

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



Issue 3
Friday 24th Sept. 2021

A S P I R E



*Get to know
the House
System*



@HFCSWaltham

www.holyfamily.waltham.sch.uk

@HFCSWaltham



Quotation of the week

"Let us not forget to thank: if we are bearers of gratitude, the world itself will become better, even if only a little bit, but that is enough to transmit a bit of hope"

- Pope Francis

Thank you

We all forget to thank people in our lives at times - be that forgetting to thank our parents or the staff who make our food each day. At Holy Family we try to encourage everyone to show kindness and consideration for others and part of this means simply saying 'thank you'. It forms part of what we call the 'Holy Family Way' - the right way of treating everyone we meet. So, let me start this week's newsletter by saying thank you to all of you parents/carers for your tremendous support of the school, for helping and encouraging your children in their studies and for making sure they get to school on time every day.

Yr 11 Retreat and St Philomena House Celebration Day

I was pleased to attend the parish morning Mass twice this week. On Tuesday, Yr 11 students started their retreat day at church. They then spent the day reflecting on where they are in their lives and what their goals are for the future. Taking time out of our busy lives to reflect is a very important part of life in a Catholic school and I think the students appreciated it.

On Thursday it was the turn of the students of St Philomena House to attend Mass on their saint's day. Fr Michael spoke to them, in his homily, about St Philomena and her life of prayer and good works and also about his own journey to the priesthood. Having a house system brings together students of all ages in the school and they enjoyed a special lunch and an ice cream treat. Each house has a special celebration day spread out across the academic year.

Open Evening

We held our School Open Evening for prospective Yr 7 students and their families on Thursday of this week. It was good to be able to hold this as a face to face evening which we were unable to do last year. It does feel like life is more normal in school this September than last September. We had a very busy evening and look forward to many applications to join us next year. The school roll is now over 1300 students - our largest ever number!

Extra-curricular activities

Extra-curricular activities are back and the first sports fixtures between Holy Family and other local schools started again this week. There were some excellent performances and some great victories including the Yr 9 boys football team beating Highams Park 3-2, the Yr 9 girls netball team beating Frederick Bremer 17-1 (yes, you read that correctly) and Yr 11 boys defeating Walthamstow Academy 5-nil in football among the highlights. Well done to all our sports stars! Non-sports based after school clubs have also started as well as the Sixth Form enrichment programme. Please encourage your son/daughter to get involved in an extracurricular club or activity.

Choosing the right path

I spoke to students in our virtual whole school assembly this week and talked to them about the struggle we all face to choose the right path and to do the right thing. It's not always easy to make the right choices in life and to resist the temptation to do the wrong thing. We are encouraging all members of our school community to be kind and considerate to others and to choose to follow the right path each day and I'm pleased to say that the vast majority of them do.

Parents' Surgery

Parents' Surgery has resumed as a face to face service. If you have anything you wish to discuss with me as the headteacher you can see me between 4pm and 5pm on the Walthamstow House site every Thursday. You can call the office and book a time if you wish, or turn up without an appointment. If you prefer, you can also make a virtual appointment with me.

Thank you for your support of our school community. We are here to serve your child and do our best for them.

Please continue to remember us in your prayers.

Dr Andy Stone
Headteacher





Aged 11 - 25 and living, working or studying in Waltham Forest?

WE WANT TO HEAR FROM YOU...

Tell us your ideas and opinions on the things that matter most.

Complete our survey at tinyurl.com/BYC2021 or scan below to be in with the chance of winning a £100 amazon voucher.






WELLBEING

Action for Happiness helps people take action for a happier and kinder world.

Find out more here

<https://www.actionforhappiness.org/>

Self-Care September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Find time for self-care. It's not selfish, it's essential ✓	2 Notice the things you do well, however small ✓	3 Let go of self-criticism and speak to yourself kindly ✓	4 Plan a fun or relaxing activity and make time for it ✓	5 Forgive yourself when things go wrong. Everyone makes mistakes ✓
6 Focus on the basics: eat well, exercise and go to bed on time ✓	7 Give yourself permission to say 'no' ✓	8 Be willing to share how you feel and ask for help when needed ★	9 Aim to be good enough, rather than perfect ✓	10 When you find things hard, remember it's ok not to be ok ✓	11 Make time to do something you really enjoy ✓	12 Get active outside and give your mind and body a natural boost ✓
13 Be as kind to yourself as you would to a loved one ✓	14 If you're busy, allow yourself to pause and take a break ✓	15 Find a caring, calming phrase to use when you feel low ✓	16 Leave positive messages for yourself to see regularly ✓	17 Notice what you are feeling, without any judgment ✓	18 Ask a trusted friend to tell you what strengths they see in you ✓	19 No plans day. Make time to slow down and be kind to yourself ✓
20 Enjoy photos from a time with happy memories ✓	21 Don't compare how you feel inside to how others appear outside ★	22 Take your time. Make space to just breathe and be still ✓	23 Let go of other people's expectations of you ✓	24 Accept yourself and remember that you are worthy of love ✓	25 Find a new way to use one of your strengths or talents ✓	26 Avoid saying 'I should' and make time to do nothing ✓
27 Free up time by cancelling any unnecessary plans ✓	28 Choose to see your mistakes as steps to help you learn ✓	29 Write down three things you appreciate about yourself ✓	30 Remind yourself that you are enough, just as you are ✓			

ACTION FOR HAPPINESS **Happier · Kinder · Together**

We are proud to be a
**Magic Breakfast
School**

The right fuel for learning, every day



magic
breakfast

SOCIAL MEDIA CATCHUP



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PRESS RELEASE:

Pop-up archaeology exhibition at The Mill: Discover Walthamstow's past

Archaeologists from [MOLA \(Museum of London Archaeology\)](#) and [Pre-Construct Archaeology](#) are holding a free pop-up exhibition at The Mill community centre, Coppermill Lane, E17 7HA on **Saturday 25th September** from 10am-4pm.

The exhibition will look at recent archaeological excavations carried out at **Holy Family Catholic School and Sixth Form** ahead of the construction of the school's new sports hall.

The excavations took place at a site on Vinegar Alley, a medieval footpath linking the Church of St Mary to Shernhall Street. Archaeologists found evidence that the site was lived on and farmed at various points in the last 3000 years. They found a range of structures from over the centuries, including a late Bronze Age roundhouse, a group of four late Roman timber framed farm buildings possibly linked to a larger villa complex nearby, and a medieval field system. Archaeologists from Pre-Construct Archaeology have since been using a range of techniques to learn even more about the area's past.

Visitors to the pop-up exhibition will be able to:

- See a display of finds excavated from the site, some of which are almost 3000 years old
- Learn more about how archaeologists investigate the past, the techniques they use, and the types of objects they find
- Find out how, from its earliest days, life in Walthamstow has been shaped by the River Lea

Chaplaincy Corner

The **Year 11 retreat** took place this week and the theme was Great Expectations. We all know how important it is to take time out of our ordinary life to reflect and relax. It is even more important for Year 11 at the beginning of what is an important year for them, to have a day of reflection and team building.

The day gave them an opportunity to think about where they are heading, to think about their community, the world around them and to allow Jesus to be at the centre of the journey.

There was a lovely start to the day, celebrating Mass at Our Lady & St George's parish and we thank Canon Niall and Fr Michael for making the Year 11s so welcome.



Eyes of the World Climate Change action



Team Building



What is success?

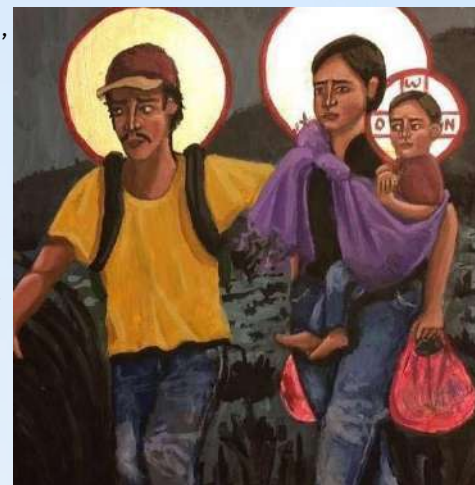
The Year 9-11 Justice & Peace Group discussed World Peace Day (21 September) and made origami peace doves. We prayed for the peace of Christ to make a home in our hearts, to remove anger and to calm all fear.

Peace Club for Year 7 and 8 is every Monday lunchtime in the Emmaus Room.

The Chaplaincy offers an "open door" providing a welcome for all people in all situations, to provide support and encouragement so that Holy Family will be a happy faith filled place in which all can learn, grow and be valued as a unique child of God.

Our prayer this week marks **World Day of Migrants and Refugees**, celebrated by the Church on the last Sunday of September (this year, 26 September)

*O Lord, to whom no one is a stranger and
from whose help no one is ever distant,
look with compassion on migrants, refugees and asylum seekers,
on segregated persons and on lost children;
restore them, we pray, to a homeland,
and give us a kind heart for the needy and for strangers.
Amen*



Blessings, Mrs Grierson, Chaplain



Holy Family Liturgy Leaders

Years 7-8

Our liturgy leaders will play a hugely important role in the Catholic life and collective worship of the school.

Organising and leading class prayers, school assemblies and special events

Maintaining prayer corners and displays

Supporting peers in their journey of faith

.... and more

INTERESTED?

Come along to the Emmaus Room

Week 1 Wednesday 11-11.20am

mrs.grierson@holyfamilycatholicschool.co.uk

GO GREEN FOR



Catholic Agency for
Overseas Development

Years 7 and 8

WEAR SOMETHING GREEN

with your school uniform

FRIDAY 1 OCTOBER

BRING IN £1 TOWARDS THE WORK OF
CAFOD

Thank you!

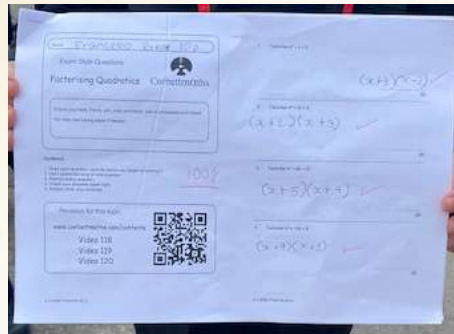
YEAR 10

The Year 10 team would like to thank parents for attending the information evening on Tuesday!

The presentation will be shared on the year team Google classroom and Parent mail.

Special congratulations to Francesco Reka who achieved 100% in his recent Maths assessment.

Keep up the good work!



Stars

Adar Kilic, Alex Opare, Arda Sonmez, Arian Kosi, Chinedum Onunkwo, Fabrice Fidegnon, Francis Williams, Grace Mukasanga-Muela, Jane Themudo, Janet Adewole, Jenatie Ganesharajah, Josiah Dasilva, Keron Marques, Kevin Nobrega, Luna Ademaj, Magnific Yambuya, Mahalia McDowell, Maria Shotikare, Neriah-Jane Orafu, Olivier Stieber, Patrick McCormack, Rhianna White, Shanice Harris, Sianna Xavier Cruickshank, Sofija Gajauskaite, Thianna White, Thomas Masterton, Timothy Beckwith, Wiktorija Matejek

WellBeing Tip: Accept who you are

You are unique, don't compare yourself to other people.

Each person is on a different journey and following their own path.

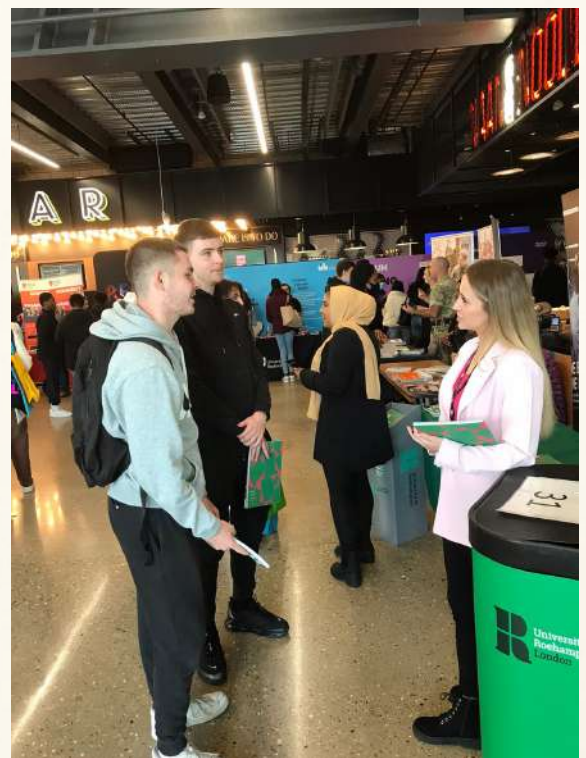
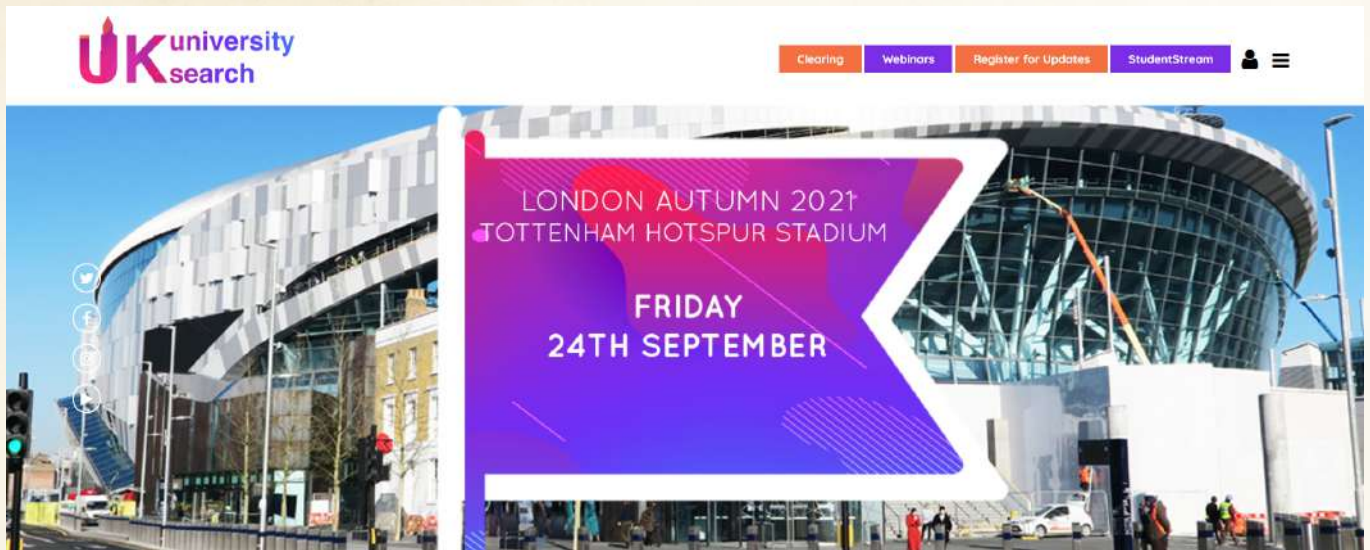
Learning app: Memrise

Learn and practice a language

YEAR 13

Students got to visit the UCAS fair held in Tottenham Hotspur Stadium this week. They had a great morning and enjoyed the freebies!

"Our Autumn London Fair is the perfect way for students to choose which university or apprenticeship is right for them... This exciting and informative event will provide attendees with the opportunity to speak to a multitude of exhibiting universities and apprenticeship providers."



GET TO KNOW

THE HOUSE SYSTEM

We have a House System at Holy Family with every student and member of staff allocated to a House. We have six Houses with each House named after a Christian Saint: Saint Anne, Saint Stephen, Saint Philomena, Saint Ignatius, Saint Richard and Saint Elizabeth.

Throughout the year, each House comes together for house assemblies, fundraising events and a House Celebration Day which includes a House Mass and celebration lunch. There are also several opportunities to compete with other Houses throughout the year including Sports Day and competitions in every subject as part of House Competition Fortnights.

The next House Competition Fortnight starts Monday 27th September. Look out for an update of results in next week's Family Matters.

May the best House win!

GET TO KNOW THE HOUSE SYSTEM

House Anne

House Leader:

Ms Parker

House Saint:

Saint Anne

Feast Day:

26th July

A

House Stephen

House Leader:

Ms Atakan

House Saint:

Saint Stephen

Feast Day:

26th December

S

House Philomena

House Leader:

Ms Scott

House Saint:

Saint Philomena

Feast Day:

11th August

P

House Ignatius

House Leader:

Mrs Henry

House Saint:

Saint Ignatius

Feast Day:

31st July

I

House Richard

House Leader:

Mrs Sherwin

House Saint:

Saint Richard

Feast Day:

16th June

R

House Elizabeth

House Leader:

Mr Wilbraham

House Saint:

Saint Elizabeth

Feast Day:

5th November

E



ST. PHILOMENA FEAST DAY



On Thursday 24th September St Philomena House came together to celebrate our Feast day.

The day started with a beautiful mass, we then joined together to enjoy lunch and finished it off with a visit from the ice-cream van.

Our students and staff always enjoy this day, it was a lovely way to start our year together!

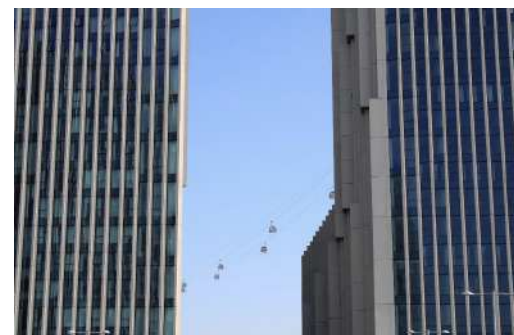
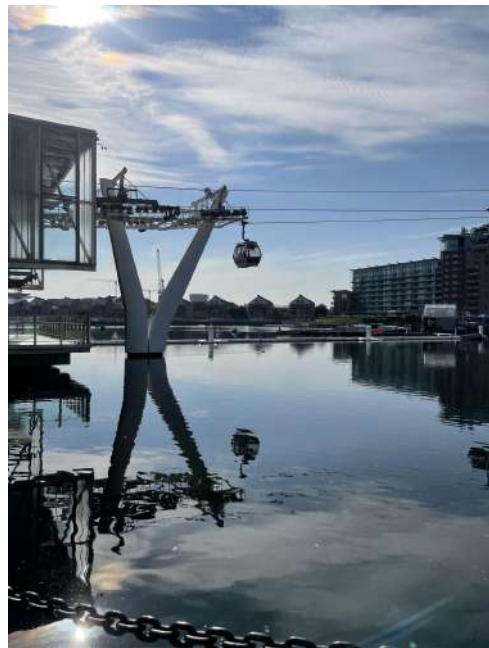
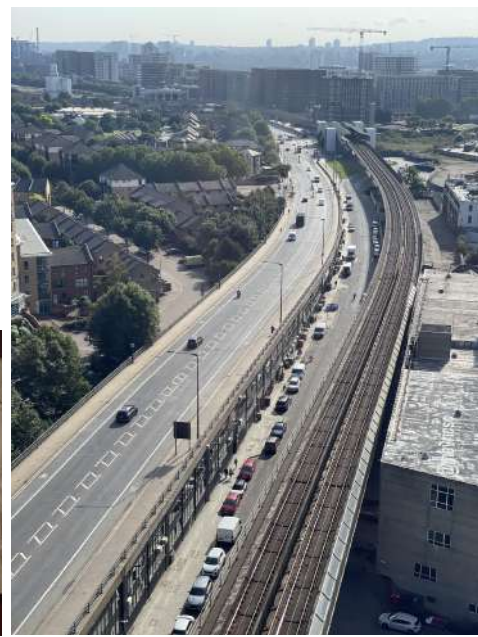


ART & PHOTOGRAPHY

Our year 12 and 13 Art & Photography students had a trip on Wednesday to the Whitechapel gallery to see the Yoko Ono and Surreal Phantoms exhibitions.

They also toured the street art in Brick Lane, visited the Truman Brewery and Spitalfields market and finally took the cable car over the Thames!

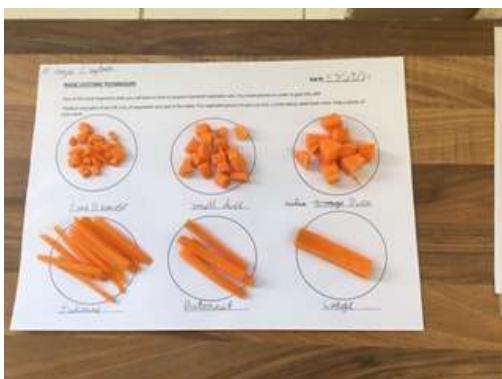
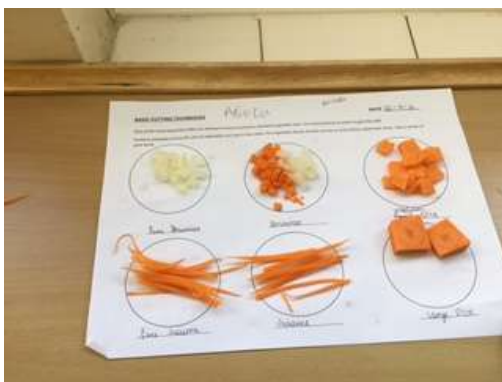
This was a valuable opportunity and important for their coursework.



Many thanks to Roshini, Sabisha, Luciann & Camron who shared their photos with us.

D&T ASSEMBLED

The kitchens are open! Our chefs have been whipping up the following delights: Year 8 – Garden focaccia & bread rolls, Year 9 – testing their basic vegetable cutting techniques, Year 10 – Autumn vegetable salad



MFL



**Neo V., Merril A., Williams B.,
Alisha I., Jemuel O., Luke P.,
Ruby N., Julianna V., Kyra F.,
Jack W., Nazarii Z., Alberta K.,
Beyoncy A., Eliezer Y., Patrick O.,
David B., Rejicka T., Amy S.,
Kofi A., Ryan V., Emmanuella A.**



**Yu Ruo C., Jane T., Aleesha L.,
Nyah T., Duncan R., Maria B.,
Jerrell B., Charlotte S.**



**Kelsey B., John Q., Jeremy O.,
George U., Kira B., Lyan W.,
Maria S., Alberta K., Melihia S.,
Gianina O., Kyran N., Lula K., Rory G.,
Beyoncy A., William S., Ryan V.**



**Maame A., Davina B-A.,
Nyah T.,**

EXTRA-CURRICULAR TIMETABLES

Year 7 EC Programme

Day	Lunch	After School
Monday	Games Club L18	STEM - DT
	History Club L07	
	Peace Club - Emmaus Room	
	Boys Basketball - Gym	
Tuesday	Games Club L18	Yr7 Basketball - Boys and Girls - Upper Gym
	Girls Football - Gym	Numeracy Club - L10
Wednesday	Games Club L18	Yr 7 Football team Boys and Girls - Lower Playground
	Ukulele Club - Music room	
	Girls Basketball - Gym	
	Games Club L18	
Thursday	The Big Sing - music room	Modulo Orchestra - music room
	Languages Cafe - L01	
	Junior Mathematics Challenge Club - L28	
	Games Club L18	
Friday	Chess Club - L22	Numeracy Club - L10
	Anime Club - L28	

Year 8 EC Programme

Day	Lunch	After School
Monday	Games Club L18	Netball - Lower Playground
	History Club L07	Football - Upper Site Playground
	Peace Club - Emmaus Room	Numeracy Club - L10
	Girls Football - Gym	
Tuesday	Games Club L18	Numeracy Club - L10
	Games Club L18	Coding/ Robotics - L21
Wednesday	Ukulele Club - Music room	Numeracy Club - L10
	Boys Basketball - Gym	
	Languages Cafe - L01	
	Games Club L18	
Thursday	The Big Sing - Music Room	Modulo Orchestra
	Junior Mathematics Challenge Club - L28	
	Games Club L18	
	Girls Basketball - Gym	
Friday	Chess Club - L22	Numeracy Club - L10
	Anime Club - L28	

Year 9 EC Programme

Day	Lunch	After School
Monday	Ukulele Orchestra - U35	Netball - Upper Site
	Basketball (boys and Girls)	
	Justice & Peace Club - Chapel	
	Fitness Room	
Tuesday	Languages café (week 2 only) U31	Kick Boxing (Week 2 only)
Wednesday	Anime Club - U40	
	Chess Club - U07	
	Badminton	
	Music Technology - Music Room	
Thursday	Rowing Club	Science STEM Club -U17

Year 10 EC Programme

Day	Lunch	After School
Monday	Ukulele Orchestra - U35	Netball - Upper Site
	Justice & Peace Club - Chapel	
	Film Club - U36	
	Languages Café - U31 (week 2 only)	
Tuesday	Fitness Room	Science STEM Club -U17
	Anime Club - U40	
Wednesday	Chess Club - U07	
	Badminton	
	Music Technology - Music Room	
	Rowing Club	
Thursday		Diversity & Inclusion Club - U01
Friday		Languages Café - U31 (week 1 only)

Year 11 EC Programme

Day	Lunch	After School
Monday	Ukulele Orchestra - U35	Life drawing - Room 1bc (contact JAS)
Tuesday	Justice & Peace Club - Chapel	
	Film Club - U36	Netball - Upper Site
Wednesday	Basketball	Science STEM Club -U17
	Anime Club - U40	Debate Club - LRC Upper Site
Thursday	Badminton	Modulo Orchestra - Lower music room
	Fitness Room	Football (Teams training)
	Chess Club - U07	
	Music Technology - Music Room	Dungeons and Dragons - U07
Friday	Football	
	Rowing Club	

Timetables are available on the Pupil Portal.

PE EXTRA-CURRICULAR TIMETABLE

	Walthamstow Site		Wiseman Site	
	LUNCH 1.25pm-2pm	AFTER SCHOOL 3.20pm-4.30pm	LUNCH 1.25pm-2pm	AFTER SCHOOL 3.20pm-4.30pm
Mon	Yr 7 Boys Basketball GRE	Yr 7/8 Netball - COE/PAK All yrs Gymnastics WIM	Yr 9 Basketball LAD/LIK	Yr 8 Football (girls and boys) LIK. (Wiseman Site)
Tues	Yr 7/8 Girls Football PAK	Yr 7 Basketball - WIR (Wiseman Site)	YR 9 FITNESS - WIR Yr 10 Basketball - WIM	Yr 9/10/11 Netball (WIM, PAK, COE)
Wed	Yr 7 Girls Basketball COE	Tramp - Week 1 Yr 8, Week 2, Yr 9. Yr 7 Mixed Football GRE	YR 10 FITNESS - WIR Yr11 Basketball - WIM/LIK	Yr 9 Kick Boxing (Week 2) - HUA
Thurs	Yr 8 Boys Basketball LAD	Yr 7 - Multi Sport activites (PAK)	All Yrs Badminton - LIK/PAK YR 11 FITNESS - WIR	Yr 10/11 Football- LIK Yr 9 Kick Boxing (Week 1) - HUA
Fri	Yr 8 Girls Basketball LAD	Staff training	Yr 11 Football - LIK Rowing (Coach)	Staff Training

All clubs start from Monday 13th September.

Please see your PE teacher for further club information.



History Club



Do you like history?



Could **you** solve a medieval murder?



Come to **L07** during **Monday lunchtimes** to investigate the crime scene and catch the killer

Speak to Ms Parker or Ms Alderson to secure your place

Google Classroom code: 4uit2lr

Anime Club



Activities:

- Watching anime
- Discussing anime
- Learning to draw anime
- Creating anime art
- Games

When: Thursday lunchtimes

Where: U40 (the History classroom)

Speak to Ms Parker for more details

EXPRESS YOURSELF

POETRY
CLUB

THURSDAY LUNCHTIMES
IN THE LRC
ON BOTH SITES





Young Leaders FREE activities

with award winning Leaders.....because COMMUNITY matters
Improve your health...wellbeing....confidence

Every Monday from 13 September
2021

4.30-5.30pm	Leadership/Drama
5.00-6.00pm	Street Dance

Street Dance & Drama Leadership activities
Available free of charge till July 2021
No costs involved

To register your interest please call
Leaders Community -07831 224510
leadersacademyenquiries@gmail.com

GET FIT...HAVE FUN...MAKE FRIENDS

Open to ages 11-15 years
All abilities are welcome-staff are DBS Certified
Covid-19 safety measures in place

VENUE: Paradox Centre 3 Ching Way Chingford
E48YD

Instagram: leaderscommunity_
Snapchat/Twitter: leaders2k16
Facebook: Leaderscommunityest2016



Phone : 07831 224510

Email : leadersacademyenquiries@gmail.com

Website : www.leaderscommunity.org