

HERON HOMELINK

NEWSLETTER



Education with Character

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WHS Heron Homelink October 2025 Issue No. 19



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I wanted to say a big thank you to the member of the office team, **Ms Davies**, who answered my call this morning, listened to me so sympathetically, checked in with my son (new Year 7) and then called me back, all within a ten-minute period. Thank you so much for going above and beyond. It is hugely appreciated.

Year 7 parent

Hello Ms Hillman, I hope this email finds you very well. I just wanted to write to thank you and your **Year 7 team** for the amazing experience that my child has had of moving from primary to secondary school. From the card sent in the post when we accepted the place; to the transition day that they all loved; to the very rigorous information evening for parents; the incredible summer transition booklet (with the really helpful checklists for uniform, school bag and pencil case) and then the welcoming first week.

My daughter came home and said "I had no idea secondary school was going to be so much fun!" She thought the lunches at primary school were good, but thinks the WHS lunches are 10/10 and make her primary school lunches now look 3/10 in comparison. She also loves the school library and says the **librarian** is so helpful and kind. A massive heartfelt thanks to yourself, **Ms Martin**, **Ms Gullefer** and **all involved** in making this transition so happy and successful. Very best wishes.

Year 7 parent

I would like to sincerely thank my daughter's teachers, in particular **Ms Gómez** and **Ms McQuillan**, who have been extremely supportive and professional and inspired my daughter to pursue a degree in their subjects following her A Level results. They are both an asset to the school.

Ex Year 13 parent

Hi there **Miss Gomez**, I hope you are well. I'm sorry that this email is coming to you a little late but I just wanted to say a massive thank you to you for your fantastic teaching and efforts with my daughter for her Spanish GCSE. She was delighted with her grade.

I know you always set high standards and expectations, as well as supporting her and her classmates to improve their Spanish speaking by giving up your lunchtimes to provide practice time. She was very lucky to have you as a teacher.

Ex Year 11 parent

Dear Ms Hillman, Year 10 parent information evening.

I just wanted to say thank you for such an informative evening. The staff and student presentations were all excellent giving us an insight into what's expected over the next 2 years. It was particularly useful to gain insight into the expectations, academic milestones and support available to students.

It was reassuring to see the dedication and enthusiasm from the staff and the maturity of the student speakers. It gave us, as parents, a strong sense of school community and the collaborative approach being taken to ensure the best outcome for all students.

Please do pass on our thanks to everyone involved in the evening.

Year 10 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



Dear **Ms Murray**, I just wanted to drop you a line to say thank you very much for the year 10 parents information evening yesterday. I appreciate how much work goes into those events and the presentations from you, **Ms Bray** and **Ms Cini** were really helpful and informative. Please pass my thanks to them too. The pupils of WHS are lucky to have you all. The year 11 students were fantastic - so confident and engaging - they are a credit to the school. ”

Year 10 parent

Year 9 Information Evening. Thank you. Really inspiring talk from **Ms Jacob** (and lovely to meet her). Really clear and useful positive talks from both **Ms Hillman** and **Ms Cini**. Lovely evening, thank you for all the info! Fabulous to meet Ms Jacob and I thought all of her tips were so useful. ”

Year 9 parent

Very well organised Y9 Parents information evening. Lovely hearing from all teachers and the leadership pupil - especially **Ms Jacob**. I didn't realise she's new. She seems like she's been here for many years and seems very familiar with the students. She sounded like she genuinely cares. I really hope she stays with the school and the children really need and deserve someone caring like her.

Year 9 parent

Good morning **Ms Rutland**, please thank **Mr Wood** for an inspiring, illuminating tour yesterday... and thank you again for the inclusion: both mother & daughter found it a very welcoming, fascinating and rewarding visit. I hope we didn't inconvenience you too much with our parking. ”

Prospective parent

Ms Hillman, I hope this message finds you well. My husband and I would like to express our sincere appreciation for the positive transition our son has experienced at Wanstead High School. We are extremely pleased with the support he has received, and it's clear that the collaboration between your team and our family has played a significant role in his smooth adjustment. We understand there may have initially been some concerns about the school's capacity to meet our son's specific needs. However, the commitment and responsiveness shown by your team particularly **Ms Harper** have been truly commendable. Her support has made a meaningful difference, and we are grateful for the way our perspectives have been acknowledged and incorporated into his support plan. Equally, we value the thoughtful suggestions provided by your team. As he continues to settle in and focus on his academic progress, social integration, and sense of belonging, we remain open and receptive to ongoing feedback and suggestions that will help guide his development.

Once again, thank you to you and your team for your continued dedication and support. We look forward to our ongoing partnership in helping him thrive both now and in the future. ”

Year 7 parent



Associate Head of Year 8

Ms E Hayes

As we come to the end of a busy and vibrant first half of the autumn term, I want to take a moment to reflect on the many achievements of our Year 8 pupils.

I am incredibly proud of the way so many of our pupils have represented the school in a wide range of ways beyond the classroom. From competing in sporting fixtures and taking part in our interform cross country, to those who have been tirelessly rehearsing in the dance studio or throwing themselves into music lessons with enthusiasm and focus — Year 8 continues to impress with their commitment and energy. A special thank you also goes to the pupils who volunteered their time to support our recent Year 6 Open Evening. They were outstanding ambassadors for the school and showed real maturity and pride in being part of our community.

It is this willingness to get involved, to give their best both inside and outside the classroom, that makes Year 8 such a special year group.

Thank you to all parents and carers for your continued support and curiosity in your child's learning. It makes a real difference, and we value the partnership between school and home greatly.

Looking ahead, a reminder that our Year 8 Information Evening will take place on Thursday 6th November 5pm - 6pm in the main hall. This is a general event offering key information about the year ahead. Please note that this is different from the Year 8 Progress Evening (date to be confirmed), where you will have the opportunity to discuss your child's individual progress with their subject teachers. Please use the google link below to confirm your attendance.

<https://forms.gle/dM7G98XULhCJK5b59>

Wishing all of Year 8 and their families a restful and well-deserved break.



Head of Year 9

Ms N Jacob

What an exciting start it has been to the new academic year for our Year 9 pupils! I am delighted to introduce myself as the new Head of Year 9 and I am really looking forward to working closely with such a talented and ambitious group of young people.

It has been a positive start to the term, with the year group being incredibly welcoming. It has been a real privilege to begin getting to know the pupils and to see the enthusiasm and kindness they bring to school each day. I have already heard so many wonderful things about this year group — from their sporting achievements in football, rugby and athletics, to their creativity in writing and the performing arts — and I am excited to continue celebrating their successes throughout the year.

As Year 9 marks an important stage in their school journey, with GCSE options ahead, my vision for the year is clear:

- To raise aspirations, ensuring every pupil believes in their potential and feels supported in making positive choices for their future.
- To build a strong, inclusive community, where every student feels safe, valued and part of a team that looks out for one another.

- To encourage high expectations and good habits — being organised, attending every day, and engaging fully in lessons so they are ready to take on the challenges of Key Stage 4 with confidence.

This year, there will be lots of exciting opportunities for pupils to develop their leadership skills — from becoming prefects or pupil councillors, to taking part in the Duke of Edinburgh's Award Scheme, or representing the school in clubs and competitions. These experiences not only build confidence and teamwork but also help prepare them for the next step in their academic journey.

I would also like to thank all parents and carers who attended the recent Information Evening — it was wonderful to see so many of you there. Later in the year, there will be a GCSE Options Evening, where we will provide further details and guidance to support students and families in making informed choices for the next stage of learning.

I truly believe that success in school is built on strong relationships — between pupils, staff and parents. Your ongoing support plays a vital role in helping our young people to thrive and I look forward to working together with you throughout the year.

Here's to a fantastic year ahead — full of growth and achievement for our Year 9s!



Head of Year 10

Ms C Murray

I couldn't be any more proud of Year 10 and the wonderful start they have made to their GCSE journey this half term. They have shown great enthusiasm, determination and maturity in their approach to the demands of their new courses. They have already been preparing for their first challenge week ahead by developing study skills, learning how to revise effectively and exploring topics in greater depth. This subject interest has been clearly seen on the trips they have been on.

Our Year 10 Historians went on a walking tour of Whitechapel exploring historical evidence and the local area, gaining valuable insight into Victorian London and context for their studies. Their engagement and curiosity on the trip was excellent – the tour guides loved them! Year 10 Thespians have equally been keen to explore their love of Drama by not only visiting the theatre to see shows but auditioning and becoming cast members

for the upcoming school production of 'Our House'.

Sharing the spotlight are Year 10 Dance pupils who have signed up to be members of this year's WHS Key Stage 4 Dance Team. The commitment they have demonstrated to rehearsal time shows real dedication. Some of our Year 10 pupils have also been looking forward to their possible future careers and have explored areas such as Finance and Computing on careers trips.

Overall, we are extremely proud of the fantastic start Year 10 have made to their GCSEs. Their positive attitude, focus and commitment have set a strong foundation for the year ahead and beyond!

We wish all our Year 10 pupils and their families a restful and well-deserved half-term break.



Head of Year 10

Mr M Tinker

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

It has been a busy but successful start to the year. With mock examinations coming up shortly, pupils have been focused on their studies and seem to be in a good place. It is therefore important to congratulate them on their positive and promising start to the year. The mock exams will enable pupils to gain an insight of where they are at in relation to their target grades. It will also provide them with an opportunity to evaluate their strengths and areas for improvement to attempt to address come May. Therefore, it is vital that they prepare for them to the best of their ability to ensure that we have the most accurate picture of where they are currently at, which will allow us to be as effective as possible in our delivery in the coming months.

Thank you to all of you who attended the Information Evening. Hopefully it was useful to you all and that you gained

something from the evening. I know that a letter has recently been sent out and you will be receiving information very shortly in relation to each course as well as the intervention timetable.

The half term break is important for pupils to rest, revise and recharge their batteries in preparation for their mock exams and the final stage of their key stage four learning journey.



Head of Year 12

Ms E Horne

As we reach the end of our first half term together, I wanted to take a moment to reflect on what has been a really positive and productive start to Year 12. It's been a pleasure getting to know all of the pupils in my first term as their Head of Year, and I've been truly impressed by how they've embraced the challenges of Sixth Form life with enthusiasm, maturity, and a strong sense of purpose.

Pupils have settled well into their new courses and routines, and it's been encouraging to see so many engaging actively with wider school life — particularly through their social contracts and the inspiring conversations about their goals and aspirations. I've also been pleased by how seriously many pupils are approaching their Learning to Learn sessions, reflecting on their GCSE experiences, building effective study habits, and planning ahead with focus and intent.

As I mentioned during the Year 12 Information Evening, I encourage you to have regular conversations with your child about what they're learning. Not only might you discover something new yourself, but these discussions help pupils consolidate their knowledge and strengthen their long-term memory.

After the break, we will shift our focus towards consolidating learning, refining study strategies, and continuing to build their wider curriculum around future plans — whether that's university, a

degree apprenticeship, a gap year, or moving straight into their chosen career. We will also begin more targeted conversations about work experience and support pupils in finding placements that align with their ambitions.

On the subject of the workplace, I'd like to remind everyone of the importance of maintaining our Sixth Form dress code. Our pupils are expected to wear formal business attire, and many already serve as excellent role models for the lower school in this regard. Please ensure your child is meeting the uniform expectations: a blazer must be worn, collars should be visible, and black smart shoes (not trainers) are required.

Thank you for your continued support during this important transition from Year 11 to Year 12. I'm really enjoying working with such a motivated and engaging group of young people, and I look forward to what the next half term brings.

Wishing you all a restful and enjoyable half-term break.



Head of Year 13

Ms T van Beers

I hope this Heron newsletter finds you and your family very well as we reach the midpoint of the Autumn term.

Our Year 13 pupils have been working hard, perfecting their personal statements and UCAS applications in tutor times. Good luck to all our 'Early Applicants' who sent off applications and have had/are preparing for pre-admissions exams: they have demonstrated admirable ambition and focus going the extra mile.

Year 13 pupils will know that I have a sign-up sheet by my office door for 1:1 personal statement and UCAS support. I have started running after school work-

shops for anyone who would like extra support or advice and I can give feedback on personal statements to those who hand in a draft hard copy. I would strongly encourage pupils to come forward early with their UCAS applications in order to benefit from the support on offer. Once pupils have completed all sections of the UCAS application, I would appreciate them paying the £28.95 fee as this speeds up the sending off process. Please be reassured that by 'reviewing and sending' they cannot send their application to UCAS. It will be sent to me to check and the applicant can continue to edit unreservedly. I will never send off an application without the applicant being present. If your child is in receipt of Free School Meals, please ask them to see me as there is a fee waiver.

Alternatively, many of our Year 13s

are interested in following the Degree Apprenticeship pathway as the opportunity to earn a wage, receive training on the job whilst studying for a Degree, is an attractive one. I regularly post Degree Apprenticeship opportunities on our Google Classroom page and I would recommend any pupils interested in Apprenticeships to sign up to receive alerts from <https://young-professionals.uk/> and <https://www.gov.uk/apply-apprenticeship>.

We continue to have a very structured tutor time in the mornings. Sessions include 'Votes for school' whereby we examine and debate topical arguments before finally voting for or against the motion. The votes are 'live' and are shared with charities, organisations and policy makers. On Mondays and Fridays, we have a post 18 focus which includes support for personal statements and UCAS. On Thursdays, pupils are requested to either bring in a suitable academic reading book or their own device to listen to an academic podcast whilst actively making notes. This super-curricular enrichment is important to include on their personal statements and can be the deciding factor between candidates. I would really appreciate your support in checking with your child that they have a suitable reading book that aligns with their post 18 pathway. I have shared my reading list on our Google Classroom page.

Year 13 will have their Mocks between 6th November and 28th November 2025. Please note that these are provisional dates and there is a possibility that they may be extended by a few days either side of this time period. Any changes will be confirmed in due course. The grades from these mocks will be used to inform UCAS predicted grades as pupils send off their applications. Pupils have been informed by their subject teachers as to what content to revise. Please note that pupils are not permitted study leave in the run up to mocks and we would really appreciate your support with this. All pupils should be aiming for at least 95% attendance. Pupils who are not meeting the attendance expectations may have Home Study withdrawn for a period of time until attendance improves. As you will know, there is a direct link between good attendance and academic achievement.

Over the next few weeks as your child intensifies their revision, one of the biggest ways you can help is by providing your child a quiet, uninterrupted study space at home as far as possible. In relation to this, please let me know if your child

would benefit from using Private Study or our library instead of Home Study.

Wishing you all a lovely half term break.

Annual Poetry Slam

This term, the WHS Annual Poetry Slam (part of Poetry Week) brought the School Library to life with creativity, courage and laughter.

At lunchtimes over 1st & 2nd October,

Homework doubled
More problems and troubles
My brain says nope
How can I cope
ringing of the bell
Problems i know well
Maths period five
I'm not going to survive
e lines start to blur
My brain starts to whirr
Im back in Year 1
Where all things were fun
No bells ringing
Or clocks ticking
No countdown to GCSE
My brain is finally free
Homework doubled
More problems and troubles
My brain says nope
How can I cope

The ringing of the bell
Problems i know well
Maths period five
I'm not going to survive

The lines start to blur
My brain starts to whirr

pupils from across Key Stage 3 and Key Stage 4 took to the stage to perform their original pieces of work based on the theme 'play' - a concept that sparked everything from humorous takes on childhood memories to powerful and nostalgic reflections on days gone by.

The atmosphere was electric as each poet stepped up to the microphone, cheered on by classmates and staff. What made the event truly special was the sheer variety of performances, from playful to moving, thoughtful and nostalgic.

Our Panel of Sixth Form judges faced the challenge of selecting winners from such an outstanding line-up. Their encourage-

Im back in Year 1
Where all things were fun
No bells ringing
Or clocks ticking
No countdown to GCSE
My brain is finally free
Homework doubled
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The ringing of the bell
Problems i know well
Maths period five
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The lines start to blur
My brain starts to whirr
I'm back in Year 1
Where all things were fun

No bells ringing
Or clocks ticking
No countdown to GCSE
My brain is finally free

By Lylah C - Year 9 (winner)

ment and enthusiasm set the tone for the event that celebrated not just competition but also creativity and community. A heartfelt thank you to them for their time, insight and leadership.

Congratulations to all who participated, supported and applauded. You have shown that play isn't just about fun – it's also about imagination, and finding YOUR voice. WHS couldn't be prouder of the talent and spirit on display.

Prizes were awarded to the worthy winners, Emmeline, Jia, Erin, Lylah, Billy, Blaise and runners up Poppy, Izzy, Sophie & Amaya.

By Ms M Ahmed

Growing Up

Remember one day, when you
Went out to play
Rain, rain come again wanna
Play another game.
One more time count to three
Close your eyes
One time for me

Night falls and you feel sleepy
Wake up it was
Just a dream...go down
And you see drops of rain ...one...two...
three

Going outside then you flee
Turning upstairs to go to sleep
No, not today maybe tomorrow
Never bothered when you're a teen

By Anaya V – Year 7 (runner-up)







Billy

I found him in a box,
He looked barely alive.
I fed him up and trained him well,
And by the time I was 5...

His coat was as soft as fur,
He had a comforting smell.
He understood me perfectly
And could read as well,

He went with me to school
And sat beneath my desk,
He helped me with my math,
Yes! He simply was the best.

He didn't like dog food
He preferred roast potatoes.
He was partial to a sausage ... (or two)
And detested red tomatoes

Yes Billy, you're amazing
You are the best dog you are
And even when you chew my shoes,
I still think you are a star.

by Emmeline - Year 7 (winner)

High School Changes You

I used to swear I would never wear a skirt
But then people would say I looked like
a boy
That really hurt.
The next day I came in wearing a skirt
High School changes you.

I used to think make-up was pointless
Then a boy called me ugly
The next day I wore makeup.
High School changes you.

I used to think friends were forever
But then I hear a girl talking about me
behind my back
Never trust them again
High School changes you

I used to think I would become famous
for football
But people would say football is just for
boys
So the next day I didn't quit
Don't let High School change you

By Erin M – Year 8

I wish I could Play

Oh how I wish I could play

Soar free on the rickety swing

Clamber through the tunnel with peeling
paint

Fly up and down on the wobbly see-saw

Oh how I wish I could I play

Running through the streets now, littered
with bodies or

Playing with my friends, bodies riddled
with bullets

So I hunker down and hope its not me
next

Oh how I wish I could play

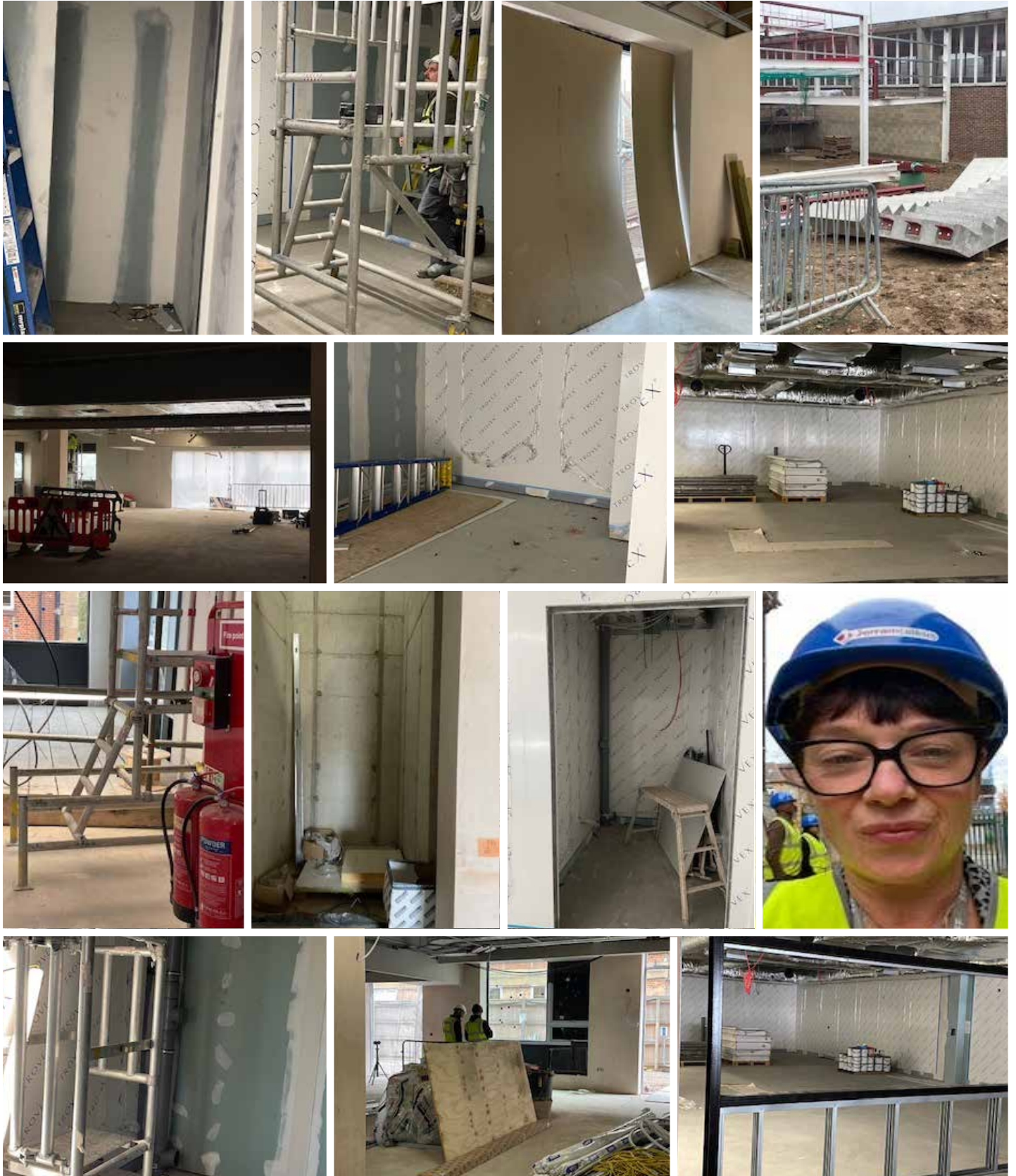
By Billy E – Year 9

New Build Update

I was lucky enough to tour the new build yesterday and see the progress - it is good to see that this is resembling a school building at last! This will also help us as school leaders to consider how this building will operate and start to consider the risk assessments around exit and entrance to school and the possible

return to one break and lunch time. We hope to enable some pupils to tour the site early in the new year and will keep you updated with the dates when we can finally move in.

By Miss E Hillman





Halloween Vibes in WHS

Our Year 7 Library Ambassadors transformed the School Library into a spooky Halloween wonderland, filling it with cobwebs, body parts, and themed book displays.

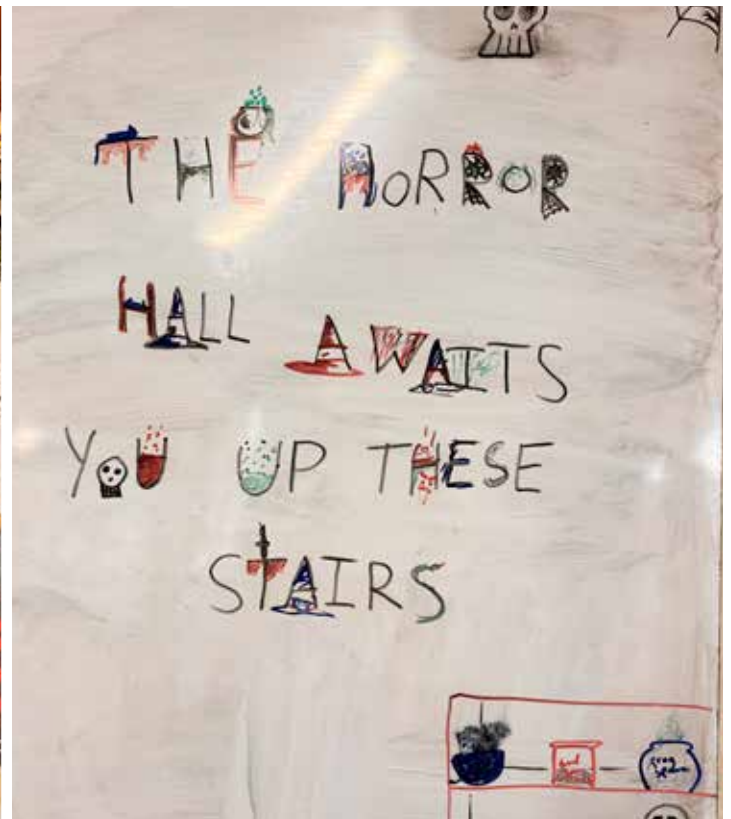
They took ownership of choosing the books to go on the 'Spooky Reads Recommendations' shelf and put a lot of enthusiasm, working together to create chilling decorations, ghostly garlands and a haunted reading corner to encourage everyone

to enjoy some frightfully good books.

Their creativity and teamwork brought the Library to life - or rather, to the undead – just in time for Halloween.

Well done Library Ambassadors!

By Ms M Ahmed





Book Amnesty

The WHS Library is running a **Book Amnesty** after the half-term break.

This means pupils can return any overdue or forgotten library books – no questions asked and no fines to worry about.

Whether a book has been hiding at the bottom of your bag or sitting on your shelf for months, this is the perfect time to bring it back and help us to keep our stock replenished, and for all to enjoy.

Please note that the **amnesty is not a donation drive**. We are asking for school library books to be returned, not for new ones to be donated (yet!). Every book that makes its way home to the library helps other pupils find something great to read and keeps our system running smoothly.

The books can be dropped after half term in the red letterbox at the bottom of the Library stairs. Thank you for helping us to care for our shared resources!

By Ms M Ahmed



Walking Tour: Deep Dive into Whitechapel History

All Year 10 Wanstead GCSE History pupils took part in our annual walking tour of Whitechapel on 9th and 10th of October. The visit was designed to support their understanding of Unit 1: Crime and Punishment, with a particular focus on the Whitechapel historic environment site study (1870–1900).

The tour offered valuable first-hand insight into the social conditions, policing challenges, and community life of the late 19th century. Our tour guides this year were great and really made the unit come to life! Pupils visited the location once known as the seediest street in London, the site of the biggest rookery at the time at Flower and Dean Street, the first social housing in the Peabody Estate, as well as some of the sites of the Jack the Ripper murders, helping to bring this fascinating period vividly to life.

Throughout the visit, pupils conducted themselves impeccably. They asked thoughtful and perceptive questions, completed a handout prepared by the history department, and showed genuine curiosity about the topic. Their excellent behaviour,

even drew praise from the tourguides!

Well done to all the pupils for representing the school so admirably.

By Mr P Chartorizhsky





Upcoming trip to Dunkirk

Dear Parents and Carers,

We are delighted to announce an exciting new opportunity for Year 9 pupils this academic year — a History trip to Dunkirk on 13th March 2026, exploring key sites linked to the dramatic events of 1941.

This visit will give pupils the chance to deepen their understanding of World War Two, through first-hand exploration of locations central to the story of the Dunkirk evacuation and its lasting significance. The trip will include guided tours of the beaches, the harbour, and key memorial sites that reveal the courage, resilience, and sacrifice of those involved.

This experience will take the place of our usually popular and oversubscribed Ypres trip, as this year we are focusing on World War Two rather than World War One. We are confident that the Dunkirk visit will be equally enriching and memorable for our pupils and will, as usual, prioritise pupils who show an active interest in pursuing GCSE history in their expression of interest form.

Further details regarding dates, costs and travel arrangements will be shared shortly. We expect interest to be high, so we encourage early responses once booking opens.

We look forward to offering our Year 9 pupils this unique opportunity to bring their History studies to life beyond the classroom.

Mr P Chartorizhsky

Head of History, Classics and Politics

Key Stage 3 Rotation 1 Textiles:

Threading Success the Next Wave of Textile Innovation

Well done to Year 7, 8 and 9 pupils this term for persevering in Textiles to produce excellent products.

Year 8 pupils produced drawstring bags to meet the design brief. Pupils in 8H/tx2 accurately sewed their tie-dye pockets onto

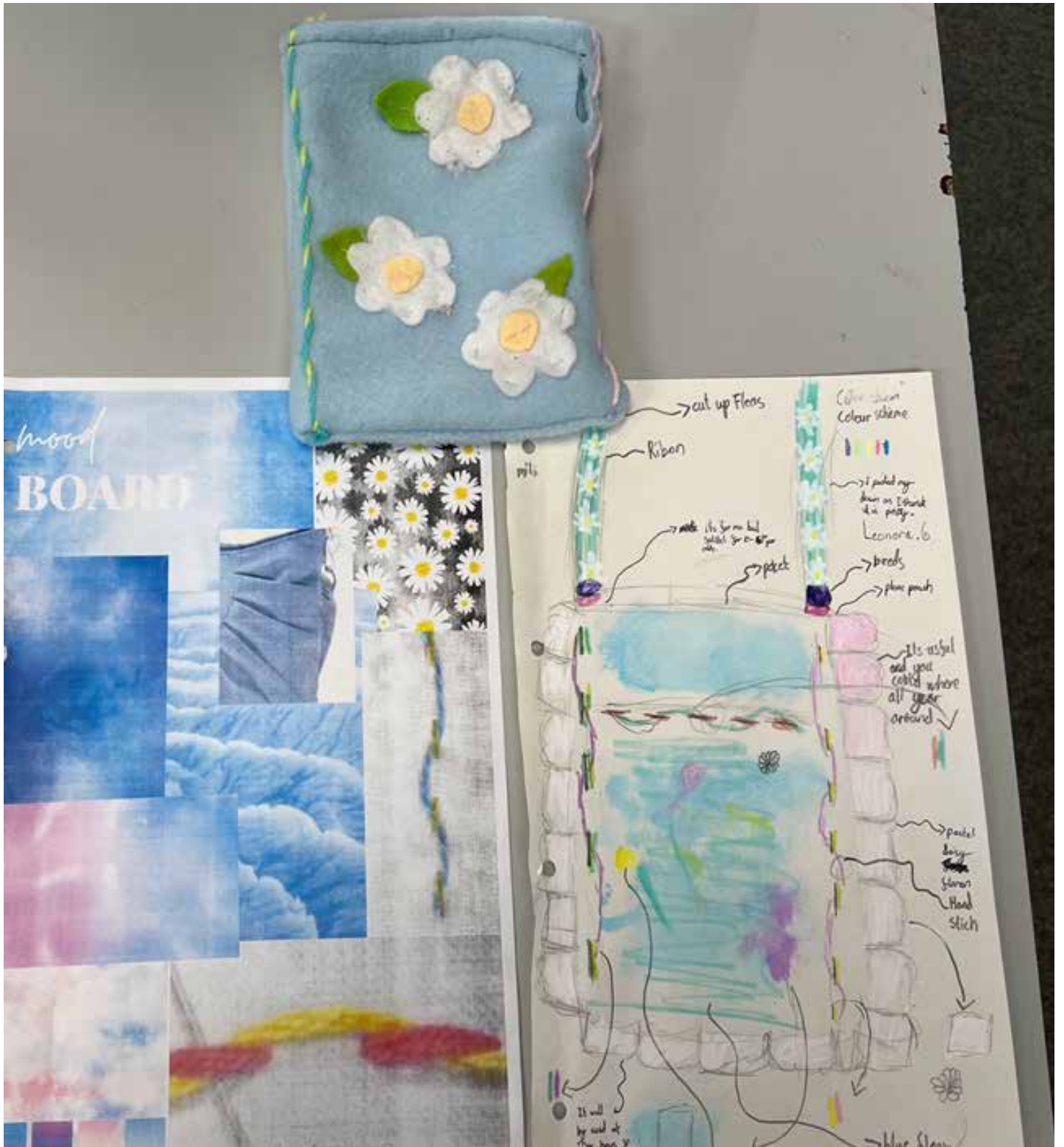
their bag and creatively applied machine couching, applique and embroidery stitches to enhance their bags.





Year 9 pupils used craft knives to cut out their own stencils, they used stippling to produce repeat patterns onto their fabric. Using the sewing machine, they added zips and further enhanced their pencil cases with a range of embroidery stitches and beadwork. Well done 9W/tx2 who produced the pencil cases below.

Year 7 produced fun gadget covers inspired by a theme of their choice.



Black History Month Comes Alive

Why speak about Dave?

- Dave, is one of Britain's most influential rappers. He has redefined grime music, challenging the stereotypes of money, drugs and violence often associated with the genre.
- His work is a reflection of his integrity; celebrating Black culture and heritage while challenging systemic racism. Dave blends rapid grime flows with reflective storytelling, showing that grime can be both energetic and meaningful. His music both entertaining and politically powerful.
- Dave has made a lasting contribution to Black History, showing that grime is a platform for voice, empowerment, and social change in the UK.



This October, our school marked Black History Month with amazing presentations created and delivered by our very own pupils! Our sixth formers, Rayah, Nana and Warren, worked hard to research, design, and deliver thoughtful presentations that celebrated Black excellence, through inspiring figures, powerful stories, and significant achievements from Black history and culture.

The pupils worked independently, taking on constructive feedback as they prepared their assemblies—and then bravely delivered them all week long to their classmates and teachers. Their confidence, creativity, and teamwork shone through every presentation! The pupils also highlighted how their chosen figures of Black excellence reflect our Wanstead High School values of Integrity, Respect, and Resilience—showing how these qualities continue to inspire and guide us today.

From sharing the legacies of historical trailblazers to showcasing modern-day role models, our presenters reminded us of the importance of recognising and celebrating Black excellence every day—not just in October.

A big well done and thank you to all the pupils who helped design and deliver the presentations. Your enthusiasm and dedication made this year's celebration extra special, and we're so proud of you!

What does carnival offer our society today?

- The Notting Hill Carnival celebrates diversity, culture and a sense of community reminding people of unity.
- The carnival brings together millions from all backgrounds to honour Caribbean heritage through music, dance and art.
- It serves as a symbol of resilience and freedom transforming a history of racism and hardship into a powerful expression of pride and cohesion.



Celebrating Black Brilliance

the legacy of contribution

PTA Revamp: Fresh Committee Voted In for a New Era!

Dear Wanstead High School families,

We are writing to let you know the new WHS PTA Committee has been nominated, seconded and formally elected for the year ahead. But first of all, a huge thank you to the outgoing PTA Committee - Dennis, Louise and Chris who have run the PTA very successfully for the last few years.

The new PTA Committee was voted in formally on Monday 6th October for 2025-26, and is keen to start leading fundraising to support our wonderful community school. We will need a lot of support and help from families and the community around Wanstead High School so please feel free to get in touch if you can contribute in any way.

In the meantime, we would like to introduce the new team:

Tina O - Chair

Tina is a Year 11 and Year 7 parent, and a Counsellor in a local NHS Trust, with a background in international relations. Tina hopes to give back to the local community as much as possible and help develop new initiatives and opportunities for our children.

Helen W - Deputy Chair

Helen is a Year 7 parent, and a HR and Business Strategy Consultant. Helen wants to give back to the community and will be lending her commercial and people expertise to the new PTA.

Fiona L - Secretary

Fiona is a Year 7 parent and previously taught History at WHS for 10+ years. She now works for Google in the education and AI team, and is delighted to be able to rejoin the WHS community in a new capacity.

Harbinder (Daisy) D - Deputy Secretary

Daisy has twins in Year 8, and has a background in sales, marketing, finance and operations.

Lee H - Treasurer

Lee has two boys in Years 11 and 9. He has a background in fashion and is very excited to join as Treasurer.

Victoria A - Deputy Treasurer

Deputy Treasurer Victoria has two daughters at WHS, in Years 8 and 13. She is a fashion stylist and personal image consultant who has run her own business for over 20 years. Having been actively involved in PTAs for the past eight years at the primary school level, Victoria loves contributing to school events and bringing her organisational and budget management skills to the team. She's passionate about supporting the school community and helping to drive creative, effective fundraising initiatives.

The PTA committee will be assisted by Serena B (Social Media Lead); Tess M (Events Lead) and Lucy F (Pre-Loved Uniform Lead) as well as communications and support led by Year Group Representatives:

Year Group	Rep 1	Rep 2
Year 7	Abi S	Lisa G
Year 8	Joanna H	Suzy E
Year 9	Melissa H	Carly E
Year 10	Dennis W	Alex K
Year 11	Louise R	Claire H
Year 12 and 13	Alex H	Victoria A

How can you help support the Wanstead High School PTA?

Join the PTA News/Updates Whatsapp group for meetings, ideas, events, to offer help

Follow the WHS PTA on Instagram

<https://www.instagram.com/whspta/>

Email ideas, questions, offers of help to the PTA Committee via the Secretary

fiona@ptawansteadhigh.co.uk

With very warmest wishes,

The PTA Committee (2025-2026)



Mental health and wellbeing support for the exam season

As we approach exam season for Year 11 and Year 13, we understand that this can be a stressful time for many pupils - and for families too. It's natural for young people to feel anxious about exams and performance, but with the right support, we can help them manage those feelings in healthy and productive ways.

tion around anxiety, coping skills, procrastination, perfectionism and managing distractions. Pupils will be required to commit to the full six sessions which will take place during the school day.

For further information or to request a consent form please contact Ms Cini d.cini@wansteadhigh.co.uk

Here's what we are doing as a school:

Exam Resilience Group

We continue to work with the Mental Health Support Team (MHST) who are part of the Redbridge Educational Well-Being Team (REWT) within the Educational Psychology Service.

The MHST are delighted to invite Year 11 pupils to a group intervention of six sessions to help pupils build resilience approaching exams. Topics and activities covered include psycho educa-

Parent Webinar

The MHST will also be hosting a webinar for parents on Monday 3rd November between 6:30 – 7:30pm. The session will provide tips and strategies for parents on how to support their child during the exam season. Details and QR code on the flyer below.

Pupil Webinar

An opportunity for pupils to explore practical strategies to manage stress and build emotional resilience as they enter the exam season. This webinar will be held on Tuesday 4th November between 6:30 – 7:30pm. Details and QR code on the flyer below.

London Borough of Redbridge

OVERCOMING EXAM STRESS

TUESDAY 4th NOVEMBER 2025

Come join us!

EXAM ANXIETY IS A COMMON CHALLENGE FOR STUDENTS IN SECONDARY SCHOOL. JOIN US TO EXPLORE PRACTICAL STRATEGIES TO MANAGE STRESS, BUILD EMOTIONAL RESILIENCE, AND BOOST CONFIDENCE DURING EXAM SEASONS.

6.30PM - 7:30PM ONLINE

Join the Redbridge Mental Health Support Team online for a workshop on exam resilience and strategies to develop exam resilience.

#BREAKTHESTIGMA

Scan the QR code to sign up

SCAN ME

London Borough of Redbridge

EMPOWERED PARENTS, RESILIENT STUDENTS!

Come join us!

JOIN OUR FREE PARENT WEBINAR ON EXAM RESILIENCE TO LEARN PROVEN STRATEGIES TO SUPPORT YOUR CHILD'S WELLBEING, BOOST CONFIDENCE, AND BUILD MENTAL STRENGTH DURING EXAM SEASON. IN JUST ONE HOUR, GAIN PRACTICAL TOOLS TO HELP YOUR CHILD STAY CALM, FOCUSED, AND RESILIENT—WHEN IT MATTERS MOST!

Monday the 3rd of November

6:30pm-7:30pm- online

Scan the QR code to sign up

#BREAKTHESTIGMA

SCAN ME

Celebrating Success

Highlights from our latest Achievement Award Winners Ceremony

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Maths		Alice	Miah	Isabelle	Emily		
Further Maths							
Economics							
English		Alice	Avneet	Adam	Jan		
Literature							
Language and Literature							
Science		Lucas	Millie	Adam	Amy		
Biology				Clarentia	Kate		
Chemistry				Oscar	Laurel		
Physics				Jeevan	George		
History		Jacob	Scarlett	Mia	Lucas		
Classics							
Geography		Vlad	Iris	Talya	Inaaya		
Resistant Materials							
Graphics		Emma	Edward	Daniel	Blake		
Art		Amelia	Izzy	Kitty	Kashaf		
Photography							
Textiles		Brooklyn	Millie		Kashaf		
Food & Nutrition		Raphael	Alica	Shah	Ben		
Dance		Astrid	Connie	Alexandra	Louisa		
Drama		Kim	Olivia	Edwyn	Morium		
Music		Wooje	Max	Anya	William		
Spanish					George		
French			Emily	Melissa			
Media				Isabelle	Maeve		
Computing		Andriana	Danyal	Ayaan	Rebeca		
Religion and Philosophy		Brian	David	Sanmaria	Alayna		
Psychology							
Politics							
Sociology				Roshai	Evie		
SEND		Penny			Araminta		
Physical Education		Lucian	Eliana	Harlind	Molly		
HOY Award	Peter	Sofia	Thomas	Farhan	Frank		
Behaviour Award	Penny	Otis		Zara	Tyon		
Attendance Award	Ella	Ella	Sami	Gary	Molly		
Headteachers Award	Mhairi	Sara	Billy	Zain	Barsa	Megan	Rocco







EAL Ambassadors Programme – Years 7–12

Are you multilingual and/or enjoy helping others? We're looking for friendly, proactive pupils to become EAL Ambassadors at Wanstead High School.

As an EAL Ambassador, your child will:

- Welcome and support new pupils
- Assist with translations and dual-language reading
- Promote teamwork, inclusivity, and celebrate our school's languages
- Take part in EAL Lunch Club and whole-school events



Benefits include: 🎓 Certificate of achievement 🏆 Ambassador badge 🍷 Invitation to a Welcome Breakfast with peers 🗣️ Valuable skills in leadership, communication, and teamwork

Commitment: All selected Ambassadors will sign a short contract outlining their role, responsibilities, and expected conduct. This helps build accountability and pride in their contribution to our school community.

Help your child make a difference and support our multilingual school environment!

Community Languages GCSE – Confident Linguists

Do you speak another language confidently at home? If your child is fluent in reading, writing, listening, and speaking a home language, they may be eligible to take a **GCSE in a Community Language**.

Languages offered include: Arabic, Bengali, Chinese (Mandarin & Cantonese), French, German, Greek, Gujarati, Italian, Japanese, Panjabi, Persian, Polish, Portuguese, Russian, Spanish, Turkish, and Urdu.

Why take a Community Language GCSE?

- ✓ Gain a nationally recognised qualification
- ✓ Celebrate and formalise bilingual skills
- ✓ Boost confidence and future opportunities

Visit LS2 for more information Speak to Ms Gómez Álvarez for past papers, entry forms, and guidance.

 **Deadline for entries: January 2026**

Calling all creative young minds! Could you design the next poster for Transport for London?

Poster Power



London Transport Museum is launching an exciting new poster design competition, which gives young people a real brief to work on and the chance to see their work exhibited in a TfL station!

In celebration of TfL25 - marking 25 years since the creation of Transport for London – the Museum's school's poster competition invites young people to explore the rich history of transport poster commissioning and to create their own original designs inspired by London's transport past, present, and future.

Due to popular demand the deadline to enter posters has been extended to 17 November 2025.

will catch people's attention and inspire them to travel more sustainably and considerately. The winning designs will be displayed on the TfL network!

Themes:

There are three themes to choose from:

- Choose active travel
- Travel to places of interest
- Be a considerate passenger

Extra resources:

There is also a set of [resources available for KS3 educators](#) who wish to extend this to a longer project at any time.

Who can take part?

Anyone under 18 can take part.

[Find out more and enter your poster](#)

The poster competition

The challenge:

Design a poster to be displayed on the transport network, that

Prizes

- A final exhibition of winners' work in a TfL venue.
- Winners and runners up displayed at London Transport Museum on digital screens.
- Prizes and certificates for winners and runners up.

How to enter

An adult must enter on behalf of children. Please do not supply contact details for any children under 18 years olds.

Please note that you must keep the original artworks, as the winners' work will need to be rescanned at high resolution in order to be printed as a poster and displayed.

An original poster design, either:

- a digital file (JPG or PNG, max 10MB)
- or post the original artwork in a hardback envelope (A4 only)

Note: A poster template and guidelines are available below. It is vital to use the dimensions specified!

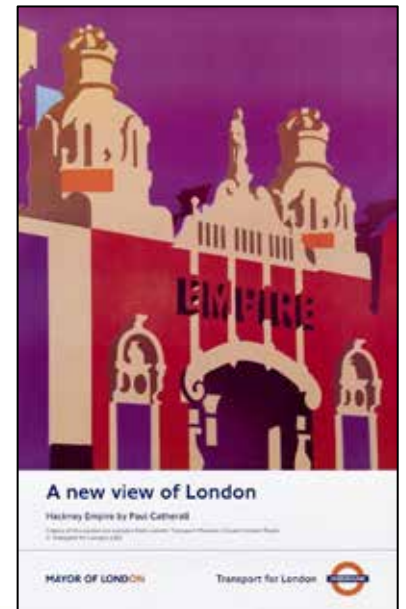
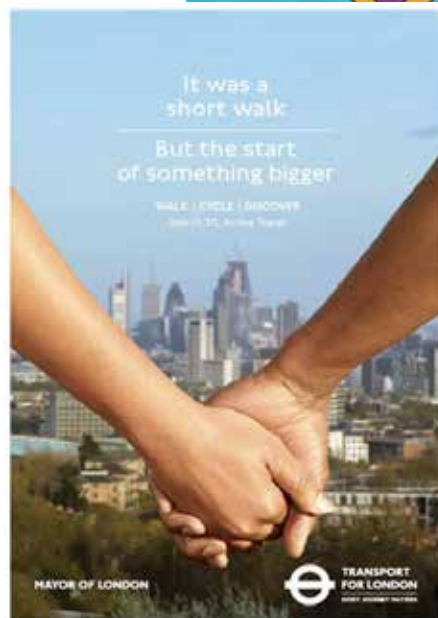
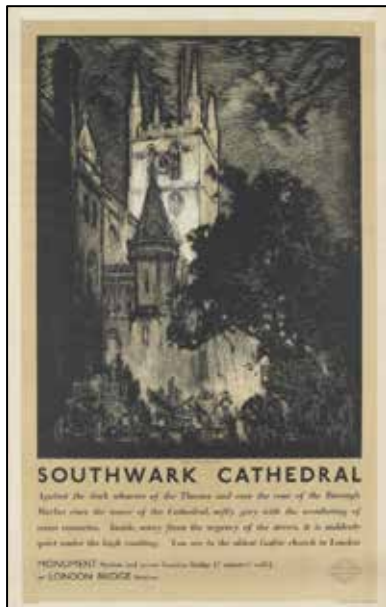
[How to submit your entries](#)

[Submission form](#)

Judging criteria

Entries will be judged on:

- creativity and originality
- clarity of message
- relevance to the chosen theme
- visual impact



[Read our terms and conditions](#)

Resources for the classroom and home

We've also put together a rich resource pack for teachers and home educators, including a flexible set of lesson plans for the Autumn term, perfect for KS3 lessons.

The resources are designed to complement the art curriculum and include materials, videos, examples of posters and stories about the commissioning process for posters both now and in the past.

Developed by London Transport Museum in partnership with TfL, the resources use our collection of beautiful transport posters and gives an insight into what it's like to be a designer for TfL.

[Download resource pack](#)

LUNCHTIME CLUBS &

LUNCHTIME CLUBS 13:15 - 14:10

Mon

Tues

Wed

Thurs

Fri

Key Stage 3 - (KS3 - Year 7, 8 & 9)

Key Stage 4 - (KS4 - Year 10 & 11)

Key Stage 5 - (KS5 - Year 12 & 13)

Flash Academy English Additional Language Club, Room LS2, 8.15am - 8.35am, (KS3/KS4/KS5) Everyday



Choir
KS3
Room 36
12.30pm - 1.00pm

Macbeth Revision Sessions
KS4
Room 11
1.20pm - 2.00pm

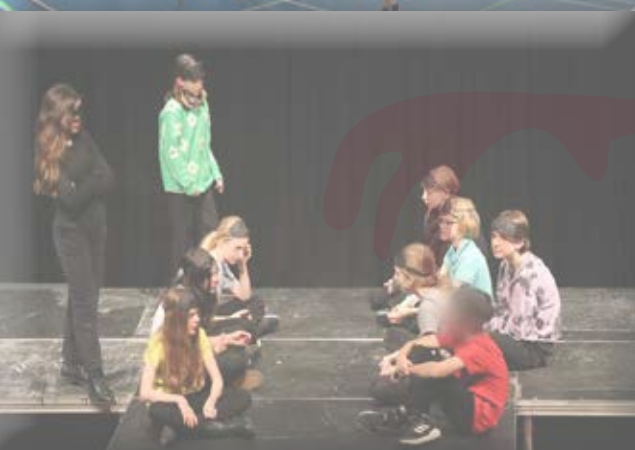
Choir
KS4 & KS5
Room 36
12.30pm - 1.00pm

Prayers
KS4 & KS5
Alan Hearne Hall
1.20pm - 2.00pm

Spanish Speaking Club
KS4 (Year 11 only)
Room MA1
1.20pm - 2.00pm



Open Studio
KS3
Dance Studio
12.20pm - 1.00pm



2025 - 2026 Autumn Term



Redbridge Year 5/6 Tag Rugby Festival Outstanding Sports Leaders Shine at Eton Manor

It was an absolute pleasure to spend the day with these excellent sports leaders, who were in charge of officiating the Redbridge Year 5 / 6 tag rugby festival at Eton Manor Rugby Club.

The pupils were wonderful, with excellent organisational, leadership and communication skills. Parents and teachers alike were so complimentary of their efforts! Please congratulate them! Our sports leadership programme is gathering momentum and we are getting a fantastic reputation in the Borough thanks to the efforts of these fantastic pupils.



Football News

Hard Work Pays Off: Celebrating a Team Victory That Signals a Fantastic Season Ahead!



What a fantastic start to the season for our talented boys' and girls' football teams! It was a pleasure to take the boys' Year 9 team to Valentines School this week, for their first match of the season. Some incredible play, outstanding teamwork and hard work, saw the team leave with a deserved victory. We are sure that they are going to have a fantastic season!



The U13 Girls' Football Team took part in a festival winning four games out of five to put themselves in a great position for the rest of the season! Please congratulate them if you see them around.



What a thrilling start to the season for this excellent Year 7 football team. In their first game of the season, they managed to come from 3-1 down, to win the game 5-4! That never say die attitude, and excellent response to being down (but not out!), will certainly serve them well in the upcoming football season and in life.

Their next match will be in the Essex Cup. How will they do? Watch this space.....

Key Stage 4 Girls: Football Team Maintains Unbeaten Streak!

Our extremely talented Key Stage 4 girls' football team remain unbeaten this season with two wins out of two in the first festival of the season.

We are excited to see how this team progresses over the season!

As well as entering the Redbridge leagues and cup our junior girls' team were in action in the Essex cup this half term.

We travelled to Hornchurch, to play against a strong FBA team, unfortunately ending up losing only 2-0.

It was a good experience, and will certainly give the girls the confidence to challenge these types of competition in the future.

The future is bright!



A great start to the season for this talented team winning 4-2 in the opening match of the season.

Having had an excellent run in the Essex Cup last year, this team are looking forward to competing on a local level and will be

expecting to go far in the Redbridge League and Cup/

It was great to see some new players join this squad this season having impressed at football club and the trials.



It was a pleasure to be hosted by Bancrofts School, recently for a Key Stage 5 'Senior' Football fixture.

Some silky football saw Wanstead finish as 3-1 winners. It is great to see this team made up of both Year 12 and Year 13 players.

We are hoping to be able to challenge some other Key Stage 5 teams in the future. Watch this space!

Rugby News

Wanstead High Schools reputation in Essex Rugby circles continues to grow as we attend even more and more Essex Rugby Festivals.

This is where the best Rugby playing school in Essex come together and take part in a multiple group tournament. Seeing our

pupils compete with the best of the best is a very proud sight indeed, as we know how hard these players have worked.

We are looking forward to the next round of festivals coming up in the New Year.





Netball News



Netball club has been extremely popular this half term, leading to some excellent competitive fixtures taking place.

Here we have our Year 9 and Year 10 teams who got their season off to a bang with one win and one loss.

We are really looking forward to seeing how much their hard work at netball club will pay off in the upcoming Netball rallies.

Basketball News



INTER-HOUSE

CROSS COUNTRY

PE lessons were particularly colourful this week with the first of six calendared Inter-House sports events! This week saw all KS3 pupils take part in the Cross Country.

The 3.2km course was mapped out. The bibs were distributed. The results are in!

Congratulations to WREN HOUSE who take the lead in this exciting programme. Next up is Inter-House benchball !!!

House ▼	Year 7 ▼	Year 8 ▼	Year 9 ▼	Total ▼	Place ▼
Wren	73	74	72	219	1st
Skylark	54	97	56	207	2nd
Hobby	58	56	76	190	3rd
Redpoll	63	64	54	181	4th
Gadwell	78	25	63	166	5th
Brambling	66	38	61	165	6th
Kestrel	75	31	50	156	7th
Mallard	40	48	62	150	8th





Physical Education Enrichment Activities

All clubs to run from 3.15pm to approximately 4.30pm
Please complete Google Form (see pages 32 & 33) to secure your place.
No need to re-submit a Google Form if submitted one last half-term.
Once submitted, you can assume that your place is secured.
Simply arrive to the designated changing rooms at 3.15pm to enjoy the club.
Requirements - PE kit and a smile!
For any questions feel free to email the member of staff in charge.

WHAT CLUB DO YOU WANT TO SEE INCLUDED IN THIS PROGRAMME?
EMAIL j.sains@wansteadhigh.co.uk

**Thank you to the PTA for once again,
supporting some of our bids to enhance the
PE provision at Wanstead High School.**

Your support is invaluable!



We are very proud to have introduced a 'Wall of Fame' this half term celebrating the outstanding sporting achievement of all Wanstead High pupils past and present.

Our first 'inductees' are siblings Maria and Ezra Mayers.

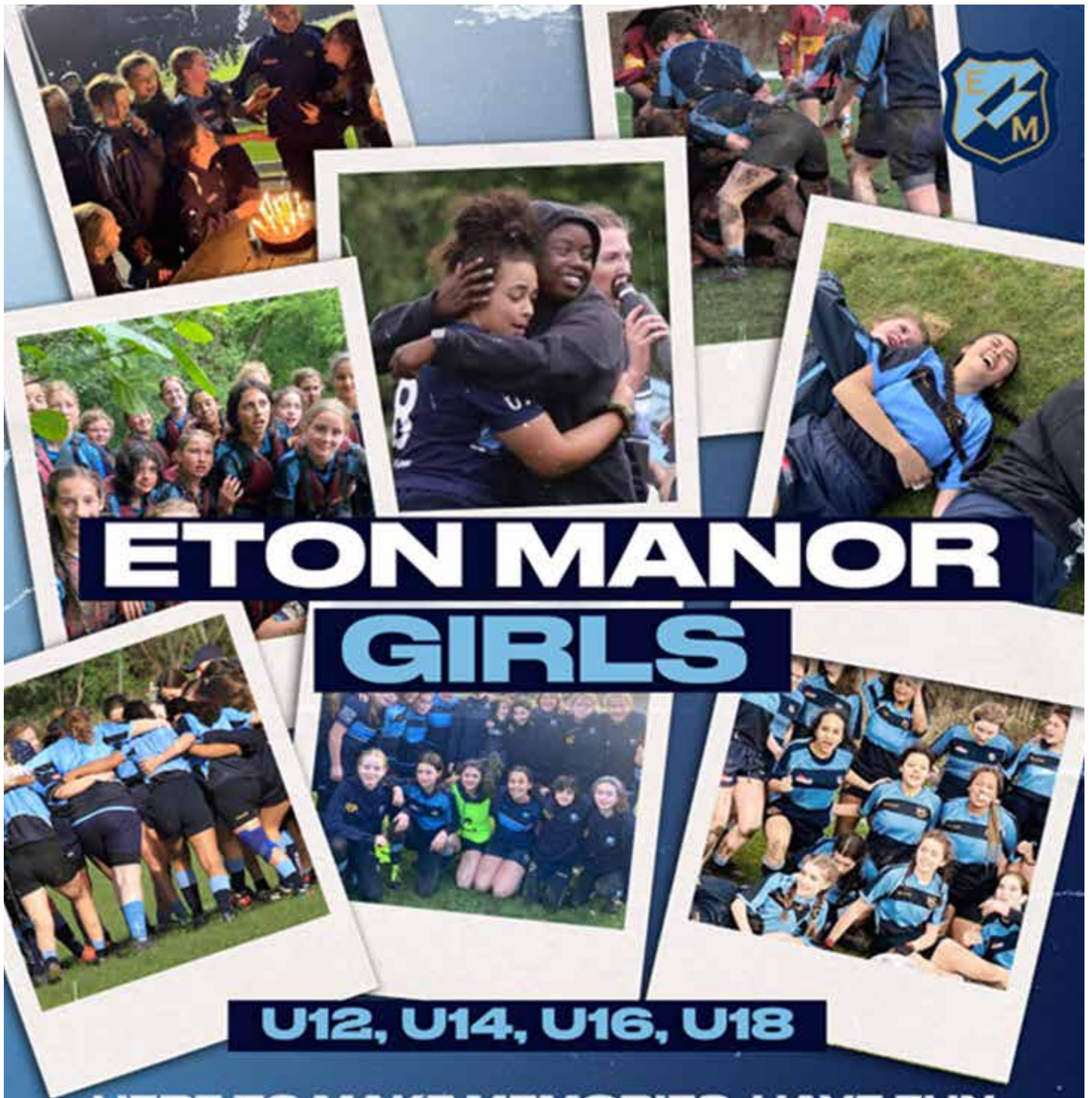


**Please contact the school if you
are a former pupil at Wanstead
High School who went on to
perform in sport at a high level
for your chance to be included
in this wall of fame!**

j.sains@wansteadhigh.co.uk

**WE WANT TO
HEAR FROM YOU**





ETON MANOR GIRLS

U12, U14, U16, U18

**HERE TO MAKE MEMORIES, HAVE FUN
AND TRAIN THE NEXT GENERATION
OF RUGBY PLAYERS!**

**TRAINING WEDNESDAYS 6.30/7PM TILL 8PM
& SUNDAYS 9.30AM**

**FOR MORE INFO CONTACT NICKY 07977 934782
OR NICKY.BEAK@ETONMANOR.NET**



FIVEWAYS GROUP

NUTTER LN, LONDON E11 2JA



@ETONMANORGIRLS

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

06

November 2025

Year 8 Parent
Information
Evening

27

November 2025

Sixth Form Open
Evening

11

December 2025

Year 10 Progress
Evening





UPCOMING PARENT TRAINING

Training on Monday Evenings Online 7:30-8:30pm

Spotlight on:
SEMH and supporting your child at home.
Monday 10th
November
7.30 pm



Spotlight on:
Dyslexia and supporting your child at home.
Monday 1st
December
7.30 pm



Spotlight on:
Dyspraxia and supporting your child at home.
Monday 19th
January
7.30 pm



Spotlight on:
EBSA and supporting your child at home.
Monday 2nd
February
7.30 pm



Spotlight on: **Demand Avoidance** and supporting your child at home.
Monday 20th
April
7.30 pm



Spotlight on:
Dyscalculia and supporting your child at home.
Monday 11th
May
7.30 pm



Year 6 to 7 School Transition Event

Monday 18th
May
7.30 pm



Spotlight on:
Puberty and supporting your child at home.
Monday 22nd
June
7.30 pm



@SpecialEducationTraining
 Special Education Training
 @SENDtraining



Year 7		
HOY	Ms R Gullefer	
SLT	Mrs H Martin	
Flexi time/ cover/support	Ms E Harper	
PSM	Mrs N Ahmed	
7.M	Ms K Ali/ Ms Ammantoola	NB7
7.W	Ms H Ahsan/ Ms C Shepperd	NB6
7.B	Dr C Adelle	NB4
7.K	Mr P Chartorizhsky	NB5
7.S	Mr T Ready	LP2
7.H	Mr B Weakliam	SDR
7.R	Ms M Kara	42
7.G	Mr A Yiacomou	NB10

Year 8		
HOY	Miss E Hayes	
SLT	Mr L Wood	
Flexi time/ cover/support	Ms E Harper	
PSM	Ms S Khan	
8.M	Mr M Hadden/ Ms S Younas	S5
8.W	Mr S Younis/ Ms E Chowdhury	S12
8.B	Mr L Willer	S6
8.K	Ms S Hoque	S11
8.S	Ms N Hassan/ Mr M Hussain	S4
8.H	Mr R Ali	S3
8.R	Mr R Nazir	S2
8.G	Ms H Ikrah	S9

Year 9		
HOY	Ms N Jacob	
SLT	Ms D Cini	
Flexi time/ cover/ support	Ms L Worham	
PSM	Ms S Khan	
9.M	Mr K O'Connor/ Mr M Hamamci	8
9.W	Ms B Waters	3
9.B	Ms S Khan	5
9.K	Ms C Gorczak	4
9.S	Mr I Choudhury	9
9.H	Ms S Begum/ Ms V Premkumar	7
9.R	Ms A Khanum	2
9.G	Ms E Everhart/ Ms A Malik	11

Year 10		
HOY	Ms C Murray	
SLT	Ms D Cini	
Flexi time/ cover/ support	Ms L Worham	
PSM	Ms J Seekings	
10.M	Mr J Sains	S13
10.W	Ms I Jasmine	S7
10.B	Ms N Rowshan	SS2
10.K	Ms K Akhtar Bibi	MA1
10.S	Ms D Collins	MA6
10.H	Ms R Walker	NB11
10.R	Mr L Jimenez	MA3
10.G	Ms N Gómez Álvarez/	MA4
10.D	Mr D Vardavas	MA5

Year 11		
HOY	Mr M Tinker	
SLT	Mrs H Martin	
Flexi time/ cover/ support	Ms M Dietze	
PSM	Ms J Seekings	
11.M	Ms I Unegbu	19
11.W	Mr S Rashid	21
11.B	Mr N Rashid/ Ms M Tranent	15
11.K	Mr A Chauhan	22
11.S	Mr M Hamza	NB2
11.H	Ms F Rahman	18
11.R	Mr G Narang/ Mr H Amin	17
11.G	Ms O Ogungbe	14
11.D	Ms K Kioi	12

Year 12		
HOY	Ms E Horne	
SLT	Ms D Samuel	
Flexi time/ cover/ support	Ms M Dietze	
12.1	Ms J Wali	NB1
12.2	Ms L Pennington	36
12.3	Ms H Cressall/ Ms D Bennett	45
12.4	Mr I Sweet	38
12.5	Ms S Clarke	44
12.6	Mr K Holdbrook	S1

Year 13		
HOY	Ms T van Beers	
SLT	Ms D Samuel	
Flexi time/ cover/ support	Ms M Dietze	
13.1	Ms M Argyrakis/ Ms E Christofides	SS1
13.2	Ms M Tayeba	20
13.3	Ms C McQuillan	NB8
13.4	Mr C Sheehan	24
13.5	Mr B Alom	IRI
13.6	Mr G Brodie/ Mr F Haque	16

Tutor Grid 2025-2026

WEEK 1

Week Commencing: 27/10/2025 17/11/2025 08/12/2025 19/01/2026 09/02/2026
02/03/2026 23/03/2026 13/04/2026

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

MONDAY

Beef Bolognese with Wholegrain Pasta & House Salad

TUESDAY

Kung Pao Chicken served with Vegetable Rice

WEDNESDAY

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

THURSDAY

Chicken Tikka Masala with Braised Rice & Kachumber Salad

FRIDAY

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

MONDAY

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

TUESDAY

Vegan Kung Pao Cauliflower with Vegetable Rice (VE)

WEDNESDAY

Lentil Sage & Onion Wellington (V)

THURSDAY

Butter Cauliflower & Chickpea Curry with Braised Rice & Kachumber Salad (V)

FRIDAY

Homemade Cheese & Onion Slice with Chips & Peas (V)

DESSERTS

MONDAY

Spiced Pineapple Cake with Custard

TUESDAY

Chocolate & Banana Brownie

WEDNESDAY

Syrup Sponge & Custard

THURSDAY

Oaty Apple Crumble & Custard

FRIDAY

Hot Chocolate Rocky Road

Fruit and Jelly Pots Available Daily

HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily

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



MADE YOUR WAY!

CHOOSE IT!
ADD IT!
TOP IT!

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

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

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

NATURally

MONDAY

Pakistani Tarka Dhal (VE)

TUESDAY

Vegan Singapore Noodles (VE)

WEDNESDAY

Onion Bhaji & Vegetable Rice (VE)

THURSDAY

The Big Plant Burger (VE)

FRIDAY

Garlic & Chili Noodles (VE)

TRATTORIA

MONDAY

Tomato & Basil Pasta

TUESDAY

Pasta in a Cheese Sauce

WEDNESDAY

Margherita or Pepperoni Pizza

THURSDAY

Creamy Pesto Pasta

FRIDAY

Margherita Pizza

WEEK 2

Week Commencing: 03/11/2025 24/11/2025 15/12/2025 05/01/2026 26/01/2026
16/02/2026 09/03/2026 30/03/2026 20/04/2026

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

MONDAY

Chicken & Beef Sausage & Mash with Onion Gravy

TUESDAY

Classic Beef Lasagna with Homemade Garlic Bread & Garden Peas

WEDNESDAY

Roast Breast of Turkey, Crisp Roasties, Seasonal Vegetables, & House Gravy

THURSDAY

Sweet & Sour Chicken with Fried Rice

FRIDAY

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

MONDAY

Vegan Sausage & Bean Casserole (VE)

TUESDAY

No Waste Cauliflower Cheese Pasta Bake (V)

WEDNESDAY

Cheese, Onion & Leek Pie with Seasonal Vegetables and Gravy (V)

THURSDAY

Sweet & Sour Tofu with Fried Rice (VE)

FRIDAY

Jamaican Squash Pasty with Chips & Peas (V)

DESSERTS

MONDAY

Chocolate Sponge with Chocolate Sauce

TUESDAY

Pear & Ginger Crumble with Cinnamon Custard

WEDNESDAY

Jam Sponge with Custard

THURSDAY

Baked Churros

FRIDAY

Hot Chocolate Rocky Road

Fruit and Jelly Pots Available Daily

HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily

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



MADE YOUR WAY!

CHOOSE IT!
ADD IT!
TOP IT!

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

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

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

NATURally

MONDAY

Fork Friendly Falafel Kebab (VE)

TUESDAY

Vegan Singapore Noodles (VE)

WEDNESDAY

Singapore Fried Rice (VE)

THURSDAY

The Big Plant Burger (VE)

FRIDAY

Garlic & Chili Noodles (VE)

TRATTORIA

MONDAY

Tomato & Basil Pasta

TUESDAY

Pasta in Cheese Sauce

WEDNESDAY

Margherita or Pepperoni Pizza

THURSDAY

Creamy Pesto Pasta

FRIDAY

Margherita Pizza

Week Commencing; 20/10/2025 10/11/2025 01/12/2025 22/12/2025 12/01/2026
02/02/2026 23/02/2026 16/03/2026 06/04/2026

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

MONDAY

BBQ Chicken Served with Salt & Peppers Wedges, Garden Peas

TUESDAY

Chicken Arrabbiata Pasta Bake

WEDNESDAY

Salt & Pepper Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

THURSDAY

Chicken Korma with Pilau Rice & Coriander Salad

FRIDAY

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

MONDAY

Chipotle Quorn Dippers with Salt & Pepper Wedges & Garden Peas (V)

TUESDAY

Crunchy Topped Macaroni Cheese and House Salad (V)

WEDNESDAY

Cheesy Roasted Squash & Parsnip Crumble. Served with Seasonal Vegetables & Gravy (V)

THURSDAY

Cauliflower Bhaji with Pilau Rice & Mint Yogurt (V)

FRIDAY

Crispy Onion Pakora Burger Served with Mango Slaw, Chips & Peas (VE)

DESSERTS

MONDAY

Sticky Lemon Sponge

TUESDAY

Mixed Berry & Apple Crumble

WEDNESDAY

Jam Roly Poly with Custard

THURSDAY

Banana Pudding with Custard

FRIDAY

Hot Chocolate Rocky Road

Fruit and Jelly Pots Available Daily

HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily

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



MADE YOUR WAY!

CHOOSE IT! ADD IT! TOP IT!

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

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

NATURally

MONDAY

Buffalo Cauliflower Wings, Served with Salt & Pepper Wedges (V)

TUESDAY

Vegan Singapore Noodles (V)

WEDNESDAY

Hot Falafel Buddha Bowl (V)

THURSDAY

Onion Bhaji Skewer with Bombay Potatoes (VE)

FRIDAY

Garlic & Chili Noodles (VE)

TRATTORIA

MONDAY

Tomato & Basil Pasta

TUESDAY

Pasta in a Cheese Sauce

WEDNESDAY

Margherita or Pepperoni Pizza

THURSDAY

Creamy Pesto Pasta

FRIDAY

Margherita Pizza



National Online Safety

#WakeUpWednesday

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 & 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. 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



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 stripe must be visible at all times.
White plain school shirt	-	Top button must be done up. Shirts can be long or short-sleeved.
Black tailored school trousers or black tailored school shorts	-	Trousers and shorts must be tailored school-style and not be skinny or tight-fitting or baggy canvas skate style trousers. No leggings, jeans or denim.
Black knee-length school skirt	-	Skirts must be school-style and not be skinny or tight-fitting. Skirts must not be rolled up and must be to the knee. Pupils should wear black tights with skirts if they do not reach the knee.
Black V-neck long-sleeved plain pullover (optional)	-	No sweatshirts, no cardigans and no logos apart from school badge. Pullovers do not have to have the school badge if worn.
Black leather shoes with black soles and black laces	-	Smart, flat boots to the ankle may be worn. No Dr Martens boots, no trainers, no high heels, no canvas shoes, no coloured laces (except when sold in school for LGBTQ+ awareness). Nike Air Force or similar are not a suitable school shoe.
White or black socks	-	Must be worn up to or below the knee and no patterns.
Flesh tone or plain black tights (optional)	-	No patterns and tights must not be torn or ripped.
Outdoor coat (optional)	-	Appropriate coat suitable for school. Unzipped whilst in the school building. Hoodies or tracksuit tops may not be worn instead of a coat.

Required Items: Sixth Form

Description

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

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

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

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

Required Items Year 7 - 11

School PE Kit

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

Optional Additional Items:

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

Item Description

- | | |
|--|---|
| Jewellery | - Jewellery worn to school should be safe and appropriate.

Pupils may wear up to two small stud earrings in each ear and one small nose stud may also be worn. Hoop or drop earrings of any size are not permitted. No other body or facial piercings should be displayed. |
| | - Pupils may wear a watch; smart watches are not permitted in exams or assessments. |
| Make Up | - Make-up needs to be subtle and nail varnish can be worn. Heavy make-up, false eyelashes and fake nails are considered inappropriate for school and a distraction from the purpose of school, they are not permitted in Years 7-11. |
| Hair | - Pupils must wear their hair in a natural colour, bright unnatural colours are not permitted. Extreme hair styles or those associated with any kind of anti-social activities or groups are not permitted. These change from time to time and the Headteacher reserves the right to specify what these might be at any point.

The patterned shaving of hair or eyebrows is forbidden. |
| | - Wanstead High School has adopted the Halo Code. This means our school champions the right of staff and pupils to embrace all Afro-hairstyles. We welcome Afro-textured hair worn in all styles including, but not limited to, afros, locs, twists, braids, cornrows, fades, hair straightened through the application of heat or chemicals, weaves, wigs and headscarves, as long as they are in line with school colours and hair colour guidance.

This does not include durags or bonnets which are not appropriate in school. |
| Hoodies and other non-uniform jumpers or coats | - Hooded sports tops or 'hoodies' are not permitted and will be confiscated. Only a black v-neck jumper may be worn in school, this does not have to be logoed. Dance or Drama hoodies are only allowed for extra-curricular activities. |
| Hats, Ski Masks, Balaclavas, Face coverings | - It is not permitted for any pupil to wear any form of cap or hat in the school building. A woollen hat can be worn to and from school and at break/lunch-times when the weather is cold. Ski masks, balaclavas and face coverings should not be worn, to, from or within school. |

