



WEEK  
2

## Inspirational Talk

Judge Ikram visited Winchmore and gave an inspirational talk to Key Stage 4 and 5 students.

He shared his life experience of his journey to becoming a judge, explaining why diversity is important in the legal profession, giving students tips on how to succeed in their chosen careers and then taking questions from the students.



*Last chance to vote!*  
**Vote for Mrs Tidmarsh!**



**finalist**

### SCHOOL TRIP CHAMPION AWARD 2023

We are delighted that Karen Tidmarsh has been shortlisted as a finalist for School Trip Champion Award 2023. Thank you to all of those who have voted already. There's still time - **Voting closes on Monday 8th May.**

Staff, Students and Parents and Carers can vote for Mrs Tidmarsh by clicking on the link [here](#). The winner will receive £1,500 for the school to spend on future trips. Best of Luck!!



08.05.23



winchmore\_secondary\_school



@thisiswinchmore



@winchmoreschool



## Science Clubs

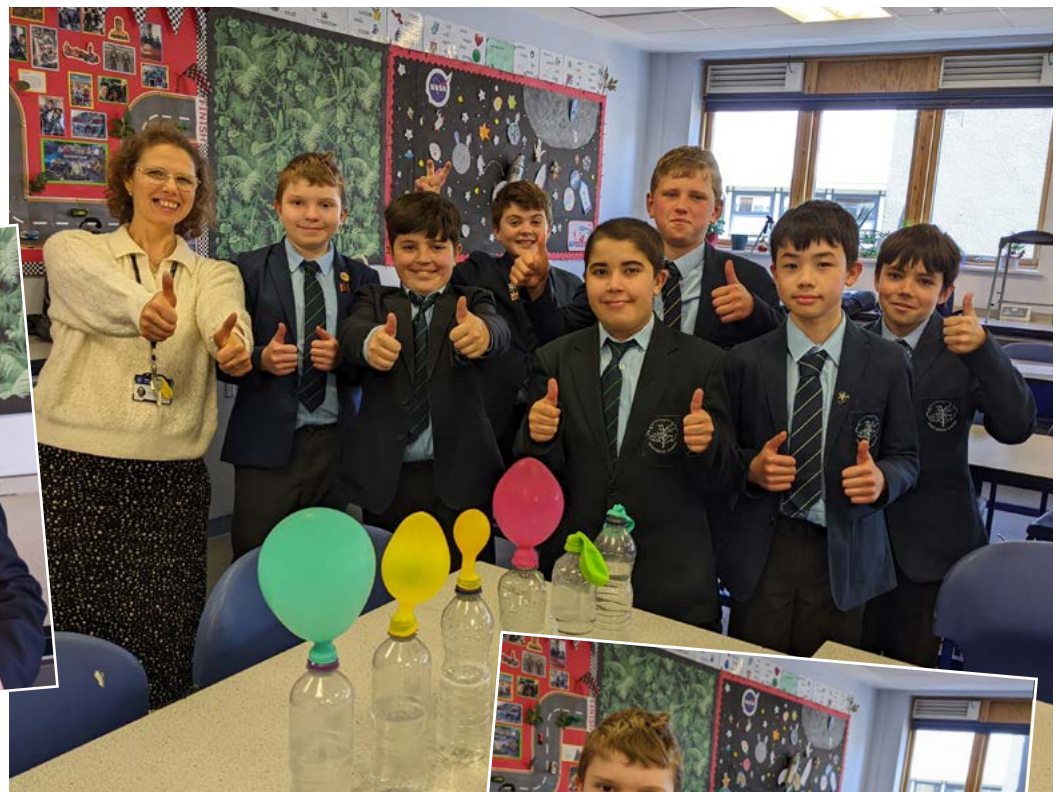
We are excited to announce that our Year 7 students have been taking part in lunchtime Science Clubs and have been learning all sorts of fascinating things. Under the guidance of Ms Danila, our students have been making lava lamps and using carbon dioxide to blow up balloons. Not only have these experiments been fun and exciting, but they have also given our students a chance to learn about the scientific principles behind these phenomena.

The lessons have been engaging and interactive, and some of the students have even shown a competitive spirit in their quest to learn more. We are enjoying making science come alive for our students, and we are delighted to see so much enthusiasm from our Year 7s.

If any other Year 7 students are interested in joining the Science Club, there are still available spaces. Please encourage your child to speak to Ms Khanum in SC3 to find out more about how they can participate.

We are proud of our students' interest in Science and are thrilled to see them exploring and learning in such a fun and engaging way. We look forward to seeing more of our students joining this wonderful club and discovering the exciting world of Science.

Ms Khanum (Science Teacher)



## Navigating exam season

### Student guide to managing exam stress

Exams can be a challenging time, and the pressure to do well can feel overwhelming, especially if you're feeling pressure from school or family.

It's perfectly normal to feel worried about your exams, but it's important that you find ways to manage your worries.

We've shared some advice below.



#### Recognise when you're stressed

Think about what signs tell you are stressed - perhaps you find you have a racing heart, or find it difficult to sleep - these are perfectly normal responses. Know the signs so you recognise when you're struggling.



#### Create a daily timetable

Create a plan and be realistic about what you can achieve each day. Planning your revision time will help you know what you want to study when, which can make revision seem less overwhelming.



#### Play to your strengths

Not everyone learns the same way, so consider your strengths and how you learn best. You may prefer to read, watch videos, draw diagrams, write lots of notes... Find what works best for you.



#### Ask for help

Let your family, friends, and teachers know if you are struggling so that they can support you.

- If you're feeling overwhelmed and need to talk:
- Text CONNECT to 85258 for free to speak to Shout
  - Call 0800 1111 to speak to Childline, or visit [childline.org.uk](https://www.childline.org.uk) for their free online chat
  - Visit [place2be.org.uk/help](https://place2be.org.uk/help) for more advice



#### Know the signs of stress

What signs tell you that you are stressed?

- Perhaps you do certain things (shop, eat, sleep, study more, don't study)
- Perhaps you think certain things (catastrophise, "I can't do this")
- Perhaps you feel certain ways (grumpy, sad, hopeless, helpless)



#### Develop coping strategies

There are different ways you can calm your body's stress response. Look online for guided breathing exercises or relaxation techniques (we love these [relaxation techniques from NHS Scotland](https://www.nhs.uk)).



#### Take regular breaks

Make sure you take regular breaks, as your brain cannot concentrate for hours at a time. If you can, use breaks as an opportunity to go outside, exercise, or spend time with family and friends.



#### Keep things in perspective

Remember that there's more to life than your grades. Exams are only a small part of the picture, and your results don't define who you are.





**Join us on Sunday 7th May 2023  
to celebrate the Coronation of  
His Majesty King Charles III**

## CORONATION **big lunch**

**Bring along a picnic, chair and lots of Royal  
cheer for an afternoon of family-friendly fun  
including:**

**Musical entertainment,  
Coronation craft activity,  
and an inflatable Bungee run!**



**Enfield Town Market Place,  
Church Street, Enfield, EN2 6LN  
12pm-3pm**



## Literacy Corner

**'WINCHMORE'S WORD OF THE WEEK' CHALLENGE** - week beginning 8th May:



Word of the Week: **Oath**

Word Class	Noun
Meaning	A solemn promise, often invoking a divine witness, regarding one's future action or behaviour
Examples	<p>We renewed our friendship and swore to visit each other often, an oath we've kept faithfully.</p> <p>King Charles took three oaths at the beginning of his coronation.</p>
Synonyms for this word	Promise   vow   pledge

**What's the challenge?** You must use the 'word of the week' in the correct context (where possible) in any of your subjects. If you are able to use it in the correct context (not just going up to your teacher and saying it – has to be relevant to what you are doing), you will get 1 'word of the week' achievement point.

**Why are we doing this?** To widen our vocabulary, oracy and understanding alongside encouraging a love for literacy across the school (in all subject areas).

Remember: that the student with the most **'word of the week'** achievement points in the year group at the end of the half term will receive a voucher!



**Family fun at the wetlands**  
**'Get Out & Get Active'**  
**Monday 8th May 2023 11am - 4pm**

Join Friends of Firs Farm and the Scouts for fun 'activities & games', for families, friends and neighbours to enjoy together.

Bring your picnic hamper and rug to enjoy lunch in between activities  
 Smores & BBQ at the Scout Hut

Just some of the many activities\*: Arts & Crafts Chess & Draughts Litter pick  
 Planting Pond Dipping Races Tennis /Table Tennis Tic Tac Toe  
 Tug of War Wetlands Tours and so much more.

Please wear suitable outdoor clothing and footwear for your activities

\*Subject to availability and spaces

**Firs Farm Wetlands,**  
**Firs Lane, N21 2PJ**

Logos: Friends of Firs Farm, Scouts, King Charles II Coronation 6th May 2023, The Big Help Out

# WINCHMORE WEEKLY

What's On



Monday  
8th May

**Bank Holiday** - School closed to all students

Tuesday  
9th May

## Year 11 Exams Expectations Assembly

### BEFORE SCHOOL ACTIVITIES:

- **Year 11** Open Revision Session in room 30 (7.30-8.15am)

### LUNCHTIME ACTIVITIES:

- **Years 10-11** Careers Drop in
- **Year 7-11** Basketball Club (sports hall)
- **Year 11** GCSE PE Badminton Intervention - trainers needed

### AFTER SCHOOL ACTIVITIES:

- **Library open for all years until 4**
- **All Years** LAMDA Performance Exam Club (DR1)
- **All Years** Strings Group (M1)
- **Year 7&8 Drama Club** - 3-3.45pm (DR2)
- **GCSE Boost Sessions 3pm** - English
- **GCSE Boost Sessions 3.45pm** - Block 11B (Drama, NCFE Business, Geography, History, Health & Social Care and Sociology) **Year 10** (IMedia)
- **Aladdin Dance Rehearsals (DA1)**
- **A Level History Boost Session** - 3:00-3:45pm
- **All Years** Athletics Club- 3:00 - 4:15 PM

Wednesday  
10th May

### LUNCHTIME ACTIVITIES:

- **All Years** Guitar Club (M3)
- **Years 7-9** Drama Club
- **Years 7-9** Art Club (A1)
- **All Years** Quiet Vibes and Crafts (SC7)
- **Year 7-11** Basketball Club (sports hall)

### AFTER SCHOOL ACTIVITIES:

- **Library open for all years until 4**
- **GCSE Boost Sessions 3pm** - Maths

**Year 10 Parents and Carers Online Progress Evening**  
4-7pm





Thursday  
11th May

## Year 11 Shirt Signing

### TRIP:

Year 12 law students to the Supreme Law Court

### LUNCHTIME ACTIVITIES:

- **Library** - Carnegie reading group and Year 11 silent revision

### AFTER SCHOOL ACTIVITIES:

- **Library open for all years until 4**
- **Years 7-10** Rounders Club
- **Years 10-13** Basketball
- **Years 9-13** Fitness Club (Gym)
- **Years 7-9** Board Games Club (9)
- **Years 9** English Boost Session (89)
- **All Years** Woodwind Group (M1)
- **All Years** Choir until 4pm (M3)
- **All Years** Gardening Club
- **GCSE Boost Sessions 3pm** - French, Spanish, IMedia. Year 10 (IMedia)
- **GCSE Boost Session 4.45pm** - Science (online) link in GoogleClassroom



Friday  
12th May

## Year 11 Leavers Assembly

### LUNCHTIME ACTIVITIES:

- **All Years** The Feminist Society (89)
- **Years 7-11** Basketball Club (sports hall)
- **Years 7&8** Netball Club (sports hall)

### AFTER SCHOOL ACTIVITIES:

- **Years 7-13** Tabletop Gaming Society (68)
- **Years 7-13** Running Club
- **GCSE Boost Session 3.00pm** - Dance, History
- **Intervention Sessions 3.00pm** - NCFE PE, GCSE PE, Computing (Year 10)

## Year 11 Saturday R.E. Sessions

The RE department will be running Saturday Revision sessions in preparation of the RE exams:

**Saturday 13th May - 8.45am-12pm** - Component 1- Christianity and Islam (*in preparation of exam on the 15th May*)

**Saturday 20th May - 9.15am-12.30pm** - Component 2- Themes (*in preparation of exam on the 23rd May*)

Please note the deadline to confirm attendance is **Wednesday 11th May** in order that necessary arrangements can be made.

Please click on the following link to confirm your child's attendance, if you haven't done so already:

<https://forms.gle/dSMTQKndP3Xi3uC57>



Winchmore Dance & PE  
Department

# **ATHLETICS CLUB**

## **Tuesdays**

**3:00-4:15 PM**

***On Your Marks, Get Set...GOLD*** 🏆



**Year 7 - 13**

**OPEN FOR ALL**



# CALLING ALL

## YEAR 11's

Now you've finished your PE lessons

If you would like to donate your old PE Kit



Please hand to any PE teacher

We would really appreciate it!