



# Notre Dame Catholic College

## SEND Newsletter

Issue 1 27 April 2020

'Do small things with great love'

### The real impact on this generation of Coronavirus

These are very difficult times and as a parent I know exactly how hard home schooling can be and how much pressure you feel to get things done and to get your child through a certain amount of work each day. I completely get that there is a fear that they will fall behind or that they will miss big chunks of their education, this in part is true, but let's pause for a moment and think about what I am about to say.

Not since WW2 have the youth had to go through something as drastic as this and through this hardship they will grow, grow in ways that we have not had the chance to ever experience.

They will grow into adults who have a story to tell, a story of when the time when they stayed at home and got to spend quality time with their loved one and had time to talk and sit down together and have a meal, time to get to know their immediate family in a way that we missed out on.

They will learn about love and compassion and to appreciate their loved ones, they may even have an in-depth and first-hand experience of loss and grief and they will learn to mourn and love again.

They will be resilient, resilient to change and difficult time, resilient to have to go when things are tough and they will learn to never give up.

They will learn to take time for themselves and manage their own mental health. More and more people suffer from mental health problems through the non-stop, high pressured life that we live. Now is time to pause and think about how life has slowed and how much time we can take for ourselves.

They will learn vital life skills that we never have time for, how to take up and learn a new skill, how to cook, how to clean and how to take responsibility for themselves and each other.

Let's not worry too much, this generation will be just fine and will be stronger than our own.

**Mr. McVerry (SENCO)**

### CORONAVIRUS (COVID-19)

#### Social Stories for Notre Dame Students

We have produced a number of social stories to support our students throughout this difficult time. The aim is to discuss key talking points as they happen throughout this difficult time. The stories we have produced so far are:

- Coronavirus – a social story
- A social story for the students of Key Workers
- A social story about isolation
- A strange return to school

All of these social stories are available on the school website ([www.notredameliverpool.com](http://www.notredameliverpool.com)) and have been emailed to all students on Classcharts.

HM Government

NHS

## CORONAVIRUS STAY AT HOME SAVE LIVES







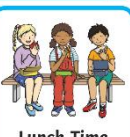



Anyone can spread Coronavirus.

The only reasons to leave home are:

- ✓ To shop for basic necessities or pick up medicine
- ✓ To travel to work when you absolutely cannot work from home
- ✓ To exercise once a day, alone or with members of your household
- ✗ Do not meet others, even friends or family

## Daily Routine ideas

As discussed on the last page, the days become a blur and we can stress about what we have or have not covered with our children. It is good to have a routine and set it out so that the children know what they have to do and when they have to do it. Below is a visual timetable that you can cut out and use to support you each day.

Between 8:00 – 8:30 am	 get up	
Between 8:30 – 9:15 am	 breakfast	 brush teeth
Between 9:15 – 10:00 am	 Activities	
Between 10:00 – 11:00 am	 Physical Activity	
Between 11:00 – 11:45 pm	 Activities	
Between 12:00 – 12:30 pm	 Lunch Time	
Between 12:30 – 1:00 pm	 Break Time	
Between 1:30 – 2:15 pm	 Activities	
Between 2:30 – 3:15 pm	 Activities	

If you require this in a larger print or any adaptations then please contact either Mr. McVerry (SENCO) [amcverry@notredame.liverpool.sch.uk](mailto:amcverry@notredame.liverpool.sch.uk) or Mrs. Sweeney (Assistant SENCO) [sweeneyk@notredame.liverpool.sch.uk](mailto:sweeneyk@notredame.liverpool.sch.uk)

## Support from the SEND Team

### Literacy Support from Mrs. Rutherford, our Reading Champion

Here is a useful link for Reading for pleasure. The Libby App contains free eBooks for adults and children of all ages. Books can be borrowed for two weeks and automatically return to the library or they can be renewed. This app can be downloaded to phones and tablets.



### Numeracy Support from Mrs. Mathiassen, our HLTA

Here is a useful website that makes learning about maths fun and accessible for all students. It contains lots of activities for you to try and that cover all aspects of maths. The site can be accessed through the following link [www.mathsisfun.com](http://www.mathsisfun.com)

Enjoy!



## Safeguarding

We are always here for you if you need any help or support and we have a dedicated safeguarding team who are available throughout the school week, please contact the team using the details below.

Email: [sg@notredame.liverpool.sch.uk](mailto:sg@notredame.liverpool.sch.uk) (checked between 8am and 3 pm daily)

Phone: 0151 330 5122

### **Safeguarding Team**

Mrs Brennan  
Mrs Costello  
Mrs Littleboy  
Mr McVerry  
Mrs Doran  
Mrs Garvey  
Mrs Sweeney  
Ms Glorman

Our safeguarding PowerPoint will be emailed out each week via Classcharts, but you can access school resources using the following link:

<https://www.notredameliverpool.com/safeguarding>

To keep up to date with developments at school then visit the school website [www.notredameliverpool.com](http://www.notredameliverpool.com) and Twitter account [@NDEvertonvalley](https://twitter.com/NDEvertonvalley) and our SENCO's twitter account [@NotreDameSEND](https://twitter.com/NotreDameSEND) for advice and support.