

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



*Holy
Week*



HEADTEACHER'S MESSAGE

Quotation of the week

"In the name of God and in the name of this suffering people whose cries rise to heaven more loudly each day, I beg you, I implore you, I order you, in the name of God, stop the repression!" The words of Archbishop Oscar Romero to soldiers in El Salvador in 1980. The next day Archbishop Romero was shot and killed while celebrating Mass in his cathedral.

Holy Week

On Friday we had a virtual live steamed whole school assembly on Holy Week. As we come to the end of our Lenten journey we find ourselves marking Palm Sunday this Sunday. Palm Sunday is a day of triumph as Jesus is acclaimed by the people on his entry into Jerusalem. Holy Week marks how things go badly wrong for our Lord with his betrayal, false trial and eventual crucifixion and death. Thursday evening there is the Mass of the Lord's Supper and then of course the sadness of Good Friday before the joy of the resurrection on Easter Sunday.

Masses in school this week

This week we have held Masses of thanksgiving for our return to school for Yrs 7,8,9 and 10. Thanks to Canon Niall and Fr John for officiating. The Masses were all risk assessed and students wore masks throughout. It was wonderful to be able to celebrate Mass again in the school and for us to be able to receive Holy Communion.

Donated items

We received a great response to our request for donations of clothing and household items and were able to help a number of our families in recent weeks. The remainder of the donated items are being collected by a parent who runs a charity in the Democratic Republic of Congo so it's good to know that everything we received will be made good use of.

Testing for covid

Lateral Flow Tests have been carried out for the final time in school this week on all year groups. There have again been no positive cases this week. We shall be writing to all parents to provide you with details about what you are now expected to do in terms of testing your children. The letter will give full details of this and provide all the information you need. Students will be bringing home test kits next week for use at home. Please do carry out these tests as they will identify any asymptomatic positive cases and help to keep everyone safe. Staff are testing themselves twice weekly at home too.

Remote parents evening for Yr 10 parents

Thanks to all parents/carers who attended the virtual parents evening. I hope that the system worked well. From our point of view we thought it was an effective and efficient way of enabling parents' evening to take place and I hope you found it useful. We will be asking you for some feedback about the event to help us plan better for the future.

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@holyfamily.waltham.sch.uk

Reminder

We break up for Easter on Thursday 1st April at 3.10pm

Please continue to remember us in your prayers.
With best wishes,
Dr Stone
Headteacher





HEADTEACHER'S



COMMENDATIONS

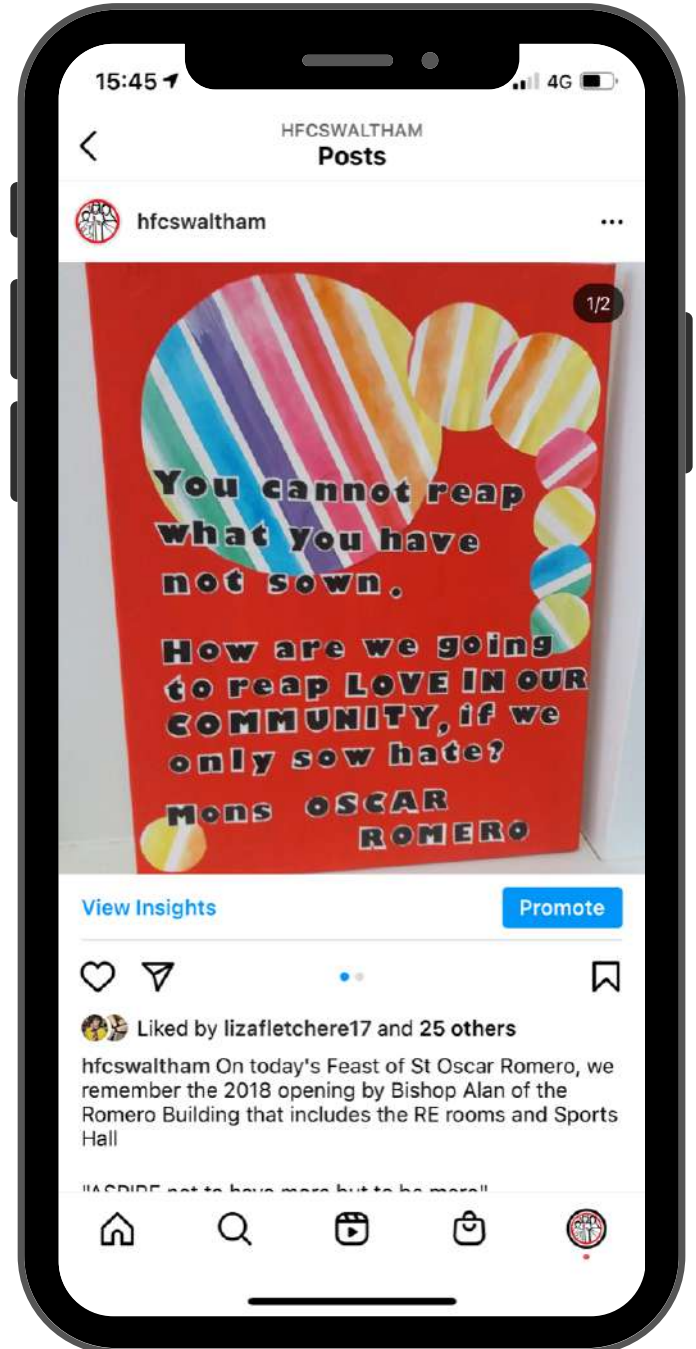
This week we have two commendations from our School Business Director who has been organizing the mass lateral flow testing. She nominates two students in Yr 9 who were exceptionally polite and used their time really well while waiting for their test results. They are **Tyreess Agha and **Maria Bateanu** both in 9P.**

We also have commendations from Ms Pietrzyk and Ms Thivya for **Grace Pierce, Kwabena Amoateng, Jeremy Paul- Smith, Quevin Manuel and **Manasseh Vanderpuye** for showing determination to do well and putting excellent effort in Maths lessons.**

SOCIAL MEDIA CATCHUP



@HFCSWALTHAM



@HFCSWALTHAM

Chaplaincy Corner



It has been wonderful throughout this week to be able to celebrate Mass of Thanksgiving for our Return to School with Years 7-10. Thursday's Mass was for the Solemnity of the Annunciation of the Lord.

Heartfelt thanks to Canon Niall and Fr John from Our Lady & St George for their support and prayers, not only this week but throughout the past year.

Thank you also to our Readers: Theo (Yr 8), Zachary (Yr 7), John (Yr 10) and Shanel (Yr 9) and to the Year 9 Liturgy Leaders for helping to prepare the hall for Mass.

As we near the end of our Lenten activity, siLENT, the Year 9 Justice & Peace group have been busy adding up their hours. Jane stayed off Whatsapp for a day and Jenatie and Stacy stayed silent for several hours.

If you would like to support our students, we have a [dedicated fundraising page where you can donate.](#)



On Palm Sunday, we hear of Jesus' triumphant entrance into Jerusalem. Riding on a borrowed donkey, Jesus was hailed by the crowds as they blessed God and shouted "Hosanna!"

Palm Sunday marks the beginning of Holy Week, the greatest week of the Church's year. During this week, we prepare ourselves for Easter by prayerfully reflecting on the event of Jesus' passion and death.

Loving God, as we step into Holy Week, we remember your triumphant entry into Jerusalem.

We sing your praises, shouting, "Hosanna to the Son of David."

You alone are the true King, the leader greater than all others.

Even so, in your great mercy you chose to become like us,

Taking human form and living among us.

As we celebrate and shout "Hosanna" today,

May we remember what will soon follow.

Keep us faithful in word and deed, and help us to love you always.

Amen

Stay safe - Mrs. Grierson, Chaplain

Key Dates for Lent 2021

SUNDAY 28TH MARCH - PALM SUNDAY

THURSDAY 1ST APRIL - MAUNDY THURSDAY
(LAST DAY OF TERM)

FRIDAY 2ND APRIL - GOOD FRIDAY

SATURDAY 3RD APRIL - HOLY SATURDAY

SUNDAY 4TH APRIL - EASTER SUNDAY

MONDAY 5TH APRIL - EASTER MONDAY

MONDAY 20TH APRIL - RETURN TO SCHOOL



I'm Staying siLENT For MILLION MINUTES

Holy Family is going siLENT – join in by deciding how long you want to stay silent for and get sponsored! Encourage your family to join in – have a silent meal together. Turn off the TV and play a silent board game. Turn off your social media and read a book, in silence of course!

Take a photo or make a video of your silent time and when you turn on your social media, post it online with #siLENT @Million_Minutes

Spread the word and get sponsored – our fundraising page is [here](#)
[Email Mrs Grierson](#) to let her know you are taking part, or for more information.

JustGiving Menu Start Fundraising

Search Log in Sign up



"May we try to
listen and be
siLENT in order to
make space for
the beauty of God"
- Pope Francis

5%

£10

raised of £200 target
by 1 supporter

Give Now

Share



Holy Family Catholic School and Sixth Form
siLENT 2021
Fundraising for MILLION MINUTES



siLENT 2021
run by MILLION MINUTES
A Million Minutes of Silence is a
simple idea - each minute is
sponsored to raise money for social
action projects supporting young...

Charity Registration No. 1140079

TIPS FOR

WELLBEING

This week Ms Nordon tells us:

Tarab

Very simply listening to music that moves you and makes you feel alive.

Below is a sample of tarab from Syria, but I bet you have songs of your own.

Could you make a tarab playlist?



Faran Ensemble - Tarab

228,899 views · Jan 15, 2015

2.3K 29 SHARE SAVE ...

COVID TESTING

In order to keep our school as safe as possible we have spent the past 3 weeks carrying out COVID tests for consenting pupils across both our Walthamstow and Wiseman sites.

Pupils have had up to 3 tests over this period and from next week we will move to the testing-at-home programme.

It has been a challenging time balancing the need to minimise disruption to lessons whilst at the same time ensuring each pupil is given the appropriate support and guidance so they are able to complete the test safely and correctly.

All the people involved in the testing including staff within the school, colleagues and partners from LBWF and external agencies have been impressed with how well behaved the pupils have been - so much so that one of our testers would love to come back to Holy Family to become a trainee teacher in the future!



Fun facts:

- 15 days
- 2667 tests
- 26 people (many covering multiple roles)
- ...and a lot of sanitiser!



Community Sports

MCC Cricket Hub at Leyton

- The Cricket Hub is for state school pupils only & is completely free to attend
- Sessions are taking place outside at Leyton County Ground (following GOV & NGB protocols for Covid)
- Sessions run weekly throughout next term starting w/c 26th April
- There are separate sessions for Boys (U13s & U15s) on Mondays and Girls (U13s) on Tuesdays
- Players will be able represent the Leyton Hub in Matches in the MCC's National Competition this summer
- There is the opportunity for players to be selected for the MCC London & South East Team as well as access various other pathway opportunities through the MCC

More info on the MCC website - <https://www.lords.org/mcc/mcc-foundation>



LEYTON HUB

- **Venue:**
Leyton County Ground
Lawley Road, London E10 6RJ
- **Trial/Taster Session:**
Tuesday 27th April
- **Session Dates:**
4th May – Tues 13th July 2021
- **Age Group & Session Time:**
U13s (4:30pm – 6:00pm)

WHAT IS A HUB?

- fun whilst being supported to reach full potential on and off the cricket pitch
- high-quality intensive cricket coaching
- match play and talent ID opportunities over summer
- Strength & conditioning training

Completely free to attend

ELIGIBILITY

- Aged 11-13
(School Years 6 – 8)
- Attend a state school
- Committed to putting effort into all training sessions
- Tape ball and hardball cricketers welcome

APPLY

Thinking about it? Contact the Hub Manager to find out more:

Steven Dolben
sdolben@hotmail.co.uk
07305 391 101

Ready to go? Register by scanning the QR Code to obtain the form or click the link below by the **26th April 2021**:

<https://forms.gle/k4fRca3JkterRb4U6>

Your invitation to join the MCCF Cricket Hub

Community Sports

Leaders Dance

In an effort to help our local communities kick start the habit of physical activity, we are launching Saturday classes in an effort to reach more children, young people and female adults.



Spring into Dance – 3 weeks FREE taster sessions

with award winning Leaders.....because COMMUNITY matters

FREE Taster Sessions for 3 Weeks*

Leaders are delighted to re open our Commercial Street Dance, Performance Enhancement and Drama Leadership activities for children, young people and female adults living in Waltham Forest in an effort to help our communities kick start the habit of physical activity

*After 3 weeks, class charge is £5 per week for dance or £7.50 for dance/drama combination
Adult Classes are free for 8 weeks*

Instagram: leaderscommunity_
Snatched/Twitter: leaders2k16
Facebook: Leaderscommunityest2016

GET FIT...HAVE FUN...MAKE FRIENDS

Open to ages 7-16 years and Female Adults

All abilities are welcome

All staff are DBS Certified

Every Saturday from **24th April 2021**

Covid-19 safety measures in place

Schedule available on application

Mid morning sessions

Venue location will be in Chingford E4

To register your interest please email or call

Leaders Community -07833 224510

leadersacademyenquiries@gmail.com



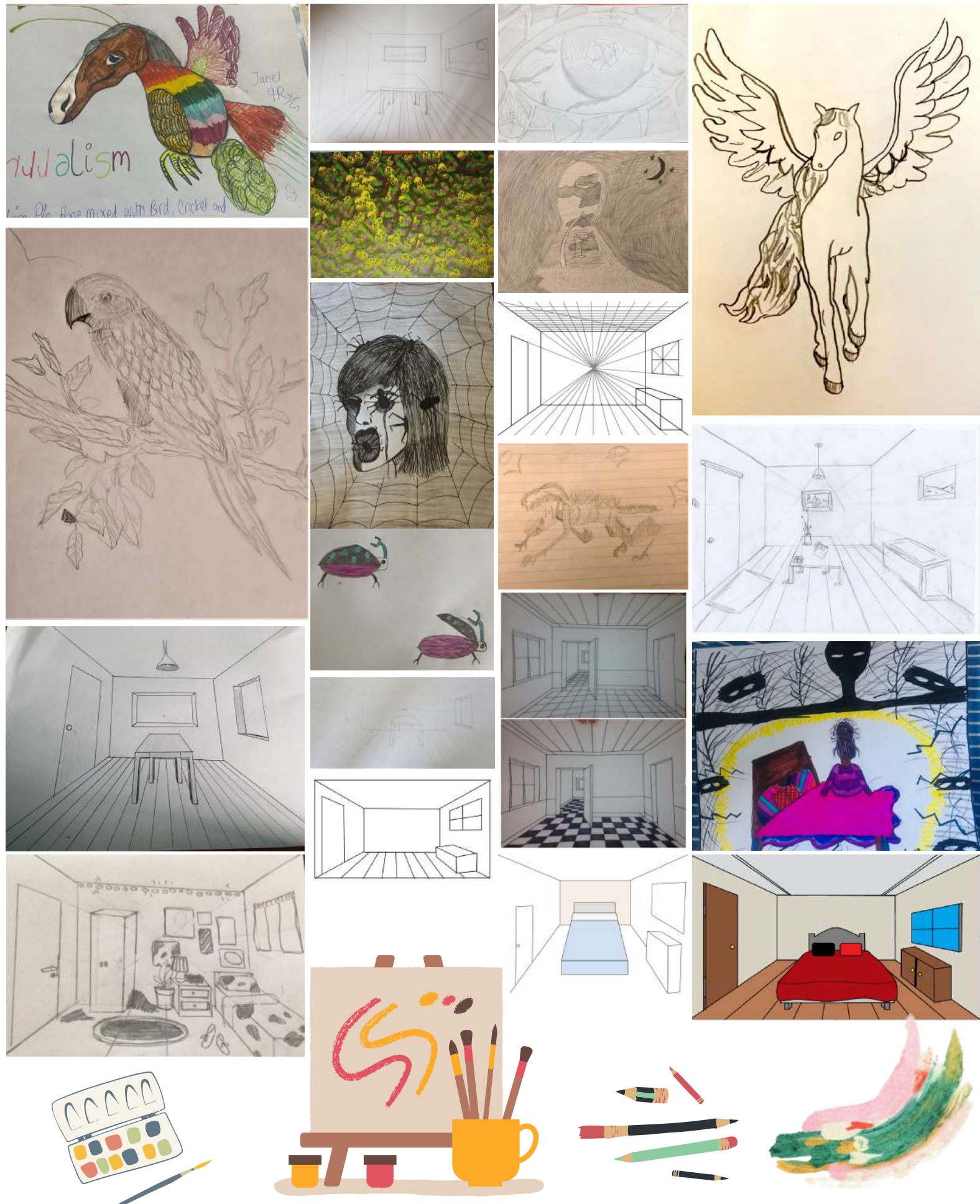
Phone : 07833 224510

Email : leadersacademyenquiries@gmail.com

Website : www.leaderscommunity.org

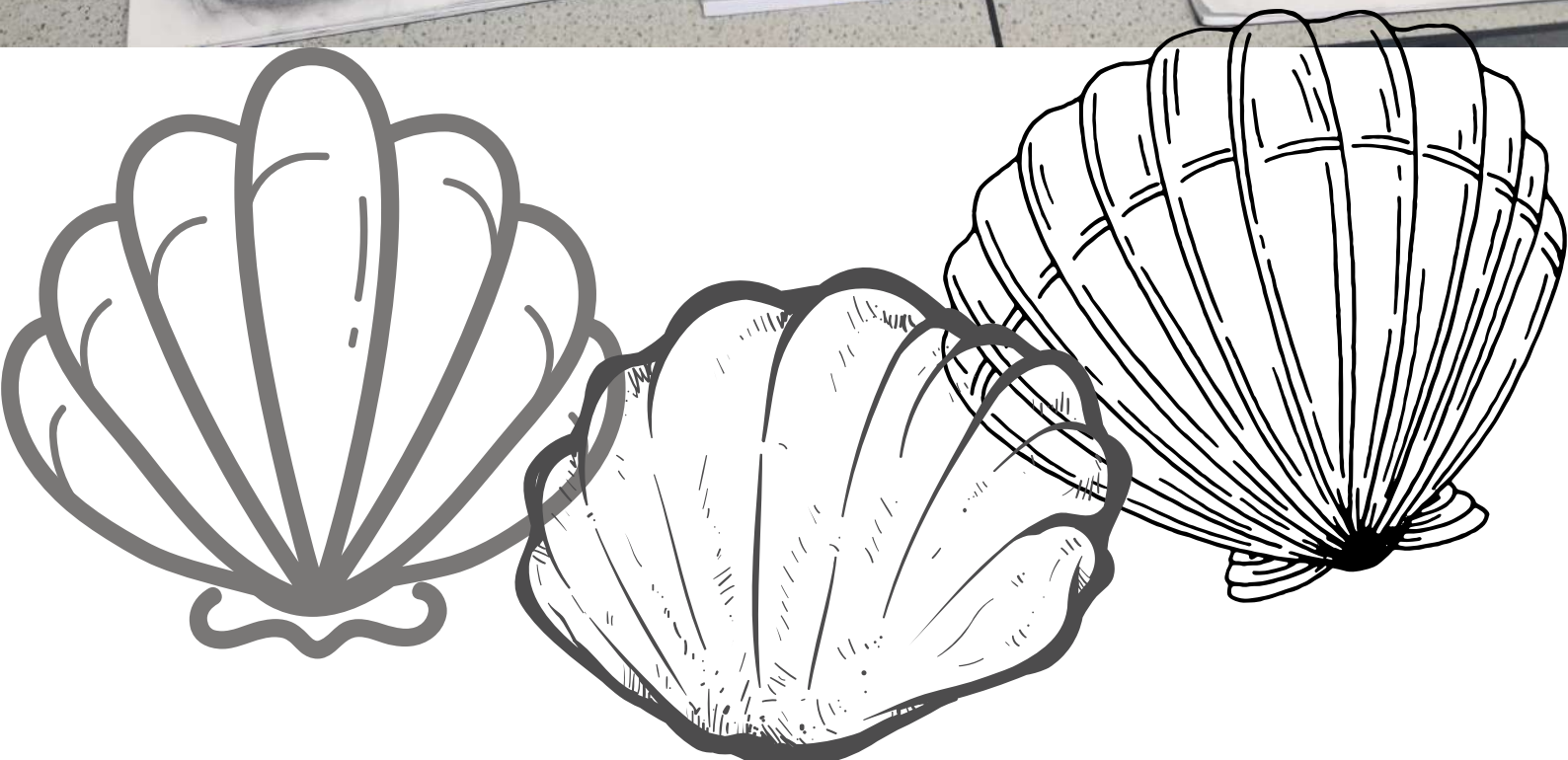
ART

A selection of outstanding work
throughout all year groups



ART

Also this week in Art 7P did some fantastic charcoal drawings of shells.



SCIENCE

Check out some of the fun 'Try this at home' experiments our KS3 Science students have tested out this week.

Fun experiments to try at home under Adult Supervision!

[Baylab-BSW-Booklet-2019 4.pdf \(bayer.co.uk\)](#)

☐ How to make a Bouncy Egg and other Eggs-periments

<https://youtu.be/CTILPMCXs>

☐ How to make a lava lamp

<https://youtu.be/Gzw9HL60qIY>



Why not take a photo of your work /write a summary of what you did and email across to your science teacher at school. Entries will be rewarded and work published in Family Matters!

EGGS-PERIMENTS

1 BOUNCY EGG

WHAT YOU WILL NEED

- 1 egg (we recommend a white egg)
- A large container (a mason jar will work well)
- Bottle of white vinegar
- Food colouring (optional)

METHOD

- 1 Place your egg into the bottom of the large container. It is important that the egg is raw and not boiled.
- 2 Fill the container with white vinegar, or add enough so the egg is fully submerged.
- 3 *Optional step:* Add a few drops of food colouring to dye your egg.
- 4 Leave the egg for 24-48 hours to allow for the reaction to take place.
- 5 Take the egg out and swirl it under some running water. The shell should wash away leaving you with an egg that bounces.

The egg will still break if dropped from too high up so we recommend bouncing it from a low height or over a tray.



**Bouncy Egg by
Paulina Maculewicz 71**



**Bouncy Egg by
James Aloize 85**

SCIENCE

'Design A Lab Coat' competition entries for
Science week

MAKING A LAVA LAMP

These simple steps will leave you with a mesmerising lava lamp you can use again and again. It is a quick and easy experiment for all ages.

WHAT YOU WILL NEED

- Screw-lid container
- Food colouring
- Water
- Vegetable oil
- Salt or an effervescent tablet

A tablet that is designed to dissolve in water, and release carbon dioxide which causes it to fizz.

METHOD

- 1 Firstly, add water to your container until it is roughly a quarter full.
- 2 Next, add 10 drops of food colouring or until the colour is vibrant.
- 3 Top up your container with vegetable oil, leaving about a centimetre at the top. This will allow room for the gases produced and prevent your lava lamp from leaking.
- 4 To make your lava lamp bubble, add a teaspoon of salt or one crushed up effervescent tablet and screw the lid on tightly.

You can now sit back and relax, watching the colourful bubbles work their way up the oil and slowly sinking down again. If the process stops you can restart it again by adding more salt or another effervescent tablet.

THE SCIENCE BEHIND IT



Volcanic Eruption by Natalia Marinica 7S

Before the experiment commenced, I got together the supplies needed for this. The supplies I needed were water, red food colouring, sunflower oil and sea salt - this is the order I added each of them. I also needed a jar to place all these things in.

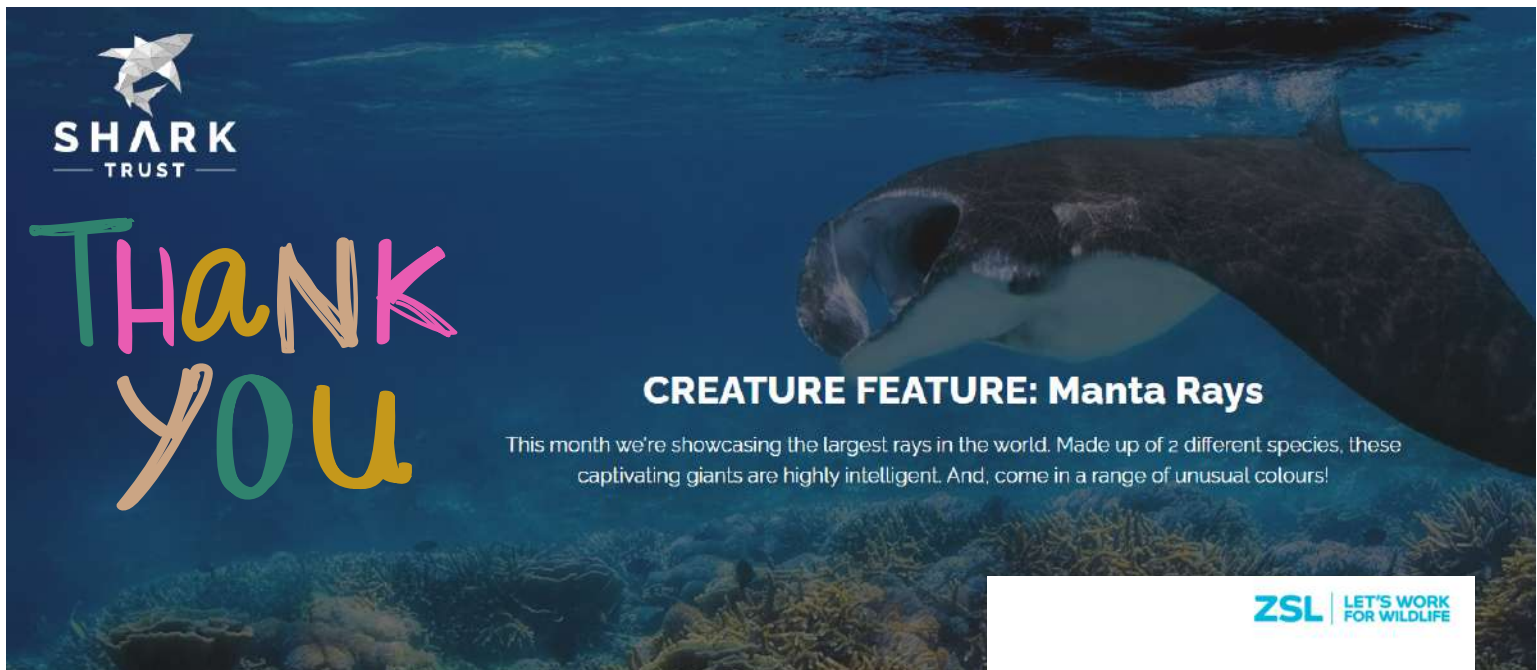
- $\frac{1}{3}$ of a jar full of water
- 5 drops of food colouring
- Rest of the jar with oil
- Add a bit of sea salt

When these were mixed it formed fizzing bubbles and looked like a volcano.



SCIENCE

Some of the Kick Start Fund we received for Science Week was used to make donations to the London Zoo and the Shark Trust to show our gratitude and appreciation for their contributions.



ZSL | LET'S WORK FOR WILDLIFE



Thank you so much!

Your donation to ZSL will help us to keep our Zoos open, care for our animals and continue our science and conservation work around the world.

We know that these are hard and uncertain times for everyone, and we can't thank you enough for choosing to support us, your gift really will make a big difference.

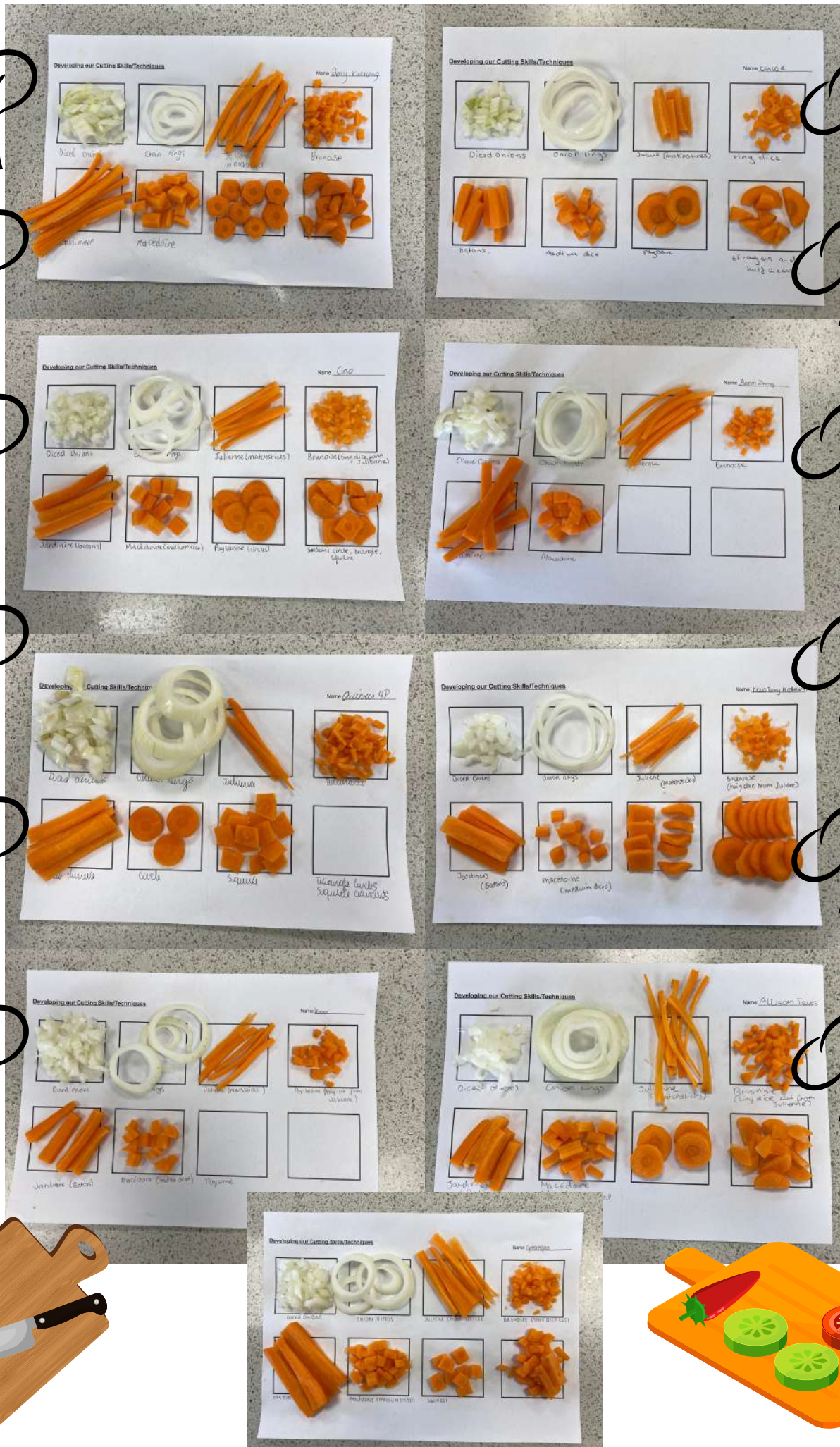
D&T ASSEMBLED

This week in Food & Catering:
-Garden Focaccia breads with year 8



D&T ASSEMBLED

This week in Food & Catering:
-Year 9 developing knife skills



EXTRA CURRICULAR CLUBS

KS3 MATHS - PARALLEL PROJECT ENRICHMENT PROGRAMME.

EVERY THURSDAY AT 3PM

ACCESIBLE ONLINE - [HTTPS://PARALLEL.ORG.UK/](https://parallel.org.uk/)

SOME STUDENTS HAVE THEIR OWN LOG IN DETAILS ALREADY BUT IF NOT THE CODE TO JOIN IS **QZL15U**

HISTORY CLUB

WEDNESDAYS AT 3:30-4PM

GOOGLE CLASS CODE: **4UIT2LR**

SOLVING MURDERS AND NEW CLUES RELEASED EVERY WEDNESDAY TO GO THROUGH TOGETHER ON GOOGLE MEETS.

YEAR 8 READING CLUB

WEDNESDAYS 3:10-3:40PM

CURRENTLY READING "WONDER". STUDENTS CAN JOIN USING THE LINK POSTED EACH WEEK ON THE YEAR 8 GOOGLE CLASSROOM.

DIVERSITY AND INCLUSION SESSIONS - 6TH FORM

WEDNESDAYS FROM 3:15PM VIA THE GOOGLE CLASSROOM (SEE LINK)

[HTTPS://CLASSROOM.GOOGLE.COM/C/MTC2MDY2MTI1MTU5?CJC=LKKMB2X](https://classroom.google.com/c/MTC2MDY2MTI1MTU5?CJC=LKKMB2X)

DEBATE CLUB

EVERY THURSDAY FROM 3:20PM

MORE INFORMATION ON GOOGLECLASS:

[HTTPS://CLASSROOM.GOOGLE.COM/C/NZG5NJU5NZU4OVPA?CJC=VLTDQEV](https://classroom.google.com/c/NZG5NJU5NZU4OVPA?CJC=VLTDQEV)

ONLINE CHESS CLUB

EVERY THURSDAY FROM 3:20PM

MORE INFORMATION ON GOOGLECLASS: CLASS CODE - **JQJNW5I**

ONLINE RUNNING CLUB

CAN BE COMPLETED WHENEVER YOU HAVE TIME

CLASS CODE - **ZFPIIDK**

CAREERS CORNER

There are many more virtual experience opportunities on the [Speakers for Schools website](#) or contact Mr Fidegnon for more info.



**SPEAKERS
for schools
EXPERIENCE**



SUCCESSFUL PLACEMENTS

Congratulations to the following students who have been accepted onto Virtual Work Experience placements:

Gabriel Turay - Energy Industry Insight day with EEEGR and Skills for Energy



Green Skills Week 2021: Extended Insight Session into Renewable Energy Industry with GENeco

GENeco


Virtual Work Experience -

GENeco are excited to take part in Green Skills Week 2021 by offering a 2 day virtual work experience placement. Providing you with a unique insight into the world of innovation and forward thinking in the waste and renewable energy industry.

GENeco has a wide variety of roles suited to a...

📍 Online 📅 07/04/2021 ❤️ Favourite

[VIEW OPPORTUNITY](#)



Army Officer Insight Day to improve employability skills!

British Army

Virtual Work Experience -

2 hour session Session 10:00-12:00

Calling all 14-18 year olds wanting to gain an insight into selection events for leadership and management roles - join us to learn about Army Officer skills.

- Develop skills for interviews and selection events
- Gain insight into a career...

📍 Online 📅 12/04/2021 ❤️ Favourite

[VIEW OPPORTUNITY](#)



Spaceport Cornwall - Young Space Entrepreneurs

Spaceport Cornwall

Virtual Work Experience -

NOTE: THIS OPPORTUNITY HAS A FOCUS TO ENGAGE CORNISH STUDENTS PRIMARILY. IF WE DO NOT HAVE ENOUGH CORNISH STUDENTS SIGN UP THEN PLACES WILL BE FILLED WITH STUDENTS FROM THE REST OF THE COUNTRY.

The local space sector in Cornwall and the Isles of Scilly is growing quickly. There are num...

📍 Online 📅 14/04/2021 ❤️ Favourite

[VIEW OPPORTUNITY](#)



Fusion and EKFB Virtual Work Experience Programme

Fusion

Virtual Work Experience -

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

This is a unique opportunity to get behind the scenes of not one but two major contractors working on HS2; one of Britain's...

📍 Online 📅 12/04/2021 ❤️ Favourite

[VIEW OPPORTUNITY](#)

DON'T FORGET TO BOOK PLACEMENTS FOR THE EASTER HOLIDAYS

CAREERS CORNER

Join 10 minutes before the broadcast to be ready

Learn how to join a VTALK here:



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: Monday 29th March

TIME: 17:00 – 18:00

YEAR GROUP: KS3 – 5 / S1 – 6

[CLICK HERE TO JOIN](#)

Speaker: Sarah Henderson, Managing Director, Murray Chalmers PR

Are you interested in working in the music industry? Do you want to know more what is like to work in Celebrity PR? MCPR is home to some of the world's most-loved artists and bands including Coldplay, The Stone Roses, Liam Payne, Kylie and many more. MCPR also looks after world-renowned entertainment businesses and events including Abbey Road Studios and Lovebox Festival. Sarah will be sharing insights into her career and is looking forward to answering your questions.



DATE: Tuesday 30th March

TIME: 17:00 – 18:00

YEAR GROUP: KS4 – 5 / S4-6

[CLICK HERE TO JOIN](#)

Speaker: Dr Sarah Mackenzie Ross, Award Winning Clinical Psychologist & Honorary Associate Professor at University College London

Thinking about studying Psychology? Join leading Clinical Psychologist, Dr Sarah Mackenzie Ross on how she pursued a career in the field and is now running her own private practice. Sarah has worked for multiple organisations including the NHS, the Ministry of Defence and as a Researcher. Students who are thinking about studying Psychology further should not miss out on the opportunity to have your questions answered by Sarah!



In Partnership with Penguin Talks

DATE: Tuesday 20th April

TIME: 11:00 – 12:00

YEAR GROUP: KS4 – 5 / S3 – 6

[To register for this event, please email inspiration@speakersforschools.org](mailto:inspiration@speakersforschools.org)

How to dare to change your life, with Lawrence Okolie and Harry Pinero

WBO world cruiserweight champion and author of Dare to Change Your Life, Lawrence Okolie, joins entertainer, host and content creator, Harry Pinero, to discuss Lawrence's incredible journey from obesity to professional boxer, and his lessons for how young people can make their dreams a reality too.



SIXTH FORM LEAVERS 2020 DESTINATIONS



Marnie Malone
University of Nottingham
Studying: Social Work



Hilary Yoto
University of Bedfordshire
**Studying: Media Performance
for Film, TV and Theatre**



Shola May Adesina
University of Leeds
Studying: Journalism



Holy Family Catholic School And Sixth Form
Year 13 2019 - 2020



CLASS OF 2020: UNIVERSITY DESTINATIONS



Congratulations and Good Luck!

**CLASS OF
2020**



HOLY FAMILY EXTRA CURRICULAR MUSIC

TUESDAY

LUNCHTIME

YEAR 9 MUSIC TECHNOLOGY CLUB—U35

WEDNESDAY

LUNCHTIME

YEAR 8 UKELELE CLUB—L20

AFTER SCHOOL

UPPER SCHOOL GLEE CLUB—UPPER
HALL

THURSDAY

LUNCHTIME

YEAR 7 KEYBOARD CLUB

AFTER SCHOOL

LOWER SCHOOL GLEE CLUB—LOWER
HALL

*YEAR 13 INVITE YOU TO
THEIR CHARITY
ESPORTS TOURNAMENT*

Esports
Tournament

Takes place on
27th March

AMONG US

Fundraising for

YOUNGmiNDs

Please contact

year13fundraiser@gmail.com

for more info



Do you have any uniform to donate?

UNIFORM DONATIONS

We are asking for donations of our current school uniform which your child may no longer need or have outgrown that is still in good and wearable condition.

This can range from the list below:

Years 7 & 8

Blazer



Trousers



School Tie



GIRLS
RED CHECKED KILT
or
SCHOOL BRANDED
TROUSERS

Years 9, 10 & 11

Blazer



Trousers



School Tie



GIRLS
BACK KILT
or
SCHOOL BRANDED
TROUSERS

PE Kit



**PLEASE DROP ANY DONATIONS TO EITHER
SCHOOL OFFICE - MANY THANKS**



When did you last take
the time to say
THANK YOU?

Thank you so much for everything. You've been there for me through thick and thin and I'm so thankful for that. I will miss you so much I don't know what I would do without you.



Thank you for everything you have done for me. I will miss you loads when I leave and I don't think I would have done as well as I did if I didn't have you as a teacher.



Go to www.thankateacher.co.uk to send your favourite teacher a thank you message.

We will send them a personalised e-card for FREE and they may have the opportunity to be nominated for a Pearson National Teaching Award.

Please THANK A TEACHER today. **It's simple, it's free, and it will make their day.**

