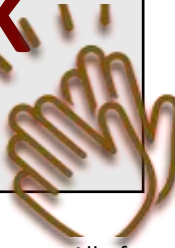




FEEDBACK CORNER



Dear Ms Hillman & Ms White,

I just wanted to thank you for a very informative event. All of the speakers were brilliant and I really feel that the school are doing a great job at supporting our young people.

It was also a nice touch to meet the form tutor. The band were also amazing!

Year 11 Parent

Just wanted to say a big thank you to you and your staff for last night's Year 11 GCSE event which we really enjoyed and found to be extremely useful. The quality of presentations by each member of the SLT was very good and there is a noticeable difference to even last year's meeting in terms of their confidence in presenting to a large audience and really owning what they were all saying. It is great that you have developed the senior leadership team which can only be positive for the school as it moves forward. Our children will be more assured when they take their exams next summer and we appreciate all the hard work that has gone into improving the procedures that are now in place.

Please pass on our gratitude to all who were involved especially Mrs White whose enthusiasm and love of Year 11 clearly comes across.

Year 11 Parent

Thank you for providing a safe place for all students to practice their faith.

Year 7 parent

School Assemblies W/B: 6th Nov - 13th Nov

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	6 th Nov	Remembrance Assembly						
2	13 th Nov	Anti-Bullying Week						

Contents	Page
Messages from the Headteacher	2
Staff Update & Upcoming Trips	3
Other News & Events	4
Round Up of Social Media	5 - 6
Extra-curricular Clubs	7
Sports News & Upcoming PE Fixtures	8
Exam Checklist	9
Sixth Form Open Evening	10
Measles/MMR Vaccination	11
Message from the Pastoral Team	12
Term Dates 2023-24	13
School Uniform	14 - 15
PTA Christmas Party	16
Tutor Grid	17
Lunch Menu & Prices	18 - 20



Please read important information from the Headteacher on p.2

Diary Dates W/B 6th Nov - 17th Nov 2023

6 th Nov	Year 11 Geography Islington trip
7 th Nov	Year 11 Geography Islington trip
8 th Nov	Year 11 Media trip to Stratford East Picture House Year 10 Dance trip to Sadler's Wells
9 th Nov	Year 12 Media trip to Vue Piccadilly

Messages from the Headteacher

Dear Parent/Carer,

We managed to quite literally weather the storm last week and hopefully the weather will settle down a little.

Challenge Week

We launch our first Challenge Week this week and, although there have been some teething problems, particularly around communication with parents and carers and work on Google Classroom, we are aware of these and will reflect moving forward. I hope everyone has a successful week and as the year goes on, these assessments in a window, will mean more accurate reporting and better teacher understanding of achievement and progress. Attached is a summary of the activities also taking place to complement the week and these will become wider and more varied in Challenge weeks in the future.

Mock Exams

These start on 20th November for Year 11 and 13 pupils and we wish them lots of luck. Some reminders about these exams are on p.9.

PE Enrichment

This will change shortly due to the weather and the details of this and sign-up sheets are on p.8. Please read carefully and sign your child up. We continue to look at how we can increase the amount of PE enrichment and I know parents would like more football. Longer term, we are considering the field and school site (currently so restricted by the building works) and how we can ensure there is more capacity for sport in the winter period.

Prayer Room Form

Key Stage 3 parents who would like their child to access a prayer room should please complete the form by 6pm today.

Staffing

We are now back to full staffing capacity in Science. We do have some unexpected absence now in History and Mr Chartorizhsky is working hard to make changes to the timetable to support exam classes. Ms Argyrakis will be picking up some of the Key Stage 3 classes during this time. Please do contact him if you have any concerns.

National Tutoring Programme

As you know, we are looking at how we can use this funding to support certain pupils in Year 11 and 13 in Science and Maths who may be working below target grades or who have missed lessons due to staff absence last year. Ms Hoque has made a summary sheet for all Year 11 parents to summarise the curriculum and what is and has been taught when and is also making one for Year 13.

Lunchtimes

It has taken a while to settle into the new timings for year groups for this half-term and so lunch service has been quite slow, mostly affecting Year 7. As you know, we have no canteen at the moment (this will be part of the new building) and so it is a challenge to serve all pupils in the time period in the Hall, even though we have extended lunch by 5 minutes this year. We are currently about to start the process of tendering for a new catering company, which pupils will be involved in, and will ensure that the new company chosen can offer solutions such as alternative places to purchase cold food etc. In the meantime, we continue to monitor the situation and will never let a child go hungry. Pupils who are late for lesson 5 do not get detentions if it is a result of a slow service.

Communication

We hope that the changes to communication have helped. In summary, all letters and messages will now come through SIMS InTouch. This is not an App, but a method of sending emails such as this one. We do send attendance messages currently via text as there can be a need to access these more urgently especially when a child has not turned up to school. We are looking currently at a variety of Apps and will ask for some parents to give us

feedback as part of a parent panel before making a final decision.

Israeli/Palestinian Situation

We remain devastated about the situation in Israel and Gaza and know this is having a profound affect on you and your communities. We received some guidance from the Local Authority last week and will consider this, this week. We continue to talk to pupils who remain calm and dignified and we offer support to those who feel they need it. We have decided to raise money for UNICEF in support of humanitarian aid and relief efforts and I have spoken to Saffia, one of our Head pupils, about this. We will launch a fund-raising initiative in the next week or so.

Remembrance Day—11/11

We will remember this with assemblies and a two-minute silence.

Beyond Equality

Thank you to the maturity of Year 12 and 13 boys who worked with this organisation to debate and tackle misogyny. This was a rewarding experience that was challenging in a positive way for all involved.

Vaping

Like all other secondary schools, we are concerned about the increase in the number of young people vaping. We are considering this as a school and how we can support young people to make the right choices (see activities for Year 8-10 during Challenge Week) but have also included some information for you as parent on p.23.

Year 11 Information Evening

It was great to see so many of you attend this event and a follow up letter will be coming out shortly with links to all the information.

Upcoming Year Group Events

Please note there will be events for Year 7 and 8 parents on 13th November from 5.30 - 7pm. Further details to follow. Each year group will have at least one event per year as well as the remote Parents' Evening.

PTA Christmas Party

Please see details about the social event of the year on page 16. Thanks to the PTA for their continued work to support the school and for their generous donation to support literacy in school including book sets for all the Drop Everything and Listen (DEAL) tutor sessions, as well as a new novel for Year 9 English in place of 'Of Mice and Men'

Auschwitz Visit

Last week, Rosie, Kyla, Finlay and Frida Year 12 went to Auschwitz as part of a holocaust education programme. Read more about this in the Heron Homelink.

Matty Year 7

A huge congratulations to Matty who wrote to Professor Gus John as part of the Black History Month homework as part of his research. He received a lovely reply and there will be a full article in the Heron Homelink, but this is a short extract:

I am sure that you, Matthew, are such a role model for your family and among your friends. My friendly advice to you as your 'Uncle' is to:

'Be the best you can, always and let no one, in school, or in your family, among your friends, or in your community, make you less than you are, or less than you know you can be!'

Lilian Year 9

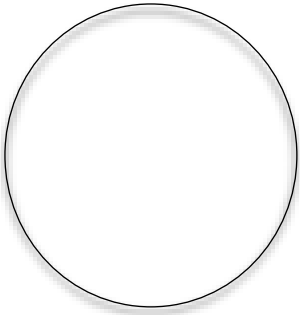
Watch out for further information about one of our Wanstead Stars, Lillian, who played a key part in the fight to save the Youth Centre and attended every meeting. Great local action Lillian—we are very proud!

Have a great week.

Emma Hillman—Headteacher

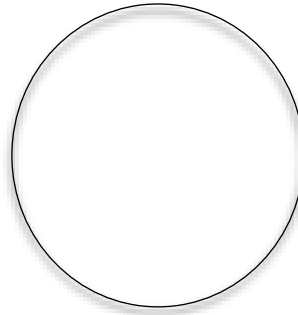
Staff Update

A warm welcome to:



Ms Z Begum who joins the Computer Science department this week to support the department whilst we continue to recruit for a permanent member of the team.

Ms Begum has a Masters in Computer Science and has previous teaching experience in both the UK and India. She describes her teaching philosophy as student-centric and believes in tailoring her lessons to meet the unique needs of each pupil.



Ms L Kenache joins the SEN Department this week as a Teaching Assistant. She will be preliminarily supporting our visually impaired pupil.

Ms Kenache has a degree in Psychology and has previous TA experience, supporting pupils who have global delay and autism in particular. She has an interest in mental health and how to support young people with this aspect, and is fluent in English, Arabic and French.

A fond farewell to...

Maxine Warwicker – Casual Cover Supervisor

Melanie Angelico – SEN TA (agency)

Upcoming Trips

Geography Trip

- Monday 6th November - 11B (Mrs Steel) and 11C2 (Mr Hamza) – Islington fieldwork 9am – 3pm – full uniform with the exception of trainers.
- Tuesday 7th November - 11A (Mr Leftwich) and 11C1 (Mr Smith) – Islington fieldwork 9am – 3pm – full uniform with the exception of trainers.

Barcelona Trip May 2024

The MFL Department is organising a trip to Barcelona, Spain for Years 10 and 12. This will be an excellent opportunity for pupils studying Spanish at GCSE or A Level to practise their skills in the language as well as to learn more about Spanish culture. Pupils have been selected and next steps to follow soon! ¡Hasta pronto!

Ms Gómez Álvarez - Trip Leader



KS5 Spanish study day 5th December 2023

This study day is an ideal introduction to the prevalent themes and style in the film *Volver* (2006), of the Spanish director Pedro Almodóvar, structured in response to the AQA A Level specification, aimed at helping KS5 Spanish pupils, in the BFI in Southbank.

Ms N Gómez Álvarez

Other News & Events

Message from Head of Year 7

I would like to take the opportunity to invite you to attend a **Coffee Evening** to meet the Year 7 team. This will be an opportunity to meet with myself and form tutors to discuss how pupils have settled in so far this year in a relaxed setting. The evening will take place on **Monday 13th November 2023** from **5.30pm to 7.00pm** in the Main Hall. I look forward to seeing you there.

Mr D Tann

Spanish Speaking Club KS4

Fantastic opportunity for our Year 11s doing Spanish GCSE to develop their speaking skills while having lunch with their friends. We do quizzes, memory games, role plays and many more! Every Tuesday in room MA4. Bring your lunch and join us!

Ms N Gómez Álvarez and Ms N Redondo



Join the Spanish speaking Lunch Club!

¡En español por favor!

Day: Every Tuesday
Time: 13:20-14:00
Place: Room MA4

Come and practice your Spanish speaking skills! Don't forget to bring your lunch!

Photo card, role play, general conversation, quizzes, games, and many more!
Let's speak in Spanish!

Lunch passes will be given.



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 pupil premium/free school meals.

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

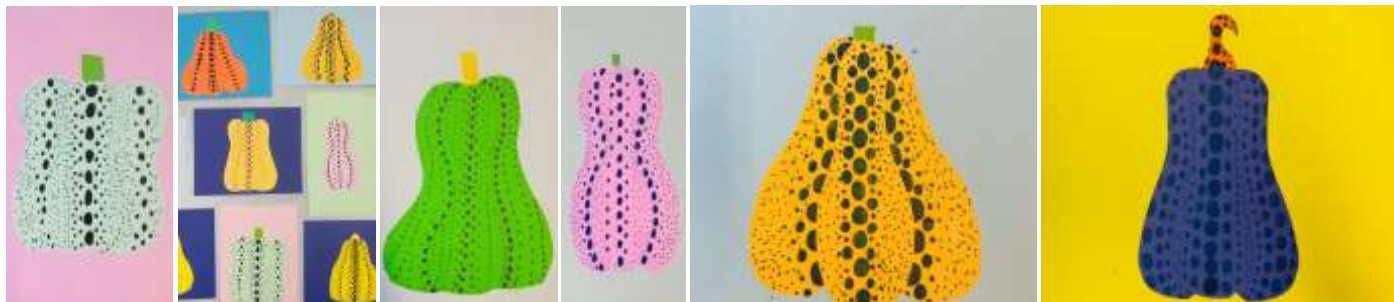
Extra-curricular Music Activities

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.

What Amazing Seasonal Art From Year 7

Great colours and techniques.



Year 11 Information Evening

Our Year 11 Information Evening organised by Ms White was an opportunity for parents/carers to learn more about the year ahead and to meet their child's form tutor.

Many thanks to everyone who attended the event who got to see Ms Hoque on the drums!



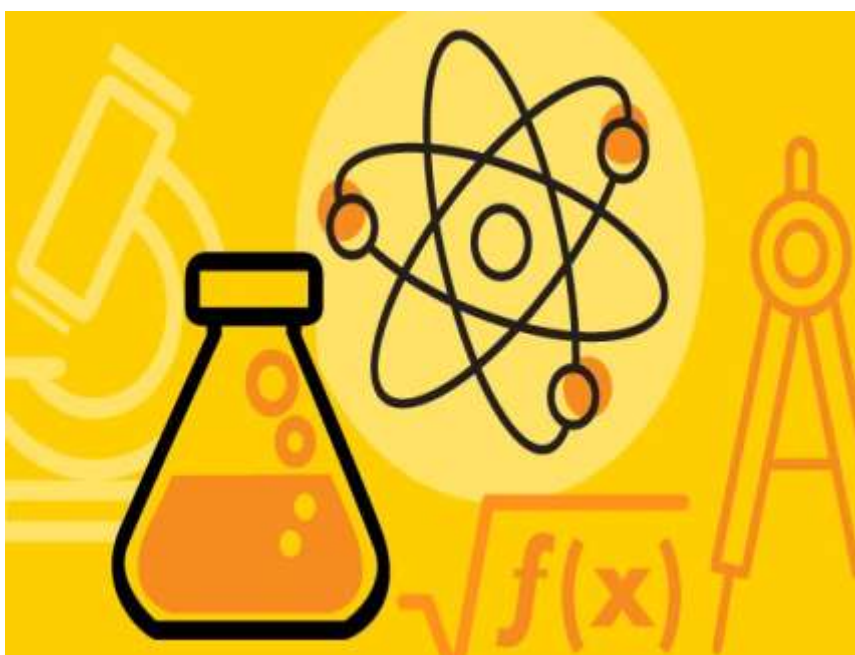
Are you talented in Science or Maths?

We are looking for talented Science or Maths graduates to support in school with extra tutoring for some of our pupils who are supported by the NTP funding. Knowledge to support pupils up to A Level would be necessary and Biology and Physics are key areas for us.

We would love to hear from anyone local who has excellent subject knowledge and is flexible to work during the school day and after school.

Please do contact:

recruitment@wansteadhigh.co.uk if you are interested and do please share as appropriate.



Round Up of Social Media @wansteadhighE11

Year 7 Pupil Council Elections Assembly

We have been holding hustings for the pupil council this week in Year 7 to 10 assemblies, and have been treated to superb speeches from all candidates (15 in Year 7!).

Each year group will be voting through a Google Form, and the results will be announced next week.

Congratulations to all involved and good luck!



Year 10 Pupil Council Elections Assembly

Year 10 assembly took place this week with some inspiring speeches given by our Year 10 Pupil Council candidates. #pupilleadership #publicspeaking. Goodluck with your campaign!



Autumn Term Enrichment - 2023

Clubs are offered on a walk-in basis unless stated otherwise
 (KS3 - Years 7, 8 & 9) (KS4 - Years 10 & 11) (KS5 - Years 12 & 13)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before School - 7.30 - 8.20				
KS3 Reading Wise (EAL) Room LS2 (For targeted pupils with English as an Additional Language)	KS3 Reading Wise (EAL) Room LS2 (For targeted pupils with English as an Additional Language)	KS3 Reading Wise (EAL) Room LS2 (For targeted pupils with English as an Additional Language)	KS3 Reading Wise (EAL) Room LS2 (For targeted pupils with English as an Additional Language)	KS3 Reading Wise (EAL) Room LS2 (For targeted pupils with English as an Additional Language)

Before School: Breakfast Club & Library every morning - 7.30 - 8.20

Lunchtime

Year 7-9 Lunch is 12.20 - 1.05pm

Year 10 -13 Lunch is 1.20 - 2.05pm

KS4 & KS5 Multi Faith Prayer Room S1 & S5	KS4 & KS5 Multi Faith Prayer Room S1 & S5	Week 1 only KS3 Multi Faith Prayer Room S1 (After half term)	Week 1 only KS3 Multi Faith Prayer Room S1 (After half term)	KS4 & KS5 Multi-Faith prayer Alan Hearne Hall (back room) & Room S5
Year 9 Drama Club Theatre	KS3 Multi Faith Prayer Room S1 (After half term)	Week 1 only KS3 Photography Club Room NB9 12 spaces https://docs.google.com/forms/d/1xVaWOp-1c5IucdOZFTnBfyvoj57K_RmyVTnKXk15Kp1c/edit	KS4 & KS5 Multi Faith Prayer Room S1 & S5	KS5 Maths University Entrance Preparation Room 22
	Year 10, 11, 12 & 13 Choir Room 36	KS4 & KS5 Multi Faith Prayer Room S5	KS5 Maths University Entrance Preparation Room 22	KS3 Dance Open Studio
	Year 7 & 8 Dance Company Dance Studio Sign up required - see Ms Gullefer	Week 2 only KS4 Photography Club Room NB9 12 spaces https://docs.google.com/forms/d/1xVaWOp-1c5IucdOZFTnBfyvoj57K_RmyVTnKXk15Kp1c/edit	Year 9 Dance Company Dance Studio	The Year 7 Garden Club Room S4
	Week 1 only KS4 Yoga Venue TBC (After half term)		Week 2 only KS3 LGBTQ + Room MA2 - 1:30 2:00	
	Week 2 only KS3 Yoga Venue TBC (After half term)		Week 1 only KS4/5 LGBTQ+ Room MA2 - 2:30 3:00	
	KS4 & KS5 Spanish Speaking Club Room MA4		KS4 & KS5 Sociology Debate Club Room SS2 Sign up by Google Classrom p44zpw (15 places)	

After School 3.10 - 4.10pm

Homework Club (For targeted pupils with English as an Additional Language) Room LS2	Homework Club (For targeted pupils with English as an Additional Language) Room LS2	KS5 Philosophy Club Room MA5 Sign up via Google Classroom: fn46ano	Homework Club (For targeted pupils with English as an Additional Language) Room LS2	KS4 Art Club Room NB10
KS4 1:1 for Language & Literature (For pupils with English as an Additional Language) Room LS2	KS4 1:1 for Language & Literature (For pupils with English as an Additional Language) Room LS2	Week 1 only KS3 Weather Club Room NB1	KS4 1:1 for Language & Literature (For targeted pupils with English as an Additional Language) Room LS2	KS4 1:1 for Language & Literature (For targeted pupils with English as an Additional Language) Room LS2
Poetry through Music (All year groups) Room 2	Psychology Film Club Year 12 and 13 Room SS3 (20 places)	Table Tennis https://docs.google.com/forms/d/1HYe20E4D-HEK1MKlahwitsYS6V91clKvQrodPH6ODRTE/edit#settings	Steel Pan Group Room 36	GCSE PE NEA Club Sports Hall
Year 7 & 8 Basketball (Sports Hall) https://docs.google.com/forms/d/1rdwnlnrX-2Op-YaAyT2bx45YDNIQHldjTovPrqxlg8Vw/edit	Year 9 & 10 Basketball https://docs.google.com/forms/d/1_qKJE5C3Ld-QH7JKZnuMBCAtxnSx9BP7bV8gRn-ieuAI/edit	Musical Rehearsals Theatre By audition		KS3 London Youth Games Preparation Dance Studio
Musical Rehearsals Theatre By audition	Musical Rehearsals Rooms 36 and 37	School Newspaper All year groups Library		Jazz Band Room 36
Brass Group Room 37	KS4 London Youth Games Preparation Dance Studio	Crochet Club Room 21		
Netball (All Years) (60 places) https://docs.google.com/forms/d/1iclj8YVpUAM-6MAqBcAYJ4pPvG13ZBQXyWmZM-dXh15Q/edit	GCSE Further Maths Class Year 11 Set 1 Room 17	Badminton https://docs.google.com/forms/d/1061Gd-D2tBs-sulul8WihRetqtEoadO4JGibAqqXZxs/edit#settings		
KS3 Film Club Room 24 (Starting after half term) https://forms.gle/K6nmLEhHtnLvtb346	KS3 Maths Homework Study Club Room IR4			
String Orchestra Room 36	KS3 Maths Challenge Club Set 1 and 2 Room 18			
Wind Band Room 38	GCSE Code Club Room IR4 Sign up required - See Ms Kartha			
Year 7 Science Club Room S7	Week 2 only KS3 Robotics Club Room IR1 Sign up required - See Mr Alom			
Year 8 Science Club Room S8	KS4 & KS5 New Views Scriptwriting Club Room 3 (17 places) Sign up required See Ms Waters			
	Dodgeball https://docs.google.com/forms/d/1-9gmbm-Crf5OKxYZOpGeLe29-S-SH-xoOGCfaCgbyitw/edit#settings			
	Yoga https://docs.google.com/forms/d/15XcyX_Csqx-QhaDbnQHcLlC4rBVLpnoVCyWrmrwi6Ms/edit			

PE Enrichment

Please note: Football club will not be running due to the shorter days and lack of daylight.

As a department we will be changing the PE enrichment club after school starting from Monday 13th November, these are outlined above along with a Google Form link to sign up your child. It would be good to see as many pupils attending as possible.

Rugby Club

We are also in the final stages of finalising an after school rugby enrichment club at Eton Manor on a Wednesday from 3.05-4.10pm more information will follow.

Sports News & Upcoming PE Fixtures

Results:

Year 7 Football v Loxford – Won 14-0
 Year 9 Netball v Valentines – Won 20-4
 Year 9 Netball v Valentines – Lost 9-6
 Year 7 Netball v Seven Kings – Won 7-2

PE Fixtures

Week 1 beginning Monday 6th November 2023

Tuesday 7th November – Year 9 Netball v Loxford
 Tuesday 7th November – Year 7 & 8 Football v Woodlands
 Wednesday 8th November – Year 7 & 8 Netball v Valentines
 Wednesday 8th November – Year 7 Football v Valentines
 Wednesday 8th November – KS3 (Year 7, 8 & 9) Girls Football at Frenford Centre
 Thursday 9th November 09/11/23 – Year 9 Netball v Woodbridge

Week 2 beginning Monday 13th November 2023

Tuesday 14th November – Year 8 Netball v Loxford
 Wednesday 15th November – KS3 (Year 7, 8 & 9) Girls Football at Frenford Centre
 Thursday 16th November – Year 10 Netball v Loxford

Monday	Tuesday	Wednesday	Thursday	Friday
Netball (Lower Playground)	Year 9 & 10 Basketball https://docs.google.com/forms/d/1_qKJE5C3LdQH7jKZnuMBCAtxnSX9BP7bV8gRn-ieuAl/edit	Table Tennis https://docs.google.com/forms/d/1HYe20E4DHEK1MKlahwitsYS6V91cLKvQrodph6ODRTE/edit#settings		
Year 7 & 8 Basketball (Sports Hall) https://docs.google.com/forms/d/1rdwninrX2Op-YaAy-T2bx4SYDNIQHldjTovPrqxlg8Vw/edit	Dodgeball https://docs.google.com/forms/d/1-9gmbmCrf50KxYZOpGeLe29-SH-xoOGCfaCgbyitw/edit#settings	Badminton https://docs.google.com/forms/d/106l1GdD2tBs-sulu18WihRetqtEoadO4JGibAqqXZxs/edit#settings		GCSE PE
	Yoga https://docs.google.com/forms/d/15XcyX_CsqxQhaDbnQHcLICy4rBVLPnoVCyWrmrwi6Ms/edit			

PE Enrichment

PE Enrichment

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We are also in the final stages of finalising an after school rugby enrichment club at Eton Manor on a Wednesday from 3.05-4.10pm more information will follow.

EXAM CHECKLIST



Aim to arrive at school **AT LEAST** 30 minutes prior to your exam start time. If you are late, report to Reception as soon as you arrive. If you are more than 30mins late, you may not be permitted to take the exam.



When taking exams, bags and coats should be left in the dedicated space as directed by the Invigilators in exam rooms.



You must not have a mobile phone or ipod in your possession. Mobiles & ipods are to be **TURNED OFF** and put in your bag. **If you are found with a phone or ipod on you, this could result in DISQUALIFICATION from your examination and your overall Qualification.**



It is **YOUR** responsibility to bring **ALL** the necessary equipment to every exam you sit (Equipment will **NOT** be provided on the day). You are not allowed to use correction liquid/fluid/tape. Do not use highlighters in your answers, only for highlighting key texts in the questions if necessary.



You **MUST NOT** talk, attempt to communicate with, or disturb other candidates once you have entered the examination room. If you have any questions, you should raise your hand once seated and an Invigilator will come to you as soon as they can.



No food (including chewing gum) is allowed in the exam hall. If you have a special requirement, please see the Exams Officer before the exam.



Only clear water bottles are allowed in the exam hall - No Labels on the bottle & No Coloured Liquids (unless its pre-approved by the exams office).

Wanstead High School

Education with Character



Pupils currently in Year II, accompanied by their parents/
carers, are invited to join us at our

SIXTH FORM OPEN EVENING



Thursday 30th November 2023 5:15 - 8:00pm

A high performing Sixth Form offering a wide range of high-quality A Level provision,

In 2023, our pupils achieved the following:

A*-A - 28% A*-B - 53% A*-C - 75%

Please visit our school website to view our Prospectus, Course Options Booklet, Online Application Form and Enrolment Key Dates.

An opportunity to meet staff and pupils in all subject areas.

Speeches in the main hall at 5.30pm & 6.30pm.

Redbridge Lane West, Wanstead, London E11 2JZ Tel: 020 8989 2791 E-mail: whs@wansteadhigh.co.uk

(If you require additional assistance such as disabled access, please let us know)

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.

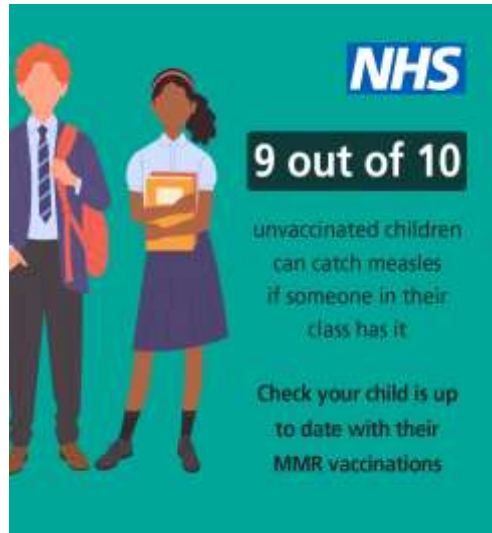
This is an opportunity to hear from all children, in every part of the country and in every setting. The survey will be used to encourage policymakers to think about children and young people's needs, to ensure children's voices are reflected in the decisions that will affect them in years to come.

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.



Spare room feeling empty?

London Borough of
Redbridge

Foster for Redbridge

020 8708 6068

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. 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
- 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, Giff Gaff, 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
- 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
- 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

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
- 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.
- 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.

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

Spring Term 2023-24

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

Summer Term 2023-24

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

Wanstead High School Uniform, Clothing and Appearance

Required Items Year 7 - 11 Description



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

Required Items 6th Form Description

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

All items of logoed uniform can be purchased from Carolina School Outfitters. <https://carolinaschooloutfitters.co.uk/> 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.



WHSPTA

Christmas party

XMAS!
PARTY!
PARTY!

*Friday 1 December, 7pm - 11pm
Wanstead High School hall, E11 2JZ*

Grown-up school disco ★★★★★

Gourmet BBQ included ★★★★★

Complimentary glass of Prosecco on arrival ★★★★★

Deluxe raffle ★★★★★

*All funds raised go to help #BuildABetterWansteadHigh
All adults welcome. Limited no of tickets for sale on
ParentPay*

info@ptawansteadhigh.co.uk Reg charity 277767

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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**WANSTEAD LEISURE CENTRE,
 REDBRIDGE LANE WEST, WANSTEAD -E11 2JZ**

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
Option 1	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"
Option 2	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
Option 3	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"
Dessert	Fruit Shortbread V	Vegan Ginger Cake V	Mousse V	Fruit Turnover V	Fruit Muffin V
Dessert	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
Salad Bar Menu 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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Week 2 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	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
Option 2	Veggie Loaded Quesadilla	Vegetable Spaghetti Bolognese	Sausage Yorkshire with Mash and Roasted Veggies	Teriyaki Noodles	Veggie Plait with Chips
Option 3	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
Dessert	Vegan Chocolate Cake	Flapjack	Summer 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 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
Option 1	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
Option 2	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
Option 3	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
Dessert	Vegan Berry Cake	Chocolate Shortbread	Lime and Coconut Drizzle	Raspberry and Coconut Flapjack	Mousse
Dessert	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly
Salad Bar Menu 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**

Visit: www.visionrcl.org.uk/activebodyhealthymind

Email: active.redbridge@visionrcl.org.uk



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Will Vaping THC Effect My Childs Health Long Term?

The long term health effects of vaping are still being studied. It is believed that whilst vaping is not risk free as it still contains chemicals, it contains a significant amount less than a traditional cigarette as there is no tobacco therefore no tar or carbon monoxide. Studies are beginning in the USA on the impact of vaping on the lungs. However we know that vaping THC can cause the same long term health effects as cannabis use which are laid out below.

You can read more on the NHS website about vaping to stop smoking. [Using e-cigarettes to stop smoking - NHS \(www.nhs.uk\)](https://www.nhs.uk)

The long term effects of cannabis use can include the increased risk of psychotic illness such as schizophrenia as well as other mental health issues.

Schizophrenia = delusions and hallucinations.

- Delusions – believing things that are not true
- Hallucinations – seeing things that are not really there

Risk of schizophrenia is increased if you use cannabis from a young age, frequent use, stronger cannabis i.e. skunk, and family history of schizophrenia
Mental Health -

- Anxiety and paranoia
- Hallucinations

These can happen during use, and may settle when stopped but use can also aggravate existing mental health issues.



You can read more on the NHS website about the mental and physical effects associated with cannabis use. [Cannabis: the facts - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Vaping and The Law

The law around vaping can be very tricky to understand as there is a lack of legislation around vaping. You must be 18 to buy a vape pen. There is no law around where you can and cannot vape, but many places adopt the same rules as smoking, therefore you must go by venue policy. Similarly, driving whilst vaping is not illegal, but the cloud of smoke can be considered a hazard whilst driving and can get you into trouble. **However as THC is illegal, vaping THC oil follows the same laws as cannabis laid out below.**

LAW



Will my child get into trouble for using THC Vapes?

Cannabis is an illegal Class B drug. There are consequences for the **illegal** possession, supply and production of cannabis.

Possession – having (possessing) cannabis in any form including edibles can get you up to 5 years in prison, unlimited fine or both.

Supply - supplying cannabis which includes giving it to your friends for free or sharing it with them can get you up to 14 years in prison, an unlimited fine or both.

Dealing - selling cannabis for any sized financial gain can get you up to 14 years in prison, an unlimited fine or both.

Trafficking - moving it around the country on transport or through private vehicle etc. can get you up to 14 years in prison, an unlimited fine or both.

Production - producing cannabis whether growing for self consumption or to be sold can get you up to 14 years in prison, an unlimited fine or both.

Young people who use cannabis are at increased risk of child criminal exploitation (CCE), and to be groomed into County Lines operations, see below for more information.

To read more about the legality of cannabis please see the government website [Drugs penalties - GOV.UK \(www.gov.uk\)](https://www.gov.uk). To learn more about county lines and CCE, see The Childrens Society website [What Is County Lines? | The Children's Society \(childrenssociety.org.uk\)](https://www.childrensociety.org.uk).

HELP



How can I help my child?

It can be difficult to know the best way to support your child if you are concerned. Speaking with professionals already working with your child is the first step such as teachers, and key workers.

Below are local and national services to find more information and support for your child.

Local

- Adolescent Development Services SORTED
 - sorted@hillingdon.gov.uk
 - 01895 250 721
- ARCH Hillingdon
 - 01895 207 777
 - arch.hillingdon@nhs.net



National

- Childline - 0800 1111
- Frank - talktofrank.com
 - 0300 123 6600
 - frank@talktofrank.com
 - text - 82111
- youngminds - youngminds.org.uk
- ADFAM - adfam.org.uk
- Samaritans - samaritans.org
- The Childrens Society - childrensociety.org.uk
- MIND - mind.org.uk
- CYPMHS - NHS mental health support
 - nhs.uk - search CYPMHS

