

Week 2 Update

Hello to you and your families,

We are reaching the end of another week of learning at home. Staff are becoming more familiar with how to use Microsoft Teams and I hope this means that lessons are becoming easier to access. They have been sending me names of pupils who are doing particularly well and we have included some on this bulletin. Well done for managing home life, working from home yourself and supporting your child, or children to learn. This is certainly not an easy time, maybe we need to introduce some star of the week certificates for parents too?

I hope you continue to keep well and happy. Please reach out to PSOs or Form Tutors if you need extra support. The Our Lady's buildings may be closed but the community is still strong and wanting to help our pupils and their families.

Helen Seddon



For the parents of free school meal students, we thank you for your patience after what has been a much more complicated and difficult process than anticipated in regard to the national free school meal voucher system. We do understand your frustration in regard to the huge delays faced in getting e-codes and vouchers delivered, because we have felt this too. Please know we have, and will continue to do, everything in our power to ensure you get your entitlement in a timely manner. If you are still having issues please email schoolclosure@olcc.lancs.sch.uk and we will offer any help that we can that is within our remit.

Home Schooling

Again thank you all for persevering with supporting your child learn at home. To help us review how this is going please complete this short survey. We would be very grateful for all responses.

https://www.surveymonkey.co.uk/r/YL2JT6R

More of you are learning how to use Microsoft Teams which is the platform we are using to deliver lessons. These two video clips are to support parents to use Teams.

https://www.youtube.com/watch?v=SemjM2fHV2Q https://www.youtube.com/watch?v=jL7e88jCcis

Wellbeing

We understand that living in lock down is creating many challenges for us all and is affecting our motivation and moods. We talked last week of the importance of routines to maintain a sense of wellbeing. MIND suggest there are 5 simple actions which can improve wellbeing in everyday life.



These links may help you support your child's mental health whilst school is closed.

https://www.lancashiremind.org.uk/pages/154-support-for-childrenyoung-people

https://www.lancashiremind.org.uk/pages/153-support-for-parentscarers-of-young-people

We have also included the Action for Happiness May Calendar. It has a little challenge for each day. Some staff use these calendars in school and love the good feelings they bring. The whole family can take part - **see page 2**.

Online Safety

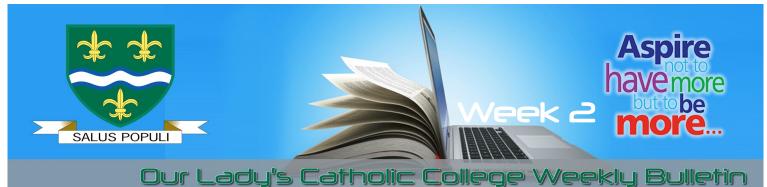
Whilst schools are in lock down young people will probably be spending more time on line accessing lessons and staying in touch with friends. This is the really positive side of the internet and social media. However as parents it is vitally important that you know what apps your child is using and how they are using them. It is very sad to say that there are people out there who will misuse these apps to take advantage of your child so it is important that you have open discussions with your children and teach them how to stay safe online. For more advice, follow this link.

https://parentinfo.org/article/video-chatting-a-guide-for-parents-andcarers-of-secondary-school-age-children?

<u>utm_source=Parent+Zone+Newsletter&utm_campaign=9df86b2d9f-</u> EMAIL_CAMPAIGN_2020_04_23_02_29&utm_medium=email&utm_term =0_1ee27d9000-9df86b2d9f-179171457

Did you see Mr Watson on BBC North West Tonight? His son Max has been completing a challenge to get a teabag around the world and it has globe more than 50 000 miles. Take a look at the link.

https://www.facebook.com/watch/? v=855158611619101&external log_id=cf21fa1099302da9be87656da3df b1fd&q=max%20teabag%20challenge



Great work Shout Outs

- The Geography Department have emailed out some WOW awards to Key Stage 3 pupils. These recognise the effort and quality of the work they have been producing. Well done to those who have received them.
- Mr McCann wanted to recognise the efforts of Miles in Year 8 for his great attitude to reading and his work. He's completed all tasks set for the class as well as extension work.

Hegarty Maths Stars:



Total questions answered:	Isabella P 7S4 (462)
Total hours of learning:	Gloria 7S1 (5.7h)

MemRi questions answered: Daniel D (60)

Rock Hero: Abigail 7S1

Rock Legends: Harry 7S2, Sophie B 7S4, Grace 7S1, Sapphire 7S1

Noor 8S3, Zoe 9S1, Caleb 8A4, Jacob J 7S4 Rock Stars:

Hall of Fame: Isabelle L & Patrycja P 7S1

Adam Rogan & Gabi Routledge 8S2

Chaplaincy

Pope Francis requested that this May, the month of Mary, all Catholics pay particular attention to praying the Rosary. Schools have been asked to agree to pray a decade of the rosary, or more if you like, on Monday mornings. This way we will be linking our Diocese together through a chain of prayer and connecting with schools across the country and Catholics across the world.



You don't need a set of rosary beads, you can use your fingers. It involves saying 10 Hail Mary's, 1 Our Father and 1 Glory be prayer. Rachel is sending information out on next week's prayers, which can be found on Facebook. He encourages us to pray to be "united" and to "overcome" this pandemic together.

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🕗 💿 🛛 ACTION CALENDAR : MEANINGFUL MAY 2020 🤇 🔼 MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY Take a minute "Start Where You Are. Use What You Have. to remember what Do What You Can" ~ Arthur Ashe 7 really matters to even if you're stuck indoors you and why Focus on what you can do rather than what 8 Set yourself a kindness mission. Give your time to Send friends Look out about why your favourite music a photo of a time for positive news how much they you all enjoyed and reasons to be together mean to you cheerful today 16 Look around Take a What are Today do something to for the little things, even in difficult times positive action your most about the values you and notice five things you to help in your important values? care for the and traditions of natural world local community another culture Share an 24 Do something special today and revisit it in your 20 Reflect on what makes you feel really valued 19 Find a way 23 Share photos to craft what you of 3 things you inspiring quote are doing to give it find meaningful with others to give or memorable Give your Think about **31** Look up at about an event in your life that was really meaningful time to help a how your actions your decisions and he sky. Remembe be hopeful about the future project or charity make a difference we are all part of you care about purpose in life for others something bigger ACTION FOR HAPPINESS < www.actionforhappiness.org Keep Calm · Stay Wise · Be Kind