



# Our Lady's Catholic High School



A National Teaching School

Friday, 15 May 2020

Dear Parents and Carers

Please be assured that we are monitoring closely the government announcements about schools opening. Governors and senior staff are considering very carefully the implications for any version of school opening. We will be guided first and foremost by what is safe. Nothing will override the duty that we hold to protect the lives of our children, our staff and all of our families.

This week has been different in that we have deliberately not set new, additional work so that pupils have chance to take stock and catch up as necessary. The journey for each family is different and we want to be as supportive as possible for everyone. It is important to understand that we are providing structured tasks which support learning and the curriculum. We are not teaching and cannot actually teach our pupils until we return to normal school opening. We know that this online provision cannot replicate classroom lessons but we really do want the sessions and tasks to be as valuable as possible and teachers and support staff have been working very hard to try to provide the work and to feedback and give guidance to children.

The feedback from families is that the telephone or email conversations have been very well received. We have felt so too but do please email Mr Charnock, Mrs Howard or Mrs McArdle should you have any particular feedback, questions or ideas about our provision during closure.

Please look out for Futures First, the first edition of our brand new Careers newsletter. Please expect this to be a regular feature through the year and particular thanks to Charlotte Bown for its creating and to everyone who supported any of the excellent projects that it celebrates.

## Mental Health Family Hour

This is just a reminder to all pupils and parents that each week there is a live webinar which we are recommending called 'Mental Health Family Hour' hosted by Sam Tyrer.

The aim of the sessions is to inform the listeners about mental health, how to cope throughout this period and explore different subject areas in regard to this topic.

These sessions create a great opportunity for families to discuss their mental well-being and hopefully lead to some positive discussions.

The sessions are live every Tuesday at 10am but can be watched later as well by typing in 'Mental Health Family Hour' into youtube. The live link is – [www.twitch.tv/mindsetbydave](http://www.twitch.tv/mindsetbydave)

All people have to do is click that link every Tuesday morning at 10am and they will tune in to the live streaming.

The episodes to date are:

1. All about anxiety
2. Communication on mental health with ourselves and others
3. Social media and self-image
4. Stress and coping strategies
5. Depression

Very best wishes to you all

Nigel Ranson  
Headteacher