

# FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL  
NEWSLETTER



Mental Health  
Awareness Week  
10-16 May 2021

NATURE

#ConnectWithNature

#MentalHealthAwarenessWeek



## Quotation of the week

"As full of spirit as the month of May, and as gorgeous as the sun in Midsummer"  
- William Shakespeare.

## Feast of the Ascension

Thursday of this week was the Feast of the Ascension and we held a whole school virtual assembly to mark this important feast day. The Ascension commemorates the day that Jesus physically ascended into heaven in front of his disciples leaving them with instructions to continue his work here on earth. Here at Holy Family we are part of that mission to build the Kingdom of God and to make sure that we do what we can to act as Christ's hands on earth. This is what we try to teach the students every day.

## Changes to government guidance for schools from Monday 17th May

Please note that from Monday 17th May it is no longer a recommendation that students in secondary schools wear face masks. We will be amending our risk assessment accordingly. I think this is a sensible and welcome measure as vaccination rates continue to rise and infection rates continue to fall. However, other measures including hand hygiene and students remaining in year group bubbles remain in force. We hope that at the next review in late June we will continue to have positive news and will be able to return to near normal.

## PE Kit

Please note that all students must attend school on PE days in their PE shorts and PE top. They are not permitted to wear jogging bottoms or sweatshirt tops that are branded with logos. The only acceptable kit is the Holy Family branded PE kit. Thank you for your support with this.

## New chair of governors

Last week a new chair of governors was appointed - Dr Paul Doherty who is now a foundation governor of the school as well as being the headteacher at Trinity Catholic High School in Woodford. We welcome him as our new Chair of Governors.

## Young Minds

Thanks to our Business Studies students in the sixth form who organised the recent non-uniform day to raise money for the mental health charity Young Minds. In total £608.07 was raised which the charity will very much appreciate. Thanks to all who were involved in this fundraising venture.

## 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](mailto:a.stone@hollyfamily.waltham.sch.uk)

Please continue to remember us in your prayers.

With best wishes,

Dr Stone  
Headteacher





**HEADTEACHER'S**

# **COMMENDATIONS**



This week we have commendations for some budding poets nominated by Mrs Lloyd our Learning Resource Centre Manager. They are:

**Maria Shotikare 9E**

**Kevin Nobrega 9E**

**Allison Teves 9E**

Also from Mr Beckett in RE for consistent hard work and dedication to studies in RE:

**Damien Callus 9E**

**Christian Phillips 10Ph**

**David Sheridan 10Ph**

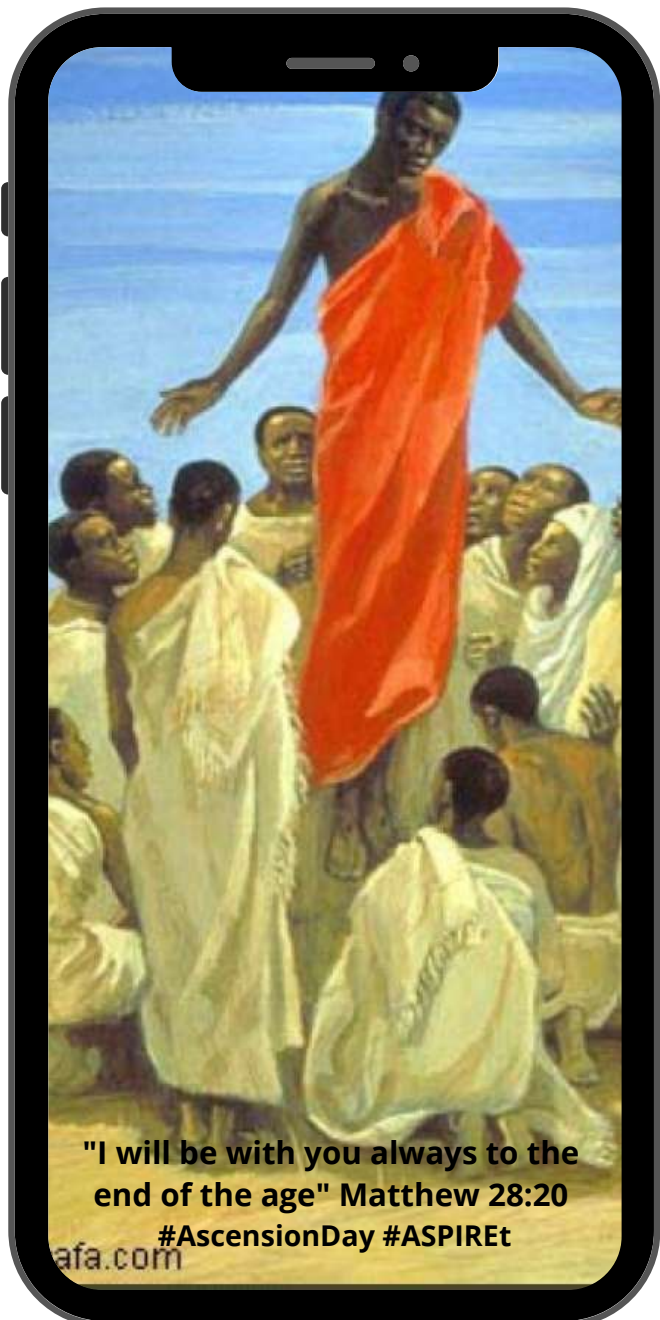
Well done to them all!



# SOCIAL MEDIA CATCHUP



**@HFCSWALTHAM**



**@HFCSWALTHAM**



# Chaplaincy Corner



**Thursday 13 May is 40 days after Easter and we celebrate the Solemnity of the Ascension of our Lord into heaven.**

**After 40 days with his disciples, the risen Lord ascended to his rightful place in heaven, with the promise that he would not abandon them and they were to carry on his work, in the way a great project may be left to others to complete. He would continue to work through them and their successors but in a new way, through the Holy Spirit.**

**Ten days after the Ascension we have the feast of Pentecost (Sunday 23 May).**

***Lord Jesus, you became man and came to live among us.  
For love of us, you suffered and died for us.  
Because you are God, you conquered death and rose on the third day.  
Today you return to your Father and our Father,  
But you promised to remain with us till the end of time,  
And to send us the Holy Spirit.  
We rejoice and thank you, Lord Jesus.  
Come Holy Spirit, purify and transform us,  
Kindle within us the fire of your love.  
Amen***



We're really excited to see the Year 12 Art students beginning work on the Wiseman site Prayer Garden and look forward to seeing their finished designs.

*Stay safe, Mrs Grierson, Chaplain*

# TIPS FOR WELLBEING

This week is Mental Health Awareness week:

## This year's theme is Nature



Click the video above to find out more

**Mental Health Foundation**

Our top tips on connecting with nature to improve your mental health

There's a lot of good research to support the role nature can play in protecting and supporting our mental health.

For many of us though, 'being in nature' may not be as easy as it sounds. The good news is you don't have to climb a mountain to feel the benefit – there are lots of simple ways to bring nature into your everyday. Here are some top tips on how you can build your own connection with nature:

**01. Find nature wherever you are**

Nature is all around us. It might be a garden, a local park, a nearby beach or open countryside. Even in cities where nature can be harder to find, there are things community gardens or courtyards to discover and explore.

Look out for the unexpected – an urban fox on your way out for the early shift, changes in the weather or birdlife outside your window. Try to notice nature wherever you are, in whatever way is meaningful for you.

**02. Connect with nature using all of your senses**

Taking some quiet time to reflect in nature and surroundings using all your senses can be a real boost to your mental health. Whether you're relaxing in the garden or on your way to work, try listening out for birdlife, look for bees and butterflies, or notice the movement of the clouds. All of these great things in nature can help you to find a sense of calm and joy.

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@mentalthoughts @MentalHealth

**03. Get out into nature**

If you can, try to spend time visiting natural places – green spaces like parks, gardens or forests – or blue spaces like the beach, rivers and wetlands. This can help you reduce your risk of mental health problems, lift your mood and help you feel better about things.

If it feels daunting to get outside, try going with a friend or relative, or joining a walking group.

**04. Bring nature to you**

Sometimes it's hard to access natural places because of where you live. How busy you are, how safe you feel or your health. Why not try bringing nature into your home? Having plants in the house is a great way to have something natural to see, touch and smell – pots of herbs from the supermarket are a good start!

If you have a garden, allotment or balcony think about how you can make the most of it. Grow flowers, plants or vegetables, get a bird feeder and take in the sights and sounds around you.

If planting isn't your thing, you can also connect to nature through stories, art and sound recordings. Watching films or TV programmes about nature are also great ways to connect with and reflect on nature.

**05. Exercise in nature**

If you're physically able to exercise, try to do it outside – whether it's a run, cycle or a short walk. Walking or running outdoors in nature may help to prevent or reduce feelings of anger, loneliness and sadness. Try leaving the headphones at home – unless you're listening to nature sounds of course! Or why not try new routes that bring you closer to green spaces or water?

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@mentalthoughts @MentalHealth

**06. Combine nature with creativity**

Try combining creativity with your natural environment. This could involve taking part in creative activities outside, like dance, music, or art. All of these things can help reduce stress and improve your mood.

You could also increase your sense of connection by taking photos, writing, drawing or painting pictures of the landscape, plants or animals.

Noticing the beauty of nature and expressing this creatively can help you find meaning and an emotional connection to nature that will stay with you for a lifetime.

**07. Protect nature**

Taking care of something can be a really great way to feel good. And what better thing to take care of than nature? Nature is truly amazing – do what you can to look after nature – in your actions and choices.

This can be as simple as recycling, to walking instead of driving, or even joining a community conservation or clean-up group. Taking care of nature can help you feel that you're doing your part and that can make you feel more positive all round.

There are just a few handful of ways you can connect with nature. You can also download our free 'Thinking with Nature' guide – created in partnership with WWF – UK. For even more tips and activities to enjoy nature every season of the year!

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@mentalthoughts @MentalHealth



# 12 Top Tips TO SUPPORT MENTAL WELLBEING THROUGH NATURE Online and Offline

'Nature' is a superb choice as the theme of this year's Mental Health Awareness Week, as there's clear evidence that getting access to nature is excellent for our mental health. With Covid-19 restrictions beginning to ease, it's the perfect time of year to rediscover the natural world and give ourselves a calming, uplifting treat. You don't have to drag the family on a four-hour hike, either – just 10 minutes each day in the garden, in the local park or your nearest green space could really help. Here are 12 suggestions for ways you can benefit from nature ... both online and off.

## ONLINE

### 1 Give something back to nature

A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help!

### 2 Tranquil streams

Search your preferred music player for some soothing natural sounds. A few minutes' gentle audio of rainfall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.

### 3 Give geocaching a go

If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations, using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventurers!

### 4 Share what you see

While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!

### 5 Watch the stars

Looking at the night sky can be incredibly calming. There are some comprehensive stargazing websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.

### 6 Wildlife on the web

A Google search will bring up lots of sites that stream webcam footage of nature. From seals to barn owls, rabbits to badgers, you can get an intimate, heart-warming view of all kinds of animal communities from inside the comfort of your own home.

## OFFLINE

### 1 Ditch the phone

Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.

### 2 Put down some roots

Planting flowers, shrubs, herbs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!

### 3 A different kind of tweet

Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song, like bird song bingo!

### 4 Feed your feathered friends

Hang a bird feeder where you can easily see it from a window. Then enjoy the feelgood factor of satisfied avian visitors perching where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a windowsill.

### 5 Park your worries

If you're lucky enough to live within easy travelling distance of a park, you'd benefit from using it. Whether it's to play ball games, get on your bike, walk the dog or just get some fresh air into your lungs, the potential bonuses for mental health are enormous.

### 6 Art and soul

Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

## Meet Our Expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



Sources: <https://nhsforest.org/coronavirus-lockdown-we-need-nature-now-more-ever> | <https://www.nationalgeographic.com/magazine/article/call-to-wild> | 'Mental Health and Nature', Mind, 2018







# YEAR 9

# STARS

WELL DONE TO THE FOLLOWING STUDENTS FOR

DOING VOLUNTARY WORK DURING THEIR LUNCHTIME:  
JENATIE GANESHARAJAH & STACY D'SOUZA

WRITING ARTICLES FOR FAMILY MATTERS:  
VALERIA BOLDISOR, VLAD BOLDISOR & GABRIELE IRIMIA

## ☆☆☆ MATHS ☆☆☆

FABRICE FIDEGNON  
MATTANIAH ADDO  
KWASI-BIMPONG OWUSU-MENSAH  
CATHERINE CABANATAN  
ASHIANNA WALLACE  
JOSEPH BRUNTON  
AMELIA WALAS  
GRACE PRICE  
KWABENA AMOATENG  
MANASSEH VANDERPUYE  
QUEVIN MANUEL

## ☆☆☆ ENGLISH ☆☆☆

STACY D'SOUZA  
GABRIELLA FRANCIS  
CINO JOSE  
DYLAN BOKOR  
ALLISON TEVES  
THIANNA WHITE  
TIMOTHY BECKWITH  
KY-MANI BLAKE

## ☆☆☆ HISTORY ☆☆☆

ERIKA PADUREAN  
DAMIEN CALLUS  
PRECIOUS ABOLAJI  
DANIELA AGUILAR FLORES  
HUMPHREY AFRANE

## ☆☆☆ SPANISH ☆☆☆

TYREES AGHA  
MAAME ASANTE  
CLAUDE-ANDRE N'GHANDU

## ☆☆☆ GEOGRAPHY ☆☆☆

FILIPA ANDRE  
THIANNA WHITE  
RHIANNA WHITE  
DANIELLE FENNELL  
ERIKA PADUREAN  
GRACE MUKASANGA-MUELA  
DYLAN BOKOR  
DEBORAH GYIMAH

## ☆☆☆ ART ☆☆☆

STACY D'SOUZA  
SIANNA XAVIER-CRICKSHANK  
JUSTINE ALEXANDER  
BEVERLEY FORDJOUR

## ☆☆☆ RE ☆☆☆

GERRUND CANLAS

## ☆☆☆ D&T ☆☆☆

FRANCESCO REKA

## ☆☆☆ FORM TIME ☆☆☆

DAVISHKA MATHEWS  
JOTHAM BANYA

## ☆☆☆ YEAR LEADER ☆☆☆

TONY DANDOCZI  
NATHAN CHAN  
GIULIA DISTEFANO  
SHANEL BHATTI  
VALERIA BOLDISOR

# YEAR 10

I EMAILED ALL YEAR 10 TEACHERS AND ASKED THEM TO PICK OUT STUDENTS WHO HAVE SHOWN THEMSELVES TO BE EXEMPLARY STUDENTS IN LESSONS AND AROUND SCHOOL. I WAS OVERWHELMED WITH THE RESPONSE. I WILL POST A SELECTION OF THE TEACHER'S FEEDBACK EACH WEEK.

MR HUSSIAN SAID:

GIOVANNI DA-SILVA  
MICAH JANTUAH

KESHINA PUNZALAN,  
ASHLEE MIE YAP

HAVE ALL EXCELLED AND PRODUCED EXCELLENT WORK FOR ME ON DIGITAL IT. IN PARTICULAR GIOVANNI AND KESHINA WHO HAVE BEEN SO AMAZING SUPPORTING THEIR PEERS WITH COURSEWORK.

MS MACGREGOR SAID THIS:

I'VE ONLY BEEN AT THE SCHOOL A COUPLE OF WEEKS BUT MY YEAR 10 MEDIA CLASS HAVE BEEN LOVELY THESE GIRLS AND BOYS HAVE BEEN ESPECIALLY GREAT AT THEIR WORK AND REALLY HELPFUL IN CLASS AS WELL SHOWING ME WHERE THINGS ARE AND HELPING THE OTHER STUDENTS:

EXAUCEE MULAMBA  
ARNAS JANKAUSKA  
SASHA THOMAS

MIRACLE MULAMBA  
TACYANA FERGUSON  
LUCA DA CONCEICAO

YEAR 10 WE ARE SO PROUD OF YOU ALL, I WILL PUBLISH MORE TEACHER FEEDBACK NEXT WEEK! WELL DONE!

MS. FITZPATRICK



# YEAR 10

STUDENT OF THE WEEK:  
MR SAYER NOMINATED

CHRISTIAN PHILLIPS 10PH

FOR ALWAYS WORKING HARD AND PUSHING  
HIMSELF TO DO MORE. WELL DONE!

## STUDY TIPS

PLAN YOUR TIME - TAKE REGULAR BREAKS

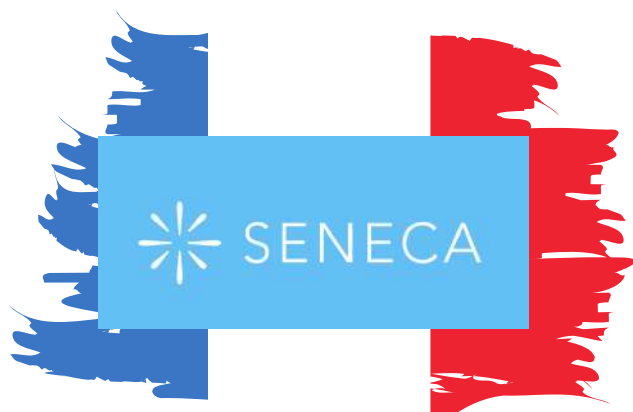
TAKING REGULAR STUDY BREAKS IS SO IMPORTANT WHEN IT COMES TO GCSE REVISION. STUDYING FOR LONG PERIODS OF TIME CAN BE COUNTERPRODUCTIVE AS THE BRAIN BECOMES TIRED AND YOU CAN EASILY LOSE FOCUS, MEANING YOU'RE NOT ACTUALLY REVISING EFFECTIVELY. INSTEAD AIM FOR 30-45 MINUTE SESSIONS WITH SHORT BREAKS IN BETWEEN AND IDEALLY NO MORE THAN 4 HOURS OF STUDY PER DAY. THIS WAY YOU'LL HAVE MUCH MORE PRODUCTIVE BURSTS OF REVISION RATHER THAN TRYING TO STAY ALERT COVERING MULTIPLE SUBJECTS FOR HOURS ON END.

## VIRTUAL WORK EXPERIENCE

THERE IS STILL TIME TO COMPLETE THE VIRTUAL WORK EXPERIENCE. THIS IS SUCH A VALUABLE EXPERIENCE IN THIS "NEW NORMAL" WORLD WE HAVE TO ADAPT TO A NEW WAY OF LIFE. THIS FORM OF WORK EXPERIENCE IS A GREAT WAY TO DO THAT. YOU SHOULD ALL HAVE THE INFORMATION ON THE VIRTUAL WORK EXPERIENCE BUT PLEASE COME AND SEE MS FITZPATRICK IF YOU WOULD LIKE MORE INFORMATION.



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



**Genoa S., Brooke P.,  
Milanne F., Devonte B.,  
Sofija G., Benita S.,  
Merian B., Benita S.,  
Sofija G., Jackie C.**



**Neriah-Jane O.**



**Genoa S., Milanne F.,  
Kyra F., Mertcan,  
Jordan K., Jack W.,  
Nazarii, Abishan,  
Julia M., Vanessa P.,  
Williams B.**



**Kaylen R.**



# RE

Let's pray for peace in the holy land



Let us pray.....

"Let there be light. And there was light."

Lord, let your light bring peace and hope to our Palestinian and Israeli friends, and to all the world.

In your name may all who live in your holy land receive the healing powers of our prayers.

May they be granted safety, love, security, and hope.

May they enjoy the fruits of freedom and equality that all human beings deserve.

We remember that the Holy Land is a shared space and pray to see the day when Jews, Muslims, Christians and all religions will live there together in peace.

We pray that together they can rehabilitate their history and rebuild what could be the best place on Earth.

A place of many cultures and true equality.

The place you walked amongst us.

Amen.

# MATHS



This week year 11 had the opportunity to explore multiple areas of personal finance as part of Mathematics enrichment.

Mr Maurer led a session 'Business, Finance and Investments' which looked at :

- Money management
- Credit/Debt
- Credit ratings
- Recession proofing
- Investments
- Starting a business
- and a lot more.



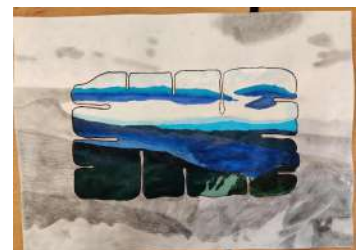
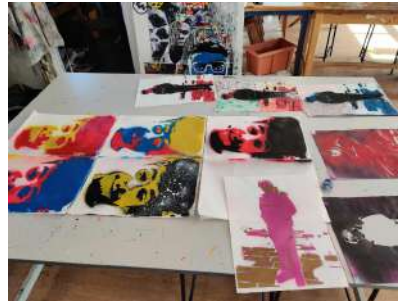
This was a great opportunity for students to think about and ask questions on how best to manage their finances in the future.

Thank you very much to Mr Maurer for his sessions, we hope to see you again soon.



# ART

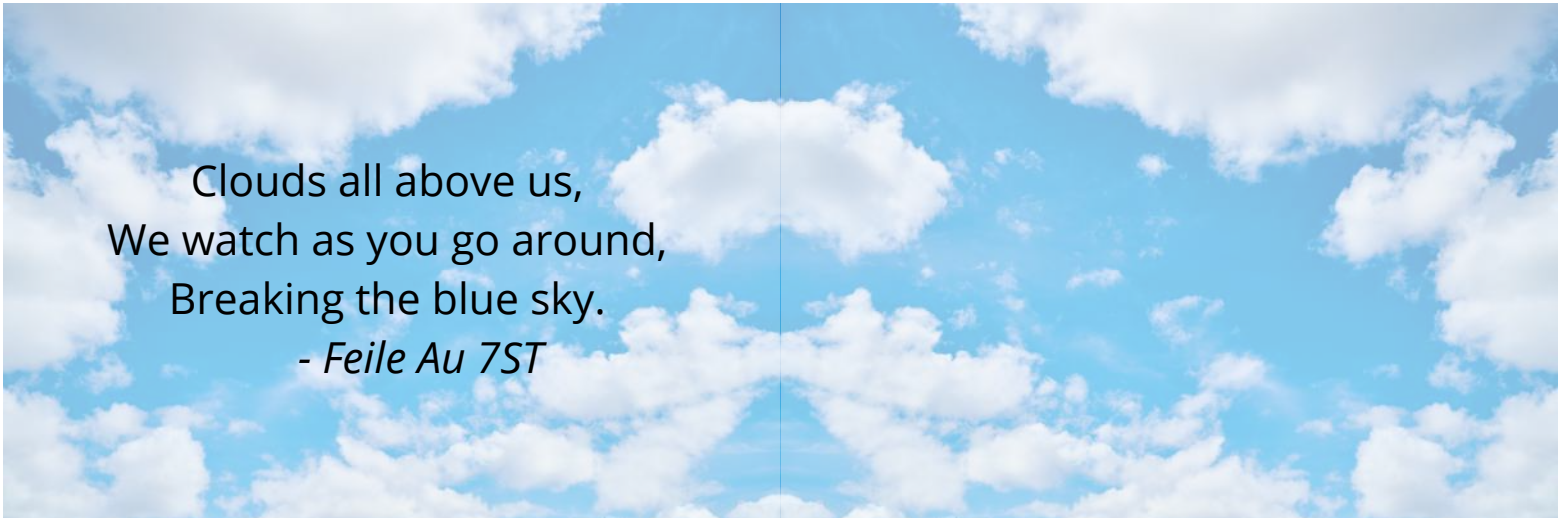
Good progress made by year 11 in their final pieces during the exam.  
Lockdown meant they could not spend much time developing their skills and ideas but they did a great job none the less!





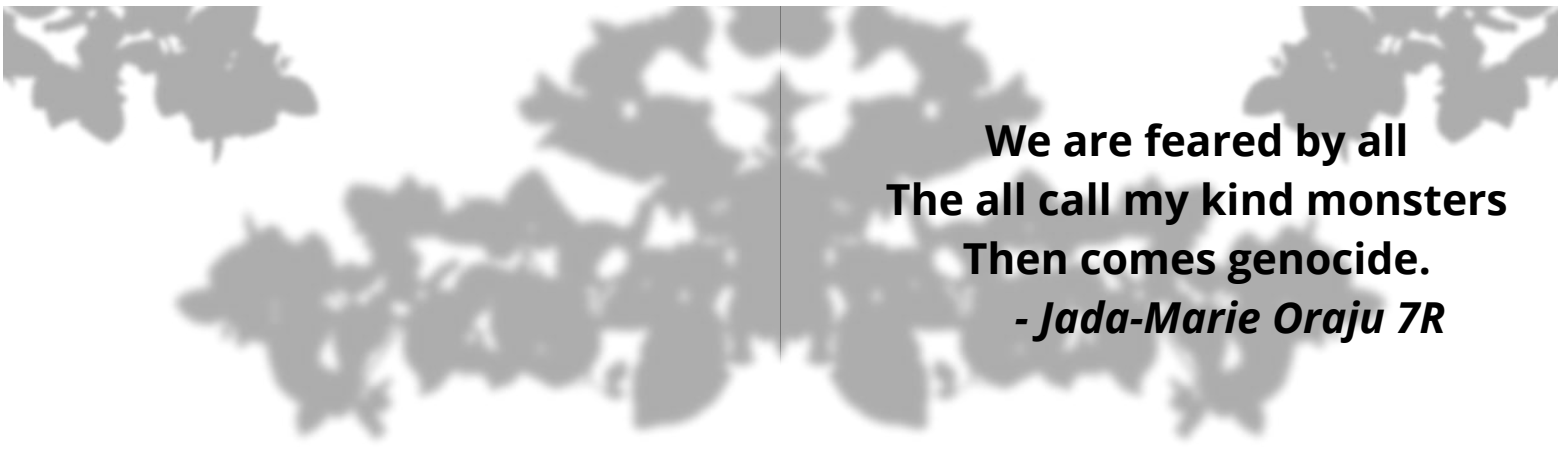
# ENGLISH

## Haikus from Year 7




Clouds all above us,  
We watch as you go around,  
Breaking the blue sky.

*- Feile Au 7ST*



We are feared by all  
The all call my kind monsters  
Then comes genocide.

*- Jada-Marie Oraju 7R*



The beasts are hunting  
Hiding in shadows munching  
They are still hungry.

*- Niamh Maguire 7R*



As the time goes by,  
The beauty of it just grows,  
Petals slowly fall.

*- Emily Gromska-Seedin*

**7ST**



# POETRY CLUB

**THIS IS THE POTATO, A KING, A WARRIOR, A SOLDIER, A FRIEND, A POTATO READY TO FIGHT**

**BY ALLISON TEVES**

My ruby eyes gaze forward.  
Sweating profoundly at the sight.  
It was nothing but a mere being,  
A potato ready to fight.

It's crown gleaming,  
Shining and beaming,  
Round and glistening,  
A potato, a king to fight

With its red flowing robe,  
A piece of cloth handled with care,  
It flowed with its wielding knife,  
It scared me, my shivering hair.  
This is the potato, a king, a warrior ready to fight.

So its small body started to boil,  
Slowly rising,  
Frantically shaking,  
Watch out potato!  
It was a frying pan.  
The potato started trembling at the sight,  
Gripping its knife much harder, it started to rise,  
Its chest puffing,  
Confidence showing.  
This is the potato, a king, a warrior, a soldier to fight.

My worry started to show,  
Could this be the end of poor potato?  
I thought, just as my legs started to give up,  
I may have betrayed it,  
Fought his family and placed them in my 5 star plate,  
But this potato, a king, a warrior, a friend, someone to fight.

Then out of nowhere the frying pan swung its handle!  
A gush of strong and mighty wind shook us to our core.  
"YOU CAN DO THIS!"  
I screamed with my all.  
The potato, the king, the warrior, the soldier, my friend,  
This was a potato, a thing the frying pan had to fight.



# POETRY CLUB

Potatoes, potatoes, sweet potatoes.  
Growing outside in the garden.  
Cut in all sizes.  
Cut in all shapes,  
And cooked in all ways.  
Growing in the blazing sun and the clear blue sky.

Potatoes, potatoes, sweet potatoes  
It can become chips.  
It can become crisps.  
It can become anything that has to do with potatoes!!!

It can be massive.  
It can be soft.  
It can be small  
It can be crunchy.

The way it tastes.  
The juicy aroma.  
The value behind it.  
The importance behind its existence

IT IS ..... POTATO!!!!!!!!!!!!!!!!!!!!

Small, eyes, odd shaped, brown skin  
Earthy, fresh, firm  
Sharp knife, carved, sculptured like regimented soldiers.  
Dancing hot fat.  
Smells like my past and future meals  
Noisy, family, moving, fast paced, sounds of the plates  
Reminds me of Christmas!  
Be merry, be merry.

**THE POTATO! THE FOOD! THE GOD!!!**

**BY KEVIN NOBREGA**

**POTATO PERSONA**  
**BY MARIA SHOTIKARE**

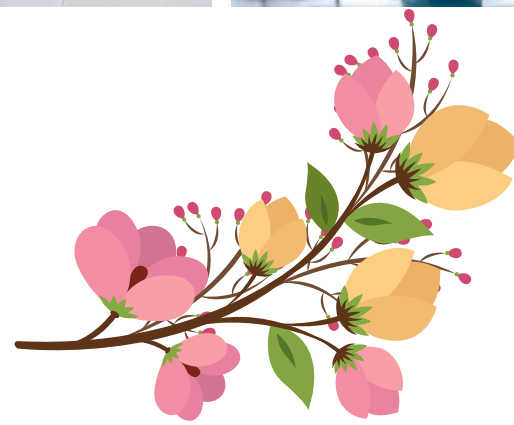


# FOOD

Year 9 made Chickpea, Spinach and Coconut Curry with brown rice. Year 11's treat for completing their coursework in Hospitality and Catering was Southern fried chicken and waffles.









# 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



## Architecture Virtual Insight Day

Chris Dyson Architects

Virtual Work Experience -

We are offering a Virtual Insight Day on June 3rd 2021 for students aged between 14-18 years old.

Chris Dyson Architects was founded in 2004 by Chris Dyson, a former senior designer at Sir James Stirling and Michael Wilford Associates, and more recently at Sir Terry Farrell and...

✓ Featured Online 03/06/2021 Favourite

[VIEW OPPORTUNITY](#)

SCOTT BROWNRIGG

## Architectural Insight Evening with Scott Brownrigg

Scott Brownrigg

Virtual Work Experience -

Scott Brownrigg are a global design leader, with studios across the UK and international studios in New York, Singapore and Amsterdam. We undertake projects across all major sectors, having a vision to transform the industry and enrich lives through the built environment to create a better world....

✓ Featured Online 10/06/2021 Favourite

[VIEW OPPORTUNITY](#)



## Insight into Construction with Bellway Homes

Bellway Homes

Virtual Work Experience -

Bellway is a FTSE 250, five star house builder, headquartered in Newcastle upon Tyne, which operates 22 trading divisions across England, Scotland and Wales. The company has grown from a family firm, established more than 75 years ago, into a respected national brand, selling over ten thousand ho...

✓ Featured Online 09/06/2021 Favourite

[VIEW OPPORTUNITY](#)



## Celebrating women in engineering with Thames Water!

Thames Water

Virtual Work Experience - Reading

On International Women in Engineering Day, we'll be introducing you to our Thames Water Engineering Heroes and the incredible work they do every day. The global pandemic hasn't stopped these amazing women from getting the job done - taking a problem and finding innovative solutions even in the tr...

✓ Featured Online 23/06/2021 Favourite

[VIEW OPPORTUNITY](#)



## Turning Ideas into Reality: An Insight Day for the Innovators and Entrepreneurs of the Future

SmartPurse Limited

Virtual Work Experience -

If you're full of good ideas and are curious to find out what it takes to make projects happen in the real world, join our Virtual Insight Day to hear how the founders of SmartPurse did just that.

We'll take you through our own inspiring success story - from fintech start up with a goal t...

✓ Featured Online 23/06/2021 Favourite

[VIEW OPPORTUNITY](#)



## Green Skills National Competition with Anglian Water

Anglian Water

Virtual Work Experience -

The Green Skills National Competition with Anglian Water will run from 09:00 till 15:00.

In 2015 the United Nations adopted 17 Sustainable Development Goals (SDGs) to address some of the biggest issues the world is currently facing - poverty (Goal 1) Hunger (Goal 2) and Gender Equality (Goa...

✓ Featured Online 26/05/2021 Favourite

[VIEW OPPORTUNITY](#)

## WHY TRY VIRTUAL WORK EXPERIENCE?



### ACCESS

VWEX'ing opens the doors of opportunity to young people right across the country and allows employers to grow their talent pipeline and make a difference to those who really need it.



### IMPACT

VWEX'ing allows for greater impact, as "seats" are not required, opening up the chance for more young people to access great opportunities wherever they are.



### FREE

As a charity, we are focused on ensuring educators and young people have great experiences and free access to our services to ensure a level playing field and meaningful outcomes.



### SUPPORTED

We recognise that you will have many questions. This is why we will work closely with you to ensure you're supported every step of the way under a structured and impactful programme.

# SCIENCE



**Year 7 - Week 1 Thursday Lunchtime in L15**

**Year 8 - Week 2 Tuesday Lunchtime in L15**

**CREST** helps young people become independent and reflective learners through enquiry-based project work.

**The challenge** Students work independently or in groups to plan and run a project addressing a real-world STEM problem. Students complete a 10-hour project which is a perfect introduction to STEM project work. Over the course of the project, teams of students design their own investigation, record their findings, and reflect on their learnings. The process gives students a taste of what it is like to be scientist or engineer in the real-world.

**Student-led** CREST is a nationally recognised scheme for student-led project work in the STEM subjects (science, technology, engineering and maths).

**Flexible** CREST gives young people aged 5–19 the chance to choose their own subject and methodology when completing their hands-on investigation.

**Trusted** It has been running since 1986 and sees tens of thousands of young people taking part each year.

**Real world results** Students who participate in CREST Silver achieve higher grades and are more likely to study STEM subjects at AS level.

**The outcome** The project process develops enquiry, problem-solving and communication skills. CREST Bronze can be used by students to enhance their personal CV and University Application. After completing the project, each student receives a personalised certificate



Mrs Grierson - Chaplaincy  
**MONDAY LUNCHTIME**

# Year 7 Peace Club

Emmaus Room



FRIENDSHIP



GLOBAL  
CITIZENS



ACTIVITIES



PRAYER  
GAMES



## 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

THEPOETRYSOCIETY

**FOYLE  
YOUNG POETS  
OF THE YEAR  
AWARD 2021**

JUDGES  
CLARE POLLARD AND YOMI ŞODE

Send us your poems on any theme, of any length and of any style.  
Winners receive amazing prizes and will be published by The Poetry Society.  
Entry is FREE to 11-17 year olds everywhere. For full details visit [foyleyoungpoets.org](http://foyleyoungpoets.org)

**ENTER  
NOW!**

**DEADLINE 31st JULY 2021**

FOYLE FOUNDATION

ARTS COUNCIL  
ENGLAND

## Poetry Writing and Reading Club

Year 9 Every Thursday  
Year 10 Every Wednesday

Lunch time in the LRC



# PE Extra Curricular Clubs



	Walthamstow Site		Wiseman Site	
	LUNCH 1.25pm-2pm	AFTER SCHOOL 3.20pm-4.30pm	LUNCH 1.25pm-2pm	AFTER SCHOOL 3.20pm-4.30pm
Mon	Yr7 Girls Basketball	Yr7 Football (girls and boys) Yr7 Gymnastics	Basketball/ Badminton - Yr11	Yr9 Football (girls and boys)
Tues	Yr7 Boys Basketball	Yr7 Netball	Yr 11 Fitness Basketball/ Badminton - Yr10	Yr10 Football (girls and boys)
Wed	6th Form Basketball	Yr8 Netball	Basketball/ Badminton - Yr9	Yr10 Netball
Thurs	Yr8 Girls Basketball	Yr8 Football (girls and boys) Yr8 Athletics	Yr 10 Fitness Football - Yr11	Yr9 Netball
Fri	Yr8 Boys Basketball		Basketball/ Badminton - Yr9	Interventions
	Yr 11 - Stress Management and Fitness is taking place at 7:15am on a Tuesday and Friday - See Mr Graefe			



# FOOTBALL

Leyton Orient Trust have free football sessions taking place every Friday evening from 6pm - 8pm at Salisbury Hall Astro turf. This is a youth engagement project supported by the Premier League Charitable Fund under their Kicks programme and in partnership with the local authority and the Met Police.

## FOOTBALL COACHING

### EMPLOYABILITY OPPORTUNITIES

# FRIDAY NIGHTS

## 6PM TO 8PM

### LET US UP YOUR GAME!!

### 1 2 1 MENTORING

### UNLOCK NEW SKILLS

**SALISBURY HALL PLAYING FIELDS**  
**WALTHAMSTOW AVENUE**  
**LONDON**  
**E4 8ST**  
**(BEHIND SAINSBURYS)**

**FREE SESSIONS**  
**AGED 11-19**  
**NO STUDS!**

**AFC Leyton Home Ground, Walthamstow, E4 8ST**  
 White gates behind Sainsburys Low Hall (off Crooked Billet, A406)  
 Free parking on Sainsburys

**One of UK's Largest Female Only Football Clubs**

**www.afcleyton.co.uk/trials**

**Open New Player Trials**  
**Saturday 15th May, 19th June & 24th July 2021**  
**Girls only - Ages 6 to 17**

**CHARTER STANDARD DEVELOPMENT CLUB**

# 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 17th May**
- 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  
2 Crooked Billet, London E4 8ST

• Trial/Entry Session:  
Tuesday 14th May

• Session Dates:  
Tues 25th May - Tues 13th July 2021

• Age Group & Session Times:  
U13s (12pm - 3:00pm)  
U15s (3:00pm - 5:00pm)

• What is a Hub?

• High quality intensive cricket coaching

• Match play and talent ID opportunities

• Strength & conditioning support

• **Completely Free to Attend**

### FOUNDATION

• **ELIGIBILITY**

- Aged 11-15
- (School Years 6, 7 & 8)
- Attend a state school
- Enthusiastic to playing 100% effort into all training sessions
- Have Ball and Bat skills

• **APPLY**

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

**Stream Walker, Joe Lin**  
 07583 855 350 / 07583 855 350  
[streamwalker@afcleyton.co.uk](mailto:streamwalker@afcleyton.co.uk)

Ready to get started? Register by completing the QR Code to obtain the Hub ID, fill in the Hub ID and return to the 17th May 2021

<https://forms.gle/8j8j8j8j8j8j8j8j>

**Your invitation to join the MCC Cricket Hub**

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# South Chingford Football and Education Programme Established 10 Years



## FOR 16-19 YEAR OLDS

Six players have progressed onto professional football from South Chingford whilst others have gained 85%+ football scholarships to top USA Universities



Ellis Routledge –  
offered contract  
with Colchester  
United FC

### Football Provision

Links to Professional Football Clubs, we are providing at least 8 hours of structured coaching and matches per week delivered by Senior UEFA licensed coaches.  
Invitational opportunities to train with Professional Clubs and showcase matches with Professional football academies

### Academic Provision

Level 3 BTEC Diploma in Sport & Exercise Science 2 A Levels

**Overseas football and education tours have been to:**  
**Villarreal 2014; USA/New York 2015 & 2016**  
**& Miami, Florida 2018, 2019, 2021 & 2022**  
**OPEN DAY COME AND PLAY @ Peter May**  
**Sports Centre E17 4HR 3G**  
**COME AND PLAY**  
**WEDNESDAY 26th May 2021, 2pm – 4pm**



Temi Babalola –  
AFC Wimbledon  
extended trial with  
1st team



For an application pack, entry requirements and further information please email  
[l.ashworth@southchingfordfs.org.uk](mailto:l.ashworth@southchingfordfs.org.uk)  
South Chingford Foundation School, Rushcroft Road, London E4 8SG Tel. 020 8531 9231



Follow us on Instagram @SouthChingfordFootballAcademy





# WE NEED YOU!!

BE PART OF A UNIVERSITY DISSERTATION RESEARCH PROJECT

## Requirements:

- Students must be in year 10 and above
- Parents can be any age of course!
- Students and at least 1 parent must have African and/or Caribbean heritage
- Teachers can be of any ethnicity

If you match the requirements, please read on...

Hello! My name is Wendy Boakye. I am a student studying at Brunel University with a passion to understand and debunk the disparities in the educational achievement of African and Caribbean students. I would like to conduct my own research as part of my dissertation so that I can truly understand attitudes and cultural differences in educational achievement. This is where you come in!

I need participants for this study. So please, if you are a student or parent with African or Caribbean heritage, reach out to me. And teachers, reach out to me too. Be a part of my study and contribute to an integral part of my degree! Share the word too!

Thank you in advance!

CONTACT DETAILS: [boakyewendy@gmail.com](mailto:boakyewendy@gmail.com)





# *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](http://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.**

