



'To grow in wisdom and grace.'

Friday 22nd May

Holy Family Catholic High School Weekly Bulletin

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

Headteacher's Message

We can't believe that it is already the half term break!

You will have read a lot in the news about schools reopening and conflicting reporting. Most primary schools now have plans in place for a phased return at different points before the summer holiday. Any school re-opening is still directed by the government and local authority, we are aware that no arrangement will be secure until the government have confirmed the scientific and medical advice at the end of May.

Our own plans for 'face to face' contact with Y10 will be finalised when the government and local authority allow us to do so. Year 10 will all be contacted individually for an initial phone tutorial in the first week back and then follow up subject tutorials and extra 'in-school' support in the following weeks assuming we are given permission from the Government to do so. The latest advice for parents from the government is in this link.

<https://www.gov.uk/guidance/help-secondary-school-children-continue-their-education-during-coronavirus-covid-19>

Please be assured that the safety of our students will always come first and we are adapting our classrooms and school site over the next few weeks to enable our students to be phased back safely as and when allowed.

Our online remote learning through ClassCharts continues for all students throughout the next half term. We will not be setting work next week, our online learning will resume on the 1st June.

The staff of Holy Family are eager to welcome students back into school and we hope and pray that more students are phased back by the government when it is safe to do so.

I will continue to update you all throughout the coming weeks.

Stay alert and stay safe, Mrs Mitchell



PPE made in school in use at York District Hospital Orthopaedic Paediatric Fracture Clinic

Essential Worker Provision: Our provision for students of keyworkers will be provided, as needed, over the half term week. Our 'key school' provision will continue to run for the next half term. If you are an essential worker and now need your child to attend after half term please contact us as soon as possible. This is a legal safeguarding requirement to ensure we know who to expect each day, we cannot accept responsibility for children arriving without prior arrangement. We can then ensure the correct staffing ratios.

Please contact the school email address: enquiry@holyfamilycarlton.org

Mrs Mitchell's Message to Students

A few students have asked me what I am looking forward to when this is all over...

Giving my mum and dad, sisters, nieces and nephews hugs!

Meeting up with my friends in person rather than on Zoom or Skype.

The hustle and bustle of the school day.

A hair-cut!

Wandering around Leeds City Centre shops on a Saturday morning, going for a nice coffee or 'a pot of tea and a toasted teacake'.

Saying 'good morning' to you all and seeing your happy faces (and the joy on your parent's faces) as you come back into school!

Have a relaxing half term everyone and continue to smile.

'Be the living expression of God's kindness; kindness in your face, kindness in your eyes, kindness in your smile.'

Mother Teresa

'You are all amazing young people and we miss you greatly. Keep doing your work to the best of your ability and continue those hobbies. We are planning lots of extra support and catch up lessons for you when we return!' Mrs Mitchell

Year 11 Prom

Following the Government's announcement prohibiting public gatherings of more than two people, we took the decision, to cancel the prom for the foreseeable future. However, a number of parents have contacted us to say they would like the answer to be definite to as they need to commit to paying for items if the prom was to go ahead, or to cancel them in order to gain refunds. As we are unable to guarantee events will be allowed in the coming months we have now taken the decision, in line with other schools, to cancel the prom. We are in contact with your Student Leadership Team, and hope this clarity will avoid any unnecessary expense or disappointment. Mr Moran

Chaplaincy

Message from Mr Hetherington, Head of English

The Peace of God

1,300 years ago Cædmon (pronounced kad-man), an illiterate cow-herder in the employ of Whitby Abbey, walked out of a feast when a harp was being passed around for all to sing a song. Cædmon left the feast because he felt ashamed that he had no song to offer.

How is it that we know the name of this farm hand who could neither read nor write? The story goes on that as he slept that night, Cædmon had a dream where he was asked to sing a song "about the beginning of things". In the morning Cædmon recalled the poem he composed and recited to St Hilda, the abbess at Whitby.

We know this story because one of Cædmon's poems survives and is probably the earliest example of English poetry we have. In that poem he refers to God as "glorious Father", "Eternal Lord", and the "Guardian of mankind". It seems to me that 1,300 years ago Cædmon understood that there was a peace and reassurance to be found in the strength and guardianship of God.

Likewise, in Judges Chapter 6, we have the story of Gideon. Here is a man that felt that he had been abandoned by God to suffer at the hands of his oppressors (v13) and that he was the least of the men from the weakest clan (v15). The Lord blessed Gideon with his reassurance and his peace and Gideon built an altar where he encountered the angel of the Lord and called it *The Lord is Peace*.

During the pandemic it might be easy to feel that we have nothing to offer like Cædmon or that we have been abandoned like Gideon. But Christ has given us a peace that "transcends all understanding" (Philippians 4:7) and that peace can be transformative.

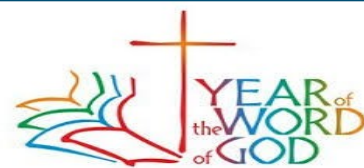
Earlier this year, Pope Francis said that the peace that is the gift of Christ is "not some superficial sense of calm" but rather it is "an active force". He remarked that the peace Christ brings to us can challenge us to be cooperative, to reconcile, and to grow. To do this we need "action and initiative"; we need to love creatively.

Cædmon had no words and was transformed by the peace of Christ into a poet. Gideon had no strength and was transformed by the peace of God into a leader. How will the peace of Christ transform us and our communities in the weeks and months to come? How can we show our love creatively?

Cædmon's Hymn

Now we ought to praise the Guardian of the heavenly kingdom,
The might of the Creator and his conception,
The work of the glorious Father, as he of each of the wonders,
Eternal Lord, established the beginning.
He first created for the sons of men
Heaven as a roof, holy Creator;
Then the middle-earth, the Guardian of mankind,
The eternal Lord, afterwards made
The earth for men, the Lord almighty.

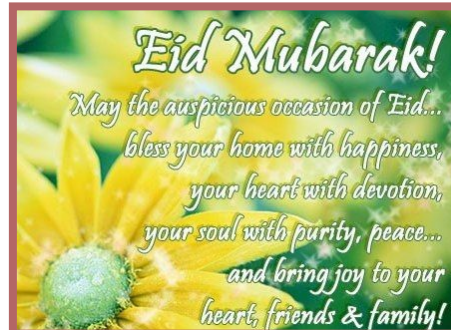
In English we are using GCSEPod to keep students engaged with the knowledge that they need for their return to school. This is particularly useful for students in Year 9 and 10 as they are able to continuously quiz their understanding of key texts and we know that quizzing is an incredibly useful strategy for storing information in the long term. It might also be useful for students in Years 9 and 10 to supplement their work with the Mr Bruff videos on YouTube which are very high quality and contain plenty of useful ideas for their work. In Years 7 and 8 we have been concentrating on creative writing and producing short but technically accurate pieces of writing. Creativity is key to producing good quality work and we hope that students have enjoyed this process. We will be moving to non-fiction writing, so it may be useful for students to read articles from magazines and broadsheet newspapers in preparation for this. Mr Hetherington



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understanding"
(Philippians 4:7)*

The 6th Week of Easter and the Feast of the Ascension of Jesus Christ on Thursday In his farewell to his disciples, Jesus' consoling words to them and us are very beautiful.

Do not let your hearts be troubled. You have faith in God; have faith also in me. In my father's house there are many dwelling places. If there were not, would I have told you that I am going to prepare a place for you? And if I go and prepare a place for you, I will come back again and take you to myself, so that where I am you also may be. John 14:1 The Feast of the Ascension commemorates Jesus Christ's ascension into heaven and is held on a Thursday, 39 days after Easter Sunday and is a Holy Day. Mass will be live-streamed from Leeds Cathedral at 10.30am on Thursday.



We wish to all our brothers and sisters who are celebrating Eid, and congratulate their efforts during Ramadan. Eid Mubarak from us all!

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

Safeguarding & Well-Being



At the moment you may have a huge amount of time on your hands and your mind may want to use this time to bring up past unpleasant memories or speculate in an unhelpful way about a very uncertain future. Remember you can choose to not stay with those thoughts as neither of those thought processes are helpful to you. Your mind is powerful, and it can be very hard to get the control but try telling yourself you are choosing not to do this right now, very much like choosing to change the channel on the TV. The vital tool to avoid worrying about unhelpful things or situations is distraction. So, plan things for your day, create a mini schedule or timetable, make a list of new things or hobbies you could try. A really fun hobby is journaling and there are some amazing ideas about this on Pinterest. Don't forget to include talking to others as a distraction.

Try to eat as healthily as possible and be kind yourself on the inside. Try to sleep in a regular routine so that your body gets used to that. It may be very tempting to stay up very late and have a long lie in, but our minds and bodies work better when we stick to a healthy sleep schedule.

The NCPCC has lots of useful things on their website and you can use their forums in a safe way to ask questions or talk to someone. Compass Buzz is another way to talk to someone if you are feeling overwhelmed or are worried about something. BUZZ US Text Messaging Services BUZZ US is their confidential text messaging service for young people aged 11-18. The service allows young people to message a wellbeing worker for support or advice around mental health & wellbeing. BUZZ US, by texting 07520 631168 Find out more: <https://www.compass-uk.org/buzz-u>

Student Wellbeing: If a pupil wishes to access support, or there are any concerns regarding the welfare of our young people, please contact us on our email enquiry@holycatholiccarlton.org.

If you have any concerns about a child, either your own or someone else's and would like to discuss this, please contact our safeguarding leads, Mr Moran and Mrs Williams. You can also contact the NSPCC or your local Children's Services to make a referral and request support. If a child is in immediate danger call the police.

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

May is the Month of Mary

Our Diocesan Lay Chaplains have asked that we all try to pray one Hail Mary each day during the month of May to honour Our Lady. When pray to her let us think of all those in our school community, and that they truly know the love of their Mother, Mary.

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. **Holy Mary**, Mother of God, **pray** for us sinners, now and at the hour of our death, Amen.

Je vous salue, Marie, pleine de grâces, le Seigneur est avec vous; vous êtes bénie entre toutes les femmes, et Jésus le fruit de vos entrailles, est béni. Sainte Marie, Mère de Dieu, priez pour nous pécheurs, maintenant, et à l'heure de notre mort. Amen.



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.

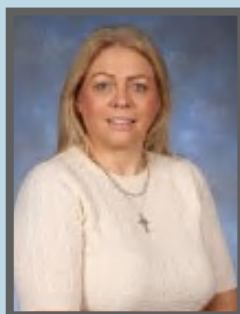
By texting the service on **07520 631168** you will be able to receive confidential advice, support and signposting from a wellbeing worker within one working day via text. If you do not live in North Yorkshire, as you attend Holy Family you can use the school as your address, and you will also be entitled to free help

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>

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

Messages from Progress Leaders



Hi all,

I hope that you are all well and finding a way to make this new normal manageable. We have just come to the end of Mental Health Awareness week and this year's focus was "Kindness" I think we should never underestimate the value of a seemingly small act of kindness and its impact on others. I think during this difficult period in everyone's life, offering someone a kind word or not being drawn into using unkind words is something we can all strive to achieve. We often forget to be kind to ourselves which is just as important; if not more so as it enables us to be in a better place to help or support others. Some simple things such as questioning your internal critic can be a start. Ask yourself if you are speaking to yourself using kindness and compassion. Remember to congratulate yourself for doing the best you can with what you have available to you right now.

"Kindness is the language which the deaf can hear and the blind can see." Mark Twain.

Look after yourselves and each other and remember to be kind.

Love Mrs Williams

Hello my amazing students! What a proud Progress Leader I am! The way you have embraced lockdown is amazing, I have loved seeing the photos of what you have been up to and the hard work you have put it. I have had so much positive feedback from your parents, carers and teachers. I am beyond proud!

I have been monitoring your activity on GCSE POD and some of you have accessed over 150 POD's, and that is amazing! I have rang and spoken to the majority of your parents now and they have been telling me how proud they are of you, that you are working independently and are self-directing your own learning. Other staff members have been ringing home and they have been letting me know of your success too!

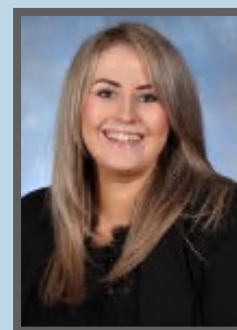
I have received lots of emails letting me know of all the other wonderful activities you have been doing at home, I have seen you making gates, making sun loungers and baking magnificent cakes to name just a few. You have been getting involved in my weekly challenges and really showing your creative side. I love this!

We are continuously recognising and rewarding your positivity and successes for school work and other activities, Mr Moran has been adding these to the newsletter and you have been receiving Reward Cards from Mrs Mitchell. I would like to say a massive well done to each and every one of you mentioned in the newsletter or who have received a letter. Again, I am one proud Progress Leader.

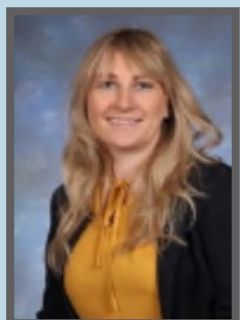
As Joshua J. Marine once said *'Challenges are what make life interesting and overcoming them is what makes life meaningful'*. This is our challenge, we need to work at home for now. We miss our friends, but we will see them soon, keep checking in with them, message them, call them and facetime them. We miss school (most of us), but we will soon be back. So right now, we need to stay safe, we need to be kind and we need to remain positive. You need to keep up with all the good deeds you are doing, I love hearing about them.

Year 9, you are really showing everyone what a brilliant year group you are, I have so much appreciation for all of you right now. I miss you all and can't wait to see you and hear about all the amazing and kind things you have been doing. Take care and God bless.

One proud Progress Leader, Mrs Neal



Dear Year 11,



I have some good news to share with you all about the leavers hoodies! You will soon be able to order and pay for these online with our online shop courtesy of leavershoodies.com. You will be able to see the design of our hoodie and then choose a colour and size. You will also be able to add a nickname in to be included on the back. The company are now set up so that they can provide direct delivery to your address rather than to the school.

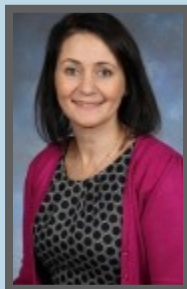
The online shop should be open from Monday and will be open for a couple of weeks, after that orders can't be placed. We will send out a direct link to our shop once the company confirms this is open, hopefully Monday.

Please do contact me at enquiry@holymfamilycarlton.org if you are struggling with placing an order online.

Love and God bless, Ms Barlow

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

Messages from Progress Leaders



Dear all,

I hope you and your families are all well and happy. I just wanted to write to you all to let you know that we are thinking of you and missing you all terribly. I am so proud of how you are coping in these difficult times. It was all so sudden that school closed and we have all had to adjust in so many ways. It's hard not to be able to see family and friends but we are very lucky to have social media and all the other fantastic ways in which we can keep in touch. My family have been having a quiz night on Zoom every Saturday, I haven't won one yet!

It's been difficult changing our ways of teaching and learning but I must say you have impressed me! As of 19th May, Year 10 are leading, having streamed almost 9000 pods, and almost 3000 pods higher than any other year group. That tells me how motivated and dedicated to your learning you are. Some of you have accessed hundreds of pods.

Many of you have realised that school isn't such a bad place and that actually you can't wait to get back to normal. Many of you have found that you quite enjoy working independently and some have found that you like being taught face-to-face. GCSEPod is the next best thing, it's brilliant.

I have enjoyed chatting to your parents and carers and to some of you over the past few weeks and hearing about all the great things you have been doing. You're parents and carers cannot sing your praises enough and are obviously very proud of you too. A special mention to Freya E, Luke C and Jake L, Mason B to name but a few, for stepping up and helping out with chores around the house and garden and looking after others in your family. So many of you have learnt new skills such as baking, painting fences and even Hoovering! Well done to you all.

I know many of you have been very worried about next year but please be reassured that we will do everything we can to help you achieve the grades you deserve. The vast majority of you are doing everything right, you are working hard using GCSEPod and all the other resources teachers are sending you. Every little thing you do now will help you in the future. Mrs Mitchell is sending out postcards to reward and recognise those students who are working hard, whether that be schoolwork or any other special tasks you have done. Please keep sending me photos of the amazing and creative work, cakes, art, projects etc you have been doing by email at enquiry@holymfamilycarlton.org.

I truly am proud of you all for how you have adapted so quickly to the situation we are in and although we do not know how long this might continue, remember we are all here for you. Please get in touch if you need any help. Keep supporting each other, your family at home and your friends. I am very much looking forward to seeing all as soon as we possibly can, this won't last forever.

"For I am the LORD your God who takes hold of your right hand and says to you, Do not fear; I will help you." Isaiah 41:13

Stay safe, take care of yourselves and each other, Mrs Tinning
Mrs Tinning

Hello everyone,

I really hope that you and your family are all staying safe during these difficult times. Over the last 7 weeks or so I have spoken to your parents or yourselves to see how you have been getting on with your work that has been set on ClassCharts and GCSEPod. It has been great to speak to some of you; finding out how you have been keeping busy or resolving any issues that you may have. Every time I check my emails or log into ClassCharts or GCSEPod, I am greeted with brilliant pieces of work that you have sent in. If it's not a fantastic stop motion animation clip, it will be a superbly written English piece.

For some of us, the lockdown period has been fine, but I know that for many it has been the worst of times, facing difficulties and long periods of unrest. It can be tempting to let our heads drop at a time like this. There are so many normal, simple things that we miss – a hug from a grandparent, a game of football or going shopping with friends. I really want you to look at the positives that may come from these times:

Think about the quality family time you may have had.

Think about the time you have had to sit and reflect on the things you miss about school.

Think about how amazing it is going to be when we are all together enjoying each other's company.

When things will come back to normal, we will all be stronger, and more grateful – because of this.

I know that some of you will be incredibly excited about getting back to school and get back into a regular learning routine. Remember, before lockdown started you all made your option choices... have this in mind when you are completing pieces of work that has been set. Many tasks link into what you will be studying next year. Take some time to research the courses you have chosen in preparation for next year.

I will leave you with a quote that I often think about when I need to stay focussed or look ahead to a more positive future: *Yesterday is not ours to recover, but tomorrow is ours to win or lose.* – Lydon B. Johnson.

See you soon. Stay safe.

Mr Wadsworth



Reward & Recognition



Headteacher Awards

- Dominic W Design Technology
- Ella D PL Challenge
- Emily B PL Challenge
- George M PL Challenge
- Max M PL Challenge
- Aimee W PL Challenge
- Alan B PL Challenge
- Maddison M Art
- Ryan D Art
- George M Art
- Lily B Art
- Fabio N Art
- George A History
- Jos B Hospitality and Catering
- Cody C Hospitality and Catering
- Keira D Health and Social Care
- Maddie M Health and Social Care
- Madison W Combined Science
- Kayleigh L Biology
- Ella B Physics
- Mary P Physics
- Molly W Physics
- Molly C-C Physics
- Neve W Physics
- Alex H Computer Science
- Joe A Computer Science
- Ellie C Science
- Cody C Science
- Liberty D Science
- Will D Maths

This week's 'Top Podder's are Lucy J & Patrycja D



gcsepod
education on demand

Holy Family School are not only second in the regional league for GCSEPod activity, but also in the top 10 in the UK this week!! Keep it up, your hard-work is paying dividends ensuring you stay ahead.



Congratulations

You're a Lockdown Legend!

You're a top 10 highest user of the week



Signed *GCSEPod Team*
The GCSEPod Team