

# Newsletter

Friday 2nd October 2020

## Headteacher's Message

Dear Parents and Carers,

### National Poetry Day

This week, staff and students celebrated National Poetry Day by sharing their favourite poems and by writing some outstanding poetry, some of which was displayed around the college building through the course of the week. Thanks to the staff who led the celebrations and many congratulations to all of the students who took part. Out of interest, I have taken the liberty of sharing my favourite poem, which is 'If' by Rudyard Kipling, in this week's newsletter. I hope you enjoy reading it as much as I do.

### Face coverings

We would like to extend our thanks to all parents and carers who have repeatedly provided their sons and daughters with face masks over the past two-weeks. These are now an integral and compulsory part of the city's and the college's COVID measures. The first fortnight of this particular measure has shown that the vast majority of students arrive at school wearing a face covering, however, the number dwindles as the day progresses. College staff are committed to modelling this new habit and to reminding students through the course of the day. This does, however, become very difficult to push when students do not have a face mask with them. We therefore continue to request that all students bring a face mask to school and those who are exempt on medical grounds have a signed and dated note in their college planner. To remind parents, face masks are only compulsory in communal areas (corridors etc.) and are not necessary in our socially-distanced classrooms.

Continued overleaf...



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# Headteacher's Message - Continued

## Mobile phones and devices

Finally, I would like to remind all parents and carers on the college's policy on the use of mobile phones and devices during the school day and take the liberty of revisiting the rationale and research behind this approach.

At Notre Dame Catholic College, we ask that students refrain from using mobile phones from 8.40 through to 3.00 and strongly encourage that mobile phones are not brought to school.

In recent years, we have been pleased to see support for this approach to mobile phone use from the Children's Commissioner, Anne Longfield, who, in her research paper entitled 'Life in Likes', explained the detrimental effect social media can have on the mental health and wellbeing of young people.

As Culture Secretary, Matt Hancock, urged more schools to ban mobile phones, suggesting that there was a direct link between mobile phones, social media use and bullying.

Within the same week, Amanda Spielman, Ofsted's Chief Inspector, backed these claims by saying "I also support recent calls to back heads who have decided that the way to improve behaviour is to ban mobile phones in their schools."

Thankfully, the college's now longstanding policy on mobile phone use in school chimes with these views and recommendations. This approach is now being recognised as the most effective approach to ensure that schools continue to be what they are – a place of learning.

We ask parents and carers to continue to provide for their full support in adhering to this policy. To clarify, we have a fully staffed and trained reception team who can get important messages to your son or daughter in minutes, just like when we were at school ourselves.

Wishing all Notre Dame families and restful weekend,

Mr Duffy

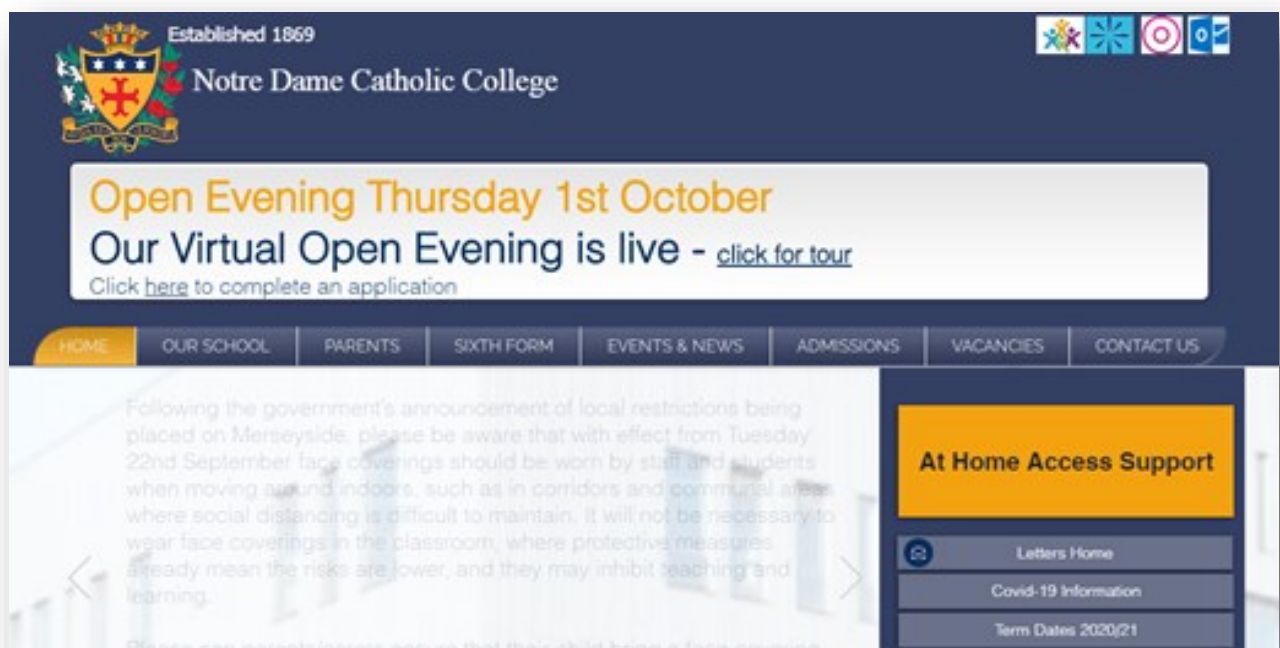
# VIRTUAL OPEN EVENING



If you would haven't already viewed our Year 6 Virtual Open Evening which launched on Thursday, this can still be viewed via the link on our college website. It is of particular interest to parents of Year 6 children who are interested in applying for a place at Notre Dame in September 2021.

If you have any queries about applications for September 2021, please don't hesitate to contact Mrs Neary by telephone or email. Completed applications can also be sent to the same email address along with our Supplementary Faith Form. Both forms can be found on our website.

E.neary@notredame.liverpool.sch.uk





# If by Rudyard Kipling

If you can keep your head when all about you  
Are losing theirs and blaming it on you,  
If you can trust yourself when all men doubt you,  
But make allowance for their doubting too;  
If you can wait and not be tired by waiting,  
Or being lied about, don't deal in lies,  
Or being hated, don't give way to hating,  
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;  
If you can think—and not make thoughts your aim;  
If you can meet with Triumph and Disaster  
And treat those two impostors just the same;  
If you can bear to hear the truth you've spoken  
Twisted by knaves to make a trap for fools,  
Or watch the things you gave your life to, broken,  
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings  
And risk it on one turn of pitch-and-toss,  
And lose, and start again at your beginnings  
And never breathe a word about your loss;  
If you can force your heart and nerve and sinew  
To serve your turn long after they are gone,  
And so hold on when there is nothing in you  
Except the Will which says to them: "Hold on!"

If you can talk with crowds and keep your virtue,  
Or walk with Kings—nor lose the common touch,  
If neither foes nor loving friends can hurt you,  
If all men count with you, but none too much;  
If you can fill the unforgiving minute  
With sixty seconds' worth of distance run,  
Yours is the Earth and everything that's in it,  
And—which is more—you'll be a Man, my son!

# YEAR 7 PROGRESS TESTS

Next week on **Thursday 8th October and Friday 9th October**, Year 7 will sit progress tests in maths, English and science.

This assessment will take place in the hall and students will need a pen, pencil and ruler for the assessment.

Students do not need to do any particular revision, as the assessment will measure their understanding of these subjects compared to students nationally of the same age.

When we receive the results, we will send you a report of how they have achieved and guidance about how you can support them further.

We will also use the information to review the sets they have been placed in and generate target grades for them for this year.

Please get in touch if you have any further questions.



# 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/](https://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.







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

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

\* 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: <sup>1</sup>

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

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

**For further information:**

**[gmhscp.contacttracing@nhs.net](mailto:gmhscp.contacttracing@nhs.net)**

**[gov.uk/backtoschool](https://gov.uk/backtoschool)**



# ***FAMILY MICRO** study*

## Would you like to take part?

*This study aims to give us a better insight on the sharing of microbes between family members (transmission) and how healthy adults and children are protected (or not) against respiratory infections (including COVID-19).*

### ❖ **We are recruiting families that**

- live in Liverpool (including Merseyside and Wirral)
- are of 4 members
- are generally healthy

### ❖ **Involves**

- Collection of samples at home
- Completion of questionnaires



Please contact the research team on  
07748417604 or [2volresearch@lstmed.ac.uk](mailto:2volresearch@lstmed.ac.uk) for  
more information

Poster Version: 1.0, Date: 4<sup>th</sup> September 2020, Study Number: 20/NW/0304, IRAS Number: 284708

Please see next page for further information....

## Information for Families



**FAMILY MICRO Study:** Family ReseArch of MIcrobes Linked to RespiratorY Infections

### Why are we doing this study?

This study aims to learn more about how healthy adults and children are protected or not against respiratory infections.

Many children and adults carry bacteria in their noses and mouth. We constantly share these bacteria with our family members and hands are shown to be the main vehicles of bacterial transmission. The types and numbers of bacteria we carry change with our age and lifestyle habits. This change makes some people sharing households more likely to get a respiratory infection. We hope that by studying bacteria in the nose, mouth and hands of family members and how different factors influence their change over time, we can use this information to better prevent and treat respiratory infections in the future.

### Who can take part?

Families of 4 members, two adults 18-60 years and two children aged 28 days-17 years, who are generally healthy. Parents and children over the age of 11 must give consent/assent.

### What will happen?

We would like to provide information about the study to allow you to decide whether you would like to participate. If your family is eligible and you choose to consent, an experienced member of our research team will show you how you and your children can collect samples of fluid from inside your nose, a small amount of saliva and hand swabs. Then we will ask you to collect samples at home every 2 weeks for 6 months yourself.

We would like to give you a study information sheet to explain the study in more detail. Then you will be able to ask questions about the study and then given time for you to decide. If you choose to take part, you will be asked to sign a consent/ assent form.

If you have any questions the doctors, nurses and researchers in our team can be contacted on the details below to discuss this with you.

### Contact details:

#### Research Team

**Tel:** 07748417604, **Email:** [2volresearch@lstmed.ac.uk](mailto:2volresearch@lstmed.ac.uk)

Alder Hey Children's   
NHS Foundation Trust








# 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?
	Anyone 16+ self-referral or any professional	24/7 by phone	<ul style="list-style-type: none"> <li>24/7 access to mental health support (including people in crisis)</li> <li>24/7 contact line for emergency services that will divert mental health activity away from A&amp;E</li> <li>24/7 contact line for primary care for urgent/emergency referrals for mental health assessments.</li> </ul>
	Anyone 16+ self-referral	8.00am to 8.00pm phone Monday to Sunday	<ul style="list-style-type: none"> <li>Low level psychological support to those impacted by the COVID-19 situation, such as those experiencing anxiety or depression</li> <li>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.</li> </ul>
	Anyone 16+ self-referral or GP	8.00am to 6.00pm by phone Monday to Friday  24/7 online via talkliverpool.nhs.uk	<b>Treatment for people with the following common mental health problems:</b> 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.
	Anyone 18+ self referral or any professional	9.00am to 5.00pm phone Monday to Friday  24/7 online learning/activity resources	<ul style="list-style-type: none"> <li>Online staying well at home learning courses</li> <li>Pathway advisors who can support and advise with debt management, employment, housing issues, benefits and more</li> <li>Social inclusion advice for isolated community groups.</li> </ul>
	Mersey Care staff only self-referral	9.00am to 8.00pm phone counselling Monday to Friday  24/7 phone support	<ul style="list-style-type: none"> <li>Session model of face to face counselling</li> <li>Brief intervention signposting and support</li> <li>Access to 24/7 phone counselling for staff in distress (not crisis support).</li> </ul>

## Childline

[www.childline.org.uk](http://www.childline.org.uk)

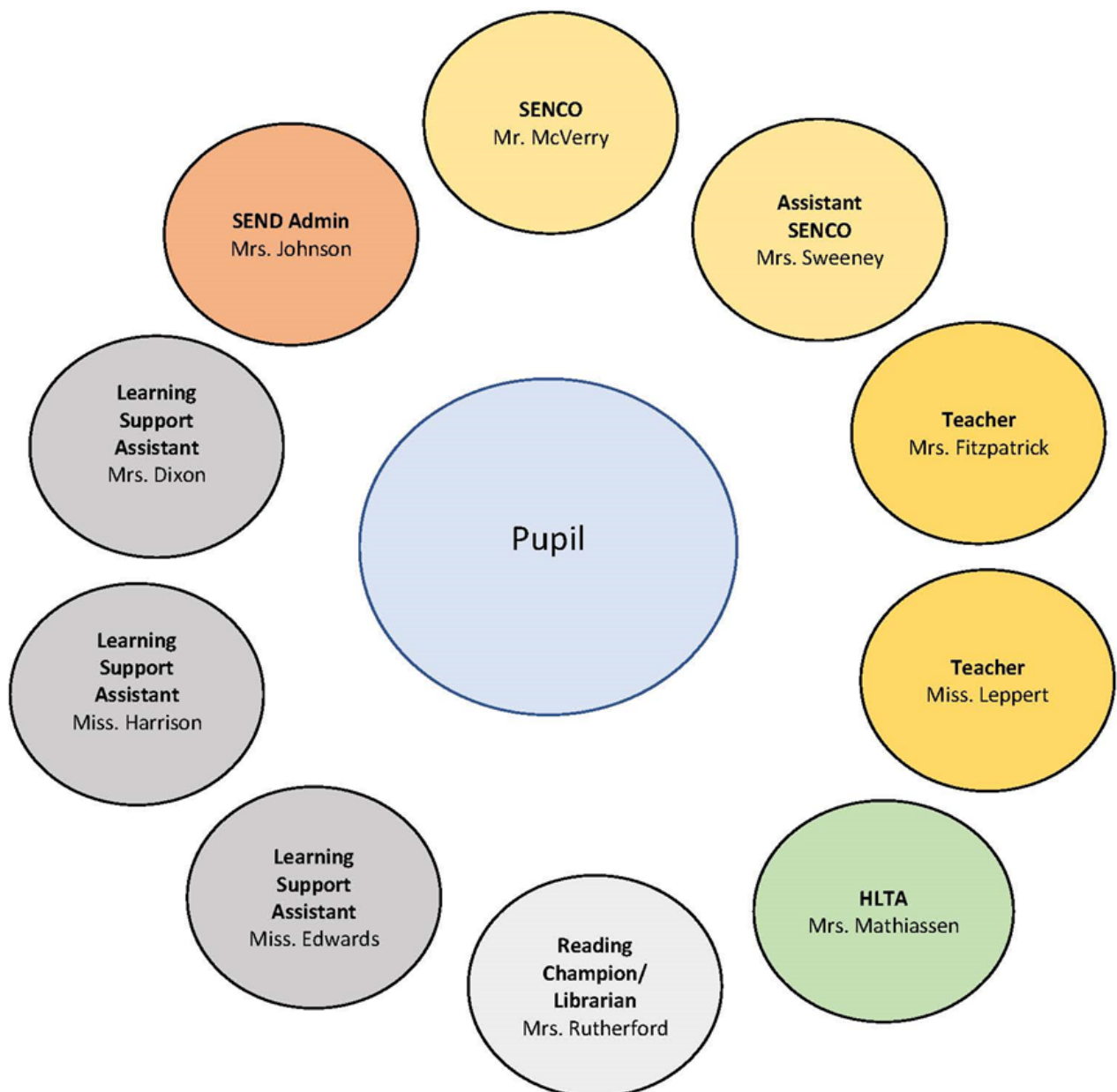
Childline is available to you if you have concerns about:-

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

## The SEND Team at Notre Dame Catholic College

At Notre Dame Catholic College we have a committed team of professionals who work with the pupils in a holistic way. As a team, we believe that the pupil, your child, is at the centre of everything we do. Any member of the team can offer support and this is the way that we work here at Notre Catholic College, in a joined up way and in partnership with families.

If you do need any support then please contact our SENCO, Mr. McVerry, initially to offer support and arrange a meeting ([amcverry@notredame.liverpool.sch.uk](mailto:amcverry@notredame.liverpool.sch.uk))







As we approach World Mental Health Day on the 10<sup>th</sup> October, being mindful of all overall wellbeing is vitally important. The Human Givens field of psychotherapy outline 9 main needs that we require to be well-balanced. Purpose is the first and details are below, when we have a purpose we feel happier and normally more content. This affects our relationships and how we feel about ourselves:

All mammals have emotional needs. As humans if we get our physical and emotional needs met there we are extremely healthy, physically and mentally, a perfect specimen. We have problems if these are not met. The physical part is simple, we need food, water, warmth, somewhere to lay our heads. Failure to meet emotional needs is what lies at the heart of all mental illness. Below is one of the main emotional needs that need to be addressed in order to have a fulfilled and mentally stable life:

The need for meaning and purpose (which stretches us)

The best way of coping is to have a purpose. A purpose gives us meaning. There are three main ways to have a purpose:

- By having people who need us in their lives, e.g. a partner, children, family, work, a particular profession or vocation.
- By being challenged and stretched in our lives. The human brain is built for
- life-long learning. Retirement is a damaging notion to mental health. The idea that we can retire the brain is a recipe for disaster for mental health.
- By being committed to something beyond our own ego, wanting to serve whether that be through a religion, a type of spirituality, public service, volunteering. Those who do longer public service live longer, they have better physical and mental health and when they have setbacks, they recover much quicker. We are wired for service.

What is your purpose?

# National Poetry Day 2020

To mark 'National Poetry Day' on Thursday 1st October, students participated in a variety of fun activities including tutorials on how to write the perfect Haiku, spotting teachers' favourite poems dotted about the school, and studying 'See Through My Eyes' by Karl Nova in their English lessons. As well as this, Key Stage 3 students had the opportunity to submit their very own poetic creations to the annual NDCC poetry competition, the winners of which will be announced next week.

Thank you all for your continued support in promoting a love for literature!

## *"The Bounty" - Robyn Sarah*

*Make much of something small.  
The pouring-out of tea,  
A drying flower's shadow on the wall  
From last week's sad bouquet.  
A fact: it isn't summer anymore.*

*Say that December sun  
Is pitiless, but crystalline  
And strikes like a bell.  
Say it plays colours like a glockenspiel  
It shows the dust as well.*

*The elemental sediment  
Your broom has missed,  
And lights each grain of sugar spilled  
Upon the tabletop, beside  
Pistachio shells, peel of a clementine.*

*Slippers and morning papers on the floor  
And wafts of iron heat from rumbling radiators  
Can this be all? No, look—here comes the cat,  
With one ear inside out  
Make much of something small*



# ATTENDANCE

**ATTENDANCE  
2020-2021**



**Winning Form  
Classes**

Year 7: **7E**

Year 8: **8J**

**YEAR  
7  
WINNERS!!**

Year 9: **9J**

Year 10: **10F**

Year 11: **11J**

Week commencing 21<sup>st</sup> September 2020





# Theme of the week: Community



*Our school Mission Statement. Do small things with great love*

*Thought of the week*  
If you want to go quickly,  
go alone. If you want to  
go far, go together.  
- African Proverb

Theme of the week: Community