

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



Issue 27
Friday 29th April 2022



Education pack



The Mayor of Waltham Forest's

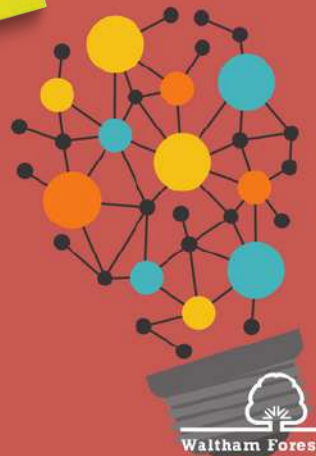
SICKLE CELL DISEASE & NUTRITION COMPETITION FOR SECONDARY SCHOOLS

Show off your ideas!

SEND YOUR APPLICATIONS
14.5.22

Updates inside!

For more information and for more
email: education@walthamforest.gov.uk



*Information about May Day bank holiday in
Headteacher's message*



@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

"Blessed are those who have not seen and have yet believed" John 20:29

Last week on Sunday we heard about Thomas who will not believe that Jesus has risen from the dead 'unless he can see his wounds and put his hands in his side'. Jesus tells him 'happy are those who have not seen and yet believe'. Our faith is precisely that - a matter of faith - we may not have proof of all that we believe in our Catholic and Christian faith but we do have faith that the values and message of the Gospel are true and those values guide us as we go through our daily lives.

Sickle Cell Competition Winners

We were very pleased this week that Mr Thrasivoulou and Mrs Farrugia accompanied a number of our students to a prize-giving ceremony at Waltham Forest Town Hall where the Worshipful Mayor of Waltham Forest was full of praise for Holy Family's efforts in raising awareness of sickle-cell disease. The students made a film in February and the Worshipful Mayor came to school last term to see the film and hear from a speaker Alidor Gaspar, who advocates on behalf of the UK's national sickle cell charity. Sickle-cell is a very serious condition that disproportionately affects people of African and Afro-Caribbean heritage. It is a condition that has been misunderstood and the treatment of many sufferers is poor and not up to standard. We were therefore delighted to be involved in the campaign and to help raise awareness of this very serious condition and help the campaign for better treatment for sickle-cell sufferers.

Headteacher appointment

Governors and representatives of the diocese and the local authority carried out the interview process for my successor this week and will confirm the details of the new headteacher next week.

Yr 10 mock exams

Yr 10 students have been sitting mock exams this week and have conducted themselves well. These exams are an important marker of their progress on their GCSE courses and are a good experience for them to go through as they head towards Yr 11.

May Day Bank Holiday

A reminder that school is closed on Monday 2nd May for the bank holiday and we open again at the normal time on Tuesday 3rd May.

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



SICKLE CELL AWARENESS COMPETITION UPDATE



We had a fabulous afternoon at Waltham Forest Town Hall this week. Attending a very special awards event hosted by the Worshipful Mayor Elizabeth Baptiste. We received the winning awards for the category of Year 10 and Sixth Form for our entry for the Sickle Cell Nutrition and Awareness Competition.

After having a guest speaker event with Alidor Gasper in February our students were inspired to raise awareness about Sickle Cell Disorder. This is a campaign close to our hearts as a school community. We are very pleased to have won and very much enjoyed the celebration event this week that included talks from the Mayor about her campaign. PHD student Claudine Matthews also spoke to us about her work in the field of nutrition and Sickle Cell. Plus a representative from the Sickle Cell Society told us all about the great work they do.

Our students made a short film following the talk from Alidor and set out plans to continue how we as a school will raise awareness about Sickle Cell. The Mayor and her team were so impressed with the students efforts and hopes to send our film to the Mayor of London!



Evan Nathan Smith

What is Sickle Cell?



What can you do to help raise awareness of this condition in the community?

Pick a topic to discuss with your peers...






WELLBEING

Silence

"Although it is often difficult to reduce the activity in your head, whether concerns about upcoming events, recollections of believed to be awkward social events, or just simple worries, taking even 5 minutes of time to do absolutely nothing can be particularly peaceful.

It may allow for a reassessment of upcoming, or recent events and create a more positive outlook towards them.

Sitting in a comfortable place, with no distractions and either closing your eyes or looking around at your surroundings... it can be a peaceful way to 'check out of' the hectic schedules of the week."



[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

SOCIAL MEDIA CATCHUP



@HFCSWALTHAM



@HFCSWALTHAM

What Parents & Carers Need to Know about GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing Internet use and sexting behaviour of young people in the UK, USA and Australia.



NOS
National
Online
Safety®
#WakeUpWednesday

Chaplaincy Corner

Ukraine Donations

Year 12 student, Vira, attends The Ukrainian Catholic Cathedral of the Holy Family in central London. Last weekend she was able to present Fr Andrii with a cheque for £1431.18 from our recent non-uniform day. This will be used for the emergency relief effort taking place in Ukraine.



Interfaith Iftar

Mrs Grierson recently attended the Interfaith Iftar held at Faizan-e-Islam mosque in Lea Bridge Road as a guest of His Eminence Shaykh Rabbani. There was an introduction to Ramadan and its meaning, followed by prayers at sundown. Guests including the Mayor of Waltham Forest, Councillor Elizabeth Baptiste; Deputy Lord Lieutenant of Waltham Forest, Major Jeremy Fern TD DL; local councillors and representatives from other faith organisations came together to break the fast with dates and water and then to enjoy a wonderful meal.



Mass for Migrants

All are welcome to join the Dioceses and Ethnic Chaplaincies of Southwark, Westminster and Brentwood for a celebration of the annual Mass for Migrants on **Monday, 2nd May 2022**.

This takes place at Westminster Cathedral at 2pm. The celebrant will be Bishop Michael Campbell OSA.

All are welcome to attend in person to celebrate the important contribution made by migrants to the life of our Dioceses.

Chaplaincy Corner

Feast of St Joseph the Worker

St. Joseph has two feast days on the liturgical calendar. The first is March 19th—Joseph, the Husband of Mary. The second is May 1st—Joseph, the Worker.

St Joseph worked like a normal person worked. He was quiet about it. He did his duty and provided his family with food and shelter. Work from a Catholic perspective is a source of dignity. Joseph understood the importance of work. He was a carpenter – a builder – and probably taught Jesus his trade. Through his work, Joseph honoured the Father in heaven.

God is found in our work, so if we do it well, we give him glory. Let us pray to St Joseph for his help in all our work and for those many people who want and need jobs but cannot find them.

Blessed St Joseph, patron of all working people, thank you for the opportunity to build up God's kingdom through my labours.

Help me to be conscientious in my work so that I may give as full a measure as I have received.

May I do all things in a spirit of thankfulness and joy, ever mindful of the gifts I have received from God that enable me to perform these tasks.

Permit me to work in peace, patience, and moderation, keeping in mind the account I must one day give of time lost, talents unused.

May my labours be all for Jesus, all through Mary, and all after your holy example in life and death.

Amen

Laudato Si Commitments - “Take a family nature walk” – where do you see God?

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
WALSINGHAM HOUSE

GET A CHANGE OF SCENERY AND A FRESH PERSPECTIVE AT WALSINGHAM HOUSE AT ABBOTSHURCH THIS LENT FOR TIMES OF PRAYER, SOCIALISING AND ACTIVITIES, BUT MOSTLY TO REWIRE, ALONGSIDE FRIENDS AND THE WALSINGHAM 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, WALSINGHAM 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 JOURNIES.

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!



INCLUSION NEWS



April – Autism Awareness and Acceptance Month

What is autism?

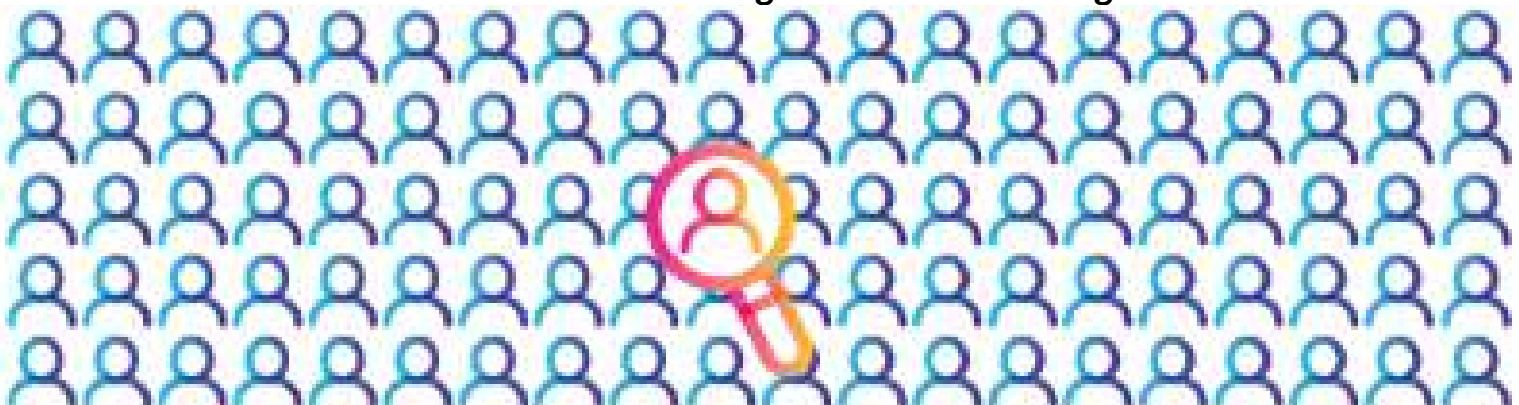
Autism is a lifelong difficulty that affects how people communicate and interact with the world.

There are approximately 700,000 autistic adults and children in the UK.

- Currently, only 22% of autistic people are in any kind of employment.
- 79% of autistic people report feeling isolated.
- Autistic children are two times more likely to be excluded from schools.
-

People with autism want the public to know about how being autistic affects them. They said that people with autism may:

- feel anxiety about changes or unexpected events and interact with the world.
- be under or over sensitive to sound, smells, light, taste and touch (this is called sensory sensitivity).
- need extra time to process information, like questions or instructions.
- face high levels of anxiety in social situations.
- have difficulties communicating and interacting with others.



YEAR 10

Year 10 have had a fantastic start to their mock exams!
The mocks will be running until Friday 6th April.
We continue to wish all the students good luck!

Be Punctual. Be Prepared. Be Phenomenal.

We would also like to congratulate
Marcel , Tyrees and Josiah
for competing at the YDL athletics meet on Sunday 24th.
Their performance was exceptional!!

Please continue to check Google Classroom for any notices
and announcements.

STARS

Abisha I., Abisshanth S., Alex O ., D'Andre C., Daniel
PDS., Daniela AF., David F., Elena O'B., Eliel OA.,
Francis W., Gabriella F., Harley W., Igor M., Jaheim
LS., Janet A., Keron M ., Kevin S., Kitty H., Kudzaishe
M ., Kwabena A., Liam J ., Mattaniah A., Nazar V.,
Nirel N., Nyah T., Olivier S., Reiss Y., Rolande ZDN.,
Shanel B., Valeria B., William G.

Wellbeing Tip: Prepare!

Preparing what to revise as well as when to take
breaks will help reduce your stress levels during this
time.

POETRY CLUB

Whose umbrella is that? I think I know.
Its owner is quite happy though.
Full of joy like a vivid rainbow,
I watch her laugh. I cry 'hello'.
She gives her umbrella a shake,
And laughs until her belly aches.
The only other sound is the break,
Of distant waves and birds awake.
The umbrella is large, black, and deep,
But she has promises to keep,
After cake and lots of sleep.
Sweet dreams come to her cheap.
She rises from her gentle bed,
With thoughts of kittens in her head,
She eats her jam with lots of bread.
Ready for the day ahead.

Her Umbrella

by Laura K. and Ernest T.

LRC Recommendations

Lines may divide us, but hope will unite us . . .
Nine-year-old Bruno knows nothing of the Final Solution
and the Holocaust.

He is oblivious to the appalling cruelties being inflicted on
the people of Europe by his country.

All he knows is that he has been moved from a
comfortable home in Berlin to a house in a desolate area
where there is nothing to do and no one to play with.

Until he meets Shmuel, a boy who lives a strange parallel
existence on the other side of the adjoining wire fence
and who, like the other people there, wears a uniform of
striped pyjamas.

Bruno's friendship with Shmuel will take him from
innocence to revelation. And in exploring what he is
unwittingly a part of, he will inevitably become subsumed
by the terrible process.

The Boy In The Striped Pyjamas

by
John Boyne






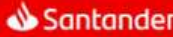




SPEAKERS FOR SCHOOLS VIRTUAL TALKS & BROADCASTS

CAREERS CORNER

VIRTUAL WORK EXPERIENCE

 <p>WHAT IS LIKE WORKING IN ECOMMERCE?</p> <p>Employer: Ascential Age: 16-19 Industry: Computing & IT Date: 31/05/2022</p> <p>Read more</p>	 <p>AN OPPORTUNITY TO UNLEASH YOUR CODING HERO WITH KAINOS! (10AM-3PM)</p> <p>Employer: Kainos Age: 14-19 Industry: Computing & IT Date: 31/05/2022</p> <p>Read more</p>	 <p>AN INFORMATIVE AND FUN "TIPS AND HINTS SESSION" FOR THOSE CONSIDERING A CAREER IN FINANCE</p> <p>Employer: Caxton Age: 16-19 Industry: Finance Date: 30/05/2022</p> <p>Read more</p>	 <p>WORKWISE - WHAT IS A VIRTUAL ASSESSMENT CENTRE AND HOW TO PREPARE FOR IT.</p> <p>Employer: Santander Age: 14-19 Industry: Banking Date: 30/06/2022</p> <p>Read more</p>	 <p>MEET THE FACES BEHIND THE MASK: FOUR FIELDS OF NURSING</p> <p>Employer: NHS Age: 14-19 Industry: Healthcare Date: 30/05/2022</p> <p>Read more</p>	 <p>INSIGHT DAY WITH SANTANDER WE INITIATE - 1:00 - 4.30 PM</p> <p>Employer: Santander Age: 14-19 Industry: Banking Date: 30/05/2022</p> <p>Read more</p>
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Industrial Light and Magic: May the 4th: The Force of Inspiration

Date: Wednesday 4th May

Time: 14:00 - 15:00

Age Group: KS3-5 / S1-6



Come join us for a special May the 4th webinar celebrating how ILM's visual effects inspired our artists to join the force.

Our panellists are: Gracie Clarke, Production Assistant, Azhul Mohamed, Senior Effects TD & Chris Fryer, Digital Composer

Click [here](#) to register



Green Skills Week Broadcast: Paul Williams, Producer, BBC Natural History Unit

Date: Thursday 5th May

Time: 14:00 - 14:45

Age Group: KS3-5 / S1-6

Join us for a broadcast with one of the producers of the BBC TV series The Green Planet with Sir David Attenborough! During our broadcast, you will learn about Paul's experiences of working on the series - from filming in deserts to tropical rainforests, meet some of the worlds most fascinating, weird and wonderful plants, and discover more about how we can protect plants, and the animals and ecosystems that depend on them.

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



TEEN WEIGHTLIFTING CLUB

ALL LEVELS WELCOME
AGES 11-17

EMAIL : sue@crossfitbattlebox.com

BATTLEBOX
FITNESS



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."



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)

<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

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

[Facebook: nlsy20](https://www.facebook.com/nlsy20)
[Instagram: nlsy20](https://www.instagram.com/nlsy20)
[TikTok: @theshamrocks1](https://www.tiktok.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 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	KICK - TBC BALL PEMBURY E 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



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!