

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



Issue 12
Friday 10th Dec. 2021



IMPORTANT UPDATE IN
HEADTEACHER'S
MESSAGE ABOUT
RETURN TO SCHOOL IN
JANUARY

DON'T FORGET
HAMPER
DONATIONS
DUE MONDAY!



Reminder:
Carol Concert
Tues. 14th Dec.
7pm
Wiseman Hall



@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

FINAL DEADLINE:
MONDAY 13th DECEMBER

All Form class donations will be
distributed to Christian Kitchen

Please see Mrs Grierson for more information

Quotation of the week

"In the midst of winter, I found there was, within me, an invincible summer. And that makes me happy. For it says that no matter how hard the world pushes against me, within me, there's something stronger – something better, pushing right back"

- Albert Camus.

Winter can be a tough season, the cold, the dark and the inclement weather do not agree with all of us and can make us feel depressed at times. Jesus is, of course, the Light of the World and light plays an important role in the Christian faith and, indeed, in many faiths. We've therefore installed some lights in the trees at the front of the Walthamstow House site to be a beacon of light in our world at this time and to remind us that God is with us here on earth and that light represents the divine presence for us. I hope that you enjoy them if you pass the school in the evening.

Covid update

The government is clearly increasingly concerned about the pace at which the omicron virus is spreading. School remains open as normal and we break up next week on Friday 17th December with students dismissed from 12/12.15pm.

In the new year we are required to test all students once before they return to lessons. This has to be carried out in school and so we are therefore having to stagger the return of students. Full details will follow but the arrangements will be as follows:

Schedule for covid testing in January 2022

Year group	Date of testing	Date lessons start in school
11, 12, 13	Wednesday 5th January	Thursday 6th January
9, 10	Thursday 6th January	Friday 7th January
7, 8	Friday 7th January	Monday 10th January

Advent Carol Service

I've written previously to invite parents/carers to attend our carol service. Please take note of the precautions we are taking to keep covid safe. These include wearing masks in the hall, social distancing to limit numbers, ventilation (so it may be cold - wrap up warm please) and asking attendees to take a Lateral Flow Test (LFT) before attending. Staying away if you have any covid symptoms.

Fundraising for charity

Tuesday 14th December is Christmas Jumper Day where you can wear a Christmas jumper in return for a donation which will go towards our Advent Charities. Thank you so much for the wonderful response to our request for donations for the Christmas Hampers. We really appreciate your generosity!

Lesson observations

I have been carrying out several lesson observations each week since late September. I've now seen about 40 per cent of the staff teaching and have been really pleased with the quality of lesson planning, of delivery, the quality of relationships in the classroom, behaviour and the quality of learning. Our teachers work incredibly hard for everyone in the school and they have had a very demanding term. My thanks to all of our teachers and support staff and they will be looking forward to a well deserved break over Christmas.

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. If I am ever not available one of my senior colleagues takes the surgery for me.

Please continue to remember us in your prayers.

Dr Andy Stone
Headteacher



HEADTEACHER'S COMMENDATION

This week we have commendations for some excellent Yr 8 mathematicians from Ms Atakan.

They are:

Rusalina S.,

Alberta K.

and Renucci W.

Well done to each of them!

HOLY FAMILY
CATHOLIC SCHOOL'S



Christmas Carol Service



Tuesday 14th December 2021

7pm - Wiseman Site Hall

**Followed by
mince pies & refreshments**

Covid measures:

Lateral Flow Test recommended on the day
Do not attend if you have symptoms/feel unwell/live
with someone who has tested positive

Track & trace system

Masks worn & Social Distancing

Ventilation - Please dress warmly

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

Please see Mrs Grierson for more information



WELLBEING

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

Give

"Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around 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

PL84U AL-SUFFA

SERVING HUMANITY ONE PL8 AT A TIME

FOOD BANK

MONDAY & WEDNESDAY

EPICENTRE - 41 West St, London E11 4LJ

12 - 2PM



Charity No. 1168215

www.pl84ualsuffa.co.uk
Email: PL84UALSUFFA@GMAIL.COM
SAIRA BEGUM MIR BCAC: 07539364110
 [PL84U AL-SUFFA](https://www.facebook.com/PL84U-AL-SUFFA)  [PL84U_AL_SUFFA](https://twitter.com/PL84U_AL_SUFFA)

If you would like support from PL84U AL-SUFFA please complete the form on the next page or use the contact information on the flyer above.

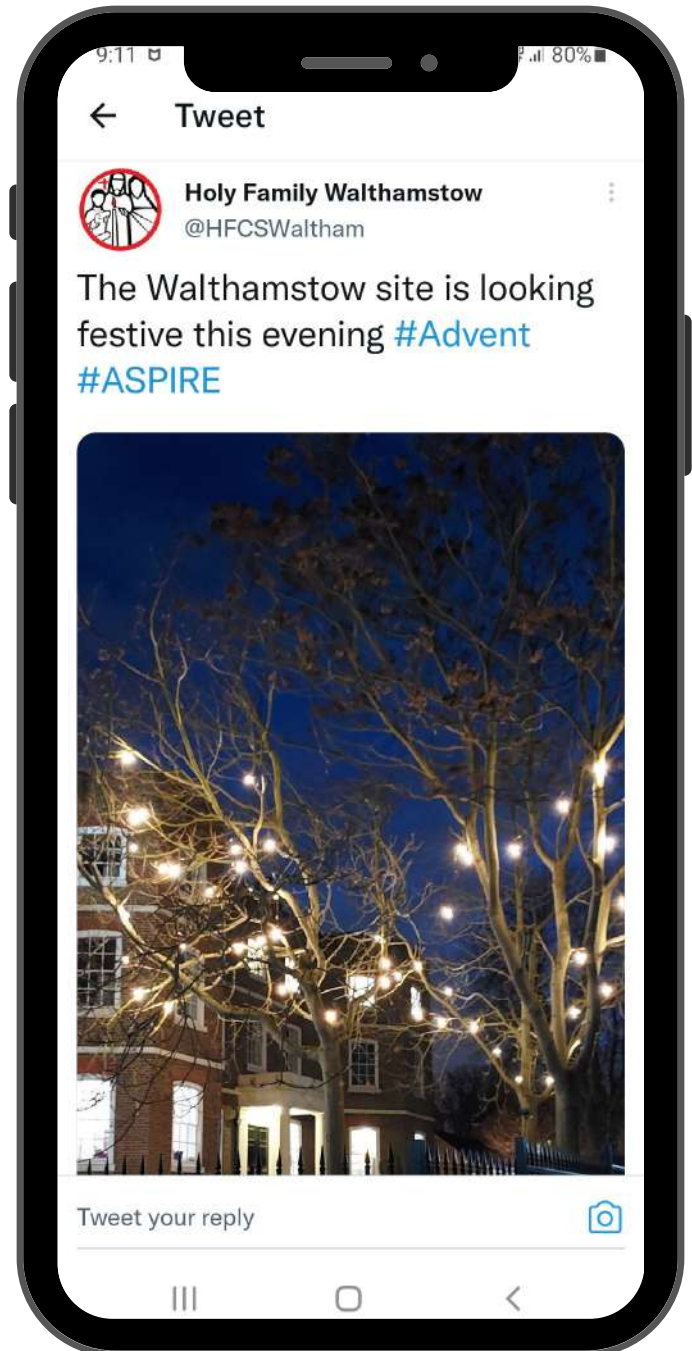
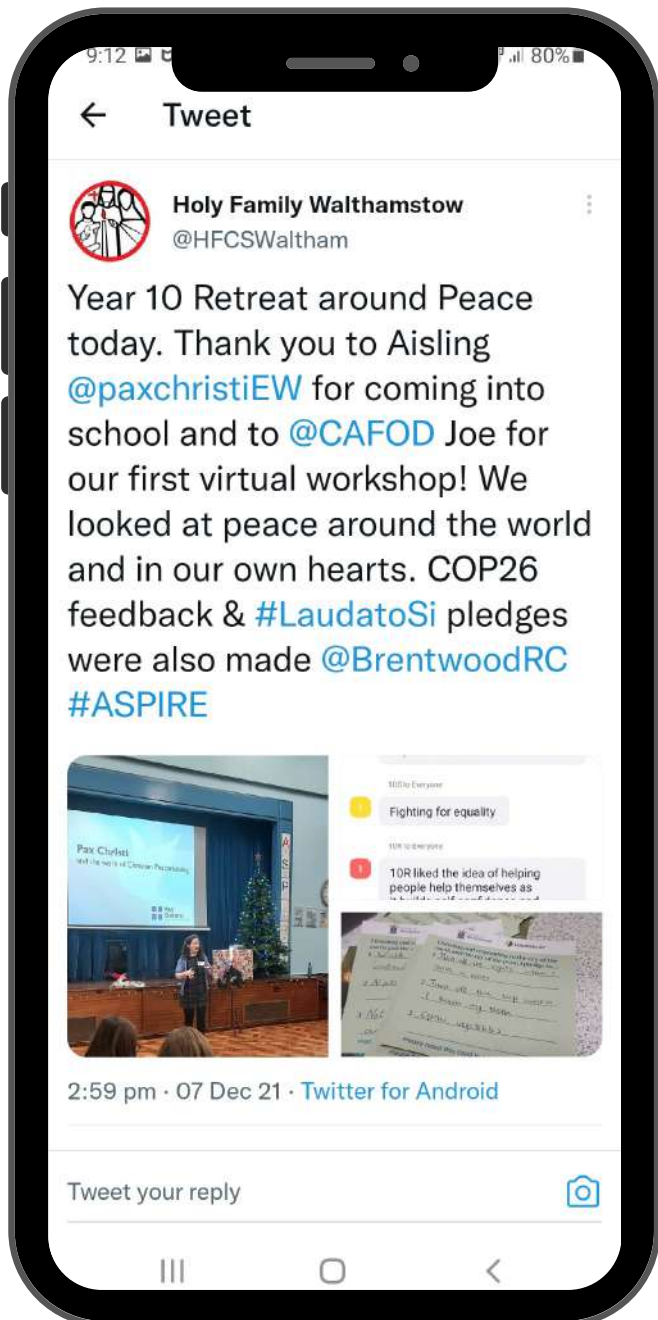
Once you have made contact with them they will let you know which day you can access the food bank

NEW VENUE FROM NOVEMBER 2021	PL84U AL-SUFFA HAVE MOVED TO: EPICENTRE 42 WEST STREET LEYTONSTONE E11 4L J	CLIENTS NEED TO BRING CARRIER BAGS & OR SHOPPING TROLLEY AS WE DON'T STOCK THEM.
PL84U AL-SUFFA REFERRAL FORM Date referral made:	Email: PL84UALSUFFA@GMAIL.COM Clients details needed for food parcels or baby items.	For office use: Please add dates for collection:
Name and contact details of referring agency:		
Clients full Name:		
Full Address:		
Contact details		
How many people in the family? Please add the Name, gender and date of birth of each member of family		
Dietary requirement Does anyone in the family have allergies?? i.e nuts Please list the type of meat the client can eat. i.e pork, chicken, halal only		
Does the client have cooking facilities? Is the client cooking?? Is the client able to heat food?		
Please write down a list of food the client will eat, as we are mindful of waste.		
Does the client need any non-food items? Please note we will try and accommodate – depending on stock.		
Referrals for items below will only be accepted by professional working with babies, parent/carers (dependant on stock) Milk powder dispenser Manual Breast pump Breast pads Breast care/thermo pads Thermal Tote bag Nappy bag Nappies (please state size)		
Has the client or anyone in their household been tested positive for C-19? We need to be aware so that we can keep our volunteers safe and from risk.		
Will the client collect or someone on behalf of the client???		
Please state in detail why the client would need a doorstep delivery; is the client bed bound? Isolating? Elderly/dilapidated health issues??		

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](https://www.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@holyfamilycatholicsschool.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-given 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

On the third Sunday of Advent we light the candle of Joy.

This Sunday is also called Gaudete Sunday. Gaudete is a Latin word that means “rejoice”. We will light the pink candle on the Advent wreath as a reminder that Advent is a season of joy because our salvation is already at hand.

For many, Christmas is a truly joyful season. We celebrate with music and song, with lights and decorations. We celebrate by getting together with family and friends and of course exchanging gifts. It’s a joyful time of year.

But let us remember that the true joy at the centre of Christmas, comes not from the lights and decorations but from the meaning of Christmas



Sacrament of Reconciliation

This week, students on the Walthamstow site had the opportunity to attend the **Sacrament of Reconciliation**, to make their peace with God. We’re thankful to Canon Niall, Fr Joseph and Fr Freddy for being so generous with their time.



Year 10 Retreat Day

This week, **Year 10** had an in-house **retreat day**. One day set-aside for students to deepen their personal relationship with God and to reflect on how they can apply the Gospel message of Jesus in their daily lives. The sessions had time built in for reflection and slowing down, a rarity in school but a feature of the season of Advent.

The theme this year was Peace – at home, in the world and in our own hearts. As usual, the day started with Mass at our Lady & St George parish. We were delighted to welcome Aisling from Pax Christi to work with a number of tutor groups throughout the day; another workshop gave students an opportunity to slow down and reflect on the season of Advent and another

looked at how we handle conflict. Joe – a CAFOD youth campaigner, joined us virtually to speak about his experience of COP26 and this was followed by a Laudato Si workshop – pledges we can make in our own lives and at school to help slow climate change.

Chaplaincy Corner



The third week of Advent is one of Joy. Our joy doesn't come from our jobs, our family, our relationships, our finances, or our success. Our joy doesn't come from what we have on earth or who we are with. Our joy is a gift. It is the gift we received that first Christmas in Jesus Christ.

Dear Jesus,

help us focus on you during this busy season.

May we stay aware of the joy you bring into our lives.

We want to find you in the everyday moments

and come with hearts of gratitude to your manger on Christmas.

Amen



Laudato Si Commitments - “Turn your heating down just 1 degree” and you'll save money and the planet!

Advent Blessings, Mrs Grierson, Chaplain

Dates for Advent



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

Wednesday 1st December Reconciliation
(Wiseman site)

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

Wednesday 8th December Reconciliation
(Walhamstow site)

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

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

Wednesday 15th December Christmas Lunch - Wiseman site

Friday 17th December Last day of term

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

Saturday 25th December Christmas Day

Saturday 26th December St Stephen's Feast Day &
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.



Win GIANT Christmas crackers!

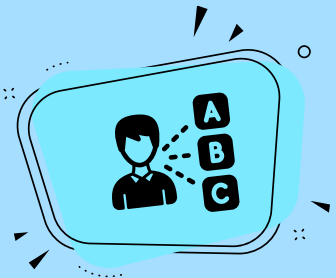
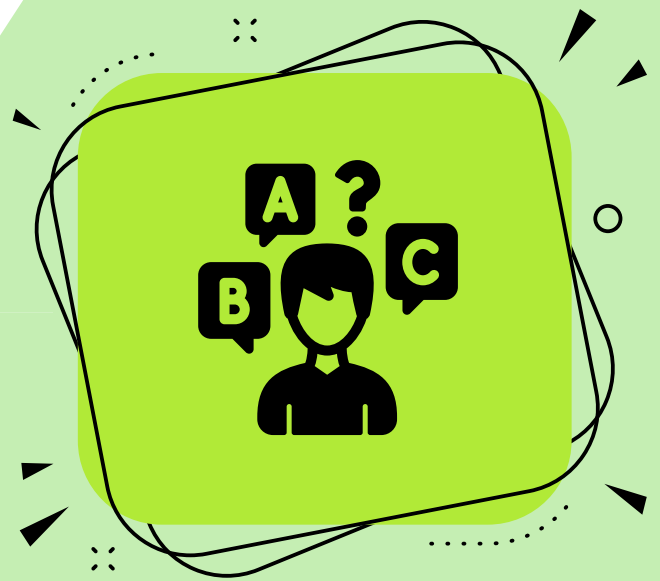
**Enter the raffle for one of
3 GIANT Christmas crackers filled
with over £50 worth
of sweets and chocolate**



**Tickets cost:
50p each
3 for £1**

on sale in the canteen at lunch

HOUSE NEWS



**There will be a Christmas House Quiz
for students on**

**Thursday 16th December
during period 5**



**Representatives from each house will
compete to win prizes**



CULTURAL CORNER

THE BLACK POUND



The idea is simple:

Encourage consumers to support Black-owned businesses across the UK and Europe by highlighting the importance of making conscious choices with your money, and making it easier than ever for customers to spend with Black-owned businesses and create more inclusive shopping habits, while at the same time, empowering Black communities and entrepreneurs. For one day a month, shoppers are asked to switch their regular retailers for Black-owned businesses, instead.

When does it happen?

BPD is more than just one day a year: it's an ongoing campaign and monthly event, happening on the first Saturday of every month.

Forbes

Jul 27, 2021, 12:33pm EDT | 1,536 views

Black Pound Day: When It Is, Why It's Important And How To Support It

Catherine Erdly
Contributor @
Retail
Small business retail expert and founder of The Resilient Retail Club

Follow

Listen to article 6 minutes

loti

FEEDING THE CURIOUS SINCE 2010

BLACK-OWNED BUSINESSES IN LONDON.

We've already compiled a list of anti-racism resources [here](#) but as well as reading, watching, learning and donating, another way you can support the Black community is to spend your money at Black-owned businesses. There are some [great directories and websites](#) like [Jamii](#), [UK Black-Owned Businesses](#), [Black Ballad](#), [Black Women's Directory](#), [The Do Gooders](#) and [UK Black Writers Forum](#) that list places across the country, and we've got a bunch of London-based Black-owned restaurants, shops, [brands](#), and [startups](#) below too.

Restaurants & Cafes

 Caribbean Kitchen 67 Mare St, Hackney, London E8 4RG caribbean-kitchen.co.uk	 Mama's Jerk Depford Market Yard Pop Brixton Canary Wharf mamasjerk.com	 1251 107 Upper St, The Angel, London N1 1QN 1251.co.uk
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Click the images above to read more on Forbes.com or to find Black-Owned Businesses on londonontheinside.com

MUSIC



CHINEKE ORCHESTRA PROJECT

Well done to Ella E., Olivia McC., Cynan L., Emily G-S., Elena O'B. and William G. who all took part in a composition project with the Chineke Orchestra and performed live in the concert on 18th November. It was a fantastic event enjoyed by all, with wonderfully innovative pieces. They were all awarded with St. Cecilia Music Awards by the school for all their hard work.

Their pieces were all professionally recorded so listen to the link below to hear them.

<https://www.nmcrc.co.uk/togetherinsound>

EXTRA-CURRICULAR MUSIC

Our Orchestra and Choir clubs are currently working hard to prepare for the Carol Service on 14th December 2021 – please support our students by coming along!

We are still looking for more singers for both our upper and lower choirs – all students and staff are welcome – just come along!

Thursday – Lower site music room
Friday – Upper site music room.

INSTRUMENTAL LESSONS

Please note that we are now in the process of recruiting for our January timetables, for one-on-one instrumental lessons.

We have a thriving instrumental programme at Holy Family with over 70 students learning instruments. We can loan out many instruments for free and although there is a cost involved to the lessons, we do not believe that money should be a barrier to a student learning a musical instrument so please get in contact to discuss specific circumstances.

If you want your child to learn an instrument please email Mrs. Corlett at mrs.corlett@holycatholiccatholicsschool.co.uk for more details



YEAR 7&8

Students have been working on improving their keyboard skills in year 7&8 this half-term, as well as Year 7 taking it in turns to learn the pBuzz. Great fun has been had.



YEAR 9

Year 9 have been learning the Keyboard, Ukulele and Guitar as part of their Musical Futures programme for this half term. Students have been playing along to Bob Marley, Stormzy and The Weeknd on their instruments. Well done to all who are working hard!

YEAR 7 MUSIC TRIPS

7S and 7R have already been lucky enough this half-term to go on a free trip to the LSO St. Luke's to see a lunchtime concert. Students enjoyed the concert and if all goes to plan, all forms will get to attend a free concert before the end of the school year.



ART

GCSE Art and Photography trip to the Taylor Wessing Portrait prize at Cromwell place in South Kensington and then the Tate Britain.
Students had a great day!



MFL



Maja M., Emmanuella A., Milena S., Ilana I., Neli E., Grace M.



Nathaniel A., Feile A., Dennys G., Jakub M., Rekisan M., Maria S., Iliana S., Oskar T., Bavithran U., Susan Z., Yu Ruo C., Stacy D'S., Aleesha L., Nyah T., Jane T., Francis W.



ALisa K., Elijah A., Elyara C., Ella E., Paul S., Tiffany R., Maja M., Beyoncy A.





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!



By Invitation-recommendations from your Science teacher

Salters Chemistry online club

Chemistry Club is an interactive online learning platform for **11-14 year olds**. Students can explore the chemistry in our everyday lives through interactive content released at **8 am every weekday**. Over 500 students from 13 countries have registered so far!

Interested? Click the link below to register using **your school gmail account** to access the content.

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

Salters Chemistry on line club

What's in it for me?

- ✓ 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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Every Monday from 13 September
2021

4.30-5.30pm	Leadership/Drama
5.00-6.00pm	Street Dance

Street Dance & Drama Leadership activities
Available free of charge till July 2021
No costs involved

To register your interest please call
Leaders Community -07831 224510
leadersacademyenquiries@gmail.com

GET FIT...HAVE FUN...MAKE FRIENDS

Open to ages 11-15 years
All abilities are welcome-staff are DBS Certified
Covid-19 safety measures in place

VENUE: Paradox Centre 3 Ching Way Chingford
E48YD

Instagram: leaderscommunity_
Snapchat/Twitter: leaders2k16
Facebook: Leaderscommunityest2016



Phone : 07831 224510

Email : leadersacademyenquiries@gmail.com

Website : www.leaderscommunity.org

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AGES 10-14
WEEKLY TRAINING SESSIONS

AP SAINTS NC

LOCATION: LAMMAS SCHOOL AND SIXTH FORM, 150
SEYMOUR ROAD, LONDON E10 7LX

DATE: EVERY WEDNESDAY STARTING 3RD NOVEMBER 2021
Time: 5:30-7:30PM

JOIN US FROM 3RD NOVEMBER FOR FRIENDLY BUT INTENSE
TRAINING SESSIONS TO IMPROVE BALL SKILLS, FITNESS AND
TECHNICAL & TACTICAL SKILLS

COMPETING IN A COMPETITIVE DIVISION IN THE ESSEX MET
NETBALL LEAGUE WITH FORTNIGHTLY MATCHES

TO JOIN EMAIL SHANA.APSAINTS@GMAIL.COM

LEYTON HUB

- Venue
Leyton Urban Cricket Hub
Leyton County Ground, London E10 6RJ
- Trial Session:
Tuesday 11th January 2022
- Session Dates:
Tuesday 18th January to Tuesday 29th March 2022
- Age Groups & Sessions Times:
U11s-U15s (5:00pm – 6:30pm)

WHAT IS A HUB?

- Have fun whilst being supported to reach your full potential on and off the cricket pitch
- 10 weeks of high-quality intensive cricket coaching during the winter
- Match play and talent ID opportunities over summer
 - Strength & conditioning training
- **Completely Free to Attend**

FOUNDATION

ELIGIBILITY

- Aged 11-15
(School Years 6 – 10)
- Attend a state school
- Committed to putting 100% effort into all training sessions

APPLY

Thinking about it? Email the Hub Manager to find out more:

Steven Dolben
sdolben@hotmail.co.uk / 07306 544 677

Ready to go? Register your interest by scanning the QR Code to obtain the form or click on the link below by the 9th January 2022:

<https://forms.gle/NkJ89VW2RTQ5295H7>



Your invitation to join the MCCF Cricket Hub

LEYTON HUB

- Venue
Leyton Urban Cricket Hub
Leyton County Ground, London E10 6RJ
- Trial Session:
Monday 10th January 2022
(Age Groups & Times as below)
- Session Dates:
Monday 17th January to Monday 28th March 2022
- Age Groups & Sessions Times:
U13s (5:00pm – 6:30pm)
U15s (6:30pm – 8:00pm)

WHAT IS A HUB?

- Have fun whilst being supported to reach your full potential on and off the cricket pitch
- 10 weeks of high-quality intensive indoor cricket coaching
- Match play and talent ID opportunities over summer
 - Strength & conditioning support
- **Completely Free to Attend**

FOUNDATION

ELIGIBILITY

- Aged 11-15
(School Years 6 – 10)
- Attend a state school
- Not currently part of a County Age Group Squad
- Committed to putting 100% effort into all training sessions

APPLY

Thinking about it? Email the Hub Manager to find out more:

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sdolben@hotmail.co.uk / 07306 544 677

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Your invitation to join the MCCF Cricket Hub