



# Cardinal Langley RC High School

*'An Outstanding Catholic School'* S48, March 2017

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Friday 18<sup>th</sup> March 2022

Dear Parent / Carer

As we move to the next stage in the pandemic I have reduced the frequency of my letters but will continue to provide regular updates. Please find the latest information items below.

## Wellbeing Workshop for Parents

Cardinal Langley we will be hosting a practical workshop for parents / carers around young people's mental health & wellbeing and how you can support this at home. The session will be delivered by #Thrive at **6.00pm on Wednesday 23<sup>rd</sup> March** in the school hall. This session is open to parents of young people in any year group.

If you would like to attend, please register using the link here [Mental Health & Wellbeing Workshop](#)

## Ukraine Crisis

Thank you to everyone that supported our appeal for supplies. A full minibus was taken to the Ukrainian Centre last week and has now made its way to Poland to support refugees most in need. Students have also written prayers for peace which have been delivered to the Ukrainian church in Rochdale.

## Covid Guidance

Although there are no longer any legal restrictions, it is important that we keep the number of cases to a minimum so that education is not disrupted. Staff and students that have any symptoms are still expected to test, and if positive, stay at home and avoid contact with other people for at least 5 full days. Test kits are available from school if needed and the latest Government advice can be found at <https://www.gov.uk/government/publications/covid-19-people-with-covid-19-and-their-contacts/covid-19-people-with-covid-19-and-their-contacts>

## De La Salle Centre

We are delighted by the way that our Year 7 students have settled into our school community and will be starting to integrate them more fully into the main building. Starting on Monday, Year 7s will be encouraged to use the 3 canteens in the main building at break and lunch and will have a wider variety of food options available to them. Year 11 students will use the De La Salle Centre to support their preparation for the summer exams.

Thank you for your continued support

Mr A Bridson  
Headteacher

