

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



Issue 14
Friday 7th January 2022

2022

Happy New Year



@HFCSWaltham

www.holyfamily.waltham.sch.uk

@HFCSWaltham



Quotation of the week

"Truth by which the world is held together, has sprung from the earth, in order to be carried in a woman's arms" - St Augustine

Happy New Year

Let us hope and pray for a better year than 2021. It is now almost two years since we went into the first lockdown period. We are still not through the pandemic, but there are signs that the potency of the virus is abating, even if it is even more infectious than it was. In London last week one in ten people were covid positive. While we have been testing students before their return to school we also know that there will be some students who are asymptomatic and attending school. We must therefore do what we can to mitigate the risk. This means we are following the instruction to wear masks in all indoor areas. Please make sure your son/daughter has a mask each day - we cannot be giving out 1300 masks a day for students who have forgotten them.

The Public Health Team in the borough have asked all schools to circulate a letter to parents/carers and this letter is enclosed for you to see. Please read this carefully as it contains important information about testing and the rules on self-isolation for positive cases. We shall endeavour to keep the school open every day for all yeargroups but as you will understand there are pressures on all schools regarding staff absence due to covid affecting members of staff. We are not too bad in this regard at present and so hopefully we will get through the coming weeks without too many problems.

Our priority for the term ahead is to keep the school safe, to keep the school open and to teach your son/daughter as well as we possibly can. Thank you for your support in this shared endeavour.

Parents Evening for Yr 11 parents

This is taking place next Thursday 13th January by remote means and parents will receive information about how to book a virtual appointment. If you wish to make an appointment with me on that day then please do so using the online booking system. As I shall be involved in the Yr 11 parents evening there will not be a parents' surgery next week. That service will resume on Thursday 20th January.

Our very best wishes to you and your family for the New Year.

Please continue to remember us in your prayers.

Dr Andy Stone
Headteacher



Ask for: Joe McDonnell
Email: joe.mcdonnell@walthamforest.gov.uk
Direct line: 020 8496 3000 | Ext: 4632
Ref: JM/DK/GK/KR
Date: 5 January 2022

Dear parents/carers,

Happy New Year and welcome back to what will be another challenging term in education.

Please be assured that all schools, with support from the Council, are doing everything possible to enable them to be open as normally as possible as the term starts.

Following Government announcements in the last few days, there will be some significant differences as term commences. Most significantly, in all secondary schools, staff and pupils are expected to wear face coverings at all times in school. This is in communal areas, such as corridors, as well as in classrooms. The Government said it will review this on 26 January 2022. In addition, whilst pupils in primary schools are not expected to wear face coverings, staff are expected to wear them within communal areas, but not inside the classroom.

As in many walks of life, with the current level of COVID in the community, it is likely that there will be staff capacity issues in our schools. Please be assured that schools are doing all they can to limit the impact of this. Despite all our collective efforts it is highly likely that at some point in the next term your child may be taught by someone other than their normal teacher, or that the normal routine of school will be subject to some last-minute adjustments.

In many schools there may be a need to ask classes or year groups to remain at home and participate in online learning due to staff absences. All schools will seek to keep this to a minimum and for as short a time as possible. Schools are also being asked to ensure there is ongoing on-site provision for vulnerable children and the children of critical workers.

Testing and Isolating

We can all play our part in ensuring the return to school is as smooth as possible. All children at secondary schools should be supported and encouraged to take lateral flow device (LFD) tests at least twice a week, and we also encourage all parents and carers to take these rapid tests twice a week as well.

In addition, all our secondary schools are hosting on site testing as part of the return to school. Please encourage your child to participate in this testing.

As the rules around isolation have changed recently, we wanted to explain how these now work for your children.

If your child develops symptoms:

If your child has at least one of: a new continuous cough, a temperature, or a loss of taste/smell, then they must not attend school and must isolate, and you should arrange for a PCR test.

If your child is otherwise unwell (for example, sore throat, headache, fatigue) then they are not required to isolate and should attend school if well enough to do so, but we would still encourage you to test them, ideally with a PCR test.

If your child tests positive:

A child who tests positive is required to isolate for 10 full days, from the day on which their symptoms started (or on which they took the test, if they don't have any symptoms). However, now if they are negative on 2 lateral flow tests, taken at least 24 hours apart, beginning on day 6, and do not have a high temperature, then they can end isolation after the second lateral flow test result, and return to their school **on the next day**. This is from Department for Education guidance – even if the test result is taken early on the morning of day 7, the earliest a child can return would be day 8.

10 day self-isolation	Day of isolation	Ending self-isolation early using LFD tests	
Self-isolation starts when symptoms begin or when the test was taken if you do not have symptoms	0	Self-isolation starts when symptoms begin or when the test was taken if you do not have symptoms	
Self-isolate	1-5	Self-isolate	
Self-isolate	6	Self-isolate and take an LFD test	
		If the LFD is negative , continue to isolate	If the LFD is positive , continue to isolate
Self-isolate	7	Self-isolate and take an LFD test 24 hours after the last one	Self-isolate and take an LFD test 24 hours after the last one
		If the LFD is negative , self-isolation can end and the child can return to school the following day	If the LFD is negative , continue to isolate
Self-isolate	8	Child can return to school if they do not have a high temperature	Self-isolate and take an LFD test 24 hours after the last one
			If the LFD is negative , self-isolation can end and the child can return to school the following day
Self-isolate	9		Child can return to school if they do not have a high temperature
Self-isolate	10		
Child can return to school if they do not have a high temperature	11		

Example: Liah develops a new cough on Jan 10th, takes a PCR test the next day, and gets the results as being positive on Jan 13th. Jan 10th is day 0 – she must isolate for the next 10 days, so the last day of isolation will be Jan 20th, returning to school on Jan 21st. However, if Liah takes a lateral flow test that is negative on day 6 (Jan 16th), and another test at least 24 hours afterwards on day 7 (Jan 17th), she can stop isolating at that point and return to school on the following day (Jan 18th).

If your child is a contact of someone with COVID:

If your child is identified as having been in contact with someone with COVID, they will not be required to isolate, and should still attend school as normal. However, they should take a lateral flow test every day for seven days before they come into school – this applies to both primary and secondary pupils. They may be asked to do this by NHS Test and Trace, or by their school. During this period, we also strongly suggest that they minimise social contact, especially with any vulnerable or elderly people, if possible.

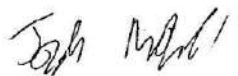
If someone living in your home has COVID, your child may still attend school, provided they do not have symptoms and have taken a lateral flow test with a negative result that day. However, if your school is undergoing an outbreak this guidance may change.

Our secondary schools will also be hosting further vaccination sessions this term and we can all play our part by ensuring we have our first, second or booster jabs when available.

In the meantime, details of the local testing and vaccination centres can be found on the council's website: <https://www.walthamforest.gov.uk/covid-19>.

Thank you for your continued patience and understanding.

Regards



Joe McDonnell
Director of Public Health



David Kilgallon
Director of Learning and Systems Leadership



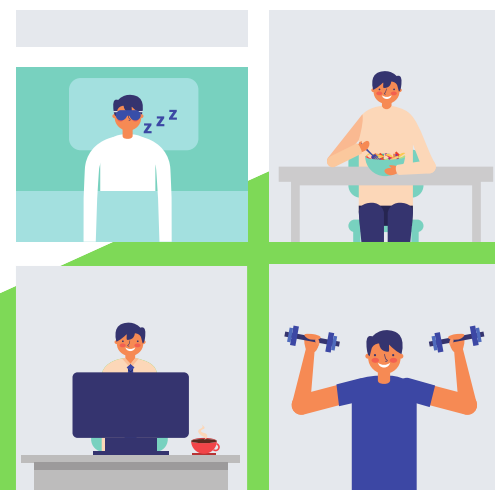
WELLBEING

The importance of routine

"Structure and routine can be helpful and reassuring in times of change.

Physical and mental health are linked, so regular sleep routines, healthy eating and getting active can make a big difference."

You can learn more by visiting Public Health England [here](#)





REFUEL AT SCHOOL

BREAKFAST

EVERYONE WELCOME
Monday to Friday

Location: **THE CANTEEN ON BOTH SITES**

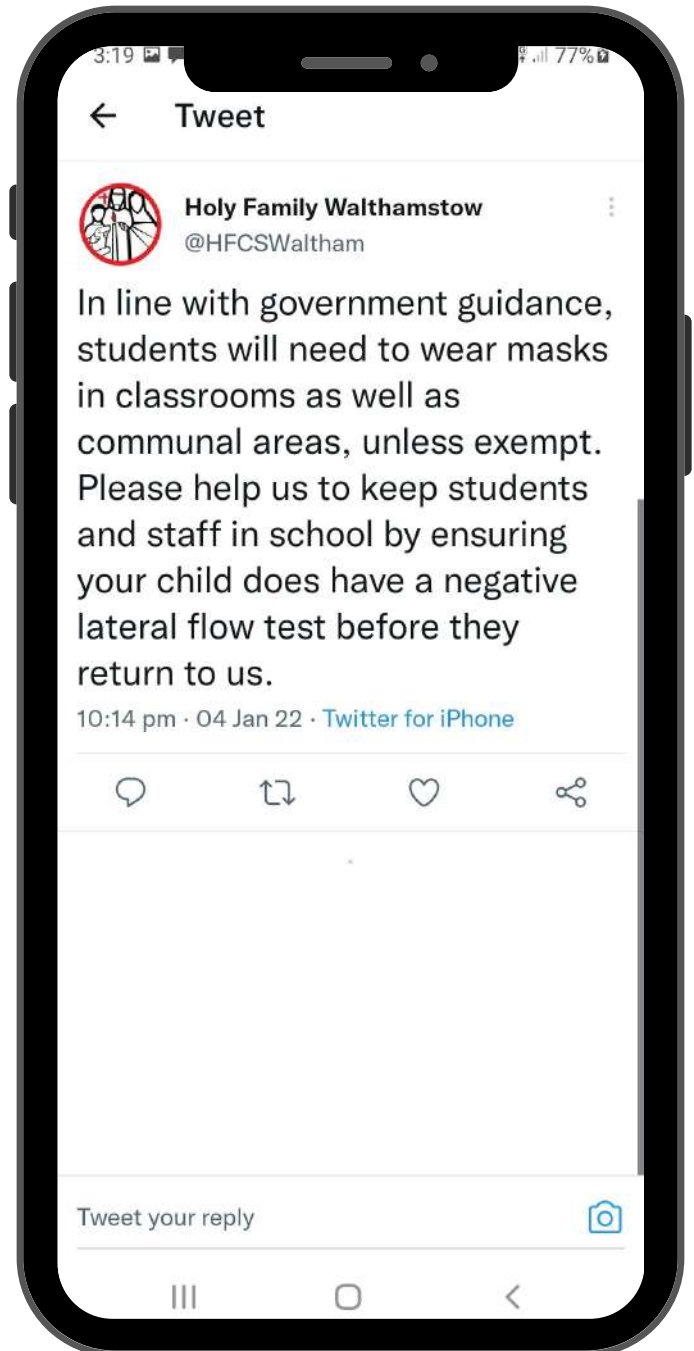
Timings: **8:00 – 8:30AM**

magic
breakfast
fuel for learning

SOCIAL MEDIA CATCHUP



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Balancing screen time

internet
matters.org

Top tips to support children 11-14 (Key stage 3)

As children start senior or secondary school and take advantage of their independence, it's likely that they'll be spending a lot more time on their devices. This is a crucial time to talk to them about how to manage their screen time and give them strategies to find a healthy balance between their life on and offline. Find tips and advice to help them do just that.



How are children using screens?



Source: Ofcom Children and Parents
Media use and attitudes report 2018

What do parents say about screen time?

Setting screen time limits

Nearly 9 out of 10 parents take measures to limit their child's use of devices as 54% of parents of 11-13s are concerned about the amount of time their child is spending online.

Screen time and FOMO

Over half of parents of children aged 11-13 feel pressured to allow screen time particularly access to mobile phones so that their child doesn't feel as though they are missing out as they become more independent and start organising their own social lives.

Balancing screen time

internet
matters.org

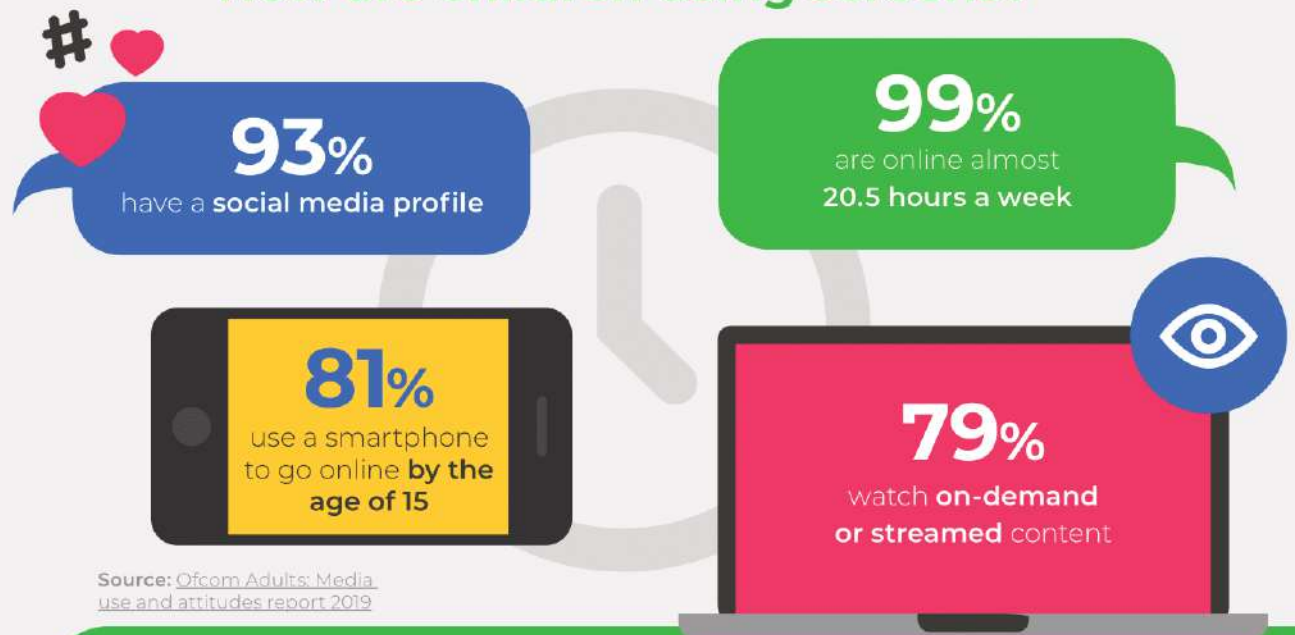
Top tips to support children 14+ (Key stage 4)

Smartphones are central to teen's daily routine, if not integral to it. Whether it's sending something on Snapchat to keep a streak going as soon as they wake up, getting up to speed on news on Twitter or live streaming thoughts about their day on social media, it can be hard to keep teens away from screens.

To support teens, it's more about equipping them with the tools to self-regulate their own screen time and be critical about how it is impacting their well-being. Find tips and advice to help them do just that.



How are children using screens?



Source: [Ofcom Adults' Media use and attitudes report 2019](#)

What do parents say about screen time?

Less screen time limits

Although overall **almost 9 in 10 parents take measures to limit their child's use of devices**, parents of teens are less likely to take any measures. As they get older it is important that they have more freedom and less restrictions – they need to start to develop the skills to manage this on their own.

Increased use of social media

Half of parents of 14–16s are concerned about their children's use of social media and its impact on their overall mental wellbeing.

Source: [Internet Matters Look both ways report](#)

What are the benefits and challenges of screen use?



Screen time benefits

- Screen use provides a range of opportunities for creativity and learning – **70% of parents strongly agree that using devices is essential** for their child's development
Source: [Internet Matters Look both ways report](#).
- Screens can be a great tool to allow children to **maintain relationships** with family and friends.
- **The internet can also be inspirational for children** with a certain passion in particular when discovering content and sharing their own content.

Screen time challenges

- As most children at this age will have their own devices, for parents **it can become increasingly challenging** to stay on top of their screen use.
- As children become more active online, **there is an increased risk that they will be exposed to a range of online issues** such as cyberbullying or oversharing which may negatively impact their digital footprint.
- **Passive screen time** (i.e bingeing on box sets) could have a physical effect on their development (i.e. eyes, brain), sleep cycle and behaviour.



5 top tips to balance screen time



1 Set boundaries to help them build good online habits

Children seek out rules to follow so its best these come from you and not their peers. **Set up a family agreement that you all sign up to**, to manage expectations of what they should and shouldn't be doing online. These boundaries should help them prioritise sleep, face to face interactions and family time to strike a healthy balance.

2 Stay engaged in what they do online

Take an interest in their digital world to better guide them as they become more socially active online and start to draw from friends and online sources to build their identity.

Give them the space to be more independent and build their resilience online to ensure they make smart choices about how they use tech. The more you understand how your child interacts online

and check-in with them about their interest and challenges online, the easier it will be for them to come to you if they are concerned or worried about something.

3 Equip them with know-how to manage risks online

Have regular conversations with them about ways to deal with a range of risks that they may be exposed to such as seeing inappropriate content or being cyberbullied.

Make sure they know when and where to seek help if they need it and what tools they can use to deal with it. Try to reassure them that you won't overreact if they get something wrong.

4 Give them the space to become digitally resilient

As they get older and more confident in their digital world, it's important to

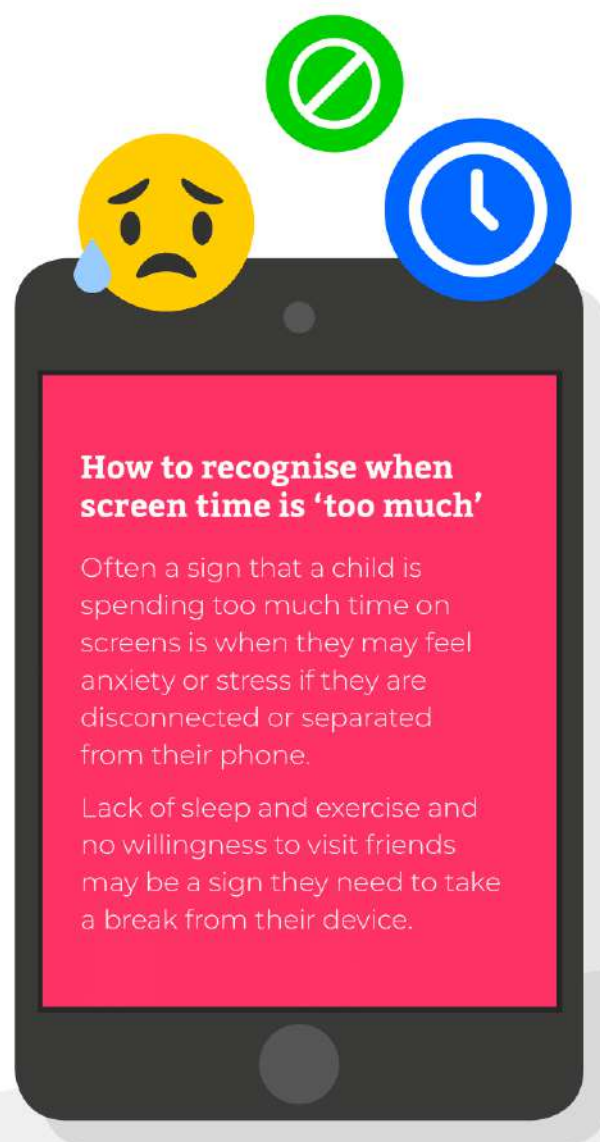
encourage them to be more responsible and aware of how their screen use can impact them and others. Give them the space to thrive online, while also keeping the channels of communications open and being on the lookout for any differences in behaviour that might suggest something isn't quite right is key.

It's a tricky time for young people so it's important to equip them with the tools to make smart decisions and ensure they are able to seek support when they need it most.

5

Encourage children to review when and how they use their screen time with tools

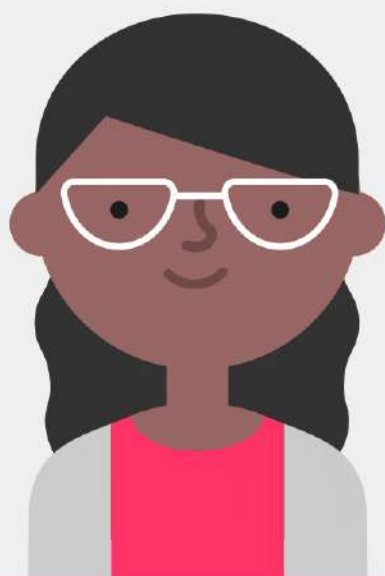
Help young people to make use of the screen-time tools that come with their phone. Most children at this age will say that being more aware of how much time they spend is helpful. They will still need some encouragement to make changes to what they are doing and the amount of time they are spending but it's better that they start to discover and monitor this for themselves where possible.



How to recognise when screen time is 'too much'

Often a sign that a child is spending too much time on screens is when they may feel anxiety or stress if they are disconnected or separated from their phone.

Lack of sleep and exercise and no willingness to visit friends may be a sign they need to take a break from their device.



The truth about screen time

Not all screen time is created equal so it's important to encourage children to have a healthy balance between passive screen time (i.e. watching YouTube) and interactive screen time (i.e. creating content or playing games online).

There is no safe level of screen time but it doesn't mean that all screen time is harmful. Lack of evidence has meant that experts have found it hard to recommend a cut-off for children screen time overall.

One size does not fit all when it comes to screen time – it's more about getting it right for your families needs.

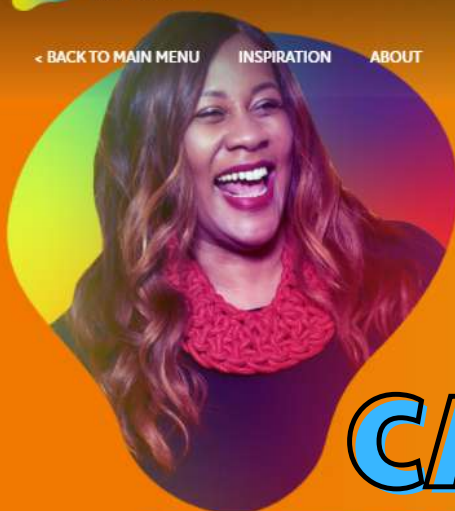
Visit internetmatters.org/screentime for more advice

InternetMatters

internetmatters

@im_org

**internet
matters.org**



SPEAKERS FOR SCHOOLS VIRTUAL TALKS & BROADCASTS

CAREERS CORNER



Work/Life Broadcast: Bruce Daisley, Author & Former Vice President for Europe, Twitter

Date: Wednesday 12th January

Time: 10:00 – 10:45

Age Group: KS4-5 / S4-6

Want to improve your productivity whilst studying? Join us for a broadcast with **Bruce Daisley, Former Vice President for Europe, Twitter**. Bruce will be speaking about his experiences of working for technology firms such as Twitter and how he landed his first career role by taking a gamble and drawing a cartoon CV of his life! Bruce will also be sharing some top hacks for having a good Work/Life balance.

Click [here](#) to register



Careers in Sport Kate Bradley, Operations and Strategy Director, UK Athletics

Date: Friday 14th January

Time: 10:00 – 10:45

Age Group: KS3-5 / S1-6

Are you interested in pursuing a career in sport? Join us for a broadcast with **Kate Bradley** to find out about her career journey, the importance of hard work, and some of the career opportunities in sport that you may have never heard about before!

Click [here](#) to register



Resilience and triumph over adversity with Nigel Vardy, International Mountaineer, Author & Speaker

Date: Monday 17th January

Time: 14:00 – 14:45

Age Group: KS3-5 / S1-6

We are excited to host a broadcast with **Nigel Vardy AKA Mr Frostbite!** Join us to hear about Nigel's experiences as a Mountaineer and his lessons in resilience. Nigel will also be speaking about the power of problem solving and taking risks.

Click [here](#) to register



Tracey Cooper, Executive Producer, Riff Raff Films

Date: Tuesday 25th January

Time: 10:00 – 10:45

Age Group: KS3-5 / S1-6

Click [here](#) to register



Exclusive women in industry workshop with Mehreen Baig

Date: Wednesday 26th January

Time: 10:00 – 10:45

Age Group: KS3-5 / S1-6

Join Mehreen Baig, TV presenter, podcast host, writer, activist and ex-teacher, on navigating the working world as a woman. Mehreen will talk about the challenges of being a woman in the media and education industries and give her honest advice to the next generation. If you want to pursue a career in media, education, activism or still not sure – this workshop is for you.

Click [here](#) to register

Life lessons and insights into working in the Fire Service with Jonathan Foster, Chief Fire Officer, North Yorkshire Fire and Rescue Service

Date: Wednesday 2nd February

Time: 10:00 – 10:45

Age Group: KS3-5 / S1-6

Are you interested in working for the Fire Service? Join us for a broadcast with **Jonathan Foster** to find out about his inspirational journey to becoming Chief Fire Officer for North Yorkshire Fire and Rescue Service. Jonathan will be sharing some of his main life lessons and he is looking forward to answering your questions.

Click [here](#) to register

IF YOU CAN'T WATCH A
TALK LIVE YOU CAN
FIND IT LATER IN THE
LIBRARY



PL84U AL-SUFFA

SERVING HUMANITY ONE PL8 AT A TIME

FOOD BANK

MONDAY & WEDNESDAY

EPICENTRE - 41 West St, London E11 4LJ

12 - 2PM

www.pl84ualsuffa.co.uk

Email: PL84UALSUFFA@GMAIL.COM

SAIRA BEGUM MIR BCAC: 07539364110

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Charity No. 1168215



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/carer (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??		

PE EXTRA CURRICULAR TIMETABLE

		PE EXTRA CURRICULAR TIMETABLE			
		Walthamstow Site		Wiseman Site	
	BEFORE SCHOOL 7.45am-8.20am	LUNCH 1.25pm-2pm	AFTER SCHOOL 3.20pm-4.30pm	LUNCH 1.25pm-2pm	AFTER SCHOOL 3.20pm-4.30pm
Mon		Yr 7 Mixed Basketball GRE	Yr 7/8 Netball - WIM/PAK/SCS	Yr 9 Basketball Interform LAD/LIK	Yr 8 Mixed Football LIK. (Wiseman Site)
			Yr 8 Mixed Football LIK. (Wiseman Site)		Yr 10 girls - D of E Fitness
Tues	Fitness Room Yrs 9 - 11 - PAK	Yr 7 Girls Football PAK	Yr 7 Boxercise/Circuits - PEA	Yr 9 FITNESS - WIR	Yr 9/10/11 Basketball (WIM, PAK, COE)
				Yr 10 Basketball Interform - WIM	Fitness Room - Yr 10/11
Wed	BASKETBALL - Yr 10 - WIM	Yr 7/8 Badminton/TT COE	Tramp - Yr 7/8. (COE)	Yr 10 FITNESS - WIR	Kick Boxing - All Yrs (Week 2) - HUA
			Yr 7 Mixed Football GRE	Yr11 Basketball Interform- WIM/LIK	
Thurs	Fitness Room Yrs 9 - 11 -WIM	Yr 8 Boys Basketball LAD	Yr 7 - Team Games (WIM/COE)	All Yrs Badminton - LIK/PAK	Yr 9 Girls Football- LIK
				Yr 11 FITNESS - WIR	Kick Boxing - All Yrs (Week 1) - HUA
Fri		Yr 8 Girls Basketball LAD	Staff training	Yr 11 Football - LIK	Staff Training
				Rowing (Coach)	6th Form BB Team Training

