



Headteacher's Welcome

Dear Parents and Carers,

I would like to begin by wishing all our students, staff and parents season greetings and hoping you all have a happy and peaceful new year.

Celebrations at school have been underway this week with students enjoying Christmas lunch in the Canteen. A group of students invited the residents of Hatfield Lodge and a number of older friends of the school to Christmas lunch on Monday. Our visitors praised our students for their hospitality and pleasant conversation. The boys sang beautifully and made every effort to make our visitors feel welcome.

Thank you to all our Parents/Carers who came into to school on Wednesday 12th December for Home School Links. Both Miss Philpott's presentation on Literacy and Mr Streatfield's presentation on Internet Safety were well received. If you would like any further information on these topics please do not hesitate to get in touch. You will have noticed that we have started to add articles on Internet Safety to our regular newsletters. I hope you're finding these useful.

Thank you to everyone who has made a donation or helped with our minibus appeal. We have raised over £4,200 so far, so an excellent start to the campaign. A special thank you to the Parents who came in to school to help with the counting. I will give you further details of our winners in our first newsletter in the new year.

I would like to congratulate our team of two Year 10s Rizwan and Abdullah, who entered the final of the South East of England Science and Technology challenge final, gifted and talented competition with Mr Murdock this week and won! The boys worked alongside a team from Sacred Heart of Mary girls school in Havering. This involved a Robotics challenge and presentation about AI. Amongst the eight other teams, they were successful in completing the Robotics challenge (the only team to fully complete the maze). Their presentation was by far the most comprehensive. So congratulations to every member of the team!

Finally, I would like to congratulate our school chef Giles Goiran who was runner up at the LACA School Chef of the Year Award. Well Done!

Best wishes & thank you,

Mrs Drysdale
(Headteacher)

Seasons Greetings



IMPORTANT DATES FOR SPRING TERM

Monday 24th Dec to Friday 4th January

Monday 7th January

Wednesday 9th January

Thursday 10th January

Wednesday 16th January

Thursday 17th January

Friday 18th January

Monday 21st January

Thursday 24th January

Friday 25th January

Monday 28th January

Tuesday 29th January

Thursday 31st January

Friday 1st February

Monday 4th to Friday 15th February

Monday 4th February

Tuesday 5th February

Wednesday 6th February

Thursday 7th February

Monday 11th to Tuesday 12th February

Tuesday 12th February

Thursday 14th February

Friday 15th February

Monday 18th to Friday 22nd February

Monday 24th February

Winter Holiday

Start of Spring Term (students)

Yr 11 Work Exp. Parents Evening

Y8 Road Safety Drama - The Decision (P1)

Year 11 Geography trip ← **UPDATED!**

Yr 11 GCSE Art Mock ← **UPDATED!**

Year 13, Prefects and Sports Photographs

Year 11 Geography trip

Yr 11 GCSE Art Mock

Year 11 Practice exams Results Day

Year 10 PTC

Yr11 Practice Exam results home

Yr 12 Art Mock

Dropdown Week

Yr 12 Art Mock

Yr 12 Art Mock

Year 11 PTC

Yr 13 Exam Briefing

Yr 13 Practice exams

MFL Spelling Bee Grand Final

9HA, 9EA, 9FA drama performances of "Choice of a Lifetime"

Variety Night

9HB, 9EB, 9FB drama performances of "Choice of a lifetime"

Intermediate Maths Challenge

Year 9 Vaccinations

GCSE Art Trip

PC2 out to parents

International Language Day

Sixth Form application closes

Half Term

Students return to school

COMMUNICATION FROM SCHOOL

Dear Parents/Carers,

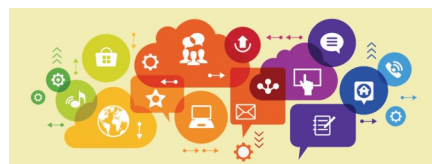
Just a gentle reminder regarding communication sent from school: all information sent by ICHS is delivered by e-mail and/or text message, especially in an emergency.

If you would like to change your email details or mobile numbers please send an email to Enquiries@ichs.org.uk as a matter of urgency.

If you are currently not receiving any emails or text messages from the school, please do let us know.

Thank you,

Mrs Wray (Headteacher's PA)



BREXIT AND THE CONSTITUTION

On Wednesday 21st November, the ICHS Politics Department was delighted to welcome Dr James Strong from Queen Mary, University of London to speak about Brexit and the constitution.

Year 12 and Year 13 Politics students were joined by interested volunteers from years 10 and 11 and by staff and students from Woodford County High School.

Dr Strong provided a very useful explanation of recent Brexit developments, together with valuable insights into the UK's constitution and the ways in which Brexit could affect the country.

The ICHS Politics Department began to host talks on Brexit and the constitution in 2017 and plans to continue on a yearly basis in order to assess the ongoing impact of the process. These events have been made possible by ongoing support from the Political Studies Association.

Mr Pearson (Head of History and Politics)



COMPUTER SCIENCE BEBRAS CHALLENGE



The University of Oxford's Department of Computer Science, and Hertford College, are holding an event for top scoring pupils of the 2018 UK Bebras Computational Thinking Challenge. One of our Year 10 students results has placed them among the best in the country, and he is being invited to the second stage of the Bebras Challenge, which is being held in the Department of Computer

Science at the University of Oxford in February 2019.

A huge congratulations to Hamzah (in Year 8) for scoring an impressive 183 out of 200 in the Senior category. The invitational day will include academic lectures and the chance to explore the Oxford college, as well as take part in the second stage of the Bebras Challenge and an awards ceremony.

Another well done to all those students taking part. This year there were **201,911** entries across the country. I am proud to announce that Ilford County High School students scored higher on average than the rest of the schools in the UK.

If your son wants to practice for next years competition, practice questions are available at <http://www.bebbras.uk/prepare.html>

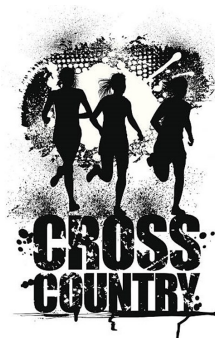
Mr Taylor (Head of Computer Science)



SPORTSMAN OF HALF TERM

Yusuf A. (in Year 10) won 1st place in the Redbridge Schools' Inters and Senior Cross Country Race. As a result of this success, the ICHS team finished in the top three in the Borough. The PE department would like to congratulate Yusuf for coming 1st in Redbridge Schools' Cross Country Race and praise the hard-work that went into this achievement. This is the first time ICHS has seen such an accomplishment in this competition. The PE department hope to see Yusuf participate in further races outside of school to improve on his talent.

Mr Stockill (Head of PE)



PHILOSOPHER OF THE MONTH: DECEMBER

SUNDERLAL BAHUGUNA

“Ecology is permanent economy.”

Sunderlal Bahuguna is a well-known environmentalist. He is the key figure of the Chipko movement whose main objective was to prevent increasing deforestation in India to make factories, roads and dams, and to save environment. The members of the movement were mainly women who hugged the trees to stop them from being cut down. Sunderlal Bahuguna gave direction to this movement and urged then Prime Minister Indira Gandhi to give orders to stop the cutting of trees. The campaign was a success and cutting of trees was banned for 15 years in the Himalayan forests. Following the success of the campaign, the movement spread to other parts of the country. This year is the 45th anniversary of the Chipko movement and Google honoured them by creating a doodle.

Bahuguna also campaigned against building of the Tehri Dam. He was concerned about the people who live in the area and their welfare. By building projects on rivers, it would take away the livelihood of these people and displace them. Bahuguna followed Mahatma Gandhi's non-violence principle and he used Satyagraha tactics and went on hunger strikes to save the environment. Like Gandhi, he also believed that all people should be treated fairly and he fought against untouchability. Bahuguna has written four books. The two well known ones are: Ecology Is Permanent Economy and India's Environment – Myth and Reality. He received many rewards for his contribution to ecology such as Jamnalal Bajaj Award (1986), Right Livelihood Award (1987) and Padma Vibhushan (2009).

Ms Capin (Geography Teacher)



1927-present

DIGITAL SAFEGUARDING



Minecraft is played by millions of children around the world, who can use their imagination to build three-dimensional worlds with virtual building blocks in a digital, pixelated landscape. It is classed as a 'sandbox game' which means players have the freedom to build their own creations with 'blocks' they collect and also have the opportunity to explore other people's creations with their characters. Players can choose from thousands of different 'servers' to join, which are created by other players, making every experience of Minecraft unique.

Minecraft has approximately
74m
users each month

AGE RESTRICTION
10+

What parents need to know about **MINECRAFT**



GROOMING

The majority of users who play Minecraft are children, making it an 'appealing' gateway for groomers. It has been reported that some users have created worlds in Minecraft to lure young people into a conversation to ask for explicit photos. There have even been more serious cases in which children have been persuaded to meet these people in real life.

CYBERBULLYING & GRIEFING

In multiplayer mode, there is a live chat feature which allows players to talk to other players through text. The chat functionality includes basic filtering to block out external links and offensive language being shared, but this varies between each server. Griefing is when someone purposely upsets another player during the game. This can be done by ruining somebody's creation or generally doing something to spoil gameplay for another. Essentially, 'Griefing' is a form of cyberbullying and can be extremely frustrating for players.

COMMUNICATING WITH STRANGERS

There are thousands of servers to choose from in Minecraft which are a single world or place created by the public, allowing users to play the game online or via a local area network with others. No two servers are the same and each server has its own individual plug-ins which are controlled by the creator. This means that some servers will allow communication with strangers.

VIRUSES & MALWARE FROM MODS

There are several websites that offer downloadable 'mods' which modify gameplay in a number of different ways. Most of the mods will be safe to use, but as they have been created by the public, they will often contain viruses that can infect your child's device and potentially try and find personal information from you or your child.



AGE RESTRICTION & 'FANTASY VIOLENCE'

According to the ESRB 'Entertaining Software Rating Board', Minecraft is suitable for users aged 10+. Due to its 'Fantasy Violence', the ESRB states that the rating has been given as 'players can engage in violent acts such as lighting animals on fire and harming animals with weapons. Mild explosions are occasionally heard as players use dynamite to fend off creatures and mine the environment.'

CHILDREN MAY BECOME ADDICTED

As with other games, Minecraft is a game where players can keep returning, with constant challenges and personal goals to achieve. Children may find it difficult to know when to stop playing, becoming absorbed in the game and losing track of time.



National Online Safety

Top Tips for Parents



DISABLE OR MODERATE CHAT

To avoid potentially inappropriate comments in a live chat, you can follow these steps to turn live chat off: 1. Select 'Options' 2. Toggle the Chat button to 'Hidden' or 'Commands Only'. Bear in mind that the chat feature is also where your child can enter commands during the game, so this may limit their game play.

MONITOR YOUTUBE TUTORIALS

Many Minecraft users turn to YouTube for video tips on improving their gameplay and discovering new techniques. Although many videos are age-appropriate, some include sexual references and bad language. We suggest watching Minecraft tutorial videos together with your child. If your child is under the age of 13, we suggest installing 'YouTube Kids' which provides a safer platform for children to find the content they want, safely.



SCAN 'MODS' FOR MALWARE

Minecraft 'mods' add content to games to give more options to interact and change the way the game looks and feels. But while 'mods' can bring fun for a child, it's important to consider that downloading and installing 'mods' could potentially infect their device with a virus or malware. In 2017, security company Symantec said that between 600,000 and 2.5 million Minecraft players had installed dodgy apps, which hijacked player's devices and used them to power an advertising botnet. Install a malware scanner on every device that your child plays Minecraft on, and make sure it's up-to-date.

PLAY IN 'CREATIVE' OR 'PEACEFUL' MODE

Even though the age limit is 10+, Minecraft can be quite overwhelming at times, especially for younger players or SEND children. We suggest limiting your child to play in 'creative mode' or 'peaceful mode' which takes away the survival element and removes the 'scarier' monster/zombie characters.

SET TIME LIMITS

With 'Gaming Disorder' becoming an official health condition, we suggest setting a reasonable time limit when playing Minecraft. Parents can use parental controls on devices to limit the time a child is playing games. It is worth having a conversation with your child to understand what 'mode' they are playing on the game. This may help you decide on how much time you would like them to spend playing on it. For example, a mini game will have an 'end', but this will depend on how long the game creator has made the game last. In 'survival mode', the game has no end as there is no goal to be achieved other than the child's own e.g. after they have built something.

CHOOSE SERVERS CAREFULLY

Advise your child to only enter servers with people they know and trust to protect them from engaging in conversation with strangers. Your child can also create their own multi-player server and share this with their friends to join in which is safer and more controlled than joining a stranger's server.

Sources:

<https://minecraft.net/en-us/article/minecraft-multiplayer-server-safety>
<http://parentinfo.org/article/staying-safe-on-minecraft>
<https://www.bbc.co.uk/news/uk-wales-38284216>
<https://support.xbox.com/en-GB/xbox-one/security/cannot-change-my-privacy-settings>
<https://lifehacker.com/a-parents-guide-to-playing-minecraft-with-your-kids-1788022798>

<https://www.mirror.co.uk/tech/new-minecraft-game-needs-caution-11251242>
<https://www.mirror.co.uk/news/uk-news/dangerous-for-kids-a-parents-guide>
<https://leahnieman.com/4-fabulous-family-friendly-minecraft-servers/>
<https://www.howtogeek.com/289985/how-to-set-up-minecraft-so-your-kids-can-play-online-with-friends/http://minemum.com/chat-settings>

THIS IS AN INDEPENDENT ONLINE SAFETY GUIDE AND IS NOT AN OFFICIAL MINECRAFT PRODUCT. THIS GUIDE HAS NOT BEEN APPROVED BY NOR IS IT ASSOCIATED WITH MOJANG

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This is not a definitive guide. Please always check with the app's support information to see if your security and privacy concerns are addressed.

www.nationalonlinesafety.com

HEALTH & SAFETY

7 THINGS FOR STUDENTS TO DO DURING THE CHRISTMAS HOLIDAYS

Christmas and the new year are approaching fast, and the few weeks before term starts again are the ideal time to get a fresh start.

How can students make the most of the Christmas holidays? Here at InnerDrive, we have come up with 7 things that we think would be useful for students to do over the holidays that will help them make a positive start to 2019.

RE-VISIT STUDIED MATERIAL

The Christmas holidays provide a good opportunity for students to review information learnt the previous term. Starting the revision process early makes preparing for end of year exams less stressful. It also allows for more effective revision processes to be used, as students don't have to resort to cramming in as much as they can in the days (even hours) before an exam.

Instead, students can [space out their learning](#), meaning that they have enough time to forget and re-learn information, increasing the chance it will be committed to the long-term memory and retrievable in exams.

TAKE TIME TO EXERCISE

Not only does exercise bring physical health benefits, research has also shown that it [can improve mood](#), as it causes the release of endorphins, which trigger positive feelings. [One study](#), which asked people to rate their mood immediately after physical activity or a period of inactivity, found that those who engaged in physical exercise felt more content, awake and calmer. The effect of exercise was also greatest when mood was initially low, a finding that highlights just how important exercising could be.

SET GOALS FOR THE NEW YEAR

The new year provides a perfect chance for students to [set new goals](#). Setting goals has a positive impact, helping students improve their effort, attention and persistence.

Goals should be challenging but realistic and [written down, with family members being involved in the process](#), as this commits students to them, making their efforts more focused.

CREATE HEALTHY ROUTINES

Similarly, students should get into the habit of [eating a healthy breakfast](#), high in fibre each morning. Research has demonstrated that breakfast could be particularly helpful for those studying for mocks in January.

In [one particular study](#), it was found that students who skipped breakfast or only had an energy drink performed worse in attention and memory tasks when compared to those who had eaten breakfast.

IMPROVE SELF-AWARENESS

Improving their self-awareness would be a productive way for students to spend their Christmas holidays, as students who are self-aware tend to act more consciously. Meaning, they make better decisions, have a more positive outlook on life and higher levels of well-being.

One way in which students can improve their self-awareness is through evaluating their strengths and weaknesses. Being aware of these means that students can work on their weakness and [seek help](#) if it is needed to make the necessary improvements.

READ OUR BOOK

Our award-winning book [Release Your InnerDrive](#) is the perfect read for the Christmas holidays, and will help students start off the new year on the right foot.

Written by Chartered Psychologist Bradley Busch and InnerDrive founder Edward Watson, our book is filled with the latest research and helpful graphics, which create a fun and accessible guide to help students fulfil their potential. It covers a wide range of topics, including goal setting, performance under pressure, and excellence in exams, topics which are particularly useful for students preparing for January.

RELAX

Whilst a little stress can improve performance, too much stress can become debilitating and have detrimental effects on well-being. Even if students have revision to do it is important that they set aside some days to relax and unwind, as the [quality of the revision is as important as the quantity](#). Students could relax by socialising with friends, exercising, watching films etc.

FINAL THOUGHT

The Christmas holidays not only offer students a chance to relax and unwind, but also an opportunity to prepare and make a positive start to the new year.

Students could do this through creating revision resources they can later use for studying, setting themselves challenging but realistic goals to allow them to track their progress, and setting in motion healthier routines.

(https://blog.innerdrive.co.uk/7-things-to-do-during-christmas-holidays?utm_campaign=Release%20Your%20Innerdrive%20Book&utm_medium=email&hsenc=p2ANqtz-8dP7a2rAGnfbyyWC3nXQo3Ndz0vSMLbvscLZIAh8CrH9S1rpvuZU14IViKOFnKbUZKfF UaAK2SzdCnw PFAIT90Mj3w&hsmi=68142618&utm_content=68142616&utm_source=hs_email&hsCtaTracking=0be01e7f-8605-49ba-ac52-1954319625f7%7C5ecbf24b-a211-43ed-86ed-2ddf2e8291d3)

GP APPOINTMENTS AVAILABLE ON CHRISTMAS DAY

People who need to see a GP or practice nurse urgently in Redbridge can book appointments on weekday evenings, weekends and bank holidays this winter.

With late evening and weekend appointments at our GP Hubs you can arrange to be seen quickly at a time that is convenient to you. Same day, urgent appointments are available every weekday evening between 6.30pm and 10pm, and between 8am and 8pm on Saturdays and Sundays.

These appointments can be booked by calling your own GP practice as usual during working hours, calling the booking line directly on 020 3770 1888, or by calling NHS 111.

GP hubs in Redbridge where these appointments are available are below, you can't simply walk in to these, but anyone registered with a GP in Redbridge can book an appointment:

- 📍 Southdene Surgery in South Woodford, E18 1BD
- 📍 Newbury Group Practice in Newbury Park, IG2 7LE
- 📍 Fulwell Cross Medical Centre in Barkingside, IG6 2HG

If you need medical help fast and your surgery is closed, you can call NHS 111 Clinical Assessment service on 1 1 1 at any time of day or night. GPs, nurses and pharmacists can provide high-quality assessments, advice and treatment over the phone. They can also book you an appointment with the most appropriate NHS service if you need one, or prescribe medicines over the phone.

It is much better for people whose condition is not urgent to use these services to see a GP or another health professional than to visit A&E. This ensures that those who genuinely need life-saving emergency treatment can receive it as quickly as possible.

Dr Anil Mehta, GP and NHS Redbridge CCG chair: "We understand our patients are leading increasingly busy lives and there is now much more demand to be able to see a GP or nurse urgently outside normal working hours.

"Having services later in the evening, and at weekends and bank holidays, makes it easier for people to be seen more quickly and at a time that better suits them, and this even includes being able to see a GP on Christmas day."

Information received through Redbridge CVS

(<https://www.redbridgecvvs.net/>)



MAYOR'S COMMUNITY AWARDS 2019



Nominate a Redbridge resident, business or employee and help us recognise and celebrate the achievements of those who have made a real difference to the lives of our residents.

This could be someone who takes pride in the borough, a business that contributes to the community, or a resident that goes out of their way to help others.

The categories for the awards are:

- **Best Business Contribution to the Community**
- **Community / Neighbourhood Champion**
- **Taking Pride in Redbridge**
- **Caring for others in Redbridge**
- **Contribution in Support of Young People**
- **Creating a Safer Redbridge**

Nominations will be open until **Sunday 30 December**

www.redbridge.gov.uk/mayorawards



We're on the web:

<http://www.ichs.org.uk/>

Phone: 020 8551 6496

Fax: 020 8503 9960

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