

Newsletter

Friday 22nd January 2021

Headteacher's Message

Dear Parents and Carers,

As we patiently await for the vaccination programme to take effect and vigilantly follow the Public Health guidance in the meantime, the following quote came to mind.

*"I ask with all my heart, for you and for all my good sisters,
that spirit of charity, gentleness and patience,
and of love for our Lord in his members,
whom you will always have with you."*

St. Julie Billiart, Letter 58

Remote Learning

As we come to the end of another national lockdown week, we would again like to congratulate Notre Dame students for their engagement and hard work this week. The proportion of students joining live lessons on MS Teams continues to grow in all year groups, as does access to and submission of work via Class Charts.

A particular 'thank you' to all parents and students who have taken the time to respond to the survey that Mrs Brennan distributed earlier this week. The surveys have been designed to gather parents' and students' views on your current experiences of our remote learning offer and of this latest lockdown in general. The parent survey was distributed via our Parent App and the student survey was circulated on Class Charts. We have already received over 250 student responses and over 100 parent/carer responses - thank you!

Both surveys will close at **10.00am on Monday 25th January**.

This will allow College leaders to analyse the feedback received and to act on it appropriately.

Continued



INSIDE THIS ISSUE

Remote Learning3
SEND Support4/9
Safeguarding10
Remote Learning Awards	11
The Pantry12

Summer Examinations

In last week's newsletter, we referred to the government's recent decision to cancel examinations in the summer.

In order to gather the views of **teachers, students** who were due to take examinations this summer, and their **parents or carers**, the Department for Education has this week launched an open online consultation on how this summer's examination grades should be decided. All affected Notre Dame students and parents can review the consultation document and submit their responses to it, using this link:

<https://www.gov.uk/government/consultations/consultation-on-how-gcse-as-and-a-level-grades-should-be-awarded-in-summer-2021>.

The deadline for responses is next **Friday (29th January) at 11.45pm**.

Feast Day 2021

Finally, we would like to draw students' and parents' attention to our fast-approaching Feast Day, which this year, will take place on **Tuesday 2nd February**. As you will be aware, this date marks the day in 1804 when St Julie Billiart, Françoise Blin de Bourdon and Catherine Duchâtel committed themselves to God by a vow of chastity and the care and education of young girls. This was the founding day of the Sisters of Notre Dame in Amiens, France! This is a hugely significant day in our calendar and has traditionally been a day of celebration, prayer and reflection. As with other celebrations this year, staff and students are working tirelessly behind the scenes to ensure that we are able to come together as a Notre Dame family to celebrate our Feast Day, albeit remotely. More details to follow in next week's newsletter!

Wishing every Notre Dame family a peaceful and safe weekend.

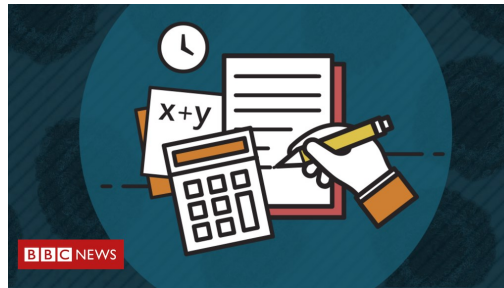
Mr Duffy



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.

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

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

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



Notre Dame Catholic College

Sensory Activities in the Great Outdoors

What is this pack?

This pack is to provide you with some of the activities that you can do to help you with your senses and sensory input using the great outdoors. It gives you a brief overview of your senses and the process your brain and body goes through when our sense are in action. It will also give you some activities to try at home.

Our Senses

As humans we are all sensory seeking and need sensory input, our senses are something that we do not think about all of the time, we just get on with the world around us, but sometimes things can bother us and this is because of our senses and our different needs. Did you know that we actually have 7 senses, some people only think we have 5. Our 7 senses are:

Taste – our taste bud sense the food and smells that enter our mouth

Sight – the things we see and the light that enters our eyes

Smell – the smells around us

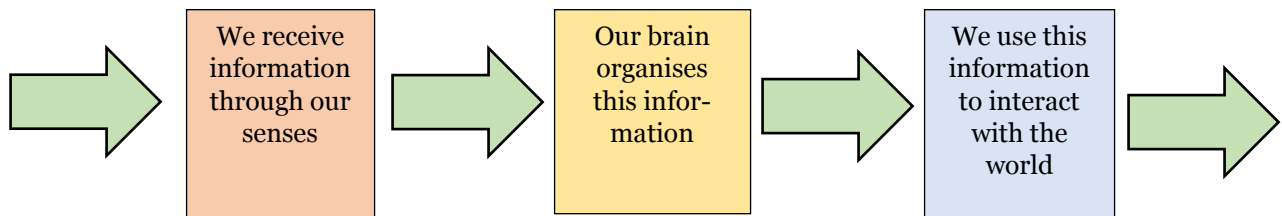
Touch – what we touch and things touching us

Sound – what we hear

Proprioception – this is our body's awareness of its individual parts

Vestibular – this is our body's movement and balance sense

The way that we process sensory information is shown in the diagram below;



Sensory Overload

Sometimes our brains get too much information at the same time and we cannot process it all at once. This is called sensory overload and can lead to our bodies and minds becoming deregulated. When we are deregulated we cannot focus on things and sometimes we feel overwhelmed by the world around us and that is okay.

Sensory seeking

Other times we need that sensory input and if we do not have it, then we need to seek out. Again this could cause us to be under stimulated and if we are needing that input we can again become deregulated until we seek out what we need and again, that is okay.

Nature and the great outdoors

Nature and being outdoors is one of the greatest sensory experiences that we can have. Do you know that plants help your brain release Serotonin, which makes you feel happy?

There are so many things outside that we can do to fulfil our sensory needs, here are a couple of activities to try and they are also good for your mental health.

Birdsong

Birdsong is one of nature's miracles and everyone is drawn in when they hear a bird, but how many times have you just found a quiet space, sat down and just listened. We miss things in our busy lives, but try it, even for a short period of time and as you do, let your mind wonder and clear.

In the table below, draw or write down the thoughts that you are having, both positive and also the things that you are worried about. With the things that you are worried about, it is good to get them down onto paper and make them real and unlock them from your mind, at least then you can deal with them and come up with strategies to deal with them.

Have a go and see what you come up with.



My positive thoughts

My worries

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Walking Through a Wooded Area

Have you ever walked through a wooded area, somewhere that is overgrown, or somewhere that you have not explored before? There are so many things that our bodies go through when we do this and they can give us a positive experience and positive sensations.

Things such as;

- The change in the ground that we are walking on; sometimes it is hard, sometimes it is soft and sometimes it is really wet and muddy.
- Think about navigating your way through fallen trees or over grown areas and how you have to change your body position to move through the area.
- The sensations of standing on twigs and the feeling of them crunching and cracking as we move over them.
- Or the feeling as you brush past leaves and bushes with the morning dew or last night's rainfall flicking and hitting your skin

Your task is to find an area like this, it could be in a park or an area close to your home. Walk through it and complete the table below. Chose four of the senses and then write down how the experience of that sense and aspects of the environment make you feel.

Sense 1	How do you feel?	Impact on you
Sense 2	How do you feel?	Impact on you
Sense 3	How do you feel?	Impact on you



Gardening and Planting

Gardening and planting seeds or bulbs is a great sensory experience and all of our senses can be exposed through this activity. The sheet below explains what to do and then also asks you to think about which sense you used and how it made you feel.

Your task is to plant some seeds or bulbs and to do this task you will need;

A pot or a container with some holes in the bottom

Some soil or compost

Some seeds or bulbs

Activity

Get your container and pot and half fill it with compost using your hands



Which sense/s did you use the most?

How did it make you feel?

Activity

Wet the compost slightly and press it down once it is damp



Which sense/s did you use the most?

How did it make you feel?

Activity

Press your finger into the compost and make a hole for the bulb or seeds



Which sense/s did you use the most?

How did it make you feel?

Activity

Cover with more compost and water again, pressing the compost down



Which sense/s did you use the most?

How did it make you feel?



Nature Hunting

Nature has a great way of healing us and it draws us in, a nature hunt is a great way to explore our senses and also explore what is out there.

This activity is to go outside, in your garden or a park and explore what nature is around you. You can simply just sit there and watch or you can be a bit more adventurous and turn over rocks and see what is underneath them.

Remember though, if you do this, put everything back the way it was.

When you are doing the activity, fill in the sheet below.

What can you see?



What can you hear?



What can you feel?



What can you smell?



What thoughts are you having?



What is the impact on your thoughts?

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 con-

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

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

Mr D McKeon - Behaviour Lead

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

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	Warren M	Elisa F	Skie S	Jamie Lee B	Mollie A
Reading Champion	Max H	Olivia B	Jasmine L	Jamie Lee B	James W
Remote Learner of the Week	Grace G	Lucy B	Shea B	Isabel O	Aaron H
Class Charts Points Award	Brendan B	Sophia I	Macey J	Leah D	Louis S
'In School' Reward	Alfie D	Tom W	Sophie W	Raheem S P	Brice McG
Special Mention Award	Lola Rae C	Joel D	Harry G	Jack S	Keira F
Head of Year Award	Abigael A	Poppy L D	Chlodagh B	Dean P	Holly S
Virtual 'Arts Performance'	Ruby C	Ava J	Joel H	Immanual A	Louis Sm
£10 Voucher (last week)	Max B	Ava J	Shea B	Ethan M	James W

"THE PANTRY" @ NOTRE DAME



Notre Dame
Catholic College

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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