

SCHOOL NEWSLETTER



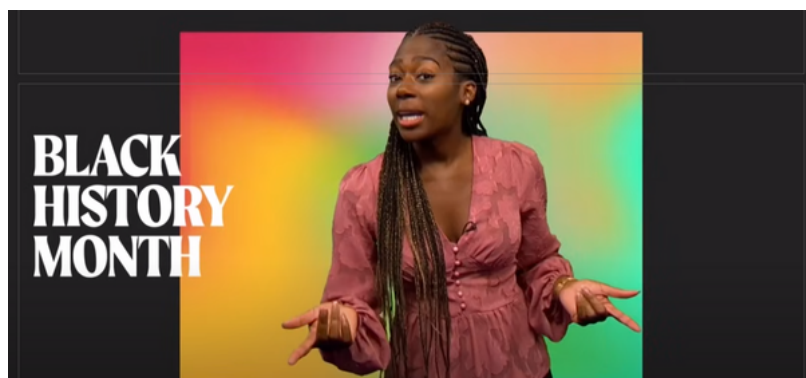
HEADTEACHER'S MESSAGE

Dear Parents and Carers,

Celebrating our diversity

This week our weekly theme has been **inclusivity**. There have been various ways we have celebrated the diversity within our school community throughout the week.

Our Student Council developed a presentation which was shared within our Form Groups about the importance of Black History Month, celebrating the diverse cultures and traditions of our black student body. See details of this below!



Notre Dame Black History Month

At Notre Dame we want to celebrate the diverse cultures and traditions of our black student body. So, we have decided to share a few examples of African cultures which members of our school community descend from...



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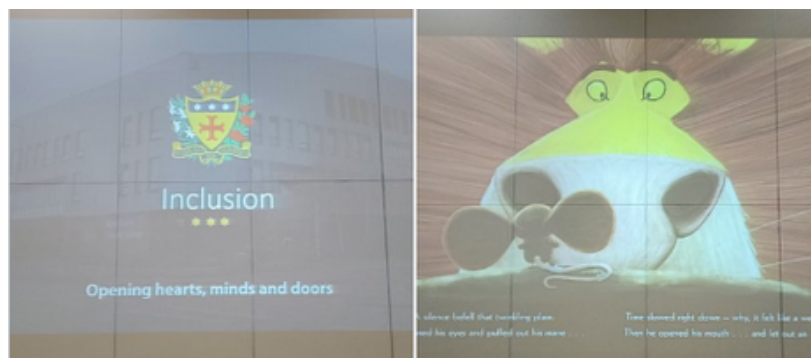
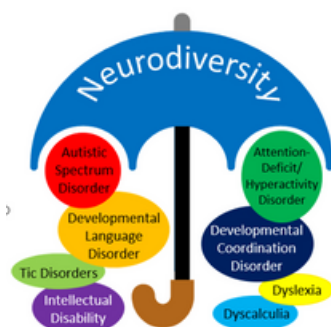
MRS COSTELLO
ACTING
HEADTEACHER

FRI 6TH OCT
2023



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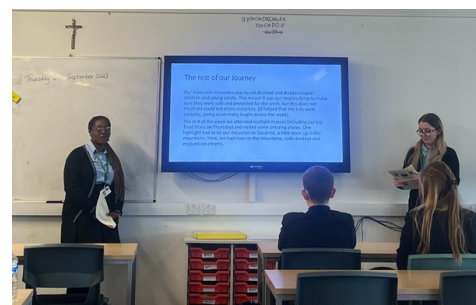
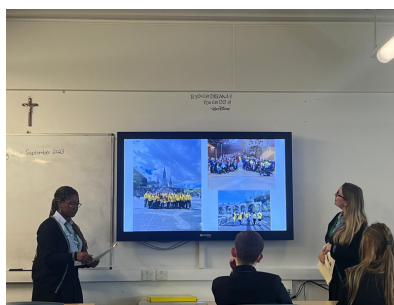
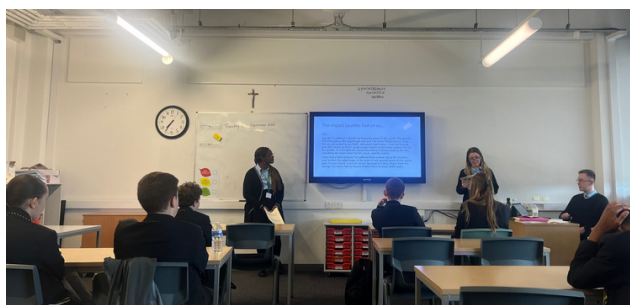
Our Collective Worship this week focused on neurodivergence and reflected on how we are all unique, and no one's brain is the same as anyone else's. Mr McVerry reinforced this through our year group assemblies on inclusion, encouraging students to display our core value of courage to challenge exclusion.



Sixth Form Students share Lourdes Experience with Year 9

Year 9s are currently learning about places of pilgrimage in religious education. One of the places they study is Lourdes.

Our three year 13 students who visited Lourdes at Easter with HCPT have been visiting year 9 religious education classes to share about their experience of Lourdes and to answer questions students may have. Our year 9s have really enjoyed Joe, Bonnie and Tracey's insight about Lourdes and have been asking some fantastic questions!



Year 7 Dedication Service - Thursday 12th October 2023

We're looking forward to welcoming Year 7 parents who are invited to join us for our Year 7 Dedication Service, which will be hosted by our College Chaplain, Miss Wall, our Head of Year 7, Miss Wishart and the Year 7 Pastoral Team. The service celebrates your child's induction into the Notre Dame family and will begin at 2.15pm next **Thursday (12th October)**.

After the service, you will also have an opportunity to meet your child's form tutor and find out how your child has settled in to life and learning here at Notre Dame. **We look forward to seeing you there.**



Behaviour Focus - Sugary Drinks

Finally, we would like to take this opportunity to encourage students to bring re-fillable water bottles to school. Students have access to fresh water fountains before and after school and during breaks and lunchtime. This means they do not need to buy bottles of water at the canteen, save money, they save the planet and resist the temptation to bring energy drinks into school.

To clarify, students are not allowed to bring energy drinks, including Lucozade and Prime in to school. For further information on the harm caused to children by energy drinks, please [click here](#).



WISHING EVERY NOTRE DAME FAMILY A PEACEFUL WEEKEND.

Yours faithfully

MRS COSTELLO

FRI 6TH OCT
2023



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Year 7 Retreat Days

Our Year 7 Retreat Days which took place at St Joseph's, Formby were a huge success. The theme for the retreats was **'One Body, Many Parts'** which got the students thinking about their gifts and talents and the part each of them play in building the Notre Dame Community. A big 'thank you' to all our year 7 students for getting so involved: they showed lots of creativity and shared lots of fantastic answers and ideas.

OPENING
HEARTS



“ Pia from 7 Patricia said "I loved that we all came together to have fun outside of school. I enjoyed going to the beach and doing the activities because they were fun." ”

“ Joel from 7 Julie said "I loved meeting new people who I've never spoken to before. I loved playing games and working as a team to make superhero suits." ”



Year 7 Chapel Lessons

As part of their religious education lessons this week, year 7s have been visiting our beautiful school chapel. Miss Wall has been discussing with our students about the key features and items found in our chapel and she has been sharing lots of interesting facts about the history of our school and the work of St. Julie and the Sisters of Notre Dame. We hope our students have enjoyed learning as to why the chapel is an important part of our school community.



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IntoUniversity deliver workshop to Year 7

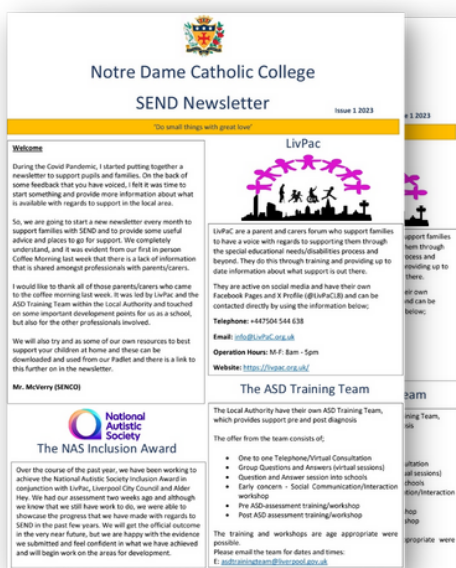
30 Year 7 students also had the opportunity to take part in a workshop delivered by IntoUniversity this week focussing on skills and how to develop these to suit future career choices. It was a very informative and enjoyable workshop!



OPENING MINDS

Knowsley Safari Work Experience Continues - Customer Service

Students in our Flourish programme took part in their third work experience session at Knowsley Safari Park this week. They prepared the coffee shop for opening and practised their customer service skills. They are super excited for next week as they will have the opportunity to feed the baboons!



Notre Dame Catholic College SEND Newsletter

Mr McVerry and our SENCO team have relaunched our Notre Dame Catholic College SEND Newsletter to inform our students and their families of key information and updates in regards to SEND activities in school and external support services available. **This was shared via Class Charts this week!**

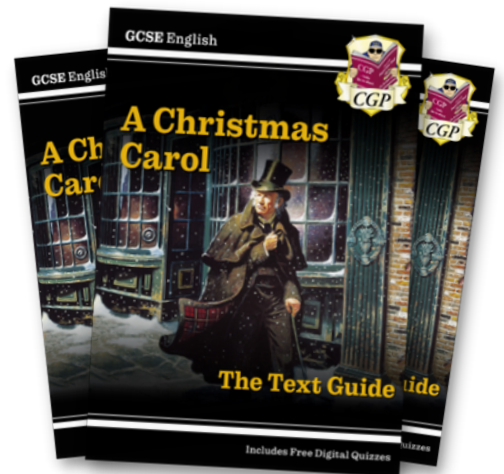
Year 7 block bot making photos

Year 7 have started to make their Block bots this week after designing them and learning about health and safety. They measured and marked out on their pine wood clock before using a tenon saw to cut.



Year 11 English Revision Reminder

Year 11 continue to revise 'A Christmas Carol' in Form time. Mrs Kane will deliver a live Teams session on Tuesday (10th) morning where she will go over the key quotations from Stave 2 – **so don't be late!**



Year 11 Save the Date for PROM

Save the Date - Thursday 27th June will be the Year 11 PROM! Further details will be shared in due course regarding venue and payment. Please be reminded that we are a cashless college and therefore payment will be made via Parent Pay once opened to Parents/Carers. Thank you.



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/