

All Hallows

Catholic High School

Newsletter

4th April 2025



Dear Parents/Guardians,

Last week was a wonderful celebration of both the Catholic ethos of our school and the flourishing talents of our pupils in the school production of Matilda. Everyone who came to see the show commented on the joy and delight on the faces of the participants and everyone could not help but be impressed with the overall quality of the production. I must give huge thanks and appreciation to our Performing Arts department and in particular Mrs Colclough and Miss Johnston. As I said on Friday evening though it is the commitment of the young people, their parents and the staff working together that makes these events so successful.

The Big Lent Walk also took place last weekend and I'd like to thank the staff, parents and pupils who joined the parishes in supporting the event. A total of more than £250 has been raised for CAFOD, our Lenten charity.

As we break up early this year and it is still some time until Easter I hope that families have a well-deserved break and enjoy the Easter joy of the resurrection when the time comes. I will be accompanying 96 of our Year 9, 10 and 11 students as they travel to the Pacific Coast of the USA. We will be visiting San Francisco, Death Valley and the Grand Canyon and other exciting areas of the west coast. We wish Mr Jousiffe and all the group the best of times and experiences. Enjoy!

Yours faithfully,

Alison Cooper

Headteacher



It was wonderful to see all the pupils, their families and friends, as well as the parishioners who participated in the CAFOD community walk last weekend. The 6-mile walk began at St. Oswald's Church in Longton, and everyone then made their way to St. Teresa's Church. Participants enjoyed a picnic together before walking back to St. Oswald's.

Our community event concluded with a Mass, where we celebrated and gave thanks to God for all we had accomplished, as well as prayed for and reflected on the vital work of CAFOD.

If you would like to support our CAFOD appeal, please click on the link to make a donation. Thank you for your generosity and support!

<https://schools.walk.cafod.org.uk/fundraising/all-hallows-big-lent-walk>



Headteacher's Commendation Award - History

Congratulations to the following pupils who have received the Headteacher's Commendation Award in History:-

- . Sophie G - Year 7 Vincent
- . Constance W - Year 7 Vincent
- . Spencer T - Year 8 Catherine
- . Libby R - Year 8 Francis
- . Keira Mc - Year 8 John
- . Bethany T - Year 9 Margaret
- . Zac W - Year 9 Margaret
- . Jack G - Year 9 Margaret
- . Sophie B - Year 10 John
- . Edward C - Year 10 Bernadette
- . Jack H - Year 10 Catherine
- . Klaudia M - Year 11 Bernadette

Their outstanding effort and commitment have truly set them apart, and this recognition is a testament to their achievements. To celebrate their success, they were treated to a delightful breakfast with the Headteacher - an opportunity to reflect on their accomplishments and share their passion for history. We encourage them to keep up the fantastic work and continue to inspire those around them!

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



ALL HALLOWS PRESENTS

ROALD DAHL

Matilda

THE MUSICAL JR.



"SOMETIMES YOU HAVE TO BE
A LITTLE BIT NAUGHTY"

A Magical Journey: Our School's Production of Matilda Junior

This past month, our school stage transformed into a magical world filled with the brilliance of Roald Dahl's "Matilda Junior." With over 130 talented pupils involved, the production not only showcased remarkable performances but also highlighted the spirit of teamwork, creativity, and determination that our school embodies.

The journey began months ago with auditions that brought out the talents of so many eager participants. Each student embraced their roles, pouring their hearts into rehearsals that often stretched late into the evenings. Our dedicated teachers and directors meticulously guided the cast and crew, fostering a supportive environment where everyone could shine.

In closing, the production of "Matilda Junior" was not just a performance; it was a celebration of talent, creativity, and camaraderie. We are immensely grateful to all the students, teachers, and parents who contributed to this unforgettable event. As we look forward to future productions, we carry with us the lessons learned and the joyful memories created together.

Let's continue to support the arts in our school and look forward to more magical experiences in the future!



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



Young Chef Competition

On Monday, 31st March, two talented Year 9 pairs represented our school in the second round of the Young Chef Competition at Blackburn College, competing against several other schools. Their challenge? To recreate the dish they had designed in the first round—working seamlessly as a team to perfect their timing, techniques, and presentation.

Both pairs excelled under pressure, delivering outstanding dishes. Ruby and William wowed the judges with their creative twist on a Sunday lunch, featuring prosciutto-wrapped chicken breast in a homemade bun, pickled carrot, Yorkshire puddings, mashed potatoes, asparagus, and a parmesan crisp. Meanwhile, Chloe and Addison impressed with their fantastic Katsu Curry, complete with breaded chicken, coconut-based Katsu sauce, rice, homemade vegetable gyozas, and a soy-honey dipping sauce. We are thrilled to announce that Ruby and William secured second place, earning a spot in the final! Even more exciting, on 1st April, we received the fantastic news that Chloe and Addison were awarded the Wildcard entry, meaning both teams will now compete in the grand final on Friday, 16th May 2025, facing off against six other top teams.

A huge congratulations to both pairs, and best of luck for the final!



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Easter Bake Off



All Hallows Catholic High School Egg-streme Easter Bake Off!



The Challenge

Week 1 - Bake an 'Easter' Bread.

Week 2 - Bake an Easter Chocolate Cake.
Send pictures of your bakes (you can be in the picture too if you wish) to Mrs Caw:
jra@allhallows.lancs.sch.uk

1. There are recipes on the following pages for inspiration, you are welcome to use these or find recipes of your own.
Some of the recipes can easily be reduced in size too so check how much it makes.

2. Feel free to bake more than once!

Hot cross buns Preparation time over 2 hours Cooking time 10 to 30 mins Serves makes 12 buns

Ingredients
For the buns
•250g/1lb 6oz strong white flour, plus extra for dusting (see tip for alternatives)
•1 tsp salt
•2 tsp ground mixed spice (or a combination of ground spices such as cinnamon, allspice, nutmeg, cloves and ginger)
•45g/1½oz unsalted butter, cubed, plus extra for greasing
•85g/3oz castor sugar
•1 unaxed lemon, finely grated zest only (alternatively use finely grated zest of ½ orange or 1 tangerine/satsuma)
•1½ tsp dried fast-action yeast
•1 free-range egg
•275ml/9½ fl oz tepid milk (non-dairy milks are also suitable)
•125g/4½oz dried mixed fruit of your choice

Skill - Challenge



For the topping
•2 tbsp plain flour (see tip for alternatives)
•1 tbsp golden syrup or runny honey, gently heated, for glazing

Method

1. For the buns, sieve the flour, salt and mixed spice into a large mixing bowl, then rub in the butter using your fingertips. Make a well in the centre of the mixture, then add the sugar, lemon zest and yeast. Beat the egg and add to the flour with the tepid milk. Mix together to form a soft, pliable dough.
2. Turn out the dough onto a lightly floured work surface. Carefully work the mixed dried fruit into the dough until well combined. Knead lightly for 5 minutes, or until smooth and elastic.
3. Grease a large, warm mixing bowl with butter. Shape the dough into a ball and place into the prepared bowl, then cover with a clean tea towel and set aside in a warm place for 1 hour to prove.
4. Turn out the proved dough onto a lightly floured work surface and knock back the dough. Shape into a ball again and return to the bowl, then cover again with the tea towel and set aside for a further 30 minutes to rise.
5. Turn out the dough onto a lightly floured work surface and divide into 12 equal pieces. Roll each piece into a ball, then flatten slightly into a bun shape using the palms of your hands. Cover the buns again with the tea towel and set aside to rest for 5-10 minutes.
6. Grease a baking tray with butter and transfer the buns to the tray. Wrap the tray very loosely in baking paper, then place inside a large polythene bag (or cover loosely in lightly sealed cling film). Tie the end of the bag tightly so that no air can get in (if using) and set aside in a warm place for a further 40 minutes to rise. Preheat the oven to 240C/220C Fan/Gas 8.
7. Meanwhile, for the topping, mix the plain flour to a fairly thick smooth paste with 2 tablespoons cold water (you may need to use slightly less or more water to get the right consistency). When the buns have risen, remove the polythene bag and the greaseproof paper. Spoon the flour mixture into a piping bag (or a plastic food bag with a corner snipped away) and pipe a cross on each bun.
8. Transfer the buns to the oven and bake for 8-12 minutes, or until pale golden brown. As soon as you remove the buns from the oven, brush them with the hot golden syrup, then set aside to cool on a wire rack.

Ingredients
For the dough
•250g strong white bread flour
•1 tsp salt
•7g (one sachet) fast action dried yeast
•150ml warm water
To finish
•Carrot pieces
•Kale sprigs

Skill - Easy

Easter Bunny Bread Rolls

MAKES 6



Instructions

1. Preheat the oven to 160°C/Gas 3. Grease a baking sheet or large baking tray and line with baking parchment.
2. Sift the flour into a large mixing bowl. Add the salt and yeast and make a well in the centre. Pour in the water and bring together with your hands to make a soft dough. Remove from the bowl and knead for 10 minutes, until springy and elastic.
3. Working quickly, divide the dough into six equal portions and shape a bunny from each, straight into the baking sheet. Start with a larger oval of dough for the body, then add a round head, longer ears and front legs. Finish each with two little round feet at the bottom - you should find that the pieces hold together easily as the dough will be slightly sticky.
4. Bake for 10-15 minutes until risen and golden brown, then transfer onto a cooling rack.
5. While waiting for your bunnies to cool, create the carrots. Cut six tapering carrot batons and insert these into your baked bunnies as shown, then top each with a small piece of kale.
6. Once your bunnies are completely cooled, draw faces on using a black edible food pen.
Tip: The dough will start to prove as you're assembling your bunnies, so it's best to do this quickly to stop them rising and losing their shape.

Malted chocolate cake

SERVES 8-10 TAKES 20 MIN TO PREPARE, 25-30 MIN TO BAKE, PLUS COOLING

Ingredients
•30g malted chocolate drink powder, such as Ovaltine
•30g cocoa powder
•225g butter, softened, plus extra for greasing
•225g castor sugar
•225g self-raising flour
•1 tsp baking powder
•4 eggs

For the icing
•3 tsp malted chocolate drink powder
•1½ tsp hot milk
•125g butter, softened
•250g icing sugar, plus extra for dusting
•50g dark chocolate (at least 50 per cent cocoa solids), melted
•1 tsp boiling water
•About 20 Maltesers, to decorate

Skill - Medium

Tip - The filling will remain soft and ready to use in a bowl covered with cling film for 2-3 days. The finished cake can be kept in an airtight container and refrigerated for 3 days.

Method

1. You will need two 20cm round sandwich tins. Preheat the oven to 180°C/160°C fan/Gas 4 and grease the tins with butter and line the bases with baking paper.
2. Measure the malted chocolate drink powder and cocoa powder into a large bowl, pour over 2 tablespoons of water and mix to a paste. Add the remaining cake ingredients and beat until smooth.
3. Divide evenly between the prepared tins and bake in the oven for 20-25 minutes. Set aside in the tins to cool for 5 minutes, then turn out on to a wire rack to cool completely.
4. To make the icing, measure the malted chocolate drink powder into a bowl, add the hot milk and mix until smooth. Add the butter, icing sugar and melted chocolate and mix again until smooth, then add the boiling water to give a gloss to the icing.
5. Place one cake on a plate and spread over half the icing. Sandwich with the other cake and spread (or pipe) the remaining icing on top, using the tip of a rounded palette knife to create a swirled effect from the centre to the edge of the cake. Arrange the Maltesers over the top and dust with icing sugar before serving.



Simmel loaf cake - not really a bread but it's delicious!

Tip - This cake is also delicious served warm. After cooling in the tin for 30 minutes, top with the apricot jam and serve warm.

Ingredients
•100g sultanas
•100g raisins
•100g currants
•50g mixed candied peel
•50g glacé cherries, halved
•Finely grated zest 1 large orange
•3 tsp brandy (or orange juice)
•170g unsalted butter, softened, plus extra for greasing
•140g light brown sugar
•4 medium free-range eggs, lightly beaten
•85g self-raising flour
•85g plain flour
•85g ground almonds
•1 tsp ground cinnamon
•1 tsp ground mixed spice
•150g marzipan, cut into 1cm chunks
•6 tsp apricot jam

SERVES 10-12 HANDS-ON TIME 30 MIN, OVEN TIME 2½ HOURS, PLUS AT LEAST 2 HOURS SOAKING

Skill - Medium

1. Mix the dried fruit, peel, cherries, zest and brandy/orange juice in a non-metallic mixing bowl, then cover and set aside for at least 2 hours or overnight.
2. When ready to cook, heat the oven to 150°C/130°C fan/gas 2. Put the butter and sugar in a large mixing bowl, then beat with an electric mixer for about 5 minutes until light and fluffy. Gradually beat in the beaten eggs, bringing the mixture back to smooth before each addition, adding 1 tbsp flour if the mixture looks as though it might curdle.
3. Add the flours, ground almonds, spices and a pinch of salt, then gently fold in until almost combined. Add the soaked fruits and any juices, scatter the marzipan chunks on top, add 2 tbsp apricot jam, then fold everything together using a large metal spoon until smooth. Spoon into the prepared tin, level the top, then bake for 2½ hours until a skewer pushed into the centre comes out clean. Leave to cool in the tin for 30 minutes, then remove and set on a wire rack to cool completely (see tip).
4. Warm the remaining apricot jam until just melted, then brush over the cake before slicing to serve.

Chocolate Nest Easter Cake

Skill - CHALLENGE

Ingredients
For the white chocolate sponge
•175g white chocolate, chopped
•2 medium free-range eggs
•225ml semi-skimmed milk
•175g plain flour
•250g castor sugar
•1 tsp baking powder
•150g unsalted butter, cubed and softened
•1 tsp vanilla extract

You'll also need...

•3 x 18cm loose-bottomed round sandwich tins, greased and bases lined with non-stick baking paper

For the chocolate buttercream
•175g good quality dark chocolate
•225g unsalted butter, cubed and softened
•25g cocoa powder
•350g icing sugar, sifted
•2 tsp semi-skimmed milk

For the nest
•Vegetable oil for greasing
•125g kataifi pastry (or shredded wheat)
•150g good quality dark chocolate, roughly chopped
•Chocolate mini eggs to decorate

TIP - If the buttercream looks as if it might split (step 4), stop adding the chocolate and chill the mixture. Once chilled, beat in a splash of boiling water to bring the buttercream back together.



METHOD

1. Heat the oven to 180°C/160°C fan/gas 4. Melt the white chocolate in a heatproof bowl set over a pan of barely simmering water (don't let the bowl touch the water) until smooth, then set aside.
2. Put the remaining ingredients for the sponge in a large mixing bowl and whisk with an electric mixer (or use a stand mixer) for 2-3 minutes until you have a smooth, thick batter. Fold in the melted white chocolate, then divide equally among the prepared cake tins.
3. Smooth the tops of the cakes with a spatula, then bake for 25-30 minutes or until a skewer pushed into the centre comes out clean and the cakes are golden brown on top. Cool for 5 minutes in the tins, then remove the cakes and transfer to a wire rack to cool completely.
4. For the chocolate buttercream, melt the dark chocolate in a heatproof bowl set over a pan of gently simmering water (don't let the bowl touch the water), then set aside to cool to room temperature. Meanwhile, in a separate bowl or the bowl of a stand mixer, beat the butter until smooth, then add the cocoa powder. Gradually add the icing sugar, a little at a time, and the milk, beating until light and fluffy (around 4-5 minutes), then gradually fold in the melted chocolate and beat again until smooth (see tip).
5. Trim the tops of the sponges using a serrated knife so they're all perfectly flat. Apply a small amount of buttercream to the centre of a plate or cake stand, then stick down the bottom sponge. Build the cake, spreading buttercream in between each layer, then cover the whole cake with the remaining buttercream. Use a palette knife to smooth the edges upwards to mimic a nest (see picture).
6. To make the nest, heat the oven to 180°C/160°C fan/gas 4 and grease and line a small bowl with cling film. Pull apart the strands of kataifi pastry so they aren't too tangled, then bake on a baking tray for 10 minutes or until crisp. (If using shredded wheat, simply break up into smaller pieces - no need to bake). Melt the chocolate in a large bowl over a pan of boiling water and remove from the heat.
7. Carefully add the pastry (or shredded wheat) to the melted chocolate. Stir gently to coat - it's easier to use your hands - then use the pastry/shredded wheat to mould a nest in the prepared bowl, pushing the mixture up the sides. Set aside to harden (chill if your kitchen is warm).
8. Serve the cake with the nest sitting on the top filled with colourful chocolate mini eggs.

Chocolate and marshmallow mini egg traybake

SERVES 16-20 HANDS-ON TIME 40 MIN, OVEN TIME 30-35 MIN, PLUS CHILLING AND COOLING

Ingredients
For the cake
•225g unsalted butter
•250g castor sugar
•50g cocoa powder
•100ml boiling water
•175g self-raising flour
•1 tsp baking powder
•3 large free-range eggs
•75g mini eggs, chopped

For the ganache
•200g dark chocolate, roughly chopped
•300ml double cream

For the marshmallow icing
•2 large free-range egg whites
•100g castor sugar
•20ml orange juice
•60g mini marshmallows
•75g mini eggs

Skill - Easy

TIP - Make the cake up to 48 hours ahead and keep in a sealed container somewhere cool. Don't put the mini eggs on top of the cake until you're ready to serve, or the colour will run from the shells

Method

1. Heat the oven to 180°C/160°C fan/gas 4. To make the cake, whisk the butter and sugar in a mixing bowl using an electric hand mixer for 1-2 minutes until light and creamy. Mix the cocoa powder and water in a cup to combine, then whisk into the butter and sugar along with the flour, baking powder and eggs until well combined. Stir in the chopped mini eggs, then pour the mixture into the prepared tray. Bake for 30-35 minutes until a skewer pushed into the centre comes out clean. Leave to cool completely in the tray.
2. To make the ganache, put the chocolate in a heatproof bowl, heat the cream in a pan and, just before it starts to boil, pour the hot cream over the chocolate. Leave for a minute, then stir slowly so the chocolate melts into a silky ganache. Pour this over the cooled cake (still in its tray). Chill the traybake in the fridge for an hour or so to set the ganache.
3. Meanwhile make the marshmallow icing: mix the egg whites, sugar and orange juice in a bowl. Put the bowl over a pan of simmering water (don't let the bowl touch the water) and whisk using an electric hand mixer until the mixture is shiny and thick (5-7 minutes). Take off the heat, add the marshmallows and stir with a wooden spoon until you have a thick, creamy, sticky icing.
4. Spread the icing over the chilled, set ganache using a palette knife, then let the icing cool and set for 1 hour. Just before serving, top with the remaining whole mini eggs. Cut into squares.



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Under 13 Girls Handball



A huge congratulations to the Under 13 girls handball team on their incredible victory at the England Handball second round tournament! Winning all three of your morning matches and then progressing to the semi-finals and finals is a fantastic achievement. The intensity of the final, tied 3-3 and going into extra time, must have been nerve-wracking for everyone involved! Kudos to Halle N for securing the win with just five seconds left on the clock. What an exhilarating moment! We can't wait to see you represent Lancashire at the regional round in April. Well done, girls—what an amazing accomplishment!

Year 8 Boys Handball

Congratulations to the Year 8 handball team for their impressive achievement in finishing 2nd in the Lancashire Handball Competition @Uni_Lancashire last week! The team showcased their hard work and dedication, playing outstanding handball throughout the tournament. Each match was filled with excitement, and they fought hard, demonstrating remarkable teamwork and skill.

In the final, they narrowly lost 7-6, but their performance was nothing short of extraordinary. A special mention goes to Lewis W, who truly shone as the star player of the tournament, making crucial plays and leading the team with his outstanding skills.

Amazing efforts from all involved!



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National Schools Biathlon Championships

Congratulations to Jack M in Year 9! On March 22nd, Jack made an impressive showing at the National Schools Biathlon Championships held at the University of Bath, having qualified back in December through his outstanding performance at the North English Schools Championships. This event brought together the best young athletes from across the country, and Jack faced off against 35 other talented Year 9 boys in both running and swimming disciplines.

The Biathlon consists of a challenging mile run followed by a 100m swim, with points awarded based on performance times. Athletes must showcase their endurance and speed, and Jack certainly rose to the occasion. He sprinted through the mile run with an impressive time of 4 minutes and 54 seconds, making him the fastest boy nationally in his age group—a remarkable feat that underscores his dedication to training and his competitive spirit.

Following his outstanding run, Jack transitioned to the swimming portion of the event, where he excelled in the 100m freestyle. He completed the swim in an impressive 1 minute and 5 seconds, demonstrating exceptional skill and technique in the water. His combined performance earned him a well-deserved 3rd place overall, securing a bronze medal and solidifying his status as one of the top young athletes in the nation.

We are incredibly proud of Jack's achievements and can't wait to see how he continues to grow and excel in his athletic journey. Keep striving for greatness, and remember that this is just the beginning of what promises to be an exciting path ahead!



Year 9 Football Charity Event

Well done to the Year 9 students for their incredible efforts in supporting the Cafod fundraiser! They took the initiative to organize a charity football tournament after school, which was a fantastic success, raising an impressive £40 for the cause.

The tournament was filled with enthusiastic play, teamwork, and plenty of smiles, showcasing the spirit of sportsmanship and community. It's lovely to see our students come together for such a great cause.



Year 11 Football

The Year 11 football team delivered an outstanding performance last week, showcasing their dominance with a 2-0 victory over Lostock Hall in the quarter-finals of the South Ribble Cup! The team's cohesion and determination were evident throughout the match, as they controlled the game from start to finish.

Our goal scorers, Eoin D and George C, made crucial contributions with their impressive strikes, putting the team in a strong position. Additionally, the Man of the Match award went to Archie M, whose exceptional skills and relentless effort played a vital role in securing the win.

Congratulations to the entire team on this impressive achievement! We look forward to seeing you continue this great form in the upcoming matches. Keep up the fantastic work!

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Year 7 Netball



Congratulations to the incredible team for their outstanding achievement at the South Ribble Netball Tournament! Winning all six matches is truly impressive, especially after participating in the handball tournament earlier in the day. Your hard work, skill, and determination have clearly paid off. Keep up the great teamwork and spirit; there's no telling how far you can go! Well done again to all the champions!

Year 10 Netball



Congratulations to the Year 10 Netball Team for their fantastic achievement in winning the District Netball Tournament! It's incredible that they won every match. Special mention to CPOM Eleanor A for her contributions, and a mention of Erin D, who is missing from the photo. Well done, girls! Your hard work and teamwork truly paid off!

Lancashire schools netball kit



Here are our Under 14 and Under 16 Lancashire schools netball teams proudly showcasing our new netball dresses, designed by Eleanor A in Year 10. We are incredibly grateful to the parent who generously donated the funds needed to purchase these two sets of netball dresses, as well as the bibs and balls, for the PE department. I think you'll agree that Eleanor has done an outstanding job with the design, and the girls can't wait to play in their new dresses next year. Thank you so much!

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Joseph D: Secures Spot in Lancashire Tennis Squads

Well done to Joseph D in Year 7! Joseph reached the semi-finals of the Lancashire County Championships, a remarkable achievement that has led to his selection for both the Under 12 training squad and the Under 14 performance squad for Lancashire Tennis. This is a fantastic opportunity for him as the squads prepare for the County Cup Championships taking place in September. We look forward to seeing him excel in the upcoming competitions!



South Ribble School Games Dance Competition



Congratulations to our Dance team for their impressive performance in the South Ribble School Games Dance Competition at Worden High School! The girls, all of whom were also involved in the school's Matilda show, have put in tremendous effort alongside Mrs. Posner to choreograph their routine. The girls delivered an outstanding performance, making All Hallows proud as they showcased their talent on stage. Their hard work paid off, earning them a well-deserved runner-up position!

Lancashire Athletics Championships

Congratulations to our three teams on their impressive performances at the Lancashire Indoor Athletics Championships in Blackpool last week! Each team showed remarkable skill and determination, and the results reflect their hard work.

The Year 8 girls made a notable improvement, finishing 6th this year compared to 8th last year. The Year 7 boys team proudly secured 3rd place overall, earning bronze medals for their outstanding efforts. The Year 7 girls team narrowly missed out on first place, finishing as runners-up after tying on total points but falling short in the number of first-place finishes. Competing against over 13 teams in each age group and gender is no small feat, and placing in these positions across the whole of Lancashire is truly commendable.

It was a fantastic day representing Team South Ribble alongside the Year 8 boys from Lostock Hall. A big well done to everyone who participated across all teams! Your hard work and dedication are truly inspiring!



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TV Show Adolescence and Knife Crime

As part of our ongoing commitment to keeping our students safe and fostering an open dialogue, we would like to take a moment to address a very important issue: the growing concern of knife crime, especially among young people.

Recently, in 'Votes for Schools,' our students have been discussing the TV show "Adolescence," which touches on the topic of knife crime and its impact on young lives. While the show provides an important narrative, it also highlights the serious consequences and dangers associated with carrying or using knives.

We urge you to take the opportunity to speak with your child about the dangers of knife crime, how it can affect not only the individual involved but also their friends, family, and community. It's crucial that we equip our students with the knowledge to make safe and informed choices. By discussing this topic openly, we can help them understand the importance of making responsible decisions in challenging situations.

By having these open and honest conversations at home, we can work together to create a supportive environment where our children feel safe, heard, and empowered to make positive decisions. Please also continue to check your children's phones regularly to make sure they are staying safe and making appropriate choices online.

If you have any concerns or would like to discuss the topic further, please don't hesitate to reach out to the school. We are here to support you and your child, and together, we can ensure their safety and well-being.

Detention System Changes

From Tuesday 22nd April, we are altering how we issue detentions. Any child that gets an 'after school detention' will be put onto the next available detention slot, which will be on a Monday, a Wednesday or a Friday. This is to make the detention as immediate to the incident of behaviour as possible so that the pupil is able to move on from their sanction more quickly. Detentions will all run until 4pm unless a pupil has been issued with an SLT detention on a Wednesday. These will run until 4.30pm.

Pupils will still complete a short restorative task but will be allowed to revise if they are in KS4 or read a book if they are in KS3. Please remind them to bring the appropriate materials to their detention. You will be notified in the usual manner via Synergy and we politely ask that you do not ask to reschedule detentions unless there are exceptional circumstances involved, such as a hospital appointment.

Pupils who are late to school will continue to receive a same day lunchtime detention. Should a pupil fail to attend their lunchtime late detention on two occasions, they will be issued with an after school detention.

Thank you, as ever, for your support.

Year 7 Cliff's Farm Reminder

"Reminder to all Year 7 parents who have not yet been online and given consent for the Cliff's Farm trip coming up in June. Please do so asap. The deadline for completing this is after the Easter break. Further to this, a separate risk acceptance form needs completing and returning to the geography department to allow your child to pick which activity they want to take part in. Places on the activities are limited, so cannot be guaranteed".

All Hallows Catholic High School Safeguarding

What does bullying look like?

- . Name calling
- . Writing/saying nasty comments
- . Excluding you from activities
- . Hitting you
- . Making unkind demands of you
- . Humiliating you in front of others
- . Demanding things from you that don't belong to them

eSafety

- . Protect yourself at all times by keeping your password safe
- . Never give out personal details on the internet
- . Don't agree to meet up with strangers from on-line activities
- . Do not send any pictures of yourself which are inappropriate
- . Report to an adult if explicit pictures are sent or requested of you

How can you tell someone?

- . Go to your Head of Year or DSL's Office
- . Tell your form tutor
- . Tell your parent/carer

If you have any concerns, you can talk to any member of staff in school.

If there is something or someone worrying me, who should I tell?

- . Form Tutor
- . DSL
- . Head of Year
- . Head Teacher / Deputy Head Teacher
- . SLT
- . Teacher
- . Office Staff / Support Staff
- . Canteen Staff
- . Parents
- . Friends

How do I stay safe in school?

- . Follow staff instructions in the classroom
- . Walk around the school safely
- . No play fighting, pushing or tripping anyone up
- . Walk calmly and sensibly along corridors and follow the one way system



DSL
Mrs J Washington



Backup DSL
Miss R Taylor

Trained DSLs - Mrs A Cooper, Mrs M Rishton and Mr D Finch

Uniform Pop-Up Shop

This year, students at All Hallows, alongside Faith in Action, have decided to launch the Uniform Pop-Up Shop. This initiative will provide an opportunity for old uniforms to find a new home as part of our recycling efforts. This project contributes towards the Live Simply Award here at school, and we hope that through this, we can gain a greater understanding of our impact on the environment.



LiveSimplyAward
CAFOD The Catholic Agency for Overseas Development

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SUPPORTED BY



Sweet Chilli Parenting WORKSHOP RUNNING IN BAMBER BRIDGE

Is your child experiencing emotional, behavioural, or mental health challenges, and you are not too sure how to help?

Do you want to learn how to support your child to be resilient, and to deal with the challenges they may face?

Home Start Central Lancashire are leading providers in therapeutic parenting training, which allows parents to gain a better understanding of the emotional and physical impact of trauma.

SWEET CHILLI PARENTING
Collective Learning

The course is delivered over 3 **workshops** that will take place at St Mary's & St Benedict's school, Browndge Road, Bamber Bridge

Thursday 24th April 2025

09:30-14:30

Thursday 1st May 2025

09:30-14:30

Thursday 8th May 2025

09:30-14:30

To book a place please call on 01257 241636

Exam Time

Managing Exam Stress

Please view the attached link, which contains important information on how to manage exam stress. This article offers practical tips and strategies to help students cope with the pressures of exams, including self-care techniques and ways to maintain a positive mindset. It's crucial for students to prioritize their well-being during this time, and I encourage everyone to explore the valuable insights provided.

<https://www.youngminds.org.uk/young-person/blog/exam-self-care/>

Supporting Your Child



- Practical strategies to support your child's mental health, emotional wellbeing & self-esteem.
- Improve basic knowledge of neurodiversity.
- Importance of family cohesion & communication.
- Access downloadable support pack, activities & signposting guide.
- Access eLearning anytime & anywhere via PC, smartphone or tablet.

Parent & Carer e-Learning

No Charge & Access Any Time

Optional support pack and signposting are available.

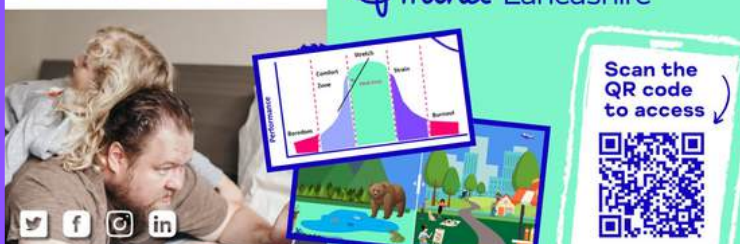
Neuro-Inclusive Mental Wellbeing Training

For parents and carers of young people who struggle with their mental health and wellbeing.

Young people with specific challenges linked to mental health and neurodiversity / neurodivergence (autism, ADHD, dyslexia etc) are also included in the course. It is neuroaffirming, meaning it does not treat these kinds of differences as only negative.

"I feel better knowing I am not the only parent struggling and finding it hard to get help for their children. Thank you for providing a free course with really stories and resources."

 **Mind Lancashire**



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

No Whispers

Raising Awareness & Empowering Communities

Community Interest
Company No. 12489454

Child sexual
exploitation (CSE)
and child criminal
exploitation (CCE)
are serious concerns,
affecting children
and young people
everywhere.

Many cases go unnoticed
simply because people
don't recognise the
warning signs.



*"The course opened my
eyes to the reality of child
exploitation. I now feel
confident in recognising
the signs and taking
action."*

Claire, Parent & Carer

Join Our FREE Safeguarding Training Sessions

Funded by the National Lottery
Community Fund, the Right Here,
Right Now Project offers CORE, a free
training course which is really helpful
for parents, carers, volunteers, and
community leaders.

What You Will Learn In CORE Workshops...

- ✓ Understanding child exploitation and grooming
- ✓ What makes a child vulnerable
- ✓ Spotting the signs of abuse and exploitation
- ✓ How abusers groom children online and in person
- ✓ Why children and young people don't speak out
- ✓ Actions you can take to protect children
- ✓ Support services & resources for parents, carers, and volunteers
- ✓ The new helpline for young people worried about county lines

Limited Places - Register Today!

Call Karen on 07713 129 242

Email info@no-whispers.co.uk

www.no-whispers.co.uk

No Whispers

Raising Awareness & Empowering Communities

Community Interest
Company No. 12489454

No Whispers Community
Interest Company
provides training
and presentations
to educate, inform,
and empower adults,
professionals,
volunteers, parents,
and carers.

Our sessions help to
safeguard children from
becoming victims of
exploitation and abuse.



*"As a youth volunteer, I
had no idea how easily
young people can be
targeted."*

*"This training is essential
for anyone working with
children."*

James,
Community Leader

Working to Prevent Child Exploitation

Would You Know How To
Spot The Signs Of Child
Exploitation?

Do You Know What To Do?

Join Our FREE Safeguarding Training Sessions

**Starts On Thursday 10th April
4 Week Course**

Each Session: 6.30pm - 8.30pm

**St Mary's Community Centre,
Broadfield Walk, Leyland, PR5 1PD**

Why is this training so important?

Any child can be at risk of exploitation
and grooming happens both online and
in person. Learning how to spot the signs
can save lives.

Empower yourself to take action and
make a difference!



RIGHT HERE
RIGHT NOW



Junior county taster session

If you don't try, you'll never know!

**Sunday 6th April
2025
12-3pm**

FREE

Under 11 (born 2015 or later) Both age groups
Under 13 (born 2013, 2014) 12-1:30pm

For under 15 (born 2011, 2012) 1:30-3pm
West View Leisure Centre
Fulwood PR1 5EP

@instagram.com/lancashirebattledore
@facebook lancashirecountybadminton

www.lancashirebadminton.org.uk

Please contact:
Alan Clarkson, county coach
clarksonalan5@gmail.com
07730656394

If you are interested in attending

Penwortham Cricket Club Girls Cricket



Training for girls in Y8 and
above on Tuesday evenings at
Middleforth Green

For more information please
contact Sara 07962102685



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