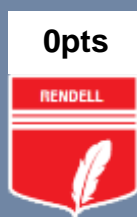




The RVHS Bulletin

"Our vision is to be the school of choice for our local community, developing successful young people with high **aspirations**, who show **respect** for all and **endeavour** to become the very best that they can be."

RVHS House Point Score Board



Message from the Headteacher

Dear Parents and Carers

I trust that everyone is keeping well after what has been a busy half-term. I am grateful for all the continued support for this great school.

There are some key messages and then please enjoy the bulletin as it is full of celebration of our lovely students and their achievements.

All students return to school at the normal time on **Tuesday, 1st November**. [Term Dates 2022/23](#). When we return to school, Year 11 will be starting their Pre-Public Exams (PPEs), which is a vital tool in preparing them for their summer exams. Year 13 will be sitting their PPEs later in the half term. For further details of the arrangements for the Year 11 PPEs, please refer to the letter [here](#)

School performance data for the Summer 2022 GCSE has now been published on the [government website for 2021/22](#). The government site has not yet been updated for A levels and post 16 (results shown are still 2019)

I would like to take this opportunity to remind you that we expect every student to attend every day on time. Students should be on the school site by 8.25am to be ready to go to period 1 at 8.30am when the bell sounds. We encourage every student to achieve 100% attendance. The danger with allowing this to drop any lower is considerably lost learning hours. Working from their google classroom at home, does not replace being in the classroom in front of the specialist teacher. 96% attendance for example, would mean a whole 8 days of absence, which in turn is 60 hours of lost learning time which can never be replaced. For further advice and guidance please refer to the Attendance page on our website [here](#), or contact your child's Academic Mentor or Year Progress Leader.

On 23rd November 2022 we will be hosting our **Sixth Form Open Evening** from 4.30 until 7.30pm. We welcome all year 11 parents and students to attend to hear about our Level 3 provision. Talks will be held at 5.30pm and 6.45pm in the main hall and we ask that parents **book to attend using this form**. There will also be the opportunity to speak to our sixth form teachers and see our facilities in the Brook Building. Please note if you are attending the 6.45pm talk, there will not be time to speak to staff afterwards so please make sure you leave time to do this beforehand. We look forward to welcoming you.



Roding Valley
HIGH SCHOOL

Proud to be part of the CLP



Our internet provider is the **London Grid for Learning - DigiSafe**. This platform supports our school community's online safety - it monitors and blocks any inappropriate material which students may try to access whilst in school. It is one of the largest digital platforms for education, committed to online safety and supporting the digital transformation and advancement of education.

The half-term break will be a great opportunity to prepare for learning ahead. Please ensure that your child has all of the appropriate equipment to be ready for learning and is dressed in accordance with our [Uniform policy](#), which is available on our website. If you have any concerns or issues regarding this, please do not hesitate to contact your child's Year Progress Leader, who will be more than happy to help with any issues. Can I also take this time to remind you that it's essential that all students arrive at school on time each morning. Students need to be through the gate by 8.25am, ready for Period 1 at 8.30am. Being punctual and ready is essential for a good start to a day of learning.

The LGfL DigiSafe has a [PARENTSAFE](#) page, which provides lots of up-to-date, practical advice to support parents on ways that they can keep their children safe online. There is also a very helpful [TOP TIPS](#) section - these are excellent 'Parent Help' resources on six key themes, which, whilst uncomfortable, are relevant and important to all families with teenage children:

- Body Safe
- Fake News and Hoaxes
- Bullying
- Gangs and County Lines
- Extremism and Radicalisation
- Accessing Pornography

May I take the opportunity to wish you all a good half-term break and please enjoy the rest of this bulletin. It is packed with key messages and celebrations of the wonderful work and enrichment opportunities enjoyed by students at the school.

If you don't already follow the school Twitter account @RodingValleyHS or Instagram @rodingvalleyhs - then please follow us

Kind regards
Sharon Jenner



Are you entitled?

In England, a Free School Meal (FSM) is a statutory benefit available to school aged children from families who receive other qualifying benefits and who have been through the relevant registration process. Recently, the process of applying for Free School Meals at Roding Valley High School has changed to an online application in order to improve speed and reduce the burden of paperwork for parents. For more information on the qualifying benefits and for more information, please visit our Free School Meals page on our [school website](#).

It is important that parents register their children for free school meals if they are entitled as the school receives additional funding known as the Pupil Premium to support the children's learning. The use of the pupil premium is personalised to meet the needs of the children who are entitled to support, such as 1-1 tuition, additional LSA support and intervention groups, access to school visits, Learning Mentor, speech and language assistants, Family Support and counselling.

If you believe that your child is eligible for Free School Meals, please click [here](#) to use our Free School Meals Checker. Your Certificate of Eligibility will then need to be emailed to finance@rodingvalley.net



Free School Meals
Eligibility Checker

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Messages from Our Year Progress Team Leaders



Our team is proud to be your child's Year Progress Leader and very much looking forward to supporting your child and with such a great cohort of students, we are sure it will be a great half term. To ensure that you are aware of who your child's Year Progress Leader is and who to contact, please refer to their details below:



Year 7: Miss Reed

To contact Miss Reed, please email hreed@rodingvalley.net



Year 8: Mr Ryan

To contact Mr Ryan, please email fryan@rodingvalley.net



Year 9: Miss Fazakerley

To contact Miss Fazakerley, please email J.Fazakerley@rodingvalley.net



Year 10: Mr Dobson

To contact Mr Dobson, please email cdobson@rodingvalley.net



Year 11: Mr Fletcher

To contact Mr Fletcher, please email mfletcher@rodingvalley.net

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Year 7 News

Message from Miss Reed

I cannot believe we are approaching the end of Year 7's first half term with us here at Roding Valley. It has been fantastic to see how well students have transitioned from Primary to Secondary school life. They have embraced the new challenges and worked extremely hard in all of their subject areas. Parents will shortly be receiving their son/daughter's first report which will have an attitude to learning grade for each subject area. This will give a clear indication of how students are getting on.

Last week saw the student voice panel decided which is run by Mrs Larkin and Mr Price. Year 7 had record numbers apply which was great to see. Well done to the following students who are the current Y7 representatives.

- ★ Navya Bhatnagar, ★ Ruby Gee
- ★ Ben Cassidy, ★ Joey Ward
- ★ Saif Baig, ★ Joseph Zoula
- ★ Macey Davis
- ★ Lucas Teixeira



There are more leadership opportunities coming up for students including **Subject Ambassadors** and **House Leaders**.

In our assembly last week, students were spoken to about being safe during Halloween and bonfire night. With these events approaching, I would like to remind students on the importance of their safety.

I would like to take this opportunity to wish students a safe and enjoyable half term break and I am looking forward to the next half term.



TOP ARE POINTS
Congratulations to the following students for earning the most ARE Points so far:

- ★ Kitty James
- ★ Isobel McKay
- ★ Francesca Camley
- ★ Tristan Sutton
- ★ Oliver Passmore



House competition – vision of the future

All entries to Mrs Harris
dharris@rodingvalley.net
by Friday 21st October

What do you think the future world will look like? What exciting opportunities lie ahead for engineers to design and build?

Enter as an individual or as a group (maximum 5 team members).

- A drawing or painting by hand and 1 page written description
- A digital painting or poster and 1 page written description
- A video (5 minutes maximum) and 1 page written description



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Year 8 News

Message from Mr Ryan

After seven weeks we have made it to the end of this half term. I think it's safe to say that we have hit the ground running. The year group have really shown themselves to be mature, sensible and ready to learn. The Autumn term is always difficult as it is long and I feel that the year group is doing well and need to take this half term to relax and get ready for the next half term.

Please be aware that after half term we will be having Year 8 parents' evening where you will get the opportunity to speak to your child's teachers. This will be a virtual event and you will be sent the link to this via Edulink. If you are unable to make appointments, please let the school know as we will be able to reschedule appointments.

I would like to remind you of the behavioural expectations we have for students on the Astro at lunch. As much as I appreciate that the students that like to play do so as they want to burn energy; the Astro is so that the students can have a gentle kick about. If students slide, or tackle aggressively, they will be asked to leave the pitch.

On a sporting note, I was glad I got to see the final minutes of the Year 8 football match this week. I was very impressed with the skills that were on show. Which brings me to the sports awards for which were held on Thursday. Congratulations to **Ferne J** and **Matthew S** for winning the Year 8 award, for outstanding achievement in PE.

I really enjoy celebrating the successes of the year group and I am so pleased that so many of the year group are continuing with their Bedrock. A special acknowledgement needs to be made for **Francesca H** who has been the Bedrock Champion for the past two weeks.

Please keep safe and well over the half term break and I look forward to seeing you after the holiday.



Pumpkin Carving Competition

Photograph your creations
and send to Mr Tisdale at
dtisdale@rodingvalley.net

Midnight 31 October

House Points and
rewards



Art



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Year 9 News

Message from Miss Fazakerley

We are now at the end of half term one, and what an amazing half term it has been. With so many opportunities available.

Last week as you are aware we had Prison Me No Way come in to talk with our students, running sessions about real life, hard hitting issues that we face outside of school. I have only heard positive feedback! What a fantastic opportunity for our Year 9 students. All students were thoroughly engaged, asking deep questions and creating excellent class discussions. It was amazing to pop my head into so many of these sessions.

Yesterday I had the pleasure of attending Sports Awards. Where so many of our Year 9 cohort were awarded with Bronze, Silver, Gold and Platinum sports badges for their contribution to PE. Excellent congratulations to Kai Mistry and Ava Margetts for being awarded with the Outstanding Achievement Award. Very well deserved.

I hope you all have a lovely half term, staying safe and making lots of memories.

As always if you have any concerns please do not hesitate to contact me
(ifazakerley@rodingvalley.net)



Roding Valley High Presents

SISTER ACT JR

A HEAVENLY MUSICAL

Auditions on Tuesday for Sister Act Jnr - **CA1, 3pm to 4:30pm**, all year groups welcome.

Collect an **Audition Form** from outside of **CA1** or see your drama teacher for details.

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Year 10 News

Message from Mr Dobson

It's hard to believe that we are over a month into this academic year already! As usual, Roding Valley's Year 10 is a hive of activity and determination, particularly at this busy time of year. It fills me with immense pride to be a part of this community and see it grow, develop and flourish. It is so exciting to see the range of engaging lessons taking place, the discussions that these inspire, and the real impact that this has on the students' understanding of new topics and concepts. All of this, along with the culture, values, and spirit that we have created at RVHS really does make for a truly unique and vibrant learning environment of which we should all be proud to be a part.

The rolling program for enhanced Personal development goes from strength to strength. This week we have been looking at Black History as part of the activities linked to Black History Month. The mental health focus continues with activities and discussion, and our assemblies continue to add to our holistic approach to personal development. We have also looked at careers with empathy this week, which includes nursing and being a paramedic.

If you need any clarity on any issues I have raised or just have a general question to ask please contact me via email - cdobson@rodingvalley.net



CAREERS



Dear Parents/Carers

With Mrs Mason

If you are seeking further information **about Post 16/Post 18 Options**, please remember to take a look on the [Careers Microsite](#).



Latest College Open Day dates are published as well as lots of careers information on the weekly bulletin.

LOST PROPERTY

To report any property lost, please email:

lostproperty@rodingvalley.net

We ask if you could provide a detailed description of the item you have lost so that we can reunite you with your missing property.



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Year 11 News

Message from Mr Fletcher

As you will no doubt be aware the **Year 11 PPE Exams** are on the horizon and I thought in addition it would be good for student and parents to have an idea when all the exams are due to take place across this, their final GCSE year.

YEAR 11 PPE Exams: These exams will take place under strict exam conditions in the Sports Hall and Main Hall to reflect the expectations of formal exam conditions they will experience in the Summer:

- ★ Week beginning 31st October 2022 for 2 weeks.
- ★ Week beginning 20th February 2023 for 2 weeks

GCSE National Examinations: These exams will begin on **May 8th 2023** and continue through to the end of June.

Students will receive exam timetables for all PPE and GCSE exams in advance of each exam period.

As always if you have any concerns please do not hesitate to contact me (mfletcher@rodingvalley.net)



Sixth Form Open Evening 2022

Wednesday 23rd November 2022

4:30pm to 7:30pm

Headteacher Talks will take place at the following times:

Talk One: 5:30pm Talk Two: 6:45pm

Our online booking form and new prospectus will be available on our website after the half term break.

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RVHS **BREAKING NEWS**



Thursday 13th October saw the return of the prestigious Sports Awards Evening hosted by the PE Department. It was the first awards evening since 2019 and it didn't disappoint.

With over 350 students and parents/careers in attendance it was a great review of the sporting year. Students who represented the school received a colour badge to proudly wear on their blazer as part of a new tradition the PE Department want to start. Depending on how many teams they represented.

Bronze	1 Team
Silver	2 Teams
Gold	3 Teams
Platinum	4 or more teams

Well done to the 18 students who received a platinum badge.

Tom Barnes	Louis Steele	Daisy Callagher
Fearne Johnson	Cash Bellamy	Ruby Mace
Audrina Souha	Jake Bramley	Charlotte Palmer
Cerys Clark	Blu Stedman	Jessie Briggs
Ava Margetts	Shira Harrison	Bryce Archer
Evie Ward	Marmalade Husted-Smith	Evie Allen



There were four nominations for Team of the Year with the winner being decided on the night, they were: The Year 11 Boys football team for reaching the Essex Cup Semi Final, The Year 7 Sports Hall Athletics Team for winning the West Essex Competition, The U14's Girls Football team for reaching the Essex Cup semi-final and the Year 8 boys Cricket team for reaching the Essex Cup semi-final.

We were also joined on the evening by special guest and former Student Casey Pettit. Casey currently plays for Luton Town Football Club Development Squad and has featured for the First team this season in the Championship. Casey underwent a question and answer session with Mr Price which was extremely informative and inspirational for all who attended.

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Alongside the representation badges were the big awards of the evening. Each year group had a Boy and Girl outstanding achievement in PE award winner which led to the overall outstanding achievement in PE winner being crowned from this list of students, The Moncur Award and Team of the year.

Winners of the Outstanding Achievement Awards:

	Year 7	Year 8	Year 9	Year 10	Year 11
Girl	Fearne Johnson	Ava Margetts	Ruby Mace	Jessie Briggs	Hannah Luxton & Makayla Steele
Boy	Matthew Sutton	Kai Mistry	Jack Tredgett	Daniel Carter	Alex Loveman

The **Moncur Award Winner** was: **Arthur Hammerston**

Team of The Year Winners were: **The Year 7 Sports Hall Athletics Team.**

Overall Outstanding Achievement in PE Award Winner was **Ruby Mace.**

It was a fantastic evening of celebration, thank you to all those students and parents/careers who attended. I look forward to seeing students wearing their PE Colours badge around school on their blazers.

Mr C. Allen – Head of PE

#TEAMDRAMA PRESENTS
KS3 & KS4
**MONOLOGUE
SLAM**

OPPORTUNITY TO BE MENTORED BY A MEMBER OF THE SIXTH FORM

HOUSE COMPETITION!
WIN POINTS FOR YOUR HOUSE
SPEAK TO MR. IFRIM FOR DETAILS

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Student Voice 2022-2023



We are pleased to announce that we have a new Student Voice team for 2022-23. After a rigorous interview process, here are the successful candidates:

Year 7 Representatives

- ✓ Navya Bhatnagar
- ✓ Ben Cassidy
- ✓ Saif Baig
- ✓ Ruby Gee
- ✓ Joey Ward
- ✓ Joseph Zoula
- ✓ Macey Davis
- ✓ Lucas Teixeira

Year 8 Representatives

- ✓ Bethany Clayton
- ✓ Thalia Aradeon
- ✓ Jaya Mander
- ✓ Theo Savage
- ✓ Ava Tomlinson

Year 9 Representatives

- ✓ Aymen Lahreche
- ✓ Oliver Devereaux
- ✓ Nick Mehr
- ✓ Sam Mehr

Year 10 Representatives

- ✓ Xenia Tseka
- ✓ Melissa Turkoglu
- ✓ Archie Savage

Year 11 Representatives

- ✓ Ashaz Bashir
- ✓ Tara Uddin

Sixth Form Representatives

- ✓ Tolani Aradeon
- ✓ Daniel Mehr
- ✓ Vienna Igwe

“Giving young people a voice in school empowers them and makes them feel like they belong, they are valued, and their contributions matter. These competency feelings also help youth fully engage and develop team-building and leadership skills”.



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RVHS House Update



House Singing Competition

Results – October 2022



Congratulations to:

- ★ 1st Place: Anthony Dean - Churchill - 50 pts
- ★ 2nd Place: Melody Anderson-Sceats – Murray - 40 pts
- ★ 3rd Place: Liam Smith – Hawking - 30 pts



Christmas Foodbank Appeal

The entire school is invited to take part in our food bank appeal (including staff). This year we will be collecting food items to donate to two local food banks, **3food4u** and **Epping Forest food bank**.

Items that are much needed:

Box of Chocolates Small/Medium
Christmas Pudding Small/Medium
Box of Biscuits Small/Medium
Christmas Cake Small/Medium
Selection boxes
Mince Pies
Yule Log
Tinned Ham, Fish and Pies
Custard and Rice Pudding
Gravy Granules
Savoury Crackers and Crisps
Long Life Juice and Milk

Sponge Puddings
Stuffing Mix
Hot Chocolate, Tea and Coffee
Chocolate Spread, Jam and Peanut Butter
Tinned Spaghetti, Tomatoes and Potatoes
Cooking Sauces
Rice and Noodles
Soup
Breakfast/Snack Bars
Chocolate Bars/Treats



Donation boxes will be placed in the wooden reception area. Winning house will be the house which has donated the most food.



Starts on 17th October

Deadline Friday 2nd December

3food4u.org

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ACED Literacy

Congratulations to the following students for their fantastic work in Literacy and during Drop Everything and Write (DEAW)



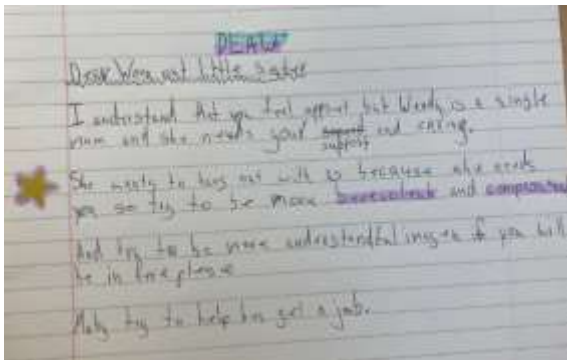
Amrita Johal Year 9



Amabel Kilby Year 9



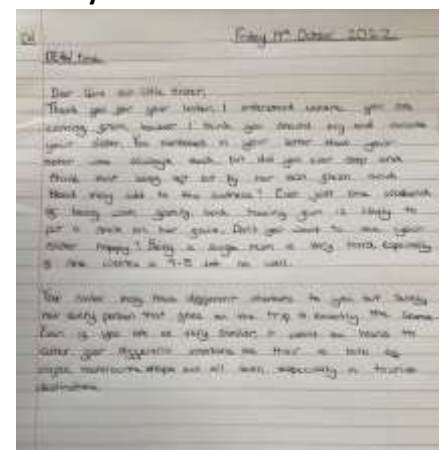
Kitty James Year 7



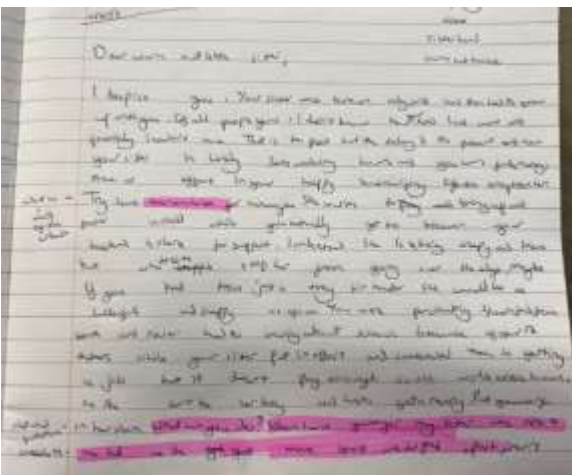
Sofia Pasat Year 7



Lilly-Ann Kiff Year 7



Sophie Bernstein Year 7



Tom Davies Year 9



Harvey Lyn Year 7



Ayala Zolfaghari Year 7

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Year 7 learnt about gas pressure with collapsing cans in Miss Hodges lesson on 4th October.



Year 13 Trip to the Imperial War Museum

On Thursday 13th October, our Year Literature students had a fantastic fun filled day visiting the Imperial War Museum, watching a fantastic immersive performance of The Great Gatsby!



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This week our Year 13 students enjoyed their first 'In2MedSchool' spotlight webinar!

In2MEDSchool has Medical students and doctors supporting the next generation of aspiring medics from underprivileged backgrounds in the UK.



Year 7 and 8 Assembly

Our Year 7 and 8 students learnt all about Firework Safety for the upcoming Halloween and Fireworks night during their Assembly this week!!



FOLLOW THE FIREWORK CODE

If you must have fireworks at home, please follow this safety advice.

DOs

- Only buy fireworks from retailers registered with MFRS
- Keep fireworks in a closed box
- Follow the instructions on each firework
- Light them at arm's length, using a taper
- Stand well back
- Always supervise children around fireworks
- Light sparklers one at a time and wear gloves
- Keep pets indoors

DON'Ts

- Don't drink alcohol if setting off fireworks
- Never go near a firework that has been lit. Even if it hasn't gone off, it could still explode
- Never put fireworks in your pocket or throw them
- Never give sparklers to a child under five
- Don't let fireworks off after 11pm

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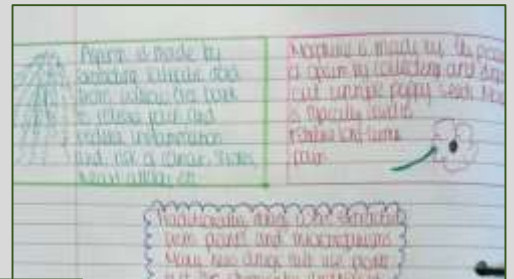
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Year 10 Science



Our Year 10 students have been learning about how the active ingredients in our drugs often originate from plants in the science class with Miss Hodges this week!!



Discovering drugs

aspirin

The precursor aspirin originates from a compound found in the bark of willow trees. The anti-inflammatory and pain-relieving properties were first recorded in 400 BC. In 1897, Felix Hoffmann synthesized acetyl salicylic acid (aspirin), which relieves pain and inflammation and has few side effects. Aspirin is commonly used.

Digitalis and digoxin

Digitalis and digoxin are both extracted from foxgloves. They have been used since the 12th century to help strengthen the heartbeat. Doctors use digoxin especially for older patients with heart problems. Large doses of these can act as poisons.

Other examples:

- NUTRINE** from Nuts
- aspirin** from Willow
- aspirin** from Eucalyptus
- aspirin** from Cinchona

Medicine in Plants

Aspirin

Aspirin was discovered by ancient Sumerians, they'd scrape off bark from willow trees and they noticed it eased pain. In 1897 Felix Hoffmann synthesized acetyl salicylic acid which made it enter the willow bark and as well as pain relief it also had anti-inflammatory properties.

Digitalis & Digoxin

Digitalis and Digoxin are 2 drugs that are extracted from a foxglove plant. They have been used since 12th century to strengthen your heartbeat. Digoxin is really just used on older patients with heart problems as most modern drugs have been introduced.

Quinine
Extracted from the bark of Cinchona.
Rapid Quinine is good for treating Malaria. It is very useful.

Medicines Derived from Plants

Aspirin is made by combining salicylic acid from willow bark with acetic anhydride. The result is acetylsalicylic acid (ASA) which is aspirin.

Aspirin is made by the esterification of salicylic acid and acetic anhydride. The reaction is reversible and the equilibrium favors the products.

Aspirin is made by the esterification of salicylic acid and acetic anhydride. The reaction is reversible and the equilibrium favors the products.



DISCOVERING DRUGS

DIGOXIN from foxglove

- Chemist taken from foxglove are used to make a prescription drug called digoxin.
- Digoxin is used to treat heart failure and congestive heart failure.
- Digoxin is a glycoside used as a treatment for particular heart conditions.
- For gloves, this medicine was used to induce vomiting in humans and animals.
- Used in medicine to strengthen contractions of the heart muscle.

ASPIRIN from willow

- Aspirin is a salicylic acid that is a mild pain reliever.
- Used in the case of headaches, muscle and joint aches.
- Effective in reducing fever, inflammation and swelling and they have been used as treatment for rheumatoid arthritis, rheumatic fever.
- Used in medicine to shorten duration of disease.

MORPHINE from poppy:

- used in medicine in the form of its hydrochloride sulphate, acetate and tartrate salts
- has the power to reduce levels of physical distress
- among the most important naturally occurring compounds, being of use in treatment of pain caused by cancer and cases where analgesics fail
- most frequently administered by injection to ensure rapid action

ATROPHINE from eucalyptus:

- prescription medicine used to treat the symptoms of low heart rate, reduce salivation and

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Roding Valley
HIGH SCHOOL

Roding Valley High School and #TeamDrama presents

Theatre Night



Thursday 20th October

Have a night out at the theatre without even going to the theatre!
A live streamed production, on the big screen, plus popcorn and great company!

Consent, by Nina Raine, first performed in 2017, concerns friends who take opposing sides in the case of a woman who has been attacked. At home, their lives begin to unravel, as every version of the truth is challenged. Starring Anna Maxwell Martin.

Due to the content and subject matter of this play is is for Years 10 to 13 only

CA2, 3pm. The play will run for 2 hours and 7 minutes.

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Roding Valley
HIGH SCHOOL

Roding Valley High School and #TeamDrama presents

Theatre Night

National
Theatre



Thursday 20th October

Have a night out at the theatre without even going to the theatre!
A live streamed production on the big screen plus popcorn and great company!

It's a dark and stormy night. The stars are out. Jim opens the door to a terrifying stranger. At the old sailor's feet sits a huge sea-chest, full of secrets. Jim invites him in – and her dangerous voyage begins. Robert Louis Stevenson's classic adventure of mutiny, money and murder is brought to life in a thrilling new adaptation by Bryony Lavery, starring Arthur Darvill.

This play is suitable for all year groups

CA1, 3pm. The play will run for 1 hour and 42 minutes.

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Closing date for nominations Friday 25th November 2022

**EPPING FOREST
YOUNG
CITIZEN
OF THE YEAR
2023**

2022

2023

2020

2021

The Chairman of the District Council would like to recognise and celebrate the achievements of an outstanding young person who has contributed to the Epping Forest District Council.

1 Do you know a young person who has made a real difference in their community? Have they helped others? Have they volunteered their time?

Nominees must be aged 11-18 years and they must live in the Epping Forest District.

2 The winner of the Young Citizen of the Year Award will be invited to attend the Civic Awards Ceremony in March 2023 to receive their certificate and a cheque for £100.

Make your online nomination via:
www.eppingforestdc.gov.uk/youngcitizen

If you would like further information please contact: Katie Lucas, Young Person Assistant
Email: klucas@eppingforestdc.gov.uk
Phone: 07840 847469

 **Epping Forest
District Council**
www.eppingforestdc.gov.uk

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Your Child Safe Online

E-Safety: Eight Steps to Keep



1

Explore together: Ask your child to show you their favourite websites and apps and what they do on them. Listen, show interest and encourage them to teach you the basics of the site or app.

2

Chat about online safety little and often: Young people are likely to want to explore new apps and websites this month, whether that is for learning or for fun. Take this opportunity to talk to them about how to stay safe on these new services, and in general. Ask if anything ever worries them while they are online. Make sure they know that if they ever feel worried, they can get help by talking to you or another adult they trust.

3

Help your child identify trusted adults who can help them if they are worried: This includes you and other adults at home, as well as adults from wider family, school or other support services who they are able to contact at this time. Encourage them to draw a picture or write a list of their trusted adults.

4

Be non-judgemental: Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.

5

Talk about how their online actions can affect others: If your child is engaging with others online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

6

Parental controls: Make use of the parental controls available on your home broadband and any internet enabled device in your home. You can find out more about how to use parental controls by visiting your broadband provider's website.

7

Direct your child to age appropriate information about relationships and sex: It's natural for young people to start exploring their sexual feelings online and adolescents are more inclined to take risks. It's important to understand this and to talk to your child in a positive way. Thinkuknow, Brook, The Mix and Childline all provide age appropriate information about relationships and sex that you can signpost your child to.

8

Make sure they know about CEOP: Young people can report a concern about grooming or sexual abuse to CEOP at www.ceop.police.uk/safety-centre/ and get support from a specialist Child Protection Advisor.



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Support your child with Thinkuknow websites

The age appropriate Thinkuknow websites are a great way to start and continue chats about online safety.

- ★ **11-13yrs Thinkuknow website:** https://www.thinkuknow.co.uk/11_13/
- ★ **14yrs + Thinkuknow website** – https://www.thinkuknow.co.uk/14_plus/

Our websites provide open and honest guidance for young people on friends, relationships and the internet, covering topics like dealing with pressure; consent; and getting support when you are worried.

You will find lots more advice on keeping your child safe online at www.thinkuknow.co.uk/parents.

If you are worried that a child or young person is at risk of harm online, you should call the police. Young people can make a report to CEOP at <https://www.ceop.police.uk/safety-centre/>



Other Recommended Resources

Parent Info: Expert information for parents about building their child's resilience both online and off. Produced by NCA-CEOP and Parent Zone. This free service can be embedded on to your child's school website. www.parentinfo.org

Brook: Information and advice for young people on sexual health and wellbeing, including staying safe online. <https://www.brook.org.uk>

The Mix: Support service for young people with information and advice on sex and relationships. <https://www.themix.org.uk>

Internet Matters: A useful tool showing how to set parental controls across a range of devices and websites. <http://www.internetmatters.org/parental-controls/interactive-guide/>

NSPCC Net Aware: Provides reviews and guidance on the most popular social networks, apps and games that children use. <https://www.net-aware.org.uk/>

Childnet – Information and advice for parents and carers on supporting people online. <https://www.childnet.com/resources/supporting-young-people-online>



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EduLink



How Can I Access EduLink?

EduLink can be accessed on any device – PC, laptop, tablet or mobile device – via the web browser or via the EduLink app. The link to access the EduLink login page on a web browser is www.edulinkone.com

Alternatively, you can download the EduLink App which is available to download for free on Apple or on Android.

Both the App and the web browser will display this log-in screen.

The School ID is 'Roding'.

Parents/Carers will need to enter the Username and Password they have been provided with and click 'Log in'.

Requires iOS 8.0 or later.
Compatible with iPhone, iPad and iPod touch



Requires Android 4.4 and up.



The displayed is dependant of the platform you are logged in to:

- Via Web Browser
- Via the EduLink App



Navigating EduLink

You are able to navigate each of the following areas in EduLink:

- Achievement:** You can view all positive achievements that have been awarded to your child
- Behaviour:** You will be able to see all behaviour points given to your child and any sanctions given to your child including detentions.
- Medical Information:** In this section you can see all of the medical information that we have on file for your child
- Account Information:** In this section you can view the current address we have for your child on file, your child's Year group and the name of their Form tutor
- Timetable:** In this section you can view your child's daily timetable
- Absence Reporting:** This feature will allow you to send a direct message to our Attendance Officer, to notify us of any absence for your child
- Linked Resources:** This section contains links to all the schools learning resources available to your child both at school and at home
- Update Information:** This section shows all of the contact information we hold for yourself and your child. You can review and update this information with any changes that may occur
- Exams:** You can see all of your child upcoming exams; your child can also access this information so they can manage their own exam schedule
- Documents:** In this section you can view your child's reports

Parents can access information on all their children currently admitted to Roding Valley High School. If you require any assistance, please contact Mr Vermaak or Miss Stewart (mvermaak@rodingvalley.net or lstewart@rodingvalley.net)

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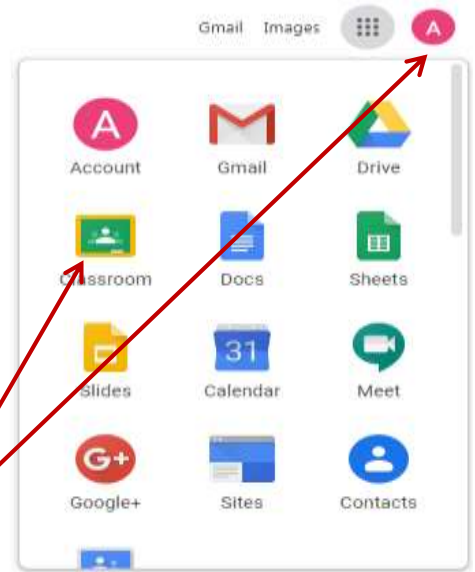
Google Classroom

How to Log on to Google Classroom?

Students can log into their Gmail using their school email address and their password. Their school email will be the year they started at RVHS started plus their first initial and surname @rodingvalley.net (example- 19plarkin@rodingvalley.net).

Once your child has have logged in, they will need to click on the google apps button and then select 'Google Classroom'

Your child will then be able to see all of the classes they belong to. They will then need to click on the class they want to use resources for and take a look at everything that their class teacher has posted for them to work on. They will be able to download items and make comments on them. Teachers will be regularly posting new work on their Google Classrooms.



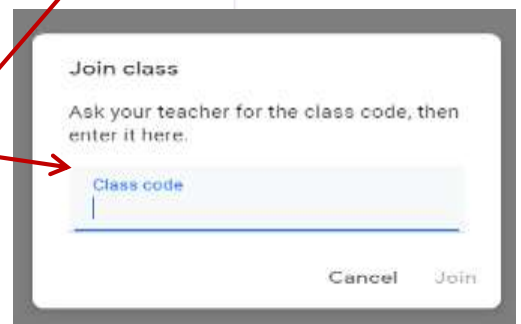
Google Classroom



What to Do if your child is Missing a Subject their Google Classroom?

If your child is missing a Google Classroom for one of their subjects, they will need to click on the addition symbol, followed by 'Join Class' and then enter the Class Code for their missing subject.

Class Codes are available from their subject teacher.



Top Tips for Our Students

- ★ Students must keep up to date with their lessons by using Google Classroom every day.
- ★ Use their workbooks to complete the work shown on their Google Classroom.
- ★ Don't slack on presentation! Keep their notes in order of the lessons on the Google Classroom.
- ★ **Year 11 and 13 Students:** There will be revision materials available on Google Classroom. Please use them.

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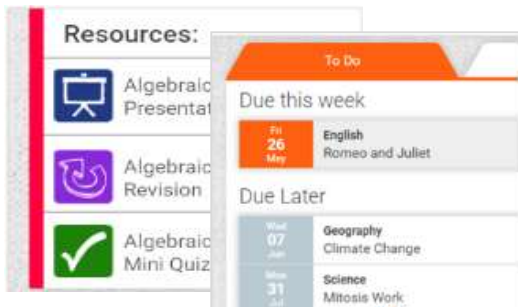


DODDLE

What is DODDLE?

Doddle provides students with access to thousands of engaging, formative resources and guides students through the curriculum.

Doddle Progress automatically tracks student attainment in key curriculum skills. Parents can see student attainment and progress through our easy-to-use Doddle Parent feature. Skills within Doddle are rated as **red**, **amber** or **green**. These ratings give a clear indication of how much progress a child has made and highlight the weaker areas to be targeted with revision.



Each student has a personal Doddle account where they can access their homework to-do lists and families can view the work their child has been assigned.

These accounts enable parents to view their child's results and encourage them to better their scores by using Doddle's revision resources.

Support for Parents

Find out how to create a Doddle Parent account and then link that account to your child with this short video:



We have also included a link to a very useful guide on how to view your child's due and submitted homework:



Find out how to view and track your child's homework with this short video.



Find out how our school uses Doddle Progress by watching our short video to find out how Progress works.



We have also included a link to a very useful guide on how Progress works and how you can use it to help your child's learning.



We have also included a link to a very useful guide on Troubleshooting.



This is a valuable resource that will assist parents in supporting their child's progression. Please use the following link to the log in:



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What is Seneca?

Seneca is a free home learning & revision platform that is very popular with our students. It is based on cognitive science, has adaptive learning and can be accessed by our students via their phones!



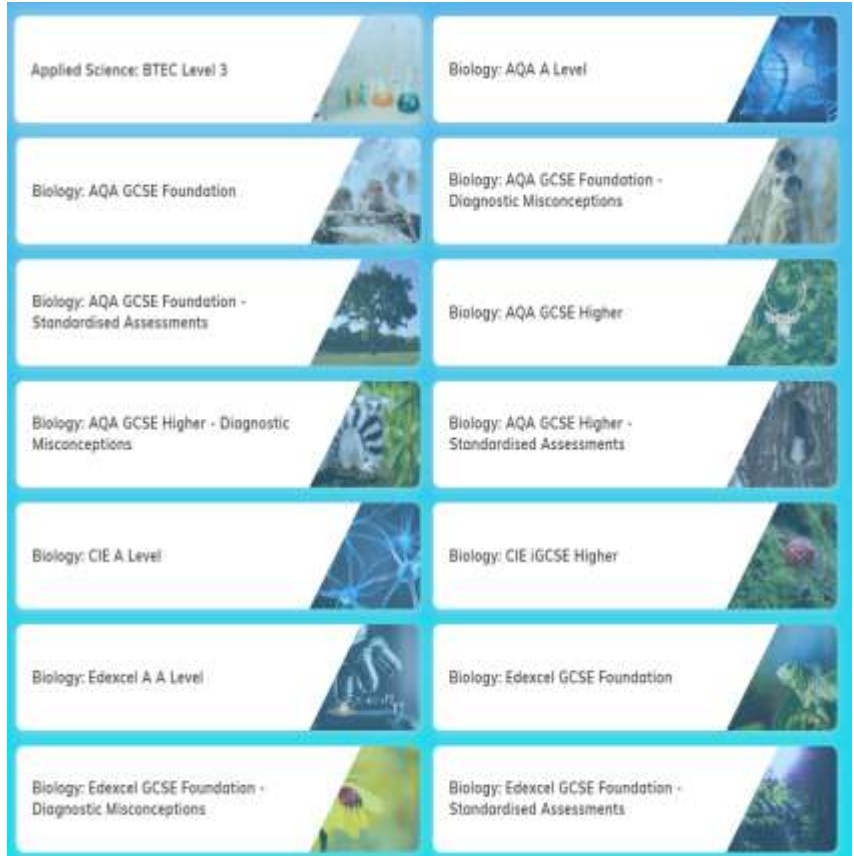
What Content is available to our Students through Seneca?

Seneca has resources available for KS3, KS4 and KS5 students that has been supplied to them from AQA, OCR, EdExcel Pearson and IGCSE.



Our students will be able to access content designed for each of their subjects and also for their specific courses. There is so much to choose from.

Some areas are even linked to the Exam Boards Course Specifications.



How to Access Seneca?

Students will need to go to <https://www.senecalearning.com/>, click try for free and create a log in with their school email address.

Once Logged in

Once they are logged in, students are able to search for different subject areas and learn about their chosen topic. At the end of each subject presentation there will be a quiz on the presentation

This Online tool will enable our students to stay on top of their home learning.



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Year Progress Leaders

- ★ Year 7: Miss Reed – hreed@rodingvalley.net
- ★ Year 8: Mr Ryan -fryan@rodingvalley.net
- ★ Year 9: Miss Fazakerley – jfazakerley@rodingvalley.net
- ★ Year 10: Mr Dobson – cdobson@rodingvalley.net
- ★ Year 11: Mr Fletcher – mfletcher@rodingvalley.net
- ★ Sixth Form: Miss Wheaton – awheaton@rodingvalley.net

Heads of Faculty

- ★ Creative Arts: Mr Tisdale – dtisdale@rodingvalley.net
- ★ English: Mrs Routledge – routledge@rodingvalley.net
- ★ Humanities: Mr Cocker – mcocker@rodingvalley.net
- ★ IT/Business: Mr Hussain – ohussain@rodingvalley.net
- ★ Maths: Mr Edeko – odedeko@rodingvalley.net
- ★ MFL: Mr P Melvin – pmelvin@rodingvalley.net
- ★ Personal Development: Ms Preston – tpreston@rodingvalley.net
- ★ Science: Mr Poovillingham - npoovillingham@rodingvalley.net
- ★ Sports & Nutrition: Mr Jones – ljones@rodingvalley.net
- ★ SENDco: Mr T Taylor– ttaylor@rodingvalley.net

General Enquiries

- ★ office@rodingvalley.net

Sixth Form Enquiries

- ★ sixthformoffice@rodingvalley.net

Finance

- ★ finance@rodingvalley.net

Safeguarding:

- ★ safeguarding@rodingvalley.net



How to contact any member of staff at Roding Valley High School:
Initial + surname+@rodingvalley.net

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