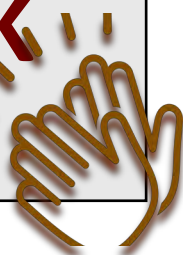




FEEDBACK CORNER



Dear All,

GCSE PE Trip

I wanted to drop you a note to say thank you for giving my child the opportunity to go rock climbing today.

She just got home and she is absolutely buzzing! She had so much fun and is so proud of what she achieved today!

Thanks again and hope you have a great evening.

Year 11 Parent



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Please read important information from the Headteacher on p.2

School Assemblies W/B: 29th Jan 2024 - 5th Feb 2024

School Week	Week Beginning/Date	Year 7 Tuesday	Year 8 Wednesday	Year 9 Friday	Year 10 Monday	Year 11 Thursday	Year 12 Friday (Week 2)	Year 13 Thursday (Week 2)
1	29 th Jan	LGBT History Month (Years 7 - 11) Holocaust Memorial speaker (Years 12 & 13)						
2	5 th Feb	Children's Mental Health Week						

Diary Dates 29th Jan 2024 - 10th Feb 2024

1 st Feb	Year 12/13 Progress Evening 3:30 - 6:30pm (School Cloud)
6 th Feb	Great Big Dance Off Competition - Becks Theatre 9:00 - 6:00pm
8 th Feb	Year 11 DofE presentation evening - Main Hall 6:00 - 7:00pm Year 9 Options Evening - Alan Hearne Hall 5:00 - 7:30pm
9 th Feb	Year 10/13 Institut Francais trip 9:00 - 3:00pm PTA Comedy Night - see page 10

Messages from the Headteacher

Dear Parent/Carer,

Finally it appears to be getting a little lighter and hopefully this will lift spirits. This has been a very long January but there has been plenty going on in school to celebrate.

Thank you for your patience with the boiler situation in the canteen—this is now back to normal. Don't forget we will be working with pupils this term to help choose the new food provider and we are excited about looking for new ideas about how we can serve so many pupils without a proper canteen in an efficient and attractive way and also, of course, planning for the new canteen in the new building.

On that note, we have been promised that the London Borough of Redbridge will start to send out regular communications about the build to the community so that you (and I!) will get a better sense of when this will be complete and the milestones on the way!

This is a key term for certain year groups. Year 9 and Year 11 have key transition points with the Options process and transition to post 16 education. Mrs Martin is sending out a separate letter about this for parents and carers and there is further information about key dates for Year 11 on p.8. If your child is applying but their preferred subject combination is not possible, please do contact the Sixth Form Team to alert them of this.

Also don't forget the impending Challenge Weeks—further information to be sent out shortly.

Please do try and read the whole InTouch as there is important information about vaccinations (p.5)

Cover Teachers

We know there is still too much cover as a result of long-term staff absence. We are working hard to mitigate against this in the future and ensure the best recruitment processes possible in a strategic way. I have asked Heads of Department and Heads of Year to look at the analysis of cover lessons for each tutor groups and class and make some decisions about the best way to support learners. They will contact you with any changes and decisions and I have asked Heads of Year to make more regular tours around cover lessons for their year groups when they are free.

Google Classroom

Please ensure you check Google Classroom as this is where all homework and learning resources are stored. Some departments eg MFL—see p.6 are supporting learning using Seneca and there is further information about this on p.5. Please contact the class teacher or the Head of Department if you have any concerns about resources.

I attach the How To Google Classroom guide again to support you and we will run through this again with pupils in tutor time to ensure they are using it correctly. We hope Sparx Maths is

proving to be a success and will gain some feedback later in the year.

Break and Lunchtime

These times are still heavily affected by the building works and this remains a struggle, including no real canteen facilities.

There will be no break food next week for Key Stage 4 as a result of the mess in the canteen area and the Quad area will be closed to Key Stage 3 for a week due to slow movement to lessons.

Mobile Phones and Other Changes

We plan later in the term to introduce a new system for collecting mobile phones from Key Stage 3 each morning and returning at the end of the day. This is as a result of too many pupils getting their phones out, despite being a banned item. Thanks to many of you for your responses.

We will ensure phones are locked away safely and are liaising with other schools to consider best practice. We will let you know about the time-line for this.

We will also introduce a line-up at the end of break and lunch for these Key Stage 3 pupils at the start of the summer term, subject to building work to ensure smoother starts to lessons.

School Reviews

We are undertaking a number of reviews this term to help us to shape practice. We have recently under-taken a Peer Review and will soon undertake a Safeguarding and SEND Review. We know we have lots of work to do and these reviews help us to reflect on development and also prepare for Ofsted.

Tutors

The Tutor Grid is on p.26 and there has been one change in Year 10. Ms Dietze has replaced Ms Mak as Form Tutor until we appoint a longer-term Geography Teacher as Ms Mak has now left the school. 9.1 will therefore have Ms Unegbu alone for the time-being. We will keep you updated and, as you know, want to create stability with tutors moving forward.

Communication

We are finalising the design for the website and hope to launch this shortly and, as you know, this will become the key space for all school information. After half-term, Mr Ali will be leading the trial for a new communication app with a group of parents which will hopefully be successful and will mean all letters, timetables, information about achievement and behaviour points will all be in one place.

Messages from the Headteacher

Prayer Room

We will update you about the Prayer Room when we can. In the meantime, only pupils whose parents/carers have requested a place can use the Prayer Room. We will send out the form one more time next week to allow parents to book this place. As you are aware, we can only allow prayer on a Friday until the refurbishment is complete.

Emails

Please do remember to ensure that only one person is addressed in the To box in emails as sending to more than one person confuses and slows down a response. You can of course copy others in but this should be addressed to one person only.

Absence From School

Please don't forget that all absence requests should be made via <https://forms.gle/XHaxmDEFrWNNtZV68>

Year 10 Progress Evening

As this clashes with Ramadan, we will be changing the times of this and may finish school slightly earlier on 14th March to ensure we can start earlier. We will keep you updated.

Community Behaviour and Incidents

As the weather gets warmer and the days lighter, please ensure your child understands the importance of good community behaviour. We only want positive feedback from the community and have very high expectations. Pupils who are not able to manage this will need to be collected from school for a period of time.

Please also be alert as there are still reports of young people from outside the area hanging around and we had a number of muggings last year.

Please also make sure that your child has the correct TfL Oyster Card for bus and train travel. We regularly go to the control room at Wanstead Station and catch occasional pupils trying to fare dodge. We work closely with TfL and they will also be running some sessions for pupils and parents in the coming weeks.

Skateboards should not be brought to school and will be confiscated if they are seen.

Middle East Conflict

As you know, we continue to consider this and how it impacts our community. I have received some emails this week. Please do contact me directly if you have any questions or queries rather than discuss our practice in the community or with individual staff or unions. We hope to hold a general assembly

about understanding the conflict in more detail on 26th February, as well as still looking for organisations to work with us.

Uniform

A reminder that we expect perfect uniform including skirts that are unrolled and again I have asked Heads of Year to ensure these things are addressed every morning. We will soon have exciting news about some uniform changes and new alternative suppliers.

Hoax Calls and Aboniki Balm Challenge

We have experienced some issues with the above; both stemming from Tik Tok trends. Pupils have been calling parents or other pupils and pretending they are calling from the school and this has caused much distress. In addition, a number of pupils have had to go to medical as they have been rubbing Aboniki Balm in their eyes as a result of social media trends. I advise that you regularly talk to your child about these things, monitor their social media use—see p.14, check their bags and phone content etc etc.

Vapes

We still have issues with pupils bringing vapes into school and are looking to introduce some random search arches and screens. We will also consider installing alarms in the toilet areas to try and eliminate this habit in school.

Teaching Staff

We are always keen to hear from you if you wish to consider training to be a teacher. Please do contact Ms Steel if you would like to consider this as a career.

Grease

We look forward to Grease later this term and would encourage you to attend. This does clash with Challenge Weeks and we will consider this for those pupils this affects and will ensure this does not happen in the future. Sadly this was unavoidable.

PTA

Please do support the PTA Events—they are doing a great job trying to raise money to support new toilets and the events will also be great fun!

Have a great week.

Emma Hillman—Headteacher

Staff Update

A warm welcome to...



Ms T Akhtar who joined us as a Teaching Assistant at the start of term, adding temporary capacity to the SEND Department.

Ms Akhtar has previous experience in customer service and retail and is currently on a break from university where she was studying Business Management with Law. She has supported SEND pupils in the past, specialising in autism.



Ms T Zehra who joined us as a 3 day a week long term supply Economics Teacher.

Ms Zehra has many years' experience in teaching both Economics and Mathematics and in her own time enjoys gardening and painting.

Congratulations to...

Ms S Kaur, on her appointment as Learning Mentor and Well Being Supervisor. Ms Kaur started her new role on 15th January 2024 for 3 terms in the first instance. Congratulations!

A fond farewell to...

Ms F Mak who will be leaving us for personal reasons. We wish Ms Mak all the best for the future.

Other News & Events

WOW: Word of the Week

There will be a new word every week.
The word will also contain the definition so you know what it means.
Get Achievement Points for using the WOW

Create sentences for your WOW tutor display that include the word of the week!

To encourage the use of more ambitious vocabulary by pupils, we are encouraging them to use the Word of the Week at school in both communicating verbally and in their written work. Pupils receive achievement points in doing so and have the chance of winning a prize at the end of term. Our Words of the Week for the coming two weeks are, **ZEAL AND IMPROMPTU**

Please also encourage your child to use these at home too.

By Ms A Ullah

You must use the word in the correct context (where possible) in any of your subjects. (not just going up to your teacher and saying it - has to be relevant to what you are doing)
This could be in your writing or verbally.

Week 17

Contentious

LATN contendere LATN content- LATN contentiosus OLD FRENCH contentieux contentious

Word Class	Adjective
Meaning	Causing or likely to cause an argument
Examples	<ol style="list-style-type: none"> The author wrote a contentious novel which caused a great deal of unrest. I try to avoid contentious topics of conversation which might lead to arguments. While my grandfather was adored by many people, quite a few others found him to be a contentious man.
Synonyms for this word	Argumentative Factious Antagonistic Bickering

Week 18

Auspicious

ENGLISH auspice ENGLISH auspicious -ous

Word Class	Adjective
Meaning	Fortunate or favourable
Examples	<ol style="list-style-type: none"> His brilliant acceptance speech was an auspicious start to his political career. After winning the swimming portion of the triathlon, the athlete seemed will on her way to having an auspicious Olympic debut. As Sarah looked up at the darkening clouds, she realized today was not going to be auspicious for a picnic.
Synonyms for this word	Promising Optimistic Hopeful Well-timed Lucky

Other News & Events

Key Stage 3 (Year 7, 8 & 9) Latin Club

Latin club will be open to all Key Stage 3 pupils where you will learn the Latin language and transform into a discipulus optimus (excellent pupil).

We will also explore the Ancient World, from Ancient Aethiopia, Ancient Egypt, Classical Athens versus Sparta, Ancient Rome to Celtic Britain.

It will be running from 15th January, every Monday from 3:10-4:00pm

Please contact Ms McQuillan for any further questions.

Please fill in the details of any pupils interested in attending to help us gauge interest and for register purposes

https://docs.google.com/forms/d/16ZVBy3lcrA_bjhi9lPyJw22_FcwN5e5Ttbpnn2hIFBQ/viewform?ts=656739cd&edit_requested=true

HPV Vaccinations – Year 8 (see pages 16 & 17 for further information)

Year 8 are due to receive their HPV vaccination, which will be given in school on Wednesday 13th and Thursday 14th March 2024.

To complete the consent form please click [here](#).

It is important to complete the consent even if you do not want your child to have it.

If you choose not to complete the consent, this does NOT mean that you have refused the vaccine.

To refuse the vaccine, please complete the online consent and choose the option 'I do not consent'.

Please note: young people under the age of 16 can give or refuse consent themselves if considered competent to do so by nursing staff. More information about the vaccine can be found on our website: <https://www.schoolvaccination.uk/hpv-vaccine> and on the next page.

We encourage you to have a conversation with your child and share this information with them, prior to us visiting the school.

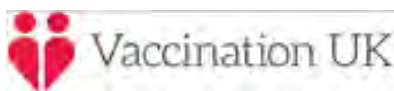
If you would like to discuss the vaccine with a nurse, or if you need help to complete the online consent, please contact the immunisation team by telephone or email:

T: 0203 343 2400 OPT : 3

Redbridge@v-uk.co.uk

www.schoolvaccination.uk

Please see below for information regarding how we use your child's data, and additional information about the vaccine.



Creating A Positive & Effective Learning Environment

Dear Parents/Carers,

I hope this finds you well. As we strive to create a positive and effective learning environment for your child, I wanted to take a moment to discuss the importance of feedback in our educational approach.

While grades and marks are essential indicators of academic performance, we believe that constructive feedback plays an equally crucial role in fostering continuous improvement. Feedback provides valuable insights into pupil's strengths and areas for growth, offering a more comprehensive understand-

ing of their learning journey.

Here are a few reasons why we prioritise feedback over mere marking:

Guidance for Improvement: Feedback goes beyond assigning a grade; it provides specific insights into what a pupil did well and where there is room for improvement. This guidance helps pupils understand their strengths and weaknesses, enabling them to focus on areas that require attention.

Encourages Reflection: Meaningful feedback encourages pupils to reflect on their work. By understanding the rationale behind a comment or suggestion, pupils develop a deeper comprehension of the subject matter and can apply these insights to future assignments and learning activities.

Promotes a Growth Mindset: Emphasising feedback fosters a growth mindset, where pupils view challenges as opportunities to learn rather than obstacles. This mindset is essential for lifelong learning and resilience in the face of academic challenges.

Individualised Support: Every pupil is unique, and feedback allows us to tailor our support to their specific needs. By understanding their learning needs and preferences, we can provide more personalised assistance, ultimately enhancing their overall learning experience.

We value your partnership in your child's education, and we encourage open communication. We will be sending you further information on the approaches we use at Wanstead High School and how we will measure the impact. Together, we can ensure that your child receives the support and guidance needed to thrive academically.

Thank you for your continued support.

Ms D Samuel

Use Of Seneca By Modern Foreign Languages

Dear Parents/Carers,

I trust that this message finds you well.

I would like to inform you about some additional resources that are being introduced in the Modern Foreign Languages department.

Seneca is an online homework and revision platform. It provides the opportunity for pupils to engage in independent learning. It supports learning as task sessions are tailored to help pupils understand topics and grammar as much as possible.

MFL use this platform to set homework on specific topics, as a revision tool, and potentially in class as a means of checking that what has been taught has been understood. When pupils use the platform for homework, it helps them learn more efficiently, as teachers get statistical data on how pupils are progressing, how long they study for and how many attempts are made to successfully complete the task.

Seneca has improved learning by up to 65%, therefore MFL will use it to support learning, revision, and as preparation for assessments.

Teachers can create classes and invite pupils to join. Equally they can post a link on Google Classroom and pupils are able to access individual learning sessions this way. Generally, the formula is that there is content to study and then questions which check for understanding.

In order to support your child, we would appreciate that you remind your child to regularly check their classes on Google classroom for homework. Also, you could check their progress with them and encourage them to speak to their teachers if they have any questions.

Ms D Collins

Head of MFL

Other News & Events

Key Stage 4 (Year 10 & 11)



Calling all linguists at WHS!



GCSE Community Languages

- Do you speak another language at home?
- Are you skilled in speaking, reading, listening, and writing in it?



We offer: Arabic, Bengali, Chinese (Mandarin), French, German, Italian, Japanese, Polish, Portuguese, Russian, Spanish, Turkish and Urdu.

Come to LS2 and ask for more information.



Ms R Khan or Ms Gómez Álvarez will give you more details, past papers, and the entry form.

Deadline: Wednesday 31 January



Speaking Exam update in Modern Foreign Languages

Dear Parents/Carers,

Thank you for your support during the MFL mock speaking exams. Generally, pupils have managed this aspect of their assessments very well. Please would you continue to support your child in the following ways:

- Reiterate the expectation for them to arrive punctually for their exam. Being late has a knock on effect on other pupils as well as the teacher-examiner conducting the speaking exam. It could also impact the preparation time that they are given in the initial stage of the exam.
- Encourage your child to begin revision in good time. They have been given individual speaking booklets, which they are instructed to use to practise their theme questions. Teachers also refer to this in lessons and thus pupils are expected to bring this alongside their GCSE vocabulary booklets to every French and Spanish lesson.

The Speaking exam is worth 25% of the final GCSE grade. Pupils are encouraged to plan their revision of all four skills: Listening, Speaking, Reading and Writing, in order to improve their confidence and ensure that they are fully prepared and able to meet the demands of exams.

I will provide further information regarding the final Speaking exam in April 2024. However, please do not hesitate to contact me with any queries at

D.collins@wansteadhigh.co.uk

If you would like more information, please watch the following clip:

<https://www.youtube.com/watch?v=UJgSZ3FHygE>

Ms D Collins

Head of MFL

Wanstead High School

YEAR 11 LEAVERS

PROM
Celebration

July 11 2024

Prince Regent Hotel | Chigwell

TICKETS TO BE PAID THROUGH PARENT PAY

Other News & Events

Year 12 Work Experience

A reminder that the deadline for pupils to hand in the BEP own placement forms (a copy was sent home to parents) and copy of the employer liability insurance is Friday 9th February. If a pupil is having a difficult finding a placement, they should inform Mr Langford or Mr Hamza as soon as possible.

Thanks.

Mr D Langford

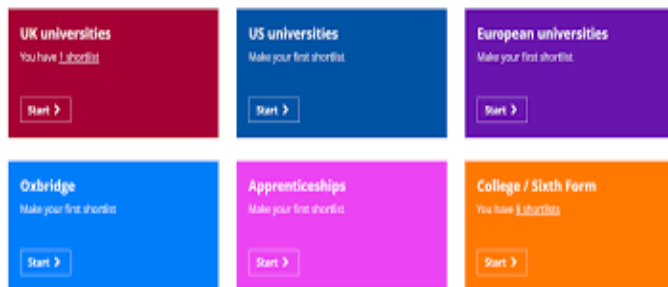
Looking for a Degree Apprenticeship?

Sign up to:

- [Young-professionals.uk](https://www.young-professionals.co.uk)
- [Apprenticeship.co.uk](https://www.apprenticeship.co.uk)
- Search Unifrog (go to the Apprenticeship Tool)



Searching for opportunities



Would you like to be a Solicitor?
Are you interested in an
Apprenticeship in London?



Please check out our Year 13 Google Classroom page. The apprenticeship is suitable for Year 13 pupils and will

begin in September 2024 with a working pattern of 4 days in Fenchurch Law's London Office and one study day.

At the end of the six-year programme, the candidate will obtain a LLB Law Degree and an SQE Qualification to become an England and Wales Solicitor.

UCAS Applications Year 13

UCAS external deadline is Wednesday 31st January @ 18:00 hrs.

We have a week and a half to apply. Please sign up for an appointment if you would like support.

Only make an appointment with Ms van Beers or Ms Bray if you have completed ALL SECTIONS of the application and have a draft of your personal statement printed out.

Please pay the application fee to speed up the process: we can still edit your application after this.

Further tips for your personal statement can be found Google Classroom HE and Post 18 page code: [zj5tbhq](#)

All A Level pupils studying Maths, Biology, Chemistry, Physics, Economics and Psychology have been registered to UpLearn. This is an amazing online learning resource the school has purchased. At present, this platform only includes the subjects mentioned unfortunately.

To activate their registration, you need to go to your school email address, find the email and follow the instructions. It is an expectation that all relevant pupils register for this ASAP.



Other News & Events



Fourth Plinth Schools Awards 2024

The Fourth Plinth Schools Awards are now open for entries. It's a chance for schools to get creative and produce a work of art inspired by the contemporary art commissions for Trafalgar Square's Fourth Plinth.

Once again, thanks to our partner Cass Art – the UK's leading art supplies retailer – there are some fantastic prizes up for grabs. Here's how to get involved:

- Get your pupils to design an artwork inspired by the Fourth Plinth in Trafalgar Square
- Scan or take a photo of your pupils' artwork and submit it to the online gallery
- That's it!

There are winner and runner-up prizes for different age categories:

5-7 years, 8-11 years and 12-15 years, as well as prizes for the best work from each borough. There'll also be a presentation ceremony at new City Hall and all winning entries will appear in an exhibition in late spring.

Entries can be in all art forms including drawing, painting, sculpture, collage and digital designs. There's no limit to the number of entries from each school and both group and individual entries are welcome.

The deadline for entries is 15 March 2024 at 11.59pm.

Check our website for new ideas and helpful materials www.london.gov.uk/imagination. You can also visit [Bloomberg Connects](#), the free arts and culture app to see all the 2023 winners, learn about past commissions and hear from the artist behind the current installation, Samson Kambalu. You can also find out more about our next commission *Imprints* by Teresa Margolles.

Please don't hesitate to contact us at

fourth.plinth@london.gov.uk with any questions. We are looking forward to seeing your pupils' submissions online!

Get 10% off Art Supplies at Cass Art This series of awards celebrates Cass Art's art education initiative, the Viridian card. Cass Art, the UK's leading art supplies retailer, gives art & design tutors, teachers and technicians 10% off* art supplies for life with the Viridian Card. 5% of every purchase made with the card goes to support a charitable organisation that supports art education. [Apply for your free Viridian Card here](#). *T&Cs apply.

National Saturday Club



Applications are open for 13–16-year-olds to join FREE Film & Screen Saturday Clubs

Into Film is delighted to be working with the National Saturday Club to support their Film&Screen programme which gives young people the opportunity to share their diverse and unique stories and find a voice through practical filmmaking activities.

The National Saturday Club gives 13–16-year-olds across the country the opportunity to study subjects they love for free at their local university, college or cultural institution. It's a unique chance for young people to learn new skills, grow in confidence and find out more about future study and careers.

Film&Screen Saturday Clubs celebrate and explore the

breadth of film and screen from production, editing and sound design to VFX, scripting and animation. At the Club, young people will try their hand at filmmaking, embracing the art of film and its ability to entertain and inform our society. Club members will also have the chance to tell their own stories through the medium of film and will gain practical and technical insights into production elements, such as set-design, sound engineering, and lighting.

Film&Screen Saturday Clubs provide the perfect space for young people to discover the vast array of future study and career opportunities across this rapidly growing sector of the UK economy.

Joining the [National Saturday Club](#) is a unique opportunity to learn new skills, discover talents, meet new people, and find out more about further education, higher education and rewarding careers.

[Find your local Club – Apply to join](#)

There are more details about it here:

<https://saturday-club.org/>

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ARTS COUNCIL
ENGLAND



Funded by
UK Government

In partnership with



Other News & Events

Applying For Our Sixth Form & Sixth Form Application Window

Embarking on your post-16 studies is an exhilarating journey, and choosing where and what to study is a pivotal decision in your academic career. Being a Sixth Form pupil should be exciting yet hard work, demanding and challenging. We have very high expectations of you and will provide the challenge and support for you to meet them. We have an excellent team of specialist teachers whose aim is to provide the best

possible education for you.

Departments encourage pupils to research beyond the curriculum to develop breadth and depth of knowledge and interests.

We look forward to receiving your application and having the opportunity to discuss this with you in the future. We wish

Date	Event
Thursday 30th November 2023	Sixth Form Open Evening and Application window open.
Application launch Thursday 30th November 2023	Sixth Form Application, Prospectus and Subject Course brochure 2024 entry available online.
16th February 2024	Application deadline.
April 2024	Guidance meetings and/or Conditional offers made to applicants.
Year 12 Taster days	July - dates T.B.C
Thursday 22nd August and Friday 23rd August 2024	Thursday 22nd August - GCSE Results day and Enrolment day 9.00am - 3.00pm. Friday 23rd August - 2nd Enrolment day 9.00am - 1.00pm.
September 2024- date T.B.C	Year 12 pupils attend Induction day.

Upcoming Educational Trips

Year 9 Parents/Carers - Trip to World War I Battlefields in Belgium



Last November, we took 100 Year 9 pupils on their first ever post-Covid trip abroad to the World War I battlefields in Belgium. We are now beginning the preparations for this academic year trip with the 2024 - Year 9 cohort. Much more information is going to be coming your way in January 2024, but for now, here are the essentials of what you need to know:

- **WHO: 100 Year 9 pupils**
- **WHAT: Trip to the World War I battlefields and Ypres in Belgium**
- **WHEN: 15th March 2024**

If pupils want to come along, they need to ensure that they start thinking about the following:

- ensure their work and effort are exemplary in history lessons
- ensure their behaviour in and out of all lessons is absolutely spot on

- be picking history as a GCSE option
- write a brief statement of why they would like to come on this trip
- ensure to have a valid passport/visa that allows travel to the EU/CHENGEN region
- ensure to have a valid GHIC/EHIC (global/European health insurance card)

Much more information about the trip, including how to apply, will be coming out in January 2024, but in the meantime, if your Year 9 child would like to attend, please ensure that their behaviour and effort in and out of all lessons remains at a high standard! Please note that while the final cost is yet to be confirmed, it will be similar to last year's, which was £87. We do not want the cost to be a barrier to your child going and will be looking at financial assistance to those who require it.

Please contact the Head of History, Mr P Chartorizhsky if you have any questions!

Other News & Events

Parental Contributions

A big thank you to all those parents who have paid a contribution to the school fund and a gentle reminder to those who have not yet done so. The suggested amount is £30 per annum.

Last year was the first year that we introduced the school fund. We collected **13k** last year and **7k** So far this year.

This is a valuable income stream and has supported the school to:

Deliver a wide range of school trips accessible to all pupils. This includes residential and day trips.

Deliver a range of workshops across the year groups enriching the curricular offer

Replace the mini bus (start of last year) to a ULEZ compliant model (the old mini bus now obsolete)

School Dinners

A gentle reminder to parents to top up their child's dinner money accounts as appropriate. Please be mindful that there is a break in the morning (10.00am – 10.20am Key Stage 3, 11.00am – 11.20am Key Stage 4 & Key Stage 5) where a variety of snacks can be purchased with prices ranging from £0.65 - £2.00. Lunch prices range from £2.00 for a roll to £2.65 for a main meal and dessert. If you have added a daily limit to your child's account please make them aware of what that limit is.

Please see the website for the current menus and prices.

Please note a link to ParentPay can be found on the school website under quick links.

Biometrics

The school is still rolling out the biometric finger print process.

Years 7, 8 and 9 finger prints have been processed for those pupils with consent. Those pupils without consent will have been issued with a lunch card. Please note the first lunch card is issued free of charge and all subsequent ones are charged at £5 per card. Lunch cards can be purchased via the school shop – the school shop link is on the website under quick links.

Years 10 and 11 - The IT team are gradually processing these year groups.

Further information about the biometric finger print application: <file:///G:/Shared%20drives/IT%20Administration%20Shared%20Area/Cashless%20Catering/Data%20Security%20in%20iDStore.pdf>

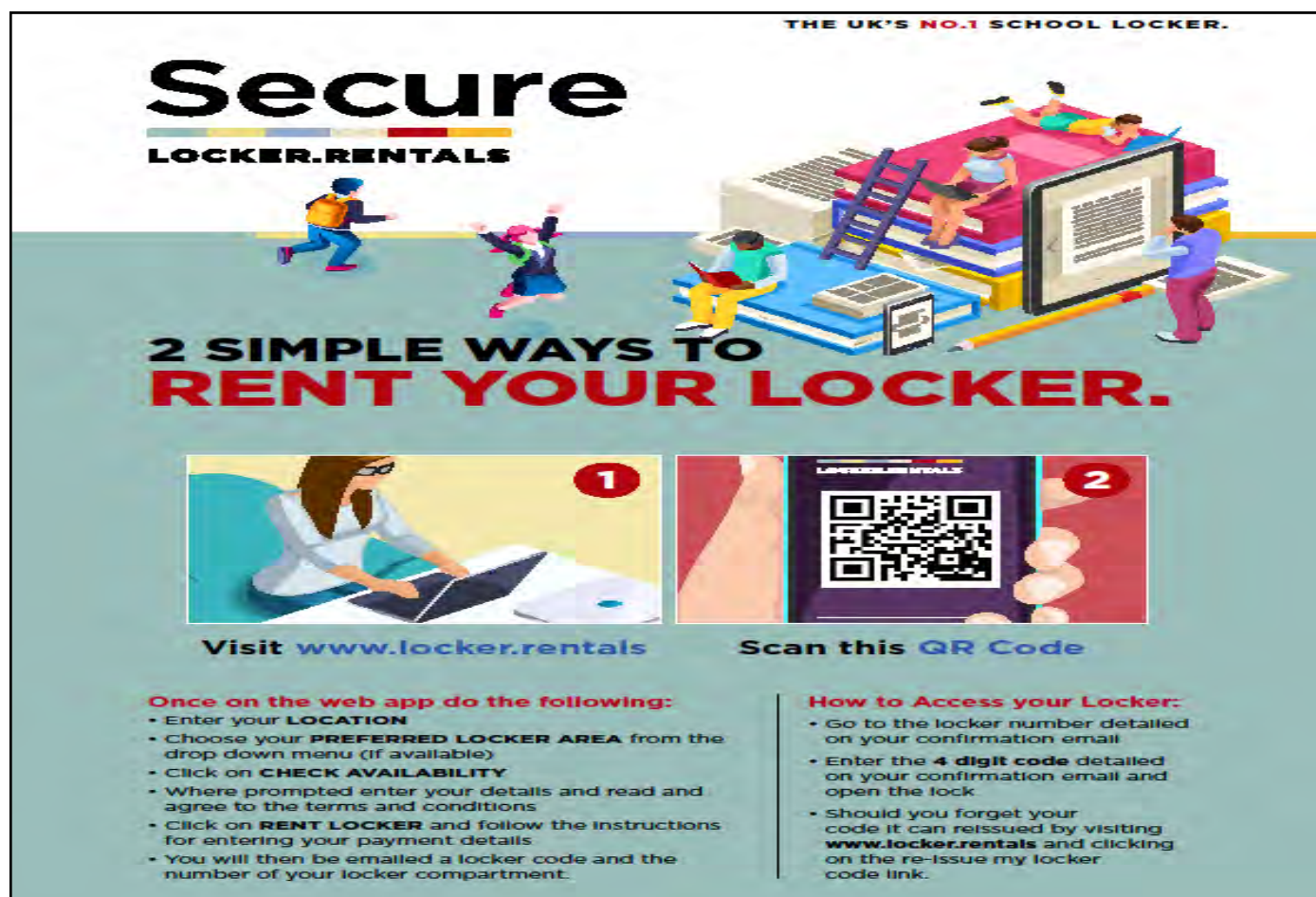
Frequently asked Questions: <file:///G:/Shared%20drives/IT%20Administration%20Shared%20Area/Cashless%20Catering/iDStore%20FAQs.pdf>

Uniform

Please note that school ties are in stock and in school and can be purchased via the school shop. (school shop link on the website).

Pupil Lockers

Please note that there are still pupil lockers available to lease, £26 per year. Please see the flyer below for guidance on how to book one.



THE UK'S NO.1 SCHOOL LOCKER.

Secure

LOCKER.RENTALS

2 SIMPLE WAYS TO RENT YOUR LOCKER.

1 Visit www.locker.rentals

2 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.

Other News & Events

WANSTEAD COMEDY NIGHT PRESENTS

FUNDRAISING COMEDY NIGHT

TICKETS
£15

FRIDAY 9th FEBRUARY 2024

Registered Charity: 277767 Enquiries: whspta23@gmail.com

WANSTEAD HIGH SCHOOL PTA



HEADLINER ★★★★★
TIM SHISHODIA

'Lively unpredictable delivery and deliciously daft punchlines.' Chortle

Leicester Square Theatre Comedian of the Year

PLUS...



KIRK FONTAINE



KELLY FORD



SHERAZ YOUSAF



GRAEME MATHEWS

£15

DOORS & BAR FROM 7:00pm / SHOW 8:00pm

WANSTEAD HIGH SCHOOL

REDBRIDGE LANE WEST, LONDON, E11 2JZ

BUY TICKETS VIA: www.wansteadium.com



Round Up of Social Media @wansteadhighE11

Sixth Form Breakfasts for Year 11



A successful Sixth Form breakfast morning with some of our wonderful Year 11 pupils, to support with and discuss their Sixth Form applications.



Teamwork and Skills Day at Thriftwood Scout Camp

GCSE PE pupils attended Thriftwood Scout Camp to support their GCSE PE NEA. Excellent team work and skills were shown throughout the day and all pupils made progress attempting harder climbs in the afternoon. Thank you to Thriftwood Scout Camp for providing this opportunity for our pupils.



Amazing Win!

Well done to our Year 9 Netball team who beat Seven Kings 21-8. Thank you to Seven Kings for having us for the fixture and Miss Feeny for taking them.

Music Tuition

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

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

Extra-curricular Music Activities

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

Spring Term Enrichment - 2024

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

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Before School - 7.30 - 8.20

KS3 Reading Wise (EAL) Room LS2 (For targeted pupils with English as an Additional Language)	KS3 Reading Wise (EAL) Room LS2 (For targeted pupils with English as an Additional Language)	KS3 Reading Wise (EAL) Room LS2 (For targeted pupils with English as an Additional Language)	KS3 Reading Wise (EAL) Room LS2 (For targeted pupils with English as an Additional Language)	KS3 Reading Wise (EAL) Room LS2 (For targeted pupils with English as an Additional Language)
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Before School: Breakfast Club & Library every morning - 7.30 - 8.20

Lunchtime

Year 7-9 Lunch is 12.20 - 1.05pm

Year 10 -13 Lunch is 1.20 - 2.05pm

Year 9 Drama Club Theatre	Year 10, 11, 12 & 13 Choir Room 36	Week 1 only KS3 Photography Club Room NB9 12 spaces https://docs.google.com/forms/d/1xVaWQp-1c5lucdO2FTnBfVvoI57K_RmyVTnKXk15Kp1c/edit	Year 9 Dance Company Dance Studio	KS3, KS4 & KS5 Multi Faith Prayer Alan Hearne Hall
KS4 Art and Art History Society Room NB10 1.20-2.00	Year 7 & 8 Dance Company Dance Studio Sign up required - see Ms Gullefer		Week 2 only KS3 LGBTQ + Room MA2 - 1:30 2:00	KS3 Dance Open Studio
	KS4 & KS5 Spanish Speaking Club Room MA4		Week 1 only KS4/5 LGBTQ+ Room MA2 - 2:30 3:00	The Year 7 Garden Club Room S4

After School 3.05 - 4.10pm

Homework Club (For targeted pupils with English as an Additional Language) Room LS2	Homework Club (For targeted pupils with English as an Additional Language) Room LS2	KS5 Philosophy Club Room MAS Sign up via Google Classroom: fr46ano	Homework Club (For targeted pupils with English as an Additional Language) Room LS2	KS4 1:1 for Language & Literature (For targeted pupils with English as an Additional Language) Room LS2
KS4 1:1 for Language & Literature (For pupils with English as an Additional Language) Room LS2	KS4 1:1 for Language & Literature (For pupils with English as an Additional Language) Room LS2	Week 1 only KS3 Weather Club Room NB1	KS4 1:1 for Language & Literature (For targeted pupils with English as an Additional Language) Room LS2	GCSE PE NEA Club Sports Hall
Year 7 & 8 Basketball (Sports Hall) https://docs.google.com/forms/d/1rdwnnrXc-ZOp-YaAvT2b45VDNIQHljdTovPrx1q8Vw/edit	Dodgeball (Gym) https://docs.google.com/forms/d/1-9gmbm-Crf5OKxYZOnGeLe29-5-SH-xOGCfaCgbytlw/edit#settings	Table Tennis (Sports Hall) https://docs.google.com/forms/d/1HvE20F4D-HEK1MKlahwlsY56V91EklKvQrodpH6DORTE/edit#settings	Steel Pan Group Room 36	KS3 London Youth Games Preparation Dance Studio
Musical Rehearsals Theatre By audition	Year 9 & 10 Basketball (Sports Hall) https://docs.google.com/forms/d/1_gKJES3ld-QH7JKznuMBCAtxnS98P7bV8gRn-ieuAl/edit	Badminton (Sports Hall) https://docs.google.com/forms/d/106l1Gd-D2tBs-sulu8WihRetqtEoadO4GibAqqXZs/edit#settings	KS4 & KS5 New Views Scriptwriting Club Room 3 (17 places) Sign up required See Ms Waters	Jazz Band Room 36
Brass Group Room 37	Yoga (Squash Court) https://docs.google.com/forms/d/15XcyX_Csqx-QhaDbnQHcLiCy4rBVLpNoVCyWrmrwi6Ms/edit	Musical Rehearsals Theatre By audition	<p>Dear Parent/Carer,</p> <p>Following your feedback, we wanted to clarify the system put in place if your child is attending after school enrichment.</p> <p>At the start of all enrichment clubs, registers will be taken so we are clear on who is in the school building.</p> <p>If a pupil does not attend a club that is expected to, the office will be informed and parents will be contacted to inform them that their child did not attend the club.</p> <p>At the end of the enrichment session, all pupils will be escorted to the main reception to be dismissed.</p> <p>If, for an exceptional circumstance, a club is cancelled, parents will be informed via a message.</p> <p>As always, please encourage your child to attend enrichment and make the most of the many opportunities on offer.</p> <p>Ms D Samuel</p>	
Netball (All Years) (60 places) https://docs.google.com/forms/d/1ic1j8YVpUAM-6MAqBcAVI4pPvG13Z8QXyWmZM-dXh150/edit	Musical Rehearsals Rooms 36 and 37	School Newspaper All year groups Library		
KS3 Film Club Room 24 https://forms.gle/K6nmtEhHtnLvtb346	KS4 London Youth Games Preparation Dance Studio	Rugby Club Eton Manor (Off Site) https://docs.google.com/forms/d/1vDjvf-skVpqqe-0cWkvevT3a5j-5e8or4K-eqLosV6FA/edit		
String Orchestra Room 36	GCSE Further Maths Class Year 11 Set 1 Room 17	Hand Ball Club https://docs.google.com/forms/d/1Bt8xttdLUM-3wBnLUa9pBpXhAnb8jn3JMclU7938m1k/edit		
Wind Band Room 38	KS3 Maths Homework Study Club Room IR3	Yoga Club https://docs.google.com/forms/d/15XcyX_CsqxQhaDbnQHcLiCy4rBVLpNoVCyWrmrwi6Ms/edit		
Year 7 Science Club Room S7	KS3 Maths Challenge Club Set 1 and 2 Room 18			
Year 8 Science Club Room S8	Week 2 only KS3 Robotics Club Room IR1 Sign up required See Mr Alom			
KS3 (Year 7, 8 & 9) Latin club It will be running from 15th January, every Monday from 3:10-4:00 https://docs.google.com/forms/d/16ZVBy3l-crA_bjh9lPyjw22_FcwN5e5TtbppnZHFBBQ/viewform?ts=656739cd&edit_requested=true	KS4 & KS5 New Views Scriptwriting Club Room 3 (17 places) Sign up required See Ms Waters			

If you are experiencing difficulties accessing the links for the extra - curricular clubs please click on link below:

[E0075FDB717E28495ACB767DA3700E7F.pdf](https://www.wansteadhigh.co.uk/E0075FDB717E28495ACB767DA3700E7F.pdf) ([wansteadhigh.co.uk](https://www.wansteadhigh.co.uk))

Sports News & Upcoming PE Fixtures

PE Fixtures

[Week 2 beginning Monday 29th January 2024](#)

Tuesday 30th January – Year 9 Basketball v ICHS (Home)
 Wednesday 31st January – Key Stage 3 Football at Frenford
 Thursday 1st February – Year 10 Netball v Woodbridge (Away)

Results:

Year 9 Netball beat Seven Kings 21-8

Monday	Tuesday	Wednesday	Thursday	Friday
Netball (Lower Playground)	Year 9 & 10 Basketball https://docs.google.com/forms/d/1_qKJE5C3LdQH7iKZnuMBCAtxnSX9BP7bV8gRn-ieuAl/edit	Table Tennis https://docs.google.com/forms/d/1HYe20E4DHEK1MKlahwitsYS6V91cLKvQrodph60DRTE/edit#settings		GCSE PE
Year 7 & 8 Basketball (Sports Hall) https://docs.google.com/forms/d/1rdwninrX2Op-YaAy-T2bx4SYDNIQHldjTovPrqxlg8Vw/edit	Dodgeball https://docs.google.com/forms/d/1-9gmbmCrf5OKxYZOpGeLe29-S-SH-xoOGCfaCgbyitw/edit#settings	Badminton https://docs.google.com/forms/d/106l1GdD2tBs-sulul8WihRetgtEoadO4JGibAggXZxs/edit#settings		
	Yoga https://docs.google.com/forms/d/15XcyXCsqxQhaDbnQHcLI-Cy4rBVLpnoVCyWrmrwi6Ms/edit			

Upcoming PE Enrichment

Rugby Club – we are in the final stages of the setting up of this PE enrichment in partnership with Eton Manor who are providing coaching support and also the use of their Astro-turf pitch with floodlights. If you are interested in taking part all pupils are welcome of any experience please complete the following Google Form and once we have a confirmed start date more information will follow - <https://docs.google.com/forms/d/1vDjvfsKypaqg-OcWkyeyT5aSj-5e0or4X-eqJosV6FA/edit>

Handball Club

An external coach has been sourced to deliver a handball club on school site that is planned to start in January on a Wednesday after school from 3.05-4.10 if you are interested in taking part in this enrichment please complete the following Google Form - <https://docs.google.com/forms/d/1Bt8xttdLIM3wBnLUa9pBpXhAnbBjn13JMclu793Bm1k/edit>

Inter-Form Basketball

Each Key Stage 3 year group (7-9) will be competing in tutor groups in their inter-form basketball competition at the end of

this term. Tutors and tutees are working on selecting teams and we are looking forward to sharing the results very soon.

PE Lessons

We are aware that the weather conditions are changing and the complexities of the current site mean sometimes as a department we need to be adaptive in the activities we offer. Please be ensured that all health and safety considerations and viewed and staff and pupils complete lessons in a safe environment. With this in mind school jumpers are not part of the PE kit and if your child wishes to wear extra layers this should be the PE fleece or pupils are welcome to wear under layers underneath their PE tops.

Basketball Fixtures

Wanstead High School have entered Year groups 7-10 into a Redbridge Basketball Competition, once the fixtures have been released we will share these with you and the pupils involved.

New Year New Challenge



Foster for Redbridge

020 8708 6068

fostering@redbridge.gov.uk



Message from the Pastoral Team

Social Media Use and Safety Concerns

We are aware that a significant number of our pupils are members of various WhatsApp groups. Whilst some of these groups can be pleasant and help pupils to feel connected to each other, unfortunately the vast majority of the content on these WhatsApp groups is not always appropriate and can be unpleasant for the pupils involved, to receive.

A number of the peer group issues and incidents of unkindness that we are addressing in school have derived from WhatsApp groups which are being used by pupils to communicate during the evenings and weekends. These incidents ultimately cause upset to pupils and spill into the school day which detracts from their learning.

Several of the WhatsApp groups have 40+ members in them and often pupils are sharing personal information unaware of the identity of every group member. It is very easy to add people to a WhatsApp group and this increases the likelihood that your child may be in group with people they do not know who subsequently can access their mobile phone number and profile picture if privacy settings have not been set to maximum security. Some of our pupils have received upsetting and threatening calls from people they do not know, but who have accessed their details from one of the many WhatsApp groups they belong to. This has implications for the safety of our pupils as well as their emotional wellbeing.

There have also been instances where children have unknowingly found themselves in possession of inappropriate images and content as their settings have dictated that any materials shared within WhatsApp groups automatically 'save to camera roll'. This can have severe consequences for pupils, partic-

ularly if images or videos are indecent and/or contain homophobic or racial slurs.

WhatsApp Terms and Conditions clearly state the following:

*If you live in a country in the European Economic Area (which includes the European Union), and any other included country or territory (collectively referred to as the [European Region](#)), you must be at least **16 years old** (or such greater age required in your country) to register for and use WhatsApp.*

If you do allow your child to access social media, such as WhatsApp, we ask for your vigilance. Just like their interactions in person, online interactions require supervision and support. What is right will vary from family to family but some strategies that are known to be successful include:

- Monitoring their phones for the apps that are downloaded
- Enacting parental controls on phones and consoles
- Reviewing the messages they send on platforms and apps – making monitoring part of a daily
- or weekly routine
- Encouraging them to share or discuss with you what they are doing.

The popularity of social media means that harassment, bullying and unkindness can follow children everywhere that they go, 24 hours a day 7 days a week. We do not wish for that to happen to our pupils. Please do make us aware of any instances of bullying and let us know if you need any support or if you are worried about your child's activities online. We have included some guides which include links to websites which will support you in checking your child's current privacy settings and altering them if required.

Ms Cini
Director of inclusion

Message from the Pastoral Team

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

WHATSAPP

AGE RESTRICTION
16+

In UK and Europe;
rest of the world 13+

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

WHAT ARE THE RISKS?

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original ... and might not be entirely factual, either.

'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content – but a recently added WhatsApp feature now blocks this, citing increased privacy.

CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safety on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Carers

...TYPING...

EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval: you can give permission to 'My Contacts' or 'My Contacts Except ...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

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.



...HEY OSCAR...



National Online Safety®

#WakeUpWednesday

Source: <https://blog.whatsapp.com/an-open-letter> | <https://faq.whatsapp.com/1077018839582332> | https://faq.whatsapp.com/361005896189245?helpref=hc_fnav
<https://www.whatsapp.com/security> | <https://blog.whatsapp.com/chat-lock-making-your-most-intimate-conversations-even-more-private>
<https://www.cura.com/learn/whatsapp-scams>



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@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.09.2023

Message from the Pastoral Team



WhatsApp safety guide for parents



16+

WhatsApp's
minimum age
in the UK

58%

Kids aged 3-17
who use
WhatsApp

37%

Kids under 13
who use
WhatsApp



5 tips to keep kids safe on WhatsApp



1 **Review privacy settings** WhatsApp has a range of privacy and security settings to keep users safe. Customise groups, app access, live location and more.



2 **Customise contacts** Show your child how to report and block unwanted contacts. Then, work with them to add their friends and family. Review and talk about their contacts regularly.



3 **Talk about personal information** Make sure your child understands what personal information is. Talk about the importance of keeping that information private on WhatsApp.



4 **Show them where to get support** If something goes wrong or they see something worrying on WhatsApp, make sure they know to come to you, and talk about other sources of support.



5 **Check in regularly** Once you've done all of the above, check in with them regularly to review settings and how they use WhatsApp.



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Message from the Pastoral Team



Additional information about HPV Immunisation:

About the HPV vaccine

Gardasil activates the immune system to produce antibodies against 9 types of HPV (human papilloma virus). It does this by pretending to look like the virus. The vaccine does not contain any of the virus itself. It is highly effective and is endorsed by the World Health Organisation (WHO). More than 270 million doses have been given globally and up to 60 million doses were given in 2020 alone, with no serious adverse events linked to the HPV vaccine and with an excellent safety profile. Extensive data on the safety of HPV vaccines is available from clinical trials and population programmes.

Why is my child being offered this vaccine?

The vaccine works best when given at age 12-13, when the immune system is strong and before your son or daughter becomes sexually active. Both boys and girls need to get this vaccine because HPV infection is so common and some types of HPV cause cancer. Almost 90% of people get HPV infection if they are not vaccinated and there is no treatment for HPV infection. Most people's immune systems are able to clear HPV viruses in about 12 months and most people who catch HPV don't even know they have it. However, there are some types of HPV infection that can persist for decades, and these are the types that can cause cancers in both women and men. So, vaccinating people against HPV protects them from cancers caused by some types of HPV that don't clear up on their own.

What does the vaccine protect against?

In females: cervical cancer, vulvar and vaginal cancer, anal cancer, genital warts, cancers of the head and neck such as throat and oral cancers.

In males: it protects against anal cancer, genital warts, penile cancer and cancers of the head and neck such as throat and oral cancers.

How safe is the vaccine?

The HPV vaccination is very safe. This has been established through rigorous testing and many millions of doses delivered across the world. As with any medicine some people may experience side effects, but these are generally mild and of short duration and are far outweighed by the benefit of vaccination.

Researchers in the UK, the US, Scandinavia, Australia and several other countries have checked millions of medical records to see if people who get the HPV vaccine are more likely to suffer from rare health problems. They found that just as many unvaccinated people suffer from rare health problems as vaccinated people do. That means the vaccine can't be the cause of their health problems — even if they started very soon after vaccination. (1)

WHO, Meeting of the GACVS, 7-8 June 2017. [Weekly Epidemiological Record 2017;28:393-404](#)

Message from the Pastoral Team



Additional information about HPV Immunisation:

Why are there rumours that this vaccines can have serious side effects?

Some groups are claiming on social media that vaccination could cause autoimmune disorders, chronic fatigue syndrome, fibromyalgia, or chronic regional pain syndrome. There was also a rumour that it could cause early menopause or infertility. These health problems are very rare and usually start around the same age that HPV is given, so it isn't surprising that people wonder if the vaccine caused the problem. However, independent scientists from all over the world have investigated and found that the rumours aren't true.

What side effects can be expected?

The most common side effect is a mild swelling, tenderness or redness at the injection site. Other mild effects may possibly include a slight temperature, feeling achy, or nausea and diarrhoea. Very rarely some people have allergic reactions soon after immunisation called anaphylaxis. This type of reaction is *extremely rare* and the nurses are trained to deal with this extremely rare reaction in the event it may happen. For treatment of more mild side effects, it is fine to take paracetamol according to the manufacturers directions, or alternatively, ibuprofen can be given provided your child is able to take this.

****The consent form needs to be signed by a person with parental responsibility which includes:***

- Mother: automatic
- Father: if married to the mother either when baby is born or marries subsequently
- Unmarried father: if name appears on birth certificate (since 1/12/03) or legally acquired
- Others: if parental responsibility is legally acquired
- Parental Responsibility Agreement: signed, properly witnessed and sent for registration to Principle Registry or the Family Division (High Court)
- Residence Order: granted by the Court
- Please note that young people under the age of 16 can give or refuse consent if considered competent to do so by nursing staff.

Vaccination UK Privacy Notice 2023/2024:

Who is collecting the data?

Vaccination UK is collecting information about your child to ensure that we have up to date health information about their health at the time that you are consenting for them to receive an immunisation. Their demographic information is used to ensure that we identify their electronic health record accurately.

What data is being collected?

We ask for basic demographic data to allow us to identify them and their health record. The information about their health is utilised by the nurses to ensure that they can confirm that the immunisation is suitable for them.

What is the legal basis for processing the data?

Section 9 (2)(h) of the Data Protection Act 2018 allows for processing of your child's data for the provision of direct healthcare and the management of healthcare systems.

Will the data be shared with any third parties?

Your child's data will be shared with their General Practice (GP) and with the child health information system (CHIS) which holds immunisation and screening information for all children in the UK.

How will the information be used?

We collect data on consent forms to allow us to identify a person's health record if you have consented to their immunisation and to allow the nurses to make decisions about their care based on the most up to date information about their current health.

How long will the data be stored for?

The information will be stored on their electronic health record after their vaccination; this information will be then be available throughout their lifetime. Their paper records will be destroyed once they have been scanned on to their record.

What rights does the data subject have?

Data subjects have the right to request a copy of any data we request or record about them.

How can you contact us with queries or concerns about this privacy notice?

If you have any queries or concerns regarding the information that we hold about your child or have a question regarding this notice, please contact your local team.

Message from the Pastoral Team

Working with Transport for London

We were recently made aware that some of our pupils have been engaging in persistent fare evasion across the London Underground network and in particular at Wanstead Tube Station. It is important that parents, carers and pupils understand the consequences of fare evasion, and that we ensure all pupils have access to an Oyster photocard. To support this, Transport for London will be holding assemblies during our Spring Term Challenge Week and will also be guest speakers at our Keeping Safe evening which will take place on **Monday 4th March 2024**.

Transport for London (TfL) and the London Underground (LU) have devised a Behaviour Code which they expect all young people to adhere to at all times when they are travelling on public transport. This code is in place to ensure everyone travels safely with due respect for fellow passengers, staff and property. If a young person is found to be in breach of the code they may be warned about their behaviour, have a letter sent to their parents and/or they may face police action. TfL will be informed of all incidents of misconduct to consider the withdrawal of the young persons free travel concession.

When on London's public transport network or premises, always:

Act sensibly and treat others as you would like to be treated. Your free travel concession may be withdrawn if we believe that you have behaved in an antisocial way.

Antisocial behaviour includes, but is not limited to:

- Putting your safety or the safety of others at risk
- Use of offensive or threatening language
- Behaving offensively, bullying or threatening others
- Smoking
- Playing music out loud
- Damaging or defacing an Oyster photocard or using a damaged or defaced Oyster photocard
- Letting anyone else use your Oyster photocard
- Committing any crime on, or in connection with, London's public transport network, in particular, but not limited to:
 - Physical or verbal assault;
 - unlawfully carrying a weapon;
 - criminal damage or trespass on London's public transport network premises;
 - theft, robbery or burglary;
 - misusing controlled drugs

Remember to **always touch in** with your Oyster photocard at the start of every journey. If you don't you could lose your free travel. TfL staff are also there to assist anyone in case of any problems, concerns or issues experienced when travelling across the network.

Vaccinations

We understand that not all children who completed handed in completed consent forms received their flu vaccinations. We are working with Vaccination UK, who deliver the vaccinations, to schedule another day in which flu vaccinations can be delivered.

If you would like your child to attend a catch up clinic, you can also email Vaccination UK direct via appointments@v-uk.co.uk or call on 0203 343 2400 (Option 4).

Please note the next planned vaccinations at the school are:

Year 8 HPV Vaccine

The HPV vaccine is offered to all Year 8 pupils and will take place on:

1st Date: **Wednesday 13th March 2024**

2nd Date: **Thursday 14th March 2024**

Year 9 DTP & MenACWY Vaccine

The DTP & MenACWY vaccine is offered to all Year 9 pupils and will take place on:

1st Date: **Wednesday 3rd July 2024**

2nd Date: **Thursday 4th July 2024**

Measles/MMR vaccination

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

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

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

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

The Children's Commissioner for England has recently launched 'The Big Ambition' to hear directly from children, young people, and parents across the country.

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

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

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

To take part in The Big Ambition survey visit:

www.childrenscommissioner.gov.uk/thebigambition.

Are you a parent or carer of a child or young person with special educational needs or a disability aged 0-25 living in Redbridge?

JOIN OUR FREE WEBINARS!

Dyscalculia and Maths Difficulties - strategies
Wednesday 17th January 2024 at 7pm

School 'Refusal' & Attendance Difficulties
Thursday 18th January 2024 at 8pm

Preparing for Adulthood, Post-16 Options & Leaving School
Tuesday 23rd January 2024 at 8pm

Paediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections (PANS/PANDAS)
Tuesday 6th February 2024 at 8pm

Attention Deficit Hyperactivity Disorder (ADHD) and GIRLS
Monday 26th February 2024 at 7pm

Home Education
Tuesday 27th February 2024 at 8pm

Please check EPT Facebook page for further details.

Please join EPT free membership and book the webinars by text or email.

FREE MEMBERSHIP

Open to family members and carers of any child or young person with SEND up to the age of 25 years who live in or receive services from Redbridge. Associate membership is available for practitioners.

MEMBERSHIP FORMS AVAILABLE FROM:

**www.empoweringparentstogether.org.uk
info@empoweringparentstogether.org.uk**



**07486 880 799
07486 880 646**

FOLLOW US ON FACEBOOK: Empowering Parents Together - Redbridge

FOLLOW US ON TWITTER: @EPT_Redbridge



Department
for Education

London Borough of

Redbridge



contact *For families
with disabled children*

Term Dates and INSETs 2024 Planning Ahead!

The following dates are now confirmed for 2024 and are published on the school website:

Spring Term 2024

Period Thursday 4th January 2024 to Thursday 28th March 2024

Half term break – Monday 19th February 2024 – Friday 23rd February 2024

Easter break Friday 29th March 2024 to Friday 12th April 2024

Summer Term 2024

Period Monday 15th April 2024 to Friday 19th July 2024

Half term break – Monday 27th May 2024 to Friday 31st May 2024

Last Day of Summer Term Friday 19th July 2024

INSET 4 (disaggregated) Monday 22nd July 2024

INSET 5 (disaggregated) Tuesday 23rd July 2024

Protect yourself and your property

- ✓ Be aware of your surroundings
- ✓ Avoid walking with ear pods or expensive clothing on display
- ✓ Avoid isolated places, perhaps travel with a friend



- ✓ Each phone has a unique IMEI number...
Type *#06# and record it.
Leave a copy at home
- ✓ Use two-factor authentication codes
- ✓ Use tracker apps, like Find My Phone, keep login at home
- ✓ Know your details - in case your phone is stolen - this helps Police investigation

S.E.A.T.S.S UPCOMING PARENT TRAINING DATES

Training Every Monday Evening Online
7:30pm-8:30pm

or

Monday Morning Online 9:30am-10:30am



Scan or Click Here

Are you looking for ways to support your child with **maths**?

Do you want to learn more about **Dyscalculia**?

Pick a date and time and join us at our ONLINE events hosted by Specialist Advisory Teachers



Free: For Parents/carers living in Redbridge.
Cost: £6.99 for Parents/carers living outside of Redbridge.

S.E.A.T.S.S UPCOMING PARENT TRAINING DATES

Training Every Monday Evening Online
7:30pm-8:30pm

or

Monday Morning Online 9:30am-10:30am



Scan or Click Here

Are you looking for ways to support your child with **revising for exams**?

Do you want to learn **new and advanced strategies** that can support your child?

Pick a date and time and join us at our ONLINE events hosted by Specialist Advisory Teachers



Free: For Parents/carers living in Redbridge.
Cost: £6.99 for Parents/carers living outside of Redbridge.

S.E.A.T.S.S UPCOMING PARENT TRAINING DATES

Training Every Monday Evening Online
7:30pm-8:30pm

or

Monday Morning Online 9:30am-10:30am



Scan or Click Here

Are you looking for ways to support your child with **handwriting and fine motor skills**?

Do you want to learn more about **Dyspraxia**?

Pick a date and time and join us at our ONLINE events hosted by Specialist Advisory Teachers



Free: For Parents/carers living in Redbridge.
Cost: £6.99 for Parents/carers living outside of Redbridge.

S.E.A.T.S.S UPCOMING PARENT TRAINING DATES

Training Every Monday Evening Online
7:30pm-8:30pm

or

Monday Morning Online 9:30am-10:30am

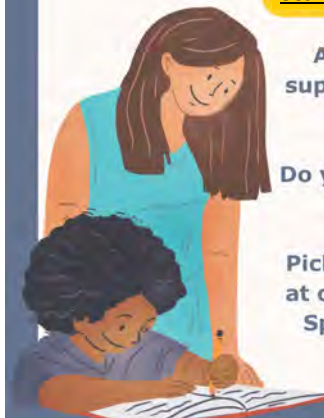


Scan or Click Here

Are you looking for ways to support your child with **reading, writing and spelling**?

Do you want to learn more about **Dyslexia**?

Pick a date and time and join us at our ONLINE events hosted by Specialist Advisory Teachers



Free: For Parents/carers living in Redbridge.
Cost: £6.99 for Parents/carers living outside of Redbridge.



PRELOVED UNIFORM

We collect and sell good quality, preloved uniform at very reasonable prices (up to 50% cheaper than RRP!) and are proud to be the only Redbridge secondary school participating in the School Uniform Bank Scheme.

All money raised goes towards the PTA's Build a Better Wanstead High Campaign

Scan the below QR Code for our price list, up to date stock list and ordering instructions



Or visit

www.sites.google.com/ptawansteadhigh.co.uk/preloved-uniform

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1:1 Sessions Athletics Squads

England Athletics Accredited Coaches

London – Essex – Herts – Kent

Enquire at www.110byl.com or Scan the QR code



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

Active Body Healthy Mind

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

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

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

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



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MAYOR OF LONDON



visionrcl.org.uk

@ActiveRedbridge

/ActiveRedbridge



IT'S
FREE!



- TAPE BALL CRICKET
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- NO EQUIPMENT NEEDED
- WEAR WHAT YOU WANT
- GIRLS ONLY SESSIONS STARTING FROM 22ND MAY, 2023

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

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

Wanstead High School Uniform, Clothing and Appearance

Required Items Year 7 - 11 Description



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

Required Items 6th Form Description

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

All items of logoed uniform can be purchased from **Carolina School Outfitters**.
<https://carolinaschooloutfitters.co.uk/> Other items can be bought from any other appropriate establishment. This will be reviewed in 2023-24.

Wanstead High School Uniform, Clothing and Appearance

Children coming to school in unacceptable uniform will be supplied with the correct uniform from the Reflection Centre. Pupils are asked to leave a deposit (an article of minor value) whilst school property is being borrowed. In cases of financial need, parents can apply to the school for assistance towards the cost of school clothing.

Required Items Year 7 - 11



School PE Kit

- Wanstead High School polo shirt with logo
- Black shorts/black tracksuit bottoms/black leggings - all with logo; or
- Plain black shorts/plain black tracksuit bottoms/plain black leggings (no cycling shorts)
- Plain black Football socks
- Plain white ankle socks

Optional Additional Items:

- A Wanstead High School Quarter Zip Fleece (during periods of cold weather/outdoor lessons)
- Shin Pads for Football are advised



Item Description

- Jewellery** - Jewellery worn to school should be safe and appropriate. Pupils may wear up to two small stud earrings in each ear and one small nose stud may also be worn. Hoop or drop earrings of any size are not permitted. No other body or facial piercings should be displayed.
- Pupils may wear a watch; smart watches are not permitted in exams or assessments.
- Make Up** - Make-up needs to be subtle and nail varnish can be worn. Heavy make-up, false eyelashes and fake nails are considered inappropriate for school and a distraction from the purpose of school, they are not permitted in Years 7-11.
- Hair** - Pupils must wear their hair in a natural colour, bright unnatural colours are not permitted. Extreme hair styles or those associated with any kind of anti-social activities or groups are not permitted. These change from time to time and the Headteacher reserves the right to specify what these might be at any point. The patterned shaving of hair or eyebrows is forbidden.
- Wanstead High School has adopted the Halo Code. This means our school champions the right of staff and pupils to embrace all Afro-hairstyles. We welcome Afro-textured hair worn in all styles including, but not limited to, afros, locs, twists, braids, cornrows, fades, hair straightened through the application of heat or chemicals, weaves, wigs and headscarves, as long as they are in line with school colours and hair colour guidance. This does not include durags or bonnets which are not appropriate in school.
- Hoodies and other non-uniform jumpers or coats** - Hooded sports tops or 'hoodies' are not permitted and will be confiscated. Only a black v-neck jumper may be worn in school, this does not have to be logoed. Dance or Drama hoodies are only allowed for extra-curricular activities.
- Hats, Ski Masks, Balaclavas, Face coverings** - It is not permitted for any pupil to wear any form of cap or hat in the school building. A woollen hat can be worn to and from school and at break/lunchtimes when the weather is cold. Ski masks, balaclavas and face coverings should not be worn, to, from or within school.

Tutor Grid 2023 -24

Year 7			Year 8			Year 9		
HOY	Mr D Tann		HOY	Ms C Murray		HOY	Mr M Tinker	
7.1	Ms T Reynolds	09	8.1	Mr M Adams	SS1	9.1	Ms I Unegbu/Ms M Dietze	18
7.2	Ms B Waters	03	8.2	Ms I Jasmine/Ms O Ogunfemi	SS3	9.2	Mr S Rashid	19
7.3	Ms S Khan	05	8.3	Ms N Rowshan	SS2	9.3	Mr N Rashid/Ms S Sultana	15
7.4	Ms C Gorczak	04	8.4	Ms J Ibrahim	MA2	9.4	Mr A Chauhan	22
7.5	Mr I Choudhury	02	8.5	Ms D Collins	MA6	9.5	Mr D Boachie	23
7.6	Ms S Begum	07	8.6	Ms K Kaddour/Ms S Prestwidge	MA3	9.6	Ms M John	20
7.7	Ms N Ahmed	08	8.7	Ms N Redondo	MA1	9.7	Mr G Narang	17
7.8	Ms E Everhart	11	8.8	Ms N Gómez	MA4	9.8	Ms F Rahman	21
			8.9	Mr D Vardavas/Ms E Christofides	MA5	9.9	Ms K Kioi/Ms O Ogungbe	12

Year 10			Year 11		
HOY	Mr M Hadden		HOY	Ms G White	
10.1	Ms K Ali	NB7	11.1	Ms H Tassine	S10
10.2	Ms M Dietze	NB4	11.2	Mr S Younis	S12
10.3	Ms L Pennington	36	11.3	Mr L Willer	S6
10.4	Ms C Feeney	NB1	11.4	Ms S Hoque	S5
10.5	Ms E Hayes	NB2	11.5	Mr R Ali	S3
10.6	Mr D Leftwich	NB3	11.6	Ms S Younas/Ms S Clarke	45
10.7	Ms M Ayer/ Ms R Gullefer	NB9	11.7	Ms N Hassan	S4
10.8	Ms R Gullefer/Ms J Walli	LP2	11.8	Mr R Nazir	S2
10.9	Mr A Yiacoumi	NB10	11.9	Ms H Ikrah	S9

Year 12			Year 13		
HOY	Mr M Hamza		HOY	Ms T van Beers	
12.1	Ms D Bennett/Ms O Gallagher	40	13.1	Ms H Ahsan/Ms S Wright	NB6
12.2	Mr B Weakliam	THR	13.2	Mr K Holdbrook	NB11
12.3	Ms S Begum	24	13.3	Ms C McQuillan/Mr R Smith	NB8
12.4	Ms A Khanum/Ms H Cressall	25	13.4	Ms M Kara	42
12.5	Mr I Sweet	38	13.5	Mr B Alom/Ms G Kartha	IR1
12.6	Ms F Hinson/Ms V Premkumar	41	13.6	Mr G Brodie/Ms T Zehra	13

Spare room feeling empty?



Foster for Redbridge

020 8708 6068

fostering@redbridge.gov.uk



Lunch Menus and Tariffs

LUNCH BREAK TARIFF

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

MID-MORNING BREAK TARIFF

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



Mid-Morning Break Menu

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



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MENU

Vegetarian =

Vegan =

Feed Me Secondary Autumn/Winter 2023

Week 1	Monday - Veggie/Plant +	Tuesday	Wednesday - Roast	Thursday	Friday - Fish
Main 1	Dry aubergine Curry with Cous Cous	Chicken Sausage and Mashed Potatoes with Gravy.	Roast of the Day with Roast Potatoes, Stuffing, and Gravy	Beef Lasagne	Fish Bar and Chips
Veg 1	Macaroni Cheese (V)	Vegan Sausage with Mashed Potatoes and Gravy	Sweet Potato Chana Masala with Bombay Potatoes	Kale Pesto Pasta	Veggie Nuggets with Chips
Grab and Go	Bean Empanadas with Spicy Sweetcorn Salad	Crispy Chickpea Noodles	Tandoori Wings with Bombay Potatoes with Slaw	Jerk Chicken with Rice and Peas	Fish Finger Gyros
Dessert 1 Baked	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Cinnamon Sponge Fresh Fruit and Yoghurt	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly



MENU

Vegetarian =

Vegan =

Week 2	Monday - Veggie/Plant +	Tuesday	Wednesday - Roast	Thursday	Friday - Fish
Main 1	Halloumi Burger with Slaw	Pie Bar with Mash and Gravy	Roast of the Day with Roast Potatoes, Stuffing, and Gravy	Chef's Special Chicken Curry with Rice	Fish Bar and Chips
Veg 1	Butternut Squash and Chickpea Tagine	Veg Burrito	Best Chickpea Burger with Sweet/Potato Wedges and Slaw	Pasta Primavera	Spring Rolls with Chips, Sweet Chilli Sauce and Slaw
Grab and Go	Teriyaki Noodles	Birria Pork/Chicken Soft Taco	Philly Cheesesteak with Wedges and Siracha Slaw	Sweet Potato and Vegetable Jalfrezi with Rice	Salmon Katsu Curry with Rice or Chips and Slaw
Dessert	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Plum Pudding Cake Fresh Fruit and Yoghurt	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly



MENU

Vegetarian =

Vegan =

Week 3	Monday - Veggie	Tuesday	Wednesday - Roast	Thursday	Friday - Fish
Main 1	Spanish Omelette	Chicken Laksa with Noodles/Rice	Roast of the Day with Roast Potatoes, Stuffing, and Gravy	Peri Peri Chicken with Spicy Rice and Minted Peas	Fish Bar and Chips
Veg 1	Future 50 Samosa with Curried Rice	Thai Style Fried Rice with Edamame	Quorn Roast Fillet with Roast Potatoes, Stuffing and Gravy	Roasted Vegetable Lasagne	Onion Bhaji Wrap with Mango Sauce
Grab and Go	Chickpea and Spinach Curry with Rice	Carbonara Pizza	Beef Meatball Bake (greek or reg) with Roasted New Potatoes	Veggie Yaki Noodles	Loaded Sausage and Chips with Curry Sauce
Dessert 1 Baked	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Vegan Sweet Potato and Ginger Cake Fresh Fruit and Yoghurt	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly	Daily Tray Bake Special Fresh Fruit and Yoghurt Mousse or Jelly