

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



Issue 32
Friday 10th June 2022



CLASS OF
2022
Year 13



@HFCSWaltham

www.holyfamily.waltham.sch.uk

@HFCSWaltham



Quotation of the Week

"Because all creatures are connected, each must be cherished with love and respect, for all of us as living creatures are dependent on one another" Pope Francis, Laudato Si'.

It's much the same as this week's quotation in school - we are all interdependent, reliant on each other. In many ways school is a microcosm, a mini-world, and we have all the issues of the world here in school in miniature as well. I think it is increasingly evident that the pandemic has had a significant impact on all of society and schools are part of that society. We are working hard to ensure that school is back to normal and I'm delighted that there are many students taking part in extracurricular activities, including representing the school in athletics at present. We are doing really well in the borough competitions and winning many medals. I also want to thank Mr Wilbraham and the colleagues who give up their time to work on our Duke of Edinburgh programme. We had over 50 students taking part in their practice expedition over the Jubilee Weekend which was fantastic to see. A big thank you to all the staff who gave up their weekend to enable this to take place.

Sustainability

This week in assembly I spoke to the students about the importance of our caring for the planet and for our local environment. We need to all do more to ensure that we look after our fragile planet and this need is becoming ever more pressing. The terrible war in Ukraine is costing lives, devastating families and communities and also wreaking havoc on the environment. We have set up an Eco-Council in school and we are keen to do more to ensure that we contribute better to the recycling and sustainability agenda. We will be planting more trees on the upper site in the autumn term as part of a scheme that the borough is running and we continue to encourage recycling and cycling to work.

Jubilee Weekend

I hope that you enjoyed the Jubilee Weekend. I enjoyed seeing the flypast as the aircraft came right over east London on route to the Mall and so there was a great view of them from my back garden. I'm sure that, Whatever one's feelings about the monarchy, it is impossible not to admire the sense of duty of the Queen and it is an amazing achievement to have been on the throne for 70 years. She has known 14 different Prime Ministers and it would be fascinating to know what she really thought of each of them!

Wellbeing questionnaire

Thanks to all parents/carers who have completed the school's well-being questionnaire which we sent out earlier this week. We do a great deal to help students and staff look after their wellbeing and mental health and have made great progress in this regard over recent years. The pandemic has led to more and more issues of mental health and well-being and we want to ensure that every student here has someone they feel they can talk to and that we can support anyone (staff or student alike) who is struggling with their mental health and wellbeing.

PE kit

As you know we have returned to students changing into PE kit at school when they have PE lessons. Our younger students have been learning how to do this for the first time. It is important, and our expectation, that every student has full PE kit and the proper Holy family branded items. In particular, if students want to wear tracksuit bottoms, they must be the Holy Family branded tracksuit bottoms, not any other pair. We have uniform for a reason and students not complying will not be permitted to take part in PE activities. Thank you for your support with this. If any parent/carer has an issue about affording PE kit, or indeed other items of uniform or shoes, then please do email me in confidence at a.stone@holyfamly.waltham.sch.uk and I shall be pleased to help you form our hardship fund. This is done very discreetly and there is no need for any embarrassment about asking if you need to.

Work experience for Yr 10

A further reminder that students are booking their placements and they are looking forward to the work experience fortnight, which begins on Monday 27th June. If you have any questions or difficulties please let Mr Fidegnon know as he leads on all our careers work in school.

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



Do I have any uniform to donate?

Spring cleaning?

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

Exam stress

Resources by
student
minds

Working towards exams can create feelings of worry and being under pressure, especially at university where you're aiming for a degree.

However there are a range of things that you can do to help deal with the stress that you might be feeling...

Find out more about what we mean by the term stress and stress response at <http://teenmentalhealth.org/wp-content/uploads/2017/11/Stress-Transitions.pdf>



Exam stress
doesn't just
affect years
11 and 13

Keep it in perspective

- Lots of people will tell you this, because it's true - exams aren't everything. Whatever happens in your exams, you can still be successful in life afterwards. So if you don't do as well as you'd hoped, try to keep things in perspective.
- Employers don't just look at your exam scores. They're just as interested in your attitude, your transferable skills and how well you'll get on with other people.
- Exam success doesn't define you as a person. Everyone copes differently in different situations and there's so much more to your personality than how well you can respond to an exam.
- Think about how far you've come already. You've already done incredibly well to get to university, and stopping or failing exams at this point isn't 'throwing away' your past success.
- Once you've done an exam, try to forget about it. There's nothing you can do about it, and worrying won't change your mark.

Get into some good habits

- These habits will help you concentrate as well as reducing stress:
- Take frequent breaks. Psychologists say we can only concentrate properly for 30-45 minutes. You could use a technique like Pomodoro, that helps you to take regular breaks. When you do take a break make sure you don't stay at your desk, you could go for a walk or even just make a cup of tea!
- Eat well. Keep a good blood sugars level to avoid highs and lows of energy, by eating slow-release foods like bread, rice, pasta, fruit and veg.
- Drink lots of water. People often underestimate how much hydration helps!
- Think about when and where you work best. Not everyone is a morning person, and some people don't find the library a productive place to work. There's no one best place or time to work - it's about what works for you.
- Keep active. Even a short walk will do. Exercising is one of the quickest and most effective ways to de-stress. Fresh air will clear your head and perk you up.
- Try to get about 8 hours' sleep a night. If you're stressed about not being able to sleep, there are lots of ways to aid a good night's sleep.
- Find activities that help you relax. Maybe it's a hot bath, watching a TV show, or a creative activity. Schedule this down-time into your timetable.

Get that organised feeling

- Picture your exams as a time-bound project. Are the exams 60 days away? That's your 60-day challenge. Best of all, there's a definite end point.
- Work out the basics: which exams you have, how the marks are allocated, and how much you have to learn for each one. Don't expect to learn everything; but having in mind where you'll get the marks can help you prioritise.
- Break your revision down into small chunks, and form a plan. Once you've got a plan, you won't have any more dilemmas at the start of the day about what to work on.
- Schedule in plenty of free time to unwind, and protect this time. Nobody can work all day every day. If you give yourself plenty of rest you can do the same amount of work in half the time or less.
- Equally, don't panic if you go slightly off schedule - tomorrow is another day.

Avoid bad habits

- Check out this brilliant article on how NOT to cope with exam stress - <https://www.topuniversities.com/blog/how-not-cope-exam-stress>. Here are some highlights:
- Don't set yourself ridiculous goals. Nobody can revise 10 topics in a day! Avoid setting the day up to be a disappointment.
- Don't cut out all the enjoyment from your life. It's tempting to decide you'll just knuckle down to work and "focus", but this is counterproductive - it's impossible to focus without giving your brain rest by doing other activities.
- Avoid stimulants. Caffeine, alcohol and drugs impede your energy and concentration in the long term. It'll also make it more difficult to get that much-needed sleep.

Get support from friends and family

- Don't be put off by friends saying that they are doing huge amounts of revision. As already mentioned, that's probably not actually a productive or efficient way of working long term. One of the key reasons people feel exam stress is due to comparing themselves to other people.
- If you can, discuss with your parents what they are expecting you to achieve. Parents with steep or unrealistic expectations will just add unnecessary pressure. It's helpful to let them know what you think you have the capacity to achieve, and to insist that the best way to get there is to have support from your parents, not pressure.
- If you're feeling really worried or anxious, chat to a good friend, family member, or tutor. It helps to get it out of your system, and they may well be able to help think about practical strategies to deal with exam stress.

Visit
www.studentminds.org.uk/
For more information

For more tips from students check out our blog, <http://studentminds.org.blogspot.co.uk/search/label/Exams>.

Lastly, if you're feeling overwhelmed or are finding it difficult to cope with the stress around exams, make sure you **get support**. Take a look at our support section for the services you can access nationally and on campus, <http://www.studentminds.org.uk/supportforme.html>.

**student
minds**
www.studentminds.org.uk

YEAR 11

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

Please keep a close eye on your Google Classrooms for revision sessions and resources. You only need to be in school for the exams you are sitting and the sessions you have been invited in for.

Well done for completing your third 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 13th June	9am: Maths Paper Three: Calculator
Tuesday 14th June	9am: Geography Paper Three 2pm: Media Studies: Understanding Media Italian writing
Wednesday 15th June	9am: Triple Science Biology Paper Two Combined Science Biology Paper Two 2pm: D&T Product Design Russian Listening Russian Reading
Thursday 16th June	9am: History: Early Elizabethan (1 student) 2pm: French Writing
Friday 17th June	9am: Spanish Writing 2pm: Polish Listening Polish Reading Portuguese Listening Portuguese Reading

YEAR 13

End of term Year 13 BBQ and Leavers Mass

Holy Family students have made it through the toughest period in modern educational history - COVID - a world-wide pandemic, which has affected every one of us in some way or the other. Together, we learnt to adapt to new methods of learning, new ways of coping, living with restrictions, isolation, there were dark days and there was fear.

But Year 13 - you stood tall, you faced every challenge, you battled against the negativity and made it through, and I was proud of you every single day.

The role of Head of year is varied and challenging, but I have enjoyed every minute of my time with you all. Being a pastoral leader is the most enriching part of my teaching life, watching you grow into mature, confident, independent and visionary adults fills me with such joy and satisfaction. It truly has been an honour and privilege to have been a part of your lives and to have witnessed your phenomenal transformations into young adults.

I take this opportunity to wish you every success, every happiness and every joy as you embark on your journey ahead. May you hold values such as compassion, empathy, love, and humanity close to your heart.



**For we live by faith, not by sight.
Mrs Belgrave**




SOCIAL MEDIA CATCHUP



@HFCSWALTHAM



@HFCSWALTHAM

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1. 3D Alice by Maksymilian
 2. 10,000 YEARS (VI) by Sista Pratesi
 3. 242 by Olivia Scott
 4. A Short Back and Sides at Andy's Hairstyles by XPRMNTL
 5. After Grenfell by Georgia Hendy
 6. Alive In My Nightmares by Darius Mihail Gheorghe
 7. Almost by Teresa Garratty
 8. Another Story by Adrien Peskine, Anthony Peskine
 9. Aromatic by Maggie Baillie
 10. At Home by Tom Bloor
 11. Biting into a Shish Kebab at Seth's Spice by XPRMNTL
 12. Blah by Stanley Tucker
 13. Breath by Lilian Robl
 14. Burial by Cally Trench
 15. Buying Bags of it From John's Stall by XPRMNTL
 16. Chatterbox by Keira Summersgill
 17. Contemplating Covid by Martin Adams
 18. Dinner by Chenxin Yang
 19. Duppy Drum Film by Jahday Ford
 20. Every System has a Dream by Kent Tate
 21. Experimental by Rhianna Mutyaba
 22. Follow Me by Lena Gruszka
 23. Full Beam by Nisha Duggal

WIFF

2022

13TH ANNUAL WALTHAMSTOW INTERNATIONAL FILM FESTIVAL

24. Funeral Music - Cowboy Flying Saucer by NOWT
 25. Generic by Barbara Bargiel
 26. Gig Job #1 by FF
 27. Gig Job #2 by FF
 28. Gig Job #3 by FF
 29. Gig Job #4 by FF
 30. Gig Job #5 by FF
 31. Gig Job #6 by FF
 32. Girls Just Want to Have Fun by Matilda McEwan
 33. Glooscap and Noogami by CG Muse
 34. Grasshopper by Arabella Moran
 35. Here and There by Arthur Tucker
 36. Hiding from Life at L'Hirondelle Cafe by XPRMNTL
 37. How To Fix Your Memory Loss! by Amelia Land
 38. If Any by Adam E. Stone
 39. In With the Rabble at Walthamstow F.C. by XPRMNTL
 40. Is This The Best Pub in Walthamstow? by NOWT

Please support our friends at the Walthamstow international Film Festival
 Sunday June 12th 2022 - 12noon-5pm - Free entry
 Truman's Social Club - 1 Priestley Way - London E17 6AL

41. Jam It by John Dawson
 42. Lathe Light at Nichols Bros by Advertising Nowt
 43. Life's a Prick by Hannah O'Rourke
 44. Loneliness by Kazuya Ashizawa
 45. Martial Arts by Hing Tsang
 46. In for its MOT at M.D. Motors by XPRMNTL
 47. Night by Mohammad Ibrahim Al-Islam
 48. On The Rocks by Hans Starlife
 49. One for the Road at Ye Olde Rose & Crown by XPRMNTL
 50. One's Eyes by Billy Lewis
 51. Opening Remarks by Matthew Thomson
 52. P22102046 by Max Wood
 53. Parenthesis by Vasilios Papaioannu
 54. Pentagon Do or Not by Darius Mihail Gheorghe
 55. Pepper Pig in Toryland by Martin Adams
 56. Plastic Ensalada by John Moore & Stuart Hall
 57. Pop Up, Knock Off - Cowboy Flying Saucer by Advertising Nowt
 58. Queuing for Beef at Parsons Butchers by XPRMNTL
 59. Raiders of the Lost Matriarchs Final by Jo Robinson
 60. Red Red at the Proudly African Store by XPRMNTL
 61. Run Away Boy by Luc Canto
 62. Save The Bees by Nikolina Santovac
 63. Sitcoms - Townhouse by Ray Yunis
 64. Street Art in Walthamstow by Zerda Aslan
 65. Sudoku by Ray Baker
 66. Takeaway by Lou Sumray
 67. Taking care of Boris by Martin Adams
 68. Talk To You by Sheetal Thankey
 69. Teddy by Rebecca Dawson
 70. The Audition by Aidan Wardle & Tom Diamond
 71. The Meaning by Willem Flowerday
 72. The Meetup by Donna Guthrie
 73. The Red Sweater by Martin Adams
 74. This Old World by Nisha Duggal
 75. Throne Alone by Jason Gregg
 76. Trying to Connect to the Wi-Fi at Walthamstow Trades Hall by XPRMNTL
 77. Tugman Vacation by Jalarny Francis
 78. Vaudou Game - BELLA by Adrien Peskine, Anthony Peskine
 79. Violence by Harvey Baptiste
 80. We Are The Lost Girls by Steve Downey

WALTHAMSTOW INTERNATIONAL FILM FESTIVAL 2022

What Parents & Carers Need to Know about THE METAVERSE

AGE RATING

Varies per metaverse platform

WHAT ARE THE RISKS?

UNSAFE AREAS

Many metaverse platforms feature little to no moderation. This is due to the decentralised nature of the metaverse - as there is no one company overseeing the platform, users can create and build with freedom. This can be a minefield for younger users as adult material or sensitive topics can feature on a parcel of land seen by everyone.

VOICE COMMUNICATION

The freedom found within creation is also found in communication. Most metaverses use proximity VOIP communication (Voice Over Internet Protocol) and users can approach any other user to start a conversation. It is necessary for avatars to be quite close to another in order to talk and once they are, anything can be said. While a chat box can be moderated, voice chat cannot.

ANONYMITY

As with almost every other form of online interactions, anonymity features heavily within the metaverse. The concept for the metaverse is to live any type of life digitally. This could mean that 'bad actors' (those with malicious intent) can take advantage of others with ease. Reporting and monitoring these users is becoming easier on the more popular platforms, but others struggle to police these situations.

'Metaverse' is a relatively new term to many, however the concept has been around for some time. Videogames, for example, use many aspects of the metaverse; avatars, digital currency, mini-games, and open communication. A metaverse can also take many forms; Fortnite can be seen as a metaverse, as is Roblox. Put simply, a metaverse is an online environment where people interact, play games and express themselves. Away from traditional videogames, there are newer and more 'dedicated' metaverses such as Decentraland, The Sandbox and Somnium Space which are akin to Second Life.

VIRTUAL REALITY

Not all metaverse platforms are VR enabled, in fact less than 10% feature VR interactivity. However, it's always worth monitoring the amount of time younger users spend in virtual reality. A VR metaverse differs greatly to VR gaming in user interaction. Approaching each other in a VR metaverse attempts to represent 'reality' and can result in a greater impact if experiences are negative.

PSYCHOLOGICAL IMPACT

Whether in virtual reality or not, interactions and experiences in the metaverse can often carry more weight because they mimic 'real life'. Oftentimes, due to the freedom in avatar creation, younger users may open themselves up to bullying, prejudice or an unrealistic idea of reality. For instance, female-orientated avatars may find themselves targeted by bullies or inappropriate users.

Advice for Parents & Carers

TRY IT OUT FIRST

This may sound like an obvious tip, but by entering the metaverse and exploring on your own, you'll be able to see what your child might. You can explore the busier areas and even the quiet sections to see what users are building or advertising. You'll also learn first-hand how users communicate with each other. Many metaverse platforms will feature an entry area which showcases the busiest areas. Check them all out and see what's happening.

CREATE AN AVATAR TOGETHER

If you decide on allowing your child into the metaverse, set up their initial avatar together. This way you can ensure the avatar is age-appropriate and keeps their identity private. You can also advise on aspects which may result in attracting bullies or unwanted attention. It will also allow you to see which avatar items cost money, and talk to your child about in-game spending.

LEARN ABOUT NFTS, WALLETS AND CRYPTO

With the metaverse comes Web3 technologies such as NFTs, cryptocurrency and wallets in which to store them. If you have a crypto wallet, do not connect it to your child's metaverse. One simple click could result in loss of cryptocurrency. If you are unsure what these technologies are, try to research them as these terms will appear in the metaverse.

START WITH THE FAMILIAR

There are already metaverse experiences with children in mind; explain to your child what a metaverse is and have them recognise similarities between those and games like Roblox, Fortnite and Minecraft. Unfortunately, there is no 'child safe' metaverse option as yet, though Epic Games and LEGO are currently developing a family safe metaverse.

Meet Our Expert

Daniel Upcombe is a father to two girls, aged 14 and 12. Before Dan began his Web3 metaverse journey, he worked as a videogame journalist and author for a decade, reviewing games, talking to creators and writing about videogame trends. Dan has also written fifteen guide books about Fortnite, Minecraft, Roblox, Apex Legends and Valorant for HarperCollins and Bonnier Books.



National Online Safety®

#WakeUpWednesday

Chaplaincy Corner

Year 13 Leavers Mass

Friday 27 May was the Leavers Mass for Year 13. We thank Canon Niall for celebrating Mass with us in Our Lady & St George's church and pictured are all who contributed with readings and prayers. Head of Year 13, Mrs Belgrave gave an emotional speech, wishing them every success as they encounter new challenges and opportunities on their unique journey.



For Christians, the challenge is to trust the road, however it twists and turns. This year, all students were given a copy of the book "Trust the Road" by David O'Malley to support them along the way.



*Lord, keep close as my friendships change.
Give me wisdom to make good choices and the patience
to build relationships slowly.
Be a friend to me in lonely times and help me to
recognise the mysterious tug
Of genuine friendship when it comes along. Amen*

(taken from Trust the Road, David O'Malley)

Feast of the Holy Trinity

This Sunday we celebrate the Feast of the Holy Trinity. In our daily life, we begin every one of our prayers with the sign of the cross and call upon God, "In the name of the Father, and of the Son, and of the Holy Spirit". Even though we remember the Trinity several times a day, it is difficult to comprehend the full meaning because the Father, the Son, and the Holy Spirit we invoke constitute a great Mystery. The Mystery of the Most Holy Trinity consists of this: The Father is God, the Son is God and the Holy Spirit is God, and yet there are not three Gods, but only one God with three attributes.

Prayer to the Holy Trinity

*Father,
You sent your Word
To bring us truth
And your Spirit to make us Holy.
Through them we come to know
The mystery of your life.
Help us to worship you,
One God in three Persons,
By proclaiming and living our faith in you.
We ask you this, Father, Son, and Holy Spirit,
One God, true and living, for ever and ever. Amen*

c. Association of the Miraculous Medal

Laudato Si Commitments - "plant a tree" – Waltham Forest council is running a programme called "Plant a tree for the Jubilee". Every resident can request a tree to plant in their garden or nearby greenspace.

www.walthamforest.gov.uk/neighbourhoods/conservation-and-trees/plant-tree-jubilee

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.



@brentwoodcys
www.bcys.net

BCYS 2022 Events

YOUTH MASS

FIRST THURSDAY OF THE MONTH
BRENTWOOD CATHEDRAL

COME ALONG FOR PIZZA, FOLLOWED
BY SPEAKERS, WORKSHOPS, PRAYER AND
REFLECTION, MUSIC AND MUCH MORE!

YOUTH MASS WILL BEGIN IN THE CATHEDRAL
FROM 7.30PM. HERE A DEFEYMENT 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 - 6AM

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@diocesofbrentwood.org
TO TAKE PART

YOUTH GATHER

22ND - 23RD OCTOBER, HERSEA ISLAND

STAY IN CARAVANS AND TRY A BRILLIANT RANGE
OF OUTWARD-BOUND ACTIVITIES FROM
CLIMBING HIGH ROCKS, ARCHERY, ZIP LINES
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
WALSINGHAM HOUSE

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

THE RETREAT IS OPEN TO THOSE IN YEARS 11-12
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 VIEW OF
GAVARNIE, SOCIAL NIGHTS, 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, WALSINGHAM HOUSE

ENTER DEEPER INTO THE SEASON OF ADVENT
WITH A WEEKEND OF INTERACTIVE
WORKSHOPS, TIMES OF REFLECTION AND
PRAYER, GAMES AND THE CHANCE TO MEET
OTHER YOUNG CATHOLICS. LOOKING AT
DIFFERENT THEMES AND ASPECTS OF THE
ADVENT STORY AND JOURNEY TOGETHER ON
OUR OWN FAITH 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



Carers Week is an annual awareness campaign to celebrate and recognise the vital contribution made by the UK's 6.5 million carers

[CLICK HERE](#)

6th – 12th June

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

Who is a carer?

A carer is someone who provides unpaid care and support to a family member or friend who has a disability, illness, mental health condition, addiction, or who needs extra help as they grow older. It isn't someone who volunteers or is employed to provide support.

Getting more support

You can find out you about local support groups and services available in your area by contacting your your local council or Health and Social Care Trust in Northern Ireland.

They can also tell you what rights you have. For example, by arranging a carer's assessment, you can explore what your needs are and what different types of support are available, from emotional assistance to practical help – such as support with care workers in the home.

Many of the Carers Week supporter charities provide more guidance, including Carers Trust, who have a network of local services providing support to carers. They also have a grants programme that can provide one off payments for support.

Looking after yourself

Taking care of your health and wellbeing is essential when you are caring for someone, but it can be hard to find the time to meet your own needs. You may struggle to eat and sleep well, find the time to exercise and manage your stress levels. Rethink Mental Illness has resources on their website that can help you if you are worried about your own mental health.

It's common to feel lonely or isolated as a carer, especially as friends and family might not understand how tough it can be. All the supporter charities involved in Carers Week provide opportunities to get in touch, through online forums and social networks, helplines and local support groups. Carers Trust and Carers UK have online directories where you can find out about services near you.

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		

SEND PARENTS' BREAKFAST MORNING

TUESDAY 21ST JUNE 2022

8.45 - 10AM

**1 SHERNHALL STREET
E17 3EA**



- Meet the team who support your child
- Learn about interventions we offer
- Help us to shape the way we involve parents
- For more information contact Ms Minnock,
SENDCO on 02085200482 or email:
a.minnock@holyfamily.waltham.sch.uk

POETRY CLUB

SAVE OUR PLANET

by Marcel W.

Deep, dark and never ending undiscovered and in need of mending.
I am polluted and abused, mistreated and I'm in need of help.
The creatures inside me are screaming and crying because the
humans are killing our home.
The oils and gases are changing me and I'm finding it harder to cope.
Is this the end?
I don't even know.
This process of torment is brutally slow.
I need a hero before we hit zero.
The ocean is fading away.
I'm scared and I'm nervous we'll go out of service.
The ocean is falling apart.
Now that we're nearing the end of the line, the ocean will soon lose
its shine.
Deep, dark and never ending undiscovered and unable to mend.

His eyes blazed with burning fire
I reach out to it in burning desire
His hands grasp around the gold in desperate attempt
To seize the wealth for once and for all

His eyes widen in registration
Pain filled him like a flowing river
I hold him as all around us wither
The life around us gone forever

His body shrivels in my fading hands
His face fading into unknown lands
I gasp out in searing pain
As empty eyes look at me in disdain

by Yu Ruo C.

POETRY CLUB

El Gato

by Kimora

El gato, standing still with a fluffy coat
El gato, stating that it's a cat it's not a goat
El gato, staring into my soul deeply with those big eyes
El gato, stealing my heart with its cute face
El gato, starting to make my heart pace
El gato, stargazing on top of the grass
El gato, striking my heart again with its spear as it did in the past
El gato, munchkin kitty that's all.

Confused and soaked
My hands torn attempting to embrace mountains, valley, plains
And the sea that I loved drowned me again and again
This body has become a skeleton
Hovering on the water

Confused and soaked
My skeleton also
Extending out its arm
Fading
To hug the sea that drowns it

Embraced
by Helen S.

FAKE LOSS

by Cino J.

Faintly the wind whispers
Aching agonies linger in the night
Killing silently
Evil thoughts dragging me along like a worm on a fishing line
Lonely I gazed upon the floating balls of light
Oblivious to the passage of time, ticking away
Silently observing like an owl in the night
Sadness seeping through the air

POETRY CLUB

Feathered Snake-Haiku

by Laura and Ernest

Dampness aurora
A coral, feathered snake feeds
Feasting on the bird

Although turbidity in rivers still flowing tough
Though still high despite lower green leaves
Whether a layman or a cultivator
Still have to live from very small things
I often criticise that life is distorted
Why can't we be right in the heart?
The earth embraces every seed to sprout
Young shoots stretch themselves to find the light
If all the roads of life were smooth
I must have recognized me
Anyone can go far in life
If you have the ability to stand up by yourself
Happiness is like this sky
Not just for one person.

Narrative poetry
by Kitty H.

No more fish by Thomas M.

If all the fish went away,
Just up and left one day,
I think I would begin to see,
A sadness underneath the sea,
An empty thing where life should be,
But all the fish now are free.

LRC

Recommendations

I'm going to show you how to put a whole meal on the table in a matter of minutes!

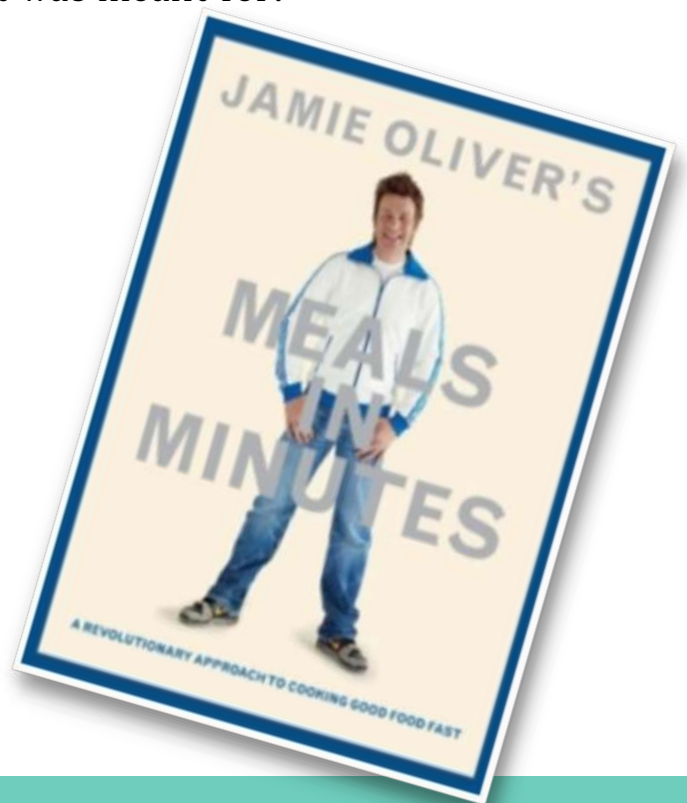
Not just one dish, a whole spread of beautiful things.

If, like me, you love food and have hungry mouths to feed when you get home after a long day, then allow me to let you in on a totally revolutionary new way of cooking. In this book I'm going to show you how to make a complete meal in the time you'd normally spend on one dish. What you'll be able to achieve in 30 minutes or less will absolutely blow your mind. It's certainly blown mine!

This is not about compromising on quality. It's about being organized, working fast, and using shortcuts and clever tricks to put insanely delicious plates of food on the table in no time. Each of the 50 meals inside has been carefully written so there's no messing about—just good, fast cooking. I've created complete menus of foods that go beautifully together and planned recipes in a really unique, easy-to-follow way. This kind of cooking is all about using every minute wisely, having fun, and reclaiming your kitchen for the job it was meant for.

Meals in Minutes

by
Jamie Oliver



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@HOLYFAMILYCATHOLICSSCHOOL.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 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

Build a better world

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 4 to 18 year olds (and their teachers) to connect with the oldest people they know and pay tribute to the lives of those who made a positive impact on them.

Your story of an inspiring person in history could be read out by Lennie Jones! Each winning pupil 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, celebrated 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 remember 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 interviewee. Your story must be:

- Written in English
- A maximum of 200 words for primary school pupils, or a maximum of 300 words for secondary school students and teachers
- Interesting, detailed, entertaining and memorable
- Sent in Word or as a PDF
- Done by 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 Force portal and submit your work before the deadline of **Tuesday 21 June**. It's simple and quick!

If you have any queries please email celebrationday@theday.co.uk.

Who may enter

The competition is open to all UK school children aged 4 to 18 and you must enter one of the four age categories based on your age at the time of entry. There is also a category (also open to teachers).

- Age 5-7
- Age 8-10
- Age 11-12
- Age 13-16
- 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:

- A £100 Amazon voucher and other celebratory gifts (to be filmed reading out the winning entry)
- A certificate, an iPad and a £100 Amazon voucher
- A £100 Amazon voucher for the winning teacher
- Entries will be published on The Day's website
- Potential media opportunities on radio and TV

Winners will be notified via their teachers on Friday 24 June ahead of Celebration Day - please be contactable on the day!

How the winners will be picked

Entries will be assessed on three very different criteria - each worth 10 marks. In each entry category, the top two entries 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.

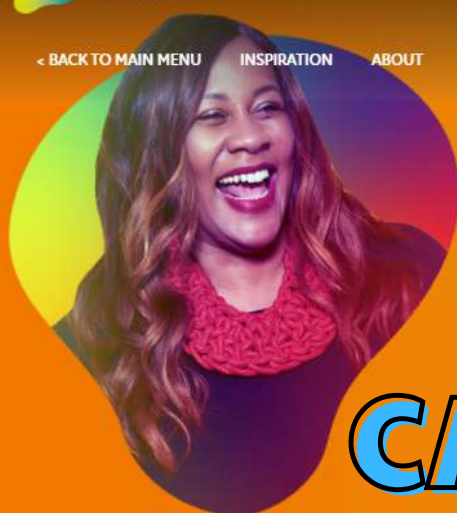
This opportunity is for anyone aged 4-18 on the closing date of 31st August 2022. It is **FREE** to enter and you can submit as many entries as you wish. All entrants will receive an e-certificate for participating. Entries should explore the infinite ways we are connected to the universe, the natural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

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



What is machine learning? Doug Gurr, Director, The Natural History Museum & Former UK Country Manager, Amazon

Date: Monday 13th June

Time: 14:00 – 14:45

Age Group: KS3-5 / S1-6

What is machine learning and how are businesses using it? What is the role of Museums in the digital world? Join us for a broadcast with Dr Doug Gurr to find out. Doug is looking forward to answering your questions during the student Q&A session!

Click [here](#) to register



Skills for the future world of work with Sarah Wood, Digital Entrepreneur, Investor, and Author of Stepping Up

Date: Wednesday 15th June

Time: 14:00 – 14:45

Age Group: KS3-5 / S1-6

Join us for a broadcast with Sarah Wood to find out how you can develop your digital skills so that you are ready for the future world of work. Sarah will also be sharing her tips on how you can accelerate your leadership potential!

Click [here](#) to register



Advertising and technology with Marco Bertozzi, EMEA president, Whalar and Former Vice President of Spotify Europe

Date: Thursday 16th June

Time: 10:00 – 10:45

Age Group: KS3-5 / S1-6

Are you creative and always coming up with great ideas? A career in advertising may match your skillset! Join us for a broadcast with Marco Bertozzi to learn about how the use of technology in advertising has changed and how Whalar is working to make advertising more diverse and inclusive.

Click [here](#) to register



How VFX has changed over time with David Cordon, Head of Production, Nviz

Date: Thursday 16th June

Time: 14:00 – 14:45

Age Group: KS3-5 / S1-6

We know that many of you have loved watching our broadcasts with our Visual Effects Artists, but have you ever thought about how VFX has changed over time? David is looking forward to sharing his insights into the changing world of VFX and his predictions for the future of VFX!

Click [here](#) to register



Professor Sir Ian Diamond, Chair, Plan International & Former Vice Chancellor of the University of Aberdeen

Date: Friday 17th 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.

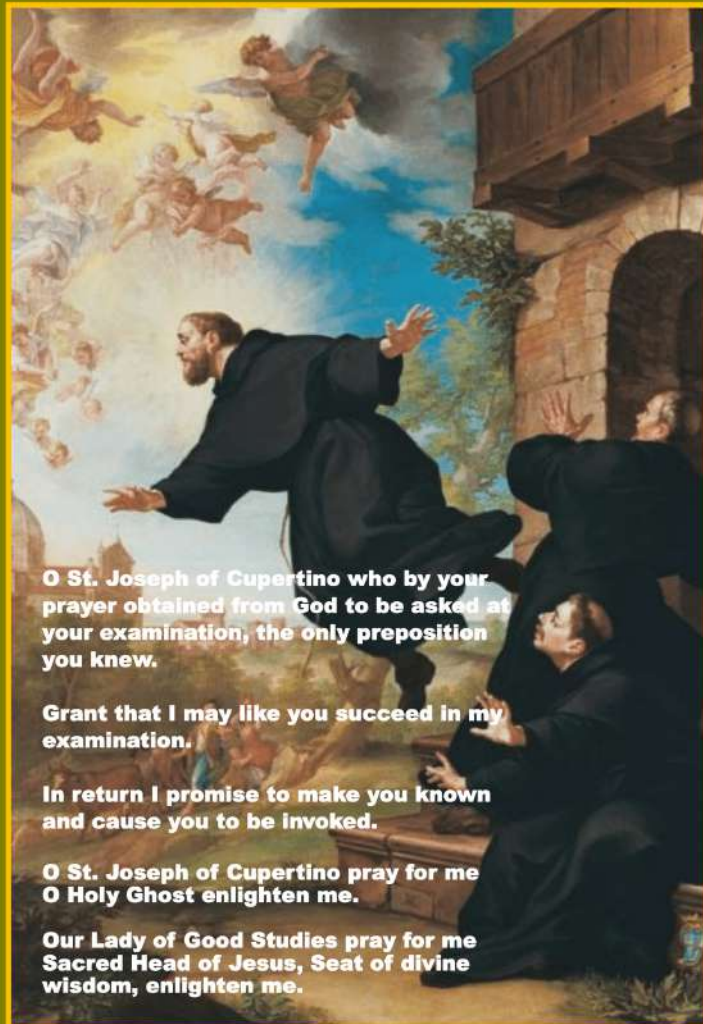
The Code:

"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.**

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