


FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



Issue 28
Friday 6th May 2022

May is the month of Mary



*Hail, Mary, full of grace,
the Lord is with thee.
Blessed art thou amongst women
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.*



@HFCSWaltham

www.holyfamily.waltham.sch.uk

@HFCSWaltham



Quotation of the Week

"May the mother of Jesus and our mother, always smile on your spirit, obtaining for it, from her most holy son, every heavenly blessing" - Saint Padre Pio

May is, of course, a month dedicated to Our Lady and we continue to pray for her intercession in our lives, for the good of our school community and for peace and unity in our troubled world. Our assembly theme this week has been laughter and humour. It is easy to overlook the importance of laughter and joy. Laughter is a gift and the ability to make others laugh and smile is a wonderful thing. We also spoke to the students about the difference between laughing with someone and laughing at them, about understanding when humour is appropriate and about ensuring that we retain the joy that is part of our faith.

This week we have been working hard to prepare students in years 11 and 13 for their final exams. There is very little time left before the first big written GCSE exam which, appropriately enough, is Catholic Christianity on Monday 16th May.

Eco-Council

Ms Murtagh works with our student reps on our Eco-Council to look at issues of sustainability. The school is not as good as it could be in terms of recycling and I was glad to meet with the students recently to hear about their plans to improve this situation. It is good that many of them want to contribute to the sustainability agenda. They have now met with our School Business Director, Mrs Segel, and our Premises Manager, Mr Curtis, and have agreed some key actions including:

Making arrangements for the recycling of waste materials so that litter and recyclables are separated and dealt with accordingly.

Expanding our arrangements to receive donations of second hand uniform so that we can offer cheaper second hand uniform in good condition to more people. Too many clothing items are thrown away by many of us each year and this will help to address that issue.

Establishing an eco-shop which will sell stationery and water bottles and operate on a pop-up basis. Over time it is hoped that more sustainable goods will be provided for sale by the Eco-Shop.

I wish the students well in these ventures and am grateful for their time and commitment.

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





WE'RE HIRING



We have some very exciting opportunities to join Holy Family. Would you like to mentor and support students? Take a look at two roles that could be the start of a fantastic new career (Learning Mentor & AP Support Officer).

We are also seeking to appoint a new Data Manager, if you are organised, efficient with a high attention to detail, this could be the role for you.

**See our website
for full details.**



http://

RE TEACHER

SITE: Both Sites

DEADLINE: 18 May 2022

[VIEW JOB DESCRIPTION](#)

DATA MANAGER

SITE: Both Sites

HOURS: 36 hours

DEADLINE: 18 May 2022

[VIEW JOB DESCRIPTION](#)

ALTERNATIVE PROVISION SUPPORT OFFICER (MATERNITY COVER)

SITE: Wiseman House Site

HOURS: 34.5 hours

DEADLINE: 18 May 2022

[VIEW JOB DESCRIPTION](#)

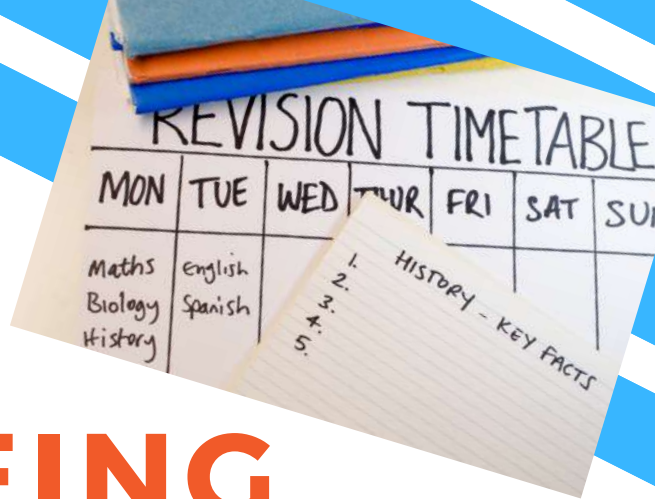
LEARNING MENTOR

SITE: Both Sites

HOURS: 35 hours

DEADLINE: 18 May 2022

[VIEW JOB DESCRIPTION](#)



WELLBEING

Revision

"If you're stressed with exams, revision can be a form of self-care, because it can make you feel more in control of your exam stress or anxiety, and make you feel better prepared to get the grade that you are hoping for.

It's important that revision is balanced with other activities, so that your mind doesn't become too over-worked. A good way of achieving this balance is by making a revision timetable, and allocating yourself time for treats or breaks regularly.

You could also start a study group with some friends, so that you have people to talk to or keep your spirits up if you feel worn out. That is also a great way to pool your resources and help each other out, for example, your friend may be able to help you with a subject you struggle with, or vice versa."



[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

WALK TO SCHOOL WEEK COMPETITION



CREATE EITHER:

A POSTER
OR

SOCIAL MEDIA POST



TO PROMOTE WALKING IN THE LOCAL COMMUNITY

SOME IDEAS:

HEALTH BENEFITS

SAVE THE PLANET

OUR LOCAL AREA



DEADLINE:

FRIDAY 13TH MAY



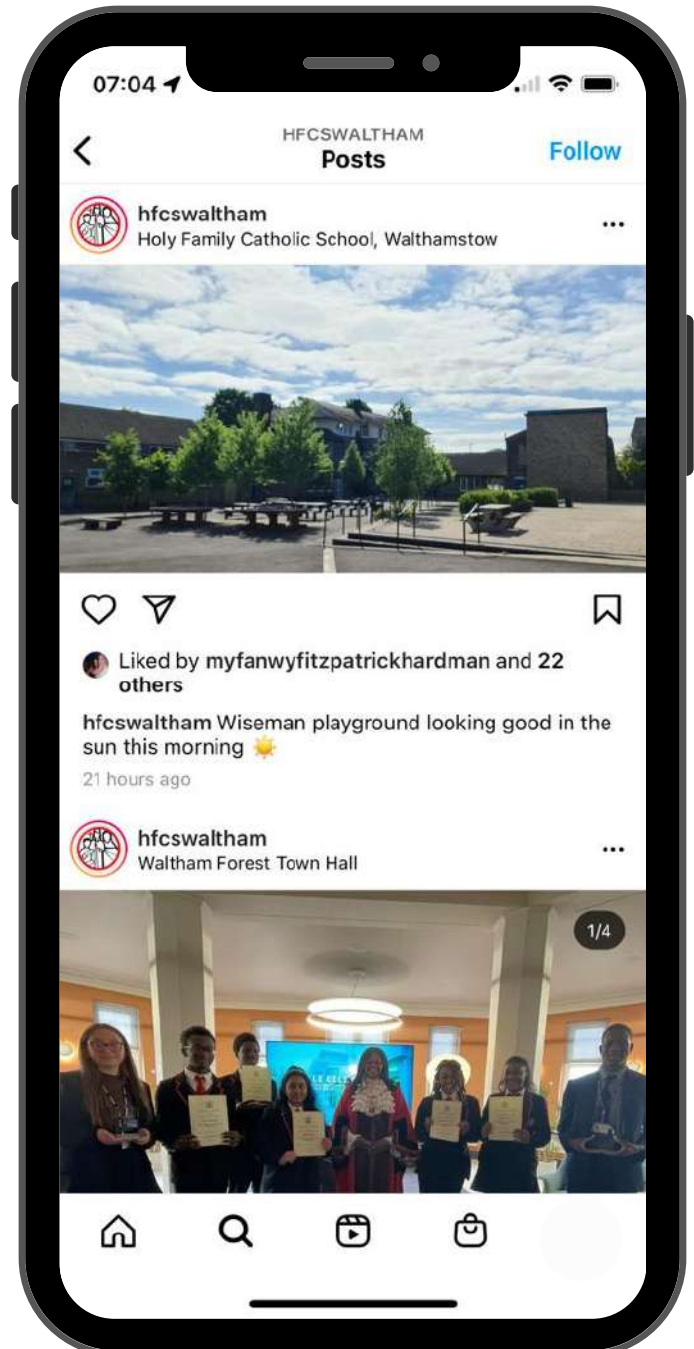
EMAIL:

MRS.FARRUGIA@HOLYFAMILYCATHOLICSCHOOL.CO.UK

SOCIAL MEDIA CATCHUP



@HFCSWALTHAM



@HFCSWALTHAM

LONELINESS ONLINE:

What Causes It and Ways to Feel Better

Have you ever been online and felt a little bit lonely?
In a recent study, 14% of 10–12-year-olds said they often felt lonely, so you're not the only one who sometimes feels that way. We spoke to a group of children and teenagers, who told us some of the things that make them feel isolated when they're online.

CAUSES OF LONELINESS ONLINE

-  Seeing photos or videos of friends having fun without me
-  Being excluded from group chats or games with friends
-  Friends or family not replying to texts or answering my calls
-  People being unkind to me online
-  When friends leave my group chat



WHAT CAN YOU DO?

So if these things happen to you and you start to feel down, what can you do? The same young people also told us how they make themselves feel less lonely when they're online – and we've collected some of their advice to share with you.

- ☒ Tell a friend or a trusted adult that you feel lonely
- ☒ Watch funny videos of cats and pandas
- ☒ Watch yoga videos and do some exercises
- ☒ Play single-player games you enjoy
- ☒ Listen to happy music
- ☒ Listen to your favourite audiobooks
- ☒ Send nice messages to your friends and family
- ☒ Play games with friends who you trust, if they're online too



TAKE A BREAK

Sometimes the best thing you can do is to take a break from technology and do something offline that makes you feel happy.

Here's what our group suggested!

- ☒ Paint or draw pictures
- ☒ Play with a pet
- ☒ Write about your feelings
- ☒ Hang out with your family
- ☒ Get outdoors & enjoy nature



FURTHER SUPPORT

Remember, it's normal to feel a bit lonely sometimes – but if it's really upsetting you, and you have no-one to talk to, you can call Childline for free on

0800 1111



National Online Safety®

#WakeUpWednesday

Chaplaincy Corner

c. bro mickey swahili mary

May, the month of Mary

For centuries, the Catholic Church has set aside the entire month of May to honour Mary, Mother of God.

God said, "I will send my Son to help all people and show them how to live. I choose Mary to be the mother of Jesus, my son." God sent his angel Gabriel to Mary and the angel said: "**Hail Mary, full of grace.**" The angel Gabriel told Mary she was to be the mother of Jesus. The angel said, "**The Lord is with you.**" After the angel left her, Mary went to visit her cousin Elizabeth. Elizabeth said: "**And blessed is the fruit of your womb, Jesus.**"



We pray to Mary because she is close to God and to her Son, Jesus, and so we say, **Holy Mary, Mother of God, pray for us sinners.** Like a good mother, Mary always hears us when we call to her. She hears us now, at this very moment; and when we come to the last moment of our life, and so we pray, **Now and at the hour of our death. Amen.**

Peace Club

We have been looking at the global food system, the latest campaign from CAFOD. There is enough food in the world to feed everyone, yet 1 person in every 10 is hungry. Big food companies are growing and sharing food in many ways that harm our common home and make it hard for some to have enough food to eat.

Last week we looked at how companies are taking away land from farmers with smaller farms and how they are using chemicals that harm people, damage the soil and speed up climate change.

This week we had a fun quiz, guessing the names of fruit and vegetables and chocolate bar wrappers. We also discussed how we sometimes spend as much on chocolate and snacks as many people around the world earn each day to feed their families.

The situation was brought home to us by several students in Peace Club who have family in Sri Lanka. Sri Lankans are facing fuel and food shortages and steep price rises as the country is in the midst of its worst economic crisis in living memory.

Chaplaincy Corner

Good Shepherd Sunday/Vocations Sunday

The fourth Sunday of Easter is called Good Shepherd Sunday, when we focus on how Jesus is our shepherd, always watching out for us and saving us.

It is also [Vocations Sunday](#). With so much choice in our society today, the importance of vocation is often underestimated. Our vocation, or calling, is an invitation from God that begins from our Baptismal Vocation. When we are baptised, we become sons and daughters of God and share in the vocation of Jesus – to make God known and loved in this world, and to build up God's Kingdom here on earth.

Whilst many of us think of vocation as that of the priesthood or religious life, we are called to vocation in different ways. A vocation to married life, deeper involvement in parish life, or to a profession.

But we pray this week especially for vocations to religious life. [The Brentwood Diocese Vocations website](#) has more information.

***Father, we're your people, the work of your hands.
So precious are we in your sight that you sent your Son, Jesus.
Jesus calls us to heal the broken-hearted,
to dry the tears of those who mourn, to give hope to those who despair,
and to rejoice in your steadfast love.
We, the baptised, realise our call to serve.
Help us to know how.
Call forth from among us priests, sisters, brothers and lay ministers.
With our hearts you continue to love your people.
We ask this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God forever and ever.
Amen***

Laudato Si Commitments - "Don't fill the kettle too full" – Many people don't realise how much electricity kettles use (just look at the electricity meter when the kettle is on) and how much is wasted if you only want 2 cups of tea, but you boil enough water for 4 or more! You will save money too!

Mrs Grierson, Chaplain

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](#)





@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!



HOUSE CHARITY FORTNIGHT RESULTS

In the weeks leading up to Easter, Holy Family had the
BEST House Charity Fundraising EVER!

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:



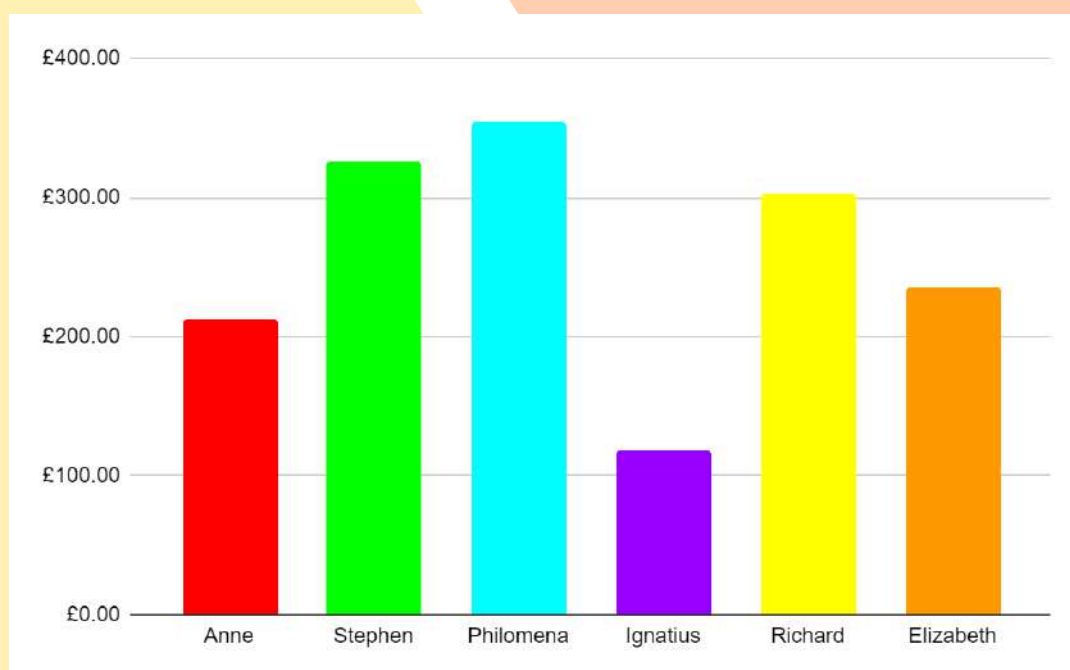
Lives Not Knives
and
UNHCR



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

The events went well with
enthusiasm and dedication- now the RESULTS ARE IN:

Anne	Stephen	Philomena	Ignatius	Richard	Elizabeth
£211.94	£326.25	£353.86	£117.83	£302.76	£236.07



ASPIRE

INCLUSION NEWS

Managing stress

- **Talk about stress and its effects** – talking about the topic openly and freely with friends, family and colleagues will help reduce stigma around mental health.
- **Share your coping mechanisms** – if something has worked for you why not share it? It might benefit someone you care about and in the meantime, it might help you take your focus off your own challenges.
- **Be nice to those who are stressed and anxious** – we are all undoubtedly going to experience stress and anxiety in our lifetime so treat others going through it with compassion and empathy.
- **Look after yourself** – we all need to think more about self-care. Take time out of your day to relax or do something that you enjoy. Don't forget to exercise and eat well, even when you feel too stressed.

Need more information on how to manage exam-related stress?

Check here:

<https://www.studentminds.org.uk/examstress.html>



ECO-COUNCIL

Our Eco-council have been focusing on Energy efficiency. As the cost of energy rises we hope that everyone realises that by saving energy they can help the environment and save money at the same time!

How to be more energy efficient and help the environment

By Holy Family's Eco Council

In what ways do we generate electricity?



Coal



Hydro



Wind

Coal is a finite resource and releases Carbon dioxide, a greenhouse gas, and other harmful gases when it is burned.

How can we save electricity?

1. By simply **turning off the lights** when you leave a room or your home, you will save electricity and help your light bulbs last longer.

3. Appliances and electronics use energy even when they're turned off. One tip to help save on utility bills is to **unplug all electronics when not in use.**

MyLondon

13 energy-sucking devices that cost homes £147 to run a year

British Gas energy expert Marc Robson told the BBC an easy way to keep energy costs for vampire devices down is to plug them in to an...

2. Do you spend hours looking into your fridge? Another helpful tip is to **open the fridge and freezer** only when necessary.

4. Almost 90 percent of a washing machine's energy is spent heating water. You can cut energy use in half by **switching from hot to warm water**, and reduce it even further by using **cold water**.



5. You can cut down on energy use by **running the dishwasher only when full**. You can also save around 15 percent of the dishwasher's total energy use by switching its setting from **heat dry to air dry**.

6. **You can use your window shades.** Close your blinds to keep out the sun during summer and keep them open during winter to bring in warm rays. When you do this you won't have to use a heater or an air conditioner.

What is the result of wasted energy?

- It's going to cost you more money
- Cause more environmental damage

Save money and the environment by saving energy!

'We stopped using the oven as price went up': how rise in energy bills is hitting UK homes

Three people share how they have been affected during the cost of living crisis



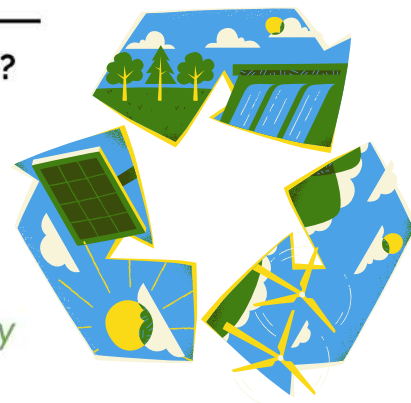
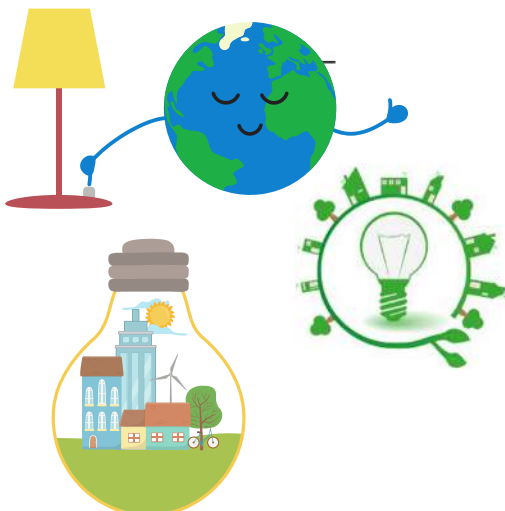
As energy prices rise, can you help the environment and save money at the same time?



What happens when we waste electricity?

When you leave a bulb on for 1 hour, you are responsible for burning approximately 30-40 gms of coal at the power plant

54% of energy produced is wasted!



ENGLISH

The Mystery of the Sea

The beaming, bright light dazzles towards my face as I walk along the brittle and grainy sand of the beach. The sounds of the waves gush and dance elegantly towards my feet, making contact with the cool and clear water. Over the horizon, plenty of tiny islands emerge in the distance, presenting their celestial beauty to the world. As I look up into the sky, it is clear as the water, not a single cloud in sight, only the bright burning ball of flames that provides this world light is present. Palm trees sway and dance around with the wind and the emerald, green coconuts shine brightly as the light is reflected onto them.

I start to walk quietly towards the cool water, letting it surround and engulf my body. The temperature of the water pierces through my watertight costume. Before I pull my goggles towards my face, I look up again to take in the salty but refreshing air. I wonder if I would ever have noticed the water if I had been born with fins for limbs. I suppose then it would have been my air and I would have moved within it more easily than a bird in the sky. As it is, I love to dive within those salty, formless arms and feel the liberty it gives, transparent and blue, soft and robust. Diving in the blue molten joy, amid the playful eddies of brine, there is more “me” present than I can recall.

In the deep, with brine flowing past our limbs, there is freedom. The deep sapphire sea has countless secrets that inspire, yet numerous stories yet to be told and here we explore, admire the life and learn. Here my body weighs nothing, I can glide in any direction without fear of falling. This place, so far from the ordinary world above, is and forever will be the wonderland of my dreams.

The fluidity of life far below these waves brings a sense of freedom and levity; perhaps it was the feeling there that led to the first tales of the Merpeople? The longing to swim forever, and never return. In this aquatic world, money and wealth mean nothing. What are interest rates to a dolphin or work piles to a shark? It's all utterly irrelevant. I let the filtered light caress my skin and wish I didn't need this air tank or this suit to stay, but I do. As much as this watery world calls to me, I can only be a visitor from the dry world up top.

Only a certain kind of beauty can be found in the wild. It is where there is such liberty that organic shapes reach and sway to build their own living art, their own community. That's the way corals are. They thrive in the clean and clear water of this coastline without the scars of the tamed land. Within the ocean lives a world apart, yet so dependent upon the terrestrial beings to thrive or to become a saline desert. The marine line needs the empathy of those who have for so long only seen them as food or a good day trip to some aquarium. The song of the whales, the dance of the kelp, and the rich diversity of marine life.

It completes my soul in a way I had never realised it needed completing before.

MFL



**Abishan A., David M.,
Alisha A., Steven D.,
Julia M., Luke P.,
Rayyan E., Vanessa P.,
Williams B., Zuzanna B.,
Zuzanna P., Jessica .,
Miracle S., Julianna V.,
Ola O., Jemuel O.**

LRC

Recommendations

No poetry has touched readers' hearts more deeply than the soldier poets of the First World War.

Published to commemorate the centenary of 1914, this stunning set of books, with specially commissioned covers by leading print makers, is an essential gathering of our most beloved war poets introduced by leading poets and biographers of our present day.

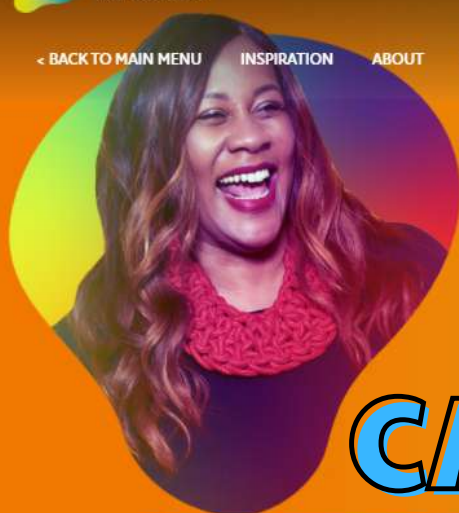
'In later years', Sir Rupert Hart-Davis writes in his Introduction, 'when Siegfried Sassoon had written much else in prose and verse, he was annoyed at always being referred to simply as a war poet, but it was the Great War that turned him into a poet of international fame, and I feel sure that his ghost will forgive me for thus bringing together these magnificently scarifying poems.'

The poems are arranged as far as possible in the order of their composition, and the reader can compare them with the poet's movements by means of the Biographical Table which is included.

Fourteen of the poems in this volume were published for the first time in the 1983 edition of this work.

Poets of the Great War by Siegfried Sassoon





SPEAKERS FOR SCHOOLS VIRTUAL TALKS & BROADCASTS

CAREERS CORNER

VIRTUAL WORK EXPERIENCE



WORKWISE - WHAT IS A VIRTUAL ASSESSMENT CENTRE AND HOW TO PREPARE FOR IT.

Employer: Santander
Age: 14-19
Industry: Banking
Date: 30/06/2022

[Read more](#)



MEET THE FACES BEHIND THE MASK: FOUR FIELDS OF NURSING

Employer: NHS
Age: 14-19
Industry: Healthcare
Date: 30/05/2022

[Read more](#)



INSIGHT DAY WITH SANTANDER WE INITIATE - 1:00 - 4.30 PM

Employer: Santander
Age: 14-19
Industry: Banking
Date: 30/05/2022

[Read more](#)



SYVCF-WHAT'S INSIDE YOUR BLOOD? WHY DON'T WE BLEED TO DEATH?

Employer: Hart Biologicals
Age: 14-16
Industry: Science
Date: 29/06/2022

[Read more](#)



TESCO VIRTUAL WORK EXPERIENCE CV TIPS AND INTERVIEW IMPACT - 1.5 HOUR SESSION

Employer: Tesco
Age: 14-19
Industry: Retail
Date: 29/06/2022

[Read more](#)



GET ACTIVE, INSPIRE YOUR COMMUNITY AND BECOME A POSITIVE ROLE MODEL!

Employer: Coach Core Foundation
Age: 16-19
Industry: Leisure/Sport
Date: 29/06/2022

[Read more](#)



Heritage panel event led by Lizzie Githero-West, Chief Executive, Heritage Alliance

Date: Monday 9th May

Time: 10:00 - 11:00

Age Group: KS4-5 / S4-6

What is Heritage and how is it responding to the climate crisis?

Lizzie will be joined by Loyd Grossman, Chair, The Royal Parks

Adala Leeson, Head of Socio-Economic Analysis and Evaluation, Historic England

Kelcey Wilson-Lee, Historian of medieval Britain and Head of Programmes Architectural Heritage Fund

Rob Woodside, Estates Director, English Heritage

Click [here](#) to register



Baroness Tanni Grey-Thompson, Paralympian & Crossbench Peer

Date: Monday 9th May

Time: 14:00 - 14:45

Age Group: KS3-5 / S1-6

Join us for a broadcast with Baroness Tanni Grey-Thompson, Paralympian & Crossbench Peer to learn about her career in sport and politics. Baroness Grey-Thompson will be reflecting on the importance of keeping motivated and determined.

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

W8003

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."



TEEN WEIGHTLIFTING CLUB

ALL LEVELS WELCOME
AGES 11-17

EMAIL : sue@crossfitbattlebox.com

BATTLEBOX
FITNESS



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PLAY AND STUDY

FULL-TIME COLLEGE STUDY PROGRAMME FOR 16-18 YEAR OLDS

- BTEC Level 1 Certificate in Sport
- NCFE Level 2 Diploma in Sport
- BTEC Level 3 Extended Certificate/Foundation Diploma in Sports Coaching and Development
- BTEC Level 3 Diploma / Extended Diploma in Sports Coaching and Development

STUDENT BENEFITS:

- **Campus setting** - practical and theory in one place. Training ground 5 mins away
- Leyton Orient player and staff visits
- **Free tickets** to a Leyton Orient match



COLLEGE STUDY PROGRAMME INCLUDES:

- Academy standard **coaching and training** facilities
- **English and Maths** qualifications if required
- Direct link to **University Sports courses** and **US Football Scholarships**
- **Competitive games** in Association of Colleges League
- **Opportunities to be scouted** by Leyton Orient FC and local semi-professional clubs
- **Work experience** and **volunteering opportunities** within the industry

FOR MORE INFORMATION VISIT:

WWW.LEYTONORIENTTRUST.ORG.UK/FURTHEREDUCATION



COME TO A TRIAL

Take part in a football training session

Meet our coaches

Learn about our courses and the college



"It was so helpful that I could do the FA Level 1 Coaching Course alongside my Level 3. I got a job part-time coaching for the Trust." **Shalliah**



DATES:

WEDNESDAY
27 OCTOBER 2021

11.00AM-12.30PM

WEDNESDAY
16 FEBRUARY 2022

11.00AM-12.30PM

WEDNESDAY
6 APRIL 2022

11.00AM-12.30PM

WEDNESDAY
1 JUNE 2022

11.00AM-12.30PM

LOCATION:

FEEL GOOD TOO CENTRE, IVE FARM LANE,
LEYTON, E10 5HH

BOOK YOUR PLACE:

WWW.LEYTONORIENTTRUST.ORG.UK/EVENTS

[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

Premier League
Kicks

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!