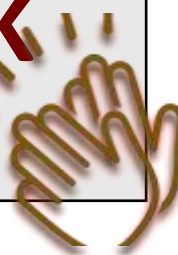




FEEDBACK CORNER



‘Thank you for allowing us to see your amazing school—we are so lucky to have this Sixth Form on our doorstep. We have never visited before but are now determined our daughter will join you in September 2024.’

External Parent

‘Your pupils were amazing and a credit to the school, themselves and their families. They were brilliant and articulate.’

Mental Health Support Team after Pupil Voice Session.

School Assemblies W/B: 4th Dec - 11th Dec

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	4 th Dec	Behaviour Reset						
2	11 th Dec	Middle East Conflict						

Contents	Page
Messages from the Headteacher	2
Christmas Events	3
Other News & Events	4 - 7
Trip and Event News	7 - 8
Word of the Week	9
Round Up of Social Media	10 - 11
Extra-curricular Clubs	12
Sports News & Upcoming PE Fixtures	13 - 15
Message from the Pastoral Team	16
Term Dates 2023-24	17
SEATSS Training	17 - 18
School Uniform	19-20
Tutor Grid	21
Lunch Menu & Prices	22 - 24
Vaping Information	25

Please read important information from the Headteacher on p.2

Diary Dates 4th Dec - 15th Dec 2023

4 th Dec	Old Vic Schools Club Trip to see A Christmas Carol 6:00pm - 10:00pm
5 th Dec	BFI Southbank Spanish trip New Views Workshop with Andrew Muir
7 th Dec	Indoor Athletics Event @ Chadwell Heath Academy Christmas Jumper Day Year 10 watching A Christmas Carol in Theatre 8:40am - 10:00am Year 11 watching A Christmas Carol in Theatre 11:20am - 12:40pm Year 9 Parents' Evening (Online) 3.30pm - 6.30pm
8 th Dec	Year 10 Aim a Little Higher Workshop
11 th Dec	Year 9 Bronze Cohort 2 kit planning 3:05pm - 4:30pm
12 th Dec	Redbridge Foodbank Collection
13 th Dec	Year 7 Indoor Athletics at Mayfield School Winter Concert - Theatre 19:00-20:00

Messages from the Headteacher

Dear Parent/Carer,

Thank you for your on-going support as we hurtle towards the end of term. We have achieved so much this term and you can read about many of these events and successes in the Heron Homelink at the end of term.

Staffing

A fond farewell to...

Ms Varinder Sanghera who leaves us on 06 December 2023. A big thank you to Varinder for supporting the Computer Science department this term and helping settle our pupils for a successful year. We wish Varinder all the best in whatever she chooses to do next.

Ms Miriam Argyrakis who has been covering long-term absence in History. Thank you for all you have done and we may have Miriam back on Thursdays to provide more casual cover.

We will be saying goodbye to **Mr Zaheer Munir** (Economics) and **Ms Nazia Begum** (Maths) at Christmas. We will keep you updated with details of the new staffing in these areas as soon as we are able. We wish them all the best in their new roles and thank them for all they have contributed to Wanstead High in the years they have been here.

Our Pastoral Support Managers start their role today enabling more pastoral capacity for each year group and support for the Heads of Year. Mrs Martin will update you as parents as to their role and the type of work they will undertake. Welcome **Ms Nosheen Ahmed** for Year 7, **Ms Joanne Seekings** for Year 8 and 9 and **Ms Saadia Khan** for Year 10 and 11.

Like so many schools, sickness has been a real challenge this term and there is some long-term cover in school, as well as the specific changes we have informed you about in terms of covering exam classes when staff are unwell. We will update you at the start of the new term with the latest situations.

Parent Evening

We look forward to welcoming Year 9 parents and carers for the Parents' Evening on Thursday evening this week. We do know that some parents have struggled to make appointments with all teachers. Please do contact Mr Tinker or Mrs Martin if you are struggling to find a time to speak to a specific teacher and we can ensure alternative arrangements are made. This is a conundrum for all schools as teachers are rightly restricted in the number of hours they work and also after-school events. We will review each parent event and also, at the end of the year, consider the impact and success of these evenings and any necessary changes.

Sixth Form Open Evening

This was an excellent event and the Year 12 pupils

were excellent ambassadors for the school. We received some lovely feedback from parents and external visitors. We hope that many pupils will choose to stay on at the school and now that relationships are strong with the current Year 11.

Exam News

A huge well done to Year 11 and 13 for the maturity and resilience with which they approached their mocks. Also a huge good luck to the 11 Year 13 pupils engaged in the Oxbridge selection process.

Community Safety

We have received reports of a group of youths (not from our school) in the local area often wearing balaclava or face masks who are behaving suspiciously in the High Street. We have passed this information to our Safer Schools Officer and we continue to patrol the High Street. There have been a number of robberies and attempted robberies over the last year, so please ensure your children are aware and make their way home quickly and safely, ensuring they follow the advice given by Ms Cini in assemblies. Pupils and parents should report any issues or incidents to us.

BBQ Express

Our Safer Schools Officer is meeting with the owners of BBQ Express as unfortunately pupils display anti-social behaviour in this establishment and the business may look to ban or restrict our pupils.

PTA

A huge thank you to the PTA for organising such an excellent Christmas Party on Friday evening and thanks to all parents who supported this event.

Christmas Events

We will be celebrating with a number of events including 'Winter' Jumper day on Thursday 7th December and school Christmas lunch on Thursday 14th December. Don't forget the winter concert on Thursday 13th December. Parents and carers of those pupils involved, can purchase tickets via ParentPay. We will also be collecting for a local foodbank on 12th December—please see p.3.

Middle East Conflict

We will be looking to run some assemblies and safe spaces before the end of term and will keep you updated, as well as any other actions/responses to the on-going conflict.

Have a great week.

Emma Hillman—Headteacher

Other News & Events

Christmas Fundraising 2023



Thursday 7th December

£2 donation-to be taken via
ParentPay.

This is an inclusive and sustainable event-jumpers do not need to have a Christmas design; they can be plain and in festive colours.

All other aspects of school uniform, including blazers, must be worn



Save the Children



There will be a collection on
Tuesday 12th December
Items should be dropped off behind reception
(dining hall exit) before tutor time

OUR SHOPPING LIST

TINNED FRUIT

VEGETARIAN FOOD ITEMS (TINS / PACKETS)

LONG LIFE FRUIT JUICE

JAM / SPREADS

BISCUITS

SHAMPOO

SIZE 5 & 6 NAPPIES

LONG LIFE MILK

PASTA SAUCE

SANITARY PADS

TINNED TOMATOES

ITEMS WE DO NOT NEED

CEREALS

PASTA

Other News & Events

Club Update and News Key Stage 3 (Year 7, 8 & 9) Multi Faith Prayer

I am pleased to inform you that this will now be held daily at lunchtime in the room at the back of the Alan Hearne Hall.

Pupils must bring a pass with their name printed on it-these were provided to the pupils whose parents completed the survey regarding the prayer room.

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

Latin club will be open to all KS3 Wanstead 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

Year 8 Challenge Week

Year 8 are already looking forward to our next Challenge Week in February and March and I would like to thank parents for the feedback you have already shared with us on how we can continue to build and refine the process. It is a new initiative so all suggestions and thoughts are gratefully received. The Year 8 Tutor Team are keen to do some work with pupils on exam preparation and revision skills so we will have this as a focus early next term.

Congratulations to 8.2 for winning the London Challenge inter-tutor group competition. It must be said that all groups made a valiant effort with the challenge task of planning routes across London and their London landmarks model building skills were impressive too. 8.2 however pipped them all at the post by their heroic attempt in the problem solving round which was a real class effort working out landmark problems such as how many times has Big Ben chimed or what is the maximum number of people who can ride on the London Eye at any one time. Their powers of mental arithmetic were staggering. The class are now going to help us plan their reward trip to a London Landmark of their choosing to celebrate. Well done 8.2!

Christmas Cards of Kindness

With 'Stir Up Sunday' having already passed us Year 8 feel justified in starting to feel Christmassy. We are asking the year

group to take part in the 'Christmas Cards of Kindness' project where cards are sent to Care Home residents. We'd love it if children made cards. So please encourage them to get the crafting materials out this week and make one! We will send the cards from school but ask that the children write a short message in the card for the residents to read.

An example format is below

Start by writing

Dear Residents

'Happy Christmas' or 'Seasons Greetings'



Make a comment about

Your interests or hobbies

What you plan to do when you finish school

What your new year's resolutions are

A kind comment

Best Wishes

Your Name

Ms C Murray

Message for Year 10

Upcoming dates:

The Aim A Little Higher company will deliver a special Year 10 assembly on Friday 8th December, 11.20-12.20pm.

Unfortunately the Year 10 Information Evening which was due to take place on 11th December will now be re-arranged to the New Year. The date to be confirmed.

Message for Year 11

Now the mocks are over, Further Maths will resume on Tuesday 5th December 2023.

Mr G Narang

Christmas lunch

I am pleased to announce that the pupil Christmas lunch will be taking place on Thursday 14th December. This will of course come with a full range of dietary options, and there will be some adjustments to lesson time on this day to accommodate this.



Other News & Events

English Department

We are excited to be welcoming Quantum Theatre to showcase a live performance of 'A Christmas Carol'.

This is fantastic timing for both Year 10, who have just finished the first study of the text, and Year 11, who are revising the classic novel by Charles Dickens. This kind of immersive learning experience can leave a lasting impact on pupils' understanding and appreciation of literature so we would also like to take this opportunity to thank parents and carers for helping fund this event.

If you have any queries, please email s.khan@wansteadhigh.co.uk.

When: Thursday 7th December 2023.

Where: School Theatre

Time: Year 10: 8.40-10.00am

Time: Year 11: 11.20-12.40pm



A CHRISTMAS CAROL



It's a cold, bleak, biting Christmas Eve and old miser Scrooge is not full of the Christmas spirit. In fact he hates Christmas... ("humblebug!" he calls it.) But on returning home he suddenly finds himself visited by four ghostly apparitions come to teach him a lesson, his old partner Jacob Marley and the ghosts of Christmas Past, Christmas Present and Christmas Yet To Come.

But as Christmas day dawns are these apparitions and their dire warnings enough to make Scrooge see the error of his ways?

Michael Whitmore's faithful new adaptation is taken exclusively from the original text, capturing the spirit and style of this Dickens classic whilst reinforcing the key quotations from the book.

Running time 65 mins

"If I could work my will, every idiot who goes about with 'Merry Christmas' on his lips should be boiled with his own pudding and buried with a stake of holly through his heart..."

What a Successful Sixth Form Open Evening

A huge thank you to everyone who attended our Sixth Form Open Evening. We hope that you were able to envision the

exciting opportunities that await you. We look forward to receiving your application and having the opportunity to discuss this with you in the future. We wish you all a fulfilling and successful academic journey and all the best for the year ahead, including with your GCSE exams.



Other News & Events

Winter Concert

The school
Winter Concert
will take place on
Wednesday 13th December
from 7:00pm until 8:00pm
School Theatre

Parents and carers of pupils involved will receive a letter about this shortly with information on buying tickets. Mr Sweet

Music Tuition

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

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

Extra-curricular Music Activities

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

These are open to all pupils, without audition.

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 you all a fulfilling and successful academic journey and all the best for the year ahead, including with your GCSE exams.

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 7 English Peter Pan Pantomime



What an incredible adventure for our Year 7 pupils! Watching the timeless classic tale of Peter Pan in an exciting pantomime performance at the Kenneth More Theatre is a delightful way to kick off their secondary school journey. It's fantastic that they'll get to experience the magic of theatre while creating lasting memories together with their peers and tutors. We are looking forward to taking over 200 excited Year 7 pupils on their very first year group trip!

On the day, pupils will have a slightly early lunch break. They will have the option of a warm school lunch or bring a packed lunch which must be consumed in the dining hall before departure.

Pupils are also permitted to bring 'quiet' snacks on the trip but

please note fizzy drinks are NOT allowed. There may also be the option of purchasing an ice-cream during the interval. The cost of the ice-cream would be £3.50 so pupils would need to bring cash along for this. Please also note that full school uniform is expected.

If you have any further questions, please email: s.khan@wansteadhigh.co.uk (Ms Khan)

Event: Peter Pan Pantomime

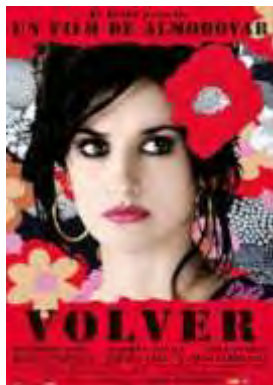
Venue: Kenneth More Theatre

Date: Tuesday 19th December 2023

Time: 12.15-4.00pm

Travel: Coach

Upcoming Educational Trips



KS5 Spanish Study Day - 5th December 2023

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

Ms Gómez Álvarez
MFL Teacher

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. Chartorizhsky if you have any questions in the new year!



Word of the Week

WOW: Word of the Week

There will be a new word every week.

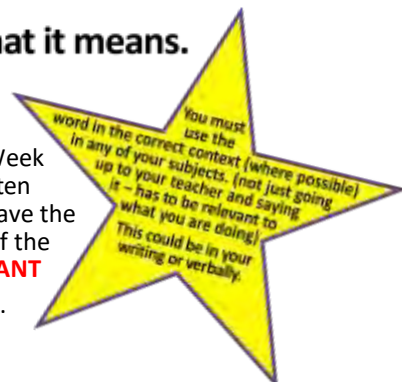
The word will also contain the definition so you know what it means.

Get Achievement Points for using the WOW

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, **PERUSAL AND VIGILANT**

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

By Ms A Ullah



Week 12

Perusal



Word Class	Noun
Meaning	To read something carefully

Week 13

Vigilant



Word Class	Adjective
Meaning	Very careful to notice any signs of danger or trouble

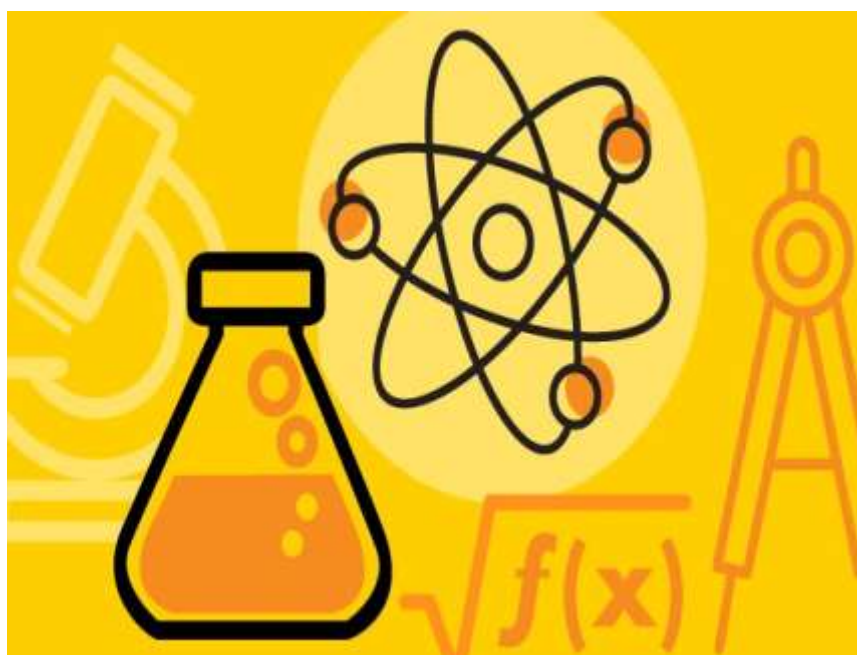
Are you talented in Science or Maths?

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

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

Please do contact:

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



Round Up of Social Media @wansteadhighE11

Part 1 of our Year 8 and 9 STEM Careers Festival

On Friday 17th November, we were delighted to be joined by employers and institutions including CGI, BBC, Network Rail, Waltham Forest College, Queen Mary and Staffordshire Univer-

sity. In total we have nearly 20 stalls and over 40 stall holders to meet and inspire our pupils.



Part 2 & 3 of our Year 8 and 9 STEM Careers Festival

Part 2 of the STEM festival continued with a debate workshop with the pupil's class teachers. Lastly, Part 3 was a talk from some CGI Young Professionals about their career journeys. Speeches which were motivating, interesting and engaging

stories of success that the pupils filled a third of both talks with questions!

Pupils had a fantastic and inspiring day!



Round Up of Social Media @wansteadhighE11

Year 9 Prefect Training Day

Our Year 9 prefects undertook training recently. They covered leadership, teamwork and the specifics of the role, with some entertaining role plays! This will help equip them to be out and about and play a wider role in the school community.



Sixth Form Roadshow Experience for Year 11 Prospective Pupils

We have been visiting various Year 11 Progression events at other schools. What a delight to meet so many prospective Year 12 pupils.

Staff Update

A fond farewell to...

Ms V Sanghera who leaves us on Wednesday 6th December 2023. A big thank you to Ms Sanghera for supporting the Computer Science department this term and helping settle our pupils for a successful year. We wish her all the best in whatever she chooses to do next.

Autumn & Spring Term Enrichment - 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before School - 7.30 - 8.20				
KS3 Reading Wise (EAL) Room LS2 (For targeted pupils with English as an Additional Language)	KS3 Reading Wise (EAL) Room LS2 (For targeted pupils with English as an Additional Language)	KS3 Reading Wise (EAL) Room LS2 (For targeted pupils with English as an Additional Language)	KS3 Reading Wise (EAL) Room LS2 (For targeted pupils with English as an Additional Language)	KS3 Reading Wise (EAL) Room LS2 (For targeted pupils with English as an Additional Language)
Before School: Breakfast Club & Library every morning - 7.30 - 8.20				
Lunchtime				
Year 7-9 Lunch is 12.20 - 1.05pm			Year 10 -13 Lunch is 1.20 - 2.05pm	
KS3 Multi Faith Prayer Alan Hearn Hall (back room)	KS3 Multi Faith Prayer Alan Hearn Hall (back room)	KS3 Multi Faith Prayer Alan Hearn Hall (back room)	KS3 Multi Faith Prayer Alan Hearn Hall (back room)	KS3 Multi Faith Prayer Alan Hearn Hall (back room)
KS4 & KS5 Multi Faith Prayer Alan Hearn Hall (back room) & Room S5	KS4 & KS5 Multi Faith Prayer Alan Hearn Hall (back room) & Room S5	KS4 & KS5 Multi Faith Prayer Alan Hearn Hall (back room) & Room S5	KS4 & KS5 Multi Faith Prayer Alan Hearn Hall (back room) & Room S5	KS4 & KS5 Multi Faith Prayer Alan Hearn Hall (back room) & Room S5
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/1xVaWOp-1c5lucdOZFTnBFYvoj57K_RmyVTnKXk15Kp1c/edit	KS5 Maths University Entrance Preparation Room 22	KS5 Maths University Entrance Preparation Room 22
	Year 7 & 8 Dance Company Dance Studio Sign up required - see Ms Gullefer	Week 2 only KS4 Photography Club Room NB9 12 spaces https://docs.google.com/forms/d/1xVaWOp-1c5lucdOZFTnBFYvoj57K_RmyVTnKXk15Kp1c/edit	Year 9 Dance Company Dance Studio	KS3 Dance Open Studio
	KS4 & KS5 Spanish Speaking Club Room MA4		Week 2 only KS3 LGBTQ + Room MA2 - 1:30 2:00	The Year 7 Garden Club Room S4
			Week 1 only KS4/5 LGBTQ+ Room MA2 - 2:30 3:00	
After School 3.10 - 4.10pm				
Homework Club (For targeted pupils with English as an Additional Language) Room LS2	Homework Club (For targeted pupils with English as an Additional Language) Room LS2	KS5 Philosophy Club Room MA5 Sign up via Google Classroom: fn46ano	Homework Club (For targeted pupils with English as an Additional Language) Room LS2	KS4 Art Club Room NB10
KS4 1:1 for Language & Literature (For pupils with English as an Additional Language) Room LS2	KS4 1:1 for Language & Literature (For pupils with English as an Additional Language) Room LS2	Week 1 only KS3 Weather Club Room NB1	KS4 1:1 for Language & Literature (For targeted pupils with English as an Additional Language) Room LS2	KS4 1:1 for Language & Literature (For targeted pupils with English as an Additional Language) Room LS2
Poetry through Music (All year groups) Room 2	Dodgeball (Gym) https://docs.google.com/forms/d/1-9gmbmCr-f5OKxyZOpGeLe29-S-SH-xoOGCfaCgbyitw/edit#settings	Table Tennis (Sports Hall) https://docs.google.com/forms/d/1HYe20E4D-HEK1MKIahwitsYS6V91cLkVQrodPH6ODRTE/edit#settings	Steel Pan Group Room 36	GCSE PE NEA Club Sports Hall
Year 7 & 8 Basketball (Sports Hall) https://docs.google.com/forms/d/1rdwninRX-2Op-YaAyT2bx4SYDNIQHlJdJovPrxqlq8Vw/edit	Year 9 & 10 Basketball (Sports Hall) https://docs.google.com/forms/d/1-qKJ5C3Ld-QH7jKZnuMBCAtxn5X9BP7bV8GrN-ieuAI/edit	Badminton (Sports Hall) https://docs.google.com/forms/d/10611Gd-D2tBs-sulu8WihRetqtEoadO4JGibAqqXZxs/edit#settings	KS4 & KS5 New Views Scriptwriting Club Room 3 (17 places) Sign up required See Ms Waters	KS3 London Youth Games Preparation Dance Studio
Musical Rehearsals Theatre By audition	Yoga (Squash Court) https://docs.google.com/forms/d/15XcyX_Csqx-QhaDbnQHcLlCy4rBVLpnoVCyWrmrwi6Ms/edit	Musical Rehearsals Theatre By audition		Jazz Band Room 36
Brass Group Room 37	Musical Rehearsals Rooms 36 and 37	School Newspaper All year groups Library		
Netball (All Years) (60 places) https://docs.google.com/forms/d/1iclj8YVpUAM-6MAqBcAYI4pPvG13ZBQXywwMzM-dXhi5Q/edit	KS4 London Youth Games Preparation Dance Studio	Crochet Club Room 21		
KS3 Film Club Room 24 https://forms.gle/K6nmLEhHtnLvtb346	GCSE Further Maths Class Year 11 Set 1 Room 17			
String Orchestra Room 36	KS3 Maths Homework Study Club Room IR4			
Wind Band Room 38	KS3 Maths Challenge Club Set 1 and 2 Room 18			
Year 7 Science Club Room S7	GCSE Code Club Room IR4 Sign up required See Ms Kartha			
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 <i>It will be running from 15th January, every Monday from 3:10-4:00</i>	KS4 & KS5 New Views Scriptwriting Club Room 3 (17 places) Sign up required See Ms Waters			

Sports News & Upcoming PE Fixtures

Results:

Wednesday 29th November KS3 (Year 7, 8 & 9) Girls football at Frenford:

Won 3 - 0 v Beal

Won 5 - v INA

PE Fixtures

Week 1 beginning Monday 4th December 2023

Monday 4th December - Year 9 & 10 Netball v Seven Kings (Home)

Tuesday 5th December – Year 8 Netball v Seven Kings (Home)

Wednesday 6th December – Under 16's Girls Football at Frenford Centre

Week 2 beginning Monday 11th December 2023

Monday 11th December – Year 8 Basketball v Seven Kings (Home)

Tuesday 12th December – Year 7 Netball v Woodbridge (Home)

Wednesday 13th December – Year 7 Indoor Athletics at Mayfield School (during school day)

Monday	Tuesday	Wednesday	Thursday	Friday
Netball (Lower Playground)	Year 9 & 10 Basketball https://docs.google.com/forms/d/1_qKJE5C3LdQH7jKZnuMBCAtxnSX9BP7bV8gRn-ieuAI/edit	Table Tennis https://docs.google.com/forms/d/1HYe20E4DHEK1MKlahwitsYS6V91cLKvQrodPH6ODRTE/edit#settings		GCSE PE
Year 7 & 8 Basketball (Sports Hall) https://docs.google.com/forms/d/1rdwninrX2Op-YaAy-T2bx4SYDNIQHIdjTovPrqxIq8Vw/edit	Dodgeball https://docs.google.com/forms/d/1-9gmbmCrF50KxYZOpGeLe29-S-SH-xoOGCfaCgbyitw/edit#settings	Badminton https://docs.google.com/forms/d/106l1GdD2tBs-sulu8WihRetqtEo-adO4JGibAqqXZxs/edit#settings		
	Yoga https://docs.google.com/forms/d/15XcyX_CsqxQhaDbnQHcLI_Cy4rBVLpnoVCyWrmrwi6Ms/edit			

Lost PE kit/uniform

PE staff will collect any items left in the changing rooms at the end of the lesson and keep these stored. If you have lost anything please ask your PE teacher as it may have been collected. At the end of each week all items will be taken to pupil reception.

Sports News & Upcoming PE Fixtures

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/1vDjvfsKypqag-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 KS3 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 after Christmas.

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 are 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.



Athletics Coaching

1:1 Sessions
Athletics Squads

England Athletics Accredited Coaches

London – Essex – Herts – Kent

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



KS3 BASKETBALL 

Tournament
Years 7, 8 & 9

STARTING W/C **11** DECEMBER

Matches will take place in your timetabled PE lessons
4 teams per form group
At least 2 of the same gender on each team

Finals: Year 7 - Tuesday 19/12/23
Year 8 - Wednesday 20/12/23
Year 9 - Thursday 21/12/23

Lunchtime: 12:30 - 12:55pm





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

REDUCE
RECYCLE
RELOVE



PAY
LESS FOR
PRELOVED



CHANCE TO SHINE
STREET



ESSEX

IT'S
FREE!



- TAPE BALL CRICKET
- FREE COACHING
- 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



- 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



SPONSORED BY
MAYOR OF LONDON



visionrcl.org.uk
@activebodyredbridge
/activebodyredbridge



DO YOU LOVE BAKING TO THE BATTER END? WE KNEAD YOU!

THE GREAT BRITISH
BAKE OFF



APPLY NOW FOR BAKE OFF SERIES 15!

WWW.APPLYFORBAKEOFF.CO.UK

APPLICATIONS CLOSE ON TUESDAY 2ND JANUARY 2024 AT 1PM.
MORE INFO: APPLYFORBAKEOFF@LOVEPRODUCTIONS.CO.UK

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.

Term Dates and INSETs 2023-24 Planning Ahead!

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

Autumn Term 2023-24

Period Monday 4th September 2023 to Wednesday 20th December 2023

Spring Term 2023-24

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

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

Summer Term 2023-24

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



Specialist Education and Training Support Service

f Instagram Speialeducationtraining

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

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

Dyscalculia and maths difficulties - Secondary 04.12.2023 BOOK NOW	Dyspraxia- Secondary 04.12.2023 BOOK NOW
Can't Write Won't Write Secondary 11.12.2023 BOOK NOW	Dyscalculia and maths difficulties - Secondary 11.12.2023 BOOK NOW
	Can't Write Won't Write - Secondary 18.12.2023 BOOK NOW

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



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.

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	8.1	Mr M Adams	9.1	Ms I Unegbu/Ms M Dietze
7.2	Ms B Waters	8.2	Ms I Jasmine/Ms O Ogunfemi	9.2	Mr S Rashid
7.3	Ms S Khan	8.3	Ms N Rowshan	9.3	Mr N Rashid/Ms S Sultana
7.4	Ms C Gorczak	8.4	Ms J Ibrahim	9.4	Mr A Chauhan
7.5	Mr I Choudhury	8.5	Ms D Collins	9.5	Mr D Boachie
7.6	Ms S Begum	8.6	Ms K Kaddour/Ms S Prestwidge	9.6	Ms M John
7.7	Ms N Ahmed	8.7	Ms N Redondo	9.7	Mr G Narang
7.8	Ms E Everhart	8.8	Ms N Gómez	9.8	Ms N Begum
		8.9	Mr D Vardavas/Ms E Christofides	9.9	Ms K Kioi/Ms O Ogungbe

Year 10	
HOY	Mr M Hadden
10.1	Ms K Ali/Ms J Wali
10.2	Ms F Mak
10.3	Ms L Pennington
10.4	Ms C Feeney
10.5	Ms E Hayes
10.6	Mr D Leftwich
10.7	Ms R Gullefer/Ms M Ayer
10.8	Mr D Hardy
10.9	Mr A Yiacommi

Year 11	
HOY	Ms G White
11.1	Ms H Tassine
11.2	Mr S Younis
11.3	Mr L Willer
11.4	Ms S Hoque
11.5	Mr R Ali
11.6	Ms S Younas/Ms S Clarke
11.7	Ms N Hassan
11.8	Mr R Nazir
11.9	Ms H Ikrah



Year 12	
12.1	Ms D Bennett/Ms O Gallagher
12.2	Mr B Weakliam
12.3	Ms S Begum
12.4	Ms A Khanum/Ms H Cressall
12.5	Mr I Sweet
12.6	Ms F Hinson/Ms V Premkumar

Year 13	
13.1	Ms H Ahsan/Ms S Wright
13.2	Mr K Holdbrook
13.3	Ms C McQuillan/Mr R Smith
13.4	Ms M Kara
13.5	Mr B Alom/Ms G Kartha
13.6	Mr Z Munir

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



Copyright images: Free Stock photos by Vecteezy



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 Sracha Slaw	Sweet Potato and Vegetable Jalfrazi 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 veg) 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

Will Vaping THC Effect My Childs Health Long Term?

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

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

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

Schizophrenia = delusions and hallucinations.

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

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

- Anxiety and paranoia
- Hallucinations

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



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

Vaping and The Law

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

LAW



Will my child get into trouble for using THC Vapes?

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

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

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

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

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

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

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

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

HELP



How can I help my child?

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

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

Local

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



National

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