

# All Hallows Catholic High School

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



Dear Parents

## **Newsletter No. 33 – 8 June 2018**

### **Celebration Mass to Mark the Retirement of Mr Riding**

As you will no doubt be aware, Mr Riding, is retiring at the end of the school year after twelve years as Headteacher. As part of the celebrations to mark his service to the school, a Mass will be held on Wednesday 18<sup>th</sup> July at 7.00 p.m. in the Sports Hall. In order for us to be able to gauge the numbers of people attending, entrance will be by ticket only. There will be a buffet and drinks reception following the Mass in the Senior Dining Room. If you would like to attend please contact the School Office on the telephone number above and tickets will be sent out to you. Please note that there is a limited number of tickets available.

### **Year 11 Leavers' Mass**

The Year 11 Leavers' Mass takes place on Friday 15 June 2018 at 11.45 a.m. The celebrant will be Fr Philip Inch and I am sure that everyone will enjoy this special occasion.

### **Year 10 Exams**

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

### **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 11th-15th June 2018**

During next week, Design & Technology/Computing 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

The week starts with a healthy breakfast being available to pupils in the Junior Dining Room from 8.30 a.m., which includes wholegrain cereal donated by the staff, as well as milk donated by Holme Farm Dairy. During the week there will be many other activities, which have all been able to take place due to amazing donations from the local area including



**"Growing together in the spirit of Christ's love"**

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Sainsbury's Penwortham, Morrison's Riversway, Kenyon's Farm, Penwortham Leisure Centre, South Ribble Tennis Centre, Sunshine Events, Dunster's Farm, the Printed Cup Company Clitheroe, Chakra Studio Penwortham, Nuffield Health Walton-le-Dale, McColl's Leyland, FoodShare/Recycling Lives and Kenworthy Chiropractic in Preston.

A yoga class is available to pupils after school on Tuesday, which they can sign up for via Mrs Caw as well as an Inflatable Assault Course at lunchtime and after school on Tuesday. Cooking Club on Wednesday night until 4.30pm can also be booked onto via Mrs Caw. Watch out for an online quiz on the school website with a £10 Amazon gift card prize.

Thanks to everyone who has contributed – we hope for an insightful, enjoyable week raising awareness of health, our environment and how to take care of ourselves and others.

### **World BMX Championship**

Congratulations to Lauren Anyon in Year 10 who became the 15 year old girls' World BMX Champion. The championships took place in Azerbaijan this week. Well done Lauren!

### **South Ribble District Tennis Tournament**

Well done to the Year 9 Girls' Tennis Team who won the South Ribble District Tennis Tournament on Tuesday 5 June 2018. The team consisted of: Olivia Black, Sophie Pennington, Sophie Wignall and Cailin Magee.

### **School Meals**

Menus for the week commencing Monday 11 June 2018. Salads £1.79 – £2.55, Potatoes 66p, Baked Beans 66p.

**Monday:** Sweet Chilli Beef served with Vegetable Rice £1.99. Chicken Kebab served with Vegetable Rice £1.99. Garlic Mushrooms served with Crusty Bread and Salad £1.58.  
**Salad:** Feta Cheese & Olives £1.79.

**Tuesday:** Homemade Beef Lasagne served with Garlic Bread £1.99. Homemade Vegetable Lasagne served with Garlic Bread £1.99. Breaded Chicken Breast Wrap served with Salad £1.73.  
**Salad:** Rocket, Pepperoni & Potato Salad £1.79.

**Wednesday:** Braised Steak & Ale Pie, New Potatoes & Vegetables £1.99. Sweet Chilli Chicken Breast Quesadilla served with Salad £1.73. Mozzarella & Cherry Tomato Tartlet served with Salad £1.73.  
**Salad:** Chicken £1.79.

**Thursday:** Pulled Pork in a Sub Roll served with Chips and Vegetables £1.99. Chicken Goujons with a Sweet Chilli Sauce served with Chips & Vegetables £1.99. Meat Free Chicken Style Vegan Burger in a Bap served with Coleslaw £1.73.  
**CHIPS 73p (May only be purchased with another product).**  
**Salad:** Ploughman's (Ham, Cheese, Pickle & Crusty Bread) £1.79.

**Friday:** Fish Pie served with Vegetables £1.99. Chicken Curry served with Rice & Naan Bread £1.99. Vegetable Curry served with Rice & Naan Bread £1.99.  
**Salad:** Mediterranean Tuna £1.79.

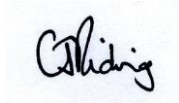
**Each day a selection of freshly prepared Sandwiches, Wraps, Hot & Cold Paninis, Salads, Jacket Potatoes, Pasta Pots & Pizza will be available. For any special requests, please see a member of our highly trained Catering Team.**

(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

A handwritten signature in black ink, appearing to read 'C. Riding', is placed on a light blue rectangular background.

Mr C J Riding  
Headteacher