



## Hello from the Headteacher!

While the country was up in arms about Gary Lineker and Match of the Day, pupils and staff here were going about their business as usual in a focused and committed way! Mocks are now finished for Year 11 and 13 and all pupils showed maturity and hard work over the last two weeks. The countdown now begins for the real exams.

Another week full of amazing opportunities for our pupils; there were two late trips out last night for pupils to watch the netball at the Copper Box and for pupils to participate in the Redbridge Choral Festival at the Royal Albert Hall. We are so grateful to our staff for their effort and the late

nights that these opportunities entail. Today, Year 13 are off to Walton-on-the-Naze for their annual field trip.

We also celebrated International Women's Day and Careers Week!



Please read the additional important information in my messages on p.2/3

### Upcoming School Assemblies

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	13 <sup>th</sup> Mar	Heads of Year—Focusing on general standards and values						
2	20 <sup>th</sup> Mar	Tackling Misogyny and Sexism						

Issue No. 4 13<sup>th</sup> March 2023

Contents	Page
Front Page News	1
Messages from the Headteacher	2
Messages from the Deputy Headteacher - Ms Martin	4
Staff Update	5
Mental Health	5
Maths News	6
Staff Career Pathways	9
Multi-Lingual March	13
Fundraising	14
Term Dates 2023-24	16
Tutor Grid	18
Local News	19
Safeguarding	22
Extra-curricular Activities	24
Menu	25

I was lucky enough to watch the Year 11s putting the final finishing touches to their 3 course meals as part of the Food Technology NEA. Some of the highlights are shown.

Well Done to all and I hope you, as parents and carers, got to try some. Mr Carfrae and I didn't sadly!

### Diary Dates W/B 13<sup>th</sup> March - 24<sup>th</sup> March

14 <sup>th</sup> March 2023	Year 13 Geography Field trip - Walton on the Naze
15 <sup>th</sup> & 16 <sup>th</sup> March 2023	NEU Industrial Action
17 <sup>th</sup> March 2023	Year 10 & 12 Civil Service outreach event.
20 <sup>th</sup> March 2023	Year 9 DofE session - Kit list planning
22 <sup>nd</sup> March 2023	Year 13 PE A Level pupil conference

# Messages from Headteacher

## PE Kit Friday 17th March

Due to Drama scripted exams taking place in the theatre on Friday, all pupils who have PE on this day may come to school in full PE kit as the noise from the changing rooms will disturb the filming.

## Year 8 Parent/Carer Evening

I am sorry that a number of you have struggled to book appointments with some teachers at Parents' Evening. Teachers are required to work 1265 hours per year of directed time so we cannot simply have two evenings for each year group, which some parents have suggested. At Key Stage 3, teachers often teach 2 or 3 classes in the same year group, meaning their slots get used up quickly. I know how frustrating this is and I experienced the same at my daughter's school very recently.

I have written to all Curriculum Team Leaders (CTLs) today to ask them to ensure calls are made to parents who do not make appointments. As these teachers will have year groups they don't teach, this will work with the directed time constraints. We also welcome any suggestions and I will discuss this with other local Heads in more detail; all of whom have the same issues.

Subject to feedback from the community later in the year, we plan provisionally to return to real-life parent evenings in future. Whilst it will be lovely to have face-to-face contact, there are also some downsides to this approach as it can sometimes be harder to see staff over the evening as sometimes the 5 minutes runs over. We are considering a number of ideas to try and make this work but please do get in touch if you have seen a good model which you think would work well here. Please also contact the CTL if you have any specific concerns about this. Emails are the initial and surname of the CTL such as d.leftwich followed by [@wansteadhigh.co.uk](mailto:@wansteadhigh.co.uk) or can be found here— <https://www.wansteadhigh.co.uk/Contact-Us/Curriculum-Team-Leaders/>

## Strike Days

We will send out the final plans for Wednesday and Thursday later today.

## Parent and Carer Cars

I know that many of our pupils are lucky enough to get dropped off outside school but I need to urge you to please follow the rules of the road if you do this. Many parents are stopping in dangerous places or doing dangerous manoeuvres whilst dropping off and/or turning around putting our children at risk. This morning, there was a near miss and we urge you to consider the well-being of all in our community. Where possible, pupils should walk or take public transport to school as this will contribute to cleaner air for all of us!

## Bus Behaviour

We have had a few complaints about the behaviour of our pupils on the buses, specifically not moving down when asked—this will be addressed in assembly this week.

## Cake Sale

Thanks to all those who donated to the cake sale yesterday to raise money for Haven House. More cakes will be sold today as there are still some left.

## Staffing Update

A number of staff have had long absences at the moment which is very challenging for the school and pupils. Reducing staff absence is a key part of our school improvement plan and this approach is focused on considering well-being and workload, but also ensuring all HR processes for sickness absence are followed in a timely fashion as this has not been the case previously. We will try and keep you updated where possible but sometimes staffing to cover these absences changes daily. I know some parents are also concerned not just about lessons but the impact on tutor groups when a tutor is missing. At present, we have long-term absence in Physics and Ms Rajput will not be returning to the school—we wish her well. We are meeting a new Psychology Teacher later in the week which we hope will solve the latter issue. It is more challenging to recruit in Science but, as you know, we have a new staff member starting after Easter and Ms Hoque is monitoring the classes that are missing specialist teaching and ensuring that teachers are carouselled where possible. We continue to consider who will lead as tutor of 9.3 and part of this depends on the outcome of the Psychology teacher this week.

## Staff Recruitment

You will notice a number of adverts for jobs in school over the next few weeks. We are starting to plan early to recruit for next year so we can aim to get the best possible staff rather than wait until June and July when the recruitment season is nearly over. Please do not be alarmed—whilst a number of staff are leaving, this is often because staff are looking for other opportunities outside of teaching and there has been less movement during the Covid years or, in many cases, staff are retiring. Whilst it is sad that teachers are leaving the profession, it is not a reflection on their time at Wanstead. We will ensure you are updated as appropriate on staff leaving and new staff coming in.

## Spotlights

We have been trialling a process of Spotlights in which leaders in the school will spend a day in a department really having a look at learning and teaching. This includes lesson visits, pupil voice and interviews with staff. So far, we have undertaken visits to Science, Maths and Geography. We must now ensure we are celebrating successes and also tackling areas for development rapidly to ensure there is an impact for learners in the classrooms.

## Class of 2028/2030

We are delighted that we are again over-subscribed for September 2023 showing how popular the school is. We will be writing to all our prospective pupils shortly and cannot wait to welcome them to the school. Crazy to think that they will be graduating in Year 11 or 13 in 2028 or 2030! Probably the same time that I would like to retire!!!



# Messages from Headteacher

## Wet Weather



Please make sure your child has a sensible coat and/or umbrella. The weather is certainly changeable and some pupils arrive at school stating the only outdoor wear they have is a hoodie! These are banned items and are likely to be confiscated. Please do contact us if you need support with buying a warm coat.

## Canteen

We have a Friday without chips again due to the mess being left again in the canteen. This hits us all where it hurts so we will be reminding pupils in assembly about the canteen.

## Opening School Facilities Fund

Thanks to Mr Adams who put in a bid to this fund and received over 6K to support our sports equipment in school

## Celebrating our Pupils

Further details to follow in our Wanstead Stars section of the Heron Homelink at the end of term but wanted to shout out to some of our amazing young people. Please keep us updated with the incredible achievements of your children/our pupils outside of school.

Daniel in 7.2 won gold in the 60 metre hurdles (under 13 boys) with a new championship record which now places him first in the UK rankings list for this event.

His brother Thomas in 9.5 also won gold with a new championship record in the 300m.

## What a family!!

## Well Done Daniel and Thomas!

Also well done to Zachary in 8.7 who was presented with a Jack Petchey Award by former Paralympic gold medal winner Danny Coates for his contribution to Wanstead Linkside Tennis Club. Picture to follow in the Homelink—we are very proud of you!

A final congratulations to Zachary from 7.9 who is touring Croatia with the Arsenal Squad next week.



# Messages from Deputy Headteacher— Mrs Martin

## School Mobile Phone Policy

We have had a few requests recently for clarity on our mobile phone policy. Whilst we understand pupils may have them on their persons during the school day, we ask that they are switched off and placed in their school bags.

Under no circumstances should pupils be using them on the school site, this includes to contact parents during the school day. If a pupil feels they need to speak to a parent/carer, they can request this via the Wellbeing Office and a member of staff will discuss the reasons why and make a decision as to whether it is appropriate.

If pupils are seen with their phone out or indeed using them, they will be confiscated and kept in a safe and secure place until the end of the day. We recognise how important it is for pupils to be contactable by parents/carers at the end of the school day and so we would not withhold the phone any longer. However, if a pupil continues to ignore the mobile phone policy, they would be required to hand it in at the beginning of each school day for a set period of time, typically a half term.

The use of phones to take recordings of other pupils or staff is considered to be an act of serious misbehaviour and would be sanctioned according to the circumstances.

## Attendance

We are now nearly halfway through the year and over the next week tutors and Heads of Year will be revisiting some key messages about the importance of good attendance. It would be helpful for parents/carers to echo these sentiments and also discussing the importance and benefits of good attendance with your children. Whilst we understand for some pupils with long-term medical conditions 100% attendance is not always achievable, we do encourage pupils to aim high and we know that even missing 5% of school due to absence is equivalent to approximately 56 lessons missed.

The following are the benefits we will be discussing with pupils.

- Good attendance helps to build good habits. Pupils who attend every day develop a feel for the rhythm of the week and gain a sense of security from routine, even when the actual pattern or focus of their learning or activity may vary widely from week to week.
- Good attendance provides opportunities for pupils to build a range of secure, positive social relationships which also includes how to manage conflict and tension within friendships and relationships.
- Being around teachers and friends in a school or college environment is the best way for pupils to learn and reach their potential. They are able to access

- This includes opportunities to access the enrichment curriculum that the school offers.

When pupils are in school, they are safe in all senses of the word. Not only are they physically safe and supervised but we know that regular attendance and routine supports emotional well-being and mental health in most cases.

Attendance during one school year	Equivalent Days	Equivalent Sessions	Equivalent Weeks	Equivalent Lessons Missed
95%	9 Days	18 Sessions	2 Weeks	54 Lessons
90%	19 Days	38 Sessions	4 Weeks	114 Lessons
85%	29 Days	58 Sessions	6 Weeks	174 Lessons
80%	38 Days	72 Sessions	8 Weeks	228 Lessons
75%	48 Days	96 Sessions	10 Weeks	288 Lessons
70%	57 Days	114 Sessions	11.5 Weeks	342 Lessons
65%	67 Days	134 Sessions	13.5 Weeks	402 Lessons

It is also important to arrive at school on time. If a child arrives late to school every day, their learning begins to suffer. Below is a graph showing how being late to school every day over a school year adds up to lost learning time over one academic year.



17 days absent from school a year could mean a drop in a GCSE grade in all subjects!

If there are barriers to your child's attendance that we are not aware of and you feel you need support, please do contact myself or your child's Head Of Year.

# Staff Update

## Welcome

A warm welcome to:

### Ms J Bean

**Ms J Bean** who will be joining the Social Sciences department from Tuesday 14 March until the end of Term 2. Jeanette has more than 20 years teaching experience and has previously been Head of Department of Social Sciences, teaching in secondary schools and Universities in both the UK and Russia.



### Ms O Gallagher

**Ms O Gallagher** who is returning as Food Technology teacher in the DT department after maternity leave.

## 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 and Yearbook 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

These are 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](mailto:n.ahmed@wansteadhigh.co.uk) or ask them to come and see me in Room 8. **By Ms N Ahmed**



# Notice 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. This starts up again from Friday 10<sup>th</sup> March, following on from Mock Week. 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 take 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 completing homework on time and with the 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 paper 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—Year 11

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.

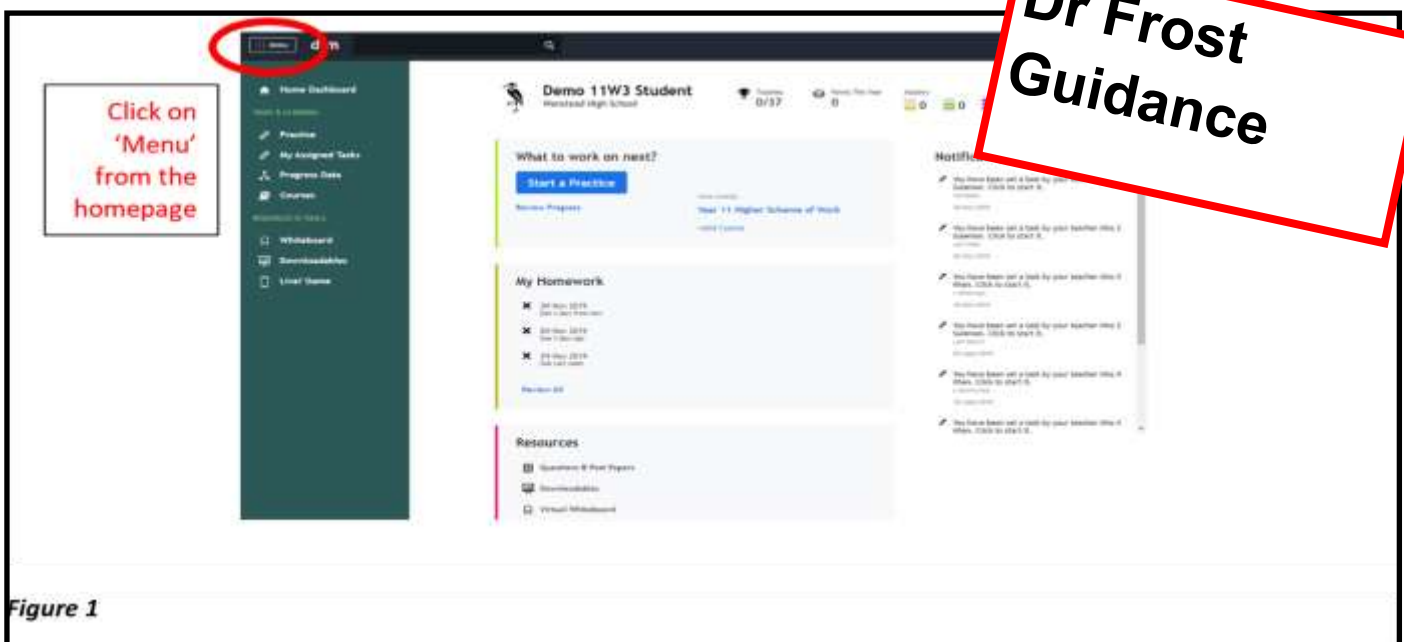


Figure 1

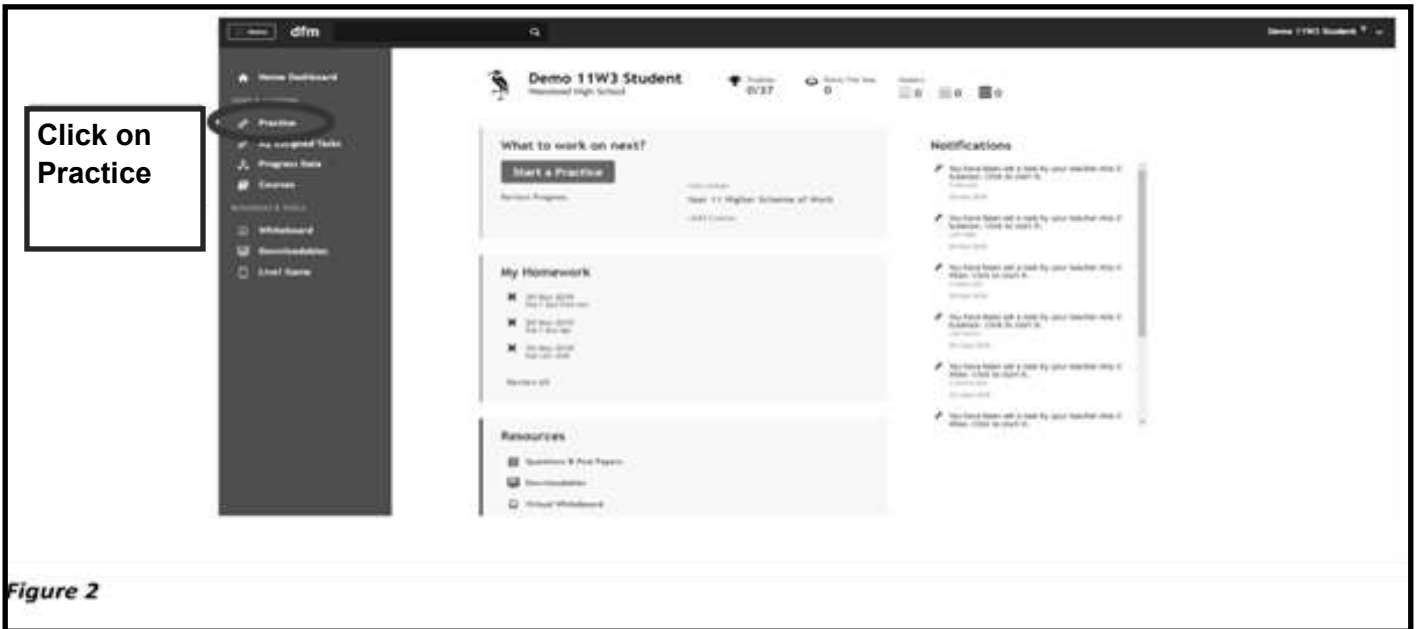


Figure 2



Figure 3

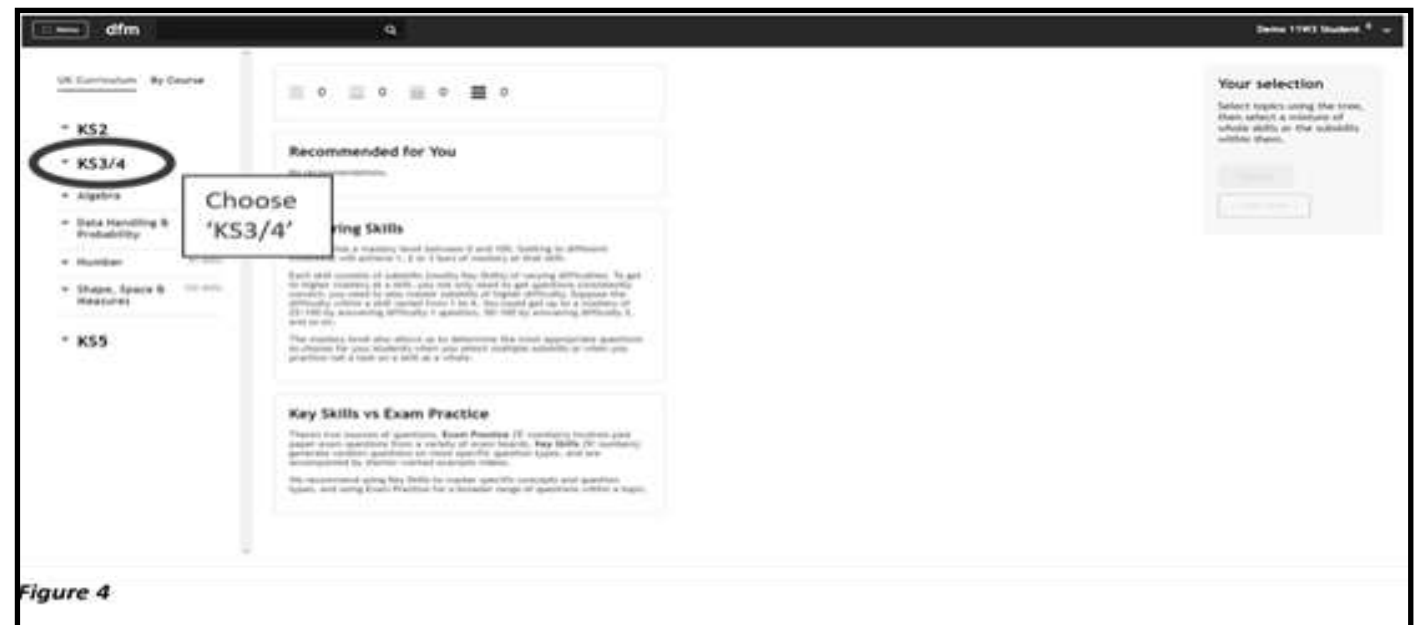


Figure 4





# National Careers Week

Staff at Wanstead High School were asked to map out their careers journey of the varied studying and job roles they have taken to inspire pupils at the school.

## Miss E Hillman

### Work History

- Lots of jobs before teaching including working in a chocolate factory, a building society and being a buyer for a tin can company
- 1995 - 1997 Teacher in a Special School
- 1997 - 2000 English Teacher/ Deputy SENDCO
- 2000 - 2001 Educational Psychologist
- 2001 - 2005 Assistant Head/ SENDCO
- 2005 - 2010 Deputy Headteacher
- Deputy Headteacher Frederick Bremer School (2010 - 2017)
- Headteacher of Heathcote School (2017 - 2022)
- Headteacher of Wanstead High School (2022 - present)



### Secondary Education

Kingsley School - 9 - 0 Levels  
Uppingham School - 3 - A Levels

### Higher Education

BA (Hons) Psychology  
University of Liverpool

### Details of other relevant training

PGCE University of Northumbria  
NPQH, Headteacher Qualification  
MSc Educational Psychology (UEL)  
MA Theatre Education (Distinction - Middlesex University)

### Careers Advice

Consider teaching, despite what the media says...On another note, Hugh Jackman was a Careers Coach/Assistant Teacher at my school for a short time.



## Mr D Langford

### Work History

- Barclays Bank (one year full time; part time during studies)
- Wanstead High School, 2009-Present: Newly Qualified Teacher-Director of Learning



### Secondary Education

Saint Edward's School, Poole  
10 GCSEs, 2 AS Levels and 3 A Levels

### Higher Education

University of Reading - BA (Joint Hons.) Modern History and International Relations  
Southampton University - MA History  
Institute of Education  
PGCE History

### Careers Advice

Setbacks are usually temporary and rarely decisive. See them as an opportunity and learn from them.



## Mr K Holdbrook

### Work History

- Swimming teacher
- Teaching assistant
- PE teacher



### Secondary Education

Caterham High School GCSEs (Years 7 - 11) West Hatch Btec Sport (12 and 13)

### Higher Education

University of East London Sports, Physical Education and Development (Undergraduate) PGCE and QTS (Postgraduate)

### Careers Advice

With hard work and effort you can achieve anything.



## Mr P Chartorizhskv

### Work History

- Head of History, Humanities and PSHE across a variety of schools throughout London, including around Edgware Road, Brixton, and Waltham Forest.
- Before that, worked in the recruitment industry.



### Secondary Education

Bethesda - Chevy Chase High School, Maryland, USA

### Higher Education

Bristol University (BA) and London School of Economics (MSc)

### Details of other relevant training

Teacher training at the Institute of Education

### Careers Advice

It's ok not to know what you want to do in the future yet as you will probably end up working in more than one industry throughout your adult career life. But you need to remember that no matter what you choose to do, you will need to work hard! Pick something that you enjoy and working hard won't seem like work at all!



# National Careers Week

## Ms M Steel

### Work History

- Sports Division (Retail) 1992 - 1996
- Marks and Spencer 1996 - 2000
- Sunny the Sunflower Playworker/entertainer 1996 - 1998
- Junior Under Office SUOTC 1996 - 1999
- Shared Intelligence Urban policy and improvement 2005 - 2007
- Kingsford Community School, 2000 - 2015
- Wanstead High School Deputy Headteacher 2015 to present date



### Secondary Education

GCSEs & A Levels

### Higher Education

BSc Geography  
PGCE Secondary Geography  
MA Urban Regeneration  
NPQH  
MBA with Educational Leadership

### Careers Advice

Develop your skill set and be confident at applying these in a range of employment settings. Never feel that you have to do a job, ensure it's a job that you want and that you can enjoy and develop in.

Learn new skills and/or complete qualifications so that you keep progressing and developing as a person and as a professional.

Research careers that interest you - what qualifications and skills are necessary and are there opportunities to meet and talk with people in this field or for work experience.

Always consider alternatives - have a Plan A, B and C. Be flexible if you can. Be flexible around routes into your chosen career - there may be a traditional route, but there will also be alternatives. Choose a route that works for you.



## Ms C Feeney

### Work History

- PE Teacher & DofE Lead Coordinator at Wanstead High School (2nd year ECT)



### Secondary Education

A\* - C in all subjects

### Higher Education

(BSc) Sport and Exercise Science and PGCE  
Secondary Physical Education

### Careers Advice

If you enjoy it, go for it!



## Mr M Adams

### Work History

- Sawyers Hall College 2008 - 12 (Teacher of PE & SSCO)
- Wanstead High School 2008 - present (PE & Geography teacher, Head of Boys PE, 2nd in Department & CTL)



### Secondary Education

Plume School Maldon leaving in 2003 leaving with 8 GCSE's (A - C) and 3 A Levels BBC

### Higher Education

BSc Sports Studies from De Montfort University (Bedford) achieving a 2:1 in 2006

### Details of other relevant training

Completed a GTP (Graduate Teaching Programme) in 2007 - 2008 gaining QTS

### Careers Advice

It is not a smooth ride and there will be set backs along the way but keep going and working hard and the result will be achieved. Surround yourself with good people and always look to learn and develop.



## Ms L Redman

### Work History

- Saturday shop worker
- Primary school teacher
- Secondary EAL teacher
- Head of EAL
- Voluntary: breastfeeding counsellor
- Sunday school teacher, refugee supporter.



### Secondary Education

Frances Bardsley School for Girls, 1 CSE, 10 O Levels, 3 A Levels

### Higher Education

University of London, BA History Hons, MA Bilingual Education  
Details of other relevant training

PGCE, PGCE EAL

### Careers Advice

Research possibilities and see yourself in a variety of work scenarios. Study enough to comfortably achieve your goals. Be happy!





# National Careers Week

## Mr R Nazir



### Work History

- International Banking Officer Banking and Finance
- Trainee management accountant - management reports for business decisions
- Ran an international travel agency - taking visitors on Hajj
- House husband
- Qualified teacher - Secondary Science

### Secondary Education

9 O Levels

3 A Levels

### Higher Education

B.Sc., (Hons)  
Psychopharmacology and Statistics

### Details of other relevant training

Institute of Bankers - (IOB)  
Chartered Institute of Management Accountants (CIMA) Part - Qualified Management Accountant  
Teacher training (QTS)

### Careers Advice

Talk to as many people as possible about potential careers, their upside and downside. Try to make contact with a mentor in the field you are interested in. Keep up with current developments in your chosen field, join forums and networking groups.

As a young person you should develop as many skills as possible e.g. driving, foreign language, swimming, Duke of Edinburgh's Scheme, Cadets, martial arts, musical instrument, part time job. Start a business, travel etc.



## Mr S Jeffery



### Work History

- Factory worker - veneer preparing
- Cashier/shelf stacker at a cash and carry
- Admin assistant in a law firm. Research assistant at a law firm - collating news stories, supporting solicitors with research requests and writing a weekly newsletter
- Van driver - delivering veneered panels
- Utility surveying assistant - assessing type and locations of water services, counting car parking spaces and detailing pavement materials on roads due to have repair work done
- Cover Supervisor
- Maths Teacher, Head of Maths

### Secondary Education

Some GCSEs. Lots of A Levels: Law, Sociology, Psychology, Biology, Maths.

### Higher Education

Psychology BSc. University of Essex. 2:1.

### Details of other relevant training

QTS

### Careers Advice

Knowing what you want to do every day for 45 years is difficult. Keep as many options open for as long as possible. Try not to be close-minded - the job you end up doing is likely one you do not know exists at the moment. So get experience of different working environments/sectors if possible. And don't worry about taking your time - you're not on a conveyor belt and do not need everything figured out at 18. I worked at a law firm as an 18 year old with the intention of working my way up on the non-legal side of the company. Decided it was not for me, took further A Levels I felt would support me while working, then went to university a couple of years later than my friends, I came out of university with one idea in mind following my Psychology degree (social and/or market re-search) and accidentally became a Maths teacher instead.



## Ms D Collins



### Work History

- CTL for Modern Languages/ HOY and MFL Teacher
- International interpreter and translator
- Restaurateur
- Advertising assistant

### Secondary Education

8 GCSEs and 3 A Levels

### Higher Education

Kingston University/  
Bordeaux Institute of Political Science

### Details of other relevant training

GTP/Prince2 Project Management/Safeguarding Level 2

### Careers Advice

Accept all opportunities to develop yourself - intrinsically you have all that you need to succeed. Just believe in yourself and always do your best.



## Mr I Sweet



### Work History

- Wanstead High School: Teacher of Music (2004 - 2006)
- Assistant Head of Music (2006 - 2009)
- Head of Music/ Curriculum Team Leader (Music) (2009 - present)

### Secondary Education

Gillotts School (comprehensive, Oxfordshire), The Henley College (A Levels in Music, Physics, Chemistry)

### Higher Education

Kings College London (Bmus, 2:1)

### Careers Advice

Take opportunities to teach abroad early in your career if possible.





# National Careers Week

## Ms T van Beers

### Work History

- Worked in Architecture practice
- Worked at the BBC in Production Design
- Retrained as a Fashion/Film make-up artist
- Wanstead High School Head of Year 12 & Teacher of Art



### Secondary Education

Canon Palmer RC High School

### Higher Education

BA (Hons) Architecture  
Sheffield University

### Details of other relevant training

PGCE UCL (IOE)

### Careers Advice

Be thorough with your research and get stuck into super curricular activities that allow you to develop your passion and interests. That way you will have something unique to offer prospective employers and recruiters.



## Ms K Kaddour

### Work History

- Language Tutor at Aix-En-Provence University France
- Solicitor in international law firm - Dubai, Algeria, Morocco, London, Tokyo, France
- Translator/interpreter with: local authorities, Police, Home Office, UK Border Agency, NHS



### Secondary Education

Baccalaureate

### Higher Education

Masters degree  
International relations and cooperation

### PGCE

### Details of other relevant training

### Careers Advice

Languages are incredibly valuable in many different ways, especially whilst in careers. Personally, I have found that the connection between all my jobs was languages as I transitioned from being a Lawyer to a Legal Translator then finally a MFL Teacher. Not only are languages relevant to these specialities, jobs can vary from being: an international footballer, musician, journalist, business consultant, actor and many more!

Learning a language gives you transferable skills such as: developing the ability to think creatively, building connections between communities, and translating across cultures and identities. Languages broaden your career pathways to endless opportunities!



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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](http://www.locker.rentals) and clicking on the re-issue my locker code link.

# 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](mailto:s.williams@wansteadhigh.co.uk)

# Multilingual March

Helping pupils celebrate Multilingual March by choosing a week in March in which pupils can answer the register in a language other than English. Extra credit will be given to a

variety of languages – competition does get tough!

There will be a small edible prize for the tutor group in each year group which is most successful, so bonne chance!



## It's Multilingual March! So brush up your multilingual "Bonjours" for the inter-tutor group competition!

For one week in March, answer the register in a language other than English. The tutor group in each year which tries the hardest will win some delicious

### Easter Chocolates!

Competition is tough, so check out all the languages you know between you, then search out some more.

Good Luck!



## 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



# Haven House Enterprise Project Fundraising

Many thanks to those of you who were able to contribute through our Valentine's and non-uniform day fundraising- Please see details of upcoming events. ParentPay is still open

for payments of £1 donation for the non-uniform day if you still need to make this.

## Run (or walk) 3 miles in March

Please see the poster on the right of our sponsored run or walk. Those wishing to participate can do this in their own time, and all proceeds should be donated straight to our JustGiving page (QR code below and on the poster; link below).

## JustGiving Page

We have launched a JustGiving page for donations to the Project. This is both for ad hoc donations and, and indicated above, to donate funds raised for the sponsored run or walk. All funds raised will go straight to Haven House. As always, donations are very much appreciated-both by us and the charity.

<https://www.justgiving.com/fundraising/wansteadhighenterprise>

Details of further fundraising events will be provided in future communications.



Thank you for those who have donated to the JustGiving page



# Celebrate International Women's History Month March

To celebrate International Women's History Month March 2023, Vision Redbridge Culture & Leisure has created a timetable of women's only physical activity events through the project: Active Body, Healthy Mind.

<https://visionrcl.org.uk/sport-health-physical-fitness/community/activebodyhealthy-mind/>

From Pilates to Yoga to Box Fit – women (aged 16+) can attend a FREE activity session within their community. Attendees can come along to as many sessions as they wish, with a full timetable of events in different areas of the Borough.

Booking is required, you can find more information and book onto a session via our booking platform: <https://bookwhen.com/activebodyhealthy-mind>

Please feel free to send to or invite any clients, colleagues or relatives who may be interested.

## POWER YOGA

**Date: Monday 13<sup>th</sup> March 2023**

**Time: 6pm-7pm**

Address: Gloucester Room, Redbridge Central Library, Clements Road, Ilford, Essex, IG1 1EA

Power Yoga is a dynamic version of traditional yoga with the focus on building strength and definition. Challenge yourself in this fun, energetic class. If you want to sweat, build strength and definition, this is the perfect class for you.

## PILATES

**Date: Monday 13<sup>th</sup> March 2023**

**Time: 7pm-8pm**

Address: Gloucester Room, Redbridge Central Library, Clements Road, Ilford, Essex, IG1 1EA

A Pilates class concentrates on strengthening the body with exercises focusing on the core strength and conditioning, helping improve overall fitness and wellbeing. It can also strengthen the body, improve flexibility, improve balance and result in better stability. It can improve back, joint and arthritis pain, change body shape and can even help you sleep better.

## BOOTCAMP

**Date: Wednesday 15<sup>th</sup> March 2023**

**Time: 9:30am-10:30am**

Address: Aldborough Room, Fullwell Cross Library, 140 High Street, Ilford, IG6 2EA

A bootcamp class uses various cardio exercises and weight training to build strength and cardio fitness. It can also strengthen the body, improve flexibility, improve balance and result in better stability.

## BOX FIT

**Date: Wednesday 15<sup>th</sup> March 2023**

**Time: 10:30am-11:30am**

Address: Aldborough Room, Fullwell Cross Library, 140 High Street, Ilford, IG6 2EA

Combining boxing moves with aerobic exercise, work up a sweat in a non-competitive environment. Practice punch combinations and get your heart rate going in this empowering workout! It can also strengthen the body, improve flexibility, improve balance and result in better stability.

## POWER YOGA

**Date: Thursday 23<sup>rd</sup> March 2023**

**Time: 9:30am-10:30am**

Address: Wanstead Library, Spratt Hall Road, London, E11 2RQ

Power Yoga is a dynamic version of traditional yoga with the focus on building strength and definition. Challenge yourself in this fun, energetic class. If you want to sweat, build strength and definition, this is the perfect class for you.

## PILATES

**Date: Thursday 23<sup>rd</sup> March 2023**

**Time: 10:30am-11:30am**

Address: Wanstead Library, Spratt Hall Road, London, E11 2RQ

A Pilates class concentrates on strengthening the body with exercises focusing on the core strength and conditioning, helping improve overall fitness and wellbeing. It can also strengthen the body, improve flexibility, improve balance and result in better stability. It can improve back, joint and arthritis pain, change body shape and can even help you sleep better.

## BOX FIT

**Date: Monday 27<sup>th</sup> March 2023**

**Time: 5-6pm**

Address: Gloucester Room, Redbridge Central Library, Clements Road, Ilford, Essex, IG1 1EA

Combining boxing moves with aerobic exercise, work up a sweat in a non-competitive environment. Practice punch combinations and get your heart rate going in this empowering workout! It can also strengthen the body, improve flexibility, improve balance and result in better stability.

## BOLLYWOOD DANCE FITNESS

**Date: Wednesday 29<sup>th</sup> March 2023**

**Time: 10:15am-11:15am**

Address: Gloucester Room, Redbridge Central Library, Clements Road, Ilford, Essex, IG1 1EA

Bollywood dancing is an expressive fusion of many different dance forms like Bhangra, jazz, hip-hop and Kathak. Bollywood dance can boost your mood, promote strength and balance, improve heart and lung health and can aid in our social connection to others.

If you need any further information about each event or have any queries, please get in touch.

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

## Spring Term 2023-24

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

## Summer Term 2023-24

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



## HELP FEED A CHILD THIS EASTER

Many families are not eligible for free school meal vouchers but will struggle to feed their children this Easter

Just £20 will provide a child with food vouchers during the Easter school holidays

To donate any amount to help our cause, please visit our GoFundMe page:

<https://www.gofundme.com/f/help-feed-a-child-this-easter?qid=c1550edac4ef2dc82487ffa12d2607d3>





# 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 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 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	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	10.5 Mr I 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 10	
11	Mr R Carfrae	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 Younas S7	13.6 Ms H Tassine S10				

# 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



London Borough of  
**Redbridge** 

**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**





- 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 October 2022 – July 2023, you can find a full programme of activities in various locations across Redbridge.

- Booking required
- Age 16+
- Taster sessions
- FREE



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

Visit: [www.visionrcl.org.uk/activebodyhealthymind](http://www.visionrcl.org.uk/activebodyhealthymind)  
 Email: [active.redbridge@visionrcl.org.uk](mailto:active.redbridge@visionrcl.org.uk)



SUPPORTED BY  
MAYOR OF LONDON



[visionrcl.org.uk](http://visionrcl.org.uk)  
 @ActiveRedbridge  
 /ActiveRedbridge





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

YOUR **BOROUGH**  
YOUR **SPORT**  
YOUR **PASSION**

LONDON  
YOUTH  
GAMES.ORG



#THISISLYG



# What Parents & Carers Need to Know about GROUP CHATS

64

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.

74

## Advice for Parents & Carers

117

### 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.



**NOS** National Online Safety  
#WakeUpWednesday



# 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

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.



NOS  
National Online Safety  
#WakeUpWednesday



# LUNCH TIME CLUBS & AFTER SCHOOL CLUBS

## Before School

Mon	Tues	Wed	Thurs	Fri
<b>Before School Breakfast Club Every morning</b>				
Library Year 7	Library Year 8 Years 7 & 8 Well-being morning Well-being room	Library Year 9 Year 9 Well-being morning Well-being room	Library Year 10 Years 10 & 11 Well-being morning - Well-being room	Library Year 11

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 Home- work Club (Week 1) - MA1	KS3 Years 7 & 8 Dance Company	KS3 Year 7 - 9 Maths Home- work Club (Week 2) - MA1	KS4 Year 10 & 11 Maths Home- work Club (Week 2) - MA1	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
		Week 1 & 2 - GCSE PE Students Badminton/Sports Hall	KS4 Year 10 & 11 Dance & Drama Open Studio	
			KS3 Year 7 - 9 LGBT+ Club - 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 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 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 Geogra- phy 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 S3	KS4 Year 10 & 11 Dance Team Rehearsals Studio		
KS3 & KS4 Year 7 - 11 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 <a href="https://docs.google.com/forms/d/15_bdtENsp8mIR8-N6o-Tlo-nL5mg_hcb-cW0apq0k1rU/edit">https://docs.google.com/forms/d/15_bdtENsp8mIR8-N6o-Tlo-nL5mg_hcb-cW0apq0k1rU/edit</a>	New Views Script Writing class for KS5 Years 12 & 13 - Room 3		
Fitness Club - Gymnasium	KS4 - Year 11 History Interventions Room 13	Badminton <a href="https://docs.google.com/forms/d/13e5cub31D2o3yVtYth_338nX2WZm_W0W0Mh7ca/">https://docs.google.com/forms/d/13e5cub31D2o3yVtYth_338nX2WZm_W0W0Mh7ca/</a>		
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		Chess Club - LP1		
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**



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](mailto: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](mailto:hello@louderdrama.com)

Week 1 Menu					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Option 1</b>	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"
<b>Option 2</b> <small>Vegetarian</small>	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
<b>Option 3 (Grab and Go)</b>	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"
<b>Dessert</b>	Vegan Chocolate and Kale Brownie	Marble Berry Cake	Fruit Shortbread	Lemon Drizzle Cake	Fruit Muffin
<b>Dessert</b>	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly
<b>Salad Bar Menu</b>	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
 <b>Option 1</b>	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
 <b>Option 2</b>	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
<b>Option 3 (Grab and Go)</b>	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
<b>Dessert</b>	Chocolate Crispy Cake	Flapjack	Autumn Iced Loaf	Banana Oatbar	Strawberry Mousse
<b>Dessert</b>	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly
<b>Salad Bar Menu</b>	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
 <b>Option 1</b>	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
 <b>Option 2</b>	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
<b>Option 3 (Grab and Go)</b>	No Chicken Tikka Nan Wrap	Beef Bolognese and Pasta Pot	Sausage Roll with Spicy Wedges and Slaw	BBQ Chicken and Rice with Siracha Slaw	Fish Finger Tacos with Chips
<b>Dessert</b>	Carrot Cake	Apple Shortbread	Lime and Coconut Drizzle	Raspberry and Coconut Flapjack	Chocolate Custard Pot
<b>Dessert</b>	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly	Fruit, Yogurt, Jelly
<b>Salad Bar Menu</b>	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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