

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



Issue 19
Friday 11th February 2022

A STAR HIDDEN PAIN

Sickle Cell Disease is one of the most common serious genetic conditions in England.
There are about 14,000 people living with SCD in the UK. This is equivalent to 1 in 4600 people.

Your blood **saves lives**.
Your blood donation is an amazing gift to people who need it in
an emergency or for on-going medical treatment.

Only **1%** of Black people in the UK donate blood.

We need over **6,000** people to give blood every day to meet the needs of hospitals and patients.
We specifically need new **black donors** to provide blood donations for black patients with sickle cell disease.
They need life-saving blood from black donors, which provides the closest match to their own.

Find out more about our guest speaker inside



@HFCSWaltham

www.holyfamily.waltham.sch.uk

@HFCSWaltham



Quotation of the week

“What we once enjoyed and deeply loved we can never lose, For all that we love deeply becomes a part of us” Helen Keller

Sickle Cell Appeal

On Monday of this week we hosted a workshop educating students from all year groups across the school about the condition sickle-cell. In a moving and hard-hitting presentation Mr Alidor Gaspar, himself a sufferer of the condition gave a presentation to our students about the condition, about living with it and about the difficulties on occasion of getting proper treatment by the NHS. We watched a clip from BBC Iplayer which covered the tragic case of our former student Evan Smith who died in hospital in 2019 because his requests for oxygen and proper treatment of his condition were not heeded in time. We were joined by the Worshipful Mayor of Waltham Forest, Cllr Elisabeth Baptiste as she has chosen sickle cell as one of her charities for her mayoral year and she has organized a competition for schools to involve themselves in to raise awareness and understanding. Our students asked a great number of questions and were very keen that we do what we can to support this charity and campaign for better understanding and resources to treat people with the condition. Our thanks to Mr Thrasivoulou for organizing the event. You can find out more about sickle cell here: <https://www.sicklecellsociety.org/> We shall be raising money for the charity later in the year.

St Valentine

Like many of the Christian saints little is fully known about the life of St Valentine. By some accounts he was a priest and a physician who suffered martyrdom during the persecution of Christians in Rome around 270 AD. In any event he came to be associated with love and the patron saint of lovers. Did you know though that he is also the patron saint of beekeepers and also of sufferers of epilepsy?



Parent governor nominations

Thanks to parents who have nominated themselves for parent governor. Depending on the number of nominations we shall see if we need to hold an election.

Half-term holiday

This half-term has whizzed by. It only seems like yesterday that we returned from the Christmas and New Year break. We return at the usual time on **Monday 21st February**. There are study sessions for Yr 11 and some sixth form subjects in the half-term holiday. Thanks to all staff giving up their time to run these sessions.

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 yeargroups at this time which I am also involved in so you may wish to arrange a different time to see me. These will be finished by the middle of March.

Please continue to remember us in your prayers.

Have a good week off and happy Valentines Day on the 14th February!

Dr Andy Stone

Headteacher



HEADTEACHER'S COMMENDATION

This week Mrs Sheikh Oomar our Head of Languages nominates

Kethusan A.

for a Headteacher commendation stating that he has really grown in confidence in French and has made massive progress in and out of lessons.

His hard work and commitment to his learning are second to none.

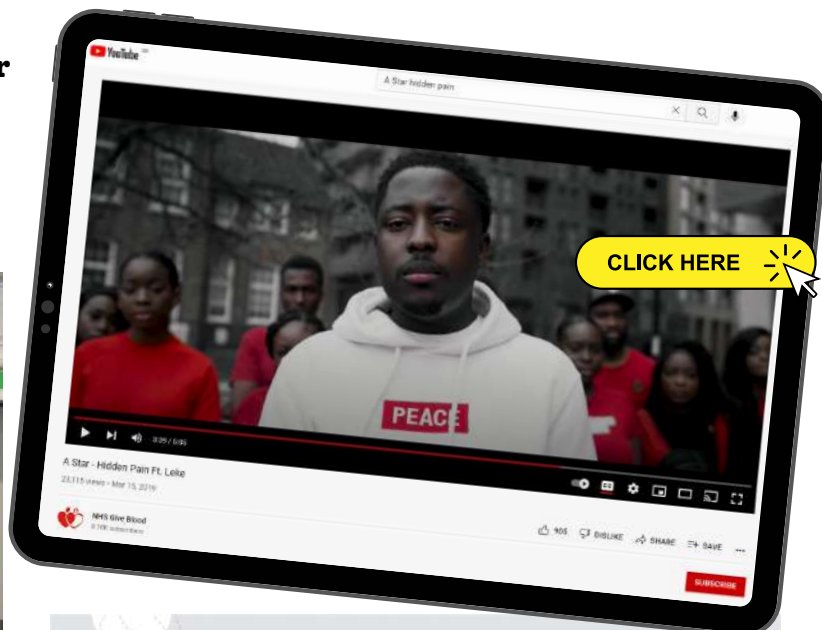
Very well done to Kethusan!

SICKLE CELL WORKSHOP



A huge thank you to Alidor Gasper who visited us on Monday. He shared his personal story of living with Sickle Cell with a selection of students from across the school. It was extremely informative and inspiring to all who attended.

We were also joined by the Worshipful Mayor of Waltham Forest, Cllr Elisabeth Baptiste, who introduced us to her competition for schools to raise awareness for Sickle Cell Disease. [Click here for more information](#)



Ups & Downs

- + Sickle Cell is the fastest growing genetic illness in the world but doesn't have a lot of attention outside of "our" community
- + Although over 14,000 people have Sickle Cell in the UK, we still have to fight more than others to raise awareness
- + Patients are still having to convince doctors, nurses and paramedics about their pain and condition
- + If Sickle Cell affected more people other than black and Asian, there would be more awareness.



What is Sickle Cell?

My faith

Normal erythrocyte (Red Blood Cells)

Sickle cells

Sickle Cell Doesn't define me!

What can you do to help raise awareness of this condition in the community?

Pick a topic to discuss with your peers...

Why is Sickle Cell prone to social inequity?	Devise a proposal to help tackle any social justice issues for people with Sickle Cell
Understanding the complexities of Sickle Cell	Understate scientific work on understanding the genetics involved in the inheritance of Sickle Cell, and consider what some of the treatments are
Compelling for better recognition of Sickle Cell	Create the plan for a real campaign to raise awareness and show support for Sickle Cell

The Mayor of Waltham Forest's SICKLE CELL DISEASE & NUTRITION COMPETITION FOR SECONDARY SCHOOLS

SEND YOUR APPLICATIONS BEFORE 14 FEBRUARY 2022.

To submit your applications and for more information visit: www.walthamforest.gov.uk

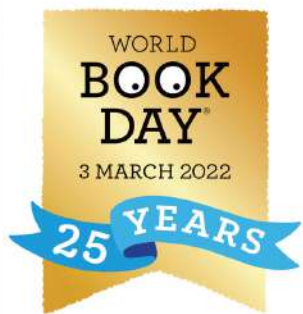
NOTICE FROM THE LRC

RETURN YOUR BOOKS BEFORE THE END OF TERM

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

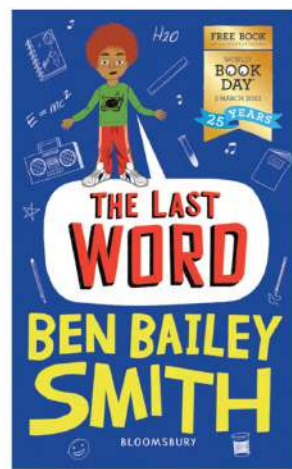
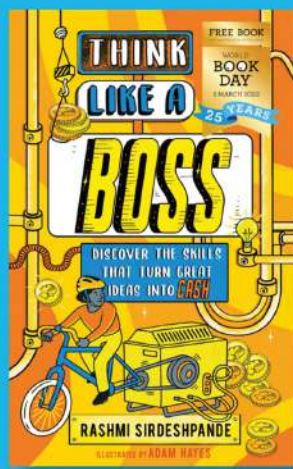
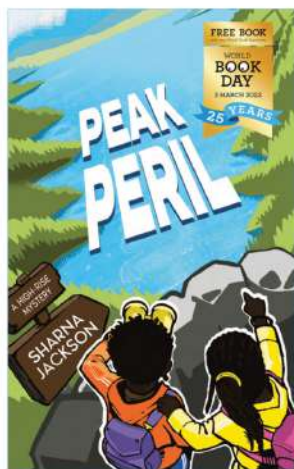



**IF YOU ARE UNSURE ABOUT ANY OUTSTANDING BOOKS
PLEASE SPEAK TO A LIBRARIAN**



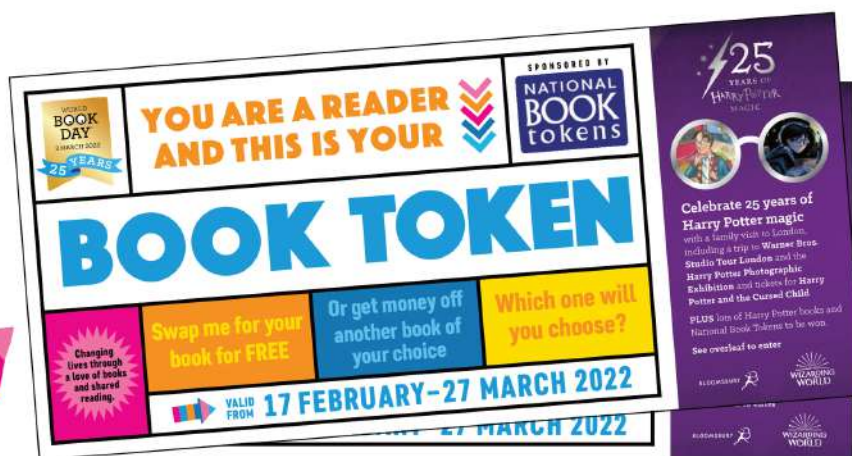
JOIN US ON 3RD MARCH 2022

CELEBRATING 25 YEARS OF WORLD BOOK DAY



Swap your
BOOK TOKEN
to get a
**WORLD BOOK DAY
BOOK** for **FREE**
at your local
bookseller 

TOKENS VALID 17 FEBRUARY–27 MARCH 2022



SPONSORED BY
**NATIONAL
BOOK
tokens**

Changing lives through a love of books and shared reading.

World Book Day® is a charity sponsored by National Book Tokens



WELLBEING

Growing Together

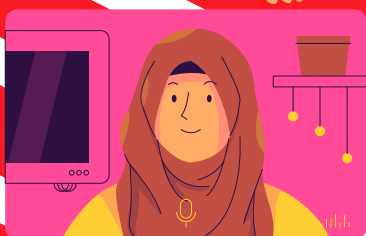
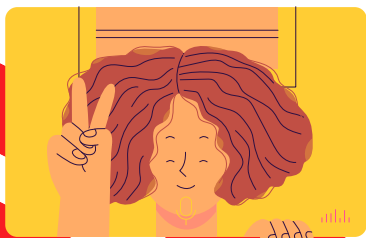
"The theme of this year's Children's Mental Health Week is Growing Together.

Growing Together is about growing emotionally and finding ways to help each other grow.

Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential.

However, emotional growth is often a gradual process that happens over time, and sometimes we might feel a bit 'stuck'."

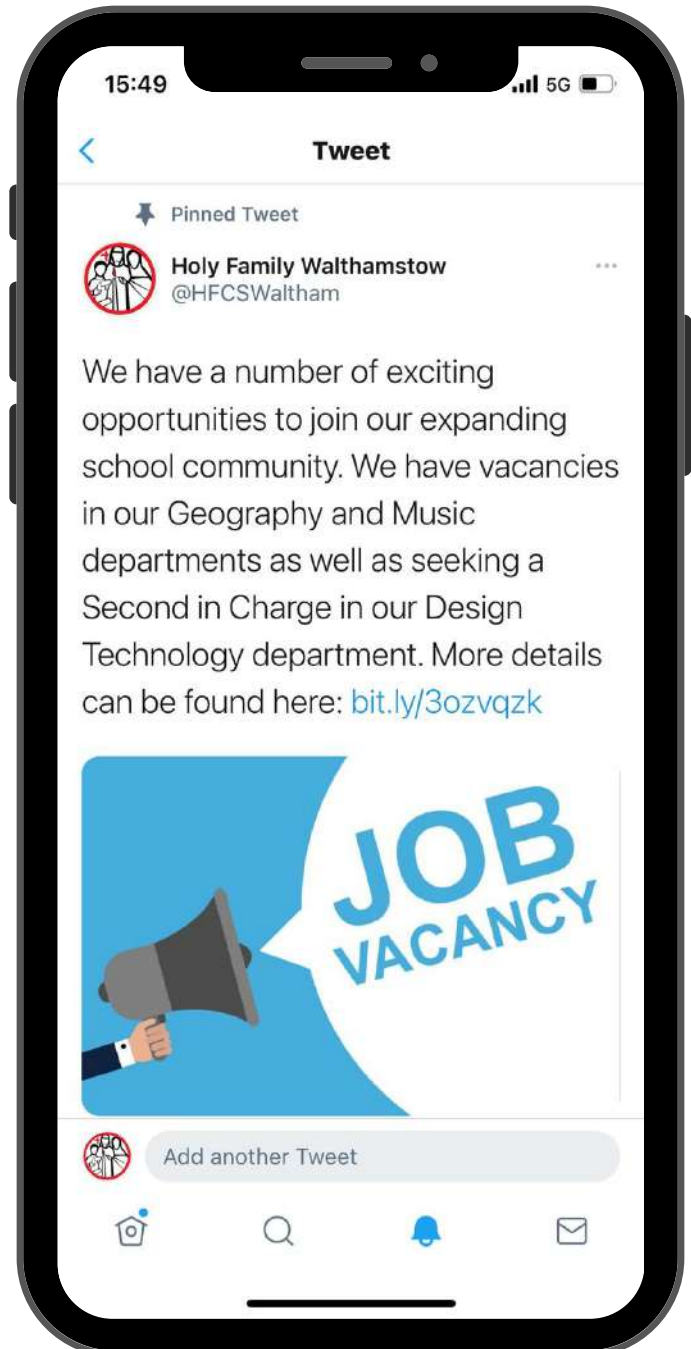
[You can learn more by clicking here:](#)



SOCIAL MEDIA CATCHUP



@HFCSWALTHAM



@HFCSWALTHAM

INTERNET SAFETY

Safer Internet Day 2022:

All Fun and Games?

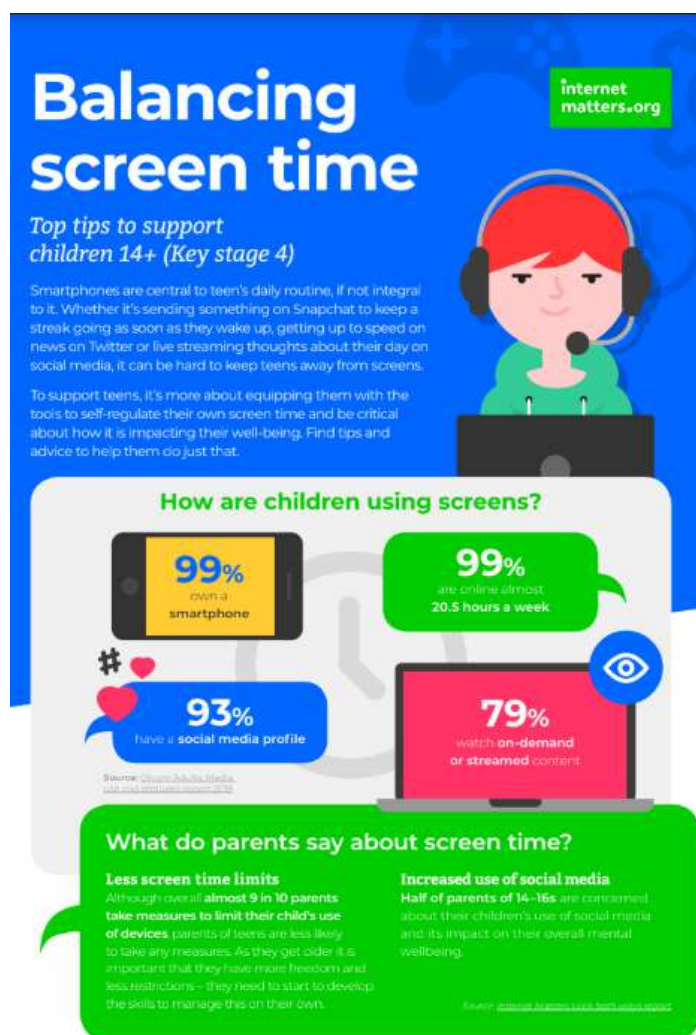
Exploring Respect and Relationships Online

The theme for this year allows the community to focus on how children and young people can be supported to build healthy and respectful relationships online and ensure they know what to do if they encounter negative behavior online.

It was a fantastic week for Holy Family Students all taking part in Assemblies and Activities for this week

1. Assemblies all week – see attached for Pictures – Year 7s presented to Year group
2. Year 10 – online assembly
3. Year 13 – Assembly
4. Competitions
5. Extended Form Time – Was a Quiz and Video
6. Hashtags and Celebration pictures

Competition ends on **Thursday 24th Feb** – Send it in to Mrs Belgrave! Good Luck!



Chaplaincy Corner



Peace Club As part of the **Climate Coalition "Show the Love"** initiative, showing decision makers that we want to see real and rapid action to tackle the climate and nature crisis – for the love of our families, our homes, our livelihoods and our planet – the Justice & Peace group made green hearts. These are on display in the Chapel. Look out for more activities during February.

Friday 11 February is the **Feast of Our Lady of Lourdes**, Patron Saint of the sick and also Patron of the Diocese of Brentwood, of which Walthamstow is part. We also mark the **World Day of the Sick**, introduced by Pope John Paul II as a way for believers to offer prayers for those suffering from illnesses.

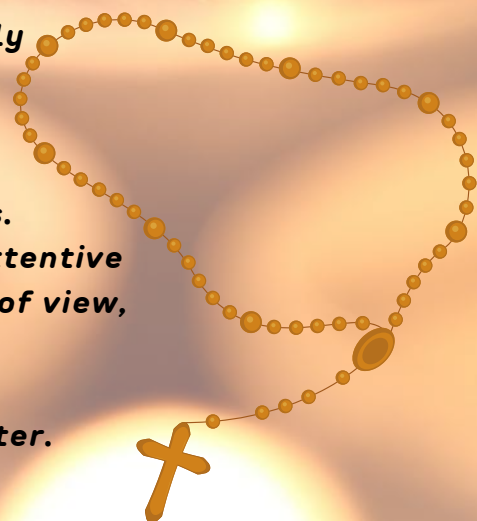


*Healing Lord,
We pray for all those who are sick today,
especially those with no-one to care for them
or tell them they are loved.
We pray for all our friends and family
who are ill at this time.*

*We do not know if our prayers
will heal them, that is in your hands.
What we ask for is that we will be more attentive
to their needs, to see life from their point of view,
to give them our time in a visit,
to think carefully
about what would make them feel better.*

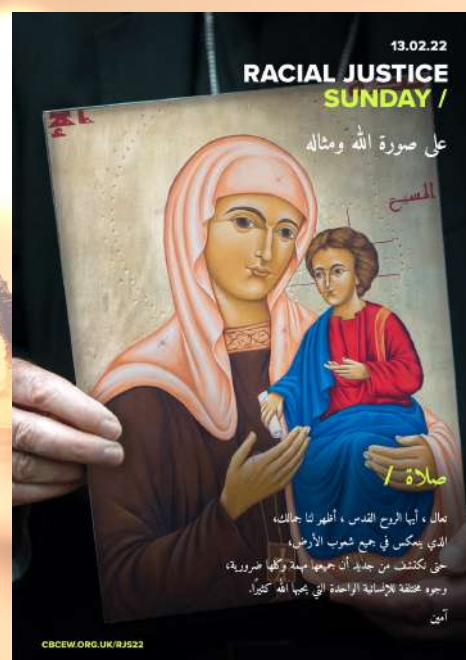
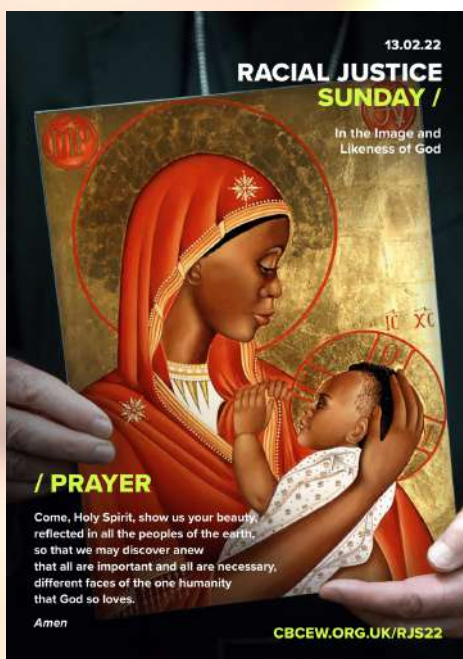
*Loving Father,
we place those who are sick
in your care, in the arms of Mary,
our loving mother.*

(c. Raymond Friel)



Chaplaincy Corner

Sunday 13 February is Racial Justice Sunday. The Bishops Conference of England and Wales have this year taken the theme of “in the image and likeness of God” celebrating different presentations of the Holy Family from different countries and cultures.



***Come, Holy Spirit, show us your beauty,
Reflected in all peoples of the earth,
So that we may discover anew
That all are important and all are necessary,
Different faces of the one humanity
That God so loves.
Amen***

c. Pope Francis, taken from his encyclical letter Fratelli Tutti – on fraternity and social friendship

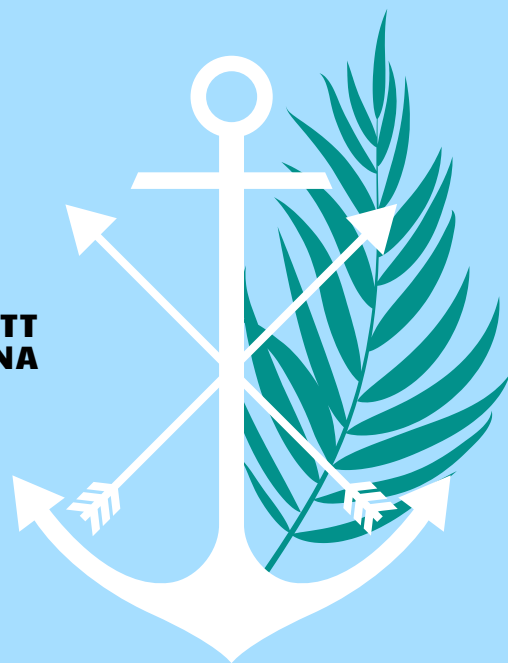
Laudato Si Commitments - “Buy more consciously” look for goods that have less packaging (especially single use plastic). For instance, avoid individually wrapped biscuits and cakes.

Mrs Grierson, Chaplain

HOUSE NEWS

Meet The House Leader:

**MS SCOTT
HOUSE PHILOMENA**



Who or what inspired you at school?

I always loved being at school. Taking part in lots of sports inspired me to want to work with people. My maths teacher was strict but fair and really made me find my love for the subject.

Where did you study?

I am a product of Holy Family back when our kilts were black and white. I then went on to study at the University of Leicester- loved it!

Why did you want to be a house leader?

I can't deny the fact that I am incredibly competitive but the house system is a great way to bring the school together as the family we are, with some healthy competition and lots fun! It's something I'm proud to be apart of.

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

Definitely Lion King!

Have you always been a teacher/worked in schools?

I always knew that I wanted to work with the next generation in some way and often thought about being part of a charitable organisation. Many of my teachers told me that I should get into teaching and a few years later... Here I am!

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

I've travelled to over 20 countries and look forward to reaching 30!

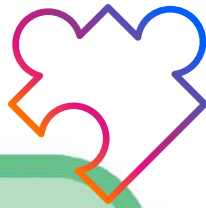
What has been your most embarrassing moment in school?

I'm quite lucky to not have experienced anything too embarrassing but I trip over A LOT... bad balance I suppose.

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

"Be the change you want to see in the world"

INCLUSION NEWS



Children's Mental Health Week

Growing Together

Share Kindness

We can grow together by being kind. As we grow, there will be times when we struggle or feel uncomfortable emotions. Being kind to ourselves can help us to feel good inside and keep trying when things are tricky. Being kind to others can help them to feel happy and positive. Who will you **share kindness** with today?



Have a Go to Grow

Every day, we try new, exciting things that we might not have done before. It's OK to find things tricky. We all learn by making mistakes. Being brave and **having a go helps us to grow**. What are you going to try that's new today?

Take Time to Grow

When we water a plant, we don't see it grow straight away. But taking time to give it special care helps it to blossom later. We are the same! Think about what you can do now that you couldn't when you were smaller. Giving ourselves time when we start doing something new helps us to build **confidence** and grow step by step. Think today about what you can do now that you couldn't before.



Growing and Changing

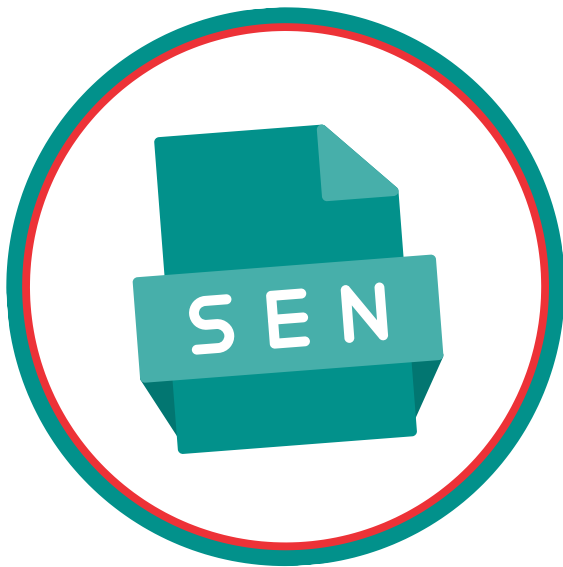
As we grow, we change. Our bodies change as we grow older and our minds and feelings can change too. Sometimes, this happens over a long time and sometimes, things change from day to day. This is OK. Remember, if you're ever worried about something that has changed, **speak to an adult you trust** in school or at home.



twinkl

INCLUSION NEWS

WHAT ARE SPECIAL EDUCATION NEEDS?



What is SEN?

You may have come across the term SEN in our school but have you ever thought about what it means?

The term 'Special Educational Needs' is used to describe learning difficulties or disabilities that make it harder for children to learn than most children of the same age. All children and young people may experience learning difficulties at some point. This is not unusual. For most children the difficulties are temporary and are soon overcome with help and encouragement from home and school. Some children may have SEN because of a medical condition or disability, other children may have SEN without a diagnosis or disability.

What should you do if you have any further questions?

Contact one of our friendly SEN team members! Also, our SENCO's weekly surgery runs on Thursdays after school, and if you would like a chat, just drop Ms Minnock an email.



LGBT+ HISTORY MONTH



POLITICAL ARTISTS: THE ARC IS LONG

**DEDICATED
PSHE
SESSIONS**

**FOCUSED
ASSEMBLIES**

**HISTORY &
SOCIOLOGY
SNAPSHOTS**

**FORMTIME
ACTIVITIES**

**INSPIRATIONAL
PEOPLE
POSTERS**





Jean-Michel Basquiat

22nd December 1960 – 12th August 1988

Jean-Michel Basquiat was born in Park Slope Brooklyn. His father was Haitian and his mother was Puerto Rican. His cultural heritage provided inspiration and he would often incorporate Spanish words into his artworks.

When he was eight years old, he was hit by a car. His mother bought a copy of Gray's Anatomy to read whilst he was recovering and this provided inspiration for art later in life, copying diagrams of chemical compounds. He also named his band Gray which referenced the book.

Jean-Michel's mother suffered from mental illness. Due to her instability and family unrest, he ran away from home at 15. He slept on park benches in Washington Square Park, and was arrested then returned to the care of his father within a week.

Basquiat did not have a formal art education. His father would take him to local art museums from a young age. Neither did he go to art school – he learnt from going through art galleries and was inspired by music his father played

He started as a graffiti artist using the tag "SAMO" (shorthand for "same old s***") in 1978. He created this with high school friend Al Diaz. They started spray painting graffiti on buildings in Lower Manhattan. In 1980, they fell out and Basquiat wrote "SAMO IS DEAD" around lower Manhattan. The SAMO tag was resurrected by Diaz after Donald Trump's 2016 presidential election victory. Basquiat sold his first painting, Cadillac Moon (1981), to Debbie Harry, lead singer of punk band Blondie, for \$200.

His girlfriend, Suzanne Mallouk, who financially supported him as a waitress during this period later described his sexuality as: "... not monochromatic. It did not rely on visual stimulation, such as a pretty girl. It was a very rich multichromatic sexuality. He was attracted to people for all different reasons. They could be boys, girls, thin, fat, pretty, ugly. It was, I think, driven by intelligence. He was attracted to intelligence more than anything and to pain." In 1982 he also dated then-unknown singer Madonna.

His signature artistic motif, the crown, had three peaks symbolising his three royal lineages which were the poet, the musician and the great boxing champion. In his art he decorated historically prominent black figures with crowns and halos.

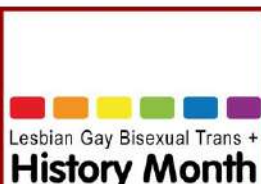
Aged 22 he was the youngest to exhibit at the Whitney Biennial. He was deeply affected by the death of Michael Stewart, an aspiring black artist in the downtown club scene, killed by police in September 1983. He painted Defacement (The Death of Michael Stewart) (1983) in response to the incident.

He died on 12th August 1988 at age 27 years old, of a heroin overdose at his home.

Basquiat's used social commentary in his paintings as a tool for self-examination and for identifying with his experiences in the Black community of his time, as well as attacking power structures and systems of racism. His visual style was acutely political and direct in his criticism of colonialism and his support for class struggle.

"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

Well done Year 10!

You have had a brilliant start to the new year and we hope that you continue to work hard and make yourselves proud!

Over the half term, get lots of rest, spend time with family and friends and stay safe.

Use the time to also search for your work experience placements.

Don't forget to check your Google classrooms for notices and outstanding homework tasks.

Extra well done to Kezia M. 10P who is our Jack Petchey winner this term!!

Stars

Allison Grace T., Amaris O-N., Amelia W., Atara A., Caden C., Can G., Damien C., Dylan B., Ernest Timothy T., Filipa A., Gabriele I., Gladys B., Grace M-M., Harley W., Ilana I., Jackie C., Janet A., Joseph B., Kajoni D-C., Kwasi-Bimpong O-M., Ky-Mani B., Laura K., Maria S., Memet Y., Merian B-D-L-V., Mohammed B., Nazar V., Neriah-Jane O., Nirel N., Omari P-J., Pavaram Y., Rhianna W., Roneta L., Samuele M., Tony D., Vladyslav B., Yu Ruo C.

Wellbeing Tip: be gentle with yourself when you make a mistake

YEAR 11

As another half term comes to a close, we would like to celebrate year 11's hardwork, effort and achievement over the past 5 weeks. Covid testing, an English theatre trip, an Art trip, and of course (more) mock exams; you really have stepped up yet again and shown the best you can be. Please take some time to rest and recharge your batteries next week...not long to go now!

Mr Freeman and Ms Nordon

Another close race this week which has resulted in some of the boys being knocked out.

Congratulations to Jaydn who pipped Archie to the post by just one point.

11I remain in the lead for the pizza and PS4 party

Jaydn 249
Archie 248
Kenneth 246

Jordan 225
Isaiah 180
Daniel 126

11Ph (finally) enjoyed their reward lunch for outstanding punctuality last term. It was very well received and didn't last long!

Well done 11Ph, keep up with the excellent timekeeping.



Coming After Half Term:

Year 11 Interform Competition 2022

Who will be crowned the winners this year?

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

YEAR 11



Holy Family Catholic School



February half term intervention 2022

Yr 11 GCSE

Day	Date	Time	Subject	Teacher	Room
Monday	14th February	9am - 1pm	French	SHN	U31
		10am - 2pm	Spanish	PRA	U01
		9am - 2pm	English	MAL	U26
		9am - 2pm	Science	MEI	U16
		9am - 2pm	Science	ANG	U15
		2.30pm - 3.30pm	Maths (Foundation)	ATA	Online (Google classroom)
		9am - 12pm	Revision Session	FRT	U30
Tuesday	15th February	9am - 2pm	Science	ANG	U15
		9am - 12pm	English	FRT	U22
		9am - 2pm	Catering	CAC	U11/12
		9am - 2pm	Catering	Iram	U11/12
		9am - 2pm	Science	MEI	U16
Wednesday	16th February	9am - 12pm	Sport (BTEC)	GRE	U30
		10am - 2pm	Sociology	OSV	U42
		9am - 3pm	Catering	SAG	U11/12
		9am - 3pm	Catering	MUT	U11/12
		9am - 2pm	Science	MEI	U16
Thursday	17th February	9:30am - 2pm	Maths (Higher)	ASD	U27
		9am - 2pm	History	ALL	U40
Friday	18th February	9:30am - 2pm	Geography	PEA	U39
		9:30am - 2pm	History	SAB	U40
		9am - 2pm	Design & Tech.	KWP	U09
		9am - 2pm	Design & Tech.	NAS + SAG	U08

ALL STUDENTS MUST BRING LUNCH WITH THEM

YOU MUST ARRIVE ON TIME FOR YOUR SESSION OR ELSE YOU WILL NOT BE ALLOWED IN.

YEAR 12

10 year 12 students had the opportunity to go on a trip to Gonville and

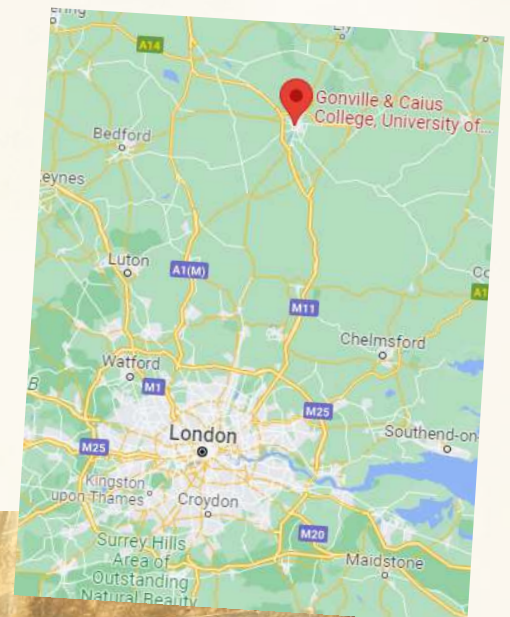
Caus College at Cambridge University. They had a full day programme including a tour of the college, advice on how to apply to Cambridge and how to improve their super-curricula activities.

Given advice on their personal statements and interviews tips.

Students were also treated to lunch in the great hall and experienced a lecture.

We hope to continue building our links with Cambridge and other universities.

Mrs Warwick



TEXTILES

Our Year 10 textiles group have enjoy exploring and developing their skills in Batik.

What is Batik?

Batik is a textiles decorative technique using melted wax on fabric/cloth which originated from the island of Java, Indonesia. This wax-resist technique involves using a tjanting tool to drip melted wax onto fabric to create patterns. The fabric is then dyed/painted but the waxed areas will resist the colour. Once the dye/paint is dry, the wax is ironed off the fabric to reveal the beautiful designs/patterns.

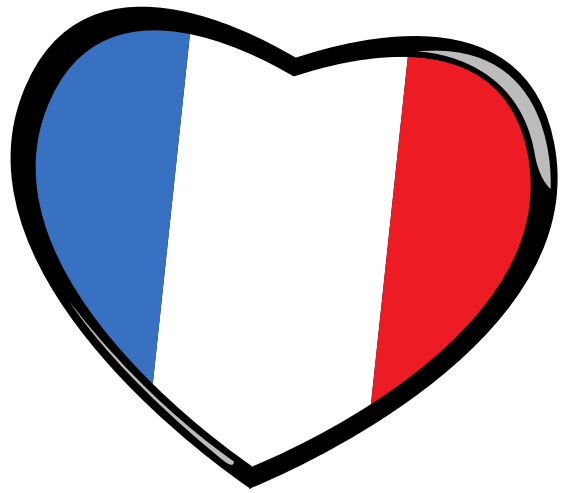
See their wonderful outcomes below...



MFL



**Abishan A., Williams B., Alisha I.,
Julia M., Jemuel O., Vanessa P.,
Luke P.**



**Emanuella A., Abiola A
Malachi B-C., Chiqeia B.,
Michael B.**



**James B., Glennard C.,
Gillianne M., Skyla M.,
Ebony S., Yosan T., Jenna V.**



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."





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



SPEAKERS FOR SCHOOLS VIRTUAL TALKS & BROADCASTS

CAREERS CORNER



Roseanne Balke, Chief Customer Officer, Tesco & President, Advertising Association

Date: Friday 19th February

Time: 10:00 - 10:45

Age Group: KS4-5 / 14-6

Ever wonder what a Chief Customer Officer does day to day? How do you maintain a brand's image, globally? How do you take on the challenge of working in a large organisation? Don't miss this opportunity to hear from Tesco's Chief Customer Officer.

[Click here to register](#)

Matthew Dore, CEO, ADO

Date: Monday 26th February

Time: 16:00 - 16:45

Age Group: KS4 / 14-6

Do you enjoy working with numbers? Are you interested in a career in Accounting? Join us for a broadcast with Matthew Dore, Chief Financial Officer, ADO. You will learn about the role of a CFO and some of the different pathways to working in Finance. Free to attend! This broadcast is for you too! We will be speaking about some of the different roles at ADO.

[Click here to register](#)



Joanne Whitbread, Chair, Tesco Finance

Date: Wednesday 2nd March

Time: 16:00 - 16:45

Age Group: KS4-5 / 14-6

What is it like to be the Chair of a FTSE 250 Company? Join us for a broadcast with Joanne Whitbread, Chair of Tesco Finance, the UK's largest Retailer's accounts. You will learn about what helps Joanne to feel motivated and how the experience grew and developed as a leader.

[Click here to register](#)



International Women's Day Broadcast: CoCo Sweeney, Lightbox, Head Coach & TV Presenter

Date: Tuesday 8th March

Time: 10:00 - 10:45

Age Group: KS3-5 / 12-16

We are looking forward to hosting another broadcast with CoCo Sweeney, this time for International Women's Day. CoCo will be speaking about what International Women's Day means to her, how to develop your confidence and the women who inspire her.

[Click here to register](#)



International Women's Day Broadcast: Eile O'Sullivan, Managing Director, Innoventures and EMD, Trust & Finance, Chief Commercial & Marketing Officer, Heron Airside High Street

Date: Tuesday 8th March

Time: 16:00 - 16:45

Age Group: KS3-5 / 12-16

We are excited to welcome back Eile O'Sullivan for another broadcast. Eile will be joining us on International Women's Day to speak about the women who inspire her, the importance of the business grant throughout her life and career, and why it is important to celebrate International Women's Day. Eile is looking forward to answering some of the questions you have.

[Click here to register](#)



National Careers Week Broadcast: Hospitality with Joanne Kavanagh, Managing Director for UK and Ireland, foodCommunity Events Group

Date: Wednesday 19th March

Time: 10:00 - 10:45

Age Group: KS3-5 / 12-16

Are you interested in working in the hospitality industry? Perhaps you already have experience of working in hospitality and want to learn more about where it could take you in the future? Join us for a broadcast with Joanne Kavanagh, who started out working in hotels and has worked her way up to be Managing Director for UK and Ireland, in global organisation P&G Hotels & Resorts. Joanne is excited to share her industry insights with you and answer your questions!

[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 150 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.

[Learn 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 iDEA.

We create advertising and marketing that uses data and technology to allow these brands to reach millions of...

[Learn 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...

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[VIEW OPPORTUNITIES](#)



Bentley Insight Day - Be Extraordinary

Bentley Motors

Virtual Work Experience -

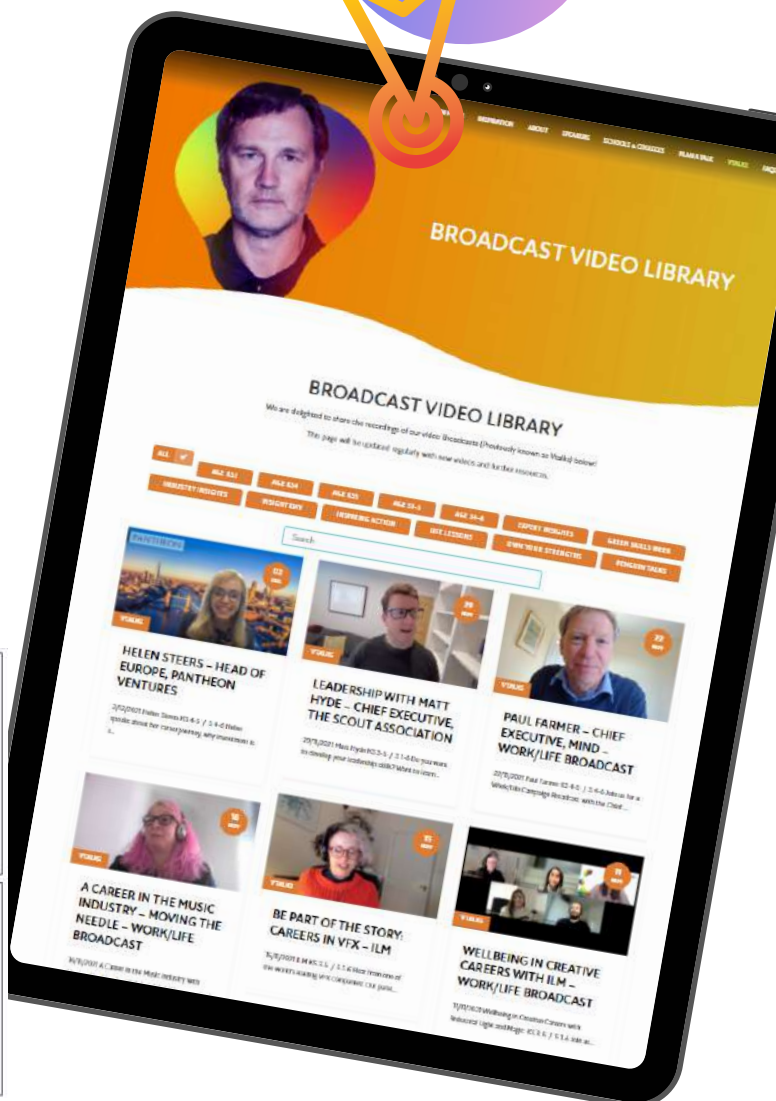
The Be Extraordinary virtual work experience gives students the opportunity to get an extraordinary insight into this unique company.

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...

[Learn more](#) [Contact](#) [Apply](#) [Feedback](#)

[VIEW OPPORTUNITIES](#)



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

Raise FREE donations for

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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





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





PLAY AND STUDY

FULL-TIME COLLEGE STUDY PROGRAMME FOR 16-18 YEAR OLDS

- BTEC Level 1 Certificate in Sport
- NCFE Level 2 Diploma in Sport
- BTEC Level 3 Extended Certificate/Foundation Diploma in Sports Coaching and Development
- BTEC Level 3 Diploma / Extended Diploma in Sports Coaching and Development

STUDENT BENEFITS:

- **Campus setting** - practical and theory in one place. Training ground 5 mins away
- Leyton Orient player and staff visits
- **Free tickets** to a Leyton Orient match



COLLEGE STUDY PROGRAMME INCLUDES:

- Academy standard **coaching and training** facilities
- **English and Maths** qualifications if required
- Direct link to **University Sports courses** and **US Football Scholarships**
- **Competitive games** in Association of Colleges League
- **Opportunities to be scouted** by Leyton Orient FC and local semi-professional clubs
- **Work experience** and **volunteering opportunities** within the industry

FOR MORE INFORMATION VISIT:

WWW.LEYTONORIENTTRUST.ORG.UK/FURTHEREDUCATION



COME TO A TRIAL

Take part in a football training session

Meet our coaches

Learn about our courses and the college



"It was so helpful that I could do the FA Level 1 Coaching Course alongside my Level 3. I got a job part-time coaching for the Trust." **Shalliah**



DATES:

WEDNESDAY
27 OCTOBER 2021

11.00AM-12.30PM

WEDNESDAY
16 FEBRUARY 2022

11.00AM-12.30PM

WEDNESDAY
6 APRIL 2022

11.00AM-12.30PM

WEDNESDAY
1 JUNE 2022

11.00AM-12.30PM

LOCATION:

FEEL GOOD TOO CENTRE, IVE FARM LANE,
LEYTON, E10 5HH

BOOK YOUR PLACE:

WWW.LEYTONORIENTTRUST.ORG.UK/EVENTS

[@lotrust](https://twitter.com/lotrust) [@leytonorienttrust](https://www.facebook.com/leytonorienttrust)



YOUTH ZONE

EVERY MONDAY

Football session delivered by Leyton Orient Trust coaches!

Multi-Sports
Indoor Games
Arts and Crafts
Dance and Yoga classes
And MANY MANY MORE!

FOR AGES:
8-12 - 5PM-7PM
13-16 - 7PM-9PM

CONTACT INFO:
INFO@WAPPINGYOUTHFC.CO.UK
HAIFZUL.HAQ@LEYTONORIENTTRUST.ORG.UK

TEVIOT CENTRE - 1 WYVIS ST, LONDON. E14 6QD

LEADERS IN COMMUNITY



15 YEAR CELEBRATION

To celebrate 15 years of the Premier League Kicks Programme, Leyton Orient Trust are hosting a series of activities & competitions for 8-18 year olds across various Kicks Hubs & online platforms, during February Half-Term 2022

Come along and show off your skills, develop new skills, be heard & HAVE FUN! You could be in with a chance of winning trophies, medals, Leyton Orient tickets, meeting the players and much more!

ACTIVITIES

DATE	ACTIVITY	TIME	LOCATION
MON 14 FEB	Playstation FIFA Tournament	2pm - 6pm	Britannia Leisure Centre, N1 5FT
	Girls 7's Football Tournament (U12)	5pm - 7pm	
TUES 15 FEB	Football & Multi-Sports	2pm - 3pm (Girls 8-16) 3pm - 4:30pm (Boys 8-12)	Pembury Estate MUGA, E5 8JW
	Boys 5's Football Tournament (U16)	5pm - 8pm	Goals Chingford, E4 8SN
WED 16 FEB	PL Youth Voice Activity	1pm - 4pm	Tottenham Hotspur Stadium
	Football & Multi-Sports	2pm - 3:30pm (Boys 13-16)	Pembury Estate MUGA, E5 8JW
FRI 18 FEB	London Kicks Cup (selected groups)	1pm - 6pm	Crystal Palace Training Ground
SUN 20 FEB	Girls 5's Football Tournament (U14)	12pm - 2pm	Stepney Green Astroturf, E1 3NG
TUES 15 - WED 16 FEB	FA Referees Course (14+)*	Tues: 2pm - 5pm Wed: 9am - 5pm	Petchey Academy, E8 2EY
TUES 15 - THUR 17 FEB	Radio Production Workshop	11am - 2pm	Score Centre, E10 5JY
WED 16 - THUR 17 FEB	BT Playmaker Coaching Course	12pm - 3pm	Score Centre, E10 5JY
SAT 26 FEB	LEYTON ORIENT VS CARLISLE UNITED		

*Spaces are limited and only available for 14-21 year olds living or studying in Hackney and Islington

Inviting PL Kicks participants to experience a live match day at the Breyer Group Stadium Diversity Hub | Half-time activities | Pitch side photo

For more information on any of the activities, please contact haifzul.haque@leytonorienttrust.org.uk



FREE WEEKLY SESSIONS • FUN • INCLUSIVE • OPEN FOR ALL ABILITIES • JUST
TURN UP & PLAY • TOURNAMENTS • LOFC TICKETS • VOLUNTEERING •
WORKSHOPS + MORE

MONDAY

17:00-18:00	MUMS & DAUGHTERS FOOTBALL	AGE 18+
18:00-19:00	KICKS - GIRLS FOOTBALL	AGE 8-16
	BRITANNIA LEISURE CENTRE, N1 5FT	
17:00-18:30	KICKS - YOUTH CLUB & FOOTBALL	AGE 8-12
18:30-20:00	KICKS - YOUTH CLUB & FOOTBALL	AGE 13-16
	TEVIOT COMMUNITY CENTRE, E14 6QD	
19:00-20:00	KICKS - DISABILITY FOOTBALL	AGE 14+
	MILE END LEISURE CENTRE, E3 4HL	

TUESDAY

17:30-19:30	KICK - T B C BALL	AGE 8-16
	PEMBURY E JGA, E5 8JL	
17:00-19:00	KICKS - GIRLS FOOTBALL	AGE 11-18
	MABLEY GREEN 3G ASTRO, E9 5HW	

WEDNESDAY

20:00-22:00	KICKS - YMCA RESIDENTS FOOTBALL	AGE 16+
	YMCA WALTHAMSTOW, E17 3EF	

THURSDAY

17:30-18:30	KICKS - FOOTBALL	AGE 8-13
18:30-20:00	KICKS - FOOTBALL	AGE 14-18
	LOXFORD LEISURE CENTRE, IG1 2UT	

FRIDAY

18:00-20:00	KICKS - FOOTBALL & CAREERS ADVICE	AGE 11-18
	SALISBURY HALL 3G ASTR, E4 8ST	
17:00-19:00	KICKS - YOUTH ZONE	AGE 11-18
	SCORE CENTRE, E10 5JY	

SUNDAY

10:00-11:00	KICKS - FOOTBALL	AGE 8-16
	FEEL GOOD TOO, IVE FARM, E10 5HQ	
12:00-14:00	KICKS - GIRLS FOOTBALL	AGE 11-16
	STEPNEY GREEN ASTROTURF, E1 3NG	

For more information please contact hafizul.haque@leytonorienttrust.org.uk
Follow us on socials; Instagram @leytonorienttrust | Twitter @lotrust

#LondonUnited



Premier League

Kicks

GIRLS FOOTBALL

BRITANNIA LEISURE CENTRE, N1 5FT
EVERY MONDAY
5PM-7PM

MABLEY GREEN ASTROTURF, E9 5HW
EVERY TUESDAY
5PM-7PM



SCAN ME

TO REGISTER

FOR MORE INFORMATION CONTACT
EMMA.THORNE@LEYTONORIENTTRUST.ORG.UK

BETTER
the fast good place



Hackney



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

SCORE
CENTRE
E10 5JY

OPPORTUNITIES INCLUDE:

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

For more information, please contact hafizul.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!