

# FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL  
NEWSLETTER



Issue 7  
Friday 22nd Oct. 2021



**CAN YOU GUESS  
WHERE WE'VE  
BEEN?**

**FIND OUT ABOUT  
OUR MOST  
RECENT TRIPS**



Important notice in  
Headteacher's  
message about  
after half term



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

@HFCSWaltham



## **Quotation of the week**

"Autumn is a second spring when every leaf is a flower" Albert Camus

Albert Camus wrote a book called *L'Étranger*, usually translated as *The Stranger*. He was a writer, a philosopher and a goalkeeper, as was Pope John Paul II, now Saint John Paul. Being a goalkeeper is an unusual position on the football field - you're the only player allowed to handle the ball (at least within the penalty area) and you are the last line of defence. If you make an error then it usually means that your opponents score a goal. It takes a certain mentality to be a goalkeeper, a certain resilience and a certain willingness to shrug off setbacks and return to the field of play after making mistakes.

There's something of a similarity then with being a goalkeeper and being a Christian. In the same way that a goalkeeper has to play the game differently to his/her teammates, as a Christian we have our values that mean we sometimes do things differently. As the goalkeeper makes mistakes and has to be resilient and start over again after picking the ball out of the net, so too the Christian has to begin anew after each error.

As we finish this half-term there have been many positives to reflect on and one of the most important for me has been the return of extra-curricular life in the school - sports fixtures, music, academic clubs and activities. I don't think we are quite back to normal yet in school and it feels like covid is still hanging over us like a dark cloud, but it has been a better half-term than it might have been. Most students have applied themselves well to their studies, attended well - attendance has been excellent in fact - and also participated well in their various lessons and activities. Thank you for all your support as parents over the past seven weeks.

## **Drop Down Day**

Thursday of this week was a drop down day allowing us to run a number of different activities, some with a careers education focus, some with a focus on using languages and others on preparing students for the future. We will, once again, be running Work experience in the summer term for our Yr 10 students and more information about that scheme will follow shortly.

## **Feedback from the public**

Last week members of the public gave us great feedback about how much they enjoyed meeting our Yr 11 students carrying out fieldwork in Weymouth. This week it was the turn of Yr 10 to receive positive messages (sent through by email) from people they came across when on a textiles trip to Kew Gardens. It's always lovely to hear about the positive impression that our students make.

### **Yr 7 Chromebooks**

Thanks to all parents who came to the Yr 7 welcome evening and received their free chromebook to support the learning of their child. This is a new initiative to ensure that every student has access to high quality digital hardware to support their home learning.

### **Parent governor elections**

We will be circulating information about the recruitment of two parent governors after the half-term holiday so please give this some thought as to whether you might wish to stand for election as a parent governor. Along with the foundation governors, parent governors serve a four year term, attend governing body meetings, visit the school to see what life is like here and take on a role within the governing body to provide both support and challenge to the school leaders. Please look out for further details after the half-term break.

### **Half-term**

We break up for half-term at the end of the day on Friday 22nd October. Please note we have a longer half-term break this year and do not return until **Wednesday 3rd November at 8.30am**. We wish you all a pleasant extended half-term break.

### **Parents' Surgery**

Parents' Surgery has resumed as a face to face service. If you have anything you wish to discuss with me, as the headteacher, you can see me between 4pm and 5pm on Thursday afternoons on the Walthamstow House site. You can call the office and book a time if you wish, or turn up without an appointment. If you prefer, you can also make a virtual appointment with me.

Thank you for your support of our school community. We are here to serve your child and do our best for them. Please continue to remember us in your prayers.

Dr Andy Stone  
Headteacher



# HEADTEACHER'S COMMENDATION

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Thanks to Ms Javaid our Head of Art for commendations for the following students for excellent effort and progress in art this half-term.

They are:

**Pascal Marimootoo**

in Year 13 Photography for excellent work ethic, resilience and exceptional outcomes,

**Wiktorija Adamsky**

in Year 12 art for her hard work, beautiful studies and organisation

and

**Kyle Campbell**

in Yr 11 art for hard work and progress in art.

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# WELLBEING

Action for Happiness helps people take action for a happier and kinder world.

Find out more here

<https://www.actionforhappiness.org/>

Optimistic October 2021

MONDAY



TUESDAY

WEDNESDAY



THURSDAY



FRIDAY

SATURDAY

SUNDAY



4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the week ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities this week?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



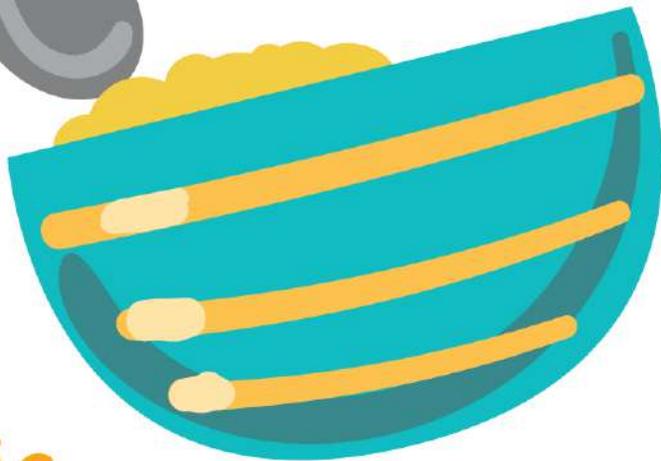
ACTION FOR HAPPINESS

Happier · Kinder · Together



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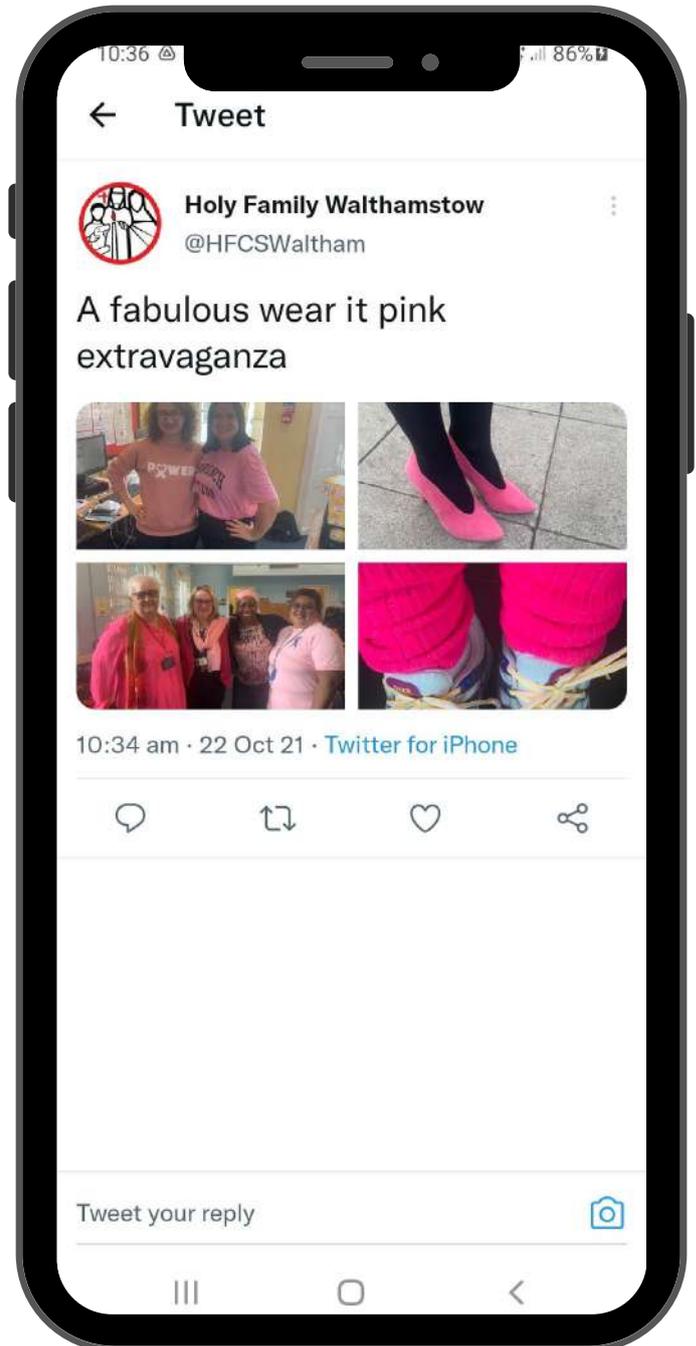


**magic  
breakfast**

# SOCIAL MEDIA CATCHUP



**@HFCSWALTHAM**



**@HFCSWALTHAM**

# BCYS AUTUMN 2021



## OCTOBER YOUTH MASS

Thursday 7th October  
Brentwood Cathedral

From 6pm we will provide food for all those attending, before we begin the FREE music workshop and performance from the incredible *One Hope Project!* This will be followed by monthly Youth Mass at 7:30pm, celebrated in the Cathedral where we will have invited *Fr Paschal Uche* to preach.

## BCYS YOUTH GATHER

Saturday 23rd October  
Walsingham House at Abbotswick

Any young people in years 9-13 are invited to join us from 11am - 5pm at our beautiful retreat house just outside Brentwood. You will be inspired to think about how you can change your future after a talk from *John Pridmore*, former East End Gangster, motivated to take action against the Climate Crisis with workshops from *Leila Bousbaa* and challenged physically on the *climbing wall, bungee run* and *assault course!* Book online now for just £20 for the whole day!

## NOVEMBER YOUTH MASS

Thursday 4th November  
Brentwood Cathedral

November is the month of Remembrance and so we invite you to join us in the Cathedral for a time of *remembrance and reflection* from 6pm, and followed by Youth Mass at 7:30pm. We are also very excited to have *Fr Gary Dench* preaching and joining us to celebrate Mass.



## INTERNATIONAL YOUTH SUNDAY

Sunday 21st November

Celebrated on the Feast of Christ the King, this is a day to *recognise and celebrate young people as a gift in the Church!* The BCYS will be arranging speakers for each Parish who can tell you more about the work we do and how you can get involved - if you can help us out by speaking in a parish, please *get in touch* using the email address below!

[www.bcys.net](http://www.bcys.net) \* [info@bcys.net](mailto:info@bcys.net) \* [@brentwoodcys](https://twitter.com/brentwoodcys)



## Holy Family Liturgy Leaders Years 7-8

Our liturgy leaders will play a hugely important role in the Catholic life and collective worship of the school.

Organising and leading class prayers, school assemblies and special events

Maintaining prayer corners and displays

Supporting peers in their journey of faith

.... and more

## INTERESTED?

Come along to the Emmaus Room  
Week 1 Wednesday 11-11.20am

[mrs.grierson@hollyfamilycatholicsschool.co.uk](mailto:mrs.grierson@hollyfamilycatholicsschool.co.uk)



**"The Lord was able to invite others to be attentive to the beauty that there is in the world because he himself was in constant touch with nature, lending it an attention full of fondness and wonder"**

Bikes collected for charity at Brentwood Cathedral

Pope Francis, Laudato Si' (87)



**"In every living creature, there is a trace of the Trinity"**

Kingfisher on the River Itor

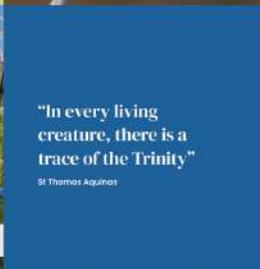
St Thomas Aquinas



**"In making your personal pledges - in working to heal the planet, and in striving for justice for the poorest people in the world - you are a living witness to Jesus Christ: do not be afraid to tell people why you are doing whatever you choose to do."**

Wild flowers in front of the Olympic Stadium, Stafford

Bishop Alan Williams



**"The earth, our home, is beginning to look more and more like an immense pile of filth. In many parts of the planet, the elderly lament that once beautiful landscapes are now covered with rubbish."**

Rubbish on Southend-on-Sea beach

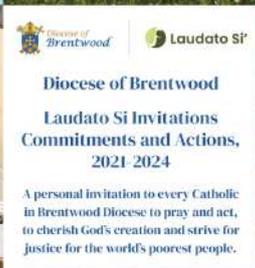
Pope Francis, Laudato Si' (21)



**Diocese of Brentwood  
Laudato Si' Invitations  
Commitments and Actions,  
2021-2024**

**A personal invitation to every Catholic in Brentwood Diocese to pray and act, to cherish God's creation and strive for justice for the world's poorest people.**

Food bank at St. Margaret's, Cannock Town



**"Is what I am doing to serve the poor just a drop in the ocean?  
Yes.  
But many drops make a different ocean"**

Swans with cygnets on the River Colne near Colchester

St Mother Teresa of Calcutta




### What is the Diocese already doing?

- Electricity and gas generated from renewable sources** (wind & solar - and gas from a gas factory) supply over 85% of our Diocesan buildings.
- We have, since 2018, ensured all Diocesan employees are paid the 'real Living Wage'**, ensuring that everyone is paid enough to support themselves and their family.
- We are aiming to dramatically reduce the amount of carbon generated through Diocesan buildings and activities.** We will achieve this by:
  - Understanding the energy usage of every building, with professional advice and support.
  - Working to become more energy efficient, especially with our heating, lighting and water usage as well as travel.
- We campaign against injustice in the UK and all over the world**, by working with agencies such as CAFOD and Aid to the Church in Need. These charities work to ensure everyone, including those already affected by Climate Change, are treated with their God-given dignity.
- We are building on a long heritage of ethical investment.** In 2021 we phased out the final small amount of investment in companies where production or trading of fossil fuels makes up more than 10% of their business. As a Diocese, for 30 years we have not invested in tobacco, arms, alcohol, gambling and pornography, nor any company with products that contravene Church teaching on the sanctity of life.
- We have many excellent initiatives already happening in our schools and parishes**, linked via our Diocesan Caritas network. We are continuing to strengthen links between parishes and schools to ensure every young person has the opportunity to get involved with projects dedicated to care for creation and saving those most in need in our Diocese.

### This is excellent. What can I do? What can my parish do?

- We are inviting every parish to work towards the national LiveSimply standard.** This involves making changes to parish life, purchasing decisions and activities to enhance spaces for wildlife, reduce energy consumption, and ensure environmental sustainability. Could you start, or join, a parish LiveSimply group?
- We are inviting every parishioner, member of the clergy, and Diocesan staff member to personally commit to three lifestyle changes** which they choose, in order to reduce their environmental impact, alleviate poverty, and offer it all to God in prayer.
- These pledges can range from small, everyday changes to larger lifestyle choices.** You can take inspiration from the list on the right or the 'resources' page on the website. These pledges should not be chores, but things that bring you both to life for the good of our common home.
- We especially encourage this as a moment of evangelisation.** Discover why care for our common home is integral to our Catholic faith by reading the Diocesan Laudato Si' Invitations, Commitments and Actions document - then tell people about it! Begin conversations in your family, and listen to the ideas of young people, in your home and in your parish.
- We can unite our individual efforts with others in our parish community.** Use the pledge card in your parish offertory. As a parish create a display of everyone's pledges, as encouragement to each other. Share moments and photos of achievement and exploration in the newsletter and on the parish website.

**Discover the full Laudato Si' Invitations, Commitments and Actions document, including words from Bishop Alan, on the website [www.dioceseofbrentwood.org/laudatosi](http://www.dioceseofbrentwood.org/laudatosi)**

Printed on recycled paper, using environmentally friendly ink, and fully carbon balanced in association with the World Land Trust. For more information see [www.sustainablepaper.co.uk](http://www.sustainablepaper.co.uk)

### What can I do?

**Make three Personal Commitments from 4th October 2021 - 4th October 2022**

You will find more information about each of these, and why they matter, on the website [www.dioceseofbrentwood.org/laudatosi](http://www.dioceseofbrentwood.org/laudatosi). There are many more resources and ideas there too.

### Ideas for everyone

- Pray grace before each meal, thanking God for all that is provided for you from creation and all those who brought it from the earth to your table
- Read Laudato Si'
- Plant a window box with flowers to attract bees and butterflies
- Volunteer to help at a local park or nature project, or see if your local school needs help to create wildlife-friendly areas. Tell people why you are getting involved - it is a great way to start a conversation about Jesus Christ, your faith, and your inspiration to act.
- Organise a litter pick on your road
- Walk or cycle more
- Get informed about the issues of climate change, and campaign for action - start by looking at the Cafod website [www.cafod.org](http://www.cafod.org)
- Commit to regular prayer on these issues
- Join or start a group working towards the Cafod LiveSimply Award for your parish

### Ideas if you own your own home, or have a garden

- Let part of the garden go wild
- Create a wildflower bed
- Grow your own vegetables - give some away to neighbours or local food banks
- Put some logs around the garden to create a home for bugs
- Conduct a 'home energy audit' to see how and where you use most energy; install a smart meter, and check your home insulation
- Change your energy supplier to one which uses energy from renewable sources
- Look into adding solar panels, or ground source heating, especially at the time when your boiler is near the end of its life

**Share your ideas with family and friends - encourage them to join you. Include it all in your prayers.**

# Chaplaincy Corner

As we come to the end of the first half term, we have seen the new Year 7s settle in on the Walthamstow site and Year 9s moving over to the Wiseman site. Of course, the new Year 12s have also been finding their feet in a new environment.

*Jeremiah 29:11*

*For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.*

We continue our series of diverse Saints and Holy people as part of Black History Month.



## Venerable Henriette Delille

Mother Henriette Delille was born in New Orleans in 1812. Born a free woman, her family had been traded as slaves from West Africa.

Around the age of 24, she wanted to be a religious but legal and social restraints 20 years before the abolition of slavery and the Civil War prevented this.

She and two other free women went on to form their own order, eventually becoming the Sisters of the Holy Family in New Orleans. They aided the poor, the sick, the elderly and helpless, who needed care.

DID YOU KNOW - Our Walthamstow Site LRC is named after Henriette Delille

Known as the "Servant of Slaves," Henriette died in 1862.

The Catholic Bishops' Conference of England and Wales have written a prayer to encourage people to pray for the leaders meeting at COP26 climate summit in November.

***Loving God,  
We praise your name with all you have created.  
You are present in the whole universe,  
and in the smallest of creatures.  
We acknowledge the responsibilities you have placed upon us  
as stewards of your creation.  
May the Holy Spirit inspire all political leaders at COP26 as they  
seek to embrace the changes needed to foster a more sustainable society.  
Instil in them the courage and gentleness to implement fairer solutions  
for the poorest and most vulnerable,  
and commit their nations to the care of Our Common Home.  
We ask this through Our Lord Jesus Christ your Son.  
Amen***

Prepared in the hope that God will provide world leaders with the courage necessary to take action on behalf of the environment and the world's poorest, this prayer is part of a wider effort by the Church to pursue ecological justice.

Laudato Si Commitments - **"Do more research about the environment and what I can do"** is the suggestion of one Year 11 student. What will you do to reduce your carbon footprint?

*Blessings, Mrs Grierson, Chaplain*

**Congratulations to all students who made their Sacrament of Confirmation recently at St Patrick's.**

**We wish you success in your life - both in your faith in God and in your pursuits of life**



*Be still, and the earth  
will speak to you.  
~Navajo proverb*

*Look at a tree,  
a flower,  
a plant.  
Let your awareness rest  
upon it.  
How still they are,  
how deeply rooted in being.  
Allow  
nature  
to teach you stillness.  
~Eckhart Tolle*

**OCT  
1-31**



**PROUD TO BE**

**BLACK HISTORY MONTH**

**WHAT'S ON:**

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**FOR ALL YEARS:  
SPECIAL BLACK HISTORY MONTH LESSON WITH YOUR  
HISTORY TEACHER**

**BLACK HISTORY MONTH ASSEMBLY IN EACH YEAR GROUP**

**FORM & PSHE LESSONS DEDICATED TO BLACK HISTORY  
MONTH**

**COPIES OF DAVID OLUSOGA'S  
'BLACK & BRITISH' TO BE WON!**

**YEAR 8:  
15TH OCTOBER - ALL LESSONS TO BE CENTRED AROUND  
BLACK HISTORY**

**YEARS 9, 10 & 11:  
ANTI-RACISM CLUB**

**YEARS 12 & 13:  
DIVERSITY & INCLUSION CLUB**



# YEAR 8

**Student of the week:**

## STUDENT OF THE WEEK



Ms Osei and Mr Heelan want to recognise you for showing exceptional qualities in effort, attitude and behaviour. We are extremely proud and impressed. Well done! You are a role model to all of us.

***Marcio Da Silva Fernandes***

(Ms Osei)

(Mr Heelan)

### Stars

Kaylen Rufus, Jayden Odoi, Maria Saji, Charlotte Seymour-Bisset, Goda Bogdanovic, David Cubi, Aleksander Malinowski, Aaron Daniel, Deajah Devin, Rusalina Stankeviciute, Jayden Odoi, Rusalina Stankeviciute, Marcio DaSilva-Fernandes, Alberta Kyei, Samantha Gomez-Aguilar, Inez Leks, Daria Lupu, Jayden Odoi, Ciaran Stapleton, Fashan Thompson, Jada-Marie Orafu, Ryan Masila, Aaron Sohail, Serena Akon, Tasnim Ali, Cornelia Wilczewska, Shae William, Jada-Marie Orafu, Jaden Tabi, Cairo Lynch, Jerrell Bowen, Cynan Lemonius, Tracey Matos-Raposo, Jaina Gill, Ciaran Stapleton, Kyran Norville, William Shearman, Chrishan Crosdale, Jayden Odoi, Jaylan Henry, Naya James-Samuel, Kaylen Rufus, Nyla Smith, Cristian Vasluianu, Eliud Awuah



# YEAR 9

## **Students of the half term:**

**Congratulations to all of the Students of the Half Term. We are so proud of you and your contribution to the year group. Please see Google classroom for the full list.**

## **CONGRATULATIONS TO THE NEW YEAR 9 PLT.**

Thank you to everyone who applied it was a very tough choice! Well done to those below:

**David Matumu, Abishan Athiraiyan, Anna Yiadom, Devonte Bokor, Davina Abebese Boafo, Sinead Keegan, Wylma Mwanza, Luna Cabral, Moniel Nyame, Zuzanna Piasek, Titas Andruskevicius, Raya Hutcheon, Crystal Meloni, Ozwald Anna, Ryan Angus, Zoe Aslam, Eveleen Drapalyuk**

## **Wellbeing: Mindfulness**

This has been an extremely challenging half term for many if not all of us. It is of the utmost importance that we look after our minds and our bodies. One activity you can do to help you relax and switch off this half term break is mindful colouring.

### **What is mindful colouring?**

Mindful Colouring asks us to focus on how we choose and apply colour in a design to bring our awareness to the present moment. This process is similar to meditation, we let go of any thoughts about tomorrow or yesterday, or what we are going to do when we finish.

I have uploaded 3 different mindful colouring designs onto our google classroom. Please feel free to use these in your half term break as a way to practice mindfulness and help you switch off completely so that when you return you feel fully rested!

### **Get outside**

Try and make sure you are getting out and enjoying the great outdoors this Half Term. Fresh air is so important for our mood and mental health. Take a walk or a bike ride somewhere safe this half term. There are so many beautiful places in Waltham Forrest.

# YEAR 10

**Well done for an excellent start to the year!**

**We are so proud of all you have achieved so far and look forward to seeing what the rest of the year has to offer you all.**

**Be mindful of using your half term wisely, set up a study timetable, take time to reflect and get lots of rest!**

We had some great achievements this week from Jack Petchey winners to outstanding Student Teachers. Congratulations to Stacy D'Souza, Janet Adewole, Alex Opore and Chayan Sinclair



## **Stars**

Abisshanth Sivakumar, Almaz Farquhar, Amit Sooraj, Ana Karakapitanova, Cameron Hinds, Can Gunay, Chayan Sinclair, Chinedum Onunkwo, Cuba Durant, David Famakinwa, Denny Chingoka-Zhou, Duné Stevens, Dylan Bokor, Edward Trivuncic, Elena O'Brien, Elijah Jalal, Francis Williams, Gabriele Irimia, Gabrielus Jonusas, Gerrard Nuamah-Kutin, Giulia Distefano, Grace Price, Helen Shaji, Humphrey Afrane, Jack Zheng, Jane Themudo, Jonathan Makwala, Kayainna Tuitt, Kevin Baah-Robertson, Kevin Nobrega, Kezia Mathew, Kwasi-Bimpong Owusu-Mensah, Laura Kasprzyk, Liam Jagunap, Magnific Yambuya, Marcel Winter, Maria Posada-Jaramillo, Maria Shotikare, Maria Silvani, Marine Kerowgodage, Milena Sokolowska, Nazar Vizinschiin, Neli Edreva, Neriah-Jane Orafu, Nevin Roys, Olivier Stieber, Omari Paul-Jones, Patrick McCormack, Quincy Yevu, Rachel Costa, Rhianna White, Rolande Zomba-Di-Nkoko, Samuel Huet, Schneider Chikowore, Shihan Dias, Sianna Xavier-Cruickshank, Sofija Gajauskaite, Tharun Yogathasan, Thianna White, Thomas Masterson, Vlad Boldisor, Wiktorija Matejek, William Gray

## **Wellbeing Tip: Unplug**

Switch off phones and social media for a short time each day. A change of scenery is good for mental health. Go for a walk, sit, think and breathe.

## **Learning app: StudyBlue**

# YEAR 11

**Student of the week:**

**Christian Phillips**

**for showing care and compassion towards another student  
when they were ill**



**Congratulations to Cheani Gregory for  
winning September's Jack Petchey**



**Congratulations to our new Prefect team**

**Kira Baranovska, Bambo Djabula, Valentina Florez-Gutierrez, Temi Balogun, Alyssa Oscona, Roksana Matejczuk, Sydney Quidley, Jacob Jayakumar, Chenna Diegbe-Smith, Precious Ofori, Kenneth Appeah-Akuoko, Sasha Thomas, Christian Phillips, Tacyana Furguson, John Shotikare, Aiesha O'Garro, Exauce Mulamba, Sharon Davis, Cheani Gregory, Justin Carriere-Johnny, Jessica Marfo**



# SIXTH FORM

## Study help



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*- London Academy of Excellence Tottenham*

  
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*- Zain A.*



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AQA, Edexcel



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AQA, Edexcel, OCR,  
Cambridge International



Physics  
AQA, OCR



Psychology  
AQA

# HOUSE NEWS

**This year all Houses will collectively be gifting all donated proceeds to selected charities.**

**From the applications we received we have short listed five charities.**

**Via the link below please select one charity you believe deserves our donations the most.**

**The charity with the most votes will be our school charity this year!**

**[www.surveymonkey.co.uk/r/Y3NJZ8L](http://www.surveymonkey.co.uk/r/Y3NJZ8L)**



# CULTURAL CORNER

## NIGERIA

THE CAPITAL IS ABUJA.

7TH BIGGEST POPULATED COUNTRY IN THE WORLD.

520 LANGUAGES SPOKEN IN NIGERIA.

THERE WAS A CIVIL WAR BETWEEN BIAFRA(NOW IGBO) VS HAUSA PEOPLE.



3 MAIN TRIBES.

BORDERS NIGER TO THE NORTH, BENIN TO WEST, CHAD TO NORTHEAST, CAMERON IN THE SOUTHEAST.



TWO MAIN RELIGIONS.

CURRENCY IS NAIRA.

ARTISTS LIKE: BURNA BOY, WIZKID, DAVIDO, PSQAURE.

3 AFRICAN CUP OF NATIONS IN NIGERIAS CABINET.

36TH RANKED IN FIFA TEAMS.

RIVALS ARE GHANA AND CAMEROON.



FLAG REPRESENTS NATURAL AND MINERAL WEALTH AND PEACE AND UNITY.

FOOD IS A BIG DEAL IN NIGERIA WITH FAMOUS DISHES SUCH AS: PUFF-PUFF, CHIN-CHIN, JOLLOF RICE, EGUSI SOUP WITH POUNDED YAM.



PRESIDENT IS MUHAMMADU BUHARI.

IN NIGERIA NAMES HAVE A CERTAIN STRUCTURE  
YOU HAVE:

YOUR FIRST NAME WHICH ISNT ALWAYS ENGLISH,  
YOUR MIDDLE NAME THAT IS USUALLY SOMETHING TO DO WITH GOD  
AND YOUR SURNAME THAT IS EITHER NIGERIAN OR ENGLISH

# PSHE

Lovely pieces of work from 9E from their Civil Rights in Britain lesson.

**CLAUDIA JONES**

She LOVED HER family very much

Her main achievement is the creation of what became the notting Hill Carnival

She was the only woman who stepped up after the violence in the riots to be the leader

She organised the first west Indian Newspaper and raised the Community

It was created to celebrate the Caribbean and African Culture and has earned into the biggest street festival in Europe

She was a Strong Independent women

In the UK, she continued her life long fight against Racial inequality and intolerance

Her main achievement is the creation of what became the notting Hill Carnival

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In the UK, she continued her life long fight against Racial inequality and intolerance

**BRITISH CIVIL RIGHTS HEROES**

Black British civil rights heroes are very influential to the world at the moment and many years ago too therefore, they are also currently more popular than American counter parts.

Guy Bailey was a black man who wanted a job and got rejected just because of the colour of his skin.

Uma Marson was the first black news reporter for BBC - she isn't as widely recognised for this great achievement, however she fought to obtain this role.

In 1919, there was a race of riots the reason for this is due to the fact that there were housing shortages black people were unfortunately targeted in cities such as Glasgow and London.

**QUOTES**

"A people's art is the genesis of their freedom."

"I never once believed what they wanted us to believe - that we as black people are inferior to whites."

"A people without the knowledge of their past, history, origin and culture is like a tree without roots."

**A PEOPLE WITHOUT THE KNOWLEDGE OF THEIR PAST HISTORY, ORIGIN AND CULTURE IS LIKE A TREE WITHOUT ROOTS**

-MARCUS GARVEY

**CIVIL RIGHTS IN BRITAIN**

It is important to remember that Britain was the biggest enslaver of Africans ever. The Caribbean plantations were notoriously cruel and vicious.

The importance of your history!

I agree with this quote. I believe that your past defines who you are today. However, I also believe that your sins and errors can be forgotten and only the good parts to be remembered.

This quote from Marcus Garvey talks about how important it is to know about your history and your past.

"A people without the knowledge of their past history, origin and culture is like a tree without roots." Marcus Garvey

**BLACK HISTORY MONTH**

You have to fight for your rights, just like Uma Marson, Althea Jones LeCompte, Pauline Hanson, Dorcas House (and the US government) did.

For example, Trinidadian born George Padmore organizes a Pan-African conference in Manchester. This is one of the global fight against racism.

**slavery**

Benjamin Ogburn - first African American President of the U.S.

First African American US attorney general

Sojourner Truth

Harriet Tubman

First black woman to receive a PhD

Arthur Ashe - the only black man to win the tennis title of champion

**A people without the knowledge of their past history, origin and culture is like a tree without roots.** Marcus Garvey.

**CIVIL RIGHTS IN BRITAIN**

Black History Month

Keywords: Colour Bars, Racism, Rebellion

**INTRODUCTION**

The British Civil Rights is just as important as the USA story of Civil Right.

It's just that it hasn't been approach yet. It also as interesting and rich.

**"A people without the knowledge of their past history, origin and culture is like a tree without roots."** Marcus Garvey

**AMAZING STORIES**

It is important to remember that Britain was the biggest enslaver of Africans ever. In 1831, for an example slaves was led by a black deacon Samuel.

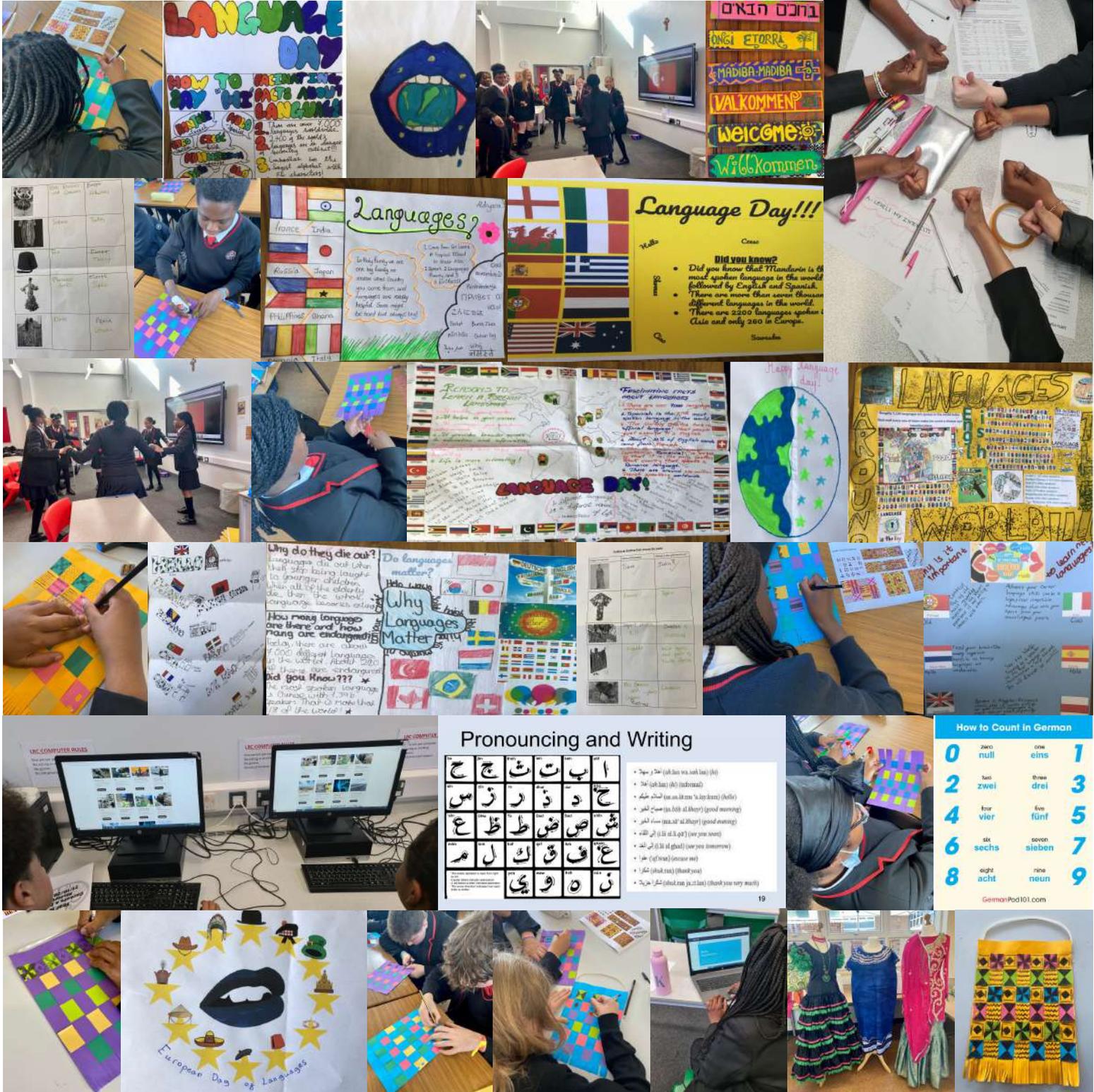
**Britain JIM Crow**

Britain had high damaging Colour Bars but that didn't stop one person (Uma Marson) from campaigning against it.

scroll for more...

# DROP DOWN DAY

## Languages, Culture & Careers day



**Fernando Botero**

Fernando Botero Angulo is a Colombian figurative artist and sculptor who was born in Medellin on 19th April 1932. He's 89 years old. His signature style, also known as "Boterismo", depicts people and figures in large, exaggerated volume, which can represent political criticism or humor, depending on the piece. He is considered the most recognized and quoted living artist from Latin America, and his art can be found in highly visible places around the world, such as [Times Square](#) in New York City and the [Louvre Museum](#) in Paris.



**Polish Tongue Twisters**

W Szostorzeczonym chynogocz brzemi w brzojce.

W Szostorzeczonym, the beetles buzzes in the road.

Czy rak krzywe w szostorzeczony strzapa oczowiu czy trza czopki trzojny?

Does the crab hold in its claws a piece of cheese, or three pieces of a road?

Hej pieprz, Pieprz, wieprzaz pieprzem, bo przapieprzaz wieprzaz pieprz sem.

Next don't pepper the boar with pepper, because you'll over pepper the boar with pepper.

Gwiazd jezdziace trzajace trziodat

Wheels starve the neighing boar.

**Albanian**

**Lesson Objective:** To understand key Albanian words and elements of Albanian folklore.





# GEOGRAPHY

Year 11 GCSE Geography students recently went on a 3 day residential trip to Dorset. Many thanks to Mrs Lawson, Ms Pearce, Mr Freeman & Mr Fidegnon for accompanying them. A big thank you also to Jonathan W. for the following write up.



On the first day of the Geography trip at Dorset, after dropping off our suitcases at the PGL centre, we took a coach ride to the Jurassic Coast, a famous area we have learnt in our case studies.

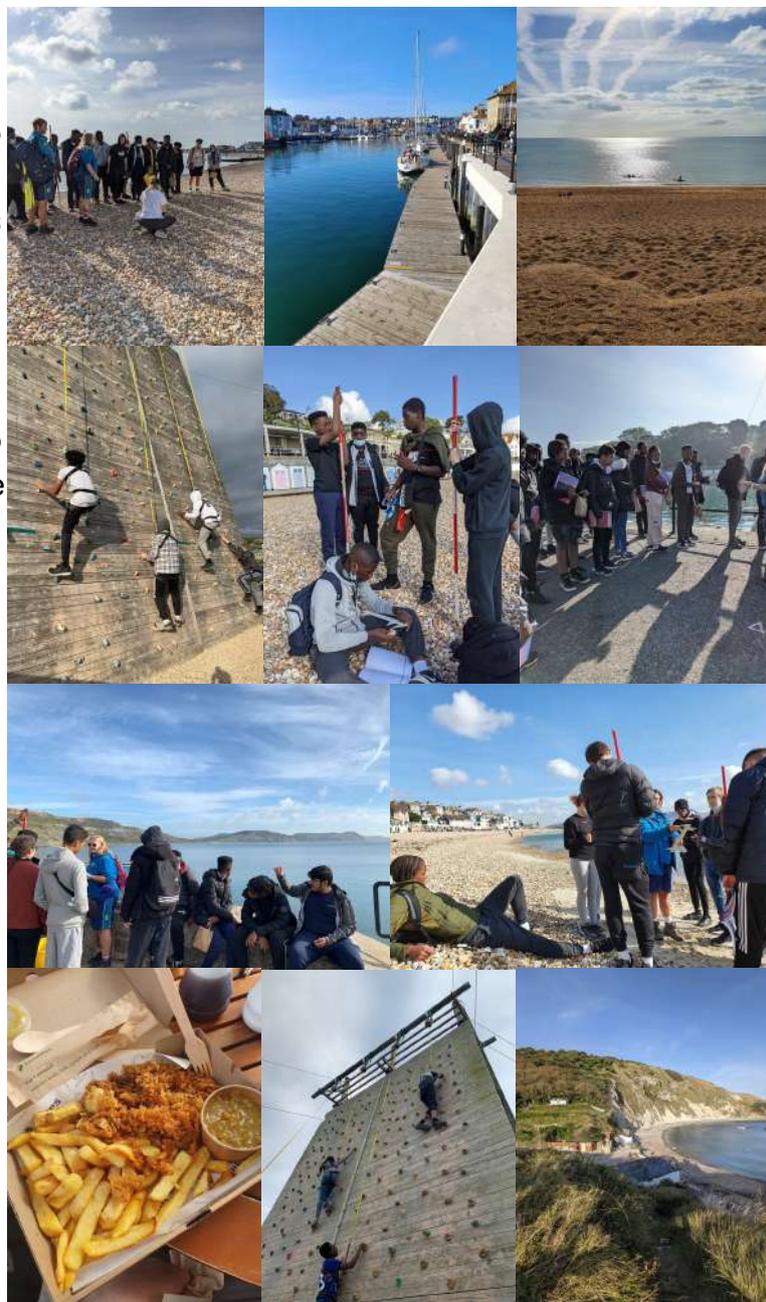
The PGL staff took us on a tour around the coastline and we saw famous landmarks such as Durdle door and the Stair Hole during our hike. The staff told us about the geology of the coast and different types of erosion affecting the site, such as footpath erosion. We did activities such as drawings and sketches of the famous landmarks as we went around. What I enjoyed most about the first day was seeing the sights of the coast and having ice cream.



*"Three friends and I were visiting Weymouth from Guildford this week and we were lucky enough to meet some of your lovely students while they were doing a survey in the town centre. It was good to see them being proactive with the local community; they are a credit to your school and, above all, a credit to themselves.  
Kind regards,  
Patricia S."*

# GEOGRAPHY

On the second day we went to visit Lyme Regis to learn more about engineering strategies and coastal management used there. Then afterwards went to a beach nearby and did a Coastal profile activity where we measured the sediment size of rocks and the height changes across the coast. Afterwards we got free time for lunch and some of us went in and explored the town. I went Tesco to buy food for a midnight feast :). Afterwards we went to Bridgeport, West Bay, and started to learn about longshore drift and deposition across a coastline. Afterwards we went back to the PGL centre and did a rock climbing activity which I really enjoyed. Then afterwards we went to sleep in our dorms, but I didn't get much sleep since we had to deal with spiders in our dorm so we were too scared to sleep.



The next day we went to Weymouth and did some human geography work, learning about different types of industries such as entertainment and commercial, and also studied specific important buildings such as the Weymouth Pavilion and Harbour. We did another activity in the shopping district of Weymouth, where we would ask residents and tourists about the different qualities of Weymouth, such as favourite features, best areas to visit, and how they enjoy the area they live/visit. Afterwards we went to back the PGL centre than returned home

Overall I really enjoyed the trip and I appreciated the freedom teachers gave us while we were there, So thank you for a great trip Miss Pearce and Ms Lippa.

# D&T TEXTILES

Year 10 textiles trip to Kew Gardens. The aim of the trip was to obtain primary source photography for their coursework project on botanical gardens. Everyone had a lovely day!



# D&T

# ASSEMBLED

Year 7 have been making vegetable couscous. Year 8 have been crafting Koftas. Year 9 have been trying curried fish tray bakes. Year 10 have been busy with carrot & coriander soup. Year 11 have been whipping up orange swirl meringues.



# POETRY CLUB

## **THE IRISH POTATO FAMINE:**

Dedicated to the Irish potato famine,

By Thomas M. & Patrick McC. Yr 10

**Life was great,  
until they came.**

**Food was plenty,  
Until they came.**

**Children were laughing,  
until they came.**

**Things were grim,  
After they came.**

**People were hungry,  
After they came.**

**Children fell silent,  
after they came.**

**Things are not like they were,  
Times are hard for him, and for her.**

**The people grow hungrier every day,  
All the food has been washed away...**

## **You Wake up to Live Your Parents' Dream**

by Dean Atta

**I wake up craving  
a masala omelette.  
Egg, spice, death wheel.  
We both know the ills  
of meat, dairy, and eggs.  
A woman on Twitter says  
her job is to dye milk white  
to hide pus and blood.**

**If food were free,  
if we didn't have to pay  
for gas or electricity,  
if we were in Cuba  
and you could earn  
more as a taxi driver  
than as a doctor, which  
would you choose?**

© Dean Atta

To read more from National Poetry  
Day's Poems to share click here:

# CHRISTMAS COMPETITIONS

## Art & Photography department Christmas Card Competition



You can use any medium you wish: paint; pencil; pen; print; digital art; (your) photography to capture the most loved bird at Christmas – the Robin

You must submit your design to Ms Javaid, Ms Hammond, Ms Malcolm or Mr Madden with your full name and form on the back by Friday 5<sup>th</sup> November.

The top 10 artworks will be used for this years Christmas cards and seen by 100s of people!



Holy Family Catholic School & Sixth Form  
ASPIRE TO THE HOLY FAMILY WAY

### Year 7 and 8 Design & Technology Christmas Competition

**YOU HAVE  
TO BE IN IT  
TO WIN IT**

### Design and Make a 3D Christmas Tree.

Prizes to be won for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> place!

#### Success Criteria

- Your Christmas tree can be a size of your choice but no taller than 1 metre/100cms.
- It must be 3D.
- You can use ANY material/s of your choice. For example... straw, clay, paint, empty packages, cardboard boxes, wire, tissue, fabrics, paper mache, found objects, etc.
- Be creative! Be imaginative!

#### Submission

- Submit to any staff member of the DT department.
- Ensure that your Christmas Tree is labelled with your name and form.

**Final submission: Thursday 25th November 2021**



The Christmas Trees will be displayed on Lower Site as Christmas decorations during the festive season!

Winners will be announced just before the Christmas Holiday!

# History Club

Do you like history?



Could **you** solve a medieval murder?



Come to **L07** during **Monday lunchtimes** to investigate the crime scene and catch the killer

**Speak to Ms Parker or Ms Alderson to secure your place**

Google Classroom code: 4uit2lr

# DUNGEONS & DRAGONS



Join the Dungeons and Dragons Google Classroom to find out more (code: ujdk5qz)  
Open to Years 9 and 10

# Anime Club



## Activities:

- Watching anime
- Discussing anime
- Learning to draw anime
- Creating anime art
- Games

When: Thursday lunchtimes

Where: U40 (the History classroom)

Speak to Ms Parker for more details

# FILM CLUB

Learn about genre codes and conventions, mise-en-scene, costumes and film technology.

Watch classic films, blockbusters, high concept films, animated and art films.

This film club is suitable for students studying film, media and art.



Watch a range of GCSE Film Studies Films

TUESDAY LUNCHTIMES  
1:20 - 2:10PM  
U36



SUITABLE FOR YEAR 10 - YEAR 13

For more info email  
Ms.macgregor@holycatholicfamilycatholicsschool.co.uk

EXPRESS YOURSELF

# POETRY CLUB

THURSDAY LUNCHTIMES  
IN THE LRC  
ON BOTH SITES



## Young Leaders FREE activities

with award winning Leaders.....because COMMUNITY matters  
Improve your health...wellbeing...confidence

Every Monday from 13 September  
2021

4.30-5.30pm	Leadership/Drama
5.00-6.00pm	Street Dance

Street Dance & Drama Leadership activities  
Available free of charge till July 2021  
No costs involved

To register your interest please call  
Leaders Community -07831 224510  
leadersacademyenquiries@gmail.com

GET FIT...HAVE FUN...MAKE FRIENDS

Open to ages 11-15 years  
All abilities are welcome-staff are DBS Certified  
Covid-19 safety measures in place

VENUE: Paradox Centre 3 Ching Way Chingford  
E48YD

Instagram: leaderscommunity\_  
Snapchat/Twitter: leaders2k16  
Facebook: Leaderscommunityest2016



Phone : 07831 224510

Email : leadersacademyenquiries@gmail.com

Website : www.leaderscommunity.org

## My Twist on a Tale Writing Competition

Time to get your creative-thinking caps on  
and compose a piece of writing looking  
into the future. You could write a:

Any brilliant  
and creative  
idea you come  
up with



Writing a rap about  
what your town might  
look like in twenty  
years' time

Write a personal  
letter to your  
100 year self

Re-imagining a  
classic tale with  
a sci-fi makeover



Stories can be submitted until 5pm on  
Friday 26 November. For details on how to  
enter, search on Google 'my twist on a tale  
competition Pearson UK'.

SILVER CAPS  
ACCREDITED CLUB



# AP SAINTS NC

LOCATION: LAMMAS SCHOOL AND SIXTH FORM, 150  
SEYMOUR ROAD, LONDON E10 7LX

DATE: EVERY WEDNESDAY STARTING 3RD NOVEMBER 2021  
Time: 5:30-7:30PM

JOIN US FROM 3RD NOVEMBER FOR FRIENDLY BUT INTENSE  
TRAINING SESSIONS TO IMPROVE BALL SKILLS, FITNESS AND  
TECHNICAL & TACTICAL SKILLS

COMPETING IN A COMPETITIVE DIVISION IN THE ESSEX MET  
NETBALL LEAGUE WITH FORTNIGHTLY MATCHES

TO JOIN EMAIL SHANA.APSAINTS@GMAIL.COM