

ASPIRE

not to have more, but to

BE MORE

FAMILY



MATTERS

SPECIAL SUMMER EDITION
JULY 2023

HEADTEACHER'S MESSAGE

Dear Parents/Carers,

Welcome to the final edition of Family Matters for this academic year!

A huge thank you to Mrs Farrugia for producing this vibrant monthly magazine to showcase the tremendous work and achievements of your children and their teachers, each and every day.

I am sure you will enjoy reading about the incredible amount of events that have been happening in this summer term, including our inaugural school Culture Day. Thank you to Ms Osei and Mr Shah for organising this opportunity for the many cultures that make up our community to represent their traditions, stories and cultural dress. It was a really beautiful occasion where we could truly celebrate our mission statement, “a family of many cultures sharing one faith”.



It has been a busy and eventful year in the life of the school, beginning with our Deanery Mass in September. Throughout the year, the Catholic Life of the school has continued to flourish with each year group attending Mass at the start of their year group retreats and again at the start of their House Saint's Day.

Charity fundraising and charitable giving has, as always, been a feature of our school year with incredible generosity shown by students and their families, as well as staff. The Christmas hamper and Easter eggs campaign were incredibly well-supported and brought a great deal of seasonal joy to the families and communities who benefited from them.

Our Aspire values and the words of St Oscar Romero, “Aspire not to have more but to be more” have been at the heart of school life this year. Students (and staff!) have had many opportunities to demonstrate the school values of achievement, service, participation, integrity, respect and equity both within and outside of the classroom, and in the wider community.

As always at this time of year, we say goodbye to those who are leaving our school community, and welcome those joining us.

HEADTEACHER'S MESSAGE

The following staff leave us this year and we wish them all the very best in their future endeavours:

Isobel Ager - Attendance
Laura Alderson - SEN/History
Chris Beckett - Acting Head RE
Mark Duffy - Science
Esther Darko-Thomas -Mentor
Mabrouk Faraj - Maths
Rebecca Hammond - Art
Conor Heelan - Maths
Stephanie Heelan - Finance
Selina Javaid - Joint Head Art
Antimo Marrone - Head of Music
Helen Murtagh - Science
Ciaran Shannon - Associate Head/Maths
Clare Wilkinson - RE

Key Dates for September

Monday 4th September - Year 7's First Day (only year 7 in on this day) - 8.40am

Tuesday 5th September - All year groups return to school - 8.30am

We welcome our new colleagues:

Diana Asante - Maths
Iulia Berlo - Maths
Zahne Blair - St Raphael's Pastoral Support
Amy Carter - English
Acheson Chipare - Geography (maternity cover)
Sophie De-Souza - Attendance/Admissions
Mihaela Danila - Science
Jolaade Fawehinmi - Assistant School Business Manager
Julene Fearon - RE
Augusta-Mary Joseph - RE
Nana Kyere - Maths
Jake Sharp - English

Can I take this opportunity to thank all parents and carers for their support this year. I wish you and your loved ones a peaceful summer break, and look forward to seeing you again in September!

God bless,
Carolyn Laws

CULTURE DAY

"The best day I've ever had at school."

This was the profound and common statement made by staff and students across the school as Holy Family celebrated its inaugural Culture Day.

Why did we have a Culture Day?

We intend to reframe the term 'culture'.

We want to avoid thinking about 'culture' and 'cultural capital' as a gift we offer students as a means for them to become more socially mobile. This kind of thinking presumes that certain styles of music, dress, speech and so on should be offered to students as it will give them a step-up in life. "Go see a ballet"... "Speak the Queen's English"

There is of course nothing wrong with ballet or the Queen's (indeed King's) English. However, such messages risk creating a complex form of cultural hierarchy in the minds of our young student which in turn creates cognitive dissonance. Students hold two opposing ideas that cannot be reconciled: 1) there is a superior form of culture and 2) I am told to be proud of my culture which may or may not align with this ideal culture.

We want to instead reframe culture by first and foremost enabling students to have the agency to share and love who they are without judgement from us or others. We want a school where:

Accents are adored not laughed at

Surnames are expressed with pride not shame

Drill, Bhangra and Mozart are viewed with parity

And so on.

Culture Day was our attempt of putting these ideas into practice.



What did the students do?

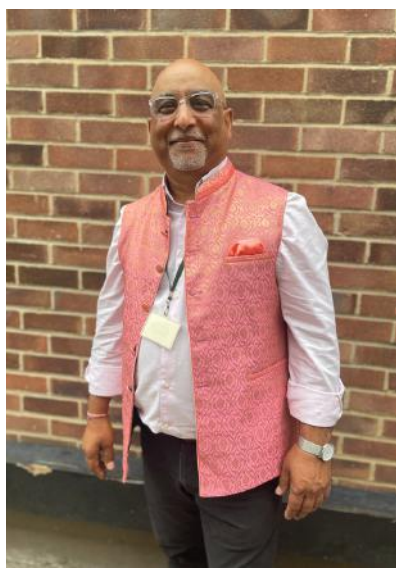
The day started with two important lessons. First, students learned to deconstruct cultural hierarchies and played a fun game involving the sharing of their surname and something they are most proud of within their culture. Ask them what they shared! This was followed by a second lesson where they discovered how cultures can change significantly over time by a short study of North-East London. They created a time capsule - something to show you at home.

The day progressed with a session of show-and-tell. Students presented an ornament, idea or object from their culture and shared why it was important to them. They then came into the assembly hall for some fascinating speeches by parents and teachers who gave wonderful insights into their personal histories. We believe oral histories are so important to collect and preserve people's memories that might otherwise be unwritten and lost! We would love your involvement the next time we do this!

Prior to lunch, form tutors put in a great effort to craft a lesson that explored their own personal stories and culture. Students gained a fascinating insight to the teachers they see the most. Ms Henry really impressed by bringing in homecooked ackee and saltfish!

The catering team put on a fantastic lunch and the day ended with a special and emotional hour. The student fashion and talent show was filled with joyous and talented performances that had the crowd cheering, crying and celebrating. It was a truly special event topping off an incredible day.

















What's next?

We would love you, the wonderful parents and guardians to get involved next year. We are the guardians of your children and we want to hear and see more from the source.

If you would like to be kept informed then please do reach out to the organisers: Mr E Shah (mr.shah@holyfamilycatholicschool.co.uk) or Ms V Osei (ms.osei@holyfamilycatholicschool.co.uk).



A huge thank you to Ms Osei & Mr Shah for organising such a fantastic day...we can't wait for next year! Check out more content from Culture Day on our Instagram page @hfcswaltham

ACHIEVEMENT MORNINGS

As we close the year it has been great to celebrate our students and their achievements. Over the last two weeks of term each year group celebrated their peers who had been nominated by each department for their achievements. The winners families were invited in to celebrate with us. A huge congratulation to every student who won an award in a subject area and a special congratulations to the below students who also won vouchers for being awarded the Year Group and Headteacher awards.

Year Group Awards

Year 7 - Elnathan Beckye & Julia Chrzanowska

Year 8 - Enio Rodrigues & Aina Russell

Year 9 - Marcio Da Silva Fernandes & Nyla Smith

Year 10 - Berenise Dzah & George Uzouma

Year 12 - Sharon Davies & Lyan Wilhelms Sandoval



Headteacher Awards

(pictured above)

Year 7 - Soliyana Wondwosen

Year 8 - Andrews Okyere Agyei

Year 9 - Feile Au

Year 10 - Iyannah Sheridan - Lowe

Year 12 - Temi Balogun

JACK PETCHEY WINNERS



March

Milanne F. 10.E
Nominated by Mr Mumtaz, Geography

Being extremely positive in lessons, an amazing growth in her Geographical knowledge, consistently helpful in lessons as well as always partaking in classroom discussion which has coincidentally made her an independent thinker.



April

Kaylen R. 9.S
Nominated by Mr Wilbraham, DoFE

Kaylen was an outstanding leader and role model on his recent practice expedition. Kaylen was quick to help and support others in camp and additionally went out his way to help staff too. On the walk he took a lead in his groups navigation and kept his group moving cohesively and accurately. A real credit to Year 9! Kaylen is always well mannered, reliable and respect



May

Andrews O-A. 8.An
Nominated by Mrs Wilbramham, Science

Andrews consistently puts extra effort into his work and is always so helpful in the classroom either doing jobs for the teacher or to his fellow peers by lending them equipment. He always comes into the lesson with a positive attitude and ready to learn. This has happened in every lesson for nearly two years so he is really deserving of this award

June

Tejay F. 9.A
Nominated by Mrs Kean, SEND

Tejay has grown in his confidence while at Holy Family. Tejay tries very hard to not let anything become a barrier for him and has overcome so much to be the courageous young man that he is today. Seeing Tejay mature to a confident year 9 student has been wonderful. He has moved up sets in Maths and is top of his class in English. He is kind, courteous and contentious. He embodies our Holy Family values and is an asset to our school community.



Aspire to be more



Two of our year 10 students on their work experience at the wonderful Snaresbrook Arts Project. Their supervisor was blown away by their initiative, work ethic and team spirit. A great experience for them working with vulnerable adults.



The Art and Photography Department hosted a fabulous exhibition this month to showcase and celebrate all the hard work and creativity their GCSE and A Level students have achieved this year. Watch this space next year for more photos! This year we were also treated to some staff artwork!



Year 11 enjoyed their Prom in June - it was fantastic to see them looking fabulous! Wishing them all the best for their results this summer.



Maria Benke wins the Catholic Ethos Award this year for her outstanding service to the Liturgy Leaders and inspiring change. Well done Maria!

Aspire to be more



Our Brilliant Club graduates receiving their certificates at Christs College Cambridge



Year 9 Geography Trip to Kew: the scavenger hunt winners with their prize!



Daniel O in year 8 took part in a European Basketball Tournament in June with his London Elite Team. He flew to Budapest with the team/



The team won every match to become champions (a first time for a UK team) and Daniel won Europe Youth MVP!

sports day 2023



THE GREAT HOUSE COMPETITION DAY 2023

The Great House Competition day...what an end to this academic year!!! A day full of participation, teamwork, fun and respect, students as well as staff truly enjoyed taking part in all parts of the great house competition day. With activities including escape rooms, catapult, pipeline challenges and much more, it was an excellent day to showcase their abilities outside of the classroom whilst working collaboratively with other year groups. Hats off to the staff for being extremely efficient and it must be said that they too enjoyed watching the students' enthusiastic approach to this day. This is a time where everyone comes together and allows for the thrill and excitement to flourish, this is what teaching is all about!



THE GREAT HOUSE COMPETITION DAY WINNERS

House	Total Points
A	42
S	48
P	62
I	57
R	61
E	43



Congratulations to St Philomena House!!!

“St Philomena House are filled with excitement as we celebrate our victory from the House Competition Day. This win not only strengthens our bond but also motivates us to strive for greatness in all aspects of school life so we can all aspire to be more.” Miss Paul-Jones, House Leader



2023 - 2024

SENIOR PREFECT TEAM



Senior Prefects

Viktor Ostash - Joao Gomes - Nilofer Velu - Caroline Jonkute - Micah Jantuah - Blessing Bitumba - Catiliana De Oliverira - Joanna Copa - Giselle Bryan - Keshina Gonzales Punzalan - Boaz Farquhar - Marcke Sabino - - Jessica Marfo - Amber Davies - Gabriel Turay - Ashlee Yap - Angela Bhusan - Victoria Szlachta - Arnas Jankauskas

2023 - 2024

SENIOR PREFECT TEAM



**Deputy
Head Boy:
Lyan
Wilhelms
Sandoval**



**Head Girl:
Sharon
Davies**



**Head Boy:
Arek Kuciel**



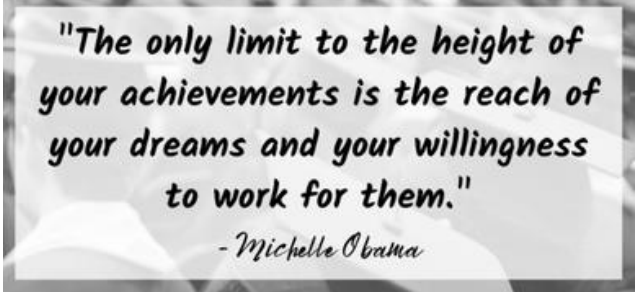
**Deputy Head
Girl:
Elizabeth
Acheampong**

HF 6 NEWS

Year 12 Activity week

Well done Year 12 - great start to sixth form, really impressed with your work ethic, community enrichment participation and how you have settled in 6th form life. Next year is a big transformational year for you- looking forward to supporting you all the way. Have a good summer and restful break.

Mrs Belgrave



Monday BEE day

Mock Interview and CV writing day

Year 12 took part in a Mock Interview for Aldi - where lots of volunteer expertise came in to support them with their interview skills. It was a great opportunity for them to build their confidence and learn how to write a CV and covering letter. Year 12 had the chance to network with the professionals and received great feedback on their interview skills. Well done to all the winners in each group. Huge congratulations to Jessica Marfo who was the first to hand in their CV and covering letter. It was a great, successful day and the students really enjoyed it.



Tuesday University of Sussex Talk

Brighton

We took the whole of Year 12 down to Sussex university where they had a talk on University life and got a tour of the university. It was a great chance to meet university students and see the accommodations. Students had the opportunity to explore Brighton and even had the chance to go to the pier. Staff thoroughly enjoyed this day too - having traditional fish and chips on the beach.



Wednesday Interfaith Day

Interfaith day allowed students to be able to see our faiths/religions and to facilitate meaningful encounters among people of differing religious outlooks. The student went to the Mosque, Saw the Rabbi, Went to Church and also had a talk with a humanist. Year 12 enjoyed talking to the different leaders that run their place of worship. Year 12 celebrated shared values between different faith communities.



Thursday UCAS day

UCAS day was a productive day where students started their application for university. They had a talk from Leicester University regarding how to write your personal statement and what requirements are needed for your choices. It was a great experience for them to search for the course they were applying for or interested in. The outside speakers discussed student life and also other options such as degree apprenticeship. Year 12 have made a great start on their application and have all summer to complete this and their personal statement. We look forward to reading their personal statements in the new term.

Friday Culture Day


Students spent the day exploring culture in our local neighborhood by taking part in a scavenger hunt. Winners were 12P who got back in record time! We then celebrated our end of year with our Achievement Assembly and an Interform Dodgeball competition which turned very competitive!



UNIVERSITY OF LEICESTER www.lc.ac.uk

Thank you for joining me!

Who am I? Charlotte Coleman	Where am I from? Nottinghamshire (East Midlands)
What did I study? BA Hons Theatre and Performance The University of Bristol	



Monday 17th Aylesford Retreat

We finished our year with a retreat for the whole Year 12 in Aylesford, Kent. Students spent the day reflecting on the year and thinking about the major changes that will be happening over the next 12 months. The theme of the day was 'Transformation' and we were able to think about this in the peaceful praying community of the Carmelite Friars.



COMMUNITY ACTION DAY 2023

On Tuesday 27th June our amazing year 12 students went out into the community to volunteer their time. Our Community Action Day is an opportunity for our students to connect with and learn from our surrounding communities. Students swapped their pens for paintbrushes, rolled up their sleeves and got to work.



Our students visited Our Lady of Saint George's Primary School and revamped their playground. They supported staff at St Joseph's Infants school and nursery by acting as learning support assistants.

They volunteered their time at St Mary's Church and Our Lady of St Georges Church and cleared out the gardens, as well tidying up the prayer garden on our school grounds.

Students also went to Alliston House and Forestview Care Home where they spent the day with the residents.

It was a fantastic day, and we are so proud of students. It was wonderful to see our students giving back to the local community whilst also honing their teamwork skills and building their confidence. They demonstrated kindness, maturity and selflessness who were excellent representatives of our school ethos and values.

By seeing the difference, they made to their community, we hope the day will encourage more Holy Family students to take part in volunteering. Well done to all the students who took part!



"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."

1 Peter 4:10

DUKE OF EDINBURGH EXPEDITION

The Peak District



Gold and Silver
Expedition
16th - 19th July

On Sunday 16th July, 6 groups of Holy Family students travelled to the Peak District to complete their silver and gold Duke of Edinburgh expeditions! They faced steep climbs, thunder and lightning, but they completed each day with a smile on their face. The gold students walked over 23km every day, whilst the silver students walked approximately 19km a day.



The hard work didn't stop once the walk was finished, once the students had reached the campsite they had to put up their tents and cook dinner for themselves using a jetboil!





Luke Pemberton, a Year 10 student who successfully completed his silver expedition, said: "It was really fun, I can't wait to do the gold award in the future!"



Well done to all of the students that achieved their silver and gold awards, we are so proud of you!

Mr. Wilbraham and the D of E Team

CHAPLAINCY CORNER

YEAR 9 RETREAT

The theme of the Retreat was God in Creation. We began our day with Mass at Our Lady & St George and thank Fr Michael for his warm welcome. Workshops included making bird feeders from waste plastic bottles, showing our concern for nature and the environment; creative creation, with some wonderful images of our world and also Laudato Si, with ideas on how we can walk lightly on this earth. Students also made Positivity Charters for their form rooms.



YOU ARE CALLED TO
CARE FOR CREATION
NOT ONLY AS
RESPONSIBLE CITIZENS,
BUT ALSO AS
FOLLOWERS OF CHRIST!

POPE FRANCIS

HOUSE CELEBRATION DAYS

All Houses began their day with Mass at Our Lady & St George parish, celebrated by Fr Michael. They then returned to school for an assembly on their House Saint and breakfast.

16 June House Richard - thank you to our reader Berenise. It was the Solemnity of the Sacred Heart, and the homily was about love. One of St Richard's famous quotes is:

*"Day by day, dear Lord, of thee three things I pray:
to see thee more clearly,
love thee more dearly,
follow thee more nearly,
day by day."*

30 June Anne House - thank you to our readers Aldriyana and Gabriel

3 July Philomena House - thank you to Geraldine for reading

6 July Ignatius House - thank you to House Leader Ms Henry for reading.



CELEBRATING THE CLASS OF 2023

Year 13 Leavers Mass

It's always a day of mixed emotions when Year 13 have their final day in school. We are of course happy as they continue their journey, but sad to see them leave Holy Family.

It was lovely that the Readers for their final Mass have been an integral part of the Catholic life of the school and we thank them all for their contribution over the past 7 years.



Year 11 Leavers Mass

As Year 11 reach the end of their time at Holy Family, we are pleased to welcome most back to Sixth Form, and also wish those moving to other schools or colleges all the very best.

Thank you to Canon Niall and Fr Michael from Our Lady & St George for celebrating these Masses and for all the support and guidance they provide Holy Family throughout the year.



BRENTWOOD CATHOLIC SCHOOLS' CITIZENSHIP AWARDS

Congratulations to Chinedum in Year 11 for receiving a Citizenship Award from Bishop Alan.

This was in recognition of her initiative to introduce the role of student wellbeing champions, showing a deep rooted concern for others. She also participated in the Wellbeing for Schools panel.

Chinedum has also competed for the school in Netball and Athletics, as well as being an active member of her parish community, recently receiving the St Stephen's Guild medal for altar serving.

Chinedum certainly embodies the school's ethos inspired by St Oscar Romero: 'Aspire not to have more but to be more'.

Congratulations Chinedum!



*God of all beginnings and endings,
We thank you for the gift of this school year.
It has been a time filled with grace and blessings,
With challenges and opportunities, joys and sorrows.
The days have passed quickly, O Lord.
The weeks, the months, the seasons, the holidays,
The exams, the assemblies
All have come forth from your hand.
Give us the rest and refreshment we need this summer.
Watch over us in the weeks of rest ahead,
And guide each day as you have done this past year.
Help us to return to school with a new spirit and a new energy.
Amen*

Have a safe and blessed summer.



THANK YOU TO EVERYONE WHO HAS DONATED PRE-LOVED UNIFORM. IT IS MUCH APPRECIATED.

AS THE SCHOOL YEAR DRAWS TO A CLOSE, I WISH YOU ALL A RELAXING AND SAFE SUMMER BREAK.

HYDE PARK

On Monday Mrs Heath took some of our students to Hyde Park to celebrate the arrival of all the new students who have come to the UK from abroad and to make them feel welcome at Holy Family Catholic School. We travelled by tube to South Kensington and then walked to The Natural History Museum to see various exhibits. Anna Kyriyenko and Sofia Noha both made excellent notes there on the exhibits they saw. We then walked to Hyde Park where we will had a picnic. The idea was to spend some time at The Princess Diana Memorial Fountain. However it was closed due to technical reasons so we went to the playground instead. Everyone had a great time on the swings and just chilling out. The students took great care of each other. For example, the boys in Year 7 included one of the Year 7 girls who was not one of their main friends. Another gave some of the other students a drink of water from his bottle when they were all very thirsty on the train. They were all really good when they found out that the fountain was closed and didn't complain at all. Neither did they complain when we discovered that the café was card only payment. They followed instructions very attentively throughout the day and their behaviour was perfect. Sofia says, "It was amazing!! I really liked it!!!Thanks for opportunity to go with you!!!"



MOUNT FITCHET CASTLE

Mount Fitchet Castle was a really fun experience and everyone that went had a great time. We learnt how hard it was to attack a castle in the middle ages and also what would have happened to people that worked around the castle. At one point we went into a haunted house and it told us all about the bad side of medieval life. I loved going on the trip and seeing the houses and the churches and the objects they use that have similarities to the ones we use today.

- Nina Stapleton, 7E



CINÉ LUMIÈRE TRIP

A number of year 7 students visited the Ciné Lumière in South Kensington to watch a French classic movie adaptation, 'Rémi sans famille'. They all really enjoyed the experience!

I loved the movie. It was an incredible experience. I loved the scene where the dog ran to the wolves. Everyone cried out and screamed as we believed that the dog was dead and when he ran back alive, we all rejoiced.



I enjoyed the French trip because the journey was funny and entertaining.

I liked the movie and my favorite part was when the dog almost died but it was still alive. But the journey was the best part.

I really liked the movie 'Rémi sans famille' and learning about French movies' structure/ layout.



HEALTH & SOCIAL CARE

University of Hertfordshire Trip

On Thursday 8th June the Year 12 Health and Social Care students visited the University of Hertfordshire for a taster day. The sun was shining as our students toured the campus and the accommodation. Throughout the day, students chose from a variety of taster sessions to attend. The Health and social care students enjoyed practical sessions relating to the subject; including building a den in the Early Years session, listening to a heartbeat through an ultrasound in the midwifery session and learning how to perform CPR in the paramedics session!



Placements

From the 17th April - 5th May, Holy Family's Health and Social Care Y13 students completed a 3 week work-placement. The students completed their placements in various settings; including in nurseries, a primary school, Whipps Cross Hospital, and care homes for individuals with learning disabilities. The placements allowed the students to showcase what they had learnt during their Level 3 Health and Social Care course and gain experience in the sector. It was amazing to see the students excel in their settings!



Why is science important to teach today? What connections and applications does science have to the wider world?

Science is incredibly important in today's world as it is the fundamental base of everything around us. It is taught in schools as it opens a pathway for the next generation of kids to learn about how things work around us. Science in school is made to be interesting and tell you the truths of the world and is extremely necessary as it is needed for the world to function. If it was not taught in school, then kids wouldn't know how much they may love a science and lose the opportunity to pursue a career in science. Science explains what happens around us and provides us with the chances to further improve society. It is the only way you would be able to use your phones, lights, have surgery etc. Science provides a clear path towards high valued positions and careers that you may not be familiar with until you grow older.

Physics allows for constant improvement of our technology as it is a field that still has many gaps left in it and is not close to being fully understood. In recent years, the use of bullet trains comes from an understanding of magnetic fields and how they are used and formed. The large gap in physics also gives a perfect opportunity to make new findings.

Biology allows for us to have a better understanding of the human body and biological processes. It is key in fighting things like infections and proved valuable when it came to covid. Without biology, we would not be able to have vaccines, medications, or a remote understanding of how our body works.

Chemistry paints a picture of chemical processes happening all around us and how the resources around us can be used. Things such as the Haber process is key in the production of ammonia and is only possible due to the understanding of how to manipulate the chemical process with the use of elements around us to produce something harder to get a hold of.

Science is clearly extremely important to the world despite many people being unaware of it and is something you become much more interested in as you become older and start becoming aware of just how big of a part you could play in it.

Lyan Wilhelms Sandoval
Science Ambassador

Carl Sagan once said "I find many adults are put off when young children pose scientific questions. Why is the Moon round? the children ask. Why is grass green? What is a dream? How deep can you dig a hole? When is the world's birthday? Why do we have toes?" somewhere along the line children stop asking these questions and lose their love for science and understanding of the world around them. The future of science relies on the generations ahead of us. I feel that children lose their interest within science when their questions are hushed or told 'that is just the way it is', little did they know science could answer all their questions for them. Teaching science reignites a love to learn and understand that we lost from ages 5 till now.

The science taught today has immensely improved from when science was first taught a once completely white male prominent study has been slowly uncovered to show the diversity of science and the different people who realised the secrets behind certain things. We can all agree that science has a lot more pushing to decolonise the curriculum, yet children are exposed to scientists who are from various ethnicities and backgrounds enabling them to acknowledge there are people who like them. Who have uncovered various discoveries surrounding science, pushing the children of today proving that nothing is impossible.

Teaching science provides opportunities that were never around for the last generations, science contains spaces for the class clowns, the beauticians, the athletes, the quiet of the classroom. Whether it be why our body laughs; what is cosmetic chemistry; how bouncy balls truly work and why do stars twinkle at night. The importance of these questions may seem simple to you but will attract the eyes of those who never knew letting them dive and find that their initial interests had science all around it.

Science has connections with everyday life whether it be brushing your teeth to breathing to blinking. Every small decision you make that you don't even think about is all due to science. I cannot emphasise enough how the science is important to teach today as without it where would the earth's development be?

Nilofer Velu
Science Ambassador

Science has always been a key component of human explanation, dating back to the time of Galileo Galilei and Isaac Newton, who are considered the fathers of modern science. When one looks back on science today and the theories we have developed, one can laugh at how many people have come to believe them. One illustration of this is the four humours, which many medieval people believed that if one of their humours were out of balance to balance them again you would need to bleed, purge or remove the area in which was affected. Science has played an important role in the development of humanity, and without it, we might not be where we are today.

We have all had moments when we have questioned the necessity of science and its significance, but in today's society we cannot discount its importance because of the pandemic that has affected so many people. Science is not only more important than it has ever been, but it is also a key that, when used properly, can unlock the correct solutions to any questions.

Science is important to teach today as we can understand logical concepts to explain why something happens after we encounter it. An example is your understanding of photosynthesis to portray how a plant produces a source of energy from sunlight when it is growing. We can use our understanding of streamlined features to clarify how a bird can fly and keep up its airborne position. Science helps in our understanding of the world in this way. We can distinguish arrangements to form things superior when we comprehend how they operate. By comprehending plant development, we are able to make crop-growing strategies that are more successful.

Where would society be now without the teaching of science? For instance, the discovery of DNA's structure was a significant scientific advance. It shaped the theoretical foundations of research that would eventually result in a wide range of practical applications, including DNA fingerprinting, genetically modified crops, and hereditary illness diagnostics. Society must keep exploring and questioning modern science to build on these incredible discoveries.

Ayomide Akindayini
Science Ambassador

Science is a subject we all studied at school. We all know of the three main branches of science: physics, biology, and chemistry. Many people may argue that science is boring due to how rigid the three main sciences are. However, science has several branches. Many of these may have yet to be fully explored in secondary school, but these forms of science are just as necessary in the outside world. Or maybe you haven't even realised that some subjects also count as sciences! These forms of science include branches such as astronomy, ecology, and even psychology is classified as a social science subject!

Each branch of science focuses on a specific area of our universe; for example, zoology concentrates only on animals, including their distribution and how they interact with the world; zoologists even study animals that have long gone extinct with the help of our advances in technology. On the other hand, you may be more interested in social sciences such as sociology which focuses on society, human behaviours/interactions, and relationships in our everyday lives.

Therefore there is a space for everyone in science, but you may still ask why science is so important.

Science can answer many questions that we have had since we were children.

Why is the sky blue? Just reading a little about physics will answer that question.

How does our heart pump blood around our body? Some extra biology reading will answer this question.

Social sciences can also help you understand the world around you more open-mindedly and broaden your understanding of yourself and others.

Science is a necessity in life. Everything we do is related to a form of science, such as the computers your teachers use at school daily. If many scientists did not work together to create the first computer in the 20th century, technology would look very different compared to today. Many basic principles we understand could only be understood with the backing of science.

Could you explain why heat cooks food without using some form of science to back up your ideas?

Science is all about questioning and what if.

Science is also about connecting with other aspects of our daily lives.

Science can be applied almost everywhere and to nearly everything we do daily.

Could you think of a day when science was not applied in your life?

There has not even been a minute where science has not been applied in your life. Your body undergoes many processes to keep you alive as you read this. We don't even notice our body is doing many things to keep us alive, such as controlling our body temperature. This will prevent us from becoming too hot or too cold at this very moment.

Science doesn't have to be boring. In this day and age, YouTube is readily available, where you can watch a video on how something works or how something is made. This will broaden your understanding and could pique your interest into other subtopics.

Science can be enjoyable and exciting. You're just one Google search away.

Stephanie Nwajagu
Science Ambassador

**WISHING
EVERYONE**

**A SAFE AND
JOYFUL
SUMMER**

**KEEP UP TO DATE WITH
US OVER THE SUMMER
VIA OUR TWITTER &
INSTAGRAM PAGES:
@HFCSWALTHAM**