

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



Issue 13
Friday 17th Dec. 2021



**We wish you all a
happy, healthy & Holy
Christmas**



@HFCSWaltham

www.holyfamily.waltham.sch.uk

@HFCSWaltham



Quotation of the week

"Christmas is most truly Christmas when we celebrate it by giving the light of love to those who need it most"

- Ruth Carter Stapleton

Carol Service

Thanks to all who attended the carol service and a special thanks to all the students who took part and our staff in music, drama and RE who made the event possible. I was very sorry not to be able to attend myself but I tested positive last week for covid so have had to quarantine at home these past days. I am triple jabbed so fortunately my experience of covid was quite mild but I felt a great sense of relief that I had been vaccinated because it is not an illness I would wish to have gone through without the protection of a vaccination.

What was wonderful at the carol service was the number of hampers that were delivered to our friends at the Christian Kitchen and the money that we managed to raise for the School of Joy, a school for children with special educational needs in Bethlehem. We received a lovely thank you message from the Christian Kitchen for our support of their work:

"Again, many thanks for the generosity of the Holy Family community with the Christmas hampers and your personal toil in getting them loaded on our vehicles! The food will help keeping us going over the winter months and the many items of clothing will be distributed from our van over the next few days. Many of the local street homeless are now in B&B accommodation in a Redbridge hotel over the winter months. We will get some of the festive food from your hampers to them. However, there are still people left on the street who are undocumented or have no recourse to public funds and they look for food & support from our van! They will get mince pies, sweets, socks, pants hats, scarves etc from your hampers.

It is such a pleasure to attend your carol service and the wonderful singing & music from your students. I was very impressed with the active connection with a Bethlehem school – Palestinian children face such a daunting future.

Have a wonderful Christmas,

*Paul
Christian Kitchen"*

Covid update

You'll be aware of the heightened concern about covid cases nationally and especially in London. I took the decision to move Yr 12 students to remote learning earlier this week because we had a particular spike of cases affecting Yr 12 and so we decided it was prudent that they stay home. We don't know what the next couple of weeks will bring in terms of infection rates and hospitalisations across the country. We have written to everyone already with the schedule for testing students on their return to school in January and I hope that this is clear for everyone. It's important to test everyone so that we don't have any asymptomatic cases bringing infection into school. Thanks again for your support of this process.

Uniform standards

Please ensure that your son/daughter returns to school in January appropriately dressed in full school uniform. This includes their PE kit. We do not permit the wearing of jewellery and make up as you know and ask that you support us in this regard. If you have any financial issues that affect your family and mean you cannot replace shoes, or any other item of their school uniform at this time, we have money available to assist with this. Please email me in confidence if this is the case and we shall do what we can to help:

a.stone@holyfamily.waltham.sch.uk

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. Parents' Surgery will resume on Thursday 13th January 2021.

Wishing you a happy and holy Christmas

We wish all of you and your family and friends a very happy and holy Christmas. We hope that you are able to enjoy the festive season and that you keep safe and well over the Christmas break. Our best wishes for 2022 and we look forward to seeing everyone in the new year.

Please continue to remember us in your prayers.

Dr Andy Stone
Headteacher



COVID Testing – Plans and General Information

January 2022

Background

As per DFE guidance issued November / December 2021, all pupils should be tested once onsite prior to returning to school in January 2022.

It is proposed that we stagger the return to school dates to enable the testing to be as smooth as possible:

- **Wednesday 05th January 2022:**
 - Test Years 11,12,13
- **Thursday 06th January 2022:**
 - Return to school for Years 11,12,13
 - Test Years 9,10
- **Friday 07th January 2022:**
 - Return to school for Years 9,10
 - Test Years 7,8
- **Monday 10th January:**
 - All pupils in school

Testing will take place on **the Walthamstow Site** in **the gym**

Test Centre – Testing

DAY ONE – Wednesday 05th January 2022

| | Form |
|--------------|-----------------------------|
| 09:30 | 11A, 11AN |
| 10:00 | 11E, 11I |
| 10:30 | 11P, 11PH |
| 11:00 | 11R, 11S |
| | Centre Closed 11:30 – 12:00 |
| 12:00 | 12A, 12S, St Raphael Centre |
| 12:30 | 12ST, 12P |
| 13:00 | 12I, 12R, 12E |
| | Centre Closed 13:30 – 14:00 |
| 14:00 | 13A, 13S |
| 14:30 | 13P, 13I |
| 15:00 | 13R, 13E |
| 15:30 | Mop-up Years 11,12,13 |
| 16:00 | CLOSE – Admin Data uploads |

Cont. on next page

DAY TWO – Thursday 06th January 2022

| | Form |
|--------------|-----------------------------|
| 09:30 | 10A, 10E |
| 10:00 | 10EL, 10I |
| 10:30 | 10P, 10R |
| 11:00 | 10RI, 10S |
| | Centre Closed 11:30 – 12:00 |
| 12:00 | 9A, 9E |
| 12:30 | 9I, 9IG |
| 13:00 | 9P, 9R, 9S |
| | Centre Closed 13:30 – 14:00 |
| 14:00 | Mop-up Years 9,10,11,12,13 |
| 14:30 | Mop-up Years 9,10,11,12,13 |
| 15:00 | CLOSE – Admin Data uploads |

DAY THREE – Friday 07th January 2022

| | Form |
|--------------|-----------------------------|
| 09:30 | 7A, 7AN |
| 10:00 | 7E, 7I |
| 10:30 | 7P, 7R |
| 11:00 | 7S |
| | Centre Closed 11:30 – 12:00 |
| 12:00 | 8A, 8E |
| 12:30 | 8I, 8P |
| 13:00 | 8R, 8S, 8ST |
| | Centre Closed 13:00 – 13:30 |
| 14:00 | Mop-up all years |
| 14:30 | CLOSE – Admin Data uploads |

| Year | Wednesday 05th January 2022 | Thursday 06th January 2022 | Friday 07th January 2022 | Monday 10th January 2022 |
|----------------|---|--|--|--|
| Year 7 | | | Testing | In school |
| Year 8 | | | Testing | In school |
| Year 9 | | Testing | In school | In school |
| Year 10 | | Testing | In school | In school |
| Year 11 | Testing | In school | In school | In school |
| Year 12 | Testing | In school | In school | In school |
| Year 13 | Testing | In school | In school | In school |

HEADTEACHER'S COMMENDATION

This week we have nominations from Ms Atakan

for

Lincoln O.

and

Ephraim B.

for their excellent commitment to the English tutoring
programme in Yr 11.

Well done to them both!



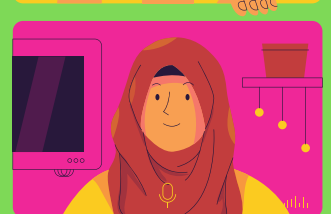
WELLBEING

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

Connect

"With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day. "

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

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](#)  [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 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.

Feed birds at St. Margaret's, Canning Town

"The earth, our home, is beginning to look more and more like an immense pile of filth. In many parts of the planet, the elderly lament that once beautiful landscapes are now covered with rubbish."

Pope Francis, *Laudato Si'* (21)

Swan with cygnets on the River Colne near Colchester

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.

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

We are inviting every parish to work towards the national LiveSimply 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 LiveSimply 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/laudatosi

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/laudatosi. 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* LiveSimply 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

Share your ideas with family and friends – encourage them to join you. Include it all in your prayers.

Chaplaincy Corner

On the fourth Sunday of Advent we light the candle of Love.

As we come to the end of term, students and staff alike may well be tired. You too, may be tired – shopping, cleaning, cooking, preparing for Christmas.

Perhaps we've gotten so tied up with the mechanics of our celebration of Christmas that we've begun to lose the wonder of its essence.

At the centre of the story is love. God is love. God loves us. We exist to love God and love others.

Take a moment to remind ourselves of this wonder, that in receiving this love, we reflect it back to others.

Wishing you all a Holy Christmas.

Christmas Hampers

Thank you so much to everyone who contributed to the class Hampers. There was a wonderful response and we know our friends at Christian Kitchen will ensure that everything is used to the benefit of those most needing support, not just at Christmas but throughout the year.

Carol Service

We were delighted that our Carol Service was able to go ahead. With music and readings, it was an excellent start to the Christmas season. The choir and orchestra, organised by Ms Corlett and Ms Sherwin, led us with wonderful singing throughout the evening. We are also thankful to the Spanish choir, organised by Ms Prada, for their contribution to the festivities. It was also lovely to be able to display the Christmas trees made by Years 7 and 8, organised by Ms Salahi. A round of applause goes to Ms Hampshire and the drama group for their presentation.

Thank you to our readers, Elena (year 10), Scott (year 13), and Mr Skelton for ensuring the smooth running of the Service and to all the helpers on the day, including Sashelle (year 13), Berenise (year 9), Jane (year 10) and Mrs Howard for the mulled wine and mince pies. During the Carol Service, the Hampers were presented to Paul from the Christian Kitchen and there was a retiring collection of the School of Joy, a school in Bethlehem that Dr Stone visited on a trip to the Holy Land.

And a final thank you to the families and friends who joined us on the evening. We know it means a lot to the students who have worked so hard to make the evening a success.



Chaplaincy Corner

The work of Christmas begins by Howard Thurman

When the star in the sky is gone,
When the Kings and Princes are home,
When the shepherds are back with their flocks,
The work of Christmas begins:
To find the lost
To heal the broken
To feed the hungry
To release the prisoner
To teach the nations
To bring Christ to all
To make music in the heart.



The fourth week of Advent is one of Love.

When Jesus came to this earth, he brought a special kind of love. This love is unselfish, compassionate, unconditional. He loves us just as we are. It is a love that picks us up just where we are in life and carries us further than we could ever go on our own.

Dear Jesus,

may the light of your love always shine in our hearts.

As Christmas draws closer, we marvel at your great love for us.

Let your love transform every aspect of our lives and touch everyone we encounter.

Our hearts are open to you, Jesus.

Amen

Laudato Si Commitments - “Reconnect to nature” the festive season is all about spending time with friends and family. Try making one of your festive activities a walk around your local park or nature reserve.

*The true joy of Christmas is in the everlasting love of Christ.
Wishing you a joyous Christmas and blessings in the coming year.
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 cards & Art commissions for charity



The students in the art department raised a whopping **£226** for **Women for Afghan Women** and **£114** for the art department. Thank you to all the staff members who support our fundraising by purchasing cards or a commission, I know we have many satisfied customers. You can see some of the work produced below.

Please congratulate our Christmas Card winners who were selected for their beautiful Robin designs:

Valeria, year 12
Sefora, year 9
Milen, year 12
Natalia, year 13
Roshini, year 13,
Wiktorija, year 12
Zachary, year 10,
Feile, year 7
Natalia M, year 7
Janna, year 7



And the hardworking students who created beautiful commissions:

Roshini, year 13
Natalia, year 13
Ethan, year 12
Anika, year 12,
Sabisha, year 12
Valeria, year 12
Wiktorija, year 12
Milen, year 12



D&T Christmas Tree Competition 2021



**Congratulations to
EVERYONE who
entered our Christmas
Competition!**

**THANK YOU for your
creative Christmas
Trees which have
decorated our school
so wonderfully.**



**1st
Jakub G
yr 7**

**2nd
Anastasiia B
yr 7**



**3rd
Preston E
yr 8**



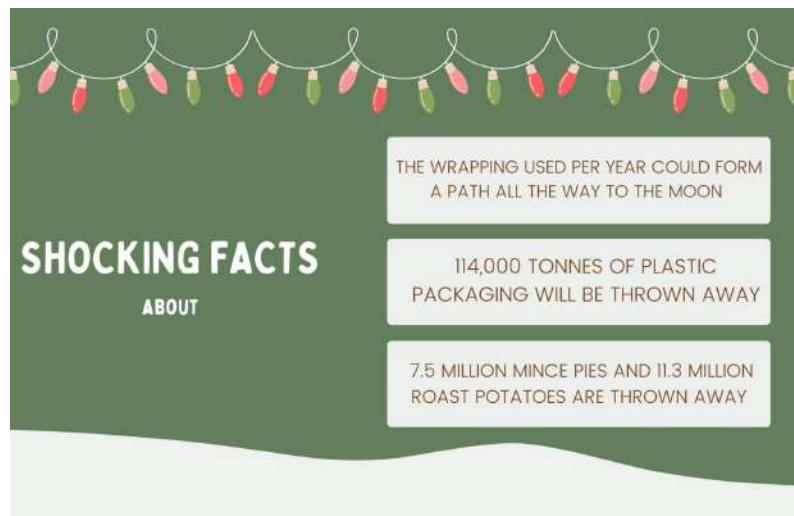
**4th
Jesus M
yr 7**



**5th
Emmanuel C
yr 7**



Eco-Council's Sustainable Christmas tips



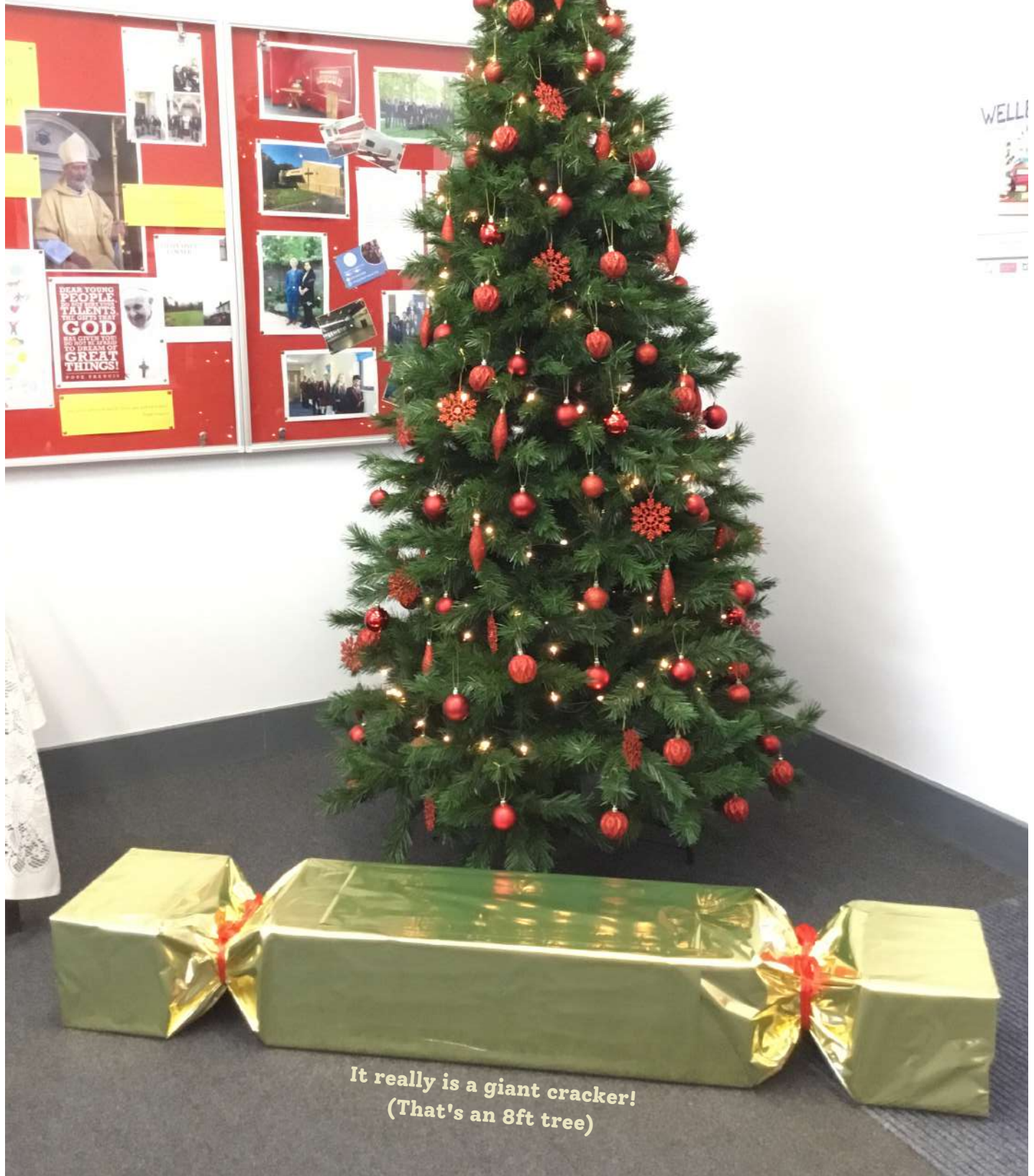
Christmas Cracker winners

Congratulations to the following students for winning the Christmas Cracker draw!

1st place: Rozalia yr 7

2nd place: Sinead yr 7

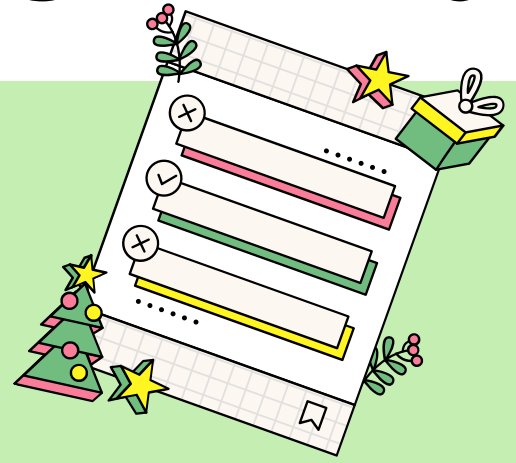
3rd place: Rachel yr 10



*It really is a giant cracker!
(That's an 8ft tree)*

HOUSE NEWS

A S P I R E



**Our annual Christmas quiz was held on Thursday.
Students worked in their Houses to answer
questions.**

**The rounds included: General Knowledge, Picture
Round, The Nativity & Christmas Music.**

The results are as follows:

| | | |
|-------------------|-------------------------|------------------|
| 6th place: | House Elizabeth: | 25 points |
| 5th place: | House Philomena: | 27 points |
| 4th place: | House Stephen: | 32 points |
| 3rd place: | House Ignatius: | 34 points |
| 2nd place: | House Anne: | 36 points |
| 1st place: | House Richard: | 37 points |

A S P I R E

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.

MONTSERRAT – GOAT WATER

Montserrat is known as the “Emerald of the Caribbean.” The Montserrat people love their goat water; don't be misguided by the name. Goat water is a thick, tasty stew made from goat meat. The meat is seasoned and simmered down to slow. The well-spices goat meat is cook and releases its unique flavor

The trick with goat water is in preparing the meat, meaning not to overcook, nor should you undercook it. Goat water is served with a combination of bread, ground provisions (boiled root vegetables), or rice.

PUERTO RICO – ARROZ CON GANDULES

Arroz con Gandules translates to Rice with pigeon peas, made with chorizo sausage, pork shoulder, peppers, and seasoned with a specialty sauce of sofrito. This dish is usually served as a main meal (dinner time).





CULTURAL CORNER

TASTE OF THE CARIBBEAN

ST KITTS AND NEVIS – STEWED FISH, PLANTAIN, COCONUT DUMPLING, AND BREADFRUIT

St Kitts and Nevis's national dish is stewed salt fish, with coconut dumplings, spice-infused plantains, and seasoned breadfruit. This local blend of spices and starchy vegetables yields a perfect flavor.

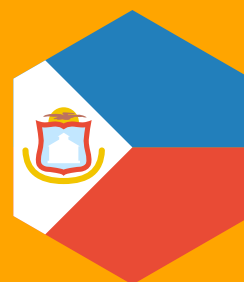
ST LUCIA – SALTFISH AND GREEN FIGS

Saltfish and green figs, green plantains/bananas, are a national favorite for this Creole-speaking island. The salt fish is boiled and added to a frying pan filled with a myriad of seasonings and sauteed. The figs are simmered separately, and once cooked, added to the pot to create a dynamic and authentic Caribbean flavor.

ST MARTIN/ST MAARTEN – CALLALOO AND CONCH AND DUMPLING

St. Martin/St. Maarten is an island divided into two cultural plains; the Dutch side and the French side. Its history is quite complex. On the French side, their preferred delicacy is callaloo soup, a thick green soup made from greens with pork cubes, hot pepper, okra, black pepper, thyme, and chicken stock. The Dutch side took pride in conch (large sea snail) seasoned with herbs, spices and served with dumplings or rice and beans/peas or boiled root vegetables.

Which Caribbean dish would you like to try?



YEAR 9

Students of the half term

**Congratulations to all of the Students of the Half Term.
We are so proud of you and your contribution to the
year group.**

Please see Google classroom for the full list.

**I asked all year 9 teachers to send feedback about how
you are getting on in class. Thare the names of all
students who recieved extremely positive feedback. Well
done year 9. We are so proud of you.**

Raya H., Crystal M., John V., Rory O-C., Merdy B., Nicole A., Shanelle, Raya N., John V., Nicholas N., Oswald A., David Sabo., Luna, Wylma, Kerisha, Williams B., Naima M., Ryan H-G., Abishan, Riley, Steven D-V., Luke, Jack C., David Z., Kimora, Jayden A., Devonte, Cheyanne, Genoa, Alani, Nicole A., Devonte B., Isabella C., Wylma M., Kimora N., Naima M., Jeremy O., Kaylyiah R., Kiarn T., Katie S., Javon V., Duncan R., Miriam M., Kayisha, Zuzanna P.

Get outside

Try and make sure you are getting out and enjoying the great outdoors this Half Term. Fresh air is so important for our mood and mental health. Take a walk or a bike ride somewhere safe this half term. There are so many beautiful places in Waltham Forrest.

YEAR 10

Christmas Message from Ms St Aimie and Ms Scott

September seems like a distant memory. It has been a long and busy term. It has been hard to believe the year we have all had - dominated as it has been and continues to be by COVID.

December is such a special time of year, the opportunity to spend time with our loved ones and taking time to reflect on and appreciate all that we have to be thankful for.

Ms Scott and I think that you all deserve a well-earned break from your studies - you have all been superstars this term and have made an incredible start to your GCSEs.

We would like to wish you and your family health, happiness, peace and prosperity this Christmas and in the coming New Year!

**Merry Christmas Year 10 & Happy New Year!!
Ms St Aimie and Ms Scott**

Stars

Ana K., Arjun T., Chayan S., Cino J., Damareo B., Davina B-A., Deborah G., Duné S., Erika P., Filipa A., Gabriele R., Gladys B., Grace P., Hannah O-Y., Jake B., Janna S., Jenatie G., Jericho G-S., Joseph B., Julianne A., Justine A., Kamil N., Keron M., Kevin B-R., Kevin N., Kezia M., Kwasi-Bimpong O-M., Ky-Mani B., Maame A., Magnific Y., Manasseh V., Maria B., Maria P-J., Maria S., Marlon F., Mohammed B., Nathan C., Neriah-Jane O., Nikolas G., Nirel N., Nyah T., Olivier S., Reindolf K., Rhianna W., Riko D., Shanel B., Stacy D'S., Tahalia M., Thianna W., Tony D., Tyrees A., Valeria B., Yu Ruo C.

Wellbeing Tip: Give thanks and list the kind things others have done for you!

YEAR 11

We made it!

Congratulations to each and every one of you on making such a fantastic start to year 11 and achieving an amazing set of mock results!

Please take some time for yourselves over the holiday and use the self reflection booklet uploaded onto GoogleClassroom to help.

Merry Christmas and a Happy New Year to you all!

Year 11 Superstars

**Congratulations to our
Stars of the Term**

**Ayomide A. and Isaiah R.
for achieving the most stars**



**Well done to the following students for
being awarded the following stars this term:**

**8 Stars: Gisela A.
Samara J.
Elizabeth A.**

7 Stars: Nicolassa V. (winner of the 6+ star raffle)
**Lauren D.
Aiesha O.
Gabriel T.**

6 Stars: Ethan D. (winner of the 6+ star raffle)
**Elijah M.
Jordan M.
Ephraim B.
James C.
Akasma G.**

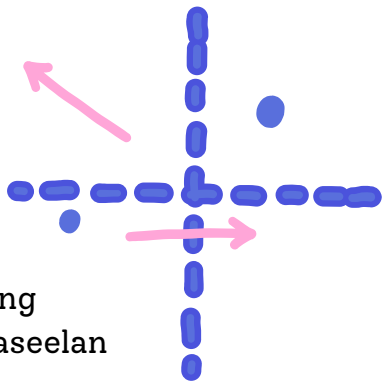
**5 Stars: Luke A.
Connor D.
Temi B.
Faustina A.
Khalil S.
Emmanuel A.
Mary I.
Jacque K.
Olivia M.
Patrick F.
Abigail K.
Nnamdi C.
Sharon D.
Cheani G.
Keshina P.
Anthony S.**


MATHS


Congratulations to the following students for completing every Parallel Maths project this term!


Year 7:

James Bearfiled
Audrey Brasza
Myah Bruce
Glennard Canlas
Elyara Catania
Destiny Emmanuel
Ernest Gyamfi
Rozalia Kulesza Tomaszewska
Adenike Ladipo
Anita Lech
Gilianne Mariano
Travon Mbo
Olivia McCollin
Elijah Morgan
Paul Sarte
Adrian Yeboah Ong
Shathujan Sathyaseelan
Dinoj Arulnanthi
Aaron Ayeni
Malachi Blanc-Rose
Natalia Brzyska
Jakub Gielec
Shuruthi Hamsharuban
Oskar Horvath
Krystian Ignatowicz
Olivia Kanku
Efe Kara
Lillian Kirunda
Paulina Mikuskiewicz
Wiktorja Mroczkowska
Perez Naatey
Sinead O'Corbaidh
Amelia Obidzinska
Ama Achiaa Odei
Enio Rodrigues
Aina Russell
Yosan Tsegai
Domantas Valatka
Urszula Wojtek




Students


Teachers



Parents

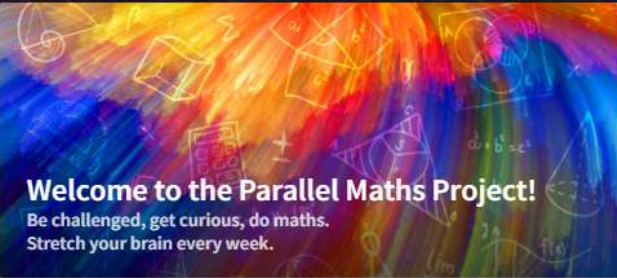
Create a free account

Login

Year 7 Year 8 Year 9 Year 10 Year 11

- PG 12 - 9 Dec 2021
Chrismaths Y7
- PG 12 - 2 Dec 2021
Prime Time Y7
- PG 13 - 25 Nov 2021
KenKen Y7
- PG 10 - 18 Nov 2021
Mercury Trivia
- PG 9 - 11 Nov 2021
Ramanujan
- PG 8 - 4 Nov 2021
The Man Who Knew Infinity
- PG 7 - 21 Oct 2021
Build your own plane
- PG 6 - 14 Oct 2021
Exoplanets
- PG 5 - 7 Oct 2021
Supernovae
- PG 4 - 30 Sep 2021
Matt's Favourite Number
- PG 3 - 23 Sep 2021
The Big Bang
- PG 2 - 16 Sep 2021
The Melancoil
- PG 1 - 30 Aug 2021
School of Rock






Welcome to the Parallel Maths Project!

Be challenged, get curious, do maths.
Stretch your brain every week.

Dr Simon Singh, author of the No. 1 bestseller *Fermat's Last Theorem* and *The Simpsons and Their Mathematical Secrets* has created a set of weekly maths challenges – just 15 minutes of interesting, fun and challenging material that goes beyond school maths: mystery and history, activities and oddities, puzzles and problems. (After Christmas, the challenges will take a bit longer.)

- Sign up and each week on Thursday you will receive a Parallelogram, a weekly set of maths challenges.
- It's FREE to sign up and all the materials we offer are FREE.
- Even without an account, you can get a taste of what we offer by just clicking on the Parallelograms on the left.
- Teachers can create an account and set Parallelograms for their classes.
- This site is aimed at 11- to 15-year-olds, but everyone is welcome.
- We'll be adding material for older students next year.



Noun: Parallelogram
Pronunciation: /ˌparaˈleləɡrəm/

- a four-sided plane rectilinear figure with opposite sides parallel.
- mathematics running parallel to classwork (posted via an online telegram).

The project was devised as an add-on for the [Top-Top Set Project](#) and is supported by the [Good Thinking Society](#). All the materials are completely free.

Year 8:

Daniel Hawe
Joshua Moanda
Oscar Niemczyk
Jada-Marie Orafu
Niall Sutherland
Feile Au
Tianna Cover
Gideon Fynn
Kaylen Rufus
Javel Shiell
Ciaran Stapleton
Ryan Elden Vimalentiran
Deajah Devin



Year 9:

Maria Benke
Milanne Fernando

TEXTILES

"As this first term comes to an end, I wanted to celebrate the hard work and success from our new Year 10 GCSE Textiles class."
- Ms Salahi



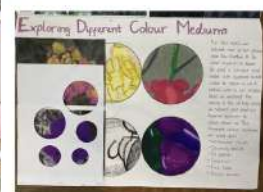
Observational Drawings



Visit to Kew Gardens



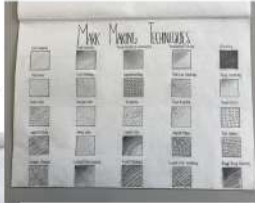
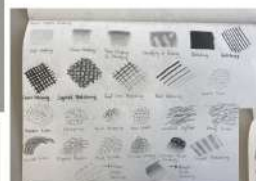
Colour Studies using different mediums



Mind Map Exploring the theme of Botanical Gardens



Mark Making Techniques to improve drawing skills



Computer Aided Digital Print Designs



Leaf Printing using Heat Transfer Paints and The Heat Press!



Leaf Printing using Heat Transfer Paints and The Heat Press!





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!



Where? Room L15

When? Week 1 Thurs & Week 2 Wed
Time: 3:15pm till about 4pm

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

This half-term: Bouncy Custard Balls, Elephant toothpaste and Making Snow/ Xmas Bauble

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.



Young Leaders FREE activities

with award winning Leaders.....because COMMUNITY matters
Improve your health...wellbeing...confidence

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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WWW.ELCTHEATRE.COM

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SILVER CAPS
ACCREDITED CLUB



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:

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:

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