



Lammas Weekly Bulletin

WEEK ENDING 6TH FEBRUARY 2026

UPCOMING EVENTS

MONDAY 2ND FEBRUARY 2026
GCSE PE and Dance Practical - All Day
GCSE Art Practical

TUESDAY 3RD FEBRUARY 2026
Year 11 Mock 2 Exams

WEDNESDAY 4TH FEBRUARY 2026
Year 11 Tutorial Mocks Warm Up - Biology

THURSDAY 5TH FEBRUARY 2026
Year 11 Tutorial Mocks Warm Up - English Language

FRIDAY 6TH FEBRUARY 2026
DTP/Meningitis Vaccination
Year 11 Tutorial Mocks Warm Up - Maths Calculator

16TH-20TH FEBRUARY 2026
Half Term Holiday

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,

It has been a truly fantastic week in school, filled with focus, determination, and a real sense of pride across our community.

Our Year 11 students have made an excellent start to their mock examinations. Their enthusiasm, maturity, and commitment to doing their best have been evident each day. Staff have also worked incredibly hard to support them, and it has been wonderful to see students approaching their exams with confidence and resilience.

Year 9 have also impressed us this week as they focused on reflecting and responding to feedback from their recent assessments. This important part of their learning journey helps them understand their strengths, recognise areas for improvement, and set clear goals for the term ahead. Their thoughtful engagement in this process has been brilliant to see.

Finally, we are excited to share that Friday 13th February will be our Culture Day, held in celebration of our Founders' Day. This will be a special opportunity for students and staff to come together to appreciate and honour the diverse cultures that enrich our school community. We encourage everyone to take part and make the day vibrant, inclusive, and memorable.

Thank you all for your continued hard work and positivity.

Warm regards

Nisha Effah
Deputy Head

FOLLOW US
@THELAMMAS
SCHOOL

WEEKLY BULLETIN | ISSUE 89

START YOUR DAY RIGHT

Breakfast Club

8am

Food Prep Room

Year 11 Rise Up Day

On Monday 26th January Year 11 students had participated in Rise Up day. Students attended assembly which focused on post 16 and a careers fair which was held at Lammas. Students attended these workshops:

- **Preparing for exams and your future** - Revision strategies and building a timetable
- **Building resilience** - ways to support mental health and improve performance
- **Stand Up! Education against discrimination** - How to support against discrimination in the workforce and beyond
- **Scholars programme post 16**



Year 7 British Museum Visit



Year 7 students attended an educational visit to the British Museum on Friday 30th January. The visit supports Lammas history curriculum. Students had engaged with primary artifacts to achieve the following learning goals:

- **Roman Empire:** Understanding the lives of citizens and the power of the Emperor.
- **Golden Age of Baghdad:** Understanding key inventions, technologies, and artistic achievements from the Islamic world to understand its contribution to global knowledge.

The goal was for students to see real historical evidence and connect it directly to their classroom learning.

Ms Mosam
Curriculum Lead Humanities



Y10 Science Ambassadors Trip



The Year 10 Science Ambassadors recently took part in an inspiring trip where they supported Year 4 Willow Brook pupils and staff through a range of exciting hands-on Science activities. Acting as positive role models, the ambassadors worked alongside the younger students, helping to explain ideas, encourage curiosity, and build confidence in science. It was fantastic to see our chosen students stepping up as science ambassadors, demonstrating leadership, teamwork, and enthusiasm while making Science fun and accessible for everyone involved.

Mr Ahmed
Deputy Curriculum Leader Science

Year 10 Basketball Match



The Year 10 girls have only gone and won their semi-finals basketball match 46-29 against Holy Family School. They are the school to whom we met in the prior 2 years finals and now we go on to play Buxton School in the final this year at Score Centre next week. The girls have done extremely well to get to where they are now and continue to work hard on and off the court in training. We are onto our next mission to beat Buxton school a tough athletic side in the final a 3rd final in a row with these girls. Definitely doing The Lammas School proud!

Ms Thomas
PE Teacher



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)



THIS WEEK...

Sporting Fixtures

	Year Group	Sport	Location
Monday	Year 9 Girls Basketball V W/Academy	Basketball	@W/Academy (JTH)
	Year 9/10/11 Indoor Athletics	Athletics	@Lea Valley Athletics Centre (DBR/LCU)
	Primary School 3v3 Basketball Finals	Basketball	@Lammas 2.30pm (DBR & Sports Leaders)
Tuesday	Year 10 Boys Basketball Semi Final V HF	Basketball	@Lammas (JTH)
Wednesday	[TBC]		
Thursday	[TBC]		
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.

