



All Saints Catholic College Weekly News

Love • Serve • Learn

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

24th April 2020

Dear Families

Welcome to the new term - a summer term like no other. I hope you have all had a restful Easter break. We've all had to adapt to new ways of working, so I wanted to take the opportunity to recognise the great job you're doing supporting your child's well-being and learning during this time.

It's definitely been a strange and challenging period, so it's understandable if families have moments of anxiety and frustration during this lockdown. We're here for you every step of the way as we figure this all out together.

Colleagues are starting to make phone calls to all of you to check on well-being, also how you are coping with the learning tasks and to ask if there is any support you need that we can facilitate. We are also monitoring learning so we can help overcome any barriers and recognise students' efforts.

Teachers are ensuring there is plenty of varied learning available and signposted on Moodle.

We are aware that Ramadan has started for our Muslim families and this is an opportunity to remind all students to take breaks away from screens to support both concentration and wellness.

For contact, there is the office email account office@aschc.com, the school phone number and for safeguarding, safeguarding@aschc.com.

We continue our daily struggle to obtain the Free School Meal vouchers from Edenred, and have enlisted as much outside support as possible in this endeavour. For those eligible for FSM, please be reassured that it is proving very frustrating for us too. We have been purchasing Asda vouchers in the interim.

While we can't say yet when we'll be able to open the school fully, rest assured that we'll continue doing our utmost to keep pupils learning and the school connected.

Warm regards,

Principal

All in, all together.

Stay @

for the NHS, your family,
your neighbours, your nation,
the world and life itself.



Staying @
for Britain

All in, all together. Stay @

Stay in touch

Call. 01484 426466

Email. office@aschc.com

Visit. www.aschc.com



Catholic Life

As we think of these unprecedented times, our Lay Chaplain would like to share a reflection with you.

This week whilst watching a film I heard a joke that got me thinking:

An elderly priest lived in a village near a river that burst its banks.

The water was rising but the priest held on to his faith saying “It’s OK the Lord will save me”

As the water rose the police came to help him to which he replied “It’s OK the Lord will save me”

Again the water rose and this time the Fire Brigade came, from the upstairs window the priest told them to leave him as the Lord would save him.

Finally the only way to leave was by boat - the Army arrived and tried to persuade the priest to leave - his reply again was “It’s OK the Lord will save me”.

When the priest arrived in heaven he angrily shouted at God “Why didn’t you save me?”

To which the Lord replied “I sent the police, the Fire Brigade and the Army - what more did you want?!”

This reminded me that even though it is difficult to keep going in these uncertain times it is within these circumstances that we can see God working through the actions of others - the valiant NHS workers putting their lives on the line, the key workers making sure the country is supplied and functioning, individuals who are doing charitable works and family, friends and neighbours who are looking after each other.

God Bless,

Mrs Rhys-Hill

Let us pray:

God of the Universe,

You are the resurrection and the life,

Let us rejoice in our salvation and find true strength in you.

Renew our strength every morning and restore our strength every evening.

Let us be filled with your Holy Spirit and let your truth be in all that we say and do,

Help us to recognise that we are not alone as we walk this difficult path Lord,

We ask this through Christ Our Lord

Amen.

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.





Kirklees Maths Contest

All Year 7s and 8s have been entered into the Sumdog Kirklees Maths Contest. Students will need their login and password details to enter. This information has already been supplied to them, although should they not have these details, please contact school.

The contest begins today, 24th April, and finishes on Thursday 30th April.

The competition is for maths only, but you can also access some English activities, which are free to use at the moment.

- vle.mathswatch.co.uk
- www.samlearning.co.uk
- www.sumdog.com/user/sign_in
- login.mymaths.co.uk/login

Junior UKMT Challenge

The Junior UKMT Maths Challenge has been postponed. In view of this decision the UKMT is making the papers free to families in their shop.

Ages 11-13

The Junior Mathematical Challenge

60-minute, multiple-choice competition.

2010-2014 papers:

<https://www.ukmt.org.uk/product/120>

2005-2009 papers:

<https://www.ukmt.org.uk/product/121>

1999-2004 papers:

<https://www.ukmt.org.uk/product/122>

All follow-on rounds, which include the Junior Kangaroo and Junior Olympiads are also available here:

<https://www.ukmt.org.uk/shop>

Ages 13-16

The Intermediate Mathematical Challenge

60-minute, multiple-choice competition.

2010 - 2014 papers:

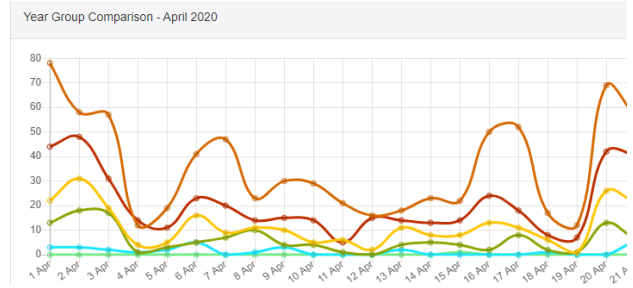
<https://www.ukmt.org.uk/product/123>

2005 - 2009 papers:

<https://www.ukmt.org.uk/product/124>

<https://www.ukmt.org.uk/product/125>

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



Well done to the top 10 students below for answering the most questions so far this week:

Initials	Year
CA	9
EM	9
TP	9
KM	10
KL	9
EJ	9
DP	9
MA	10
SC	9
LH	10

SAM Learning top 10 Forms' performance in April can be seen below:

Position	Registration Group	Points in all subjects
1	8S	209312
2	8R	186516
3	8F	161733
4	8C	156351
5	8A	139580
6	8E	114581
7	7R	86393
8	7E	85102
9	9P	84209
10	8N	69985

Top 10 students on SAM Learning for April are below:

Position	Initials	Year	Points
1	SI	8	92013
2	HB	8	68661
3	MZ	8	34433
4	MS	8	33942
5	HC	8	25341
6	JM	9	18702
7	SS	8	17553
8	EP	8	14272
9	AF	8	14050
10	GF	7	13065



Year 7 and 8 Maths Competition

We are running a competition to see who can make a tower using anything recyclable that you can find in your house.

There will be prizes for the tallest tower, the most imaginative tower and a special effort award.

Email a picture of your entry to: cdurance@aschc.com

The competition closes on the 6th May.



Drama and Dance

KS3

Have a look at the 'Practical Activities' PowerPoint on Moodle for some fun practical work you can try at home either on your own or with a family member, online with a friend or even with your pet!

KS4

We are very lucky to have been given access to the National Theatre Collection online, a huge library of play scripts and free live theatre suitable for our GCSE students. The login username and password is available on the drama Moodle page under 'Links'. We would particularly recommend 'One Man, Two Guvnors' starring James Corden, a hit West End comedy about a man who is having trouble trying to work for two bosses.

Call out to all students from your Achievement Coordinators

Hello! We hope that you and your families are healthy and coping well with these very unusual times.

School is still open for collection of paper-based academic work, though there is a great deal more on Moodle and other platforms such as SAM Learning, SENECA and Doodle. We do not yet know when we will all be returning to school, but please help yourself by making a regular, daily effort to immerse yourself in your studies and all the quizzes and tasks which have been provided for you - it will keep your brain switched on ready for the odyssey of the next academic year.

Thinking of you all with very best wishes,


Mrs Elliott, Miss Keegan, Miss Deighton, Miss Durance, Mr Saleem and Mrs Pickles.



Post 16

For students wanting to study A Level Maths at Post 16, there are some free lessons on YouTube, if you search for 'Hegarty Maths'.

The first lessons are live and ready to access. A great way to prepare for your studies for next year.




HEGARTYMATHS

163K subscribers • 931 videos

The content on our channel is owned by H&A Learning Limited trading as HegartyMaths. All rights are reserved. Our content is ...

SUBSCRIBE


Latest from HEGARTYMATHS



A-Level prep with Mr Hegarty!
HEGARTYMATHS • Scheduled for 23/04/2020, 14:00

Live lessons with Mr Hegarty for students wanting to do A-Level Maths next year. Let's go over some key concepts together ...

New



A-Level prep with Mr Hegarty!
HEGARTYMATHS • 5.1K views • Streamed 20 hours ago

[http://hegartymaths.com/downloads/livelessons/HegartyMaths_Live_Simplifying_Surds\(Student_version](http://hegartymaths.com/downloads/livelessons/HegartyMaths_Live_Simplifying_Surds(Student_version)

New

Speakers for Schools - Virtual Talks Programme

Please see below the schedule for the Speakers for Schools - Virtual Talks programme for week commencing 27th April.

A full schedule can be accessed by visiting: <https://www.speakersforschools.org/inspiration/vtalks/upcoming-vtalks/>

You will be able to hear from today's leading figures, such as:

- **Monday 27th April, 10am: Richard Murrell, Lead Director, BBC News**

Ever wondered what it takes to make news programmes? Richard Murrell will explore with students what a broadcaster does and what you might expect from the job role.
- **Tuesday 28th April, 10am: Marco Bertozzi, Vice President for Europe, Spotify**

Marco will be interviewed by SFS and answer questions submitted by students on topics ranging from creating your CV, getting your foot in the door for work experience or a job, developing your personal brand and practical tips on how to get started with preparing your social channels for career success.
- **Thursday 30th April, 10am: Penguin Talks in Collaboration with SFS - How to boss your mood**

Chloe Brotheridge (Clinical Hypnotherapist and author of The Anxiety Solution) and Sara Milne Rowe (Performance Coach, founder of Coaching Impact and author of The SHED Method)
Chloe and Sara will kick-off the Virtual Penguin Talks series by sharing their expertise and practical tips for managing anxiety and taking control of your mood during these uncertain times.
Students will have the opportunity to ask questions and receive a free audiobook download of The Anxiety Solution and The SHED Method.

No logins are required and all attendees can stream the talks without downloading Microsoft Teams.

Links should be opened in a browser that is not Internet Explorer. Students can view by clicking WATCH TALK LIVE HERE and then clicking 'Watch on web instead' and sign in anonymously. The speakers will appear at the set times e.g. 10am and 2pm.



Careers/Progression Enquiries

Contact the school's Careers Adviser, Claire Ridley, on:

- 07464 497358
- Claire.ridley@ckcareers.org.uk

Plus, introducing a new C&K Careers service to support young people and their parents:

Chat

Support, advice and guidance
for young people in
Calderdale and Kirklees

📞 01484 213856

@ chat@ckcareers.org.uk

💬 Facebook messenger



'START PROFILE'

During the next term, students were due to register with Start Profile, an online careers platform designed to connect young people in all year groups with their future career potential.

While you are studying from home, this is an excellent opportunity for you to register and begin building your profile.

Students can:

- Research career ideas, including job profiles, apprenticeship
- Take part in activities designed to help make more informed decisions about future study and career options
- Create an online record of achievement
- Take job suitability profile tests

<https://www.startprofile.com/>



Year 10s and 11s - Virtual Higher Education Experience Day

The University of Law's Virtual Higher Education Experience Day will help students discover a variety of subject areas, explore career paths and develop skills to support their future ambitions.

Students will have the opportunity to:

- Discover more about studying a particular subject area
- Develop key employability skills
- Explore potential career pathways
- Find out how to write an effective personal statement
- Chat to our students about their experiences of studying at university

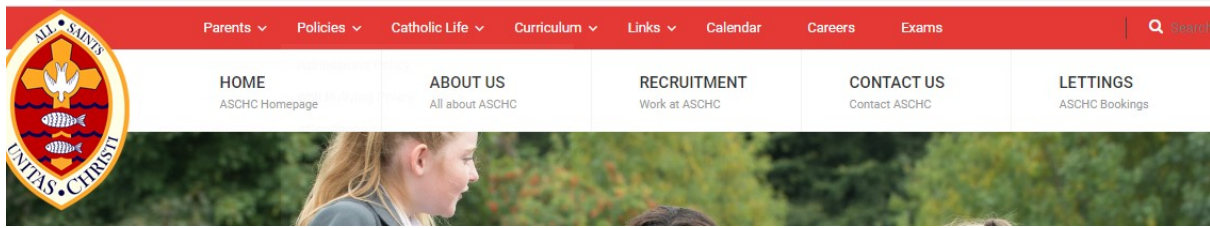
The virtual event will take place on **20 May 10.00-14.30**

It is aimed at students studying in year 10-12.

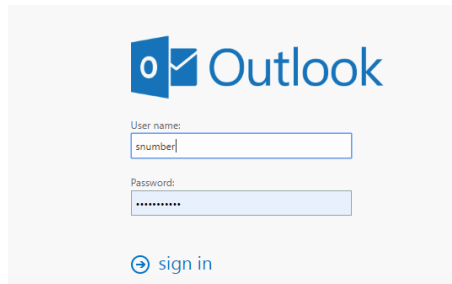
To book a place go to <https://www.law.ac.uk/events/event-booking/?id=452b3cc5-ba75-ea11-a812-000d3a86d801>

Student email access

To access your emails, visit the 'Links' tab of the school website www.aschc.com



When you click on 'Email', you will be taken to Outlook. Log into your email using your username, which is your sNumber, and your password is the one used to log into the school computers.



Check for feedback

Can all students please use the response button on any electronic feedback left by teachers.

There are feedback sections on many of the online systems, which you may not be aware of.

Please watch the videos uploaded to Moodle which provide examples of this.

<https://moodle.aschc.com/course/view.php?id=13>

GCSE Exams 2020 - update

Ofqual have recently published an informational video for students regarding the grading process for 2020.

The video can be found using the following link:

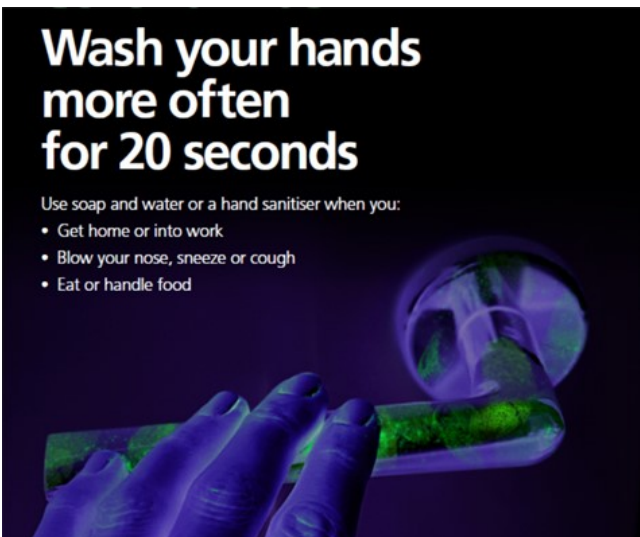
<https://www.youtube.com/watch?v=VXuDOrtJY1Q&feature=youtu.be>

#staysafe

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



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



Virtual Support Meeting Sessions

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



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 well-being 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.

Congratulations

Congratulations to our former student, Henry Bryan, for winning the Royal Opera House design challenge.

More information about this great achievement can be found by accessing the following link:

<https://www.greenhead.ac.uk/gc-student-henry-bryan-wins-the-royal-opera-house-design-challenge/596.html>



Congratulations also to Caitlin Heagney who was recently awarded most improved player of the season.



Ashbrow News

Get updates, local news and events information by free text message.

To join text **Ashbrow** to **07786 209199**



The **Ashbrow News** text service is provided by Ashbrow ward councillors James Homewood, Amanda Pinnock and Harpreet Uppal to share all the great stuff going on in Ashbrow, Brackenhall, Bradley, Cowcliffe, Deighton, Fartown, Fixby and Sheepridge. **Further information** Claire.Howe@kirklees.gov.uk



Promise About Privacy and Costs It only costs one text at your normal rate to join. All the messages you receive are free. Text STOP to cancel or PRIVACY for information about privacy. Your number will never be passed on to other organisations. Messages are not party political.



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 well-being 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.

Coping during the COVID-19 lockdown

During these uncertain times it can be very difficult to stay positive and maintain our good mental health and this can lead us to feeling down, tired and lacking any enthusiasm.

We would like to share with you some things that you may find useful during this time – to help you find some positives in each day, give you some structure and routine and even start to feel good about yourself in this rather unusual situation we find ourselves in.

- **Be kind to yourself** – this is the first time any of us have been in this situation and we are all learning how to cope with our new routine, or lack of it. It is ok not to feel ok and recognising that is a great start.
- **Find your own space** – as much as we may love our family/friends, or whoever we are in lock down with, we all need our own space – this may be in the bedroom, in the garden or by going for a walk alone (maintaining social distancing rules of course). We can clear our minds and think about, or do, whatever we want. This is healthy and it is good for us to learn to be alone and to enjoy our own company.
- **Create a routine** – whether this is daily, weekly or anything in between. A good routine can help us all feel a little better and stop the days from merging in to one. Get up and get dressed every day – give yourself a time when this needs to be done by and have a good breakfast to start the day off well. Do all things we would normally do if we were getting up and ready for school, college or work.
- **Keep talking** – maintain contact with your friends, family and colleagues. We all need to hear from someone every now and then, and it can really brighten someone's day to hear from you. It also gives you a chance to talk to about how you are feeling, which is sometimes all we need to do, to help make ourselves feel better.
- **Exercise** – this may not be something everyone leaps out of bed for, or thinks is suited to them, however, physical exercise is proven to boost mood and release endorphins that help our mental health. Whether it is doing 'keepy-uppies' in the garden, learning a TikTok dance routine or finding a HIIT workout on YouTube, there is something out there for everyone. Doing exercise will almost certainly get your heart rate pumping and leave you feeling more positive and less stressed.
- **Just do nothing** – find some time to let go of all your worries, problems or stresses and do absolutely nothing, guilt free. Simple but effective – and best of all, completely free.

www.ckcareersonline.org.uk

Join the conversation:



ckcareers



@ckcareers1



staying healthy

There is a lot of uncertainty at the moment around how long the lockdown will last and what will happen afterwards and we know that many of you will be feeling anxious.

Why not take some inspiration from Dr Beth Healey who spent nine months in Antarctica at the Concordia Station with the European Space Agency, researching the effects of physical and psychological isolation on crew members by reading her **7 tips for staying happy and healthy during a lockdown**:

<https://www.bbc.co.uk/programmes/articles/1fZkc8Tj7LpBYMKF1H0pc3t/seven-tips-for-staying-happy-and-healthy-during-a-lockdown>

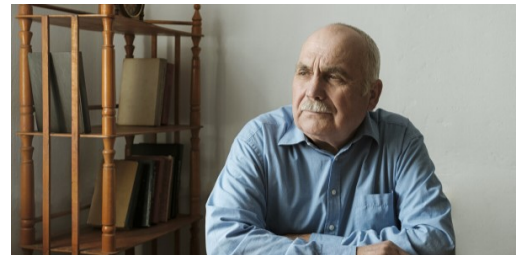
Are you getting enough beauty sleep?



The lockdown seems to be affecting our sleep patterns in different ways. You may have never had trouble sleeping before but find yourself tossing and turning through the night, or maybe you're feeling sleepy in the day. Sleep Station gives some great advice to all ages on how to make the most of our sleep and lockdown routine.

<https://www.sleepstation.org.uk/articles/health/free-sleep-guide/>

Tackling loneliness together



Even before the coronavirus outbreak, self-isolation and lockdown, one in five of us already said we often or always felt lonely. Loneliness can affect anyone - but everyone can help, read six facts about loneliness from The British Red Cross to keep in mind as you support yourself and others through these challenging times.

<https://www.redcross.org.uk/stories/disasters-and-emergencies/uk/coronavirus-six-facts-about-loneliness>

Balanced meals on a budget



Now we're all at home more, there's no better time to get creative in the kitchen. By making the most of the food we have at home, not only will we waste less and save money, we might also stumble across some truly delicious meals! BBC Good Food's cheap recipes will help you to create balanced meals on a tight budget.

<https://www.bbc.co.uk/food/budget>

Pencils at the ready for cartoon creativity!



Already dusted the skirting boards and reorganised the kitchen cupboards...again? Maybe it's time for a new hobby. Check out Sheffield Artist Pete McKee's free Cartoon Workshop for beginners and unleash your creativity! Perfect for the whole family to do together.

<https://www.youtube.com/channel/UCjpNMIjkGJ-vxuOhsN2xxTA>



Dear families and students

As we enter the second phase of lockdown we hope that you all are keeping well.

If you need support around well-being please do not hesitate to contact school at safeguarding@aschc.com.

It is important to try and keep some structure in the day and have balance between learning, down time, exercise and screen time. If a day is not going well or students are struggling to access learning, be flexible, look at a different activity and then try again tomorrow.

Here are some tips on keeping a routine from the government:

Routine gives children and young people an increased feeling of safety in the context of uncertainty, so think about how to develop a new routine, especially if they are not at school:

- make a plan for the day or week that includes time for learning, playing and relaxing
- if they have to stay home from school, ask teachers what you can do to support continued learning at home. The Department for Education have published a list of recommended online educational resources for home schooling
- encourage maintaining a balance between being on and offline and discover new ideas for activities to do from home. The Children's Commissioner guide signposts to some ideas to help fight boredom
- children and young people ideally need to be active for 60 minutes a day, which can be more difficult when spending longer periods of time indoors. Plan time outside if you can do so safely or see Change4Life for ideas for indoor games and activities
- don't forget that sleep is important for mental and physical health, so try to keep to existing bedtime routines
- it may be tempting to give children and young people treats such as sweets or chocolate, but this is not good for their health, especially as they may not be as physically active as normal. See Change4Life for ideas for healthy treats

Public health offer the following advice:

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-well-being/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19#additional-advice-for-groups-with-specific-mental-health-needs>

It is important to follow government advice on helping to avoid the spread of coronavirus (COVID-19), but if you find you are going beyond the recommendations, if this is making you feel stressed or anxious, or if you are having intrusive thoughts here are some things you could try:

- don't keep re-reading the same advice if this is unhelpful for you
- let other people know you're struggling, for example, you could ask them not to discuss the news with you
- breathing exercises can help you cope and feel more in control. You can find a simple breathing exercise on the NHS website and Mind's pages on relaxation have some relaxation tips and exercises you can try
- set limits, like washing your hands for the recommended 20 seconds
- plan something to do after washing your hands, which could help distract you and change your focus
- it could also help to read some of Mind's tips in their information on obsessive compulsive disorder (OCD)

Existing mental health problems

If you or someone in the family already have a mental health problem, then you may be finding the coronavirus (COVID-19) outbreak particularly challenging. The advice above should help, but here are a few extra things that you may want to think about. This advice is part of comprehensive guidance provided by Mind:

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

Online safety

We appreciate that through these unprecedented times you as parents are facing new challenges and may need some support. If you have any specific queries relating to our online service then please contact us directly. In the newsletter are two guides on commonly used services which your children may be accessing.

Another good source of information is: https://www.thinkuknow.co.uk/11_13/help/





Useful links and telephone numbers:

<https://www.kooth.com/>

<https://www.calderdale.gov.uk/v2/residents/health-and-social-care/children-and-family-care/child-protection-page>

<https://www.kirklees.gov.uk/beta/children-and-families.aspx>

<https://www.nspcc.org.uk/>

Calderdale Children's Social Care - 01422 393336
(Out of hours - 01422 288000)

Kirklees Children's Social Care - 01484 414960
(Out of Hours - 01484 414933)

NSPCC - 0808 800 5000

Northorpe Hall 01924 492183

Helpful Wider Community Resources

Please visit www.aschc.com and, under the Parent tab, you will find the Helpful Wider Community Resources section, which includes useful information from Care First on the following topics:

- Bereavement
- Domestic Abuse
- Furlough - Job Retention Scheme
- Sleep Anxiety
- Tips for remaining active
- Tips for self-care
- Tips to keep control of your finances

Stay home where possible

- 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.

Ski Trip Refunds

We are still awaiting reimbursement from a combination of Kirklees School Journey insurers, and the ski company.

As soon as we receive the funds we will pass them on to relevant families without delay.

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

BBC Bitesize

BBC Bitesize are publishing daily online lessons for all ages.

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

Visit the website at:
<https://www.bbc.co.uk/bitesize/dailylessons>

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



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.

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.

