

# HFCS NEWS

Issue 05  
May 2024



**Netball Borough**  
Champions!



**First Give**  
Final



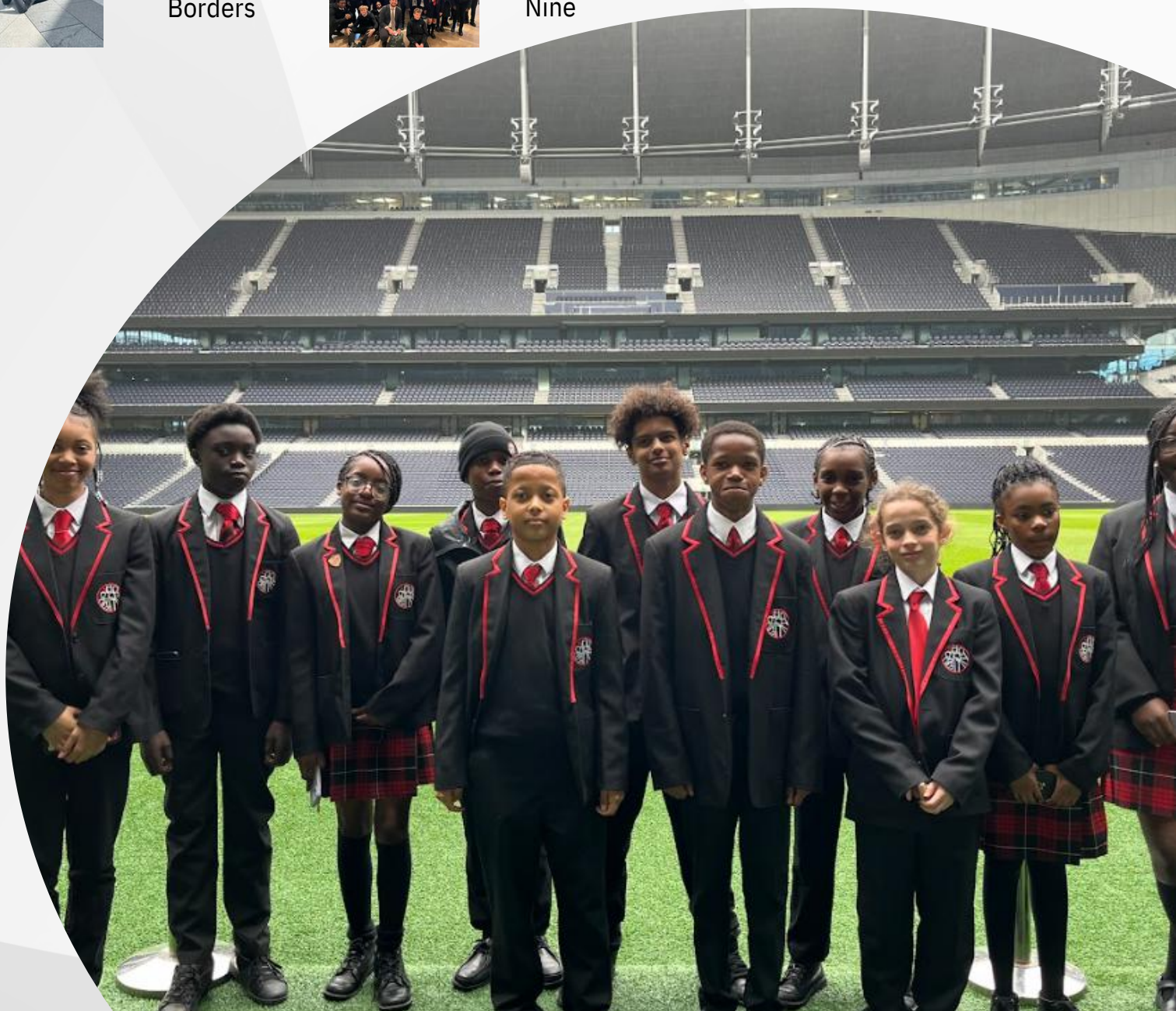
**Tottenham**  
Inspires



**Football Beyond**  
Borders



**Beyond**  
Nine



# HEADTEACHER'S UPDATE

Dear Parents/Carers,

Another half term has gone and we are now well into exam season. I have been extremely impressed by how the students in Years 11 and 13 have approached their exams. Their attendance and punctuality have been exemplary, with many students arriving at school before 8a.m. to take advantage of some last minute revision in the LRC as well as enjoying the pre-exam snacks on offer.

As you will see from this edition it has been yet another packed and busy half term, with so many opportunities offered to our students that I can't name them all here - our young people have been meeting Tottenham football stars, taking part in BBC interviews, learning about blood donation, taking part in theatre and museum visits, winning sports events - the list goes on and on! I am sure you will enjoy reading about the rich and varied extra-curricular life of the school as much as I did.

Today we said goodbye to our wonderful Year 13 students, who have reached the end of their journey with us at HFCS. We celebrated Mass together at Our Lady and St George's, then came back to school to enjoy Mr Delf's outstanding BBQ cuisine and each other's company for a final time. We wish our Year 13 the very best and brightest of futures, and hope that they will return to visit us in the years to come - they will always be part of our Catholic school family.

I wish you and your families a restful half term break, and look forward to seeing you in the last half term of the school year when we return on 3rd June.

God bless,  
Mrs Laws





# CHAPLAINCY



## Feast of the Ascension

Last week we celebrated the Feast of the Ascension. The Ascension comes 40 days after Easter. It commemorates the ascension to heaven of Jesus after the crucifixion and resurrection.

We were delighted to welcome Fr Freddy from Our Lady of the Rosary & St Patrick to celebrate Mass with Years 9 and 10, and this was live streamed to all other years. Thank you to our Year 10 Liturgy Leaders for their participation as readers.

.....

Ten days after the Feast of the Ascension is Pentecost Sunday, this year on 19 May.

Pentecost marks the descent of the Holy Spirit on the apostles. The 12 apostles were gathered together in a house when a terrific wind came from heaven and filled the place. They saw tongues that looked like fire, that separated and came down on each of them.

Immediately the apostles were filled with the Holy Spirit, who caused them to speak in tongues. The crowds of visitors were astonished because every pilgrim heard the apostles speaking to him or her in their own foreign language!

We pray especially for the students of Holy Family celebrating their Confirmation at this time and in the coming weeks.



***Lord, by the light of the Holy Spirit You have taught the hearts of your faithful.  
In the same Spirit help us to relish what is right and always rejoice in His  
consolation.***

***Through Christ, our Lord, Amen***

# CHAPLAINCY



## CAFOD Young Leaders

Our Year 12 CAFOD Young Leaders attended their third and final training day. They had put together a presentation of the events they had been involved with and presented this to other schools in the Diocese. This included a Lenten Soup Lunch and helping with the Our Lady & St George Primary School gardening project and CAFOD Walk for Water.

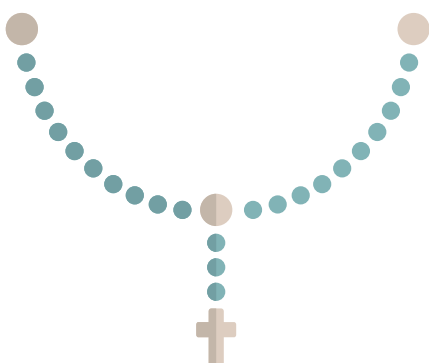


We thank Maria, Allison, Stacy and William for raising the profile of CAFOD within the school community. The next meeting is a Celebration event at St George's Cathedral, Southwark.



May is the month when Catholics traditionally focus on Mary, the Mother of Jesus. There are several Marian feast days in May, including Our Lady of Fatima, Our Lady of the Most Blessed Sacrament and Visitation of the Blessed Virgin Mary.

***Hail Mary, Full of Grace, The Lord is with thee.  
Blessed art thou among women,  
And blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God, pray for us sinners now,  
And at the hour of our death.  
Amen***



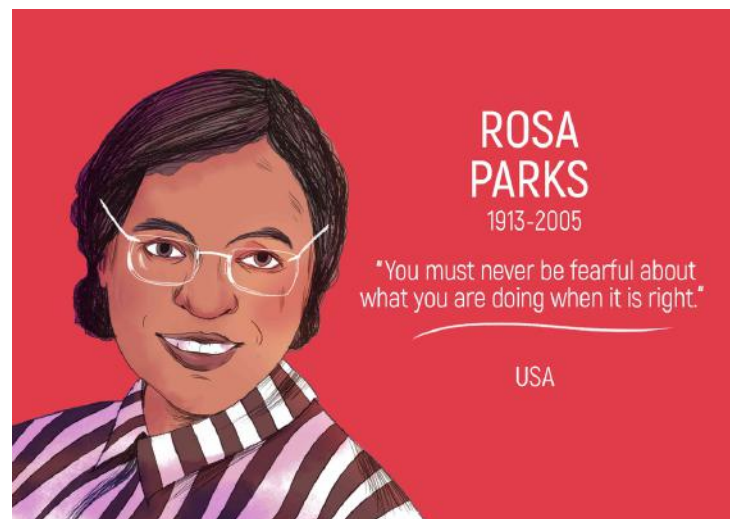


# PSYCHOLOGY


## Minority Influence Campaigns : Miss Amunikoro

The Year 12 Psychology classes have been learning about **Minority Influence and strategies** Minority groups can use in order to **influence the Majority to adopt their view points - leading to in some cases social change!** Minority influence is a type of social influence, just as conformity and obedience are. Whereas conformity describes a process by which a majority can influence the beliefs and behaviour of others, **minority influence describes the process by which an individual or small group of people persuades others to adopt their beliefs, attitudes, or behaviours.** While conformity often leads to compliance, minority influence tends to result in internalisation, or **conversion.** A minority is **most likely to influence others if it displays Consistency, Commitment, and Flexibility.**

I set my class the **task of creating a campaign** in order to raise awareness on an issue in school that they were passionate about and felt needed to change and persuade members of the SLT (inc. Mrs Laws and Mr Delf) to make this change happen. **This was set as homework in which they had a week to complete and present in front of 'board members' (My Year 12 HSC class and Miss Duncan!)** who had to score them on: **Apperance, Oral delivery, Subject Matter and overall persuasiveness!**



**\*Please click on the images to access the student campaigns\***



# PSYCHOLOGY

## Alternative solutions to support younger students who tend to have disciplinary issues

By Davina, Almaz, Darnel and Alex

### Why we should bring back SPORTS DAY FOR YEAR 12!

By: Janet, Julianne and Sam

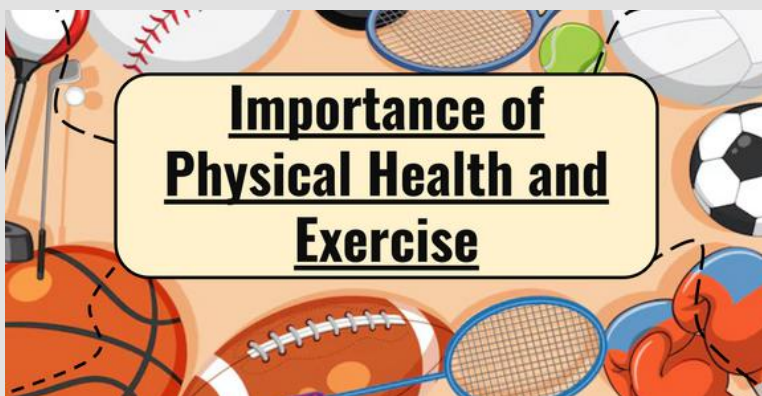


*"Aspire not to have more but to be more."*

### SHOULD SIXTH FORM STUDENTS BE ALLOWED TO WEAR SKIRTS?

#### PRESENTATION

Presented by : Maame, Davishka, Aleesha, Ulyssa & Elizabeth



### Importance of Physical Health and Exercise

### New study areas on the Wiseman site



# PSYCHOLOGY

A big well done to our winners!

From 12A: **Janet Adewole, Julianne Arcillas & Sam Mee**

From 12D: **Maame Asante, Aleesha Loates, Davishka Matthews, Elizabeth Nitamoah & Ulyssa Rillera**





# DRAMA & PERFORMING ARTS

## A Level Drama Trip



On Thursday 25th April, A Level Drama and Theatre students visited the Old Vic theatre to watch a production of 'Machinal' by Sophie Treadwell. The play is a set text in their Component 3: Theatre Makers in Practice written examination, where the students are required to answer two questions on an unseen extract from the play, to bring the extract from 'page to stage', from the perspective of a performer and a designer.

*Based on the true crime story of Ruth Snyder in 1928 that shook a nation, Sophie Treadwell's seminal Machinal is a pulse-pounding journey of someone pushed to breaking point by the relentless machinery of life, expectation and convention.*

*From the outside, Helen Jones and her husband had a 'happy marriage'. Until she murdered him.*

Students thoroughly enjoyed the production and felt it would really help them with their ideas in the exam.

**Ms Hampshire-Mannion**





# FIRST GIVE

## Year 9 First Give Final

On Friday 26th April we had an amazing day at Holy Family! The First Give Final showcased the hard work of our year 9 students, who have been engaging with local charities (including spending time visiting them) and competing to win £1000 for their chosen charity.

There were some outstanding presentations with commendations awarded to Summer in 9R and the 9I team of Feivel, Josiah, Aidan and Efe.

9R secured the win and won £1000 for the Waltham Forest Disability Resource Centre - well done to Elyara, Summer, Thaiyan and Alisa from 9R!





# SPORTS

## Borough Netball Champions!

A huge congratulations to our Year 7 and Year 8 netball teams who were crowned Borough Champions on the 24th April.

A really fantastic achievement. We are all so proud of you for demonstrating your determination, team-work skills and your resilience!

## #ASPIRE





# YEAR 8

## Football Beyond Borders

FBB works with young people from areas of socio-economic disadvantage who are passionate about football but disengaged at school, to help them finish school with the skills and grades to make a successful transition into adulthood. They do this by providing long-term, intensive support, built around relationships and young people's passions, in the classroom and beyond.

Our boys took a trip to the Nike HQ in Kings Cross. The whole trip was themed on overcoming challenges and being inspired and the boys had a brilliant day. They all relished the experience of being in the Nike HQ and also created some outstanding t-shirts. The boys were asking questions at the end of the day such as 'How do we work here', 'How can I work in an office like this' and this was exactly what we wanted to achieve!



**JUST DO IT.** 



# YEAR 8



## Poetry Competition

### All the noise

All the noise in the  
world  
and my head  
It keeps me on the  
surface

I want to swim deeper  
It's not that I don't like  
the world or its people.  
I am just yearning  
for a quiet place where I  
can sink into the layers  
of my being.

Keto Kenechukwu-Obi  
8E



### Tornado in the Kitchen

There's a tornado in the kitchen  
It's big and fierce,  
Grandma ran off screaming  
But I'm still here in fear.

There's a tornado in the kitchen  
It's making a scene,  
The frying pans are flying  
No one is here with me.

There's a tornado in the kitchen  
It's making my head spin,  
The cake's gone everywhere  
Who's cleaning this, not me!

There's a tornado in the kitchen  
It's starting to calm down  
When I try to talk to it  
All I see is a frown.

Poor little tornado  
It only wanted a friend,  
Maybe next time you see one  
You'll think before you frown.

Aleyna Sevim 8A



# YEAR 8

## Poetry Competition



T.H.U.G

The Hate u give.

The hate u give is the reason why you are in the streets screaming no justice no peace. The hate you give is why somebody's mother has to cry why why why. The hate u give is the reason why we have to fight for equal rights.

The people who are meant to be keeping our lives safe are the ones taking them away. Yet we get the blame talking about black on black crimes but let's get the facts right. We made them feel unsafe. The only weapon was the colour of our skin.

How powerful in our melanin.

The hate u give is the reason why we are in the streets screaming no justice no peace. The hate you give is why somebody's mother has to cry why why why. The hate u give is the reason why we have to fight for equal rights.

Brought up in a city where the bullets fly high an no matter your age you are not guaranteed your life.

Shai Palmer-Porter 7P



# YEAR 8

## Poetry Competition Winners

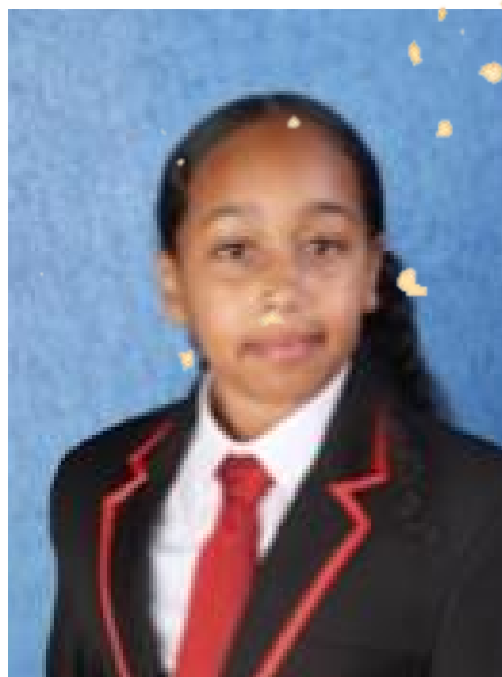
The winners of the competition are pictured below. They won a Westfield gift voucher and a certificate which they were presented with in assembly.



**ALEYNA SEVIM 8A**



**KETO KENECHUKWU-Obi 8E**



**SHAI PALMER-PORTER 7P**



**WINNER**

Keep an eye out for details of the next poetry competition in our next issue of HFCS news!



# YEAR 8

## Year 8 Reading Mentoring Sessions

We are delighted to share the success of our Reading Mentoring Scheme, which takes place every Thursday with our wonderful sixth formers. This initiative has been instrumental in helping our Year 8 students improve their reading skills and grow in confidence each week.

The scheme pairs Year 8 students with sixth form mentors who guide them through reading activities. Each session is tailored to meet the needs of our younger students, ensuring they receive the individual attention and support necessary to thrive. 🌟

The benefits of the Reading Mentoring Scheme have been evident throughout the year.

### Here are some highlights:

- **Improved Reading Skills:** Our sixth formers have reported how there have been positive improvements in reading!
- **Increased Confidence:** Weekly interactions with supportive mentors have helped our Year 8 students build self-esteem and become more confident in their abilities.
- **Positive Relationships:** The bonds formed between mentors and mentees have created a sense of community and mutual respect, fostering a positive learning environment.
- **Love for Reading:** Many students have developed a newfound love for reading, exploring various genres and discovering the joy of literature.

We extend our heartfelt thanks to our sixth form mentors for their dedication and enthusiasm. Your support and encouragement have made a significant impact on our students' academic and personal growth. Many of the Year 8's have expressed how much they look forward to their Thursday sessions, enjoying the opportunity to connect with their mentors and explore new books together. 📖🌟





# YEAR 11

## Year 11 Rosary Service

Year 11 attended a very special Rosary service on May 3rd. It was a time to reflect on their journey so far as they approach their GCSE exam period. They received a special rosary that Father Michael blessed during the Easter pilgrimage to Lourdes. It was a lovely moment for the Year 11 form tutors to present their students with the rosaries and wish them luck.



**YOU  
GOT  
THIS!**

**BELIEVE**

**YOU CAN**

**GOOD  
LUCK**



**We wish all Holy Family Year 11 students the best of luck in their upcoming GCSE exams.**

**#ASPIRE**



# YEAR 12

## Careers & Future Focus

Year 12 have had a very busy time since joining us last September. Every Wednesday from 2.10pm, students attend Future Focus sessions at school where they cover a range of topics from careers to how to live a healthy lifestyle when approaching an exam period.

This year alone they have had over 300 opportunities to apply for, including; taster days, industry visits, subject conferences, work experience placements, master classes plus lots more.

We have had careers talks from 20 of our very successful alumni on very many subjects including, actuarial science, accounting, architecture, psychology engineering and many more.



*“The careers talk on nursing was very thorough in explaining how the NHS works and the different pathways of getting into nursing. It was very insightful and she gave detailed explanation on all of the various positions in the career of nursing.”*

**Nirel 12I**



# HOUSE NEWS

## Holy Family School Fundraiser: Wickers Charity

We are proud to share that our Sixth Form business students have made a significant impact by fundraising for The Wickers Charity. Founded in 2018 by businessman and philanthropist Henry Smith, The Wickers Charity was born out of Henry's personal experiences with the devastating consequences of knife crime in London. The charity's mission is to support young people in achieving their potential, regardless of social status, race, religion, or postcode.

Our Sixth Formers took on the challenge with enthusiasm and dedication, raising awareness and funds to support this vital cause. Through their hard work and commitment, they successfully raised over £1,000 over the past three years. This contribution will help The Wickers Charity continue to offer essential services and opportunities to young people, helping them to lead safe and fulfilling lives.

We commend our students for their fantastic efforts and for embodying the spirit of community and social responsibility. Their work not only raised important funds but also spread hope and opportunity to those who need it most.





# HOUSE NEWS

## House Charity Competitions: Making a Difference Together

We are thrilled to announce the successful completion of our annual House Charity Competitions! This year, our dedicated students and staff came together in an incredible display of community spirit and generosity to support our local charity branches, which provide temporary accommodation and resettlement support for single homeless people. Each house within our school participated by organizing a variety of fundraising activities. These activities not only showcased the creativity and teamwork of our students but also highlighted their commitment to making a positive impact in our community. Here are some of the exciting events and initiatives that took place:

- **Bake Sales:** Students from various forms baked delicious treats and sold them during break times, raising significant funds while spreading joy throughout the school.
- **Movie Nights:** Students and families enjoyed fun-filled movie nights, with ticket sales contributing to our fundraising efforts.
- **Sponge the Teacher:** This popular event saw students enthusiastically participate in soaking their favorite teachers, all in good spirit and for a good cause.
- **Dodgeball Competition:** Friendly yet competitive dodgeball games brought students together, with each team vying for victory while raising money.
- **Sponsored No Social Media:** Many students in the sixth form took on the challenge of a sponsored no social media day, collecting donations for their commitment to disconnect and raise awareness.
- **Basketball Tournaments:** Exciting basketball matches were held, with teams competing to support our charity and showcase their athletic skills.
- **Raffles and Competitions:** Exciting raffles and friendly competitions, such as sports matches and quiz nights, were organized to engage everyone and encourage contributions.
- 

The enthusiasm and dedication shown by everyone involved were truly inspiring. Together, we raised a remarkable amount of money, which will go directly to supporting the vital work of our local charity branches. These funds will help provide essential services, such as temporary accommodation and resettlement support, to single homeless individuals in our community.

We would like to extend our heartfelt thanks to all the students, staff, and parents who contributed to the success of this year's House Charity Competitions. Your generosity and hard work have made a significant difference in the lives of those in need. Let's continue to work together to support our local community and uphold the values of compassion and service that our school proudly stands for.

[Click to see results!!!](#)

Holy Family Catholic School & Sixth Form



House Charity Competition  
Fortnight  
Results

# EXTRA - CURRICULAR

## Cycling Club

Now that the weather is (hopefully) getting better, Mr. Graefe has launched a 'Cycling Club.' The club provides Holy Family students with the opportunity to gain confidence on their bikes. Students complete exercises such as navigating their way through cones, riding whilst using signals and practicing following a set course. They also complete fun challenges such as 'Bike Limbo' (see pictures below!)

As you can see, our cyclists really enjoyed their session.

If you are interested in joining the club, please see more information below.



**Do you have an interest in cycling? Are you looking to improve your skills or gain more confidence when riding your bike?**  
**Join the club!**

**Where?** Walthamstow site playground

**When?** Every Tuesday from 3.30pm

**Who?** Contact Mr. Graefe for more details!



# EXTRA - CURRICULAR

Holy Family Catholic School & Sixth Form



## Skate club!!

Starting from the 4.6.24  
Tuesday's 3.30pm-4.30pm.  
venue: Wiseman dinner hall

Students must have their own skates  
Safety equipment must be worn!

Come join in the fun, each one teach one.  
Ms J Duncan



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



Do you enjoy acting?

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

## KS3 DRAMA CLUB

3:15-4:15

Monday - L19 Lower Site Hall

Year 9's are welcome and  
encouraged to join!



Do you want to build your  
confidence?

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!



# PSHCE

## Tottenham Inspires!



On the 23rd April, Year 7 students that have been involved in the Tottenham mentoring programme celebrated completing the process, led by Premier League Inspires. The Year 7s were very excited to visit Tottenham Stadium to mark the end of their mentoring programme. At the stadium they were able to sit in the player's dressing room and walk through the tunnel onto the pitch!

After a tour, students were welcomed to a Q&A session with Tottenham forward player Timo Werner. Werner was happy to gift and sign Tottenham caps to our students and to pose for photos with them and Mrs. Sayer! A huge congratulations to all our students that successfully completed the programme, we are very proud of you and hope that you gained a lot from it. A big thank-you to Mrs.

Sayer for organising it!

May 2024 • HFCS News



**You can read more about this amazing day on the Tottenham website!**

Please click here:





# PSHCE



*“Timo Werner joined 60 local school students at Tottenham Hotspur Stadium as they celebrated completing the Premier League Inspires personal development programme this week.*

*Premier League Inspires was launched in 2019 to empower students at risk of not meeting their potential through a series of regular face-to-face group sessions, mentoring, workshops and social action projects.”*



P S H C E

**BBC Match of the Day**  
**Feature!**

**#PLINSPIRES**

**#PLCOMMUNITIES**



**Please click on the image to read some of Dwayne's comments and to watch the Match of the Day clip!**

A piece about the Premier League Inspires programme was featured on BBC's Match of the Day. We have now worked with PL Inspires with three different cohorts (they were only supposed to work with us for one year, but love working with Holy Family!).

Dwayne Bedzo (9P), who took part in the programme last year, was invited back to the stadium to talk about his experiences and how his confidence has grown.

It was amazing to see Dwayne speak so positively about the programme and to see the impact that it has had on him. We are very proud that he was chosen to appear on Match of the Day.





## The Tottenham Hotspur Foundation - Year 7 Trip

A group of our Y7 students visited Tottenham Stadium on 7th May. This was part of Premier League's campaign, 'Inside Matters', which is about raising awareness of mental health and giving people a platform to talk about their feelings. The Tottenham Hotspur Foundation hosted an event inviting students from local schools to take part in workshops around resilience, mental health and wellbeing. Our students were praised for their exemplary behaviour and participation and loved getting stuck into the activities on the day!

### Activities included:

- ✦ Music workshop
- ✦ A tour of the stadium
- ✦ 'Make your own smoothie'
- ✦ Self-care workshop
- ✦ A presentation by author Paul Wakefield on his book 'Mindful Mornings'





PSHCE

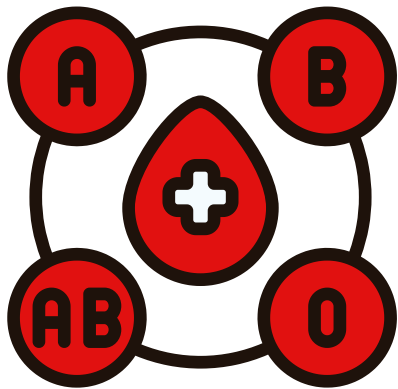
## NHS Blood Type Event

We have been working with an NHS team, who came into school to speak to staff and 6th formers. This Blood Type event enabled students to find out their blood type and to learn more about donating. Students are able to donate from 17 years old.

Sixth form students had previously discussed the positives of donating blood and the need for donations in the UK in one of their Friday PSHCE sessions. There was a huge turn out from our sixth form students with many of them signing up to donate in the future. It was really encouraging to see!



DONATE



DONATE  
BLOOD



*Do you know your blood type?*



# BEYOND GRADE NINE

## **British Museum Trip**

On Friday 19th April, we took the “Beyond Grade 9” Year 11 students to the British Museum. They were tasked with finding an artefact that interested them and linked to their subject specialism; they then presented their findings to the group (see photo below). The Beyond Grade 9 group is made up of more able students who have been taking part in a series of sessions this academic year to extend their knowledge and engage with high level academic thinking. They’ve attended extra lessons on Fridays and many of them were also offered an Oxbridge interview experience on our most recent Careers day.



*“This trip was part of the programme but also a reward for their participation and efforts - we took them out for food after the museum!”*

***Mrs. Sayer***





# ALUMNI

## Holy Family Alumni

Here at Holy Family we love hearing from our past students and seeing where life after Holy Family has taken them! Seeing the success of past students inspires our current pupils.

In this issue of HFCS News we are putting a spotlight on past student, Celine.

Celine left Holy Family last year to read Paramedic Science at Anglia Ruskin University. She is loving her course especially as she is now on her first placement and is able to use all the things she learnt in A Level Biology in her work.



We are so proud of Celine and wish her all the best with her course.



***Did you study at Holy Family?  
Become apart of our Alumni network  
and let us know what you are currently  
doing!  
Please click on the image to fill in your  
details.***



# SOCIAL MEDIA UPDATES

Posts

Follow

 hfcswaltham



hfcswaltham Our Sixth Formers organised a sponge the teacher event today to raise money for @thewickerscharity in support of their... more

26 April

 hfcswaltham  
British Museum



Post



Holy Family Walthamstow  
@HFCSWaltham

A group of our students who are part of Football Beyond Borders visited the @Nike Headquarters yesterday where they designed their own custom T-shirts!

FBB provides our students with a variety of weekly activities which focus on developing social & emotional skills. #aspire



11:44 · 01/05/2024 From Earth · 400 Views

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Add another post



# KEY DATES

## Forthcoming Events - Summer Term

**Monday 27th May - Friday 31st May** - Half Term

**Monday 3rd June** - Back to School

**Wednesday 5th June** - World Environment Day

**Thursday 6th June** - Year 8 HPV Vaccinations

**Monday 10th June - Friday 15th June** - Year 12 Mock Exams

**Monday 17th June - Friday 22nd June** - Year 10 Mock Exams

**Wednesday 19th June** - GCSE Exams Finish

**Thursday 20th June** - Year 11 Leavers Mass & Lunch

**Friday 21st June** - A Level Exams Finish

**Friday 21st June** - Sports Day

**Monday 24th June** - Friday 5th July - Year 10 Works Experience

**Thursday 27th June** - Year 13 Leavers Event

**Tuesday 2nd July** - Year 11 Prom

**Friday 5th July - Saturday 6th July** - Bronze DofE Final Expedition

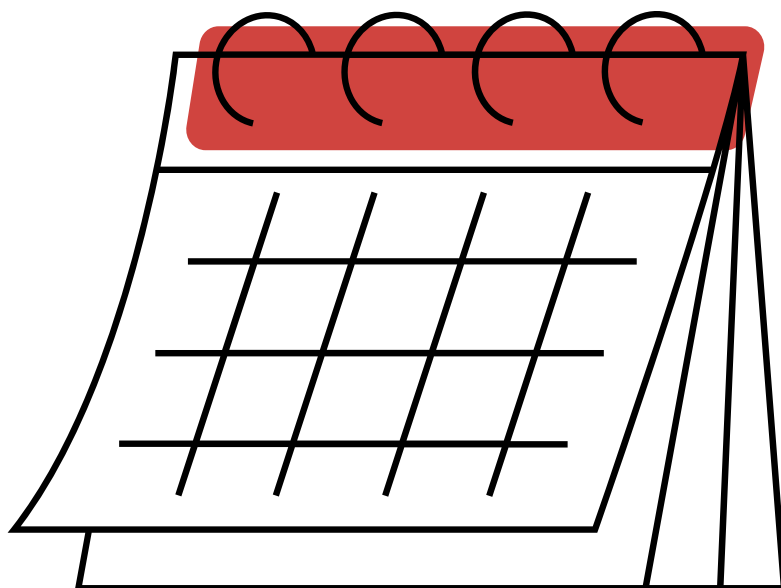
**W/C Monday 8th July** - Year 12 Activities Week

**Monday 15th July - Thursday 18th July** - Silver/Gold DofE Final Expedition

**Tuesday 16th July - Wednesday 18th July** - Year 12 into Y13 enrolment

**Thursday 18th July** - Year 10 Mock Results Day

**Friday 19th July** - Last day of school



**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)