

# FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL  
NEWSLETTER



**Issue 31**  
**Friday 27th May 2022**

*Meet our new Senior Prefect Team*



@HFCSWaltham

[www.holyfamily.waltham.sch.uk](http://www.holyfamily.waltham.sch.uk)

@HFCSWaltham



## **The Feast of the Ascension**

My assembly this week was about the Feast of the Ascension commemorating when Jesus was taken up into heaven. I spoke about how Jesus is seated at the right hand of the Father to intercede for us, that He has not left us alone here on earth but is always present with us and how there is the promise that Christ will one day come again. This can all seem quite perplexing to us when we think about it but the key thing to remember is that Jesus is there for us on our journey through life.

## **PE Kit**

I've written earlier this week to all parents/carers to say we have taken the decision that we will revert to what always used to happen in the school and that students come to school every day in full uniform and then bring their kit so they can change for PE lessons. There are a number of reasons for making this change, not least that we want things to be back to normal in the school. Unfortunately we have seen an increasing number of students arriving for their PE lessons in PE kit that is not the proper Holy Family PE kit. The fact that they then attend their other lessons wearing this incorrect kit does not look good and causes unnecessary conflict. We are aware that changing in school will be a new experience for many students and will make sure that they learn these new routines effectively.

We wear smart uniform because it is about pride in the school, looking professional and because it means that students are clear about what they need to wear and that makes life easier for everyone. As you know, we do not permit jewelry - this includes bracelets and necklaces/pendants. There are a number of reasons for this, including the fact that we are not responsible for items going missing. We do not permit phones in the school. I know not every parent agrees with this but I can assure you that there would be more problems if we changed this policy.

Students then from Monday 6th June MUST be wearing their correct full uniform. No jewelry, no hooded tops, no hats, headgear or other items. We have no patience for stories of bad hair 'oh I need to wear a hat because I've got bad hair today'. It's not a reason to deviate from the uniform code. We are here to prepare students for life beyond the school too and making sure that they understand what will be the expectations of their employers is most important.

Students not wearing the correct uniform will be sent home to change next week. Students not bringing the correct PE kit will face sanctions for this. I'm determined to ensure that the standards we set are high and I thank you for your co-operation.



### Social media

There is something else with which I need your support and that is social media. It is the bane of our lives and the source of many issues in school. We need your help to monitor what your son/daughter posts on social media. There is too much negative material, or material that is designed to upset or hurt another young person. Clearly this is totally inappropriate and then issues come into school. *But they are not really school issues.* I put that into italics because it is our job to educate your son/daughter, to teach them well and to make sure that they learn. Along the way we try to give them the right values, supporting you in your role as parents. Too much of our time is spent dealing with conflicts between students, much of which originates on social media. The old saying 'if you have nothing good to say, say nothing' applies particularly well in this regard. If you don't know what your son/daughter is up to on social media then you need to try to make sure that you do know. We know from experience that some parents are shocked and horrified at what their son/daughter is posting.

### Work experience for Yr 10

Students are booking their placements and they are looking forward to the work experience fortnight. If you have any questions or difficulties please let Mr Fidegnon know as he leads on all our careers work in school.

### Year 13 Leavers' Mass

Friday afternoon saw us at Mass at OLSG Parish Church for our Yr 13 Leavers' Mass. Our thanks to Fr Niall for celebrating Mass for us. It was good to see how Yr 13 have grown and developed, physically, intellectually, emotionally and, I hope, spiritually. It was my last Yr 13 Leavers' Mass too - my 15th in fact and so was both a happy and a sad occasion for me as well. Everyone enjoyed the BBQ afterwards and they are acquitting themselves well in their exams.

### 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.

### Return to school

We come back to school on **Monday 6th June (week 1)** at the usual time. And remember, full uniform, and everyone must bring their PE kit to change into in school on the days that they have PE.

Have a good week off.

Please continue to remember us in your prayers.

Dr Andy Stone,  
Headteacher



# Do you have any uniform to donate?

## Spring cleaning over half-term?

### UNIFORM DONATIONS

We are asking for donations of our current school uniform which your child may no longer need or have outgrown that is still in good and wearable condition. This can range from the list below:

#### Years 7 & 8

Blazer



Trousers



School Tie



GIRLS  
RED CHECKED KILT  
or  
SCHOOL BRANDED  
TROUSERS

#### Years 9, 10 & 11

Blazer



Trousers



School Tie



GIRLS  
BACK KILT  
or  
SCHOOL BRANDED  
TROUSERS

#### PE Kit



PLEASE DROP ANY DONATIONS TO EITHER  
SCHOOL OFFICE



# WELLBEING

## Sport



"If you are able to, finding a sport that's right for you can be a great way to get fresh air, keep fit or meet new people.

Playing sport can also help you sleep better, take your mind off any stress or anxiety, and release endorphins to improve your mood.

You might find the idea a bit scary, and that's perfectly okay – it's normal not to be very 'good' at first! The important thing is not to put too much pressure on yourself."



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



**Anna Freud**  
National Centre for  
Children and Families





# SENIOR PREFECT TEAM 2022/2023



It was a very enjoyable experience to meet the candidates to be Head Girl and Head Boy and a particularly high quality field this year. I'm pleased to circulate the senior prefect team as per the list below.

Please congratulate them - they are brimming with ideas and want to give back to the school community.

## **Senior Prefects:**

Connor S., Vince T., Jack K., Michael L., Ethan H.,  
Carney H., Maeve Anne L., Anika M., Tara I-D., Arianna K.,  
Wiktorina S., Ngaio K., Shenyce A., Micaela M., Blessing B.,  
Danika W., Princess A., Arnold C., Leona P.



# SENIOR PREFECT TEAM 2022/2023



**Head Girl:** Shanee O'G.  
**Head Boy:** Joshua H.



**Deputy Head Girl:** Vira V.  
**Deputy Head Boy:** Vicente V.



Thanks to Mrs Wilbraham for organising the process which was rigorous and a good experience for them all.



# YEAR 10

## Work Experience Notices

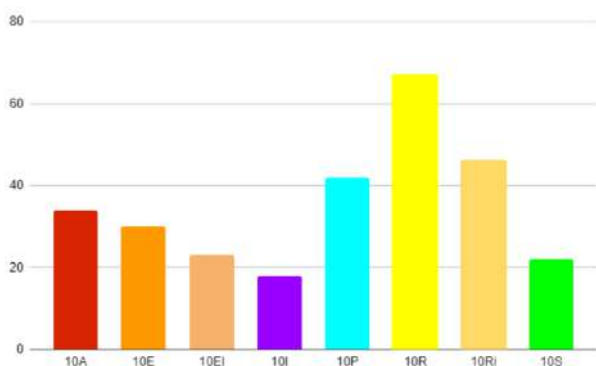
The BEP work experience platform goes live on 16th May and closes during half term 30th May. The selection of jobs will need to be made by 27th May. Once the £30 fee, please collect your BEP pin from Mrs Pike.

## PE Uniform

From **Monday 6th June**, please make sure you bring your PE kit with you. You must not attend school in your PE uniform.

**Continue to check Google Classrooms for notices**

Thomas M., Zackary R., Nathan C. and Patrick McC.. The boys had to come up with a fundraising idea to raise money for charity as part of their Confirmation program at St Patrick's. Nathan came up with the great idea of a sponsored paddle and today (accompanied by 2 friends) they took on the physically challenging 17.5km Limehouse Loop! They completed it in around 6 hours and have raised in excess of £500.



## Interform STARS

**Over 285 stars have been awarded this half term!**

**Keep up the good work year 10!**

**Wellbeing Tip:** focus on how your actions make a difference for others.



# YEAR 11

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

Take some time to rest over the half term break

Mr Freeman and Ms Nordon

**Well done for completing your second week of exams**

Take some time to rest and refocus your revision timetables to include your next set of exams.

Make sure you pack all your equipment:

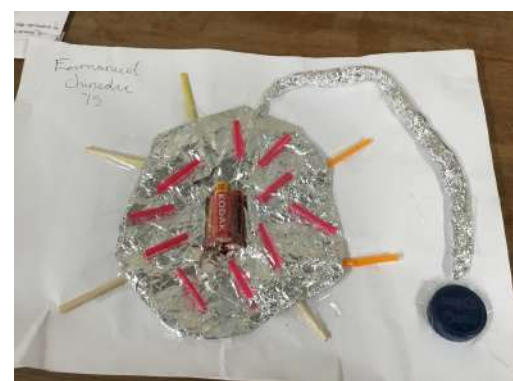
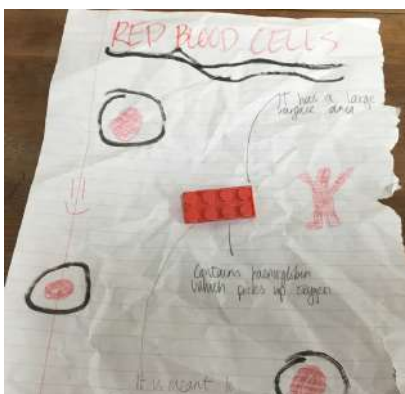
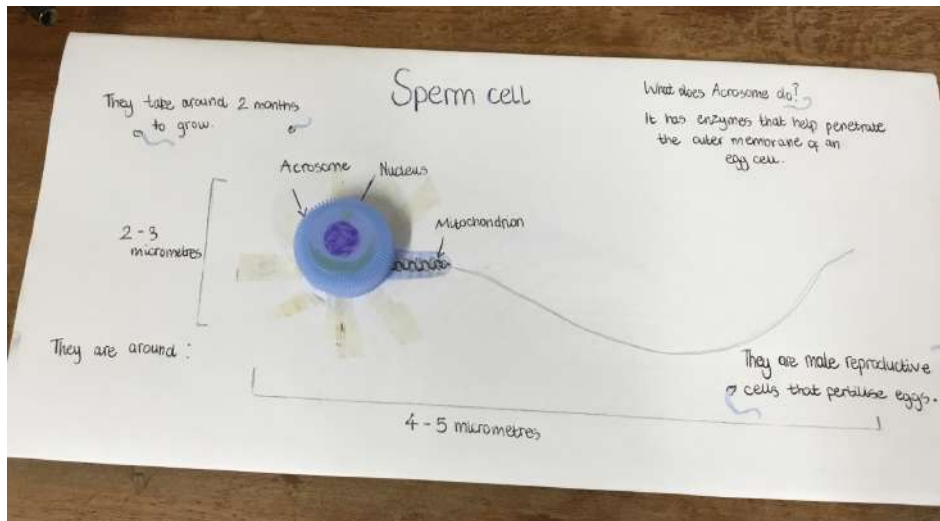
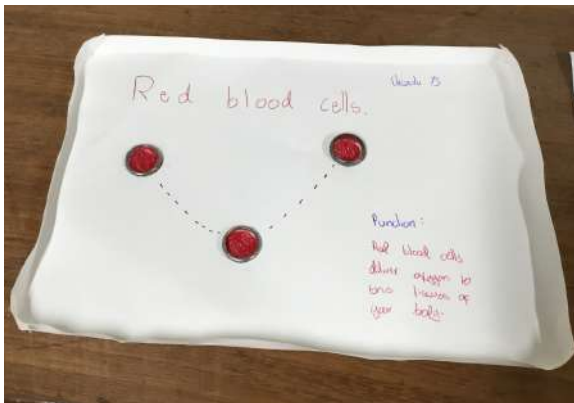
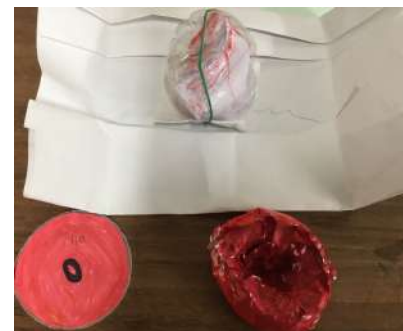
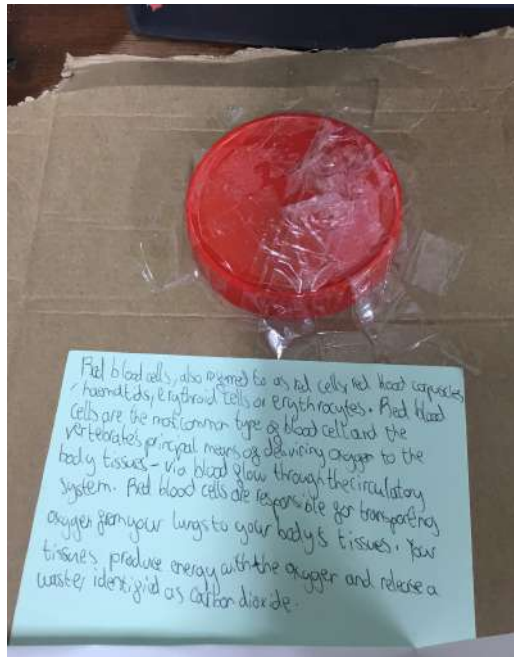
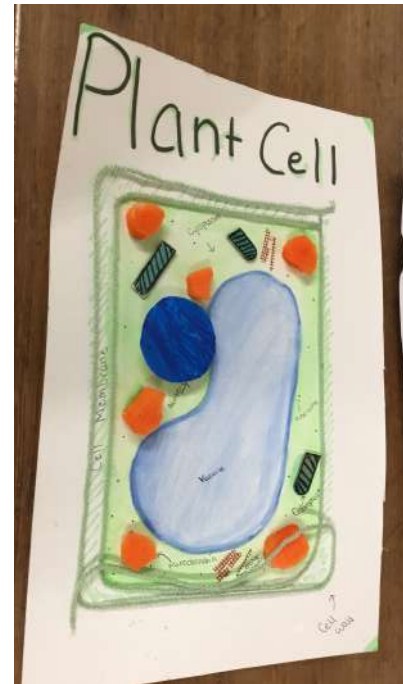
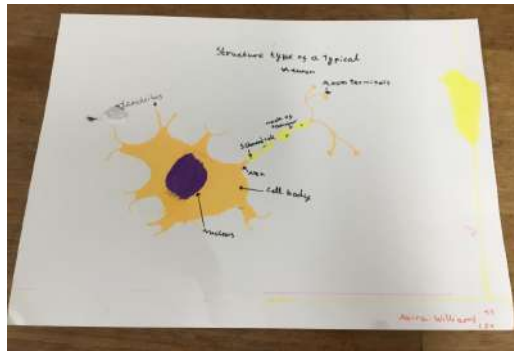
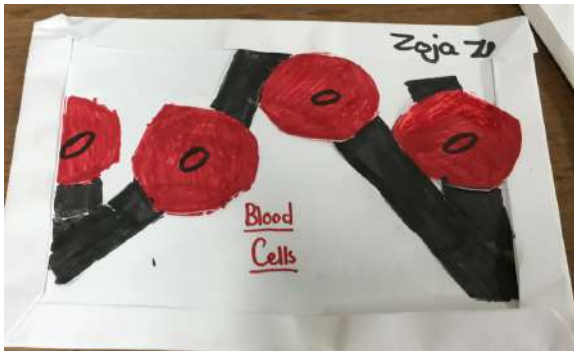
2x Black pens – not erasable pens,  
Ruler, Scientific Calculator, Pencils, Rubber,  
Sharpener, Highlighters,  
Transparent water bottle with no writing or labels,  
Tissues

**No mobile phones or watches.**

Monday 6th June	No exams
Tuesday 7th	9am: Maths Paper Two: <b>Calculator</b> 2pm: Geography Paper Two
Wednesday 8th	9am: English Literature Paper Two 2pm: RE: Catholic Christianity
Thursday 9th	9am: History: Weimar and Nazi Germany 2pm: Triple Science Physics Paper One Combined Science Physics Paper One
Friday 10th	9am: English Language Paper Two 2pm: Sociology Paper Two

# SCIENCE

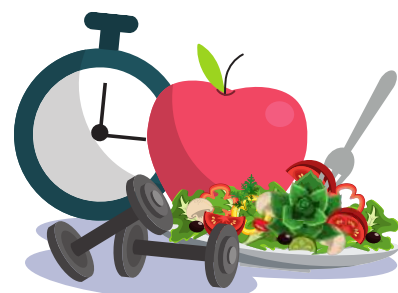
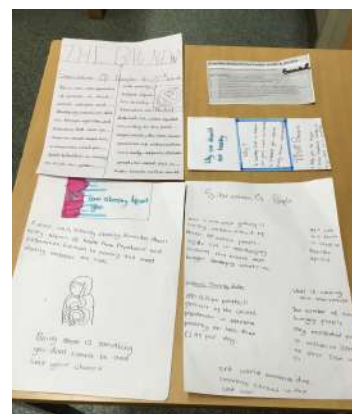
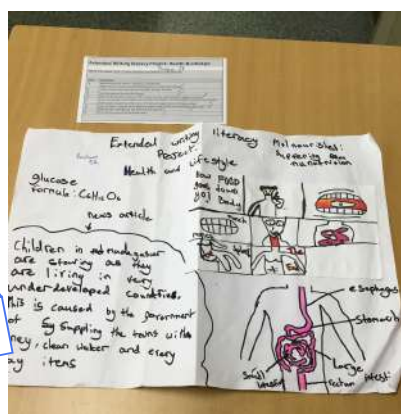
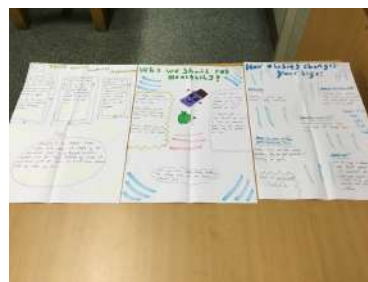
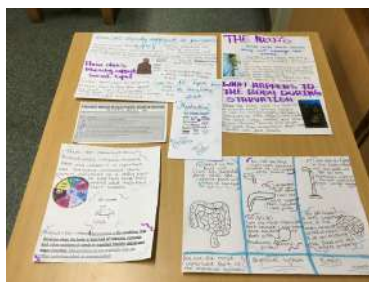
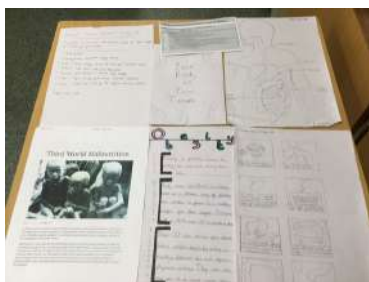
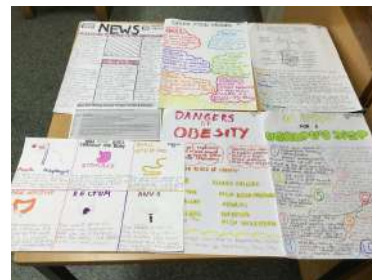
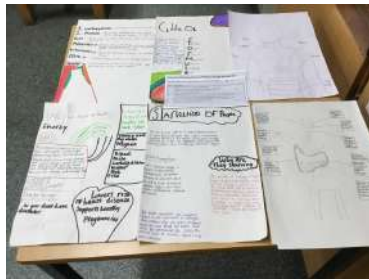
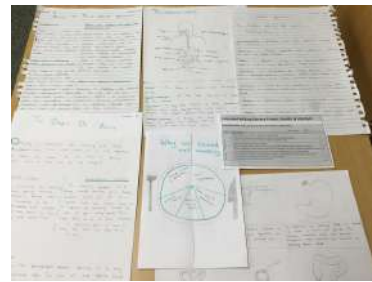
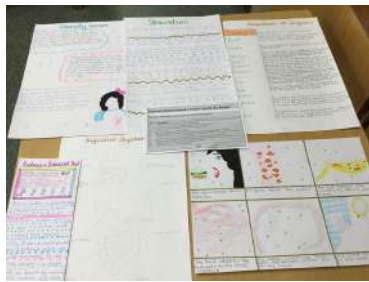
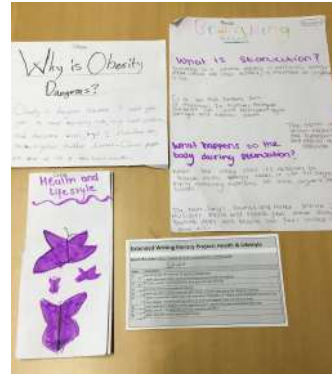
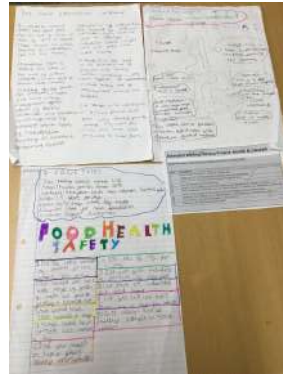
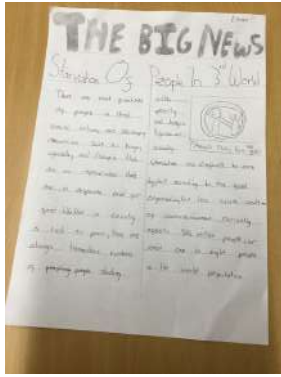
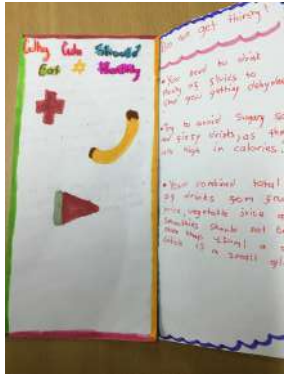
7S have been getting creative to show us Models of Specialised Cells





# SCIENCE

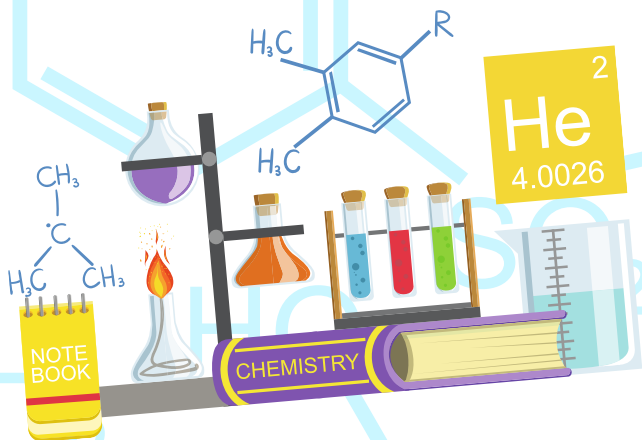
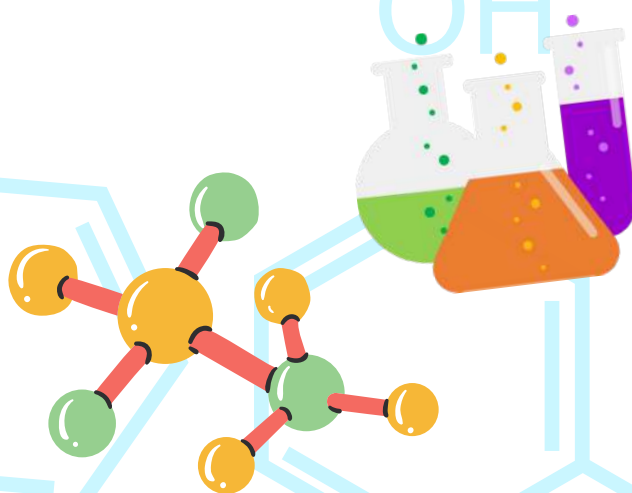
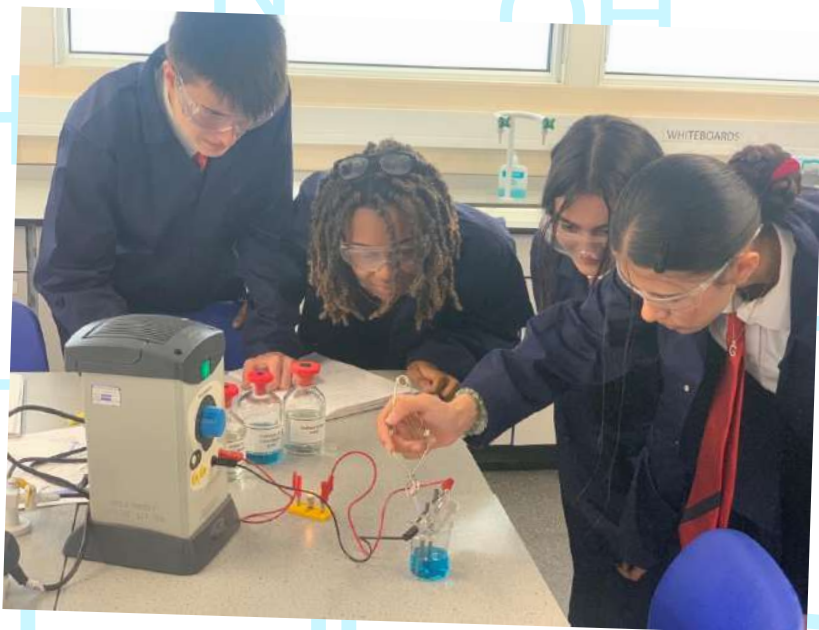
8R have been incredibly busy on their  
Extended Writing Project-Health and  
Lifestyle





# SCIENCE

**Year 10 Chemistry performing  
an electrolysis practical.  
The students were separating  
ionic compounds in aqueous  
solution.**

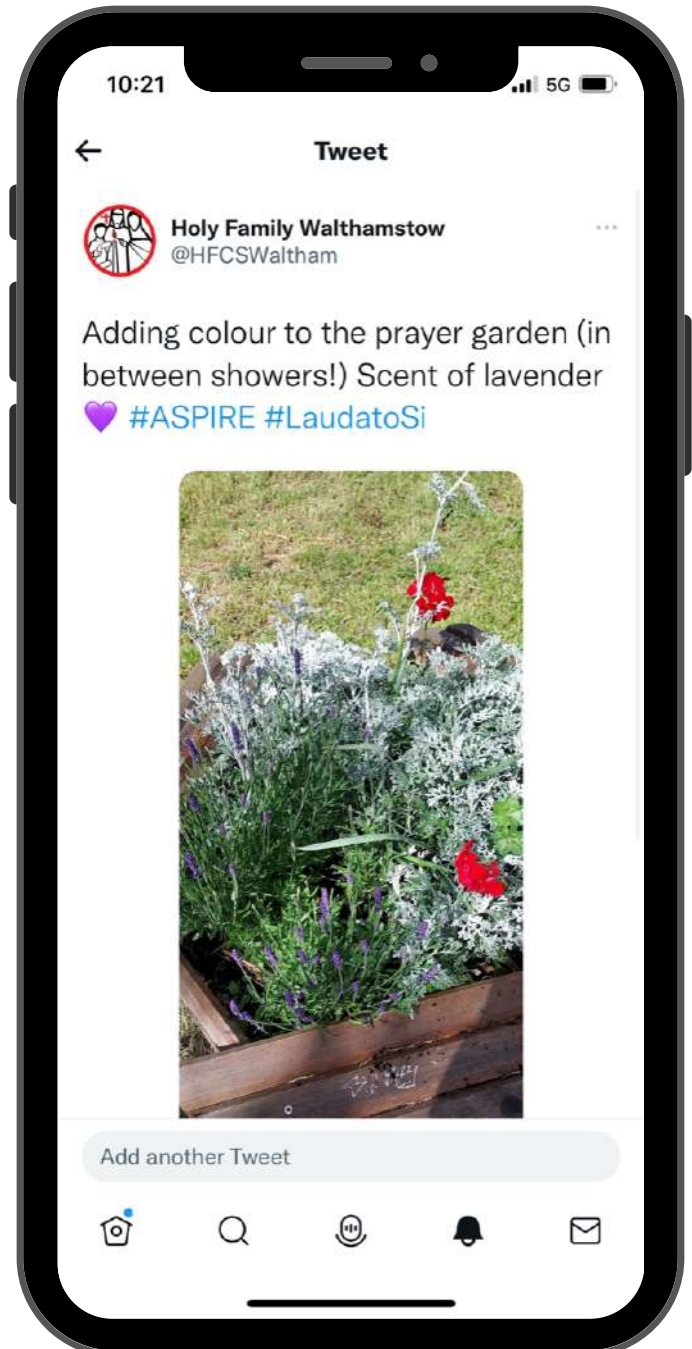
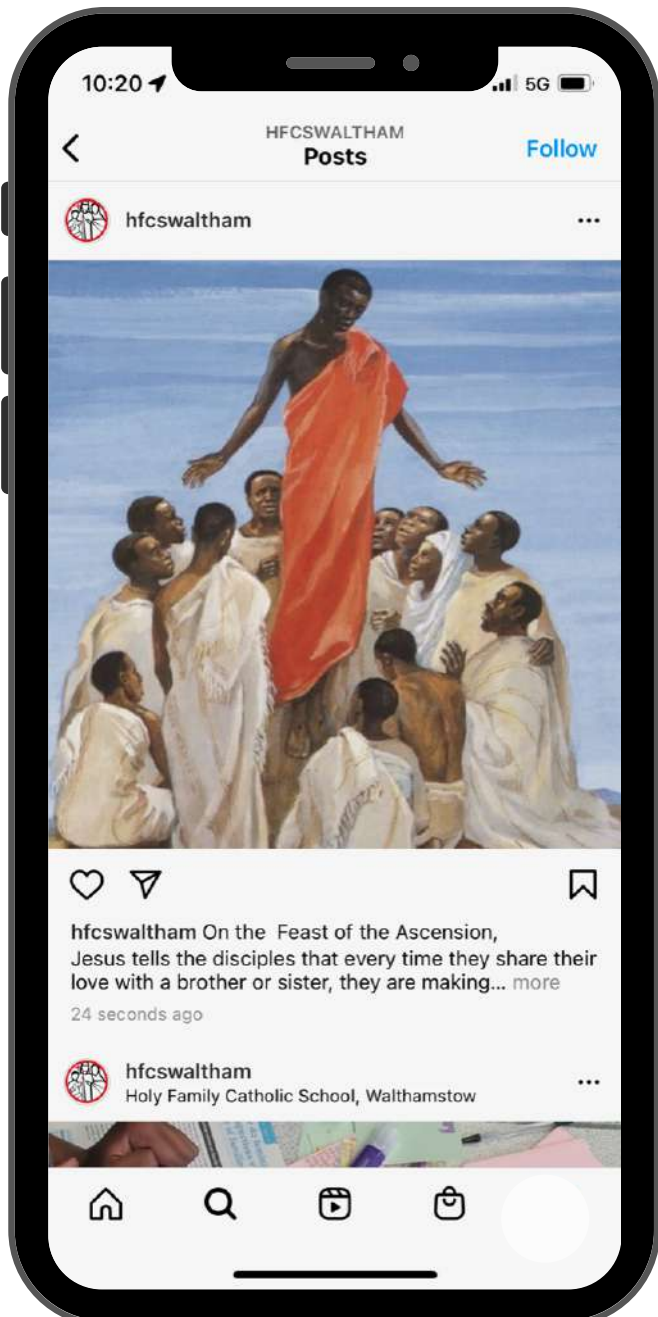




# SOCIAL MEDIA CATCHUP



**@HFCSWALTHAM**



**@HFCSWALTHAM**

# Chaplaincy Corner

## The Queen's Platinum Jubilee 2022

The Platinum Jubilee of Her Majesty Queen Elizabeth II is being celebrated with a 4-day UK bank holiday weekend from Thursday 2 – Sunday 5 June and throughout the Commonwealth, to mark the 70th anniversary of her accession to the throne on 6 February 1952.



The following prayer has been written for the Bishops' Conference of England and Wales and will be said at all Sunday Masses on 4-5 June.

*Almighty God, we pray,  
that your servant Elizabeth, our Queen,  
who, by your providence has received the governance of this realm,  
may continue to grow in every virtue,  
that, imbued with your heavenly grace,  
she may be preserved from all that is harmful and evil  
and, being blessed with your favour  
may, with the royal family,  
come at last into your presence,  
through Christ who is the way, the truth and the life  
and who lives and reigns with you  
in the unity of the Holy Spirit,  
one God, for ever and ever.  
Amen*

## Year 13 Leavers Mass

Our Year 13 will gather at Our Lady & St George for the last time this coming Friday. Although it's sad to see them leave school, it's always a lovely celebration of their time at Holy Family and an opportunity to wish them every success as they continue their journey.



*Lord, bless the passages and the transitions  
that happen in our lives.  
And if these changes in life cause us pain, guide  
us to healing and deeper understanding.  
May we let go with courage.  
We ask this through Christ our Lord.  
Amen*



# Chaplaincy Corner

## Pentecost

Ten days after the Ascension we have Pentecost (Sunday 5 June).

Pentecost occurs 50 days after the death and resurrection of Jesus, and ten days after his ascension into heaven. He made a promise to his disciples that he would not abandon them, and they were to carry on his work. He would continue to work through them and their successors but in a new way, through the Holy Spirit.

Pentecost is the celebration of the person of the Holy Spirit coming upon the disciples, Mary, and the first followers of Jesus. The Holy Spirit gave the disciples the other gifts and fruits necessary to go out and preach the Gospel to all nations.

words

**Lord Jesus, you became man and came to live among us.  
For love of us, you suffered and died for us.  
Because you are God, you conquered death and rose on the third  
day.  
Today you return to your Father and our Father,  
But you promised to remain with us till the end of time,  
And to send us the Holy Spirit.  
We rejoice and thank you, Lord Jesus.  
Come Holy Spirit, purify and transform us,  
Kindle within us the fire of your love.  
Amen**

**We pray also for the students of Holy Family  
who will be receiving the Sacrament of  
Confirmation on the Feast of Pentecost.**



**Laudato Si Commitments - "*Stop buying bottled water*"** – bottled water is no better than tap water – it just costs more and creates plastic waste.

*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 4PM FOR PIZZA, FOLLOWED  
BY SPEAKERS, WORKSHOPS, PRAYER AND  
REFLECTION, MUSIC AND MUCH MORE!

YOUTH MASS WILL BEGIN IN THE CATHEDRAL  
FROM 7.30PM. 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

2ND - 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 WWW.BCYS.NET/EVENTS

## LENT RETREAT

2ND - 3RD APRIL  
HALLSINGHAM HOUSE

GET A CHANGE OF SCENERY AND A FRESH  
PERSPECTIVE AT HALLSINGHAM HOUSE AT  
ABBOTSWICK THIS LENT FOR TIMES OF PRAYER,  
SOCIALISING AND ACTIVITIES, BUT MOSTLY TO  
REFLECT, ALONGSIDE FRIENDS AND THE  
HALLSINGHAM 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 HIGHES, 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, HALLSINGHAM 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 JOURNEYS.

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



GET TALKING ABOUT EPILEPSY

## National Epilepsy Awareness Week (23-29th of May)

### What is epilepsy?

Epilepsy is a central nervous system (neurological) disorder that produces abnormal signals in the brain that result in seizures.

These electrical bursts in the brain that cause seizures can result in symptoms such as:

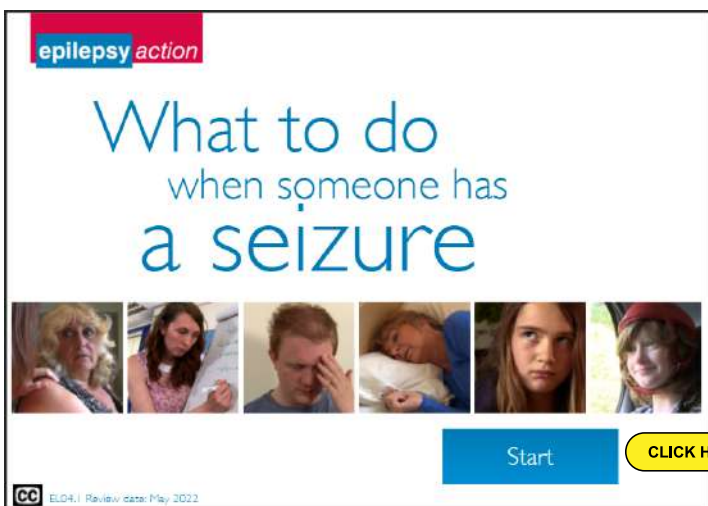
- Jerking and/or shaking (sometimes called a 'fit')
- collapsing
- becoming stiff
- losing awareness and staring blankly into space
- strange sensations for example, rising feeling in tummy, change in taste/smell, tingling in arms and/or legs

Epilepsy can start at any age, but usually start in childhood or over the age of 60.

### According to [Epilepsy Action](#):

Electrical activity is happening in our brain all the time, as networks of tiny brain cells send messages to each other. These messages control all our thoughts, movements, senses and body functions. A seizure happens when there is a sudden, intense burst of electrical activity in the brain, which causes the messages between cells to get mixed up. The result is an epileptic seizure.

### What to do when someone has a seizure?



The screenshot shows the top of a webpage with the 'epilepsy action' logo in the top left. The main heading is 'What to do when someone has a seizure' in blue text. Below the heading is a row of six small images showing people in various states: a woman looking distressed, a woman holding a child, a man holding his head, a person sleeping, a woman looking forward, and a person with a headband. At the bottom of the page, there is a blue 'Start' button and a yellow 'CLICK HERE' button with a cursor icon.





## 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](mailto: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 <sup>th</sup> June 10:00 – 11:00 am	Virtual
Autism	Tuesday 24 <sup>th</sup> May 12:00-1:00 pm Tuesday 5 <sup>th</sup> July 12:00-1:00 pm	Virtual
Links to all virtual sessions will be sent via email prior to the session		

# POETRY CLUB

## Life

by Nyah T.

Being young, being old,  
The start of a journey, and behold,  
The end of an era, yet the story is untold.  
From baby, toddler, grown.  
We grow up so fast, yet unprepared for this unruly world.  
Unprepared, I say. Yes. Indeed unprepared.

Thrown out into the open. We now awoken.  
Awake to the new sounds, smells, sights.  
It feels the same, yet its presence is intimidating.  
The wide world. The working world. The adult world.  
It's all so new however, it's always been there.

## Heartbreak

by Claude-Andre N'H

If I treated you so right, why did we argue by night  
If you lifted me up, how could you let me down  
If I gave you joy, why give me suffering  
If I gave you care, why were you so unfair  
I gave you my heart and you made it break  
Now I think this was all a mistake

## Woman

by Samira A-P

Woman, woman, woman  
What is the meaning of woman?  
What does it mean?  
Does it mean being a mother, a daughter, a sister, a girl, or feminist?  
What makes a woman a woman?  
Is it the way their body are made?  
Is it the tone of their voices?  
Is it the way they act?  
None of this makes you a woman!



# POETRY CLUB

## Rubik's Cube by John V.

The cube of all cubes,  
I want it done now but might do it soon.  
20 pieces, 1 core,  
Oh, I don't want to do this anymore!

Keep on and on, united as one,  
we shall not stop until this is done!  
We practice and practice we solve,  
we keep going as this world revolves.

In da sky  
I don't know why  
Water vapour floats  
Like seas with boats

Fluffy and untouchable  
Sometimes nonvisible  
What shape comes next  
Waiting and watching making me vexed

There are different styles  
On the internet in different files  
One makes water fall  
The other creates storage free for all

The kingdom of gold  
May you flourish with life  
Let live the good people  
Free them of their strife

The sacrifice of a god  
The banishment of all suffering  
Let live the dark knight  
If it allows for recovering

Within the stronghold  
The light inside him stirs  
Calling out to the night  
A ritual concurs

Within the night  
The cataclysm molds  
Hollowed out to the bone  
The kingdom untold

## Kingdom Untold by Patrick McC.

by Maria S.  
**CLOUD**

# LRC

## Recommendations

Nobody wants Tulip in their group.  
She skives off school, cheeks the teachers and makes herself unpopular with her classmates by telling awful lies.

None of this matters to Natalie who finds Tulip exciting. At first, she doesn't care that other people are upset and unnerved by Tulip's bizarre games, but as the games become increasingly sinister and dangerous, Natalie realises that Tulip is going too far, much too far, racing, in fact, to the novel's shocking ending

The  
Tulip Touch  
by  
Anne Fine





# WALK TO SCHOOL WEEK COMPETITION

CHECK THE NEXT  
PAGE TO SEE  
WHERE YOUR  
POSTERS  
COULD BE  
DISPLAYED!

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

EMAIL YOUR ENTERIES TO:

MRS.FARRUGIA@HOLYFAMILYCATHOLICSCHOOL.CO.UK

# #Try20 Design Competition

Graphic designer?  
Care about the environment?  
Your work displayed to thousands?

**lbwalthamforest**  
1,743 posts 10.9k followers 737 following  
Waltham Forest Council  
Government organization  
Official Instagram for Waltham Forest Council.  
020 8496 3000  
linktr.ee/lbwalthamforest



**Waltham Forest Council**  
33.8K Followers  
FREE SUMMER  
FUN STARTS HERE  
Waltham Forest

**Waltham Forest Council**  
News, events & service updates from Waltham Forest. Monitored Mon-Fri 9am-5pm.  
Report neighbourhood issues @WFTTweets Connect us at social.hq@wftf  
Waltham Forest, London, UK · Joined August 2008  
1,647 Following 21.2K Followers

May is National Walking Month! Create a poster that encourages families to walk more (just 20 minutes a day #Try20), and have your design displayed across the borough to thousands of residents!



# #Try20 Design Competition

<p>The Sustainable Transport Team at Waltham Forest Council is giving Year 7 to 13 students the chance to have their design work promoted on the Council's website, social media platforms and Digital Kiosks in busy locations across the borough.</p>	<p><b>Background:</b> the Council's Sustainable Transport Team is responsible for encouraging residents to make more sustainable travel choices including walking, wheeling &amp; cycling</p> <p><b>Objective:</b> to encourage people to walk instead of using motor-vehicles.</p>
<p>Thousands of people will see your work - raising your profile and boosting your portfolio!</p>	<p><b>Target group:</b> families</p> <p><b>Tone:</b> positive, supportive, inspirational, uplifting, happy.</p>
<p><b>Messaging ideas:</b></p> <p><b>Sustainable</b> Walking is a zero-carbon mode of transport</p> <p><b>Healthy</b> Walking just 20 minutes every day can help prevent chronic conditions such as heart disease</p>	<p><b>Easy</b> Walking is an easy way to get exercise, especially for people who usually put off exercise because of work and family commitments</p> <p><b>Feel-good</b> Walking boosts feel good chemicals, lowers anxiety &amp; promotes mindfulness</p> <p><b>Inclusive</b> Walking is free, requires no special equipment &amp; isn't sweaty, so you don't need a wash after!</p>

To apply, submit your design in A3 poster format attached as a PDF to [roadsafety@walthamforest.gov.uk](mailto:roadsafety@walthamforest.gov.uk) with your name, school and year group no later than **FRIDAY 27th MAY 2022**





# 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
<b>Peterhouse E17 3PW</b>   17:00-19.00 Age 5-15	<b>Leyton Sports Ground E10 6RJ</b>   17.00-19.00 Age 5-15	<b>Walthamstow Leisure Centre E17 8RN</b>   17:00 - 19:00 Age 5-15	<b>Walthamstow School for Girls E17 9RZ</b>   17.30-19.30 Age 5-15
<b>ONLINE</b>  17:30 - 18:30 Age 5 - 8 		<b>ONLINE</b>  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](https://beezebodies.com/families)



# SCHOOL POETRY COMPETITION

## EXPRESS YOURSELF

Closing date: 20th June

Open to year groups 7-10

One entry per person

£10 Westfield voucher prize for winners from each year group

EMAIL ENTRIES TO:

MRS.LLOYD@HOLYFAMILYCATHOLICSCHOOL.CO.UK

Make sure you include your name & year group



CLICK HERE

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](http://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 DAY

CELEBRATION DAY

Writing Competition

Download entry pack Submit entries How to enter Who may enter Prizes

Inspiring young people to thank those that went before.  
Deadline: Tuesday 21 June 2022

Let's take a moment to stop and remember those who came before us. Those who have made an impact on the people we love.

The Celebration Day Writing Competition will inspire a new generation of young people to connect with the values people they know and pay tribute to the lives of those who made a positive impact on theirs.

Your story of an inspiring person in history could be read out by Lesley Jones! Each winning poem and the winning teacher will also receive a £100 Amazon voucher, an iPad, £100 Amazon voucher for their school - and may be invited to take part in media opportunities!

The free competition for UK schools is run by The Day in support of Celebration Day on 20 June, the first Sunday after the summer solstice. On this day people will come together to remember the generations of individuals who created our society, celebrate the joy and inspiration they brought to the world and say thank you.

How to enter  
We are now open for entries!

We want you to find the oldest person you know and interview them about the person who inspired them the most in their childhood. This person could be anyone - a neighbour, a friend, a teacher, a grandparent or perhaps even a great-grandparent.

You should use your interview to tell the story of this inspiring person, what their life was like and how they influenced your interview. Your entry must be:

- Written in English
- A maximum of 250 words for primary school pupils, or a maximum of 300 words for secondary school students and teachers
- Interesting, original, entertaining and memorable
- Saved in Word or as a PDF
- Given to your teacher along with the optional media consent form signed by a parent/guardian in advance of the deadline Tuesday 21 June

Click here for full terms and conditions, and competition rules.

Use the interview prompts and writing tips in the [entry packs](#) to get started!

We are asking teachers to collect and submit entries online on behalf of their pupils, where possible. [Click here](#) to register on our Award Portal and submit your entries before the deadline of **Tuesday 21 June**. It's simple and quick!

If you have any queries please email [celebrationday@theday.co.uk](mailto:celebrationday@theday.co.uk)

Who may enter  
The competition is open to all UK school children aged 5 to 18 and you must enter one of the five age categories based on your age at the time of entry. There is also a category for teachers!

- Age 5-7
- Age 8-10
- Age 11-13
- Age 14-16
- Age 17-18
- Teachers

Each person can submit one entry for the competition. We are asking teachers/guardians to collect and submit entries online on behalf of their pupils, if possible.

Prizes  
There will be one winner for each category. The prizes are the same for each category.

- Lesley Jones and other celebrity guests (who will be filmed reading out the winning entries)
- A certificate, an iPad and a £100 Amazon voucher
- A £100 Amazon voucher for the winning school
- Travels will be published on The Day's website
- Potential media opportunities on radio and TV

Winners will be notified within two weeks on Friday 24 June ahead of Celebration Day - please be contactable on this day!

How the winners will be picked  
Entries will be assessed on three key criteria - each worth 10 marks. In each category, the top two scores will produce our winner. In the case of a tie, judges will be expected to use a casting vote.

CLICK HERE

[Back to Main Site](#)

ABOUT US

# THE POETRY SOCIETY

STEMettes

fifty nine productions

CLICK HERE

## 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.

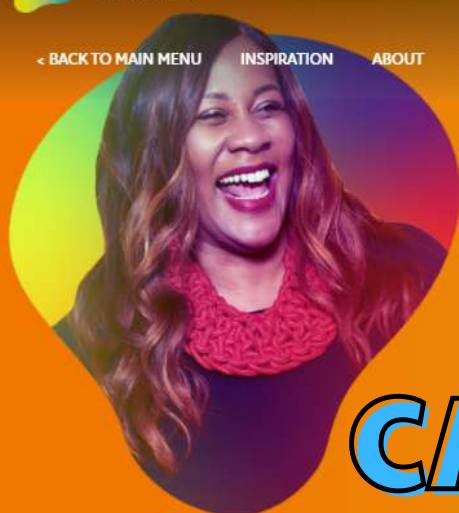
Find out more here, and read the rules. Check out lots of resources to inspire you here and see the winning entries from the first round of the competition here.

- 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](mailto: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](mailto:aboutus@poetrysociety.org.uk)  
coding queries - [aboutus@stemettefutures.org](mailto:aboutus@stemettefutures.org)





## SPEAKERS FOR SCHOOLS VIRTUAL TALKS & BROADCASTS

# CAREERS CORNER

## VIRTUAL WORK EXPERIENCE

 <p><b>TESCO VIRTUAL WORK EXPERIENCE CV TIPS AND INTERVIEW IMPACT - 1.5 HOUR SESSION</b></p> <p>Employer: Tesco Age: 14-19 Industry: Retail Date: 29/06/2022</p> <p><a href="#">Read more</a></p>	 <p><b>GET ACTIVE, INSPIRE YOUR COMMUNITY AND BECOME A POSITIVE ROLE MODEL!</b></p> <p>Employer: Coach Core Foundation Age: 16-19 Industry: Leisure/Sport Date: 29/06/2022</p> <p><a href="#">Read more</a></p>	 <p><b>SYVCF- GREEN HYDROGEN TECHNOLOGY &amp; SUSTAINABLE ENERGY, WHAT'S IT ALL ABOUT?</b></p> <p>Employer: ITM power Age: 14-16 Industry: Energy/Utilities Date: 29/06/2022</p> <p><a href="#">Read more</a></p>	 <p><b>BE A PART OF CHANGING THE WORLD'S ENERGY SYSTEMS</b></p> <p>Employer: Siemens Energy Age: 14-19 Industry: Energy/Utilities Date: 28/06/2022</p> <p><a href="#">Read more</a></p>	 <p><b>SYVCF-IMAGINING A WORLD WITHOUT WASTE - CAREERS THAT CAN SAVE THE PLANET!</b></p> <p>Employer: The Biorenewables Development Centre Age: 14-16 Industry: Energy/Utilities Date: 28/06/2022</p> <p><a href="#">Read more</a></p>	 <p><b>MONEYWISE - LEARNING TO MANMONEY (2PM-3PM YEARS 12&amp;13)</b></p> <p>Employer: Santander Age: 16-19 Industry: Banking Date: 28/06/2022</p> <p><a href="#">Read more</a></p>
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**Volunteer Week Power of Youth:** Ian Adams, Director of NHS Resolution, Charity Trustee and former Lord Mayor of Westminster and Matthew Reed, Chief Executive, Marie Curie

**Date:** Monday 6th June

**Time:** 10:00 - 11:00

**Age Group:** KS3-5 / S1-6

Where can volunteering take you? Join us to learn about the possibilities and opportunities that volunteering brings and how to make the most out of your volunteering experiences. We will also be sharing exciting news about how you can get involved with volunteering opportunities with Speakers for Schools!

Click [here](#) to register



**Predict '22 Broadcast:** Dr. Tim Minshall, Dr John C Taylor Professor of Innovation, University of Cambridge Institute for Manufacturing

**Date:** Tuesday 7th June

**Time:** 14:00 - 14:45

**Age Group:** KS4-5 / S4-6

Click [here](#) to register



**Green Apprenticeships with Judy Ling Wong CBE, Honorary President, Black Environment Network & Chair, Green Apprenticeships Advisory Group**

**Date:** Wednesday 8th June

**Time:** 10:00 - 10:45

**Age Group:** KS3-5 / S1-6

Are you considering applying for an apprenticeship in the future? Have you considered a green apprenticeship where you will be helping to play a role in getting the UK's carbon emissions to net-zero by 2050? Join our broadcast to find out how you can make a difference in your future career.

Click [here](#) to register



**Tech for good with Baroness Marsha Lane Fox, Entrepreneur**

**Date:** Thursday 9th June

**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.

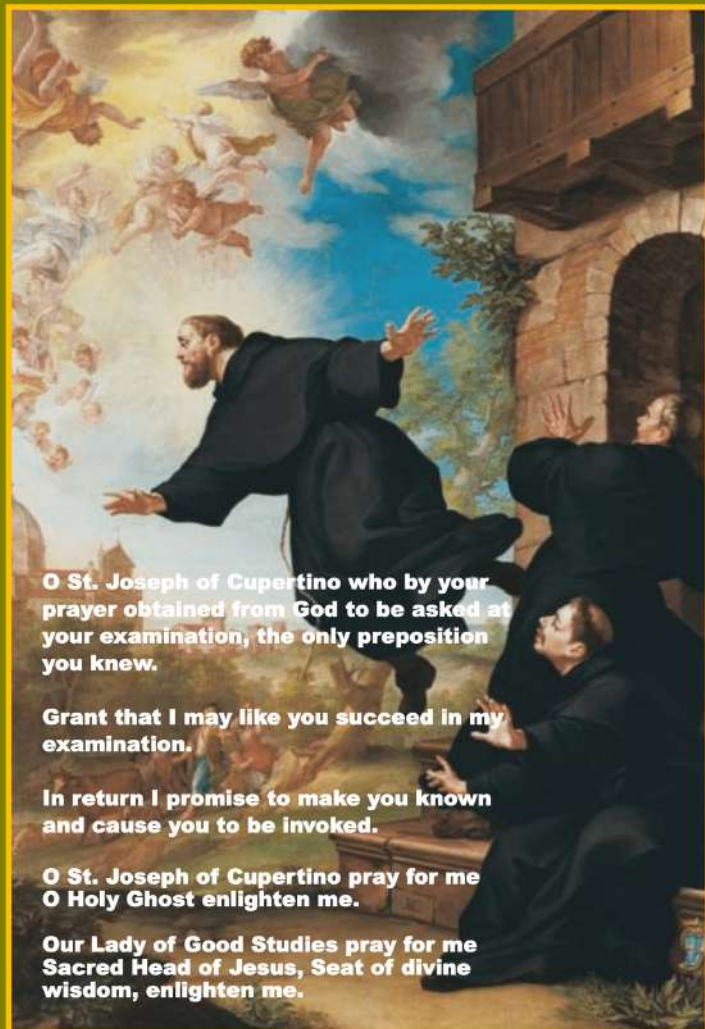
### The Code:

"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.

**easyfundraising**  
feel good shopping

# Raise FREE donations for

Holy Family Catholic School - Walthamstow

every time you **shop online**

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

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

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



Download the easyfundraising App



£ Over £32 million raised

★ Trustpilot ★★★★★

1.8 million users





## 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](http://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](http://WWW.LEYTONORIENTTRUST.ORG.UK/EVENTS)

[Twitter](https://twitter.com/lortrust) [Facebook](https://www.facebook.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  
HAIFUZULHAQUE@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
17:00-18:30	KICKS - YOUTH CLUB & FOOTBALL	AGE 8-12
18:30-20:00	KICKS - YOUTH CLUB & FOOTBALL	AGE 13-16
19:00-20:00	KICKS - DISABILITY FOOTBALL	AGE 14+

### TUESDAY

17:30-19:30	KICK - T B C BALL	AGE 8-16
17:00-19:00	KICKS - GIRLS FOOTBALL	AGE 11-18

### WEDNESDAY

20:00-22:00	KICKS - YMCA RESIDENTS FOOTBALL	AGE 16+
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### THURSDAY

17:30-18:30	KICKS - FOOTBALL	AGE 8-13
18:30-20:00	KICKS - FOOTBALL	AGE 14-18

### FRIDAY

18:00-20:00	KICKS - FOOTBALL & CAREERS ADVICE	AGE 11-18
17:00-19:00	KICKS - YOUTH ZONE	AGE 11-18

### SUNDAY

10:00-11:00	KICKS - FOOTBALL	AGE 8-16
12:00-14:00	KICKS - GIRLS FOOTBALL	AGE 11-16

For more information please contact haifuzul.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



Premier League  
**Kicks**  
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 haifuzul.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!

FREE

BETTER  
The best good place



Hackney