

Issue No. 18 July 2025

# HERON HOMELINK

## NEWSLETTER



Education with Character



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WHS Heron Homelink July 2025 Issue No. 18



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

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 and our child and 8.6 are so very lucky.

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)



THE DUKE OF EDINBURGH'S AWARD



When we asked our child who were the special teachers he wanted to acknowledge, he didn't hesitate, **Miss Yusaf** and **Miss Rahman** were his immediate response. We both thank you for making his, at times tricky, school journey easier. As parents of a child who has SEN needs I think you always hope your child finds that special teacher who just gets them. He was fortunate to encounter a number of special teachers @ Wanstead High, but the two of you have been his constants in his journey. So a big thank you from our family!!

**Year 11 parent**

Dear Ms Hillman, my son came home from school yesterday saying he's just had the best lesson of his life. I gather that **Dr Adelle** had chosen to introduce a topic on the Lake District by talking about the range of outdoor activities available, with a particular focus on mountain biking. He said the lesson also included a video of a mountain biker descending Scafell Pike. This may or may not be related to Dr Adelle meeting him out mountain biking at the weekend, but however it came about, it tapped into his passion and made him more enthusiastic about school than he has been for a long time. I realise of course that not every lesson can be like this, but whatever the medium-term impact, for yesterday at least it made him feel much more positive about school. I have emailed Dr Adelle separately, but I also wanted to express my appreciation for the teachers who make such an effort to try to engage their students.

**Year 9 parent**

Hey there **Ms Butt**, thanks so much for your kind note. It's been a tough time but he's made it through! We are truly grateful for the efforts you and your team have made over the last 12 months, particularly the regular updates and advice. So we all send you our best wishes and hope the school continues to support you in your valuable work. Best wishes - and enjoy the summer!

**Year 11 parent**

Hi Miss Hillman, just to say thank you to the year 8 teachers that joined the Parents evening on line last night. Really good to see some familiar faces. Really good to hear about our child's progress as well. So thank you and happy Friday.

**Year 8 parent**

Hi Ms Hillman, just wanted to pass on feedback from the year 8 parents evening last night. We got lots of positive feedback about our child, which was lovely to hear but also we were really impressed with how well the teachers seemed to know and understand our child, and their useful and thoughtful comments on how to develop further. We had no teacher no-shows, nor any issues with sound/video, and we got the full 5 mins for each appointment and opportunities to ask questions. Please pass on our thanks to the year 8 teachers and tech coordinators, it was a very slick operation and very worthwhile event. ”

### Year 8 parent

Good morning and happy Friday Miss Hillman. What wonderful teachers you have! Yesterday I had meetings with **Miss Cressall**, **Miss Everhart**, **Miss Jasmine**, **Mr Sains**, **Miss Hinson**, **Miss Feeney & Miss Rahman**, as well as a phone call from **Miss Dietze** (as I was unable to get an appointment with her). Each one of them were so friendly but remaining professional and very informative - just great. They are a credit to you and WHS. ”

### Year 8 parent

Hi Ms Hillman, Ms Feeney and Ms Cini, hope you're all having a good week and managing to keep cool! I think you'll have heard from other y8 parents and no need to reply to me, but I just wanted to mention how positive our experience was yesterday evening. Positive not only for hearing how our child is really seen and all the lovely comments and encouragement from your wonderful members of staff (and so brilliant as proud parents to hear how well she's doing in all these lovely subject areas). But also on the y8 WhatsApp chat so many positive comments about how well the booking system works and how excellent the teachers are and generally how very well the evening ran. Many congratulations to **Ms Feeney** for stepping into the head of year role and giving the pupils a great end of year 8! Special mention to **Mr Ready** for finding the time to call all parents to discuss History progress around his jury duty, we and others are so appreciative. **Ms Kioi** - she is so talented at making maths such a fun subject for them and obviously really knows these kids. Many thanks again. ”

### Year 8 parent

Dear Ms Hillman, I just wanted to say how smooth sailing and informative the progress evening was, thank you to you and our child's lovely teachers. ”

### Year 8 parent

Dear **Ms Cini**, I wanted to message you now GCSEs are over to thank **you and your team** so much for all the support that you put in place for my daughter. I can honestly say that the GCSE experience was a complete contrast to that of the mocks. She was in a far better place and mentally stronger, which meant that a difficult paper didn't throw her off course and she's remained confident and well throughout. I am certain that this wouldn't have been the case had you not provided that support for her and we are extremely grateful to you and everyone that helped. She has received a number of Sixth form offers but has opted to stay at Wanstead and one of the key reasons was that she said that she knew that staff cared about her wellbeing as well as her results, and we are really pleased that she has that confidence and that the school works so hard to support its students. ”

### Year 11 parent

I wanted to take a moment to express our sincere appreciation for **Mr Chauhan** and **Mr Zaman** during our child's time in year 7. However, Mr Chauhan has been a remarkable example of how things can be done well. He handles disruptive behaviour with fairness, while also recognising and celebrating our child's efforts and achievements. Despite the challenges, Mr Chauhan has consistently responded with patience and calmness. His proactive approach in providing constructive feedback has been invaluable in helping us navigate these situations. Mr Zaman has also encouraged and supported our child through challenges, supporting him emotionally and recognising his efforts with praise when due. Thanks to the sustained support from Mr Chauhan and Mr Zaman, trust has been built, creating a safe learning environment for our child. He now looks forward to attending these classes - he is able to concentrate and he feels empowered to do his best. ”

### Year 7 parent

**Ms Begum** who has been consistently positive, supportive, encouraging for our child and he said she makes him feel like he always wants to do his best. **Mr Jiminez** is very balanced and appears to be very clear on the value of behaviour points and praise points when used appropriately, he has taken the time to get to know our child, he made contact in the early part of the year and has also emailed providing helpful detail when he needed support. **Ms Hayes** has been fantastic, she made contact at the start of the year about a detention and she said she hasn't had any problems since, that our child has always made a concerted effort since then and she had issued lots of praise to recognise this. **Ms Dietze** is another brilliant example who has given our child very balanced feedback and really encouraged him which she said has had a direct effect on his effort. **Ms Clarke** is another teacher who has clearly taken the time and shown patience with working out how to go forward with our child and his effort and enjoyment seems to have changed dramatically. ”



## Acting Head of Year 7

**Ms E Hayes**

This half term has been particularly special for me, as it was my first as Head of Year 7. From day one, I have been so impressed by the warmth, enthusiasm, and determination shown by this fantastic year group. They have made my transition into the role an absolute joy.

As we reach the end of the academic year, I couldn't be prouder of what our Year 7 pupils have achieved in their final half term. It's been a time full of energy, effort, and outstanding accomplishments across all areas of school life.

In the classroom, pupils have demonstrated real maturity and progress. Their hard work and positive attitude have truly stood out. Teachers across all subjects have spoken highly of their dedication and eagerness to learn.

One of the stand-out moments this term was Culture Day, where Year 7 really took centre stage. Their performances – from musical showcases to traditional

dances – reflected the rich diversity and pride within the year group. The colour, energy, and sense of community made it a day to remember.

Sporting success also gave us much to celebrate, as our Year 7 pupils represented the school brilliantly at the District Athletics competition. Their determination, team spirit, and sportsmanship were outstanding – and several pupils even came home with medals, a huge credit to their hard work and commitment at Athletics Club.

It's been such a privilege to get to know this incredible year group. They've shown kindness, ambition, and resilience, and I'm already excited to see what they go on to achieve in Year 8.

Well done, Year 7 – you've been amazing!



## Associate Head of Year 8

**Ms C Feeney**

What a fantastic term it has been for our Year 8 pupils! We are incredibly proud of the progress they have made, both academically and personally, and we look forward to seeing them continue this positive momentum as they transition into Year 9.

Throughout the term, our pupils have made valuable contributions to the school community by participating in a variety of events, including cricket tournaments, district athletics competitions, and our vibrant Culture Day celebrations. Their enthusiasm, teamwork and dedication have been truly commendable.

It has been a real privilege to serve as Head of Year 8, even for a short time. I have thoroughly enjoyed getting to know the year group and celebrating their many achievements. From September,

Ms Jacobs will be taking over the role, and I know she is very excited to begin working with such a fantastic year group.

A huge thank you to all parents and carers for your continued support this year – it truly makes a difference and is greatly appreciated.

Wishing you and your family a restful and enjoyable summer break.





## Head of Year 9

**Ms C Murray**

As the academic year draws to a close, Year 9 are looking ahead to the exciting journey that lies ahead for them.

The final weeks of term have been filled with energy, laughter, and shared experiences. End of year celebrations like Sports Day, concerts, performances and trips have been enjoyed by many in the year group. These moments bring fun and friendship and build memories that will stay with them as they move into the next phase of their education and beyond!

Reaching the end of Year 9 marks an important milestone. When pupils return in September, they will begin their GCSE courses — a significant and exciting step in their education. As they work towards their first formal qualifications, we are already seeing signs of maturity, focus, and enthusiasm among many of our pupils as they begin to think more deeply about their interests, ambitions, and the subjects that will shape their next two years.

We hope all our pupils have a restful and enjoyable summer holiday, filled with time to recharge and spend time with friends and family. We also encourage them to take some time, however small, to prepare for their new courses — whether that's reading around a subject, revisiting key skills, or setting some personal goals for the year ahead.

I would also like to extend our sincere thanks to all Year 9 parents and families for your continued support this year. Your encouragement, guidance, and involvement in supporting your child in school is deeply appreciated.

We look forward to welcoming our pupils back to starting Year 10 in September and we can't wait to watch their successes unfold.

Wishing you all a very happy summer.



## Head of Year 10

**Mr M Tinker**

I hope that this newsletter finds your family well and that you are looking forward to the summer break.

As the academic year draws to an end, it is important to highlight how well Year 10 pupils have tackled the first year of their GCSE studies. It has slowly but surely improved as the year has progressed and I feel that they are in a good position moving on to their final year in September. The mock exams have hopefully helped to provide an insight of what to expect next year. I have seen dedication and focus to their studies in abundance which if maintained will only contribute positively to the outcome of their GCSE results. As mentioned previously, we should always be looking to improve year on year. As a year group, we need to continue our learning journey and strive for success. I am confident that we will accomplish this and that we will achieve a positive outcome

come the end of Year 11. It is a big year next year but it is important for Year 10 to use the next six weeks to recharge their batteries in preparation for the final stage of their Key Stage 4 learning journey.

I wish you all the best and I look forward to taking my year group into their final year in September.

Wishing you a great break.



## Head of Year 12

**Ms T van Beers**

I hope you and your families are very well as this academic year draws to a close.

I'm sure you, like me, can't believe that we are more than half way through your child's time in Sixth Form. At time of writing, we are planning to celebrate the completion of mocks and the start of the summer holidays with a whole year celebration on the last day of term, with games, music and some treats. It should be a lovely way to get the whole year group together before we break up.

Our Higher Education and Post 18 Options Drop Down Day last week was a huge success. All Year 12 pupils attended a series of workshops and seminars led by our guest speakers. Presentations included:

- **How to make a competitive application (Queen Mary's University)**
- **How to choose your university course (Swansea University)**
- **How to find and apply for an Apprenticeship (ASK Apprenticeships)**
- **Fees, Loans and Finance for students (University of East Anglia)**
- **Gap year opportunities (Raleigh International)**
- **Q & A panel session with Wanstead High Alumni from a range of universities and disciplines**
- **How to write an outstanding personal statement (Wadham College, Oxford University)**

As part of our HE day, it was delightful to see the return of some of our Alumni (all currently studying at elite universities). The Alumni panel answered a range of questions relating to degrees and university life. Questions ranged from 'what has the transition been like from school to university' to tips on building new networks at university. Many of our pupils commented that it was really useful to receive 'real world' tips from young people their age.

In addition, this year pupils had the choice of four taster sessions (Law, Geo-data science, Psychology and Physics) run by academics from SOAS, University of East Anglia and Greenwich

university so that pupils could get a feel for what a real university learning experience might be like. The sessions tackled fascinating topics such as imploding black holes and the morality of cannibalism!

As you will know, all pupils have now been fully registered for UCAS and have been well prepared to write their Personal Statement. We have issued all Year 12 pupils a hard copy of our booklet 'University Admissions for Pupils and Parents' which was previously given to you in person during our HE Parent Information Evening in March. The booklet contains valuable information, reminders and a range of further links. Please do keep the booklet in a safe place as it will contain answers to the many questions you may have over the next year.

I have also created a new Google Classroom page entitled HE, Careers and Post 18 Options that pupils and parents can refer to throughout the forthcoming year (**Google Classroom code: rwdzq-jtr**). Here you will find lots of very useful guides (including the one above) and key materials from our Higher Education Day including information about Student Finances and Personal Statements.

Over the summer I would urge all pupils to write at least a first draught of their Personal Statement. All resources to support this can be found on our Google Classrooms HE, Careers and Post 18 Options page (see above) and of course Unifrog is an invaluable support for writing Personal statements too. As you will know from previous Herons, all pupils have a Unifrog account and this will remain accessible over summer too.

### **Early Applicants**

Pupils have already been invited to make themselves known if they would like to make an Early Application to UCAS eg. they intend to apply to Oxford, Cambridge or apply for Medicine, Dentistry or Veterinary Science. If your child decides over the summer holidays that they are now interested in making an early application, please can you ask them to speak to Ms van Beers on their immediate return to school in September. I would recommend all Early Applicants research Pre-Admission exam requirements (if any) and it would be advantageous for pupils to start to work through past papers. Pre-Admission exams are sat externally and can be booked at a Pearson centre. All Early



Applicants should have a draft of their Personal Statement ready by 17th September as we will be visited by Dr Hugh Munro from Wadham College, Oxford who will be running an editing workshop for them on that date.

Please be advised that we have the following deadlines for UCAS

#### **External deadline dates**

**2<sup>nd</sup> October 2025, 18:00** (UK time) – music conservatoires

**15<sup>th</sup> October 2025, 18:00** (UK time) – Oxbridge, medicine, dentistry and veterinary courses

**14<sup>th</sup> January 2026, 18:00** (UK time) – the main UCAS deadline for the majority of all other courses.

#### **Internal Deadline Dates**

To ensure that we can support pupils with completing their UCAS application and have time to quality control, we set internal deadline dates.

**Friday 26<sup>th</sup> September 2025** - Wanstead Internal UCAS application deadline for Medicine, Dentistry, Veterinary Science, Oxford or Cambridge applicants.

**Friday 3<sup>rd</sup> November 2025** – Wanstead Internal UCAS application deadline for all other applicants.

**1<sup>st</sup> week of December 2025** - Oxbridge interviews

The aim is to ensure all applications are sent before the Christmas break as universities begin sending out offers as early as October.

#### **Summer Study**

It is really important to keep subject knowledge refreshed and maintained over the summer holidays as well as furthering knowledge through super curricular projects. All subjects will have set holiday homework, assignments or revision-it is vital these tasks are completed as pupils will have further tests and mocks in the new term.

Please congratulate your child on the completion of a really intense but hopefully rewarding year. I do wish you and your family a wonderful summer break and I look forward to supporting the year group in Year 13.

Wishing you a wonderful summer.



# Head of Year 13

Mr M Hamza

## Results Day

As I write this, I very much hope our Year 13 cohort is delighting in the 'best summer ever' after many long months of dedicated study and sacrifice. I am so proud of our pupils who have completed the exam series with great focus and resilience. Congratulations to all pupils upon reaching the end of their examinations.

A Level Results day this year is Thursday 14<sup>th</sup> August, and pupils can pick up their results from school from 8.00-11.30 am. The Exams Team and Ms Bray will be on hand to support and guide if necessary. It is really important that your young adult is available on this day to pick up their results from school and to liaise with universities to secure degree places (if necessary). If pupils are away on results day, pupils can nominate someone else to collect on their behalf. Please email the Exams Team: [examsanddata@wansteadhigh.co.uk](mailto:examsanddata@wansteadhigh.co.uk) in this instance, including the full name of the individual collecting the results. On results day, ID will be required for those collecting results. Results not collected will be emailed through to families, although this will not happen until the day after results day.

Please note, exam results are not shown on your child's UCAS portal; it only shows if the application has been successful or not. For more information, please refer to the UCAS guide to results day <https://ultimateguides.ucas.com/resultsday/>

On results day, we very much hope that our pupils will be thrilled when they open their brown envelopes and that all pupils will get either their firm or insurance offer. If things don't go quite according to plan there are a few options worth considering, including applying through clearing.

For any pupil not already holding an offer from a university or college, UCAS clearing is of note. Pupils can currently browse <https://www.ucas.com/clearing-launch> and apply for vacancies, and of course, on results day more courses will be available.

You can use clearing if:

- You're applying after 30th June
- You didn't receive any offers (or none you wanted to accept)
- You didn't meet the conditions of your offers
- You've declined your firm place using the 'decline my place' button in your application (this would be on results day)

UCAS has published a very handy guide, 'A Parent's Guide to Clearing' <https://www.ucas.com/undergraduate/clearing-and-results-day/what-clearing/clearing-guide-parents>, which explains the process in detail.

On a personal note, I wanted to thank all parents and carers for their unwavering support over the past two years - it has been wonderful working in partnership with you. Being Head of Year for your children has been a joy and a privilege. One of the highlights for me has been supporting them with their UCAS/Post 18 decisions, discussing their hopes and dreams, and setting them off on what will be an amazing new chapter of life. I cannot wait to hear about their next steps and adventures to come. I hope our pupils remember their time at Wanstead High with fondness because we are all rooting for them.

With very good wishes for the future.

**Brunel University Uncovered:**

# **Pupils' Experiences and Must-Know Tips for Future Scholars!**

Throughout the summer term, Year 10 have been embarking on a number of progression events, the first of which was the Brunel University trip in which 43 pupils were invited to attend Brunel University, Uxbridge.

The pupils traveled to the campus and were greeted by current university students who shared their experiences and top tips for university life. After some initial refreshments laid on by Brunel, our pupils were given a talk on university life, courses

and future careers before a campus tour and lunch (Mr Wood's favourite part of the day!) Pupils were impressed by the facilities, particularly the indoor Athletics Centre and Library.

In the afternoon, pupils completed some tasks about university life, including a quiz. Our pupils left enthused and excited with plenty of questions about university and their next steps on the train home!

**By Mr L Wood**





# School Fund: Parental Contributions

A heartfelt thank you to all parents and carers who have contributed to the School Fund. So far, we've raised £9,669 for the main school and £3,826 for the Sixth Form. Your generosity is deeply appreciated and helps us fund vital 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. Any amount you can give is greatly appreciated and has a direct impact on your child's education and well-being.

## Innovate: School Catering

### Dinner Money Accounts

Please ensure your child's dinner money account is regularly topped up. While no pupil will be denied lunch, Innovate does not offer credit, so sufficient funds are required for meals and snacks.

### Year 11 & Year 13 Refunds

Most refunds have been processed. For families with expired card details, a Google Form will be sent out before the end of term to collect updated information.

### Daily Spending Caps

If your child struggles to manage their allowance across break and lunch, we can set or adjust a daily spending cap. Please email [whs@wansteadhigh.co.uk](mailto:whs@wansteadhigh.co.uk) to request changes. Menus and price lists are available on the school website to help guide your discussions.

### Free School Meals

If you believe you may be eligible, please contact:

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

### Menus & Price Changes

The 3-week menu cycle is available on the school website.

Please note: From September 2025, there will be inflationary price increases. The main meal deal will rise from £2.65 to £2.70. See page 13.

## School Communication: Edulink

All school communication is now managed through Edulink. With your log in, you can:

- View and update personal and pupil details
- Monitor attendance and behaviour
- Track achievement and consequence points

If you need help accessing your account, please contact [whs@wansteadhigh.co.uk](mailto:whs@wansteadhigh.co.uk).

## School Uniform: Pre-Loved Uniform

Looking for affordable uniform options? Visit our Pre-Loved Uniform site:

➡ [Pre-Loved Uniform](#)

## New Bike Shed

Thanks to a generous donation from the PTA, we now have a secure bike shed on the upper playground. Pupils arriving early or attending breakfast club are encouraged to wheel their bikes through the main entrance.

## PTA Support

We're grateful for the ongoing support of our PTA. For more information or to get involved, visit:

➡ [PTA Website](#)

### Year 11 & Year 13 Group Photos

Panoramic photos taken by Kittle Photography are now available to order.

To purchase, visit:

➡ [Kittle Orders](#)

Follow the instructions using your photo ID and password. See page 13.

**TARIFF SEPTEMBER 2025**
*Innovate IFG*

DRINKS	PRICE	BREAKFAST	PRICE
Water 500ml	£1.15	Breakfast Roll	£1.55
Fruit Slush	£1.45	Mini Breakfast Baguette	£1.55
Capri Sun	£1.30	3 Piece Breakfast Pot	£2.20
Dalston Cans	£1.45	4 Piece Breakfast Pot	£2.40
Radnor 200ml Carton	£1.15	Toast with Butter or Jam	£0.35
Milk / Flavoured Carton	£1.15	Waffle with Topping	£1.70
<b>HOMEBAKES</b>		Pastries & Croissants	£1.70
Muffins	£1.35	Cereals + Milk (8oz)	£1.05
Small Cakes	£1.05	Porridge for Staff	£1.00
Cookies	£1.35	Porridge for Students	Free
Brownie	£1.35	Porridge Toppings	£0.50
<b>HOT GRAB &amp; GO</b>		<b>COLD GRAB &amp; GO</b>	
Bagel	£2.60	Chili Deal Roll	£1.15
Panini - Half/Whole	£1.55/£2.75	Deli Sub Roll/Sandwich	£2.30
Toastie - Whole	£2.30	Wrap	£2.75
Korean Crispy Chicken	£2.65	Naturally - Premium Salad	£3.00
Tandoori Chicken Naan	£3.00	Basic Baguette/Premium Baguette	£2.45/£2.75
Wrap/Twister	£2.75	Half Baguette	£1.55
Chicken Wings	£2.35	Cold Pasta Pot 16oz	£2.50
Shawarma	£2.75	Vegetable Bag	£0.75
Pizza Slice (Break Time)	£1.60	Protein Pots	£1.05
Falafel Kebab	£2.75	Salad Pots	£2.00
Hot Bowls	£2.65	Yoghurt/Jelly/Fruit Pots	£1.00
Hot Pasta Pot - Med/Lrg	£2.25/£2.50	Whole Fruit	£0.55
Jacket Potato - 1 Topping	£2.15		
<b>ALL POWER BITES</b>			
Range of 8oz Nutritious Rice & Noodle Dishes	£1.35		

QAT as hot food and beverages will be charged at the current rate for all staff members

**TARIFF SEPTEMBER 2025**
*Innovate IFG*

BREAKFAST	PRICE	HOMEBAKES	PRICE
Breakfast Roll	£1.55	Muffins	£1.35
Mini Breakfast Baguette	£1.55	Small Cakes	£1.05
3 Piece Breakfast Pot	£2.20	Cookies	£1.35
4 Piece Breakfast Pot	£2.40	Brownie	£1.35
Toast with Butter or Jam	£0.35	<b>HOT GRAB &amp; GO</b>	
Waffle with Topping	£1.70	Bagel	£2.60
Pastries & Croissants	£1.70	Panini - Half/Whole	£1.55/£2.75
Cereals + Milk (8oz)	£1.05	Toastie - Whole	£2.30
Porridge for Staff	£1.00	Korean Crispy Chicken	£2.65
Porridge for Students	Free	Tandoori Chicken Naan	£3.00
Porridge Toppings	£0.50	Wrap/Twister	£2.75
<b>COLD GRAB &amp; GO</b>		Chicken Wings	£2.35
Chili Deal Roll	£1.15	Shawarma	£2.75
Deli Sub Roll/Sandwich	£2.30	Pizza Slice (Break Time)	£1.60
Wrap	£2.75	Falafel Kebab	£2.75
Naturally - Premium Salad	£3.00	Hot Bowls	£2.65
Basic Baguette/Premium Baguette	£2.45/£2.75	Hot Pasta Pot - Med/Lrg	£2.25/£2.50
Half Baguette	£1.55	Jacket Potato - 1 Topping	£2.15
Cold Pasta Pot 16oz	£2.50	<b>ALL POWER BITES</b>	
Vegetable Bag	£0.75	Range of 8oz Nutritious Rice & Noodle Dishes	£1.35
Protein Pots	£1.05	<b>SOUP</b>	
Salad Pots	£2.00	Fresh Soup Available Daily	£1.85
Yoghurt/Jelly/Fruit Pots	£1.00		
Whole Fruit	£0.55		

QAT as hot food and beverages will be charged at the current rate for all staff members



JOB No. **85713**  
ACC No. **1744**  
CLASS **Year 11**

*Kittle*  
PHOTOGRAPHIC

# IMPORTANT

PUPILS: TAKE THIS TICKET HOME

Parents: SCAN the QR code on the RIGHT or go to [kittleorders.com](http://kittleorders.com) and enter your Photo ID & Password.

PHOTO ID **9mZY69r2V**  
PASSWORD **Zbds5Jt7f**  
PUPIL   
SCHOOL **Wanstead High**

PARENTS  
**SCAN**  
THIS CODE  
to order



CLASS DELIVERY ORDER  
**Yr 11**



JOB No. **85713**  
ACC No. **1744**  
CLASS **Year 13**

*Kittle*  
PHOTOGRAPHIC

# IMPORTANT

PUPILS: TAKE THIS TICKET HOME

Parents: SCAN the QR code on the RIGHT or go to [kittleorders.com](http://kittleorders.com) and enter your Photo ID & Password.

PHOTO ID **55ztjsr3N**  
PASSWORD **fS3q2r56X**  
PUPIL   
SCHOOL **Wanstead High**

PARENTS  
**SCAN**  
THIS CODE  
to order



CLASS DELIVERY ORDER  
**Year 13**

# Nightingale School Fete

Nightingale School welcomed Wanstead High's jazz band back to their 2025 summer fete on Saturday 5<sup>th</sup> July. Pupils from Wanstead played a variety of music at the well-attended event,

supporting the important work of their PTA and hopefully inspiring current pupils at the school to pursue music.



## Summer Concert

The Music department staged their annual summer concert in the school's Theatre on Wednesday 2<sup>nd</sup> July. This featured performances from all the school's musical ensembles, (including the steel pan group, two choirs, jazz band, wind group and string group), which are led by staff and sixth-formers from the school. There were also solos and duets of a high standard from

current GCSE and A Level pupils from the school.

All ensembles will be starting again in September and are all open to all pupils in the school without audition. New members are always welcome.

## National Youth Orchestra

Daniel (Year 10) plays the Tuba in the National Youth Orchestra of Great Britain, one of the most highly regarded youth orchestras in the world. He is one of the youngest members of this orchestra and his successful audition earlier in this academic year is a huge accomplishment.

They are performing an exciting programme including 'The Planets' (Holst) and music from Star Wars (Williams) on Saturday 9<sup>th</sup> August (as well as a shorter, more relaxed version of this concert earlier

on the next day) at the Royal Albert Hall as part of the BBC Proms. This will be broadcast live on BBC Two.





# Jack Petchey Achievement Award Winners - Outstanding Pupil Recognitions



Dhiya



Naomi

## The Perfect Blend of Enthusiasm and High-Quality Work!

Congratulations to Dhiya and Naomi Year 10 pupils, who have been awarded the Jack Petchey Achievement Awards for outstanding effort and resilience in Food and Nutrition.

Both pupils demonstrated a positive attitude and a strong commitment to both the practical and theoretical elements of their subject. Their enthusiasm for cooking is matched by their ability to produce high-quality work, even when faced with challenges. Approaching each lesson with focus and determination. A role model to their peers.

Both pupils completed NEA 2, a practical food mock exam, where they produced an exceptional standard of work. The planning, execution, and attention to detail were highly commendable and reflected both pupils deep understanding of the subject.

NEA 2 also involved researching Italian cuisine, costing, evaluating final dishes, and compiling a detailed portfolio. Dhiya and Naomi are well on track to continue achieving at a high level. Their dedication and skill set them both apart as pupils who not only excels academically but also brings creativity and resilience to every task they tackle.

Well, done to both pupils Dhiya and Naomi – your hard work and positivity are truly inspiring!

By Ms D Bennett



# Performing Arts News:

# We Bring the Character!

This year has been an exciting one for the Dance and Drama Department with a range of trips, workshops, shows, competitions and fantastic GCSE and A Level performances. We have enjoyed

seeing our pupils flourish; as always, we are blown away by their talent and commitment to the department and the summer term has been no exception.

## Drama Trips

Our two theatre trips were huge successes this term. Year 11 were invited to their final class trip to see the West End Production of *Stranger Things*. They were blown away but the design and special effects.

Year 9 and 10 drama pupils then went to Regents Park Open Air Theatre to watch *Noughts and Crosses*. The set text pupils will study if choosing GCSE Drama. This was an invaluable experience for the pupils to see the production come to life in such a beautiful setting. This experience will support immensely with the theory work they complete during the course.



The drama teachers have been working hard this year to make our pupils learning more experiential, to ensure pupils can gain a better understanding about how to make an audience member feel when watching their performances.

An example of this was taking our Year 12 pupil to The World Press Photo Exhibition in order for them to find a stimulus for the original piece of drama they will create in Year 13. The exhibition showcases the most impactful photojournalism and documentary photography from this year's World Press Photo Contest. It's was a chance to see the winning images and delve into the stories they tell about global events and issues.



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## Team Dance!

We are incredibly proud of this year's dance competitions teams for their fantastic performances in The Great Big Dance Off National Finals at Cheltenham Town Hall and The London Youth Games Dance Finals at the Copper Box in Stratford.

Both teams have represented the school in the most incredible way this year. During all competitions their behaviour has been exemplary and their commitment to make every performance top the last has been brilliant.

The Key Stage 3 team took home the bronze medal at the

games, meaning this is now the fifth year in a row Wanstead have placed in the top three.

Next year the dance department are expanding our offering by having three competition teams. More information regarding the audition process will be given to pupils the first week of September.









## LAMDA Success

This year the success has continued for our LAMDA pupils who have continued to work incredibly hard in their sessions. LAMDA is a vocational course in acting which allows pupils to enhance public speaking, improve articulation and confidence, and nurture an appreciation for literature.

We have had some incredible results from all our pupils and the following have achieved a Distinction in their LAMDA examinations:

Louis H, Kate B, Frances C, Kitty H, Noah D, Deen A, Emmanuel B, Zayan K, Elise T and Naomi T.

Well done to all! If your child is interested in our LAMDA programme please contact [hello@louderdrama.com](mailto:hello@louderdrama.com) for more details.

## What's Next?

This term Mr Weakliam has been preparing our pupils for next year's production of *Our House*. Weekly musical theatre workshops have been taking place in the theatre to give pupils the opportunity to practise for next year's auditions. These will

take place at the start of September. If you would like further information, please speak to us in the Drama office and we look forward to bringing this production to life ready for performances in Spring 2026!





# Year 7 Explores the work of Keith Haring

Keith Haring was a New York street based pop artist whose work emerged from the urban graffiti subculture of the 1980s. His bold lines, vivid colours, and active figures carry strong messages of life, joy and unity.

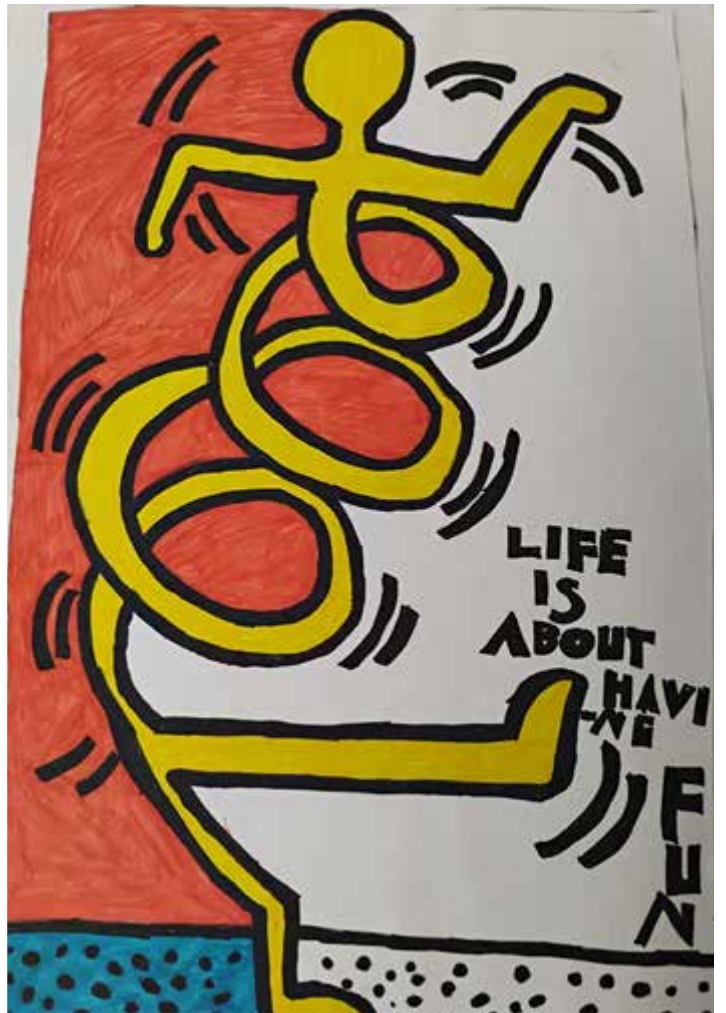
Year 7 pupils were challenged to create a piece of Art homework that exemplified Haring's message. They were asked to take photographs of friends and family members dancing, celebrat-

ing or just being together as a starting point for their ideas. Just a few of the outcomes are shared below and overleaf, but regrettably we have not been able to include all the fabulous work we have received. We are proud of our creative and imaginative year group!

**By Ms T van Beers**













# Chess Club Kicks Off with a Fantastic First Term!

This term marked the exciting launch of our brand-new Chess Club, and what a start it has been! Due to the growing interest from pupils across both Key Stage 3 and 4, we decided to start the club — and we're thrilled with the incredible turnout on day one.

Pupils with prior chess experience and those eager to learn came together to enjoy this timeless game. The club quickly grew into a lively and welcoming environment where everyone could improve their skills, challenge themselves, and have fun.

## WHS Chess Tournament

To add a little excitement, we hosted our first friendly chess tournament — and it was a great success! A total of 14 pupils took part, showcasing both strategy and sportsmanship.

The final match, held on 14th July, saw an intense and exciting face-off between Ernie (Year 8) and Thomas (Year 8). Congratulations to both players for making it to the final — and a big well done to all participants!

## Meet the Team

The Chess Club is proudly run by: Ms Sabir, Mr Shine and Mr Zaman

With incredible pupil leadership from Jakob (Year 9), who has been a fantastic role model and guide for newer players.

## Looking Ahead

We're pleased to announce that the Chess Club will continue next term! Whether you're a seasoned player or just curious about the game, we welcome all pupils to join. Come along to learn, play, and enjoy one of the world's most strategic and rewarding games.

Let's make next term even better — see you at the board!





# Culture Week 2025: A Joyful Celebration of Learning, Unity and Heritage



Culture Week 2025 was a celebration of learning, diversity and unity that defines our school community. From exciting hands-on activities to dazzling performances and colourful displays, pupils and staff came together to honour and share the many cultures that shape who we are.

Throughout the week, pupils immersed themselves in a wide range of cultural experiences. From intricate origami and waist bead crafting to beautiful henna art, a lively World Cup quiz, and a rich sampling of global food tasting, every activity offered a chance to learn, create, and connect.

The canteen served delicious international dishes each day, culminating in a food







sampling event enjoyed by all—with British scones and traditional treats providing a sweet end to the global menu.

One of the most popular events of the week was the Culture Week Challenge, where pupils guessed the teachers from their childhood photos—a fun activity that sparked plenty of laughter and conversation. The door decoration competition was another highlight. The school corridors were decorated with national flags, showing the diverse backgrounds of our community. Throughout the school, tutors and tutees worked together with energy. All awards were decided by our team of EAL Ambassadors, who took their role seriously and celebrated the effort behind every entry. The winning door came from 9.4K and their tutor, Ms Akhtar, who earned the 'Best Representation of the Theme: Unity in Diversity' award for a collaborative display that celebrated identity and community, as selected by our EAL Ambassadors.

There were also several runner-up and

special mentions:

- **SS3** earned second place for a deeply thoughtful representation of Unity in Diversity.
- **Room 9** took third place with a creative and engaging display.

The English corridor came to life with several fantastic entries, earning 4th, 5th, and 6th place: Room 4; Room 11 and Room 8.







The week ended in spectacular fashion with Culture Day—a celebration of heritage and identity. Pupils wore traditional clothing and outfits representing a wide range of cultures, from Polish, Ukrainian, and Indian dress to bold African prints from Nigeria, Ghana, and Somalia, as well as rich Arabic-inspired tones.

Many pupils wore T-shirts featuring British bands—from The Beatles and The Rolling Stones to Oasis and Arctic Monkeys—highlighting how identity blend across generations. Others added meaningful accessories, painted flags onto outfits, or wore full traditional dress. Staff participated in reinforcing a strong sense of unity and belonging.

Gaelic football team colours stood out alongside Jamaican black, green, and yellow. Spanish reds and yellows added flair, while football shirts from Brazil, Germany, Italy, Pakistan, and beyond brought



an international spirit. Union flags and England kits underscored shared pride, making the school a tapestry of tradition and celebration.

The afternoon began with a Fashion Show, followed by a Talent Show in which Year 7 and 8 pupils played a leading role, contributing the majority of acts with their passion and enthusiasm.

Contributions from the Performing Arts





team added depth and variety, while the steel pan band brought energy and rhythm to the stage. The Talent Show opened with a brilliant Key Stage 3 dance team performance, setting the tone for an afternoon of music, movement, and celebration. Performances celebrated diversity through music and spoken word, with singers performing in Punjabi, Romanian, Russian, and English.

There were many standout moments: TikTok dances, cover songs, and poetry in Urdu. Max's Bossa Nova sounds wowed the audience, while Year 12 pupils brought the energy with classic rock and roll numbers.

Year 8's performance of "Mardy Bum"

had people singing along. Other key moments of the day were the Year 7 performances. It included live trumpet playing, a duet dance built around the national anthem with a UK-themed party.

The event reached its peak with a Turkish wedding dance, led by a Year 8 pupil and performed by 20 pupils from diverse backgrounds. Blending traditional Turkish steps with Jamaican, Somali, and other African dance styles, it was a powerful example of what it means to honour different cultures while celebrating together.

Culture Day 2025 was more than just a day of fun—it was a celebration of learning, identity and unity.

It reminded us that while we come from different places, we are united in mutual respect. It was a week—and a day—full of togetherness, and one we will all remember for years to come.

**By Ms Gómez Álvarez, EAL Coordinator & MFL Teacher**





# Celebrating Success

## Highlights from our latest Achievement Award Winners Ceremony

	Year 7	Year 8	Year 9	Year 10	
Maths	Keila	Amaya	Pavel	Mohammed	Betsy-Jayne
Further Maths					Pablo
Economics					Betsy-Jayne
English	Saima	Eden	Tanvir	Kayla	
Literature					Aijamal
Language And Literature					Leah
Science	Siena	Petra	Xanthe	Naomi	
Biology				Millie	Fateha
Chemistry				Zakariyah	Oliver
Physics				Yacoub	Hal
History	Brooklyn	Kayla	Jeevan	Naomi	Chloe
Classics					Sebastian
Geography	Daniel	Isa	Oshia	Juliette	Aodh
Resistant Materials	Sky-Blue	Eliana	Leon	Balraj	
Graphics	Alex	Alicia	Farhan	Louis	
Art	Brian	Katie	Callum		
Photography					Amber
Textiles	Brooklyn	Mila	Dyllis	Naiya	
Food & Nutrition	Meabh	Gabriella		Ben	
Dance	Bella	Iris	Georgia	Mia	
Drama	Dylan	Ernie	Viktoria	Olivia	Zara
Music	Albie	Emilia-Rose	Ja'Kaydi	Emily	Patrick
Spanish	Matilda	Ayaan	Oscar	Biordi	Lauren
French	Lucas	Alex	Clarentia	Giada	Sophie
Media				Anna	Beau
Computing	Ines	Wilbur	Farhan	William	Oliver
RP	Maya	Poppy	Noah	Ailbe	Afia
Psychology					Fateha
Politics					Amel
Sociology				Ibrahim	Finn
PE	Pranav	Gabriel	Daniel	Yusuf	Darin
HOY Award	Ava	Louis	Aijan	Henry	Ellen
Behaviour Award	Rory	Emily	Zain	George	William
Attendance Award	Ileana	Cleo	Aneeq	Katie	Beau
Headteacher's Award	Poppy	Isabelle	Leo M	Hana	Eisa







Dancing the Night Away:

# Celebrating the End of the School Year in Style at Prom Night!





# Careers News:

# Summer Careers and Higher Education Opportunities



## NHS - 3<sup>rd</sup> August

After the success of our recent NHS National AHP Work Experience session, I am thrilled to invite your pupils in Years 10-13 to our upcoming session on Sunday 3<sup>rd</sup> August, 8:30am - 5pm, focusing on Geriatrics & Recovery.

Register here: [https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/?utm\\_source=Sendgrid&utm\\_medium=Email&utm\\_campaign=1707+AHP+WEX](https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/?utm_source=Sendgrid&utm_medium=Email&utm_campaign=1707+AHP+WEX)

The NHS Virtual Allied Healthcare Work Experience provides an exceptional opportunity for aspiring healthcare professionals. Pupils will have the rare privilege of hearing from an inspiring guest speaker currently working within the NHS. Following this insightful talk, participants will embark on a live virtual work experience, offering a comprehensive exploration of the allied healthcare field. They will gain valuable insights into various roles and follow the journeys of two patients, from the initial incident through to treatment, for a closer understanding of patient care.

The NHS Allied Healthcare Work Experience is the largest programme for aspiring healthcare professionals, having successfully invited over 12,000 pupils to participate in its programme last academic year - many of which have gone on to study:

- Nursing
- Midwifery
- Paramedicine
- Physiotherapy
- Occupational Therapy
- Dietetics
- Radiography
- Prosthetics and Orthotics
- Speech and Language Therapy
- Pharmacy

**Registration Link:** [https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/?utm\\_source=Sendgrid&utm\\_medium=Email&utm\\_campaign=1707+AHP+WEX](https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/?utm_source=Sendgrid&utm_medium=Email&utm_campaign=1707+AHP+WEX)

Once registered, pupils will receive access to their virtual work experience portals. Better yet, every completed session comes with a Work Experience Certificate, and for those who complete the full 6-month programme, will be awarded a Highly Commended Reference from the Presidents of Allied Healthcare

Mentor. These are fantastic additions to your CV!

Registration will start at 8:30am, with guest speaker from 9.00-10.00am, then the live work experience session starts at 10.00am, with an end at 5.00pm. Plenty of breaks are scheduled throughout.

Pupils can register at any time throughout the 6-month programme using the link below. We recommend booking early to gain as much out of this programme as possible.

Places are £10 a session to cover administrative and technological costs, or £50 for the full 6 months:

[https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/?utm\\_source=Sendgrid&utm\\_medium=Email&utm\\_campaign=1707+AHP+WEX](https://alliedhealthmentor.org/nhs-healthcare-careers-virtual-work-experience/?utm_source=Sendgrid&utm_medium=Email&utm_campaign=1707+AHP+WEX)

If you have any questions at all, please feel free to drop me Dr **Barrie Lyell** (*Chief Mentor*) an email: [education@medicmentor-family.org](mailto:education@medicmentor-family.org). Thank you for working with us to make a difference to your pupils.

Allied Healthcare Mentor (part of Mentorverse)  
Associate Member of the NHS Confederation  
NHS Providers Insight Partner

Enquiry Form: <https://airtable.com/shrM6UPT8Z2uxx7OL>



## Law Summer Virtual Work Experience

Tuesday 29<sup>th</sup> – Wednesday 30<sup>th</sup> July 2025 | 10am – 2pm

Are you considering a career in **Law** or **Finance**? Want to understand what lawyers do **inside some of the world's top businesses**?

Join us for this **virtual two-day insight programme** with **Lloyds Banking Group (LBG)** to gain an exclusive look into the world of **in-house legal teams**, take part in workshops, develop your skills, and hear real-life career stories from legal professionals

working in a leading FTSE 100 company.

## What You'll Gain:

- Insight into the **legal profession** and how law works in large businesses.
- An understanding of **career pathways** and entry routes into law.
- The chance to meet and hear from lawyers working in teams such as Finance, Legal, Business and HR
- Practical advice on **CVs, interviews, and applications**.
- Skills sessions on **negotiation, communication, and problem-solving**.
- Discussions on **AI, ethics, and the future of law**.

## Event Details:

- **Event:** Explore Law – Lloyds Banking Group Legal Virtual Work Experience
- **Dates:** Tuesday 29<sup>th</sup> – Wednesday 30<sup>th</sup> July 2025
- **Time:** 10am – 2pm each day
- **Location:** Online (Virtual)
- **Who Can Attend:** All pupils especially Years 11, 12, 13 and at University

## Why Attend?

Lloyds Banking Group's Legal Division plays a crucial role in the bank's work with individuals, small businesses, and major corporations across the UK. This is your opportunity to understand what it's really like to be a lawyer working in-house—and discover a rewarding career path you may not have considered before.

[https://www.surveymonkey.com/r/LBG\\_Legal\\_WEX](https://www.surveymonkey.com/r/LBG_Legal_WEX)



## Nursing and Midwifery - 27<sup>th</sup> -31<sup>st</sup> October

The Autumn School will run over October half term from 27<sup>th</sup>-31<sup>st</sup> October 2025. We will be in touch in early September to let all those who have registered their interest in the Autumn School know that applications are open.

K+ is King's College London's flagship widening participation programme with the aim of helping pupils to make informed choices about their post-18 options and to offer academic, career and application support. More information about K+ and the eligibility criteria can be found on our website.

The programme is not just for pupils who are sure they want to go to university or those who have achieved high GCSE grades, but also for pupils who have the potential to do so and want to have a taste into what university might be like.

[https://forms.office.com/Pages/ResponsePage.aspx?id=F-M9wg\\_MWFky4PHJAcWVDViq\\_Z8TOKu9AhrPPrs07t4ZUN-DY1V1MwVEZBWUVUNEK2MFhKTDBFVTdVQIQiQCN0PWcu](https://forms.office.com/Pages/ResponsePage.aspx?id=F-M9wg_MWFky4PHJAcWVDViq_Z8TOKu9AhrPPrs07t4ZUN-DY1V1MwVEZBWUVUNEK2MFhKTDBFVTdVQIQiQCN0PWcu)

## Insight into University (Summer wide)

This is a fantastic opportunity for your Year 11/12 & 13 pupils to help them explore STEM studies at leading Universities including Degree Apprenticeships and better understand the Career opportunities that these subjects can lead to with a full Live Webinar Timetable

This comprehensive virtual course experience is open to pupils of ALL abilities, will take approx. 30 hours to complete, and there are **\*fully funded places available for eligible pupils including those who receive free school meals.**

**Routes into STEM 16+ Face to Face course** - We are also still accepting applications for our Routes into STEM 16+ Face to Face course until the end of this week. This is a 4-day (non-residential) experience that will provide pupils aged 16+ with a unique opportunity to explore STEM educational providers and companies, network with role models and develop a range of key skills through hands on activities.

We are running 2 courses over the summer (London & Newcastle) and we welcome applications from pupils who live within 1-hour travel distance from the locations. **\*\*The Newcastle course is FREE due to funding received.**

<https://www.etrust.org.uk/programmes-virtual-insights-in-to-university>



## British Army

Are you curious about what it's like to serve in the British Army's Infantry regiments? Whether you're considering a career in the Armed Forces, supporting someone who is, or simply interested in learning more, Infantry Experience 25 is the perfect opportunity.

This one-day event offers a hands-on introduction to life in the Infantry, including:

- Experiencing Infantry training on the indoor weapons simulator range
- Watching a live combat tactics demonstration



- Exploring the latest Infantry kit and equipment
- Speaking directly with serving Infantry soldiers about their experiences

And the best part? It's completely free—lunch included!

 **Location:** Warminster

 **Date:** 27<sup>th</sup> August 2025

 **Time:** All Day

If you're aged **15 to 34**, we encourage you to register today and get involved. Parents and carers are also welcome to attend.

[https://jobs.army.mod.uk/meet-your-army/156875/?cid=-physical\\_events1972045161](https://jobs.army.mod.uk/meet-your-army/156875/?cid=-physical_events1972045161)

## Online University Webinars throughout the Summer

**Online Masterclasses** to help equip your pupils with key competency skills and knowledge that will help them to get ahead of the crowd. These sessions will be run by experienced industry professionals and after each presentation the pupils will have the opportunity to ask questions and receive a certificate of attendance for their portfolio.

We are also delighted to let you know that we are still accepting applications for our highly popular **Virtual Insight into University course** for a while longer so please do encourage your pupils to apply ASAP so that they don't miss out. This is a comprehensive experience which allows pupils to explore STEM studies at top universities including degree apprenticeships and the career opportunities that these subjects lead to. They will also gain access to an exciting **Live Session Timetable**. On completion of this course pupils will gain a Silver Industrial Cadets Award. (Fully Funded Places are available for eligible pupils).

[Virtual Insight into University](#)  
[A Career as an Engineer Masterclass](#)  
[Presentation Skills Masterclass](#)  
[Relationship Building & Interview Preparation](#)  
[World Class Project Management](#)

## Transitioning into Medical and Dental School-Summer-wide

Year 13 pupils prepare to receive their A-Level results and get ready for university life in medical or dental school, we want to emphasise that our support and opportunities for their growth extend beyond A Levels. To ensure they have a strong start to their university journey, we are excited to invite them to complete our new Transitioning into Medical/Dental School E-Learning.

During this e-learning, they will receive a guided tour of what to expect in their first term at medical school, invaluable advice on

transitioning smoothly from sixth form to university, and essential guidance on key life skills like budgeting and maintaining a work-life balance. Join us for an enriching session that will equip them for the exciting journey ahead!

For your pupils to gain access to this e-learning, they'll first need to be part of our Circle communication space. If they haven't signed up before, they can join for FREE here: <https://medicmentor.org/the-medic-mentor-portal-2/>

Once on Circle, please join the Transitioning into Medical/Dental School space via this link: [https://mentorverse.circle.so/join?invitation\\_token=5a736cf6ff5485b6bcf6bc434a792623eb-d69c52-977dcf63-6e21-4cb5-aa0f-4c4b0f870837](https://mentorverse.circle.so/join?invitation_token=5a736cf6ff5485b6bcf6bc434a792623eb-d69c52-977dcf63-6e21-4cb5-aa0f-4c4b0f870837)

During this e-learning, doctors and dentists will give pupils an insightful overview of what to expect going into their first semester, as well as some myth-busting and Q&A on any concerns and questions they may have. We'll also be covering:

### What to expect at university

- Student Finance
- How to budget
- Working alongside studies
- Pros and cons of living away from home
- University essentials
- Preparing for placements
- Extracurriculars and experiences
- Leadership opportunities & scholarships
- Making friends and networking
- Practical tips including recipes, cleaning and self-care
- Maintaining a work-life balance
- Reapplication & next steps for unsuccessful applicants

This conference has been tailored specifically for Year 13 pupils who are at the end of their academic year, supporting and guiding them through those initial first steps into medical and dental school. Don't miss out on this incredible opportunity to gain further insights into their first year at university.

If you have any questions at all, please feel free to drop me (**Dr Siva**) an email [education@medicmentorfamily.org](mailto:education@medicmentorfamily.org).

Dr (Prof) Dhakshana Sivayoganathan

Medical Director of Medic Mentor (part of Mentorverse)

Visiting Professor of Medical Leadership and Innovation at University of Greater Manchester (Bolton) Medical School

British Medical Journal (BMJ) Clinical Champion

General Medical Council (GMC) Designated Body for Doctors

Associate Member of the NHS Confederation

NHS Providers Insight Partner

**Previously successful Medical students:** <https://medicmentor.org/successful-student-journeys-reviews/>

**Previously successful Dental students:** <https://dental-mentor.org/successful-student-journeys-reviews/>

**From Secondary School Student to Medical Scholarship Student: a step-by-step guide on getting into medical school successfully:** <https://medicmentor.org/become-a-medic-mentor-student-2/>

**Website:** [medicmentor.org](https://medicmentor.org)

**Enquiry Form:** <https://airtable.com/shrM6UPT8Z2uxx7OL>

## Future Careers and Work Experience in Healthcare

The North East London Training Hub Work Experience Programme is designed to support young people from our local community by providing access to meaningful work placements within GP surgeries in and around their area.

Pupils can gain up to 22 hours of structured experience, helping them better understand the healthcare environment, develop confidence, and make informed career choices.

### Programme highlights include:

- **Clinical exposure (where possible):** Opportunity to shadow healthcare professionals and observe patient care
- **Behind-the-scenes experience:** Insight into administrative roles and the day-to-day operations of a GP practice
- **Professional networking:** Connect with experienced staff, mentors, and future colleagues

[https://docs.google.com/forms/d/e/1FAIpQLSdqC9LJq3AM-RAubmpof\\_5-BeHpTi4qlrWIEMzndUuUAiWw5QA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSdqC9LJq3AM-RAubmpof_5-BeHpTi4qlrWIEMzndUuUAiWw5QA/viewform)

## Routes into Stem - Summer-wide

Routes into STEM 16+ is a four-day experience that provides young people with an amazing chance to help understand the different routes available into further STEM education and career pathways. Pupils will gain first-hand experience of life at a variety of STEM educational providers and companies. The hosting organisations for this course are as follows:-

**Tuesday 29<sup>th</sup> July 2025 – QA, (explore digital careers including hands on workshops in software development and digital marketing) E1W 1UN**

**Wednesday 30<sup>th</sup> July 2025 - [Kingston University](#), KT1 2EE**

**Thursday 31<sup>st</sup> July 2025 - [Bechtel](#), W4 5HR**

**Friday 1<sup>st</sup> August 2025 - [Ramboll](#), SE1 8NW**

**Accreditation: Silver [Industrial Cadets Award](#)**

This accreditation is a widely recognised industry led benchmark accreditation inspired by HM King Charles III (Patron of Industrial Cadets) and would be a fantastic addition to your portfolio going forward.

**\*To view the course Flyer and to apply please click here:**

## University of Law - 31<sup>st</sup> July & 1<sup>st</sup> August

Do you see yourself as a future legal professional? Perhaps you'd like to become a partner at a huge international law firm?

On Thursday 31<sup>st</sup> July and Friday 1<sup>st</sup> of August from 10:00am - 3:00pm, we'll be hosting a Careers in Law Work Experience with the University of Law, the UK's leading institution for legal degrees and solicitor apprenticeships.

You will take part in mock legal lectures, work on projects and exciting legal tasks, and have the opportunity to ask questions and network with professionals.

**Day 1** will be a virtual event, allowing you to participate from anywhere.

**Day 2** will be in person at one of their campuses in Nottingham, London, Manchester, Birmingham, Leeds, or Bristol. You can choose which campus you'd like to attend. Please note that spaces at the venues are very limited, so book early to avoid disappointment.

The University of Law is the UK's largest provider of legal education. They deliver legal training to over 90 of the top 100 law firms and will be running several lecture-style sessions designed to give you a taste of what it's like to study law at university or through a solicitor apprenticeship.

Join us for what's set to be a thoroughly engaging insight into the legal world this summer and hear from a range of elite solicitors and barristers from some of the world's most prominent organisations. Kick off this summer with an excellent addition to your CV/Personal Statement.

**Click the following link to sign up:** <https://www.surveymonkey.com/r/ULaw-Summer-WEX-2025>





## Unleashing Talent: Highlights from the District Athletics Championships!

Our most talented athletes competed against 19 other schools recently in the district athletics championships.

Such wonderful performances, across the board with notable achievements from Year 7 girls (3rd out of 20), Year 9 girls (3rd

out of 20), Year 8 combined team (5th out of 20), Year 7 boys (2nd out of 20) and Year 9 boys who took the championship, placing 1st out of every school in the borough.

Along the way crowning 14 individual Borough Champions!





# Check Out Some Of Our Amazing Medal Winners!!









Leading the Way:

# Our Sports Leaders Shine at Wanstead Church Primary School Sports Day!

Our wonderful Sports Leaders were once again asked to support with the running of the Wanstead Church Primary School Sports Day.

This event included pupils from the whole school competing in a

range of different activities.

The pupils interacted with the pupils fantastically, as well as displaying and developing such excellent leadership skills.







## Rowing to New Heights: Pupils Challenge Themselves to Conquer Everest Indoors!

We recently introduced almost 300 pupils to the wonderful activity of indoor rowing. As a fundraising event, each class was challenged to row the distance, of the ascension of Mount Everest!

On average each class rowed over 11,000m which surpasses the 8848m of Everest!

We are looking forward to introducing this to a different set of pupils in the near future







# Maria's ENGLAND Adventure

I said that we would keep you all informed and updated regarding Maria's international football journey and here she is representing England U15s in a recent tournament.

We are extremely proud of her achievements and cannot wait to see her progress further.





# Redbridge Swimming Gala

We are extremely proud of our most talented swimmers who took part in the Redbridge Swimming Gala recently. You can see from the number of medals around their necks that they were particularly successful in the pool. Taking on the best swimmers in the borough, medals were achieved in every year group, with

particular successes in the Individual Medley, and Relay events. Congratulations to everyone involved.

Keep. On. Swimming!







# Thank You PTA



A huge thank you to our wonderful PTA who have supported the Physical Education department in a number of different ways this half term. See below for more details.

## Sports Day Volunteers

Through the PTA, six adults gave up their valuable time in offering support for our Sports Day on 18<sup>th</sup> July. This additional support on what is a whole school celebratory day was much appreciated and supported with the smooth running of the day.



# Marketing and Display Strategy

As part of our marketing and display strategy including the creation of what will be called the 'legacy wall', the PTA have supported financially the purchasing of display frames, high quality posters, and sports clothing mounting frames. This will make a real difference to the corridors in and around the PE area, as well as help celebrate the successes of our wonderful pupils.

# 'Cool Rowings' Event

The PTA fully funded the external company to deliver indoor rowing sessions to over 500 pupils across a 2- week period. As a fundraising event, pupils were challenged to row the summit of Mount Everest! On average each class rowed over 11,000m which surpasses the 8848m of Everest!



Another group of talented, hardworking, and creative pupils set off on their Duke of Edinburgh (DofE) adventure. Throughout the experience, they strengthened their map-reading skills, resilience, leadership, communication, and teamwork.

This continues to be one of the most outstanding programmes in the Borough, and we are proud to offer so many pupils the chance to take part in such a valuable and enriching opportunity.





# Culture Week in the Physical Education Department

This week in PE, pupils embarked on a global journey, exploring a variety of sporting activities from different cultures around the world.

They embraced the fast-paced challenge of Kho Kho, a traditional tag-style game originating from ancient India, tested their

precision with Tejo, a popular Colombian sport, and experienced the excitement of Lacrosse and Baseball from North America.

The week even featured a powerful introduction to The Haka from New Zealand — a highlight for many!





# THE STOW BROTHERS



We are extremely grateful for a lovely financial donation from a local business 'The Stow Brothers' who have donated towards next year's ski trip. We very much appreciate it. Thank you!

---

## Sports Day Preparation Begins With Inter-House Tug O' War!





























## YEAR 7



**1st PLACE**  
**FORM 7.3**  
84 POINTS



**2nd PLACE**  
**FORM 7.7**  
80 POINTS



**3rd PLACE**  
**FORM 7.7**  
76 POINTS

## YEAR 8



**JOINT 1st**  
**PLACE**  
**FORM 8.3**  
(80 POINTS)



**3rd PLACE**  
**FORM 8.7**  
(54 POINTS)



**3rd PLACE**  
**FORM 8.7**  
(54 POINTS)

## YEAR 9



**1st PLACE**  
**FORM 9.9**  
104 POINTS



**2nd PLACE**  
**FORM 9.4**  
96 POINTS



**3rd PLACE**  
**FORM 9.2**  
78 POINTS

## YEAR 10



**1st PLACE**  
**FORM 10.1**  
128 POINTS



**2nd PLACE**  
**FORM 10.2**  
106 POINTS



**3rd PLACE**  
**FORM 10.4**  
48 POINTS

## YEAR 12



**1st PLACE**  
**FORM 12.3**  
68 POINTS



**2nd PLACE**  
**FORM 12.2**  
58 POINTS



**3rd PLACE**  
**FORM 12.6**  
38 POINTS

# HOUSE RESULTS

**4th KESTREL HOUSE**  
202 points

**3rd WREN HOUSE**  
294 points

**2nd BRAMBLING HOUSE**  
302 points

**1st place MALLARD HOUSE**





# Keeping Safe Over the Summer

## Online Safety Tips



- **Use strong passwords:** Combine letters, numbers, and symbols; don't reuse passwords.
- **Don't overshare:** Avoid posting personal info like your full name, address, phone number, school, or daily routines.
- **Keep accounts private:** Set your social media profiles to "private" and approve followers you know.
- **Think before you post:** Anything online can be screenshot and shared—even if you delete it later.
- **Avoid location tagging:** Don't tag your location in real-time, especially at home or school.

If something feels off, it probably is: Tell a parent or trusted adult. Remember you can report concerns about online activity to CEOP <https://www.ceop.police.uk/ceop-reporting/>



Report Remove is here to help young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.

It's against the law for anyone to share a sexual image or video of someone who's under 18, and Childline are working with the Internet Watch Foundation (IWF) and Yoti to help you remove any sexual image or video of you that's online.

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/report-remove/>

Remember to check your 'Save to camera roll' setting on WhatsApp to stay protected from unwanted images ending up on your personal camera roll.

Find out more by visiting the [Online Safety](#) page on our website which contains helpful guides.



## Community Safety Tips

- Plan your route
- Use forms of transport others are using
- Use well-lit paths
- Avoid shortcuts in isolated places
- Tell parents/carers where you're going
- Share locations with parents/carers
- Update parents/carers if plans change
- Keep your valuables hidden
- Be aware of your surroundings
- Stay alert to e-scooters
- Earbuds/headphones can be a distraction

## Be an Upstander

If you see an incident taking place in the local community follow these tips to ensure you are an upstander and not a bystander.

- Don't laugh
- Don't participate
- Stay at a safe distance and help the target get away
- Don't become an "audience" for the aggressor
- Don't film/take pictures of the incident
- Talk to an adult if you feel support is required



## Mental Health and Wellbeing

Our routine and structure changes over the summer holiday so it is important we remember how to look after our mental health.

- Prioritise sleep
- Eat and move well
- Limit social media use
- Know the signs of struggle:
- Withdrawing from friends or activities
- Changes in sleep, eating, or grades
- Feeling hopeless, worthless, or overly anxious
- Risky behaviour or talk/thoughts about self-harm
- Know how to get support

## YOUNG MiNDS

- **Young Minds** provide extensive information and support online at [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis
- If you need urgent help text YM to 85258
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, giffgaff, Tesco Mobile and Telecom Plus.
- Free **Parent helpline** 0808 802 5544 free Mon-Fri from 9.30am to 4.00pm
- **Papyrus** offers confidential advice and support for young people struggling with suicidal thoughts, as well as family and friends; and information about how to make a safety plan on their website [www.papyrus-uk.org](http://www.papyrus-uk.org).



- Its helpline service - **HOPELINE247** - is available to anybody under the age of 35 experiencing suicidal thoughts, or anybody concerned that a young person could be thinking of suicide.

- Opening times 24/7 every day of the year
- **Telephone:** 0800 068 4141  
**Text:** 88247  
**Email:** [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)
- Kooth is an online counselling service offering support for children aged 10 - 18 years of age
- Support can be accessed online at [www.kooth.com](http://www.kooth.com)
- Monday - Friday 12pm - 10pm and Saturday - Sunday 6pm - 10pm



Pupils can reach out for school support or reports concerns via [talktous@wansteadhigh.co.uk](mailto:talktous@wansteadhigh.co.uk)

Parents can raise any safeguarding or welfare concerns to [safe-guarding@wansteadhigh.co.uk](mailto:safe-guarding@wansteadhigh.co.uk)



## SUMMER COMMUNITY CATCH-UP CLINICS

If your child missed their vaccination at school, you can book an appointment at one of our local community clinics. We offer:

**DTP (Diphtheria, Tetanus & Polio)**

**Meningitis ACWY**

**HPV**

(check with your local team)

**MMR**

(check with your local team)



To find out more information on our clinic locations, speak to someone at Vaccination UK, or for more contact options please follow the links below:



<https://www.schoolvaccination.uk/catch-up-clinics>  
<https://www.schoolvaccination.uk/contact>





# **U13'S** *Players wanted!*

**WE ARE WELCOMING NEW PLAYERS FOR THE 2025/2026 SEASON**

**TRIALS TAKING PLACE IN AUG/SEPT 2025  
(AT RODING VALLEY HIGH SCHOOL, LOUGHTON)**



*Avondale CL, Loughton, 1G10 3D*

**FOR MORE INFO CONTACT:  
PETETR 07718 658 140**

# Eastside's BFI Film Academy

Applications for Eastside's 15th BFI Film Academy are now open!

Aged 16-19 with a passion for Film & TV? Looking to learn from industry professionals? Look no further than Eastside's BFI Film Academy.

Working from Eastside's spacious studios in Shoreditch, you will deepen your knowledge of filmmaking and the industry through a series of practical workshops, masterclasses and careers seminars all leading to your final short film project. You will turn short fiction scripts submitted by young writers into original films working in crews with your peers.

On completing the course, you receive a BFI accreditation and have your films professionally screened in London to audiences of friends, family and industry professionals.

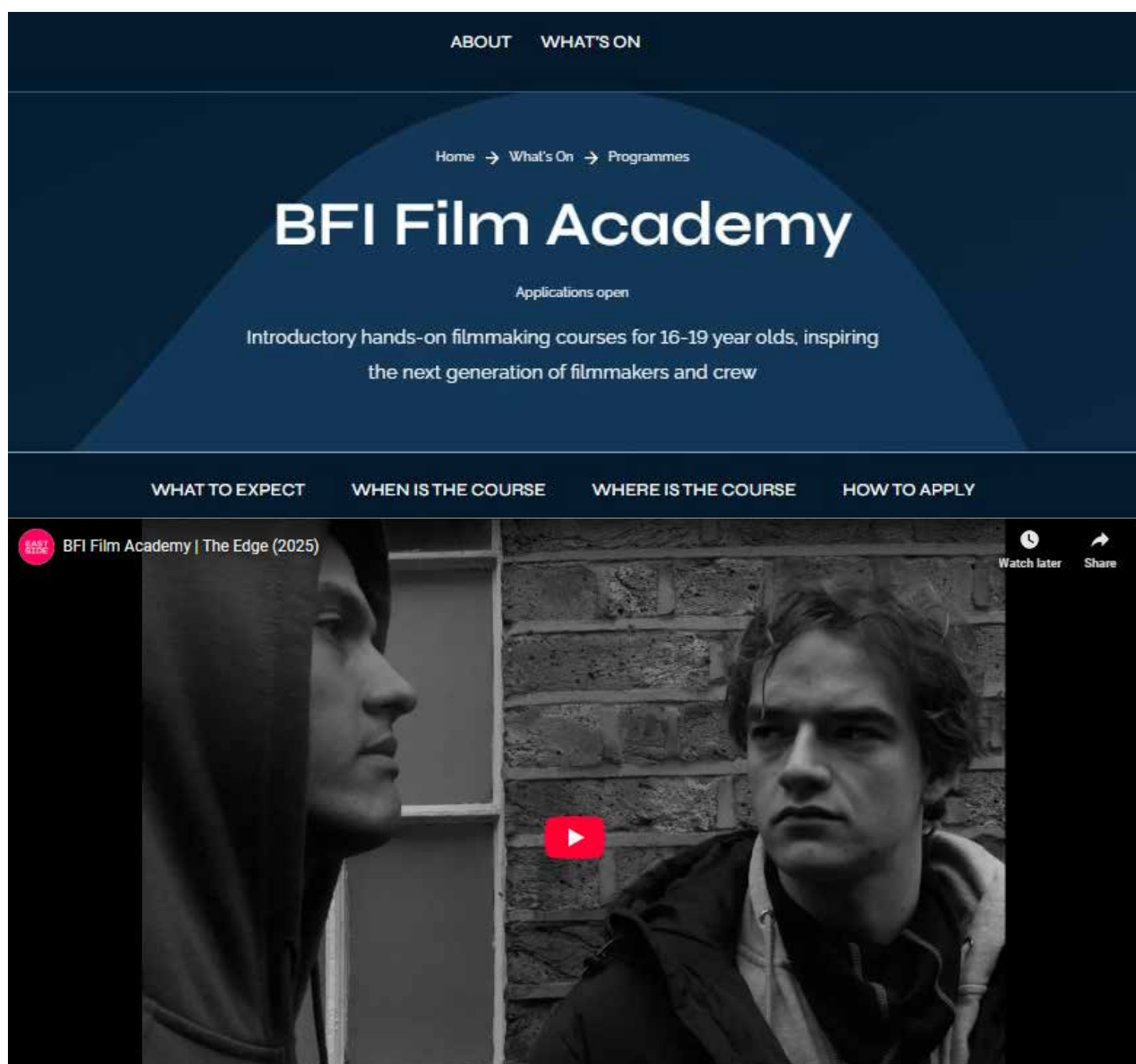
Apply now for a chance to join Eastside's 15th BFI Film Academy.

The deadline for applications is 11:59pm on 28<sup>th</sup> September 2025.

If you apply before 18<sup>th</sup> September, your application will be reviewed earlier.

We particularly encourage applications from 16-19 year olds based in Newham and Enfield.

For full information, visit our website. [https://www.eastside.org.uk/eastside\\_programmes/bfi-film-academy](https://www.eastside.org.uk/eastside_programmes/bfi-film-academy)





# Ekota Cricket Camp

Summer Cricket Camp Opportunity for Pupils – Starting 21st July

Dear Parents and Carers,

We're delighted to share an exciting summer opportunity from Ekota Academy, a local community-led charity based in Goodmayes.

Ekota Academy will be running a 4-week cricket camp for children aged 8 to 16, offering a great chance for young people to stay active, learn new skills, and enjoy a fun, structured environment during the summer holidays.

Camp Details:

- Dates: Every Monday to Wednesday, from 21st July to 13th August 2025
- Time: 9:00 AM – 1:00 PM
- Location: Goodmayes Park
- Age Range: 8–16 years
- Cost: £15 per day
- Please note: Lunch is NOT provided

Register here: <https://ekotaacademy.com/ekota-cricket-camp/>

Places are limited, so early booking is highly recommended.

We've attached a flyer with all the key information. Please feel free to get in touch with Ekota Academy directly should you have any questions.



The flyer is for the Ekota Cricket Camp, featuring a bright yellow background with a sun and clouds. It includes the Ekota logo, the camp title 'EKOTA CRICKET CAMP', dates '21ST JULY - 13TH AUGUST', time 'MONDAY - WEDNESDAY | 9:00AM - 1:00PM', and location 'GOODMAYES PARK'. A circular badge indicates '£15 PER DAY'. Three circular photos show children playing cricket. At the bottom, it lists activities: BATTING, BOWLING, FIELDING, MATCH TEMPERAMENT, GAME READING, and MENTAL FITNESS. A QR code is in the bottom right corner.

## Dear Redbridge School

As part of the London Borough of Redbridge's summer activity programme (MegaMix) the Music Service has organised a wide variety of music sessions to be held at the Music Centre. These include:

• African drumming	• "Find your instrument" sessions
• Gamelan	• Singing
• Sessions for children with SEN	• Steel pan

These are a fantastic opportunity for local children and are hugely subsidised with a view to making them accessible to all. We are sure that children at your school would find something they'd enjoy.

The Music Service would be very grateful if you could share the link below in any end-of-year communication from your school to parents/carers. The link gives full details of all sessions and makes it easy to book.

Music • Vision RCL

# Term Dates for 2025 - 2026

## ▶ AUTUMN TERM 2025

Monday 1 September 2025 to Friday 19 December 2025\*  
(All pupils return to school on Tuesday 2 September 2025)

**INSET 1** Monday 1 September 2025

**Disaggregated INSET DAY 2:** Friday 3 October 2025

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

**INSET DAY 3:** Friday 28 November 2025

**Christmas break** - Monday 22 December 2025 to Friday 2 January 2026

## ▶ SPRING 2026

Monday 5 January 2026 to Friday 27 March 2026\*

**INSET DAY 4:** Monday 12 January 2026

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

**Easter break** - Monday 30 March 2026 to Friday 10 April 2026

## ▶ SUMMER 2026

Monday 13 April 2026 to Monday 20 July 2026\*

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

**Disaggregated INSET DAY 5:** Monday 20 July 2026

## ▶ BANK HOLIDAYS 2026

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

**Monday 4 May 2026**

## ▶ WHOLE SCHOOL TRAINING DAYS

(SCHOOL CLOSED FOR PUPILS)

**INSET DAY 1:** Monday 1 September 2025

**Disaggregated INSET DAY 2:** Friday 3 October 2025

**INSET DAY 3:** Friday 28 November 2025

**INSET DAY 4:** Monday 12 January 2026

**Disaggregated INSET DAY 5:** Monday 20 July 2026

\* On the last day of term, pupils will be dismissed at lunchtime

## Dates for your diary

14

August 2025

A-Level Results Day.

21

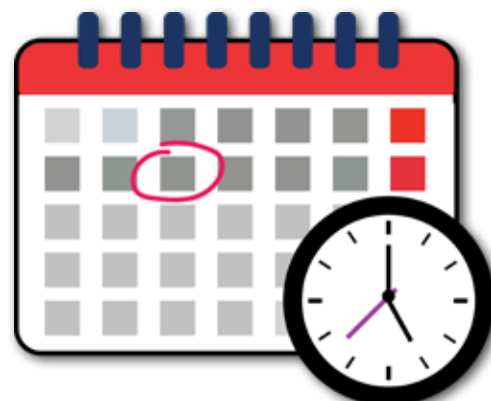
August 2025

Thursday 21<sup>st</sup>  
August - GCSE  
Results Day and  
Enrolment day  
9.00am - 3.00pm.

22

August 2025

Friday 22<sup>nd</sup> August -  
2<sup>nd</sup> Enrolment Day  
9.00am - 1.00pm.





**WEEK 1**

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**
**MONDAY**

Lemon &amp; Herb Piri Piri Chicken with Spicy Rice

**TUESDAY**

Mexican Style Beef Lasagne, Garden Salad &amp; Homemade Garlic Bread

**WEDNESDAY**

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

**THURSDAY**

Chicken Tikka Masala with Pilau Rice &amp; Coriander Salad

**FRIDAY**

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

**VEGETARIAN MAIN MEALS**
**MONDAY**

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

**TUESDAY**

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

**WEDNESDAY**

Roasted Squash &amp; 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 &amp; Chips (VE)

**DESSERTS**
**MONDAY**

Spiced Pineapple Cake with Vanilla Sauce

**TUESDAY**

Apple Strudel &amp; Custard

**WEDNESDAY**

Chocolate Sponge &amp; Chocolate Sauce

**THURSDAY**

Cookie Dough Fruit Crumble

**FRIDAY**

Fruit, Jelly &amp; 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

*Innovate*

**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 &amp; Chilli Noodles (VE)

**TRATTORIA**
**MONDAY**

Tomato &amp; Basil Pasta

**TUESDAY**

Pasta in a Cheese Sauce

**WEDNESDAY**

Margherita or Pepperoni Pizza

**THURSDAY**

Creamy Pesto Pasta

**FRIDAY**

Margherita Pizza

**WEEK 2**

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**
**MONDAY**

Traditional Sausage &amp; Mash with Onion Gravy

**TUESDAY**

Chicken &amp; Tomato Pasta Bake Served with House salad

**WEDNESDAY**

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

**THURSDAY**

Sweet &amp; Sour Chicken with Fried Rice

**FRIDAY**

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

**VEGETARIAN MAIN MEALS**
**MONDAY**

Vegan Sausage &amp; 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 &amp; Ranch Slaw Burger Served with Chips &amp; Peas (VE)

**DESSERTS**
**MONDAY**

Dutch Apple Cake

**TUESDAY**

Warm Blueberry Sponge

**WEDNESDAY**

Apple &amp; Mixed Berry Crumble with Vanilla Sauce

**THURSDAY**

Banana Pudding with Custard

**FRIDAY**

Fruit, Jelly &amp; 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

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**NATURally**
**MONDAY**

Buffalo Cauliflower Wings with Salt &amp; Pepper Wedges (VE)

**TUESDAY**

Vegan Singapore Noodles (VE)

**WEDNESDAY**

Singapore Fried Rice (VE)

**THURSDAY**

The Big Plant Burger (VE)

**FRIDAY**

Garlic &amp; Chilli Noodles (VE)

**TRATTORIA**
**MONDAY**

Tomato &amp; 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 &amp; HEARTY

## CLASSIC MAIN MEALS

## MONDAY

Kung Pao Chicken, Wholegrain &amp; White Egg Fried Rice

## TUESDAY

Mac n Cheese Bolognese Served with a House Salad

## WEDNESDAY

Salt &amp; Pepper Roast Chicken, Crisp Roasties, Seasonal Vegetables &amp; House Gravy

## THURSDAY

Chicken Korma with Pilau Rice

## FRIDAY

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

## VEGETARIAN MAIN MEALS

## MONDAY

Asian Vegetable, Soya Bean &amp; Noodle Stir Fry (VE)

## TUESDAY

Plant Based Bolognese with Wholegrain Pasta &amp; House Salad (VE)

## WEDNESDAY

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

## THURSDAY

Cauliflower Bhaji Served with Pilau Rice &amp; Minted Yoghurt (V)

## FRIDAY

Chickpea, Carrot &amp; Sesame Burger, Asian Slaw, Chips &amp; Peas (V)

## DESSERTS

## MONDAY

Chocolate &amp; Banana Brownie

## TUESDAY

Oaty Apple Crumble &amp; Custard

## WEDNESDAY

Sticky Lemon Sponge &amp; Custard

## THURSDAY

Baked Churros with Chocolate Sauce

## FRIDAY

Fruit, Jelly &amp; Yoghurt Pots

Fruit and Jelly Pots Available Daily

HOMEMADE SOUP & FRESHLY BAKED BREAD  
Available DailyJACKET POTATOES  
Topped with a Choice of: Cheese, Tuna or Beans Available DailyMADE  
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

Fork Friendly Falafel Kebab (V)

## TUESDAY

Vegan Singapore Noodles (V)

## WEDNESDAY

Spiced Paneer &amp; Red Onion Naan (V)

## THURSDAY

Onion Bhaji Skewer with Bombay Potatoes (VE)

## FRIDAY

Garlic &amp; Chilli Noodles (VE)

## TRATTORIA

## MONDAY

Tomato &amp; Basil Pasta

## TUESDAY

Pasta in a Cheese Sauce

## WEDNESDAY

Margherita or Pepperoni Pizza

## THURSDAY

Creamy Pesto Pasta

## FRIDAY

Margherita Pizza



## Top Tips to Protect Your Child



## 1 BEWARE OF WHAT'S SHARED

Whatever your child says or shares on the platform can be seen, heard and shared with a much larger audience. Be careful to make sure your child understands this and does not say or share anything that could be deemed offensive, harmful or put themselves or others at risk.

You can find Discord's own guide for parents here: <https://blog.discordapp.com/parents-guide-to-discord-c77d91793e9c>

## 2 IMPROVE SECURITY SETTINGS

To help protect your child, make sure they set strong passwords. You should consider using the 'two-factor authentication' function for extra protection. It's also important to remind your child to never to share their personal information, or the details of another user.



## 3 CHECK THEIR FRIEND LIST

You can restrict who is able to make 'friend requests' to your child in the 'Friends' tab. It's a good idea to deselect the default option that allows anyone to connect. Of course, you should also talk to your child about why it's a risk to allow strangers to connect with them through such platforms.



## 4 REPORT &amp; BLOCK SUSPICIOUS USERS

Make sure your child knows how to report and block abusive or suspicious users. If you do find your child suffering repeated abuse, contact the platform directly using the email: [abuse@discordapp.com](mailto:abuse@discordapp.com). It's a good idea to teach your child how to screenshot any negative interactions too.

## 5 BEWARE OF NSFW CONTENT

Public forums on the platform are a potential venue for inappropriate content that you should be wary of. There is a Discord mascot known as 'Wumpus', which is supposed to represent anyone under 18. Anyone who posts content unsuitable for under-18s, should mark it NSFW (Not Suitable For Wumpus).



## 6 SHOW RESPECT TO OTHERS

It's important you actively teach your child to treat other users with respect and behave online the same way as they would offline.

Take the time to read through Discord's Community Guidelines with your child. Find them at: [www.discordapp.com/guidelines](https://www.discordapp.com/guidelines)



# School Uniform

## School 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 Parent-Pay or from our uniform retailer. A pupil's year group is identifiable by the colour of the stripe on their tie. The Heron should be visible with 5 stripes below the knot.
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	- Formal tailored trousers and shorts must be school-style and not be skinny or tight-fitting. No leggings, jeans or denim, stretch material, canvas style such as dickies trousers; flared trousers and bell bottoms are not appropriate.
Black knee-length school skirt	- Skirts must be school-style and not be skinny or tight-fitting. Skirts should rest on the knee and must not be rolled up. Black tights must be worn with a school skirt in Winter. Further consultation to follow.
Black V-neck long-sleeved plain pullover (optional)	- No sweatshirts, no crew necks, 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.
Plain black tights	- No patterns and tights must not be torn or ripped. Must be worn with our school skirt. Further consultation to follow.
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.

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.

School PE Kit

Required Items  
Year 7 - 11

- 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	<p>- Jewellery worn to school should be safe and appropriate.</p> <p>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.</p> <p>- Pupils may wear a watch; smart watches are not permitted in exams or assessments.</p>
Make Up	<p>- 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.</p>
Hair	<p>- 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.</p> <p>The patterned shaving of hair or eyebrows is forbidden.</p> <p>- 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.</p> <p>This does not include durags or bonnets which are not appropriate in school.</p>
Hoodies and other non-uniform jumpers or coats	<p>- 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.</p>
Hats, Ski Masks, Balaclavas, Face coverings	<p>- 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.</p>

