

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



Issue 37
Friday 15th July 2022



Important information in Headteacher's Message



@HFCSWaltham

www.holyfamily.waltham.sch.uk

@HFCSWaltham



Quotation of the Week

"There will be a shelter to give shade from the heat by day, and refuge and protection from the storm and the rain" Isaiah 4:6

There are quite a lot of references to heat in the Bible and the Holy Land where Jesus was born and ministered is in a part of the world where hot weather is very common. We are managing as best we can in the heat and students are being sensible and doing their best. It is difficult in the hot weather to keep one's focus and I know that everyone is looking forward to the end of term. We have made a decision that students should wear PE shorts and tops for the time being to help keep cool. This means the official Holy Family top and the official Holy Family shorts, not other items and not jogging bottoms.

Yr 12 Activities Week

It has been a busy final half-term with lots of good things taking place. This week Yr 12 students have enjoyed a varied programme of activities including a careers day on Monday where students were able to meet with professionals from a wide range of occupations and ask them questions about their journey into their chosen professions. On Tuesday they visited Brighton and were able to spend time at the University of Brighton, finding out about the university experience in a city outside London. On Wednesday we held a successful interfaith day including speakers from different faith backgrounds and we were also joined by a humanist speaker. On Thursday they attended workshops on university entrance and the UCAS application process. On Monday of next week they have their retreat to Aylesford Friary.

Students in Yr 9 and 10 (with a smaller number of students in Yr 8) enjoyed a trip to Thorpe Park on Thursday of this week as a reward for gaining a high number of stars for effort and quality of work this year. Finally, a number of Yr 7 and Yr 8 students enjoyed an ice lolly treat and a chat with me this week too, recognising their achievements this academic year.

The Good Samaritan

Last week's gospel reading was the parable of the Good Samaritan. We hope that we would all choose to do the right thing when faced with someone in need and, on many occasions, that is what members of our school community do. In my assembly this week I spoke to the students about the importance of having courage to do the right thing and to try to be people who never walk by on the opposite side of the road.

Next week

I have written separately to parents/carers about arrangements in the hot weather and these points are repeated here for your convenience.

As you know the weather has been very hot this week and Monday 18th and Tuesday 19th July are forecast to be even hotter. The school is therefore taking a number of steps to ensure that everyone is safe in this hot weather.

- From Friday 15th July students should wear their PE shorts (not jogging bottoms) and PE shirts to school. This will help them to keep cool.
- Students should bring a bottle of water with them and keep hydrated.
- We are doing our best to ensure that rooms are adequately ventilated and keeping classes away from rooms that are particularly hot
- We are keeping a close eye on any students who may be struggling in the hot weather and making sure we look after them if they feel unwell
- Regrettably the Yr 10 Sports Day will not be able to go ahead on Tuesday 19th July because of the heatwave
- We shall keep things under review and inform you of any further changes as necessary

The school term ends on Thursday 21st July with students dismissed from 12 noon. I shall write a final end of term letter to you all next week, but for now, enjoy the weekend and please continue to remember us in your prayers.

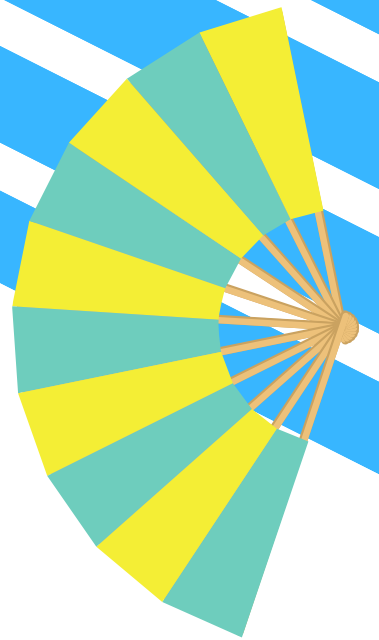
Dr Andy Stone,
Headteacher





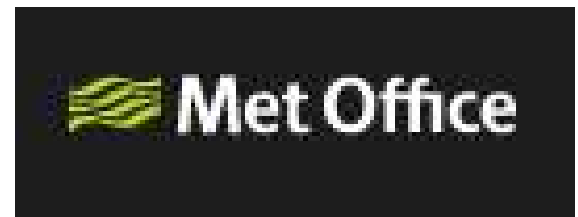
WELLBEING

Hot weather



The Met Office has extended an Amber Extreme heat warning, as temperatures will build this weekend and early next week for much of England and Wales.

Stay up to date here:



Do your best to stay cool and hydrated.

Carry a bottle of **water** with you at all times.

Make sure to eat breakfast before you leave the house.

Click the icons below for more tips and advice

Heatwave: how to cope in hot weather

NHS

Heat exhaustion and heatstroke

NHS





beezee
bodies

HELLO, PARENTS & GUARDIANS! WE ARE BEEZEE BODIES, AND WE WORK WITH WALTHAM FOREST COUNCIL TO PROVIDE FREE (AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR FAMILIES.

WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! WE HAVE NEW 12 WEEK COURSES STARTING NEAR YOU WEEK COMMENCING 12TH SEPTEMBER!



CLICK HERE OR SCAN THE QR CODE WITH YOUR SMARTPHONE CAMERA TO SIGN UP FOR YOUR FAMILY'S FREE PLACE

[https://beezeebodies.com/for-families?](https://beezeebodies.com/for-families?utm_source=parent-22-recruitment)

[utm_source=parent-](https://beezeebodies.com/for-families?utm_source=parent-22-recruitment)

[mail&utm_medium=email&utm_campaign=september-](https://beezeebodies.com/for-families?utm_source=parent-22-recruitment)

22-recruitment

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WALTHAMSTOW Peterhouse Community Centre 17:00 - 19:00	LEYTON Leyton Sports Ground 17:00 - 19:00	CHINGFORD Paradox Centre 17:00 - 19:00	WALTHAMSTOW Walthamstow School for Girls 17:30 - 19:30

*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Waltham Forest and include one child who is above their ideal healthy weight.



IT'S HOT! LET'S MAKE...

CHOCO BANANA ICE LOLLIES

INGREDIENTS

(6 medium ice lollies)

- 4 ripe bananas
- 75ml Greek yoghurt
- 30ml milk (any type)
- 1 tablespoon of cocoa powder
- 50g dark, milk or white chocolate
- vanilla extract/ honey

METHOD

- Place bananas, yoghurt, milk (and vanilla extract/ nut butter optional) into the blender and whizz together.
- If you don't have a blender, mash the banana in a bowl before adding the yoghurt and milk
- Taste the mixture and add a drop of honey if needed
- Pour the mixture into the molds, filling halfway only
- Add 1 tbsp of cocoa to the remaining mixture and blend
- Top up the moulds with the chocolate banana mixture
- Add the sticks and place in the freezer for 4-6 hours
- When frozen, take out of the freezer, ready to decorate
- Melt your chocolate and drizzle onto the lollies before adding your toppings
- Place the lollies back in the freezer to set
- Enjoy!

Toppings of your choice!

- chopped nuts (hazelnuts/ pistachios/ almonds)
- desiccated coconut
- nut butter
- granola
- freeze dried raspberries



[https://beezeebodies.com/for-families?](https://beezeebodies.com/for-families?utm_source=parent-22-recruitment)

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beezeebodies.com

Beezee Families



03308 186308



Waltham Forest

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

If you have any queries regarding the holiday activity programme, please email 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**

**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.

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**



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 1st 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 ST Choice	2 nd 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

YEAR 9

STARS

Iyannah S-L 'For being extremely focused on her learning'	Michelle D 'For being helpful and giving lots of answers in History'	Baranitharan L 'For showing and admirable commitment to reading'	Anna Y 'For fantastic work and participation in French'
Edward O 'Excellent transformation in behaviour and attitude towards Maths lessons'	Kaylah-Lee T 'For always working hard and having perfect behaviour in RE'	Ramahn H 'For completing all classwork as well as extension tasks'	David Z 'For fantastic effort and skill in Maths'
Ashton S 'For advanced writing in English'	Anieka D 'Outstanding Sports Leadership with the Primary School Quadkids'	Patrick T 'Completing all work to a high standard and moving onto extension tasks'	Alani B-C 'For being a great help to the teacher during the cover lesson'
Julia M 'For being excellent in History!'	Arturo B-L 'For being incredibly focused on learning and completing all class work'	Luna C 'For making cover lessons easier with your helpfulness!'	Eva C-I 'She is highly engaged during lessons, takes pride in her work. She is attentive, focused and well organised!'
Shavaynte L 'For showing maturity, improved focus and participation in English'	Shanelle J 'For her impressive focus and ignoring distracting classmates!'	De'Andre A 'For a helpful explanation of Trigonometry during a cover lesson! Thank you'	Aishah S 'For showing an impressive commitment to reading'
Javon V 'Outstanding Sports Leadership with the Primary School Quadkids'	Nia T-G 'For being excellent in History!'	Kethusan A 'Outstanding Sports Leadership with the Primary School Quadkids'	Kimora N 'Great recall of RE knowledge when the Head of Department visited the lesson and asked questions!'
Zuzanna B 'For great effort and hard work in French'	David Z 'For impressive engagement and participation in English'	Vlad M 'Excellent explanation of a challenge question to the class'	Debbie K 'Asking for help and not giving up in Geography'
Terryana A 'Excellent participation during a lesson and intelligent answers given in classwork'	Tony N 'Being incredibly focused and hard working in a lesson'	Audrey N 'Cover - Excellent focus during a cover lesson in RE. Well done :)'	Akinloju A 'Great motivational and leadership skills during Golf Ways event'
Kerisha B-AI 'During a lesson she helped Merrill to understand the work'	Vanessa Lynn P 'Excellent effort in her art lessons'	Alisha I 'Excellent effort in her art lessons'	Devonte B 'Good work in STEM Club'
Zuzanna B 'For great effort and hard work in French'	David Z 'For impressive engagement and participation in English'	Vlad M 'Excellent explanation of a challenge question to the class'	Debbie K 'Asking for help and not giving up in Geography'
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YEAR 10

A Warm Welcome Back Year 10!

Well done for completing your work experience placement!
Your commitment, enthusiasm and hard work must be commended.

You truly are phenomenal!

It has been really, really nice to read and hear the incredible feedback from your employers and members of staff who visited you or contacted your workplace.

Ms Scott and I are really proud of you!

I would also like to use this space to say an extra special thank you to Mr Fidegnon and Mrs Pike who worked tirelessly behind the scenes to ensure that this programme took place and for you to gain such invaluable experience.

Congratulations to all students who attended the well deserved 4 Star reward event this week!



Wellbeing Tip: Every experience is an opportunity to learn and grow.

POLITICS & HISTORY TRIP

Politics and History A-Level students went on a trip last week to the Houses of Parliament, Supreme Court and Imperial War Museum. As you can tell they felt very at home in the court!





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:

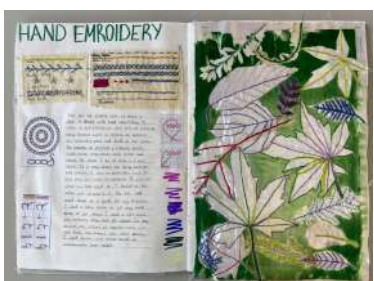
- Group A (25 July – 4 August) OR
- Group B (8 August – 18 August).

Application deadline: Sunday 17 July 2022



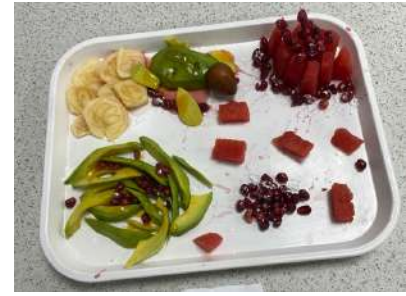
TEXTILES

Year 10 GCSE Textiles coursework sketchbook pages



FOOD

Year 9 fruit platters looking at knife skills and food presentation



The first photograph on the left shows a long, vibrant red dress with a deep V-neckline and large, dramatic, ruffled shoulders. The dress is displayed on a white mannequin in a room with white walls and a dark floor. In the background, a small table holds some items, and a poster is visible on the wall.

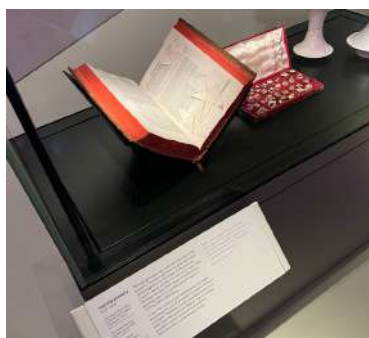
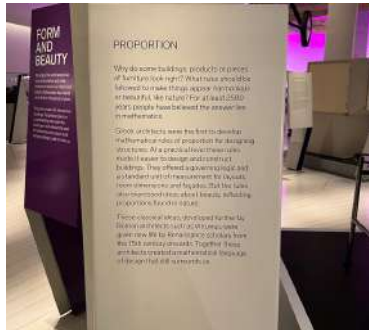
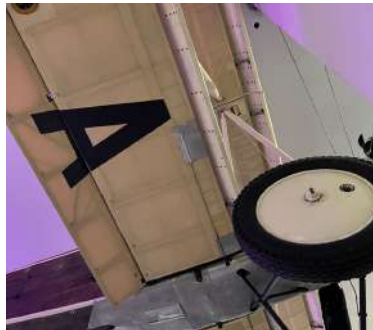
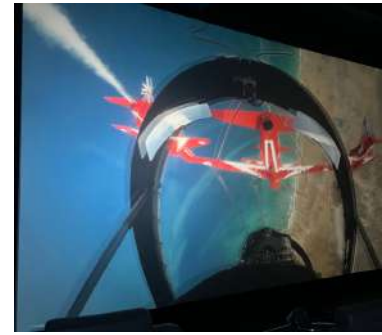
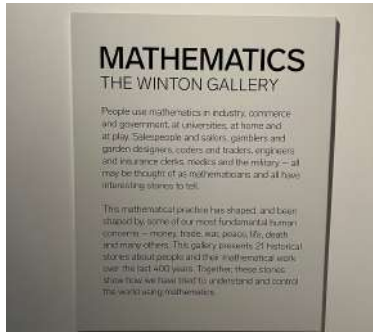
The middle photograph is a collage of several artworks. At the top is a colorful landscape painting with green trees and a blue sky. Below it, on the left, is a black and white drawing of a skull with a plant growing from it. To the right of the skull is a portrait of a man with brown hair, wearing a dark suit and a red tie. Below the skull drawing is a black and white portrait of a woman with dark hair and a red garment. To the right of the woman's portrait is a red and black abstract painting. The artworks are displayed on a wall and a small wooden easel.

The third photograph on the right shows a framed painting of a woman with dark hair, wearing a red garment and a crown, set against a teal background. The painting is displayed on a small wooden easel. In the background, a poster of a man in a suit is visible on the wall.



MATHS TRIP

Eleven year 7 students went on a trip to the Science Museum last week to visit the Maths Exhibition, The Winton Gallery



SCIENCE TRIP

Year 12 Chemistry and Physics trip to the Royal Society's Summer Science Exhibition

On Thursday 7th July a group of year 12 students visited the Royal Society's Summer exhibition. After stopping by Buckingham palace for a quick photo, the group attended a careers talk where they had the opportunity to speak to 3 groups of scientists about their career pathways, research and jobs. After that they visited the exhibition and had the opportunity to make solar cells that use berry juice, control robots without touching them, find out about topics such as the Winchcombe meteorite, extreme space weather and the future of fusion. All the stands were about the most cutting edge developments in Science and gave a great insight into the opportunities in Science.

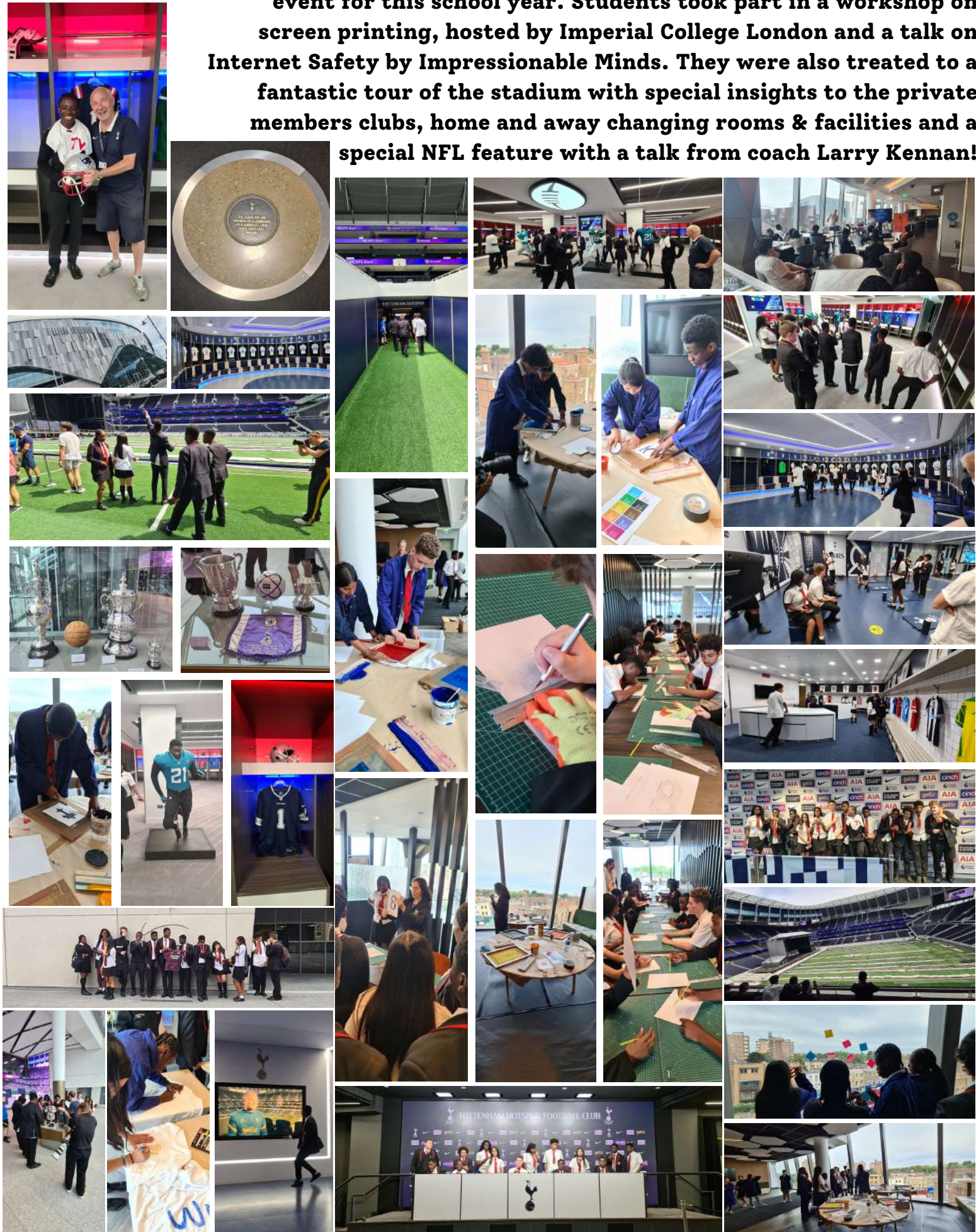
We then enjoyed a picnic in St James' Park followed by a quick tour of the National Gallery to appreciate some art.

It was fantastic to be on a trip again and enjoy all that London has to offer!



TOTTENHAM TRIP

Sixteen year 9 students visited Tottenham Hotspur Football Club on Tuesday of this week to take part in the final Premier League Inspires event for this school year. Students took part in a workshop on screen printing, hosted by Imperial College London and a talk on Internet Safety by Impressionable Minds. They were also treated to a fantastic tour of the stadium with special insights to the private members clubs, home and away changing rooms & facilities and a special NFL feature with a talk from coach Larry Kennan!



POETRY CLUB

I am a Stacker
by John VP

I build up cups on a mat,
where is my final stage at?
I try to go fast trying to go faster,
but what is the true goal that I am after?

All ages can do it.
You don't even need to be fit!
So we keep going again and again
until we reach the very end.

Entering the hall, with all my knowledge stored
Days coming, counting and studying
Up until the day comes all towards

What do we get in return?
Maybe a good grade or worse
Mother always tells me "Learn!"

Desperation and sweat
Every kid suffers every summer
Feels like russian roulette

It will soon end
Those dreaded few weeks
The stress extends...

Exam Stress
by Maria S

SOCIAL MEDIA CATCHUP



@HFCSWALTHAM



@HFCSWALTHAM

12 Ways to Champion EQUALITY ONLINE

In terms of the esteem it's held in, women's football has made impressive progress in a short space of time. That's a bit like the online world: it's come a long way, but that doesn't mean we should stop trying to make it even better. The Women's European Football Championships are underway, and that's a timely reminder of how important it is to give everyone the respect they deserve online – regardless of gender, race, sexual orientation, religion or anything else. In partnership with the Global Equality Commission, we've produced a special guide to help young fans kick online discrimination into touch!

1 KNOW IT WHEN YOU SEE IT

Expressing views based on prejudice about a part of someone's identity – their race, gender or a disability, say – counts as online hate.

2 WHEN "BANTER" ISN'T FUNNY

Discrimination is sometimes disguised as humour: some memes, clips or gifs that certain people try to pass off as "funny" might actually be offensive.

3 BE YOUR OWN PERSON

Set a good example through your own online communication. Think whether you'd say a thing in real life before posting or sharing it online for the world to see.

4 SEEING SHOULDN'T EQUAL BELIEVING

Sneakier, less obvious types of online abuse can stay on the internet for longer, so don't assume that something's OK just because it's not been taken down yet.

5 SEXISM CAN BE ILLEGAL

As well as being extremely hurtful to a person or a group, online sexism and prejudice against women (known as misogyny) can be recorded as a hate crime in some cases.

6 ONLINE HATE, USED AS BAIT

Sadly, it's not just that being exposed to prejudice online is upsetting – some extreme organisations even try to recruit young people to their cause.

7 GET SOME DISTANCE

If you see messages online that upset you, it's probably time to give yourself some space from that site or app. Talk to a trusted adult about how you're feeling.

8 TURN OFF THE HATERS

If someone you follow on social media is posting sexist content, you could always mute them or block them – or unfollow them altogether.

9 PLAY IT BY THE BOOK

If you see someone discriminating online, you don't have to challenge them yourself. Screenshot their post and report them to the app or site you saw it on.

10 EXPLOITING 'PACK MENTALITY'

Sexist messages aren't always sent to a target directly: sometimes, they're posts designed to provoke misogyny among other people.

11 POSITIVITY ALWAYS WINS

Go the extra mile and spread some positive vibes! Instead of just reacting to a post and scrolling past, you could add a message of support and encouragement, too.

12 CREATE THE WORLD YOU WANT

Remember, you're the boss of your online world. Engage with posts or accounts that celebrate equality and understanding: block or unfollow the ones that don't.

GLOBAL
EQUALITY
COLLECTIVE



National
Online
Safety®

#WakeUpWednesday

FURTHER SUPPORT

If you've been affected by any of the issues mentioned in this guide, there are some excellent resources that can offer further help and support.

NOS Mental Health Guides: nationalonlinesafety.com/guides

Minds: www.youngminds.org.uk

Stop Hate UK: stophateuk.org

Ditch the Label: www.ditchthelabel.org

Childline: www.childline.org.uk



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: 13.07.2022

Chaplaincy Corner

Year 12 Interfaith Day

Postponed from November, Year 12 students visited local places of worship included Faizim-e-Islam Mosque and St-Peter-in-the-Forest church. They also heard from Rev Myers who spoke about Judaism and Paul Kaufman who spoke about Humanism. It's important for students to be able to explore and deepen their understanding of different faiths and values in their community.



Feast Day of Our Lady of Mount Carmel – 16 July

Our Lady of Mount Carmel is the name given to the Blessed Virgin Mary as patroness of the Carmelite Order. The Sacred Scriptures speak of the beauty of Mount Carmel, in Palestine, where the Prophet Elijah defended the faith of Israel in the living God.

During the late 12th and early to mid-13th century, some Christian hermits were living in Mount Carmel under the title of "St Mary of Mount Carmel". Mary was revered on Carmel as "the

Lady of the Place", and she came to be regarded as Patron of the Order.

Our Lady of Mount Carmel is also Patron of Chile, Bolivia, Aylesford and offers protection from dangerous situations.

It seems fitting that next Monday our Year 12 will be on Retreat at Aylesford Priory, home to the Carmelite Friars. Aylesford has been a place of prayer since the first Carmelites arrived from Mount Carmel in 1242.

**Lord God,
you willed that the Order of Carmel
should be named in honour of the Blessed Virgin Mary,
Mother of your Son.
Through her prayers as we honour her today
bring us to your holy Mountain,
Christ our Lord,
who lives and reigns with you in the unity of the Holy Spirit,
One God, for ever and ever.
Amen.**

Laudato Si Commitments - "close your curtains during the hot weather" – imagine how much cooler it is under the shade of a tree. The same applies for your home! On hot sunny days, close your curtains or blinds, especially those in direct sunlight.

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](#)



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

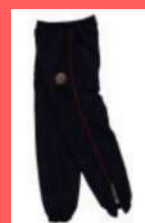


School Tie



GIRLS
BACK KILT
or
SCHOOL BRANDED
TROUSERS

PE Kit



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

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



3 DAY VWEX – HELP US USE TECHNOLOGY TO SUPPORT OUR EMPLOYEES AT WORK! 9:45 – 15:00

Employer: Sopra Steria
Age: 14-19
Industry: Computing & IT
Date: 18/07/2022

[Read more](#)



WILLMOTT DIXON

SINCE 1852

THERE IS A CAREER IN CONSTRUCTION FOR EVERYONE

Employer: Willmott Dixon
Construction
Age: 14-19
Industry: Construction
Date: 19/07/2022
Timings: 10:00 – 13:00

[Read more](#)



WORKWISE – HOW TO GIVE YOUR CAREER THE BEST START! (4PM TO 5PM)

Employer: Santander
Age: 14-19
Industry: Banking
Date: 25/07/2022
Timings: 16:00 – 17:00

[Read more](#)



high tide

SUSTAINABLE DEVELOPMENT & GREEN SKILLS: HOW CAN YOU SAVE THE PLANET?

Employer: The High Tide
Foundation
Age: 14-19
Industry: Science
Date: 26/07/2022
Timings: 00:00 – 00:00

[Read more](#)



INSIGHT DAY WITH SANTANDER WE INITIATE – 1:00 – 4:30 PM

Employer: Santander
Age: 14-19
Industry: Banking
Date: 01/08/2022
Timings: 13:00 – 17:00

[Read more](#)

Bank of England

CAREERS AT THE BANK OF ENGLAND

Employer: Bank of England
Age: 14-19
Industry: Banking
Date: 15/08/2022
Timings: 10:00 – 16:00

[Read more](#)



MONEYWISE – LEARNING TO MANAGE MONEY (2PM- 3PM YEARS 12&13)

Employer: Santander
Age: 16-19
Industry: Finance
Date: 16/08/2022
Timings: 14:00 – 15:00

[Read more](#)



MONEYWISE – LEARNING TO MANAGE MONEY (2PM-3PM YEARS 12&13)

Employer: Santander
Age: 16-19
Industry: Finance
Date: 16/08/2022 00:00
Timings: 14:00 – 15:00

[Read more](#)



WE EVOLVE -1 WEEK WORK EXPERIENCE PLACEMENT

Employer: Santander
Age: 14-19
Industry: Banking
Date: 22/08/2022
Timings: 10:00 – 15:00

[Read more](#)

Final talk of the summer! Austin Daboh, Executive Vice President, Atlantic Records UK

Date: Tuesday 19th July

Time: 14:00 -14:45

Age Group: KS4-5 / S4-6

Are you interested in a career in Music? Would you like to know what roles are available in the music industry? Watch our broadcast with Austin Daboh to learn about his insights into what it's like working in the music industry.

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.

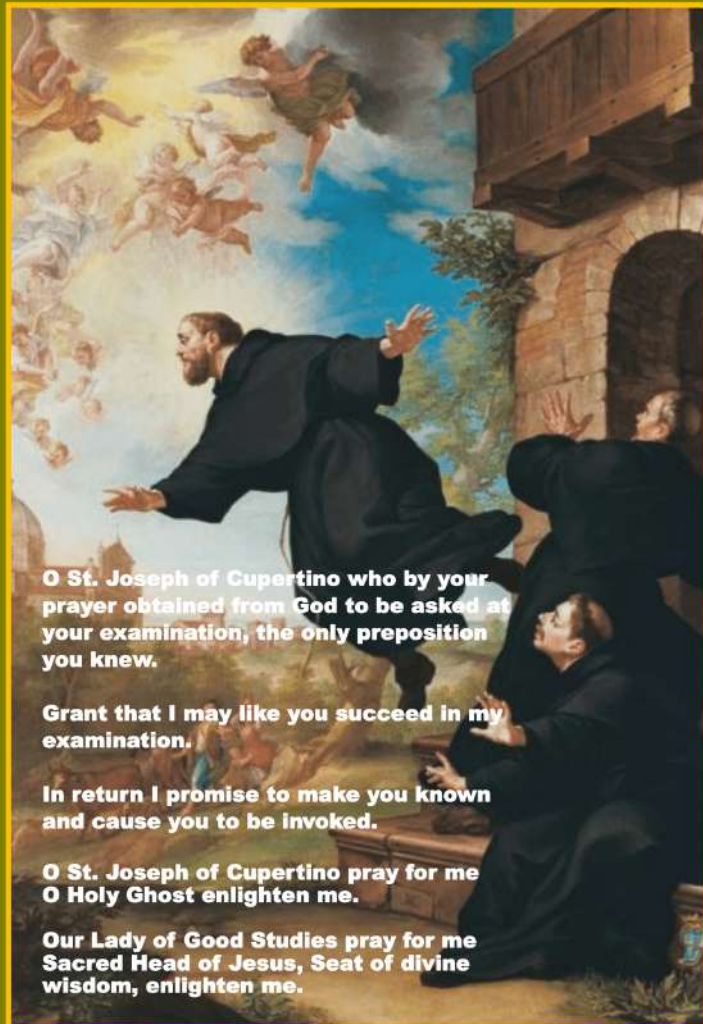
The Code:

"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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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



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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






CLUB MARK
No booking required! For more info contact Hassan Malik on 07951 242393 or email 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 or 07720 461158 to refer yourself or another young person



elop
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 or 07720 461158



elop
elop is a Registered Charity 1067474

Move together, laugh together

Our free, fun and inclusive weekly fitness classes give you the chance to try something new, whilst getting active.

This summer is all about making the move, to move.



Go to nuffieldhealth.com/move-together or scan the QR code to discover more and sign up to our free classes.