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Issue 23 Friday 7th March 2019

"I tell my story not b<mark>ec</mark>ause it is unique, but b<mark>e</mark>cause it is not. It is the story of many girls" Malala Yousafzai

# International Women's Day 2019



Cont. Pg 19-20

On International Women's Day we celebrate the successes of our students!



Cont. Pg 9



www.holyfamily.waltham.sch.uk



# HEADTEACHER'S MESSAGE

We held services on both sites to mark Ash Wednesday and these included the distribution of ashes to staff and students. Lent is a time of prayer, fasting and almsgiving. We often think of giving something up - chocolate, cakes or meat for instance. However, we encourage all our students to also make a positive contribution during this time. We have been discussing with every form group a list of 40 ways in which each student can contribute to Lent. For example, by thinking about all the things they are grateful for in their life, by thanking those in their families who look after them,, by picking up litter if they see it around the school, or by talking to someone who may be lonely. These are all little things - small acts of kindness - but together they mean a lot. There will also be lots of charitable fundraising going on during Lent too so watch out for details of this in Family Matters and thank you for your support.

### School Funding

I'm sorry to report that the school funding situation is not getting any better for our school, or indeed all the other schools in the borough. Changes in the local funding formula have reduced the amount of funding we receive as a split-site school - the only truly split-site secondary school in the Waltham Forest. We were very disappointed with this decision. Split-site schools are more expensive to run because there is a duplication of facilities - two sets of office and reception staff, for example and additional costs for cleaning, caretaking, technician support because a two site school is less efficient to run than a single site school. This is not making life any easier for us.

We are working hard to raise additional finance (and our lettings have been helpful in this regard) but the fundamental point remains: schools receive less money per student in real terms than they did five or ten years ago. The government tell us that there is more money than ever before in education, but this is disingenuous at best and all schools are facing harsh times. It is difficult to maintain the breadth of curriculum and the range of support services we all want to see and which our children deserve. I have communicated these concerns to the government as have many other headteachers and others concerned with education and encourage everyone to do so too.

# HEADTEACHER'S MESSAGE

Please contact your MP and ask them to continue to raise the issue of school funding in parliament.

www.theyworkforyou.com is an excellent way of contacting your MP and provides advice and guidance on how to do this.

The three MPs who cover the borough of Waltham Forest are John Cryer (Leyton and Wanstead), Stella Creasy (Walthamstow) and Ian Duncan-Smith (Chingford)

### **Aquinas Trust Service**

On Thursday 14th March we have our annual service for the students of all the different schools in the Aquinas Trust, our local federation of Catholic schools. Students from yr 2 to Yr 13 attend this service. This year the service will be a Service of the Word, led by Deacon Alan Mair, who is a member of staff at Trinity Catholic High School. The service will be in the parish church of Our Lady and St George on Shernhall St. We are holding a service of the word because our deanery clergy themselves have a retreat day next Thursday and so are not available to say Mass for us.

**Yr 7 places for September 2019** We have a small number of places available for Yr 7 students in September 2019. Please ask anyone you may know who is interested to contact us about this via the school office.

### 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



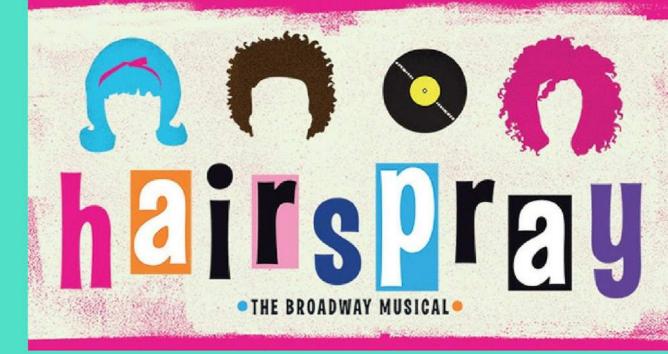
# Headteacher Commendations

This week we have commendations for some excellent Yr 7 students. They all worked tremendously hard on their geography projects and delivered outstanding presentations to their class and me on Tuesday of this week. The students were nominated by their teacher, Ms Schmidt. They are: Atara Anderson, Ozge Aytun, Jackie Collett, Gabrielus Jonusas, Grace Price and Pavaram Yogarajah. The best two projects were those of Atara and Grace.

Well done to them all!

### HOLY FAMILY PROUDLY PRESENTS





TICKETS ON SALE NOW

#### GET YOUR TICKETS FROM THE SCHOOL OFFICE

WEDNESDAY 13TH MARCH THURSDAY 14TH MARCH WISEMAN SITE HALL 7.00PM

# YEAR 11 FUTURE ASPIRATIONS MARIE-GABRIELLE GBONDO

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

### What are your goals/ aspirations for the future?

While speaking to Marie-Gabrielle, I discovered many of the exciting things she would like to do in the future, such as her travelling aspirations. "Something I have always aspired to do in the future is go travelling, I have always considered taking a gap year to travel to places such as Thailand, India, South Africa, Australia and Greece with a friend. During my travelling, I would love to volunteer and help out as much as possible, for example, I would like to help with the South Africa HIV crisis by caring and educating people. In addition, I would wish to help with the poverty going on in India by offering care and helping out as much as I can."

### What are your short-term future aspirations?

In the short-term future, I found out about Marie-Gabrielle's decisions for Sixth Form as well as up coming events in which she has applied for. "I would like to take Geography, Politics and Economics at Sixth Form. I have applied to take Geography because of my passion for it, I am currently studying it at GCSE, and believe that it is a subject which can open many opportunities for me. Politics is a subject I have decided to chose as I am currently a member of the Labour Party and I have a keen interest in politics. Finally, I would love to take Economics as I have a keen interest in globalisation and what goes on around the world in terms of economy, for example, currently I have shown particular attentiveness towards the economic crisis of Venezuela. I have also applied for the upcoming Dominica trip as I believe that I will gain a lot experience from it and it ties into my future goals "

The Future

### Where do you see yourself in five years' time?

"In five years', time, I can envisage myself at my first year of university, studying a Law degree. I have always wanted to take a degree in law due to my successful talent in debating which has been showcased during a speech I performed at the House of Lords chamber's event. As well as that I believe it will help me in my future career of becoming a barrister."

# SOCIAL MEDIA CATCHUP



Holy Family Waltham @HFCSWaltham

St Joseph's year 6 pupils visited us this morning, they took part in Science experiments with Mrs Baxter, their teachers and some 6th formers #aspire



Tweet your reply



### @hfcswaltham



### @hfcswaltham







hfcswaltham We are enjoying @fairtradeuk fortnight here at Holy Family - today we had a hot chocolate sale and gave our students the opportunity to try some lovely Fairtrade chocolate!

2 DAYS AGO





# SOCIAL MEDIA GUIDE

WhatsApp is one of the most popular messaging apps in the world, with more than 1.5 billion people in more than 180 countries using it to send and receive text, photos,

ideos and documents, as well as make voice and video calls through an Internet or Wi-Fi connection. The free app offers end-to-end encryption, which means that messages can only be read by the sender and the recipient in one-to-one chats, or all members if it is a group chat. Not

even WhatsApp can read them.



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#### AGE LIMIT CHANGE

nce May 2018, the minimum age for using WhatsApp is 16 ars old if you live in the European Union, including the UK. for to this, the minimum age was 13, which still applies for rest of the world. WhatsApp has not yet stated whether it I take action against anyone aged between 13 and 16 who ready hold accounts under the old terms and conditions, the action is their accounts under the old terms and conditions, as closing their account or seeking parental pe

#### SCAM MESSAGES

ccasionally on WhatsApp, people receive spam messages from unauthorised third parties or from fraudsters restending to offer prizes to 'lucky people' encouraging cipients to click on a link to win a prize. A common scam opens to circle and this to win a prize a common scan polyes messages warning recipients that their WhatAp ubscription has run out with the hope that people are uped into providing their payment details. Other scam essages include instructions to forward the message in rn for a reward or gift from WhatsApp or another perso

#### FAKE NEWS AND HOAXES

WhatsApp has been linked to enabling the spread of dangerous viral rumours. In India, for example, a number of attacks appear to have been sparked by false rumours shared on WhatsApp

### THE 'ONLY ADMIN' FEATURE AND CYBERBULLYING

Cyberbullying is the act of sending threatening or taunting text messages, voice messages, pictures and videos, with th aim to hurt and humiliate the receiver. The group chat and group video call features are great for multiple people to ch simultaneously, but there is the potential for people to huu others with their comments or jokes. The 'only admin' featu of the subject of the subject to t ves the admin of a group chat g send messages. Whilst this ca nnouncements, the group adm in be good for one-way hin has the power to blo

omebody from responding to an o which could result in a child being u

#### **CONNECTING WITH STRANGERS**

Anyone who wants to tag along is more than welcome

- NAME

h

RESTRIC

CONNECTING with the mobile To start a chat in WhatsApp, you need to know the mobile number of the contact you want to speak to and they also to have the app downloaded. WhatsApp can find contact accessing the address book of a device and recognising w of those contacts are using WhatsApp. If your child has sh-their mobile number with some- body they don't know, the use it to get in touch via WhatsApp.

#### LIVE LOCATION SHARING

WhatsApp's 'Live Location' feature enables users to si current location in real time to their contacts in a chat



#### **CREATE A SAFE PROFILE**

n though somebody would need your child's phone num o add them as a contact, as an extra security measure w ggest altering their profile settings to control who can s otions to choose from are Contacts' and 'Nob

#### EXPLAIN HOW TO BLOCK PEOPLE

ur child has receive

#### **REPORT SCAM MESSAGES**

dvise your child not to tap, share or forward any message that looks suspicious or sounds too good to be true. When your ild receives a message from an unknown number for the first time, they will be given the option to report the hursh pam directly inside the chat. They can also report a contact or a group as spam using the following steps: 1) Open the chat. 2)Tap on the contact or group name to open their profile information. 3) Scroll to the bottom and tap 'Report Spam.'

#### **LEAVE A GROUP**

your child is part of a group chat that makes them feel mortable or has been added to a group they don't want to art of, use the group's settings to show them how to leave, heone exits a group, the admin can add them back in once If they leave again, they cannot be added again.

#### USING LIVE LOCATION SAFELY

If your child needs to use the 'Live Location' feature to share ith you or a friend, advise them to only share it for the amoun of time they need to. WhatsApp gives the options of either 15 minutes, one hour or eight hours. However, your child can choose to stop sharing at any time.

for Parents

DELETE ACCIDENTAL MESSAGES your child has sent a message to the wron r if a message they sent has contained a mi they can delete it. To do this, simply tap and the message choose 'Delete' and then 'De nessage, choose 'Delete' and then 'Delete for one.' The app allows seven minutes to delete the sage after it has been sent, but it is important to er that recipients may have seen and screensho that recipients may have seen and message before it was deleted

SET TIME LIMITS A 2017 study found that by the age of 14 the will have sent more than 35,000 texts, 30,00 messages and racked up more than three so video chat. Although it is inevitable that you technology work on a till act homewhere Till ogy, you can still set b ially since teens

© National Online Safety Ltd

e always check with the app's support infor s are addressed. lefinitive guide

#### www.nationalonlinesafety.com

# **SPORTS UPDATE**



Second netball game of the season and a second win for year 7. Playing with confidence from their win last week , the girls gave a great team performance beating Lammas 7-5. For the second week in a row Tiara Davies was named POM after dominating the centre court. Fabulous.

# **SPORTS UPDATE**

On Tuesday 5th March Holy Family sports leaders assisted at the borough Primary football event held at Goals, Chingford . They all did a great job, refereeing matches and being fabulous role models for the younger children .



# MEET THE FAMILY DR. WILKINSON SEN/RE TEACHER



Who or what inspired you at school? My RE teacher.

Where did you study?

University of Wales, Aberystwyth. Institute of Education University of Hertfordshire Open University.

Have you always been a teacher?

Have worked in numerous positions, including Administrator, Office Manager, Archivist, Palaeographer.

### Why did you want to become a teacher?

I wanted to show children how important it is to explore the world of education because I learned the hard way.

If you hadn't become a teacher what other career would have interested you? RSPCA Inspector What has been your most embarrassing moment in school? I was convinced I was on the correct site – but I was not!

What three words would your students use to describe you? Firm Fair Funny

What would be your desert island book/ song/film? Film: How to Train Your Dragon.

Tell us something about yourself that most people wouldn't know? I love swimming, especially in the sea.

What would you be on University Challenge or Strictly Come Dancing? University Challenge: Quiz Master (I am not very good at answering quizzes.)

What's the best thing about working at Holy Family? Being accepted for who I am.

# SIXTH FORMERS MAKE THE SEMI FINALS FOR THE TMT SCHOOL CHALLENGE



Deloitte approached our media department to ask us to work alongside them to represent the gaming industry. The aim of the project was to devise and pitch their own game which can be used through an Alexa speaker; accompanied by an app.

Four of our sixth formers Marcin, Davina, Peace and Max worked with Deloitte weekly to create a pitch and original game. The concept they came up with was a family game called 'Yee haw'. A smart speaker family orientated gaming app that comes with a companion app available on a mobile device. They had a criteria which they had to adhere too and use as a guide to create the pitch. As group they worked well together and created a USP.

In a decade where technology has wrapped and trapped individuals away from their families. Rejoice as Yee Haw aims to bring the fun back to family orientated time, with the ability to compete with other families across the globe, Yee Haw the family time game. This was their closing statement

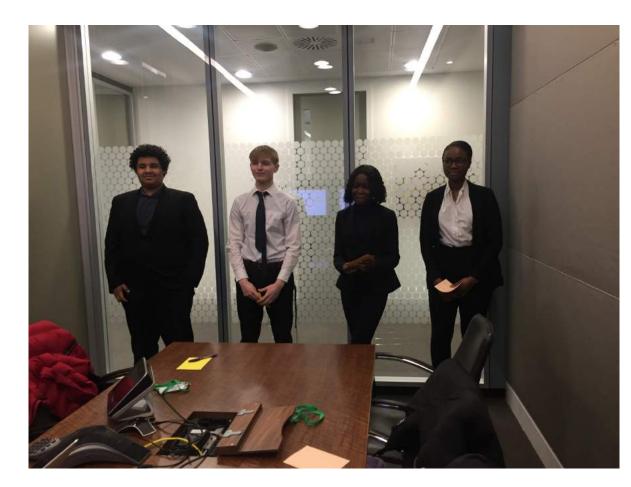
On the day of the pitch they rehearsed and met the associates at Deloitte. They had to pitch their idea through skype with big competitors watching. Holy Family school was against 10 other schools and only three would make the finals. It was very competitive however they represented the school outstandingly and professionally. Once the pitch was complete they were asked several questions and again answered them exceptionally. Deloitte was very impressed with their knowledge and degree of professionalism throughout this process. Although we did not make the final I am extremely proud of the students and how they represented our school. It was great opportunity and we received positive feedback.

Judges from Deloitte; I'm sorry that Holy Family didn't make it through. I personally thought the students did really well and should have gone all the way to the finals, so a huge thank you to them and to you as coaches for putting so much thought and effort in, especially as all of you were new to the event.

Deloitte have given the students links for future careers advice and also contacts for when they complete their education.

Thank you to Deloitte and the coaches for this opportunity it was great experience and the students learnt a lot from this process.

Mrs Belgrave



# Careers Week

Careers week got off to a flying start at Holy Familywith a visit from Oxford University'sOutreach & Schools' Liaison Officer, Dan Pugh-Bevan. Dan delivered sessions to year 8 & 9 pupils onthe importance of subject choice. Pupils were stunned to learn that they were over 5 times more likely to be accepted for a Languages degree than Economics, but that both can lead to careers in finance! Dan emphasised that it was more important to choose a subject that you love, and will perform well in, rather than going after what you 'think' employers want.

Prospective lawyers take note -Slaughter and May, one of the 'Magic Circle' of law firms, employ solicitors who studied 126 different degree courses, including history, biology, languages, psychology and chemistry."Firms look closely at how you've performed in each module of your undergraduate degree," says Elizabeth Cope, head oftrainee recruitment at Freshfields Bruckhaus Deringer."So it's better to get high marks in a subject you enjoy thanlower marks in something you're not interested in." It is even possible to become a doctor after studying subjects other than medicine!

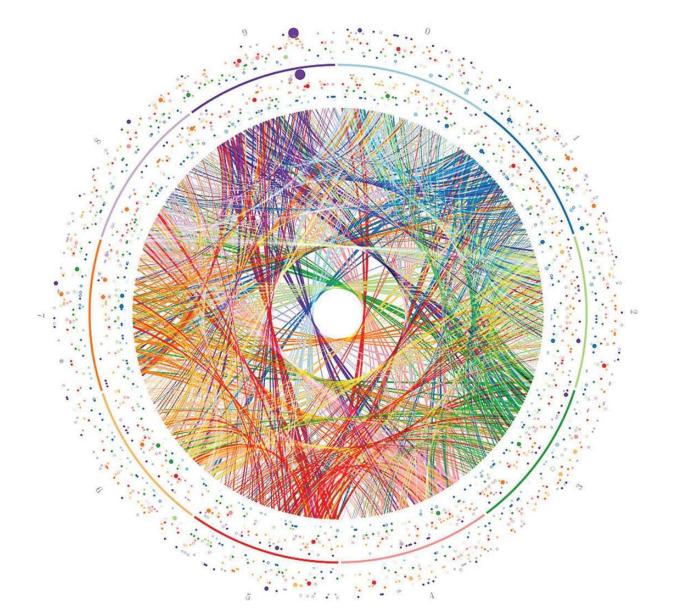


# Careers Week

KS4 & KS5 choices are very important, as these can either facilitate or prevent you from studying certain courses at the next stage. Pupils preconceptions about what will help them were shattered - to become a fundraiser, essay subjects were more helpful than business! It's important to think through these decisions carefully, and receive advice and guidance from teachers and other professionals. "Choosesubjects that you love" says Mr. Keers, "work hard to achieve outstanding outcomes, and you will be able to achieve your aspirations!"







### $\pi$ Day: March 14th

Pie Bake sales - Upper Site Thursday 14th March Pi Off House Competition - In Year Assembly Pi Numeracy Morning - Every Morning Whole School Manga High Competition - All Week Pi Themed clubs - All Week Staff Pi Quiz - Dingbats Quiz: Prize for the winner Sixth form Pi activites - All Week



Congratulations for being exceptional students and contributing to the Holy Family Way!

> This week we have: Ted Trivuncic 7A Cameron Hinds 7E Wiktoria Matejek 7EL Athena Savva 7I Perry Kwarteng 7P Giulia Distefano 7R Catherine Cabanatan 7Ri Tony Dandoczi 7S

### A day in the life in ITS

On 1 March, we welcomed students from Holy Catholic School in Walthamstow to share the diverse range of careers technology can offer. They toured our offices and listened to our ITS and SSO colleagues share their personal career stories, as well as stopping by the Film Studio to have a go at creating a live news broadcast.



A big thank you to everyone who made it a fantastic day for the students, especially to Jack Breen, Vinod Dabasia, James Proud, Jim Meakin, Mark Cooper and Shiraz Adam for sharing your career stories in your respective areas. We received some great feedback from the students who felt the day really opened their eyes on the career opportunities in ITS.

My Kung-FU Fourney **Christina** Onyeche





My name is Christina Onyeche, I am 12 years old, and I am in Year 8 at Holy Family School. I also belong to the Henglong Wushu KungFu Club. This club brings me so many opportunities and it is great to learn about martial arts, what it means, and its culture. As a student you learn a lot of selfdiscipline, as well as some selfdefense. I've been training, performing and competing for the club for 6 years, and am preparing to grade for my DAN 5 (Level 5).





The people at my club are kind, and the environment that we train in is very comfortable. My teacher, Master Lin, pushes everyone to their limits which explains why I've improved so much. We train 4 times a week for 2 hours, and each time I appreciate these lessons. Some people may think that Kung-Fu is made for fighting but it is also helps to strengthen your body, keep it flexible and help you stay in good shape.

This February, I went to Spain to do multiple Kung-Fu performances and to demonstrate our form of Kung-Fu: Shaolin and Wushu. On our return to London I met the Mayor of Waltham Forest, and many other guests.

We performed our Chinese New Year show and helped them to understand the type of Kung-Fu we practice, and what it means.

As a team we have travelled to China to compete. I won 2 gold medals, 1 silver and 2 bronzes. We also visited the Great Wall of China, and learned more about Chinese culture. This recent trip to Spain was the second time I had visited there with my team and my family.



During my time training, I learn lots of new things that always benefit me later on. My biggest role models are my Master Lin and Jackie Chan. They never gave up, and worked hard to succeed. I really enjoy learning my martial arts with the people I love and I hope to keep on learning, and to keep benefitting in the future.



# MFL CORNER

# OSCARS 2019



### Quels sont les résultats ?

L'Académie américaine du cinéma a révélé ses Osca<mark>rs 2019 hier soir à la télévision. Qui a gagné ?</mark> Y a-t-il eu quelques surprises ?

Deux films ont chacun reçu trois Oscars.

Green Book a reçu l'Osca<sup>r</sup> de meilleur film et de meil<mark>leur scénario original pour</mark> l'histoire d'un pianiste noir qui a lieu dans le sud racis<mark>te des États-Unis.</mark> L'acteur qui joue le pianiste, Mahershala Ali, a reçu l'Oscar du second rôle masculin.

Le film mexicain Roma a reçu l'Oscar de meilleur film étranger et de meilleure photographie. Alfonso Cuaron a obtenu l'Oscar du meilleur réalisateur. L'Oscar de la meilleure actrice a créé la surprise. C'est Olivia Colman qui l'a obtenu pour son rôle dans The Favourite. Chez les hommes, Remi Malek a été distingué pour son interprétation dans Bohemian Rhapsody. Pour la première fois, trois Afro-Américains (Mahershala Ali, Regina King et Spike Lee) ont reçu des Oscars lors d'une même édition...

T'intéresses-tu aux récompenses comme les Oscars ? Pourquoi (pas) ? Que penses-tu du palmarès ? Pourquoi ? Penses-tu que le cinéma fait assez de place aux femmes ou aux minorités ? Pourquoi (pas) ?

# MFL CORNER

## PREMIOS OSCAR 2019



### ¡Los resultados!

La Academia de Artes y Ciencias Cinematográficas dió sus premios de 2019 el pasado domingo 24 de febrero. ¿Quiénes ganaron?

Green Book obtuvo un Oscar a la Mejor Película.

Cuenta la historia real de un pianista afroamericano en los Estados Unidos. El actor Mahershala Ali ganó en la categoría de Mejor Actor de Reparto.

Roma, una película sobre el México de los años 70, recibió el Oscar a la Mejor Película Extranjera. Su director, Alfonso Cuarón, obtuvo el Oscar al Mejor Director.

Entre las actrices, hubo una sorpresa: Olivia Colman ganó el Oscar a la Mejor Actriz por su papel en The Favorite. Remi Malek ganó el Oscar al Mejor Actor por Bohemian Rhapsody. Su premio no fue una sorpresa.

Otro momento importante de la noche: tres afroamericanos recibieron Oscars. ¡Es la primera vez en una misma edición!

### ¿Te interesan los Oscar? ¿Por qué (no)? ¿Qué opinas de los ganadores? ¿Por qué?



### FREE BAGELS EVERY MORNING ON BOTH SITES

### 7.45AM - 8.30AM

### **Healthy Eating Tips for Teens**

Build up your bones – teenagers need high amounts of calcium because bones are growing in size and density. The best sources of calcium include:

- Dairy products such as milk, yoghurt and cheese
- White and brown bread and bagels (in the UK, calcium is added to flour by law)
- Calcium fortified dairy alternatives such as those made from soya (very important if you are vegan and don't eat dairy products)
- Calcium fortified breakfast cereals
- Dark green vegetables
- Fish that is eaten with the bones (eg whitebait, tinned sardines or salmon)

# 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,

Food£10 AdultsBar£5 Children...and lots of fun!

To reserve tickets call Peter Norman on 07976 41 96 80.

# TECHNOLOGY GIVE IT UP FOR LENT!

REDUCE YOUR SCREEN TIME FOR LENT AND START RECLAIMING THOSE LOST HOURS. GIVE UP SOCIAL MEDIA, GAMING, OR BOTH



# OUR FIRST EVER HOUSE CHARITY FORTNIGHT MONDAY 18TH MARCH-FRIDAY 29TH MARCH

Each House will compete to raise money for their chosen charity!

WHICH HOUSE WILL WIN?

ASPIRE

#### THOUSANDS OF JOBS FREE ENTRY sttield 5 STRATFORD CITY 15 & SAT 16 MARCH 2019 FRI SPONSORS M&S serco NHS LOVE Health Education England ONDON Barts Health ORKING **NHS Trust** EST. 1884 00 00 CANCER RESEARCH deVere THE CIET CU al London 🔛 Birkbeck **變CASHINO** Bright Horizons. GOURMET L&Q <u>610</u> **Keolis** amey BURGER EAT FCA FINANCIAL Digitar Skills Solutions KITCHEN Coca Cola 推动 THE OMNI GROUP Newham London London Eve PEABODY MERLIN Renaisi Nationa Careers Service b t v Wasabi SEALIFE praesepe DVENTUR SECURITAS RENDALL & RITTNER sushi E bento

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OneClickHomes working in conjuntion 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  $\pounds$ 1,000 for every sale completed and  $\pounds$ 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

Call us on 020 8556 1212 and arrange a valuation for your property and quote "1CHolyFamily"

Formalise the valuation and instruct us to market your property for sale or rent.

Once we complete the sale or letting of your property we will make a direct donation to Holy Family Catholic School & Sixth Form.

