



Aspire
not to
have more
but to be
more...

Week 2

Our Lady's Catholic College Weekly Bulletin

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

FSMs

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-children-young-people>

<https://www.lancashiremind.org.uk/pages/153-support-for-parents-carers-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-and-carers-of-secondary-school-age-children?utm_source=Parent+Zone+Newsletter&utm_campaign=9df86b2d9f-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=cf21fa1099302da9be87656da3dfb1fd&q=max%20teabag%20challenge



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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

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

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

"Start Where You Are. Use What You Have.
Do What You Can" ~ Arthur Ashe



4 Focus on what you can do rather than what you can't do

5 Send friends a photo of a time you all enjoyed together

6 Take a step towards one of your life goals, however small

7 Let someone you love know how much they mean to you

1 Take a minute to remember what really matters to you and why

2 Do something meaningful for someone you really care about

3 Reconnect with nature today, even if you're stuck indoors

11 What are your most important values? Use them today

12 Be grateful for the little things, even in difficult times

13 Today do something to care for the natural world

14 Show your gratitude to people who are helping to make things better

8 Set yourself a kindness mission. Give your time to help others

9 Look out for positive news and reasons to be cheerful today

10 Tell someone about why your favourite music means a lot to you

18 Hand-write a note to someone you love and send them a photo of it

19 Find a way to craft what you are doing to give it more meaning

20 Reflect on what makes you feel really valued and appreciated

21 Share photos of 3 things you find meaningful or memorable

15 Find out about the values and traditions of another culture

16 Look around you and notice five things you find meaningful

17 Take a positive action to help in your local community

25 Give your time to help a project or charity you care about

26 Recall three things you've done that you are really proud of

27 Today link your decisions and choices to your purpose in life

28 Tell someone about an event in your life that was really meaningful

22 Ask a loved one or colleague what matters most to them and why

23 Share an inspiring quote with others to give them a boost

24 Do something special today and revisit it in your memory tonight

29 Think about how your actions make a difference for others

30 Find three good reasons to be hopeful about the future

31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS



www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind