

SCHOOL NEWSLETTER



HEADTEACHER'S MESSAGE

Dear Parents and Carers,

Open Evening

It was wonderful to welcome so many children and parents to our Year 6 Open Evening yesterday. Families attended to explore our subjects, speak to our teachers and meet our current students.

We had a brilliant evening filled with experiments, live shows and demonstrations, practical activities such as key ring cutting and more. Popular departments included science who were conducting experiments with fire and the laws of physics, computing who had a murder mystery to solve and art with their clay based activities!



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MRS COSTELLO
ACTING
HEADTEACHER

FRI 29TH SEPT
2023



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A number of current students participated in our Open Event from Year 7 - Sixth Form. Students assisted by helping our welcome staff give out packs on arrival, taking families on tours of each department and helping our teachers and subjects to showcase what their department has to offer. In particular we'd like to thank four of our Year 7 students, Maddison, Sid, Martin and Joseph who displayed great confidence and spoke to our visitors during the Head Teacher and Head of Year welcome to share their experience so far of joining secondary school! This took great **courage** just 4 weeks in to their time at Notre Dame and they were fantastic representatives of the school. [You can view their speeches here.](#)



Visitors had the opportunity to complete applications to join us from September 2024 on the evening and speak to members of our Admissions and SENCO teams. Further information of how to apply can [be found on our website here.](#) Deadline for applications for Year 7 admission September 2024 is **31st October**.

One body, many parts

Our Year 7 students have had a fantastic week attending their retreat days at St Joseph's in Formby with our school Chaplain, Miss Wall, and their form groups. The activities during the retreats centred around the meaning of 'community' and how, as a school community, we are 'one body with many parts'.



Students explored our **College Core Values** and how important these are to uphold within a strong community. To show **courtesy** to each other and respect our beliefs and differences, to display **charity** to others through acts of kindness, to have the **courage** to always do the right thing and **confidence** to be yourself. A particular highlight of the trips were the time spent at the beach. We can't wait to hear more about the retreats from Miss Wall and the students in next week's newsletter!

Celebrating European Day of Languages!

As a school we have been celebrating European Day of Languages led by our wonderful Modern Foreign Languages Department with the support of our student council. Our Year 7 students have taken part in a form time competition to identify European countries, we have been celebrating the various languages spoken in school with members of our student council reading the form time prayer each day in a European language to celebrate their heritage and even our staff members took part in a languages quiz during staff briefing! Our Modern Foreign Languages department have also hosted various activities throughout lessons this week which form part of our students curriculum. Thank you to all involved!



You can hear the Form Time Prayers on our [Youtube channel here.](#)

Items left in reception

We have noticed an increase in the number of parents / family members dropping off forgotten items at reception such as PE kits, packed lunches, drinks or items for afterschool clubs. We are keen to encourage students to take responsibility to organise themselves each day as this is an important **life skill to develop** to help prepare them for life after school. We understand as Parents and Carers you wish to help your child as much as possible but we must stress that it is not your responsibility to dash into school and deliver whatever item has been left at home. Alongside this it also creates additional work for our already busy front office as they then have to locate and contact the students as well as creating potential hazards and clutter in the working space and increasing the number of people accessing the school site.

Therefore, we are asking items to NOT be dropped into reception going forward. Again, we would encourage Parents and Carers to help students develop good habits at home such as preparing items for the school day the night before and ensuring students are adopting good sleeping habits so they can wake up early and have time in the morning to get ready and arrive in a timely manner. Thank you for your continued support with this.

Head Student Appointment

Finally, I'd like to say a huge congratulations to our newly appointed Head Students, Joe and Rhiannon. We are delighted to announce their appointment after many years of hardwork and dedication displayed by both students over their time at Notre Dame Catholic College and during their time within our Sixth Form's prestigious 1804 Society.

Joe and Rhiannon will be supported by Deputy Head Students, Bonnie and Tracey and we look forward to working with our new Head Student team over the academic year.



WISHING EVERY NOTRE DAME FAMILY A PEACEFUL WEEKEND.

Yours faithfully

MRS COSTELLO

Harvest Time with Eco Club

On our first Eco club of this year, pupils harvested the carrots and potatoes that they had planted in the Spring of this year. They enjoyed getting a bit muddy and seeing how the seeds they planted had grown into full sized vegetables. The planters were made by some Eco club members and sixth formers last year. The materials and vegetable seeds were bought with money that Sister Margaret had received from a grant. We hope the pupils will enjoy eating the vegetables that they have grown!

OPENING HEARTS

“ Sister Margaret said of the gardening project, “It’s not just about planting some vegetables, it’s been great for the students’ well-being. It gives them an opportunity to be outdoors and talk to each other. The students had full responsibility to take care of the plants and vegetables, planning when to water them and tend to them. I’m really proud of what they have achieved.”

Sister Margaret now plans to plant daffodil bulbs ready for next spring. If your child is interested in being part of the Eco Club or the gardening activities in general, please ask them to contact Mrs Collings or Sister Margaret to find out more.



This week, our school’s collective worship theme was Harvest and we discussed with students the importance of this time and feelings of gratitude for knowing when our next meal will be with us and thinking of others who are not so fortunate. It was very apt that our students were able to harvest the fruits of their own labour this week!



Parent Coffee Morning with LivPaC

A huge thank you to the teams from LivPaC, Alder Hey and Liverpool City Council’s ASD Training Team for joining Mr McVerry at the school this week to host an informative coffee morning for parents. Parents were able to have in-depth discussions regarding ways to improve access to services. A huge thank you to each of the parents and families who attended!



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Cheerleading development day.

This week, 17 students from year 8 and 9 participated in a cheerleading development day ran by the LSSP. Students got the opportunity to do some routines, tumbling, jumps and lifts. Mrs Bate said, "Our students were a credit to the school and had a fabulous time learning lots of new skills!"



Knowsley Safari Work Experience Continues!



Students in our Flourish programme took part in their second work experience session at Knowsley Safari Park this week. They learnt how the sea lions are trained and practised some of the training techniques on each other, without using verbal communication. They also did a spot of litter picking and washed the cafe's windows!



Enrichment Timetable 2023-2024

In school hours (Form or Lunchtimes)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Vocal Group (Form time in Music Department) <i>See Miss Hart.</i></p> <p>'Chill and Chat' (both lunchtimes for all) in Chaplaincy room. <i>See Miss Wall</i></p> <p>Rock Band (both lunchtimes in Music department) <i>See Miss Hart</i></p>	<p>Faith in Action (Year 8) - Lunchtime (12.30-1pm) in Chaplaincy Room <i>See Miss Wall</i></p>	<p>Brass Club for all - Form Time in the Music Department <i>See Miss Hart</i></p> <p>Diversity Club - Form Time in the Music Department <i>See Mrs Doran / Mrs Littleboy</i></p> <p>Games Club for all - both lunchtimes in the Chaplaincy room <i>See Miss Wall</i></p>	<p>Orchestra for all - Form Time in the Music Department <i>See Miss Hart</i></p> <p>Faith in Action (Year 7) - Lunchtime (12.30-1pm) in Chaplaincy Room <i>See Miss Wall</i></p> <p>iDEA Club (Digital Skills) for all - both lunchtimes in room 91 <i>See Miss Hobson</i></p> <p>Charity Club - 1.30-2pm in the Chaplaincy room <i>See Miss Wall</i></p>	<p>'Chill and Chat' (both lunchtimes for all) in Chaplaincy room. <i>See Miss Wall</i></p> <p>CHESS Club - both lunchtimes for all in Aspire <i>See Mr Brennan</i></p>

Afterschool 3pm-4pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>No groups</p>	<p>Dance for all <i>See Miss Gabbitas</i></p> <p>Kickboxing for all <i>See Mr Flynn</i></p> <p>Girls Football for Y7, Y8, Y9 <i>See Miss Sheard</i></p> <p>Boys Football for Y7, Y8 <i>See Mr Delahunty</i></p> <p>Hospitality and Catering Club for Y10, Y11 <i>See Miss Williams</i></p>	<p>Eco Club for all (Room 25) <i>See Miss Wall / Mrs Collings</i></p> <p>Boys Football for Y9, Y10 <i>See Mr Mulgrew</i></p> <p>Gymnastics/Dodgeball for all <i>See Mrs Bate</i></p> <p>Volleyball for all <i>See Mrs Morrin</i></p> <p>Chamber Choir for Y8+ <i>See Miss Hart</i></p> <p>NEW: KS3 Art Club for Y7, Y8, Y9 <i>See Mrs Powell</i></p>	<p>Badminton for all <i>See Miss McCullen</i></p> <p>Drama for all <i>See Mrs Larkin</i></p> <p>DT Club <i>See Miss Williams</i></p>	<p>No groups</p>

NEW CLUB ALERT!

KS3 Art Club Wednesday afterschool

(3pm -4pm)
See Mrs Powell for details

Dance Club Stars!

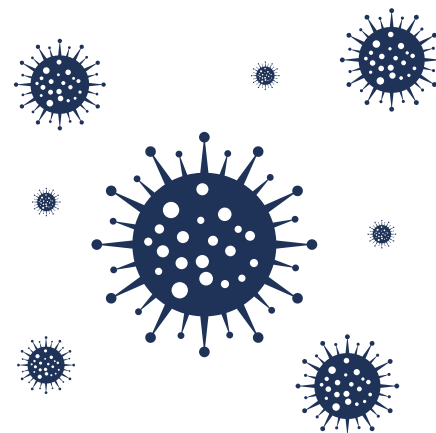
We were very impressed by the progress made by our students in Dance Club in just 2 weeks! **Dance Club is on every Tuesday 3-4pm, see Miss Gabbitas for details!**



Flu Vaccination Consent Forms

The Liverpool Immunisation Team will be in school on **Tuesday 3rd October** to deliver Flu Vaccinations to students in Year 7 - Year 11. This vaccination is recommended to help protect your child against flu. Flu can be an unpleasant illness and sometimes causes serious complications. Vaccinating your child will also help to protect more vulnerable family and friends by preventing the spread of flu.

You can complete the consent form for your child online. Please ensure you complete this form, even if you **don't want them** to receive their flu spray as this will avoid further communications from the immunisation service. Your child will not receive a vaccination unless consent is given in advance. You can complete the form here: econsent.merseycare.nhs.uk



Half Term bookings now open!

After a busy 'back to school' period we are happy to announce our half term [activity timetable](#).

With lots of 'Spooktacular' Halloween themed crafting, parties, swimming, days out, football, mountain biking and more - check out our timetable and get booking!

Not all activities require booking, and if you're unable to get a space, we are holding lots of open access sessions on a drop in basis.

[Book now!](#)

Positive Futures Half Term Activities

Positive Futures are hosting a series of fun events and activities throughout Half Term for young people and families. Find out more about what's on via their online [activity timetable here](#).

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain "heavy" metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 1.3 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term "natural and artificial flavourings". Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



Source: <https://www.bbc.com/health/health-05104924>

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SAFEGUARDING UPDATES

If you feel a child is at risk (suffering harm, neglect or abuse) Any member of the public can contact Careline on 0151 233 3700 or Merseyside Police on 0151 709 6010

IMPORTANT CONTACTS

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

Anxiety UK
03444775774 (Helpline)
075374160905 (Text)

Childline
0800 1111 (Free 24 hr helpline)

Papyrus Hotline (Under 35s at risk of suicide or concerned for another)
0800 068 4141 07786209697 (text)

The Mix (Support & Advice for under 25s)
0808 068 4994 85258 (Text THEMIX)

Young Minds
0808 803 5544 (Parent helpline)
85258 (Free 24hr crisis messenger, text YM)

Young Stonewall Information & support for young people who identify as LGBTQ
0800 050 2020

Samaritans Support for anyone who needs to talk
116 123 (Call)

Bullybusters
0800 169 6928
Please refer to the school website for further contact

REPORTING AN ISSUE ON SOCIAL MEDIA - A GUIDE

[Visit this guide here.](#)

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<https://ypas.org.uk/services/whats-on-calendar/>



DOMESTIC ABUSE/VIOLENCE

Please remember, in an emergency dial 999 for immediate assistance. You can call 999 without speaking then pressing 55, or tapping or coughing into the phone. This will enable police to respond. Women's Aid 0808 2000 247 (24 hr helpline) Men's Advice Line 0808 801 0327 Worst Kept Secret Helpline Merseyside

The Safeguarding Team

Acting Headteacher - Mrs AM Costello

Acting Deputy Headteacher / Designated Safeguarding Lead - Mrs E Brennan

Deputy Designated Safeguarding Leads
Mrs J Littleboy - Director of Safeguarding Services
Mr A McVerry - Leadership - SENCO

PC P Wood - School Safer Police Officer
Miss H McCullen - Leadership/Alternative Provision
Mrs P Shrimpton - Attendance Officer
Mrs K Sweeney - Special Educational Needs
Mrs E Garvey Y7, Miss C Lee Y8, Ms R Glorman Y9, Mrs S Doran Y10, Mrs S Styles Y11, - Pastoral Assistant Heads of Year

www.notredameliverpool.com/safeguarding/