



WEEK 2

Year 8 Trip to The Globe Theatre

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Thursday 7 March, a merry gang of Year 8 students and English teachers hopped onto the underground at Southgate and made our way to Shakespeare's Globe to enjoy an extraordinary, dynamic production of *Romeo & Juliet*, with a bawdy and brilliant Nurse (Miriam Grace Edwards), a menacing and lascivious Lord Capulet, sweet as sugar Romeo and Juliet, a perfectly pitched likeable-liability Mercutio (Ashley Byam aka Finlay from *EastEnders*) and a loyal, lovely Benvolio (Saroja-Lily Ratnavel).



The setting was modern-day, with BMX tricks and Adidas tracksuits. There were photographs on stage depicting victims of Capulet-Montague gang violence, and piles of flowers laid in memoriam, just like the photographs and flowers we see across London for those killed by knife crime today.

The Year 8 students were a pleasure to take on the trip as they navigated the London Underground, enjoyed the sights of the Southbank and relished being a 'groundling' at the majestic Globe Theatre.



The trip was a wonderful opportunity as the play made much more sense live on the stage than it does sat silently on the page: the flirting, the fighting, the love, jealousy, misunderstandings and grief. We swooned at the balcony scene, gasped and booed at the fighting, laughed at the stag do, and felt frankly despondent at the pile-up of grief in the final act. It's true there never was a story of more woe, but we had a brilliant time watching it.

Ms Wood - English PGCE

Year 9 Reminders

Year 9 Online Progress Evening
Wednesday 20th March - 4.00pm - 7.00pm
<https://winchmore.schoolcloud.co.uk>

Year 9 Online Options Evening
Thursday 21st March - 6.00pm

To access the meeting please use your child's school email account, an invite has been sent to their Google Calendar.

YOUR CHOICES - 2024



winchmore_secondary_school



@thisiswinchmore



@winchmoreschool

18.03.24

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



Trip to Kenya - Raffle



Our students are travelling to Kenya in 2024 with Camps International on an exciting four week expedition in the summer. This is an opportunity for both Staff and Students. As part of the pre-departure process, we have to fundraise money for two teachers to accompany this expedition. This is not your normal international experience and educates students to become global citizens by taking action on critical issues and increasing support for causes through contributing to the wider Kenyan community. The trip will provide authentic experiences and we will not be taking the normal tourist trail to connect them to the real world and real people. Students will be contributing to community projects i.e delivering education in village schools or looking at sustainable development or building school buildings or public healthcare facilities.

Students will also develop their team building skills, as the final aspect of this trip is a trek to the summit of Mt. Kenya. This expedition will provide challenging and life changing experiences, where the students will realise their full potential. We

would really appreciate donations from the wider local community. We would like to take this opportunity and thank you in advance for your generous support.

One of the ways you can support us is by purchasing raffle tickets to win some amazing prizes. Tickets are £2.00 and can be purchased via parent pay.

Raffle Prizes:

Giant Easter Egg

Meal for 2 at Babinondas in Winchmore Hill

Family Night in Hamper

Well Being Box

Stationery Hamper and many more fabulous prizes.

We would like to take this opportunity and thank you in advance for your generous support.





Literacy Corner

'WINCHMORE'S WORD OF THE WEEK' CHALLENGE - week beginning 18th March:



Word of the Week: **Vocational**

Word Class	Adjective
Meaning	Relating to an occupation or employment.
Examples	<ul style="list-style-type: none"> - Students enrolled in vocational courses gain hands-on experience in fields like carpentry, culinary arts, and automotive technology. - The vocational track provides valuable career preparation for those interested in entering the workforce directly after graduation. - Developing vocational skills through apprenticeships and on-the-job training can greatly enhance one's employability and career prospects.
Challenge	Have a go at the Spelling Bee: https://www.nytimes.com/puzzles/spelling-bee

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!

Year 12 Trip to Tate Britain

Year 12 art students attended the 'Women in Protest' exhibition at Tate Britain last week. In keeping with last week's International Women's Day, the students saw a timeline of the women's rights movement through the lense of various artists, musicians, activists and writers.



WINCHMORE WEEKLY



Monday
18th March

Science Week Visitor - Birds of Prey

LUNCHTIME ACTIVITIES:

- **KS3 and KS4 Careers Drop in** - Careers Office

AFTER SCHOOL ACTIVITIES:

- **After School Club** - Library 3pm to 4pm
- **Music Tech Club** 3-4pm in M2
- **Art and Photography Club** 3.15-4.15pm in A1
- **The Entrepreneurs Club** 3.15-4.15 in room 31
- **No Debate Club** this week
- **Year 11 RE and Dance Boost sessions** for invited students (3pm)
- **Year 11 Geography, Sociology, IMedia and Dance Boost** invited students (3:45pm)
- **Year 10 Science Boost** for invited students (3pm)
- **SEND Scrabble club** (Specific students - Y10 & Y9) - 3:15-4:15
- **Coding Club (KS3)** 3:00-4:00 Room 03
- **Year 9 English Boost sessions** for invited students 3pm to 4pm
- **Year 8 Netball Tournament @ Latymer**

Saturday
16th March
Drama GCSE
rehearsal in
music rooms
9am-12pm

Year 8 Rewards Assembly

LUNCHTIME ACTIVITIES:

- **Apprenticeship Careers Drop in** (Any Year group) - Careers Office
- **Lego Club** - Years 7&8 - Wellbeing Room 1.15-2pm
- **Music rehearsal time**
- **Piano Club** 1:30-2pm

AFTER SCHOOL ACTIVITIES:

- **After School Club** Library 3pm to 4pm
- **Girls Football Club** - Years 7&8 - 3:10-4.15pm *Bring indoor and outdoor footwear.*
- **Boys Football Club** - Year 9 - 3.00-4.30pm
- **Fitness (Resistance Training)** - Years 9-13 only - 3-4pm in the Fitness Suite
- **Basketball** 3:15-4:15pm
- **Year 11 English Boost classes** for invited students 3pm
- **IMedia Boost classes** - Targeted Year 10 students 3-3.45pm
- **Year 11 Music, Computing, Geography, IMedia, History and Sociology Boost sessions** for invited students (3pm)
- **SEND (study skills - English & Science) after school club** - Year 10-9 specific students 3:15 - 4:15

- **Drama GCSE practical exam All Day**
- **Year 9 Rewards Assembly**

LUNCHTIME ACTIVITIES:

- **KS5 Careers Drop In** - Careers Office
- **Music rehearsal time**
- **KS3 Art Catch up club** - Every Wednesday lunchtime in A4

AFTER SCHOOL ACTIVITIES

- **After School Club Library** 3pm to 4pm
- **Year 11 Health and Social Care Boost sessions** for invited students(3pm)
- **Year 9 Online Progress Evening 4-7pm**
- **Year 13 Trip to Geography A level Conference**
- **Years 10 & 11 GCSE PE Practical assessment at Lee Valley Athletics stadium**
- **Years 10 & 11 London Youth Games Winchmore is representing Enfield at Basketball**

Tuesday
19th March

Wednesday
20th March

WINCHMORE WEEKLY

- **Year 13 A Level Lawtrip to exam booster conference**

LUNCHTIME ACTIVITIES:

- **Individual silent study and silent reading in the Library**
- **Drama Club** - Years 7-9 in DR1
- **Christian Club** - All welcome. In Room 23. 1.20-1.50pm
- **Music rehearsal time**

AFTER SCHOOL ACTIVITIES:

- **After School Club** Library 3pm to 4pm
- **Fitness (Resistance Training)** - Years 9-13 only - 3-4pm in the Fitness Suite
- **Basketball** - Years 10-13 - 3:15-4:15pm
- **Boys Football Club** - Year 7 - 3-4pm
- **Boys Football Club** - Year 9 - 3:00pm- 4:30pm
- **Guitar Club - All Pupils - 3-4pm in M1**
- **French, Spanish, IMedia and NCFE Health and Fitness Boost Classes** - Targeted Year 11 students 3-3:45pm
- **Year 11 Science Boost sessions** for all students via Google Meet at 4:45pm
- **Year 9 Music Boost sessions** for all pupils 3pm to 4pm

- **Studio 30 to the Postal Museum**
- **Dance Festival at the Millfield theatre**

Thursday
21st March

Year 11 Rewards Assembly

AFTER SCHOOL ACTIVITIES:

- **Table Top Gaming Club - All Years** - 3-4.15pm in room 68
- **Dance Club - Years 7-9** - 3:15-4:15pm in Dance 2
- **Art, Drama, Computing, Geography, Media Studies, GCSE PE, NCFE PE and Sociology Boost Classes** - Targeted Year 11 students 3-3:45pm
- **Computing Boost classes** - Targeted Year 10 students 3-3:45pm
- **KS5 Physics club** - Year 12 and 13 - 3-4pm in SC4

Friday
22nd March



National Careers Week



We are delighted to announce our upcoming free webinars, designed to help parents supercharge their child's career potential. Please contact the Careers office for more details: careers@winchmore.enfield.sch.uk

Competing for Corporate Careers

Wednesday, March 20th, 7-8pm (UK time)

Gain insights from industry professionals on diverse corporate opportunities and learn how to support your child's entry into the field.

Effective Leadership & How to Follow

Wednesday, 27th March, 7-8pm (UK time)

Learn strategies for skill development and discover how to nurture your child's ability to lead and follow effectively.

If parents are unable to join the sessions live, they can still register for the event to receive the recording and follow-up resources.

ENFIELD RECRUITMENT DAY

WEDNESDAY 20 MARCH 2024

10AM - 2PM



Southbury Road Leisure Centre
192 Southbury Road, Enfield, EN1 1YP

We're inviting residents of Enfield to connect with top employers, access job interview opportunities and explore exciting employment prospects in sectors like transport, construction, healthcare and more...

BOOK YOUR FREE TICKET
bit.ly/ERDSPRING

SCAN
ME



#enfieldrecruitmentday



In partnership with



Department
for Work &
Pensions

maximus



local
london

ENFIELD
Council



Winchmore School Science Student Interface

Winchmore School Science Student Interface

Sign In - Use Your School Email Id & Password to Access all Contents

Click - Student guide on how to access the Resources on Science Student Interface

Great News - Biggest Update - Year 7, 8, 9, 10 & 11 Math Study Courses are Available - (Don't Delay Start Learning, Practice & Revising -) Test your Knowledge & Achieve Excellent grades! No Exams.

Let's
learn

Science Student Interface

*Complete Course of
Year 7, 8, 9, 10 & 11
is Now Ready.*



**Start
Learning**

**Start
Practicing**

**Start
Revising**

*Section 1 - Read,
Learn & Practice -*



*Section 2 - Test
Your Knowledge-*

Section 3 - Revision

**AQA
SPEC**

Self Study @ Home

Lots of Resources, enough to get A*

**PAST
PAPERS**

**GOOGLE SLIDES & TASK, WATCH VIDEO,
LISTEN TO PODCAST, EXAM STYLE QUESTIONS, TEXTBOOK
PAGES WITH ANSWERS, REVISION,
COMMAND WORDS, CHECKLIST, KEYWORDS & MUCH MORE**

Link : bit.ly/WS3I OR Winchmore
School Website -> Quick Links