



# Lammas Weekly Bulletin

WEEK ENDING 30TH JANUARY 2026

## UPCOMING EVENTS

WEDNESDAY 28TH JANUARY 2026

**Y7 & 8 Gilwell Park Residential parent meeting: 5:30-6pm**

FRIDAY 30<sup>TH</sup> JANUARY 2026

**Y7 British Museum Trip**

FRIDAY 6TH FEBRUARY 2026

**DTP/Meningitis Vaccination**

16TH-20TH FEBRUARY 2026

**Half-Term Holidays**

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

p. 020 89885860

e. [school@thelammas.com](mailto:school@thelammas.com)



## Message from the Head

Dear Lammas Families,

January has been a month of discovery across our school community, with students engaging in a wide range of meaningful learning experiences.

On Wednesday 21 January, our Year 7 and Year 8 students took part in a purposeful Rise Up Day focused on relationships. The day supported the development of self-knowledge through our Proud Traditions, strengthened community connection through Wide Horizons, and encouraged readiness for the future through High Achievement. Students engaged thoughtfully and demonstrated maturity and curiosity throughout the day.

On Monday 26 January, Year 11 students participated in their Rise Up Day, preparing for their post-16 choices. They took part in a VIF and College Partner Roadshow, alongside an engaging and interactive "Treasure Hunt" designed to help them explore future pathways with confidence and clarity.

Beyond the classroom, our GCSE Computer Science students and club members enjoyed an inspiring visit to the BETT Show at London ExCeL, where they explored the latest developments in educational technology and innovation. This week, our Science Scholars will also be trained to facilitate the Riverley and Willow Brook Primary Science Camp, contributing to our annual Griffin Science Symposium and demonstrating leadership beyond our school.

Despite the wet weather, spirits remain high. Year 9 students conducted their core examinations last week in the Hall under formal exam conditions, gaining valuable experience of what public examinations will feel like. Meanwhile, Year 11 students are working with focus and determination as they prepare for their forthcoming mock examinations.

It has been a strong and purposeful start to the year, and we are proud of the commitment and enthusiasm shown by our students.

Warm regards  
Sarah Sawtell

FOLLOW US  
@THELAMMAS  
SCHOOL

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# START YOUR DAY RIGHT

Breakfast Club

8am

Food Prep Room



## Y10 BASKETBALL TEAM

After experiencing their first loss in 2 years to Buxton on Tuesday the Y10 Girls Basketball Team were rightfully disappointed however, through resilience and determination they won against Holy Family 32-18 and have earned themselves a place in the Semi-Finals. They are on track to retain their existing title of Borough Girls Basketball Champions with 4 out of 5 wins to date. We look forward to their forthcoming sporting challenge. Thanks too to Ms Thomas for leading the successes of the team.



### THIS WEEK...

🏆 Sporting Fixtures			
	Year Group	Sport	Location
Monday	Chingford Primary Visit [TBC]		@Lammas
Tuesday			
Wednesday			
Thursday	Y7/8 Boys [TBC]	Football	@Salem Peace (DBR)
Friday	Athletics Training	Athletics	@Lea Valley 5-8pm

# Computer Science Trip - Bett UK Visit

Computer Science Trip to the Bett UK Visit At Bett UK, I spoke to several companies, including Codemaths, Goodnotes, NetSweeper , and many others. Codemaths is a software company that provides primary school maths books and a maths app. Their technology helps make maths easier and more enjoyable for children while keeping them safe online through a secure learning platform designed specifically for education. Goodnotes is a pedagogy-backed AI software that supports critical thinking and has the potential to shape the way students and teachers engage with AI in education.



NetSweeper is an AI system that scans websites and the internet to restrict access to unsafe or inappropriate content, helping to keep students safe online.

The EdTech product that impressed us the most was programmable robots, as they help students learn coding, problem solving and logical thinking in a fun and interactive way. We also attended a finance talk, where a speaker explained accounts and how finance and businesses work. This helped us understand how money is managed in real-life situations. The atmosphere of innovation and creativity made this event very different from a normal school day. Because it was technology-focused and hands-on, learning felt exciting. The event allowed us to learn about innovative IT developments whilst having fun. We learned a lot more about technology and how different organisations use it for security, networking, and communications.

## Ms Bangura Computer Science





**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





Website



FOR MORE

LAMMAS

LIFE NEWS



Instagram

# 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:

- o 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:

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

The sessions will:

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

They will help you to:

- o Improve your fitness
- o 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



www.copingthroughfootball.org



## WALTHAM FOREST MENTAL HEALTH SUPPORT TEAM WEBINARS 2026

21

January

Thriving under exam pressure: tips and strategies

5-8PM ON MS TEAMS



12

February

Helping your child navigate big feelings: evidence-based strategies

5-8PM ON MS TEAMS



05

March

Navigating social media mindfully

5-8PM ON MS TEAMS



19

March

Mental health through a neurodiversity lens

5-8PM ON MS TEAMS



09

April

Why sleep matters: impacts on mood, stress and resilience

5-8PM ON MS TEAMS



14

May

New Start, New Steps: Navigating the Move from Primary to Secondary School

5-8PM ON MS TEAMS



25

June

New Start, New Steps: Navigating the move from secondary school to further education

5-8PM 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)





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			<b>Girls Only</b> <b>Multi-Sports</b> <i>Ms Ande</i>		Girls Football
Tuesday	<b>Basketball</b> <b>Mr Braithwaite</b> <b>All years</b> <b>7am-8:10am</b>		<i>Badminton Club</i>  <i>All Years</i>  <i>Mr Cunningham</i>		Year 9 Football Fixtures
Wednesday	<b>Basketball</b> <b>Mr Braithwaite</b> <b>Team practice</b> <b>7am-8:10am</b>		<b>Girls Only</b>  <b>Multi-Sports</b>  <b>Ms Thomas</b>	<i>Girls Football</i>  <i>Field</i>  <i>Ms Thomas</i>	Year 11 Football Fixtures
Thursday	<b>Basketball</b> <b>Mr Braithwaite</b> <b>All years</b> <b>7am-8:10am</b>		<i>Volleyball Club</i>  <i>All Years</i>  <i>Mr Cunningham</i>	<b>Trampolining Inspire</b>  <b>All Years</b>  <b>3:30-4:00pm</b>	<i>Year 10 Football Fixtures</i>  <i>Year 8 Football Fixtures</i>
Friday	<b>Basketball</b> <b>Mr Braithwaite</b> <b>All years</b> <b>7am-8:10am</b>		<i>Basketball Club</i>  <i>All years</i>  <i>Mr Oteng</i>	Girls Basketball (all years) Ms Thomas/Mr Oteng Salaam Peace Football Athletics – <b>See</b>	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](mailto: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](http://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.

