



# Holy Family Catholic High School Weekly Newsletter

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*'To grow in wisdom and grace.'*

**Friday 29th January 2021**

## Headteacher Updates...

There has been lots in the news this week about dates for schools returning. I know that our staff, students and parents will be disappointed that the government have moved the potential date to early in March. We have been assured that schools will have two weeks notice of the DFE school return plans and that initial details will be communicated after the half term break. I will, of course, notify you as soon as we know more information.

However challenging this may seem, we need to keep up the motivation for online learning and be positive with our young people about all they are achieving. Their mental well-being will be greatly supported if we all continue to be 'up-beat' and give them the hope that things will be better and that our community cares about them. If your child is struggling, we have access to lots of things that can help. Just let us know and we will support you and them!

We all need to be proud that we have played our part in tackling this pandemic and saved lives by following the guidance. As always, my thanks and praise go to you all in our precious Holy Family community.

Mrs Mitchell (Very proud Headteacher)

## Mrs Mitchell's Message to Students

This week the leadership group in their meeting with myself, Mr Devlin and Mr Moran have said that they like the Friday catch up call with their form groups, and would like to encourage all forms to get involved with this. They like the informal chat with their tutors and are missing that at the moment! They have also suggested more social catch ups and I've asked them to talk to other pupils to get other ideas and then to get back to me. Watch this space!

## GCSE Science In Action — Mr Wilde

The organisers of this online event describe it as "the ultimate science enrichment day for KS4 students". In the past, we have attended similar events and students and staff have found the speakers and their subjects to be not only accessible, but fascinating, inspiring, motivating and relevant to their work at school and to further study and careers in STEM subjects in the future.

Five interactive and highly engaging sessions will inspire and challenge our students with a particular interest in the sciences. There will be demonstrations and audience participation and students will discover the wonder of science in a varied programme, delivered by some of the leading experts in their fields.

The programme so far includes "A Walk on the Wild Side" presented by Lucy Eckersley of the Royal Veterinary College, who will address questions including: What does conservation in the real world look like? Is it all just about Giant Pandas? Which animals should we save?

Information in the Space Age", presented by Dr Sarah Hanton (author of Cool Physics) will encourage students to discover how we understand the Universe around us. From interpreting data from ground and space based telescopes to human and robotic exploration of the solar system, Dr Hanton pieces together how we find and explore objects in Space and what advancements in the future will help us unlock some of the greatest secrets of the cosmos.

There are three other sessions to be announced, in addition to a presentation on examination success which will help to equip students with more of the tools necessary to succeed at GCSE, and, in addition, each student will receive a useful revision guide to use to help prepare for their examinations.

The event takes place from 9.45am until 3pm on March 11 this year and is open to all students in Years 9 and 10. The cost is £12 per student payable via the school's Parentpay system. The event can be accessed from home or school depending on the situation with Covid-19 at the time.

## SIMS App

Most parents have now downloaded the SIMS App which gives access to praise and concerns given by teaching staff. In order to track 'attendance' at our live lessons and on other platforms, teachers will be issuing 'Lesson Absence' comments for any student who is not on Teams, and/or, not submitting the work to show they have completed the learning activities. There are no negative points associated with this and they will not be recorded as attendance concerns. It is purely to inform parents that students did not access the work set, and to ensure we are monitoring students together for safeguarding purposes. Please do not see these as a sanction and as long you are aware they were unable to access the lesson and associated learning, then there is no need to contact school. Records will not show these comments as accruing any negative points, or impact on reported attendance.



**Essential Worker Provision:** Our 'key school' provision will continue to run alongside the remote learning provision. If you are an essential worker, or feel your child maybe experiencing additional challenges at this time and you need your child to attend, please contact us. There 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 also ensure the correct staffing ratios. Please contact the school email address: [enquiry@holyfamilycarlton.org](mailto:enquiry@holyfamilycarlton.org)

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

## Student Wellbeing — Miss Agar



Here are some strategies that you can use at home to support your child if they feel stressed or anxious or are just not coping at any point during lockdown. Some of these may not work and remember that is okay.

1 - Keep your child in a routine, it is really important to get them up and get them ready each morning as they would for school. Structure and routine are good and mentally it gets us ready for the day ahead.

2 - If your child is feeling stressed with school work online then you can give them a break. It is okay to take a break from learning and it is okay to not complete the work all in one go.

3 - Break up the work into smaller chunks and if you can use a visual cue, or a now and next board to show them what they have to do. You can create your own or we can help you make one. If they need it, use a timer to give them a clear start and finish time for each activity or lesson. You can use online timers, such as the one here -

<https://www.online-stopwatch.com/> or you can buy one online.

4 - Make sure that they get some downtime and they get some time to relax.

5 - If your child gets angry, then give them some space and allow them to go somewhere that they feel safe, possibly their bedroom and let them do something that they like, something that will calm them down.

6 - Do not push them to talk about why they are angry or upset until they are ready to talk. If you push it too quickly then they may have to start the process of self-regulation again.

7 - Provide them with calming/sensory equipment. It can be as simple as a ball of blue-tack or can be something more specific like a sensory cube or tangle toy.

8 - Your child can press the 'print screen' button on their keyboard (or take a screenshot) of the powerpoint slide, if they are worried that they may miss what was on it. **This must only be done if there are no participants visible on screen.**

9. Remind your child that the work set in class is work that is for that 1 hour slot. Your child should not feel worried about finishing a task from earlier on in the day. If there is any uncertainty around this, please ask them to contact their teacher on Classcharts.

10. Do not struggle alone and remember that we are here to help, support, advise or listen!

## Headteacher's Recognition Board:

I have received so many names of those doing well in live lessons, and in their assignment work. Unfortunately there is only space for a few here! Check your SIMS App to see all the positives awarded to students each day. Well done to all those who have received 'Positives' this week, and keep going!

Art	Sitek	J	Year 9
Key School	Riley	K	Year 9
Key School	Pitcha	B	Year 10
French	Tom	M	Year 8
Geography	Samantha	B	Year 7
RE	Jasmine	A	Year 9
Engineering	Charlotte	D	Year 9
Construction	Jack	C	Year 10
Design Technology	Holly	B	Year 7
Hospitality & Catering	Jack	K	Year 10
Health & Social	Aneya	WB	Year 11
Music	Edi	J	Year 8
History	Dylan	K	Year 8
Maths	Keira	D	Year 10
Computing	Jacob	W	Year 7
Core PE	Aimee	W	Year 8
English	Olivia	H	Year 10
Science	Amelia	D	Year 11
Creative iMedia	Henry	K	Year 10
Business	Natalie	A	Year 10
GCSE PE	Jacob	H	Year 10
Maths & Science	Carder	J	Year 10

## ColorVeil

"This tool probably offers one of the best ways to minimize eye strain and irritation while using your PC."

I Love Free Software

## Need help with visual stress?

ColorVeil adds a customizable colour filter over your Desktop, Internet browser, video player, document, email, or program. You can work, play, read, write, or browse as usual. This can help people with Dyslexia and Scotopic Sensitivity Syndrome. It applies a coloured tint across the screen, that can match the prescription from the optometrist. It can also reduce screen brightness, even below its lowest available setting. This helps reduce eye strain, especially at night and can save battery on notebooks and tablets.

<https://www.aurelitec.com/colorveil/windows/download/>