



All Saints Catholic College Weekly News

Love • Serve • Learn

Judged OUTSTANDING - Full Diocesan Inspection, 2018 "This school continues to be good." Ofsted 2017

3rd April 2020

Dear Parents/Carers

As we approach the most important period within the Christian calendar, we find ourselves in a world that we scarcely recognise.

It will be an Easter like no other that we have ever experienced.

However, perhaps, it will afford us the time to reflect on our blessings and bring us the strength to hope and believe in the future.

The story of Holy Week is one ultimately of joy and salvation. Easter Sunday marks the resurrection of Jesus. It is the triumph of hope over despair.

I sincerely wish you all a joyful and safe Easter.

With best wishes, *K Colligan*



Please note:

College is closed on Good Friday and Easter Monday.

During the planned Easter holidays, students who are children of key workers will still be able to attend College through prior arrangement.

HOLY WEEK AND EASTER

The week leading up to Easter is known as Holy Week.

It is the most solemn period in the Church's year.

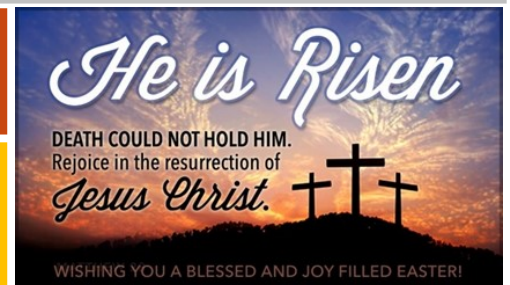
Palm Sunday recalls seeing Jesus coming into Jerusalem with the crowds waving palms as a greeting.

Holy Thursday recalls Jesus' last supper with his disciples. Jesus shows us that to be a follower we must serve others just as he washed the feet of the disciples.

Good Friday commemorates Jesus' suffering and death on the cross.

Holy Saturday commemorates Jesus' lying in the tomb; it is a day of waiting.

Easter Sunday celebrates Jesus' glorious resurrection and triumph over death and evil.



Let us pray:

Jesus, you know what it's like to feel abandoned lost and afraid.

Walk with us
And show us how to walk with others, who live in fear, who face death.

Show us how to pray for those we do not know and will not meet, but who are always loved by you.

Walk with us Jesus,

Amen.



#staysafe

Live Catholic Mass online

Despite the fact that we can't gather for Mass in our churches, many priests and bishops are broadcasting their Masses live online.

Visit www.aschc.com Catholic Life tab for links and more information.



RE - KS3

In addition to the compulsory project work, lots of other creative activities have been added to Moodle. Take a look at Spirited Arts, an international competition that calls upon students throughout the world to show off their creative talents. Full details are on Moodle together with a short presentation. Parents may wish to access via this link:-

<https://www.natre.org.uk/about-natre/projects/spirited-arts/spirited-arts-2020/>

We know that we have some super creative students at All Saints and we in the RE department are really excited to see/hear your ideas!

The closing date is not until July so there is plenty of time to enter.

We have also uploaded some Easter work, including the storyboard activity which is normally completed in class with prizes awarded to the best. Those of you who have RE with Mrs Horsfield will have seen last year's work on the walls in F26; she is hoping to be able to add more to the collection!

Happy Easter KS3, we hope that you are enjoying the tasks you have been set.

Mother Julian of Norwich

Mother Julian of Norwich (1382- 1416) was a medieval mystic whose profound visions and faith in God led her to spend much of her life as an Anchorite living in a cell adjacent to St Julian's Church in Norwich. She was the first woman to have a book published in English; and quotes from the celebrated *Revelations of Divine Love* are referred to in the Catechism as a way of how God can draw a greater good to overcome evil.

Her most famous quote is particularly welcome as a source of strength at this time: -

"All shall be well, and all shall be well, and all manner of thing shall be well"

KS4 students may be interested to find out more, especially those interested in studying RE at A level. Feel free to contact Mrs Horsfield who can recommend further reading.

A special shout out to all students: -

We hope that you are all keeping safe and well. We look forward to us all being back together again soon.

God Bless and have a lovely Easter!

RE - KS4

Oodles on Moodle!

In the Religious Education section of Moodle there are resources for the whole of the GCSE RS course.

Year 9 should focus on consolidating their knowledge of Judaism, both Beliefs and Practices, by completing the booklets appropriate to this section. These cover every aspect of the course at GCSE in this component. Once Judaism has been completed, please move on to additional tasks to boost your subject knowledge.

Year 10 should be completing the booklets for Origins and Meaning, and Good and Evil (Component 1). Consolidation work for the Judaism section is essential also (Component 3). Work booklets for each of these sections can be found in the relevant areas on Moodle. Completion of additional tasks to boost subject knowledge is also very useful consolidation of work already completed.

Further work is being uploaded regularly, and there will be an update after the Easter break.

Science

A group of Year 11 students managed to complete 2 out of 3 science revision sessions at Greenhead College before the social distancing measures took hold. For these 2 sessions we took a minibus full of our students to work with Greenhead's Year 12 and 13 science students on a 1:1 basis. The atmosphere for learning was fantastic and the feedback from both sets of students means we will definitely be undertaking this again, once school returns to normal.

For British Science Week, Mr Shaw took science displays and investigations to some of our link primary schools and our KS3 students engaged in a range of hands on activities based around the theme of 'Our diverse planet'. Unfortunately, our Year 10 trip to the Big Bang Science festival at Birmingham's NEC was another casualty of the social distancing measures.

Finally, during this school closure time there are still plenty of science activities that can be done. Please take a look at the science School Closure Work files on our Moodle pages for a range of learning activities to complete.

Design and Technology

KS3 students should visit the DT section of Moodle where they will find a very topical creative project about growing your own food, recycling and looking after resources.

There are so many interesting activities on Moodle now, we recommend you give them all a try.

You will also find forums for every subject and year group to give you support. We would love to see photos of the DT work you have done posted on our forum!

Maths - Use of on-line systems

As mentioned last week, lots of students are actively using the recommended on-line learning systems.

75% of Year 7s and 81% of Year 8s have completed some activities on SAM Learning.

This system has lots of independent activities for all year groups including Year 11s as it has college based activities as well as primary and secondary activities.

The username and passwords for this system are based on students date of birth and initials (DDMMYYII), for example, if the students date of birth was 23rd of March 2003 and name was Fred Bloggs both user name and password would be 230303fb.

If you have any queries on this please contact Mr Cassidy.

Please see right for more information regarding students' online learning usage for maths.

Student Emails

Could all students please check their aschc email accounts and ensure that emails which are no longer needed are deleted. Some mailboxes are full, and this will free up space to allow emails to continue to reach you during the school closure.



MFL

Enable your children to use their time at home in a meaningful way by accessing 3 free months of language learning with Rosetta Stone.

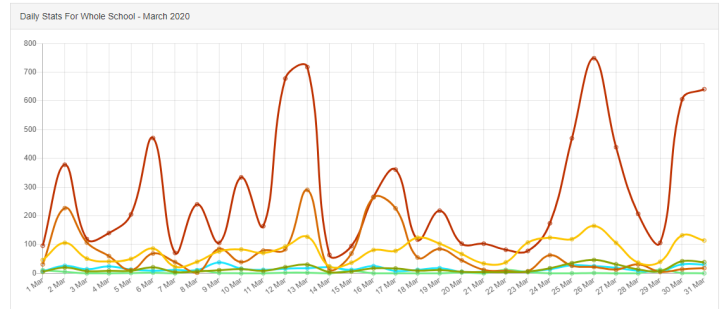
<https://www.rosettastone.co.uk/lp/freeforkids/>

You may not be able to leave the house, but your children can continue to expand their horizons by learning a new language, or by practising the one they are currently learning in school.

We encourage students to use various maths learning tools to complete homework/remote learning.

Activity by students on MathsWatch during March can be seen in the graph below:

vle.mathswatch.co.uk



Well done to the top 10 students below for answering the most questions during this month:

Initials	Year
AH	9
JS	10
JW	9
SH	9
JK	9
MC	9
ZS	9
DP	9
LB	9
OL	9

On MyMaths the top performing classes last week were:

www.mymaths.co.uk

Class	Activities
7c4	270
7h1	144
8c1	270
8c3	133
8c2	133

SAM Learning is also being used by students as a remote learning tool. The top 10 classes can be seen below:

www.samlearning.co.uk

Position	Registration Group	Points in all subjects
1	8A	241022
2	8F	214155
3	8S	205768
4	8R	185781
5	9K	171282
6	8N	167918
7	9C	150065
8	7R	134353
9	7I	127421
10	8C	126666



Music

Musica Kirklees:

For those students who have instrumental or singing lessons, please make sure you continue to practise and improve whilst you are at home. To help you with this, Musica Kirklees have put resources on their website and have started to upload tutorial videos to support you. This is also a good time for anyone that has an instrument at home to start to learn how to play it. We would always recommend having lessons, but for now online tutorials are a good way to start. If you don't have an instrument at home, you could try singing, as all forms of music are good for your mental wellbeing.

Enjoy making music!

Musica Kirklees website - <https://www.musicakirklees.org/resources-for-pupils>

Focus on Sound app:

Work for music students has been set on 'Music First - Focus on Sound'. There is a link to this on Moodle. However, we know that not everyone has access to a computer, or is having to share a computer with others in their family so can't always use it. If this is the case, and you have a smartphone, you can download a free 'Focus on Sound' app for your phone, and work from your phone instead. To log into the app select your region (UK) and your school ID, which is aschc. You will then need to enter your school username and your 6 digit 'Focus on Sound' password. If you then click the arrow in the top right corner and select 'my class' you will find the work that has been set.

Preparing for Y12

Huddersfield New College have added some information to their website to help applicants prepare for A level study. Visit their website at:

<https://www.huddnewcoll.ac.uk/student-life/preparing-for-a-levels>

Head Start to A-Levels

"CGP Head Start to A-Levels books are available for free download through Amazon for a limited time. Any student planning to study Maths, Physics, Biology or Chemistry will find these useful".

Any Y11 students planning to do A-level Maths, Chemistry, Physics or Biology: these CGP "Head Start to A-level" books are free to download now (you don't need a kindle, just a smartphone). It might be too early to start - or maybe the perfect time - but they might not be free for long so why not grab them while you can!

New Head Start to A-Level Maths (CGP A-Level Maths 2017-2018)

https://www.amazon.co.uk/.../ref=cm_sw_r_cp_api_i_BqoGEbTH72J...

New Head Start to A-level Chemistry (CGP A-Level Chemistry)

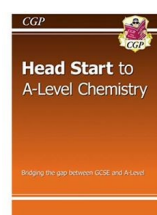
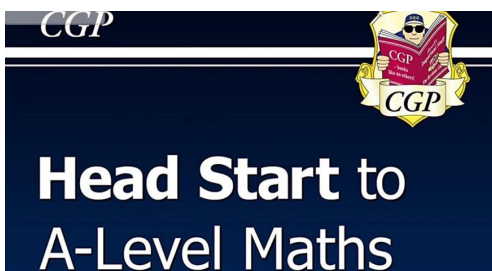
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New Head Start to A-level Biology (CGP A-Level Biology)

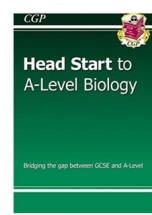
https://www.amazon.co.uk/.../ref=cm_sw_r_cp_api_i_YsoGEbF4RNK...

New Head Start to A-level Physics (CGP A-Level Physics)

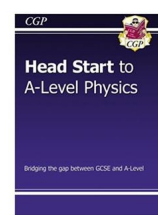
https://www.amazon.co.uk/.../ref=cm_sw_r_cp_api_i_JtoGEbV8E4H...



New Head Start to A-level Chemistry (CGP A-Level Chemistry)
★★★★☆ 55
£0.00



New Head Start to A-level Biology (CGP A-Level Biology)
★★★★★ 67
£0.00



New Head Start to A-Physics (CGP A-Level Physics)
★★★★★ 44
£0.00



A message from our Head Boy

Hi All,

I know some of you will be sat there thinking that this is amazing, time off school just sitting at home. I also know that some of you will be very upset by the fact that you can't sit your GCSEs and get the credit you deserve from results you would have achieved in the real exams.

However, regardless of which side of the fence you are standing, it is important now to focus on the present and the future, and not dwell on what cannot be changed. This is a serious time and I hope that you and your families are all keeping safe and staying in your houses as much as possible, but it is vital that you are all getting exercise too, whether this is going for a run (as many of you know that's what I'll be doing), going for a walk, or even if it is just going into your garden to get some sun.

Many of us now would be revising, revising and revising to achieve the best grades possible but there is no longer a need for that. Instead, I recommend you 'revise' something else, for example learn a new skill, or practise and get better at skills, much like what revising is, to give you something to do and to overcome the boredom you are facing.

These past weeks have been very sad as I'm sure many, if not all, of you share this feeling with me, as we did not get to have a proper last day, to get our shirts signed, to get photos with friends and teachers, and to get memories we would have cherished and remembered for the rest of our lives. It is also sad that we will most likely not get to have a prom, but I'm sure our teachers did say we will be able to arrange something.

I'd finally like to say that the last 5 years I have spent at All Saints with all of you were absolutely amazing.

Thank you to the teachers and students that made my high school experience what it was, and I hope that you all go on to have happy, successful and good lives.

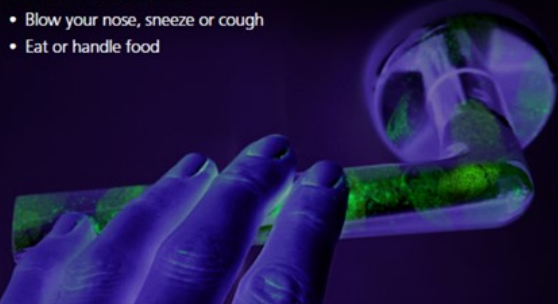
It's been a pleasure being Head Boy and knowing you all.

Thanks, *James Johnson*

Wash your hands more often for 20 seconds

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food



GCSE Exams 2020 - update

Please visit www.aschc.com - Parents/Coronavirus for the latest guidance from the Department for Education and Ofqual, following the cancellation of the summer 2020 exams.

Student Timetable

A timetable is available to all KS3 and KS4 students on Moodle, including for Year 11. This timetable is completely optional and an offer to help students structure their time and direct their own learning.

Please let us not forget that young people will also need time to keep in touch with their friends, via video conferencing and social platforms, and that home learning is also an opportunity to spend time doing arts and crafts, cooking and learning life-skills with parents.

This is a good opportunity to encourage self-learning.

It is amazing what young people can do without help and heavy input. If they have an interest in something, they quickly and naturally become independent learners.

If you have any queries regarding your child's studies during this time, please contact office@aschc.com

Careers advice

A letter regarding careers advice for all year groups can be found under Parents/Coronavirus on our website: www.aschc.com



STEM Career Experiences - The Live and Online Series this Spring

For more information visit <https://investin.org/> or

https://mailchi.mp/fb472e7c3af0/stem-995501?utm_source=InvestIN+Education+-+Schools+MASTER&utm_campaign=7d617b6b20-bankersschoolmar_COPY_01&utm_medium=email&utm_term=0_ea2e31bba1-7d617b6b20-136083421&mc_cid=7d617b6b20&mc_eid=b77d201c78

Investment Banking. Medicine. Engineering. Psychology. Computer Science. Architecture.



InvestIN is delighted to offer six STEM-related career experience programmes LIVE & ONLINE this spring for students aged 15-18.

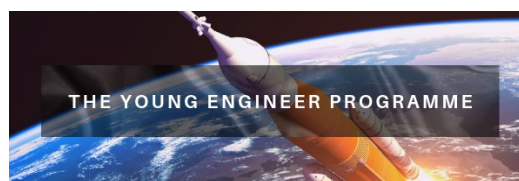
Our 'Live & Online' programmes give students the opportunity to gain crucial work experience from the comfort of their own homes. They are delivered by top professionals who will immerse students in simulations of their real-life work PLUS be on-hand throughout to answer their questions live.

To view the full list of our STEM-related programmes, see a detailed timetable, and to register, please visit our website.

Highlights & Dates For STEM-Related Programmes



18th April



19th April



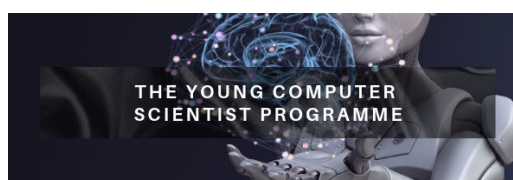
25th April



26th April



9th May



17th May

Virtual Support Meeting Sessions

Kooth are offering parents of children aged 10-19 in Kirklees, virtual support meeting sessions.



Thriving
Kirklees

1. Monday 30th March 2020 - 3:00pm - 4:00pm
2. Monday 6th April 2020 - 3:00pm - 4:00pm
3. Monday 20th April 2020 - 3:00pm - 4:00pm
4. Monday 27th April 2020 - 3:00pm - 4:00pm

Visit www.aschc.com - Parents / Helpful Wider Community Resources for more details

#OnlineSafetyAtHome with new home activity packs to share with parents and carers.

Think You Know - Support Tools for Parents:

<https://www.thinkuknow.co.uk/parents/Listing/?q=>

Mental Health Support

Visit the Helpful Wider Community Resources area of our website for agency contact information.

Life Skills

Go to the Life Skills section of Moodle for daily mental health challenges, project work, advice about wellbeing and mindfulness, and lots of other activities too. <https://moodle.aschc.com/course/view.php?id=15>

Free Home Learning Hub

Twinkl are offering parents one free month's access to home learning packs for KS3 and KS4.

Each day you will find a new set of daily activities to get involved with. Qualified Twinkl teachers will provide book readings, live lessons, positive news updates and more.

<https://www.twinkl.co.uk/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-schools>

Offer code for parents:
CVDTWINKLHELPS

Free Online Books

Accelerated Reader/myON are offering over 6000 free books to read online for every student.

To access the books go to the website below, no login is required.

<https://readon.myon.co.uk/>

Free Audible Books

Audible offers free content for all ages including books for teens for as long as schools are closed. All stories are free to stream on your desktop, laptop, phone or tablet. Listen to books you would not usually try to read such as Bronte, Austin and Dickens.

Visit stories.audible.com

Choose a title and start listening!

Transport

First Bus have informed us that their C78 service is temporarily suspended due to lack of passengers.

Other school bus providers are monitoring their services on a week by week basis and updating us accordingly.

Free Audio Books

Audio books are available to download for free from the World Book Day website.

Visit: www.worldbookday.com/world-of-stories/

You will also find worksheets available to complete, in the resources area of the website.

Kirklees Libraries

Kirklees libraries are passionate in ensuring that they stay connected with their customers and continue to offer a wealth of online reading material and learning resources whilst you are at home.

Over the last few weeks they have been working hard to collect fantastic online resources to share with families and schools, and have updated the Kirklees Libraries Resources website:

<http://www.kirkleeslibraries.co.uk/>

They have also been busy adding new titles to their e-books catalogue and now have over 20,000 titles which you can investigate at this link:

<https://kirklees.overdrive.com/>

You can join the library and get a PIN number to access online services by calling 01484 414868.



Working from home can be challenging but there are some things you can put in place to make it more manageable...

One way to manage your time when working from home:

The Pomodoro technique: This is a tool that has been used for many years now; in fact, you can think of your daily tasks as a series of 'Poms'! You need a timer; there are lots of free Pomodoro timer apps - but the timer on your cooker, or your phone is just as good.

Decide which task you are going to work on - set the timer for 25 minutes - and focus purely on that task. No social media scrolling, no checking emails... Just focus on completing that task. Once the 25 minutes are up take a 5 minute break. Stand up, move around, make a cuppa, fold the washing - anything that takes you away from your screen. Then repeat, and repeat, and repeat - and then take a longer break.

Working with children around?

Let them know that they will never need to wait more than 25 minutes for your attention. Tell them that once the timer goes off, you will dedicate some time to them.

Structure the times of your 'work poms' and 'break poms' to suit their ages.

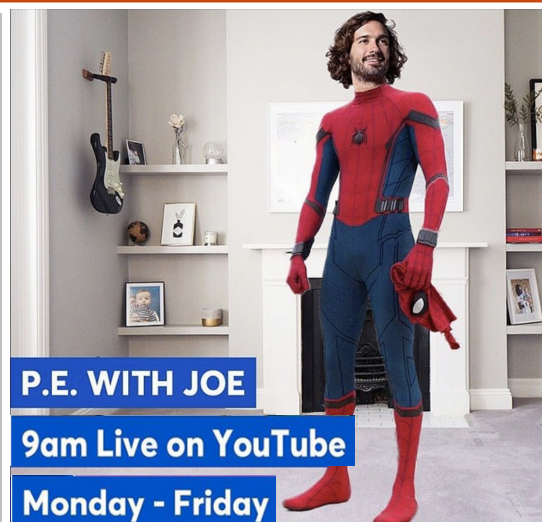
Yorkshire Sport Foundation - How to get active at home

Yorkshire Sport Foundation are offering information about staying active at home. The link below is also packed with lots of other physical and mental health and wellbeing resources.

<https://www.yorkshiresport.org/get-active/active-at-home/>

Two-minute videos will be posted every Monday, Wednesday and Friday that will show parents and teachers free, fun and easy to follow PE activities for the whole family to enjoy together.

#StayInWorkOut



Pennine Sports Partnership

The PSP are running a challenge! The video clips are a bit too big to email out - so will be posted on the ABC Hub Facebook Page which you can find at this link:

<https://www.facebook.com/Ashbrow-and-Birkby-ABC-Community-Hub-725830264423607/>

The first one is a skills/trick shot challenge (as demonstrated by Seth in the video). PSP would like people to email in their entry to: challengepsp@outlook.com

You would need to include the following:

- *Initials of child
- *School
- *Year group
- *Permission to show entry on social media YES or NO

All information and videos will be deleted after the winning entry has been selected. The winner will be able to choose from a range of activities for their school when we all return. It will be a full day of sporting activities of their choice. We will have a winner for KS1, KS2 and KS3/4. Everyone who submits an entry will receive a certificate via email for taking part.

Mindfulness

As some of you will know the school have a number of teachers who took part in the Mindfulness in Schools Project.

At this difficult time completing some of the activities/practices with your children on a regular basis may be useful.

The following website has more information on the project overall <https://mindfulnessinschools.org/>



As we have a number of teachers who have been involved in the project, All Saints students and their families can also access www.dotbe.org - password Fofboc.

If you need additional information regarding this, please contact office@aschc.com marking your email for the attention of Mr Cassidy, Ms Fletcher, Mrs Waind, Mrs Lee or Mrs Pickles.

As a school community we recognise the challenges that students and families face during this current time, and our thoughts and prayers are with you. Throughout this period we want to continue to support you. If you have any general concerns, school can be contacted through the normal channels. If you have concerns about your child, please feel free to contact school at safeguarding@aschc.com. If we can help we will support you, or we will signpost you to other agencies in the community.

Please ensure you read the latest guidance on how to stay safe at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

The latest guidance dated 25th March 2020 says:

Do	
✓	wash your hands with soap and water often – do this for at least 20 seconds
✓	use hand sanitiser gel if soap and water are not available
✓	wash your hands as soon as you get back home
✓	cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
✓	put used tissues in the bin immediately and wash your hands afterwards
Don't	
✗	do not touch your eyes, nose or mouth if your hands are not clean

Looking after your health and wellbeing

To help yourself stay well while you're at home:

- stay in touch with family and friends over the phone or on social media
- try to keep yourself busy – you could try activities like cooking, reading, online learning and watching films
- do light exercise at home, or outside once a day

Wellbeing

Following the official guidance is really important to keep yourselves and your family well.

If you are finding your child needs support around their mental health, the app [CombinedMinds](#) aimed at parents supporting young people with mental health difficulties, is available. Made by the same charity who produced the apps [CalmHarm](#) and [ClearFear](#), the information provided is all evidence based.

The website <https://stem4.org.uk> is also good for supporting young people and parents /carers around mental health, and also has information about Covid-19.

Community Response

How to request support, or offer support

Anyone can contact us to advise about areas they need help with, or about someone who they are concerned about that might need help. Individuals, organisations and businesses can also tell us about the support they may be able to offer to others.

- Online forms: Covid-19 Community Response
- Community Response helpline: 01484 226919

The helpline is managed by Kirklees Direct, and is currently open from 8am to 6pm weekdays.



Emotional Wellbeing

During this time, many of us may be experiencing a range of emotions. To support young people with this, Young Minds have released this information:

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

As adults, it is also important for us to take care of ourselves. These websites may be useful to you:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://www.nhs.uk/oneyou/every-mind-matters>

You may also find information on the following website particularly helpful. The Young Minds A-Z covers a wide range of areas including anxiety, anger, gender identity, divorce, self-esteem and much more. It is available on our website or via the direct link below:

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/>

Please note there is also a Parent Contact section, which includes a telephone number as well as a contact form: <https://youngminds.org.uk/contact-us/>

Support for local groups

Local groups are looking to support families and individuals at this time. If you'd like to help a local organisation through this difficult time, you can sign up to be a volunteer.

Visit <https://volunteeringkirklees.org.uk/>

Call 01484 519053

Email volunteer@tslkirklees.org.uk

Adult wellbeing:

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Coronavirus, how to protect your mental health:

https://www.bbc.co.uk/news/health-51873799?fbclid=IwAR1MZL-PMjPq3i5MMCHX_lB0l-vFuiX8Cx_3xPFTLD-bSgtooOo1-0axz-l

Coronavirus information

Information sheet for younger children:

<http://www.millfields.hackney.sch.uk/uploads/2019/Corona%20Virus%20Info%20for%20Young%20Children.pdf.pdf>

Elsa Support Corona stories for younger children:

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Story-about-Coronavirus.pdf>

Helping children understand coronavirus:

<https://hes-extraordinary.com/teach-kids-about-coronavirus?fbclid=IwAR0wBrFK1CFGVR1wDann0pfXC8k6Df5qzGXeY4zU9qR4RzFA1XiD74KjSxw>

https://positivepsychology.com/the-crisis-kit/?utm_campaign=enormail&utm_source=enormail&utm_medium=email&utm_content='The%20Crisis%20Kit'’

https://positivepsychology.com/the-crisis-kit/?utm_campaign=enormail&utm_source=enormail&utm_medium=email&utm_content='The%20Crisis%20Kit'’

Worried you have symptoms of coronavirus?

Visit <https://www.nhs.uk/conditions/coronavirus-covid-19/> for advice.



Coronavirus Latest News

We hope you find the following links helpful.

Coronavirus Latest Kirklees Together News

<https://kirkleestogether.co.uk/2020/04/01/coronavirus-latest-kirklees0news/>

Coronavirus Kirklees Advice for Business and Self Employed

<https://www.kirklees.gov.uk/beta/health-and-well-being/coronavirus-businesses-and-self-employed.aspx>

Coronavirus Kirklees Community Response Request and Offer Support

<https://www.kirklees.gov.uk/beta/advice-support-and-sharing/covid-19-community-response.aspx>

Coronavirus Kirklees

<https://www.kirklees.gov.uk/beta/health-and-well-being/coronavirus.aspx>



GOV.UK

Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus (COVID-19) outbreak - GOV.UK

www.gov.uk

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

Explaining Coronavirus to children:

The Children's Commissioner has published a children's guide to coronavirus to help explain the situation which aims to answer questions and tell children how to stay safe and protect other people and how to help them make the best of their times at home. The guide can be found under the Parent/Coronavirus tab on our website www.aschc.com



Worried about a persistent cough?

Visit <https://www.nhs.uk/conditions/coronavirus-covid-19/> for advice.



Safeguarding

As we enter our second week of working from home, we appreciate the job you will be doing as parents to support your child(ren) to access their learning and get into a new routine. We are happy to support you with this, and if you have any concerns about your child and their wellbeing please do not hesitate to get in touch with us at safeguarding@aschc.com. A member of the safeguarding team will be in touch to support you or signpost you to other agencies who can help.

Helping children and young people cope with stress

The government guidance above suggests the following approach:

- Listen and acknowledge
- Provide clear information
- Be aware of your reactions
- Connect regularly
- Create a new routine
- Limit exposure to media and talk about what they have seen and heard

Help websites for a young person or your child:

Shout provides free, confidential support, 24/7 via text for anyone at crisis anytime, anywhere.

You can:

visit <https://www.crisistextline.uk/>

text **SHOUT** to **85258** in the UK to text with a Crisis Volunteer who is trained and will provide active listening and collaborative problem-solving

ChildLine provides a confidential telephone counselling service for any child with a problem. It comforts, advises and protects.

You can:

visit <https://www.childline.org.uk/>

call **0800 1111** any time for free

have an online chat with a counsellor at <https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>
check out the message boards



You can:

visit <https://www.themix.org.uk/>

The Mix provides a free confidential telephone helpline and online service that aims to find young people the best help, whatever the problem.

call **0808 808 4994** for free - lines are open from 11am to 11pm every day

access the online community at <https://community.themix.org.uk/>

email The Mix at <http://www.themix.org.uk/get-support/speak-to-our-team/email-us>

Screen time

During this period students will be using devices and accessing screen time more than their usual. They may also be using apps that you have not seen or heard of before, here is some information about what to consider and some safety tips for some of the apps they may access.

What parents need to consider

CONDUCT


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 and remember their manners. Position your computer or webcam in an open environment where you can monitor their activity, preferably not in a bedroom. Try to keep the background neutral with good quality lighting and sound.

COMMUNICATION

If your child is part of an online lesson, they may need support in setting up the relevant software and communication platforms in order to take part. Your school will usually provide the relevant details on how to do this however it's worth ensuring that you have some awareness of the privacy and security settings so that you know that all communication is secure. It's important to raise any concerns that you have with the school if you are unable to accommodate an online lesson for any reason.

CONTENT

Try to take an interest in your child's live lesson if you can and stay close so that you can aid them if necessary. Try to find out who is hosting the lesson, what the lesson is about and what tasks they will be set. If they are required to conduct internet searches, ensure parental controls are in place. If you're using Zoom, make sure that screen sharing is only shared with the host. This will avoid 'Zoombombing' whereby uninvited guests use the screen-sharing feature to broadcast porn or other inappropriate content.



Some commonly used platforms

zoom

Zoom is one of the most popular video conferencing apps at the moment. Schools using Zoom can monitor attendee's activity while screen-sharing, track real-time activity, record live lessons and recall video, audio, transcript and chat files. Admins can also see the IP address and admin information of all attendees.

⚠ Safety Tips ⚠

- ✔ Change privacy controls so that screen sharing is limited to the host only.
- ✔ Turn file transfers off to reduce any risk of hacking or installing a virus/malware.
- ✔ Create a strong password for your account incorporating letters, numbers and symbols.
- ✔ Keep the software as up to date as possible with the latest security patches.

Google Hangouts

Google Hangouts allows communication through video, audio or messaging, although isn't end-to-end encrypted. During the COVID-19 outbreak, Google has been making the advanced features in Hangouts Meet available to all schools around the globe using G Suite for Education.

⚠ Safety Tips ⚠

- ✔ Ensure that any call made via the app is private or by invite only.
- ✔ Customise who you can receive invites from through the privacy settings to block unwanted contact.
- ✔ Keep all anti-virus software up-to-date and instate a firewall.
- ✔ Always sign out after use to prevent anyone else from accessing your account.

skype

Microsoft owned Skype is a well-known communication tool that specialises in providing video chat and voice calls. It is one of the biggest apps in the world, providing end-to-end encryption between Skype users, as well as facilitating screen sharing and the ability to record calls.

⚠ Safety Tips ⚠

- ✔ Ensure you have the latest anti-virus software installed on your computer and set up a personal firewall.
- ✔ Keep profiles hidden and don't share any unnecessary personal information on your profile.
- ✔ Don't download anything from profiles you don't know and block any suspicious contacts.
- ✔ Always adjust privacy settings, including only allowing children to communicate with approved contacts.

Microsoft Teams

Microsoft Teams describes itself as a 'group chat software and collaboration tool'. Its provides the ability to chat, meet, call and collaborate from anywhere and is popular given it's ability to seamlessly integrate with other Microsoft applications like Word and Excel.

⚠ Safety Tips ⚠

- ✔ Turn off guest access so only school issued email addresses communicate.
- ✔ If linked to an Office 365, enable Advanced Threat Protection (ATP) to help prevent against threats via emails, links, and attachments.
- ✔ Make sure your operating system has the latest updates and security patches.
- ✔ Beware of phishing emails asking for your password - Microsoft will never ask you it.

SOURCES:
<https://www.aff.org/deeplinks/2020/03/whatyou-should-know-about-online-tools-during-covid-19-crisis>
<https://support.zoom.us/en-us/articles/115000538083-Attendee-attention-tracking>
<https://hangouts.google.com/>
<https://support.skype.com/en/faq/f34549/protecting-your-online-safety-security-and-privacy>
<https://docs.microsoft.com/en-us/microsoftteams/security-compliance-overview>

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Further details on how to stay safe online can be found at:

https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm_source=Thinkuknow&utm_campaign=03cb8440df-TUK_ONLINE_SAFETY_AT_HOME_24_03_20&utm_medium=email&utm_term=0_0b54505554-03cb8440df-55310069

Also for reference, is a guide to 'House Party', which is an app that lots of people are using at the moment. No proof of age is required when setting up an account, although under 13s do require parental permission.

The guide will tell you what you need to know and top tips for safety, and can be found on the following page.



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 for further guides, hints and tips for adults.

LIVE



AGE RESTRICTION
13+

WHAT IS HOUSEPARTY?

Houseparty is a live streaming app described as a face-to-face social network where people 'drop in' on each other to video chat, leave messages and hang out in groups. The app is available for iOS, Android, macOS and Google Chrome and has tens of millions of users worldwide. It's important to note that children under the age of 13 must have a parent's permission to access the services, however, no proof of age is required to create an account.

HOW DO YOUNG PEOPLE USE IT?

Each time the app is opened, your child will be instantly connected to other users who are also on the app. Users can create group conversations of up to eight people at one time. Each time a person joins, the screen splits to show everyone who is part of the conversation. Your child can add contacts via phone numbers, search for their usernames, and share a link to their profile. They can have as many rooms as they want and move from chat to chat by swiping across the screen. Along with this functionality comes a few associated risks to be aware of...



What parents need to know about HOUSEPARTY

"STRANGER DANGER"

Friends of friends can join conversations on the platform without the need to be connected or known to all the other users in the chat. Houseparty calls this feature 'Stranger Danger'. While it does alert users when individuals they may not know enter their chat room, it also suggests strangers might be a reason for 'party time'. There's also the danger of people attempting to deliberately mislead others by using false names or usernames.

SEXUALISED MESSAGES

People may use live streaming apps such as Houseparty to engage in inappropriate or illegal activities. There have been concerning reports directly linked to Houseparty, including one incident where two Mancunian children aged 11 and 12 were reportedly targeted by men exposing themselves back in 2017. Outside of their close friendship group, it's also important to note that friends of friends can also connect with your child via the app, which may include people with this intention.

CONTENT BEING SHARED

The 'facemail' feature lets users share moments from their Houseparty conversations by recording and sharing 15-second snippets of chats. They also have the option to save these moments to their gallery. For privacy purposes, every member of the group will see a notification if another member is recording - this could be a concern if your child shares something in the live chat they may later regret. Once recorded, they lose control over the video and how it is used. Screenshots of live streams and private messages can also be taken which could be shared widely and embarrass users.

CYBERBULLYING

Cyberbullying is when people use technology to harass, threaten, embarrass, or target another person. Group chats can be used by bullies to make negative or hurtful comments which may cause offence or be harmful to others in the group. Exclusion from friendship groups within the platform may make your child feel sad and left out/socially excluded.

OVERSHARING PERSONAL INFORMATION

Children often don't understand the risks involved in giving out too much personal information in a live stream or within their profile. They may also be less protective of personal details during online conversations. One example of this within a live chat could be their background revealing information about where they live or go to school without realising.

IN-APP PURCHASES

By tapping on the dice icon your child can play a game called 'Heads Up!' where one person gives clues to describe someone or something and the other players guess. Three cards are included for free but additional decks cost real money. There's the potential for your child to get carried away playing the game while working up a small fortune.

Top Tips for Parents

SOURCES:
<https://www.thetimes.co.uk/article/houseparty-the-chat-app-thats-tal king-over-facebook-mktpm3chm>
<https://www.iwf.org.uk/>
<https://www.houseparty.com>



TURN ON PRIVATE MODE

One additional tip is to use the app settings to turn on 'Private Mode' which automatically locks the room, instead of doing it manually. Parents with questions can always email us at hello@houseparty.com



SAFER CONVERSATIONS

With live streaming being such a popular feature on apps, it is important that you are aware of the dangers associated with it in order to protect your child effectively. Have regular and honest conversations with your child about what apps they are using and how they are using them. It may be a good idea to have your child show you how they use Houseparty and how to navigate through the platform so you are aware of how it works.

CHECK COMMUNICATIONS

Also, it's important to be aware of who is on their friends list and who they are communicating with. Remind your child to not communicate with people they do not know and trust. If they experience something on the app that makes them feel uncomfortable then they should tell a trusted adult immediately. Remind your child that if they get an invite to join a Houseparty room from someone they don't recognise, then they should ignore the request.

'LOCK' ROOMS

In regards to communicating with users on the platform, we advise that your child uses the 'lock' feature to make their conversations private. This means that other users, especially strangers, can't join their conversations.

PROTECT THEIR PRIVACY

Your child may unknowingly give away personal information during a live stream, including their location. Talk to them about what constitutes 'personal information' and make sure they do not disclose anything to anyone during a live stream, even to their friends. Advise them to remove any items in their live stream (school uniform, street name, posters etc.) that could potentially expose their location or personal information. Check your child's privacy settings thoroughly. You have the option to opt out of certain uses and disclosures of personal information, such as turning off the app's location sharing option.

PROTECTING YOUR CHILD'S DIGITAL FOOTPRINT

As the videos are live, it may lead to the misconception that whatever happens in the video will disappear once the live stream ends. All content shared on the app can be recorded or screenshots and shared to a wider community. It is important that your child knows that what they do now may affect their future opportunities. In addition to this, the video chats can't be reviewed later which means unless a parent or carer is sitting nearby during a call, they won't know what has been said. It's worth bearing in mind that parents can see when their child has last communicated with someone and for how long for under the 'We Time' feature.

REMOVE LINKS TO OTHER APPS

Users can link their account to both Facebook and Snapchat, or can simply share a link to their profile. We advise that you remove these links and remind your child not to publicly share access to their online profiles as there is the potential for strangers to get hold of your child's information or communicate with them.

BE PRESENT

A study conducted by the Internet Watch Foundation (IWF) found that 96% of streams showed a child on their own, often in their bedroom or bathroom. If your child is going to conduct a live stream, ask them if you could be present for it. This will give you a greater understanding of what your child is doing during their live streams and who they are streaming to.

REPORTING AND BLOCKING

If your child faces a problem while using the app they can report direct to the platform by shaking their phone. A prompt will pop up allowing you to report issues immediately by clicking on the 'report now' button. They also have the option to report and block users directly on the user's profile.

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Supporting our NHS workers

Following a tweet by Salendine Nook High School earlier this week, advising high schools and colleges that Huddersfield Royal Infirmary were in desperate need of goggles, our Head of Science, Mr Barker, jumped into action and, with the support of his team, gathered together our science department's goggles and donated 2 full boxes to the hospital.

We are really happy to have been able to help out and support our NHS workers during this difficult time battling the coronavirus crisis.

If anyone has any new or unused equipment of this nature that they would like to donate to the hospital, please contact alexandra.jowett@cht.nhs.uk



Stay at home

- Only go outside for food, health reasons or work (where this absolutely cannot be done from home)
- Stay 2 metres (6ft) away from other people
- Wash your hands as soon as you get home

You can spread the virus even if you don't have symptoms.

School Trips Refunds

As you will be aware both the Ski trip and Lourdes have been cancelled. Insurance claims and part reimbursement from the companies are in hand. As soon as we receive these funds in full, we will contact you directly to issue refunds.

We thank you for your patience whilst this process is finalised.

Our Mission

At All Saints Catholic College, our mission is to put Christ at the centre of our community.

In loving and serving God and one another, we encourage everyone to flourish through learning.

BBC Bitesize

Beginning on Monday 20th April 2020, BBC Bitesize will publish daily online lessons for all ages.

They will also have a new dedicated TV channel full of learning content, podcasts on BBC Sounds and loads of educational video on iPlayer.

Visit the website at:

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

They also have an app available for both iOS and Android users which can be downloaded from both the AppStore and Google Play Store.

Information is also available on Moodle at www.aschc.com

office@aschc.com

Visit www.aschc.com

Regular updates will be added to our website, primarily under the Parents and Catholic Life tabs.

If you're not currently using the Parent App (activation information has been sent to parents this week), please check our website daily to ensure you don't miss out on the latest news.

