



GREENSHEET



No. 01/17

Church Hill, Walthamstow, London, E17 9RZ

Telephone: 020 8509 9446

Email: info@wsfg.waltham.sch.uk

7th September 2017

Week 'A'

Website: www.wsfg.waltham.sch.uk

Student Absence Line: 020 8509 9444

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20th December				

HEADTEACHER'S MESSAGE

Dear Parents and Carers,

Firstly we would like to wish all our new students and their parents or carers a very warm welcome!

SPECIAL EDITION: GCSE Results 2017

On results day this year, we were joined by the Leader of Waltham Forest Council, Cllr. Clare Coghill and former Mayor (and also ex WSFG student) Cllr. Saima Mahmud. Cllr. Coghill is the first female council leader of Waltham Forest so she was an excellent role model for the girls as they waited anxiously for their examination results.



Leader of Waltham Forest Council, Cllr. Clare Coghill and former Mayor Cllr. Saima Mahmud.

Saturday 16th September
Open House
London 10-1pm

WSFG Alumnae
AGM
1.30 -3.30pm

Wednesday 27th
September
School closure
14.30pm
For Staff inset

Thursday 12th
October
School closure
14.30pm for
Open Evening

Friday 13th
October
Staff inset day.
School closed to
students

Half Term
Monday 23rd
October -
Friday 27th
October

On the first day of term, we celebrated the fantastic GCSE achievements of our Year 11 students with staff and the whole school. These were the first students nationally to sit the tougher-and longer- English and Mathematics GCSEs, which were graded by the new extended range of 1-9, with 9 being even higher than the A* grade. 30% of entries from all subjects at WSFG were awarded an A* or A (7-9) grade. Below are the results of some of our highest attainers, but many more made excellent progress overall. I want to also pay tribute to our hard working staff who managed to guide our students through the curriculum changes this year and ensure that these Year 11s achieved the success they deserved.

As you can see here, large numbers achieved the very highest grades at GCSE level and they have all made us and their families very proud. Below is just a sample of some of them who have now secured places at excellent sixth form and college provision.

	Level 9*	Level 8*	Level 7*	Grade A*/A	Other
Hannah Baines	3			8 A*	Additional Maths (C)
Anastasia Denning	1	2		6 A*	
Noemi Munt		2	1	6 A* / 2 A	
Ebun Adebajo	1	1	1	6 A*	
Aisha Ali	2	1		5 A* / 1 A	
Elysia Folkes	2		1	5 A* / 1 A	
Martha Bowsher		2	1	5 A* / 1 A	
Ellen Bishop	2		1	4 A* / 2 A	
Bella Evans	1	1	1	4 A* / 2 A	
Tosin Ajayi	2		1	3 A* / 3 A	Additional Maths (A)
Malika Arshad	1	2		2 A* / 4 A	Business – Distinction*2**
Vidura Sothilingam	2	1		2 A* / 4 A	
Aisha Hashi	2		1	2 A* / 4 A	Additional Maths (A)
Farah Mohd Azlin	1	2		2 A* / 4 A	
Hafsa Moolla		3		2 A* / 4 A	
Irsa Ahmed	1	1	1	2 A* / 3 A	Business – Distinction*2**
Elifur Ulucay	1	1	1	1 A* / 5 A	
Omotalani David	1	1	1	6 A	

Note:

New gradings for Mathematics, English Language and English Literature, graded from 1-9 where the highest grades 7-9 are the equivalent of A-A under the previous grading system with 9 being awarded to those at the top end of the previous A* grading.*

*** (A* equivalent)*

Students at WSFG make exceptionally good progress overall, with a large number surpassing their predicted grades. Last year, our progress measure placed us amongst the top 3% of schools nationally. This year, we particularly congratulate students such as *Amina Ougad, Mahnoor Ahmed* and *Desy Koparanska* whose hard work ensured excellent progress and outcomes. They have all made us proud.

Start of term

It was lovely to see all our other students return on Tuesday after a much deserved break. Our newest students are settling in well and are extremely polite and attentive, which bodes very well. The students have been meeting our excellent new teachers. We are pleased to welcome the following new experienced teaching colleagues this term:

Ms Bradshaw, Deputy Head of Performing Arts Faculty/Head of Music

Ms Fearnley, Deputy Head of Humanities Faculty/Head of Geography

Ms Wills, Deputy Head of ADT Faculty/Head of Art

Mr Nortey, Interim Teacher of Business/Economics (maternity cover)

Ms Ullah, Part-time temporary Teacher of Science (maternity cover).

Also a warm welcome to Mr Montero Diaz, Foreign Languages Assistant (Spanish) and Mr Higgins, Site Services/School Lettings Officer

Uniform reminder

In this issue we have reprinted the uniform reminders which were sent to you weekly from June last term. As the weather begins to chill, please note that the school outdoor jacket or coat must be plain black, for all Year 7 students, and for Year 8 and 9 students from January 2018. Years 10 and 11 students may wear a black or plain dark coat, see overleaf concerning coats on page 6.

Finally, I look forward to working once more in partnership with you this year and to seeing you at school events.

Best wishes,
Meryl Davies
Headteacher

GCSE Results Day



Welcome to our New Year 7 Students





NEGLECT NOT THE GIFT THAT IS IN THEE

Headteacher: Ms M Davies BA (Hons) NPOH
 Church Hill Walthamstow London E17 9RZ
 Telephone: 020 8509 9446 Fax: 020 8509 9445
 Email: info@wstfg.waltham.sch.uk
 Website: www.wstfg.waltham.sch.uk

8th September, 2017

Dear Parents and Carers

As you are aware, the school changed the uniform requirement regarding the colour of outdoor coats last term from plain dark to black, to take effect from the start of this autumn term.

This was communicated to you via our weekly Greensheets from the beginning of June and your daughter was told about this change in assemblies. It was also made clear on the uniform section of our website, where parents are asked to ensure when purchasing new items of uniform, that they are of the permitted styles. The majority of students have returned to school with black coats or jackets and look very smart indeed.

It has been brought to my attention that a number of parents and carers had not seen this message in the Greensheet, nor had they been given the information by their daughters, and they have purchased new non-black coats during the holidays.

I have heeded your communication with the school and fully appreciate your concern on this matter.

As a result we have delayed the introduction of these changes, with the exception of Year 7 students.

Please note the revised uniform requirement regarding coats:

Year 7	Plain black outer coat	(compulsory)
Year 8	Plain black outer coat	(compulsory from January 2018)
Year 9	Plain black outer coat	(compulsory from January 2018)
Year 10	Plain dark outer coat	(as previously required)
Year 11	Plain dark outer coat	(as previously required).

If any parent or carer experiences financial hardship as a result of these changes, please contact your daughter's SPL directly.

Yours sincerely

Meryl Davies
 Headteacher

Focus of the Fortnight
5th – 15th September 2017
The Focus
All aspects of UNIFORM.



- If a student is wearing a non-uniform item, it will be confiscated and she will be asked to change into an item of correct uniform provided by the school. The student will collect any confiscated uniform items at the end of the day from her SPL. The conduct card will be signed.
- If a student is wearing a skirt that is too short, she will be asked to adjust it but if it is still too short, she will be asked to change into an item of correct and appropriate uniform provided by the school. The conduct card will be signed.
- Any items of non-uniform jewellery will be confiscated and Parents / Carers will be sent a letter asking them to collect the item just before the next half term holiday. This will NOT be returned at the end of the day. The conduct card will be signed.
- If the lanyard or conduct card are not worn, there will be an automatic one hour detention that Parents / Carers will be informed of by letter. The conduct card will be signed.
- Please see **page 9** of the Student Planner for uniform and jewellery regulations at WSFG.
- NO trainers / canvas sport shoes of ANY type allowed.
- Hoodies / denim / leather and leather look jackets are NOT allowed on school premises.
- NO acrylic / false nails allowed.
- Blazers are **COMPULSORY** for Year 7 and 8 and **MUST** be worn at all times during the school day unless permission is given by a member of staff to remove it.
 Sanctions will apply if the blazer is not worn by Year 7 and 8 students.

School Uniform Update September 2017/8 (First issued June 2017)

Dear Parents / Carers and Students,

We are very proud of our school uniform at WSFG and we wish to ensure that all students and their families are clear about the high expectations that we have in terms of the standard of dress that is expected for school. The WSFG uniform is very versatile and students have a number of choices of uniform items.

Please ensure that if you are purchasing new items of uniform that they are of the permitted styles. The recommended suppliers stock the correct accepted items of uniform. Any items that are not listed below are not acceptable for school and you will be asked to change the item for one that is within the uniform rules.

Please note carefully the guidelines on shoes and outdoor coats which have been clarified for September 2017. Also please note that your daughter will not be allowed to wear noticeable make-up that is not minimal or discreet. False nails or false eyelashes are also not allowed for school .

If you have any queries or questions about uniform for September 2017, please contact your daughter's Progress Leader.

Thank you

Ms. Pratt

Assistant Headteacher



The compulsory uniform consists of:

Dark, bottle green pleated knee length skirt or trousers in the acceptable school styles below:

- Dark, bottle green religious dress in plain, cotton fabric.

- Strictly no jeans style trousers, tight trousers or leggings are permitted.
- Plain white blouse with shirt collar to be worn by all. Shirts can be long sleeved or short sleeved.
- Plain white vest top can be worn under the school shirt if necessary.
- Dark, bottle green sweater, cardigan or sweatshirt without any logo. No other colours of sweater or cardigan are permitted.
- Plain black, white or bottle green knee socks, ankle socks or tights are to be worn at all times. **Over the knee socks are not permitted.**
- **Plain black low-heeled sensible shoes or boots. Trainers and higher heels are not permitted. Footwear must have black laces and not have pattern, colour or large branded logos.**
- **PLAIN, BLACK COAT OR JACKET that is suitably waterproof. (See letter on page 6 for clarification.)**
Denim, leather, faux leather jackets and hoodies are not permitted to be worn to or from school, or in school.
- Hijabs must be plain white or dark bottle green with **no fringe** and must be worn pinned securely.
- School blazer with WSFG logo (see above) is **compulsory** for Years 7 and 8. This must be worn at all times. The blazer is **optional** for Years 9 -11.

Uniform Extras:

- Facial coverings are not permitted to be worn in school and if worn to or from school, must be removed once the student enters the school gate.
- Make-up, if worn, must be minimal and discreet. False eyelashes, eye lash extensions, acrylic or other types of nail extensions are not permitted.
- Students are permitted to wear one small stud in each ear (which should be no bigger than the size of a pea) and a wrist watch only. Facial piercings and visible body piercings (including tongue piercings) are not permitted. Any other jewellery items will be confiscated and will only be returned to parents / carers.
- Hair must be of a natural colour and hair of a non-natural colour is not permitted. All hair accessories must be small, discreet and plain.
- Coloured or patterned contact lenses are not permitted.
- The school reserves the right to ask a student who is not in correct uniform to remove non-uniform items or change into uniform items provided by the school for the day.
- The school does not accept any responsibility for the loss or damage of any confiscated items.

Breakfast Club for Year 7 and 8

September 2017

Dear Parent/Carer

We are pleased to announce that WSFG has funding from Waltham Forest to run a Breakfast Club. This means that your Year 7 or 8 daughter will be entitled to a free breakfast **EVERY DAY** from **8:00-8:35** in the Dining Hall.



Our Breakfast Club has had a huge impact on students who have attended, including:

Improved punctuality and attendance

Improved confidence

Developing social skills

A quiet place to complete work or homework before school

Providing a nutritious start to the day

Managing stress

We also know that breakfast is the most important meal of the day!

There are board games, books, newspapers, music and other activities available to provide pupils with the best possible start to their day.

This opportunity will be up and running for Year 7 and 8 pupils from **Monday 11th September**.

I hope to see you daughter at Breakfast Club.

Yours faithfully,

A handwritten signature in blue ink that reads "M Philippou". The signature is written in a cursive style.

Ms M Philippou
Assistant Headteacher

Parent Information

Dear Parents/Carers,

In an attempt to save time and paper, WSFG would like to keep you informed of important communication including our weekly Greensheet by using email.

Please take a moment to inform us of your email address, if you have not done so already, via info@wsfg.waltham.sch.uk.

Please ensure that the school has up to date contact details

Your email address will not be shared or used for any other purpose.
Thank you.

Ms N Janes
Administrative Manager



Black Achievement Conference at London School of Economics and Political Science

For Year 10 and 11 students Applications for the 10th Anniversary of the Black Achievement Conference at London School of Economics and Political Science are now open!

The conference, for **Black African and Caribbean** students in **Years 10, 11 and 12**, will be taking place on **Saturday 21 October 2017** at London School of Economics and Political Science from approximately **10am – 3:30pm**.

Parents and carers are also encouraged to come along.

The conference is designed to help students and their families to plan for their future by providing a taste of higher education. The conference will include motivational sessions, university advice, parent/carer workshops and an exhibition of extra-curricular opportunities available to student in London. The conference is **free to attend** and lunch will be provided. Students will need to apply individually for the event.

For further details see Ms Warren G05

Olive Dining

Menus for the Autumn Term

All menus are subject to change. This week we are on Menu **Week One**.

Please note the cost of a school meal is £2.15.

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.



[WEEKLY MENU]

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Cajun Chicken Fillet with Tomato Mango Salsa	Butcher's Sausages served with Caramelized Onions + Gravy	Roast Turkey, Stuffing, Cranberry Sauce + Roast Gravy	Hot Deli Sub Spicy Beef Meatballs, BBQ Pulled Chicken	Fish + Chips with Fresh Minted Mushy Peas + Homemade Tartare Sauce
Vegetarian Dish of the Day	Sweet Potato + Mixed Bean Wellington	Quorn, Root Vegetable and Pepper Stroganoff	Leek and Cheddar Tart	Hot Deli Sub Falafel and Humous	Vegetable Enchiladas with Tomato + Chilli Relish
Fusion Corner	Beef Teriyaki Noodles	Tandoori Chicken Leg and Turmeric Rice	Sweet and Sour Meat Noodles	Chicken and Mushroom Bake with Garlic Bread	Piri Piri Chicken
Fusion Corner	Singapore Vegetable Noodles	Lentil + Chickpea Curry served with Naan	Lo Mein Vegetable Noodles	Pumpkin and Spinach Lasagne	Chef Choice
Vegetable of the Day	Savoury Rice Garlic + Thyme New Potatoes, Seasonal Vegetables	Creamy Mashed Potatoes, Seasonal Vegetables	Rosemary Roast Potatoes, Seasonal Vegetables	All Subs served with Salad + Coleslaw, Seasonal Vegetables	Chipped Potatoes, Seasonal Vegetables
Dessert of the Day	Sticky Toffee Pudding with Butterscotch Sauce	Apple + Winter Berry Crumble, with Custard Sauce	Caramel Mud Cake with Custard	Raspberry and Coconut Slice with Vanilla Sauce	Chocolate Chip Cake with Creamy Chocolate Sauce
Cold Selection	Baguettes, Sandwiches, Salad Boxes, Fresh Fruit and Yoghurt Pots	Baguettes, Sandwiches, Salad Boxes, Fresh Fruit and Yoghurt Pots	Baguettes, Sandwiches, Salad Boxes, Fresh Fruit and Yoghurt Pots	Baguettes, Sandwiches, Salad Boxes, Fresh Fruit and Yoghurt Pots	Baguettes, Sandwiches, Salad Boxes, Fresh Fruit and Yoghurt Pots

[WEEKLY MENU]



Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Kentucky Baked Chicken with a Sweet Corn Fritter	Chunky Steak Pie topped with Cheddar Cheese Mash	Roast Garlic & Thyme Chicken with Roast Gravy	Lamb Kofta served with a Wrap, Pickled Cabbage and Dips	Catch of the Day Chips, Peas + Tartare Sauce
Vegetarian Dish of the Day	Garlic Mushrooms and Lentils on a Polenta Cake drizzled with Pesto	Roasted Beetroot, Feta, Honeyed Pumpkin + Bulgur Wheat	Baked Egg, Cherry Tomato + Caramelized Red Onion Puff Tart	Spicy Bean Burger, Pickled Cabbage and Dips	Homemade Pizza Fiorentina
Fusion Corner	Lemongrass and Lamb Stir Fry Noodles	Katsu Chicken Curry	Laksa Meat Noodles	Beef Bolognese	BBQ Chicken Leg
Fusion Corner	Pad Thai Vegetable Noodles	Egg Rogan gosh	Hoi Sin Vegetable Noodles	Macaroni Cheese	Chef's Choice
Vegetable of the Day	Seasoned Wedges Seasonal Vegetables	Steamed Rice Seasonal Vegetables	Roast Potatoes Seasonal Vegetables	Spaghetti, Garlic Bread, Seasonal Vegetables	Chipped Potatoes Seasonal Vegetables
Dessert of the Day	Upside-Down Toffee Banana Cake with Fruit Compote	Plum and Berry Crumble with Custard	Carrot Velvet Cake with a Lemon and Orange Frosting	Dutch Apple Pie with Vanilla Custard	Orange + Chocolate Cake with Chocolate Sauce
Cold Selection	Baguettes, Sandwiches, Salad Boxes, Fresh Fruit and Yoghurt Pots	Baguettes, Sandwiches, Salad Boxes, Fresh Fruit and Yoghurt Pots	Baguettes, Sandwiches, Salad Boxes, Fresh Fruit and Yoghurt Pots	Baguettes, Sandwiches, Salad Boxes, Fresh Fruit and Yoghurt Pots	Baguettes, Sandwiches, Salad Boxes, Fresh Fruit and Yoghurt Pots

[WEEKLY MENU]



Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Slow Cooked Minted Lamb Casserole	Jerk Chicken with Rice + Peas	Roast Beef with Yorkshire Pudding, Horseradish Sauce + Roast Gravy	Southern Fried Chicken Burger and all the Trimmings	Catch of the Day with Chips + Tartare Sauce
Vegetarian Dish of the Day	Vegetable and Quorn Gouliash	Vegetable Spring Roll, Sweet + Sour Sauce and Asian Slaw	Chickpea, Roasted Vegetable and Dill Filo Parcel	Field Mushroom, Halloumi and Red Onion Relish Burger	Twice Baked Ratatouille + Cheese Stuffed Jacket Potato
Fusion Corner	Sweet Chili and Coriander Noodles	Baked Fish Fillet on West Indian Steamed Cabbage	Chilli and Coonut Meat Noodles	Spicy Sausage, Pepperoni + Tomato Cream Sauce	Chinese Chicken
Fusion Corner	Chicken Chow Mein	Vegetable and Butterbean Madras	Soy and Ginger Vegetable Noodles	Quorn and Vegetable Canneloni Gratin	Chef's Choice
Vegetable of the Day	Chive Mash Seasonal Vegetables	Steamed Rice Seasonal Vegetables	Garlic Roast Potatoes Seasonal Vegetables	Fusilli, Garlic Bread, Seasoned Wedges Seasonal Vegetables	Chipped Potatoes Seasonal Vegetables
Dessert of the Day	Golden Orange Syrup Cake with Custard	Apple and Cinnamon Crumble with Custard	Berry Crunch Cake with Vanilla Sauce	Belgium Waffles, Whipped Cream + Caramelized Peaches	Pear and Chocolate Cake with Toffee Sauce
Cold Selection	Baguettes, Sandwiches, Salad Boxes, Fresh Fruit and Yoghurt Pots	Baguettes, Sandwiches, Salad Boxes, Fresh Fruit and Yoghurt Pots	Baguettes, Sandwiches, Salad Boxes, Fresh Fruit and Yoghurt Pots	Baguettes, Sandwiches, Salad Boxes, Fresh Fruit and Yoghurt Pots	Baguettes, Sandwiches, Salad Boxes, Fresh Fruit and Yoghurt Pots

WSFG Steel Pans at Walthamstow in Bloom

A Year 10 steel pan player asked if she could take a couple of pans home over the summer holiday. The players were booked to play for Walthamstow in Bloom and were consequently offered a spot at the Walthamstow Village Festival and asked to open the session on the main stage. They were also given a slot on the stage outside the Nag's Head.

They played very well, and confidently, and were enjoyed by the audience. With two-at-a-time on the pans, the rest on hand percussion, it was very effective.

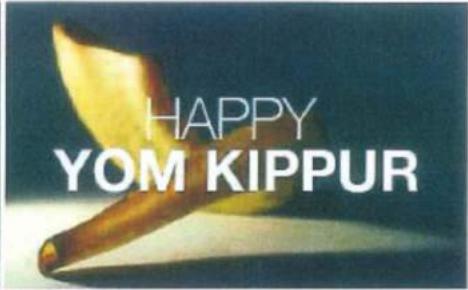
As a result, the girls raised funds for the steel pans; this was a very enterprising venture, well done all!

Year 11 *Esme, Kezia, Lily, Coral, Rosie*
Ex-students *Hannah, Lucy, Ummi, Nyah*

Mr Murphy
Steel pan teacher



WSFG Diversity Calendar for the month of September



September 2017



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

Special Days

- 1st Sukgwan year begins - Orthodox Christians
- 1st Eid-ul-Adha - Islam
- 9th International Day of Charity - Islam
- 9th Education - Jain
- 9th Nativity of Virgin Mary - Christian
- International Library Day
- 10th World Tobacco Prevention Day
- 11th International Day of the Girl - Buddhist
- 14th The Strength of the Cross - Christian
- 15th International Day of Democracy
- 21st South Sudanese - Sudanese
- International Day of Peace
- World Alzheimer's Day
- Worshipful Magistrates - Hindu
- 22nd Ashura - Islamic
- Mulade - Odia - Hindu/Pagan
- Parents and Southern Hemisphere
- Al-Bura Muharram - New Year - Islam
- 23rd 9/11 Remembrance Day
- 27th Mouludi - Egyptian Orthodox Christian
- 28th International Right to Know Day
- Sweden's Iron Harvest Day
- 29th Michaelmas - Saint Michael and All Angels - Christian
- 30th Dussehra - Hindu
- Yom Kippur - Jewish

September is also Carpal Awareness Month | Ovarian Cancer Awareness Month | International Blood Cancer Awareness Month | World Alzheimer's Month | Royal Cancer Awareness Month | Reading Awareness Month | World Climate Awareness Month

● Not a Holiday ● Not a Holiday ○ PFD Quarter ○ Full Moon

All Jewish holidays begin at sundown on the preceding day.



Alumnae News
Open House London 16th September 2017

Open House is a free London wide event where buildings are open to the public. The emphasis of the event is architectural. For the third time, our school will participate in this event and open its doors to the general public to showcase its beautiful architecture and history.

It would be great to see more past students and staff at the event, as your memories and stories will be of great interest to the general public and other alumnae.

Guided tours will be available from **10am – 1pm** by members of our Alumnae Committee and volunteer staff and students.

Given the success of last year's AGM, we will be hosting the AGM on the same day, 1.30pm arrival for a 2pm start. It will finish no later than 3.30pm.

Whilst it is free to attend, we will be providing light refreshments therefore donations are welcome. We will discuss what we achieved in 2016-17 and what our plans are for 2017-18 and we would love to hear your ideas.

Please RSVP to Lesley Winter (WSFG Alumnae) at the school address no later than **Friday 8 September 2017:**

Email: lwinter@wsfg.waltham.sch.uk

Telephone: 020 8509 9410

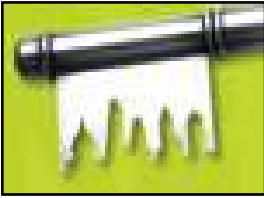
It is important that we know in advance the numbers attending the AGM for catering purposes. Therefore please confirm your attendance and encourage former school friends and teachers to come along to the Open House and the annual Alumnae AGM.

We look forward to building a stronger alumnae community and supporting the school— let's do it together as fellow ex-students and staff of the school!

Kind regards,

Danielle Ferguson
WSFG Alumnae Chair

OPEN HOUSE LONDON 2017



It was lovely to see all the positive responses about the plaque commemorating Patricia Marino.

If you are interested in coming back to see your old school, we are intending to take part in

Open House London 2017
Saturday 16th September 2017
10-1pm.

This festival focuses on architecture and urban design. There will be guided tours of the school grounds, including the Greek Theatre, the Grade II listed Edwardian building and our award-winning buildings of 2010.

For further information about Open House events you can look at these links:

Facebook (www.facebook.com/openhouselondon) and
 Twitter ([@openhouselondon](https://twitter.com/openhouselondon)) with the
[hashtag #openhouselondon](https://twitter.com/hashtag/openhouselondon)

Ms Kelly LRC

Year 7 Origami Club – Tuesday Week A

This will commence on Tuesday 19th September, from 3.30-4.30pm in Room F38

There will be 20 places in the first instance.

See Ms Robinson in F03 if you would like to express interest in joining.

Ms Robinson



Parents and Carers



First 6 weeks free!

Our weekly **Yoga and Relaxation** classes for **Parents, Carers and Staff** begins on **Thursday 14th September.**

Sessions are suitable for complete beginners and take place at **WSFG** from **4 – 5pm.**

Some of the many benefits of yoga include:

- Managing stress through breathing, meditation and movement
- Increasing confidence and positive self-image
- Physical fitness
- Improved sleep

Ms Wilkinson, who is certified by Yoga Alliance UK, said: ‘Yoga is a wonderful way to escape the pressures of busy modern life. For an hour each week we take time out to stretch out and simply to relax. One attendee even called our sessions her *‘weekly sanity spot’!*

‘Sessions are very inclusive – everyone is welcome, regardless of experience or fitness level. It’s a small, friendly beginner level class, and a pleasure to teach. Of course, I am also delighted the students have reported very real benefits since they began practising.’

Testimonials include:

‘I feel energised after class and I positively bounce home’

‘I feel that my posture is better and I’m more aware of how I walk and move generally’

‘The gentle stretches and relaxation were a treat after a stressful day!’



Contact Ms Wilkinson on swilkinson@wsfg.waltham.sch.uk to sign up now for your place.

**Walthamstow School
for Girls
Alumnae**

**FUNDRAISING
QUIZ NIGHT**

Thursday 19th October 2017

7.00 p.m.

Tickets £5.00 per person

Adults only - open to staff, parents,
alumnae and friends over 18

Bring YOUR own food and drink

Tables of ten

Booking essential

To book a place please contact

Lesley Winter on: 020 8509 9410

Or email

lwinter@wsfg.waltham.sch.uk

School Calendar for 2017-18

Autumn Term 2017

Start: Monday 4th September End: Wednesday 20th December

Saturday 16th September	Open House London 10 -1pm WSFG alumnae AGM 1.30– 3.30pm
Wednesday 27th September	School closure 14.30pm staff inset
Thursday 12th October	School closure 14.30pm open evening
Friday 13th October	Staff Inset Day school closed to students
Wednesday 18th October	Year 7 Settling in afternoon

Half Term

Monday 23rd October - Friday 27th October

Monday 6th– Friday 24th November	Year 11 mock examinations
Thursday 9th November	Year 10 parents/carers evening 16.00 –19.30pm

Spring Term 2018

Start: Thursday 4th January End: Thursday 29th March

Thursday 25th January	Year 11 parents/carers evening 16.00 –19.30pm
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Half Term

Monday 12th February - Friday 16th February

Thursday 22nd February	Year 9 parents/carers evening 16.00 –19.30pm
Thursday 15th March	Year 8 parents/carers evening 16.00 –19.30pm

**Good Friday Bank Holiday 30th March -
Easter Monday Bank Holiday 2nd April**

Thursday 26th April	Year 7 parents/carers evening 16.00 –19.30pm
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Summer Term

Start: Monday 16th April End: Friday 20th July
May Bank Holiday Monday 7th May

Monday 14th May -	Year 11 GCSE Examinations
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Friday 22nd June

Half Term

Monday 28th May - Friday 1st June