

# Our Lady's Catholic College

Learn, live, love together in a caring Catholic community



15<sup>th</sup> January

Dear Parents and Carers,

I hope this week has gone well for you all. I am sure you are ready for the weekend; I know the staff are! It has been a busy week in school too and I am delighted to say that 50 more laptops went out to enable pupils to continue with their learning.

## Wellbeing

As we know that wellbeing and mental health is an even greater concern during the pandemic and subsequent lock down we want to draw your attention to some excellent resources and support for you as parents. I have listed a few below and will try to send more in the coming weeks.

We are sorry to say the parents' workshop from Lancashire Mind is full and there are no more places. I have asked Lancashire MIND to run another session to enable more parents to benefit from their support.

This is a link to their website with advice for adults and young people. <https://www.lancashiremind.org.uk/pages/148-coronavirus-and-your-mental-health>

Next Thursday (21st) at 10am, Lancashire and South Cumbria NHS will be running an episode of the Mental Health Family Hour to address concerns that young people may have about feeling anxious, struggling to motivate themselves and also feeling scared about losing family or friends to COVID-19. This will be beneficial for all young to people and parents. They will also have the opportunity to ask any questions at the end. They will not be on camera, as it is via Twitch. The link for next Thursday - <https://www.twitch.tv/mindsetbydave>

Kooth can offer that Mental Health and wellbeing support to young people in Lancashire **aged 10-16**. We appreciate that while many professionals in our network may know who Kooth are, there are parents and carers who want help for their children that aren't aware of the Kooth service.

Kooth are hosting two information sessions on the 21st and 27th January. these sessions will offer an insight into the service and give space for Q&A too.

Parents and carers can register a place to attend with these links.

- **Thursday 21 January at 11am-12pm** : <https://www.eventbrite.co.uk/e/lancashire-kooth-kooth-parent-drop-in-session-tickets-135902741759>
- **Wednesday 27 January at 6-7pm**: <https://www.eventbrite.co.uk/e/lancashire-kooth-parent-drop-in-session-tickets-135904555183>

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## Remote learning

It has been a steep learning curve for our teaching staff who are delivering live lessons to all year groups. Thank you for your patience as we have tried to sort out any technical issues. We also appreciate your time in supervising them at home and making sure they are safe and learning. This week you should have received a booklet in the post to help you and your child work with Teams. It is the government's expectation that KS3 and 4 pupils have 5 hours learning a day. This does not mean 5 hours of live lessons and pupils will have tasks to complete too. We are constantly reviewing our remote learning and will ask for your feedback next week. We do hope that after lessons our pupils are able to spend time relaxing and that they take the opportunity to exercise each day.

Bedrock, our vocabulary software provider, have set aside £1000 to be divided into vouchers for students who keep up with their Bedrock Vocabulary homework during lockdown. If students complete two Bedrock lessons per week until Sunday 21st February, they will automatically be entered into the prize draw to win some Amazon vouchers.

## Exams

Ofqual, the body that regulates school tests, has been considering the potential alternatives to exams and other formal assessments for summer 2021 and say they have learned a number of lessons from last summer. It is important that all affected by these arrangements have the opportunity to comment on them so there is to be a consultation around their recommendations. We will not be able to confirm with you how pupils in KS4 and KS5 will be assessed until after this consultation. Until then we expect all pupils to continue with all their lessons. Especially as one of the recommendations is extremal assessments marked by teachers but moderated externally.

## Chaplaincy

Rachel has set up an Instagram page for our Chaplaincy as a way of pupils being able to stay in touch with the Chaplaincy team. If your child is 13 or over and has an Instagram account, please encourage them to follow the account – it is @OLCC\_Chaplaincy

Thank you for your continued support and I wish you a happy weekend.

Yours sincerely,

Helen Seddon

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