

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



Issue 26
Friday 22nd April 2022

Earth Day 2022

Laudato si'



Lord, grant us the wisdom to care for the earth and till it.
Help us to act now for the good of future generations and all your creatures.
Help us to become instruments of a new creation.

Founded on the covenant of your love.

(The Cry of the Earth, Pope Francis' Encyclical, Laudato Si)



@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

"We are an Easter People and Alleluia is our song" Saint Pope John Paul II

There are many terrible things going on in the world, not least the war in Ukraine, but Christ's resurrection reminds us of the importance of hope and optimism. Bishop Alan, in his Easter address, referred to his forthcoming pilgrimage to Lourdes with the HCPT, a children's charity saying "we will experience great joy despite the challenges and that is a message to me that it is a good thing to be a person of positivity: it can be infectious and contagious in a good way. My prayer this Easter Day for all listeners, for people around the world who are suffering or having difficulties, is that something of the light of Easter, the life of Christ may be with them and they may move forward into a better place by the grace of God and the prayers of us all."

-Bishop Alan Williams, Bishop of Brentwood

Headteacher interviews

This week governors drew up a shortlist of applicants for the role of new headteacher at Holy Family and interviews are being held next week on Tuesday and Wednesday with a panel of governors, representatives from the diocese and from the local authority. Once an appointment is made we shall let everyone know who the new headteacher will be.

Easter Revision classes

Thank you to all staff who gave up some of their holiday time to deliver Easter revision sessions and help the students in Yr 11 and Yr 13 in their preparation for their public exams.

Exams

This week we have held speaking and listening exams in French and Spanish. Students have worked hard to prepare for these and have acquitted themselves well. We continue with our preparation in lessons for the written exams which begin very soon. Next week there are mock exams for our Yr 10 students taking place in the Sports Hall.

Yr 11 interviews and progression to Holy Family Sixth Form

These interviews will all be completed by the middle of next week and students will receive their offer letters. It has been a positive experience for students to have the experience of a formal interview/guidance session and they have come across very well having thought about their future

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





WELLBEING



Email support

"Writing an email is a bit like writing a diary or a letter, in that it gives you an opportunity to spend some uninterrupted time putting into words how you feel..."

You could consider asking a friend, teacher or other professional if you could send them an email about something important, so that they have a head's up and know what to expect. This is also a way of checking if they're in a good position themselves to read what you have to say. If you are planning on disclosing information to a teacher or professional that leads them to believe that you or others may be in danger, they may have to tell someone else in order to keep you safe.

Alternatively, you can try emailing the Samaritans at **jo@samaritans.org** to speak to a volunteer via email – the volunteer won't see your email address because it will be removed before they read it."



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



Anna Freud
National Centre for
Children and Families



WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! HEALTHY LIFESTYLE COURSES ARE STARTING IN WALTHAM FOREST IN MAY.

A FREE 12 WEEK PROGRAMME RUNNING W/C 9TH MAY - 25TH JULY

JUST CHOOSE YOUR GROUP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Peterhouse E17 3PW  17:00-19:00 Age 5-15	Leyton Sports Ground E10 6RJ  17:00-19:00 Age 5-15	Walthamstow Leisure Centre E17 8RN  17:00 - 19:00 Age 5-15	Walthamstow School for Girls E17 9RZ  17.30-19.30 Age 5-15
ONLINE 17:30 - 18:30 Age 5 - 8 		ONLINE 18:15 - 19:15 Age 9- 12 	

*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.

...AND SIGN UP FOR FREE

Scan the QR Code, or fill in the form at beezebodies.com/families

SPOTTING ADS ON SOCIAL MEDIA

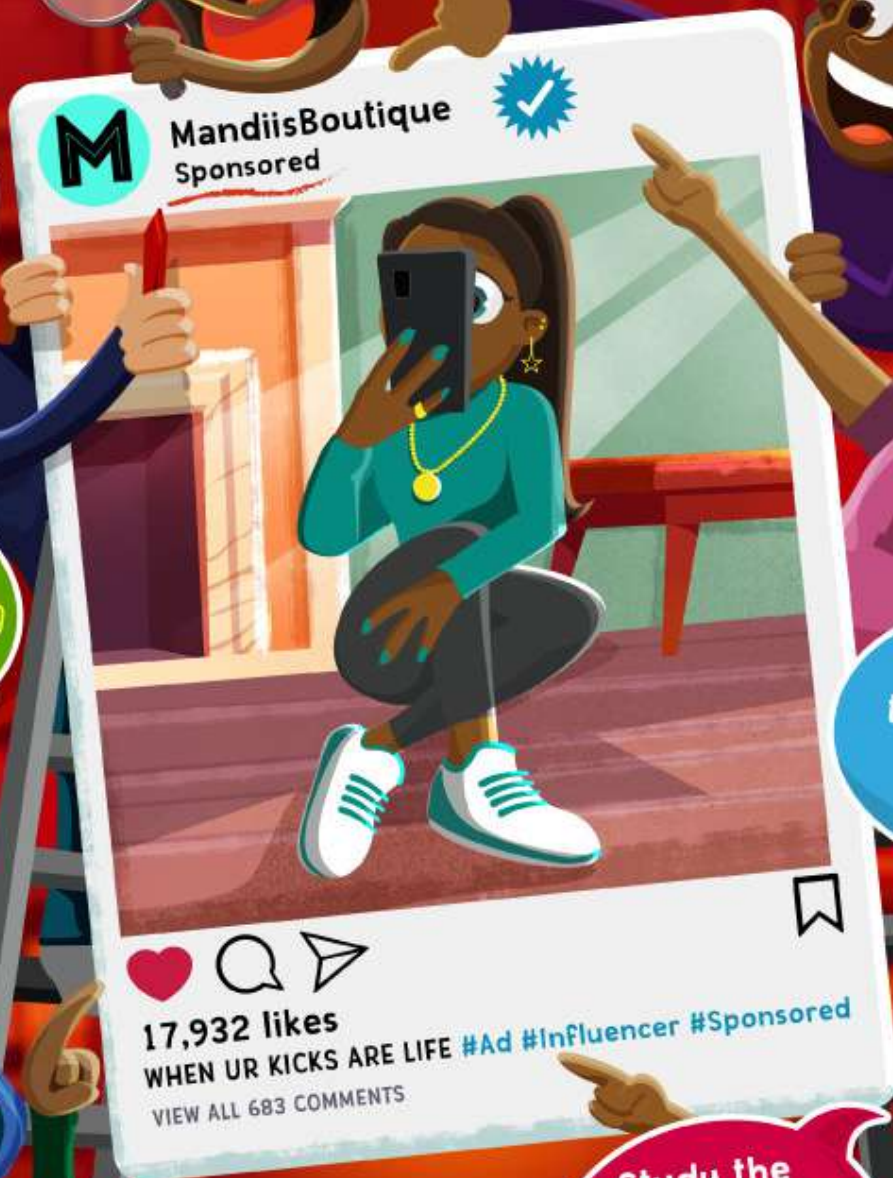
Do you always know when you're seeing an ad on your social media feed? You might not! Some ads look just like any other post – they might be funny or cool, but really they're trying to sell you something without you realising. But here are some ideas for spotting ads like a pro!

Look closely at the profile picture

Pay attention to the account name



Check if it says "sponsored" f i g or "promoted" t



A 'verified' tick can still mean it's an ad

Study the hashtags for clues about the post's purpose

Be savvy with high numbers of likes and shares



National Online Safety®

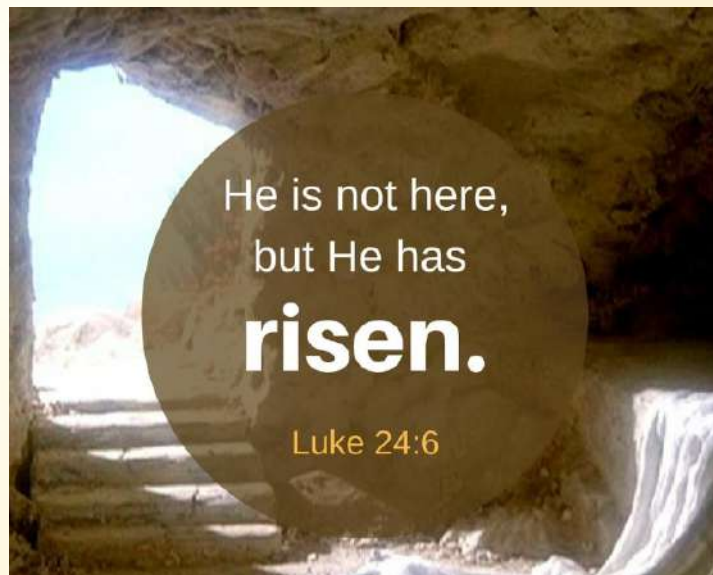
#WakeUpWednesday

Chaplaincy Corner

Happy Easter!

Easter is the most important feast in the Christian calendar – and the season of Easter continues for 50 days, through the Ascension of Our Lord (26 May) to Pentecost Sunday (5 June), seven full weeks after Easter Sunday.

Let us keep celebrating and wishing our friends “Happy Easter”!



Deep peace of the empty tomb.

Deep peace of the morning garden.

The eye of the Risen Christ be upon us in waking and sleeping.

The Risen Christ beside us.

The Risen Christ within us.

The God of life go with us. this day and always.

Amen.



Ukraine Donations

Before the Easter holidays, we made a second delivery of donations for Ukraine. Many thanks for your continued generosity. We are still collecting items, so please continue to donate.

Any donations received that weren't on the list we distributed, were passed to the collection at Buxton School. These donations have gone to a village in Poland housing displaced Ukrainian families. This was organised by one of our staff, Mrs Pietrzyk. These pictures (left) are from this distribution

Earth Day

April 22 is Earth Day, a time to diversify, educate and activate the environmental movement worldwide.

The theme this year is Invest in Our Planet, and over the next couple of weeks we will be getting involved with The Great Global Cleanup (R), a worldwide campaign to remove billions of pieces of rubbish from neighbourhoods, beaches, rivers, lakes, trails, and parks - reducing waste and plastic pollution, improving habitats, and preventing harm to wildlife and humans. The aim is for a brighter, greener, and cleaner planet.

Chaplaincy Corner

Easter Eggs!

The Easter eggs we collected were also delivered over the Easter break. Some went to Whipps Cross Hospital and others to our local care home, Alliston House.

Mr Norman, Head of RE, sent the following email:

"The staff and patients of Whipps Cross hospital, and the residents of Alliston house were overjoyed to receive their Easter eggs today.

Thanks to all who donated and helped gather them up!

Special thanks to Niamh of year 8 who happily delivered the eggs to the hospital with her mum."



Feast of St George

April 23 is St George's Day, the Patron Saint of England.

St George never visited England, but his reputation for virtue and holiness spread across Europe, and England has celebrated his Feast Day from the 9th century onwards.

Like many saints, St George was described as a martyr after he died for his Christian faith.

St George is also the Patron Saint of Georgia, Portugal, Beirut, Malta, Ethiopia and Palestinian Christians and co-patron of our local parish, Our Lady & St George.

Whilst often associated with killing a dragon, this is thought by many to be representative of fighting injustice.

***Saint George,
With courage, you stood up to those in power,
to tell them that what they were doing was wrong.
Pray that we, too, may have courage to stand up for what is right,
with God's help.
You were not ashamed of your faith.
Pray that we, too, may be proud of our faith,
and may cheerfully show the love of Jesus in all that we do.
St George, pray for us.
Amen.***

Laudato Si Commitments - "here are lots of green initiatives taking place in Walthamstow" find out if there is [one near you](#)

Easter Blessings.

Mrs Grierson, Chaplain



@brentwoodcys
www.bcys.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!

YOUTH MASS WILL BEGIN IN THE CATHEDRAL FROM 7:30PM, WHERE 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

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

YOUTH GATHER

22ND - 23RD 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 MHM.BCYS.NET/EVENTS

LENT RETREAT

2ND - 3RD APRIL
HALSINGHAM HOUSE

GET A CHANGE OF SCENERY AND A FRESH PERSPECTIVE AT HALSINGHAM HOUSE AT ABBOTSHICK THIS LENT FOR TIMES OF PRAYER, SOCIALISING AND ACTIVITIES, BUT MOSTLY TO REWIRE, ALONGSIDE FRIENDS AND THE HALSINGHAM 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 MHM.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 MHM.BCYS.NET/EVENTS

ADVENT RETREAT

DECEMBER, HALSINGHAM HOUSE

ENTER DEEPER INTO THE SEASON OF ADVENT WITH A WEEKEND OF REFLECTION AND 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 MHM.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

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

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!





9 THINGS YOU DIDN'T KNOW ABOUT ST GEORGE

Think of St George and you're probably picturing a heroic knight slaying a ferocious, fire-breathing dragon. As the country's patron saint, today St George's story is as iconic as his white and red flag.

But like many early saints, the exact details of his life remain a mystery. Here, we separate fact from fiction to try to get closer to the truth behind the legend of St George.

CLICK HERE



23rd April is Saint George's day, the patron saint of England.

Enjoy the facts below from English Heritage and click the image above to find out more

1. ST GEORGE WASN'T ENGLISH...

St George might be hailed as a national hero, but he was actually born – in the 3rd century AD – more than 2,000 miles away in Cappadocia (modern day Turkey). He is thought to have died in Lydda (modern day Israel) in the Roman province of Palestine in AD 303. It is believed that his tomb was in Lod and was a centre of Christian pilgrimage.

4. ... BUT HE NEVER VISITED ENGLAND

Although St George never visited England, his reputation for virtue and holiness spread across Europe and his feast day – the 23rd April – was celebrated in England from the 9th century onwards.

He became popular with English kings. Edward I (1272–1307) had banners bearing the emblem of St George (a red cross on a white background) and Edward III (1327–77) had a strong interest in the saint and owned a relic of his blood. The St George cross was not used to represent England until the reign of Henry VIII.

7. ENGLAND ISN'T THE ONLY COUNTRY TO CELEBRATE ST GEORGE

St George is truly an international saint and England is not the only country or region to claim him as its patron.

England shares St George with Venice, Genoa, Portugal, Ethiopia and Catalonia among others as their patron saint and many of these places have their own celebrations and ceremonies in his honour.

2. ... AND HE WASN'T A KNIGHT EITHER

Although George is often depicted in popular culture as a knight in shining armour, the truth is less fanciful.

Whilst St George was depicted from the 11th century as a chivalric knight or a warrior on horseback, it is more likely that he was an officer in the Roman army.

5. THE DRAGON WAS ADDED LATER

The story goes that St George rode into Silene (modern day Libya) to free the city from a dragon who had a taste for humans, but it's a story which post-dates the real George by several centuries.

Images of George and the dragon survive from the 9th century – 500 years after his death. Originally these may simply have been representations of the battle between Good and Evil. But the story was developed and popularised in the Middle Ages in a compendium of stories about saints' lives, The Golden Legend.

8. PEOPLE TURNED TO ST GEORGE FOR PROTECTION

During the Middle Ages, people believed that St George was one of the 'Fourteen Holy Helpers' – a group of saints who could help during epidemic diseases. St George's protection was invoked against several nasty diseases, many fatal and with infectious causes, including the Plague and leprosy.

3. ST GEORGE WAS A MARTYR ...

Like many saints, St George was described as a martyr after he died for his Christian faith.

It is believed that, during the persecutions of the Emperor Diocletian in the early 4th century, St George was executed for refusing to make a sacrifice in honour of the pagan gods.

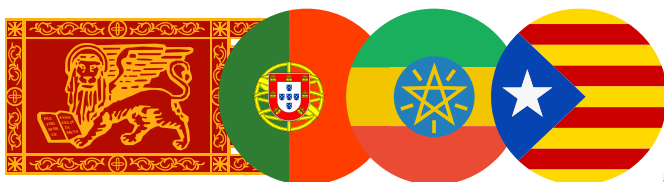
6. ST GEORGE WAS A SAINT FOR 1000 YEARS BEFORE THE 'HOLIDAY'

St George was canonised in AD 494 by Pope Gelasius, who claimed he was one of those 'whose names are justly revered among men but whose acts are known only to God'. A feast day of St George has been celebrated in England for hundreds of years on 23 April, which was possibly the date of his martyrdom. Following the Battle of Agincourt in 1415, St George's Day became one of the most important feast days in the English calendar.

9. ST GEORGE REPRESENTS THOSE WE HONOUR

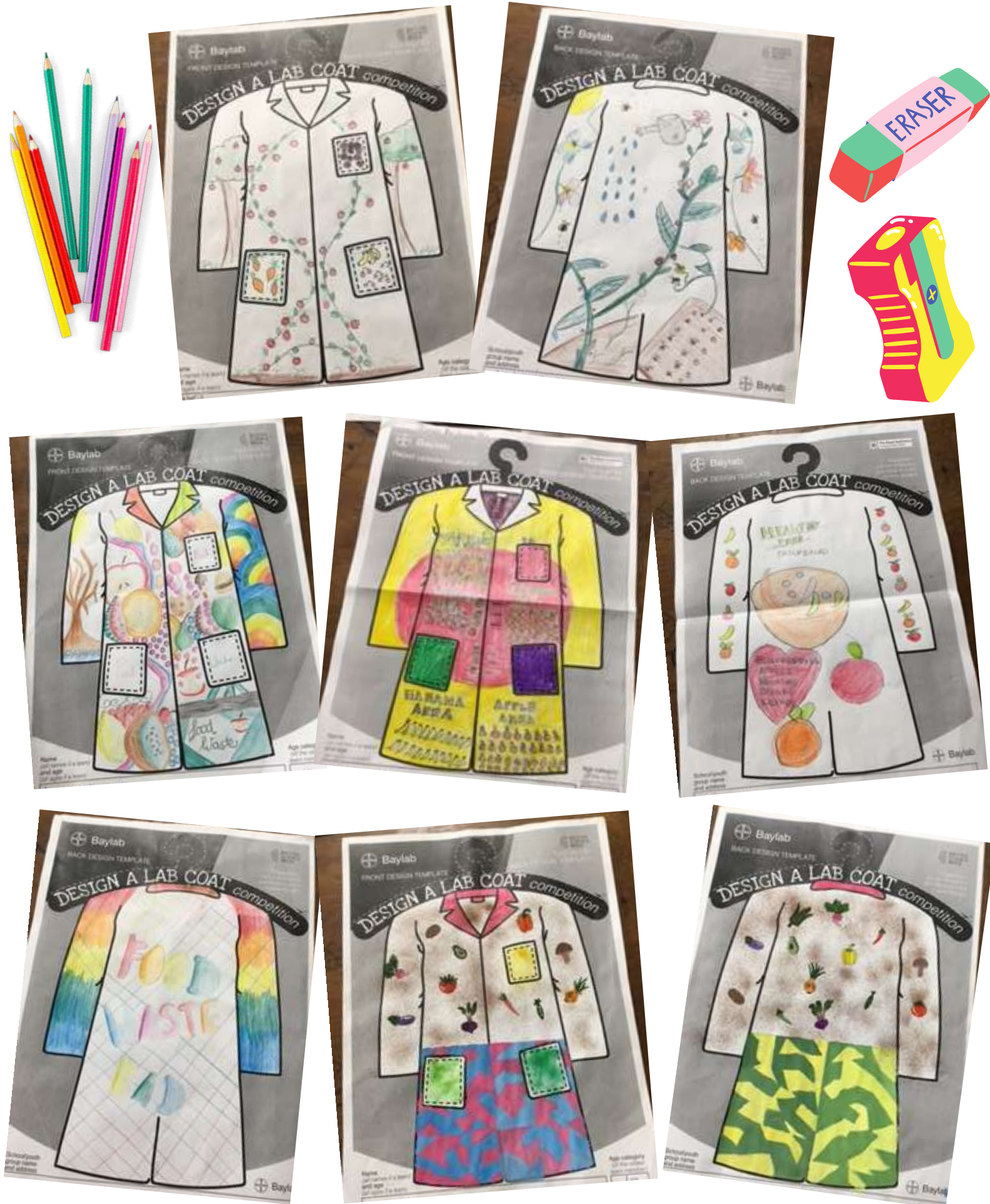
The Order of the Garter (founded by Edward III in 1348) is the highest order of chivalry in the country and Queen Elizabeth II is at the helm as Sovereign of the Garter. To this day St George's cross still appears on the Garter badge and his image is the pendant of the Garter chain.

In 1940 King George VI created a new award for acts of the greatest heroism or courage in circumstance of extreme danger. The George Cross, named after the king, bears the image of St George vanquishing the dragon. The image of St George also adorns many of the memorials built to honour those killed during World War One."



SCIENCE

These are the shortlisted entries, 2 of which are being submitted for the national competition. This year's theme is 'Food and Food Waste' in honour of COP-26 and the UN's Sustainability Goals.



MFL



**Ella E. Jakub G. , Rozalia K-T.,
Elyara C., Serkan I., Ryan V.,
Jurkiah W., Lula K., Abigail C.,
Jayden E., Arina B.,**



Emmanuel A., Emily G-S.,



**Aina R., Andrews O., Anita L.,
Chloe V., Domantas V., Hannah P.,
Jacob L., Karolina L., Krystian I.,
Natalia B., Nathaniel A., Emmanuel
A., Olivia MC., Paulina M., Deajah
D., Kristina H., Alyssia J., Jakub
M., Rekisan M., Mathuraam R.,
Maria S., Charlotte S., Oskar T.,
Toniah M., Bavithran U., Susan Z.,
Sophia Z., Maria B., Aaliyah H.,
Chikanyima I., Miriam M.,
Fredherick PR., Jose R., Maame A.,
Davina BA., Vlad B., Yu Ruo C.,
Stacy DS., Almaz F., Hannah OY.,
Neriah O., Jane T.**



**Alisa K., Amelia O., Elijah A.,
Ella E., George AA., Jakub G.,
Maja M., Nikole G., Rares P.,
Sinéad OC., Tiffany R., Arina B.,
Gianina O., Melihia S., Ryan V.**

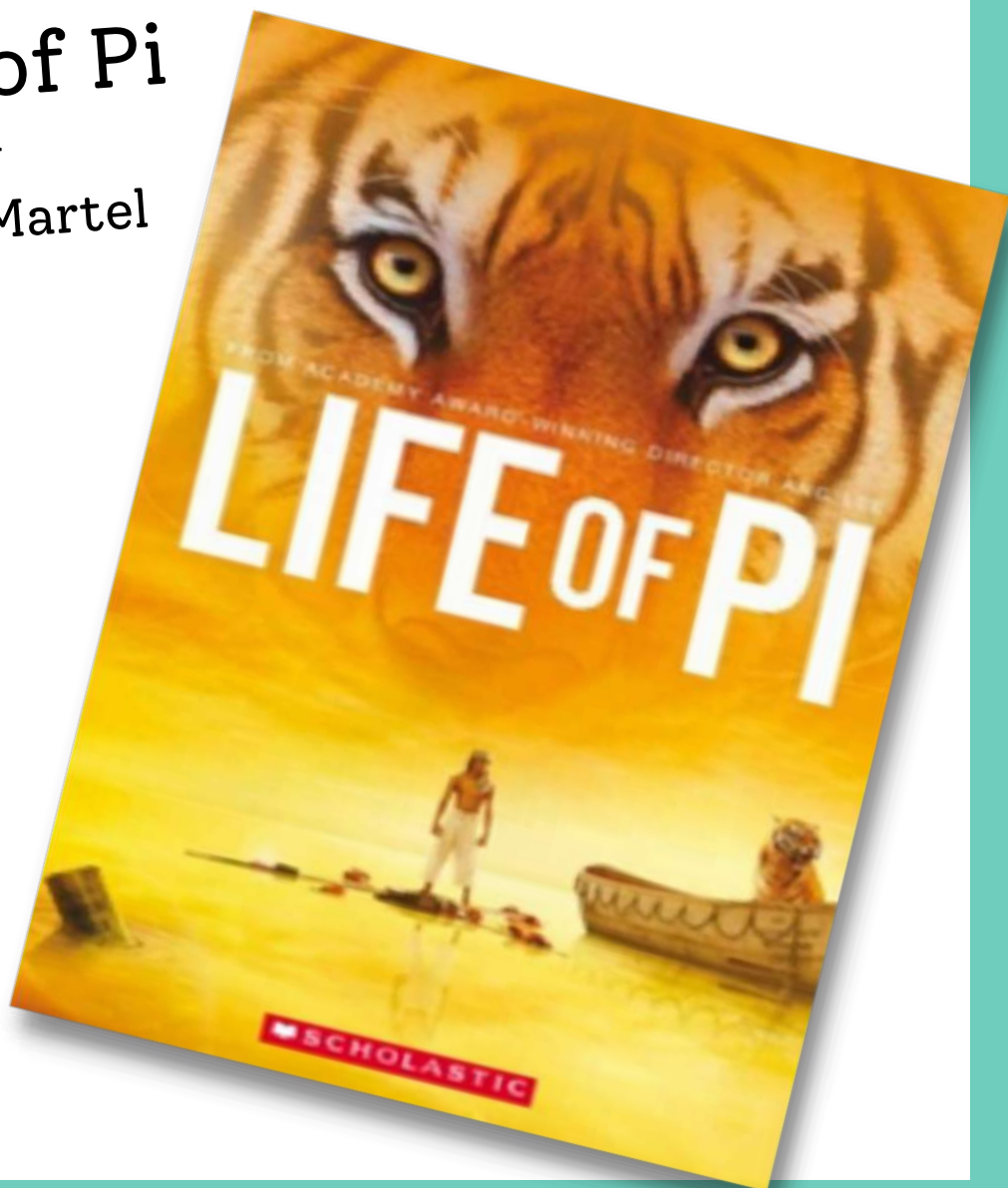
LRC

Recommendations

What happens when a cargo ship sinks in the Pacific Ocean, leaving only one lifeboat of survivors?

And what happens if those survivors are a hyena, a zebra (with a broken leg), a female orang-utan and a Bengal tiger called Richard Parker? Sixteen-year-old Pi 'Piscine' Patel is about to find out ... -.

Life of Pi
by
Yann Martel





SPEAKERS FOR SCHOOLS VIRTUAL TALKS & BROADCASTS

CAREERS CORNER

VIRTUAL WORK EXPERIENCE



VisitBritain/VisitEngland – Ever considered working within a tourist board?

An virtual insight day
by VisitBritain VisitEngland

May 10, 2022 for 1 days

Sector: Tourism

Ages 14-19

[View](#)



WORKWISE – How to give your career the best start! (4pm to 5pm)

An virtual insight day
by Santander

May 4, 2022 for 1 days

Sector: Banking

Ages 14-19

[View](#)



MONEYWISE – The Role of Banks – 4 to 5 pm for Year 10 and 11 students

An virtual insight day
by Santander

May 17, 2022 for 1 days

Sector: Banking

Ages 14-19

[View](#)



Twilight Session: Insights into Accounting with ACCA

An virtual work experience
by ACCA

May 12, 2022 for 1 days

Sector: Unconfirmed

Ages 14-19

[View](#)



Investing in Housing: People, Planet & Profit

An virtual insight day
by The Academy of Real Assets

May 19, 2022 for 1 days

Sector: Property

Ages 14-19

[View](#)



Insight Day with Santander WE Initiate – 10:00 to 13:30pm

An virtual insight day
by Santander

May 18, 2022 for 1 days

Sector: Banking

Ages 14-19

[View](#)



Green Skills Week Broadcast: Hugo Tagholm, Chief Executive, Surfers Against Sewage

Date: Monday 25th April

Time: 10:00 – 10:45

Age Group: KS3-6 / 51-6

Are you interested in learning about the work being done to end sewage pollution? Join us for a broadcast with Hugo Tagholm, Chief Executive, Surfers Against Sewage to find out about how they are working to create a thriving ocean and how your school can get involved!

[Click here to register](#)



Green Skills Week Broadcast: Anne Richards, Chief Executive Officer, Fidelity International

Date: Tuesday 26th April

Time: 10:00 – 10:45

Age Group: KS4-5 / 54-6

What is Green Finance? How can companies adopt sustainable business practices? Join our broadcast with Anne Richards, Chief Executive Officer at Fidelity International to find out. Anne is looking forward to answering your questions during the student Q&A session.

[Click here to register](#)

Broadcast in partnership with #Merky Books and HSBC, Bola Sol and Demola Timeyin. A panel event discussing financial literacy and building your career.

Date: Wednesday 27th April

Time: 14:00 – 14:45

Age Group: KS4-5 / 54-6

Bola Sol is the author of HOW TO SAVE IT. She is a Mathematics and Finance graduate who found passion in women coming together to discuss money matters. She created the platform Refined Currency in 2015 and its sister company Rich Girl Chronicles. She is the co-host of The Last: Three Digits podcast, host of web series The Bola Sol show and leads weekly chats on social media about money. She's been featured on the BBC, Stylist Magazine and Refinery 29. Through one conversation at a time, she wants to help build more financial confidence in everyone.

Demola Timeyin is the co-author of HOW TO BUILD IT and a creative strategist. Formerly a strategy director and partner at advertising agency Bartle Bogle Hegarty and member of founding team at Osprey, one of the UK's first mobile banks for young people. At BBH he delivered everything from social to brand strategy for household British brands such as Tesco, Waitrose and Clarks Shoes. When he is not working on brands, he moonlights as Head of Strategy for creative neoronic, People of Culture Collective (PoCC) and mentors young people who want to break into the creative industries.

[Click here to register](#)



Owning your strengths with Baroness Sally Morgan, Former Chair of Ofsted, Life Peer & Former Political Secretary

Date: Thursday 28th April

Time: 10:00 – 10:45

Age Group: KS3-5 / 51-6

Do you want to improve your self-confidence and learn how to own your strengths and embrace your individuality? Join us for a broadcast Baroness Sally Morgan, Former Chair of Ofsted, Life Peer & Former Political Secretary to hear her personal insights and advice. This broadcast should leave you feeling empowered and proud of who you are!

[Click here to register](#)

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



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 LAD	Yr 7/8 Rounders - WIM/PAK Yr 7/8/9 Boys Athletics. (Wiseman Site) WIR/CIH	Yr 10 Girls D of E Fitness WIR	Yr 7/8/9 Boys Athletics. (Wiseman Site) WIR/CIH
Tues	Fitness Room Yrs 9 - 11 - PAK	Yr 7/8 Girls Cricket PAK	Yr 7 Football - GRE GIRLS ATHLETICS COMPETITION (COE/WIM/UPJ)	YR 9 FITNESS - WIR	GIRLS ATHLETICS COMPETITION (COE/WIM/UPJ)
Wed		Yr 7/8 Badminton COE	Yr 7 Sports Club - PEA	YR 10 FITNESS - WIR	Yr 9/10 Rounders - COE/PAK/SCS
Thurs	Fitness Room Yrs 9 - 11 -WIM	Yr 8 Boys Basketball LAD	Girls 7/8/9 Athletics. (Wiseman Site) COE/WIM BOYS ATHLETICS COMPETITION (GRE/PAK/CIH)	YR 11 FITNESS - WIR	Girls 7/8/9 Athletics. (Wiseman Site) COE/WIM BOYS ATHLETICS COMPETITION (GRE/PAK/CIH)
Fri		Yr 8 Girls Basketball LAD		FITNESS	



For more information please speak to your PE teacher.
Parents must be informed if you are attending any of these sessions.

REFUEL AT SCHOOL BREAKFAST

EVERYONE WELCOME
Monday to Friday

Location: **THE CANTEEN ON BOTH SITES**

Timings: **8:00 - 8:30AM**

**magic
breakfast**
fuel for learning

INTRODUCING THE HALO CODE



We are excited to announce that Holy Family Catholic School has adopted The Halo Code, the UK's first Black hair code.

No Black staff or students should have to change their natural or protective hairstyle in order to thrive at our school.

We hope that the Halo Code will move us one step closer to a world free from discrimination, where all Black members of our community have their identities fully recognised and celebrated.

The Code:

"Our school champions the right of staff and students to embrace all Afro-hairstyles. We acknowledge that Afro-textured hair is an important part of our Black staff and students' racial, ethnic, cultural, and religious identities, and requires specific styling for hair health and maintenance.

We welcome Afro-textured hair worn in all styles including, but not limited to, afros, locs, twists, braids, cornrows, fades, hair straightened through the application of heat or chemicals, weaves, wigs, headscarves, and wraps.

At this school, we recognise and celebrate our staff and students' identities.

We are a community built on an ethos of equality and respect where hair texture and style have no bearing on anyone's ability to succeed."



Holy Family Book Club

Tuesdays 3.15pm to 4.15pm in U39 Wiseman Site

Starting 1st February

You are allowed to bring a snack/drink

Please see Wiktorina S (Year 12) and Ms Nordon for questions or more details

easyfundraising
feel good shopping

Raise FREE donations for

Holy Family Catholic School - Walthamstow

every time you **shop online**

Find us on **easyfundraising.org.uk**

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

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



Download the **easyfundraising App**



£ Over £32 million raised

★ Trustpilot ★★★★★

1.8 million users



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!