



18 March 2022

Walthamstow School for Girls Greensheet

Headteacher's Message



Dear Parents, Carers and Students

WSFG has always had an enviable reputation for extra-curricular activities and a wonderful ethos of supporting the whole child. I was certainly struck by this when I applied for the role of Headteacher and marvelled at the wide range of opportunities for students which I saw in the Greensheet. I always return to our school motto: '**Neglect not the gift that is in thee**' and feel it is an enduring message which is perhaps even more relevant today as we emerge from the fog of COVID.

First of all, it is important that, as a school, we empower our students to find that unique talent or interest which is going to inspire them for the future. Some students will naturally find this through their experience of learning: exploring interests and ideas through the curriculum. We are currently

reviewing the quality of our curriculum, how it is organised and its relevance for students. Our work with faculties, student ambassadors and also the work of the WSFG Global Alliance, working with anti-racist education groups, should ensure that all members of our school community see themselves in their learning and feel empowered to be a voice for change.

For some students, however, this is a much harder journey as they have more obstacles to overcome before they begin to discover what their unique 'gift' might be. We are working to address this through the systems we are setting up for working with students and their families to provide 'wraparound' support for their wellbeing. I will be keeping you updated about how this will work in the Autumn term.



Over the last couple of weeks we have had some wonderful enrichment activities which you will read about later in the Greensheet. Our **International Women's Day** celebrations last Friday saw some wonderful costumes worn by year 7: I enjoyed talking to Frida Kahlo, Rosa Parks, Emmeline Pankhurst and Twiggy! Year 11 students enjoyed a thought-provoking talk about Scottish Witches, the pardon and what this means for equality today. Our students' excitement and enthusiasm for maths on Pi Day was a joy to behold this week as they recited Pi, showing me their biscuits and badges. Congratulations to Jannat in year 7 who recited Pi to 208 decimal places! Our art department have been running an LGBTQ+ art competition, which I am looking forward to judging next week. There have been some wonderful opportunities for students to participate in the Eco group, origami and mindfulness club, making lego robots, as well as trips to Cambridge and the Royal Veterinary museum. I know that our year 8 students are excited about their visit to the Unicorn Theatre next week.



What can you do as parents?

The school has 22 extra-curricular activities and clubs on offer which are all advertised on the website here:

<https://www.wsfg.waltham.sch.uk/page/?title=Clubs+%26amp%3B+Activities&pid=2302>

Please encourage your child to participate in our clubs and activities. Currently, only 31% of students are involved and we would like to broaden our participation. If there is a club or activity which you or your child would like to see, please let us know, either through the info@ email address or ask your child to speak to their form tutor or Mr Morrow directly.

We would also like to hear from you generally through our Friends of WSFG – there is an article in the Greensheet about how to get involved.

Wishing you all a restful weekend – enjoy the sunshine!

Ms Marriott

Headteacher

Parent & Carer Information



Ukraine Humanitarian Crisis



At WSFG we have a long history and tradition of contributing to charitable causes.

In light of the refugee crisis caused by the conflict in Ukraine, we will be asking students to collect food and toiletries in tutor groups to be taken to the collection point in Stratford from where it will be distributed to Ukranian refugees.

In particular, students are asked to bring in dried or tinned foods, sanitary items, nappies, toothpaste etc. (no perishable goods please).

Tutors will then take the tutor group collections to the staffroom where the items will be stored and then taken to the Stratford collection point.

Thank you and regards

Ms. K.H.Pratt

Families Directorate
Heather Flinders: Strategic Director Families



Ask for: David Kilgallon
Email: David.Kilgallon@walthamforest.gov.uk
Ref: GK/KR/Ukraine
Date: 4 March 2022

Dear Colleague

Humanitarian crisis in Ukraine

The Leader of the Council, Cllr Grace Williams has stated;

"The unprovoked aggression of dictator Vladimir Putin against the people of Ukraine has rightly raised anger across the world. We stand united in sending a clear message: This illegal, immoral invasion must stop now. The Ukrainian people should be able to live in peace, safety, and security."

"Over the last few evenings, Waltham Forest Town Hall has been illuminated in blue and yellow – the colours of Ukraine – in solidarity with its people. It will be lit up again over the coming days and weeks. Waltham Forest has a long and proud history of providing support and assistance for those experiencing persecution. Over the last decade alone, the community has gone above and beyond to support the Syrian people when brutalised by another vicious dictator, Bashar al-Assad, and again to help Afghan refugees fleeing the Taliban. Now we are ready to assist the Ukrainian people in their hour of need."

"Over the last few days, I have received many messages from Waltham Forest residents asking what we can do right here, right now, to show our support. There are already several ways to donate food or money. We have included details below and will add more over the coming days as we receive more information."

"There are no winners in war. The human cost is felt by the families and loved ones of those who are needlessly lost."

I would encourage schools to share this message with their wider community. In addition, I would ask that you circulate the following information in whatever way will maximise community engagement.

Where individuals can donate

- [Coffee Treasure Coffee Shop in Highams Park](#) – arranging for a delivery of supplies to Poland from Monday 28 February.
Contact oksanalevchuk28@gmail.com
- [Queens Boundary Community – Thomas Gamuel Park Café #CookforUkraine](#) events to raise money. Contact gbcmarkhouse@gmail.com

walthamforest.gov.uk

- The Red Cross has been supporting people in need across the world for many years. The Ukrainian Red Cross Society (URCS) and the International Committee of the Red Cross (ICRC) have set up an appeal where you can donate and help Ukrainian families get food, water, first aid, medicines, and warm clothes. [Visit the appeal page here to contribute.](#)

Many people have asked where to get information about immigration routes for Ukrainian nationals or about support groups in London for those who have been affected:

Useful links

- Immigration law experts [Freemovement](#) has produced a helpful resource bringing together advice on immigration: [Can Ukrainians take refuge in the UK? Immigration concessions and asylum policy - Free Movement](#)
- London Plus, a group that supports charities and community groups in London, has drawn together a list of existing resources: [Ukraine Charities & Community Groups Support - Google Docs](#)
- A pro-bono referral scheme for Ukrainian nationals on immigration matters was launched yesterday afternoon: [Ukraine Advice Project UK – Free UK Immigration and asylum advice for Ukrainians and their families from qualified lawyers \(advice-ukraine.co.uk\)](#)
- [Work Rights Centre](#) has produced a resource for those directly affected: [Solidarity with Ukraine | Work Rights Centre](#)

Please keep an eye out for further communications and details of what additional support will be available for families more directly impacted by this crisis.

Thanks in advance for your assistance.

Yours sincerely

David Kilgallon
Director of Learning and System Leadership

Year 11 Students and Examinations

Mr O'Brien has sent out a letter to all year 11 students and their parents, outlining arrangements for year 11 examinations and study leave at WSFG. Please see below for a student guide to exams from Ofqual, the exams regulator, which summarises the national changes:

<https://www.gov.uk/government/publications/student-guide-to-exams-and-formal-assessments-in-2021-to-2022/student-guide-to-exams-and-formal-assessments-in-2021-to-2022>

PE Kits

Now that students are able to use the changing rooms, they should no longer be wearing PE kits to school. If your child wears a PE kit or trainers, unless there is a note from parents, they will receive a behaviour point.

Unauthorised Term Time Absence

A student's absence during term time can seriously disrupt the continuity of her learning. As a result of missing lessons and learning, there is a risk of underachievement which we, and you, must seek to avoid. This is particularly important when we consider the impact of Covid over the past two years on children's education. The school **does not** authorise absence during term time for family holidays or trips abroad. Parents/carers do not have the right to take their daughter(s) out of school for such events and the school will only grant leave of absence in exceptional circumstances.

Please note, a student who is absent for longer than 10 days after an agreed return date, or without authorisation, can legally be removed from the school roll. If authorised absence is not obtained from the Headteacher, parents/carers could face court action and a fine. Each absence request is looked at on an individual basis which includes overall attendance, stage of education (e.g. exams) and the reason given for the absence. Being granted leave of absence during school time is very rare.

Forms for absence can be obtained from the school office and all requests **must** be submitted to our Attendance Manager **at least 4 weeks before the first day of requested absence**. Before making trip arrangements, please seek permission from the Headteacher.

Punctuality

At Walthamstow School for Girls we have always been proud of our students and their overall achievements. However, the lateness to school and to lessons has gradually deteriorated and there is now major concern regarding the hours of learning lost due to this.

Please remember that your daughter is required to be in school by **8.40am** in the morning when a warning bell is sounded to go to morning tutorial. A teacher will mark a student late if they are not in tutorial for the register.

Arriving late to period 4 (after lunch) will also impact on the number of late marks obtained each week.

We would ask you to support the school by ensuring your daughter leaves home in the morning with plenty of time. We are aware that sometimes there can be exceptional circumstances causing lateness i.e. severe motoring accident, family emergency but these should be the exception rather than the rule.

We thank you in anticipation for your support.

Ms Jolliffe

Attendance & Student Services Officer



Lost Property

Please make sure all clothing, including P.E. kits, are clearly labelled. Blazers should be named with labels or in indelible pen.

Students are reminded that you can collect lost property at **3.30pm** every day. Parents and carers may also collect lost property **any day after school**.

All lost property will be **removed** from the box on the last day of term.

Ms Jolliffe

Attendance & Student Services Officer



Focus of the Fortnight: 21st March -1st April

Punctuality to Lessons



The Sanctions

- If you are more than 5 minutes late, you are missing valuable learning time and disrupting the lesson
- If you are 5 minutes or more late to your lesson without a good reason you will be marked late by the member of staff
- **After the Easter holiday, from 19th April, you will also be given a behaviour point for lateness to lessons**
- If you have a good reason for being late such as a music lesson, an appointment or were with a member of staff you **must** have proof of this in your planner.

Remember - being on time is an expectation and a good habit to form.

Ms K.H.Pratt

Assistant Headteacher

Faculty News



LGBT+ Logo Competition

Thank you to all those of you who entered the LGBT+ logo competition. We had a great time judging the entries.



Please congratulate the winner of the 2022 LGBT+ logo competition:

Aamaneer 8S

I'm sure you will agree that this is a stunning design!
Aamaneer please come to Ms Philippou in F43 to collect your prize.

We will also be making some badges out of *Aamaneer's* design as well as from the designs of our runners up, *Christiah* 9S and *Rosanna* 8W.



1 - Rosanna 8W



2 - Christiah 9S

these badges.

Ms Philippou

Assistant Headteacher

Well done to you all!

I look forward to lots of our students celebrating diversity throughout the year by wearing one of

WSFG Eco Group



WSFG Eco Group

Environment
Action
Ideas



The WSFG Eco Group is a collection of students across all year groups who are concerned about climate change and are interested in looking at ways to reduce the environmental impact of our school community. Each fortnight we will be suggesting some things which you could try out to lower your ecological footprint and help protect our planet.



Podback®

THE POD RECYCLING SERVICE

Many people today use coffee machines as a convenient and relatively cheap way to get their daily coffee fix. However, the pods which they use are amongst the worst forms of human waste when it comes to long term damage according to new research. Every month, around 30,000 pods go to landfill and they take over 500 years to decompose.

Some companies now offer compostable or even reusable pods which are better, but often work out more expensive making them less attractive. However, a new company called 'Podback' is offering a free recycling service for the most popular brands of Nespresso, Nescafe Dolce Gusto and Tassimo.

Recycling bags can be ordered free of charge here: <https://www.podback.org/>. These will be posted to your home and you simply fill these up before dropping them off at your nearest collection point which can be found here: <https://www.collectplus.vodel.co.uk/podback-aluminium>. There is no charge for the service so you can continue to enjoy your coffee guilt free with no extra cost.



WSFG Eco Group is always looking for new members, so if you are interested in getting involved then come along to our next meeting at lunch on Friday week A in SO8.

Year 7 Origami Club

Origami or Mindfulness - Spring Flowers

For the first session in March we focused on Spring Flowers.

Eleanora taught the group how to make tulips and *Kamila* taught them how to make lilies.





The club is a great way to create beautiful models, enhance your wellbeing and make new friends.
Please join us every Friday Week B during lunchtime in F38.

Ms Robinson

Challenge Coordinator

Year 7 Art: Insects



The art department love these bugs made by Ms Healy's Year 7 class.

They were inspired by the use of collage materials by the artist Kate Kato.

Kate Kato: *Using discarded paper, wire and thread, I try to capture the delicate detail and beauty found in nature. My work is influenced by plants, insects and found objects which I recreate as intricate, life-sized sculptures and arrange carefully into collections, installations and dioramas.*

<https://www.kasasagidesign.com/2nd-about>

Well done to our talented Year 7s!

Ms Wills

Head of Art

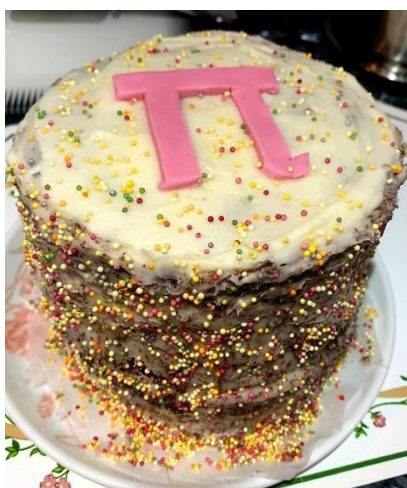
Pi Enrichment 2022

We celebrated Pi Day at WSfG on Monday 14th March 2022.

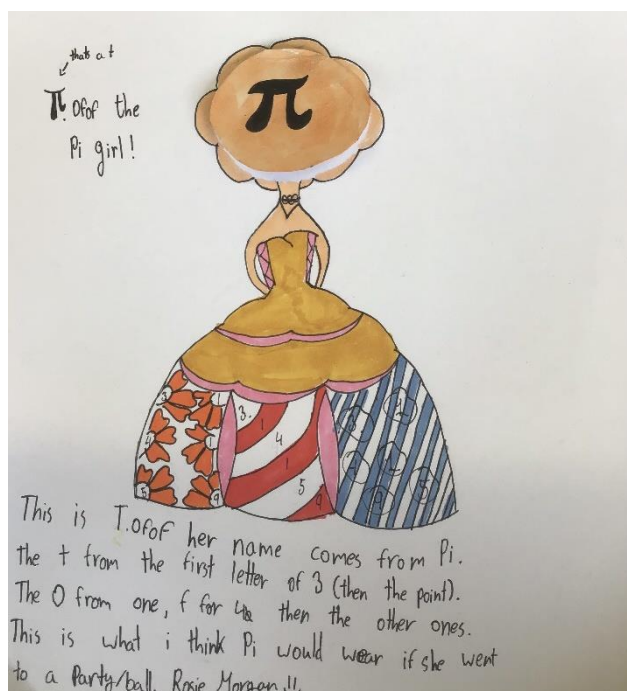


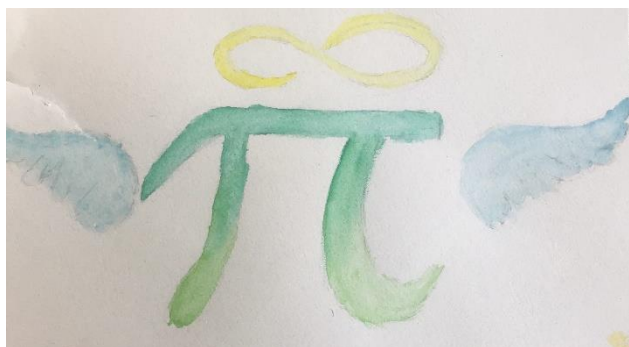


Here are some of the Pi themed cakes, biscuits and soft toys and artwork created by students in Years 7 and 8



Pi Day is always an exciting day in the maths calendar, more so than ever this year, due to it being on a school day, and covid restrictions being lifted.





Well done to all our students who creatively displayed their love of Pi!

Ms Robinson

Challenge Coordinator

Year 7 Pi Day Recitation Competition 2022

For several months, Year 7 students have been developing their memory techniques by memorising Pi to more and more decimal places.

In the week before Pi Day, each year 7 class had a class competition. The winner of each, then participated in a final competition on Pi Day itself – Monday 14th March 2022.

Congratulations to the overall winner *Jannat* in 7H who memorised Pi to 208 decimal places!

Congratulations is also owed to all of the competitors for their GROWTH Mindset. There was much evidence of perseverance, hard work and risk taking over the course of the competition.

The results are below along with photos of the champions.

Thank you to Mr Trimithioti for making the trophy and to Ms Hafiz for her help on the day.



Grand Final on Pi Day 2022

Jannat 208

Sara 183

Alex 163

Samia 162

Vicky 139

Safa 108

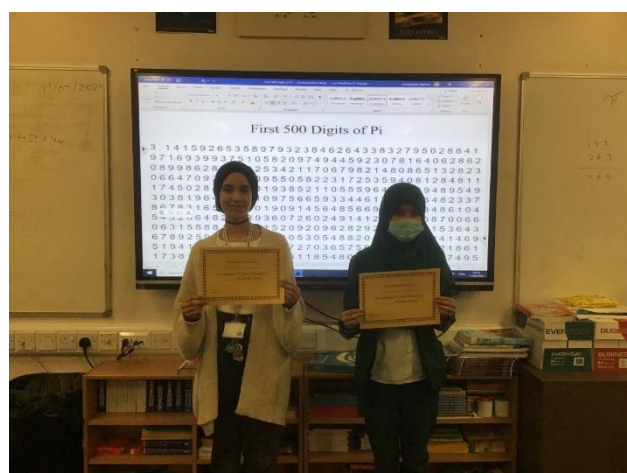
Maryam 98



Class Results

7A1	7A2	7A3	7A4
Vicky He 100	Alex C 150	Maryam M 90	Safa B 64
Anita I 80	Grace W 61	Ela Y 60	Amarah G 24
Emma B 70	Inaya E 54	Clara H 55	
Kiswa H 70			





7B1	7B2	7B3	7B4
Samia I 06	Jannat I 192	Sara M 259	Pinar G 54
Alma W 59	Iqra K 134	Martha B 112	Nyela T 46
Edith M 46	Emi F 118	Huda A 79	Zahara T 45



Ms Robinson
Challenge Coordinator

Year 10 Trip to the Royal Veterinary College



On 9th March, 28 students had the opportunity to visit the Royal Veterinary College.

Here is some feedback from three of the participants:

Personally, I loved this trip solely because of how interactive it was. We learnt a lot about animal anatomy while doing practical things to do with them e.g. touching and identifying types of bones from different animals and met Marshmallow and Oreo (the cows) while discussing their anatomy as a group. The guides were very informative and nice, it made the experience that much more enjoyable as well as easy to navigate.

Anyone who gets this opportunity should 100% take it as it really teaches a lot of valuable information, especially if you're interested in veterinary work or animal anatomy/anatomy in general!

Teo 10F

Going to the Royal Veterinary College gave me an opportunity to learn more about animal anatomy and showed me what it would be like to attend a college. I really enjoyed walking through the museum as I saw many different body parts of animals on the displays that I haven't seen before, and probably would not have gotten the chance to see. The staff were extremely friendly and were able to answer any questions that I had. Additionally, seeing the cows was quite interesting as well. I got the chance to learn about the behaviour of cows and how to act around them. This intrigued me as I have very little experience around animals and I now feel more confident after being educated on them. I greatly enjoyed the experience to the college and wish to have the opportunity to go on more trips like this.

Elissa 10S

My favourite part of the trip was seeing the bone museum and getting the opportunity to see and analyse hundreds of bones and preserved specimens.

The specimens ranged from birds to mammals like cats and dogs, amphibians and reptiles, birds and sea animals.

It was definitely an inspiring and amazing experience.

Kei 10W



Students also learnt about pathways to becoming a Vet. As well as the 5 year degree, which requires grade As at A level, there is also a Veterinary Gateway pathway. This takes 6 years, and is accessible with C grades.

We are hoping to secure more dates to repeat this trip with another Year 10 class in the near future

Ms Robinson, Ms Sulthana and Ms Rouse

Maths & Science Faculty

Year 9 ICT: Lego Spike Prime



Year 9 students have had the opportunity to programme Lego Spike robot kits. The robots kits included distance sensors, colour sensors and grabbers, which students use to complete different

missions. Students followed the Coding Success qualification and will all achieve a certificate to recognise their completion of the course.

Let's see what *Khadija* had to say about her experience of programming with robots in her computing lessons:



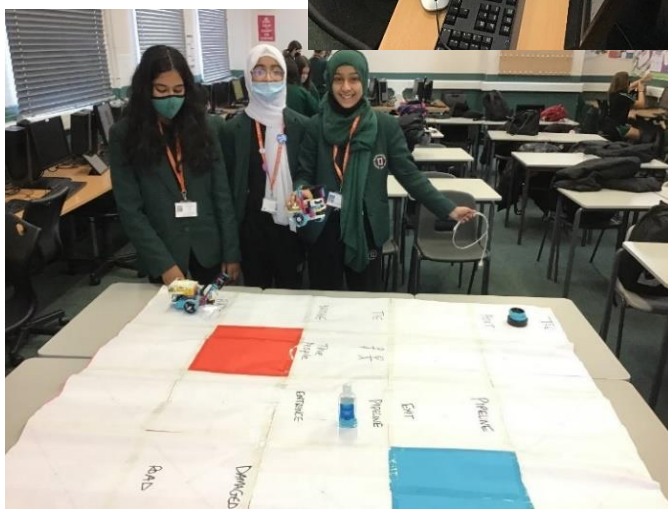
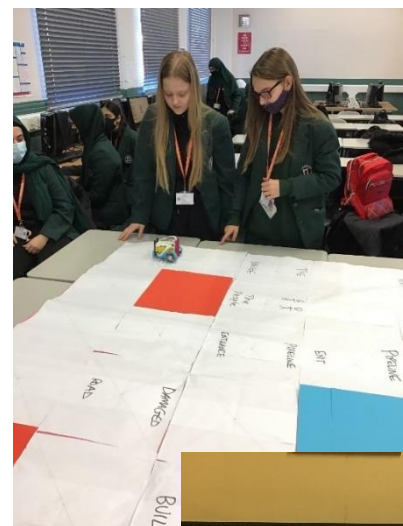
Robots are becoming more prevalent. According to some computer scientists, computers will play a larger role in your life during the next decade. We looked at how robots can be programmed to perform jobs in the previous unit.

We started off by creating simple programs that were used to solve a problem by using a programming platform called Spike Prime. We also studied things like sequences, iteration and corrected syntax errors in the program to ensure the programme worked as planned. At the end of the topic we made our robots move to different spaces avoid certain places or to program it to do tasks such as drag objects out of the way.

We then started to look at the Mars Rover which had been programmed to land on Mars and accomplish tasks like digging and finding different materials or rocks which might not have been discovered on Earth which are later tested in the robot itself. The Rover included hearing sensors, direction sensor and an object sensor. We had some Scratch lessons on processes, selection using IF, and variables in order to code a game or complete a task.

In general I think this unit was very fun and interactive as it was quite entertaining to be programming a robot to accomplish things, do multiple challenges which really pushed us to get better and also working as a group and improve our teamwork abilities.

Khadija 9H



Global Alliance Calendar - March



March

BAME figures for International Women's Day



Bell Hooks

Malorie Blackman

Preet Chandi

Emma Raducanu



Charlene Hunter



Zara Mohammed



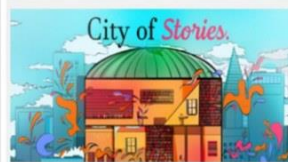
Nadiya Hussain

Asian history month

Taking place across all 33 of London's library services from February to June 2022, [City of Stories Home](https://www.cityofstories.org/) celebrates libraries as the place to make and share stories in our local communities.

<https://www.spreadtheword.org.uk/all-her-tomorrows-by-iqbal-hussain/>

"Be brave, my girl," says *Ammi*, stroking my hair. "You will be home before many summers have passed."



<https://www.theguardian.com/society/2020/nov/22/osman-yousefzade-designer-and-writer-essay-on-tackling-race-in-britain-identity>

<https://www.tes.com/magazine/archived/how-use-arts-tackle-racism-schools>



"I put on some music by Ravi Shankar. When the class heard he was from India, one child jumped up and said, 'That's me! I'm from India.' He started air-sitar-ing away, and his friends were patting him on the back," Emma Booth, the arts lead at Drake Primary School, remembers. "This is a child who doesn't normally engage in music. But when he saw himself on screen, it was a huge moment for him."

1st Korean Independence day
3rd - Girls' Day (Japan)
6th -



GHANA INDEPENDENCE DAY

Wild Swans
Jung Chang

Free Event: Body Vessel Clay: Black Women, Ceramics & Contemporary
<https://twotempleplace.org/events/visit-body-vessel-clay/>

Week Club back of the month



13th Brianna Taylor

17th St. Patrick's Day

18th - Irish

21st International Day for the Elimination of Racial Discrimination <https://www.un.org/en/observances/end-racism-day>

31st Trans Visibility Day

'Joshie is gone. No badda bawl an disappear, yuh cyaan bring him back.'

A family drama of love, loss and hope.

Following the death of a loved one, a British-Caribbean family struggles to come to terms with their grief. Isolated by their generational beliefs and challenges to their faith and mental health, they live between the things they do and do not say.

10 Feb - 12 Mar



Lyric Hammer

https://lyric.co.uk/shows/running-with-lions/2utm_source=facebook&utm_medium=paid_social&utm_campaign=grisyisTheatre_RunningWithLions_Jan22_PO_7678&utm_content=lyric_RunningWithLions_Static_10%702&fbclid=IwAR2D4qUOGAP18mm8vxiarBuiCo-SIYF8np8cH5G133uHnagVU1U



Eventbrite - Look Up London presents We Likkle But We Tallawah! | Women's History Month Walks - Saturday, 5 March 2022 | Sunday, 20 March 2022 at David Bowie Mural (Turnstall Road), London
<https://www.eventbrite.co.uk/e/we-likkle-but-we-tallawah-womens-history-month-walks-tickets-263619512052>



As Britain looked to recover and rebuild after the devastation of World War Two it turned to the Commonwealth. But many of the migrants who filled crucial jobs amid labour shortages routinely encountered racism and discrimination. Two friends who arrived in the country just before the war would go on to play major roles in changing the face of modern Britain. Viji Hanuman and Lajpat Singh had travelled from Rurka Kalan, a small village in the Indian state of Punjab, in their early 20s, looking for a new life in the UK. But according to Dr Nikita Vaid, from the 1928 Institute, their legacy would not only be 'to oil the wheels of Indian independence but to lay the foundation stones for contemporary British Asians'. Inspired initially by the fight for Indian independence, the pair helped set up the Indian Workers Association (IWA) in Coventry soon after the start of the war.

<https://www.bbc.com/news/uk-england-coventry-warwickshire-58627849>

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_3IrMYKJc281bFdk

[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.

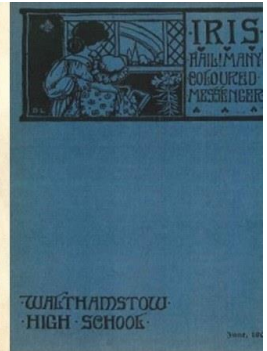
We welcome applications from all students and we will prioritise applications from high-achieving students with a widening participation background (e.g. free school meals, living in care etc)

Ms Robinson

Challenge Coordinator



School History



Lampen Family



The oldest building on our site is the 'house', formerly a Vicarage built in 1906. Our school moved to the site in 1912 and shared the grounds with the Vicar until the 1960's. The Rev. Herbert, Dudley Lampen, Vicar of Walthamstow, moved into the 'house' in 1907. During World War I he served with the 7th Battalion, Essex Regiment. He had four children, Graham Dudley, born in 1899, who became the Governor of Darfur in Sudan. David Lampen, born in 1904, Edith Barkley (named after her mother's family) and twins Miriam and Francis, both born in 1908.



3 - Edith Lampen, born 1904.
1908.



4 - Miriam Lampen, born
1908.



5 - Francis Lampen, born 1908.

He became the vicar of Walthamstow.

'Iris', our school magazine has information about the family's involvement in the life of our school. His daughters Edith and Miriam were both pupils at the school. Edith (Edie) Lampen gave a talk at Empire Day assembly on the theme of trees and birds. Miriam and Edith were Prefects in 1921 and 1923. Anna Lampen, their mother, as well as their father, presented prizes during Prize Giving Day. Their brother Francis followed in his grandfather's and father's footsteps and became a Vicar.

Edith Lampen, born 1904.

Edith married Commander Thomas Hilken of H.M.A.S., ship Sydney, which fought battles in Crete in the summer of 1940.





(both of these photographs are in the National Portrait Gallery)

Ms O Kelly

LRC

Action for Happiness Calendar

Mindful March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them	6 Have a 'no plans' day and notice how that feels	
7 Take three calm breaths at regular intervals during your day	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	
14 Find ways to enjoy any chores or tasks that you do	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Appreciate nature around you, wherever you are	
21 Listen to a piece of music without doing anything else	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today	
28 Notice when you're tired and take a break as soon as possible	29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life	27 Cultivate a feeling of loving-kindness towards others today		

ACTION FOR HAPPINESS

Happier · Kinder · Together



Parents' Evening Reminders

Forthcoming parents' evenings which are online, using SchoolCloud:

- Year 7: 31st March 2022
- Year 8: 28th April 2022

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: info@wsfg.waltham.sch.uk

School Calendar



Spring Term 2022

Tuesday 4th January 2022 to Friday 1st April 2022

- 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
- Monday 23 May - INSET day - school closed to students
- **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

Community Events

Netball Netball Netball Netball Netball Netball
PHOENIX FLAMES NC



Learn to play netball with a friendly local team

Junior Netball Training

Years 2-6	Years 7-9	Years 10-13
Wednesday	Monday	Monday
4.30-6pm	4.30-6pm	6-7.30pm

Frederick Bremer School, Siddeley Road, Walthamstow, E17 4EY

Matches (Essex Met League) take place at Redbridge Sports Centre on Saturday Mornings

Adult training also available, please use the contact information below to find out more

Important Information

 £20pcm (includes matches)/£6payg

 rianetballcoach@gmail.com

 www.phoenixflamesnc.com

 @NCPhoenixFlames

 #phoenix_flames_nc

 07903839095

Netball Netball Netball Netball Netball Netball

Having trouble reading this email? [Click here to view in browser](#)

William Morris Gallery



WILLIAM
MORRIS
GALLERY



Book a Tea & Chat event at the William Morris Gallery

Mondays from 2 April 2022 to 26 June 2022

Are you part of a community group or charity working with older people in Waltham Forest or one of our neighbouring boroughs?

To celebrate *Althea McNish: Colour is Mine* we're organising 'Tea & Chat' events every Monday for the duration of the exhibition. They're an opportunity to visit the Gallery at a quieter time and enjoy the exhibition at a different pace. The events will include a tour of the exhibition with one of our curators, followed by tea, coffee and refreshments, all FREE of charge. There will be an opportunity to chat about the exhibition and Althea McNish's life and work.

If you would like to attend with a group, please email: wmg.enquiries@walthamforest.gov.uk and we'll be in touch about availability and to help with any access needs that you might have.

[Find out more](#)



Diana Taylor: A Ghost for Today

Visit the new Diana Taylor exhibition at the William Morris Gallery until 19 March 2022. This exhibition brings together work by artist Diana Taylor, created as the result of her practice-based PhD and in collaboration with the William Morris Gallery. Tuesday to Sunday 10am to 5pm.

We're also pleased to announce an Artist's Talk with Diana on Saturday 5 March at 2pm. Free event. Drop in.

[Find out more](#)



New at the William Morris Gallery Shop

Thinking of Mother's Day? We have some beautiful new arrivals for March 2022 from the 'William Morris at Home' lifestyle collection. They make fantastic gifts or perhaps just a nice treat for yourself!

Every purchase from our online shop supports the work of the Gallery, including our education, conservation and exhibitions programmes.

[Find out more](#)

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 be 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.

Thank you so much for any help you can offer in promoting this competition.

Best wishes,

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
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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

Greek Theatre Players

2022 - TWELFTH NIGHT

Wednesday 27th July - Saturday 30th July

7.30 p.m. (and a 3 p.m. Saturday matinee)

*"If Music be the Food of
Love, play on;
Give me excess of it."*

"Why, this is very midsummer madness..."



The next production will be "Twelfth Night".

Viola is shipwrecked on a strange shore; her brother Sebastian is lost. Disguised as a man for protection, she enters into the service of Duke Orsino and promptly falls in love with him. Her situation is hopeless because he's madly in love with Lady Olivia. But Olivia only has eyes for Viola, thinking she's a man.

While upstairs is a tangle of love, loss and longing, downstairs it's drink, dancing and devilment. The roguish Sir Toby wants Olivia to marry his wealthy friend Sir Andrew. And he also wants revenge on a pompous Steward. As plots collide, things get even more frantic and complicated. How will it all unravel in Shakespeare's evergreen and ever popular comedy?

Based at the Greek Theatre, Walthamstow, London, the Greek Theatre Players have been producing Open Air Shakespeare since 1958.

Wednesday 27th - Saturday 30th July 2022

2022 PRODUCTION

The 2022 production will be:

Twelfth Night

Purchase your tickets on the door.

Tickets are not sold in advance.

Ticket prices:

£10, £8 (Concessions), £5 (Students with ID / Children)

There is disabled access.

Gates open 40 minutes before the performance is due to start.

Never been before? [Click here to find out more](#)

Interested in auditioning?

JUL
27

Wednesday 27th July 2022
Greek Theatre, Walthamstow
7.30 p.m.

JUL
28

Thursday 28th July 2022
Greek Theatre, Walthamstow
7.30 p.m.

JUL
29

Friday 29th July 2022
Greek Theatre, Walthamstow
7.30 p.m.

JUL
30

Saturday 30th July 2022
Greek Theatre, Walthamstow
3 p.m. and 7.30 p.m.

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

