

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



Issue 33
Friday 17th June 2022

June is
devoted
to the
Sacred
Heart



@HFCSWaltham

www.holyfamily.waltham.sch.uk

@HFCSWaltham



Quotation of the Week

"One swallow does not make a summer, neither does one fine day; similarly one day or brief time of happiness does not make a person entirely happy" - Aristotle, The Nicomachean Ethics

Upcoming events and activities

The final half-term of the academic year provides opportunities to do some special activities, both in school and beyond school. We will be having our Sports Days for every year group in the coming weeks, we have Yr 10 going on work experience for two weeks on the 27th June and we have a number of trips and reward activities planned which will involve many students. Next week is the last full week of GCSE and A level exams and I'm sure everyone will be glad that they are coming to an end. Students have acquitted themselves as well as we could have hoped in the exams and shown great resilience in coping with a stressful time in their lives. Most of our Yr 11 cohort will be staying on at Holy Family in the sixth form and we are really pleased about that.

Hot weather

As you know the weather has been very hot recently. I'm not one to complain about this as we see so little warm weather during the English summer that I enjoy these balmy days. However, there are occasions when it is possible to overheat in stuffy classrooms. I'm always amazed to see some students coming to school still wearing a winter coat in 30 degree heat. Hydration is important and there is ample access to water at break and lunchtime for students.

Foundation Governors

Could you be a Foundation Governor at Holy Family and help to support the important work of the governing body? Foundation Governor posts are reserved for practising Catholics who feel they can make a contribution to the governance of the school. They are appointed by the diocese to help further the Bishop's vision for Catholic education. We are blessed to have committed governors and recently two parent governors were elected to become members of the governing body for a four year term. Governors bring their life experience, their professional experience and their good sense to the governing body and we would be very keen to hear from you if this role might be of interest. Please contact me, in confidence, if you wish to discuss this opportunity at a.stone@holyfamily.waltham.sch.uk

Listening

This week's assembly theme was about listening. I spoke to the students about the story of Samuel who at first doesn't understand that it is God who is calling him in the night. We don't always listen as well as we might (and I include all of us in this!) One opportunity for me to listen to you as parents/carers is at my weekly surgery which you are very welcome to attend each week.

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



WELLBEING

There are several ways to look after yourself and others during a heat wave



Tips for coping in hot weather

- look out for those who may struggle to keep themselves cool and hydrated – older people, those with underlying health conditions and those who live alone are particularly at risk
- stay cool indoors – many of us will need to stay safe at home this summer so know how to keep your home cool
- close curtains on rooms that face the sun to keep indoor spaces cooler and remember it may be cooler outdoors than indoors
- if going outdoors, use cool spaces considerately, keep your distance in line with social distancing guidelines
- follow coronavirus social distancing guidance and wash your hands regularly
- drink plenty of fluids and avoid excess alcohol
- never leave anyone in a closed, parked vehicle, especially infants, young children or animals
- try to keep out of the sun between 11am to 3pm
- walk in the shade, apply sunscreen regularly and wear a wide brimmed hat, if you have to go out in the heat
- avoid exercising in the hottest parts of the day
- make sure you take water with you, if you are travelling
- if you are going into open water to cool down, take care and follow local safety advice
- Remember that while coronavirus restrictions are in place, you will need to follow government guidance to use public spaces safely

[CLICK HERE](#)



Throughout a **HEATWAVE**, keep yourself cool and hydrated

Drink water regularly. 
Avoid alcohol and too much caffeine and sugar 

Eat small meals and eat more often 


Wear light, loose-fitting clothes 

Wear a hat or cap and sunglasses.  


Take cool showers or baths 





World Health Organization





If you feel unwell during a **HEATWAVE**

Get help if you feel dizzy, weak, anxious or have intense thirst and headache 

Move to a cool place as soon as possible 

Drink some water to rehydrate 

Keep medicines below 25°C or in the refrigerator 



World Health Organization



Throughout a **HEATWAVE**, try to keep out of heat

Stay in the shade 

Avoid going outside during the hottest time of the day 

Avoid strenuous physical activities if you can 

Do not leave children or animals in parked vehicles  



World Health Organization

YEAR 10

One week to go!

We have one week left before we send year 10 off on work experience.

Please use this time to finalise placements, call employers and make any last minute arrangements.

Students using the BEP website have been given forms with details of their assigned job, this form must be signed by a parent/guardian and returned to the school office.

Remember...

Be Punctual. Be Prepared. Be Phenomenal.

Stars

Abisha I., Abisshanth S., Alex O., Almaz F., Amaris O., Amaru C., Amelia W., Amit S., Arian K., Arjun R., Astrid O., Beverley F., Blen M., Caden C., Chinedum O., Cino J., Claude-Andre N., Cuba D., D'Andre C., Damareo B., Danielle F., David F., Davina B., Davishka M., Deborah G., Denny C., Elena O., Erin G., Ernest T., Filipa A., Francis W., Gabriela P., Gabriele I., Gabriele R., Gabriella F., Grace M., Grace P., Hannah O., Harley W., Igor M., Ilana I., Jane T., Janet A., Jenatie G., Jericho G., Joseph B., Joseph B., Joshua M., Josiah D., Jotham B., Kacper C., Katrine O., Kezia M., Kitty H., Kudzaishie M., Kwabena A., Kwasi-Bimpong O., Liam J., Maame A., Magnific Y., Marcel W., Maria P., Maria S., Martinas G., Mattaniah A., Merian B., Neriah-Jane O., Nevin R., Nirel N., Noah M., Nyah T., Olivier S., Ozge A., Precious A., Priscilla A., Rachel-Marie N., Reiss Y., Rolande Z., Ryan L., Samuel H., Schneider C., Shanel B., Sianna X., Thianna W., Tiara D., Timothy B., Tomasz B., Tony D., Trinity A., Tyrees A., Ulyssa R., Valeria B., Vlad B., William G., Zackary R.

Wellbeing Tip: Eat well. Plan some healthy meals for the upcoming week.

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 fourth 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 20th June	9am: Triple Science: Chemistry Paper 2 Combined Science: Chemistry Paper 2
Tuesday 21st June	9am: History: Middle East History: Superpower Relations (1 student)
Thursday 23rd June	9am: Triple Science: Physics Paper 2 Combined Science: Physics Paper 2

Any textbooks you have at home must be returned to school this week.

We will also accept any revision donations - study guides, texts, outstanding revision cards etc., and Uniform donations, cleaned and in good condition.

No longer need your uniform?

any uniform to donate?

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**

YEAR 12

Health and Social Care trip to Hertfordshire University!

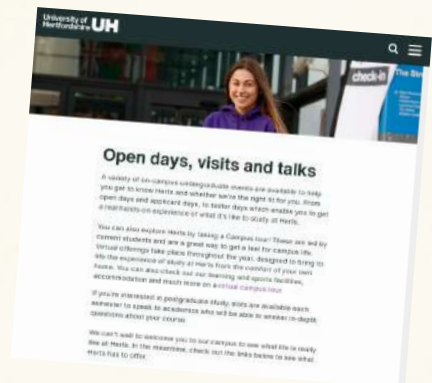
On Thursday 9th June the Year 12 Health and Social Care students visited the **Hertfordshire University open day**.

The students took part in lots of Health and Social Care workshops in social work, midwifery, nursing and radiography. The midwifery workshop gave students the opportunity to assist a midwife during a labour simulation, whilst students at the nursing workshop learnt how to fit a breathing tube for patients in need.

It was a great day out which gave the Year 12's a taste of university life and they all represented Holy Family brilliantly!



Miss Duncan



COMMUNITY PARTNERSHIPS

We have been working with the Church Hill Road Gardeners Community to upkeep our shared planters and garden at the back of the Wiseman House Site.

We would like to thank all of the volunteers who are creating these wonderful areas for us to enjoy and are looking forward to many more opportunities to work together.



SPORTS

Congratulations to

Nate F.

Rory O'C.

Josiah C.

Tyrese A.

Omari PJ.

Marcel W.

For representing Waltham Forest in Essex Schools Athletics championships on Saturday 11th June at Chelmsford Athletics Stadium.

Further congratulations to

Marcel

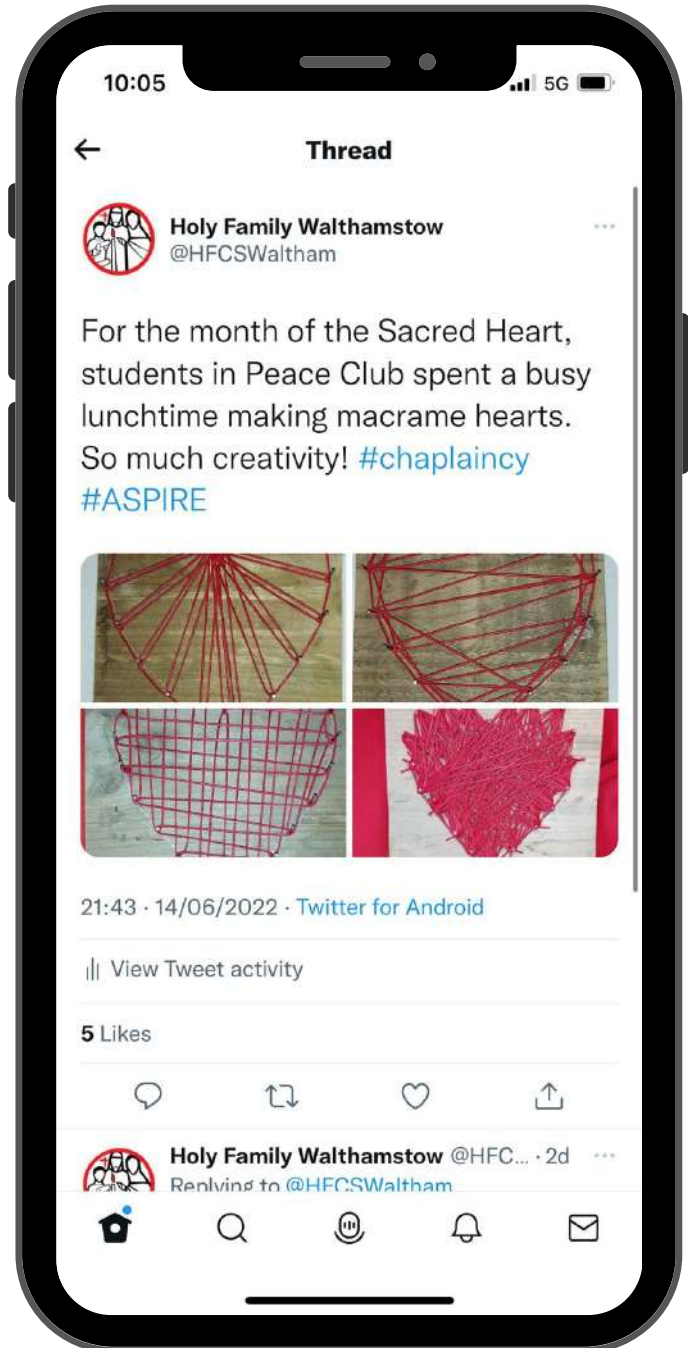
who reached the final of IB **100m** finishing 5th in a new Personal Best time of **11.38 secs!**

Well done to all.

SOCIAL MEDIA CATCHUP



@HFCSWALTHAM



@HFCSWALTHAM

What Parents & Carers Need to Know about TWITCH

Twitch is a livestreaming service which tends to focus on gaming. Users can publicly broadcast their gameplay and commentary online for other users to watch. It's a community-driven platform where viewers can support their favourite streamers' channels through PayPal donations, 'Bits' and more. Each streamer or group creates their own community for fans to interact with each other. Twitch has more than 15 million daily active users and includes non-gaming topics such as music, cooking and art. Anyone can create a channel to livestream or watch videos.

WHAT ARE THE RISKS?

UNCENSORED STREAMS

Uncensored content obviously carries a greater risk of inappropriate language and behaviour (streamers can, however, list their broadcast as unsuitable for children). Twitch has strict rules for streamers to follow, but requires viewers to report any streams which breach these guidelines. Each livestream is accompanied by a text chat which it is the streamer's responsibility to moderate.

INAPPROPRIATE CONTENT

Most people are already aware that some video games feature adult content such as violence, sexual content, profanity and so on. Twitch does prevent certain games from being streamed on the platform, but most are still allowed. It is relatively simple, then, for a child to find livestreams of games that aren't suitable for them – including horror games.

HIDDEN COSTS

Twitch is free to use because it's supported by advertisers. Removing the ads requires a subscription to Twitch Turbo – or the Twitch Prime package (free for anyone with an Amazon Prime account), which blocks the ads and offers additional goodies such as bonus games. Streamers earn most of their income by asking users for direct donations or gifts of the virtual currency Twitch Bits.

CONTACT FROM STRANGERS

As well as streamers talking directly to their audience, Twitch enables viewers to use text chat to speak to the person they're watching. It's a social platform which also allows viewers to interact with each other via text while they are watching livestreams – including exchanging private messages. This raises the possibility of a child being approached and messaged online by total strangers.

WEBCAM SHARING

It's common for streamers to use their live webcam footage. This allows better interaction with their viewers, but also adds risk: the stream might include sponsored content or product placement that isn't child friendly. Using a webcam in livestreams increases the chance of malicious viewers finding out where the streamer lives and provides bullies with visual reactions to their hurtful behaviour.

PRIVATE CHAT ROOMS

Twitch encourages streamers to create their own communities, which extend beyond its platform. Many create a public Discord group, for example, for viewers to join and communicate with each other. Discord is a completely separate entity to Twitch and offers a higher risk of predators, grooming and cyberbullying if your child gets involved in the voice or video chat with strangers.

Advice for Parents & Carers

EXPLORE IT YOURSELF

Twitch doesn't have any parental controls, but it is possible to block troublesome users if it becomes necessary. The best solution is to watch some Twitch channels by yourself or with your child to find some that are suitable. Watching some streams by yourself is also a good route to understanding the sort of content that your child would be consuming regularly on Twitch.

LEARN HOW TO BLOCK

'Security and Privacy' in Twitch's settings lets your child block messages from specific users. Teaching your child how this works will help them avoid online abuse. If they livestream, knowing how to block people in the chat also helps to prevent cyberbullying or harassment. Evading online interaction is impossible, of course, so talk to them in advance about boundaries and safe online communication.

WATCH WHAT THEY WATCH

Twitch does have a lot of child-friendly content; some streamers use a 'family friendly' tag to highlight material that's suitable for children. However, anyone can use this tag – including users who (accidentally or otherwise) stream games with less appropriate adult themes. The best way to counter this is to view different streams and follow suitable channels for your child to watch.

LIMIT PAYMENT OPTIONS

Reduce the chance of accidental purchases by ensuring your bank card isn't saved on Twitch or the Amazon account that Twitch Prime could be linked to. Restricting access to your PayPal account is also wise if your child watches Twitch on the device you use to make purchases. Explain to your child that they don't need to subscribe to channels to watch them and that donating or gifting 'Bits' is optional.

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



National Online Safety

#WakeUpWednesday

Chaplaincy Corner

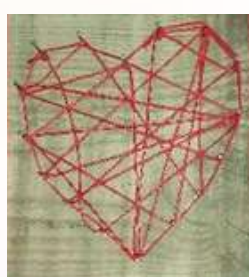
June – devoted to the Sacred Heart of Jesus

June is traditionally devoted to the Sacred Heart of Jesus. The Sacred Heart of Jesus has a cross, flames, crown of thorns, and blood. Each of these has a special meaning so that we can remember His love for us. The cross points to His sacrifice, the flames are his purifying passion, the crown of thorns reminds us of His suffering and kingship, and the blood reminds us of the side wound during His death. He spilled all of His blood for us.



Peace Club

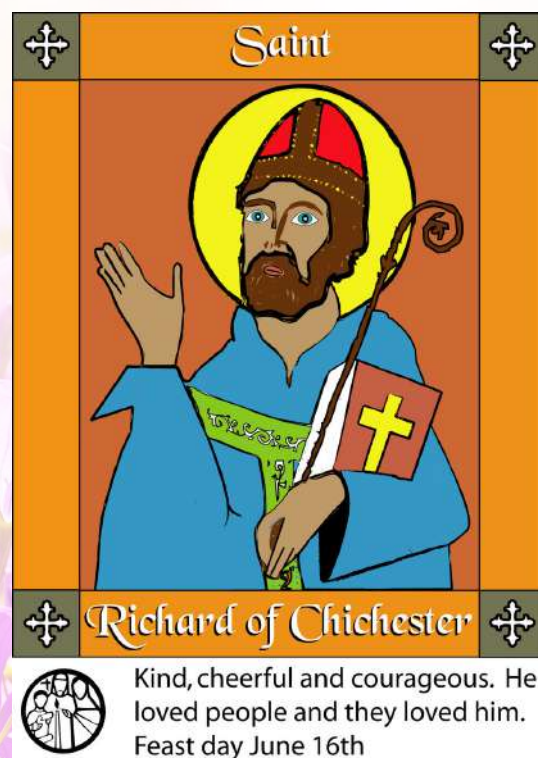
This week students took part in a craft activity, making macrame hearts. This was quite a meditative activity, as each student decided the pattern they would create, letting their thoughts guide them.



St Richard's Feast Day

Happy Feast Day to all in Richard House!

As Bishop of Chichester, his hospitality, teaching and patience won him the hearts of all who knew him and the apparent miracles performed by Richard set him apart from all other clergy. One miracle tells that Richard, celebrating Mass, dropped the chalice containing the consecrated wine. Amazingly, none was spilled.



Chaplaincy Corner

Father's Day

This Sunday is Father's Day. Fatherhood does not come with a manual, and reality teaches us that some fathers excel while others fail. We ask for God's blessings for them all and forgiveness where it is needed. We remember the many sacrifices fathers make for their children and families, and the ways they lift children to achieve dreams thought beyond reach. We remember also those who have helped fill the void when fathers pass early or are absent, grandfathers and uncles, brothers and cousins, teachers, coaches and priests, and the women of our families.

For those who are fathers, we ask for wisdom and humility in the face of the task of parenting. Give them the strength to do well by their children and by You.

Feast of the Most Holy Body & Blood of the Lord

This Sunday we celebrate the Solemnity of the Body & Blood of Christ, popularly known as Corpus Christi. This Solemnity honours Jesus Christ, really, truly and substantially present under the appearances of bread and wine. This Presence happens through the change which the Church calls transubstantiation ("change of substance"), when at the Consecration of the Mass, the priest says the words which Christ Himself pronounced over bread and wine, "This is My Body," "This is the chalice of My Blood," "Do this in remembrance of Me".

Corpus Christi Prayer



***Let us pray for the willingness to make present in our world
The love of Christ shown to us in the Eucharist.***

***We worship you living among us
In the sacrament of your body and blood.
May we offer to our Father in heaven
A solemn pledge of undivided love.***

***May we offer to our brothers and sisters
A life poured out in loving service of that kingdom
Where you live with the Father and the Holy Spirit,
One God for ever and ever. Amen***



New St Joseph Sunday Missal

Laudato Si Commitments - "carry a refillable bottle of water" – when the weather is hot, it is important to keep hydrated. Avoid buying bottled water but do carry a refillable bottle of water. Did you know there is an app that tells you where you can refill your bottle of water and tells you where there are water fountains?

<https://www.refill.org.uk/>

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
ABBOTSHUR. THIS LENT FOR THOSE OF PRAYER,
SOCIALISING AND ACTIVITIES, BUT MOSTLY TO
REFLECT, 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

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

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

POETRY CLUB

The Hollow Knight

by Zackary R.

What is this feeling?
So familiar. Drawn forward yet repelled.
Ho there, traveller.
I'm afraid there's only me left to offer welcome.
Our town's fallen quiet you see.
A great warrior, now rests
In the Black Vault far above.
Through its sacrifice Hallownest lasts forever.

Thunder's

Daughter

by Abisha I.

She observes as the rain drops fall
Pitter patter against the brick wall
A fine art, her flaws used to form
If love is in rain, she was the storm
She looked beyond the blur of water
Thunder's daughter
She was wind, she was love, she was the storm
Thunder's daughter embodied rain

The Aftermath

by Kezia M.

Dead. Dilapidated. Destroyed.
The purpose of this poor flower is damaged in the endless loneliness it
has gone through.
Beauty once thrived in its vibrant petals symbolising its liveliness and
charisma
Yet it was all gone.
After it occurred the life was sucked from essence like a vacuum.
The atmosphere was dreary and gloomy
And left was a flower.
A flower withering away with time and evil.
It was
Dead. Dilapidated. Destroyed.

LRC

Recommendations

In these pages we meet Ebenezer Scrooge, whose name is synonymous with greed and parsimony: 'Every idiot who goes about with "Merry Christmas" on his lips, should be boiled with his own pudding, and buried with a stake of holly through his heart'.

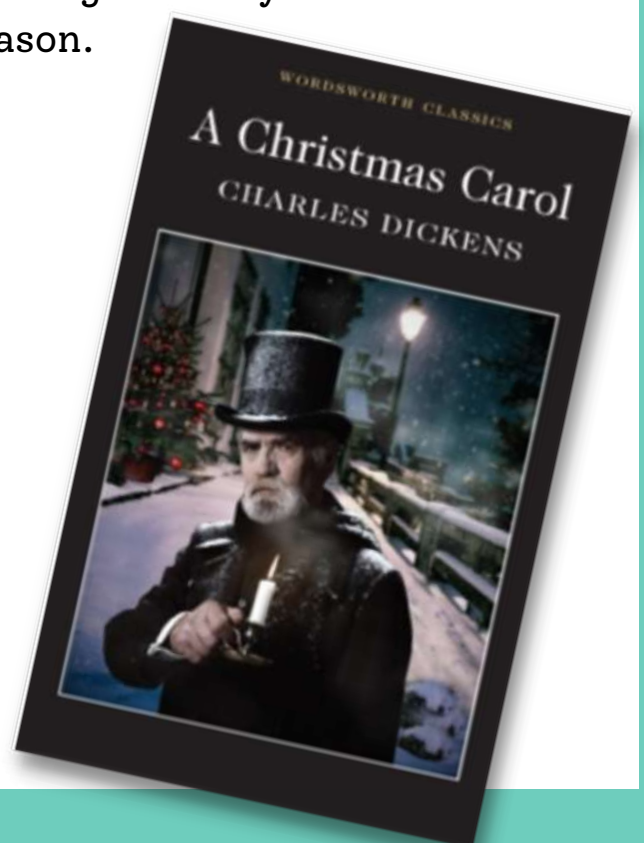
This attitude is soon challenged when the ghost of his old partner, Jacob Marley, returns from the grave to haunt him on Christmas Eve.

Scrooge is then visited in turn by three spirits of Christmas Past, Present and Future, each one revealing the error of his ways and gradually melting the frozen heart of this old miser, leading him towards his redemption.

On the journey we take with Scrooge we encounter a rich array of Dickensian characters including the poor Cratchit family with the ailing Tiny Tim and the generous and jolly Fezziwig. When Charles Dickens wrote *A Christmas Carol* in 1843 he fashioned an enduring gift to the world, capturing the essence of the love, kindness and generosity of the Christmas season.

A Christmas Carol

by
Charles Dickens



EXPRESS YOURSELF

Closing date: 20th June

Open to year groups 7-10

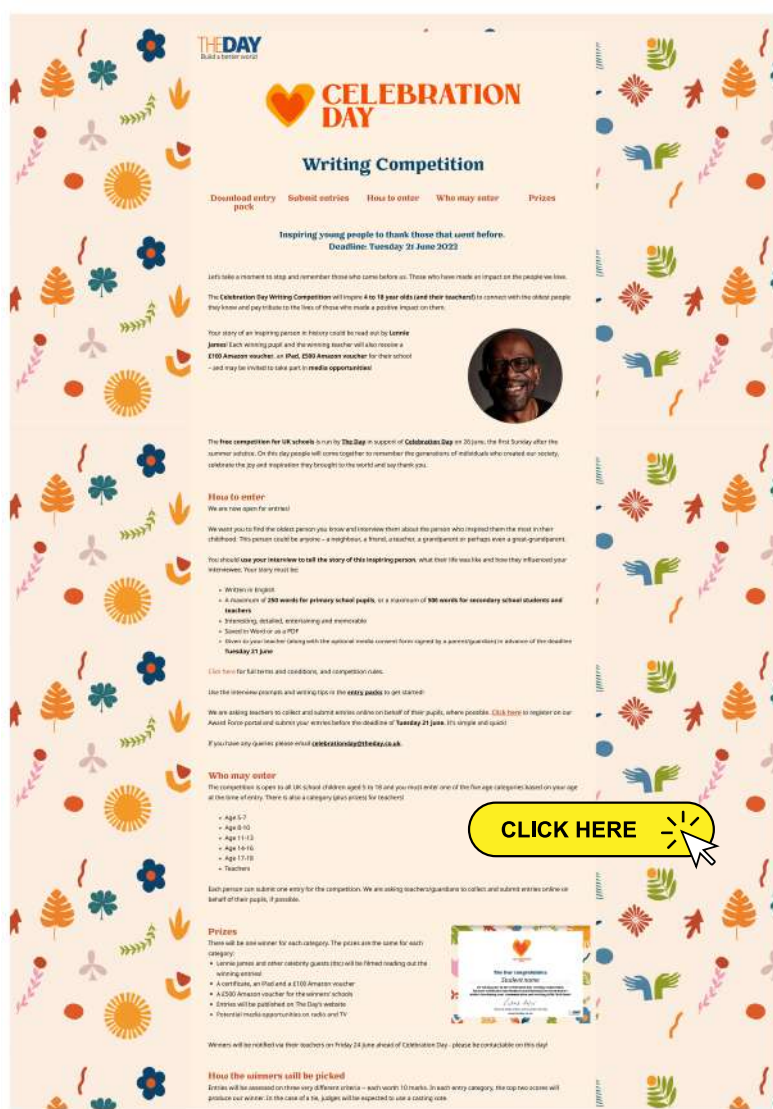
One entry per person

£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



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.

[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



CYBER SECURITY: ONLINE AND PERSONAL SAFETY - CHANNELLING YOUR GUT FEELING WITH CAMOR SECURITY

Employer: CAMOR Ltd
Age: 14-19
Industry: Law Enforcement/Security
Date: 30/06/2022

[Read more](#)



SYVCF- DESIGNING AND BUILDING YOUR FUTURE - GETTING CREATIVE IN ARCHITECTURE WITH HLM

Employer: HLM Architects
Age: 14-19
Industry: Architecture
Date: 30/06/2022

[Read more](#)



WILLMOTT DIXON

SINCE 1852

AN INSIGHT INTO TECHNOLOGY AND HOW IT IS CHANGING THE CONSTRUCTION SECTOR

Employer: Willmott Dixon Construction
Age: 14-19
Industry: Construction
Date: 30/06/2022

[Read more](#)



TESCO VIRTUAL WORK EXPERIENCE FOR YEAR 10-13 WITHIN THE FINANCE DEPARTMENT. 10AM - 4PM

Employer: Tesco
Age: 14-16
Industry: Retail
Date: 30/06/2022

[Read more](#)



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

Employer: Hart Biologicals
Age: 14-19
Industry: Science
Date: 29/06/2022

[Read more](#)



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

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

[Read more](#)



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

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

[Read more](#)



BE A PART OF CHANGING THE WORLD'S ENERGY SYSTEMS

Employer: Siemens Energy
Age: 14-19
Industry: Energy/Utilities
Date: 28/06/2022

[Read more](#)



SYVCF-IMAGINING A WORLD WITHOUT WASTE - CAREERS THAT CAN SAVE THE PLANET!

Employer: The Biorenewables Development Centre
Age: 14-19
Industry: Energy/Utilities
Date: 28/06/2022

[Read more](#)



Dan Snow, Historian & Broadcaster, BBC

Date: Tuesday 21st June

Time: 14:00 - 14:45

Age Group: KS3-5 / S1-6

[Click here to register](#)

Zaheer Ahmad, Global Head of Diversity, Equity and Inclusion - Consumer Healthcare, GSK

Date: Thursday 23rd June

Time: 10:00 - 10:45

Age Group: KS4-5 / S4-6

During this broadcast, you will learn about Zaheer's 'squiggly career' from working as a police officer to working as the Global Head of Diversity, Equity and Inclusion at GSK! Zaheer will be reflecting on some of the challenges that he has encountered throughout his career and who has supported him along the way.

[Click here to register](#)



Menna Rawlings, Her Majesty's Ambassador to France & Former Director-General, Economic & Global Issues, Foreign and Commonwealth Office

Date: Thursday 23rd June

Time: 14:00 - 14:45

Age Group: KS4-5 / S4-6

[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.

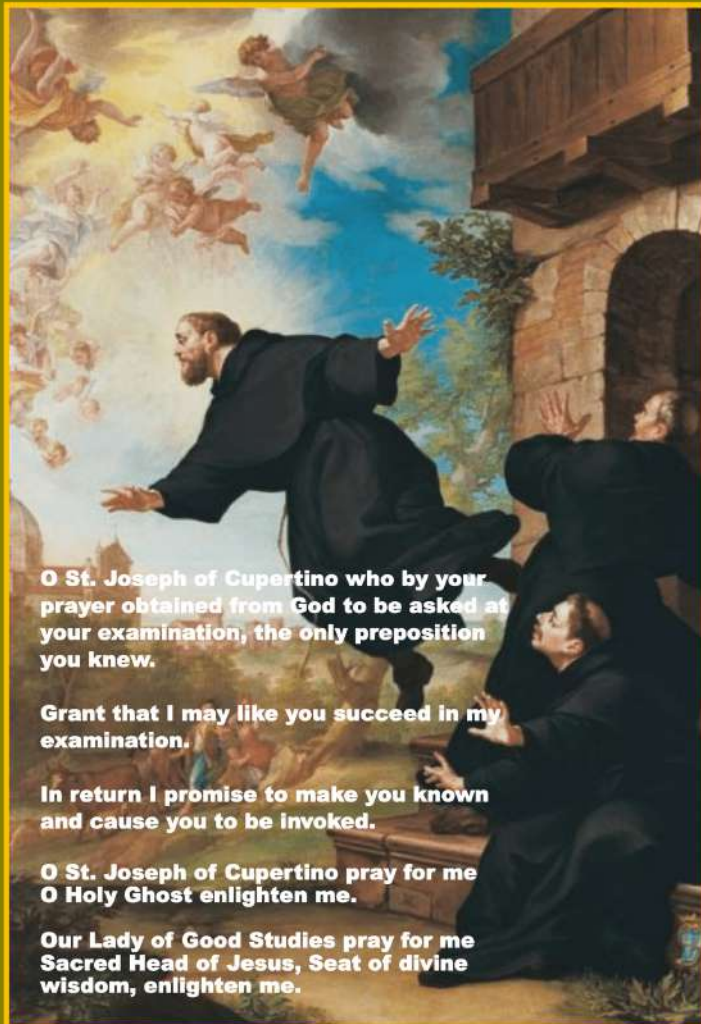
The Code:

"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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