

FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL
NEWSLETTER

*"If not me who, if not
now when" Hiller
the Elder Hebrew
Scholar c100BC*

Be
joyful
in hope,
patient
in affliction,
faithful
in prayer.
ROMANS 12:12

Palm
Sunday

**IN THIS ISSUE WE TAKE A LOOK
AT SOME OF THE GREAT WORK
THAT'S BEEN HAPPENING AT
HOME!**



HEADTEACHER'S MESSAGE

Did you know?

Along with the other Waltham Forest secondary schools we've been donating our lab goggles to Whipps Cross hospital because they continue to have shortages of personal protective equipment. Our NHS staff are doing a tremendous job in very difficult and risky circumstances. As the numbers of infections, hospitalisations and, sadly, deaths rise we are increasingly personally affected by this virus. I know that some colleagues at Holy Family have lost relatives and friends and I know too that so will some of you. It remains incredibly important that we follow the self-isolation instructions and social distancing. I realise that this is very difficult and that our present circumstances put a lot of strain on all of us but the scientific advice is that this will save lives.

Easter Week

This Sunday is Palm Sunday and next week is Holy Week. As you know the churches are all closed and this is going to be a very strange Holy Week. There are online services to follow and I know many of you and your families will be doing so. School will be open for the children of key workers and for vulnerable students over the holiday period including Good Friday and Bank Holiday Monday. Please keep everyone in our school community in your prayers.

Help and support

If you need help or support during the holiday period you may contact the school during the opening hours next week of 8.30am to 3.10pm and we shall do our best to assist you. While free school meals are not usually provided over the Easter holiday because the school is shut, we are supporting those families with additional voucher payments to cover the two weeks of the Easter break, because we recognise there are families experiencing significant financial strain at this time.

'It is not business as usual

'I'm sure you'll agree that life at the moment is not business as usual and schooling and education is affected by this too. I shall be sending out a separate letter to parents later today with more details about what you should expect from us in terms of your child's education in the coming weeks.

Parents' surgery

Parents' surgery is suspended indefinitely but will return one day!

Please continue to remember us in your prayers.

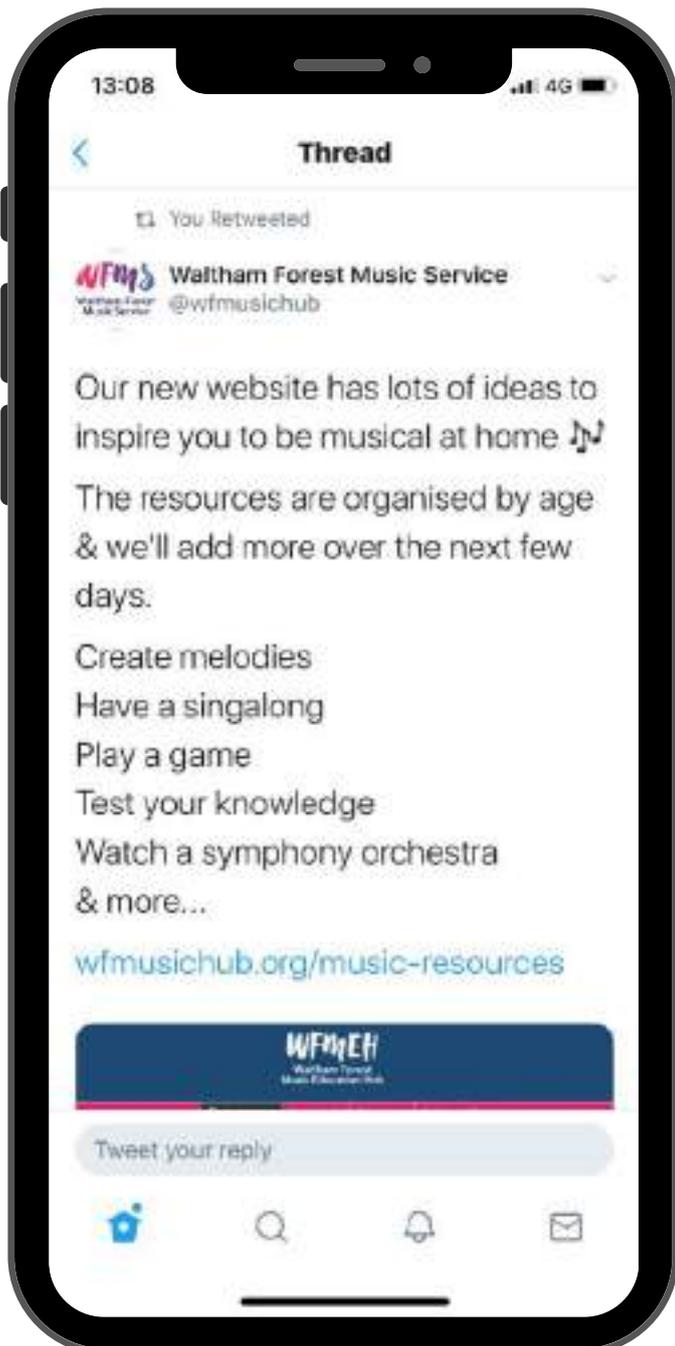
Dr Andy Stone
Headteacher



SOCIAL MEDIA CATCHUP



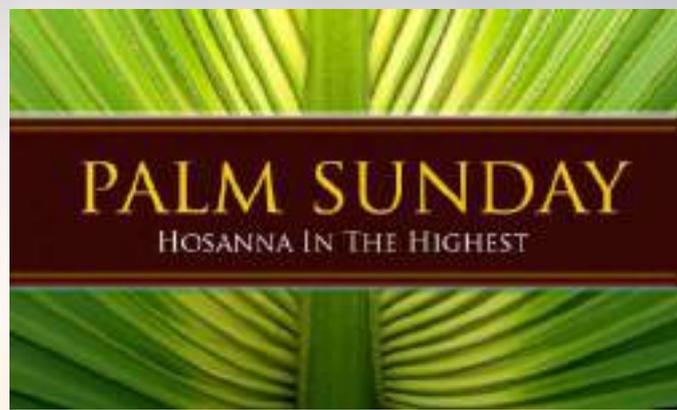
@hfcswaltham



@hfcswaltham

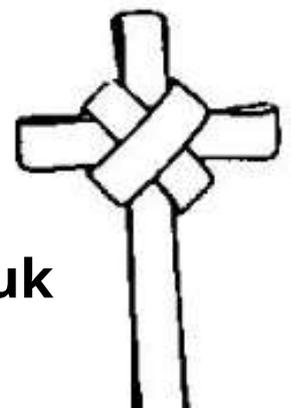
Chaplaincy Corner

- Mrs. Grierson. Chaplain



As Lent draws to a close, we may be thinking what a strange Lent it's been. When you find yourself separated from loved ones, giving up something such as chocolate (or in my case, crisps) seems insignificant and for those who had decided to "do more", they may have found themselves restricted in what they could do. Hopefully though, we have all managed to find a positive over the past week or so. More time to do things we put off due to the busy lives we lead, finally reading that book, virtual exercise, virtual Mass, having a walk along car free streets. And has anyone looked up at the night sky recently? Clear skies full of stars - something of a rarity in city skyscrapers usually. We now turn to Holy Week, starting with Palm Sunday. We may not be able to go to church to receive palms, but we can still mark the triumphant entrance of Jesus into Jerusalem by decorating our front doors with palms. You may be able to make your own with something you find outside, or with paper. There are instructions below and a picture of my attempt! Or draw a cross or palm leaf on paper and colour it in.

**Why not take a picture and send it to me:
mrs.grierson@holyfamilycatholicschool.co.uk**

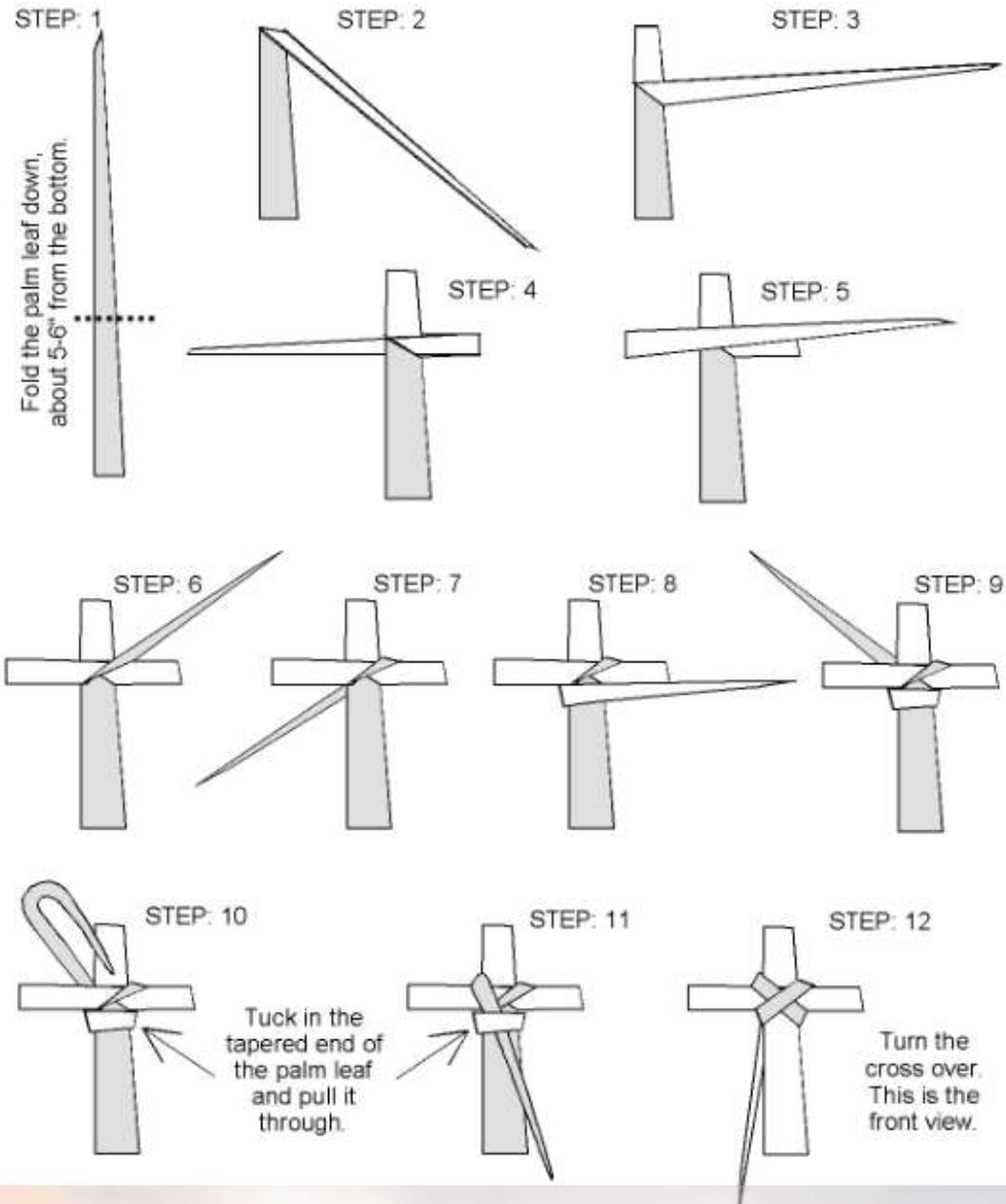


Chaplaincy Corner

- Mrs. Grierson. Chaplain

Palm Leaf Cross Directions

Supplies: One palm leaf strip about 24-26" in length, 1/2" in width, tapering to the end.



Virtual Mass

FOLLOW @BTRENTWOODCYS TO TAKE PART IN THEIR LIVE STREAMS DURING THIS HOLY WEEK!



Holy Week All the services that will be Live Streamed on Instagram

Palm Sunday	Holy Thursday	Good Friday	Easter Saturday
5th April	9th April	10th April	11th April
Mass 10.30am	Mass 8pm	Service of the Passion of the Lord 3pm	Easter Vigil in two halves 8pm-8.45pm: Blessing of the Fire, Exultet, Readings 9pm-10pm: Gospel, Homily, Renewal of Baptismal Promises, Liturgy of the Eucharist, Easter blessing
	Shortly after 9pm, quiet watching with the Lord (Adoration), until 10pm		Easter Sunday 12th April Mass, 10.30am

All Orders of Service will be available at www.bcys.net the evening before @brentwoodcys



How to Find Our Instagram Live Streams

- 1 Download the Instagram app
- 2 Search 'brentwoodcys' which will bring you to our profile
- 3 When we are live-streaming, this circle will look like this
- 4 While you are watching you will be able to use the text box at the bottom of the screen to write messages!

Instagram accounts are completely free and it's so easy to sign up!

Over the last couple of weeks Brentwood Youth Service have been LiveStreaming Masses from the Chapel at Walsingham House at Abbotswick; a simple daily Mass at 10.30am, and a Youth Mass on a Wednesday evening at 8pm. It's a great platform that allows us to celebrate Mass and offer prayers at the moment of the Intercessions, and to share peace with each other in ways which help to form a sense of community.



theeasterjourney2020

2 Posts 22 Followers 40 Following

Journey
A Holy Week experience for teenagers.
easterjourney2020.wordpress.com

Youth workers, chaplains and teachers in Arundel and Brighton diocese will be doing a virtual holy week retreat for teens. Follow them on Instagram to find our more!

Lunchtime!

How to make lunches go further at home!

#BiteBackLunchList

• Sliced wholemeal loaf (400g)	£0.79
• Baked beans in tomato sauce (reduced salt and sugar if available)	£0.30
• A block of store brand cheddar cheese (220g)	£1.55
• Store brand sweetcorn in water (325-380g)	£0.50
• Store brand tuna chunks or salmon in spring water (3 x 80g)	£2.00
• Store brand couscous	£0.45
• Store brand lower fat mayonnaise or light cream cheese (400-500g)	£0.90
• Shredded iceberg lettuce (140g)	£0.69
• Clementines x 1	£0.24
• Store brand bag of mini apples x 6	£0.62
• Loose tomatoes x 1	£0.28
• 6 large free-range eggs	£1.20
• Jacket potatoes (700g)	£0.58
• 2pt semi-skimmed milk	£0.80
• Crunchy peanut butter	£0.85
• Loose bananas x 3	£0.39
• Greek-style yoghurt (500g)	£0.69
• Sliced chicken (240g)	£1.99

£14.82



Meal Ideas

#BiteBackLunchList

Sandwiches:

Tuna mayo and sweetcorn
Cheese, tomato and lettuce
Chicken and mayo
Egg and tomato

Toast:

Scrambled, poached and boiled eggs
Baked beans and cheese
Peanut butter and banana

Jacket potatoes:

Tuna mayo with sweetcorn
Cheese and baked beans
All of these can be served with lettuce

Couscous:

Chicken and sweetcorn
Salmon and tomato

Dessert (or a snack):

Banana with half a tablespoon of peanut butter
Yoghurt and fruit



If students have been receiving free school meals this year they will be receiving a free school meal voucher, parents have been contacted if this is relevant to their children. Vouchers are sent out in batches to those eligible. [Click here to see how your voucher can be best spent.](#)

Wider Curricular Resources & Home Learning

At Holy Family we are very lucky to have lots of wider curricular opportunities. We don't want you to miss out on these opportunities at home. Each week we will be sharing some resources that we think will develop your wider knowledge and skills. These resources will also be fun to do with your family.

We have set up a dedicated page on our website for you to access these resources as well as the home learning guides that were sent out last week. Click below to visit the page.

The page can be found on our website (www.holyfamily.waltham.sch.uk) under the 'About' tab - 'School Closure & Home Learning'



Wider Curricular Resources

Click on the images below to access the resources

The Economist has free resources for parents, teachers and children and they have some great resources on the pandemic itself for 9-14 years olds.

Home-learning resources

Resources designed for a child learning alone, with a sibling or as a family.



DOWNLOAD



DOWNLOAD

The power of kindness calendar

The British Red Cross have some great resources about kindness activities and a kindness calendar/diary.

Be sure to check out a message from Dr. Stone...



60 Day Well-Being Challenge!

Click on the images to get large printable versions to use at home

 Find something positive in each day. Write down three things you are grateful and try something new with the daily challenge!		Day 1-30		Join in the daily challenge!		
Day 1 – Leave three happy notes for someone else to find in your house. <input type="checkbox"/>	Day 2 Make a card for someone's birthday/celebration coming up. <input type="checkbox"/>	Day 3 Call a relative or friend who is far away and have a chat with them. <input type="checkbox"/>	Day 4 Write down five things you are grateful for. <input type="checkbox"/>	Day 5 Research three jobs / career paths that interest you. <input type="checkbox"/>	Day 6 Download a mindfulness App (CALM) on your phone. <input type="checkbox"/> 	
Day 7 Visit a virtual museum! Go online and explore the collections online. <input type="checkbox"/>	Day 8 Get in contact with a local care home and arrange to send a letter to one of the residents. <input type="checkbox"/>	Day 9 Go on YouTube and try...  The Body Coach TV <small>275k subscribers</small> <input type="checkbox"/>	Day 10 Look at the last 20 photos on your phone and think about how they make you feel. <input type="checkbox"/>	Day 11 Say something positive to everyone in your household today. <input type="checkbox"/>	Day 12 Do something helpful for a friend or family member today. <input type="checkbox"/>	
Day 13 Do a chore in the house without being asked to do it. <input type="checkbox"/>	Day 14 Send a positive text to three of your friends. <input type="checkbox"/>	Day 15 Listen to your favourite song and dance around the room. <input type="checkbox"/>	Day 16 Stay off social media for >3 hours straight and keep yourself occupied. <input type="checkbox"/>	Day 17 Take a selfie and note down 5 things you like. <input type="checkbox"/>	Day 18 Play a game that you haven't played in a while. <input type="checkbox"/>	
Day 19 Think about two role models in your life. Why do they inspire you? <input type="checkbox"/>	Day 20 Create a postcard for somewhere you have previously visited. <input type="checkbox"/>	Day 21 Play a card game or board game you haven't played in a while. <input type="checkbox"/>	Day 22 Sit down in a silent room and focus on your breathing for 5 minutes. <input type="checkbox"/>	Day 23 Email one of your teachers to say thank you for something. <input type="checkbox"/>	Day 24 Write down 5 things you are thankful for in your life. <input type="checkbox"/>	
Day 25 Read a chapter of a book – audible has free stories this month if you'd prefer to listen. <input type="checkbox"/>	Day 26 Search on YouTube a "TEDx talks by kids"  TEDx Talks <small>23.6M subscribers</small> <input type="checkbox"/>	Day 27 Watch a film with a family member and make sure you turn your phones off. <input type="checkbox"/>	Day 28 Make sure you get >8 hours sleep tonight. Note how you feel the next day. <input type="checkbox"/>	Day 29 Draw a picture of what you see in your garden or out of your window. <input type="checkbox"/>	Day 30 Make breakfast for another family member. <input type="checkbox"/>	

 Find something positive in each day. Write down three things you are grateful and try something new with the daily challenge!		Day 31-60		Join in the daily challenge!		
Day 31 – Find three inspirational quotes and write them down. <input type="checkbox"/>	Day 32 Create a digital photo collage using 5 images. <input type="checkbox"/>	Day 33 Write a letter or send a card (Email or E-Card) to an elderly relative. <input type="checkbox"/>	Day 34 Leave three happy notes for someone else to find in your house. <input type="checkbox"/>	Day 35 Make a list of 10 things you want to do. <input type="checkbox"/>	Day 36 Go on YouTube and try...  <input type="checkbox"/>	
Day 37 Create a gratitude list of everything you are thankful for. <input type="checkbox"/>	Day 38 Do something nice for a sibling or parent/carer. <input type="checkbox"/>	Day 39 Create your own Playing card with your favourite number and suit. <input type="checkbox"/>	Day 40 Find a learning podcast and try it out! <input type="checkbox"/>	Day 41 Ensure you have 5 fruit and Veg today. <input type="checkbox"/>	Day 42 Do something helpful for a friend or family member today. <input type="checkbox"/>	
Day 43 Write down five positive things about yourself on Post-It-Notes. <input type="checkbox"/>	Day 44 Tag your friends in a picture that brings you happy memories. <input type="checkbox"/>	Day 45 Visit a virtual museum! Go online and explore the collections online. <input type="checkbox"/>	Day 46 Try to go bed 1 hour earlier than usual. <input type="checkbox"/>	Day 47 Wake up early to watch the sun rise and see how beautiful it is. <input type="checkbox"/>	Day 48 Find a documentary on BBC iPlayer and watch it. <input type="checkbox"/>	
Day 49 Do the washing up today. <input type="checkbox"/>	Day 50 Look up origami and make a crane. <input type="checkbox"/>	Day 51 Play an old computer game you haven't played for ages. <input type="checkbox"/>	Day 52 Use 10 French or Spanish words today. <input type="checkbox"/>	Day 53 Research the minimum wage in the UK for different ages. <input type="checkbox"/>	Day 54 Run on the spot for 3 minutes and then do 3 star jumps. <input type="checkbox"/>	
Day 55 Learn some British Sign Language with Charlie  BSL Charlie <small>77k subscribers</small> <input type="checkbox"/>	Day 56 Make a playlist of your top 10 songs and send to a friend. <input type="checkbox"/>	Day 57 Check in with your favourite YouTuber and see how they are doing. <input type="checkbox"/>	Day 58 Build the tallest Tower you can with a single piece of A4 Paper. <input type="checkbox"/>	Day 59 Clean a room in your house that is not yours. <input type="checkbox"/>	Day 60 Wear your favourite items of clothing that make you feel great. <input type="checkbox"/>	

DESIGN & TECHNOLOGY

Year 7 students have been busy developing their cooking skills at home. Here's a great example of Katie's delicious looking meal!

InstaFood Visual Diary

Let's Keep Developing and Improving our Cooking Skills at Home!

Find a recipe you would like to try from our bank of recipes shared with you; and/or try your own.

Recipes are rated with different levels and complexities - Low, Medium and Hard. As your confidence grows; why not try more challenging recipes!!

Make the dish by reading the recipe method and by ensuring you are following all personal and food hygiene practices and procedures.

Once you have finished cooking; present the dish and take an Instagram worthy picture to document in your InstaFood Visual Diary.

Please ask permission from your parents/carers and ensure you have adult supervision while cooking.

How to complete your InstaFood Visual Diary?

- 1) Add a dish/recipe title (you can be as creative as you like with your titles)
- 2) Add a photograph you have taken of your dish/ food. Consider your food presentation and photograph well.
- 3) Add a short description considering sensory analysis adjectives.

Even if a recipe does not quite go to plan; please still document your attempt; trial, error and repeat to see progress made.

HAPPY COOKING!

Insta Food

📍 Courgette and Cheese Muffins



These savory muffins are super delicious, moist and full of flavor.

🏠 ✨ 📷 💬 📺

Insta Food

📍 Spaghetti Bolognese



A traditional Italian dish to feed the whole family.

🏠 ✨ 📷 💬 📺

Insta Food

📍 Chocolate Cupcakes with Jelly



By Katie Sheridan 7A

Deliciously chocolatey with colourful star sprinkles.

🏠 ✨ 📷 💬 📺

Covid-19 brings to light how truly important Design and Technology disciplines are...

Engineering

Designing

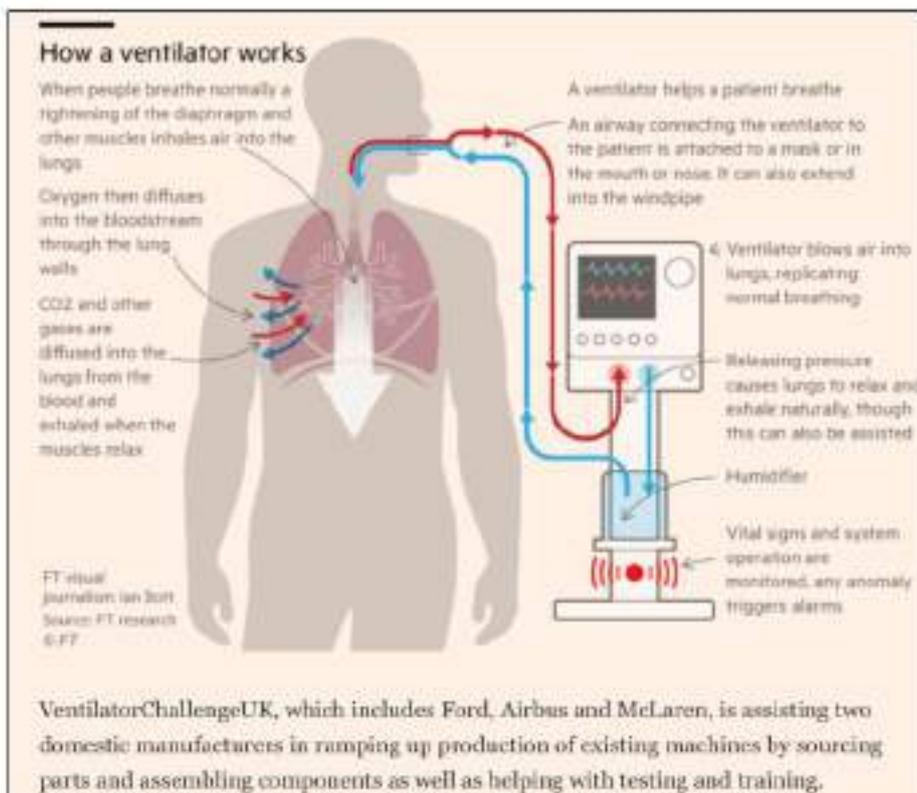
Problem Solving

Some of the biggest names in UK engineering are pressing ahead with plans to build at least 30,000 ventilators, which are key to saving the lives of the worst-affected coronavirus patients.

The race is on to try to deliver enough of the much-needed machines to British hospitals in time to meet the expected peak of the disease in the coming weeks with some health officials warning it may already be too late.

VentilatorChallengeUK, a consortium of aerospace, automotive and other engineering companies on Monday announced it had won an order for 10,000 devices — based on models already made in the UK — the second large contract awarded by the government in a matter of days.

The latest procurement followed a similar-sized order of 10,000 ventilators designed from scratch by Dyson, better known for its vacuum cleaners, in just 10 days. Regulatory approval on the design is still pending.



Manufacturing

Mass Production

VentilatorChallengeUK, which includes Ford, Airbus and McLaren, is assisting two domestic manufacturers in ramping up production of existing machines by sourcing parts and assembling components as well as helping with testing and training.

MEDIA STUDIES

The year 10 Media students have been busy at home completing their assignment on developing digital media production skills by completing their pre-production for a new teen magazine.

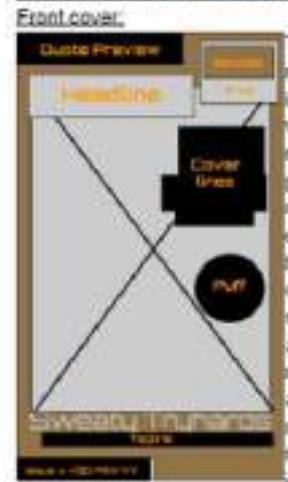


3.1 Making the Proto type of the magazine



By Laura S

F. Complete the comprehensive layouts



The front cover of this magazine is going to contain a main image behind all the features with half of the image being covered by the cover line and the puff while the other half isn't going to be covered but revealed for the image to attract the audience in to purchase the magazine. The masthead of the magazine is at the very bottom of the magazine so it doesn't overshadow the cover lines, the puff, the headline and the quote preview. This is so that the other features beside the masthead are more revealed so the audience has a much better chance of being attracted to the magazine. The headline of this magazine is at the top of the front cover so that the audience is able to identify the context of the magazine. In addition, the headline doesn't cover the main image at all so the entire other half of the image is revealed to the audience as a way to attract the audience to buying the magazine. The Barcode and the pricing of the magazine is at the top of the front cover in the right of the cover. By putting the price and the barcode at the top of the front cover, they don't foreshadow any of the other features while also being visible for the audience to see the price and scan the barcode.

By Louis L

10 Practice and planning logo designs - Create your own logo designs

Idea 1:



This logo has a painted strike made background with the font "play fair display" and it matches with my masthead. I chose this design because it looks formal and professional. I would choose this because it would fit on my magazine perfectly with no complications of the size.

Idea 2:



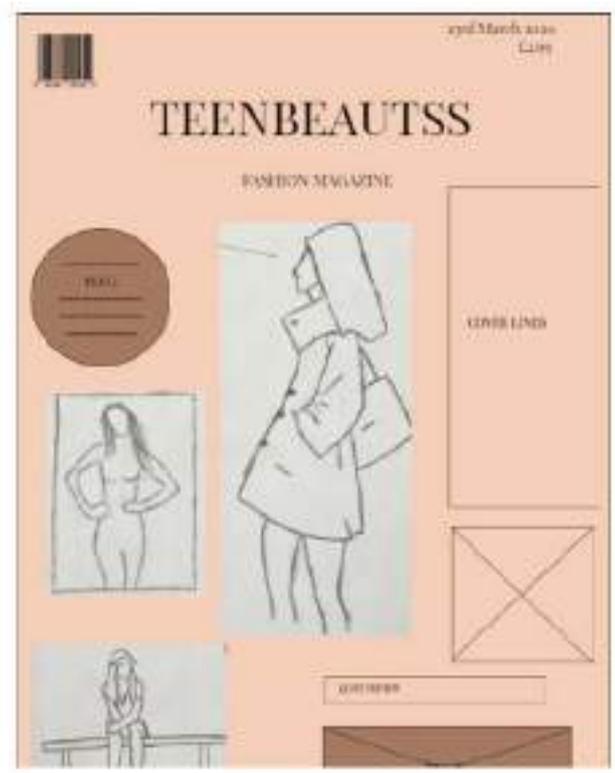
This logo has a pink background with a brown skin girl with black afro hair and wearing black. The colour of the name is nude. I like this logo because it applies to all ethnicities including black girls. However, I would not use this logo as it has a large image and the font does not match with my masthead and it would be too big to put on my magazine.

Idea 3:



This logo is a nude colour and has a circle around the brand name "teenbeautss". It also has a little sub-heading underneath saying "Fashion magazine". I like this logo because it is casual and neutral and not too extravagant.

I have decided to pick my first idea as the font matches with my masthead and it looks more casual and feminine towards my audience.



By Celine M

Secondary fun at home games

GAME 1: Using a pair of slippers/shoes plus a rolled up sock.

Carpet Air Hockey!

1. Play this game in a pair.
2. Place a ruler on the floor to mark out a goal at each end of your pitch.
3. Hit the sock towards your partners goal using the slipper/shoe.
3. A goal is scored if the sock hits the goal.
4. Play for an agreed amount of time.



GOOD LUCK!

Can you challenge a family member?



Secondary at home challenges

Challenge 1: Use 4 cans from the cupboard.

Press Up Stacking Challenge

1. Get in a press up position on the floor, back straight.
2. Place 4 cans in a line in front of you horizontally.
3. Using alternate hands place the cans on top of each other vertically by shifting your body weight from hand to hand.
4. Repeat by unstacking the cans back into a horizontal line.
5. How quickly can you do it? How many times in 1 min?



GOOD LUCK!

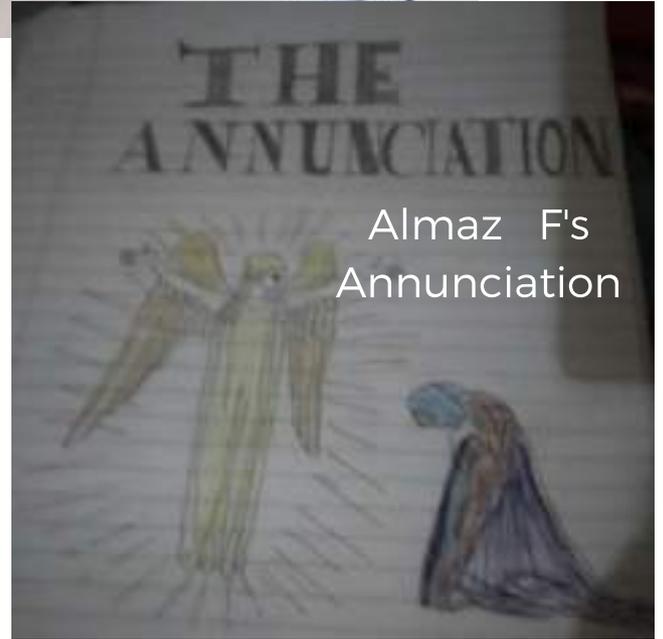
Can you challenge a family member?



RE

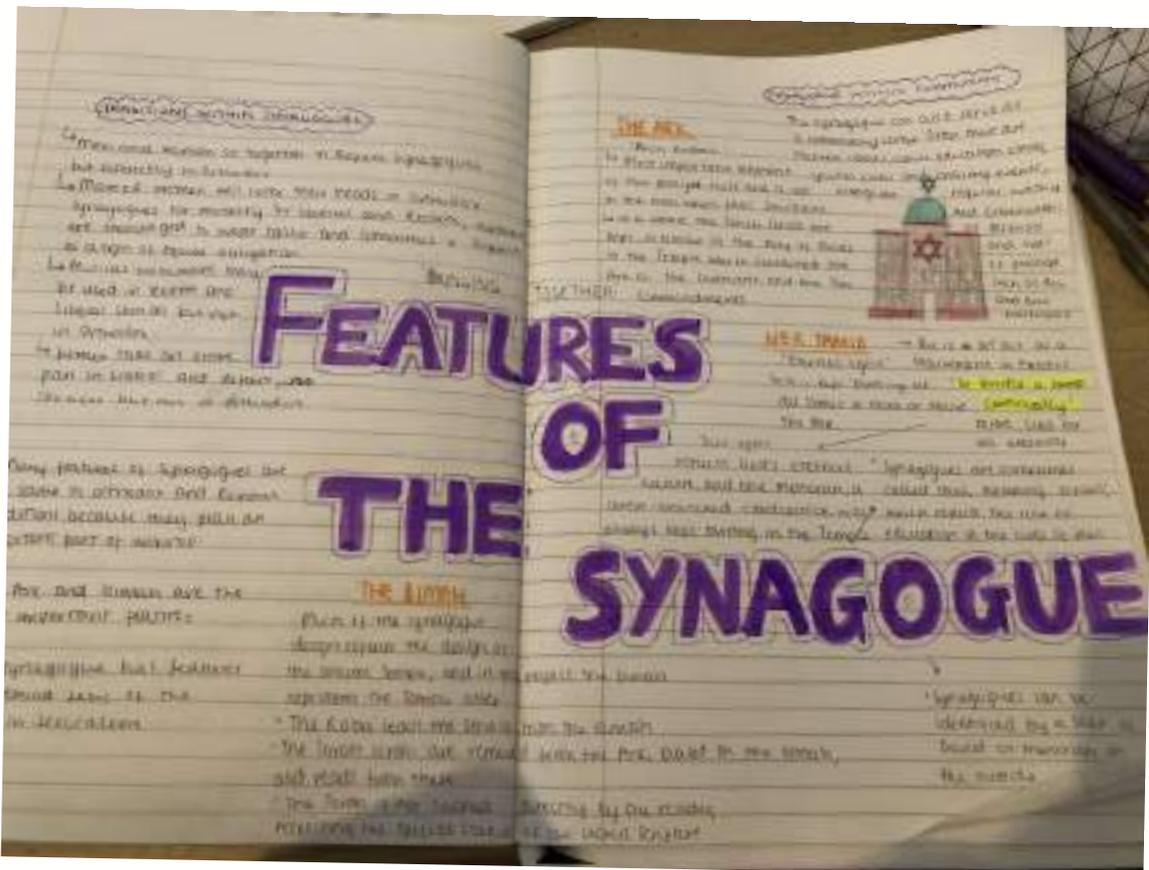


The Annunciation by Roneta L



Almaz F's Annunciation

The Feast of the annunciation. Very cleverly, Laura K in year 8 has re-imagined the famous image of the Annunciation in a modern genre.



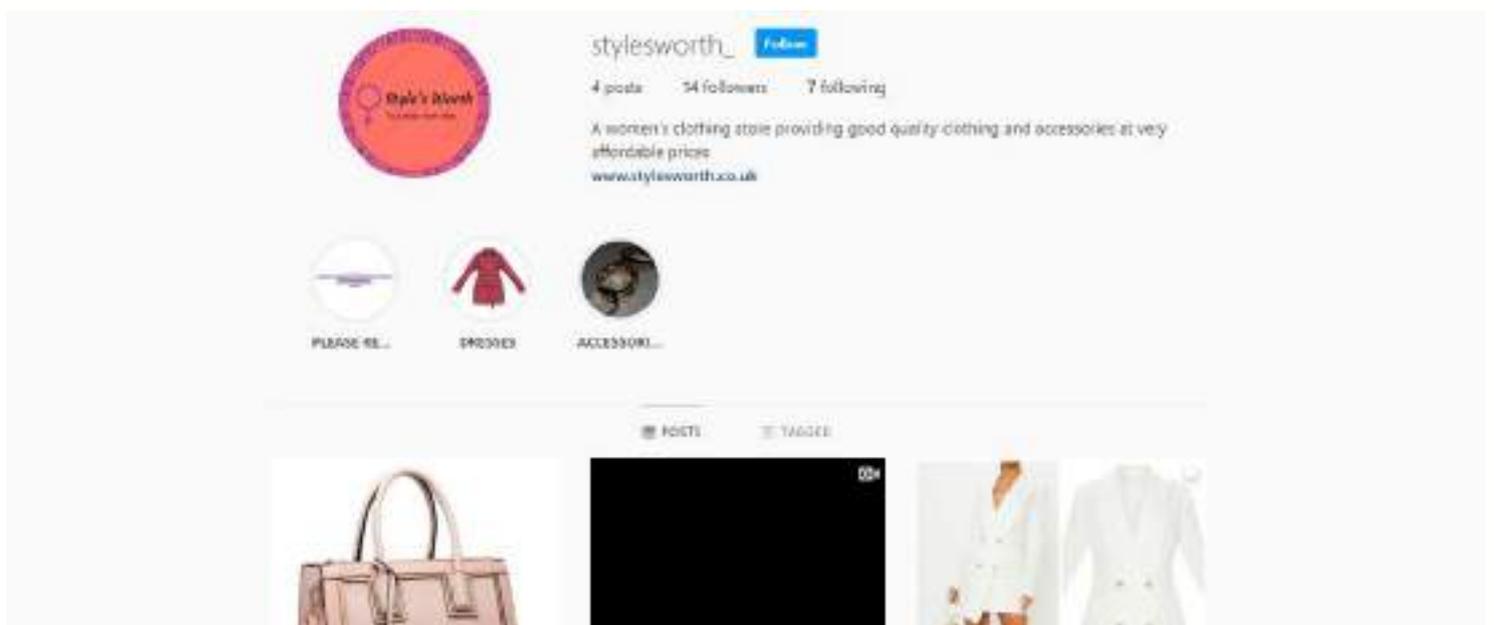
By Mia

COMPUTING & ICT

7R - Ryan Angus - Scratch Programming project. He created a game using programming techniques. Although it is a very basic game, he is still working on it and used video tutorials we put up on G Classroom to develop his skills. Here is a link to play the game:



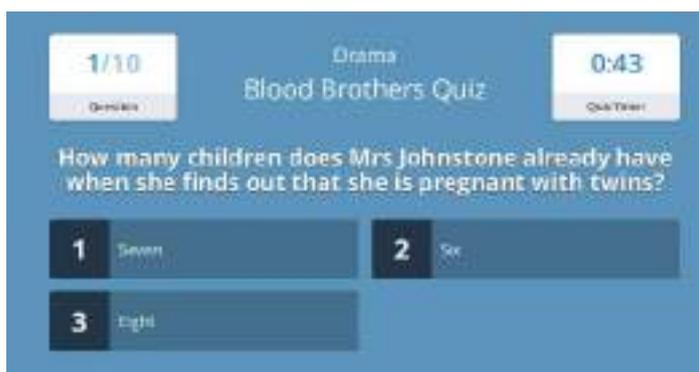
Y12 - Mildred Boakye: The students were required to create a social media account for a new company and post engaging content as part of their Unit 3 (Social Media in Business) assignment 2 coursework. Mildred has posted some really good content so far. Here's a link to her Instagram account for her company she created:



DRAMA

KS3: Last week students read the script for Blood Brothers, this week they have been watching an online theatre production of the play. They have completed a quiz and are in the process of writing evaluation questions on the play.

Y9: This week year 9 are carrying out a study on their favourite actor - watching examples of their work and writing up a biography and review of their favourite character and their performance skills. They have also been studying Blood Brothers.



After reading the play last week, this week we would like you to sit back and enjoy this full production of the play: <https://www.youtube.com/watch?v=dvek0b451Y>

You can make notes on the following:

- How the production is similar/different to the script
- Some of the drama techniques they have used
- Characterisation
- Settings/staging
- Lighting/Music
- Anything else you find interesting!

And then type up an answer the following and submit via Show My Homework:

1. Tell me about a character that stood out to you, how did they use their voice (think about pitch, pace, volume, accent etc) and how did they use their movement (think about posture, gestures, facial expressions)
2. Tell me about a key moment in the play where music was used effectively - comment on what was happening on stage, what the music was and why it was successful (what did it make you feel or think as an audience member?)
3. Tell me about a key moment in the play where lighting was used effectively - comment on what was happening on stage, what the lighting was and why it was successful (again, think about how it made you as an audience member feel, or what you were thinking about)



Ms A Cards set this assignment for great SATS - Drama

[View this on My](#) [See on My Stage](#)

Task description

So for this week it is to think about who your favourite actor is - with as many examples of their work as you can - as a guide I should be the minimum!
Create a biography of the actor - include as many details on them as you can, things such as where they are well acting etc, what they have done, awards they have won, etc - as much detail as you can please!
Then make a list of their most popular or your favourite characters they have played and write up a study of them, again include as much detail as you can but things like: how they use their voice to portray the character, their movement, what the character is, their part in the story, why they are important, who they are close to, who they dislike, why you like this character, how they have inspired your acting - etc. (I hope you will also be nice - be creative.
Please compile on google docs or sheets and attach to the assignment post when you click turn in.

CRAFT CLUB

Just because we are not physically in school doesn't mean our extra-curricular clubs can't continue! They have now just moved online!

The students in Craft Club have been trying out origami and sharing photos of their cooking.

Here is Debbie Kwarteng's biscuits (she said they tasted better than they looked!), Naomi Holness' Rainbow Pizza, Bozhidar Vasilev's paper sword (which he posted instructions for and I made a poor replica of [Mr Shannon]) and Ryan Hanley-Greenway's frog.

We're waiting on a picture of Joseph Brunton's origami paper cup that apparently held water for 7 minutes before collapsing.

Next we're going to try some superhero themed things and more cooking.



Classroom code `cjflwv4` if anyone wants to share their craft.

YEAR 7

Miss Carrick and Mr Keers have set up a Year 7 Google Classroom, nearly everyone in the year group has joined, including tutors, which is fantastic - if you haven't yet joined, please do!

Each day we have a different theme, for example 'Motivation Monday', we are sharing quotes, stories, memes - anything to keep us inspired.

Ms Salahi is sharing a motivational song a day, and Mr Keers has set up peer nominated Stars! We are also in the process of starting an Audio Book club - please let us know of your recommended books to add to the list.

Each Tuesday is 'Thoughtful Tuesday' and that is when we share our assembly, this week's was dedicated to the amazing work of the NHS staff.

We have also started a series of Life Skills activities, working on one lesson a fortnight. It is great to see the year 7 community supporting each other and really brightens my day!



Click on the image to see the assembly, plus a special bonus appearance by Louis the Sausage dog!

Year 7 Stars

Our year 7 students have been nominating each other remotely - and the positive messages have really put a smile on all our faces!

✦ Milanne! "For her fantastic contributions to the '7E Keeping Us Connected' Google Classroom. She has been so encouraging and an active member of the form group. A true role model." from Ms. Salah

✦ Delrojus! "because he is always kind and he never lets me down if he promises me something." from Andreas

✦ Raya! "she is kind and always helpful and considerate and follows the holy family way." from Alexandra

✦ Kaylah-Lee! "Because whenever people need help she helps them" from Molly

✦ Brooke! "For always doing her best on her homework" from Milanne

✦ Kayisha! "because she is always focused in class, she gets all the work done and she is super kind" from Zoe

✦ Luna! "When I wasn't feeling myself she called me and she made me feel my bubbly self again. She has helped me with some of the work as well. So far she has always been there for me when I needed it the most even though I can't meet up with her she still calls." from Sinead

Year 7 Stars

✧ Aaliyah "She is a very good person in the class. She does homeworks with outstanding effort!" from Duncan

✧ Raya! "Excellent effort in Spanish work and homework and very responsible attitude towards her studies during last week." from Ms. Prada

✧ Eveleen! "Scoring 100% in the Drama Blood Brothers quiz - well done!" from Ms. Carrick

✧ Thomas! "Outstanding research work in geography" from Mr O'Neill

✧ Anabel! "For always helping me in English and supporting me and sharing our ideas whilst we do work " from Christabel

✧ George! "On the last day in History George read out a speech that he had written in support of the abolition of slavery. The speech was absolutely fantastic- he had clearly researched the topic in depth, and drew on the historic contributions of notable black inventors on society, and commented on how racism exists today. It was well rehearsed and well presented, well done George. " from Ms. Alderson

✧ For Eveleen, Terryana & Aaliyah! "fab science work" from Ms. Baxter

Year 7 Stars

For Parwana! "she has been nice and helpful." From Kaniha

For Andrew! "Excellent co-operation in getting ICT resources working for Year 7 RE," From Mr. Skelton

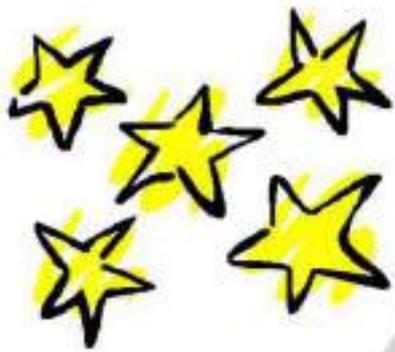
For Grethel! "For outstanding homework and effort she put in her work" From Ms. Asante

For Brooke! "For completing her French work promptly and acting upon feedback straight away! Well done for your hard work!" From Ms. Sheikh-Oomar

For Keenan! " for always being funny and being funny and lightening up my day" From Luke

And finally for Katie "For her fantastic start to her InstaFood Visual Diary; developing and practising her cooking skills at home. WELL DONE." From Ms. Salahi

YEAR 8



Year 8 Stars

Hello Year 8!

Mr Sayer and I have been receiving STAR nominations from your teachers.

The following students have been nominated for producing outstanding work so far and for contributing to the Holy Family Way.

Well done and keep up the excellent work!

Please congratulate the following students.

Thank you
Miss St Annie & Mr Sayer

Athena Savva 8I

She has been an excellent help in the Year 8 team classroom, she concentrates fully on what she is doing, is really positive and she helps others if they need any help.

Sam Mee 8EL

Very committed to his home language (Italian)

Maria Baleanu 8P

For repeating vocabulary and grammar for her English.

Giulia Distefano 8R

For being committed to Italian GCSE and helping HEJ position.

Denny Chingoka-Zhou 8Ri

Submitted homework on time for Education well before deadline. Responded to my feedback positively, showed me his improved work as well.

Jasmine James 8Ri

Submitted work for Chemistry homework well before deadline. It was very well done with some diagrams.

Katrine Otomewo 8Ei

Completion of Active Learn in full in French

Francis Williams 8Ei

Completion of Active Learn in full in French

Zackary Rebello 8Ei

Completion of Active Learn in full in French

Wiktoria Matejek 8Ei

Completion of Active Learn in full in French

Kezia Mathew 8P

Great answer in Spanish using all 3 tenses

Yu Ruo Chen 8P

SPANISH - Completion of Active Learn in full, consistent in completing her work by the deadlines and very good communication with ORA.

Filipa Andre 8A

RE - For completing The Trials of Jesus work well.

Perry Kwarteng 8P

Spanish - Great work on Seneca

Alisia Dehelean 8A

RE - For completing The Trials of Jesus work well.

YEAR 8

Joseph Bearfield 8A

RE - For completing The Trials of Jesus work well.

Ted Trivuncic 8A

RE- For completing The Trials of Jesus work well.

Danielle Fennell 8A

RE -For completing The Trials of Jesus work well.

Thianna White 8A

RE - For completing The Trials of Jesus work well.

Rachel-Marie Naatey8A

RE - For completing The Trials of Jesus work well.

Joseph Brunton 8S

RE - A great piece of work that reflected his ability to work independently.

Giulia Distefano 8R

Beautiful creative writing piece in English

William Gray 8P

RE - For brilliant engagement with distance learning work & always 1st to hand in assignments before the deadline.

Damien Callus 8EL

RE - Taking remote learning and independent study seriously & submitting good quality work.

Laura Kasprzyk 8E

For going above & beyond in her music homework. She has researched 5 composers when the task was just to research 1!

Marcus Forbes 8E

MUSIC For completing more than what was expected. Two & a half pages of information on a composer. Well done Marcus!

Giulia Distefano 8I

MUSIC - For completing her homework super quickly & at a brilliant standard.

Athena Savva 8I

MUSIC - The task was to research a composer, she has researched 10!



SIMPLE STEPS WHEN COMPLETING COURSEWORK AT HOME

Make your learning a priority



1

KEEP CALM RESEARCH & READ



The first and the most important element in coursework writing is reading the assignment. Look at the brief and understand what the assignment is asking you to create. Read through and research the tasks. Use reliable sources or ask your teacher.

2

DIVIDE WORK INTO PARTS



Do not complete the entire assignment in one sitting. Consider your productive time each day and divide your work load accordingly. In this way, you can give more attention to the content of your assignment. You can also avoid mistakes by revising your previously completed work each time you continue it.

3

TIME MANAGEMENT



Organise yourself and make a timetable as soon as you start working on your coursework assignment. Follow the set timetable to avoid rushed writing near the deadline. For emergency situations, make sure to set a deadline for completion of your work before submission date.

4

ASK FOR HELP! EMAIL YOUR TEACHER



An unclear mind cannot produce quality work. If you are unable to understand your topic clearly you should ask your teacher for help. It is always better to take guidance from the teacher who assigns you the work. Email the teacher, they will respond to you.

5

CHECK FOR MISTAKES



Make sure to proofread your work before submission. Go through your assignment to find spelling and grammatical mistakes. It is a great idea to give your assignment to somebody with good knowledge and vocabulary for proofreading. You should pay close attention to the appearance of your work also.

6

AVOID PLAGIARISM



Many students copy the material from the internet when they are running out of time for submission of the coursework. You can consider material from any source for your coursework, but your content should be original. Also provide clear citations & references where needed. Copying leads to failing the assignment.





MANGA HIGH

MATHS GAMES AND
QUIZZES

	Insufficient understanding
	Basic Understanding 1 point
	Mastery 2 points
	Exceptional Achievement 3 points

Compete with each other for top scores and medals!

Login: `fullname@holyfamilycath`

Password: `family`

School ID: `72953`

THE WAY OF THE MATHS NINJA



BELIEVE IN MYSELF

I know that I will be successful with effort, practice and guidance.

EMBRACE CHALLENGES

I set goals and work hard to achieve them, especially when I am out of my comfort zone.



BE A FLEXIBLE PROBLEM SOLVER

I look for different ways to solve problems.



CELEBRATE MISTAKES

I use mistakes as an opportunity to learn and grow my brain.



FIND INSPIRATION IN OTHERS

I use feedback to revise my thinking and give feedback that is useful and kind.
I communicate with others to share ideas and learn new approaches to solving problems.



Learning is a continuous journey that never ends!



PERSIST