



Lammas Weekly Bulletin

WEEK ENDING 27TH FEBRUARY 2026

UPCOMING EVENTS

TUESDAY 3RD MARCH 2026

4:00-6:30PM

Year 9 Parents/Options Evening

WEDNESDAY 4TH MARCH 2026

Y7/8 Gilwell Park Residential

FRIDAY 6TH MARCH 2026

**Y7/8 Gilwell Park Residential
RETURN 3:00pm**

TUESDAY 10TH MARCH 2026

Y6 Friendship afternoon

TUESDAY 17TH MARCH 2026

Year 11 Parents Evening 3:30-4:40pm

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

p. 020 89885860

e. school@thelammas.com



GRIFFIN
SCHOOLS
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Message from the Head

Dear Lammas Families,

It was a joy to welcome everyone back into school on Monday 23rd February after the half-term break, and the week was filled with moments that truly showcased the spirit, talent and hard work of our whole community. We were delighted to celebrate National Mother Language Week with inspiring assemblies led by Ms Dalka, our Curriculum Leader for MFL.

Our Year 11 Food Technology students impressed us all with two days of GCSE practical exams, producing an incredible range of three-course meals that demonstrated skill, creativity and real dedication. Year 10 also rose to the challenge of their milestone maths assessment on Friday 27th, showing maturity and determination throughout. Meanwhile, a group of KS3 students joined Ms Laporte at Willowbrook Primary for a Times Table Competition, where Alex in Year 7 shone brightly, answering an astonishing 121 questions correctly in just one minute!

It has been a week full of achievement, enthusiasm and pride. Well done to all our students and staff for making it such a brilliant start to the half term.

Warm regards
Sarah Sawtell

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SCHOOL

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START YOUR DAY RIGHT

Breakfast Club

•
8am

•
Food Prep Room



Year 11 Basketball Team



The Year 10 girls made it to the final for the fourth year in a row. They came 2nd in Year 7 , 1st in year 8 & 9 and finished 2nd this time round in year 10 against new competition. The girls have achieved so much since starting their sporting journey here at Lammas and never gave up on the court. They are truly talented and have done the Lammas Community proud!

Ms Thomas
PE Teacher/HOY10

Visit to the Cuban Embassy

Our recent trip to the Cuban Embassy in London was an engaging and memorable experience for our students. During the visit, we were treated to an informative presentation covering many aspects of life in Cuba, including its rich history, natural landscapes, and vibrant culture. Students were especially fascinated by the sections on Cuban music and dance, which brought the country's lively traditions to life.

A highlight of the visit was a fun and interactive language challenge. Students took part in a short test comparing standard Spanish with Cuban Spanish, which sparked curiosity about regional language differences and expressions.

The Q&A session that followed showed just how engaged everyone was. Students asked thoughtful questions about topics such as the embargo, Cuba's famous vintage cars "almendrones", national foods, and native animals. One particularly special moment came when a student assisted with translating a piece of Cuban poetry, adding a creative and collaborative touch to the day.

Overall, the visit was both educational and inspiring. Students left with a deeper appreciation for Cuban culture and a sense of curiosity that extended well beyond the classroom. It was a truly enjoyable experience for everyone involved.

Ms Dalka
Spanish 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			
Tuesday			
Wednesday	Cricket Training 3-15 - 4:15: All years welcome	Cricket	Lammus (DBR)
Thursday			
Friday	Athletics Training [after school 5pm - 8pm]	Athletics	Lea Valley Athletics Centre (DBR)



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.

