



A MESSAGE FROM THE HEADMASTER

The nights are drawing in! It's dark in the morning! Winter is about to knock on our door! However, winter also brings the beginning of Advent and our preparations to celebrate the great feasts of our faith: the Immaculate Conception of the Virgin and, of course, the birth of the Divine Child. Carol sheets are dusted off, plans for cribs drawn up, rehearsals for concerts arranged, surely this side of winter, is most pleasing. I do hope you enjoy reading our Newsletter. Many thanks to those who have prepared to publish it. Let's rejoice: "Christmas is coming and the geese are getting fat!" **Dr P.C. Doherty OBE**

CATHOLIC LIFE IN THE SCHOOL

We have been very busy – but the busiest time is yet to come with the season of Advent approaching. Our regular traditions include: 1. Daily mass in the chapel. 2. The Angelus and the three o'clock prayer. 3. Weekly Adorations on Wednesdays. 4. Reconciliation Services. 5. Assemblies – especially commemorating the feasts such as Our Lady of Lourdes and All Soul's Day. 6. Rosaries in the chapel for all of KS3 and KS4.

Remembrance Day liturgy was commemorated on 10 November and it went really well with the students involved in the liturgy. On 16 October, our beloved Assistant Head and Chaplaincy Lead, Mr McCarthy sadly passed away which was a cause of great sorrow in our lives. He was a stalwart of the Theology department and we miss him which is why Chaplaincy will always try to do something extra special in his memory. There was a special Mass said for him to celebrate his life and it was beautiful – the Church was filled to capacity. Mr McCarthy himself would have loved it. Celebrations in St. Thomas of Canterbury are very special as they elevate our sense of spirituality.



Mass for Mr McCarthy

This season will see us providing reconciliation services, Advent assemblies and charity runs. We will also have some lovely Advent Masses in anticipation of Christmas. We are blessed as our priests in our diocese are supportive and always happy to conduct the sacrament for us. This will happen every alternate Thursday until KS3 students have completely received their sacrament of reconciliation. Thank you and every blessing. **Ms Afonso**

MR MCGRORY'S KS5 PASTORAL UPDATE



Award nominations for the Jack Petchey Foundation have opened for our KS5 students. We have some excellent achievements in our Sixth Form that staff have nominated our pupils for. Students who win awards will be asked to attend a prestigious ceremony and will also win funding for school departments.



We were very excited to see one of our fabulous Year 12 students on TV. Erin T is a top cheerleading coach who appeared with her troupe on BBC2's Strictly-It Takes Two episode 37 on Tuesday 14 November. Her skill and athleticism are simply amazing. We are so proud of her!

Our Year 11 students have been invited to our Year 12 Prospective Open Evening on Wednesday 29 November. The evening will run from 4.00pm until just after 7.00pm. Dr Doherty will be speaking at

5.30pm and 7.00pm, Mrs Law and Mr McGrory will then speak briefly about life in our Sixth Form. There will be displays around the school and in classrooms to help inform Year 11 pupils about our A-levels and many other opportunities that will be available to them when they join our Sixth Form next year. Pupils will have a chance to ask teachers and current Sixth Form students about subjects to help them decide what A-levels they may wish to pursue. Mrs Law and Mr McGrory will also be available throughout the evening if pupils want to ask any questions regarding our Sixth Form. We would like to see as many of Year 11 at the evening as possible. Even if Year 11 pupils are considering moving on to pastures new, we do hope they will come along on that evening to find out more information and get a feel for some of the course content.

SIXTH FORM @TCHSWoodford
OPEN EVENING
 Wednesday 29th November 2023 | 4pm - 7pm

Email: sixthform@tchs.org.uk • Tel: 020 8504 3419 • Web: www.tchs.org.uk

ENRICHING THE KS3 CURRICULUM



Mandalingo
CHINESE SCHOOL

We are always looking to enrich our curriculum and equip students with the skills required to succeed in the ever-evolving global community in which we live. With over 1 billion Mandarin Chinese speakers in the world, it comes as no surprise that Mandarin tops the list of the most important languages to learn. However, most speakers are located within China, so is it still one of the most important languages to learn? The answer is yes — with China emerging as a global power, it becomes increasingly more important for businesses to have team members that know Chinese. We are currently looking at the possibility of offering Year 8 and Year 9 students the opportunity to learn Mandarin over a 10-week course (1 hour after school each Wednesday 3.30-4.30pm from January - April). The class will be taught by a qualified and most experienced Mandarin teacher who comes with glowing references!

If parents of Year 8 and Year 9 students are interested in this opportunity, please complete the forms link on the letter sent to parents via ParentMail. Please express your interest by Wednesday 22 November.

Science Film Club

Mrs Roger has started a Science Film Club for students who are on Lower Site on Mondays in Room 15. Students can bring a packed lunch and come and watch. First screening was held on Monday 13 November: Hostile Planet with Bear Grylls. All are welcome.

Advent Collection for SVP

Miss Harding and her Year 10 cohort, along with Miss Maher in the Upper Site Office, are leading a food collection drive within the whole school. All donations can be dropped off at Reception on either site for SVP to collect by 7 December, so that parcels can be put together and ready for families in need to receive before Christmas Week.



Star students of the Month



Marissa P (Y12)

Ellie H (Y13)



Lydia S (Y13)



Erin T (Y12)



Bianka N (Y7)



Alberto H (Y8)



Jaquan B (Y9)



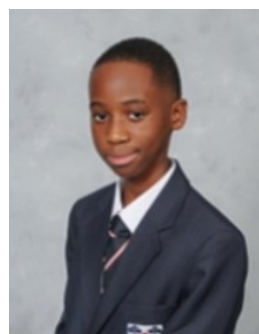
Lillyanne H (Y10)



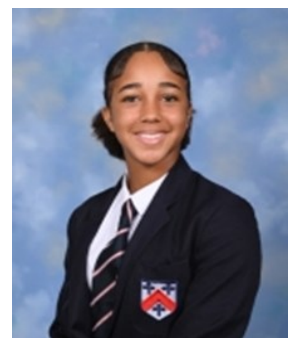
Reece O (Y7)



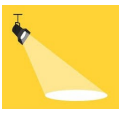
Alex P (Y8)



Reinhard N (Y9)



Esme L (Y10)



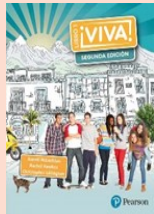
SPOTLIGHT ON: MFL - FRENCH & SPANISH

Year 7

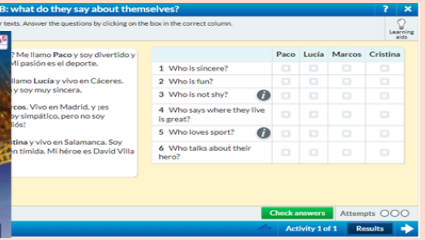
Our Year 7 students have got off to a flying start on their language learning journey. This term, in Spanish, they have been learning introductions, where Spanish is spoken, saying their age, describing personality, brothers and sisters, saying when their birthday is, talking about pets and saying what they like to do in their free time. In French, students have been learning how to greet someone, say how old they are, describe their brothers and sisters, describe a classroom, give opinions about what they like and dislike, talk about personalities and describe themselves and others. They have also been introduced to other French speaking countries and cultures through the topics.

All our KS3 and KS4 students have access to the digital textbook and activities on Activelearn

Digital Resources



so that they can extend their language learning beyond the classroom, by practising listening, reading, grammar and vocabulary. Our KS5 students have access to Kerboodle digital resources to support their language learning at home.



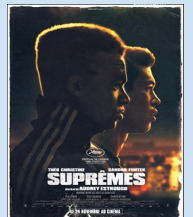
Language Assistants

Our Year 9 French and Spanish Gifted and Talented students have been invited to a weekly lunchtime session with the Language Assistants to practise their speaking skills. Week commencing 13 November was their first session. In the Spanish session, the students played 'two truths and a lie' and 'Tabú' in Spanish. In the French session, the students played Pictionary in French. We look forward to inviting more students to participate in these extra-curricular sessions. Our Y12 and Y13 students are attending weekly lunchtime speaking sessions with the Language Assistants to deepen their understanding of the Spanish and French culture, history and current affairs as well develop their speaking and listening skills. In the Spanish sessions, they have been discussing Spanish myths and stereotypes and learning about traditional Spanish dances. In the French sessions, they have been talking about political involvement among young people and same-sex marriage.



French Trip to Institut Français

On 17 October, a group of Year 11, 12 and 13 students participated in an educational day exploring the French hip-hop music movement, which emerged from French suburb areas, at the Institut Français in London. During the morning, students participated in a workshop introducing the film 'Supremes', a biopic about French cult hip-hop duo Supreme NTM, and a story of Paris suburbs, protests, police brutality that shaped the music of Joey Starr and Kool Shen. Students participated incredibly well, using their French language and deduction skills, which was noted by our workshop organiser. After lunch, students enjoyed a viewing of the film at the Institut's Ciné Lumière. The day was an opportunity for Year 12 and 13 to develop further their understanding to the social issues arising from French suburbs, the main topic of their film and novel studies. For Year 11, it provided context to understand the most recent rioting events in France and a link to the GCSE topics of social and global issues, which they will study later in the year.



The experience of the French Institute allowed me to experience French speaking in a movie and recognise the French culture. It was interactive and also relaxing. It helped me learn new things like French slang which we may not get taught in a classroom. I really enjoyed it. ZI Y12

The workshop was very engaging and interesting. The fact that she mostly spoke in French helped as I realised my understanding was much better than I thought and I could understand day to day phrases. The activity before the film was also very good and helped better my understanding of the film. The film was very engaging and exciting: the tension and the story and the emotions were enticing. RR Y11

I enjoyed the trip very much; I found the workshop very interesting and I found it helpful in learning about the film and it was all in French. The movie was very good - it was about the French ghetto and how people lived rough lives but how they overcame the struggle with Rap. Overall, the movie was 10/10 and I feel like I learned a lot and I feel like I am better at French. JK Y11

Our Year 13 Economics students recently attended a highly informative session from Bank of America. During the session, our students were introduced to the multifaceted world of Investment Banking, which includes three key areas: banking and finance, business support, and technology & operations. This exposure helped them understand that careers in this field encompass a wide range of roles that go beyond traditional math and science requirements, making it an attractive prospect for students with diverse skill sets and interests. Experts shared their valuable insights and experiences, shedding light on the various career pathways available, such as apprenticeships and internships. This insider perspective was invaluable for our students as they consider their future career options.

BANK OF AMERICA MASTERCLASS



In core PE lessons all students in Years 7-9 have competed for their form group in either inter-form gymnastics or rugby. Well done to all students who competed and have earned the first lot of points for sports day next year.

Our Year 10 girls headed to Maes Y Lade in October for a residential week. We were extremely lucky with the weather and enjoyed sunshine on the first 2 days. A high energy week with physical and mental challenges, ensured that the girls worked to their potential showing teamwork and resilience. The caving challenges favoured those girls who



don't mind small spaces, the biking suited those girls with lungs of steel – congratulations to those girls who cycled to the top of the roundabout without stopping. The adventure day was loved by all, splashing around in a river and jumping into waterfalls. The mountain day saw everyone summit Twmpa, and the canoeing day seemed to be 'how wet can we make the teachers' challenge! I think the teachers came out on top! Thank you all for a wonderful week.

Fixtures are well under way this term, with notable results as follows: Year 7 Netball Redbridge School Games Champions, District Cross Country – congratulations to Bianca (Year 7), Aine (Year 9) and Ella (Year 10) who were all individual District Champions. The girls teams won for Year 7, Year 8/9 and Year 10/11. The boys teams, the Year 7 boys were 3rd, Year 8/9 were 2nd and the Year 10/11 team were champions. Overall a great effort from our endurance athletes.



Our boys football teams continue their winning run, our Year 7, 9 and 11 teams beat Beal High School, and our Year 7s also beat Woodbridge in the league competition. Our girls football teams have started the Frenford League and our Year 7s and 8s won both their games. All netball teams remain unbeaten in the Redbridge league. The Year 10 Rugby team won their first 2 matches in the tournament at Westcliffe High School and were narrowly beaten in the play offs.

MR REED'S SAFEGUARDING & WELLBEING UPDATES



Being safe online is one of the biggest fears parent/carers have when it comes to safeguarding children online, the link below shares a range of useful tips but also highlights the perils that are out there on the internet, LGFL is a leading platform in supporting schools and their communities. <https://parentsafe.lgfl.net/>

We are busy supporting our young people with anxiety issues leading up to the examination period and have a group workshop delivered by our MHST at Redbridge, the course will last 6 weeks, and the aim is to support Year 11 and 13 students so that come the main exam season they will feel empowered and confident in managing their anxieties. Pupils who are keen to be part of the programme should email sreed@tchs.org.uk. For parents, other ways to support your child is to speak with them regularly about how they are feeling, keeping an eye on sleep and device usage especially after 10pm. Diet and exercise also play a huge part in managing anxieties and should not be dismissed when planning nights before exams and weekends. Lastly teamwork is essential and communicating to staff who teach your child will empower you to understand the stage and progress they are at and making which will enable you to support and have those discussion at home.



MR BAKER'S KS4 CURRICULUM, TEACHING AND LEARNING UPDATE

Year 11 Mock Examinations

Students in Year 11 have now completed their first set of

mock exams. These mirrored the real GCSE papers and the examinations were vital as part of their preparation for their final 2024 public examinations in the summer. Every part of our mock examination strategy is based on high expectations for all, stretching every child, including the most able, to reach their full potential. Subject departments will follow these mocks with a post-mock teacher/student review process, particularly in support of 9-4 attainment should the mocks reveal any knowledge and skill gaps that require further support. These assessments will form part of the Year 11 Estimated Grade Report which will be issued on 11 December. This will be followed by the Year 11 Parents Evening on 13 December. Further details will be provided to parents in due course.

KS4 Curriculum Ambassadors The school would like to extend its congratulations to our curriculum ambassadors in Years 10 and 11. These are Divina L, Madeleine R, Conor F, Ugnius B, Brook H, Maya S, Sofia B, Luke O, Ella-Rose R, Tamara S and Erin H. These ambassadors join a small committee of students this academic year who will work together to make a positive contribution to the school, its ethos and the environment, by allowing students to have their say in the curriculum development of the school and the opportunity to have creative curriculum input, students can have a voice in decision-making and so experience democracy in action. Through the work of the committee, students are encouraged to be active citizens and role models in our school. These students will continue to work with our Director of KS4 Curriculum, Teaching & Learning half-termly in their roles.

YEAR 13 VISIT TO OLD BAILEY In October, our Year 13 Psychology and Sociology students enjoyed visiting the Central Criminal Court commonly referred to the Old Bailey in London. Our students received a first-hand experience in understanding how our criminal justice system works by being given a tour and a talk about the history of our criminal court system. Our students, most of all, enjoyed attending real life court cases in the afternoon by visiting the public gallery and discussing within their trip group what they thought the outcomes might be for various court cases.



YEAR 7 STEM EVENT



Year 7 participated in a half day of bridge building as part of our whole school STEM provision. We invited back Darcy Turner who invented the STIXX machines used by our students. Students used these machines to make STIXX out of newspapers and then connected them together with cable ties. We tested the designs to see who had the strongest bridges. Students were placed in teams and given the task of designing a STIXX bridge strong enough to hold variety of masses. Students developed many communication skills in this activity and thrived at the opportunity to work in teams. The results were magnificent. We look forward to inviting Darcy again next year.

DON'T FORGET – upcoming events



A reminder that we have two School Offices to handle your telephone calls; one on Upper Site and one on Lower Site.

Upper Site: 020 8504 3419

Lower Site: 020 8504 8946

Year 13 Parents Evening on 22 November

Year 11 Parents Evening on 13 December

3.30pm-7pm via SchoolCloud online

Prospective Sixth Form Open Evening on Wednesday 29 November (School will close at 1.50pm and re-open to all students at 10.20am on 30 November).

Y9 Gifted & Talented Spanish Lunchtime Workshop with the Spanish Language Assistant on Mondays in Room 31.

St Anthony's visit to HE department - Year 6 transition on 22 November.

Year 7 Latin afterschool class on Wednesdays in Room 1

Drama Club in Lower Site Hall on Thursdays.

All Years Biology Society in Room 81 on Thursday lunchtimes.

Contacting the school re: absences

Y7-11— year7to11absences@tchs.org.uk

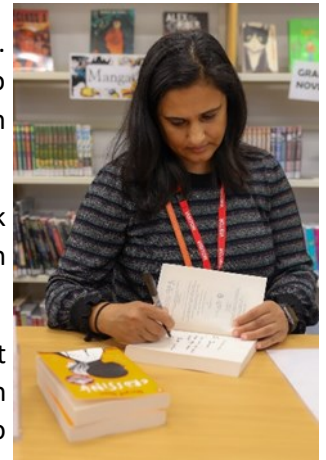
Y12-13— 6thformabsences@tchs.org.uk

Provide full details of student name and reason for illness.

POET VISIT TO YEAR 9 & 10

In October, award-winning author and poet Manjeet Mann visited Years 9 and 10 to help celebrate National Poetry Day. Manjeet was an inspirational speaker; she talked to students about her life growing up in a deprived area, in a family that was suffering the effects of domestic violence and addiction. Despite her tough start, she decided to follow her dream of being an actress. She encountered many barriers along the way, including never being cast as a lead character. However, she didn't let that stop her and instead wrote her own one-woman play, which she performed in a small, local venue. This sparked her love of writing and launched her career. Manjeet is now a successful actress, playwright, author, screenwriter and director. She is also the founder of an organisation called 'Run the World', which works with women and girls from marginalised backgrounds and helps to empower them through sport and storytelling.

Her debut young-adult novel 'RUN, REBEL' is written in verse and has won various book awards. Her second verse novel 'The Crossing' is also award-winning, having most recently won the UK Literary Association 2023 Award.



During the day, Manjeet was happy to meet with some of our Sixth Form A-Level English students to provide them with an insight into her creative process. They had an interesting discussion on generation of ideas; the act of writing; the importance of editing; and publication of work. Manjeet was also happy to read some of the entries for our student poet laureate competition and presented our winner and runners up with their prizes and a signed copy each of her books. Manjeet's message to our students to 'never give up or let

anyone tell you that you can't dream big' is one of hope for their future enterprises. **She was truly inspirational and her visit was a great success!**

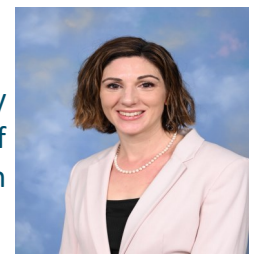


The **Year 10 GCSE Art students visited the British Museum** to enhance their current project based upon the theme of 'Decay'. They could choose exhibits within the galleries to work from in their sketchbooks. One highlight was to work from the statue of Ramesses II to complete their study of the poem 'Ozymandias' in the project.



INTRODUCING OUR NEW DIRECTOR OF THEOLOGY

My name is Lydia Carter and I studied Philosophy and Theology at Nottingham University and have been teaching for over 14 years. For the last ten years, I have been a Head of Department at two Catholic schools, Cardinal Pole school and St Aloysius College, in both of which, I raised the attainment and the quality of Religious Education.



I am a practicing Catholic who believes strongly in Catholic education, as it goes far beyond the classroom and enriches the whole person. I see Catholic education as sharing in the mission of the Church, making the Gospel alive for the students in the world today and in all aspects of the school community. I believe in the importance of providing students with a highly academic curriculum that gives students knowledge and insight into the Catholic faith and opportunities to respond and reflect on the teachings in order for students to live out their faith in their daily lives. Students from Year 7 onwards will be given opportunities to analyse Biblical stories and Catechism teaching in order to evaluate and reflect on the application of the Church's teaching.

What Parents & Carers Need to Know about

TIKTOK

AGE RESTRICTION
13+

(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-18 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

18
CENSORED

DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the "blackout" trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also lets their videos be suggested to others and enables anyone to comment on them or download them.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

ADDICTIVE NATURE

TikTok can be addictive, especially for young people: compulsive repeated use can interfere with sleep patterns and be a distraction from other activities. The platform recently introduced default usage time limits of 60 and 100 minutes for new members under 18 (in the UK, children with TikTok average 102 minutes per day on the app), but these restrictions can easily be removed in the settings.

TIKTOK NOW

Introduced in late 2022, the 'TikTok Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

Advice for Parents & Carers

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

MAKE ACCOUNTS PRIVATE

Although under-18s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



NOS
National
Online
Safety
#WakeUpWednesday