



Lammas Weekly Bulletin

WEEK ENDING 19TH DECEMBER 2025

UPCOMING EVENTS

FRIDAY 19TH DECEMBER

**EARLY CLOSURE - STUDENTS DISMISSED
FROM 12:20PM**

MONDAY 22ND DECEMBER -
MONDAY 5TH JANUARY 2026

CHRISTMAS HOLIDAYS

MONDAY 5TH JANUARY 2026

INSET DAY: SCHOOL CLOSED FOR PUPILS

TUESDAY 6TH JANUARY 2026

PUPILS RETURN TO SCHOOL

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 approach the end of this term and the festive season, I want to take a moment to reflect on the incredible efforts and achievements across our school community. This week has been filled with creativity, learning, and memorable experiences that truly embody the spirit of Lammas.

We had a wonderful Christmas Show, beautifully orchestrated by our Creative Arts Team—Mr Gbadebo, Mr Thorn, and Mr Buckler. It was a fantastic celebration of talent and teamwork, and a perfect way to bring festive cheer to our school community.

This week, we also introduced Academic Progress Folders for our pupils. These folders will stay with your child throughout their time with us and will include key information such as attendance, academic reports, and review forms. Updated each term, they provide a clear picture of progress and goals.

Why are we doing this? Because feedback matters. Using our 4Rs approach—Receive, Reflect, Respond, Resolve—pupils will learn how to understand feedback, think about their next steps, and take action to improve. This process will happen during tutorials, helping them build confidence and take ownership of their learning.

Year 10 and Year 11 have already started using their folders this week. Year 11 reflected on their recent mock exams, and Year 10 reviewed their KS4 targets. Thank you for supporting us in this journey—together, we can make sure every pupil thrives!

As we head into the Christmas holidays, please note that pupils will return on Tuesday, 6th January 2026, following the INSET day on the 5th.

Finally, we are so sad to say farewell to Ms Kenny, our Executive Headteacher. She has been an incredible leader and a source of inspiration for our school community. We wish her and her family all the very best as they embark on an exciting new chapter in the UAE.

Wishing you all a joyful holiday season and a happy New Year.

Warm regards,

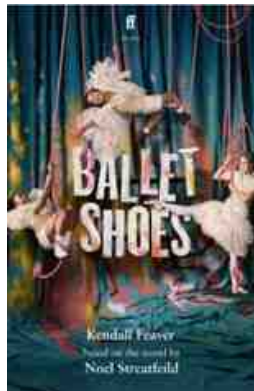
Nisha Effah

Deputy Headteacher

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SCHOOL

WEEKLY BULLETIN | ISSUE 86

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



YEAR 7 DT CLUB



Year 7 DT Club has been busy getting creative 🎄✂️, designing and making festive Christmas tree decorations using working machines and developing practical skills ⚙️🔧. A great example of teamwork 🤝, hands-on learning, and seasonal creativity ✨🎨.

Mr Hamerton



Students are fighting the dark and the cold getting the beds ready for January. We have just harvested our last crop of peppers and put down some garlic to enjoy later in the year.

**Thank you
Ms Mossam**





WALTHAM FOREST HOLIDAY ACTIVITY AND FOOD PROGRAMME
20 DECEMBER 2025 – 2 JANUARY 2026
WINTER 2025

ARE YOU AGED BETWEEN 5-16 AND IN RECEIPT OF BENEFIT RELATED FREE SCHOOL MEALS?

This winter we have the opportunity for you to try a wide range of free activities, have fun, make friends and enjoy a free meal every day across the borough.

To book your place and find out more scan here:



or visit WALTHAMFOREST.GOV.UK/HOLIDAYS

Booking is essential on all activities so book early to avoid disappointment. For queries please contact the Waltham Forest Holiday Activity Programme team on: WFHOLIDAYACTIVITYPROGRAMME@WALTHAMFOREST.GOV.UK

Waltham Forest Council logo and Waltham Forest logo.



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!



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 3HU. (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@neltf.nhs.uk



www.copingthroughfootball.org



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.score.org.uk/experiences/1132



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 Pizzas	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 Cous	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	Tuscan 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-based New Dish Spiced



by stockist

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 & Chickpea Curry	Oven Baked Battered Pollock
VEG / CARB / REAL FOOD SIDE	Carbonara 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	Carrots / 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	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		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	Trampolining 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 Abroad 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	Girls Basketball Girls Sports Hall Ms Thomas/Mr Oteng
	Girls Football Fixtures Meet at changing rooms		Instruments & Production All students Mr Buckler - Music	Trampoline 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	Athletics All See Mr Brathwaite
	Instruments & Production All students Mr Buckler - Music					



THE LAMMAS SCHOOL

Wisdom | Courage | Leadership

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 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.

