



11 February 2022

Walthamstow School for Girls Greensheet

Headteacher's Message





Dear Students, Parents and Carers

I hope you are all well and have enjoyed the sunshine we have had recently. The crocuses are starting to flower on the front lawn so it feels like the arrival of Spring is imminent.

We are continuing to wear masks in classrooms and corridors at WSFG, as are a number of other local schools, whilst infection rates continue to be high. However, we will review this again after half-term.

Student Voice

We have been working hard to develop student voice in our school, particularly Ms Warren who is leading on this area. Students have been keen to get involved and I am really looking forward to seeing how this develops. Later in the newsletter, you will be able to read about how our form reps and ambassadors work so that they ensure that every girl at WSFG feels heard. These are lovely articles – well done to the students who have written them.

Guidance on exams

Parents and students in year 11 may find the article below helpful in terms of changes to examinations in subjects for this year. Subject teachers will have been through these changes with students so that they are clear about what this means for them in the summer.

https://www.gov.uk/guidance/subject-by-subject-support-for-gcse-as-and-a-level-students-in-2022?utm_medium=email&utm_campaign=govuk-notifications-topic&utm_source=622d8f31-95a9-4f80-a828-7ee330283552&utm_content=immediately

Parents' Evening Reminders

I wanted to remind you about the forthcoming parents' evenings which are online, using SchoolCloud:

- Year 11: 24th February 2022
- Year 10: 17th March 2022
- Year 7: 31st March 2022
- Year 8: 28th April 2022

Lunar New Year

Today marks the start of the new lunar cycle and this new start is celebrated by many Asian communities. Each lunar new year is celebrated by an animal in the zodiac and this year marks the Year of the Tiger. Whilst most widely associated with Chinese culture, the lunar new year is also celebrated in other countries such as South Korea, Singapore, Vietnam, Tibet and many more: all with their own unique meanings and celebrations. However you are celebrating, we wish to all those in our school community a happy and prosperous New Year.



Thank you so much for everything you do to support our school. I really value having such a supportive and proactive parent body and look forward to developing this with you further in the future.

Wishing you all a restful half-term with your families and loved ones.

Helen Marriott

Headteacher

Parent Governor Election

Congratulations to Raja Khan and Rukaiya Moola, our two new Parent Governors who have been elected onto the WSFG Governing Body. We look forward to your contributions to the school's development.

Parent & Carer Information



Instrumental Lessons

If you would like to continue instrumental lessons in the summer term, parents need to log onto **sQuid** and pay by **Friday 18th March 2022**.

We are no longer accepting late payments. If the payment is not received by this date, you will not receive lessons in the summer term.

If you want to begin instrumental lessons in the summer term, please see Ms Bradshaw before the deadline for payments in March to sign up.

Thank you,

Ms Bradshaw

Head of Music



Year 10 Work Experience

Dear WSfG Community,

We are in the process of organising work experience for our year 10 students this summer for one week (4th to 8th July).

It is such a valuable part of their learning journey, and it gives them the chance to experience the world of work first-hand.

I am asking our community for some support in offering (physical or virtual) placements for our students.

If you, your family or friends can provide some support in offering one or more placements for our students it would be greatly appreciated!

Please email or contact the school if you are able to help.

Ms Desbenoit

Year 10 SPL / Coordinator for Aspirational Work Experience

Focus of the Fortnight

21st February – 4th March 2022

Lunchtime Behaviour

The Sanctions

- KS3 students (Years 7 – 9) are required to remain outside at break and lunchtime, unless it is too cold or wet, in which case there will be an announcement to allow students to spend their break or lunchtime inside the building
- KS4 students (Years 10 & 11) are allowed in their form rooms at break and lunchtime, but are not allowed in any other inside areas of the school unless attending a club or work session
- The school has a clear lunchtime code for use of form rooms which is on the wall of every form room in the school. Doors must be open, lights on and students seated on chairs
- Please respect the fact that you have the privilege of using your form room and ensure that you are following the code at all times
- Sanctions will be applied if the lunchtime code is not followed

Student Voice - The Role of Form Reps/School Ambassadors

Year 7 - Emma 7S, Varda 7S & Tsevetelina 7W

Form Rep

As a form rep, I represent my class in meetings to help improve the school. During the week, in form time, I speak with my form and ask for any new ideas that they have or any issues they need solving to do with how the school works. Then, I go to a meeting every fortnight to discuss with one of our SPLs and the other form reps the ideas that my form has spoken about and how we can make them happen. The teacher then sends these ideas to the relevant teachers or staff members. Later that week, the other form reps and I get sent the minutes from the meeting which then include what the relevant teachers or staff members have said about the ideas we have raised. We then give this information back to our class and ask for anything new they would like to raise.

School Ambassador

As a school ambassador, I represent my year group in meetings to help raise students' voices in our school. I, and the two other ambassadors, go to a meeting every half term and talk about important subjects that will not only affect the school for the time being but will help improve it in the long run too. So far, I have been involved in how WSFG teach the school curriculum. We spoke with the Deputy Head about how we could change the way we teach to help the students learn in the best way possible. Being a school ambassador means that I am able to share the voices of other students and really make a difference in the school.

Suggestions

The suggestions that have been made in form rep meetings so far have included:

- Having a group of people who could volunteer to clean the school pond and tables outside to make them a place students can relax
- A cultural day in school
- A non-uniform day to raise money for the library for more books
- To be able to donate used books to the school library
- If we are allowed to go inside during the winter (less than 5 degrees we can go inside)
- If we are able to change the uniform by just buying the logo to iron as they are expensive (to possibly be spoken about in a School Ambassador meeting).

SCHOOL AMBASSADORS



Yong Xin Rosanna Imogen

FORM REP DUTIES

As Form Reps of Year 8, we are given a special badge. Our role as Form Reps is to take responsibility and attend a Form Rep meeting every fortnight. Each week, we ask our form for their input and ideas about the school. Then, during meetings, we discuss what each of our form class had suggested and talk to our SPL (Student Progress Leader) about the solutions we could make. As well as this, we note down the previous responses from the last meeting to feedback to our class. When we feedback to the class, we always consider their opinions and let them talk about the changes that are taking place and how they feel about them.

SCHOOL AMBASSADOR DUTIES

As School Ambassadors, we are constantly thinking of how to improve the curriculum and school experience. Every half-term, we attend meetings with the Deputy Head, where we take forward our classmates' best ideas from Form Rep meetings and develop them even further. Last meeting, we talked about change to the curriculum, and what skills we feel need to be developed to help us on the way to our GCSEs and Sixth Form. Currently, we are thinking, as School Ambassadors and Form Reps, about students' mental health and how to help reduce stress and anxiety. As always, any suggestions students have will be put forward and appreciated!

WHAT CHANGES HAVE WE MADE?

There are so many great contributions from every class, and we have done our best to make them happen. For example, suggestions about the school food led to Food Focus meetings, and we introduced a second bell at form time to help organisation. Furthermore, continuous complaints about broken changing room doors were listened to and fixed, and a uniform meeting will be held shortly in which all the ideas around uniform changes can be put forward to the Head of Uniform.

Year 11 - Aliza 11F

Hello, my name is Aliza, and I am a School Ambassador. My role includes ensuring my school functions as efficiently as possible from a student's perspective, and creates an excellent working atmosphere for students to excel in. I fulfil this responsibility by role modelling school behaviours. I have fortnightly meetings with other School Ambassadors to discuss issues that affect all students, such as Mental Health and what we can do about it. During the pandemic, I found there were different challenges to deal with, such as remote working, this made me learn about equality of opportunity for students who perhaps were unable to access laptops and the internet. Over time, I have found that this is an amazing opportunity as I am able to help lots of students with issues that are presenting challenges and improve my school for the better.

In addition to this, I am also a Form Representative. Through this role, I can focus more on my own form group and year and give feedback to my Head of Year about issues impacting my specific year. For example, due to COVID year 11s have missed out on a lot of PSHE lessons which are a vital part of a teenager's education so Form reps suggested that we focus on adding more PSHE lessons and as a result a PSHE drop down day was introduced which entailed an entire day of just PSHE. Another notable example is when students gave feedback about broken changing room doors. This was immediately told to the caretakers and was fixed.

Alba 11H

As a form rep, my job is to collect feedback from my form on all aspects of the school and relay that back to the head of year during a form rep meeting with all other reps in the yearbook. This meeting happens regularly every two weeks, ensuring that our voices are always listened to. Being school ambassador acts as an extension of being a form rep, therefore we bring ideas from the entire year group as a whole. One of the main recurring ideas in our year group is being able to wear our coats in lessons and altering the uniform to allow dark coats and black headscarves. We are hoping to receive feedback on these issues soon. However, as a result of listening to the student voices, we have been able to change the PE kit policy so that year 11's can wear it to and from school.

Faculty News



WSfG Global Alliance (WGA) Cook Off



The WSfG Global Alliance 'Family Cook Off' was a great success, thanks to our incredible participants, *Elizah 7S, Amaira 8H, Sana 7F, Hajia 8C and Rodo 8G!*

The judges and I were very impressed with the level of commitment and effort to try something new, as well as the end results!



The participants and Mrs Rahman who organised the competition with the WGA staff.

The winners were *Amaira and Sana* - congratulations! You can see all the participants' fantastic dishes and comments below:

Amaira's Chicken Curry Rice Salad and Coleslaw

My experience when cooking in the competition was competitive and made me kind of thrilled.

As soon as I got to my station, I realised how serious people were and the only thing I could do was to match the energy.

At first things were rough, as I didn't understand the controls on the oven... but the further I got into my recipe the more I grew to understand things!

I didn't really find cooking the chicken and rice hard, but it was unexpectedly difficult when I was trying to grate my cabbage for the coleslaw...

Due to my little inconvenient problem, I surely thought I was going to be last to get my food on a plate, but when I managed to get my food on the plate first, I was so joyful.

Seeing my traditional food being eaten by the judges made me so happy!



Sana's Biryani

When I entered the food tech room Mrs Rahman told us what to do and where to cook which was really helpful.

While I was cooking, Mrs Rahman walked around and asked if I needed help which was really nice.

It was a really fun experience.

I'm really happy that Mrs Rahman hosted this because I think it's a really good Idea to be able to cook during lessons.

I had a really good time and I hope we get to have another one soon.



Elizah's Chicken Tagliatelle

I really enjoyed cooking independently in the food tech kitchen. I also got to use new equipment I had never used before like the wok, and I really learnt how to cook and clean as I go, keeping my surfaces all hygienic. I am also happy that the judges liked my dish and how it turned out. Also, the gas oven I used

was different and interesting to use. I really love my experience and hope for more competitions like this one.



Hajia's Chicken, Rice and Curry

This competition was a stressful but an amazing experience. We all had fun and it was an amazing opportunity for us - we had a chance to express our cultural food. My favourite part was getting to taste each other's dishes and watching the judges taste our dish, but it was a little nerve racking. I would strongly encourage you to participate next year and I would 100% do it again!



Rodo's Samosas

My experience in the cook off was great fun.

It was great fun cooking my favourite food and I really enjoyed making it.

It was a wonderful first-hand experience for me to be able to cook my own food in the food technology room.

I really enjoyed eating my samosas.



Well done to all our participants - we enjoyed the food you made!

Each winner will receive a £10 Love to Shop voucher.

Mrs Rahman

Food Technology

Year 7 Football

The year 7 football team have made it through to the finals of the Waltham Forest Cup. With just 2 remaining league games to play this week, they had a 3-0 victory over Highams Park and a score draw against Heathcote!

Well done to the squad in this 7 aside version of football!

Ida, Elin, Clara, Starr, Emma, (Captain), Makayla, Maryam, Abeera, Zahara, Chlorie.

Ms Scully

PE Faculty



Year 8 Football

Congratulations are also forthcoming to our year 8 football team who missed out in a final place because of a sudden death penalty shoot-out. In the semi-final they were ahead for most of the match but conceded a goal in the last 2 minutes to Chingford. Drawn at 1-1, the game went to a penalty shoot-out against 3 players. The event went to sudden death, which resulted in our girls being forced into the 3rd place playoff against Eden. In this match they had a convincing 7-0 win and so took the bronze medals.

In the league matches prior to the last 4 schools, the girls finished 2nd to Willowfield, who also took the cup title.

Well done to the squad:

Emaan, Matilda (absent from the finals), Helena, Elaaya, Inaaya, Flo, Aleema, (Captain), Sofia, Opeyemi, Alzbeta, (absent from the playoffs)

Here we see some of our team displaying their bronze medals and bouncing back from their cruel semi-final penalty experience



The collective skill level amongst the team is very high, and this was commented on by our opposition and the organisers - some names to watch for in the future of Women's football I think!

Ms Scully and Ms Wood

PE Faculty

Year 8 Basketball - Borough Champions!

After getting through to the semi finals, winning in a game against Chingford Foundation School, our year 8 basketball team played against Lammas School in the final earlier this week. I am delighted to announce that we have become Borough Champions after the team won the game 22 - 19. This is an amazing achievement and we would like to congratulate the team!

Semi final squad:

Opéyemi, Yong Xin, Blessing, Sophia, Taijah (Captain), Alzbeta, Nuwayla, Inaaya, Elaaya, Isabelle, Pearl, Sophia & Alicja.

Final squad:

Aloha, Pearl, Nuwayla, Alicja, Opeyemi, Alzbeta, Sophia, Teja, Sophia, Isabelle, Blessing, Anaaya & Deborah 10C (coach)

Ms Scully and Ms Wood

PE Faculty

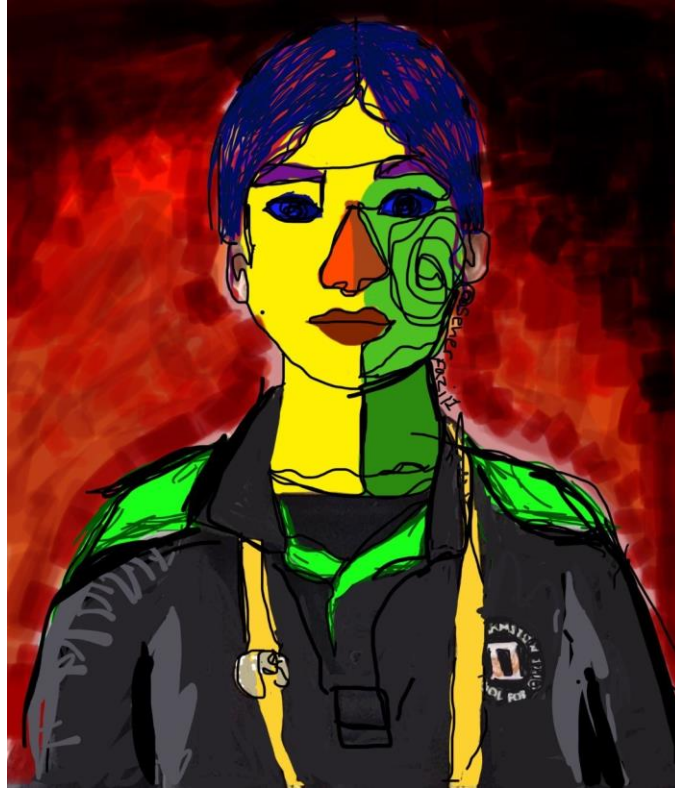


Year 8 Art Portraiture Project

Year 8 students have been working hard on their portraiture project to create exciting self-portraits on their iPad.

2 - Sadia





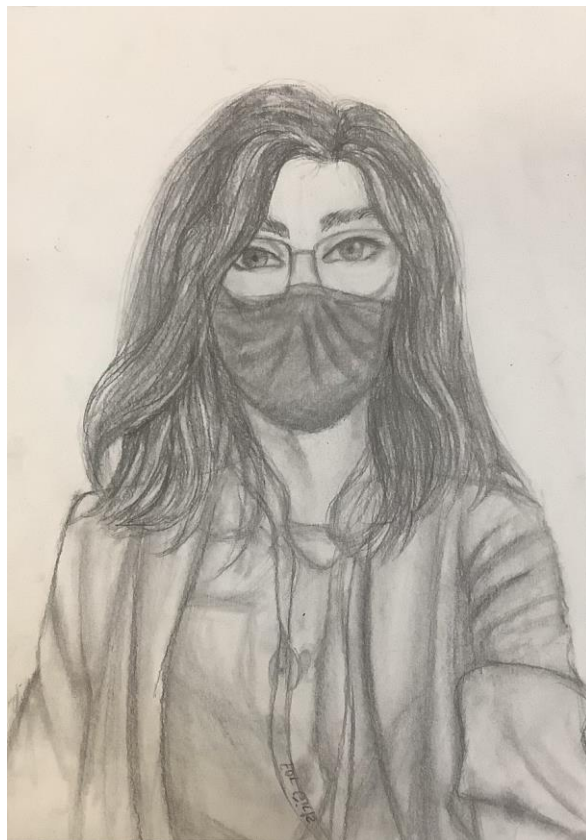
3 - Seher



4 - Nujhat



5 - Tanisha



6 - Tanisha *non-digital*

They have been using their knowledge of colour theory to create this work to learn about how light and dark colours can be used to make things look 3D. Well done to all students for their impressive portraits!

Ms Wills

Head of Art

Year 11 Digital Careers Workshop

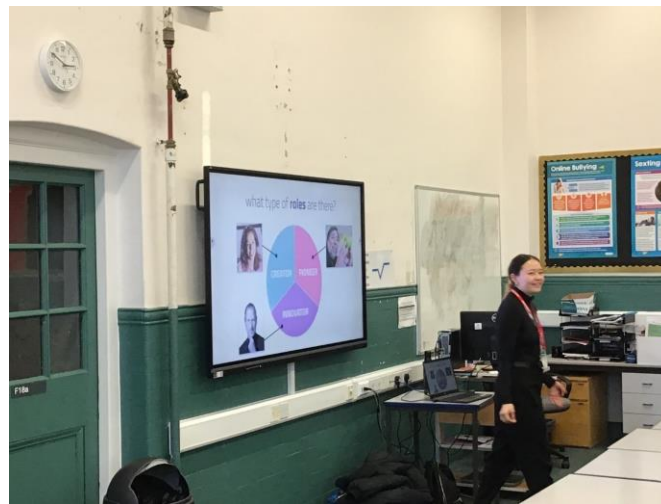
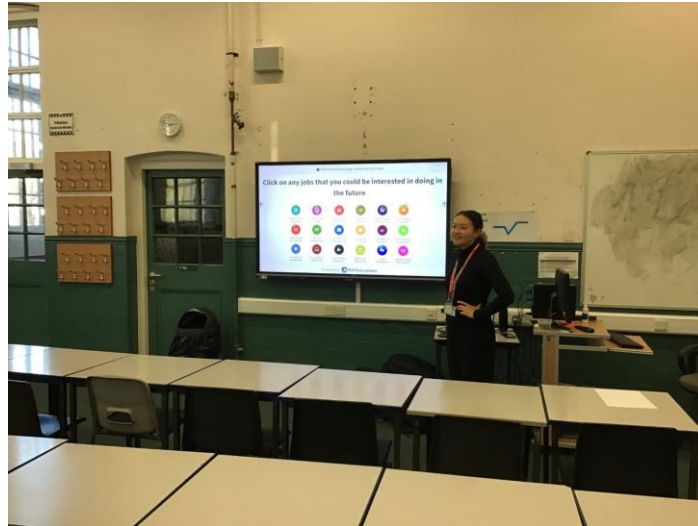
Ayumi Konno, the Outreach Manager of Ada National College for Digital Skills delivered a Digital Careers workshop to year 11 computer science and creative iMedia students.

Students were able to find out about potential careers in the digital IT field and took part in online interactive activities to understand the digital field further.

Ms Shafiq

Head of ICT





Safer Internet Day 2022 Competition

Safer Internet Day 2022 was celebrated earlier this term, with the theme: **‘All fun and games? Exploring respect and relationships online’**

Safer Internet Day inspires a national conversation about using technology responsibly, respectfully, critically, and creatively. Coordinated in the UK by the UK Safer Internet Centre, the celebration sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people.

Aim: To encourage year 6 pupils to stay safe online and learn how to behave respectfully whilst playing games and having fun online

How: By creating one of the following:

- Podcast
- Poster

- Comic Strip
- News article
- Presentation

When: Entries need to be sent to your Computing teachers by **Friday 25th February**.

The winning entry will receive a certificate and a gift voucher.

Find out more about Safer Internet Day here:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2022>

<https://www.childnet.com/safer-internet-day/>

Ms Shafiq

Head of ICT



Safer Internet Day Top Tips for Parents/Carers

Safer Internet Day:

All fun and games? Exploring respect and relationships online



Top Tips for Parents and Carers

Have a look at the tips and links below with some suggestions on how to get you started and help you to stay safe and positive online. You and your family can #PlayYourPart in creating a better internet by...

■ Having conversations without judgement.

Whether by playing games, watching videos, or doing things your child enjoys, spending time together online is a great way to start conversations about the online world and how they're finding being a part of it.

It is important to ask questions and take an interest in what your child enjoys online.

An essential part of having this open dialogue is to not judge, even if their behaviour or life online isn't what you wanted or expected. This ensures that your child feels they can come to you if ever they make a mistake or experience a problem online.

▲ Knowing where you can learn more about their favourite apps and games.

Websites like Common Sense Media or The Family Gaming Database can be invaluable sources of information. When your child starts talking about a new game or app, why not do some research into the reporting and blocking options available? Then you can help your child if they come to you with an issue.

● Getting support if things go wrong.

There are lots of organisations who are there to support you and your family if something has gone wrong. The [Report Harmful Content website](#) can help you with issues such as cyberbullying, impersonation and threats. You can report worrying behaviour towards children to [CEOP](#). Find out more on [Childnet's Get Help page](#).

◆ Reassuring your child that whatever happens online, you are there to support them.

Let your child know that the best way to address any problem they have online, is to tell a trusted adult immediately. For example, this might include someone sending them a friend request; an online message; telling them to visit a specific website, or app; or asking them for their personal information. Reassure them that if anything happens online that they are unsure about, or makes them feel worried or upset, they can come to you for help.

Norris Hall Cinema - Into Film Club Screening



This month saw the opening of the Norris Hall Cinema for the very first Into Film Club Screening.

Along with Miss Durham, year 10 film studies students ran a film screening of Disney's Encanto for year 9 students.



Stay tuned for film reviews and information on upcoming film screenings in the Norris Hall Cinema!

Ms Durham

English Faculty

First-Generation Immigrant Teenager Article by Malaikah 7G



This article is about a first-generation immigrant teenager, who came to this country at the age of 16, newly married and in a foreign land, far away from her family and friends. This woman is my grandmother, my Nani (Maternal Grandmother), Abeda Vorajee and she is my inspiration. This year, in the Queen's New Year's Honours List, she was awarded an MBE for her services to Community Integration and Interfaith Understanding. This is her story...

Nani was born in 1956, lived in Burma and started her schooling life there at the age of 6. She was a cheeky character and loved playing with her friends, reading and climbing trees! In 1961 the country was torn by a civil war and Nani had to escape with her mother and two siblings, in the middle of the night, leaving her father and everything they owned behind. The family were reunited but life after this was much more difficult than she had ever experienced before. Despite this, she was resilient and always happy.

In 1973, Nani married my grandfather, Nana and moved to the United Kingdom, leaving her family behind.

Between then and now Nani has brought up four children, worked in education for 30 years, a foster carer for 25 years and most importantly helped nurture, inspire and advance the local community, through her dedication, commitment and tenacity.

Nani's interest in helping the community came from her love of life and the appreciation of all different kinds of people. Soon after she came to this country, she started doing Avon calling (this is a catalogue that she used to take around, door to door, which people could buy things from). Through this she met a variety of people and noticed the inequality experienced by different people, due to language barriers, gender and racial discrimination. It also led to her getting to know the community and helping those neighbours whom she realised could not speak English. My Great-Granddad, Nani's father-in-law, encouraged her to better herself by attending night classes at college. It was through his support and the remembrance and inspiration of her own father that Nani did go to college, which led her to get a job in education. She worked in schools for over 30 years and alongside this she continued with her unwavering work in the community.

In 1992 she and a few local women set up Nuneaton Muslim women's group, a safe environment for all women and girls to go and learn different skills, experience new activities, go on day trips and take holidays together. Nani is an advocate for equality and empowerment of young girls and women and wanted to ensure their voices were heard. This is the reason she took up numerous volunteering roles

within different sectors- school governor for 30 years, sitting on various council and community panels, organising interfaith activities to support community integration working with local health authorities to discourage health inequalities and organising health campaigns, specifically targeted to the local community. She has her hands in too many pies to mention them all, but she gives 100% to everything she does, whether it's helping someone who doesn't read or write English to fill out a form or being on an interview panel for police constable's, ensuring a fair and represented demographic is recruited.

It is for this reason she was recognised and awarded an MBE, in the Queens New Year's Honours list 2022, for her services to Community Integration and Interfaith Understanding. I am massively proud of her and aspire to be just like her. She is my inspiration and I hope she inspires you too. She is fierce, loyal, kind and open-hearted and has a beautiful soul. She will do anything for anyone. She is my Nani.

Here is a link to more information about

her: <https://www.bbc.co.uk/news/uk-england-coventry-warwickshire-59786611>

Malaikah 7G

English - Community Corner



In this month's Community Corner, we are looking at articles by *Ashley 7W* and *Haby 7W*

Historian and Educator, Peter Ashan

Pete Ashan is a local historian and educator who was born, and grew up in Waltham Forest. He's spent much of his life finding local East London black histories and the stories of other races.

Peter has a supporting book called 'A freedom walk'.



Peter Ashan giving a guided tour to the residents and community of Waltham Forest

Peter Ashan has done an inspirational thing and has helped our community.

The author of *Freedom Walk: Roots of Diversity in Waltham Forest*, Peter uses his book as the basis of real-life guided tours to unveil the history of Waltham Forest, digging deep into the transatlantic slave trade and the effects it had on the area and its people. Not only black people but also different other ethnicities.

Ashley 7W

British Journalist, Nadine Whit

Nadine White is a British journalist. In March 2021 she joined The Independent as the first dedicated race correspondent in UK journalism. She grew up in Brixton, South West London and had dreams of being a journalist since young. She told the Press Gazette that reporting about issues relating to race, and amplifying black perspectives in particular was part and parcel of why she became a journalist. In 2020 Nadine won the Paulette Wilson Windrush Award. Nadine won this work because she helped to reveal the Windrush scandal.



Nadine white at 10 downing street after being the first race correspondent for the Independent

Haby 7W

Cambridge University Opportunity for Year 9 and 10 Students



Deadline: Friday 1 April 2022

The program will consist of a series of after-school sessions via Zoom where the students will receive guidance and ideas on how to explore subject interests and an introduction to studying at University. Students will also have the chance to talk to current Cambridge students and attend an online lecture.

Session 1, Thursday 21 April, 4:30-5:30pm: Introduction to studying at university

Session 2, Thursday 5 May, 4:30-5:30pm: Critical thinking and exploring subject interests

Session 3, Thursday 19 May, 4:30-5:30pm: Taster Lectures

Session 4, Thursday 9 June, 4:30-5:30pm: Student Life Q&A (focus on life at university, clubs and societies)

Students should register their interest by completing this short survey form:

https://cambridge.eu.qualtrics.com/jfe/form/SV_3lrMYKJc281bFdk

[Online Survey Software | Qualtrics Survey Solutions](#)

Qualtrics makes sophisticated research simple and empowers users to capture customer, product, brand & employee experience insights in one place. cambridge.eu.qualtrics.com

The deadline for signing up is **Friday 1 April 2022** and students will be notified by **Tuesday 19 April 2022** whether they have been successful in gaining a place on the programme.

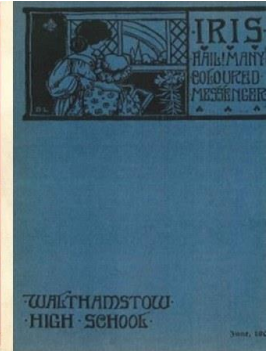
We welcome applications from all students and we will prioritise applications from high-achieving students with a widening participation background (e.g. Free School Meals, living in care etc)

Ms Robinson

Challenge Coordinator



School History



1965 Iris - Commuters

For those people who have been working from home, here is what commuting to work was like, described in a poem from the 1965 *Iris* magazine.

Mrs Kelly, LRC

COMMUTERS

Each wearing a black bowler,
Spotless and well kept,
After twenty years of weekday wear
And carrying a neatly rolled umbrella.
As their metal monster drew up to the platform
They swarmed like insects, as though attracted by the smell
Of a crowded sardine tin, onto their conveyance.
Each was silent and under their bowlers held a stiff upper lip.
The doors closed together, rejecting and removing them from their
Compatriots, still on the platform.
But wait, a member of the clique is late,
He slams his foot between the sliding doors, and is viewed with displeasure.
He coughs and straightens his old school tie,
Opening the expected paper, hides his flushed face from view.
The Stock Market page is scanned with varying interest,
"Woolworth's up sixpence, Harveys Incorporated down ninepence".

-Oh well, that's to be expected, times as they are.

Anyone, who is fortunate to be non-member to this social clique,
Is viewed with inward suspicion, if caught glancing at their paper,
Clickety-click, Clickety-click, like the needle stuck on a gramophone record,
The train's incessant movement continues,
With nothing to say, nothing to do.
They learn the posters off by heart, and occasionally fidget until relief comes,
By means of their destination.
Janice Sida, IVS

Olive Dining



Keep in the know...

ARE YOU PART OF THE ONLINE
OLIVE DINING FAMILY YET?

We are now at the start of February and a month into our
new exciting Spring Menus.
Students are enjoying a variety of delicious homemade dishes
created with 98% fresh ingredients.

Did you know?

Children who eat five or more portions of fruit and vegetables a day have
the best mental health, according to a study.

Free School Meals

Is your child eligible to receive a free nutritional hot or cold school meal?
You can find out by clicking onto the government website
<https://www.gov.uk/apply-free-school-meals>

We relish in making great food for young people and
getting them engaged with healthy eating.

JOIN OUR ONLINE FAMILY ON SOCIAL MEDIA TO KEEP UP TO DATE ON ALL EVENTS

 @olivediningltd  @olivediningltd



Action for Happiness

Calendar February

Improve your friendships / relationships and be kind!

Friendly February 2022

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Send a message to let someone know you're thinking of them

2 Ask a friend how they have been feeling recently

3 Do an act of kindness to make life easier for someone

4 Organise a virtual 'tea break' with a colleague or friend

5 Make time to have a friendly chat with a neighbour

6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together

Friends of Walthamstow School for Girls



Calling All Parents, Carers, Former Students and Staff

Would you like to get involved in the WSfG Friends Group to meet other parents/carers, former students and staff, support school events, activities and help raise funds for school projects? We are all very keen to begin planning future events!

We hope that parents/carers and other members of the school community (teaching and support staff, governors and school leaders, former students and staff) will get involved as our plans progress to bring projects to life for the benefit of the school and wider community.

We need people who enjoy organising events, publicity (including social media) experts, local business people with useful contacts for sponsorship, and anyone with good ideas to raise money for special school projects.

If you would like to find out more, please register your interest at the address below and put 'Friends of WSfG' in the subject heading:

If you would like to be involved in planning a Platinum Jubilee event please contact the Friends of Walthamstow School for Girls group: info@wsfg.waltham.sch.uk

Community Events

Children's Mental Health Week

7-13 February

Children's Mental Health Week Newsletter



Children's Mental Health Week is run by children's mental health charity **Place2Be** to focus on the importance of looking after our emotional wellbeing from an early age.



This year's theme is **Growing Together**.

Growing Together is about growing emotionally and finding ways to help each other grow. We may face challenges and setbacks but often these can help us grow, adapt and try new things to step out of our comfort zones. However, emotional growth is often a gradual process that happens over time and at times we may feel 'stuck'.

The school environment has a significant impact on a young person's emotional welfare. For children's well-being to thrive during school hours, teachers need the confidence and knowledge to nurture young people's development. Equally, teachers need to be supported with their own mental health. There are useful resources to support you and share with your pupils on the [CMHW website](#).

Anna Freud is a world leading mental health charity for children and families. One of the initiatives led by this charity is **Mentally Healthy Schools**. This project brings together quality-assured mental health resources, information & advice for schools and further education settings. Free resources and toolkits found [here](#).



Kooth is a **free** NHS and Local Authority-funded counselling service which provides free online mental health and wellbeing support to all young people (11-25 years old) in Waltham Forest. Young people can register **anonymously** and access online counselling 365 days of the year, digital magazines, wellbeing activities, and connect with other young people. Professional counsellors are available for one-to-one chat sessions from 12 noon until 10pm on weekdays and 6pm until 10pm on weekends.

[More information here.](#)



Mental Health Charter



Waltham Forest council and partners launched the Young People's Mental Health Charter on the 10th October 2019. The charter consists of twenty statements of intent, detailing ways in which different organisations and individuals can foster good mental health in young people. For more information about the Charter and how your school can take part please look [here](#).



The Coping Through Football project is an initiative between NELFT and the charity London Playing Fields Foundation (LPFF) to produce a sustainable recovery approach to engage with and improve the wellbeing of adults and young people experiencing mental health issues.

Young people aged 11-17 years experiencing emotional and mental health challenges are welcome to join. Open to all abilities and all genders. For more information you can contact or share the following contact details with your pupils: [email Sonia Smith](#) or call 07538101450.



FLAG FOOTBALL, SOCCER AND MULTI-SPORTS CAMP

Tottenham Hotspur Foundation are delivering a February half-term sports camp, to support young people (age 8 – 12) to stay active through football and sport. Coaches will provide a variety of sessions including football, NFL flag football and much more. On Friday 18th February, during the session the participants will have a chance to see the NFL changing rooms within the stadium along with a workshop run by Spurs coaches.

MONDAY TO FRIDAY 11AM – 12PM

**N17 ARENA, TOTTENHAM HOTSPUR STADIUM, N17 0BX
(CORNER OF PARK LANE AND WORCESTER AVENUE)**

Please note that participants must sign up to sessions in advance. To sign up and register please contact thf-activities@tottenhamhotspur.com

To learn more about what Tottenham Hotspur is delivering on its doorstep, download the Spurs Official App or visit tottenhamhotspur.com/passionate-about-tottenham



INTERESTED IN BECOMING A COACH? UNSURE WHERE TO START?



Take your first step towards becoming a sports coach by completing your Sports Leaders Level two Award with Tottenham Hotspur Foundation.

Two Day Course
Open to those aged 14 and over

Tuesday 15 and Wednesday 16 February
10am - 4pm
Tottenham Community Sports Centre

FOR MORE

INFORMATION



FOUNDATION@TOTTENHAMHOTSPUR.COM



0208 365 5138

To learn more about what Tottenham Hotspur is delivering on its doorstep, download the Spurs Official App or visit tottenhamhotspur.com/passionate-about-tottenham

Modest! Audition Opportunity - Search Extended to 28th February

We are working in partnership with Modest! Management - the global team behind some of the biggest acts in the music industry including One Direction, Little Mix and Olly Murs.

They are holding a RARE open casting call for teens aged 15-19 that begins NOW!

Modest! are searching the UK for undiscovered male or female singers to be a part of some incredible upcoming projects.

This first round of auditions is simple: students will just need to send a link to a video (or if not possible, audio) direct to the team at Modest! More details are on the flyer.

You can find out more about Modest! at www.modestmanagement.com.

Parental Consent required for Under 16's.

Video Submissions/Auditions close on 28th February 2022.

If you have any questions drop me an email anytime on lee@talentsearchuk.co.uk

Kind Regards,

Lee Martin

Talent Manager

+44 79 21 195 659



Modest!

OPEN CASTING CALL

Modest! Management, the team behind acts such as One Direction, Little Mix, JLS and 5 Seconds of Summer are holding open auditions for male and female singers aged 15-19 to be part of an exciting new project launching in 2022.

WHAT TO DO NEXT

1. Simply film a video of yourself singing and upload it to YouTube.
2. Snap a selfie (headshot) and email it along with a link to your video, your full name and DOB to talent@modestmanagement.com

DEADLINE FOR ENTRIES IS
28th FEBRUARY 2022



Essex Young Musician of the Year

We are delighted to launch the 2022 Essex Young Musician of the Year Competition.

The competition aims to support and encourage young Essex musicians of talent and potential – this year marks the 37th competition.

The Essex Young Musician of the Year competition is open to instrumentalists (not organists due to the lack of a suitable instrument) and singers, aged 25 or under on the 3rd July 2022, who were either born in Essex (including the old Essex towns of Ilford, Wanstead and Woodford), whose home address is in Essex, or who attend or have attended school or college in Essex.

- **FIRST PRIZE £1,000**, The Essex Young Musician of the Year cup to hold for one year and the offer of **recital engagements**.
- **ADDITIONAL CASH PRIZES** will also be awarded to other prize winners.
- **TWO PRIZES** will also awarded to the two candidates under 19, not already prize winners in the 2022 competition, who have given the most outstanding performances in their age group.

Full details are in the prospectus which can also be downloaded from the club's website: www.ongarmusicclub.org.uk.

Applications are made online through the website.

The closing date for entries is the 31st May 2022.

Jane Webster FRAM (Shinn)

Chairman, Ongar Music Club

Web: www.ongarmusicclub.org.uk

Facebook: facebook.com/OngarMusicClub

Registered Charity No. 273185

Ongar Music Club

The John Lill Awards

for the

ESSEX YOUNG MUSICIAN OF THE YEAR

Entry is open to singers and instrumentalists * aged 25 or under on the 3rd July 2022 who were born in Essex (including the old Essex towns of Ilford, Wanstead and Woodford), whose home address is in Essex, or who attend school or college in Essex

1st Prize <ul style="list-style-type: none">• £1,000• Recital engagements Other generous cash prizes	First Round Sunday 26th June • Semifinal and Final Rounds Sunday 3rd July
------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------

The Essex Young Musician of the Year Competition was established in 1984 through the enthusiasm of key members of Ongar Music Club. It aims to support and encourage young Essex musicians of talent and potential, who will enjoy competing and performing in a welcoming, pleasant environment. Past prize winners have gone on to enjoy successful professional careers.

John Lill CBE, the distinguished Essex-born pianist and president of Ongar Music Club, has generously supported the competition and has consented to the awards being in his name.

Full details are in the competition prospectus which is available online at www.ongarmusicclub.org.uk
Enquiries: administrator@ongarmusicclub.org.uk
Closing date for entries: 31st May 2022

*not organists, unfortunately, due to the lack of a suitable instrument

Contact Us



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



School Calendar



Spring Term 2022

- **Half Term: Monday 14 February 2022 to Friday 18 February 2022**
- Thursday 24 February: Year 11 Parent Carers' Evening
- Thursday 17 March: Year 10 Parent Carers' Evening
- Thursday 31 March: Year 7 Parent Carers' Evening
- **Spring Holiday: Monday 4 April 2022 to Monday 18 April 2022**

Summer Term 2022

- **Tuesday 19 April 2022 to Tuesday 19 July 2022**
- Thursday 28 April: Year 8 Parent Carers' Evening
- Monday 16 May– Friday 27 May: KS3 Exam Fortnight
- **Half Term: Monday 30 May 2022 to Friday 3 June 2022**
- Monday 06 June—Friday 24 June: Year 10 Exams

PLEASE NOTE THESE DATES ARE SUBJECT TO CHANGE