

THE HERON HOMELINK *newsletter*



JULY 2024 Issue No. 12



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Redbridge Book Awards



IntoFilm Awards 2024



Sports Day

Education with Character

Message from the Headteacher will be in a separate end of term letter.

FEEDBACK CORNER



Thank you to all concerned for this evening's Innovate session. We very much enjoyed them taking the time at the end of their day to talk with us and provide some amazing taster food!
Year 9 parent

Dear Mr Nazir & Ms Feeney,
I wanted to thank you both for making the Silver DofE such a success. My daughter had an amazing time and has made some fantastic memories. Your hard work and dedication to the children is very much appreciated. Hope you both manage to get some rest!
Year 10 parent

Dear Mr Hamza,
I just wanted to thank you for all the work that you and others must have put into the Year 12 work experience week. My son enjoyed himself and learnt so much. I know that it has improved his confidence that he will be able to cope in a working environment. I also wanted to let you know that my contact at my son's work experience placement said she was impressed with the organisation beforehand, and at the lengths that the school (and I presume also a third-party company?) went to, to ensure the workplace was a safe environment for a young person. I really appreciate your efforts to make the work experience week happen. It must be so easy for a school to overlook something like this, which isn't directly related to exam results, yet I think it's so worthwhile for your students.
Year 12 parent

My daughter has had a great first year at Wanstead. Mr Weakliam and Ms Dietze are the absolute gold standard of teaching and I thank them for how their passion for their subjects has rubbed off on her.
Year 7 parent

Dear Miss Hillman,
As our son finishes high school, we wanted to thank you for everything you have done at Wanstead High. We feel incredibly lucky to have WHS as our local school. Thank you for your lead-

ership putting through the needed changes to make Wanstead even better. Hopefully our son will be back for sixth form.
Year 11 parent

Dear Ms Wali,
I sincerely appreciate the time and effort you've put into writing your email. It's exceptionally rare to find a teacher who genuinely takes the time to reflect on a student, listens to parental feedback, and provides honest insights. This truly means a lot to me. I have taken everything you said to heart and am carefully considering all the information. Once again, thank you for all the work you do for our children.
Year 8 parent

Dear Mr Holdbrook,
Thank you to you and your colleagues for taking the students to the Oval on Friday. I'm really grateful that staff are willing to take the time to organise and accompany these trips, as I think they go a long way towards encouraging a positive attitude towards school and creating positive memories of their time at Wanstead for my children.
Year 8 & 9 parent

Dear Mr Hadden,
I just wanted to take the time to thank you for your presentation last night as well as the very comprehensive information letter on changes to science at WHS. I found it really helpful and appreciate the time commitment from you in doing this.
Year 9 parent



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<https://www.wansteadhigh.co.uk/> or follow us on Twitter, Facebook or Instagram (wansteadhigh11)



THE DUKE OF EDINBURGH'S AWARD



London Borough of

Redbridge



Hola Señora Gómez,

We just wanted to say a huge thank you for everything you did to organise such a fantastic Barcelona trip. My children had a great time and got so much from the week. Hope you have a restful weekend - you've earned it!

Year 10 parent

Barcelona trip

Thank you for making the Barcelona trip such a huge success. My daughter had a fantastic time and has come home full of lovely memories. I really appreciate your time and dedication to the children.

Year 10 parent

Dear Ms Gullefer,

My daughter has gained so much confidence through increasing her participation in Dance and Drama at school, and is already looking forward to the next school production as well as the National Dance Competition. We feel very glad that both our daughters, get to benefit from the high-quality Dance and Drama teaching and opportunities at the school.

Year 9 parent

I wanted to say that Mr Z Ali is amazing! So helpful and dedicated to his work. He really helped me and numerous others with the options.

Year 9 parent

We want to thank Ms Kashaf for all that she has done – she helps our daughter so much with everything. I don't think our daughter would have had as great a year without Ms Kashaf.

Year 7 parent

Just wanted to express our gratitude to Mr Sains for attending the Essex Schools Championships held at Chelmsford, giving up his time on a Saturday to support the Wanstead High boys and the rest of the Redbridge team. His passion, encouragement and dedication to the boys outside of school time is extremely commendable. Please pass on our thanks.

Year 8 parent

Dear Mr Tann and Ms Begum,

Thank you so much for the brilliant trip to Southend. My daughter loved it and really enjoyed spending time with her school friends in a new setting. We are so appreciative of you organising such a fun time for them all, and know how hectic these last few weeks have been. Thank you for giving my daughter such a brilliant start to her time at Wanstead High. All best wishes for a fabulous summer!

Year 7 parent

Dear Miss White,

I just wanted to send you this email to say thank you so much on behalf of my daughter. You've supported her so amazingly through her tough times and I can't thank you enough. She speaks so highly of you and I'm so grateful that you were there for her. You are a credit to the school. Wishing you a wonderful summer.

Year 11 parent

Dear Ms Hillman,

I am a local Wanstead resident and outgoing Chair of the PTA at Nightingale Primary School. Apologies for sending this email late in the term but I wanted you to be aware of some fantastic community links that have taken place between our schools this year.

In particular, Evie and Laila in Year 9 who have volunteered with us throughout the year, as part of their Duke of Edinburgh award. In that time they have set up run a Diwali card making competition, helped hang up preloved uniform in our new preloved store, spent hours making sweet cones to be sold at our fairs, and helped out with selling at cake sales. Throughout, they have been creative, diligent and a delight to work with. They are a credit to Wanstead High and fill me with confidence about sending my own children to Wanstead High one day.

In addition, we had quite a few Wanstead High students who are either Nightingale siblings or ex-pupils who helped out at our recent summer fete. They were:

- Lara and her friend Zainab (Year 9)
- Zac (Year 9)
- Natasha and Ayla (Year 7)
- Giada (Year 9) and Gabriella (Year 10)

All of them were so enthusiastic and genuinely wanted to be there making a contribution to our community. Their presence had a huge impact on making the day a success and creating an environment that was fun for the Nightingale children - they really did set a great example.

I realise we may be too late in the term for them to receive any formal recognition but if their form tutors could be made aware in some way or you can think of any other way to note and recognise their contribution, I'd be very grateful.

Wishing you and your team a restful summer.

Chair Nightingale Primary School PTA

Messages from Heads of Year



Head of Year 7

Dear Parents and Carers,

Congratulations Year 7 – you have made it through the first year!

There have been some ups and downs, with a range of challenges to overcome, though largely I can say that I think that they have done remarkably well, and I am incredibly proud of them!

We have seen some incredible achievements from pupils across a range of

academic and extra-curricular activities. This has included outstanding achievements in the Maths challenge, the Redbridge English competition (beating other pupils from schools across the borough) and the LAMDA Drama qualifications.

Our cohort have demonstrated talents of a physical nature through participation in sports and dance. We were represented in the Great Big Dance Off competition, and have excelled on the football field and netball court. We also have pupils demonstrating individual excellence in the swimming pool, on the track and on the baseball diamond!

Music has been another aspect of the Year 7's talent – with performances at the Summer Concert and our very own power-trio band playing us in and out of assembly (although I hear that a 4th member has been added, so are no longer a power-trio).

I want to reiterate my vision for the year group – to be the best versions of themselves, to be kind, to be resilient and to do what is right (not what is easy). The vast majority have demonstrated this time and again, day in day out. I am really happy to celebrate their successes, and look forward to them growing and developing.

Looking forward to next year, there are already some exciting things lined up to look forward to, including a trip to watch Frankenstein and a celebration reward trip for the first term for all pupils accruing less than 10 behaviour points.

I will be looking for all the year group to be model pupils to the incoming Year 7 cohort (a number of pupils were recognised for this for their support at the recent transition day and information evening) demonstrating exemplary conduct, attitude and uniform – being the best they can be. This is something I know this group of fantastic pupils can achieve, and I look forward to supporting them realise this.

Wishing you all the best.

Mr D Tann



Head of Year 8

Dear Parents and Carers,

As an old timer and with the Summer Holidays stretching before us, I have become all nostalgic and I find myself wishing pupils have an 'Enid Blyton' type summer of playing out with 'lashings of ginger beer and ices'. Given that most of our pupils would have to consult Google if confronted with a postal order, I know my sentiments aren't perhaps realistic in this day and age! However

Year 8 never disappoint, and they have been absolutely amazing this term. We have had winners in Redbridge Poetry Competitions, Borough Sporting Stars, Literary Researchers, Film Makers Extraordinaire and Historical Research Heroes stand out in the year.

Whilst it is lovely to celebrate and marvel at all these wonderful achievements, I have to say all Year 8 have been stars that have shone bright this term. This was evident at Sports Day where pupils not only participated but supported, encouraged and celebrated each other's achievements. It was wonderful to witness (and reduced me to a complete wet lettuce!) The End of Year Trip celebrations also made me feel incredibly proud of our pupils. Members of the public stopped to comment on how consid-

erate they were on public transport, giving up seats and politely listening to former pupils' stories and experiences of WHS who met us along our journey. They were considerate cinema goers and in the park, they shared spaces and played considerately with each other and other children from special schools.

Year 8, you make my heart swell. I always appreciate the support, help, care and consideration our families give our pupils and the school will always endeavour to repay in kind. It was just so lovely to see and to share with you here occasions where our children follow some the values we try to instil in them.

It was a pleasure to take them on our trip and a delight to see them enjoy more simple pleasures, make their own entertainment and enjoy each other's company.

So I am hopeful they will enjoy an 'old fashioned summer' (without the Enid Blyton type mystery to solve!) and have an amazing time. They deserve it! Sending lots of love and thanks to all our families. I hope you have a wonderful summer and I look forward to working with you all in Year 9.

Ms C Murray



Head of Year 9

Dear Parents and Carers,

I hope that this edition of the Heron Homelink finds you well.

I want to thank you for your patience and understanding with the GCSE selection process. Curriculum Leaders, the Senior Leadership Team and myself have been dealing with a number of requests which we have tried our utmost best to resolve. Hopefully,

Year 9 pupils now have their desired options and ones in which they can flourish and enjoy during their Key Stage 4 studies.

I want to mention how amazing the Year 9 pupils were at Sports Day. Their conduct was fantastic throughout the day. Their effort levels and participation on the day was admirable and one that deserves recognition.

The Thorpe Park trip was a success and pupils had a great day. More information will come out to those parents of pupils who were allocated the September trip.

Best wishes and I hope that you all have a lovely holiday,

Mr M Tinker



Head of Year 10

Dear Parents and Carers,

I would like to say thank you for all staff and parent support during this Summer term, so much has happened and it has been a very enriching and informative term for our pupils.

This term the Year 10 pupils have experienced their first Mock examinations, this was preparation for November mocks and of course the Summer final exams taking place next year. I am pleased to say that the ma-

majority of the cohort took the examination very seriously and rose to the challenge with clear determination and independence. I feel that every pupil has reflected and grown from the mock experience and this has focused their minds and given them all a very clear and positive path moving seamlessly into Year 11.

I am happy to announce that I will be continuing to work with the Year 10 cohort into Year 11 and I will be moving into the post of Head of Year in the final year. I am very grateful for this opportunity and I am very excited to recognise and celebrate Year 10 for all their amazing achievements to come.

As we return in September, you will have received a letter for a

reward trip to Thorpe Park, I have been organising and leading on this, ideally the trip would happen in the Summer Term. However, as I only returned as Acting Head of Year 10 at the beginning of the Summer Term this did not leave me with enough time to plan effectively and secure tickets/coaches. Therefore, I did not want the pupils to miss out on the opportunity to create memories together, so this trip will be happening on the second Friday next academic year.

As we enter the next academic year, pupils start their journey into GCSEs and post-16 education. As parents and carers there will be a lot of information in regards to this, such as guides on how to apply to Sixth form and Colleges, how to support your child during GCSEs and revision and intervention timetables. Myself and Mr Ali will be supporting the year group with this and will be hosting an information evening for all parents, carers and pupils early next academic year, please look out for this information.

Congratulations to all pupils on a very successful Year 10!

Filled with amazing memories such as competitions, successful NEA exams, the Duke of Edinburgh's Award cohort for completing their expedition and so much more, you should be extremely proud of yourselves for all you have achieved this term. I feel very privileged to be working and supporting you again.

Please be safe during the holidays and I look forward to starting next year with you all, for your final year.

Thank you.

Ms R Gullefer



Head of Year 11

Dear Parents and Carers,

Well done to our amazing Year 11 pupils who showed such determination and resilience during their GCSE exams. Our Year 11s had an enjoyable leaver's day with lots of reminiscing about their memories at Wanstead High School. The Year 11 Leavers' Prom was a chance to celebrate their hard work. It was a lovely evening and I was so proud

– everyone looked fabulous! (See pages 33)

What a journey – 3 incredible years together! As a year group, we have all been through so much together and, as individuals the Year 11s have excelled in so many different ways.

As many of the year group will stay on at our Sixth Form, I can't wait to see them continue to flourish. For those that will start a different post-16 journey, I would like to wish them the very best for a successful future.

It has been one of the most rewarding times of my career working with Year 11 this academic year. I would like to thank the Class of 2024 along with all of their parents/carers and wish you all the best of luck for the future.

Have a great summer. Stay safe and I look forward to seeing you on GCSE Results Day on 22nd August from 9.00am.

Ms G White



Head of Year 12

Dear Parents and Carers,

As we reach the end of this productive and eventful term, I would like to take a moment to reflect on the highlights and accomplishments that have made it a truly successful period for our Year 12 pupils. It has been a term filled with opportunities for growth, exploration, and significant achievements, and I am proud of what our pupils have accomplished.

One of the key events this

term was our trip to the University of East London for the UCAS fair. This outing provided our pupils with a fantastic opportunity to explore a wide range of universities, engage with admissions representatives, and gather essential information to help shape their future educational pathways. The pupils attended informative sessions, collected brochures, and asked insightful questions, gaining a deeper understanding of the different universities, courses, and entry requirements. It was heartening to see the pupils' enthusiasm and inquisitiveness as they explored their options and considered their next steps.

In addition to the UCAS fair, many of our pupils took part in work experience placements. These placements offered valuable insights into various professional fields, allowing pupils to gain

hands-on experience and a better understanding of potential career paths. These experiences provided practical skills, from shadowing professionals to working on real projects. Such experiences are vital in helping them make informed decisions about their futures and develop skills that will benefit them in their professional lives. The feedback from employers was extremely positive, with many admiring our pupils' professionalism, excitement to learn, and contribution to their teams.

This term also saw the completion of our Higher Education drop-down day, where pupils received comprehensive information about universities. These sessions were designed to provide a thorough understanding of the opportunities available, helping pupils to navigate their future choices. Our guest speakers included: representatives from Queen Mary University London, SOAS University, the University of East Anglia, the NHS, and Wanstead High alumni. Pupils participated in workshops on UCAS registration and personal statement writing, equipping them with the tools they need to succeed in their UCAS application. The sessions also highlighted alternative routes, such as gap years and apprenticeships ensuring that every pupil is aware of the full spectrum of opportunities available to them.

Overall, it has been a successful academic year. The dedication and hard work shown by our Year 12 pupils has been truly commendable. I hope this will carry forward into Year 13.

Thank you to all the parents and carers for your continued support and encouragement. Your involvement plays a crucial role in your child's success.

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

Mr M Hamza



Head of Year 13

Dear Parents and Carers,

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

A Level results day this year is 15th August and pupils can pick up their results from school from 8.00am.

The Exams Team, Sixth Form Team, Ms Bray and I will be on hand to support and advise if necessary. It is really important that your young adult is available on this day to pick up their results from school and to liaise with universities to secure degree places (if necessary). If your young adult is unable to pick up their results in person, they can nominate someone else to pick it up on their behalf. They will need to email the Exams Team examsanddata@wansteadhigh.co.uk the name of the person who is collecting and that person will have to bring in ID on the day. Otherwise, we can email results to your young adult.

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

On results day we very much hope that our pupils will be thrilled when they open their brown envelopes and that all pupils will

get either get their firm or insurance offer. If things don't go quite according to plan, there are a few options worth considering including applying through clearing.

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

You can use clearing if:

you're applying after 30 June

you didn't receive any offers (or none you wanted to accept)

you didn't meet the conditions of your offers

you've declined your firm place using the 'decline my place' button in your application (this would be on results day)

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

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

With very good wishes for the future.

Ms T van Beers

Redbridge Book Awards and Competitions 2024

On 11th July, we accompanied our pupils to Redbridge Town Hall for the annual Red-bridge Book Award ceremony. Pupils had the wonderful opportunity to meet various authors. The ceremony was a gathering of pupils from many other Redbridge schools, all eagerly awaiting the results of the borough-wide short story, poetry, and book jacket competitions. Our pupils had been entered in all four competitions across both junior and teenage categories.

WINNERS in three out of the four categories and had also secured runner-up positions in almost every category. The Mayor presented prizes to the winners.

We are incredibly proud of our pupils' efforts and talents, especially as they were competing against hundreds of children from other Redbridge schools. Congratulations to all the participants for their hard work and outstanding achievements!

We were thrilled to hear the host announce that our pupils were



Winners

- Daniel Year 8 - claimed first place in the **Teenage Fiction** category
- Zayan Year 7 - was the winner in the **Short Story Junior** category
- Connie Year 7 - emerged victorious in the **Book Jacket** competition

Runners Up

- Adam Year 7 – **Short Story Junior** Competition
- Erin Year 8 – **Short Story Teenage** Competition
- Emmanuel Year 7 - **Junior Poetry** Competition
- Matthew Year 8 – **Teenage Poetry** Competition
- Aaleyah Year 7 - **Book Jacket Junior** Competition

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Book Jacket Winner – Connie Year 7



Book Jacket Runner Up – Aaleyah Year 7

Teenage Short Story Winner – By Daniel - Year 8

Last Supper

For some considerable time, David had known he would kill his wife. David was a creature of habit, and yet he had learned to accept his anonymity and predictability as a blessing, not a curse. He rose at the same time, dressed in clothes indistinguishable from those he wore on any other day, ate the same breakfast, took the same route to work. He read the message and then read it again. Meh. He filed insurance claims until lunchtime so this would be like any ordinary day, and then he walked to the park. Here he sat for forty-eight minutes to read the newspaper, to eat his sandwich, and then he walked back to the office. To him, this routine had become a comfort. David had made no definite plans as to the means of disposal for her body, nor how he would explain her sudden disappearance to family, friends and neighbours. Perhaps he believed that once the deed was done he would be struck by a brilliant solution, a streak of lightning, a bolt from the blue. David had decided the manner of her death, however.

He would stab her in the eye. The chosen instrument of death was not a knife, but a knitting needle. He had bound half its length in duct tape so as to provide a firm grip, yet with six inches exposed he believed that the needle – if driven suddenly, and with sufficient force – would pass directly through her eye and into the brain. There would be little, if any, blood, and death would be instant. She had given him fifteen years of comfortable, predictable marriage, and he did not wish to cause her any undue pain or distress. In fact, David did not think of it so much as a murder, but more of an execution for some unknown crime. And so it was, on a cool summer evening, that David and his wife sat at the kitchen table to eat. She had prepared a chicken salad and opened a bottle of Sauvignon Blanc. They ate in near-silence, the stillness punctuated by the odd pleasantries, the fact that rain had been expected but not arrived. “Perhaps tomorrow”, David had commented, finding it ironic that he was mentioning something of which she would know nothing. David sat calmly, the knitting needle beneath his thigh. He felt a sense of philosophical resignation regarding the inevitability of what was about to happen. There would be no struggle, no raised

voices, no desperate drama as she fought against hands tightening around her throat. There would be no blood spatter, no scuff-marks from frantic heels against the linoleum. She would find herself at dinner, and then she would be dead. Perhaps she would not even notice.

“You’re having no wine?” he asked her.

“No,” she said. “I have a slight headache. The wine will worsen it.”

It was then that David experienced a sudden pang of something. She had smiled at him, and smiled in such an innocent and unaffected way, and there had almost been a sense of sadness in her tone. She could not know what he had planned, for he had planned nothing beyond her death. She could not suspect him of any deceit. Each day had been the same. He had done the same things, expressed the same thoughts with the same words, continued with routines that had remained constant and unchanging for years. In fact, it was safe to say that the single most defining characteristic of their marriage was that nothing ever happened. But now he was feeling something. Was it regret? Guilt? Was he even now questioning the determination he had made to kill her? Why was he experiencing this sense of disorientation, a feeling of agitation in his stomach, a fleeting wave of nausea? Why did he now feel so weak, so uncertain? He opened his mouth to speak. His words were thoughts, but they were not sounds. She looked at him, the same sense of sadness in her eyes. The stab of pain in his gut was breath-taking. It snatched every molecule of air from his lungs and throat. He had never felt anything like it. The pain did not last so long – thirty seconds, perhaps forty. He felt his cheek against the plate of moist salad, and then he felt nothing at all. David’s wife carried the wine bottle and the glass to the sink. She was methodical as she washed them, ensuring every grain of sediment was removed from both. And then she stood in the kitchen doorway, and she looked at her dead husband, and she believed that during the last days – as she had planned his murder – she had felt more than enough emotion to compensate for a decade and a half of feeling nothing at all.

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Junior Short Story Winner – Zayan Year 7

Gaming

He read the message, then read it again.

As his mind swarmed with the words, he tried to ignore the message and started to pace back home even though he had promised his mum he would get the groceries from the shops. When he arrived at his door, Salah fumbled in his pockets to find his keys. His fingers were as anxious as his mind as he tried to slot the key into the keyhole. The door opened and Salah crept into the hallway, his body shaking and eyes frantic. Hoping that his mum wouldn't hear him, he sprinted to his bedroom.

Back to his dark room. Back to the silence. Back to his PlayStation.

His heart pounded in his chest, he scrambled with the switch. Flick. Light revealed his desk and his computer. As he logged into his gaming account, he flung his phone out of his pocket and messaged 'I'm online'. Eyes darting, Salah checked the names of the players who were already online. And just like that, he was ensnared in the gaming world again.

The PlayStation had arrived on his twelfth birthday and for two years he had been glued to the screen. Ever since then, it was as if there was a spell that had thrown him into this dark world of virtual landscapes, virtual friends and avatars. Every evening, the console was a black hole sucking him in deeper and deeper and there was no escape or turning back.

Fingers clicking, the bright graphics mesmerised him as he rapidly began to build and edit his favourite avatar that transformed him from Salah to Midas. Body golden and hulking, solid posture and muscular biceps; this was the new Salah. Salah smiled as Midas stormed through the emerald grass, pickaxe in hand. Once again, there were ten players remaining, but Salah was determined and fixated on being victorious. Salah's eyes glistened. This is where he fit in. This is where he had friends. The only place he had friends. Here, he could be a winner. Instead of a loser.

Suddenly, a voice broke into his concentration.

"Salah, is that you?" his mum yelled from the bottom of the stairs.

"Yeah, I've come back because the shops were closed!" he yelled back whilst still engrossed in the game.

Salah heard his mum's thundering steps as she stomped up the stairs.

His mum burst into his room. "Salah, you're lying to me. I called the shop and it was open!" she snapped.

Furiously, he glared at his mum, 'I don't have time for your stupid chores!' he snapped. Shocked and tearful, his mum turned back in despair. The gaming had created a barrier between them. He knew that his mother worked twelve hour shifts just to pay the bills. He knew that she struggled as a single mother. He knew that she was ex-hausted after work and that was why she had bought him the PlayStation to keep him distracted. But now that his school grades had dipped, she blamed his gaming. Because of this, he could not talk to her about any of his problems. Such as the bullying that had now followed him from the physical to the online world...

Salah put his headphones back on and zoned into the screen. Suddenly he heard a voice echoing the same words that he had seen on the message on his phone. The message that had filled him with terror and sent him running home. The same message that he had been receiving for the last few days.

A voice that taunted him. He had tried to escape into the gaming world but the dark voices of the bullies had followed him into the game.

He flung off his headphones, but the words lingered in his head...

His phone vibrated in his hand. Against his will, he checked the message. It was the same as before.

"Ur dead im comin 2 get u"

Salah's heart drowned as the harsh cruel words sank into his mind. The message that he had tried to block out all day had now crept in like a sinister shadow.

There was a thud at the front door.

He could hear his mother in the kitchen.

As his heart pounded in his chest, he went downstairs and opened the door.

Game over for Salah...

Teenage Short Story Runner Up - Erin Year 8

The Note

Peacefully, the sun rose into the sky displaying pinks, oranges and yellows. It was so bright and sunny with no clouds in the sky to be seen, as she rose from her bed with a smile quickly spreading across her face. Quickly, she got her outfit on and got ready before having her breakfast, while reading. Slowly, the clouds started to become darker, before the high-pitched noise reached her ears. She put down her book and ran to the door, only to find no one but the wind was screaming at her; like a wolf howling.

Steadily and slowly, she tilted her head down to find a note on her doorstep. Quickly, she moved her head side to side wondering where it came from as her mum and sister had only been out for a while. As she slowly put her hand down she picked it up and ran inside as if something was reaching out to grab her.

She slammed the door, worried because it was addressed to her even though she had never before received mail! However, keen to find out what it said, she ripped it open as if she had been waiting for it for years or as if it was worth a million pounds.

She read the message. Then read it again.

"Save your world or your family". She dragged her hand across her face, removing the sweat sticky like honey.

Fearful and nervous of this message, she had always wanted to change the world by exploring, but as she grew up, she came to recognise that it was some stupid game that society made up. She had always been bullied for it. Uniqueness was a threat that was frightening because she was different or strange; she was an outcast. Repressing her feelings and smiling was always

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a disguise no one could see through. No one really knew who she was an-ymore, something killed her that day and she never came back. Family and exploring lit up her life with colours and people drained her of them.

“Outcast”. “Stranger”. “Freak”.

They were her labels and written all over her. Depressed was how she really felt, it was as if she had never existed. A ghost who was just there, who was known as a monster. Many years, she had put on a fake disguise of smiles and joy, while she felt like she was hardly alive anymore and half of her was dead clinging on to the last of her heart before having to let go. Suddenly, her eyes were guided to a line of numbers on the edge of the page. It was here where she had an impulse to make one last adventure following the numbers on the page and make an ending to her last years of depressing childhood. She decided to go no matter where it would lead her as she wanted to confront the person behind the note.

Next morning, she woke up to a blue sky, although she didn't feel joyful. Her smile turned into a deep frown with a witless look on her face. Tired and exhausted from getting no sleep as her thoughts kept her wide awake through-out the night, twist-

ing and turning, as well as starting to feel ill. However, still going through with the plan, she set off on her journey (although she had to lie to her mum and sister along the way).

The journey had begun and not knowing how it would end sent shivers down her spine. Scared, she walked through vast lands with tall, over towering trees of darkness as well as short and prickly plants. Birds flew ahead in the sky in a flock together embracing their variety of wings shapes, sizes and colour. Mud squelched under her feet as she neared the location, with every step she took she got more agitated. It was nearly pitch black and was raining with thunder striking. Finally, she was there, cautiously lifting her head up to read the encrypted letters on top of a stone cave with cobwebs covering everything in dust.

She entered the cave and looked around. Nothing or no one was there; just rocks, cobwebs and bugs until a bit of white paper caught her eye. Carefully and slowly, she approached the note only for it to say “save your world or your family”. This time however “family” was scribbled out and under it, it said “You're too late”! Her face dropped into her hands as a tear came out and she then realised what she had done. Everything went black.

Junior Short Story Runner Up - Aadam Year 7

Once upon a time in a small sleepy town, there lived a young woman named Emma. Emma was an avid reader, spending most of her days immersed in the vivid worlds created by authors from far and wide. She had discovered the magic of literature at a young age, and ever since, her thirst for words had only grown stronger.

One sunny afternoon, as Emma sat on a worn-out park bench with her nose buried deep within the pages of a captivating mystery novel, her serenity was abruptly interrupted by the familiar chime of her phone. Curiosity piqued, she set her book aside and reached for her device, wondering who could be messaging her on such a tranquil day.

The message on her phone screen was brief, yet it managed to fill Emma's heart with both intrigue and confusion. She read the message, then read it again, hoping to decipher its cryptic meaning. It was from an unfamiliar number, and it simply read, "Meet me at the old oak tree in the park at dusk. It's time to unveil the secret."

Emma's mind raced with questions. Who could possibly know about her fascination with mysteries? Was this some kind of prank, or was there a genuine secret waiting to be revealed? She studied the message again, searching for any clue or hint that would lead her to its meaning. As dusk settled upon the sleepy town, Emma found herself standing beneath the towering branches of the ancient oak tree. Her anticipation mingled with nervousness, creating a whirlwind of emotions within her. The sky was ablaze with hues of orange and pink, casting a surreal glow over the surroundings.

Out of the corner of her eye, she caught a glimpse of movement. Turning her head, Emma saw a figure slowly emerging from behind the tree, bathed in the soft, golden light of the setting sun. It was a man, his face masked by a wide-brimmed fedora. With a hesitant step, Emma approached the enigmatic stranger, her heart pounding in her chest. The man spoke in a hushed whisper, words dripping with anticipation and excitement.

"I know your love for mysteries, Emma," he said. "And today, I have a mystery for you to unravel. The secret lies hidden in the pages of a forgotten book, waiting to be discovered."

Emma's eyes widened with wonder, her hands trembling with anticipation. Without uttering a word, the man handed her a tattered leather-bound journal. The book's pages were yellowed with age, its spine worn and frayed, bearing the weight of countless stories from the past.

She read the message once more, and as her eyes scanned the familiar words, something clicked within her. The pages of the journal held a series of intricate riddles, leading to mysterious locations around the town. Each discovery brought her closer to unravelling the enigma that had been laid before her.

Night after night, Emma delved into the labyrinth of puzzles, completely enraptured by the challenge before her. With each clue she deciphered, she uncovered not only the secrets hidden within the town's history but also the passion and adventure that had been missing from her own life. Days turned into weeks, and weeks into months, as Emma roamed the town, following the breadcrumbs of the forgotten book. And one fateful day, beneath the radiant glow of the full moon, she finally reached the end of her journey.

With trembling hands, she opened the ancient book one last time, its last chapter finally revealed. The secret she had pursued with such fervour now lay before her. But what she discovered changed everything. Contained within those pages were not only the answers she sought but also the key to unlocking her own untapped potential. She had become more than just a reader; she had transformed into a storyteller. And from that day forward, Emma vowed to weave tales as captivating and enchanting as the one she had just brought to life.

She closed the book, a smile playing upon her lips, and stepped into the moonlit night—a world of endless possibilities awaiting her.

Redbridge Book Awards and Competitions 2024

Junior Poetry Runner Up - Emmanuel 7.3

These are my streets, your streets, our streets,
We share these streets.
Diversity is what we need,
Embrace all the people, every colour and creed.
Smile when you see someone on the road,
A wave or a 'whass good?' might lighten their load.
Community counts for a lot,
So be kind and cherish what you've got.

These streets, some people have to make it their home,
Shouts and jeers late at night, cold and alone,
Tired faces, people yawning,
That's what they see on these streets every morning.
The world will not become a better place if we don't show support.
Not everyone's situation is their fault.
So be there to help, include and we'll all grow together,
We can all make a difference, so never say never.

Streets and dreams and hands and feet,
everybody walking to a different beat,
People need a helping hand, let's stand up and lead,
Be the change you want to see, help people with what they need.
Homes, streets, shelters, we're all part of the human race,
So let's make sure we all feel we belong in this place.
Look out for one another, don't turn away and hide,
Show up for your community, we're all on the same side.

Teenage Poetry Runner Up - Matthew Year 8

These are my streets,
Here my memories reside,
Each corner has tales,
Sadly, lost to time,
Entirely forgotten.

Are my streets the same,
Rather, have they changed at all,
Everything seems similar.

My streets seem no different,
Yellow houses adorn them all.

Streets made of cobblestone,
The trees on this corner still reach for the skies,
Round the corner, the shops still glow,
Each lamp post standing like guards,
Each narrow alleyway littered with graffiti,
The house I grew in now left in ruin,
Something that seems different now.

Now I realise why my streets are so different,
They are no longer illuminated by the glow of my mother,
An angel from below,
Now taken back above.

Your laughter echoes in the corner of my mind,
Your loving affection that felt so kind,
Your spirit will always live on,
In the morning's beautiful golden dawn,
I cannot hear or touch you,
But I know you still there.

These are my streets,
Once illuminated by an angel,
An artificial sun.

These are my streets,
Now dark and glum,
All the alleyways and streets seem the same,
But I know inside,
They will never truly be the same.

Year 8 'Culturally Speaking' Speakers Trust Workshop

A cultural, heritage and oracy skills programme funded by the Kusuma Trust

On Friday 12th July, the same Year 8 pupils also experienced a fun and active workshop where they learnt key skills in public speaking.

They also learnt how to write a speech developing their literacy skills as well as developing their oracy skills!

By Ms N Ahmed



Wanstead Summer Reading Challenge

Over the summer holidays, we would like to encourage all pupils to get involved in the Wanstead Summer Reading Challenge! The Wanstead Summer Reading Challenge will not only keep pupils engaged in their learning but also provide them with an opportunity to discover new worlds, nurture their imagination and expand their vocabulary. Most importantly, this is a great way to foster a love for reading! To support reading choices, there is a reading list attached, however, pupils can read their own choice of books too. Visiting a local library or choosing an e-book are other great options.

All pupils will be expected to complete the reading entry form which will help keep a record of the reading that has been completed. When pupils return in September, they must hand their completed signed entry forms to form tutors. The forms will be used to determine achievement points, certificates and winners for each year group! All entrants will be awarded achievement points based on the criteria below:

Category	Award
Novel (200-300 pages)	3 Achievement Points
Comic	1 Achievement Point (maximum 5 Achievement Points regardless of how many comics have been read)
Short stories (3-30 pages)	2 Achievement Points
An unusually longer novel/ non-fiction book eg. 'Romantic Outlaws' (small font 547 pages) 'History of Europe' (1392 pages)	6 Achievement Points

Deadline for completed reading entry form: Friday 13th September 2024



Enjoy Reading!

Full name: _____

Tutor Group: _____ (if known)

Parent/Carer signature _____

	Book title	Author	A couple of sentences about what you thought of the book and why.
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

Recommended Reads: Key Stage 3

Action, Adventure, Mystery & Thrillers

Storm Catchers by Tim Bowler
The Terrible Thing [...] Barnaby Rocket - John Boyne
Bodyguard or Gamer (& sequels) by Chris Bradford*
Alone by DJ Brazier
Mortal Chaos or Lie, Kill, Walk Away –M Dickinson
The London Eye Mystery by Siobhan Dowd
The Girl Who Stole An Elephant by Nizrana Farook
The Boy Who Flew by Fleur Hitchcock
High Rise Mystery & Mic Drop by Sharna Jackson
Girl Missing (& sequels) by Sophie McKenzie
The Recruit (& sequels) by Robert Muchamore*
Hatchet by Gary Paulsen
Ruby in the Smoke by Phillip Pullman
Wolf Wilder or The Explorer by Katherine Rundell
Murder Most Unladylike (& sequels) – R Stevens
Lost (Choose Your Own Adventure) -T Turner*

Dystopian & Science Fiction

The Infinite by Patience Agbabi
Ink (& sequels) by Alice Broadway
Where the River Runs Gold by Sita Brahmachari
Gone or BRZK (& sequels) -Michael Grant
The Giver and Gathering Blue by Lois Lowry
The Dog Runner by Bren Macdibble
Killer T by Robert Muchamore
The Knife of Never Letting Go (& sequels)-P Ness
Railhead & Mortal Engines (& sequels)-P Reeve
Scythe, Unwind, Dry (& sequels) – N Shusterman
Destination Earth by Ali Sparkes
Contagion or Slated (& sequels) by Teri Terry
The 5th Wave (& sequels) by Rick Yancey

Fantasy, Magic Realism, Horror & Ghost

Children of Blood and Bone by Tomi Adeyemi
The House With Chicken Legs (& Girl/Bear) - S. Anderson
Asha & The Spirit Bird by Jasbinder Bilan
Mind Writer by Steve Cole*
Artemis Fowl (& sequels) by Eoin Colfer
Rumblestar by Abi Elphinstone
Who Let the Gods Out (& sequels) by Maz Evans
Ranger's Apprentice or Brotherband - J Flanagan
Inkheart (& sequels) by Cornelia Funke
The Graveyard Book by Neil Gaiman
Blackberry Blue by Jamila Gavin
Brightstorm: A Sky-Ship Adventure by Vashti Hardy
Girl of Ink and Stars by Kiran Millwood Hargrave
Skulduggery Pleasant (& sequels) by Derek Landy
Eragon (& sequels) by Christopher Paolini
Tales of Terror, Mister Creecher – by Chris Priestley
Northern Lights (& sequels) by Phillip Pullman
Goth Girl (& sequels) by Chris Riddell*
Mrs Peregrine's Home for Peculiar Children - Riggs
Zom-B or Cirque du Freak (& sequels) by D. Shan*
Oh My Gods by Alexandra Sheppard
Black Panther the Young Prince by Roland L Smith
The Edge Chronicles by P Stewart and C Riddell
Ghost Boys or Black Brother[...] Jewell P Rhodes

Esperanza Rising by Pam Munoz Ryan
Operation Frog Effect by Sarah Scheerger
Can You See Me or Do You Know Me – Scott & Westcott
The Marvels or Wonderstruck by Brian Selznick*
The Boxer by Nikesh Shukla
Stargirl by Jerry Spinelli
Clean Getaway by Nic Stone
Roll of Thunder, Hear My Cry by Mildred Taylor
The Hate U Give by Angie Thomas
Goldfish Boy by Lisa Thompson
The 1000 Year Old Boy by Ross Welford
A Boy Called Hope by Lara Williamson
Brown Girl Dreaming or Harbor Me - J Woodson

Sports

Booked, Crossover or Rebound – K. Alexander*
Stat Man by Alan Durant *
Man of the Match (& series) by Dan Freedman
The Number 7 Shirt or The Lion Roars - A Gibbons*
Kick by Mitch Johnson
The Fix by Sophie McKenzie*
The Greatest: Muhammed Ali by Walter D Myers*
Ultimate Football Heroes Collection – M&T Oldfield*
Football Academy or Foul Play series – Tom Palmer*
Soccer Squad, Dream On (& series) by Bali Rai*
Outcasts United (young people edition) -W. St John
The Football Boy Wonder (& sequels) - Martin Smith*
Pay Attention, Carter Jones by Gary Schmidt*

History, War, Conflict & Refugee Experience

Soldier Dog or A Horse Called Hero - Sam Angus
The Boy in the Striped Pyjamas by J Boyne
Illegal by Eoin Colfer *
Wolf Children, Red Shadow, Eleven Eleven - Dowswell
Under a War-Torn Sky by L.M. Elliott
Boy 87 by Ele Fountain
The Bone Sparrow by Zana Fraillion
Once (& sequels) by Morris Gleitzman *
Bone Talk by Candy Gourlay
Grenade by Alan Gratz
Race to the Frozen North*, Blade and Bones or Sawbones by Catherine Johnson
Orphan Monster Spy by Matt Killeen
Inside Out and Back Again by Thanhha Lai
Buffalo Soldier or Apache by Tanya Landman
Every Falling Star (North Korea) by Sungju Lee
Dog Tags: Semper Fido or Strays by C A London*
Diver's Daughter: A Tudor Story by P Lawrence
Shadow or In the Mouth of the Wolf - Morpurgo
Sunrise Over Fallujah by Walter Dean Myers
Humorous books
Little Badman & [...] Killer Aunties - Humza Arshad
Millions, Cosmic or Broccoli Boy by Frank C Boyce
The Last Kids on Earth (& sequels) by Max Brallier*
Fenway and Hattie by Victoria Cole*
Adventures of a Wimpy Vampire (&more) - T.Collins*
The 13-Storey Treehouse (& series) by A Griffiths*
Cookie & the Most Annoying Boy... by Konnie Huq*
Enginerds (& sequels) by Jarrett Lerner*
Disaster Diaries: Zombies (& sequels) - R McGeddon*
The Accidental Billionaire series - T McLaughlin
The World of Norm series by Jonathon Meres*
Accidental Trouble: Planet Omar by Zanib Mian

Middle School series by James Patterson*
Tom Gates series by Liz Pichon (dyslexia-friendly)*
Big Nate series by Lincoln Peirce*
Killer Animals series by Tracey Turner

Relationships & Tough Situations

Cyborg Cat (& sequels)- Ade Adepitan*
Boy Underwater by Adam Baron (!)
Noughts and Crosses, Hacker, Boys Don't Cry or Pig-Heart Boy by Malorie Blackman
Blubber or anything by Judy Blume
Artichoke Hearts or Jasmine Skies - S. Brahmachari
A Pocketful of Stars by Aisha Bushby
New Kid or Class Act by Jerry Craft
One, Apple & Rain, Moonrise, Toffee - S Crossan
Bud Not Buddy by Christopher Paul Curtis
Stella By Starlight or Blended by Sharon Draper
Running on Empty by S.E. Durrant
Mind the Gap, Being Billy or Saving Daisy - P Earle*
The Many Worlds of Albie Bright – Chris Edge
Mockingbird by Kathryn Erskine
Tulip Touch, Goggle Eyes or Flour Babies by A. Fine
Lenny's Book of Everything by Karen Foxlee
Check Mates & The Bubble Boy by Stewart Foster
Unstoppable by Dan Freedman*
One Crazy Summer by Rita Williams-Garcia
George by Alex Gino
Tall Story or Shine by Candy Gourlay
The Island at the End of Everything – KM Hargrave
After the Fire by Will Hill
Boy in the Tower by Polly Ho-Yen
A Different Dog by Paul Jennings*
Red Sky in the Morning by Elizabeth Laird
Scarlet Ibis by Gill Lewis
Out of Heart by Irfan Master
Lark (& series) by Anthony McGowan *
A Monster Calls by Patrick Ness
No Fixed Address or Word Nerd – Susin Nielsen
Wonder by R.J. Palacio (!)
Pax or Here in the Real World - S Pennypacker
Freak the Mighty by Rodman Philbrick
Unboxed by Non Pratt *
A Good Kind of Trouble by Lisa Moore Ramee
Long Way Down, Look Both Ways, Ghost - Reynolds*
A Night Divided by Jennifer Nielson
Armistice Runner or Over the Line by Tom Palmer*
A Long Walk to Water by Linda Sue Park
The Red Pencil by Andrea David Pinkney
Now or Never: A Dunkirk Story by Bali Rai*
The Boy at the Back of the Class by Onjali Rauf
Salt to the Sea by Ruta Sepetys
Eagle of the Ninth by Rosemary Sutcliffe
Refugee Boy by Benjamin Zephaniah
The Book Thief by Marcus Zusak

Note to parents: Some books from this list are written for young adult readers; this means there may be occasional 'grit-ty' content. Generally, by Key Stage 3 young people are ready for this, but parents know their children best; if you have queries about suitability, please check online reviews or ask your child's teacher.

* = Top picks for reluctant readers

Recommended Reads: Key Stage 4

Action, Mysteries, Horror & Thrillers

Famous Last Words or Bad Girls Don't Die – Alender
Bodyguard: Hostage (& sequels) by Chris Bradford*
Dead Time (& sequels), Getting Away With It or The Bone Room by Anne Cassidy*
And Then There Were None by Agatha Christie
Say Her Name by Juno Dawson
Mortal Chaos, Speed Freaks, The Everest Files or Lie, Kill, Walk Away by Matt Dickinson*
A Gathering Light by Jennifer Donnelly
The Enemy (& sequels) by Charlie Higson*
House of Silk, Moriarty, Magpie Murders - Horowitz
A Good Girl's Guide to Murder by Holly Jackson
Sawbones or Blade & Bone by Catherine Johnson
The Long Weekend by Savita Kalhan
Carrie or It by Stephen King
We Were Liars by E Lockhart
Here We Lie, Sweetfreak, Blood Ties or Girl Missing (& sequels) by Sophie McKenzie
#Murdertrending by Gretchen McNeil*
One of Us is Lying, One of Us Is Next or Two Can Keep a Secret by Karen McManus
I am Still Alive by Kate Marshall
Blame or Itch (& sequels) by Simon Mayo
The Recruit (Cherub), The Escape (Henderson's Boys) or Rock War (& sequels) by R Muchamore*
Foul Play (& sequels) or Ghost Stadium - T Palmer*
Daniel X or Confessions of Murder by J. Patterson*
13 Minutes by Sarah Pinborough
Remade or TimeRiders (& sequels) - Alex Scarrow*

Autobiographies/Memoirs/Biographies

Tuesdays With Morrie by Mitch Album
I Know Why a Caged Bird Sings by M. Angelou
A Street Cat Named Bob* by James Bowen
Playing the Enemy by John Carlin
In Cold Blood by Truman Capote
Nothing to Envy (North Korea) by B Demick
Hope in a Ballet Shoe: Michaela & Elaine DePrince
Wave: Life After the Tsunami by S. Deraniyagala
One Dog at a Time (& sequels) by Pen Farthing
Fatal Throne: The Wives of Henry VIII - multiple YA writers (fictionalised biography)
Diary of a Young Girl by Anne Frank
Marley & Me by John Grogan*
Mud, Sweat and Tears by Bear Grylls*
Fever Pitch by Nick Hornby
The Story of My Life by Helen Keller
Finding Gobi by Dion Leonard*
Today Everything Changes by Andy McNab*
Chinese Cinderella by Adeline Yen Mah
Long Walk to Freedom by Nelson Mandela
A History of the World in 21 Women - Jenni Murray
The Greatest: Muhammed Ali by WD Myers*
Dreams From My Father by Barack Obama
Becoming by Michelle Obama
Persepolis by Marjane Satrapi (graphic novel)*
Touching the Void by Joe Simpson*
Brown Girl Dreaming by Jacqueline Woodson*
Black Boy: A Record of Youth & Childhood - R Wright

I am Malala by Malala Yousafzai
I am Thunder or Kick the Moon - Muhammed Khan
The Secret Life of Bees or Invention of Wings - Kidd
Rose, Interrupted or Orangeboy - Patrice Lawrence
Brock, Pike, Rook & Lark by Anthony McGowan*
The Sky is Everywhere or I'll Give You.. by J Nelson
Things a Bright Girl Can Do, An Island of our Own or Ways to Live Forever - Sally Nicholls
We Are All Made of Molecules, Word Nerd or No Fixed Address by Susin Nielson
All the Bright Places & Holding Up Universe - Niven
Before I Fall or Vanishing Girls by Lauren Oliver
My Sister's Keeper or Small Great Things - J Picoult
My Sister Lives on the Mantelpiece or Ketchup Clouds by Annabel Pitcher
The Harder They Fall or Stay a Little Longer; (Un)arranged Marriage or Killing Honour -Bali Rai*
Gloves Off or Black Heart Blue by Louisa Reid*
Long Way Down* by Jason Reynolds
Extraordinary Means or Severed Heads, Broken Hearts by Robin Schneider
The Lovely Bones or Lucky by Alice Sebold
The Boxer or Run, Riot by Nikeshe Shukla
Counting by 7s by Holly Sloan
The Help by Kathryn Stockett
Stone Cold by Robert Swindells*
Anita and Me by Meera Syal
Lies We Tell Ourselves by Robin Talley
Roll of Thunder, Hear My Cry by Mildred Taylor
Somebody Give This Heart a Pen by Sophia Thakur
The Hate U Give or On the Come Up by A Thomas*
The List by Siobhan Vivian
It's Kind of a Funny Story by Ned Vizzini
My Name is Leon by Kit de Waal
Can You See Me? by L Scott & R Westcott
Liclle Bit (& sequels) by Alex Wheatle
The Art of Being Normal by Lara Williamson
Oranges Are Not the Only Fruit – J Winterson
Frankly in Love by David Yoon
Teacher's Dead, Face or Terror Kid by B. Zephaniah

Conflict, War, Genocide & the Refugee Experience

A Country to Call Home: Anthology of Young Refugees & Asylum Seekers ed. by Lucy Popescu
Illegal by Eoin Colfer (graphic novel)*
All The Light We Cannot See by Anthony Doerr
Birdsong by Sebastian Faulks
The Bone Sparrow by Zana Fraillion
Act of Love or The Trap by Alan Gibbons*
Bone Talk by Candy Gourlay
The Nightingale by Kristin Hannah
The Kite Runner by Khalid Hosseini
Orphan, Monster, Spy by Matt Killeen
The Librarian of Auschwitz by Antonio Iturbe
The Beekeeper of Aleppo by Christy Lefteri
Dog Tags: Semper Fido or Strays by CA London*
The Tattooist of Auschwitz by Heather Morris
Fallen Angels or Sunrise over Fallujah - WD Myers*
A Long Walk to Water by Linda Sue Park*
All Quiet on the Western Front by EM Remarque
Salt to the Sea by Ruta Sepetys
Maus by Art Spiegelman (graphic novel)*
Milkweed by Jerry Spinelli
Night by Elie Wiesel

To All the Boys I've Loved Before (& sequels) –J Han
Slammed or Regretting You by Colleen Hoover
Hold Back the Stars by Katie Khan
Falling Fast (& sequels) by Sophie McKenzie
One Day by David Nicholls
Eleanor and Park & Fangirl by Rainbow Rowell
Written in the Stars by Aisha Saeed
The Art of Racing in the Rain by Garth Stein*
Shiver or The Raven Boys (&sequels) - M. Stiefvater
Our Chemical Hearts by Krystal Sutherland
Paper Avalanche by Lisa Williamson
If You Come Softly by Jacqueline Woodson
Everything, Everything & Sun is Also a Star-Yoon*
Girl Online (& sequels) by Zoe Sugg*

Classics & Modern Literature

Things Fall Apart by Chinua Achebe
Purple Hibiscus by Chimamanda Adichie
Pride and Prejudice or **Emma** by Jane Austen
Fahrenheit 451 by Ray Bradbury
Jane Eyre by Charlotte Bronte
Wuthering Heights by Emily Bronte
Great Expectations or Oliver Twist by C Dickens
Sherlock Holmes by Sir Arthur Conan Doyle
The Great Gatsby by FS Fitzgerald
Lord of the Flies by William Golding
Tess of the D'ubervilles by Thomas Hardy
Not Without Laughter by Langston Hughes
Brave New World by Alex Huxley
Never Let Me Go by Kazuo Ishiguro
Flowers for Algernon by Daniel Keyes
To Kill a Mockingbird by Harper Lee
Cider With Rosie by Laurie Lee
The Road by Cormac McCarthy
Rebecca by Daphne du Maurier
The Bluest Eye or Beloved by Toni Morrison
1984 or Animal Farm by George Orwell
The Catcher in the Rye by JD Salinger
Frankenstein by Mary Shelly
Dr Jekyll and Mr Hide by RL Stevenson
Dracula by Bram Stoker
The Adventures of Huck Finn by Mark Twain
The Color Purple by Alice Walker

Complex/Difficult/Thought-provoking Issues

Change is Gonna Come – various BAME authors
Poet X by Elizabeth Acevedo*
Simon vs the Homo Sapiens Agenda – B Albertalli*
Booked, Rebound or Crossover- Kwame Alexander*
The Hypnotist by Laurence Anholt
Thirteen Reasons Why by Jay Asher
Black Flamingo by Dean Atta*
Noughts & Crosses or Boys Don't Cry -M Blackman*
Tiger Eyes or anything by Judy Blume*
Am I Normal Yet? (Spinster Club series)- H. Bourne
The Heart's Invisible Furies by John Boyne
The Bunker Diary or See Through Me by K Brooks*
Hate List by Jennifer Brown
Junk or The Hit by Melvin Burgess
Looking for JJ or No Virgin/No Shame - Anne Cassidy
The Perks of Being a Wallflower by S. Chbosky
Stolen by Lucy Christopher
The Chocolate War by Robert Cormier

Toffee, One or The Weight of Water by S Crossan*
A Swift Pure Cry or Solace of the Road - S. Dowd
Furious Thing or Before I Die by Jenny Downam
Out of My Mind by Sharon Draper
Heroic, Being Billy or Saving Daisy by Phil Earle*
Mockingbird or Seeing Red by Kathryn Erskine
The Universe versus Alex Woods by G. Extence
If I Stay & Where She Went by Gayle Forman
Full Disclosure by Camryn Garrett
Homegoing by Yaa Gyasi
The Curious Incident of the Dog... by Mark Haddon
After the Fire by Will Hill
The Outsiders by SE Hinton*
That Asian Kid by Savita Kalhan
Pigeon English by Stephen Kelman
That's Not What Happened by Kody Keplinger
Code Name Verity, Rose Under Fire by E. Wein
My Dear I Wanted to Tell You by Louisa Young
Refugee Boy by Benjamin Zephaniah
The Book Thief by Marcus Zusak

Dystopian, Science Fiction or Magic Realism

Children of Blood and Bone by Tomi Adeyemi
The Testaments or The Handmaid's Tale – Atwood
Ink (& sequels) by Alice Broadway*
iBoy by Kevin Brooks*
World War Z by Max Brooks
The Girl With All the Gifts by MR Carey
City of Bones (& sequels) by Cassandra Clare
Matched (& sequels) by Ally Condie
The Maze Runner (& sequels) by J. Dashner
Stepsister by Jennifer Donnelly
Cell 7 (& sequels) by Kerry Drewery*
The Gender Game by Bella Forrest
Gone or BZRK (& sequels) by Michael Grant*
The Deathless Girls by Kiran Millwood Hargrave
Department 19 (& sequels) by Will Hill
The Loneliest Girl in the Universe by Lauren James
Maladapted by Richard Kurti*
I Am Number Four (& sequels) by Pittacus Lore*
Legend (& sequels) by Marie Lu*
The Passengers by John Marrs*
Circe or Song of Achilles by Madeline Miller
The Knife of Never Letting Go (& sequels)- P Ness
MetaWars: Fight for Future (&sequels) - J. Norton*
Z For Zachariah by Robert O'Brien
The Loop by Ben Oliver
Replica or Delirium (& sequels) by Lauren Oliver
Only Ever Yours by Louise O'Neill
Hatchet by Gary Paulsen*
Divergent (& sequels) by Veronica Roth
Lord Loss* or Zom-B* (& sequels) by D Shan
Scythe, Unwind or Dry (& sequels) -N Shusterman*
Concentr8 by William Sutcliffe
An Ember in the Ashes (& sequels) by Sabaa Tahir
Contagion or Slated (& sequels) by Teri Terry
Uglies or Zeroes (& sequels) by Scott Westerfield
The 5th Wave (& sequels) by Rick Yancey*

Humorous books

The Hitchhiker's Guide to the Galaxy by D Adams
The Life and Times of The Thunderbolt Kid - Bryson
Swim the Fly or Call the Shots by Don Calame

The Private Blog of Joe Cowley by Ben Davis*
An Abundance of Katherines by John Green*
Noah Can't Even or Alex in Wonderland - S J Green*
The Reformed Vampire Support Group by Jinks*
Hellbent or Henry Tumour by Anthony McGowan*
Don't Even Think About It – Sarah Mylnowski
Discworld series by T Pratchett (try The Last Hero)
Good Omens by Terry Pratchett and Neil Gaiman
A Midsummer Tights Dream or Georgia Nicholson series by Louise Rennison
The Rosie Project (& sequel) by Graeme Simsion
The Gifted, The Talented and Me by W Sutcliffe
The Secret Diary of Adrian Mole – Sue Townsend

Relationships

Beautiful Broken Things by Sara Barnard
Three Daughters by Consuelo Saah Baehr
Tender Earth by Sita Brahmachari
Fault in Our Stars or Looking for Alaska by J Green*
Why We Broke Up by Daniel Handler*

* = top picks for reluctant readers or readers who prefer visual/less dense texts. Includes some dyslexia friendly titles; quick-paced reads of longer books; verse novels; and graphic novels.

Note to parents: Many of these books are written for young adult readers (13+) or adults; this means there may be 'gritty' content. Generally, by Key Stage 4 young people are ready for this, but parents know their children best; if you have queries about suitability, please check online reviews or ask your child's teacher

Useful websites that could help you select a book (KS3 and KS4):

<https://schoolreadinglist.co.uk/category/secondary-ks3-ks4-reading-lists/>

<https://www.waterstones.com/the-waterstones-childrens-book-prize#younger>

<https://www.booktrust.org.uk/what-we-do/awards-and-prizes/prizes-archive/booktrust-best-book-awards/>

<https://www.lovereading4kids.co.uk/genre/pw/childrens-book-awards-shortlists-and-winners>

Year 8 trip to the Charles Dickens Museum

24 Year 8 pupils visited the Charles Dickens Museum on Wednesday 10th July where they saw many artefacts from Dickens' life as well as going inside his actual house which is actually the museum!

The pupils learnt about society during the Victorian period and learnt about the division of the social classes. We also learnt that our very own Georgia was taller than Mr Dickens! Leo also stood next to the very toilet that Dickens used!

The pupils were also fascinated to be in the very room that Dickens wrote the infamous novel 'Oliver Twist' and had experienced the way guests would be entertained at the Dickens' household by reading out loud some lines from a key scene in 'Oliver Twist'.

Here are some reviews from some of our pupils:

"I learnt a lot about the Victorian period and it was very interesting" - Jeanna, Year 8.

"It was cool that they had the room as Dickens had it in the 19th century as well as having all the original artefacts!" - Mia, Year 8.

"It was great because I learnt a lot about the hardships that Charles Dickens went through" - Uthman, Year 8.

By Ms N Ahmed



Reward Trip to Adventure Island

Year 7 pupils thoroughly enjoyed their end of year reward trip to Adventure Island, Southend, relishing every moment from the lively coach journey to the exhilarating rides like Rage, Green Scream and more. The enjoyment was not limited to the pupils; the staff also shared in the merriment,

as evidenced by the photographs! What a great end to an amazing first year for our Year 7s!

By Ms S Begum & Ms S Khan



Year 7 Garden Club

The Year 7 Garden Club this year has been a great success. Some of the pupils have been attending every Friday for a piece of nature at Wanstead High! The pupils have learnt so much about growing fruits and herbs and some of their favourite flowers which have been grown from seeds, cuttings or bulbs. We hope to continue the club next year with the current Year 7s going into Year 8 and the new Year 7s in September. Pupils have really

taken care of the garden, making the most of the greenhouses and the natural spaces we have at Wanstead High. Well done to Thomas, Khansah, Unaysah, Oisín and Aleena from 7.5, Poppy and Krisha from 7.6 and Theo 7.3. Hope to see you all next year!

By Miss N Hassan



Maths Junior Challenge Follow On Round - Junior Kangaroo 2024

Another set of fantastic results for the Junior Kangaroo Maths 2024. After getting Gold in the UKMT Junior Challenge 2024, three of our pupils qualified for the Junior Kangaroo for Maths - a very challenging national Maths competition. All three have

been awarded a Certificate of Achievement. Congratulations to Oscar, Year 8, Archie, Year 8 and Sebastian, Year 7.

By Mr A Chauhan



IntoFilm Awards 2024

Year 8 pupil, Riku, a budding YouTube vlogger and video producer, was nominated for the 'Ones to Watch' category at this year's IntoFilm awards. The 'Ones to Watch' award was sponsored by EON Productions, the Bond film franchise production company, and aims to put a spotlight on talented, young UK creatives and filmmakers.

The prestigious event took place on 25th June at Odeon Luxe, Leicester Square, and was hosted by actor, writer and producer Susan Wokoma. Riku was nominated because of their obvious passion as well as their outstanding filmmaking skills, particularly the content they make for their own YouTube channel. Riku is also a published author with their most recent novel achieving the accolade of the longest work of fiction ever written by a child.

We were starstruck whilst waiting outside when actors and celebrities arrived to the flashings of paparazzi. Stephen Merchant, Jamie Dornan, Dougray Scott and Simon Pegg were amongst the actors giving out awards. The talent amongst all the nominees on the day was spectacularly impressive and it was such a joy to watch all of their hard work be celebrated in such a glitzy

ceremony. Sadly, Riku lost out on the overall prize, however as part of their nomination, Riku has already won a visit to either Pinewood or Shepperton studios and has also been invited to the Young BAFTA Showcase in November. Riku has said 'I am so proud and thankful to even be nominated for this award and I hope that it can open some doors to help me work in the industry in the future'. IntoFilm announced that there had been a record number of entries from up and down the country this year and so it really was the most outstanding achievement to even be nominated for the award.

IntoFilm are an educational organisation that Wanstead High has been working with since 2008 and over the years we have run many film clubs in the Media Studies department. WHS were lucky enough to receive a film club of the year award a number of years ago. IntoFilm provide films, learning resources as well as workshops and many other opportunities to young people who have a passion for working in the film industry and for a number of years now, they have celebrated the hard work of students in all areas of film making.

By Ms E Revan



EON PRODUCTIONS

INTO FILM

10 YEARS

A Taste of Design & Technology

We were delighted to welcome Cranbrook Primary School to Wanstead High School last week. 20 Year 5 pupils were given a full and inspiring 'taster day' in our Design and Technology (D&T) Department.

'We had a group of Year 6 primary school pupils last year experiencing Resistant Materials only and it was a big success. This year we wanted to offer them more, so they spent the whole day with us in the D&T dept. This is part of our on-going commitment to build stronger relationships with the community and to help with the transition from primary to secondary school which some children can struggle with' said Ms Clarke, Subject Lead in D&T.

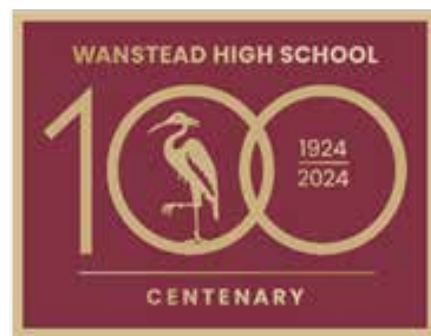
The pupils were introduced to Computer Aided Design and a wide range of practical, hands-on skills in; Resistant Materials, Graphic Design, Food and Nutrition and Textiles. They left wide-eyed, in torrential rain with; laser-cut key-fobs, hand-crafted door hangers, soft sea-themed toys and some delicious short-bread cookies.

By Mr J Corcoran





Wanstead High School Centenary Celebrations



22nd September 2024 – Alumni Centenary Event

23rd – 27th September 2024 – Centenary Celebrations Week

We are excited to announce our celebrations for WHS's 100th Birthday this September.

Alumni Centenary Event

A day of celebrations open to past, present and future pupils and staff and their families.

For ticket information click on this link:

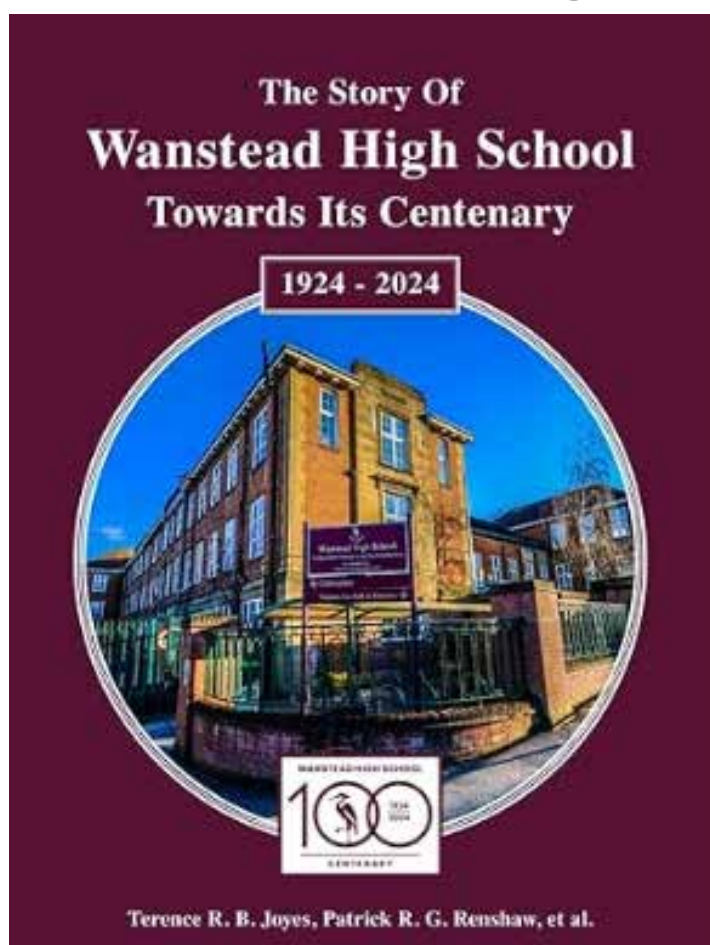
<https://www.pta-events.com/whspta/index.cfm?event=Shop>

How you can help:

- Please print out a copy of our poster to display and share this event information with your contacts.
- Please sign up to host an Estate Agent Board to advertise the event (WHS will receive £10 per board displayed) by clicking on the link below:

<https://forms.gle/w5k7t9MoCzEEom6TA>

Wanstead High School History Book



We are very proud to announce that our Centenary History Book is now available to purchase.

This fascinating book, edited by former pupils Terence Joyes and Patrick Renshaw, provides many interesting insights into the long history of WHS and the staff and pupils that have attended.

Please click on this link to purchase copies:

<https://amzn.eu/d/OiYPP9gX>

©Cover image courtesy of Geoff Wilkinson

WHS



Centenary Celebration



Centenary
Celebration

Alumni
Celebration

22nd Sept 2024
11am to 4pm @
WHS



Visit the
Centenary page
on the WHS
website or scan
the QR code to
find out more



Other News & Events

Celebrating 100 years of Wanstead High School 1924-2024

#WHS100 Centenary events



Wanstead High School is proud to announce its events to mark this very special anniversary

MAIN EVENT: Alumni Centenary Celebration

Everyone who went to Wanstead High School is invited to our Alumni Centenary Celebration

10am-4pm, Sunday 22 September 2024

Come back to school for the day:

- catch up with ex-pupils and staff
- take a school tour
- learn more about the school's history
- see what's going on at school today
- snap up some exclusive #WHS100 centenary memorabilia
- enjoy buffet lunch with your peers
- relax in the playing-field pop-up bar.

Don't miss out: to attend, please register your interest today...

See next page to find out how to register to attend the event...

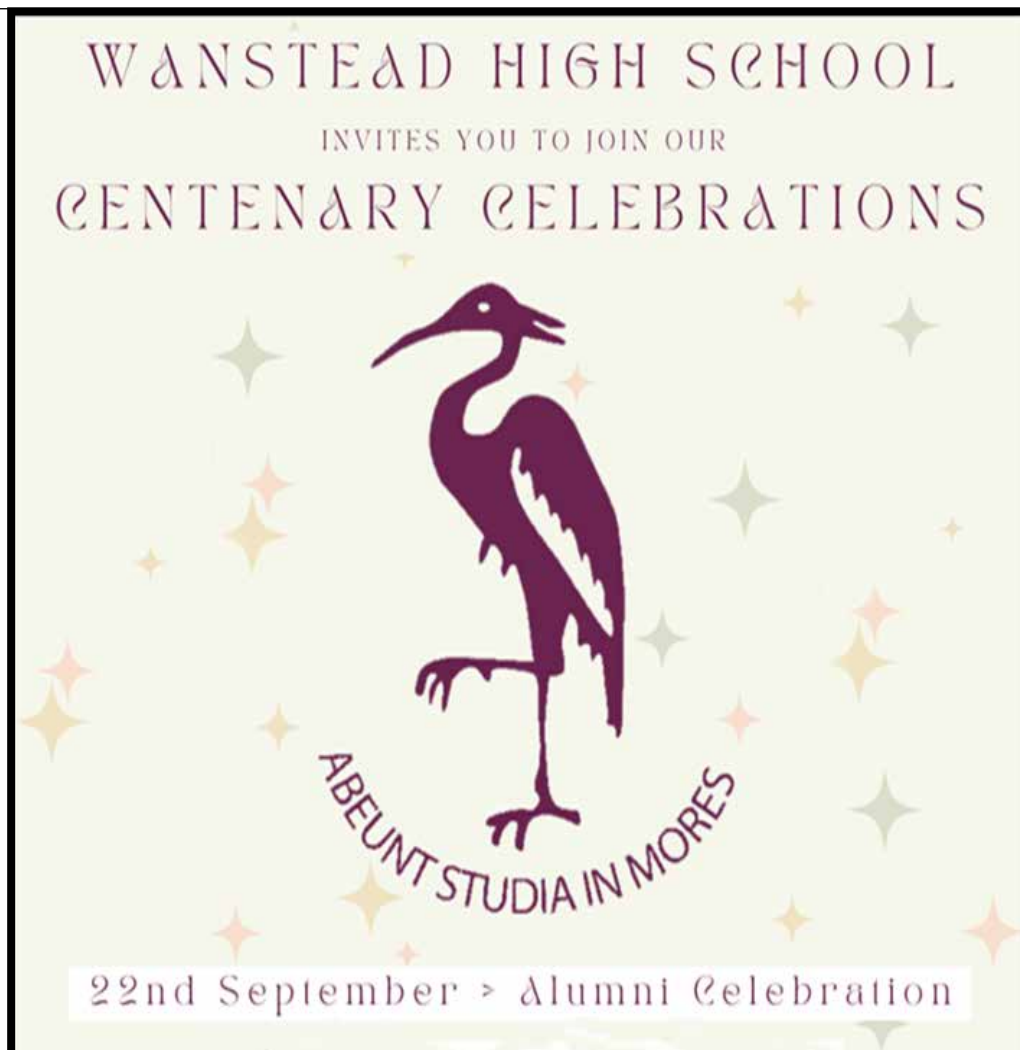
Other News & Events

Celebrating 100 years of Wanstead High School 1924-2024

To attend the Alumni Centenary Celebration (likely ticket price approx £30), you **MUST** complete this online form <https://tinyurl.com/d3fr7c3e>. (Follow the link or reach it using the QR code on the right.) Thank you. We will then get in touch with more details. Please check Wanstead High School website www.wansteadhigh.co.uk and our [Instagram account @wansteadhigh11](#) for more centenary news too.

Any questions? For Alumni Centenary Celebration: email centenarycelebrations@wansteadhigh.co.uk

LINK TO FORM TO
REGISTER FOR
ALUMNI
CENTENARY
CELEBRATION
HERE



Wanstead High School will be 100 years old on 23rd September 2024

To celebrate this, we have planned a Celebration Event on 22nd September – Alumni Celebration – At WHS. Further details will be shared about the planned in school event nearer the time.

Showcasing Talent And Creativity

On Friday 5th July, both the Art and Music Departments came together at St Mary's Church, Wanstead to celebrate the work and creativity of our pupils.

The Art Exhibition was a huge success, with a high turnout of parents and supporters. The quality of the art work on display was exceptional, with a diverse range showcased. The setting was perfect for the event complementing the space beautifully.

The atmosphere was further enhanced by the school's jazz band, providing a lively and engaging soundtrack for the evening. Overall, the event was a fantastic showcase of talent and creativity, enjoyed by all who attended.

Special thanks to Mr Sweet and the jazz band, Ms van Beers and Mr Ikhide for curating and setting-up, as well as the site team for transporting the work.

By Mr A Yiacoumi



Gold for Dance at the London Youth Games

On Friday 28th June the Key Stage 3 and Key Stage 4 dance competition teams represented Redbridge at the London Youth Games finals at the Copper Box in Stratford. The Key Stage 3 team performed a piece called 'Lost in Oz' - 4 Dorothy's from different lands team up to defeat the Wicked Witch. The team performed the dance exceptionally well, their timing and formations were outstanding and every single pupil performed with energy and commitment. The performance earned the team a

gold medal!

The Key Stage 4 team performed a piece called 'Don't Look Up'. We see families be broken apart by an apocalypse, an idea inspired by the film Birdbox. The team were amazing, performing challenging lifts and choreography with brilliant expressive skills from start to finish. They were awarded with bronze which was a fantastic achievement in a very tough competition.



Wanstead Dance reach the National Finals

On Monday 1st July, the dance department took over 40 pupils to compete at The Great Big Dance Off National Finals at Cheltenham Town Hall. This is such an amazing achievement for the department. The Year 9 Dance Company performed a piece called 'Crisis'. The performance was dedicated to the fantastic work the charity does to support the homeless. The Key Stage 4 team gave another outstanding performance of 'Don't Look Up'. We are so proud of these pupils, their behaviour throughout the day was exceptional and it was an absolute pleasure to witness them dance at a beautiful venue. We hope watching the other

schools in the competition has inspired our pupils for next year's pieces and they have taken some ideas which can influence their own choreography.

All Key Stage 3 pupils will be learning next year's audition sequence in the first week back in September. I hope this year's success inspires others to want to be part of the dance teams and we can't wait to see what our pupils achieve next year!!

By Mrs R Walker



Summer Concert

The summer concert took place on Monday 24th June in the school theatre featuring stellar performances from the steel pan group, the two school choirs, the brass group, wind band, jazz band and string orchestra. There were further excellent performances from a number of soloists and smaller ensembles.

All of the ensembles mentioned above rehearse after school or at lunchtimes and are free for pupils to attend. September will be an excellent start for new pupils to join as we will be starting new repertoire. A full programme will be communicated at the start of the Autumn term.

By Mr I Sweet

Achievement Award Winners

	Year 7	Year 8	Year 9	Year 10	Year 12
Maths	Eva	Solomia	Claudia	Aashir	Dylan
Economics					Charlotte
English	Isabelle	Gene	Hana	Jessiona	Layla
Literature					Jay
Science	Wilbur	Mia			
Biology				Jugsher	Yaseen
Chemistry				Laura	Sreya
Physics				Emily	Luke
History	Thomas	Gethin	George	Megan	Rosie
Classics					Kyla
Geography	Louis	Ellie	Adriana	Tom	Thomas
Resistant	Sami	Nazar	Isabella		
Graphics	Muhammad	Gio	Lili	Richard	
Art	Emily	Lily	Max	Samin	Sol
Photography					Alfie
Textiles	Xiaole	Ian	Ellie		
Food & Nutrition	Deen	Oscar	Carmen	Zachary	
Dance	Scarlett	Jeanna	Henry	Reese	
Drama	Edward	Ella	Eliza	Lucas	
Music	Max	Xavier	Ben	Thomas	Izzy
Spanish	Curtis		David	Kitty	Sam
French		Tameem	Sam	Rayyan	
Media				Anna	Stanley
Computing	Thomas	Xanthe	Adrianna	Manha	Lucas
RP	Zak	Maahirah	Ailbe	Khizar	Layla
Psychology					Eva
Politics					Adam
Sociology				Maya	Lola
PE	Charlie	Mia	Naomi	Sami	Jasmine
HOY Award	Zain	Kieran	Gabriella	Ashlea	Betsy
Behaviour Award	Poppy	Eddison	Seth	Saacha	Sulieman
Attendance Award	Max	Mia	Timoteo	Beatrice	Haydar
Headteachers Award	Teresa	Henry	Ebony	Orli	Ellie

Well done to you all!







Year 11 Prom Night



Natural Born Leaders

A group of Year 9 pupils identified as 'Sports Leaders' were given the opportunity to support a local Primary School's Sports Day.

The pupils were responsible for the organisation of a year group, as well as supporting with equipment, organising the scoring and

at the finish line! Needless to say, they were all brilliant, demonstrating their excellent organisational, leadership, communication and critical thinking skills.



Year 7 & 8 Athletes 'showered' with Gold at District Athletics!

It was an incredibly successful day at the recent Redbridge District Athletics Championships with our most talented Year 7 and 8 athletes performing magnificently to receive so many gold, silver and bronze medals competing against the very best

athletes in the borough!

We are really looking forward to seeing what they can achieve in the future



Incredible Performances from Year 9 Athletes!

Not to be outdone by the Year 7 and Year 8 teams, the Year 9 team performed admirably in their championships. There was a real team spirit here with plenty of medals on show!





On the back of these performances some of our athletes were selected to represent Redbridge at the Essex County Athletics

Championships!



Huge Success in the Pool!

We were delighted to see some of our most talented swimmers not only compete, but also be so successful in the recent Redbridge swimming gala.

distances and even picking up medals in the relays. Some future Olympians, perhaps??

Pupils demonstrated their abilities in all disciplines, a variety of



Cricket Success for Year 7!

The Year 7 cricket team continued their successful season with a win against Woodbridge! With some consistent batting, supported with incredible bowling and fielding performance, Wanstead were able to pick up the win.

These pupils have attended cricket club regularly, and are enjoying developing their skills against some good opposition.



Year 8s lose to Valentines by 25 runs

Our Year 8s suffered an unlucky loss to Valentines. After winning the toss and choosing to bowl first, Wanstead made a fast start with a wicket in the first over after a brilliant catch on the boundary rope. Valentines then settled into the game regularly

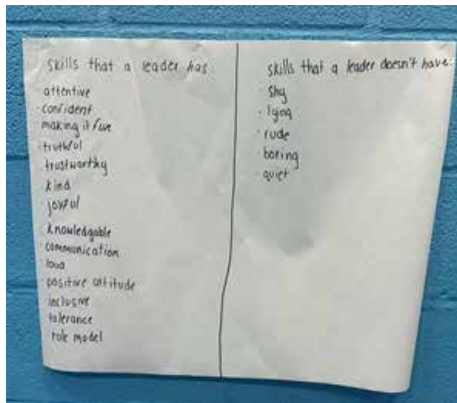
finding the boundary rope. Great fielding from Wanstead kept us in the game. Wanstead started the chase of 91 well but fell short of the total. Well done to everyone involved.



Cricket Leadership Course

On Friday 5th July a number of pupils got the opportunity to take part in a cricket leadership course provided by Essex cricket. Pupils worked in groups to come up with their own cricket activities, discussed what it meant to be a leader and then delivered activities to the rest of the group as if they were teachers/

coaches. Pupils can use the skills learnt on this course in lessons, at cricket clubs and in general life. We hope that our pupils will also get to showcase their skills learnt in local primary school competitions. Well done to everyone involved - excellent effort all round.



Duke of Edinburgh's Award - Bronze & Silver

Wow! What a year it has been for the Bronze and Silver Duke of Edinburgh's Award. We have enrolled 173 pupils this year alone! We are extremely proud to offer such an amazing opportunity to

our pupils and can't wait to do it all again in September. Congratulations to all that have completed their Award!





Year 6 Transition

The PE department ran a number of after school activities for our prospective Year 7 pupils. The pupils got the opportunity to participate in either netball with Miss Hayes, volleyball with Miss Feeney, basketball with Mr Tinker, and athletics with Mr Sains. In these sessions, teachers discussed technique, introduced new rules and finished with match play.

What a pleasure it was to welcome our new pupils and it was great to see an already established love for the subject amongst the groups. Mr Tinker reported that there was an 'excellent (and healthy!) level of competitiveness shown' and loved the inquisitiveness of his basketball group.



Keep an eye out in September for the release of our after-school clubs. Google form links will be sent out.

Sports Day kicks off with the Tug of War

Years 7, 8 & 9 competed in an interform 'Tug of War' competition during their PE lessons. When asked about the tactics to consider, a Year 7 pupil reported that everyone in the form has to 'grit their teeth and walk backwards'.

Other ideas were all pupils should pull at once, a leader in the

group shouting when to heave and lastly, putting their strongest pupils at the front and back of the rope - all seemed to be successful!

This all-inclusive competition during lessons definitely got our pupils in the team spirit for Sports Day!

Tug of War – Winners - congratulations all!

7.3

8.4

9.6



Sports Day

Thursday 11th July saw the whole school make their way to Ashton Athletics Track to take part in our whole school sports day. A wonderful day was had by all with some incredible athletics performances on show. On the day, the support that the

pupils gave to one another was an absolute highlight and just shows the powerful impact that sport can have on a community. We are already looking forward to next year.







THE WANSTEAD



Episode .02



The Wanstead Superstar, Episode 2 introduces you to Maria, a footballer setting her sights on reaching the very top of the footballing world!

I met with Maria to discuss her journey so far, her goals and some of the challenges that she faced.

Mr Sains
"Tell me about how you first got into playing football"

Maria
 "I started just playing for fun with my older brother, and then wanted to join a proper club so joined a grassroots team called Peter Hucker. Later on, I got scouted for West Ham where I am playing now."

Mr Sains
"Who would you say were the biggest inspirations on your football career so far?"

Maria
 "I'd say my biggest one is my brother (he is older than me and also plays for West Ham), but also Virgil Van Dijk, they both play in the same position as me and I just look up to them!"

Mr Sains
"What were the biggest challenges that you faced as a young footballer and what did you do to overcome them?"

Maria
 "The biggest challenge that I faced was getting the boys to get me involved in the football matches. What I had to do was take the opportunities that I had and show the players exactly what I was made of."

Mr Sains
"What are your future hopes and dreams in the world of football?"

Maria
 "To play for a WSL firstly, and then to play international football for either England or Germany – I haven't decided yet!"

Mr Sains
"What advice would you give a young footballer starting out their career now?"

Maria
 "Simply keep practising, keep working hard, try your best and do everything that you can to improve"



Does your child take part in competitive sport or activity outside of Wanstead High School? We want to hear about it! For a chance to appear in our Heron Homelink.

Are they - An incredible gymnast? A wonderful dancer? A black run skier? An opening batsman? A gold medalist swimmer? An amazing athlete? A superstar boxer? A black belt in karate?

Email j.sains@wansteadhigh.co.uk with all information for a chance to be featured in the next Heron Homelink 'Wanstead Superstar' edition.

Keeping Safe Over the Summer

Over the past week pupils have received assemblies reminding them of ways in which they can keep themselves safe over the summer. This included discussions on safety within the community, keeping personal belongings protected and staying safe on social media. Here are some resources that were later shared on Google Classroom.

Rail Safety

There have been an increasing number of trespassing incidents on local railways within our local community. Learn Live UK have produced a 15-minute safety video which aims to educate on the risks attached to this. The video is free to watch after an email address has been provided and can be accessed at the following link <https://learnliveuk.com/network-rail-secondary-school-safety-talk/>

Report and Remove unwanted online content



**Nude image of you online?
We can help take it down.**

Report Remove is a tool for under 18s to report nude or sexual images or videos of themselves that have been shared online, to see if they can be removed from the internet. Report Remove has been developed by the NSPCC and the Internet Watch Foundation (IWF). The IWF is a UK charity that aims to minimise the online availability of images that meet the legal definition of child sexual abuse material.

There are many reasons why young people may share nude images, and the sharing of them among young people has become the perceived norm. But when a young person loses control of that image it can be very distressing and Report Remove is there to help.

How to use Report Remove:

- Visit childline.org.uk/remove so they can use Report Remove.
- Confirm their age. They may be asked if they want to prove their age using ID.
- Log into or create a Childline account
- Submit image/video to IWF for review Childline will send updates on the outcome of their report and provide further support where needed.

Edibles

We have previously sent out information on the risks attached to edibles; also known as 'gummies.' These items are sadly becoming a growing trend amongst young people and we continue to speak to pupils about the consequences of consuming these items.

- Edibles contain cannabis oil which holds high amounts of THC – the psychoactive component of cannabis.
- THC remains illegal in the UK as a class B controlled drug - therefore cannabis edibles are a class B drug.
- Edibles take between 1-3 hours to have an effect because food is absorbed into the bloodstream through the liver.
- Because it takes longer, the user may end up consuming larger amounts of the drug while thinking the drug isn't working.
- These manufacturers of the THC edibles are unregulated and cannot accurately account for how much THC is in each sweet.
- Overdosing with edibles is easier due to these factors.
- Hospitalisation due to overdosing on edibles is a real possibility.


Mental Health and Wellbeing

Please find below details of organisations who can support pupils over the summer break if needed.






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

- <https://www.papyrus-uk.org>
- HOPELINE 0800 068 4141 24/7
- HOPELINE247 advisers want to work with you to understand why thoughts of suicide might be present. They also want to provide you with a safe space to talk through anything happening in your life that could be impacting on your or anyone else's ability to stay safe.




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




- www.youngminds.org.uk
- Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis
- If you need urgent help text YM to 85258
- All texts are answered by trained volunteers, with support from experienced clinical supervisors
- Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff and Tesco Mobile



Term Dates for 2024 - 2025

▶ AUTUMN TERM 2025

Monday 2 September 2024 to Friday 20 December 2024

Half term break - Monday 28 October 2024 to Friday 1 November 2024

▶ SPRING TERM 2025

Monday 6 January 2025 to Friday 4 April 2025

Half term break - Monday 17 February 2025 to Friday 21 February 2025

▶ SUMMER TERM 2025

Tuesday 22 April 2025 to Tuesday 22 July 2025

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

▶ WHOLE SCHOOL TRAINING DAYS FOR 2024

INSET DAY 1 Monday 2 September 2024

INSET DAY 2 Tuesday 3 September 2024

INSET DAY 3 Friday 4 October 2024

INSET DAY 4 Monday 13 January 2025

Disaggregated INSET DAY: FRIDAY 29 November 2024

Tutor Grid 2024 -25

Year 7		
HOY	Ms G White	HOY Office
7.1	Ms H Tassine/ Ms F Hinson	S10
7.2	Mr S Younis	S12
7.3	Mr L Willer	S6
7.4	Ms S Hoque	S11
7.5	Ms N Hassan/ Mr M Hussain	S4
7.6	Mr R Ali	S3
7.7	Mr R Nazir	S2
7.8	Ms H Ikrah/ Ms S Younas	S9

Year 8		
HOY	Mr D Tann	HOY Office
8.1	Mr K O'Connor/ Ms V Premkumar	02
8.2	Ms B Waters	03
8.3	Ms Sh Khan	05
8.4	Ms C Gorczak	04
8.5	Mr I Choudhury	09
8.6	Ms Sa Begum	07
8.7	Ms N Yasin	06
8.8	Ms E Everhart/ Ms S Choudhury	11

Year 9		
HOY	Ms C Murray	HOY Office
9.1	Mr J Sains/ Mr K Holdbrook	SS1
9.2	Ms I Jasmine	SS3
9.3	Ms N Rowshan	SS2
9.4	Ms K Akhtar Bibi/ Ms M Umar	MA1
9.5	Ms D Collins	MA6
9.6	Ms E Harper/ Ms L Worham	MA2
9.7	Mr P Chartorizhsky/ Mr L Jimenez	MA3
9.8	Ms N Gómez/ Ms G Kartha	MA4
9.9	Mr D Vardavas	MA5

Year 10		
HOY	Mr M Tinker	HOY Office
10.1	Ms I Unegbu	19
10.2	Mr S Rashid	21
10.3	Mr N Rashid	15
10.4	Mr A Chauhan	22
10.5	Mr D Boachie	23
10.6	Mr D Ahmad	18
10.7	Mr G Narang	17
10.8	Ms O Ogungbe	14
10.9	Ms K Kioi	12

Year 11		
HOY	Ms R Gullefer	HOY Office
11.1	Ms K Ali	NB7
11.2	Ms H Ahsan	NB6
11.3	Ms L Pennington	NB5
11.4	Ms C Feeney/ Ms C Adelle	NB4
11.5	Ms E Hayes/ Mr T Ready	LP2
11.6	Mr D Leftwich	NB3
11.7	Ms E Ellis	NB9
11.8	Ms J Wali	NB2
11.9	Mr A Yiacoumi	NB10

Year 12		
HOY	Ms T van Beers	HOY Office
12.1	Ms R Walker/Ms M Argyrakis	SDA
12.2	Ms M Tayeba	20
12.3	Ms C McQuillan	NB8
12.4	Ms M Kara	42
12.5	Mr B Alom	IR1
12.6	Mr G Brodie/Mr R Smith	13/NB1

Year 13		
HOY	Mr M Hamza	HOY Office
13.1	Ms D Bennett/Ms O Gallagher	40
13.2	Mr B Weakliam	SDR
13.3	Ms Sh Begum	24
13.4	Ms A Khanum/Ms H Cressall	25
13.5	Mr I Sweet	38
13.6	Ms S Clarke	44

Talking to your child about

SHARING IMAGES ONLINE

For children and young people, socialising online is part of normal life. Chatting online and sending messages, photos and videos can be a good way of strengthening friendships. Sometimes, however, they can misjudge boundaries and may not realise the impact of their actions.

They can also be manipulated or pressured by others into sending inappropriate content, such as nude or semi-nude images. These can be sent for reasons including humour, shock-value, revenge or exploring bodies and relationships. Once images are shared, they can't be retrieved, leaving them vulnerable in many ways.

Having conversations with your child at an early age about what is and isn't ok to create and share can help keep them safe.



**METROPOLITAN
POLICE**

**MORE
TRUST**

**LESS
CRIME**

**HIGH
STANDARDS**

What can you do to keep your child safe online?

S

Set clear boundaries.

Agree with your child what they can do online and their access to certain apps/websites.

T

Talk with your child and be supportive.

Listen to what they already know so you can start a conversation about what normal use is.

E

Educate everyone in the family.

Make sure all family members know what isn't appropriate and how to stay safe online.

E

Evolve with the internet.

Keep up to date with technology used by your child and their features such as smartphones, VR headsets etc.

R

Research, review and regulate the apps and websites your child uses. This will allow you to decide whether they should use them and how to keep them safe online.



Prosecutions of children are very rare but there can be legal consequences to sharing nude or semi-nude imagery of a child (photos, cartoons or other picture formats), even if the person doing so is a child. If you think your child has shared an inappropriate image, speak to an advisor at the Child Exploitation and Online Protection Command (CEOP). Details below.



FOR SUPPORT AND ADVICE, PLEASE VISIT:



ParentZone – Resources for parents/children to help keep kids safe online.



CEOP Education from the National Crime Agency – Advice, information and resources to use with your child to help keep them safer from online child sexual abuse.



Internet Matters – Comprehensive resources and expert guidance to help parents/carers keep their children safe online.

LASTLY, DON'T FORGET READING!



fabula reading challenge

Fabula Reading Challenge - Vision MC
Sign up for Fabula Reading Challenge reading in 8 bits! Getting all super bits aged 2-12 years. Come and take part in a fun reading challenge at Redbridge Libraries from 6 June to 24 September, where MC...



RNIB

<https://www.rnibbookshare.org/cms/>

Bookshare

Free accessible text books for students who have a visual impairment or dyslexia.



23 Best Graphic Novels For Teens & Tweens
From LGBT+ stories and romance to YA fiction and articles, compare the best graphic novels for teens.



ENGLISH



Here you will find some alternative ideas to get your child/YP writing!

IDEAL HOLIDAY



Set your child/YP the task of interviewing family members to find out what would be everybody's ideal holiday. They will need to think of a set of questions, record their answers and complete research to find a holiday that will meet everybody's needs. For each destination suggested, accommodation, exclusions etc should be researched.

Trip Advisor

If you do go to stay away- ask your child/YP to write the Trip Advisor review.

This can also be done for day trips/ attractions and restaurants.



CONTENTS

Here you will find some ideas to encourage your child/ young person (YP) to put down their screen and do something more interesting.

- English- ways to encourage writing
- Life skills
- Food- cooking
- Study skills
- Get moving
- Theatre
- Museums
- Out and about
- SEND specific / Accessible
- Sensory- Deaf and Visual Impairment
- Redbridge
- Independence
- Social skills
- Your wellbeing
- Reading



ENGLISH

DAY TRIP OUT

If you are planning a day trip out- ask your child/YP to research and organise it. You could give them a budget and ask them to plan the day.

- Transport and parking costs
- Entry fees
- Order of the day - timings
- Comparisons with other days out



DIGITAL PEN PALS

Ask a family friend or relative to be a summer pen pal.

Each day they should email with one fact and one question. Your child/YP should reply with the same. This has worked really well with relatives/friends living abroad.

TRAVEL VLOG/BLOG

Challenge your child/YP to give a written/ video diary of any trips or holidays as a record for your family.

e.g. <https://www.intrepidtravel.com/adventures/teenager-travel-perspective/>

LIFE SKILLS



The long summer holidays is a great time to practice the following skills.

- How to do laundry
- Shopping for groceries
- How to cook
- How to clean
- How to manage money
- How to swim
- How to use public transport
- How to have good personal hygiene



S.E.a.T.S.S



Declutter and make some money

STUDY SKILLS

We recommend the summer break is a time to rest, recover and learn life/social skills. If you really wanted to focus on studying over the holidays we recommend that you look at these study skills tools.



S.E.a.T.S.S



TIME TO EAT!



Food is usually a motivator for most teenagers.

Cooking/ baking

Following a simple recipe. If your child/YP person has difficulties reading - there are many simple videos, that can be stopped, rewind etc

https://www.bbc.co.uk/food/collections/10_easy_recipes_for_kids

<https://youtu.be/3Qy1rh2aWgE?si=aYJfQ5emjKrbzDl>

Meal planning

Suggest a budget eg £4, and ask your child or YP plan a meal for the family. This will involve planning ingredients, ensuring they have a recipe and that they can budget. Maybe they could cook you a meal once a week in the holidays.

Places Kids Eat Free in the Summer Holidays 2024
 Restaurants, Pubs & Cafes where Kids Eat Free or for £1 during all School Half Terms & Summer Holidays in 2024
[money-saving-central.co.uk/](https://www.money-saving-central.co.uk/)

S.E.a.T.S.S

GET MOVING

UK search engine that helps you look for SEND/ accessible sporting activities in your local area.
<https://www.scope.org.uk/advice-and-support/sport-exercise-disabled-children-young-people>



Establishing regular fitness activity, is often carried over into adulthood. Physical activity, especially aerobic activity helps release endorphins.

Vision
 Sport, Health & Physical Activity • Vision RCL
 Vision RCL is home to a vast range of gyms, sports centres, activity centres, swimming pools and more...
 Vision RCL, Sep 20, 2022



S.E.a.T.S.S

Vision
 Skate Park • Vision RCL
 Seven Kings Park and Forest Road Playing Fields in Walkwell Recreation Ground are home to skateboards and roller-skaters who love the...
 Vision RCL, Sep 21, 2022

<https://www.redbridge.gov.uk/eisu/re-sport-and-the-arts/parks/walkwell-forest-country-park/>

THEATRE

Accessible Theatre performances

<https://officiallondontheatre.com/access/access-performances/>

Go Live Theatre Projects

GO LIVE THEATRE PROJECTS

Welcome to Go Live Theatre Projects

Unicorn Theatre

UNICORN

Access performances

The Unicorn is the UK's leading professional theatre dedicated to producing engaging and inspiring work for young audiences.

Chicken Shed



Calendar

Take a look at our new season of events - there's something for everyone.

The Globe Theatre



Access

See our access provisions for deaf, disabled and neurodivergent people, explore alternatives for wheelchair users and more.

Little Angel Theatre



Little Angel Theatre

We are delighted to announce the return of our Children's Puppet Theatre which will take place across 2024-2025. Angel returns this summer from...

OUT AND ABOUT

Trips to support history

Richard Jones is a local historian living in Redbridge. He runs London tours, sign up for his free email to receive monthly 10 free interesting things to do in London.

Also there are free tours to download too.

<https://www.london-walking-tours.co.uk/guide.html#london-history-tours>



Walls
Welcome to the home of the world's largest collection of William Morris work. Sharing the rich culture and social legacy of Morris. This...

Centre of the Cell
Centre of the Cell is the first science education centre in the world to be located within working biomedical research laboratories.



Free Friday Lunchtime Concert: LSO Musicians (28 June 2024) | London...

A bite-size, informal concert, introducing you to orchestral instruments and chamber music, with...



Warner Bros. Studio Tour London - The Making of Harry Potter
Discover the magic of Warner Bros. Studio Tour London. Immerse yourself in the world of Harry Potter. Book now for an unforgettable experience.

HARRY POTTER

Warner Bros Studio Tour Autism Guide

Gods Own Junkyard

Neon artist and light artist, largest stock of vintage neons and signs in Europe. Oldest signmakers in London

godsownjunkyard.co.uk

MUSEUMS



London Transport Museum

Discover the stories of the transport and the growth of London since 1825 at the world's leading museum of other transport, from the...



Information for Auditory and Neurodiverse People

We are working with Accessible About London to create accessible and enjoyable events that also include and welcome people with...



Access at V&A South Kensington - V&A

V&A South Kensington is open to all. We strive to create an inclusive environment for everyone who visits the museum.



Workshops: Enhanced Working with - National History Museum

A 60-minute workshop for autistic and neurodivergent people who want to visit the Museum when it is fully reopened.



National Maritime Museum

Discover our stories, exhibitions and collections. We have images and...



Early Birds

Early Bird enables families with members who require a quiet environment to enjoy the museum without the general public.

RAF Museum London | London Aircraft Museum | Free Admission

Visit the Royal Air Force Museum in London today, dedicated to the history of the RAF. Free admission...

[RAF Museum](https://www.rafmuseum.org/)

<https://www.museumoflondon.org.uk/museum-london-docklands>

OUT AND ABOUT

DLA/PIP

If your child/YP receives DLA or PIP there is often reduced admission rates to venues and attractions. This is a useful search engine to filter the accessibility and support options

<https://www.tourismforall.co.uk/things-to-do/themed-attractions-and-parks>



Accessible Britain

This is a simple search engine that is easy to use - great if you are travelling around the UK

<https://www.visitengland.com/access-all>

<https://www.visitengland.com/travel-info-and-advice/accessible-england>

Access to disabled toilets

<https://www.changingplaces.org/>



TfL Travel support card - highly recommended

<https://content.tfl.gov.uk/using-a-travel-support-card.pdf>



Redbridge **SEND SPECIFIC**

Cinema

Apply for a CEA card to gain a free carers ticket.

<https://www.record.co.uk/>

Kids pass

Currently offering 30 days trial for £1

<https://www.kidspass.co.uk/>



Sense-sational Days | London Zoo
Sense-sational Days are a programme of events and activities especially created for children and young people with learning difficulties and their families and friends.



Sensory Sound Tour of St Paul's Cathedral
St Paul's Cathedral takes safeguarding very seriously. We are committed to protecting the welfare of children and of all adults who are vulnerable - whether that be our worshippers, visitors, clergy, staff or volunteers.



Relaxed Opening
Experience a quieter and calmer Tower Bridge.

Sensory and Inclusion Rooms
Wembley Stadium has two dedicated sensory and inclusion rooms for use on event days, which are in the North West and North East corners of Level 6...

<https://theartofthebrickexpo.com/>
Don't miss this incredible art exhibit in London, with over 100 works and sculptures by Nathan Sawaya...



London Borough of Redbridge **SENSORY SPECIFIC**

Visual Impairment

<https://vocarees.co.uk/> - great summary of theatre, arts and live events which have support.



Access and facilities | Royal Academy of Arts
We do everything we can to make sure your experience of the RA is enjoyable, comfortable and memorable.



LDUK - Supporting Visually Impaired Young People in Theatre
Look in a small, calm, brightly lit room. Support and information for visually impaired young people, their eyes and families.

Deaf



Remark Community
Our Clubs - Remark! Community
Quick jump to your Remark! Club: Youth Club | Remarkable Club | Pigeonholes | Saturday Club Lunch Club | Sign Club | Adolescent Club | Parent & Carers Group



Youth Club
It's a chance for young people to experience issues during transitional periods in school. And these challenges can be heightened for young deaf people. Our youth support aims to help young people in their schools...



Redbridge **ACCESSIBLE**



Accessibility - Soundbuses
We are committed to ensuring your visit is enjoyable, welcoming and physically accessible.



What's on - Everything
Discover all of the exhibitions, events and more on offer at Wellcome Collection, a free museum and library exploring health and human experience.



<https://dopaminelandexperience.com/>
Welcome to Dopamine Land, a unique and interactive exhibition that combines traditional medicine with innovative technology to activate all your senses. Get your tickets!



Accessibility
We want everyone to feel included in all that Wellcome Collection has to offer. Find out how we make our building, services and programmes as accessible and inclusive as possible.



Nimbus Access Card
To help us provide the best possible service, our official ticketing partner, AXS, have collaborated with Nimbus Disability and The Access Card; a...



Access events | Southbank Centre
We are making more and more events accessible to a wider audience through a range of access formats.

Redbridge **REDBRIDGE SPECIFIC**

ELHAP - adventure SEND playground

<https://www.elhap.org.uk/Pages/Category/services-for-children>



REDBRIDGE CYCLING CENTRE - adapted bikes + SEND friendly

<https://visionrcl.org.uk/centre/redbridge-cycling-centre/>

FAIRLOP WATERS SAILING CENTRE - SEND friendly staff

<https://visionrcl.org.uk/centre/fairlop-outdoor-activity-centre/>



HAF 4 weeks activity sessions



Students from Reception to yr 11 in receipt of free school meals

Sports, Drama, Music, Crafts, Trips and a meal is provided.

https://find.redbridge.gov.uk/kb5/redbridge/fsd/family.page?familychannel=1_1_133

LAMBOURNE END ACTIVITY CENTRE

<https://www.lambourne-end.org.uk/shortbreaks>



MENTAL HEALTH

School holidays are often longed for, but can lead to some students struggling with the lack of routine, social isolation and struggling to maintain a healthy daily routine. Sometimes as Parents/carers of students with SEND, holidays can be a stressful time, and can lead to families relaxing boundaries e.g. screen time, gaming, sleep, diet.

Screen time/ gaming boundaries

Understand teenagers sleep routine

Healthy diet and exercise

How to sleep well for teenagers | Evelina London
 As a teenager, your sleep will change due to developments in your brain and body. You may ne...
 EvelinaLondon | www.evelinalondon.nhs.uk

<https://www.sciencedirect.com/science/article/pii/S0272735821000617>



Self-care tips videos for young people - Every Mind Matters
 Taking care of your mental health has never been more important. Check out our videos to learn how to cope with stress and anxiety.



Mental Health Charity For Children And Young People
 Young minds are a mental health charity for children, young people and their parents, helping over 40 young people can get the therapy support they need.

SOCIAL SKILLS

Some teenagers are notoriously keen on their own company or own friends- often spending time with their family is low down their priority list.



The 10 Best Short Board Games
 Whether you're going to a game night with friends or playing at home, the best short board games can help you get your game fix quickly - because you don't always have the time for hours of gameplay (I'm...
 12th Aug 22, 2019



INDEPENDENCE

Travel Training

Did you know Redbridge has a service to help your young person develop independent travel skills.

Learn more: <https://redbridgeiass.org.uk/parents-careers/transport>



Travel mentoring
 Our free travel mentoring service helps people to start using public transport.
 Transport for London

TfL Travel mentoring scheme

<https://tfl.gov.uk/transport-accessibility/learn-to-use-public-transport>

Plan a trip

The Route 25 bus runs from Romford through to Central London.

Give your child/ young person a specific stop, see if they can independently plan and follow the route.



Preparing for adulthood

This is a really interesting article- worth a read.



Preparation for adulthood: support SEND pupils for their futures | SEND Magazine
 The UK's leading magazine for SEND-related news.
 11th November 2021, 2021

FOR YOU

Carer support

- www.carersuk.org/help-and-advice/
- <https://redbridgeiass.org.uk/>
- <https://www.empoweringparentstogether.org.uk/>
- <https://redbridgeforum.co.uk/fun-4-all/>
- <https://www.rcss.org.uk/getting-help-with-care>



Local leisure /relaxation activities just for you

- <https://www.rcss.org.uk/activities> - lots of great activities for you - yoga, walking group, zumba, reflexology
- <https://www.rcss.org.uk/rcss-newsletter>


Carer's card

<https://www.carerscard.co.uk/>



Enrich a Life. Foster for Redbridge.

Do you remember jumping over the waves at the beach in the summer? Or the dance show you were in when you were 6? If you would like to create fun and lasting memories for children who may have never had these experiences, please email hello@localcommunityfostering.co.uk, call us on 020 8496 3437 or join us on our next virtual information session on 6 August 2024 6pm to 7pm. Visit <https://www.redbridge.gov.uk/fosteringschools> to book a place.



Enrich a life

LOCAL COMMUNITY
Fostering
REDBRIDGE

Foster for Redbridge

020 8496 3437
hello@localcommunityfostering.co.uk

Family First

Proudly supporting in improving the physical & mental wellbeing of families living in England

To all school leaders

Please can all school leaders & business managers kindly forward Family First magazine onto parents. This can be done as a solus email, or by simply adding Family First to your very next e-newsletter. Full details are below.

This applies to all schools in England, including:

- local-authority-maintained schools & pre-schools
- academies
- free schools
- alternative provision schools
- pupil referral units
- independent schools
- boarding schools

Don't forget that all participating schools can apply for free sports & cooking equipment here

Please add schools@familyfirst.co.uk to your Safe Senders List

How to share Family First

We have included various options below, depending on your distribution methods...

1. Including a link - Copy the link below and include it within your e-newsletter or SMS mailshot to parents.
<https://familyfirst.co.uk/issue3-24>
2. Including a pdf - Click the link below to download, save our welcome pdf and attach this to your next e-newsletter to parents.
<https://familyfirst.co.uk/issue3-24-download>
3. Include the creative below - Copy and paste the section below and add this to your next e-newsletter to parents.



Family First

Here's your free copy of the UK's largest parenting title - Enjoy!

[CLICK HERE](#)

Like & follow us on
Family First

184 Main Road, Biggin Hill Westerham, Kent
TN16 3TR

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| [View online](#)

Menus from our caterer **Innovate**



WE'RE OPEN AFTER SCHOOL

Come along and enjoy Filled Baguettes, Fruit, Yoghurt, Home Bakes and Hot Chocolate.

You can find a bargain with our half price items after school only.

WEEK 1					WEEK COMMENCING					01/04/2024 22/04/2024 15/05/2024 05/06/2024 24/06/2024 15/07/2024					(V) - VEGETARIAN (VE) - VEGAN																			
CLASSIC HOT & HEARTY										streez VIBES																								
CLASSIC MAIN MEALS					VEGETARIAN MAIN MEALS					MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY				
MONDAY Buffalo Chicken with Smoked Paprika Wedges and Cajun Corn TUESDAY Classic Beef Lasagne, Garden Salad & Homemade Garlic Bread WEDNESDAY Glazed British Roast Gammon or Lemon & Thyme Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy THURSDAY Chicken Massaman Curry, Wholegrain & White Rice with Pineapple, Lime & Cucumber Salsa FRIDAY Chip Shop 'Fryday' Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce					MONDAY Bang Bang Cauliflower, Smoked Paprika Wedges and Cajun Corn (VE) TUESDAY Vegetable & Mixed Bean Lasagne, Garden Salad & Homemade Garlic Bread (V) WEDNESDAY Leek & Spinach Wellington, Crisp Roasties, Seasonal Vegetables & House Gravy (V) THURSDAY Pea & Halloumi Fritters, Wholegrain & White Rice, Pineapple, Lime & Cucumber Salsa (V) FRIDAY Vegan Onion Bhaji Burger with Slaw, Chips & Peas (VE)					MONDAY Buffalo Cauliflower Wings on Salt & Pepper Wedges (V)					TUESDAY Garlic & Lemon Chicken Gyros					WEDNESDAY Chicken Yakitori with Rice					THURSDAY Loaded Potato Skins					FRIDAY Manager's Street Vibes Special				
DESSERTS										NATURally																								
MONDAY					TUESDAY					MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY				
Chocolate Sponge & Chocolate Sauce					Apple Strudel & Custard					Chilli & Lime Glazed Tofu Skewer with Tomato Rice (VE)					Vegan Singapore Noodles (VE)					Jerk Jackfruit Open Wrap (V)					Pakistani Tarka Dhal (V)					Manager's Special				
Peach Kuchen					Pear & Cocoa Sponge					TRATTORIA																								
MONDAY					TUESDAY					MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY				
Homemade Soup & Freshly Baked Bread Available Daily					Jacket Potatoes Topped with a Choice of: Cheese, Tuna or Beans Available Daily					Tomato & Basil Pasta					Creamy Pesto Pasta					Mozzarella & Tomato or Pepperoni, Cheese & Tomato Pizza					Pasta in Cheese Sauce					Mozzarella & Tomato or BBQ Chicken, Cheese & Tomato Pizza				
Fruit & Yoghurt Pots Available Daily										Our Vegetarian and Vegan recipes are approved by the Vegetarian Society.																								

WEEK 2

Innovate

WEEK COMMENCING 08/04/2024 29/04/2024 20/05/2024 10/06/2024

01/07/2024 22/07/2024

(V) - VEGETARIAN
(VD) - VEGAN

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

MONDAY

Traditional Sausage & Mash with Onion Gravy

TUESDAY

Creamy Garlic Chicken & Mushroom Pasta with Garden salad

WEDNESDAY

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

THURSDAY

Smokey Beef Chilli Con Carne with Rice, Nachos & Corn

FRIDAY

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

MONDAY

Vegan Sausage & Mash with Onion Gravy (VE)

TUESDAY

Gnocchi with Roasted Vegetables in a Tomato & Basil Sauce (VE)

WEDNESDAY

Open Hariissa Roasted Squash & Feta Pie with Seasonal Vegetables or Salad (V)

THURSDAY

Smokey Plant Based Chilli with Rice, Nachos & Corn (V)

FRIDAY

Vegan Falafel Burger, Naked Slaw, Mango Chutney, Chips & Peas (VE)

DESSERTS

MONDAY

Apple Pie & Custard

TUESDAY

Peach & Pineapple Crumble

WEDNESDAY

Sticky Coconut & Jam Pudding

THURSDAY

Baked Churros with Chocolate Sauce

FRIDAY

Manager's Special

Fruit & Yoghurt Pots Available Daily

HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily

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



MONDAY

Caramelised Onion & Mozzarella Poutine

TUESDAY

Gochujang Chicken & Sesame Rice Pot

WEDNESDAY

Mei Goreng Indonesian Fried Noodles

THURSDAY

Korean Fried Crispy Chicken

FRIDAY

Manager's Street Vibes Special

NATURally

MONDAY

Reggae Reggae Jackfruit Curry (V)

TUESDAY

Spiced Paneer & Red Onion Naan (V)

WEDNESDAY

Vegan Ramen Bowl (VE)

THURSDAY

The Big Plant Burger (VE)

FRIDAY

Manager's Special



MONDAY

Tomato & Basil Pasta

TUESDAY

Creamy Pesto Pasta

WEDNESDAY

Mozzarella & Tomato or Pepporoni, Cheese & Tomato Pizza

THURSDAY

Pasta in Cheese Sauce

FRIDAY

Mozzarella & Tomato or BBQ Chicken, Cheese & Tomato Pizza

WEEK 3

Innovate

WEEK COMMENCING 15/04/2024 06/05/2024 27/05/2024 17/06/2024 08/07/2024

(V) - VEGETARIAN
(VD) - VEGAN

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

MONDAY

Kung Pao Chicken, Wholegrain & White Egg Fried Rice

TUESDAY

Beef & Tomato Ragout with Wholegrain Pasta & House Salad

WEDNESDAY

Roast Shoulder of Pork or Salt & Pepper Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

THURSDAY

Chicken Bhuna with Pilau Rice & Homemade Raita

FRIDAY

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

MONDAY

Sweet & Sour Vegetables with Wholegrain & White Egg Fried Rice (V)

TUESDAY

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

WEDNESDAY

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

THURSDAY

Paneer & Chickpea Korma with Pilau Rice & Homemade Raita (V)

FRIDAY

Jamaican Squash Pasty with Sweet Chilli Sauce and Chunky Chips (V)

DESSERTS

MONDAY

Pineapple Upside Down Cake

TUESDAY

Warm Blueberry Sponge

WEDNESDAY

Dropped Pancake Bar

THURSDAY

Apple & Mixed Berry Crumble with Vanilla Sauce

FRIDAY

Manager's Special

Fruit & Yoghurt Pots Available Daily

HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily

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



MONDAY

Chinese Style Vegan Noodles (VE)

TUESDAY

Chipotle Chicken Chimichanga

WEDNESDAY

Loaded Mediterranean Street Cart Wedges

THURSDAY

Thai Fried Rice

FRIDAY

Manager's Street Vibes Special

NATURally

MONDAY

Fork Friendly Falafel Kebab (V)

TUESDAY

Smoked Tofu & Caponata Burger (V)

WEDNESDAY

Seeded Vegan Sausage Roll (VE)

THURSDAY

Onion Bhaji Skewer with Bombay Potatoes (V)

FRIDAY

Manager's Special



MONDAY

Tomato & Basil Pasta

TUESDAY

Creamy Pesto Pasta

WEDNESDAY

Mozzarella & Tomato or Pepporoni, Cheese & Tomato Pizza

THURSDAY

Pasta in Cheese Sauce

FRIDAY

Mozzarella & Tomato or BBQ Chicken, Cheese & Tomato Pizza

Our Vegetarian and Vegan recipes are approved by the Vegetarian Society.



TARIFF SEPTEMBER 2023

DRINKS		PRICE	BREAKFAST		PRICE
Water 330ml		80p	Breakfast Roll		£2.05
Fruit Slush – Med/Lrg		90p/£1.45	Small Breakfast Baguette		£1.40
Capri Sun		£1.30	3 Piece Breakfast Pot		£2.00
Dalston Cans		£1.40	Toast with Butter or Jam		35p
Radnor 200ml Carton		£1.10	Pancake with Topping		£1.25
Milk / Flavoured Carton		£1.00	Waffle with Topping		£1.55
HOMEBAKES			Pastries & Croissants		£1.55
Muffins		£1.30	Cereals + Milk		90p
Mini Cakes		From 40p	Porridge for Staff		Free/ £1.05
Cookies		£1.15	Porridge for Students		Free
Chocolate / Cheese Straw		£1.15	Porridge Toppings		40p Each
HOT GRAB & GO			COLD GRAB & GO		
Ciabatta		£3.20	Roll		£1.00
Panini		£2.60	Sub		£2.05
Toastie		£2.15	Wrap		£2.60
Loaded Nachos		£2.25	Street Vibes & Naturally		From £2.85
Garlic Dough Balls		£1.40	Baguette		£2.65
Burrito		£2.65	Cold Pasta Pot – Med/Lrg		£1.00/£2.50
Chicken Wings		£2.15	Sml Self-Serve Salad Bar		£1.80
Shawarma		£2.65	Houmous Pot		£1.20
Pizza Slice		£1.50	Edamame Beans		£1.60
Street Vibes		£2.60	Sushi		£3.00
Naturally (V / Ve)		From £2.65	Yoghurt/Jelly/Fruit Pots		£1.00
Hot Pasta Pot – Med/Lrg		£2.15/£2.50	Whole Fruit		55p
Jacket Potato – 1 Topping		£2.05			

VAT on hot food and beverages will be charged at the current rate for all staff members



BREAKFAST

We are open for breakfast everyday from 8am

Come along and enjoy

Fruit
Yoghurt
Cereal
Toast and Bagels
Filled Rolls
Hot Chocolate

Remember free porridge is available for all students at breakfast





PLEASE JOIN OUR OCCUPATIONAL THERAPY WEBINAR



WHAT IS OCCUPATIONAL THERAPY? HOW CAN OT HELP AT SCHOOL?



DATE: 29TH AUGUST

TIME: 10AM OR 2PM

HOSTED BY: REDBRIDGE SCHOOL OCCUPATIONAL THERAPISTS

JOIN VIA LINK: 10 am: [Join the meeting now](#)

2pm: [Join the meeting now](#)



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 SIGN UP

GIRLS RUGBY TASTER SESSION

Come and **make new friends**, learn new skills and **play fun games!**

Girls aged **11-17** of all abilities and experiences are welcome!

You can also stay to **watch** the East London women play at 2pm.



SUN 22ND OCTOBER

12 - 2PM SESSION

Plus 2-3:30pm women's game



EAST LONDON REC

Memorial Recreation Ground
71 Holland Rd E15 3BP

Allianz 

INNER WARRIOR

FIND THE SPARK
PLAY THE GAME



WEAR TRAINERS/STUDED BOOTS AND SPORTS KIT. BRING WATER AND LUNCH.

SIGN UP: <https://forms.gle/nqQgWo6ZThkrzbQz5>

CONTACT: jmulholland@morpeth.towerhamlets.sch.uk with any questions.

School Uniform

Uniform, Clothing & Appearance

How we present ourselves can be a way of communicating our feelings and values. Being well presented and smart supports self-confidence, identity and pride.

High standards of uniform and personal appearance can make a valuable contribution to the self-confidence of individual pupils and the professionalism of the school community as a whole.

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

All uniform is gender neutral.

Required Items Year 7 - 11

Description

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

Required Items 6th 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, PTA Preloved Uniform. Other items can be bought from any other appropriate establishment.

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.

