



All Hallows

Catholic High School

Newsletter

08 February 2024

Dear Parents/Guardians,

This half term seems to have flown by. With the later start after Christmas it has been a short half term. Hopefully after the holiday we will be returning to increasingly lighter nights and a feeling that spring is not far away. Our Year 11's are in the last part of their school journey and hopefully gearing themselves up for the next few months.

As you will already know we have moved our production of 'We will Rock You' to the 19th-22nd March and many of our pupils are now fully committed to rehearsals. I would like to thank Mrs Colclough and her supportive team who spend so much of their own time helping our young people to have the confidence and skills to take part in these wonderful school events.

Last week, many of our Year 9 pupils were able to spend part of the week at Savio House. I feel it is particularly important that in an era of social media and the pressures on young people that they have the opportunity to ground themselves and give some time to establish what is important in their life. It gives our young people an opportunity to nourish their relationship with God and allow their faith to thrive. Thanks must be given to our staff who recognise the importance of this work with our students and give up their time on this residential experience.

On Saturday, I attended the Lancashire Schools Cross Country Event at Witton Park in Blackburn. Several of our pupils had qualified to run for South Ribble District. I was fortunate to see some top performances from our pupils across all the age ranges. Well done to all those students who took part. There are also lots of other examples of pupils excelling in individual sports and in other activities in the newsletter. We are proud of all our students and the effort they continue to show in all their achievements

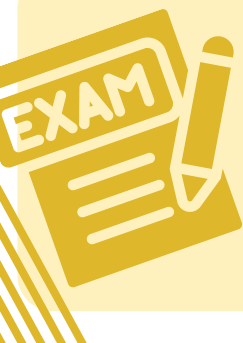
Yours faithfully,

Alison Cooper
Headteacher



Invigilator Role

We have a number of vacancies for invigilators this coming Summer. If you would like further information, or would like to express your interest, please email Mrs Nicholson, our Examinations Officer at MNI@allhallows.lancs.sch.uk by the end of 29/02/2024.



Dates to Remember

- **8th** School closes at 3:05pm for February half term.
- **19th** Pupils return after half term (8:30am)
- **22nd** Options parents evening for Year 9
- **23rd** CAFOD Lent fast day, non uniform day
- **26th** GCSE food practical's for Year 11 this week
- **27th** Year 11 Parents evening

Lost Property

We have found that lost property has been a constant struggle with our pupils each term. To aide us in combating this issue. **May we request that your child's name is attached to any items or belongings such as uniforms, water bottles, PE bags etc.**



PTFA Fundraising

Another super successful hotdog sale at break time to raise important funds for our PTFA. Thanks to Mr Hallsworth for being the hotdog of the half term!!

Year 7 Cohort Contact Details

It has come to our attention, that a second point of contact is needed for a lot of our Year 7 students. In the event that we are not able to get a hold of our first point of contact, a nominated second person is advisable. If you could please send these details through via the Enquires gateway through Synergy, this would be most appreciated.

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

South Ribble District Gymnastics

Well done to Brihde, Charlotte & Darcey competed in the South Ribble District Gymnastics competition at Worden. Brihde won both floor & vault in the Y10 & Y11 advanced section, whilst Charlotte won both in the Y8 Novice section, & Darcey came 2nd in vault & 3rd on floor.

Amazing



Catholic Lancs Youth Club

All pupils are invited to our third gathering of our youth club on Sunday 18th February.

This is the first Sunday of Lent so we are marking the occasion with a pancake party!

All are welcome and there is no cost!

We ask all young people to sign in as they arrive and provide an emergency contact number and if the google form can be completed ahead of time too it will help us to know the number of young people to expect. [Please complete this Google form](#)

If your child has any dietary requirements please let me know ahead of time by completing the google form linked above.

The youth club is open to all young people locally in Year 7 and above, they do not need to be pupils of All Hallows or Catholic, all are welcome!

Lancashire
SEND IAS
Information, advice and support
for Special Educational Needs and Disability



Making Sense of Special Needs

A FREE 6-week course for parents or carers of children and young people with special educational needs or disabilities [SEND]

Do you know what help may be available for them?

Are you confused by the words and abbreviations that are used in meetings?

Do you know how to find information, advice and support for your yourself?

Would you like to know more?

Lancashire SENDIAS have a 6-week course for parents and carers to help them understand more about the special needs process in Lancashire.

This will be a face-to-face course run in South Ribble by Trinity Special Needs Advice Partnership with the Lancashire Children and Family Wellbeing Service. There will be a limit on numbers on each course, so you will need to book a place. For more details please email either trinitysnap17@gmail.com or CFW-SR-GROUPS@LANCASHIRE.GOV.UK

Trinity Special Needs Advice Partnership
Trinitysnap17@gmail.com



Children's Mental Health Week

February 5th to 11th is Children's Mental Health Week. Please see the following for more information

My VOICE
MATTERS



My VOICE MATTERS

Place2Be's
**CHILDREN'S
MENTAL HEALTH
WEEK**

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – “My Voice Matters”.

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- ① We don't need to have 'one-off' conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- ② I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- ③ Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- ④ Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- ⑤ Don't compare my experiences to your own when you were a child.
- ⑥ Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- ⑦ Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- ⑧ If you are open with me about your feelings, this can help me to be more open about mine.
- ⑨ Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- ⑩ Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: bit.ly/3PzCGI8

For secondary children: bit.ly/3LBD2wK

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT
TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?

WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I
DO TO HELP
YOU?



SCHOOL SYNERGY

Synergy Reminder

At All Hallows we are now utilising the Synergy platform a little more extensively than we have done so in the past. For ease, the app can be downloaded or you may choose to use the desktop version. Moving forward, this will allow a streamlined gateway for parents/carers to get in touch with school.

You will be able to inform us of your child's absence, get in touch with the Headteacher, message a member of staff as well as notifying us of any

appointments your child may have, as any lates without prior knowledge of any appointment may result in a late detention.

Please allow a realistic response time for replies, namely teachers, as they may not see your messages instantly. Your child's absence/appointments must be reported on a daily basis unless there has been an agreed arrangement with a member of staff.



COME AND CHAT TO US AT LANCASHIRE LINK

COME AND HAVE A CHAT WITH YOUR CHILDREN & YOUNG PERSON'S SOCIAL PRESCRIBER ABOUT WHAT BARNARDOS LANCASHIRE LINK SERVICE CAN OFFER TO SUPPORT YOUR CHILD'S EMOTIONAL WELLBEING (AGED 5-17)

THURSDAY 15TH FEB **LONGTON LIBRARY**
2.30PM-6.00 PM

- CONFIDENTIAL ADVICE
- SIGNPOSTING TO SERVICES

CRAFTS FOR CHILDREN WHILST YOU CHAT



Preston & South Ribble Primary Care Network
Working together for our patients

Year 8 Netball

Well done to our Year 8 Netball A and B teams who were both played amazing against Brownage St Mary's A team. The B team won 12-1 with POM Kitty A and A team won 24-0 with POM Darcie D! Well done girls.

Hard work in training is clearly paying off.



U16 Girls - 5 A Side Football

Well done to both U16 girls 5 a side football teams who came 3rd and 4th place in the South Ribble District Tournament last week!

Well done!



Year 7 Netball

On the 31st January three of our eager year 7 Netball teams played Brownedge St Mary's A team. The girls played extremely well and kept smiling throughout. Special mention goes to Alannah, Olivia & Charlotte who received players of their match.



Year 8 & 9 South Ribble Football 5 A Side Tournament

Well done to the year 8 & 9 girls who played in the 5 a side football tournament on the 6th February. They played really well, improving in every match coming 4th in their group. POM goes to Eva.W.



Year 7 Football 5 A Side Tournament

On Monday this week the Y7 girls played in the 5 a side District tournament. Due to the incredible commitment to training and practices we had three teams in total who all played their part in securing a semi final place against Balshaw's. Unfortunately, we lost in the semi on penalties, but we definitely won the award for having the biggest team! Well done Girls!



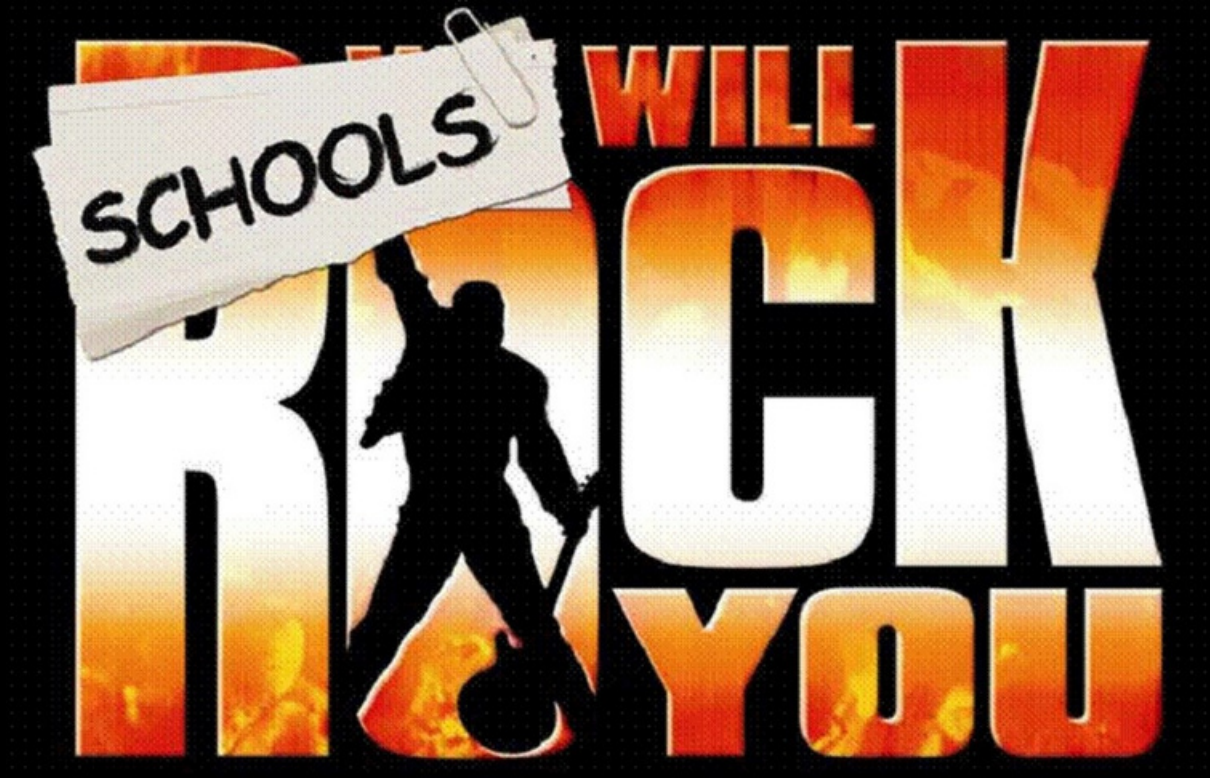
North of England Schools Trampoline Competition

Congratulations once again to Brihde A in Year 10 who competed in the North of England Schools Trampoline Competition on Saturday in Wakefield and came 5th overall. This means she has qualified for the England schools national final which will take place in Telford on 16th March.

CONGRATULATIONS



ALL HALLOWS CATHOLIC HIGH SCHOOL



WE WILL ROCK YOU
School Edition

Music and Lyrics by Queen
Story and Script by Ben Elton

Tuesday 19th March - Friday 22nd March @ 7.30pm

Tickets £10

<https://www.trybooking.com/uk/DCIZ>

"WE WILL ROCK YOU School Edition" is presented through special arrangement with and all authorised performance materials are supplied by Theatrical Rights Worldwide (TRW),

www.theatricalrights.co.uk

Travelling to School



A polite reminder for pupils cycling to and from school, may you please remind your child of the use of appropriate equipment eg: a helmet, front/rear light added to their bike or wearing of any reflective gear. We have had reports from members of the public of road safety not being adhered to alongside poor visibility.

Also can we ask parents to not drive into school to drop their children off or park outside school along Crabtree Avenue. We have had several complaints from residents and instances of near misses with the volume of traffic.

On The Beat Street Dance Competition

Congratulations to all the girls who represented various Dance schools in the North-West at the recent On The Beat Street Dance Competition held in Blackpool Tower Ballroom. The standards were high but there were many successes and placings on the day. Well done to Ava R, Hannah S, Olivia C, Jessica C, Katie M, Matilda B and Gera C-S.



FUN Healthy Chinese Cooking Ambassadors

Please find a fantastic source of videos of knife skills and techniques – perfect for Chinese New Year. The year of the Dragon! Celebrate by trying out the videos!

FUN Skills Video

Also, these recipes are worth a try, Mrs Caw can confirm that the Red Braised Belly Pork is delicious after cooking it this weekend!

Luna New Year Recipes



Lancashire Violence Reduction Network (LVRN)

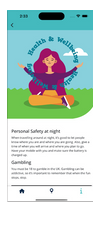
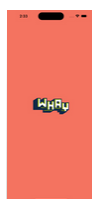
With the funding of the Lancashire Violence Reduction Network (LVRN) the young person app called WHAY (What's Happening Around You) has been created. It is aimed at 11-18 year olds and has a 'What's On' area. This area includes clubs, activities and events. It also has a very useful 'Support' section. In essence the support section directs Young People to different services in their time of need.

It is a FREE app available android and apple.



AN ANONYMOUS WAY TO FIND SUPPORT IN YOUR LOCAL AREA

WHAY provides a resource to learn about different topics that can sometimes be scary to think about or that you might experience in day to day life. It also shows local events and community groups that you might want to join. So take a look and see at whats happening around you!



To find out what all the fuss is about, download it for yourself on your preferred device;



Service provided by:



Lancashire (inc. Blackburn & Darwen)
School Aged Immunisation Service



MMR (Measles, Mumps and Rubella)

After February half term, please be expecting paper consent forms delivered to your school in named envelopes. Each envelope will contain a letter explaining why they have received it and a leaflet to provide them with the information. We will administer these vaccines alongside our other programmes and inform you if any extra visits are necessary to ensure all children are caught up.





Year 9 Retreat: Savio House

Last week two groups of Year 9 pupils attended their retreat to Savio House in Bollington. The theme of the retreat was "Water" inviting the pupils and staff to go below the surface of their lives, to reflect on who they really are and their relationships with others and with God. The retreat included lots of activities, some very moving times of prayer (a particular highlight being our reconciliation service), a walk up to White Nancy, time in the games room, a very lively and joy-filled celebration Mass followed by a celebration disco and karaoke.

It was a fantastic retreat and all of the pupils and staff had a fantastic time. One pupil said "I had so much fun with my friends, the activities were great and it was nice to have some quiet time too." A big thank you to all the pupils who came on retreat for your engagement, enthusiasm and joy. And thank you to the staff who accompanied them over the week. Finally thank you to the Savio House team who led the retreats with so much energy and joy and helping our young people to realise, more fully, how loved they are by God.



The Sacrament of Confirmation

Registration for Confirmation is now open. All pupils in Year 8+ who haven't been Confirmed and would like to receive this sacrament of the Church are invited to sign up as soon as possible. All Year 8 pupils took part in a Confirmation Launch Session on Tuesday with Animate Youth Ministry's where they explored a bit about what the sacrament is and what it means for their lives. It was a wonderfully lively session which really helped our young people to explore this important sacrament.

Preparation for the sacrament will take place in RE lessons in school and also at our Catholic Lancs Youth Club which takes place each month. All pupils who are intending on being Confirmed are encouraged to attend the youth club to help them in their preparations. Our next Youth Club gathering takes place on Sunday 18th February 5pm-7pm.

To register for Youth Club please use this link

To register for Confirmation please use this link

If you have any queries please contact Kate (School Chaplain)

New Rewards System

This week has seen the delayed launch of our new rewards system, with Mr Thomas delivering an assembly to all pupils.

The pupils below were presented with our most prestigious award, 'Life as a Saint' for Term 1



FORM	B	C	F	J	M	V
Year 7	Rylan. C	Matthew. H	Selasi. N	Eden. N	Bella. C	Halle. R
Year 8	Charlotte. R	Ava. C	George. G	Olivia. C	Laoise. L	Nathan. A
Year 9	Ava. G	Amy. B	Maisy. L	Kia. M	Emili. T	Noah. S
Year 10	Oliver. J	Lily. S	Lilly. W	Lauren. C	Alice. J	Henry. W
Year 11	Erin. N	Arlo. C	Ruby. W	Sophie. C	Stephanie. B	Sophie. L

This award celebrates those pupils who have successfully participated in many different areas of school life e.g. the curriculum, contributing to the Catholic life of the school, participating in extra-curricular activities and supporting our community. It is awarded once a term and all pupils receive a £10 Amazon voucher.

The 'House award' goes to Margaret who achieved the most points during Term 1. All pupils in 7M, 8M, 9M, 10M and 11M were presented with a form certificate and sweets this week.

Well done to all those pupils.