

# HFCS NEWS

Issue 03  
February 2024

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**Lent**  
Key Dates



**LRC Poetry**  
Competition 2023



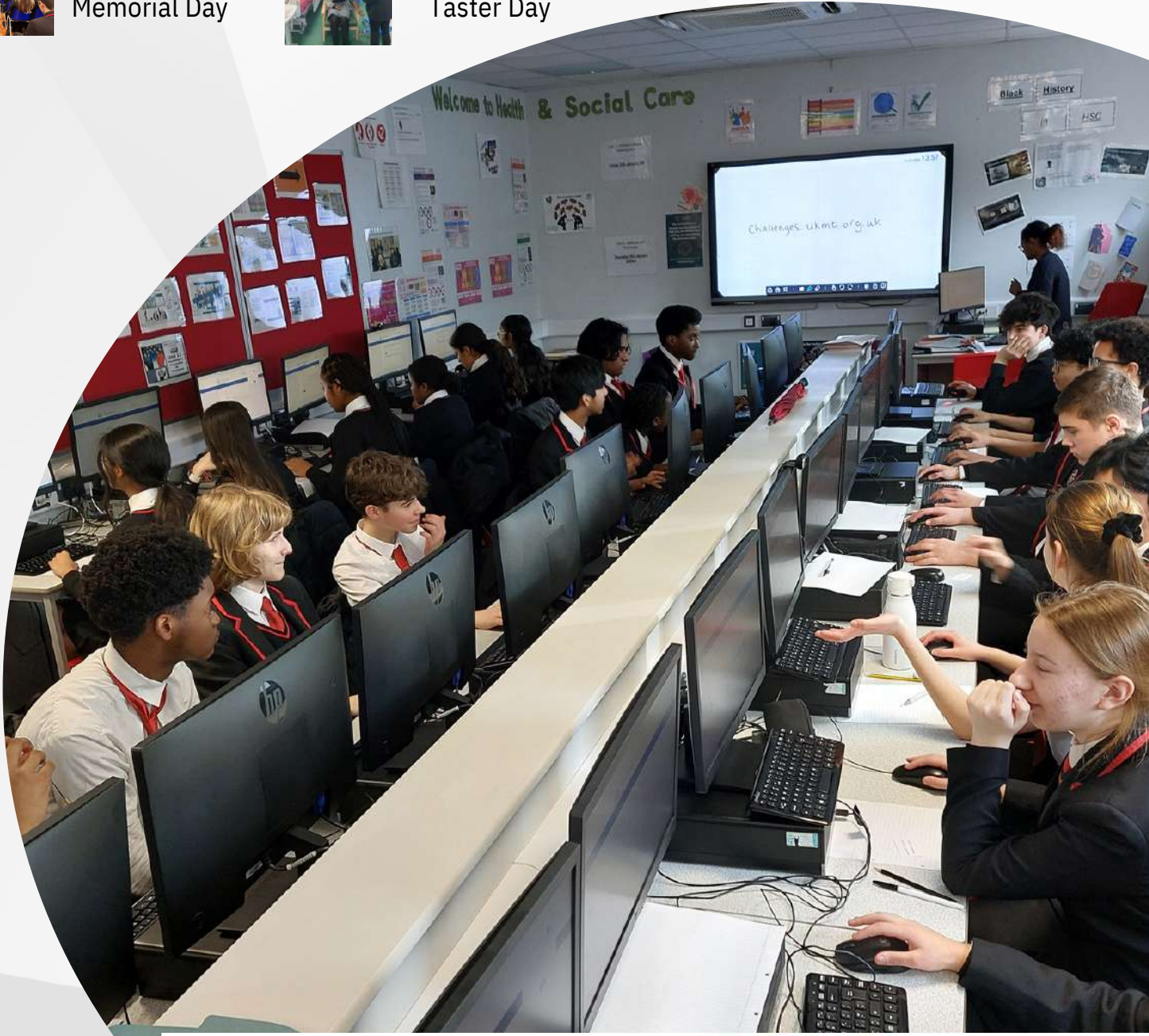
**Maths**  
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# HEADTEACHER'S UPDATE



Dear Parents/Carers,

Welcome to the first Spring edition of HFCS News, our bumper half-termly newsletter where you can read about everything that has been going on in school since our return from Christmas.

It has been a short but incredibly busy half term with a huge amount going on across the school. Our ethos and mission as a Catholic school is the golden thread running through every day, and in this newsletter you can read about the many ways in which our young people live out their faith in the service of others. It is truly inspiring to see the life of our school community flourish as we work together for the common good both within school and in the wider community.

Our students have wholeheartedly taken on our school motto to "be more" this half term in both the academic curriculum and through their extra-curricular activities: entering Maths and poetry competitions, visiting the Guardian national newspaper, participating in Geography fieldwork and a Healthcare Taster day, attending a BBC singers' workshop, sweeping the board at the Borough basketball championships and supporting primary school children from Our Lady and St George, to name but a few. Meanwhile, our extensive PSHCE (Personal, Social, Health & Citizenship education) programme continued to enhance our students' personal development with several visits this half term from a variety of external speakers.

I'm sure you will agree that our students have really used their gifts and talents to live their lives to the full this half term and are true examples of St Oscar Romero's words, that all of us here at Holy Family strive to embody: **"Aspire not to have more, but to be more"**.

Saturday revision sessions will continue after the half term break, and there will be revision sessions in school for selected practical subjects during half term week. Your child will have been notified if they are required to attend.

Please keep up to date with what is going on in school by checking the calendar at the end of this newsletter, making sure that you read the weekly parental bulletin and checking in regularly on the school website, where messages and letters home are posted.

I wish all students and their teachers a safe and restful half term break.

God bless you and your families,  
Carolyn Laws



# CHAPLAINCY



**This is my first opportunity to wish you a peaceful 2024 and we begin with a round up of celebrations that have taken place since our Christmas newsletter.**

## **Feast of St Stephen - 26 December**

St Stephen is the Patron Saint of House S and was the first Christian Martyr. His dying breath was to forgive those who had killed him. Most of us will never have to die for our faith, but every day we face decisions about how we live our faith. Let us, like St Stephen, be a witness to our faith.



## **Feast of the Holy Family - 31 December**

It is a Feast that seeks to portray the Holy Family of Nazareth as the “true model of life” from which our families can draw inspiration and know where to find help and comfort.

And we are called after the Holy Family for a reason.

The family of Jesus, Mary and Joseph greatly influence our school ideals, where the Gospel is lived out in the everyday experience.



## **Peace Sunday - 14 January**

Pope Francis has spoken out so often about the folly of war and our vocation as Catholics to be peacemakers and peace-builders as part of our faith in action. Peace Sunday is an annual opportunity to renew our own commitment to work for peace and justice in our world.

This year’s theme “Artificial Intelligence & Peace” might seem of limited interest except to experts, but new technologies are developing so quickly we need to think of their consequences for our freedom, peace and security. Who is gaining power through AI - and who is being disempowered? We also need to think of the risk of AI, which will only have as much soul and ethical vision as those who programme it; calling the shots on the battlefield, deciding who lives and who dies - and possibly one day triggering wars automatically.

# CHAPLAINCY

## Racial Justice Sunday - 11 February

On this day, the Church focuses on the need to oppose racism and pursue racial justice with renewed vigour.

This year's theme is "Seeing one another in the life of the Church".

## CAFOD Young Leaders

Our CAFOD Young Leaders attended their second training session. This was an on-line session with schools from Portsmouth Diocese, led by CAFOD. The group has lots of plans for the coming half-term.



## Year of Prayer 2024

Pope Francis has designated 2024 to be a Year of Prayer. This is in preparation for the 2025 Jubilee Year 'Pilgrims of Hope'. There is a particular focus on the Our Father.

At every moment of every day, somewhere in the world, Christians are praying the prayer that Jesus taught his disciples and St Thomas Aquinas once wrote that "The Lord's Prayer is the most perfect of prayers ..."

***Our Father,  
Who art in heaven, hallowed be Thy name;  
Thy kingdom come;  
Thy will be done on earth as it is in heaven.  
Give us this day our daily bread;  
and forgive us our trespasses as we forgive those  
who trespass against us;  
and lead us not into temptation, but deliver us  
from evil.  
Amen***

# CHAPLAINCY



## Season of Lent

Wednesday 14 February is Ash Wednesday, the start of the season of Lent where we prepare for the forthcoming feast of Easter.

During Lent we are encouraged to fast and to think of others - the main principle behind this is to move away from being self-centred to being centred on others.

Fasting does not have to be giving up chocolate or coffee. We can fast from words and be silent so we can listen. Could you turn off your phone or avoid social media for an hour or two a day? Silence is an important part of our Christian tradition. It allows us time and space to pray, reflect and listen.

Above all, Lent is a time that we can all look at our lives and reflect on our relationship with a forgiving God. There will be an opportunity for students to attend the Sacrament of Reconciliation during Lent.

## Small Change, Big Difference

We are asking students in Year 7 and Year 8 to bring in loose change or maybe give up going to the corner shop for sweets and donate the money saved to CAFOD. There will be a CAFOD collection box in all form rooms.

Holy Family Liturgy Leaders, Youth SVP and Prefects are planning various activities throughout Lent. Please see Key Dates.

Through our sacrifice, our concern for others and our prayer, these next six weeks can lead us to a more enriched life, filled with purpose and happiness.



**Let us pray** for rest as the half term holidays start, for protection of our children, that children are cared for and enjoy the week.

And that as we embark on our Lenten journey, our steps are guided by your wisdom.



# CHAPLAINCY



## Key dates – Lent 2024

**Wednesday 14 February** - Ash Wednesday (half-term)

**Sunday 18 February** – 1st Sunday in Lent (Matthew 1:12-15)

**Tuesday 20 February** – Praying the Rosary (Wiseman Chapel 8.20)

**Friday 23 February** – CAFOD Family Fast Day

**Sunday 25 February** – 2nd Sunday in Lent (Mark 9:2-10)

**Tuesday 27 February** – Praying the Rosary (Emmaus Room 8.20)

**Friday 1 March** – St David (Patron Saint of Wales)

**Sunday 3 March** – 3rd Sunday in Lent (John 2:13-25)

**Tuesday 5 March** – Praying the Rosary (Wiseman Chapel 8.20am)

**Tuesday 5 March** – Reconciliation

**Sunday 10 March** – 4th Sunday in Lent (Mothering Sunday) (John 3:14-21)

**Tuesday 12 March** – Praying the Rosary (Emmaus Room 8.20)

**Tuesday 12 March** – Reconciliation

**Sunday 17 March** – 5th Sunday in Lent (John 12:20-33)

**Sunday 17 March** – St Patrick's Day (Patron Saint of Ireland)

**Tuesday 19 March** – Praying the Rosary (Wiseman Chapel 8.20)

**Tuesday 19 March** – Solemnity of St Joseph

**Sunday 24 March** - Palm Sunday

(Mark 14:1-15:47 Jesus Enters Jerusalem in Jubilation for His Passion and Cross)

**Monday 25 March** – Feast of the Annunciation

(The visit of Angel Gabriel to the Blessed Virgin Mary)

**Thursday 28 March** – Maundy/Holy Thursday (Commemoration of the Last Supper)  
Last Day of Term

**Friday 29 March** – Good Friday (Solemn commemoration of the Crucifixion)

**Saturday 30 March** – Holy Saturday (Commemorates the 40hr vigil followers of Jesus held after His Crucifixion)

**Sunday 31 March** – Easter Sunday (The Resurrection of Jesus, the greatest celebration in the Church year)

*Christ is Risen, alleluia! Truly, He is Risen, alleluia!*

# OUR COMMON HOME IN FOCUS

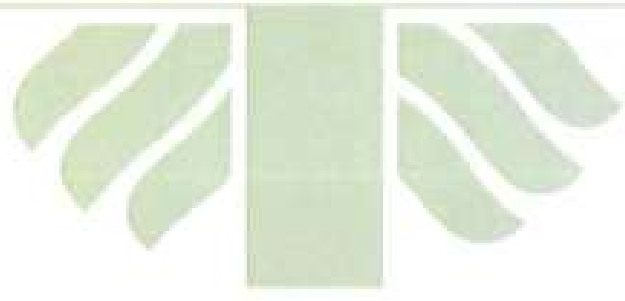


**Caritas Diocese of Brentwood  
invites you to take part in  
our Lenten Photo Challenge.**

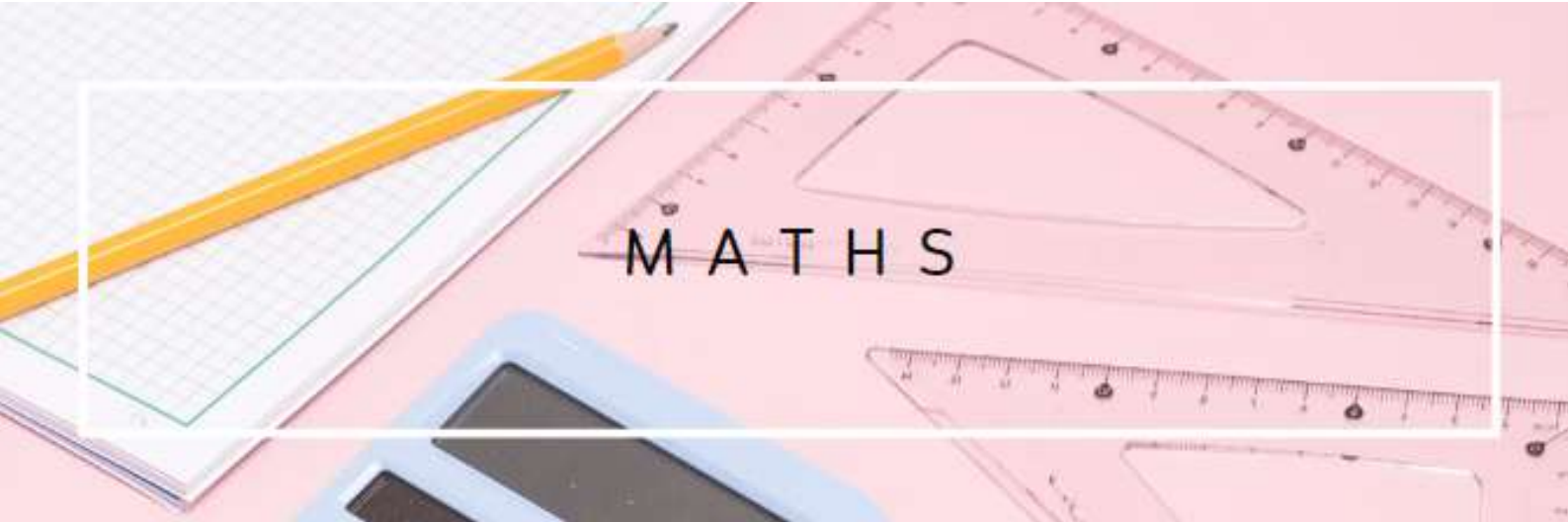
**This opportunity encourages us to appreciate the beauty in our local environment, capturing everyday moments like the splendour of flowers, architecture, and community connections across**

**Essex and East London, fostering a deeper connection with God and emphasising our shared responsibility to care for our common home.**

**All you need to do is take a picture that reminds you of the joy of God's creation in your local area and email it to [caritasphoto@brcdt.org](mailto:caritasphoto@brcdt.org) telling us the School or Parish you are from in the Diocese of Brentwood and why you chose this photo.**







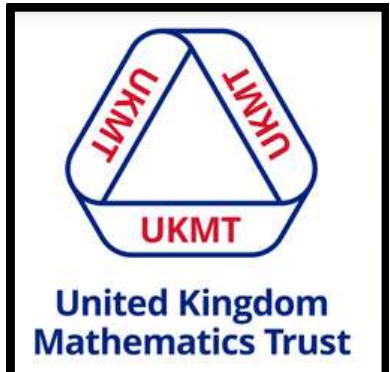
MATHS

### Maths Challenge

28 students across Year 9 and 10 took part in the UKMT Intermediate Maths Challenge on Wednesday 31st January. The challenge consists of a 60 minute, 25 multiple choice paper, encouraging mathematical reasoning, precision of thought and fluency. Students who are successful in the challenge then progress to the Kangaroos and Olympiads as follow-on rounds. Congratulations to all students who took part. Look out for an update in the upcoming bulletins to find out who achieved **Bronze**, **Silver** and **Gold** certificates!



**Are YOU up for the challenge? Click on the images below to see the 2024 questions and solutions!**





# ENGLISH

## Year 10 Trip to The Guardian newspaper

This half term some of our year 10 English students had the opportunity to visit The Guardian national newspaper offices. During their visit they toured the editorial suites and got to see what life was like behind the headlines. They were tasked with researching current affairs of the week and used editing software to plan and create their very own front pages. These were printed and displayed - the Media students in the group were able to use their analysis skills to discuss how messages can be encoded and decoded.

Watch this space for budding journalists!





# HISTORY

## Holocaust Memorial Day

“In yesterday’s talk, we had a live interview with a Holocaust survivor, Hedi Argent. This talk was really enlightening as she spoke about her childhood and experiences of antisemitism in Austria. This survivor was lucky enough to escape through the Kinder transport and create a new life in England with her family. Her life in England was a fresh start for her as she was able to attend school without the fear of being disliked or mistreated because of her Jewish heritage. Hedi went on to be a social worker, with two daughters, grandchildren and as of quite recent a great-grand child. Hedi was very lucky to have survived and escape the terrorism of the Nazis. As there are few survivors left, we were very lucky and appreciative of our opportunity to hear Hedi’s story.”

• *Josiah D, Year 12*





# DRAMA & PERFORMING ARTS

## Drama - Set Design

Year 10 GCSE Drama students making and setting up their own set designs whilst performing extracts from An Inspector Calls. Students were asked to consider a mixture of naturalistic and symbolic/Brechtian ideas with their design work. They did really well!

*Miss Hampshire*



Could **you** be the next big thing in the Acting world?



Do you enjoy acting?

Would you like support in preparing for an acting role you have coming up?



**KS3 DRAMA CLUB**

3:15-4:15

Monday - L19 Lower Site Hall



Do you want to build your confidence?

Year 9's are welcome and encouraged to join!

Have a chance to develop your acting skills, build confidence and perform in the whole school production by joining the Drama club on Mondays! Auditions will take place for this in the Summer Term!



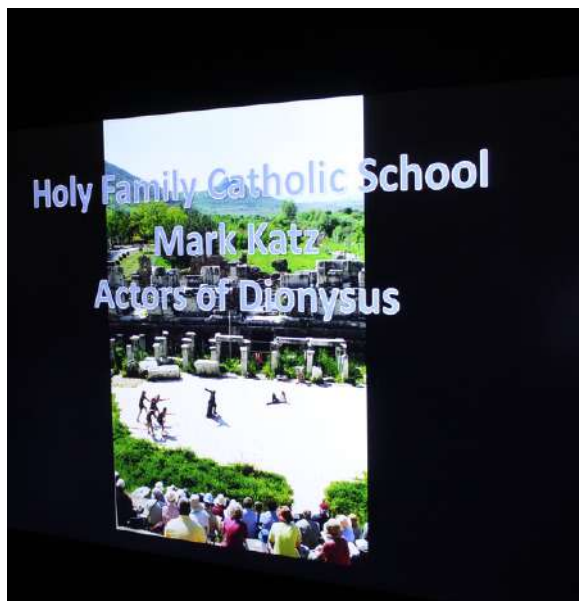


# DRAMA & PERFORMING ARTS

## Actors of Dionysus - Greek Theatre - Workshop

### *Miss Hampshire*

Welcome to an immersive journey into the world of ancient Greek theater with our sixth formers! In their drama workshop, students delved into the timeless comedy of "Lysistrata" while examining the performance conditions of the ancient Greek stage. Through practical exploration, they uncovered the essence of Greek drama and its relevance to contemporary audiences. Moreover, students learnt to apply Brechtian methodologies to develop innovative directorial concepts, offering fresh perspectives on this classic text. This enriching experience not supported students in mastering Section C of the Component 3 exam but also fostered creativity, critical thinking, and a deeper appreciation for the art of theater.



**LIGHTS,  
CAMERA,  
ACTION!**



# HEALTH & SOCIAL CARE

## London Met Trip - Year 12

Year 12 Health and Social Care students were invited to a 'Health Care Taster Day' at London Metropolitan university on Wednesday 24th January. Students attended interactive sessions on Human Nutrition and Dietetics, Nursing and Physiotherapy before having a guided tour of the amazing new facilities at the Health Care centre. The university has a hospital ward, GP surgery rooms, a pediatric ward, a full accessible flat and much more for students to utilise in their learning... our students were very impressed! The day ended in the immersive room where students were immersed inside a 'blood vessel.'



*"I enjoyed the Dietician and Nursing workshops. It was nice to see what a real ward would look like and it was really interesting to practice taking vitals. The facilities were really good!"*  
**Nirel N - Year 12 HSC student**



*"Our students were really engaged throughout the whole day and it definitely got students talking about what their future careers could look like. We can't wait to attend again next year!"*  
**Miss Duncan  
Health & Social Care  
Teacher**

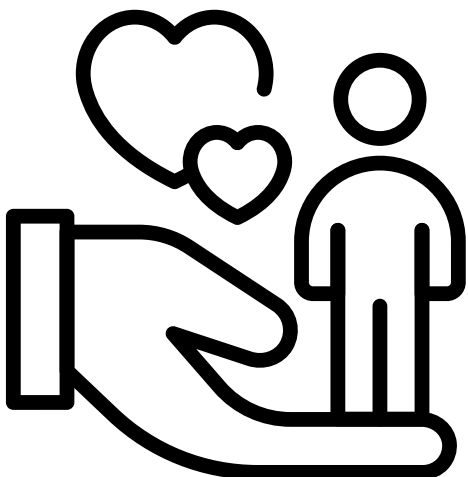
# HEALTH & SOCIAL CARE

## **Year 13 Health and Social Care Placements**

As part of their Level 3 BTEC Course, the Year 13 Health and Social Care students are required to complete 100 hours worth of work experience in a health or social care setting. This is a fantastic opportunity for our students not only to gain experience working in the sector, but to apply concepts they have learnt in lesson to real-life scenarios.

From Monday 22nd January - Friday 9th February, the HSC students have been out on their placements, and we are pleased to say that they have been thriving! All of our students have received glowing feedback from the employers and staff that they have been working with, and I have been proud to visit them and see them working so hard in their chosen setting. A huge 'well done' to all of our amazing Health and Social Care Students!

*Miss Duncan*



### **Placement settings for 2024 include:**

**Whipps Cross Hospital  
Safedale Pharmacy  
Boots Opticians  
The Hub Nursery  
Little Diamonds Nursery  
Our Lady & St. George's Primary School  
Harold Lodge Care Home  
St Joseph's Rest Home**



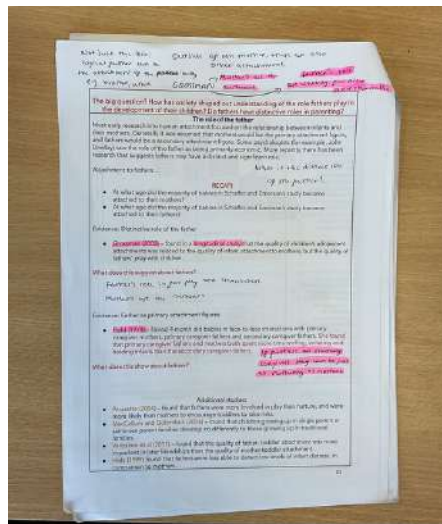
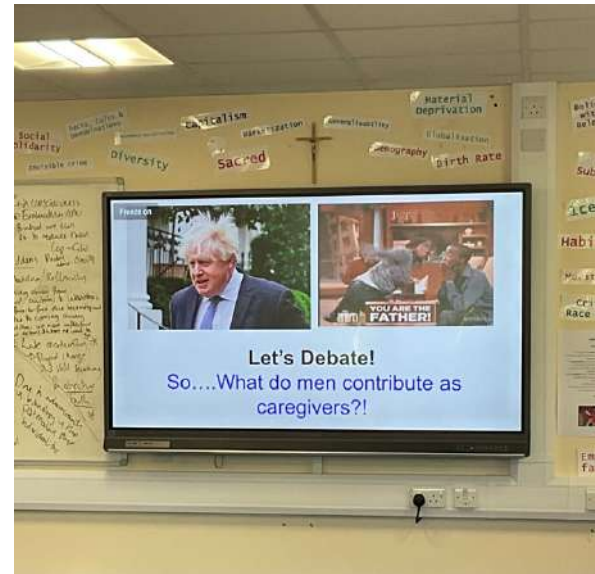
# PSYCHOLOGY

## Exploring the Role of Men as Caregivers: Insights from a Thought-Provoking Debate

**Miss Amunikoro**

In a thought-provoking debate hosted by the Year 12 Psychology class, the topic of attachment took center stage, particularly focusing on the role of men as caregivers. The motion up for discussion was: **"This house believes that attachment to your father is less important for your development than attachment to your mother."** As the moderator, I witnessed firsthand the passionate arguments and insightful perspectives presented by both sides of the debate. On one side, there were compelling arguments emphasizing the unique contributions that men bring to caregiving roles. Advocates pointed to the importance of diverse caregiving styles and the benefits of children having positive male role models in their lives. They highlighted how men can provide a different but equally valuable nurturing environment for children, promoting emotional development and resilience. On the other side, there were critical reflections challenging traditional gender norms and societal expectations that often limit men's involvement in caregiving. Participants raised important questions about the barriers men face in fully embracing caregiving roles, including social stigmas and workplace policies that may discourage active involvement in parenting and caregiving responsibilities.

Throughout the debate, students engaged in lively discussions, drawing from psychological theories on attachment and gender roles to support their arguments. It was evident that the topic sparked deep reflection and encouraged students to critically examine societal norms and stereotypes surrounding caregiving. In the end, while the debate may not have provided a definitive answer to the question posed, it certainly succeeded in fostering a greater understanding of the complexities surrounding men's roles as caregivers. Thank you to Miss Scott, Miss Duncan and Miss Duffy for being part of my lesson and acting as my co-moderators!



A quote from our moderators:  
It was a pleasure to witness the passion, dedication and pride the Year 12's took in their work during this lesson!  
We have a wonderful cohort of sixth-formers!

Well done to the winning team consisting of:  
Davina A.  
Julienne A.  
Tyrees A.  
Joseph B.  
Gerrund C.  
Almaz F.  
Aaron Z.



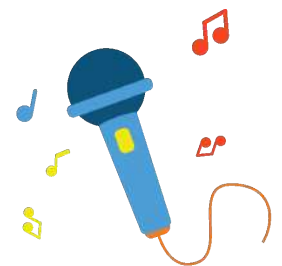




## BBC Singers Workshop

On Tuesday 16th January, students from different year groups attended a BBC Singers workshop at the Walthamstow School for Girls. At the workshop, students were treated to a performance from the BBC singers, before they received some coaching and tips for singing from members of the group.

Our Holy Family students all behaved brilliantly and had really positive interactions with the group. We hope to hear some of the tips being used in our school choir practice!



**Are you interested in joining our school choir?**  
**If you are, please contact Mr. Strachan for more details!**





# SPORTS

## Year 10 Girls are Borough Champions!

On February 7th our Year 10 girls basketball team put in a fantastic performance to beat Walthamstow Academy in the final!



“An amazing achievement to perfectly represent the school and our ASPIRE values.”

*The P.E. department*



## KS3 Basketball Finals

The first week of February brought with it the KS3 basketball finals and our Holy Family teams did fabulously well!

- **Year 8 boys** - runners up
- **Year 9 boys** - beat Lammas to become **Borough Champions!**
- **Daniel** (pictured) - awarded the **MVP award**

We could not be prouder of how all of our students performed and represented the school. Well done!



## **Year 9 boys are Borough Champions!**





# SPORTS

## Year 10 Girls are Borough Champions!

Holy Family were the hosts of the Handball competition in Waltham Forest. Miss Cole invited local schools into the school gym to complete a 'round-robin style' competition. Our Year 10 girls won outright with the most points. A huge congratulations to our team and thank-you to Miss Cole for organising!



## Football Champions!

Our football team finished the half-term on a high on Thursday 8th February. The Year 7 team won the school yet another medal after winning the final game. The win was made even more special as the team was coached by an older Holy Family student, George, pictured with the team (left). Congratulations to all involved!



## Panathlon Winners

Panathlon provides competitive sporting opportunities for students with learning disabilities or special educational needs.

We are proud to announce that our team, made up of Year 7 and 8 students (pictured), won the Panathlon in December! Well done to all involved.

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# GOAL!





# ST. VINCENT DE PAUL SOCIETY

Our SVP group have spent this half term brainstorming ideas for the rest of the academic year. For Lent, we are supporting the SVP campaign about making poverty a priority with an assembly to follow when we return after half term. They will also be hosting an Easter raffle competition on lower and upper site with the proceeds going to the SVP's campaign.

**Miss Joseph**





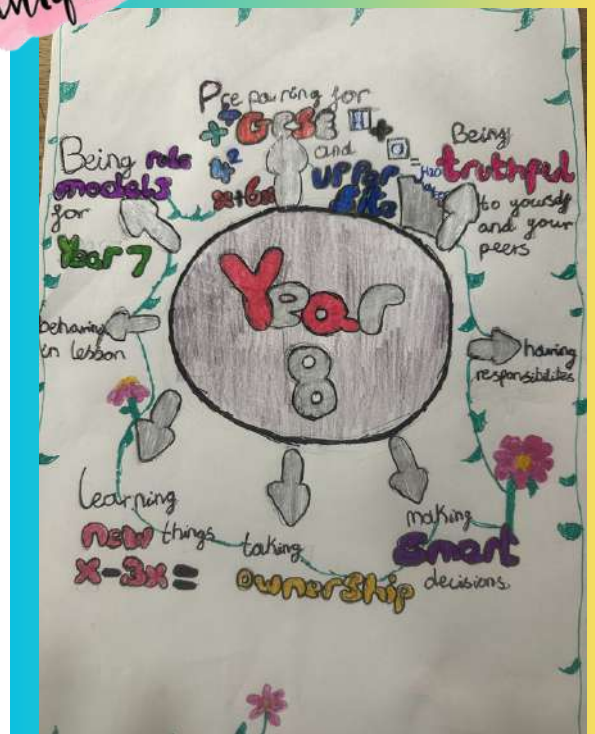
# YEAR 8

## Year 8 'Identity' Posters

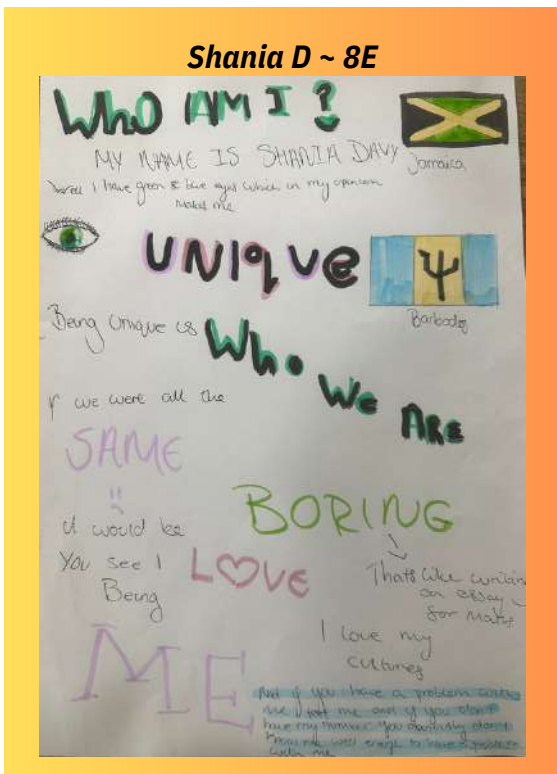
Our newsletter proudly presents the imaginative representations crafted by our Year 8 students encapsulating their individuality in vibrant posters. We asked our Year 8's to give our display board some TLC and to create a poster inspired by their diverse backgrounds, passions, and talents which served as a visual celebration of what makes them unique. From intricate cultural symbols to dynamic displays of hobbies and skills, these artworks offer a colorful tapestry of identities within our school community. Take a look at some of their wonderful designs!

Be unique

Emilia N ~ 8S



Shania D ~ 8E



Shine Bright

Govind N ~ 8I



Wonderful

# YEAR 8

We are so proud of Teddy O in Year 8, who has had his poetry featured in South Chingford's Library poetry blog. Please enjoy reading one of Teddy's entries below.

## *Cultural Identity - Teddy O'H ~ 8S*

In a land of rolling hills and green,  
I'm a lad of twelve, as you've seen.  
With roots that reach from near and far,  
I'm English and Irish, that's who we are.

In my heart two flags unfurl,  
St. George's cross and the Irish swirl.  
From London's streets to Dublin's shore,  
I cherish the cultures that I adore.

Love the sound of the pipes' call,  
And football matches, we give our all.  
From Premier League to Gaelic games,  
Both lands have left their lasting claims.

In my veins, the stories run deep,  
Of kings and queens and legends to keep.  
The history's rich, the tales so bold,  
From knights in armour to leprechauns' gold.

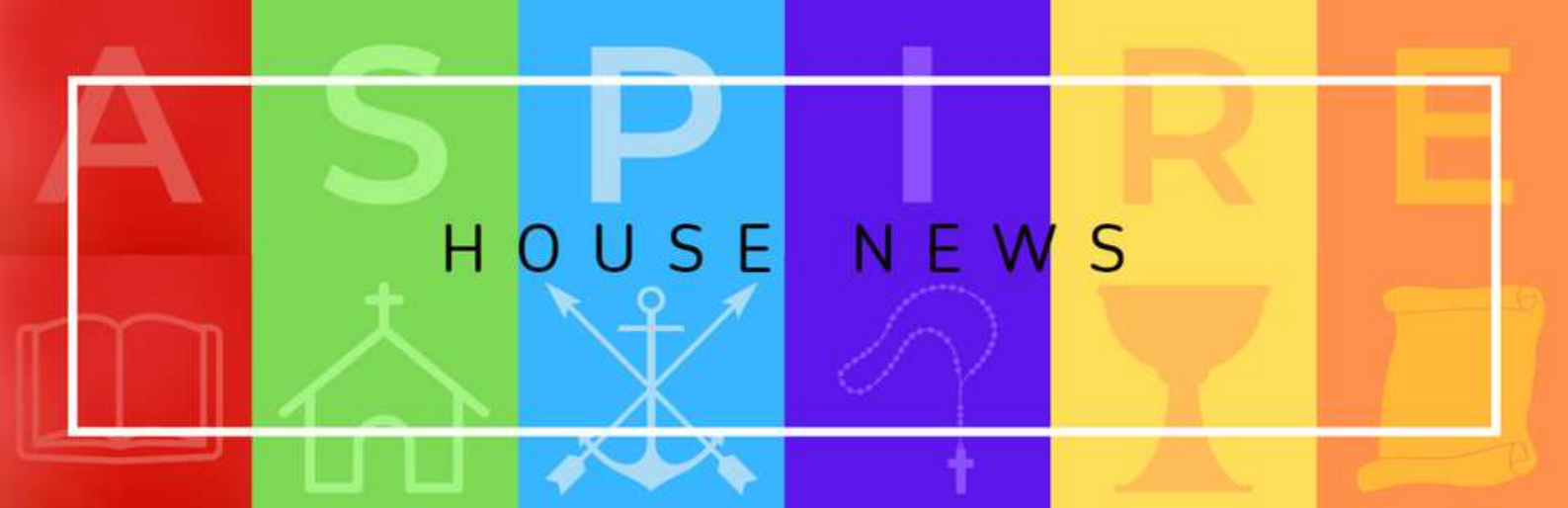
My English tea and Irish stew,  
They warm me up when the skies are blue.  
And when the rain comes pouring down,  
I'll smile and chase away the frown.

The Beatles' tunes and Irish jigs,  
Both melodies make my heart do flips.  
From Shakespeare's words to Moore's poetic grace,  
I find my inspiration in every place.

So here I stand, a boy of twelve,  
With my English and Irish selves to delve.  
Through history, music, and stories untold,  
I'll embrace my identity, strong and bold.







**House Acts of Service**

In the spirit of our cherished values of service at Holy Family, the members of St. Anne House embarked on a heartfelt endeavor to give back to our community. With a profound commitment to making a tangible difference, we eagerly took on the responsibility of cleaning up Our Lady of Lourdes parish, a place deeply esteemed by our very own headteacher and leader of SVP - Miss Joseph!

Members of our dedicated St Anne team gathered with enthusiasm and purpose, armed with an unwavering dedication to our aspiration of service. Recognising the importance of maintaining a sacred space for worship and reflection, we rolled up our sleeves and set to work, embodying the essence of selflessness and communal responsibility.

**Miss Amunikoro - Head of St. Anne House**



*Pictured above: Tyrees, Megan, Gabriel, Andrews, Davina, Karolina, Callum, Lennie, Aleyna, Maame*





# ASPIRE

## HOUSE NEWS



*Our wonderful students with the parishioners of Our Lady of Lourdes!*

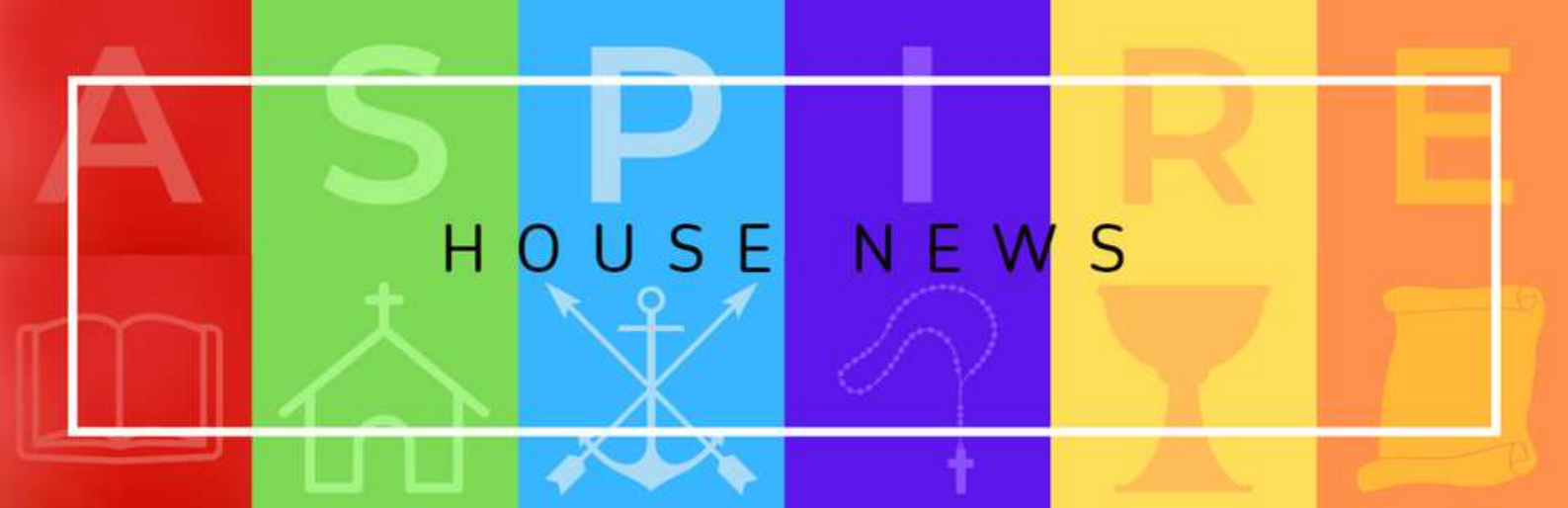


★ **Maureen Brazier, a parishioner from Our Lady of Lourdes, called to say that our students were a credit to the school.**

**They helped her into the Church, she is 85. She was very impressed with how polite they were and that they helped with the Christmas clean up.** ★

*"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."*  
 - 1 Peter 4:10 (NIV)





### House Acts of Service

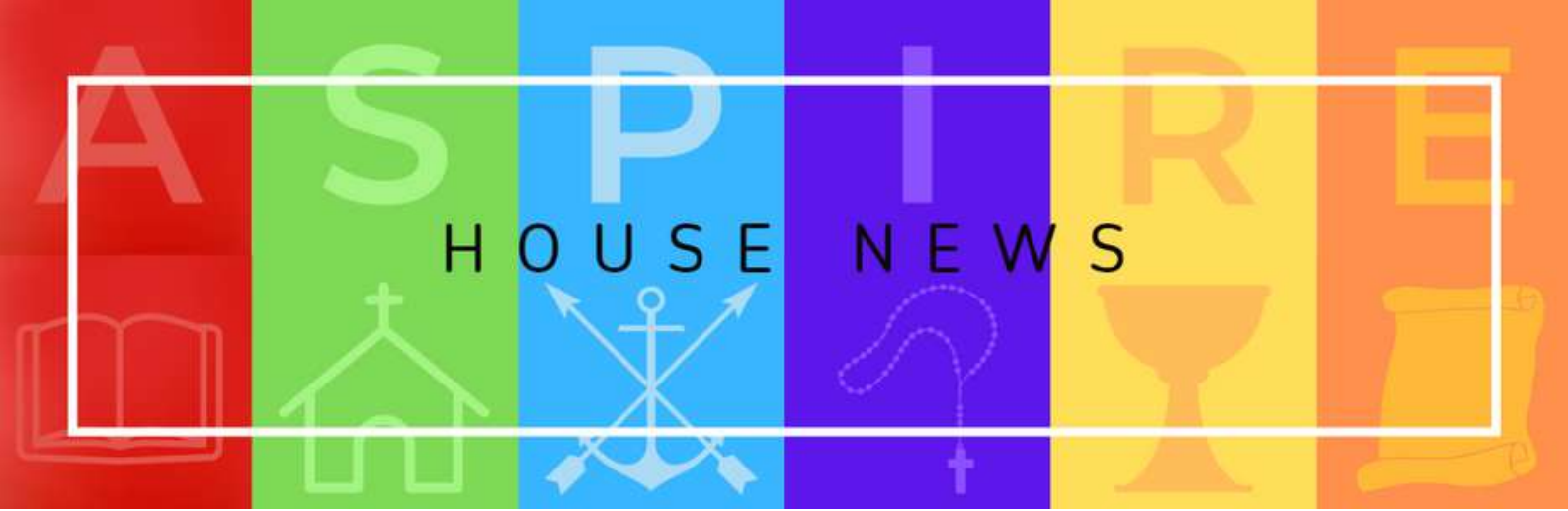
18 students spanning from year 7 to year 12 enthusiastically engaged in the St. Philomena House Acts of Service. Embracing the role of sports leaders for the day, they set up and ran a vibrant badminton session for KS2 students. Their dedication and leadership shone through, gaining exceptional praise from the primary school teachers.

Well done to all involved!

*Miss Paul-Jones - Head of St Philomena House*

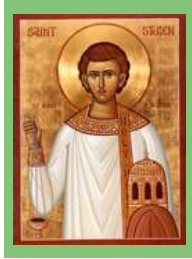






**House Acts of Service**

Our St. Stephen's Act of Service was a unique and giving experience! Our amazingly talented prefects accompanied myself to the Alliston Care Home in Walthamstow in December to showcase their brilliant pieces of artwork/creative writing to the residents who are currently staying there.



**What was the purpose behind this?**

It was to allow our pupils to give back to the wider community, to allow them to utilize their skills to benefit the people within their local borough! Their pieces of artwork/creative writing was Christmas themed, which allowed the residents to fill in their void of loneliness with solidarity, communal worship and gratitude. As Head of St .Stephen House, I am really proud of our prefects for working hard, confidently presenting and representing Holy Family Catholic School in our Acts of Service.



**Mr Mumtaz ~ Head of St. Stephan House**



**Pictured above: Nana-Yaa, Olivia Shondrella, Marcus, Gideon, Jayden**

*Galatians 5:13 - "For you were called to freedom, brothers. Only, do not use your freedom as an opportunity for the flesh, but through love serve one another."*







## Personal Development & PSHCE Updates - Spring term 1

It's been a busy half term! Years 7, 8 and 10 have been covering health and wellbeing topics (including puberty, mental health, sleep and the importance of diet and exercise). Year 9 have made an enthusiastic start to their First Give campaigns. A programme facilitator from First Give came into school to speak to Year 9s about social action, and since then students in all classes have been researching local charities and deciding what they will do to raise money for them. They are also planning their presentations to compete against each other in the hope of winning in order to secure a donation for their chosen charity. Meanwhile, Year 11 students have been focused on their study skills and careers, with weekly revision tips designed to help students with their study in the run up to their GCSEs. In addition to the day to day personal development opportunities and weekly PSHCE lessons, we've heard from a number of external speakers and have celebrated many different important events:

- This week, we heard from Malik from BRAVE, in partnership with the St Giles Trust. He spoke to our Year 9s, 10s, 12s and St Raphael students about extremism, grooming, the reality of gang involvement and how students can protect themselves from getting into dangerous circles.
- We've heard from TfL, who spoke to our Year 10 and 6th form cohorts (having spoken to all other students last term) about safety on public transport.
- LGBTQ+ month runs through February, and students have been looking at the contributions of LGBTQ+ academics within their academic subjects.
- The NCS spoke to our Year 11 cohort about future careers prospects and transferable skills.
- Our choir took part in a workshop with the BBC singers.
- Our Year 9s accessed a talk delivered by a Holocaust survivor on Holocaust Memorial Day, and all students across the school engaged in activities to educate them about the Holocaust.
- A selection of Year 7 students have been building their confidence and participating well on the Tottenham Inspires mentoring programme.
- Safer Internet Day saw our students get involved in a range of activities in PSHCE lessons as well as assemblies, delivered by our IT department.



Once we return from half term, we've got another busy few weeks ahead of us, including our careers dropdown day and International Women's Day.



# THE LRC

## School Poetry Competition 2023

Over the last term, the LRC has held a poetry competition on both Walthamstow and Wiseman site. All students could take part by writing an entry. There was no theme other than to 'express yourself!' We had some fabulous entries, some of which you can read on the following pages. Winning entries have been awarded with a certificate and a £10 Westfield Voucher. The LRC has been really impressed with the high standard of writing from students. So much so, that we are holding another competition in 2024...watch this space!



*Pictured above: Y11 Winner Onika T with runners up Devonte B, Maria SB, Samira A and Josh S.*



*Pictured from left to right: Year 9 winner Jack O (prize £10 Westfield Gift Card) with runner up Aldriyana. Year 11 Winner Onika T.*





# THE LRC

**Please enjoy reading some of our student entries for the Poetry competition below:**

## **Love Yourself - Tony D**

Why would you want to be someone else  
When you could be better by being yourself?  
Why pretend to be someone you are not  
When you have something they haven't got?

Cheating yourself of the life you have to live  
Deprives others of that only which you can give!  
You have much more to offer by being just you  
Than walking around in someone else's shoes!

Trying to live the life of another is a mistake  
It is a masquerade; nothing more than a fake!  
Be yourself and let your qualities show through  
Others will love you more for being just you!

Remember that God loves you just as you are  
To Him you are already a bright shining star!  
Family and friends will love you more too  
If you spent more time just being you!

## **The Feeling of Getting Lost in a Book Jack O - Year 9**

Paper And Ink  
Ink And Paper  
Imagine This  
A Small SkyScraper??

Millions Of Thoughts  
In One Little Thing  
Like A Knight Or A Hero  
Or An Enchanted Ring?

Think Of An Absurd Thought  
Go Ahead Without a Doubt  
Because a Book Is a Place  
To Let Your Imagination Out

So Go Ahead  
Buy A Book  
Or Go To a Library  
And Take A Look

Because This Is The Feeling  
It's The One You Took  
I Hope You Enjoy  
Getting Lost In A Book

***If you would like to take part in the next Poetry Competition at Holy Family, please contact Ms. Lloyd in the LRC for more information. We can't wait to read your entries!***



# THE LRC

## SkyFall - Eliud A Year 10

Raindrops fall like tears from the sky,  
A symphony of sorrow in every cry.  
The streets are empty, the world so still,  
As the rain pours down, a bitter pill.

The clouds above, a shade of grey,  
Reflect the pain that won't go away.

The drops on the window, a blur of grief,  
A reminder of the sadness, the heartache and disbelief.

The pitter-patter of the rain,  
A lullaby for a broken heart in pain.  
It washes away the memories,  
But the hurt and the scars will always be.

The rain may stop, the sun may shine,  
But the sadness lingers, a constant line.  
The beauty of nature, a bittersweet,  
A reminder that life can be incomplete.



## A Day in the Life of a Ghost by Nina S, Year 8

Drip Drip Drip the sound of my home.  
I hear a wailing it's the sound of being alone.  
Then I hear a nearby family sitting in the forest as happy as can be  
They are showing off and eating food whilst the kids climb a tree  
But when I try, I fall through.  
no one can see me not even you.





# T H E L R C

## **'It's The Littlest Things'**

It's the littlest things.

Hearing my dad in the shower singing at the top of his lungs.

Seeing my niece running around wild and free.

People in school saying 'hi' to me.

Hearing people sing songs I'd never thought they'd know.

Dragging my friends whilst walking because they walk too slow.

Laughing at a joke that was made hours ago.

It's the littlest things that I love most.

Like seeing people genuinely smiling and not the smile they always fake.

When people ask me if they could use things instead of just take.

Singing and dancing with my friends who are just as weird as me.

Being able to be myself around people fearlessly.

It's the littlest things that make me smile the most.

Seeing my loved ones getting closer to their faith.

Getting a message from my friends that says they've reached home safe.

Getting a message from an old friend telling me all is well.

Me and my friends laughing when one of us have fell.

Someone genuinely asking how I am and how was my day.

The calmness I feel after I pray.

It's the littlest things that brighten up my day.

Seeing my loved ones happy and chasing their goals.

Someone who's shy getting out of their shell and being bold.

Those friends who let me lie on them when I feel cold.

It's the littlest things.

Laughing after being in a bad mood.

People actually being nice and sharing their food.

Your friend backing you up when someone is being rude.

It's the littlest things.



# THE LRC

## Library noticeboard

WORLD  
**BOOK  
DAY**  
7 MARCH 2024

**World Book Day** is on the 7th March 2024, and we are celebrating at Holy Family! Please see the following pages for further information on how you can get involved.

**CAN YOU HELP?**

SEARCHING FOR

- CONNECTIONS WITH AUTHORS
- FOR ORGANIZING FREE/INEXPENSIVE VISIT TO OUR SCHOOL
- LET'S GIVE OUR CHILDREN AN UNFORGETTABLE EXPERIENCE

**AUTHORS WANTED**

Get in touch

Holy Family Catholic School & Sixth Form  
Contact:  
ms.gabrjuna@holymfamilycatholicschool.co.uk



## **BOOK DONATIONS**

We are reaching out to ask for book donations that would greatly benefit our readers between the ages of 11 - 16 years



### **Book Donations**

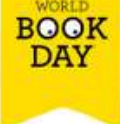
A huge thank-you to Olivia M in Year 9 for donating a great selection of books to the LRC!

We are always in need of donations. Please see the LRC if you have anything to donate.





# DESIGN A NATIONAL BOOK TOKEN COMPETITION 2024



# WORLD BOOK DAY

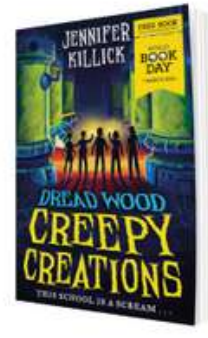
CELEBRATE ON 7 MARCH 2024

Welcome back to the **DESIGN A NATIONAL BOOK TOKEN** competition, the annual nationwide contest that encourages young people to share their creativity – and their love for books and reading – by designing their own fabulous gift cards!

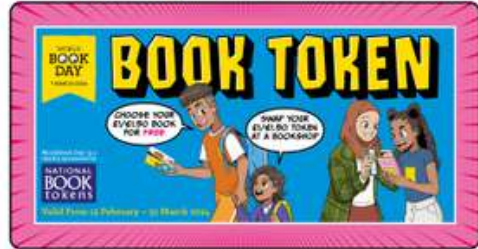
The winning entrants can bag **HUNDREDS** of pounds worth of National Book Tokens for their schools – including, for the overall winner, a **£10/€12 National Book Token** in their winning design for every student in their class!

This year's theme is **READ YOUR WAY**. Every reader is different, and there's no right or wrong way to enjoy reading. Encourage students to think about what reading looks like for them, and what it can look like for others.

To enter, students should design a National Book Tokens gift card with this theme in mind – and thinking about what might make their gift card appeal to customers if it was on display in a real shop.



Visit your local bookseller and choose a World Book Day book for **FREE** with your **£1/€1.50** book token!



**ONE OVERALL WINNER** will get a **£10/€12** gift card in their design for every student in their class, and the opportunity for their class to visit a real bookshop, virtually or in person, to spend their National Book Tokens

**FIRST PRIZE** in each age range wins:  
 • **£350/€400** National Book Tokens for the school  
 • **£100/€115** National Book Tokens for the student

**SECOND PRIZE** in each age range wins:  
 • **£200/€230** National Book Tokens for the school  
 • **£50/€60** National Book Tokens for the student

\*Up to 25 gift cards; see terms and conditions for home-schooled students

Closing date for entries is Sunday 7th April 2024

**HOW TO ENTER**  
 Visit [worldbookday.com/competition/design-a-nbt](http://worldbookday.com/competition/design-a-nbt) for full details and to download the entry form

Books available in shops from 15 February until 31 March 2024  
 Find out more at [worldbookday.com](http://worldbookday.com)

# NEED A MOOD LIFT?

FIND OUT MORE AT [WORLDBOOKDAY.COM](http://WORLDBOOKDAY.COM)



Sponsored by **NATIONAL BOOK TOKENS**  
 Changing lives through a love of books and reading  
 World Book Day® is a charity sponsored by National Book Tokens  
 Registered charity number 1079227 (England and Wales) | Registered company number 03782995 (UK)

## WORLD BOOK DAY

7 MARCH 2024

CELEBRATE ON 7 MARCH 2024

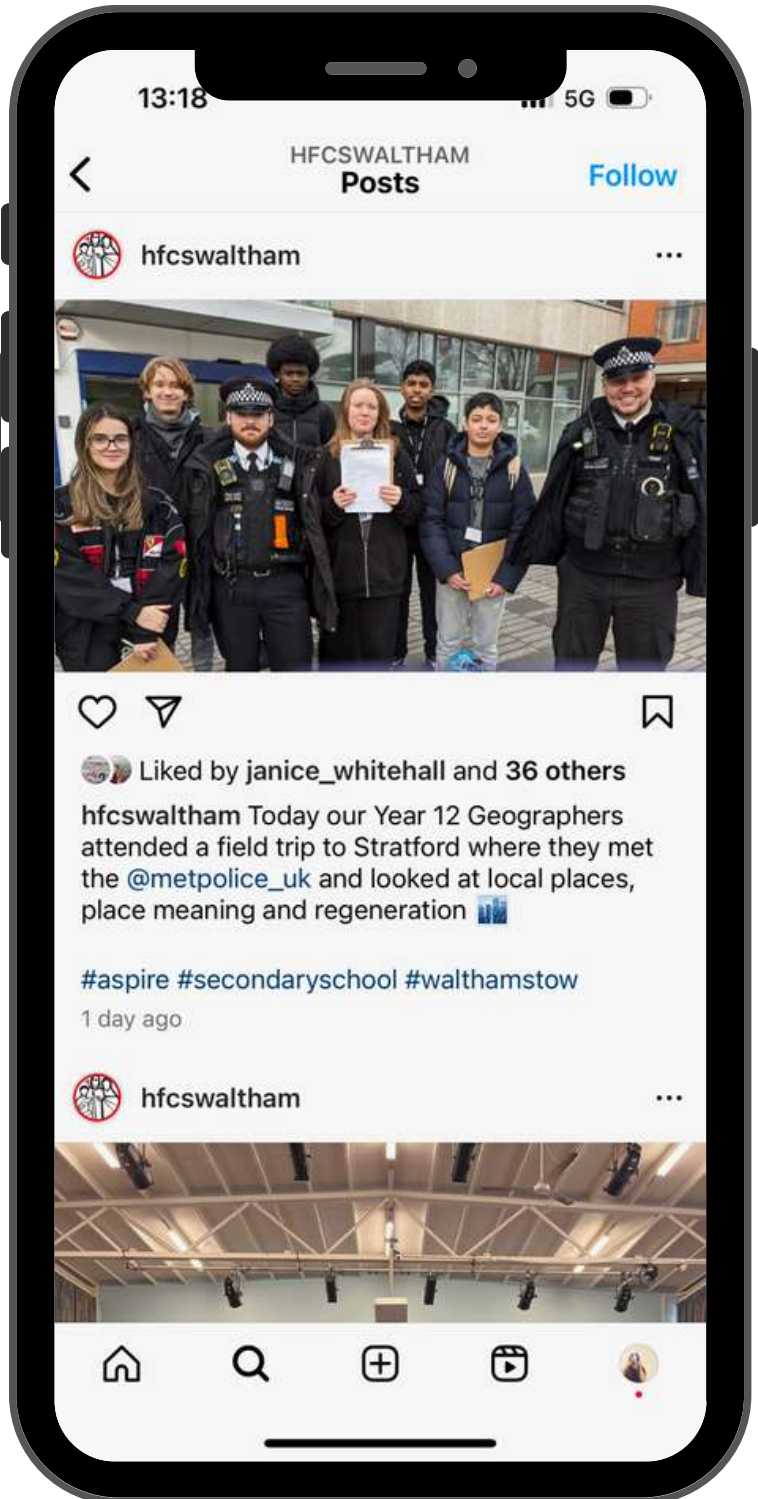
Swap your Book Token to get a World Book Day book for **FREE** at your local bookseller

**HOW IT WORKS:**

- World Book Day **£1/€1.50** book tokens distributed by schools/nurseries and partners
- Child goes to bookseller with their book token
- Bookseller gifts a **£1/€1.50** book in exchange for their token
- Child chooses and owns a book



# SOCIAL MEDIA UPDATES





# KEY DATES

## Forthcoming Events - Spring Term 2

**Monday 12th February - Friday 16th February** - Half-term

**Sunday 18th February** - First Sunday of Lent

**Tuesday 20th February** - World Day of Social Justice

**Thursday 22nd February** - Year 12 Parents Evening

**Friday 23rd February** - CAFOD Lent fast day

**W/C Monday 26th February** - Culture Week

**Monday 26th February - Wednesday 28th February** - Y10  
Geography Trip

**Thursday 29th February** - Year 9 Boys Tottenham Inspires

**Friday 1st March** - Feast of St. David

**Tuesday 5th March** - Reconciliation for Lent (Wiseman)

**Wednesday 6th March** - PSD Drop down day

**Thursday 7th March** - Year 9 Parent's evening

**Friday 8th March** - International Women's day

**Friday 8th March** - Y12 Geography field trip (Wetlands)

**Monday 11th March** - Beginning of house charity fortnight

**W/C Monday 11th March** - Sixth form interviews

**Friday 15th March** - Pi Day

**Sunday 17th March** - Feast of St. Patrick

**Thursday 21st March** - Y8 Bletchley Park trip

**Sunday 24th March** - Palm Sunday

**Monday 25th March** - Deadline for Y9 options form

**Thursday 28th March** - Maundy Thursday

**Friday 29th March - Saturday 30th March** - Bronze DofE  
practice

**Friday 29th March - Friday 12th April** - Easter Holidays



**Please note that whilst these dates are correct at the time of going to print, they are subject to change. Don't forget that the calendar at [www.holyfamily.waltham.sch.uk](http://www.holyfamily.waltham.sch.uk) is regularly updated.**

## **CONTACT US:**

Walthamstow House Site (Years 7, 8, 12 & 13)

Telephone number: 020 8520 0482

Email: [office@holyfamily.waltham.sch.uk](mailto:office@holyfamily.waltham.sch.uk)

Wiseman House Site (Years 9, 10 & 11)

Telephone number: 020 8520 3587

Email: [office@holyfamily.waltham.sch.uk](mailto:office@holyfamily.waltham.sch.uk)