

HOLY FAMILY CATHOLIC SCHOOL NEWSLETTER

Holocaust Memorial Day



www.holyfamily.waltham.sch.uk





HEADTEACHER'S MESSAGE

Quotation of the week

"No man is an island entire of itself; every man is a piece of the continent, a part of the main; if a clod be washed away by the sea, Europe is the less, as well as if a promontory were, as well as any manner of thy friends or of thine own were; any man's death diminishes me, because I am involved in mankind. And therefore never send to know for whom the bell tolls; it tolls for thee." - John Donne

Brexit

It is of course Brexit Day today (Friday 31st January). While some may see this as a cause for celebration, the overwhelming majority of our young people do not. However, we are leaving and we will have to get on with it. Brexit has been a divisive process for the country. It is, however, more important than ever that we create an atmosphere of mutual respect for everyone who lives in this great city and for everyone who is a member of our wonderfully diverse school community. I suspect Brexit will be neither a disaster nor a triumph in the end, but we shall have to see what the future holds.

RSE questionnaire

I shall follow up with a letter next week, but I wanted to give early notice of the following event. As you will be aware all schools must deliver the new Relationships and Sex Education curriculum from September 2020. Thank you to parents who responded to our recent survey. This was very helpful in indicating areas where parents want more information, may have concerns or would like to know more.

We are therefore holding a parents' information/consultation evening on Tuesday 25th February 2020 at 6pm on the Wiseman site when you will be able to hear from the school about our intended approach to RSE from September 2020. We shall have the Diocesan RE Advisor present and a number of our staff on hand to present ideas and to help answer any questions you may have. This event is for parents/carers of all students whichever year group they are in.

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. Thanks to parents who attended the Yr 9 parents' evening this week. The remaining ones are listed below for your convenience.

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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 we have six houses and six patron saints at Holy Family -St Anne, St Stephen, St Philomena, St Ignatius, St Richard and St Elizabeth. This week our six House Leaders held assemblies for the students in each house. Every student is a member of a house which are vertical groupings of students from Yr 7 right up to Yr 13. All our houses have at least one charity that they are raising money for this year, chosen by a student vote. Every house will be raising money for charity during Lent and we look forward to seeing which house raises the most money for good causes.

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





Mrs Corlett has nominated **Elijah McKenzie**

in Yr 9 who is doing exceptionally well in his vocal lessons and has been working on Grade 7 pieces in preparation for his London College of Music exam.

He is a fantastic talent and is exceptionally dedicated to music.

Well done to Elijah!

SOCIAL MEDIA CATCHUP



@hfcswaltham





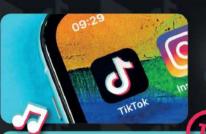


@hfcswaltham



TikTok is a video-sharing social media app available on iOS and Android which lets users create, share, and view user created videos much in a similar manner to Facebook, Instagram and Snapchat. It's main draw, however, is that users can record and upload bite-sized looping videos of themselves lip-syncing and dancing to popular music or soundbites, often for comedic effect, which can then be further enhanced with filters, emojis and stickers. TikTok has been designed with the young user in mind and has a very addictive appeal. At the beginning of 2019 it skyrocketed in popularity to become the iOS store's most downloaded app with over 33 million downloads. Estimates suggest that it now has anything between 500 million and over 1 billion monthly active users worldwide.





What parents need to know about



MATURE CONTENT

On the iOS store, TikTok is listed as 12+. On the Google Play Store it is rated as 'Parental guidance recommended'. When signing up for the app, it's possible to lie about your age without any form of verification. As children scroll through their feed, most of the videos they're likely to come across are lighthearted or funny takes on dance routines which are designed to make people laugh. However there has been a slew of videos which have been reported for featuring drug and alcohol abuse, self-harm and sexual content, including young teens dressing overtly sexually and behaving suggestively. Given the deluge of material uploaded to TikTok every day, it's impossible to moderate everything and it can be quite common to come across explicit content on the for you' feed when logging into the platform.

INAPPROPRIATE MUSIC

TikTok revolves around creating music videos through lip-syncing and dancing. Inevitably, some of the music featured by users will contain explicit or suggestive lyrics. Given the undeniably young user base, there is a risk that children may look to imitate the explicit language they hear or the suggestive actions they see when viewing others user's when viewing others user's videos on the app.



TIKTOK FAME

TikTok is very image focused and there is a notable preoccupation with appearing cool and attractive. Many teenagers now attempt to go viral and become what's known in-app as TikTok famous. TikTok (and its predecessor musical.ly) has spawned its own celebrities – social media stars Loren Gray and Jacob Sartorious have been catapulted to fame through their initial exposure on the app. Obviously, most budding influencers looking to become the next big thing will be disappointed, but this may have the knock-on effect of making them go to more and more drastic lengths to get noticed.

ONLINE PREDATORS

As a social network, TikTok makes it easy to connect with other users. This includes the ability to comment on and react to other user's videos, follow their profile and download their content. Be aware that by default, any user can comment on your child's video if their account is set to public. Most interactions are harmless enough but as an app. TikTok is prone to predators because of the abundance of younger users.



ADDICTIVE NATURE

Social media is designed to be addictive and TikTok is no different. It can be fun and hugely entertaining. However, it is also because of this that it can be hard to put down. In addition to the short, punchy nature of the looping video format, the app's ability to keep you guessing what will come on screen next makes it easy to turn a five-minute visit into 45-minute visit.

IN-APP PURCHASES

Aside from the content, there's also the option to purchase in-app extras called 'TikTok coins'. Prices range from £0.99 for 100 coins to an eye-watering £93.99 for 10,000 coins. TikTok coins are used to purchase different emojis to reward content creators that a user finds funny or entertaining. In the iOS version of the app you can disable the option to buy TikTok coins but this sadly doesn't seem to be a feature in the Android version.





Safety Tips For Parents



TALK ABOUT ONLINE DANGERS

Assuming your child is above the age limit to use the app, make sure you also take the time to talk to them about what they are seeing on the app. Have a dialogue, get them to give you their opinion on what is appropriate and model the correct behaviour for them. Go over why they shouldn't give out private information or identifiable photos and be positive and understanding of them. In the long run, getting them to think critically about what they're seeing goes a long way to keeping them social media savvy.



USE PRIVACY SETTINGS

Undoubtedly, the easiest way to safeguard your child on TikTok is to make sure their account is set to private. This means only those users your child approves can view, like, and follow their content. Setting the account to private may clash with your child's goal of social media superstardom, but it will keep their account secure from strangers. This setting can be enabled under the privacy and safety menu by pressing the ellipsis in the 'me' tab of the app. To be extra safe, there are additional controls available to toggle such as who can send comments and messages, among other options.



ENABLE RESTRICTED MODE

In the digital wellbeing section there's In the digital wellbeing section there's the ability to turn on restricted mode using a PIN. Restricted mode filters out content that is not age appropriate although it should be noted that this isn't always 100% fool proof. When enabling restricted mode, parents should still be vigilant to what their child is watching and take note that the algorithm moderating content is not infallible.



EXPLORE AND LEARN YOURSELF

Understanding and learning the app yourself is a great way to get to grips with TikTok. You could then even use the app with your child and watch some videos with them. If you are the parent of a teen, even if it does not make you popular, keep a close eye on what they're viewing and sharing. That said, it's a brilliant chance to turn it into a bonding opportunity with your child also. You could even unleash your inner performer and make videos with them while (more importantly) keeping them safe online. (more importantly) keeping them safe online.



LEARN HOW TO REPORT AND **BLOCK INAPPROPRIATE CONTENT**

With the proper privacy settings in place, TikTok can be a safe space for your child to express themselves. However, just in case something does manage to slip through, make sure your child knows how to recognise and report content that isn't appropriate and get them to come to you about what they have seen. TikTok allows users to report offenders and comments within the app. You can also block individual users by going on their profile.



MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child moderate their time on the app by making use of the digital wellbeing section. Under the screen time management option, you can limit the daily allotted time allowed on the app in increments. anottee time anowed on the app in increments ranging from 40 to 120 minutes. You can also lock this preference behind a PIN number which has to be inputted in order to then exceed the daily time limit. This way your child can get their daily dose of memes without wasting away the day.



Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.











Chaplaincy Corner

Holocaust Memorial Day - 27 January 2020

The Holocaust Memorial Day Trust writes "Holocaust Memorial Day is a time when we seek to learn the lessons of the past and recognise that genocide does not just take place on its own – it's a steady process which can begin if discrimination, racism and hatred are not checked and prevented."

When we see discrimination, racism and hatred, we can think that the issues are so great that we can have no meaningful impact. That whatever we do in the grand scope of things, it ultimately doesn't matter.

Yet, as God's people, we Christians are commanded to stand up for what God stands for: righteousness, justice, love and truth. Although it may not be easy, and we might lose some friends in the process, what matters is that we do what is right.

"Speak up for people who cannot speak for themselves. Protect the rights of all who are helpless." (Proverbs 31:8)



Nobody made a greater mistake than he who did nothing because he could do only a little (Edmund Burke)

The Justice & Peace group made a memorial flame using positive words. Five candles were lit to remember the Holocaust and the genocides in Cambodia, Rwanda, Bosnia and Darfur.

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." (Dr Seuss)

God of justice and of peace, You call your people to stand together, in solidarity with those who suffer;

We remember before you in sorrow: all who perished in the horror of the Holocaust, all who were persecuted, and all whose suffering continues; Turn the hearts of all who persecute and oppress, and of all who seek to divide; Open our own hearts and minds, when they are closed in fear and hatred, So that all your peoples may stand together and reflect your image Amen ©HMD



Holy Family Year of Sustainability – Live Simply Tip No.16 Living a simple life means stripping away the nonessential stuff to focus your time and energy on the things that matter the most to you.

Pope Francis writes in Laudato Si:

Humanity still has the ability to work together in building our common home. (13)

Holocaust Memorial Day

'Don't be content in your life just to do no wrong, be prepared every day to try and do some good.'

- Sir Nicholas Winton, who rescued 669 children from Nazi-occupied Europe

This year's theme for Holocaust Memorial day is 'Stand together'.

While there were survivors, what also survived was antisemitism.

The numbers of holocaust survivors is decreasing, therefore it is essential we capture their stories and listen intently.

However, the same hatred that led to the holocaust is present in our society and is growing.

It is therefore imperative that we do not remain passive and that we use our knowledge to challenge racist views constantly.

Learn more at https://www.hmd.org.uk/



LIVE INTERVIEW WITH A HOLOCAUST SURVIVOR

by Chloe Contaldo

Last Friday, the Year 12 and 13 History, Sociology and Geography students were invited to a live viewing of an interview with holocaust survivor, Susan Pollack. We were given an insight into her life before, during and after the war as she explained many of the events and extreme hardships she had to go through as a Hungarian Jew.

Susan became aware of anti-semitism from a young age, and following the outbreak of the second world war, it became much more visible in her hometown. In May 1944, Susan and her family were sent to Auschwitz-Birkenau, where she stayed for ten weeks, before being sent to Germany to work as a slave labourer in an armaments factory. On the 15th of April 1945, Susan was liberated by the British army, and was soon sent to Sweden to recover. She now lives in London, and regularly shares her testimony in schools across the country; she feels the duty to speak and inform people of the past events, and she also said that it helps her to talk about it.

Listening to Susan's story was not only shocking and eye-opening, but it also had an emotional impact on many in the room; her strength and bravery was inspiring, and is something which will stay with me for a long time. Holocaust Memorial Day was on the 27th of January, which marked 75 years since the liberation of Auschwitz-Birkenau, and was a day of national commemoration dedicated to the rememberance of those who suffered in The Holocaust.









Computing

From the trenches of the First World War to the latest in cyber security, Top Secret explores over a century's worth of communications intelligence through handwritten documents, declassified files and previously unseen artefacts from the Science Museum Group's and GCHQ's historic collections.

Trace the evolution of the gadgets and devices used to conceal crucial messages and to decode the secrets of others. Hear from GCHQ staff doing top secret work to defend against terror attacks and serious crime and discover the challenges of maintaining digital security in the 21st century.

They got to explore the story of Alan Turing and the team of Bletchley Park codebreakers who broke the Enigma code in 1941, uncover spy-craft from 1960's Cold War espionage and challenge your friends and family to become codebreakers in their interactive puzzle zone.

Top Secret coincides with the 100th anniversary of GCHQ, the UK's Intelligence, Security and Cyber agency.















Science

Ignite curiosity in science and maths through more than 50 hands-on exhibits and immersive experiences. Wonderlab: The Equinor Gallery enriches learning across the themes of Forces, Electricity, Light, Sound, Matter, Space and Maths.

Alongside over 50 hands-on exhibits, the gallery includes live experiments at the Chemistry Bar, lightning demos at the giant Tesla coil, and our brilliant Explainers to facilitate engagement.

Wonderlab encourages students to be curious, to look closely at details and to be creative—skills that are invaluable to scientists.









Donmar Warehouse Workshop

by Christine Savva

Holy Family's year 9 GCSE Drama class had an exciting and enjoyable session on Monday, with a practitioner from the Donmar Warehouse, as we are taking part in a project called, 'Take to the stage.'

This project will include us working towards creating a devised performance in response to Carol Churchill's play 'Far Away' which is about a dystopian future.

Jack, who came in from the Donmar Warehouse, led us in a few games and activities to start us off and then we introduced ourselves to him. In one of the group activities we had to create freeze frames/images representing a word or phrase that Jack mentioned. Most of these were to do with the play 'Far Away' which we are yet to see. This activity gave us a vague idea of what the play was about, some of the words were hiding, animal versus humans, dystopia and nature versus humans. We then got put into groups and discussed the possible disasters and problems that we could come across in the future, and shared it with the class; things such as the climate change crisis, diseases and illnesses, technology, Robots taking our jobs, WW3 and supernovas were some of the things mentioned and discussed, amongst the class. Every group then picked a disaster of their choice and made a one minute scenario.

The year 9 GCSE drama class look forward to going further into this project, we will keep you updated!



SPORTS UPDATE

Congratulations to the yr 8, 9 and 10 girls basketball teams who have all progressed into the final stages of the borough basketball competition.

Yr 8 will play a semi final vs WSFG and Yr 9 will play a semi vs WA. Yr 10 are in the final vs Lammas which will be played at the Feel Good centre on Monday 3rd Feb.







(PICTURED) The yr 9 basketball team qualified to represent WF in the LYG competition . Round 1 was a home match vs Sacred Heart of Mary, Upminster who were representing Havering.

In a very close match Holy Family just edged a win 20 - 19. The girls will now move forward into round 2 with another home match .

SPORTS UPDATE







Yr 7 and 8 netball club, training hard with Ms Winter ready for their league matches which start after half term - and they have new pink netball posts







Congratulations to yr 8 basketball team who won their semi final vs WSFG 16-12. They will now join The Yr 10 girls in playing in the final at The Feel Good Centre on Monday 3rd Feb - Tip off - 10.30am.

Deloitte.

The prefect leadership team had a great session delivered by Deloitte.

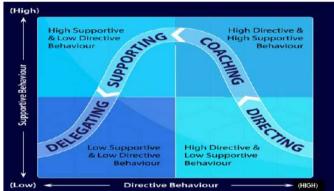


We asked you: Which leaders do you think are inspiring?

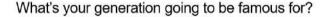
You told us



The leadership spectrum



76% are worried about the



planet

32% would like to be in a management position after leaving university/college

77% expect to work harder than previous generations

4+ hours of internet use per day

60% want to positively impact the world

94% said 'being true to myself' is important

100 x per day checking social media feeds

3 perspectives to think about





your goals



Making a difference in someone's life

ENGAGE



GAIN persistence ELEVATE yourself



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

National Apprenticeship Week



Don't go to uni without considering an apprenticeship

Get paid + get qualifications + get work experience

It's National Apprenticeship Week and we want to make sure you don't miss out on the many amazing benefits an apprenticeship brings.

University isn't the only option for you when you leave school/college. An apprenticeship could be the best way to gain experience and qualifications, all while earning a wage. Higher and degree apprenticeships give you the chance to gain a bachelor's or even a master's degree - and your employer will pay the tuition fees.

Read on to find out how an apprenticeship could change your life...

Click to read more!



National Apprenticeship Week

Click to read more!

National Apprenticeship Week Monday 3rd – Friday 7th February 2020



We've put together a list of links to apprenticeship content to help you plan your careers lessons for National Apprenticeship Week 2020. We have grouped the articles by theme.

Please feel free to copy and paste these links onto your school/college careers pages.

Introduction to apprenticeships

- All about apprenticeships
 https://successatschool.org/advicedetails/68/All-About-Apprenticeships
- Why should I consider an apprenticeship?
 https://successatschool.org/advicedetails/124/Why-Should-I-Consider-an-Apprenticeship.
- Should I apply for an apprenticeship or university?
 https://successatschool.org/advicedetails/480/Should-I-Apply-for-an-Apprenticeship-or-University
- How much is the apprenticeship wage?
 https://successatschool.org/advicedetails/509/how-much-is-the-apprenticeship-wage
- Can I do an apprenticeship without qualifications?
 https://successatschool.org/advicedetails/1011/can-i-do-an-apprenticeship-without-qualifications
- What qualifications can I get with an apprenticeship?
 https://successatschool.org/advicedetails/912/apprenticeships-auglifications

Types of apprenticeship

- What are the different types of apprenticeship? https://successatschool.org/advicedetails/716/types-of-apprenticeships
- What is an intermediate apprenticeship?
 https://successatschool.org/advicedetails/680/intermediate-apprenticeships
- What is an advanced apprenticeship?
 https://successatschool.org/advicedetails/604/advanced-apprenticeships
- Higher apprenticeships: Should I do one instead of university?
 https://successatschool.org/advicedetails/226/higher-level-apprenticeships
- Degree apprenticeships: What are they and are they for me?
 https://successatschool.org/advicedetails/582/degree-apprenticeships

Searching and applying for apprenticeships

- How to find an apprenticeship https://successatschool.ora/advicedetails/424/How-to-Find-an-Apprenticeship
- How to ace your apprenticeship interview https://successatschool.org/advicedetails/445/How-to-Ace-Your-Apprenticeship-Interview
- What should I look for when applying for apprenticeships?
 https://successatschool.org/advicedetails/489/look-for-applying-apprenticeship
- 5 key apprenticeship interview questions and how to answer them https://successatschool.org/advicedetails/1123/apprenticeship-interview-questions



Solicitor Apprenticeship Programme

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.

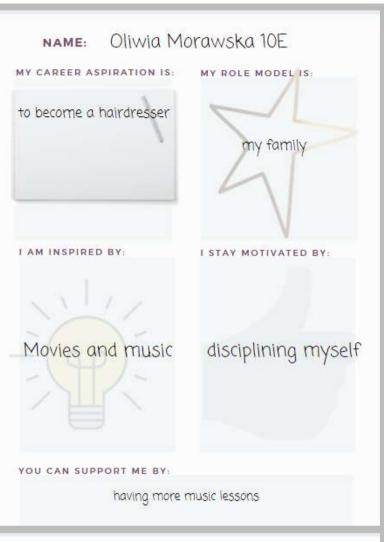
How to Apply

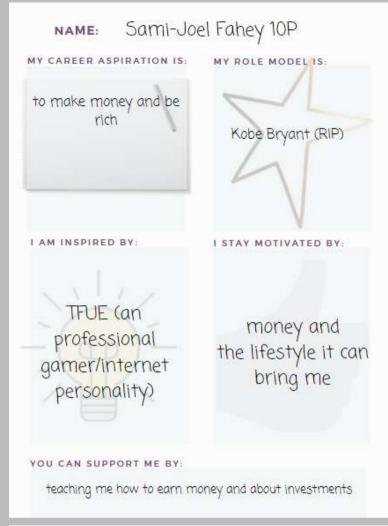
There is an application process to attend our assessment centre for the Solicitor Apprenticeship Programme. Applications are currently open and close on 10 March 2020. For more information and to apply, please visit our Solicitor Apprenticeship webpage **here.**

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

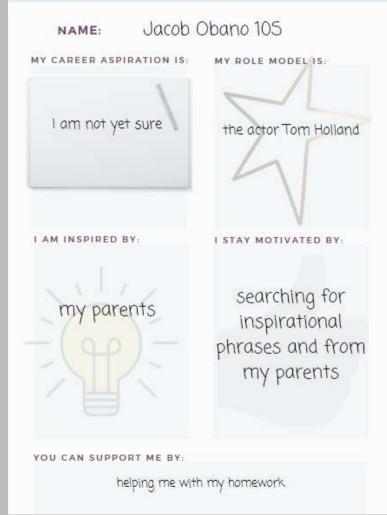


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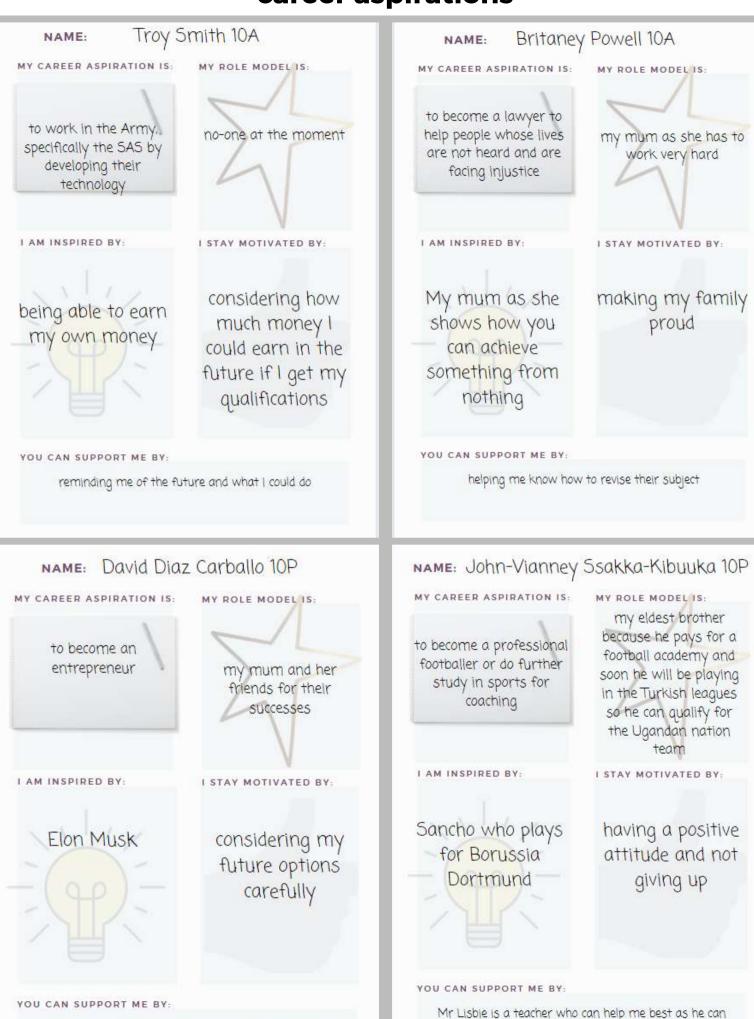








Each week twelve year 10s will tell us about their career aspirations



show me how to develop my playing to get better

I am not sure but discussion is always welcome

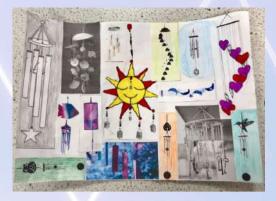
ASSEMB SSEMB

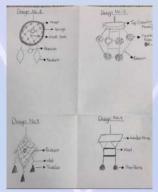
YEAR 9 HAVE BEEN WORKING HARD HONING THEIR WOOD CUTTING SKILLS TO MAKE BOXES.



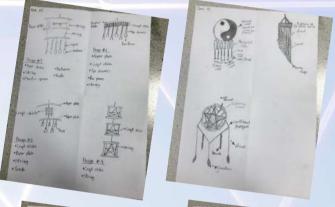
SSEW SSEW

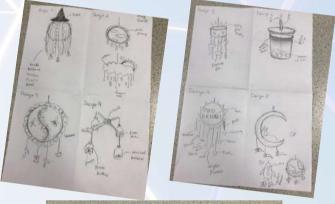
YEAR 8 SHOWING US THE IMPORTANT THEORY WORK THAT GOES INTO PLANNING PROJECTS!

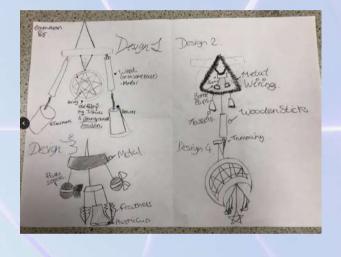






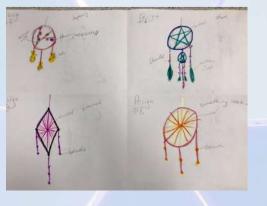




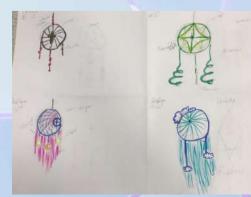








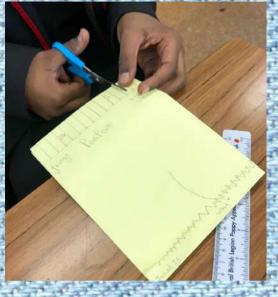


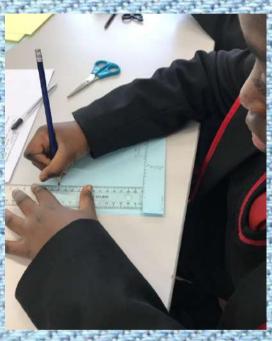


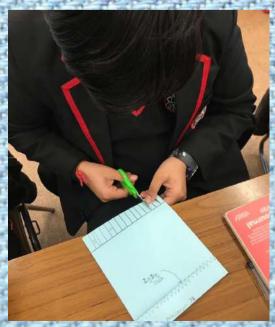
YEAR 7 PAPER MODELLING FOR THEIR FLEECE HATS.

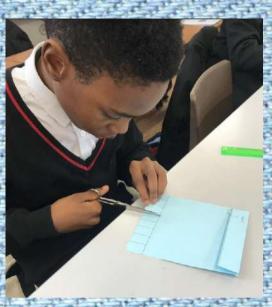
LEARNING HOW THE HAT IS CONSTRUCTED

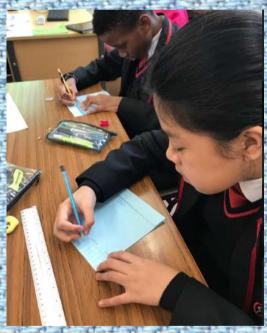
AND GARMENT MAKING TECHNOLOGY.

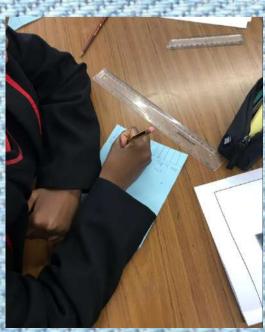












D&T ASSEMBLED

YEAR 9 TAKING ON THE SWEET & SAVOURY CHOUX PASTRY CHALLENGE











MFL Seneca Champions!



Most Questions Answered on Active Learn This Week:

Ashton S.

William G.

Cynthia T., Alex W., J'nae Z., Adrianne I., Jayden A., Priscilla A. for French.

Aaliyah H., Tiago D., Claude N., Yu Ruo C. and William
G. for Spanish



18th & 19th February 2020 REGISTRATION 9:30am-3:00pm

9+ YEARS SPECIALIST COACHES

£30 per day or £50 for two M: 07860 863 696 alcoaching1@outlook.com Nutter Lane, E11 2JA

AVOID DISAPPOINTMENT

WORKSHOPS PRESENTS

Calling all aspiring music producers, singers & songwriters!

Are you 11-16? Want to ..







Sing / Songwrite? Make a Music Video?

Produce Tracks?

Also, have the opportunity to showcase your skills at a live event? .. Then Join the MYP's!

17th - 20th February 2020 (10am - 3pm)

Follow up sessions: 26th Feb, 11th and 25th March, 1st April (5.30pm - 7.30pm)

For 11 - 16 years old only (Please make sure you are able to attend all dates)

If interested, sign up at www.mvpworkshops.co.uk.

contact Joanna on 0771 917 0017 or email joanna.vasanth@mvpworkshops.co.uk

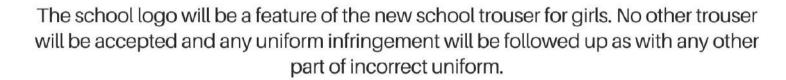
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