

#### HOLY FAMILY CATHOLIC SCHOOL NEWSLETTER

Issue 32 Friday 21st May 2021



ENJOY THE UPDATES ON OUR CARDENING EFFORTS THROUGHOUT THE SCHOOL

Read letters from our Spanish Pen pals on page 14



#### Quotation of the week

"I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve" - Albert Schweitzer.

#### Servant Leadership

This week's assembly theme was about leadership and participation. School helps to develop leadership skills in students and I spoke to the students about the idea of servant leadership and the example of leadership that Jesus modelled for the world in his earthly ministry.

It is interesting that many business leaders speak of servant leadership too, whether they are Christians or not. Many businesses seek to operate in an ethical manner and in a way that is not simply profit-driven. The idea that we are here to try to do some good for our fellow human beings is a very important part of our school ethos.

Leadership skills can be developed in many ways and especially through participation in extracurricular activities including team sports and programmes such as the Duke of Edinburgh Award scheme. As extracurricular activities begin to take place again please encourage your son/daughter to take advantage of them.

#### The school greenhouse and raised beds

We have a number of crops growing in our greenhouse and raised beds as I have reported previously. This week we were able to plant out a range of vegetables from the greenhouse to the raised beds. We were also able to try some of the lettuce that we have been growing very successfully under glass.

#### **School trips**

School trips and activities outside school but within the UK are now permitted again and some of our colleagues are already planning activities which will enable our students to gain new experiences including visiting art galleries and taking part in sport, the Duke of Edinburgh programme and other out of school activities. These are really important in developing the soft skills that help students to develop such things as leadership and communication skills.

#### 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 <u>a.stone@holyfamily.waltham.sch.uk</u>

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

Dr Stone Headteacher



# HEADTEACHER'S CONNENDATIONS

This week we have a number of commendations.

First from Ms Crabtree for Valentina Florez Gutierrez

who has improved immensely in English over the last two years.

Second from Ms Segel our School Business Director for Carney-Shay Houston

who she describes as always extremely polite and kind.

Third, from Mr Graefe and Ms Nordon for **Milda Liepaite** 

for realising a younger student was in distress and taking the time to help them calm down.

Lastly this week from Ms Scullion for Mariya Katerina Leybak

for leading the Holy Family way and making our new student feel very welcome.

Well done to all our students this week!

# Social Media



### **@HFCSWALTHAM**





We plant a seed that one day will grow. We water seeds already planted, knowing that they hold future promise." The Romero prayer, written by Bishop Ken Untener of Saginaw

Sunflowers being planted in the prayer garden by Yr 9 Justice & Peace group

#LaudatoSiWeek #ASPIRE





### **Chaplaincy Corner**



A very belated congratulations to Vira Vitiv, year 11, who was our recipient of the 2020 Brentwood Catholic Schools Citizenship Awards. Sadly the ceremony at Brentwood Cathedral was cancelled.

Vira was rewarded for her role as a Liturgy Leader in Holy Family, her willingness to assist with Mass, and her thoughtful prayers and reflections during the difficult times of early 2020.

#### **Congratulations Vira!**

23 May is Pentecost Sunday. Coming 50 days after Easter and ten days after the Ascension of Our Lord, Pentecost marks the descent of the Holy Spirit on the apostles. For that reason, it is often called the "birthday of the Church".

The 12 apostles were gathered together in a house when a terrific wind came from heaven and filled the place. They saw tongues that looked like fire, that separated and came down on each of them.

Immediately the apostles were filled with the Holy Spirit, who caused them to speak in tongues. The crowds of visitors were astonished because every pilgrim heard the apostles speaking to him or her in their own foreign language.

Throughout the Bible, we see the Holy Spirit pouring his power into followers of God. When we think of such figures as Joseph, Moses, David, Peter, and Paul, we may feel we have nothing in common with them, but the truth is that the Holy Spirit helped each of them change, and stands ready to help us change from the person we are today to the person we want to be, ever closer to the character of Christ.

Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love. Send forth your Spirit and they shall be created. And you shall renew the face of the earth. O God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant us in the same Spirit to be truly wise and ever to rejoice in His consolation. Through Christ our Lord. Amen.



Say sabe, Mrs. Grierson, Chaplain



# Chaplaincy Corner LAUDATO SI' WEEK 2021



To celebrate Laudato Si' Week, the Year 9 Justice & Peace group planted sunflower seeds. They will eventually be transplanted into the prayer garden.

Laudato Si': On Care for our Common Home, is a papal encyclical letter written by Pope Francis in 2015. The encyclical has helped us understand that "everything is connected", especially in the context of today's ecological crisis and climate emergency.

Planting sunflowers will brighten the prayer garden during the summer and later, in the autumn, will provide seeds for the birds



### **Praying for peace in the Holy Land**

On **Wednesday 26th May** we will be holding an hour of prayer for peace in the Holy Land.

It will be in the **Corpus Christi Chapel** On the **Wiseman Site** From **3.30pm to 4.30pm** 

All Pupils and staff are welcome to join us.

You can stay for a few minutes or the whole hour

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.

## TIPS FOR WELLBEING

This week Ms Nordon tells us:

## Meraki (say may-rah-kee)

In Greece this is the idea of doing something you love with care, precision, attention and passion.

# This can be work, a hobby, cooking or making proper time for loved ones.

The main thing is you focus on the ONE task alone-no distractions, just get absorbed into what you are doing and do it properly.

Fun fact: Whoever wrote the Greek national anthem must have used their 'Meraki': it has 158 verses!!

What's your Meraki?

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# WELLBEING

Following on from Mental Health Awareness week's theme of Nature, we'd like to share with you the wonderful progress of the seedlings in our greenhouse, the new raised bed planters and a family of visitors we had early one morning.



















**Please return** all overdue books to the Librarians by the 27<sup>th</sup> May











TREE LEAGE

Sax





#### KAMIL NAGORNY

FOR ALWAYS LINING UP FOR LESSONS ON TIME!

\*\*\* EXTRA-CURRICULAR

Allison Teves Maria Shotikare Kwabena Amoateng D'Andre Campbell Pavaram Yogarajah Kevin Nobrega

\*\*\*GEOGRAPHY\*\*\* Francesco Reka Philemon Amaadi Shanel Bhatti Victoria Chamulak Janet Adewole Tony Dandoczi

\*\*\*MATHS\*\*\* Alex Masterson Gabriela Prusinska Eto Chukwu

> FORM TUTOR \*\*\* FRANCESCO REKA

☆☆☆ MFI. ☆☆☆ VALERIA BOLDISOR **ILANA IFEFO ALEX OPARE** FABRICE FIDEGNON GERRUND CANLAS ATARA ANDERSON WIKTORIA MATEJEK JOSH TORREVILLAS ZACKARY REBELLO JOSTAH DASTLVA ROLANDE ZOMBA-DI-NKOKO **REISS YEARWOOD ABISSHANTH SIVAKUMAR** VICTORIA CHAMULAK GIULIA DISTEFANO **ASHIANNA WALLACE** NYAH THEODORE ELENA O'BRIEN LIAM JAGUNAP MATTANIAH ADDO BEVERLEY FORDJOUR STACY D'SOUZA Almaz Farouhar DARNEL NORVILLE **AMARU CLERY** JERICHO GONZALES DAVID JARAMILLO JANE THEMUDO

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#### STUDENT OF THE WEEK: MS HAMPSHIRE NOMINATED

#### SHARON DAVIES

FOR HELPING OTHERS IN HER PERFORMING ARTS CLASS AND BEING AN EXCEPTIONAL LEADER AND CONTRIBUTOR IN CLASS. WELL DONE!

CONGRATULATIONS TO THE FOLLOWING STUDENTS ON STARS RECEIVED LAST WEEK THERE WERE LOTS! PLEASE CHECK THE WEEKLY BULLETIN TO SEE THE FULL LIST.

TEACHER FEEDBACK:

I EMAILED ALL YEAR 10 TEACHERS AND ASKED THEM TO PICK OUT STUDENTS WHO HAVE SHOWN THEMSELVES TO BE EXEMPLARY IN LESSONS AND AROUND SCHOOL. AGAIN THERE WAS A HUGE RESPONSE.

MR BECKETT SAID FOR CONSISTENT HARD WORK STUDENTS FROM 10PH: CHRISTIAN, DAVID, MARY-LETICIA & VICTORIA

MS MASLOWSKA SAID THIS: Well done to the below students for all coming to her further MATHS ONLINE CLASSES. AMELIA S-N., ANGELINA M. & CHENNA D-S.

STUDY TIPS

USE FLOW CHARTS AND DIAGRAMS

VISUAL AIDS CAN BE REALLY HELPFUL WHEN REVISING. AT THE START OF A TOPIC, CHALLENGE YOURSELF TO WRITE DOWN EVERYTHING YOU ALREADY KNOW ABOUT A TOPIC - AND THEN HIGHLIGHT WHERE THE GAPS LIE. CLOSER TO THE EXAM, CONDENSE YOUR REVISION NOTES INTO ONE-PAGE DIAGRAMS. GETTING YOUR IDEAS DOWN IN THIS BRIEF FORMAT CAN THEN HELP YOU TO QUICKLY RECALL EVERYTHING YOU NEED TO KNOW DURING THE EXAM.

#### 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 EMAIL MS FITZPATRICK IF YOU WOULD LIKE MORE INFORMATION.



#### Kangaroo

By Ciaran Stapleton Year 7

Kangaroo, Kangaroo bouncing high, Bouncing across the fiery red sky. Leaving prints in the crimson earth, Traversing the land of time's birth.

Who would dare to challenge your might? Who would have the courage to provoke a fight? All can see your powerful physique, Your muscular body is quite unique.

Kangaroo, Kangaroo, forever sublime. surviving since the dawn of time, A piece of ancient myths, stories and rhyme Living in the Australian dreamtime.

My Pet

By Lula Kahase year 7

I have a pet He is fast and cute Do anything annoying And he will become a brute

> I have a pet He is hairy and fluffy When I wash him He becomes all puffy

I have a pet He is precious and clever This is the reason why I named him Trevor

l have a pet He is faithful and loyal He always sticks by my side And treats me like a royal.





Below you will see 4 Spanish letters we received this week for 9P. This is the third year we have engaged in a pen pal exchange with a school in Seville, I.E.S. Heliche. Their students write to us in English mainly, and we reply back in Spanish with a few lines in English for them to practise. It's very interesting to see their hand-writing and how neatly they write, as well as the kinds of activities they describe that they do.

Nome - Nacoreth Group + 4°F

Nome + Joshua

i Hello Jahval My name is Natoreth and I an sixteen years da. My birthday is the 25th of september. I live in a taun, in the dyrafe, next to Seville and it is ver prety. I live with my father, my mater, my brother and my sister. Have you got my brother or sister?

I have got blue eyed and I don't wear glades. I have long brann hair. I'm small and thin. I an very firmly. I like telling jakes and meeting people.

I go to Helicke high Echool . I'm in my last year when finish. I'm going to study to become a nurse. And gas?

I like chating listening to music, playing video games, ad legges at with my friends at the weekends. My best friend is my sister, she is fifteen years did ord she is nice, metty, king ad gives me very good advice.

I love simme, and lot simmer, i what to the beach in Codic with my family. He beaches are beautiful and the food dericious.

119 experio que te gasce la cata, un soludo 161

Julia Torres De La Carrera 4°ESO F To William ------ Group 9p

iviva

Sevila!

My name is Julia and I'm 16 years old. I are in seville, Dlivares.

I come to the IES Heliche high-school and my Jovourite subject is history.

I am a musician since I was 9 years old.

I always have to practise in my house, teary activities to understand what I'm dang and instrument classes.

In my free time I usually hang out with my friend to take a break, we go for a walk and talk about our things.

At the moment I'm studying a lot to get a good job at the future. I don't know what to do yet but I think I'm going to ao something, above languages, and get money to travel!



#### Umme - Hirian Romain Group - + 4°F

Nome - IGOR GIDUP - 9.P

i Hello IGOR! My nome to Hirtan and I an fifeen years and . My Brithday to 10th of applember. I live in a town, alwares, next to scuilla and it to extremely. We are fire in my family: my father, my mother, my Brother and my twin estater. I do not have pets. I live in a have with three floors and it to very confortable. I'm very autophing and honest.

I have got brown eyes and I don't have to Uear glasses. I have long brown hair. I'm somall and thim.

I like chaling, Listening to music, playing video games, and honging at with my friends at the Usekends, when I finish complexity education, I'm going to study murcin assistand.

I have summer, and lost summer, I vient to the beach in cootie with my family we had a great time. This summer, we are aptimg to chiptiona, because the beaches are beautiful, the people are very friendly and the food to very good.

I'm lacking for ward to be mining from your

Hi Kevinl

Carmen Pérez Rodríguez 425 Kevin Graup 98

Hy name is Carmen, I live in Olivares (seville). Hy gavarite subjects are math and physical education. My daily routine is to study in the mornings and in the afternoons to go out to do sports. Hy hobby is horseback riding, since I love animals.

I study at the ies heliche institute in Olivares. It is one of the best educational centers in Andalusia.

I have a sider younger than me at 13 years old, I forgot to tell you before that I can 17 years old.

You love animals? What is your gavourite food? How old are you?

Do you have brothers?

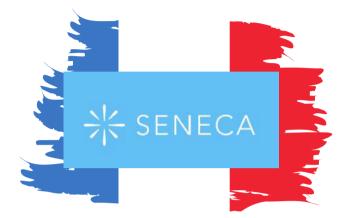
a greeting.

Good bye Kevin, nice to write to you





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



Ryan V., Milanne F., Devonte B., Glynis D., Laura K., Kerisha B.



Tahalia M., Daniela F.



Ryan V., Chelsy S., Genoa S., Milanne F., Brooke P., Glynis D., Kiarn T., Nevin R.



Grace A., Crystal M., Daniela F.

# **SCIENCE**

#### Specialised cells by year 7



# **CAREERS CORNER**

There are many more virtual experience opportunities on the Speakers for Schools website or contact Mr Fidegnon for more info.



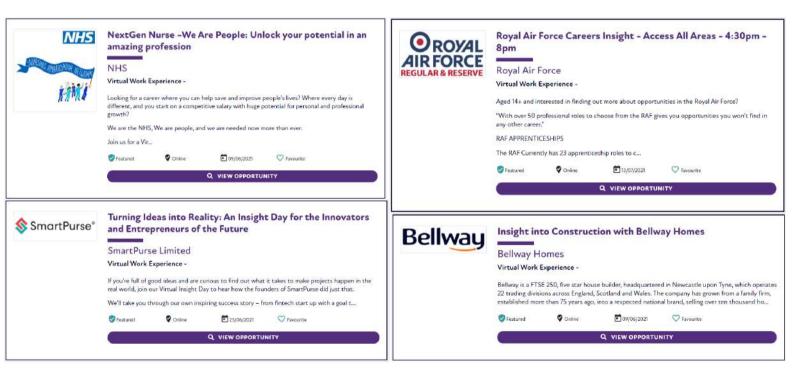
Congratulations to following students on their virtual work experience placements:

Amelia Szwedo-Bielicki- Chris Dyson Architects Shobi Hippolyte - M&S Trinity James - Santander Asa Ayo-Osayande - Santander



DATE: Wednesday Z6ch May TIME-10-00 - 11-00 YEAR GROUP: KS4-5 / S4-6 hook org to register for this Broad Speaker: Stephen Woodford, CEO, Advertising Association

Join us for sur first Predict '21 Broadcast We will be spouling to Stephen Woodford, CEO, Advertising about the role of technology in advertising and how students can unsure that they are prepared for to accelerated world. Stephen is leaking forward to answering your questions. orrow's tech



#### WHY TRY VIRTUAL WORK EXPERIENCE?







FREE



SUPPORTED

VWEX'ing opens the doors of opportunity to young people right across the country "seats" are not required, opening up the really need it.

VWEX'ing allows for greater impact, as

As a charity, we are focused on ensuring We recognise that you will have educators and young people have great questions. This is why we will work closely and allows employers to grow their talent chance for more young people to access experiences and free access to our services with you to ensure you're supported every pipeline and make a difference to those who great opportunities wherever they are. to ensure a level playing field and meaningful step of the way under a structured and outcomes.

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

#### We want to hear your story!



- Avenue Road Memories is a documentary project, which will tell the story of Avenue Road and its residents.
- It will use cutting-edge technology, including Virtual Reality, to take a snapshot of life here.
- Come along to our meet-up at the Nexus Centre on 25th May, to try-on a virtual reality headset, and find out more.

ALL RESIDENTS ARE WELCOME! 4-6PM TUESDAY 25TH MAY

Mrs Grierson - Chaplaincy MONDAY LUNCHTIME



Emmaus Room





RYSOC

CLARE POLLARD AND YOMI SODE Send us your poems on any theme, of any length and of any style. Finners receive amazing prizes and will be published by The Poetry Society. 's FREE to 11-17 year olds everywhere. For full details visit foyleyoungpoets.org

DEADLINE 31st JULY 2021

FOYLE FOUNDATION

JUDGES

#### HOLY FAM 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

. . .......

Poetry Writing and Reading Club

Year 9 Every Thursday Year 10 Every Wednesday

Lunch time in the LRC



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





For an application pack, entry requirements and further information please email I.ashworth@southchingfordfs.org.uk

South Chingford Foundation School, Rushcroft Road, London E4 8SG Tel. 020 8531 9231



Temi Babalola – AFC Wimbledon extended trial wi 1<sup>st</sup> team



Follow us on Instagram @SouthChingfordFootballAcademy

No 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 <u>good and wearable</u> condition. This can range from the list below:



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.



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