



Lammas Weekly Bulletin

WEEK ENDING 12TH DECEMBER 2025

UPCOMING EVENTS

MONDAY 15TH DECEMBER

DRAMA REHEARSAL (CHRISTMAS)

TUESDAY 16TH DECEMBER

DRAMA REHEARSAL (CHRISTMAS)

WEDNESDAY 17TH DECEMBER

YEAR 9 DIVERSE VOICES WORKSHOP

THURSDAY 18TH DECEMBER

CHRISTMAS JUMPER DAY

STUDENT CHRISTMAS DINNER & CELEBRATORY PERFORMANCE

FRIDAY 19TH DECEMBER

Y7 ORCHESTRA (WILLOWBROOK)

8:45AM - 10.00AM

EARLY CLOSURE - STUDENTS DISMISSED FROM 12:20PM

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

p. 020 89885860

e. school@thelammas.com



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Message from the Head

Dear Lammas Families,

As we head into the final week of what has been a long and productive Autumn term, I wanted to share a snapshot of last week, our penultimate week, and one of the busiest yet.

On Tuesday, 30 of our Year 11 students took part in their GCSE Urban Field Study in and around Kings Cross, gathering valuable information which will ultimately feed into their exam responses in the Summer.. Meanwhile, Years 7 and 8 worked with Stand Up Education, exploring anti-bullying strategies as part of their RSE curriculum; important conversations that help shape a positive school culture.

Year 11 also sat two English Language Paper assessments under exam conditions, focused on improving their November mock grades. Early signs are encouraging, with many students showing real progress. Alongside this, students continued their work with Diverse Voices, taking part in the fourth of five workshops on healthy relationships and consent; skills that matter far beyond school.

Next week will be a time for celebration, tinged with sadness as we say goodbye to Ms Kenny, who leaves us to take up a Headship in the Middle East. We thank her for her commitment and wish her every success in this exciting new chapter.

Thank you for your support throughout the term. It's been a demanding few months, but so much has been achieved. I look forward to sharing more in the new year.

Warm regards,
Sarah Sawtell
Head of School

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SCHOOL

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Dance Performance

Girls in 7F and 7A had been studying Dance this half term with a focus on teamwork and communication. Last week Friday they had performed a dance in Year 7 and Year 8 assembly to Mariah Carey's 'All I want for Christmas'.



Y11 Geography Urban Field Trip

As part of the GCSE Geography Year 11 students had attended a mandatory field study to Kings Cross area to investigate the differences in quality of life. On their next visit to Seven Sisters area they will compare levels of deprivation and investigating the impacts of urban regeneration on this area. This field study is part of their GCSE Geography course, and data collected will be referred to in their final GCSE exams.

Ms Mosam
Curriculum Lead Humanities



Ballet Shoes Theatre Trip



A selected few female students who are studying Dance were invited to attend the National Theatre in Southbank to watch 'Ballet Shoes' on Wednesday this week. The performance was about a crumbling house full of dinosaur bones and fossils, three adopted sisters – Pauline, Petrova and Posy – were learning who they are and what they want to be. Under the watchful eyes and guidance of their guardian Sylvia, Nana, and some unlikely lodgers, they fight to pursue their individual passions. But in a world that wasn't built for women with big ambitions, can they forge a future, keep their family together, and even learn a dance or two along the way. Students had a lovely time watching this performance.

Ellisha - Y10:

Going to the National theatre I didn't know what to expect as I've never been before but I really enjoyed the show performed. The play was family oriented with aspects of comedy also infusing the dance style ballet. Definitely recommendable for all ages to watch 10/10 experience.

Faly - Y7:

I enjoyed watching the show because it was really good and the ballet was outstanding. The show had a lot of plot twists which made it more exciting to watch. Honestly I think I want to go again because it was so amazing. A massive thank you for Ms Ande for taking us there!

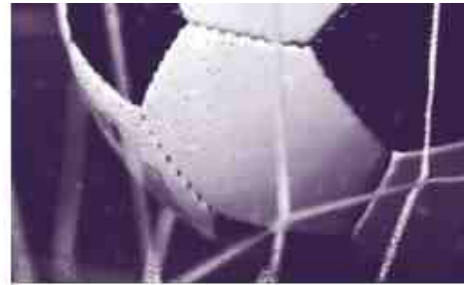
Ms Ande
Dance Teacher



On Thursday 18th December it will be Christmas Jumper day. Students are expected to wear full uniform but can replace their blazers with their Christmas jumper.



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@nelft.nhs.uk

 COPING THROUGH
FOOTBALL
www.copingthroughfootball.org




North East London
M&S Foundation Trust





HOLIDAY ACTIVITY & FOOD CAMP

FREE multi-sports activities and engaging workshops for ages 8-14 year olds*. Come along and try new activities, learn new skills, have fun & make friends. **Also, enjoy hot and nutritious meals served every day!**



LOCATION	SCORE Leisure Centre, E10 5UN
DATE	Monday 22 nd & Tuesday 23 rd December 2025
TIME	10:00 - 15:00
AGE	8-14 years old *Waltham Forest resident in receipt of Free School Meals
QR CODE TO REGISTER	
BOOKING LINK	www.eaqui.org/experience/7132



LUNCH WEEK 1

MEAL DEAL! £3.95
MAIN MEAL + DESSERT



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cauliflower & Broccoli Crunchy Cheese Bako	Red Pepper & Bean Biryani	Succulent Quorn Roast	Red Pepper Pasta	Baked Halibut Burger
MAIN 2	Traditional Lasagne	Katsu Chicken	Roast of the Day	Sweet Potato & Chickpea Slice	Oven Baked Battered Pollock
CARB / REAL FOOD FAST	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	Onion Corn	Chips
VEG / SIDE	Broccoli / Tomato & Onion Salad	Green Beans	Roasted Sweetcorn / House Salad	Broccoli / Fattoush	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



LUNCH WEEK 2

MEAL DEAL! £3.95
MAIN MEAL + DESSERT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Leak & 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	Tucan Style Chicken Pasta	BBQ Chicken Wings
REAL FOOD FAST	No Chicken Potta 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 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	Turkey Quorn Stir Fry	Chicken & Spinach Curry	Slaw Bowl with Quorn Dippers
MAIN 2	Jerk Chicken	Chicken Shawarma	Golden Salmon Roll	Sweet Potato & Chicken Curry	Oven Baked Battered Pollock
CARB / REAL FOOD SIDE	Carbonara Pizza	Thai Green Chicken Noodles	Roasted Chicken Baguette	Indian Style Sweet Potato Roll	Jerk Spiced Dog
VEG / SIDE	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	Pasta / Mungy Peas

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

MENU KEY: 🌱 Vegetarian 🍃 Vegan 🌿 Plant+ 🍷 New Dish 🍴 Spiced



FOOD & Co.
by sodastop



Website

FOR MORE LAMMAS LIFE

NEWS



Instagram

Lammas School Pastoral Programme

2025-26



MONDAY

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

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

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

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

7 Assembly	8 Assembly	9 Literacy & Reading	10 Guidance	11 Self-Development
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LAMMAS PE EXTRA CURRICULAR TIMETABLE AUTUMN 25/26

	Before school	Break time	Lunch time	After school	Fixtures
Monday			Girls Only Multi-Sports		Girls Football
Tuesday	Basketball Mr Braithwaite All years 7am-8:10am		Badminton Club All Years Mr		Year 9 Football Fixtures
Wednesday	Basketball Mr Braithwaite Team practice 7am-8:10am		Girls Only Multi-Sports Ms Thomas	Girls Football Field Ms Thomas	Year 11 Football Fixtures
Thursday	Basketball Mr Braithwaite All years 7am-8:10am		Volleyball Club All Years Ms	Trampolinin g Inspire All Years	Year 10 Football Fixtures Year 8 Football
Friday	Basketball Mr Braithwaite All years		Basketball Club All years	Girls Basketball (all years) Ms	Mr Cunningham Theory

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 Ms Trikamji	Breakfast club Food room Ms Trikamji	Breakfast club Food room Ms Trikamji	Breakfast club Food room Ms Trikamji	Breakfast club Food room Ms Trikamji	
		Basketball Sports Hall Mr Brathwaite	Basketball Sports Hall Mr Brathwaite	Basketball Sports Hall Mr Brathwaite	Basketball Sports Hall Mr Brathwaite	
Break Time 9.00 - 9.30am	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 Aude	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 Oteng	Basketball All students Sports Hall Mr Oteng
	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 Rawson	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 Buckler - Music	Instruments & Production Selected Mr Buckler - Music	
				Chess All students Maths 1 Mr Rawson		
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 Abbead Ms Mason	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/Ms Tsui	Coding Y7&Y8 ICT 3 Ms Bangura/Ms Tsui
	Girls Football Fixtures Meet at changing rooms		Instruments & Production All students Mr Buckler - Music	Trampolining All students Sports Hall All	Girls Basketball Girls Sports Hall Ms Thomas/Mr Oteng	Girls Basketball Girls Sports Hall Ms Thomas/Mr Oteng
	Study for Progress Y11 Only Study Space Ms Epler			Y8 & 10 Football Fixtures Meet at changing rooms	Salam Peace Football All Sports Field	Salam Peace Football All Sports Field
	Instruments & Production All students Mr Buckler - Music			Y8 & 10 Football Fixtures Meet at changing rooms	Sci-Five Y7 Science 1 Mr Ahmad/Ms Martin	Sci-Five Y7 Science 1 Mr Ahmad/Ms Martin
					Athletics All See Mr Brathwaite	Athletics All See Mr Brathwaite



THE LAMMAS SCHOOL

Wisdom | Courage | Leadership

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SCHOOLWEAR

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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)



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 eye-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.

