



Message from the Headteacher

Dear Parent/Carer,

We are so glad that so many of our Muslim community of staff and pupils were able to celebrate Eid and spend such a reflective, happy and peaceful weekend with their families. A huge thank you to all the staff in school who supported flexibly with the management of the school and supporting classes on Friday to allow this to happen. It was a very calm and successful day, despite not all staff being in.

Year 7 were lucky enough to see a great production of Romeo and Juliet in the theatre - they thoroughly enjoyed it and it was great to see Shakespeare come alive.

Year 11 and Year 13 will be expected to come to school on the two national strike days but the school will be closed to all other pupils, except those key worker and vulnerable pupils who have booked places in school—further guidance to follow.

A huge well done to all the Year 10 Duke of Edinburgh pupils who had a hugely successful walk and all passed this part of the Award—we are very proud. Unfortunately other commitments meant I couldn't come out and see them but will be there for the Year 9s. Thank you Ms Feeney.

A massive thank you also to Mr Holdbrook and other PE staff who took a group of Year 7 and 8 pupils to the Copper Box to watch the London Lions on Friday night—they had a great time. As one parent said, my children 'really enjoyed it, and also really benefited from the experience.'

I am already over-excited about the Adrenaline Dance Performances this week and pupils have been working so hard all day to prepare for this event. We also have the Drama Showcase on Friday and, as Drama is one of my subjects, I am

Please read the additional important information in my message on p.2 and p.3

School Assemblies 24th April - 1st May

School Week	Week Beginning/Date	Year 7 Wednesday	Year 8 Friday	Year 9 Monday	Year 10 Thursday	Year 11 Tuesday	Year 12 Tues	Year 13 Mon
1	24 th April	Awareness, Respect, Diversity, Inclusivity						
2	1 st May	Community Awareness, Safety, Reasoning						

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also hugely excited about this. Due to the ACAS meeting on Wednesday (see overleaf) I will not be able to attend both nights of the Dance Show but I know you will love it. A huge thank you to Ms Grace, Ms Gullefer, Mr Anderson, Ms Wali and all other staff involved in making this happen.

Good Luck to Mr Sweet at the Redbridge Education Awards on Thursday—see p.2 for details.

All the best

Emma Hillman

Diary Dates W/B 24th April - 1st May 2023

24 th April	Dance Showcase to primary schools Dance Showcase - 7-9pm
26 th April	Year 13 Politics Booster Workshop - Vue Cinema, Westfield Dance Showcase - 7-9pm
27 th April	NEU National Strike Day
27 th April	Music performance at Wanstead Golf Club for Redbridge Education Awards
28 th April	Drama Showcase - 7-9pm
29 th April	Year 9 Planning of the DoFE
2 nd May	NEU National Strike Day
4 th May	Year 7 Parents' Evening

Messages from Headteacher - Miss Hillman

Science Event

A huge thank you to Ms Hoque and the Science team for running the event for parents of certain classes on Thursday last week—it was good to hear some of your stories and frustrations and we will be sending out an update today or tomorrow as promised and sending this to all parents of Year 11 as this will include information pertinent to all. We are very sorry that the journey in Science for some of you over the last two years has been so up and down due mostly to staff absence. We are planning strategically to future-proof other pupils from these challenges.

Strike Days

School will be closed to all pupils, except Year 11 and 13 and keyworker/vulnerable children who have places booked. A further letter will be sent out but the expectation is that Year 11 and 13 will attend as normal.

ACAS

As you know, we will be working with ACAS on Wednesday to try and find a resolution to the potential strike action. We will be sending out further comms to parents later today.

Year 11 and 13 Study Details

We will send out further details as soon as we can about the next few weeks for Year 11 and 13 and the expectations for attendance etc. In short, Year 11 will remain in school until half-term and Year 13 until mid-May. We hope to open a study room for Year 11 at lunchtime and also allow them use of the Quad in the old building to give them a relaxing space for lunchtime.

New Midday Assistants

We have appointed a number of new MDAs who will be starting soon to help supervise lunchtime recreational areas and continue to support keeping our pupils safe.

Year 12 and 13 Non-uniform Day

Pupils are avidly fund-raising to support the Year 13 Prom and are undertaking some events in school for this purpose—obviously quite low profile to ensure they are not distracted from their studies! To this end, pupils can wear non 'school uniform' on Friday and will need to bring in £1 (or more) if they wish to wear more casual clothes. Clothing choices must be appropriate and obviously pupils must not wear any clothes with offensive slogans etc! Please ask your child to check with Ms Battiwala or Ms Bray if they are not sure. This is entirely optional.

Teacher of the Year Award

Mr Sweet will be attending the Redbridge Teacher of the Year Awards on Thursday—we wish him lots of luck—it would be a well-deserved win! The school Jazz Band will also be playing at the event—testament to the talent he nurtures in school.

Clubs and Activities

These have now begun for the Summer term and the timetable is on p. 14. I am very grateful to all staff who run these activities and enable and support education with character.

Pupil Behaviour and TfL

As you know, we regularly patrol the High Street after school to support the safety and good conduct of our pupils but rely also on the support of parents and carers to ensure behaviour is acceptable when outside of school. A member of the public approached one of my senior leaders yesterday to demand that we were there for longer hours and with more staff! Whilst we do what we can, policing the High Street all evening is not the role of the school. Community behaviour is a key part of the new Behaviour Policy and we will work with our pupils and community to ensure they are clear about what we expect. We also continue to work with local shops and businesses.

Whilst the behaviour of our pupils in the community is normally excellent, we have received a 'Letter Level 1' from TfL which includes the following text:

We are getting in touch from Transport for London's Compliance, Policing, Operations and Security team as we have noticed a rise in fare evasion and anti-social behaviour from students at Wanstead High School at Wanstead London Underground Station.

Reports include abuse and aggression towards our staff which is unacceptable behaviour on our network. We hope that with your co-operation we can come to a simple solution to avoid escalation. It would be useful if we could ascertain a contact name and number for these matters moving forward and would appreciate your confirmation of this to cposschoolsteam@tfl.gov.uk

Transport for London (TfL) and the London Underground (LU) have devised a Behaviour Code which they expect all young people to adhere to at all times when they are travelling on public transport. This code is in place to ensure everyone travels safely with due respect for fellow passengers, staff and property.

If a young person is found to be in breach of the code they may be warned about their behaviour, have a letter sent to their parents and/or they may face police action. TfL will be informed of all incidents of misconduct to consider the withdrawal of the young persons free travel concession.

We will be considering next steps and this will include assemblies etc to ensure pupils understand our high expectation, as well as working closely with TfL. Please do speak to your child about this so they are also clear about what we and the community expect. We will not let the behaviour of a few affect the great reputation of the school or make others feel unsafe. Thanks for your support with this.

Message from Deputy Head Mrs Martin

Thank you to the parents and carers who attended the focus group to help shape future policy:

Your input was invaluable and we hope to run similar events for other policies in the future.

Staff Update

Welcome

A warm welcome to:



Mr D Tetteh - Joined as our new Exams and Data Manager on Monday 24 April. Daniel has been working in similar roles for the past 15 years in 2 different schools. He is very passionate about data and believes we can raise attainment by having a deep understanding of the pupil's present attainment level and current progress in comparison to their targets. Daniel describes himself as friendly and approachable and is looking forward to supporting staff and the needs of the school.



Ms M Argyrakis - Joined us as Supply Cover on a flexible basis from Friday 21 April. Miriam has 21 years' experience in secondary education, most recently as an Assistant Headteacher in a local school. She specialises in Music and the Creative Arts but has taught across a range of subjects from KS3 - KS5.

Pupil Lockers

If you have booked and paid for a locker for your child they should now be making full use of it. So far, the introduction of these has been very successful and pupils have been very grateful.

We still have lockers available. Please see below how to book.

If you have any questions please contact Sarah Williams on s.williams@wansteadhigh.co.uk

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Once on the web app do the following:

- Enter your **LOCATION**
- Choose your **PREFERRED LOCKER AREA** from the drop down menu (if available)
- Click on **CHECK AVAILABILITY**
- Where prompted enter your details and read and agree to the terms and conditions
- Click on **RENT LOCKER** and follow the instructions for entering your payment details
- You will then be emailed a locker code and the number of your locker compartment.

How to Access your Locker:

- Go to the locker number detailed on your confirmation email
- Enter the **4 digit code** detailed on your confirmation email and open the lock
- Should you forget your code it can be reissued by visiting www.locker.rentals and clicking on the re-issue my locker code link.

Other News & Events

Jam Packed Revision Sessions

Year 11 Geographers spent 3 jam packed hours at the start of the Easter holiday developing exam techniques as they aspire to achieve Grade 7 or above. With a focus of writing to Level 3 standards for all questions requiring the use of exemplification to support the Geography content of their answers.

What did come to light was how severe our pupils were when they came to mark examples of past GCSE questions.

Now you know what to do....



The Globe Players perform 'Romeo and Juliet'

Last week we welcomed the theatre group -The Globe Players- to perform 'Romeo and Juliet' to our Year 7 cohort. The performance introduced the Year 7s to the plot, important themes and Shakespeare's language.

Full of drama, love, humour and tragic tropes, the Year 7s enjoyed an energetic and entertaining performance of the key scenes along with a brief commentary, making pupils aware of Shakespeare's choices and the beauty of his language. By bringing Shakespeare to life in this way, pupils were given a fantastic foundation to the play that will be studied in English lessons this term.



Rising Jazz Musical Stars



Nico (Year 12) and his band Oreglo (which also includes Linus, who left Wanstead in 2022) are going from strength to strength and gave assured performances at the jazz café in Camden and at the Brick Lane Jazz Festival over the Easter holiday. They were interviewed by Jazz FM during the latter, at around 44 minutes into the show below.

<https://planetradio.co.uk/jazz-fm/player/207799899/>

Their single 'Levels', is available to stream on Spotify and YouTube:

<https://open.spotify.com/track/1NRpHigBKXhYJwX800oUwR?si=65becb867fcd466e>

<https://www.youtube.com/watch?v=IUUc4HU-uqw>



The Oreglo Jazz Band will also be performing at the **Redbridge Education Awards** this week as well as on the evening of **Thursday 27th April, 5pm at Wanstead Golf Club.**

Other News & Events

Climate Awareness Challenge - Year 9

We launched a climate change challenge last term with Year 9 which was based around changing habitats due to human activity. The aim was to raise awareness of climate change around the planet and research the impacts this is having on the environment.

There was a poster competition and the winner from each form got ten praise points and the overall winner was Orli Year 9 who got a prize, science badge and ten praise points. Well done to everyone who participated and the **runners up were Julia, Abduarrhim, Firuza, Iyad, Manha.**

Duke of Edinburgh's Award - Year 9

Year 9 Cohort 2 Kit planning session: 3pm to 4.30pm on school site Wednesday 26th April 2023.

Year 10 Duke of Edinburgh Cohort

Congratulations to our Year 10 Duke of Edinburgh cohort who all passed their expedition this weekend. Pupils showed excellent teamwork and navigation skills, as well as outstanding resilience through the tough weather on day 2. Pupils represented both themselves, and the school, to the highest level - Well done!



An Update on the Year 11 and 13 Historians at Wanstead

We are now beginning revision with our Year 11 and Year 13 at Wanstead - the business end of the course! We are

optimistic that all of our historians will try their hardest to achieve the best possible marks in their exams through intensive revision over the next couple of weeks.

All of our pupils have worked extremely hard over the past two years and just have one final push left! In order to utilise this time as effectively as possible, we are beginning an intensive revision programme in lessons, with a focus on topics and units we have identified as areas of previous underperformance through the most recent set of mocks.

We are also trying to make revision as varied, active, inclusive and (dare I say it) fun as possible for all through activities such as group exam question planning, games and of course, coverage of content. We would also like to remind both parents and pupils to check the bulletin for details of our interventions.

Please contact the Head of History, Mr Chartorizhsky, should you need any extra information on these or anything else linked to revision. Best of luck to all of our Year 11 and Year

Attendance and Punctuality - Year 12

Well done to those who have 100% attendance. In achievement assembly, pupils were recognised for their punctuality and awarded certificates.

Year 12 pupils are expected to be in their forms by 8.40am ready for the start of tutor time and past the gates at least by 8.35am. Year 13 pupils are expected to be in school as per their timetable and promptly. If they are to be absent for any reason, please ensure you call in as their parent/carer before 8am in the morning to Ms Fullerton and provide a reason. Pupils who are unable to provide reasons for absences will be asked to provide a note signed by a parent and will risk losing home study privileges.

Careers Update - Year 12

**Getting into Law and Finance Seminar
Wednesday 3rd May 2pm-4pm**

**Getting into Law and Finance Seminar
Thursday 4th May 2pm-4pm**

We are very fortunate to have a top career development specialist delivering two separate sessions on **Careers in Law/ Finance and Social Sciences** for our Year 12s. They have worked with leading business schools and global mobility services' provider and have had international experience in Japan and the USA. The sessions will include the following:

- Information about the various roles in these professions
- Information about the various sectors or specialisms
- Key skillsets
- Professional accreditation pupils should be aware of how to boost applications with super curricular activities and examples that are pertinent to these sectors

If your young person is interested in either of the above sessions, please can you ask them to see Ms van Beers to put their name down for the seminar.

Upcoming Events

Dance Showcase—ADRENALINE

Our annual dance showcase is taking place this Tuesday 25th and Wednesday 26th April in the Theatre. The show will start at 7pm and doors will be open from 6.30pm. All parents of cast members have been sent an email outlining the logistics of the days, please ensure you read this carefully with your child. All Year 8 pupils will be watching the show on Wednesday, 8.1-8.5 (P2 and P3) and 8.6-8.9 (P4 and P5). We wish the cast the best of luck!



Geography Trip

Tuesday 16th May – Hyde Park (Carbon Cycle and Energy Security unit)



Sixth Form Prom

Prom tickets are now available to purchase on ParentPay. If your child would like to attend on Friday 7th July venue King's Oak, then please ensure this payment is made as soon as possible. Thank you.

Year 11 Leavers' Prom

This year's Leavers' Prom will be held on **Thursday 6th July, 7.30pm to 11.00pm at the Prince Regent Hotel, Chigwell, IG8 8AE.**

The Prom is an evening event where pupils can celebrate their time together after finishing their GCSE exams. It is a wonderful occasion which will allow pupils to create memories for them to cherish forever.

The cost of the Prom ticket is £35. This includes entry and security at the venue, hot and cold buffet, drinks, formal photographs and the DJ. Tickets are available on ParentPay.

If you require support for the cost of the ticket, please com-

plete this Google Form:

<https://forms.gle/9oCcyKfVdorKvpNP6>

It will be the responsibility of parents and carers to organise travel arrangements to and from the venue. Staff will also be leaving the venue at 11.15pm so please make sure pupils are collected by this time.

The Prom has been a very successful event in the past for previous Wanstead High Year 11s and we would like the same for this cohort.

Therefore, it's important for pupils who will attend the Prom to follow and adhere to the rules and conditions set out in the letter sent to them on Thursday 23rd March. Attendance relies on this.

Mr R Carfrae - Head of Year 11

The Drama Showcase

The Drama Showcase is this Friday 28th April, showcasing a range of short Drama pieces from pupils across the school.

Tickets are available for £5 on ParentPay with a maximum allocation of 3 tickets per pupil. The performance will be staged in a cabaret style, with a PTA bar in operation. Doors will open at 6.30pm for a 7pm start. We look forward to seeing you at the show.

Sports News & Upcoming PE Fixtures



Results for Year 7 Netball fixtures

Well done to our Year 7 netball team who competed in the annual netball rally held at Woodbridge High School.

Wanstead v Woodbridge (lost 7-2)

Wanstead v Oaks Park (won 5-3)

Wanstead v Mayfield (won 3-2)

Well done to all those involved and thank you for having us Woodbridge.

PE Fixtures

Week 1 beginning Monday 24th April - 5th May

Tuesday 25th April – KS3 & KS4 Basketball v Seven Kings

Week 2 beginning Monday 5th May 2023

No Fixtures

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

Thank you, PE Department



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AGE 8-16 | EVERY MONDAY | 5:30PM TO 6:30PM
WANSTEAD LEISURE CENTRE,
REDBRIDGE LANE WEST, WANSTEAD -E11 2JZ

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

Revision & Interventions

Social Science and Religion and Philosophy Revision Techniques for Year 11 and Year 13

As exams are approaching, the Social Science department have a range of revision techniques that will help pupils with revision.

- Pupils should have been given Flash cards from the department which can be used in a range of ways, from key theorists, key concepts and key debates.
- Past papers are available on websites, however they are also available on Google Classroom.
- Create Mind Maps for each topic and link this with key

concepts, debates, studies, breakdown of A01, A02 and A03.

- Use Personalised Learning Checklists to help with what subtopics pupils are unsure of and what to focus on.
- There are also some great workshops that pupils can attend during April. The below link are workshops at Stratford Vue Cinema. These workshops provide an interactive, intense and fun learning environment where pupils can focus on one subject, develop their exam technique and revise core content.

<https://www.tutor2u.net/workshops/all?series%5B%5D=1425166>

English Department – Intervention and Revision for Exams

English Literature Core Texts:



- *Macbeth*
- *A Christmas Carol*
- *DNA*
- *Power & Conflict* poetry anthology

All pupils are expected to re-read the core texts so that they are confident with plot, characters, and key events. Please also ensure your child has memorised a wide range of quotations from each of the core texts and all 15 poems from the anthology. All pupils should already have their own copy of the texts, or they have been loaned a free copy from the English department. However, if, for whatever reason, your child still does not have a copy - they can come to room 5 and collect one from Ms Khan.

Tuesday After school Intervention

Every Tuesday (week 2) after school, intervention sessions have been taking place and will continue to do so for pupils who have been identified as needing additional support to achieve their target grades. English teachers will remind their own pupils to attend these sessions.

These sessions take place in small group in the English classrooms.

Tutor Time Intervention

A group of pupils have been invited to targeted tutor time intervention with English CTL Ms Malik. These interventions will con-

tinue to take place Monday-Thursday during morning registration until the English exams begin. Letters have been sent home informing you if your child has been chosen for this intervention. Please encourage your child to attend these sessions if they have been chosen, this will support their progress in English.



English Revision Google Class: bdlvyzb

All Year 11 pupils have access to the Google Classroom listed above. Pupils can access English Language and English Literature revision resources on this classroom. These will include knowledge organisers, sample exam questions, sample answers and video links to help support with final exam revision.

All English teachers will advise pupils on how to make use of these resources.

Revision & Interventions

Notices from the Mathematics Department

Interventions

1. **Tutor Time Intervention** – A group of pupils have been selected and informed of the tutor time interventions that take place every morning during registration. Letters have been sent home informing you if your child has been chosen for this intervention. Please encourage your child to attend these sessions if they have been chosen, this will help push their progress in Maths.
2. **Wednesday Interventions** – Every Wednesday after school intervention sessions takes place for a number of pupils in Set 2 and Set 3. We will be sending out text message reminders if your child has been chosen to take part in this enrichment opportunity. If your child has not been chosen, but would like to enquire about attending these sessions, please ask them to speak to Miss Khan (in MA6) during break or lunch to request a place.
3. **Peer Mentoring** – We also offer a peer mentoring group every Wednesday after school; this is where pupils get one-to-one support from teachers and A-Level pupils on GCSE style questions. If your child has not been chosen, but would like to enquire about attending this session, please ask them to speak to Mr Jeffery (in Room 17) during break or lunch to request a place.

Homework Notice

There have been some concerns with pupils not completing homework on time and not to a satisfactory standard to which homework is being completed.

Please bear in mind, homework gets set every week and alternates between three online past papers and three printed past papers. Please ensure you are pushing your child to complete their Maths homework every week as GCSE exams are quickly coming around the corner. The Maths Department are doing everything we can to support your children; including the provision of revision material, enrichment interventions and high-quality teaching.

Revision

There are 11 weeks left until your child's first GCSE Maths exam, which means we are now expecting them to be working on Maths every day in short bursts of 15 minutes at a time. As your child has many upcoming GCSE exams, we understand all of their time cannot be spent on Maths revision. However, they should be attempting to complete 3-4 questions a day from the past papers they get set every week as homework. Alongside this, they should be utilising the resources on 'Dr Frost Maths' to further secure progress.

On the next two pages is a step-by-step guide on how to revise topics on Dr Frost;

Final Message - Maths Mock grade

Your child will be receiving their Maths Mock grade in the next few weeks. Their teacher will provide feedback and a list of topics which they need to work on. The topics given can then be used to support revision outside of school hours.

Thank you for your support and we hope we have answered any questions you may have had with regards to your child's learning.

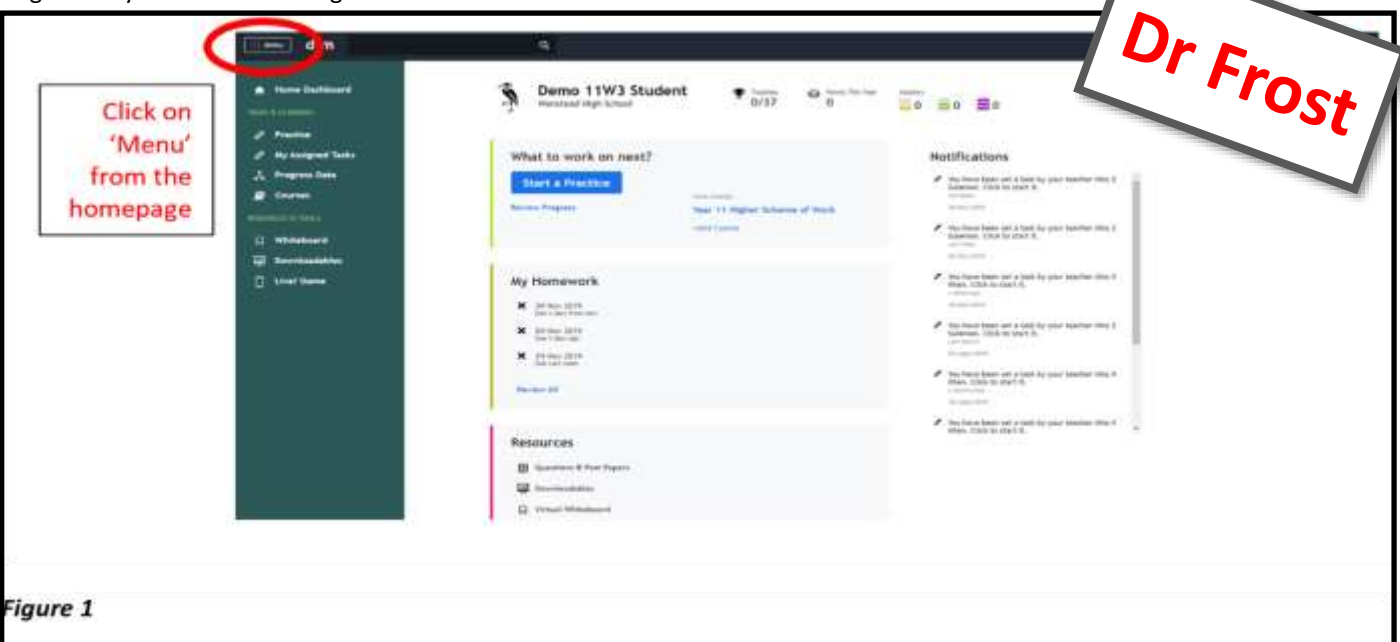


Figure 1

Revision & Interventions

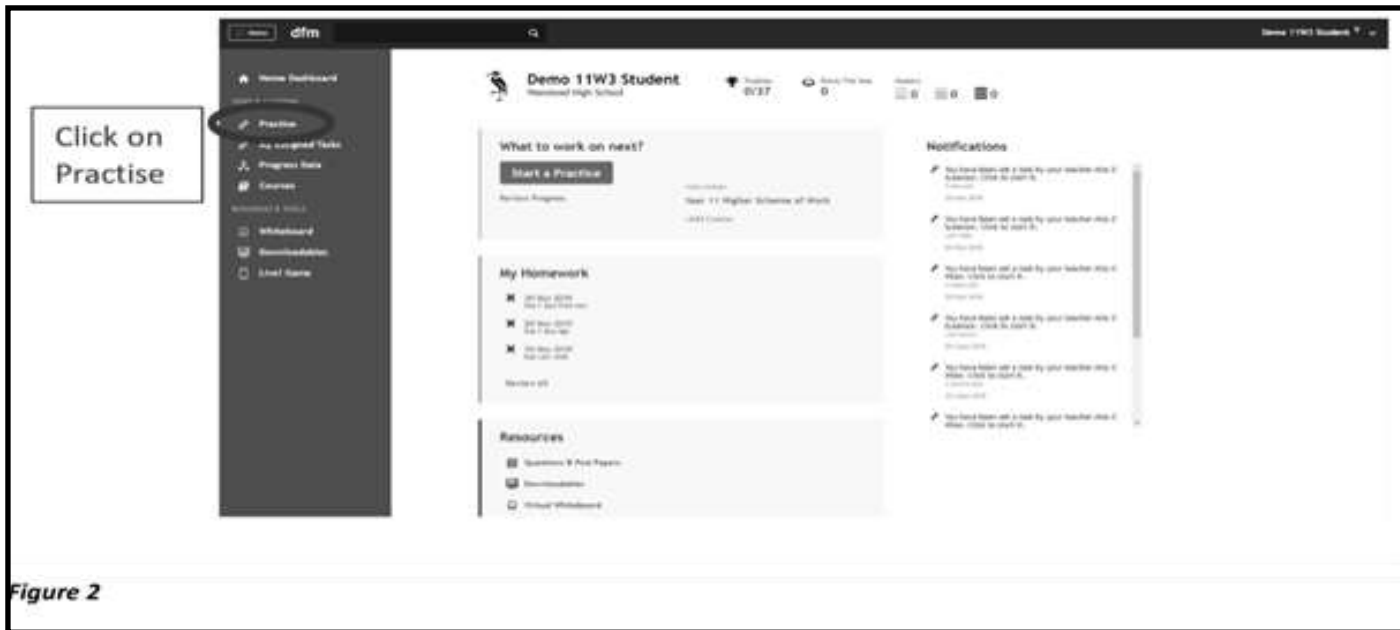


Figure 2



Figure 3

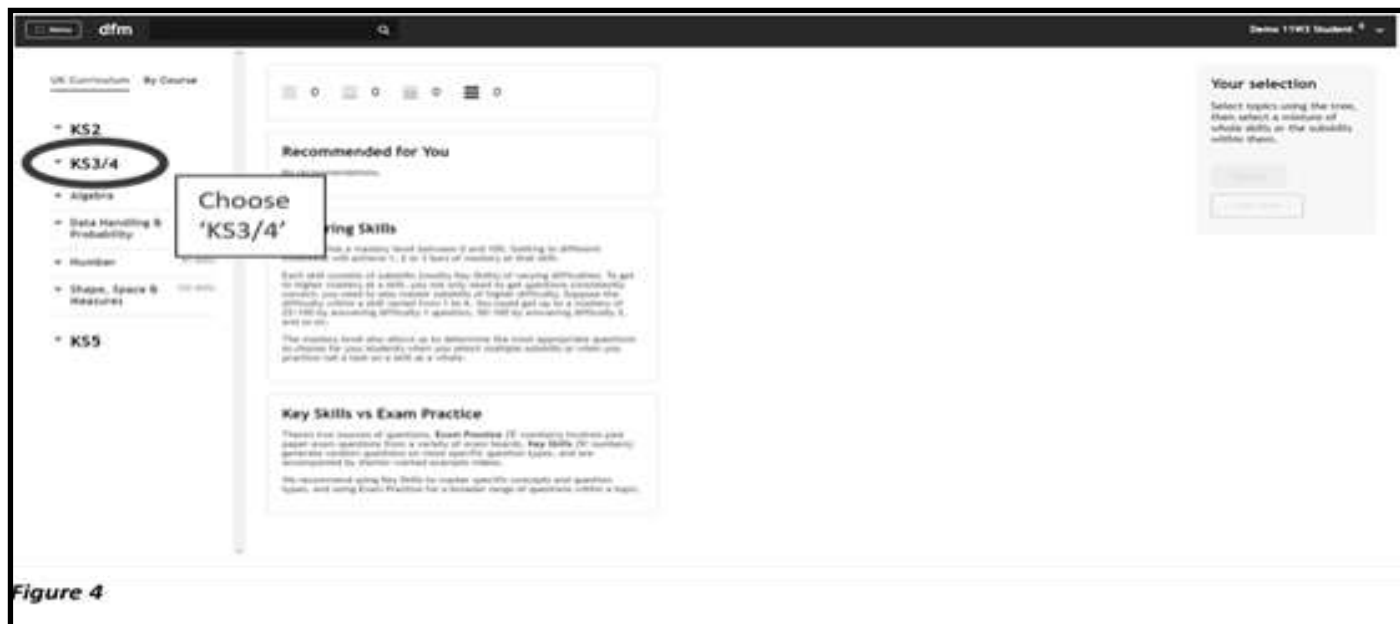


Figure 4

Revision & Interventions continued

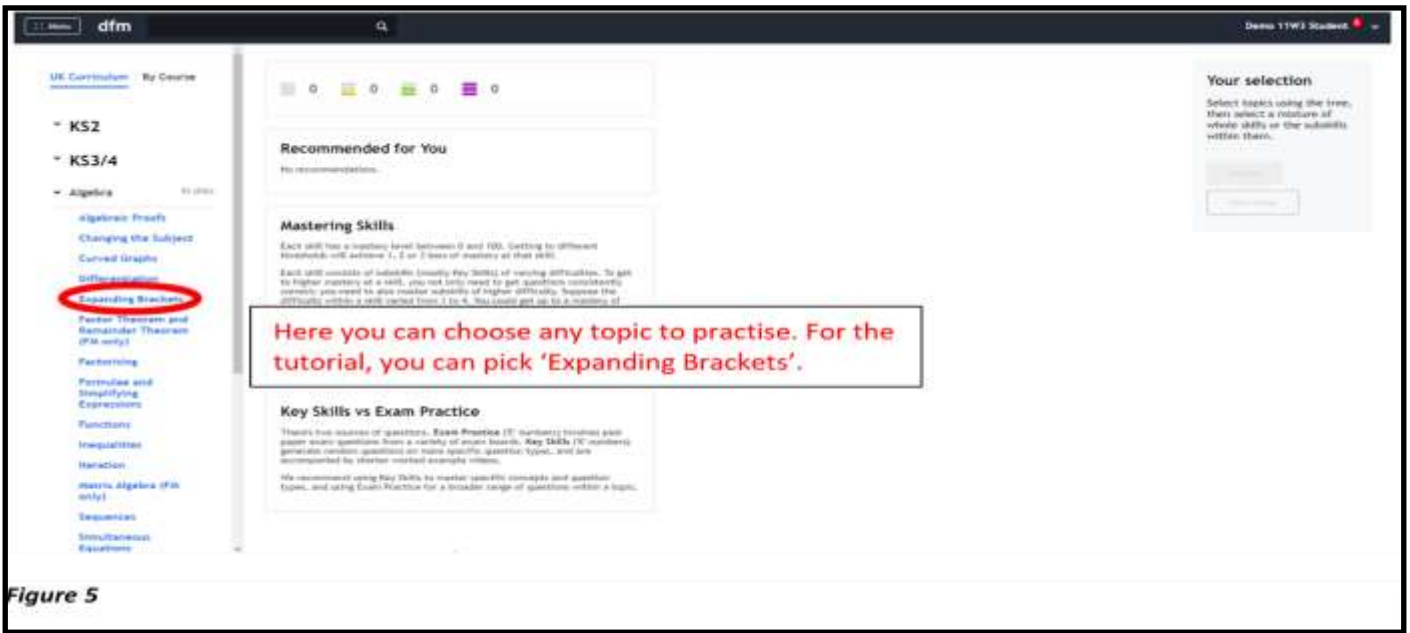


Figure 5

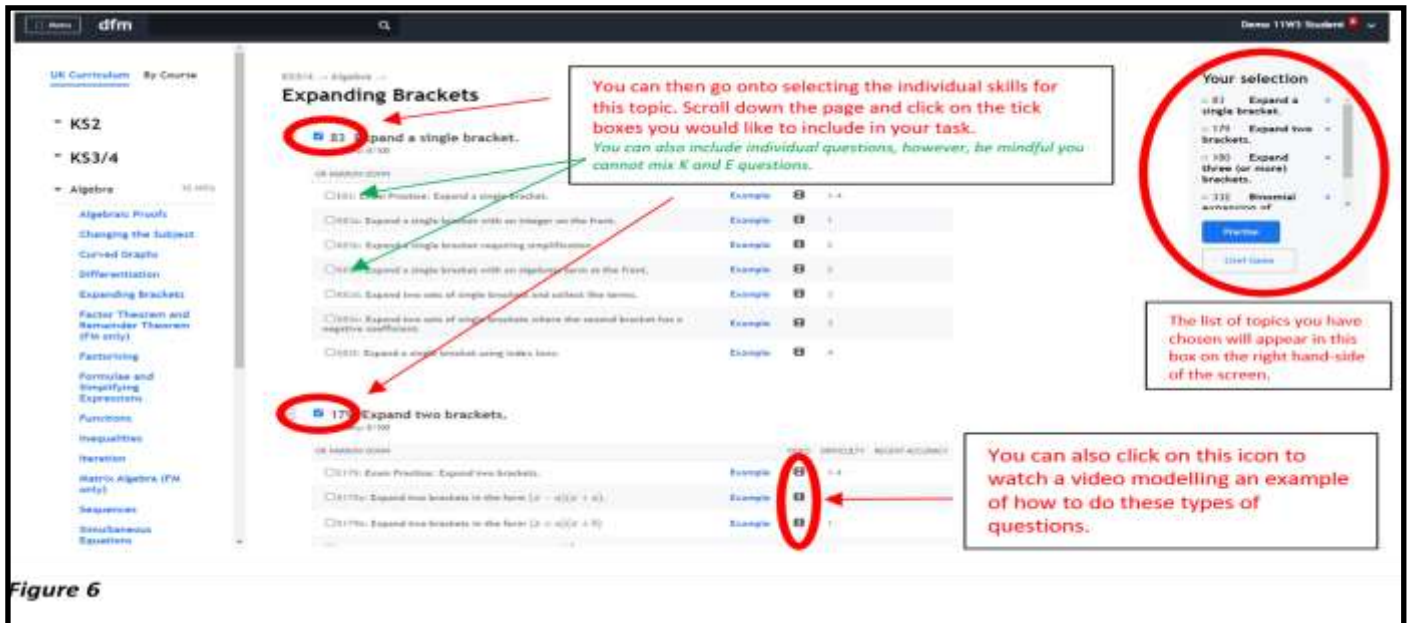


Figure 6

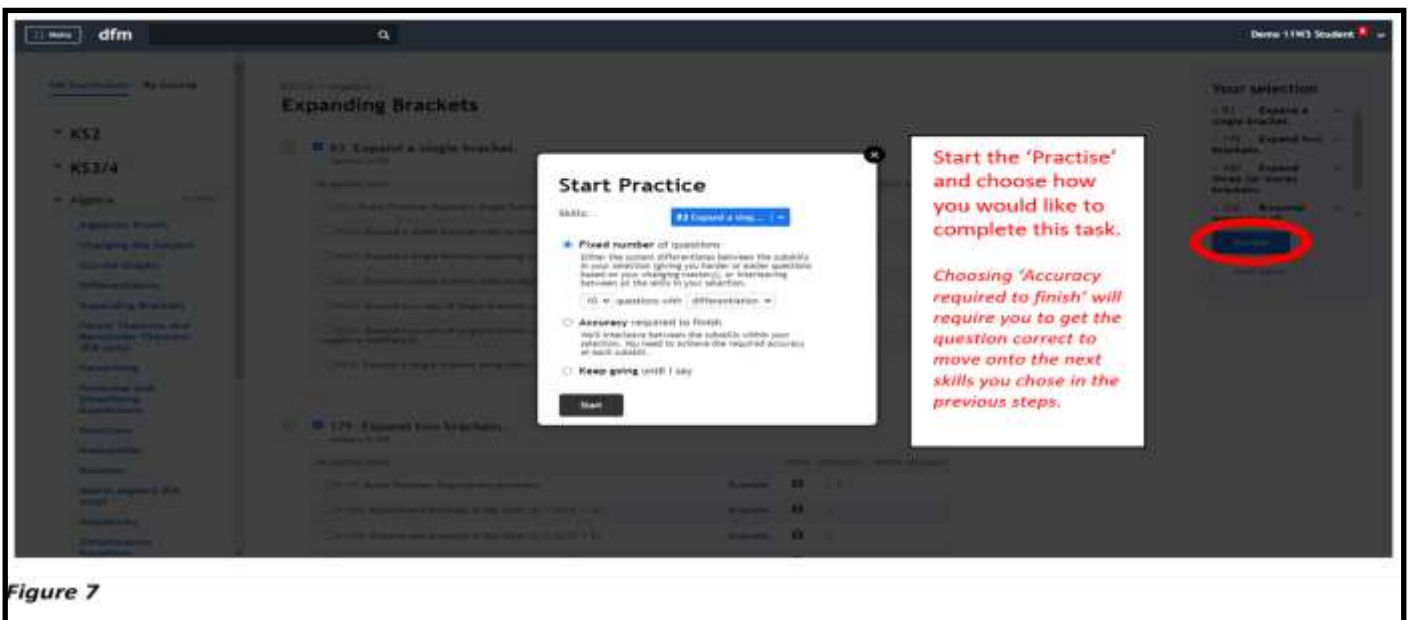


Figure 7

Children and young people attending a Redbridge school will automatically be contacted through their schools with a link to consent when they are due for vaccinations for in-school offer. If your child has missed the school session and you would like to attend a clinic, please either email us at appointments@v-uk.co.uk or call on 0203 343 2400

- HPV: Year 8
- DTP & Meningitis ACWY: Year 9
- MMR: Rec – Year 13

Date	Time	Venue
Tuesday 28 th March	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 6 th April	12:00pm – 3:00pm	Fullwell Cross Library
Tuesday 25 th April	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 11 th May	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 23 rd May	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 8 th June	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 20 th June	3:30pm – 5:30pm	Loxford Children's Centre
Thursday 6 th July	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 18 th July	3:30pm – 5:30pm	Loxford Children's Centre

Fullwell Cross Library
140 High Street
Barkingside
IG6 2EA

Loxford Children's Centre
138-140 Ilford Lane
IG1 2LG

Although I'm not their mother
I care for them each day.
I cuddle, sing and read to them
And watch them as they play.

I see each new accomplishment,
Growing and learning over the years.
They proudly show their work to me,
I give the loudest cheers!

No, I'm not their mother,
But my role is just as strong.
I nurture them and keep them safe,
Though maybe not for long.

I know someday the time will come,
When we will have to part.
But I know each child I cared for
Is forever in my heart.

Foster for Redbridge
020 8708 6068
fostering@redbridge.gov.uk

Looking After Your Child's Mental Health

PARENTS: *What can I do at home with my teen?*

Find time to talk, just the two of you – ‘Check in’ with them while you’re doing things together, so they get used to talking about their feelings.

Do a fun activity together – this helps them to be curious, learn new things, solve problems and express feelings without words.

Be a role model – Show how you cope with difficult feelings and look after yourself.

Does my young person need mental health support?

It's normal to feel angry, sad, worried or stressed sometimes.

However, if they're struggling to cope with those feelings, they might need support.

Look out for:

- Sudden changes in behaviour
- Negative thoughts and low self-esteem

- Arguing and fighting
- Sleep problems
- Avoiding school or staying with you all the time
- Aches and pains

*Remember – everyone is different and these signs might not have anything to do with a mental health problem.

Try talking to them first. If you're worried get help!

Some great places to start online are:

[NHS](#)

[Young Minds](#)

[MindEd](#)

[Place2Be's blog](#)

Ms V Vashisht
School Counsellor

Personalised Hoodies for Year 11

Please find the prices below to purchase your child's hoodie and/or Yearbook.

- Hoodie - £25
- Hoodie including personalisation - £28
- Yearbook - £15

This is now available to pay for via ParentPay. If your child wishes to make any changes to their order or wants to place an order, then please email me on n.ahmed@wansteadhigh.co.uk or ask them to come and see me in Room 8.

By Ms N Ahmed

Term Dates and INSETs 2023-24 Planning Ahead!

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

Autumn Term 2023-24

Period	Monday 4 th September 2023 to Wednesday 20 th December 2023
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INSET 1	Monday 4 th September
INSET 2	Tuesday 5 th September

Half term break – Monday 23rd October 2023 to Friday 27th October 2023

INSET 3	Friday 24 th November
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Spring Term 2023-24

Period	Thursday 4 th January 2024 to Thursday 28 th March 2024
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Half term break – Monday 19th February 2024 – Friday 23rd February 2024

Summer Term 2023-24

Period	Monday 15 th April 2024 to Friday 19 th July 2024
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Half term break – Monday 27th May 2024 to Friday 31st May 2024
Last Day of Summer Term Friday 19th July

Spring Term Extra Curricular Clubs 2023

Before School

Mon	Tues	Wed	Thurs	Fri
Before School Breakfast Club Every morning				
Library Year 7	Library Year 8	Library Year 9	Library Year 10	Library Year 11
	Years 7 & 8 Well-being morning Well-being room	Year 9 Well-being morning Well-being room	Years 10 & 11 Well-being morning - Well-being room	
Year 7-9 Lunch is 12.20-1.00pm Year 11-13 is 1.20-2.00pm				
Mon	Tues	Wed	Thurs	Fri
Boys Multi Faith Prayer Club Room 51	Boys Multi Faith Prayer Club Room 51	Boys Multi Faith Prayer Club Room 51	Boys Multi Faith Prayer Club Room 51	Boys Multi Faith Prayer Club Room 51
Girls Multi Faith Prayer Club 1.30 -1.50pm - Room 552	Girls Multi Faith Prayer Club 1.30 -1.50pm - Room 552	Girls Multi Faith Prayer Club 1.30 -1.50pm - Room 552	Girls Multi Faith Prayer Club 1.30 -1.50pm - Room 552	Girls Multi Faith Prayer Club 1.30 -1.50pm - Room 552
Year 8 Textiles Club - Week 2 Only Pupils in 8W2 Tech Room 42	KS3 Year 7 - 9 Origami Club Room 52	Year 9 Dance Company Dance Studio	KS3 Year 7 - 9 Photography Club (Week 1) NB09	KS3 Year 7 - 9 Dance & Drama Open Studio
KS4 Year 10 & 11 Maths Homework Club (Week 1) - MA1	KS3 Years 7 & 8 Dance Company	KS3 Year 7 - 9 Maths Homework Club (Week 2) - MA1	KS4 Year 10 & 11 Maths Homework Club (Week 2) - MA1	KS4 Year 10 & 11 Dance & Drama Open Studio
KS5 Year 12 & 13 Spanish Debate Lunch Club Monday Week 1 Only Room 19	Week 2 – GCSE PE Revision Room 513	Week 2 KS3 Year 7 - 9 Board Game Club Room 14	KS4 Year 10 & 11 and KS5 Year 12 & 13 Choir - Room 36	Week 1 & 2 – GCSE PE Students - Badminton/Sports Hall
		Chess Club - Room LP1	KS4 Year 10 & 11 Dance & Drama Open Studio	
		Week 1 & 2 – GCSE PE Students Badminton/Sports Hall	LGBTQ+ Club KS3 Year 7 - 9 Room 15	
			KS3 Year 7 - 9 Maths Homework Club (Week 1) - Room MA1	
			KS4 Year 10 & 11 Spanish Conversation Club Room 19	
			Week 1 - GCSE PE Revision Room 513	

After School Clubs

Mon	Tues	Wed	Thurs	Fri
Choir, 3.00-3.50 Room 36	New Views Script Writing KS5 Year 12 & 13 Room 3/4	Orchestra, 3.00-3.50 Room 36	Steel Pans 3.00-3.50 - Room 36	Jazz Band Room 36
Brass Group 3.00-3.40 Room 37	Week 1 - Meteorological Society - 3.15 – 4pm Room NB1	Week 2 - KS3 Year 7 - 9 Geography Homework Support 3.15- 4.00pm - Room NB2		KS4 Year 10 & 11 KS5 Year 12 & 13 Art Club Room NB11
KS5 Year 12 & 13 Film Club (Week 2) - Room 25	KS3 Year 7 - 9 Board Game Club Room 53	KS4 Year 10 & 11 Dance Team Rehearsals Studio		
KS3 - Year 7 - 9 Film Club (Week 1) - Room 25	Band Rehearsals 3.00-3.50 Room 38 & Practice rooms	Robotics Club - Room IR1 Max number of students only 20 allowed		
New Views Script Writing Post 16 - Room 3/4	Wind Band 3.00-3.50 Room 37	Crochet Club - Room MA3		
KS3 Year 7 - 9 Creative Writing Club Room 1	KS4 Year 10 & 11 Coding Club - Room IR4	Year 11 Maths Homework Club Room MA6		
KS5 Year 12 & 13 Creative Art Club Room NB10	KS3 Year 7 - 9 Dance Team Rehearsals Studio	From March 2023 KS3 Year 7 - 9 Wanstead's London Geography Society - 3.15-5.15 pm Room NB3		
KS4 Year 10 & 11 Design & Tech. (Yr11 Only) - Room 44	Basketball Year 9, 10 & 11 Sports Hall	KS3 Year 7 - 9 Drama Club/Theatre		
KS4 Year 10 & 11 D&T Technology Textiles Club (Yr11 only) - Room 42	Dodgeball - Gymnasium https://docs.google.com/forms/d/15_bdEN9jfmRB-N6p_Tlo-rlGmg_hcb-cW0agz0bi1rUj/edit	New Views Script Writing class for KS5 Years 12 & 13 - Room 3		
Fitness Club - Gymnasium	KS4 - Year 11 History Interventions Room 13	Badminton https://docs.google.com/forms/d/13a4QuH3U1ZwQ9nVTCyBt-4CB9Y0f6w20m_W5Q2MurrZ/e8t		
KS5 Year 12 & 13 Philosophy & Ethics Essay Writing Clinic 3- 3.40pm - Room NB7		KS5 - Year 13 History Interventions Room 13		
Classics Club - Room 2		GCSE PE Revision Room 513		
KS5 - Year 13 Stem/TMUA/MAT Preparation - Room 22				
UK Maths Challenge Club Room 23				
Basketball KS3 Year 7 & 8 Sports Hall				
Food Tech Week 2 KS4 Year 10 & 11				
KS3 Year 8 & 10 Netball Club Week 1 - Year 7 & 9/Week 2 - Lower Playground				

April 2023

Tutor Grid

Year	HOY	1	2	3	4	5	6	7	8	9	AHOY
7	Ms C Murray	7.1 Mr K Holdbrook Ms Chime SS1	7.2 Ms K Uddin MA2	7.3 Ms N Rowshan SS2	7.4 Ms M Kara 42	7.5 Ms E Everhart 01	7.6 Mr A Yiacoumi NB10	7.7 Mr R Ali S3	7.8 Mr M Hamza NB2	7.9 Mr D Vardavas NB8	Mr Hussain
8	Mr M Tinker	8.1 Ms F Begum NB6	8.2 Ms K Kaddour Ms E Christofides 16	8.3 Ms N Gomez 19	8.4 Ms S Begum 07	8.5 Ms C Feeney LP1	8.6 Mr D Leftwich NB3	8.7 Ms T Reynolds 09	8.8 Mr S Younis S12	8.9 Ms E Hayes LP2	Ms Gallagher
9	Ms R Gullefer	9.1 Ms O McLaughlin 02	9.2 Ms D Collins 18	9.3 Ms J Bean 36	9.4 Ms B Waters 03	9.5 Ms N Redondo 20	9.6 Ms C Gorczak 04	9.7 Ms D Bennett Ms H Cressall 40	9.8 Mr D Hardy 11	9.9 Ms N Hassan S4	
10	Ms G White	10.1 Ms M John MA5	10.2 Mr G Narang MA4	10.3 Mr S Rashid MA1	10.4 Ms S Hoque/ Ms H Ikrah S5	10.5 Mr J Sweet 38	10.6 Ms J Wali 37	10.7 Mr A Chauhan 22	10.8 Ms M Ayer NB9	10.9 Ms A Malik/ Ms S Abukar 10	
11	Mr R Carfrae	11.1 Dr D Srikanthan S9	11.2 Ms K Khan MA6	11.3 Ms L Pennington S11	11.4 Ms N Begum MA3	11.5 Ms N Ahmed 08	11.6 Ms N Yasin 06	11.7 Ms S Clarke 44	11.8 Mr B Anderson Theatre	11.9 Mr R Nazir S2	
12	Ms T van Beers	12.1 Ms F Mak NB4	12.2 Ms J Ibrahim Mr Hamamci 15	12.3 Mr R Smith Ms V Premkumar NB1 / 05	12.4 Ms L Redman Ms Ogunfemi 12	12.5 Mr B Alom IR1	12.6 Mr Z Munir EP1				
13	Ms H Battiwala	13.1 Ms B Kaur IR4	13.2 Mr M Adams S1	13.3 Mr L Willer S6	13.4 Ms M Warner 24	13.5 Ms S Younas S7	13.6 Ms H Tassine S10				



- Would you benefit from some 'me' time?
- Do you need support to be more active?
- Are you looking to improve your wellbeing?



Mental Health Awareness Week

15 May-21 May 2023

If you have answered 'yes' to any of the above, come and get involved.

Join Vision Redbridge Culture & Leisure at a programme of events for Mental Health Awareness Week.

Linking into the 5 Ways To Wellbeing, join us for activities across the week aiming to support you to 'Get Active, Connect, Take Notice, Learn and Give'.



Five ways to wellbeing

- Booking required
- Taster sessions



For more information:

Visit: www.visionrcl.org.uk/activebodyhealthymind
 Email: active.redbridge@visionrcl.org.uk



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What Parents & Carers Need to Know about GROUP CHATS

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Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online, involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

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Advice for Parents & Carers

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CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things an impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

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.



What Parents & Carers Need to Know about

TIKTOK

AGE RESTRICTION

13+

(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-16 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

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CONSENSU

DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact with strangers on TikTok is high – especially as accounts created by over-16s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also lets their videos be suggested to others and enables anyone to comment on them or download them.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

ADDICTIVE NATURE

Like all social networking platforms, TikTok can be addictive: figures show that young people are investing increasing amounts of time in it. In the UK, children with TikTok spend an average of 102 minutes per day on the app, versus 53 minutes on YouTube. This compulsive repeated use can interfere with their sleep patterns – leading to irritability – and distract them from other activities.

TIKTOK NOW

Introduced in late 2022, the 'TikTok Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

Advice for Parents & Carers

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

MAKE ACCOUNTS PRIVATE

Although under-16s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



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National Online Safety
#WakeUpWednesday

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here –

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

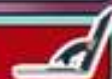
KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Coyley Jurgensen is a registered counsellor with the Health Professionals Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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The Drama department is offering pupils to complete the LAMDA qualification. Depending on uptake weekly sessions will cost approximate £8 each, financial support can be offered for those eligible for free school meals.

If interested please contact hello@louderdrama.com with the subject "LAMDA Tuition @WHS"

We teach

LAMDA

— Exams & Qualifications



We Bring the Character

We now offer the LAMDA drama qualification here at Wanstead High School. If interested please contact hello@louderdrama.com

Week 1 Menu					
	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Cottage Pie Or Mac 'n' Cheese	Jerk Chicken with Rice and Peas	Chicken Roast: Lemon, Tikka, or Plain 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"
Option 2	Veggie Loaded Naan (like a pizza without saying pizza) Or Mac 'N' Cheese	Vegan Vegetable Biryani	Vegan BBQ Quorn Fillet with Roast Potatoes and Gravy	Vegan Chickpea and Spinach Curry with Naan	Vegan Sausage Roll with Chips, Peas, and Baked Beans Served with Siracha, Ketchup or Curry Sauce
Option 3 (Grab and Go)	Vegan Quorn Fishless Fish Finger Wrap with Siracha Coleslaw	Grilled Chicken Ciabatta	BBQ or Hot and Spicy Chicken Wings with Wedges and Sweetcorn Salad	Vegan Veggie Noodle Pot	"Fish Finger Bap with Chips, Peas, Baked Beans, Ketchup or Tartar Sauce"
Dessert	Vegan Chocolate and Kale Brownie	Marble Berry Cake	Fruit Shortbread	Lemon Drizzle Cake	Fruit Muffin
Dessert	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly
Salad Bar Menu	Tomatoes, Cucumber, Mixed Leaf, Coleslaw, Beetroot, New Potatoes, Chickpea Salad and Courgette and Lentil Salad	Tomatoes, Cucumber, Mixed Leaf, Jalapeño and Lime Coleslaw, Beetroot, Spicy Potato, Cos Cherry Tomato and Pesto and Greek Pasta	Tomatoes, Cucumber, Mixed Leaf, Herbed Coleslaw, Beetroot, Potato and Orange, Mexican Sweetcorn and Mushroom, Lemon and Lentils	Tomatoes, Cucumber, Mixed Leaf, Coleslaw, Beetroot, Potato Marie Rose, Pasta and Roasted Vegetables and Tomato and Carrot Salsa	Tomatoes, Cucumber, Mixed Leaf, Chef's Choice

Week 2 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken and Vegetable Pie Or Veggie Dirty Jackets	Lasagne with Garlic Ciabatta 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
Option 2	Bean and Cheese Burrito Or Veggie dirty jackets	Vegan Vegetable Spaghetti Bolognese	Vegan Sausage Yorkshire with Mash and Roasted Veggies	Vegan Teriyaki Noodles	Vegan Veggie Plait with Chips
Option 3 (Grab and Go)	Vegan 5 Bean Chilli Nachos	Chicken Fajita	Sloppy Guiseppe Open Sandwich with Wedges	Macaroni Cheese Pot	Fish Finger Bap with Chips, Peas, Baked Beans, Ketchup or Tartar Sauce
Dessert	Chocolate Crispy Cake	Flapjack	Autumn Iced Loaf	Banana Oatbar	Strawberry Mousse
Dessert	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly
Salad Bar Menu	Tomatoes, Cucumber, Mixed Leaf, Coleslaw, Beetroot, Potatoes, Mediterranean Pasta and Green Apple Salad	Tomatoes, Cucumber, Mixed Leaf, Asian Cole- slaw, Beetroot, Potato Nicoise, Tasty Cous Cous and Five Been Salad	Tomatoes, Mixed Leaf, Kale Coleslaw, Beetroot, Potato and Chickpea, Pasta and Beans and Russian Salad	Tomatoes, Cucumber, Mixed Leaf, Yogurt Cole- slaw, Beetroot, Pesto Pot- atoes, Watermelon and Feta and Sweetcorn Salsa	Tomatoes, Cucumber, Mixed Leaf, Chef's Choice

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Week 3 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Chicken Burger Or Veggie Lasagne	Sweet Chilli Chicken Noodle	Chicken Carvery Roast Done 3 Ways: Lemon, Tandoori, Plain with Roast Potatoes, Gravy, and Sea- sonal Vegetables	Chicken Jalfrezi with Rice	Fish and Chips with Peas and Baked Beans served with Ketchup, Tartar Sauce, or Curry Sauce
Option 2	Vegan Pad Thai Or Veggie Lasagne	Vegan Spicy Falafel and Hummus Wrap	Cheesy Baked Mediterranean Gnocchi	Vegan Chickpea, Sweet Potato, and Spinach Curry with Brown Rice	Vegan Chickpea Masala Samosa with Chips
Option 3 (Grab and Go)	No Chicken Tikka Nan Wrap	Beef Bolognese and Pasta Pot	Vegan Sausage Roll with Spicy Wedges and Slaw	BBQ Chicken and Rice with Siracha Slaw	Fish Finger Tacos with Chips
Dessert	Carrot Cake	Apple Shortbread	Lime and Coconut Drizzle	Raspberry and Coconut Flapjack	Chocolate Custard Pot
Dessert	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly
Salad Bar Menu	Tomatoes, Cucumber, Mixed Leaf, Coleslaw, Beetroot, Potato and Orange, Ratatouille and Tasty Quinoa	Tomatoes, Cucumber, Mixed Leaf, Coronation Coleslaw, Beetroot, Potatoes and Lentils, Pasta and Roasted Vegetables and Caesar	Tomatoes, Cucumber, Mixed Leaf, Rainbow Coleslaw, Beetroot, Mediterranean Potatoes, Teriyaki Noodles and Greek Salad	Tomatoes, Cucumber, Mixed Leaf, Broccoli Coleslaw, Beetroot, Potato Crunch, Pasta with Cucumber and Peas and Cowboy Cavier	Tomatoes, Cucumber, Mixed Leaf, Chef's Choice

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