

# FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL  
NEWSLETTER



Issue 30  
Friday 20th May 2022

## *Samara wins the Brentwood Catholic Citizenship Award*



@HFCSWaltham

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

@HFCSWaltham



### Quotation of the Week

"I can do all things through Christ who strengthens me" - Phillipians 4:13

### GCSE, A level and Btec exams

Exams are going well I'm pleased to say. It is a major operation to run GCSE, A level and Btec exams in the summer. We have a large Yr 11 of over 200 students and on many occasions we have GCSE and A level exams all taking place at the same time. Our exams officer, Mrs Russell, does an excellent job with her team of invigilators in managing this process. We've been pleased that, even our students who sometimes struggle to be punctual, have all been on time for their exams this week. Public exams have to be taken as scheduled. If you get up late and miss one then that is it - you've missed it.

Students are coping pretty well, but we know that exams are stressful and that stress affects everyone in different ways. Teachers and support staff are here to help - sometimes all that is needed is a listening ear. Please let us know if your son/daughter needs support with managing stress and anxiety.

We will also be running some A level and GCSE half-term intervention sessions and will inform students about these next week.

### Pupil Leadership Team meetings

We held meetings with members of our pupil leadership teams this week. I met with representatives from each year group and had very interesting conversations about uniform, mobile phones, the desire to have more opportunities to celebrate everyone's cultural diversity, a request for more table tennis tables on the lower site and for more opportunities for sixth form students to help and advise our younger students. It's very important that we take feedback and listen to our student voice. The students all made their points effectively and with courtesy and good humour.

### Parents' surgery

You can see me face to face in a socially distanced manner any week without an appointment on **Thursday afternoons between 4pm and 5pm**. If you prefer you can call the school office and arrange for me to call you instead.

Please continue to remember us in your prayers.

Dr Andy Stone,  
Headteacher



# HEADTEACHER'S COMMENDATION

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We have many nominations for Headteacher Commendations this week including from Ms Atakan for students in Yr 10 and Yr 11 who have engaged really well with the National Science Tutoring Programme. They have shown fantastic effort and commitment to the programme and have made excellent progress. They are:

Giulia Distefano

Memet Yumusak

Luke Angu

Quintin Ata-Gyamfi

Nicolassa Vaz

Remajan Moharan

Maxwell Emmanuel

Patrick Falkowski

Leticia Isichei

Cheani Gregory

Jackie Collett

Laura Kasprzyk

Damien Callus

Nilofer Velu

Harry Zheng

Derek Koomson

Grace Mukasanga-Muela

Merian Batista De Sousa Lopes Viegas

Atara Anderson

Ilana Ifefo

Nirel Ngwi.

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## HEADTEACHER'S COMMENDATION

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We also have a nomination from Ms Saint-Aimee and Mrs Heath for **Mariya Leybak** who has been wonderful in her friendliness and support for our new Ukrainian students. She is a real credit to her family.

Finally this week we have three nominations from Ms Pearce for **Jonathan Wabosele** for his incredible effort, work ethic and maturity across all of his studies.

Also for **Kevin Acheampong** for demonstrating resilience, as well as a positive attitude to learning as he prepares for his GCSEs and for **Stephanie Nwajagu** for outstanding attitude to learning and dedication to her studies throughout year 9, 10 and 11 – an exemplary student.

Very well done to them all!

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IN  
ASSOCIATION  
WITH E17 FILM  
FESTIVAL

# FUTURE FILM FOCUS



On Thursday 19th May our Year 12 Film and Media students attended the Film Focus Borough Event. This careers event for the creative industries for young people 16+ in Waltham Forest included training, panels, 1 to 1 advice and exhibitors from the film, TV and creative industry to network with. Some of our very own ex-students were on the panels and hosting. The students got to network and had the chance to learn more about the industry.

There were speakers from Soho Theatre, BFI Film Academy, Future Programmes, Project Zero, Meteorite, Swipe Right PR, amongst others.

Our students also were able to connect with local employers and one of students even got offered a Job as a Camera Operator for a upcoming project! It was a great experience for them all and we hope to see them in the creative media industries soon!

Mrs Belgrave and Mrs Farrugia





# WELLBEING



## Walking

"There's lots of different types of walking, and most often we do it to get ourselves somewhere we need to go, such as to work or school or to an appointment of some kind. This means that walking can often be a hurried means to an end, more so than a mindful or peaceful act.

Taking some time to walk, just for the sake of walking, and without thinking too much about where you're going or why, can be an act of self-care. If you go alone, it's a type of walking that is just for you and time spent only on yourself – although it's important to make sure you're safe, too. Letting someone know that you're going on a walk will reassure others that you are not lost or missing.

Walking with friends or people you are close to you can help as well, as it gives you a space to talk that doesn't feel too claustrophobic or pressured."

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



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



# WALK TO SCHOOL WEEK COMPETITION

CREATE EITHER:

A POSTER  
OR  
SOCIAL MEDIA POST

TO PROMOTE WALKING IN THE  
LOCAL COMMUNITY

SOME IDEAS:

HEALTH BENEFITS  
SAVE THE PLANET  
OUR LOCAL AREA

CHECK THE NEXT  
PAGE TO SEE  
WHERE YOUR  
POSTERS  
COULD BE  
DISPLAYED!

EMAIL YOUR ENTERIES TO:

MRS.FARRUGIA@HOLYFAMILYCATHOLICSCHOOL.CO.UK

# #Try20 Design Competition

Graphic designer?  
Care about the environment?  
Your work displayed to thousands?

lwalthamforest  
1,743 posts 10.9k followers 737 following  
Waltham Forest Council  
Government organization  
Official Instagram for Waltham Forest Council.  
020 8496 3000  
linktr.ee/lwalthamforest



Waltham Forest Council  
News, events & service updates from Waltham Forest. Monitored Mon-Fri 9am-5pm. Report neighbourhood issues @WVF-TellWaltham. Connect us at social@wvf.org.uk  
@Waltham Forest, London, UK · Joined August 2018  
1,647 Following 21.2K Followers

May is National Walking Month! Create a poster that encourages families to walk more (just 20 minutes a day #Try20), and have your design displayed across the borough to thousands of residents!

# #Try20 Design Competition

The Sustainable Transport Team at Waltham Forest Council is giving Year 7 to 13 students the chance to have their design work promoted on the Council's website, social media platforms and Digital Kiosks in busy locations across the borough.

Thousands of people will see your work - raising your profile and boosting your portfolio!

**Background:** the Council's Sustainable Transport Team is responsible for encouraging residents to make more sustainable travel choices including walking, wheeling & cycling

**Objective:** to encourage people to walk instead of using motor-vehicles.

**Target group:** families

**Tone:** positive, supportive, inspirational, uplifting, happy.

## Messaging ideas:

### Sustainable

Walking is a zero-carbon mode of transport

### Healthy

Walking just 20 minutes every day can help prevent chronic conditions such as heart disease

### Easy

Walking is an easy way to get exercise, especially for people who usually put off exercise because of work and family commitments

### Feel-good

Walking boosts feel good chemicals, lowers anxiety & promotes mindfulness

### Inclusive

Walking is free, requires no special equipment & isn't sweaty, so you don't need a wash after!

To apply, submit your design in A3 poster format attached as a PDF to [roadsafety@walthamforest.gov.uk](mailto:roadsafety@walthamforest.gov.uk) with your name, school and year group no later than **FRIDAY 27th MAY 2022**

# WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

GOOD NEWS! HEALTHY LIFESTYLE COURSES ARE STARTING IN WALTHAM FOREST IN MAY.

A FREE 12 WEEK PROGRAMME RUNNING W/C 9TH MAY - 25TH JULY

## JUST CHOOSE YOUR GROUP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Peterhouse <b>E17 3PW</b></p> <p>17:00 - 19:00 Age 5 - 15</p> 	<p>Leyton Sports Ground <b>E10 6RJ</b></p> <p>17:00 - 19:00 Age 5 - 15</p> 	<p>Walthamstow Leisure Centre <b>E17 8RN</b></p> <p>17:00 - 19:00 Age 5 - 15</p> 	<p>Walthamstow School for Girls <b>E17 9RZ</b></p> <p>17:30 - 19:30 Age 5 - 15</p> 
<p><b>ONLINE</b></p> <p>17:30 - 18:30 Age 5 - 8</p> 		<p><b>ONLINE</b></p> <p>18:15 - 19:15 Age 9 - 12</p> 	

\*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 age 5-15 who is above their ideal healthy weight.

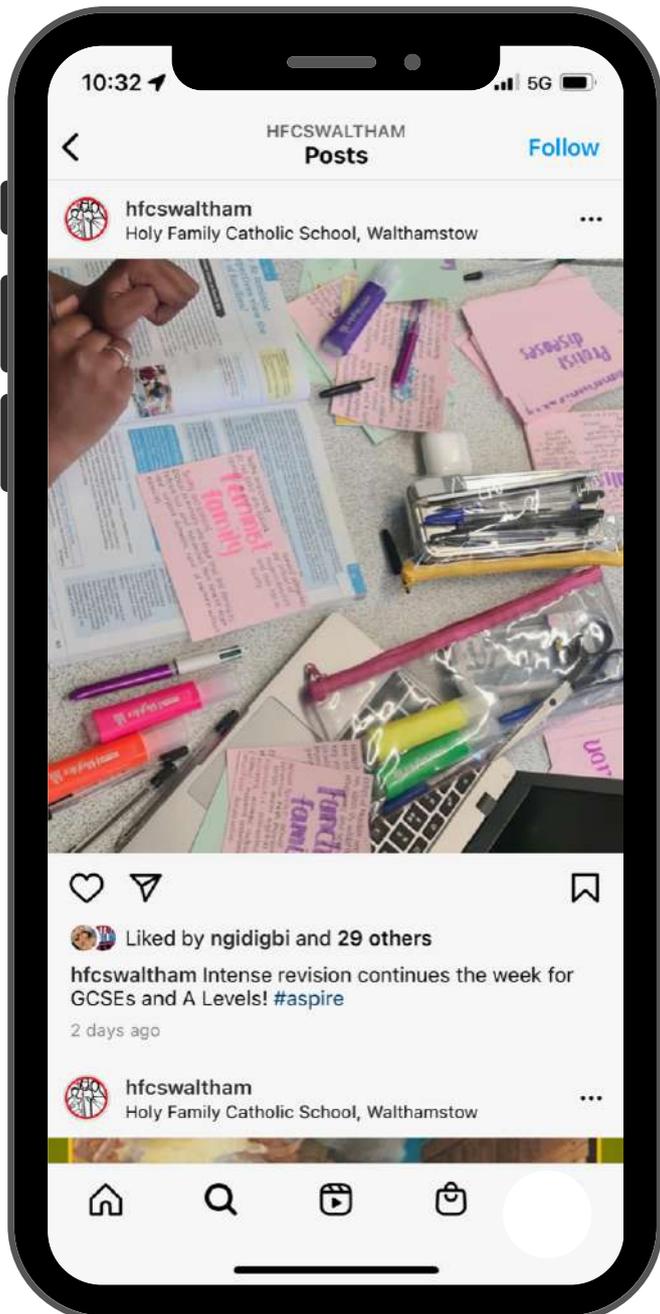
...AND SIGN UP FOR FREE

Scan the QR Code, or fill in the form at [beezebodies.com/families](https://beezebodies.com/families)

# SOCIAL MEDIA CATCHUP



@HFCSWALTHAM



@HFCSWALTHAM

# Chaplaincy Corner

## Brentwood Catholic Citizenship Awards Ceremony

This is an annual celebration, held at Brentwood Cathedral, of students across the Diocese who have displayed outstanding awareness of good citizenship. Brentwood Diocese is committed to the idea that to be a good Catholic involves being a good citizen, 'the Gospel of Jesus Christ requires us to "love our neighbour as ourselves" and that is at the heart of the Christian interpretation of Citizenship.'



The Holy Family student receiving the award this year was Samara J in Year 11. Dr Stone writes: *Samara is a delightful student who embodies the Holy Family Way and who is extremely kind, caring, thoughtful and concerned about all around her. These qualities will ensure she goes far in life, and we congratulate her on this achievement.*

The award was presented by the Bishop of Brentwood, The Right Reverend Alan Williams, SM.

Congratulations Samara!

## Laudato Si' Week

Laudato Si' Week is being celebrated during 22 – 29 May. It reminds us of our duty towards, and celebration of, creation.

The Laudato Si' Encyclical, which was published in 2015, is a letter to the world from Pope Francis. In it he calls for dialogue and action concerning the care of what he calls "our common home", and he urges all of us to take our duty to the natural environment, to animals and to poor people seriously.

**Laudato Si' Commitments - "When it's time to replace your plastic toothbrush"** – choose one made from bamboo. Bamboo is antibacterial by nature and comes from a fast-growing plant

# Chaplaincy Corner

## Solemnity of the Ascension of our Lord in Heaven

Thursday 26 May is 40 days after Easter and we celebrate the Solemnity of the Ascension of our Lord into heaven.

We recall, on the third day after his death and burial, Jesus was raised from the dead (the Resurrection).

He then spent the next 40 days preaching and preparing His disciples to perform the work of preaching and baptising all people.

At the end of this 40-day period, Jesus ascended into heaven. We call this the Ascension.

Jesus tells the disciples that every time they share their love with a brother or sister, they are making Jesus present to that person. For us too, every time we love and serve others, it is the presence of Jesus. We are to be the visible presence of Jesus in this world. It is a great challenge to us all.

### May, the month of Mary

***Hail Mary, most highly favoured lady,  
Mother of God, who conceived God in her womb  
By the power of the Holy Spirit,  
Pray for us in this valley of history –  
A valley of tears, a valley of joy, a valley of fear, a valley of  
hope.***

***We make our way on this long and winding road,  
Sometimes with a light step, sometimes with a heavy heart,  
Doing our best to make the most of what comes our way.  
It's not always easy, dear Mother, as you know –  
You pondered many things in the depth of your blessed heart.***

***In this month of May, your month,  
A month of apple blossom and lighter days,  
Pray for us your children, pray for us  
At the two most important moments of our life: now  
And at the hour of our death.***

**Amen**

*(Raymond Friel "Prayers for Schools")*

*Mrs Grierson, Chaplain*



# Holy Family supports the people of Ukraine

The following items have been requested by the Ukrainian Catholic Church community in London. They are organising transporting the donations to Ukraine.

**Wet wipes**

**Antiseptic wipes**

**Disinfectant wipes**

**Medical gloves**

**Backpacks**

**Warm Socks**

**Gloves**

**Thermal underwear**

**Camping mats**

**Sleeping bags**

**Torches**

**Water filters**

**Bandages**

**Phone charger cables**

**Phone charger power packs**

**Nappies**

**Blankets** (not duvets)

**Dry food** (like pasta and rice)

**Sweets**

**Protein bars**

**Pet food**

There are collection boxes in each school hall.

Monetary donations can be sent into school for the attention of Mr Norman.

Should you wish to donate money online we would suggest the following charities, depending on your preferred currency:

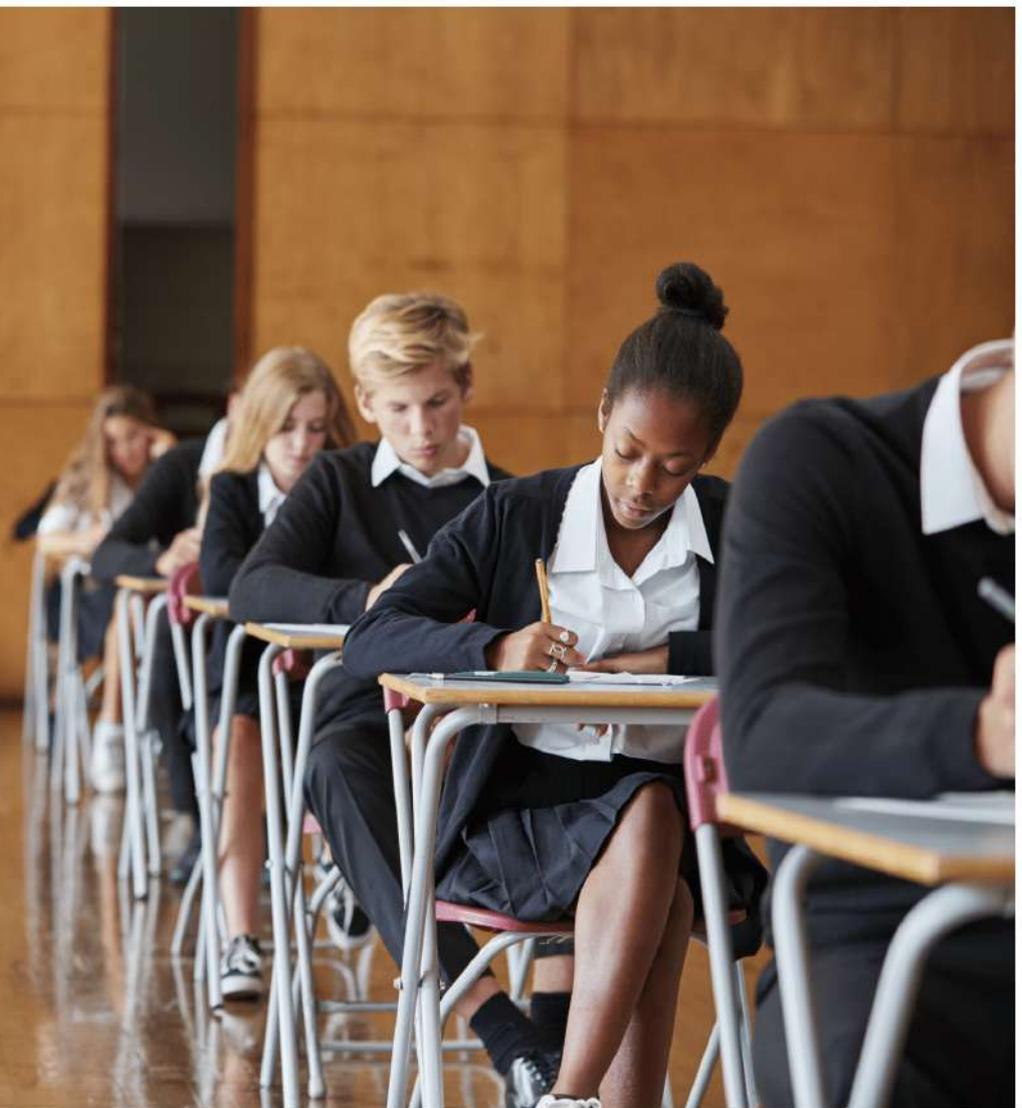
**Euros:** [The Caritas Ukraine appeal](#)

**Sterling:** [The CAFOD Ukraine appeal](#)



# Exam Prayer

Dear Lord,  
 as I take these exams,  
 I thank you that my life is  
 enfolded in the embrace on  
 your great love for me.  
 Help me with all the testing  
 challenges of life that will  
 come my way.  
 Holy Spirit,  
 guide me with the  
 gifts of Wisdom, Knowledge,  
 Understanding and  
 right judgement.  
 Holy Mary, pray for us and all  
 our young people.  
 May they know the touch of  
 your loving caress.



# BOYS 2022 Events

## YOUTH MASS

FIRST THURSDAY OF THE MONTH  
BRENTWOOD CATHEDRAL

COME ALONG FROM 4PM FOR PIZZA, FOLLOWED BY SPEAKERS, WORKSHOPS, PRAYER AND REFLECTION, MUSIC AND MUCH MORE!

YOUTH MASS WILL BEGIN IN THE CATHEDRAL FROM 7.30PM. WELCOME A DIFFERENT MEMBER OF THE CLERGY WILL PRESIDE AND PREACH THE GOSPEL EVERY MONTH!

OPEN TO ALL THOSE IN YEARS 9 AND ABOVE. NO BOOKING NECESSARY

## SPONSORED SLEEPOUT

8TH - 9TH APRIL  
8PM - 8AM

WHEREVER YOU ARE IN THE DIOCESE TO TAKE PART IN YOUR GARDENS, SCHOOLS OR PARISHES. ON YOUR OWN OR AS PART OF A GROUP AND SPEND 12 HOURS SLEEPING ROUGH OUTDOORS TO RAISE MONEY FOR A LOCAL CHARITY SUPPORTING THE HOMELESS.

EMAIL: [sleepout@dioceseofbrentwood.org](mailto:sleepout@dioceseofbrentwood.org) TO TAKE PART

## YOUTH GATHER

2ND - 23RD OCTOBER, MERSEA ISLAND

STAY IN CABINS AND TRY A BRILLIANT RANGE OF OUTWARD BOUND ACTIVITIES FROM CLIMBING HIGH ROCKS, ARCHERY, ZIP WIRE AND MUCH MORE TO KEEP YOU CHALLENGED AND ENTERTAINED. WITH GUEST SPEAKERS AND WORKSHOPS WHICH WILL GIVE YOU FRESH INSIGHTS INTO YOURSELF, AND YOUR FAITH, BY TELLING THEIR STORIES.

OPEN TO ALL THOSE IN YEARS 9 AND ABOVE. BOOKING ONLINE AT [WWW.BRCYS.NET/EVENTS](http://www.brcys.net/events)

## LENT RETREAT

2ND - 3RD APRIL  
MALSINGHAM HOUSE

GET A CHANGE OF SCENERY AND A FRESH PERSPECTIVE AT MALSINGHAM HOUSE AT ABBOTSACK THIS LENT FOR TIMES OF PRAYER, SOCIALISING AND ACTIVITIES, BUT MOSTLY TO REVEIL, AS ONGOING FRIENDS AND THE MALSINGHAM HOUSE TEAM MEMBERS. AS ALWAYS THE CHAPEL IS HERE FOR TIMES OF QUIET REFLECTION THROUGHOUT THE DAY.

THE RETREAT IS OPEN TO THOSE IN YEARS 11-13. BOOKING ONLINE AT [WWW.BRCYS.NET/EVENTS](http://www.brcys.net/events)

## SUMMER LOURDES

23RD - 30TH JULY 2022

ASSIST PILGRIMS GOING TO MASSES AND SERVICES, SHOPS AND CAFES OF THE BEAUTIFUL FRENCH TOWN, JOIN IN SOCIAL TIME TOGETHER, TAKE PART IN RETREATS, RECONCILIATION SERVICE, A VISIT TO THE BATHS, THE STUNNING MOUNTAIN TOWN OF GAVARNIE, SOCIAL NIGHTS, PARTY AND THE AMAZING LOURDES PROCESSIONS.

OPEN TO ALL THOSE IN YEAR 11 AND ABOVE. BOOKING ONLINE AT [WWW.BRCYS.NET/EVENTS](http://www.brcys.net/events)

## ADVENT RETREAT

DECEMBER, MALSINGHAM HOUSE

ENTER DEEPER INTO THE SEASON OF ADVENT WITH A WEEKEND OF INTERACTIVE WORKSHOPS, TIMES OF REFLECTION AND PRAYER, GAMES AND THE CHANCE TO MEET OTHER YOUNG CATHOLICS, LOOKING AT DIFFERENT THEMES AND ASPECTS OF THE ADVENT STORY AND JOURNEY TOGETHER ON OUR OWN FAITH JOURNEYS.

OPEN TO ALL THOSE IN YEAR 11 AND ABOVE. BOOKING ONLINE AT [WWW.BRCYS.NET/EVENTS](http://www.brcys.net/events)

# Monthly Youth Mass



FIRST THURSDAY OF THE MONTH

JOIN THE BRENTWOOD CATHOLIC YOUTH SERVICE AND OTHER YOUNG CATHOLICS FROM AROUND THE DIOCESE

Beginning from 6pm, each month we will welcome either inspiring speakers and workshops, lead times of prayer and reflection, join for music, celebrations or social time and much more!

The evening will then finish with joyful Youth Mass in the Cathedral from 7.30pm, joined by a different member of the clergy to preside and preach the Gospel every month.



Coming straight from work or school with no time to grab dinner? Not to worry - there will be Pizza in the Parish Hall from 6pm to 7pm

## 2022 CALENDAR

- January
  - New Year Celebration
- February
  - Million Minutes
- March
  - CAFOD
- April
  - Stations of the Cross
- May
  - Month of Mary
- June
  - Queens Jubilee Celebration
- July
  - Praise and Worship

# INCLUSION NEWS



## Famous people with SEND

### Benjamin Zephaniah

Benjamin Zephaniah is a world-renowned British writer and dub poet. He has spoken about how he developed a love for poetry at a young age, despite struggling with reading and writing.

Although he left mainstream education by age 13, Zephaniah was already gaining popularity for his poetry performances in his local area, where he used local and worldwide political issues as topics.

In order to write his first book, Zephaniah had to tell his poems to his girlfriend, who would then write them down.

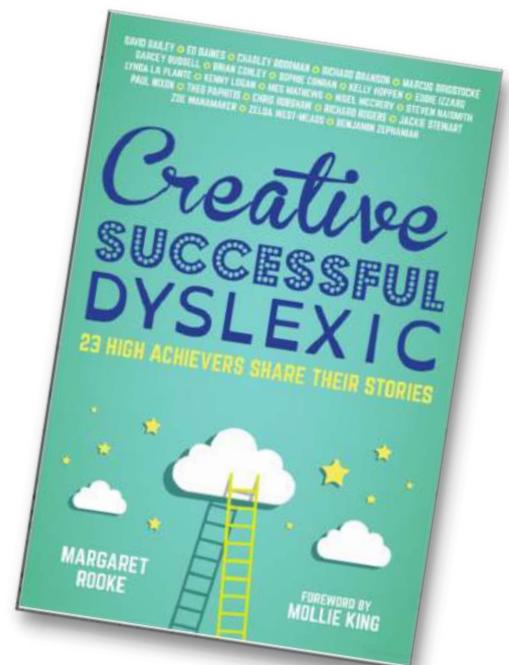
This book was a resounding success, and since then, Zephaniah has gone on to publish books, make television appearances, release music, and perform poetry all around the world.

In his chapter of the book, **Creative, Successful, Dyslexic: 23 High Achievers Share Their Stories**, by Margaret Rooke, Zephaniah had this message for children who have dyslexia:

**“Use it to your advantage, see the world differently.  
Us dyslexic people, we’ve got it going on – we are the architects.  
We are the designers.”**



[Click here to learn more](#)



## SEND FAMILY SUPPORT GROUPS Summer 2022

Open to parents and carers of children aged 5-18 with SEND in mainstream schools in Waltham Forest. Come along and share experiences, discuss ideas, explore resources and develop a support network. All led by specialist Advisory Teachers.

To join us complete the [Booking Form](#) here Or

email: [enquiries@sendsuccess.org.uk](mailto:enquiries@sendsuccess.org.uk) or call: 020 8498 4249

Down's Syndrome	Tuesday 28th June 10:30 – 11:30 am	At Whitefield Academy Trust
Dyslexia	Tuesday 7 <sup>th</sup> June 10:00 – 11:00 am	Virtual
Autism	Tuesday 24 <sup>th</sup> May 12:00-1:00 pm Tuesday 5 <sup>th</sup> July 12:00-1:00 pm	Virtual

Links to all virtual sessions will be sent via email prior to the session

# YEAR 10

## Work Experience Notices

The BEP platform have pushed back their live date to **23rd May and will close the 30th May.**

We encourage students to continue to look for their own form of work experience until then.

Please continue to check Google Classroom for any updates and notices.

Year 10 have had many achievements in the past couple of weeks including completing their mocks, taking part in borough finals for athletics and representing Waltham Forest in the Kayak Sprint at London's Youth Games



## STARS

Aleesha L., Arian K., Caden C., Cino J., Damien C., Daniela A., Davina B., Fabrice F., Gladys B., Harley W., Jane T., Joshua M., Josiah D., Justine A., Kacper C., Kamil N., Kevin S., Kezia M., Maame A., Martinas G., Neriah-Jane O., Nikolas G., Nyah T., Olivier S., Thianna W., Thomas M., Tiara D., Tyrees A., Valeria B., Vlad B., Vladyslav B., Yasemin I., Yu R.

**Wellbeing Tip:** Surround yourself with positive people who encourage you to be your best self.

# YEAR 11

**Stay confident  
Believe in yourself  
Be the best you can be**

Good luck year 11!!

Mr Freeman and Ms Nordon

## **Well done for completing your first week of exams**

Take some time to rest this weekend and refocus your revision timetables to include your next set of exams.

Make sure you pack all your equipment:

2x Black pens - not erasable pens,  
Ruler, Scientific Calculator, Pencils, Rubber,  
Sharpener, Highlighters,  
Transparent water bottle with no writing or labels,  
Tissues

**No mobile phones or watches.**

Monday 23rd	9am: Geography Paper One
Tuesday 24th	9am: French Listening French Reading
Wednesday 25th	9am: English Literature Paper One: An Inspector Calls English Literature Paper One: A Christmas Carol 2pm: Media Studies: Exploring Media
Thursday 26th	9am: Spanish Listening Spanish Reading 2pm: RE: Judaism
Friday 27th	9am: Triple Science Chemistry Paper One Combined Science Chemistry Paper One

**MFL**



**Filipa A., Kethusan A.,  
Shea D., Jestin G.,  
Patricija L., Ola O.,  
Samuel P., Williams B.,  
Audrey N., Luke P.,  
Darcie W.**



**Jenna V., Skyla M.,  
Shuruthi H., Glennard C.,  
Jennica G., Ruth A.,  
Kethusan A., Miracle S.,  
Julianna V., Steven D.,  
Julia M., Vanessa P.**

french

# POETRY CLUB

**Witches**

by Samira A-P

Witches on a broom going vroom  
Across the land in search  
of something new.

Love is like a dream

Every day I wake up to see my joy and pride.

You become the light of my day

Every day I spend with you gives me a thrill;

I don't know what to do if you're not with me

Please stay by my side forever

**Love of dreams**  
by Samira A-P

**I love you**

by Sinead K

Roses are red

Violets are blue

My heart beats when I see you.

You made me believe in something new,

I think my "I love you" is due.

# LRC

## Recommendations

Winston Smith rewrites history. It's his job. Hidden away in the Record Department of the sprawling Ministry of Truth, he helps the Party, and the omnipresent Big Brother, control the people of Oceania. Winston knows what a good citizen of Oceania must do: show his devotion for Big Brother and the Party; abstain from all vices; and, most importantly, possess no critical thoughts of their own.

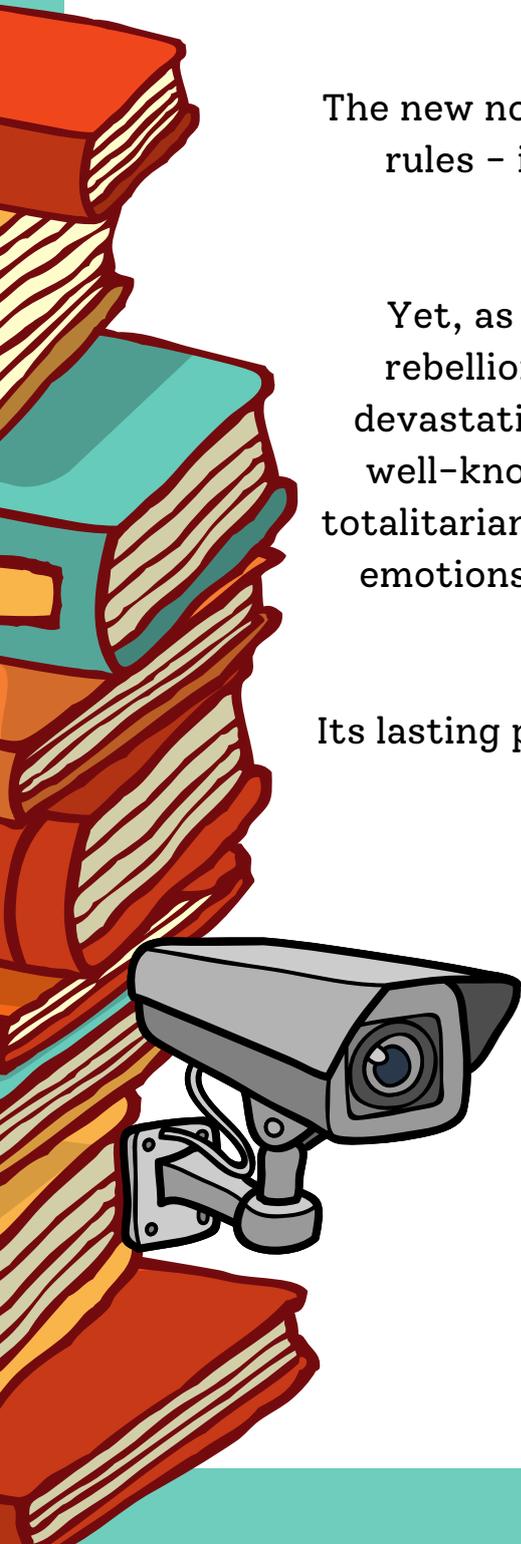
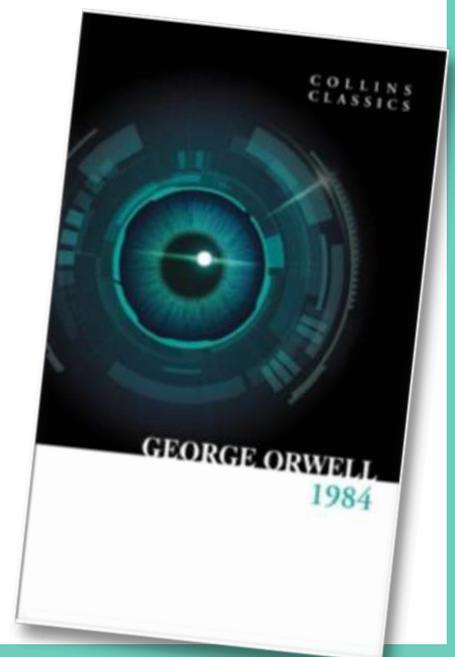
The new notebook he's begun to write in is definitely against the rules - in fact, the Thought Police could arrest him simply for having it.

Yet, as Winston begins to write his own history, a seed of rebellion begins to grow in his heart - one that could have devastating consequences. In George Orwell's final and most well-known novel, he explores a dystopian future in which a totalitarian government controls the actions, thoughts and even emotions of its citizens, exercising power through control of language and history.

Its lasting popularity is testament to Orwell's powerful prose and is a passionate political warning for today.

1984

by  
George Orwell



# SCHOOL POETRY COMPETITION

## EXPRESS YOURSELF

**Closing date: 20th June**

**Open to year groups 7-10**

**One entry per person**

**£10 Westfield voucher prize for winners from each year group**

**EMAIL ENTRIES TO:**

**MRS.LLOYD@HOLYFAMILYCATHOLICSCHOOL.CO.UK**

*Make sure you include your  
name & year group*





The Foyle Young Poets of the Year Award is an opportunity for any young person aged 11-17 to accelerate their writing career.

If you're an aspiring writer, enter your poems to the competition at [foyleyoungpoets.org](https://foyleyoungpoets.org) by **31 July 2022**.

Since it was founded in 1998, the Award has kick-started the career of some of today's most exciting new voices, such as Sarah Howe, Jay Bernard, Helen Mort, Richard Osmond, and many more poets from across the world. With entries from over 6,775 young people last year from across the UK and worldwide, it is the largest competition of its kind, and its importance is widely attested.

Each year, 100 winners (85 commendations and 15 top Winners) are chosen by two high profile poets and receive their awards at an annual prize-giving event in October.

Thanks to funding from the Foyle Foundation, the competition remains completely **free to enter** and we offer a wide range of prizes, opportunities, and resources. Winners receive [amazing prizes](#) including [membership](#) of The Poetry Society and a stack of poetry goodies.

Winners also attend a week-long intensive Arvon writing course, where they develop their creative writing skills alongside fellow poets, or benefit from poetry residencies at their school or distance-mentoring depending on their age and location.

# What Parents & Carers Need to Know about DISCORD

AGE RATING

13+

Servers and channels marked as 'NSFW' require users to be 18 or older to join.

Discord is a free app which allows users to communicate in real time via text, video or voice chat. Available on desktop and mobile devices, it was originally designed to help gamers cooperate – but has evolved into a more general networking platform for a range of online communities, discussing topics like TV series, music, Web3 and more. Discord is organised around closed groups, referred to as 'servers'. To join a server, users must be invited or provided with a unique link. It's a space for users to interact with friends, meet others with shared interests and collaborate privately online – but it's also a place where young people can be exposed to risks if the right precautions aren't taken.

## WHAT ARE THE RISKS?

### CYBERBULLYING

Discord's easy accessibility and connectivity, unfortunately, makes it an ideal place for cyberbullying to occur – especially as audio and video streams disappear once they've ended, meaning that bullying could take place without leaving any evidence. Closed groups can also be created, giving young people the opportunity to exclude their peers or send cruel messages without adult oversight.

### DIFFICULT TO MODERATE

Like many private communication apps, Discord's real-time messaging can be difficult to control. The system enables content moderation through each individual server – so different groups can set their own rules for what's acceptable, and some groups may not monitor for unsuitable content. Anything that happens in an audio or video stream is also virtually untraceable once the stream has concluded.

### INAPPROPRIATE CONTENT

Discord mainly hosts private groups, making it easier for unsuitable or explicit content to be shared on channels. Pornography, racism and inappropriate language can be found in some groups. Server owners are required to add an age-restriction gate to channels where 18+ content is being shared – but this solution isn't foolproof, as the platform doesn't always verify users' ages when they sign up.

### ACCESSIBLE TO PREDATORS

On many chat platforms, users can lie about their age or true identity – and Discord is no exception. Predators have attempted to abuse the platform by using it to contact and communicate with underage users – by initially chatting with a child on an age-appropriate channel, for example. While Discord has improved its safety settings, some users will still try to bypass them for malicious reasons.

### CRIMINAL ACTIVITY

Discord does have strict Terms of Service and Community Guidelines to protect its users – but, sadly, not everyone adheres to them. Criminal activity including grooming, hate speech, harassment, exploitative content, doxing and extremist or violent material have all been found on Discord servers over the last two years. In 2020, Discord received almost 27,000 reports of illegal activity on the platform.

## Advice for Parents & Carers

### REVIEW SAFETY SETTINGS

Discord has a series of safety settings, enabling users to choose who can direct message them or send them friend requests. Your child's experience on Discord will be much safer if the app's privacy and safety settings are configured to only allow messages or friend requests from server members. This will minimise the chances of potential predators from outside the group contacting them.

### MONITOR ONLINE ACTIVITY

It's wise to regularly review your child's activity on Discord. This can include checking their safety settings to ensure they're correctly enabled, talking about which servers they've joined and reviewing some of their friends and direct messages. Ask if anything has made them feel uncomfortable or unsafe. Things can change quickly online, so plan routine check-ins and follow up frequently.

### EXPLAIN AGE FILTERING

While Discord requires users to be at least 13 to sign up, many servers geared towards older users are flagged as NSFW (not safe for work), which indicates they probably contain material that's inappropriate for children. It can be easy to click through settings without properly reviewing them, so ensure your child understands why age filtering is important and that it's there to protect them.

### DISCUSS GOOD ONLINE BEHAVIOUR

The anonymity offered by the internet often leads people to communicate more openly online and behave differently than they would at school or home. It's crucial to bear in mind, though, that every internet user is still a real person. Talk to your child about the severe and lasting consequences that cyberbullying or exchanging inappropriate material online can have in the real world.

### SCREEN OUT EXPLICIT CONTENT

In the privacy and safety settings, Discord users are offered the ability to filter direct messages for inappropriate content: a setting that should be enabled if your child uses the platform. Discord automatically tries to flag images that are explicit, but the setting must be manually enabled for text. If a young user is sent explicit content in a direct message, Discord will scan and (if necessary) delete it.

### HAVE CANDID CONVERSATIONS

It can sometimes be awkward to discuss topics like grooming, pornography, racism or explicit content with your child – but it's important to ensure they're aware of the harms these things can pose. Talking openly about these subjects is a great way to help your child feel more comfortable about coming to you if they experience an unwanted encounter on Discord (or anywhere else online).

## Meet Our Expert

Coral Crapps is a Canadian-born, London-based tech journalist at [gmw3.com](http://gmw3.com): a website specialising in all things Web3, gaming and XR (extended reality). With a focus on brands and culture, she researches and writes about the ways that our current innovations – including the metaverse and Web3 – are impacting people, places and things.



National Online Safety®

#WakeUpWednesday

Source: <https://www.refineryyoungminds.com/blog/cargers-of-discord-6-steps-safeguarding-teens-on-popular-chat-app/> <https://e.spartadiscord.com> <https://index.elephantonline.org/articles/discord-is-a-haven-for-gamers-and-sexual-exploitation/> <https://total.com/discord-banned-thousands-of-violent-extremist-and-crim-846023264>

# THE POETRY SOCIETY



## CODE WITH ABOUT US! WRITE WITH ABOUT US!

About Us is all about exploring the many ways life across the universe is connected. We're asking you to explore this with us by sending us your poems and Scratch coding projects!

If you're aged 4-18, send us your poems and/ or Scratch projects on the theme of 'connectivity and the universe', by 23:59 GMT Wednesday 31st August 2022 to win books and tech goodies, talent development opportunities, and free workshops for your school.

This opportunity is for anyone aged 4-18 on the closing date of 31st August 2022. It is FREE to enter and you can submit as many entries as you wish. All entrants will receive an e-certificate for participating. Entries should explore the infinite ways we are connected to the universe, the natural world, and one another.

Find out more [here](#), and read the [rules](#). Check out lots of resources to inspire you [here](#) and see the winning entries from the first round of the competition [here](#).

- Poems should be no more than 20 lines long. Coding entries must not exceed 90 seconds in length.
- Poetry entries are accepted in English or Welsh, but you can include phrases in your mother tongue or another language.
- If you would like to enter in Braille or British Sign Language, or if you require any information about the competition in an alternative format, please contact [AboutUs@poetrysociety.org.uk](mailto:AboutUs@poetrysociety.org.uk).

Take a look at these [instructions](#) for how to create a project in the coding programme, Scratch, and enter it into the competition.

For any queries on how to share your work with us, please contact:

poetry queries – [aboutus@poetrysociety.org.uk](mailto:aboutus@poetrysociety.org.uk)

coding queries – [aboutus@stemettefutures.org](mailto:aboutus@stemettefutures.org)



## SPEAKERS FOR SCHOOLS VIRTUAL TALKS & BROADCASTS

# CAREERS CORNER

### VIRTUAL WORK EXPERIENCE

 <p><b>TESCO VIRTUAL WORK EXPERIENCE CV TIPS AND INTERVIEW IMPACT - 1.5 HOUR SESSION</b></p> <p>Employer: Tesco Age: 14-19 Industry: Retail Date: 29/06/2022</p> <p><a href="#">Read more</a></p>	 <p><b>GET ACTIVE, INSPIRE YOUR COMMUNITY AND BECOME A POSITIVE ROLE MODEL!</b></p> <p>Employer: Coach Core Foundation Age: 16-19 Industry: Leisure/Sport Date: 29/06/2022</p> <p><a href="#">Read more</a></p>	 <p><b>SYVCF- GREEN HYDROGEN TECHNOLOGY &amp; SUSTAINABLE ENERGY, WHAT'S IT ALL ABOUT?</b></p> <p>Employer: ITM power Age: 14-16 Industry: Energy/Utilities Date: 29/06/2022</p> <p><a href="#">Read more</a></p>	 <p><b>BE A PART OF CHANGING THE WORLDS ENERGY SYSTEMS</b></p> <p>Employer: Siemens Energy Age: 14-19 Industry: Energy/Utilities Date: 28/06/2022</p> <p><a href="#">Read more</a></p>	 <p><b>SYVCF-IMAGINING A WORLD WITHOUT WASTE - CAREERS THAT CAN SAVE THE PLANET!</b></p> <p>Employer: The Biorenewables Development Centre Age: 14-16 Industry: Energy/Utilities Date: 28/06/2022</p> <p><a href="#">Read more</a></p>	 <p><b>MONEYWISE - LEARNING TO MANMONEY (2PM-3PM YEARS 12&amp;13)</b></p> <p>Employer: Santander Age: 16-19 Industry: Banking Date: 28/06/2022</p> <p><a href="#">Read more</a></p>
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**Volunteer Week Power of Youth** Ian Adams, Director of NHS Resolution, Charity Trustee and former Lord Mayor of Westminster and Matthew Reed, Chief Executive, Marie Curie

**Date:** Monday 6th June  
**Time:** 10:00 - 11:00  
**Age Group:** KS3-5 / S1-6

Where can volunteering take you? Join us to learn about the possibilities and opportunities that volunteering brings and how to make the most out of your volunteering experiences. We will also be sharing exciting news about how you can get involved with volunteering opportunities with Speakers for Schools!

Click [here](#) to register



**Predict '22 Broadcast:** Dr. Tim Minshall, Dr John C. Taylor Professor of Innovation, University of Cambridge Institute for Manufacturing

**Date:** Tuesday 7th June  
**Time:** 14:00 - 14:45  
**Age Group:** KS4-5 / S4-6

Click [here](#) to register



**Green Apprenticeships** with Judy Ling Wong CBE, Honorary President, Black Environment Network & Chair, Green Apprenticeships Advisory Group

**Date:** Wednesday 8th June  
**Time:** 10:00 - 10:45  
**Age Group:** KS3-5 / S1-6

Are you considering applying for an apprenticeship in the future? Have you considered a green apprenticeship where you will be helping to play a role in getting the UK's carbon emissions to net-zero by 2050? Join our broadcast to find out how you can make a difference in your future career.

Click [here](#) to register



**Tech for good** with Baroness Martha Lane Fox, Entrepreneur

**Date:** Thursday 9th June  
**Time:** 14:00 - 14:45  
**Age Group:** KS3-5 / S1-6

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.

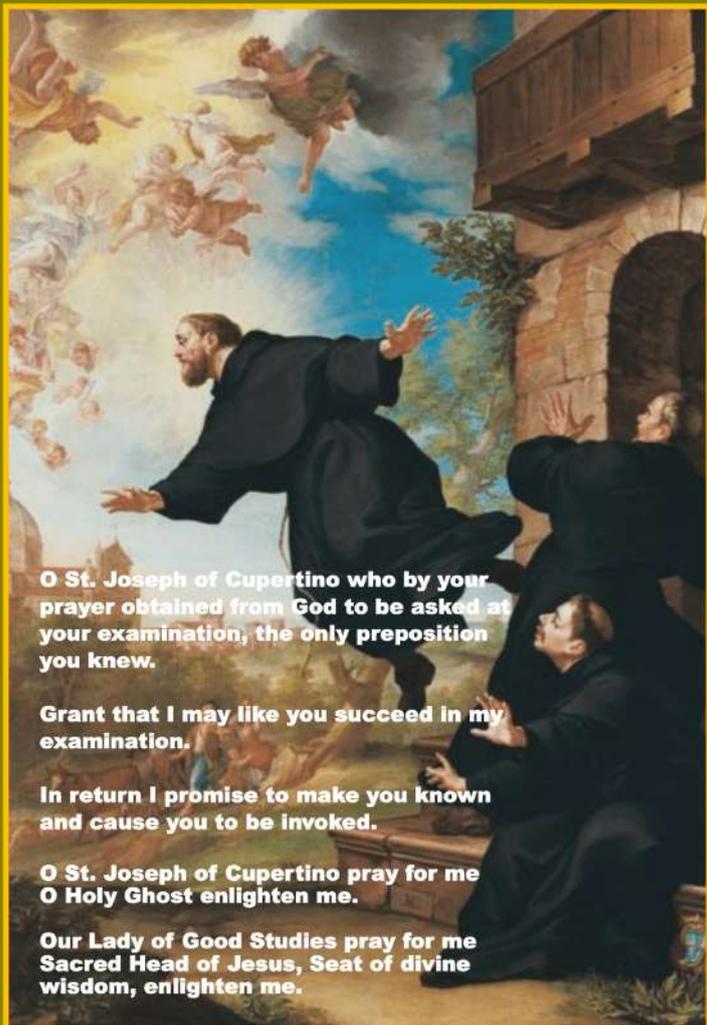
### The Code:

"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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# TEEN WEIGHTLIFTING CLUB

ALL LEVELS WELCOME  
AGES 11-17

EMAIL: [sue@crossfitbattlebox.com](mailto:sue@crossfitbattlebox.com)

# BATTLEBOX FITNESS

## WANT TO PLAY GAELIC FOOTBALL IN NORTH LONDON?

### NORTH LONDON SHAMROCKS

We are a well established family friendly Gaelic Football Club.

**Want to get involved?**  
We are always looking for new Boys and Girls to join our Youth Teams. From all ages U7's U9's U11's U13's U15's and U17's.

Training at Tottenham Sports Ground, Tottenham Road, London N13 6LH. Saturday 12:30pm - 14:00pm

Contact Gerry on 07968017864  
For more details [www.northlondonshamrocks.com](http://www.northlondonshamrocks.com)

North London Shamrocks Youth GFC  
nlsy20  
@theshamrocks

# PLAY AND STUDY

FULL-TIME COLLEGE STUDY PROGRAMME FOR 16-18 YEAR OLDS

- BTEC Level 1 Certificate in Sport
- NCFE Level 2 Diploma in Sport
- BTEC Level 3 Extended Certificate/Foundation Diploma in Sports Coaching and Development
- BTEC Level 3 Diploma / Extended Diploma in Sports Coaching and Development

**STUDENT BENEFITS:**

- Campus setting - practical and theory in one place. Training ground 5 mins away
- Leyton Orient player and staff visits
- Free tickets to a Leyton Orient match

**COLLEGE STUDY PROGRAMME INCLUDES:**

- Academy standard coaching and training facilities
- English and Maths qualifications if required
- Direct link to University Sports courses and US Football Scholarships
- Competitive games in Association of Colleges League
- Opportunities to be scouted by Leyton Orient FC and local semi-professional clubs
- Work experience and volunteering opportunities within the industry

FOR MORE INFORMATION VISIT:  
[WWW.LEYTONORIENTTRUST.ORG.UK/FURTHEREDUCATION](http://WWW.LEYTONORIENTTRUST.ORG.UK/FURTHEREDUCATION)

# COME TO A TRIAL

Take part in a football training session  
Meet our coaches  
Learn about our courses and the college

"It was so helpful that I could do the FA Level 1 Coaching Course alongside my Level 3. I got a job part-time coaching for the Trust." **Shallah**

**DATES:**

WEDNESDAY 27 OCTOBER 2021 11.00AM-12.30PM	WEDNESDAY 16 FEBRUARY 2022 11.00AM-12.30PM	WEDNESDAY 6 APRIL 2022 11.00AM-12.30PM	WEDNESDAY 1 JUNE 2022 11.00AM-12.30PM
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**LOCATION:**  
FEEL GOOD TOO CENTRE, IVE FARM LANE, LEYTON, E10 5HH

**BOOK YOUR PLACE:**  
[WWW.LEYTONORIENTTRUST.ORG.UK/EVENTS](http://WWW.LEYTONORIENTTRUST.ORG.UK/EVENTS)

[/lotrust](https://twitter.com/lotrust) [@leytonorienttrust](https://www.instagram.com/leytonorienttrust)

# YOUTH ZONE

## EVERY MONDAY

Football session delivered by Leyton Orient Trust coaches!

Multi-Sports  
Indoor Games  
Arts and Crafts  
Dance and Yoga classes  
And MANY MANY MORE!

FOR AGES:  
8-12 - 5PM-7PM  
13-16 - 7PM-9PM

CONTACT INFO:  
[INFO@WAPPINGYOUTHFC.CO.UK](mailto:INFO@WAPPINGYOUTHFC.CO.UK)  
[HAIFUZUL.HAGUE@LEYTONORIENTTRUST.ORG.UK](mailto:HAIFUZUL.HAGUE@LEYTONORIENTTRUST.ORG.UK)  
TEVIOT CENTRE - 1 WYVIS ST, LONDON, E14 6GD

LEADERS IN COMMUNITY

# FREE WEEKLY SESSIONS - FUN - INCLUSIVE - OPEN FOR ALL ABILITIES - JUST TURN UP & PLAY - TOURNAMENTS - LOFC TICKETS - VOLUNTEERING - WORKSHOPS - MORE

MONDAY		
17:00-18:00	MUMS & DAUGHTERS FOOTBALL	AGE 18+
18:00-19:00	KICKS - GIRLS FOOTBALL	AGE 8-16
BRITANNIA LEISURE CENTRE, N1 5FT		
17:00-18:30	KICKS - YOUTH CLUB & FOOTBALL	AGE 8-12
18:30-20:00	KICKS - YOUTH CLUB & FOOTBALL	AGE 13-16
TEVIOT COMMUNITY CENTRE, E14 6QD		
19:00-20:00	KICKS - DISABILITY FOOTBALL	AGE 14+
MILE END LEISURE CENTRE, E3 4HL		
TUESDAY		
17:30-19:30	KICK - TBC BALL	AGE 8-16
PEMBURY E T B JCA, E5 8JL		
17:00-19:00	KICKS - GIRLS FOOTBALL	AGE 11-18
MABLEY GREEN 3G ASTRO, E9 5HW		
WEDNESDAY		
20:00-22:00	KICKS - YMCA RESIDENTS FOOTBALL	AGE 16+
YMCA WALTHAMSTOW, E17 3EP		
THURSDAY		
17:30-18:30	KICKS - FOOTBALL	AGE 8-13
18:30-20:00	KICKS - FOOTBALL	AGE 14-18
LOXFORD LEISURE CENTRE, IG1 2UT		
FRIDAY		
18:00-20:00	KICKS - FOOTBALL & CAREERS ADVICE	AGE 11-18
SALISBURY HALL 3G ASTRO, E4 8ST		
17:00-19:00	KICKS - YOUTH ZONE	AGE 11-18
SCORE CENTRE, E10 5JY		
SUNDAY		
10:00-11:00	KICKS - FOOTBALL	AGE 8-16
FEEL GOOD TOO, IVE FARM, E10 5HQ		
12:00-14:00	KICKS - GIRLS FOOTBALL	AGE 11-16
STEPNEY GREEN ASTROTURF, E1 3NG		

For more information please contact [haifuzul.hague@leytonorienttrust.org.uk](mailto:haifuzul.hague@leytonorienttrust.org.uk)  
Follow us on socials: [Instagram @leytonorienttrust](https://www.instagram.com/leytonorienttrust) | [Twitter @lotrust](https://twitter.com/lotrust)

#LondonUnited

# Girls Football

BRITANNIA LEISURE CENTRE, N1 5FT  
EVERY MONDAY  
5PM-7PM

MABLEY GREEN ASTROTURF, E9 5HW  
EVERY TUESDAY  
5PM-7PM

SCAN ME

TO REGISTER FOR MORE INFORMATION CONTACT  
[EMMA.THORNE@LEYTONORIENTTRUST.ORG.UK](mailto:EMMA.THORNE@LEYTONORIENTTRUST.ORG.UK)

BETTER The best good jobs

# YOUTH ZONE

FUN, INTERACTIVE & INCLUSIVE ACTIVITIES FOR 11-18 YEAR OLDS

Futsal • Multi-sports • Playstation • Card & Board Games • Table Tennis • Table Football  
+12-18 Group Mentoring space

EVERY FRIDAY STARTING 21 JAN

5PM TO 7PM

SCORE CENTRE E10 5JY

OPPORTUNITIES INCLUDE:

- Careers & CV Writing Advice
- Schoolwork Support
- Volunteering Opportunities
- Social Action Projects
- Radio & Media Workshops
- FREE LOFC Match Tickets

For more information, please contact [haifuzul.hague@leytonorienttrust.org.uk](mailto:haifuzul.hague@leytonorienttrust.org.uk)

# ELITE DEVELOPMENT CENTRE

EVERY FRIDAY | 5.30PM - 6.30PM

AGES 7-15 BOYS AND GIRLS

£7.50 PER SESSION (CASH ONLY)

The Peter May Centre  
Walthamstow  
E17 4HR

VISIT FROM THE FIRST TEAM PLAYERS!

TWO PLAYERS FROM THE CENTRE HAVE SIGNED FOR LEYTON ORIENT'S ACADEMY!