



GREENSHEET



No. 27/16

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20th April 2017

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Week 'B'

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Thursday 11th May Year 7 Parent/Carers Evening 4.30-7pm	Medicine conference 2017	6	School calendar 2016/17, and 2017/2018	12
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Monday 15th May-Monday 26th June Year 11 GCSE Written examinations	HEADTEACHER'S MESSAGE			
Half Term: Monday 29th May-Friday 2nd June	<p>Dear Parents and Carers,</p> <p>Welcome to the new term! We are looking forward to leaving the winter chill behind.</p> <p>You will be able to read about the various activities our students were involved in in the Spring 2017 issue of the Bumper Greensheet which will be with you shortly.</p> <p>The Easter holidays did not provide much rest for several staff and students. Our annual ski trip was highly successful, especially so since there were no injuries amongst the staff for yet another year! Well done and thank you to Ms Familiglietti, Ms Wood, Mr Salmon and Ms Eveleigh who accompanied the girls.</p> <p>Congratulations to all our Steel Pan Band players who performed brilliantly to a packed hall just before the end of term. A huge thank you to band leader Mr Murphy and, of course, Mr Burstow, for all their work. Richard Murphy has taught steel pans at WSFG for thirty three years-so many alumnae owe their percussion skills to his dedication over the years. The senior band were selected to play at the Royal Albert Hall in the national Youth Proms two years ago.</p> <p>With GCSE examinations and final assessments already underway this term will undoubtedly prove to be another busy one for us.</p> <p>Best wishes, Meryl Davies</p>			
Friday 23rd June Year 11 Leavers' Day				



YEAR 11 Summer 2017 Written Examination timetable

The Year 11 Summer written examinations begin on **Monday 15th May** and finish on **Monday 26th June 2017** a copy of the timetable can be found on the school's website under the Exams section.

Please be aware that all examinations are set externally by the examination boards and the school cannot make any changes and is not accountable for any changes made by the examination boards. It is also important to remember that these examinations **cannot be taken at another time** so attendance is vital to ensure grades are achieved.

Many thanks,

Mrs Brickett

Examinations and Assessment Manager

Parent Information

Dear Parents/Carers,

In an attempt to save time and paper, WSFG would like to keep you informed of important communication including our weekly Greensheet by using email. We currently hold parent/carers email addresses for around 840 of our students.

Please take a moment to inform us of your email address, if you have not done so already, via info@wsfg.waltham.sch.uk.

Please ensure that the school has up to date contact details

Your email address will not be shared or used for any other purpose.

Thank you.

Ms N Janes
Administrative Manager



Attendance League for March 2017

Please see Attendance figures for March 2017 and year so far.

Well done to 7W, 8S, 9H, 10G & 10C & 11F for being March winners.

Year to date winners are 7G, 8S, 9F, 10C and 11W.

100% certificates and pin badges will be given to the SPLs in the next couple of weeks. Please let the students know that they are allowed to pin the badges onto their lanyards. Our headteacher will also be sending postcards to the successful forms.

One more term to go to change the leader board around.

Ms King
Student Attendance Manager



Olive Dining Menus for the Summer Term

All menus are subject to change. This week we are on Menu **Week One**.

A reminder to parents/carers that if you wish to pay for your daughter's school meals by cheque, please make the cheque payable to 'Olive Dining Ltd'.

All students have also been given usernames and passwords to enable payments to be made online via our SQUID system (see the school website for details). If you would like a reminder of your daughter's username and password please contact the school on the usual numbers.



[WEEKLY MENU]

Olive dining
Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Baked Chicken, Pan-fried Cabbage, sautéed Onions & Paprika	Lamb Moussaka served with a mixed Seasonal Salad	Roast Turkey, Stuffing, Cranberry Sauce & Roast Gravy	Beef Burger, Lettuce, Tomato, Gherkin & Mayo in a Brioche Bun	Fish & Chips with Fresh Mince Mushy Peas & Homemade Tartar Sauce
Vegetarian Dish of the Day	Quorn Meatloaf with a Tomato Basil Sauce	Tomato & Goat's Cheese Tart drizzled with a balsamic glaze	Mixed Bean & Spring Vegetables Jambalaya	Sweet Potato & Halloumi Burger with all the Trimmings	Roasted Mediterranean Vegetables & Feta on Toasted Focaccia with a Pesto Dressing
Fusion Corner	Pad See Ew Beef Noodles	Chicken Jalfrezi served with Pilaf Rice	Chinese Meat Chow Mein	Chicken Carbonara served with Garlic Bread Slice	Barbeque Chicken
Fusion Corner	Szechuan style Aubergine & Pepper Noodles	Potato & Pea Curry in a Yoghurt Sauce	Singapore Vegetable Stir Fry Noodles	Penne Arrabbiata	Chef's Choice
Vegetable of the Day	Creamy Mash Potato Seasonal Vegetables	New Potatoes Seasonal Vegetables	Rosemary Roast Potatoes Seasonal Vegetables	Garlic Potato Wedges Wholemeal Penne Pasta Seasonal Side Salad	Chipped Potatoes Seasonal Vegetables
Dessert of the Day	Chocolate Sponge with Chocolate Orange Sauce	Lemon Meringue Pie	Apple & Peach Crumble with Custard Sauce	Belgian Waffle served with a Berry Compote	Sticky Toffee Pudding with Butterscotch Sauce
Cold Selection	Cold Selection of Baguettes, Sandwiches Salad Boxes, Fresh Fruit & Yoghurt Pots	Cold Selection of Baguettes, Sandwiches Salad Boxes, Fresh Fruit & Yoghurt Pots	Cold Selection of Baguettes, Sandwiches Salad Boxes, Fresh Fruit & Yoghurt Pots	Cold Selection of Baguettes, Sandwiches Salad Boxes, Fresh Fruit & Yoghurt Pots	Cold Selection of Baguettes, Sandwiches Salad Boxes, Fresh Fruit & Yoghurt Pots

[WEEKLY MENU]



Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Lamb + Rosemary Sausages with Mint Gravy	Pan-Fried Breaded Chicken Fillet with Citrus Onion Marmalade	Roast Beef, Yorkshire Pudding, Horseradish Sauce + Roast Gravy	Turkey Tagine with Apricot Couscous	Catch of the Day with Chips, Peas + Tartar Sauce
Vegetarian Dish of the Day	Parsnip, Lentil, Leek + Tomato Strudel	Macaroni Cheese with a Seasonal Side Salad	Butternut Squash + Quorn PanCake with a roasted Tomato Sauce	Sweet Potato, Red Onion, Cheese + Leek Frittata	Chick Pea + Coriander Burger with Red Onion Relish
Fusion Corner	Char Siu Chicken Stir Fry Noodles	Pia Neung Mango - Steamed Fish with Chilli Garlic + Lime Steamed Rice	Sweet + Sour Chicken Stir Fry Noodles	Sicilian Beef Ragout	Chinese Chicken Leg
Fusion Corner	Pad Thai Stir Fry Noodles	Sri Lankan Tamarind + Coconut Dhal with Steamed Rice	Chiang Mai Vegetable Stir Fry Noodles	Roast Vegetable + Spinach Lasagne with Garlic Bread	Chef's Choice
Vegetable of the Day	Creamy Mash Potatoes Fresh Vegetables	Seasoned Wedges Fresh Vegetables	Roast Potatoes Fresh Vegetables	Tagliatelle Verde Penne Pasta Fresh Vegetables	Chipped Potatoes Fresh Vegetables
Dessert of the Day	Chocolate Rice Pudding served with a Berry Compote	Apple + Cinnamon Pie served with Custard	Summer Fruit Crumble served with Vanilla Sauce	Lemon Drizzle Cake served with a Lemon Sauce	Mixed Fruit Jam + Coconut Sponge served with Custard
Cold Selection	Cold Selection of Baguettes, Sandwiches, Salad Boxes, Fresh Fruit + Yoghurt Pots	Cold Selection of Baguettes, Sandwiches, Salad Boxes, Fresh Fruit + Yoghurt Pots	Cold Selection of Baguettes, Sandwiches, Salad Boxes, Fresh Fruit + Yoghurt Pots	Cold Selection of Baguettes, Sandwiches, Salad Boxes, Fresh Fruit + Yoghurt Pots	Cold Selection of Baguettes, Sandwiches, Salad Boxes, Fresh Fruit + Yoghurt Pots

[WEEKLY MENU]



Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Chicken, Spinach + Sage Lasagne with Garlic Ciabatta	Carbonade of Beef garnished with Baby Onions + Buttered Carrots	Roast Chicken, Sage + Onion Stuffing with Roast Gravy	Beef Chilli Dog + Slaw	Catch of the Day with Chips + Tartar Sauce
Vegetarian Dish of the Day	Quorn + Vegetable oven-baked Paella	Mushroom, Chickpea + Pepper Stroganoff	Refried Beans + Quorn Enchiladas with Coriander Sour Cream + Salsa	African Black Bean, Squash + Date Stew with a warm Flatbread	Spanakopita Spinach + Feta Pie served with a Side Salad
Fusion Corner	Teriyaki Lamb Noodle Stir Fry	Thai Fish Mango Curry with Steamed Rice	Szechuan Beef Noodles	Lemon Chicken Arrabiata served with Penne Pasta	Piri Piri Chicken
Fusion Corner	Shanghai Hot + Sour Mushroom + Vegetable Stir Fry Noodles	Sag Ajloo served with Naan Bread and Rijata	Vegetable Manchurian Stir Fry Noodles	Vegetarian Ravioli Gratin topped with Baby Tomatoes + Pesto	Chef's Choice
Vegetable of the Day	Seasonal Side Salad Fresh Vegetables	Buttered Herb Steamed New Potatoes Fresh Vegetables	Thyme Roast Potatoes Fresh Vegetables	Crispy Garlic Wedges Fresh Vegetables	Chipped Potatoes Fresh Vegetables
Dessert of the Day	Lemon + White Chocolate Cake + Custard	Cherry Bakewell Tart with Chantilly Cream	Bread + Butter Pudding with a Spiced Orange Sauce	Ginger + Pear Crumble with Vanilla Sauce	Steamed Syrup Coconut Sponge + Custard
Cold Selection	Cold Selection of Baguettes, Sandwiches, Salad Boxes, Fresh Fruit + Yoghurt Pots	Cold Selection of Baguettes, Sandwiches, Salad Boxes, Fresh Fruit + Yoghurt Pots	Cold Selection of Baguettes, Sandwiches, Salad Boxes, Fresh Fruit + Yoghurt Pots	Cold Selection of Baguettes, Sandwiches, Salad Boxes, Fresh Fruit + Yoghurt Pots	Cold Selection of Baguettes, Sandwiches, Salad Boxes, Fresh Fruit + Yoghurt Pots

Applying for Medicine Conference 2017

Just before the Easter break, eight students from Year 10 were given the opportunity to spend the morning at an 'Applying for Medicine Conference'. Staff and medical students had travelled down from the University of Leicester to deliver it, and students attended from schools and colleges across the borough. The conference was hosted by Sir George Monoux College.



Our participants found the sessions very informative and enlightening. It included a Medical Ethics session, A Day in the Life of a Medical Student, a Q and A session, as well as some very useful top tips on applying to study medicine. Here are a few:

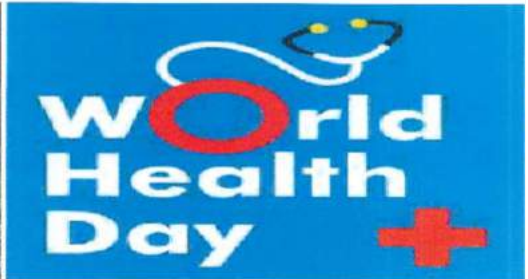
- Only apply if it **your** passion to become a doctor (rather than someone else's) or you may regret it later.
- Work experience and voluntary work are essential. Volunteering in care homes was recommended. Work Experience in fast food restaurants was too. It shows you can talk to people and work under pressure!
- GCSE grades count. Also, 2 sciences are usually required at A level. The 3rd can be in a contrasting subject. Check the various university websites.
- There are over 2000 applicants to study Medicine at Leicester alone, for only 240 places. All of these applicants are predicted 3 As at A level. You will need to do a UKCAT or BMAT before applying. This is a Clinical Aptitude Test, for which points are awarded. Practice tests can be found here: practice.ukcat.ac.uk At Leicester, they rarely read personal statements, as it is felt to be a very unreliable and unfair recruitment tool.
- The interview will probably be a MMI (Multi Mini Interview) This involves up to ten different stations, with different activities at each. There are lots of examples of this on YouTube.

Most of the attendees at the conference were in Year 11 or above, but our students said that they really valued the opportunity to find out in Year 10 what they need to do to enhance their chances of studying medicine in the future.



Ms Robinson

WSFG Diversity Calendar for the month of April



April
2017



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
APRIL						1	2
MARCH	3	4	5	6	7	8	9
FEBRUARY	10	11	12	13	14	15	16
JANUARY	17	18	19	20	21	22	23
DECEMBER	24	25	26	27	28	29	30

April 1 (April Awareness Month), 1 (World Hearing Month), 1 (World Awareness Month), 1 (World Cancer Research Month)

☉ First Quarter ● New Moon ☽ Full Moon ☾ Last Quarter

Special Days

- 1st April Fools Day
- 2nd World Autism Awareness Day
- 4th Association of the Legless - Ontario Chapter
- 7th World Health Day - Canada
- 8th New Year - Korea
- 10th International Women's Day
- 14th Vaisakhi New Year - Sikh
- 15th Good Friday - Christian
- 18th International Week of the Girl
- 18th Easter Monday - Christian
- 19th Mother's Day - Christian
- 19th Birthday of Queen Elizabeth II - UK
- 19th Birthday of Queen Elizabeth II - UK
- 19th Mahavir Jayanti - Jain
- 21st Year Day of Islam - Muslim
- 23rd Theodorin New Year - Bulgaria
- Maroon Day - Muslim
- French (Pascqua) (day of women's solidarity)
- Lamb Day
- 24th Saint George's Day - Christian
- Leopold Sunday - Christian (Catholic)
- Shikempe's Day
- 24th Palm Sunday - Christian (Catholic)
- 25th World Day for Health & Safety of Work
- 27th North Day of Islam - Muslim
- Good Friday - Christian (Catholic)
- 30th Saint James the Great Day - Catholic (Spain)

Our School History

Here is an article about fundraising for Sadler's Wells Theatre from the 1925 edition of the *Iris* magazine.

Ms Kelly
Learning Resource Centre



Sadler's Wells

MORE money?

Yes, but not for hospitals, not for flag days, not even for Greek Theatres, but for the noble arts of Drama and Music. In plain terms, Sadler's Wells. Probably you have heard of this effort to establish in one of London's oldest theatres, an Old Vic. for North London, a permanent home for opera and Shakespeare within half an hour of Walthamstow.

Near the Angel, Islington, is the husk of a theatre. The interior has been pulled down as a preliminary process to make it usable. Sadler's Wells Theatre has a record next best to the Old Vic., of having produced about thirty of Shakespeare's plays. Unless it can be saved now there is imminent danger of its being submerged beneath a suite of offices or some miserable factory.....

North London needs a theatre of its own. The South East has the Vic.; the South West the "Q" theatre; the West the Lyric; the North West the Everyman, and the North-it's up to us to make it. These theatres have already reputations for giving people worthwhile-plays which anyone worn out with the trash usually presented in the West End can enjoy. Moreover, the prices are such as even we can afford.....

If you have even a slight love of music consider the enormous value of a permanent opera company in London, a thing never before in existence. In other words, support Sadler's Wells. (I have a Collecting Card, for which I should like anything from six farthings to six pounds.)

N. M. Blofield.

Footnote:

For those that are too young to know, the theatre was saved and now hosts ballets, - The Q Theatre was in Brentford from 1924-1958 and a farthing was a delightful coin with a wren, and there were four farthings in a penny (old money).

School History Your Archives Need You!

We are in the process of cataloguing our archives with the view to having a permanent display within the school. If you have any artefacts, photographs or especially your memories of your years at the school, we would be grateful if you would share them with us.



We are always keen to keep in touch with alumnae, so if you have any news you would be happy for us to share with other alumnae in a newsletter, please get in touch! We would also welcome photographs to go with any news item too. We will be happy to return your item, please let us know.

There are gaps in some periods of our archive, particularly from 1970-2000. If you have any stories to share, or would like further details, please contact:

Ms Winter:

Tel: 020 8509 9410 Or email: lwinter@wsfg.waltham.sch.uk

or Ms Kelly

Tel: 202 8509 9432 or email: okelly@wsfg.waltham.sch.uk

The 1960's posture sash

Ms Kelly

LRC Manager



Programme details

Location: Walthamstow School for Girls,
Church Hill, Walthamstow, London E17 9RZ

Date: Wednesday 26th April for 13 weeks

Time: 4-7pm

Facilities: Refreshments and light evening meal provided
For help with childcare, please speak to Eleni

Contact: Call Eleni : 07872 926873
Email eleni@racefound.org.uk
Or
Register online at <http://bit.ly/SFSC-WF>



strengthening
families
strengthening
communities



A free inclusive course to help parents and carers raise happy confident children all ages from babies to teens



strengthening families
strengthening communities

About the programme

This is a popular parenting programme for anyone raising children. We welcome parents and carers from all backgrounds who would like to work on their parenting skills and build positive relationships with their children.

We can help you to recognise and respond to the challenges of being a parent and the risks and concerns facing our children. Whether you want to help your child do well at school, deal with bullying, avoid online grooming or getting in with the 'wrong crowd', or just feel more confident: SFSC can provide you with strategies to help you feel equipped as a parent and help you to keep your children safe.

I found it very supportive being part of a group and sharing ideas with other parents.

I spend more time with my mum and we communicate better

I loved the programme and will ask my friends and relatives to go as well.

SFSC runs for three hours a week for 12 weeks. Some groups provide free childcare and refreshments. There is also an introductory session where you can find out more. Just come along, bring a friend or partner if you prefer, and see if it's for you!

I feel calmer about dealing with my children on a day-to-day basis. I don't get angry as quickly.



The course will help you to

- **Build** positive family relationships
- **Manage** anger and stress
- **Implement** effective discipline strategies
- **Gain** confidence and communication skills
- **Understand** your child's development
- **Recognise** and value your family and cultural traditions
- **Meet** others and share ideas



All groups end with a celebration.
You will receive a certificate and a parent manual.



The Strengthening Families, Strengthening Communities Parenting Programme is a 13 week evidence based and accredited course, delivered in 3 hour sessions, for parents of children aged 0-18 years old. In addition to positive discipline techniques, the programme helps parents build a special relationship with their children based on unconditional love, giving their children the key skills they will need as they grow to make 'healthy and safe choices'.

The programme acknowledges the importance of each family's ethnic, cultural, historical and cultural **roots**. It encourages parents to examine their values and explore how to parent in a fast changing world by connecting to local resources, with an understanding that, "It takes a village to raise a child".

The programme has been shown to be particularly useful in the parenting of secondary school aged children as they transition into adulthood: parents are shown through a series of 'rites of passage' how to support their children's mental, physical, social, cultural, historical, political and economic growth. The programme is delivered in groups of approximately 20 parents by two trained facilitators, using a variety of fun and thought provoking techniques.

At the end of the programme, parents' achievements are celebrated with a graduation ceremony and the presentation of certificates. The programme has already been delivered to parents in the borough.

Here are some of their comments:

Dad: Thanks so much for inviting me to the programme. Learned a lot and enjoyed it just as much.

Mum: I know I have a really quick temper, but I like it here and I am relaxed because it's interesting and not like school.

Mum and Dad: We like that this is real. This programme acknowledges the bad stuff that can happen to kids and works with that

The programme starts with an introductory session on Wednesday 26th April from 4pm until 7pm. At Walthamstow School for Girls. Materials, refreshments and food will be provided. Come and see if this is something for you.

For more information, to ask about childcare or to book a place, **please contact Eleni Bloy: 07872 926873**

School Calendar for 2016-17

Summer Term 2017

Start: Tuesday 18th April

End: Wednesday 19th July

Holidays

May Day Bank Holiday: Monday 1st May

Thursday 11th May	Year 7 Parent/Carers Evening 4.30-7pm
Monday 15th May-	
Thursday 26th May	KS3 Examination fortnight
Monday 15th May-	
Monday 26th June	Year 11 GCSE Written examinations

Half Term: Monday 29th May-Friday 2nd June

Friday 23rd June Leavers' Day

School Calendar for 2017-18

Autumn Term 2017

Start: Monday 4th September End: Wednesday 20th December

Monday 4th September	Staff Inset Day
Tuesday 5th September	Student return at the normal time of 8.40am
Friday 13th October	Staff Inset Day

Half Term

Monday 23rd October - Friday 27th October

Spring Term 2018

Star: Thursday 4th January End: Thursday 29th March

Good Friday Bank Holiday 30th March -
Easter Monday Bank holiday 2nd April

Half Term

Monday 12th February - Friday 16th February

Summer Term

Start: Monday 16th April End: Friday 20th July

May Bank holiday

Monday 7th May

Half Term

Monday 28th May - Friday 1st June