



Lammas Weekly Bulletin

WEEK ENDING 28TH NOVEMBER 2025

UPCOMING EVENTS

MONDAY 24TH NOVEMBER

**Y11 BASICS INTERVENTION
MATHS & ENGLISH - 3.00 - 4.00PM**

TUESDAY 25TH NOVEMBER

**JACK PETCHY SPEAK OUT CHALLENGE
REGIONAL FINAL - 6.30PM**

WEDNESDAY 26TH NOVEMBER

**JACK PETCHY ACHIEVEMENT AWARDS
6.30PM**

THURSDAY 27TH NOVEMBER

**Y10 DIVERSE VOICES PROJECT
GRIFFIN LITERACY FESTIVAL**

FRIDAY 28TH NOVEMBER

**Y11 GCSE COOKING - ALL DAY
ESOL PARENT COFFEE MORNING
9:00AM - 9:45AM**

TUESDAY 9TH DECEMBER

Y7 AND Y8 PARENTS EVENING

Lammas School & Sixth Form
150 Seymour Road,
Leyton
London
E10 7LX

p. 020 89885860

e. school@thelammas.com



Message from the Head

Dear Lammas Families,

Thank you for your continued support as we work together to provide the very best education for all our students. This week has been both exciting and enriching across our school, with a strong focus on Quality First Teaching—ensuring that every child receives high-quality learning experiences.

On Wednesday, our INSET day provided staff with a valuable opportunity to reflect on and refine their practice, securing clarity as we move forward this term.

Alongside this, we have celebrated literacy and creativity through the Griffin Literacy Festival (GLF), themed Voice. Highlights included:

- Form Time Activities – engaging students in meaningful literacy-based discussions.
- Literacy Podcast Project – ‘Telling my story on the page’, giving students the chance to share their own narratives.
- Guest Speaker Session – delivered by author Katoniel Peat, inspiring our learners to explore the power of words and storytelling.

These events have provided our students with opportunities to develop their voice, creativity, and confidence—skills that will serve them well both in and beyond the classroom.

As we look ahead to the remainder of the term, our absolute focus remains on securing clarity in expectations to ensure the best outcomes for all. So a reminder to please read the last pages of the newsletter which informs you of the items students are not allowed to bring to school and will be confiscated if seen.

Thank you for your partnership in this journey.

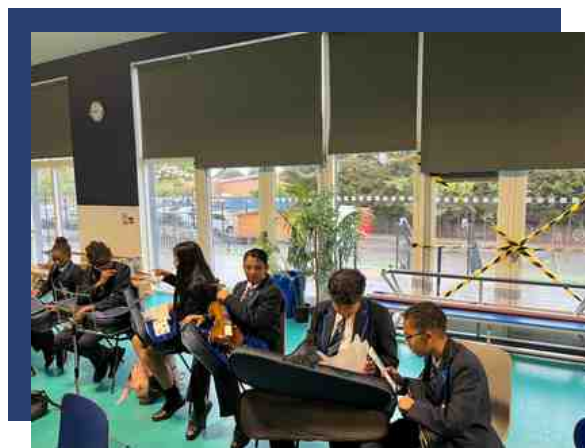
Warm Regards
Nisha Effah
Deputy Head

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SCHOOL

MUSIC OPPORTUNITIES AT LAMMAS AUTUMN TERM 2025

Peripatetic Violin and Flute Lessons

This September, the music department here at Lammas were awarded a large grant for instrumental equipment by the music charity 'UCan Play'. As a result, our students at Lammas have had access to a wide range of instruments. This term, our focus has been providing peripatetic flute and violin lessons to all year groups. Pupils have made impressive progress so far!



Orchestra Rehearsals

In collaboration with our GST local partner primary schools, Willowbrook and Riverley, a number of Year 7 students have started attending their weekly orchestra sessions joining Year 5 and Year 6 pupils on Friday mornings. Building on the skills learnt during peripatetic lessons, students have developed their flute and violin playing even further. Playing in an orchestra has enhanced key skills such as collaboration, confidence and self-discipline. Moreover, Lammas students have acted as role models for the younger years.

Composition Workshops

Students in the orchestra have also been offered the chance to participate in composition workshops over three separate days. These were led by a variety of professional musicians, as part of Royal Over-Seas League composition outreach programme. This provided an opportunity to showcase their creativity, and was thoroughly enjoyed by all participants!



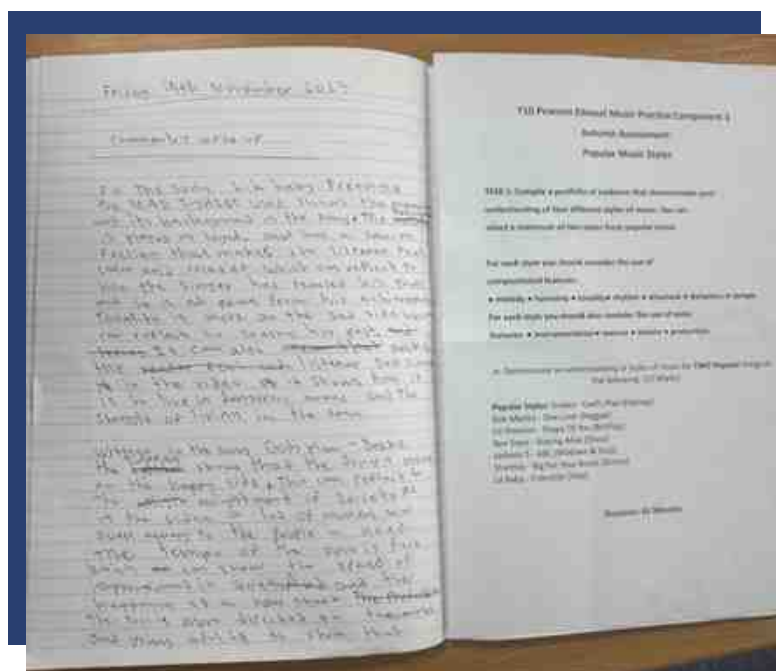
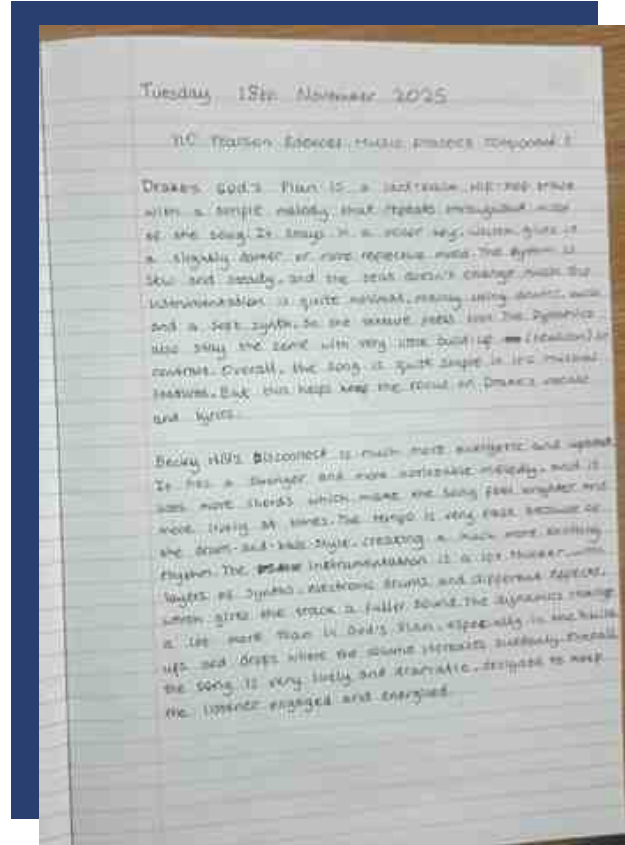
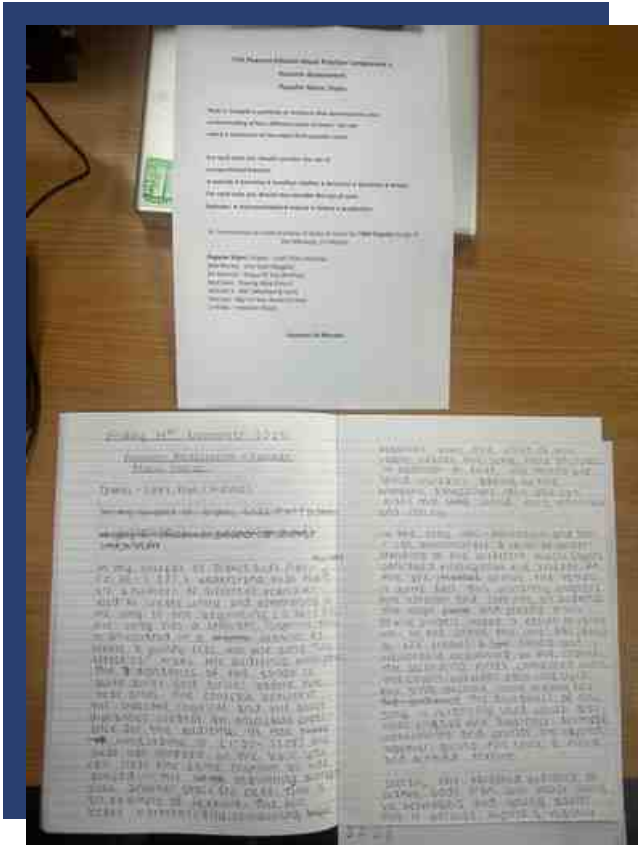
Griffins School Trust Children's Chorus

In addition, a few year 7 students have been diligently rehearsing to perform with Willowbrook and Riverley in the Griffin Children's Chorus at St Giles Church, at the Barbican. This will take place on the 2nd December at 4pm, and is a free event open to the public so please do attend if you are available.



KS4 students have been working on their write up for Task 1 and Task 2 practice for their component 1 Pearson Edexcel Music Practice submission next summer.

Mr Gbadebo
Music Teacher



Jack Petchey Achievement Awards

We are excited to announce the six shortlisted nominees for the autumn round of the prestigious Jack Petchey Achievement Awards for Disciplinary Literacy.

- Aston Alexander-Rodrigues
- Hussein Hassan
- Jan Kayani
- Kinan Obaid
- Issac Pithers
- Illia Yurkevych

These students have earned the highest number of Vocabulary Points since the start of this term and now stand to win £300 each! Students and staff can [vote for their winners here](#). The three students with the most votes will each receive a £300 grant to fund an enrichment event or activity that benefits them and their peers. Please take a moment to congratulate all the nominees when you see them and encourage everyone to vote. The vote closes midday on Sunday 30 November 2025. Remember there will be six more opportunities to win awards in the Spring and Summer terms too, so students should keep racking up those points.

Last year's winners (pictured below) formally picked up their Jack Petchey Awards at a lavish VIP ceremony at The Great Hall in Leyton this week. Presentations were conducted by the Waltham Forest Council Leader for Children and Young People - Cllr Kizzy Gardiner (pictured). Proud parents were in attendance to cheer them on and hear about their amazing accomplishments as they took to the stage to accept their much-deserved gold sovereign awards.

Ms Richards
Deputy Curriculum Leader English



Website



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RISE UP DAY: YEAR 10

The Rise-Up Day programme embodies Lammas School's commitment to nurturing self-knowledge (proud traditions), community connection (wide horizons) and readiness for the future (high achievement).

Workshops at Lammas were led By externals, Diverse Voices on diversity, equality and identity.



FOOTBALL FOR HEALTH



Football for Health is a project that provides weekly football coaching sessions for young people to support and improve their wellbeing. Open to all abilities aged 12 - 17 years.

Join us in Redbridge:

- Mondays from 4.00 - 5.30pm at Powerleague on Fairlop Oak Playing Field, Forest Road, Hainault, IG6 3HJ.
(Nearest tube stations: Fairlop or Hainault on Central line)

Join us in Waltham Forest:

- Tuesdays from 4.00 – 5.30pm at Douglas Eyre Sports Centre, Coppermill Lane, Walthamstow, E17 7HE

The sessions will:

- Be FREE, fun and welcoming
- Take place on excellent facilities
- Be taken by top quality coaches from Leyton Orient Trust

They will help you to:

- Improve your fitness
- Feel better about

"The group has helped me improve my skills, fitness, and makes me happy."

"Even though I am not a brilliant football player, Monday is 'football day' and I look forward to it every week."

"As well as playing I enjoy meeting new people and talking with them. I've made new friends, some who I now see outside the group."

For more information you can contact:

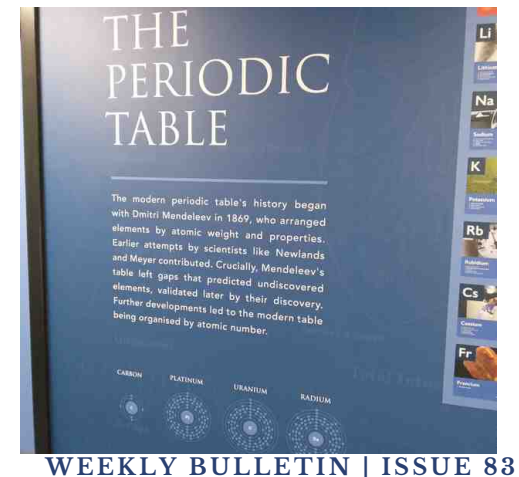
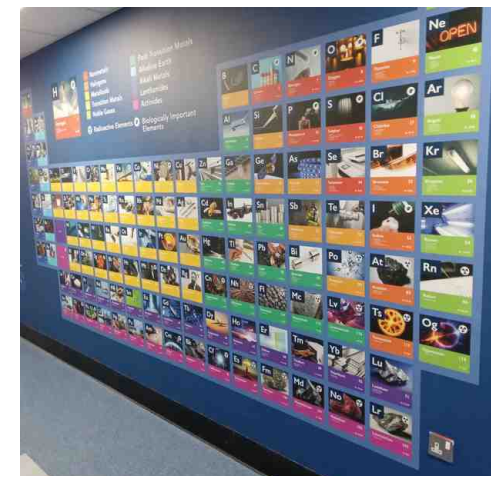
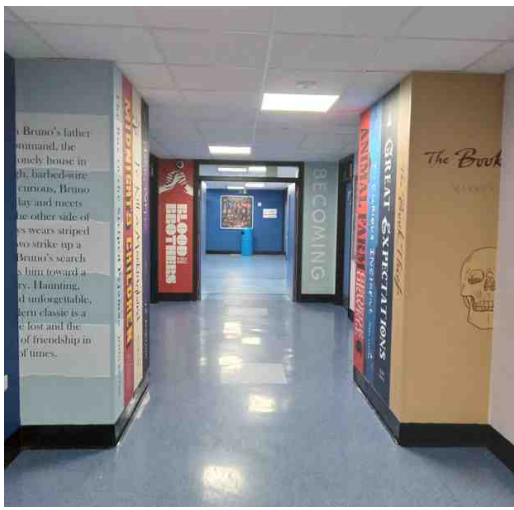
Sonia Smith - Project Coordinator

07538 101450 / copingthroughfootball@neft.nhs.uk



www.copingthroughfootball.org





LUNCH WEEK 1

MEAL DEAL! £3.95
MAIN MEAL + DESSERT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cauliflower & Broccoli Crunchy Cheese Bake	Red Pepper & Bean Biryani	Succulent Quorn Roast	Red Pepper Pizza	Baked Halibut Burger
MAIN 2	Traditional Lasagne	Katsu Chicken	Roast of the Day	Sweet Potato & Chickpea Slice	Oven Baked Battered Pollock
CARB / REAL FOOD SIDE PAST	Spiced Fajita Tostadas	No Meatball Sub	Chicken Fajita Wrap	Loaded Punjabi Masala	Korean Crispy Wrap
VEG / SIDE	Garlic Bread	Rice / Roast New Potato	Roast Potatoes	Quin Cous	Chips
VEG / SIDE	Broccoli / Tomato & Onion Salad	Green Beans	Roasted Sweetcorn / House Salad	Broccoli / Pattoush	Peas / Mushy Peas

AVAILABLE DAILY: Jacket potatoes with a choice of two toppings, mixed salad bar & deli grab & go offer.

MENU KEY: 🌱 Vegetarian 🍃 Vegan 🌿 Plant* 🍷 New Diab 🍴 Spiced



**FOOD
& Co.**
by asda

LUNCH WEEK 2

MEAL DEAL! £3.95
MAIN MEAL + DESSERT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Leek & Cheese Pie	Tasty Loaded Burger	Korean Chicken Rice Bowl	Three Bean Chili	Korean Style Dog
MAIN 2	Chicken Sausage	Sweet Potato & Bean Jalfrezi	Pasta Arrabbiata	Tuscan Style Chicken Pasta	BBQ Chicken Wrap
REAL FOOD FAST	No Chicken Pita Pocket	Tasty Massaman Curry	Roast Chicken Baguette	Chipotle Quorn Fajita Wrap	Bean Chili Nachos
CARB / SIDE	Mash	Bombay Potatoes / Rice	Roast Potatoes	Rice	Chips
VEG / SIDE	Peas & Corn	Green Beans	Cabbage & Carrots / Asian Slaw	Sweetcorn	Peas / Mushy Peas

AVAILABLE DAILY: Jacket potatoes with a choice of two toppings, mixed salad bar & deli grab & go offer.

MENU KEY: Vegetarian Vegan Plant-based New Dish Spiced



LUNCH WEEK 3

MEAL DEAL! £3.95
MAIN MEAL + DESSERT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Sweet Potato Jambalaya  	Lasagne Verdi 	Teriyaki Quorn Stir Fry 	Chickpea & Spinach Curry  	Slaw Bowl with Quorn Dippers 
MAIN 2	Jerk Chicken	Chicken Shawarma	Golden Sausage Roll 	Sweet Potato & Chickpea Curry  	Oven Baked Battered Pollock
CARB / REAL FOOD SIDE	Carbomara Pizza	Thai Green Chicken Noodles 	Roasted Chicken Baguette	Indian Style Sweet Potato Roll 	Jerk Spiced Dog  
FAST	Garlic Bread 	Potato Wedges 	Rice / Roast Potatoes 	Rice 	Chips 
VEG / SIDE	Mixed Salad   Broccoli 	Curly Kale  / Mixed Bean Salad 	Carrot  / Asian Slaw 	House Salad  / Mixed Bean Salad 	Peanut  / Munty Pear 

AVAILABLE DAILY: Jacket potatoes with a choice of two toppings, mixed salad bar & deli grab & go offer.

MENU KEY:  Vegetarian  Vegan  Plant+  New Dish  Spicy



FOOD & Co.

by sodexo



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Lammas School Pastoral Programme

2025-26



MONDAY

7	8	9	10	11
Self-Development	Attendance & Maths Ninja	Attendance & Maths Ninja	Self-Development	Self-Development

TUESDAY

7	8	9	10	11
Attendance & Housekeeping	Self-Development	Guidance	Literacy & Reading	Assembly

WEDNESDAY

7	8	9	10	11
Literacy & Reading	Guidance	Assembly	Self-Development	Guidance

THURSDAY

7	8	9	10	11
Guidance	Literacy & Reading	Self-Development	Assembly	Literacy & Reading

FRIDAY

7	8	9	10	11
Assembly	Assembly	Literacy & Reading	Guidance	Self-Development



**LAMMAS PE EXTRA CURRICULAR TIMETABLE
AUTUMN 25/26**

	Before school	Break time	Lunch time	After school	Fixtures
Monday			Girls Only Multi-Sports <i>Ms Ande</i>		Girls Football
Tuesday	Basketball Mr Braithwaite All years 7am-8:10am		<i>Badminton Club</i> <i>All Years</i> <i>Mr Cunningham</i>		Year 9 Football Fixtures
Wednesday	Basketball Mr Braithwaite Team practice 7am-8:10am		Girls Only Multi-Sports Ms Thomas	<i>Girls Football</i> <i>Field</i> <i>Ms Thomas</i>	Year 11 Football Fixtures
Thursday	Basketball Mr Braithwaite All years 7am-8:10am		<i>Volleyball Club</i> <i>All Years</i> <i>Mr Cunningham</i>	Trampolining Inspire All Years 3:30-4:00pm	<i>Year 10 Football Fixtures</i> <i>Year 8 Football Fixtures</i>
Friday	Basketball Mr Braithwaite All years 7am-8:10am		<i>Basketball Club</i> <i>All years</i> <i>Mr Oteng</i>	Girls Basketball (all years) Ms Thomas/Mr Oteng Salaam Peace	Mr Cunningham Theory Intervention

Enrichment Programme

TIME	MON	TUE	WED	THURS	FRI	
Before School All Students Students sign in at reception before 8.20 Breakfast club - 8am Basketball - 7am	Breakfast club Food room Mr Tolsonji	Breakfast club Food room Mr Tolsonji	Breakfast club Food room Mr Tolsonji	Breakfast club Food room Mr Tolsonji	Breakfast club Food room Mr Tolsonji	
		Basketball Sports Hall Mr Brathwaite	Basketball Sports Hall Mr Brathwaite	Basketball Sports Hall Mr Brathwaite	Basketball Sports Hall Mr Brathwaite	Basketball Sports Hall Mr Brathwaite
Break Time 11.00-11.50	Library - All	Library - All	Library - All	Library - All	Library - All	
Lunch Time 1.20 PM - 1 st Bell Students will need a pass to enter the building	Y11&9 Library	Y10&8 Library	Y8&7 Library	Y8&11 Library	Y7&10 Library	
	Games club Selected ICT 2 - All	Games club Selected ICT 2 - All	Games club Selected ICT 2 - All	Games club Selected ICT 2 - All	Games club Selected ICT 2 - All	Games club Selected ICT 2 - All
	Sports - Girls Girls Sports Hall Ms Anze	Badminton All students Sports Hall Mr Cunningham	Sports - Girls Girls Sports Hall Ms Thomas	Volleyball All students Sports Hall Mr Cunningham	Basketball All students Sports Hall Mr Olang	Basketball All students Sports Hall Mr Olang
	Count on Us KS3 students Maths 3 Ms Laporte	Art club Y10 & Y11 Art 1 & 2 Mr Rawson	Art club Y10 & Y11 Art 1 & 2 Mr Rawson	STEM club Y7-9 Science 1 Mr Anze	Art club Y10 & Y11 Art 1 & 2 Mr Rawson	Art club Y10 & Y11 Art 1 & 2 Mr Rawson
	Y11 Merit Success Study Space Ms Epler	Y11 Merit Success Study Space Ms Epler	Y11 Merit Success Study Space Ms Epler	Y11 Merit Success Study Space Ms Epler	Y11 Merit Success Study Space Ms Epler	Y11 Merit Success Study Space Ms Epler
				Instruments & Production Selected Mr Bookler - Music	Instruments & Production Selected Mr Bookler - Music	Instruments & Production Selected Mr Bookler - Music
				Chess All students Maths 1 Mr Olang		
After School 3.00-4.00 PM	Library: Homework & Reading Ms Martin		Library: Homework & Reading Ms Martin	Library: Homework & Reading Ms Martin	Library: Homework & Reading Ms Martin	
	Gardening All students Abbotton Mr Moun	Y9 Football Fixtures Meet at changing rooms	Girls Football Girls Field Ms Thomas	Anime club Y7 & Y8 Art 1 All	Coding Y7&Y8 ICT 3 Ms Bangura/Mr Tsui	Girls Basketball Girls Sports Hall Ms Thomas/Mr Olang
	Girls Football Fixtures Meet at changing rooms		Instruments & Production All students Mr Ghahera - Music	Tramplining All students Sports Hall All	Y8 & 10 Football Fixtures Meet at changing rooms	Salam Peace Football All Sports Field
	Study for Progress Y11 Only Study Space Ms Epler			Y8 & 10 Football Fixtures Meet at changing rooms	Sci-Five Y7 Science 1 Mr Ahmad/Ms Martin	
	Instruments & Production All students Mr Bookler - Music					Athletics All See Mr Brathwaite



THE LAMMAS SCHOOL

Wisdom | Courage | Leadership



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LAMMAS SCHOOL UNIFORM ONLY AVAILABLE
EXCLUSIVELY AT FASHION STOP SCHOOLWEAR



SCHOOLWEARUNITED.CO.UK



FASHION STOP
SCHOOLWEAR

138 HIGH ST NORTH, LONDON E6 2HT

Lammas School- Uniform KS3 & KS4



GIRLS

- o Blue skirt (no shorter than knee-length) or blue school trousers (no jeans, chinos or leggings)
- o Lammas School blazer & tie
- o White shirt or blouse (no polo shirts)
- o Plain; black, white or navy blue hijab/ headscarf
- o Plain and ENTIRELY black shoes (not trainers)

BOYS

- o Blue trousers (NOT BLACK)
- o Lammas School blazer & tie
- o White shirt (no polo shirts)
- o Plain and ENTIRELY black shoes (not trainers)



Dress for business! School is our place of work

Jewellery: you can wear a simple watch (smart watches are not permitted) and a pair of matching stud earrings in the ear-lobes. Piercings other than a single piercing in each ear-lobe MUST be removed for school (this includes brow, lip, nose and any other facial piercings). A small chain with a religious symbol can be worn underneath the shirt (not visible). Jewellery must be removed for PE lessons in accordance with health & safety guidance.

Hair bands, scarves and hijab should be simple and black, white or navy blue.

Heavy make-up, false eyes-lashes and false-nails are not permitted in school for

Where to buy Lammas School Uniform

Blazers, jumpers, ties and all PE Kit can be purchased from our supplier **Fashion Stop:**

138 High Street North, East Ham, London, E6 2HT

T: 0208 552 3200 | E: fashionstop@hotmail.com

All other items including blue trousers & skirts, white shirts & blouses and black shoes are widely available and can be purchased anywhere.

Please speak to a member of staff if you are experiencing financial hardship, we have a number of second hand uniform items available for purchase within school

WIDE HORIZONS | HIGH ACHIEVEMENT | PROUD TRADITIONS



Banned items

We would like to remind students that the following items are not permitted in school:

- Excessive make-up
- False eye-lashes
- Nail polish
- False nails
- Bracelets and bangles
- Earrings (other than a small stud in each ear)
- Facial piercings
- Earphones
- Airpods
- Phones
- Hoodies
- Denim jackets
- Leather jackets or biker jackets -Sport jackets (such as Adidas)
- Trainers

These items will be confiscated and only returned to parents upon request. Students may be placed in the Reflection Room if the issue persists. We take pride in our appearance and uniform and encourage pupils to present themselves naturally and in a business-like manner when at school.

All pupils are expected to wear full school uniform until they are out of the school premises at the end of the day.



Use of mobile phones

We continue to be a phone-free school. Students are not permitted to use their phones at any point. While in the school premises (including before and after lessons), and consequences will be issued for any contravention of this rule.

Please refer to our Behaviour / Culture and Ethos policy for further information.

Thank you for your continued support this year and in our pursuit of excellence and high aspirations for the school.

