

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER

*“O my Lure's like a red, red
rose,*

That's newly sprung in June:

O my Lure's like the melodie,

That's sweetly play'd in tune.”

Robert Burns

Holy Family Girls Basketball Team Borough Champions!

Cont. pg 8 & 9



Happy Half Term!

Free half term cycling club!
See page 25 for more details



Artist Nikolai Kozin



**Visits
Holy Family
Pg 16**



HEADTEACHER'S MESSAGE

St Valentine

Thursday of this week was, of course, St Valentine's Day and there were more than a few red roses to be seen around the school, particularly on the upper site! Saint Valentine, officially known as Saint Valentine of Rome, is a third-century Roman saint whose feast day is February 14th and who is widely associated with "courtly love."

Although not much of St. Valentine's life is reliably known, it is generally agreed that St. Valentine was martyred and then buried on the Via Flaminia to the north of Rome.

While romantic love is wonderful, true love can be found in many forms. Care for the elderly grandparent or parent, concern for the poor and marginalised and for those who are sick or lonely. God's love for us is way beyond our comprehension and is given freely and unconditionally to us all.



Honours Boards

Visitors to the school will notice some new additions to the reception areas and to the Sports Hall entrance after the half-term holiday. This is because we have produced some honours boards to mark our Head Girl/Head Boy office holders over the past decade or so. We are also recognising the representative achievements of students and staff (international and county honours) in a range of sports. There are a considerable number of sporting success stories including Olympic medal winners, international football and rugby players and more besides.

HEADTEACHER'S MESSAGE

Social media

Social media is a pain. That is bluntly put, but largely true in the context of teenagers. Most young people struggle to manage their time using it and how they use it. It causes many problems that find their way into school and wastes a lot of our time. The legal age limit for using social media is 13 (too low in our view) but even then we know students below this age are active users. They shouldn't be and I would urge all parents to take social media away from anyone in Yr 7 or Yr 8. It only causes problems.

During Lent this year we are going to have a twist on the notion of 'giving something up for Lent'. We are going to have a school wide (staff, students (and parents too if they wish)) commitment to give up social media and the constant checking of mobile phones for a 24 hour period. Let's see how all of us get on with that - we are probably all guilty of excessive use of our phones (I know I am) and it may give us all pause for thought about what negative effects our digital use has on other areas of our life and relationships. Watch this space for more details.

Half-term

We wish everyone a pleasant half-term break, keep safe and we will see everyone back at school on Monday 25th February at the usual time.

Parents' surgery

Parents' surgery is every Thursday from 4pm to 5pm on the Walthamstow site. If ever I am unavailable, a member of the senior team substitutes for me.

Please continue to remember us in your prayers.

Dr Andy Stone Headteacher



Headteacher Commendations



This week we have **Christine Savva** in 8P for completing over 10,000 questions, representing 40 hours worth of independent study, on Seneca. Christine was nominated by Mr Keers

We also have nominations from Ms Atakan for **Aleesha Loates 7S**, **Stacy D'Souza 7S** and **Danice Oginni 7S** for being the first students ever to crack the 'Vowelless' Maths Keyword Challenge.

Well done to them all!

YEAR 11 FUTURE ASPIRATIONS

ANNA MAXFIELD 11P



Reporter Chloe Contaldo is on the hunt to find out what's next for our year 11 students...

What are your short-term aspirations?

While talking to Anna, I discovered many of her future goals and aspirations for the future. Short-term, Anna stated that "I really want to go to Sixth Form and study English, Geography and History due to the strong interest I have in the subjects. Studying Geography at A-Level will enable me to continue my passion for it at University and collaboratively the subjects I have chosen will all assist with my future aspirations. In addition, I would love to do an EPQ about mental health in young children."

What would be your dream job?

Anna talked about her dream job, surrounding environmental law, or becoming a family lawyer. "I am very interested in climate change and how that will affect society and the environment in the future. Moreover, I would love to become a family lawyer, because family is an important part of life, and a vital support system, therefore it is vital that issues surrounding it should be resolved."

What are your personal goals and aspirations for the future?

One of Anna's main dreams are to travel the world. "South East Asia is one of the places I have always dreamed of traveling to! I would love to see its beautiful scenery and geographical aspects. As well as that, I would love to have a family, and adopt children, because I believe that family is such an important and enjoyable aspect of life"

Where do you see yourself in five years' time?

"In five years', time, I would like to see myself in my second year at University doing a degree in geography. I have always enjoyed geography and find it extremely interesting, I love both human and physical aspects of the course, and therefore I believe that doing a degree in it will be extremely fitting for my interests."

SOCIAL MEDIA CATCHUP



School Space
@schoolspaceuk

The amazing @Netbusters_org are now running a North East London league in the fab new sports hall at @HFCSWaltham

Find out more netbusters.org/venues/waltham...

#netball #thisgirlcan #walthamstow



13/02/2019, 11:40

3 Retweets 3 Likes

Tweet your reply



@hfcswaltham



@hfcswaltham



59 likes

hfcswaltham Year 10 Art Exam looking good #aspire

2 DAYS AGO



SOCIAL MEDIA GUIDE



Tik Tok

TikTok is a global video community where users create, share and discover 'funny and memorable moments' via short video clips – typically about 15 seconds long. Videos can be 'spiced up' with special effect filters, stickers, music and sound clips. Currently one of the world's most popular apps, TikTok was formerly known as Musical.ly, before it was rebranded by the Chinese company that acquired it in November 2017. If your child had previously had a Musical.ly account, all of their videos and personal settings will have automatically been moved to TikTok.



AGE RESTRICTION
13+



What parents need to know about

TikTok

BEING INFLUENCED

More than one third of children aged 6-17 consider 'social media stars' to be among their top role models. There are millions of creators on TikTok, showcasing their 'talents, moments and knowledge', from singing to dancing to stunts and comedy skits, which receive thousands of likes and comments from around the world, quickly turning people into 'stars'. There is the danger that children may develop unrealistic expectations of how they should look and behave on the app in order to become the next 'star'. They may have feelings of inadequacy and low self-esteem or become swayed by certain opinions.

INAPPROPRIATE SONG LYRICS

TikTok lets users lip-sync to their favourite songs and produce their own music videos. Some of the music choices contain swear words or sexual themes. So not only can children be exposed to potentially inappropriate content but they can broadcast themselves miming or singing these lyrics.

CONCERNING CONTENT

Some of the outfits and dance moves in videos can be overtly sexual and provocative. There have also been reports of some users sharing concerning content, such as videos that promote anorexia, porn, self-harm and violence.

DANGEROUS TRENDS & CHALLENGES

On TikTok, there are always 'trending challenges' and hashtags that users can copy or build upon, and sometimes, these challenges can pose risks to young people.

STRANGERS CAN FOLLOW YOUR CHILDREN

If your child's profile is open, strangers can use the app to comment on your child's videos. While this isn't always sinister, it gives potential predators the ability to contact your child through the platform.

IN-APP PURCHASES

Of course, as with many apps, there's a paid element to TikTok. Users can buy virtual coins to be exchanged for virtual gifts – for example, if they like a specific video, your child can use coins to purchase emojis to show approval. These can be expensive and easily purchased – there is the option to buy 10,000 coins for £97.99 with a one-click buy button.

ANYONE CAN SEE YOUR CHILD'S CREATIONS

TikTok encourages users to 'share their passion and creative expression through their videos' and while something may seem fun at the time, videos can get in the wrong hands and cause embarrassment in the future. If posted publicly, anyone in the world can see your child's homemade music video and potentially cause bullying within personal friendship groups or even online.



National Online Safety

Top Tips for Parents



TALK ABOUT THE PITFALLS OF OVERSHARING

Encourage your kids to always think before they do, say, like or post anything online, explaining that their 'digital footprint' can shape their online reputation and the way that other people see them. Something they may find funny and entertaining now may impact them in the future. Talk about how to deal with peer pressure and how doing something they think will impress others could affect them.

HANDLING CRITICISM

While it's fantastic to see your child being creative and expressive and bonding with people with similar interests, they need to be aware that not everyone will be supportive online. Comments can be negative or even cruel. Make sure they know how to comment respectfully and handle negative feedback. In the app's Privacy and Safety settings, your child can decide who can react to their videos, who can comment, and who can send them private chat messages. We suggest using these settings so only their friends can interact with their posts.

SIGNING UP WITH THE CORRECT AGE

When signing up to TikTok, you are prompted to input your birth date. If your child inputs their age as 'under 13', the app will not allow them to sign up and will be locked for 24 hours. The app is intended for users aged 13+, so explain that the rating is there for a reason; to keep them protected from online dangers. It is actually possible to watch TikTok videos without even creating an account, so it's important to check if your underage child has downloaded the app to their devices.

USE THE 'DIGITAL WELLBEING' SETTING

If you're concerned about the amount of time your child is spending on TikTok, in the app's setting, you can switch on a feature called Digital Wellbeing. This includes 'Screen Management' to limit the amount of time your child spends on the app.

SET THE ACCOUNT TO PRIVATE

This means that only people who you and your child approve of can see their creations. To make an account private, tap the three dots at the top right of the screen to access settings. Click 'Privacy and Safety'. Scroll down until you find 'Private Account' and turn this setting on.

REPORT INAPPROPRIATE CONTENT

If you or your child see something on TikTok that appears to be inappropriate, they can report content in different ways within the app. They can report an account, video, comment or chat conversation by simply tapping 'Report'. In the app's 'Digital Wellbeing' feature, there is also an 'Enhanced Restricted Mode', which limits the appearance of videos that may not be appropriate for all audiences.

AVOID IDENTIFIABLE OBJECTS

To ensure that there's no way of anyone tracking your child's location or identity, make it clear to them that they should never film a video in their school uniform or near a landmark that gives away where they live.

DISCUSS IN-APP PURCHASES

To lower the risk of your child making accidental in-app purchases, teach them exactly what in-app purchases are and the risks of making them without permission. Tell them that they are not essential to enjoy the app and that if they want to make a purchase, they should always ask you beforehand. In the app's 'Digital Wellbeing' feature, there is the option to disable the function of purchasing coins and sending gifts.

SOURCES: mediapost.com/publications/article/319720/social-media-stars-influence-kids-but-parents-still.html, commonsensemedia.org/blog/parents-ultimate-guide-to-musically/, metro.co.uk/2017/03/17/musical-ly-everything-you-need-to-know-about-the-app-your-children-are-obsessed-with-6516068/, youtube.com/watch?v=AN06s4FCdU, youtube.com/watch?v=VYGZ1ZQ4jM, static.muscdn.com/webste/pdf/creatorPlaybook.pdf, youtube.com/watch?v=8TaJQCNTaM, support.musical.ly/knowledge-base/community-guidelines

SPORTS UPDATE

Congratulations to the year 8 basketball team for defeating Chingford in the borough final 51-22!!

MVP: Precilla - a fantastic performance!



SPORTS UPDATE

Congratulations to the year 9 basketball team for defeating WSEG in the borough final 39 - 9!! MVP: Brenda



SPORTS UPDATE

On Friday some of our year 8 boys were representing Waltham Forest at the London Youth Games Indoor Athletics Competition in Harlow



MEET THE FAMILY

MR GRAEFE

HEAD OF YEAR 9 & PE TEACHER



Who or what inspired you at school?

My Housemaster, Mr Orton.

Where did you study?

I schooled in Monmouth Haberdashers School for Boys, which was a boarding school and then I went to the University of Brighton

Have you always been a teacher?

No, I was a policeman for a short time in Brighton.

Why did you want to become a teacher?

To try and influence students positively.

If you hadn't become a teacher what other career would have interested you?

I think the Armed Forces would have interested me.

What has been your most embarrassing moment in school?

I'm afraid that's far too embarrassing to print...

What three words would your students use to describe you?

Bald, Fair, Funny

What would be your desert island book/song/film?

Funkin for Jamaica

Tell us something about yourself that most people wouldn't know?

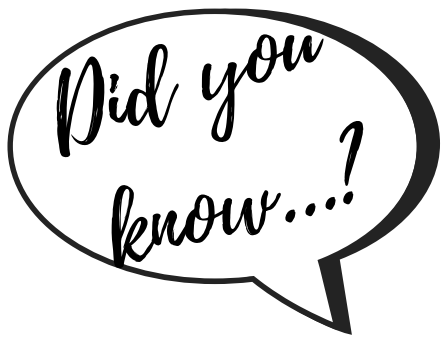
I am the president of East London Velo, a successful cycling team based in East London.

What would you be on University Challenge or Strictly Come Dancing?

University Challenge

What's the best thing about working at Holy Family?

The sense of community and support, from the top down.



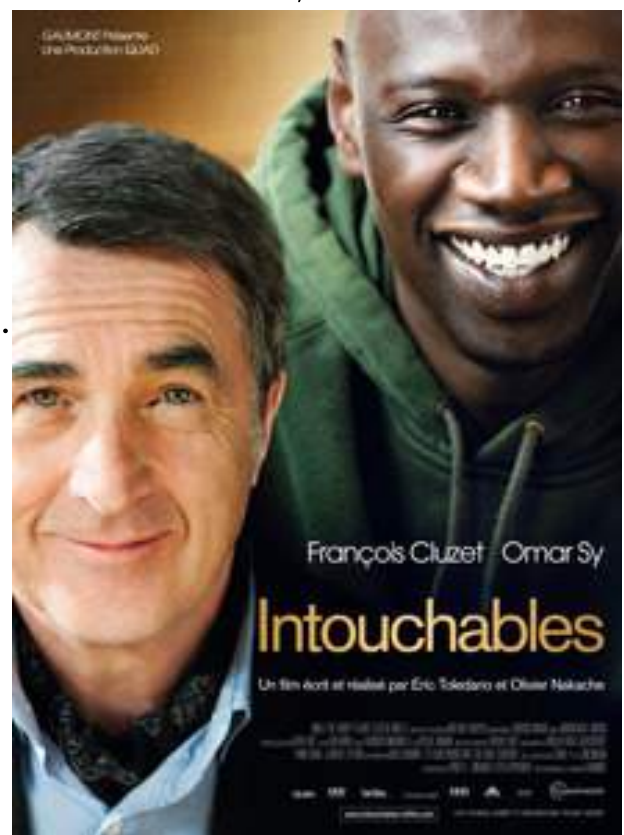
This week Jessica Benrejdal tells us about her Personal Enrichment

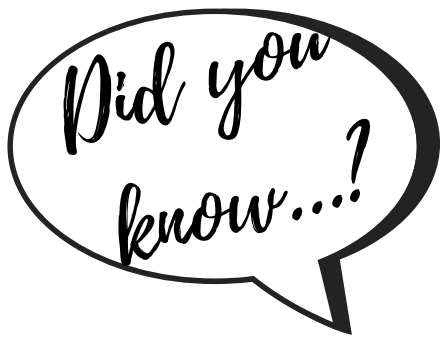
Like the start of a new academic year or new beginnings in general, life gives us the opportunity to reach our highest potentials, that can be obtained by anyone and everyone. This is especially evident in the Holy Family 'aspire', which is what we, as students, should always try to do. Enforcing this motto, Year 12 have been given the opportunity to take part in 'personal enrichment', where spend our Wednesday 5th period to take part in a session of our choice. This includes; social justice, ceramics, and mindful colouring.

Alongside our personal enrichment, we have community enrichment - where we have the opportunity to give back to the community around us. This includes; PR and marketing (helping to write articles for the Holy Family newsletter) and Silver Surfers. Any way to better the community matters.

In this article, the main focus will be on film club, led by Ms Orblin, as earlier this week, the film chosen struck an interesting chord in me as a viewer.

The film we watched was called 'Untouchable' (English translation being 'The Intouchables'), a French comedy-drama film which came out in 2012, about a black man out on parole for robbery, who applies for the job of a paralysed man's caregiver in order to get a signature for his application for unemployed benefits. He is rejected at first, but he is given the job eventually. The film focuses on their growing relationship, regardless of their obvious differences. The film has an underlying truth of how there are more jobs for a caregiver then helping the person to wash and eat; but to provide companionship.





This week Jessica Benrejdal tells us about her Personal Enrichment

For me, watching that film, made me feel content as the protagonist started to see how happy his life could be as he started to grow a friendship with the paralysed man (Philippe), who made him forget about his worries. As we were introduced to the protagonist, we saw the hardships and empathised with the character and as we saw him becoming more accepting of his caregiving role, we empathised with him and soon accepted them as likable characters.

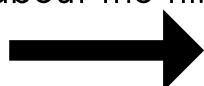
Overall, I found the film really inspiring as there were underlying messages they were trying to portray, including race and prejudice, in a way that may not have been as obvious to the audience as, in my opinion, this may not have been the only message the director was trying to put out. I believe that the message may have that anyone can be given opportunities and it is up to them whether they should take it on or not, but not doing so may be an experience missed out on. I think this award winning French film exemplifies the meaning of friendship and how much it can mean to someone.

In any community and in our case, Holy Family, in times of struggles, friendship is something that should be strong and treasured and having any opportunity to make a new one sounds pretty amazing.

Thank you for reading this article. This film really did mean something to me and hopefully this article resonates with you too.

Jessica Benrejdal

Click here to see more about the film and watch the trailer!



Live Creative Writing

Last week year 11 English students spent the day visiting sights around Walthamstow as part of live creative writing to help prepare them for their GCSEs. They were to take inspiration from their immediate surroundings. The group walked for seven and half miles, 15,000 steps, from 9am until 3.10pm. Many thanks to Vestry House Museum, St. Mary's Church, Walthamstow Wetlands for hosting the students and a big thank you to the 230 and TfL for helping the students to get to the wetlands! There was great DofE practice shown as a group of the students set the pace and prepared the routes! An example of a piece of writing can be seen on the next page by Anna Maxfield.





Walking into a room as a five-year-old is an adventure into the unknown, constantly imagining who lived here and how ancient it is. Continuous analysis of the furnishings and decorations, judging everything in it. However, today was a different experience...

I wandered cautiously into the abandoned catastrophe, a deserted existence that gave a vacant stare into my soul. A dingy atmosphere full of broken walls, broken paintwork and broken dreams. I had never witnessed a room so disconcerting and spine – tingling, which undoubtedly contrasted the captivating and vivid atmosphere I had just left. The homely environment I had just departed from became a gloomy climate which engulfed me in murky and unsettling thoughts. For a moment, I wished to be back in the comfortable and pleasant room where I was surrounded by never-ending love and tenderness.

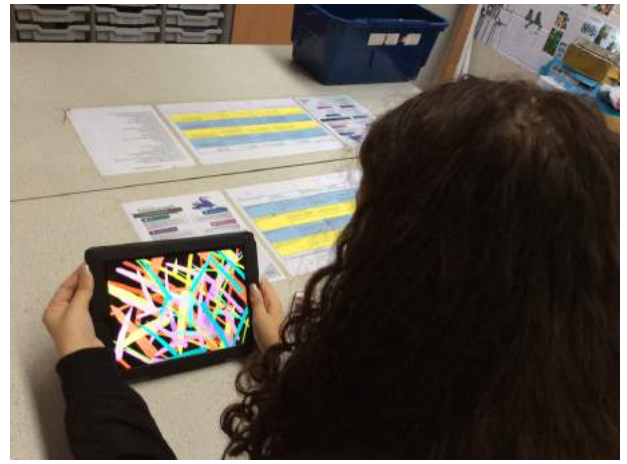
Neglected wallpaper peeled its way off the weathered walls as they became tattered and tarnished and had darkened to a charcoal grey. It was obvious that it had endured a long life without inhabitants or contentment. It was once a busy and radiant place where prestigious sophisticated dinners were held, a cramped claustrophobic and crowded confinement where royals had gathered to greet influential guests. The mahogany table had rusted down to a fraction of the grandness it once held. Before, the table had dominated the room, whereas now it has been disregarded and neglected.

Cobwebs hang off the walls, their owners nowhere to be seen. Withered plants crept their way through the corroded window frames as if they were uninvited intruders. Sharp shards of shattered stained glass sat silently on the ground. I felt so alone, so minuscule in this empty excursion. As I stared into barrenness and desolation, my thoughts focused on the eerie ghosts that still haunted the solitary room. Sauntering round like evil and sinister spirits causing me to feel agitated and panic-stricken. I just wanted to escape this nightmare, frantically trying to be liberated from the abandoned alarming atmosphere aggravating my whole body.

I didn't know whether to scream or whether to cry.

Anna Maxfield

Nikolai Kozin



This week we had an artist Nikolai Kozin visiting year 12 and 13 art and photography students. He spoke about his work, his painted and animated collaborations with artists and musicians - also he introduced students to the Tagtool software he uses for his animations.

He will be projecting improvised animations to accompany spoken word/ music performances at the Tower of London, which is part of the 'Get into the Tower' event for young people this coming Monday 18th February. Students have been invited to attend this event, which would be great for their next project, 'Confines, Borders and Limitations!'. You can get tickets [here](#).



YEAR 11 & 13 TRIP TO THE

SAATCHI GALLERY



BLACK MIRROR EXHIBITION

The first of February each year kicks off the art exam projects for year 11 and 13. This year we visited the Saatchi gallery and had a guided tour of the black mirror exhibition. The themes this year are *Reflection* for year 11 and *Variation and Similarities* for year 13.



Overview of the Exhibition: Black Mirror



John Stezaker



David Herbert



Des Hughes



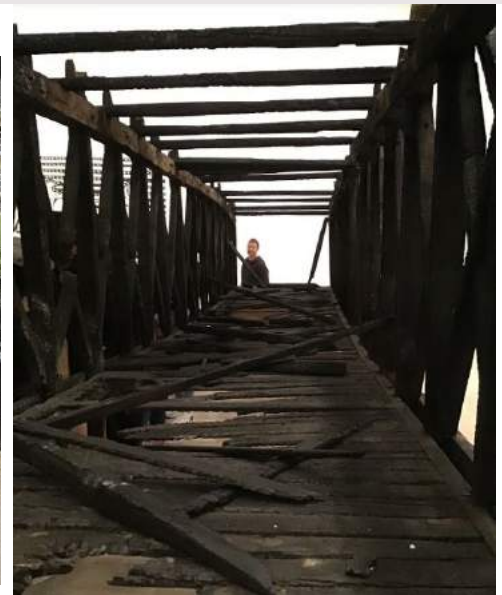
Valerie Hegarty



Steve Bishop

Black Mirror showcases a varied collection of work, which explores a range of collective contemporary and cultural themes. The title alludes to the idea of 'black comedy' and satire, with many of the artists having used humour to explore dark subject matter linked to modern-day politics and society. The exhibition offers a breadth of media and materials to explore, as well as concepts and content. Themes observed within the exhibition include identity, social media, political history, propaganda, idolatry and iconography. From small in size to epic in scale, the variety of work in this exhibition shows how different materials can be used to address diverse ideas, sometimes in the most unusual and provocative of ways. It will likewise offer students from all disciplines of Art and Design an opportunity to engage with a variety of different processes relevant to their own methods of making.

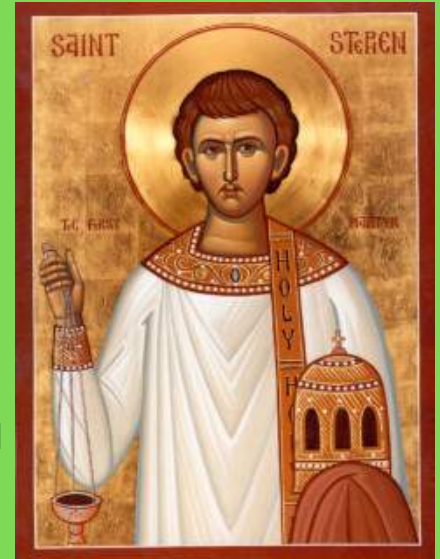
Black Mirror features the work of 26 artists: Simon Bedwell, Richard Billingham, Steve Bishop, Clayton Brothers, Michael Cline, Jessica Craig-Martin, Justin Craun, Aaron Fowler, Gao Brothers, Valerie Hegarty, David Herbert, James Howard, Des Hughes, Scott King, Douglas Kolk, Wendy Mayer, Dominic McGill, Aleksandra Mir, Alejandra Prieto, Ben Schumacher, Anne Speier, Roman Stanczak, John Stezaker, Jade Townsend, Marianne Vitale, Bedwyr Williams.



ST STEPHEN'S HOUSE CHARITY

By Chloe Luz 9S

This year, St Stephen's House Charity is Mind; they are a mental health charity in England and Wales. Founded in 1946 as the National Association for Mental Health (NAMH). Mind offers information and advice to people with mental health problems and lobbies government and local authorities on their behalf. Mind provides advice and support to empower anyone experiencing a mental health problem; they campaign to improve services, raise awareness and promote understanding. They won't give up until everyone experiencing a mental health problem gets support and respect.



Mind empower people to understand their condition and the choices available to them. Their Infoline offers callers confidential help for the price of a local call; their Legal Line which provides information on mental health related law to the public, service users, family members/carers, mental health professionals and mental health advocates. Mind's award-winning publications and website, now certified by the Information Standard.

The money donated help Mind send essential information booklets about mental health to 40 people, this is acted upon with the help of just £10. The amount of £40 donated could pay for 28 people to campaign on our behalf; £70 can keep their online community Elefriends, open and safe for two hours. The money donated could offer a lifeline to eight people in desperate need of support from Mind's legal line with the help of £120; £300 can support a young person bereaved by suicide to access 1:1 and group support. £200 could help them keep the Mind info line open for 1 hour helping 35 people. If some people donated money that would all add up to £550, it would provide five people struggling with their mental health a place in a 10-week wellbeing group with team sports and cookery.

7S have already held a bake sale which altogether raised £70. However, there are many more activities to come. We are aiming to raise £500 altogether this year so that we can show how much we appreciate this charity.



Chaplaincy Corner

MRS. GRIERSON

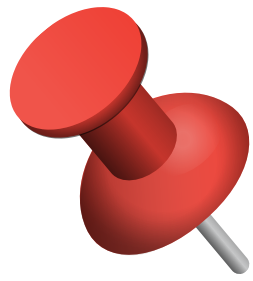
Continuing our theme of Creation, this week both the Justice & Peace group and Peace Club took part in the Climate Coalition's Valentine campaign Show the Love, starting new climate conversations and making and sharing green hearts – for all the things we want to protect from climate change.

Whilst the lower site Peace Club made green hearts, the upper site Justice & Peace Group challenged themselves to change their own behaviour and sent these challenges to local MP, Stella Creasy, along with a green heart badge. Challenges included walking more, recycling and reducing waste; we all have the power to show the love for the places, people and life we want to protect from climate change.

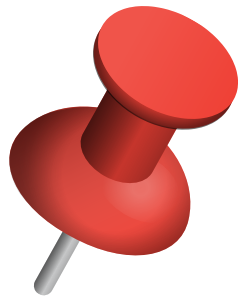


Climate change affects our health, our homes, our heritage and our beautiful landscapes. It ruins the work we do to fight poverty and to lead better lives. Things are urgent NOW. We need to work together to go further, faster to end climate change. As Catholics we have a responsibility to treat our home with respect by leading the way, taking responsibility and forging new habits. We can call on politicians to go further and faster with emissions cuts.

A mustard seed; small enough to hold in the palm of your hand. Yet, Jesus tells us that this precious little seed is like the kingdom of Heaven. We ask the Lord our God to open our eyes to the wonders of creation, and we offer our hearts in hope that all things may flourish.



NOTICES



Midday Vacancy - Wiseman Site

We have a vacancy for a midday assistant for our Wiseman site.

6 ¼ hours per week – Monday to Friday. For more details please [click here](#).



Return to School

We return to school on Monday 25th February,
8.40am
Week 2



Breakfast!

Don't forget free breakfast is available each morning for all students, 7.45am - 8.30am in both canteens

BAGEL X BITES

FREE BAGELS EVERY MORNING ON BOTH SITES

7.45AM - 8.30AM

Skipping Breakfast could stunt your growth

One contributing factor to growth in teenagers is proper nutrition. Teenagers require adequate amounts of vitamins A, B, C and D and calcium, magnesium, phosphorus, potassium, iron and zinc otherwise stunted growth can result in short stature, delayed development and poor weight gain.

- Vitamin A - Is necessary for proper eye and immune system development and plays an essential role in skin and cell health
- B vitamins - Are involved in the health of most bodily systems
- Vitamin C – is needed for bone, gum, tooth and blood vessel development
- Vitamin D – is necessary for proper calcium absorption
- Calcium – one of the most important minerals for growth during the teenage years because it is essential for bone and tooth development
- Potassium – involved in the nervous system and muscle function, which can influence growth
- Iron – a lack of iron can cause iron-deficiency anemia, a condition that impairs the ability of red blood cells to transport oxygen around the body. This can cause fatigue, weakness, shortness of breath and stunted growth.
- Zinc – is directly associated with growth.





OneClickHomes

OneClickHomes working in conjunction with



Holy Family Catholic School & Sixth Form
ASPIRE TO THE HOLY FAMILY WAY

We are donating **£1000** for every sale and **£250** for every Let we complete to Holy Family Catholic School & Sixth Form.

OneClickHomes are a local estate agency celebrating our 10th year of trading. The directors at OneClickHomes were all born and raised in the local area, we are products of the local education system, who we feel played a crucial role in helping make us the people we are today.

"Our Community" incentive plan.

In celebration of our 10th anniversary, we wanted to give back. We are aware of the difficulties schools are facing with cutbacks and so we came up with the "Our Community" plan as a small way in which we can help make a change.

It is our objective to help improve what we see as a vital cog at the core of our community – helping the schools to create more future business leaders.

OneClick Homes will donate **£1,000** for every sale completed and **£250** for every let agreed via property owners connected to our schools.

We are honoured to play a small part, alongside yourself and Holy Family Catholic School & Sixth Form, in giving back to and supporting our community.

Tony Varghese
Sales Director

tony@oneclickhomes.co.uk

DD: 020 3640 3213

- 1** Call us on **020 8556 1212** and arrange a valuation for your property and quote **"1HolyFamily"**
- 2** Formalise the valuation and instruct us to market your property for sale or rent.
- 3** Once we complete the sale or letting of your property we will make a direct donation to Holy Family Catholic School & Sixth Form.

St Patrick's Night Ceili

HCPT group 161 are hosting a St Patrick's Night Ceili - to raise funds for their Easter pilgrimage.

**Saturday 16th March
Holy Family School -
Wiseman site, Shernhall Street**

**Live music from The Thumping Tommys
Irish dancing,**

**£10 Adults Food £5 Children
 Bar**

...and lots of fun!

To reserve tickets call

Peter Norman on 07976 41 96 80.



All Ability Cycling Club



Lloyd
Park

Thursday
21st
February

10am -
12pm



FREE cycling session for adults and children living in Waltham Forest

Contact www.bikeworks.org.uk for information or to make a booking

**WALK
CYCLE
ENJOY**



MAYOR OF LONDON



ROCKIT! GUITAR DAY

Saturday 9th March, 11am – 2pm

Held at Waltham Forest Music School
at Walthamstow School for Girls
E17 9RZ

Experience playing
in a rock & pop band,
prepare a performance,
improvise, make some noise,
annoy the neighbours &
generally rock out
at this one day workshop.

For young guitarists, bassists,
drummers and singers of at
least Grade 1 standard.

Book your FREE place at:
<https://rockitguitar.eventbrite.co.uk>

Photography Competition!

Open to all students!
Email Miss Gaynor for more
details

Introducing

THE NATIONAL SCHOOL PHOTOGRAPHY AWARDS 2018/19

by **fse**design in partnership with  **Manfrotto** proven professional **FUJIFILM**



Prizes include:

- Cameras & Accessories
- Photography day for your school
- Work Experience with Professional Photographers
- and more!

Pick your category:

- Post 16 - Next Steps
- Secondary - Our Changing World

Closing date for entries: *March 2019*

Winners announced: *April 2019*

For more information on themes, judging & how to enter visit
www.fsedesign.co.uk/nspa



Literacy for Life



The **National Literacy Trust**, is pleased to announce that entries are now open for the ninth year of the annual national creative writing competition.

Entries close on 18 March 2019. Full details can be found at www.WickedYoungWriterAwards.com

PRIZES for Wicked Young Writers

All winners:

- Win four tickets to see the London production of *WICKED* at the Apollo Victoria Theatre.
- Meet cast members after the show along with an exclusive backstage tour.
- £50 worth of books/eBooks tokens to spend.



Other prizes for each category:

5-7 also win:

- A creative writing workshop for your class
- £100 worth of books for the winners' school library donated by Hachette Children's Group.

8-10 and 11-14 also win:

- £100 worth of books for the winners' school library donated by Hachette Children's Group.
- An annual subscription to *First News*.

15-17 also win:

- A writing masterclass with a professional author

18-25 also win:

- A self-publishing package from Spiderwize, to publish your very own work.

FOR GOOD: Award for Non-Fiction also win:

- Work experience at First News newspaper, shadowing the editor Nicky Cox, MBE.

Schools' prizes:

- The 3 schools that submit the most entries also win a creative writing workshop

All finalists' entries get printed in the *Wicked Young Writer Awards* anthology.



In the fiction categories, any creative writing will be accepted. You can write a **story, play, or poem**.

If you prefer to write **non-fiction**, you may like to enter the Wicked: For Good Award for Non-Fiction and write an **article, essay, biography, review or letter**, to name a few!

GOOD LUCK!

There are six Award categories:

5-7 years old • 8-10 years old • 11-14 years old • 15-17 years old • 18-25 years old
15-25 years old For Good Award for Non-Fiction

RULES

- **750-word limit** (not including the title words)
- Entrants must be aged between 5-25 years old when entering the *Wicked Young Writer Awards*
- Entries can be hand-written or typed
- Writing must be original and your own ideas
- Judges criteria: originality, narrative, descriptive language, characterisation.
- Students must include their name, surname and age on the entry form
- Open to UK residents only

Entries close on 18 March 2019.



Entries close on 18 March 2019.

Now in its 9th year, the *Wicked Young Writer Awards* is a chance for young people aged between 5 and 25, to write about absolutely anything! It's your chance to get creative and write on **any theme that interests you**. Be unique! We want to hear your voices through original writing and stories.

Both online and postal entries require an online submission form, accessible at <https://www.wickedyoungwriterawards.com/submit-your-entry> and under 18s must have parent/guardian approval (on the online form)





Did you know...

A new feature coming to
Family Matters

Leave your mark

*We know how well you do
in school, now we want to
know about your
achievements outside of
school!*

SUPER

*Do you play for a sports team?
Or have an interesting hobby? Maybe you're
part of a club or you've won prizes?
We want to hear all about it!*

Email Miss Gaynor:

ms.lgaynor@holyfamilycatholicschool.co.uk