



# All Hallows

## Catholic High School

### Newsletter

26th September 2025

#### Dear Parents/Guardians,

The Autumn Term is always a busy one, but the past few weeks have seen some particularly significant events within our community. Our 50th Anniversary Mass, celebrated by Archbishop John Sherrington, brought together many alumni, former parents, and past staff members to celebrate and give thanks for all that our school has contributed to its community over the years. It was a joyful occasion, full of shared memories and reflections on the happy times spent at All Hallows. This was followed on Tuesday by a whole-school photograph. Seeing almost 1,000 people come together to capture a moment in our school's history was truly special. Pupils were visibly excited, and the photograph has left a lasting memory of our community in September 2025.

We also held our Open Evening this week, welcoming many visitors as they begin making decisions about the future education of their children in Years 5 and 6. As always, our staff and pupils were our greatest ambassadors. After a very busy evening, we were delighted to receive numerous positive comments from prospective parents and visitors.

Mr Nick Burnham, Principal of Cardinal Newman College, visited All Hallows this week, and we had the opportunity to discuss the strong links and transition work between our two institutions. As the majority of our pupils go on to study at Cardinal Newman College, it was a valuable chance to share feedback on how our previous Year 11 students are settling in, while also exploring new opportunities for future collaboration. The Careers Team at All Hallows continues to work tirelessly to ensure that our young people progress into further education and training through well-suited and carefully considered pathways.

Finally, I hope the weather stays fine for our GCSE Geography pupils, who will be out next week conducting their river fieldwork!

Yours faithfully,

Alison Cooper

Headteacher



#### Staff Vacancies

We are seeking dedicated and passionate individuals to join our team. Please click on the link below to view our current vacancies.  
<https://www.allhallows.lancs.sch.uk/school/information/vacancies/>

#### 50 Years of Faith, Learning, and Community



We invite you to give thanks with us as we celebrate our 50th Anniversary.

Please give generously.

Donations will go towards extending the chapel and supporting future projects.

Your generosity helps sustain the legacy of our school.

**Account Name: All Hallows Catholic High School Fund**

**Account Number: 02926868**

**Sort Code: 30-96-85**

**Payment Reference: 50th Mass**

. Instagram: [allhallowsis50](#)

. Twitter: [AllHallowsis50](#)

. Facebook: [AllHallowsis50](#)



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





## Anniversary Mass

On Thursday 18th September, the school welcomed the community to a special 50th Anniversary Mass to mark this milestone – the opening of the school in September 1975. Staff and pupils, past and present, attended in a 400-strong congregation. Over the years, All Hallows has provided an excellent Catholic education for thousands of young people. Established by the Archdiocese of Liverpool, the school was created to serve the needs of the wider Catholic community. From the very beginning, pupils have been drawn from a family of partner parishes, which remain central to the school's admissions today. The school has grown from a small Year 7 intake in 1975 to a thriving community of over 900 students. This Golden Jubilee gives us the opportunity to celebrate our past while looking forward with hope and ambition for the future.

The Archbishop of Liverpool, the Most Reverend John Sherrington, along with priests and deacons from the parishes, celebrated a joyful Mass. Pupils from across the school served and ministered. The opening hymn, Build Your Kingdom, sung by both the adult and pupil choirs alongside the music group, set the tone for the celebration. A procession of pupils carried flags, pictures of form saints, and school symbols to the altar. Pupils also took part in readings, bidding prayers, and a special offertory, bringing objects that symbolise the Catholic ethos of the school.

The Gospel, from Matthew, focused on the Beatitudes. Archbishop John reflected on how young people following Jesus' teachings on love, mercy and compassion can build the Kingdom of God on earth – a message echoed in the school's mission: Growing Together in the Spirit of Christ's Love. After Mass, a reception and school tours were held for past staff and pupils, led by Year 11 prefects, concluding a wonderful night of celebration. Here's to a golden year at All Hallows!



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





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



### Sweet Success for the 50th Anniversary Mass

Year 10 students Chloe L and Darcey C showcased their baking skills by preparing and decorating over 100 fairy cakes for our school's 50th Anniversary Mass. Working alongside Mrs Caw, our Food Technology teacher, the girls created a delightful treat that was enjoyed by all after the service. Their efforts were a huge success, and the cakes were not only a delicious addition to the celebration but also a wonderful example of student creativity and contribution to school life. Well done, Chloe and Darcey!



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

## **"Sharing Faith and Friendship Over Breakfast"**

This morning, we welcomed the first Breakfast with God of the 2025–26 academic year, and it was a wonderful way to start the day. Students and staff gathered for a calm and welcoming session of reflection, friendship, and a light breakfast, setting a positive tone for the week ahead.

The session offered everyone a moment to pause before lessons, enjoy conversation, and take part in quiet reflection or prayer. Many students shared how refreshing it felt to start the day in such a peaceful and supportive environment. It was also a chance to think about how small acts of kindness, encouragement, and support can make a big difference in daily life.

The atmosphere was warm and friendly, with students connecting with one another and staff while enjoying breakfast together. The session perfectly captured the spirit of community and reflection that Breakfast with God aims to provide.

Breakfast with God will take place every other Friday morning, and all students are welcome to join. Whether you want a calm start to your day, time for reflection, or simply to enjoy breakfast with friends, Breakfast with God is a fantastic opportunity to recharge and prepare for the day ahead.

We look forward to seeing even more students join next week as this inspiring initiative continues throughout the academic year.

## **Helping Hands: Supporting Our Community Through the SVP Food Store**

Did you know that our school's SVP group runs a Food Store to help those in need within our community? Every day, people across the UK face hunger due to various reasons, from low income to unexpected bills. A simple box of food can make a big difference, helping to prevent crime, homelessness, family breakdowns, and mental health issues.

As a caring Christian community, we are called to respond to these needs. Jesus reminds us, "Whenever you did it for the least of your brothers and sisters, you did it for me."

### **How Does the Food Store Work?**

The food store is located next to the Junior Dining Room and is open daily for the Youth SVP pupils to take donations from 8:30am to 8:40am. The SVP group then organises the distribution of items to the local community through charities such as the Metanoia Project, and Churches Together (Penwortham Food Bank).



### **What Can I Bring?**

You might consider bringing items like:

- Powdered Milk
- Sugar
- Soup
- Pasta/Sauces
- Sponge Pudding
- Tinned Foods (tomatoes, rice pudding, vegetables)
- Cereals
- Tea Bags
- Coffee
- Rice
- Jam
- Biscuits
- Snacks/Sweets

### **How Can I Help?**

If you're interested in supporting the All Hallows Food Bank through the SVP Food Store, please speak to Mrs. Colclough, Miss Consiglio, or a member of the SVP. Every little contribution helps make a difference in someone's life.

Let's continue to show kindness and support within our school and community!

## **Community Spirit in Action: CAFOD Fundraiser Highlights**

Last term, our school came together to make a difference through a variety of fun and meaningful activities to raise money for CAFOD, a charity dedicated to supporting communities facing injustice, poverty, and climate change around the world.

Our fundraising journey included a sponsored CAFOD walk from St Oswald's to St Teresa's Church, where students and staff enjoyed a scenic walk while contributing to a worthy cause. We also held a non-uniform day, allowing students to wear their own clothes and bring in donations, and organised cake sales that were a delicious hit among everyone!

Thanks to the generosity of our school community and the efforts of everyone involved, we raised an incredible £1,586.76! This fantastic amount will help CAFOD continue its vital work supporting communities in need.

A big thank you to all students, staff, and parents for your support and enthusiasm. Together, we've shown that even small actions can make a big difference. Let's keep working together to make the world a better place!



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

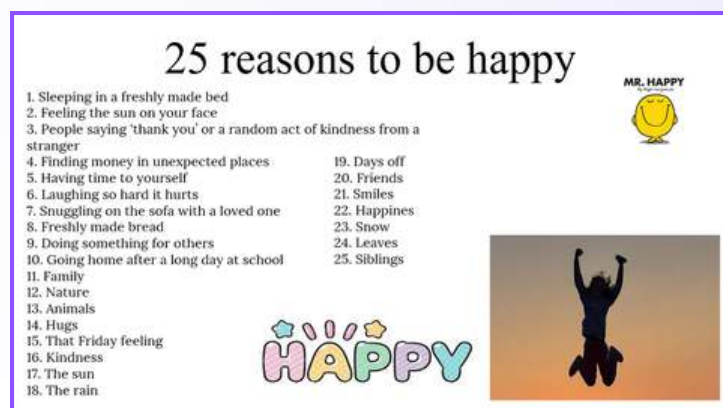


## Youth Mental Health Day 2025 – #ShareSupport

Last week, our school proudly marked Youth Mental Health Day 2025, which this year focused on the theme of #ShareSupport. The day offered a fantastic opportunity to highlight the importance of looking after our mental health and supporting one another in everyday life.

Taking the lead in organising the day were our newly trained Wellbeing Champions, who completed their training just before the summer break. They demonstrated real initiative and creativity, working tirelessly to plan activities that would engage their fellow students and staff.

Throughout the day, the Wellbeing Champions encouraged classmates and teachers to share their thoughts on what helps them feel supported, what cheers them up, and the little things that make them feel good. The response was overwhelming – together, our school community contributed an impressive 50 different ideas, a number that is particularly special as we also celebrate All Hallows' 50th Anniversary this year.



In addition to collecting ideas, the Wellbeing Champions led discussions about the many ways we can support one another, whether through simple gestures, listening, offering encouragement, or just being there for someone. Their efforts highlighted how everyday acts of kindness and understanding can make a real difference to someone's wellbeing.

All of the contributions were beautifully displayed on colourful posters around the school, and key messages were shared on the TV screens for everyone to see. The posters and displays serve as a lasting reminder of the positive impact we can have on each other when we share support, kindness, and understanding.

The day was not just about reflection but also about action – students and staff left feeling inspired and empowered to carry the spirit of #ShareSupport into their daily lives. It was a truly uplifting experience, and we are incredibly proud of our Wellbeing Champions for their leadership, dedication, and creativity.

Let us all continue to look out for one another, celebrate what makes us feel good, and remember that even small acts of support can have a big impact.

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

## **Celebrating Our School Athletes' Successes**

We are incredibly proud to share the outstanding achievements of our talented students who recently competed in prestigious athletics events.

### **Scarlett W. Shines in the Under-13 Girls' Road Relay Championships**

On Sunday, 14th September, Scarlett W. proudly represented her athletics club, Preston Harriers, in the under-13 girls' road relay championships. The event, which featured 48 teams from across the region, involved each runner completing a 2.3km lap as part of a three-girl team. Scarlett and her teammates ran with focus and teamwork, working together to deliver a fantastic performance. Their hard work paid off when they secured the Silver medal for Lancashire – an outstanding achievement against tough competition. Well done, Scarlett and your team – a moment to be proud of!

### **Our School's Athletes Shine at the Northern Athletics Championships**

We are delighted to celebrate the success of Jack M. and Sam B., who recently competed at the Northern Athletics Championships in Leigh. Both boys performed admirably, finishing in second place in their respective events – a remarkable achievement.

Despite challenging weather conditions, with rain persisting throughout the day, Jack and Sam demonstrated resilience and perseverance. They competed as part of the same team, supporting one another and representing our school with pride. Their dedication exemplifies the high standards of our school's sporting ethos.

We are equally proud of Elsie Mc (Year 10) and Ellie B (Year 9), who represented the U15 girls' team and secured an excellent 4th place overall. Their commitment and determination, coupled with strong performances, further highlight the outstanding sporting talent within our school.

The achievements of all four athletes are a testament to their hard work and dedication, and they have made us all extremely proud. Well done to Jack, Sam, Elsie and Ellie – your success inspires us to aim high and persevere. We look forward to celebrating even more of your accomplishments in future competitions.



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





### **Year 7 Off to a Winning Start**

Year 7 successfully completed their first football fixture at high school with an impressive 6–3 victory over Lostock Hall Academy. The team produced some excellent football, particularly in the first half, when Franky and Max demonstrated real control in midfield. Theo and Isaac provided a constant attacking threat out wide, contributing to a number of chances. There were plenty of goals to celebrate and strong performances across the whole team.

A special mention goes to Josh L in Year 10, who refereed the fixture with great confidence and authority. His contribution was an excellent example of a student giving back to the school community while demonstrating leadership and maturity. Well done to Josh, and congratulations to the Year 7 team on a fine start to the season.



### **Year 8 Boys' Football Opening League Match**

On Friday 19th September, our Year 8 Boys' Football team played their first South Ribble league fixture at home against Lostock Hall. The team made a fantastic start, showing great teamwork and determination, and went into half-time with a 2–0 lead thanks to well-taken goals from Josh H and Harry C.

In the second half, Lostock Hall responded strongly, managing to pull the score back to 2–2 with a goal from open play and a penalty. Although the final result was a draw, our boys can be proud of a very encouraging first performance of the season.

Well done, lads—let's keep working hard and building on this great start!



### **Unbelievable Comeback by Year 10 Boys!**

What a game! The Year 10 boys' football team showed incredible resilience and determination in an unforgettable match. Trailing 3–0 at half-time, they came out in the second half with renewed energy and a fighting spirit that will be remembered for years to come. The boys battled hard, scoring three goals to level the game, and in the end, they secured a fantastic 4–4 draw. This remarkable comeback is a true testament to their teamwork, perseverance, and never-give-up attitude. Everyone at All Hallows is extremely proud of your performance — you played with heart and passion from start to finish!

Man of the Match: B. James F — well deserved! Congratulations to all the players for an incredible display of sportsmanship and skill. Keep up the fantastic work!



### **Year 11 Boys' Football – Opening League Victory**

On Monday 22nd September, our Year 11 Boys' Football team played their first league fixture of the season at home against Lostock Hall. From the start, All Hallows were the dominant side, playing some excellent football, though chances were limited against a well-organised defence.

In the second half, the team raised their performance even further, applying constant pressure right until the final whistle. Their persistence paid off when Thomas C scored the decisive goal late in the game, securing a well-deserved 1–0 victory.

This was a fantastic team performance that highlighted the players' resilience, determination, and work ethic. Special recognition goes to Oliver D, Finn D, and Thomas C for their outstanding contributions.

A brilliant start to the season—well done, lads!

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



## **Football Success for Emily**



After months of hard work and determination, Emily D, from 8 Francis has achieved a fantastic milestone in her sporting journey by being selected to represent Lancashire School Girls U14s Football Team.

Emily's achievement is the result of a rigorous selection process that saw over 170 girls compete across four highly competitive rounds of trials at Stonyhurst College. Her outstanding performances, skill, and commitment stood out, earning her one of the 23 coveted spots on the county squad.

This latest success builds on Emily's development since joining Liverpool FC's Academy, where she has continued to grow as a player. The coaching, experience, and dedication she has shown at club level have been instrumental in preparing her for this next challenge.

Speaking about her selection, Emily said she is "proud and excited to represent Lancashire," and is looking forward to testing herself against some of the best young players in the country. Emily's family, coaches and teammates are all extremely proud of her achievement and look forward to supporting her as she takes this next step in her football career. Her journey is a wonderful example of what can be achieved with perseverance, talent and a love for the game.

## **A Strong Start to the Netball Season**



Our Year 10A and Year 11 netball teams enjoyed a fantastic start to the school year in the South Ribble Netball League, playing on a sunny Tuesday evening at Leyland St Mary's.

The Year 11 team delivered an outstanding performance, winning 41–8. Eleanor was named Outstanding Player of the Match, Amara received Coaches' Player of the Match, presented by Mrs Preston, and Emily was awarded Players' Player of the Match.

The Year 10A team also enjoyed a convincing win, triumphing 33–2. Darcie was recognised as Outstanding Player of the Match, Phoebe received Coaches' Player of the Match, and Ava was awarded Players' Player of the Match. Congratulations to all the girls for their excellent performances and for representing our school with pride. We look forward to seeing their continued success throughout the season.

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



## STEM Club

Welcome back to STEM Club and our push to complete our STEM Club GOLD Quality Mark. What a fantastic response from Year 7! Over 35 Year 7's have joined us this year and we are ecstatic at the enthusiasm and teamwork being shown already. We are also excited to be able to work with the Science and Maths department this year. We have been looking at the GCHQ Christmas Card competition and working with our Spike Prime robots to code sequences together to travel around a complicated trail. From next week the Year 7's will be split into 2 groups and one group will be taking part in an activity in Science and the other will work on the Spike Prime robot challenges. The following week this will swap over to give everyone the chance at all activities. Maths will also be joining us before half term for some Halloween themed challenges. Our Year 8's-11's are also back in great numbers, working hard on their VEX robots for their upcoming regional competitions – aiming to try and get to the National Finals once again. If anyone would like to sponsor a robot please see the information included in the newsletter. All students are welcome at STEM Club and it runs every Monday after school until 4.15pm.



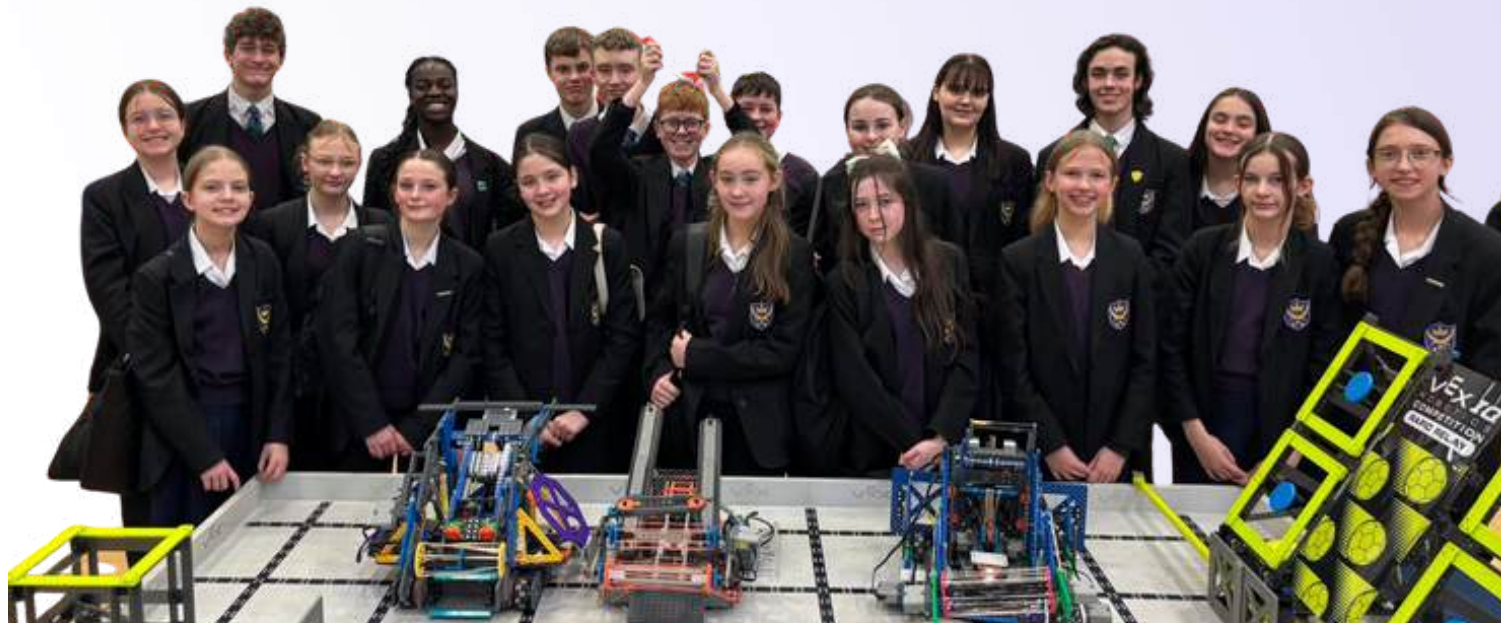
## Support the Next Generation of Innovators – Sponsor an All Hallows VEX Robot!

All Hallows STEM Club is seeking sponsors for the 2025/2026 VEX Robotics season. Each robot sponsorship costs £125 and will directly support the growing number of students taking part in this exciting, hands-on STEM initiative at All Hallows. Due to the success and popularity of the VEX IQ Robotics Competition, our STEM Club (running on Monday evenings 3.05pm – 4.15pm) has grown rapidly in recent years – and this year we have seven robots needing sponsorship. That's seven teams of seven enthusiastic young engineers eager to design, build, and code their way through regional and national challenges. We are appealing to local businesses and individuals who share our passion for science, technology, engineering, and maths. We need your help! This is a fantastic opportunity to invest in the future of innovation while supporting a thriving local school community.

If you're not familiar with the VEX IQ program, take a look at this:

[https://youtu.be/aa0B7kNHpg8?si=0-J\\_XzUsuLNxBg\\_E](https://youtu.be/aa0B7kNHpg8?si=0-J_XzUsuLNxBg_E)

**Interested in sponsoring a robot? Please contact Mr Jousiffe at: [djo@allhallows.lancs.sch.uk](mailto:djo@allhallows.lancs.sch.uk)  
Together, we can help young minds push boundaries and build the future.**



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



## *Save the Date!*

The PTFA is delighted to announce our 50th Anniversary Ball to celebrate this incredible milestone in our school's history! Join us on 21st February at the Preston North End Football Club's function room for an evening full of celebration, fun, and community spirit.

This special event marks 50 years of achievements, memories, and growth, and we would love for everyone to be part of this memorable occasion. Further details about the evening will be shared soon, so please save the date and stay tuned!

We look forward to celebrating with our school community and making this a truly special event to remember.

# *All Hallows' Catholic High School*



## *Anniversary Ball*

### *Save the Date*

21st February  
2026

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





## 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. For further details or to contribute, please contact us at: [preloved@allhallows.lancs.sch.uk](mailto:preloved@allhallows.lancs.sch.uk).



### Suggested Donations

Blazers £5, P.E. Jackets £5, P.E. T-Shirts £2, P.E. Shorts/ Skorts £2  
P.E. Trousers/Leggings £3, Jumpers £2, Skirts £3  
All other items £1



## DECIDER LIFE SKILLS FOR PARENTS

ABOUT THIS EVENT....

JOIN US FOR AN EXCITING ONLINE EVENT DESIGNED EXCLUSIVELY FOR PARENTS! THE DECIDER LIFE SKILLS FOR PARENTS WORKSHOP AIMS TO EQUIP YOU WITH ESSENTIAL SKILLS TO SUPPORT CHILDREN AND YOUNG PEOPLE RECOGNISE THEIR OWN THOUGHTS, FEELINGS AND BEHAVIOURS, ENABLING THEM TO MONITOR AND MANAGE THEIR OWN EMOTIONS AND MENTAL HEALTH.

THIS EVENT WILL BE A PACKED INTERACTIVE SESSION LED BY EXPERIENCED PRIMARY MENTAL HEALTH PRACTITIONERS WITH AN OPPORTUNITY TO CONNECT WITH OTHER PARENTS, SHARE EXPERIENCES, AND ASK QUESTIONS. YOU WILL LEARN ABOUT 'THE FIZZ', HOW THE BODY RESPONDS TO WORRY AND STRESS, AND HOW TO INCORPORATE AND IMPLEMENT EACH OF THE 12 DECIDER LIFE SKILLS INTO EVERYDAY LIFE. RESERVE YOUR SPOT NOW FOR THE DECIDER LIFE SKILLS EVENT AND EMBARK ON A TRANSFORMATIVE JOURNEY TOWARDS INCREASED MINDFULNESS, LESS STRESS AND MORE EFFECTIVE COMMUNICATION FOR YOU AND YOUR FAMILY.



ALL SESSIONS TAKE PLACE ON  
MS TEAMS ON THE FOLLOWING  
TUESDAYS FROM 4-5PM

- 15 APR 2025
- 27 MAY 2025
- 8 JUL 2025
- 19 AUG 2025
- 30 SEPT 2025
- 11 NOV 2025



PLEASE SCAN FOR  
MORE INFORMATION



TO BOOK A PLACE PLEASE SEND YOUR  
PREFERRED DATE, NAME AND EMAIL  
ADDRESS TO THE INBOX BELOW

[pmhw.mytime@barnardos.org.uk](mailto:pmhw.mytime@barnardos.org.uk)



## Firework Code



Always supervise young children

Light sparklers one at a time

Keep pets indoors

Keep them in a closed box

Follow all instructions carefully

Stand well back

DO's & Don'ts

Never return to a lit firework

Don't give sparklers to under 5's

Don't set fireworks off after 11pm

Never put them in your pocket

Never throw them

For more information visit:  
[www.lancsfireandrescue.org.uk/bonfires-and-fireworks.aspx](http://www.lancsfireandrescue.org.uk/bonfires-and-fireworks.aspx)



## What Parents & Educators Need to Know about YOUTH VIOLENCE

### UNDERSTANDING YOUTH VIOLENCE

Youth violence affects one in four children in the UK, but it doesn't have to. When parents, carers, and educators understand the risks, they're better placed to support young people. The right support, mentoring, therapy, and guidance can help young people affected by violence to feel safe, manage conflict, and make positive choices.

### WHY DO YOUNG PEOPLE COMMIT SERIOUS VIOLENCE?

A recent study surveyed over 10,000 young people attending university, finding that factors like mental health issues, peer pressure, and a history of being bullied or involved in violence were linked to serious violence. The most common reasons given were due to a personal characteristic of the victim (e.g., race, religion, sexuality, gender, or school status), and being provoked. While not all young people face these factors, many lack the emotional regulation skills needed to manage provocation.

### WHAT ARE SIGNS A YOUNG PERSON IS AT RISK?

Children and young people often express their anger and aggression through physical rather than words. The signs to look out for include: sudden changes, serious mental health issues, excessive phone use, unexplained injury, unexplained injuries, fear of school, aggression, going missing, or violence use. They may also be associating with older peers. These behaviours are often indicators of issues that can lead to violence.

### ONLINE INFLUENCES

Social media plays a powerful role in normalising and glorifying violence. Influencers like 'The 1% and the 99%' can inspire young people to harmful or violent acts. Online challenges, like the 'Blue Whale' challenge, can lead to self-harm and suicide. Young people may also be exposed to extremist ideologies, hate speech, and cyberbullying. It's important to monitor online activity and provide support if needed.

Opportunity  
Community  
Wellbeing  
Respect

UNCERTAINTY  
CONFLICT  
FEAR

### WHEN IS VIOLENCE MORE LIKELY TO HAPPEN?

For children and young people in England and Wales, the most common risk factor for serious violence is being involved in a violent or violent group. This can result from conflicts that escalate during the school day, online arguments, or simply meeting through untrusted friends on the way home. Understanding this risk helps us support safer travel and resolve. Our research report found that over one in three young people don't feel safe in the places they live in, and 85% don't feel safe walking the streets.

### WHY MIGHT A YOUNG PERSON CARRY A WEAPON?

Young people may carry weapons due to fear, threats, peer pressure, or a desire for protection. Many young people feel that carrying a weapon is a way to 'keep safe' or 'show respect'. However, carrying a weapon is illegal and can lead to serious consequences. It's important to provide support and guidance to help young people manage their fears and resolve conflicts peacefully.

### WHERE IS VIOLENCE MORE LIKELY TO HAPPEN?

Violence often happens in public places. Many areas are more likely to experience violence because of factors like poor lighting, lack of supervision, and a history of violence. Understanding where violence is more likely to happen helps us support safer travel and resolve. Our research report found that over one in three young people don't feel safe in the places they live in, and 85% don't feel safe walking the streets.

## Advice for Parents & Educators

### TALKING TO CHILDREN ABOUT STAYING SAFE

Choose a safe moment for the conversation, sensitivity and privacy. It's important to have a conversation with your child about staying safe. This should be a regular conversation, not just a one-off. It's important to listen to your child's concerns and provide support and guidance. It's also important to monitor online activity and provide support if needed.

### HELP CHILDREN UNDERSTAND CONSEQUENCES

Young people can be searched by police or teachers if suspected of carrying a weapon. If found with a weapon, they could face a criminal record. Carrying a weapon can result in a criminal record, even if it's just a small object. It's important to provide support and guidance to help young people understand the consequences of carrying a weapon. It's also important to monitor online activity and provide support if needed.

### AVOID CONFLICT & MANAGE ESCALATIONS

Young people are often involved in conflicts. It's important to provide support and guidance to help young people manage conflicts. This should be a regular conversation, not just a one-off. It's important to listen to your child's concerns and provide support and guidance. It's also important to monitor online activity and provide support if needed.

### REPORT INFORMATION

We all have a role to play in preventing violence. It's important to report any concerns to the police or your local authority. This should be a regular conversation, not just a one-off. It's important to listen to your child's concerns and provide support and guidance. It's also important to monitor online activity and provide support if needed.

### Meet Our Expert

The Ben Kinsella Trust is a UK-wide youth charity educating young people through immersive workshops, awareness campaigns, and community resources. Visit [benkinsellatrust.org.uk](http://benkinsellatrust.org.uk)

### #WakeUpWednesday

The National College

Follow us on social media: @wake\_up\_weds, www.thenationalcollege, @wake.up.wednesday, #wakeup.weds

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



# GYMNASTICS LESSONS



at South Ribble Tennis and Fitness Centre

Give your child the chance to build strength, confidence and coordination with our gymnastics courses for children age 3-16. Led by our qualified instructors, our lessons follow the National Gymnastics Awards Programme, ensuring a structured and rewarding course.

Your child will develop fundamental skills that enhance flexibility, balance and agility. Whether they're beginners or have experience, our supportive environment helps every child thrive. Contact us to arrange a trial session!

Pay by Direct Debit and your child can also enjoy free general swimming sessions.



southribbleleisure.com

# TENNIS LESSONS



at South Ribble Tennis and Fitness Centre

Let your child discover the joy of Tennis! Whether your child is new to the sport or wanting to play more, our Lawn Tennis Association qualified coaches will raise their game in no time.

Playing tennis keeps children fit, sharpens their coordination and builds endurance. Beyond physical gains, tennis teaches teamwork, sportsmanship, quick decision making and improves wellbeing. With friends and fun on the court, it's a winning combination!

Contact us to arrange a trial session. For children aged 3+

Pay by Direct Debit and your child can also enjoy free general swimming sessions.



southribbleleisure.com

# SWIMMING LESSONS



at Leyland Leisure Centre, Bamber Bridge Leisure Centre and Penwortham Leisure Centre

Build your child's confidence in the water while having fun, with our Swim School. We offer affordable lessons, so that every child can learn this essential life skill.

Our fully qualified swimming teachers work to the Swim England, 'Learn to Swim' Framework. Simply contact your local centre to enquire.

Pay by Direct Debit and your child can also enjoy free general swimming sessions.



southribbleleisure.com

# FOOTBALL LESSONS



at Bamber Bridge Leisure Centre

Football lessons help your child improve their teamwork, give them the opportunity to build their technical skills, improve their co-ordination and concentration and most importantly they show your child how fun it is to get involved with the sport!

Bamber Bridge Leisure Centre runs football lessons suitable for age 7 to 11. Contact us to arrange a trial session!

Pay by Direct Debit and your child can also enjoy free general swimming sessions.



southribbleleisure.com

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