

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



We're Supporting

National Careers Week

NCW²⁰²⁰

2ND – 7TH MARCH 2020

Headline Partner:



National Careers Week

#NCW2020



@HFCSWaltham



www.holyfamily.waltham.sch.uk



@HFCSWaltham



HEADTEACHER'S MESSAGE

Quotation of the week

"Beware the ides of March" William Shakespeare.

The Ides of March is best known as the date on which Julius Caesar was assassinated in 44 BC. Caesar was stabbed to death at a meeting of the Senate. According to Plutarch, a seer had warned that harm would come to Caesar no later than the Ides of March (March 15th). This meeting is famously dramatised in William Shakespeare's play Julius Caesar, when Caesar is warned by the seer to "beware the Ides of March."

Did you know?

We have many plants blooming around the school campus. There is a surprising amount of flora and fauna on our two sites and always something to catch the eye. Alongside Wyatts Lane we have yellow gorse blossom providing a welcome dash of colour, for example and other plants are starting to appear in the earth showing that spring is not far away. Foxes are, of course, regular visitors to the school at night and we have a number of grey squirrels running around at any one time. Undoubtedly there will also be members of the rodent family not too far away as there is across all parts of London.

There is also much insect life and life under the soil as well as the sounds of birdsong which can be particularly loud at this time of year.

Parents' evenings this term

We have one final parents' evening this term which is for Yr 8 parents on Thursday 19th March 2020 from 4pm to 6.30pm on the Walthamstow site. Thank you to all parents for your excellent attendance at our parents' evenings. Thank you to parents who attended the Yr 10 parents' evening this week despite the awful wet weather.

Yr 13 Revision Workshop

Yr 13 students had the benefit of a special workshop on effective revision techniques this week. The presenters discussed the science behind effective learning as well as the importance of good organisation and time management skills. Yr 13 are working hard and aiming to be as well prepared as possible for their final exams.

HEADTEACHER'S MESSAGE

Reconciliation for Lent

Students on the Wiseman site had the opportunity to receive the sacrament of reconciliation from Fr Niall this Thursday and many chose to avail themselves of this. Traditionally we give things up for Lent such as sweets or chocolate but Pope Francis suggests we give up things such as being unkind to others or give up being selfish.

Aquinas Trust Mass

All the schools in the Aquinas Trust will be taking part in our annual Mass for students. There will be pupils from Yr 2 through to Yr 13 at this year's Mass which is being held at St Joseph's, Leyton with Fr Gerry officiating.

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**

This week we have commendation nominations from Mr Myers for the following students in English.

They are all excellent, diligent students who consistently produce outstanding work:

Lora Baranskov, Kira Baranskova, Asia Quidley (Yr 9) and Thomas Masterson (Yr 8).

We also have commendations from Mrs Belgrave for the following Sixth Formers for their excellent efforts in the Deloitte National Challenge programme reaching the semi-finals. They are:



Headteacher **COMMENDATIONS**

Kaylan Bancroft 12A

Hilary El-Msury 12S

Euan Zato Diafuana 12S

Marianne Hernandez 12P

Mia Thomas 12E

Marc Villarico 12E

Germaine Canlas 12S

Chloe Contaldo 12S

Jan Makarewicz 12I

Jezreel Copa 12S

Joel Jaimon 12P

Jessica Okyere Agyei 12R

Bianca Gonzales 12P

Michael Deneke 12S

Similio Pembele 12R

Congratulations to all our commendation students this
week!

Year 9

**Vaccination forms should
have been in this week**

**Please return them to the
Wiseman site school office
Monday 9th March 2020**

SOCIAL MEDIA CATCHUP



@hfcswaltham



@hfcswaltham

Publish date: 22/05/19



'Call of Duty: Black Ops 4' (COD) is an online first-person shooter game. It's available on PC, Playstation 4 and Xbox One. COD allows players to choose different game modes, including a multiplayer mode, 'Zombies' mode and a 'Blackout' mode. In the game, players can customise their character and weapons.



AGE RESTRICTION
18+



What parents need to know about **CALL OF DUTY BLACK OPS 4**

GRAPHIC VIOLENCE & LANGUAGE

Inspired by war and undercover agents, COD has extremely violent themes. Players must harm and kill in violent and graphic ways. There's also a horror element in 'Zombies' mode, where players must kill monsters. The language used is not suitable for anyone under eighteen.

NO OFFLINE PLAY

Unlike other COD games, COD: Black Ops 4 doesn't have an offline single-player mode. For this reason, much of the game requires an internet connection in order to battle against others online. Normal multiplayer games can last up to fifteen minutes, or twenty-five in 'Blackout' mode. Due to the repetitive nature of the game, it can be difficult for children to stop playing and know their limits.

CHATTING TO STRANGERS

During a multiplayer game, if there is a microphone built into the PC or console your child is using, it is possible for them to talk to any other player of the game around the world. As it's an adult game, the language used may often be inappropriate for young children. Due to the competitive nature of gaming and the fact conversations are not moderated, your child could be at risk of cyberbullying.

USER GENERATED CONTENT

Players can personalise certain elements of their character and profile in the game, creating emblems or decorating weapons. Some players use this as an opportunity to show inappropriate imagery. It's possible to report users for this, but it will not prevent your child being exposed to inappropriate content.

Meet the expert

Eammon Jacobs has been a pop culture and entertainment journalist for the last 6 years covering TV, film and gaming. He's been published on sites like Macworld and Tech Advisor offering other how-to guides on apps and technology as well as writing for Wikia previewing new games.



IN-GAME PAYMENTS

Players can gain an advantage over other players by spending money on new characters and attributes. The currency within the game is known as 'COD points', which can't be earned by playing the game, only purchased in the online store. COD point packs range from £1.79 to £84.99.



**National
Online
Safety®**

Top Tips for Parents

DISCUSS TIME LIMITS

It's not possible to pause a match of COD, so it's a good idea to suggest to your child a limit of matches they can play in one session. In 2018 the World Health Organisation made 'gaming disorder' a recognised health disorder, so it's important to monitor how often your child spends on the game.

REMOVE GRAPHIC VIOLENCE & LANGUAGE

At the very beginning of the game an option appears giving players the chance to disable the graphic content. You also have the option to disable graphic content in the game's settings. You can change the profanity setting in the content filters tab, so that the harsh language doesn't appear in the game. In addition to this, players also have the option to change the zombies mode to a cartoon setting, making the overall theme less frightening.

DISABLE COMMUNICATION FEATURES

It's important to talk to your child regularly about who they're interacting with online. If you have serious concerns, you can disable the voice chat function in the Audio tab of the game or disable the text chat function in the content filters section too.

MONITOR & LIMIT SPENDING

To prevent your child incurring unwanted COD point costs, it's recommended you remove your bank account details. Alternatively, you can set up parental controls on your child's console to limit access. To keep a limit on spending, it's a good idea to use a gift voucher, or a Paysafe card (if you're using an Xbox or PlayStation).

BLOCK USER-GENERATED CONTENT

You can prevent your child from viewing any user-generated content by changing the settings in the content filter tab. Choose 'hide from the menu' so any offensive content won't show up on screen when your child is playing a match.

ENCOURAGE ALTERNATE ACTIVITIES

Players are given incentives during the game the more time they spend playing it. This presents the potential risk that your child could become addicted to the game. It's why you should make sure you talk to your child regularly about the importance of alternative activities away from the game, such as playing sports, playing a musical instrument or pursuing other creative interests such as arts and crafts.

SPORTS UPDATE



Yr 7 and 8 netball teams played their first match of the season this week. A fabulous winning start was achieved by both teams . Year 7 beat Walthamstow Academy 3-0 and Yr 8 beat Academy 7-2. A great start girls! Well done!



Left:

Further success from the borough trampoline competition . The U 16 girls achieved team Gold and the U 14 boys team silver. With our 4 individual medals, this was an all round fabulous team performance.



Right:

Yr 7 in prayer before their game





A number students from the Justice & Peace group organised a hot chocolate sale to highlight Fairtrade Fortnight.

How much do you spend on a bar of chocolate? Or a hot chocolate drink in a café? We were selling our hot chocolate for 50p or 70p with cream and marshmallows. A nice treat on a chilly day.

But Ivorian cocoa farmers can earn less than 75p a day. Plummeting world cocoa prices have only made things worse.

These unfair prices are leaving many families struggling to afford the basics:

schooling for their children, medical treatment when they are ill and even access to safe water.

Fairtrade products are now widely available, especially in basics such as coffee, tea, bananas and chocolate. The Fairtrade Premium and the Fairtrade Minimum Price are driving real change, right now. Fairtrade farmers and workers have a safety net that protects them from low prices for their crops. Please consider swapping to Fairtrade.





We were very pleased to welcome Fr Bijoy who celebrated a lunchtime Mass with us this week. The Gospel reading was Matthew 6:7-15 where Jesus tells us how to pray, with the words we recognise as the Lord's Prayer. Traditional Catholic prayers are like family heirlooms passed on from generation to generation. They include many of the best known Catholic prayers such as The Lord's Prayer, Hail Mary and Apostles' Creed.

Our Lenten preparations continued with Reconciliation on the Wiseman site on Thursday morning.

Friday 6 March is CAFOD Family Fast Day.

All Form Rooms have a CAFOD donation box in them. Please encourage students to put their spare change into these boxes each morning during Lent. To make an online donation to the work of CAFOD [click here](#)

***Our Father,
who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done
on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.***

Amen.

Key dates – Lent 2020

Sunday 8th March – 2nd Sunday of Lent

**Monday 16th March 10am-1.20pm Sacrament of Reconciliation
(Confession) – Wiseman Hall**

Sunday 15th March – 3rd Sunday of Lent

Thursday 19th March – Feast of St Joseph

Sunday 22nd March – 4th Sunday of Lent (Mothering Sunday)

Sunday 29th March – 5th Sunday of Lent

Friday 3rd April – last day of term

Sunday 5th April – Palm Sunday

Thursday 9th April – Holy Thursday

Friday 10th April – Good Friday

Saturday 11th April – Holy Saturday

Sunday 12th April – Easter Sunday

Monday 13th April – Easter Monday

Monday 20th April – return to school



PI WEEK

09/03/20 -
13/03/20

FRIDAY 13TH MARCH - BREAKTIME

Pi Bake Sale!

WISEMAN SITE FOYER

BRING YOUR CHANGE TO BUY SOME TREATS!

January Award

Joshua
Hyppolyte
10P



For outstanding contributions to the whole school community; being a fully active representative of the PLT, the debating team and the eco-committee.



Jack Petchey Foundation

Inspire • Motivate • Achieve

In Holy Family, we aspire to acknowledge our students achievements. An award we are very proud to promote is the Jack Petchey award, as these winners are nominated by other students and teachers based on their individual characteristics.

Last term, the students that won the Jack Petchey were: **Mary Jane Viado, Joshua Duffy and Wiktorja Matejek.**

Mary Jane is outstanding in her role as head girl for Holy Family. She works tirelessly to support the staff and students in all aspects of school life. One of her particular strengths is public speaking and developing her speeches to be relevant to her audiences. She has also addressed NQTs from schools in the borough speaking from the students perspective. From this we had numerous emails from headteachers praising Mary Jane for her speech.

Joshua Duffy was nominated for being an outstanding head boy at Holy Family. By his own admission, Joshua hasn't always been the 'best behaved' student but when he was given a chance to be a leader, he took the opportunity to show everyone what he was capable of. Since his appointment he has impressed with his leadership, commitment and public speaking. He has spoken in front of his peers in the sixth form, in both site assemblies for younger students, for parents in the Yr 6 transition evening and the prospective Yr 7 parents evening.

Both Mary Jane and Joshua have addressed NQTs from schools in the borough speaking from the students perspective. From this we had numerous emails from headteachers praising them for their speeches.

Wiktorja Matejek has been nominated for always producing work of excellent standards, pushing herself to extend her answers and developing her creativity in writing. She always refers to the higher structures expected of GCSE students and uses them in her work. She also researches specific vocabulary we did not cover in class to be able to put her points across.

We also recognise how much of an impact teachers have on students in Holy Family.

Mr Akubuko was nominated due to his dedication and commitment to the wellbeing of the students. He is always calm, makes time and does whatever he can to support all of the students within the school. He gives up every lunch time, break time, before school and after school to provide a safe space for the students or to simply provide the support they need to be able to get through their day. He has a great understanding of the challenging contexts that some of the students have and has a wealth of expert knowledge that he shares to ensure that students can get through their day. He provides them with strategies to cope with life outside of school and raise aspirations so that the students can see that they are in charge of changing the course of their lives.

I CAN. I WILL. END OF STORY.

BEYOND THIS. YEAR 13 WORKSHOP

Earlier this week, we had the opportunity to have speaker Peter Radford deliver an encouraging talk and workshop based on success, mindsets, aspirations and techniques - all related to our current agenda of completing our A Levels as well as education and life overall.

Mr Radford gave a presentation packed with a wide variety of information and activities for us to complete during his talk. These activities included: listing the 'Principles for Success', analysing mindset case studies, being taught the difference between a 'growth' and 'fixed' mindset - applying this to our lives, brainstorming our future achievements, breaking down effective revision techniques and remembering the importance of self control and mental health. Peter played a variation of visuals/videos with examples of what and who we ought to look up to and be inspired by, alongside what we could alter and implement into our lives as young adults. This allowed all students to gain further insight on the type of learner they are, individually, alongside discovering new affirmations to take in pre-exam season, during exam season and for life.

We all had the chance to discuss our views on what variety of learners we have here at Holy Family and how to continue establishing ourselves in the most effective and positive way possible.

The Five Principles for Success:

You have the power to define your own life.

Whether you think you can or think you can't,
you're right. ~Henry Ford

Whatever you can't do now, you CAN do with
practice.

Without clear goals, you'll drift aimlessly through
life.

Your life is YOUR responsibility.

The main meaning that we took away from this session was that the ways of success are simple and it is up to us how we apply it to what we do now.

Whatever you put in is what you get out, stay positive at all times - you know more than you think you do, you do enough as it is - keep going and practice over time, results in the best version of you. Believe you can.

We would like to thank Mr Radford and 'Beyond This' for encouraging us to continue to prepare the best we can and claim our individual capabilities.

Article written by: Mary Jane Viado 13E

CAREERS CORNER

For all careers based enquiries contact

Mr. Fidegnon

j.fidegnonedoh@holyfamily.waltham.sch.uk

02085203587

It's National Careers week

Students have been busy thinking of their futures.

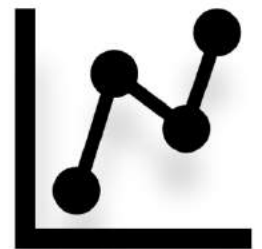
Choose one person
you know to interview
about their career
journey.

What was their career target
when they were younger?



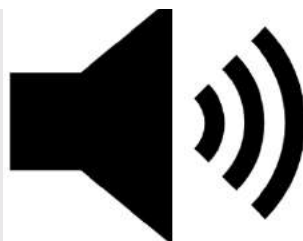
What were
the highs and
lows of their
journey?

What did they learn about themselves
on the way?



What are their plans
for the future?

What do they need to do to
get there?



What advice
would they
give their
younger self?

Would they do things differently?

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02085203587

Yr8 have been on the case and already completed their interviews!

Stacy D'souza 8S

I have decided to interview my mum. She is now a pediatric nurse working in A&E. When she was younger her career target was to become a clinical psychologist. She learnt that you should work hard and persevere to accomplish what you want to achieve. To not be discouraged by failure. The highs of her journey was when she finished her nursing training and she could work. The lows were the long hours of work and the night shifts. The plan for the future is to retire early, however in this country you need to be at the age of 67, she needs to work until she gets there. To take passion in her dreams and to branch out to other people and learn from them. The things she would do differently would be to go do more studies when she was younger and stay in her country instead of travelling abroad to live in another country.

Tony Dandoczi

My mum works as a general assistant for a job! One of the highs of getting this job was that it was really easy to get but one of the lows is the transition from a different job to this job. My mum's plans for the future is to expand further on her career and she will do everything to achieve her goals as a general assistant, because she is VERY ambitious. My mum's advice to her younger self is to treat others the way you want to be treated. Once a month, a general assistant (Catering) gets around £1500 for their wages. She got her job as one of her friends recommended her to do this great job. In university, she got a degree on BTEC level 6 International Tourism and Hospitality Management but she didn't use it for this, she used it for her previous job of Catering Supervisor in a hospital.

Neli Edreva 8E

The person I chose to interview is my aunt who currently works at Nike. When she was younger, she wanted to have her own dog shelter. My aunt had trouble finding her career at first but now she is happy to working at Nike. Along the way, she learned that not everything may work out for you but you have to keep experimenting and keep looking for your dream job. The advice she would give her younger self is to graduate university.

Gabriela Francis

The person I have chosen to research for career day is my Dad who is currently a civil servant in the serious fraud office. As a child his dream career was to become a footballer like most young boys at that age. The highest point of his career was when he was part qualified as an accountant; and the lowest point was when his post as a business support manager was not mapped into the new structure. From this my dad learned that when one door shuts another one opens meaning that you have to hold your head high even if you fail and always take advantage of any opportunities. His plans for the future are minimal as he has been in his field for 38 years but the ones he does have is to be constantly improving his capabilities in his current role. If my dad had to give some advice to his younger self he would say save and start to put money aside. He said he wouldn't do anything differently because he loves where he is now. Thank you for listening!

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02085203587

Maria Shotikare 8E

Today, I interviewed my mum as I never knew much about her career and why she chose it so I came here to fulfil this task. My mum's career target, when she was younger was to always be a chef. The reason for this is because she loved to cook and her parents are really good cooks. They even have their own restaurant! My mum's highs in life was when she finished all her courses from level 1 to level 3 which took 3 years and she was very happy about this achievement and that she qualified. However, a low in her journey was when she wanted to work at the NHS as a chef but the time they gave her was not possible as she had to look after her children. My mother, during her journey, learnt that she can communicate with people and became more confident. What she needed to get into this position was the NVQ 123 (National Vocational Qualification) as well as being able to cook. The advice she would give her younger self was that she has to be determined and have boldness as there will be many challenges.

Gerrund Canlas 8R

My father.

What did he want to be when he was younger?
A seaman (A person who works on the sea) What were the highs and lows of their journey?
His brother passed away which affected his career life- but he stayed with his wife.
What are their plans for the future?
Buy a dog and go fishing
What advice will they give your younger selves?
To be patient and work hard.

Aleesha Loates

Interviews her mum

What did she want to do when she was a child?

My mum always wanted to be a nursery teacher in a nursery. She had this passion for around 5 years.

What was her first job?

My mum's first job was a cashier in Brazil and she had this job for around two years.

What was her main job?

My mum's main job was a special needs teacher in a special needs school in Brazil.

What is her profession now?

Since my mum moved to the UK, she was a cleaner at John Lewis but since she had me and my brother, she became a cleaner in houses.

Jenatie Ganesharajah

The one person I chose to interview about their career journey was my mother. When my mum was twelve (my age) she wanted to be a nurse because she had the wish to help others. There were highs and lows of her journey such as she was scared of the practicals. On her first day of being a nurse she was scared of doing a night shift and was panicking but as she went through her career path she experienced a lot of new things and was used to it. My mum loved being a nurse - helping others and caring for them. Her advice to me is that I should study hard and pursue my dreams - which is to be a doctor. Some things that she wanted to change were to learn more and be confident. My parents are my role models. They both help me a lot and give me a lot of advice for my career choices. My dad works in a shop and helps a lot of people and my mum was a nurse - being kind and loving to others.

Ernest Torneros 8EL

I interviewed my mum for her career. One of her highs and lows of the journey was how they had to provide for her family by herself from a very young age of 8 years old and to live a life of a single mother to one child. My mum's future plans was to become the manger in the hospital or was to become a teacher. Her advice to her younger self was to never take anything for granted and to treasure everything.

What a wonderful insight for these students to learn more about their families and the journeys they've been on to get to where they are today.

CAREERS CORNER

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It's Your Future – NCW Special



Watch the video above to find out a little more about careers you may not have even thought of.

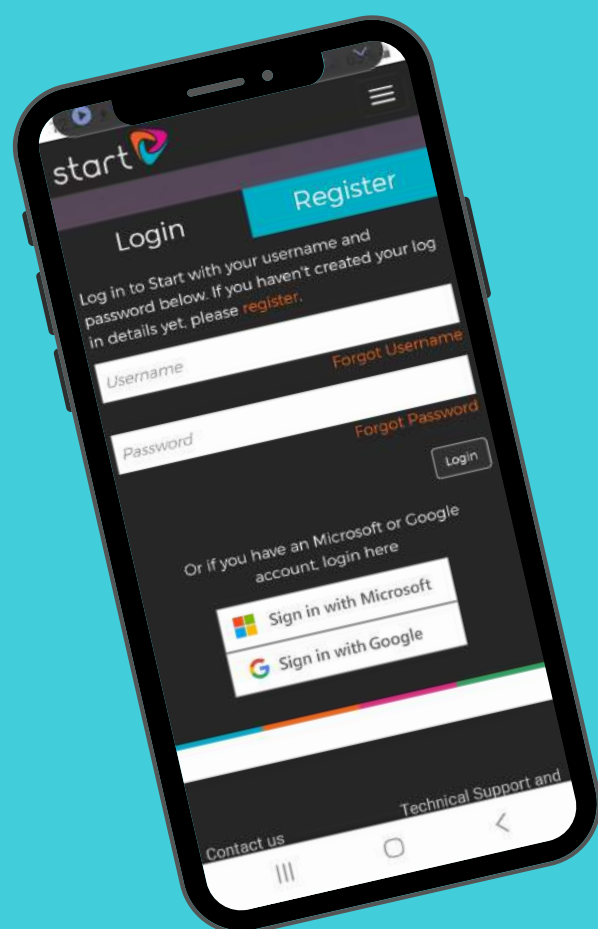


YEAR 7 PARENTS & STUDENTS

CAREERS PREP

YEAR 7 STUDENTS
HAD A CAREERS TALK
FROM MR FIDEGNON
THIS WEEK.

PLEASE LOOK OUT
FOR LETTERS SENT
HOME WITH LOG IN
DETAILS TO OUR
FANTASTIC 'START'
PROGRAMME





Skills Builder

PARTNERSHIP

Another fantastic resource available to our students.
Year 10 will be discovering more next week!

The Skills Builder Framework breaks down each of
the eight essential skills into sixteen tangible,
teachable and measurable steps.

A great way to improve your skills which will
contribute to your C.V.

Teach the essential skills



FOR MORE
INFORMATION
CONTACT
MR. FIDEGNON



BOOST CHARACTER EDUCATION



with NCS At Holy Family

At Holy Family we want to make even more of a difference to the lives of our students, by getting them involved with a national initiative.

NCS offers young people life-changing experiences that give them the confidence to get more out of their future.

Academic qualifications alone won't equip them to tackle life's challenges

They need
RESILIENCE, SKILLS and **CONFIDENCE**
to take responsibility for their own lives

So please encourage your son / daughter to sign up for this fantastic programme by contacting **Mr Fidegnon** (The school co-ordinator) or by using the following link:

<https://wearencs.com/sign-up-to-ncs>



To celebrate National Careers Week, BBC Teach is bringing you something magical...

BBC Teach is partnering with the Wizarding World to offer students in the UK an introduction to the myriad of roles and careers available on a film production in an exciting interactive lesson on Wednesday, March 4th, 2020.

Aimed at inspiring students of all ages and introducing them to a range of potential careers within the film industry, this is the perfect opportunity to link curriculum to the world of work and make learning come to life.

Award-winning journalist Mobeen Azhar and BBC Radio 1's Katie Thistleton will be joined by industry professionals who have worked on the Harry Potter and Fantastic Beasts films.

The valuable information provided in this interactive lesson will:

- Introduce students to the world of work and the film industry
- Investigate the roles on the films and their main responsibilities
- Highlight the key skills needed for each role and the opportunities that are available.

Imperial College
London

Y9 Girls Engineering Summer School at Imperial

ABOUT THE PROGRAMME



11–15 AUGUST 2020

Come explore the breadth of engineering disciplines available at Imperial College London on this non-residential summer school.



For more information on eligibility and to apply:

→ www.imperial.ac.uk/schools/summer-schools

HOW TO APPLY

Applications will
close at 23.59 on
18 March 2020

**Programme
is free to attend**
– eligibility
criteria apply



NOTICE FOR YEAR 10

**The work experience
website goes live on
Monday 16th March 2020**

**You can only access it to book
your placement if you have
paid the **£40 fee** to the school
office**

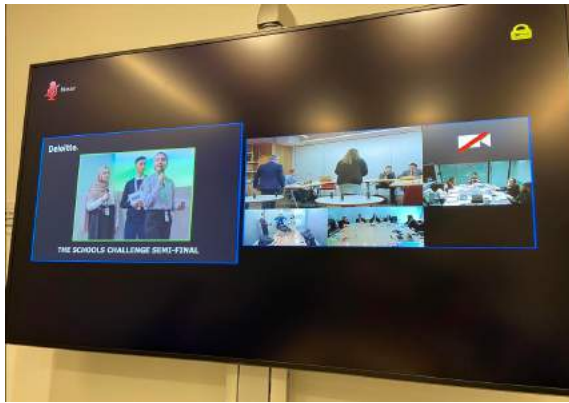
**Placements are on a first
come, first served basis and
the best ones always go quick!**

**Placements are confirmed by Monday 27th April
2020**

**If you have any questions or problems
please see Mrs Pike or Mr Fidegnon**

Deloitte Technology, Media and Telecommunications Challenge

Semi Finals Update



Team 'Ability' was the group selected to participate in the semi finals of the Deloitte TMT challenge. The group's product design was ear plugs for the visually impaired, called C-Plugs. We created the product with the intention of bettering the lives of the visually impaired; the ear plugs would have a GPS Navigator, it would be able to read and send texts audibly, as well as have an internally built tracking device, and many more features.

Last Wednesday, the team travelled to the Deloitte Headquarters in order to attend the semi finals where we went up against multiple schools from across the country, including all the way from Ireland and Newcastle. We rehearsed, were given advice, and finally presented our ideas to a panel of judges who specialised in areas such as application development and marketing. The presentation was strictly limited to a maximum of three minutes, followed by challenging and thought provoking questions focused on the product's scalability and function from the panel of judges. We were able to successfully present and showcase the benefits of our product and respond in a broad and informative manner towards their questions. The judges scored us based on a range of areas such as our communication skills, the aesthetic of our powerpoint, our ability to respond to questions confidently, and the innovativity of our product.

Having an opportunity to partake in this challenge, as well as visit the Deloitte Headquarters and present to a panel of professionals in the industry, was an amazing and insightful experience for the entire team. The team and Ms Belgrave are all really proud of how far we have come and believe the experience has given us the chance to improve our presenting and networking skills, as well as massively boosted our confidence and ability to form innovative, original ideas.

Thanks to Deloitte for hosting a great day. Although we did not make it to the finals we are so proud to represent our school Holy Family. Thank you Mrs Belgrave for all your hard work with us.

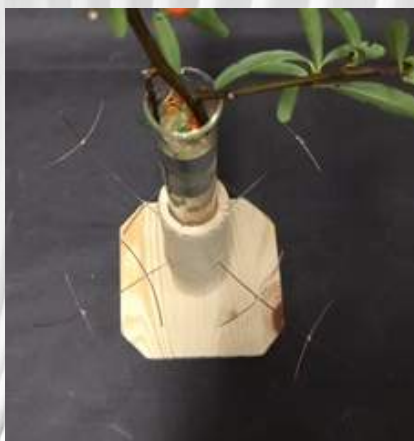
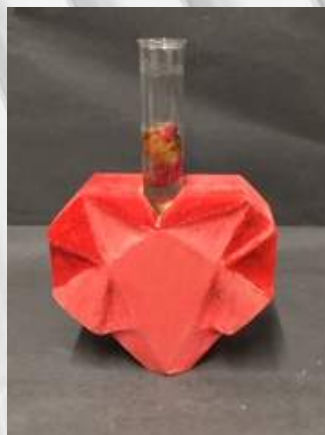
Chloe Contaldo



D&T ASSEMBLED

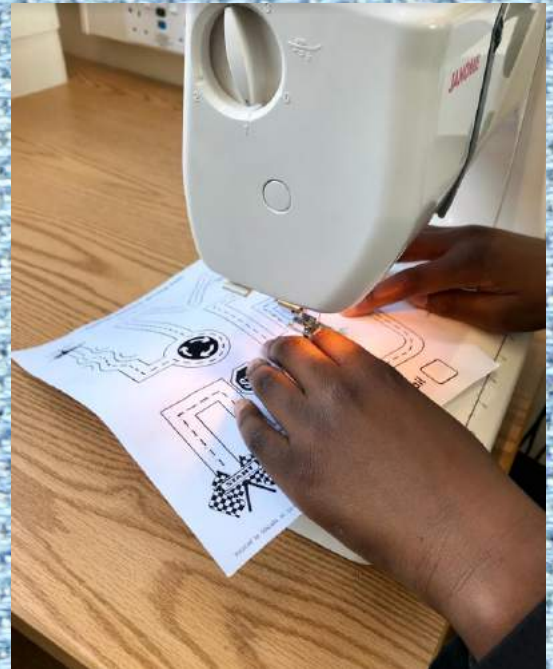
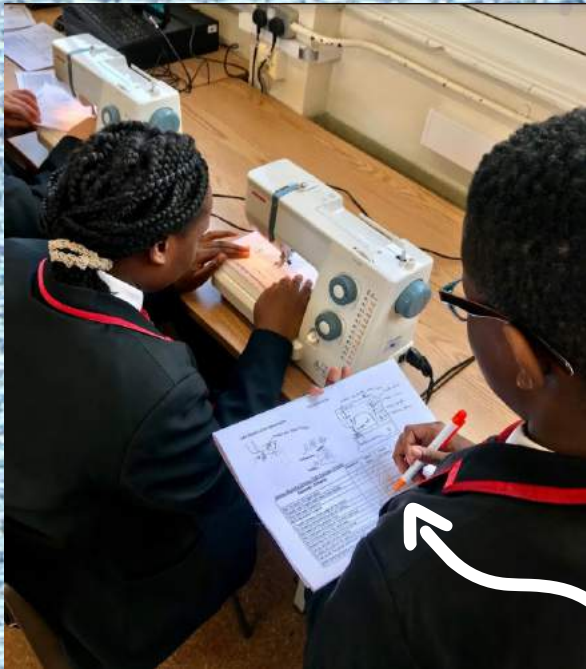
YEAR 10 TEST TUBE PROJECTS WORKED OUT WELL!

**THIS PROJECT ENCOURAGES
RE-THINKING, RE-USING & UP-CYCLING**



D&T ASSEMBLED

YEAR 7 LEARNING THE BASICS OF SEWING MACHINE OPERATION BY TAKING A SEWING MACHINE 'DRIVING' TEST



VERY STRICT PEER ASSESSMENT



D&T ASSEMBLED

YEAR 8 GETTING CREATIVE WITH THEIR BOARDGAMES



AMAZING WORK BY OUR YEAR 9 HOSPITALITY AND CATERING STUDENTS ON A FOOD PRESENTATION AND STYLING CHALLENGE



Kareem



Quintin



Bryan



Elisjana



Stephanie



Joshua



Leon



Ajay



Shay



Kimesha



Joshua



Anthony



Kyle



Samara



Kareem



Shawn



Leon



Samara



EAST Summer School 2020

We are delighted to announce that EAST Summer School is taking place on Queen Elizabeth Olympic Park this Summer. We are inviting 12 – 17 years olds from the local area to take part in our exciting **FREE** Summer School programme which will be taking place from 27th July – 7th August.

At Queen Elizabeth Olympic Park, we are creating a new exciting cultural and education district - East Bank - which will see UCL, UAL's London College of Fashion, the BBC, Sadler's Wells and the V&A take form in the heart of East London. Ahead of these world class institutions arriving here, they wish to work with local young people in east London as part of this high-quality summer school programme. They will be providing courses in Hip Hop Theatre, Architecture, Game Design, Wearable Tech, Sustainable Fashion, Music Performance, Digital Film and so much more. You can find out more from by visiting <https://www.queenelizabetholympicpark.co.uk/our-story/get-involved/education-and-young-people/east-education-summer-school> where you will see last years programme and updates of our 2020 programme.

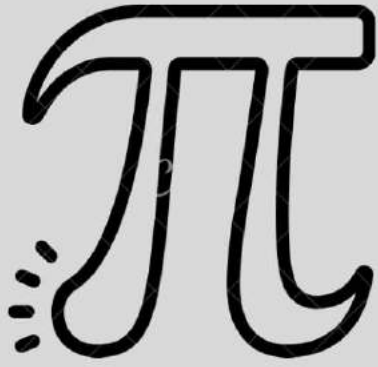
In the meantime, we would really like the opportunity to come and speak to your students about this amazing opportunity. It would be great if one of our team could come and present in an assembly or host a stall at lunch time from March 2020. If you are interested in arranging this please email summerschool@QueenElizabethOlympicPark.co.uk.

We hope to see your students taking part at EAST Summer School 2020 and we look forward to meeting you.

Yours sincerely

EAST Summer School

Queen Elizabeth Olympic Park



Numeracy morning-

Activities during form time!

Drop down lessons-

All your maths lessons during Pi week will be Pi based!

Competitions -

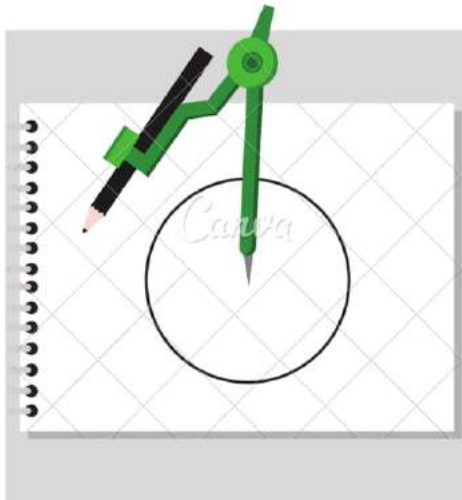
Competitions throughout the week!
Including a poster competition and a Mangahigh competition!
Prizes will be given!

Bake Sale-

Breaktime 13/03/20!

PI WEEK

**09/03/20 -
13/03/20**



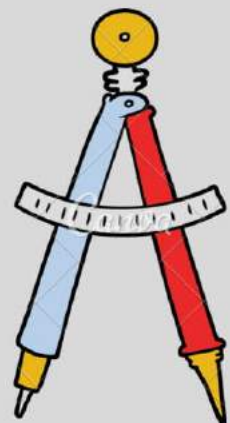
**PI(E)
LUNCH!**

**Apple pie
served at
lunch
13/03/20**

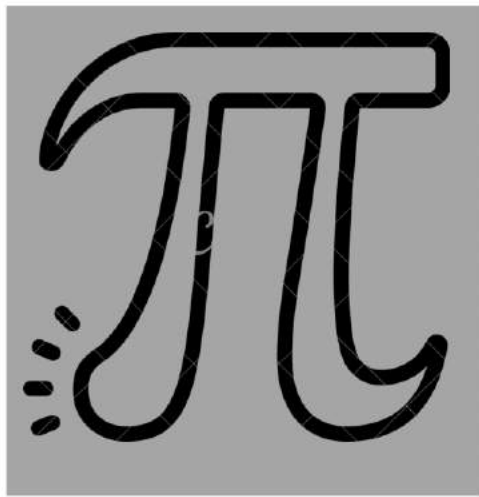
PI OFF COMPETITION

Who will be the one to recite the most digits of Pi?

Competition takes place during your year assembly!



ASPIRE



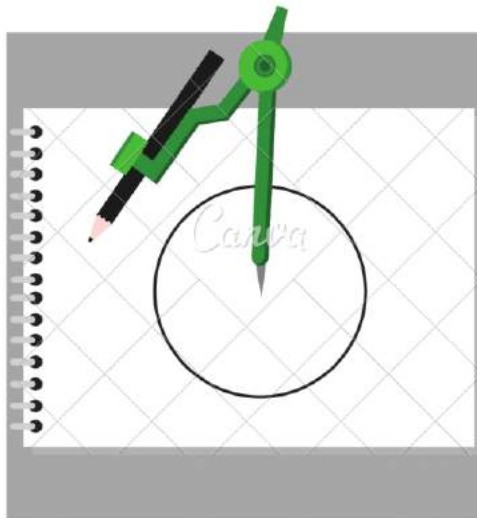
PI WEEK POSTER COMPETITION



All Posters to go into Ms Atakans
tray.

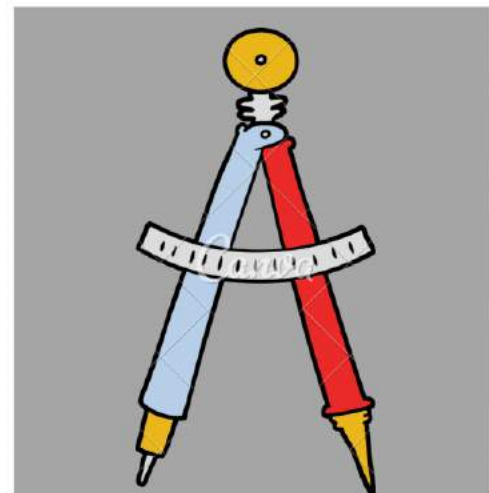
**Pi (π) is
approximately
equal to
3.141592653...**

Create a poster
introducing
Pi, as well as
showing the
following:



**DEADLINE
13TH
MAR
2020**

3 real life objects shaped like circles,
1 letter of the alphabet with rotational
symmetry, 4 examples of 'circle' in another language, 1
historical fact about π , 5 games that include circles or
spheres, 9 companies that use circles in their logos, 2
famous people born on 14th March, 6 countries that
use circles in their
flag, 5 kinds of sweets that come in circular pieces, 3
mathematical formulae with π



ASPIRE



ASPIRE

HOUSE COMPETITION FORTNIGHT

Monday 16th to Friday 27th March

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

WHICH HOUSE WILL WIN?

WELCOME TO THE VIRGIN MONEY GIVING MINI LONDON MARATHON

26 APRIL 2020

Would you like to represent Waltham Forest in this year's **Virgin Money Giving Mini London Marathon** on Sunday 26 April 2020

The course is the last 3 mi (4.828 km) of the London Marathon and is for U13s, U15s and U17s from all 33 London Boroughs along with 13 teams from ten English regions and three Home Countries: Scotland, Wales and Northern Ireland

Age categories are:

Boys and Girls Under 13 Born between 1 September 2006 and 28 April 2009

Boys and Girls Under 15 Born between 1 September 2004 and 31 August 2006

Boys and Girls Under 17 Born between 1 September 2002 and 31 August 2004

Selection for Waltham Forest is as follows:

The runner must live or go to school in the borough

The details of the event are here: <https://www.minimarathon.co.uk/en/>

To qualify for the Waltham Forest Team you will need to complete a Park Run & must live or go to school in the borough.

Please email the below info to feel.good@walthamforest.gov.uk to be considered for selection.

Name:

DOB:

Address:

School:

Park Run ID:

For more information and how to register [please visit the parkrun website](#)

Closing Date for entries: **1 April 2020**

NOTES: Once registered – updates will be provided on the top 6 times for each category on a fortnightly basis. If a category is not filled to a max of 6 athletes, athletes who were born in the borough will be given the opportunity. Only Park Run times from 1st November 2019 onwards will be considered.



March 2020

New Player Trials - Female only

CLUB: AFC Leyton

DATE: Saturday 14th March, 4th April, 6th June

TIME: 1300 HRS (90 mins)

LOCATION: Salisbury Hall Playing Fields, E4 8ST

ELIGIBILITY: School years 2 to 12 (aged approx 7 to 17)

BOOK: afcleyton.co.uk/new-player-trials/



AFC Leyton is a dedicated female only youth football club in east London. We are also a registered charity. At the core of what we do is high quality football training, open to all, at a low fee. We are fully committed in covering all aspects of football with a common aim of building self-esteem, confidence and life skills.

We operate as a competitive community football club and we are an Arsenal sister club. We also have links to local Regional Talent Centres to ensure a strong pathway for talented players.

We have 3 open new player trial dates coming up. One in March, April and June. All girls that are interested in playing football can come along regardless of their experience and skill level. Our club has something for everyone: Elite players join our league teams, aspiring players join our development teams, and beginners join our foundation sessions.

Our coaches are all DBS checked, safeguarding trained, hold emergency first aid certificates and all have appropriate FA certifications for coaching.

Girls come to us from throughout East London and some of our players have gone on to higher levels of football across England.

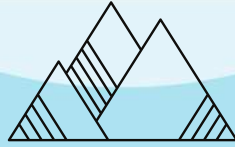
Yours faithfully

Tom Cruse

Head Coach - AFC Leyton

See Mr Wilbraham for more
information

[Click here for letter](#)



EASTER SKI TRIP

3RD APRIL 2021 - 11TH APRIL 2021

The Aosta Valley in the Italian Alps

TRIP COSTS £970 WHICH INCLUDES:

6 NIGHTS' HOTEL ACCOMMODATION ON A HALF-BOARD BASIS
LIFT PASS
SKI & BOOT HIRE
ACTIVITIES
COMPREHENSIVE INSURANCE
MEDICAL ASSISTANCE IF REQUIRED
RETURN COACH TRAVEL
6 DAY SNOW SPORT COURSE TUITION
AWARDS EVENING

Deposit payment of **£135**
via Parent Pay by
20th March 2020

**FRESH FROM THEIR SUCCESS RECORDING
#STAYANOTHERDAY
WITH EAST 17'S TONY MORTIMER**



WALTHAM FOREST YOUTH CHOIR

OPEN TO NEW MEMBERS AGED 11-18 YEARS

TUESDAYS | 5-6.30pm

At Frederick Bremer School, Siddeley Road E17 4EY

Register online at
<https://wfyouthchoir.eventbrite.co.uk>