

Newsletter

Friday 2nd October 2020

Headteacher's Message

Dear Parents and Carers,

COVID-19 Update

As many parents and carers will be aware, this week has undoubtedly been our toughest in terms of the impact of the coronavirus. This week saw 6 positive cases amongst students which led to the self-isolation of a large number of students. Please be assured that college leaders do not take these decisions lightly and every effort is made to safely limit the number of students who are sent home when each positive case is risk assessed.

Prior to this week, the college had only 3 positive cases since the start of the academic year, this was significantly lower than the city average. Again, parents and carers can be assured that exactly the same safety and cleaning measures that we established in September, are still in place.

To support the college in taking every step possible to minimise any further interruption to your son or daughter's education, **please ensure that they have a face covering with them every day.** As mentioned in last week's newsletter, face coverings have now been mandatory in corridors and communal areas of schools for 3 weeks.

It is also imperative that all students who are sent home to self-isolate do so. This means students should not leave the family home during this period. This means they should not socialise with friends outside of school, in the evening or attend sports team fixtures or leisure clubs. We really do sympathise with students who are asked to self-isolate but, as I'm sure we all appreciate, it is integral to stemming the spread of the virus. Thank you again for all you are doing to help with this.



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Headteacher's Message Continued.....

Learning from home

As mentioned in previous newsletters this term, your child's ability to access school work from home has never been more important. Their full engagement in the work set by teachers during a period of self-isolation will significantly limit the detrimental impact their absence will have on their academic progress. All work set continues to be uploaded onto **Class Charts**. If you or your child is still unable to log in to Class Charts, please contact the college.

In addition to this, where whole classes are self-isolating, we are running a number of trials with **Microsoft Teams** for the live broadcasting of lessons.

This newsletter includes a comprehensive guide on how to download this app and how to access live lessons taught on it. Again, if you or your child have any difficulties in accessing MS Teams, please do not hesitate to contact the college.

Internet access at home

Also in this week's newsletter, you will see details of a fantastic project run by DAISY Inclusive UK, Citizens Advice Liverpool and West Everton Community Council aimed at increasing internet access throughout the Everton ward. Contact details are included overleaf to all those who are interested and eligible.

Wishing all Notre Dame families and restful weekend,

Mr Duffy

GET 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:

- Increased access to loaned digital devices such as laptops or desktop computers.
- Loan mobile internet devices, donated by Vodafone, with 6 month data only sims to households.

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 261 030

To contact the project's Chair, Councillor Jane Corbett text 07736445468



ON-LINE 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.



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.

THIS IS FOR YEARS 7, 8 & 9 ONLY

FOR YEARS 10 & 11 SEE NEXT SLIDE

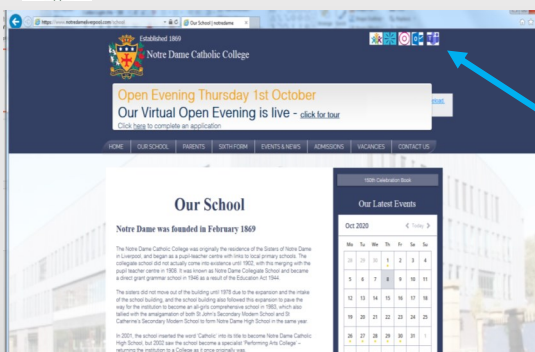
School emails start with your username followed by:

@notredame.liverpool.sch.uk

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



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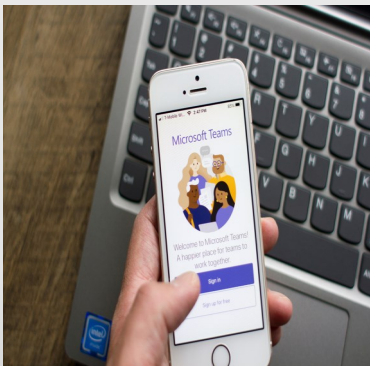
**FOR YEAR 10 & 11
STUDENTS ONLY**

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

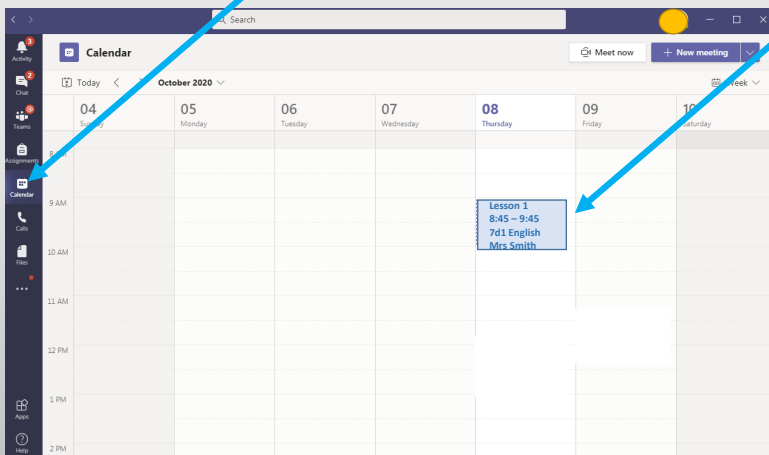


4. Whether you are using your mobile phone or your home computer, use the [web version](#) of Teams.

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.

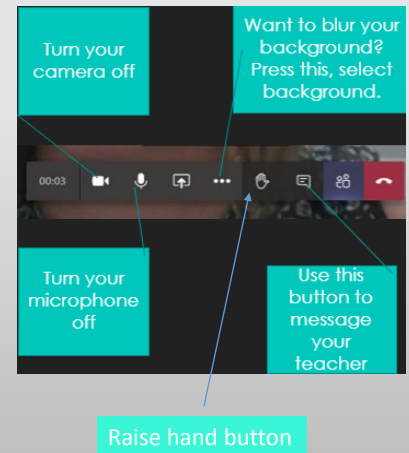
In this example for 7d1, the first lesson on 8th October is at 8:45am, English, with Mrs Smith.



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.



ADMISSIONS - 2021



Our Virtual Open Evening can still be viewed via the link on our college website. However if you, or family /friends are applying for a place at Notre Dame and your child attends one of our partner primary schools, we are hosting Zoom Question and Answer sessions when you will have the opportunity to speak directly with Mr Duffy and other key members of staff who will be more than happy to answer any questions/concerns you have.

Partner Primary Schools:

Our Lady Immaculate	Zoom Q&A	Tuesday 13th October	4.30pm
Faith Catholic Primary	Zoom Q&A	Wednesday 14th October	4.00pm
The Trinity	Zoom Q&A	Wednesday 14th October	4.30pm
Holy Cross	Zoom Q&A	Thursday 15th October	4.00pm
St John's	Zoom Q&A	Thursday 15th October	4.30pm

If you would like to take part in these meetings please email your questions and a request for a link to your preferred school session to Mrs E Neary (e.neary@notredame.liverpool.sch.uk)

Completed applications/copy baptism certificates can also be sent to Mrs Neary



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.

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

What to do if...	Action needed	Back to school...
 ...my child has COVID-19 (coronavirus) symptoms*	<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 	...when child's test comes back negative and child is well enough
 ...my child tests positive for COVID-19 (coronavirus)	<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> 	...when child feels better, and has been without a fever for at least 48 hours 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.
 ...somebody in my household has COVID-19 (coronavirus) symptoms*	<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 	...when household member test is negative, and child does not have COVID-19 symptoms*
 ...somebody in my household has tested positive for COVID-19 (coronavirus)	<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> 	...when child has completed 14 days of self-isolation, even if they test negative during the 14 days

* 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: 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?
	Anyone 16+ self-referral or any professional	24/7 by phone	<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.
	Anyone 16+ self-referral	8.00am to 8.00pm phone Monday to Sunday	<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.
	Anyone 16+ self-referral or GP	8.00am to 6.00pm by phone Monday to Friday 24/7 online via talkliverpool.nhs.uk	Treatment for people with the following common mental health problems: 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"> 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.
	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"> 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



As we approach World Mental Health Day on the 10th 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?

ATTENDANCE

ATTENDANCE
• 2020-2021



Winning Form
Classes

Year 7: **7P**

Year 8: **8P**

**YEAR
7
WINNERS!!**

Year 9: **9F**

Year 10: **10MA**

Year 11: **11J**

Week commencing 5th October 2020



Theme of the week: Gratitude



Our school Mission Statement: Do small things with great love

Thought of the week

"Be thankful for what you have;
you'll end up having more. If you
concentrate on what you don't
have, you will never have enough."

—Oprah Winfrey

Theme of the week: Gratitude