

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



Issue 22
Friday 11th March 2022

JUSTICE

The call for justice sees women strive for **EQUAL TREATMENT**, conditions and opportunities than that of men.

DIGNITY

Dignity refers to the idea that people have the **RIGHT TO BE VALUED**, respected and receive ethical treatment.

COLLABORATION

STRENGTH IN NUMBERS and voice are critical in driving change.

TENACITY

"Deeds not words" was the Suffragette's motto, **DEVOTING ATTENTION AND EFFORT** to forging ahead with women's rights.

EMPATHY

Calling for **GLOBAL UNDERSTANDING** about the plight of women – their challenges, obstacles and the changes they want for an inclusive world.

HOPE

Suffragettes campaigned to **MAKE THE WORLD BETTER**, hoping that women would one day have equal rights and opportunities.

EQUALITY

Ensuring all people have equal opportunities to make the most of their lives and their talents.

APPRECIATION

To become more appreciative of the **IMPORTANT ROLE WOMEN PLAY**, and strive to ensure women are not marginalised or discriminated against.

RESPECT

Equality can only be achieved if the diversity, differences and qualities of women are **VALUED**.

FORGIVENESS

Focusing on the path forward, **RECONCILING DISCRIMINATION** through awareness, and banding together to affect positive change.



**GENDER
EQUALITY**
today for a
**SUSTAINABLE
TOMORROW**

8TH MARCH 2022



@HFCSWaltham

www.holyfamily.waltham.sch.uk

@HFCSWaltham



Holy Family supports the people of Ukraine

During Lent the community at Holy Family will be collecting specific items urgently needed in Ukraine to support children and their families affected by the ongoing conflict.

A list of items we would like people to donate and where to bring them is on the following page as well as our social media platforms. Monetary donations can be sent into school for the attention of Mr Norman.

The items collected and money donated will be given to the Ukrainian Catholic Eparchy of the Holy Family, the Catholic Ukrainian church in London which many of our pupils attend. They have a network of vehicles that are transporting much needed support rapidly to the places they need to go.

Bishops Kenneth Nowakowski and our own Bishop Alan Williams encourage us all, with the Holy Father, to pray for Peace and to support where we can.

For further information on how to help the people of Ukraine please contact Mr Norman:
p.norman@holyfamily.waltham.sch.uk



Holy Family supports the people of Ukraine

The following items have been requested by the Ukrainian Catholic Church community in London. They are organising transporting the donations to Ukraine.

Wet wipes

Antiseptic wipes

Disinfectant wipes

Medical gloves

Backpacks

Warm Socks

Gloves

Thermal underwear

Camping mats

Sleeping bags

Torches

Water filters

Bandages

Phone charger cables

Phone charger power packs

Nappies

Blankets (not duvets)

Dry food (like pasta and rice)

Sweets

Protein bars

Pet food

There are collection boxes in each school hall.

Monetary donations can be sent into school for the attention of Mr Norman.



HEADTEACHER'S MESSAGE

Quotation of the week

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade" Charles Dickens

The weather has been very much like the words of Dickens this week with some lovely spring sunshine but a stiff breeze too. It's good to see the days lengthening and the buds and bulbs coming through. It feels like some of the weight of winter has been lifted and the sunshine lifts the spirits. This is important because there are so many gloomy things in the world. We must remain people with hope in our hearts and retain joyful optimism. We are collecting money and household items for humanitarian relief in Ukraine. On Friday 18th March we are holding a non-uniform day - it will be a £2 donation for the relief effort in Ukraine. We continue to pray every day for peace. Thank you in advance for your support. We have been talking to the students about the war and there is a great desire to help out and support the relief effort.

Appointment of a new headteacher

As you will be aware, I am moving on from Holy Family at the end of the academic year. I have enjoyed fourteen very happy years here and it was a difficult decision to decide to apply for a different post. Governors met on Thursday of this week to begin the process of recruiting my replacement. I do not leave until the end of the academic year and I want to assure everyone of my commitment to the school and ensuring that it is handed over to my successor in good order. We will, of course, keep you updated.

Drop Down Day

We held a special Drop Down Day full of activities on Tuesday of this week which went very well and which the students enjoyed. Yr 9 students had the chance to try out subjects they might wish to choose as their option subjects for GCSE. Sixth formers took part in personal safety sessions including self-defence classes. Younger pupils took part in first aid training including learning how to help someone who has collapsed and all about CPR techniques. Yr 11 enjoyed a day including sessions on stress management and revision techniques. There were also workshops for students on stop and search and their rights if they are stopped by the police. Thank you to colleagues involved who made the day work so well.

Parents' surgery

You can see me face to face in a socially distanced manner any week without an appointment on **Thursday afternoons between 4pm and 5pm**. If you prefer you can call the school office and arrange for me to call you instead. At present we have parents evenings for different year groups at this time which I am also involved in so you may wish to arrange a different time to see me. These will be finished by the middle of March. This coming Thursday 17th March is another parents' evening so I will not be available for parents' surgery.

Please continue to remember us in your prayers.

Dr Andy Stone,
Headteacher



HEADTEACHER'S COMMENDATION

We have a number of nominations for headteacher commendations this week.

First from Ms Atakan for the following students for excellent commitment to the National Tutoring Programme:

Enzo W., Elizabeth A., Rihanna F., Izadora C., Alyssa O., Remus B., Maria G., Ashlyn Amber B., Lincoln O., Ephraim B., Maria J., Isaiah R., Tatiana S., Sharon D., Klara P., Nalini A., Chelsea C., Ben I., Abigail K., Ashlee M., Sarah O., Jacque K., Micah J. and Cleopatra A.

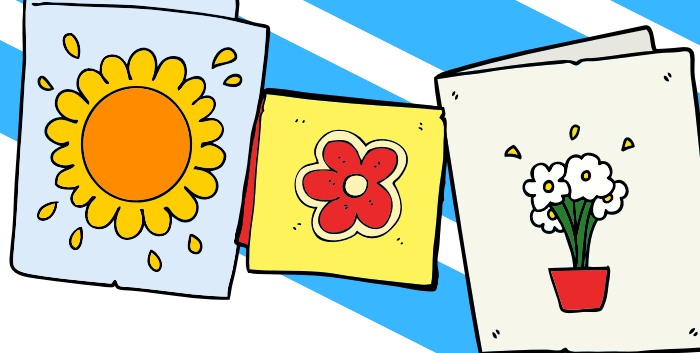
Next from Ms St Aimee for excellent work during Tuesday Drop Down Day:

Gabriella F., Mahalia McD., Tiara D., Kacper C., Dylan B., and Adar K.

Finally this week, we have nominations from Ms Alderson for the following students in our English as an Additional Language (EAL) group. They are:

Luftrahman, Karina, Anastasiia, and Timur.

Congratulations to all our amazing students this week!



WELLBEING

Crafting

"Many report that making something yourself, whether it's a greetings card, a cushion or something as small as a bookmark, gives a sense of satisfaction, and the process of making helps to distract from everyday worries and events, giving the mind a chance to switch off. Some people compare crafting to mindfulness, in that focussing on a repeated motion such as sewing or colouring can have meditative effects, bringing you into the moment and putting to one side the constant activity of our thoughts."



[You can learn more by clicking here:](#)



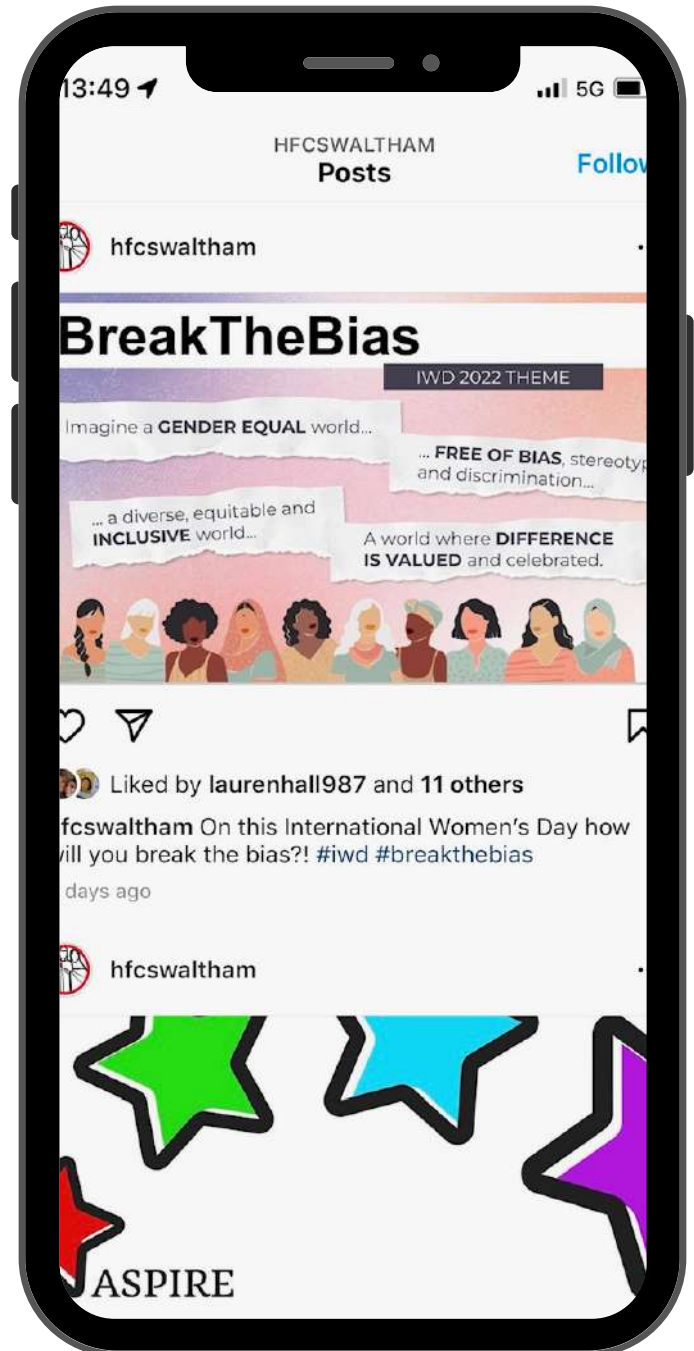
Anna Freud
National Centre for
Children and Families



SOCIAL MEDIA CATCHUP



@HFCSWALTHAM



@HFCSWALTHAM

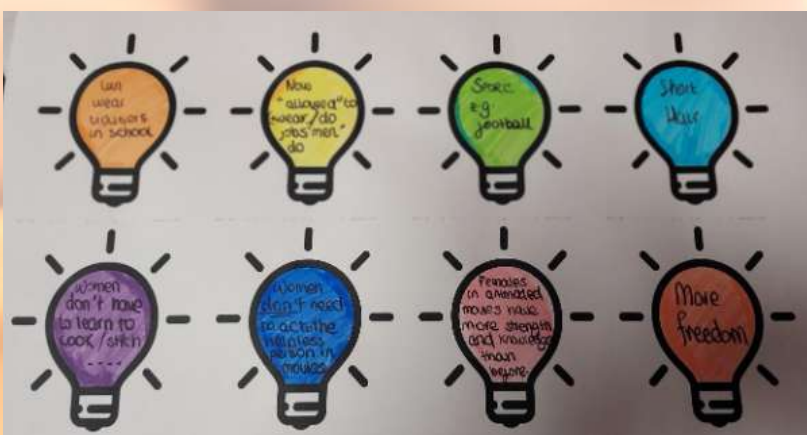
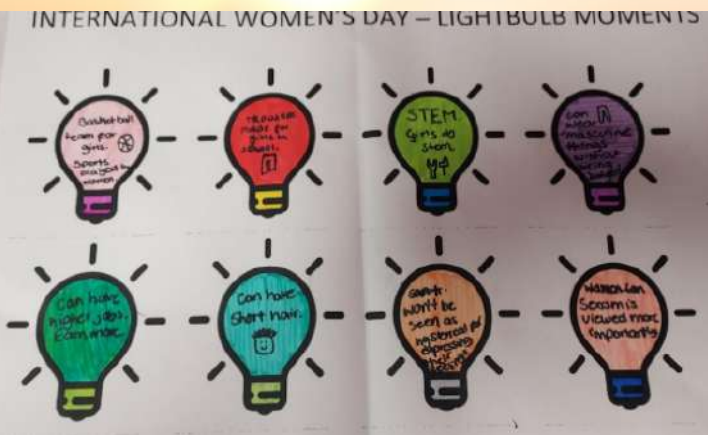
Chaplaincy Corner

Reconciliation

Students on the Walthamstow site had the opportunity to attend the Sacrament of Reconciliation on Wednesday. We thank our local clergy, Canon Niall and Fr Joseph (OLSG), Fr David (Christ the King) and Fr Freddy (St Patrick's) for giving their time so generously for students to have this opportunity.

International Women's Day

The Year 10 Justice & Peace group thought about the improvements in equality they have seen during their time in school. They were pleased that trousers were now part of the school uniform for girls, that there is a girls basketball team playing competitively and they had also noticed there were more girls taking STEM (Science, Technology, Engineering and Maths) subjects in school. They were also appreciative that gender equality has become embedded in school. If these actions can be achieved in their four years in school, what can be achieved in the future?



CAFOD Fast Day

Friday 11 March is CAFOD Family Fast Day. CAFOD, as part of the worldwide Caritas network, is working closely with sister Caritas organisations on the ground in Ukraine and in neighbouring countries to assist people with safe shelter, food and water.

Funds raised on Fast Days allows CAFOD to swiftly support Church partners. Thanks to previous Fast Day donations, CAFOD immediately provided £100,000 to Caritas Ukraine at the start of the crisis, before any appeals were launched.

Around the world, war and suffering is part of daily life for children and parents, brothers and sisters. CAFOD responds to where the need is greatest.

Could you eat a simple meal this Family Fast Day on Friday 11 March and [donate the money you save to help fight poverty and hunger?](#)

Chaplaincy Corner

Pray for Ukraine

Loving God,
We pray for the people of Ukraine,
for all those suffering or afraid,
that you will be close to them and protect them.

We pray for world leaders,
for compassion, strength and wisdom to guide
their choices.

We pray for the world
that in this moment of crisis,
we may reach out in solidarity
to our brothers and sisters in need.

May we walk in your ways
so that peace and justice
become a reality for the people of Ukraine
and for all the world.

Amen.

Catholic Agency for
Overseas Development

CAFOD



Laudato Si Commitments - *“Fast from pessimism”* and be filled with hope.

Mrs Grierson, Chaplain

Key dates - Lent 2022

Sunday 13th March – 2nd Sunday in Lent

Thursday 17th March – St Patrick's Day (Patron Saint of Ireland)

Friday 18th March – Non-uniform Day (blue and yellow theme) for Ukraine

Sunday 20th March – 3rd Sunday in Lent

Friday 25th March – Feast of the Annunciation

Sunday 27th March – 4th Sunday in Lent (Mothering Sunday)

Friday 1st April – *last day of term*

Sunday 3rd April – 5th Sunday in Lent

Sunday 10th April - Palm Sunday

Thursday 14th April – Maundy Thursday

Friday 15th April – Good Friday

Saturday 16th April – Holy Saturday

Sunday 17th April – Easter Sunday

Monday 18th April – Easter Monday

Tuesday 19th April – *return to school*

During lent it is our custom at Holy Family to do many charitable works to support the community.

This year we will be having our usual Easter egg collection, house and form groups will be organising their own fundraising activities during charity fortnight and of course our collection towards helping the people of Ukraine.



@brentwoodcys
www.brcys.net

BOYS 2022 Events

YOUTH MASS

FIRST THURSDAY OF THE MONTH
BRENTWOOD CATHEDRAL

COME ALONG FROM 6PM FOR PIZZA, FOLLOWED BY SPEAKERS, WORKSHOPS, PRAYER AND REFLECTION, MUSIC AND MUCH MORE!

YOUTH MASS WILL BEGIN IN THE CATHEDRAL FROM 7.30PM. HIRE A DIFFERENT MEMBER OF THE CLERGY WILL PRESIDE AND PREACH THE GOSPEL EVERY MONTH.

OPEN TO ALL THOSE IN YEARS 9 AND ABOVE.
NO BOOKING NECESSARY

LENT RETREAT

2ND - 3RD APRIL
HALLSINGHAM HOUSE

GET A CHANGE OF SCENERY AND A FRESH PERSPECTIVE AT HALLSINGHAM HOUSE AT ABBOTSWICK THIS LENT FOR TIMES OF PRAYER, SOCIALISING AND ACTIVITIES, BUT MOSTLY TO BEYIVE, AS OUTSIDE FRIENDS AND THE HALLSINGHAM HOUSE TEAM MEMBERS. AS ALWAYS THE CHAPEL IS HERE FOR TIMES OF QUIET REFLECTION THROUGHOUT THE DAY.

THE RETREAT IS OPEN TO THOSE IN YEARS 11-13.
BOOKING ONLINE AT WWW.BCYS.NET/EVENTS

SPONSORED SLEEPOUT

8TH - 9TH APRIL
8PM - 9AM

WHEREVER YOU ARE IN THE DIOCESE TO TAKE PART IN YOUR GARDENS, SCHOOLS OR PARISHES, ON YOUR OWN OR AS PART OF A GROUP AND SPEND 12 HOURS SLEEPING ROUGH OUTDOORS TO RAISE MONEY FOR A LOCAL CHARITY SUPPORTING THE HOMELESS.

EMAIL:
sleepout@diocesebrentwood.org
TO TAKE PART

YOUTH GATHER

2ND - 28TH OCTOBER, MERSEA ISLAND

STAY IN CABINS AND TRY A BRILLIANT RANGE OF OUTWARD BOUND ACTIVITIES FROM CLIMBING HIGH ROPES, ARCHERY, ZIP WIRE AND MUCH MORE TO KEEP YOU CHALLENGED AND ENTERTAINED. WITH GUEST SPEAKERS AND WORKSHOPS WHICH WILL GIVE YOU FRESH INSIGHTS INTO YOURSELF, AND YOUR FAITH, BY TELLING THEIR STORIES.

OPEN TO ALL THOSE IN YEARS 9 AND ABOVE.
BOOKING ONLINE AT WWW.BCYS.NET/EVENTS

SUMMER LOURDES

23RD - 30TH JULY 2022

ASSIST PILGRIMS GOING TO MASSES AND SERVICES, SHOPS AND CAFES OF THE BEAUTIFUL FRENCH TOWN, JOIN IN SOCIAL TIME TOGETHER, TAKE PART IN RETREATS, RECONCILIATION SERVICE, A VISIT TO THE BATHS, THE STUNNING MOUNTAIN TOWN OF GAVARNIE, SOCIAL HIGHIES, PARTY AND THE AMAZING LOURDES PROCESSIONS.

OPEN TO ALL THOSE IN YEAR 11 AND ABOVE.
BOOKING ONLINE AT WWW.BCYS.NET/EVENTS

ADVENT RETREAT

DECEMBER, HALLSINGHAM HOUSE

ENTER DEEPER INTO THE SEASON OF ADVENT WITH A WEEKEND OF INTERACTIVE WORKSHOPS, TIMES OF REFLECTION AND PRAYER, GAMES AND THE CHANCE TO MEET OTHER YOUNG CATHOLICS, LOOKING AT DIFFERENT THEMES AND ASPECTS OF THE ADVENT STORY AND JOURNEY TOGETHER ON OUR OWN FAITH JOURNEYS.

OPEN TO ALL THOSE IN YEAR 11 AND ABOVE.
BOOKING ONLINE AT WWW.BCYS.NET/EVENTS

Monthly Youth Mass



FIRST
THURSDAY
OF THE
MONTH

JOIN THE
BRENTWOOD
CATHOLIC
YOUTH SERVICE AND
OTHER YOUNG
CATHOLICS FROM
AROUND THE
DIOCESE

Beginning from 6pm, each month we will welcome either inspiring speakers and workshops, lead times of prayer and reflection, join for music, celebrations or social time and much more!

The evening will then finish with joyful Youth Mass in the Cathedral from 7.30pm, joined by a different member of the clergy to preside and preach the Gospel every month.



Coming straight from work or school, with no time to grab dinner? Not to worry - there will be Pizza in the Parish Hall from 6pm too!

2022 CALENDAR

- January
 - New Year Celebration
- February
 - Million Minutes
- March
 - CAFOD
- April
 - Stations of the Cross
- May
 - Month of Mary
- June
 - Queens Jubilee Celebration
- July
 - Praise and Worship

SPONSORED SLEEPOUT



THE NIGHT OF APRIL 8TH 2022

FURTHER INFORMATION CAN BE FOUND AT:
WWW.CARITASBRENTWOOD.ORG/SLEEPOUT

SLEEP OUTSIDE TO RAISE FUNDS FOR CHARITIES
SUPPORTING THE HOMELESS IN ESSEX & EAST LONDON
AND THE BRENTWOOD CATHOLIC YOUTH SERVICE

Lent 2022

YEARS 7 and 8
PLEASE BRING IN YOUR
SMALL CHANGE FOR
YOUR FORM ROOM
CAFOD BOX



Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.
(2 Corinthians 9:7)

CAFOD
Catholic Agency for
Overseas Development



THE HOLY FAMILY WAY

INCLUSION NEWS

Cerebral Palsy Awareness Month

March is Cerebral Palsy Awareness month, which is dedicated to the 17 million people diagnosed with cerebral palsy around the world.



What is Cerebral palsy?

Cerebral palsy is the name for a group of lifelong conditions that affect movement and co-ordination, caused by a problem with the brain that occurs before, during or soon after birth.

What causes Cerebral palsy?

Cerebral palsy can occur if a baby's brain doesn't develop normally while in the womb, or is damaged during or soon after birth, such as; meningitis, a serious head injury or an infection caught by the mother during pregnancy.

The impact of Cerebral palsy:

- One in three children with cerebral palsy is unable to walk.
- One in four children with cerebral palsy cannot feed or dress themselves.
- One in four children with cerebral palsy has a severe learning disability.
- One in ten children with cerebral palsy has no useful vision.

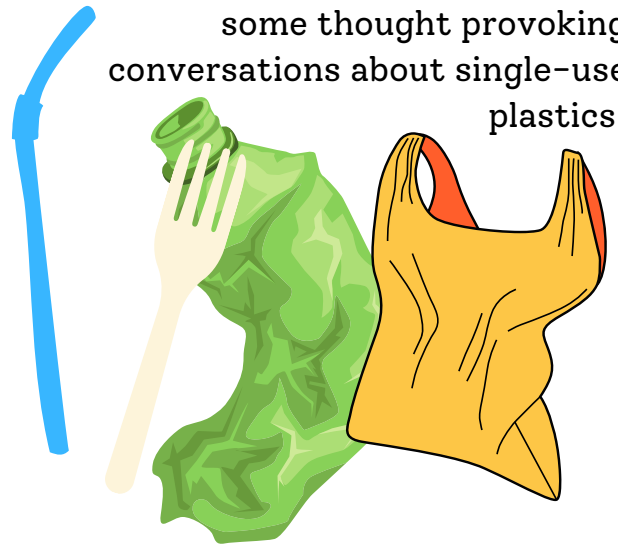
ECO-COUNCIL

Reducing the impact of single use plastic products

By Holy Family's Eco council



Our Eco-Council have been having some thought provoking conversations about single-use plastics.



What's a single use plastic?

- Plastic water bottles
- Plastic cutlery
- Wipes - baby, make up etc
- Plastic shopping bags
- Plastic razors, toothbrushes, sanitary products
- Nappies



What can we do to reduce our impact?

- Reduce
- Reuse
- Recycle



What's the problem?

Single use plastics often are:

- not recycled
- do not decompose and end up in the ocean, killing sea creatures and entering the food chain
- Made from a finite resource



What's the problem?

Marine debris is one of the most pervasive and pernicious global threats to the health of the world's coastal areas, oceans and waterways

U.S. Fish and Wildlife Service deputy director Jim Kurth



What's the problem?



Use alternatives



YEAR 9

9E have begun their fundraising for House Charity Fortnight. They will be selling bookmarks, greetings cards and coconut ices on Wednesday 16th March

**COCONUT
ICES!**



**9E
PRESENTS**

*Their Charity
Fortnight!*



BOOKMARKS!

**WEDNESDAY
16TH
MARCH
2022**

Heart

renching

*♥ Mother's Day Cards!
AND TEACHER APPRECIATION CARDS!*

**BREAKTIME IN
THE
HALL/CANTEEN
LUNCH TIME IN
THE
PLAYGROUND!**



YEAR 10

Be Punctual. Be Prepared. Be Phenomenal.

Outstanding contributions on your Drop Down Day on Tuesday. Well done Year 10.

A special thanks to Ms Paschalides for delivering a First Aid session.

Reminder: every week 1 Monday for your PE session, please make sure you come to school in the correct uniform.
No branded tracksuits allowed.

Stars

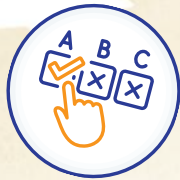
Alex O., Claude-Andre N., Daniela A., Deborah G., Denny C., Duné S., Dylan B., Elena O'B., Eliel O., Erika P., Fabrice F., Filipa A., Gabriela P., Gabriele I., Giulia D., Grace P., Jane T., Janet A., Jenatie G., Jonathan M., Josh T., Katrine O., Kayainna T., Kevin B., Kezia M., Magnific Y., Manasseh V., Maria P., Nazar V., Ozge A., Patrick McC., Pavaram Y., Philemon A., Priscilla A., Quevin F., Rhianna W., Stacy D'S., Tyrees A., Valeria B., Vlad B.

Wellbeing Tip: take a deep breath in and out before you reply to others

YEAR 11

Interform 2022

Week Three of the competition saw year 11 take part in a form quiz, an Uno championship, a chess tournament, an art competition and the all important A side vs B side football match.



Results:

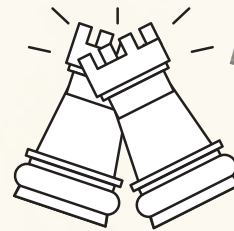
Uno: 11R

Football: A side (11A, 11An, 11E, 11I)

Chess: 11R

Quiz: 11R

Art: 11S



Here is the League Table at the end of week three:

11A 1377
11An 1722
11E 1649
11I 1515

11P 1450
11Ph 1285
11R 1372
11S 2013

Congratulations to **11R** who secured themselves breakfast this week.

Feeling stressed? Looking for some relaxation tips?
Check out Ms Nordon's tips and links on Googleclassroom



ASPIRE

HOUSE CHARITY FORTNIGHT

Monday 14th March to Friday 25th
March.

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

WHICH HOUSE WILL WIN?



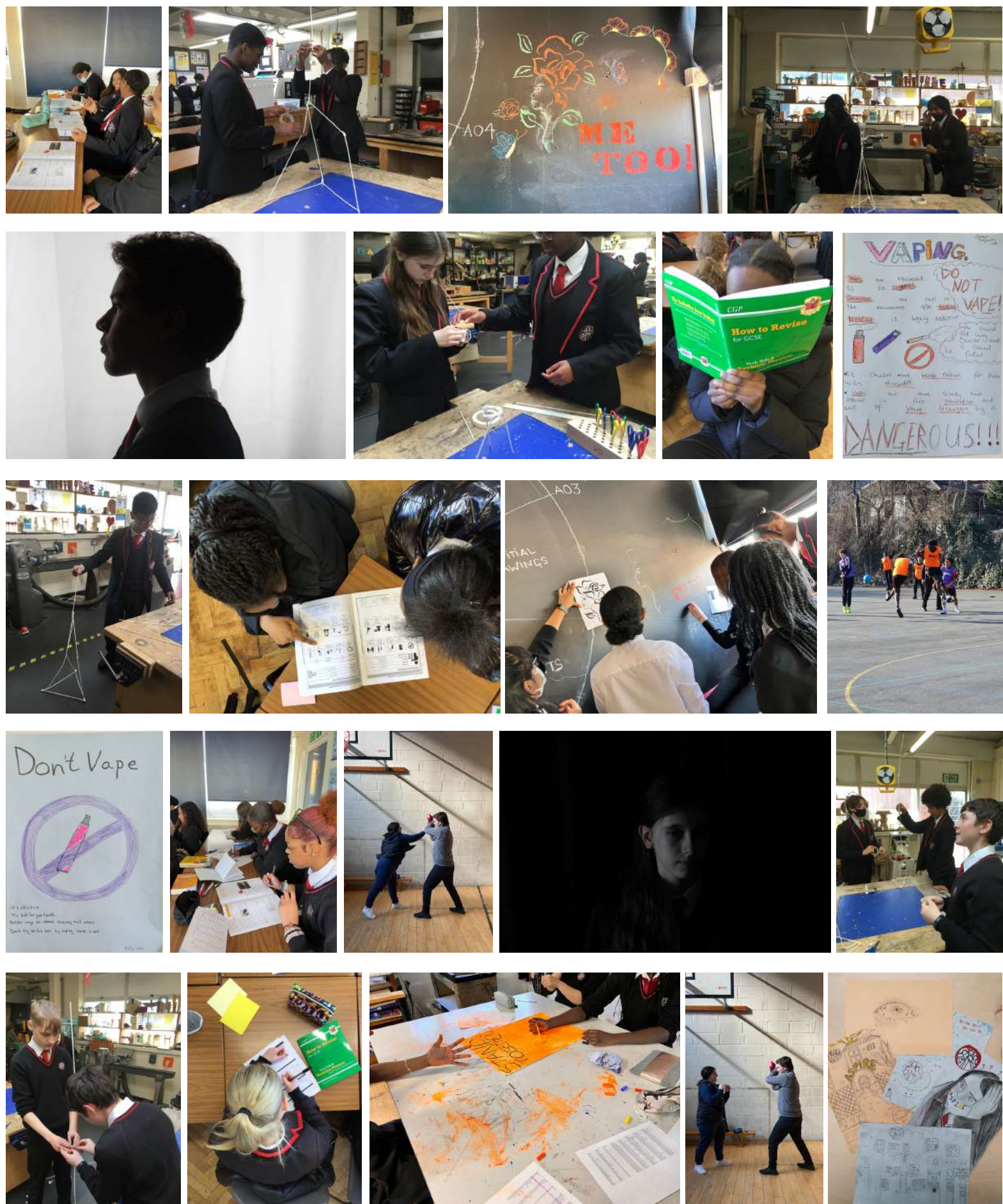
HOUSE CHARITY FORTNIGHT TIMETABLE

Charity Fortnight 2022	Walthamstow Site			Wiseman Site		
	Form class	Charity Event	Time and location	Form class	Charity Event	Time and location
Monday 14th March	12E	Raffle	Selling tickets throughout the week			
	12S	Sweet Jar Raffle	Throughout the week			
Tuesday 15th March	7E	Bake/Fruit Sale	Hall - Break	9I	Basketball Competition	Sports Hall - Lunchtime
	12I	Count the Mini Eggs in a Jar	Hall - Lunchtime	11PH	Cake and Sweet Sale	Playground - Break and Lunch
Wednesday 16th March	8S	Popcorn & Snacks	Dining Hall - Lunchtime	9E	Coconut Ices, Bookmarks, Mothers Day/Teacher Appreciation Cards	Hall - Breaktime, Playground - Lunchtime
				9P	Basketball Shootout	Sports Hall - Lunch
Thursday 17th March				11An	Cinema	U19 Lunchtime
				9A	Football target competition	Sports Hall - Lunchtime
Friday 18th March				10E	Bake Sale, Snacks & More	Lunchtime
	Sixth Formers	Pi Week Pie Sale	Breaktime	9S	Dodgeball Challenge	Sports Hall - Lunch
Monday 21st March	7S & 7R	Sponge The Teacher	Lunchtime	10A	Watch a Movie	Lecture Theatre - Lunchtime
	8E	Cake/Sweet Sale	Hall - Break	10S	Bake Sale, Snacks & More	Hall - Breaktime
Tuesday 22nd March	8R	Baking Competition and Sale	Hall - lunch	10P	RIFA tournament	Lecture Theatre - Lunchtime
	8P	Car Wash	Walthamstow Site Car Park	10EL	Henna Tattoo	Wiseman Site
Wednesday 23rd March	12I	Count the Mini Eggs in a Jar	Hall - Lunch	9I	Basketball	Sports Hall - Lunchtime
	12A	Mother's Day Raffle Competition	Throughout the day			
Thursday 24th March				10R	Bake Sale, Snacks & More	Hall - Breaktime
	12ST	Sweet Jar/ Cake Sale	Breaktime and Lunchtime	11A	Party Masses	W11, Lecture Theatre, Lunchtime
Friday 25th March	7P	Gaming Competition	IT room - Lunchtime	9P	Basketball Shootout	Sports hall - Lunchtime
	8ST	Basketball challenge	Playground	11P	Bake Sale	Foyer - Breaktime
	7AN	Y2 Beyblade Tournament	Playground / Gym	10I	Penalty Shoot Out	Lunchtime, the Cage on Playground
	13S	Cake/Sweet sale	Hall - Breaktime	13E	6th Form v Staff (Sports)	MUGA & Sports Hall
	8R	Sponge the Teacher / Cinema + Popcorn sale	Hall/Gym/L31 - Lunchtime	11S	Sponge The Teacher	Lunchtime

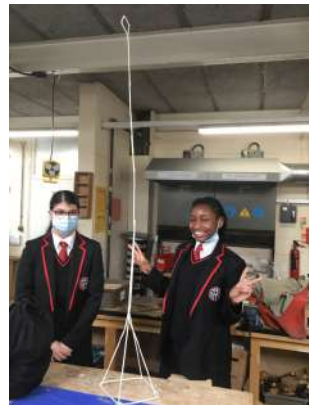
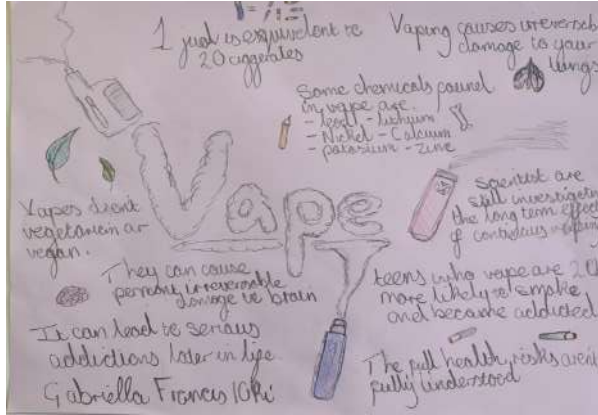
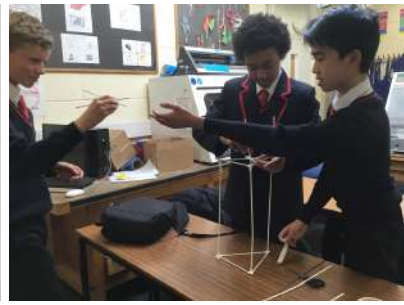
WHICH HOUSE WILL WIN?

DROP DOWN DAY

Tuesday's drop down day was filled with sessions about First Aid Safety, revision techniques, wellbeing, self defence and taster sessions for GCSE options where students got to experience their chosen subjects before they officially pick the course.



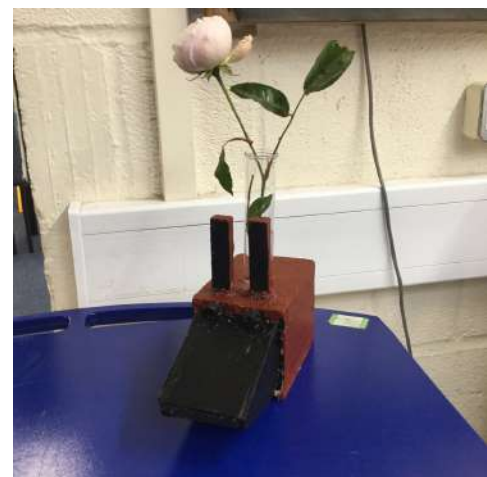
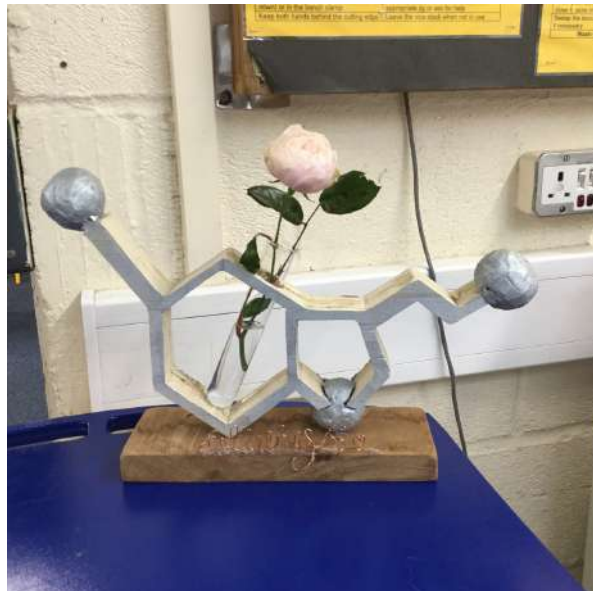
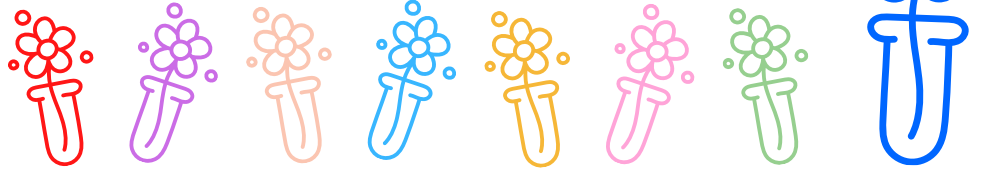
DROP DOWN DAY



PRODUCT DESIGN

Test tube projects are finished and look wonderful!

Fantastic designs showing us how to reduce, reuse, upcycle



HOSPITALITY & CATERING

Congratulations to all year 11 students who have completed their Hospitality & Catering practical exams so far. The dishes look very impressive!



Facts About

Pi

The first 100 digits of pi are **3.1415926535 8979323846
2643383279 5028841971 6939937510 5820974944
5923078164 0628620899 8628034825 3421170679**

The symbol for pi is the lowercase Greek letter π , and is taken from the Greek word perimetros, which means circumference.

 π

Pi day is celebrated annually every March 14.

Celebrate Pi Week from Monday 14th March with activities including:

- Pie bake sale
- Pie themed lunch
- Pi digit competition
- Drop down lessons in Maths
- Pi numeracy activities

POETRY CLUB

Class Of Commons

by Ernest T., Laura K., Maria S. and Allison T.

They scream and curse.
It feels like war again.
Stuck in between chaos, negativity being thrown away.
Hatred like war- innocence of bickering mess.
It was the sweet,
Sweet scent of the adrenaline rush that we felt.

On the other side of paradise,
As happy as a lark
As positive as a daydream
In my safe haven
We live in harmony,
A contrast with the endless agony

Just as the shards of glass are thrown,
Test tubes side to side,
Chemicals spread out full out.
Someone exclaims:
"PRACTICAL TIME!!"
And so the chaos abruptly pauses,

The bell.....
The hours of chaos are finally over.
It's finally home time.

The sun is shining above the sea,
where the fish go to rest in peace.
As it sets, all goes asleep,
where they all sleep peacefully.

As midnight falls, everything stops. The sun stops shining,
and the birds stop choiring.

When morning comes, everything awakes.
The racers start racing in a race.

But all of this happens because of the sun, as it rises and sets,
as bright as stars.
The sun gives people all the fun,
even with the superstars.

We all like the sun,
because it's the one.
It comes out to play,
even when people are away.

The Sun
by Amit S. Yr 10

LRC

Recommendations

Boy 87 is an original and beautifully written page-turner of a novel about love, survival and the strength that can be found in a hopeful human spirit'
- Sarah Crossan, Carnegie Medal Winner

'Shif is an unforgettable character, and his story should be read by everyone who cares about one of the unfolding tragedies of our time'
- Award-winning author Elizabeth Laird

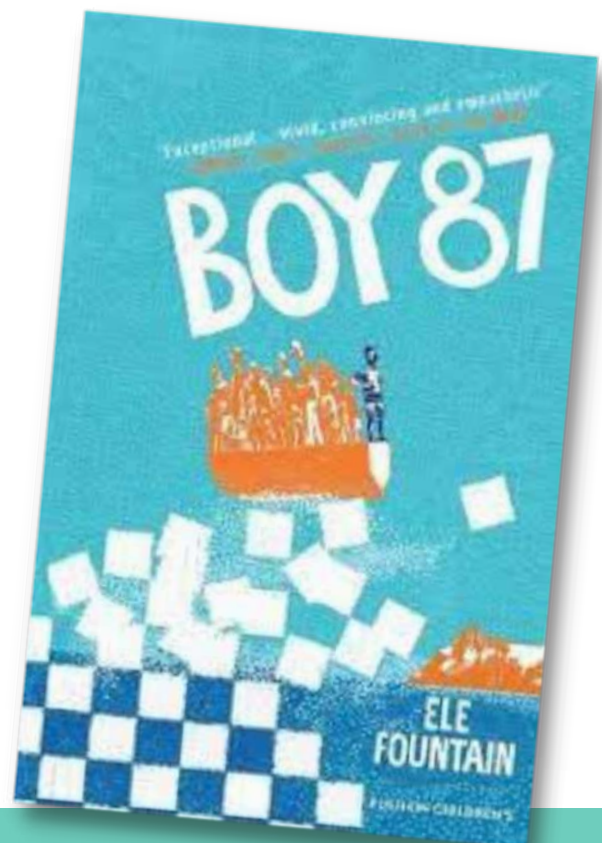
Shif is just an ordinary boy who likes chess, maths and racing his best friend home from school.

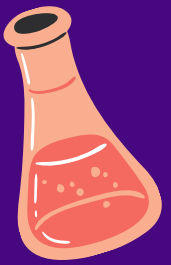
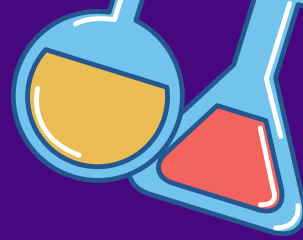
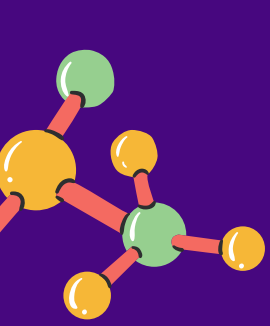
But one day, soldiers with guns come to his door – and he knows that he is no longer safe. Shif is forced to leave his mother and little sister, and embark on a dangerous journey; a journey through imprisonment and escape, new lands and strange voices, and a perilous crossing by land and sea.

He will encounter cruelty and kindness; he will become separated from the people he loves. Boy 87 is a gripping, uplifting tale of one boy's struggle for survival; it echoes the story of young people all over the world today.

Boy 87

Novel by
Ele Fountain

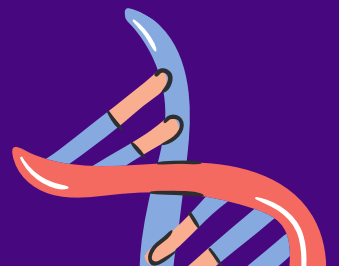
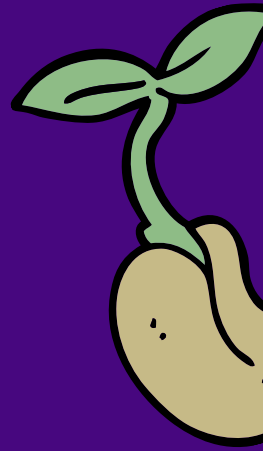


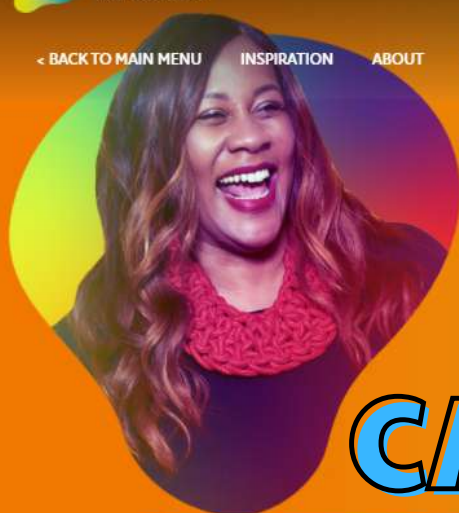


British Science Week Starts Monday 14th March 2022

Planned Activities

- Form time Quizzes
- KS3 themed Lessons- growing crystals, building giant spaghetti tower, making giant bubbles, growing seeds, building & launching water rockets
- Science Club with Years 7 & 8
- National Poster Competitions
- Kitchen Chemistry
- Design a Lab Coat





SPEAKERS FOR SCHOOLS VIRTUAL TALKS & BROADCASTS

CAREERS CORNER

Broadcast in partnership with #Newky Books and HSBG, Niran Vinod and Damita Timelyn, authors of 'How to Build It'

Date: Monday 7th March

Time: 14:00 - 15:00

Age Group: KS4-5 / 54-6

Join us for a broadcast with Niran Vinod and Damita Timelyn, authors of 'How to Build It'. They will be discussing their experiences of building a brand, how to unlock your potential and turn your side hustle into a real opportunity.

Please note that this broadcast will be livestreamed from a talk at a school.

[Click here to register](#)



International Women's Day Broadcast: CeCe Sammy-Lightfoot, Vocal Coach & TV Presenter

Date: Tuesday 8th March

Time: 10:00 - 10:45

Age Group: KS3-5 / 51-6

We are looking forward to having another broadcast with CeCe Sammy, this time for International Women's Day. CeCe will be speaking about what International Women's Day means to her, how to develop your confidence and the women who inspire her.

[Click here to register](#)



International Women's Day Broadcast: Ella d'Amato, Managing Director, Investment and CMO, True & Former Chief Commercial & Marketing Officer, Nim on the High Streets

Date: Tuesday 8th March

Time: 14:00 - 14:45

Age Group: KS3-5 / 51-6

We are excited to welcome back Ella d'Amato for another broadcast. Ella will be joining us on International Women's Day to speak about the women who inspire her, the important advice she has been given throughout her life and career, and why it is important to celebrate International Women's Day. Ella is looking forward to answering some more of your questions!

[Click here to register](#)



National Careers Week Broadcast: Hospitality with Joanne Kurnoska, Managing Director for UK and Ireland, InterContinental Hotels Group

Date: Wednesday 9th March

Time: 10:00 - 10:45

Age Group: KS3-5 / 51-6

Are you interested in working in the hospitality industry? Perhaps you already have experience of working in hospitality and want to learn more about where it could take you in the future? Join us for a broadcast with Joanne Kurnoska, who started out working in hotels and has worked her way up to be Managing Director for UK and Ireland, at global organisation IHG Hotels & Resorts. Joanne is excited to share her industry insights with you and answer your questions!

[Click here to register](#)



National Careers Week Broadcast: Entrepreneurship and Growth Mindset with Oliver Duffy-Lee, Founder, Launch Pad Academy

Date: Wednesday 9th March

Time: 14:00 - 14:45

Age Group: KS3-5 / 51-6

How do you train a growth mindset? How can having a growth mindset help me at school and in my future career? Join us for a broadcast with Entrepreneur Oliver Duffy-Lee to have your questions about Growth Mindset answered and to find out some of the skills you need to be an Entrepreneur!

[Click here to register](#)

Green Skills Week Broadcast: Tamara Finkelstein, Permanent Secretary, (DEFRA) Department for Environment, Food and Rural Affairs

Date: Thursday 10th March

Time: 13:00 - 14:00

Age Group: KS3-5 / 51-6

Did our 'Green Skills Week' campaign inspire you to take action last year? We are excited to welcome Tamara Finkelstein, Permanent Secretary, (DEFRA) Department for Environment, Food and Rural Affairs for our first Green Skills Broadcast of 2022. During this broadcast, you will learn about some of the main responsibilities of DEFRA and how it is working to tackle waste and improve our natural environment.

[Click here to register](#)

National Careers Week Broadcast: Careers in Film and TV with Fiona McGuire, Industry Partnerships Director, London Screen Academy

Date: Friday 11th March

Time: 14:00 - 15:00

Age Group: KS3-5 / 51-6

Have you ever thought about a career in working in TV and film? We are excited to host a broadcast with Fiona McGuire from the London Screen Academy! Join us to learn about what happens behind the scenes on a set, hear about her industry insights and find out the different types of skills and roles needed in the industry. Also, get your questions ready for the Q&A session!

[Click here to register](#)

VIRTUAL WORK EXPERIENCE



Delve into the world of Digital Forensics, be a Digital Detective



A virtual work experience by Systems Technology Consultants

Mar 24, 2022 for 1 days

Sector: Computing & IT

Ages 14-19

[View](#)



My Personal Finance Skills - Staying safe from scams & routes into a career in personal finance



A virtual work experience by Chartered Insurance Institute - My Personal Finance Skills

Mar 16, 2022 for 1 days

Sector: Finance

Ages 14-16

[View](#)



Creating Brighter Futures (The Adecco Group) Insight Day (16-19yrs)



A virtual work experience by The Adecco Group

Mar 24, 2022 for 1 days

Sector: Business

Ages 16-19

[View](#)

IF YOU CAN'T WATCH A TALK LIVE YOU CAN FIND IT LATER IN THE LIBRARY



PE EXTRA CURRICULAR TIMETABLE

			PE EXTRA CURRICULAR TIMETABLE		
		Walthamstow Site		Wiseman Site	
	BEFORE SCHOOL 7.45am-8.20am	LUNCH 1.25pm-2pm	AFTER SCHOOL 3.20pm-4.30pm	LUNCH 1.25pm-2pm	AFTER SCHOOL 3.20pm-4.30pm
Mon		Yr 7 Mixed Basketball GRE	Yr 7/8 Netball - WIM/PAK/SCS Yr 8 Mixed Football LIK. (Wiseman Site)	Yr 9 Basketball Interform LAD/LIK	Yr 8 Mixed Football LIK. (Wiseman Site) Yr 10 girls - D of E Fitness
Tues	Fitness Room Yrs 9 - 11 - PAK	Yr 7 Girls Football PAK	Yr 7 Boxercise/Circuits - PEA	Yr 9 FITNESS - WIR Yr 10 Basketball Interform - WIM	Yr 9/10/11 Basketball (WIM, PAK, COE) Fitness Room - Yr 10/11
Wed	BASKETBALL - Yr 10 - WIM	Yr 7/8 Badminton/TT COE	Tramp - Yr 7/8. (COE) Yr 7 Mixed Football GRE	Yr 10 FITNESS - WIR Yr11 Basketball Interform- WIM/LIK	Kick Boxing - All Yrs (Week 2) - HUA
Thurs	Fitness Room Yrs 9 - 11 -WIM	Yr 8 Boys Basketball LAD	Yr 7 - Team Games (WIM/COE)	All Yrs Badminton - LIK/PAK Yr 11 FITNESS - WIR	Yr 9 Girls Football- LIK Kick Boxing - All Yrs (Week 1) - HUA
Fri		Yr 8 Girls Basketball LAD	Staff training	Yr 11 Football - LIK Rowing (Coach)	Staff Training 6th Form BB Team Training





FREE

**LEYTON ORIENT TRUST
HOLIDAY ACTIVITY & FOOD PROGRAMME**



**EASTER
HOLIDAY
FUN**



**MONDAY 4TH - FRIDAY 8TH
APRIL 2022**

10:00 - 15:00

SCORE CENTRE, E10 5JY

**SCAN THE QR CODE TO BOOK YOUR
PLACE NOW AND FIND OUT MORE:**



[https://leytonorienttrust.coordinate.cloud/
project/27841](https://leytonorienttrust.coordinate.cloud/project/27841)

ARE YOU AGED BETWEEN 8-14?

**IN RECEIPT OF BENEFIT RELATED
FREE SCHOOL MEALS?**

**DO YOU LIVE OR GO TO A SCHOOL
IN WALTHAM FOREST?**

Leyton Orient Trust are excited to announce a week full of FREE multi-sports activities for you to enjoy during your Easter holiday.

Each day will include a wide range of sports, nutritional workshops and our Youth Zone activities such as PlayStation & board games + not to forget...FREE lunch!

Come along and try new activities, learn new skills, have fun & make friends!

Contact us on:

0208 556 5973

enquiries@leytonorienttrust.org.uk

Instagram: @leytonorienttrust

Twitter: @lotrust



REFUEL AT SCHOOL BREAKFAST

EVERYONE WELCOME
Monday to Friday

Location: **THE CANTEEN ON BOTH SITES**

Timings: **8:00 - 8:30AM**

**magic
breakfast**
fuel for learning

INTRODUCING THE HALO CODE



We are excited to announce that Holy Family Catholic School has adopted The Halo Code, the UK's first Black hair code.

No Black staff or students should have to change their natural or protective hairstyle in order to thrive at our school.

We hope that the Halo Code will move us one step closer to a world free from discrimination, where all Black members of our community have their identities fully recognised and celebrated.

The Code:

"Our school champions the right of staff and students to embrace all Afro-hairstyles. We acknowledge that Afro-textured hair is an important part of our Black staff and students' racial, ethnic, cultural, and religious identities, and requires specific styling for hair health and maintenance.

We welcome Afro-textured hair worn in all styles including, but not limited to, afros, locs, twists, braids, cornrows, fades, hair straightened through the application of heat or chemicals, weaves, wigs, headscarves, and wraps.

At this school, we recognise and celebrate our staff and students' identities.

We are a community built on an ethos of equality and respect where hair texture and style have no bearing on anyone's ability to succeed."



Holy Family Book Club

Tuesdays 3.15pm to 4.15pm in U39 Wiseman Site

Starting 1st February

You are allowed to bring a snack/drink

Please see Wiktorina S (Year 12) and Ms Nordon for questions or more details

easyfundraising
feel good shopping

Raise FREE donations for

Holy Family Catholic School - Walthamstow

every time you **shop online**

Find us on **easyfundraising.org.uk**

<https://www.easyfundraising.org.uk/causes/holyfamilycswalthamstow/>

4,300 online sites will give us a free donation when you shop with them - at no extra cost to you!



Download the **easyfundraising App**



£ Over £32 million raised

★ Trustpilot ★★★★★

1.8 million users



PLAY AND STUDY

FULL-TIME COLLEGE STUDY PROGRAMME FOR 16-18 YEAR OLDS

- BTEC Level 1 Certificate in Sport
- NCFE Level 2 Diploma in Sport
- BTEC Level 3 Extended Certificate/Foundation Diploma in Sports Coaching and Development
- BTEC Level 3 Diploma / Extended Diploma in Sports Coaching and Development

STUDENT BENEFITS:

- **Campus setting** - practical and theory in one place. Training ground 5 mins away
- Leyton Orient player and staff visits
- **Free tickets** to a Leyton Orient match



COLLEGE STUDY PROGRAMME INCLUDES:

- Academy standard **coaching and training** facilities
- **English and Maths** qualifications if required
- Direct link to **University Sports courses** and **US Football Scholarships**
- **Competitive games** in Association of Colleges League
- **Opportunities to be scouted** by Leyton Orient FC and local semi-professional clubs
- **Work experience and volunteering opportunities** within the industry

FOR MORE INFORMATION VISIT:

WWW.LEYTONORIENTTRUST.ORG.UK/FURTHEREDUCATION



COME TO A TRIAL

Take part in a football training session

Meet our coaches

Learn about our courses and the college



"It was so helpful that I could do the FA Level 1 Coaching Course alongside my Level 3. I got a job part-time coaching for the Trust." **Shalliah**



DATES:

WEDNESDAY
27 OCTOBER 2021

11.00AM-12.30PM

WEDNESDAY
16 FEBRUARY 2022

11.00AM-12.30PM

WEDNESDAY
6 APRIL 2022

11.00AM-12.30PM

WEDNESDAY
1 JUNE 2022

11.00AM-12.30PM

LOCATION:

FEEL GOOD TOO CENTRE, IVE FARM LANE,
LEYTON, E10 5HH

BOOK YOUR PLACE:

WWW.LEYTONORIENTTRUST.ORG.UK/EVENTS

[Twitter: @lotrust](https://twitter.com/lotrust) [Instagram: @leytonorienttrust](https://www.instagram.com/leytonorienttrust)



YOUTH ZONE

EVERY MONDAY

Football session delivered by Leyton Orient Trust coaches!

Multi-Sports
Indoor Games
Arts and Crafts
Dance and Yoga classes
And MANY MANY MORE!

FOR AGES:
8-12 - 5PM-7PM
13-16 - 7PM-9PM

CONTACT INFO:
INFO@WAPPINGYOUTHFC.CO.UK
HAIFZUL.HAQ@LEYTONORIENTTRUST.ORG.UK

TEVIOT CENTRE - 1 WYVIS ST, LONDON. E14 6QD




WANT TO PLAY GAELIC FOOTBALL IN NORTH LONDON?

NORTH LONDON SHAMROCKS

We are a well established family friendly Gaelic Football Club.

Want to get involved?
We are always looking for new Boys and Girls to join our Youth Teams. From all ages U7's U9's U11's U13's U15's and U17's.

Training at Tottenhall Sports Ground,
Tottenhall Road, London N13 6LH.
Saturday 12:30pm - 14:00pm

Contact Gerry on 07968017864
For more details
www.northlondonshamrocks.com

[Facebook: nlsy20](https://www.facebook.com/nlsy20)
[Instagram: nlsy20](https://www.instagram.com/nlsy20)
[TikTok: @theshamrocks1](https://www.tiktok.com/@theshamrocks1)





FREE WEEKLY SESSIONS • FUN • INCLUSIVE • OPEN FOR ALL ABILITIES • JUST
TURN UP & PLAY • TOURNAMENTS • LOFC TICKETS • VOLUNTEERING •
WORKSHOPS + MORE

MONDAY

17:00-18:00	MUMS & DAUGHTERS FOOTBALL	AGE 18+
18:00-19:00	KICKS - GIRLS FOOTBALL	AGE 8-16
	BRITANNIA LEISURE CENTRE, N1 5FT	
17:00-18:30	KICKS - YOUTH CLUB & FOOTBALL	AGE 8-12
18:30-20:00	KICKS - YOUTH CLUB & FOOTBALL	AGE 13-16
	TEVIOT COMMUNITY CENTRE, E14 6QD	
19:00-20:00	KICKS - DISABILITY FOOTBALL	AGE 14+
	MILE END LEISURE CENTRE, E3 4HL	

TUESDAY

17:30-19:30	KICKS - FOOTBALL	AGE 8-16
	PEMBURY E T B C JGA, E5 8JL	
17:00-19:00	KICKS - GIRLS FOOTBALL	AGE 11-18
	MABLEY GREEN 3G ASTRO, E9 5HW	

WEDNESDAY

20:00-22:00	KICKS - YMCA RESIDENTS FOOTBALL	AGE 16+
	YMCA WALTHAMSTOW, E17 3EF	

THURSDAY

17:30-18:30	KICKS - FOOTBALL	AGE 8-13
18:30-20:00	KICKS - FOOTBALL	AGE 14-18
	LOXFORD LEISURE CENTRE, IG1 2UT	

FRIDAY

18:00-20:00	KICKS - FOOTBALL & CAREERS ADVICE	AGE 11-18
	SALISBURY HALL 3G ASTR, E4 8ST	
17:00-19:00	KICKS - YOUTH ZONE	AGE 11-18
	SCORE CENTRE, E10 5JY	

SUNDAY

10:00-11:00	KICKS - FOOTBALL	AGE 8-16
	FEEL GOOD TOO, IVE FARM, E10 5HQ	
12:00-14:00	KICKS - GIRLS FOOTBALL	AGE 11-16
	STEPNEY GREEN ASTROTURF, E1 3NG	

For more information please contact hafizul.haque@leytonorienttrust.org.uk
Follow us on socials; Instagram @leytonorienttrust | Twitter @lotrust

#LondonUnited



Premier League

Kicks

GIRLS FOOTBALL

BRITANNIA LEISURE CENTRE, N1 5FT
EVERY MONDAY
5PM-7PM

MABLEY GREEN ASTROTURF, E9 5HW
EVERY TUESDAY
5PM-7PM



SCAN ME

TO REGISTER

FOR MORE INFORMATION CONTACT
EMMA.THORNE@LEYTONORIENTTRUST.ORG.UK



FUN, INTERACTIVE & INCLUSIVE ACTIVITIES
FOR 11-18 YEAR OLDS

• Futsal • Multi-sports • Playstation • Card & Board Games • Teqball Table Football
+ 1-2-1 & Group Mentoring space



5PM

TO

7PM

SCORE
CENTRE
E10 5JY

OPPORTUNITIES INCLUDE:

- Careers & CV Writing Advice
- Schoolwork Support
- Volunteering Opportunities
- Social Action Projects
- Radio & Media Workshops
- FREE LOFC Match Tickets

For more information, please contact hafizul.haque@leytonorienttrust.org.uk

FREE



ELITE DEVELOPMENT CENTRE

EVERY FRIDAY | 5.30PM - 6.30PM

AGES 7-15
BOYS AND GIRLS
£7.50 PER SESSION
(CASH ONLY)

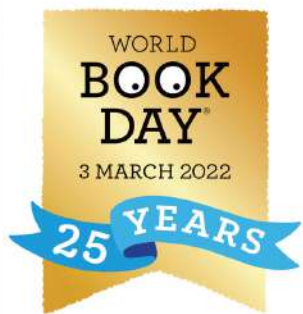
The Peter May Centre
Walthamstow
E17 4HR



VISIT FROM THE
FIRST TEAM
PLAYERS!

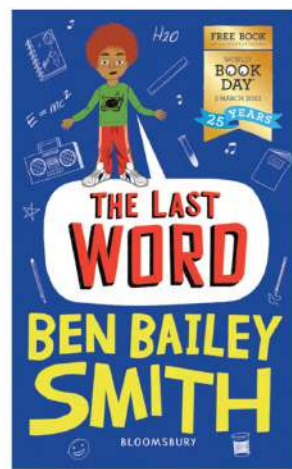
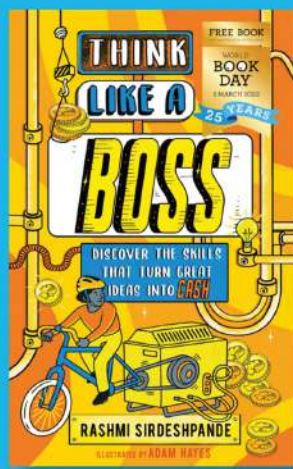
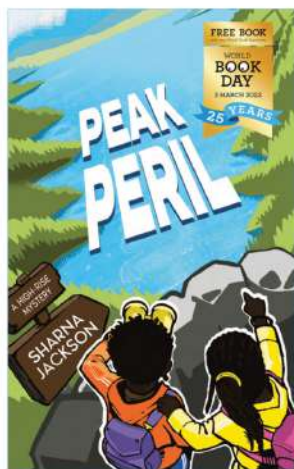



TWO PLAYERS FROM THE CENTRE HAVE SIGNED FOR LEYTON ORIENT'S ACADEMY!



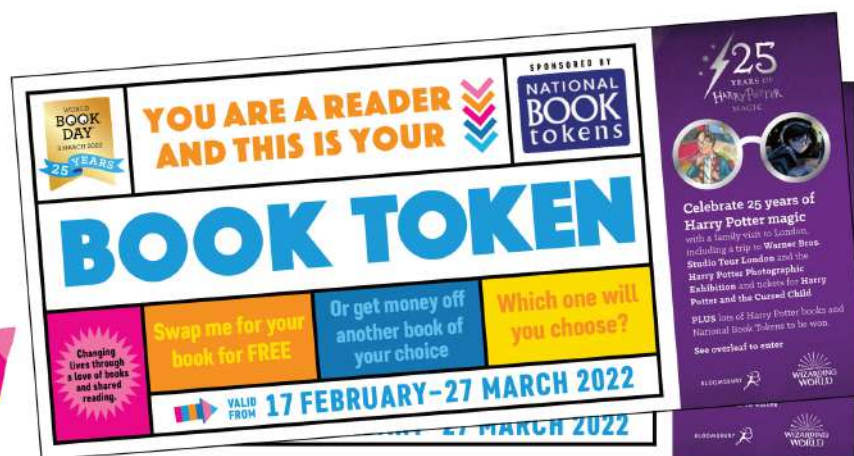
JOIN US ON 3RD MARCH 2022

CELEBRATING 25 YEARS OF WORLD BOOK DAY



Swap your
BOOK TOKEN
to get a
**WORLD BOOK DAY
BOOK** for **FREE**
at your local
bookseller 

TOKENS VALID 17 FEBRUARY–27 MARCH 2022



**SPONSORED BY
NATIONAL
BOOK
tokens**

Changing lives through a love of books and shared reading.

World Book Day® is a charity sponsored by National Book Tokens

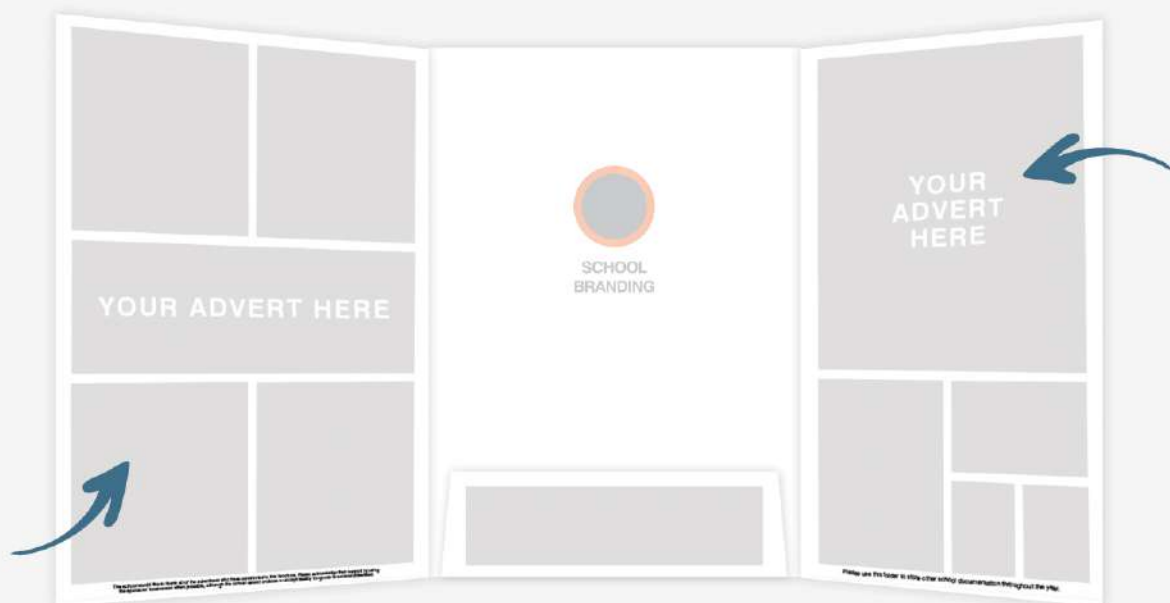
CALLING ALL PARENTS!

We are currently compiling a presentation folder for all of our parents. Inside the folder there will be space to include

ADVERTISEMENTS FOR LOCAL COMPANIES AND BUSINESSES

3,000 FOLDERS WILL BE PRODUCED

and distributed to the parents of all our pupils, teachers and any others who request information about the school. Advertising revenue will generate income to boost school funds.



If you wish to take this opportunity to support the school and promote your business, act now to reserve your spot - *space is limited*. Please register your interest with **FSE** on **01933 303520**.

PL84U AL-SUFFA

SERVING HUMANITY ONE PL8 AT A TIME

FOOD BANK

MONDAY & WEDNESDAY

EPICENTRE - 41 West St, London E11 4LJ

12 - 2PM



www.pl84ualsuffa.co.uk

Email: PL84UALSUFFA@GMAIL.COM

SAIRA BEGUM MIR BCAC: 07539364110

[f](#) [i](#) [t](#) PL84U AL-SUFFA [t](#) PL84U_AL_SUFFA

Charity No. 1168215

If you would like support from PL84U AL-SUFFA please complete the form below or use the contact information on the flyer above.

Once you have made contact with them they will let you know which day you can access the food bank

NEW VENUE FROM NOVEMBER 2021	PL84U AL-SUFFA HAVE MOVED TO: EPICENTRE 42 WEST STREET LEYTONSTONE E11 4LJ	CLIENTS NEED TO BRING CARRIER BAGS & OR SHOPPING TROLLEY AS WE DON'T STOCK THEM.
PL84U AL-SUFFA REFERRAL FORM	Email: PL84UALSUFFA@GMAIL.COM Clients details needed for food parcels or baby items.	For office use: Please add dates for collection:
Date referral made:		
Name and contact details of referring agency:		
Clients full Name:		
Full Address:		
Contact details		
How many people in the family? Please add the Name, gender and date of birth of each member of family		
Dietary requirement Does anyone in the family have allergies?? i.e nuts Please list the type of meat the client can eat. i.e pork, chicken, halal only		
Does the client have cooking facilities? Is the client cooking?? Is the client able to heat food? Please write down a list of food the client will eat, as we are mindful of waste.		
Does the client need any non-food items? Please note we will try and accommodate - depending on stock.		
Referrals for items below will only be accepted by professional working with babies, parent/carer (dependant on stock) Milk powder dispenser Manual Breast pump Breast pads Breast care/thermo pads Thermal Tote bag Nappy bag Nappies (please state size)		
Has the client or anyone in their household been tested positive for C-19? We need to be aware so that we can keep our volunteers safe and from risk.		
Will the client collect or someone on behalf of the client???		
Please state in detail why the client would need a doorstep delivery; is the client bed bound? Isolating? Elderly/dilapidated health issues??		