

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



Issue 18
Friday 4th February 2022

*Happy Lunar
New Year!*



@HFCSWaltham

www.holyfamily.waltham.sch.uk

@HFCSWaltham



Quotation of the week

"We would like before all else to reaffirm that every person, regardless of sexual orientation, ought to be respected in his or her dignity and treated with consideration.'
AMORIS LAETITIA NO. 250

LGBTQ History Month and the dignity of every person

We are clear that we want Holy Family to be an inclusive Catholic school where everybody is made to feel welcome. We believe that we are all created in God's likeness and image and that He is pleased with what He has created. We want to create a school environment where everyone is comfortable to be themselves and where we not only do not tolerate prejudice and discrimination but actively challenge it and act against it. In this month when we celebrate LGBTQ History we acknowledge the past failings of our society and we teach students about the contribution of the LGBTQ community in terms of history that has often been ignored or forgotten. We actively promote an understanding of the value and beauty of diversity and of our role as Catholics in making sure that everyone is treated as the child of God that they are.

The Catholic Church is changing and increasingly clergy are recognising their responsibility to care for the pastoral needs of those from LGBTQ communities. Pope Francis has given a clear direction that he wants to see a strong emphasis on an inclusive church. In October 2020 he was quoted in a film about his life and work as saying that "homosexual people have a right to be in a family. They are children of God and have a right to a family. Nobody should be thrown out or made miserable over it." He is also shown in the film encouraging a gay couple to bring their three children to church each week. We draw strength and inspiration from the example of our Pope in this regard.

You will find other examples of resources about LGBTQ equality elsewhere in this week's edition of Family Matters. I know some people may find these challenging but we are making a clear statement to everyone in our community that we stand for equality, inclusion and diversity and want to be part of a school community that recognises and promotes that ethos.

At Holy Family we are inspired by our Christian, Catholic faith and draw strength from the life and teachings of Jesus Christ. We try to be a witness to Christ in our daily work and in our encounters with every member of our school community.

- All members of our school community will be welcomed and included. Their innate dignity and preciousness will be understood and celebrated.
- All members of our school community will be listened to and heard. The views and experiences of all will be considered and responded to with compassion and love.
- All members of our school community will be kept safe from harm, protected from all forms of bullying and other Forms of violence. They will feel confident that offensive and derogatory language will never be tolerated and always challenged. They will know how to access support and advice if they need it.

'If one member suffers, all suffer together with it; if one member is honoured, all rejoice together with it. Now you are the body of Christ and individually members of it.' 1

CORINTHIANS 12:26-27

- All members of our school community will be treated with sensitivity and kindness. They will be accompanied on their journey and supported to achieve their God given potential. They will know they are the perfect creation of their Loving Father.

'What we say and how we say it. Our every word and gesture ought to express God's compassion, tenderness and forgiveness for all.' POPE FRANCIS

- All members of our school community will know that they will always be loved by God. They will know that God's love will simply always be there. He has created every aspect of their person and cherishes them completely.

'See what love the Father has given us, that we should be called children of God; and that is what we are. The reason the world does not know us is that it did not know him.' 1 JOHN 3:1

I am very happy to receive any feedback from parents/carers about any of the above.

Parent governor nominations

Mr Murphy will be circulating information again about filling our parent governor vacancies. I encourage all parents/carers to consider standing as this is an important way of supporting the school and helping us to do the very best job we can.

Non-uniform day

Tuesday 8th February will be a non-uniform day. Students participating are asked to contribute £2.

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. At present we have parents evenings for different year groups at this time which I am also involved in so you may wish to arrange a different time to see me.

Please continue to remember us in your prayers.

Dr Andy Stone,

Headteacher



HEADTEACHER'S COMMENDATION

This week we have a commendation for

Valeria B.

year 10

who has been nominated by Mrs Heath

for her excellent progress and for being

such a kind, considerate person.

NOTICE FROM THE LRC

RETURN YOUR BOOKS BEFORE THE END OF TERM

**FAILURE TO DO SO MAY RESULT IN YOU
BEING REQUESTED TO PAY FOR A
REPLACEMENT BOOK.**



**IF YOU ARE UNSURE ABOUT ANY OUTSTANDING BOOKS
PLEASE SPEAK TO A LIBRARIAN**



WELLBEING

My staying on track plan

"This plan aims to help young people identify difficult feelings and when these feelings become overwhelming. Young people are asked to think about their own early warning signs, what they think would be the best way to manage their feelings and who will support them to do this."

My staying on track plan –
Activity for young people

STAR PLAN

#YOU'VE BEEN MISSED

The staying on track plan can help you identify and manage difficult feelings. By completing this plan you can have a system in place for when these difficult feelings become overwhelming or even how to stop them in the first place. You may find it helpful to look at some of the other resources on managing emotions before completing.

- 1 My early warning sign is ...
- 2 This usually happens because of ...
- 3 The best way for me to manage this feeling is ...
- 4 The skills I need more time and practice to develop are ...
- 5 The people who are going to support me to do this are ...

For more activities, please check out #youvebeenmissed on the BBC website: <https://bbc.nhs.uk/youve-been-missed>

Birmingham City Council | Education Partnership | Forward Thinking Birmingham

You can learn more by
visiting Anna Freud
National Centre for
Children and Families
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



HELLO, PARENTS & GUARDIANS! WE ARE BEEZEE BODIES, AND WE WORK WITH WALTHAM FOREST COUNCIL TO PROVIDE FREE (AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR FAMILIES.

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW 12 WEEK COURSES STARTING NEAR YOU WEEK COMMENCING 14TH FEBRUARY.



[CLICK HERE OR SCAN THE QR CODE WITH YOUR SMARTPHONE CAMERA TO SIGN UP FOR YOUR FAMILY'S FREE PLACE](#)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
PETERHOUSE CENTRE WALTHAMSTOW E17 3PW 17:00 - 19:00 Age 5 - 15	LEYTON SPORTS CENTRE E10 6PY 17:00 - 19:00 Age 5 - 15	THE MEETING POINT LEA BRIDGE E17 8NG 17:00 - 19:00 Age 5 - 15	FRIDAY HALL E4 6JT 17:00 - 19:00 Age 5 - 15
ONLINE 17:30 - 18:30 Age 9 - 12	ONLINE 16:30 - 17:30 Age 5 - 8	ONLINE 17:30 - 18:30 Age 5 - 8	ONLINE 16:30 - 17:30 Age 9 - 12

*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Waltham Forest and include one child who is above their ideal healthy weight.

HAPPY LUNAR NEW YEAR!

LET'S MAKE CHICKEN CHINESE NOODLES

CELEBRATE THE YEAR OF THE TIGER WITH THIS

CHINESE INSPIRED NOODLE DISH!



WHAT YOU'LL NEED:

- 200g mushrooms, sliced
- 4 spring onions, sliced
- 2 peppers, seeds removed and cut into strips
- 150g sugar snap peas
- 3 skinless, boneless chicken breasts, diced
- 340g egg noodles
- 2tbsp reduced sugar or "light" sweet chilli sauce
- 1 ½ tbsp. reduced salt soy sauce

WHAT TO DO:

- Wash and cut your vegetables. Put them in a bowl and set aside for later.
- Cut the chicken into bite size pieces.
- Heat 1tbsp of vegetable oil in a large frying pan, then stir - fry the chicken for about 3 mins until golden and cooked through.
- Add all the vegetables, stir and cook until the vegetables have softened.
- While the vegetables and chicken are cooking, prepare your noodles following the packet instructions. Place noodles into a large pan and cover with boiling water. Simmer for 4 mins, loosening the noodles with a fork. Drain well in a sieve.
- Add the noodles, sweet chilli and soy sauce to the frying pan and toss everything together for a final 2 mins of cooking. Serve straight away and enjoy!



[beezeebodies.com](https://www.beezeebodies.com)

BeeZee Families



03308 186308



SOCIAL MEDIA CATCHUP



@HFCSWALTHAM



@HFCSWALTHAM

INTERNET SAFETY

Understanding Safer Internet Day 2022



What is Safer Internet Day?



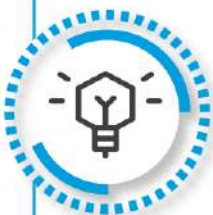
Safer Internet Day is an annual event which is taking place on 8th February 2022. It's a global celebration all about technology, looking at how children and young people can use the internet responsibly, respectfully, and creatively whilst making the most of their relationships online.



Safer
Internet
Day 2022

Safer Internet Day is a great opportunity to focus on online safety with the young people you work with – whether that's trying out some of the learning activities in this pack, holding an assembly or running an event. Your school or organisation could tell parents and carers about the day, support the campaign on social media, or you could ask young people to share their top tips for staying safe online.

The theme for Safer Internet Day 2022 is...



ALL FUN AND GAMES?

Exploring respect and relationships online



Safer Internet Day 2022 celebrates young people's role in creating a safer internet and the ways they are shaping the interactive entertainment spaces they are a part of. The platforms young people use are spaces for connection, community and collaboration, and the day challenges them to foster supportive relationships and respectful communities, whilst equipping them with the skills they need to keep themselves and others safe in these spaces.



Speaking with young people is key to exploring their experiences on platforms where they can play games, interact with their peers and others, and take part in 'live' experiences such as video streaming. These platforms play such an important and positive role, providing young people with the means to interact with friends and as a great pastime, particularly during the recent lockdowns in the UK.



Learn more and get involved!
Safer Internet Day 2022

#SaferInternetDay

www.saferinternetday.org.uk

EDUCATORS
GUIDANCE

Raise FREE donations for

Holy Family Catholic School - Walthamstow

every time you **shop online**

Find us on **easyfundraising.org.uk**

<https://www.easyfundraising.org.uk/causes/holyfamilycswalthamstow/>

4,300 online sites will give us a free donation
when you shop with them - at no extra cost to you!



Download the easyfundraising App



Chaplaincy Corner

Wednesday 2nd February was the Feast of the Presentation of the Lord – Candlemas.

In France, it is traditional to eat crepes on Candlemas. Each family prepares and cooks a crepe while holding a coin in hand. This is believed to assure wealth and happiness until the next Candlemas celebration. In Spanish speaking countries, Candlemas is also known as Candelaria. Whoever finds baby figures hidden inside the King's Cake on Epiphany (Jan 6th) is obliged to bring food to a gathering held on February 2nd. Orthodox and Catholic Christians celebrate Candlemas by bringing candles to their local church and having these candles or others provided by the church, blessed to be used in the church or at home. It is also the day we take down the crib scenes. The Season of Christmas ends on 6th February with the Feast of the Baptism of the Lord.



***Lord Jesus Christ
Light of the nations and glory of Israel
make your home among us
and present us pure and holy
to your heavenly Father,
Your God, and our God.
Amen***



Tuesday 8 February is the **Feast of St Josephine Bakhita**. Born in 1869, St Josephine was a Sudanese-born former slave who became a Canossian nun in Italy, living and working there for 45 years. She died in 1947 and in 2000, she became the first African woman to be canonised in modern times. She is Patron Saint of Sudan.



**St. Josephine
Bakhita
1868-1947**
The Lord has loved
me so much: we must
love everyone ... we
must be
compassionate!

Peace Club This week we looked at **Chinese Lunar New Year**, discovering which animal year we were born in. The students fell into two years, the Year of the Dog and the Year of the Pig. According to legend, dog people are loyal and can always keep a secret. Sometimes dog people worry too much. People born in the year of the pig are very good students and are honest and brave. 2022 is represented by the Year of the Tiger. Tiger people are brave and respected for their deep thoughts and courageous actions. We also had fortune cookies.

It is also **Children's Mental Health Week**, so we completed the session by learning a breathing exercise that is part of the ancient Chinese martial art, Tai Chi. The exercise is a useful tool to reduce anxiety and relax.

Laudato Si Commitments - **"Appreciate the little things"** make a note each evening of three things you are grateful for that day.

Mrs Grierson, Chaplain

HOUSE NEWS

Meet The House Leader:

**MR WILBRAHAM
HOUSE ELIZABETH**



Who or what inspired you at school?

The outdoors

Have you always been a teacher/worked in schools?

Yes

Where did you study?

University of Northumbria at Newcastle
- Sports and Exercise Science/
Bedfordshire University - PGCE

Why did you want to be a house leader?

To try and better the experience and connection between students at Holy Family.

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

Chariots of Fire

A S P I R E

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."





LGBT+ HISTORY MONTH



POLITICAL ARTISTS: THE ARC IS LONG

**DEDICATED
PSHE
SESSIONS**

**FOCUSED
ASSEMBLIES**

**HISTORY &
SOCIOLOGY
SNAPSHOTS**

**FORMTIME
ACTIVITIES**

**INSPIRATIONAL
PEOPLE
POSTERS**





Doris Brabham Hatt

24th September 1890 – 27th August 1969

Doris Brabham Hatt was a modernist artist and activist. She was born in 1890 into an affluent Bath family. After being drawn to art as a teenager, she studied at the Bath School of Art, Goldsmith's College and the Royal College of Art. She spent time in Vienna where she studied woodcutting and Paris where she met modernists such as Legér. She was influenced by artists such as Cézanne and Picasso and cubism, purism and abstraction.

Her paintings were first exhibited at the Grosvenor Gallery in London in 1918. Over five decades her work featured in 40 exhibitions. Hatt developed a painting style that was meticulous in its planning and execution. Her great mantra being 'to simplify and at the same time intensify' with her guiding aim to present only the essential elements in her compositions whilst rigorously discarding all that was superfluous to the intended design. In her own words this disciplined process meant 'order' had 'been brought out of chaos - that life after all is not so difficult as it seems. This will give you a sense of power and well-being as you study the picture.'

As well as being a modernist painter, Hatt was a socialist and feminist activist. Her interest in politics started during the War after seeing levels of poverty in London she had not seen where she grew up, and seeing the impact of the war. She was involved in the New Woman and Women's Suffrages movements and joined the Communism Party in response to the rise of Fascism in the 1930s.

Hatt stood as Communist Party candidate for Clevedon Urban District Council in 1946 and 1947. At the time, there were no women council members. In both instances, she was unsuccessful.

Hatt designed her Art Deco Bauhaus-style house 'Littlemead' in Clevedon. She lived there with her partner Margery Mack Smith, a weaver and school teacher. Littlemead became a meeting place for like-minded people to talk about art and politics as well as a place where Hatt hosted free art classes and gave lectures.

To the 'society' of the polite town of Clevedon, she was seen as scandalous. Not just living there with her partner, but because she could be found attempting to sell the Daily Worker Newspapers to local people. She managed to change the political makeup of the small town in the longer term, becoming a living example of equality, showing others how to start embracing civil rights and social change through her art and activism.

In her 60s she had her first solo exhibition and was recognised as a British artist, including a retrospective exhibition at the Royal Watercolour Academy.

After Doris died on 27th August 1969, a relative burned her correspondence and personal records in an attempt to conceal her life as a feminist and a lesbian. Fortunately Margery was able to move two crates of sketchbooks, portfolios, working drawings, and what letters and writings she could to her new home in Watchet but a significant amount was lost.

"The arc of the moral universe is long, but it bends towards justice."

Dr. Martin Luther King Jr.



2022:
**Politics
in Art**
the arc is long



YEAR 10

Work Experience Presentation

Well done Year 10 for attending the Work Experience Online Meeting last Thursday. You will find the presentation in the Year 10 Community Google Classroom.

If you have any questions or concerns please email Mr Fidegnon, Ms St Aimie & Ms Scott.

Continue to check our Google Classroom for updates re: work experience placements.

What is Work Experience?

- An unpaid opportunity for you to experience working life, whilst you are still at school
- A chance for you to develop and practice new skills and become more confident in your abilities
- A general experience of work, but can be vocational
- May help you refocus on education and form future career choices



Important deadlines

- **31/03/22** for own placement return
- **16/05/22** - jobs go live on the BEP system
- **30/05/22** 1st allocation to be made by BEP
- **06/06/22** 2nd allocation by BEP



Stars of the week

Janet A.

For outstanding initiative and maturity during a cover lesson. The teacher was extremely appreciative of your efforts.

Well done!

Wellbeing Tip: challenge your negative thoughts and look for the upside.

YEAR 11

18 Year 11 boys are competing for a weekly voucher and a pizza & PS4 party at the end of half term. The competition is heating up and it is all change at the top! This week the boys had the chance to earn an additional 10 points for attending extra revision classes.

11I take the lead for the pizza and PS4 party

Week 2 Top Ten

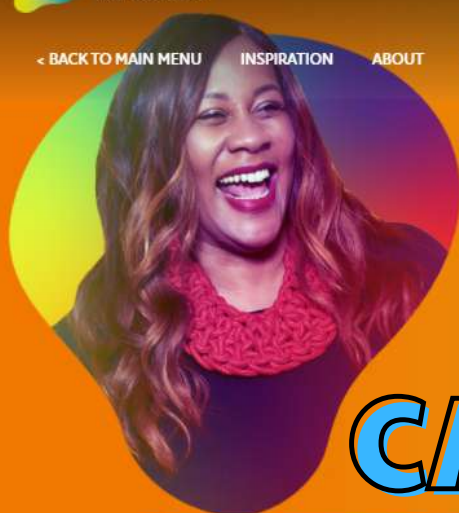
Archie 248
Kelsey 248
Omaru 242
Mathuyan 234
Quintin 233

Micah 230
Jordan 230
Tyheem 196
Leon 183
Jaydn 170

Intervention timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime Intervention	Maths U27 Higher	French U31 Foundation students	History U40 SHE	D&T U09 & U08 KWP & NAS	Geography U39
	Art U14 Week 2	Art U14 Week 1	Spanish Foundation Week 1 U31	Spanish Higher U31 PRA	Science U15 ANG Combined Science Week 2
	History U43 ALL	Science U18 THT Combined Science Week 1	Performing Arts U32 HAS Week 1	French U01 Higher students week 1 only (week 2 before school)	
	Maths U28 Higher	Spanish Foundation Week 2 U01 PRA		Science U19 MUH Combined Science class	
				Music BTEC U35	
				Geography (week 1) U39	
				English (Mr Freeman's class) U22	
Afterschool Intervention	Maths	English	RE	Science	
		NTP	NTP	NTP	
			English (online session) 6.30pm-7.15pm		

Feeling stressed? Looking for some relaxation tips?
Check out Ms Nordon's tips and links on Googleclassroom



SPEAKERS FOR SCHOOLS VIRTUAL TALKS & BROADCASTS

CAREERS CORNER

Matthew Dunn, CFO, ASDS

Date: Monday 28th February

Time: 14:00 - 14:45

Age Group: KS4-5 / 54-8

[Click here to register](#)



International Women's Day Broadcast: CeCe Sammy, Vocal Coach & TV Presenter

Date: Tuesday 8th March

Time: 10:00 - 10:45

Age Group: KS3-5 / 51-6

[Click here to register](#)



International Women's Day Broadcast: Ella d'Amato, Managing Director, Investment and CFO, Trust & Former Chief Commercial & Marketing Officer, Nacem in the High Street

Date: Tuesday 8th March

Time: 14:00 - 14:45

Age Group: KS3-5 / 51-6

[Click here to register](#)

National Careers Week Broadcast: Hospitality with Joanne Runswick, Managing Director for UK and Ireland, InterContinental Hotels Group

Date: Wednesday 9th March

Time: 10:00 - 10:45

Age Group: KS3-5 / 51-6

[Click here to register](#)



National Careers Week Broadcast: Entrepreneurship and Growth Mindset with Oliver Duffy-Lee, Founder, Launch Pad Academy

Date: Wednesday 9th March

Time: 14:00 - 14:45

Age Group: KS3-5 / 51-6

How do you train a growth mindset? How can having a growth mindset help me at school and in my future career? Join us for a broadcast with Entrepreneur Oliver Duffy-Lee to have your questions about Growth Mindset answered and to find out some of the skills you need to be an Entrepreneur!

[Click here to register](#)



National Careers Week Broadcast: Careers in Law with Chris Daw, Queen's Counsel (Barrister) at Lincoln House Chambers and Millennium Chambers, author and broadcaster

Date: Thursday 10th March

Time: 10:00 - 10:45

Age Group: KS3-5 / 51-6

Are you interested in a career in Law? Join us for a broadcast with one of the country's leading Lawyers, Chris Daw QC to find out what a lawyer does and the different types of lawyer you could become.

[Click here to register](#)

VIRTUAL WORK EXPERIENCE



Royal Air Force Careers Insight - Virtual Work Experience Behind the Scenes 5pm - 8pm

Royal Air Force

Virtual Work Experience -

Are you interested in finding out more about opportunities in the Royal Air Force?

With over 10 professional roles to choose from the RAF gives you opportunities you won't find in any other career!

RAF APPRENTICESHIPS

The RAF currently has 23 apprenticeship roles to fill.

[Find out more](#) [Contact](#) [Apply](#) [Feedback](#)

[VIEW OPPORTUNITIES](#)



RAPP Virtual Design Insight Session

RAPP

Virtual Work Experience -

WHO WE ARE?

We are RAPP, an award-winning creative agency that works with some of the world's best brands from Virgin Media and Samsung through to RSC, PayPal and IKEA. We create advertising and marketing that uses data and technology to allow these brands to reach millions of...

[Find out more](#) [Contact](#) [Apply](#) [Feedback](#)

[VIEW OPPORTUNITIES](#)



Can you design and build a sustainable railway?

Amey

Virtual Work Experience -

Are you motivated, enthusiastic and driven?

Do you want a career in an industry that makes people's lives better every day, in an industry that leads the country in innovation?

If the answer is yes, then this could be the work experience for you.

Amey is an organisation with a...

[Find out more](#) [Contact](#) [Apply](#) [Feedback](#)

[VIEW OPPORTUNITIES](#)



Bentley Insight Day - Be Extraordinary

Bentley Motors

Virtual Work Experience -

The Be Extraordinary virtual work experience gives students the opportunity to get an extraordinary insight into this unique company.

Over the course of the session, running from 10am to 3pm, you will get the opportunity to:

• Learn more about the future of a brand with an ambition...

[Find out more](#) [Contact](#) [Apply](#) [Feedback](#)

[VIEW OPPORTUNITIES](#)

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



Latest news



Learn about the green jobs revolution



Spotlight on
Green Jobs
9-10 March

Register
now

Our Spotlight Talks are back by popular demand! Delivering free virtual advice and guidance to support young people to confidently take the next step on their career ladder.

Broadcast live on **Wednesday 9 and Thursday 10 March**, [Spotlight on Green Jobs](#), in partnership with NCFE, will focus on the variety of green careers that can be built from technical education and apprenticeships. The government's ambition to create **2 million jobs in the green economy** by 2030 is an exciting opportunity for young people to develop skills which will help accelerate the UK towards net-zero.

Aimed at secondary school students, school leavers and those in further education, the content can be viewed easily on any smart device.

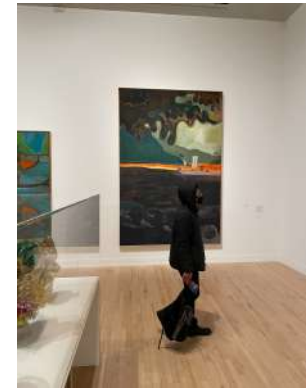
After attending previous events, **90% of young people say they felt inspired** and 86% said they had gained knowledge to support their progression in technical career routes.

Register for Spotlight on Green Jobs

DIVERSITY & INCLUSION CLUB

Students from the Diversity and Inclusion Club visited the Tate Britain on Wednesday to

view the stunning Life Between Islands exhibition. The exhibition charted and celebrated Caribbean Art from Windrush to present day. It highlighted the incredible artistic contribution of the Caribbean in Britain and brought to light the struggle for Civil Rights in the UK. Students were left inspired and in awe of the incredible works on show that ranged from paintings, to sculptures to film and installations.



MFL



**Sinéad O'C., Ella A.,
Amaris O-N., Merian B.,
Carina V.**



Hannah P-P.



**Elijah A., Ella E., Alisa K.,
Amelia B., Elyara C.,
George A-A., Jonathan C.,
Maja M., Matthew S., Marvin O.,
Paul S., Rares P., Rozalia K-T.,
Sinead O'C., Tiffany R.**



Poetry Club

SUNS

by Maria S. & Amaris O-N.

I watch the light fade away,
beyond the city, beyond the horizon.
Painting the sky,
with different shades.

I sit silently,
Waiting as the silent shadows creep in.
It's run its course,
bright, yellow to orange.
Another replaces it,
White like a pearl,
Shining bright.

I close my eyes and wait for the next sun to rise.

PL84U AL-SUFFA

SERVING HUMANITY ONE PL8 AT A TIME

FOOD BANK

MONDAY & WEDNESDAY

EPICENTRE - 41 West St, London E11 4LJ

12 - 2PM



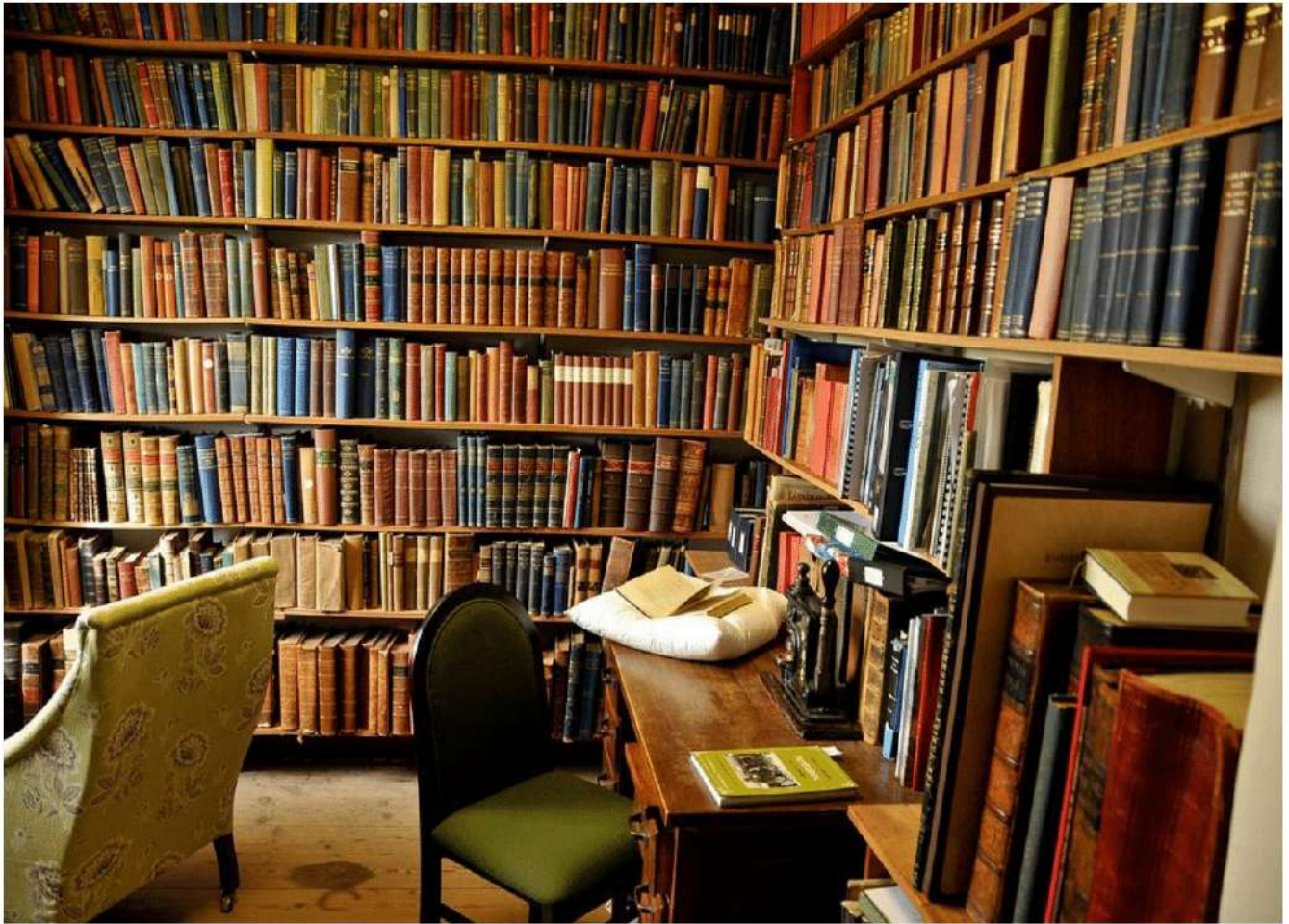
Charity No. 1168215

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

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

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

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



Holy Family Book Club

Tuesdays 3.15pm to 4.15pm in U39 Wiseman Site

Starting 1st February

You are allowed to bring a snack/drink

Please see Wiktorina S (Year 12) and Ms Nordon
for questions or more details

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





Premier League

Kicks

YOUTH ZONE



FUN, INTERACTIVE & INCLUSIVE ACTIVITIES FOR 11-18 YEAR OLDS

• Futsal • Multi-sports • Playstation • Card & Board Games • Teqball Table Football
• 1-2-1 & Group Mentoring space



5PM

TO

7PM



OPPORTUNITIES INCLUDE:

- | | | |
|-------------------------------|-------|---------------------------|
| • Careers & CV Writing Advice | ~~~~~ | • Social Action Projects |
| • Schoolwork Support | ~~~~~ | • Radio & Media Workshops |
| • Volunteering Opportunities | ~~~~~ | • FREE LOFC Match Tickets |



For more information, please contact haizul.haque@leytonorienttrust.org.uk

FREE



ELITE DEVELOPMENT CENTRE

EVERY FRIDAY | 5.30PM - 6.30PM

**AGES 7-15
BOYS AND GIRLS**

**£7.50 PER SESSION
(CASH ONLY)**

**The Peter May Centre
Walthamstow
E17 4HR**



**VISIT FROM THE
FIRST TEAM
PLAYERS!**



TWO PLAYERS FROM THE CENTRE HAVE SIGNED FOR LEYTON ORIENT'S ACADEMY!