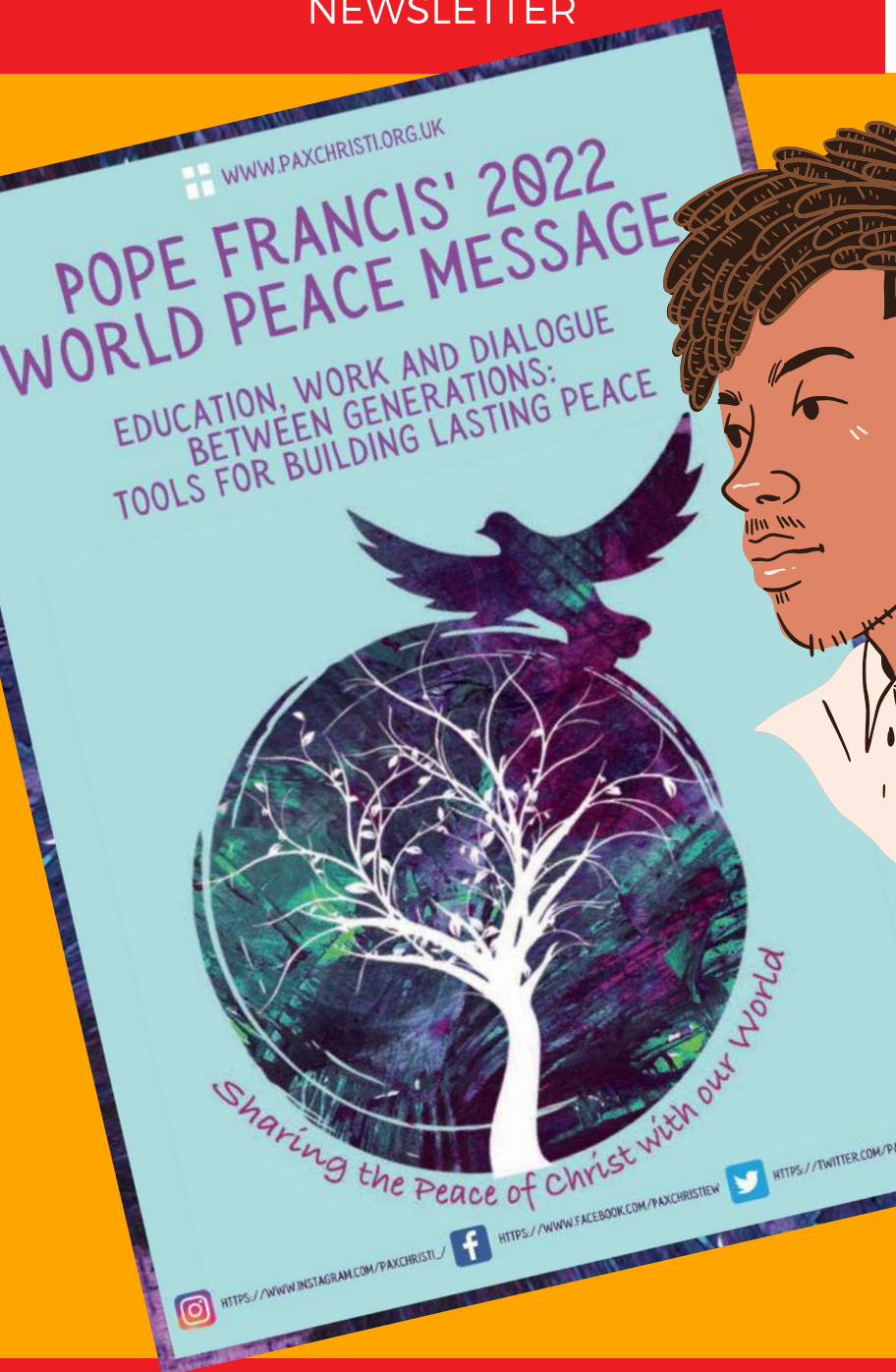


FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



Issue 15
Friday 14th January 2022



**Meet The
House Leader
in
House News**

A S P I R E



@HFCSWaltham

www.holyfamily.waltham.sch.uk

@HFCSWaltham



Quotation of the week

"The woods are lovely, dark and deep, But I have promises to keep, And miles to go before I sleep, And miles to go before I sleep" - Robert Frost from Stopping by Woods on a Snowy Evening.

Covid

As you know covid rates remain high in the borough and across the country. This is having an impact on us at school because each day a number of staff are absent as a result of having to self-isolate and a small number of students are currently off because they have tested positive. They will be receiving remote learning so that they do not fall behind. We are determined to maintain face to face teaching and that is our priority at the moment. Please follow the guidance about covid testing and please provide your son/daughter with a mask so that they comply with the current regulations. Students have been very good at wearing their masks and coping with them.

Resolutions

In my assembly this week I made reference to this poem by Robert Frost as well as to a bible reading from St Mark about the parable of the sower, casting seed on both good ground and stony ground. We are here to do our best for all your children and to try to ensure that they don't waste a moment and that they make the most of their God-given talents. A new year is a good opportunity to reset ourselves and to consider how we can ensure that we challenge ourselves to live the life that Christ wants us to live.

Parents' Evening for Yr 11 parents

Thanks to all parents who attended the parents' evening. I hope that it was useful and that the remote arrangements worked well. We are doing our best to prepare and support Yr 11 students for their public exams in the summer. It is extremely unlikely that exams will be postponed and we will ensure that all our students are able to give a good account of themselves in those exams and get the grades that their efforts deserve. We are working hard to offer additional intervention sessions and providing pastoral care and support in relation to such things as stress management and revision skills.

Yr 11 Taster Day

Yr 11 students took part in their Taster Day to get an experience of sixth form lessons. Students were able to choose from a range of A level and Btec option choices to help them with their subject choices when they make their sixth form applications. A number of students also took part in a visit to Waltham Forest College to explore the wide range of courses that are on offer there. We had good feedback about the day and I'm sure it was useful and beneficial to everyone.

Exams

We have had a mixture of public exams and internal Yr 12 mock exams taking place this week. These have gone well and students have conducted themselves in an excellent manner throughout.

Parents' surgery

You can see me face to face in a socially distanced manner any week without an appointment on **Thursday afternoons between 4pm and 5pm**. If you prefer you can call the school office and arrange for me to call you instead.

Please continue to remember us in your prayers.

Dr Andy Stone, Headteacher



HEADTEACHER'S COMMENDATION

This week Ms Alderson nominates two Yr 10 history students for their consistent outstanding effort, enthusiasm and kindness in history lessons.

They are

Igor M.

and

Olivier S.

Well done to them both.



WELLBEING

Daydreaming & Visualisation

"Lots of people find visualising scenes such as a calming and safe place or a really lovely memory a helpful coping tool when they are feeling particularly anxious or distressed. It can be really helpful to start practicing it when you're not feeling at your worst so that it will come more naturally and easily when you do need it in a time of crisis."



You can learn more by visiting Anna Freud National Centre for Children and Families [here](#)



Anna Freud
National Centre for
Children and Families





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



@HFCSWALTHAM



@HFCSWALTHAM

Chaplaincy Corner



Peace I leave with you, my peace I give to you – John 14:27-28

Sunday 16 January is **Peace Sunday** and this year Pope Francis asks us to think about 'Education, work and dialogue between generations: tools for building lasting peace'.

The need for peace in the world is obvious. People are struggling against violence and conflict, growing inequalities, the effects of climate change and the covid pandemic.

Dear God

We thank you for giving us your peace.

Help us to spread peace at home and at school by loving and caring for one another even when we don't agree.

Help us to spread peace by sharing our time with those who are lonely and who need a friend.

Help us to spread peace by thinking and praying for children who have no food or who are frightened and live in fear.

Let us pray every day for peace for our families, our friends and ourselves.

Amen



Peace Club reflected on ways in which our behaviour and the things we do can be “the enemies of peace” causing hurt to others, or to our earth.

Thank you from Christian Kitchen for Christmas Hampers

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

It was a great pleasure to meeting you and all your colleagues. Once again, a big thank you to all the students and staff for the donations and happy Christmas.

Rosida Simrick, Operations Manager/Trustee

As you can see, your generosity really does make a big difference. Thank you!

Chaplaincy Corner

During the Christmas break, we celebrated both the **Feast of the Holy Family** and **St Stephen's Feast Day**.

St Stephen was the first Martyr of Christianity. At the supreme Jewish law court, Stephen recounted the many mercies that God had given the children of Israel, and the ungrateful way in which they had repaid Him. He accused them of murdering Jesus, whose coming, he said, had been foretold by Moses. This angered the crowd and he was dragged out onto the streets. He was then stoned to death according to the law at that time, an event witnessed by St Paul. His last breath went for the forgiveness of those who stoned him to death. This value of forgiveness is something we could all learn from.



Belated Happy Feast Day to St Stephen's House!

As the **Feast of the Holy Family** always falls during the Christmas holiday, we hold a Mass for the Holy Family in November. The following is taken from our mission statement:

"We are called "The Holy Family" for a reason. The family of Jesus, Mary and Joseph greatly influence our school ideals. We are a place where people are made to feel welcome and cared for. We live in communion with each other and with God. A place where young people can be themselves. Where the Gospel is lived out in the everyday experience. A place of refuge and absence of fear.



*Jesus, Mary and Joseph.
Pray for us.*

With all families, there will be good times and difficult times. The important thing is to be there for each other. By helping others we are enhancing our own self worth and in loving others we are also loving God.

We are one family, there are no outsiders. We must look out for the vulnerable, the lonely, the lost and the disturbed among us. We must be a place where young people can share their problems and we offer a listening ear.

At Holy Family we exist to guide young people in their learning, their faith and the right way to do things. To offer advice, share our experience, avoid pitfalls and help them succeed. To be a school where students develop their critical thinking skills and discover their God given talents and vocation. A place where the young and not so young can all be a people of change, challenge and transformation."

Laudato Si Commitments - "**Stop using disposable plastic water bottles**" students are encouraged to bring in reusable drinking bottles to fill in school. In the UK, approximately 7.7million plastic water bottles are used each year, with the average person in the UK now using 150 plastic water bottles every year – that's more than 3 a week. Many are discarded and end up polluting our rivers and seas.

Mrs Grierson, Chaplain

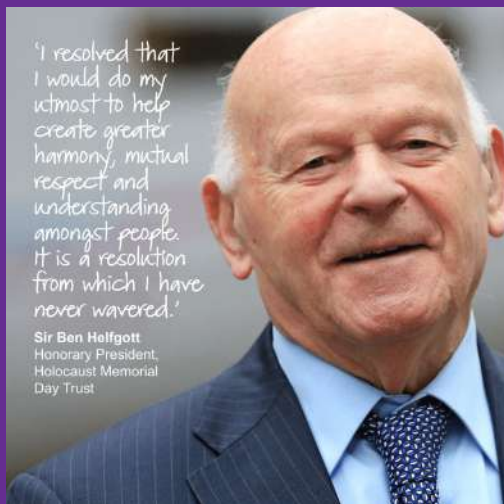
Holocaust Memorial Day

Learning from genocide
- for a better future



'I resolved that I would do my utmost to help create greater harmony, mutual respect and understanding amongst people. It is a resolution from which I have never wavered.'

Sir Ben Helfgott
Honorary President,
Holocaust Memorial
Day Trust



What is Holocaust Memorial Day?

Holocaust Memorial Day Trust (HMDT) encourages remembrance in a world scarred by genocide. We promote and support Holocaust Memorial Day (HMD) – the international day on 27 January to remember the six million Jews murdered during the Holocaust, alongside the millions of other people killed under Nazi Persecution and in more recent genocides in Cambodia, Rwanda, Bosnia and Darfur.

The Holocaust threatened the fabric of civilisation, and genocide must still be resisted every day. Even in the UK, prejudice and the language of hatred must be challenged by us all.

HMD is for everyone. Each year across the UK, thousands of people come together to learn more about the past and take action to create a safer future.

Together we bear witness for those who endured genocide, and honour the survivors and all those whose lives were changed beyond recognition.



THE HOLOCAUST: 1941-1945

The Holocaust was the systematic and planned attempt by the Nazis and their collaborators to murder all the Jews in Europe. From the time they came to power in Germany in 1933, the Nazis used propaganda, persecution and legislation to deny human and civil rights to Jews. They used centuries of antisemitism as their foundation.

Image: Auschwitz © Rodrigo Paredes

After occupying Poland in September 1939, Polish Jews were confined to ghettos (areas with appalling living conditions) and the concentration camp system was expanded, in a deliberate attempt to cause the deaths of hundreds of thousands of Jews. This approach was repeated across other countries they occupied.

In 1941, as part of the 'Final Solution', ghettos were liquidated, and Jews were transported from across Europe to concentration camps – the largest being Auschwitz-Birkenau. Jews were either sent to work in appalling conditions or they were sent straight to the gas chambers.

The Nazis and their collaborators murdered six million Jewish people in ghettos, mass shootings, concentration camps and extermination camps.



'Auschwitz was really a factory for killing, and human beings were used as fuel. I survived and promised myself, I will tell the world what happened.'

Lily Ebert BEM
Survivor of the Holocaust

Find out more: hmd.org.uk/holocaust

hmd.org.uk

NAZI PERSECUTION: 1933-1945

In addition to singling out Jews for complete annihilation, the Nazis targeted for discrimination and persecution anyone they believed threatened their ideal of a 'pure Aryan race'. Nazi beliefs categorised people by race, and Hitler used the word 'Aryan' for his idea of a 'pure German race'. The Nazis believed Aryan people were superior to all others.

Image: Auschwitz I camp © Adam Jones

Their devotion to what they believed was racial purity and their opposition to racial mixing partly explains their hatred towards Jews, Roma and Sinti people (sometimes referred to as 'Gypsies') and black people. Slavic people, such as those from Poland and Russia, were considered inferior and were targeted because they lived in areas needed for German expansion.

The Nazis wanted to 'improve' the genetic make-up of the population and so persecuted people they deemed to be disabled, either mentally or physically, as well as gay people. Political opponents, primarily communists, trade unionists and social democrats, as well as those whose religious beliefs conflicted with Nazi ideology, such as Jehovah's Witnesses, were also targeted.

Hundreds of thousands of lives were destroyed because of Nazi Persecution.



'The children... bumped into me and called me names, that I was a dirty gypsy and much more.'

Otto Rosenberg
Sinti survivor of Nazi Persecution

Find out more: hmd.org.uk/nazipersecution

hmd.org.uk

CAMBODIA: 1975-1979

Under the leadership of Pol Pot, the Khmer Rouge seized power in April 1975 and imposed an extremist programme to reconstruct Cambodia. They aimed to remove social classes and Western influences – creating a 'Year Zero'. The population was made to work as labourers on collective farms. Inhabitants of towns and cities were forced to leave and people who refused or did not leave quickly were murdered.

Image: Tuol Sleng concentration camp

Ethnic minority groups were targeted and religion was outlawed – half the Cham Muslim population was murdered, as were 8,000 Christians. Buddhism was eliminated.

All political and civil rights were abolished. Children were taken from their parents and placed in separate forced labour camps. Factories, schools, universities and hospitals were shut down.

People from any profession were murdered, together with their extended families. It was possible for people to be shot for knowing a foreign language, wearing glasses, laughing, or crying. One Khmer Rouge slogan said 'to spare you is no profit, to destroy you is no loss.'

Civilian deaths in this period have been estimated at well over two million people.



'Five hours passed, one day, two days, three days... We realised by now that this was a trip without return.'

Var Ashe Houston
Survivor of the Genocide in Cambodia

Find out more: hmd.org.uk/cambodia

hmd.org.uk

RWANDA: 1994

In 100 days in 1994 approximately one million Tutsis and moderate Hutus were murdered in the Genocide in Rwanda. The genocide took place following decades of tensions between Hutus and Tutsis, and a recent history of persecution and discrimination against Tutsis. On 6 April 1994 the plane carrying Rwanda's President was shot down.

Image: Kigali Memorial Center

Extremist Hutu leaders accused Tutsis of killing the President, and Hutu civilians were told by radio and word of mouth that it was their duty to wipe out the Tutsis.

Despite its colossal scale, this genocide was carried out almost entirely by hand, usually using machetes and clubs. The men who had been trained to massacre were members of civilian death squads, the *Interahamwe*. The State provided support and organisation – politicians, officials, intellectuals and professional soldiers incited the killers to do their work. Local officials assisted in rounding up victims and making suitable places available for slaughter.

Frequently the killers were people they knew – neighbours, workmates, former friends, sometimes even relatives through marriage.



'My neighbours armed themselves and began killing the day after President Habyarimana's plane was shot down.'

Sophie Masereka
Survivor of the Genocide in Rwanda

Find out more: hmd.org.uk/rwanda

hmd.org.uk



HOLOCAUST
MEMORIAL
DAY TRUST

Learning from genocide -
for a better future

hmd.org.uk

BOSNIA: 1995

In 1992 Bosnia declared independence from Yugoslavia, but this was resisted by the Bosnian Serb population who wanted to be part of 'Greater Serbia'. Bosnian Serbs were prepared to achieve political domination by isolating ethnic groups and, if necessary, killing them.

Images: (left) Srebrenica Genocide Memorial © Julian Buijzen, (right) Hasan Hasanović © Kristian Skeie

Under the orders of the President of Serbia, Slobodan Milošević, the Bosnian Serb leader, Radovan Karadžić, and the Bosnian Serb commander, Ratko Mladić, a campaign of war crimes, 'ethnic cleansing' and genocide was committed by Bosnian Serb troops.

In July 1995, Mladić led Bosnian Serb troops and paramilitaries to capture the town of Srebrenica. When they succeeded, the women and children were forcibly deported. Over several days 8,000 of the remaining Bosniak (Bosnian Muslim) men and boys were murdered in and around Srebrenica. Many of their bodies were bulldozed into mass graves and concealed.

The genocide at Srebrenica is the largest incidence of mass-murder in Europe since 1945. The Bosnian War resulted in the death of around 100,000 people, and the displacement of over two million men, women and children.



'They didn't care that we were unarmed. Their primary concern was that we were Muslim, and they wanted us dead.'

Hasan Hasanović
Survivor of the Genocide in Bosnia

Find out more: hmd.org.uk/bosnia

hmd.org.uk

DARFUR: 2003 - PRESENT



Darfur is a region in the west of Sudan, bordering Chad, in north-east Africa. Before the conflict, Darfur had an ethnically mixed population of around six million black Africans and Arabs. In 2003, a conflict began in the region between the population of black African farmers and the lighter-skinned nomadic Arab population.

Image: Um Ziefa burning village © Brian Steidle

The Sudanese Government, led by President Omar al-Bashir, began to persecute the Black African population in Darfur. They supported armed Arab militia, the *Janjaweed*, who have destroyed hundreds of villages and murdered thousands of people. These atrocities have been condemned as genocide by the International Criminal Court.

The conflict has led to the deaths of between 200,000 and 400,000 civilians, although estimates vary greatly and this figure could be much higher. International peacekeepers, aid agencies and media have struggled to keep accurate records, as many are denied the access they need in Sudan. Up to 2.6 million people have been forced from their homes into refugee camps in Darfur, with many more fleeing to neighbouring Chad. Some of those fleeing persecution have sought asylum in the UK.



'The soldiers had killed my father. I learned that they had killed him because we belonged to the Zaghawa tribe. The Government said Zaghawa people didn't belong in Darfur.'

Abdul Aziz Mustafa
Survivor of the Genocide in Darfur

Find out more: hmd.org.uk/darfur

hmd.org.uk

What is genocide?



Polish lawyer Raphael Lemkin first developed the concept of genocide in response to atrocities perpetrated against the Armenian population of the Ottoman Empire (1915-1923).

After World War Two, the Nuremberg Trials of the most senior Nazis marked one of the most important developments in the history of international law.

On 9 December 1948, genocide became a crime under international law. The Convention on the Prevention and Punishment of the Crime of Genocide defines genocide as:

'any of the following acts committed with intent to destroy, in whole or in part, a national, ethnical, racial or religious group, as such:

- killing members of the group
- causing serious bodily or mental harm to members of the group
- deliberately inflicting on the group conditions of life calculated to bring about its physical destruction in whole or in part
- imposing measures intended to prevent births within the group
- forcibly transferring children of the group to another group

The ten stages of genocide

Genocide never just happens. There is always a set of circumstances which occur or which are created to build the climate in which genocide can take place.

- | | |
|------------------|-----------------|
| 1 Classification | 6 Polarisation |
| 2 Symbolisation | 7 Preparation |
| 3 Discrimination | 8 Persecution |
| 4 Dehumanisation | 9 Extermination |
| 5 Organisation | 10 Denial |

Learn more about the ten stages of genocide on our website - hmd.org.uk/tenstages

Based on Dr Gregory H. Stanton's *10 Stages of Genocide*.

hmd.org.uk

Holocaust Memorial Day around the UK



Each year thousands of local HMD activities take place across the UK, bringing people together from all backgrounds to learn more about the Holocaust, Nazi Persecution and the genocides which followed.

Each activity provides a meaningful opportunity for attendees to consider how we can all make our society a better place today, free from hatred, prejudice and discrimination. We learn more, empathise more and do more.

In local authorities, workplaces, schools, universities, museums and many more diverse settings, people come together and learn from genocide to create a better future.

How you can get involved:

- Organise an activity - visit hmd.org.uk for ideas and guidance. Let us know about your activity - hmd.org.uk/letusknow
- Attend an activity - use our activity map to find an HMD event near you - hmd.org.uk/map
- Sign up to our newsletter - keep up to date with announcements and ideas from HMDT - hmd.org.uk/newsletter
- Explore our free resources - including school materials, films, poems and life stories - hmd.org.uk/resources
- Mark HMD online - follow HMDT on Twitter and Facebook - [HMD_UK](https://twitter.com/HMD_UK) [HMD.UK](https://www.facebook.com/HMD.UK)



Images: (left) Choir at HMD 2012 Ceremony, (middle) HMD 2017 event, National Assembly for Wales, (right) Lancaster and Morecambe HMD 2016 © Graham Wynne

hmd.org.uk

Holocaust Memorial Day Trust (HMDT) is the charity, established by the Government, to promote and support Holocaust Memorial Day in the UK. HMDT encourages remembrance in a world scarred by genocide. Each year, thousands of people come together to learn more about the past and to take action to create a better future.

hmd.org.uk
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PO Box 61074, London, SE1P 5BX

Patron: HRH The Prince of Wales Charity No: 1109348

To order more copies of this booklet and to explore our other free resources, please visit hmd.org.uk/resources

Holocaust Memorial Day Trust is supported by:

Ministry of Housing, Communities & Local Government



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Learning from genocide -
for a better future



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#HolocaustMemorialDay

HOUSE NEWS

Meet The House Leader:

**MRS SHERWIN
HOUSE RICHARD**



Who or what inspired you at school?

I had an awesome music teacher who really inspired my musicality and helped build my confidence.

Where did you study?

I studied Music Performance at Westminster University and 4 years later I studied to be a teacher and gained my PGCE.

Why did you want to be a house leader?

I really enjoy the competition and the fun side of the job!

What has been your most embarrassing moment in school?

I am incredibly clumsy so it is probably when I have fallen over in front of students.

What would be your desert island book/song/film?

I do enjoy the Harry Potter series and I can't pick a favourite song!

Have you always been a teacher/worked in schools?

When I left university I didn't know what I wanted to do so I worked as a waitress, also in coffee shops and then I had an admin job in a school. After four years of random jobs I decided I wanted to work with young people so I changed careers.

Tell us something about yourself that most people wouldn't know.

During lockdown I was so bored I made an Instagram for my cat... she has 8,000 followers now lol!

What's your favourite saying or motto?

"When the world says 'Give Up,' Hope whispers 'Try one More Time'"

INTRODUCING THE HALO CODE

We are excited to announce that Holy Family Catholic School has adopted The Halo Code, the UK's first Black hair code.



No Black staff or students should have to change their natural or protective hairstyle in order to thrive at our school.

We hope that the Halo Code will move us one step closer to a world free from discrimination, where all Black members of our community have their identities fully recognised and celebrated.

The Code:

"Our school champions the right of staff and students to embrace all Afro-hairstyles. We acknowledge that Afro-textured hair is an important part of our Black staff and students' racial, ethnic, cultural, and religious identities, and requires specific styling for hair health and maintenance.

We welcome Afro-textured hair worn in all styles including, but not limited to, afros, locs, twists, braids, cornrows, fades, hair straightened through the application of heat or chemicals, weaves, wigs, headscarves, and wraps.

At this school, we recognise and celebrate our staff and students' identities.

We are a community built on an ethos of equality and respect where hair texture and style have no bearing on anyone's ability to succeed."



INCLUSION NEWS

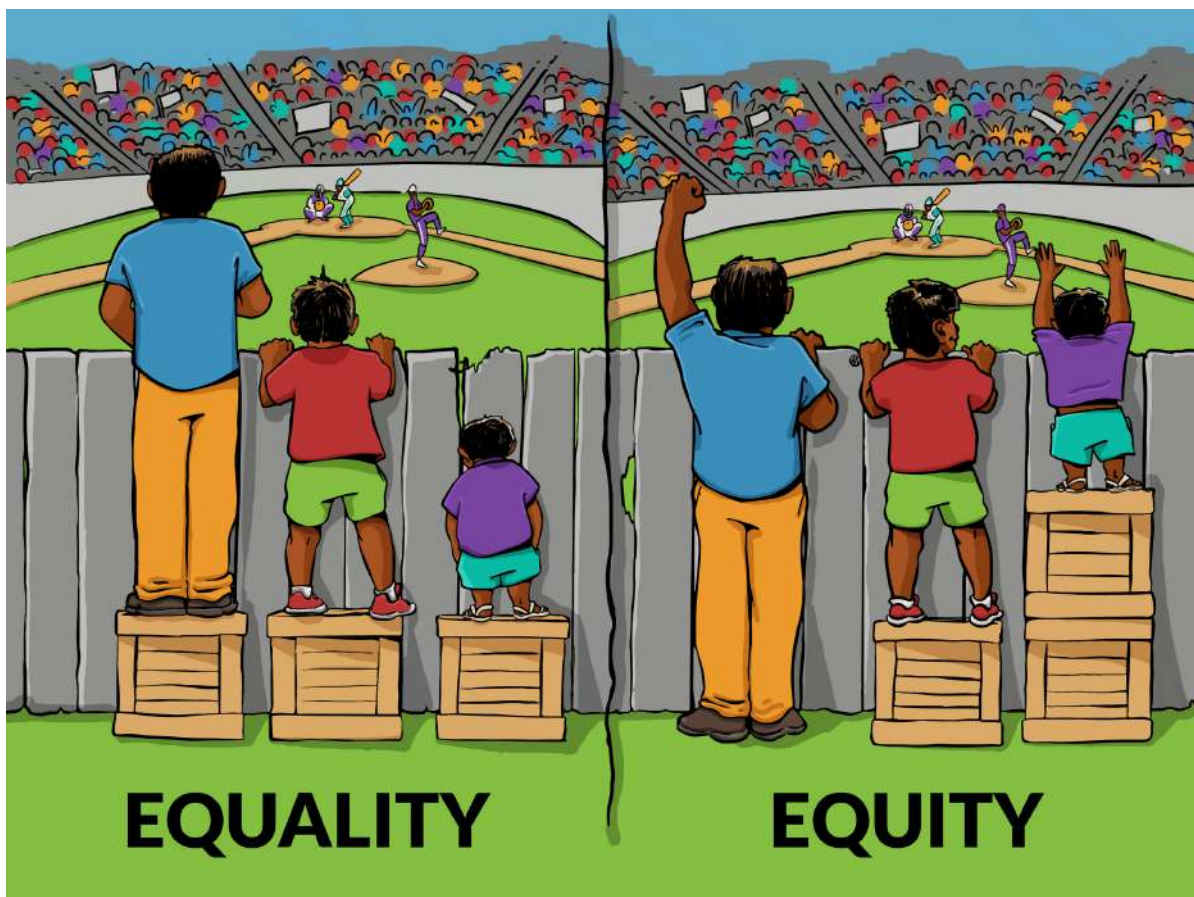
EQUITY VS EQUALITY

At Holy Family, we strive to ensure that everyone is treated with the respect and dignity they deserve.

In order to achieve this, we need to consider both **equality** and **equity**.

Put simply, with **equality** everyone has exactly the same thing.
With **equity**, everyone has what they need.

Are we doing a good job at ensuring equity at Holy Family?
What can we do better? Let us know!



Interaction Institute for Social Change | Artist: Angus Maguire.

interactioninstitute.org

madewithangus.com

A reminder: Our SEN surgery runs weekly every Thursday after school, please drop Ms Minnock, our SENCO, an email if there is anything you would like to discuss with her.



CULTURAL CORNER



TASTE OF THE CARIBBEAN

Caribbean food is an everlasting feast for our senses.

This week's cultural page will look at 4 flavoursome different national dishes from 4 different Caribbean islands.

ST VINCENT AND THE GRENADINES – ROASTED BREADFRUIT AND JACKFISH

Known as the “Jewels of the Caribbean,” Vincentian people love their jackfish (a species of fish) cooked with breadfruit. In the Caribbean, breadfruit is usually roasted on open charcoal or firewood.

After the breadfruit is roasted, it is baked in the oven until soft. The jackfish is pre-seasoned, fried, and served along with the roasted breadfruit. It is said that Vincentian people like to wash this down with a local golden apple juice.

TRINIDAD AND TOBAGO – CRAB AND CALLALOO

Trinidad and Tobago have a variety of favorite meals, but crab and callaloo is their particular national dish. Dasheen leaves are prepared in a unique fashion, similar to a dark leafy stew/gravy type of consistency. The summery stew is served with crab and tends to be eaten as Sunday lunch.

TURKS AND CAICOS – CONCH

Conch is a national symbol for the Turks and Caicos people. Conch fritters, conch salad, and crack conch are the most popular dishes. Cracked conch, the national dish, is conch meat that is pounded with a meat tenderizer, seasoned, dipped into a flour batter, and then fried.

VIRGIN ISLANDS – FISH AND FUNGI

Fish and Fungi is the shared national dish of the British and U.S. Virgin Islanders.



Click the flags to
learn more



YEAR 11

Congratulations to the following students for their outstanding Autumn report:

Therese S., Viktor O., John S., Amelia S., Lora B., Chenna D., Angelina M., Maria B., Precious O., Lucy C., Tacyana F., Arnas J., Arkadiusz K., Nilofer V., Marcke S., Gemma S., Roksana M., Lyan W., Victoria S.

On Thursday 6th January sixty Year eleven students celebrated the Feast of the Epiphany by attending a theatre performance of Charles Dickens: 'A Christmas Carol' at the Old Vic.

The production was absolutely superb with excellent lighting, carols played by a live band and a moving rendition of 'Silent Night' performed using just hand bells. Most of us are familiar with Ebenezer Scrooge and his parsimonious nature, yet Stephen Mangan brought a likeability to the character through exposing his vulnerabilities during the various visits from ghosts of Christmas past, present and future on Christmas Eve.

Holy Family students were commended by other theatre patrons for their conduct and enthusiasm. Year 11 study 'A Christmas Carol' as part of their GCSE English Literature and I am sure the spell binding evening truly brought Dickens creation to life for them. It was a pleasure to see year eleven enjoying an educational visit and hopefully these will continue.

At the end of the performance the cast were mindful of the parallel between Victorian social conditions and food poverty in 2022, speaking out against inequality. Holy Family in true Christian spirit gave generously of their spare cash or text in to the Old Vic's chosen charity-Fare Share, who redistribute food that would otherwise go to waste to food banks. More information and opportunities to donate can be found here: <https://fareshare.org.uk/> £1 can make up to four meals for a child in need. Sadly, though Tiny Tim is an endearing fictional character, there are many more stories just the same in homes up and down the UK. Some year 11 students explained to me in fact, Tiny Tim's character is an allegory for Jesus Christ, as it is only once Scrooge experiences sorrow that he can accept the need to change for his salvation and to share Christ's love with others-some may say this is the true spirit of Christmas.

A huge thank you to Mr Freeman, the English department and staff who supported the event on the night-this was something truly special.





SPEAKERS FOR SCHOOLS VIRTUAL TALKS & BROADCASTS

CAREERS CORNER



Resilience and triumph over adversity with Nigel Vandy, 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 Vandy 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](#)



Tony Gallagher, Deputy Editor, The Times

Date: Tuesday 18th January

Time: 14:00 – 14:45

Age Group: KS4-5 / S4-6

Are you an aspiring journalist? Do you want to learn more about what it takes to be a Deputy Editor? During this broadcast, you will learn about the exciting opportunities that journalism offers and Tony will also be sharing the lessons that he has learned throughout his life and career.

[Click here to register](#)



Insights into Animation with Tracey Cooper, Executive Producer, Riff Raff Films

Date: Tuesday 25th January

Time: 10:00 – 10:45

Age Group: KS3-5 / S1-6

Are you interested in learning about Animation Production? Get your questions ready for our broadcast with **Tracey Cooper**. Tracey will be sharing industry insights and also reflecting on her top life lessons.

[Click here to register](#)

Leadership with Capt Polly Marsh & Maj Heather Sharp, Royal Military Academy Sandhurst

Date: Tuesday 25th January

Time: 14:00 – 14:45

Age Group: KS3-5 / S1-6

What are the characteristics of a good leader? Watch our broadcast with Captain Polly Marsh and Major Heather Sharp to learn how developing your leadership skills can improve your confidence, resilience, and employability skills.

[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](#)

Grayson Perry CBE, Artist

Date: Thursday 27th January

Time: 14:00 – 15:00

Age Group: KS4-5 / S4-6

[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

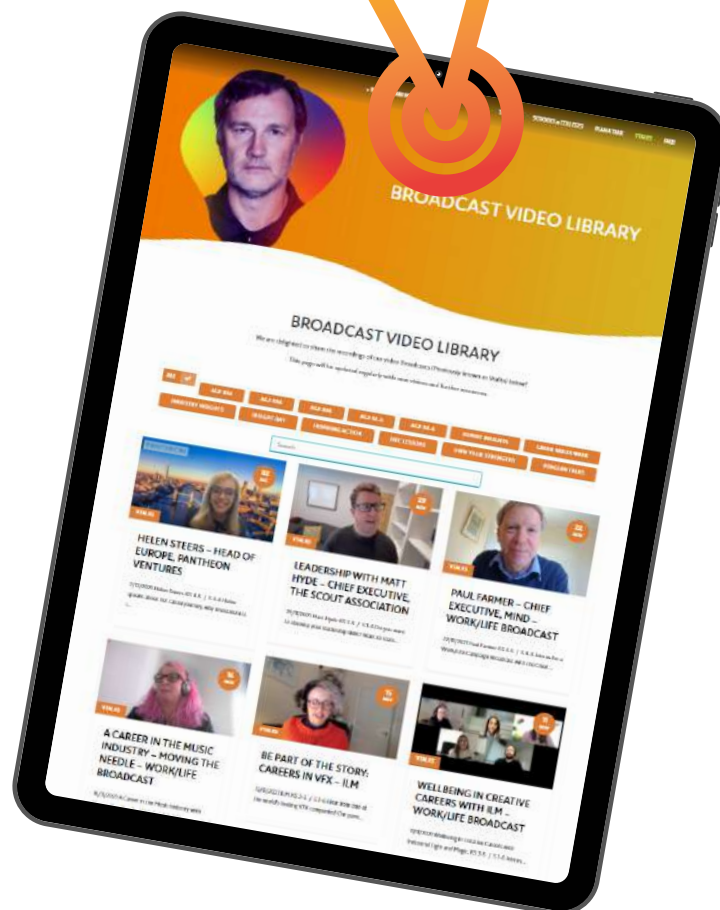
Time: 10:00 – 10:45

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



MFL



**Sinéad O'C., Tiffany R., Ella E.,
Elizabet P., Arina B.,
Zackary R., Nevin R.,
Davishka M., Marine K.**



**Almaz F., Jane T., Francis W.,
Aleesha L.**



**Tracey M., Abigail C.,
Gianina O., Melihia S.**



**Maame A., Davina B-A.,
Aleesha L., Jane T.**

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
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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??		

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 8 Mixed Football LIK. (Wiseman Site)	Yr 9 Basketball Interform LAD/LIK	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 10 Basketball Interform - WIM	Yr 9/10/11 Basketball (WIM, PAK, COE) Fitness Room - Yr 10/11
Wed	BASKETBALL - Yr 10 - WIM	Yr 7/8 Badminton/TT COE	Tramp - Yr 7/8. (COE) Yr 7 Mixed Football GRE	Yr 10 FITNESS - WIR Yr11 Basketball Interform- WIM/LIK	Kick Boxing - All Yrs (Week 2) - HUA
Thurs	Fitness Room Yrs 9 - 11 -WIM	Yr 8 Boys Basketball LAD	Yr 7 - Team Games (WIM/COE)	All Yrs Badminton - LIK/PAK Yr 11 FITNESS - WIR	Yr 9 Girls Football- LIK Kick Boxing - All Yrs (Week 1) - HUA
Fri		Yr 8 Girls Basketball LAD	Staff training	Yr 11 Football - LIK Rowing (Coach)	Staff Training 6th Form BB Team Training

