

# Wanstead *in touch*



Redbridge Lane West, Wanstead, London E11 2JZ • Tel: 020 8989 2791  
 Email: whs@wansteadhigh.co.uk • Website: www.wansteadhigh.co.uk  
 Facebook/Twitter/Instagram wansteadhigh11

## FEEDBACK CORNER



Issue No. 13 13<sup>th</sup> October 2023

### Parent and Community Feedback

I wanted to take a moment to express my gratitude for **Ms Kashaf** as my daughter's key worker....They have developed a remarkable bond that has alleviated some of my daughter's anxiety. Ms Kashaf regularly checks in with her and updates me. She takes my daughter's feedback into consideration to improve her school experience and the communication between us has been reassuring, and I am confident that if any issues arise during the day, I can inform Ms Kashaf. Having this level of support from the school and having the best possible key worker for my daughter has been immensely helpful to me. I truly appreciate your efforts in ensuring my daughter's well-being and academic progress.

**Year 7 parent**

I must say that Wanstead High was wonderful place for him.

**Ex Year 11 Parent**

My wife and I came to the open evening last week with our son and we were very impressed.

*Morning, I attended the open evening yesterday and enjoyed it. The guide in year 11, was really good and an authentic ambassador for the attributes of the school*

I wanted to contact you with regards to feedback for our guide, who stumbled upon my daughter and I as we were looking for the P.E hall. She was an amazing guide, warm, engaging, witty, entertaining and fun. I really wanted to write to you, as I was so filled with joy to meet someone her age with such strength of personality, charisma, opinion, wisdom, care, understanding, thoughtfulness, compassion and empathy.

**Prospective Parents**

Contents	Page
Message from the Headteacher	2
Message from the Deputy Headteacher Ms Martin	3
Staff Update	4
Other News & Events	5
Round Up of Social Media	6 - 7
Extra-curricular Clubs	8
Sports News & Upcoming PE Fixtures	9
Routine Changes for PE Lessons	10
Measles/MMR Vaccination	11
Message from the Pastoral Team	12
Term Dates 2023-24	14
School Uniform	15 - 16
Tutor Grid	17
Lunch Menu & Prices	18 - 19

### 30th OCTOBER 2023

#### LATE START—TEACHER DEVELOPMENT

**Pupils should come back to school for 10.00 am on the first day back after half-term**—gates will open at 9.50 am and there will be an extended tutor time for all pupils from 10am to 10.30 am to reset expectations. **If you would like your child to attend school at normal time, please complete the form below by Wednesday 18th October.** These pupils should enter school via Reception on the day and will be accommodated in the school library. Please take half-term to ensure all uniform is correct. [https://docs.google.com/forms/d/e/1FAIpQLScb79748C\\_DWqnBfBG60sK\\_wVTIEZQr2ut3wTi-wbSA4XfJtw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScb79748C_DWqnBfBG60sK_wVTIEZQr2ut3wTi-wbSA4XfJtw/viewform?usp=sf_link)

Please read the additional important information in my message on p.2

## School Assemblies W/B: 16<sup>th</sup> Oct - 30<sup>th</sup> Oct

School Week	Week Beginning/Date	Year 7 Tuesday	Year 8 Wednesday	Year 9 Friday	Year 10 Monday	Year 11 Thursday	Year 12 Friday (Week 2)	Year 13 Thursday (Week 2)
1	16 <sup>th</sup> Oct	Achievement Assembly						
2	30 <sup>th</sup> Oct	Mutual Respect and Kindness						

## Diary Dates W/B 16<sup>th</sup> Oct - 2<sup>nd</sup> Nov 2023

17 <sup>th</sup> Oct	Year 11 trip to the Old Bailey
18 <sup>th</sup> Oct	Year 11 trip to the Old Bailey
19 <sup>th</sup> Oct	A Level Drama trip to Young Vic Theatre, Waterloo
31 <sup>st</sup> Oct	Year 10 Walking food tour of East London
1 <sup>st</sup> Nov	Year 13 trip to the Old Bailey
2 <sup>nd</sup> Nov	Year 9 trip to the London Stadium Year 12 to Auschwitz

# Message from the Headteacher

Dear Parent/Carer,

We have had a hugely busy and successful half-term and look forward to our achievement assemblies next week and sharing the highlights in the Heron Homelink. There has been so much positivity in school amongst a backdrop of tumultuous issues nationally and internationally. In particular, the school is deeply concerned about the violence in Palestine and Israel and thoughts are with all those who have been made to feel unsafe in their homes. We hope for peaceful solutions to the conflict. At this time, our school remains a place of calm and care for one another and for tolerance, acceptance and understanding. We remind the community that targeting of any pupils or staff for hate or discrimination because of their faith is unacceptable. So far, our pupils have been exemplary and we are here to support any pupil that feels they need this as well as urging all staff to remain vigilant to anyone affected by this situation. Pupils should speak to Ms Cini if they have any concerns and there is some guidance for you as parents on p.22.

We wish you a very relaxing half-term when it comes.

Emma Hillman

## Open Evening

What a wonderful event this was and I am so proud of the whole school community. Every pupil that helped was articulate, passionate and proud of their school and this was commented on by all our visitors. A huge thank you to all the pupils who helped. A letter and certificate will be sent to all of them and a huge thank you to all our staff who went out of their way to show the school off, despite the building works. We are confident as usual that we will be oversubscribed when places are announced in March 2024.



## Diversity in the Curriculum

Two weeks ago, staff were treated to a passionate plea from Mina in Year 9. She bravely spoke to all staff about the need to include the story and history of Roma people in the curriculum as she feels very strongly that they are under-represented. This has generated a lot of food for thought and I know the History department has widened their perspective on the teaching of the Holocaust to consider this.

## PE

Please read the very important guidance on page 10 about changes to the routines in PE lessons. This has been shared with pupils in PE lessons and will also be part of the 'Expectations Session' in the Tutor session after half-term.

## English Curriculum

We have had some feedback from parents about some elements of the English curriculum, as well as our own reflection on this. Whilst we have a lot of work to do considering the diversity and equity of our whole curriculum and considering this in all areas of the school, we have taken this on board. Of Mice and Men will be removed from the Year 9 curriculum as a result of this reflection and a new book introduced.

## Poetry Week

A huge thank you to Ms Gorczak and the English department for their work in delivering Poetry week. This was extremely popular and full details will be in the half-termly Heron Homelink issued next week. We welcomed Kat Francois, performance poet, to the school to share her work.



## Chewing Gum/Community Behaviour

This is a banned item and we are spending far too much time and money removing gum from the school. We will be considering consequences for chewing gum and introducing community detentions after half-term which will mean pupils will be giving back to the community if they are found to be damaging or potentially damaging the environment. This will also apply to pupils who leave the canteen in a mess thus making the dining experience unpleasant for others.

## ANPR System

The school/Leisure Centre car park now has an ANPR system meaning parking tickets will be issued if parents are parked here for longer than 5 minutes. We have asked that this be extended to 15 minutes in the future. This will be disabled for school events such as Grease or school concerts but please be careful as we would hate for you to get tickets unnecessarily.

## Wanstead Tours

For an opportunity to tour Wanstead High School during a normal school day, you will need to book a ticket for a morning tour via Eventbrite: <https://www.eventbrite.com/e/wanstead-high-school-year-6-morning-tours-tickets-722677436667?aff=oddtcreator>

# Message from Deputy Headteacher Ms H Martin

## Specialist Referrals

A number of parents/carers send into the school documents to be completed as part of an external diagnostic process being carried out by professionals to explore additional needs. This might be from a health care professional or body such as CAMHS or a private medical professional.

To ensure that these documents are received by the correct staff members and that they are completed and returned in a timely fashion, we have set up a specific email address for parents/carers that must be used to send these documents to.

Parents can also use this address to share any concerns they may have about an unidentified need whether it be cognitive, physical or related to mental health or wellbeing.

[referralrequest@wansteadhigh.co.uk](mailto:referralrequest@wansteadhigh.co.uk)

- Submissions to this email must include:
- Name of the pupil
- Year and tutor group
- Summary of concerns and, where applicable, the external provider and contact details to whom the document(s) needs to be sent
- Full name of parent/carer making the request
- Examples of documents that should be sent
- Assessment tools to assess wellbeing for the Emotional Well Being and Mental Health Service (EWHMS) formerly CAMHS
- Documents to be completed as part of EHCP assessment requests
- Private referral documents

## Attendance & Punctuality

### Punctuality to school

A gentle reminder please that pupils are required to be at school and sat in tutor time rooms by 8.35am. I would suggest therefore that pupils should be aiming to arrive to walk through the gate at 8.30am or earlier if wishing to attend breakfast club. Punctuality to

school has improved enormously since the beginning of last academic year and pupils have responded well to our encouragement and explanations of why good punctuality is so important.

## School Attendance

As you may have heard on the news, there is a national concern about school attendance. The Children's Commissioner has made this a key focus of her work and attention. Through their research it has been identified that children and young people are struggling to attend school at the same levels as they did pre pandemic, last academic year the school absence rate was 7.5% compared to 4.7% pre pandemic. We set our pupils at Wanstead the goal of 97% attendance but we realise this may be difficult for young people with chronic health needs and mental health difficulties.

It is our mission to work with and support our pupils who may fall into these categories and we would urge any parent/carer with concerns to please either contact Ms Lewis who is our raising Attendance Officer or your child's Head of Year to discuss any concerns or barriers to good attendance.

## Planned or Exceptional Leave of Absence

If you need to request any time off school for planned or exceptional leave of absence, you must complete the following form well in advance of the request. — <https://forms.gle/XHaxmDEFrWNNtZV68>

## Tutor Time Curriculum

We have made significant changes to our tutor time this academic year so that no learning time is wasted and that pupils are able to benefit from additional learning related to personal development and careers education. Although there are some variations for those pupils in exam year groups, each pupil across a week will have a timetable with key activities outlined below.

5 Min Lesson Behaviour, Routines and Expectations	WOW and DEAL	Votes for Schools	Careers Skills Builder Uniform	Assembly
<p>Notices</p> <p>5-minute lessons explaining the routines and expectations around key parts of the school day and key activities.</p> <p>These lessons identify the positive behaviour expected, they explain the reasoning behind them e.g., safety and outline the next steps and consequences if routines are not followed.</p>	<p>To support the development of pupil's reading skills and vocabulary pupils DROP EVERYTHING AND LISTEN to a key text and engage with a Word of the Week.</p>	<p>Class exploration and discussion around a topical issue or question. Pupils vote as a class on the issue e.g.</p> <p><b>Should the UK open new oil fields?</b></p> <p>This feedback is shared with key institutions e.g. The Office for National Statistics</p>	<p>Careers curriculum using online platforms and activities to develop pupil employability skills and awareness.</p>	<p>Collective learning and celebration delivered by a staff member or tutor group with a focus on personal development, safety, standards or national awareness and celebration days.</p>

Please follow the links to find out more about the votes for schools and career programmes

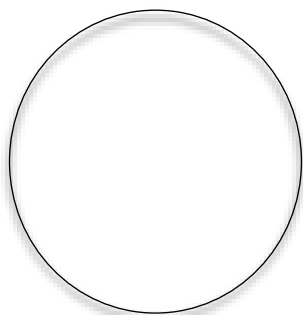
<https://www.votesforschools.com/>

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

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

# Staff Update

## A warm welcome to:



**Ms Ayah** (surname TBC) who joins the Sixth Form Team next week, who will be replacing Mr Z Mekkaw, to add capacity to the team whilst we await the arrival of a permanent Sixth Form Supervisor. Ms Ayah is an experienced school administrator with proficiency in SIMS and other school MIS systems. Ms Ayah describes herself as warm and friendly – please help make her feel welcome



**Mr Bickers** who joins the PE department next week to support with a staff absence. Mr Bickers is originally from Australia but has been living and working in England for the past few years.

## Congratulations to:

We wish to congratulate Ms S Khan, Ms N Ahmed and Ms J Seekings on their recent appointments as the new Pastoral Support Managers. Ms Ahmed will be working with Year 7, Ms Seekings with Years 8 & 9 and Ms Khan with Years 10 & 11. They will be working with Ms Cini and Ms Martin to ensure a smooth transition into their new roles. Congratulations to all!

## A fond farewell to...

Ms S Sultana's last day will be on 17th October 2023. Ms Sultana has worked at Wanstead High School since 2015, primarily as a Maths teacher in the Maths Department and more recently supporting the Computer Science Department. We would like to thank Ms Sultana for all her hard work! Ms Sultana leaves us to spend more time with her young family and we wish her every success in the future.

# Other News & Events

## Music Tuition

The school is now paying for 100% of tuition fees for woodwind, bowed strings and brass instruments and 50% of fees for drum kit, guitar and piano for all pupils entitled to the pupil premium/free school meals.

<https://visionrcl.org.uk/theatre-and-music/redbridge-music-service/music-service-sign-up/>

## Extra-curricular Music Activities

Parents are reminded about the extra-curricular groups taking place after school on Mondays (Wind Band, Brass Band and String Orchestra), Thursdays (Steel Pans) and Fridays (Jazz Band) as well as the year 11-13 choir taking place on Thursday lunchtimes.

**These are open to all pupils, without audition.**

## Enrichment Life Drawing Programme

The Art Dept will be running its sixth-form enrichment life-drawing programme from the 2<sup>nd</sup> Nov. It will provide a rich and immersive experience for our pupils, allowing them a deeper understanding of the human form, develop technical skills, and explore their artistic expression. It is also great preparation for further study, Foundation Courses or careers in Art.



# Other News & Events

## Lockers last year

A number of pupils left belongings in their lockers last year. These have all been gathered up, bagged and labelled with the locker number. The bags are waiting for collection in pupil reception. Please can you encourage your children to collect their belongings. The bags can be collected between 3.00 – 4.00pm.

All those bags that have not been collected by Friday 20<sup>th</sup> October will be disposed of during the half term.

## Biometrics

The school is rolling out the biometric programme to all year groups from next week. Year 7 have been processed and those pupils who do not have consent to use biometric data will have been given a lunch card by next week.

The other year groups will be processed during tutor time so as not to affect the learning. The IT team will aim to process 1 tutor group per day. Those pupils without consent to use biometric data will be issued with a lunch card after the whole year group has been processed..

Lost cards can be replaced at a cost of £5.00. This will be payable via parent-pay.

Please click on the 2 links for further information about the biometric process:

Link 1 Data Security in IDstore – this document describes the way in which biometric fingerprint recognition is carried out and the security measures that make the storage of this information safe

[https://drive.google.com/file/d/163UGWVBXY\\_TQMouoWUkOvxYxqeV8MusH/view?usp=drive\\_link](https://drive.google.com/file/d/163UGWVBXY_TQMouoWUkOvxYxqeV8MusH/view?usp=drive_link)

Link 2 iDStore FAQs – frequently asked questions

[https://drive.google.com/file/d/164FUMytuLKUqxZs78QV2RjJ27-mWm5sg/view?usp=drive\\_link](https://drive.google.com/file/d/164FUMytuLKUqxZs78QV2RjJ27-mWm5sg/view?usp=drive_link)

## School Lunches

The menus and tariffs have been updated and are accessible via the website. Please check your child's account regularly and top up as appropriate. See pages 18, 19 & 20.

## Local Area Visits for Year 7 Pupils

Included in the admissions forms for this year's Year 7 pupils was a consent form for local area visits taking place within the school day. We used this system for the first time for the Year 7 girl's netball tournament on 11th October.

For these visits, you may not receive a letter, but instead a message from the school providing the details (a Google Form may also be provided)-you will not be asked to provide consent. Lunches will be organised for pupils on Free School Meals.

If you did not give your consent on the admission form, then

you will be contacted to do so.

Please contact Mr Langford if you have any further queries regarding the above.

## Wanstead Decides! Pupil Council Elections

We had a pleasing number of pupils apply to stand as Pupil Council candidates, from across the year groups.

Candidates will make a short speech in assembly in the school week beginning 30th October, explaining why their peers should choose them as their pupil voice representative. Elections will also take place in each year group this week, and our new pupil council will be elected by the end of it.

## Film Club—see p. 8

Come and join our weekly film club in the Media department aimed at Years 7-9. Our film club is powered by IntoFilm, [www.intofilm.org](http://www.intofilm.org), a charitable organisation set up to give children and young people the opportunity to watch, discuss and review films, as well as training and online resources to make their own films. Our film club is completely free of charge.

The club will run after school on Mondays and start promptly

at 3.10pm. The end time of the club will depend on the film but we limit our screenings to 110 mins and so the club will last until 5pm at the latest.

We pride ourselves on being a very inclusive and welcoming club where students can just come along, watch a film and make new friends with similar interests. The clubs will begin after half term and are completely free of charge...we even provide the popcorn! All you have to do is show up and enjoy a film. We have limited spaces and so if you would like to join us and become a Wanstead film clubber then fill out this

## The Garden Club

The Science department have launched The Garden Club for KS3 (Years 7, 8 & 9). They have planted tomato seeds, and have plants growing from cuttings from hydrangea and coleus. The pupils have been very enthusiastic with ideas and plan to grow organic vegetables and plants in the foreseeable future.

The pupils have taken on the responsibility of watering the plants during the lunchtime and looking after the greenhouses. The school currently has two greenhouses and if anyone would like to get involved you can find us on Fridays in the quad at lunchtime.

By Ms N Hassan



# Round Up of Social Media @wansteadhighE11

## October Twilight CPD News

Our October Twilight CPD focuses on effective instructional coaching integral to our LEARN teacher development model. [#instructionalcoaching](#) [#teachergrowthanddevelopment](#)



## What Makes A Great School Governance!

Thank you to Governors and Senior Leaders for participating in a 'Wine and Whiteboard - and pizza' last week to really consider what makes a great school governance. Lots of great ideas to take forward and ensured that the team delivered an outstanding practice.



## Well Done Girls

U13 Girls winning in the second round of the ESFA competition 5-0. The team showed excellent sportsmanship and teamwork skills.



# Round Up of Social Media @wansteadhighE11

## Great Play Girls

Congratulations to our Year 7 Netball team who came 3rd out of the 8 schools in Redbridge that competed. Great play and sportsmanship shown by all, well done team!



## What A Successful Open Evening

Our amazing Open Evening – unearthed future Science teachers supporting a prospective pupil in the Science department!

So proud of the community who attended the event. A big thank you to all the pupils, staff and everyone who came to see us during our Open Evening. It was a fun event and hope prospective parents and pupils loved it as much as we did!







# Sports News & Upcoming PE Fixtures

\*\*\*\* NEWS REPORT \*\*\*\*

## Redbridge School Sports New Football format to start in September!

School Football competitions will have a fresh revamp ahead of the 2023/24 season. Please click [here](#) for further details

A new format will be played by schools in Redbridge at the start of the 2023/24 season. Boys in Years 7-11 will play in a Champions League style competition which sees schools put

into groups based on location. The top two in each league will then progress into a quarter final cup competition, leading to the semis and then a final.

Girls will also see a new format with the introduction of an U13 and U16 knockout cup competition.

## Results:

Monday 2<sup>nd</sup> October – Year 9 Netball v Valentines – game to be re-arranged

Tuesday 3<sup>rd</sup> October – Year 9 Football v Seven Kings Won 3-0

Tuesday 3<sup>rd</sup> October – Year 8 Football v Greig City Academy Won 7-4

Wednesday 4<sup>th</sup> October – KS4 Girls Football v Riverside Lost 2-0

Wednesday 4<sup>th</sup> October – Year 11 Football v Loxford Won 2-0

Tuesday 10<sup>th</sup> October – Year 9 Football v George Greens School Lost on penalties 5-4

Tuesday 10<sup>th</sup> October – Year 8 Football v Valentines Won 4-3

Wednesday 11<sup>th</sup> October – Year 7 Redbridge Netball at the Redbridge Centre – finished 3<sup>rd</sup> in Redbridge

Wednesday 11<sup>th</sup> October – Year 9 Football v Valentines Lost 4-1

## PE Fixtures

### Week 1 beginning Monday 16<sup>th</sup> Oct 2023

Monday 16<sup>th</sup> Oct – Year 7 Football v Valentines (home fixture)

Monday 16<sup>th</sup> Oct Year 11 Football v Seven Kings (away fixture)

Wednesday 18<sup>th</sup> Oct – GCSE PE Basketball Moderation v Caterham High School (home fixture)

Wednesday 18<sup>th</sup> Oct – Year 7 Football v Loxford (home fixture)

Wednesday 18<sup>th</sup> Oct – Year 9 & 10 Netball v Valentines (away fixture)

Thursday 19<sup>th</sup> Oct – Year 7 netball v Seven Kings (home fixture)

Thursday 19<sup>th</sup> Oct – Year 8 Football v Seven Kings (away fixture)

Thursday 19<sup>th</sup> Oct – Year 9 Football Loxford (home fixture)

### Week 2 beginning Monday 30<sup>th</sup> Oct 2023

Tuesday 31<sup>st</sup> Oct – Year 8 Football v Loxford (away fixture)

Wednesday 1<sup>st</sup> Nov – Year 10 Football v Valentines (away fixture)

Wednesday 1<sup>st</sup> Nov – Under 13's Football at Frenford Centre Week 1 (away fixture)

## PE kit reminder

Please can you ensure your child has the correct Wanstead High PE kit for all of their lessons, this includes the following:

- Wanstead High top
- Black tracksuit bottoms/shorts/leggings
- Socks (No tights to be worn for PE)
- Trainers
- Hair bobble

Thank you, PE Department



## Sixth Form PE

Sixth Form Sport lessons will start after half-term please ensure you are aware of the following procedures:

- Meet your teacher outside the dance studio for a register to be taken
- Get changed in the changing rooms (either PE changing rooms or squash courts)
- You are not expected to wear WHS PE kit but for these lessons appropriate sportswear and trainers (suitable for physical activity)
- Activities will either be in the Gymnasium/Sports hall or fitness suite (depending on class size)

## Old Trainers






If you have any old trainers that you would like to donate to the PE department please bring them into school and hand them to your PE teacher, we will use them for spare kit.






# Routine Changes for PE Lessons

We are changing the routine of how pupils are expected to enter and exit their PE lessons. We know that exercise improves a child's overall physical/ mental health and cognitive development so the new routines will ensure our pupils are spending more time learning gaining the many benefits.

The new routines will start after half term. Please read through our standard operating procedures with your child.

[https://docs.google.com/presentation/d/1LihUnl8zs7gvPrqFzo8KIWIYvY6ObMGVioNBCHdnQII/edit#slide=id.g28a6902f7b0\\_0\\_17](https://docs.google.com/presentation/d/1LihUnl8zs7gvPrqFzo8KIWIYvY6ObMGVioNBCHdnQII/edit#slide=id.g28a6902f7b0_0_17)

Wanstead High School Behaviour and Character Curriculum PE Lesson Expectations - END OF LESSON				
Be Ready, Be Respectful, Be Responsible				
1	2	3	4	5
Pupils to line up and walk back to changing rooms in single file (teacher at the back to observe behaviour)	Enter changing rooms and get changed back into school uniform (teacher at the back then move to the front to open the door)	Pupils have 4 minutes to change and pack kit away - teacher to stand outside of the changing rooms	Return loaned kit to teacher and prepare to leave the changing rooms ready for next lesson	Staff at the door and check uniform before movement to next timetabled lesson
				

Wanstead High School Behaviour and Character Curriculum PE Lesson Expectations - START OF LESSON				
Be Ready, Be Respectful, Be Responsible				
1	2	3	4	5
Meet your teacher at either of the following locations and line up: BOYS - Lower playground (MUGA) GIRLS - Outside dance studio	Teacher blows whistle twice to signal that all pupils should be ready in their lines. Register taken by teacher	Teacher to lead pupils to the changing rooms. Pupils should remain in single file. (teacher at the back then move to the front to open the door)	Pupils have 4 minutes to change into their PE kits and out of the changing rooms (all jewellery and watches removed and long hair tied back)  Your teacher will be outside of the changing waiting for all pupils to be out in 4 minutes	Pupils walk in single file to teaching area. (teacher at the back monitoring)
				

Blazers should be on at all times in the school building, this includes entering and exiting the classroom. Please remind pupils that hoodies and inappropriate jewellery will be confiscated and where pupils repeatedly ignore this uniform rule then parents will have to collect items. Shirts should be tucked in, ties worn and if wearing a skirt it must be pleated. Small studs and sleepers are allowed, larger hoops, drop earrings of any type are not. Multiple earrings and facial piercings should also not be worn in school. No leg warmers and shoes must be plain black

# Measles/MMR vaccination

Measles cases are rising across the country, with over 102,000 children starting primary school in England being at risk of catching the disease. We are asking education settings to share key messages from the NHS about MMR / measles and how to get vaccinated.

The [Back to school MMR Guidance](#) from the NHS includes information to share, as well as example social media posts which can be found here: [NHS Vaccine Poster](#) and [NHS MMR Poster](#).

Measles is highly infectious and if left unvaccinated nine out of ten children in a classroom can catch the disease if just one child is infectious. Please share these resources with colleagues, parents, and where suitable, community organisations to increase awareness and encourage parents to get their children vaccinated.

**Action for all education settings: Support children and young people to take part in The Big Ambition survey**

The Children's Commissioner for England has recently launched 'The Big Ambition' to hear directly from

children, young people, and parents across the country.

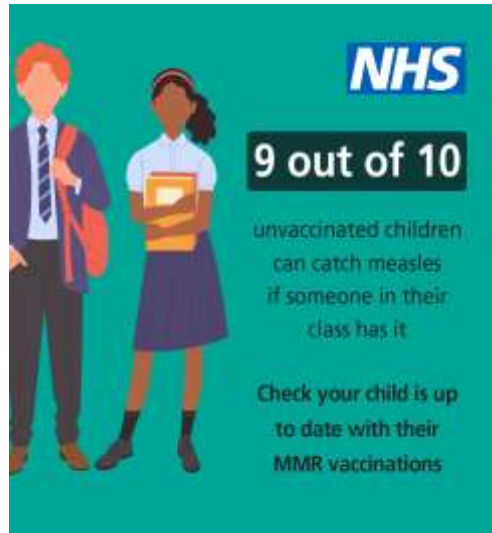
This is an opportunity to hear from all children, in every part of the country and in every setting. The survey will be used to encourage policymakers to think about children and young people's needs, to ensure children's voices are reflected in the decisions that will affect them in years to come.

Education settings play a critical role in enabling us to hear from as many children and young people as possible. That is why we are encouraging all settings in England to take part and let their pupils have their say on what is important to them!

To find out more head to [The Big Ambition page](#).

To take part in The Big Ambition survey visit:

[www.childrenscommissioner.gov.uk/thebigambition](http://www.childrenscommissioner.gov.uk/thebigambition).



## Spare room feeling empty?

London Borough of  
**Redbridge**

## Foster for Redbridge

020 8708 6068

[fostering@redbridge.gov.uk](mailto:fostering@redbridge.gov.uk)



# Message from the Pastoral Team

Our Pastoral Team includes a School Counsellor and Learning Mentor to assist with your child's emotional wellbeing. If you wish to discuss this support, please contact your child's individual Head of Year or our Director of Inclusion Ms Cini via email; [d.cini@wansteadhigh.co.uk](mailto:d.cini@wansteadhigh.co.uk). The following agencies may also support children and families with difficulties they may be facing.

## YOUNGMINDS

- **Young Minds** provide extensive information and support online at [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Provides free, 24/7 crisis support across the UK if you are experiencing a mental health crisis
- If you need urgent help text YM to 85258
- 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, Tesco Mobile and Telecom Plus.
- Free Parent helpline 0808 802 5544 free Mon-Fri from 9.30am to 4pm

## THE MIX

- **The Mix** offer support for a variety of topics including mental health and relationships.
- Extensive resources and support online at [www.themix.org.uk](http://www.themix.org.uk)
- 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 support services you might need.
- Freephone: 0808 808 4994 (13:00-23:00 daily)

## kooth

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



- **Child Bereavement UK** offer support for young people and their families who have experienced a bereavement online at [www.childbereavementuk.org](http://www.childbereavementuk.org)
- Live chat via website (Monday - Friday, 9am - 5pm)
- National Helpline 0800 02 888 40 (Freephone. Monday – Friday, 9am – 5pm)
- Email for bereavement support: [support@childbereavementuk.org](mailto:support@childbereavementuk.org)

## WINSTON'S WISH WW

- **Winston's Wish** provide support and therapeutic advice on supporting a grieving child or young person after the death of a loved one online at [www.winstonswish.org](http://www.winstonswish.org)
- Freephone National Helpline on 08088 020 021
- UK-wide national email service, offering support, information and advice to anyone seeking it via [ask@winstonswish.org](mailto:ask@winstonswish.org).
- Winston's Wish Crisis Messenger: text WW to 85258

## every mind matters

- Every Mind Matters is an NHS service provide support for mental health and wellbeing
- <https://www.nhs.uk/oneyou/every-mind-matters/>
- Every Mind Matters gives you simple and practical advice to get a healthier mind and get more out of life - from how to deal with stress and anxiety, to boosting our mood or sleeping better. It will help you spot the signs of common mental health conditions, get personalised practical self-care tips and information on further support.

# What Parents & Carers Need to Know about

# SNAPCHAT

AGE RESTRICTION  
**13+**

## WHAT ARE THE RISKS?

Snapchat is an instant messaging app which allows users to send images, videos and texts to people in their friends list. One of Snapchat's unique features is that pictures and messages 'disappear' 24 hours after they've been viewed; however, this content isn't as temporary as many believe – with some users saving screenshots or using another device to take a photo of their screen. This year, Snapchat added 'My AI': a customisable chatbot with which people can chat and share secrets, as well as asking for advice and suggestions of places to visit.

## CONNECTING WITH STRANGERS

Even if your child only connects with people they know, they may still get friend requests from strangers. The Quick Add option lets users befriend people the app recommends – but these 'friends' are merely a username, which could have anyone behind it. Accepting such requests reveals children's personal information through the Story, SnapMap and Spotlight features, potentially putting them at risk from predators.

## EXCESSIVE USE

Snapchat works hard on user engagement, with features like streaks (messaging the same person every day to build up a high score). Spotlight Challenges tempt users into spending time producing content in search of cash prizes and online fame, while it's easy for children to pass hours watching Spotlight's endless scroll of videos.

## INAPPROPRIATE CONTENT

Some videos and posts on Snapchat aren't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people (teens in particular) to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

## ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

## ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beauty' effects on photos can set unrealistic body-image expectations – creating feelings of inadequacy if a young person compares themselves unfavourably with other users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

## VISIBLE LOCATION

Snap Map highlights a device's exact position on a virtual map which is visible to other users. There are options to restrict who can see this information: all friends, only you (Ghost Mode) or selected friends. Snapchat also has real-time location sharing, which is intended as a buddy system to ensure friends have reached home safely – but which could also be used to track a young person for more sinister reasons.

## Advice for Parents & Carers

### TURN OFF QUICK ADD

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

### CHAT ABOUT CONTENT

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it's important to talk openly and non-judgementally about sexting. Remind your child that once something's online, the creator loses control over where it ends up – and who else sees it. Likewise, it's vital that children understand that some challenges which become popular on the platform may have potentially harmful consequences.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

### CHOOSE GOOD CONNECTIONS

In 2021, Snapchat rolled out a new safety feature: users can now receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users that they rarely communicate with, to maintain their online safety and privacy.

### KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Snap Stories are visible to everyone your child adds, unless they change the settings. On SnapMaps, their location is visible unless Ghost Mode is enabled (again via settings). It's safest not to add people your child doesn't know in real life – especially since the addition of My Places, which allows other Snapchat users to see where your child regularly visits and checks in.

### DISCUSS AI

Although My AI's responses can often give the impression that it's a real person, it's essential that young people remember this certainly isn't the case. Encourage your child to think critically about My AI's replies to their questions: are they accurate and reliable? Remind them that My AI shouldn't replace chatting with their real friends, and that it's always better to talk to an actual person in relation to medical matters.

### BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, your child can select the three dots on that person's profile and report or block them. There are options to state why they're reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).

# Term Dates and INSETs 2023-24 Planning Ahead!

The following dates are now confirmed for 2023-24 and are published on the school website:

## Autumn Term 2023-24

Period	Monday 4 <sup>th</sup> September 2023 to Wednesday 20 <sup>th</sup> December 2023
INSET 1 INSET 2	Monday 4 <sup>th</sup> September Tuesday 5 <sup>th</sup> September
<i>Half term break – Monday 23<sup>rd</sup> October 2023 to Friday 27<sup>th</sup> October 2023</i>	
INSET 3	Friday 24 <sup>th</sup> November

## Spring Term 2023-24

Period	Thursday 4 <sup>th</sup> January 2024 to Thursday 28 <sup>th</sup> March 2024
<i>Half term break – Monday 19<sup>th</sup> February 2024 – Friday 23<sup>rd</sup> February 2024</i>	

## Summer Term 2023-24

Period	Monday 15 <sup>th</sup> April 2024 to Friday 19 <sup>th</sup> July 2024
<i>Half term break – Monday 27<sup>th</sup> May 2024 to Friday 31<sup>st</sup> May 2024</i> <i>Last Day of Summer Term Friday 19<sup>th</sup> July</i> <i>INSET 4 (disaggregated) Monday 22<sup>nd</sup> July</i> <i>INSET 5 (disaggregated) Monday 23<sup>rd</sup> July</i>	

# Wanstead High School Uniform, Clothing and Appearance

## Required Items Year 7 - 11 Description



- |  |   |
|--|---|
| <b>Burgundy school blazer with school badge</b>  | - 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. |
| <b>School tie</b>  | - 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.  |
| <b>White plain school shirt</b>  | - Top button must be done up. Shirts can be long or short-sleeved.  |
| <b>Black tailored school trousers or black tailored school shorts (summer term only)</b> | - Trousers and shorts must be school-style and not be skinny or tight-fitting. No leggings, jeans or denim.   |
| <b>Black knee-length school skirt</b>  | - Skirts must be school-style and not be skinny or tight-fitting. Skirts must not be rolled up.   |
| <b>Black v-neck long-sleeved plain pullover (optional)</b>                               | - No sweatshirts, no cardigans and no logos apart from school badge. Pullovers do not have to have the school badge if worn.  |
| <b>Black leather shoes with black soles and black laces</b>                              | - 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.   |
| <b>White or black socks</b>  | - Must be worn up to or below the knee and no patterns.   |
| <b>Flesh tone or plain black tights (optional)</b>                                       | - No patterns and tights must not be torn or ripped.  |
| <b>Outdoor coat (optional)</b>   | - Appropriate coat suitable for school. Unzipped whilst in the school building. Hoodies or tracksuit tops may not be worn instead of a coat.  |
| <b>Religious headwear</b>  | - should be plain black, burgundy or white.   |

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## Required Items 6<sup>th</sup> Form Description

- |   |  |
|---|--|
| <b>Formal fit suit</b>  | - Should be smart and professional, ID badges must be worn at all times.   |
| <b>Formal collared shirt with tie or business style blouse</b>                    | - Top button must be done up. Shirts can be long or short-sleeved.   |
| <b>Formal fit skirt or dress (professional length) with business style blazer</b> | - Should be smart and professional, ID badges must be worn at all times  |
| <b>Black leather-style shoes</b>  | - 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. |
| <b>V-neck plain formal jumper/cardigan can also be worn</b>                       | - 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/> Other items can be bought from any other appropriate establishment. This will be reviewed in 2023-24.

# Wanstead High School Uniform, Clothing and Appearance

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/lunchtimes when the weather is cold. Ski masks, balaclavas and face coverings should not be worn, to, from or within school.





# Tutor Grid 2023 -24

Year 7		Year 8		Year 9	
HOY	Mr D Tann	HOY	Ms C Murray	HOY	Mr M Tinker
7.1	Ms T Reynolds	8.1	Mr M Adams	9.1	Ms I Unegbu/Ms M Dietze
7.2	Ms B Waters	8.2	Ms I Jasmine/Ms O Ogunfemi	9.2	Mr S Rashid
7.3	Ms S Khan	8.3	Ms N Rowshan	9.3	Mr N Rashid/Ms S Sultana
7.4	Ms C Gorczak	8.4	Ms J Ibrahim	9.4	Mr A Chauhan
7.5	Mr I Choudhury	8.5	Ms D Collins	9.5	Mr D Boachie
7.6	Ms S Begum	8.6	Ms K Kaddour/Ms S Prestwidge	9.6	Ms M John
7.7	Ms N Ahmed	8.7	Ms N Redondo	9.7	Mr G Narang
7.8	Ms E Everhart	8.8	Ms N Gómez	9.8	Ms N Begum
		8.9	Mr D Vardavas/Ms E Christofides	9.9	Ms K Kioi/Ms O Ogungbe

Year 10		Year 11	
HOY	Mr M Hadden	HOY	Ms G White
10.1	Ms K Ali/Ms J Wali	11.1	Ms H Tassine
10.2	Ms F Mak	11.2	Mr S Younis
10.3	Ms L Pennington	11.3	Mr L Willer
10.4	Ms C Feeney	11.4	Ms S Hoque
10.5	Ms E Hayes	11.5	Mr R Ali
10.6	Mr D Leftwich	11.6	Ms S Younas/Ms S Clarke
10.7	Ms R Gullefer/Ms M Ayer	11.7	Ms N Hassan
10.8	Mr D Hardy	11.8	Mr R Nazir
10.9	Mr A Yiacoumi	11.9	Ms H Ikrah

Year 12		Year 13	
12.1	Ms D Bennett/Ms O Gallagher	13.1	Ms H Ahsan/Ms S Wright
12.2	Mr B Weakliam	13.2	Mr K Holdbrook
12.3	Ms S Begum	13.3	Ms C McQuillan/Mr R Smith
12.4	Ms A Khanum/Ms H Cressall	13.4	Ms M Kara
12.5	Mr I Sweet	13.5	Mr B Alom/Ms G Kartha
12.6	Ms F Hinson/Ms V Premkumar	13.6	Mr Z Munir

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TO FIND OUT MORE, CONTACT PROMILA RAINA :  
 PROMILA.RAINA@ESSEXCRICKET.ORG.UK

# Lunch Menus and Tariffs

## LUNCH BREAK TARIFF

MAIN MEAL - OPTIONS 1,2 AND 3	£2.47
MAIN MEAL AND DESSERT	£2.65
BOWL SALAD	£1.75
PLATE OF SALAD	£2.47
JACKET POTATO AND 1 FILLING	£2.47
EXTRA FILLING	£0.55
HOT PASTA POT	£2.47
PLAIN PASTA	£1.35
CAKE (SLICE OR INDIVIDUAL)	£1.00
FRUIT/YOGURT/MOUSSE	£1.10
WATER	£0.85
FLAVOURED WATER/RADNOR FIZZ	£1.30
MILK SHAKE/JUICE BOX	£0.85

**GREAT FOOD FEED ME EVERY TIME**

## MID-MORNING BREAK TARIFF

Half Panini	£1.10	Cold Small Pasta Pot	£1.10
Full Panini	£2.00	Cheese and Onion Pastry	£1.50
Pizza	£1.15	Waffles/Croissant	£1.20
Loaded Nachos	£2.00	Hash Browns	£0.65
Dirty Wedges - Meat	£2.20	Egg Roll	£1.10
Dirty Wedges - Veggie	£2.00	Mousse/Fruit	£1.10
Half Wrap	£1.00	Piece of Fruit	£0.55
Wraps	£2.00	Jelly	£0.66
Vegan/Chicken Sausage Roll	£1.35	Water	£0.85
Sandwiches	1.65	Juice Boxes	£0.85
Vegetarian Baguette	£1.90	Flavoured Water/Radnor Fizz	£1.30
Meat Baguette	£2.05	Milk Shake	£0.85
Cold Large Pasta Pot	£1.65		

**GREAT FOOD FEED ME EVERY TIME**

## Mid-Morning Break Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Panini	Panini	Panini	Panini	Panini
Pizza V	Pizza V	Pizza V	Pizza V	Pizza V
Loade Nachos	Dirty Wedges	Veggie Wedges Ve	Dirty Wedges	Loaded Nachos
Veggie Wedges Ve	Wraps - Ve Available	Wraps - Ve Available	Vegan Sausage Roll Ve	Veggie Wedges Ve



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## Week 1 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Chicken Burger	Jerk Chicken with Rice and Peas	Carvey Roast 3 Ways with Roast Potatoes, Gravy, and Seasonal Vegetables	Chicken Katsu Curry with Rice and Mixed Pepper Siracha Slaw	"Fish and Chips with Peas and Baked Beans served with Ketchup, Tartar Sauce, or Curry Sauce"
<b>Option 2</b>	Mac 'n' Cheese V	Sweet Potato Jerk Burrito Ve	BBQ Quorn Fillet with Roast Potatoes and Gravy Ve	Sweet Potato and Spinach Curry with Naan Ve	Spring Roll with Sweet Chilli Sauce and Served with Chips Ve
<b>Option 3</b>	Quorn Fishless Fish Finger Wrap with Siracha Coleslaw Ve	Grilled Chicken Baguette	BBQ or Hot and Spicy Chicken Wings with Wedges and Sweetcorn Salad	Veggie Noodle Pot Ve	"Fish Finger Bap with Chips, Peas, Baked Beans, Ketchup or Tartar Sauce"
<b>Dessert</b>	Fruit Shortbread V	Vegan Ginger Cake V	Mousse V	Fruit Turnover V	Fruit Muffin V
<b>Dessert</b>	Fruit, Yogurt, Jelly Ve V V	Fruit, Yogurt, Jelly Ve V V	Fruit, Yogurt, Jelly Ve V V	Fruit, Yogurt, Jelly Ve V V	Fruit, Yogurt, Jelly Ve V V
<b>Salad Bar Menu</b> Available Daily	Tomatoes, Cucumber, Lettuce, Coleslaw, Beetroot, Potato Mayonnaise	Tomatoes, Cucumber, Lettuce, Coleslaw, Beetroot, Spicy Potato Mayonnaise	Tomatoes, Cucumber, Lettuce, Coleslaw, Beetroot, Potato Orange	Tomatoes, Cucumber, Lettuce, Coleslaw, Beetroot, Potato Marie Rose	Tomatoes, Cucumber, Lettuce, Coleslaw, Beetroot, Greek Salad

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zaw-gnd-4\_p-00349g-insplach eng-0-4-UP-0357mCpuZU-umzslark

## Week 2 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Chicken Pie Veggie Dirty Jackets Extra Option V	Bolognese Pasta Bake with Garlic Bread	Chicken Sausage and Mash with Roasted Veggies	Chicken Naandoori with Asian Slaw	Fish and Chips with Peas and Baked Beans served with Ketchup, Tartar Sauce, or Curry Sauce
<b>Option 2</b>	Veggie Loaded Quesadilla	Vegetable Spaghetti Bolognese	Sausage Yorkshire with Mash and Roasted Veggies	Teriyaki Noodles	Veggie Plait with Chips
<b>Option 3</b>	5 Bean Chilli Nachos	Chicken Fajita	Roast Chicken Baguette (French Dip) with Onion Gravy	Macaroni Cheese Pot	Fish Finger Bap with Chips, Peas, Baked Beans, Ketchup or Tartar Sauce
<b>Dessert</b>	Vegan Chocolate Cake	Flapjack	Summer Iced Loaf	Banana Oatbar	Strawberry Mousse
<b>Dessert</b>	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly
<b>Salad Bar Menu</b> Available Daily	Tomatoes, Cucumber, Lettuce, Coleslaw, Beetroot, Potato Mayonnaise	Tomatoes, Cucumber, Lettuce, Coleslaw, Beetroot, Spicy Potato Mayonnaise	Tomatoes, Cucumber, Lettuce, Coleslaw, Beetroot, Potato Orange	Tomatoes, Cucumber, Lettuce, Coleslaw, Beetroot, Potato Marie Rose	Tomatoes, Cucumber, Lettuce, Coleslaw, Beetroot, Greek Salad

## Week 3 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	Cottage Pie Cheesy Baked Mediterranean Gnocchi	Sweet Chilli Chicken Noodle	Chicken Roast 3 Ways with Roast Potatoes, Gravy, and Seasonal Vegetables	Butter Chicken with Rice	Fish and Chips with Peas and Baked Beans served with Ketchup, Tartar Sauce, or Curry Sauce
<b>Option 2</b>	Pad Thai	Spicy Falafel and Hummus Wrap	Tandoori Quorn Fillet with Bombay Potatoes	Chickpea, Sweet Potato, and Spinach Curry with Brown Rice	Samosa with Chips and Curry Sauce
<b>Option 3</b>	No Chicken Tikka Nan Wrap	Beef Bolognese and Pasta Pot	Sausage Roll with Spicy Wedges and Slaw	BBQ Chicken and Rice with Siracha Slaw	Fish Finger Tacos with Chips
<b>Dessert</b>	Vegan Berry Cake	Chocolate Shortbread	Lime and Coconut Drizzle	Raspberry and Coconut Flapjack	Mousse
<b>Dessert</b>	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly
<b>Salad Bar Menu</b> Available Daily	Tomatoes, Cucumber, Lettuce, Coleslaw, Beetroot, Potato Mayonnaise	Tomatoes, Cucumber, Lettuce, Coleslaw, Beetroot, Spicy Potato Mayonnaise	Tomatoes, Cucumber, Lettuce, Coleslaw, Beetroot, Potato Orange	Tomatoes, Cucumber, Lettuce, Coleslaw, Beetroot, Potato Marie Rose	Tomatoes, Cucumber, Lettuce, Coleslaw, Beetroot, Greek Salad



- Are you feeling low and would benefit from some 'me' time?
- Do you need support to be more active?
- Are you looking to improve your wellbeing?
- Would you like to try something new or re-try an activity?



# Active Body Healthy Mind

If you have answered 'Yes!' to any of the above, come and get involved. From September 2023 – July 2024, you can find a full programme of activities in various locations across Redbridge.

- Booking required
- Age 19+
- Taster sessions
- FREE



**To view the programme timetable  
and to find out more about this project**

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Email: [active.redbridge@visionrcl.org.uk](mailto:active.redbridge@visionrcl.org.uk)



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# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to upsetting stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

### 1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.

### 2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

### 3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.

### 4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

### 5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

### 6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

### 7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.

### 8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

### 9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.

### 10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.

### 11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.

### 12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.

## Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



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