

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



It's beginning to look
a lot like Christmas!

Advent begins this Sunday

**Find out more information about our
Advent dates & events inside**

IMPORTANT NOTICE
ABOUT MONDAY 29TH
NOV. IN HEADTEACHER'S
MESSAGE



@HFCSWaltham

www.holyfamily.waltham.sch.uk

@HFCSWaltham





HOLY FAMILY CATHOLIC SCHOOL'S

Annual Christmas Hamper Donations

Please see your Year group Google
Classrooms for details on donations
needed

All Form class donations will be
distributed to christian kitchen

Please see Mrs Grierson for more information

Quotation of the week

"It is the beautiful task of Advent to awaken in all of us memories of goodness and thus to open doors of hope" Pope Benedict XVI

Advent

This Sunday is the first Sunday of Advent. We shall be preparing for the great feast of Christmas and I want to give you advance notice that our Carol Service will take place this year in school, on the Wiseman site on Tuesday 14th December at 7pm. We shall be raising money for a Christian school for children with special educational needs in Bethlehem in the heart of the Holy Land. More information nearer the time.

Parent governor nominations

We circulated information about nominations for parent governor last week in Family Matters. Please do give this some thought - there will be many parents who would make excellent parent-governors and this is a really important way of helping the governance of the school, supporting and challenging me as the headteacher and the staff who run the school and helping us to provide the best possible education for all of our children.

Racial justice conference

On Tuesday of this week the Diocese of Brentwood organised an online conference on racial justice. Attendees heard testimony from a number of excellent speakers including Stephen Akinsanya who is a barrister, Dr Robert Beckford, an academic and theologian, Angela Ishmael, a leading authority on issues of equality, diversity and inclusion and Leila Thomas who runs an organisation called Urban Synergy, raising aspirations and providing mentoring opportunities for students from BAME backgrounds. It was a thought-provoking day and we shall be reflecting in school on how we can do more to ensure that Holy Family is a place that truly celebrates diversity, where everyone is welcome and where there is truly equality of opportunity for all.

Uniform

Our uniform helps everyone to feel a part of Holy Family and our emblem of the Holy Family is an important part of our identity as a Catholic school. We don't permit the wearing of hoodies in school and they will be confiscated. We expect full uniform to be worn each day as it reflects the standards we try to set in the school. Thank you to parents for your support in ensuring that students are properly attired when they come to school. If you need assistance with the purchase of uniform please contact me, in confidence, at a.stone@holyfamily.waltham.sch.uk

Cross-Country

Our younger students have been taking part in cross-country running during PE lessons this week. They have been able to run in parts of Epping Forest and so experience a 'proper' cross-country running experience. They've been enthusiastic in doing this and it has been good for them to get out and about in the fresh air and green space of our borough. Well done to all of them especially to those who don't find running their favourite form of physical activity.

No school on Monday 29th November

Monday 29th November is an inset day and the school is closed to students. Students return to school on Tuesday 30th November.

Parents' Surgery

Parents' Surgery has resumed as a face to face service. If you have anything you wish to discuss with me, as the headteacher, you can see me between 4pm and 5pm on Thursday afternoons on the Walthamstow House site. You can call the office and book a time if you wish, or turn up without an appointment. If you prefer, you can, of course, also make a virtual appointment with me or book a phone call.

Please continue to remember us in your prayers.

Dr Andy Stone
Headteacher



HEADTEACHER'S COMMENDATION

This week we have nominations for headteacher commendations from Ms Duffy who nominates two Yr 8 students.

They are

Andrean B.

and

Kayla L.

Ms Duffy describes the quality of work in their English book as 'beyond exceptional' reflecting their excellent attitude towards English.

Well done to them both!



HOLY FAMILY CATHOLIC SCHOOL'S

Christmas Carol Service



Tuesday 14th December 2021

7pm - Wiseman Site Hall

**Followed by
mince pies & refreshments**

**There will be a retiring collection to
support The School of Joy in Bethlehem**

Please see Mrs Grierson for more information

Parent Governor Election - Inviting Nominations

We are writing to invite you to consider standing for election as a Parent Governor for Holy Family Catholic School; we currently have two Parent Governor vacancies. Every Voluntary Aided school has a Governing Body, which includes a number of categories of Governors including Parent Governors. Parent Governors are elected to serve for a period of 4 years, though they may resign at any time. Together with the Headteacher, the Governing Body has overall responsibility for the running of the school; amongst many duties Governors are involved in deciding school policies, allocating the school's budget and appointing senior staff.

The Governing Body has 3 core functions:

- Ensuring clarity of vision, ethos and strategic direction.
- Holding senior leaders to account for the educational performance of the school and its students and the performance management of staff.
- Overseeing the financial performance of the school and making sure its money is well spent.

No special qualifications are needed, the most important thing is to have a keen interest in the school and be prepared to play an active part in the Governing Body's work. In order to support Governors in their work, full training is provided at no cost to the individual. In our school we have 2 Parent Governors who serve for a term of office of 4 years. The full Governing Body normally meets 6 times per academic year, usually on Thursday evenings.

If you would like to stand for election, please call the school office to register your intent or email office@holyfamily.waltham.sch.uk **by Monday 6th December**

Each person standing for election is invited to provide with their nomination, a short personal statement (maximum of 250 words). The statement could include biographical information, your reasons for wanting to be a Parent Governor, your skills and the contribution you believe you could make to the Governing Body. If the number of nominations received is equal or less than the number of vacancies, the nominee(s) will automatically be elected as Parent Governors; if there are more nominations than vacancies, a ballot will be held and copies of the personal statements will be sent to all parents.

If a vote is necessary, we will communicate to all parents how that process will take place.



WELLBEING

Each week we're going to look at one of the steps from the 'Five ways to wellbeing'

Take notice

"Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you. "

You can learn more by reading the reasearch study by New Economics [here](#)



HEY, FAMILIES OF WALTHAM FOREST!

Want to make healthy habits together as a family (and have fun doing it?)

We are BeeZee Bodies, and we're here to help improve your family's health and wellbeing. Our team are experts at engaging kids around healthy eating and healthy habits (we've even won awards to prove it!) and now we're offering support to families in Waltham Forest for FREE!

FREE SERVICES AVAILABLE IN WALTHAM FOREST



Self guided online learning BeeZee Academy

An online portal full of healthy living resources to help you learn about healthy lifestyles at a time that works for you.



12 week online course BeeZee Families Live

Fun, interactive webinars led by our expert nutritionists to help your family create healthy habits and routines at home.



Community groups BeeZee Families

Join us in your local community to learn about healthy living; including cooking lessons and activity sessions.



One-to-one support BeeZee Lite

A one hour chat with us, to support you with a specific challenge around maintaining healthy habits at home.

WHO IS ELIGIBLE?

Families with at least one child who is 5-15 years old, has a BMI > 91st centile and lives/goes to school/is registered with a GP in Waltham Forest...but the whole family is encouraged to participate together!

SIGN UP TODAY AT
BEEZEEBODIES.COM/FAMILIES



“ I think BeeZee Families is great and totally worth your time! I became a lot healthier and discovered I love playing Basketball! ”

PRABHUV



REFUEL AT SCHOOL

BREAKFAST

EVERYONE WELCOME
Monday to Friday

Location: **THE CANTEEN ON BOTH SITES**

Timings: **8:00 – 8:30AM**

magic
breakfast
fuel for learning



Christmas Lunch

Walthamstow Tuesday
site: 14th
December

Wiseman Wednesday
site: 15th
December

£1

THE SCHOOL WILL BE SUBSIDISING
THE REST OF THE COST.
FSM STUDENTS DO NOT HAVE TO PAY

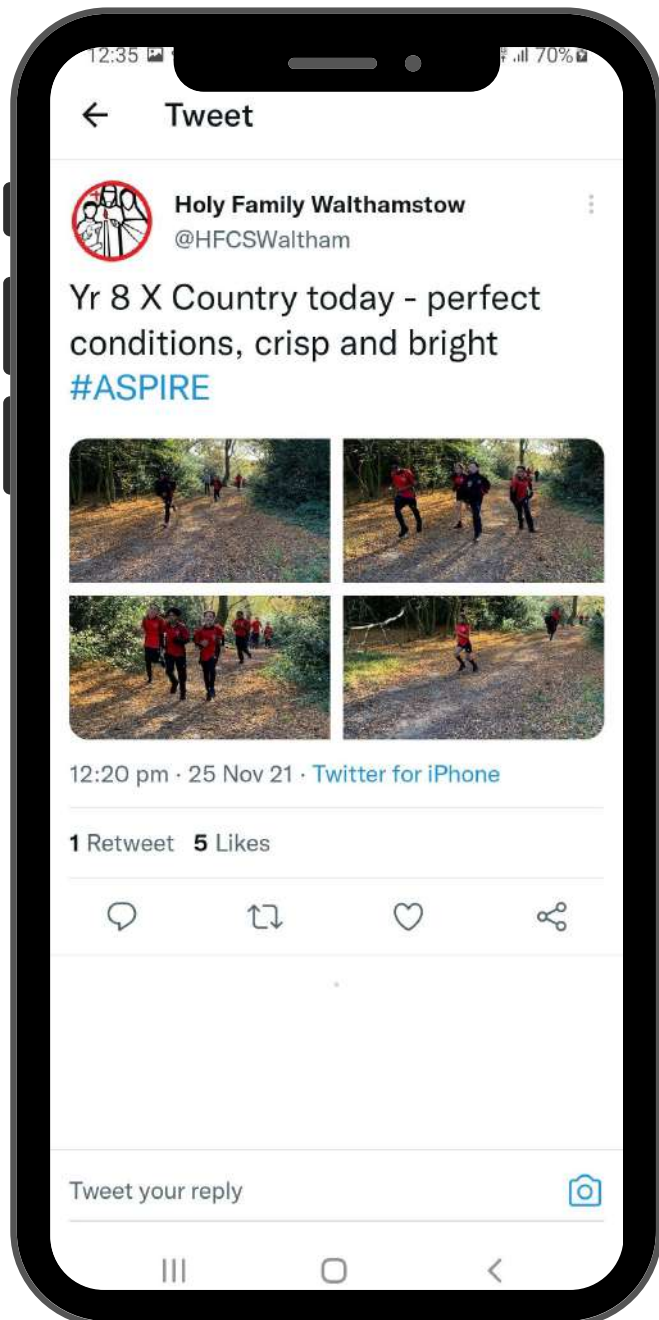
**MUST BE ORDERED ON PARENTPAY BY
MONDAY 29TH NOVEMBER**

No other food will be available on these days, students must bring packed lunch if they do not want Christmas lunch. Please see Parent Pay or Parent Mail for more information

SOCIAL MEDIA CATCHUP



@HFCSWALTHAM



@HFCSWALTHAM

Social media tips

internet
matters.org

Social networks are a great place for young people to stay in touch with friends and demonstrate their creativity. As a parent, there are simple things you can do to ensure your children's experience is both safe and fun.



1. Are they sharing inappropriate selfies?

Discuss the reasons why they feel the need to share such images and the potential long-term impact this could have on them if the pictures are used without their consent.



2. Do you feel they're spending too much time on social?

Talk together so they understand your concerns. Agree house rules on when and how long they can go online and which sites they should visit.



3. Are they sharing their location through apps?

Make sure geo-location is disabled to keep their whereabouts private. Explain why it's important that they never share personal information with people they don't know online.



4. Have they posted too much personal information?

Talk to them about who they've shared the information with and assess the risk it poses to your child. You can also ask your child to remove the information from their account and help them understand how to share safely.



5. Are they chatting to strangers online?

Make sure your child understands that people may hide behind fake profiles for dishonest reasons and the person they've been chatting to could easily be someone with bad intentions.



6. Are they gaming with strangers online?

Playing games can be fun and positive but ensure your child understands people may hide behind fake profiles for dishonest reasons and learn how to block and report anything offensive.



7. Do they have hundreds of followers?

Explain that some people may not be who they say they are and tell your child how privacy settings can put them in control of who they talk to.



8. Have they shared embarrassing images?

Remind your child that these images are their personal digital footprint for years to come and advise them to use settings that only let them share with friends they know. If they're not comfortable wearing it on their T-shirt, they shouldn't put it online.



9. Are they at risk of being cyberbullied?

Stay calm, listen without judging and reassure your child that you can help. Discuss any action you may take together. Encourage them not to retaliate and to save any evidence.



10. Do they know what they share online can hurt others?

Talk together about peer pressure and how screens and anonymity can lead to behaviour that is hurtful. Remind them there's a fine line between sharing content because it's funny or might get lots of 'likes' versus the potential to cause offence or hurt.



11. Have they been affected by content shared online?

Encourage them to think about why friends may share certain posts. Show them how to gently challenge their friends if they find their content offensive. Remind them they can always talk to you about things happening online.



12. Are they ready to share on social?

Most social media apps have a minimum age rating of 13. If a social network has set an age limit it means that some of the content may not be suitable for a younger child.

Christmas shopping means more than just gifts

Raise FREE donations for

Holy Family Catholic School - Walthamstow

with  easyfundraising
feel good shopping



You **Shop**. 6,100 sites will **Donate** to us. For **Free**



Find us on easyfundraising.org.uk or get the App



HAVE A MERRY, SUSTAINABLE CHRISTMAS!

The bishops of England and Wales, following the Pope's lead, are encouraging us to change our lifestyles so as to help reverse climate change. Here are some tips for Christmas. **Remember the 3 R's – refuse, re-use, recycle.**



PRESENTS Don't buy unnecessary presents. Each year the UK spends about £700 million on unwanted presents. Find out what people need before you buy. Offer home-baked treats. Arrange a spending limit with family and friends. Check that the items you buy are green and ethical – workers properly paid, not tested on animals, sustainably sourced, local if possible. Lists of ethical companies can be found by looking online. Best of all, make reciprocal arrangements with family and friends to not buy each other presents. They may be relieved!



WRAPPING PAPER In Britain every Christmas we throw away 226,800 miles of wrapping paper. There is no need to throw it away. It can be re-used or you can buy wrapping paper made from recycled paper. **Avoid glitter!** Glitter is made from a combination of aluminium and plastic which cannot be recycled. How about using attractive and re-usable cloth material instead of paper? Use ribbon instead of tape for sealing, so that the paper can be more easily re-used or re-cycled. The ribbon can be re-used as well, as can the bows.



CARDS Do you need to buy cards for people you see regularly? If you decide not to, explain that you are trying to reduce consumerism. Home-made cards are a great idea – people like the thought and effort that goes into them. You can use up leftover resources – cards, calendars, things around the house etc. A much better idea is to send a Happy Christmas email. If you receive cards, recycle don't bin them. It's estimated that each year we bin 1 billion cards instead of recycling them. *Again, avoid glitter when buying cards!*



CHRISTMAS TREES Millions of Christmas trees both real and artificial are discarded every year in the UK. To cut down on plastic dependence and to offset carbon emissions, buy a living tree, and keep it in the pot in the house or garden when not being used. They can be used year after year. Norfolk pines are suitable, as they don't grow large. Many Local Councils will collect and compost your tree when you've finished with it. Or you can take it to the local recycling centre, or compost it yourself in your garden. Decorations can be home-made or home baked. Use LED lights, as they use up to 95% less energy than traditional bulbs.



MEALS You've probably seen headlines like "Tackling the world's most urgent problem: meat" (United Nations Environment Programme). Growing animals for food involves destruction and pollution of the land, forests, waters and atmosphere, and takes resources from the poorest people. Include some vegan meals over the Christmas period. Vegan meal recipes can be found online – at Veganuary.com for instance – and there are plenty of vegan ready meals in the shops.

FOR MORE IDEAS look online. Type in something like "tips for living sustainably over Christmas". Also, whatever you're looking to buy online, add the words "eco-friendly".

Let's use Christmas time to move closer to God by thinking about how we can care for His creation. Have a healthy, holy, wholesome green Christmas!



Holy Family Liturgy Leaders Years 7-8

Our liturgy leaders will play a hugely important role in the Catholic life and collective worship of the school.

Organising and leading class prayers, school assemblies and special events

Maintaining prayer corners and displays

Supporting peers in their journey of faith

.... and more

INTERESTED?

Come along to the Emmaus Room

Week 1 Wednesday 11-11.20am

mrs.grierson@holyfamilycatholicschool.co.uk

"The Lord was able to invite others to be attentive to the beauty that there is in the world because he himself was in constant touch with nature, lending it an attention full of fondness and wonder"

Pope Francis, *Laudato Si'* (87)

Bikes collected for charity at Brentwood Cathedral

"In every living creature, there is a trace of the Trinity"

St Thomas Aquinas

Kingfisher on the River Stour

"In making your personal pledges – in working to heal the planet, and in striving for justice for the poorest people in the world – you are a living witness to Jesus Christ: do not be afraid to tell people why you are doing whatever you choose to do."

Bishop Alan Williams

Wild flowers in front of the Olympic Stadium, Stratford

"Is what I am doing to serve the poor just a drop in the ocean? Yes. But many drops make a different ocean"

St Mother Teresa of Calcutta

Rubbish on Southend-on-Sea beach

Diocese of Brentwood
Laudato Si' Invitations
Commitments and Actions,
2021-2024

A personal invitation to every Catholic in Brentwood Diocese to pray and act, to cherish God's creation and strive for justice for the world's poorest people.

Food bank at St. Margaret's, Canning Town

What is the Diocese already doing?

Electricity and gas generated from renewable sources (wind & solar – and gas from a gas factory) supply over 85% of our Diocesan buildings.

We have, since 2018, ensured all Diocesan employees are paid the 'real Living Wage', ensuring that everyone is paid enough to support themselves and their family.

We are aiming to dramatically reduce the amount of carbon generated through Diocesan buildings and activities. We will achieve this by:

- Understanding the energy usage of every building, with professional advice and support.
- Working to become more energy efficient, especially with our heating, lighting and water usage as well as travel.

We campaign against injustice in the UK and all over the world. By working with agencies such as CAFOD and Aid to the Church in Need. These charities work to ensure everyone, including those already affected by Climate Change, are treated with their God-gifted dignity.

We are building on a long heritage of ethical investment. In 2021 we phased out the final small amount of investment in companies where production or trading of fossil fuels makes up more than 10% of their business. As a Diocese, for 50 years we have not invested in tobacco, arms, alcohol, gambling and pornography, nor any company with products that contravene Church teaching on the sanctity of life.

We have many excellent initiatives already happening in our schools and parishes. Linked via our Diocesan Caritas network. We are continuing to strengthen links between parishes and schools to ensure every young person has the opportunity to get involved with projects dedicated to care for creation and saving those most in need in our Diocese.

What can I do?

Make three Personal Commitments from 4th October 2021 – 4th October 2022

You will find more information about each of these, and why they matter, on the website www.dioceseofbrentwood.org/laudato. There are many more resources and ideas there too.

Ideas for everyone

- Pray grace before each meal, thanking God for what is provided for you from creation and all those who brought it from the earth to your table
- Read *Laudato Si'*
- Plant a window box with flowers to attract bees and butterflies
- Volunteer to help at a local park or nature project, or see if your local school needs help to create wildlife-friendly areas. Tell people why you are getting involved – it is a great way to start a conversation about Jesus Christ, your faith, and your inspiration to act.
- Organise a litter pick on your road
- Walk or cycle more
- Get informed about the issues of climate change, and campaign for action – start by looking at the *Cafod* website www.cafod.org
- Commit to regular prayer on these issues
- Join or start a group working towards the *Cafod* Livelysimply Award for your parish

Ideas if you own your own home, or have a garden

- Let part of the garden go wild
- Create a wildflower bed
- Grow your own vegetables – give some away to neighbours or local food banks
- Put some logs around the garden to create a home for bugs
- Conduct a "home energy audit" to see how and where you use most energy; install a smart meter, and check your home insulation
- Change your energy supplier to one which uses energy from renewable sources
- Look into adding solar panels, or ground source heating, especially at the time when your boiler is near the end of its life

This is excellent. What can I do? What can my parish do?

We are inviting every parish to work towards the national Livelysimply standard. This involves making changes to parish life, purchasing decisions and activities to enhance spaces for wildlife, reduce energy consumption, and ensure environmental sustainability. Could you start, or join, a parish Livelysimply group?

We are inviting every parishioner, member of the clergy, and Diocesan staff member to personally commit to three lifestyle changes which they choose, in order to reduce their environmental impact, alleviate poverty, and offer it all to God in prayer.

These pledges can range from small, everyday changes to larger lifestyle choices. You can take inspiration from the list on the right or the 'resources' page on the website. These pledges should not be choices, but things that bring your faith to life for the good of our common home.

We especially encourage this as a moment of evangelisation. Discover why care for our common home is integral to our Catholic faith by reading the Diocesan *Laudato Si'* Invitations, Commitments and Actions document – then tell people about it! Begin conversations in your family, and listen to the ideas of young people, in your home and in your parish.

We can unite our individual efforts with others in our parish community. Use the pledge card in your parish offertory. As a parish create a display of everyone's pledges, as encouragement to each other. Share moments and photos of achievement and exploration in the newsletter and on the parish website

Discover the full *Laudato Si'* Invitations, Commitments and Actions document, including words from Bishop Alan, on the website www.dioceseofbrentwood.org/laudato

Printed on recycled paper, using environmentally friendly ink, and fully carbon balanced in association with the World Land Trust. For more information see www.catholicenvironmental.org

Chaplaincy Corner



This Sunday, 28 November, is the start of the season of **Advent**. In school, the Advent wreath and Crib will be displayed and the Christmas trees decorated.

Advent comes from the Latin word meaning “coming”. Jesus is coming and Advent is intended to be a season of preparation for His arrival.

Each Sunday of Advent is represented in the Advent Wreath by a candle. Three purple candles, representing Hope, Love and Peace and one rose coloured candle, representing Joy.

Advent remains a time of hope, of love, of peace and of joy, so let us prepare to celebrate a joyous Christmas.

Christmas Food Collection

It is an annual tradition in Holy Family that hampers are prepared and distributed to The Christian Kitchen at Christmas. This is a homeless charity based in Walthamstow. Each tutor class will prepare a hamper and we welcome donations of tins, pasta, rice etc. Please ensure all tins are well within their “use by” date.



This year, Christian Kitchen are also asking for small items of men’s clothing such as woolly hats, gloves, socks and scarves. We have all noticed the weather becoming colder, and a new pair of socks when you are living on the winter streets can be a life saver.



Last weekend our Chaplain, Mrs Grierson, visited Chichester.

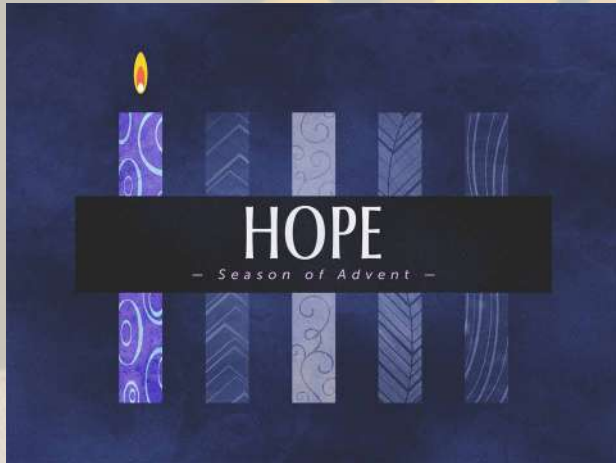
The remains of **St Richard of Chichester**, one of our house Saints, are located in the Cathedral and she took the opportunity to light a candle for all students in Richard House.

Chaplaincy Corner

150 years after St Joseph was recognised as the Patron Saint of the Universal Church, the Pope declared the period between 8th December 2020 to 8th December 2021 the **Year of St Joseph**, so we are nearing the end of this celebratory year. As we take down our displays, we think about what St Joseph means to us. He was a tender and loving father, a carpenter who used his skills to care for the Holy Family and one who guided the Holy Family to safety. St Joseph, pray for us.



During the coming week, we celebrate several country national days. 28th November is Albania National Day (Patron Saint, Our Lady of Good Counsel) and 30th November Scotland and Barbados celebrate their patron saint, St Andrew. Romania celebrates its national day on 1st December, and St Andrew is also the patron saint.



The first week of Advent is one of Hope. The idea of hope in the Bible is a little bit different than where our minds tend to drift at the word “hope”. Biblical hope isn’t hoping for better circumstances: it’s waiting for God Himself to show up. It’s the tension of living through tough times while holding onto the expectation that God can somehow come into it.

Dear Jesus, you are the hope in our messy world.

*This Advent, help us slow down, listen to your voice,
and focus on what’s really important.*

*We place our hope in you as we prepare our hearts to celebrate your birth on
Christmas.
Amen.*

Laudato Si Commitments - “**Remember your re-usable bags when going shopping**” is the suggestion of one Year 11 student. What will you do to reduce your carbon footprint?

Blessings, Mrs Grierson, Chaplain

Dates for Advent



Sunday 28th 1st Sunday of Advent **HOPE**
November

Wednesday 1st Reconciliation
December (Wiseman site)

Sunday 5th 2nd Sunday of Advent **PEACE**
December

Wednesday 8th Reconciliation
December (Walhamstow site)

Sunday 12th 3rd Sunday of Advent **JOY**
December

Tuesday 14th Christmas Lunch - Walthamstow site
December Christmas Jumper Day
7pm - Carol Service

Wednesday 15th Christmas Lunch - Wiseman site
December

Friday 17th Last day of term
December

Sunday 19th 4th Sunday of Advent **LOVE**
December

Saturday 25th Christmas Day
December

Saturday 26th St Stephen's Feast Day &
December Feast day of The Holy Family
(moved from 31st December)



Christmas Jumper Day

**TUESDAY 14TH
DECEMBER 2021**

£1 for students

£2 for staff

Winners announced on the
last day of term

All proceeds going to
The School of Joy in Bethlehem



Carol Service

Rehearsals

Thursday Lunchtimes

Music Room

Walthamstow House site



Learn Spanish Christmas Carols to perform
at our Christmas concert.

Both French and Spanish students are welcome!

L33

Wk 1 Monday & Tuesday

Wk 2 Wednesday

*Feliz
Navidad*



U01

Wk 1 Wednesday

Wk 2 Tuesday

See Señorita Prada if you want to attend.

HOUSE NEWS **ST STEPHEN**

INTRODUCTION TO THE HOUSE SAINTS

STORY OF ST STEPHEN

Saint Stephen was the first Christian martyr, which means he was killed because of his beliefs. St Stephen was a leader in the early Church, he helped the poor and spread the work and love of Jesus. When he accused a council of allowing Jesus to be killed, he was put on trial for blasphemy. He was found guilty and stoned to death. He prayed for his killers to be forgiven by God.

**PATRON
SAINT OF...**
headaches,
horses,
coffin-makers,
bricklayers,
stonemasons
and Serbia.



MIRACLES

Saint Stephen is known for many miracles. In one case, the daughter of Bassus was sick, so he laid her robe on the shrine of St Stephen. When he threw the robe over his daughter, she came back to life.



Trinity Lavra of St Sergius in Russia, where part of St Stephen's right arm is reputedly enshrined

**FEAST DAY:
26TH DECEMBER**

RELICS

Soil soaked with St Stephen's blood is reputedly held in a gold box called St Stephen's purse

A S P I R E

YEAR 10

“Form time with 10I has been delightful, they have bring positivity to the mornings and have such a cohesive form environment”

Miss Scott

Stars

Aleesha L., Amaris O-N., Amelia W., Ana K., Carina V., Chayan S., D'Andre C., Damareo B., Danielle F., Davishka M., Denny C-Z., Dylan B., Emilia B., Erika P., Ernest T., Filipa A., Gerrund C., Grace M-M., Helen S., Ilana I., Imoleayo O., Jack Z., Jenatie G., Jonathan M., Joseph B., Josh T., Joshua M., Julianne A., Kacper C., Keron M., Kevin B-R., Ky-Mani B., Laura K., Maria P-J., Marlon F., Martinas G., Milena S., Mohammed B., Neli E., Nikolas G., Nirel N., Pavaram Y., Precious A., Rachel-Marie N., Rhianna W., Roneta L., Samuel H., Shihan D., Thianna W., Thomas M., Ulyssa R., William G., Zackary R.

Wellbeing Tip: Get organised!

Keep your journal or day planner up to date, with set activities in order to stay on top of your studies and alleviate stress.

Learning site: MASSOLIT

YEAR 11

After a really tough couple of weeks filled with mocks and intervention sessions, the year 11 form tutors would like to commend the following pupils:

Ms Prada

**Stacey, Leandrew,
Luke, Bambo, Kira,
Valentina, Asia, Hawa,
Nicolassa, Nilofer,
Anette**

**Ms Cameron-
Marques and
Ms Pietrzyk**

Sydney, Kemal

Mr O'Brien

**King-David, Temi,
Janell, Rimi, Maria,
Jaidan, David, Redate,
Romell, Tre-Sean, Neo,
Shawn, Boaz, Izadora,
Lucy, Roksana, Alyssa,
Lyan, Rebecca,
Stephanie**

Ms Duncan

**Aiesha, Isaiah, Susan,
John, Christina,
Ashlyn, Ashlee, Sarah,
Lukasz, Precious,
Abigail, Exauce,ee,
Tatiana, Lili**

**Ms Hampshire and
Ms Howard**

**Gisela, Jonathon,
Emilia, Febylin,
Elisjana, Chelsea,
Ayomide**

Ms Johnson

**Caroline, Ajay,
Solange, David**

**Ms Winter and
Mr Mensah**

**Tacyana, Leticia,
Miracle, Lauren, Luka,
Remus, Nadia,
Victoria, Luca**

Mr Nandlal

**Jessica, Angelina,
Amelia, James,
Ephraim, Samara,
Derick, Keshina,
Orlaigh**

CULTURAL CORNER

TASTE OF THE CARIBBEAN

Caribbean food is an everlasting feast for our senses. This week's cultural page will look at 5 flavoursome different national dishes from 5 different Caribbean islands.

1. GUADELOUPE – PORC COLOMBO

Porc Columbo is similar to “pork curry” when translated into English. It is pork seasoned with a bunch of unique herbs and spices. The emphasis being “Colombo,” which is the French Caribbean’s version of curry powder, where uncooked rice is added to the spice mixture, yielding a nutty texture.

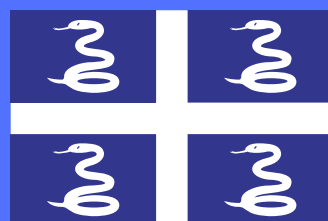
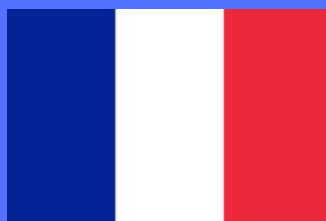
2. GUYANA – PEPPERPOT

Although Guyana is located in South America, its history and vibrant culture are shared with the rest of the Caribbean; therefore, it is classified as a Caribbean country due to its culture and historical context.

Pepperpot predates the Amerindian people's days; cassareep (the black liquid from the cassava root) plays a significant role in this stewed meat dish. The Amerindians used cassareep to preserve meat, and the practice is still incorporated in Guyanese cooking.

A choice of meat, beef, pork, and mutton is used along with a combination of herbs, spices (cinnamon, brown sugar, orange peel, etc..) with ground provisions (term used to describe root vegetables) and bread.

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CULTURAL CORNER

TASTE OF THE CARIBBEAN

3. HAITI – GRIOT WITH RICE AND BEANS

Haiti is known as the pearl of the Caribbean (La Perle des Antilles). There are several national dishes. The main dish, Griot (fried pork bites) is the most popular dish followed by Black Rice (Rice with Djon-Djon) and Rice and Beans.

For the Griot, small to medium size cubed pieces of pork are seasoned, boiled then pan-fried, giving this mouthwatering flavor. Rice and peas (riz et pois) and green plantains are complementary to this dish.

Black Rice (Rice with Djon-Djon) is a dish that originated in Haiti. Djon-Djon is a type of mushroom only found in Haiti. The rice is cooked in the mushroom broth giving it a black/charcoal color.


4. JAMAICA – ACKEE, AND SALTFISH

Jamaica is characterized as “The land of wood and water” by the Arawak people. Ackee and saltfish are a favorite amongst the Jamaican people. Ackee bears a striking resemblance to scrambled eggs but is quite bland when unseasoned.

Once the Ackee is carefully washed off, the salt fish’s (codfish) salty extract is boiled off, together with both Ackee and Saltfish are sautéed with a mixture of herbs and spices for flavor. Bacon is a favorite add-on to this dish. The dish can be accompanied by boiled or fried dumplings, green plantains, fried plantain, breadfruit, and hard dough bread. It is usually eaten for breakfast or dinner, but many people choose to eat it at any time of day on any given day.

5. MARTINIQUE – GRILLED SNAPPER WITH SAUCE CHIEN

Fresh-grilled snapper is a delicacy in the Caribbean. The Martinique delicacy of Grilled snapper is served in a sauce made of chives, parsley, tomato, pepper, and other variety of spices called Sauce Chien.



MFL



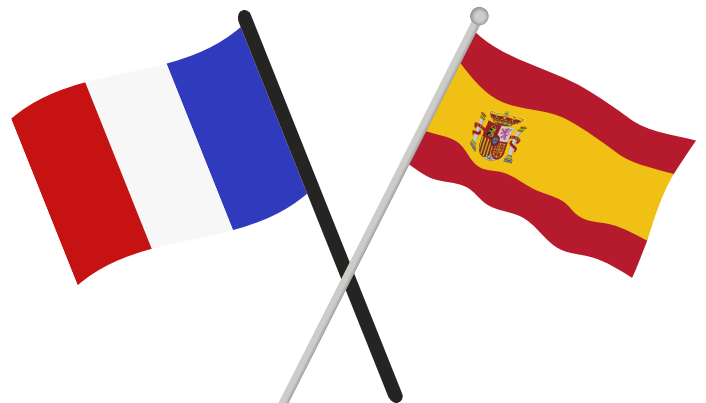
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Tiffany R., David M.,
Luke P., Abishan A.,
Williams B., Alisha I.,
Julia M., Audrey N.,
Vanessa P., Darcie W.,
Anna Y.**



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Rekisan M., Maria S., Oskar T.,
Bavithran U., Francis W.
Jisola A., James B., Ellis F.,
Jennica G., Shruthi H., Skyla M.,
Elijah M., Noah N., Ama O.,
Erwin P., Ebony S.,
Yosan T.**





KS3 Science CREST Club –Year 7 & 8



Where? Room Science Lab L15

When? Every Wed Lunchtime

Week 1-Year 8 have priority

Week 2-Year 7 have priority

Time: 1:30pm till 2pm

Places allocated on a first come basis at the door!- Only 20 places available for each session.

Please have your lunch before/after session as there is no eating in the science labs!



Challenge? Work independently or in groups to plan and run a project addressing a real-world STEM problem. You get to choose from a list of carefully selected projects.

By Invitation-recommendations from your Science teacher

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<https://www.salterschemistryclub.co.uk//register>

Salters Chemistry on line club

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- ✓ The Salters' Chemistry Club aims to increase the accessibility of chemistry for young learners at the start of their secondary education, a time when chemistry is perhaps not on their radar.
- ✓ It uses chemistry in everyday life to help explain the concepts that they learn as part of their curriculum.
- ✓ It is a great tool that promotes independent learning and offers additional subject knowledge and support in a fun and engaging way.
- ✓ The platform has high levels of interactivity with beautiful illustrations relating to each monthly theme which really bring the science to life on the learners' screens.

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