

# *Weekly Bulletin*

*1 March 2021*

*Focus on new  
Covid safety  
guidance and  
rules*

Dear Parents/carers

As always, we hope you and your families are well. We are very much looking forward to welcoming back pupils next week. This week's edition of the bulletin is given over to mass Covid testing plans which begin on Monday and the updated government guidance for the return of all schools. While we will re-issue to you the updated version of the Covid Handbook today, this edition of the bulletin outlines to you the summary headlines. We ask that you pay particular attention to the updated guidance about the importance of all pupils and staff wearing face masks in school (including in lessons) and that you support us in this unless there is an appropriate reason for exemption.

We are all working collectively towards the same aim; to try to keep pupils and staff as safe as possible from infection. We are still in a national lockdown and the guidance remains that schools should stagger start and finish times as well as have year group bubbles. Pupils will therefore follow the same timetable for their year group as they did in the autumn term. As a reminder, pupils should go straight home after school and should not be arranging to visit each other's houses in the evenings or at the weekend.

Teaching staff are working hard preparing for the return of pupils and the implementation of our recovery curriculum for all year groups. Please be assured that we are ready and prepared to support transition back to face to face learning. We will share with you in the coming weeks more detail about this and how you can support your daughter academically and help her with her emotional wellbeing at this time.

Thank you for your ongoing support and particularly for the positive emails and comments which you have shared with us and staff.

As we continue our journey through Lent, we give thanks for our Sacred Heart community and we pray that we all may grow in our ability to reach out and connect with one another in the coming weeks.

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

## **Face to Face Lessons Restart**

Pupils return to school on the phased dates shown below, whether or not they are signed up to have a test in school. Those having a test in school will attend school for their test the day before they properly return to school and details of these test arrangements are shown on page 9.

**Tuesday 9 March** for Years 10, 11 & 13

**Wednesday 10 March** for Years 8, 9 & 12

**Thursday 11 March** for Year 7

## **Arrival Times and Timings of the School Day.**

We will be sticking with the same staggered arrival times that were in place before the latest lockdown. A reminder of these times, arrival points and timings of the school day is included on the next page.



## THE SCHOOL DAY

YEAR GROUP Arrival/departure point	ARRIVE	BUBBLE LOCATION	AM REG	LESSON 1	LESSON 2	LESSON 3 & BREAK		LESSON 4	LUNCH & LESSON 5		PM REG, INTERVENTIONS, DEPARTURE
<b>7</b> Bute Gardens	8.10 – 8.25	Digby Building	AM Reg. 8.25 – 8.45	Lesson 1 8.45 – 9.45	Lesson 2 9.45 – 10.45	Break 10.45 – 11.00	Lesson 3 11.00 – 12.00	Lesson 4 12.00 – 13.00	Lunch 13.00 – 13.30	Lesson 5 13.30 – 14.30	PM Registration 14.30 – 14.40 Dismissal 14.40
<b>8</b> Bute Gardens	8.15 – 8.35	Barat Building, first floor corridor	AM Reg. 8.35 – 8.45	Lesson 1 8.45 – 9.45	Lesson 2 9.45 – 10.45	Lesson 3 (60 min) with break in between L:20 8:15 L:40		Lesson 4 12.00 – 13.00	Lesson 5 13.00 – 14.00	Lunch 14.00 – 14.30	PM Registration 14.30 – 14.50 Dismissal: 14.50
<b>9</b> Blue Gate	8.00 – 8.15	Barat Building, second floor corridor	Tutor/ Activities 8.15 – 8.45	Lesson 1 8.45 – 9.45	Lesson 2 9.45 – 10.45	Break 10.45 – 11.00	Lesson 3 11.00 – 12.00	Lesson 4 12.00 – 13.00	Lunch 13.00 – 13.30	Lesson 5 + Reg 13.30 – 14.30	Dismissal 14.30
<b>10</b> Blue Gate	8.15 – 8.25	Russel Building	Tutor/ Activities 8.25 – 8.45	Lesson 1 8.45 – 9.45	Lesson 2 9.45 – 10.45	Lesson 3 (60 min) with break in between L:20 8-15 L:40		Lesson 4 12.00 – 13.00	Lesson 5 13.00 – 14.00	Lunch 14.00 – 14.30	Tutor/ Intervention 14.30 15:00 Dismissal 15:00
<b>11</b> Bute Gardens	8.00 – 8.15	Calder Building	Tutor/ Activities 8.15 – 8.45	Lesson 1 8.45 – 9.45	Lesson 2 9.45 – 10.45	Break 10.45 – 11.00	Lesson 3 11.00 – 12.00	Lesson 4 12.00 – 13.00	Lunch 13.00 – 13.30	Lesson 5 13.30 – 14.30	Tutor/ Intervention 14.30-15:10 Dismissal 15:10
<b>12</b> Reception	8.25	W4, W5, W6, W7, W8, 3 Art rooms, M5, M6, G7	Tutor 8.30 – 8.45	Lesson 1 8.45 – 9.45	Lesson 2 9.45 – 10.45	Break 10.45 11:00	Lesson 3 11:00 -12:00	Lesson 4 12:00 – 13:00	Lunch 13:00 – 13:30	Lesson 5 13:30 – 14:30	PM Reg. 14:30 -14:40 Lesson 6 14:40- 15:40
<b>13</b> Reception			Tutor 8.30 – 8.45	Lesson 1 8.45 – 9.45	Lesson 2 9.45 – 10.45	10:45 -11:45 Lesson 3	Break 11:45 -12:00	Lesson 4 12:00 – 13:00	Lunch 13:00 – 13:30	Lesson 5 13:30 – 14:30	PM Reg. 14:30 -14:40 Lesson 6 14:50 -15:40

## Face Coverings

### What must be worn and where

- Schools must ensure that everyone wears masks in common areas of the building and in classrooms other than the very few who may be exempt. We have made a poster to remind pupils about this in school.
- Visors are not allowed as alternative to a mask because the small particles that the user breathes out, are not contained by a visor.



- We understand how difficult this may feel but we all need to try our very best. It's important to work together on this for the benefit of everyone.

### Exemptions

- A few people will be properly exempt from having to wear a mask and the reason for this could be one that is not visible to others. We all need to be kind, not accusing each other of not following the rules. Bullying will not be tolerated.
- The school will follow up with parents if a pupil claims exemption to ensure that it is valid. Parents are asked to think very carefully before asking for an exemption but any such requests should be sent to: [covid@sacredh.lbhf.sch.uk](mailto:covid@sacredh.lbhf.sch.uk)

### When you don't need to wear a mask

- When exercising as part of a PE lesson, whether inside or outside.
- When outside (if you are maintaining 2m distance from others)
- When eating or drinking, whether inside or out.
- Remember the importance of social distancing, this is even more critical when you are not wearing a mask. Pupils often forget this in their eagerness to chat to their friends.

### Safe Removal of Masks

- Try not to touch the outside of the mask. Place it in a plastic bag and sanitise your hands. Disposable masks to be thrown away in lidded bin. Reusable masks to be washed after use. Pupils will need a fresh mask each day and a spare in case it gets wet.



### FACE COVERINGS

- When to wear them and when not
- How to remove them
- Be aware that some exempt

#### When to wear them

- In classrooms, to be reviewed at Easter.
- In all common shared areas of school, corridors, toilets, dining room, etc.
- On public transport.

#### When you don't need to wear them

- For PE exercise (in or out) and outside **only if you are more than 2 metres away from someone**

#### How to take them off

- Try not to touch the front, put it carefully into a small plastic bag and sanitise your hands. Throw away disposable ones in lidded bin. Reusable ones need to be washed after use. Use a clean one each day.

#### Exemptions

There are a few exemptions including some for reasons which may not be visible to others. Be kind to each other always.



Together we can prevent the spread of COVID-19



### *Main Covid Symptoms*

- *a high temperature*
- *a new continuous cough*
- *a loss or change to your sense of smell or taste*

## What do you do if you have symptoms or if you have no symptoms but a positive test?

You must

- Self-isolate. The isolation period includes the day the symptoms started and the next 10 full days
- Follow the [Stay at home: Guidance for households with possible or confirmed coronavirus \(COVID-19\) infection](#); and
- [Book a PCR test.](#)

### What do Household Members do?

Other people in your household and support bubbles should self-isolate from the day your symptoms started (or the day of your test if you don't have symptoms) and the next 10 full days.

If a member of the household starts to display symptoms while self-isolating they will need to restart the 10 day isolation period and book a test.

If anyone tests positive whilst not experiencing symptoms, but develop symptoms during the isolation period, they must restart the 10 day isolation period from the day they developed symptoms.

### Booking a Test

Tests can be booked online through the NHS [testing and tracing for coronavirus website](#), or ordered **by telephone via NHS 119**

### Informing the school of the Test Result

Parents and carers should inform the school immediately of the results of a test.

### If someone with symptoms tests negative

You could still have another virus, such as a cold or flu, so its best to avoid contact with other people until you are better but the formal 10 day isolation ceases. Other members of your household can also stop self-isolating.

There is one exception to this rule. You cannot stop self-isolating, even after a negative test, if you are also a 'close contact' a confirmed case. You will still need to self-isolate for 10 days from the date of that contact irrespective of your own intervening negative result. This is because you could still become Covid positive later in the 10 day period.

### If someone tests positive

You should follow the ['stay at home: guidance for households with possible or confirmed coronavirus \(COVID-19\) infection'](#) and must continue to self-isolate for at least from the day of onset of your symptoms and for the following 10 full days.

If you still have a high temperature, you should keep self-isolating until your temperature returns to normal. Other members of their household should all self-isolate starting from the day the individual's symptoms started and the next 10 full days.

The pupil can return to school only if they do not have symptoms (other than cough or loss of sense of smell/taste). This is because a cough or loss of sense of smell/taste can last for several weeks once the infection has gone.

### Providing details of Close Contacts

If your daughter tests positive, or if asked by NHS Test and Trace, you and your daughter will need to provide details of anyone your daughter has been in close contact with. The school will do this for contacts in school.

## How to avoid becoming a 'close contact' who needs to self-isolate.

This won't be easy, given that you could now be considered a close contact simply living in the same household as someone with symptoms. Self-isolation of close contacts is now a **legal requirement** and subject to heavy fines for non-compliance.

Still, there are a few things you can do (to at least minimise) the risk of having to self-isolate. It's important to understand what the definition of a close contact is, so that you can try your best to minimise the risk of having to self-isolate.

### New Close Contact Definition

#### A Close Contact is

- anyone who lives in the same household as someone with coronavirus symptoms
- anyone who lives in the same household as someone who has tested positive for coronavirus.
- anyone who has had any of the following types of contact with someone who has tested positive for coronavirus (PCR or LFD test):
  - face-to-face contact including being coughed on or having a face-to-face conversation within 1m
  - been within 1m for 1 minute or longer without face-to-face contact
  - sexual contacts
  - been within 2 m of someone for more than 15 minutes (either as a one-off contact, or added up together over one day)
  - travelled in the same vehicle or a plane

## Contact Tracing



## How to minimise the risk of becoming a close contact in school

Ultimately it all comes down to social distancing.

Many classrooms and corridors are constrained in size. Desks are arranged facing forward so that pupils are not facing each other but social distancing is hard in classrooms, even with desks separated from each other.

The hardest time is probably at break and lunch, with the natural temptation to chat with friends and without thinking, to huddle facing each other. It's what children do naturally.

The school will do all it can to minimise close contacts, reminding pupils when we can, in a gentle manner –but in a school environment it is impossible to totally avoid it.

We also need to be cautious for everyone's safety and will make careful judgements about close contacts if and when we are asked to do so by Track and Trace.



## Self Isolation of Close Contacts

The rules for self isolation of close contacts are different from self isolation of someone who actually has symptoms themselves or a positive test. Close contacts will be feeling quite well but are required to

- **Self-isolate for 10 days after the day of contact** as a precaution in case they develop symptoms

'Stay at home: Guidance for households with possible or confirmed coronavirus (COVID-19) infection'

- Household members of a close contact person sent home from school to self-isolate, do not themselves need to self-isolate unless the close contact person subsequently develops symptoms.

### What if the close contact develops symptoms ?

They should get a test.

- **if negative**, they must still remain in isolation for the remainder of the 10-day isolation period. This is because the virus can appear at any time across the 10 days. It could still appear later.
- **If positive**, you should inform the school immediately using [covid@sacredh.lbhf.sch.uk](mailto:covid@sacredh.lbhf.sch.uk) and should isolate from the day of onset of the symptoms and at least the following 10 full days. Your household should now also self-isolate starting from when the symptomatic person first developed symptoms and the next 10 full days.

### Can my daughter get out of the requirement to self-isolate if she has already had Covid or has been vaccinated?

- No. The legal requirement to self-isolate does not fall away. There is not enough evidence yet of the efficacy of antibodies or of the vaccines against new variants and everyone must follow the same rules until the pandemic subsides and policy changes.

### What happens to my daughter's education while she is self-isolating?

- The school will contact you and remote education will be provided as occurred in lockdown.





## LENT UNLOCKED

KAIROS  
Centre

Many prominent figures on Catholic Twitter have been commenting in these first weeks of Lent that surely, we have had enough penance and suffering during the last 12 months that we must be exempt from all Lenten promises this year. As I've reflected on the image of Christ in the Wilderness for 40 days and nights, I find myself wondering what can be learned from our time in this lockdown wilderness.

During each week of Lent this year, we are focusing on a different aspect of Lenten practices for our Prayer and Worship. This week, we are thinking about **PRAYER** and I wanted to share some prayer practises that might appeal to your family at home. Lent is a great time for a fresh start!

### "Three Things I'm grateful for, one thing I wish had gone differently...."

An amazing RSCJ Sister from the USA shared this tip with me for night time prayer with children, and I think it's great for adults too. Encourage your child to think of three things from that day that they'd like to thank God for and one thing that either disappointed them or that they wished they had approached differently. Older children might prefer to write these down rather than share them aloud. With regular practice, you may find yourself noticing more things you appreciate through the day. In handing these over to God each evening, we begin the next day anew.

### Prayer Rocks

Here's a creative and practical prayer idea that crafty children will enjoy. Find a large stone or small rock, give it a good clean and decorate it with Sharpie pens or paint. Your Prayer Rock is going to be a great reminder to pray as the poem explains:



### Return to the Rosary

Most young people will have received a rosary for their Baptism or First Communion; but not all know how to pray with one. When talking with students about prayer, often they tell me they're not sure what to say or do. I think a Rosary (even just one decade) is a great gift of prayer to offer for another person or intention. Here is a great online resources about praying with a Rosary:

<https://bustedhalo.com/video/the-rosary-in-two-minutes>

Wishing you and your family, a blessed season of Lent! Mrs Lorenzato – School Chaplain

# covidconsent@

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

from the  
heart

## COVID Mass Testing Plan

We now have consent for testing for 71% of pupils and this number is rising daily. The school will test pupils for whom we have consent, three times, each test 3-5 days apart.

After the third test, those pupils will be provided with home testing kits to carry out the tests at home twice weekly.

Staff are also being provided with home testing kits to test themselves twice weekly.

We have written today to all those who have provided consent, with details of their daughter's appointment for the first test which will be carried out in our school test centre in the old gym. Pupils return home after the test.

### First in School Mass Covid Test Dates

Date	Covid Test 1
Monday 8th March	Years 10, 11 & 13
Tuesday 9th March	Years 8, 9 & 12
Wednesday 10th March	Year 7 + Mop up for missed tests.

### Second and Third Tests

Date	Covid Tests 2 & 3
Thursday 11th March	Years 10, 11 & 13 have Test 2
Friday 12th March	Years 8, 9 & 12 have Test 2
Monday 15th March	Year 7 have Test 2 & Yr 13 have Test 3
Tuesday 16th March	Years 10, 11 & 12 have Test 3
Wednesday 17th March	Years 8 & 9 have test 3
Thursday 18th March	Year 7 have test 3

As consent numbers are currently rising even after our final deadline, we may need to extend the plan further to accommodate other pupils.

In any event the school will maintain a smaller test centre after the initial mass testing phase, to help those who are either unwilling or unable to administer the tests at home.







# 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:

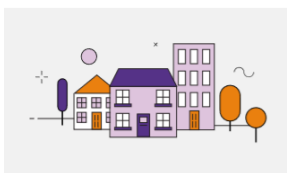
[\*\*Lessons for KS1\*\*](#) (Yrs 1 & 2)

[\*\*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



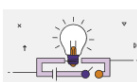
Modern Foreign Languages



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

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11R	Mrs R Roy <a href="mailto:rroy@sacredh.lbhf.sch.uk">rroy@sacredh.lbhf.sch.uk</a>	R8
11T	Ms S Stingelin <a href="mailto:sstingelin@sacredh.lbhf.sch.uk">sstingelin@sacredh.lbhf.sch.uk</a>	C10
11S	Ms C Fraser <a href="mailto:cfraser@sacredh.lbhf.sch.uk">cfraser@sacredh.lbhf.sch.uk</a>	C13

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12R	Ms E Nikaj / Ms E Blanke <a href="mailto:enikaj@sacredh.lbhf.sch.uk">enikaj@sacredh.lbhf.sch.uk</a> <a href="mailto:eblanke@sacredh.lbhf.sch.uk">eblanke@sacredh.lbhf.sch.uk</a>	W7/W8

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