

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



Issue 21
Friday 4th March 2022

Loving God,
We pray for the people of Ukraine,
for all those suffering or afraid,
that you will be close to them and protect them.

We pray for world leaders,
for compassion, strength and wisdom to guide
their choices.

We pray for the world
that in this moment of crisis,
we may reach out in solidarity
to our brothers and sisters in need.

May we walk in your ways
so that peace and justice
become a reality for the people of Ukraine
and for all the world.

Amen.



Catholic Agency for
Overseas Development

CAFOD



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www.holyfamily.waltham.sch.uk

@HFCSWaltham



Holy Family supports the people of Ukraine

During Lent the community at Holy Family will be collecting specific items urgently needed in Ukraine to support children and their families affected by the ongoing conflict.

A list of items we would like people to donate and where to bring them will be published next week via our social media platforms and in Family Matters. Monetary donations can be sent into school for the attention of Mr Norman.

The items collected and money donated will be given to the Ukrainian Catholic Eparchy of the Holy Family, the Catholic Ukrainian church in London which many of our pupils attend. They have a network of vehicles that are transporting much needed support rapidly to the places they need to go.

Bishops Kenneth Nowakowski and our own Bishop Alan Williams encourage us all, with the Holy Father, to pray for Peace and to support where we can.

Updates coming soon.

For further information on how to help the people of Ukraine please contact Mr Norman:
p.norman@holyfamily.waltham.sch.uk



HEADTEACHER'S MESSAGE

Quotation of the week

"I know not with what weapons World War III will be fought, but World War IV will be fought with sticks and stones" Albert Einstein

War in Ukraine

Like everyone you will have been horrified to see and hear what is happening in Ukraine following the Russian invasion. We all thought we would never again see such scenes in Europe but the capacity of man (and it is almost always man) to wage war and destruction is frightening. We stand with our brothers and sisters in Ukraine and are supporting those members of our school community who are Ukrainian or have relatives in Ukraine. We prayed for peace on Wednesday and will be offering practical support to the Ukrainian people too. We will be inviting staff, students and parents to contribute humanitarian aid and we shall collect this in school. More information on this will be announced next week.

The Aquinas Trust Mass

Tuesday was St David's day, patron saint of Wales. Fr Kevin celebrated Mass at St Patrick's Church and we were joined by pupils from St Joseph's in Leyton, OLSG in Walthamstow and St Patrick's in Blackhorse Rd. It was a lovely occasion and Fr Kevin reminded us all to think about giving up our phones, computer games and other digital devices this Lent.



Ash Wednesday

Our thanks to Mr Norman, Mrs Grierson, our lay chaplain and other colleagues for leading our services and the distribution of ashes to all students. Mr Norman spoke about the three pillars of Lent - prayer, fasting and charitable works and there was much for us all to reflect upon. The following day students had the opportunity to receive the sacrament of reconciliation and we are grateful to the priests of the deanery for making time to be with us. Students on the lower site will have this opportunity next week. My whole school video assembly took up this theme looking at the idea that lent is a time for us all to reflect on the things that we do wrong, the hurt we cause to others and the need in all of us for God's mercy and love.

Parties, parenting and the power of saying 'no'

Parenting isn't easy. Our young people push boundaries and test us. They will sometimes say that 'everybody else is allowed to do something so why can't I?' Some students attend parties on the weekends where there may be alcohol, drugs and little or no adult supervision. Often these parties do not end well. They are not a good idea for students to be attending. Please have the confidence as parents to say 'no'. Not every student does get allowed to go to parties or do whatever they like however much our own children complain to us that 'everyone else is allowed to do' whatever it is.

Parents' surgery

You can see me face to face in a socially distanced manner any week without an appointment on **Thursday afternoons between 4pm and 5pm**. If you prefer you can call the school office and arrange for me to call you instead. At present we have parents evenings for different year groups at this time which I am also involved in so you may wish to arrange a different time to see me. These will be finished by the middle of March.



Please continue to remember us in your prayers.

Dr Andy Stone,
Headteacher

HEADTEACHER'S COMMENDATION

This week we have headteacher nominations from Mrs Maris for the following Year 11 boys for their consistent, thoughtful contribution to class discussion in English:

Justin C-J.,

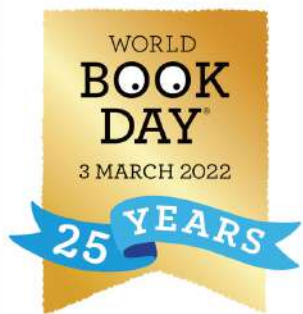
Erion I.,

Emmanuel A.

and

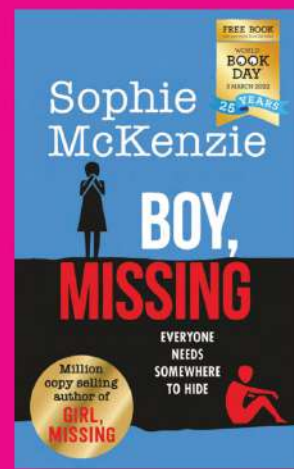
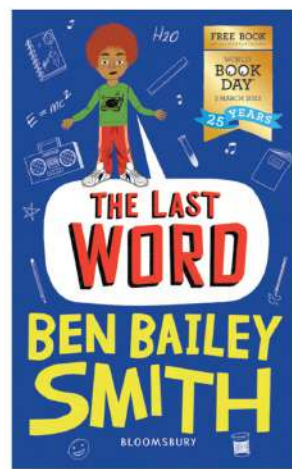
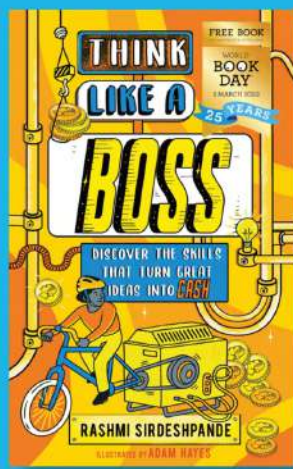
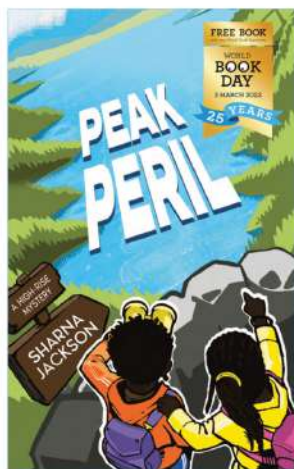
Emmanuel K.


Congratulations to them all!



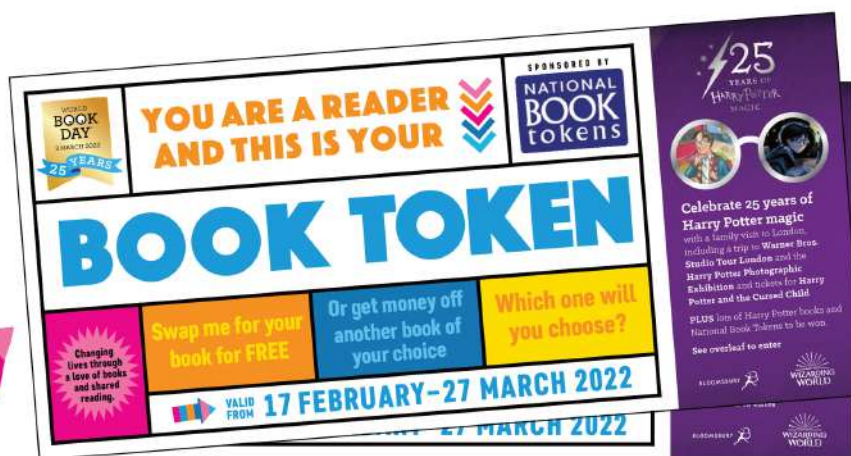
JOIN US ON 3RD MARCH 2022

CELEBRATING 25 YEARS OF WORLD BOOK DAY



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

TOKENS VALID 17 FEBRUARY–27 MARCH 2022

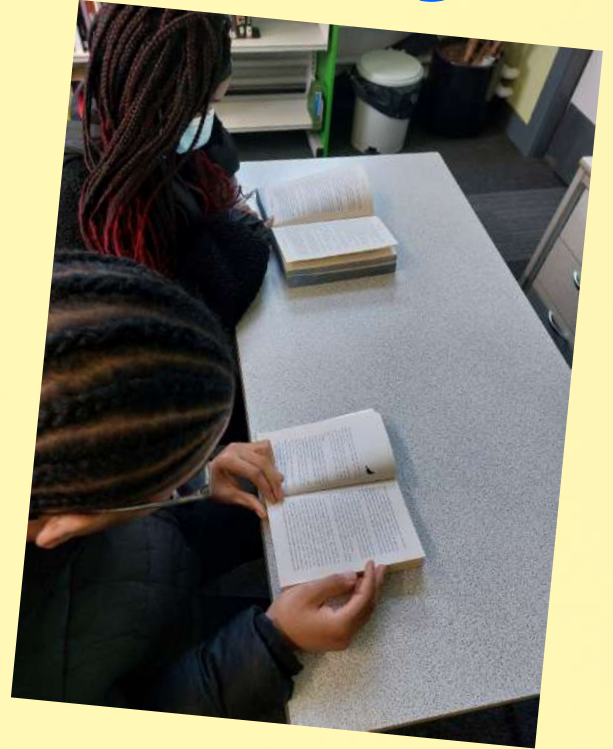


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Changing lives through a love of books and shared reading.

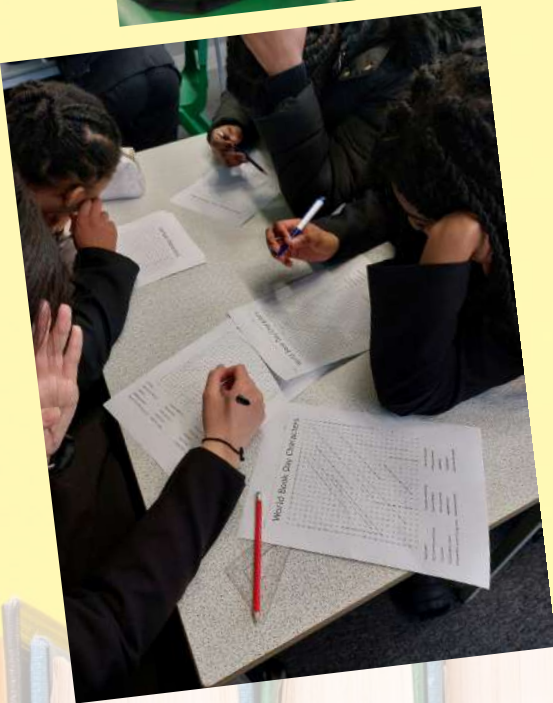
World Book Day® is a charity sponsored by National Book Tokens

World Book Day



**Book tokens are
valid until
27th March**

**Ask for one in the
LRC**





WELLBEING

Time away from technology

"Sometimes technology and social media can be a lifeline but sometimes they can be completely overwhelming and it feels like notifications and messages are never ending.

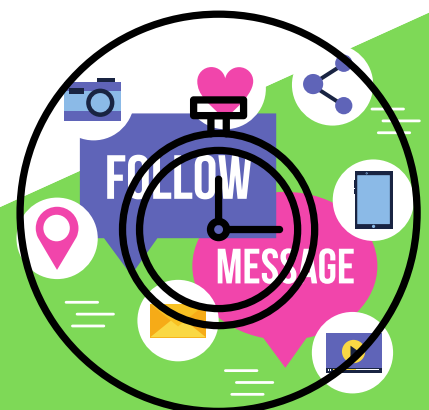
When we feel like we are constantly attached to everyone and all that is happening in the wider world it can become exhausting. That's one of the reasons why lots of people find time away from social media a really important part of their daily self-care (even if it does feel weird at first!)"



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



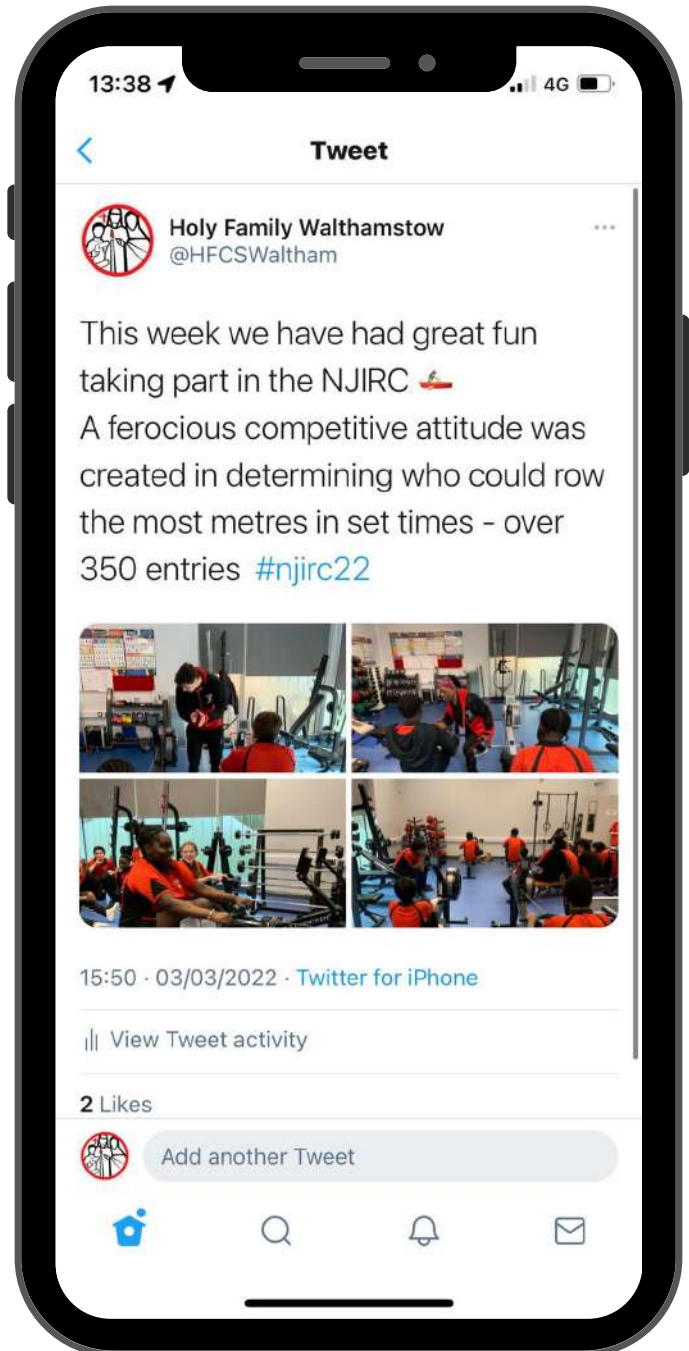
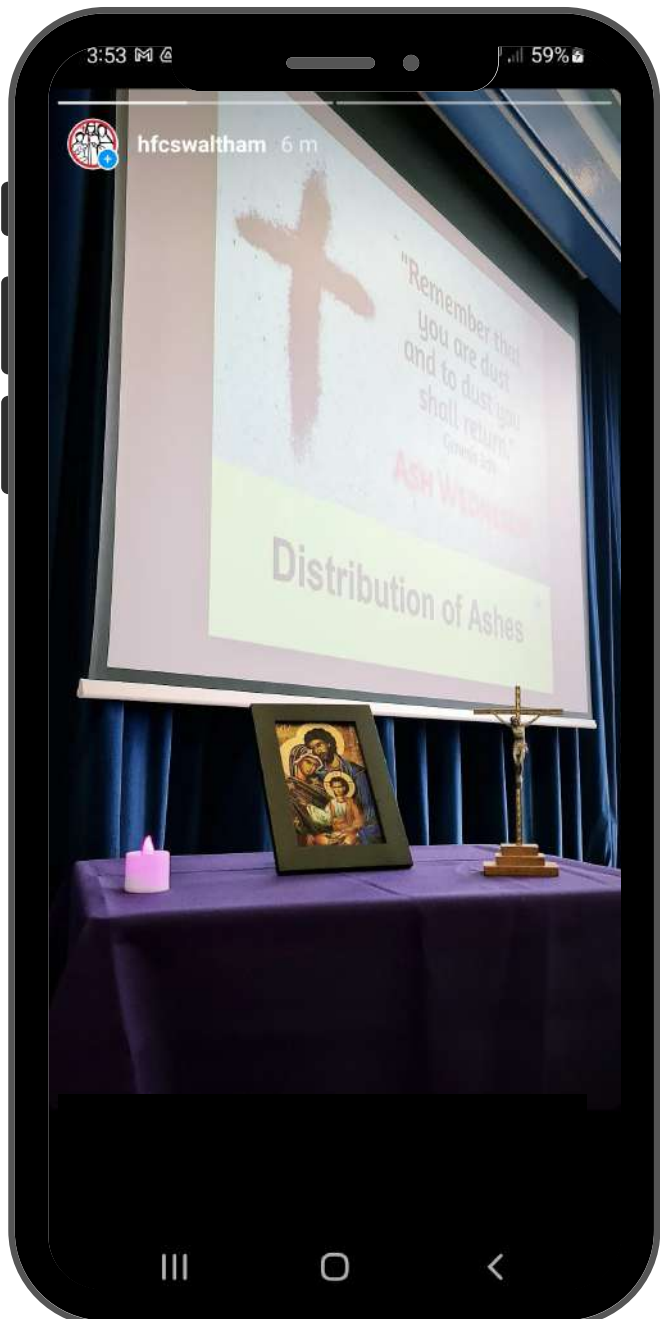
Anna Freud
National Centre for
Children and Families



SOCIAL MEDIA CATCHUP



@HFCSWALTHAM



@HFCSWALTHAM

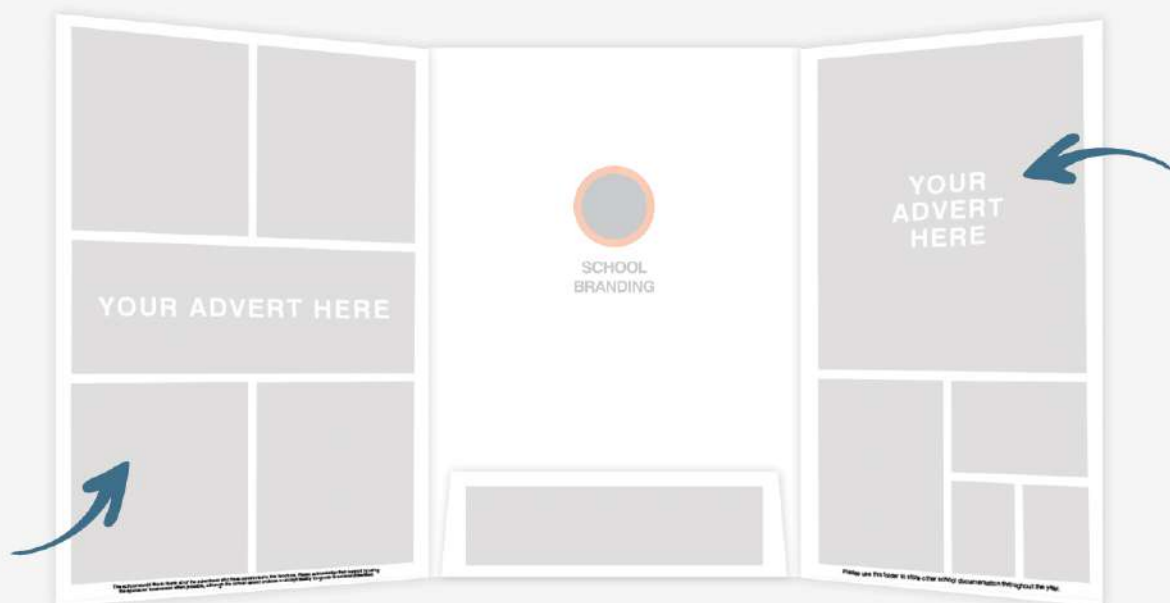
CALLING ALL PARENTS!

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

Aquinas Trust Mass

This week we came together with the Catholic primary schools in Waltham Forest to celebrate Mass. This year it was held at Our Lady of the Rosary and St Patrick's church.

Thank you to the students who represented Holy Family, particularly Vira for reading and Stacy for welcoming. Below are our Year 9 and 10 Liturgy Leaders who were present for the Mass.



Ash Wednesday

All year groups attended a service on Ash Wednesday and ashes were distributed. Mr Norman reminded them that Lent is a time for prayer, fasting and charity. We can fast not only from sweet treats, or coffee, for example, but fast from unkind words or from social media. We can spend this time in prayer, or with family and friends in the present. During Lent, there will be opportunities for fundraising and there will also be a collection of Easter eggs. These are distributed to Whipps Cross Hospital, Alliston House and local shelters. Please look out for further information.



Pray for Ukraine

Pope Francis dedicated Wednesday 2 March - Ash Wednesday - as a universal day of prayer and fasting for peace. Prayers have been circulated to all classes and the Chapel is open for private prayer throughout Lent.

Reconciliation

Students on the Wiseman site had the opportunity to attend the Sacrament of Reconciliation on Thursday. We thank our local clergy, Canon Niall, Father Michael and Fr Joseph (OLSG), Fr Bijoy and Fr Jim (St Joseph's) and Fr Freddy (St Patrick's) for giving their time so generously for students to have this opportunity.



Chaplaincy Corner

A Prayer for Peace

Lord Jesus Christ,
You are the true King of peace.
In You alone is found freedom.
Please free our world from conflict.
Bring unity to troubled nations.
Let Your glorious peace reign in every heart.
Dispel all darkness and evil.
Protect the dignity of every human life.
Replace hatred with Your love.
Give wisdom to world leaders.
Free them from selfish ambition.
Eliminate all violence and war.
Glorious Virgin Mary,
Saint Michael the Archangel,
Every angel and saint:
Please pray for peace.
Pray for unity amongst nations.
Pray for unity amongst all people.
Pray for the most vulnerable.
Pray for those suffering.
Pray for those most in need.
Pray for us all.
Jesus, Son of the Living God, have mercy on us.
Jesus, hear our prayers.
Jesus, I trust in You!
Amen

Laudato Si Commitments - “**Fast from unkind words**” make someone smile with a kind word instead.

Mrs Grierson, Chaplain

Key dates - Lent 2022

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*

Lent 2022

During lent it is our custom at Holy Family to do many charitable works to support the community.

This year we will be having our usual Easter egg collection, house and form groups will be organising their own fundraising activities during charity fortnight and of course our collection towards helping the people of Ukraine.



@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

SPONSORED SLEEPOUT

8TH - 9TH APRIL
8PM - 9AM

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@diocesebrentwood.org
TO TAKE PART

YOUTH GATHER

2ND - 28RD 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

SUMMER LOURDES

23RD - 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

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

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



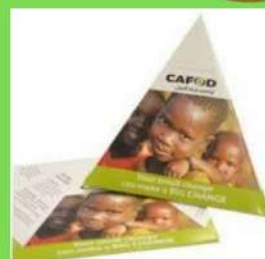
THE NIGHT OF APRIL 8TH 2022

FURTHER INFORMATION CAN BE FOUND AT:
WWW.CARITASBRENTWOOD.ORG/SLEEPOUT

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



Rare disease Day

Rare Disease Day is the official international awareness-raising campaign for rare diseases which takes place on the last day of February each year. The main objective of the campaign is to raise awareness amongst the general public and decision-makers about rare diseases and their impact on patients' lives.

RARE
DISEASES
CURRENTLY
AFFECT

5 %
OF THE
WORLDWIDE
POPULATION



YEAR 10

Well done to all the students that took part in the Geography trip last week- they were all praised for their behaviour and resilience through the cold weather.



Thank you to all the parents that attended Thursday's parents evening.

We hope that our students can take the feedback they received and use it to make positive progress in their studies!

Stars

Aaron Z., Abisshanth S., Aleesha L., Almaz F., Chayan S., Cino J., Darnel N., David J., Davina B-A., Davishka M., Denny C-Z., Filipa A., Gabrielus J., Humphrey A., Jackie C., Jake B., Josh T., Jotham B., Kamil N., Kwabena A., Luan A., Manasseh V., Michael B., Nathan O-Y., Neriah-Jane O., Nevin R., Nikolas G., Nirel N., Nyah T., Rhianna W., Ryan L., Samuele M., Shanice H., Stacy D'S., Tahalia M., Tharun Y., Thomas M., Timothy B., Tony D., Valeria B., Vlad B.

Wellbeing Tip: Praise your friends, compliments work for those giving them as much as it does for those receiving them.

YEAR 11

Interform 2022

Week Two of the competition has seen year 11 competing with effort cards, an online quiz and a really difficult spelling test...

How many would you get right?

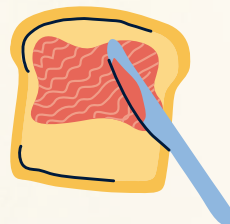
- | | |
|------------------|------------------|
| 1. Wednesday | 6. Thesaurus |
| 2. Dilate | 7. Impact |
| 3. Minuscule | 8. Disaster |
| 4. Mischievous | 9. February |
| 5. Conscientious | 10. Onomatopoeia |

Here is the League Table at the end of week two:

11A 643
11An 865
11E 871
11I 463

11P 678
11Ph 689
11R 417
11S 875

Congratulations to **11S** who have secured themselves the top spot and breakfast for the second week running.



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

YEAR 11

Careers trip to Tottenham Hotspur Stadium

On Friday, a group of year 11s were lucky enough to be selected to go to a job fair at Tottenham Hotspur Stadium. We were most excited to finally see the pitch and the stadium we had all watched be built. It was amazing.

We were welcomed into a room full of people promoting their companies and offering a range of opportunities. Companies such as Greggs, HSBC and Ralph Lauren were all there and they told us all about the benefits of working with their companies and encouraged us to sign up for interviews and a chance to work more closely with the company. It was a really enjoyable experience. Everyone was polite, friendly and generous. We left with lots of free gifts such as mugs, toys, pens, notebooks and sweets.

The fair gave me a glimpse into what career paths are available and the different ways in which I could apply for a job or course. The experience was invaluable and I would love to do something like this again.

Tatiana





ASPIRE

HOUSE CHARITY FORTNIGHT

Monday 14th March to Friday 25th
March.

Each House will compete to raise
money for their House charity!

WHICH HOUSE WILL WIN?



CULTURAL CORNER

ST DAVID'S DAY

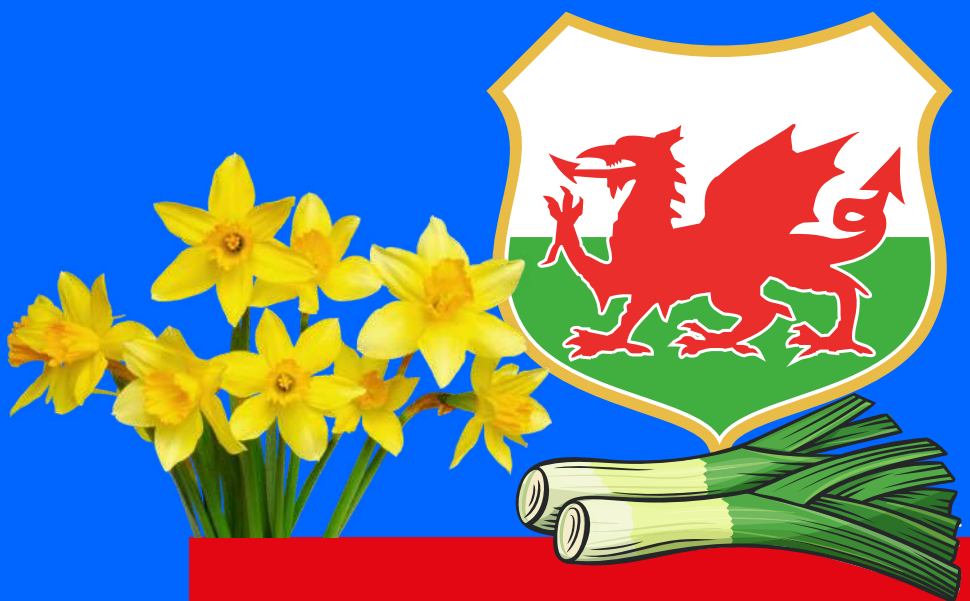
St David: a brief history

St David was the greatest figure in the 6th century Welsh Age of Saints, founder of scores of religious communities, and the only native-born patron saint of the countries of Britain and Ireland.

St David died on 1 March – St David's Day - in 589.

He was canonised by Pope Callixtus in the 12th century, and we have celebrated St David's Day ever since.

Usually, St David's Day is a day of parades, concerts and eisteddfodau (festivals of music, language and culture). Flags are flown. The national anthem is sung with extra fervour. Children go to school in traditional Welsh dress, and everyone (well, almost...) proudly pins a daffodil or leek to their lapel.

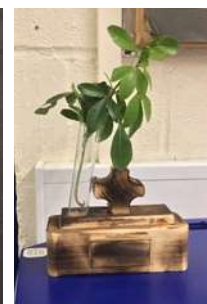
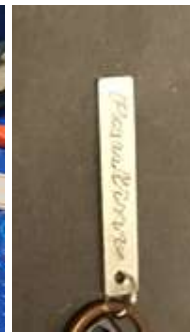


Visit Wales

Click the image to
learn more from
visitwales.com

PRODUCT DESIGN

Year 9 have been finishing up their Pewter Casting products, they've created a selection of keyrings & jewellery. Year 10 have really been putting in their best efforts making their test tube projects, we can't wait to see the finished results!



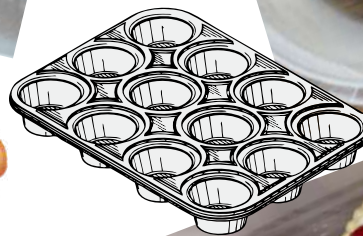
TEXTILES

Collection three of the are Yr9 fashion designs looking at paper and fabric manipulation currently on display at the main reception on Wiseman site



HOSPITALITY & CATERING

Fantastic skills used by year 10 to create this amazing fruit tarts from scratch!



Fruit tarts (Sweet shortcrust pastry)

Ingredients:

Pastry

150g plain flour
25g/1tbsp fine caster or icing sugar
75g butter, diced
1 egg yolk

A splash ice-cold water, if needed
Replace egg with 1 ½ tbsp ice-cold water to make egg free

Filling:

In groups of 3-4

For the crème pâtissière

500ml milk
6 egg yolks
40g plain flour
125g caster sugar
a little icing sugar to dust

To finish:

½ jar apricot jam
400g fresh fruit, such as raspberries, pineapple, strawberries and grapes

Method:

- For the pastry, sift the flour into the mixing bowl and sugar in a mixing bowl until well combined. Tip in the butter cubes and rub in with your fingers until the mixture resembles breadcrumbs.
- Separate the egg yolk, then beat with fork in small bowl. Add the beaten egg to the pastry and work together with your hands until the pastry comes together. You may need to add a splash of ice-cold water if the pastry is too dry. Wrap in cling film and leave to rest in the fridge for at least ten minutes.
- Preheat the oven to 180C/350F/Gas 4. Wash and prepare fruits.
- Remove the pastry from the fridge and peel off the cling film. Roll the pastry out on a well-floured surface to a thickness of about 5mm/¼in.
- Cut circles of the pastry out with a cutter that's only slightly bigger than a set of 10cm/4in tart cases. Carefully line the miniature tart cases, ensuring that you overlap the edge a little. **Alternatively, lay the pastry on the top of the barquette tins and roll over using a rolling pin over the tart case to cut them to shape - this should cut the pastry exactly the same size as the case.** Then press the pastry into the tart tin with your fingers / a small ball of dough.
- Prick the base of the pastry with a fork. Line the pastry case(s) with a square of aluminium foil / grease proof paper and fill with ceramic baking beans or raw rice.
- Place all the cases in the oven and bake for about 15 minutes, or until cooked and crisp all the way through. Remove the beans and foil lining and set aside the cases to cool on a cooling rack. Then remove from the tins and set aside.
- For the crème pâtissière, heat the milk in a large pan until it is just boiling.
- Thoroughly whisk together the egg yolks, plain flour and sugar in a bowl. Pour the milk into the bowl containing the eggs while whisking to combine. Pour the entire mixture back into the pan and cook over a medium heat while stirring constantly. The mixture should thicken as it just comes to the boil.
- Remove from the heat and transfer to a glass bowl to cool. At this point sprinkle over a little icing sugar to stop a skin from forming. Place the glass bowl into a water bath.
- Pass the jam through a sieve into a clean bowl to make it smooth. Heat up the apricot jam with two tablespoons of hot water and leave to cool.
- Spoon a little of the cooled crème pâtissière into each one of the tart cases. Top with fruits before brushing lightly with the cooled apricot jam.

Equipment

Pastry

Sieve
Mixing bowl
Palette knife
Small bowl
Fork

Tart tins
Rolling pin
Flour dredger
Tablespoon
Cooling rack

Filling & Glaze

Measuring jug
Egg yolk separator
Saucepan
Wooden spoon
Large glass bowl
Colander & plate
Pastry brush
Icing sugar dredger
Hand whisk

MFL



**Filipa A., Thomas M., Thianna W.,
Helen S., Quincy Y., Serkan I., Eri A.**



**Neriah-Jane O., Stacy D'S.,
Maame A., Natalia B. , Deajah D,
Neriah-Jane O.**



**Abishan A., Alisha I., Julia M.,
Luke P., Vanessa P., Ruth A.,
James B., Glennard C., Gillianne M.,
Skyla M., Elijah M., Ama O.,
Jennica G., Ama O., Ella E.,
Elyara C., John N., Jonathan C.,
Matthew S., Rozalia K-T.,
Sinead O'C.,beyoncy A., David B.,
Geraldin B., Jayden E., Lula K.,
Alberta K., Caleb M., Gianina O.,
Holly T., Cristian V., Eliezer Y.,
Eri A., Kacper B., Jaina G.,
Michael M., Elizabet P., Ryan V.,
Medeina L.**



**Joshua H., Andrews O., Anita L.,
Chloe V., Domantas V., Hannah P P.,
Jack O'G., Ola A., , Feile A.,
Alyssia J., Rekisan M., Maria S.,
Charlotte S., Iliana S., Oskar T.,
Sophia Z., Susan Z., Miriam M.,
Maame A., Davina B., Vlad B.,
Valeria B., Yu Ruo C., Stacy D'S.,
Almaz F., Aleesha L., Nyah T.,
Hannah O-Y., Neriah-jane O.,
Jane T.**

POETRY CLUB

Three Short Poems
by Allison T.
Yr10

1. Creative Freedom

Up, down, a casual dash.
A specific line carefully chosen,
Would it look bad if thrown anywhere?
And so the artist takes a huge brush,
Lays it on the canvas,
And the ink drips from the paintbrush,
They were in doubt,
But surely the brush
Casted a random pattern
On the canvas,
And
Swoosh!
If in doubt, just draw!

Sleep soundly oh dear one,
Sleep well and not dwell on your nightmares,
Which if they were to appear
Stand still for yourself, for thou are far vigorous than that.

You are strong,
I hope that you know that,
And i hope that you
Yes you
Sleep well,
And wake up anew.

2. Rest is Key

3. Alphabet Symphony

Qwertyuiopasdfghjklzxcvbnm
It's the letters of a keyboard
It's the alphabet put in a way that it won't jam up
your typewriter!
Qwertyuiopasdfghjklzxcvbnm
Or is it the standard way of typing on devices?
Who knows!
Qwertyuiopasdfghjklzxcvbnm
See, I typed it!
It's a simple brush on the keyboard and boom
You get this.

LRC

Recommendations

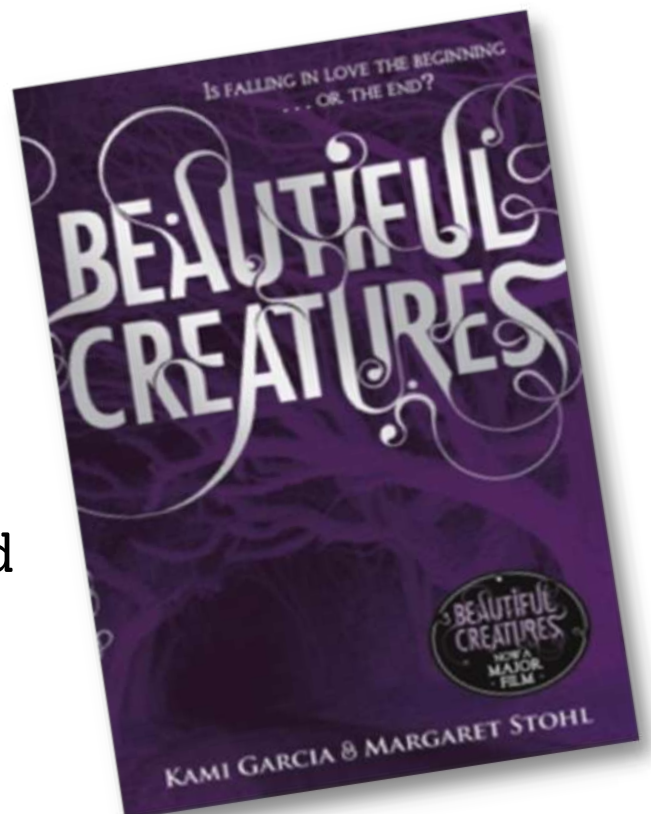
Is falling in love the beginning . . . Or the end?

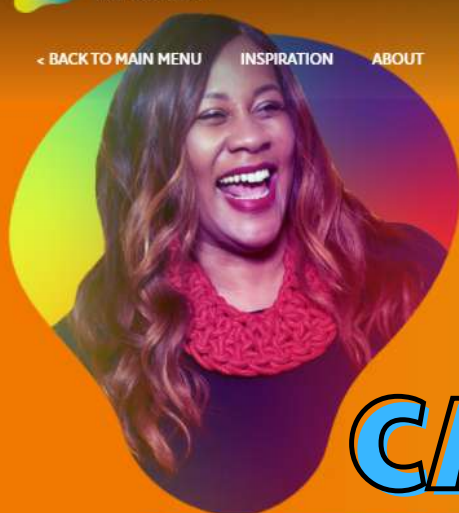
In Ethan Wate's hometown there lies the darkest of secrets. There is a girl. Slowly, she pulled the hood from her head. Green eyes, black hair. Lena Duchannes. There is a curse. On the Sixteenth Moon, the Sixteenth Year, the Book will take what it's been promised. And no one can stop it. In the end, there is a grave. Lena and Ethan become bound together by a deep, powerful love. But Lena is cursed and on her sixteenth birthday, her fate will be decided. Ethan never even saw it coming.

* Don't miss the Warner Brothers and Alcon Entertainment blockbuster movie of Beautiful Creatures directed by Richard LaGravenese

Beautiful Creatures

Novel by Kami Garcia and
Margaret Stohl





SPEAKERS FOR SCHOOLS VIRTUAL TALKS & BROADCASTS

CAREERS CORNER

Broadcast in partnership with #Newky Books and HSBG, Niran Vinod and Damita Timelyn, authors of 'How to Build It'

Date: Monday 7th March

Time: 14:00 - 15:00

Age Group: KS4-5 / 54-6

Join us for a broadcast with Niran Vinod and Damita Timelyn, 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: CeCe Sammy-Lightfoot, Vocal Coach & TV Presenter

Date: Tuesday 8th March

Time: 10:00 - 10:45

Age Group: KS3-5 / 51-6

We are looking forward to having another broadcast with CeCe Sammy, this time for International Women's Day. CeCe 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: Ella d'Amato, Managing Director, Investment and CMO, True & Former Chief Commercial & Marketing Officer, Nim on the High Streets

Date: Tuesday 8th March

Time: 14:00 - 14:45

Age Group: KS3-5 / 51-6

We are excited to welcome back Ella d'Amato for another broadcast. Ella will be joining us on International Women's Day to speak about the women who inspire her, the important advice she has been given throughout her life and career, and why it is important to celebrate International Women's Day. Ella is looking forward to answering some more of your questions!

[Click here to register](#)



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

Date: Wednesday 9th March

Time: 10:00 - 10:45

Age Group: KS3-5 / 51-6

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 Kurnoska, who started out working in hotels and has worked her way up to be Managing Director for UK and Ireland, at global organisation IHG Hotels & Resorts. Joanne is excited to share her industry insights with you and answer your questions!

[Click here to register](#)



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

Date: Wednesday 9th March

Time: 14:00 - 14:45

Age Group: KS3-5 / 51-6

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

[Click here to register](#)

Green Skills Week Broadcast: Tamara Finkelstein, Permanent Secretary, (DEFRA) Department for Environment, Food and Rural Affairs

Date: Thursday 10th March

Time: 13:00 - 14:00

Age Group: KS3-5 / 51-6

Did our 'Green Skills Week' campaign inspire you to take action last year? We are excited to welcome Tamara Finkelstein, Permanent Secretary, (DEFRA) Department for Environment, Food and Rural Affairs for our first Green Skills Broadcast of 2022. During this broadcast, you will learn about some of the main responsibilities of DEFRA and how it is working to tackle waste and improve our natural environment.

[Click here to register](#)

National Careers Week Broadcast: Careers in Film and TV with Fiona McGuire, Industry Partnerships Director, London Screen Academy

Date: Friday 11th March

Time: 14:00 - 15:00

Age Group: KS3-5 / 51-6

Have you ever thought about a career in working in TV and film? We are excited to host a broadcast with Fiona McGuire from the London Screen Academy! Join us to learn about what happens behind the scenes on a set, hear about her industry insights and find out the different types of skills and roles needed in the industry. Also, get your questions ready for the Q&A session!

[Click here to register](#)

VIRTUAL WORK EXPERIENCE



Delve into the world of Digital Forensics, be a Digital Detective



A virtual work experience by Systems Technology Consultants

Mar 24, 2022 for 1 days

Sector: Computing & IT

Ages 14-19

[View](#)



My Personal Finance Skills - Staying safe from scams & routes into a career in personal finance



A virtual work experience by Chartered Insurance Institute - My Personal Finance Skills

Mar 16, 2022 for 1 days

Sector: Finance

Ages 14-16

[View](#)



Creating Brighter Futures (The Adecco Group) Insight Day (16-19yrs)



A virtual work experience by The Adecco Group

Mar 24, 2022 for 1 days

Sector: Business

Ages 16-19

[View](#)

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





GT SCHOLARS ONLINE CAREERS SUMMIT



SATURDAY 5TH MARCH 2022

9:30 AM - 3:00 PM

Learn from professionals from a range of universities and corporate organisations such as Barclays, NHS, University College London, The Penny Group, ExTrac, the University of Birmingham and BRIT Insurance

Open to Parents and Young People aged 13 to 18

<https://careersummit.gtscholars.org>

CONNECT



Learn from university admissions teams, meet professionals from diverse backgrounds & discover careers in high demand

DISCOVER



Join us online to connect with HR professionals, learn about scholarships, bursaries & various opportunities available to you

CREATE



Find out about universities & apprenticeship schemes, how to create an outstanding CV and map out your career pathway

Sponsored by:

BRIT

MAR
09

Google Apprenticeships Parents' Insight Webinar

by Success at School

175 followers

[Follow](#)

Free



Free

[Register](#)



Date and time

Wed, March 9, 2022

6:30 PM – 7:15 PM GMT



Location

Online event



Is your child interested in technology? Find out how they could end up working for one of the biggest tech companies in the world...

About this event

Who should attend this event?

Parents of students who are considering their next steps.

About this event:

Is your child in Years 10-13? Join us on 9th March to find out all about apprenticeship opportunities at Google, including: Software Engineering, Digital Marketing and Information Communication Technician.

- Find out about Google apprenticeship opportunities for your child
- Hear from current apprentices
- Get CV tips and tricks
- PLUS a Q and A session, where you'll be able to ask questions directly to Google's recruitment team

*** By registering for this event, you will automatically be added to Success at School's mailing list. You can unsubscribe at anytime.**

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
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Raise FREE donations for

Holy Family Catholic School - Walthamstow

every time you **shop online**

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<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

Email: 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 | CLIENTS NEED TO BRING CARRIER BAGS & OR SHOPPING TROLLEY AS WE DON'T STOCK THEM. |
| PL84U AL-SUFFA REFERRAL FORM | Email: PL84UALSUFFA@GMAIL.COM Clients details needed for food parcels or baby items. | For office use: Please add dates for collection: |
| 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



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 | 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 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!