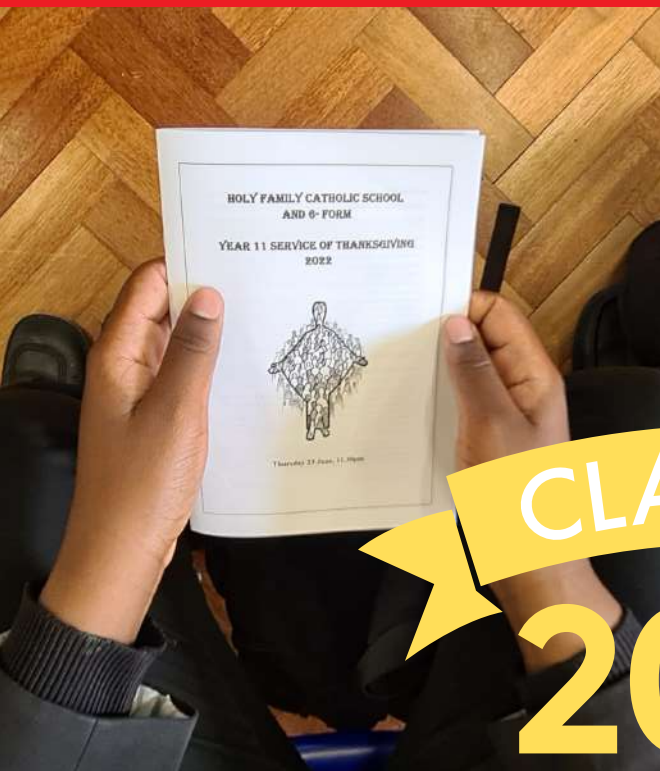


# FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL  
NEWSLETTER



Issue 34  
Friday 24th June 2022



"From walking in on the first day of school not knowing anyone to leaving with lifelong friends. However, the journey doesn't end here... we're all moving on to start new chapters in our lives but we will always remember our experience at HOLY FAMILY CATHOLIC SCHOOL <3"

CLASS OF  
2022  
Year 11



@HFCSWaltham

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

@HFCSWaltham



## **Quotation of the Week**

**"If you have nothing good to say to someone the say nothing"**

I think this is one of the most important rules to follow in school and in life. I've often spoken to students about this idea in my assemblies. This week we looked at what it means to be 'a good person'. Being a good person doesn't mean that you have to be saintly, but it does mean that you will try to avoid causing harm to others and to try to do good. This is very much part of our ethos in the school which is all about service to others and trying to be the best version of ourselves that we can be.

So many issues between students arise on social media and arise because students say unkind things about one another on social media. Please do check what your son/daughter is discussing on social media, talk to them about not posting negative things about other students online as it is something that often goes on to cause us issues in school. "If you have nothing good to say to someone, say nothing" is a really clear and simple message and one that all of us can try to follow.

## **Windrush Day**

Seventy Four years ago the Empire Windrush docked at Tilbury bringing hundreds of people from the Caribbean to come to work in Britain and help to rebuild the country after World War Two. We have become more aware in recent years of the injustices that the Windrush generation experienced facing racism and discrimination in Britain and the government and society have been very slow to acknowledge and address this.

We shared resources with all our form tutors to use with the students about Windrush Day and our Head of History and Politics, Mr Shah also spoke at an event the borough had organised at the Town Hall to mark Windrush Day on Wednesday 22nd June. Mr Shah has led, and continues to lead, some excellent work on diversification of the curriculum to ensure that it is inclusive. We are also working with the organisation The Black Curriculum

<https://theblackcurriculum.com/> on developing resources for ourselves, but which can also be used by other schools and Mr Shah is leading on this work. I would be very keen to hear from parents about your ideas on the curriculum and ensuring that it is diverse and inclusive in terms of the texts and resources that we make use of.

## **Yr 10 and work experience**

Yr 10 start work experience for two weeks on **Monday 27th June**. We know they are looking forward to this and that it will be a very positive and useful experience for them. We will be monitoring their progress and visiting them to see how they are getting on. It is the first time we have been able to take part in work experience for three years of course, so we very much hope that it will go well and give students lots of insight and ideas about their future career pathways.

## **Foundation Governors**

Could you be a Foundation Governor at Holy Family and help to support the important work of the governing body? Foundation Governors 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](mailto:a.stone@holyfamily.waltham.sch.uk)

## **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.

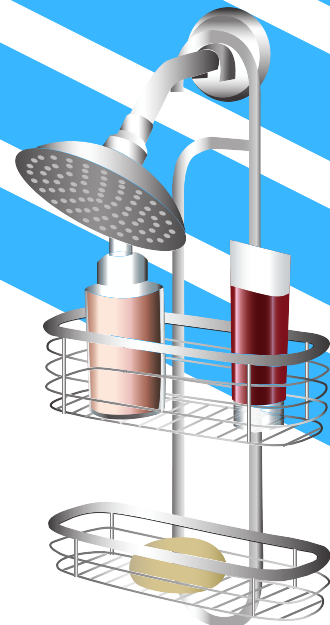
Dr Andy Stone,  
Headteacher







# WELLBEING



## Water Therapy

"Water has various different physical properties that can have a soothing effect on the body and mind. You don't have to visit a spa or have a hot-tub, sauna or steam room to take advantage of this.

Sometimes, running a warm bath and then cooling off afterwards in the shower can make you feel refreshed and stimulate your blood flow.

Good circulation is said to help your body function at its best, and this includes your mind, so it might help things feel sharper and clearer. Alternating between warmer and colder water in the shower could achieve the same benefits."

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



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



# YEAR 10

**Good luck next week at your work experience placements!**

**This is an invaluable experience which will prepare you for the future.**

**Remember the same applies out there in the world of work...**

**Be Punctual. Be Prepared. Be Phenomenal.**

**Wishing you all the very best!**

**See you on Monday 11th July!**

**Ms St Aimie & Ms Scott**

## **Stars**

Aaron Z., Amaris O., Amaru C., Amelia W., Amit S., Anil S., Arjun T., Atara A., Blen M., Chayan S., Cino J., Cuba D., Daniel P., Deborah G., Dylan B., Erin G., Ernest T., Filipa A., Gabriele I., Gabriella F., Grace M., Igor M., Ilana I., Imoleayo O., Jackie C., Jonathan M., Josiah D., Julianne A., Kacper C., Katrine O., Kelvin W., Keron M., Liam J., Magnific Y., Mahalia M., Maria B., Maria P., Maria S., Martinas G., Mary G., Merian B., Michael B., Nathan C., Nazar V., Neriah-Jane O., Nevin R., Nika H., Olivier S., Quincy Y., Rachel C., Rachel-Marie N., Rhianna W., Samuel H., Shanice H., Shihan D., Tharun Y., Thianna W., Tiara D., Timothy B., Tomasz B., Valeria B., Vlad B.

**Wellbeing Tip:** Plan ahead! What might you wear? Do you know how to get to work? Preparation alleviates stress.



# YEAR 11

CLASS OF

2022

**Its hard to believe that year 11 is finally over.**

**The journey you have all made in your time at Holy Family has been incredible and its due to the hard work you have put in.**

**Your resilience, dedication and pride defines you and it has been a true honour to watch you grow into the fine young adults you are.**

**To those moving onto colleges and apprenticeships, we wish you the very best in your new ventures.**

**To those coming back to sixth form, we look forward to continuing our journey with you**

**To you all, thank you for being such an amazing year group.**



**NOW LET'S TAKE THE TIME TO APPRECIATE OUR WONDERFUL FORM TUTORS**

**AND OUR HEADS OF YEAR!!!**





# YEAR 11





*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**

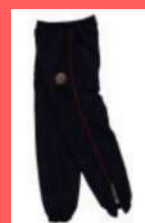


**School Tie**



**GIRLS**  
**BACK KILT**  
or  
**SCHOOL BRANDED**  
**TROUSERS**

### PE Kit



**PLEASE DROP ANY DONATIONS TO EITHER  
SCHOOL OFFICE**

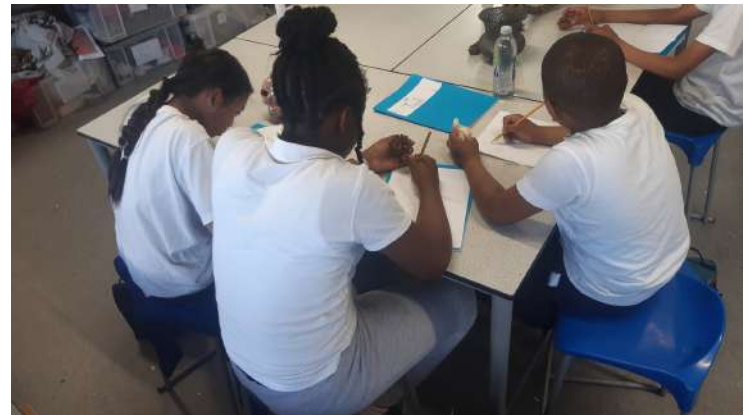


# PRIMARY SCHOOL ART VISIT

30 students joined us last week from our neighbouring school Our Lady and Saint George, for a 45 minute drawing activity with Ms Hammond.

They were introduced to still life drawing and invited to explore different forms of mark making.

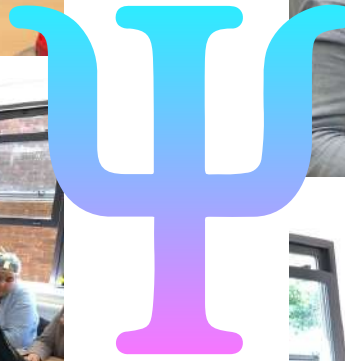
They made some lovely work and enjoyed looking at artwork of Holy Family students





# PSYCHOLOGY

**Year 12 Psychology students labelling areas of the brain that are involved in specific functions (known as Localisation of Function) such as the visual, auditory, movement, sensory and language centres of the brain.**





# MEDIA STUDIES

On the 19th of May Mrs Belgrave took us to a Film Focus Fair located in the Hale End library. We got to meet a lot of different companies and build connections, we also got to meet individuals who work for big companies such as the BBC and ITV who gave us an insight of work in the media sector.

I made a good connection with a person called Lucy Ferguson who is the owner of Mediorite, I spoke to her about my media course and showed her the work we had completed in class. She invited me along to do some freelance work as a camera operator after I expressed my interests of wanting to work in the media industry. I was able to learn how to use a 7D camera before going to my first ever freelance job. I got there and we recorded an advert for a charity that helps educate kids in literacy called The Literacy Pirates.



# MEDIA STUDIES



At the end of the job Lucy was really impressed and asked me a week later to come along and work on a different and even bigger set. I worked with PWCA and the BSCC to shoot interviews on how they work as big companies helping smaller companies by working closely and buying there products.



After this we moved on to shoot an interview at one of the smaller companies which was a tea company called Nemi teas. Nemi teas work with local communities to help ensure immigrants get the support and training they need to get jobs in specific sectors and help them avoid poverty or homelessness. During this part of the shoot I learnt how to use a c70, c100 and a black magic design camera. I also learnt how to control and use lighting to my advantage and how to deal with very important and expensive equipment.



I learnt a lot working at Mediorite and this is just the beginning of my journey with them. I am so grateful to Mrs Belgrave and Mrs Farrugia for this opportunity.

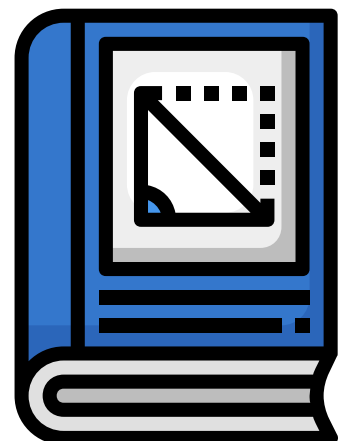
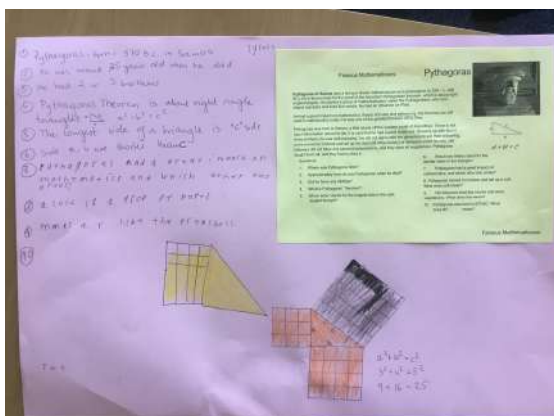
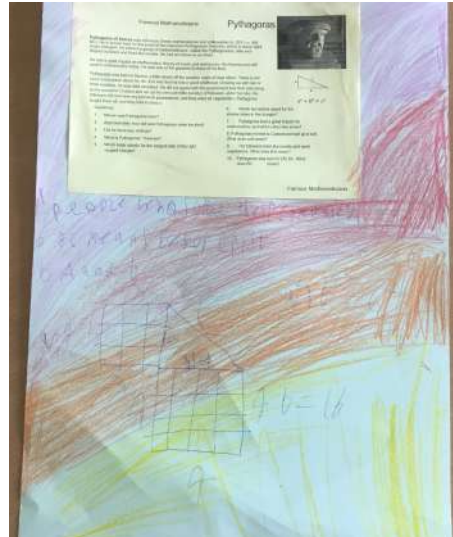
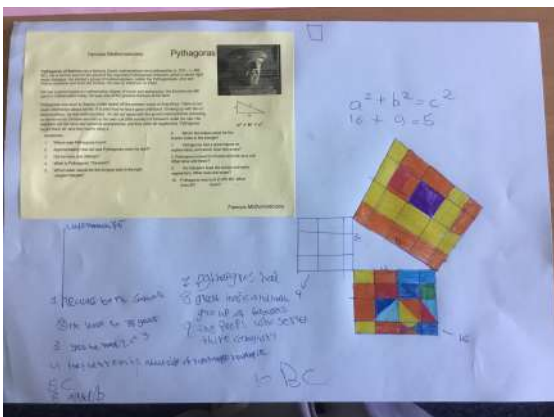
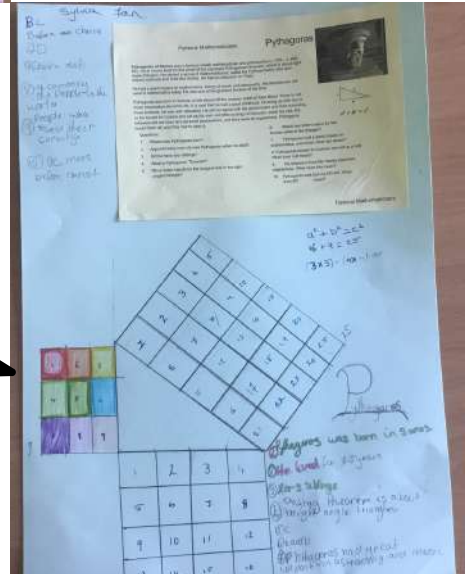
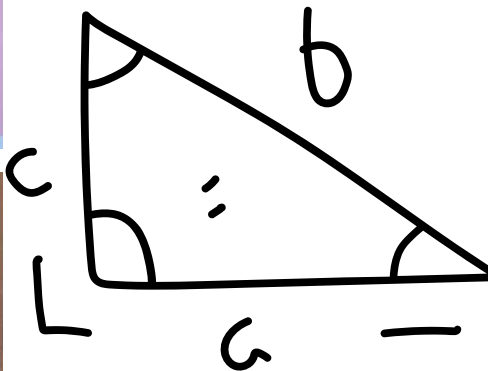
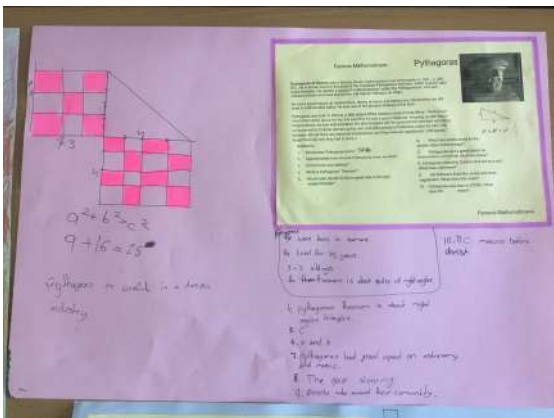
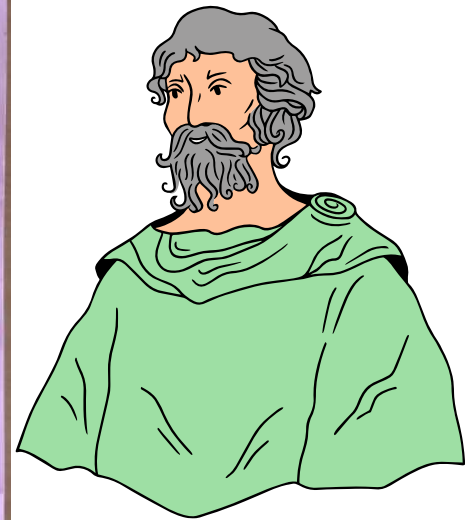
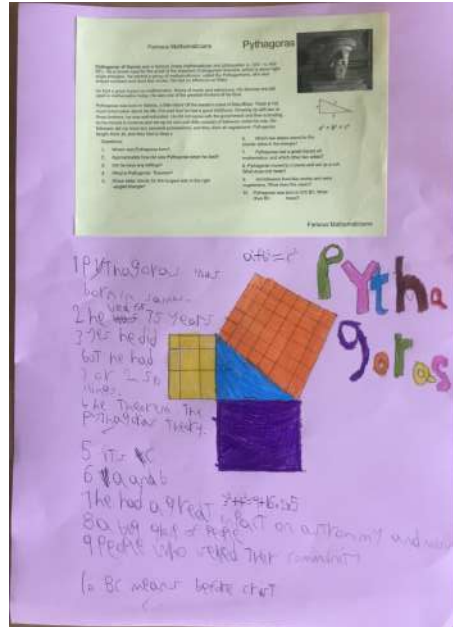
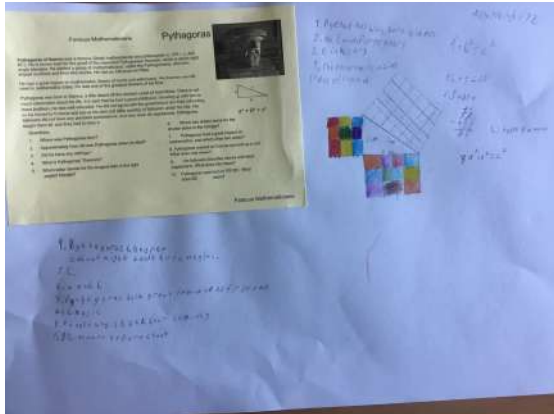
-Mo, year 12



# MATHS

Extended projects from Mrs Pietryzk's Year 7 Maths class

They learnt all about Pythagoras' theorem and made lovely posters. The students put a lot of effort in research and investigation of the concept of the Pythagorean theorem and as a result, they translated gained knowledge and skills onto paper.





# SCIENCE

8I have been working really hard during their topic on electricity. The posters that they made concentrate on the key knowledge that they have worked on in class and will be invaluable when they move on to electricity in KS4.

One of the tasks was for them to make a word search or crossword on electricity that their teacher can complete at lunchtime!

**Electrical Safety**

- Never put fingers or other objects in an outlet.
- Never pull a plug out by its cord.
- Unplug appliances when not in use.
- Get rid of damaged extension cords.
- Keep electrical appliances and tools away from water.

**Electric Conductors**

- Silver
- Gold
- Copper
- Steel
- Iron

**Insulators**

- Glass
- Rubber
- Dry wood
- Oil
- Diamond

Static electricity is generated by friction between two insulating materials. When these materials are rubbed together, electrons are removed from atoms within the materials, giving rise to a static electric charge.

**Voltage**

Voltage, electric potential difference, is the difference in electric potential between two points, which is defined as the work needed per unit of charge to move a test charge between the two points.

**Electricity**

Electricity is the effects of an electric charge. An example of electricity is the force that powers a light bulb. An example of electricity is lightning. There is also static electricity, the buildup of electric charge on an object's surface.

**Keywords**

Thermal energy: The energy an object has because of the movement of its molecules.

Renewable: Capable of being replaced or renewed, that returns naturally and can be used repeatedly.

Circuit: A route to a complete circuit path that electricity flows through.

Component: a combination of parts, ingredients, or one part of a whole thing.

**COMPONENTS OF A CIRCUIT**

Switch, Cell, Fuse, Battery, Insulator, Voltage, Electricity.

**Electricity**

Static electricity is generated by friction between two insulating materials. When the materials are rubbed together, electrons are removed from atoms within the materials, giving rise to a static electric charge.

Electricity is the flow of electrical power or charge. It is a secondary energy source which means that we get it from the conversion of other sources of energy.

**What is voltage?**

Voltage, when on a circuit, is the difference in electric potential between two points. Voltage is the pressure that pushes charged electrons (current) through a conducting loop, enabling them to do work.

**Components of a Circuit**

Electric Conductors: Silver, Steel, Copper, Gold, Aluminium.

Electric Insulators: Rubber, Glass, Oil, Pure water, Air.

**What is electricity?**

Electricity is the flow of electric charge and energy. It is a secondary energy source which means that we get it from the conversion of other sources of energy.

**Circuit Symbols**

Switch (open), Switch (closed), Cell, Battery, Resistor, Lamp, Voltmeter, Ammeter, Fuse.

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**Word search**

**ELECTRICITY**

ZIUBRGLFTVVAUGXFKJCSSNRI  
JAMMETERASCKSTEJZXEAYLKLP  
LCSFRPOSITIVETEMWVIOASDNP  
SJTXYXPFBNGUZZKKIBIFWBZV  
EXIMFISIRVYHCZJIAVWLILBCU  
RUCOGPBLQJRLPDRSQJOMPTTVD  
IUYNPPOUXPTNWLTCIUQZXACWQ  
EZZBSTIWRDOEULIIBJGERHCCX  
SOTZEELSGXNNTTILNGHCAXWMP  
CEKOSNDYJWOWSATEAZYILLWF  
ICCCZWTMTIKBRNBUXPAONRLHLS  
RSTATICELECTRICITYOSEELUO  
CNHTXAVAVOLTMETERTULKRG  
UONJRLJDTGRGPBOZILELCMNZJ  
IVXYMDSIELECTRONSIOAITQFC  
THVNNISVVTCLKHABIMATRCBKB  
WYXHPFOSROYVLOHBOCOCRASD  
OECYJFHLNSLVNPXQFIDRUOXD  
JKXBCSEEEOTBDHLEOLKIWNBT  
PYJARRYRGVOMAPUSNKSDDTSPZ  
OTGTWEHHAWOICGCFMKKNLYF  
VFXTSNBOTZMEHEFTTQEMZYST  
CMOEMCOSIGAOXLBPOBQGCWDT  
IFERDEYVVGOLXLYAFMREWAHBF  
MGKYOELLEBJQKHSWIDJBHPAFQ

**Potential difference** "Static electricity" "Series circuit" "Parallel circuit"

Electrons Conductor Voltmeter Positive  
Negative Protons Circuit Battery  
voltage Insulator Ammeter Switch  
Build Cell

**Electricity**

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# TEXTILES

**Year 10 have made lampshades using a range of decorative techniques**

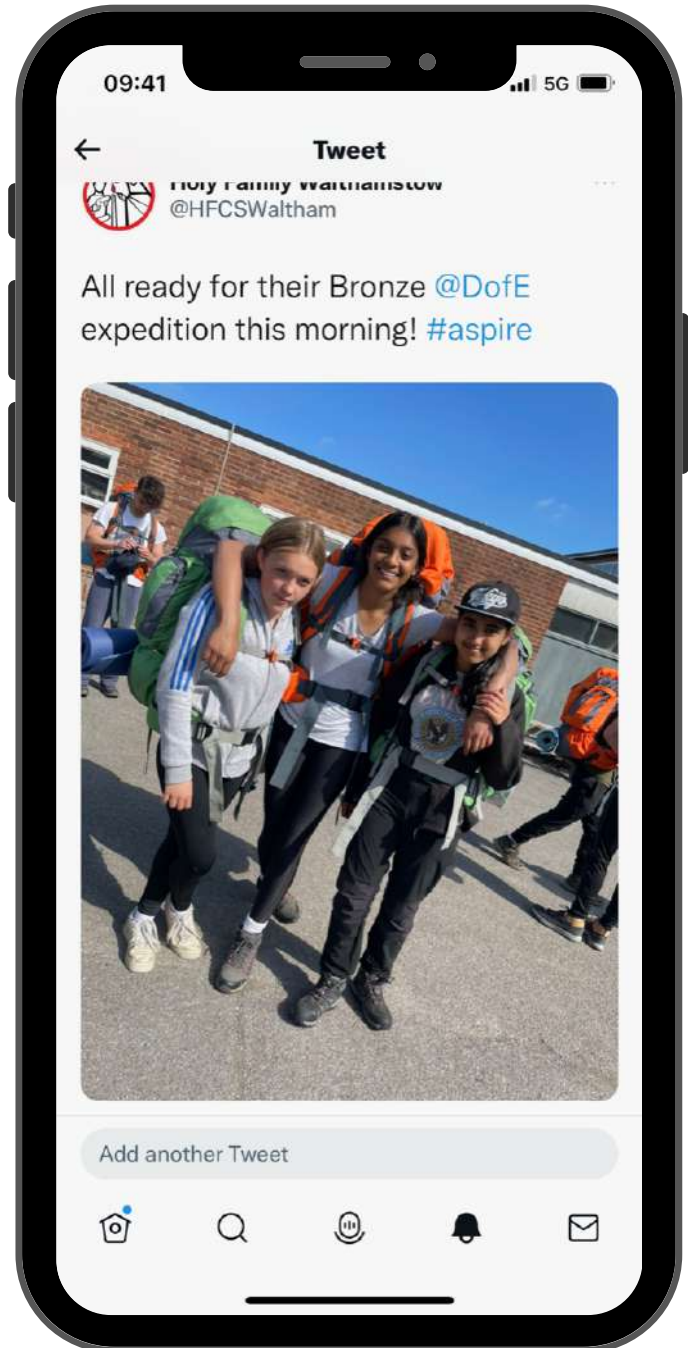
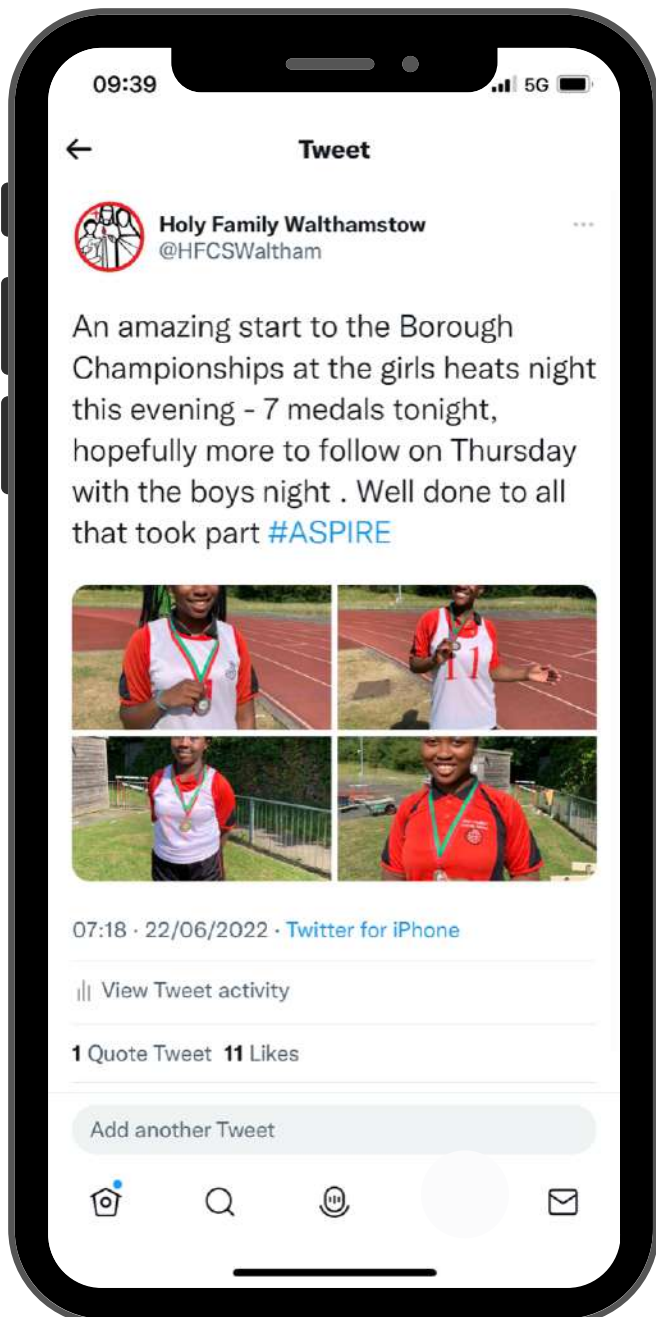




# SOCIAL MEDIA CATCHUP



**@HFCSWALTHAM**



**@HFCSWALTHAM**



# What Parents & Carers Need to Know about ESPORTS

British Esports describes 'esports' as "competitive gaming, human-v-human, usually with a spectator element to it". In recent years, the esports industry has grown significantly – and is expected to reach an overall worth of \$1.2 billion, with around 30 million monthly viewers, by the end of 2022. This rapid evolution has presented even more opportunities ... but, of course, opportunities usually come with a risk. Here, we've highlighted some of the potential hazards within the esports arena and suggested ways to help young people stay safe so they can make the most of this exciting space.

## WHAT ARE THE RISKS?

### MICROTRANSACTIONS

Microtransactions are in-game purchases that unlock new features or give players special abilities, characters or content. These can cost anything from 99p to £99 (and sometimes more!). The topic of microtransactions in gaming is heavily scrutinised – with cosmetics, pay-to-win features and loot boxes all being a source of contention for gamers and governing bodies in recent years.

### MENTAL HEALTH

Studies show that esports competitors face the same level of mental health issues as athletes from traditional sports, along with some specific additional demands. Like mainstream professional sport, esports is an incredibly tough industry – requiring countless hours of practice. Competing at the highest level can lead to pressures such as handling setbacks, stressful situations and facing criticism.

### INAPPROPRIATE CONTENT & BEHAVIOUR

Only 22% of gamers globally are aged between 10 and 20 – meaning the majority are adults, who might not always act or talk in a way that's appropriate for children. Like traditional sport, esports has many athletes and 'personalities' to look up to. However, it's important that your child stays aware of how influenced they are by the people they follow, and whether the athlete is age appropriate.

### TROLLS & TOXICITY

An internet troll is someone who tries to offend people and cause trouble by posting derogatory comments. Toxicity, as in the real world, refers to negative behaviours like harassment, verbal abuse and inappropriate conduct, which all impact on wellbeing. Trolls and toxicity are an issue within esports, perhaps due to its pressurised, extremely competitive and high-stakes nature.

### POSSIBLE EXPLOITATION

The revenue in esports is potentially vast. Organisations often look to professionals and content creators to help grow their brand, in exchange for the organisation's backing, a salary, and marketing and sponsorship benefits. However, the industry is still in its infancy – and so is its regulation. In some countries, esports isn't regulated at all, so things can get sticky if players don't know what they're doing or who they're working with.

### PHYSICAL EFFECTS

The common perception of esports involves a sedentary lifestyle, an unhealthy diet and very little physical activity – which has obvious health implications. It's certainly true that players sit at their desk for hours, looking into bright screens and not getting regular exercise. Some professional esports players have nutritionists, personal trainers and dieticians specifically to protect their health.

## Advice for Parents & Carers

### ENCOURAGE BALANCE

Dedicating oneself intensely to any activity – including esports – can be harmful, both mentally and physically. Make sure your child's gaming routine is balanced with exercise, regular breaks, healthy food and plenty of water. If your child spends long hours gaming, using a chair with the proper supports and taking the time to practise good posture will help protect their lower back, neck and wrists.

### UNDERSTAND GAMING

Chat to your child about the games they play; ask to watch or even take part to get an idea of how appropriate they are. This will give you an awareness of the phrases esports players and content creators use, helping you understand young gamers' slang. If you find some of the games unsuitable, talk to your child about why. You can also explore age-specific settings on apps like YouTube and Twitch.

### GET EXPERT HELP

If your child does start on the road to becoming a professional, get in touch with an esports-specific agency who are experienced in industry terminology and loopholes. Do due diligence on any team or organisation offering your child a contract: a key point is how long your child would be contracted to them – the esports industry changes quickly, so there might be better and more secure offers out there.

### BLOCK TOXIC USERS

Monitoring in-game chats, or disabling them altogether (either through the console or in the game itself), is a comprehensive way to avoid negative experiences and reduce the risk of toxic messaging. Your child also has options to block messages from particular players and only interact with their friends; this can also help to prevent them from encountering the blocked users in future games.

## Meet Our Expert

Nathan David is an experienced gamer, teacher and athlete. He is Course Leader for the BTEC Esports programme at Salisbury Sixth Form College. Nathan has more than 10 years' experience working in schools and colleges, and holds a Masters degree in Sport Psychology.



**NOS**  
National  
Online  
Safety®  
#WakeUpWednesday





COME TOGETHER TO JOIN IN THE

# WINDRUSH CELEBRATIONS

IN **WALTHAM  
FOREST** : 22-25 June 2022

A COMMUNITY-LED CELEBRATION  
OF AFRO-CARIBBEAN  
MUSIC : FOOD : ART AND PERSONAL  
STORIES

  
Waltham Forest



# WHAT'S ON

**WINDRUSH DAY  
FLAG RAISING CEREMONY**  
**WEDNESDAY 22ND JUNE**  
5-7:30pm  
Fellowship Square

FELLOWSHIP  
SQUARE

**SPECIAL CURATOR'S TOURS  
FOR ALTHEA MCNISH:  
COLOUR IS MINE**  
**22ND, 23RD AND 24TH JUNE**  
12-12:30pm  
William Morris Gallery

**WALTHAM FOREST  
TWINNING ASSOCIATION  
WINDRUSH REACH DISPLAY**  
**22ND TO 30TH JUNE**  
Fellowship Square

FELLOWSHIP  
SQUARE

**WALTHAM FOREST  
WINDRUSH FESTIVAL**  
**SATURDAY, 25 JUNE 2022**  
**A COMMUNITY-LED  
CELEBRATION OF  
AFRO-CARIBBEAN  
MUSIC, FOOD, ART AND  
PERSONAL STORIES**

**10AM-11AM**  
**WALTHAM FOREST  
WINDRUSH FREEDOM  
WALK WITH PETER ASHAN**  
Meeting Point: The Clock  
House (Wood Street  
Walthamstow E17 3NQ)  
and finishing in  
Fellowship Square.

## PROGRAMME AT FELLOWSHIP SQUARE

**STALLS ACTIVITIES:**  
**11AM-4PM**  
**POP UP LIBRARY, KIDS  
ARTS AND CRAFTS &  
FACE PAINTING**

**WINDRUSH ART LIVING  
ROOM COLLAGE WORKSHOP**  
with Kimartee. Alongside  
colouring sheets,  
ludo and dominoes.

**CARNIVAL ARTS & CRAFTS**  
Movement & Play with GB  
Carnival, Carnival Artists  
Jenny McKenzie and Teresa  
Askew and Fundance Artist,  
Celestina Banjo.

**DOMINOES AND MINI-  
TOURNAMENT** with  
Afro Caribbean Elders  
Association.

**FOYER:**  
**11AM-12PM**  
**WINDRUSH STORIES**  
interactive storytelling  
session featuring residents  
from the Windrush  
community of different  
ages and generations with  
pictures and personal items.

**STAGE PROGRAMME:**  
**12:30PM-1PM**  
**GUITAR PLAYER  
ELDER ERIC MEADE WITH  
AFRO-CARIBBEAN SINGERS**  
from Afro Caribbean Elders  
Association.

**1:30PM-2PM & 3PM-3:30PM**  
**AFRICAN DRUMMING  
WORKSHOPS** led by  
Gambian drummer  
Seneke Sillah – Mbilla Arts.

**2PM-2:20PM**  
**WINDRUSH JOURNEYS**  
with GB Carnival – An artist-  
led workshop presentation  
on the fountains inspired  
by childhood playtime  
games of the time, in  
celebration of Windrush  
stories and memories.

**2:30PM-3PM**  
**PERFORMANCE OF KORA  
(AFRICAN HARP)** by  
Amadou Diagne – Mbilla Arts.

**7PM-9PM**  
**WINDRUSH FILM  
SCREENING** 'Windrush:  
Movement of The People'  
(2018) at St Peter-in-the-Forest.



**FOR MORE  
INFORMATION**  
SCAN THE QR CODE  
OR VISIT:  
[BIT.LY/WINDRUSHWF](https://bit.ly/windrushwf)

## WITH THANKS TO OUR PARTNERS

RHYTHM  
KITCHEN

WALTHAM FOREST  
LIBRARIES



GREAT BRITISH  
CARNIVAL



WILLIAM  
MORRIS  
GALLERY

ST PETER-IN-THE-FOREST  
A COMMUNITY CHURCH



PROJECT  
ZERO

MBILLA  
ARTS



Waltham Forest





# Chaplaincy Corner



## Refugee Week (20-26 June)

This week we mark Refugee Week and we're invited to explore the theme of "Healing".

Healing means recovering from a painful experience or situation, so that we can continue to live. No-one understands this better than those who have lost their homes and had to build new lives from scratch. We have much to learn from refugees about holding onto hope when going on seems impossible. Those going through the asylum system also know that healing is an ongoing process, made harder by poverty, housing difficulties and the threat of being detained or deported. Asking for change, so that refugees can truly feel safe, is an act of care.

Whether it's about looking after ourselves and each other at difficult times, overcoming political divisions or coming together to fight for the survival of our shared planet, healing matters to all of u

## Peace Club

This week we looked at Refugee Week, discussing different statistics and remembering that behind every statistic is a person.

On the theme of "Healing" we looked at the role of food. Food can say welcome or hold precious memories. Food says we are neighbours, friends, or family. We are still alive, and we can feel joy. Food is healing. Food is home. Over the next few weeks, students will be sharing their favourite dishes/recipes that remind them of their heritage.

*Dear Lord Jesus,  
Your family on earth knew the life of refugees  
when they fled to Egypt.  
Bless all who seek refuge on this earth.  
Meet their needs for safety and for home.  
Move the hearts of your people to show them welcome.  
Cause wars to cease and bring justice to the nations  
that no one will need to flee again.  
Amen*



# Chaplaincy Corner

## Solemnity of the Nativity of St John the Baptist (23 June) and the Solemnity of the Most Sacred Heart of Jesus (24 June)

From the moment of conception, a relationship was established between Jesus and John. An angel appeared to an elderly Zechariah and told him his wife, Elizabeth, who had been unable to have children, would give birth to a son to be named John. "He will be filled with the Holy Spirit even from his mother's womb, and he will turn many of the children of Israel to the Lord their God." (Luke 1:5-25)



The Solemnity of the Most Sacred Heart of Jesus is celebrated to remember Jesus Christ's tremendous love for all of humanity. It is celebrated 19 days after Pentecost, which always falls on a Friday.

### Sports Days are here!

*God, let me play well but fairly.  
Let competition make me strong but never hostile.  
Forbid me to rejoice in the adversity of others.  
See me not when I am cheered,  
but when I bend to help my opponent up.  
If I know victory, allow me to be happy;  
if I am denied, keep me from envy.  
Remind me that sports are just games.  
Help me to learn something that matters once the game is over.  
And if through athletics I set an example, let it be a good one.*

*Amen*

*(c. Gregg Easterbrook)*

**Laudato Si Commitments - "say hello to someone new in your neighbourhood, workplace, school or community" – ask how they're doing. It might just make their day!**

*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 DEFEYENT 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  
REVEISE, 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 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		





# LRC

## Recommendations

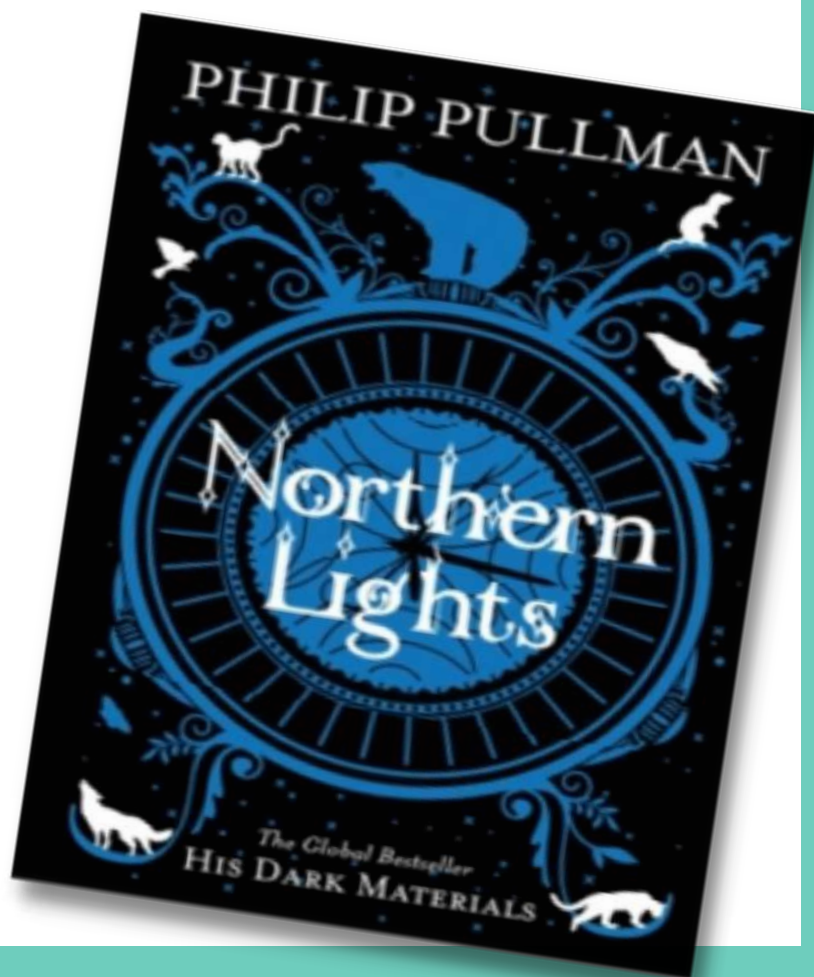
"Without this child, we shall all die."

Lyra Belacqua and her animal daemon live half-wild and carefree among scholars of Jordan College, Oxford.

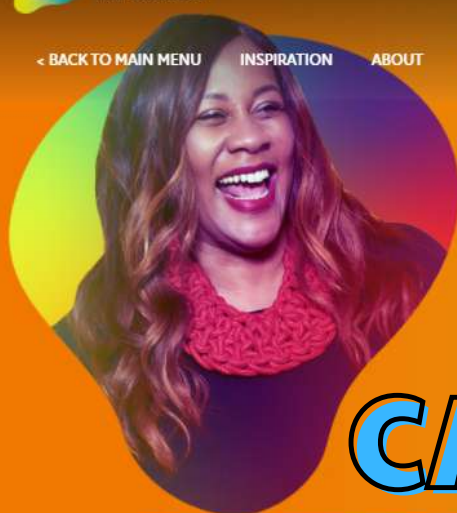
The destiny that awaits her will take her to the frozen lands of the Arctic, where witch-clans reign and ice-bears fight.

Her extraordinary journey will have immeasurable consequences far beyond her own world...

Northern  
Lights  
by  
Philip Pullman







## SPEAKERS FOR SCHOOLS VIRTUAL TALKS & BROADCASTS

# CAREERS CORNER

**kainos®**

AN OPPORTUNITY TO  
UNLEASH YOUR CODING  
HERO WITH KAINOS!  
(10AM-3PM)

Employer: Kainos  
Age: 14-19  
Industry: Computing & IT  
Date: 28/06/2022

[Read more](#)

**ROYAL  
AIR FORCE**

ROYAL AIR FORCE  
CAREERS INSIGHT -  
VIRTUAL WORK  
EXPERIENCE BEHIND THE  
SCENES - 5PM-7PM

Employer: Royal Air Force  
Age: 14-16  
Industry: Education/Teaching  
Date: 28/06/2022

[Read more](#)



THE FUTURE OF  
TECHNOLOGY - WHAT  
JOBS WILL EXIST? 9:45AM -  
15:00PM

Employer: Sopra Steria  
Age: 14-16  
Industry: Computing & IT  
Date: 28/06/2022

[Read more](#)

Tuesday 28 <sup>th</sup> June 10- 10:45am	Rachel Corp, Deputy and Acting Editor, ITV News  For KS3-5/S1-6	Are you an aspiring journalist? Do you want to know what it is like to work for an award-winning television network? Watch our broadcast with Rachel Corp to learn about her insights into journalism, how we can ensure that storytelling is original and the role of technology in her industry.  <a href="#">Click here</a> to register
Wednesday 29 <sup>th</sup> June 2-3pm	Predict 22 talk- Naureen Khan, Chief of Staff, Accenture & Former Chair of the Central Government Council, TechUK  For KS4-5/S4-6	If you're considering working in the fast-growing digital tech sector, this may be the broadcast for you! Naureen will be speaking about some of the exciting roles in her industry that you may never have heard about before and the work being done to close the gender gap in her industry.  <a href="#">Click here</a> to register



SYVCF-LET'S TAKE A LOOK  
AT NHS AND SOCIAL CARE  
CAREERS IN SOUTH  
YORKSHIRE

Employer: SYREC Schools  
Team for NHS and Social  
Care Careers  
Age: 14-19  
Industry: Healthcare  
Date: 28/06/2022

[Read more](#)

**ROYAL  
AIR FORCE**  
REGULAR & RESERVE

ROYAL AIR FORCE  
CAREERS INSIGHT -  
VIRTUAL WORK  
EXPERIENCE BEHIND THE  
SCENES - 10AM-3PM

Employer: Royal Air Force  
Age: 14-16  
Industry: Transport &  
Logistics  
Date: 27/06/2022

[Read more](#)

**TESCO**

TESCO VIRTUAL WORK  
EXPERIENCE FOR YEAR 10  
WITHIN TECHNOLOGY  
DEPARTMENT

Employer: Tesco  
Age: 14-16  
Industry: Retail  
Date: 27/06/2022

[Read more](#)

**Sir Robert  
McALPINE**

SYVCF-GREEN SKILLS  
CAREERS WITHIN  
ENGINEERING

Employer: Sir Robert  
McAlpine  
Age: 14-19  
Industry: Engineering  
Date: 27/06/22

[Read more](#)

**Santander**

INSIGHT DAY WITH  
SANTANDER WE INITIATE  
- 10:00 TO 13.30PM

Employer: Santander  
Age: 14-19  
Industry: Banking  
Date: 27/07/2022

[Read more](#)

**TESCO**

TESCO VIRTUAL INSIGHT  
DAY - CUSTOMER AND  
MARKETING TEAM

Employer: Tesco  
Age: 14-19  
Industry: Retail  
Date: 27/06/2022

[Read more](#)

IF YOU CAN'T WATCH A  
TALK LIVE YOU CAN  
FIND IT LATER IN THE  
LIBRARY





STUDENTS CAN  
ACHIEVE A  
NATIONALLY  
RECOGNISED  
MECHANICS  
QUALIFICATION

# DEVELOP SKILLS IN A WORKSHOP

Your students will experience real world mechanical problems allowing them to be fully immersed in the programme.

HELPING  
SCHOOLS  
TO MEET  
GATSBY  
BENCHMARKS

## ABOUT US

TeamSport Indoor Karting and Fast Forward Vocational Training have teamed up nationally to offer an exciting, engaging and unique opportunity for young people wishing to acquire vocational skills and qualifications.

Fast Forward is a specialist low-cost training provider with a determination to bridge the gap between disadvantaged youths and their peers to enable success and build positive futures across the UK.

Together we are able to offer an opportunity to young people throughout the country.



OFF-SITE  
REAL WORLD  
LEARNING

Call Callum for more information  
07753328926  
callumthompson@acewaytraining.co.uk

Fast Forward  
VOCATIONAL TRAINING



TeamSport  
#1 in UK Indoor Karting

### Vocational Training

Fast Forward Vocational Training and TeamSport Indoor Karting have teamed up nationally to offer an exciting, engaging and unique opportunity for young people wishing to acquire vocational skills and qualifications.

Fast Forward are a specialist training provider with a determination to bridge the gap between disadvantaged youths and their peers to enable success and build positive futures across the UK.

Students will have the benefit of developing their skills in a "live" workshop where they will face real world mechanical problems allowing them to be fully immersed in the programme. Students will also be invited to make use of the karting track giving them a real carrot at the end of the session!

Beginning in September we will be able to offer eight placements onto the course at TeamSport North London 30 Nobel Road Edmonton London N18 3BA where students will study a Level 1 Motor Vehicle Studies qualification. (Course outline below).

The programme will allow schools to offer an off-site vocational training provision to their students. In addition, this qualification will assist schools in meeting the Gatsby benchmarks, it will help schools address the needs of each pupil (Gatsby 3) offer an encounter with an employer (Gatsby 5) and offer a meaningful work experience opportunity (Gatsby 6).

Some of the benefits are listed below-

1. Students will gain valuable work experience within the motor vehicle industry
2. Students will receive a nationally recognised qualification upon completion
3. Your school will be meeting the Gatsby Benchmarks in Careers for these students
4. It will improve the behaviour and engagement of your selected students in school
5. Decrease the chances of those students becoming NEET.

### Course Outline and Unit Breakdown

#### Introduction

The ABC Level 1 Award in Motor Vehicle Studies encourage and enable learners who have an interest in this area of study to acquire knowledge and skills to aid progression to further study or employment.

#### Aims

The aim of this qualification is to offer learners a flexible bank of units that can be tailored into specialised learning packages in areas of interest that deliver an introduction to the motor vehicle industry providing an overview of potential occupations and job roles within. The overall aim is to provide both experience and knowledge on which to base future career and associated progression decisions, and to enhance employment prospects.

#### Target Group

These qualifications are designed for:

The mature learner who is seeking re-entry into the employment market, but who has insufficient qualifications and/or experience to compete for work.

16-19 year olds in post-school education or training, particularly those with limited previous achievement, who wish to pursue a vocational course as a foundation to employment

School/FE link (14-16 year olds) learners who are looking for an introductory programme of a vocational type for progression into further education and/or employment.

Those in employment in the motor vehicle service and repair industry who need to acquire appropriate job-related qualifications.

Students needing re-engagement/re-integration into mainstream education.

#### Methods Of Assessment & Delivery

The qualification is internally assessed and externally moderated. Delivery of the qualification is carried out by trained, competent time served engineers to ensure a wholesome, diverse and accurate qualification delivery.

The course is made up of theory elements; evidenced using a classroom portfolio and practical sessions evidenced through photographs. The course is 50% theory 50% practical.





# 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.

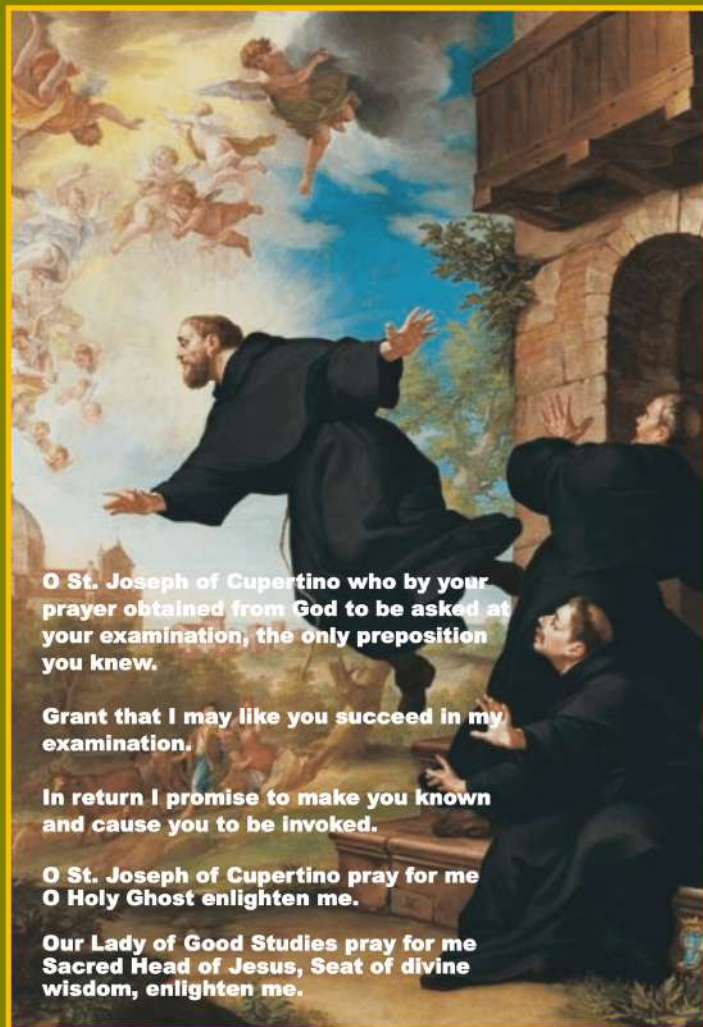
### The Code:

"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!



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