

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



Issue 23
Friday 18th March 2022

Find out how we won all of this!



...plus it's been a tense Pi week!



@HFCSWaltham

www.holyfamily.waltham.sch.uk

@HFCSWaltham



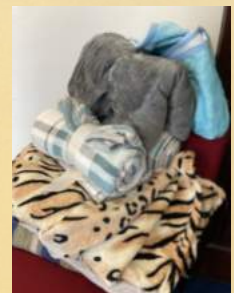
Holy Family supports the people of Ukraine

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.

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.

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



Holy Family supports the people of Ukraine

The following items have been requested by the Ukrainian Catholic Church community in London. They are organising transporting the donations to Ukraine.

Wet wipes

Antiseptic wipes

Disinfectant wipes

Medical gloves

Backpacks

Warm Socks

Gloves

Thermal underwear

Camping mats

Sleeping bags

Torches

Water filters

Bandages

Phone charger cables

Phone charger power packs

Nappies

Blankets (not duvets)

Dry food (like pasta and rice)

Sweets

Protein bars

Pet food

There are collection boxes in each school hall.

Monetary donations can be sent into school for the attention of Mr Norman.

Should you wish to donate money online we would suggest the following charities, depending on your preferred currency:

Euros: [The Caritas Ukraine appeal](#)

Sterling: [The CAFOD Ukraine appeal](#)



HEADTEACHER'S MESSAGE

Quotation of the week

"Christ be with me, Christ within me,
Christ behind me, Christ before me,
Christ beside me, Christ to win me,
Christ to comfort and restore me,
Christ beneath me, Christ above me,
Christ in quiet, Christ in danger,
Christ in hearts of all that love me,
Christ in mouth of friend and stranger."

— St. Patrick



Happy Feast of St Patrick this week

St Patrick is, of course, the patron saint of Ireland but also a patron saint of Nigeria, of New York and of Boston. Kidnapped and enslaved by pirates he gained his freedom and later returned to Ireland to bring the good news of the gospel.

Support for Ukraine

The war in Ukraine continues to horrify us. We have collected a range of items that will be taken to people in need in Ukraine and we held our non-uniform day on Friday which, with your support, will have raised a significant amount of money. We continue to discuss the conflict with the students and to pray for peace. It is really important that the truth of what is happening in Ukraine is known and that we teach our students to think critically and to understand the importance of a free media, of free and fair elections and of the value of living in a democracy with fundamental rights respected.

Pi Week

This week is Pi Week at Holy Family - a week devoted to that infinite numerical sequence that begins with 3.14 and is part of every mathematics students knowledge when working out such things as the area of a circle. Each year we challenge students to remember Pi to as many numerical places as possible. The school record is well over 250. The world record is over 70000 places correctly remembered. The first ten numbers in the sequence are as follows:
3.1415926535.

I would struggle to remember even that!

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

Mrs Sheikh Oomar nominates

Michelle D. in yr 9

for achieving 100% in her French writing assessment.

Mrs Sheikh Oomar says she was 'blown away' by the quality of Michelle's work.

She also nominates

Zuzanna P. in yr 9.

She is incredibly hard working and has written an amazing paragraph on jobs and her future for her French assessment and the quality was just as good as my year 10 GCSE students.

Finally Mrs Sheik Oomar nominates

George U.

who has achieved 93% in his French writing assessment.

We also have nominations from Miss Nordon who would like to commend

Jada-Marie O.

and

Bless-Robert M. from yr 8.

Both students showed enthusiasm and rhetorical flair when delivering their speeches on urbanisation in our geography lesson. Well done!

Congratulations to all our amazing students this week!



WELLBEING

Challenge negative feelings

"The same way you might if a friend was feeling down on themselves, it can really help to think of some reasons to question your negative feelings.

We can be very hard on ourselves and it's much easier to fall into a pattern of self-criticism than it is of self-compassion - but practicing being kind to yourself can help to lift your spirits.

For example, if you feel anxious and self-critical, you can try telling yourself that that is your anxiety speaking, not you, and that it will eventually pass without harming you.

Some people find it helps to visualise their negative thoughts in the mind's eye as balloons, and let them fly away."

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



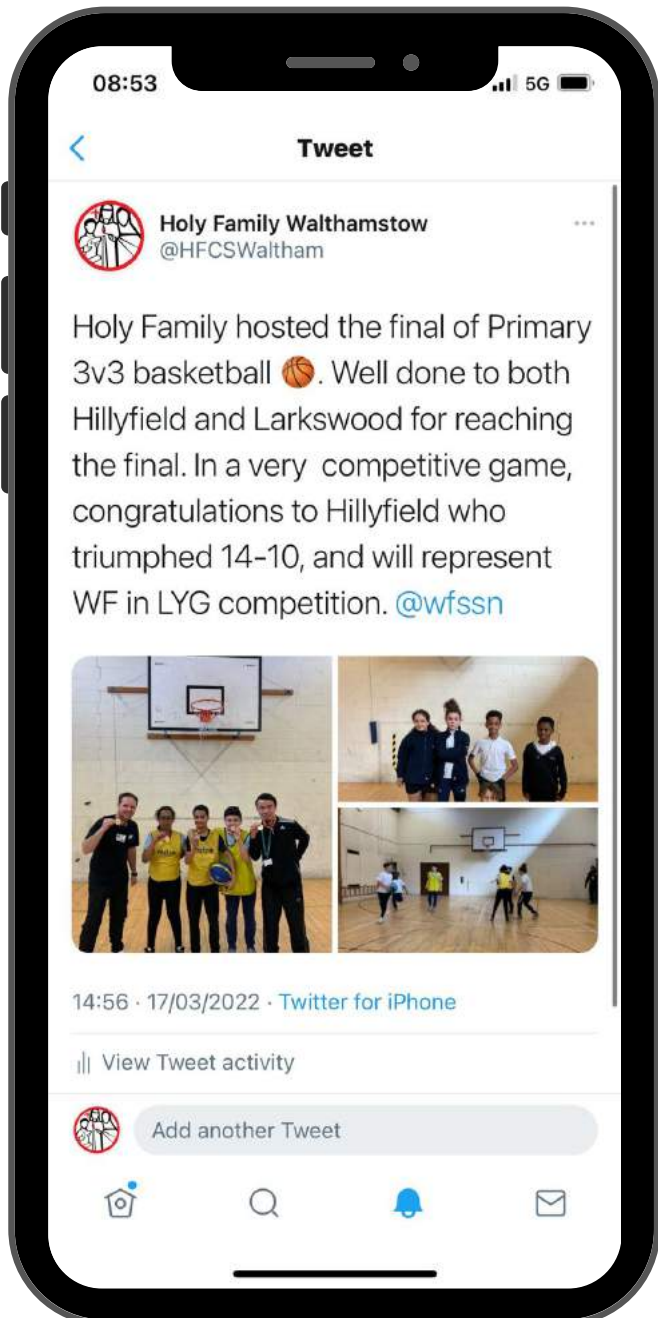
Anna Freud
National Centre for
Children and Families



SOCIAL MEDIA CATCHUP



@HFCSWALTHAM



@HFCSWALTHAM

Chaplaincy Corner

Ukraine

We have had a great response to our request for items for those affected by the conflict in Ukraine. Thank you to everyone who has donated so far. We made our first delivery for onward transportation this week and will continue to do so on a weekly basis. If you do have any items you are able to donate (only those on the list please), there are collection boxes in both school halls.

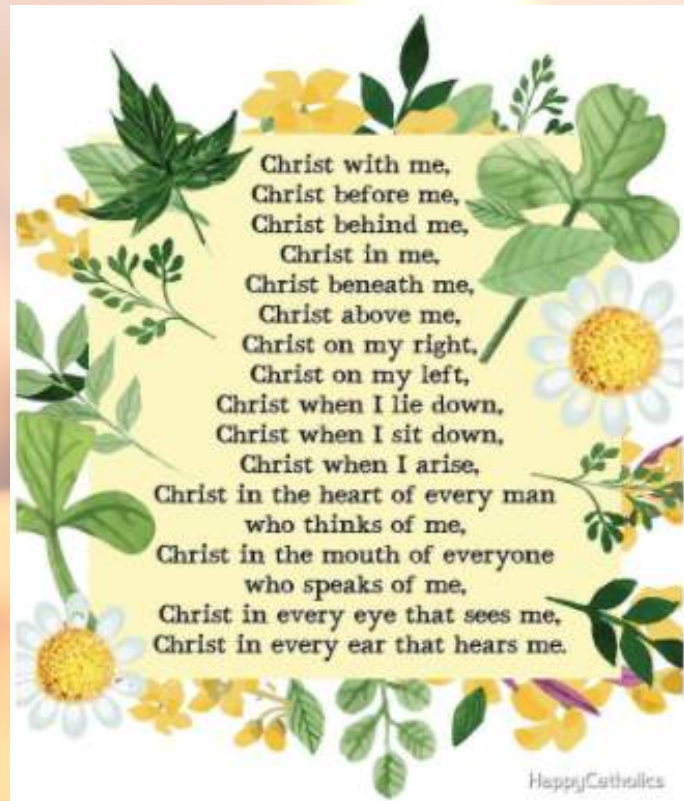
Feast of St Patrick, Patron Saint of Ireland

Beannachtaí na Féile Pádraig oraibh!

Born in Roman Britain in the late 4th century, St Patrick was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 to convert the Irish to Christianity.

By the time of his death on March 17, 461, he had established monasteries, churches and schools. Many legends grew up around him – for example, that he drove the snakes out of Ireland. Probably one of the most popular is that of the shamrock, using this to explain the concept of the Holy Trinity to a non believer, showing him the three-leaved plant with one stalk. The shamrock is the national flower of Ireland.

St Patrick is also (among many) the Patron Saint of Nigeria, Montserrat, Puerto Rico, engineers and paralegals!



Peace Club

Lent is a time of reflection and this week we found a few moments of stillness to each write a prayer about all those who are, or feel, forgotten. Especially those who have had to flee their homes and are refugees or asylum seekers, those who are unsure about where in the world they will be welcomed and when they will feel like they belong. This action is part of the St Vincent de Paul Lenten campaign.



Chaplaincy Corner

Walsingham House

Walsingham House is the Retreat House of the Brentwood Catholic Youth Service. They provide retreats for young people throughout the Diocese, whether through parish Confirmation groups or through school retreats. We were pleased to welcome the Retreat team in last July to work with Year 7. The team is made up of young people 18-23 who may be taking a gap year, finished university but not sure of their next steps, or maybe as a start to a career in youth ministry.

Be part of the Walsingham House Team 2022/23: If you will be 18+ in September, and are looking for an exciting gap year opportunity, deepening teamworking and practical skills in a context of youth leadership and developing your faith, then a year on the Walsingham House Team could be for you. For more information please contact Joseph Beattie, by emailing josephbeattie@dioceseofbrentwood.org or calling 01277 373959. There is an open afternoon from 2-4pm on Sunday 10th April; for more information and to register, go to www.bcys.net/events/whopenday/

Pray for Ukraine

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**

Laudato Si Commitments - “Fast from selfishness” and be compassionate to others. -Pope Francis

Mrs Grierson, Chaplain

Key dates - Lent 2022

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*

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.bcys.net

BOYS 2022 Events

YOUTH MASS

FIRST THURSDAY OF THE MONTH
BRENTWOOD CATHEDRAL

COME ALONG FROM 4PM FOR PIZZA, FOLLOWED BY SPEAKERS, WORKSHOPS, PRAYER AND REFLECTION, MUSIC AND MUCH MORE!

YOUTH MASS WILL BEGIN IN THE CATHEDRAL FROM 7:30PM, WHERE A DIFFERENT MEMBER OF THE CLERGY WILL PRESEDE AND PREACH THE GOSPEL EVERY MONTH.

OPEN TO ALL THOSE IN YEARS 7 AND ABOVE
NO BOOKING NECESSARY

LENT RETREAT

2ND - 3RD APRIL
MALSINGHAM HOUSE

GET A CHANGE OF SCENERY AND A FRESH PERSPECTIVE AT MALSINGHAM HOUSE AT ABBOTSHEK THIS LENT FOR TIMES OF PRAYER, SOCIALISING AND ACTIVITIES, BUT MOSTLY TO REFLECT, AS ONGOING FRIENDS AND THE MALSINGHAM 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 MHBBCYS.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@dioceseofbrentwood.org
TO TAKE PART

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 GAVARNNE, SOCIAL NIGHTS, PARTY AND THE AMAZING LOURDES PROFESSIONS.

OPEN TO ALL THOSE IN YEAR 11 AND ABOVE
BOOKING ONLINE AT MHBBCYS.NET/EVENTS

YOUTH GATHER

22ND - 23RD OCTOBER, HERSEA 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 TAKE YOU FRESH INSIGHTS INTO YOURSELF, AND YOUR FAITH, BY TELLING THEIR STORIES.

OPEN TO ALL THOSE IN YEARS 7 AND ABOVE
BOOKING ONLINE AT MHBBCYS.NET/EVENTS

ADVENT RETREAT

DECEMBER, MALSINGHAM 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 MHBBCYS.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



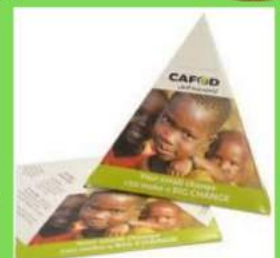
THE NIGHT OF APRIL 8TH 2022

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



What is World Down Syndrome Day?

World Down Syndrome Day (WDSD) , 21 March, is a global awareness day which has been officially observed by the United Nations since 2012.

The date for WDSD being the 21st day of the 3rd month, was selected to signify the uniqueness of the triplication (trisomy) of the 21st chromosome which causes Down syndrome.

What is Down Syndrome?

Down syndrome (or Trisomy 21) is a naturally occurring chromosomal arrangement that has always been a part of the human condition. It is universally present in approximately 1 in 800 live births.

Read about some of the celebrities with Down Syndrome here:

<https://www.theguardian.com/society/2021/nov/27/the-stars-with-downs-syndrome-lighting-up-our-screens-people-are-talking-about-us-instead-of-hiding-us-away>

CULTURAL CORNER

ST PATRICK'S DAY

Ireland



Why 17 March?

Simple – the date marks the saint's death. Patrick died in 461 in Saul, County Down. It was here that he had established his first church in a small and simple barn, after arriving nearby at the mouth of the Slaney River. He is buried in the grounds of Down Cathedral in Downpatrick and a memorial stone, made from local Mourne Mountain granite, marks his grave. For those who celebrate its intended meaning, St Patrick's Day is a traditional day for spiritual renewal.

[Read more](#)



When was the first parade?

Interestingly, the first St Patrick's Day parade was not held in Ireland at all, but in Boston in the United States in 1737. This was followed by an "official" parade in New York in 1766. Ireland was a little further behind – our first parade was held in Waterford in 1903, while Dublin joined the club back in 1931. Today, the parade in Dublin is a huge, colourful, theatrical event that snakes through the historic city centre, with vivid displays and international bands.

[Read more](#)



Who invented St Patrick's Day?

Raise your glasses to Luke Wadding, an Irish Franciscan friar from Waterford whose persistent efforts turned March 17 into a feast day. Born in 1558, Wadding died in Rome in 1657 and his remains are interred there in the college of St Isidore's, which he founded. If you visit the National Gallery of Ireland, you can see a painting of the friar by Carlo Maratta, while in Waterford city he is commemorated with a statue outside the French Church (Greyfriars).

[Read more](#)



Are there any unusual parades?

Short, long, silly or serious, you'll find every manner of St Patrick's Day parade all over Ireland, from the biggest in Dublin to the earliest in Dingle, County Kerry, where it kicks off at 6am. There's a week-long festival in Armagh, and a carnival parade and concert in Belfast. The shortest parade in the world used to be in Dripsey, County Cork, from one pub to another. Sadly, the parade is no more but you can still celebrate in the town with the annual Dripsey Vintage Tractor and Car Run.

[Read more](#)



Was St Patrick really Irish?

No, he wasn't born here. St Patrick was thought to have originally come from either Wales or Scotland, where he was abducted at the age of 16 and brought to Northern Ireland as a slave. Once here, he was sent to Slieve Donard in County Antrim to herd sheep. But on his escape, he had a vision and returned to Ireland to spread the word of Christianity. It was on this island that he remained for the rest of his life, preaching, baptising and building churches until his death in 461 in County Down.

[Read more](#)



Where in the world goes green?

Not content with just donning green hats, everything from buildings to rivers goes green for St Patrick's Day (a huge source of pride for the Irish here – and for all the Irish people across the world). In the past, the Colosseum in Rome, the Sacré-Coeur Basilica in Paris, the London Eye, the Empire State building, and Christ the Redeemer in Rio have all turned a shade of green on March 17. In Dublin, buildings and bridges all over the city are illuminated green also.

[Read more](#)



Where did he go in Ireland?

There are sites all over Ireland associated with St Patrick, which goes to show how far this 5th century saint travelled. The Rock of Cashel, County Tipperary, and Croagh Patrick, County Mayo, are among the most famous, but there are lots more besides. Follow St Patrick's Trail in Northern Ireland and you can visit Armagh's two impressive cathedrals dedicated to the saint, as well as Saul Church and the St Patrick Centre in County Down.

[Read more](#)



Did St Patrick really banish snakes?

Tradition has it that the reason there are no snakes in Ireland is down to our patron saint, who chased them into the sea. It's a good story all right, but most scientists now believe that snakes never existed in Ireland in the first place. Interested in more of Ireland's natural history – including reptiles? Drop into the wonderful Museum of Natural History on Dublin's Kildare Street, to find out more about our island's fauna in a lovely old Victorian building.

[Read more](#)



Why do people wear green?

Green is a colour now synonymous with St Patrick's Day, as people of Irish descent all over the world wear a piece of green clothing on March 17. But the wearing of green only became a tradition in the 19th century. Up until then, the colour most commonly associated with St Patrick was actually blue. Today, it's all about jade and emerald, moss and olive, so if you're visiting Ireland on or around March 17, make sure to pack something green.

[Read more](#)

St Patrick: a brief history



Thursday 17th March is the Feast of St Patrick, the Patron Saint of Ireland.

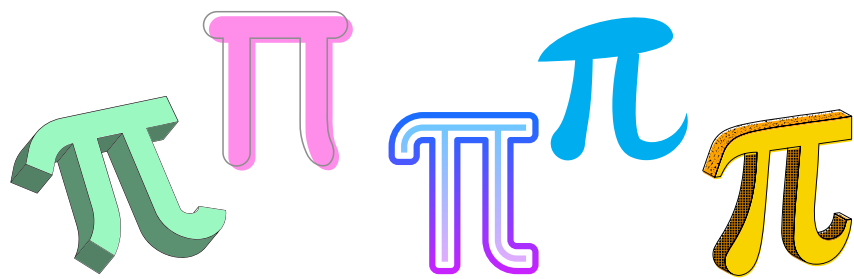
Born in Roman Britain in the late 4th century, he was kidnapped at the age of 16 and taken to Ireland as a slave. He escaped but returned about 432 to convert the Irish to Christianity.

By the time of his death on March 17, 461, he had established monasteries, churches and schools.

Many legends grew up around him – for example, that he drove the snakes out of Ireland and used the shamrock to explain the Trinity.

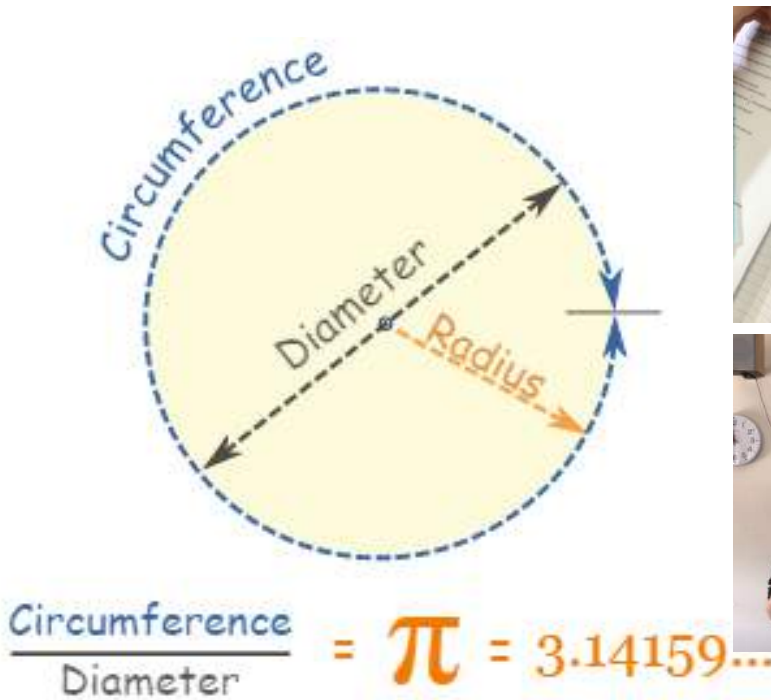
Click the image to learn more from ireland.com

PI WEEK



The Maths Department celebrated Pi Day on Monday 14th March and had lots of activities throughout the week!

Students had drop down lessons in Maths and many had the opportunity to investigate Pi using a piece of string. Pi (π) is the ratio of a circle's circumference to its diameter.



As well as enriching maths lessons, pupils took part in bake sales, pie lunches and other activities to celebrate Pi Day. Our annual Pi-Off Competition returned with students reciting as many digits of Pi as possible. There were some extremely impressive results with some students memorising over 200 digits of Pi!

Our winner is Jahiro in year 8 who broke a school record, reciting 287 digits of Pi! Well done to all students involved!

The House results for the competition is as follows:

Student	House	Digits	Position
Jahiro Salas Medina	Ignatius	287	1st
Jack William	Elizabeth	168	2nd
Chelsy Shotikare	Elizabeth	149	3rd
Dinoj Arulnanthi	Stephen	145	4th
John Villarico	Philomena	142	5th

House	Position
A	5th
S	2nd
P	3rd
I	4th
R	6th
E	1st

Facts About


Pi

The first 100 digits of pi are **3.1415926535 8979323846
2643383279 5028841971 6939937510 5820974944
5923078164 0628620899 8628034825 3421170679**

The symbol for pi is the lowercase Greek letter π , and is taken from the Greek word perimetros, which means circumference.

 π

Pi day is celebrated annually every March 14.



Celebrate Pi Week from Monday 14th March with activities including:

- Pie bake sale
- Pie themed lunch
- Pi digit competition
- Drop down lessons in Maths
- Pi numeracy activities

YEAR 7

7An have organised the following for Charity Fortnight

CHARITY FORTNIGHT

BEYBLADE

TOURNAMENT

HOSTED BY 7AN



24 MARCH 2022

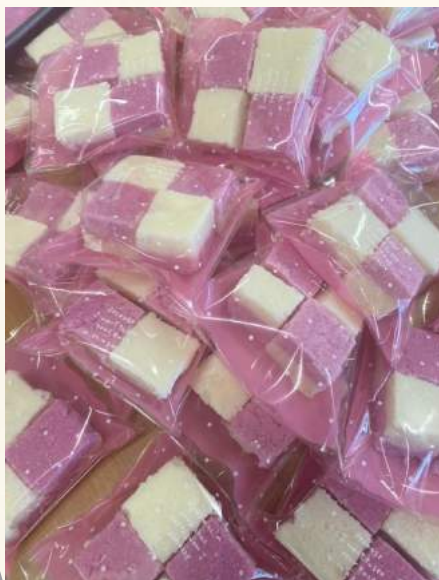
LUNCHTIME IN THE YEAR 7 SMALL PLAYGROUND

50P TO ENTER

PRIZES FOR TOP 3 PLAYERS WITH THE MOST WINS!

YEAR 9

9E have been busy, busy, busy for their fundraising for Charity Fortnight.



YEAR 10

A massive well done to Jane 10P who was able to recite 115 digits of pi, in celebration of pi day on Monday!

How do you think you would do?

3 . 1 4 1 5 9 2 6 5 3 5 8 9 7 9 3 2 3 8 4 6 2 6 4 3 3 8
3 2 7 9 5 0 2 8 8 4 1 9 7 1 6 9 3 9 9 3 7 5 1 0 5 8 2 0
9 7 4 9 4 4 5 9 2 3 0 7 8 1 6 4 0 6 2 8 6 2 0 8 9 9 8 6
2 8 0 3 4 8 2 5 3 4 2 1 1 7 0 6 7 9 8 2 1 4 8 0 8 6 5 1
3 2 8 2 3 0 6 6 4 7 0 9 3 8 4 4 6 0 9 5 5 0 5 8 2 2 3 1
7 2 5 3 5 9 4 0 8 1 2 8 4 8 1 1 1 7 4 5 0 2 8 4 1 0 2 7 0
1 9 3 8 5 2 1 1 0 5 5 5 9 6 4 4 6 2 2 9 4 8 9 5 4 9 3 0
3 8 1 9 6 4 4 2 8 8 1 0 9 7 5 6 6 5 9 3 3 4 4 6 1 2 8 4
7 5 6 4 8 2 3 3 7 8 6 7 8 3 1 6 5 2 7 1 2 0 1 9 0 9 1 4 5
6 4 8 5 6 6 9 2 3 4 6 0 3 4 8 6 1 0 4 5 4 3 2 6 6 4 8 2



Wellbeing Tip: Take five minutes each day to reflect

YEAR 11

Interform 2022

This week we saw penalty shoot outs and quizzes for points. The weather wasn't great but the action was... especially when the form tutors were in goal!

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

11A	108	11P	124
11An	217	11Ph	110
11E	123	11R	96
11I	167	11S	192

Congratulations to **11An** who are the lucky recipients of breakfast this week.

Next week is double scores week!!!

11Ph held their bakesale on Tuesday to raise funds for families in Ukraine





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?

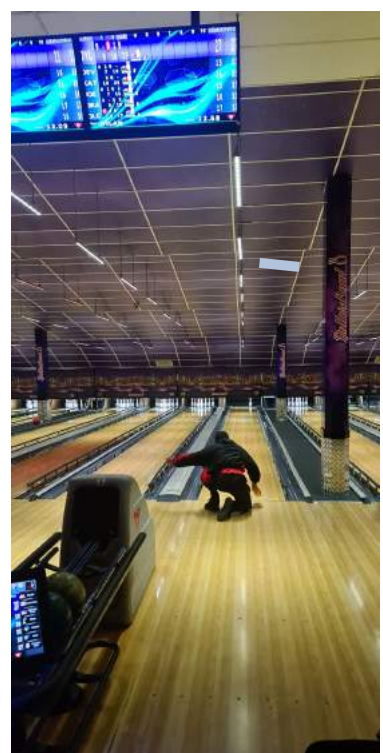
HOUSE CHARITY FORTNIGHT TIMETABLE

Charity Fortnight 2022	Walthamstow Site			Wiseman Site		
	Form class	Charity Event	Time and location	Form class	Charity Event	Time and location
Monday 14th March	12E	Raffle	Selling tickets throughout the week			
	12S	Sweet Jar Raffle	Throughout the week			
Tuesday 15th March	7E	Bake/Fruit Sale	Hall - Break	9I	Basketball Competition	Sports Hall - Lunchtime
	12I	Count the Mini Eggs in a Jar	Hall - Lunchtime	11PH	Cake and Sweet Sale	Playground - Break and Lunch
Wednesday 16th March	8S	Popcorn & Snacks	Dining Hall - Lunchtime	9E	Coconut Ices, Bookmarks, Mothers Day/Teacher Appreciation Cards	Hall - Breaktime, Playground - Lunchtime
				9P	Basketball Shootout	Sports Hall - Lunch
Thursday 17th March				11An	Cinema	U19 Lunchtime
				9A	Football target competition	Sports Hall - Lunchtime
Friday 18th March	Sixth Formers	Pi Week Pie Sale	Breaktime	10E	Bake Sale, Snacks & More	Lunchtime
	7S & 7R	Sponge The Teacher	Lunchtime	9S	Dodgeball Challenge	Sports Hall - Lunch
Monday 21st March	8E	Cake/Sweet Sale	Hall - Break	10A	Watch a Movie	Lecture Theatre - Lunchtime
	8R	Baking Competition and Sale	Hall - lunch	10S	Bake Sale, Snacks & More	Hall - Breaktime
Tuesday 22nd March	8P	Car Wash	Walthamstow Site Car Park	10P	RIFA tournament	Lecture Theatre - Lunchtime
	12I	Count the Mini Eggs in a Jar	Hall - Lunch	10EL	Henna Tattoo	Wiseman Site
Wednesday 23rd March	12A	Mother's Day Raffle Competition	Throughout the day	9I	Basketball	Sports Hall - Lunchtime
	12ST	Sweet Jar/ Cake Sale	Breaktime and Lunchtime	10RI	Bake Sale, Snacks & More	Hall - Breaktime
Thursday 24th March	7P	Gaming Competition	IT room - Lunchtime	11A	Party Moves	yr11, Lecture Theatre, Lunchtime
	8ST	Basketball challenge	Playground	9P	Basketball Shootout	Sports hall - Lunchtime
Friday 25th March	7AN	Y7 Beyblade Tournament	Playground / Gym	11P	Bake Sale	Foyer - Breaktime
	13S	Cake/Sweet sale	Hall - Breaktime	10I	Penalty Shoot Out	Lunchtime: the Cage on Playground
	8R	Sponge the Teacher / Cinema + Popcorn sale	Hall/Gym/L31 - Lunchtime	13E	6th Form v Staff (Sports)	MUGA & Sports Hall
				11S	Sponge The Teacher	Lunchtime

WHICH HOUSE WILL WIN?

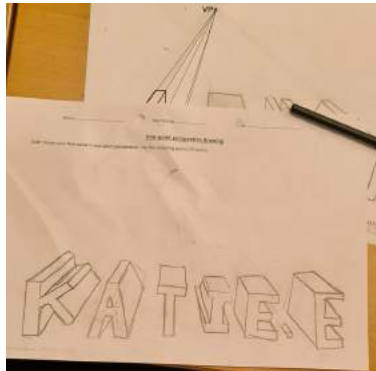
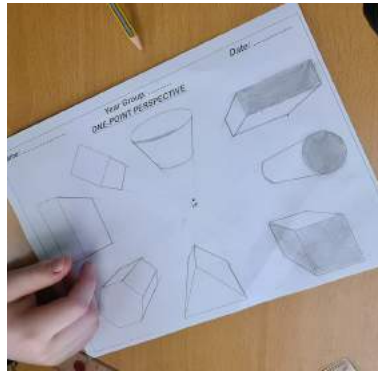
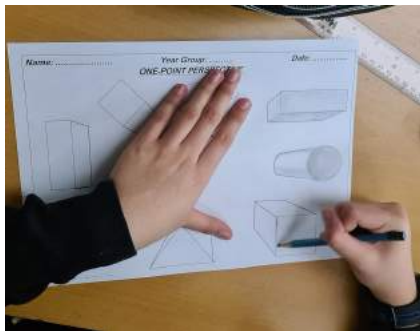
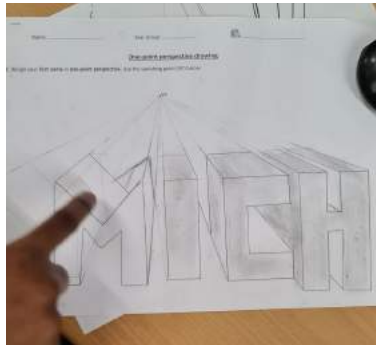
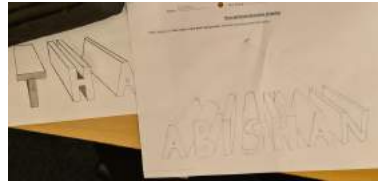
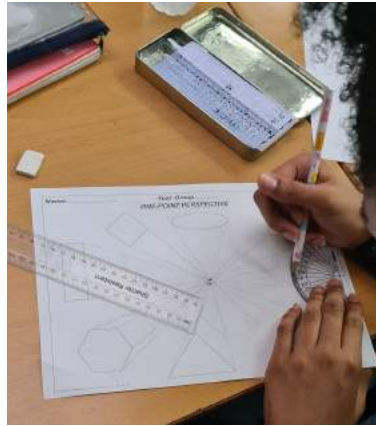
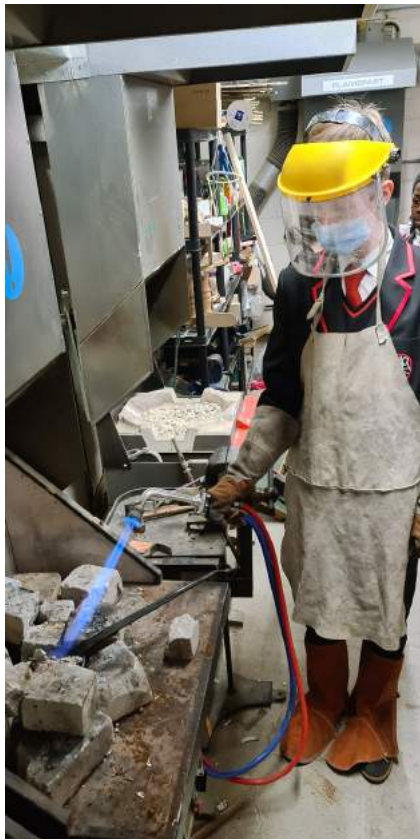
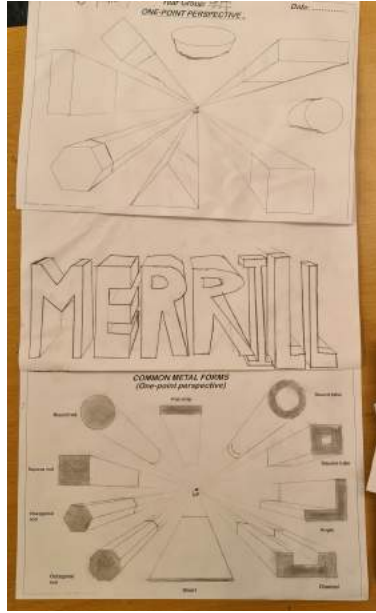
PANATHLON CHALLENGE

On Thursday 12 students from years 7 - 10 took part in the Waltham Forest Secondary School Tenpin Bowling Panathlon Challenge at City Pavillion, Romford. They participated against several other school from the borough and came in third place! Katie S. was also awarded an extra medal and certificate for winning the HOT SHOT competition for getting the most Strikes out of all schools in attendance. Congratulations to them all!



PRODUCT DESIGN

Great work this week from year 9 in Graphics and Product Design



HOSPITALITY & CATERING

Congratulations to all year 11 students who have completed their Hospitality & Catering practical exams so far.



POETRY CLUB

Bestie

by Maame A., Davina B., Yu Ruo C., Abisha I.,
Bartek., Ernest T. and Laura K.

Accepting, trustworthy, hilarious, loving is my best friend.

Together we create a balanced scale of mischief,
harmony and memories.

Like a stream, effortlessly is the course of conversation.

My mind cannot comprehend life without my best friend.

LRC

Recommendations

Orphaned Jane Eyre grows up in the home of her heartless aunt, where she endures loneliness and cruelty, and at a charity school with a harsh regime.

This troubled childhood strengthens Jane's natural independence and spirit - which prove necessary when she finds a position as governess at Thornfield Hall.

But when she finds love with her sardonic employer, Rochester, the discovery of his terrible secret forces her to make a choice. Should she stay with him and live with the consequences, or follow her convictions, even if it means leaving the man she loves?

A novel of intense power and intrigue, "Jane Eyre" (1847) dazzled and shocked readers with its passionate depiction of a woman's search for equality and freedom.

Jayne Eyre

Novel by
Charlotte Brontë





SPEAKERS FOR SCHOOLS VIRTUAL TALKS & BROADCASTS

CAREERS CORNER

VIRTUAL WORK EXPERIENCE

<p>Tesco : Insight to CV Tips and Interview Skills - 1.5 hr workshop</p> <p>A virtual work experience by Tesco</p> <p>Mar 22, 2022 for 1 days Sector: Unconfirmed Ages 14-16</p> <p>View</p>	<p>Bentley Insight Day - Be Extraordinary</p> <p>A virtual work experience by Bentley Motors</p> <p>Apr 7, 2022 for 1 days Sector: Automotive Ages 14-19</p> <p>View</p>	<p>WORKWISE- How to prepare for a Virtual Assessment Centre 4-5pm</p> <p>A virtual work experience by Santander</p> <p>Mar 31, 2022 for 1 days Sector: Unconfirmed Ages 14-19</p> <p>View</p>	<p>NextGen Nurse – We Are People: Unlock your potential in an amazing profession</p> <p>A virtual work experience by NHS</p> <p>Mar 23, 2022 for 1 days Sector: Unconfirmed Ages 14-19</p> <p>View</p>	<p>The world of recruitment and what it means to you!</p> <p>A virtual work experience by Sphere Solutions Ltd</p> <p>Mar 31, 2022 for 1 days Sector: Recruitment/HR Ages 14-19</p> <p>View</p>
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Neurodiversity Week Broadcast: Dr Chris Arnold, Creative Partner & Founder, Creative Orchestra Advertising & Piers Roberts, Founder and Director, Riskkit

Date: Thursday 24th March

Time: 10:00 – 10:45

Age Group: KS4-5 / S4-6

Join us to learn about neurodiversity and how it is a desired talent by a growing number of firms. Chris and Piers will also share some of their personal experiences throughout school, college and work.

[Click here to register.](#)



Green Skills Week Broadcast: Katie Brill, SVP Global PR and Comms, Junk Kouture:

Date: Monday 28th March

Time: 10:00 – 10:45

Age Group: KS3-5 / S1-6

Join us for a broadcast with Katie Brill, former contestant and winner of Junk Kouture with her design made from orange peel 'ReJuicing is Appealing' in 2012 and now part of the Junk Kouture team as SVP of PR and Communications. The experience was life-changing for her and helped her build confidence, problem-solving skills and knowledge of circularity. She is now committed to expand the mission of Junk Kouture and inspire/empower more young creatives. Katie will be discussing the environmental and ethical issues surrounding the fast fashion industry.

[Click here to register.](#)



Careers in Healthcare Science with Fiona Carragher, Director of Research and Influencing, Alzheimer's Society

Date: Wednesday 30th March

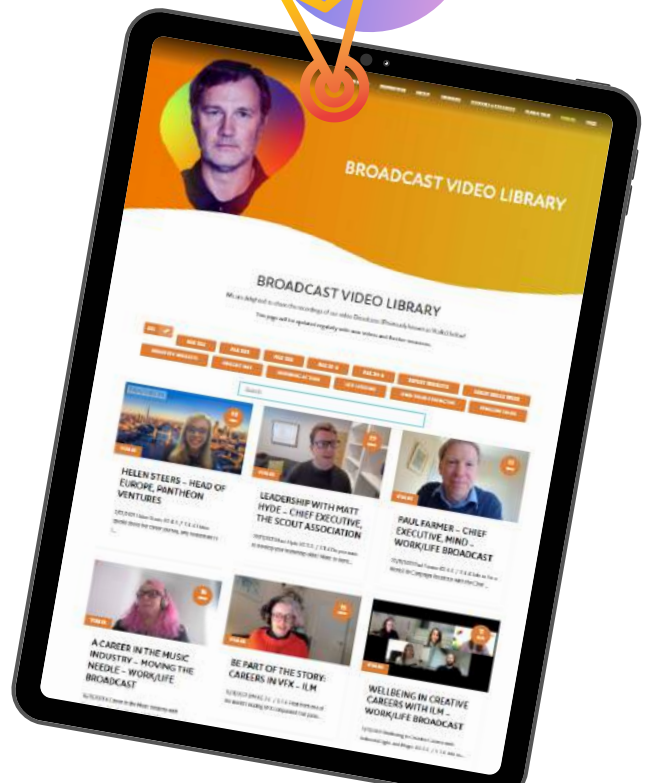
Time: 10:00 – 10:45

Age Group: KS4-5 / S4-6

Do you love science? Are you passionate about helping people? Join us for a broadcast with Fiona Carragher to learn about how you can combine the two in your future career. Fiona will also be sharing her advice on the importance of keeping an open mind for opportunities!

[Click here to register.](#)

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



Dear Parent/Carer,

We are excited to be working with Holy Family School this year to deliver an unforgettable summer experience for students in year 11.

The NCS programme offers young people, aged 16-17, a once in a lifetime opportunity to do something meaningful with their summer break, as well as a chance to develop skills and take on new challenges that will set them up for adult life. They'll also do something good for their local community, carrying out a social action project to support a cause they care about. We've seen first-hand what an amazing feeling of accomplishment and increased confidence this brings. Throughout the pandemic, teenagers on NCS donated well over 200,000 hours of their time to help rebuild their communities after the first lockdown, showing what a difference young people can make when they work together towards a goal..

More information on the NCS summer programme can be found below or on our website; Over a period of 2 weeks they will;



- ✓ Meet new people
- ✓ Stay away from home for 5 days
- ✓ Give back to their local community through voluntary action
- ✓ Take on new challenges
- ✓ Develop the skills and confidence to take on their next steps
- ✓ Generate experience for their university application, job/apprenticeship interview or CV and more!

NCS is all about helping teenagers realise their potential by giving them a taste of independence and loading them up with new skills that set them up to achieve their future goals, whatever they may be. And this year, it's your teen's turn!

We will be hosting an assembly at Holy Family to talk more about the NCS programme to answer any questions your teen may have and give them a chance to register their interest for the summer 2022 programme.

When your teen registers their interest in taking part in NCS this summer, we will ask them to share your contact details. This is so that we can complete the administrative process required to get them signed up to a programme date. When they let us know they're interested, we'll be in touch with you by email or phone to run through the steps we need to complete their booking.

A place on NCS is worth around £1,200. However, thanks to government funding for the programme, we only ask for a contribution of £50 to cover some basic costs. We want to ensure that everyone can do NCS so there are bursaries available if you need some help to cover the cost. Bursaries are available to those who are either:

- Eligible for free school meals
- On an EHCP
- In or have recently left care
- A young carer

This summer, we've got four start dates that you can choose from:

Departure location	Date
Hackney	18/07/2022
Hackney	1/08/2022
Forest School Snaresbrook, London, E17 3PY	8/08/2022

Go to wearencs.com to sign up or for more information. Frequently asked questions can be found at wearencs.com/faqs. Alternatively, if you have any questions or don't think these dates will work with your summer plans, give us a call and we'll do our best to help you out: **0800 197 8010**.

We look forward to welcoming your teen on NCS this summer!
Warm wishes,

Charley Kondje & The Youth Engagement Team
The National Citizen Service



SUMMER '22

Spaces on our Summer '22 experience are now open and on sale...don't miss out, register today!

Think long sunny days (probably some wet ones too, who are we kidding), hanging with new mates, having a week of adventures staying away from home that you'll talk about for years, a week of doing some good in your community, and becoming the best version of yourself. What more could you want?

REGISTER HERE

<p>SUMMER '22 IS HERE</p> <p>REGISTER NOW</p>	<p>NCS STANDS WITH UKRAINE</p>	<p>FIND YOUR NCS EXPERIENCE</p> <p>Search for your school </p>
<p>MIX TAPE 22</p> <p>WATCH NOW</p>	<p>YOUTH RISING</p> <p>YOUNG VOICES. BIG ISSUES.</p>	<p>FUTUREMAKERS: WORK PLACEMENTS</p> <p>READ MORE</p>

WE ARE NCS

Living that 'No We Can' life? Share your photos with us @NCS to feature here...

SUMMER '22 ON SALE **REGISTER NOW** **LIVE CHAT**

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 Yr 11 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



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



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 Wiktorija S (Year 12) and Ms Nordon for questions or more details

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."



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

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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.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
HAIFZUL.HAQUE@LEYTONORIENTTRUST.ORG.UK

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

LEADERS IN COMMUNITY

WANT TO PLAY GAELIC FOOTBALL IN NORTH LONDON?

NORTH LONDON SHAMROCKS

We are a well established family friendly Gaelic Football Club.

Want to get involved?
We are always looking for new Boys and Girls to join our Youth Teams. From all ages U7's U9's U11's U13's U15's and U17's.

Training at Tottenhall Sports Ground, Tottenhall Road, London N13 6LH. Saturday 12:30pm - 14:00pm

Contact Gerry on **07968017864**
For more details www.northlondonshamrocks.com

[f](https://www.facebook.com/nlsy20) North London Shamrocks Youth GFC
[i](https://www.instagram.com/nlsy20) nlsy20
[t](https://www.twitter.com/theshamrocks1) @theshamrocks1



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

TUESDAY

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

WEDNESDAY

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

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

FRIDAY

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

SUNDAY

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

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



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



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!

