

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



**"TODAY A READER, TOMORROW A
LEADER." – MARGARET FULLER.**

**CONTINUE TO READ WHILE AT HOME – WALTHAM FOREST LIBRARY
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SEE PAGE 22 FOR MORE DETAILS**

***In this issue we launch the
first edition of the Year 8
Newsletter! Check it out on
page 14***

HEADTEACHER'S MESSAGE

Quotation of the week

"Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." Henry Ford

Remote learning

Remote learning is difficult, there's no question about that. It's difficult for the teachers, difficult for the students and difficult for parents. However, it is what we are faced with at the moment and we have to get on with it. We are doing our best at the school to make remote learning as straightforward and engaging as possible and to ensure that everyone can access their lessons. To that end we continue to supply students with digital devices. We've provided hundreds of these both through the government's scheme and through our own resources. If you need help with this please contact us and we will assist you.

Our teachers are delivering a significant proportion of 'live' lessons and we think these are the most effective way of engaging students. However, it is not possible to deliver live lessons all the time and there will be occasions where your son/daughter is set work to get on with. We also made the decision this week to limit lessons to 50 minutes in length. This is to provide everyone with a break, teachers and students because sitting in front of a screen all day is not good for anyone's health. Opticians recommend looking away from your screen every twenty minutes and focusing on an object twenty feet away if possible for twenty seconds - the 20:20:20 rule.

This week along with Family Matters we shall also be sending home a questionnaire on how you and your son/daughter are finding remote learning. We want to know what is working well and what is more difficult. We are also taking feedback from staff and next week from students via the pupil leadership team. This will help us to deliver the remote learning in the best way possible so please do fill the survey in. [Click here to access the survey.](#)

Mass testing using lateral flow tests

We again tested the staff who are present in school this week and also began offering tests to the students who are attending school each day. Testing everyone in this way is a good way of picking up any asymptomatic positive cases and, if we do find such cases, that will help to keep covid infection out of the school. Parents of students under the age of 16 have to give consent and we sent consent forms home to the parents of all students who have attended school since the start of this term. We currently have 50-60 students attending each day, if you are a key worker please let us know and we can help you by providing a place in school for your son/daughter.

Exams GCSEs and A levels update

Ofqual, the exams regulator, is beginning a two week consultation on Friday 15th January to consider how best they can assess students whose GCSE and A level exams have been cancelled. This is likely to recommend delaying teacher assessment of students until as late as possible in the academic year. It is therefore especially important that we press on and complete the courses that our Yr 11 and Yr 13 students are taking. As well as attending online lessons there will be assignments that students are set and it is important that they do their best with these.

Our Catholic ethos

We are proud of our Catholic ethos and continue to instill Catholic values and the Holy Family Way in our students and in all that we do. It's pleasing to see the courteous manner in which students participate in lessons and the thank you messages at the end of classes. Politeness, courtesy and good manners are really important and very nice to see. We all need to look after each other at this challenging time for our country and to do what we can to help and support anyone who might be struggling. If there is anything you need assistance with please don't hesitate to let us know. Every Friday morning at 8.45am we have a live stream of our whole school assembly which all students in Yrs 7-11 are expected to attend please.

Congratulations

Well done to those students who re-sat Maths and English GCSE papers in November and saw improvements to their grades. It is great news to see some students achieving the grade 4 or grade 5 they were hoping for and even improving grades to 7+.

Parents' surgery

Parents' surgery is currently a remote service. If you would like to speak to me please contact the office on either site and they will let me know that you would like me to call you on Thursday afternoon between 4pm and 5pm. You can also email me directly at anytime on a.stone@hollyfamily.waltham.sch.uk

And finally...

Lockdown is tough but, if you are a sports fan like me, at least there is the football, the cricket and other sports to take your mind off the pandemic.

Please continue to remember us in your prayers.

With best wishes

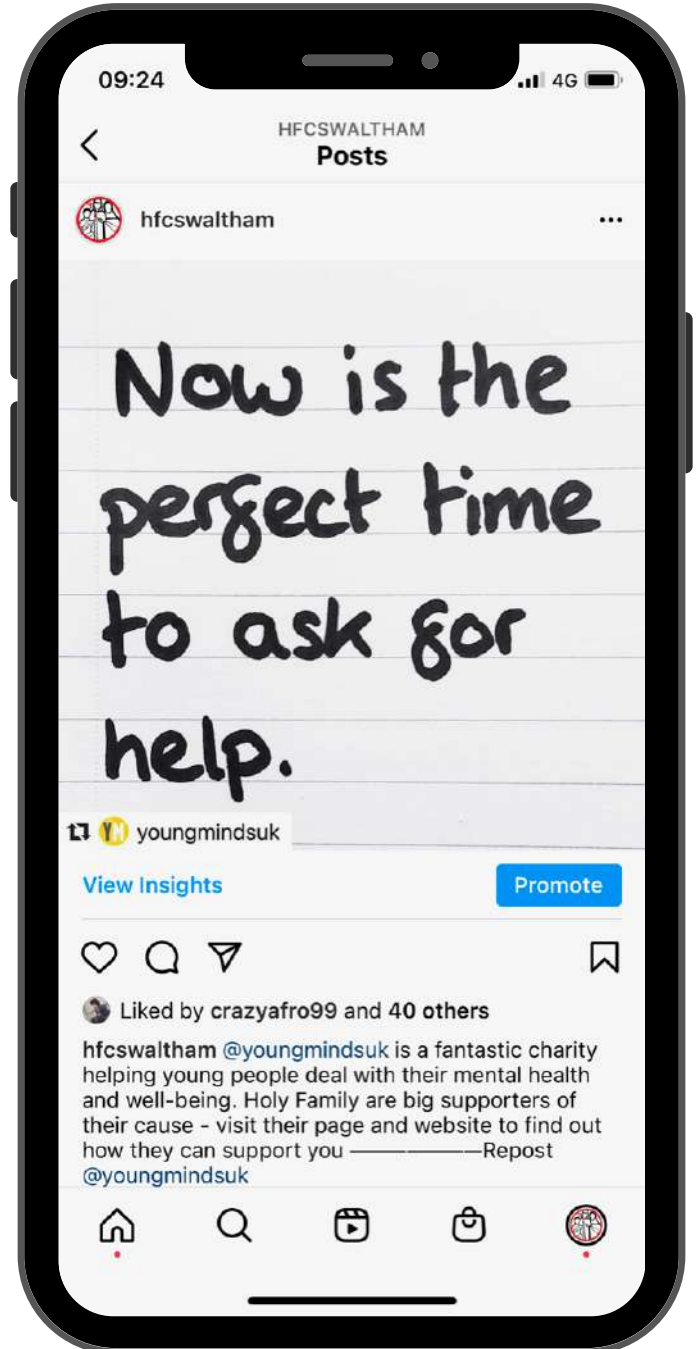
Dr Stone, Headteacher



SOCIAL MEDIA CATCHUP



@HFCSWALTHAM



@HFCSWALTHAM

Chaplaincy Corner

This current lockdown has presented families with unprecedented challenges. With all the current news, it's no surprise that there is considerable stress and worry about health, jobs and money. Add in self-isolation and social distancing and it's understandable that people are finding this a very challenging time.

But being in isolation doesn't mean that all of the fun and social interaction has to stop. Over the next few weeks, I'll share some ideas to help pass the time and lift the spirits based on our school motto ASPIRE.



Set yourself achievable goals. Having something to aim for will give you a purpose, and mini goals are particularly great in giving yourself a confidence boost.

Don't just go for a walk, but go for a brisk walk. Get a little out of breath. Write a set of flashcards for school, sort out your wardrobe, offer to cook a meal for those you live with.

Whatever you do will give you a sense of achievement and will also be beneficial to your body/brain.

And of course prayer is a vital and personal relationship with God. It takes many forms; the Church comes together collectively to pray and worship God. But at this time, we must also learn to pray as individuals, so as to nurture the life-giving relationship that God wishes to extend to us.



This Sunday, 17 January, is Peace Sunday. Pope Francis' message for World Day of Peace is "A culture of care as a path to peace". Care, common good, promotion of human rights, solidarity, safeguarding of creation: COVID-19 highlights how everything is interconnected.

No peace without a culture of care, says the Pope.

This idea of justice, love and care is found in the Bible, in the life of Jesus and in Church teaching. The Pope calls on us to live out these values and to be "peacemakers ...prepared to work boldly and creatively".

Dear Lord,

***May we all work together and play our part in creating a world of compassion,
peace and justice.***

May we always remember that everyone we meet is our brother or sister.

May we learn how to care for them and show that we accept them for who they are.

Grant us the courage to challenge injustice and become peacemakers.

Amen

Stay safe - Mrs. Grierson, Chaplain

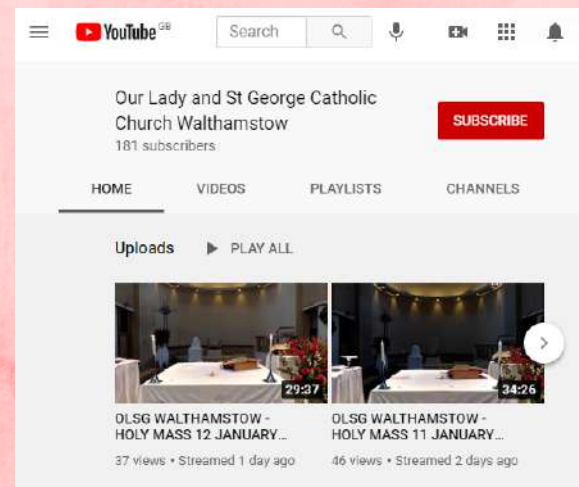
An important message from **Our Lady & St George** parish:

“We are resuming the live streaming of daily Mass. The first line of the Lock Down statement is “Stay at Home”. All of us love the Mass and our Lord. The live streaming will assist with prayer and reflect and spiritual Communion.

Masses are now cancelled until lock down ends.

Thank you for your patience at this time and God bless you all.

Click the image on the right to find Our Lady & St George's on Youtube.



Lady of the Rosary and St Patrick parish remains open and you can also follow all Masses on their live stream.

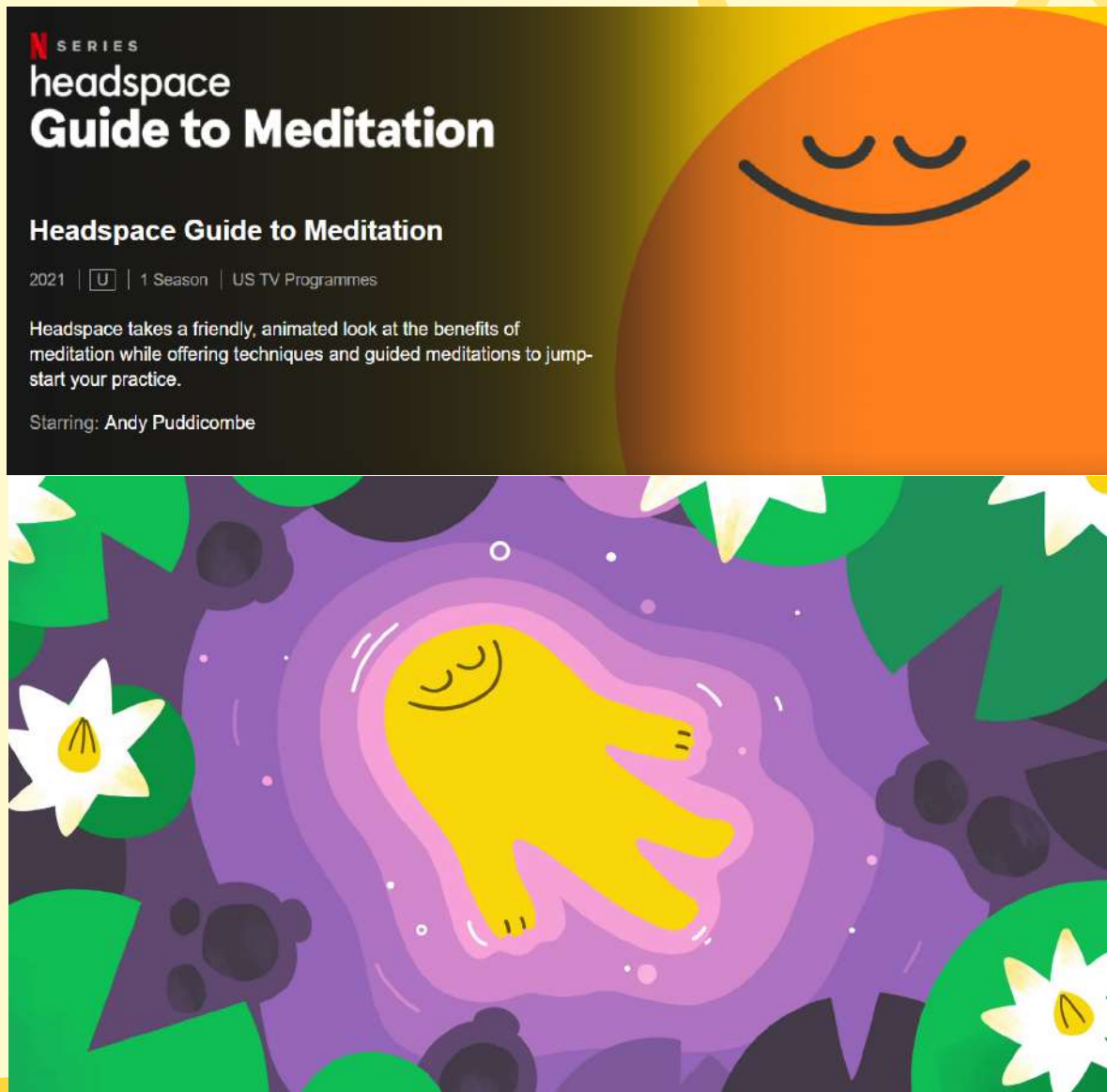
Click the image on the right to find St Patrick's on Youtube.



TIPS FOR

WELLBEING

This week Ms Salahi recommends:



The series is made up of 8 episodes which focus on a range of meditation skills and techniques that we can learn and use. Each episode has a focus area, such as managing stress or coping with pain; with time included to practise a new meditation technique.

YEAR 10

MR FREEMAN, MRS FITZPATRICK AND MRS ROCKS WOULD LIKE TO CONGRATULATE YEAR 10 FOR MAKING SUCH A BRILLIANT START TO THIS TERM AND FOR ADJUSTING SO WELL TO ONLINE LEARNING.

STARS OF THE WEEK:

GABRIEL TURAY AND VICTORIA SZLACHTA
FOR THEIR EFFORT AND PARTICIPATION IN LESSONS THIS
WEEK.

OUTSTANDING ONLINE LEARNERS:

GEOGRAPHY:

KHALIL SMITH FOR PUTTING IN GREAT EFFORT AND PRODUCING
HIGH QUALITY WORK;

OBINNA CLARKE FOR HIS OUTSTANDING ENGAGEMENT AND
ASKING THOUGHT PROVOKING QUESTIONS

MARY LETICIA ISIHEI FOR PRODUCING EXCELLENT WORK

FRENCH:

KING DAVID BOACHIE FOR A GREAT PIECE OF FRENCH
HOMEWORK THAT WAS WELL RESEARCHED AND BEAUTIFULLY
PRESENTED;

MARIA JOHN FOR HER OUTSTANDING RESEARCH FOR HER
PROJECT

TARA HARKER FOR COMPLETING ALL TASKS SET TO A HIGH
STANDARD

MISS ALDERSON WOULD ALSO LIKE TO COMMEND
RIHANNA FERDINAND, LEMARNIE WHITE AND BAMBO DJABULA
FOR THEIR EFFORT AND PARTICIPATION IN HER LESSON

JAM BOARDS

More great work across the year groups and subjects in online lessons using Jam Boards! Students are working together, sharing ideas and helping each other better understand the topics.



¿Que hiciste ayer?

Ayer por la mañana hablé con mis amigos porque me gusta mucho.

Ayer por la mañana bailé. Me gusta Jugar con mi cubo de rubik

John V

Ayer por la mañana bebí agua. Luego comí con mis padres. Por la tarde fui de compras con mi mama y mi hermana.

Ayer por la mañana bailé. Me encanta nadar porque es divertido sin embargo con mis amigos me gusta mucho salir

Por la tarde jugamos al fútbol porque es divertido

Ayer por la mañana chaté con mis amigos. Luego bailé. Por la tarde monté en bici. Un poco más tarde hice los deberes. ¡Fue fenomenal!

Les fêtes que j'aime et les fêtes que je n'aime pas...

Le Nouvel An

Pâques

Noël

Halloween

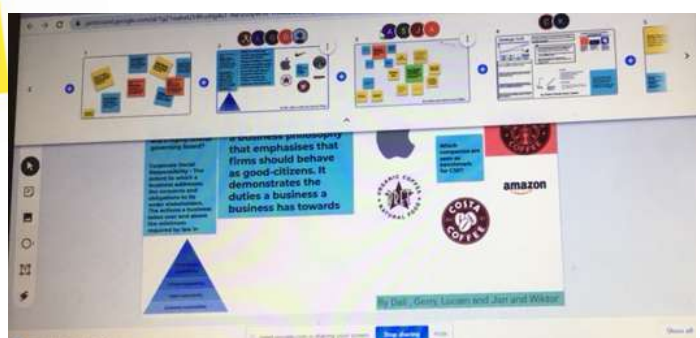
Mon anniversaire

J'aime mon anniversaire parce que j'aime rendre visite a ma mere

Ma fête préférée est Noël parce que je peux voir mes grands-parents aussi pour aider avec les décorations.

1. Je préfère mon anniversaire parce que c'est amusant.
2. Je n'aime pas la Saint-Valentin parce que c'est nul.

J'aime Noël parce que c'est amusant mais je déteste Halloween parce que c'est ennuyeux



SCIENCE

Year 8 were tasked to write a story / poem/ draw a comic strip to explain what happens to our food during digestion. The results are a fascinating read!

One day, I woke up in a basket with my good friend "Chuy" chewing gum. Then, a giant five fingered monster came and picked me up. I discovered that I was in the mouth. The wet stuff was saliva (spit)! I was chewed and moistened by saliva. Saliva is used to soften food. Suddenly, a trap door opened, and I was swallowed down a long tube called the oesophagus (gullet). The oesophagus is a tube that connects the mouth to the stomach... Boy, was I scared!!! Then, I landed in a soupy pool. "This must be the stomach", I thought. There I was churned around with gastric juices that contain chemicals called acids and enzymes. These enzymes turn food into a thick soup-like substance, called chyme. Then, a hole opened up in the bottom of the stomach. I went down the small intestine. As I raced through, the juices broke down almost everything.... Here the nutrients are absorbed into the blood. There are two organs that work with the small intestine. One of them is the pancreas. The pancreas produces powerful digestive juices that digest most kinds of foods that a person has eaten. The other organ that affects the small intestine is the liver. The liver has two jobs: 1. It produces bile (a digestive liquid) which breaks down fats. 2. It also filters blood coming from the digestive tract. It is the gallbladder, a green sack like organ that stores bile. The bile breaks down fat and neutralizes acids in partly digested food. Finally, the small intestine pushed me down into the large intestine. The large intestine takes water out of the undigested food (waste). In this organ I move through three parts: the cecum, the colon and the rectum. Waste products are stored in the rectum before pushing them down through the anus.

By Jessica Emmanuel (8IG)

By Richu Roychan
8IG

I am a piece of bread freshly cooked and brought home to be eaten before I expire. This is my story of being eaten by a 9-year-old.

It was another normal day in the fridge. I already have frostbite due to the decrease of temperature my friend the yogurt started to talk.

"Bread, am I ever going to get eaten because I am going to get sour and expire tomorrow!"

Bread exclaims "the only thing that is going to expire tomorrow is that horrible smell, it's starting to make me smelly bread.

Yogurt whispered, "the human is coming, be quiet!"

The Human took Bread out of the Fridge as Yogurt saluted him with a farewell.

"Bye, my friend, I hope you have a great time above!" said Yogurt.

The human starts to chop Bread up.

Bread said nothing.

The human put Bread in the toaster.

Bread said nothing.

The human put a fried egg on Bread.

Bread said nothing.

The Human started eating Bread.

Once Bread was in the human mouths...

Once Bread was in the human mouths... Once Bread was in the human mouths...

Bread gave out a scream of pain and laughter as the Human's tongue started to tickle him.

The Saliva also lubricates Bread, and he slips down the gullet hardly.

Bread exclaims "at least u could chew me slowly you know child".

Bread is now in a ball like-shape and goes down the gullet and the word Peristalsis help him along.

Bread spoken "Finally I have arrived at the stomach, huh that was a journey, what that wait that acid and enzymes ahhh!"

Bread was trying to escape however he is now mixed with the acids and enzymes.

Bread can no longer talk as he is suffocating so as the narrator, I will tell you what happens.

From the stomach, Bread goes into the small intestine where the enzymes in the small intestine beat down on Bread and we all can imagine him screaming because he was soft bread.

He arrives in the large intestine and water is long gone, and undigested fibre is left behind.

Sadly, before Bread could leave the human, he already passed away now he is in heaven playing video games. The human goes to the toilet and get rid of waste through the muscle called the Anus.

Hi! I'm John, the grilled cheese sandwich and I just got freshly grilled. I am packed with lipids, carbohydrates, fibre and sugar! That grill was really something my cheese is sweating! (Mouth) Oh no. Why is that human's hand coming close to me? AAAAH. What is this place, it's so wet and disgusting. What are these giant chomping things? (teeth) They are splitting me into so many pieces! What is this thick water (saliva)? It's so yucky! This is not a good day. And why am I ball now? (bolus), Oh my, I'm gonna fall down this long thing (gullet). aaaaAAh. What is this place now (stomach) Its cosy but what is this liquid? (acid) Ah its painful! Its acid! And what are these (enzymes) They are cutting me into even smaller pieces! Ah I'm going down this weird tube (small intestine) I can't even breathe! All my nutrients are being absorbed! I feel so tired. The even bigger tube (large intestine) took all my water! All I've got is a little bit of fibre. AH I SEE LIGHT OF DAY! And then the last remaining piece of grilled cheese travelled a long way far from his birthplace never to be found again.

By Jestin George
8IG

What happens to the food we eat during digestion!!!

Remember that chip I just ate? Yeah...well I wonder what's happened to it in my stomach.

WOOAHHH why did she eat me, that hurt now I'm all squashed and into small pieces gosh damn it.

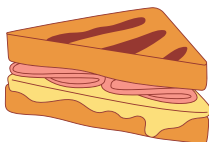
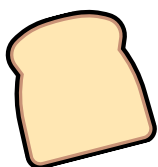
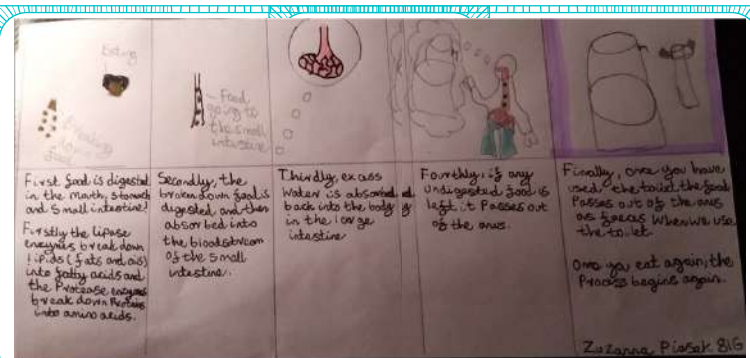
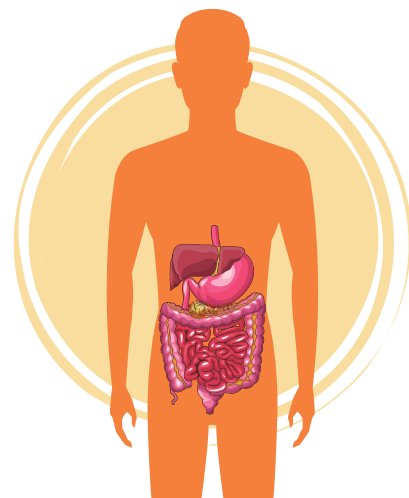
What the heck is that?! It looks like a massive drop! Water slide? I think not, oh no I think this is what they call a food pipe! Oh no vie formed into a ball shape also known as a bolus and I'm going down the gullet!

Oh god now I've made it to the stomach this is the dangerous part other foods are here and were all gonna get mixed with acid and enzymes! Oh no seems like were travelling AGAIN now we're going through the small intestine. Oh god I'm breaking down again.

WHAT'S THIS?! I think it's called the large intestines!! This is where it's all gonna get dry, the water is removed, and all the undigested fibre's left behind!

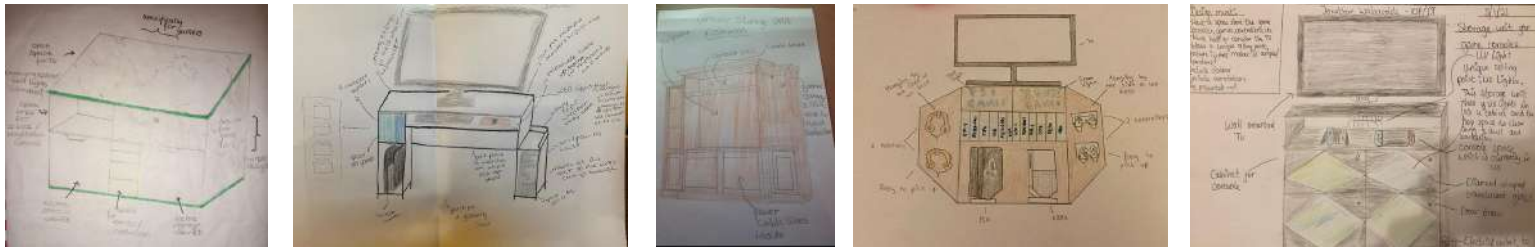
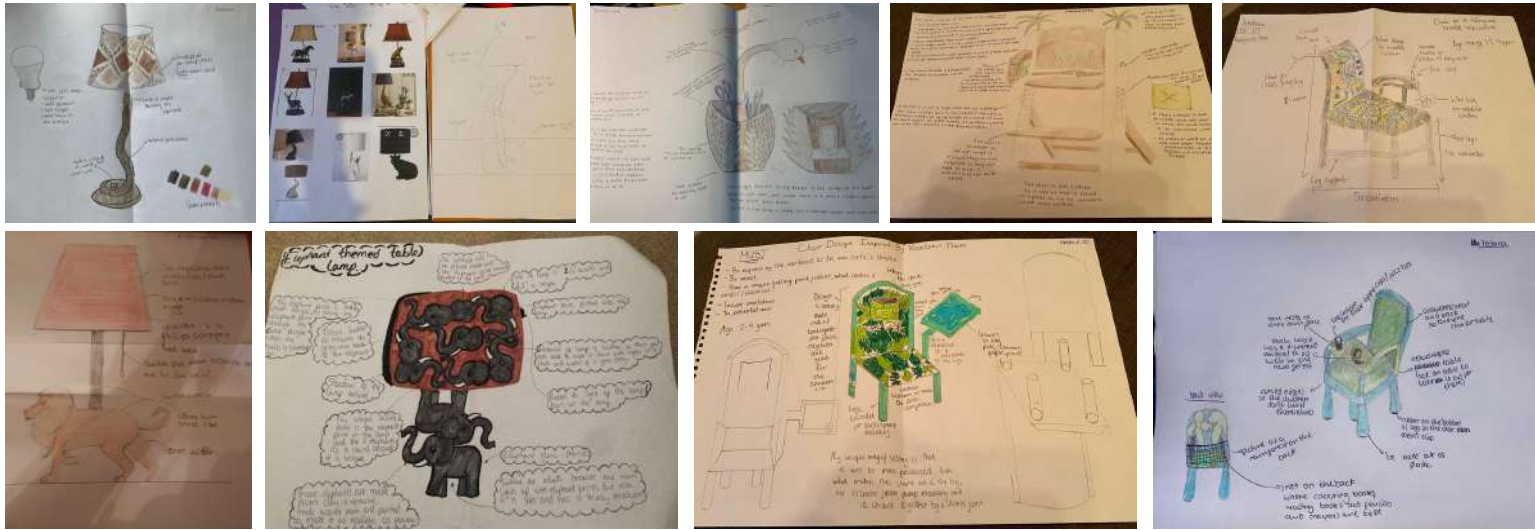
Ouf I look gross! Now I wait in the rectum until the body is ready to get rid of everything.

By Patricija Lindinaite (8IG)



D&T ASSEMBLED

Ms Jaber & Ms Salahi are really proud of their Product Design class; tackling a range of design challenges from animal inspired lamps & rainforest inspired children's chairs to Games consoles storage units. Well done! Keep up the good work!



MFL

Year 10 French students have been studying the topic of Local area and they have been enjoying a virtual tour of some interesting cities of France. They have created an information leaflet. Enjoy it and perhaps this could be one of your next travel destination?



LYON

Lyon est une ville de France. C'est la capitale de la Métropole de Lyon et de la région Auvergne-Rhône-Alpes. La ville est située dans la partie centre-est du pays au confluent des rivières Rhône et Saône. En octobre 2019, la population de Lyon est 520 000 habitants.

Le climat à Lyon

gens, les étés sont chauds, les hivers sont froids et il y a beaucoup de pluie. Aussi les citoyens aiment aller au théâtre et au musée. Ils aiment aussi aller au stade, donc nous vous recommandons de venir à Lyon pour une expérience amusante. C'est le climat.



Meilleurs endroits à visiter à Lyon

Il y a beaucoup d'endroits magnifiques à visiter à Lyon. Cependant, les endroits qui sont les plus intéressants sont les plus populaires à Lyon sont le Vieux Lyon, Trévise et la Basilique de Fourvière. Les habitants préfèrent car bien qu'il y ait des choses à faire, une activité populaire est une visite à pied du Vieux Lyon, sont mes du quartier historique qui me semble très intéressante. Cependant dans la Basilique de Fourvière. C'est aussi un point de repère très célèbre où les visiteurs peuvent faire une belle promenade jusqu'à la basilique ou prendre un transport en commun.

Plan a Visit to Nice/Planifier une visite à Nice

Nice est une région très extraordinaire dans le sud-est de la France, pour un touriste le climat est le meilleur parce que c'est chaud et humide dans l'été mais en hiver c'est un peu froid et gris. Les lieux à visiter sont magnifiques, la ville est, promenade des anglais est près des plages de Bain des Anges, musée de la Mutilité et la Cathédrale Orthodoxe Russe Saint-Nicolas, l'une des plus belles églises. Le chanteur Bryan Bouquet est né en Nice et beaucoup d'autres célébrités.



Personnellement, Nice est une région magnifique et intéressante à visiter car le temps est bon et il y a beaucoup d'endroits célèbres à visiter pour les vacances. Le paysage et l'atmosphère sont relaxants et calmes. Il y a beaucoup d'activités à faire à Nice comme la randonnée, le vélo, visiter les musées, et aller au stade. Je préfère Nice à Paris parce qu'il est moins occupé et cher mais il y a encore beaucoup d'activités à faire.



Bordeaux

Research leaflet



Bordeaux est une ville au sud-ouest de la France et est la cinquième plus grande ville de France. Bordeaux a de nombreux bâtiments historiques comme le Palais Rohan. Le temps est généralement humide. Pour ceux qui aiment le vin, la ville est l'idéal. A mon avis, Bordeaux est une ville passionnante parce que chaque année il y a

beaucoup à faire. Il y a un port de pêches, des fermes et des champs.



La Côte d'Azur

By Gabriele T

Où est la Côte d'Azur?

La Côte d'Azur (aussi connu comme French Riviera) est situé sur la côte méditerranéenne du sud-est de la France.

Aussi, c'est vraiment proche de Marseille et Aix-en-Provence.



Le temps et le climat

Le temps de la Côte d'Azur est ensoleillé et chaud, donc il ne neige ni ne fait froid.

Le climat de la Côte d'Azur est humide à cause du soleil vous pouvez aller sur la côte pour se reposer



Pourquoi est-il célèbre?

D'abord, la Côte d'Azur est célèbre pour les plus belles plages en France, et est stations de luxe par exemple, Saint-Tropez et Cannes, et le micro-état indépendant de Monaco.

Aujourd'hui, c'est une destination de vacances, avec des sentiers reliant de nombreux villages et villes côtières



Nourriture célèbre

Haute-Provence est la Nourriture célèbre en France.

Ingredients: potato or spinach fritters with herbs or meat, and sweet fritters with prunes



Des sports: Activité

Sort the pictures with the sports

1. Faire du jet ski
2. le wakeboard
3. Voile
4. se lever paddleboard
5. Flyfish gonflable
6. Kayak

1 D 2 E 3 A 4 F 5 B 6 C



NOW!!!

le moment que nous attendions tous!

C'est...

(Drumrolll)

Équipe de football célèbre

AS

Cannes



Merci d'avoir écouté ma présentation!



-l'Alsace-

Même si l'Alsace n'est pas minuscule, il est définitivement plus petit que Bretagne.



L'Alsace est située dans le nord-est de la France et est vraiment proche de l'Allemagne et de la Suisse. En générale, le climat est assez chaud et il pleut rarement. Aussi, il neige souvent en hiver, ce que je trouve agréable.



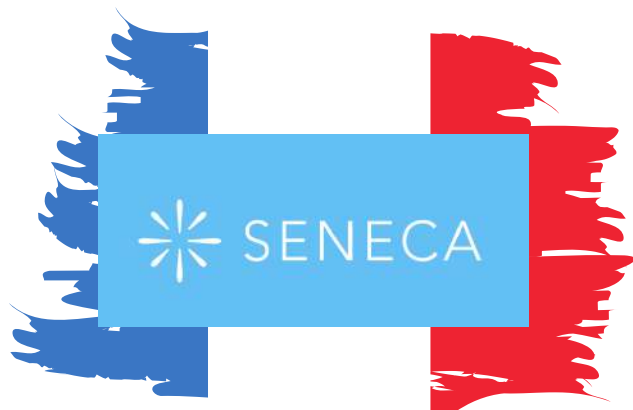
L'Alsace c'est une région très historique et sa capitale est Strasbourg. Il y a beaucoup à faire par exemple, le Château du Haut-Koenigsbourg c'est très populaire aussi bien que Palais Rohan. Aussi, il y a le Grand Canal d'Alsace qui fait 50km de long

De plus, il a le plus beau paysage et est une très belle région.





Well done to the following students who have put in the most hours on Seneca and Active Learn as well as producing excellent work!



**Tejay F., Zack D., Cynan L.,
Sugi R., Gianina O., Antonio M-Z.,
Lula K., Arina B., Cristian V.,
Anabel C., Mariya L., Daniel O.,
Glynis D., Nevin R.**



**Kethusan A., Jessica E., Ayat G.,
George U., Juliana V., Maria B.,
Kaylen R., Romani S., Anna Z.,
Oscar N., Joshua M., Alyssia J.,
Emily G.-S., Toniah M.**



**Anabel C., Maja M., Jaina G.,
Kacper B., Gabriel O., Milanne F.,
Naomi M., Brooke P., Tharun Y.,
Arjun T., Milena S., Benita S.,
Janna S., Nevin R., Merian B.,
Gabrielus J., Erin G., Eto C.,
Jackie C., Julianne A.**



**Rachel D., Grace A., Jaylan H.,
Naya J., Kaylen R., Javel S.,
Maria F. P., Tahalia M.,
Neriah O., Gabriele R., Crystal
M., Iyannah S.**

PE

Online Running Club



Class code: zfp i i d k



The aim: to improve the community's fitness and get people moving with the intention that they can either run 5 km without stopping or set a new 5km pb after February half term.

Contact Mr Wilbraham for more information



Year 8 Newsletter

Here are this week's stars - some talented individuals have already earned stars this term! Don't forget... stars are on offer as normal during remote learning, so keep make sure you are doing your best to contribute in lessons and produce excellent work. We are keeping a close eye on who is doing well at those things!

- ★ Lolu - Excellent participation in online assembly
- ★ Chikanyima - Fantastic enthusiasm for online learning (especially history!)
- ★ Miracle - Helping a friend who didn't have online access get hold of everything they need
- ★ Giselle - Brilliant work in French using excellent vocabulary
- ★ Jah'Kye - Fantastic engagement with remote learning
- ★ Pournan - Working hard in history lessons
- ★ Eisa - Great involvement and participation in Spanish lessons
- ★ Brooke - Festive teamwork, helping to decorate the form room
- ★ Shay - Helping to decorate the form room. Thank you magical elf!
- ★ David M - Outstanding effort in class. Keep it up!
- ★ Kayisha - Outstanding effort in class discussions
- ★ George - Brilliant contributions in the Holy Family Christmas video message
- ★ Ryan H - Great work and fantastic concentration on the song in French
- ★ John V - Excellent entry in the penguin competition, making a creation out of lego!
- ★ Kimora - Being resilient on difficult tasks, and finding a way to move forward
- ★ Pauline - Huge improvement in homework and home learning
- ★ Amanda - Working extremely hard in French
- ★ Katie - For being on the report book so many times
- ★ Anieka - Hard work in class, reflected in brilliant assessment results
- ★ Duncan - Putting in amazing effort at all times in lessons

Year 8 had an amazing Christmas term! In the true "Holy Family way", they pulled together to ensure that they made the most of their school days. Year 8 got on board with anti-bullying week, and took part in a number of different activities to champion kindness and respect. Two members of the year group, Harshan Jeyarajah and David Tudor, formed part of the anti-bullying committee, who worked alongside Ms Gaynor to judge the anti-bullying poster competition. In addition to this, some members of the year group got involved in a really fun and creative competition to create a 3D penguin. There were 48 entries across year 7 and 8, and they were all brilliant. We had three members of year 8 who found themselves in the top 5, meaning they won a prize: Anabel Chinedu (5th), Parwana Jayan (4th) and Zuzanna Brodowska (2nd). The Christmas spirit didn't end there though. Each year 8 form was tasked with decorating their form room together, and some of them looked fabulous! The Christmas elves of 8S spent a lunch break decorating together and made their form room look magical, but 8E just about nudged the win, as decided by Mr Murphy. But now, it's a new year and year 8 have new targets and focuses. They have already been working extremely hard in online lessons, with stars being earned within days of returning back to school. Year 8 have also been attending online assemblies and form time each morning, which has been a fantastic opportunity for students to talk to us, and each other, and an excellent way to start the day. Year 8 online reading club has also returned, giving the chance for students to get together and listen to a book from start to finish over the course of the coming weeks.

Finally, with the new year is the exciting launch of the year 8 newsletter. Look out for articles from George Uzoma and Wylma Mwanza, as well as year 8 news, achievements and highlights!

The end of last term was marked the beginning of Advent. The beginning of Advent or the first week is normally identified as advent sunday, the first week is known as the week of hope in Sport there have been many moments of hope and inspiration.

Invincible Season

In 2003 the Premier league season was about to begin and I'm sure Arsenal fans had no clue what was going to happen on the final day of the season. Everyone said they wouldn't do anything and they could even get relegated. Arsenal started the season well and played with a lot of passion, positivity and consistency. By January 2004 lots of fans had some belief that it could be the year for Arsenal to win the premier league. They slowly grew in belief and on the final day of the season against Leicester City they were Crowned premier league champions.

PL (Played) 38 W(Won) 26 D(Draw) 12 L(Loss) 0.

The key message is they had the hope that they would win and the determination and will to keep going when they were doubted.

Manchester United Treble

In 1998 Manchester United started the season having to comeback from Arsenal's title win in 1997/98. Arsenal were growing in confidence and were getting big-headed. On the 26th May 1999 Manchester United had already put Arsenal in their place by winning the premier league. They also managed to clinch the FA Cup. However, they weren't concerned that their attention was focused on the great Champions League final. They had pressure to win a historical treble of trophies and to win the trophy on the former manager who passed away 5 years earlier, Sir Matt Busby's birthday. United found themselves 1-0 down after 6 minutes. They could have given up and lost **hope** but they didn't in the 81st minute the great Sir Alex Ferguson brought on Norwegian Ole Gunnar Solskjaer to hopefully make an impact. 90 minutes were on the clock and some fans had lost belief the referee gave Manchester United 3 minutes to win the game. In the 91st minute Englishman Teddy Sheringham leveled with a scruffy goal. A minute later United had another corner, could this be the chance to win the game. David Beckham swung it into the box. There was a lanky Teddy Sheringham to head the ball down then Ole Gunnar Solskjaer saw the ball and poked the ball the fans rose from their seats Manchester United had just made one of the greatest comebacks in football history. The time was 22:33:31 in the 93rd minute united had just won it. The final whistle went and united were champions of europe. The moral of this story is to never give up and always believe.

5000/1

Leicester City narrowly avoided relegation in the 2014/15 season and the year after 5000 people betted that Leicester would not win the league however 1 man called Leigh Herbert betted that they would now he had just come back from a holiday and had a few drinks. The Leicester squad may have been expecting relegation but Leicester hero Jamie Vardy didn't; he scored an impressive 24 to help Leicester win the league title, they proved all fans and pundits wrong and won it for the first time in their history. Even their Manager Italian Claudio Ranieri was shocked and when his team clinched the premier league title, Many Fans (Including me) were jealous but in the end were happy for them. The fan who made the bet was ecstatic and as a result of his bet he won £20,000. This story shows no matter what people say you should always believe in your dreams and never give up.

I hope you learnt something from these 3 great examples of not giving up **hope** God bless and have a good week.

By George Uzouma Co-editor of the Year 8 Newsletter



Outstanding work by Year 8 Students

Moniel Nyame 8IG

Julia Matejek 8A

Frida Kahlo

Frida Kahlo was born in a small town called Coyocotlan on July 6th 1907. She is known for painting not only for her famous face, but also for the Mexican style. She began painting after a bad bus accident when she was 19, she was disabled so she was in bed all day so she started painting.

Family

Frida was married to a man named Diego Rivera. Her dad Guillermo Kahlo was also a artist and her mother Matilde Calderon was of indigenous Mexican and Spanish descent. Frida was born in Mexico but her father was German. She had 3 sisters: Cristina, Matilde and Adriana.

Art

She painted many fine paintings of herself. Her self-portrait books sold for 100 million dollars. She was born and died in the same house called "La Casa Azul" (The blue house) which turned into a Museum now known as Frida Kahlo Museum.

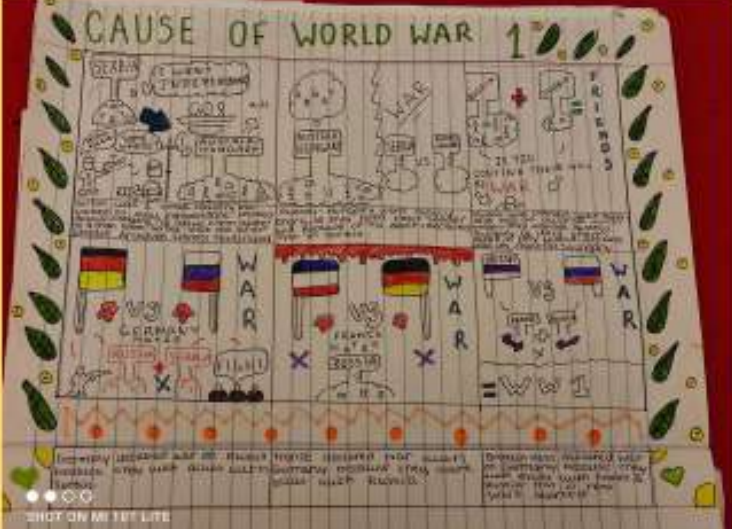
The Two Fridas is an oil painting by Mexican artist Frida Kahlo. The painting was the first large-scale work done by Kahlo and is considered one of her most notable paintings. It is a double self-portrait, depicting two versions of Kahlo seated together.



Alexandra Gince 8P

CAUSE OF WORLD WAR 1

Diagram illustrating the causes of World War 1, showing the roles of Germany, Austria-Hungary, and the Balkans, along with the impact of the assassination of Archduke Franz Ferdinand.



Outstanding work by Year 8 Students

Miracle Sossouvi 8IG

John Villarico 8P

Rayyan El Homsy 8A

Handwritten notes and a diagram illustrating the water cycle, showing the process of evaporation, condensation, and precipitation.



Handwritten notes and a diagram illustrating the water cycle, showing the process of evaporation, condensation, and precipitation.



Handwritten notes and a diagram illustrating the water cycle, showing the process of evaporation, condensation, and precipitation.



Milanne Fernando 8E

What is tobacco and what is in it?

The main type of tobacco is cigarette, a harmful chemical it has been suggested that nicotine is the drug in tobacco that causes physical feelings and affects the way you think and feel. This physical dependence could explain withdrawal symptoms when you try to quit smoking or other forms of tobacco.

Example of how cigarettes look



Long term effects

- 1. Increased risk of brain damage.
- 2. Yellowing of whites of eyes.
- 3. Loss of sense of smell and taste.
- 4. Yellow teeth, tooth decay and bad breath.
- 5. Cancer of the nose, lip, tongue and mouth.
- 6. Possible hearing loss.

What can happen to you...

Tobacco smoking can lead to lung cancer and increases the risk of heart disease, which can lead to stroke or even possibly a heart attack. Smoking may also have linked to other cancers, leukemia and type 2 diabetes.

How can tobacco affect your body and behaviour?

The effects of tobacco smoke on the respiratory system include irritation of the trachea (windpipe) and the exposure to tobacco smoke quickly damages blood vessels throughout the body and makes blood more likely to clot. The chemicals in tobacco smoke damage the delicate lining of the lungs and can cause permanent damage that reduces the ability of the lungs to exchange air efficiently. It can also cause physical symptoms like headaches or breathlessness as well as making people feel irritable anxious or low. These feelings can alter one's behaviour and feeling stressed often makes people to drink alcohol, smoke longer than usual. Long term stress is also related to anxiety and depression.

Person suffering from



Milanne 8E

SPEAKER'S CORNER

Gender Equality in the
Fashion Industry
by Teniola Balogun

Fashion, or rather the fashion industry, possess elements of ageism, sexism, racism, sizism and fattism. This industry is merely an extension of capitalism, and so it's an only concern is generating as much profit as possible. Trying to include and represent all different types of people is very low on its priority list despite the claims of diversity in recent years so it continues to perpetuate harmful societal patterns, be it on purpose or not. But today I will solely focus on sexism.

The most blatant case of sexism in fashion is that women in this industry are usually used as models, while the more powerful and influential positions of designers, managers and directors are usually taken by men. According to Natalia Borecka (2017), only 14% of major brands are run by female designers, even though the majority of fashion design graduates are women. In fact, Dior only appointed its first female designer in 2016; Givenchy in 2017. It's very easy to slip into the mindset where you feel like you're working in a very liberal environment where men and women are treated equally, where there doesn't seem to be any kind of gender preferential treatment. So it's easy to neglect it being an issue. The fashion industry is largely dominated by women's wear and buoyed by female spending habits with an image old by women to women, yet is still largely run by men.

Furthermore, the fashion industry of today is sexist in a more covert way. It tries to sell women a fake sense of empowerment, for example using symbols and slogans of women's liberation movement on clothes and in advertisements. But only because it has found their weak spot and is trying to cash on it. In reality, it gains trillions of pounds from women's insecurities and keeps perpetuating the harmful notion that a woman's value is solely in her appearance and in order to keep up and fit in, you must adhere to the unrealistic standards it sets out.

However, I really wanted to touch upon a less considered side of sexism. The idea that clothing has gender. It is already known that for a huge part of history women weren't allowed to wear trousers or were hugely frowned upon for doing so. While there were some women who championed trousers in the 19th century, trousers as an acceptable everyday clothing option for women didn't truly catch on until the mid-20th century. The adoption of trousers as a popular item of dress for women in Western society traces its roots to the mid-19th-century dress-reform movement. This is obviously a huge showcase of reform in the fashion industry however I believe there is still one major change that needs to happen. Men wearing dresses skirts and crop tops, clothing traditionally worn by women in the eyes of society for many years, is starting to become more popular today on the streets, runways, and even the red carpet. Yet, not everyone agrees with it. Some people think it's wrong for a man to wear a skirt or a dress because it redefines gender norms. Usually, the people judging have issues with other things not exactly relating to the dress itself but to the LGBTQ+ community as a whole, even if the person wearing the garment is straight, which is an issue in itself because a man in a dress or skirt does not automatically define their sexual orientation or identity. However, other people just think it's weird and unusual. But why? Men should be able to redefine gender norms and express themselves in a dress just as women were able to do the same when wearing trousers. If women could successfully redefine gender norms the way they did then, why can't men do the same today? Well, they can, and they are. In recent years we are seeing men in skirts and dresses more and more, from celebrities to regular people on the streets in our everyday lives. This is a great step forward because the more it is seen on a normal basis, the more normal it will become. People that are against it or that are uncomfortable with the idea really just need to realize that it affects them in no way, shape, or form, and it really isn't even a new concept.

CAREERS CORNER

To help keep you informed about the opportunities an apprenticeship can offer, the Apprenticeship Team at Waltham Forest College are hosting an information webinar with live Q&A session.

National Apprenticeship Week

📅 10 February 2021

Share...

Facebook

Twitter

LinkedIn



Join us this February for **National Apprenticeship Week** and discover how we can help both future apprentices and employers.

Employer Webinar Tuesday 9th February | 10:30am - 11:15am

Find out how hiring an apprentice can benefit your business and the process involved.
Have your questions answered by our expert Apprenticeship Team.

Please note: We use Microsoft Teams to deliver webinars.
If you are accessing via a smartphone you will need to **download the Microsoft Teams app**.
You do not need an account and can join as a guest.

Future Apprentices Webinar Wednesday 10th February | 3:30pm - 4:30pm

Thinking about starting an apprenticeship once you finish school?
Maybe you're an adult who wants to upskill or change career?
This is a chance to have your questions answered. Join us as our Apprenticeship Team and students share their experience and provide you with all the information regarding apprenticeships.

Please note: We use Microsoft Teams to deliver webinars.
If you are accessing via a smartphone you will need to **download the Microsoft Teams app**.
You do not need an account and can join as a guest.

Book your place

CAREERS CORNER

This is just a sample of the placements available at Speaker for Schools.

For a full list of placements - [sign in here to search and apply.](#)



SPEAKERS
for schools
EXPERIENCE



Willmott Dixon Interiors Management Careers Virtual Work Experience - Future Leaders Wanted

Willmott Dixon

Virtual Work Experience -

This opportunity is primarily aimed at students aged 14-16 years in the Midlands, Leeds, London and Greater London areas. Please contact us if you are outside this area and interested in joining.

Are you looking for a career in management?

Willmott Dixon's Virtual Work Experience...

Closing Date
31/01/2021

Online 15/02/2021 Favourite

[VIEW OPPORTUNITY](#)



NextGen Nurse - Meet the people behind the masks: South East England

NHS

Virtual Work Experience -

Find out about a career where you can make a difference, work in different roles around the world with a competitive starting salary and earning potential and a huge choice and opportunity for personal and professional growth.

We are the NHS, and we help save and improve people's lives...

Closing Date
01/03/2021

Online 22/03/2021 Favourite

[VIEW OPPORTUNITY](#)



IT Careers Insight

Circle IT

Virtual Work Experience -

This is an introduction to careers in IT.

We will tell you a bit about us and what we do and plan some interactive tasks for the group to get involved and fully immersed in a career in IT.

We will have some guests from the company, some information and some fun.

If you want...

Closing Date
03/02/2021

Online 17/02/2021 Favourite

[VIEW OPPORTUNITY](#)



Virtual Work Experience with a Leading Company including Ecology and Archaeology

Fusion

Virtual Work Experience - Online/Virtual

PLEASE NOTE: Students in the areas of Buckinghamshire, Oxfordshire, Coventry and Warwickshire, Hertfordshire and Northamptonshire will be given priority.

Fusion are a joint venture of three major construction companies, currently working with HS2 on their enabling works.

This work ex...

Closing Date
22/01/2021

Online 17/02/2021 Favourite

[VIEW OPPORTUNITY](#)



GTR's Work Experience Taster Day

GTR

Virtual Work Experience -

Work Experience is a great opportunity to spend some time outside the classroom and learn about the world of work. Work experience can help you decide on your options for after year 11 and beyond.

On Wed Feb 17th, we will be "opening our doors" for you to get a chance to see what it is like...

Closing Date
17/01/2021

Online 17/02/2021 Favourite

[VIEW OPPORTUNITY](#)



VGC Group - Construction & Civil Engineering VWEX

VGC Group

Virtual Work Experience -

Are you interested in construction and civil engineering?

Do you want to know what and who it takes to put a large project together? And would you like the chance to talk to them and ask them questions?

Are you starting to think about your next steps after GCSE or A-levels and won...

Closing Date
22/01/2021

Online 15/02/2021 Favourite

[VIEW OPPORTUNITY](#)



Skanska UK Insight taster day all around Social Value and Digital Tools

Skanska

Virtual Work Experience -

Would you like to know more about the changing face of the Construction and Engineering Industry?

Skanska UK are leading international Construction and Railway Experts in the industry and would like to share what they've learnt and continue to learn over the decades of experience of deli...

Closing Date
20/01/2021

Online 18/02/2021 Favourite

[VIEW OPPORTUNITY](#)



Workwise - Skills overview and interview practice workshop, 10-11am

Santander

Virtual Work Experience -

Want to know more about the world of work and the career paths available to you after you finish school? Do you need a trusted interactive resource to be able to find out more about how to become an entrepreneur? Are you looking for good and bad example of CV's and example activities used in a556...

Online 16/02/2021 Favourite

[VIEW OPPORTUNITY](#)

CAREERS CORNER



SPEAKERS FOR SCHOOLS VIRTUAL TALKS & BROADCASTS



The SFS Virtual Talks programme allows speakers to remotely connect with students in classrooms and share their unique insights and advice with young people.



DATE: Tuesday 19th January

TIME: 17:00 – 18:00

YEAR GROUP: KS4-5 / S4- 6

SPEAKER: Anthony Salcito, Vice President of Microsoft Worldwide Education

[CLICK HERE TO JOIN](#)

Anthony Salcito is the Vice President of Microsoft Worldwide Education and was previously the Vice President of the Public Sector & Government. Anthony's role involves empowering educators and inspiring students to achieve more. He aims to transform the way we all learn, with the support of the best technology, to help build the skills needed for the 21st century workplace. In this SFS broadcast, tune in to hear Anthony's thoughts on how technology has impacted education, what skills are important for your future career and get the opportunity to ask your questions!



DATE: Wednesday 20th January on ZOOM

TIME: 14:00 – 15:00

YEAR GROUP: KS3 / S1 – 3

TOPIC: Introduction to Animation & VFX with Industrial Light & Magic

[FORM TO SIGN UP](#)

Join Industrial Light and Magic for this ZOOM webinar about what it's like to have a career in VFX! There will be the opportunity to hear from people who work for ILM and how they started in their careers and more about their work. There will be the opportunity to ask the speakers questions too.

Join 10 minutes before the
broadcast to be ready

Learn how to join a VTALK here:



THE NATIONAL APPRENTICESHIP



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50 EXHIBITORS PROMOTING
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WEDNESDAY
10TH FEBRUARY
2021
11.00am - 6.00pm

Students can **register online now** and will have the opportunity to chat with exhibitors by voice or text chat as well as download useful information and view online video content. The user experience is optimal when students have access to their own PC/phone/tablet and can navigate the event at their leisure.

ALSTOM

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EDWARDS

FORTEM
People who care

**HARROGATE
COLLEGE**

HMGCC
Her Majesty's Government Communications Centre



HM Revenue
& Customs

HinkleyPointC
EDF CGN

JTL
Training People

KPMG

**IC Keighley
College**



**LEEDS CITY
COLLEGE**

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EDUCATION GROUP

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England

NPL
National Physical Laboratory

**PEARSON
BUSINESS
SCHOOL**

Santander

Schroders

South Devon College



**spirax
sarco**



**University
Centre Leeds**

nas.vfairs.com

Email: info@nationalapprenticeshipshow.org NAS_Event National Apprenticeship Show @apprenshow

Welcome to Holy Family Sixth Form

6TH FORM

APPLICATIONS

APPLY ONLINE NOW!

JOIN OUR
OUTSTANDING
SIXTH FORM IN
SEPTEMBER 2021
AND OPEN THE
DOOR TO YOUR
FUTURE!



We have extended our deadlines for Sixth Form Applications -

Internal Holy Family year 11 students: Friday 19th March 2021

External year 11 students: Friday 19th Feb 2021

VIRTUAL OPEN EVENING: [HTTPS://WWW.HOLYFAMILY.WALTHAM.SCH.UK/SIXTH-FORM/ADMISSIONS/](https://www.holyfamily.waltham.sch.uk/sixth-form/admissions/)

APPLICATION PORTAL: [HTTPS://HOLYFAMILY.APPLICAA.COM/YEAR12](https://holyfamilyportal.com/year12)


Holy Family Catholic School & Sixth Form
ASPIRE TO THE HOLY FAMILY WAY
SIXTH FORM OPEN EVENING


Holy Family Catholic School & Sixth Form
ASPIRE TO THE HOLY FAMILY WAY
SIXTH FORM OPEN EVENING

1) Why study at Holy Family?



 @HFCSWaltham  @HFCSWaltham  www.holyfamilywaltham.sch.uk


Holy Family Catholic School & Sixth Form
ASPIRE TO THE HOLY FAMILY WAY
SIXTH FORM OPEN EVENING

2) Choosing your subjects



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Holy Family Catholic School & Sixth Form
ASPIRE TO THE HOLY FAMILY WAY
SIXTH FORM OPEN EVENING

3) How to apply to Holy Family



 @HFCSWaltham  @HFCSWaltham  www.holyfamilywaltham.sch.uk

4) Frequently Asked Questions



 @HFCSWaltham  @HFCSWaltham  www.holyfamilywaltham.sch.uk

Curriculum Information

CURRICULUM OFFER FOR SEPTEMBER 2021



CURRICULUM PATHWAYS 2021



SIXTH FORM ADMISSIONS CRITERIA 2021



SIXTH FORM LEAVERS 2020 DESTINATIONS



Naeel Dilloo

University of Hertfordshire

Studying: Aerospace Engineering



Rebecca Elsey

Royal Central School of Speech and Drama, University of London

Studying: Stage Management

Congratulations!

Congratulations!

Joshua Duffy

Bournemouth University

Studying: Film



Larry Entsie-Quaidoo

Bristol, University of the West of England

Studying: Software Engineering for Business



Angelina Forde-Mahoney

London South Bank University

Studying: Law



Angel Gince

Loughborough University

Studying: Accounting and Financial Management (with placement year)

Congratulations!

Congratulations!

Maia Franklin

University of Northampton

Studying: Law



Rita Hajj Moussa

Middlesex University

Studying: Fine Art



KEEP READING

Waltham Forest are currently offering a 'click and collect' service from the Walthamstow, Chingford, Leyton, Leytonstone and Wood Street Libraries, and access to e-books.

[Click Here for more information](#)

“Today a reader, tomorrow a leader.” – Margaret Fuller





Holy Family Catholic School

Remote Learning Agreement



You should adhere to and follow these rules when online.

Be Ready

- Use the school resources in the way they are intended to be used.
- Plan and use your time effectively online.
- Know your username and password to all school accounts, i.e Google Classroom, Mathswatch, Seneca etc
- Join all online lessons on time
- Check your accounts regularly so you are up to date with the work set.
- Complete all tasks by the deadline.

Be Respectful

- You should respond in a polite, respectful and appropriate manner to all posts online.
- You should respond in a polite, respectful and appropriate manner to members of staff in online communications (E-mail, Google Meets etc).
- Inappropriate behaviour includes:
 - Complaints about any post, individual or activity.
 - Intolerance towards any individual or group of people.
 - Posting inappropriate images.
 - Using the platform as a form of social media or as a chat forum
 - Posting and sharing information and/or images that are not related to the learning set.
- Report any cyber bullying or harassment immediately.
- Never do or say anything online that you would not do or say offline.

Be Safe

- Set yourself a screen time limit - it is important for your mental health.
- Never share your password or any personal details online
- Do not forward spam. It is not fun and it could damage the computer through viruses embedded in the emails.
- Report any unusual or suspicious online activity.

What happens if I break the rules?

- Any account where inappropriate behaviour is reported or suspected will be suspended immediately.
- Parents will be contacted to discuss the inappropriate behaviour and when it will be reinstated.

Please confirm you have read and agree to these rules by submitting the following form. <http://tiny.cc/HFCSRemoteLearningForm>

REMOTE EDUCATION 10 TOP TIPS FOR PARENTS

Remote education ensures continuous learning outside the classroom. For parents and carers, remote education isn't always straightforward and there can be a number of factors they need to consider, especially around ensuring their children feel comfortable and are familiar with the whole concept. That's why we've created this guide to help parents and carers support their child in getting the most out of their remote education experience.

1. TAKE AN ACTIVE INTEREST IN YOUR CHILD'S LEARNING

As a parent or carer, your school may have explained how remote education works already, but children may still need help. Take an active interest in their learning and help support them whenever they need a helping hand.



2. MONITOR YOUR CHILD'S COMMUNICATION AND ONLINE ACTIVITY

It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school. Encourage them to remain polite, remember their manners and not to post or send any negative comments just because they are behind a computer.



3. ESTABLISH A DAILY SCHEDULE AND ROUTINE

Working from home and trying to learn in a more casual setting that children might associate more with play and a degree of freedom might take a bit of getting used to. Try to stick to a daily routine and use the timetable/schedule that schools have sent home to help children keep on top of their daily learning.



4. ENCOURAGE SCREEN BREAKS AND PHYSICAL ACTIVITY AWAY FROM DEVICES

Remote learning will inevitably require more interaction with computers, laptops and tablets. Teachers will invariably advise on screen breaks; however, it doesn't hurt to keep a check on their time online or encourage them to get some fresh air/exercise.



5. ENSURE YOUR LEARNING DEVICE IS IN PUBLIC SPACE IN THE HOME

It's important to consider where your PC or laptop is placed if live video is being used. Try to keep the background neutral, with no personal information visible and move learning devices out of the bedroom as this could be deemed inappropriate.



6. IMPLEMENT SAFETY CONTROLS AND PRIVACY RESTRICTIONS ON APPS AND SOFTWARE

Dependant on how your school implements remote education, your child may be required to download certain software or apps. Whilst these are likely to be relatively safe to use, like any other new app or platform, parents should still implement safety controls as a precaution.



7. ENSURE YOUR CHILD ONLY USES OFFICIAL SCHOOL COMMUNICATION CHANNELS

It's important that all communication with teachers and school staff is directed through approved school channels, whether that be through the school's online portal or the relevant secure messaging site.



9. MAINTAIN FEEDBACK WITH TEACHERS

Engage in communication with teachers where possible, and try to feed back progress and development as well as any helpful suggestions around the learning process. Be transparent but remain professional and only use official channels to communicate.



8. FAMILIARISE YOURSELF WITH RELEVANT SCHOOL POLICIES

Schools should have a policy on remote education that they can share with parents. Familiarise yourself with this and ensure you know what is expected of teachers and your child during lessons, both online and offline.



10. MONITOR YOUR CHILD'S WELLBEING AND MENTAL HEALTH

Remote education will likely mean that your child won't get the same level of social interaction and might not see their friends for a while. Keep a check on their wellbeing and try to encourage them to get out as much as they can. Whilst learning from home might seem fun and exciting to start with, missing out on seeing their friends every day might take its toll.



Parenthood...

The most rewarding job in
the world

And also the toughest

Need some advice about your
child's behaviour or emotions?

Contact YoungMinds'
Parents Helpline

0808 802 5544

youngminds.org.uk/parents



YOUNGmINDS

Worried about how you're feeling?



Check out youngminds.org.uk/find-help

YOUNGMiNDS