

All Hallows Catholic High School

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Headteacher: Mr C J Riding M.A. B.A.



Dear Parents

Newsletter No. 32 – 25 May 2018

Today, Friday 25 May 2018, we break up for half term at 3.05 p.m. We return to school at the usual school time on Monday 4 June 2018. We hope everybody will have a relaxing week and will enjoy the half term break.

Year 10 Exams

These exams begin 18 June 2018. Year 10 pupils have been issued with their timetables today.

Bike Safety

We have had some reports from concerned members of the public that some of our pupils are putting themselves at risk when cycling. Please can we remind you that pupils cycling to school should be wearing a cycle helmet and should not be listening to music on headphones?

School Attendance

Could parents please ensure school is informed before the end of the morning form period of a child's absence? This must be done on a daily basis otherwise; our Attendance Officer will contact parents / carers. This is to ensure that we know the child is safe.

Healthy Lifestyle Week

During the week 11-15 June 2018 Design & Technology are holding a Healthy Lifestyle Week. During the week, there will be 5 challenges, as set by the British Nutrition Foundation.

- 1) To eat breakfast
- 2) Eat 5 a day
- 3) Drink more
- 4) Get active
- 5) Make a change

Within the week, there will be a range of competitions, challenges, breakfasts, a recipe book, new sports activities, assemblies and more. Local businesses have been fantastic and have been donating their services. We are currently collecting boxes of wholegrain cereal to use as part of a healthier breakfast as well as fruit and vegetables. If anyone would like to help in any way please contact Mrs Caw on jra@allhallows.lancs.sch.uk

South Ribble Girls' Cricket Tournament

Well done to both U13 and U15 Girls' Cricket Team who played in the South Ribble Girls' Cricket Tournament on Monday 21 May 2018. The U13's came third in their group and the U15's were runners-up and go on to represent South Ribble in the Lancashire Cricket Finals on 13 June 2018. The teams were as follows: U15 – Hollie Cook, Melissa Whittle, Olivia Andrews, Erin Bragan, Olivia Black, Amelia Stones, Olivia Miller and Carmen Darkin. U13 – Chloe Kozlow, Emma Lough, Anna Gaughan, Amber Sait, Jasmine Sandwell, Maggie Chadwick, Martha Hodgson, Maddie Guy and Niamh Cobb.



“Growing together in the spirit of Christ's love”

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Heathrow International Aerobic Gymnastics Championships

Congratulations to Freya Abrams, Year 10, who has recently achieved Gold in Aerobics Gymnastics for her group routine and a personal best for her individual. She is now in training for the British Championships in a few weeks. Well done Freya!

School Meals

Menus for the week commencing Monday 4 June 2018. Salads £1.79 – £2.55, Potatoes 66p, Baked Beans 66p.

Monday: Homemade Meatballs in a Rich Tomato Sauce served with Pasta & Garlic Bread £1.99. Oven Baked Breaded Chicken Fillet in a Bap with Salad £1.73. Quorn Meatballs in a Rich Tomato Sauce served with Pasta & Garlic Bread £1.99.
Salad: Ham & Pickle £1.79.

Tuesday: Chicken Tikka Masala served with Steamed Rice & Naan Bread £1.99
Beef Chilli Burrito served with Salad £1.73
Indian Spiced Chickpea & Lentil Dahl served with Naan Bread £1.99
Salad: Sweet Chilli Chicken £1.79

Wednesday: Homemade Minced Steak & Vegetable Pie served with Mashed Potato and Vegetables £1.99. Roast Chicken Wrap served with Coleslaw & Salad £1.73.
Butter Pie served with Baked Beans £1.58.
Salad: Feta Cheese and Olives £1.79.

Thursday: Traditional Steak & Kidney Pudding served with Chips, Vegetables & Gravy £1.99. Cajun Butterflied Chicken Breast served with Chips & Vegetables £1.99. Mac 'n' Cheese £1.58. **CHIPS 73p (May only be purchased with another product).**
Salad: Prawns with a Marie-Rose Sauce £2.55.

Friday: Battered Fish served with Wedges & Vegetables £1.99. Sweet & Sour Chicken served with Noodles £1.99. Tomato & Basil Pasta Bake £1.58.
Salad: Tuna Nicoise £1.79.

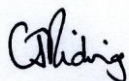
Each day a selection of freshly prepared Sandwiches, Wraps, Hot & Cold Paninis, Salads, Jacket Potatoes, Pasta Pots & Pizza will be available. For any special requests, please see a member of our highly trained Catering Team.

(All items are subject to availability)

FOOD ALLERGIES AND INTOLERANCES

IF YOU HAVE ANY CONCERNS, PLEASE SPEAK TO A MEMBER OF OUR CATERING TEAM. ALSO, PLEASE BE AWARE ALL OUR FOOD PRODUCTS MAY CONTAIN TRACES OF NUTS.

Yours sincerely



Mr C J Riding
Headteacher