



# HFCMAT NEWS

**Issue 4**

Friday 12th February 2021

## CEO Message

It's hard to believe that we are at half term already after what has been a very unusual term. The nights are getting lighter and the end of the tunnel seems to be drawing closer with the vaccine programme gathering speed each day. I'm sure none of us would have imagined that as we come into February, we would be marking nearly a year since we first experienced restrictions across the country.

Throughout this most recent lockdown, we know how challenging it has been for everyone.

Staff have been working hard in school to make sure that learning continues at home and lessons that would have been delivered in school have been adapted to share online. I would like to thank staff for all their efforts to make this happen and parents for supporting us at this difficult time. We know how hard it is to balance work and school at the moment.

Last week, schools across the country focussed on mental health and wellbeing for our young people. This is always important but we recognise the increased pressure that has been put on all of us at this time. Staff across our schools have gathered resources and we share some of these here with you. We hope that during the half term break, you can stop and share some special times together as a family.

### **Big news with Teaching School Hub Designation**

This week we have received some exciting news - we have been selected to become a teaching school hub. We are one of only 87 hubs across the country that have been given this designation and will help shape the future of teacher development across the country.

The designation means that we will be leading across the region to develop and coordinate Initial Teacher Training, and other teacher development programmes for new entrants to the professions. Leadership development will also be a big part of this role, ensuring there is a route from those new into the profession to those leading whole school organisations. These programmes will be open for all our staff but also teachers across the wider region.

As a result of this, staff and leaders across our schools will have access to cutting edge developments that include a new suite of programmes never delivered before. Teacher training programmes will develop to bring routes for those interested in all phases, from early years through to post 16 education.

This marks a pivotal time in the evolution of the education system with our schools at the centre.

We will share more about this exciting venture over the next term. Until then, thank you for all you are doing at home and in school and enjoy the break.

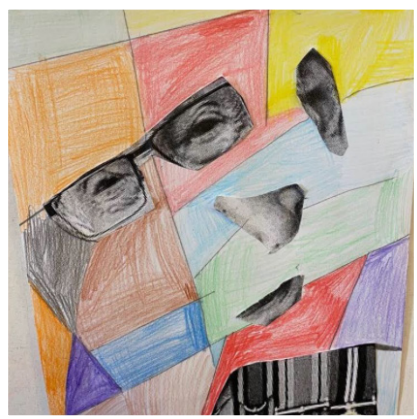




# From across our schools...

## St Joseph's

As we reach the end of another half term, which has once again sadly seen us closed to most pupils, there is much to look back on and celebrate. We have had some absolutely AMAZING work completed on Google Classroom, including art projects, crafts, writing and some high level mathematics! We have been so impressed with the standard of what has been submitted and as always, are so, so proud of our children and their hard work and resilience.



This term has also had a focus on mental health and well being - especially with Children's Mental Health Week. We had lots of exciting projects, including 'Dress to Express Day' where children (and staff!) dressed up in something that expressed something about themselves. It was lovely to see all the personalities, hobbies and interests! It is so important that taking care of all of our mental health goes beyond a week of activities and we ensure that it is built into everyday life through our teaching, our curriculum and how we interact with each other and our relationships.



We have loved seeing the children's work on Google Classroom, and have really enjoyed having Zoom sessions with each class, and with the parents, but we are really, really looking forward to seeing everyone in person! We hope that we will be able to soon!



## St Mary's Catholic College

Staff at St Mary's have been so impressed with how well our pupils have engaged with remote learning this half term. Pupils and teachers have been upskilling themselves at great pace. Many parents have commented on the positive impact our daily Progress and Aspiration time, where children meet with their form teacher and form mates, is having on their children and how much they appreciate the efforts of their teachers. It is a great pleasure for staff to send out positive postcards to children who are continuing to try their best in these challenging circumstances.

We are conscious that this pandemic is undoubtedly having a significant negative impact on the mental health of many young people. Here at St Mary's, we took advantage of Children's Mental Health Week to spend some time away from onscreen lessons and to share lots of ideas and resources that can be used to support mental health both now and in the long term. We have had lots of pupils asking for more of this, so look out for more to come!



**WELLBEING WEDNESDAY**  
Wednesday 3 February

Choose one or more of these activities to try on Wellbeing Wednesday

<p><b>Creative</b></p> <p>Try a range of different art tasks/activities.</p> <p>See the PowerPoint for more details.</p>	<p><b>Performing Arts</b></p> <p>I wish I was our Sammy - Monologue activity.</p> <p>See the information sheet for more details.</p>	<p><b>Musical</b></p> <p>Why not this afternoon listen to your favourite album or listen to some new music.</p> <p>Or can you create your own musical - instruments using recyclable goods?</p>
<p><b>Food</b></p> <p>Why not try the fine dining beans challenge or what about doing some bread art! See the PowerPoint for further details.</p>	<p><b>PE</b></p> <p>Can you complete any of the following PE challenges: Fitness Test Lockdown PE TikTok Dance Tabata Fitness</p> <p>See the videos for more information.</p>	<p><b>Challenge</b></p> <p>Can you go on a walk with your household and climb a mountain! It takes on average 1 hour to walk 7,200 steps. Let's see which one you can do.</p> <p>Scafell Pike - 6,180 steps Mount Snowdon - 7,120 steps Ben Nevis - 8,839 steps</p>
<p><b>Thinking of Others</b></p> <p>See the information sheet for activities to show that you are thinking of other people.</p>	<p><b>Explorative</b></p> <p>Why not complete a scavenger hunt, design a treasure hunt or go for a walk/cycle (permission needed!)</p> <p>See the information sheet for more details.</p>	<p><b>Express Yourself</b></p> <p>Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity.</p> <p>See the information sheet for activities to complete.</p>



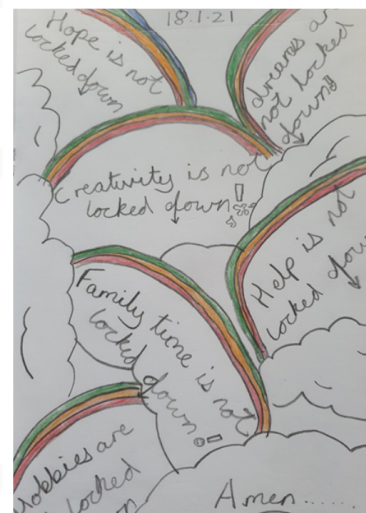


## Our Lady of Pity

Children at Our Lady of Pity Primary School have been making beautiful cards for local neighbours and parishioners who may feel isolated in lockdown. Their messages were heartfelt and will bring cheer to the lonely.

Today, in our Whole School Collective Worship Zoom we launched 'Walk for Water,' a CAFOD fundraising initiative for Lent. As we fight this pandemic and emphasise the need for good hygiene in school, we are reminded of the many children in the world who have no access to clean water.

The learning platform, Seesaw, is a hive of activity with lessons in every subject



for all pupils. Children are reading widely and the youngest pupils are uploading recordings showing how much progress they have made! And of course, it's not all maths and English: this week all children learned drumming rhythms in music, used their coding skills to create online games, and made healthy sandwiches as part of the DT curriculum. Every day the children are actively involved in physical and mental challenges carefully designed to foster a healthy mind and body.

## St John Plessington Catholic College

Following the Government's announcement of lockdown, every member of our College Community joined together to show great resilience, positivity and determination to ensure that the start of 2021 would be a success.

We have worked hard to develop remote learning provision, teaching all students how to access remote learning during the Autumn Term. With support from our local community, we have provided over 200 laptops to our pupils. We continue to support students daily and communicate with home to celebrate achievement and ensure that everyone is able to achieve their full potential.



Last week was Children's Mental Health Week with the theme 'Express Yourself'. There were ideas and resources for every day of the week and a montage of recordings from staff sharing how they express themselves to support their own mental health and well-being. We challenged our students to share with us how they express themselves and have set up a pet profile picture challenge! On 'Welfare Wednesday' we had a screen-free afternoon where pupils were encouraged to get creative and think of different ways to have fun, express and enjoy themselves.

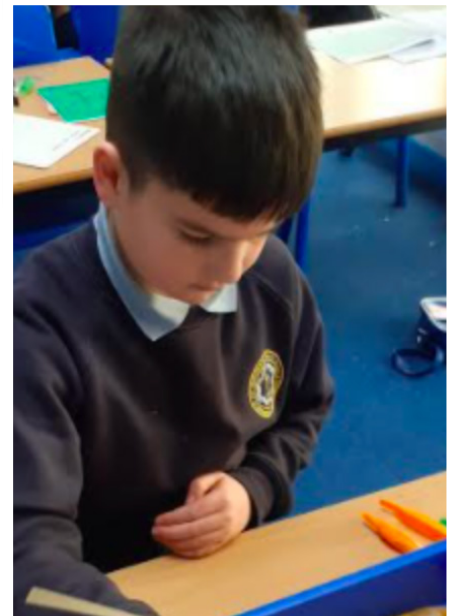
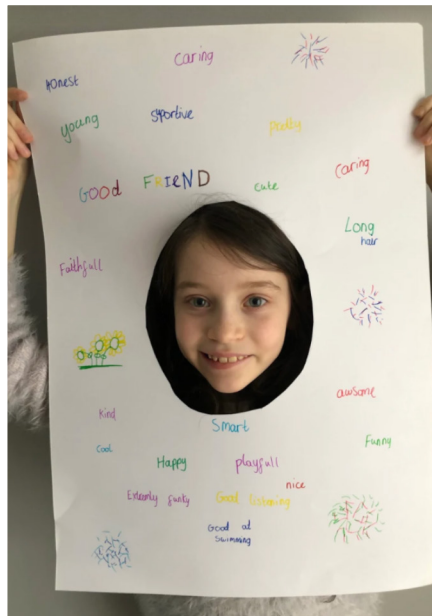
With the UCAS deadline on 29th January, our Sixth Form pastoral team have worked tirelessly to ensure that all of our pupils have had the guidance and support they need to apply to five universities and gain a place at their university of choice. Our pastoral team is also dedicated to giving advice and guidance for those pupils applying for apprenticeships or seeking employment opportunities.



## St Bernard's Catholic Primary

Despite the challenges of lockdown, the St Bernard's community has been resilient and there is much to celebrate. Blended learning approaches are in full flow with children on site and at home working incredibly hard to keep learning going. The staff are so proud of the children for the way they have adapted to a different way of learning. We continue to offer a wide and balanced curriculum and we are delighted with the learning produced during this difficult time. There has been lots on offer for the whole school community such as art challenges, assemblies, book and biscuit sessions as well as Friday fitness. It has been wonderful seeing so many children across the school getting involved and staying in touch with each other. Likewise, it has been fantastic to see the wide variety of activities parents and children complete at home during our 'off screen' time during the week.

The team at St Bernard's has been incredible, supporting all children and families more than ever. A large number of devices have been provided for children at home and staff are always on hand to ensure every child has access to a high quality curriculum. As the half term break approaches, we are all looking forward to the opportunity to recharge and get ready for the term ahead.



### Under 25s

**YOUNGMINDS**  
Crisis Messenger

powered by  
**shout**  
05258

**Text YM to 85258**  
Open 24/7

**THE MIX**

**Call 0808 808 4994**  
3pm - 12am, every day

**childline**  
ONLINE, ON THE PHONE, ANYTIME

**Call 0800 1111**  
7:30am - 3:30am, every day

### Over 25s

**mind**  
for better mental health

**Call 0300 123 3393**  
9am - 6pm, Mon - Fri

**SAMARITANS**

**Call 116 123**  
Open 24/7

### Parents

**YOUNGMINDS** | Parents Helpline

**Call 0808 802 5544**  
9:30am - 4pm, Mon - Fri

**For more advice and information  
visit: [youngminds.org.uk/find-help](https://www.youngminds.org.uk/find-help)**





## Take a walk...

Why not take the chance to get out of the house during the half term? Follow this link to find maps for local walks of different kinds and guides that tell you what to look out for on the way.

<https://www.visitwirral.com/things-to-do/activities/walking>



## Walking Photo Challenge

You don't have to travel far to have a fun walk. Why not liven up your usual walk by completing this walking photo challenge? You could use this list or make up your own for the rest of the family. Take a photo of each of the following when you see them:

1. A dog on a lead (not yours!)
2. 5 different blue items
3. A seagull
4. A snail, worm or a slug
5. A post box
6. A bike (not yours)
7. 5 different red/pink flowers
8. Traffic lights on red
9. 5 different types of cars
10. The number 17

## What is Geocaching?

Geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location. ... Enter the coordinates of the geocache into your GPS device.



<https://www.geocaching.com/play>



**1. Create an account**  
Create an account online or through the Geocaching® app to view a map of geocaches near you.



**2. Find a geocache**  
Use the app to navigate to a geocache nearby. Don't forget to bring a pen!



**3. Share your experience**  
Once you find the geocache, sign and date the logbook. Place the geocache back where you found it and log your experience online.





## Figurative Art

Create an artwork with you or a member of your household – human or animal! - as the main focus. You could consider...

- drawing additions on the floor using chalk



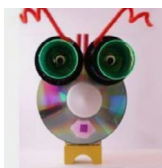
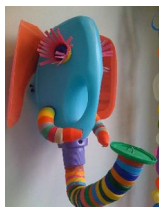
- changing effects and drawing over photos you take on your phone using the free website PIXLR  
(There are lots of how to videos on YouTube if you want some help with this!)

- setting up scenes on the floor with other objects and photographing from above

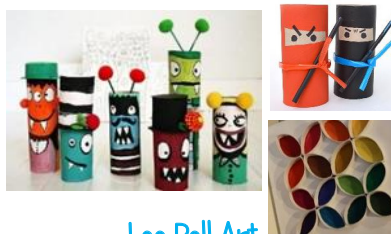


### Fingerprint art

Create a picture or characters using your fingerprints

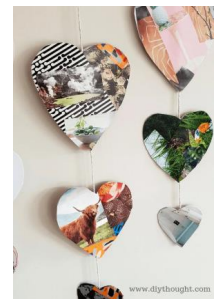


Create a sculpture or figure from objects in the house you would normally throw away



### Loo Roll Art

Create a set of characters, or an artwork using old loo rolls! Keep them as they are and decorate and embellish them or cut and arrange them into a piece of abstract art or even a sculpture.



### Hanging hearts

Draw heart shapes of different sizes on a piece of paper, then collage them with patterns and pictures from magazines or photos. Thread them together to create a hanging decoration.



Build your own colour wheel based on the primary and secondary colours. Search for objects and arrange them together, then draw or photograph the outcome. Think clothes pegs, toothbrushes, bottle tops, coloured paper or card, socks, small toys, pencil sharpeners and so on.



### Patterns with objects

Artist Adam Hillman creates and photographs meticulous patterns from everyday objects. Create your own patterns – make them symmetrical if you can - using anything you can find in your house.



### Finger Knitting

Go on YouTube and have a learn how to finger knit!



Create an egg box animal

