

No. 19/18

4 February 2019

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Week 'B'

SCHOOL CALENDAR Spring Term 2019 End Friday 5th April 2019

Thursday 13th -14th February School production of Mary Poppins Jr.

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

Thursday 4th April 7th Annual Stool Ban

Steel Pan Fundraising Concert 7 - 9.30 pm Church Hill, Walthamstow, London, E17 9RZ Telephone: 020 8509 9446 Email: info@wsfg.waltham.sch.uk Website: www.wsfg.waltham.sch.uk

Student Absence Line: 020 8509 9444



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HEADTEACHER'S MESSAGE

Dear Parents and Carers

Despite the dire forecast, last night's snowfall did not impede travel to school and the site is fortunately not icy. Instructions regarding where to look in the event of severe weather which would lead to our school site becoming dangerous and/ or inaccessible and decisions being made about a closure are included in our weekly Greensheet and also on our website. It is extremely rare for this school to ever close-in seven years we have only resorted to this once. So please just ensure that your daughter wraps up, wears sensible shoes and sets off for school a little earlier than usual over the next few weeks.

This has been an excellent week to hold our Interform Events for all year groups! The girls have kept warm both inside and out by throwing themselves into the different interform competitive sports, and getting into the spirit by decorating themselves with face paint (in school colours, naturally) and golden glitter! See inside this issue for more news and pictures. Well done to all the girls and staff for entering energetically into the spirit of interform. See page 6.

Also, a reminder that tickets for our amazing school production of Mary Poppins Jr. are now on sale via sQuid see page 7 for details.



Following on from Mr Cap's article about Auchwitz last week, all the girls have had a powerful and moving Leadership Assembly this week on the Holocaust led by Mr Morrow, who also accompanied Mr Caps on the visit to Poland.

Other events this week included a special day for our Year 11 students. For several weeks now they have been preparing for their Professional Interview today. They all attended school in smart professional dress (ie not their usual dapper green uniform) and were prepared to be interviewed by a career professional unknown to them who will have reviewed their job application and CV. Our interviewers came from a range of backgrounds including television journalism, social services, the performing arts, the legal profession plus we have a published author, a genetic counsellor and an events manager with us today. After the interview, each girl will then receive individual feedback. All of this is immensely helpful and brings the world of work one step closer to our older students. Meanwhile, many Year 10s are still on the lookout for suitable workplaces to undertake their work experience in the summer term-if you are able to help in any way, please contact Ms Phillipou at the school. Stay warm!

Meryl Davies Headteacher

The Focus of the Fortnight 4th –15th February Noise and Movement in the School Corridors

Dear Parents / Carers,

All members of our school community are asked within the Out of Lesson Positive Behaviour Code to move around the school "calmly, safely and quietly". We also always walk on the left in school corridors and staircases etc. If students behave in a dangerous, noisy or inappropriate way in the school buildings or grounds, they will be spoken with by a member of staff and will have their conduct card signed.

It is in the interest of all members of our community to move calmly, safely and quietly around the school at all times. Thank you for your support in this and all school matters.

Ms. Pratt Assistant Headteacher

- The Out of Lesson Positive Behaviour Code states that we move around the school "calmly, safely and quietly".
- It also states that we walk on the left.
- The corridors are not for social gathering as they need to remain clear.

The Sanctions.

- The student breaking these expectations will be spoken to by a member of staff.
- The student conduct card will be signed if this expectation is not met by a student.

Emergency School Closures or Severe Weather

In the event of an emergency school closure the decision on whether the school stays open will be taken by the Headteacher after carrying out a risk assessment.

In the event of severe weather, the school will remain open whenever possible.

Information about any closure will be available on the school's website: www.wsfg.waltham.sch.uk by phone: 020 8509 9446

or via a text message

We aim to send text messages to parents and carers, although there are sometimes delays in getting these messages through promptly, so please check the school's website for up to date information. Please ensure that the School Office has on record up to date addresses and telephone numbers including a mobile number and the person to contact in the case of a student emergency.

It is essential that the school has at least **one** land line and a mobile number.



P.E. News

We received some fantastic news regarding the trampoline competition we attended at the end of last week.

In the Under 16 category *Sophie-May* 11G won the individual competition so she is the top trampolinist in Waltham Forest. Our Under 16 team also won the Competition, which is an incredible achievement for the girls. The team consisted of *Sophie-May, Sophie* 11G, *Marley* 11G and *Eve* 11H.

In the Under 14 category, *Clementine* 7H finished in 3rd place. She was competing against year 8 and 9 students so this in an excellent achievement.

Thank you to everyone who supported this event, please do congratulate the girls if you see them.





Year 8 Basketball Semi final

The Year 8 team played extremely well this week but unfortunately were deservedly beaten 22-11 by an extremely tall and experienced team from Holy Family!

They kept their heads up for the entire game and gave 100% effort for the full 40 minutes. Player of the match was awarded to *Joni* 8W who had a brilliant game. Well done to all the girls for their outstanding performance and a great first season together.

Ms Warren

Winter Interform

Results : Winners for each year group (at time of writing):

- Year8 8G winners on Monday
- Year 10 10H winners Tuesday
- Year 9 9F winners Wednesday
- Year 11 11G winners Thursday
- Year 7 awaiting results

Ms Warren











Our School History

For those students and staff preparing for our next school production, we can only imagine the amount of hours that go into rehearsing. Here is an extract by a former pupil, Eileen Raven, from the July 1926 *Iris* magazine, detailing the trials and tribulations of a life on the stage.

Ms Kelly LRC

Iris July 1926

THE STAGE

THIS is not a profession I should advise anyone wishing to make money to adopt. It is very interesting and exciting but it is a profession of continual disappointments and constant hard work.

The best place to gain experience is I think universally agreed to be in repertory work; that is, as a member of a resident company playing a different play each week. I will try to give you an idea of what work with such a company means.

On Tuesday morning you arrive at the theatre at ten and straight-way start to rehearse next week's play until about one o'clock. Every morning this rehearsing continues, matinee days as well, with the exception of Thursday, which is set apart for study. Your afternoons are your own. Monday brings you to the last rehearsal, for that play is given in the evening and next morning a new one is started. For those who have a heavy part to study and rehearse and a totally different one to play in the evening the life is decidedly strenuous.

The stage has a fascination of its own, but behind the glare of the footlights is hidden more disappointment and failure than the world outside ever knows about.

Eileen Raven (Old Girls Association)

The Media performed at the opening of the Greek Theatre in 1925. Dame Sybil Thorndike took the lead role.



ONLINE SAFETY: ENGAGING WITH PARENTS

How can schools help parents?

EXPLAIN AND INFORM MANY PARENTS RELY ON SCHOOLS TO HELP REEP THEM UP TO SPEED AND HELP DEAL WITH ONLINE ISSUES, STAY ON TOP OF ONLINE SAFETY RELATED NEWS INCLUDING SOCIAL MEDIA DEVELOPMENTS AND NEW APP RELEASES, AND SHARE IMPORTANT UPDATES WITH DADENTS

COMMUNICATE CLEARLY EFFECTIVE COMMUNICATION IS ESSENTIAL FOR BUILDING SCHOL-FAMILY PARTNERSHIPS, MARE IT EASY FOR PARENTS TO ACCESS ONLINE SAFETY INFORMATION, PLAN YOUR COMMUNICATIONS TO PARENTS SO THAT YOU DON'T HAVE TOO MANY THINGS GOING OUT ON THE SAME DAY AND TRY DIFFERENT WAT'S TO INFOLVE THEM.

INVOLVE CHILDREN INVITIKG PUPILS TO GET INVOLVED IN SHARING DNLINE SAFETY INFORMATION ENABLES PARENTS/CARERS TO HEAR FIRST-HAND HOW CHILDREN AND YDUNG PEOPLE FEEL ABOUT USING TECHNOLOGY, AND WHAT STEPS THEY TAKE TO STAY SAFE.

MAKE IT ENGAGING IT DOESN'T MATTER HOW MUCH EFFORT YOU PUT INTO AN ASSEMBLY, PRESENTATION OR NEWSLETTER ETC, IF THE CONTENT INT ENGAGING, YOU'LL QUICHLY LOSE THEIR ATTENTION.

7 fun ways to share key messages

WHILE PARENTS' EVENINGS AND MEETINGS ARE A Great way of informing parents and carers about online safety. It can be difficult to get all parents physically into the school AT THE SAME TIME.



85% OF PARENTS Say they prefer to learn about online safety Via digital RESOURCES.



1. Videos

VIDEO HAS BECOME AN ESSENTIAL PART OF THE ONLINE EXPERIENCE AND IS THE PERFECT MEDIUM FOR DELIVERING A MESSAGE OUICHLY AND EFFICIENTLY. OF BOD PARENTS ASSHED, 85% TOLD US THAT THEY PREFER TO LEARN ABOUT ONLINE SAFETY VIA E-LEARNING VIDEOS THAT THEY CAN ACCESS IN THE COMFORT OF THEIR OWN HOME.



WhatsApp

2. Social Media

MOST PARENTS ARE ACTIVE ON SOCIAL MEDIA, EITHER DIRECTLY OR INDIRECTLY VIA FAMILY MEMBERS. USE SOCIAL MEDIA TOOLS To ENCAGE WITH YOUR COMMUNITY ABOUT ONLINE SAFETY. WHETHER IT'S SHARING REVELANT ARTICLES/INFORMATION, ASHING DUESTIONS OR SIMPLY SHARING BEST PRACTICE THAT YOUR SCHOOL IS UNDERTAING - SOCIAL MEDIA IS GREAT (WHEN USED IN THE RIGHT WAY).

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3. Closed groups / chat apps

CLOSED GROUPS ON PLATFORMS SUCH AS FACEBOOH AND WHATSAPP ARE IDEAL FOR SHARING MESSAGES AND UPDATES ON A REGULAR BASIS, AS WELL AS REWINDING PARENTS OF ONLINE SAFETY GUIDANCE AND ACTIVITIES. WHEN CREATING A GROUP, IT'S WORTH CONSIDERING RULES AND ETIOLOUTET COUDES ABOUT WHAT CAN BE POSTED, AND INTRODUCE PROCESSES FOR APPROVING OR RESTRICTING COMMENTS. 202

4. Posters and infographics

SHARING POSTERS AND INFOGRAPHICS TO PARENTS VIA Your Website or Social Channels can make Essential Online Safety Information Engaging and Memorable. A well-designed infographic can catch the eve, Breah down complex information and Present it in a way that is both relevant and Understandale to Your Community.

5. Email Newsletters

EMAIL COMMUNICATION IS GREAT FOR SHARING MORE IN-DEPTH INFORMATION FOR PARENTS TO LODA AT IN ONE PLACE. IT'S ALSO A RELIABLE WAY OF HANOWING A Message has been delivered IAS you can trach it). You can sten dmottaly newsletters for more frequent) updates to heep parents clued up on the Latest emerging trends and news relating to the online world and evolving Risks.

6. Blogs

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A BLOC IS A GREAT WAY TO DEVELOP A WHOLE SCHOOL CULTURE OF COMMUNICATION AND ALLOWS PARENTS TO HEAR DIRECTLY FROM SCHOOL STAFF AND PUPILS ON TOPICS INCLUDING ONLINE SAFETY AND TECHNOLOGY TRENDS. WHY NOT CONSIDER HAVING A VARIETY OF AUTHORS, INCLUDING STAFF, PUPILS AND PARENTS TO FORM A BALANCED VIEW, IT MAY ALSO BE WORTH HAVING A DEDICATED AREA ON YOUR SCHOOL WEBSITE TO ONLINE SAFETY.

7. Online learning

WE TYPICALLY SEE AN ENGAGEMENT RATE OF 10% OR LESS FOR IN-PERSON ONLINE SAFETY SESSIONS BETWEEN SCHOOLS AND THEIR Parents. Time is precious and accessibility is important - online training ticks most boxes when it comes to maning information readily available to your entire community in a really encading and interactive way.

www.nationalonlinesafety.com

Twitter - @natonlinesafetv

Facebook - /nationalonlinesafety

Phone - 0800 368 8061

Free, safe and anonymous online counselling and support

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"I don't think I could've spoken to someone face-to-face."



Chat to our friendly counsellors



Read articles written by young people



Join live moderated forums





Master Class One Day Short Course (NEW DATES FOR JANUARY) Open to students, parents/carers and staff Course 1 BREAD BAKING CLASSES £25.50

C.J.CATERING AND TRAINING

Course 2 PASTRY CLASSES £29.50

Our classes are fun, relaxed, informative and interactive. Whether you are a beginner or have more experience come along and let our chefs guide and inspire you and boost your confidence.

The courses include

- Understanding different types of YEAST (dried and fresh) or PASTRY
- Using sight, smell and touch to guide your dough/pastry making
- Baking two different styles of bread dough (including brown ad Italian bread dough)
- Baking three different styles of desserts (including a sponge base, short crust pastry, Viennese biscuits and choux paste

What is included

- + All ingredients (the food is yours to take home)
- A kitchen apron will be provided (please hand in at the end of the session)

What you need to bring

- Flat soled shoes
- Long trousers and a long sleeved top

When

Course 1 Saturdays 9.30am-11.30am or 12-2pm 26 January, 2 - 16 February, 2 March - 16 March

 Course 2 Saturdays 9am-12pm or 12.30-3.30pm

 26 January,
 2 - 16 February,

 2 March 16 March

Where Walthamstow School for Girls, Church Hill E17 9RZ To sign up please contact Christopher Mob: 07428360944 Email: christopher576@hotmail.co.uk Cash or Card payment accepted on the day



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School Calendar Dates 2018-2019			
Spring Term 2019 Monday 7th January 2019 to Friday 5th April 2019			
Thursday 13 –14th February	School production of Mary Poppins Jr.		
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		
Thursday 4th April	7th Annual Steel Pan Fundraising Concert 7 - 9.30pm		
Summer Term 2019 Tuesday 23rd April 2019 to Friday 19th July 2019			
May Bank holiday Monday 6 Thursday 9th May	th 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			

Head lice Information for Parents / Carers

Dear Parents / Carers,

It has been brought to my attention that a number of students in various Year Groups throughout the school have head lice at the present time. At school we are not entitled to make any head inspections, nor would we wish to, so the responsibility for treating head lice lies with the Parents / Carers.

I have enclosed an information leaflet with this Greensheet see page 15, that suggests how to treat the problem if it occurs. If you suspect your daughter has head lice, they must be treated systematically and the full instructions on the treatment lotion must be followed until she is completely clear. If some of the eggs remain, she will continue to have lice as they do breed quickly. The lice and eggs may take a number of treatment sessions to eradicate. The recommendation is that the whole family is treated at the same time as head lice are very easily passed on. Recommendations about the best lotions and treatments can be made by your chemist or pharmacist.

If your daughter does have head lice and she is being treated for them, there is no reason to keep her away from school, but it would be useful for you to inform us so that we are aware.

Thank you for your support in this matter.

Ms Pratt



magnified photo of the human head louse and louse egg (nit).

If you are at all worried about head lice or feel you need more advice on how to cope, then you should consult your school nurse, health visitor, pharmacist or family doctor.

Further copies of this leaflet maybe obtained from: Department of Health, PO Box 777, London SE1 6XH Fax: 01623 724 524 (Email: doh@prolog.uk.com)

Prevention and Treatment of HEAD LICE



Detection Treatments

Head lice are well camouflaged and hide when disturbed by combing. They do not always cause itching, particularly when recently arrived on the head. They may also be few in number and a quick inspection is unlikely to detect them. The following method of detection is effective:

- Wash the hair using ordinary shampoo, then use a wide toothed comb to straighten and untangle the hair. It
 is easier to do this with wet hair, and using hair conditioner
- Once the comb moves freely through the hair, without dragging, switch to a fine tooth comb. Make sure the teeth of the comb slot into the hair at the roots and draw down to the ends of the hair with every stroke. The comb must be fine enough to catch the lice - size indicated below – do not confuse lice or their eggs with clumps of dandruff or other debris.



- Check the comb for lice after each stroke as you work through the hair section by section, so that the whole
 head of hair is combed through, then rinse out the conditioner and repeat the combing procedure in the wet
 hair.
- This can be undertaken on a regular basis eg. At routine hair washing sessions to detect the presence of
 lice before they can spread. Check all family members at the same time and arrange treatment when lice are
 found

Treatment

If you find lice, then there are two options. Whichever option you choose it is important to recognise that neither will protect against re-infection if head to head contact is made with someone with head lice at a later date. You may therefore wish to undertake occasional checks during hair washing sessions.

Option 1: Lotions and creme rinses using insecticides

- Do not use lotions or rinses unless you find a living moving louse. Check all close family/friends by the "wet combing" method, as described, and treat anyone who is found to have lice at the same time, to prevent re-infection.
- Ensure you have enough lotion/rinse to treat all those affected and follow the instructions on the packet carefully, eg. as to how long the treatment must remain on the hair to be effective, how often you may apply the product etc.
- The product may be capable of killing eggs, as well as lice, but there is no certainty of this. Check for baby lice hatching out from eggs 3-5 days after you use it, and again at 10-12 days.
- If the lice appear to be unaffected by the product (some lice may have developed resistance to a particular
 insecticide) or if the problem persists then you should take advice from your local school nurse, health visitor,
 pharmacist or GP, who will be able to advise you on alternative treatments and explain how to use these to best
 effect. You should seek advice where whoever is being treated is either Under 1 year of age, suffers from asthma
 or allergies, or is pregnant or breast feeding.

Option 2: The "Bug Busting" treatment method

This aims at systematic removal of live lice by combing through the hair and physically removing any lice found. Success depends largely upon adopting a painstaking approach - as described in the "Bug Buster" kit. The kit, which includes an illustrated guide and combs, is available from some pharmacies, and by mail order from:

> Community Hygiene Concern 160 Inderwick Road, London, N8 9JT Bug Buster: Help Line: 020 8341 7167 Fax: 020 8292 7208 www.chc.org/bugbusting Charity reg. no: 801371

- Only one kit is required for a family and it is reusable. Four sessions spaced over 2 weeks are required to clear the lice, as long as the person does not catch more lice, in which case half-weekly sessions must continue.
- Some schools find it helpful to adopt a whole-school approach (where all parents check their children and family
 members on the same evening and treat as needed), A "Bug Buster" Teaching Pack is available to assist this
 process. For further information send three 2nd class stamps loose, plus a self-addressed sticky label to the above
 address.
- Taking part on "Bug Busting" days can help to prevent lice circulating, ie. if all cases are identified and treated successfully at the same time there will be fewer opportunities for lice to circulate amongst children and their families.

Facts

- Head lice are small, six-legged wingless insects, pin-head size when they hatch, less than match-head
 size when fully grown and grey/brown in colour. They are difficult to detect in dry hair even when the head is
 closely inspected. They very often cause itching, but this is not always the case, particularly when recently arrived
 on the head.
- Head lice cannot fly, jump or swim, but spread by clambering from head to head. Anyone with hair can
 catch them, but-children who have head to head contact, either at school or during play, are most commonly
 affected.
- Head lice feed by biting and sucking blood through the scalp of their host. The female louse lays eggs in sacs (nits) which are very small, dull in colour, and well camouflaged. These are securely glued to hairs where the warmth of the scalp will hatch them out in 7-10 days. Empty egg sacs are white and shiny and may be found further along the hair shaft as the hair grows out. Lice take 6-14 days to become fully grown, after which they are capable of reproduction.
- Head lice are not fussy about hair length or condition. Clean hair is therefore no protection, although regular (eg. weekly) hair washing .and combing sessions offer a good opportunity to detect head lice, and arrange treatment if discovered.

Head Lice

Lice hang on tight to the hair, usually close to the scalp where there is warmth, food and shelter from detection. Full grown lice take the opportunity to move from head to head during close contact. Younger lice tend to remain for about 6 days on the head where they have hatched.

Head lice need to maintain contact with a host in order to survive. Those lice that leave the host voluntarily, or fall off, are likely to be damaged or approaching death (their life span is about 3 weeks) and so unable to start a new colony. There is no need to wash or fumigate clothing or bedding that comes into contact with head lice.