

Newsletter

Friday 15th January 2021

Headteacher's Message

Remote learning

We would like to begin by congratulating Notre Dame families on the sharp increase in engagement with our remote learning offer. This week, over 744 students accessed learning resources via Class Charts and live lessons through Microsoft Teams. This is in addition to those learning on site and those completing and submitting work on paper. Your commitment to continue to learn through this latest lockdown is inspiring. On behalf of all students and parents, may I thank teaching and support staff for the monumental effort that goes into making this all possible. By doing so, we continue to **Open Hearts, Minds and Doors** for our students.

Free School Meals and Food Parcels

We would like to offer our sincere apologies for any delays in issuing **Free School Meal vouchers** for the first two weeks of this term. These were delivered to the College yesterday afternoon and have been posted out (First Class Delivery) today. We would like to congratulate Liverpool City Council on their proactive approach to ensuring the city's families are supported and fed whilst we await recommencement of a national scheme.

In addition to this, we would again like to draw parents and carers' attention to **'The Pantry'**, our Notre Dame foodbank. If any Notre Dame families are experiencing further hardship this term, please do not hesitate to contact our fantastic Chaplain, Miss Wall, confidentially via the Class Charts messaging service. Miss Wall has already delivered 22 food hampers this term, proving the spirit of St. Julie is alive and kicking here at Notre Dame!

Internet Access

To further support any Notre Dame families who are struggling to access remote learning, we have successfully claimed a limited number of **free Vodafone Data SIM cards** as part of their 'schools.connected' scheme. These SIMS contain 30GB of data that lasts for 90 days. These can be put directly into tablets or laptops, or can be put into mobile phones, then 'Hotspot' the tablet or laptop from your phone. Please contact reception if you wish to request a Data SIM card.

This offer comes in addition to the **175 DfE laptops** that have been loaned to families since we returned from Christmas and the **WiFi boxes** provided by the amazing Councillor Jane Corbett and the team at West Everton Community Centre (WECC). Thank you again for all that you do for our community.



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Summer examinations

Today, I have written again to parents of Years 11 and 13 to clarify the current position on the cancellation of the summer examination series. We understand that this is an unsettling time for students and parents affected by these announcements and we will ensure further guidance, information and clarification is forwarded to all concerned as soon as we receive it. In the meantime, continue to work hard, submit the best work you can and stay in contact with your subject teachers via Class Charts and MS Teams lessons.

St. Julie encountered trouble times of her own. During which, she wrote:

*"Let us be more than ever united in heart and mind.
The whole world needs this to bring an end to all the present evils."*

Letter of February 12, 1814

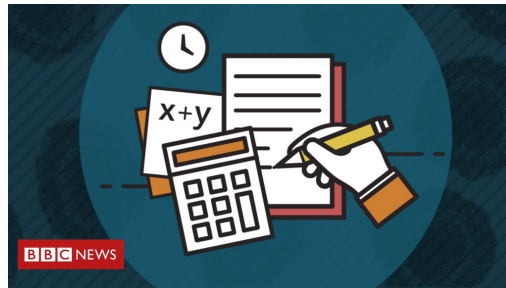
Wishing every Notre Dame family a peaceful and safe weekend.

Mr Duffy

REMOTE LEARNING SUPPORT

The BBC have supporting remote learning through a series of resources which may help with work sent out via Class Charts. These can be found on:-

- ♦ Online: Lockdown Learning [bbc.co.uk](https://bbc.co.uk/lockdownlearning)
- ♦ BBC iPlayer : BBC Bitesize Daily



This link will show you how to do remote learning on your Playstation or X-Box !

<https://sway.office.com/ka0yFbKLeluli0Wf?ref=Twitter&loc=play>

Remote Learning

Class charts guidance for students.

By doing this, only the lessons they should have on their timetable that day will appear.

To help students identify thier lessons for the day, they can view the set work by **issue date**.

Thank for your feedback on remotes learning, and please do contact us if we can help.

POSITIVITY

In the midst of a chaotic world, find peace in simplicity.

Grounding yourself into this moment right now. Getting lost in fear and anxiety will not be helpful. Find stillness today wherever you can.

Try: walking and just listening to your surroundings for 5/10 minutes or not reacting to difficult news, just observing, while noticing the breath.



Notre Dame Catholic College

SEND Support at home

We understand that we are not there face to face at the moment for all of the pupils that we support, but we can arrange a chat and check in on Teams if you or your child wants to speak to us.

Please just email us amcverry@notredame.liverpool.sch.uk or sweeneyk@notredame.liverpool.sch.uk

Here are some strategies that you can use at home to support you child if they feel stressed or anxious or are just not coping at any point during lockdown, some of these may not work and that is okay.

- 1) Keep your child in a routine, it is really important to get them up and get them ready each morning as they would for school. Structure and routine are good and mentally it gets us ready for the day ahead.
- 2) If your child is feeling stressed with school work online then you can give them a break, it is okay to take a break from learning and it is okay to not complete the work all in one go.
- 3) Break up the work into smaller chunks and if you can use a visual cue or now and next board to show them what they have to do. You can create your own or we can help you make one.
- 4) If they need it, use a timer to give them a clear start and finish time for each activity or lesson. You can use online timers, such as the one here -<https://www.online-stopwatch.com/> or you can buy one online.
- 5) Make sure that they get some downtime and they get some time to relax.
- 6) If your child gets angry, then give them some space and allow them to go somewhere that they feel safe, possibly their bedroom and let them do something that they like, something that will calm them down.
- 7) Do not push them to talk about why they are angry or upset until they are ready to talk. If you push it too quickly then they may have to start the process of self-regulation again.
- 8) Provide them with calming/sensory equipment. It can be as simple as a ball of blue-tack or can be more expensive, such as a sensory cube or tangle toy.
- 9) If your child needs an overlay in school then they can download the Colorveil programme to support them whilst they are doing their online learning and it is free -<https://www.aurelitec.com/colorveil/windows>
- 10) Do not struggle alone and ask for help. We have sent out a lot of information of parent/carer groups, our contact details and the details of national agencies that can support your child.

SAFEGUARDING REMINDERS



Important Contacts

If you currently need support for your mental health or well being these are some of the organisations who are happy to listen and help

Anxiety UK

03444775774 (Helpline)

075374160905 (Text)

Childline

0800 1111 (Free 24 hr helpline)

Papyrus Hotline

(Under 35s at risk of suicide or concerned for another)

0800 068 4141

07786209697 (text)

The Mix

(Support & Advice for under 25s)

0808 068 4994

85258 (Text THEMIX)

Young Minds

0808 803 5544 (Parent helpline)

85258 (Free 24hr crisis messenger, text YM)

Young Stonewall

Information & support for young people who identify as LGBTQ

0800 050 2020

Samaritans

Support for anyone who needs to talk

116 123 (Call)

Bullybusters

0800 169 6928

Please refer to the school website for further contact details/ websites

If you feel a child is at risk

(suffering harm, neglect or abuse)

Any member of the public can contact

Careline on 0151 233 3700 or

Merseyside Police on 0151 709 6010

CAMHS Crisis Care Team

Supporting children and young people in crisis regarding self-harm, suicidal ideation and acute mental health difficulties. Speak to a mental health practitioner 24hrs/day

CONTACT US

Email: sg@notredame.liverpool.sch.uk

Emails are answered within 24 hrs Mon—Fri 9-3

Phone: 0151 330 5122

Safeguarding Team:

Mrs Brennan - Designated Safeguarding Lead

Mrs Littleboy—Deputy DSL / Year 8

Mr McVerry—Deputy DSL

Mrs Costello - Deputy Headteacher

Mrs Sweeney , Mrs Kildare, Mrs Doran, Miss Lee,
Mrs Garvey & Ms Glorman

PC P Wood Schools Safer Police Officer

Domestic Abuse/Violence

Please remember, in an emergency dial 999 for immediate assistance.

You can call 999 without speaking then pressing 55, or tapping or coughing into the phone.

This will enable police to respond

Women's Aid

0808 2000 247 (24 hr helpline)

Men's Advice Line

0808 801 0327

Worst Kept Secret Helpline Merseyside

0800 028 3398

Childline - www.childline.org.uk

• Childline is available to you if you have any concerns about:

- Bullying
- Abuse (physical, sexual, psychological, emotional, neglect)
- Your body and self esteem
- Your feelings
- Friendships
- Sexual advice
- Home life and families
- School



• You can ring them on 0800 1111 or message them online here <https://www.childline.org.uk/registration/>

• There are loads of resources available for you to download and read as well <https://www.childline.org.uk/info-advice/>

REMOTE LEARNING AWARDS

All of our students are working incredibly hard under the current lockdown and we want to mention those who deserve a special mention!

Each week there will be award winners for different categories in each year group.

There will be one £10 voucher winner per year group in Years 7—11

This page will announce the award winners and it will be in the Headteacher's newsletter every Friday

BIG PRIZE DRAW

Every student who is mentioned in the newsletter this half term will be entered into a big prize-draw—more information to follow ! The draw will take place on the last day of term.

The draw will take place every Monday morning. Good luck !

	Year 7	Year 8	Year 9	Year 10	Year 11
TT Rockstars Champion	Max H	Elisa F	Deacon M	Ethan M	Molly A
Reading Champion	Ava R	Olivia B	Jasmine L	Ethan M	Anthony D
Remote Learner of the Week	Mathew H	Maisie C	Macey J	Charlie W	Carney W
Class Charts Points Award	Ana F	Sophia I	Harrison H	Melody H	Macie B
'In School' Reward	Ruby C	Madalina S	Harrison H	Callum H	Anthony G
Special Mention Award	Zara Z	Joel D	Antonia K	Maya F	Max Bl
Head of Year Award	Grace Lei B	Katie G	Lewis W	Sophie G	Greta R
Virtual 'Arts Performance'	Max B	Jamie-Lee W	Caleb H	Christian C G	Reece B
Voucher Winner					

Notre Dame Cooking Challenge

Could you be
this weeks
Star Cook?

During your time at home,
we would like you to develop
your cooking and/or baking
skills.

Each week we would like
you to make a different
recipe and send in a photo.



There are some example
recipes on Class Charts that
you can adapt and change
or you can choose your own.



Please ensure that you have
permission and supervision
when using hobs, ovens and
sharp knives.



Upload your entries to Class Charts or send them to
dt@notredame.liverpool.sch.uk



"THE PANTRY" @ NOTRE DAME



Notre Dame
Catholic College

Established 1869

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www.notredameliverpool.com

Headteacher: Mr Peter Duffy BA(Hons) NPQH

Our Ref: RW/Admin/4

20th October 2020

Dear Parent or Carer,

The Pantry at Notre Dame

We realise in these difficulty and very different times that there may be some families who need that little extra support. As a community, Notre Dame would like to offer the service of "The Pantry" to all of our families as we support each other.

The Pantry is a confidential service (foodbank) run by Notre Dame, whereby you can contact Rebecca Wall, our Chaplain, and ask for help with items of shopping, food and toiletries, that you are unable to afford at the moment during these unprecedented times. It may be that you are unable to access benefits, have been made redundant, are working less hours – all making it difficult to feed/support your family as you would normally do.

You may only need to use The Pantry once, or you may need to use it on a more regular basis. Please feel free to call Rebecca and speak to her directly in confidence. You don't even need to share information with your child.

If you would like to discuss this further or have any questions, please do not hesitate to contact me either by telephone or email (rwall18.341@notredame.liverpool.sch.uk).

Remember you are not on your own in this – we are all in it together !

Kind regards

Miss R Wall
School Chaplain