

# FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL  
NEWSLETTER



Issue 36  
Friday 8th July 2022

# GREAT HOUSE CHALLENGE



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@HFCSWaltham

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

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### Quotation of the Week

"Trust in the Lord with all thine heart; and lean not unto thine own understanding" Proverbs 3:5

Sometimes we simply have to put our trust in the Lord and have faith that all will be well. As new children arrive in our school community we ask that their parents/carers put their trust in us to do the very best that we can for their children. We are human and we won't always get everything right, but we will always try our best and we will continue to be guided by the example of the Holy Family in all that we do. Education is a partnership and parents/carers are the first educators of their children. When I see how fantastically well our sixth form students have turned out and our wonderful senior prefect team I have great heart for the future.

### Transition Days

Each year we welcome our new Yr 7 students for their transition day. We had a really good Transition Evening meeting on Tuesday of this week and thanks to all parents/carers who attended - the hall was very full. I was pleased to welcome Mrs Laws, our new headteacher and she addressed the meeting, talking about her high expectations and her plans for all of our young people. The sixth form senior prefects led by the Head Boy Joshua Hippolyte and Head Girl Shanee O'Garra were excellent and it was a lovely occasion.

Our Yr 8 students also took part in their transition day on Wednesday - this time transition to the upper site, the Wiseman Site. The day was led by our new Deputy Headteacher and Head of Upper School Mr Gharu alongside Mr Fidegnon and other colleagues in the upper site team. It's a time of optimism and hope as students grow up, mature and look to the future and we are very proud of all our young people.

### Work experience

Yr 10 students return to school on Monday 11th July after their work experience placements. I sincerely hope they have enjoyed their time in the workplace and have benefitted from it. Many of them may now be clear about the career path that they would like to follow but it can also be useful to find out what they don't want to do and to find out about alternative pathways to those they are currently considering.

### 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



# HEADTEACHER'S COMMENDATION

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Mr Freeman and Ms Nordon  
have nominated the following students for their help  
and hard work in organising the Yr 11 Prom.

Our thanks to each of them!

**Micah J., Akasma G., Cleopatra A.,  
Faustina A., Therese S., Janell D., Tacyana F.,  
Naptaley S-W., Tara H., Rebecca K., Tiffany M.,  
Jessica B., Victoria S., Izadora C.  
and Omario N. S. J.**

Ms Sandhu has nominated the following Yr 12 students for their  
excellent approach to sixth form enrichment this year.

They are:

**Samuela A.**

for her outstanding work as a maths ambassador this year

and **Tara L-D.**

for completing additional community enrichment around the  
school and being an exceptional role model to our younger  
students.

Well done and thank you to both of them.

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# WELLBEING

## Gaming

"For many, gaming can be a great distraction or escape from reality.

There are lots of different genres of games out there; some aim to exercise your mind, some encourage creativity, with ambient music or visuals designed to relax players, and some have more specific storylines or objectives such as action, adventure or strategy games.

There is an online community associated with some games, or the opportunity to play online with your peers, and this can provide a sense of community and support, as well as opening a line of communication with your friends.

It is important to remember that, much like real life, not all corners of the gaming community are safe or positive spaces. [Childline has some great advice on how to make sure you stay safe online.](#)

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



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

**START**

**GAME  
OVER**



Ask for:  
Email:  
Direct line: 020 8496 4720  
Ref:  
Date: 22/06/2022

Dear Parent,

I hope that all is well.

Waltham Forest Holiday Activity and Food Programme is now open to enrol your child in a free holiday clubs programme over the summer.

There are free places available for children and young people eligible for free school meals. This opportunity is provided as part of the government's expanded Holiday Activities and Food (HAF) programme being delivered across Waltham Forest.

The scheme provides enjoyable activities and nutritious meals for primary and secondary school aged children who are eligible for benefits-related free school meals.

Children will be able to access a wide range of sessions throughout the summer holidays, at no cost to you. The sessions will include a variety of fun activities, including sports, music, arts and other exciting opportunities to learn and develop skills, alongside a nutritious meal each day.

To book a place and find out more, please visit [www.walthamforest.gov.uk/holidays](http://www.walthamforest.gov.uk/holidays)

If you have any queries regarding the holiday activity programme, please email [wholidayactivityprogramme@walthamforest.gov.uk](mailto:wholidayactivityprogramme@walthamforest.gov.uk) or call 0208 496 4720

In addition to this programme, families who are eligible for Universal Credit may be able to claim back up to 85% of their childcare costs. Please visit <https://www.gov.uk/help-with-childcare-costs/universal-credit> to find out more.

Kind regards,



Lindsay Jackson

Head of Education Business Effectiveness



# WALTHAM FOREST HOLIDAY ACTIVITY AND FOOD PROGRAMME

## SUMMER OF FUN 2022

**ALL ACTIVITIES WILL  
TAKE PLACE BETWEEN  
25TH JULY - 19TH AUGUST 2022**

To book your place and  
find out more scan here:



or visit  
**WALTHAMFOREST.GOV.UK  
/HOLIDAYS**

**BOOKING IS ESSENTIAL**  
on all activities so book early  
to avoid disappointment  
For queries please contact the  
Waltham Forest Holiday Activity  
Programme team on:  
**WHOLIDAYACTIVITYPROGRAMME@  
WALTHAMFOREST.GOV.UK / 020 8496 4720**

**ARE YOU AGED BETWEEN  
5-16 AND IN RECEIPT OF  
BENEFIT RELATED FREE  
SCHOOL MEALS?**

**DO YOU LIVE OR GO TO  
SCHOOL IN WALTHAM FOREST?**

This Summer we have a wide  
range of free exciting activities  
across the borough for you to  
enjoy during the summer holidays.  
The sessions will provide you  
opportunities to try new activities,  
learn new skills, have fun, make  
friends and enjoy a free meal every day.



Waltham Forest







# Waltham Forest Holiday Activity Programme Referral Form



## 1. Child/Young Person (PLEASE COMPLETE FORM FULLY AS INCOMPLETE FORMS MAY BE RETURNED)

Name of Child/Young Person (full name)			
Date Of Birth		Gender	Male <input type="checkbox"/> Female <input type="checkbox"/>
Do the child have additional needs? Yes <input type="checkbox"/> No <input type="checkbox"/> If yes please state:		Photographs (permission to take photos for promotional purposes for LBWF only) Yes <input type="checkbox"/> No <input type="checkbox"/>	
Medical (Please indicate any health issues, injuries, allergies, special needs or medical conditions)			
Which school does the child/young person attend?			
Other Relevant Information: (please complete fully) Is there <u>any</u> other information that we need to know? i.e. Behavioural issues, nature of physical and/or learning disability  Please also include legal status of child/YP such as LAC or subject to any court orders.  Please ensure that you inform us of any additional support that the child/YP may need in order to participate in these activities (please provide clear details of the nature of the difficulty and the level of support required). Use an additional sheet if required and send with application.			

## 2. Parent/Carer details

Full Name of Parent/Carer		Are you Over 18 years of age? Yes <input type="checkbox"/> No <input type="checkbox"/>	
Address		Postcode	
Emergency Contact 1 - Full Name:	Relationship to Child:	Home Tel:	
	Email:	Work Tel:	
		Mobile:	
Emergency Contact 2 - Full Name:	Relationship to Child	Home Tel:	
	Email:	Work Tel:	
		Mobile:	

## 3. Referrer's details

Name of Referrer		Job Title	
Name of Organisation		Email	
Contact Telephone No.		Mobile	
Are you contactable during the Summer? If not, please provide alternative contact	Yes <input type="checkbox"/> No <input type="checkbox"/> If there is an allocated social worker or another organisation that is working with the family please ensure you include the contact details of someone who is contactable during the period of the booking.		



# Waltham Forest Holiday Activity Programme Referral Form



**4. Session Booking** – Please outline the activity that you wish the child to attend. Please note where possible the child will be offered the 1<sup>st</sup> choice, however if this is not available the child will be booked onto the second choice. Children will be only able to access 2 weeks provision during the summer.

	1 <sup>ST</sup> Choice	2 <sup>nd</sup> Choice
Week 1		
Week 2		
Week 3		
Week 4		

**5. Reason for referral** (please tick)

Category		Category	
Common Assessment Framework (CAF)		Risk of Gang Involvement	
Child in Care		Families just below social care threshold	
Difficulties in Social Engagement		Welfare Concerns	
Low income families		Child/young person with disability	
Known to Early Help Service		Young Carers	
Known to Social Services		Teenage parents	
Other (Please specify):			

I give permission in case of an emergency for my child/ren to be taken to hospital by ambulance:

Yes ☐ No ☐

I give permission for my child to walk home alone (Over 8's only):

Yes ☐ No ☐

Parent /Carer Signature: ..... Date .....

Referrers Signature: ..... Date .....

Please ensure that you complete a separate form for each child/young person and return to [wfholidayactivityprogramme@walthamforest.gov.uk](mailto:wfholidayactivityprogramme@walthamforest.gov.uk)

# GREAT HOUSE CHALLENGE

A

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**On Thursday 30th June Holy Family hosted its annual Great House Celebration Day.**

**The students were placed in groups with members of their House from every year and took part in 7 team building activities throughout the day.**

**This is always a great way for students to interact with other members of their House as well as a fantastic way to build our sense of community at Holy Family and end the school year with a dose of healthy competition.**

**"I was quite anxious about the day at first but after I got into it I really enjoyed myself"**  
**Mr Fidgeon**

**"The afternoon was so much fun, I would love to do it again"**  
**Fiele and Iliana**

**"The kids have really enjoyed this day- great teamwork"**  
**Ms Osei**

The results are as follows:



House	Total points	
A	274	3rd
S	308	2nd
P	271	4th
I	369	1st
R	206	6th
E	212	5th

**Congratulations to St Ignatius' house!**



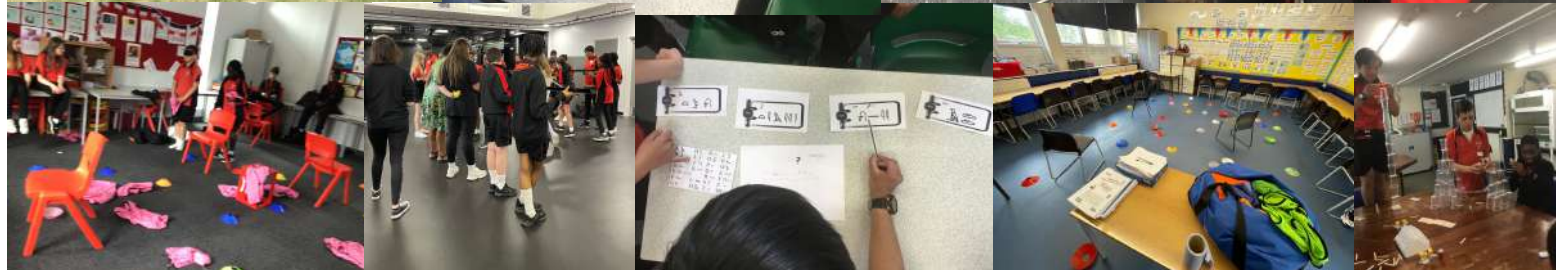
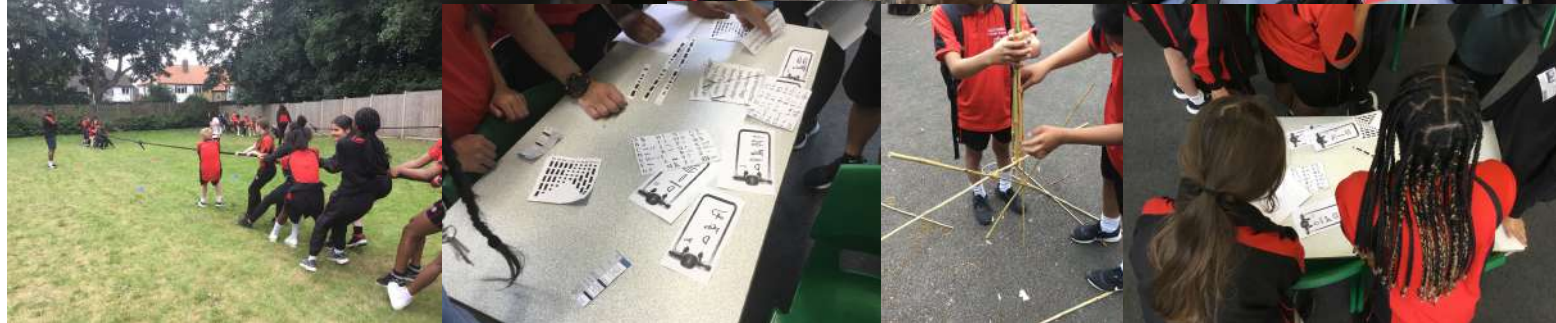
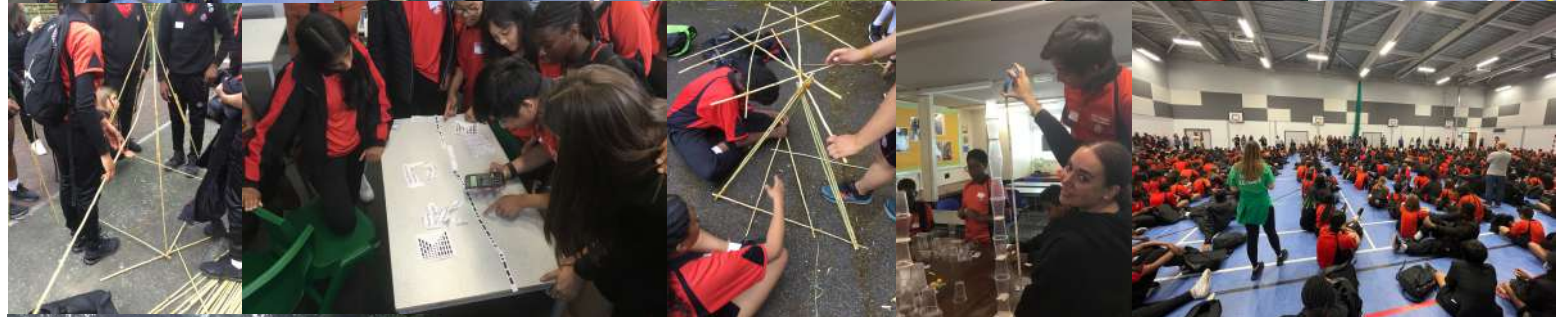
# GREAT HOUSE CHALLENGE

A day full of Tug of war, minefields, orientering, spiderwebs, escape rooms, cup towers, catapults, pipelines and balloon races!





# GREAT HOUSE CHALLENGE





# SIXTH FORM

## Sixth Form Careers Talks

**For the past 10 weeks the Sixth Form have been having careers talks on Wednesday afternoons during their enrichment period.**

**The talks have been given mainly by Holy Family Alumni and have been extremely motivating and aspirational for our students. The talks have covered many areas from Finance to Law, Football Analysis, Banking and Computing.**

**We are very proud of our students achievements.**



**Mrs Delf giving a talk on 'How to achieve a Career in Law.'**



# SIXTH FORM

**Vira in Year 12 was at the House of Commons this week as a finalist in the Million Minutes Celebrating Young People Awards.**

**And she won!**

**This was in recognition of her work with and for the Ukrainian community since the outbreak of hostilities. Vira was behind our food and clothing collections for Ukraine and a non uniform day.**

**But she does a lot more in her community.**

**Her award was in the category “the Jimmy Mizen award” – recognising young people who have shown a firm and persevering commitment to peacemaking and solidarity between people.**

**Vira received the award this week from Margaret Mizen, mother of Jimmy. Jimmy was a young man murdered in 2008.**

## THE JIMMY MIZEN AWARD



Click here

### Promoting Solidarity & Peace

The Jimmy Mizen Award recognises young people who have shown a firm and persevering commitment to peacemaking and solidarity between people.

We seek the good of one another, aware of our dependence on one another. We are called to live honestly with one another, working together in love for the good of all. This is what will lead to true peace.

**Congratulations Vira!**





A programme for young people local to White City, offering you opportunity to develop an idea and see it through to creation.

### Coronavirus (COVID-19)

Please note that our programmes are now running in-person where possible, but some activities may take place on our dedicated online platform. Our first priority remains the safety and well-being of our staff, students and programme participants. Where programmes and events take place at an Imperial campus, participants, staff and students are encouraged to wear face-coverings indoors, especially in enclosed or crowded places, unless exempt.

Our programme coordinators will provide full information about the location and delivery method of our programmes to those enrolled.

Enrolment for our upcoming programmes will continue as usual and further details can be found below.

### At a glance

- 25 July – 20 August 2022
- Non-residential (takes place at the Dangoor Reach Out Makerspace)
- For young people local to or near White City
- Applications are now open

Apply now

### About the Maker Challenge

This programme gives you the chance to develop an idea and see it through to creation. With access to cutting edge technologies, you will learn to use a range of making tools and techniques with the support of our staff and students.

You will gain a range of skills from practical, hands-on use of equipment to a myriad of soft skills including product development, team-building, presenting and communicating. At the end of the programme there will also be a showcase of the projects for your parents, teachers and families to see.

### What to expect

The Maker Challenge runs throughout the year with programmes during each school term and the summer holidays. Due to the coronavirus pandemic, sessions will be delivered at the Makerspace at reduced capacity and with social distancing precautions.

The [Dangoor Reach Out Makerspace](#) is a dedicated space for young people, containing tools such as 3D printers, laser cutter, scanners, traditional woodworking machinery, hand tools and craft materials. There is a workshop space and design studio, staffed by our dedicated Makerspace team.

### Applicant information

[Collapse all](#)

#### Eligibility criteria

To attend this programme, you must:

- Be 14-18 years old
- Live in London (applicants local to White City prioritised)
- Be available to attend all sessions, as listed in the 'How to apply' section

You must not have previously completed the Maker Challenge programme to be eligible.

#### How to apply

Applications for the Maker Challenge programme are now open.

The programme takes place over two weeks during the summer holidays between 25 July and 20 August 2022. There are two groups to choose from: Group A is 25 July – 4 August, and Group B is 8 August – 18 August. There is an additional finale showcase on Saturday 20 August.

The programme involves eight weekday sessions (Monday-Friday, 10 am-4 pm) and one additional Saturday showcase (20 August, 10 am-3 pm). Workshops take place at the Dangoor Reach Out Makerspace in White City.

Please select your chosen day when applying online:

- Group A (25 July – 4 August) OR
- Group B (8 August – 18 August).

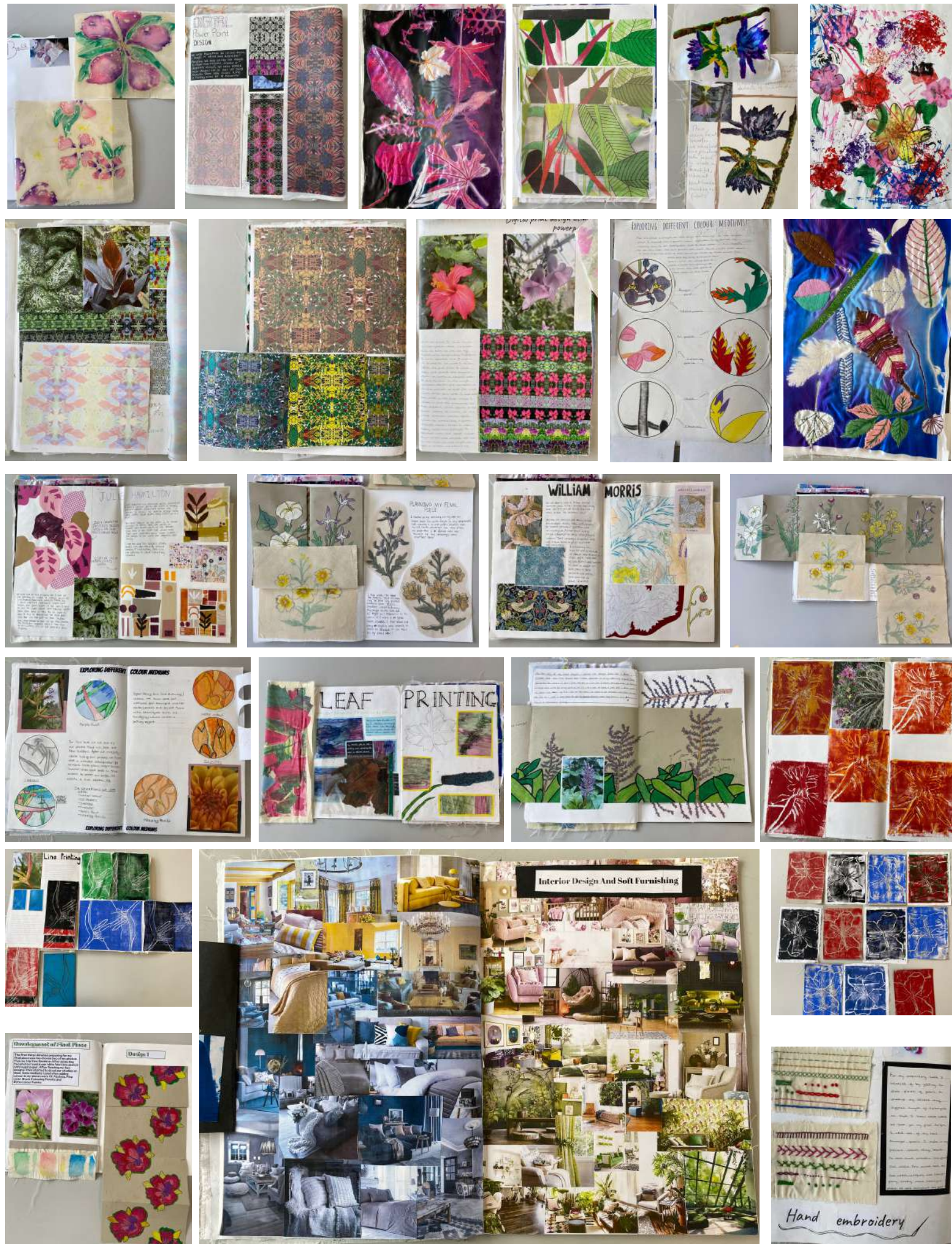
**Application deadline: Sunday 17 July 2022**





# TEXTILES

## Year 10 GCSE Textiles coursework sketchbook pages





# BIOLOGY

## 4th July Symposium

On the 4th of July our A-Level Biology class took the day to immerse ourselves in the wonders of the body and the science behind humanity, our bodies and the way it functions. We began our day with an amazing talk about 'Ableism' from the wonderful Matilda Feyisayo Ibini, who gave a talk about the reality of disability; which opened a lot of our eyes and changed our perspective on how disability is interpreted in everyday life and the changes we have to make as a society to gain equality of all types.



After the speeches we had an amazing interactive session called 'Under The Knife', depicting the human body in various mediums, changing our perspective on how the human body works, the symposium used art to depict the human body - giving us a taste of how intense hospital situations work, giving us a detailed experience of the emergency room with hyper realistic body parts looking specifically at how stab wounds affect a patient.

Following that we delved into the skeletal history of humans and how we have developed and grown into who we are today - led by Jelena Bekvalac who led a talk on how to identify the various body parts, genders and lifestyle of the person that once was. We ended our day with a really fun and interactive talk from Dr. Brenda Naso who is a psychotherapist, specialising in dance movement psychotherapy, where she gave us a little introduction into the benefits of creative arts therapies through dancing and 'shaking out all of our stresses'. The day was so insightful and gave people a real introduction into the world of medicine, therapy and kept people up to date on the reality of inequalities within our society.

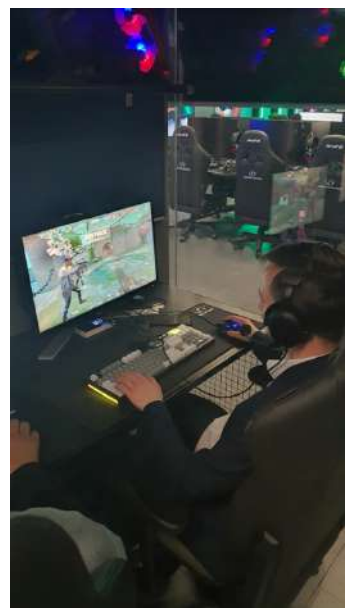
-Joshua H.



# INFORMATION TECHNOLOGY

**Year 12 students had a trip to Wanyoo (E-Sports Arena) on Monday 4th July so they could better understand the following:**

- **Student Involvement and Engagement:** Through esports, schools can provide activities for students that may otherwise be disinterested or disengaged.
- **Monetary benefits from esports:** Everything comes down to the bottom line, and esports is becoming a BIG business. A billion dollars kind of big.
- **New Programs and Degrees:** With esports growing at a rapid pace, it's creating a new industry that needs qualified people in all roles.
- **Esports Arenas:** Many colleges and universities are becoming a hub of esports activity by building esports arenas on campus.
- **Exposure and Reputation:** Everyone likes to win. Winning brings accolades, attention, recognition, and respect. Schools are gaining notoriety for pioneering esports.
- **Life skills:** Research shows that children that play video games have a far much better chance of navigating through complex psychological issues compared to those that do not actively participate in video games. Esports can boost children's strategic thinking, teamwork, communication, leadership, performance skills and confidence building.

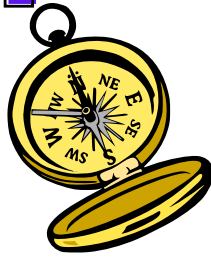




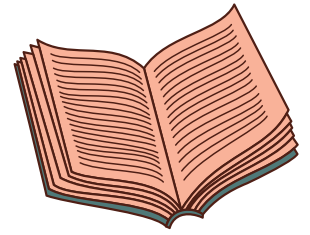
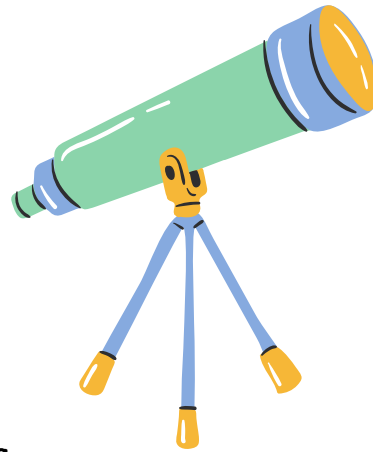
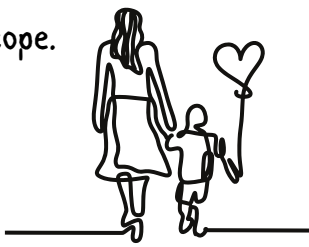
# ENGLISH

**Year 7 have written some fantastic poems about members of their family to show their understanding of metaphors**

My brother like no other  
Full of curiosity and glee  
Always looking for new sight to see  
Put the able like able

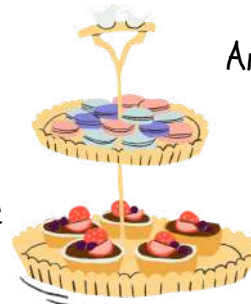


My mother no one comes close to her dedication  
She truly is my dictionary  
My dad is my idol  
He is my will to keep going  
He is my compass  
My grandma the wisest and the most hard-working  
She is my telescope.  
By Kimani



For my mum and dad  
You are my lungs to me  
You are my water to me  
You are my book to me  
You are my light to me

I love you dad. I wish he was still here  
My mum is my sunshine and my heart  
Every time I am down I come to you and dad  
I love you mum and dad  
And I will always love you  
By Sylvia



When I think of my mother I think  
of her smile and every moment that she  
sacrificed, her pride and beauty no-one can compare  
her might is stronger than a lion,  
she supports me and cares for me no matter what,  
a mother's love is stronger than anything  
but when it comes to her she is the best beyond repair,  
her food is amazing, when I am sad she knows exactly what to do,  
when we watch a movie she cries every time when there is a happy ending  
or a sad one she cries every time, she is scared of bugs and blood, she does not like mud  
but she loves to prepare anything for others but does not want anything for herself.  
I will cherish these memories until we take our last dance and the lights go out.  
By Nicole



My mum, she loves to sing because she  
is the best singer in the world because  
she is the best mum, she wants to achieve more  
and her son Otis, he loves BMXing. Because he is the best.  
Otis's mum feet are melting because of the sun.  
By Otis

My mum is like flower  
She has a good smell and I like my mum  
She has more power and she is doing more jobs at home.  
My dad is like a tree, everyone is safe under the tree.  
By Lutfrhaman

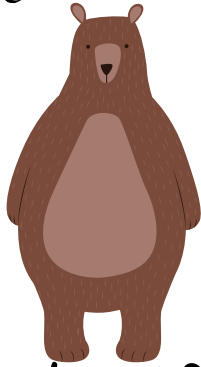




# ENGLISH

Focus on your future do not limit yourself  
My mum is my sunshine, she is the world to me.

By Ksawier



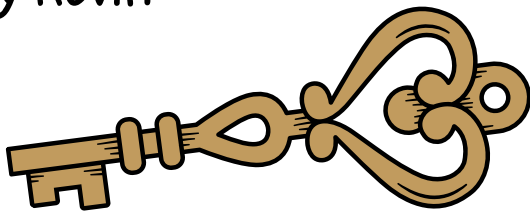
My dad is as strong as a bear

tear down buildings while singing to the air

hands as big as a house and a town

He also loves cows. You are like my lung because I need you to live

By Kevin



You are my heart to my life

The key to my soul, you are the

man of the house, your hands are  
melting from the work you do.

You are there for me when I call for you,

Like a dog when their owner comes home.

By Martinique



You were my world  
You were my ocean of love

By Kateryna



My brother is like a lightning

But he is like a sun

He is like a white fluffy cloud

By Peter



MY DAD IS THE GREATEST, HE IS  
THE STRONGEST, HE WILL PROTECT ME AND EVERYONE,  
HE IS A HERO AND KIND AND WATCHES GOGGLEBOX AT NIGHT.  
BY NESHA E

*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**

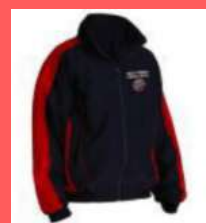


**School Tie**



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

### PE Kit

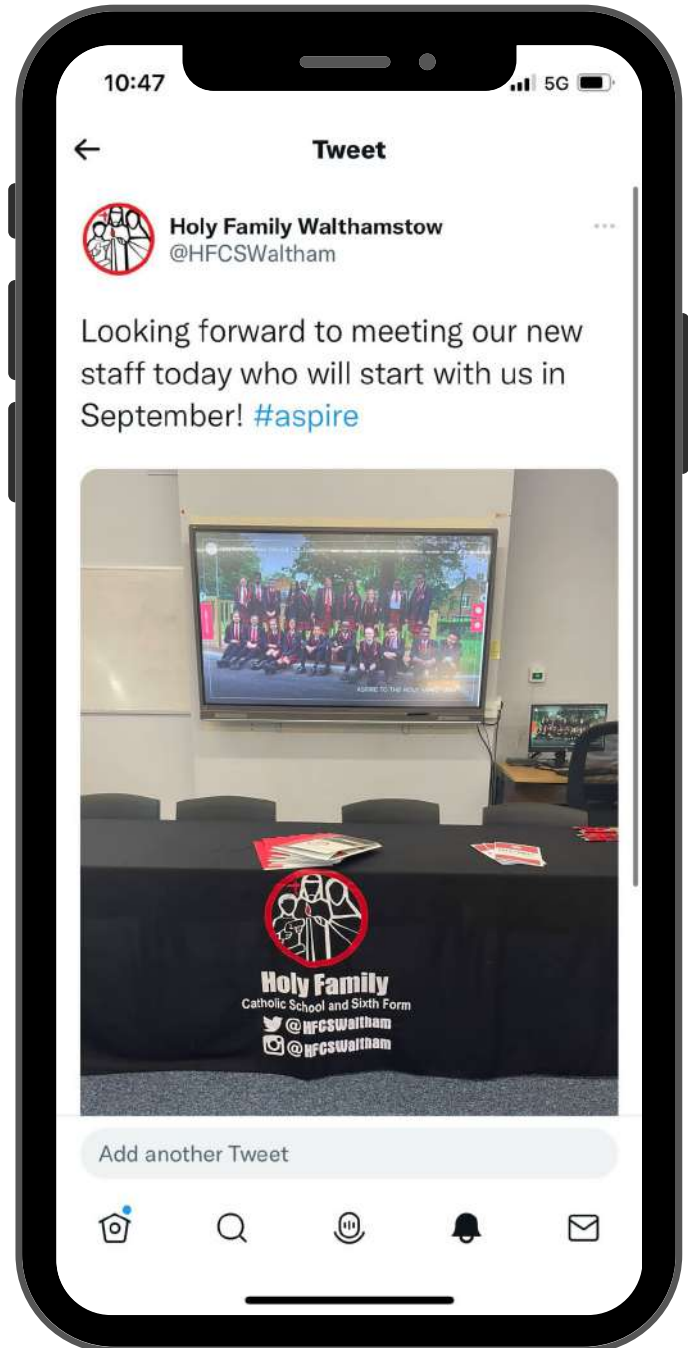


**PLEASE DROP ANY DONATIONS TO EITHER  
SCHOOL OFFICE**

# SOCIAL MEDIA CATCHUP



@HFCSWALTHAM



@HFCSWALTHAM



# What Parents & Carers Need to Know about STEAM

Steam is a computer gaming digital distribution platform and storefront. It is the biggest platform for desktop- or laptop-based gaming, with a range of more than 30,000 games available. The platform has become a lively social environment for many gamers, and allows people to trade, sell and buy gaming items for real money. Valve, the developers behind Steam, have also released different hardware that works with the platform, including the Steam Deck – a hand-held console that lets users play their favourite games while away from their computer.

## WHAT ARE THE RISKS?

### UNSUITABLE GAMES

Among the 30,000+ games on the platform, there are many that aren't appropriate for children. Individuals can view and download games featuring adult content if they verify their age – but, of course, it's easy to enter a false date of birth online. This can lead to children and young people finding games that they shouldn't have access to: featuring violence or profanity, for example.

### SPENDING SPREES

Steam hosts regular sales – including some where game prices are reduced by up to 90%. Some sales promotions also include a mini-game or event which encourages users to spend more money. The sales can be an excellent time for young gamers to purchase the titles they've been wanting, but the attractive discounts can also promote impulse buys driven by the fear of missing out.

### CONTACT WITH STRANGERS

Steam isn't a social media site, but it certainly shares some of their elements. Users can add other people as 'friends', for example (whether they know them in real life or not), and then communicate privately with them using text or voice chat. The platform also hosts public discussions and groups for socialising. Steam users can also leave comments on the profiles of other players.

### POTENTIAL SCAMS

Sadly, Steam's immense popularity has made it a lucrative destination for internet scammers. The most common ruse is phishing: scammers send links to other users, aiming to trick them into entering their login details – which are then stolen. Once in control of the account, the scammer sends messages to everyone on the victim's friend's list, in an attempt to hijack their accounts too.

### SHADY TRADERS

The Steam Community Market is a built-in trading area where players can trade resources for their games on the platform. Gamers can exchange items, or buy and sell them using real-world currency. It's possible for unwary users to be scammed through bad trade deals, and Steam doesn't usually get involved when this happens. There are also third-party trading websites, which can be risky to use.

### SPARSE AGE RATINGS

Steam is a digital distribution platform for games of all kinds, including ones not rated by regulatory bodies. Getting a game rated takes a long time, and can be expensive, so developers only tend to follow that process when releasing a title that will be physically sold in shops. Most games on Steam, therefore, don't have an advisory age rating on the store page.

## Advice for Parents & Carers

### ENABLE PARENTAL CONTROLS

Steam does have some limited parental controls that can restrict exactly what games someone's account can view and access. This can be set up by navigating to the 'Family' tab in 'Settings', then selecting 'Manage Family View'. The platform then allows parents and carers to share a Steam account with their child and limit them to age-appropriate games.

### USE GIFT CARDS

Having payment methods (like card details or PayPal) linked to a Steam account makes it very easy for a child to purchase new games or spend money on items in the marketplace. An excellent and safe alternative would be to buy a Steam gift card and let your child make their purchases with that instead – putting a manageable cap on how much they can spend on the platform.

### APPLY STEAM GUARD

Steam Guard is an optional additional layer of security that protect accounts. Enabling it ensures that anyone attempting to log in to that account also needs to provide authorisation via their phone or email. The computer that your child uses Steam on can be authorised to prevent having to provide separate authentication for each login.

### SHARE A LIBRARY

Using Family Library Sharing lets everyone at home share games across accounts (while still keeping their accounts separate). The entire game library from each account is shared with the other account holders – a great way to avoid having to purchase a different copy of the game for each of your children. However, if two users want to play the same game separately, you would need to buy it twice.

### SAFE MODDING

Modifying a game to customise it or to introduce new content – known as 'modding' – is common on Steam. There's nothing inherently bad about modding, but installing the wrong mods can be disastrous: they can stop games from working properly, or at all. Steam's mods are unlikely to contain viruses or malware, but it's still possible – so ensure your child reads the mod's reviews first to avoid anything dangerous.

## 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

Sources: <https://help.steamowered.com/en/faq/faq/5057-5058-5059>  
<https://help.steamowered.com/en/faq/faq/5057-5058-5059>



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 06.07.2022



# Chaplaincy Corner

**Feast Day of St Benedict of Nursia**

**Founder of the Benedictine monks and Patron Saint of Europe**

St Benedict died on March 21 547. However, his feast day was established as July 11, the day his remains were transferred to another site within the monastery.

Born in Norcia in Umbria about 480, he studied in Rome and then turned his back on the world and lived in solitude at Subiaco. Disciples came to him and he went to Monte Cassino, where he founded a monastery. He wrote his Rule, which established the spirituality and way of life of monastic communities ever since. He died in 547.

St Benedict, founder of Western monasticism and author of the Rule, which gave monasticism its constitution, exercised a fundamental influence on the development of European civilisation and culture. Because of this, in 1964, Pope Paul VI named him patron saint of Europe.

## ***Ora et labora – pray and work***

“Idleness,” writes St Benedict in the Rule, “is an enemy of the soul; that is why the brothers have to devote themselves to manual work, in some hours, in others, to reading books containing the word of God”. Prayer and work are not in opposition, work is an extension of prayer.



## **Prayer of St Benedict**

***Gracious and Holy Father  
Give us wisdom to perceive you  
Intelligence to understand you  
Diligence to see you  
Eyes to behold you  
A heart to meditate on you  
And a life to proclaim you  
Through the power of the Spirit of  
Jesus Christ Our Lord  
Amen***

**Laudato Si Commitments - "buy a four-minute egg timer"** with a suction cup to stick to tiles or glass shower enclosure – cutting showering time by one minute will shave £15 off energy bills and £15 off water bills per person per year according to <http://www.energysavingtrust.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](#)





NOTICE FROM THE LRC

# *RETURN YOUR BOOKS BEFORE THE END OF TERM*

**FAILURE TO DO SO MAY RESULT IN YOU  
BEING REQUESTED TO PAY FOR A  
REPLACEMENT BOOK.**



**IF YOU ARE UNSURE ABOUT ANY OUTSTANDING BOOKS  
PLEASE SPEAK TO A LIBRARIAN**



## SPEAKERS FOR SCHOOLS VIRTUAL TALKS & BROADCASTS

# CAREERS CORNER



### VIDEOS, ANIMATIONS, ARTICLES, AND SOCIAL MEDIA - AN INTRODUCTION TO CONTENT MARKETING

Employer: Formative Content  
Age: 16-19  
Industry: Marketing & PR  
Date: 05/07/2022

[Read more](#)



### MAKING MUSIC WORK: A DAY IN THE LIFE OF AN ORCHESTRA

Employer: LMP  
Age: 14-19  
Industry: Arts  
Date: 11/07/2022

[Read more](#)



Jasmine Dotiwala, Broadcaster, Producer, Director and Columnist

Date: Monday 11th July

Time: 10:00 - 10:45

Age Group: KS4-5 / S4-6

Jasmine has over 25 years of experience as a Head of department, manager, broadcaster, producer, director and columnist at brands like Netflix UK, Media Trust, Channel 4 News, MTV and more.

In this talk, Jasmine will discuss her work and career journey in the media industry. Jasmine is excited to receive your questions and answer queries about working in the media.

Click [here](#) to register

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



### POWERED BY POO AT UU

Employer: United Utilities  
Age: 14-16  
Industry: Energy/Utilities  
Date: 11/07/2022

[Read more](#)



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

Employer: Royal Air Force  
Age: 14-16  
Industry: Education/Teaching  
Date: 11/07/2022

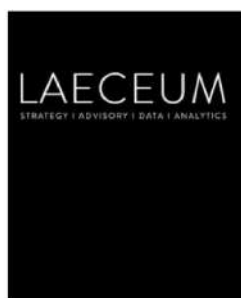
[Read more](#)



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

Employer: Royal Air Force  
Age: 14-16  
Industry: Education/Teaching  
Date: 12/07/2022

[Read more](#)



### LIVE INSIGHTS SESSION: STEPPING INTO CORPORATE FINANCE & BUSINESS CONSULTING WITH RAVI CHAUHAN

Employer: Laeceum  
Age: 16-19  
Industry: Business  
Date: 18/07/2022  
Timings: 14:00 - 15:00

[Read more](#)





# PE EXTRA CURRICULAR TIMETABLE

		Walthamstow Site		Wiseman Site	
	BEFORE SCHOOL 7.45am-8.20am	LUNCH 1.25pm-2pm	AFTER SCHOOL 3.20pm-4.30pm	LUNCH 1.25pm-2pm	AFTER SCHOOL 3.20pm-4.30pm
Mon		Yr 7 Mixed Basketball LAD	Yr 7/8 Rounders - WIM/PAK Yr 7/8/9 Boys Athletics. (Wiseman Site) WIR/CIH	Yr 10 Girls D of E Fitness WIR	Yr 7/8/9 Boys Athletics. (Wiseman Site) WIR/CIH
Tues	Fitness Room Yrs 9 - 11 - PAK	Yr 7/8 Girls Cricket PAK	Yr 7 Football - GRE GIRLS ATHLETICS COMPETITION (COE/WIM/UPJ)	YR 9 FITNESS - WIR	GIRLS ATHLETICS COMPETITION (COE/WIM/UPJ)
Wed		Yr 7/8 Badminton COE	Yr 7 Sports Club - PEA	YR 10 FITNESS - WIR	Yr 9/10 Rounders - COE/PAK/SCS
Thurs	Fitness Room Yrs 9 - 11 -WIM	Yr 8 Boys Basketball LAD	Girls 7/8/9 Athletics. (Wiseman Site) COE/WIM BOYS ATHLETICS COMPETITION (GRE/PAK/CIH)	YR 11 FITNESS - WIR	Girls 7/8/9 Athletics. (Wiseman Site) COE/WIM BOYS ATHLETICS COMPETITION (GRE/PAK/CIH)
Fri		Yr 8 Girls Basketball LAD		FITNESS	



For more information please speak to your PE teacher.  
Parents must be informed if you are attending any of these sessions.



# REFUEL AT SCHOOL BREAKFAST

EVERYONE WELCOME  
Monday to Friday

Location: **THE CANTEEN ON BOTH SITES**

Timings: **8:00 - 8:30AM**

**magic  
breakfast**  
fuel for learning

## INTRODUCING THE HALO CODE

We are excited to announce that Holy Family Catholic School has adopted The Halo Code, the UK's first Black hair code.

No Black staff or students should have to change their natural or protective hairstyle in order to thrive at our school.

We hope that the Halo Code will move us one step closer to a world free from discrimination, where all Black members of our community have their identities fully recognised and celebrated.

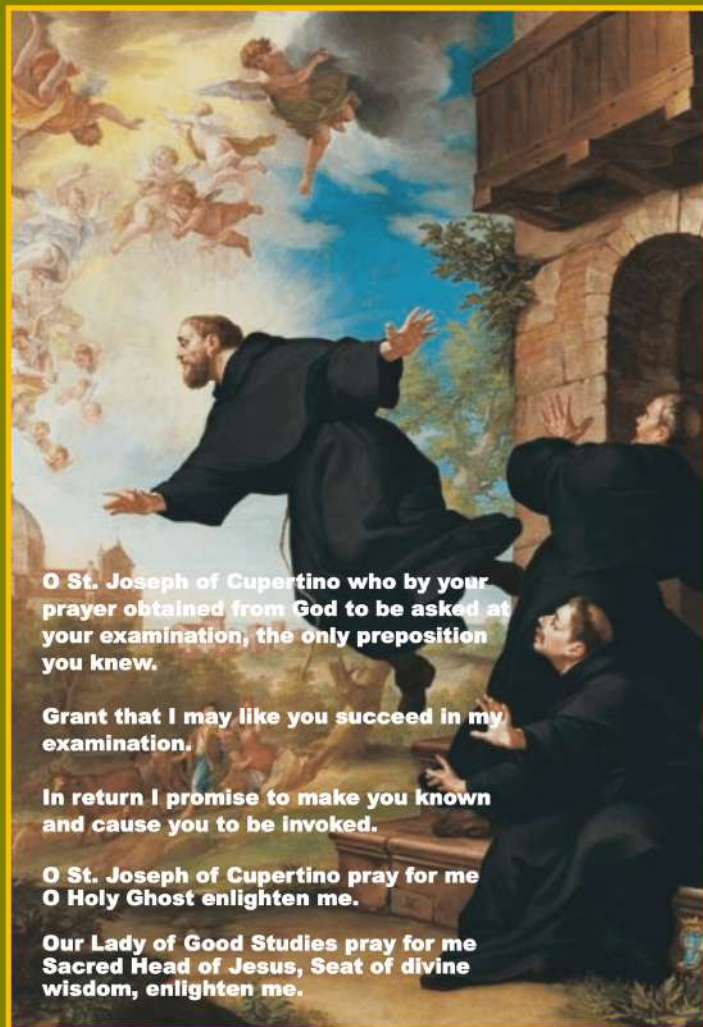
### The Code:

"Our school champions the right of staff and students to embrace all Afro-hairstyles. We acknowledge that Afro-textured hair is an important part of our Black staff and students' racial, ethnic, cultural, and religious identities, and requires specific styling for hair health and maintenance.

We welcome Afro-textured hair worn in all styles including, but not limited to, afros, locs, twists, braids, cornrows, fades, hair straightened through the application of heat or chemicals, weaves, wigs, headscarves, and wraps.

At this school, we recognise and celebrate our staff and students' identities.

We are a community built on an ethos of equality and respect where hair texture and style have no bearing on anyone's ability to succeed."



**O St. Joseph of Cupertino who by your prayer obtained from God to be asked at your examination, the only preposition you knew.**

**Grant that I may like you succeed in my examination.**

**In return I promise to make you known and cause you to be invoked.**

**O St. Joseph of Cupertino pray for me  
O Holy Ghost enlighten me.**

**Our Lady of Good Studies pray for me  
Sacred Head of Jesus, Seat of divine wisdom, enlighten me.**

**easyfundraising**  
feel good shopping

# Raise FREE donations for

**Holy Family Catholic School - Walthamstow**

every time you **shop online**

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

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

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



Download the **easyfundraising App**




Over £32 million raised

Trustpilot ★★★★★



1.8 million users





**WORK WITH INDUSTRY PROFESSIONALS!!**

25-29 JULY & 1ST-5TH AUGUST 2022  
FROM 7-16 YEARS OLDS 10-3PM  
NEXUS CENTRE E15 2AH  
ENQUIRIES 07738 559 894  
BOOK VIA CLASS FOR KIDS

# SUMMER ACADEMY

[HTTPS://X7EAVENACADEMY.CLASS4KIDS.CO.UK/CAMPS](https://x7eavenacademy.class4kids.co.uk/camps)



Chingford Cricket Club

**Chingford Cricket Club**  
'Forest Side' ground, Kimberley Way, Chingford E4 6DE



## Summer 2022 Cricket Camp

**Tuesday 2 August – Thursday 25 August**

**Bowling practice**

**Fielding practice**

**Girl-only sessions**

**Batting practice**

**Hardball and soft ball**

**Practice matches**



**Male and Female ECB qualified coaches**

	Tuesdays	Wednesdays	Thursdays
10am – 12.30pm	Boys 6 – 9 years Girls 6 – 14 years	Boys 6 – 9 years Girls 6 – 14 years	Boys 6 – 9 years Girls 6 – 14 years
Lunch Break			
1.30pm – 4.00pm	Boys 10 - 13 years 14 - 19 years	Boys 10 - 13 years 14 - 19 years	Boys 10 - 13 years 14 - 19 years



**Only £10 per session**

Indoor cricket school  
available in wet weather






**No booking required! For more info contact Hassan Malik on 07951 242393 or email [chingfordcccolts@gmail.com](mailto:chingfordcccolts@gmail.com)**

# YOUTH OUT EAST MENTORING

**Free online 1-to-1 mentoring for LGBTQ+ young people aged 12-18**

Explore your LGBTQ+ identity, find support in coming out, and build confidence and self-acceptance.

contact [youth@elop.org](mailto:youth@elop.org) or 07720 461158 to refer yourself or another young person



**elop**  
LGBT mental health and wellbeing

elop is a Registered Charity 1067474

# YOUTH OUT EAST YOUTH GROUPS


an online safe and inclusive space for LGBTQ+ young people

**tuesdays online**

5–6.30PM for 12-15s    7–8.30PM for 15-18s

Make friends, join discussions and activities, and have fun with other LGBTQ+ young people!

contact [youth@elop.org](mailto:youth@elop.org) or 07720 461158



**elop**  
LGBT mental health and wellbeing

elop is a Registered Charity 1067474