



Message from the Headteacher



Teacher Strikes

There seems to be no movement yet in resolving the teachers' industrial dispute. We therefore assume that teachers will be striking on **2nd March, 15th and 16th March.**

We will do all we can to minimise disruption, especially for exam groups and will keep you updated with what is taking place on these days. On 1st February, pupils were eager to come in and I was impressed with their commitment to using the time sensibly to catch up or study.

Parents who are key workers or whose children are vulnerable are offered a guaranteed place in school. If you haven't booked this, please email me directly as the Google Form is now closed.

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

30th School Assemblies - 24th February

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	6 th	Children's Mental Health Week						
1	20 th	LGBT+ History Month - Reflection, Courage, Diversity						

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Year 12 and 13 learning about Financial Literacy on Strike Day



Diary Dates 23rd January - 10th February

W/b 6 th February	National Apprenticeship Week—various events and activities
6 th February	Governor Committee Meetings (6.30pm—8.30pm)
8 th February	A Christmas Carol Production - Year 11
9 th February	PTA Event 6.00pm-8.00pm
10 th February	Non-uniform Day—wear something blue. Payable via ParentPay in advance. All proceeds will go to Haven House.
23 rd February	Year 10 Parents' Evening

Message from Headteacher

Hard to believe, it is five days until half-term; this is always a short term, but this one has seemed particularly short! However, we have enabled a huge amount of character-developing opportunities for our pupils during this time; from trips to universities, museums and the theatre, competitions, talks and performances in school, as well as everything going on inside the classroom. A huge well done to the Key Stage 4 in the Great Big Dance Off Competition. Year 11 and 13 have successfully completed their first mocks and in March, there will be further formal assessment for them as part of the final push, and teachers will use these papers to assess gaps in knowledge to support teaching in the final months and weeks. Whilst hugely important for pupils, these mocks are predominantly about helping teachers to plan the final curriculum and what needs to be done to ensure each pupil reaches their target grade.



Year 11 and 13

I have spoken to a number of parents about being able to have access to their child's last set of mock papers. As a post-Covid measure, schools are being asked to keep all mock scripts. I am however happy to consider allowing parents to request a copy of any of the last papers and please email h.anwar@wansteadhigh.co.uk by Friday 10th February at 12pm with your child's name in the title of the email and which papers you would like in the main body. We will do our best to get these to you shortly after half-term, if not before. If this is manageable, we will offer this in future or at least until the guidance changes.

Year 9—Options and Duke of Edinburgh's Award

Year 9 pupils will receive an Options Booklet in the next few days and we would urge you to read this with your child to continue to consider option choices, after your initial expressions of interest have now been made. We hope to hold an afternoon in school for parents and pupils to meet subject teachers on **16th March** (afternoon of the final strike day) between 1-3pm to ask any final questions. Further details will follow. We will then be able to give you the final blocks from which your child will make their choices. Don't forget that in school, Ms Gullefer and Mr Langford will be ensuring pupils have chances to consider career choices and pathways to further help them in choosing their options.

As you know, we are doing all we can to increase capacity for the D of E Award to support all pupils. Watch this space for an update.

Local Update

Sadly, a group of youths in balaclavas were out again on Wanstead High Street on Friday evening. Locals and the school reported this to the police and we do not believe any of our children were victims. Pupils have all now received their personal safety assemblies and hopefully this will help them to consider what they can do to further keep safe. We will keep you updated about any developments.

We need to also ensure that the behaviour of our pupils in the community is also exemplary and the new Behaviour Policy will give more detail about this and the standards we expect. Sanctions do still apply outside of school as per the DfE policy. In the meantime, pupils should not congregate in groups or block pavements, should not hang around outside others homes and behave in a calm and safe manner—this is in-line with our values, upholds the school's reputation but is also for the personal safety of everyone in the community. Mrs Martin will be running a parent focus group for discussion around the new draft Behaviour Policy and do please email her - h.martin@wansteadhigh.co.uk if you are interested in being part of this consultation.

Message from Headteacher

Enrichment and Intervention -

see p.9 for updated Clubs list

After parental feedback, we are trialling a new system of sending an in-touch message to parents if clubs or intervention are cancelled. This has taken a while to get off the ground but hopefully and keep you better informed. Do please let me know if this is working and helpful! Please note the time change for Chess Club which is now after school on Wednesday and not at lunchtime. A letter is also coming out separately about Film Club.

PTA - see p.5

We look forward to meeting many of you on Thursday evening at the PTA re-launch. Thank you for your interest in supporting the school in this way; also a good way to make new friends.

Governors

It is National School Governors' Awareness Day on 28th February and I would like to take this opportunity to thank all the Governors new and old who do so much voluntarily to support the school. I am very excited about the new ways of working and, if you keep an eye on the socials, you will see bios about each of the Governors so you have a chance to get to know them better.

Non-Uniform Day - see p.6

Gulp! I have agreed to a non-uniform day on Friday 10th February. Pupils should wear something blue and £1 should be paid in advance via ParentPay to support Haven House. Pupils have been told behaviour needs to be exemplary and no drop in standards or this might be the last one for some time—this might keep me happy, but I do know these days are important to pupils and, of course, to the charities involved!!!!

Building Work

This rumbles (quite literally!) on and pupils are doing a great job with dealing with the noise, dirt and restrictions. It is essential that pupils follow the one-way system even though they don't all like it!!

We await the results of the condition survey for the rest of the site later in the term so we can start the process of really considering our strategy to improve the rest of the site, with the help of the LA. Priority areas are the toilets and the field as you know, although there are a number of areas that need improvement and we need to ensure we have a plan to do this over the next few years and be creative about how we find the money needed.

Half-term

We hope you have a very happy half-term and enjoy some family time. I know many of you are eager to get the term dates for 2023-24 and this will be with you in the next two weeks. This will be done much earlier in future and, as soon as the 2024-25 dates are released by the LA, we will adapt for Wanstead as quickly as we can. Please note that the Easter half-term next year is out of sync with other schools in local boroughs—for example this is 19th—23rd February 2024 in Redbridge, but 12th—16th February 2024 in Waltham Forest. Whilst this may be a child-care nightmare for some (including me!) and the week before will be tricky to manage if you have children at school in, or work in, other boroughs, I am already trying to work out how I can have a holiday alone during the week of our half-term!!!!

Staff Update

Leavers:

A fond farewell to Ms Herbert, our Art and Photography teacher who will be leaving us at half term after 8 years. Ms Herbert has made a huge difference to the Art department and will be sorely missed by pupils and staff alike. We wish her well on her next adventure in Australia! See details about Ms Ayer below, our new Art and Photography Teacher.

Welcome

A warm welcome to the following...



Mr John Corcoran, our new CDT and Food technician who started on 31 January. John previously co-founded and managed Wire, a radical design studio based in Shoreditch that ran successfully for over 20 years and is passionate about Design Education having sat on the Design Skills Advisory Panel for the Design Council. He has judged design awards at the Royal College of Art and the Royal Society of Art and was the keynote speaker on 'Inclusive Design' at the Korean Design Centre, Seoul. John has lived locally for the past 10 years and is proud to have a daughter in Year 7 at the school.



Mx Lily Hughes, our new Art and Photography technician who started on 31 January. Lily's specialisms are primarily in prop making and scenic painting. They are looking forward to getting to know everyone and spending some time with those who love film, pop culture and fashion.



Miss Hasna Begom, one of our new Higher Level Teaching Assistants who started on Monday 6th February. Hasna has an extensive background in supporting teaching and learning in schools and is passionate about maximising the learning outcomes for all students. She is looking forward to being a part of the Wanstead school team, helping all children with SEND and developing effective and successful working relationships with school staff, pupils and parents!



Miss Anna Palumbo, as one of our Higher Level Teaching Assistants who started on Monday 6th February. Anna is a Computer Science Specialist within the Inclusion Department and is experienced in supporting children and young people's social and emotional wellbeing. She is a multilingual speaker, fluent in English and Italian as well as some Spanish.



Mr Tayyab Hayat, as our SEND Teaching Assistant who will start permanently from February. Tayyab is a semi-professional footballer, having represented Pakistan at National Team level. He has worked with big brands hosting events for Nike, Lucozade, PlayStation and Adidas. Tayyab has worked at Wanstead since September 2022 and is excited to take on this permanent position.



Miss Michelle Ayer, as our new Art and Photography Teacher who will join on Monday 20th February. Born in California but having grown up in London, Michelle is happy to be home and teaching. She studied Art and Photography at university before pursuing a MA in History of Art in Florence, Italy. Michelle is excited to join the staff at Wanstead High and share her enthusiasm and passion for art with the pupils.

National Apprenticeship Week

Monday 6th February - Year 10 and 12 pupils will be watching an online introductory presentation on apprenticeships in their Period 2 lesson (10.00 until 10.30am).

Thursday 9th February - Year 12 pupils will be watching an online introductory presentation on higher and degree ap-

prenticeships in their Period 2 lesson (10.00 until 10.30am).
Friday 10th February - Year 10 and 12 pupils will be watching an online talk delivered by some apprenticeship providers in their Period 1 lesson (9.00 until 10.00am).

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

PTA re-launch

This is the sign up link in case you need it: <https://forms.gle/JtfFDVSiQsf6MBG2A>

PTA RE-LAUNCH

9
FEBRUARY
THURSDAY
6pm

We are excited to announce the re-launch of the Wanstead High School PTA

Meet other Wanstead High parents at the school

Hear from the PTA about their work and opportunities to get involved

Sign up!

There will be music from Wanstead High pupils and refreshments will be provided

WANSTEAD HIGH SCHOOL

Please submit your interest here by Wednesday 1st February:

<https://forms.gle/CwBpsgtPHzdjBUeP9>

We look forward to seeing you there!

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



Enterprise Project Launch Fundraising

Our Haven House Enterprise team are excited to announce the start of a little under two months of fundraising. This video provides further detail on this very worthy cause: <https://youtu.be/ruoQme1h324>. There will be two events next week:

Valentine's Day cards

Pupils can purchase a Valentine's Day card to be delivered with a heart lolly inside on Friday 10th February. It is £1 to add a name and £2 to include a special message handwritten by one of the team messages can be recorded here: <https://forms.gle/Ss83VoZ5xQEY486m6>.

Purchases and donations for both events should be made on ParentPay, where they are now available.

Non uniform day – wear something blue for Haven House

This will be a full non uniform day on Friday 10th February, with participants required to donate £1. A letter with further details and expectations will be sent out next week.



All proceeds will be donated to Haven House children's hospice

Send a valentine's day card to someone special!

Send cards from Monday 6th Feb – Thursday 9th Feb

All cards will be sold on Parentpay and you can write your message to go on your card there too!

To send a card with a lollipop to a friend or someone special will cost £1. All cards will be handed out in form time on the last day before the Half Term (Friday 10th Feb!!!).

£1 for a name
£2 for a special handwritten message!



All proceeds go to Haven House children's hospice

Wanstead High non-uniform day

Wear something blue for Haven House!

Friday 10th February

£1 donation



Tutor Grid 2022 – 23

Year	HOY	1	2	3	4	5	6	7	8	9	AHOY
7	Ms C Murray	7.1 Mr K Holdbrook ICT Teacher SS1	7.2 Ms K Uddin MA2	7.3 Ms N Rowshan SS2	7.4 Ms M Kara 42	7.5 Ms E Everhart Ms S Morgan 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 T Rajput 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 Mr P Wilson S5	10.5 Mr J Sweet 38	10.6 Ms J Wali 37	10.7 Mr A Chauhan 22	10.8 Ms K Herbert Ms P Ayer (after February half-term) NB9	10.9 Ms A Malik 10	
11	Mr R Carrae	11.1 Dr D Srikanthan S9	11.2 Ms K Khan MA6	11.3 Ms R Grace 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 Ms F Law 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 Awan Ms S Younas S7	13.6 Ms H Tassine S10				

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

THE UK'S NO.1 SCHOOL LOCKER.

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Scan this QR Code

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.

LUNCH TIME CLUBS & AFTER SCHOOL CLUBS

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	

Lunch Time Clubs 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 S1	Boys Multi Faith Prayer Club Room S1	Boys Multi Faith Prayer Club Room S1	Boys Multi Faith Prayer Club Room S1	Boys Multi Faith Prayer Club Room S1
Girls Multi Faith Prayer Club 1.30 -1.50pm - Room SS2	Girls Multi Faith Prayer Club 1.30 -1.50pm - Room SS2	Girls Multi Faith Prayer Club 1.30 -1.50pm - Room SS2	Girls Multi Faith Prayer Club 1.30 -1.50pm - Room SS2	Girls Multi Faith Prayer Club 1.30 -1.50pm - Room SS2
Year 8 Textiles Club - Week 2 Only Pupils in 8W2 Tech Room 42	KS3 Year 7 - 9 Origami Club Room S2	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	KS3 Years 7 & 8 Dance Company	KS3 Year 7 - 9 Maths Homework Club	KS4 Year 10 & 11 Maths Homework Club	KS4 Year 10 & 11 Dance & Drama Open Studio
	Week 2 - GCSE PE Revision Room S13	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 - LP1	KS4 Year 10 & 11 Dance & Drama	
		Week 1 & 2 - GCSE PE Students Badminton/Sports Hall	KS3 Year 7 - 9 LGBT+ Club - Room 15	
			KS3 Year 7 - 9 Maths Homework Club	
			KS4 Year 10 & 11 Spanish Conversation Club Room 19	
			Week 1 - GCSE PE Revision Room S13	
			LGBTQ+ Club KS3 Year 7 - 9 Room 15	

After School Clubs

Mon	Tues	Wed	Thurs	Fri
Choir, 3.00-3.50 Room 36	New Views Script Writing KSS 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 Art Club Room NB11
KS5 Year 12 & 13 Film Club (Week 2) Room 25	KS3 Year 7 - 9 Board Game Club Room S3	KS4 Year 10 & 11 Dance Team Rehearsals Studio		
KS3 Year 7 - 9 & 4 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_bdlENp1m_R8-N6o_Tlo-rtGmg_fcb-cW0qz0k61rU/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/13Lgq1Gut8U1Pz0CmV1Cyt8-3CmV0Fw3om_W6UgH7V/edit		
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				
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 Catch up session to support				

JAN 2023

ABEUNT STUDIA IN MORES

LONDON YOUTH GAMES



2023

Would you like to represent Redbridge at the
London Youth Games 2023?

Girls football

School Years 8 & 9

Born between 1/8/08 and 31/8/2010

To register—[Click Here](#)

Trial
Wednesday 19th April
16.15—17.15 @ Fren-
ford Clubs



You must live or go to school in the London Borough of Redbridge.

active.redbridge@visionrcl.org.uk

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#THISISLYG

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.

18

CONSENSUED

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 falling 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.



National Online Safety

#WakeUpWednesday



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.11.2022

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

- **Flu Vaccinations:** Reception – Year 9
- **HPV:** Year 8
- **DTP & MeningitisACWY:** Year 9

Date	Time	Venue
Tuesday 17 th January	3:30pm – 5:30pm	Rebridge Central Library
Thursday 2 nd February	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 14 th February	10:00am – 2:00pm	Loxford Children’s Centre
Thursday 16 th February	10:00am – 2:00pm	Fullwell Cross Library
Tuesday 28 th February	3:30pm – 5:30pm	Loxford Children’s Centre
Thursday 16 th March	3:30pm – 5:30pm	Fullwell Cross Library
Tuesday 28 th March	3:30pm – 5:30pm	Loxford Children’s Centre

Fullwell Cross Library 140 High Street Barkingside IG6 2EA	Redbridge Central Library Clements Road Ilford IG1 1EA
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INTO FILM

**YEAR'S 7 & 8
MONDAY (WEEK 1)
3.10-5PM (APPROX.)
ROOM 24 MEDIA
FREE
POPCORN!**

**INTOFILM FILMCLUB
IS A FREE FORTNIGHTLY
CLUB OPEN TO YEAR
7 & 8 PUPILS AIMED AT
FOSTERING AN
ENGAGEMENT AND LOVE OF
FILM.**

**DISCUSSIONS HELP TO IMPROVE
STUDENTS UNDERSTANDING OF FILM
AND THE INDUSTRY AND VERBAL OR
WRITTEN FILM REVIEWS HELP TO
PROMOTE LITERACY
AND ORACY**

COLLECT A PERMISSION LETTER FROM ROOM 24 (MEDIA) TO JOIN

Show Your Support for Mental Health Week 6th - 12th February 2023

This Children's Mental Health Week, I'm taking part in

DRESS TO EXPRESS

to raise vital funds to help more children and young people get the emotional support they need.

**Place2Be's
CHILDREN'S MENTAL HEALTH WEEK
6-12 FEBRUARY 2023**

Please help me reach my fundraising goal!

After February half-term 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	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	Vegetable Biryani	BBQ Quorn Fillet with Roast Potatoes and Gravy	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)	Quorn Fishless Fish Finger Wrap with Siracha Coleslaw	Grilled Chicken Ciabatta	BBQ or Hot and Spicy Chicken Wings with Wedges and Sweetcorn Salad	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


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Week 2 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
 Option 1	Chicken and Vegetable Pie	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	Vegetable Spaghetti Bolognese	Vegan Sausage Yorkshire with Mash and Roasted Veggies	Teriyaki Noodles	Veggie Plait with Chips
Option 3 (Grab and Go)	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 Coleslaw, Beetroot, Potato Nicoise, Tasty Cous Cous and Five Bean Salad	Tomatoes, Mixed Leaf, Kale Coleslaw, Beetroot, Potato and Chickpea, Pasta and Beans and Russian Salad	Tomatoes, Cucumber, Mixed Leaf, Yogurt Coleslaw, Beetroot, Pesto Potatoes, 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	Sweet Chilli Chicken Noodle	Chicken Carvery Roast Done 3 Ways: Lemon, Tandoori, Plain with Roast Potatoes, Gravy, and Seasonal 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	Spicy Falafel and Hummus Wrap	Cheesy Baked Mediterranean Gnocchi	Chickpea, Sweet Potato, and Spinach Curry with Brown Rice	Chickpea Masala Samosa with Chips
Option 3 (Grab and Go)	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	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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