

from the
heart

Weekly Bulletin

5 February 2021

Focus on Mental Health & Wellbeing



Dear Parents/carers

We hope as always that you and your families are well.

Thank you to all parents/carers who responded to our questionnaire about remote learning provision. To date, we have had nearly 350 replies. A huge response. What was really encouraging was the fact 89% of parents are happy overall with the quality of remote learning provision. This is so affirming for us as a school. Thanks must go to our amazing staff who are working so hard to plan, prepare and deliver high quality lessons, the majority of which are live and ensure robust assessment of learning. Your feedback is invaluable in helping us to evaluate what we are doing, but also supports planning for further development and improvement.

Please be assured that we have rigorous monitoring procedures in place to identify any pupils who are not engaging fully with online learning. If your daughter misses online lessons or there are concerns about her falling behind in work set, in the first instance the subject teacher will contact you via email. Teachers will let you know. As with on site provision you can reasonably assume all is well if you do not hear from staff. Please do take the time to have a look at our newly launched remote learning page on our website for parents, linked in the article below. We have posted a range of resources to support academic work and wellbeing during this time.

This is mental health and wellbeing week and we have focused in this issue of the bulletin on the importance of paying attention to our own wellbeing. As part of this we have signposted a range of support services available to young people and families. We do also encourage you to support your daughter in participating in the planned activities as part of our 'screen free' Wednesday.

A final thank you for all your kind messages of support to staff and ourselves. They are much appreciated.

With best wishes and prayers,

Mrs M Doyle & Mrs S O'Donovan
Headteacher Associate Headteacher

Parents & Carers Guide to our SHHS Remote Education

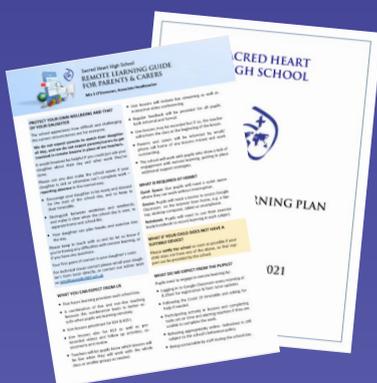
We have prepared a [Guide to Remote Education for our Parents and Carers](#) which is available on our new [Remote Education](#) web page in the 'Parents' tab.

The web page also includes other useful information. The Parent and Carers Guide sets out our expectations of the girls, and what you can do to help. Troubleshooting tips are also included.

Over and above all this, our key message is that we know it's all really hard at home for many of you and we do not expect you to be supervising your daughter's learning. We stand together supporting each other. Your own and your daughter's wellbeing is really important.

Some of you will be trying to work from home while being worried about whether or not your daughter is engaging in lessons. We are monitoring this carefully and we will let you know if we have concerns about your daughter's engagement.

Some of you will be under increasing financial strain and many will also be dealing with bereavement and the anxiety that comes with lockdown. We all look forward to the day when our whole community can return to school.





Keeping HEART –News from the **KAIROS** Centre



Our Prayer and Worship theme this final week before half term is, 'Finding Light in the Darkness – Preparing for Lent'. Whilst reflecting on this theme yesterday, I was struck by this beautiful drawing by Charlie Mackesy that appeared on my Twitter feed. It seems the perfect analogy for the current times especially with the wet weather and the prospect of the season of Lent just around the corner.

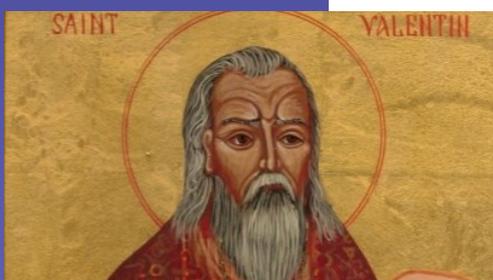
It takes a lot of energy to remain optimistic in these difficult days, but at the heart of optimism lies FAITH. In the case of this image, faith in the presence of the blue sky above the clouds. For Christians, we persevere through the challenges of the season of Lent holding fast to our faith in the resurrection of Jesus at Easter. In our next bulletin, I will share some resources with you as part of **Lent, Unlocked** - a guide for families to share this season together with activities at home, focusing on Prayer, Fasting & Giving.

One of the many challenges of this time spent apart, is our inability to gather together in prayer. We are aware that many in our school community are currently mourning the loss of loved ones and we would like to honour and remember them.

Our Lady Chapel houses an *In Loving Memory* Book for just this purpose. If you would like the names of any family members or friends added to this, please email me:

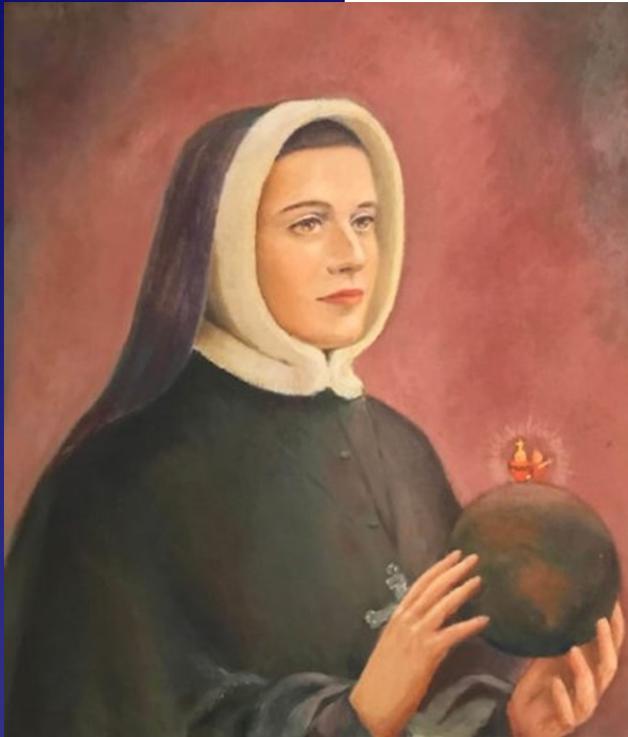
vlorenzato@sacredh.lbhf.sch.uk.

We will hold those remembered in prayer each week during our online staff briefing.



In our tutor time this week, we've been talking about the real St Valentine – as a school with HEART in its name, it seemed a fitting pastime during February! St Valentine sent messages of hope and encouragement and we have invited students & staff to do the same.

It's been a delight to pass on over 100 messages to our staff in just the last 3 days! Whilst we are all stuck behind our screens (and missing our classrooms) these have been a much needed pick-me-up; Thank you!



A Message of Hope from Year 7 to the Sacred Heart Community

The Year 7s have put together a piece of art inspired by one of our foundresses greatest quotes

“Even though you have fallen a thousand times in one day, if in the evening you stand up again on your two feet, you may sing of victory!”

What does the quote mean to you?

Melina: For me this means that no matter how many times you fail you can always start over and win back things.

Anjali: To me that quote means that even if you fail hundreds of times, if you can stand up at the end and keep fighting you have won already. It reminds me of Mahatma Gandhi who failed hundreds of times before he managed to win but he always kept fighting, even when it seemed impossible.



covidconsent@

To confirm or deny consent, we need to know which.

from the
heart

COVID Testing Centre Update

You may remember an important update about the COVID Rapid Testing Centre which was emailed to all parents on Monday 25 January. Whilst we don't yet know the exact return to school date, we do know that rapid testing of students & staff will take place on or before children return.

A huge THANK YOU to the 500 parents who have responded by emailing covidconsent@sacredh.lbhf.sch.uk.

From those families who have replied already, the take-up rate for the Rapid Testing is currently at over 90% but we still need to hear back from approx. 300 families.

A response is needed for every child, whether consent is being given or not.

If you have yet to do this, please use the email address above and confirm to us:

- Your daughter's name, year group & tutor group
- Whether or not you give consent to the self-administered testing
- Your name & relationship to the pupil

It's helpful if you could send the email from an email account that we have on our school records to save time with verifying your details.

Please do review the email sent to you on 25 January and if you have not yet replied, please do so **by Friday 12 February**.

The reason we need to gather all of the consent information now, is to save time when registering students prior to the testing; we want to be able to begin testing as soon as we can and ensure that as many students as possible are able to complete the self-tests each day.

Please note that you will not receive a reply to your email, unless further information is needed. Please be assured that it has been received and that your response has been recorded. We will follow-up with any outstanding responses, after the half term break.

We will show the pupils how to swab themselves. We won't swab them. They just need to use the swab which looks like a cotton bud and touch it on the back of their throat and up their nose. That's all that's involved. We will then take the swab and mix it in a solution which we then drip onto the device and wait to see which lines show up.

All this will help to keep everyone safe.



Sacred Heart's screen- free

Mental wellbeing
Wednesday

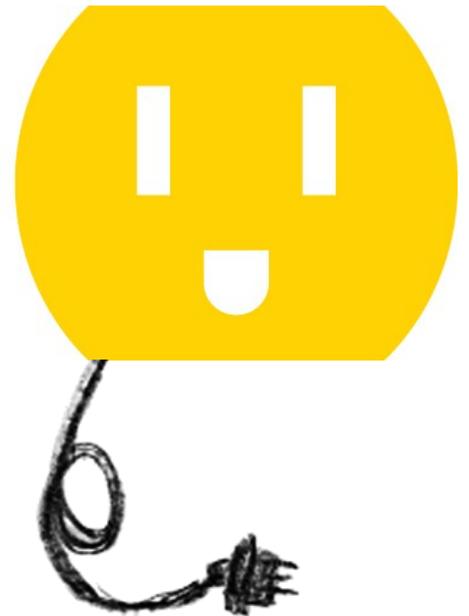
10 February 2021

Students will do activities that enable them to:

- 1) Connect with others
- 2) Get active
- 3) Learn a new skill
- 4) Give to others
- 5) Express themselves

This day will be dedicated to 'mental well-being'. Students will be provided with a programme to follow and will have the opportunity to complete activities indoors and/or outdoors.

Parents are encouraged to take part in these activities, and we look forward to receiving great pictures from the day featuring what they have been up to (their creation: painting, baking, etc... them in action: doing sport, gardening, painting...)



**FEELING
THE NEED
TO UNPLUG**



Children's Mental Health Week

While the lives of many may feel on pause in lockdown, spring flowers are starting to emerge and birdsong is coming back. Maybe the message we can take into Children's Mental Health Week is to be appreciative and give thanks for the natural world and the kindness being shown to others at this difficult time.

There are a **range of services** which are available to support you and your family during this period of lockdown:

1. School's pastoral systems

Your daughter's tutor and Year Team leader are the first ports of call if you have any concerns about your daughter's well-being - their email addresses are included in every weekly bulletin.

2. Action for Happiness

This is a calendar of daily simple activities which you can do to make you and other people a little bit happier, (big shout-out to Ms Pervez for this resource)



ACTION CALENDAR: FRIENDLY FEBRUARY 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Send someone a message to say how much they mean to you	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone else	4 Organise a virtual 'tea break' with colleagues or friends	5 Show an active interest by asking questions when talking to others	6 Get back in touch with an old friend you've not seen for a while	7 Make an effort to have a friendly chat with a neighbour
8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for the good in people, even when they frustrate you	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Send a friendly message of support to a local business	14 Tell your loved ones why they are special to you
15 Smile at the people you see and brighten their day	16 Check in on someone who may be struggling and offer to help	17 Respond kindly to everyone you talk to today, including yourself	18 Appreciate the good qualities of someone in your life	19 Share a video or message you find inspiring or helpful	20 Make a plan to connect with others and do something fun	21 Actively listen to what people say, without judging them
22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about their strengths that you value most	25 Thank three people you feel grateful to and tell them why	26 Give positive comments to as many people as possible today	27 Call a friend to catch up and really listen to them	28 Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson



ACTION FOR HAPPINESS

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/friendly-february

Happier · Kinder · Together

3. MIND

MIND offer a parent drop-in helpline every Monday from 2-3pm. They also offer a 6-8 weekly one hour Cognitive Behavioural Therapy (CBT) sessions for symptoms of low-level mood and anxiety. This is accessed through a referral process and the first point of referral is your daughter's pastoral support manager - their email addresses are included in every weekly bulletin.

See posters on pages 8 & 9 for more details .

They also offer online workshops on a range of topics associated with mental health & emotional well-being. They have invited you as parents to complete this survey (2minutes) in order for the MIND team to shape a programme of workshops for parents. <https://www.surveymonkey.co.uk/r/897HJJ7>

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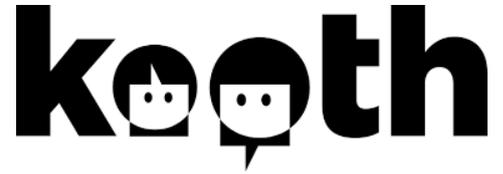
Children's Mental Health Week

Continued from previous page.

4. Mental Health Helplines

Kooth- [Home - Kooth](#)

This link will take you to the Kooth website and you can watch a short video explaining the services offered by Kooth to support young people's mental health, including online counselling. The pupil will need to sign up first - the sign up is FREE.



Childline [Childline | Childline](#)

This link will take you to the Childline website. I recommend you scroll down to their Watch videos and watch the '**What happens when you contact Childline?**'

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

In the meantime, I want you to know that we miss your daughters very much - the school is a very empty, quiet space without all of them filling the corridors, classrooms and open spaces with their presence. I pray for your safe return.

God bless,

Ms Maton

One to One Support for Children and Young People

Who are we?

We are a team of both qualified and trainee Educational Mental Health Practitioners (EMHPs) delivering evidence based interventions

During COVID19 we are offering telephone/video sessions for 11-18 years old

We work with children and young people who are

Feeling Anxious:

- Worried
- Stressed
- Scared
- Overwhelmed

Feeling Low:

- Sad
- Unmotivated
- Frustrated
- Low self-esteem

How can we help?

We provide CBT based interventions over 8 weekly sessions (45-60 minutes)

Using **guided self-help** and the skills you already have, we **work together** to develop coping strategies to build confidence and increase resilience to future problems

You will play an active part in problem solving, practicing strategies and setting goals in sessions

(Language Line Telephone Interpreting Services available)



Contact us by speaking to a member of school staff



Drop - in telephone session For Staff, Parents/Carers

Is your young person/student feeling anxious?

•Worried •Stressed •ExamStress •Scared •Overwhelmed

Is your young person/student feeling low in mood?

•Sad •Unmotivated •Frustrated •Low self-esteem



Mandy



Zainab

"We are EMHPs from HFEH Mind. We are providing drop-in telephone sessions to help you with your young person/student mental health needs.

Give us a call and let's talk!"

How can you get help?

Each phone call last for **20 minutes**, where you have the opportunity to discuss concerns regarding Is your young person/student's **mental wellbeing**, unpleasant thoughts and feelings they are experiencing.

We'll also explore our service interventions/ what help is available.

(Language Line Telephone Interpreting Services available)

How To Sign-up

1. Email dutyouthservices@hfmind.org.uk
2. In the 'subject' email line write:
3. "Sacred Heart High School drop in service expression of interest"
3. Include your name and phone number
4. Select your preferred time among the times below :

Mondays at :

2:00pm

2:30pm

3:00pm

from the
heart

BBC

Bitesize

Key Stage 3

Years 7, 8 & 9

There is no pressure from us for your child to be using these resources, but we include them here in case you find them helpful.

Please use this link:

[BBC Bitesize Lessons for Key Stage 3](#)

If you have younger children, see below links for:

[Lessons for KS1](#) (Yrs 1 & 2)

[Lessons for KS2](#) (Yrs 3-6)

Subjects

Key Stage 3 is the first three years of secondary school education in England, Wales and Northern Ireland, for pupils aged 11 to 14.

Part of [Learn & revise](#)



Learning at Home

School shut? We've got you! Try our lessons full of videos, quizzes and practice activities to help you with home learning.

[Start a lesson](#)



Now you've switched on personalisation in your BBC account, we'll show you the last learner guide you visited. Jump back into your learning here.

You haven't chosen any KS3 subjects

Start revising more quickly.

[Add your subjects](#)



All KS3 subjects



Art and Design



Biology



Chemistry



Computer Science



Design and Technology



English



French



Geography



German



History



History (Environment and society)



ICT



Irish - Learners



Learning for Life and Work



Mandarin



Maths



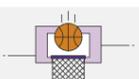
Media Studies



Modern Foreign Languages



Music



Physical Education



Physics



PSHE and Citizenship



Religious Studies



Science



Spanish



Welsh Second Language

from the
heart

BBC

Bitesize

GCSE

Years 10 & 11

There is **no pressure from us** for your child to be using these resources, but we include them here in case you find them helpful.

Please use this link:

[BBC Bitesize lessons for GCSE](#)

GCSE

Subjects

GCSE is the qualification taken by 15 and 16 year olds to mark their graduation from the Key Stage 4 phase of secondary education in England, Northern Ireland and Wales.

Part of **Learn & revise**



Maximise your science revision time



Answer 20 questions and we'll suggest what to study

Get started

Continue with...

Now you've switched on personalisation in your BBC account, we'll show you the last learner guide you visited. Jump back into your learning here.

You haven't chosen any GCSE subjects

Start revising more quickly.

Add your subjects



All GCSE subjects

- | | | | | | |
|---|---|--|---|--|--|
| 
Art and Design | 
Biology (Single Science) | 
Business | 
Chemistry (Single Science) | 
Combined Science | 
Computer Science |
| 
Design and Technology | 
Digital Technology (CCEA) | 
Drama | 
English Language | 
English Literature | 
French |
| 
Geography | 
German | 
History | 
Home Economics: Food and Nutrition (CCEA) | 
Hospitality (CCEA) | 
ICT |
| 
Irish – Learners (CCEA) | 
Journalism (CCEA) | 
Learning for Life and Work (CCEA) | 
Mandarin | 
Maths | 
Maths Numeracy (WJEC) |
| 
Media Studies | 
Modern Foreign Languages | 
Moving Image Arts (CCEA) | 
Music | 
Physical Education | 
Physics (Single Science) |
| 
PSHE and Citizenship | 
Religious Studies | 
Science | 
Sociology | 
Spanish | 
Welsh Second Language (WJEC) |

CONTACT DETAILS

LOWER SCHOOL

Assistant Headteacher Ms Flora Vitija fvitija@sacredh.lbhf.sch.uk
Director of Lower School Mr Julian Davies jdavies@sacredh.lbhf.sch.uk
Pastoral Support Manager Ms Bhavna Sharma bsharma@sacredh.lbhf.sch.uk
Attached tutors for KS3 Ms A Bebkowski abebkowsk@sacredh.lbhf.sch.uk
Mr M Bohr mbohr@sacredh.lbhf.sch.uk
Ms Z Kettle zkettle@sacredh.lbhf.sch.uk

YEAR 7 TEAM LEADER <i>Ms Naomi Nye</i> nnye@sacredh.lbhf.sch.uk			Rm
7S	Ms J Phillips jphillips@sacredh.lbhf.sch.uk	E7	
7H	Ms M Serradilla mserradilla@sacredh.lbhf.sch.uk	E1	
7E	Mr A Leach alach@sacredh.lbhf.sch.uk	E2	
7A	Mr B Hanley bhanhely@sacredh.lbhf.sch.uk	E5	
7R	Mr L Haddaway lhaddaway@sacredh.lbhf.sch.uk	E4	
7T	Mrs S Iafrate siafrate@sacredh.lbhf.sch.uk	E3	
7J	Mrs G Peebles/Ms S Kato gpeebles@sacredh.lbhf.sch.uk skato@sacredh.lbhf.sch.uk	E6	

YEAR 8 TEAM LEADER <i>Ms Sarah Westley</i> swestley@sacredh.lbhf.sch.uk			Rm
8S	Mr C Murphy cmurphy@sacredh.lbhf.sch.uk	F6	
8H	Mr I Vidovic ividovic@sacredh.lbhf.sch.uk	F1	
8E	Ms M White mwhite@sacredh.lbhf.sch.uk	F2	
8A	Mr A MacGinty amacginty@sacredh.lbhf.sch.uk	F5	
8R	Ms S Middlehurst smiddlehurst@sacredh.lbhf.sch.uk	F10	
8T	Ms A Hill ahill@sacredh.lbhf.sch.uk	F11	

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9H	Mr L Granger lgranger@sacredh.lbhf.sch.uk	F12	
9E	Miss F Pervez fpervez@sacredh.lbhf.sch.uk	S8	
9A	Ms A Hindmarch ahindmarch@sacredh.lbhf.sch.uk	S10	
9R	Mr A Jones ajones@sacredh.lbhf.sch.uk	S15	
9T	Mr D Shetcliffe dshetcliffe@sacredh.lbhf.sch.uk	S14	

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YEAR 10 TEAM LEADER <i>Ms Beth Dancer</i> bdancer@sacredh.lbhf.sch.uk			Rm
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10E	Ms R Key / Ms R Linden rkey@sacredh.lbhf.sch.uk rlinden@sacredh.lbhf.sch.uk	R6	
10A	Miss A Petrica apetrica@sacredh.lbhf.sch.uk	R7	
10R	Mr I Sandhu isandhu@sacredh.lbhf.sch.uk	R8	
10T	Ms G Gallego ggallego@sacredh.lbhf.sch.uk	R10	

YEAR 11 TEAM LEADER <i>Ms Grace Jenkins</i> gjenkins@sacredh.lbhf.sch.uk			Rm
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11H	Mr A Fry afry@sacredh.lbhf.sch.uk	C6	
11E	Miss S Newman/Ms C McGugan snewman@sacredh.lbhf.sch.uk cmcgugan@sacredh.lbhf.sch.uk	C8	
11A	Mrs G Aitken/Ms C Miller gaitken@sacredh.lbhf.sch.uk cmiller@sacredh.lbhf.sch.uk	C9	
11R	Mrs R Roy roy@sacredh.lbhf.sch.uk	C10	
11T	Ms S Stingelin sstingelin@sacredh.lbhf.sch.uk	C13	

SIXTH FORM

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12A	Ms Cunningham rcunningham@sacredh.lbhf.sch.uk	W6	
12R	Mrs E Nikaj/Ms E Blanke enikaj@sacredh.lbhf.sch.uk eblanke@sacredh.lbhf.sch.uk	W7/8	

YEAR 13 TEAM LEADER <i>Ms Cathy McCarthy</i> cmccarthy@sacredh.lbhf.sch.uk			Rm
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13A	Mr G Scott gscott@sacredh.lbhf.sch.uk	M6	
13R	Ms A Bebkowski abebkowsk1@sacredh.lbhf.sch.uk	M5	