

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



Issue 25
Friday 1st April 2022



@HFCSWaltham

www.holyfamily.waltham.sch.uk

@HFCSWaltham



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](#)



Quotation of the week

"Living Holy Week following Jesus means learning how to come out of ourselves to reach out to others, to go to the outskirts of existence, to be the first to move towards our brothers and sisters, especially those who are most distant, those who are forgotten, those who are most in need of understanding, consolation and help. There is so much need to bring the living presence of Jesus, merciful and full of love!"
Pope Francis

Easter Revision classes

There is an extensive programme of Easter revision classes taking place for Yr 11 and sixth form students. Students have been notified of these sessions. Thanks to staff for giving up time over the holiday period.

Exams

Public exams for Yr 11 and Sixth Form students begin in earnest in May and continue through to June. This is the first year that they have been held since 2019 and naturally students are anxious about them. While exams are not the only important component of education they remain, of course, a very significant one, not least because qualifications open doors to future opportunities. Sixth Form courses require good grades at GCSE or equivalent level and universities require high grades at A level too. Similarly, for those students wishing to enter employment or apprenticeships, good career pathways require good grades across a range of subjects. There has been and continues to be a great deal of support for students with exams and with anxiety and stress. If your son/daughter is struggling then please let us know so that we can help.

Yr 11 interviews and progression to Holy Family Sixth Form

This year we have our largest ever Yr 11 cohort of 206 students and record numbers of Yr 11 students have applied to join our Sixth Form and have had their guidance interviews. We have also received a very large number of applicants from other schools this year. Individual offers of places (conditional on achieving certain grades) will be given to students after the Easter holiday. We expect the sixth form numbers to be around 320 in September 2022, our largest ever.

Parent Governor Elections

You will have received notification of the election of two parent governors earlier this week - they will both serve a four year term of office and we are grateful to them for putting themselves forward for these roles on the governing body.

Behaviour outside school

Please ensure that your son/daughter returns home after school and behaves themselves on the way. I am disappointed to report that we have had incidents this week of poor behaviour at Walthamstow Central. Students are not permitted to be there after school. It is most disappointing that members of the public see our students behaving in an anti-social manner in our uniform. Parents/carers we need your support with this please! It is a small minority who let the school down but we are determined to deal with it and will apply our behaviour policy robustly where students behave in an unacceptable manner on the way home.

End of term letter to parents

Please see my separate more detailed letter to parents which will be going out this week too. We return to school on Tuesday 19th April at the usual time.

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.

Please continue to remember us in your prayers.

Dr Andy Stone,
Headteacher



HEADTEACHER'S COMMENDATION

This week we have a number of commendations.

First from Ms Sandhu who nominates

Euan N. Yr 12

for his outstanding effort and progress in Core Maths.

Second, from Ms del Prada who nominates a number of students in languages for their outstanding effort and commitment. They are:

Jada-Marie O. Yr 8

for her commitment and dedication to her Spanish studies,

Kamil N. Yr 10.

Kamil has always excelled in Spanish and is performing at a grade 8 already in Spanish.

Martinas G. Yr 10

who is a fantastic linguist and a pleasure to teach,

Miracle M. Yr 11

who has been the first student to finish all of her speaking questions and the level of her work is just astounding.

Next a commendation for

Victoria S. Yr 11

who has always shone in her Spanish class
and finally for

Philomena T.V. Yr 11.

Philomena is an extraordinary linguist and a very responsible and committed student.

We also have a commendation from Ms Hampshire for a performing arts student in **Yr 10,**

Emilia B.

for working very hard for her exam piece and also helping other students who were struggling.

Well done to all of our students for living out the Holy Family Way!



WELLBEING

Acceptance

"Acceptance is a word that is used in lots of different contexts.

It can be the act of deciding to live with or manage a long-term situation. It can be acknowledging and coming to terms with certain feelings or events. It is often something that comes with time and rarely happens overnight.

It's important to remember that acceptance doesn't mean 'resigning yourself' to a situation... Instead, you might find it more useful to try acceptance if you know you will be affected by a mental or physical health condition for a long time, and you want to focus on finding a way of life that works alongside it and helps you to manage your symptoms."



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



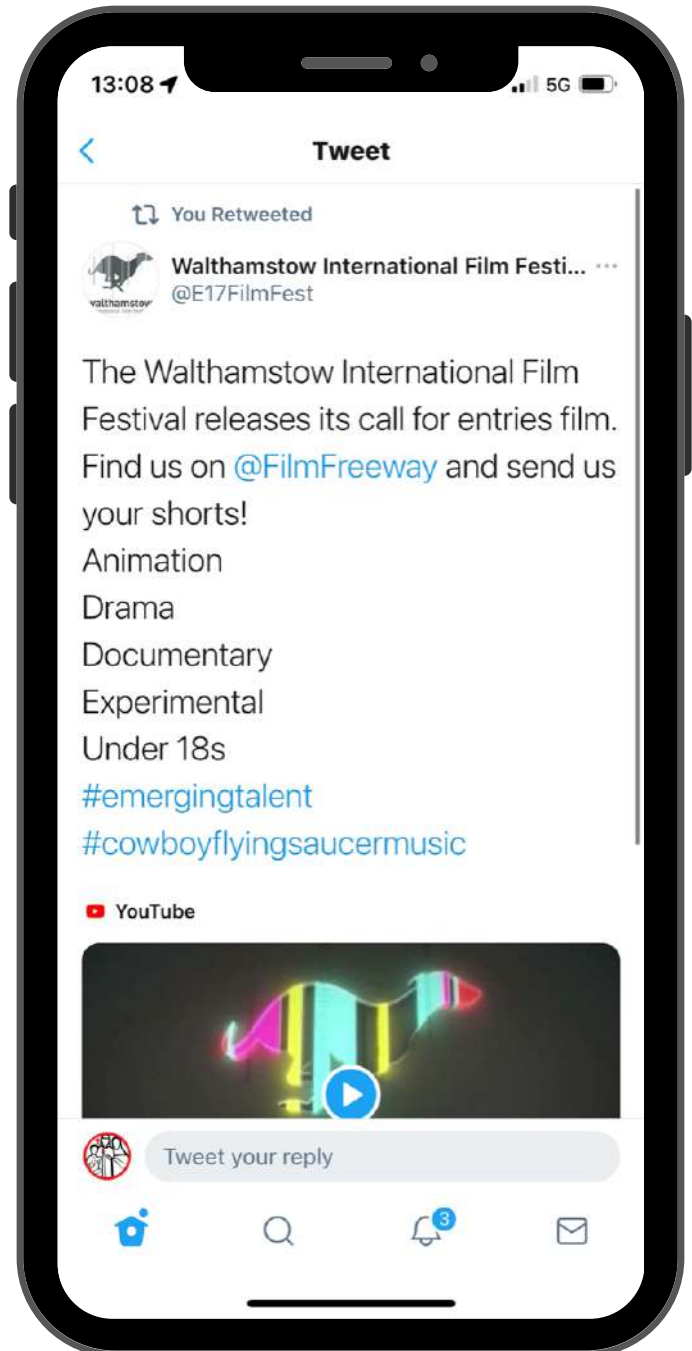
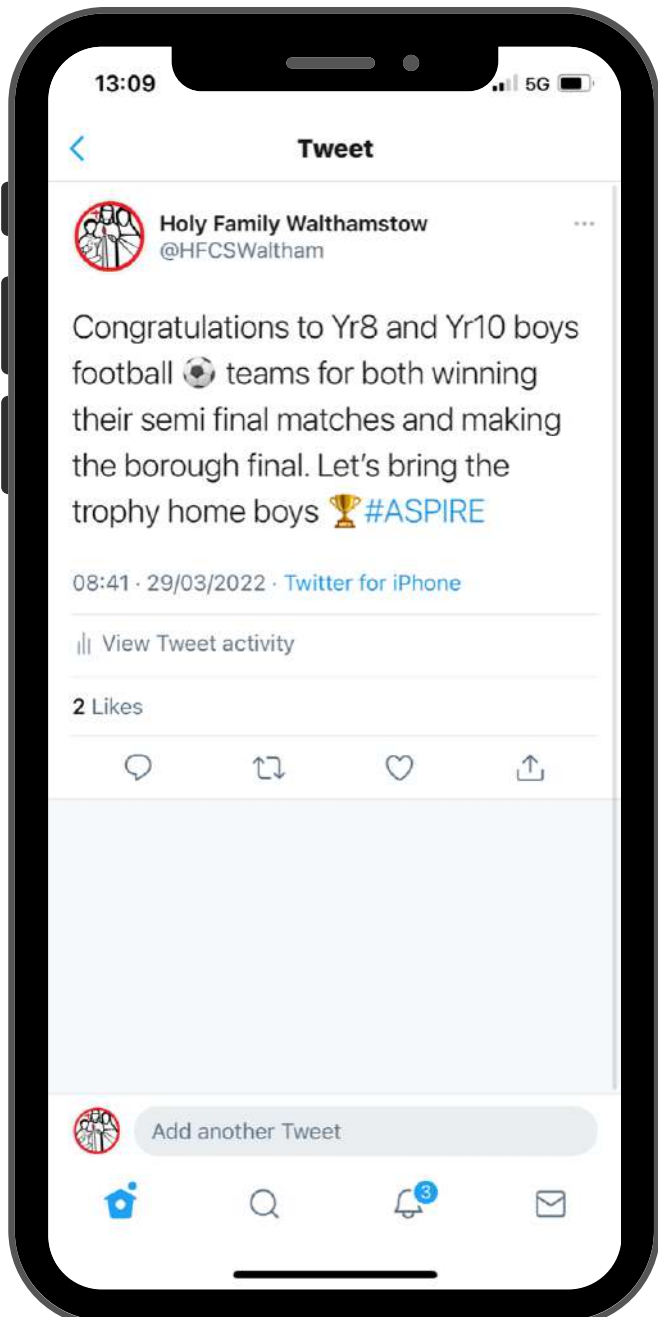
Anna Freud
National Centre for
Children and Families



SOCIAL MEDIA CATCHUP



@HFCSWALTHAM



@HFCSWALTHAM

Holiday activities in Waltham Forest

Parents and carers throughout Waltham Forest can find out what activities are taking place for children and young people over the school holidays.

Waltham Forest Holiday Activity and Food programme: 5 to 16 year olds

The Government Holiday Activity and Food (HAF) programme enables children and young people to enjoy fun activities and a hot meal during Easter, Summer and Winter Holidays across Waltham Forest.

The local programme is available only for those children who are eligible for benefits related free school meals.

Activities that are provided throughout these sessions are suitable and designed for children aged 5 to 16.

All activities are inclusive of children with SEN and/or disabilities, however, if your child does have additional needs please contact the provider running the course before booking so we can ensure the provision can meet the needs of your child.

To take part in these activities, booking is essential.

Book Holiday Clubs for 5 to 16 years



Easter holiday activities: family sessions 5 to 11 year olds

This Easter, we have a wide range of free exciting activities for all children aged 5 to 11 for you to enjoy during these holidays.

All sessions are led by our Play Workers, with specialist workshops provided by professionals from a variety of local organisations. The sessions will provide you opportunities to try new activities, learn new skills, have fun, make friends.

Children aged 5 to 7 must be accompanied by an adult throughout the sessions. Children aged 8 to 11 may attend the session independently, however, a parent, guardian or carer must attend the first session to complete the relevant paperwork.

Family sessions are limited to 60 children per session and will be offered on a first come first served basis. No booking required.

Sessions take place during weekdays, Monday 4 April 2022 to Thursday 14 April 2022 during the following times, at the locations below:

Morning sessions (10am to 12:30pm)

- Henry Maynard Primary School, Addison Road, E17 9LT
- George Tomlinson Primary School, Harrington Road, E11 4QN
- St Mary's Catholic Primary School, Station Road, E4 7BJ

Afternoon session (1:30pm to 4pm)

- Newport School, Newport Road, E10 6PJ

For more information, [please see our Easter Family timetable of activities](#) (PDF)

Contact us

✉ wfholidayactivityprogramme@walthamforest.gov.uk



HELLO, PARENTS & GUARDIANS!
WE ARE BEEZEE BODIES, AND WE WORK WITH
WALTHAM FOREST COUNCIL TO PROVIDE FREE
(AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR
CHILDREN AND THEIR FAMILIES.

**WOULD YOU LIKE YOUR FAMILY TO BE
HEALTHIER?**

GOOD NEWS! WE HAVE NEW BEEZEE FAMILIES
GROUPS STARTING NEAR YOU IN MAY (PLUS
LOTS OF ONLINE SUPPORT AVAILABLE TOO!).

SIGN UP FOR FREE TODAY!



SCAN ME WITH
YOUR SMARTPHONE
CAMERA!



*To be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Waltham Forest and include one child age 5-15 who is above their ideal healthy weight.

LET'S MAKE HOT CROSS BUNS!

WHAT TO DO:

1. Add the flour, half spoon, yeast, sultanas, mixed fruit, cinnamon and mixed spice to a large mixing bowl and mix together.
2. Add the milk and spread to a small saucepan and bring to a slight simmer before removing from heat.
3. In a separate bowl, whisk the egg.
4. Create a well in the flour mixture and gradually stir in the wet ingredients to form a dough.
5. Transfer to a floured surface and knead for 5 minutes.
6. Return the dough to the bowl, cover with cling film or a clean tea towel and leave to rise for 1 hour or until the dough has doubled in size.
7. Transfer the dough onto a floured surface and squeeze out the air. Split the dough into 15 equally sized pieces (about 70g each). Shape each piece into a bun and place on a baking tray lined with baking paper.
8. Cover the buns with cling film or a clean tea towel and leave to prove for 1 hour.
9. Preheat the oven to 200C. In a small bowl, mix the flour and water to form a paste to create the crosses. Transfer the paste into a piping bag or sealable food bag (you can cut off a corner of the bag to act as a nozzle).
10. Once the buns have proved, pipe crosses onto the top of each bun. Bake in the oven for 15-20 minutes until golden.
11. Gently heat 3 tbsp apricot jam in a pan and glaze the buns while they are still warm. If you don't have a pastry brush to glaze with, you can just use the back of a spoon.

WHAT YOU'LL NEED:

For the buns:

500g wholemeal flour
60g Half Spoon sugar
7g fast-action yeast
75g sultanas
25g dried mixed fruit
1 tsp ground cinnamon
1 tsp mixed spice
300ml skimmed milk
30g low-fat spread
1 egg

For the crosses:

75g plain flour
75ml water

For the glaze:

3 tbsp apricot jam



Chaplaincy Corner

Holy Week and Easter

We continue our journey through Lent, heading towards Easter, the most important time for Christians throughout the world. This year, we won't be in school for the final week of Lent, known as Holy Week.

Holy Week begins on Palm Sunday (10 April) and lasts until the Resurrection of Jesus on Sunday (17 April).

Holy week describes the events that happened to Jesus leading to his death and Resurrection. Maundy Thursday (14 April) is the beginning of the three day celebration of Easter. This period (the Triduum) is the summit of the Liturgical Year.

Through his arrest on Maundy Thursday (the Last Supper) and the Crucifixion on Good Friday, to Holy Saturday, the day that Christ's body lay in the tomb, then on Saturday, at sun down, with a fire, candles and light, the Church re-gathers to celebrate the final, and most grand moment of the Triduum, the Resurrection of our Lord.

Though chronologically three days, they are liturgically one day unfolding for us the unity of Christ's Paschal Mystery.

***Loving Creator of mine,
I feel the pace quicken, the time draw near.
I am filled with joy as I move toward Easter
and the promised reconciliation with you.
Teach me to follow the example of your Son,
to be worthy of being called one his people:
a Christian.***

***Help me to live each day as he did
turning hatred to love and conflict to peace.
I await the new life with eagerness, faith
and a deep gratitude.
Amen***



The Easter Triduum

Alexandra Clavin & Jesus Rengier

Laudato Si Commitments - “*Fast from grudges*” and be reconciled.

-Pope Francis

May I take this opportunity to wish you all a safe holiday and blessed Easter.

Mrs Grierson, Chaplain

Key dates - Lent 2022

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.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 11 HOURS SLEEPING ROUGH OUTDOORS TO RAISE MONEY FOR A LOCAL CHARITY SUPPORTING THE HOMELESS.

EMAIL: sleepout@diocesofbrentwood.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 HIGHIES, 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



SEND Green Paper – Have Your Say!

This week the government has published the SEND Green Paper, which aims to improve SEND provision in England.

You can find out about the proposed changes here:

<https://www.gov.uk/government/publications/send-and-ap-green-paper-responding-to-the-consultation/summary-of-the-send-review-right-support-right-place-right-time>



Promotional material

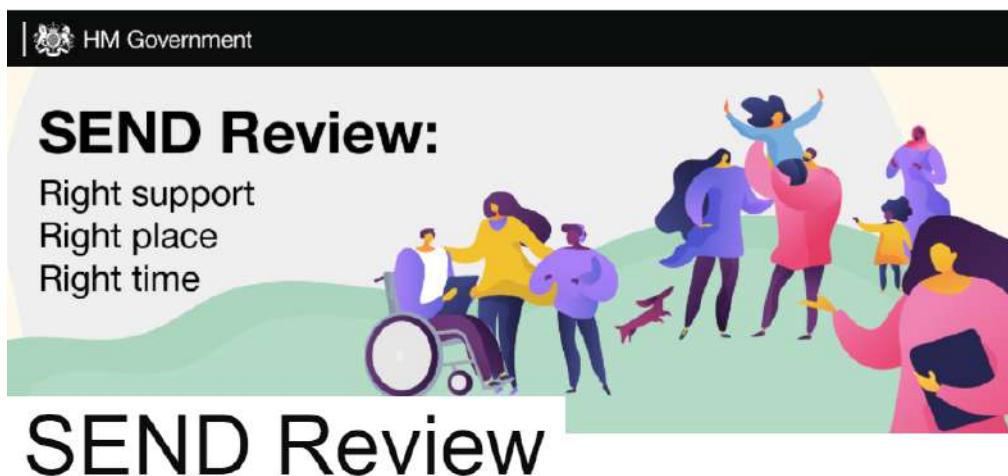
Summary of the SEND review: right support, right place, right time

Published 29 March 2022

Parents, carers, children and young people as well as people working in the SEND and alternative provision system are invited to share their views on the proposed changes.

Please click here to have your say:

<https://sendreview.campaign.gov.uk/>



Have your say on the Special Educational Needs and Disabilities (SEND) and alternative provision (AP) system in England.

YEAR 10

**Year 10 had a fantastic end to their term!
We were able to reward them for all their hard
work through this term with certificates,
vouchers and a bowling trip!**

**Mock exams will start once we return, we have no
doubt you will make yourselves proud!**

**We wish all our students and their families a
Happy Easter.**

Stay safe and get lots of rest too.

Ms St Aimie & Ms Scott

 **HAPPY** 
Easter

Wellbeing Tip: Spend some time outdoors over the
break and enjoy the fresh air!

HOUSE CHARITY FORTNIGHT SUCCESS

It's been the BEST House Charity Fundraising EVER at Holy Family this year!

All pupils and Staff have worked extremely hard to prepare, deliver and facilitate fundraising activities including Raffles, Penalty Shoot-Outs, Fresh Popcorn, Sponge the Teacher, Cake Sales, Basketball Challenge, Gaming Competition, Sponge the Teacher, Cinema & Popcorn Sale, Milkshake, Sponsored Silence, Dodgeball and much more for our charities:



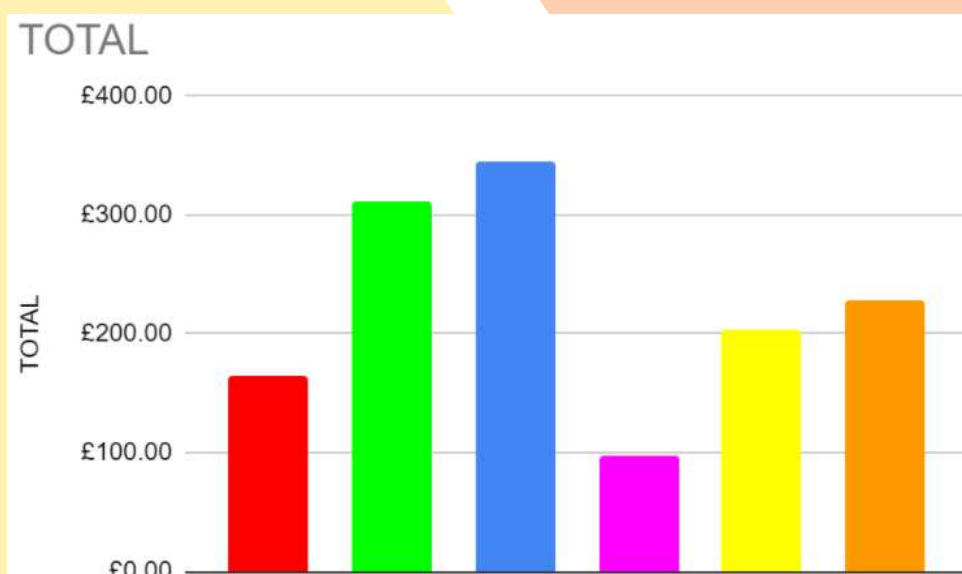
Lives Not Knives
and
UNHCR



(United Nations High Commissioner for Refugees)
in support of Ukraine.

Events were going so well with enthusiasm that the Charity Fortnight was extended for an extra week!

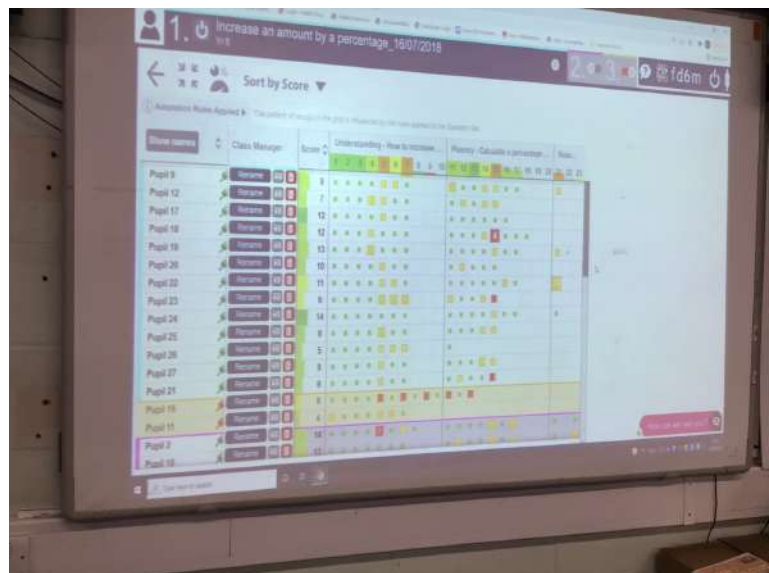
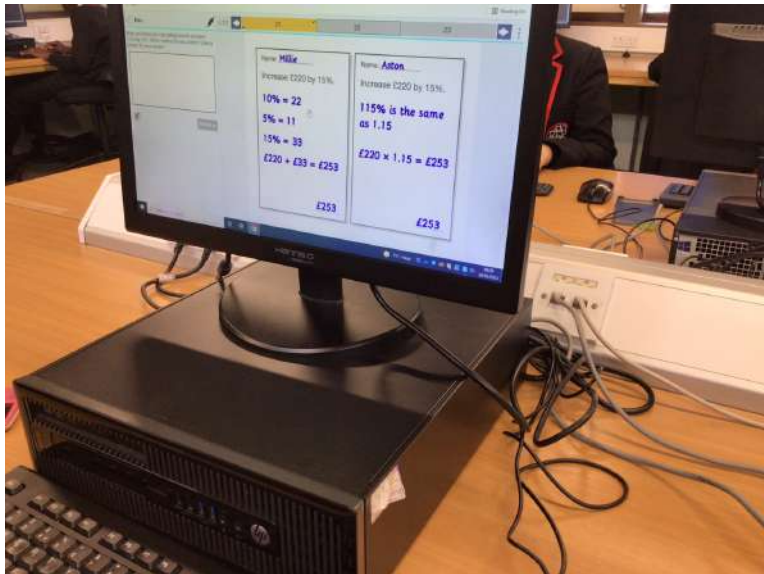
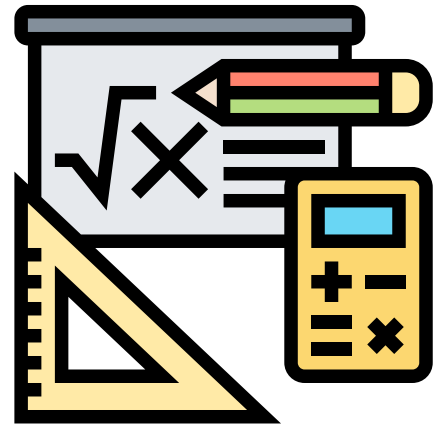
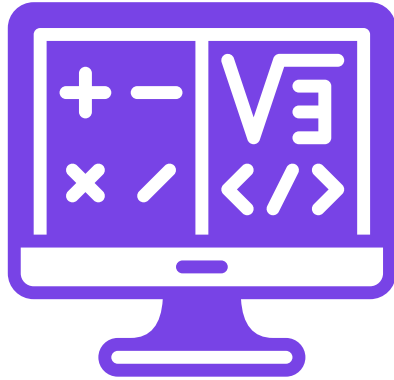
The final amounts will be counted over the Easter break but here are the results so far:



ASPIRE

MATHS

Students using the website Learning By Questions in a computer room for their Maths lesson this week.



HOSPITALITY & CATERING

Congratulations to all year 11 students who have completed their Hospitality & Catering practical exams. So many delicious dishes have been made!



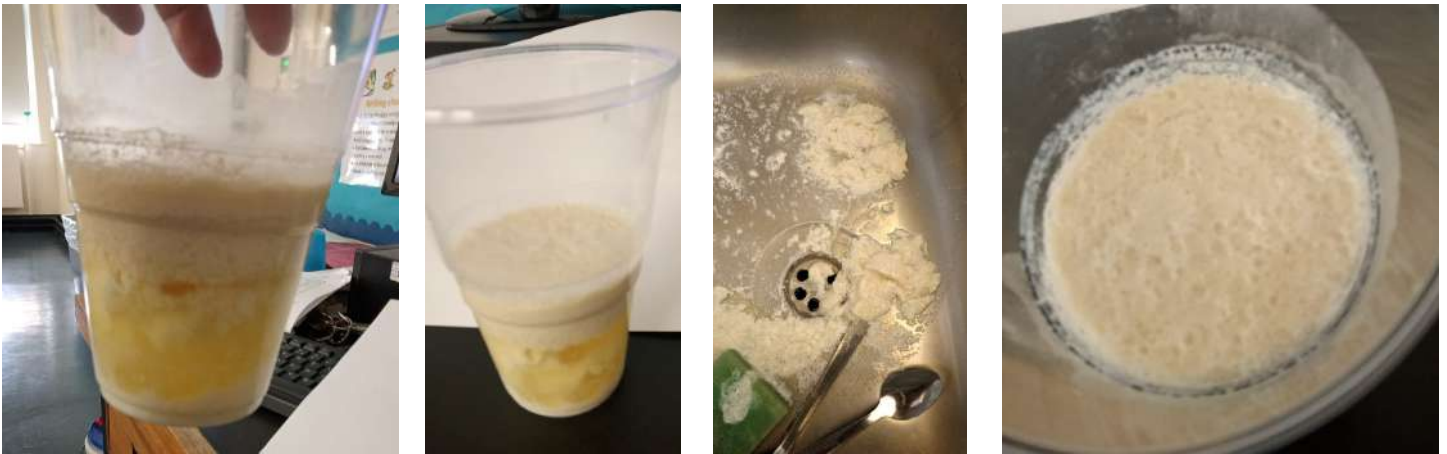
PSHE

I was getting annoyed with confiscating energy drinks and upset to see students drinking them on the way to school. Energy drinks are really and truly bad for you-the only energy drink you need is water-dehydration is very tiring.

Often it is really hard to understand something when people tell you not to do it and if you are anything like me, it makes you want to do the banned thing even more! So I decided to help 8E understand the impact energy drinks have on the human body with a brief experiment.

I bought a pint of whole milk and a red bull, plus some plastic cups. 8E were very good about seeing and tasting the items to make sure I was not trying to trick them. I then poured the milk into a plastic cup, followed by the red bull.

These were the results



If red bull can do this to milk, what can it do to your insides?

The milk was separated by the chemicals and acid in the energy drink. The milk's molecular structure was broken down and the negative charges on the protein (casein) were altered, so the milk clumped together-look at what happened when I poured it in the sink!

Red bull is the market leader, so other brands like boost or monster use more chemicals and the sugar free or zero ones have got chemicals too. They have so many side effects including obesity, high blood pressure, rotten teeth, nosebleeds, shakes, stomach issues such as vomiting and more. In some cases people have died or had long term health issues from using energy drinks.

The only energy drink we need is water. Energy drinks are illegal to sell to Under 16 year olds in the UK and banned at Holy Family.

If you are tired, rest is the only true pick me up. The issue with energy drinks is they lead to a big crash in energy and are a very expensive temporary fix-you buy and drink more because you are already exhausted, but the 'energy' does not last long. If you find you 'need' these drinks it is time to reevaluate your bedtime routines. Turn devices off for an hour before bed, have herbal tea or a bath or do some stretches-just spend some time winding down. Make sure the room is not too hot and if you are easily woken up think about using earplugs and an eye mask . Aim for 7 to 9 hours sleep a night, maybe more as your brains are learning and growing.

- Ms Nordon

POETRY CLUB

It all came crashing by as so suddenly it all stopped,
Everything but time,
The usual reaction,
Of being thrown towards the endless blue mirror would be...
Silence,
Again as if time wanted to stop its handles,
But it didn't.
Probably I wanted it to,
Who knows?
Perhaps I preferred if I had the chance to hear my own rumbling
thoughts,
But it didn't.

Instead of ALL of that,
I crumbled,
It all crumbled,
And the seas cried,
Endless tears all over me,
Even if sad tears were either mine or from the seas' past,
They were salty,
But loud,
So loud,
So,
So,
Loud.

But I welcomed it all with open arms,
It was an Immersible growl,
Of sheer power
That I called the sea.
The bubbles were surrounding me,
And as amazing as azure heavens,
I enjoyed the silence of loud ocean cries.

Prompt: Being Underwater
by Allison T.

LRC

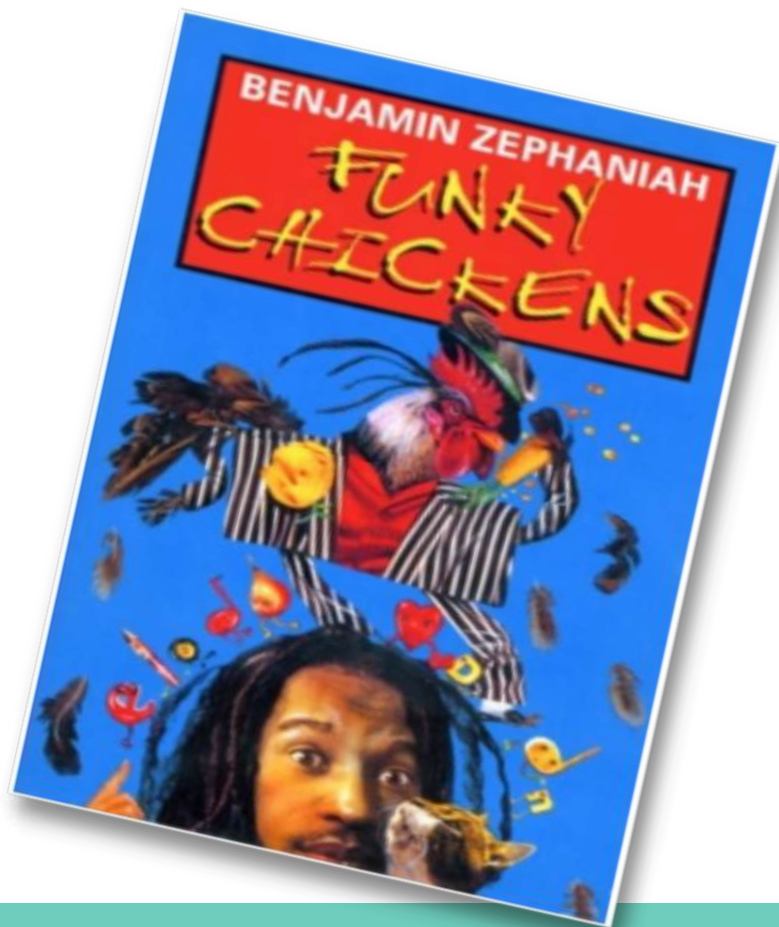
Recommendations

A second irreverent collection of poetry for children touching on anything from vegetables to the Queen and from sewage to the sun.

There's plenty of humour as well as poems on racism, pollution and the murder of a cat.

Funky Chickens

Poems by
Benjamin Zephaniah





SPEAKERS FOR SCHOOLS VIRTUAL TALKS & BROADCASTS

CAREERS CORNER

VIRTUAL WORK EXPERIENCE

kainos

AN OPPORTUNITY TO UNLEASH YOUR CODING HERO WITH KAINOS! (10AM-3PM)

Employer: Kainos
Age: 14-19
Industry: Computing & IT
Date: 29/03/2022

[Read more](#)



WIN £1,000 FOR YOUR SCHOOL! JOIN FATFACE'S PLASTIC BAG CHALLENGE!

Employer: FatFace
Age: 14-16
Industry: Retail
Date: 29/04/22

[Read more](#)

Santander

INSIGHT DAY WITH SANTANDER WE INITIATE - 10:00AM - 1.30PM

Employer: Santander
Age: 14-19
Industry: Banking
Date: 29/04/2022

[Read more](#)

UPGRADE

GREEN SKILLS 2022 - WHAT JOBS WITHIN TRANSPENNINE ROUTE UPGRADE SUPPORT THE GREEN ECONOMY?

Employer: Transpennine Route Upgrade West
Age: 14-19
Industry: Engineering
Date: 28/04/2022

[Read more](#)

Jackson

BOOSTING BIODIVERSITY AND CUTTING CARBON IN CIVIL ENGINEERING

Employer: Jackson Civil Engineering
Age: 16-19
Industry: Engineering
Date: 28/04/2022

[Read more](#)

Santander

MONEYWISE - LEARNING TO MANMONEY (2PM-3PM YEARS 12&13)

Employer: Santander
Age: 16-19
Industry: Banking
Date: 28/06/2022

[Read more](#)



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



John-Paul Flintoff, Author and Journalist with The Sunday Times

Date: Wednesday 20th April

Time: 10:00 - 10:45

Age Group: KS4-5 / S4-6

[Click here](#) to register



Hugo Tagholm, Chief Executive, Surfers Against Sewage

Date: Monday 25th April

Time: 10:00 - 10:45

Age Group: KS3-5 / S1-6

[Click here](#) to register



Anne Richards, Chief Executive Officer, Fidelity International

Date: Tuesday 26th April

Time: 10:00 - 10:45

Age Group: KS4-5 / S4-6

[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

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."



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Holy Family Catholic School - Walthamstow

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4,300 online sites will give us a free donation when you shop with them - at no extra cost to you!



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£ Over £32 million raised

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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



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

[Twitter: @lotrust](https://twitter.com/lotrust) [Instagram: @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.HAQ@LEYTONORIENTTRUST.ORG.UK

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




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

[Facebook: nlsy20](https://www.facebook.com/nlsy20)
[Instagram: nlsy20](https://www.instagram.com/nlsy20)
[Twitter: @theshamrocks1](https://www.twitter.com/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	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

YOUTH ZONE

FUN, INTERACTIVE & INCLUSIVE ACTIVITIES FOR 11-18 YEAR OLDS

• Futsal • Multi-sports • Playstation • Card & Board Games • Teqball Table Football
+ 1-2-1 & Group Mentoring space

EVERY FRIDAY
STARTING 21 JAN

5PM TO 7PM

SCORE CENTRE
E10 5JY

OPPORTUNITIES INCLUDE:

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

For more information, please contact hafizul.haque@leytonorienttrust.org.uk

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!

TIMETABLE

Updated timetable coming after Easter



EASTER HOLIDAY



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**

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	PISAU AL-SUFFA HAVE MOVED TO: EPCENTRE 42 WEST STREET LEYTONSTONE E11 4LJ	Clients NEED TO BRING CARRIER BAGS & OR SHOPPING TROLLEY AS WE DON'T STOCK THEM.
FORM FOR PISAU AL-SUFFA REFERRAL	Email: PI.SAHAL.SUFFA@GMAIL.COM	For referral only Please add dates for collection:
Date referral made: Name and contact details of referring agency:	Clients details needed for food parcels or baby items.	
Clients full Name:		
Full Address:		
Contact details: How many people in the family? What are their ages? Date of birth of each member of family		
Dietary requirement Are there any allergies in the family have allergies?? Is there any religious requirements?		
Please list the type of meat the client can eat. e.g 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 allergies		
Does the client need any non-food items? Please note we will try and accommodate - depending on availability		
Referrals for James below will only be accepted by professional working with babies, parents/carer Milk powder dispenser Manual Breast pump Nipple shield Bottle Blender Thermal Tote bag Nappy bag		
Has the client been assessed 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 else collect? Please state in detail why the client would need a doorstep delivery, Is the client bed bound? Isolation??		