

# FAMILY MATTERS

**SANTA TAKEOVER EDITION!**



HOLY FAMILY CATHOLIC SCHOOL  
NEWSLETTER



*The Season of Advent*



**PHOTOGRAPHY BY KARINA & CHANTELE**



@HFCSWaltham



[www.holyfamily.waltham.sch.uk](http://www.holyfamily.waltham.sch.uk)



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# HEADTEACHER'S MESSAGE

## Quotation of the week

“Once again St. Nicholas Day Has even come to our hideaway; It won't be quite as fun, I fear, As the happy day we had last year. Then we were hopeful, no reason to doubt That optimism would win the bout, And by the time this year came round, We'd all be free, and safe and sound. Still, let's not forget it's St. Nicholas Day” from the diary of Anne Frank.

## St Nicholas' Day

The patron of many groups, cities and countries, St Nicholas is perhaps best known as the patron saint of Russia, of children, of sailors and of prisoners.



St Nicholas is the man behind the widely celebrated tradition of Santa Claus, the well-known Christmas figure. Santa Claus' mysterious nocturnal visits to lavish children with gifts at Christmastime is not a tradition whose origin is lost in the mists of history. It is a tradition firmly rooted in Christianity and in times past it was on

□ St Nicholas' Day that children would receive gifts. Speaking of Santa Claus we've had a fantastic response to our 'design a Santa Claus competition' organised by Ms Gulcan. If you happen to be on the lower site reception area you will see them all on display and they make a lovely, colourful sight.

## Advent

During Advent we arrange for there to be an opportunity for reconciliation for the students on the lower site. It is voluntary to receive the sacrament of reconciliation, but many students availed themselves of the opportunity to speak to a priest and we were very well supported by seven of our local clergy. Our thanks to them all for giving up their time to be with us on Wednesday of this week.

The liturgical colour for Advent is violet or purple and Advent is also a time when many Christians decorate their houses and put up a Christmas tree, a tradition that came to Britain in the Victoria era. The origins of the Christmas tree seem to lie in northern Europe. We have decorated trees up in school and they look very festive. A reminder that our Carol Service takes place on Tuesday 17th December 7pm at the parish Church of OLSG on Shernhall St.

□

# HEADTEACHER'S MESSAGE

## **The general election**

There is no single way for a Catholic to decide how to cast his/her vote, but the Catholic Bishops of England and Wales ask that we consider which party and which policies may most contribute to the common good. How do we meet our obligations to the poor, for example, or how do we vote if we want to see greater social justice, or the rights of all people respected? There's not a single answer to this but, as we have done in school, we would encourage everyone to use their vote next Thursday. We will be voting at Holy Family and we shall look forward to the results almost as much as we look forward to the results of the actual election!

## **Parents' surgery**

Parents' surgery takes place every Thursday afternoon from 4pm to 5pm on the Walthamstow site. If ever, I am not available one of my senior colleagues substitutes for me.

Please continue to remember us in your prayers.

Dr Andy Stone

Headteacher







# *Headteacher* **COMMENDATIONS**

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We have many, many commendations this week I'm pleased to say:

Mrs Heath and Ms Nordon would like to commend **Valentina Viorel 10S** and **Zuzanna Grzybek 10S** for supporting EAL students across the school.

**Vera Vitiv, 10A** is one of our senior Liturgy leaders. She recently assisted a teacher to prepare the prayer and scripture for a year group assembly and she regularly assists the chaplain with upper site Justice and Peace club. Vera was nominated by Mr Norman.



# *Headteacher* **COMMENDATIONS**

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**Nyah Theodore** (8R) has been motivating the rest of the class to be generous in their donations for the Christmas Hampers. Nyah was also nominated by Mr Norman.

In Yr 12 Business Mrs Cesario-Ziten nominates **Mildred Boakye** for being an excellent student.

Ms Schmidt nominates **Katie Sheridan, Marquez Lennon Burrell and Duncan Reyes** for taking part in the student panel interview for Learning Support Assistants.



# *Headteacher* **COMMENDATIONS**

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In PE Mrs Cole nominates the Yr 8 boys sportshall athletics team who won the borough competition and will represent Waltham Forest in the London School Games at the Copper Box in February 2020. They are **Sam Mee, Omari Paul Jones William, Tyrese Agha, Damien Callus, Josiah da Silva and Marcel Winter.**

Ms Skullion nominates **Ryan Angus (7R)** for outstanding effort and excellent attitude in English.



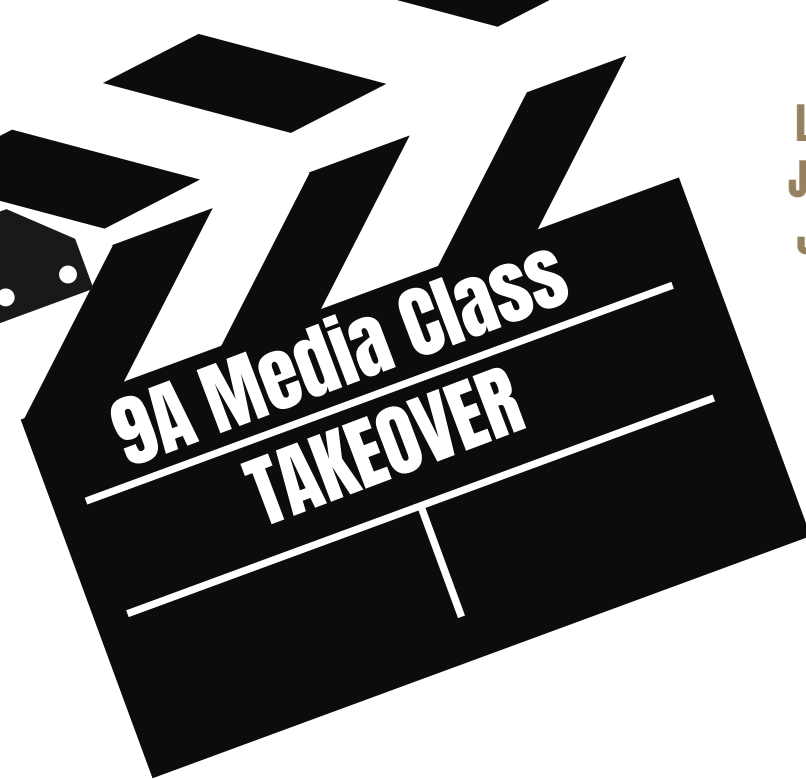
# *Headteacher* **COMMENDATIONS**

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Mr Kwarteng nominates **Amelia Szwedo-Bielicki** (9S) for being an exceptional Design and Technology student with her creative ideas and hard work.

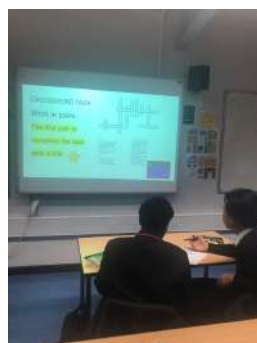
Finally, Mrs Corlett nominates **Elena O'Brien (grade 3) and Zuzanna Grzybek (grade 2)** who both achieved distinctions on their London College of Music Musical Theatre vocal exams last week.

Congratulations to all our commendation winners this week!



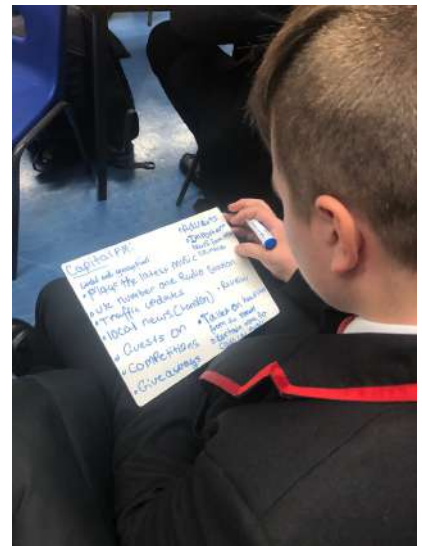
**Daniel Abodunwa, Edem Akator, Bryan Akon, Luke Angus, Nevan Byfield-Price, Ryan Cabral, James Canlas, Ashwin Cherian, Kareem Clarke, Joanna Copa, Luca Da Conceicao, Harry David, Bambo Djabula, Tacyana Ferguson, Kelsey Gyasi-Twum, Arnas Jankauskas, Stacey Kazuma, James Kerr, Exauce Mulamba, Miracle Mulamba, Emmanuel Oppong-Kyere, Shay Radford, Kai Taylor, Sasha Thomas, Myglor Yambuya**

Over the past couple of weeks the year 9 Media Studies class have taken the role of teachers! The task was for students to get into four groups and plan, resource and deliver their own lesson on different genres within their given medium. The groups worked very hard at putting together an hour lesson to deliver to the rest of the class. There were fantastic activities planned, from quizzes, to textual analyses to the use of white boards - it's clear the class took on board effective teaching techniques and embedded them in their sessions!

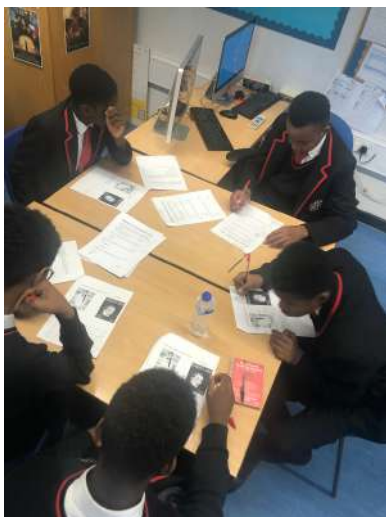
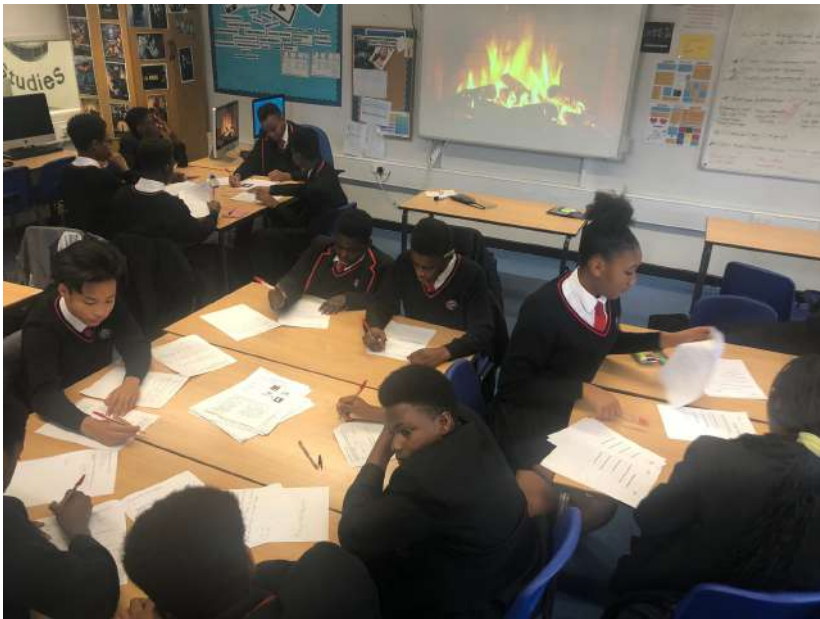




# 9A Media Class TAKEOVER



To round up the sequence of lessons each group had to design an assessment to check that the class had progressed their understanding of different genres in magazines, radio, podcasts, video games and TV programmes. The groups then had the hard task of marking those assessments...and now understand why teachers moan about handwriting all the time!



9A did a brilliant job teaching - I may even let them do it more often! There are definitely some future teachers in the making!

- Miss Gaynor

Taking a back seat while 9A run the show!





# Chaplaincy Corner



*Dear Jesus,  
you entered our world on Christmas as the Prince of Peace. This Advent, as we strive to become the-best-version-of-ourselves, fill us with a deep and abiding peace. Help us share that peace with everyone we encounter, especially those who need it most.  
Amen.*

This Sunday, the second Sunday of Advent, the second purple candle of peace is lit.



The first week of Advent has certainly been busy. On the Walthamstow site, the Peace Club decorated the Christmas tree in Reception. The Christmas tree in the Hall was also decorated earlier this week.

Meanwhile, the Justice & Peace club on the Wiseman site have begun their Advent fundraising. This year we are supporting Crisis at Christmas by selling lollies at break time. The aim is to raise £29 which covers a place in a Christmas shelter for someone currently living on the streets.

The Sacrament of Reconciliation was available to Year 7 this week. We were fortunate to have seven Priests come into school on Wednesday morning. We are very grateful to Fr Francis, Fr Niall, Fr Freddie, Fr Bijoy, Fr John, Fr Jean Laurent and Fr Potian for spending time with our students and helping them to prepare for Christmas.



Our annual  
Carol Service takes place on  
Tuesday 17 December at 7pm  
in Our Lady & St George's Church,  
followed by mince pies and mulled wine. This is always  
an enjoyable event and a wonderful way to begin the  
countdown to Christmas.

May you continue to have a blessed Advent season.



*Holy Family Year of Sustainability – Live Simply Tip No.11*

*If you are planning to buy your charity Christmas cards this weekend, don't forget to check the amount that is actually donated to the charity concerned – consider walking away if the sum isn't a generous proportion of the purchase price.*

*Pope Francis writes in his encyclical Laudato Si #89*

*"All of us are linked by unseen bonds and together form a kind of universal family, a sublime communion which fills us with a sacred, affectionate and humble respect."*

Mrs Grierson, Chaplain





# Christmas Hamper Appeal

**Deadline : Friday 13th December 2019**

It is an annual tradition in Holy Family that hampers are prepared and distributed to the Christian Kitchen at Christmas. This is a homeless charity based in Walthamstow.

The presentation takes place during the Christmas Carol Service which this year takes place on **Tuesday 17 December at 7pm, Our Lady & St George's church**, followed by mince pies and mulled wine.

Your son/daughter will be asked by their form tutor to bring in something from home, such as: mince pies, a bottle of juice, a packet of pasta or spaghetti, pasta sauce, tins of food such as baked beans, soup, fruit, custard, tuna and packets of biscuits, tea and coffee.

Please ensure all items are well within their "use by" date.

THANK YOU



# KEY DATES FOR ADVENT 2019

**Sunday 8th December – 2nd Sunday of Advent PEACE**

**Sacrament of Reconciliation (Confession)**

**Thursday 12th December – Walthamstow 10am-1.20-pm**

**Sunday 15th December – 3rd Sunday of Advent JOY**

**Tuesday 17th December – Christmas Jumper Day / Lower site Christmas Lunch / Carol**

**Service 7pm, Our Lady & St George's**

**Thursday 19th December – Upper site Christmas lunch**

**Thursday 19th December – Carol Singing at Blackhorse Road Tube Station 5-8pm organised by HCPT all welcome!**

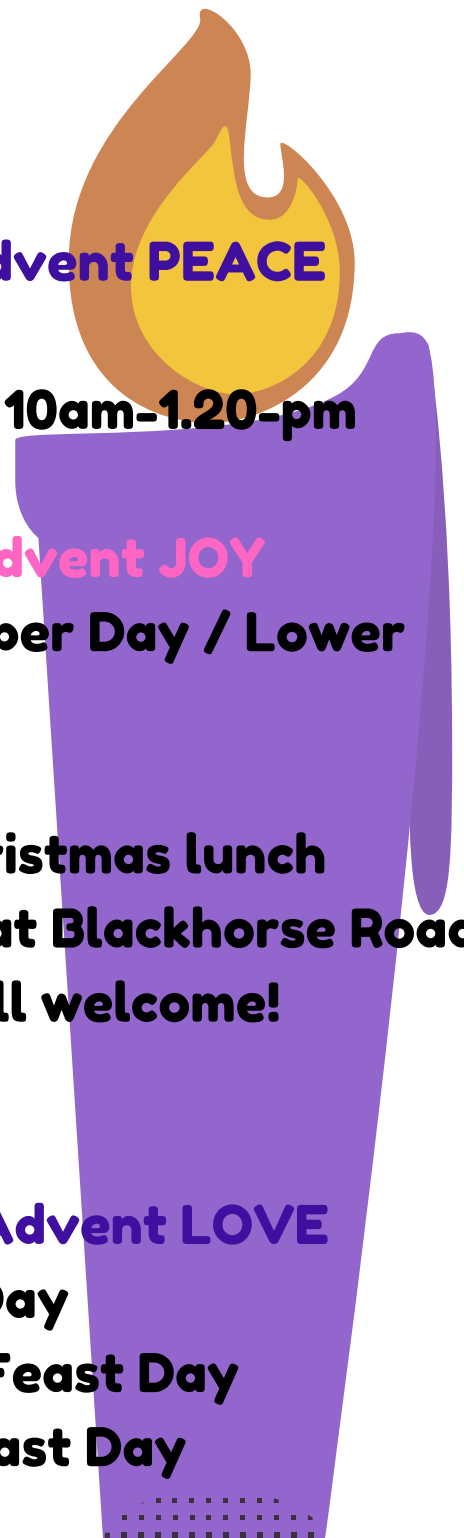
**Friday 20th December – Last day of term**

**Sunday 22nd December – 4th Sunday of Advent LOVE**

**Wednesday 25th December – Christmas Day**

**Thursday 26th December – St Stephen's Feast Day**

**Tuesday 31st December – Holy Family Feast Day**

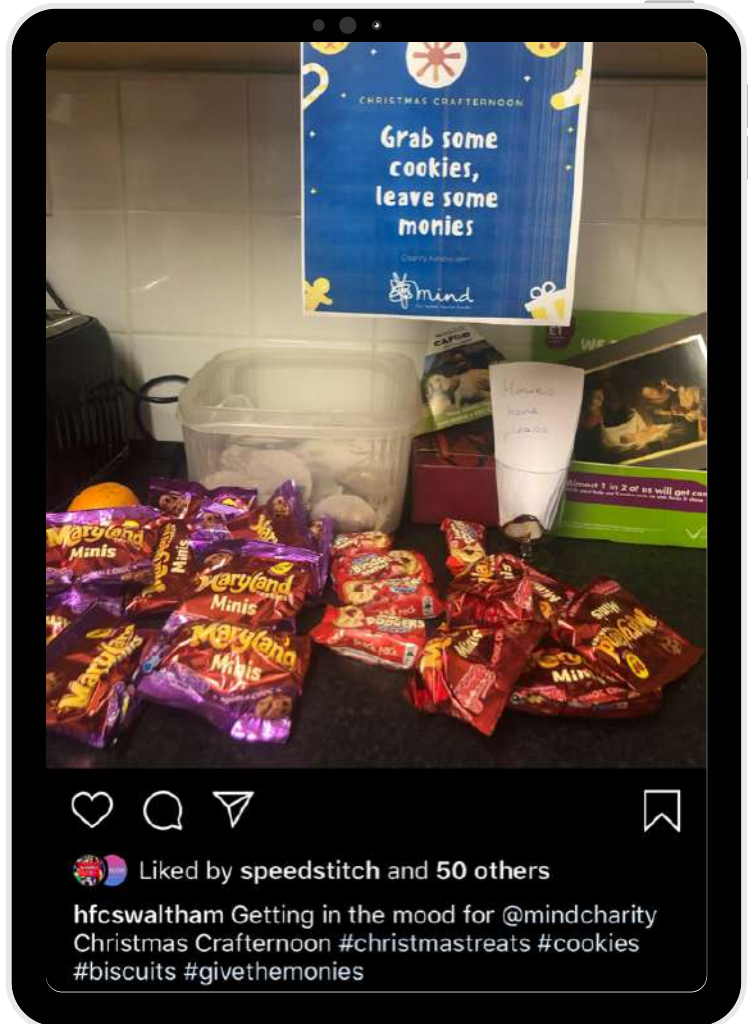
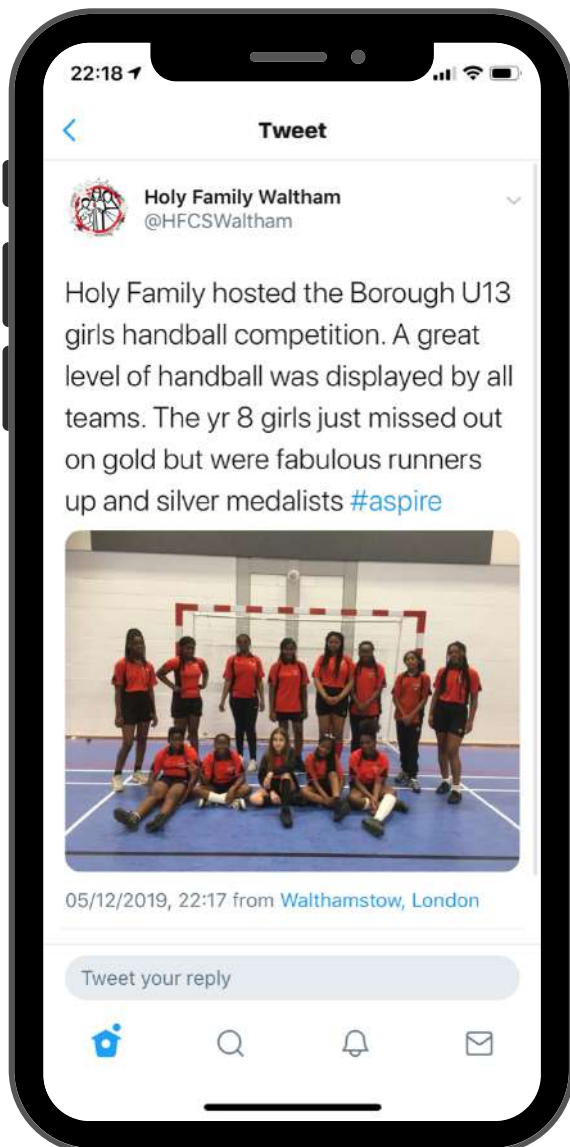




# SOCIAL MEDIA CATCHUP



@hfcswaltham



@hfcswaltham



AGE RESTRICTION  
**13+**



Snapchat is a photo sharing app for mobile phones and tablets. The app allows users to share images, videos and chat with friends. Users can share images and videos directly to specific friends, or through a 'story' shared with their entire friend list, which documents the previous 24 hours. In a study, Snapchat was ranked the 4th most negative app in terms of having an impact on young people's health and wellbeing, with children feeling that they can use the app Snapchat to "make you look pretty."



# What parents need to know about **SNAPCHAT**

## EXPOSING YOUR CHILD'S EXACT LOCATION

The 'Snap Map' lets you share your EXACT location in real-time through a map on the app. The user's location updates when the app has been opened on the device. There is a warning on the Snapchat website about uploading images and videos to 'Our Story,' stating that "snaps you submit to 'Our Story' can still show up on the Map, no matter which location setting you choose." When uploading to 'Our Story,' your child's image or video could appear in "Search results and Stories on or off Snapchat - today or in the future."

## LENS EXPLORER

The 'Lens Studio' on Snapchat gives users the freedom to use their imagination to design their own filters for themselves and others to use. Snapchat states that the lenses users create 'must comply with our Lens Studio Submission Guidelines and must be appropriate for Snapchatters ages 13+.' The 'Lens Explorer' in the app now enables users to choose from thousands of these creations to alter their snaps. Anyone can create a lens for Snapchat, which gives opportunities for age-inappropriate content to be uploaded.

## SCREENSHOTS & SAVED MESSAGES

While Snapchat's gimmick is that all photos, videos and text disappear eventually, users still have the capability to screenshot or record anything which has been sent to them. Users may sometimes forget that screenshotting is possible and send a compromising image or message to somebody who they think they trust. They may also accidentally send an image or message to somebody who they do not trust. Simply by pressing and holding a message, the user is able to save a message they have received, which can be screenshotted or used against them at a later date.

## SNAPSTREAKS & ADDICTION

'Snap Streaks' are gained when snaps have been sent back and forth consecutively between friends. The longer that snaps are sent between users, the longer the streak becomes. Furthermore, Snapchat rewards users who have achieved high Snap Streaks, by gifting emojis, adding incentives for users to keep the streaks. Children invest time into making their streaks as long as possible, which can put an incredible amount of pressure on both themselves and their friendships.

## SEXTING

Due to 'Snaps' disappearing, (users can even send a one-second photo or video), Snapchat has become the chosen platform for children and young people to send sexually explicit images or 'sexts'. Once a photo/video has been screenshotted, or recorded using another device or software, this can lead to further dangers, such as blackmail and cyberbullying. It is illegal to make, possess, download, store and share sexual images, photos and videos of a person under the age of 18. This also includes any sexual images, photos and videos that a child may have taken of themselves. However, if a young person is found creating or sharing images, the police can choose to record that a crime has been committed, but taking formal action isn't in the public interest.

## SNAP ORIGINALS

Through 'Snap Originals', users can watch content which has been created by Snapchat on the app, including comedy shows, drama, news and more. Additionally, there are new lenses and filters available, inspired by the 'snap originals' shows. This is another feature to encourage addiction.

# Top Tips for Parents

## THE RISKS OF SEXTING

It can be slightly awkward talking about this topic with your child, but if it helps them protect themselves, it is worth it. Talk to them about the consequences of sexting and make sure that they're aware of the risks. Ensure your child knows that 'Snaps' can be screenshotted. Teach them that if they post anything potentially embarrassing or harmful (either of themselves or someone else) it can have severe consequences as the message, image or video can be shared further.

## REPORTING A STORY, LENS, FILTER, SNAP OR MESSAGE

If your child comes across inappropriate Snapchat content sent directly to them or in another person's story, advise them to report it immediately. This may include an inappropriate lens, filter, message or snap. To report an offensive lens, they should open the app and select the lens they want to report. An info button will appear above the lens. Click this, followed by the flag icon. This will send a report to Snapchat for further investigation. Reports can also be made on the Snapchat support website: [support.snapchat.com](http://support.snapchat.com).

## USE 'GHOST MODE'

We highly recommend enabling 'Ghost Mode' on the app so that your child's location will no longer be visible to anyone on the 'Snap Map'. To enable this, go onto the Snap Map and tap the cog in the top-right corner. Here, change the setting to 'Ghost Mode'.

## HOW TO DELETE A MESSAGE

Advise your child never to send any negative messages (or images through gallery in the chat on the app) as screenshots can still be taken. You should also advise your child to screenshot any negative comments they receive as the sender can also delete them. To delete a message, simply press and hold the sent message and press delete.

## TURN OFF 'QUICK ADD'

'Quick Add' helps friends find each other on the app. This is based on mutual friends or if their number is in their phone book. Explain to your child that this feature can open up their profile to strangers. We highly recommend that your child turns off the 'Quick Add' feature. This can be done in the settings.

## RESTRICT STORY VIEWS

Your child can add videos and images to their 'Story' throughout the day which will last for 24 hours. By default, anyone in a user's friends list can see their story. We recommend checking the privacy settings to ensure that this has not been edited. This can simply be done in the app settings under the 'Who Can View My Story' section. The options to choose from are 'My Friends', 'Everyone' or 'Custom' - we suggest that it is set to 'My Friends'.



**National  
Online  
Safety**

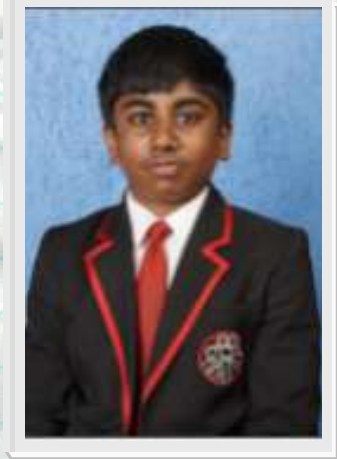
A whole school community approach to online safety  
[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Email us at [hello@nationalonlinesafety.com](mailto:hello@nationalonlinesafety.com) or call us on 0800 368 8061



# TIPS

A YEAR IN TO HOLY FAMILY,  
YEAR 8 PROVIDE SOME TIPS  
AND ADVICE FOR THE NEW  
YEAR 7S



THIS WEEK WE HEAR FROM  
THARUN YOGATHASUN 8I

When I started year 7 I felt anxious.  
I got through year 7 by making friends and new  
classmates.

Now I feel so excited and I finally got used to this  
secondary school.

## **Top tips for year 7 are:**

Be friendly

Be nice

When friend needs help help them

When you need help ask anyone you trust

# SPORTS UPDATE

**Following their fabulous 72-20 win vs George Mitchell last week , the yr 8 girls BB team were in good spirits travelling to their away match vs Buxton . Another strong performance saw the Holy Family girls dominate from start to finish eventually winning 54 - 6 . Player of March - Maria Shotikare.**



**Congratulations to the yr 7 boys and yr 8 girls sportshall athletics teams who won silver medals at the borough Competition.**

**Even more congratulations to the fabulous yr 8 boys team who won GOLD. They will now represent WF in the School games competition at the Copper Box in February.**



# SANTA TAKEOVER!

We had a whopping 65 Santas entered into our Christmas competition run by the Design & Technology Department



Catch up with us next week to find out the winners for 5th, 4th, 3rd, 2nd and 1st place!

# SANTA OR SAINT NICHOLAS?

He goes by many names but did you know that Father Christmas, as he is most commonly known in the UK, is based on Saint Nicholas who was a real person who was born in the mediteranian suring the third century!

Nicholas was born into a wealthy family and obeyed the teachings of Jesus;

"Sell what you own and give the money to the poor"

He used his money to help those in need, the sick and the suffering.

Santa Claus has many different looks, methods of travel and traditions all over the world.

Speak to your family friends, which Father Christmas do you know?

A good way to honor Saint Nicholas is to donate to our Christmas Hamper appeal, see Chaplaincy Corner for more information.

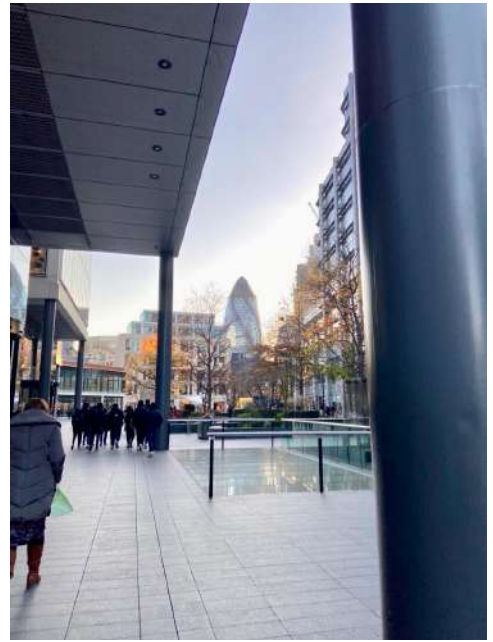
Saint Nicholas' day is the 6th December





# BRICK LANE

*A level geography students visited Brick Lane to see how Bangladesh culture has influenced the area and the positive and negative impact of gentrification on Brick Lane. The trip involved the students looking at how Brick Lane has changed from the early 1900s to now. This trip was organised to inspire the geography students to give an idea on what to base their own coursework projects on. - Gabby Yr12*



# Holy Family Votes

This week we have been looking at the Party Manifestos. Joseph Pearson, year 13, created a 9 page 'ready-to-go' document covering the 5 major national parties

All History students in years 7-9 have the chance to dissect the manifestos this and next week in class with a particular focus on law and crime.

To convince you to vote for them, each political party has published an election **manifesto**:

If you could demand the new government to change **ONE THING** related to **law and crime**, what would it be?

**Manifesto:** a list of a party's ideas and policies, outlining what it'll do if it wins the election.

# 12th December 2019



# ALSO THIS WEEK...

In the lead up to Christmas year 11 students have been practicing mindfulness each morning with Christmas doodles on our interactive whiteboards



Our reception and assembly areas have been decorated with some Christmas cheer



# MFL Seneca Champions!



Seneca  
Champion

Most Questions Answered

**Adrianne I., Naomi H.**



Seneca  
Champion

Most Questions Answered

**Aaliyah H**



Seneca  
Champion

Most Time Studied

**Sarita A., Naomi H.**



Seneca  
Champion

Most Time Studied

**Aaliyah H**



Seneca  
Champion

Most Sessions Completed

**Aleena C., Naomi H.**



Seneca  
Champion

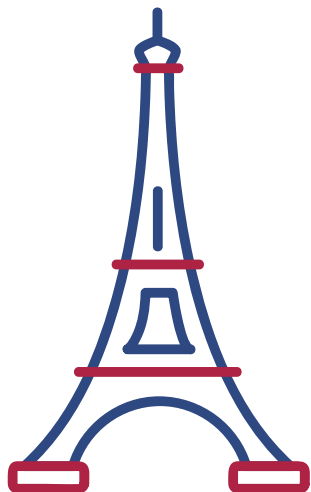
Most Sessions Completed

**Aaliyah H.**

**Most Questions Answered on Active Learn This Week:**

**French: Y7: Dilara G., Y11: Giorgia L.,**

**Spanish: Y7: Aaliyah H., Aishah S.  
Y8: Patrick M., Jane T., Perry K.**



# Forest Uprising

**The free finale of Waltham Forest's year as the first-ever London Borough of Culture.**

**From Friday 13 to Sunday 15 December, an outdoor illuminated installation of tree-like structures will grow into a beautiful urban winter forest at Leyton Sports Ground.**

**Created by Block9, this is one not to miss!**

**Time:** 5 - 10pm

**Tickets:** Free, just turn up

**Presented by:** London Borough of Culture 2019 and [Block9](#)



## Forest Uprising

13 - 15 December

Join us for our finale event!

Leyton Sports Ground!

Free

[FIND OUT MORE](#)



## Forest Uprising | Borough of Culture

Join us for the finale event! 2019 and the world is at tipping point. In December, when...

[wfculture19.co.uk](http://wfculture19.co.uk)



# Don't forget your **FREE** bagel every morning 7:30 - 8:30 am

**Students who rarely ate breakfast on school days achieved lower GCSE grades than those who ate breakfast frequently,**

according to research published November 2019 in the journal *Frontiers in Public Health*.

The new study from the University of Leeds, have for the first time demonstrated a link between eating breakfast and GCSE performance for secondary school students in the UK.

Adding together student's exam results, they found that students who said they rarely ate breakfast achieved nearly **two grades lower** than those who rarely missed their morning meal.

Lead researcher Dr Katie Adolphus, from the University of Leeds' School of Psychology, said: "Our study suggests that secondary school students are at a disadvantage if they are not getting a morning meal to fuel their brains for the start of the school day. The UK has a growing problem of food poverty, with an estimated half a million children arriving at school each day too hungry to learn. Previously we have shown that eating breakfast has a positive impact on children's cognition. This research suggests that poor nutrition is associated with worse results at school."

As the Government runs a national, means-tested free school lunch programme accessible to all students Waltham Forest Catering provides free lunches, but there is no equivalent for breakfast. Alongside school leaders this is an area of concern for us and we are keen to highlight any new research. We are committed to the consistent provision of great tasting, healthy food and forward-thinking menus.

We've continually improved and developed the catering service in line with healthy eating guidance food trends and other legislative changes.

We're not the only ones. Nicola Dolton, Programme Manager for the National School Breakfast Programme, from Family Action, said: "The National School Breakfast Programme is delighted to see the publication of this thorough and compelling research, highlighting the impact that breakfast consumption has on a child's GCSE attainment.

This report provides impressive evidence that eating a healthy breakfast improves a child's educational attainment, which supports our own findings of improvements in a child's concentration in class, readiness to learn, behaviour and punctuality."

Taken from <https://thehub-beta.walthamforest.gov.uk/blog/eating-breakfast-makes-difference-gcse-performance>



HOLY FAMILY CATHOLIC SCHOOL & SIXTH  
FORM CORDIALLY INVITES YOU TO OUR

# CHRISTMAS CAROL SERVICE



***"O Come, Let Us Adore Him!" Psalm 95:6***

TUESDAY 17TH DECEMBER 7PM

Our Lady and St George's Church, Shernhall Street

**REFRESHMENTS WILL BE SERVED AFTER THE SERVICE  
ALL WELCOME!**

# 6th Form Notices

CALLING ALL  
YEAR 13 LEAVERS  
FROM 2019



IT'S TIME TO COLLECT YOUR EXAM  
CERTIFICATES

WEDNESDAY 18TH DECEMBER 2019

5PM

FROM THE AQUINAS CENTRE

FOOD AND DRINK WILL BE PROVIDED



**APPLY NOW**

**Applications are now  
open to join our 6th  
Form for September  
2020 - click here to  
apply now!**



# Christmas Club



Arts & crafts

Snowflake  
making



Christmas tree  
decorations

Christmas card  
making

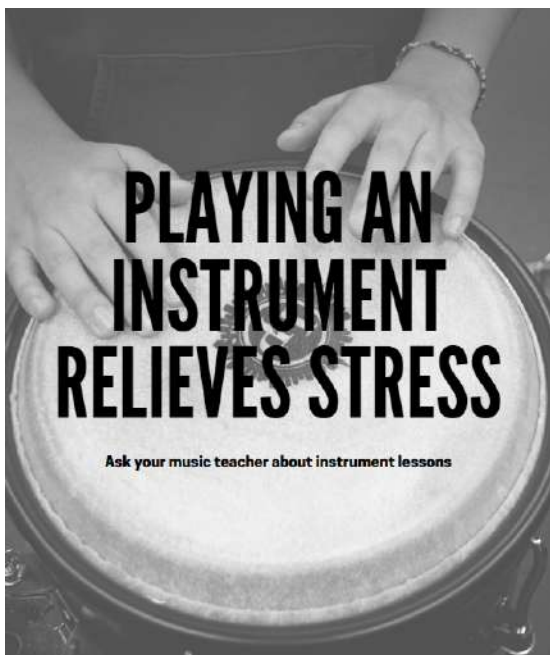


In **L26** (Art room)

**Tuesday lunchtimes**

- Mr Shannon & Ms Parker -

# DID YOU KNOW HOW BENEFICIAL MUSIC IS FOR YOU?



## ASK YOUR MUSIC TEACHER ABOUT LESSONS



# YEAR 11 ENGLISH MASTERCLASSES

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○ **Thurs 7th Nov** - Approaching ○  
○ Poetry (Power & Conflict and ○  
○ Unseen) ○

○ **Thurs 14th Nov** - Sitting Literature ○  
○ Exams ○

○ **Thurs 21st Nov** - Drop ins ○

○ **Thurs 28th Nov** - Drop ins ○

○ **Thurs 5th Dec** - Writing Workshop: ○  
○ Language Paper 2 ○

**Thurs 12th Dec** - Showing your  
understanding of texts (AO1)

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## LECTURE THEATRE 3.20PM START



# MONOUX'S CHRISTMAS CAROUSEL

19TH OF DECEMBER

TIMES: 14:00 - 18:00

MUSIC THEATRE DANCE  
PERFORMANCES

LOCATION

THEATRE

MUSIC ROOMS

ADULTS: £1.50

STUDENTS: £1.00

(SUGGESTED DONATION)

