

Weekly Bulletin

15 March 2021

This edition includes

Update on Covid testing in school and the home testing kits

Update on Sixth Form and Year 11 March Assessments

'Welcome back' messages to all year groups from the Year Team Leaders.

New from the Kairos centre

Short Story competition winners

Menus of takeaway food available from our kitchen

Reminder about absence procedures and repeat of Covid safety procedures

Staggered starts & school day timings.

Contact details

Dear parents and carers,

It was wonderful to welcome pupils back into school last week. Pupils have settled down quickly to the routines of school life and we have been so impressed with their positive attitudes and genuine appreciation of being back at school.

We are in the second week of our mass Covid 19 testing of pupils and this will come to a close on Thursday and be replaced by home testing. More details about this are included in this issue of the bulletin. We ask that you read this section carefully and particularly the instructions for completing and reporting of test results. Once again a huge thank you to Mrs Lorenzato, support staff and parent volunteers for their tireless work in the testing centre and their contribution to keeping the school community safe.

A thank you also to you as parents/carers, for the ways in which you have supported and continue to support the measures put in place to reduce the risks posed by Covid 19.

As we enter the fifth week of Lent, we are reminded:

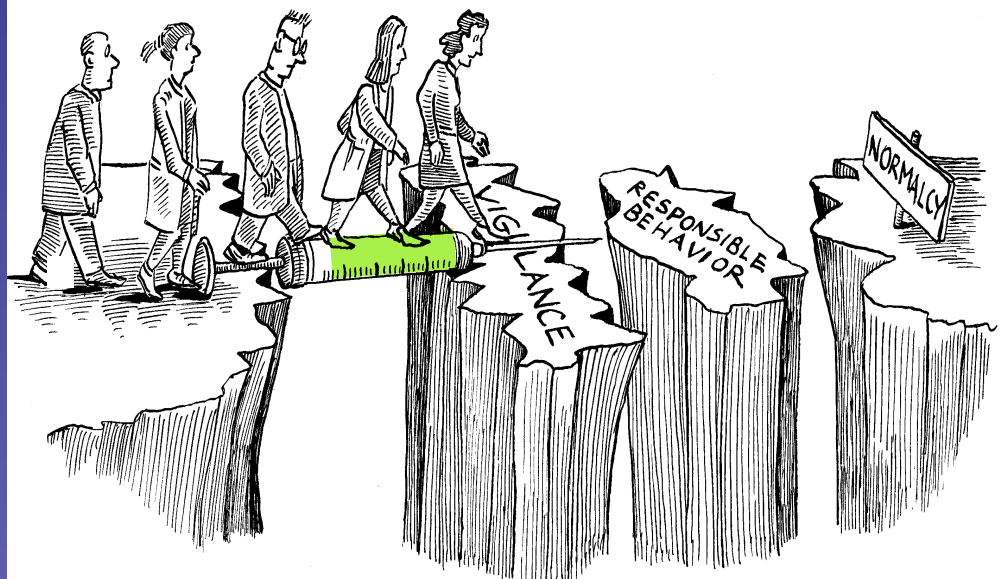
'Our God is a God of hope.' (Romans 15:13)

We give thanks for being able to return to school again, for the resumption of face to face learning and the reforming of the positive and caring relationships which are at the centre of our Sacred Heart community.

With best wishes and prayers,

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

We hope the end is in sight!





COVID Testing at School

Our huge thanks to Mrs Lorenzato who has been managing the significant surge in parental consent for tests in school and has therefore been juggling with the timetable and slots to accommodate all the additional pupils.

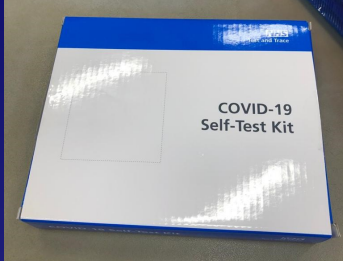
It is however fantastic news that we have now heard back (either way) from 90% of parents and we have consent to test 83% of pupils.

Reports from the Testing Centre (Mrs Lorenzato's emails to staff.)

- At lunchtime on the first day of mass testing Monday 8 March (Yr11): *'They were angels- all running smoothly!'*
- By the end of the first day: *'382 tests completed today; no voids or positives. Only 12 students didn't turn up. Students and staff were brilliant. Let's hope tomorrow goes as smoothly...'*
- On the second day of Mass Testing: *'Consents still coming in, our mop up session now at capacity, need to make plans to accommodate them'*
- By end of Wed 10 March: *'Many thanks for all of your support and kind words to our team; we have successfully tested close to 1000 students over 21 hours of testing without major incident!'*
- *'Phenomenal contribution of the volunteers and staff (its 8hrs a day of testing a day with a 30min break. The students have been amazing. Every single one so polite and kind, no tears at all and no one unable to complete the swab'*

Remaining School Tests

Date	Covid Tests 2 & 3
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



GETTING YOUR HOME TESTING KITS.

REPORTING YOUR HOME TEST RESULTS

*Notifying the office if
you need to continue
testing in school*

COVID Testing at Home

Twice a week 3-5 days apart

Letter from School

An email letter about home testing is being sent home today (Monday 15 March) to ALL parents (for ease of administration) but with a note that it should be ignored by any families not taking part in our mass testing operation.

The letter will also be available on Google Classroom and parents will also be texted to guide them to the letter which will additionally be available in the Covid tab on the school website.

We have currently been sent 6 weeks supply of home testing kits. Each kit contains three tests. We can only provide these kits to those who have already been tested three times in school (or twice where appropriate) and we have been asked to make clear that these testing kits are to be used only for the testing of our pupils, not other members of the same family.

Handing out Home Testing Kits

After their final school test, we will hand out **from the test centre**, home testing kits for pupils to cover the period to the end of term. This will start with Year 13 today, Monday 15 March.

In the last week of term we will then distribute more packs in **form time**, to cover the pupils for testing through the Easter holidays. On their return after the Easter holidays we will provide additional packs as appropriate.

What if the Home Test is Positive?

We have had no false positive tests from our testing centre in school but unlike with school tests, if you get a positive result at home, you are required to confirm this with a separate PCR test the same day (see information about booking a PCR test on page 15).

For the avoidance of doubt, if your home LFD test is positive but the PCR test that you take to confirm this is negative, then you can stop self isolating and return to school. Your close contacts can also stop self isolating.

Instructions for taking the test

Each kit contains clear instructions for how to take (and analyse) the test. We suggest that you take one test on Sunday evenings and the next one on Wednesday or Thursday evenings.

We also attach a link to a [BBC video explaining how to use a home test](#), in case you find this helpful.

Reporting Test Results to NHS

All test results must be reported to NHS in line with test kit instructions.

Reporting Test Results to the school

The school is also required to collate results of home testing to report overall numbers of negative, positive or void tests each day.

Negative or Void: Please use the form on our Edulink One app to report to the school all negative or void results. A reminder of how to register for this app if you have not done so already, are included overleaf on page 4.

Positive: For any positive result (including just from your home test) should be reported immediately following our normal procedures by email to Mrs Doyle and Mrs O'Donovan using this email address: **covid@sacredh.lbhf.sch.uk**

Students unwilling or unable to test at home

We will continue to provide a Test Centre service in school for those unwilling or unable to test at home. This will be after school on Tuesdays and Fridays, starting on Tuesday 23 March. Parents will need to contact the school office if they wish their daughter to be included in this.



A significant number of parents have now registered with our new parent app for smart phones and tablets called EduLink One.

This will be vital for our continued communications with you and is needed for you to report home testing negative and void results.

If you have not already done so, please register for the app.

EduLink One Demo

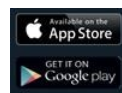
See the app in action! Click [here](#) to view a demo.

EduLink One User Guide

See our [User Guide](#) (it's also 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. If you don't know your username and password, see below.



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

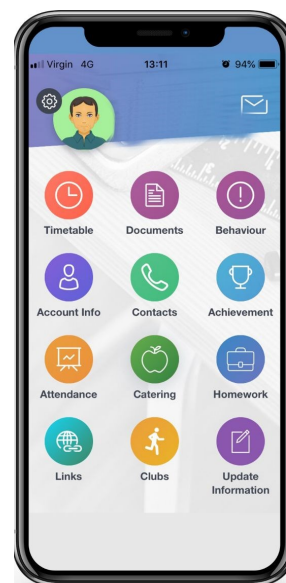
You can also access **EduLink One** via its website www.edulinkone.com. You will still receive all notifications to the email address that we have registered for you.

Access EduLink One from your computer or laptop

- 1) Visit 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 3rd December**. If you cannot find this email then please contact the school via info@sacredh.lbhf.sch.uk providing your name, your daughter's name and your email address so that your details can be updated.





Sixth Form March Assessments

17th March - 29th March 2021

It is essential that students prepare thoroughly for these assessments. Feedback from these assessments will be communicated and intervention strategies will be agreed between students, parents and staff to support students should they not meet the levels expected of them.

The normal Year 13 timetable will be suspended for the duration of the exam period and students will only be expected to be in school for their exams. Normal timetable will resume for Year 13 students on Tuesday 30th March. The March assessment timetable has already been issued and students should be aware of the dates and times of their assessments. It is vital that students treat all assessments as they would final examinations when it comes to attendance – appropriate evidence will be required should a student not be fit to write on the day. When coming into school for these assessments, students must ensure that they are in full school uniform. They will be required to sign in at reception and will then go to the netball courts to line up for their assessments. They must be lined up 20 minutes prior to the assessment time.

In light of the current public health circumstances, there are slight changes to the normal running of assessments, of which students should be aware;

- Students will not be permitted to hand in any valuables. Bags cannot be brought into the exam hall or securely stored. If they do bring a bag into school they must leave it in their form base at their own risk. Please note, mobile phones must be switched off. If a mobile phone rings during the assessment, the student who owns it may be disqualified on grounds of malpractice.
- We will not be able to lend any equipment to students, so they must make absolutely sure they have all they need.

Year 11 March Assessments

All Year 11 students received their March assessment timetable last week and the arrangements for these assessments are as follows:

- The morning assessments begin at **8.45am**. Therefore, they need to be assembled on the school play-courts by **8.20am** in order to be registered by their tutors and so they can enter the sports hall in a quiet and orderly fashion.
- The afternoon assessments begin at **1.30pm**. Therefore they need to be assembled on the school courts by **1.10pm**. All the arrangements for the morning assessments apply to the afternoon assessments. Staff will be present with year 11 students to support them through these arrangements.
- The other assessment space will be rooms **W7 and W8**. This will be for any students who have been granted concessions, such as extra time. Your daughter will have been informed if she is in this space.
- When your daughter completes her last assessment, **she is able to leave school**.
- She will be given a space for **private study** supervised by a member of staff in-between assessments in any given day.
- To ensure everyone's health and safety, students **will not have an opportunity to hand in valuables**, and no equipment can be lent out. Students should bring into the assessment rooms, **only the equipment they need to complete the work**. If students have bags, these should be left neatly in form rooms. Any valuables are left at students own risk.
- These assessments will be administered in the same way as exams, therefore normal exam rules will apply. Students will be reminded of these at the start of each assessment. **Breaches of these may result in disqualification as well as other sanctions, and you will be informed in such cases.**

Messages to Student Year Groups

WELCOME BACK YEAR 7

It is amazing to think that the last time we were all in school together was the 18th December 2020. We celebrated and had a wonderful time in the run up to the Christmas holidays. Now, some two and a half months later, we should celebrate that we are all back together again J.

I was astounded by the level of dedication so many of you continued to put into your online learning throughout lockdown. It was not easy at times, which is OK, but remember that your teachers are so proud of what you managed to achieve, myself and the KS3 team included. Each Friday you were able to celebrate your achievements through the 'Feel Good Friday' presentation and catch up on some good news out in the world. Your weekly challenges were a great success and showed your tutors and myself just how wonderful you each are in your own way.

Some of you helped create a message of support that was sent out to the whole school community to help lift spirits and unite our community through the words of our foundress Madeleine Sophie Barat.



Now we are back to another 'new normal', let's make the rest of Year 7 one to remember.

- Remember your mask each day
- Remember to be kind to others
- Remember never to take things for granted
- Remember to talk about your feelings
- Remember that you are not alone

The rest of the year will be a time to celebrate all of your accomplishments and create new memories for the rest of 2021.

A warm welcome back to you all.

Miss Nye

Messages to Student Year Groups



Dear Year 8,

A warm and friendly welcome back to all year 8 pupils. It has been great to see you back at school this week, smartly dressed with big smiles! I hope you have enjoyed your first 3 days and are looking forward to the term ahead.

I am extremely proud of how hard you all worked during the period of remote learning we have just had, it was not easy for anyone but you have all shown persistence, determination and resilience.

Thank you for being so enthusiastic about our year 8 challenges, FEEL GOOD FRIDAY very quickly became my favourite part of the week. You impressed me weekly with your creativity, particularly your baking abilities. I am hoping by the time we have our next bake off, I can actually taste some of your wonderful creations.

As we all settle back into school, let's stay positive, keep smiling and support each other. However If you have any concerns or worries please do speak to either myself, your tutor or a member of the Year 8 team.

Miss Westley



Dear Year 9,

Welcome back once again. It is lovely to see you and I am proud of how well you have adjusted to wearing masks in classrooms and throughout the day. We return to school after a positive half term of online learning in which you worked hard and engaged every day despite the challenges of being away from your teachers and friends. A particular highlight for me was the screen-free Wednesday where there were excellent examples of you connecting with others and taking time away from the screen to help members of your local community. As we return to the classroom, remember the goals that you have been setting in PSHE and the fact that the resilience you have shown during so much uncertainty will take you far in life.

Well done!

Miss Curtis :)

Messages to Student Year Groups

10

Welcome back Year 10!

It has been wonderful to see you all return this week. Well done for taking everything in your stride; from having a covid test to adapting so quickly to the new guidelines that we have to follow. I am immensely proud of how well you have all come back and settled into school life again. Your final term of Year 10 is fast approaching. It is very important that you ensure you are focussed in all of your lessons and continue to work hard in preparation for your final GCSE year. As always, should you need anything please remember your form tutor, myself and the KS4 pastoral team are always here to support you.

Best Wishes,
Miss Dancer

11

Dear Year 11,

Welcome back Y11! It is so lovely to have you all back in school and to see you after such a long time. Now we are heading into the final stretch of your GCSE experience, I know that even though there is a lot to worry about, you are all trying your best and looking out for each other. Keep those chins up, keep working hard, and keep being kind to each other. There are brighter days ahead very soon!

Miss Jenkins

12

13

Dear Year 12 & 13s

We have been delighted to welcome you back this week, it has been such a pleasure to see you in person.

It's definitely been a challenging term so far for you, but we want to say a huge well done on adapting to the environment - yet again! We are very proud of the positive attitude shown by you this week on your return; it is wonderful to see your eagerness and commitment to return to normal school life.

This term may provide some challenges for you, especially Year 13s with your upcoming assessments, but we are all here to guide and support you both academically and with your wellbeing.

We, and all the Sixth Form Team and teachers, are very much looking forward to working with you in person again and be assured we will support you so that you can achieve to the best of your ability despite the challenges you have faced.

If you have any questions or concerns or just want to say hello, please do not hesitate – we are always happy to see you!!

Again welcome back (we did miss you!!) and we hope you enjoy the rest of this term as you reconnect with your friends and teachers in person once again.

Best wishes,
Ms McCarthy and Mrs Greenwood

NEWS FROM THE KAIROS Centre

I think that the heading **should** read “News from the Testing Centre” as that has been my permanent home this week, working alongside some amazing parent and governor volunteers and staff as we work our way through the mammoth task of carrying out close to 3000 COVID tests, over 9 days.

It’s a marvellous coincidence that our Prayer and Worship theme for this coming week is “Lent is a time for Good Works”. Usually, Lent at Sacred Heart involves a large scale fundraising event, such a sponsored walk, supporting one of our Sacred Heart Schools in the developing world. With circumstances this year, we are perhaps all able to focus on needs a little closer to home.



As the school has geared up to a full return there have been ‘good works’ all around from site managers building new benches and tables for the students, teachers preparing ‘welcome back’ lessons for their students, our awesome cleaners working so hard to keep our school sparkling and safe.

In the Gospels, Jesus makes it clear that we are called to do ‘good works’ and not to be showy about it.

The most wonderful good works I’ve seen this week, amidst the demands of the testing process, have been from our fabulous students.

Their kindness, gratitude and thoughtful words have worked wonders, especially at the end of each long day.

Good Works ideas for home:

Rather than thinking about making financial donations this Lent, here are some alternative Good Works projects to try out at home:

- A litter pick in a local park
- A phone free weekend – switch off & spend quality time together
- A thank you letter for your postman / postwoman / refuse collector
- A phone call with an elderly relative or neighbour
- A donation to a local foodbank

With best wishes,

Mrs Lorenzato - School Chaplain

Do good....

Be rich in
good works....

BE GENEROUS....

Ready to share....

(1 Timothy 6:18)

Winners of the Y7/Y8 500 Word Short Story Competition



Congratulations to all of the winners from each class and also to the overall winners Rose and Lydia whose stories are included below. We also have winners from each form.

The standard of stories was very high and it was a real pleasure to read such a range of creative and interesting pieces from across both year groups.

The winning entries all showed an excellent mixture of craft, skill, accuracy and imagination and the overall winners had us hooked from beginning to end - which is what short stories are all about.

I know that we have some extremely talented writers in Y7 and Y8 and I very much look forward to seeing your creativity and skill develop. Well done to everybody who took part.

Overall Winners - with stories included on the following pages

Year 7 Lydia

Year 8 Rose

Winners in each class

Year 7		Year 8	
7A1	Perpetua & Pearl	8A1	Leonor, Martina & Amelia
7A2	Paola & Anjali	8A2	Nahomi & Rachel
7A3	Olivia & Martha	8A3	Isabelle & Oake
7B1	Jessabelle & Isidora	8B1	Lucia & Ines
7B2	Lena & Lydia	8B2	Lily-Anne & Michelle
7B3	Martyna & Julia	8B3	Rose, Teresa & Anika
7B4	Izabela & Alice	8B4	Philippine & Bethanya

Out of Bounds' by Lydia, 7b2



Heaving myself up through the small hatch into the roof felt deliciously disobedient. Forbidden to enter the 'dangerous' wasteland of our Victorian attic was an infringement of my liberty and merely piqued my curiosity. Unimpressed by claims of dirt and debris (mum) broken floorboards (dad) and ghostly goings on (gran), I seized a rare moment when the house was empty to explore for myself. A tangled heap of rusty metal pegs, grubby ropes, grimy canvas and a battered mallet littered the dusty floor. Lifting a corner of the crumpled tent I was startled by the sight of a pale white hand poking upwards. Momentarily still, its fingers suddenly began to twitch...

Pressing back into the shadows of the eaves, a rising sense of panic flooded through me. Now, the rhythmic thumping of wood against metal, dim at first, but becoming louder, more persistent, beat a sinister tune. Distant shouts of laughter, the crackling of a fire and the eerie sound of "Sweet Molly Malone" drifted mournfully across black space.

A pungent, acrid smell of burning began to fill the air. Tendrils of smoke were creeping across my feet and up the walls. Silhouetted against its haze, several shadowy figures swayed and sang. A child stepped forwards and looked me straight in the eye. "Come and join us"... Her voice tinkling at first rang out shriller and shriller as she repeated the words, whilst 'Molly Malone' echoed on and on in my head. Dizziness overwhelmed me, I felt as though my mind was being sucked from my body. The girl reached out and in a flash yanked me towards her. Weightless, my feet left the ground and I flew forwards into the smoky fog.

An intense, suffocating heat scorched my face. I was standing perilously close to a roaring campfire beside the girl. She wore an ornate dress, starched pinafore, smudged silk stockings and fancy leather boots. Her three companions continued singing in low droning voices - "and that was the end of sweet Molly Malone". The girl surveyed me, she would have been pretty, but for the fact that her mouth was twisted, her face mask-like and strangely expressionless as she addressed me in a hoarse whisper.

"And now you must die so that I can live"...

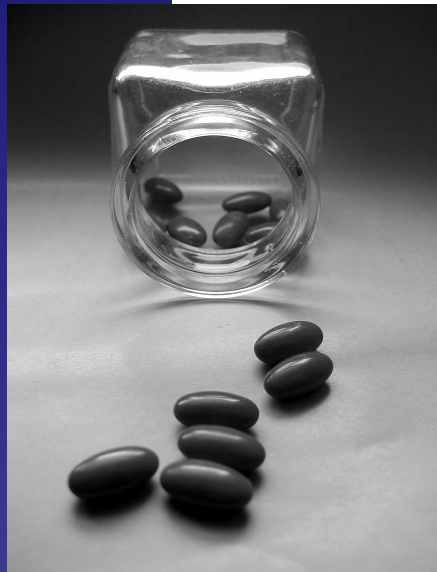
The cold, hard words struck terror into my soul. As the flames licked my feet and her porcelain white hands readied themselves to push me into the fire, I resisted. Stepping backwards, my toe caught the edge of a heavy, hammer-like object. Grabbing the mallet with both hands, I lunged out wildly - a high pitched sound, reminiscent of shattering china, pierced my ears as I fell to the ground and blacked out.

When I came round, I was back in the attic. Everything seemed the same except... tangled in the guy ropes was the smashed arm of a broken doll. Fishing out its lifeless body, a pair of unblinking inanimate blue eyes stared unwavering back at me. Scooping up fragments of the broken limb, a piece of torn newspaper caught my attention. 'YOUNG GIRL DEAD AFTER CAMPING TRAGEDY' screamed the headline. I trembled as the horrific story of Violet Campbell unfolded across the crumpled page - the twelve year old had perished more than 100 years ago, after her pinafore set alight as she danced around a campfire.

I sat in shock for a few moments before gingerly picking my way across the abandoned pieces of junk and out of the gloom of the attic. I carefully climbed down the narrow wooden steps and descended towards the daylight. I didn't look back...

The Panacea Pill by Rose Year 8

The strong smell of antiseptic hit Amy as she opened the doors of The Dispensary. Blinding white lights hit her eyes from every angle as she joined the growing queue of people behind the counter. She heard the sound of the motto further up the line as people waited patiently, 'To feel is to suffer- you shall suffer no more'. Reaching the front of the line, a Dispenser, dressed in a knee-length white coat, gave her a small, ominous looking black pill-as small as a seed. Grasping her pill, she left the building with her other fellow wardmates. Her friend, Lucy, whispered quietly in her ear, 'I'm not going to take my pill today.'



Shock covered Amy's face 'What do you mean? Why on Earth would you do that- to feel is to suffer, remember? Think of all the wars and fighting in the world before The Pill was made. Think of what the Dispenser would do if we were caught!

Hastily Lucy replied, 'I don't believe in the pill. It doesn't make sense. My grandma said that many years ago- before 'The Panacea Pill'- not all the feelings experienced were bad, The Dispensers just want you to feel scared of them but really there are the ones who are scared. Well that was before Grandma was sent to have Treatment...'

Later that night, Amy pondered over what her friend had said. Re-belling against the system was not taken lightly. She had always taken the pill. They had all heard the stories of the past- people letting their emotions take the better of them. Suffering. Pain. In a quick, in the moment, decision, Amy swiftly tucked the miniscule pill under her pillow.

The weeks that past contained great excitement for the two girls who had always been contained to the strict rules society. Amy returned one day to her ward from her hour of recreation, a grin across her face. The sounds of screams in the distance erased all signs of the happiness on Amy's face. One look at the tall pile of black pills, lying innocently on Lucy's beige bed was enough to explain it all. Lucy had been discovered. *Had she been discovered too?* Amy thought to herself, pushing down the feelings of fear growing in her. The small room was filled with Dispensers giving the usual lecture in their robotic tone. 'Lucy has been taken to have Treatment. Hopefully that should teach her that we have rules to be obeyed. Everyone must and will follow the rules. We have them to keep you safe and remember- to feel is to suffer, so suffer no more.'

Amy only just managed to hold back tears and the growing feeling of emptiness inside of her as she waited impatiently for the Dispenser to leave. Dark thoughts rapidly filled Amy's head. No one ever comes back from Treatment. The Dispensers are right- to feel is to suffer. So she shall suffer no more.

TAKEAWAY FOOD FROM OUR KITCHEN

Our kitchen is fully operational providing hot and cold feed for the pupils to take away.

Menus for this week are shown below



Monday 15th March

TARIFF

Hot Grab n Go

Chicken Wraps
Cauliflower & Bean Bake

Deli Items

BLT
Cheese & Cucumber

Cold Desserts

Chocolate Muffins

caterlink

Tues 16th March

TARIFF

Hot Grab n Go

Roast Pork, Roasties, Gravy
Veggie Pasta Bake

Deli Items

Ham & Cheese
Cheese Salad

Cold Desserts

Fruity Flapjacks

caterlink

Weds 17th March

TARIFF

Hot Grab n Go

Spaghetti Bolognese
Veggie Bolognese

Deli Items

All Day Breakfast
Cheese & Tomato

Cold Desserts

Fruit Salad

caterlink

Thurs 18th March

TARIFF

Hot Grab n Go

Chicken/Sweetcorn
Pie, New Potatoes.
Veggie Curry & Rice

Deli Items

Ham Salad
Egg Mayonnaise

Cold Desserts

Ice Cream Pot

caterlink

Friday 19th March

TARIFF

Hot Grab n Go

Fish, Chips & Beans
Veggie Quiche

Deli Items

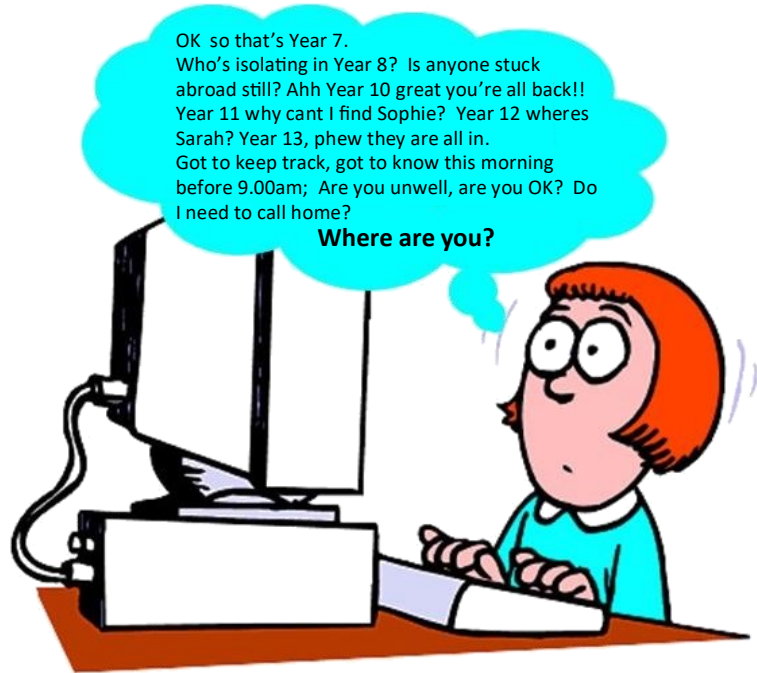
Cheese Salad
Tuna & Sweetcorn

Cold Desserts

Shortbread Biscuits

caterlink

Dealing with Absence – a plea for your help!



As a school we rely on the cooperation of parents to support their daughter's safety. If you don't call us, we must call you and **at the moment we are sometimes having to make a high number of calls, day after day, just to locate children.**

If notification of absence isn't received, the school office is required to contact the parents to ascertain the reasons. Please can parents and carers help us whenever your daughter is absent from school by **contacting the school by 9am.**

If you daughter is self isolating and you have informed us including the expected date of return, then you do not need to notify us repeatedly each day.

You can report your daughter absent by emailing or telephoning:

absent@sacredh.lbhf.sch.uk

or admin@sacredh.lbhf.sch.uk

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. Where possible make medical/dental appointments out of school hours.



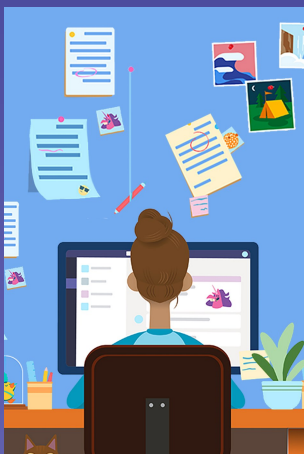
Continuing Provision of Remote Education

For any pupils still having to self isolate, the school will continue to provide remote education. Resources can all be found on google Classrooms.

There is **no pressure from us** for your child to be using BBC Bitesize resources but they may be helpful and we provide the link for secondary school pupils below.

<https://www.bbc.co.uk/bitesize/secondary>

<https://www.bbc.co.uk/bitesize/primary>





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
- If you have symptoms or if you have no symptoms but you tested positive in a lateral flow test **conducted at home**, you must also [Book a PCR test](#). In either case, if the PCR test is negative you can stop self isolating.

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 & Informing the School

Tests can be booked online through the NHS [testing and tracing for coronavirus website](#), or ordered **by telephone via NHS 119**. 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 which can last for several weeks after 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. Its 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 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.



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

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

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
7 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
8 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
9 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
10 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
11 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
12 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
13 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

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 Bavna Sharma
bsharma@sacredh.lbhf.sch.uk

Attached Tutors for KS3
Ms A Bebkowski
abebkowsk1@sacredh.lnhf.sch.uk

Mr M Bohr
mbohr@sacredh.lbhf.sch.uk

Ms Z Ketley
zketley@sacredh.lbhf.sch.uk

	YEAR 7 TEAM LEADER Ms Naomi Nye nnye@sacredh.lbhf.sch.uk	
7H	Ms M Serradilla mserradilla@sacredh.lbhf.sch.uk	E1
7E	Mr A Leach alach@sacredh.lbhf.sch.uk	E2
7A	Mr B Hanley bhanley@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
7S	Ms J Phillips jphillips@sacredh.lbhf.sch.uk	E7
7J	Mrs G Peebles/Ms S Kato gpeebles@sacredh.lbhf.sch.uk skato@sacredh.lbhf.sch.uk	E6

	YEAR 8 TEAM LEADER Ms Sarah Westley swestley@sacredh.lbhf.sch.uk	
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	Mr S Middlehurst smiddlehurst@sacredh.lbhf.sch.uk	F10
8T	Ms A Hill ahill@sacredh.lbhf.sch.uk	F11
8S	Mr C Murphy cmurphy@sacredh.lbhf.sch.uk	F6

	YEAR 9 TEAM LEADER Ms Madailein Curtis mcurtis@sacredh.lbhf.sch.uk	
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
9S	Mr A Lea alea@sacredh.lbhf.sch.uk	S7

UPPER SCHOOL

Assistant Headteacher
Ms Eleisha Maton
ematon@sacredh.lbhf.sch.uk

Pastoral Support Manager
Ms Christiana Davis
cdavis@sacredh.lbhf.sch.uk

Attached Tutors for KS4

Mrs Theresa Goatcher
tgoatcher@sacredh.lbhf.sch.uk

Mr Charles McKeith
cmckeith@sacredh.lbhf.sch.uk

Ms Z Ketley
zketley@sacredh.lbhf.sch.uk

	YEAR 8 TEAM LEADER: Ms Beth Dancer bdancer@sacredh.lbhf.sch.uk	
10H	Miss H Boggon hboggon@sacredh.lbhf.sch.uk	R5
10E	Ms R Key / Ms R Linden rkey@sacredh.lbhf.sch.uk rlinden@sacredh.lbhf.sch.uk	R6
10A	Ms A Petricia apetricia@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
10S	Ms V Birkett ybirkett@sacredh.lbhf.sch.uk	R11

	YEAR 11 TEAM LEADER: Ms Grace Jenkins gjenkins@sacredh.lbhf.sch.uk	
11H	Mr A Fry afry@sacredh.lbhf.sch.uk	C6
11E	Miss E Heales/Ms C McGugan eheales@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 rroy@sacredh.lbhf.sch.uk	R8
11T	Ms S Stingelin sstingelin@sacredh.lbhf.sch.uk	C10
11S	Ms C Fraser cfraser@sacredh.lbhf.sch.uk	C13

SIXTH FORM

Assistant Headteacher
Mr Philip Hambleton & Ms Jacky Greenwood
phambleton@sacredh.lbhf.sch.uk
jgreenwood@sacredh.lbhf.sch.uk

Attached Tutor for KS5
Mr Tony Manning
tmanning@sacredh.lbhf.sch.uk

	YEAR 12 TEAM LEADER Ms Cathy McCarthy cmcarthy@sacredh.lbhf.sch.uk	
12H	Miss H Feenstra hfeenstra@sacredh.lbhf.sch.uk	W4
12E	Ms A Porter/ Mrs A Marshall aporter@sacredh.lbhf.sch.uk amarshall@sacredh.lbhf.sch.uk	W5
12A	Ms R Cunningham rcunningham@sacredh.lbhf.sch.uk	W6
12R	Ms E Nikaj / Ms E Blanke enikaj@sacredh.lbhf.sch.uk eblanke@sacredh.lbhf.sch.uk	W7/W8

	YEAR 13 TEAM LEADER Ms Cathy McCarthy cmcarthy@sacredh.lbhf.sch.uk	
13H	Mr A Trevelyan atrevelyan@sacredh.lbhf.sch.uk	S1
13E	Miss R Filipiak rfiliapiak@sacredh.lbhf.sch.uk	S2
13A	Mr G Scott gscott@sacredh.lbhf.sch.uk	M6
13R	Ms A Bebkowski abebkowsk1@sacredh.lnhf.sch.uk	M5