

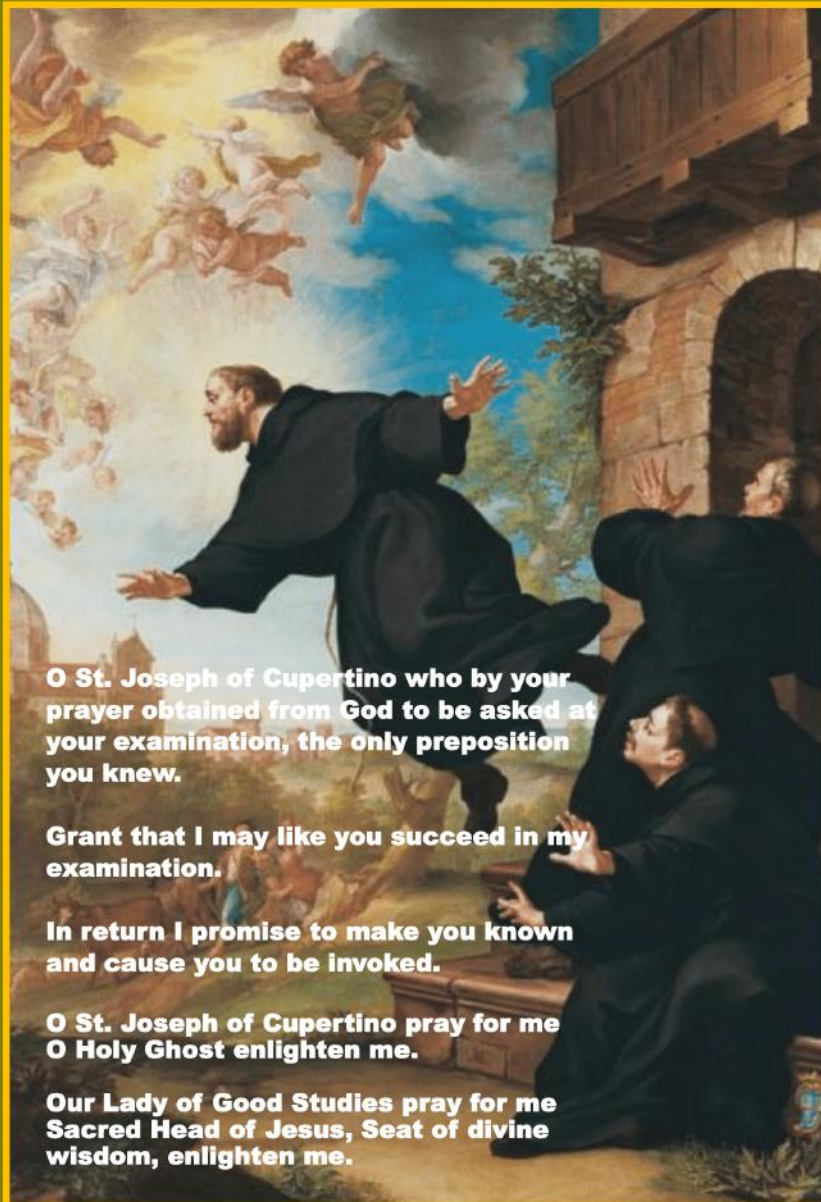
FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



Issue 29

Friday 13th May 2022



O St. Joseph of Cupertino who by your prayer obtained from God to be asked at your examination, the only preposition you knew.

Grant that I may like you succeed in my examination.

In return I promise to make you known and cause you to be invoked.

O St. Joseph of Cupertino pray for me
O Holy Ghost enlighten me.

Our Lady of Good Studies pray for me
Sacred Head of Jesus, Seat of divine wisdom, enlighten me.

*Good luck to
all students
who are
about to
begin their
final exams*



@HFCSWaltham

www.holyfamily.waltham.sch.uk

@HFCSWaltham



Quotation of the Week

"Without mathematics, there's nothing you can do. Everything around you is mathematics. Everything around you is numbers" -Shakuntala Devi, Indian writer

UK Junior Maths challenge

I was delighted this week to hear from Mr Shannon how well many of our students have performed in the Junior Maths Challenge. This is a UK wide maths competition which stretches and challenges students' mathematical knowledge and skills. 56 students entered the competition from Holy Family. There were 36 medal winners in total including 4 Gold, 10 Silver and 20 Bronze. Special mentions go to James B. in year 7 who was the top year 7 performer (and 4th overall) with a gold award and to Jada-Marie O. in year 8 who was the top student in the whole school with her gold award. James, Jada-Marie, Kaylen R. and Jack W. have each qualified for the Junior Kangaroo paper which is the follow on round for the top students nationwide - we have never had 4 qualifiers for the follow on round, which will take place on 14th June. Very well done to them all, we're proud of you!

Examinations

Students in Yr 11 had a special assembly on Friday of this week to prepare them for the start of their written exams. They begin in earnest on **Monday 16th May** with the Catholic Christianity RE paper. Students have been well-prepared for these exams - they will be a challenge for them as they always are but we are pleased that this year we can get back to a normal round of GCSE, A level and Btec exams as this is the best way of assessing what students have learned on their courses and the fairest way of awarding grades. Exams are inherently stressful and please contact us if your son/daughter is particularly affected and we can provide support for them.

Catholic Citizenship Awards

On Friday 13th May Mrs Grierson and Ms Salahi accompanied Samara J. (Yr 11) the recipient of the Catholic Citizenship Award, to a ceremony at Brentwood Cathedral. Samara is a delightful student who embodies the Holy Family Way and who is extremely kind, caring, thoughtful and concerned about all around her. These qualities will ensure she goes far in life and we congratulate her on this achievement.

Parents' surgery

You can see me face to face in a socially distanced manner any week without an appointment on **Thursday afternoons between 4pm and 5pm**. If you prefer you can call the school office and arrange for me to call you instead.

Please continue to remember us in your prayers.

Dr Andy Stone,
Headteacher



HEADTEACHER'S COMMENDATION

Mrs Maris nominates one of her Yr 11 students

Ashlee Y.

for her excellent approach to her studies this year.

Ashlee has made fantastic progress in English
and thoroughly deserves to do well in her forthcoming
GCSE exams.



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

Mental Health Awareness week

Top Tips for when you're feeling lonely



Find people with similar interests

Don't worry if you haven't found "your people" yet. There are many opportunities throughout life to meet similar people.

Explore ways to express your thoughts and feelings

Find out what works best for you. You could try journaling, sports or listening to music.

Talk to someone

Opening up is brave. There is lots of support out there, including your GP, friends, family and school.

Do things you enjoy

Doing things you enjoy and are confident in will make you feel happy!

Connect with people

Supportive relationships will help us feel less lonely. Spend time with people you trust.

Look out for yourself

Feelings of loneliness are okay and can happen to everyone at some point. Do what makes you comfortable.

Be mindful of social media

If social media is making you feel lonely, take a break or be aware of what content is making you feel this way.

Be kind

Showing gratitude for the things around us can help to make us feel more connected and less lonely.



Mental Health
Foundation

Click the image below to
learn more



GETTING SUPPORT WHEN YOU'RE FEELING LONELY

Hey, are you ok?

Not really, feeling a bit
lonely

Sometimes I feel
lonely too

Anything help?

Talking to someone

Like who?

Someone I trust -
family, friend, teacher...

...or a helpline

Thanks



Childline

You can contact Childline
about anything.
Call free on 0800 1111.



Shout 85258

Shout offers support 24/7.
Text "SHOUT" to 85258.








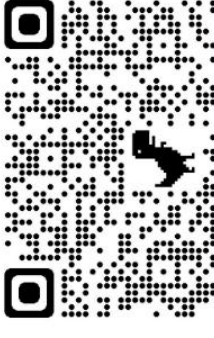
Mental Health
Foundation

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
 <p>Peterhouse E17 3PW</p> <p>17:00-19.00 Age 5-15</p>	 <p>Leyton Sports Ground E10 6RJ</p> <p>17.00-19.00 Age 5-15</p>	 <p>Walthamstow Leisure Centre E17 8RN</p> <p>17:00 - 19:00 Age 5-15</p>	 <p>Walthamstow School for Girls E17 9RZ</p> <p>17.30-19.30 Age 5-15</p>
<p>ONLINE</p> <p>17:30 - 18:30 Age 5 - 8</p> 		<p>ONLINE</p> <p>18:15 - 19:15 Age 9-12</p> 	

*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



NOS National Online Safety®
#WakeUpWednesday

Chaplaincy Corner

Peace Club – St Isidore

St Isidore's Feast Day is 15 May. Although a lesser-known figure, for many Spaniards, Filipinos and Hondurans, this is an occasion for colourful carnivals and processions.



St Isidore lived in Spain in the eleventh and twelfth centuries and worked on the estate of a wealthy landowner. The folklore surrounding him and his wife Maria celebrates simplicity, abundance and friendship with the poor. Though they weren't rich in possessions, Maria is said to have had a pot of stew always on the stove to cater for anyone who had need.

On one occasion, when there was a particularly large number of guests, her stew was miraculously replenished.

According to legend, angels arrived to push Isidore's plough when he lingered at morning Mass. As we continue through Eastertide, St Isidore helps us to remember those agricultural labourers who make feasting possible.

Loving God

We pray for the farming community as they continue to work hard to bring us food.

Bless them as they sow crops and care for livestock.

Surround them with your love so they may know they are cared for and valued.

***Help us to be thankful for the food they produce and not to waste it. In Jesus' name,
Amen.***

May, the month of Mary

Pope Francis has urged us to pray the rosary every day for peace in Ukraine. "My thoughts turn immediately to the Ukrainian city of Mariupol, the "City of Mary", barbarously bombed and destroyed," he said on May 1st.

Laudato Si Commitments - "Grow your own" – whether you have a windowsill, balcony, or a garden, plant some seeds. Herbs are a great idea to grow on a warm windowsill, or a pot outside. Tomatoes, potatoes and strawberries also grow well in pots.

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](#)



Exam Prayer

Dear Lord,
as I take these exams,
I thank you that my life is
enfolded in the embrace on
your great love for me.
Help me with all the testing
challenges of life that will
come my way.
Holy Spirit,
guide me with the
gifts of Wisdom, Knowledge,
Understanding and
right judgement.
Holy Mary, pray for us and all
our young people.
May they know the touch of
your loving caress.



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 - 5AM

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

2ND - 28TH OCTOBER, MERSEA ISLAND

STAY IN CABINS AND TRY A BRILLIANT RANGE
OF OUTWARD BOUND ACTIVITIES FROM
CLIMBING HIGH ROPES, ARCHERY, ZIP WIRE
AND MUCH MORE TO KEEP YOU CHALLENGED
AND ENTERTAINED. WITH GUEST SPEAKERS
AND WORKSHOPS WHICH WILL GIVE YOU FRESH
INSIGHTS INTO YOURSELF, AND YOUR FAITH,
BY TELLING THEIR STORIES.

OPEN TO ALL THOSE IN YEARS 9 AND ABOVE
BOOKING ONLINE AT WWW.BCYS.NET/EVENTS

LENT RETREAT

2ND - 3RD APRIL
HALESINGHAM HOUSE

GET A CHANGE OF SCENERY AND A FRESH
PERSPECTIVE AT HALESINGHAM HOUSE AT
ABROTTSBICK THIS LENT FOR TIMES OF PRAYER,
SOCIALISING AND ACTIVITIES, BUT MOSTLY TO
REFLECT, ALONGSIDE FRIENDS AND THE
HALESINGHAM HOUSE TEAM MEMBERS. AS
ALWAYS THE CHAPEL IS HERE FOR TIMES OF
QUIET REFLECTION THROUGHOUT THE DAY.

THE RETREAT IS OPEN TO THOSE IN YEARS 11-13
BOOKING ONLINE AT WWW.BCYS.NET/EVENTS

SUMMER LOURDES

23RD - 30TH JULY 2022

ASSIST PILGRIMS GOING TO MASSES AND
SERVICES, SHOPS AND CAFES OF THE
BEAUTIFUL FRENCH TOWN, JOIN IN SOCIAL TIME
TOGETHER, TAKE PART IN RETREATS,
RECONCILIATION SERVICE, A VISIT TO THE
BATHS, THE STUNNING MOUNTAIN TOWN OF
GAVARNIE, SOCIAL HIGHIES, PARTY AND THE
AMAZING LOURDES PROCESSIONS.

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

ADVENT RETREAT

DECEMBER, HALESINGHAM 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 WWW.BCYS.NET/EVENTS

Monthly Youth Mass



FIRST
THURSDAY
OF THE
MONTH

JOIN THE
BRENTWOOD
CATHOLIC
YOUTH SERVICE AND
OTHER YOUNG
CATHOLICS FROM
AROUND THE
DIOCESE

Beginning from 6pm, each month
we will welcome either inspiring
speakers and workshops, lead times
of prayer and reflection, join for
music, celebrations or social time
and much more!

The evening will then finish with
joyful Youth Mass in the Cathedral
from 7.30pm, joined by a different
member of the clergy to preside
and preach the Gospel every month.



Coming straight from work
or school, with no time to
grab dinner? Not to worry -
there will be Pizza in the
Parish Hall from 6pm too!

2022 CALENDAR

- January
 - New Year Celebration
- February
 - Million Minutes
- March
 - CAFOD
- April
 - Stations of the Cross
- May
 - Month of Mary
- June
 - Queens Jubilee Celebration
- July
 - Praise and Worship

INCLUSION NEWS

Mental Health Awareness Week.

Mental Health Awareness Week is happening between 9 to 15 May 2022. The official theme is 'loneliness' and, across the week, we encourage you to build meaningful connections with your friends, family, colleagues and communities.

**MENTAL HEALTH
AWARENESS WEEK**
BETWEEN 9 TO 15 MAY 2022



International
Wellbeing Insights
People, Culture & Wellbeing



Stress Management Society
from distress to de-stress

Please find FREE downloadable booklets on how to support different aspects of mental health here:

<https://www.mentalhealth.org.uk/publications>

Conversation Guide: Talking to someone about mental health

Spotting the signs of poor mental health - notice the changes

Physical symptoms

- Headaches
- Muscle tension/back ache
- Tight jaw/grinding teeth
- Raised heart rate/faster breathing
- Changes in appetite
- Stomach problems
- Difficulty sleeping

Behavioural symptoms

- Avoiding and blaming others
- Eating more, eating less or comfort eating
- Using alcohol, substances or smoking
- Snapping at others
- Becoming more accident prone
- Biting nails
- Self-harm

Emotional symptoms

- Irritable
- Frightened
- Worried/anxious
- Angry
- Feeling overwhelmed
- Fear
- Shame



Cognitive symptoms

- Worrying about the past or future
- Racing thoughts
- Panic attacks
- Problems concentrating
- Memory lapses/forgetting things
- Difficulty making decisions
- Unable to think clearly

Mental
Health
UK

Dos and don'ts to having a supportive conversation

Do choose the right environment

Consider who else is around and can potentially overhear the conversation – if on the phone or online, could you use headphones to allow for greater privacy? Ask them: where would you like to talk?

Do give your full attention and listen without judgement

Offer reassurance that you are there to listen.

Try not to multitask, it's important to convey that you are dedicating your full attention to the conversation.

Do ask open questions

Ask them "How are you today?" or "I've noticed you haven't seemed yourself lately, how are you feeling?" – Sometimes making it about the present can prevent the ubiquitous "I'm fine" response.

Don't assume you know the answers

You're not expected to be an expert. If you don't know what to say, remember that you don't need to find an answer, or even understand their feelings. Listening will let them know you care.

Don't challenge, ignore or invalidate

Don't silver-line situations or try to make the person feel better. If someone says they feel worthless and we respond,

"No you're not, don't be silly" we are invalidating what they have said.

Don't compare

Sometimes we can draw up a story comparing their situation to someone else's or your own. In some instances, this can show empathy, but it can also sometimes turn into you telling your story rather than listening to them.

Do reflect back and clarify

If someone says something that isn't clear and you don't know what they meant, repeat back what they have said and ask them to explain. Don't put words in their mouth.

Do show empathy rather than sympathy

Empathetic responses show that you're trying to see where the person

is coming from. Sympathy usually expresses pity, so say something like "That must be awful, I'm so sorry." Instead of "I'm sorry for you"

Do empower the person

Ask: "What do you think would help?" rather than tell them what you think would help. Give information rather than advice. This makes it empowering.

Don't try to find an easy solution

What would help someone or what they want to happen will be different for everyone so don't try to 'fix' or give advice as your first response.

Don't diagnose

You are not in a position to diagnose a mental illness. This is not your role, even if you've gone through something similar yourself.



Signposting

Learn more about mental health conditions



SCAN ME

As a first point of call, GPs are the main gateway to further support. Let them know that they can book a double appointment with their GP to discuss their mental health, so they don't feel rushed. They can request for a family member or friend to attend the appointment with them.

Find out more



SCAN ME

You could suggest our online community Cllc. It's monitored 24/7, so it's a great way for people to connect with others and get peer support.

Join Cllc for free



SCAN ME

To find support in your local area, or if you or someone is experiencing a crisis, visit www.mentalhealth-uk.org/support-and-services/



Find support



SCAN ME

SEND FAMILY SUPPORT GROUPS Summer 2022

Open to parents and carers of children aged 5-18 with SEND in mainstream schools in Waltham Forest. Come along and share experiences, discuss ideas, explore resources and develop a support network. All led by specialist Advisory Teachers.

To join us complete the [Booking Form](#) here Or

email: enquiries@sendsuccess.org.uk or call: 020 8498 4249

Down's Syndrome	Tuesday 28th June 10:30 – 11:30 am	At Whitefield Academy Trust
Dyslexia	Tuesday 7 th June 10:00 – 11:00 am	Virtual
Autism	Tuesday 24 th May 12:00-1:00 pm Tuesday 5 th July 12:00-1:00 pm	Virtual
Links to all virtual sessions will be sent via email prior to the session		

YEAR 10

Be Punctual. Be Prepared. Be Phenomenal.

Well done Year 10 for completing your end of year mocks!

You all did really well during this exam period!

Work Experience Notices

The BEP work experience platform
goes live on 16th May
and **closes** during half term **30th May**.

The selection of jobs will need to be made
by 27th May.

Once the **£30 fee** has been paid, please collect your
BEP pin from Mrs Pike.

STARS

Jackie C., Damien C., Nirel N., Laura K., Ernest T., Arjun R.,
Deborah G., Timothy B., Nathan C., Kevin S., Harley W.,
Cino J., Reiss Y., Jane T., Valeria B., Vlad B., Vladyslav B.,
Nazar V., Marcus F., Manasseh V., Memet Y., Atara A.,
Erika P., Thomas M., Maria S., Jonathan M., Josiah D.

Wellbeing Tip: it is important to take care and look
after yourself and get the most out of life.

YEAR 11

**Stay confident
Believe in yourself
Be the best you can be**

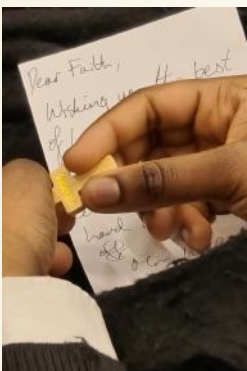
Good luck year 11!!

Mr Freeman and Ms Nordon

Year 11 came together on Friday morning for a special Rosary Assembly where they prayed not only for themselves but for each other.

Each student was given a handwritten message from one of their teachers on the back of a prayer card of St Joseph of Cupertino, in addition to a small rosary from Lourdes, which was blessed during this year's Easter Pilgrimage.

St Joseph of Cupertino is the patron saint of students and examinations.



FOOTBALL TRIP

As part of Tottenham Hotspur Inspires Mentoring Program Mr Fidegnon took a group of year 9 girls to White Hart Lane (Tottenham Hotspur Ground) to watch a Women's League game between Spurs and Leicester.

Below are some of the comments by the girls who attended this fantastic, inspiring event:

"I was overjoyed that the school offered me such an amazing opportunity to visit Tottenham Hotspur Football stadium to watch Tottenham vs Leicester city Women's Super League on Sunday. This was the first ever football match I had got the chance to watch in real life. Although I am a Man United fan, I deeply enjoyed every moment of the match. The atmosphere in the stadium was surreal and unforgettable. I realised that watching a football match in real life is 100 times better than watching it on television. As you are probably already aware, football stadiums are always packed with many occupants shouting and cheering their hearts out which was genuinely influential. I felt that watching people express their happiness for their club created a sense of happiness for me too. The seats which we received was the icing to the cake - such a great view and I was thrilled by the number of flags in the air. Most importantly, I did not fail to capture the exciting moments of the day via photos and videos to retain as memories. I am so so so grateful for this opportunity and would like to say a big thank you to Mr Sayer for selecting me." - Milanne F.



Premier League Inspires



"Watching the women's Spurs v Leicester was an unforgettable experience and seeing them play using different techniques and teamwork was enjoyable. There was really good energy from the home supporters and it made me feel alive and kind of welcomed." - Kerisha B-A.

POETRY CLUB

Super duper hooper looper,
Booper oompa loompa baby doo,
Hazy lazy,
Squirrel crazy,
Shama llama rub a rubber,
Electro swing, aeroplane swing.

Sorry for the crazy, loony, curly words.
They make me happy thinking I've got whirled.
Twirl, hurl, swirl, curl.

You make me felicitous,
Tobacco gracious.
Knowing that you have found these
Crazy, loony, curly words
As exasperatingly, loudly, ironically, adamantly
Weird!

Thank you!

Felicitous

by Allison T.

A fresh early breeze
Rustling from the trees.
To what extent the day can reach,
The morning dew that one may seek.

Rested limbs, now stretched.
Rays of golden light, now met.
Under covers set
Eyes that let.

To leave the comfort of a warm embrace
To find the will to beat the race
Stuck under these blankets that I might wait.
Until I fall to my fate.

Trapped like a pawn,
Holding in my yawn.
And those are my struggles at dawn...

Struggles At Dawn

by Kevin N.

LRC

Recommendations

Oxford School Shakespeare is an acclaimed edition especially designed for students, with accessible on-page notes and explanatory illustrations, clear background information, and rigorous but accessible scholarly credentials.

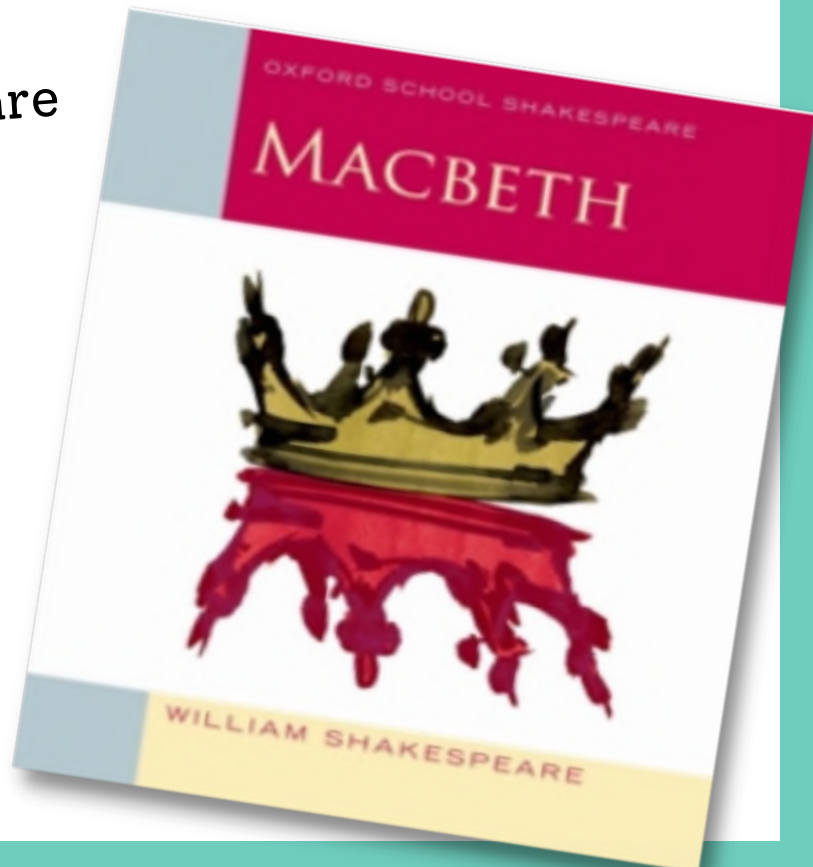
Macbeth is one of the most popular texts for study by secondary students the world over.

This edition includes illustrations, preliminary notes, reading lists (including websites) and classroom notes.

This title is suitable for all exam boards and for the most recent GCSE specifications

Macbeth

by
William Shakespeare





The Foyle Young Poets of the Year Award is an opportunity for any young person aged 11-17 to accelerate their writing career.

If you're an aspiring writer, enter your poems to the competition at foyleyoungpoets.org by **31 July 2022**.

Since it was founded in 1998, the Award has kick-started the career of some of today's most exciting new voices, such as Sarah Howe, Jay Bernard, Helen Mort, Richard Osmond, and many more poets from across the world. With entries from over 6,775 young people last year from across the UK and worldwide, it is the largest competition of its kind, and its importance is widely attested.

Each year, 100 winners (85 commendations and 15 top Winners) are chosen by two high profile poets and receive their awards at an annual prize-giving event in October.

Thanks to funding from the Foyle Foundation, the competition remains completely **free to enter** and we offer a wide range of prizes, opportunities, and resources. Winners receive [amazing prizes](#) including [membership](#) of The Poetry Society and a stack of poetry goodies.

Winners also attend a week-long intensive Arvon writing course, where they develop their creative writing skills alongside fellow poets, or benefit from poetry residencies at their school or distance-mentoring depending on their age and location.

THE POETRY SOCIETY



CODE WITH ABOUT US! WRITE WITH ABOUT US!

About Us is all about exploring the many ways life across the universe is connected. We're asking you to explore this with us by sending us your poems and Scratch coding projects!

If you're aged 4-18, send us your poems and/ or Scratch projects on the theme of '**connectivity and the universe**', by 23:59 GMT Wednesday 31st August 2022 to win books and tech goodies, talent development opportunities, and free workshops for your school.

This opportunity is for anyone aged 4-18 on the closing date of 31st August 2022. It is FREE to enter and you can submit as many entries as you wish. All entrants will receive an e-certificate for participating. Entries should explore the infinite ways we are connected to the universe, the natural world, and one another.

Find out more [here](#), and read the [rules](#). Check out lots of resources to inspire you [here](#) and see the winning entries from the first round of the competition [here](#).

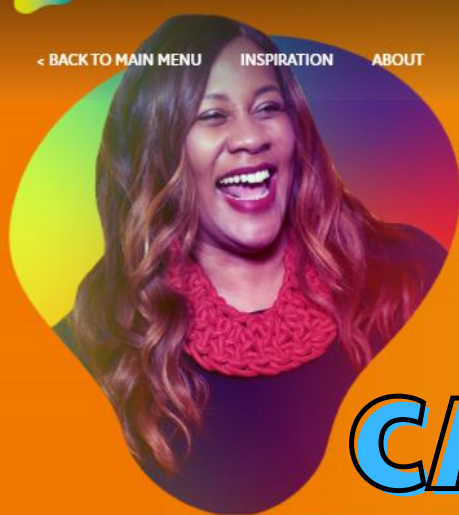
- Poems should be no more than 20 lines long. Coding entries must not exceed 90 seconds in length.
- Poetry entries are accepted in English or Welsh, but you can include phrases in your mother tongue or another language.
- If you would like to enter in Braille or British Sign Language, or if you require any information about the competition in an alternative format, please contact AboutUs@poetrysociety.org.uk.

Take a look at these [instructions](#) for how to create a project in the coding programme, Scratch, and enter it into the competition.

For any queries on how to share your work with us, please contact:

poetry queries – aboutus@poetrysociety.org.uk







coding queries – aboutus@stemettefutures.org



SPEAKERS FOR SCHOOLS VIRTUAL TALKS & BROADCASTS

CAREERS CORNER

VIRTUAL WORK EXPERIENCE

 <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>SYVCF-CYBER SECURITY: ONLINE AND PERSONAL SAFETY-CHANNELLING YOUR GUT FEELING</p> <p>Employer: CAMOR Ltd Age: 14-16 Industry: Computing & IT Date: 30/06/2022</p> <p>Read more</p>	 <p>SYVCF- DESIGNING AND BUILDING YOUR FUTURE - GETTING CREATIVE IN ARCHITECTURE WITH HLM</p> <p>Employer: HLM Architects Age: 14-16 Industry: Architecture Date: 30/06/2022</p> <p>Read more</p>
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Green Skills Week Broadcast: Sebastian Munden, Executive Vice President & General Manager, Unilever UK & Ireland

Date: Monday 16th May

Time: 14:00 – 14:45

Age Group: KS4-5 / S4-6

Are you passionate about taking action to improve the health of the planet? So is Sebastian Munden, Executive Vice President & General Manager, Unilever UK & Ireland. During this broadcast you will learn about and careers in sustainability and how Unilever is working with brands to invent innovative ways to reduce plastic pollution.

Click [here](#) to register



Bridget Prentice, Former Government Minister and Electoral Commissioner

Date: Tuesday 17th May

Time: 14:00 – 14:45

Age Group: KS3

Don't miss out on our broadcast for students in KS3. Find out how you can develop your leadership skills, confidence and prepare for KS4. This broadcast is designed to help you to continue to become an independent learner throughout the rest of your time in school and beyond.

Click [here](#) to register

Paul Barber, Chief Executive and Deputy Chairman, Brighton and Hove Albion Football Club

Date: Friday 20th May

Time: 14:00 – 14:45

Age Group: KS3-5 / S1-6

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."



O St. Joseph of Cupertino who by your prayer obtained from God to be asked at your examination, the only preposition you knew.

Grant that I may like you succeed in my examination.

In return I promise to make you known and cause you to be invoked.

O St. Joseph of Cupertino pray for me
O Holy Ghost enlighten me.

Our Lady of Good Studies pray for me
Sacred Head of Jesus, Seat of divine wisdom, enlighten me.

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£ Over £32 million raised

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1.8 million users



TEEN WEIGHTLIFTING CLUB

ALL LEVELS WELCOME
AGES 11-17

EMAIL: sue@crossfitbattlebox.com

BATTLEBOX FITNESS



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

North London Shamrocks Youth GFC
nlsy20
@theshamrocks



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
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LOCATION:

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

BOOK YOUR PLACE:

WWW.LEYTONORIENTTRUST.ORG.UK/EVENTS

Twitter: @lortrust Instagram: @leytonorienttrust



YOUTH ZONE

EVERY MONDAY

Football session delivered by
Leyton Orient Trust coaches!

Multi-Sports
Indoor Games
Arts and Crafts
Dance and Yoga classes
And MANY MANY MORE!

FOR AGES:
8-12 - 5PM-7PM
13-16 - 7PM-9PM

CONTACT INFO:
INFO@WAPPINGYOUTHFC.CO.UK
HAIFZUL.HAQUE@LEYTONORIENTTRUST.ORG.UK
TEVIOT CENTRE - 1 WYVIS ST, LONDON. E14 6QD

LEADERS
IN
COMMUNITY



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	KICKS - TBC BALL	AGE 8-16
	PEMBURY ETC, 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 ASTRO, 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 haifzul.haque@leytonorienttrust.org.uk
Follow us on socials: Instagram @leytonorienttrust | Twitter @lortrust

#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



YOUTH ZONE

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

• Futsal • Multi-sports • Playstation • Card & Board Games • Table Tennis • 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 haifzul.haque@leytonorienttrust.org.uk



ELITE DEVELOPMENT CENTRE

EVERY FRIDAY | 5.30PM - 6.30PM

AGES 7-15 BOYS AND GIRLS

£7.50 PER SESSION
(CASH ONLY)

The Peter May Centre
Walthamstow
E17 4HR

VISIT FROM THE FIRST TEAM PLAYERS!

TWO PLAYERS FROM THE CENTRE HAVE SIGNED FOR LEYTON ORIENT'S ACADEMY!

