

# All Hallows

## Catholic High School

# Newsletter

16 June 2023



### Dear Parents/Guardians,

Another busy fortnight since the last newsletter! Year 11 have experienced an intensive fortnight of GCSE exams. Many of them have sat their final exams today though a few exams run over into a fifth and final week – Technology and Further Maths. We took the opportunity to bring Year 11 together on Wednesday for their Leavers' Assembly. Although they hadn't quite finished their time at All Hallows, it was the perfect time to gather in the Arts Theatre. Many memories, stories and anecdotes were shared by the pupils and staff from their five years at school. There were some very moving and poignant moments – particularly a speech from their Learning Manager, Mrs Noad and a poem written specially for the occasion by their Assistant Learning Manager, Mrs Walsh. There were beautiful musical performances interspersed throughout the assembly with help from the Performing Arts Department. Afterwards, the usual signing of shirts took place and I think it really hit home to the pupils that their time at school was coming to an end and that they would soon be off to pastures new. The way they have approached the exams and revision classes has been outstanding and I have very much enjoyed working with them at the start and end of each exam.

In other news, this week we have been focusing on Healthy Lifestyle Week. Mrs Caw has worked tirelessly to put together an exhaustive programme of activities to really focus our attentions on the importance of looking after our bodies. There has been exercise bikes, healthy eating initiatives, yoga to name a few. A huge thank you to Mrs Caw for putting this programme together.

Congratulations to those members of Year 8 who received the Sacrament of Confirmation from Bishop Tom Neylon at St. Mary's, Leyland last week, and to the group who will be receiving the sacrament tonight. May they always be aware of the Holy Spirit guiding them in their lives.

Next week is a big week for our Year 10 pupils who go out on work experience at various places of employment. We hope they have a rewarding and valuable experience and perhaps return to school with a stronger sense of vocation and what pathway or route they feel called to take beyond All Hallows.

I hope the sunshine stays for us all over the next few days. Have a lovely weekend.

Mr McMullen  
Deputy Headteacher

### Polite Reminder – Year 7 Cliffs Farm, Rock and River Trip.

A reminder for parents and carers regarding the upcoming trip for our Year 7 students.

Thursday 22nd – P Band Students.

Friday 23rd – G Band Students.

You will need to bring a packed lunch and dress for the weather, usual non uniform day rules apply. Information regarding your child's "kit list" was sent out in previous communications sent back in February via ParentMail.

Children will return to school by 5pm.

### Numeracy and Literacy Breakfast Club

For the past 12 weeks myself and Miss Poston have led the Year 7 Numeracy and Literacy Breakfast Club. Every Wednesday and Friday morning, at 8am sharp, some of our fantastic Year 7 pupils have arrived at school early, ready to dedicate an extra 40 minutes of their time, to strengthening their numeracy and literacy skills.

As part of the Breakfast Club initiative, a group of Year 10 Progress Leaders also arrive early to work alongside the Year 7s, supporting and encouraging them with their online tasks and assignments. The success of the Breakfast Club is significantly down to the commitment and enthusiasm of all the students. The Year 10's have shown superb leadership skills and have been inspirational role models to their Year 7 buddies.

The Year 7's have blown us away with their punctuality, positivity and perseverance, so much so that we organised a celebratory trip to celebrate the end of the Breakfast Club Programme. On the day Mr Burgess kindly drove all of our Year 7's to the Mill at St Catherines, where they enjoyed a delicious final breakfast together. The Year 7s were fantastic, and staff at the Mill all commented on what outstanding advocates our Year 7s were for our school.

Well done and thank you to everyone involved in the Breakfast Club. We are sad that it is over but look forward to launching the initiative again next year with our new cohort of Year 7 and Year 10 pupils.

Mrs Walsh



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

## Year 10 Rounders.

Well done to the Year 10 rounders team who were overall winners of the South Ribble District Tournament held at Priory High School on Tuesday night.



# WINNER

## LANCON JUNIOR FOOTBALL CLUB UNDER 16 BOYS

### NEW PLAYERS WANTED!

### FOR 2023/2024 SEASON

WE ARE LOOKING TO ADD A FEW NEW PLAYERS TO OUR GREAT SQUAD FOR THE NEW SEASON.

WE REQUIRE BOYS FROM YEAR 10 AND 11 (FROM THIS SEPTEMBER SCHOOL YEAR).

WE ARE OFFERING **4 WEEKS OF FREE TRAINING** BEFORE COMMITTING!

IF INTERESTED PLEASE EMAIL [STEVELANCONREDS@GMAIL.COM](mailto:STEVELANCONREDS@GMAIL.COM)

WE TRAIN TUESDAY NIGHTS 7 – 8:30 PM AT POLICE HQ, SAUNDERS LANE, HUTTON, PRESTON, PR4 5TJ (SAT NAV POSTCODE).



- A FUN, FRIENDLY ATMOSPHERE.
- FA QUALIFIED AND DBS CHECKED COACHES.
- GREAT FOR GENERAL FITNESS, TEAM WORKING AND SOCIALISING.
- GIVE US A TRY, YOU WON'T BE DISAPPOINTED!



## Continued Success for Isla.

# CONGRATULATIONS

to Isla Bamber in Year 8 on being crowned Lancashire Schools High Jump Champion 2023 (Junior Girls).



## U16 Golf Championships



A huge well done to Isaac Urbanksi, Joel Hodgson, Joesph Docherty and Harley Evans in Year 10 who all competed in the Lancashire schools U16 Golf Championships at Bury Golf Club yesterday. We are awaiting the final results, but Mrs Preston said "all four boys played extremely well in very hot conditions and did the school proud".

# WELL DONE

**RUNSHAW**  
COLLEGE

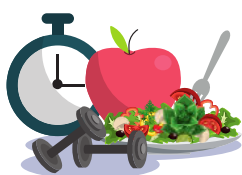
## ALS Open Event at Runshaw College

Runshaw College's Additional Learning Support and Foundation Learning team are having an Open Event at college to inform careers coordinators, parents and students of the support and Foundation Learning Courses offered at Runshaw.

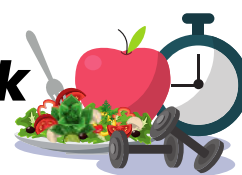
**The date is Monday 3rd July 3pm – 6pm at the Student Entrance, parking is available on car park B and C to avoid the buses.**

The event is open to students, parents, careers coordinators and teachers.





# Healthy Life Style Week Week 12th – 16th



We have had a busy week exploring links to Healthy Lifestyles from making better food and drink choices, getting more exercise and even looking at sleep and self-care in PD lessons. The week runs in conjunction with the British Nutrition Foundations Healthy Eating Week and their 5 daily themes of 'Eat more fibre,' 'Get your 5 a day,' 'Stay hydrated,' 'Vary your protein' and 'Reduce Food Waste.' We have had daily visits from Nuffield Health who have been delivering circuit training sessions to PE students, a Parent and Child Cooking class, a Food Waste Cooking club, a smoothie bike visit, free breakfasts every morning for the pupils, wellbeing walks, free South Ribble Leisure Cards, litter picking in the community, the Big Sing, live cooking demonstrations from Animal Aid, special dishes in the canteen, competitions and more. We really must thank all of the local and national companies that have supported our week as without them it would just not be possible. Thank you to Holme Farm Dairies, Kenyons Farm Eggs, Booths Penwortham, Hunts Spar Liverpool Road, SHO, The Spicery, Oddbox, Warburtons, Cups Direct, H&P Ascroft, Nuffield Health Preston, Active Sports Team South Ribble BC, South Ribble Leisure Centres, Yorkshire Mushroom Emporium, Animal Aid, Pasta King and our staff who have also donated. Please check out our posts on instagram under allhallows\_tech A huge thanks to the Design Technology & Computing departments who have supported the week tirelessly providing their serving expertise every morning for breakfast and also to Mrs Dasu for her design skills for posters and instagram posts!

## Litter Picking in the Community



On Monday 12th June, in the balmy 30 degree heat, Mrs Caw and 6 members of the STEM Club set out after school with their litter pickers and binbags to hunt for any litter that needing tidying in the area. They worked their way through the park at the front of school, across to Whitefield Primary, around the back of the school and back through to Central Drive and into school. Despite the weather they made short work of the considerable litter they found and were amazed by the range of items that were found around the hunt. The pupils were treated to milk and orange juice courtesy of Holme Farm Dairies afterwards and they are already keen to go out again and do the same in the future.

## Parent and Child Cooking Class

On Wednesday 14th June 9 sets of parents and pupils attended the Parent and Child Cooking class after school. The aim of the event is to give parents and children a chance to cook together in a new environment but also where the pupils have the responsibility and knowledge. It was a lovely atmosphere and everyone was able to get stuck into the 2 recipes which were Pea and Mint Falafel with homemade flatbread and Gnocchi in a vegetable sauce. 4 Year 10 pupils were in attendance to help support and mentor the pairs and provide equipment where required and they were excellent helpers. Each pair was also treated to a free bread product courtesy of Warburtons to take home. The majority of the ingredients for the Parent and Child Cooking class were provided by Booths and H&P Ascroft. There was a lot of interest in the afternoon and we hope to repeat it in the future for those that were not able to take part this time.



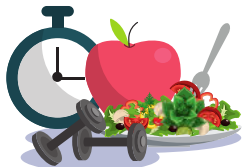
## South Ribble Leisure Cards

Well done and congratulations to the 250 pupils that applied for a free Leisure Card. You should now have received an email to the address provided on the application form. This details how to collect your card from your nearest South Ribble Leisure Centre. Don't forget, that alongside this, each card holder has the chance to book a free tennis court before 3rd September 2023. The card itself will last for a full 12 months. Many thanks to Janelle from South Ribble Tennis Centre who was instrumental in organising and delivering this incredible offer to our pupils.



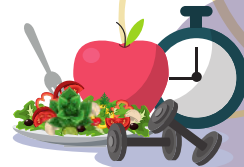
## The Big Sing Off

On Wednesday 14th June at lunchtime pupils were encouraged to join in a wellbeing activity in the Arts Theatre. Year groups competed against each other to see who could sing the loudest and most enthusiastically. What a party atmosphere! All the pupils committed themselves with gusto and managed to rope some staff to join in too! Thank you to Mrs Colclough for organising this event. Singing really does make you feel good.



# Healthy Life Style Week

## Week 12th – 16th ... Continued



### Nuffield Health

We have been incredibly fortunate this week to have had the pleasure of 3 different Personal Trainers join us from Nuffield Health, Preston. They are big champions of our week and this year they have been able to attend for 2 hours every single morning. This has given over 12 different classes the chance to experience their fun and energising circuit class. A big thankyou to Jess from Nuffield Health, Preston who has delivered and organised this, especially difficult at 35 weeks pregnant. What an amazing role model she is to our pupils!

### Smoothie bike

On Tuesday 13th June we were treated to a visit from the Active Health team who are from South Ribble Borough Council. Nigel and Katie supported our pupils as they pedalled their way to a nice healthy smoothie drink. A smoothie bike works very much like an exercise bike, however, there is a special dynamo powered by the wheel that transfers power to the blender attached to the front. Every year this is most definitely one of the pupils favourite activities to take part in and almost immediately there was a big queue of pupils wanting to take part. There was definitely an air of competitiveness between the pupils to see who could pedal the fastest and create the best blended smoothie using frozen berries, bananas and milk donated by Holme Farm Dairies. Even Mr Locke was able to take part and show the pupils how it's done! A massive thankyou to Tanya, the Wellbeing Development Officer at South Ribble Borough Council for making this happen.



### Food Waste Cooking Class

On Friday 16th June several year 9 pupils took part in the Reduce your food waste cooking class after school. Using items left over from the activities during the week they were able to make items such as Spanish Tortilla, Sticky Korean Cauliflower Bites, Rhubarb crumble and Vegetable frittatas. The pupils enjoyed the freedom of trying out new recipes and even creating their own and was a great lesson in not letting items go to waste. Thankyou to H&P Ascroft and Kenyon Farm eggs for providing supplies to allow this to happen.

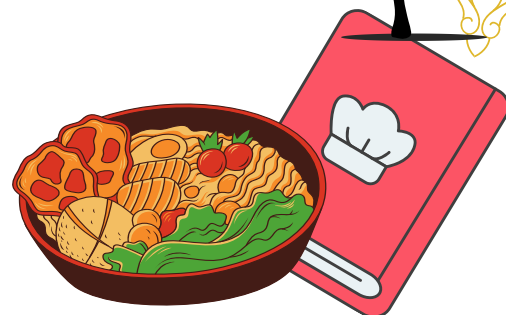
### Yoga Reward Session

On Tuesday 13th June, 23 pupils, a mixture of Years 7-10, were able to take part in a session of yoga with an external instructor called Sue. Sue delivered an incredible session to the pupils who embraced her naturally relaxed style and really put their full effort into the class. She didn't stop there however, and went on to deliver another great session to members of staff after school. A huge thank you to Sue for donating her time and expertise and for Mrs Shilton for organising the event.



### Healthy Lifestyle Week Recipe Book

We are in the process of completing a recipe book using recipes from the week, as well as receiving special permission from companies such as River Cottage, Oddbox and Heinz to include their recipes too. Watch out for this being sent out on parentmail in the next week or two.



### Fine Dining Beans on Toast Competition

It's back! Last completed in lockdown, the competition is back again this year. The idea is to create an artistically presented version of beans on toast using only 2 slices of bread and a tin of beans. Entries will remain open until Monday 26th June. Part 2 of the competition will be to design a useful object using the empty tin can so don't throw it away just yet! See the school website or form noticeboards for more details. Send all photo entries to Mrs Caw at [jra@allhallows.lancs.sch.uk](mailto:jra@allhallows.lancs.sch.uk)



### **Leyland Netball Primary Schools Competition**

On Thursday the 15th June, our Netball leaders in Years 7, 8 and 9 were asked to umpire the Leyland Netball Primary Schools Competition. Anthony Graham who is the South Ribble School Games Organiser messaged Mrs Preston with some lovely feedback. He said "I just want to say a huge thank you to all your leaders today. They were absolutely brilliant. So good at umpiring but their general attitude, behaviour and rapport with the primary schools and other leaders was amazing. This was also mentioned by the Primary School staff."

# WELL DONE!



### **Barcelona Trip**

On Friday 26th May, 43 Year 8 pupils and 5 teachers set off bright and early for a 4 night trip to Barcelona, Spain. Mrs Grierson was accompanied by Mr Hennigan, Mr Duffy, Mrs Noad and Mrs Shilton. We stayed in a lovely hotel in the small resort of Tossa de Mar. On the first full day we travelled into the centre of Barcelona to firstly do a tour of the Nou Camp stadium. We were one of the last people to be able to visit this iconic place, as only a couple of days later it closed for renovation and won't re-open until 2026. Many pupils bought football shirts and had photos taken with the trophies, in the changing room and pitch side. We then went on to Poble Espanyol, an open air architectural museum, which showcases all the different styles of buildings in Spain. As the temperature reached 32°, lots of ice creams were enjoyed. Our next stop was Sagrada Familia, where our lovely tour guide explained the symbolism of the many beautiful features of this Basilica. It was truly awe-inspiring inside. After dinner at the hotel, we headed down to the beach and explored the castle of Tossa de Mar. We finished the evening off with a disco in the hotel, which went down a storm.

Our second day took us back into Barcelona, this time to explore Gaudi's Parc Guëll and then the Gothic Quarter. Nobody seemed to notice that we went down some of the windy narrow streets twice as Mrs Grierson tried to navigate with Google Maps. We then went down the most well-known street in Barcelona, La Rambla, where we saw flower stalls, portrait artists and living statues. A few of our students enjoyed interacting with a green alien. We spent a couple of hours down by the port at a shopping centre before heading back to the hotel. After dinner, we played games on the beach and finished the evening off with an ice cream from a heladería.

Our third day was a whole day trip to Spain's biggest theme park, Port Aventura. The more daring among us rode Dragon Khan and Shambhala whereas others enjoyed the water rides. Luckily, the sun was shining and we managed to dry off before getting back on the coach.

Our last day was spent travelling back, luckily with no delays, to arrive back home at 7pm.

Last of all, I would like to say a big thank you to all the staff for their tireless help, support and entertainment throughout the trip and congratulations to all the pupils who took part for being great company and for their excellent behaviour.

