



GREENSHEET



No. 05/20

Church Hill, Walthamstow, London, E17 9RZ

Telephone: 020 8509 9446

16 October 2020
Week 'B'

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				
	<p>Dear Parents Carers and Students,</p> <p>Mental Health Awareness Day took place last weekend on Saturday 10th October, however, in school our KS3 year groups watched a virtual assembly in their tutor time which highlighted the importance of monitoring and looking after their mental health. Media reports and academic journals have documented the increase in students' mental health issues resulting from the national lockdown, as well as the deterioration of existing problems. For example, YoungMinds conducted a survey and found that 80% of respondents agreed that the coronavirus pandemic had made their mental health worse. Do take a look at Mr Morrow's presentation here on mental health, should your child wish to watch it again, or show it to siblings/friends.</p> <p>October also marks Black History Month, a nationwide event that was founded to recognise the contributions that all those from black backgrounds have made to the UK. We believe that Black history should not only be acknowledged for a month and should, instead, be embedded in our whole culture and history, as well as our curriculum. However, it does provide an additional opportunity for our students to widen their knowledge and be introduced to</p>				

icons past and present who may not have received the widespread recognition they deserve. Our Diversity Coordinator Ms Desbenoit and subject areas have been working together to plan discussions and activities that students will take part in during class, as well as gaining a deeper understanding of the everyday experiences of racism that a large number of our community still endure.

A former student, Martha, who currently reads English at Cambridge University, contacted the school this week to highlight a fantastic opportunity for black and minority ethnic students in Year 11, where students will get to experience what it is like studying at the university through a taster programme. **Please note that the deadline to apply is Wednesday 21st October** so students should complete the application form at the earliest convenience – please turn to page 7 for full details.

Finally, following the announcement on Thursday, London will move into High Tier 2 restrictions on Friday at midnight. Whilst the increase in risk has heightened, this does not impact the day-to-day running of the school as **all schools remain open**, however there will be changes our school community must make outside of school. Please therefore familiarise yourself with the table on the next page which details the Tier 2 requirement and watch the short film [here](#) by Joe McDonnell, Director of Public Health.

Ms M Davies
Headteacher



Meeting friends and family

- You must not meet people you don't live with in any indoor setting - whether at home or, for example, a pub or restaurant - unless they are part of your support or childcare bubble.
- You may continue to mix with people outdoors (including in a garden or a park) but you must not meet in a group more than six, and you must follow social distancing rules.
- Meeting in larger groups is against the law, and you can be fined up to £6,400.

Going to work

You should work at home if possible. If you cannot do this, you can return to your workplace but your employer must make arrangements for you to work safely.

Schools and nurseries

Schools and nurseries remain open. In schools and colleges that teach Year 7 and above, face coverings should be worn by adults and pupils when moving around the premises, but not usually in a classroom.

Leisure time

- Pubs, bars and restaurants are restricted to table service only and must close at 22:00 BST.
- Customers should not mix indoors with anyone from outside their own household or support bubble. Outdoors, you can meet in groups of up to six people.
- At least one member of any group should give their contact details to the venue or check in using the NHS Covid app.
- Face coverings must be worn, except when seated to eat or drink.

Shopping

You must wear a face covering in shops, supermarkets and shopping centres.

Other

- If you need to travel, you should aim to reduce the number of journeys you make where possible and you are encouraged to walk or cycle, rather than use public transport.
- You should avoid travelling in a car with someone outside your household or support bubble unless you can practise social distancing.
- You can stay at hotels or guest accommodation, inside or outside your area, but only with people in your household or support bubble.
- Travel from your area to Wales will not be allowed from 18:00 BST on Friday 16 October, except for a limited set of reasons such as going to school or work.
- Weddings, civil partnership ceremonies and wedding receptions are restricted to 15 people (the reception must be a sit-down meal).
- Up to 30 people can attend a funeral. Wakes and other related events are restricted to 15 people.
- You should not visit a care home except in exceptional circumstances, for example to visit an individual who is at the end of their life.

How to Use Teams to upload work from a mobile

1. Check the "Feed" in the Teams app on your phone to check all assignments set. Click "Assignments" at the bottom of the page:



2. Choose your class/subject to check the details of an assignment:



3. Click on the assignment that you want to complete to read the instructions:



4. Read the instructions and complete your work on paper/ in a book:



5. Complete your work and then take a picture of it:



6. Press the "add work" link:



7. The app will take you to this page. Select "upload from this device":



8. You will be taken into "recent" images where your photo of your work is. Click on the image you want to submit:



9. Don't forget to press "hand in" or in this example "hand in late"!



Student Mobile Phones at WSFG

At the present time, with our current focus on maintaining safety in school and the need to minimise contact between students and staff, students are allowed to keep their mobiles on their person every day instead of handing them into the school office.

We understand that parents/carers may prefer their child to have their mobile phone on the way to and returning from school for safety reasons. Therefore to allow for this, all students are required to turn off their phone (not put the phone on silent mode) before they enter the school grounds and place it securely in their bag.

Students must not use or take their phone out of their bag during the school day. As bags may be left unattended in classrooms, students bringing phones into school do so at their own risk. Please also note that smart watches such as Fitbits are not allowed in school.

Sanctions if a student is found to be using a mobile phone during the school day:

- The mobile phone will be confiscated by a member of staff.
- If the student refuses to hand over the mobile phone or is uncooperative, a further sanction will be applied.
- Confiscated mobile phones will not be returned to the student.
- Parents/carers will receive a phone call asking them to collect the phone from the school office. The school office will follow guidance to prevent contamination when storing and giving back the phone.

Please note that students bring their mobile phones into school at their own risk and the school takes no responsibility for any mobile phones lost or damaged at school.



Parent Carer Information

Dear Parents/Carers

Please ensure that we hold your most up-to-date contact information in case of an emergency. Details can be updated via the SIMS Parent App. Please contact us if you require any help with accessing the app.

If you need to contact a member of staff, please contact our main switchboard number on 020 8509 9446 which is open between 8am and 4.15pm. Emails can also be sent to info@wsfg.waltham.sch.uk and the message will be passed onto the relevant member of staff.

Please do not enter the school site, unless you have a prearranged appointment.

Please also note that at the present time we not accepting any items at the office for passing on to your child.

Thank you
School Front Office



Cambridge University – Opportunity for BME Students in Year 11

This year, Fitzwilliam College (University of Cambridge) will be running a four-week long taster programme for Year 11 students from ethnic minority backgrounds. The programme will involve two online sessions a week, on Wednesdays and Saturdays, and will begin from the 11th November. The Wednesday sessions will be run by academics and staff members, and will involve taster lectures, Q&As, and talks about Cambridge. The sessions on Saturdays will be led by current university students who are also from ethnic minority backgrounds, and these sessions will include a talk about revision tips, a Q&A, and two academic group discussions.

The full programme is available [here](#).

For each group discussion, participants will be allocated to a subject group of approximately 10 pupils and two university students. A week before the session students will be sent an article or something similar to read, along with a list of questions to think about whilst reading it. In the session, the university students will lead a group discussion that everyone will participate in, like a university seminar. The students will take part in discussions for two different subject groups, out of a possible seven. In the application form you can pick your first choice subject group and we will do our best to ensure that everyone is allocated to a session for their first choice subject, but the subject for your second group discussion will be randomly chosen for you from the other available groups.

This programme is open to any student from an ethnic minority background who is currently in Year 11 (or equivalent). As this event is part of Fitzwilliam College's outreach programme, applicants who are part of an ethnic group that is underrepresented at the University of Cambridge will be prioritised.

If you would like to apply for our Year 11 BME Taster Programme, please complete the online form [here](#) by 4pm on 21 October.

Please note that you will need to provide contact details for a parent/guardian who will be required to give their consent for you to participate in this event.

If you have any questions about this programme, please direct them to schools.liaison@fitz.cam.ac.uk.

Faculty News Mathematics

PUZZLE OF THE WEEK

Puzzle of the Week started this week.

All students, parents, carers and staff are invited to register for Puzzle of the Week. Last year our school came 6th in the world. Let's see if we can beat that this year!

Puzzle of the Week instructions.

Students need to register, but do not need the school ID and password.

Here is the link to register:

https://docs.google.com/forms/d/e/1FAIpQLSd89fiS9RTh_x8n5DB0qMVMhfUstN9p9ntH--V957FtHVsZTQ/viewform

Use the drop down menu to find WSFG. Once you have registered, you will receive a unique 6-digit user ID which you will need to complete the answer entry form for each puzzle.


This is the first puzzle.

A new puzzle is available every Monday.


Good luck!

The Maths Faculty

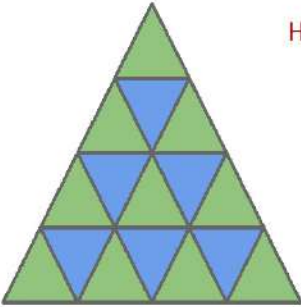
138
Puzzle
Number



Entries open: Mon 12th Oct Entries close: Sun 18th Oct

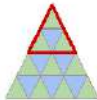


Scan to enter



How many triangles are there in the diagram on the left?

Hint: You should include compound triangles such as the one shown below.



Extension: The diagram above can be thought of as being 4 triangles high. How many triangles would there be in a diagram 5 triangles high? 6 high? 100 high?

www.puzzleoftheweek.com
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Puzzle created by Andrew Sharpe (@asharpeducator)
(not an original idea)

[@puzzleoftheweek](https://twitter.com/puzzleoftheweek) [Puzzle of the Week](https://www.facebook.com/puzzleoftheweek)
[Puzzle of the Week](https://www.instagram.com/puzzleoftheweek) [@puzzleoftheweek](https://www.youtube.com/channel/UCwQmF8vYvYvYvYvYvYvYvYvY)

Challenge News

Challenge logo designed by Kacey Year 8



Maths and Music Talk

If you are interested in maths and music, this series of talks by Professor Sarah Hart sounds very interesting. Sarah is the first woman Professor of Geometry at Gresham College, and was appointed in 2020.

For more details, please see below:

[The Mathematics of Musical Composition](#)

Tuesday 13 October 2020 1pm-2pm, online (or watch later)

Professor Sarah Hart

<https://www.gresham.ac.uk/lectures-and-events/maths-music>

Pattern and structure are essential to music, from the permutations in a Bach fugue, to the structure of a round.

This lecture will explore the mathematics of musical symmetries, such as the “translational symmetry” of the transposition of keys, and the “rotational symmetry” of the duet “Der Spiegel”, attributed to Mozart.

It will go on to explore the last century’s experimentation with the use of mathematical forms to produce intriguing effects, including in the works of Arnold Schoenberg and Per Nørgård.

You can read about the rest of the series here:

<https://www.gresham.ac.uk/series/maths-music/>

Ms Robinson

Challenge Coordinator

English News

Shaking Up Shakespeare

WSfG's English Faculty was very pleased to host Anthony Glenn's production of '*Shaking Up Shakespeare*' for Year 11 students this half term with Covid secure measures and distancing in place.

All Year 11 students enjoyed a live performance of '*Romeo and Juliet*' outdoors in the Greek Theatre, with some lively participation from some of our own students who took on a variety of roles to make '*Romeo and Juliet*' come to life!

Anthony Glenn's enthusiastic performance was a great addition to our study of the play at GCSE level, illustrating both the comedy and pathos of key scenes in the play. The English Faculty was pleased to be able to have a live theatre performance on site for our Year 11 students, they certainly enjoyed it!

Ms Schaber
Head of English

Here is *Emira* doing a great job playing Juliet:



London **Philharmonic** [★]Orchestra



One week left until the deadline for submissions!

There is just one week to go for teenage musicians to submit their compositions for Fall to Rise, brand-new choreography by Monique Jonas from Matthew Bourne's New Adventures dance company.

Selected compositions will be recorded by musicians from the London Philharmonic Orchestra and shared with our audiences.

For this opportunity, young composers should:

- Compose for violin, viola and cello (or just 1-2 of these instruments)*
- Submit their score and instructions, along with their name, age and school [via our online form](#)
- Submit by the deadline of Friday 23 October

**We will also accept and share compositions for other instruments or software, if composers submit their own audio of their piece.*

[Visit The Studio](#) for full guidance including notes from Monique, an example composition by Gavin Higgins and a video guide to composing for string instruments.

If you have any questions, contact education@lpo.org.uk

Just one week left – we can't wait to hear your students' compositions!

[Find out more](#)



The London Philharmonic Orchestra is a registered Arts Award supporter. This means that young people working towards an Arts Award can use the opportunities we offer in their portfolio. Click on the Arts Award logo to find out more.

Year 11 College Information

For regular updates on college information please see:
'Open Evenings/Virtual Tours'
on the Year 11 page of the school website.

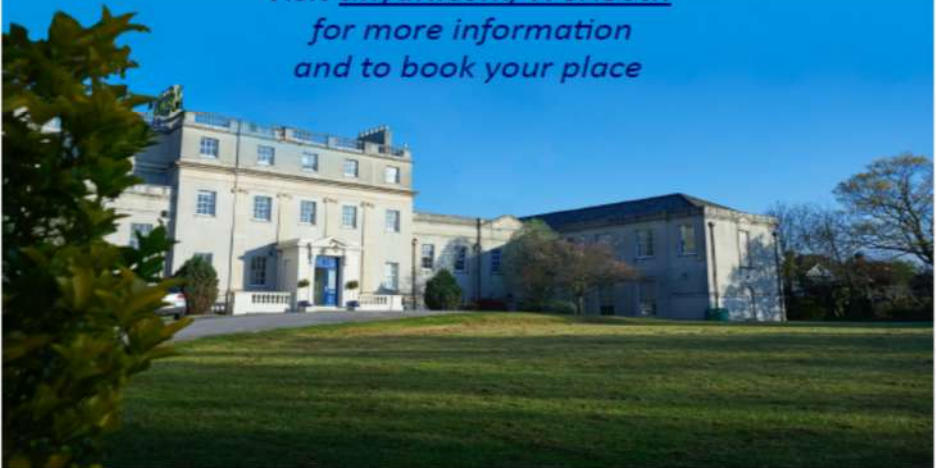


WOODFORD COUNTY HIGH SCHOOL

Sixth Form Virtual Open Evening

**Tuesday 20th October 2020
5.30-8.00pm**

On our website and Microsoft Teams
Visit tinyurl.com/WCHS6th
*for more information
and to book your place*





Access Creative College

Extra Date Added Open Event 26 /27 October 2020

Due to reaching capacity for our Open Event on 27/10/20, we are now taking bookings for 26/10/20 and places can be booked [here](#).

Music & Events // Music Tech // Games & Computing // Media & Design

Following our COVID safety regulations, we will have limited capacity at our Open Day events, so booking is essential!

Please share with students who have a passion for all things creative!

We are now taking bookings places can be booked here:

<https://www.accesscreative.ac.uk/open-events>

OPEN DAY

OPEN DAY OCTOBER 2020
Monday 26th October | Time depending on session
Bristol, Birmingham, London, Manchester, Norwich

[Book now](#)

OPEN DAY

OPEN DAY OCTOBER 2020
Tuesday 27th October | Time depending on session
Bristol, Birmingham, London, Manchester, Norwich, Lincoln, York

[Book now](#)

STUDY AT CHICKENSHED



We would like to invite you to one of our Open Day events.

Join one of our Open Day events and find out about our [Level 3](#) BTEC National Extended Diploma in Performing Arts Practice, [Foundation Degree](#) in Inclusive Performance or [BA \(Hons\)](#) in Inclusive Performance (Top-Up Year) courses.

This is an ideal opportunity to meet staff, participate in a workshop and get a feel for what being a student here will be like. During the both Open Day events you will take participate in a workshop and partake in a Q&A session.

Open Day at Chickenshed:

Thurs 29 Oct | 2pm - 4pm

or

Virtual Open Evening:

Thurs 5 Nov | 5pm - 6.30pm

About the Open Day at Chickenshed

The Open Event will take place in a large space with participants being guided and advised as to the best ways to ensure they can observe **social distance** and be as **safe as possible**.

Participants should bring a mask for any movement round the theatre space but as is the guidance in Education they do not need to wear masks in the activity sessions themselves - though they are very welcome to do so if that makes them feel comfortable.

Age recommendation: 15+

If attending either Open Day Event, you will be required for the entire session.

See you there!

Register [HERE](#) for either event



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VIRTUAL SIXTH FORM OPEN EVENING

WEDNESDAY 18TH NOVEMBER 2020 | 17:00 - 19:00

**BTEC DIPLOMA
COMPUTER SCIENCE**



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Creative Digital Media Production
Graphic Design
Further Maths
Maths
Psychology

www.ada.ac.uk

sixthformadmissions@ada.ac.uk

020 3920 9240

N15 4AG



Lammas VI Form Open Evening on 26 November 2020.



The event this year will be held **LIVE online**
and will start at 6pm.

This will be an opportunity for students and families to learn what Lammas VI Form will offer in terms of academic courses, pastoral support and future pathways.

There will be:

- - an address from Mr Clifford, Head
- - a presentation from Mr Eley, Director of VI Form
- - a presentation from students

Following the event, you will be directed to subject presentations on our website and shown how to apply to the VI Form online.

If you are interested sign up here:

<https://lammas.applicaa.com/events/2>

This will allow a link to be sent to you for the event nearer the time.

We are now taking applications for VI Form Admissions for 2021 and students can apply here:

<https://lammas.applicaa.com/LowerVI2021>

All course information and requirements are on the website.

If students have any specific questions or wish to speak with me, please do not hesitate to contact me, on the details below.

Chris Eley

Assistant Head -Director of VI Form

Tel: 020 8988 5860

Email: celey@thelammas.com

Lammas School and Sixth Form, 150 Seymour Road E10 7LX

Head Lice Information for Parents / Carers

Dear Parents and Carers,

It has come to our attention that a number of students, across different year groups, currently have head lice. It is the responsibility of parents and carers to treat head lice.

I have enclosed an information leaflet in this edition of the Greensheet (p18-19) that gives guidance on how to prevent and treat head lice. If you suspect your child has head lice, they must be treated systematically and the full instructions on the treatment lotion must be followed until the individual is completely clear. If treatment is not thorough, and there are not enough treatment sessions, the eggs may remain and cause more head lice.

Recommendations as to the best lotions and treatment can be sought from your pharmacist. It is recommended that the whole family is treated at the same time.

Your child can attend school if they have head lice and are being treated, however, it is useful to inform the school of this so we are aware. Hair should be tied back to restrict spread.

Thank you for your support on this matter.

Ms Pratt
Assistant Headteacher



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.



Actual size in stages of growth of the head louse.

- 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.

School Calendar Dates for 2020-2021

Autumn Term 2020

- Wednesday 2 September to Friday 18 December
- **Friday 16 October school closed to students for staff training**
- Half Term: Monday 26 October to Friday 30 October
- Christmas holiday: Monday 21 December 2020 to Friday 1 January

Spring Term 2021

- Monday 4 January 2021 to Thursday 1 April
- Half Term: Monday 15 February to Friday 19 February
- Easter Holiday Friday 2 April 2021 to Friday 16 April

Summer Term 2021

- Monday 19 April 2021 to Thursday 22 July
- Half Term: Tuesday 1 June to Friday 4 June

