

Newsletter

Friday 27th November 2020

Headteacher's Message

Dear Parents and Carers,

COVID Update

Firstly, we would like to thank parents of Year 8 and 9 for supporting the college in managing this week. Your support, in keeping your sons and daughters temporarily at home, has been invaluable to the running of the college and the safety of every member of the college community.

Second Round of mass testing and testing surveys

As parents are already aware, on Friday, we conducted the second round of mass testing for all students with parental consent. In addition to this, Year 12 and 13 students will take part in the second phase of the Office of National Statistics (ONS) COVID and antibody testing survey on Monday 30th November and Tuesday 1st December. Participation in both the mass testing and the ONS survey continues to be on a voluntary basis. A huge 'thank you' to everyone involved in consenting and organizing these important testing opportunities.

Is it too early to mention 'Christmas'?

In response to what has become something of a national trend, Christmas came a little early to Notre Dame Catholic College this week as our beautiful Christmas tree appeared on the ground floor atrium. We can also confirm that our 'Carols By Candlelight' event will be pre-recorded this year for obvious reasons. Guests will be able to attend the event virtually via the college website on Thursday 17th December. Further to details to come.

Best wishes

Mr Duffy



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Headteacher's Message Continued.....

Its beginning to look a lot like Christmas !



1804 Society Structure

Head Girl : Anna Sedgewick

Deputy Head Girl: Daisy-Lou Dale

Head Boy: Mathew Boyd

Deputy Head Boy: John Hennessey

Reading Revolutionaries

Lead: Ella Rutherford

Phoebe Gallagher

Joel Austin-Maguire

Courtney Shaw

Hannah Wishart



Student Well-Being

Lead: Faye Roberts

Lucais Riley

Shea Quinn

Konrad Kasek

(Student Government)



St Julie's Vision

Lead : Millie Maguire

Kate Forrest

Lillie-Jo Irons

Amy McAlan

Charlotte Corser



BETTER CONNECTED !

Better Connected

DAISY Inclusive UK, Citizens Advice Liverpool and West Everton Community Council have come together to increase digital access to households with children and young people that are struggling to make ends meet.

The project aims to increase digital access by providing:

- 6 months of free internet in the form of a loan of a portable Wi-Fi unit with 6 months of unlimited data.
- A loan of a refurbished Desktop PC for 6 months.

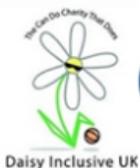
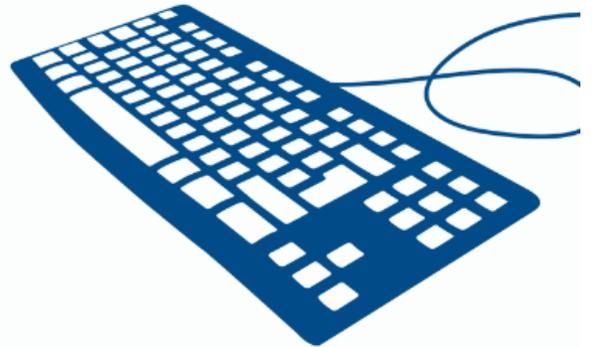
To be eligible for a device you must:

- Have a child 16 years and under
- Live in the Everton ward
- Receive free schools meals and or council tax support

To get more information or to apply, call:

- Citizens Advice Liverpool on 0151 522 1400,
- West Everton Community Council on 0151 282 0303 (voicemail only 0151 282 0320)
- Daisy Inclusive UK on 0151 261 0309

To contact the project's Chair, Councillor Jane Corbett
Send a text to: 07736445468



GCSE AFTER-SCHOOL REVISION

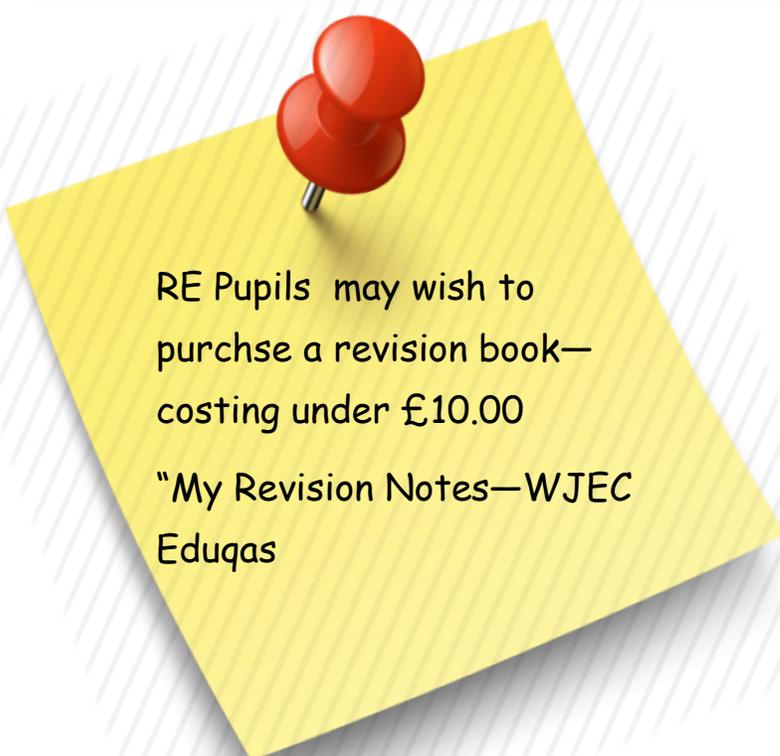
We are pleased to advise you that After School Revision sessions have recommenced for Year 11 students..

These sessions will be invaluable in helping pupils revisit topics, learn new content and perfect exam technique. Revision sessions will give extra confidence and help pupils achieve the grades they deserve.

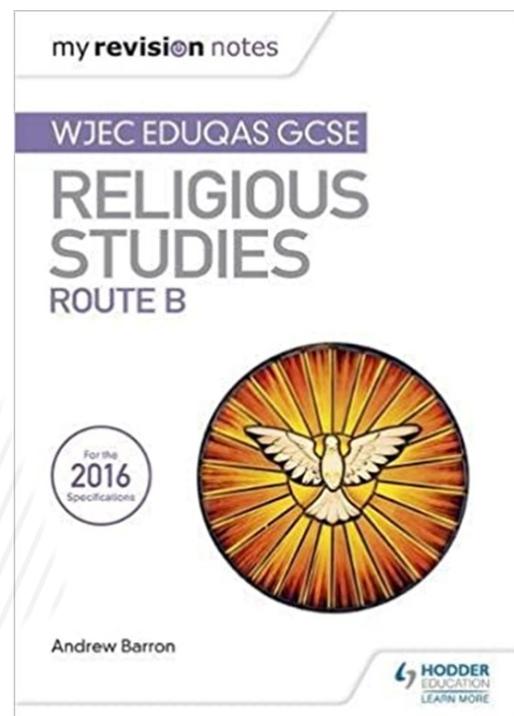
Please encourage your child to attend these important sessions.

See timetable below for further information

SUBJECT	DAY / DATE	TIME	ROOM/AREA
HISTORY	TUESDAY WEEKLY	3.05pm — 3.45pm	83/84 - (Science)
MATHS	THURSDAY WEEKLY	3.05pm — 4.00pm	Timetabled Classroom
RE	WEDNESDAY WEEKLY	3.05PM - 4.00pm	



RE Pupils may wish to purchase a revision book—costing under £10.00
"My Revision Notes—WJEC Eduqas



CLASS CHARTS

NDCC Parents are currently following their child's behaviour, progress and home learning schedule on the **Class Charts Parent app**.



Are You?

Email the behaviour team for your login details at:
behaviour@notredame.Liverpool.sch.uk

Alternatively you can call the college
on: **0151 330 5122**



ATTENDANCE & STAYING HEALTHY

INFORMATION FOR PARENTS AND CARERS

Notre Dame Catholic College is a successful school and YOU and your son or daughter play a part in making it so.

Many of you were anxious about your child coming back to school in this strange time, but with courage you supported your child and ensured they came back to school. For the many of you that did this, Well done as this is the best action you could have done to ensure your child maximises their educational achievement and social development.

It has been good for the students to get back to meet their friends and to get back into a more normal school routine. Remember we are all in this together.

Now that we are entering the winter months and the weather is colder and your son/daughter may at times be feeling a bit under the weather. Please think carefully before keeping them off and check their symptoms on the NHS website so that your child does not miss out on critical learning opportunities unnecessarily. Missing days off have a NEGATIVE effect on your sons/daughters ACADEMIC PROGRESS and SOCIAL DEVELOPMENT. Every day off is 5 lessons missed.

Here is some information about COVID 19 from the NHS website that will help you make decisions.

“The main symptoms of coronavirus (COVID-19) are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.”

The information below will help you decide whether you need to send you son/daughter to school or if they need medical attention.

Ailment	Can child usually come to school?	How to treat child's ailment	When you need to take your child to the doctor (out of school hours)
Headache 	Yes	Put a cool, moist cloth across their forehead or eyes. Get them to breathe easily and deeply. Encourage them to eat or drink something (not drinks containing caffeine.)	If painkillers don't help or if the headaches are interfering with schoolwork.
Cough 	Yes	A cough needs to clear itself, this can take up to 2 weeks.	They have had the cough for more than 3 weeks.

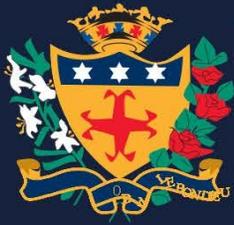
<p>Cold</p> 	<p>Yes</p>	<p>Make sure they drink plenty of fluids - water is fine, warm drinks can be soothing. If they have a blocked nose, you can make their breathing easier by raising the pillow end of their bed. Don't let them get too hot.</p>	<p>Their symptoms last more than three weeks. They seem to be getting worse rather than better. They have chest pain or are coughing up blood-stained phlegm. They have severe earache.</p>
<p>Stomach Ache</p> 	<p>Yes</p>	<p>Give them clear fluids, such as water, broth, tea, or fruit juice diluted with water. Serve bland foods like toast, pasta, rice. Have them try to pass a stool.</p>	<p>They seem to be getting worse rather than better.</p>
<p>Cold Sores/Mouth Ulcers</p> 	<p>Yes</p>	<p>Apply ice or a warm washcloth to the sores to help ease their pain. Avoid giving your child acidic foods e.g. citrus fruits or tomato sauce.</p>	<p>They don't heal by themselves within 7 to 10 days. They have sores near the eyes or get cold sores / ulcers frequently.</p>
<p>Acne</p> 	<p>Yes</p>	<p>Ensure they wash their face once or twice a day with warm water and a mild soap or cleanser. Don't let them pick, squeeze, or pop pimples.</p>	<p>If the acne is particularly sore and seems to be getting worse not better.</p>
<p>Period Pains</p> 	<p>Yes</p>	<p>Put a hot water bottle (wrapped in a tea towel) on their tummy. Light, circular massage around their lower abdomen may also help reduce pain.</p>	<p>If they have severe period pain or if their periods become heavier than usual or irregular.</p>
<p>Head Lice/Nits</p> 	<p>Yes</p>	<p>You can use medicated lotions and sprays that kill head lice in all types of hair. You can buy these from pharmacies, supermarkets or online.</p>	<p>You do not need to go to the doctors if your child has head lice/nits.</p>
<p>Allergies/Hay Fever</p> 	<p>Yes</p>	<p>Hay fever can usually be controlled using medication from the chemist.</p>	<p>If their symptoms are more troublesome as they may require medication from doctor.</p>

***Remember when your child shows signs of minor illness such as a cold,
THEY CAN COME TO SCHOOL.***

All medical and dental appointments should be made out of school hours. If you are ever seriously concerned about your child's health, seek medical advice.

If you are experiencing any issues that are affecting your son or daughter's attendance, whether these are Covid-19 health related, financial, or problems in school itself, then please contact your sons or daughters Head of Year or Mrs J Gilbert our attendance officer. We are now in week 7 of the school academic year and remember every day at school is another step towards your son/daughter achieving their best academic results.

"THE PANTRY" @ NOTRE DAME



Notre Dame
Catholic College

Established 1869

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Email: ao@notredame.liverpool.sch.uk
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

ONLINE LEARNING



How to take part in an online lesson on Teams.



If you find yourself self-isolating at home, you will still need to take part in the lessons you missed at school.

An online lesson is where you will be participating in the lesson at home while your teacher is in the classroom.

To join an online lesson, you will need to log into Teams, you can do this by clicking on the icon which can be found on the opening page of the college website:

Look for this icon near the top right of the opening page



If you do not have internet access at home, please inform your form tutor now, or call college on 0151 330 5122



How to get on to Teams.



THIS IS FOR YEARS 7, 8 & 9 ONLY

FOR YEARS 10 & 11 SEE NEXT SLIDE

1. Go to the college website.
2. You will see the new Teams icon near the top right-hand side.



3. Click on the new Teams icon.
4. You will now be asked to enter your school email address and password.

School emails start with your username followed by:

@notredame.liverpool.sch.uk

e.g. Smitp101@notredame.liverpool.sch.uk



How to get on to Teams.



FOR YEAR 10 & 11 STUDENTS ONLY

1. Go to the college website.
2. You will see the new Teams icon near the top right-hand side.



3. Click on the new Teams icon.
4. You will now be asked to enter your school email address and password.

School emails start with your username followed by:

@notredame.liverpool.sch.uk

e.g. jonesm17@notredame.liverpool.sch.uk – Year 10

smithf16@notredame.liverpool.sch.uk – Year 11

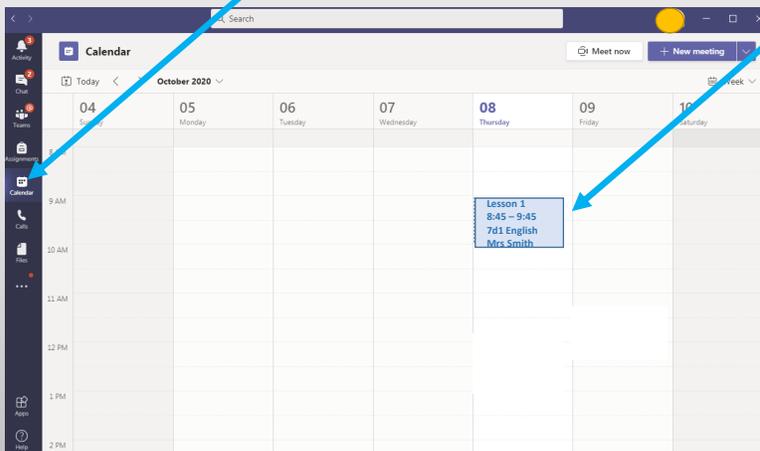


4. Whether you are using your mobile phone or your home computer, use the [web version](#) of Teams.

If you are on your home computer, you can use either Chrome, Edge or Safari to access Teams.



5. Once Teams has opened, click on to the calendar



6. Click on to the first lesson of the day.

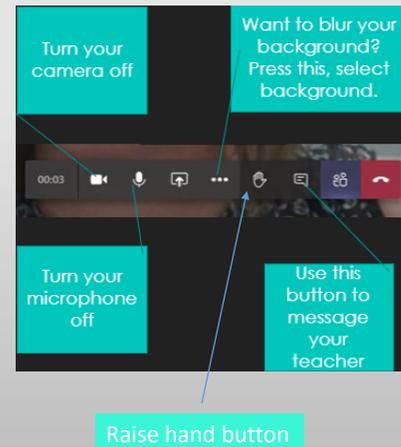
In this example for 7d1, the first lesson on 8th October is at 8:45am, English, with Mrs Smith.



Working online

- The teacher will 'call' you when ready and you will have to click on the **JOIN button – be ready to do this.**
- Your microphone should be **off** (mute).
- You can use the 'raise hand' button to show that you want to speak/answer a question. Your teacher will invite you to speak – then you can unmute your microphone.
- You must be suitably dressed/ blur out the background if possible and wear earphones so as to not be disrupted.
Or you can prefer to not have the camera on at all?
- If you have a question about the work, you can message your teacher during the lesson using the message button.
- Follow your teacher's instructions first time.
- Remember to be polite and courteous in your messaging. Please be aware of your conduct and behave appropriately whilst taking part in lessons.

You will use these control buttons during the lesson.



What your teachers will do:

- **Record attendance at every lesson.**
- **They can see the time when you join a meeting and what time you end the call. They may need to contact you to find out why you needed to leave the session before it finished.**
- **If you use the message function inappropriately, your ability to use it in future may be taken away.**



Submitting work - There are different ways you can get your work back to teachers:

1. Through ClassCharts – for example: your teacher will tell you if the work is on ClassCharts, so complete the work there and send it back
2. Email – add an attachment or take a photo of your work and send that to your teacher.

It is important that you get your work back to your teacher by the deadline date

If you want more information, please look at these YouTube clips.

- Students guide to online lessons on Teams - <https://www.youtube.com/watch?v=fdaMa1DSwXo>
- Student guide to downloading Teams - <https://www.youtube.com/watch?v=Zoc78NKvTK0&list=PLxp90x5c0ttY6YQiUyoG9gmoAx2OVncHa>
- Virtual classroom (what does it look like) - https://www.youtube.com/watch?v=jx36qQf_Qpk



Do remember:

- Complete school work each day and submit work through Teams/ClassCharts/email, as instructed by your class teachers.
- Follow your own timetable each day and **be on time for lessons**.
- Ensure the work is your own and that you have completed the tasks to the best of your ability.
- If you require any additional help or support with your online learning, contact your teachers via email and your teachers will get back to you as soon as possible.
- Check the college website for updates each day.
- If you complete all the work you have been set, try and **read a book for pleasure** – it is fun and can be very relaxing.



All of the information in this presentation is on the college website – Online Lessons – find it in the ‘At Home Access Support’ section.

Finally,

we are always here for you.

Message your teacher if you have any questions about the work.

Call school if you have any major problems logging in or completing work - 0151 330 5122.



REMOTE LEARNING

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



REMOTE EDUCATION 10 TOP TIPS FOR PARENTS

Remote education ensures continuous learning outside the classroom. For parents and carers, remote education isn't always straightforward and there can be a number of factors they need to consider, especially around ensuring their children feel comfortable and are familiar with the whole concept. That's why we've created this guide to help parents and carers support their child in getting the most out of their remote education experience.

1. TAKE AN ACTIVE INTEREST IN YOUR CHILD'S LEARNING

As a parent or carer, your school may have explained how remote education works already, but children may still need help. Take an active interest in their learning and help support them whenever they need a helping hand.



2. MONITOR YOUR CHILD'S COMMUNICATION AND ONLINE ACTIVITY

It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school. Encourage them to remain polite, remember their manners and not to post or send any negative comments just because they are behind a computer.



3. ESTABLISH A DAILY SCHEDULE AND ROUTINE

Working from home and trying to learn in a more casual setting that children might associate more with play and a degree of freedom might take a bit of getting used to. Try to stick to a daily routine and use the timetable/schedule that schools have sent home to help children keep on top of their daily learning.



4. ENCOURAGE SCREEN BREAKS AND PHYSICAL ACTIVITY AWAY FROM DEVICES

Remote learning will inevitably require more interaction with computers, laptops and tablets. Teachers will invariably advise on screen breaks; however, it doesn't hurt to keep a check on their time online or encourage them to get some fresh air/exercise.



5. ENSURE YOUR LEARNING DEVICE IS IN PUBLIC SPACE IN THE HOME

It's important to consider where your PC or laptop is placed if live video is being used. Try to keep the background neutral, with no personal information visible and move learning devices out of the bedroom as this could be deemed inappropriate.



6. IMPLEMENT SAFETY CONTROLS AND PRIVACY RESTRICTIONS ON APPS AND SOFTWARE

Dependant on how your school implements remote education, your child may be required to download certain software or apps. Whilst these are likely to be relatively safe to use, like any other new app or platform, parents should still implement safety controls as a precaution.



7. ENSURE YOUR CHILD ONLY USES OFFICIAL SCHOOL COMMUNICATION CHANNELS

It's important that all communication with teachers and school staff is directed through approved school channels, whether that be through the school's online portal or the relevant secure messaging site.



8. FAMILIARISE YOURSELF WITH RELEVANT SCHOOL POLICIES

Schools should have a policy on remote education that they can share with parents. Familiarise yourself with this and ensure you know what is expected of teachers and your child during lessons, both online and offline.



9. MAINTAIN FEEDBACK WITH TEACHERS

Engage in communication with teachers where possible, and try to feed back progress and development as well as any helpful suggestions around the learning process. Be transparent but remain professional and only use official channels to communicate.



10. MONITOR YOUR CHILD'S WELLBEING AND MENTAL HEALTH

Remote education will likely mean that your child won't get the same level of social interaction and might not see their friends for a while. Keep a check on their wellbeing and try to encourage them to get out as much as they can. Whilst learning from home might seem fun and exciting to start with, missing out on seeing their friends every day might take its toll.



REMOTE EDUCATION 10 TOP TIPS FOR CHILDREN

Remote education ensures continuous learning outside the classroom. For students, it's the perfect way to ensure they still get the education they need, despite not being at school. However, it also requires a level of discipline and careful planning. That's why we've created this guide to help pupils understand different aspects of remote education and to support them in ensuring their experience is as safe and secure as it can be.

1. TREAT REMOTE EDUCATION THE SAME AS CLASSROOM LEARNING

Despite being at home, it's important to remember the same rules apply as being in the classroom, particularly in respect of behavior and conduct. Focus on learning and don't get distracted by your surroundings.



2. USE CLASSROOM LANGUAGE

If you are encouraged to communicate through emails and online messages, don't use shorthand text speak and write as though you would speak in class. Remember to be respectful and polite and avoid posting negative comments or spamming the chat.



3. TAKE REGULAR SCREEN BREAKS

Whilst remote education might be an exciting experience to begin with, having prolonged periods of time in front of a screen isn't always healthy. Remember to have regular screen breaks where possible and in your spare time, try to get some fresh air and enjoy other activities away from electronic devices.



4. ALWAYS CONDUCT VIDEO LEARNING IN AN OPEN SPACE AT HOME

To get the best experience from remote education, it's important to create the right environment around you. Try to set up a mock 'classroom desk' at home in an open space so parents can supervise if necessary. Avoid bedrooms as this could be considered inappropriate.



5. ONLY COMMUNICATE THROUGH APPROVED SCHOOL PORTALS AND PLATFORMS

It's important that you send messages and any pictures or images required for class through approved school channels, such as internal learning portals or approved platforms. This will help to keep your personal information safe and secure.



6. STICK TO TEACHER RULES AND GUIDELINES AROUND REMOTE EDUCATION

Your school should issue you with guidance on remote education and the rules to follow. Always maintain classroom behaviour and try to remember that you are in a learning environment and not a social setting.



7. DRESS IN SCHOOL UNIFORM

As part of your learning environment, try to maintain school uniform/dress. This will help as part of replicating classroom learning in the home. Try to avoid wearing anything too casual as this could be deemed inappropriate for school.



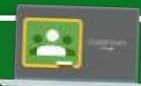
8. DON'T SHARE PASSWORDS OR OTHER SENSITIVE INFORMATION

In order to begin your online lessons or to gain access to learning materials, you may be provided with login details and passwords. In the same way you keep your personal details private, always keep these safe and never share them with others.



9. DON'T USE SCHOOL PLATFORMS TO DISCUSS PERSONAL MATTERS.

It's important to keep your school communication channels separate from your own personal communication with friends and family. Don't be tempted to engage in casual discussions or send images, videos or links via official school apps or platforms that aren't associated with your learning.



10. LOOK AFTER YOUR MENTAL HEALTH AND WELLBEING.

Remote education ultimately means working alone and missing out on daily social interaction with your friends. If you ever feel frustrated, low or sad, it's important to discuss how you feel with your parents or your teacher. Keeping in touch with friends over the phone or on social media can also help to keep your spirits up.



IMPORTANT COVID UPDATE



Test and Trace

23 September 2020

Dear parents and guardians,

This is an important letter to share some information on how we can work together to make sure we can continue to give children and young people the best education in the safest way possible.

One important part of ensuring the safety and wellbeing of pupils, parents and our communities is testing for coronavirus. We all have a duty to make sure that the right people have access to get tested at the right time. Every time a test is used inappropriately, a person with Covid-19 symptoms may miss out on getting tested.

Therefore, I ask that you all follow these principles:

- You should only book a test if your child has any of these three coronavirus symptoms:
 1. **a high temperature:** any new high temperature where your child feels hot to touch on their chest or back (you do not need to measure the temperature)
 2. **a new continuous cough:** coughing a lot for more than an hour, or three or more coughing episodes in 24 hours
 3. **a loss of, or change in, sense of smell or taste:** a noticeable loss of smell or taste or things smell and taste different to normal
- Your child **does not need a test** if they have a runny nose, are sneezing or feeling unwell but do not have a temperature, cough or loss of, or change in, sense of smell or taste because these are not normally symptoms of coronavirus.
- If you are unsure about whether to get a test, please check the official list of symptoms on the NHS website, which is reviewed regularly:
www.nhs.uk/conditions/coronavirus-covid-19/symptoms/
- Only the person with symptoms should get a test. You do not need to get a test for anyone else in the household unless they also have any of the three symptoms listed above. All members of the household need to self-isolate whilst waiting for the test result.

LOCAL COVID ALERT LEVEL

VERY HIGH

Social Contact



1 household / bubble in most locations, indoors and outdoors. Rule of six applies in some outdoors settings like parks, public gardens and sports courts.

Weddings and Funerals



Up to 15 guests for weddings and up to 30 guests for funerals. 15 for wakes and related ceremonies. Wedding receptions not permitted.

Overnight Stays



Those in area advised against overnight stays in other parts of UK. People outside area advised against overnight stays in area.

Working from home guidance



Work from home where possible.

Shopping and Retail



Open.

Leisure and gyms



Any closures or additional restrictions subject to consultation.

Hospitality



Pubs and bars must close except where they operate as a restaurant, meaning they can only serve alcohol with a substantial meal. Further closures subject to consultation.

Entertainment and tourist attractions



Any closures / additional restrictions subject to consultation. Nightclubs and adult entertainment remain closed.

Education



Schools, FE colleges open. Universities must reflect wider restrictions with option to move to greater online provision.

Healthcare Services



Open.

Residential Care



Closed to external visitors other than in exceptional circumstances.

Travel and Transport



May continue to travel to open venues, but reduce number of journeys where possible. Avoid travel where possible in or out of the affected area with exceptions including work and school.

Sporting Activity



Organised sport / licensed physical activity allowed in outdoor settings. Indoor organised sport must follow social contact rules (other than youth or disabled sport).

Worship



Open, subject to social contact rules.

Childcare



Registered and wraparound childcare. Supervised activities permitted in private homes. Children's groups permitted. Childcare bubbles for under 14s.

Youth Clubs and Activities



Permitted.

There are three simple actions we must all do to keep on protecting each other:



Wash hands
keep washing your hands regularly



Cover face
wear a face covering in enclosed spaces



Make space
stay at least 2 metres apart - or 1 metre with a face covering or other precautions

For more information and detailed guidance visit:
[gov.uk/coronavirus](https://www.gov.uk/coronavirus)

COVID-19 (coronavirus) absence: A quick guide for parents / carers

What to do if...	Action needed	Back to school...
 <p>...my child has COVID-19 (coronavirus) symptoms*</p>	<ul style="list-style-type: none"> • Child shouldn't attend school • Child should get a test • Whole household self-isolates while waiting for test result • Inform school immediately about test results 	<p>...when child's test comes back negative and child is well enough</p>
 <p>...my child tests positive for COVID-19 (coronavirus)</p>	<ul style="list-style-type: none"> • Child shouldn't attend school • Child self-isolates for at least 10 days from when symptoms* started (or from day of test if no symptoms) • Inform school immediately about test results • Whole household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - <i>even if someone tests negative during those 14 days</i> 	<p>...when child feels better, and has been without a fever for at least 48 hours</p> <p>They can return to school after 10 days even if they have a cough or loss of smell / taste. These symptoms can last for several weeks once the infection is gone.</p>
 <p>...somebody in my household has COVID-19 (coronavirus) symptoms*</p>	<ul style="list-style-type: none"> • Child shouldn't attend school • Household member with symptoms should get a test • Whole household self-isolates while waiting for test result • Inform school immediately about test results 	<p>...when household member test is negative, and child does not have COVID-19 symptoms*</p>
 <p>...somebody in my household has tested positive for COVID-19 (coronavirus)</p>	<ul style="list-style-type: none"> • Child shouldn't attend school • Whole household self-isolates for 14 days from day when symptoms* started (or from day of test if no symptoms) - <i>even if someone tests negative during those 14 days</i> 	<p>...when child has completed 14 days of self-isolation, even if they test negative during the 14 days</p>

* Symptoms include at least one of a high temperature; a new continuous cough; a loss of or change to your sense of smell or taste. See more at: <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/> ¹

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

What to do if...	Action needed	Back to school...
 <p>...NHS Test and Trace has identified my child as a 'close contact' of somebody with symptoms* or confirmed COVID-19 (coronavirus)</p>	<ul style="list-style-type: none"> • Child shouldn't attend school • Child self-isolates for 14 days (as advised by NHS Test and Trace) – even if they test negative during those 14 days • Rest of household does not need to self-isolate, unless they are a 'close contact' too 	<p>...when the child has completed 14 days of self-isolation, even if they test negative during those 14 days</p>
 <p>...we / my child has travelled and has to self-isolate as part of a period of quarantine</p>	<ul style="list-style-type: none"> • Do not take unauthorised leave in term time • Consider quarantine requirements and FCO advice when booking travel • Provide information to school as per attendance policy <p>Returning from a destination where quarantine is needed:</p> <ul style="list-style-type: none"> • Child shouldn't attend school • Whole household self-isolates for 14 days – even if they test negative during those 14 days 	<p>...when the quarantine period of 14 days has been completed for the child, even if they test negative during those 14 days</p>
 <p>...we have received advice from a medical / official source that my child must resume shielding</p>	<ul style="list-style-type: none"> • Child shouldn't attend school • Contact school as advised by attendance officer / pastoral team • Child should shield until you are informed that restrictions are lifted and shielding is paused again 	<p>...when school / other agencies inform you that restrictions have been lifted and your child can return to school again</p>
 <p>....I am not sure who should get a test for COVID -19 (coronavirus)</p>	<ul style="list-style-type: none"> • Only people with symptoms* need to get a test • People without symptoms are not advised to get a test, even if they are a 'close contact' of someone who tests positive 	<p>...when conditions above, as matching your situation, are met</p>

For further information:

gmhscp.contacttracing@nhs.net

gov.uk/backtoschool

SAFEGUARDING

Online and phone psychological support from Mersey Care



Community and Mental Health Services

Who can access?	When and how is it accessed?	What is provided?
 <p>Urgent mental health support 0151 296 7200</p> <p>Anyone 16+ self-referral or any professional</p>	<p>24/7 by phone</p>	<ul style="list-style-type: none"> • 24/7 access to mental health support (including people in crisis) • 24/7 contact line for emergency services that will divert mental health activity away from A&E • 24/7 contact line for primary care for urgent/emergency referrals for mental health assessments.
 <p>Psychological support line 0151 473 0303 ask for the psychological support team</p> <p>Anyone 16+ self-referral</p>	<p>8.00am to 8.00pm phone Monday to Sunday</p>	<ul style="list-style-type: none"> • Low level psychological support to those impacted by the COVID-19 situation, such as those experiencing anxiety or depression • This is not an immediate access telephone therapy service, but rather a listening ear support line – allowing space to discuss psychological needs, which may result in signposting to resources, information or other services and agencies.
 <p>Talk Liverpool 0151 228 2300 talkliverpool.nhs.uk</p> <p>Anyone 16+ self-referral or GP</p>	<p>8.00am to 6.00pm by phone Monday to Friday</p> <p>24/7 online via talkliverpool.nhs.uk</p>	<p>Treatment for people with the following common mental health problems:</p> <p>Depression, generalised anxiety disorder, social anxiety disorder, panic disorder, agoraphobia, obsessive-compulsive disorder (OCD), specific phobias (such as heights or small animals), PTSD, health anxiety (hypochondriasis), body dysmorphic disorder, mixed depression and anxiety (the term for sub-syndromal depression and anxiety, rather than both depression and anxiety). Evening appointments can be made available if required.</p>
 <p>The LIFE ROOMS 0151 478 6556 liferooms.org</p> <p>Anyone 18+ self referral or any professional</p>	<p>9.00am to 5.00pm phone Monday to Friday</p> <p>24/7 online learning/activity resources</p>	<ul style="list-style-type: none"> • Online staying well at home learning courses • Pathway advisors who can support and advise with debt management, employment, housing issues, benefits and more • Social inclusion advice for isolated community groups.
 <p>NHS Mersey Care NHS Foundation Trust Staff support 0151 330 8103</p> <p>Mersey Care staff only self-referral</p>	<p>9.00am to 8.00pm phone counselling Monday to Friday</p> <p>24/7 phone support</p>	<ul style="list-style-type: none"> • Session model of face to face counselling • Brief intervention signposting and support • Access to 24/7 phone counselling for staff in distress (not crisis support).

Childline

www.childline.org.uk

Childline is available to you if you have concerns about:-

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

Online resources for parents & carers

Childnet have a dedicated area to support parents and carers with information on key online safety topics, advice and activities to share with your child.

www.childnet.com/parents-and-carers

1. Key advice from us

Hot Topics

Information on key online safety topics including advice and conversation starters for children of different ages.

childnet.com/parents-hot-topics

Need Help?

Support and information on what to do if you think your child is at risk online.

childnet.com/parents-help

How to make a report

Advice for adults and young people on the reporting tools for popular games, apps and social media platforms.

childnet.com/how-to-make-a-report

2. Reviews and tools

Net Aware

Online guide with up-to-date advice and parents' views on popular apps, games and online platforms.

net-aware.org.uk



Expert reviews, advice and age appropriate recommendations on games, apps, films and more.

commonsensemedia.org

internetmatters.org

Step-by-step guides for using parental controls and privacy settings alongside support on a range of online safety topics.

internetmatters.org



Advice centre

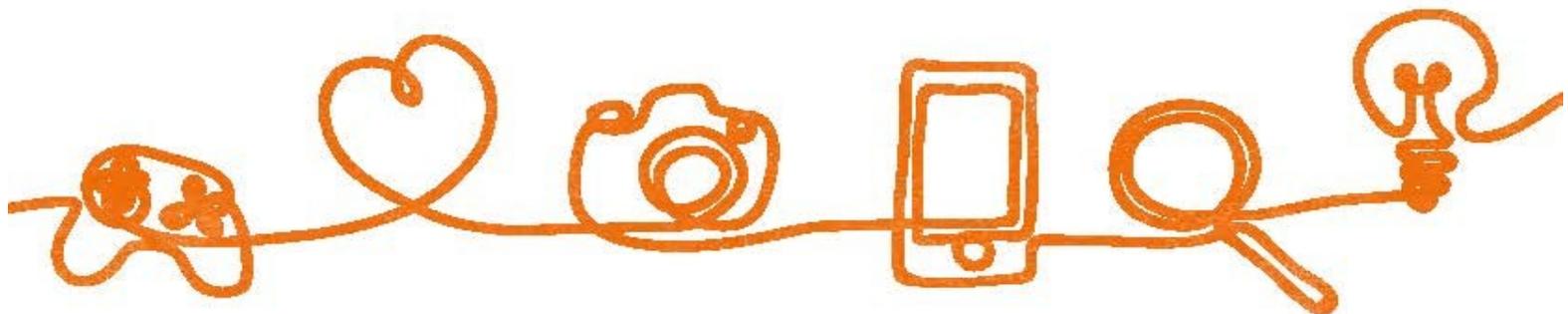
Advice centre with tips, guides and resources for parents and carers, adoptive parents, foster carers, health care professionals and more.

saferinternet.org.uk/advice-centre

Safety tools on social networks & other online services

A set of guides highlighting safety features on popular social media services and messaging apps.

saferinternet.org.uk/safety-tools



3. Get help and support

For parents / carers

NSPCC

Free support and advice for adults concerned about the safety or wellbeing of a child.

0808 800 5000
nspcc.org.uk

O₂ | NSPCC

Free online safety support and tech advice.

0808 800 5002
nspcc.org.uk/onlinesafety

family lives

Free, professional, non-judgmental support and advice.

0808 800 2222
familylives.org.uk

YOUNGMINDS

fighting for young people's mental health

Free, confidential, expert advice on how to support young people's mental health & wellbeing.

0808 802 5544
youngminds.org.uk

For children

childline

Providing help and support for under 18s.

0800 11 11
childline.org.uk

THE MIX

Essential support for under 25s

Providing help and support for 13–25 year olds.

0808 808 4994
themix.org.uk



4. Get specific advice

Childnet

From screen time and cyberbullying to gaming, we have practical advice on key topics.

childnet.com/parents-hot-topics

Digital Parenting

Free online magazine, resources and articles on online issues.

vodafone.co.uk/digitalparenting

Ask About Games

Advice and online guides about gaming and PEGI age ratings.

askaboutgames.com

Phone Brain

Information about paid for services such as premium rate numbers and in-app purchases.

phonebrain.org.uk

Get It Right From A Genuine Site

Find out which sites are legal for streaming and downloading films, music & games.

getitrightfromagenuinesite.org

5. Make a report

Child Exploitation and Online Protection Command (CEOP)

A police agency tackling child sexual abuse and online grooming. Their two websites include an online reporting tool and advice and activities for parents and children.

To make a report:
ceop.police.uk

For advice & activities:
thinkuknow.co.uk

Internet Watch Foundation

(Part of UK Safer Internet Centre)

The IWF work to remove online images and videos of child sexual abuse. Their online reporting tool can be used to anonymously report criminal content of this kind.

iwf.org.uk

Report Harmful Content Online

(Part of UK Safer Internet Centre)

Advice on how to respond to harmful content online, this tool also allows visitors to query inadequate reporting responses from other services.

reportharmfulcontent.com

True Vision

Information about hate crime and incidents and advice on how to report it in England, Wales and Northern Ireland.

report-it.org.uk

Action Fraud

National reporting centre for fraud and cybercrime in England, Wales and Northern Ireland.

actionfraud.police.uk



Want to stay up to date?
Sign up to our newsletter at www.childnet.com

[@childnetinternational](https://www.facebook.com/childnetinternational)
[@childnet](https://twitter.com/childnet)



What is cyberbullying?

Cyberbullying is bullying that takes place online. Unlike bullying offline, online bullying can follow the child wherever they go, via social media networks, gaming and mobile phone devices.

Types of cyberbullying

Below is a list of some of the ways young people can be cyberbullied:

<ul style="list-style-type: none"> • sending threatening or abusive text messages. 	<ul style="list-style-type: none"> • encouraging young people to self-harm
<ul style="list-style-type: none"> • creating and sharing embarrassing images or videos 	<ul style="list-style-type: none"> • voting for or against someone in an abusive poll
<ul style="list-style-type: none"> • trolling – the sending of menacing or upsetting messages on social networks, chat rooms or online games 	<ul style="list-style-type: none"> • creating fake accounts, hijacking or stealing online identities to embarrass a young person or cause trouble using their name
<ul style="list-style-type: none"> • excluding children from online games, activities or friendship groups 	<ul style="list-style-type: none"> • sending explicit messages, also known as sexting
<ul style="list-style-type: none"> • shaming someone online 	<ul style="list-style-type: none"> • pressuring children into sending sexual images or engaging in sexual conversations.
<ul style="list-style-type: none"> • setting up hate sites or groups about a particular child 	

Cyberbullying effects and support

Effects of cyberbullying

The effects of bullying can last into adulthood. At its worst, bullying has driven children and young people to self-harm and even suicide.

Children who are bullied:

- may develop **mental health problems** like **depression** and **anxiety**
- have **fewer friendships**
- **aren't accepted** by their peers
- are **wary** and **suspicious** of others
- have **problems adjusting to school**, and **don't do as well**.

All children who are affected by bullying can suffer harm – whether they are bullied, they bully others or they witness bullying.

How to support your child

There are various ways you can support your child if you suspect they are being cyberbullying.

- Talk to them about cyberbullying
- Let them know who they can ask for help i.e.
 - The school
 - A teacher
 - A trusted family member
 - Contacting ChildLine which can be anonymously – **0800 1111** or their website: <https://www.childline.org.uk/get-support/contacting-childline/>
 - Contact organisations such as:
 1. The Mix - <https://www.themix.org.uk/>
 2. Stonewall - <https://www.stonewall.org.uk/>



What is anxiety?

In the current pandemic a lot of people are feeling anxious.

Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future. Anxiety is a natural human response when we perceive that we are under threat. It can be experienced through our thoughts, feelings and

physical sensations. "For me, anxiety feels as if everyone in the world is waiting for me to trip up, so that they can laugh at me. It makes me feel nervous and unsure whether the next step I take is the best way forward." Most people feel anxious at times. It's particularly common to experience some anxiety while coping with stressful events or changes, especially if they could have a big impact on your life. (www.mind.org.uk)

some signs of anxiety?

- a churning feeling in your stomach
- feeling light-headed or dizzy
- pins and needles
- feeling restless or unable to sit still
- headaches, backache or other aches and pains
- faster breathing / a fast, thumping or irregular heartbeat
- sweating or hot flushes

problems sleeping

- grinding your teeth, especially at night
- nausea (feeling sick)
- needing the toilet more or less often
- having panic attacks.
- feeling tense, nervous or unable to relax
- having a sense of dread, or fearing the worst
- feeling like the world is speeding up or slowing down
- feeling like other people can see you're anxious and are looking at you
- feeling like you can't stop worrying, or that bad things will happen if you stop worrying
- worrying about anxiety itself, for example worrying about when panic attacks might happen
- wanting lots of reassurance from other people or worrying that people are angry or upset with you
- worrying that you're losing touch with reality
- rumination – thinking a lot about bad experiences, or thinking over a situation again and again
- depersonalisation – feeling disconnected from your mind or body, or like you're watching someone else (this is a type of dissociation)
- derealisation – feeling disconnected from the world around you, or like the world isn't real (this is a type of dissociation)

Advice for parents/carers

- Contact your child's head of year / assistant head of year if you feel your child is anxious

<https://www.anxietyuk.org.uk/anxiety-type/anticipatory-anxiety/>

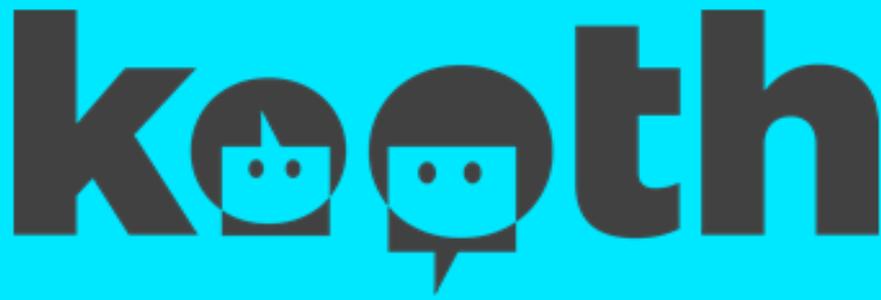
There are lots of tips on the website www.mind.org.uk

There are lots of free apps available to help people cope with anxiety. A full menu of apps is available on <https://www.nhs.uk/apps-library/category/mental-health/>



Mental health apps - NHS

The NHS Apps Library helps patients and the public to find trusted health and wellbeing apps. These digital tools have been assessed by the NHS as clinically safe and secure to use.



**Kooth is a free online service
offering emotional
and mental health support
for children and young people**

www.kooth.com

Kooth is an online #mentalhealth and #wellbeing community.

Free, safe and anonymous #support for children and young people aged 10-25 in Liverpool.

A member of the #LivCAMHS Partnership.

 Open:

Mon–Fri: 12pm–10pm

Sat–Sun: 6pm–10pm

<https://www.liverpoolcamhs.com/support/kooth/>

Twitter handles to tag are @Kooth_plc and @LivCAMHSFYI



**every mind
matters**

<https://www.nhs.uk/oneyou/every-mind-matters/>

Mental Health - Having good mental health helps us relax more, achieve more and enjoy our lives more.

The every mind matters website offers expert advice and practical tips to help you look after your mental health and wellbeing.

ATTENDANCE



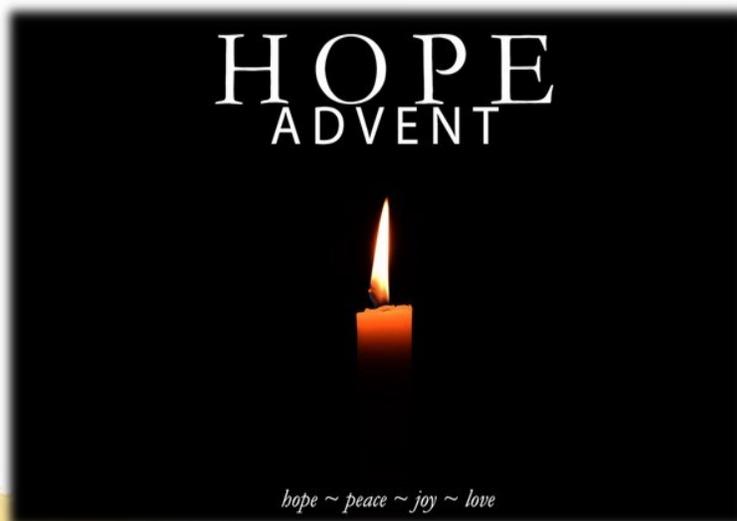
Thought of the week

"In times of darkness we
can only wait for the sun
to reappear."

- St. Julie Billiart

Theme of the week: Advent- Hope

Theme of the week:
Advent - Hope



Our school Mission Statement: Do small things with great love