

# FAMILY MATTERS

HOLY FAMILY CATHOLIC SCHOOL  
NEWSLETTER



**ARE YOU  
READY FOR  
THE BIG  
HOLY FAMILY  
BAKE OFF  
CHALLENGE?!**

**SEE INSIDE FOR MORE  
DETAILS**



# HEADTEACHER'S MESSAGE

## Quotation of the week

"The greatest failing would be to not learn from the crisis and to leave the world in the same vulnerable state it was in before" Tedros Adhanom Ghebreyesus World Health Organisation (WHO) Director

Whether we leave the world in the same state as it was before is a question we can apply to many facets of our lives. Naturally there is the question of how life may be different after coronavirus (and I am confident there will be an 'after coronavirus'). Will we see the continuation of 'working from home' for some employees because it has been proven to work and because many people like the flexibility it can offer? Will we refocus on climate change and will such things as the increase in cycling that we have seen since lockdown continue into the future (and when the weather gets worse in the winter months?) Will the outpouring of love, affection and gratitude seen for NHS workers, workers in care homes and other essential public servants continue? Will there be a new found appreciation of the skills, abilities and commitment of teachers after many parents have now experienced the challenges of 'homeschooling' their

children? Will the momentum to tackle racial inequalities and discrimination in our society be sustained? Will we be a kinder, more just and equitable society in the years ahead or will we revert to past ways of living and quickly return to how things were before, the status quo ante?

Pope Francis has written of the need for "Un plan para resucitar" ("A plan for rising up again"). He compares the pandemic to the stone covering the tomb of Christ after His crucifixion and asks 'who will roll away the stone for us? He sees the present moment as a "propitious time" to be open to the Spirit, who can "inspire us with a new imagination of what is possible." He recalls that the Spirit does not allow itself "to be closed in or manipulated by fixed or outmoded methods or decadent structures" but rather moves us to "make new things." Surely this is telling us that we must use this opportunity to make life better and not simply return to the past?

# HEADTEACHER'S MESSAGE

I hope we don't return to how things were and I hope that education develops a slightly different focus - I'd like to see less emphasis on exams, more emphasis on a broader and more inclusive curriculum that meets the needs of all students and more emphasis on the development of the skills and abilities that will be needed in the years ahead for employment and for the enjoyment of lifelong learning and personal development. There is a real opportunity for all of us to make clear what kind of Britain we want to emerge from the cocoon of coronavirus lockdown.

## **Holy Family's plans to tackle racism and discrimination**

This week I want to inform you about the steps the school will be taking to engage with the agenda of anti-racism that has gained such positive momentum in the past fortnight as a result of the tragic death of George Floyd. These are matters we should all talk about with our children and it is important that we also do so in school. This is challenging at the moment since most students and staff are not in school because of the COVID19 pandemic. Teachers are very skilled at managing discussions and helping students to question what

they learn and ask the 'why' questions. Why is society like this? Why is there such a disparity in the rates of stop and search among different communities in Britain? Why are there statues of slave-owners in many of our major cities?

These are questions we would want all our young people to ask and all our young people to engage in and be part of. I attach a couple of resources you may wish to share with your children.

<https://www.bbc.co.uk/search?q=racism+and+black+lives+matter7>

<https://www.theblackcurriculum.com/>

The BBC news website articles provide an interesting range of material and the resource entitled 'the Black Curriculum' is a very good analysis of the issues around the national curriculum for History in this country.

We will be holding a staff and governor forum in the week beginning Monday 22nd June. This will begin a discussion in our school about race, education and inequality and

# HEADTEACHER'S MESSAGE

discrimination. Following this we will hold forums to include students and parents so the whole school community is involved. Issues of race and discrimination have not been tackled in this country, and other countries, for too long. We have our part to play in moving things forward and in supporting and educating all our young people to challenge racism and racist attitudes wherever they may be found.

## **Re-opening the school to more students**

Parents/carers of students in Yr 10 and Yr 12 should have received detailed information about the partial re-opening of the school for these students from Monday 15th June. All other year groups should remain at home, except for the students who are attending our key worker/vulnerable student provision each day.

As soon as we have some clarity about the situation in September regarding the school and re-opening more widely I will, of course, inform you.

As ever, do get in touch if we can help you in any way at this time and please continue to remember us in your prayers.

Dr Andy Stone

Headteacher





# HEADTEACHER'S COMMENDATION



Congratulations to all the students mentioned who are really giving all of their best in keeping up with their studies at what is a very difficult time for them with school not being open to most students.

Mrs Perera nominates the following students for their outstanding work over the past half-term: Samuel Huet 8EL, Maria Shotikare 8E, Allison Teves 8E, Sofija Gajauskaite 8I, Emilia Biedrowska 8I, Julienne Archillas 8I, Kudzaishe Mpofu 8R, Nyah Theodore 8R, Maria Fernanda Posada 8RI, Gabriella Francis 8RI and Milanne Fernando 7E.



# HEADTEACHER'S COMMENDATION



Mr Myers nominates **Chenna Diegbe-Smith** in **Year 9** for outstanding effort in English throughout the lockdown, totally committed to improving and very conscientious.

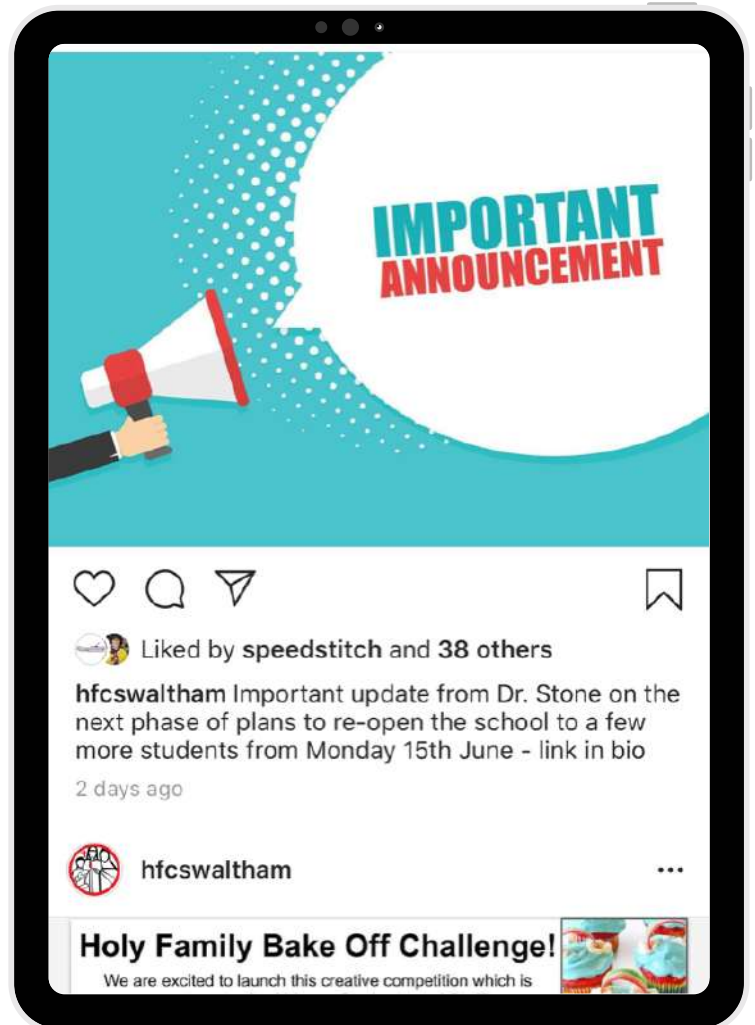
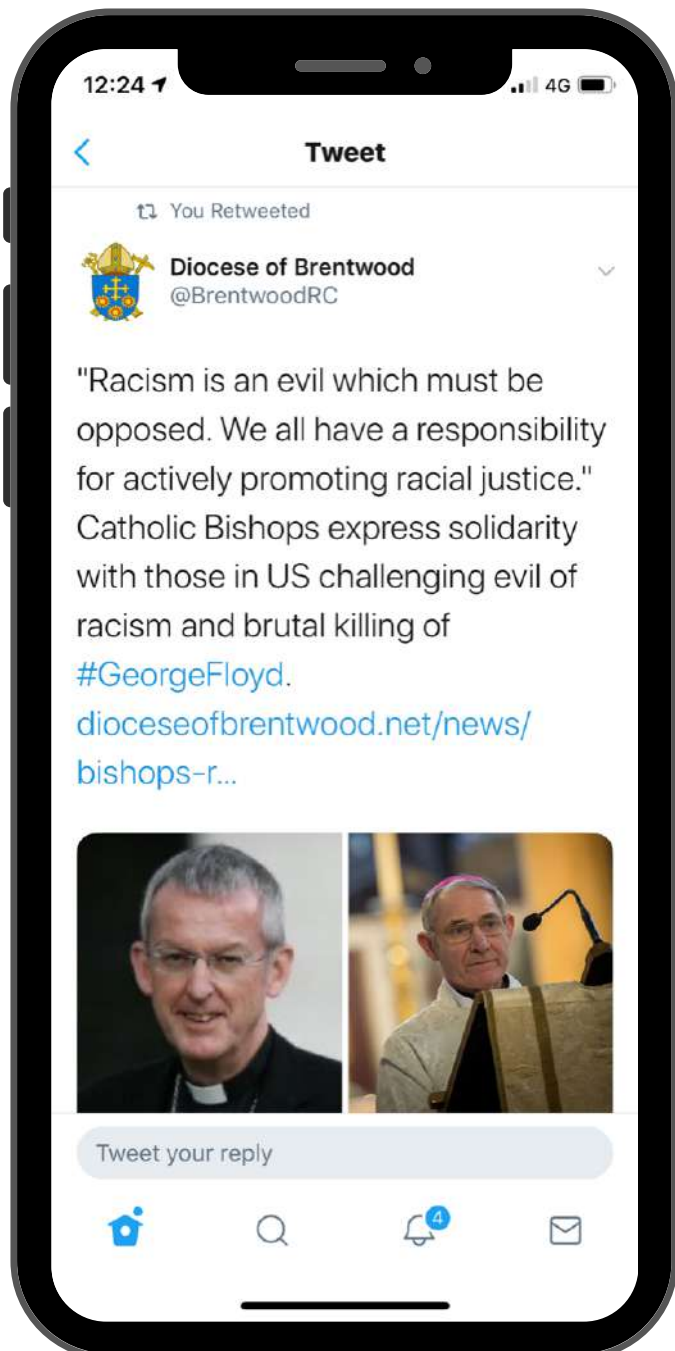
Lastly this week to **Burang Sylva** in **year 9** for very conscientious completion of additional spelling work. Burang is nominated by Mrs Heath.

Congratulations to all the students nominated this week!

# SOCIAL MEDIA CATCHUP



@hfcswaltham



@hfcswaltham

# School uniform supplier



## Good News!

Just to let you know we are open...  
for those of you **back to work** and those preparing to  
**send children back to school.**

### School Shop

Mon-Fri 9am-5pm  
Sat 10am-12pm

The school shop is **fully stocked**, we are encouraging our customers to **order online** if possible, but if you need to **visit us** please do.

We have implemented an **extended returns policy** on all purchases from 20th March with proof of purchase until 31st October. Click and collect, Returns and Fittings available during the opening times above.

### Work Shop

Mon-Fri 9am-4pm  
Sat 10am-12pm

The embroidery and print room is currently operating with **limited staff**. We are still able to fulfil your needs and are poised and **ready for your orders**.

We are here to talk if you would like to plan or **discuss** a future project, or get a current one moving forward.

**We look forward to seeing you soon.**

Please contact us on 020 8531 4800  
all new quote requests to [enquiries@speedstitch.co.uk](mailto:enquiries@speedstitch.co.uk)  
all repeat orders to [workshop@speedstitch.co.uk](mailto:workshop@speedstitch.co.uk)  
all uniform enquiries to [shop@speedstitch.co.uk](mailto:shop@speedstitch.co.uk)

Please be assured we have put into place systems in line with the governments advice with regard to managing the volume of customers, whilst also considering the wellbeing of customers, children & staff during our busy months of July/Aug/Sept



# Chaplaincy Corner

- Mrs. Grierson. Chaplain

Thursday 11 June is The Solemnity of the Body and Blood of Christ, popularly known as Corpus Christi. It is observed in England and Wales on the Thursday following the Solemnity of the Most Blessed Trinity, and Mass will be celebrated on Sunday 12 June.



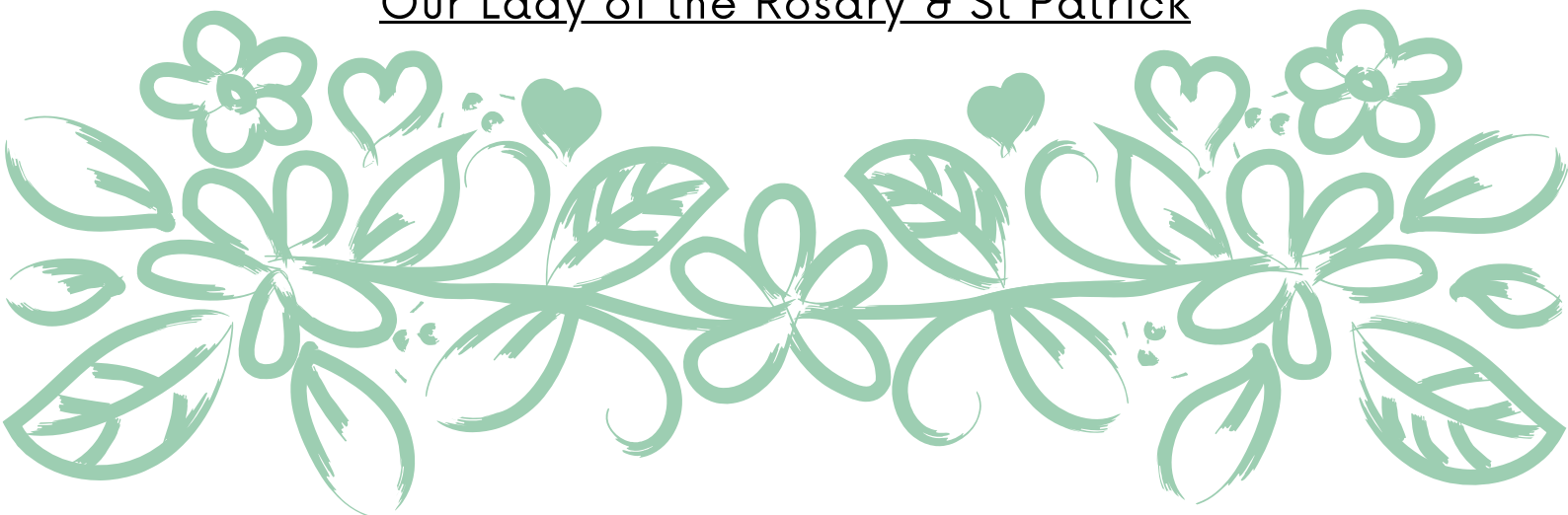
The blessing-cup, which we bless, is it not a sharing in the blood of Christ; and the loaf of bread which we break, is it not a sharing in the body of Christ? And as there is one loaf, so we, although there are many of us, are one single body, for we all share in the one loaf.

1 Corinthians 10:16-17

It has been announced this week that churches will open for private prayer from 15 June (with social distancing measures and masks) although Mass continues to be celebrated in private. Our local parishes are streaming online Mass via Youtube as follows:

Our Lady & St George

Our Lady of the Rosary & St Patrick



Liturgy Leader Guilia in year 8 shared this prayer. She writes: "I just wanted to raise awareness because I know it's been hard for everyone especially now."



## Everybody deserves a chance at happiness:

**Help strengthen students and adults that are suffering from depression and anxiety.**

**Response: Everybody deserves a chance at happiness lord**

**Help us understand what they are going through and may we be grateful for everybody that makes us happy.**

**Response: Everybody deserves a chance at happiness lord**

**Whoever is going through a dark time, may they see the light at the end of the tunnel even if it's blurry at the moment.**

**Response: Everybody deserves a chance at happiness lord**

**May we let all the monsters out and the angels in, even in the darkest moments.**

**Response: Everybody deserves a chance at happiness lord**

**May we feel your presence as life takes a turn, people start struggling and become weak.**

**Response: Everybody deserves a chance at happiness lord**

**To everybody that is suffering in silence, let them have love and strength in their hearts.**

**Response: Everybody deserves a chance at happiness lord**

**Every life is precious and beautiful, even if it's not the best and the moment, we need every heart beating together because everybody is worth it.**

**Response: Everybody deserves a chance at happiness lord**



# A POP OF

# POSITIVITY

WHAT'S BEEN YOUR SOURCE OF HAPPINESS & LAUGHTER THIS WEEK?

Chenna  
Diegbe-Smith

Videos

Sharon

Face-timing  
family and  
friends

Nnamdi  
Chinwuba

My family

Emily

Talking to my  
friends

Jessie

My best friend

Jill John

Playing in the  
park

Kirill Granics

Xbox games and  
friends

Akasma

My siblings

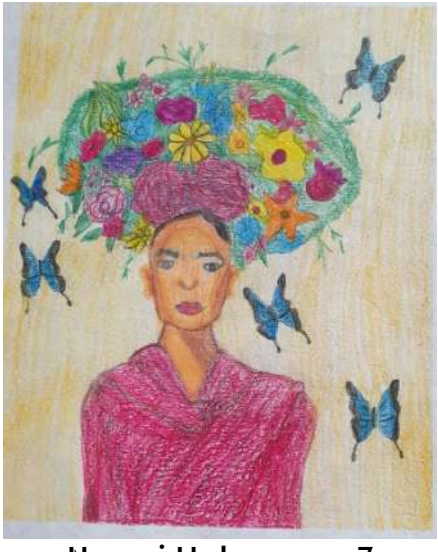
Sashelle  
Cuffie

A show I watched  
with my mum and  
dad

# ART & PHOTOGRAPHY



Jessica Emmanuel, yr7



Naomi Holness, yr7

**MEXICO!**

The neighbouring countries of USA and Canada.

Mexico is located in the continent of North America, with a population of 128,746,983. There is a wide range of languages spoken there, the top three being Spanish, Yucatec, Mayan (759,000 speakers) and Zapotec (440,960 speakers). The currency used there is the Mexican peso - a fun fact is that there are nine different types of banknotes and nine coins - that are all of different values. The president of Mexico is called Andres Manuel Lopez Obrador - he took charge of the country on December 1st 2018. The most famous food eaten in Mexico is Chilesquites - it is traditionally served for breakfast. Other famous foods are, Tortillas and Sopes.

The green color of the Mexican flag symbolizes independence, the white represents the Catholic faith, and the red represents the blood of national heroes of the country.

Mexico is famous for its variety of beaches and coastal resorts - which make Mexico stand out more compared to other countries.

Mexico is the largest silver producer in the world.

Mexico has 68 official languages.

**Interesting Facts about Mexico:**

- Chocolate originally comes from Mexico.
- The green color of the Mexican flag symbolizes independence, the white represents the Catholic faith, and the red represents the blood of national heroes of the country.
- Mexico is famous for its variety of beaches and coastal resorts - which make Mexico stand out more compared to other countries.
- Mexico is the largest silver producer in the world.
- Mexico has 68 official languages.

**Frida Kahlo**  
Illustration showing the largest average height in the world.

**Subthemes**  
man-made

Art is really like about my drawing is that I was a little bit like when I was looking at my phone screen, about I think I would improve the image of the phone itself and the light showing of the night time.

**EVENTS**

Printing Developed

Two famous movies have been made on her life.

Natalia Solarska - yr 11

gender and race. A majority of paintings were painted with oil - which is surprising because oil paints take a long time to dry. Her styles of art were: Surrealism, Cubism, symbolism, modern art and magical realism. The colours of her paintings mostly consisted of bright shades such as red, green, yellow, orange and blue. Today, her colour scheme is inspired by Frida.

I really liked researching and looking of Frida Kahlo's works because they were unique and had a distinctive style, compared to other works of artists. I noticed the painting that was inspired by her family. (My grandparents, My parents and me.) Because it showed her love for her family. Some of her famous artworks are: The two Fridas, the broken Column and the wounded deer.

She started painting after a near fatal accident.

Two famous movies have been made on her life.

Eight of the large number of self-portraits she painted featured epidemics and monkeys.

She became famous a couple of decades after her death.

Her nickname was Friducita.

**Interesting Facts about Frida Kahlo:**

- She started painting after a near fatal accident.
- Two famous movies have been made on her life.
- Eight of the large number of self-portraits she painted featured epidemics and monkeys.
- She became famous a couple of decades after her death.
- Her nickname was Friducita.

Milanne Fernando, yr7

**ROY LICHTENSTEIN**

**ARTIST'S TRANSCRIPT**

Mia Shillingford - yr 11

**DEVELOPMENT AND EMPOWERMENT OF STUDENTS**

**FRIDA KAHLO**

Thomas Ead-Mitchinson, yr7

**DEVELOPMENT AND EMPOWERMENT OF STUDENTS**

**FRIDA KAHLO**

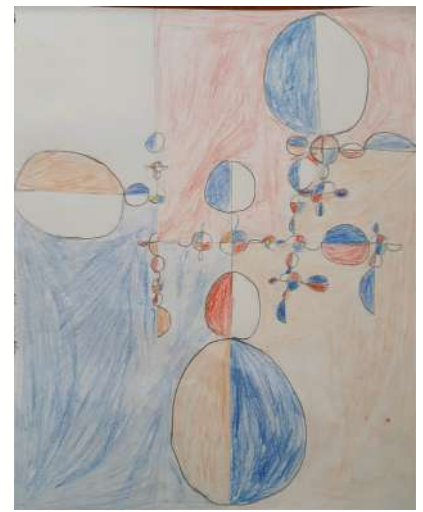
Leyla Espinosa - yr 11



Almaz Farquhar - yr 8



Malachi Cameron-Marques - yr 8



Nathan Chan - yr 8



Ted Trivuncic - yr 8



Allison Teves - yr 8



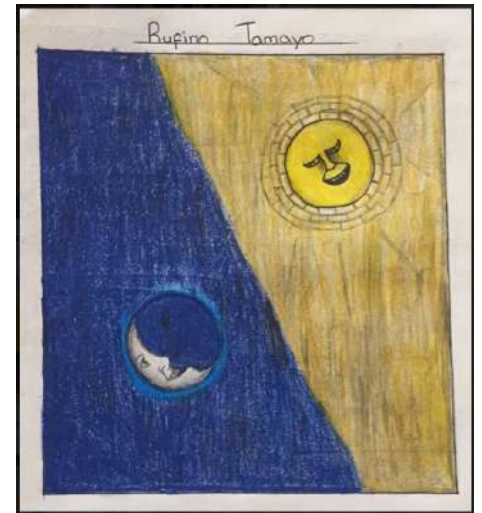
Erin Gallagher - yr 8



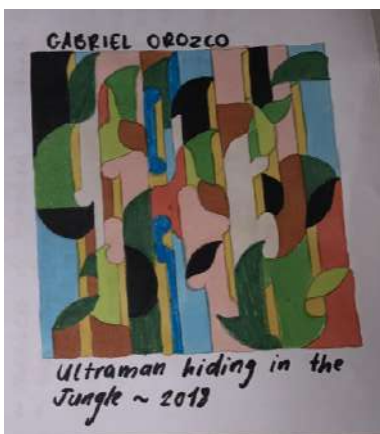
Giulia Distefano - yr8



Alisha Ibiabuo, yr7



Ulyssa Rillera - yr 8



Alicia Dehelean - yr 8

|   |   |  |
|---|---|--|
| <p><b>Facts about Mexico</b><br/> <i>The new know:</i><br/>         Mexico is located in the continent of North America. It's population is 126.2 million (quite a lot!). The current currency in Mexico is the Mexican Nuevo Peso, known colloquially as 'Peso'.<br/>         Although the Mexican government recognizes 68 national languages, and around 290 dialects of those languages. The large majority of the population is monolingual in Spanish. The current president of Mexico is Andrés Manuel López Obrador.<br/>         Some famous foods of Mexico are Tamato Bata, Chili Con Carne and Chicken Quesadillas. The neighbouring countries of Mexico are the United States to the north, Belize to the South and Guatemala also to the south.</p> | <p><b>Famous Artists of Mexico</b><br/> <i>The undiscovered art of Mexico:</i><br/>         Some well known Mexican artists include: Frida Kahlo 1907-1954, Diego Rivera 1886-1957, Carlos Albrida 1891-1984 and Gabriel Orozco 1962.</p> | <p><b>Diego Rivera</b><br/> <i>Facts about Rivera:</i><br/>         He was born into an affluent family. When he was only three years old, Diego was caught drawing on the walls in his home, and to encourage his artistic side his parents put chalkboards and canvases on the walls.<br/>         Diego Rivera's style is using pastel colors to blend everything in. His art spreads a message of tranquility.</p> |
|    |   |  |
|     |   |  |

Crystal Meloni, yr7



Gabriele Reinyte - yr 8

# PRODUCT DESIGN

## ~ FOOD



Samuel Huet 8FI



Allison Teves 8E



Maria Fernanda Posada Jaramillo 8RI



Kudzaishe Mpofu 8R



Emilia Biedrowska 8I



Gabriella Francis 8RI



Maria Shotikare 8E



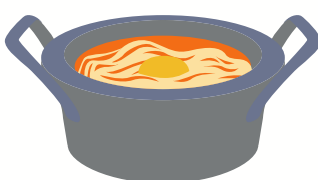
Nyah Theodore 8R



Iulienne Archillas 8I



Sofia Gaiauskaite 8I



# PRODUCT DESIGN

## ≈ FOOD



### Year 8 - Exploring Cuisines in Different Countries



#### Filipino food

Food from the Philippines are a mixture of foods that existed before but has been adapted to the Filipino way. The famous pancit was introduced by the Chinese cuisines.

There are many varieties of how certain foods made. It all depends on what you have and knowledge on the type of food you are making. A good example of this is the adobo (it is the equivalent of paella, there is chicken adobo, mostly the same thing but it is marinated) and there is also chicharon (which is fried pork skin, this is similar to the texture of a chip).



The types of food a Filipino eats varies from person to person. Usually they eat lots of healthy foods such as fish and vegetables. Adobo is a good and healthy fish and vegetable dish to eat when it is not many things go to the meat and fish for their food. You could say that their diet is balanced as they eat a bit of bread, fruits or other foods that could be eaten for a really low price (mostly because many Filipinos do not have the luxury to have a normal established home).

#### What is frequently used? (ingredients)

Many Filipinos use different ingredients for the same dishes, some ingredients though are probably used a lot. Coconut is frequently used for adding flavor to certain foods, vinegar and soy sauce are used for meat or for flavour. More fish, low leaves are used for a popular dish called adobo, which is a meaty dish. It is also used for this and Filipino people and there are many more.



#### Traditional cooking methods and tools

Their cooking methods are pretty much the same as the rest of the world. They use cooking trays, grilling, roasting, frying, boiling, steaming, baking, and so on. Additionally, using their techniques to get you to be able to make it.

#### Types of Pasta

Proportion what the ingredients that they present their food makes the best for the plate. For example, in a salad you should use a lot of vegetables that are so much like and use a lot of pasta. On other occasions, they arrange the food in a very artistic and elegant manner. Depending on the food they have, some use a garnish above, the left side is empty and has a lot of food packed into it. On the other hand, the bottom on the right hand side and it looks like a bowl and really enjoy for a lot of people.

#### My final dish

Me and my family decided to make a balanced dish which consisted of soy sauce marinated fish with sweet potatoes and some vegetables.

#### Traditional dishes of Russia!

1. **Borscht**: A hearty soup made with beets, cabbage, and meat. It is often served with sour cream and dill.

2. **Blini**: Small, thin pancakes made from buckwheat or rye flour. They are often served with caviar, sour cream, and various toppings.

3. **Pelmeni**: Small dumplings filled with meat and vegetables, served with a tangy sauce.

4. **Shurpa**: A traditional meat soup with vegetables and noodles, often served with a dollop of sour cream.

5. **Salads**: Various cold salads, such as Olivier salad (a mix of vegetables, meat, and hard-boiled eggs) and green salad with vinaigrette.

6. **Bread**: Large, soft loaves of bread, often served with butter and jam.

7. **Drinks**: Traditional Russian drinks include kvass (a fermented bread drink), beer, and vodka.

#### History of cuisine

Japan is a cuisine in a large part of the culture and a part of Japanese people's life. In the past, Japan used to have a diet that was a mixture of rice, fish, and vegetables. The Japanese people had no choice but to eat what they had, and this led to the development of a cuisine that was based on rice, fish, and vegetables. The Japanese people used to eat what they had, and this led to the development of a cuisine that was based on rice, fish, and vegetables.

#### Festival dishes

Japan is a country with many festivals and traditional dishes. Some of the most famous festival dishes are tempura, sushi, and ramen. These dishes are often eaten during festivals and are a part of the Japanese culture.

#### Traditional cooking

Some of Japan's main ingredients are rice, fish, and vegetables. These ingredients are used in a variety of traditional dishes, such as sushi, tempura, and ramen. The traditional cooking methods in Japan are often based on these ingredients.

### Year 8 - Exploring Cuisines in Different Countries

#### History of the Mexican cuisine

The history of authentic Mexican food can date back to the Mayan Indians. These were traditionally made by farmers and gardeners from tortillas and bean paste were a common food item. They also ate fish, wild game, tropical fruits and fish. Fish has been around since the Aztec era. Fishes, the Spanish word for sauce, is a mixture and sometimes paired with chicken, smooth, or deep-fried. Large red tomatoes, tomatoes, cilantro, or a slice of the Aztec diet and the second one found in the modern world. Chocolate came from Aztecs and was brought to Europe in 1607 by the country's explorers.

#### History

Mexican traditional food is based on corn, beans, and chili peppers. These ingredients are used in a variety of traditional dishes, such as tacos, burritos, and enchiladas. The traditional cooking methods in Mexico are often based on these ingredients.

#### Diet

The Mexican diet is based on corn, beans, and chili peppers. These ingredients are used in a variety of traditional dishes, such as tacos, burritos, and enchiladas. The traditional cooking methods in Mexico are often based on these ingredients.

#### Traditional dishes

Some of Mexico's main ingredients are corn, beans, and chili peppers. These ingredients are used in a variety of traditional dishes, such as tacos, burritos, and enchiladas. The traditional cooking methods in Mexico are often based on these ingredients.

#### History of the Moroccan cuisine

The history of authentic Moroccan food can date back to the Berber people. These were traditionally made by farmers and gardeners from bread and meat were a common food item. They also ate fish, wild game, and vegetables. The Moroccan people used to eat what they had, and this led to the development of a cuisine that was based on bread, meat, and vegetables.

#### Traditional dishes

Some of Morocco's main ingredients are bread, meat, and vegetables. These ingredients are used in a variety of traditional dishes, such as tagines, couscous, and kebabs. The traditional cooking methods in Morocco are often based on these ingredients.

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#### Common Foods: ingredients

The common ingredients in Moroccan cuisine are bread, meat, and vegetables. These ingredients are used in a variety of traditional dishes, such as tagines, couscous, and kebabs. The traditional cooking methods in Morocco are often based on these ingredients.

#### Morocco's history of cuisine

Morocco's history of cuisine is a mix of different cultures and traditions. The Moroccan people used to eat what they had, and this led to the development of a cuisine that was based on bread, meat, and vegetables. The Moroccan people used to eat what they had, and this led to the development of a cuisine that was based on bread, meat, and vegetables.

#### Customs and Festivals in Morocco

Morocco has a rich cultural heritage with many traditional customs and festivals. These include the Festival of the Sun, the Festival of the Moon, and the Festival of the Stars. These festivals are often celebrated with music, dance, and food.

#### Traditional dishes

Some more traditional Moroccan dishes are tagines, couscous, and kebabs. These dishes are often eaten during festivals and are a part of the Moroccan culture.



#### The history of Indian cuisine

Indian cuisine reflects an 8,000-year history of various groups and cultures interacting with the Indian subcontinent, leading to diversity of flavors and regional cuisines found in modern-day India. Later, trade with British and Portuguese influence added to the already diverse Indian cuisine.

#### Traditional eating pattern in India

The Indian diet is rich in various foods like grains, lentils, healthy fats, vegetables, dairy and fruits. The diets of most Indian people are heavily influenced by religion, particularly vegetarianism.

#### Traditional cooking methods, equipment and presentation

Traditionally, in India, they eat their food with their hands. Traditional cooking equipment are a lot of a pressure cooker, steel, iron, grinders and cookers. They present Indian food in small bowls and big platters. Traditionally eat all up to this day, Indians eat with their fingers.

#### Traditional Food and Drink in Lithuania

Lithuanian soup (šaltibarščiai) is a popular summer soup which is recognizable by its bright pink color. It is made using beets, hard-boiled eggs, green cucumbers, green onions and other ingredients. It is often served with sour cream and dill.

#### Traditional Food and Drink in Lithuania

Another popular Lithuanian dish is šaltibarščiai, a cold soup made with beets, hard-boiled eggs, green cucumbers, green onions and other ingredients. It is often served with sour cream and dill.

#### Poland

Poland is located in north-central Europe with an area of 312,679 km². Its capital is Warsaw. Poland borders Germany, Czech Republic, Slovakia, Belarus, Lithuania, Hungary, and Ukraine. The climate is mostly continental with a mix of maritime and continental influences.

#### Brief history of Poland and Polish Cuisine

Poland has a rich history and a diverse cuisine. The Polish people used to eat what they had, and this led to the development of a cuisine that was based on bread, meat, and vegetables. The Polish people used to eat what they had, and this led to the development of a cuisine that was based on bread, meat, and vegetables.

#### Eating habits, patterns and diet

The diet in Poland is healthy, with a mix of grains, vegetables, and meat. The Polish people used to eat what they had, and this led to the development of a cuisine that was based on bread, meat, and vegetables. The Polish people used to eat what they had, and this led to the development of a cuisine that was based on bread, meat, and vegetables.



# PRODUCT DESIGN ~ TEXTILES & FOOD

WE LOVE WHEN STUDENTS USE  
SKILLS FROM DIFFERENT SUBJECTS TO  
CREATE OUTSTANDING WORK AS  
MILANNE 7E HAS DONE BELOW

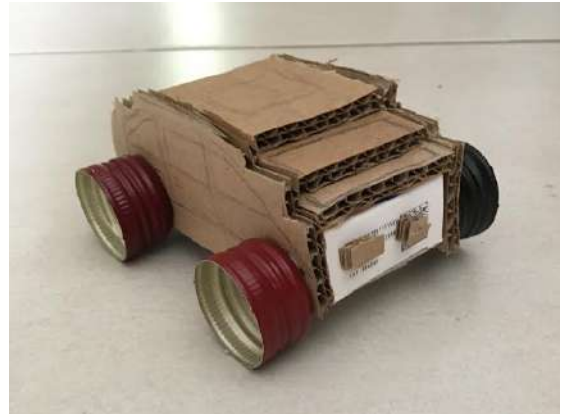




# PRODUCT DESIGN



Claudia Misiewicz



Joseph Brunton



Sam Mee



Kwasi Bimpong



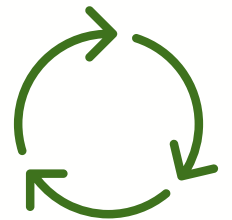
Imoleayo Oniye



Blen Menggste



Tiara Davis



Gabriela Reinyte



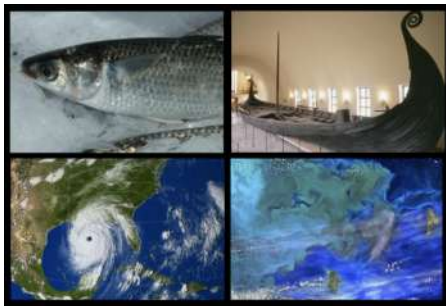
Eliel Okyere Adjei



Aleesha Loates

# GEOGRAPHY

Sixth form Geography students went on a Virtual Field Trip this week and we have the selfies to prove it!



### A Physicist's Guide to living on Planet Earth

Helen Czerski  
@helenczerski

UCL ENGINEERING  
Change the world



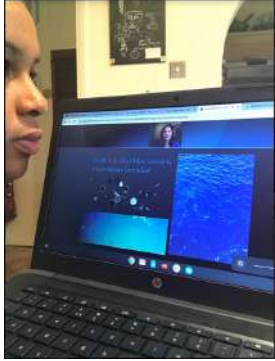
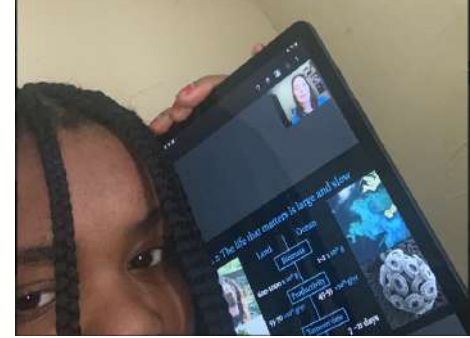
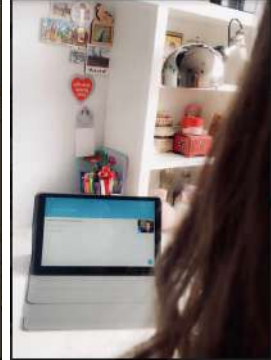
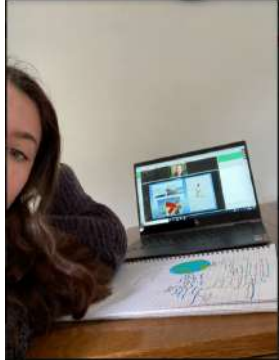
Dr Helen Czerski  
The James Sabben-Clare Lecture

World Oceans Day  
Monday 8<sup>th</sup> June 2020

Welcome to the PTI Annual Lecture.  
We will be starting at 14:00

### Myth 2: The life that matters is large and slow

| Land  | Ocean                        |
|---|------------------------------|
|   |                              |
| <b>Biomass</b><br>600-1000 x 10 <sup>15</sup> g     | 1-2 x 10 <sup>16</sup> g     |
| <b>Productivity</b><br>55-70 x 10 <sup>9</sup> g/yr | 45-55 x 10 <sup>9</sup> g/yr |
| <b>Turnover time</b><br>9-20 years                  | 7-21 days                    |



## Agility Ladder Training

Agility ladder training is great for improving your speed, agility & quickness, as well as getting your heart pumping. It also helps to strengthen your joints, tendons, and ligaments and improves balance and coordination

You don't need to own an agility ladder for these drills, you can make one.

If you are going to be working out on a flat surface such as a drive or tiled floor, you could use masking tape or chalk. If working out on the grass you could use string.

For a portable ladder, you could make one using duct tape & flat paint stirrers. The paint stirrers (to make the rungs) would need to be at least 30cm long (ideally 50 cm if you can get them) & you would need at least 10 of them. (You can buy them on Amazon or EBay as well as DIY stores). (Rungs could also be made out of a large cardboard box).

**How to make an agility ladder** - Place two strips of duct-tape on the ground, sticky-side up. Each strip should be 15 feet long and spaced one paint-stick apart (centre to centre). You can stick the ends of the tape to the ground to hold them in place.

Start at one end and lay your paint sticks down on the duct tape. The ends of the paint sticks should touch at about the middle of the tape.

Fold over the tape edges. And... you're done! You can fold up the ladder to take it with you, then lay it out on the drive, pavement or grass to do your drills

Most agility ladders are about 15 feet long with about 15 inches between each rung.

Another option if you are handy with a sewing machine is to make one with nylon webbing (available cheaply online)



### Agility Drills

- As you do each repetition, view the ladder in thirds. Switch gears each third. This means going slow enough in the first third to create a perfect rhythm and motion. In the second third, you should accelerate the perfect motion from the first. The final third is where you aim to reach top speed.

Here are a few simple ladder drills. Get used to the drills first & then use them as a high intensity training workout:-

Perform each drill through 4 times ie execute the movement down the ladder & jog back to the start= 1 repetition, before moving on to the next drill. Once you have worked through all 11 drills, take a short break to catch your breath & then repeat.

#### Drill 1 - One Foot Runs

Alternately place one foot in each rung and concentrate on maintaining an upright posture.

#### Drill 2 - Two Foot Runs

This is the same as Drill 1, but this time, both feet must land in each square. The motion is shorter and faster than in the first drill. Make sure to perform equal repetitions leading with your right and left foot.

#### Drill 3 - Jumping Jack Feet

Start with both feet inside the first rung. You then jump forward and land with a foot on either side of the second rung. This pattern is repeated along the length of the ladder. Concentrate on maintaining a low centre of gravity, especially as the speed of the jumps increase.

#### Drill 4 - Backward Hop Scotch

This drill is performed exactly the same as Drill 3, but in reverse. Balance and rhythm are key to success on this move.

#### Drill 5 - Lateral Run

In this drill, you start facing side-on with both feet in the first ladder rung. Both feet land in each square before moving on to the next square. As with all lateral drills, be sure to give equal attention to moving to your right and left.

#### Drill 6 - Quick Rabbit Hops (2 footed jumps)

Here you will hop into each ladder rung with both feet together. The emphasis here is on quickness off the ground rather than height.

#### Drill 7 - High Rabbit Hops (2 footed jumps)

This drill is performed exactly the same as Drill 6, but with high knees. Remember to bend the knees on landing in order to absorb shock & use arms to elevate

#### Drill 8 - Forward shuffle

Stand on the left side of ladder, facing down its length. Step in to the 1st square with your right foot, then your left foot. Then out with your right foot (don't put your left foot down yet!). Step in to 2nd square with your left foot, then right foot, then out with your left. This drill is easier if you call out as you go – in-in-out, in-in-out, & so on.

#### Drill 9 - Backward shuffle

This drill is performed exactly the same as Drill 8, but in reverse.

Tip – angle your hips so your lead side is always slightly farther along the ladder – the hip-turn opens up the spaces to you as you go

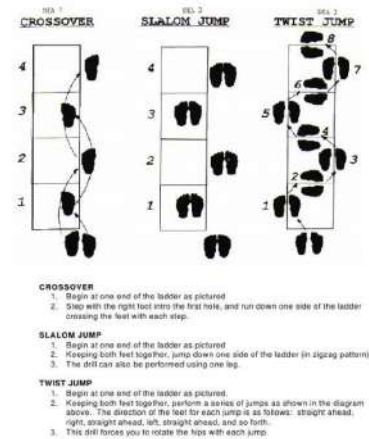
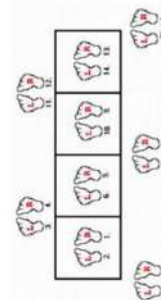
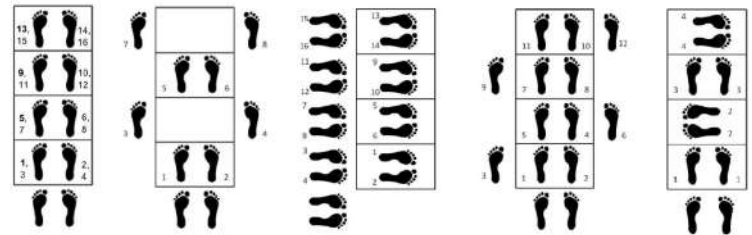
#### Drill 10 - Single Foot hops

Right foot hops through each rung & then repeat with the left foot

#### Drill 11 - Crossovers

Stand on the left side of ladder, facing down its length. Cross your left foot over right & in to the square. Then out with your right foot, followed by your left. Then cross your right foot over left & in to the next square, before exiting with your left foot followed by right. Continue this pattern through to the end of the ladder.

Once you have mastered the simple drills above, you could try some of the combinations in the diagrams below or make up your own.



Also check out Sasha Corbin's 'Quick feet, ladders & skipping' on You Tube for more ideas & inspiration

Have fun!!



INTRODUCING  
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[here](#)

Join 10 minutes  
before the VTALK  
to be ready

You can join  
without needing  
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These talks are  
available for  
free to all year  
groups



### BARONESS LOLA YOUNG

Independent Life Peer & Consultant

- **DATE:** Monday 15th June, 10am
- **AGE GROUP:** KS3 / S1-3
- [WATCH LIVE TALK HERE](#)

Baroness Lola Young is joining SFS to share her life lessons and advice with a KS3/S1-3 audience and to discuss the importance of the arts in society.



### JULIAN BAGGINI

Editor-in-Chief, The Philosophers' Magazine

- **DATE:** Monday 15th June, 2pm
- **AGE GROUP:** KS5 / S5-6
- [WATCH LIVE TALK HERE](#)

Join Julian Baggini, Editor-in-Chief, The Philosophers' Magazine to explore the philosophy of personal identity – what makes us who we are. This VTalk would suit KS5/ S5-6 students and students who are interested in Philosophy.



### DAN SNOW

Historian and Broadcaster

- **DATE:** Tuesday 16th June, 10am
- **AGE GROUP:** KS3-5 / S1-6
- [WATCH LIVE TALK HERE](#)

**Why History matters?** Join us as historian, author and broadcaster Dan Snow discusses the importance of studying history and the lessons you can learn.



### DEAN BESWICK

Film and animation company founder, Gorilla Gorilla!

- **DATE:** Wednesday 17th June, 2pm
- **AGE GROUP:** KS3/ S1-3
- [WATCH LIVE TALK HERE](#)

Film and animation company founder Dean Beswick is joining us for this virtual talk to discuss his career as a producer and commercial filmmaker, sharing his top 3 life lessons to help you prepare for your future.

### MOHSIN ZAIDI & JESSICA KELLGREN-FOZARD - IN PARTNERSHIP WITH PENGUIN TALKS

How to embrace your Intersectionality

- **DATE:** Thursday 18th June, 2pm
- **AGE GROUP:** KS4-5/S5-6
- [WATCH LIVE TALK HERE](#)

### CHARLOTTE STACEY

Head of UK Apprenticeships Programme, BP

- **DATE:** Friday 19th June, 10am
- **AGE GROUP:** KS4-5/ S4-6
- [WATCH LIVE TALK HERE](#)

Interested in learning about apprenticeships? Join us as Charlotte Stacey, Head of UK Apprenticeships Programme with BP discusses the practicalities of apprenticeships, how they're structured, the benefits of completing an apprenticeship and the opportunities that exist at BP.

# Virtual work experience

Click below to find out more or email Mr Fidegnon  
[j.fidegnonedoh@holyfamily.waltham.sch.uk](mailto:j.fidegnonedoh@holyfamily.waltham.sch.uk)



## THE EXPERIENCE PROGRAMME

Our mission is to give all young people access to the top. By connecting our national network of schools with industry leading employers, we open young people's eyes to the possibilities ahead of them.

Our programme is run through a simple, safe-guarded portal, giving students access to opportunities, schools an easy way to manage their work experience and employers the chance to diversify their early talent pipelines and meet their social mobility goals. Sign up today.

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## OUR IMPACT



2500+

2500+ students have taken part in placements with us since the Experience programme launched and our work is growing every year



140+

We work with employers from across industries and sectors to give students access to opportunities they wouldn't otherwise be able to access



95%

of students felt they were better prepared for work after completing work experience placements or attending insight days through us



90%

of employers say we've helped them to reach students who lack access to their industry and who they wouldn't have been able to reach otherwise

Join "My Week of Work" where School pupils will still be able to gain insight into the world of work despite the lockdown.

**BAE SYSTEMS**

**Balfour Beatty**

**BBC**

**BDO**



**BENTLEY**

**NHS**

**Berkshire Healthcare**  
NHS Foundation Trust

**evans**  
CLARKSONEVANS.CO.UK



**ADDLESHAW GODDARD**

Content aimed at preparing young people for the world of work. Choose from five key economic sectors in which to gain insight.

**Drive Works**



**EDF**

**MAYOR OF LONDON**  
GOV

**NHS**  
Gloucestershire Hospitals  
NHS Foundation Trust



Hear from employers, learn about the businesses and complete virtual work tasks.

**JPMORGAN CHASE & CO.**



**KPMG**

The content has been developed in partnership with employers, school leaders and careers education experts. Click this page to learn more.

**Mattioli Woods plc**

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CONSTRUCTION

**TRANSPORT FOR LONDON**

**thrive**

**Travis Perkins**  
Official Timber & Builders Merchant

# SIXTH FORM

Please inform Mrs Warwick if you book any sessions, so we can credit you, and contact her if you have difficulty booking  
**mrs.warwick@holycatholicsschool.co.uk**

| Opportunity   | Details  | Website/more details   |
|---|--|--|
| Studying Abroad - virtual international university fair -USA, Canada, Europe unis         | June 18 4pm-7.00pm<br>For students and parents | register through<br>theuniversityguys.com  |
| webinar starting your uni application- stress free Westminster Uni                        | 16 June- 11.30-12.30                           | register through StartingyourUCASapplication:<br><a href="http://www.westminster.ac.uk">http://www.westminster.ac.uk</a> |
| Digital Work Experience- Tata Consultancy Services 5 day digital programme                | from 18 July                                   | Register from email  |
| Scholarships for prospective law students £2 million available across the fund            | ongoing  | scholarships@law.ac.uk   |
| Digital Engineering, History, Politics And International Relations - Leicester University | <b>16 June</b>                                 | to register<br><a href="https://myleicester.le.ac.uk/form">https://myleicester.le.ac.uk/form</a><br>Asap                 |

|  |                   |   |
|--|-------------------|---|
| Digital Biological and Natural Sciences, Chemistry. Business, Economics and Accounting taster day        | Wednesday 17 June | as above  |
| Women in Economics- girls only do not have to be studying economics but interested. Cambridge University | 27 August         | registration<br><a href="https://Cambridge.eu.quatrics.com/Jeff/form/SV8ALYrHBH4KkR5Ln">https://Cambridge.eu.quatrics.com/Jeff/form/SV8ALYrHBH4KkR5Ln</a> |
| Studying Art and Design UK university and apprenticeship search University of the creative arts          | 8 July 12.00 noon | register from email   |

|   |                   |                                  |
|---|-------------------|----------------------------------|
| introducing Chemistry - including courses, careers and application tips   | June 16 - 3.00pm  | webinar registration- from email |
| information on Social science- policing, geography criminology, psychology, and sociology at uni uni taster days, and university of Gloucestershire | June 16 at 9.30am | register from email              |
| an introduction to sport courses, application tips and careers  | June 23 at 9.30am | register from email              |



# MATHS CORNER

## LAST WEEK'S MATHS CHALLENGE

|   |   |   |     |
|---|---|---|-----|
| 2 | 5 | 7 | 70  |
| 4 | 8 | 1 | 32  |
| 9 | 3 | 6 | 162 |

72 120 42

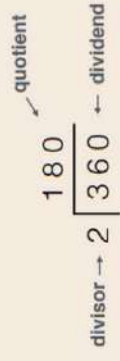
Fill the spaces with the numbers 1,2,3,4,5,6,7,8,9 so that the product of the three numbers in a row or column matches the number at the end of that row or column.

## Maths Vocabulary

**dividere** v. to divide, distribute (Latin)

**dividend** n.

- 1. In finance, a share or profits that is paid by a company to its shareholders or owners.
- 2. A number that is to be divided by another.



**divide** v.

- 1. To split something into two or more parts.
- 2. In arithmetic, to calculate the number by which you must multiply a given number to produce a second given number.

**divisor** n.

- 1. A number or expression that another is to be divided by.

## MATHS QUOTES

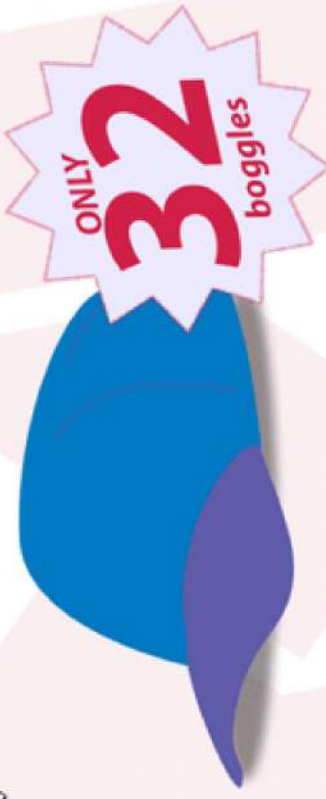
The book of nature is written in the language of Mathematics.

Galileo

## This week's challenge



#MathsQuickie



In the country of Parallelistan they use a non-decimal currency. An Aggle is worth 14 Boggles. A Boggle is worth 5 Chuggles. A Chuggle is worth 3 Diggles.

I have 2 Aggles, 4 Boggles, 15 Chuggles and a Diggle. Can I afford this hat?

Email Ms. Asante if you have any questions.

@NRICH



# Holy Family Bake Off Challenge!

We are excited to launch this creative competition which is open to enter for ALL our Students and Staff!

## The Challenge...

Grab your apron, put your creative hat on and BAKE!

**Design and make a rainbow themed cake OR bread loaf OR biscuits/cookies!**

Let us come together through the art of cooking!  
Get your family involved.

**Top Tips-** Consider natural methods of food colouring!  
Research recipes and creative ideas!

🌈 Be bold! Be original! 🌈

## The Prize...

🌟🏆 Star Baker Trophy for the Winner! 🏆🌟

## How to enter the competition?

Send a photograph of your finished product via email to [ms.salahi@holyfamilycatholicschool.co.uk](mailto:ms.salahi@holyfamilycatholicschool.co.uk) by the deadline

**Friday 26th June 2020!**

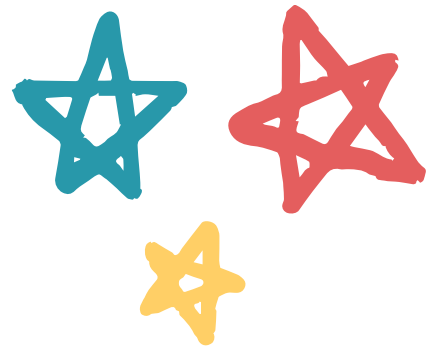
Please photograph your product well. Take a range of photos, slicing the product to showcase the inside and consider taking photos of the different stages of making!



# YEAR 9

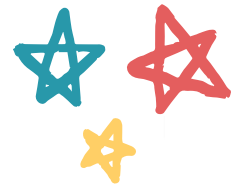
## 9AN

- Omaru King – Working really hard in English- keep it up!
- Janell Dowe - For working hard in English- keep it up!
- Redate Deneke - For working hard in English- keep it up!
- Emmanuel Oppong Kyere- For working hard in English- keep it up!
- King-David Boachie - Excellent work and engagement in Performing Arts
- Boaz Farquhar- Great Frantic Assembly inspired virtual performance
- Boaz Farquhar - Smashing completion of learning for RE.
- King David Boachie - Excellent piece of writing.
- Neo - Excellent work in French.
- Rimilekun Reyfoot - Outstanding effort and participation in English session. Well done!
- Boaz Farquhar - Excellent answer in most recent Geography exam question, scoring 8/9!



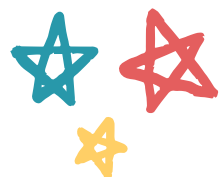
## 9A

- Joshua Onunkwo - Well done for completing and passing the Food Standards Agency; Food Allergy online training course! Congratulations on receiving your certificate! Proud of you!
- Conor Dalladay - Excellent completion rates of English work and great creative writing ideas!
- Joshua Onunkwo - Excellent completion rates and communication skills for English
- Hawa Gray - Consistently great quality English work
- Maria Gomes- Great Effort & Creative ideas in English



## 9E

- Tara Harker - Excellent piece of writing in French and catching up on the tasks set
- Quintin Ata-Gyamfi - Well done for completing and passing the Food Standards Agency; Food Allergy online training course! Congratulations on receiving your certificate! Proud of you!
- Burang Sylva - Well done for completing and passing the Food Standards Agency; Food Allergy online training course! Congratulations on receiving your certificate! Proud of you!
- Jessica Blankson - Well done for completing and passing the Food Standards Agency; Food Allergy online training course! Congratulations on receiving your certificate! Proud of you!
- Tara Harker - Winning the 'Geographer of the Week' title for excellent effort and high quality work!
- Harry Zheng - Top English work, very impressive.
- Kareem Clarke - Well done for completing and passing the Food Standards Agency; Food Allergy online training course! Congratulations on receiving your certificate! Proud of you!
- Tara Harker - Consistent high effort levels in Geography, most recently in improving work after feedback!
- Tara Harker - For sending me a fantastic story written during the lockdown- thank you!
- Quintin Ata-Gyamfi - For working really hard in English- keep it up!
- Yingman Huang - For working hard in English- keep it up!



# YEAR 9

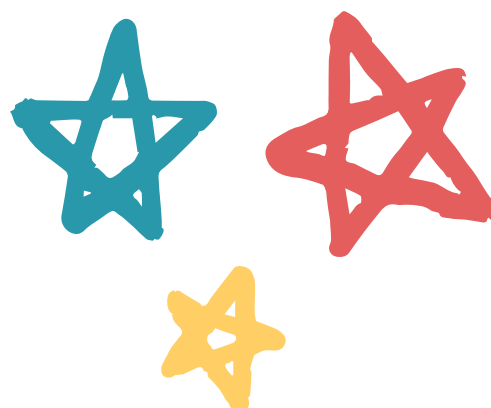
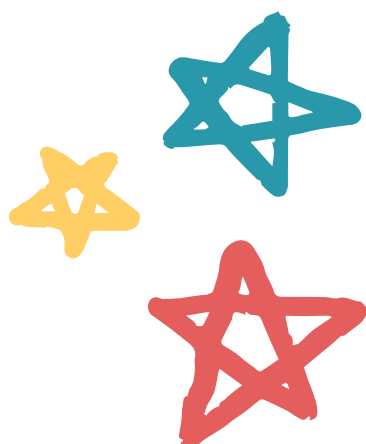
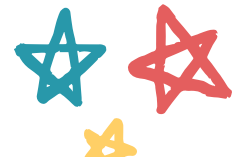


9F

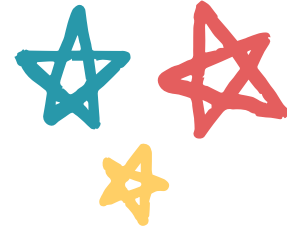
- Anna Sytniewska - Excellent piece of writing in French.
- Elisjana Puci Di-Domenica - Well done for completing and passing the Food Standards Agency; Food Allergy online training course! Congratulations on receiving your certificate! Proud of you!
- Jonathan Wabasolele - Winning the 'Geographer of the Week' title for excellent effort and high quality work!
- Ashwin Cherian - Consistently producing high quality Geography work, scoring very high marks!
- Jonathan Wabasolele - Maintaining high standards in Geography and scoring full marks in most recent assignment.
- Elisjana Puci-Di Domenica - Excellent English work
- Emilia Watson - Well done for completing and passing the Food Standards Agency; Food Allergy online training course! Congratulations on receiving your certificate! Proud of you!

9I

- Chenna Diegbe- Smith Attending all my year 9 online geography lessons (despite me not being his regular geography teacher) and for consistently outstanding effort. Well done!
- Khalil Smith- Great Frantic Assembly inspired virtual performance
- Khalil Smith - Thanks for attending the Stranger Things script reading session this week.
- Caroline Jonkute - Well done for completing and passing the Food Standards Agency; Food Allergy online training course! Congratulations on receiving your certificate! Proud of you!
- Chloe Okyere-Nyarko - Well done for completing and passing the Food Standards Agency; Food Allergy online training course! Congratulations on receiving your certificate! Proud of you!
- Elizabeth Asolo - Well done for completing and passing the Food Standards Agency; Food Allergy online training course! Congratulations on receiving your certificate! Proud of you!
- Chenna Diegbe Smith – Excellent English work
- Precious Ofori - Terrific English work
- Faith Owusu - Excellent English research
- Arnas Jankauskas - 100% attendance and completion of work this half term in English.



# YEAR 9

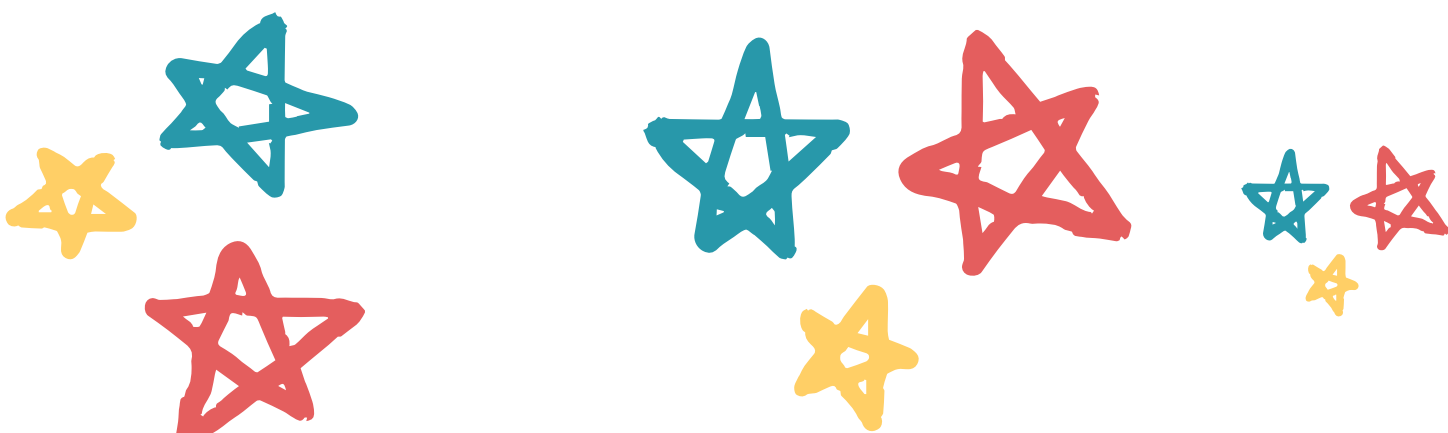
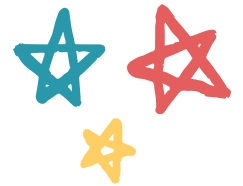


## 9PH

- Mary Isichei - Great Frantic Assembly inspired virtual performance
- Miracle Mulamba - For continuing to take your Spanish studies seriously. Well done for keeping up with the work!
- Miracle Mulamba - Well done for completing and passing the Food Standards Agency; Food Allergy online training course! Congratulations on receiving your certificate! Proud of you!
- Luca Da Conceicao - Excellent effort in Geography, going back over his work following feedback to improve.
- Mary Letitia Isichei - Excellent answer in most recent Geography assignment, scoring 8/9!
- Stephanie Nwajagu - Well done for completing and passing the Food Standards Agency; Food Allergy online training course! Congratulations on receiving your certificate! Proud of you.
- Silvio Yanev - Excellent work and engagement in Performing Arts.

## 9R

- Mathuyan Yogathasan - Getting the riddle right in form class
  - Ashlee Mie Yap- For getting the riddle right during from time
  - Demi Reeve - For working hard in English- keep it up!
  - Aiesha O'Garro - For guessing Mr Singh's age (25) on year 9 google from time class
  - Tingu Aling - Consistently excellent work in English
  - Noah Bruce - A much improved effort in English
  - Exaucee Mulamba - Excellent work and engagement in Performing Arts
  - Ashlee Mie Yap - Excellent work and engagement in Performing Arts
  - Aiesha O'Garro - Aiesha has submitted extremely good home learning. Proud of her
- 
- Aiesha O'garro Well done for completing and passing the Food Standards Agency; Food Allergy online training course! Congratulations on receiving your certificate! Proud of you!
  - Noah Bruce - Well done for completing and passing the Food Standards Agency; Food Allergy online training course! Congratulations on receiving your certificate! Proud of you!
  - Abigail Kangethe - Well done for completing and passing the Food Standards Agency; Food Allergy online training course! Congratulations on receiving your certificate! Proud of you!
  - Precious Asiedu - Well done for completing and passing the Food Standards Agency; Food Allergy online training course! Congratulations on receiving your certificate! Proud of you!
  - Aiesha O'Garro - Excellent Powerpoint presentation (Life Skills Classroom)
  - Noah Bruce - Completed the grid on the seven sacraments perfectly
  - Tatiana Serwaa Boateng - Well done for completing and passing the Food Standards Agency; Food Allergy online training course! Congratulations on receiving your certificate! Proud of you!
  - Lilianna Gardzielewska- For being responsible and continuing to excel in your Spanish work. I love your winning attitude!
  - Mathuyan Yogathasan - Consistent and reliable engagement in Geography, putting lots of effort in at all times



# 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 Aimie & Mr Sayer

### Literacy Stars

Dylan Baker  
Imoleayo Oniye  
Ernest Toreros

### English Stars

**Damareo Blake**  
Excellent English work. You keep impressing me each week.

**Denny Chingoka-Zhou**  
For your resilience in completing English work. Keep it up!

**Tiara Davies**  
Excellent English work. Keep it up Tiara!

### English Stars

**Tahalia Miller**  
Excellent engagement and high quality work.  
**Kamil Nagorny**  
For excelling at English and impressing me each week with your work.  
**Gabriele Reinyte**  
For your amazing effort each week. You always impress me with your work. Keep it up!

### English Stars

**Perry Kwarteng**  
Fabulous English work week 5 & 6!  
**Maame Asante**  
Great English work week 5!  
**Patrick McCormack**  
Great English work week 5!  
**Aleesha Loates**  
Great English work week 4&5

### Geography Stars

**Allison Teves**  
Consistently fantastic Geography projects.

**Damien Callus**  
Lovely hand drawn illustrations in his geography project.

### Geography Stars

**Patrick McCormack**  
Hard work in Geography, earning the 'Geographer of the Week' title - well done!

**Deborah Gyimah**  
Hard work in Geography, earning the 'Geographer of the Week' title - well done!

**Joseph Brunton**  
Hard work in Geography, earning the 'Geographer of the Week' title - well done!

### Spanish Stars

**Tahalia Miller**  
For making an excellent effort in her Spanish work and showing maturity and responsibility in her studies.

**Kamil Nagorny**  
For a continued commitment and excelling in his Spanish work.

**Ryan Laba**  
For making a good effort in his Spanish work

### English Stars

**Jake Bowden**  
Brilliant English work week 6!

**Sianna Xavier-Cruickshank**  
Brilliant English work week 6!

**Stacy D'Souza**  
Consistently brilliant work in English!

### Spanish Stars

**Neriah-Jane Orafu**  
For a fantastic attitude to her studies in Spanish, showing responsibility and commitment.

**Gabriele Reinyte**  
For her hard work and excellent skills in Spanish! You're doing great!

**Tania Rodriguez Benavides**  
For her continued effort and commitment in Spanish. Well done!

### Music Stars

**Kudzaishe Mpofo**  
For writing an extensive piece of writing on her music homework this week, going above and beyond in her work as always! Well done!

**Joseph Brunton**  
For producing every single piece of work at a high standard! Well done Joseph!

**Doydoo Simkoo**  
For submitting work early but at a really high standard every single time! Well done!

**Athena Savva**  
For producing some outstanding work, which I really enjoyed reading!

### Maths Stars

**Justine Alexander**  
**Perry Kwarteng**  
**Neriah Jane Orafu**  
**Elena Obrien**  
**Joshua Morgan**

Fantastic work on Mathswatch

### English Stars

**Tyrees Agha**  
Fantastic English work week 6 - good to see your wonderful brain back in action !!!

**Victoria Chamaluk**  
Brilliant English work week 6!

**Yu Ruo Chen**  
Brilliant English work week 6!

### Spanish Stars

**Ryan Laba**  
For starting to catch up with your Spanish work and putting in more effort. Keep it up, Ryan!

**Tahalia Miller**  
Well done for catching up with your Spanish work and showing commitment this week. Keep it up, Tahalia!

**Kamil Nagorny**  
For excellent effort in Spanish this week! It's great to see all your effort paying off, Kamil!

### English Stars

**Danielle Fennell**  
Excellent English work

**Ulyssa Rillera**  
Excellent English work

**Maria Shotikare**  
Excellent responses for English

### Geography Stars

**Kamil Nagorny**  
Outstanding project on Poland

**Gabriella Francis**  
Amazing presentation on Vanuatu

**Rachel Costa**  
Great project work on Africa

**Janna Sanchez**  
Great effort on Africa project

### Giulia Distefano

A mature and insightful prayer on mental health during lock down

8R form star - being responsive, reflective and caring

### English Stars

**Malachi Cameron-Marques**  
Fantastic & Incredibly Thoughtful contribution to Romeo & Juliet Lesson!

**Perry Kwarteng**  
Completion of ALL English Lockdown Work. Go Perry!

**Giulia Distefano**  
Great Romeo & Juliet work week 3

### English Stars

**Cino Jose**  
Great Romeo & Juliet Work Week 3 - Nice Invite!

**Stacy D'Souza**  
Great Romeo & Juliet work week 3!

**Yu Ruo Chen**  
Great Romeo & Juliet work week 3!

### English Stars

**Michael Oluwanisola**  
For continuing to do his English work, despite the confusion of me not seeing it for ages!!!

**Malachi Cameron-Marques**  
Great English work week 5 & 6

**Nikolas Gauba**  
Great English work week 5 & 6

**Jenatie Ganesharajah**  
Fantastic English work week 5!



# Walthamstow International Film Festival 2020

The Walthamstow International Film Festival has announced its programme of screenings for 2020.

The festival has been supporting film-makers from the borough since its inception in 2010 and invites submissions in the following genres: Documentary, Drama, Experimental, Animation and has a Young Person's category for those making their first film.

**SMALL SCREEN FILM FESTIVAL**  
LOCKDOWN EDITION 16TH JUNE 2020

7PM Start

#WIFF2020  
#LeytonstoneLovesFilm

@lms\_content



E17 FILMS



WOMXN



Forgotten



We are moving



Kayayo



My Photographs

**SMALL SCREEN FILM FESTIVAL**  
LOCKDOWN EDITION 16TH JUNE 2020

7PM Start

#WIFF2020  
#LeytonstoneLovesFilm

19:00 - WIFF Introduction & Welcome to WIFF 2020

19:01 - Introduction from Ester Neslen and Litza Jansz to We Are Moving

19:02 - WIFF Screening 1: We Are Moving

19:05 - Introduction from Carol Gyasi to Kayayo

19:06 - WIFF Screening 2: Kayayo

19:11 - Introduction from Gystere to WOMXN

19:12 - WIFF Screening 3: WOMXN

19:18 - Introduction from Hassan Vawda to My Photographs

19:19 - WIFF Screening 4: My Photographs

19:23 - Introduction from Jordan Benjamin to Forgotten

19:24 - WIFF Screening 5: Forgotten

19:30 - JOIN THE CONVERSATION ON: Twitter/Instagram/Facebook



@lms\_content



# THE POETRY SOCIETY

**The Foyle Young Poets of the Year Award 2020 is open for entries!**

The biggest poetry competition for young writers is once again looking for the best poems by young people aged 11-17 from the U.K. and beyond. This year's award-winning poet judges – **Maura Dooley** and **Keith Jarrett** – cannot wait to read your students' work and perhaps even spend a week writing poetry with them at the prize winners' writing retreat.

## **How to enter the competition?**

Students' work can be entered online using our quick and easy submission form. They can enter themselves or be nominated by parents, guardians or school staff. Please see our website, [www.foleyoungpoets.org](http://www.foleyoungpoets.org), for details and the competition rules.

We are always so delighted to receive work from schools and are aware that the adults who work with young poets are not just to be found in the English classroom.

**Access:** Our entry forms are available in a range of accessible formats. If you or any of your students require any information about the competition, in an alternative format, please don't hesitate to contact us at [fyp@poetrysociety.org.uk](mailto:fyp@poetrysociety.org.uk).

.We look forward to receiving your entries before the deadline of the 31 July 2020!

Best wishes,

Alice Watson, Education Officer

The Poetry Society, 22 Betterton Street, London, WC2H 9BX

[fyp@poetrysociety.org.uk](mailto:fyp@poetrysociety.org.uk)

