



# All Saints Catholic College Weekly News

Love • Serve • Learn

Judged OUTSTANDING - Full Diocesan Inspection, 2018 "This school continues to be good." Ofsted 2017

## 27th March 2020

Dear Parents/Carers

We hope you are all as well as can be expected during this difficult time.

Due to the unique situation we find ourselves in, with schools only being open for identified children, we want to keep in regular contact with you.

Therefore, we will issue a weekly newsletter each Friday during what would normally be term time. (There will be no letter on 10 and 17 April)

This week, the newsletter has a large amount of information to support you and your child with learning, mental health and wellbeing. However, as things evolve and circumstances change, it may be that the newsletter is much shorter in future editions.

You will be aware that work has been set for children in Moodle, which can be accessed via our website or by visiting <https://moodle.aschc.com>. On Moodle, students can find resources and independent work set by all departments.

Please take care and follow the Government advice on social distancing and self-isolation.

With best wishes, *K Colligan*



### Stay at home

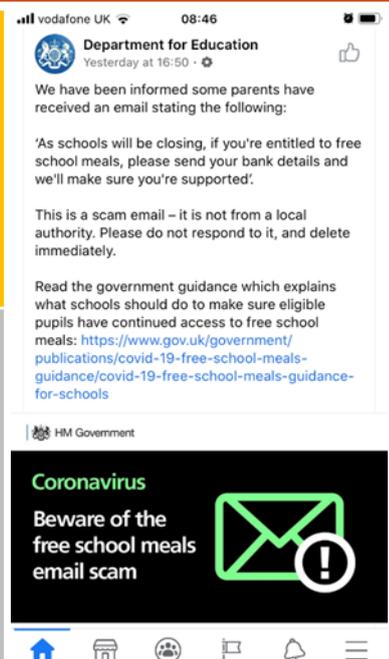
- Only go outside for food, health reasons or work (where this absolutely cannot be done from home)
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home

You can spread the virus even if you don't have symptoms.

### Visit [www.aschc.com](http://www.aschc.com)

Regular updates will be added to our website, primarily under the Parents and Catholic Life tabs.

If you're not currently using the Parent App (activation information has been sent to parents this week), please check our website daily to ensure you don't miss out on the latest news.



### Transport

First Bus have informed us that their C78 service is temporarily suspended due to lack of passengers.

Other school bus providers are monitoring their services on a week by week basis and updating us accordingly.

[office@aschc.com](mailto:office@aschc.com)

### Our Mission

At All Saints Catholic College, our mission is to put Christ at the centre of our community.

In loving and serving God and one another, we encourage everyone to flourish through learning.



## Science

Students should visit the science area of Moodle to access the School Closure file for both KS3 and KS4. In the file there are a multitude of activities for each year group to complete.

We would ask that students complete the tasks that are dated first (at the top of each year group page) as these are particularly focused and directed on students reviewing their learning. They can then undertake other activities to widen their overall science knowledge.

## MFL

New resources have been added to the French and Spanish sections on Moodle. There are plenty of activities to keep you going!

Year 7 and Year 8 with internet access, please set up your Quizlet accounts if you haven't already. Remember, parents need to set up the account if you're not 13 yet. Instructions are in the coronavirus folder within the booklet.

For everybody, there's a free Quizlet App you can download which is great. We've added all the key language to go alongside the workbooks on Moodle (KS3) and Kerboodle (KS4).

## Maths

Lots of students have been busy utilising all the online learning tools that school has to offer; SAM Learning, Educake, MyMaths, Seneca, Doodle, Kerboodle to name but a few.

Links to all of these online resources can be accessed via the school Moodle site. If you or your children have found others that you think might be beneficial please let us know.

Mr Cassidy has already been looking at the online solutions so please email with any more suggestions.

## Student Timetable

A timetable is available to all KS3 and KS4 students on Moodle, including for Year 11. This timetable is completely optional and an offer to help students structure their time and direct their own learning.

Please let us not forget that young people will also need time to keep in touch with their friends, via video conferencing and social platforms, and that home learning is also an opportunity to spend time doing arts and crafts, cooking and learning life-skills with parents.

This is a good opportunity to encourage self-learning.

It is amazing what young people can do without help and heavy input. If they have an interest in something, they quickly and naturally become independent learners.

If you have any queries regarding your child's studies during this time, please contact [office@aschc.com](mailto:office@aschc.com)

## Food Technology

Please send in pictures of any cooking that students have carried out. There is a Cooking Journal on Moodle for students to complete and attach their photo.

## Drama and Dance

Could we please remind Year 11 drama students to email all required paperwork to Miss Rhodes, including outstanding portfolio work and Statements of Dramatic Intentions.

Thank you to those who already have done so.

A reminder to Year 10 drama students that contact with their group for devising work should be on going via email and Whatsapp groups. A list of tasks that should be completed are available on Moodle. Students should also be working through the Blood Brothers revision tasks on Moodle.

Year 9 and Year 10 dance have research tasks to complete on Moodle which should be on going, even as more work is added to the folder.

All GCSE drama students are invited to research and watch the play 'Girls Like That' by Evan Placey via the link.

<https://www.youtube.com/watch?v=Cx2KDNusk9E>

The play uses Physical Theatre and a series of monologues to explore girls attitude and behaviour towards each other in society and how it needs to be challenged. It is a popular choice for the Text in Practice exam in Year 11 and so is worth a watch.

Please note that due to the themes explored in this play, the age restriction is 13 years old and therefore it is not suitable for younger year groups.

## Free Home Learning Hub

Twinkl are offering parents one free month's access to home learning packs for KS3 and KS4.

Each day you will find a new set of daily activities to get involved with. Qualified Twinkl teachers will provide book readings, live lessons, positive news updates and more.

<https://www.twinkl.co.uk/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-schools>

Offer code for parents: CVDTWINKLHELPS

## Kirklees Online Library Service

Kirklees libraries are closed, but they are adding to their e-book and audio collections like crazy! You can join the library and get a PIN number by calling them on 01484 414868, or click on the link below to join online:

[https://kir.ent.sirsidynix.net.uk/client/en\\_GB/default/](https://kir.ent.sirsidynix.net.uk/client/en_GB/default/)

## Mindfulness

As some of you will know the school have a number of teachers who took part in the Mindfulness in Schools Project.

At this difficult time completing some of the activities / practices with your children on a regular basis may be useful.

The following website has more information on the project overall <https://mindfulnessinschools.org/>



As we have a number of teachers who have been involved in the project, All Saints students and their families can also access [www.dotbe.org](http://www.dotbe.org) - password Fofboc.

If you need additional information regarding this, please contact [office@aschc.com](mailto:office@aschc.com) marking your email for the attention of Mr Cassidy, Ms Fletcher, Mrs Waind, Mrs Lee or Mrs Pickles.

As a school community we recognise the challenges that students and families face during this current time, and our thoughts and prayers are with you. Throughout this period we want to continue to support you. If you have any general concerns, school can be contacted through the normal channels. If you have concerns about your child, please feel free to contact school at [safeguarding@aschc.com](mailto:safeguarding@aschc.com). If we can help we will support you, or we will signpost you to other agencies in the community.

Please ensure you read the latest guidance on how to stay safe at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

The latest guidance dated 25th March 2020 says:

Do	
✓	wash your hands with soap and water often – do this for at least 20 seconds
✓	use hand sanitiser gel if soap and water are not available
✓	wash your hands as soon as you get back home
✓	cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
✓	put used tissues in the bin immediately and wash your hands afterwards
Don't	
✗	do not touch your eyes, nose or mouth if your hands are not clean

## Looking after your health and wellbeing

To help yourself stay well while you're at home:

- stay in touch with family and friends over the phone or on social media
- try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
- do light exercise at home, or outside once a day

## Wellbeing

Following the official guidance is really important to keep yourselves and your family well.

If you are finding your child needs support around their mental health, the app [CombinedMinds](#) aimed at parents supporting young people with mental health difficulties, is available. Made by the same charity who produced the apps [CalmHarm](#) and [ClearFear](#), the information provided is all evidence based.

The website <https://stem4.org.uk> is also good for supporting young people and parents /carers around mental health, and also has information about Covid-19.

## Community Response

### How to request support, or offer support

Anyone can contact us to advise about areas they need help with, or about someone who they are concerned about that might need help. Individuals, organisations and businesses can also tell us about the support they may be able to offer to others.

- Online forms: Covid-19 Community Response
- Community Response helpline: 01484 226919

The helpline is managed by Kirklees Direct, and is currently open from 8am to 6pm weekdays.



## Emotional Wellbeing

During this time, many of us may be experiencing a range of emotions. To support young people with this, Young Minds have released this information:

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

As adults, it is also important for us to take care of ourselves. This website may be useful to you:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

You may also find information on the following website particularly helpful. The Young Minds A-Z covers a wide range of areas including anxiety, anger, gender identity, divorce, self-esteem and much more. It is available on our website or via the direct link below:

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/>

Please note there is also a Parent Contact section, which includes a telephone number as well as a contact form: <https://youngminds.org.uk/contact-us/>

## Support for local groups

Local groups are looking to support families and individuals at this time. If you'd like to help a local organisation through this difficult time, you can sign up to be a volunteer.

Visit <https://volunteeringkirklees.org.uk/>

Call 01484 519053

Email [volunteer@tslkirklees.org.uk](mailto:volunteer@tslkirklees.org.uk)

## Adult wellbeing:

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

## Coronavirus, how to protect your mental health:

[https://www.bbc.co.uk/news/health-51873799?fbclid=IwAR1MZL-PMjPq3i5MMCHX\\_IB0l-vFuiX8Cx\\_3xPFTLD-bSgtooOo1-0axz-l](https://www.bbc.co.uk/news/health-51873799?fbclid=IwAR1MZL-PMjPq3i5MMCHX_IB0l-vFuiX8Cx_3xPFTLD-bSgtooOo1-0axz-l)

## Coronavirus information

Information sheet for younger children:

<http://www.millfields.hackney.sch.uk/uploads/2019/Corona%20Virus%20Info%20for%20Young%20Children.pdf.pdf>

Elsa Support Corona stories for younger children:

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Story-about-Coronavirus.pdf>

Helping children understand coronavirus:

<https://hes-extraordinary.com/teach-kids-about-coronavirus?fbclid=IwAR0wBrFK1CFGVR1wDann0pfXC8k6Df5qzGXeY4zU9qR4RzFA1XiD74KjSxw>

[https://positivepsychology.com/the-crisis-kit/?utm\\_campaign=enormail&utm\\_source=enormail&utm\\_medium=email&utm\\_content='The%20Crisis%20Kit'&rsquo;](https://positivepsychology.com/the-crisis-kit/?utm_campaign=enormail&utm_source=enormail&utm_medium=email&utm_content='The%20Crisis%20Kit'&rsquo;)

**Worried you have symptoms of coronavirus?**

Visit <https://www.nhs.uk/conditions/coronavirus-covid-19/> for advice.



### Virtual Support Meeting Sessions

Kooth are offering parents of children aged 10-19 in Kirklees, virtual support meeting sessions.



1. Monday 30th March 2020 - 3:00pm - 4:00pm
2. Monday 6th April 2020 - 3:00pm - 4:00pm
3. Monday 20th April 2020 - 3:00pm - 4:00pm
4. Monday 27th April 2020 - 3:00pm - 4:00pm

Visit [www.aschc.com](http://www.aschc.com) - Parents / Helpful Wider Community Resources for more details

### GCSE Exams 2020

Please visit [www.aschc.com](http://www.aschc.com) - Parents / Coronavirus / GCSE Exams update for this week's guidance from the Department for Education following the cancellation of the summer 2020 exams.

### Mental Health Support

Visit the Helpful Wider Community Resources area of our website for agency contact information.

### Wellbeing

Go to the Life Skills section of Moodle for daily challenges and advice about wellbeing and mindfulness.

<https://moodle.aschc.com/course/view.php?id=15>

### Free Online Books

Accelerated Reader/myON are offering over 6000 free books to read online for every student.

To access the books go to the website below, no login is required.

<https://readon.myon.co.uk/>

### Free Audible Books

Audible offers free content for all ages including books for teens for as long as schools are closed. All stories are free to stream on your desktop, laptop, phone or tablet. Listen to books you would not usually try to read such as Bronte, Austin and Dickens.

Visit [stories.audible.com](https://stories.audible.com)

Choose a title and start listening!



### Please join us in prayer:

Loving, ever-living and compassionate God

You are a light that shines in the darkest times,

**Guide us and heal us in our sickness and sorrow.**

You comfort us in times of fear,

**May we comfort each other, even as we keep apart.**

You console and lead us in times of doubt and confusion,

**May we follow the light of your love and spread hope.**

You move our hearts to acts of generosity,

**May we be led to share what we have with those in need.**

God of life,

We thank you for the signs of your light in the midst of our darkness,

**May we be signs of your compassion in the heart of your world.**

Amen.

### Live Catholic Mass online

Despite the fact that we can't gather for Mass in our churches, many priests and bishops are broadcasting their Masses live online.

Visit [www.aschc.com](http://www.aschc.com) Catholic Life tab for links and more information.

### Wash your hands more often for 20 seconds

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food

