


All Hallows Catholic High School



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Headteacher: Mr C Horrocks B.A.

Dear Parents,

Newsletter Week 13 - Friday 26th November

School Closure on Monday 29th November

Further to the ParentMail information which was sent to parents and carers earlier this week, I would like to remind you that school will be closed on Monday 29th November. Next year, we will celebrate the Queen's Platinum Jubilee in June, on which day there will be an additional Bank Holiday country wide. As this falls within school half term holidays, we have been permitted to nominate a single day holiday which can be placed anywhere within this academic year in lieu of that day. Hence, a school closure on Monday.

Mental Health Wellbeing Zoom Session with Kooth

On 1st December Kooth are running a Zoom session for parents from 6-7pm. Kooth is an online mental wellbeing community run by qualified professionals. The purpose of the session is to help parents and carers recognise and understand the signs of stress and anxiety in their child(ren), give some strategies to help manage this and information about how Kooth can help. Kooth are a fantastic resource and one which we regularly recommend to our students, parents and carers. If your child would like information on how to set up a Kooth account, please ask them to see their Learning Manager or Penny Hindle and ask for a Kooth card.

Details are:

Zoom Meeting Link

<https://kooth.zoom.us/j/9830220704?pwd=cGJxL1c1TzJTcXFIQVRydnNZSXU5dz09>

Meeting ID: 983 022 0704

Passcode: @kooth12th



Advent Appeal 2021

For our Advent Appeal 2021 we are supporting the work of two local charities, Luv Preston and the Metanoia Project. Both of these charities run a drop-in evening at St Wilfred's Church in Preston. These drop-in evenings are for anyone who finds themselves in need of help and support. Guests who attend are made up of homeless people, people who live in

hostels, lonely people, and people newly released from prison.

This year our appeal involves collecting donations of items the charities are most in need of at this time of year, as well as some Christmas treats to help them put together Christmas goodie bags.

Below is a list of items we are looking to collect and when they can be donated to school:

Week 1 (W/C 29th Nov): Socks and new packs of underwear (Men and women's), hats, gloves and scarves.

Week 2 (W/C 6th Dec): Shower gel, body wash, shampoo, toothpaste, tissues, face cloths and deodorant.

Week 3 (W/C 13th Dec): Christmas chocolate/sweets and Christmas cards.

If, as a family, you are able to donate to our appeal we would be extremely grateful.

Careers Advisor

We are currently seeking a Careers Advisor to support our schools Careers Programme. The post is fulltime but is shared with Leyland St. Marys with 21/2 days in each school. We would welcome applications from anyone who has a Grade 6 Qualification in Careers Guidance or is willing to commit to completing this course. Please see our website for more details.

"Mussel Power" programme

Please see the article from Mrs Caw at the end of the newsletter

Christmas Dinner

On **Thursday 16 December** we will be serving a Christmas Dinner in school at a cost of £5.50– excellent value for money as you will see from the menu.

To help us plan our catering arrangements please PAY & ORDER your child's/children's Christmas Dinner on-line using our Iris+pay facility and select their choice of Christmas Dinner by Friday 10 December 2021.

Pupils entitled to a FREE SCHOOL MEAL who would like to have a Christmas Dinner MUST see Mrs Ayrton-Parker before Friday 10 December to place their order.

A limited menu will be available to pupils who do not want a Christmas Dinner. Please see the end of the newsletter for the menu.

Yours sincerely,



Mr C Horrocks
Headteacher



CHRISTMAS DINNER

**Traditional Roast Turkey
Chipolata Sausages Rolled With Bacon**

Sage & Onion Stuffing

Cranberry Sauce

Or

Quorn Turkey Joint and Quorn Sausages

**Roast Potatoes
Creamed Potatoes**

Julienne Carrots

Brussels Sprouts

Petit Pois

Gravy

Christmas Pudding served with

creamy brandy sauce

Or

Chocolate Fudge Cake

served with cream

Or

Mince Pies served with cream

Cost £5.50 (including juice & a cracker)

**ANYONE WHO DOES NOT ORDER BY 10 DECEMBER WILL NOT BE ABLE TO TAKE
PART IN THE CHRISTMAS DINNER**

**PLEASE NOTE: IF YOU HAVE A FOOD ALLERGY OR INTOLERANCE, YOU MUST
SPEAK TO AND ADVISE THE CATERING DEPARTMENT IN ADVANCE**

MENU 4: 29 NOVEMBER 2021

Monday: SCHOOL CLOSED BANK HOLIDAY

Tuesday : **Beef Lasagne** freshly made served with garlic bread £2.04
Roasted Vegetable Lasagne freshly made & garlic bread £2.04
Cajun Chicken Wrap served with salad & coleslaw £1.78
Rocket, Pepperoni & Potato Salad £1.84
Soup of the day 85p

Wednesday: **Braised Steak Pie** served with chips & vegetables £2.04
Breaded Chicken Goujons served with chips & vegetables £2.04
Meat Free Chicken Style Vegan Burger served in a bap with salad & coleslaw £1.78
Ploughman's Salad (Ham, Cheese, Pickle & Crusty Bread) £1.84
Soup of the day 85p

Thursday: **Chilli Con Carne (Beef)** served with rice £2.04
Mushroom Stroganoff served with rice £1.78
Hot Dog & Onions served with salad/vegetables £1.78
Feta Cheese & Olives Salad £1.84
Soup of the day 85p

Friday: **Breaded Cod Bites** served with a potato dish & vegetables £2.04
Margherita Pizza freshly made served with a potato dish & vegetables £2.04
Creamy Chicken Pasta served with vegetables £2.04
Mediterranean Tuna Salad £1.84
Soup of the day 85p

Each day a selection of fresh sandwiches, wraps, paninis, salads, jacket potatoes, pasta pots will be available. For any special requests, please see a member of our highly trained Catering Team.

(All items are subject to availability)

Students at All Hallows Catholic High School, Preston join thousands across the country cooking and tasting British mussels this week

Students at All Hallows Catholic High School are being taught this week as part of the “Mussel Power” programme. The Fish In Schools Hero programme aims to ensure that every child gets a chance to prepare, cook and eat fish before they leave school and is run by The Food Teacher’s Centre and The Fish Mongers Company’s Charitable Trust.

Through “Mussel Power” 8000 students in 200 hundred schools across the country this week are cooking and tasting sensational freshly cooked dishes made with British mussels. All Hallows has been busy this week creating dishes such as Italian Tomato Mussels and Thai Style Mussel Broth alongside yoghurt flatbreads.

Food and Nutrition teacher Jenna Caw explains the lesson:

‘Our student chefs have been busy practising how to prepare and cook sustainable fresh fish. They learned how mussels are rope-grown and harvested sustainably and provide key nutrients. Most of these students have never eaten mussels before.’

‘The Masterclass gave students across all 5 year groups the opportunity to prepare, cook and taste delicious fresh mussels, often for the first time. The reactions were amazing and many pupils cannot wait for another opportunity to work with fish.’

“Can we order two tonnes of mussels please, and could you deliver them to 200 schools? We know that delivery might be quite tricky right now, but any chance?”

This was the request that **Simon Gray** (Simon Gray, Senior Associate, Food Teachers Centre UK) put to the fish industry. He was overwhelmed with the positive response and ‘can do’ approach.

“Mussels are one of the most under-utilised shellfish in this country, so we are getting young people to try them in the safe, positive environment of their food and nutrition lessons. This would not have been possible without the amazing industry partners offering to support this so that there is no cost to schools. Schools are super excited and hugely grateful for Sarah’s (Offshore Shellfish) generous gift and in awe of the logistical processing and delivery challenges navigated so expertly by Matt and Pat (Fowey Shellfish, and M&J Seafood).” said Simon.

Offshore Shellfish kindly donated 2 tonnes of grade ‘A’ rope grown mussels. **Sarah Holmyard**, (Head of Sales and Marketing):

“We are delighted to support the Fish in School Heroes programme by supplying our mussels for thousands of school children to try. It is so important for children to have access to foods they may not otherwise try and be the next generation of seafood enthusiasts. Mussels are so quick and simple to cook, are great for you, and great for the environment so are perfect for the children to try”.

An amazing opportunity that we hope to be able to repeat with other masterclasses in the future.