



'To grow in wisdom and grace.'

Friday 8th May 2020

Holy Family Catholic High School Weekly Bulletin

Follow us on twitter: @HFCarlton
enquiry@holyfamilycarlton.org

Headteacher's Message

Well done to all students who are accessing our online learning on GCSEPOD. We are in 2nd place out of 67 schools in our Pod league!

We have issued a number of our repurposed laptops and basic tablets to families this week. If you would like to access one of our devices please contact our enquiry email. Thanks to Mr Wilson and the team at Schools ICT for making this possible.

Some of our online learning this week has been themed around VE Day. Friday 8th May marks 75 years since the announcement and celebration of 'Victory in Europe'. Due to the lockdown the scale of national events has been restricted but there are still opportunities for us to remember and reflect. There is a national 2 minute silence at 11am on Friday, a 'Clap for Veterans' at 3pm and a 'We'll Meet Again' singalong at 9pm! Please see the official websites for more information.

We have added different sections to our bulletin including 'Chaplaincy', 'Safeguarding and Wellbeing' and 'Reward and Recognition'. We hope you find them helpful and informative. Thank you for your photographs and associated scripture, we have included a very poignant one in this bulletin.

Along with the rest of the country we await the further announcements from the government on Sunday. There has been a lot of speculation in the press around the reopening of schools, please be assured that we will update you when official plans are made available by the Department for Education and local authority.

Enjoy the bank holiday weekend and stay safe!



Doncaster Royal Infirmary taking delivery of our latest batch of PPE visors for their Children's Ward. A big thank you to the hard work of staff who are coming in to support this effort, and all those who are donating to our justgiving page to help keep this going. We have now raised over £1000! More to send out in the coming week to local surgeries and children's medical services. Any further requests please email:

enquiry@holyfamilycarlton.org

Supporting Online Learning

If you have any questions, comments or feedback regarding our online learning resources, please do not hesitate to contact school via enquiry@holyfamilycarlton.org. Please bear in mind that we are experiencing increased levels of communication from students and parents, and will reply as soon as possible.

Student News and Updates

Staff have really enjoyed catching up with you and your parents in the last couple of weeks. If you have missed a call and would like a 'catch-up' with a member of staff please email our enquiry email with your name, telephone number and let us know a good day/time to call next week.

We love to see your photos of your work and hobbies, keep sending them in!

"For all those finding it difficult: the sun will shine on you again and the clouds will go away" Colonel Tom Moore

"Courage is found in unlikely places." — J.R.R. Tolkien

GCSEPod Parent Webinars

Make full use of GCSEPod during this time and in the future, and have your questions answered by a GCSEPod expert, with an opportunity for parents to attend a webinar with your child. As well as a GCSEPod assignment overview, this will give you top tips for home learning, how using GCSEPod can avoid the knowledge dip and how parents can get involved with home learning.

All webinars are recorded and made available to anyone that attends, or books but cannot attend.

Attendees don't need a microphone. Just headphones or speakers.

Webinars work on tablets as well as computers.

Joining instructions will be sent via email following booking.

May 13th 17:00

https://us02web.zoom.us/webinar/register/WN_UlwWCH1NR6mA-pv_HyZgSg

May 15th 12:30

<https://us02web.zoom.us/webinar/register/8c9SAfqQHyW2hBHxpMV0A>

PLEASE SEE PAGES 2 — 4 OF THIS BULLETIN FOR:

Chaplaincy

Safeguarding and Well-Being

Recognition & Reward

'Together we step out in faith, knowing that Christ is with us and united as a holy family.'

Chaplaincy

Message from Mrs Selway, Head of RE

According to one European researcher, Google searches for "prayer" have surged worldwide during the COVID-19 pandemic, and according to a poll commissioned by Tearfund, a UK-based Christian international relief and development agency, nearly a quarter of people in the United Kingdom have watched or listened to a religious service since the lockdown began.

Pope Francis, in his recent Urbi et Orbi address, compared our experience of the situation we are facing with the disciples in the boat out at sea. The disciples felt afraid for their lives as Jesus slept in the stern of the boat. "Faith begins", Pope Francis says, "when we realise we are in need of salvation. In our seas we cry out 'Wake up, Lord'"

I have heard many people in different ways and for different reasons call for a need to learn from our current experience and not just go "back to normal" when this has passed. Perhaps the renewed awareness of our need for the planet, each other and maybe even God may be carried with us as we move forward.

It is commonly said that the words "Do not be afraid" occur 365 times in the Bible, one for every day of the year. I haven't counted but it is certainly one of the most repeated phrases in the Bible.

In the month of May, Catholics focus particularly on the role of Our Lady, the mother of Jesus. Catholics don't worship Mary; we see her as a perfect example of holiness through her obedience to God and we ask for her intercession in our time of need, as mother of God and mother of the Church. One of Mary's titles is "Star of the Sea". As we navigate these current waters, may we be reassured by the words of Pope Francis as he reminds us "You Lord, will not leave us at the mercy of the sea. Tell us again "Do not be afraid".

As we journey through the Easter season let's continue to support each other in practical ways and maybe even through prayer. If you can't think of an appropriate one yourself; Google it.

I have been really impressed with the positive response of our students in adapting to the online learning experience in RE. GCSE Pod has a range of high quality resources relating to Christianity, Judaism and ethical issues such as marriage and the family, all of which are examined in the AQA GCSE exam syllabus we are following. This along with a range of other resources including past papers and knowledge organisers shared on class charts is helping them to keep on top of the GCSE syllabus and in many cases develop excellent habits of resilience and self-motivation which will benefit them not only in the short term, but in the future also. The scores in the GCSE Pod assessments have demonstrated that students are learning from the information provided and indicates a good understanding of the material. Please be assured that the more demanding content and those areas that demand discussion and further depth will be recapped once we are able to resume face to face teaching, and all they are doing now will provide the best foundation. Keep up the good work. Mrs Selway



To celebrate the Year of the Word, The Diocese of Leeds has launched a new Bible-based activity: Window on the Word. Check this one out on the Year of the Word Instagram:

<https://www.instagram.com/yearofthewordleeds/>

Many thanks for this beautiful picture below of countryside, and nature taken at Temple Hirst.

"Fear not, I am with you; be not dismayed; I am your God. I will strengthen you, and help you, and uphold you with my right hand of justice". Isaiah 41:10

"Faith is like a bright ray of sunshine. It enables us to see God in all things as well as all things in God". St Francis de Sales



Live Mass: Leeds Cathedral, the Mother Church of the Diocese of Leeds, is live-streaming Mass and Devotions daily via its new YouTube Channel, Leeds Cathedral Live:

www.leedscathedrallive.org.uk

'Together we step out in faith, knowing that Christ is with us and united as a holy family.'

Safeguarding & Well-Being

5 ways of wellbeing

Your mental health and wellbeing are hugely important to us, we want you to remain as positive as you can during this time at home. Below are 5 key ways to help you stay upbeat and positive. Doing 1 a day would be beneficial to you, although you can do as many as you can.

Remember that it is OK to have bad days, days where you feel a bit down, sad or missing people more – that is normal.

Connect:

Talk and listen to people around you – call your friends or family who you currently cannot see. Keep in touch and talk through worries/ concerns you have as well – stay connected.

Be Active:

Do what you can, enjoy yourself, move your mood.

We know you cannot go to your usual sport clubs or to the park to meet up and play football but you can go out for 1 hour a day. Go on a walk, go on a run. Use this time to clear your mind, it will also help you with other wellbeing ways. For example, take notice of the environment around you, just by looking for the simple things you may see everyday but often miss.

Take Notice:

Remember simple things.

This is about looking at what is around you and finding positives. It may be looking at the nature around you, the calmness of the quietness. The people you are at home with.

Keeping a diary is a good way to keep doing this. It doesn't have to be long, and you could just think of one new thing every night that you have noticed that day.

Keep Learning:

This is NOT about doing your school work – although keep doing that. It is about new experiences or re learning a skill you had but have lost e.g. learning to play an instrument.

Use this time as a way of creating a new opportunity for yourself.

Miss Schager

The following resources are available to support students:

Kooth: Free, safe and anonymous online support for young people.

Chat Health Mental Health/General Health enquiries:

"Text Service" 07520 619750

(8.30am – 4.30pm Monday to Friday)

MindMate: Emotional Wellbeing and Mental Health:

Online/telephone 0300 555 0324 www.mindmate.org.uk

Give:

Give time.

Give words.

Give presence.

All of this is a bit harder right now, but you can still give them. You can call people, facetime, message friends and family. You can discuss anything you would like; this is about being there for somebody. A phone call with a friend can lift your mood and theirs, especially now as you can not see them it is nice to still stay in touch.



Compass BUZZ offers a confidential text messaging service to young people aged 11-18 across North Yorkshire. The service was named in conjunction with young people and is called BUZZ US.

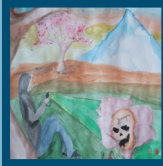
By texting the service on **07520 631168** you will be able to receive confidential advice, support and signposting from a wellbeing worker within one working day via text.

If you do not live in North Yorkshire, as you attend Holy Family you can use the school as your address, and you will also be entitled to free help and advice.

An addendum has been added to The Holy Family Catholic High School Child Protection Policy to cover this period of school closure. The policy is displayed on the school website:

<http://www.holyfamilycarlton.org/wp-content/uploads/2020/04/COVID19-Addendum-03.04.20-.pdf>

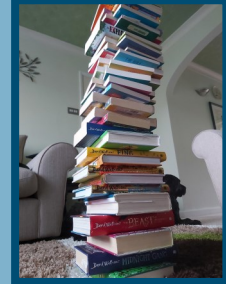
Reward & Recognition



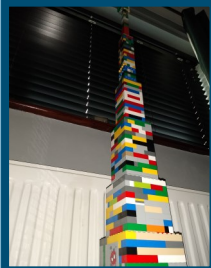
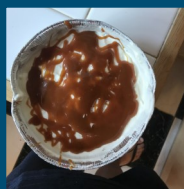
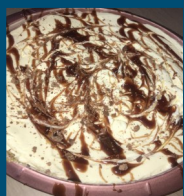
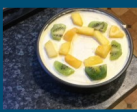
Superb art work looking at landscapes and the environment **Alexus L D** taking top spot, with Jacob W & Nicola B getting special mention.



This week's 'Top Podder' is **Amelia G-F**. Holy Family are now the second most prolific podders in the whole region! Wow!!



Well done to all our future 'Bake Off' stars, with fantastic entries from; Amelia D; Charis H; Cody C; Ella B; Ella S; Heitor Q; James W (Y10); James W (Y9); Noah T; Alex A; Keira D, and the winner is... **Luke C**. For the tastiest looking cheesecake! Thank you for sharing your enthusiasm with us!!



Congratulations to **Max M** for winning this week's Progress Leader Challenge! Also fantastic entries from Aimee W; Ella B; Lily B; Ella D; George M; Luke C; Mason C; Alan