



02/10/26

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



The term is now well underway, with routines becoming well established and the vast majority of our young people flourishing. Of course, flourishing does not mean being perfect. We all make mistakes, say things we later regret, and have moments of forgetfulness; these are part of being human & part of growing. For some pupils, building friendships and adapting to new routines takes a little longer, and this is entirely natural. If you have any concerns about your child's happiness or wellbeing, please do not hesitate to contact the school. We are always here to support our pupils and their families.

As I mentioned in the last newsletter, it was a very proud moment to address almost 1400 students and 150 staff at the Cathedral. For some, it was their first Mass in the Cathedral & for others, their first experience of Mass altogether. The respect & reverence shown throughout the celebration of the Eucharist was truly special. My thanks to Fr Martin, Fr Anthony & Deacon Jonathan for celebrating Mass with us. I would also like to thank Mr Savage, our Lay Chaplain, who worked closely with the Cathedral team, whose warm welcome and support helped make the occasion such a memorable one.

Our pupils continue to find ways to strengthen and enrich the Notre Dame community. Families who attended our Year 6 Open Evening will no doubt agree that Illenie and Ekene spoke with remarkable confidence, sincerity and maturity. The CAFOD Club demonstrated its commitment to putting faith into action through a series of thoughtful and engaging assemblies delivered to pupils in Years 7 to 10. The School Council is well represented, and I am pleased to see pupils bringing forward practical suggestions to improve both our school environment and our systems. These ideas will be discussed and acted upon throughout the year.

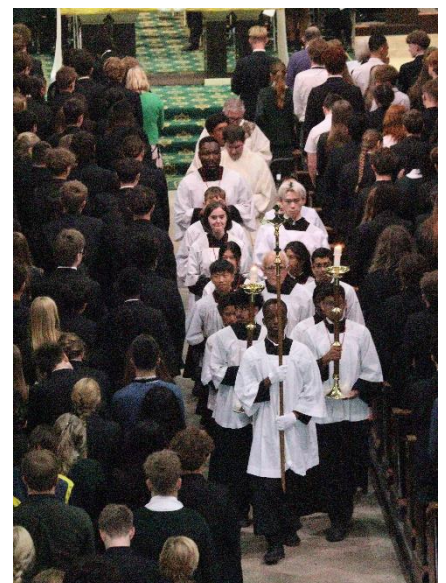
Pupils at Notre Dame never fail to impress, and I would like to make special mention of Rowan in Year 10. On his Friday journey home, Rowan stopped to help a man who was experiencing a seizure and remained with him until the ambulance arrived. His actions demonstrated great courage, compassion and a genuine concern for others. Rowan's response was a wonderful example of morally informed and compassionate leadership in action. Well done, Rowan.

Best Wishes,

Tom Pinnington – Headteacher

"I have come so that they may have life, & have it to the full"

John 10:10



October 2026 Open Days

Every October, Notre Dame High School opens its doors to families considering a place for their children at our school. This allows parents and their children to see what a day at Notre Dame High School is really like.

In order to ensure our visitors are spread evenly across the days we have the following timetable.

OPEN DAYS

**Monday 5th
October**

AM - St Francis of Assisi

PM - St Edmund's & St Benet's and All other schools

**Tuesday 6th
October**

AM - St Augustines and St Mary's Lowestoft and
All other schools

PM - St Mary and St Peter Gorleston and All other
schools

Morning tours start each day at 9.30am from Main Reception.

Afternoon tours start at 1.45pm from Main Reception.

If you have any questions about our Open Days, please contact our Pastoral Team on 01603 611431.

For enquiries regarding Admissions to the lower school please e-mail admissions@ndhs.org.uk



SPONSORED WALK



On the last day of this half-term (Thurs 22nd Oct.) we are doing our five-mile walk from school to Whitlingham Country Park in Trowse. All students will walk in form groups supervised closely by staff and we have planned regular checkpoints, run by staff and 6th Form students throughout the route.

A key purpose of the walk is to raise funds for the 8 charities chosen by our School Council. Representatives from each charity will be invited to our Advent Service in December to explain the significant impact that our donations have made.

JERUSALEM	ROME	SANTIAGO	WALSINGHAM
Benjamin Foundation	Let the Children Live	Angel Tree	MAP
Aid to the Church in Need	The Magdalene Group	Carers Matter Norfolk	Medecins Sans Frontières

Students should wear suitable clothing for the day (e.g. trainers and waterproofs) because the walk will take place under varied conditions, except severe weather. Students who have brought a packed lunch and drink, can eat it in the picnic meadow at Whitlingham.

Packed lunches, for Free School Meals Students will be provided. There will also be a charity cake stall at Whitlingham with plenty of cakes to purchase for £1.00 a slice, so please bring change.

IMPORTANT EMAIL

Your child's primary contact will receive an email explaining the Sponsored Walk. It will include a link to an online form. It contains two key sections:

- Parental Permission to be dismissed from 2:30pm
- Donation details so that we can claim Gift Aid for donations

DONATE VIA WISEPAY

Donations are made via WisePay by your child's primary contact adult. Advice on how to do this is accessible in Wisepay

Year 7 Retreat

Our new Year 7 students and their Form Tutors spent an afternoon together at SJB Cathedral. They participated in a variety of activities to help them work together as a team. They finished with a moving service in which they wrote prayers asking for what they need to 'live life to the full' at Notre Dame.





Diocesan Schools Mass

Mr Newton and Mr Spratt took a group of students to St. John's Catholic Cathedral to represent the school at the Diocesan Mass on Friday 25th September.

This was a wonderful and joyous Mass where every school in our Diocese came together to join in Mass lead by Bishop Peter. The Mass celebrated 50 years of our Diocese and saw a wonderful atmosphere and community. Staff and students then enjoyed lunch in the beautiful Cathedral garden. What a wonderful experience to be part of, reminding us that we are part of a wider Catholic family,



Year 11 Post-16 Information Evening

Thank you to all the colleges, universities, employers, training providers and support services who attended our **Year 11 Post-16 Information Evening on Wednesday 23rd September**. Students had the opportunity to explore a wide range of routes after Year 11, including sixth forms, colleges, apprenticeships, employment and higher education pathways.

We were also delighted to welcome several former students back to share their experiences and advice, helping to inspire our Year 11 students as they begin making important decisions about their futures.

For further information, including a full list of upcoming open days and events, please visit our Year 11 Careers Homepage using the link below:

[Notre Dame High School - Year 11 Careers Information](#)

Thank you to everyone who contributed to making the evening such a success.

The Careers Team Supporting students to make informed choices about their future.



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Keeping Children Safe

Information for Parents and Carers



Staying safe online

Being online is an important part of young people's lives, but it can bring risks. Spending long periods online can affect sleep, wellbeing and daily routines. Sharing personal information, passwords, images or location details can increase the risk of scams, fraud and unwanted contact. Young people can also be groomed online by people they know, people they do not know, or even people of a similar age. Criminal groups may use social media, messaging apps and gaming platforms to build trust before exploiting young people.

Support children to develop healthy online habits by:

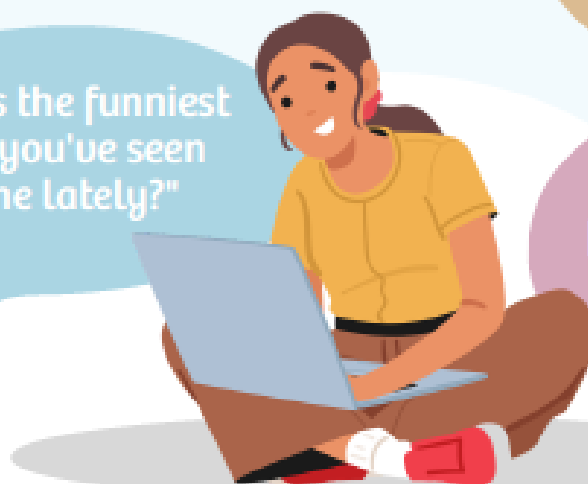
- Agreeing appropriate screen-time limits and encouraging devices to be put away before bedtime.
- Show them how to use privacy settings and reduce blue light on devices in the evening.
- Take an interest in the apps, games and platforms they use.
- Regularly discuss who they communicate with online and what information is safe to share.

Conversation starters:

"What's the funniest thing you've seen online lately?"

"What apps or games are people into at the moment?"

"If I joined your favourite app today, what would I need to know?"



Keeping Children Safe: Information for Parents and Carers

Safety conversations are often most effective when they happen naturally, such as during car journeys, mealtimes or walks. Regular, open discussions can help children recognise risks, make safer choices and feel confident seeking support when needed.

Family Hubs

Family Hubs are local one-stop shops offering advice, support and signposting for young people and families. They bring together health, education, parenting, welfare and youth services, including early intervention to help keep young people safe. Family Hubs are available to parents and carers of children aged 0–19 (or up to 25 for those with special educational needs or disabilities), pregnant people, and young people aged up to 19 (or 25 with special educational needs or disabilities).

Most Family Hubs can be contacted in one of four ways:

Visit in person during opening hours.

Email the Family Hub service.

Telephone the hub directly or contact the district's Family Hub team.

Self-refer online through your local authority's Family Hub or Families Together website.

Find your local hub online www.gov.uk/find-family-hub-local-area

Officers who engage with schools

Police officers may work closely with schools to help keep children and young people safe, prevent crime, and build positive relationships between young people and the police. The main purposes of this is to:

Safeguarding children and young people

Crime prevention and education

Building trust and positive relationships

Supporting schools with incidents

Early intervention

Partnership working