



01/12/23

**Dear Parents, Carers, Students,
Staff and Friends of the School**



This is a brief update giving you some information on key advent events.

The annual **Christmas Market is on tomorrow, Saturday 2nd December, from 10am until 3pm in the Refectory.** Please come and support the young people and their entrepreneurial spirit. It is the first opportunity to begin to cultivate the festive spirit and buy some handcrafted gifts.

The **Christmas concert is on the 15th December**, an opportunity to hear a wide variety of musical genres performed by our talented young people. See below for details.

Christmas lunch is on the 13th and 14th December. See below.

Families of Notre Dame can now also support our **annual Christmas Hamper appeal.** Please ask your child/young person to show you the items that their form are being asked to collect.



Fr Walter and Deacon Anthony will lead us on our spiritual journey with **Thursday morning Mass. All pupils and staff are welcome to attend from 8.20am until 8.40am.** Please do encourage your child/young person to experience this moment of peace and prayer.

Over the next two weeks, Mr Savage will lead **Advent prayers for Y7 and Y8 in the Chapel.** In addition, Year 7 will enjoy 'Carol's and Cookies' on the 15th December and festivities will culminate with the **Carol Service on the last day of term, Wednesday 20th.** Deacon Anthony will provide this year's Advent message. The school day ends at 1.30pm on the 20th.

Please see below for details on all of the above and:

- The Great British Book Swap
- The Big Ambition
- Support for families with children with neurodevelopmental differences/additional needs in Norfolk

Best Wishes,

Tom Pinnington - Headteacher

*Maranatha!
The Lord is coming
Let us share the Good News!
Amen.*

NDHS ADVENT HAMPERS

JOY To the world

- Your Form will be given a charity to support and a list of items to collect.
- Decorate a cardboard box
- Collect items between now and Wed. 20th December.



NDHS ADVENT HAMPERS



Giving
Hope
Today



St Martins
more than a home
for the homeless



NDHS Christmas Concert 2023

Our Christmas Concert is on Friday 15th December at 6:00pm in the Sports Hall.

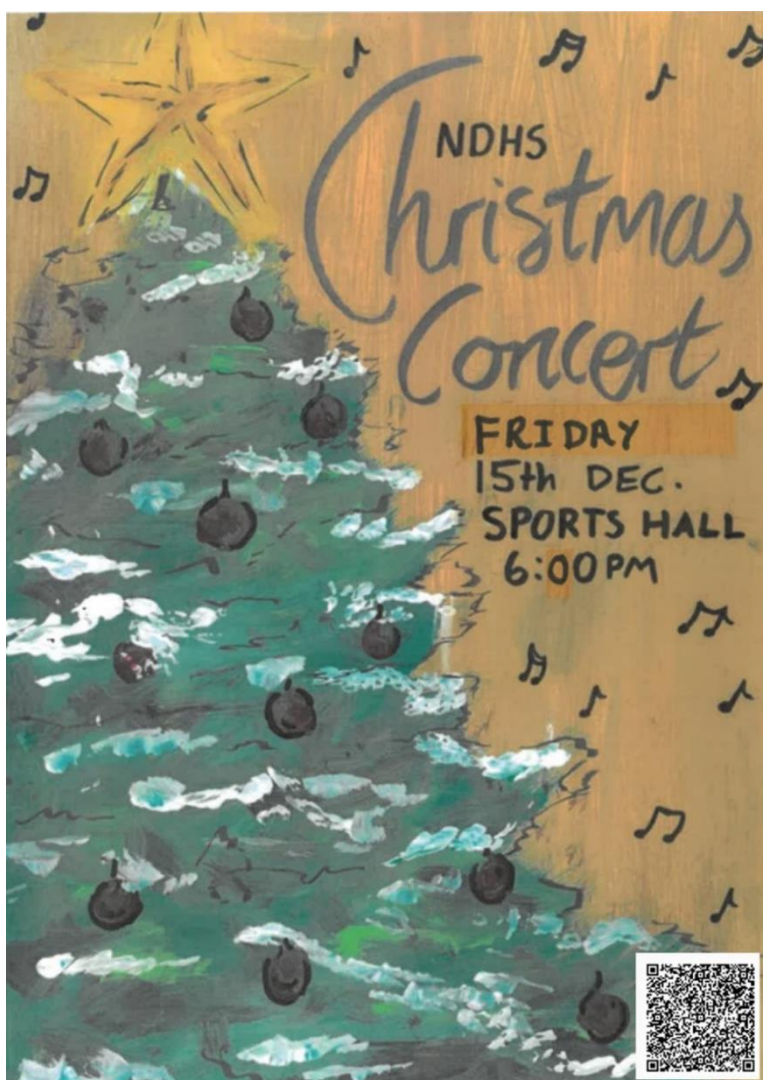
Our ensembles have been practising all term for this event and are excited to perform to friends, family and the wider community, whilst bringing festive cheer to all in attendance.

Tickets are available on Ticketsource via [this link](#) (or QR code on the poster). Tickets cost £3 per person or £10 for a family of four.

Tickets will also be available to purchase with cash on the night. Please also bring cash for refreshment as the PTFA will be kindly providing these during the interval.

We are fundraising for a new piano for the Music Department and all proceeds from the night will go towards this appeal.

We look forward to seeing many of you there.



22 November 2023

Dear Friend,

Thank you to everyone at Notre Dame RC High School. We were delighted to receive the £264.00 that you sent to us on 17 November 2023. Perhaps you or one of your pupils could read this letter out in an assembly, or paste it in a school newsletter?

Thank you for donating to our Israeli-Palestinian Crisis Appeal. We are actively responding through local experts in both Gaza and Israel. Your donation today is helping to provide essentials like emergency shelter, food, water and psychosocial support.

If you need anything from us, please do get in touch - we're here for you! You can call our supporter care team on 0303 303 3030 or email us at cafod@cafod.org.uk

Thank you and God bless



Michelle Oakford
Head of Supporter Relations

CHRISTMAS LUNCH

Wednesday 13th December Y7, Y8, Y9

Thursday 14th December Y10, Y11, Y12, Y13

MAIN COURSE

Turkey with sticky chipolatas, roasties,
Christmas veggie medley and gravy

Or Vegetarian Option

Roasted vegetable, cranberry and cheese
puff pastry with all the Trimmings

DESSERT

White Snowball Cookie

Order your Christmas lunch with your Form Tutor by **Tuesday 8th December**

The cost is £3.50, please ensure you have enough money on your Wisepay account on the day
(small selection of hot & cold snacks available on both days)



HOW IT WORKS:

1. You bring in the books you no longer want
2. You get a token per book you bring in
3. On Monday 18th exchange your tokens for other books that have been brought in!



DEADLINE:

Bring in your books by Friday 15th December so that we can organise and sort them ready for Monday 18th



PLEASE NOTE:

This event is open to all year groups

As per usual, you will need a note from home in your planner for access to books with age restrictions*

Books cannot be 'unswapped' please make sure you're happy to part with them!



* e.g. 'I am happy for _____ to read books aged 13+' with a signature



The Children's Commissioner for England has recently launched 'The Big Ambition' to hear directly from children, young people and parents across the country.

We want to hear from all children, in every part of the country and in every setting.

This is your chance to tell key policymakers what is important to you ahead of the general election. Take part now and ensure your needs are reflected in the decisions that will affect you in years to come.

Scan the QR code to
take part



 **CHILDREN'S
COMMISSIONER**

www.childrenscommissioner.gov.uk/thebigambition



Support for families of children with neurodevelopmental differences / additional needs in Norfolk

This information sheet is for families who are worried about autism/ADHD/additional needs. The services below are here to support you on your journey. Please reach out to them for help.

Although a clinical assessment for neurodevelopmental differences such as autism or ADHD is helpful for some families, a diagnosis is not required to access [SEND support](#). It is important to remember that having a name for your child's condition does not change who they are. It is helpful to think about what goals you and they are aiming for so that you can access the support available to help achieve these goals.

General advice and support

- [Just One Norfolk](#) is the 'go to' health website for Norfolk and Waveney families and includes a range of information and support for families to access including sleep issues, parent, and child emotional health. Telephone 0300 300 0123.
- [Ambitious About Autism guide to autism in the early years](#) provides guidance and practical support about autism for families of children under 5 years old.

Support for my child/ young person in school

- Speak to your child's school Special Educational Needs Coordinator (SENCO).
- Review the [SEND \(special educational need and/or disability\) Local Offer information](#).
- Look at the [advice pack developed for schools and professionals](#).
- [The Education Triage Scheme in Norfolk](#) enables your child's school SENCO to seek telephone advice directly from a psychologist if there is concern that your child's skills or behaviours may be suggestive of a neurodevelopmental difference such as autism or ADHD. Please speak to the school SENCO if you have concerns.

Support for myself and my family

- [Norfolk SENDIASS](#) offer free impartial advice about SEND
- [Positive Behaviour Support \(PBS\)](#) online course offers some practical strategies to help you support your child in a positive way.
- [Family Voice Norfolk parent carer forum](#).
- [Norfolk and Suffolk SEND association \(Nansa\)](#) provides support and activities for children, young people, adults and families.
- [Recovery College](#) provides free online training about autism for adults.
- [ASD Helping Hands](#) provides workshops, activity days and residential breaks for children, young people and their families
- [Autism Anglia Norfolk Support Groups](#) provides links to support and activity groups for children and young people
- [Carers Matter Norfolk](#) specialise in supporting young carers and their families.
- [Autism Central](#) provides resources, online drop in and support for families.
- [ADHD Foundation](#) resources for families
- [PDA Society](#) pathological demand avoidance resources for families

Support for my child with sleep difficulties

[nansa sleep service](#) for families of children with SEND experiencing sleep difficulties

Support for my child/ young person with mental health difficulties

- [Just One Norfolk mental health support](#). All referrals for mild to moderate mental health support for 0-25 year olds are processed by Just One Number. Self-referral is available. The team will then allocate to the most appropriate service and update you.
- [Discovery College](#) offers free educational online courses and webinars on mental health topics for 16 - 25 year olds.
- [This May Help](#) - advice for supporting your child's mental health.
- [Childline](#) - call 0800 1111.
- [Papyrus](#) - prevention of young suicide - call 0800 068 4141 or text 07860 039967.
- [Samaritans](#) - call 116 123 or email jo@samaritans.org.

Support for my child/young person in mental health crisis

- [NHS 111 Mental Health Option](#) - 24 hour urgent mental health support. Dial 111 and select option 2.
- [SHOUT 24 hour crisis text service for mental health](#) - Text "shout" to 85258 for urgent mental health support.

If at serious risk of imminent harm dial 999 or attend nearest Accident and Emergency department.

Information about the neurodevelopmental condition assessment pathway

- See the [Norfolk County Council Local Offer](#) website for advice for parents seeking assessments for neurodevelopmental conditions.
- [Family Action](#) provide a support service for both parents of children and young people in Norfolk and Waveney who are awaiting assessment by the Neurodevelopmental Service or who have been diagnosed with ASD or ADHD. Parents can access workshops, support groups, courses and individual support and advice in matters relating to their child's needs.

Support with Education Health and Care Plan processes

- [Education, health and care plans \(EHCP\) guidance Norfolk County Council](#).
- [Norfolk SEN network](#) aim to help parents of children and young people with SEND (0-25 years) to find the right educational placement or provision to meet their needs.
- [Norfolk Sendiass](#) provide free impartial information, advice, and support about SEND for children, young people, parents, and carers. They also provide a support line and training for parents and professionals.