



# Holy Family Catholic High School Weekly Newsletter

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*'To grow in wisdom and grace.'*

Friday 5th March 2021

## Headteacher Update

Dear Parents and Carers,

We are nearly there! We are looking forward to having all of our students back in school on Thursday 11<sup>th</sup> March. There has been a very high uptake on the lateral flow testing and we are all set up and ready for those who have booked in between Monday and Wednesday next week.

Remote education continues from Monday to Wednesday and there will be assemblies on Teams again on Wednesday morning to go through important information with our students before they all return on Thursday 11<sup>th</sup> March.

Pupils in our 'Key school' can continue to attend our on-site provision from Monday to Wednesday, they will re-join their normal classes when everyone returns on Thursday 11<sup>th</sup> March.

I thought it would be helpful to share answers to some questions we have received this week, see the information on the back page. As always, please do not hesitate to contact us if you are unclear on any aspects or need help.

Thank you for all your messages of care and support for everyone at Holy Family, it is much appreciated.

Take care and stay strong,

Mrs Mitchell

**'Without a sense of caring, there can be no sense of community.'** Anthony J. D'Angelo

## Wellbeing in Music, Mr Coombs

Music is its own reward. At any given point, most of us have hit the play button on a favourite song, symphony, power-ballad or Scandinavian death-metal tune to try and steal five minutes 'me time'. Bridget Jones knew what it was all about when she danced alone to 'All by Myself' in the hit movie, healing herself from all of life's absurdity and injury by smashing imaginary drums and ripping it up on the air guitar in her bedroom.

Musical wellbeing is easy. This is because music is the best thing since sliced bread!

Here are 5 simple tips for how you/family/friends can bring on the Bridget Jones effect.

**1) SHARE YOUR MUSIC** We often discover the music we love the most from the people we value the most. Send a link, a like, a recommendation or simply tell someone why a tune is special to you. You'll know each other a bit better afterwards.

**2) DANCE** Move your body to music. It's proven to make you happier. It's also fun and cool. Try this Daft Punk song 'Lose Yourself to Dance'. Find a room, make some space, crank the volume and go for it. Watch the vid & imitate the moves you like the most. [Daft Punk Lose Yourself To Dance - HDEF - YouTube](#)

**3) SING** In the shower, in the kitchen, with your headphones on, in your head, but best of all... with other people! It's good for you, it'll increase your IQ and all of your ancestors did it. So keep up with family traditions, have some fun & join in. [www.schoolssingingprogramme.org.uk](http://www.schoolssingingprogramme.org.uk)

**4) PLAY** Pick up/buy/beg/steal or borrow an instrument. Watch an online tutorial. Watch your favourite artist & get inspired. Now, more than ever, there are a wealth of opportunities & ways to learn every instrument. Get a routine - 15 mins per day and stick to it. Having no instrument is no excuse once you've seen this guy... [The Bucket Boy \(Matthew Pretty\) Edinburgh Fringe #1 - YouTube](#)

**5) EXPLORE** Look for new music. Have a sonic detox where you only listen to tunes you've never heard before for a whole week. You'll hear some music you don't like, but in amongst it, you'll discover some amazing sounds/songs which reignite your inner Bridget all over again. Try; [NPR Music - YouTube](#)

## Headteacher's Recognition Board:

I love seeing that our students love of learning is undiminished, and our staff continue to inspire them, despite the differences in learning. As always, the following represent the hard work of so many students, parents and staff. Well done to all of you!

Art	Charlotte	C	Year 7
Key School	Phoebe	R	Year 7
Key School	Tom	M	Year 8
French	Flo	S	Year 8
Geography	Imogen S	S	Year 9
RE	Owen	B	Year 7
Engineering	Thomas	L	Year 9
Construction	Luke	C	Year 10
Design & Technology	Adam	C	Year 7
H & C	Beth	A	Year 10
H & S	Laura	M	Year 9
Music	Lily	U	Year 11
History	Flo Ammon	S	Year 8
Maths	Harrison	M	Year 8
Computing	Jacob	W	Year 10
Core PE	Ava	L	Year 8
English	Laurence	M	Year 7
Science	Noah	B	Year 10
Creative iMedia	James	W	Year 10
Business	Zara	B	Year 10
GCSE PE	Jack	M	Year 11

**IT'S WORLD BOOK DAY!**

Watch this space! Keep reading, or listening to our audio books on Classcharts.

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

### Fr Wilson's Walk for Water Challenge

This Lent I'm taking on the Walk for Water Challenge.

I'll be walking 10,000 steps a day for 40 days to raise money

for CAFOD's work around the world. How will your donations help? £10 can buy a water container for a family £40 could buy safe water for a school £200 could buy bikes for a team of three water engineers to service water pumps in remote communities £750 could bring water to an entire community.

Please help by making a donation at <https://walk.cafod.org.uk/fundraising/cafods-walk-for-water1935>



## Calling all parents/carers

Find out how to further support your child's GCSE learning journey in this free webinar from GCSEPod

Join us for this very special parent webinar where GCSEPod will give you lots of hints, tips and advice on how you can use GCSEPod to support your child during their GCSE journey. This webinar is free for all parents and your child already has access to award-winning GCSEPod.

Wednesday 10th March @ 5pm

To secure your place visit:  
[www.gcsepod.com/podup-presents-parent-webinars/](http://www.gcsepod.com/podup-presents-parent-webinars/)



On 10th March at 5pm, GCSEPod will host its latest parent webinar. During the session we will explore how parents can support their child's learning using GCSEPod with information around:

*How to access the Pods;*

*Podbooks and how to quiz your child;*

*What to expect if your child is given homework on GCSEPod;*

*Check & Challenge and self-assessment;*

*Hints and tips on home learning*

# Waste

# Week

# 2021

### Waste Week 8-14 March

Did you know that the amount of edible food wasted in the UK could fill eight Wembley Stadiums? Or that we throw away 20 million slices of bread EVERY day in the UK, which creates greenhouse gas emissions equivalent to over 140,000 cars every year?

It's why we're tackling food waste in our school. Young people and their families reduce and have **signed up for the campaign**. Our students can also enter the **Great Busta Bake competition** where they will have a chance to see how they can prevent food at home from being wasted, by making some great bakes! We can't wait to see what leftover creations our young chefs make! For further details, message Mme Gilbert

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

### Some questions from this parents/carers this week...

#### **How will the test site work?**

When students arrive at their appointment time, they must come into the sports hall from the outside entrance. We ask that parents/carers wait in the car park. Students need to wear a face mask, unless they are exempt. We will tell them when to remove it as they do the test. There will be signs telling students where to go. They will be given a card to take to the testing desk. We have 4 bays set up and staff will direct them to one of the bays. Someone will be there to support them and take them through what they have to do. When they finish, they then exit the sports hall by the far door and make their way back to the car park to be taken home.

#### **Do they have to wear uniform when they come for their test appointment?**

No, they just need to wear uniform when they return to school on Thursday 11<sup>th</sup> March.

#### **How will we find out the test results?**

You will receive a text from the NHS on the mobile number you provided on the consent form. If your child tests positive we will also contact you directly from school.

#### **If my child tests positive, what do they have to do?**

They will have to self-isolate for 10 days and follow the government guidance in identifying any close contacts who will also have to self-isolate for 10 days.

#### **How reliable are the lateral flow tests?**

They are not 100% reliable, so all students must continue to follow all the guidance we have in place to keep them safe. The tests are there as an extra measure to hopefully pick up the majority of asymptomatic cases and help reduce community transmission of the virus.

#### **Do we have to book in for the second and third tests?**

No, we will arrange for these to take place in school 3 to 5 days apart.

#### **When will we receive the home test kits?**

The government aims for schools to receive the testing kits for students in the next two weeks. We are waiting to find out how these will be distributed. We will let you know when we are given more information.

#### **Do students have to wear face masks in classrooms as well as around school?**

It is recommended by the government that face masks are worn when social distancing is not possible. They are recommended in classrooms, on corridors and other areas inside the building. Those with exemptions do not need to wear face masks.

In line with this guidance, and to help keep our community as safe as possible, we will be encouraging students and staff to wear face masks when they cannot socially distance.

Face masks do not have to be worn when students are eating in the canteen/hall and when they are outside at break and lunch. They do not have to wear them while doing physical exercise during PE lessons.

We have a small stock of face masks in school if students forget to bring one.

The government guidance asks students to have a spare face mask that they can use if the other is damp. We will go through with students how to safely remove and put on their face masks.

The government is reviewing the advice to wear face masks in classrooms at Easter. We will update you on the guidance if it changes.

#### **Is the homework club open before and after school?**

Yes, provision is in place from 8am before school and until 5pm after school. Please ensure that you have informed us if your child is staying with us after school.