

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



HAPPY
LUNAR NEW
YEAR



HEADTEACHER'S MESSAGE



Burns Night

Quotation of the week

“And I will love you still my dear till a’
the seas gone dry” -*Robert Burns*.

Saturday 25th January is Burns Night when there are commemorations in Scotland and beyond to celebrate the life of the Scottish poet Robert Burns, the author of many Scots poems. The suppers are normally held on or near the poet's birthday, 25 January, occasionally known as Robert Burns Day, but more commonly known as Burns Night. The quotation above is one of many famous lines written by Burns and one of my favourites.

RSE questionnaire

Thanks to everyone who completed the recent questionnaire on relationships and sex education (RSE). We will be holding a meeting for parents/carers this term to discuss how we intend to implement this national requirement at Holy Family and I shall send a further invitation once we have set a date for this meeting.

Inset day

At our inset day this week we were able to reflect on our mission as a Catholic school. Our speaker, David Wells, encouraged us to think about what is important in school and about what cannot necessarily be measured. We were able to think about what drew us into education as a career and why and how we contribute to the community that is Holy Family. Our speaker challenged us to not become cynical about education, nor to lose touch with our values and ethos. It sounds trite but it is a privilege to work here. That's not to say that teaching is without its challenges, but working with young people and seeing them grow and develop is very rewarding. The great thing about Holy Family is how many staff go the extra mile for our students and really care about them. Don't be afraid to thank the teachers and support staff. Thanks is always much appreciated. Years later we can all still remember who were our great teachers.

HEADTEACHER'S MESSAGE

Parents' evenings this term

We have parents' evenings for each year group during the spring term and enjoy excellent attendance and support from parents at these events.

The remaining ones are listed below for your convenience.

Thurs 30th January Yr 9

Thurs 6th February Yr 13

Thurs 27th February Yr 12

Thurs 5th March Yr 10

Thurs 19th March Yr 8

All parents' evenings take place from 4pm to 6.30pm on the site where the year group is based.

Did you know?

Did you know that through our lettings partnership we expect to generate over £20,000 for the school this academic year - money that helps us to improve the facilities and opportunities for our students.

Mass of Thanksgiving

We had a wonderful turnout at Tuesday evening's Mass of Thanksgiving for the life and service of Miss Hodges. Thanks to all who came and I know it meant a great deal to her family. Mr Murphy gave an excellent tribute which we have reproduced in Family Matters this week.

Parents' surgery

Parents' surgery takes place every Thursday from 4pm to 5pm. If ever, I am unavailable then a senior colleague substitutes for me.

Please continue to remember us in your prayers.

Dr Andy Stone

Headteacher





Headteacher

COMMENDATIONS

Christina O'Driscoll-Curran who has recently produced a number of outstanding pieces of creative writing – above and beyond what she has been asked her to do. Christina was nominated by her English teacher, Mrs Maris.

Jessica Hughes in 12P who re-sat both her GCSE English and maths and raised them to a 6 & 5 respectively. She got a 3 & 3 last summer, so the increase is especially commendable.

Jessica was nominated by Mr Delf.

Gabriel Mikuskiewicz in 12R who increased his English GCSE grade from 3 to 6 in the November re-sit exams. Gabriel was nominated by Mr Delf.

Parents' Survey on RSE (Relations and Sex Education)

This is just a reminder to parents to complete the parents' survey sent out last week to help the school review its policy on Relationship and Sex Education (RSE).

Your response will help develop a new Relationship and Sex Education (RSE) policy and curriculum in line with the latest government statutory requirements and the Diocese's expectations.

The deadline for this part of consultation with parents is
Friday 24th January 2020.

<http://tiny.cc/HFCSRSE>

**Thank you to all parents that have already
completed the survey,**

J. Fidegnon-Edoh
Assistant Headteacher

Mass of Thanksgiving for the life of Carole Hodges

On Tuesday 21st January 2020 we held a memorial mass of thanksgiving for Carole Hodges, Deputy Head Teach at Holy Family from 1996 to 2015. We would like to sincerely thank all who were able to attend, as well as those who sent their blessings.



Tribute to Carole Hodges by Mr. Murphy.

Carole worked at Holy Family Catholic School as Deputy Head Teacher for almost twenty years. In fact the word 'worked' doesn't do any justice to what she did for the school and its students. She devoted her life to the good of the students. To quote Scotty from Star Trek, 'I'm giving all she's got captain' best sums up how devoted she was to improving the lives of the young people at Holy Family. She got up at 4am every day and was at work before 6.30am and virtually never had a day off sick.

A former student emailed me, she said 'I heard the terrible news about Ms Hodges. How upsetting. Ms Hodges was an amazing teacher and an even better human being. She helped both my sister and I so much during her time at Holy Family. She was truly special.'

Many things stand out about Carole: She was an amazing teacher of history and psychology. She was an inspirational senior leader, respected by everyone. Her assemblies were legendary – her planning and delivery made them so memorable to all present. She loved using props and particularly showing scenes from Sister Act to get her message across. She also made sure she went out of her way to publicly reward the young people at the school, staying up all night to write out huge numbers of certificates and often giving monetary rewards from her own pocket.

Carole's fear of technology was legendary in its own right too. Someone once said to her that they needed PowerPoint to give a presentation. Not knowing what that was, Carole instantly offered to help, saying 'you can use the ones in my room'. It was only in the last couple of years before she retired that she learned to send emails, meticulously typing with one finger.

Among Carole's many responsibilities was the safeguarding of students who may be in danger of harm. She would push so hard for social services to intervene to help a child in need that the social workers often dreaded her phoning them. This role is now done by a team of three people!

Carole was a very private person who would always get on with things, no matter what. In fact despite being very seriously ill, she was planning to see the new Star Wars film with our friend and colleague Rose and was texting her on the day she died to say she was in hospital and not to visit since only family were allowed, not revealing how ill she was.

Carole was a great believer in people, while she was never afraid to tell staff off she was always the quickest to offer colleagues kind words and support and to say the right thing at the right time. Many of the systems she introduced at the school are still going strong and nearly five years after she retired, her legacy is still felt by current staff and students, including those who never knew her.

On the day Carole retired, despite being desperately upset at leaving, she delivered the morning staff briefing dressed in full Star Trek uniform, complete with her Starfleet communicator and phaser. The applause and ovation could be heard for miles. The love for her was so clear on that day, her office was so crammed with gifts from staff, students and parents that you couldn't get in the door.

Thank you Carole. For everything. You touched the lives of so many people.

Live forever in heaven and prosper.

SOCIAL MEDIA CATCHUP



@hfcswaltham



@hfcswaltham

1 in 10 or fewer
parents say that
they don't know
how to use some
of the more risky
websites and apps



**Get up to speed with
online safety.**

We've got information, advice
and support to help you get up
to speed on all the big issues
around children and technology.
Showing you the best ways
to keep them safe online,
whatever they're doing.

Source: Pace of Change Report Research focused on
how parents and children differ in their use of the internet
December 2015

**internet
matters.org**

Learn about it/talk about it/deal with it

Chaplaincy Corner

- Mrs. Grierson. Chaplaincy

Peace Club and the Justice & Peace Group continued to think about the message behind Peace Sunday and how we can be peacemakers in our everyday lives.

Before Holy Communion the Priest or deacon will say to the people, "Let us offer each other the sign of peace." It is then customary to say to one another "Peace be with you" and to shake the hand of those standing close by. This has been part of the Mass since the very beginning.

"So if you are about to offer your gift to God at the altar and there you remember that your brother has something against you, leave your gift there in front of the altar, go at once and make peace with your brother, and then come back and offer your gift to God".

-Matthew 5:23-24

Peace Prayer of Saint Francis

Lord,
make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.



O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.

Amen

Holy Family Year of Sustainability – Live Simply Tip No.15

We have all seen the terrible scenes of forest fires and now heavy rain in Australia. If the world doesn't take action, extreme weather like this will become standard, with deadly consequences for people and nature. Now, turn off the tv and take the family on a winter's day walk. Have you visited Walthamstow Wetlands in Forest Road?

Pope Francis writes in Laudato Si:

If present trends continue, this century may well witness extraordinary climate change and an unprecedented destruction of ecosystems, with serious consequences for all of us. (24)



Holy Family Catholic School Youth Health Champions (YHC) Leading the way for better Mental Health

The YHC are a group of young people in year 9 that have organised events in order to raise money for their chosen charity which is Young Minds.

They are passionate and enthusiastic about wanting to raise money and draw awareness to young people and mental health.

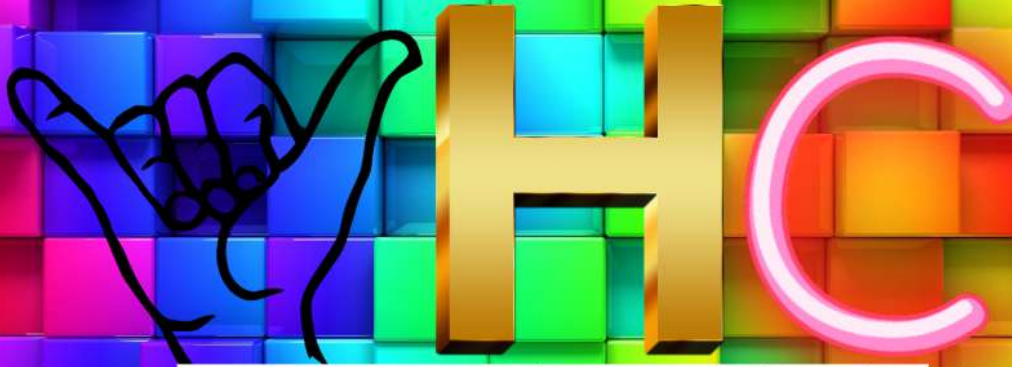
They presented their assembly to year 7 students on Tuesday and were able to engage the students and members of staff with their presentation skills.

Well done to the Youth Health Champions.

Improving your mental wellbeing



What do we do?



The Youth Health Champion Programme is a national programme which trains young people to support other young people with their health. We are going to be running campaigns throughout the year to share information with you. Today we are focusing on mental health and mental illness; how it can affect people, and how you can get help and find ways to support your own wellbeing.



YHC GOALS:

- We are not here to scare you about the dangers of bad mental health because we are only here to inform with information that will equip you with basic knowledge about wellbeing.
- Not everyone will have a perfect wellbeing, we are human - including me - but mental health is not only associated with it being bad; it can be good too!
- We are ALWAYS here for you whenever you need us just pull us aside and we will always be able to listen to what you got on your mind.

They explained that it's ok to not be ok and that there are people and services available to us all if we need help.



Audience participation gave us some ideas on how we already deal with our feelings when we're struggling and the YHC were able to explain the scientific reasons behind why these methods help



Five ways to wellbeing.

Connect

- Call or someone in person instead of sending an email or text.
- Speak to someone new.
- Get a number plate to find out how someone really is.
- Go home with a friend or stay there a bit longer.

Be active

- Take the stairs, not the lift.
- Go for a walk at lunch or break.
- Get off the bus one stop earlier and walk the final part of your journey.
- Do some stretches in the morning before work/school.
- Have a kickabout at your local park.

Take notice

- Take notice of how your colleagues/classmates are feeling or acting.
- Take a different route to or from work/school.

Give

- Give up your time, even if it's just a minute.
- Participate in community work/volunteer.

Keep learning

- Try something new (sport, club or activity).
- Find out something about your colleagues/classmates.
- Research something you've always wondered about.
- Learn a new word.

<https://www.nhs.uk/health/wellbeing/wellbeing5ways/5ways.html>

People to reach out to if you need help...

Papyrus: www.papyrus-uk.org

Learning mentors:

Kooth: www.kooth.com

Childline: 0800 1111

THE MIX: 0800 808 4994

ChildLine: 0800 1111

Calamity: 0800 58 58 58 (nationwide), 0800 802 58 58 (London)

Mind: 0300 123 3393 (for all ages)

We're supporting mind for better mental health

Our chosen charity...



Our vision

"We're leading the fight for a future where all young minds are supported and empowered, whatever the challenges."

Our mission

"We will make sure all young people get the best possible mental health support and have the resilience to overcome life's challenges."



<https://youngminds.org.uk/>



3 in 4
children with a diagnosable
mental health condition
do not get access to the
support they need

<https://www.youtube.com/watch?v=JP24f2cnwIA>

**YOUNG VS
MINDS**
#FightThePressure
powered by
YOUNG MINDS

JS and CS

Our YHC will be working hard to help raise money for their chosen charity Young Minds, as well as promoting positive ways to deal with mental health issues.

Please feel free to talk to:

Ayomide, Naptaley, Tacyana, Mary Leticia, Christine, Cheani,
Conor D., John S. or Samara
for more information

**Thank you for listening to us
while we shone light upon
this sensitive topic!!**

By Holy Family Catholic School's Youth Health Champions 2020!!!
Have an amazing day!!

JS

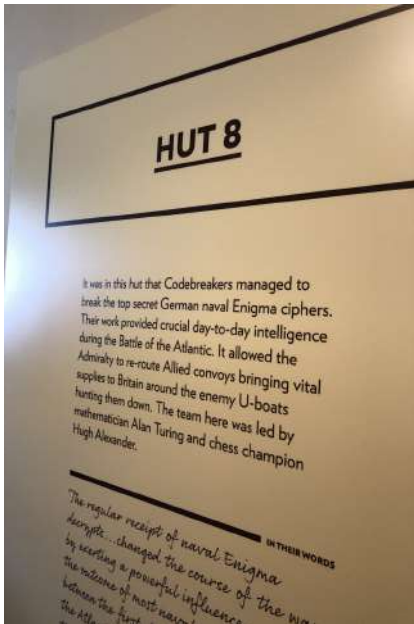
Bletchley Park Trip

By Nikolas Gauba 8S

The trip to Bletchley Park was wonderful! We learnt lots of things about the codebreakers during WW2 here and part of their jobs. Bletchley Park was kept a secret from the outside world and many people didn't know about it. It was hidden away from people in the middle of fields which was a great location because the German bombers wouldn't bomb this area.



I really enjoyed the trip because we learnt so much about Bletchley Park's history. We got to see how an Enigma Machine works which is really special because 1 enigma machine now cost around £200,000 and we got to actually see one in action which is quite rare. The Enigma Machine is a really complex machine which had many steps involved in it so that people couldn't break the German code. It has over 159 quintillion combinations. It is widely believed to this day that the most powerful modern supercomputer still can't predict which letter would come next.

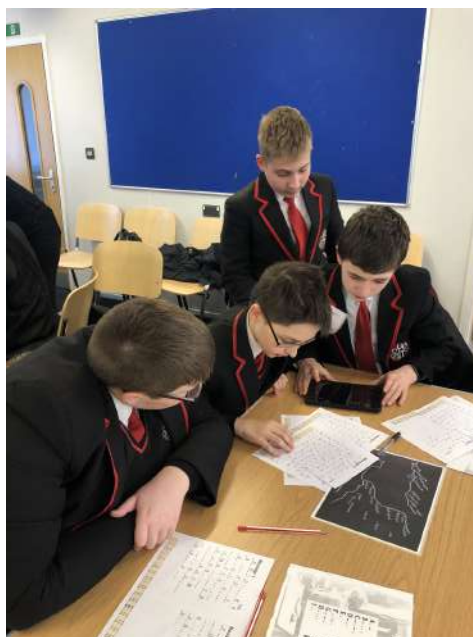


Bletchley Park Trip Continued

A key figure in codebreaking operations was a person called Alan Turing. He attempted to crack the German enigma code, using the Bombe Machine, a machine that could figure out the Enigma code and decrypt what the Germans on the other end wanted to send. Turing's code breaking efforts have been credited as to shortening WW2 by 2 to 4 years and saving millions of lives in the process.



I really enjoyed the trip to Bletchley Park and learned lots about code breakers and Alan Turing. This is a large and interesting piece of history. I loved the trip and hope that people will visit this when they can.



Amazon Trip



20 of our students got to learn how Amazon does it on Monday!

The global company's newest site is the size of 28 football pitches and is fully automated.

Students learnt a lot about Operational Management which is their next unit of study in A level Business



History Club

AN INVESTIGATION INTO THE MURDERS OF THE
PRINCES IN THE TOWER.



THURSDAY LUNCHTIMES L07

Campaigning for the Climate Change Crisis

FRIDAY THE 18TH JANUARY

OUR ECO COUNCIL WENT DOWN TO WALTHAM FOREST TOWN HALL TO PROTEST AGAINST CLIMATE CHANGE

"WE ARE SO HAPPY THAT OUR COMMUNITY IS SUPPORTING OUR IDEAS TO STOP THIS CRISIS"



WALTHAM FOREST
TWITTER



HONK IF YOU
SUPPORT US!



RECYCLED
CARDBOARD



WE WANT TO THANK EVERYBODY WHO SUPPORTED US ESPECIALLY MR MANSELL AND MRS GRIERSON WHO TOOK US TO THE PROTEST TO SUPERVISE US

CAREERS CORNER

For all careers based enquiries contact

Mr. Fidegnon

j.fidegnonedoh@holyfamily.waltham.sch.uk

02085203587

Year 10 Work Experience

Dear Year 10 Parents,

Please be aware that there are Work experience self-placement forms available at the school office on the upper site for those willing to find own placements. This is always better than having to rely on BEP jobs selection.

Self-placement form hand-in date: **Friday 14th February 2020**

For any help, please speak to Mrs Pike on 02085203587 Ext:302

Interesting article sent to me by our Chair of Governors,
Mrs Ana-Maria Bradshaw-Murray,
I think every teacher and parent should read. Enjoy!



[To be taken to this article on the BBC website please click here](#)

Each week twelve year 10s will tell us about their career aspirations

NAME: Tracy Mbo

MY CAREER ASPIRATION IS:

To become a lawyer because the lack of justice around the world is horrific especially for people suffering because of conflict

MY ROLE MODEL IS:



I AM INSPIRED BY:



I STAY MOTIVATED BY:



YOU CAN SUPPORT ME BY:

bringing in speakers to discuss their success.

NAME: Augustina Serwaah-Broni

MY CAREER ASPIRATION IS:

to become a pilot

MY ROLE MODEL IS:



I AM INSPIRED BY:



I STAY MOTIVATED BY:



YOU CAN SUPPORT ME BY:

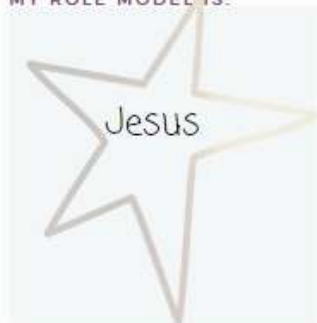
having a careers fair on a careers day.

NAME: Annette Anto

MY CAREER ASPIRATION IS:

to become a health visitor

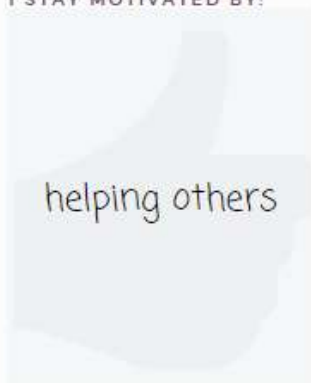
MY ROLE MODEL IS:



I AM INSPIRED BY:



I STAY MOTIVATED BY:



YOU CAN SUPPORT ME BY:

helping with my education and focusing me on how to develop areas I am weak in

NAME: Tara Iudica-Davies

MY CAREER ASPIRATION IS:

to be a social media influencer and then an entrepreneur

MY ROLE MODEL IS:



I AM INSPIRED BY:



I STAY MOTIVATED BY:



YOU CAN SUPPORT ME BY:

giving business studies as an option subject

Each week twelve year 10s will tell us about their career aspirations

NAME:

Alicia Owino

MY CAREER ASPIRATION IS:

to become a psychiatrist or a psychologist

MY ROLE MODEL IS:

Jesus

I AM INSPIRED BY:

Jesus helping other people

I STAY MOTIVATED BY:

seeing people improve their mental health

YOU CAN SUPPORT ME BY:

showing me links to useful websites and having a careers day

NAME:

CJ Foster

MY CAREER ASPIRATION IS:

to work in engineering because I can do physical activities

MY ROLE MODEL IS:

my mum

I AM INSPIRED BY:

my mum because she works very hard

I STAY MOTIVATED BY:

getting enough rest to be ready for challenges

YOU CAN SUPPORT ME BY:

making links to engineering jobs in your subject area in lessons

NAME:

Dylan McNally

MY CAREER ASPIRATION IS:

to be a footballer or a coach

MY ROLE MODEL IS:

my grandfather because he is very wise and does not make bad decisions

I AM INSPIRED BY:

Kepa Arrizabalaga (Chelsea goalkeeper) He is world class and I am inspired to be as good as him

I STAY MOTIVATED BY:

listening to music and staying fit

YOU CAN SUPPORT ME BY:

encouraging me to keep going and do well

NAME:

Emmanuel Oluwinsola

MY CAREER ASPIRATION IS:

to work in real estate or become an actor

MY ROLE MODEL IS:

Dwayne Johnson and Samuel Leeds because of how they started to become who they are now

I AM INSPIRED BY:

seeing people succeed

I STAY MOTIVATED BY:

aiming to be independent and financially free

YOU CAN SUPPORT ME BY:

showing me real life examples of success

Each week twelve year 10s will tell us about their career aspirations

NAME: Robbie Itoko

MY CAREER ASPIRATION IS:

to be a project manager and be a social media app director

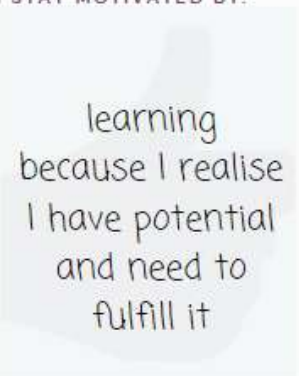
MY ROLE MODEL IS:



I AM INSPIRED BY:



I STAY MOTIVATED BY:



YOU CAN SUPPORT ME BY:

giving me websites/careers fair so I know this is the right occupation for me to follow

NAME: Ceime Masila

MY CAREER ASPIRATION IS:

to work in midwifery because I like taking care of pregnant women and babies. I know I need A levels in the sciences for this and am aiming for a B in sciences at GCSE

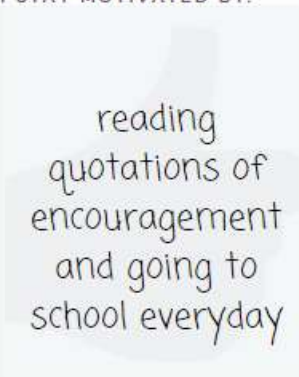
MY ROLE MODEL IS:



I AM INSPIRED BY:



I STAY MOTIVATED BY:



YOU CAN SUPPORT ME BY:

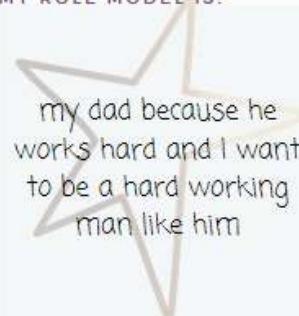
arranging child development and midwifery sessions to introduce us to the different courses available as this will be good for our personal CV when applying to study at university

NAME: Christian Ngwi

MY CAREER ASPIRATION IS:

to be a businessman so I need to work well in school especially for maths grades. I am setting up work experience at a bank to learn more about how loans work.

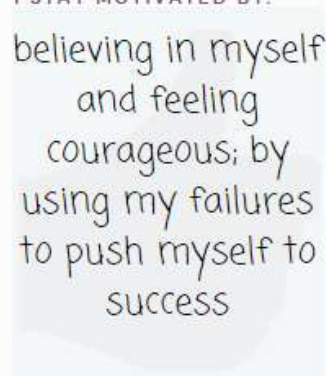
MY ROLE MODEL IS:



I AM INSPIRED BY:



I STAY MOTIVATED BY:



YOU CAN SUPPORT ME BY:

discussing business and how it works with me

NAME: Elie Badibanga-Muela

MY CAREER ASPIRATION IS:



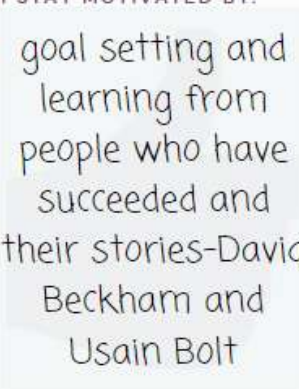
MY ROLE MODEL IS:



I AM INSPIRED BY:



I STAY MOTIVATED BY:



YOU CAN SUPPORT ME BY:

varying lessons between writing and using computers because it would make lessons more fun

Want to become a lawyer but worried about the university fees? Why not consider a Solicitor Apprenticeship Programme with us.

Our six-year programme allows you to study for an LLB degree in Legal Practice, build your career and become a qualified solicitor whilst working and earning without having to pay the university fees.

The Programme

We work with Cilex Law School and The City Law School at City, University of London, to deliver the Solicitor Apprenticeship Programme. As a Solicitor Apprentice you will work in our offices based in London. Four days a week will be spent working in our practice groups and one day will be allocated to study. You will spend a year in each practice group where you will be involved in many of the day-to-day tasks of a trainee lawyer. Throughout your apprenticeship you will experience a broad range of our practice areas as you rotate through a variety of groups.

Training and Support

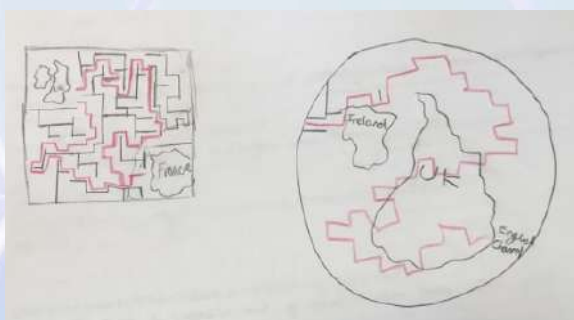
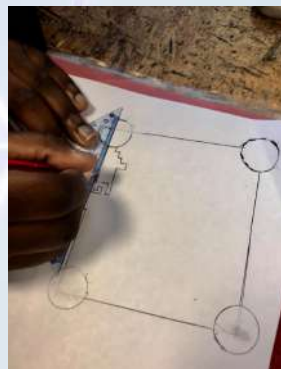
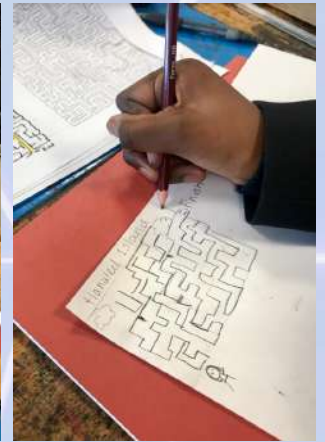
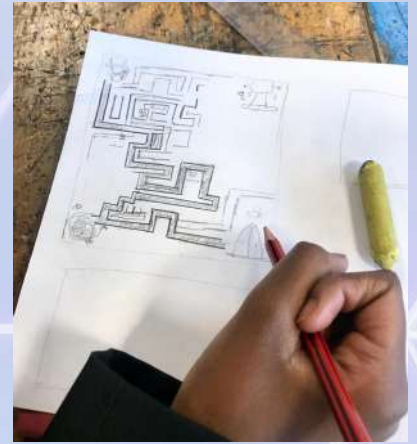
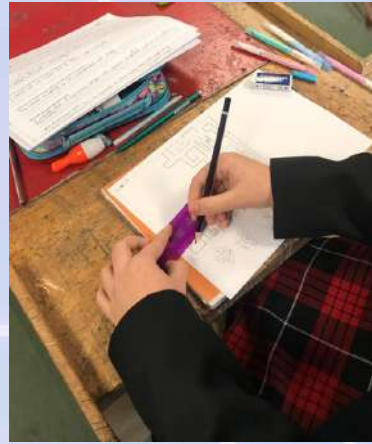
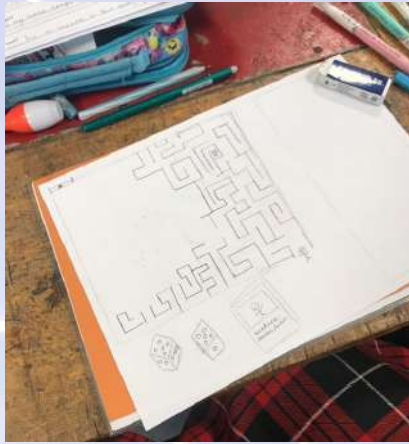
Throughout your apprenticeship programme and in addition to your studies you will receive regular training. This could come in the form of on-the-job training with your supervisor or more formal training sessions through the Charles Russell Speechlys' Skills Academy. In each group that you work in you will be assigned a dedicated supervisor who will work with you to ensure you are developing the required skills and knowledge. In addition to this, you will have a personal tutor at The City Law School who will meet you at regular intervals throughout the programme.

How to Apply

There is an application process to attend our assessment centre for the Solicitor Apprenticeship Programme. Applications are currently open and close on 10 March 2020. For more information and to apply, please visit our Solicitor Apprenticeship webpage **here**.

D&T ASSEMBLED

YEAR 7 HAVE BEEN TRYING TO PUZZLE US WITH THEIR MAZES!



D&T Textiles club have been busy preparing their entries for the Illusive London Juniors tracksuit competition. Keep your eyes peeled on our social media platforms for more info!

DESIGN
FUTURES



ILLUSIVE
LONDON

COMPETITION

Urban sportswear brand Illusive London are challenging the youth of today to become **tomorrow's design superstars**. Illusive's cutting edge design, from the creators of SikSilk, combines sportswear and streetwear for a generation who are active, creative and ready to make their mark on the world.

The UK fashion industry is full of opportunity and waiting for the next wave of talent to emerge. Illusive want to encourage school children to design a tracksuit for their new range. There are loads of fantastic prizes, including vouchers, goody bags and an awards event – but the very best design will be made and sold as part of the Illusive range, with 100% of the profits from the item going directly back to the winner's school!

THE BRIEF

CALLING ALL FUTURE DESIGN SUPERSTARS!

Urban sportswear brand Illusive **want YOU** to design a tracksuit for their new range. You will need to use your creativity and understanding of your peer group to make a design that will appeal to our audience.





The winning design will be manufactured and sold, with fantastic prizes for the winners and their schools.

OUR AUDIENCE

AGES 7 TO 15

DESIGN CRITERIA

Designs will be judged on how they:



-  Appeal to our audience
-  Fit our existing tracksuit template
-  Make innovative use of colour or pattern
-  Have a clear style and brand identity

-  Has a keen interest in sport, both playing and spectating
-  Enjoys exercise and is already enjoying a healthy lifestyle whilst still enjoying socialising
-  Cares about the detail in their clothing
-  Is trend aware but not an avid follower of fashion

D&T ASSEMBLED



MFL Seneca Champions!



Seneca
Champion

Most Questions Answered

Ashton S., Quincy Y.



Seneca
Champion

Most Time Studied



Eva P.



Seneca
Champion

Most Time Studied



Alex W.



Seneca
Champion

Most Questions Answered



Glynis D.



Seneca
Champion

Most Time Studied

William G.



Seneca
Champion

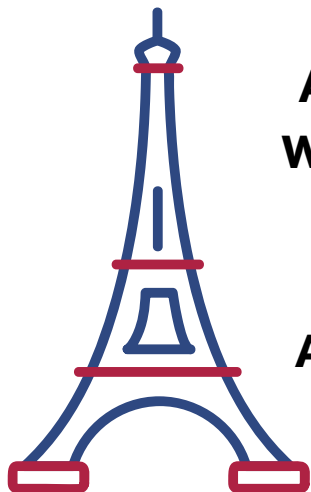
Most Questions Answered

Miriam M., Shay L.

Most Questions Answered on Active Learn This Week:

**Angel K., Gabriel L., Eva P., Eduard K., Sam M.,
Wiktorina M., Ozge A., Zackary R., Katrine O. and
Francis W. for French.**

**Aaliyah H., Tiago D. and William G. for Spanish
Spanish: Aaliyah H. and William G**



ON SALE NOW GIRLS TROUSERS



**FROM JANUARY GIRLS WILL BE ABLE
TO WEAR THE OFFICIAL HOLY FAMILY
TROUSERS**

The school logo will be a feature of the new school trouser for girls. No other trouser will be accepted and any uniform infringement will be followed up as with any other part of incorrect uniform.

Available from

Speedstitch



<http://www.speedstitch.co.uk>

Carolinas



<https://carolinaschooloutfitters.co.uk>