

# FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL  
NEWSLETTER



Issue 20  
Friday 25th February 2022

Important  
updates about  
Covid regulations  
in Headteacher's  
message

In this week's issue:



Key dates  
for Lent



Waltham Forest  
Parenting Programme  
information



What are NFTs?  
Parent's guide



@HFCSWaltham

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

@HFCSWaltham



### Quotation of the week

“The family, more than any other human reality, is the place in which the person is loved for him/herself and in which s/he learns to live the sincere gift of self” Saint Pope John Paul II

February is a month dedicated to the Holy Family.

We are all members of a family and the family is a source of love and support and sustenance. Family life has its ups and downs and families come in many different forms. The strength of families that they all share in common is that sense of love and belonging and a place where we are safe, loved and accepted for who we are. Our school is named after the Holy Family and the life and faith of the Holy Family provides an example to us and inspires what we call the Holy Family Way here in school. This focuses primarily on the idea that we are all uniquely created and loved by God and that everyone has the right to be treated properly by everybody else. This golden rule derives from the teachings of Christ and the examples He provided, particularly in terms of love of neighbour and ‘doing unto others as we would have done unto us’.

Christ could have come to earth in any number of ways, yet God chose to send His Son as a Child born into a family. In so doing, He set the Holy Family as an example for us all and made the Christian family more than a natural institution. In this prayer, we ask God to keep the example of the Holy Family always before us, so that we will imitate them in our family life.



Icon of the Holy Family in the Adoration Chapel, St. Thomas More Catholic Church, Decatur, GA.  
(Photo © flickr user andycoan; licensed under CC BY 2.0)

### Aquinas Trust Mass

It has become one of our traditions that we come together with our Catholic primary partner schools - St Joseph's, St Patrick's and Our Lady and St George's to celebrate Mass together each March in the presence of student representatives from all of our schools. We last came together in March 2020 which was just before the first lockdown and last year were unable to do so. We are therefore delighted that on **Tuesday 1st March**, St David's day we shall be celebrating Mass together again at St Patrick's Parish Church. Thirty students of different ages will represent Holy Family.

### Lent

The following day, **Wednesday 2nd March**, we find ourselves almost in the season of Lent. Lent is a season of fasting and almsgiving (charity), a spiritual cleansing and renewal to draw closer to God. We are encouraged to fast and to think of others – the main principle behind this is to move away from being self-centred to being centred on others. On Ash Wednesday there will be the distribution of ashes to all yeargroups during the school day. We shall be raising money for our House charities during the season of Lent and reflecting on all those who are in need at this time.

### Covid regulations update

The government has published its plans for 'learning to live with covid'

For us this means the following:

#### Self-isolation

- From Thursday 24th February, the government will remove the legal requirement to self-isolate following a positive test. However, adults and children who test positive **will continue to be advised to stay at home and avoid contact with other people for at least five full days**, and then continue to follow the guidance until they have received two negative test results on consecutive days.
- Routine contact tracing **will end**. Neither vaccinated nor unvaccinated contacts will be required to self-isolate.
- More details can be found in the [Living with Covid-19](#) plan. Further detail will be published by the UK Health Security Agency (UKHSA) on Thursday 24 February and a link to this will be provided in the operational guidance for education settings on the same day.

#### Testing

- With immediate effect, the government has removed the guidance for staff and students in most education and childcare settings **to undertake twice-weekly asymptomatic testing**.
- Mainstream schools and colleges will be able to order tests if advised to do so in the event of an outbreak in the setting.
- All staff and students will continue to be able to access test kits from their local pharmacy or [online](#).
- Anyone with symptoms should take a PCR test, stay at home and follow government guidance if positive. People who have tested positive will continue to be advised to stay at home for five full days and then receive two negative test results on consecutive days before returning to their workplace or setting.
- New DfE guidance on asymptomatic testing in education settings from 21 February 22 is available [here](#).

We are hosting a further vaccination clinic on March 15th from period 5 until 4.30pm. This will be open to students aged 12-15 with parental consent, sixth formers and any staff who wish to make use of the service.

#### 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.

Dr Andy Stone  
Headteacher



# HEADTEACHER'S COMMENDATION

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This week we have nominations for headteacher commendations in history from Ms Alderson. These are awarded to the following students for their excellent effort and participation in history.

**Akasma G.,**

**Emmanuel A.,**

**Elijah M.,**

**Aldon A.**

**and**

**Temi B.**

**Congratulations to them all!**

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# SPORTS UPDATE



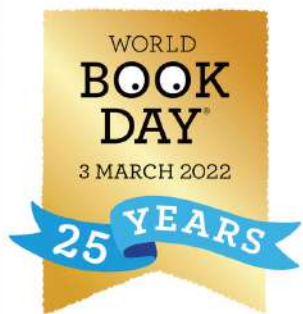
A fabulous afternoon at the Yr 7 & 8 borough netball rally, so nice to be back playing. A great display of netball from all the girls. Congratulations to the Yr8 team who came away with bronze medals



# SPORTS UPDATE

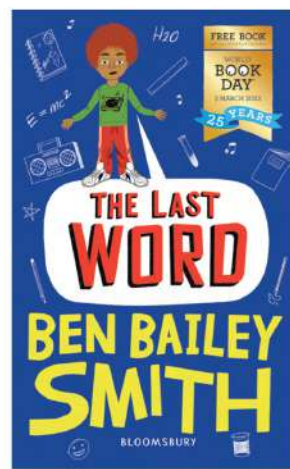
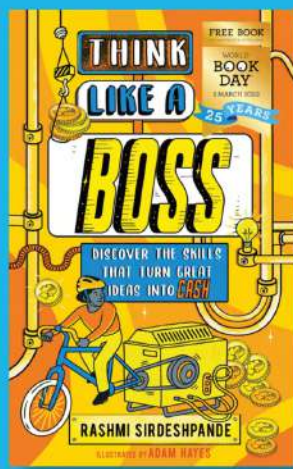
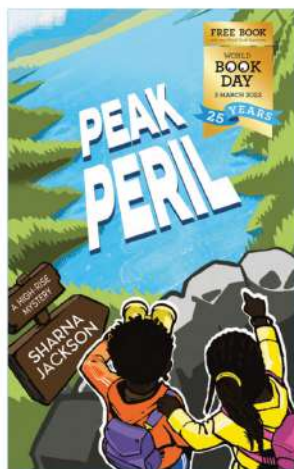
Yr 7 & 8 Essex X country championships at Stubbers Adventure Centre, Essex. Well done to our brave runners






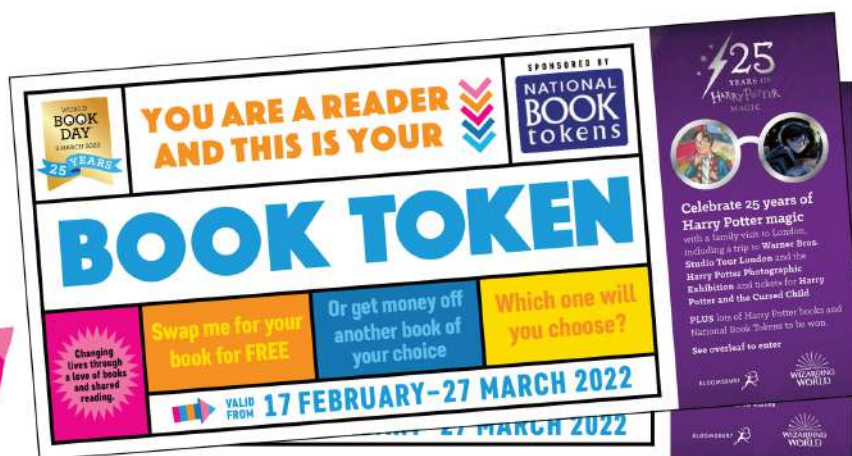
**JOIN US ON**   
**3RD MARCH 2022**

# 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

## Build positive relationships

"If you find certain people tend to bring you down, try to spend less time with them, or tell them how you feel about their words or actions.

Try to build relationships with people who are positive and who appreciate you."



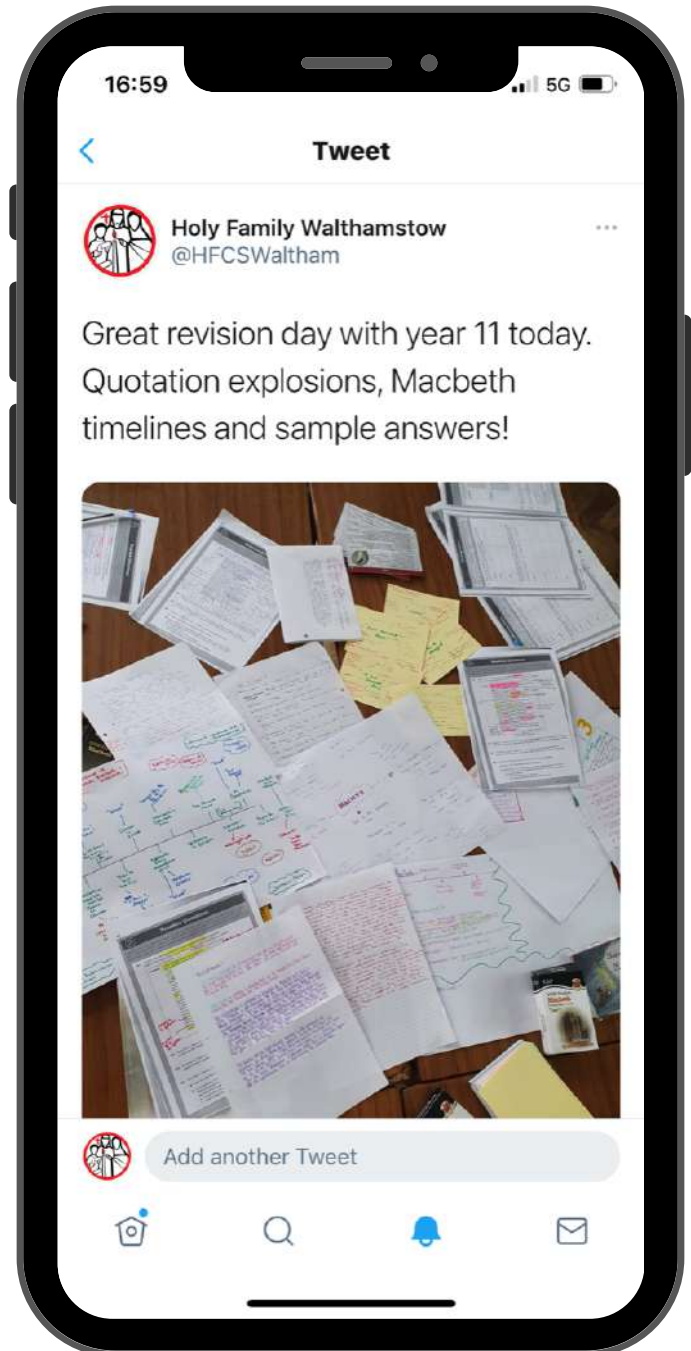
[You can learn more by clicking here:](#)



# SOCIAL MEDIA CATCHUP



**@HFCSWALTHAM**



**@HFCSWALTHAM**

## WHAT ARE THE RISKS?

## Advice for Parents & Carers



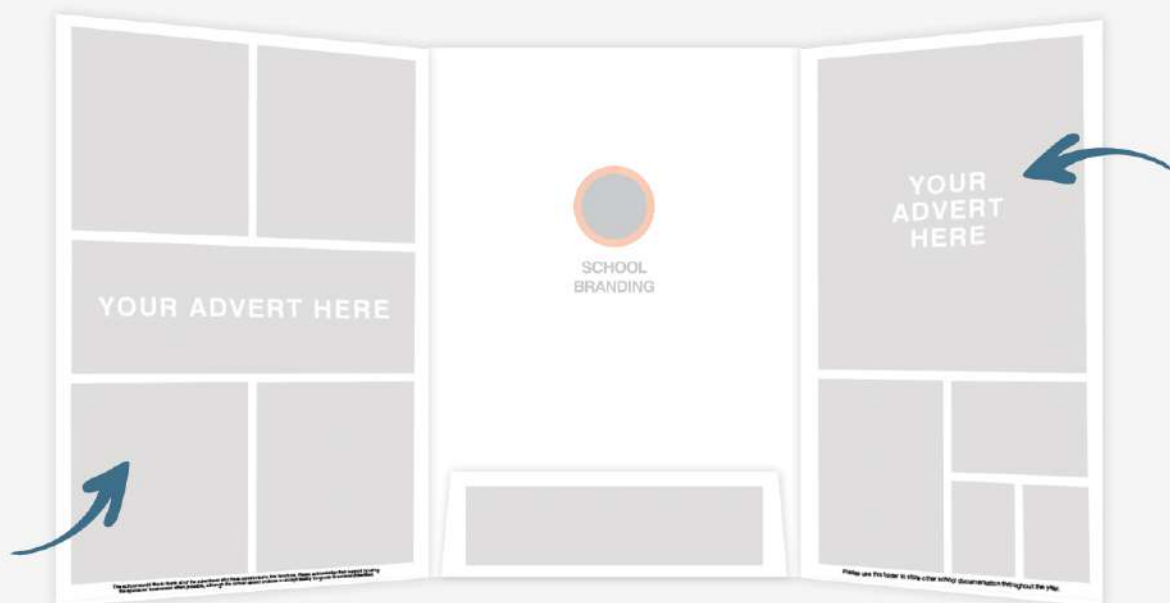
# CALLING ALL PARENTS!

We are currently compiling a presentation folder for all of our parents. Inside the folder there will be space to include

## ADVERTISEMENTS FOR LOCAL COMPANIES AND BUSINESSES

### 3,000 FOLDERS WILL BE PRODUCED

and distributed to the parents of all our pupils, teachers and any others who request information about the school. Advertising revenue will generate income to boost school funds.



If you wish to take this opportunity to support the school and promote your business, act now to reserve your spot - *space is limited*. Please register your interest with **FSE** on **01933 303520**.

# Chaplaincy Corner

## Fairtrade Fortnight

This year's theme is Choose the World you Want and is all about choices.

How many Fairtrade products do you buy? Bananas, coffee, tea, sugar, chocolate are just a few of the most popular ones, and these products are usually similar in price to other brands. But the range of Fairtrade products is huge – clothing, olive oil, wine, beauty products and even gold!

The things we buy and enjoy have a big effect on the lives of other people. Everything we eat, wear, play with, has been grown or made by someone somewhere, and the products we buy will make a difference to the sort of life those people have.

Choosing Fairtrade fights for improvements in producers' livelihoods with collective strength through co-ops and their bargaining power, the protection of a Minimum Price and Fairtrade Premiums.



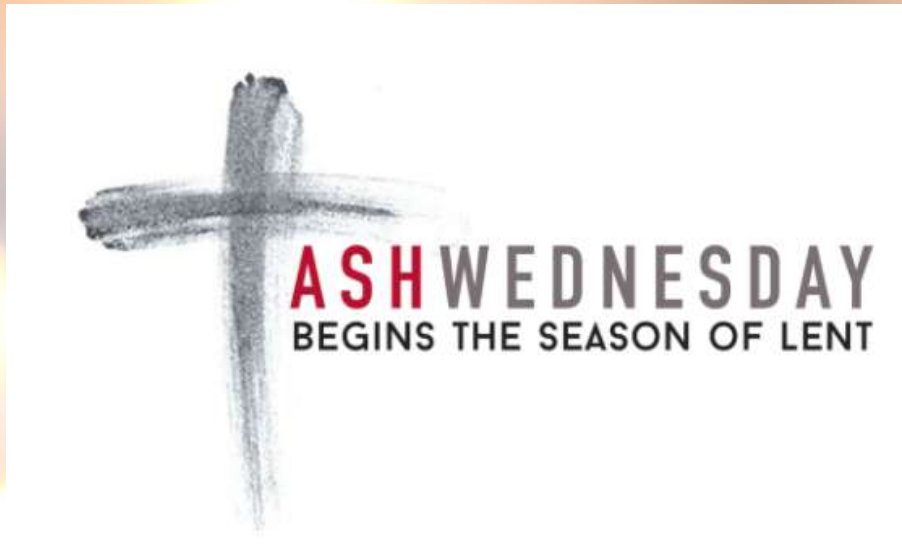
Lord God,  
In the fields of the poor  
Even when abundant fruits ripen,  
Injustice sweeps them away,  
And families hunger.  
Help us to share  
The fruits of your bounty  
So that all your family may benefit  
From your gracious gifts.  
Amen.

## Peace Club

As part of the **Climate Coalition “Show the Love”** initiative, we made bird seed fat balls and put them in the prayer garden to help the birds. Sadly, we did not escape unscathed by storm Eunice. One of the silver birch trees in the prayer garden was snapped clean in half, so we will have to source a replacement.



# Chaplaincy Corner



**Ash Wednesday** (2 March) is the start of the season of Lent where we prepare for the forthcoming feast of Easter. All students will attend a Liturgy of the Word and imposition of ashes.

During Lent we are encouraged to fast and to think of others – the main principle behind this is to move away from being self-centred to being centred on others.

Silence is an important part of our Christian tradition. It allows us time and space to pray, reflect and listen. And when we listen rather than speak, we allow space for the voices we don't usually hear.

Above all, Lent is a time that we can all look at our lives and reflect on our relationship with a forgiving God. We have the Sacrament of Reconciliation for staff and students on the following days: Thursday 3 March Wiseman site and Wednesday 9 March on the Walthamstow site.

**“A Christian is never bored or sad. Rather,  
the one who loves Christ is full of joy  
and radiates joy”  
- Pope Francis**

If we allow ourselves, this Lenten season can offer us love, joy, peace and deeper faith. Through our sacrifice, our concern for others and our prayer, these next six weeks can lead us to a more enriched life, filled with purpose and happiness.

**Laudato Si Commitments** - *“Give something up for Lent as a family”* maybe agree to all put your phones away for an hour each Sunday.

*Mrs Grierson, Chaplain*

# Key dates - Lent 2022

**Wednesday 2nd March - Ash Wednesday -  
Imposition of Ashes on both sites**

**Thursday 3rd March – Sacrament of Reconciliation  
(Wiseman)**

**Sunday 6 March – 1st Sunday in Lent**

**Wednesday 9th March – Sacrament of Reconciliation  
(Walthamstow)**

**Friday 11th March – CAFOD Family Fast Day**

**Sunday 13th March – 2nd Sunday in Lent**

**Thursday 17th March – St Patrick's Day (Patron Saint of Ireland)**

**Sunday 20th March – 3rd Sunday in Lent**

**Friday 25th March – Feast of the Annunciation**

**Sunday 27th March – 4th Sunday in Lent (Mothering Sunday)**

**Friday 1st April – *last day of term***

**Sunday 3rd April – 5th Sunday in Lent**

**Sunday 10th April - Palm Sunday**

**Thursday 14th April – Maundy Thursday**

**Friday 15th April – Good Friday**

**Saturday 16th April – Holy Saturday**

**Sunday 17th April – Easter Sunday**

**Monday 18th April – Easter Monday**

**Tuesday 19th April – *return to school***



@brentwoodcys  
www.brcys.net

# BOYS 2022 Events

## YOUTH MASS

FIRST THURSDAY OF THE MONTH  
BRENTWOOD CATHEDRAL

COME ALONG FROM 6PM FOR PIZZA, FOLLOWED BY SPEAKERS, WORKSHOPS, PRAYER AND REFLECTION, MUSIC AND MUCH MORE!

YOUR MASS WILL BEGIN IN THE CATHEDRAL FROM 7.30PM. HIRE A DIFFERENT MEMBER OF THE CLERGY WILL PRESIDE AND PREACH THE GOSPEL EVERY MONTH.

OPEN TO ALL THOSE IN YEARS 9 AND ABOVE.  
NO BOOKING NECESSARY

## LENT RETREAT

2ND - 3RD APRIL  
HALLSINGHAM HOUSE

GET A CHANGE OF SCENERY AND A FRESH PERSPECTIVE AT HALLSINGHAM HOUSE AT ABBOTSWICK THIS LENT FOR TIMES OF PRAYER, SOCIALISING AND ACTIVITIES, BUT MOSTLY TO BEYIVE, AS OUTSIDE FRIENDS AND THE HALLSINGHAM HOUSE TEAM MEMBERS. AS ALWAYS THE CHAPEL IS HERE FOR TIMES OF QUIET REFLECTION THROUGHOUT THE DAY.

THE RETREAT IS OPEN TO THOSE IN YEARS 11-13.  
BOOKING ONLINE AT [WWW.BCYS.NET/EVENTS](http://WWW.BCYS.NET/EVENTS)

## SPONSORED SLEEPOUT

8TH - 9TH APRIL  
8PM - 8AM

WHEREVER YOU ARE IN THE DIOCESE TO TAKE PART IN YOUR GARDENS, SCHOOLS OR PARISHES, ON YOUR OWN OR AS PART OF A GROUP AND SPEND 12 HOURS SLEEPING ROUGH OUTDOORS TO RAISE MONEY FOR A LOCAL CHARITY SUPPORTING THE HOMELESS.

EMAIL: [sleepout@diocesofbrentwood.org](mailto:sleepout@diocesofbrentwood.org)  
TO TAKE PART

## YOUTH GATHER

2ND - 28TH OCTOBER, MERSEA ISLAND

STAY IN CABINS AND TRY A BRILLIANT RANGE OF OUTWARD BOUND ACTIVITIES FROM CLIMBING HIGH ROPES, ARCHERY, ZIP WIRE AND MUCH MORE TO KEEP YOU CHALLENGED AND ENTERTAINED. WITH GUEST SPEAKERS AND WORKSHOPS WHICH WILL GIVE YOU FRESH INSIGHTS INTO YOURSELF, AND YOUR FAITH, BY TELLING THEIR STORIES.

OPEN TO ALL THOSE IN YEARS 9 AND ABOVE.  
BOOKING ONLINE AT [WWW.BCYS.NET/EVENTS](http://WWW.BCYS.NET/EVENTS)

## SUMMER LOURDES

28RD - 30TH JULY 2022

ASSIST PILGRIMS GOING TO MASSES AND SERVICES, SHOPS AND CAFES OF THE BEAUTIFUL FRENCH TOWN, JOIN IN SOCIAL TIME TOGETHER, TAKE PART IN RETREATS, RECONCILIATION SERVICE, A VISIT TO THE BATHS, THE STUNNING MOUNTAIN TOWN OF GAVARNIE, SOCIAL NIGHTS, PARTY AND THE AMAZING LOURDES PROCESSIONS.

OPEN TO ALL THOSE IN YEAR 11 AND ABOVE.  
BOOKING ONLINE AT [WWW.BCYS.NET/EVENTS](http://WWW.BCYS.NET/EVENTS)

## ADVENT RETREAT

DECEMBER, HALLSINGHAM HOUSE

ENTER DEEPER INTO THE SEASON OF ADVENT WITH A WEEKEND OF INTERACTIVE WORKSHOPS, TIMES OF REFLECTION AND PRAYER, GAMES AND THE CHANCE TO MEET OTHER YOUNG CATHOLICS, LOOKING AT DIFFERENT THEMES AND ASPECTS OF THE ADVENT STORY AND JOURNEY TOGETHER ON OUR OWN FAITH JOURNEYS.

OPEN TO ALL THOSE IN YEAR 11 AND ABOVE.  
BOOKING ONLINE AT [WWW.BCYS.NET/EVENTS](http://WWW.BCYS.NET/EVENTS)

# Monthly Youth Mass



FIRST THURSDAY OF THE MONTH

JOIN THE BRENTWOOD CATHOLIC YOUTH SERVICE AND OTHER YOUNG CATHOLICS FROM AROUND THE DIOCESE

Beginning from 6pm, each month we will welcome either inspiring speakers and workshops, lead times of prayer and reflection, join for music, celebrations or social time and much more!

The evening will then finish with joyful Youth Mass in the Cathedral from 7.30pm, joined by a different member of the clergy to preside and preach the Gospel every month.



Coming straight from work or school, with no time to grab dinner? Not to worry - there will be Pizza in the Parish Hall from 6pm too!

## 2022 CALENDAR

- January
  - New Year Celebration
- February
  - Million Minutes
- March
  - CAFOD
- April
  - Stations of the Cross
- May
  - Month of Mary
- June
  - Queens Jubilee Celebration
- July
  - Praise and Worship

# SPONSORED SLEEPOUT



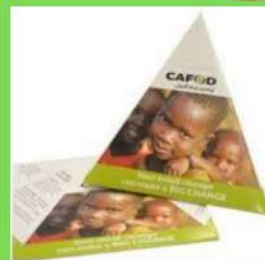
## THE NIGHT OF APRIL 8TH 2022

FURTHER INFORMATION CAN BE FOUND AT:  
[WWW.CARITASBRENTWOOD.ORG/SLEEPOUT](http://WWW.CARITASBRENTWOOD.ORG/SLEEPOUT)

SLEEP OUTSIDE TO RAISE FUNDS FOR CHARITIES SUPPORTING THE HOMELESS IN ESSEX & EAST LONDON AND THE BRENTWOOD CATHOLIC YOUTH SERVICE

# Lent 2022

YEARS 7 and 8  
PLEASE BRING IN YOUR  
SMALL CHANGE FOR  
YOUR FORM ROOM  
CAFOD BOX



Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.  
(2 Corinthians 9:7)

**CAFOD**  
Catholic Agency for  
Overseas Development



THE HOLY FAMILY WAY

# INCLUSION NEWS

## **Waltham Forest Parenting Programmes**

The Early Help Service arranges monthly parenting programmes across the Borough to give parents all the tools and confidence they need to parent their children more effectively, to manage challenging behaviour and to support their children's education.

The courses are free, open to all parents on a self-referral or referral basis.

Some of the modules that parents can attend are:

- Positive parenting
- Helping children develop
- Encouraging appropriate behaviour
  - Managing misbehaviour
  - Dealing with risky behaviour
- Using positive parenting strategies
- Implementing parenting routines
  - Planning ahead

For more information, please visit:

<https://thehub-beta.walthamforest.gov.uk/evidence-based-parenting-programme>



**Waltham Forest Parenting Programmes**



# **LGBT+ HISTORY MONTH**



## **POLITICAL ARTISTS: THE ARC IS LONG**

**DEDICATED  
PSHE  
SESSIONS**

**FOCUSED  
ASSEMBLIES**

**HISTORY &  
SOCIOLOGY  
SNAPSHOTS**

**FORMTIME  
ACTIVITIES**

**INSPIRATIONAL  
PEOPLE  
POSTERS**





# Mark Aguhar

16th May 1987 – 12th March 2012

Mark Cagaanan Aguhar was born in Houston, Texas in a Filipino American family. She attended the University of Texas at Austin and was an art student in the MFA program at the University of Illinois, Chicago. Aguhar's works include performance-based pieces, watercolours, collages, and photography.

Often the work was of self-portraits with hair extensions, make-up, gender-specific clothing and a beautiful, unashamed portrait of herself, curves and all and reminds the viewer that Aguhar's life and mere existence was an act of confronting white hegemony.

Mark was an American activist, writer and multimedia fine artist known for multidisciplinary work about gender, beauty and existing as a racial minority, while being body positive and transfeminine. Aguhar was made famous by her Tumblr blog that questioned mainstream representation of the "glossy glorification of the gay white male body".

She posted to Tumblr under the handle 'calloutqueen'. Critical theory and personal drama disillusioned Aguhar; in a self-consciously and self-critically politicised move she renamed her blog 'Blogging for Brown Gurls'. Here she dismissed whiteness, masculinity, thinness, and all things hegemonic while affirming brownness, femininity, and fatness.

Aguhar's 2011 video, "WHY BE UGLY WHEN U CAN BE BEAUTIFUL" demonstrates how - for someone whose everyday existence as a queer, transgender person is vulnerable to harassment and violence - the daily act of fixing one's hair can be a form of radical resistance. Aguhar created artwork that claims space for people who exist outside the gender binary, and insists on their right to lead fulfilling lives.

Mark's work is a continuous exploration of queer expression and what it means to have grown up gay on the internet. Aguhar collects visual artefacts from queer online communities and uses them in their work to define and redefine who they are and what their body is. Aguhar's work combines porn, fashion, textile patterns, optical effects, trans identities, and queer jokes. Aguhar demonstrated playful and colourful potentials in femininity.

"Here was someone who was unafraid to express themselves in the way that spoke to their experience. Mark did not seek to express or explain the lives of people who lived outside the gender binary." (Simon Thibault).

"My work is about visibility. My work is about the fact that I'm a genderqueer person of colour fat femme fag feminist and I don't really know what to do with that identity in this world. It's that thing where you grew up learning to hate every aspect of yourself and unlearning all that misery is really hard to do." (Mark Aguhar)

Mark was only months away from earning her degree from University of Illinois at Chicago when she died by suicide in Chicago. Since then, there is a "Mark Aguhar Memorial Grant" available through Chances Dances for queer artists of colour.

"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

**A good start back Year 10. Well done!**

Punctuality is important.

Make sure you arrive to school and to your lessons on time.

Parent's Evening is on **Thursday 3rd March from 4pm - 6:30pm.**  
This will be online. Details on how to log on to School Cloud have been shared with you and your parents.

BEP work experience placements login details will be shared in due course.

Homework is an integral part of your learning and your GCSE courses.  
Make sure you complete homework tasks on time

**Start your revision now.** Revision cards are available from Miss St Aimie's office.

**Be Punctual  
Be Prepared  
Be Phenomenal**

## Stars

Allison Grace T., Amelia W., Arda S., Artem I., Chayan S., Damareo B., Damien C., Deborah G., Dylan B., Ethan N-Y-T., Filipa A., Gerrund C., Grace M-M., Ilana I., Jackie C., Jake B., Jenatie G., Jonathan M., Kacper C., Kamil N., Kevin B-R., Kevin N., Kudzaishe M., Laura K., Magnific Y., Mahalia M., Maria P-J., Martinas G., Nikolas G., Nirel N., Olivier S., Ozge A., Priscilla A., Riko D., Roneta L., Shanice H., Tony D., Valeria B., Vlad B.,

**Wellbeing Tip:** take small steps toward an important goal

# YEAR 11

## Interform 2022

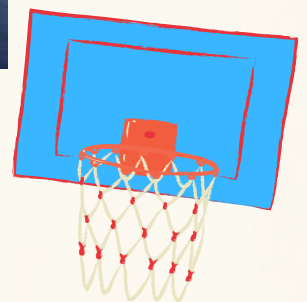
This week year 11 have been competing with effort cards, an online quiz and a basketball shootout- even their tutors have gotten involved

Here is the League Table at the end of week one.

**11A 436**  
**11An 370**  
**11E 363**  
**11I 684**

**11P 550**  
**11Ph 323**  
**11R 425**  
**11S 774**

Congratulations to **11S** who secured themselves breakfast for Friday morning!



Well done to Jaydn, Archie and Daniel who earnt the most points for their form and won them all a Pizza & PS4 lunchtime party!



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

# ENGLISH

## Three Shades Of Green

By Justin C-J Year 11

**Emerald, Mint, Lime  
All in front of me as time goes by.  
Gently swaying side to side,  
A realm of green trapped in my sight.**

**Lime, Emerald, Mint  
Penetrating through leaves, as hard as flint.  
The breeze hits quick whilst flicking the sticks.**

**Mint Lime Emerald  
Greeted by the arms of the tree,  
birds chirping and singing to me  
Emerald, Mint, Lime**



## SPEAKERS FOR SCHOOLS VIRTUAL TALKS & BROADCASTS

# CAREERS CORNER



**Finance and Fashion with Matthew Dunn, CFO, ASOS**

**Date:** Monday 28th February

**Time:** 14:00 - 14:45

**Age Group:** KS4-5 / 14-16

Do you enjoy working with numbers? Are you interested in a career in Accounting? Join us for a broadcast with Matthew Dunn, Chief Financial Officer, ASOS. Tune in to learn about the role of a CFO and some of the different pathways to working in Finance. Interested in Fashion? This broadcast is for you too! Mat will be speaking about some of the different roles at ASOS.

[Click here to register](#)

**Broadcast in partnership with #Merky Books and HSBC. Let's talk money with Bolo Soli**

**Date:** Wednesday 2nd March

**Time:** 10:00 - 11:00

**Age Group:** KS4-5 / 14-16

How do you have conversations about money? How do you budget and save money? Bolo will dispense practical tips and straightforward advice on building a relationship with money.

Please note that this broadcast will be livestreamed from a talk at a school.

[Click here to register](#)



**Jasmine Whitbread, Chair, Travis Perkins**

**Date:** Wednesday 2nd March

**Time:** 14:00 - 14:45

**Age Group:** KS4-5 / 14-16

What is it like to be the Chair of a FTSE 250 Company? Join us for a broadcast with Jasmine Whitbread, Chair of Travis Perkins, the UK's largest builders' merchants. Tune in to learn about what helps Jasmine to feel motivated and how she continues to grow and develop as a leader.

[Click here to register](#)

**Broadcast in partnership with #Merky Books and HSBC. Niran Vinod and Danola Tineyev, writers of 'How to Build It'**

**Date:** Monday 7th March

**Time:** 14:00 - 15:00

**Age Group:** KS4-5 / 14-16

Join us for a broadcast with Niran Vinod and Danola Tineyev, authors of 'How to Build It'. They will be discussing their experiences of building a brand, how to unlock your potential and turn your side hustle into a real opportunity.

Please note that this broadcast will be livestreamed from a talk at a school.

[Click here to register](#)



**International Women's Day Broadcast: CrCe Sammy Lightfoot, Vocal Coach & TV Presenter**

**Date:** Tuesday 8th March

**Time:** 10:00 - 10:45

**Age Group:** KS3-5 / 11-16

We are looking forward to hosting another broadcast with CrCe Sammy, this time for International Women's Day. CrCe 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](#)

## VIRTUAL WORK EXPERIENCE



Designing and building your future - getting creative in Architecture with HLM

A virtual work experience by HLM Architects

Mar 10, 2022 for 1 days

Sector: Unconfirmed

Ages 14-16

[View](#)



Game Academy : How to Get your Dream Job by Playing Games - Bootcamp 2022 - Information Session

A virtual work experience by Game Academy

Mar 10, 2022 for 1 days

Sector: Unconfirmed

Ages 14-16

[View](#)



NextGen Nurse - We Are People: Unlock your potential in an amazing profession

A virtual work experience by NHS

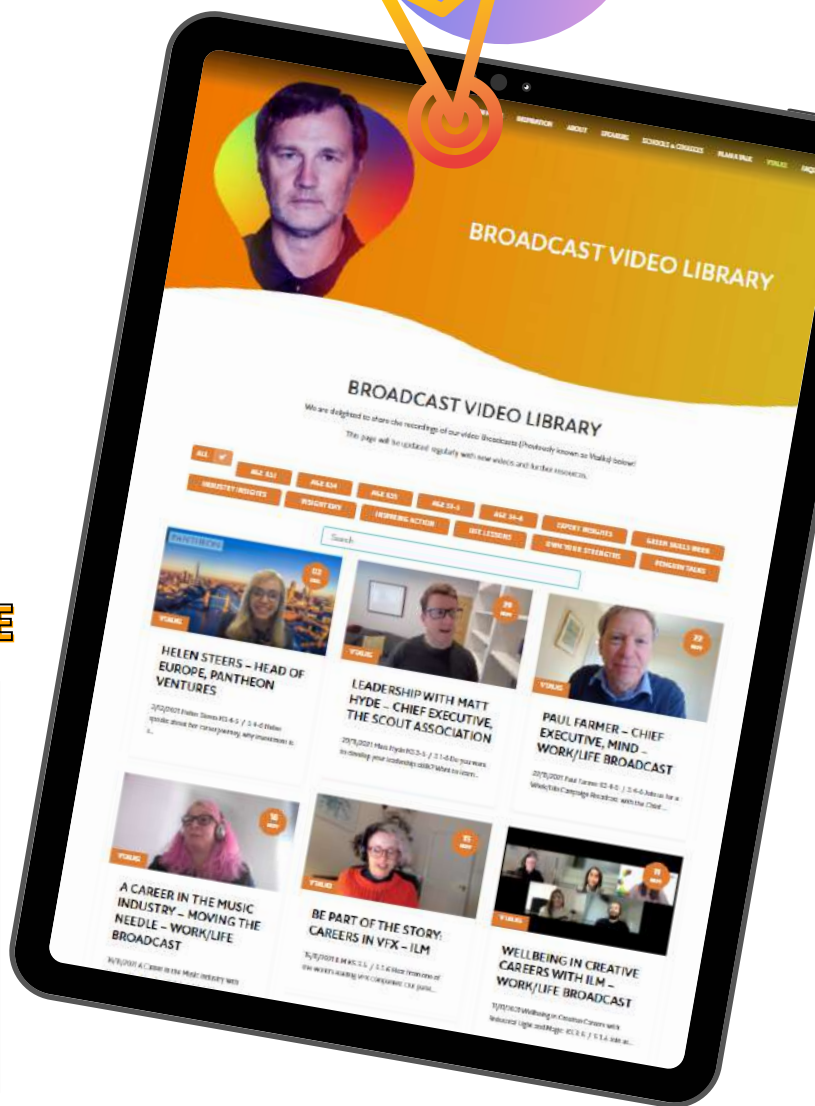
Mar 2, 2022 for 1 days

Sector: Unconfirmed

Ages 14-16

[View](#)

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



# 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

## 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."



## 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

**easyfundraising**  
feel good shopping

# 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**



£ Over £32 million raised

★ Trustpilot ★★★★★

1.8 million users

# PL84U AL-SUFFA

SERVING HUMANITY ONE PL8 AT A TIME

## FOOD BANK

MONDAY & WEDNESDAY

EPICENTRE - 41 West St, London E11 4LJ

12 - 2PM



[www.pl84ualsuffa.co.uk](http://www.pl84ualsuffa.co.uk)

Email: [PL84UALSUFFA@GMAIL.COM](mailto:PL84UALSUFFA@GMAIL.COM)

SAIRA BEGUM MIR BCAC: 07539364110

[f](#) [i](#) [t](#) PL84U AL-SUFFA [t](#) [t](#) PL84U\_AL\_SUFFA

Charity No. 1168215

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

# PE EXTRA CURRICULAR TIMETABLE

		PE EXTRA CURRICULAR TIMETABLE			
		Walthamstow Site		Wiseman Site	
	BEFORE SCHOOL 7.45am-8.20am	LUNCH 1.25pm-2pm	AFTER SCHOOL 3.20pm-4.30pm	LUNCH 1.25pm-2pm	AFTER SCHOOL 3.20pm-4.30pm
Mon		Yr 7 Mixed Basketball GRE	Yr 7/8 Netball - WIM/PAK/SCS  Yr 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](http://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](http://WWW.LEYTONORIENTTRUST.ORG.UK/EVENTS)

[Twitter](https://twitter.com/lotrust) [Instagram](https://www.instagram.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](mailto:INFO@WAPPINGYOUTHFC.CO.UK)  
[HAIFZUL.HAQ@LEYTONORIENTTRUST.ORG.UK](mailto: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	Score Centre, E10 5JY 11am - 2pm	
WED 16 - THUR 17 FEB	BT Playmaker Coaching Course	Score Centre, E10 5JY 12pm - 3pm	
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 [hafizul.haque@leytonorienttrust.org.uk](mailto:hafizul.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](mailto: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](mailto:EMMA.THORNE@LEYTONORIENTTRUST.ORG.UK)

BETTER  
the fast good place



Hackney

## 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

**EVERY FRIDAY**  
STARTING 21 JAN

**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](mailto:hafizul.haque@leytonorienttrust.org.uk)

## 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!**