

6th October 2017

New Issue no: 13



Headteacher's Welcome

Dear Parents and Carers,

I would like to begin by thanking everyone who has begun to support the school by making voluntary contributions to the school development fund. A number of parents have asked what the money in the school development fund might be used for.

Recently we have invested in the GCSEpod online revision & support programme, it provides support material for students studying for their GCSE'S and has been very well received by both students and teachers. The fund has also purchased text books to support the new curriculum at GCSE and A-Level and to supplement those that are we have had to ask parents to purchase. In recent years the fund has invested a considerable amount of money in the school swimming pool, a resource that is used and enjoyed by all our students.

Moving forward, and depending on the levels of support we receive, ideas of what we may be able to provide include a programme of language assistant support for the MFL faculty, some outdoor equipment for the students to use at break and lunchtime or additional goal posts for the school field. The artificial cricket area on the school field is also in need of replacement and currently not fit to use.

ICHS is a happy school and I am pleased that our surveys and student discussions indicate that levels of bullying are low. However it is important that we are never complacent and that we continue to challenge any inappropriate or unkind behaviour. Sometimes it is difficult to talk about these issues and whilst members of staff and in particular our pastoral teams are always ready to listen and help, sometimes it is hard to start the conversation. We have therefore introduced two new email addresses:

- younedtoknow@ichs.org.uk
- stopbullying@ichs.org.uk

These email addresses are regularly monitored and if students (or parents and friends) wish they can leave a message safe in the knowledge it will be dealt with quietly and sensitively. All the usual channels remain open for students to use should they need help. However, I hope this provides an additional supportive service to our students.

Best wishes,

Mrs Drysdale

Headteacher

IMPORTANT DATES FOR AUTUMN TERM

Monday 9 th to Thursday 12 th October	PSHEE Drop Down Week (Years 7 to 10)
Monday 16 th to Friday 20 th October	Year 11 PE GCSE Rock Climbing Trip
	CAT/ PIE week
Wednesday 18 th October	Economics Enterprise Day
Thursday 19 th October	Progress Check Report 1 home to parents
Monday 23 rd to Friday 27 th October	Half Term holiday
Monday 30 th October	Students come back to school
Thursday 2 nd November	University Entrance Exams
Monday 6 th to Friday 10 th November	Computing Department Bebras Challenge Week
Tuesday 7 th November	Senior Maths Challenge
Wednesday 8 th November	Year 7 Parents morning (9.00-11.00am)
	Sixth Form: Medics and Dentists Social Event
Thursday 9 th November	6 th Form Open Evening (6.00-8.00pm)
Wednesday 15 th November	Year 10 Curriculum Evening (6.00-8.00pm)
Friday 17 th November	Staff Training Day (students not in school)
Monday 20 th to Friday 24 th November	Geography GCSE Trip
Monday 27 th November to Friday 1 st December	Geography A Level Trip
Monday 27 th November	Year 11 MFL Mock oral exams week
	Year 10 Careers Interviews
Tuesday 28 th November	Year 10 Careers Interviews
	Year 12 AS Parent Teacher Consultation (by invite)
	Year 13 Parent Teacher Consultation (4.00-7.00pm)
Thursday 30 th November	Year 13 Interview Skills Day
Monday 4 th to Friday 8 th December	PSHEE Drop Down Week
Monday 4 th December	Computer Science Olympiad
Friday 8 th December	Jack Petchey Speak Out Challenge
Monday 11 th to Friday 15 th December	Year 11 Practice Exams
Wednesday 13 th December	Home School Links Meeting
Tuesday 19 th December	Progress Check Report 2 home to parents
Wednesday 20 th December	End of term (students)
Thursday 21 st December to 1 st January	Winter Holiday
Tuesday 2 nd January 2018	Staff Training Day (students not in school)
Wednesday 3 rd January 2018	Start of Spring term (students return to school)

NOTICE TO ALL PARENTS & CARERS

At ICHS, we have a commitment to strong and clear lines of communication with all our parents and carers. This means that all issues raised will be assigned to an appropriate member of staff. If you need to contact the school regarding an issue please either phone the main school number on 020 8551 6496 or email the school on enquiries@ichs.org.uk

We will inform you, within 48 hours and often sooner, as to which member of staff is directly handling your concern. Any concerns will be investigated fully and you will be provided with a response in one of the following ways:

- * Telephone conversation
- * E-mail from a staff member
- * Formal meeting
- * Formal letter from the school

Parents and carers who arrive at reception without a pre-arranged appointment will be asked to register their concerns with the office team member on duty. The concern will be assessed and then passed onto the most appropriate member of staff as detailed above. Anyone who does not have a pre-arranged appointment should not expect to be able to meet with a member of staff at that time or on the same day. We would ask you to treat our office team with respect and in the manner in which you would wish to be treated yourself.

If the issue raised is either an emergency or requires an immediate response, we will of course deal with this straight away. An example of an emergency or immediate response situations might be one in which a child is missing or at risk of harm. Please note that discussing sanctions is not deemed as an emergency situation or one that requires an instant response. Failure to disclose the nature of any concern to the office team member on duty will result in the school deciding that it is not an emergency or immediate response situation.

This system will ensure that all parents and carers have the opportunity to meet with the appropriate member of staff, at an appropriate time, in order to find a solution to any problems that have arisen. This also allows the staff member to collect any necessary information that would help in those discussions.

Ilford County High School



STUDENT'S ABSENCE

Dear Parents/Carers,

To report your son's absence, you can text the school's mobile number on [07860 030 493](tel:07860030493).

This way, you don't have to wait for the school Office to open as you'll be able to do it at any time of the day.

Mr Streatfield (Deputy Head)



CYCLE TO SCHOOL CHALLENGE

To encourage smarter and more active travel to school by our students and parents we are taking part in the Redbridge Cycle to School Challenge. This challenge will run from 2nd to 13th October, during which time we want to encourage as many students as possible to travel to school by bicycle!

Every day your child cycles in during the challenge they will be given a raffle ticket which will enter them into a prize draw at the end of each week. More cycle trips means more raffle tickets and an increased chance of winning a prize.

In addition the class with children who have the most children riding to school during the challenge may get a trip to the Lee Valley Velopark at Queen Elizabeth Olympic Park!

So let's get cycling and see how any journeys to school we can make by bike!

Mr Streatfield (Deputy Head)



PSHEE DROP DOWN WEEK



9/10/17- 12/10/17

PSHEE DROP DOWN WEEK

Theme- 'Building Future Citizens'

Year 7-10 will be taking part in a range of citizenship activities during the week to promote their personal and social development. These activities will also help our young citizens inculcate the schools' 'Habits of Mind of teamwork, problem-solving, leadership and communication.

Students in different year groups will be off timetable on different days during the week. Year 7 will be engaged in team building activities outdoors and therefore need to come in their full PE kit and also bring in a waterproof jacket. Rest of the year groups will be indoors doing various workshops. Year 11 will carry on with their lessons as usual.

Year 7

Off timetable

Monday 9/10/17

'Team building' Day

On Field/Sports hall

**Students need to
come to school in
their full PE kit and
bring in a waterproof
jacket!**

Year 8

Off timetable

Tuesday 10/10/17

'MyBnk' Workshops

Year 9

Off timetable

Wednesday 11/10/17

'Crime' Day

CANTEEN'S MENU

Please see below the Menu available in our canteen for the current academic year 2017—2018.

It has now been updated for a 3 weeks menu instead of 4 as last year.

Don't forget to check our website for meal deals and prices: <https://www.ichs.org.uk/school-lunches>



MONDAY

NON HALAL MAIN:	Meatballs in Tomato Sauce & Pasta Spirals	GUEST DISH:	Posh Dog
HALAL MAIN:	Beef Sausages with Mashed Potatoes and Gravy	TOP 'EM AND POP 'EM BAR:	Pasta
VEGETARIAN:	Cauliflower & Broccoli Baked with Mashed Potatoes and Gravy	VEG/SIDES:	Broccoli Carrots
JACKET POTATO:	Various Toppings Daily	DESSERT:	Lemon Drizzle Cake
DELI BAR:	Assorted Sandwiches, Baguettes, Rolls, Salad Shaker Pots, Flatbreads and Subs		

TUESDAY

NON HALAL MAIN:	Jerk Chicken, Rice & Peas	GUEST DISH:	Filled Naan
HALAL MAIN:	Chicken Tikka Masala with Rice	TOP 'EM AND POP 'EM BAR:	Noodles
VEGETARIAN:	Oriental Vegetable Stir Fry with Noodles	VEG/SIDES:	Sweetcorn Green Beans
JACKET POTATO:	Various Toppings Daily	DESSERT:	Fruit Sponge with Custard
DELI BAR:	Assorted Sandwiches, Baguettes, Rolls, Salad Shaker Pots, Flatbreads and Subs		

WEDNESDAY

NON HALAL MAIN:	Roast Gammon with Roast Potatoes	GUEST DISH:	Loaded Skins
HALAL MAIN:	Roast Chicken with Stuffing, Roast Potatoes & Gravy	TOP 'EM AND POP 'EM BAR:	Rice
VEGETARIAN:	Veggie Slice with Roast Potatoes & Gravy	VEG/SIDES:	Carrots Cabbage
JACKET POTATO:	Various Toppings Daily	DESSERT:	Fruit Crumble with Custard
DELI BAR:	Assorted Sandwiches, Baguettes, Rolls, Salad Shaker Pots, Flatbreads and Subs		

THURSDAY

NON HALAL MAIN:	BBQ Chicken Wings and Chips	GUEST DISH:	Nacho Pots
HALAL MAIN:	Breaded Fish and Chips	TOP 'EM AND POP 'EM BAR:	Pasta
VEGETARIAN:	Falafel and Hummus Flatbread with Chips	VEG/SIDES:	Sweetcorn Baked Beans
JACKET POTATO:	Various Toppings Daily	DESSERT:	Oaty Apple Cookie Slice
DELI BAR:	Assorted Sandwiches, Baguettes, Rolls, Salad Shaker Pots, Flatbreads and Subs		

FRIDAY

NON HALAL MAIN:	Chicken Cacciatore with Pasta	GUEST DISH:	Beef Burrito
HALAL MAIN:	Chilli Con Carne with Rice	TOP 'EM AND POP 'EM BAR:	Flatbreads
VEGETARIAN:	Vegetable Moussaka	VEG/SIDES:	Peas Cauliflower
JACKET POTATO:	Various Toppings Daily	DESSERT:	Chocolate Loaf & Chocolate Custard
DELI BAR:	Assorted Sandwiches, Baguettes, Rolls, Salad Shaker Pots, Flatbreads and Subs		

AVAILABLE DAILY: A SELECTION OF DESSERT POTS, FRESH FRUIT COMPLATINS, ASSORTED TRAY BAKES.
ALLERGY INFORMATION AVAILABLE ON REQUEST.

CANTEEN'S MENU



MONDAY

NON HALAL MAIN:	Spicy Chicken Pasta Bake	GUEST DISH:	Beef Burger with Tomato Relish
HALAL MAIN:	Thai Beef Curry with Rice	TOP 'EM AND POP 'EM BAR:	Pasta
VEGETARIAN:	Five Bean Chilli with Sour Cream, Guacamole & Rice	VEG/SIDES:	Carrots
JACKET POTATO:	Various Toppings Daily	DESSERT:	Green Beans
DELI BAR:	Assorted Sandwiches, Baguettes, Rolls, Salad Shaker Pots, Flatbreads and Subs		Fruity Flapjack

TUESDAY

NON HALAL MAIN :	Beef Fajita & Mexican Spicy Rice	GUEST DISH:	Cheese & Potato Pot Meal
HALAL MAIN:	Chicken and Sweetcorn Pie with New Potatoes	TOP 'EM AND POP 'EM BAR:	Noodles
VEGETARIAN:	Spanish Frittata with New Potatoes	VEG/SIDES:	Coleslaw
JACKET POTATO:	Various Toppings Daily	DESSERT:	Baked Beans
DELI BAR:	Assorted Sandwiches, Baguettes, Rolls, Salad Shaker Pots, Flatbreads and Subs		Iced Carrot Cake

WEDNESDAY

NON HALAL MAIN:	Carvery Lunch with Stuffing, Roast Potatoes & Gravy	GUEST DISH:	Breaded Chicken & Wedges Pot
HALAL MAIN:	Roast Beef with Roast Potatoes & Gravy	TOP 'EM AND POP 'EM BAR:	Flatbreads
VEGETARIAN:	Veggie Sausages with Roast Potatoes & Gravy	VEG/SIDES:	Carrots
JACKET POTATO:	Various Toppings Daily	DESSERT:	Broccoli
DELI BAR:	Assorted Sandwiches, Baguettes, Rolls, Salad Shaker Pots, Flatbreads and Subs		Apple Sponge with Custard

THURSDAY

NON HALAL MAIN:	Southern Coated Chicken & Chips	GUEST BAR:	Topped Potato Wedge Pot
HALAL MAIN:	Battered Fish with Chips	TOP 'EM AND POP 'EM BAR:	Rice
VEGETARIAN:	Veggie Calzone with Chips	VEG/SIDES:	Sweetcorn
JACKET POTATO:	Various Toppings Daily	DESSERT:	Baked Beans
DELI BAR:	Assorted Sandwiches, Baguettes, Rolls, Salad Shaker Pots, Flatbreads and Subs		Fruit Crumble Slice

FRIDAY

NON HALAL MAIN:	Chicken Tikka Masala & Rice	GUEST BAR:	BBQ Chicken Wings with Golden Rice
HALAL MAIN:	Beef Lasagne with Crusty Bread	TOP 'EM AND POP 'EM BAR:	Pasta
VEGETARIAN:	Vegetable Hot Pot with Crusty Bread	VEG/SIDES:	Peas
JACKET POTATO:	Various Toppings Daily	DESSERT:	Salad
DELI BAR:	Assorted Sandwiches, Baguettes, Rolls, Salad Shaker Pots, Flatbreads and Subs		Chocolate Crispy Cake

AVAILABLE DAILY: A SELECTION OF DESSERT POTS, FRESH FRUIT COMBINATIONS, ASSORTED TRAY BAKES.

ALLERGY INFORMATION AVAILABLE ON REQUEST.

CANTEEN'S MENU



WEEK THREE

MONDAY

NON HALAL MAIN: Beef Chilli & Half Jacket Potato
 HALAL MAIN: Sweet Chilli Chicken with Noodles
 VEGETARIAN: Vegetable Fajitas with Rice
 JACKET POTATO: Various Toppings Daily
 DELI BAR: Assorted Sandwiches, Baguettes, Rolls, Salad
 Shaker Pots, Flatbreads and Subs

GUEST BAR: Chicken Tikka
 Flatbread
 TOP 'EM AND POP 'EM BAR: Rice
 VEG/SIDES: Mixed
 Vegetables
 DESSERT: Apple Crumble
 & Custard

TUESDAY

NON HALAL MAIN: Mexican Chicken with Rice
 HALAL MAIN: Cottage Pie
 VEGETARIAN: Vegetable Lasagne with Crusty Bread
 JACKET POTATO: Various Toppings Daily
 DELI BAR: Assorted Sandwiches, Baguettes, Rolls, Salad
 Shaker Pots, Flatbreads and Subs

GUEST BAR: Salmon Fishcake
 with Sweet Chilli
 Sauce
 TOP 'EM AND POP 'EM BAR: Pasta
 VEG/SIDES: Broccoli
 Cauliflower
 DESSERT: Chocolate Sponge
 & Chocolate Sauce

WEDNESDAY

NON HALAL MAIN: Chunky Beef & Vegetable Puff Pie with Roast
 Potatoes
 HALAL MAIN: Roast Chicken with Roast Potatoes & Gravy
 VEGETARIAN: Quiche with Roast Potatoes
 JACKET POTATO: Various Toppings Daily
 DELI BAR: Assorted Sandwiches, Baguettes, Rolls, Salad
 Shaker Pots, Flatbreads and Subs

GUEST DISH: BBQ Pork Baguette
 TOP 'EM AND POP 'EM BAR: Noodles
 VEG/SIDES: Carrots
 Green Beans
 DESSERT: Sticky Toffee
 Pudding with
 Custard

THURSDAY

NON HALAL MAIN: Szechuan Chicken with Noodles
 HALAL MAIN: Breaded Fish with Chips
 VEGETARIAN: Veggie Burger with Chips
 JACKET POTATO: Various Toppings Daily
 DELI BAR: Assorted Sandwiches, Baguettes, Rolls, Salad
 Shaker Pots, Flatbreads and Subs

GUEST DISH: Curry Chip Pot
 TOP 'EM AND POP 'EM BAR: Rice
 VEG/SIDES: Baked Beans
 Sweetcorn
 DESSERT: Raspberry Coconut
 Slice

FRIDAY

NON HALAL MAIN: Thai Chicken Curry with Coconut Rice
 HALAL MAIN: Beef Meatballs in Tomato Sauce with Pasta
 VEGETARIAN: Sweet Potato & Chick Pea Curry with Rice
 JACKET POTATO: Various Toppings Daily
 DELI BAR: Assorted Sandwiches, Baguettes, Rolls, Salad
 Shaker Pots, Flatbreads and Subs

GUEST DISH: Meatball Sub
 TOP 'EM AND POP 'EM BAR: Flatbreads
 VEG/SIDES: Peas
 Salad
 DESSERT: Blueberry Cake &
 Vanilla Sauce

AVAILABLE DAILY: A SELECTION OF DESSERT POTS, FRESH FRUIT COMBINATIONS, ASSORTED TRAY BAKES.

ALLERGY INFORMATION AVAILABLE ON REQUEST.

PHILOSOPHER OF THE MONTH

MARY SEACOLE

“Was it possible that American prejudices against colour had some root here? Did these ladies shrink from accepting my aid because my blood flowed beneath a somewhat duskier skin than theirs?”



1805 - 1881

Mary Seacole, the Crimean war nurse was born in Jamaica. Her mother taught her to care for the sick by using herbal and traditional folk remedies. When Mary was not chosen to be one of the nurses to accompany Florence Nightingale to the Crimea, she borrowed the money and went there. Mary spent the money on caring for the wounded soldiers from both sides.

She often treated wounds on the battlefield, something Florence Nightingale never did. Soldiers called her Mother Seacole. Mary returned after the Crimean war broke and in ill-health. A charity gala was held in London in her honour. Mary wrote a book about her experiences *Wonderful Adventures of Mrs Seacole in Many Lands*. A statue in her honour is placed in front of St Thomas' hospital.

Ms Capin (Head of Philosophy & Ethics)



We're on the web:

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

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