



# GREENSHEET



No. 16/18

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11 January 2019

Week 'B'

**SCHOOL CALENDAR**  
**Spring Term 2019**  
**Monday 7th January 2019 to Friday 5th April 2019**

**Thursday 31st January**  
Year 11 Parent/Carer subject evening  
4.30– 7pm

**Half Term: Monday 18th February to Friday 22nd February 2019**

**Thursday 7th March**  
Year 9 Parent/Carer subject evening  
4.30– 7pm

**Thursday 21st March**  
Year 8 Parent/Carer subject evening  
4.30– 7pm

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## HEADTEACHER'S MESSAGE

Dear Parents and Carers

On behalf of us all at WSFG, we wish you a happy, healthy and safe 2019. There is so much we take for granted. We were extremely impressed by the generosity of our students, parents and staff at the end of last term as we were able to donate a huge quantity of food items to the food bank Eat or Heat. I know also some helped out at Crisis over the holiday period in order to ensure that those less fortunate than ourselves and without a home or family to go to spent time with friends, were fed and given warm clothing.

Barely two days back in school, we heard the news of the brutal murder of a 14 year old boy on the streets of Waltham Forest. This is utterly shocking and is not by any means the first, but he was one of the youngest and was known to at least one of our students. I spent part of Thursday and Friday with Waltham Forest Secondary Headteacher colleagues on our annual training conference and heard first-hand about the press and student response, as well as the support received by his former school from parents of children who attend there. A child's death is always tragic and school leaders do their every best to support and allow those affected to grieve whilst giving succour to those around. Our thoughts are with Jaden's family, friends and teachers at this difficult time.

On Wednesday our hall was packed with Year 9 parents, carers and students who came to hear Mr Shackson, Assistant Headteacher and his team of subject leaders talk through the options process and assist with the decision making process. Since choosing a secondary school, this will be the next significant marker for those students, with decisions being made over the next few weeks which may well impact on a future career.

Those of you who were able to attend the opening ceremony of the Waltham Forest Borough of Culture this weekend would have had a wonderful time! In this issue, you can see some of the many photographs taken by our colleagues who enjoyed the spectacle. We will tweet more of these pictures in case you missed them.

Meryl Davies  
Headteacher

## LORIC Programme for Year 7



Dear Year 7 Parents/ Carers,

We have teamed up with PIXL edge to offer every Year 7 student access to the LORIC programme. The Year 7 launch assembly took place on Tuesday 8<sup>th</sup> of January, and your daughter has already explored the website during one of her GREEN LP lessons.

The initial feedback from students has been very positive, and I hope you will find an opportunity to discuss this further with your daughter. Your daughter has a login for the website:

<https://theedge.pixl.org.uk/>

Which will enable her to start to log some possible activities.

Our aim is that the PIXL Edge programme enhances your daughter's GREEN skills further. LORIC stands for **L**eadership, **O**rganisation, **R**esilience, **I**nitiative and **C**ommunication.

We would like each year seven student to achieve the 'apprentice' level by successfully completing 2 activities for each of the LORIC strands.

For example, 'Communication' activities could be;

- Perform in a school assembly
- Show an elderly person how to use something technical (phone/internet)
- Prepare and deliver a two minute talk on a topic of your choice
- Present a talk in tutor time about a hobby you have
- Write an article for the school magazine/website



Students have valued the process so far. The survey taken at the end of the first lesson was very positive and included the following comments;

*'I think it really helps you face some tough challenges and it wants you to overcome them.'*

*'I think that the LORIC program will help me to try new things and I will gain confidence' I find this site useful to those who need something to do. It gives you so many new ideas!*

In order to support your daughter through this process, and ensure that she gets the most out of this exciting opportunity, we have set up a system of LORIC coaches. Each LORIC coach will meet with a group of three students every two weeks, either in AM registration (7S and 7F) or during GREEN lessons. If you have any questions about PIXL Edge and LORIC please do not hesitate to contact me.

Mr Gunzi  
Deputy Headteacher

**Welcome to the Forest**  
Friday 11-Sunday 13 January 2019  
Waltham Forest Town Hall, Lloyd Park, Forest Road  
**Free to attend, just turn up**

### Welcome to the Forest Opening night



## Free Breakfast Bagels

As you know, breakfast is the most important meal of the day. It helps students to have the right mind-set, focus and energy for their learning.

We are really pleased to be able to offer **all students** in all year groups a **free breakfast bagel** with a spread of their choice any morning of the day.



This is part of a new initiative called The National Breakfast Programme and is delivered by Family Action and Magic Breakfast.

Of course, the usual breakfast service will be running and so students will be able to purchase more items if they wish.

Breakfasts will be served as usual from 8.00 - 8.40am in the dining hall and will be available from **Monday 14<sup>th</sup> January 2019**.

We really hope to see lots of students there.

Ms Philippou  
Assistant Headteacher

## WSFG Art Teacher Exhibition

Our Art teacher Nicola Hepworth is having an exhibition of paintings she has been working on over the last couple of years based on the school environment and featuring some of the students.



The exhibition will take place on the **3rd-31st of January 2019 at the Omnibus Theatre, Clapham North Side**.

Some of the paintings and prints will shortly be available to see on the school's website.

Ms Hepworth





# WSFG Diversity Calendar for the Month of January

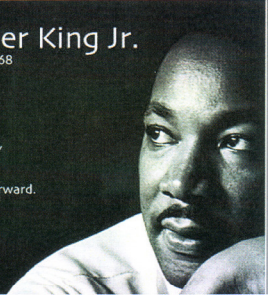


## Martin Luther King Jr.

January 15, 1929 - April 4, 1968

If you can't fly, then run,  
if you can't run, then walk,  
if you can't walk, then crawl,  
but whatever you do,  
you have to keep moving forward.

- Martin Luther King, Jr.

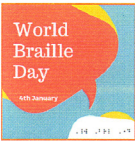


## HOLOCAUST REMEMBRANCE DAY January 27

IN MEMORY OF 6 MILLION  
JEWS



## January 2019



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1		1	2	3	4	5	6
Week 2	7	8	9	10	11	12	13
Week 3	14	15	16	17	18	19	20
Week 4	21	22	23	24	25	26	27
Week 5	28	29	30	31			

January is Cervical Health Awareness Month | Alcohol Concern Dry January

Last Quarter  
  New Moon  
  First Quarter  
  Full Moon

### Special Days

- 1st New Year's Day
- 1st Gantan-sai (New Year) - Shinto
- 4th World Braille Day
- 5th Twelfth Night - Christian
- Birthday of Guru Gobind Singh - Sikh
- 6th Epiphany - Christian
- 7th Feast of the Nativity - Orthodox Christian
- 13th Baptism of the Lord Jesus - Christian
- Saint Hilary's Day - Christian
- 14th New Year - Orthodox Christian
- Sejin no hi (Coming of Age Day) - Shinto
- 15th Makar Sankranti - Hindu
- Maghi - Sikh
- 18th 18-25 Week of Prayer for Christian Unity - Christian
- 19th Timkat - Ethiopian Orthodox Christian
- Feast of the Theophany - Orthodox Christian
- 20th World Religion Day - Baha'i
- 21st Martin Luther King Jr. Day
- 21-23 Mahayana New Year - Buddhist
- Saint Agnes' Day - Christian
- Tu B'Shvat - Jewish
- 25th Robert Burns Night (Burns Night) - Scottish Gaelic
- Conversion of Saint Paul - Christian
- 26th Australia Day
- 27th Holocaust Memorial Day

All Jewish holidays begin at sundown on the evening before.

## Olive Dining Autumn Term Menus

All menus are subject to change. **Week Two menu will start on 14th January 2019.**

**Please note the cost of a school meal is £2.20.**

A reminder to parents/carers that if you wish to pay for your daughter's school meals by cheque, please make the cheque payable to 'Olive Dining Ltd'.

All students have also been given usernames and passwords to enable payments to be made online via our **SQUID** system (see the school website for details). If you would like a reminder of your daughter's username and password please contact the school on the usual numbers.









These menus can be viewed on the school website.











Olive Dining

# OLIVE @ WSFG

## SPRING MENU

### WEEK 1

	MON	TUES	WED	THURS	FRI
<b>MEAL DEAL</b> £2.20	 NUTMEG JANUARY	 TURMERIC FEBRUARY	 GREEN PEPPERCORN MARCH	 SAFFRON APRIL	
<b>MAIN</b>	Chicken Arrabbiata with Side Salad (G, SU)	Traditional Homemade Cottage Pie (MK, CE, SU)	Roast Turkey, Stuffing, Cranberry Sauce & Roast Gravy (CE, G, SO)	Sausage & Mash with Onion Gravy (G, MK, CE)	Fish & Chips with Homemade Tartare Sauce (G, E, F, MK)
<b>VEGGIE</b>	Sweet Potato, Cheese, Blackeye Bean Burrito, Guacamole, Coriander (MK)	Spicy Sweetcorn & Kale Potato Rosti with Mango Salsa Ⓟ	Roseted Root Vegetable & Red Lentil Pot Pie (E, G)	Quorn Sausage Toad in the Hole, Mash & Onion Gravy (E, G, MK, SO)	Butternut Squash Tarka Daal with Naan (G) Ⓟ
<b>COOK STATION</b>	The Brazil Beef Burger with Seasoned Wedges (G, MK) 	Piri Piri Chicken with Golden Vegetable Rice 	Carrot & Red Onion Bhaji Burger with Asian Slaw & Dips (G, E) 	Lebanese Spiced Lamb & Flatbread with Dips (G, MK) 	Chef's Choice
<b>PUD</b>	Belgian Waffles with Bananas Hot Chocolate Sauce (G, E, MK)	Chocolate & Pumpkin Sponge Pudding with Chantilly Cream (G, E, MK)	Apple & Fruits of the Forest Crumble, Custard Sauce (G, MK)	Sicilian Lemon Polenta Cake with Honey Greek Yoghurt (G, E, MK)	Sticky Toffee Pudding with Butterscotch Sauce (G, E, MK)
<b>COLD SELECTION: BAGUETTES • SANDWICHES • SALAD BOXES • FRESH FRUIT • YOGURT POTS</b>					
<b>ALLERGENS KEY</b>	CE – CELERY CR – CRUSTACEAN E – EGGS	F – FISH G – CEREALS CONTAINING GLUTEN L – LUPIN	MK – MILK MO – MOLLUSCS MU – MUSTARD	N – NUTS P – PEANUTS SE – SESAME SEEDS	SO – SOYA S – SULPHUR DIOXIDE

# OLIVE @ WSGF

## — SPRING MENU —

### WEEK 2

**MEAL DEAL**  
**£2.20**



**NUTMEG**  
JANUARY



**TURMERIC**  
FEBRUARY



**GREEN PEPPERCORN**  
MARCH



**SAFFRON**  
APRIL

	MON	TUES	WED	THURS	FRI
<b>MAIN</b>	Turkey and Leek Puff Pastry Pie with Creamy Mash (G, MK, CE)	Beef Boghoses with Spaghetti & Side Salad (G, CE)	Roast Lemon & Thyme Chicken with Roast Gravy (G, CE, SO)	Lamb Hot Pot with Seasonal Vegetables (CE)	Fish & Chips with Tartare Sauce (G, E, F, MK)
<b>VEGGIE</b>	Roasted Vegetable & Feta Frittata (E, MK)	Baked Chickpea-Crumbed Aubergine & Red Pepper Katsu Curry (G) 	Spinach, Sweet Potato & Lentil Wellington with Tomato Sauce (G, CE, E, MK)	Butterbean & Courgette Tagine with Cous Cous (G) 	Quorn Chilli Dogs with Crème Fraiche & Coriander (E, SO, MK, G)
<b>COOK STATION</b>	Lamb Pibilinos Chilli with Sweet Potato & Black Bean Rice (CE, SU) 	Southern Fried Chicken Fillet with Mac 'n' Jack (G, MK) 	Sri Lankan Fish & Spinach Biryani (F, SU) 	Piri Piri Falafel & Tahini Dressing & Flatbread (G) 	Chef's Choice
<b>PUD</b>	Caramelised Pineapple & Poppy Seed Cake with Fresh Cream (G, E, MK)	Jam & Coconut Sponge with Custard (G, E, MK)	Apple & Cinnamon Crumble with Custard (G, MK)	Banana & Cranberry Sponge with Caramel Sauce (G, E, MK)	Chocolate Brownie with Winter Berry Sauce (G, E, MK)

**COLD SELECTION: BAGUETTES • SANDWICHES • SALAD BOXES • FRESH FRUIT • YOGURT POTS**

**ALLERGENS KEY**

CE – CELERY

CR – CRUSTACEAN

E – EGGS

F – FISH

G – CEREALS CONTAINING GLUTEN

L – LUPIN

MK – MILK

MO – MOLLUSCS

MO – MUSTARD

N – NUTS

P – PEANUTS

SE – SESAME SEEDS

SO – SOYA

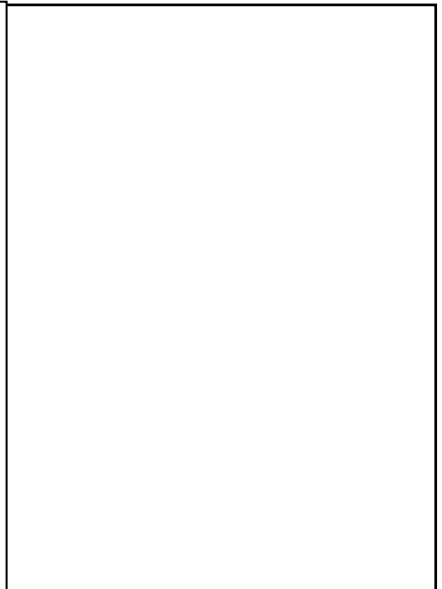
SP – SULPHUR DIOXIDE













# LIVE @ WSGF


## — SPRING MENU —

### WEEK 3


**MEAL DEAL**  
**£2.20**




**NUTMEG**  
JANUARY









**TURMERIC**  
FEBRUARY



**GREEN PEPPERCORN**  
MARCH



**SAFFRON**  
APRIL

	MON	TUES	WED	THURS	FRI
<b>MAIN</b>	Lasagne with Side salad (G, CE, MK)	Turkey Casserole with Warm Crusty Bread (G, CE, SO)	Roast Beef with Yorkshire pudding, Horseradish Sauce & Roast Gravy (G, CE, E, MK, SO)	Spanish Chicken served with Pepperoni Paella (SU, CE)	Catch of the Day with Chips & Tartare Sauce (G, E, F, MK)
<b>VEGGIE</b>	Penne Pomodoro with Cheesy Garlic Bread (G, MK, CE)	Winter Vegetable & Chickpea Ragù with Rosemary Potenta 	Roasted Quorn & Vegetable Loaf (E, MK, CE)	Shredded Vegetables & Halloumi on Tomato Sauce (MK, CE)	Loaded Potato Skins, Texan BBQ Beans, Jalapenos, Peppers & Coriander 
<b>COOK STATION</b>	Spicy Fish Tacos with Salsamole, Sour Cream & Salsa (MK, G, F) 	Sticky Korean Chicken Burger, Kimchi Slaw, Corn on the Cob & Chilli Sauce (G, SE, SO, SU) 	Chiang Mai Stir Fried Hot & Sour Vegetable Noodles (E, G, SO) 	Slow Roasted Turkish Lamb Shoulder, Grilled Vegetables & Cous Cous (G) 	Chef's Choice
<b>PUD</b>	Winter Berry Cheesecake (MK, G)	Peach Upside Down Cake with Vanilla Sauce (G, E, MK)	Dutch Warm Apple Pie with Custard (G, MK)	Bread & Butter Pudding with Custard (G, MK, E)	Chocolate & Orange Cake with Chocolate Sauce (G, E, MK)

**COLD SELECTION: BAGUETTES • SANDWICHES • SALAD BOXES • FRESH FRUIT • YOGURT POTS**

**ALLERGENS KEY**

CE – CELERY

CR – CRUSTACEAN

E – EGGS

F – FISH

G – CEREALS CONTAINING GLUTEN

L – LUPIN

MK – MILK

MO – MOLLUSCS

MO – MUSTARD









N – NUTS

P – PEANUTS

SE – SESAME SEEDS

SO – SOYA

SP – SULPHUR DIOXIDE



## School History

Here is a poem from the 1931 edition of *Iris*, our school magazine,

Science Sixth.

**S**traight line graphs; they come in Maths.

And curved ones too, alas! they do.

**C**onics is the study of the sections of the cone.

Be thankful if your knowledge is that, and that alone.

**I**s Infinity to which everything tends,

This is the place where all unfinished ends.

**E**uclid's theorems are world-renowned;

Some of his books still haven't been found.

**N**ewton founded calculus,

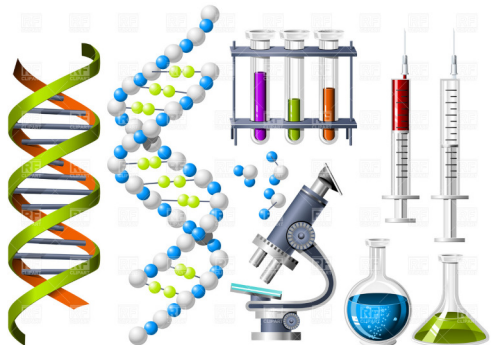
O unlucky day for us!

**C**hemistry is with matter concerned;

To study this science you need to be learned.

**E**instein's wisdom us astounds:

His propositions know no bounds.





## Attendance figures for December 2018.



The following are the attendance figures for December and year to date. Winners postcards have already been issued .

Well done to the Autumn term winners who are 7S, 8F, 9S, 10H and 11S. I shall be round with your prizes soon.

December winners are 7S, 8F, 9S, 10C and 11G. Postcards are in pigeon holes.

100% certificates and pin badges will be given to the SPL's in the next couple of weeks. Please let the students know that they are allowed to pin the badges onto their lanyards.

Ms King  
Attendance Manager

## Faculty News

### Performing Arts –Extra Curricular timetable

DAY	LUNCHTIME 12:30pm-1:00pm	AFTERSCHOOL 3:30pm-4:30pm
Monday	<u>Year 7-11</u> Cricket club –SH	
Tuesday	<u>Year 7-11</u> Basketball club-SH-RWA	<u>GCSE theory club</u> GCSE PE MUST ATTEND <u>Year 7-11</u> Street dance club <u>Year 7</u> Football fixtures <u>Year 7-11</u> Mary Poppins full cast rehearsals
Wednesday	<u>Year 7and year 8</u> Football club- SH-FCA <u>Year 7-11</u> Mary Poppins individual singing rehearsals	<u>GCSE ONLY</u> Trampoline club <u>Year 7-10</u> Glee club <u>Year 7-11</u> Mary Poppins rehearsal- check schedule –PA window
Thursday	<u>Year 7-9</u> Trampoline club –LWO <u>Year 7-11</u> Mary Poppins Individual singing rehearsals	<u>Year 8</u> Football fixtures <u>Year 7-11</u> Show band <u>Year 7-11</u> Mary Poppins rehearsal- check schedule –PA window
Friday	<u>Year 7- 11</u> Badminton club-SH-CBI <u>Year 7-11</u> Mary Poppins Individual singing rehearsals	<u>Year 7-11</u> Show band <u>Year 7-11</u> Mary Poppins rehearsal- check schedule –PA window

## Community News

### Remembering The Kindertransport 8 November 2018 — 10 February 2019

In 1938-39 the British government allowed 10,000 mostly Jewish children from occupied Europe to come to Britain. These efforts from charitable organisations led to a remarkable rescue operation which became known as the Kindertransport.

Now in their 80s and 90s, the Kinder (child refugees) give their testimony through the medium of film. You can also see personal objects and artefacts that they brought with them from their homelands.

This exhibition marks the 80th anniversary of the Kindertransport.

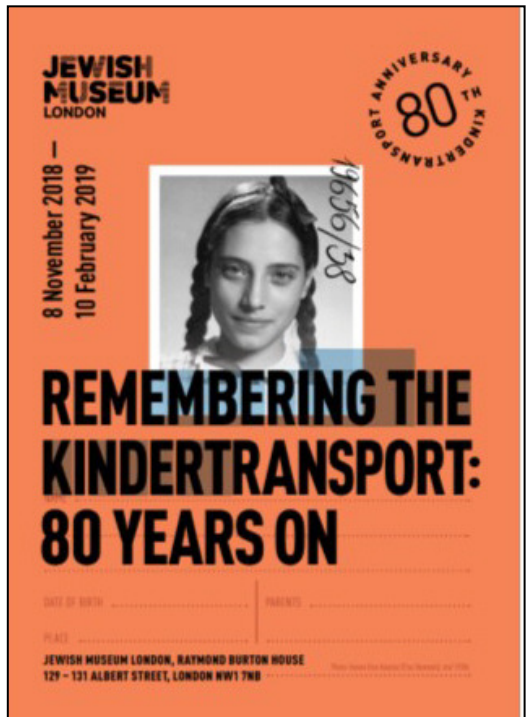
As told in their own words, hear the story of six Kinder - stories of rescue as well as stories of rupture, loss and hope.

[#kindertransport80](http://jewishmuseum.org.uk/kindertransport)

Free admission. Open daily 10am – 5pm (Fridays 10am – 2pm)

Jewish Museum London, Raymond Burton House 129 – 131 Albert Street, London NW1 7NB

<https://jewishmuseum.org.uk/>



YOUR HEALTHCARE CAREER STARTS HERE...

# NATIONAL HEALTHCARE WEEKEND

“ It just blew my mind! I met healthcare professionals who were honest and now I feel as though I have made an informed decision to pursue the career that I really want. I have been to similar events before but there is just nothing this good! ”

Sophie Bridgewater Year 12

ALL PHOTOS ARE FROM REAL MEDIC MENTOR EVENTS

**19TH &  
20TH  
JANUARY  
EXETER**

**26TH &  
27TH  
JANUARY  
LONDON**



**Medic Mentor**  
Motivating Medical Minds

## DAY 1 INSIGHT CONFERENCE

This is an essential event for any aspiring doctor, dentist or vet. It will help you to make an informed career decision and develop a greater insight into your chosen profession, which is a scored component of the UCAS application.

## DAY 2 UCAS LECTURES

Day 2 offers optional UCAS lectures for Medicine. These are the most comprehensive UCAS lectures available, for students who want to take the next step and make a competitive application to medical school.

DAY 1 £25/STUDENT OR FREE  
FOR STUDENTS FROM LOW-  
INCOME

REGISTER YOUR PLACES

## THE MENTORING ORGANISATION FOR ASPIRING DOCTORS, VETS AND DENTISTS

Suitable for students in year 10-12. Parents and teachers are also welcome.

Proceeds from these events are reinvested to support the next generation of healthcare professionals with scholarships and free educational initiatives.

**FIND OUT WHY  
OVER 8000  
PEOPLE HAVE  
JOINED MEDIC  
MENTOR**

AT [MEDICMENTOR.CO.UK](http://MEDICMENTOR.CO.UK)

**School Calendar Dates 2018-2019****Spring Term 2019****Monday 7th January 2019 to Friday 5th April 2019**

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4.30– 7pm

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4.30– 7pm

Thursday 21st March                      Year 8 Parent/Carer subject evening  
4.30– 7pm

**Summer Term 2019****Tuesday 23rd April 2019 to Friday 19th July 2019****May Bank holiday Monday 6th May**

Thursday 9th May                      Year 7 Parent/Carer subject evening  
4.30– 7pm

Monday 13th May—Tuesday 18th June—GCSE Examinations Year 11

**Half Term: Monday 27th May 2019 to Friday 31st May 2019**

Monday 3rd June—Friday 28th June                      Year 10 mock examinations