

# FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL  
NEWSLETTER



Issue 2  
Friday 17th Sept. 2021



AQUINAS TEACHING &  
LEARNING TRUST

STAFF MASS 2021



Monday 13<sup>th</sup> September

**Aquinas Teaching & Learning Trust Mass**  
*May our school community be a place of faith;  
of hope; and of love.*





# Holy Family Catholic School & Sixth Form

Open Evening - Thursday 23rd September 2021

At Holy Family we provide academic success with excellent progression to leading universities including Oxford and Cambridge.

Strong pastoral care is at the heart of our school.

Our Open Evening for prospective year 7 students will give you the opportunity to get a feel for the school, hear the Headteacher speak and meet some of the pupils and teachers. There will be two Headteacher presentations: the first at 6pm followed by another at 7pm. Sixth form students will facilitate guided tours of the school.

Doors open from 5.30pm.

[www.holyfamily.waltham.sch.uk](http://www.holyfamily.waltham.sch.uk)



@hfcswaltham / 1, Shernhall Street, Walthamstow, E17 3EA

## **Quotation of the week**

"Give us this day our daily bread and forgive us our trespasses" from the Lord's Prayer/the Our Father.

I spoke to students in a virtual assembly this week and talked to them about the Lord's Prayer, the Our Father, one of the best known prayers of Christian people all over the world. We reflected a little on what each line means and how it relates to our lives.

It makes me be thankful for the blessings that I enjoy in my life and to reflect on others less fortunate than me - there are too many children in the world who go hungry or thirsty, or who die for lack of basic medication, or who have no access to education. We pray every day at Holy Family in tutor time/assembly and also before every lesson. Please encourage your son/daughter in their prayer life.

## **Mass for the Catholic Schools in Waltham Forest**

On Monday afternoon we welcomed staff from St Patrick's, Our Lady and St George and St Joseph's to Holy Family for a start of term mass which was celebrated for us by Fr Bijoy. It was lovely to meet up again and be able to worship together at the start of the new academic year. We hope to be able to hold our Mass for pupils of all our different schools in March next year.

## **Start of term**

The start of term is going well and students have settled in and are working productively. There is a good atmosphere in school and students are well behaved and focused in lessons. Where I have a concern about behaviour is the behaviour of a small minority of students after school in the community. We were let down by some students earlier this week who were involved in anti-social behaviour at Walthamstow Central. For the avoidance of doubt, Walthamstow Central, McDonalds and the market area are out of bounds to students after school. Some students have received sanctions for failing to abide by our expectations and I would appreciate your support in speaking to your son/daughter about the importance of good conduct on the way to and from school. Poor behaviour affects members of our community, our neighbours and reflects badly on the school. It will not be tolerated.

## **Open Evening**

We have our Open Evening for prospective Yr 7 students and their parents/carers this coming Thursday 23rd September at 6pm. Talks at 6.10pm and 7.00pm. This will once again be a face to face occasion and please do come along or pass on the invitation to friends and family.

## **Parents' Surgery**

Parents' Surgery resumes as a face to face service. If you have anything you wish to discuss with me as the headteacher you can see me between 4pm and 5pm on the Walthamstow House site. You can call the office and book a time if you wish, or turn up without an appointment. Parents' Surgery starts again on Thursday 16th September.

Thank you for your support of our school community.  
We are here to serve your child and do our best for them.  
Please remember us in your prayers.

Dr Andy Stone,  
Headteacher







HOLY FAMILY CATHOLIC SCHOOL & SIXTH FORM  
WE ARE SEEKING TO EXPAND OUR EXAMS TEAM

# **EXAM INVIGILATORS NEEDED**

IF YOU ARE INTERESTED IN BECOMING AN  
EXAM INVIGILATOR AND ARE FREE DURING  
THE SCHOOL DAY PLEASE GET IN TOUCH  
FOR FURTHER DETAILS

A close-up photograph of a pen tip writing on a piece of paper. The pen is dark and the ink is black. The paper has some faint, illegible handwriting on it. The background is a solid red color.

**CONTACT: MRS RUSSELL  
EXAMS OFFICER**

[a.russell@holyfamily.waltham.sch.uk](mailto:a.russell@holyfamily.waltham.sch.uk)

[www.holyfamily.waltham.sch.uk](http://www.holyfamily.waltham.sch.uk)

# WELLBEING

Action for Happiness helps people take action for a happier and kinder world.

Find out more here

<https://www.actionforhappiness.org/>

Self-Care September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>6 Focus on the basics: eat well, exercise and go to bed on time</p>	 <p>7 Give yourself permission to say 'no'</p>	<p>1 Find time for self-care. It's not selfish, it's essential</p>	<p>2 Notice the things you do well, however small</p>	<p>3 Let go of self-criticism and speak to yourself kindly</p>	<p>4 Plan a fun or relaxing activity and make time for it</p>	<p>5 Forgive yourself when things go wrong. Everyone makes mistakes</p>
<p>13 Be as kind to yourself as you would to a loved one</p>	<p>14 If you're busy, allow yourself to pause and take a break</p>	<p>8 Be willing to share how you feel and ask for help when needed</p>	<p>9 Aim to be good enough, rather than perfect</p>	<p>10 When you find things hard, remember it's ok not to be ok</p>	<p>11 Make time to do something you really enjoy</p>	<p>12 Get active outside and give your mind and body a natural boost</p>
<p>20 Enjoy photos from a time with happy memories</p>	<p>21 Don't compare how you feel inside to how others appear outside</p>	<p>15 Find a caring, calming phrase to use when you feel low</p>	<p>16 Leave positive messages for yourself to see regularly</p>	<p>17 Notice what you are feeling, without any judgment</p>	<p>18 Ask a trusted friend to tell you what strengths they see in you</p>	<p>19 No plans day. Make time to slow down and be kind to yourself</p>
<p>27 Free up time by simplifying or prioritising plans</p>	<p>28 Choose to be kind to yourself as often as you can</p>	<p>22 Take your time. Make space to just breathe and be still</p>	<p>23 Let go of other people's expectations of you</p>	<p>24 Repeat to yourself and remember that you are worthy of love</p>	<p>25 Find a new way to use one of your strengths or talents</p>	<p>26 Avoid saying 'I should' and make time to do nothing</p>
		<p>29 Write down three things you appreciate about yourself</p>	<p>30 Remind yourself that you are enough, just as you are</p>			

ACTION FOR HAPPINESS

Happier · Kinder · Together



We are proud to be a  
**Magic Breakfast  
School**

The right fuel for learning, every day



**magic  
breakfast**

# SOCIAL MEDIA CATCHUP



@HFCSWALTHAM



@HFCSWALTHAM



## **PRESS RELEASE:**

### **Pop-up archaeology exhibition at The Mill: Discover Walthamstow's past**

Archaeologists from [MOLA \(Museum of London Archaeology\)](#) and [Pre-Construct Archaeology](#) are holding a free pop-up exhibition at The Mill community centre, Coppermill Lane, E17 7HA on **Saturday 25<sup>th</sup> September** from 10am-4pm.

The exhibition will look at recent archaeological excavations carried out at **Holy Family Catholic School and Sixth Form** ahead of the construction of the school's new sports hall.

The excavations took place at a site on Vinegar Alley, a medieval footpath linking the Church of St Mary to Shernhall Street. Archaeologists found evidence that the site was lived on and farmed at various points in the last 3000 years. They found a range of structures from over the centuries, including a late Bronze Age roundhouse, a group of four late Roman timber framed farm buildings possibly linked to a larger villa complex nearby, and a medieval field system. Archaeologists from Pre-Construct Archaeology have since been using a range of techniques to learn even more about the area's past.

Visitors to the pop-up exhibition will be able to:

- See a display of finds excavated from the site, some of which are almost 3000 years old
- Learn more about how archaeologists investigate the past, the techniques they use, and the types of objects they find
- Find out how, from its earliest days, life in Walthamstow has been shaped by the River Lea

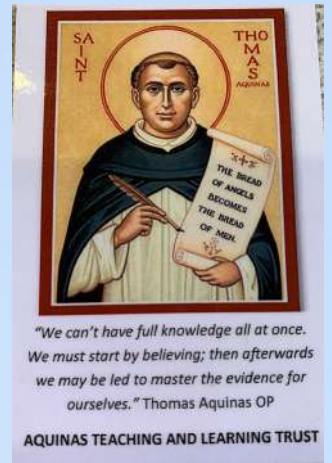


# Chaplaincy Corner

## Aquinas Teaching & Learning Trust

We were delighted to be able to celebrate Mass together with staff from the Catholic primary schools in Waltham Forest. During this time, we also re-dedicate ourselves to inspiring a love of learning in our students, to be supportive of colleagues and parents, and to ask the Holy Spirit to guide us in all we do. The final line of the re-dedication reads: *May our school community be a place of faith; of hope; and of love.*

We are grateful to Fr Bijoy from St Joseph's parish for celebrating this special Mass and for his words of encouragement to the vocation of teaching and learning. Thank you also to Mrs Quinton from Our Lady & St Joseph's for leading us in music.



September 21st is **International Day of Peace**, and this week's prayer is the Peace Prayer of St Francis.



*Lord, make me an instrument of your peace:*

*Where there is hatred, let me sow love;*

*Where there is injury, pardon;*

*Where there is doubt, faith;*

*Where there is despair, hope;*

*Where there is darkness, light;*

*Where there is sadness, joy.*

*O divine Master, grant that I may not so much seek to be consoled as to console,*

*To be understood as to understand,*

*To be loved as to love.*

*For it is in giving that we receive,*

*It is in pardoning that we are pardoned,*

*And it is in dying that we are born to eternal life.*

*Amen*



## **We're Going Green for CAFOD!**

World leaders are meeting in Glasgow this November to make important decisions about the future of our planet and its people. With Catholic schools around the country we are playing our part by joining CAFOD's Go Green day to support Amazon communities protecting the rainforest, and people around the world dealing with the climate crisis.

**Years 7 and 8 are encouraged to WEAR SOMETHING GREEN with their uniform on Friday 1st October and bring in £1 towards the work of CAFOD.**

*Blessings, Mrs Grierson, Chaplain*



## **Holy Family Liturgy Leaders**

### **Years 7-8**

**Our liturgy leaders will play a hugely important role in the Catholic life and collective worship of the school.**

**Organising and leading class prayers, school assemblies and special events**

**Maintaining prayer corners and displays**

**Supporting peers in their journey of faith**

**.... and more**

## **INTERESTED?**

**Come along to the Emmaus Room**

**Week 1 Wednesday 11-11.20am**

**[mrs.grierson@holyfamilycatholicschool.co.uk](mailto:mrs.grierson@holyfamilycatholicschool.co.uk)**



# YEAR 9

Student of the week

**Raya Hutcheon**

for being a ray of sunshine in the year group.

Raya is polite and helpful to all around her, including staff and students.

Thank you Raya for being a wonderful addition to year 9.

Congratulations to the all the students who received stars last week there were lots!

Please see below a selection of who got stars:

Chikanyima Igboama	For making a great contribution to her drama lesson.
Luke Pemberton	For making a great start in <a href="#">Science</a> and contributing throughout the lesson
Vlad Meres	For making a great start in <a href="#">Science</a> and contributing throughout the lesson
Naomi Holness	For making a great start in <a href="#">Science</a> and completing her homework to a high standard
Jah'Kye Burton-Khan	For making a great start in <a href="#">Science</a> and trying his best
De'Andre Allen	For making a great start in <a href="#">Science</a> and contributing throughout the lesson
Titas Andruskevicius	For making a great start in <a href="#">Science</a> and contributing throughout the lesson
Patrick Trarewaxe	For making a great start in <a href="#">Science</a> and trying his best
Jesiah Campbell	Completing his <a href="#">Science</a> work to a very high standard
Merdy Bayunda	Completing his <a href="#">Science</a> work to a very high standard
Steven Duque Veloz	Being the first one in the class to practice Seneca learning (French)
Duncan Reyes	For superb contribution to the drama work today.
Shayvante Lloyd	For superb contribution to the drama work today.
Jesiah Campbell	For superb contribution to the drama work today.
Keenan Charles	For superb contribution to the drama work today.

## Study tip

### **Don't just reread books and notes**

In one 2009 study, some college students read a text twice. Others read a text just once. Both groups took a test right after the reading. **Test results differed little between these groups**

Too often, when students reread material. Rereading is like looking at the answer to a puzzle, rather than doing it yourself. It looks like it makes sense. But until you try it yourself, you don't really know if you understand it.

In one 2010 study compared test results of students who reread material to two other groups. One group wrote questions about the material. The other group answered questions from someone else. Those who answered the questions did best. Those who just reread the material did worst.

# YEAR 10

**Welcome back to Year 10!**

What an outstanding start to the year and your GCSEs.

Keep up the great work.

**Prefects applications** for this year are out, the deadline for these is **Wednesday 22nd September**.

Get involved this year! Check our Google Classroom for your extra curricular activity timetable to see what you could be doing outside of class every day.

**Learning app: Notability**

Great for editing documents, highlighting, making notes etc.

Will work great in written subjects (English, Sociology etc.)

## **Stars**

Alex Opare, Almaz Farquhar, Amit Sooraj, Atara Anderson, Carina Veres, Claude - Andre N'Ghandu, Dylan Boker, Eto Chukwu, Fabrice Fidegnon, Georgi Radulov, Grace Mukasanga-Muela, Kudzaishe Mpofu, Magnific Yambuya, Manasseh Vanderpuye, Muhammad Butt, Neriah-Jane Orafu, Ozge Aytun, Patrick McCormack, Priscilla Adomako, Rhianna White, Stacy D'Souza, Thomas Masterton, Tony Dandoczi, Tyrees Agha, Valeria Boldisor, Vlad Boldisor and the entire class of 10R!

## **WellBeing Tip: balance studying with other activities**

Participate in clubs, follow your passions and keep up your hobbies. You need a break from your studies



# MFL



**William S., Emmanuella A.,  
Amy S., Caleb M., Arina B.,  
Lula K., John P., Eliezer Y.,  
Cristian V.**



**Davina B., Nyah T.,  
Stacy D'S., Aaliyah H.**



**Michael M., Elizabet P.,  
Jaina G., Cristian V.,  
Raluca V., Eliezer Y.**

# PE EXTRA-CURRICULAR TIMETABLE

	Walthamstow Site		Wiseman Site	
	LUNCH 1.25pm-2pm	AFTER SCHOOL 3.20pm-4.30pm	LUNCH 1.25pm-2pm	AFTER SCHOOL 3.20pm-4.30pm
Mon	Yr 7 Boys Basketball GRE	Yr 7/8 Netball - COE/PAK All yrs Gymnastics WIM	Yr 9 Basketball LAD/LIK	Yr 8 Football (girls and boys) LIK. (Wiseman Site)
Tues	Yr 7/8 Girls Football PAK	Yr 7 Basketball - WIR (Wiseman Site)	YR 9 FITNESS - WIR Yr 10 Basketball - WIM	Yr 9/10/11 Netball (WIM, PAK, COE)
Wed	Yr 7 Girls Basketball COE	Tramp - Week 1 Yr 8, Week 2, Yr 9. Yr 7 Mixed Football GRE	YR 10 FITNESS - WIR Yr11 Basketball - WIM/LIK	Yr 9 Kick Boxing (Week 2) - HUA
Thurs	Yr 8 Boys Basketball LAD	Yr 7 - Multi Sport activites (PAK)	All Yrs Badminton - LIK/PAK YR 11 FITNESS - WIR	Yr 10/11 Football- LIK Yr 9 Kick Boxing (Week 1) - HUA
Fri	Yr 8 Girls Basketball LAD	Staff training	Yr 11 Football - LIK Rowing (Coach)	Staff Training

All clubs start from Monday 13th September.

Please see your PE teacher for further club information.





# History Club



Do you like history?



Could **you** solve a medieval murder?



Come to **L07** during **Monday lunchtimes** to investigate the crime scene and catch the killer

**Speak to Ms Parker to secure your place**



# Anime Club



## Activities:

- Watching anime
- Discussing anime
- Learning to draw anime
- Creating anime art
- Games

When: Thursday lunchtimes

Where: U40 (the History classroom)

Speak to Ms Parker for more details



EXPRESS YOURSELF

POETRY  
CLUB

THURSDAY LUNCHTIMES  
IN THE LRC  
ON BOTH SITES





## Young Leaders FREE activities

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

Every Monday from 13 September  
2021

4.30-5.30pm	Leadership/Drama
5.00-6.00pm	Street Dance

Street Dance & Drama Leadership activities  
Available free of charge till July 2021  
No costs involved

To register your interest please call  
Leaders Community -07831 224510  
leadersacademyenquiries@gmail.com

GET FIT...HAVE FUN...MAKE FRIENDS

Open to ages 11-15 years  
All abilities are welcome-staff are DBS Certified  
Covid-19 safety measures in place

VENUE: Paradox Centre 3 Ching Way Chingford  
E48YD

Instagram: leaderscommunity\_  
Snapchat/Twitter: leaders2k16  
Facebook: Leaderscommunityest2016



Phone : 07831 224510

Email : [leadersacademyenquiries@gmail.com](mailto:leadersacademyenquiries@gmail.com)

Website : [www.leaderscommunity.org](http://www.leaderscommunity.org)