

# FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL  
NEWSLETTER



## LRC MONITORS PROMOTING NATIONAL POETRY DAY!

**ALSO THIS  
WEEK:**

- FIRST  
MEETING OF  
THE PLT**
- BLACK  
HISTORY  
MONTH**
- A LEVEL  
ART**

**...AND MUCH MORE**



# HEADTEACHER'S MESSAGE

## Quotation of the week

"If there is no struggle, there is no progress",  
Frederick Douglass.

## Dear parents / carers,

It's been another good week at school with very high rates of attendance (>96%) and some excellent engagement and work going on in lessons. Everyone is back into their routines now and we are settled in the school and well established in our routines. The staff are working exceptionally hard to keep all our young people safe and to educate them as effectively as possible. Year 11 have been doing their English speaking and listening assessments and there have been many excellent speeches on all manner of important topics.

As you know we were not able to hold our usual face to face Open Evening last week. However, this week we have held socially distanced mini-tours for a maximum of 5 parents to show them round the school if they are interested in seeing the facilities at Holy Family. We carry out these socially distanced parental tours at 4pm on Tuesdays and Thursday at the moment and they have proved very popular and are currently all fully booked up until the half-term holiday.

## Pupil Leadership Team

Our newly appointed Pupil Leadership Team (PLT) held their first meeting on Thursday of this week. It was a remote, virtual meeting with students located all over both sites of the school. The meeting took place via google classrooms and went very well with students generating some excellent discussion and ideas that they would like to see implemented in the school. We talked about what it means to be a leader, the idea of servant leadership following the model that Jesus Christ gave us

and the importance of wanting to give something back to your community. We are really pleased that so many students put themselves forward to serve in these leadership roles and we look forward to seeing what projects they will take forward over the coming months.

## Black History Month

October is always the month when we pay particular attention to Black History and to the contribution of Black people to the history, not just of this country, but around the world. Black history should, of course, be something that is studied throughout the year and integrated into the school curriculum, not simply something that receives attention in October. We are doing work at departmental level on the agenda of what is sometimes called 'decolonising the curriculum' and may be thought of as 'making the curriculum more inclusive'. This year as a school we are offering extra-curricular courses discussing black history and staff are meeting regularly to look at issues relating to race and discrimination. We want to ensure that our curriculum reflects the diversity of our school community and will be carrying out a school wide audit of all our provision over the coming weeks.

Please continue to remember us in your prayers and have a good weekend.

With best wishes  
Dr Stone, Headteacher





# HEADTEACHER'S



# COMMENDATIONS

**Our students continue to be excellent in these challenging times and I'm pleased to have many nominations for Headteacher Commendations this week. First in Yr 11 English a number of students nominated by Mrs Maris for their excellent speeches delivered as part of their speaking and listening assessment:**

**Princess Belo  
Andre Preda  
Louise Osei-Biney**

**Sade Lemonius  
Milen Minasse  
Jakub Patla  
Toni Sibanda  
Matilda Baskaran**

**Aniel Richard  
Troy Smith  
Arianna Khushi**

**Second, a number of Yr 7 students who have been nominated by Ms Hayward in the lower site Learning Resource Centre. They have been absolute stars helping out in the LRC at break and lunch times. They are as follows:**

**Arunnya Sulthash 7R  
Edvina Madunathan 7I  
Elizabet Pelovecz 7I  
Jenusha Rengaraj 7P  
Sarah Simeon 7S**

**Julia Sas 7E  
Jerrell Bowen 7ST  
Shanae Tumity 7S  
Montelle Ford 7S  
Maria Saji 7ST**

**Rejicka Thaneswaran 7P  
Aniera Imran 7S  
Beyoncy Afrane 7P  
Anarhrah Shah 7I  
Anna Ziani 7S**

**Third, nominated by Ms Fitzpatrick Quincy Ata-Gyamfi 10P - for always trying to do the right thing.**

**Congratulations to all of them!**





# Princess Belo, 11A, Speaking and Listening assessment



## Can men cry? Mental health in males

Big boys don't cry, they say. A real man doesn't crumble to tears. Why are you crying? They ask, are you a girl?

In today's society, it has become a norm that men shouldn't be able to show any emotion apart from anger as people believe it makes them less masculine and weak. I decided to choose this topic as in the past I had experienced this norm in real life. A boy was crying and his friends laughed at him and said "be a man". My heart shattered for him and to this day I regret not saying anything. Since then I felt like I was always hearing "don't cry that's gay" or "cryings for girls, boys don't cry" When did men suddenly become robots? When did being a man mean all of your tears dried up like the desert? When did being a man mean you couldn't express your emotions? Everyone has emotion, everyone can cry. Men shouldn't have to bottle up their feelings because others feel it makes them less masculine because it doesn't. If a man shows any sort of emotion it shows they are stronger than all of the rest because they have the courage and backbone to break the toxic stigma created by civilization. Do you think it's ok for boys to cry?

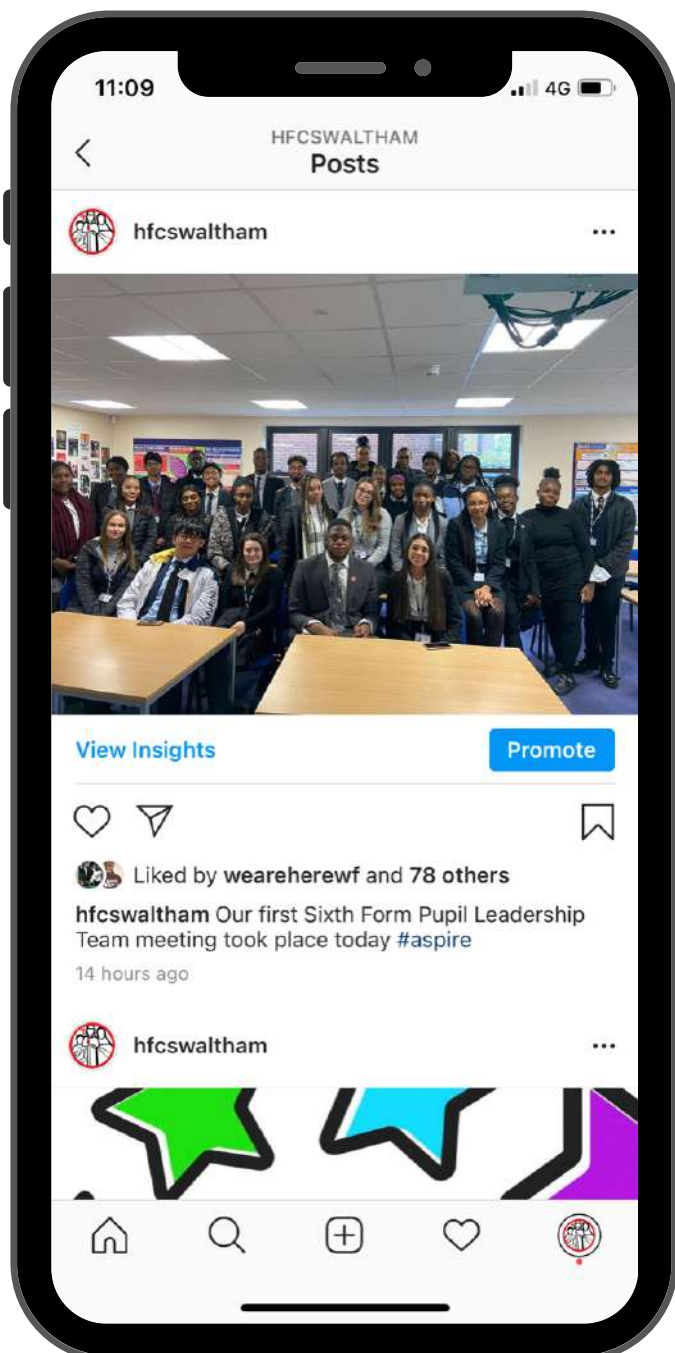
In a study of how humans cry and react to crying Dr Virginia Eatough found that there was psychological pressure on men that made them feel like they were unable to cry. So I decided to see how the boys I knew felt about this statement. I selected boys from the age range of 14-16 and I asked them what their opinions were on this statement. I was distinctly disheartened to find that out of the 20 boys that I had asked, 65% of the boys agreed with this appalling statement and insisted it wasn't ok for boys to cry. Some of the words the boys said included "Us boys are meant to be the provider, so if we are crying it just means that we are weak and useless" and "real boys don't cry regardless", "boys can't be very emotional, that's girly" "real men don't cry they sort out the problem or put on a brave face, that's what men do" I felt a huge amount of distress for these boys as they had to grow up believing they couldn't express themselves. Boys are often told that it is better to control their emotions and to be brave when they are going through a difficult time, they shouldn't have to hold anything back, do you really think you have a right to tell anyone how to handle their feelings? Research shows that holding back tears can have a negative effect on how much boys express themselves, and that it may lead to them trapping their feelings inside, never telling anyone how they feel rather than asking for help. A result of men constantly hiding their emotions is suicide. Suicide is the single biggest killer of men under the age of 45 which is a lot greater than women. Men are more likely to committ suicide because of a lack of communication, while women are willing to shre their problems men are less likely to admit when they feel vulnerable increasing the risk of them committing suicide.

You may not know but we all have mental health. All of us. Are you stressed about your exams? That's a sign of mental health. Do you struggle to sleep at night? That's a sign of mental health. Do you sometimes feel a bit angry? Mental health. We all suffer from mental health and it's not something to be ashamed of. Bear in mind, next time you want to laugh or put someone down that people who cry are often stronger than people who hardly shed a tear. Crying is a natural healthy emotional output and that is hardly weak.

# SOCIAL MEDIA CATCHUP



@HFCSWALTHAM



@HFCSWALTHAM





# Holy Family Catholic School & Sixth Form

ASPIRE TO THE HOLY FAMILY WAY

## Virtual Open Evening 2020

**At Holy Family we provide academic success with excellent progression to leading universities including Oxford and Cambridge. Strong pastoral care is at the heart of our school. Our students are effusive about the extra-curricular opportunities provided to develop their leadership and community involvement.**



Our Open Evening for prospective year 7 students will be a virtual one this year and you will be able to see our video messages, tours and information on applying to Holy Family from the 24th September 2020 via our website.

*'Teachers are focused on achieving positive outcomes for students and have high aspirations for them. They have created a nurturing climate where students can excel.'* Ofsted 2018





**From September 2021 all year 7 students will receive a free Chromebook to aid in their learning.**

This year we are also offering after school tours in small groups to comply with government guidance about social distancing (max 5 people plus guide). These tours will take place at 4pm after the school day and will give parents an opportunity to see the facilities of the school and to speak with the Headteacher. These tours can be booked via our website:

**[www.holyfamily.waltham.sch.uk](http://www.holyfamily.waltham.sch.uk)**

**'The Catholic life of the school is outstanding'** Diocesan Report 2019

**'Students show respect for each other and work together in creating a school that cares for the whole person. The school is totally inclusive of students with different strengths and offers unstinting support to their families.'** Diocesan Report 2019



**Holy Family Catholic School & Sixth Form**

**Walthamstow House Site**

1 Shernhall Street, London E17 3EA

**Web:** [www.holyfamily.waltham.sch.uk](http://www.holyfamily.waltham.sch.uk)

**Wiseman House Site**

30-34 Shernhall Street, London E17 9RT

**Email:** [office@holyfamily.waltham.sch.uk](mailto:office@holyfamily.waltham.sch.uk)



@HFCSWaltham



# Chaplaincy Corner

The Year 9 Justice & Peace group marked **World Day of Migrants and Refugees** looking at some statistics and myths surrounding migrants and refugees.

Jane (9P) has composed the prayer below for us



*Dear God*

***We thank you for everything we have and how lucky we are to have these opportunities.***

***We also pray that the people who don't have these chances, will eventually learn to be happy.***

***We thank you God for giving us these opportunities.***

*Amen*

The theme chosen this year by Pope Francis is “Forced like Jesus to flee”. The Church has been celebrating the World Day of Migrants and Refugees since 1914. It is an occasion to express concern for different vulnerable people on the move and to pray for them as they face many challenges.



The Feast of St Therese of Lisieux (1873-1897) is 1 October. From the age of 3 she begged to be received into the convent, finally at the age of 15 she was allowed to enter, taking holy vows in 1890. Therese suffered much during her short life, which she offered out of love for the conversion of sinners. In 1897 Therese died of tuberculosis. Whilst in the convent, Therese wrote many poems and the following is an excerpt from “My song for today”:

***My life is but an instant, a passing hour.***

***My life is but a day that escapes and flies away.***

***Oh my God! You know that to love you on earth I only have today!***

***Oh, I love you, Jesus! My soul yearns for you.***

***For just one day remain my sweet support.***

***Come reign in my heart, give me your smile***

***Just for today!***

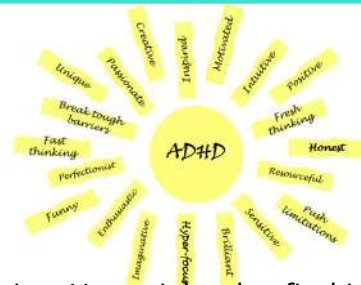


*Stay safe - Mrs. Grierson, Chaplain*



# SEN News

## ADHD



ADHD is a condition where you have lots of energy and have difficulty concentrating. You might also find it hard to control what you say and do. For example, you might speak without thinking first, or find that you do things on impulse.

Symptoms usually start very early life, before the age of six. We don't know exactly what causes ADHD but experts think it might run in families, or it could be to do with the way the chemicals in your brain work. But you might start to experience ADHD-like symptoms if you've had a difficult experience.

Another condition called ADD (Attention Deficit Disorder) has similar symptoms to ADHD, but you don't feel as hyperactive. For people with ADD, the main problem they have is difficulty concentrating

### What people with ADHD would like you to know?

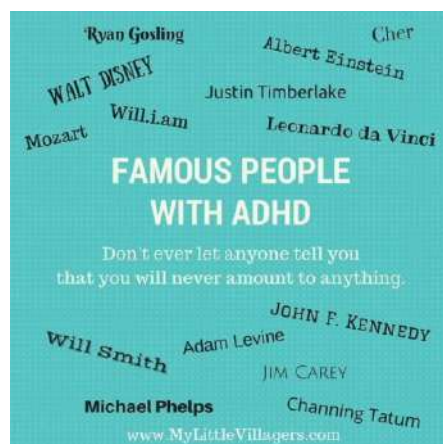
Not everyone who has ADHD shows the same symptoms. Some people are the stereotypical bouncing off the walls and not paying attention at all. Others have high anxiety levels where worrying overcomes them. ADHD also can be very different between boys/men and girls/women.

It is difficult to remember things. It doesn't matter how many reminders I set, if I can't actively do the task right away, there is a good chance it gets forgotten.

When we lose focus or space off during conversations, it's not you or the topic. We just have a very hard time staying focused on one thing. While you are telling us something, we hear and see you, but we also are looking at the art on the walls, and then catch half of a conversation from a group over there.

If we are doing things while you are speaking, we are probably getting more information from you than if we were 100% focused on you. As weird as it sounds, I can gather a lot more information from a conversation if I am doodling, or doing something to distract my brain by doing "thoughtless" a thoughtless action, like doodling or tapping my fingers together or bouncing my legs while I sit. It gives me an easy thing to "focus" on while my ADHD tendencies focus on what you are saying.

We can control it...sometimes. But it is exhausting, and yes medication may help some people, but it's not a cure-all. We tend to be messy. That mess is organised chaos to us.



PLAY



Do you have any questions about what you have read today?

If so, you can contact **Miss Minnock** our **SENDCo** (Special Educational Needs and Disabilities Co-ordinator) [a.minnock@holyfamily.waltham.sch.uk](mailto:a.minnock@holyfamily.waltham.sch.uk).

*Sneak peak at  
the results so far!*



ASPIRE

# HOUSE COMPETITION FORTNIGHT

Monday 28th September to Friday  
9th October 2020

Competitions in every subject

Earn points for your House!

**WHICH HOUSE WILL WIN?**



# What to expect this Black History Month at Holy Family!



Posters of  
prominent  
black figures  
around the  
school

A special history  
lesson uncovering  
an untold  
moment in black  
history

A virtual talk  
from a speaker  
(tbc.)

Two 30 minute  
sessions on an  
element of  
black history in  
form

The launch of a  
brand new extra-  
curricular club  
exploring the concept  
of race, identity and  
history starting  
Monday 5th October

# BLACK HISTORY MONTH

We have been sent the following prayer from Fr Paschal Uche, a newly ordained priest and former chaplain of Holy Family for us to use throughout October in honor of Black History Month.

Heavenly Father,

We give you thanks for all the races, colours, and cultures that bring diversity and beauty to this world.

We repent of the times we have allowed these differences to be a means of division through thoughts, words or deeds.

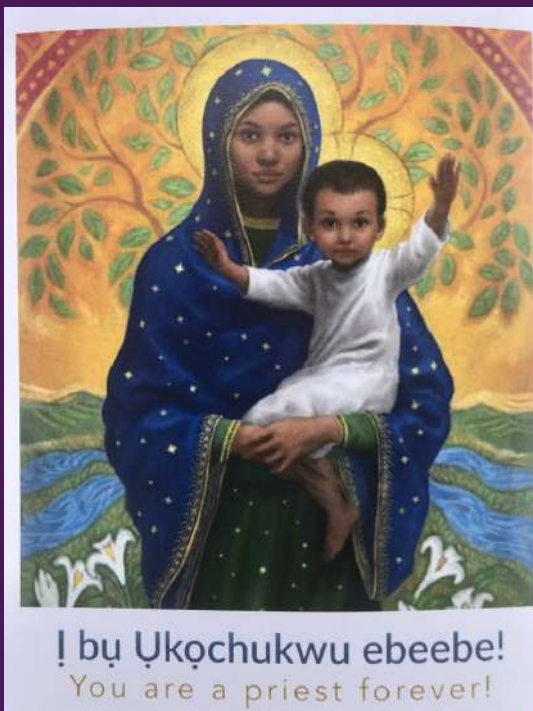
As you brought reconciliation through the cross, under the sign of that same cross, may we grow in appreciation of our differences, taking time to listen to and not assume, to ask and not to dismiss people, to love and not to judge.

May this black history month increase our knowledge, inspire our hearts and through your grace bring healing to a hurting world.

Mary mother of all nations and peoples.

Pray for us.

Amen.



Please click here  
for more  
information on  
Fr Paschal Uche's  
ordination





# BLACK HISTORY MONTH

1 – 31 October



“I resent being called a ‘Black who has made it’ – made what, in whose terms?”

# PIONEER + ORIGINATOR

**BERYL GILROY**

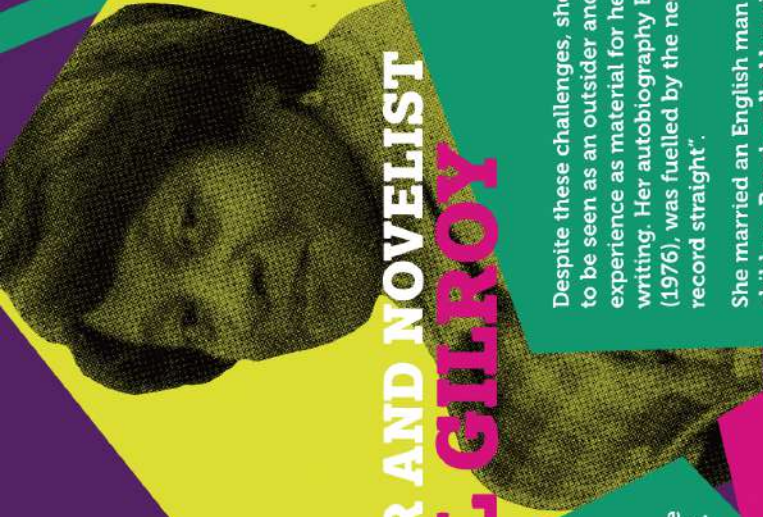
**TEACHER + NOVELIST**

# 3

**NEU.ORG.UK**



## 3 TEACHER AND NOVELIST BERYL GILROY



Beryl Gilroy was born in British Guiana in 1924. She was a pioneering writer, teacher and part of the 'Windrush generation'.

She came to study at the University of London in 1952 as a colonial subject of the British West Indies.

Although she was a trained teacher, racial prejudice in the profession meant she initially worked as a kitchen hand in a cafe, a factory clerk and a maid.

For her work in education and her writing, she made her a fellow of the Institute of Education and the University of North London conferred an honorary doctorate.

Her son, Paul Gilroy, is an academic.

Despite these challenges, she refused to be seen as an outsider and used her experience as material for her creative writing. Her autobiography *Black Teacher* (1976), was fuelled by the need to "set the record straight".

She married an English man and had three children. People called her children 'mixed race', but she always thought it was a very strange term.

In 1968, she became deputy head and then head of Beckford Primary School in Hampstead. In 1982, she joined London University's Institute of Education and the Inner London Education Authority Centre for Multicultural Education. Later, she got a doctorate in counselling psychology.

She wrote several novels including *Frangipani House* (1986), set in Guyana, exploring issues of ageing. She also wrote about the history of the Caribbean and African diaspora in the period of slavery.

## Lesson ideas PIONEER + ORIGINATOR

### WINDRUSH GENERATION

Events have meant that the term Windrush generation has featured extensively in the news of late. Get your students to research the term. What was Windrush and who were the Windrush generation? Why have they been in the news? Get pupils to explore the stories of those who came to Britain on the Windrush, what caused them to come here, what life they faced when they arrived and whether it met their expectations?

### OUR HISTORIES

Millions of Britons have parents from different communities and traditions. Your students will have a wide range of backgrounds. If pupils are to feel safe and have a sense of belonging, they need to engage in discussions about their cultural identities. Get them to decorate a box or fabric tile with pictures, ideas and objects that are important to them and reflect who they are. The class could also devise a poem, song or assembly that reflects their identity as pupils.

### TEACHING

Beryl Gilroy was a pioneering head teacher.

Get your class to explore teaching. Would they like to be a teacher? What do they think is involved in the work of being a teacher? What inspires teachers to pick that job?

### DISCRIMINATION

Despite being a qualified teacher, Beryl Gilroy experienced discrimination when trying to find a job in the UK. Why do students think it was difficult for her to get a job as a teacher when she first came here? Discuss discrimination – has anyone in the class ever experienced it or seen it? Why does it happen and how can we stop it? Watch the film *To Sir With Love* and discuss the issues it raises. Is it the same today?



NEU.ORG.UK

For more information about any of these figures or Black History Month, visit [neu.org.uk/black-history-month](http://neu.org.uk/black-history-month)



# YEAR 10

STUDENT OF THE WEEK:

**QUINCY ATA-GYAMFI**

NOMINATED BY MRS ROCKS FOR ALWAYS  
WORKING HARD IN SPORTS SCIENCE, BECOMING A PREFECT AND ALWAYS TRYING  
TO DO THE RIGHT THING. CONGRATULATIONS!

CONGRATULATIONS  
TO THE FOLLOWING STUDENTS ON STARS RECEIVED LAST WEEK:

**KAHLIL REID**  
MR SKELTON AWARDED HIM FOR EXCELLENT KNOWLEDGE IN R.E

**LEON SCOTT**  
MS HAMPSHIRE AWARDED HIM FOR SHOWING  
GREAT KINDNESS TO OTHER MEMBERS OF THE YEAR GROUP.

**JOSHUA ONUNKWO**  
MISS BARRY AWARDED HIM FOR EXCELLENT PARTICIPATION AND FOCUS.

THIS MONTH WE WILL BE CELEBRATING BLACK HISTORY MONTH  
THIS POEM BY MAYA ANGELOU ENCAPSULATES THE ESSENCE OF  
BLACK HISTORY MONTH PERFECTLY.

CAGED BIRD  
BY MAYA ANGELOU

A FREE BIRD LEAPS  
ON THE BACK OF THE WIND  
AND FLOATS DOWNSTREAM  
TILL THE CURRENT ENDS  
AND DIPS HIS WING  
IN THE ORANGE SUN RAYS  
AND DARES TO CLAIM THE SKY.

BUT A BIRD THAT STALKS  
DOWN HIS NARROW CAGE  
CAN SELDOM SEE THROUGH  
HIS BARS OF RAGE  
HIS WINGS ARE CLIPPED AND  
HIS FEET ARE TIED  
SO HE OPENS HIS THROAT TO SING.

THE CAGED BIRD SINGS  
WITH A FEARFUL TRILL  
OF THINGS UNKNOWN  
BUT LONGED FOR STILL  
AND HIS TUNE IS HEARD  
ON THE DISTANT HILL  
FOR THE CAGED BIRD  
SINGS OF FREEDOM.

THE FREE BIRD THINKS OF ANOTHER BREEZE  
AND THE TRADE WINDS SOFT THROUGH THE SIGHING TREES  
AND THE FAT WORMS WAITING ON A DAWN BRIGHT LAWN  
AND HE NAMES THE SKY HIS OWN

BUT A CAGED BIRD STANDS ON THE GRAVE OF DREAMS  
HIS SHADOW SHOUTS ON A NIGHTMARE SCREAM  
HIS WINGS ARE CLIPPED AND HIS FEET ARE TIED  
SO HE OPENS HIS THROAT TO SING.

THE CAGED BIRD SINGS  
WITH A FEARFUL TRILL  
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# ART

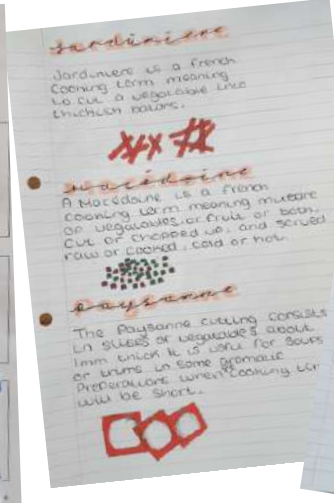
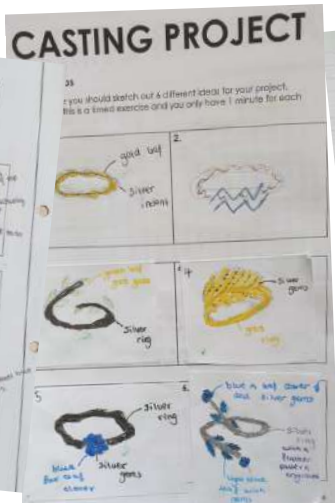
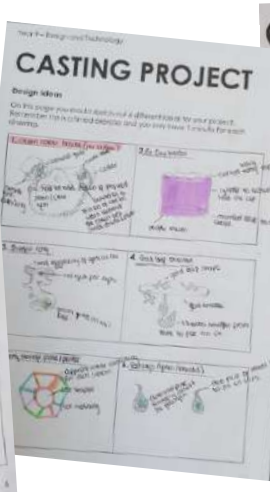
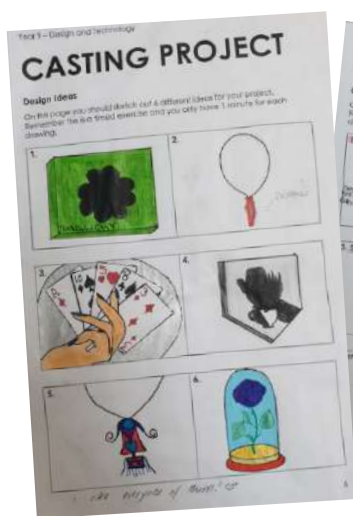
Congratulations to the year 13 students who sat their Art and Photography mock Exam last week, who did extremely well! Here is a glimpse of some of the outcomes & works in progress.





# D&T ASSEMBLED

Students have really been showcasing their design, cutting and presentation skills this week!





# Sixth Form

## Pupil Leadership Team

This week saw our first virtual PLT meeting of the year. Students from the whole school came together to discuss different points and was led by the Senior Prefect team in Yr13. Dr Stone did the welcome all about servant leadership and then they had breakout groups. Marcie (our chair) did a brilliant job for her first meeting in charge!





1ST  
OCTOBER



LRC MONITORS  
IN YEAR 7

A WONDERFUL  
TEAM OF  
HELPERS.

1ST  
OCTOBER

# NATIONAL POETRY DAY

Today students have been reading poems and trying to write their own. We have a new book in the LRC called 'How To Grow Your Own Poem' by Kate Clancy, all the students are eager to get tips from it!



1ST  
OCTOBER

1ST  
OCTOBER

## The Black Achievement Conference: Years 10-13

LSE hosts a conference for African-Caribbean heritage students as part of the UK's Black History Month. 2017 marked the tenth anniversary of the Conference.



OCT  
31

### LSE Black Achievement Conference 2020

by LSE Widening Participation [Follow](#)

Free



A higher education webinar aimed at black students in Year 10 - 13 attending state schools and colleges across the country.

#### About this Event

In celebration of Black History month in October we're inviting students to join our online webinar to find out more about studying at university, applying to LSE and hearing the experiences of current LSE students.

**This event is completely free.**

To attend you must be:

- From a Black African, Black Caribbean, Mixed Black (e.g White and Black Caribbean), or any other Black Background
- In Years 10-13 and attend a state school or college in the UK

What to expect:

- Hear from a great line-up of speakers from the African/Caribbean community including academics
- Learn how to make a competitive LSE application
- Hear from current LSE students about their university experience

Next steps:

Once you have signed up, you will be emailed further details.

[Register](#)

**Deadline  
Closes:**

**Sunday 4th  
October  
2020  
11.59pm**

Email Ms. Nordon  
if you need help  
with your application

[ms.nordon@holycatholicsschool.co.uk](mailto:ms.nordon@holycatholicsschool.co.uk)



SPACE TO  
DISCUSS CONCEPTS OF RACE  
AND IDENTITY

# DIVERSITY AND INCLUSION SESSIONS

*Open to all 6th formers, this extracurricular club will culminate in the undertaking of a summer research project that will be presented in the autumn of 2021*

Wednesdays via Zoom @ 4:10pm

[Sign up HERE](#)

Contact Mr Sayer for more information  
[mr.sayer@holyfamilycatholicschool.co.uk](mailto:mr.sayer@holyfamilycatholicschool.co.uk)

FOR YEARS 8 - 11

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Autumn Term

Race  
Racism  
Ethnicity  
Gender  
Sexuality  
Class  
Capitalism  
Culture  
The West  
Colourism  
Religion

Summer Term

Black Feminism  
Black political activism  
Black conservatism  
Music  
Film  
Art  
Summer projects

**LET'S  
TALK  
ABOUT  
RACISM**

Spring Term

Where should we start black history?

Africa's ancient civilisations

Impact of these civilisations

Inseparable history

Black radicalism 1600-present

Approaches in black history

Post colonial Africa?

Decolonising education

**Every  
Monday**

**@ 4PM**

**VIA GOOGLE MEETS  
CODE: WKCCH2R**

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**PARENTS WELCOME**

FOR MORE INFO EMAIL:  
**MR.SHAH@HOLYFAMILYCATHOLICSCHOOL.CO.UK**





# Yr 7 History Club



Do you like history?



Could **you** solve a medieval murder?



Come to **L07** on **Wednesdays 3:30-4pm** to investigate the crime scene and catch the killer

DIRECT COMPANIES YOU CAN FIND A JOB WITH:  
ADMIN/PROPERTY/EDUCATION/CONSTRUCTION

INSPIRATIONAL GUEST SPEAKERS

20  
20



# CREATING YOUR FUTURE

**A WORKSHOP ENABLING YOU TO FAST FORWARD YOUR FUTURE  
CAREER GOALS, INCLUDES:-**

- How to create the best CV
- How to be in demand at work and in your industry
- How to market yourself in a digital world
- How to interview so you get the job you really want
- How to find enjoyment in your job

**zoom event**



**OCTOBER 24TH 2020  
10AM-2PM**



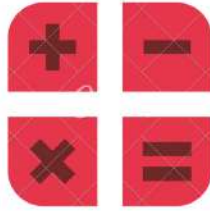
**FAST FORWARD YOUR FUTURE GOALS**

**[JOBFAIR@EDUCATESTAFFING.LONDON](mailto:JOBFAIR@EDUCATESTAFFING.LONDON)**





I was looking for something exactly like The Maths Cafe For Adults, the teachers explain things thoroughly and there's no assumption that you'd know something already, no question or answer is too silly and they start from the very beginning of each topic which I appreciate very much as I find mathematics very difficult and daunting. I'm hopeful that I'll gain a better understanding of maths so I can help my child when she gets to school age & maybe if I get an even better grasp I'd like to resit my G.C.S.E's!  
Here's hoping!



HOLY FAMILY CATHOLIC SCHOOL

# ADULT MATHS CAFE

For adults who want to update their functional skills or work towards a GCSE in Maths.

Online sessions on Zoom  
Every Tuesday: 7.00-8.00pm  
To register please contact Mr McCollin or any other Maths teacher.

[O.MCCOLLIN@HOLYFAMILY.WALTHAM.SCH.UK](mailto:O.MCCOLLIN@HOLYFAMILY.WALTHAM.SCH.UK)