

HERON HOMELINK

NEWSLETTER

GOODBYE JUNE

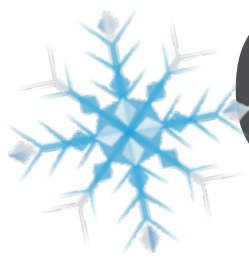
by KATE WINSLET

NETFLIX

GOODBYE JUNE



Education with Character



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YOUR VOICE MATTERS!

Feedback Corner

Dear **Ms Hillman**, we would just like to say thank you for reassuring and taking care of our daughter yesterday after school. She was very happy to be with you, and we are very grateful for such a caring and kind headteacher! Best wishes and many thanks from us both.

Year 7 parent

Hi **Miss Taylor**, thank you so much for your help and for supporting our son at school. I wanted to let you know that the portfolio you made enabled him to get a last-minute place to do the Art and Design Course he wanted to do at college.

Ex Year 11 parent

Hi **Mr Tinker**, wanted to say a huge thank you for giving our son the certificate, it really means the world to him (and to us!). Thanks for the recognition. Things like this make such a difference to his confidence and motivation. Love the saying - the best views come after the hardest climbs - I think that sums things up perfectly over the last few years. Thank you again for all the encouragement and support. It really does mean so much. Year 11 parents.

Year 11 parent

Hi **Wanstead High team**, I have to say, I'm almost speechless at the fantastic trips that are currently being offered to Year 9 students! 2 trips to France and a trip to New York, they are so lucky! Thanks to the teachers at school and all the staff who are striving to attract students to their subjects, it's all so exciting for the students.

Year 9 parent

The mock results day is much appreciated and gives time for pupils to reflect on their marks and be able to look over the papers or speak to the relevant staff if there are any concerns. I appreciate all the school is doing to prepare the children for their exams.

Year 11 parent



PE Department - I would like to say that you and your department are playing a very key role in why my daughter is enjoying Wanstead High so much. I wanted to thank you most sincerely for this.

Year 7 parent

I wanted to drop a short email to you to commend **Mr Sains** for spending time and effort to retrieve photographs of my son's achievements from the DofE Awards Evening.

Year 11 parent

I just wanted to say how fabulous I thought the concert was last night. I know a lot of hard work goes into the performances, and as a parent I just wanted to let you know how much it's appreciated.

Every concert I've been to, I reflect on how important music is to the young people who perform it. As much as the skills of a musician, music at Wanstead has helped my children with their confidence, social networks and creativity. I'm sure it really helps to foster well-being and social connection within the school. In a world where the arts are being lost in so many schools, I'm so grateful that music remains strong at WHS. Thanks to the whole department for all your hard work, and wishing you a restful break over the new year.

Year 12 parent



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





Head of Year 7

Ms R Gullefer

As we come to the end of the first term, I want to take a moment to congratulate all of our Year 7 pupils on completing this important milestone. Starting secondary school is a big step, and you have approached it with enthusiasm, resilience, and a willingness to learn.

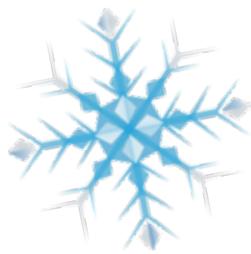
This term has been full of new experiences—new subjects, new teachers, and new friendships. It’s been wonderful to see how you’ve settled into the rhythm of school life and embraced the opportunities available to you.



Highlights from the Term:

- **Lambourne End:** Our Year 7s showed incredible teamwork and positivity during the outdoor activities, building strong bonds with classmates.





- **Pupil Leadership:** Congratulations to our new elected Pupil Council members Il'Yaas and Naima and also another Congratulations to our elected form reps.

I am incredibly proud of the progress you've made, both academically and personally. Remember, this is just the beginning of your journey. Keep asking questions, keep supporting one another,



- **Sports Achievements:** Congratulations to all the pupils involved in the interform bench ball competition in PE - Well done to our Winners Redpoll!
- **Music:** Thank you so much to our Mr Sweet, Ms Pennington and Ms Argyrakis for supporting 240 of our Year 7s singing 'He Lives in You' as a whole year group during our Monday morning assembly.
- **Jack Petchey:** Congratulations to our Year 7 Jack Petchey Award Winner Il'Yaas! For his excellence, role model behaviour and resilience

and keep striving to be the best version of yourselves.

Enjoy a well-deserved break, and I look forward to seeing you all in the new term, ready for even more exciting challenges and achievements.

Well done, Year 7 — you've made a fantastic start!

"The future belongs to those who believe in the beauty of their dreams." – Eleanor Roosevelt

Thank you all and have a wonderful festive break.



Associate Head of Year 8

Ms E Hayes

I continue to be thoroughly impressed by our Year 8 pupils, whose focus and enthusiasm in the classroom have been exceptional this term. Alongside their growing maturity as learners, it has been wonderful to witness so many small moments of kindness — whether it's supporting a classmate, offering a helping hand, or simply showing consideration for others. These everyday actions make a real difference to our school community.

I am equally proud of the achievements our pupils are pursuing outside of school. From cheerleading to netball, to wrestling, to volunteering and other community activities. Their dedication and passion shine through in everything they do. It is inspiring to see them developing their talents and contributing so positively beyond the classroom.

A special well done to all those who applied for School Council and Form Repre-

sentative roles this year. Putting themselves forward demonstrates confidence, responsibility, and a willingness to lead. These positions are a fantastic opportunity for pupils to shape school life, and I very much look forward to hearing their ideas and seeing the impact they will make in the months ahead.

As we approach the end of term, I would like to wish all our Year 8 families a wonderful Christmas break. Enjoy the rest, the celebrations, and the time together. Bring on 2026 — ready for more achievements, more growth, and many more memories to be made in school!

Year 8, keep up the brilliant work — you should be very proud of yourselves.

Best wishes.



Head of Year 9

Ms N Jacob

The first term has truly flown by and it has been a pleasure getting to know Year 9 as a year group. Over the past few months, pupils have settled well into routines and expectations of the year and have shown maturity, enthusiasm and a growing sense of responsibility.

I have been incredibly proud to hear the positive feedback shared by staff across the school, particularly regarding pupils' strong work ethic and engagement in lessons - especially in English and PE. It has been wonderful to see pupils challenging themselves academically and demonstrating commitment to their learning.

It has also been fantastic to see so many pupils putting themselves forward for leadership opportunities this term, including roles on the pupil council, form representatives and EAL ambassadors. These roles play an important part in developing confidence and a sense of responsibility and community. I am delighted to see Year 9 embracing these

opportunities so positively.

I have also enjoyed hearing from individual pupils about their successes beyond school, whether through sports or personal achievements. It is always a pleasure to celebrate and recognise the wide range of talents within the year group.

Looking ahead, the Spring term brings an exciting milestone with the introduction of the GCSE options process in January. This is an important time for pupils to reflect on their interests, strengths and future aspirations. My aim is to support pupils and families throughout the process, ensuring that they feel informed and supported in making positive choices.

I would like to thank parents and carers for your continued support this term. I hope you and your families have a restful and enjoyable holiday and I look forward to welcoming our Year 9 pupils back in the new year.



Head of Year 10

Ms C Murray

As we come to the end of the term, I just wanted to say a big thank you to everyone who supported the Year 10 Progress Evening. It was really lovely to see so many of you (albeit through the magic of the interweb!) and to have positive, open conversations about how your child has settled into their GCSE courses. Sharing advice and next steps together has been incredibly helpful, and we really appreciate the support you continue to give at home.

Year 10 pupils have made a great start to their GCSE journey. They are adjusting well to the increased expectations and demands of their courses by showing growing confidence, ambition, maturity and commitment in their learning. We are very pleased with the progress they've made so far and are excited to see this continue.

Outside of lessons, pupils have been busy preparing for the Winter Concert, school productions as well as gathering evidence for their Duke of Edinburgh's Award. It's been wonderful to see them

getting involved and making the most of these wider opportunities in the school and our wider communities. Many have been inspired by the time of year and have been thinking of others by getting involved in different fundraising ideas for local charities.

As we hurtle into the festive season, the Year 10 Tutor Team would like to thank you again for your ongoing support and that we are grateful for the partnership between home and school. We hope you enjoy a lovely Christmas with your family and friends, and that the holiday gives everyone a chance to rest, relax and recharge.





Head of Year 11

Ms C Feeney

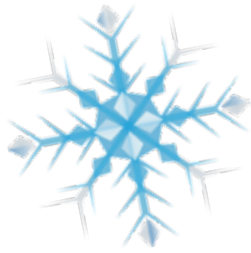
I am delighted to introduce myself as the Head of Year 11. It has been a long and productive term for our pupils, particularly with their recent mock examinations, which they approached with an impressive level of maturity.

As we move through the remainder of the academic year, our priority is to maintain the high standards we've set and to continue supporting every pupil in both their academic and personal development. This is a crucial time for Year 11 as they prepare for their final examinations and look ahead to exciting opportunities.

Among these opportunities are our leavers' celebration and prom. Prom has been scheduled for Wednesday, 1st July, and the criteria for attendance was outlined in our most recent letter. Our aim is for all pupils to attend, so please ensure that the Google form has been completed if you wish your child to take part.

I look forward to continuing to work with our fantastic Year 11 cohort and supporting them throughout this important stage of their journey.

Wishing you all a lovely winter break, and a very Happy New Year!





Head of Year 12

Ms E Horne

I hope you and your families are well.

As I reflect on my first term as Head of Year 12, I am filled with pride, inspiration, and motivation for what lies ahead. I have been incredibly impressed with how our Year 12 pupils represented both themselves and the school during our Sixth Form Open Evening. Every pupil who took part demonstrated professionalism, maturity and enthusiasm. I could not have been prouder to see them showcasing their strengths and talents, and allowing their personalities to shine throughout the event. I am also very grateful to the parents and carers who facilitated and supported their child in attending this event – thank you so much for supporting us with this.



Pupils have also taken part in a range of opportunities this term where they have represented the school to an exemplary standard. These have included a recording studio experience at London Metropolitan University, the Real Estate Professional Networking Event at Trowers & Hamblins LLP in Central London, the Young Professionals Females of the Future STEM Event, the LBS Guru Lecture Series 2025–26, and the Pathways2Property Insight Day in London. It has been wonderful to receive such positive feedback from each of these external organisations about how well our Year 12s have conducted themselves.

Learn to Learn Lessons & super curricular

Throughout this year, all Year 12 pupils have a one-hour scheduled 'Learn to Learn' lesson with me once a fortnight, where pupils quite literally learn how to learn. We follow the VESPA programme, which is built around five key components of pupil success: Vision, Effort, Systems, Practice and Attitude. This framework helps pupils develop effective study skills that can be applied across all their subjects.

So far this term, we have explored a range of techniques including interleaving, dual coding, time-management strategies, study planning, blurring and recall techniques, and approaches to developing a growth mindset. I have been really impressed by how some of our Year 12s have actively started to utilise this technique in their own revision for their challenge cycles.

As we approach the end of the year, our Year 12 pupils have also been working hard to plan for their futures. Through the fortnightly 1:1 conversations, I have with

each pupil, we have been discussing their aspirations, their achievements so far, and their goals. I have also been keeping track of their extra and super-curricular activities, and we are now beginning to compile a portfolio log to support their UCAS applications later this academic year. Please do speak with your child about their extra and super-curricular achievements, as these now form a significant part of university applications and equip them with invaluable life skills.

Social Contract

All Year 12 pupils have successfully embarked on their Social Contracts this term, gaining a range of valuable transferable skills. These include supporting younger pupils in Maths intervention, assisting in Food Technology lessons, and working with the Librarian. They will continue with their Social Contracts throughout the Spring Term. It has been lovely to hear such positive feedback from staff across the school about how diligent, supportive our Year 12s have been. A particular thank you to those pupils who have gone above and beyond to support pupils in the lower school beyond their social contracts.

Other Reminders

Year 12 Home Study Privilege

As outlined in our Parent Information Evening and the Sixth Form Handbook, pupils with excellent attendance, punctuality, and behaviour, and who are on track to meet their target grades, will be awarded Home Study Privilege in the Spring Term.

Home Study allows pupils to leave school at lunchtime to continue their studies at home if they do not have a Period 5 lesson. Until parents/carers are informed otherwise, all pupils are expected to attend a full school day. Please note that Home Study Privilege may be revoked at any time if needed to support academic progress.

Uniform Expectations

As mentioned in my previous Homelink article, pupils are expected to wear formal business attire and many pupils continue to serve as excellent role models for the lower school. 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. Please see the Sixth Form Handbook on the school website for further details on this. If a pupil fails to comply with uniform policy, the school's behaviour policy will be followed. Thank you for your continued support with this, we really do appreciate this.





Head of Year 13

Ms T van Beers

As 2025 draws to a close, I hope our Year 13 pupils are proud of themselves and the learning journey they have been on this academic year so far. Pupils have conducted themselves with maturity and resilience over the Mock Exam season and have strived to excel. This particular period is always doubly challenging as pupils juggle preparing for mocks whilst applying for apprenticeships and university.

I am very pleased to say that most of our Early Applicants were selected for interview at Oxbridge, and we currently have our fingers crossed for good news. Eliza Mundy, from Wadham College, Oxford, delivered a thorough Oxbridge interview prep workshop to our candidates including sample questions and strategies to tackle difficult questions. We were also very fortunate to have amazing former pupil Dr Michael Bowe hold mock interviews with those invited for medical interviews. Well done to all pupils who applied early; they have worked extremely hard to prepare for pre-admissions test and interview: they will grow from this valuable experience.

Many of the year group who are intending to progress to university have already applied, and I am delighted to say that offers are flooding in! Please remind your young adult to check their UCAS portal very carefully on a regular basis to see if they need to action any enquiries from universities. I would recommend waiting for all 5 decisions to come in before your child makes a decision to select an 'insurance' and a 'firm'. I will be explaining this in detail in assemblies in January.

If your child is still to apply to university, please note that all applications must be submitted by Wednesday 14th January 2026. Year 13 pupils can continue to make 1:1 appointments with me for UCAS support every day of the week. 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. If your child is in receipt of Free School Meals, please ask them to see me as there is a fee waiver. I would encourage pupils not to delay seeking support for their UCAS application to maximise the opportunity to refine the application as much as possible.

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. Of course, pupils are permitted to apply for both Apprenticeships and UCAS. We have lots of resources on our dedicated Higher Education Google Classroom page and I would urge any pupils interested in Apprenticeships to sign up to receive alerts from <https://young-professionals.uk/> and <https://www.gov.uk/apply-apprenticeship>.

Year 13 reports have been sent out to all parents and carers - please can you have a conversation with your young adult about their learning journey this term and how they can meet or exceed their target grades. If you have any questions that are subject or curriculum related, your child's A Level teacher in the first instance will be happy to answer them.

Thank you to all who have purchased a Year 13 Leavers' Prom ticket for what surely will be the event of the year! Please note, if you have purchased a ticket, your child's name will automatically be added to the guest list for admission. Physical tickets will not be issued. In the depths of mid-winter, it is good to look forward to what the pupils tell me will be 'the best summer ever'!

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



A Rising Star Lights Up the Red Carpet

Flora Shines at Her Film Premiere Debut

We arrived at the Curzon Mayfair and I was taken straight onto the red carpet to have my photo taken by a crowd of photographers. They were all calling me to look their way. It was really cold and I was trying not to shiver. Then my friend Nancy, who plays one of my cousins in the film, joined me on the red carpet and we had our photos taken together. It was really nice to see her again, and at such an exciting moment. We went inside the cinema and had a drink while the audience all took their seats, and Kate Winslet - who plays my mum in the film - introduced

Nancy and me to Edith Bowman, who was going to introduce the film. When everyone was seated, Edith called us all onto the stage one by one, so we all got our moment in the spotlight! After the film, we went to a party where it was great to see all the rest of the cast and talk to people I'd not seen since filming. There was amazing food and it was a wonderful evening. I can't wait for everyone to see the film!

By Flora, Year 10 pupil (Pictured on front cover)



Year 12 Explore History Hands-On!

Our Year 12 History pupils recently enjoyed a trip to the National Archives, where they had the rare opportunity to get hands-on with real historical documents. The visit focused on what the British government knew about the newly formed Soviet state in the years following the 1917 Revolution.

Pupils handled real archival materials; some over a century old, as they investigated how Britain gathered information, (letters, reports, and government documents), which helped bring their classroom learning to life. This unique experience hopefully has allowed them to think like true historians, piecing together differing perspectives, and discovering what officials understood about early Soviet leadership, and how this shaped British foreign policy.

The trip concluded with a special highlight: a chance to view an original copy of the United States Declaration of Independence!

By Ms K Ali





History Ambassadors ask the Big Questions!

Our History Ambassadors have had an exciting and thought-provoking start to the term as they explored what history really means—and where their own place in it begins.

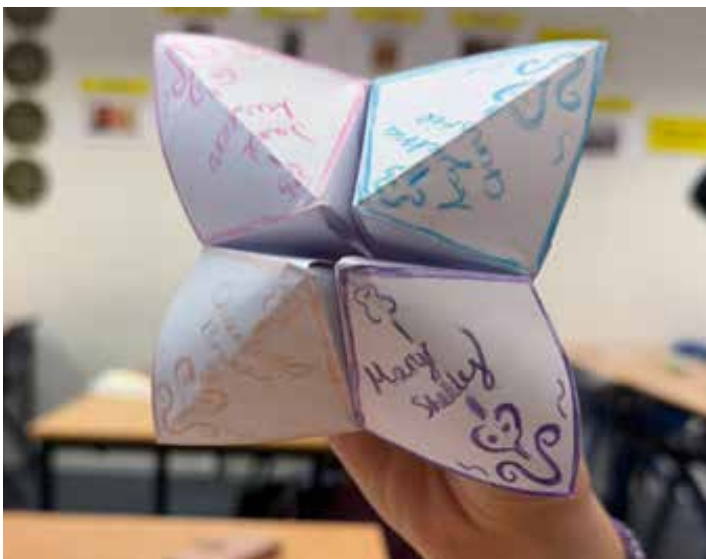
To kick things off lightly, pupils created colourful chatterboxes dedicated to their historical heroes (and a few infamous foes!). Each one revealed a person from the past who inspires, or intrigues them; from artists and activists to rulers and revolutionaries.

But the ambassadors didn't stop there. They moved on to some truly mind-stretching debates, asking: When does history actually begin? They also explored the fascinating question of where their own story and relevance begins.

The answers were wonderfully varied. Some argued that history starts with the Big Bang, 13.8 billion years ago, because every event since has shaped the universe we live in today. Others took a more pragmatic approach, suggesting that history begins around 300 years ago with the industrial revolutions that transformed societies, technology, and political ideas.

History isn't just about the past; it's about understanding our place in the world today. So, in that spirit, we invite our readers to join in the curiosity over the winter break: when do you think history begins? Does history start with the individual, the community, or with global change?

By Ms K Ali



Year 12 Music Technology Visit to London Metropolitan University

Pupils from our Year 12 Music Technology A-level class visited the excellent facilities and knowledgeable staff at London Metropolitan University in Holloway on Monday 27th November. The pupils attending (Oliver, Louis, Thomas and Francesco) found this visit extremely useful to their studies and the university wrote to the school praising the attitude and enthusiasm that they demonstrated throughout.

Thanks go out to Miss Bache and Miss Pennington who supervised pupils on this trip.

By Mr I Sweet



Spectacular Sounds

What a Triumph Winter Concert

The Music department's Winter Concert took place on Tuesday 16th December. This event involved over 80 pupils and featured very strong performances from all the Music department ensembles that have been rehearsing during the Autumn term, including our two choirs, the brass group, steel pan group, wind band, string orchestra and the jazz band.

There were also great solo performances from Douglas (Year 7) and Oraine (Year 12). Isla and Thomas (both Year 12) led the

steel pans and wind band admirably and thanks also go out to Ms Pennington, Mr Wilcox and Ms Argyrakis for their musical leadership and hard work in preparing pupils for this event.

All ensembles will be starting new material in the spring term and new members are always welcome (without audition).

By Mr I Sweet



Pupils Shine in Old Vic Schools Project

This year, 30 pupils from Years 9, 10, 11 and 12 have been taking part in the Old Vic Schools Project, an exciting opportunity that offers young people a firsthand insight into professional theatre and creative careers.

As part of the programme, pupils have already attended two productions at the Old Vic Theatre in London; Mary Page Marlowe and the festive favourite A Christmas Carol. Attending these high-quality performances free of charge has given pupils the chance to experience live theatre in one of London's most iconic venues, broadening their cultural experiences and inspiring many to think differently about drama and the arts.

Following the performances, pupils took part in an engaging two-hour practical workshop led by industry professionals. The focus of the session was costume design, where pupils explored how costumes help to tell a story and develop character. Working as a costume design department, pupils took on a range of roles and discussed which fabrics, colours and styles would best

suit different characters from A Christmas Carol.

The highlight of the workshop saw pupils design and make their own shirt that could be used in the production. This hands-on activity encouraged creativity, teamwork and problem-solving, while also giving pupils an insight into the many behind-the-scenes roles that exist within theatre.

The workshop concluded with a catwalk-style showcase and presentations, where pupils confidently displayed their designs and explained their creative choices to the group. It was a fantastic celebration of their hard work and imagination.

We are incredibly proud of the enthusiasm and commitment shown by all pupils involved and look forward to continuing our partnership with the Old Vic as the project develops further this year.

By Ms J Wali



Pupils Working Hard on Musical Production of Our House

Rehearsals are well underway for this year's musical production of *Our House*, and pupils have been working extremely hard to bring this energetic and much-loved show to life. The cast and crew have shown incredible dedication, attending rehearsals every Monday, Tuesday and Wednesday after school.

During rehearsals, pupils have been involved in all aspects of the production. Alongside learning lines and developing their acting skills, they have been singing songs, choreographing dynamic dance routines, and working collaboratively to design both the set and costumes. This whole production approach has allowed pupils to gain a deeper understanding of what it takes to stage a successful musical, both on and off the stage.

The commitment, creativity and teamwork on display have been impressive, with pupils supporting one another and continually

striving to improve. The production is already shaping up to be an exciting and entertaining performance, and the enthusiasm in rehearsals is a real credit to everyone involved.

Our House will be performed in the school theatre on 11th, 12th and 13th February 2026, and promises to be a fantastic showcase of our pupils' talent and hard work.

Tickets will be available to purchase via ParentPay for cast families from Monday 12th January, with tickets going on general sale from Monday 19th January. We look forward to welcoming our school community to what is sure to be a memorable production.

By Ms R Walker

Complicité Figures in Extinction at Sadler's Wells

On Thursday 6th November, our A-Level Drama cohort took a trip to Sadler's Wells in Islington to see the physical theatre production of *Complicité*. The thrilling play explored the themes of Climate change, human connection and death through three sections. In the first section, our pupils were encapsulated by the actors' use of creative visual imagery, where they embodied extinct animals, motivating us towards urgent climate action. We were then captivated by their use of multimedia in the second section, portraying how social interactions have deteriorated, due to the growth of technological addiction. They concluded with a thought-provoking display of the fragility of human life, emphasising how "the dead surround the living", which was both alarming and entrancing. This amazing experience left us viewing physical theatre in a new light, with one of our pupils describing the play to be "A useful resource in advancing the physical theatre aspect in my devising piece." The journey back was filled with excitement at the prospect of future theatre trips. Upon hearing the recap of the play in class, a disappointed James M, a pupil who unfortunately was unable to attend, was left "so jealous" at the missed opportunity. The trip reflected the posi-

tive community spirit found within A Level Drama, and we look forward to any more opportunities to come.

Written by Orli and Julia (Year 12 Drama pupils)



Real Estate Professional Networking Event



On Monday 24th November 2025, 3 pupils in Year 12 were invited to attend a Real Estate professional networking event held at Trowers and Hamlin LLP in Central London. Special mention goes to Raul S, Joshua K and Warren M (pictures attached).

They were able to network with pupils from St Paul's School before sitting to listen to a fireside talk from 4 industry professionals in Real Estate: Rauol Malhotra, founder and CEO of Orka Investments, a Private Equity Real Estate Company with €500 million in assets under management; Suniti Chauhan, a senior leader in executive search within the Real Estate industry, Seb Matthey, an investment analyst at Fusion Group and Samir Nathwani, a partner at Trowers and Hamlin who helped host the event. They each shared their unique perspective on the challenges and opportunities in Real Estate as well as imparting key tips for our young people on the different areas and pathways into the industry.

Our pupils left deeply inspired and with real insight into Real Estate as a possible career and investment option. The hosts were super impressed with Raul who was the first person in a room full of industry professionals and independent school pupils to ask 2 challenging questions to the expert panel during the Q&A portion of the evening. They all represented the school really well.

WHS and London Business School Enrichment Programme

Over 30 Year 12 WHS pupils have attended the first 3 lectures from a 10-part series at the world-renowned London Business School, getting a mini-MBA experience from leading professors on topics ranging from Corporate Social Responsibility and Finance to Decision-making and Creativity.



This enrichment programme on Wednesdays is another opportunity for pupils to widen and deepen their understanding of topics not always taught in the formal curriculum. Pupils were introduced to a style of lectures akin to the Harvard Case Method which has given them the confidence to contribute and engage in thought-provoking sessions.

There has already been a noticeable difference demonstrated by pupils in their lessons at school. They are now able to bring their wider knowledge of topics discussed, to a variety of different areas of academic debate and discourse in class.

Tina Clark, one of the organisers of the programme, regularly comments on the high-quality engagement and commitment demonstrated by the pupils at Wanstead High School. Their individual performance in each lecture is being tracked and assessed, with many pupils on course to achieving a place on the Honour Roll; where the winners will get a monetary prize, personalised letter from the Dean and invitation to the celebratory event at the end of the programme.

By Mr O Obanye

Economics Trip

To support our A Level Year 13 Economics cohort with their Economic Exams technique, I organised a trip to the A Level Economics Strong Foundations Conference at Vue Westfield Stratford in November.

Pupil feedback on the trip:

“Learnt to make synoptic links between different topics.”

Ben

“Learnt relevant and contemporary real-life examples for example UK Budget impact.”

Ellie

“Enthusiasm and the interaction with the audience kept my attention and helped me deepen my economics knowledge.”

Anisa

“The conference was really beneficially as it helped strengthen knowledge and technique in a fun way.”

Mine

“It was a great way for us to revise over content and apply it to new Year 13 content.”

Rosie

The workshop was designed and delivered by experienced teacher and examiner presenters, all of whom have a deep understanding of what pupils need to focus on in order to succeed in the 2025 exams.

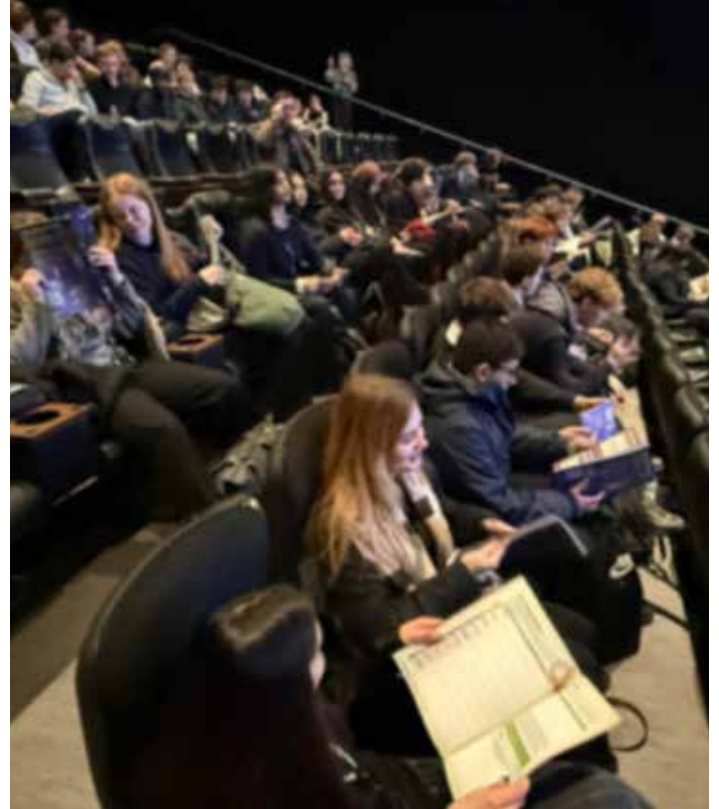
The four sessions covered:

- Using your Year 12 content in Year 13+
- Micro policies in context+
- Macro policies in context+
- Getting the little things right+

All pupils were amazing role models and ambassadors of Wanstead High School.

What was really impressive was how our school received many of the prizes from the Conference. Furthermore, many pupils then presented and supported Sixth Form Open Evening making it an 11-hour day for them yet were still giving 100% that evening!

By Mr G Brodie



Outstanding Success in the UKMT Senior Maths Challenge!

Our Sixth Form Mathematicians have been busy tackling some seriously tricky problems in this year's UKMT Senior Mathematical Challenge — and we're thrilled to share that they've achieved outstanding success!

The Senior Maths Challenge, run by the UK Mathematics Trust (UKMT), is no ordinary competition. Entry is reserved for the country's most able young Mathematicians, and instead of routine calculations or textbook questions, participants face clever puzzles and logical reasoning problems that demand creativity and deep problem-solving skills. It's all about exploring patterns, spotting connections, and thinking outside the box — and our pupils rose to the challenge brilliantly.

A huge well done to everyone who took part, and a special congratulations to those who earned awards:

🥇 Gold Award: Pablo N (Year 13 - Best in School), Patrick C (Year 13), Sophie D (Year 13), William R (Year 13), Hal U (Year 13)

🥈 Silver Award: Carlo T (Year 12 - Best in Year), Zach K-B (Year 12), Edward O (Year 12), Lucien P (Year 12), Oliver T (Year 12), Thomas B (Year 13), Dara C (Year 13), Lissus D (Year 13)

🥉 Bronze Award: Reyhan A (Year 12), Aashir I (Year 12), O'raine W (Year 12), Rifat Y (Year 12), Isaiah B (Year 13)



Year 12 & Year 13 Mathematicians & Further Mathematicians completing the UKMT

📄 Participation Certificates: Tanisi D (Year 12), Iyad E (Year 12), Jaiden T (Year 12), Fardus K (Year 12), Louis F (Year 12), Michael P (Year 12), Alfie S (Year 12), Oliver G (Year 13), Oliver H (Year 13), Sophia P (Year 13), Suvathi S (Year 13), Amaan Y (Year 13)

To put these achievements into perspective: the top 10% of participants nationwide earn a Gold Certificate, the next 20% receive Silver, and the following 30% achieve Bronze. So, gaining any certificate is a tremendous accomplishment and something to be very proud of!

The UKMT competitions are a wonderful celebration of mathematical thinking — and it's fantastic to see our pupils embracing the challenge with such enthusiasm, determination, and skill.

Well done to everyone involved for representing Wanstead High School Sixth Form with such excellence!

By Ms M Tayeba



Diving Deep into Global Issues

Year 13 NEA's Fieldwork Sparks Genuine Engagement in Geography

Max in Year 13 has been working on his NEA project on coastal management at Hayling Island. Throughout the year, Max has demonstrated a robust grasp of both the physical processes shaping the coastline and the human interventions designed to manage them. Max's fieldwork has been conducted with diligence and independence, from methodical data collection on beach profiles and sediment size to observations about the

effectiveness of existing defences. Max's work not only reflects academic maturity but also genuine curiosity and engagement with real-world geographical challenges that many places across the globe face.

By Mr M Hamza



Youth Voice Conference

A Summer of Celebration



Back in July, Amy had the wonderful opportunity to attend 'Amplified', a Youth Voice Conference hosted by Redbridge Education and Inclusion Services (REIS) in partnership with UNICEF. This event was part of a wider 'Summer of Celebration' marking Redbridge's achievement of becoming an accredited UNICEF Child-Friendly Borough. The conference provided an incredible platform for children and young people to share their voices and engage in meaningful discussions about important social issues.

Amy was nominated by the SEND team and proudly received the Good Citizen Award for Creativity. The judges praised her with the words:

"Amy, you are a shining example of creative excellence. We cannot wait to see where your incredible talent takes you next."

Congratulations, Amy! Everyone in the SEND Team is extremely proud of your achievements.

By Miss E Harper



EAL Ambassadors Programme



Year 10 was thrilled to discover other Albanian speakers in our school community.

This initiative highlights the importance of creating opportunities for inclusion and demonstrates the strength of our school community. Some Sixth Formers have already started mentoring, offering support at Homework Club and checking in with new arrivals. We couldn't be prouder of their commitment!

By Ms Gómez Álvarez, EAL Coordinator & MFL Teacher

We are thrilled to announce the launch of an exciting new initiative! This year, we introduced a programme where pupils who speak other languages—or simply have a passion for supporting others—applied to become EAL Ambassadors. After a careful selection process, 30 outstanding pupils from across all Key Stages were chosen, including a fantastic group of 10 Sixth Formers who will develop mentoring skills as part of the project.

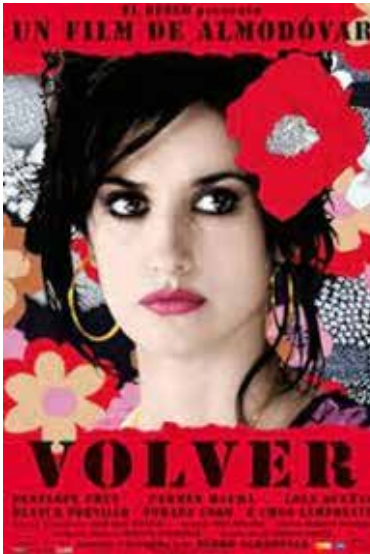
For the first time, our Ambassadors will also enrol in the Young Interpreter Scheme, an award-winning UK programme that equips pupils with the skills to support peers who are new to English. Ambassadors will learn how to be buddies around the school and in the classroom while developing their communication and interpersonal skills. Their role will also be key in shaping decisions for future cultural events. What's not to love?

We kicked things off with a Welcome Breakfast, bringing together our new EAL pupils and the current cohort of Ambassadors. Over fresh croissants, fruit, and juice, pupils connected, got to know each other, and even practiced their language skills. We also enjoyed a fun activity that made our Library feel even more welcoming and multicultural. It was wonderful to see friendships forming and confidence growing! One new Ambassador in



Upcoming Trips

Key Stage 5 Spanish Study Day
15th January 2026



Get ready for an inspiring day at the BFI Southbank! Our Key Stage 5 Spanish pupils will dive into the vibrant world of Spanish cinema with a focus on *Volver* (2006), the acclaimed film by director Pedro Almodóvar.

This study day is designed to bring the AQA A Level specification

to life, exploring key themes and cinematic style while deepening cultural understanding. It's the perfect opportunity for A Level pupils to enrich their learning beyond the classroom in an iconic setting.

By Ms Gómez Álvarez – MFL Teacher

Barcelona Trip March 2026 An Unforgettable Experience Awaits!

In 2024, our pupils enjoyed a truly successful experience in Barcelona, exploring not only the city's famous landmarks but also its vibrant streets and cultural life. This year, we are excited to offer the same opportunity to our Year 10 and Year 12 pupils studying Spanish or Art at GCSE and A Level!

The trip is designed to help Spanish pupils practise their language skills in real-life contexts while deepening their understanding of Spanish culture. Highlights include a visit to Park Güell and a guided tour of the iconic La Sagrada Família.

At the same time, Art pupils will gain invaluable first-hand experiences to inspire creative work and support their NEA projects through contextual research, observation, and creative inspiration from a different cultural setting.

Please stay tuned—next steps will follow soon. ¡Hasta pronto!

Ms Gómez Álvarez – Trip Leader

Mr Yiacoumi – Art Department



Library News

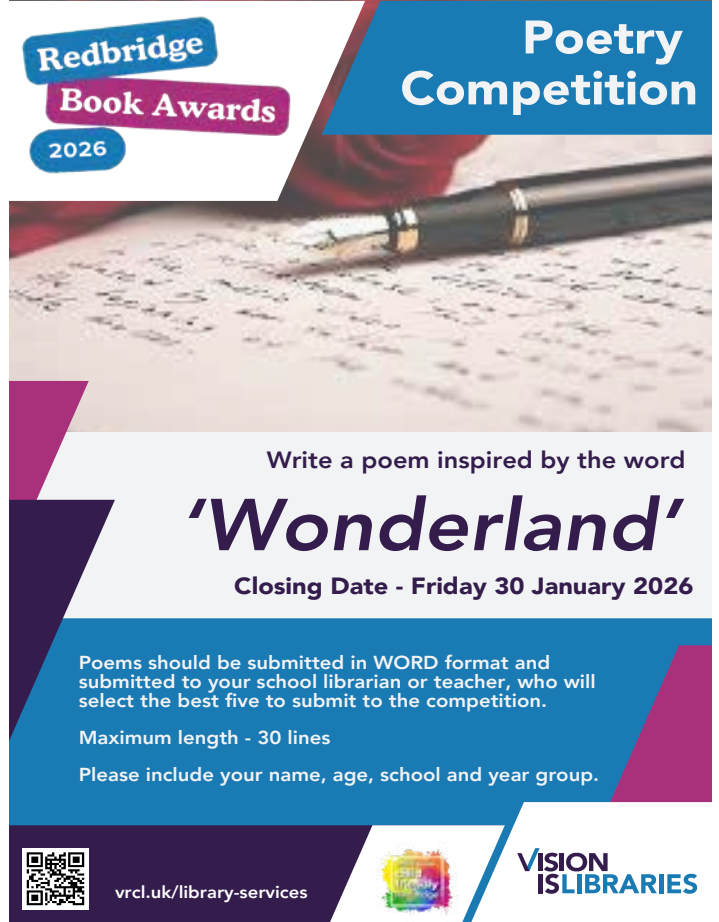
This term in the Library, creative writers and poets have been busy putting pen to paper and creating some truly wonderful pieces of work. Some of these poems and articles will be submitted for the Redbridge Poetry Competition (details below) whilst others will be submitted for the Young Poets Laureate - closing date is 19th January 2026.

2026 will see more of this enthusiasm as Wanstead High embraces the 2026 National Year of Reading. This is a major UK government initiative, partnered with the National Literacy Trust. The Library will be kickstarting this in January with a sponsored 'readathon' working with the 'Read for Good' charity with the aim to raise money for books for children in hospitals and hospices.

In the Library, I have also been working with the charity Pepala who are setting up makeshift libraries in Malawi in Africa, donating books for children who otherwise have zero access to books. Please do take a look on their Instagram page and at www.pepala.org.uk. It is a brilliant initiative that we at Wanstead High are proud to support.

From lively discussions about stories to interesting debates about books, the Library has been a place of collaboration and curiosity. I am so proud of the children for the way they have embraced reading and for making the most of this incredible space. Their positive attitudes, independence and willingness to try new genres and authors is uplifting and a joy to witness.

By Ms M Ahmed, School Librarian





Redbridge Book Awards 2026

Poetry Competition

Write a poem inspired by the word
'Wonderland'
Closing Date - Friday 30 January 2026

Poems should be submitted in WORD format and submitted to your school librarian or teacher, who will select the best five to submit to the competition.

Maximum length - 30 lines
Please include your name, age, school and year group.

 vrcl.uk/library-services  **VISION IS LIBRARIES**



Redbridge Book Awards 2026

Short Story Competition

Write a short story beginning with the sentence
'The rules were very simple. But if you broke them...'
Closing Date - Friday 30 January 2026

Stories should be submitted in WORD format and submitted to your school librarian or teacher, who will select the best five to submit to the competition.

Maximum length of story - 1200 words
Please include your name, age, school and year group.

 vrcl.uk/library-services  **VISION IS LIBRARIES**



Redbridge Book Awards 2026

Book Cover Competition

Design a new book cover for
Animal Farm
by George Orwell
Closing Date - Friday 30 January 2026

Entries should be submitted to your school librarian or teacher, who will select the best five to submit to the competition.

Please include your name, age, school and year group.

 vrcl.uk/library-services  **VISION IS LIBRARIES**

School Fund

Thank You for Your Support

A huge thank you to all parents and carers who have contributed to the School Fund. So far, we've raised £10,200 for the main school and £1,200 for the Sixth Form—your generosity makes a real difference!

Main School

- £5,750: PE department travel costs and additional staff trained to drive the minibus
- £1,250: Library updates and resources
- £3,000: Careers investment—extended Unifrog contract for 3 years

Sixth Form

- £400: Year 11 welcome breakfast and Year 13 celebration

How You Can Help:

We suggest an annual contribution of £60 for the main school and £45 for Sixth Form. Every amount counts and directly benefits pupils.

Technology Contribution

To keep Food Technology, Design Technology, and Textiles **well-resourced for practical lessons where pupils take home their finished projects**, we ask for:

- **£25 for Key Stage 3 (Years 7–9)** – 50% of families have contributed
- **£40 for Key Stage 4 (Years 10–11)** – 43% of families have contributed

If you haven't yet contributed, please consider doing so next term. Without these funds, we may need to ask families to provide their own ingredients and materials.

Innovate: School Catering

- Top Up Accounts: Please ensure dinner money accounts have sufficient funds. Innovate does not offer credit.
- Spending Caps: We can set daily limits—email whs@wansteadhigh.co.uk to request changes.
- Smart Choices:

- Buying bottled water daily costs £218.50 per year—bring a reusable bottle instead!
 - Juice twice a day costs £437 annually—encourage free water.
- Menus and price lists are on the school website

Free School Meals

Think you might be eligible? Contact admissionsandawards@redbridge.gov.uk

We've invested in a FSM eligibility checking system—please complete the consent form on Edulink to allow checks with the Department for Work and Pensions.

School Communication: Edulink

Manage everything in one place:

- Update details
- Monitor attendance and behaviour
- Track achievement points

Need help? Email whs@wansteadhigh.co.uk

Thank you for your continued support and partnership. Every contribution, big or small, helps us provide the best possible opportunities for our pupils. Wishing you and your families a restful break and a successful term ahead!

By Mrs S Williams, School Business Manager



Big Thanks to Our PTA

Thank you :)

Your Support is the Secret to Our Success at WHS!

At Wanstead High we are very lucky to have an incredibly supportive PTA who helps the school with a vast number of initiatives throughout the year. The PTA fundraises and donates to the school meaning we can access resources, opportunities and equipment that we otherwise would not be able to. The impact this has on our pupils, staff, and community is immeasurable.

We recently have had a changeover in the personnel that support the PTA. We would like to thank the previous regime for all of their hard work and welcome all in 'new' team for their support and effort in advance as well as the initiatives already

supported this term (some of which are listed below). Whether it be school trips, equipment, resources or just giving up their time to support school events, we are very grateful. Huge thanks to:

Co Chairs - Helen Witt & Tina Okolie
Secretary - Fiona Law
Deputy Secretary - Harbinder (Daisy) Dhaliwal
Treasurer - Lee Holden
Deputy Treasurer - Victoria Adcock
Preloved - Lucy Flinter

Maths Department

Thank you so much to the Wanstead PTA who have allowed us to purchase a Dr Frost Learning subscription at a cost of £600 for the Maths department! This is an incredibly useful subscription,

which gives our pupils access to detailed exam-oriented content and resources, many of which can be utilised by teachers in-lesson. This should really help pupils in getting the best possible exam preparation experience, at both GCSE and Year 13, which should translate into much better exam results!

By Mr F Haque

School Environment

At the end of the last academic year, I submitted a bid to the PTA for a significant sum to support improvements to our school environment. I am delighted to share that this funding has been approved, and we are now working with the school wall art company Promote Your School to transform the corridors and staircases in our main building with inspiring and motivational designs.

Areas of focus will include, but is not limited to:

- Our school history
- Our virtues, rules, and values
- Inspirational people and quotes that reflect and promote those values

- A Wellbeing Wall with strategies and actions to support mental health

Staff and pupils are currently being consulted on who and what inspires them for the final designs. We are committed to ensuring that our walls feature influential figures from a wide range of backgrounds, representative of our diverse school community and local area.

A heartfelt thank you to the PTA for their generosity. A positive environment is vital for both staff and pupils, and this project will enhance our school for many years to come. We are excited to share the finished result with you after installation next term!

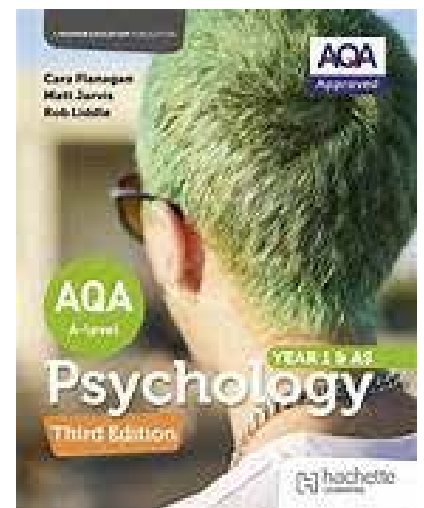
By Mrs H Martin

Social Science Department

Many thanks to the PTA for their support in the successful bids for the new Psychology A Level specification textbooks and e-books. These resources will greatly support pupils with home learning and wider reading, as well as providing valuable extension tasks. They will also help to motivate pupils to become more independent learners in Psychology. We are very grateful for your continued support.

By Ms E Christofides

Thank you :)



Learning Support

I'd like to say a huge thank you to our amazing PTA for approving the funding for the mentoring resources we requested. This support means we can bring in activities and tools that help children

explore new ways to work through their feelings. These resources will strengthen the safe and supportive space we provide, helping pupils understand their emotions and build confidence. This will make a real difference to so many children, and I'm so grateful to the PTA for supporting mentoring in our school.

By Ms F Choudry



SEND Department



A huge thank you to the PTA for providing three Reader Pens to the SEND department last year.

A Reader Pen is an assistive technology tool that scans printed text and reads it aloud, helping improve accessibility and literacy skills. Similar in size to a regular pen, it works by moving along the text. Users can connect earphones for private reading.

Who can benefit? Reader Pens are helpful for many learners,

especially those with:

- Dyslexia
- Reading difficulties
- Writing challenges
- Anxiety around reading or selective mutism
- Low vision
- Working memory difficulties

Benefits in the classroom:

- Promotes independence in reading and comprehension
- Reduces reliance on adult support
- Supports learning across all subjects
- Builds confidence and encourages reading for pleasure
- Improves self-esteem and learner identity
- Provides exam access without a human reader
- Develops a transferable skill for adulthood and the workplace
- Normalises assistive technology use
- Portable and easy to use

While not all our pupils are able to benefit yet from these pens, we have seen some encouraging results with some of our SEND learners.

By Ms L Worham

PE Department

Huge thank you to the PTA who have supported the PE display and marketing strategy in providing us with these lovely frames. The posters are all made and are ready to be proudly displayed in the PE corridor!

By Mr J Sains



Modern Foreign Languages Department

We are delighted to share that our PTA has generously funded the purchase of brand new French and Spanish dictionaries for the Modern Foreign Languages department. We are incredibly grateful for their continued commitment to enriching our pupils' learning experiences.

These high quality dictionaries will have a significant impact on teaching and learning across all year groups. They will:

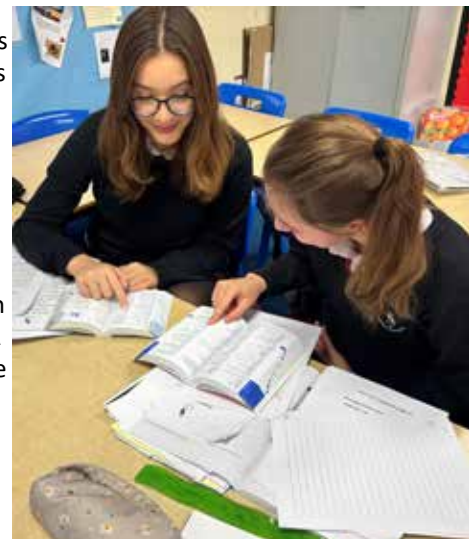
- Strengthen pupils' independence, helping them to develop vital skills in looking up vocabulary, checking spelling, and understanding how words change in different contexts.
- Support more accurate writing and translation, allowing pupils to make informed language choices and deepen their understanding of grammar.
- Enhance classroom practice, giving teachers the tools to model dictionary skills explicitly and encourage resilience when

tackling new or unfamiliar language.

- Improve exam readiness, particularly for Key Stage 4, where confident dictionary use is essential for success in reading and writing tasks.
- Thanks to the PTA's support, our pupils will benefit from resources that promote curiosity, confidence, and precision in language learning.

Thank you once again to our wonderful PTA for helping us provide the very best for our young linguists.

By Ms D Collins



Art Club

Creativity, Craft and Celebration

This term, our Art Club pupils have been busy exploring a variety of exciting projects that have allowed them to grow their artistic skills and confidence beyond the classroom. Each session has given them opportunities to experiment with new materials, techniques, and processes - broadening their creative repertoire and helping them develop into more thoughtful, well-rounded artists.

We began with fabric painting and polyblock printing, where pupils designed and printed their own patterns onto tote bags. They then took their designs a step further by embellishing their creations with hand embroidery techniques, learning to add texture, colour, and personal touches through careful stitching and decorative detail. These projects not only developed their technical skills but also encouraged patience, precision, and pride in craftsmanship.

As the festive season approached, pupils moved on to air-dry clay projects, creating beautiful handmade gifts for loved ones. From ornaments and trinket dishes to small sculptures, each piece reflected the individuality and creativity of its maker. These thoughtful creations showed how art can be a meaningful way to connect with others and celebrate special occasions.

One of the most exciting new experiences for the group was stepping into the darkroom for the first time to create photograms—a photographic process that produces images without using a camera. By placing objects directly onto light-sensitive photographic paper and exposing them to light, pupils discovered the magic of photography's earliest form. The results were stunning and truly unique.

It has been an absolute joy to see how much each pupil has grown in skill, creativity, and confidence this term. I am incredibly proud of how far they have all come in their personal creative journeys, and I wish every one of them a very Merry Christmas and a New Year filled with inspiration and imagination.

By Ms C Sheppard





Year 12 and 13 Classical Civilisation trip to the British Museum

On Wednesday 22nd October, our Year 12 and 13 Classical Civilisation pupils had the incredible opportunity to visit the British Museum as part of their A Level studies. The trip was designed to support key topics such as Imperial Image, Love and Relationships, and World of the Hero—and it certainly delivered.



From the moment we stepped into the museum, pupils were immersed in the world of Ancient Greece and Rome. Seeing the artefacts up close—statues, pottery, inscriptions—brought the texts and ideas they’ve been studying to life. For many, it was the first time they had encountered these objects outside of a textbook, and the impact was clear. The pupils were amazed at seeing objects we had studied so intently in class in real

life, such as Augustus ‘Meroe Head’, Augustus ‘Scroll coin’ and the oldest surviving opening lines of the Iliad.

Pupils also explored galleries outside of Ancient Rome and Greece and explored civilisation such as Ancient Egypt, Ancient Mesopotamia and Ancient Britian.

The museum’s iconic collections sparked curiosity and enthusiasm among the pupils. A huge thank you to the staff who organised this visit—it was not only educational but memorable.

By Ms C McQuillan



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	Leo	Blaze	Amaya	Archie	Christopher	Nico	Oliver
Further Maths						Michael	Patrick
Economics							
English	Blaise	Ishaq	Zak	Scarlett	Maryam		
Literature						Ngaire	Heidi
Language And Literature						Vinnie	Yusra
Science	James	Dahlia	Noah				
Biology				Tanvir	Grace	Jaydon	Hajar
Chemistry				Leon	Kayla	Maryam	Kian
Physics				Ian	George	Woody	Henry
History	Niamh	Keanu	Eliza	Roshai	Michael	Ngaire	Ellen
Classics						May	Rocco
Geography	James	Charlotte	Jaya	Jacob	Caspian	Soraya	Imogen
Resistant Materials							
Graphics	Lula	Brooklyn	Pearl	Zayaan	Louis		
Art	Jai	Isla	Elsie	Tia			
Photography						Yoanna	Hermione
Textiles	Luca	Wooje	Nicol	Hrudhya	Olivia		
Health And Social Care							
Food & Nutrition		Amelia	Sienna	Leon	Alayna		
Dance	Maisara	Enam	Emily	Clarentia	Henry		
Drama	Alice	Erin	Julia	Robyn	Eliza	Ngaire	Zara
Music	Penny	Zaeem	Oisín	Sylvie	Jacob	Thomas	Chloe
Spanish	Tilda	Ismael	Teresa	Roxhers	Tristan	Holly	Alice
French	Lucas	Idris	Hannah	Pavel	Giada	Joshua	Amel
Media				Callum	Charlotte	Farzana	Ruby
Computing	Sri	Charlotte	Zayan	Ritaal	William	Michael	Cara
Religion and Philosophy		Matilda	Nathan	Grace	Mohammed	Tanisha	Sebastian
Psychology						Bailey	Maryam
Politics						Lyba	Orla
Sociology				Noah	Charlotte	Isla	Imogen
PE	Isabella	Louis	Eliana	Dylan	Mia	Raul	Beau
Hoy Award	Marshall	Laurence	Pearl	Renee	Morgan	Jaydon	Beau
Behaviour Award	James	Siena	Sienna	Felix	Emily-Rose	Ngaire	Simran
Attendance Award	Millie	Halle	Aslan	Ayaan	Michael	Isla	Sebastian
Headteacher's Award	Leo	Wooje	Ishaq	Daniel & David	Michael		





Pupils Showing the True Spirit of Christmas Through Their Tree Reflections

Over the Festive period Wanstead came together to decorate our Christmas tree with reflections, thoughts, prayers and manifestations. There were some amazing, inspiring and poignant contributions from our wonderful pupils and staff. It is fantastic to see so many people come together to share this wonderful incentive and have a commonality in that regardless of our heritage, faith, or other diversities- we all look forward to spending time with loved ones and hope for a calmer, nicer world. Well done to all.

The Christmas tree was then furnished with 311 generous presents that were collected by Ambition Aspire Achieve Charity who support children in the local area. They will be working with those most in need this Christmas and the presents will be

donated to young people who may otherwise have not received one be that through povety, illness or other cirmumstances. As a community, we can all be very proud of what we have achieved here. Jonny Boux of Ambition Aspire Achieve Charity said:

We really appreciate all your efforts, which will help to make a great difference.

Thank you again and I hope we can work together in 2026!

Wishing you and all at Wanstead High a wonderful Christmas.



What an amazing Day!



Christmas Music, Christmas Jumpers, Christmas Crackers and a delicious Christmas Meal!

Thursday 18th December saw our fantastic Christmas Jumper day in which staff and pupils alike attended school in Christmas Jumpers to spread fun, festive cheer and most importantly raise vital funding for Haven House. The colour, humour and in some cases lights brought a smile to everyone and was a lovely way to finish the term. This only added to the amazing atmosphere in the canteen when our Christmas Lunches were served. At Wanstead we don't do Christmas Meals by halves- The hall was decorated (huge thanks to the reprographics team and site teams for making the hall look so incredibly festive!) There were Christmas songs - with staff and pupils alike jigging along and singing too (one member of staff who will remain nameless was being confused with an injured cat whilst singing along to Mariah Carey's 'All I want for Christmas' (Miss X, You know who you are).

The meals were of a super high quality, plentiful servings all

around- a massive thanks and congratulations to the kitchen. Happy faces, fully bellies and the sound of crackers being pulled, terrible jokes told and Paper crowns. What a Scene.

Thank you to all and well done. A spectacular end of term.





Festive Christmas Treats

As the holiday season approaches, and the air is filled with the excitement and anticipation of Christmas festivities. This year, the pupils have channeled their creativity and culinary skills to

craft delightful Christmas treats that perfectly capture the spirit of the season. Here's a glimpse into the festive creations that the students have been working on and the recipes:



Mince Pies

Prepared and finished mince pies by a pupil in 9H.

Ingredients

- For the pastry
- 375g/13oz plain flour
- 250g/9oz butter, softened
- 125g/4oz caster sugar, plus extra for sprinkling
- 1 medium free-range egg

For the filling:

- 2 x 400g jars mincemeat
- 2 tangerines or seedless easy peelers, zest grated and flesh chopped
- 1 apple, finely diced



Chocolate Brownies

A Year 8 group prepared and finished chocolate brownies for their Christmas treats.

Ingredients

- 175g/6oz unsalted butter, diced
- 100g/3½oz cocoa powder
- 3 free-range eggs
- 125g/4½oz caster sugar
- 125g/4½oz soft light brown sugar
- 1 tsp vanilla bean paste or extract
- pinch salt
- 85g/3oz plain flour

Celebrating Black History Through Culinary Creations

To celebrate Black History Month, our Year 10 pupils worked closely together to prepare and cook an amazing (and slightly spicy!!)



Rice, peas and dumplings.

Ingredients

- 50g can kidney beans
- rinsed and drained
- 50ml can low-fat coconut milk
- ½ tsp dried thyme
- ½ tsp ground allspice
- 1 spring onions
- sliced
- 50g long grain rice

Jamaican fried dumplings

Ingredients

- 260g self-raising flour plus extra for dusting
- 8g salt
- 30g caster sugar
- 5g baking powder
- vegetable oil
- for shaping and frying



Jerk chicken

Ingredients

- 12 chicken thighs, bone in
 - 1 lime, halved
 - hot sauce, to serve (optional)
- For the marinade
- 1 big bunch spring onions, roughly chopped
 - thumb-sized piece ginger, roughly chopped
 - 3 garlic cloves
 - ½ a small onion
 - 3 scotch bonnet chillies, deseeded if you want less heat
 - ½ tsp dried thyme, or 1 tbsp thyme leaves
 - 1 lime, juiced
 - 2 tbsp soy sauce
 - 2 tbsp vegetable oil
 - 3 tbsp brown sugar
 - 1 tbsp ground allspice

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**



Table Tennis is back at Wanstead!

Following a successful Table Tennis England and Jack Petchey bid, we are delighted to be introducing these brand new table tennis tables into our PE curriculum.

We are really looking forward to utilising these tables in our enrichment programme in the New Year.



Table Tennis News!

It was an absolute pleasure taking our Year 7 and Year 8 table tennis team to a Borough tournament where they took on some of the best table tennis players around.

Some incredible serves, drives and pushes leading to some wonderfully competitive matches.



Redbridge Cross Country Event

On a beautiful Autumnal morning, our most talented Cross Country runners headed to Fairlop Waters to take on the fastest of athletes from over 15 different schools in the Borough.

All of the training at Cross Country club, and the most recent Inter-House event certainly helped as our athletes stormed to

the most impressive finishing positions and times.

We are really looking forward to future athletics events where I am sure these athletes will be taking part. Well done everyone!



Sports Hall Athletics News!

Our magnificent Year 7 Indoor Athletics team, took on the fastest runners, longest jumpers and strongest throwers in the annual Redbridge Sports Hall Athletics Championships.

In an afternoon full of wonderful competition, we left with lots

of smiles, great memories and some incredible performances along the way. A number of athletes left the day having remained unbeaten in their own disciplines. Amazing! Well done everyone.





Netball News!

The netball matches continue thick and fast, competing against schools from all over the Borough. Netball club training is clearly paying off with some wonderful performances and excellent results.

We are really excited to see what these teams achieve in 2026! Well done everyone!



Hockey News!

We were delighted to see our very own Nadia competing in a hockey match at the Lee Valley Hockey Centre, the iconic venue from the London 2012 Olympic Games.

Nadia continues to make excellent progress within her hockey club, and we are excited to follow her development and future achievements.



Football News!



The football season is in full swing with many teams picking up lots of wins along the way.

In the New Year, many of these teams will be looking towards the Borough Semi-Finals and even finals. Watch this space!

These teams have demonstrated incredible resilience, organisational skills, team work and skill.





Sports Hall open for Year 8 SUPERSTARS!

The Sports Hall was opened up to our wonderful Year 8 Pupil of the Week winners for some sporty fun.

Pupils were nominated following excellent demonstration of our character virtues and being awarded lots of achievement points.



Key Stage 5 Basketball Match!

The Key Stage 5 basketball team remain unbeaten this season with another close victory against a strong Loxford team.

Their abilities were particularly surprising and impressive given the recent formation of this team. We are hoping to get this team some more competitive fixtures in the New Year. Watch this space!



Rugby News

Girls' rugby goes from strength to strength with yet another victory, this time against a very strong team from Barking and Dagenham.

The only thing better than their celebratory pyramid is their teamwork, cohesion, skill, tactical understanding and try scoring ability!



Ski Trip News!

We recently welcomed families of the pupils that are signed up for our 2026 WHS ski trip for a family information evening. 102 pupils from Year 10 and Year 12 will be heading to Salbaach, Austria for some Easter skiing fun.

Although not everyone is looking forward to the 25 hour coach journey, we are all looking forward to creating many wonderful and lifelong memories on the slopes.



Swimming News!

Our very own Noah was once again at it in the pool, this time at Swim England's National Winter Swim Championships taking on the best in the country. The event is a prestigious event held at the Ponds Forge International Sports Centre, Sheffield.

Noah was the youngest competitive at these championships

having achieved the qualification times needed.

More excellent swims including a 10 second personal best in the backstroke, and Noah is once again showing the rest of the country exactly what he can do! Congratulations Noah!



PE lessons and the cold weather!



As we move into the New Year, periods of particularly cold weather are likely. Please ensure pupils are dressed warmly and prepared for outdoor PE lessons.

For classes that may take place on the field, please also pack a plastic carrier bag to store muddy trainers after the lesson.

Pupils should bring their WHS quarter-zip fleece and are encouraged to wear appropriate base layers.



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.

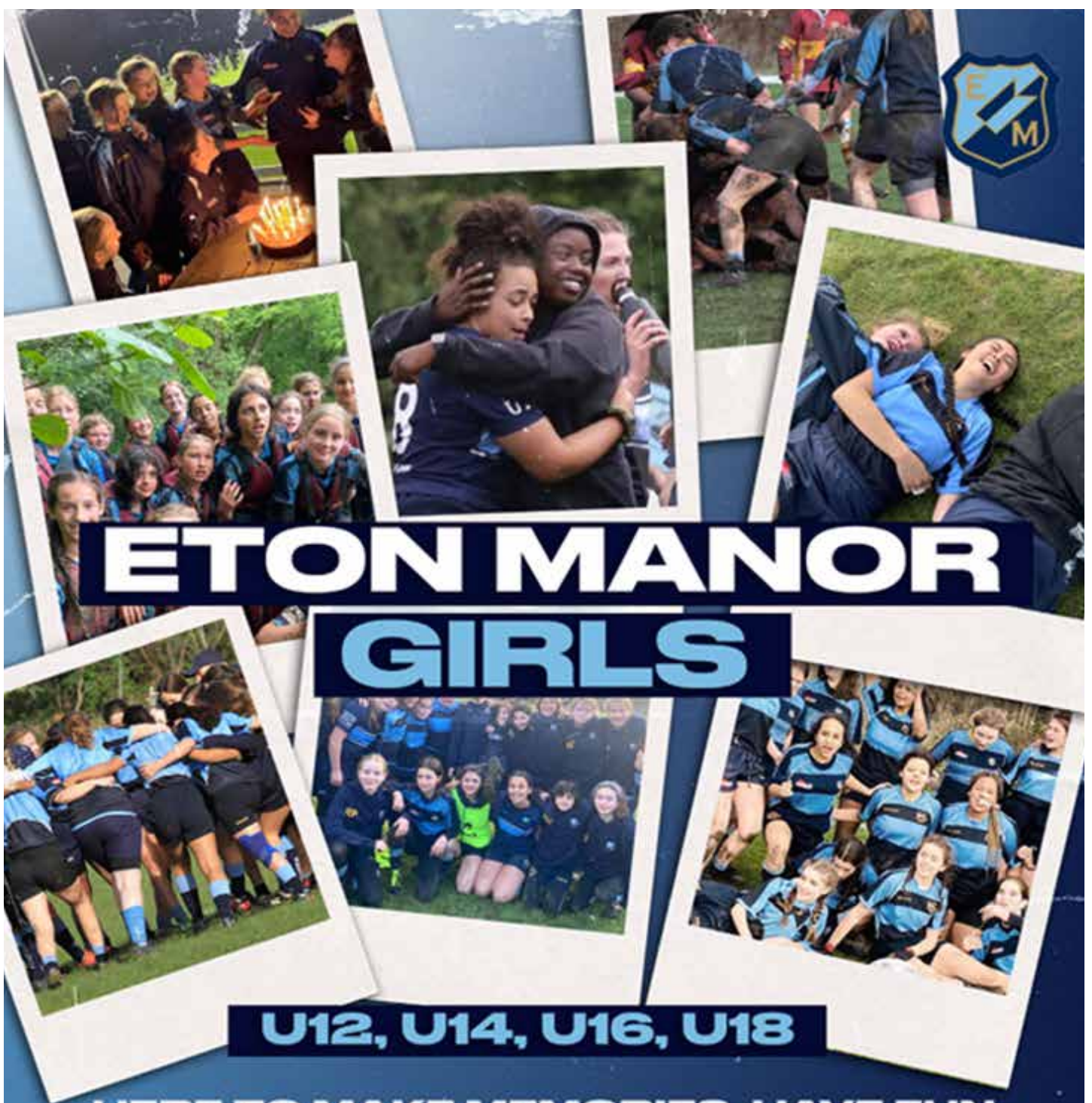
Simply arrive to the designated changing rooms at 3.15pm to enjoy the club.

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



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

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)

Maths Breakfast Club
 KS3
 Reflection Centre
 8am - 8.35am

Year 11 Maths Open
 Revision Club
 Room 16
 at 7:30am - 8:30am

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

**KS3 – Prayer
 Room 16
 All prayers will begin
 at 12:35pm**

**Choir
 KS3
 Room 36
 12.30pm - 1.00pm**

**KS3 – Prayer
 Room 15
 All prayers will begin
 at 12:35pm**

**Choir
 KS4 & KS5
 Room 36
 12.30pm - 1.00pm**

**Open Studio
 KS3
 Dance Studio
 12.20pm - 1.00pm**

**KS4 & KS5 – Prayer
 Room 21
 All prayers will begin
 at 13:30pm**

**KS3 – Prayer
 Room 15
 All prayers will begin
 at 12:35pm**

**KS4 & KS5 – Prayer
 Room 21
 All prayers will begin
 at 13:30pm**

**KS3 – Prayer
 Room 15
 All prayers will begin at
 12:35pm**

**Maths club for KS3
 students Room 23
 (week2) 12:20pm -
 1:05pm**

**KS4 & KS5 – Prayer
 Room 21
 All prayers will begin
 at 13:30pm**

**KS4 & KS5 – Prayer
 Room 21
 All prayers will begin at
 13:30pm**

**KS3 – Prayer
 Alan Hearne Hall
 All prayers will begin
 at 12:35pm**

**KS4 & KS5 – Prayer
 Alan Hearne Hall
 All prayers will begin
 at 13:30pm**

AFTER SCHOOL CLUBS

AFTER SCHOOL CLUBS

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)

English Additional Language Homework Club, Room LS2, 3.15pm - 4.00pm, (KS3/KS4/KS5) Everyday

Library and Homework Club Club, Library, 3.15pm - 4.00pm, (KS3/KS4/KS5) Everyday

Musical Acting Rehearsal KS3, KS4 & KS5 Theatre 3.15pm - 4.30pm	Fracophone Culture Club (Week 2 Only) KS3, KS4 & KS5 Room MA6 3.15pm - 4pm	Art Club - KS3 Room NB9 3.15pm - 4.15pm	Steel Pans KS3, KS4 & KS5 Room 38 3.15pm - 4.00pm	Dance Team KS3 (Year 7 & 8 only) Dance Studio 3.15pm - 4.30pm
Design Club KS3, KS4 & KS5 Drama Studio https://forms.gle/78bc3.google.com/forms/d/3jv-Cy0f4ub3tmEh1-Nu9_Ae3l0e9z0ba3TweEedit-0/1Eveypaj0a20fMub0imEh1-Nu9_Ae3l0e9z0ba3TweEedit-0	Cross Country Club KS3, KS4 & KS5 Top Field 3.15pm - 4.30pm https://forms.gle/z1FrTygPmvdv9Q87	Graphics Catch-Up KS4 (Year 11 only) Room 45 3.15pm - 4.30pm	Rugby Club KS3, KS4 & KS5 Top Field 3.15pm - 4.30pm https://forms.gle/SVsjTA2ag5r-bzXRN8	Jazz Band KS3, KS4 & KS5 Room 36 3.15pm - 4.00pm
Spanish Clinic KS5 Room MA4 3.15pm - 4.00pm	Girls' Football KS3, KS4 & KS5 Top Field 3.15pm - 4.30pm https://forms.gle/2cD3GRpn8j71uPue8_gle/2cD3GRpn8j71uPue8	Art Club - Special Educational Needs - ALL Room LS1 3.15pm - 4.15pm	Girls' Cricket School Hall KS3, KS4 & KS5 3.15pm - 4.30pm https://forms.gle/em7eXK-6Loba6yqwC6	Intervention KS4 (Year 10 & 11) Room S13 3.15pm - 4.30pm
Brass Group KS3, KS4 & KS5 Room 37 3.15pm - 4.00pm	History Ambassadors KS3 Room NB5 3.20pm - 4pm	Basketball Club KS3, KS4 & KS5 Sports Hall 3.15pm - 4.30pm https://forms.gle/rcECE21TB-wiqQJ3o7	Doctor Who Society KS3, KS4 & KS5 Room 21 3.15pm - 4pm	
String Orchestra KS3, KS4 & KS5 Room 36 3.15pm - 4.00pm	Dance Team KS4 & KS5 Dance Studio 3.15pm - 4.30pm	Musical - All Cast KS3, KS4 & KS5 Theatre/Dance Studio 3.15pm - 4.30pm		
Netball KS3 Playground 3.15pm - 4.30pm https://forms.gle/333021z-TwUB8pV9	Musical - All Cast KS3, KS4 & KS5 Theatre/Dance Studio 3.15pm - 4.30pm	Robotics KS3 (Year 7 & 8 only) Room IR1 3.15pm - 4.00pm		
Boys' Football KS3, KS4 & KS5 Top Field 3.15pm - 4.30pm https://docs.google.com/forms/d/02Q3mChv00274m3RL-hv_mj0r-AR0ru-dP02Z9Eed-3ANPA/viewform	Debate Society Year 12 Room NB8 3.15pm - 4.15pm	Netball KS4 Playground 3.15pm - 4.30pm		
Chess Club KS3, KS4 & KS5 Room MA2 3.15pm - 4.15pm	New Views: Script Writing Club Year 10, 11 & 12 Room 3 3.20pm - 4.20pm	D&D Club KS3, KS4 & KS5 Room MA2 3.15pm - 4pm		
Dance Team KS3 (Year 9 only) Dance Studio 3.15pm - 4.40pm				
Table Tennis Club KS3, KS4 & KS5 Gymnasium 3.15pm - 4.30pm				



ABEUNT STUDIA IN MORES

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

15

January 2026

Year 11 Progress
Evening

29

January 2026

Year 12 & 13
Progress Evening

4

February 2026

Year 11 Silver DofE
Awards Ceremony
from 2024/25





UPCOMING PARENT TRAINING

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

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



Redbridge Education and Inclusion Service
shaping extraordinary futures



REDBRIDGE WINTER HAF CLUBS

**AGES
4-16**

DECEMBER 22ND 2025 - JANUARY 2ND 2026



**ARE YOU IN RECEPTION TO YEAR 11 AND
RECEIVE BENEFITS RELATED FSM? ENJOY
SPORTS, WINTER GAMES, FESTIVE COOKING
& MORE!**

NEW GAMES



FREE FOOD



NEW FRIENDS



**SCAN ME
TO BOOK**



**FOR MORE INFORMATION CONTACT: HAF@REDBRIDGE.GOV.UK
OR VISIT FIND.REDBRIDGE.GOV.UK/HAF**



Year 7		
HOY	Ms R Gullefer	
SLT	Mrs H Martin	
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 Yiacoumi	NB10

Year 8		
HOY	Miss E Hayes	
SLT	Mr L Wood	
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	
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	
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/ Mr Q Qaiyum	MA4
10.D	Mr D Vardavas	MA5

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

Year 12		
HOY	Ms E Horne	
SLT	Ms D Samuel	
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	
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

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

VEGETARIAN MAIN MEALS

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sticky Lemon Sponge	Mixed Berry & Apple Crumble	Jam Roly Poly with Custard	Banana Pudding with Custard	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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Buffalo Cauliflower Wings, Served with Salt & Pepper Wedges (V)	Vegan Singapore Noodles (V)	Hot Falafel Buddha Bowl (V)	Onion Bhaji Skewer with Bombay Potatoes (VE)	Garlic & Chili Noodles (VE)

TRATTORIA

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



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	-	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. |

