



Lammas Weekly Bulletin

WEEK ENDING 16TH JANUARY 2026

UPCOMING EVENTS

TUESDAY 13TH JANUARY 2026

7A Library Visit Trip - P5

WEDNESDAY 14TH JANUARY 2026

7F Library Visit Trip - P5

Y11 Geography Urban Field Trip Group 2

TUESDAY 20TH JANUARY 2026

Year 9 Exams Begin

WEDNESDAY 21ST JANUARY 2026

**Y7 & 8 Rise Up Day
Healthy Relationships**

FRIDAY 23RD JANUARY 2026

**Computer Science Trip - BETT
(EXCEL)**

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

p. 020 89885860

e. school@thelammas.com



GRIFFIN
SCHOOLS
TRUST



Message from the Head

Dear Lammas Families,

Welcome back to our second full week of school since returning from the break.

It has been wonderful seeing students re-establish their routines and engage so positively with their learning.

We are grateful that the temperatures have warmed up slightly—certainly less freezing than before. However, we have experienced a great deal of rain this week, so please do remind students to come to school with warm coats and waterproof outer layers to help them stay comfortable throughout the day.

This term, we are placing a strong focus on rebuilding and strengthening daily routines, ensuring that all students feel settled, supported, and ready to learn.

A reminder that Year 9 assessments begin next week, and shortly afterwards, Year 11 will be sitting their PPE exams. We appreciate your continued encouragement at home as students prepare for these important milestones.

We are also excited to continue developing our parent leadership programmes this term—please watch this space for some exciting announcements soon.

Thank you, as always, for your ongoing support.

Warm regards,

Nisha Effah
Deputy Head

FOLLOW US
@THELAMMAS
SCHOOL

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Lammas Christmas Show

On Thursday 18th December 25 students and staff were invited to attend the Christmas showcase as they watched their talented peers take to the stage whereby there were performances from students singing, dancing and rapping as well as playing musical instruments. The audience was fantastic. Every student was able to perform and seeing the smiles on their faces truly showed how much it meant to them.





**Jack Petchey
Foundation**
Inspire • Motivate • Achieve

**2025/26
PRIZE WINNERS
RECEIVE
£300 each**

**For ambitious
use of
VOCABULARY**

AUTUMN 2025 WINNERS

- Illia Yurkevych
- Jan Kayani
- Hussein Hassan

**SIX MORE PRIZES TO
WIN IN 2026**

Y11 Geography Urban Field Trip

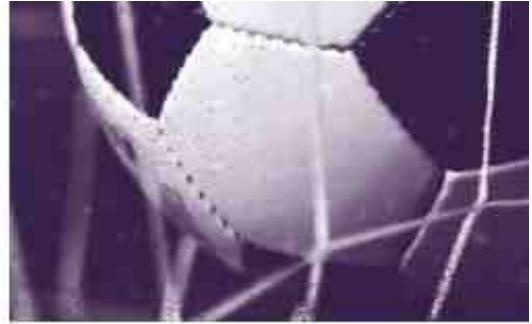


As part of the GCSE Geography Year 11 students had attended mandatory field studies to Kings Cross and Tottenham Hale to investigate the impact of regeneration on these areas, levels of deprivation and differences in quality of life.

Ms Mosam
Curriculum Lead Humanities



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

 COPING THROUGH
FOOTBALL
www.copingthroughfootball.org




North East London
NHS Foundation Trust





FREE FOOD
Just bring bags!

FELIX FRESH

The Felix Project, in partnership with BETTER, will be distributing free fresh fruit and vegetables.

WHEN	WHERE
Tuesday 27 th January 1-3pm	Walthamstow Leisure Centre, 243 Markhouse Rd, E17 8RN W3W ///clubs.models.such

BRING YOUR BAGS, BOXES, TROLLEYS AND STRONG ARMS, AND TAKE HOME WITH YOU A VARIETY OF DELICIOUS, FRESH FOOD!

Felix | THE FELIX PROJECT



WALTHAM FOREST MENTAL HEALTH SUPPORT TEAM WEBINARS 2026

21 January	Thriving under exam pressure: tips and strategies 9-11PM ON MS TEAMS	
12 February	Helping your child navigate big feelings: evidence-based strategies 9-11PM ON MS TEAMS	
05 March	Navigating social media mindfully 9-11PM ON MS TEAMS	
19 March	Mental health through a neurodiversity lens 9-11PM ON MS TEAMS	
09 April	Why sleep matters: impacts on mood, stress and resilience 9-11PM ON MS TEAMS	
14 May	New Start, New Steps: Navigating the Move from Primary to Secondary School 9-11PM ON MS TEAMS	
25 June	New Start, New Steps: Navigating the move from secondary school to further education 9-11PM ON MS TEAMS	

Please register your interest for any of our free webinars by scanning this QR code



LUNCH WEEK 1

MEAL DEAL!
MAIN MEAL + DESSERT



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Cheese & Tomato Pizza Slab (V)	Halal Southern Baked Chicken & Wedges	Halal Roast Chicken, Roast Potatoes	Halal Pasta Bolognese	Battered Pollock, Chips
MAIN 2	Protein Loaded Chilli, Rice (VE)	(N) Chilli Bean Tortilla Stack (V) (S)	Shepherdess Pie (VE)	Sweet Potato Packed Chana Masala Rice (VE)	Southern Fried Slaw Bowl (VE), Chips
REAL FOOD FAST	Authentic Tikka Pitta (V)	Mammoth Beef Chilli Nachos (V) (S)	Loaded Meatball Sub (V)	Carbonara Pizza	Buddha Bowl Quorn Fillets (VE)
VEG	Green Beans (VE)	Sweetcorn (VE)	Carrots & Cabbage (VE)	Roasted Vegetables (VE)	Peas & Carrots or Baked Beans (VE)

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



MENU KEY: Vegetarian (V), Vegan & Planet Friendly (VE), New (N), Spiced (S)



LUNCH WEEK 2

MEAL DEAL!
MAIN MEAL + DESSERT



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Dirty Creamy Mac'n'Cheese (V)	Cottage Pie & Mash	Halal Roast Chicken, Roast Potatoes	Halal Thai Coconut Chicken Curry (S), Rice	Oven Baked Battered Pollock & Chips
MAIN 2	(N) Penne Pasta with Tomato & Chilli (VE) (S)	Sizzling Quorn Sausage & Mash (VE)	Signature Flaky Wellington, Roast Potatoes (V)	Loaded Massaman Curry & Rice	(N) Breakfast Wrap & Chips (V)
REAL FOOD FAST	Mexican Chimichurri Wedges (VE) (S)	Halal Spicy Beef Noodle Broth (S)	Halal Roast Chicken Wrap	Loaded Punjabi Masala, Wedges (VE) (S)	Red Pepper Pizza (V)
VEG	Sweetcorn (VE)	Garden Peas (VE)	Fresh Carrots & Swede (VE)	Broccoli (VE)	Peas & Carrots or Baked Beans (VE)

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



MENU KEY: Vegetarian (V), Vegan & Planet Friendly (VE), New (N), Spiced (S)



LUNCH WEEK 3

MEAL DEAL!
MAIN MEAL + DESSERT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN 1	Succulent American Big Burger, Wedges (VE)	(N) Halal BBQ Chicken & Rice (S)	Halal Roast Chicken, Roast Potatoes	Halal Beef Lasagne	Halal Beef Burger in a Bun, Chips
MAIN 2	West African Jollof Rice (V)	Five Bean Chilli, Rice (VE)	(N) Golden Sausage Roll (VE)	Italian Marinara Style Pasta (VE)	Ultimate Biryani (VE)
REAL FOOD FAST	Winter Vegetable, Smoky Sausage Hot Pot (VE)	Halal Mexican Chicken Fajita Bowl (S)	Garlic & Chilli Donburi Bowl (VE)	Halal Thai Green Chicken Noodles	(N) Caribbean Spiced Jerk Dog (VE)
VEG	Sweetcorn (VE)	Broccoli (VE)	Savoy Cabbage, Carrots (VE)	Green Beans (VE)	Carrots & Peas or Baked Beans (VE)

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



MENU KEY: Vegetarian (V), Vegan & Planet Friendly (VE), New (N), Spiced (S)



Sporting Fixtures

	Year Group	Sport	Location
Monday	Year 10 Girls Vs Kelmscott	Basketball	@Kelmscott (JTO)
	Year 10/11 Indoor Athletics	Athletics	@Lea Valley (DBR & LCU)
Tuesday	Year 10 Boys Vs Buxton	Basketball	@Home (JTO)
Wednesday	Year 10 Girls Vs Holy Family	Basketball	@Holy Family (JTO)
Thursday			
Friday	Athletics Training	Athletics	@Lea Valley 5-8pm



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 <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>		<i>Year 9 Football Fixtures</i>
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>	<i>Year 11 Football Fixtures</i>
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 Football Athletics – See	Mr Cunningham Theory Intervention

Lammas School- Uniform KS3 & KS4



GIRLS

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

BOYS

- Blue trousers (NOT BLACK)
- Lammas School blazer & tie
- White shirt (no polo shirts)
- 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



**LAMMAS SCHOOL UNIFORM ONLY AVAILABLE
EXCLUSIVELY AT FASHION STOP SCHOOLWEAR**

ONLINE



SCHOOLWEARUNITED.CO.UK

IN-STORE



**FASHION STOP
SCHOOLWEAR**

138 HIGH ST NORTH, LONDON E6 2HT

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.

