# 

# 

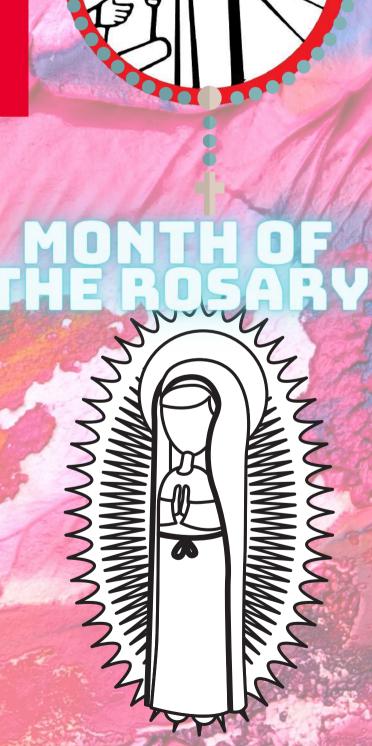
HOLY FAMILY CATHOLIC SCHOOL NEWSLETTER

HAVE YOU VISITED THE

LRC YET TO CHECK OUT

THE BLACK HISTORY

MONTH ACTIVITIES?



Issue 7

Friday 16th October 2020



mission on.

SEE PAGE 16 FOR DETAILS



# HEADTEACHER'S MESSAGE

### Quotation of the week

"The noblest art is that of making others happy" P T Barnum, American showman and impresario.

### The latest on lockdown

With covid cases rising across the country it is easy to be a bit despondent about things. Today the government announced that London will go into a stricter form of local lockdown. Schools will remain open as at present, but the public will not be permitted to meet indoors including in pubs and restaurants and we are being advised not to use public transport unless absolutely necessary. These measures are being taken because there is concern at rising levels of infection across London and indeed, other parts of the country. As I say, however, school will remain open through next week and beyond and we have not had any more covid cases among the school community since the first week of September.

### **Engagement of students**

This week I want to praise all our young people, and thank you as their parents/carers, for supporting and encouraging them to make the best of our common situation and get on with their learning. Almost without exception the students have been excellent, working hard and doing their best even though we cannot teach all our lessons in the way we might like. Covid is presenting a unique challenge to us but one that the Holy Family community is rising to meet and our staff and students are showing great fortitude and resilience at this time. I'm confident that the experience of living and studying through this time of adversity will stand our students in good stead in their future lives.

### **Fitness**

As you will know, the main PE activity this term has been based on fitness work. When the students returned some were not as fit as they might have been. However, after 6 weeks of fitness activities Mrs Cole, our Head of PE tells me that the fitness levels of our students are much improved which is good to hear. Next week the students will have the opportunity to do some other covid-safe activities in their PE lessons including trampolining and badminton, which I'm sure will make a welcome change for everyone.

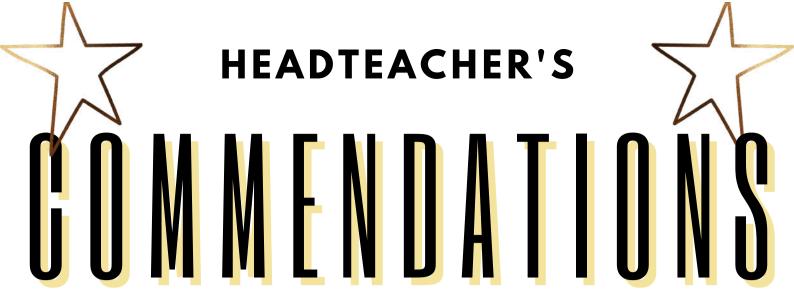
### **Next week**

We have a normal week at school with a nonuniform day (cost £2) on Friday 23rd October. We break up for a week for the half-term holiday on Friday 23rd Oct at the usual time of 2.10pm and we will return on Monday 2nd November at the usual time of 8.30am.

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

With best wishes
Dr Stone, Headteacher





We have Headteacher commendations this week for:

Lemuel Osei-Biney, Eamon McGrath, Karl Medina and Jonathan Thevarajah

who all achieved A or A\* in both their Pure Mathematics and their Statistics and Mechanics mock exams. They were nominated by Mr Shannon.

We also have nominations for the following three students who, on Monday of this week, took part in a photoshoot for Waltham Forest to appear in a brochure the council is producing. They showed great patience with the photographers as it took nearly three hours to get the perfect three shots. They are:

Jenatie Ganesharajah 9S, Ryan Cabral 10P and Anika Manansaka 11S

and they were nominated by Mrs Farrugia.

# SOCIAL MEDIA CATCHUP



# **@HFCSWALTHAM**







**@HFCSWALTHAM** 



# 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

# **Chaplaincy Corner**

October is **Black History Month**. The history of the Church is full of many ethnic Catholic saints, who received recognition for great deeds or meritorious conduct. Many lost their lives in defence of the faith. Many were also honoured for their contributions to the Church and their community.



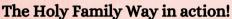
Feast Day 3 November and racial harmony.

Saint of the week is **St Martin de Porres.** Born in Peru in 1579, son of a Spanish nobleman and a freed black slave. At the age of 12 he began an apprenticeship with a barber/surgeon. Later, Martin joined the Dominican Order of Preachers as a lay-brother, continuing his old trades of barbering and healing as well as kitchen work, laundry and cleaning.

Martin fed, sheltered and healed hundreds of families and established an orphanage and school, teaching the children skills.

St Martin de Porres is the Patron Saint of mixed race people, social justice and racial harmony.

A call went out to staff for donations of toiletries to the **Choose Love Help**Refugees Moria camp appeal. This camp is Europe's largest refugee camp and was devastated by fire in September, leaving 13,000 people without shelter. The need for nappies and other hygiene supplies has never been more urgent. It was wonderful that we could take a large box of supplies to the collection centre for onward distribution. Thank you to all staff who donated.





This week, the Year 9 Justice & Peace group looked at the theme of water. Do we take access to safe, clean water for granted? Last week, residents across large parts of east London were without water following a burst pipe. People quickly realised just how we rely on water, for washing, cooking and heating and schools had to close. Only 57% of schools in the world have basic hand washing facilities. So, even when schools are open, in more than 4 out of 10 schools, students and teachers cannot wash their hands.

Pope Francis says: "Access to clean, fresh water is a fundamental human right that must be defended."

### Lord God,

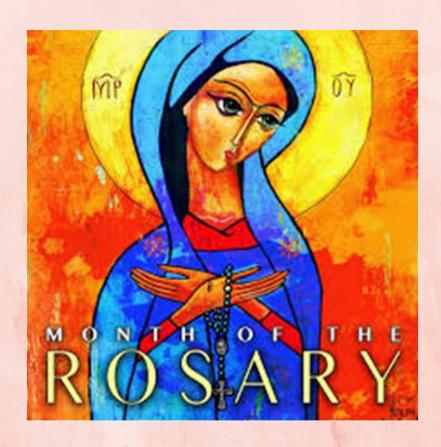
we thirst for a world of justice – a world of peace and happiness.

We thirst for people to be treated equally and fairly.

So, Lord, give us the gift of water: the water of life,
the water of forgiveness, the water that refreshes us
and gives us the energy we need to change our world.

Amen.

# **Chaplaincy Corner**



St Padre Pio's promise: 'When one million children pray the Rosary, the world will change'.

Aid to the Church in Need International, hopes to bring together a million children worldwide to pray the Rosary this Sunday for peace and the end of the COVID-19 pandemic.

Pope Francis offered his support for the event after the Angelus on October 11:

"I encourage this beautiful event that involves children throughout the world, who will pray especially for critical situations caused by the pandemic."

We encourage our school community to pray the Rosary this Sunday.

Fay safe - Mrs. Grierson, Chaplain

# SEN News Hearing Impairments

What does it mean to be deaf or hard of hearing? It means to be lacking the power of hearing or having hearing levels below the expected normal range.

This week we have been focusing on our students with hearing difficulties. For some that may be difficulty in hearing quiet noises when they are facing the other direction, and for others they may need extra help to hear conversations, the TV or announcements in public.

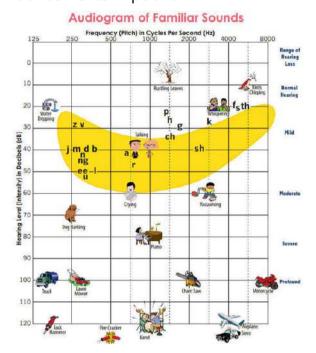
Have a look at the **Audiogram of Familiar Sounds.** 

Do you see the yellow section in the middle? That is the speech banana. This means that people with a hearing difficulty may miss out on certain sounds in words and sentences, making it hard to follow fast and busy conversation.

THIS & W.JAT DE AF OR HARD OF MEALING PEOPI E FEEL WHEN HEARING PI OPLIT SPEAKS O THEM.

IT IS H ARD WORL .





### **Celebrities with hearing impairments**

- 1. **Beethoven** yes, the famous composer! He was profoundly deaf by the time he was 46 but continued to compose fabulous music as he knew what the music would sound like.
- 2. **Hermon and Heroda Berhane.** Their family left Eretria to escape civil war when Hermon and Heroda were young. Read their story here: <a href="www.vogue.co.uk/arts-and-lifestyle/article/being-her-hermon-heroda-interview">www.vogue.co.uk/arts-and-lifestyle/article/being-her-hermon-heroda-interview</a> or check out their social media channels. They have 74,000 Instagram followers on their account @being\_her.
- 3. **Millie Bobby Brown** from Netflix's hit series Stranger Things. Millie Bobby Brown was born with hearing loss in one of her ears, the condition has become more profound over time, leaving her deaf in her right ear. In May 2020, Brown was featured on the Time 100 list of the world's most influential people and is the youngest person to appear on the list. In November 2018, she was the youngest person to be appointed a UNICEF Goodwill Ambassador.

### <u>Top tips for making your speech clear:</u>

- 1. Avoid talking with your hands covering your face
- 2. Be mindful when you are wearing a mask that people may be used to lip reading and find it hard to hear you
  - 3. Be patient, slow your speech a little, and annunciate your words.

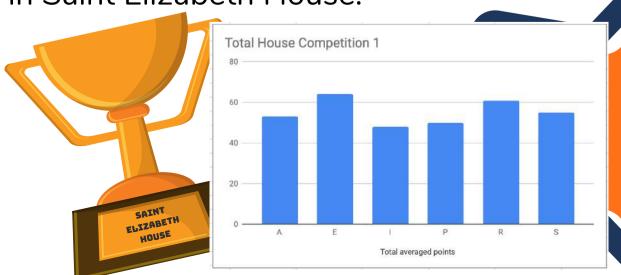
Do you have any questions about what you have read today? If so, you can contact **Miss Minnock** our **SENDCo** (Special Educational Needs and Disabilities Co-ordinator) **a.minnock@holyfamily.waltham.sch.uk.** 

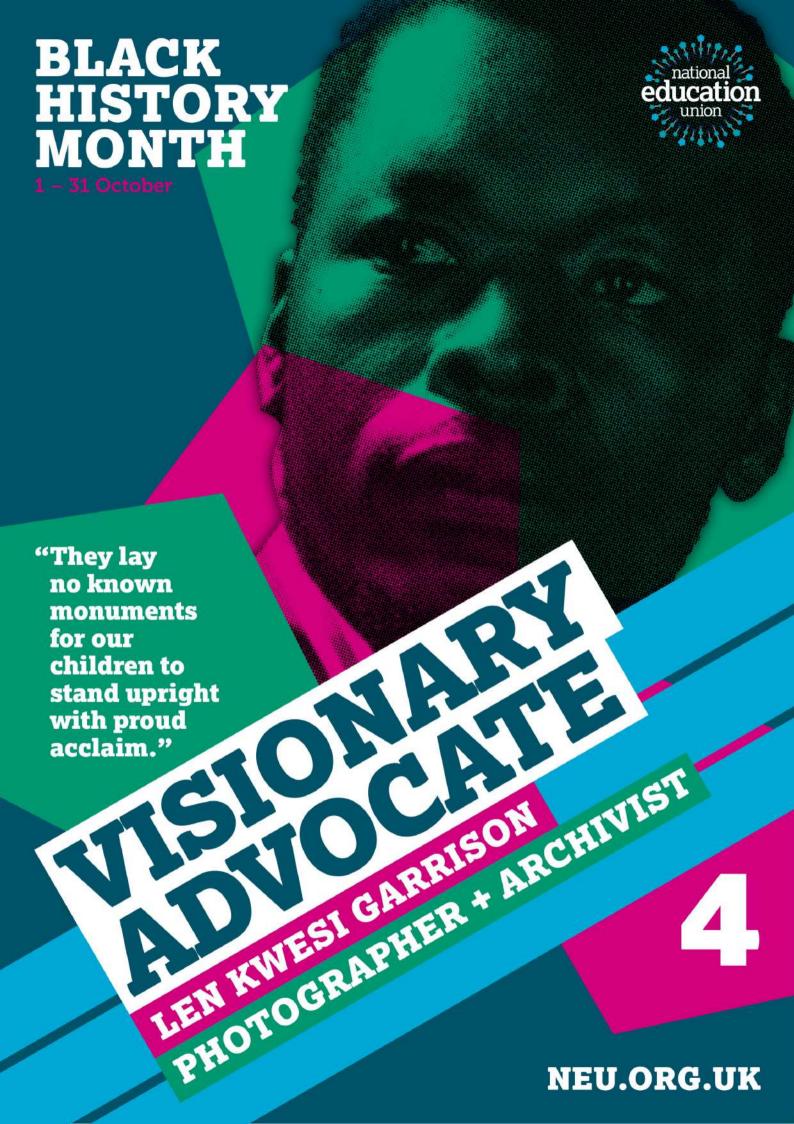


Students took part in a fortnight of competitions, competing with other houses in every subject to earn as many points as possible.

Results changed every hour with every house having a good chance to win, Saint Elizabeth secured a last minute victory!

Well done to Mr Wilbraham and all pupils in Saint Elizabeth House!







# PHOTOGRAPHER AND ARCHIVIS

understanding of its British community's Len Kwesi Garrison figure in the Black was an important exploration and history.

multicultural curriculum in experience of African and educationist, his work in creating and developing Caribbean pupils helped materials based on the the development of a A historian, poet and British schools.

aids that were used all over the country. Resource (Acer), producing teaching schooling did not acknowledge their African and Caribbean Educational history and culture. He began the Len believed that black children were being failed because their

> Brixton to work on the Black Cultural Archives (BCA) that

In 1997, Len returned to

and persuaded the King's Fund to back the first effective mentoring projects, a scheme for supporting the carers of orphaned and abandoned black In 1988, Len established one of

taking photographs, making

up everywhere,

notes and collecting

documents.

him, because he would turn

Every black activist knew

he had started in 1980.

Len was born in Jamaica and migrated to Britain in 1954.

London. He then became a medical Clapham Junction, and went on to While at Kingsley Grammar School study the subject at King's College n Chelsea, he pursued an interest part-time cinema projectionist in in photography by working as a photographer at Guy's Hospital.

Sussex University and, In 1976, he graduated MA in local history at Caribbean history at Leicester University, in 1992, gained an in African and



# NEU.ORG.UK education union

esson ideas

# RY ADVOCATE

may have felt to children coming here. to London. In the age before air travel Len's family migrated from Jamaica became commonplace, how might think about how arriving in Britain they have done that? Get pupils to

There is lots of information and stories online about the Windrush generation. Why not lead a lesson on the subject? There are lots of free materials on the **VEU** website or visit for a lesson plan.

# PHOTOGRAPHY

skill to document the life and times of Len loved photography and used his the Windrush generation.

community and display the results on photographers? What would they like to take pictures of and how would the world today? Get your class to they make sure the photos reflect take photos of the spirit of their Nould your pupils like to be the school noticeboard.

# HISTORY

history. Why do pupils think he en was fascinated with Black was so interested in learning and passing it on to others?

TITTIBAL

en often used the term 'multi-

Get students to do their research Britain. Arrange a visit to a local and find out one thing about the history of Black people in museum or cultural hub to discover different histories ind traditions.

What would they include if you had

oupils think he meant by this? cultural curriculum? What do

o design the subjects taught in

school?

science and how they could ensure

essons reflected different cultures

Think about different subjects such

as geography, history, maths and

# **Black History Month**

LRC Monitors have put together displays and completed activities celebrating Black History Month.

Students can learn about and be inspired by the lives of famous black British personalities, both modern and historical, such as sports people, scientists, astronauts, actors, artists, politicians, historians, musicians, inventors, writers and many more.

There are a wide range of books available to students in LRCs on both sites.





# BLACK HISTORY MONTH: WHO'S WHO?

ANGELOU, ROSA PARKS, BARACK OBAMA, NELSON MANDELA, MAHATMA GANDHI, HALLE BERRY

### WHO ...?

(1) Barack Obama

Rosa Parks

Tiger Woods

Harriet Tubman

Maya Angelou

(9) Mahatma Gandhi (10) Will Smith

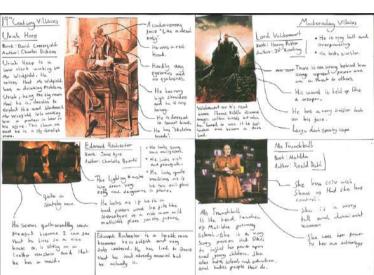
Martin Luther King

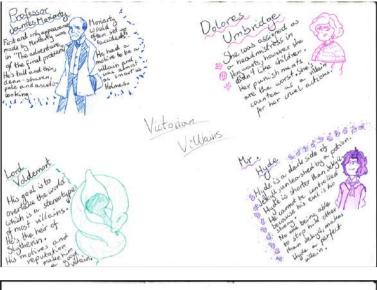
- (a) Writes novels
- Halle Berry Has recently won a Nobel Peace Prize Nelson Mandela
  - Staged a protest on a bus
  - (d) Won an Oscar
  - (e) Organized the 'underground' escape route for slaves
  - Gave a speech called 'I have a dream'
  - Was in prison for 27 years
  - (h) Has been known as the 'Fresh Prince'
  - Was assassinated in 1948
  - Started his sport at nine months of

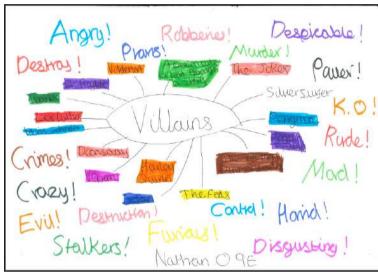


# ENGLISH

More incredible work showcasing year 9's research homework on 19th Century Villains vs 21st Century Villains (in Literature), as part of their study of The Speckled Band (Sherlock Holmes short story).



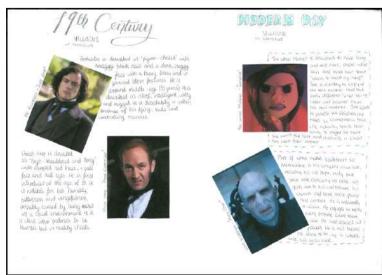












# SULLI

Year 12 BTEC (Applied Science) extracted DNA from Kiwi fruit. It is not always easy to extract this beautiful genetic material clear as this one but it is always fascinating. Well done year 12! Can you crack the code below and find out the name of the milky substance?



# CRACK THE CODE

What is the name of the substance you can see on the picture forming a layer (precipitates) appearing as a milky substance at the interface between the two solutions. Use clues to crack the code

Each of the questions below has a number as the answer. That number then corresponds to the position of that letter in the alphabet! (e.g. 5 = E)

Use the answers to work out the title of today's lesson

1. √16

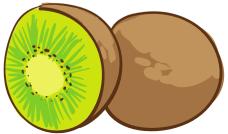
- 2. (Legal driving age in UK) 3
- 3. Any number divided by itself











# D&T ASSEMBLED

This week we have curried fish tray bakes, fabulous fashion and a quick glimpse inside a workshop lesson















# ORIGINAL ART WORK

WE ARE OFFERING YOU THE CHANCE TO BUY AN ORIGINAL ART PIECE IN SUPPORT OF A FANTASTIC CHARITY - DOCTORS OF THE WORLD.

ALL ART WORK IS PRODUCED BY OUR VERY OWN STUDENTS.

FOR MORE INFORMATION PLEASE EMAIL
MS.JAVAID@HOLYFAMILYCATHOLICSCHOOL.CO.UK

### OPTION 1

BUY AN ART PRINT FROM A GCSE OR A-LEVEL STUDENT FOR £10 FROM OUR ONLINE SHOP COMING SOON

## OPTION 2

BUY A PACK OF 10 CHRISTMAS CARDS FOR £5, DESIGNED BY OUR PHOTOGRAPHY STUDENTS

## **OPTION 3**

BUY AN ORIGINAL ART PIECE FROM A GCSE OR A-LEVEL STUDENT BY COMMISSIONING THEM:

PHOTOGRAPH £20 - DRAWING £25 - PAINTING £30

PLEASE NOTE THE PRICES REFLECT THE TIME, EFFORT, TALENT AND MATERIALS IT TAKES TO PRODUCE



FIND OUT MORE ABOUT DOCTORS OF THE WORLD HERE





# Year 7 and 8 Design & Technology Christmas Competition ASPIRE TO THE HOLY FAMILY WAY

# Design and Make a 3D Penguin.

Prizes to be won for 1st, 2nd, 3rd, 4th and 5th place!

# Success Criteria

- -Your Penquin can be any size.
  - -It must be 3D.
- straw, clay, paint, empty packages, cardboard boxes, wire, -You can use ANY material/s of your choice. For example... tissue, fabrics, paper mache, found objects, etc. Be creative! Be imaginative!

# Submission

- Submit to any staff member of the DT department.
- Ensure that your Penguin is labelled with your name and form.

Final submission: Wednesday 25th November 2020

Penguins will be displayed on Lower Site as Christmas decorations during the festive season!



Winners will be announced just before the Christmas Holiday!

# PE EXTRACURRICULAR CLUBS

# **Starting Monday 19th October**

# You MUST bring trainers

DAY/SITE	WALTHAMSTOW		WISEMAN	
	Lunch 1.25pm - 2pm	After School 3.20 – 4.30pm	Lunch 1.25pm - 2pm	After School 3.20 –4.30pm
MONDAY	Yr 8 S/Tennis/TT - LAD	Yr 7 Athletics - WIR S/Tennis/TT - WIM	Yr 11 Trampoline - COE Badminton - WIM	
TUESDAY	Yr 7 S/Tennis/TT - LAD	Yr 8 Athletics-WIR (wk 1) S/Tennis/TT - COE	Yr 10 Trampoline - COE Badminton - LIK	Yr 10 Trampoline - RON Badminton - LIK
WEDNESDAY	Yr 8 Badminton/TT - WIM	Yr 7 Badminton - COE	Yr 9 Trampoline - COE Badminton - LIK	Yr 11 Trampoline - GRE Badminton - LIK
THURSDAY	Yr 7 Badminton /TT - LAD	Yr 8 Badminton - WIM	Yr 11 Trampoline - COE Badminton - LIK	Yr 9 Athletics - WIR Trampoline - COE Badminton - LIK
FRIDAY	Yr 7 week 1, Yr 8 week 2 S/Tennis/TT - LAD		Yr 9 Trampoline - COE Badminton - LIK	Yr 11 BTEC SPORT - GRE

Please make sure you tell your parents/carers before you attend afterschool clubs



# SCHOOLS MEDIA COMPETITION

We are looking for students (aged 14-18 inclusive) to submit an original piece of writing or an original image on the theme:

# 'LET'S CREATE A WORLD WITHOUT RACISM'

The winning entries will be published in the Far East magazine and online on Columban websites in Ireland and Britain and shared on Columban social media.

This is a chance to engage with an issue that addresses equality, justice, inclusion and also draws on faith and personal experience.

66 We cannot tolerate or turn a blind eye to racism and exclusion in any form and yet claim to defend the sacredness of every human life." POPE FRANCIS, June 2020

# DEADLINE FOR ENTRIES: SATURDAY 20TH FEBRUARY 2021

For more information on entry guidelines see:

www.columbancompetition.com or email hello@columbancompetition.com

**What is the deadline for submission?** 20 February 2021. Entries received after this date will not be considered.

MISSIONARIES

Must submissions have titles? Yes.

**Do Columbans need to be mentioned in the entry?** Not necessarily, but you are welcome to mention any aspect of Columban mission work related to the theme. **Can I involve celebrities?** Yes, as long you make the arrangement with them and

Can I use interviews? Yes.

brief them about the competition.

**Do I have to be Catholic to participate?** No, but you must have respect for the Catholic ethos of the Missionary Society of St. Columban.

**Do I need to submit a parent or guardian consent form with my entry?** If you've entered the competition before you may have been asked to submit a parent or guardian consent form. This is no longer required.

When will I receive news about the winners of the competition? Winners to be announced personally and on Columban media on 15 March 2021.

Can I enter if I've entered or won a prize in a previous competition? Yes. How strict is the lower age limit? We can include young people who are turning 15 on or before the 31 August 2021. This will allow all students in the 14/15 year group to enter.



# Families in London needed for nationwide 'Tutored Childhoods' study

Researchers from Loughborough University are looking to speak with families in London about their use of private tuition — including those who don't use private tuition. One parent and one young person (Years 10-13) from each participating family will be interviewed individually. This will take place at a time that is convenient for you and will be done remotely (via phone or video call - whichever you prefer) due to the ongoing coronavirus pandemic. Each individual participant will receive a £25 gift voucher. If you would like to learn please contact Sam Whewall via S.Whewall@lboro.ac.uk or 07384 344216. more about the study or if you are interested in taking part,



For 9yrs+

Registration: 9.30am Start: 10am - 3pm each day

Early drop off / later pick up options [ask for details]

£30 per day or £75 for 3 days

27-29 Oct 2020

ETON MANOR RFC, NUTTER LANE, E11 1JA

# LIMITED SPACES

RESERVE YOUR PLACE TODAY BY EMAIL, TEXT OR PHONE

# CONTACT:

AARON@ALCOACHING.CO.UK 07860 863696

# Open New Player Trials saturday 31 October 2020 Girls only - Ages 7 to 14

White gates behind Sainsburys Low Hall (off Crooked Billet, A406) www.afcleyton.co.uk/trials AFC Leyton Home Ground, Walthamstow, E4 8ST One of UK's Largest Female Only Football Clubs

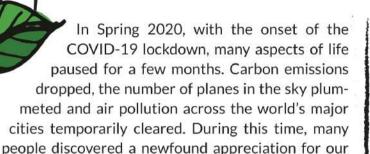
Free parking on Sainsburys

# All eyes to the FUTURE









local green spaces and natural environment.

## The challenge:

Can you design an innovation that will help to ensure a green future?

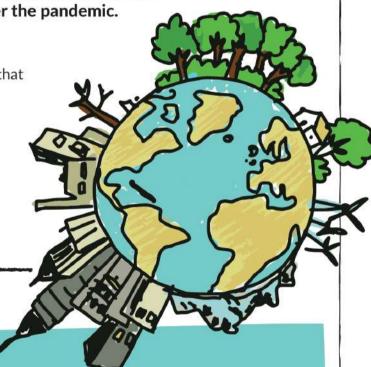
## What is a green future or a green recovery?

A green recovery from the COVID-19 pandemic has been discussed a lot. It means focusing on environmentally friendly and sustainable ways of achieving economic growth again after the pandemic.

### A green recovery could include:

- Ensuring that carbon emissions are lowered and that action is taken against climate change
- More investment in renewable energy
- More investment in sustainable transport
- Focusing on protecting nature, wildlife and biodiversity in both urban and rural areas

Put simply, it would mean ALWAYS thinking about the future of our planet when making decisions.





The deadline for the competition is 16th October.

The best 5 entries from each school will be sent to Groundwork and prizes will be awarded to the best 50 entries overall.

The competition is open to all Key Stage 3 students.

All competition entries should be submitted on the competition entry form.

You can complete the entry form by hand or electronically.

For more information or an entry form please email Ms. Nordon ms.nordon@holyfamilycatholicschool.co.uk



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





HOLY FAMILY CATHOLIC SCHOOL

# ADULT MATHS CAFE

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

Every Tuesday: 7.00-8.00pm

To register please contact Mr McCollin or any other Maths teacher.

O.MCCOLLIN@HOLYFAMILY.WALTHAM.SCH.UK



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

FOR YEARS 8 - 11

Autumn Term
Race
Racism
Ethnicity
Gender
Sexuality
Class
Capitalism
Culture
The West
Colourism

Religion

Spring Term
Where should we start black
history?
Africa's ancient civilisations
Impact of these civilisations
Inseperable history
Black radicalism 1600-present
Approaches in black history
Post colonial Africa?
Decolonising education

LET'S TALK ABOUT RACISM

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

Every

Monday

@ 4PM
VIA GOOGLE MEETS
CODE: WKCCH2R

PARENTS WELCOME

FOR MORE INFO EMAIL: MR.SHAH@HOLYFAMILYCATHOLICSCHOOL.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