



## Welcome Back!

Welcome to the first Winchmore School Newsletter of the school year. In our newsletter we will keep you updated on events taking place in our school community. We also have our Literacy Corner, with our Word of the week, and a diary of the after school activities taking place during the coming week.

Year 7  
Miss De Souza



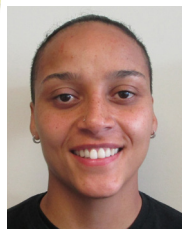
We are delighted to welcome our new Year 7 students to Winchmore School. I would firstly like to thank you all for supporting your son/daughter's transition into Winchmore School. Our students are settling really well and embracing Secondary school life. It is pleasing to see them forming new friendships and building relationships with their teachers. The positivity amongst the year group is electric and it's very refreshing to see them share stories of their summer holiday and primary schools. They have experienced a wonderful variety of induction activities e.g. the team building day with wise up, lessons and experiences since the start of term. Over the coming weeks the students will start to learn how to access google classrooms and how to upload homework to the platform. We look forward to continuing to support your child over the coming Year and celebrating their many achievements, as they realise their full potential.

Welcome back Year 8. It has been fabulous to see you all return from your Summer holiday feeling refreshed, revitalised and ready to learn. I would like to take this opportunity to extend a warm hello to all of your parents and carers as I take over from your previous Head of Year Miss De Souza. I look forward to getting to know each and every one of you over the coming weeks and months and working with you and your parents and carers to support your academic journey through to year 11. This term is all about setting goals and building on the great success that you achieved in Year 7. Remember - Be punctual, be prepared and be ready to take on the tasks and challenges that Year 8 brings!



Year 8  
Mrs Marshall

Year 9  
Miss Baptiste



Welcome back Year 9 to another exciting year, I hope you all had a restful summer break. I am excited to see you all return to school, ready to take on new challenges and continue your academic journey. This year is particularly important for you as you will pick your GCSE options. We will be providing you with information and support to help select your choices. This year promises to be filled with exciting opportunities for growth and development. As your Head of Year, I'm committed to supporting you in reaching your full potential. I look forward to a fantastic year ahead with all of you.





Year 10  
Mr Bulbul

Welcome back, Year 10! I hope you all had a relaxing break and are feeling ready for the challenges ahead. As you know, the next two years are crucial as you prepare for your GCSEs. Your hard work and dedication during this time will set the foundation for your future academic and career paths. We're here to support you every step of the way, if you need any support during this journey please speak to your Head of Year, form tutor or classroom teachers. I am very proud of all your individual achievements and I look forward to celebrating many more of your achievements during this academic year!

Welcome back Year 11, I hope you and your family had a restful and enjoyable summer break. WOW!!! I cannot believe what a fantastic journey we are on in trying to fulfil your true potential here at Winchmore. As I always say, you are all talented in some way or another, it's just that we need to tap into this talent and utilise the best way we can. In order to achieve this, I encourage you all to do the following.. attend school, be on time to every lesson, be organised, dress smart and most importantly, chase your dreams. I am not saying this year is going to be easy but if you adhere to all of the above points, your journey will be that much smoother. Myself, the AHOY, your form and subject teachers are all here to fully support you every step of the way. Let's make this year a successful and memorable one, one that you can look back on and say 'I tried my best and realised my true potential'.



Year 11  
Mr Joyce

Good luck Year 11, I am so proud of you. We can do this!



Registered Charity No. 1115921

Saturday 28<sup>th</sup> September

There will be 3 sessions

- 1 - 12 to 1pm
- 2 - 1.30 to 2.30 pm
- 3 - 3pm to 4pm

Ticket only entry, £7.50 each, 12 and under free

Scan QR code for tickets

Each session will be like a wine tasting –

- A sample of some of our 34 rare English varieties
- With cheeses and meats, and
- The history of each variety
  
- The opportunity to buy some of your favoured variety at the end of the presentation
- All proceeds to Woodcroft Wildspace

# Apple Day



## A Level Drama Trip

On Wednesday 11th September Year 12 and 13 Drama students went to Park Theatre in Finsbury Park for a backstage tour of the different studios and a Q&A with various staff at the theatre. Students were able to gain insight into a number of different careers within the theatre including marketing, fundraising and partnerships, education partnerships, directing, technical roles and health and safety. It was fascinating to hear each professional's journey to where they are today and left our students considering wider careers within the theatre industry.

*'It was exciting to hear and understand how much goes into putting on a show. There are so many roles that I that I didn't it existed.'* **Sophie Russell-Smith**

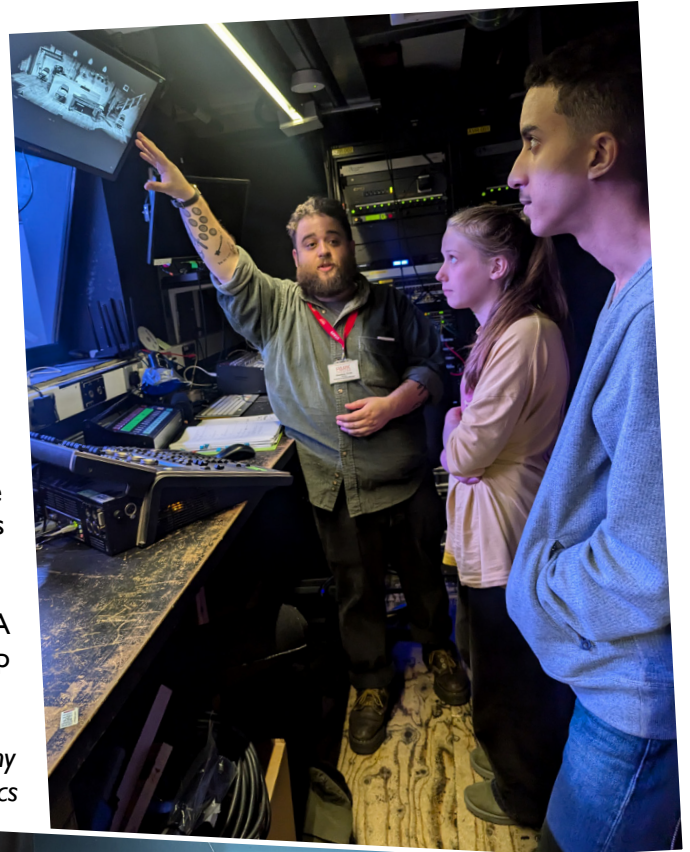
We then watched Bitter Lemons by Lucy Hayes in Park 90, the more intimate, studio space at Park. A play about two women who's worlds collide and shift unexpectedly in parallel.

Following the show, our students were lucky enough to have a Q&A with the two actors, writer and director. This was brilliant to help gain insight into the decisions made.

*'You are not alone with with your experiences. There were so many elements that resonated with different audience members as the topics explored happen every day.'* **Koray Zihni**

*'it made you realise you can't always predict the future.'* **Ava Griffiths**

A brilliant first trip or the year for our A level Drama students.





**Tickets – over 12's £10 each**

<https://buytickets.at/enfieldchaserotaryclub/1351835>

Featuring a line-up of great local musicians



Horse to Water



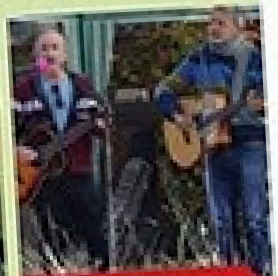
Luna Muncaster



Greg Stone



That Blue Patch



The Reprobates

Funds in aid of charities: Little Sparks, Cooking Champions and Woodcroft Wildspace



Enfield Chase  
**Rotary**  
London, UK



[Click here to book your tickets!](#)

Where it's happening:

Woodcroft Wildspace  
Wines Court  
London N21 3PT  
[www.woodcroft.org.uk](http://www.woodcroft.org.uk)  
Woodcroft Wildspace



## What are you Reading?

Hi there,

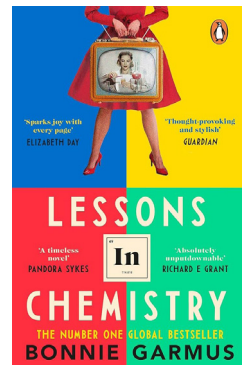
I'm Miss Falconer and I am the Literacy Coordinator at Winchmore School.

It's really important that we encourage our students to foster a love of reading as it offers numerous benefits, from expanding knowledge and improving vocabulary to boosting imagination and creativity. It helps reduce stress by providing an escape, while also enhancing focus, concentration, and memory. Regular reading fosters empathy by allowing you to experience different perspectives and encourages lifelong learning. Overall, it is a powerful way to stimulate the mind and nurture personal growth.

Therefore I encourage you to pick up a book and start reading. Whether it's on the bus home, before you go to sleep, or while you're waiting to pick your sibling up from school. Expand your mind and discover something new. If you feel inspired, I encourage you to write a short review of your book and send it to me at [madeleine.falconer@winchmore.enfield.sch.uk](mailto:madeleine.falconer@winchmore.enfield.sch.uk) and you will be published in the Winchmore Weekly!

Currently I am reading 'Lessons in Chemistry' by Bonnie Garmus. It follows the trials and tribulations of Elizabeth Zott, a beloved cooking show host in 1960s Southern California after being sacked as a chemist four years earlier. Each chapter is broken down into past and present, detailing the circumstances which have led Elizabeth to where she is. Filled with laughter, wit and important life lessons, Garmus' charming yet emotional novel is great entertainment on my commute to and from school.

I hope to be hearing about what you've been reading soon!



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### WINCHMORE'S **WOW!** WORD OF THE WEEK

## Ethos

Week beginning 16th September



<b>Word Class</b>	Noun
<b>Meaning</b>	The characteristic spirit of a culture, era, or community as manifested in its attitudes and aspirations.
<b>Examples</b>	Our ethos at Winchmore is to foster a creative and harmonious learning community where everyone is expected to achieve their full potential  The coach instilled a team ethos of hard work, discipline, and mutual respect.  The charity's ethos is based on compassion and a commitment to helping those in need.
<b>Challenge</b>	Can you come up with your own, unique ethos for your form group? E.g - Together, as 8H, we foster a supportive and respectful environment where we work hard, have fun, and encourage one another to grow and succeed."

# WINCHMORE WEEKLY



Monday  
16th September

**Year 11 Geography residential field trip** - 16th-18th September

### AFTER SCHOOL ACTIVITIES:

- **After School Club Library** 3pm to 4pm
- **Year 11 Boys Football** - 3pm-4.15pm on the field
- **GCSE Dance Intervention** - 3.15-4.15pm in DA1
- **Year 10-13 Dance Club** - 3.15-4.15pm in DA2
- **Year 7-9 Netball Club** - 3.15-4.15pm Champions Court
- **High School Musical rehearsal** 3.15pm-4.30pm - Hall Ms Darbus, Chad, Taylor, Jack & Scott, Gabriella, Troy, Sharpay

### LUNCHTIME ACTIVITIES:

- **Careers Drop In session** - Careers Office

### AFTER SCHOOL ACTIVITIES:

- **After School Club Library** 3pm to 4pm
- **Year 9 Boys Football** - 3pm-4.15pm on the field
- **School Production (Dance)** - 3.15-4.30pm in DA1 (*selected students*)
- **Year 9-10 Girls Football** - 3.15-4.15pm on the field
- **High School Musical rehearsal** - 3.15pm-4.30pm - Hall - **FULL CAST**

**Year 11 English trip to see An inspector Calls** - Evening

Tuesday  
17th September

### LUNCHTIME ACTIVITIES:

- **Careers Drop In session** - Careers Office

### AFTER SCHOOL ACTIVITIES:

- **After School Club Library** 3pm to 4pm
- **Year 10 Boys Football** - 3-4.15pm on the field

**Year 11 English trip to see An inspector Calls** - Evening

Wednesday  
18th September

### AFTER SCHOOL ACTIVITIES:

- **After School Club Library** 3pm to 4pm
- **Year 8 Boys Football** - 3-4.15pm on the field
- **Year 11 GCSE PE Mentoring** - 3.15-4pm
- **School Production (Dance)** - 3.15-4.30pm in DA1 (*selected students*)
- **Year 7 Boys Football** - 3-4.10pm on the field
- **High School Musical rehearsal** 3.15pm-4.30pm - Hall Troy, Jocks, Coach Bolton

Thursday  
19th September

Friday  
20th September

### AFTER SCHOOL ACTIVITIES:

- **Year 11 GCSE PE Intervention** - 3-3.45pm
- **Year 7-9 Dance Club** - 3.15-4.15pm in DA1
- **NCFE PE Intervention** - 3-3.45pm
- **Winchmore Tabletop Society** - 3-4:30pm in room 88

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## 10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

### 1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.



### 2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.



### 3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.



### 4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.



### 5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.



### 6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.



### 7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.



### 8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.



### 9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.



### 10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.



### Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



#WakeUpWednesday

The National College®



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