worn but must be covered under the trousers or no higher than ankle length.
V-neck plain formal jumper/cardigan can also be worn	- Must show a collared shirt and tie/blouse underneath.

All items of logoed uniform can be purchased from Carolina School Outfitters <https://carolinaschooloutfitters.co.uk/>  
Speed Stitch - <https://speedstitch.co.uk/schoolwear/>, Fashion Stop [fashionshop@hotmail.com](mailto:fashionshop@hotmail.com) E6 2HT.  
School Uniform: Pre-Loved Uniform - For uniform items, please visit our pre-loved uniform site: [Pre-loved Uniform](#)

Children coming to school in unacceptable uniform will be supplied with the correct uniform from the Reflection Centre. Pupils are asked to leave a deposit (an article of minor value) whilst school property is being borrowed.

In cases of financial need, parents can apply to the school for assistance towards the cost of school clothing.

## Required Items Year 7 - 11

### School PE Kit

- Wanstead High School polo shirt with logo
- Black shorts/black tracksuit bottoms/black leggings - all with logo; or
- Plain black shorts/plain black tracksuit bottoms/plain black leggings (no cycling shorts)
- Plain black Football socks
- Plain white ankle socks

### Optional Additional Items:

- A Wanstead High School Quarter Zip Fleece (during periods of cold weather/outdoor lessons)
- Shin Pads for Football are advised

### Item Description

- Jewellery** - Jewellery worn to school should be safe and appropriate.
- Pupils may wear up to two small stud earrings in each ear and one small nose stud may also be worn. Hoop or drop earrings of any size are not permitted. No other body or facial piercings should be displayed.
- Pupils may wear a watch; smart watches are not permitted in exams or assessments.
- Make Up** - Make-up needs to be subtle and nail varnish can be worn. Heavy make-up, false eyelashes and fake nails are considered inappropriate for school and a distraction from the purpose of school, they are not permitted in Years 7-11.
- Hair** - Pupils must wear their hair in a natural colour, bright unnatural colours are not permitted. Extreme hair styles or those associated with any kind of anti-social activities or groups are not permitted. These change from time to time and the Headteacher reserves the right to specify what these might be at any point.
- The patterned shaving of hair or eyebrows is forbidden.
- Wanstead High School has adopted the Halo Code. This means our school champions the right of staff and pupils to embrace all Afro-hairstyles. We welcome Afro-textured hair worn in all styles including, but not limited to, afros, locs, twists, braids, cornrows, fades, hair straightened through the application of heat or chemicals, weaves, wigs and headscarves, as long as they are in line with school colours and hair colour guidance.
- This does not include durags or bonnets which are not appropriate in school.
- Hoodies and other non-uniform jumpers or coats** - Hooded sports tops or 'hoodies' are not permitted and will be confiscated. Only a black v-neck jumper may be worn in school, this does not have to be logoed. Dance or Drama hoodies are only allowed for extra-curricular activities.
- Hats, Ski Masks, Balaclavas, Face coverings** - It is not permitted for any pupil to wear any form of cap or hat in the school building. A woollen hat can be worn to and from school and at break/lunch-times when the weather is cold. Ski masks, balaclavas and face coverings should not be worn, to, from or within school.

