

# Weekly Bulletin 15 Jan 2021



Dear Parents and Carers,

We hope you and all your families are keeping well. Earlier this week we wrote **to you explaining** our remote learning plan and outlining what parents and carers can expect in terms of our remote learning provision for all pupils. Our approach is also summarised and captured in an infographic included in this issue of the bulletin.

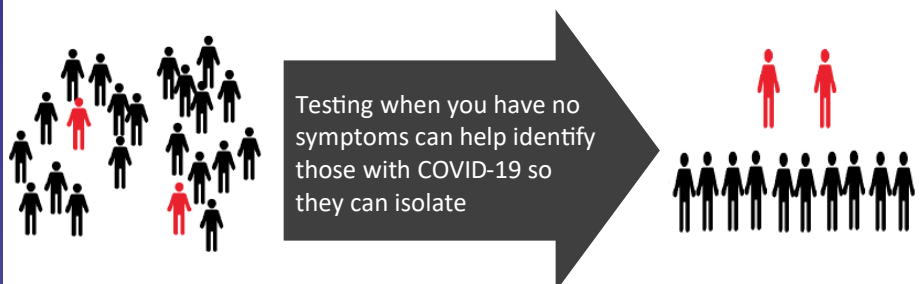
Our attendance figures during these first couple of weeks of remote provision have been excellent and suggest that the overwhelming majority of pupils are engaging very well with their online learning. A huge thank you to as parents and carers - you should feel rightly proud of your daughters. We are very aware of all the effort, hard work and help you provide in the background to support your daughter in establishing routines, staying motivated and meeting work deadlines. **Please do let us know if there are any individual circumstances which are impacting your daughter's ability to access remote education. Please use your daughter's tutor as the first point of contact.**

As we continue to be affected by the impact of the pandemic, we ask that you hold close to your hearts and in your prayers, all members of our school community who have been bereaved, who are sick themselves or who have family members who are seriously ill.

*"Do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand."* - Isaiah 41:10

With Best Wishes,

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



## Getting Covid Tested in School!

All pupils who are coming into school **at the moment** can be tested in our Covid Test Centre. Many pupils have already been tested and their parents and carers will have received the test results by email/text.

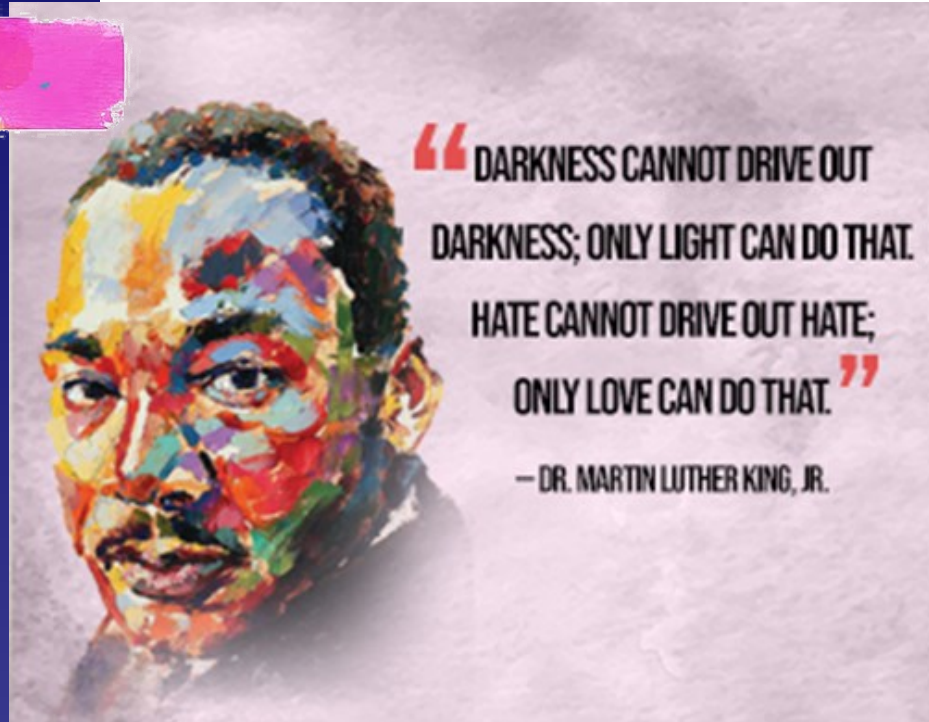
We strongly urge everyone to take part. Asymptomatic positive cases have already been identified in other schools and the resulting self isolation will have protected others.

If any parents or carers of pupils **in school at the moment**, have yet to take up this offer for their daughters and would like further information, please feel free to contact Mrs Lorenzato who is running the test centre and making appointments.

[vlorenzato@sacredh.lbhf.sch.uk](mailto:vlorenzato@sacredh.lbhf.sch.uk)

Once we know when the wider school can reopen, we will be back in touch with all parents and carers to remind you to send your child back with the signed hard copy consent form.

# KAIROS Centre



Our Prayer and Worship theme next week is “Celebrating the Legacy of Martin Luther King – How can we be People of Peace?”

I was struck whilst watching the astonishing scenes of violence from the Capitol Building in Washington DC last week, of the contrast with Martin Luther King’s impassioned plea for peace in his famous ‘I Have a Dream’ Speech which took place just metres away. So often, we consider that as a global community we have made great progress in the last sixty years towards a more just and peaceful society; perhaps like me after last week’s events you are left wondering how did we get here and what can we do about it?

Whilst we are all living in lockdown, peace literally has to begin at home. I’m reminded of the Vince Gill country song that we used to sing as a hymn in school, “*Let there be peace on earth, and let it begin with me.*” I may feel that I am unable to directly impact the injustices of the world from my house, but I CAN make choices about the social media that I choose to engage in and the posts that I share online. I can also choose to be informed about important issues, and ask questions about the sources that I read.

Whilst we are all living in close proximity to our families, and may find ourselves missing the ‘freedom’ of moving around our local area, and seeing our friends and families, let’s do our best to see the good in one another; to give our loved ones the benefit of the doubt and choose the path of peace when we find ourselves in disagreement.

Keeping you and your families in prayer, *Mrs Lorenzato – School Chaplain*



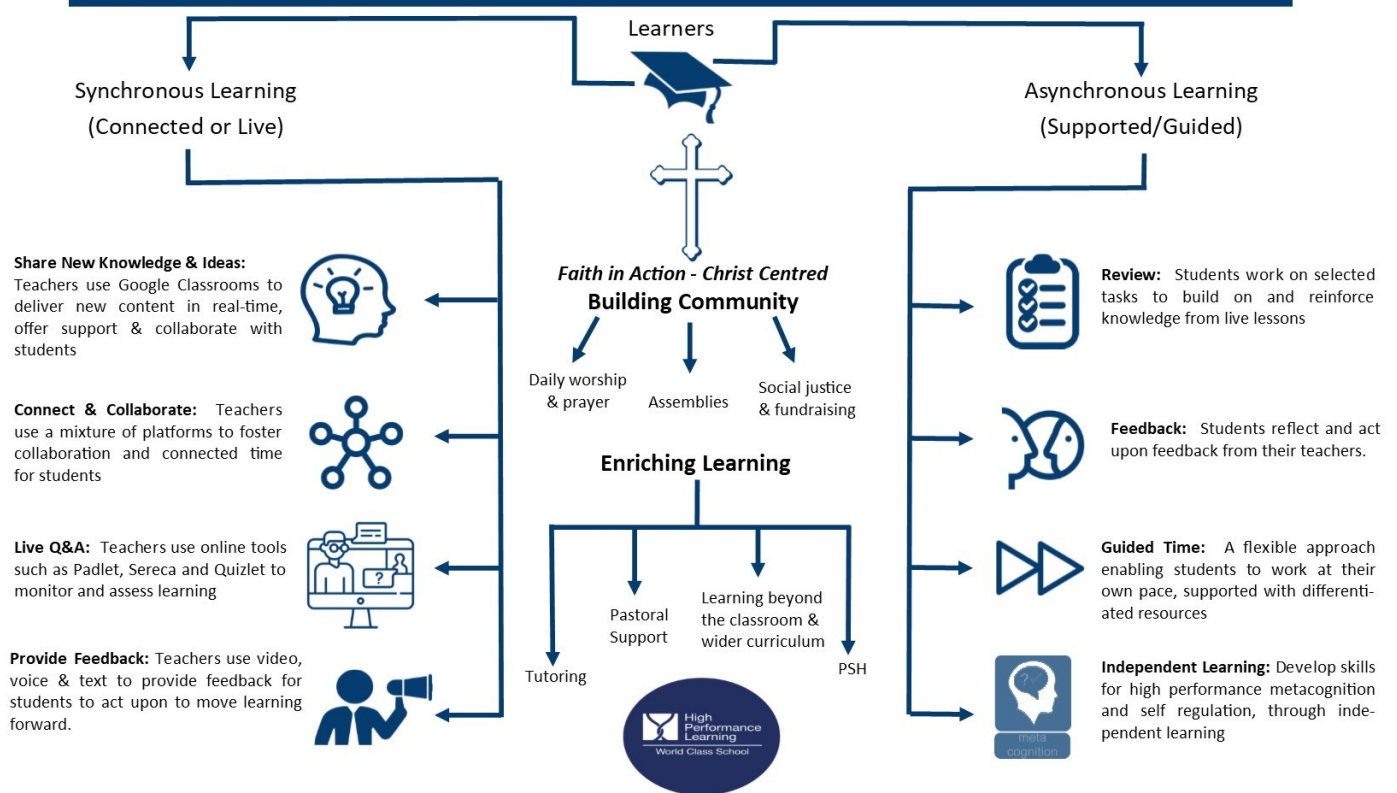
## Remote Learning Plan for Sacred Heart A High Performance Learning School



Sacred Heart High School

*We work together to bring one another to an awareness of the fullness and meaning of life, rooted in the love of God.*

We are a community of faith and learning based on the gospel of Jesus Christ, his values and teachings. Through our blend of real time and self-regulated learning, we offer a balanced approach, enabling teachers to focus on developing each individual pupil, ensuring they reach their potential and develop the skills of a high performance learner.



## Overcoming the Digital Divide

Sacred Heart is working hard to ensure there is no digital divide in our school community. We have been busy distributing laptops and 4G routers to those who need them most, using school resources and also devices supplied by DfE.



At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



# REMOTE EDUCATION 10 TOP TIPS FOR PARENTS

Remote education ensures continuous learning outside the classroom. For parents and carers, remote education isn't always straightforward and there can be a number of factors they need to consider, especially around ensuring their children feel comfortable and are familiar with the whole concept. That's why we've created this guide to help parents and carers support their child in getting the most out of their remote education experience.

## 1. TAKE AN ACTIVE INTEREST IN YOUR CHILD'S LEARNING

As a parent or carer, your school may have explained how remote education works already, but children may still need help. Take an active interest in their learning and help support them whenever they need a helping hand.



## 2. MONITOR YOUR CHILD'S COMMUNICATION AND ONLINE ACTIVITY

It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school. Encourage them to remain polite, remember their manners and not to post or send any negative comments just because they are behind a computer.



## 3. ESTABLISH A DAILY SCHEDULE AND ROUTINE

Working from home and trying to learn in a more casual setting that children might associate more with play and a degree of freedom might take a bit of getting used to. Try to stick to a daily routine and use the timetable/schedule that schools have sent home to help children keep on top of their daily learning.



## 4. ENCOURAGE SCREEN BREAKS AND PHYSICAL ACTIVITY AWAY FROM DEVICES

Remote learning will inevitably require more interaction with computers, laptops and tablets. Teachers will invariably advise on screen breaks; however, it doesn't hurt to keep a check on their time online or encourage them to get some fresh air/exercise.



## 5. ENSURE YOUR LEARNING DEVICE IS IN PUBLIC SPACE IN THE HOME

It's important to consider where your PC or laptop is placed if live video is being used. Try to keep the background neutral, with no personal information visible and move learning devices out of the bedroom as this could be deemed inappropriate.



## 6. IMPLEMENT SAFETY CONTROLS AND PRIVACY RESTRICTIONS ON APPS AND SOFTWARE

Dependant on how your school implements remote education, your child may be required to download certain software or apps. Whilst these are likely to be relatively safe to use, like any other new app or platform, parents should still implement safety controls as a precaution.



## 7. ENSURE YOUR CHILD ONLY USES OFFICIAL SCHOOL COMMUNICATION CHANNELS

It's important that all communication with teachers and school staff is directed through approved school channels, whether that be through the school's online portal or the relevant secure messaging site.



## 8. FAMILIARISE YOURSELF WITH RELEVANT SCHOOL POLICIES

Schools should have a policy on remote education that they can share with parents. Familiarise yourself with this and ensure you know what is expected of teachers and your child during lessons, both online and offline.



## 9. MAINTAIN FEEDBACK WITH TEACHERS

Engage in communication with teachers where possible, and try to feed back progress and development as well as any helpful suggestions around the learning process. Be transparent but remain professional and only use official channels to communicate.



## 10. MONITOR YOUR CHILD'S WELLBEING AND MENTAL HEALTH

Remote education will likely mean that your child won't get the same level of social interaction and might not see their friends for a while. Keep a check on their wellbeing and try to encourage them to get out as much as they can. Whilst learning from home might seem fun and exciting to start with, missing out on seeing their friends every day might take its toll.



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

Sources: Remote education good practice. DfE guidance. | Safeguarding and remote education during coronavirus (COVID-19). DfE guidance.

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.11.2020

## Poor Wi-Fi?



<https://www.kenable.co.uk/en/49-network-cat5e-straight-patch>

If you are finding your Wi-Fi at home slow it may help to get hold of an Ethernet cable and link your computer to your router (Sky box/BT box etc.) that way.

They are quite cheap and any of the cables on this website would do (just check for a long enough length in metres in the product title).

## Online Safety

**BRAND NEW**

## National online safety mobile app

It's time to get **#OnlineSafetySavvy**.

Children are spending more time than ever online. As adults, we need to do everything we can to keep them safe in the digital world. But with new apps, games and platforms emerging every day, how can you stay in the know?

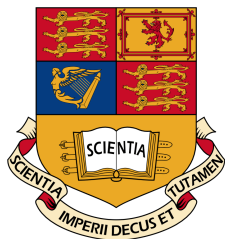
Say hello to the new National Online Safety mobile application. Created by experts, developed by us. With all online safety knowledge available at your fingertips, the NOS app empowers parents and teachers to understand and address online safeguarding risks – any time, anywhere.

The world's most comprehensive online safety app, it's packed with insightful courses, explainer videos, webinars and guides on topics that will help you protect the kids you care about when they're online



**#OnlineSafetySavvy**





# Imperial College London

## Summer Schools 2021

*Applications are now open!*



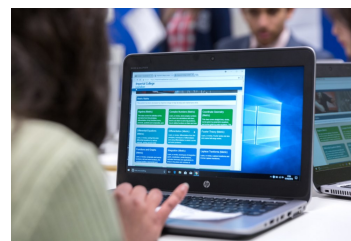
- Year 9 Girls Engineering (17 to 21 August 2021)
- Year 10 Insights into Science and Engineering (4 to 7 August 2021)
- Year 11 STEM Challenge (5 to 7 July 2021)
- Year 11 Medical Summer School (10 to 13 August 2021)
- Year 12 Sutton Trust Summer School (19 to 23 July or 26 to 30 July 2021)
- Year 12 Work Experience Programme (12 to 16 July 2021)

Attending a summer school is a great way to discover what it is like to study at Imperial College London.

For more information including dates, eligibility criteria and the application links see the [Imperial College website](#)

Applicants are invited for a live Imperial College Q&A webinar on 26 January from 18.00-19.00 covering all aspects of applying to their summer schools.

To attend, please [register here](#).



## Supporting Children's Mental Health & Wellbeing



The government has published additional mental health guidance:

[Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus \(COVID-19\) outbreak.](#) This advice is to help adults with caring responsibilities look after the mental health and wellbeing of children or young people, including those with additional needs and disabilities, during the coronavirus (COVID-19) outbreak.

[PHE's guidance](#) on supporting children and young people's mental health and wellbeing

Virtual [Oak National Academy](#) for Reception to Year 10 pupils, which offers daily online lessons, a weekly assembly with a pastoral focus and extra-curricular activities to help families maintain a routine at home (Note this is intended to complement, not replace, existing schools' online learning offers).

BBC Education [online learning content](#), also for Reception to Year 10 pupils, to support home learning, with weekly wellbeing tips provided via their social media pages.

The [Think Ninja](#) app has been made freely available to young people (aged 10-18 year olds) across the UK and updated with specific mental health and wellbeing content related to the pandemic.

[Every Mind Matters](#) includes an online tool and email journey to support everyone to feel more confident in taking action to look after their mental health and wellbeing. It also includes a section for parents and carers on looking after children and young people during the

### Resources to help with anxiety for pupils and families

Worry and anxiety are common problems at the best of times, and when it takes over it can become all-encompassing. Psychology Tools have put together this free guide to help you to manage your worry and anxiety in these uncertain times.

#### [Living with anxiety and worry](#)

This situation is one of extreme uncertainty. We don't know what will happen, how long it will last or what things will be like when it's over. One thing we do know, however, is that worrying about it won't change the outcome. Learning how to tolerate the uncertainty is a huge part of building healthy coping skills for ourselves, which we then want to model for our children. Practicing mindfulness helps bring us back to the present.

The following websites and apps may be helpful:

[www.childmind.org](http://www.childmind.org)

[www.actionforhealthykids.org](http://www.actionforhealthykids.org)

<https://www.home-start.org.uk/Listing/Category/support-for-families-during-covid-19>

<https://www.childnet.com/blog/keeping-children-happy-and-safe-online-during-covid-19>



## REPORTING ATTENDANCE

## REPORTING POSITIVE TEST RESULTS

### Reporting Attendance during Lockdown

Pupils are required to login to Google Classroom **at 8.25am** for registration with their form tutor. The school has a legal responsibility to record pupils' attendance both in both school and when pupils are learning remotely. If for any reason your daughter is unable to attend registration in the morning due to a technical issue then please contact your daughter's Year Team Leader and the school admin team to make them aware that your daughter will not be participating in her remote learning that day or may be late.

If you have more than one daughter who attends Sacred Heart and they are sharing a computer, can you please ensure both have registered by 8:45. Please inform your daughter's Year Team Leader that they are having to share a device—contact details are all at the end of this Bulletin.

For every pupil that does not register, we will need to follow that up with emails and phone calls, so do please ensure that each child is registered.

#### General absence

You can report your daughter absent directly via the **EduLink app** or by emailing or telephoning:

[absent@sacredh.lbhf.sch.uk](mailto:absent@sacredh.lbhf.sch.uk) or [Admin@sacredh.lbhf.sch.uk](mailto:Admin@sacredh.lbhf.sch.uk) or

**020 8748 7600 Ext. 217** to leave a message

When reporting the absence please give your daughter's full name, form group and reason for absence.

Where possible let the school know in advance of any planned absences e.g. hospital appointments and provide a copy of the medical appointment for our records.

Medical/dental appointments should be made out of school hours where possible.

#### REPORTING ALL POSITIVE COVID CASES & Covid-related absences

We also have a new 'covid@' email address for all Sacred Heart Covid related issues. From now on please use **covid@sacredh.lbhf.sch.uk** rather than any other school email, to notify the school about any **Covid** related issues. The 'covid@' email will get your message directly to Mrs Doyle, Mrs O'Donovan and Mrs Tesh.

**Its important that we are notified about any positive cases, whether or not your child is missing lessons**

#### Reporting absence

EduLink app

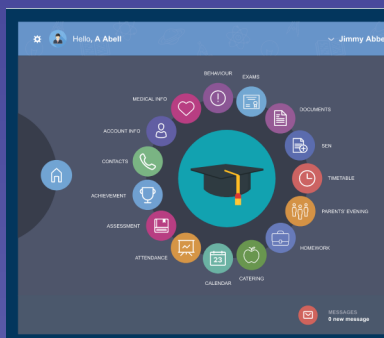
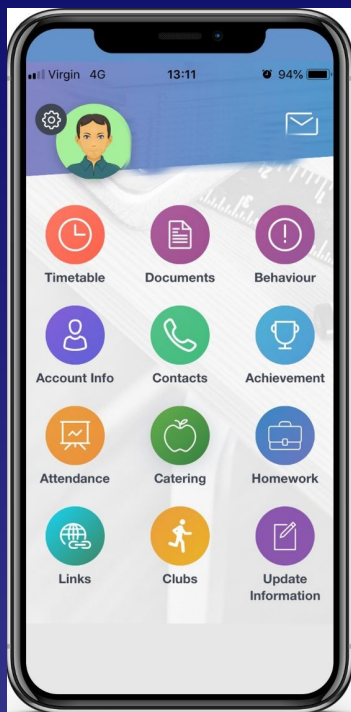
[absent@sacredh.lbhf.sch.uk](mailto:absent@sacredh.lbhf.sch.uk)

[admin@sacredh.lbhf.sch.uk](mailto:admin@sacredh.lbhf.sch.uk)

[covid@sacredh.lbhf.sch.uk](mailto:covid@sacredh.lbhf.sch.uk)

**020 8748 7600 Ext. 217**





Please can all parents and carers download this app or register with 'EduLink One' on a computer



This is a plea to ask all parents and carers who have not done so already, to please register for our new parent app for smartphones and tablets called **EduLink One**. The app will allow parents and carers with easy access to important school information. It also allow for verified signatures.

If enough parents had signed up already, we could have used it for the Covid Test consent forms, and moving forward this will help with trip consent forms and overall will help you access a wide range of school information about your daughters with a single login.

It also allows the School to communicate messages directly to you about your daughter.

The EduLink One app gives you access to:

- Homework (solves previous issues)
- School Reports
- Catering transactions and balance
- Letters home
- Exam Timetables and entries
- Behaviour and detention log
- Achievements and awards
- Absence reporting
- Contact details
- Medical information
- Lesson timetable
- School calendar

*Please note that not all features will be available right now but you will be notified when new features have been enabled.*

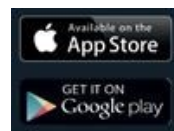
### EduLink One Demo

See the app in action! Click [here](#) to view a demo.

See also our [User Guide](#) have which can also be accessed on the school website.

### Access EduLink One from your Smartphone or tablet

- 1) Go to your App store
- 2) Search for **EduLink One**
- 3) Download the free app
- 4) Open **EduLink One**
- 5) Enter **SHHS** into the School ID field
- 6) Enter your **username and password** and click Log In. id you don't know your username and password, see below.



### If you don't have access to a smartphone or tablet

You can also access **EduLink One** via its website [www.edulinkone.com](http://www.edulinkone.com). You will still receive all notifications, which will be sent to the email address that we have registered for you.

### Access EduLink One from your computer or laptop

- 1) Visit [edulinkone.com](http://edulinkone.com)
- 2) Enter **SHHS** into the School ID field
- 3) Enter your **username and password** and click Log In.

### FINDING YOUR USER NAME AND PASSWORD

Your username and password were sent to the email address which is currently stored on the school system on **Thursday 3<sup>rd</sup> December**. If you cannot find this email then please contact the school via [info@sacredh.lbhf.sch.uk](mailto:info@sacredh.lbhf.sch.uk) providing your name, your daughter's name and your email address so that your details can be updated.



# 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



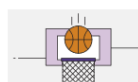
Media Studies



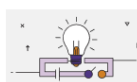
Modern Foreign Languages



Music



Physical Education



Physics



PSHE and Citizenship



Religious Studies



Science



Spanish



Welsh Second Language



# 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

<b>Assistant Headteacher</b> Ms Flora Vitija <a href="mailto:fvitija@sacredh.lbhf.sch.uk">fvitija@sacredh.lbhf.sch.uk</a> <b>Director of Lower School</b> Mr Julian Davies <a href="mailto:jdavies@sacredh.lbhf.sch.uk">jdavies@sacredh.lbhf.sch.uk</a> <b>Pastoral Support Manager</b> Ms Bhavna Sharma <a href="mailto:bsharma@sacredh.lbhf.sch.uk">bsharma@sacredh.lbhf.sch.uk</a> <b>Attached tutors for KS3</b> Ms A Bebkowski <a href="mailto:abebkowsk@sacredh.lbhf.sch.uk">abebkowsk@sacredh.lbhf.sch.uk</a>  Mr M Bohr <a href="mailto:mbohr@sacredh.lbhf.sch.uk">mbohr@sacredh.lbhf.sch.uk</a>  Ms Z Ketley <a href="mailto:zketley@sacredh.lbhf.sch.uk">zketley@sacredh.lbhf.sch.uk</a>			<b>YEAR 7 TEAM LEADER</b> Ms Naomi Nye <a href="mailto:nnye@sacredh.lbhf.sch.uk">nnye@sacredh.lbhf.sch.uk</a> Rm			<b>YEAR 8 TEAM LEADER</b> Ms Sarah Westley <a href="mailto:swestley@sacredh.lbhf.sch.uk">swestley@sacredh.lbhf.sch.uk</a> Rm			<b>YEAR 9 TEAM LEADER</b> Ms <del>Madalain</del> Curtis <a href="mailto:mcurtis@sacredh.lbhf.sch.uk">mcurtis@sacredh.lbhf.sch.uk</a> Rm		
	7S	Ms J Phillips <a href="mailto:jphillips@sacredh.lbhf.sch.uk">jphillips@sacredh.lbhf.sch.uk</a>	E7		8S	Mr C Murphy <a href="mailto:cmurphy@sacredh.lbhf.sch.uk">cmurphy@sacredh.lbhf.sch.uk</a>	F6		9S	Mr A Lea <a href="mailto:Alea@sacredh.lbhf.sch.uk">Alea@sacredh.lbhf.sch.uk</a>	S7
	7H	Ms M Serradilla <a href="mailto:mserradilla@sacredh.lbhf.sch.uk">mserradilla@sacredh.lbhf.sch.uk</a>	E1		8H	Mr I Vidovic <a href="mailto:ivdovic@sacredh.lbhf.sch.uk">ivdovic@sacredh.lbhf.sch.uk</a>	F1		9H	Mr L Granger <a href="mailto:lgranger@sacredh.lbhf.sch.uk">lgranger@sacredh.lbhf.sch.uk</a>	F12
	7E	Mr A Leach <a href="mailto:aleach@sacredh.lbhf.sch.uk">aleach@sacredh.lbhf.sch.uk</a>	E2		8E	Ms M White <a href="mailto:mwhite@sacredh.lbhf.sch.uk">mwhite@sacredh.lbhf.sch.uk</a>	F2		9E	Miss F Pervez <a href="mailto:fpervez@sacredh.lbhf.sch.uk">fpervez@sacredh.lbhf.sch.uk</a>	S8
	7A	Mr B Hanley <a href="mailto:bhanhelly@sacredh.lbhf.sch.uk">bhanhelly@sacredh.lbhf.sch.uk</a>	E5		8A	Mr A MacGinty <a href="mailto:amacginty@sacredh.lbhf.sch.uk">amacginty@sacredh.lbhf.sch.uk</a>	F5		9A	Ms A Hindmarch <a href="mailto:Ahindmarch@sacredh.lbhf.sch.uk">Ahindmarch@sacredh.lbhf.sch.uk</a>	S10
	7R	Mr L Haddaway <a href="mailto:lhaddaway@sacredh.lbhf.sch.uk">lhaddaway@sacredh.lbhf.sch.uk</a>	E4		8R	Ms S Middlehurst <a href="mailto:smiddlehurst@sacredh.lbhf.sch.uk">smiddlehurst@sacredh.lbhf.sch.uk</a>	F10		9R	Mr A Jones <a href="mailto:ajones@sacredh.lbhf.sch.uk">ajones@sacredh.lbhf.sch.uk</a>	S15
	7T	Mrs S Iafrate <a href="mailto:siafrate@sacredh.lbhf.sch.uk">siafrate@sacredh.lbhf.sch.uk</a>	E3		8T	Ms A Hill <a href="mailto:ahill@sacredh.lbhf.sch.uk">ahill@sacredh.lbhf.sch.uk</a>	F11		9T	Mr D Shetcliffe <a href="mailto:dshetcliffe@sacredh.lbhf.sch.uk">dshetcliffe@sacredh.lbhf.sch.uk</a>	S14
	7J	Mrs G Peebles/Ms S Kato <a href="mailto:gpeebles@sacredh.lbhf.sch.uk">gpeebles@sacredh.lbhf.sch.uk</a> <a href="mailto:skato@sacredh.lbhf.sch.uk">skato@sacredh.lbhf.sch.uk</a>	E6								

### UPPER SCHOOL

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