

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER



Issue 9

Friday 19th Nov. 2021

NEW TIPS FOR ONLINE SAFETY



@HFCSWaltham

www.holyfamily.waltham.sch.uk

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Quotation of the week

"Wind warns November's done with.
The blown leaves make bat-shapes,
Web-winged and furious."
— Sylvia Plath, The Collected Poems

Advent

This Sunday is the Feast of Christ the King, which marks the last Sunday in ordinary time before the season of Advent begins. It is hard to believe that Advent is almost upon us. We shall be preparing for the great feast of Christmas and I want to give you advance notice that our Carol Service will take place this year in school, on the Wiseman site on Tuesday 14th December at 7pm. We shall be raising money for a Christian school for children with special educational needs in Bethlehem in the heart of the Holy Land. More information nearer the time.

Yr 11 Mock Exams

Praise is due to Yr 11 students who have conducted themselves very maturely in sitting mock exams this week. This is obviously a stressful time for them and sitting mock exams helps to prepare them for the real thing, identifying what they need to revise further and helping them with issues of exam technique and timing. Thanks to all parents/carers for your support of your children at this time. The government's clear plan is that exams will go ahead as normal next summer. Contingency arrangements exist but we fully expect Yr 11 and yr 13 to be sitting exams next summer and we have to prepare them accordingly.

Anti-bullying week

This week has been anti-bullying week. All schools have instances of bullying - to pretend otherwise is to bury your head in the sand. Sadly bullying is a feature of human life. The question is 'how does a school deal with it?' I hope that we deal with it well and that we teach the values of kindness and consideration for others and encourage the reporting of unacceptable behaviour. When we are made aware of bullying, we deal with it and ensure that the behaviour of the person bullying is addressed as well as the person being bullied being supported. As ever, if you are concerned that your child is experiencing bullying then please let us know immediately.

Chineke Orchestra concert

This Thursday evening six of our students took part in a concert led by the Chineke Orchestra at Leyton Great Hall. It was a lovely occasion and wonderful to be able to see and hear the music being performed live and face to face again. Well done to all of our students who took part! We now have around 70 students learning an instrument and receiving music tuition weekly - if you would like your son/daughter to benefit from this opportunity please let me know - we have heavily subsidised rates for students in receipt of free school meals and/or pupil premium funding.

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, of course, also make a virtual appointment with me or book a phone call. Please continue to remember us in your prayers.

Dr Andy Stone
Headteacher



HEADTEACHER'S COMMENDATION

This week we have lots of nominations for excellent students going above and beyond in school.

First we have nominations for the Yr 7 Kindness Ambassadors.

They have been in the role since the first few weeks of term and their job includes to make sure that no one is alone in the class, that new students to the class are welcomed, and to read out, or write on the board, a kindness quote each morning to their form. They will also be meeting as a 'think tank' to discuss issues that arise from a survey that is going out this week.

They are a real credit to the school!

They are nominated by Mrs Gaynor and are:

Emmanuella Adomako, Abiola Akinsanya, Dinoj Arulnanthi, Ramsey Collett, Ellie Hammond-Dankwah, Katerina Karagounis, Stiliyan Kurshumov, Adenike Ladipo, Gillianne Mariano, Olivia McCollin, Jaden Njoku, Jack O'Gorman, Amelia Obidzinska, Matthew Smith and Chloe Tetterfio

We also have observations for the following Yr 9 girls for being fabulous sports leaders at the Primary Sports Hall athletics last week.

They are nominated by Mrs Cole and are:

Zuzanna Brodowska, Milanne Fernando, Jaida Foucher, Sinead Keegan, Debbie Kwarteng, Julia Matejek, Claudia Misiewicz, Wylma Mwanza, Paley Brooke, Katie Sheridan, Natalia Sitarz, Julia Martins, Naomi Marquis, Samira Twumwaa Adusei-Poku, Luna Cabral, Isabella Camillo, Naomi Holness, Alisha Ibiabuo, Mariya Katerina Leybak, Naima Makanda, Ola Ostynowicz, Vanessa Pallan, Chelsy Shotikare and Anna Yiadom

Parent Governor Election - Inviting Nominations

We are writing to invite you to consider standing for election as a Parent Governor for Holy Family Catholic School; we currently have two Parent Governor vacancies. Every Voluntary Aided school has a Governing Body, which includes a number of categories of Governors including Parent Governors. Parent Governors are elected to serve for a period of 4 years, though they may resign at any time. Together with the Headteacher, the Governing Body has overall responsibility for the running of the school; amongst many duties Governors are involved in deciding school policies, allocating the school's budget and appointing senior staff.

The Governing Body has 3 core functions:

- Ensuring clarity of vision, ethos and strategic direction.
- Holding senior leaders to account for the educational performance of the school and its students and the performance management of staff.
- Overseeing the financial performance of the school and making sure its money is well spent.

No special qualifications are needed, the most important thing is to have a keen interest in the school and be prepared to play an active part in the Governing Body's work. In order to support Governors in their work, full training is provided at no cost to the individual. In our school we have 2 Parent Governors who serve for a term of office of 4 years. The full Governing Body normally meets 6 times per academic year, usually on Thursday evenings.

If you would like to stand for election, please call the school office to register your intent or email office@holyfamily.waltham.sch.uk **by Monday 6th December**

Each person standing for election is invited to provide with their nomination, a short personal statement (maximum of 250 words). The statement could include biographical information, your reasons for wanting to be a Parent Governor, your skills and the contribution you believe you could make to the Governing Body. If the number of nominations received is equal or less than the number of vacancies, the nominee(s) will automatically be elected as Parent Governors; if there are more nominations than vacancies, a ballot will be held and copies of the personal statements will be sent to all parents.

If a vote is necessary, we will communicate to all parents how that process will take place.



WELLBEING

Each week we're going to look at one of the steps from the 'Five ways to wellbeing'

Be Active

"Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness."

You can learn more by reading the reasearch study by New Economics [here](#)





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

SOCIAL MEDIA CATCHUP



@HFCSWALTHAM



@HFCSWALTHAM

Social media tips

internet
matters.org

Social networks are a great place for young people to stay in touch with friends and demonstrate their creativity. As a parent, there are simple things you can do to ensure your children's experience is both safe and fun.



1. Are they sharing inappropriate selfies?

Discuss the reasons why they feel the need to share such images and the potential long-term impact this could have on them if the pictures are used without their consent.



2. Do you feel they're spending too much time on social?

Talk together so they understand your concerns. Agree house rules on when and how long they can go online and which sites they should visit.



3. Are they sharing their location through apps?

Make sure geo-location is disabled to keep their whereabouts private. Explain why it's important that they never share personal information with people they don't know online.



4. Have they posted too much personal information?

Talk to them about who they've shared the information with and assess the risk it poses to your child. You can also ask your child to remove the information from their account and help them understand how to share safely.



5. Are they chatting to strangers online?

Make sure your child understands that people may hide behind fake profiles for dishonest reasons and the person they've been chatting to could easily be someone with bad intentions.



6. Are they gaming with strangers online?

Playing games can be fun and positive but ensure your child understands people may hide behind fake profiles for dishonest reasons and learn how to block and report anything offensive.



7. Do they have hundreds of followers?

Explain that some people may not be who they say they are and tell your child how privacy settings can put them in control of who they talk to.



8. Have they shared embarrassing images?

Remind your child that these images are their personal digital footprint for years to come and advise them to use settings that only let them share with friends they know. If they're not comfortable wearing it on their T-shirt, they shouldn't put it online.



9. Are they at risk of being cyberbullied?

Stay calm, listen without judging and reassure your child that you can help. Discuss any action you may take together. Encourage them not to retaliate and to save any evidence.



10. Do they know what they share online can hurt others?

Talk together about peer pressure and how screens and anonymity can lead to behaviour that is hurtful. Remind them there's a fine line between sharing content because it's funny or might get lots of 'likes' versus the potential to cause offence or hurt.



11. Have they been affected by content shared online?

Encourage them to think about why friends may share certain posts. Show them how to gently challenge their friends if they find their content offensive. Remind them they can always talk to you about things happening online.



12. Are they ready to share on social?

Most social media apps have a minimum age rating of 13. If a social network has set an age limit it means that some of the content may not be suitable for a younger child.



The internet and online technologies are an important part of children's lives at home and school, providing great opportunities for learning, communicating, playing and creating. As we know, these technologies create huge opportunities for us all, however, they can sometimes be a bit overwhelming, and present challenges to keeping your family safe online.

We go to great lengths to keep your child safe whilst using the internet in school. However, it is recognized by all leading agencies, including the Department for Education & Skills that using the internet can never be 100% safe. We are routinely conducting online safety assemblies and tutor group workshops as well as dedicated units in personal development lessons and E Safety ICT lessons.

ONLINE SAFETY TIPS FOR PARENTS:

- 1.If you are a parent of a Year 7 or Year 8 child under the age of 13 it is **illegal** for them to have a Facebook profile or be on Instagram as the minimum age is 13.The profiles must be deleted.
- 2.Make sure your child uses their **online privacy settings** at all times to keep their personal information private.
- 3.Make sure your **child regularly changes their password** and **does not** share this with friends.
- 4.Make sure your child knows **not to share personal information** like their name, address, mobile number, email address online.
- 5.Inform your child that they **should not post anything online** that they wouldn't want you to see. The Golden Rule is that if they wouldn't want their parents to see it, don't post it.
- 6.**Monitor their selfies.** Ask them to show you what they are posting.
- 7.Make your child aware that whatever they post online may come back to haunt them at a later date, whether it's college or university leaders checking them out before offering a place or employers checking them out before a job interview. **Once it is posted, there is no going back.**
- 8.**Make sure** your child only talks to real life friends or family on social media sites and in chat rooms.



9.If your child talks to a stranger online or games with them online, **please make them aware** that they could be talking to or playing with anyone pretending to be something else, such as pretending to be a member of the opposite sex, pretending to be younger or older than they say they are, pretending to have a different job to the one they have.

10.Ensure your **child knows not to make arrangements to meet up** with complete **strangers** online.

11.Make sure that **your child is not** sharing their geo-location when they are online. Ensure they have geo-location disabled to keep their whereabouts **private**.

12.Make sure your child knows that any messages and photos **shared on Snapchat no longer disappear but can now be saved. The sender is then informed that the recipient is saving what they have posted.**

13.Monitor that your child **uses secure and legal sites** to download music and games.

14.**Monitor that your child** only uses online games, apps, films and social networks that are **appropriate** for their age. Age ratings come with all online games, apps, films and social networks.

15.Is your child an internet gaming addict? Do they play for hours at a time? Do they talk about online gaming non-stop? Do they get defensive or angry when asked to stop? Are their sleep and meal times disrupted because of online gaming? Do they have red eyes, headaches, sore fingers, back or neck? **Discuss with your child how long they play for. Set rules on how long they play for. Ban tech in their rooms after lights out or remove all tech from their rooms so they can't play all night long when you think they are asleep.** Arrange offline activities such as sports or clubs to get your child out of the house and away from the online games.

16.The best way to find out what your child is doing online is to talk to them about it and to **ask them to tell you and show you what they do, what sites they access, what things they post online.**

17.Ask your child how many followers do they have? Their followers should be only family and friends. Explain that **some followers may not be who they say they are.**

18.**Ask your child** if they are taking part in online streaming. Online streaming is the process of delivering continuous multimedia forms, such as music and films. **Anybody can use this to contact your child and abuse them by asking them to do a variety of things.**



19. **Ask your child if they are being cyberbullied.** Make sure they know how to **block** abusive comments and report content that worries them. This can be done on the **CEOP website Child Exploitation Online Protection Centre (CEOP):** www.thinkuknow.co.uk

20. Parents can gain a greater control of **online safety at home by ensuring that parental controls are set on home broadband and any internet devices, including your child's mobile phone.** Parents can find out how to do this at your broadband provider's website. Additionally, Google provide information and advice on how to set up online safety at home on : <https://www.google.co.uk/safetycenter/>

ONLINE SAFETY - A SIMPLE CHECKLIST

By following this [simple checklist](#), you can help to protect your child and decrease any risks:

- I have asked my child to set profile settings to private - social networking sites, such as Instagram or Tic Tok are increasingly used by young people to share information, photos and just about everything they do! Insist that your child sets his or her privacy settings to private. **Children need to think about the information they post online as it could be copied and sent anywhere, without their permission.**
- I have asked my child about online friends - we know that some people lie online about who they are and may create fake identities. **It is very important that children understand this.**
- I have set appropriate parental controls on my child's computer, mobile and games console - filters on computers and mobiles can prevent your child from viewing inappropriate and possibly illegal content. You can activate and change levels depending on your child's age and abilities. You can also set time restrictions for using the internet or games. **Explain to your child why you are setting parental controls when you talk about internet use.**
- My child has agreed to tell me if he or she is worried about something online - sometimes children get into situations online where they don't feel comfortable or see something they don't want to see. **By opening up the communication channels and talking to children about the internet, their favourite sites and the risks they may encounter, they are more likely to turn to you if they are concerned about something.**



- I know where to get help if I'm concerned about my child - the CEOP Safety Centre provides access to a range of services. If you are concerned that an adult has made inappropriate contact with your child you can report this directly to **CEOP**.

Holy Family Catholic School's staff are happy to discuss these issues further.

Please contact:

Mrs Belgrave (Deputy Designated Safeguarding Lead)

Further contacts:

Ms Klitou (Designated Safeguarding Lead)

Mr Akubuko (Deputy Designated Safeguarding Lead)

The following websites have lots of information, tips, tricks and guides to help:



We also highly recommend referral to CEOP (Child Exploitation Online Protection) which provides clear, easy to follow guidance from the Police.

Please visit the Safety Centre at **www.ceop.police.uk/safety-centre** or **www.thinkuknow.co.uk/parents**



The **National Online Safety** website has plenty of useful guides and top-tips to online activity and social media channels.

You can also follow them on **Twitter** and **Facebook**, where they have live updates on a regular basis.



Internet Matters is another great website with lots of age specific guides to help keep your child safe online. We have a few for you to download here:

- Digital Resilience for 11-13 Year Olds
- Online Safety Tips for 11-13 Year Old
- Social Media Tips

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.

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.



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!

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 * 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

"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"

Pope Francis, *Laudato Si'* (87)

Bikes collected for charity at Brentwood Cathedral

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

St Thomas Aquinas

Kingfisher on the River Stour

"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."

Bishop Alan Williams

Wild flowers in front of the Olympic Stadium, Stratford

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

St Mother Teresa of Calcutta

Rubbish on Southend-on-Sea beach

"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."

Pope Francis, *Laudato Si'* (21)

Swan with cygnets on the River Colne near Colchester

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, Canning Town

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 50 years we have not invested in tobacco, arms, alcohol, gambling and pornography, nor any company with products that contravene Catholic 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.

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/laudato. There are many more resources and ideas there too.

Ideas for everyone

- Pray grace before each meal, thanking God for what 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
- Commit to regular prayer on these issues
- Join or start a group working towards the *Cafod* Livelysimply 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

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

We are inviting every parish to work towards the national *Livelysimply* 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 *Livelysimply* 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 your faith 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.

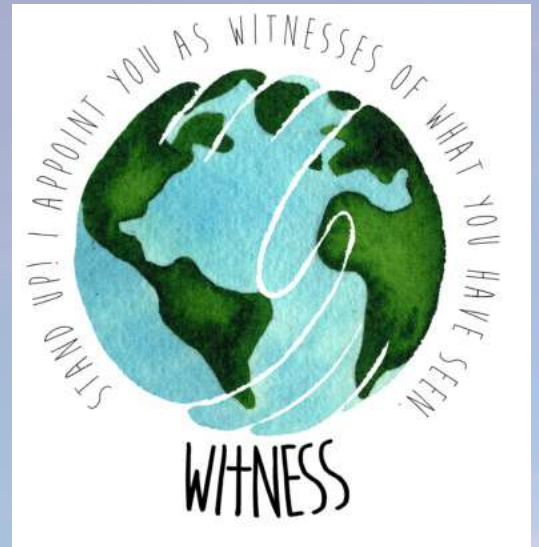
Discover the full *Laudato Si'* Invitations, Commitments and Actions document, including words from Bishop Alan, on the website www.dioceseofbrentwood.org/laudato

Printed on recycled paper, using environmentally friendly ink, and fully carbon balanced in association with the World Land Trust. For more information see www.cafodinternational.org

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

Chaplaincy Corner

Sunday 21st November is the Feast of Christ the King. It is also **World Youth Day**, an international day of celebration and prayer for young people. This year's theme was declared by Pope Francis.



These words are those of Jesus to Paul, then Saul, on the road to Damascus – but they are also words of Jesus to us, wherever we are on our life's path.

Stand up – Jesus calls us not to be afraid, but to stand up, wake up and open our eyes to the world around us: even though we may fall, Jesus helps us to stand and see the way forwards.

You are appointed – you are called and chosen to do a specific job or mission. Jesus sees our particular gifts and talents and calls us to use them. But he also chooses us because he loves us.

Go as a witness – the disciples were first-hand witnesses of Jesus' work on earth and were sent out by Jesus to share the good news. As witnesses of Jesus' light and love at work in our lives today, we are also sent out to share it!

Jesus, Help us to share light, love, joy and kindness in the world around us.

Help me to live in the way you have called me to do,

and to see how I can make a difference to others.

Amen



Two of our Year 10 Liturgy Leaders, Jenatie and Stacy, were a great witness to their faith, giving up most of their breaks last week to sell poppies to fellow students and staff to mark Remembrance Sunday.

Chaplaincy Corner



This week is **Inter Faith Week**, highlighting diversity, inclusion, equality and respectful engagement and is for those of non-religious as well as religious beliefs. In 21st century Britain, we belong to an increasingly diverse society where people of many faiths and cultures live side by side. We all have a vital contribution to make to creating a society where there is trust, respect and co-operation between people of different faiths and beliefs. Knowledge and understanding about different faiths and beliefs is both important and interesting. In school, RE plays an important part in gaining this understanding.

As a school, we have been following the **COP26 climate summit in Glasgow**. Disappointingly it has ended with agreements which come up short for people in the world's most vulnerable communities. The talks finished a day later than the intended COP (Conference of the Parties) end date with 197 countries approving a "Glasgow Climate Pact". But we need to see concrete policies that match the promises to make real progress on reducing emissions by 2030.

As a school we are trying to become more sustainable. For instance, we no longer have disposable cups for water and encourage students to bring in reusable bottles. **The Justice & Peace group** took a small quiz to see how sustainably they live, and it was good to see that most had started to make a commitment to being more sustainable. This is of course testament to you, their parents and carers, leading by example.

Laudato Si Commitments - "Walk more!" is the suggestion of one Year 11 student. What will you do to reduce your carbon footprint?

Blessings, Mrs Grierson, Chaplain

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 5th 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 1st 2nd, 3rd, 4th and 5th 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!

Carol Service

Rehearsals

Thursday Lunchtimes

Music Room

Walthamstow House site



Learn Spanish Christmas Carols to perform
at our Christmas concert.

Both French and Spanish students are welcome!

L33

Wk 1 Monday & Tuesday

Wk 2 Wednesday

*Feliz
Navidad*



U01

Wk 1 Wednesday

Wk 2 Tuesday

See Señorita Prada if you want to attend.

INTRODUCTION TO THE HOUSE SAINTS

STORY OF ST ANNE

Saint Anne was from the House of David, the line which was prophesied to give birth to Christ, but Anne and her husband were unable to conceive. Until one day, an angel told them they would soon be blessed with a baby. Overjoyed, Saint Anne promised that she would carefully educate the baby and dedicate their life to the service of God. The baby was Mary, eventual mother of Jesus.



Basilica of
Sainte-Anne-de-
Beaupré in
Quebec, Canada

**PATRON
SAINT OF...**
grandparents,
women in labour,
educators,
miners,
sailors,
Canada
and
Brittany



MIRACLES

Saint Anne is known for healing. In 1658, land was donated for the construction of the Basilica in Quebec. While the church was being constructed, instances of healing were reported.

**FEAST DAY:
26TH JULY**

RELICS

Bones from her forearm and finger are reportedly kept at the basilica

YEAR 8

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.

Naya James-Samuel

(Ms Osei)

(Mr Heelan)

Stars

Kaylen Rufus, Javel Shiell, Aniera Imran, Jaylan Henry, Aleksander Malinowski, Keivi Koula, Courtney French, Kyra-Rose Forrester, Ju'rkihah Thomas, Kelsey Brogya-Mensah, Jamal McGilchrist, Ryan Masila, John Quao, Jordan Kintadi, Jack William, Andre Barrett, Elen Minasse, Aleksandra Klonowska, Wiktorja Kowalska, Tejay Francis, Josiah Clarke, Cynan Lemonius, Ebenezer Oguntimilehin, Andrean Barrett, Jayce Lewis, Naya James-Samuel, Alberta Kyei, Tejay Francis, Marcio DaSilva-Fernandes, Serkan Isakol, Ayan Islam, Jayden Odoi, Romani Sargent-Hanif, Erioluwa Adeniregun, Aleandro Laloshi, Ryan Elden Vimalentiran, Alessia Failla-Mulone, Jahiro SalasMedina, Emmanuella Ankomah, Jaina Gill, Tracey Matos-Raposo, Serkan Isakol

YEAR 10

“Outstanding behaviour from 10P in a cover lesson”

- Ms Lafeuillee

“Great work ethic in 10B1 Science”

- Miss St Aimie

Stars

Adar Kilic, Alex Opare, Allison Grace Teves, Amaris Ogilvie-Nsofor, Amit Sooraj, Duné Stevens, Ernest Timothy Torneros, Filipa Andre, Gabriella Francis, Helen Shaji, Igor Majchrowski, Jake Bowden, Janet Adewole, Jonathan Makwala, Joseph Brunton, Kevin Nobrega, Kevin Srinavilns, Kudzaishe Mpofu, Ky-Mani Blake, Laura Kasprzyk, Liam Jagunap, Mahalia McDowell, Maria Shotikare, Martinas Genys, Mary Giwa, Neli Edreva, Nevin Roys, Nirel Ngwi, Nyah Theodore, Patrick McCormack, Reiss Yearwood, Tharun Yogathan, Thomas Masterson, Tomasz Blonski, Tony Dandoczi, Vlad Boldisor, William Gray, Yasemin Isakol

Wellbeing Tip: One kind word

Try and say one kind word to someone each day.

Learning app: **AudioPi**

Audio revision for English

Ask your teacher for log in details

YEAR 11

Well done for making a tremendous start to your mock exams.

Each of you are showing maturity in the way you have approaching this stressful period and we are all so proud of everything you are achieving. Keep it up next week and I am sure we will be celebrating when the results are revealed.

**Important reminder:
School starts at 8.40am every day.**

If you are being held up by your friends, come on your own.

If you are held up by traffic, leave earlier or try an alternative route.

If you keep waking up late, let us know and we will call to make sure you are up

There is no excuse for persistent lateness and it will impact your college application process as we are asked to comment on your attendance, punctuality and behaviour in our references.

Mock Exam reminders:

Don't forget to arrive at least 10 minutes BEFORE the exam starts

Have 2 black pens and any other equipment you may need

Eat breakfast in the morning

Bring a clear bottle of water

Have a positive attitude!



CULTURAL CORNER

TASTE OF MASALA

The term “masala” is a term you might see on any given day walking around Waltham Forest be at the 'Masala India' restaurant in Leyton, the 'masala chai' you can order at the Chaiiwala tearoom in Walthamstow or even the Tikka Masala jars you can buy at any local supermarket.

But what is it and why does Mr Shah care so much about it?

Whilst its meaning is very simple: a mix of spices; it connects the Indian subcontinent relying on diverse spices and might include mustard seeds, cumin, cardamon, turmeric, cinnamon, and coriander seeds.

The combinations and concoctions are endless but the results of cooking using a homemade masala spice mix are second to none.

So, bin that jar of Sharwoods Tikka Masala and cancel the Uber Eats from your local Indian and why not try making my favourite Masala mix for yourself!



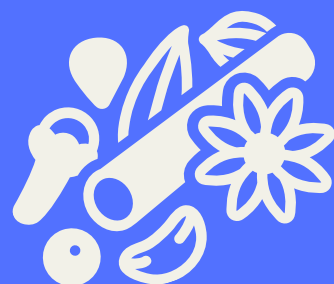
CULTURAL CORNER

TASTE OF MASALA

Malawi Masala Mix



3 tablespoons coriander seeds
1 tablespoon black peppercorn
3 tablespoons black poppy seeds
2 teaspoons black mustard seeds
1 tablespoon cumin seeds
1 teaspoon fennel seeds
1 tablespoon ground turmeric
10 cloves
2 teaspoons ground cinnamon



Instructions:

Lightly toast all the ingredients in a dry frying pan until aromatic.
Then grind using a pestle and mortar (or a spice grinder),
Store in an airtight container and use within 6 months!

Turning a spice mix to a curry:

The basis of a masala gravy is simple.

- (1) Finely diced (white) onions fried until clear;
- (2) add garlic and ginger for a minute;
- (3) add your Malawi Masala Mix for a further minute;
- (4) add tinned tomatoes and let it simmer for as long as you can!

That is the base of your curry.

Try adding tinned chickpeas, spinach, and some coconut milk for a complete curry!

MFL



Ella E., Tracey R., Grace M., Tharun Y., Emilia B., George M-W., Davishka M., Ulyssa R., Ilana I.



Maria B., Trinity A-C.



Amelia O., Ella E., George A-A., Jonathan C., Tiffany R., Kacper B., Tracey M R., Ryan V., Gianina O., Melihia S., Cristian V., Eliezer Y.



Aina R., Andrews O A., Anita L., Chloe V., Domantas V, Hannah P., Karolina L., Natalia B., Olovía MC., Paulina M., Goda B., Alyssia J., Charlotte S., Sophia Z., Maria B., Miriam M-E., Davina B-A., Valeria B., Vlad B., Yu Ruo C., Stacy D'S., Almaz F., Nyah T., Francis W., Jane T., Neriah O., Aleesha L.



Where? Room Science Lab L15

When? Every Wed Lunchtime

Week 1-Year 8 have priority

Week 2-Year 7 have priority

Time: 1:30pm till 2pm

Places allocated on a first come basis at the door!-
Only 20 places available for each session.

Please have your lunch before/after session as there
is no eating in the science labs!



This half-term: Bouncy Custard Balls, Elephant toothpaste and Making Snow/ Xmas Bauble

Salters Chemistry online club

Chemistry Club is an interactive online learning platform for **11-14 year olds**. Students can explore the chemistry in our everyday lives through interactive content released at **8 am every weekday**. Over 500 students from 13 countries have registered so far!

Interested? Click the link below to register using **your school gmail account** to access the content.

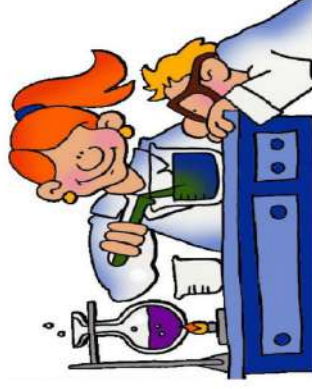
<https://www.salterschemistryclub.co.uk//register>



KS3 Science CREST Club -Year 7 & 8

Where? Room L15

When? Week 1 Thurs & Week 2 Wed
Time: 3:15pm till about 4pm



Challenge? Work independently or in groups to plan and run a project addressing a real-world STEM problem. You get to choose from a list of carefully selected projects.

By Invitation-recommendations from your Science teacher

Salters Chemistry on line club

What's in it for me?

- ✓ The Salters' Chemistry Club aims to increase the accessibility of chemistry for young learners at the start of their secondary education, a time when chemistry is perhaps not on their radar.
- ✓ It uses chemistry in everyday life to help explain the concepts that they learn as part of their curriculum.
- ✓ It is a great tool that promotes independent learning and offers additional subject knowledge and support in a fun and engaging way.
- ✓ The platform has high levels of interactivity with beautiful illustrations relating to each monthly theme which really bring the science to life on the learners' screens.



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VENUE: Paradox Centre 3 Ching Way Chingford
E48YD

Instagram: leaderscommunity_
Snapchat/Twitter: leaders2k16
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Phone : 07831 224510

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My Twist on a Tale Writing Competition

Time to get your creative-thinking caps on
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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



AGES 10-14
WEEKLY TRAINING SESSIONS

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

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