



All Hallows

Catholic High School

Newsletter

10th October 2025

Dear Parents/Guardians,

This week, our Year 7 students have thoroughly enjoyed spending time outside the classroom, focusing on building relationships with one another, their form groups, tutors, and the wider Year 7 community. We hope this experience helps foster a strong sense of belonging and establishes them as valued and important members of our school community.

Next Thursday, we will conclude the transition process with our Year 7 Mass of Welcome, and we warmly invite all new and existing families to join us in celebrating this special occasion, led by our Year 7 pupils.

I would like to extend my sincere thanks to our dedicated PTFA, whose tireless support of school events and generous funding continue to enhance the education of our pupils. Thanks to their efforts, we have been able to provide 3D printers in Technology, headphones and recorders in MFL, and specialist equipment in Art. As we approach Christmas, the PTFA is preparing to fundraise for further projects in PE, SEND, and ICT. Donations of raffle prizes, bottles, or chocolate would be greatly appreciated to support the tombola at the Penwortham Christmas Markets. We are giving plenty of notice, as we know how busy the festive season can be!

Next Wednesday at 5pm, we invite parents to join us for our Parent Forum – an important opportunity to engage and discuss school-related matters together.

As always, this newsletter is filled with the successes and achievements of our pupils, and we remain incredibly proud of every one of them.

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/>

Upcoming Careers Event at St Mary's Catholic High School

The posters for the Careers Fair event are displayed. The top poster is titled 'CAREERS FAIR' and 'LET US HELP BUILD YOUR FUTURE'. It describes the event as a great opportunity for students and parents to meet and get advice from teachers, colleges, and representatives from various professions. The event is on Tuesday 14th October 2025, from 3.30 PM until 5.30 PM, at Royal Ave, Leyland, PR25 1BS. Logos for MBDA, DWP, NHS, and others are shown. The bottom poster shows a group of people in various professions and states that local colleges and training providers will also be attending to answer any questions.

Mark your calendars for an exciting opportunity to explore your future career options! St Mary's Catholic High School, in partnership with All Hallows Catholic High School, is hosting a Careers Fair designed to help students and parents gain valuable advice and insights from a wide range of professionals.

Event Details:

Date: Tuesday, 14th October 2025

Time: 3:30 PM – 5:30 PM

Location: Royal Ave, Leyland, PR25 1BS

This event offers a fantastic chance to meet representatives from various industries, including the military, healthcare, law enforcement, transportation, and more. Local colleges and training providers will also be present to answer any questions about further education and training pathways.

Whether you're curious about careers in the NHS, the armed forces, or working with local government, there's something for everyone. Come along to gather advice, ask questions, and start planning your future with confidence!

We look forward to seeing students and parents there. Let's work together to build bright futures!

Don't miss this inspiring event—see you there!

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

All Hallows Catholic High School

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Headteacher: Mrs A Cooper BSc



October 2025

Dear Former Pupil, Parents and Carers,

Certificate Evening - Thursday 13th November 2025

In this our 50th Year, the school governors would like to invite the 'Class of 2025' and their parents/carers to the annual presentation of certificates and awards. The evening is an opportunity to celebrate the successes and in particular the achievements of this year group and includes the formal presentation of the certificates achieved in the summer examinations.

This year, Certificate Evening will take place at **7:30pm on Thursday 13th November 2025**.

Please note that pupils will need to arrive at 6:45pm to take part in a short rehearsal.

The programme for the evening is in two parts. There will be a formal presentation of certificates and awards in the sports hall, followed by an informal gathering of former pupils, parents/carers, guests and school staff in the senior dining room and Year 11 Centre. The 'Class of 2025' yearbooks will be available for collection for those pupils who have ordered a copy along with the formal Prom photograph.

Each former pupil may be accompanied by family members. **To book seats for the event, please complete the Google form** by clicking the link below. The deadline for booking is **Monday 3rd November 2025**.

<https://forms.gle/r7tPVorZiGT5mGhXA>

We hope that you will join us for this memorable evening and enjoy the celebrations with the other members of the year group. This is a formal event, therefore we would ask that you dress appropriately in smart attire, in recognition of the importance of the occasion. In previous years, many pupils have chosen to wear a suit or other similar 'work-appropriate' clothing.

If you are unable to attend, certificates will be available to collect in school from **Wednesday 19th November 2025**. If the certificates are being collected by a representative the student must provide prior written authorisation and the representative must have ID.

If you have any questions about the above, please do not hesitate to contact Mrs Hodgson via the Synergy portal or by telephone on 01772 746121.

Yours faithfully,

Mrs A Cooper
Headteacher



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Year 7 Retreat Days at St Mary's Church, Lowe House

The Year 7 Retreat Days took place this week at St Mary's Church, Lowe House, St Helens. Two Year 7 forms attended on each of the three days, which are part of the Year 7 induction programme.

The days were based on the theme of 'Building the Kingdom of God' and were led by Fr Simon and Ellie from the Animate Archdiocesan Retreat Team. Our Year 10 buddies, who help out daily in Year 7 forms, also joined to support the groups through each of the activities. They acted as excellent role models for the Year 7 pupils throughout the day.

We received a very warm welcome at Lowe House from the team and went straight into the first activity – the 'Egg Drop' challenge. Each group was given different materials to make a protective covering for an egg, which would be dropped by Ellie from the roof outside. Some created parachute-like structures, while others made box-like designs. The egg drop took place with varying degrees of success! The purpose of the exercise was to show that, in order to build the Kingdom of God on earth, we must protect the vulnerable.

The second activity was the 'Play-Doh Challenge', where each group had to make chosen objects such as cookies, flowers, or traffic lights out of Play-Doh. Some groups had more Play-Doh than others, some had more time, and some even had their creations demolished. This created a sense of injustice and unfairness, which led to frustration and annoyance within the groups. The purpose of this challenge was to demonstrate that, in order to build the Kingdom of God on earth, we have to respond to injustice and unfairness in the world and work to make it a better place for everyone.

Next, two groups worked together to get a remote-controlled car from one end of the room to the other across several tables. The challenge was that there were gaps between the tables, so the groups had to build bridges using various materials to allow the car to travel across. Once both groups had solved the problem, they raced their cars, with others standing ready to catch them if they fell. The aim of this challenge was to show that we need to 'build bridges' between ourselves and others, and between our communities, if we want to successfully build the Kingdom of God on earth.

After lunch and some time playing outside in the lovely Lowe House grounds and gardens, pupils spent time in their form groups talking and getting to know one another with their form teachers. Some groups created presentations about each other, others built spaghetti and marshmallow structures as a team, and some took part in freeze-frame activities, representing chosen situations or emotions in frozen poses. One form group even made birthday cards for one another to celebrate throughout the year.

The final session was a reflective one, led by Fr Simon, focusing on how each individual is important and has a role to play in building the Kingdom of God – and inspiring others to do the same. Fr Simon used the example of St Carlo Acutis, who, as a teenager, protected the vulnerable, worked for justice, and built bridges between people and communities.

The whole retreat day experience was fun-filled and activity-packed. Pupils left the day having strengthened their form group relationships and getting to know one another better. More importantly, they came away with a deeper understanding of what the Kingdom of God is, and how they can help build it – at school, at home, and within their communities.



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Year 7 Pupils Shine at St Oswald's 60th Anniversary Mass

It was wonderful to see our Year 7 pupils from All Hallows supporting the St Oswald's 60th Anniversary Mass, celebrated by Bishop Tom Neylon. Edward served on the altar with great reverence, Elizabeth sang beautifully in the choir, and Elizabeth read clearly and confidently to the congregation.

All three pupils made a brilliant contribution to this special celebration, and their efforts were warmly appreciated by those who attended. Many parishioners spoke afterwards of how impressed they were, describing the pupils as a real credit to both All Hallows and the parish community. Their involvement reflected not only their individual talents but also the strong spirit of faith and service that is nurtured within our school.



Pupils from Years 7–10 have signed up to take part in the nationally recognised Catholic Youth Award. Year 7 pupils are working towards the Bronze Award, which focuses on service to the Catholic community. They are required to show evidence of taking part in the Catholic life of the school and parish – for example, by playing an active role in Masses, assemblies, or collective worship. Year 8 and Year 9 pupils are aiming for the Silver Award, which centres on leadership within the Catholic community. They must show that they have led activities or projects in their Catholic communities, such as planning form-time prayer sessions or organising fundraising events. Year 10 pupils have signed up for the Gold Award, which celebrates innovation in the Catholic community. They are asked to demonstrate how they have devised original projects that contribute to the Catholic life of the school or parish. Last year, for instance, pupils created a uniform pop-up

shop to recycle clothing and help care for both resources and the environment.

Over thirty pupils attended the first Faith in Action after-school meeting last Monday. They received their logbooks to record evidence of their contributions to the Catholic community and completed Reflection Point One, which focused on how we can show love to our neighbour.

Further updates will follow on the inspiring work of our Faith in Action team throughout the year.



Exciting Opportunity: Rite of Christian Initiation of Adults (RCIA)

Are you or someone you know interested in exploring the Catholic faith? The RCIA (Rite of Christian Initiation of Adults) programme is starting again within our family of parishes!

This welcoming and informal course is designed for those who wish to learn more about the Catholic Church and consider becoming members of the faith. The programme will run from Wednesday, 12th November 2025, and continue through to Easter 2026. All sessions will be held at St Mary's Social Centre, Leyland.

What does the programme involve?

- Weekly sessions that are friendly and relaxed, suitable for all levels of familiarity with the faith
- An introduction to the core beliefs and teachings of the Catholic Church
- Opportunities to ask questions and share thoughts in a supportive environment
- Reflection on how the teachings of the Church remain relevant today
- Each session will include prayer, discussion, and learning

Who is it for?

The RCIA is ideal for anyone considering becoming a Catholic, those who are curious about the faith, or anyone wanting to deepen their understanding of Catholic beliefs and practices.

How can you get involved?

If you are interested in joining the programme or know someone who might benefit from it, please do not hesitate to contact Rose McCrave at rose.mccrave@outlook.com. We would love to hear from you and can provide more details about the sessions and what to expect.

This is a wonderful opportunity to explore your faith, meet new people, and learn more about what it means to be part of the Catholic community. We warmly invite you to come along and take the first step on this spiritual journey.

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Journey of Faith: Join the Lourdes Pilgrimage!

We are excited to invite Year 10 and Year 11 students to take part in this year's pilgrimage to Lourdes – a unique experience that has inspired young people for generations.

Lourdes, in the south of France, is one of the most important places of pilgrimage in the Catholic faith. Each year, millions of visitors are drawn here by the story of St Bernadette, the peaceful atmosphere, and the sense of community. For students, it is a wonderful chance to grow in faith, friendship, and service while creating unforgettable memories.

During the pilgrimage, students will:

Visit the Grotto of Massabielle, where St Bernadette experienced her visions.

Take part in international Masses and candlelight processions alongside pilgrims from across the world.

Join activities specially designed for young people, encouraging reflection and personal growth.

Experience the joy of service, helping and supporting others on pilgrimage.

Enjoy time with friends while exploring French culture and hospitality.

Special 50th Anniversary Early Bird Offer

To mark 50 years of pilgrimages, there is an early bird discount of £50:

Full price: £720

Early bird price: £670

This is much more than a trip – it is a journey of faith, discovery, and friendship that students will remember for life.

Places are limited, so don't miss this chance to be part of something truly special!



50th YOUTH PILGRIMAGE TO Lourdes 2026 Edition!

22 – 31 July

"SEEK, FIND, BECOME..."
Friendship, Fun, Faith, Service, Personal Development, Community, New Skills and Experiences

For those age 15 (or in year 10) – age 22

EARLY BIRD DISCOUNT!!!!
50th Anniversary Special!! £50 Off!!!!
£670

Deposit: £100 at time of application

Applications open **15th September**. Apply before **9am on 20th October** for a **£50 reduction**. You will pay £670 in total.

Applications after 9am on the 20th October have to pay the full price: **£720**

✓ **7 Night Hotel Accommodation** ✓ **Coach travel to and from Lourdes** ✓ **All Meals- Breakfast, Lunch, Evening Meal** ✓ **Insurance**

APPLY AT: WWW.LIVERPOOLLOURDESOUTH.CO.UK
OR SCAN THIS QR CODE

01744 740461 ADMIN@ANIMATEYOUTH.CO.UK



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What is Youth SVP?

Youth SVP is an invitation for young people aged 11-18 to come and join our Vincentian family. Worldwide our mission is to tackle poverty in all its forms by providing practical assistance to people in need. The St Vincent de Paul Society was founded thanks to a young student who walked through the poorest streets of his community on his way to university lectures each day. The poverty he came across inspired him to be the change and make a difference to those around him in need. Today the SVP works in communities around the world to continue this legacy. With a formula of 'See, Think, Do' groups of young members meet in schools and parishes across England & Wales to discuss and put into action support for the people around them. Youth SVP members use their creativity, resources and energy to engage in their school and parish communities and take part in social action. Through voluntary work, Youth SVP members not only make a difference, but learn new skills and build lasting friendships.

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:

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

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 or a member of the SVP group. Every little contribution helps make a difference in someone's life. Let's continue to show kindness and support within our school and community!



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Les Misérables

SCHOOL EDITION

Coming Soon

It has been a buzzing start to the new academic year in the Music and Drama Department, with a jam-packed calendar already well underway! The biggest excitement so far has been the Les Misérables auditions – we have been blown away by the talent on display, and casting will be no easy feat!

Our musical efforts were also front and centre at the school's 50th Anniversary Mass, where students performed with pride. The choir is now back in full swing preparing for the Mass of Welcome, which promises to be a great celebration for our new Year 7's! Meanwhile, rehearsals are in full force for our Charity Concert in aid of the SVP. Expect an evening packed with variety – all for a great cause. Pupils have also started working on musical tributes for our Remembrance Day service, a solemn but important moment in our calendar, and yes – whisper it quietly – Christmas Concert prep has already begun, with sleigh bells and harmonies ringing through the corridors!

Adding to the excitement, we've seen a fantastic surge in students taking up new instrumental lessons this term – our new practice rooms are alive with the sound of learning.

We're off to a flying start, and the rest of the term promises even more opportunities for creativity, performance, and plenty of applause!

Performing Arts Clubs

	Monday Drums	Tuesday Guitar lessons Miss Galea Singing /Piano lessons	Wednesday Flute/Saxophone/Woodwind lessons	Thursday Singing /Piano lessons	Friday Guitar lessons Mr Webster
LUNCHTIME	SVP Club 1pm	Les Misérables Rehearsals 1pm	Performing Arts Club 1pm	GCSE Dance 12.35pm	Mass Chaplaincy 1pm
AFTER SCHOOL	GCSE Dance lesson 3.15pm – 5.30pm	Les Misérables rehearsals 3.15pm – 4.30pm	Les Misérables principles rehearsals 3.15pm – 4.30pm GCSE catch up for Music and Performing Arts	Staff meetings	Les Misérables principles rehearsals 3.15pm – 4.30pm Rock bands 3.15pm – 4.00pm

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STEM Club: Exploring, Experimenting, and Innovating!

Wow – what an amazing start we've had! With over 80 pupils signed up and attending STEM Club, we've been able to take part in even more exciting, hands-on activities.

Miss Shirley has been running an offshoot of STEM Club with our Year 7s, who have been conducting some fantastic rainbow-inspired experiments. Over the next two weeks, Mrs Walsh will lead a fun maths-based challenge. Many pupils have also been learning to code our Spike Prime and VEX robots, making STEM Club a hub of activity not just on Monday evenings (3.05pm – 4.15pm), but also at lunchtimes!

There are plenty more activities and competitions in the pipeline, including The Big Battery Hunt. New pupils are always welcome to join – just come along on 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 our growing number of students taking part in this exciting, hands-on STEM initiative.

Thanks to the popularity of the VEX IQ Robotics Competition, our STEM Club has grown rapidly in recent years. 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. Your support will help inspire the next generation of innovators and contribute to a thriving local school community.

If you're not familiar with the VEX IQ programme, you can see it in action here:

https://youtu.be/aa0B7kNHpg8?si=0-J_XzUsuLNxBg_E

If you or your business would like to sponsor one of our VEX robots as we aim to reach the National Finals once again, please get in touch with jra@allhallows.lancs.sch.uk or Mr Jousiffe at djo@allhallows.lancs.sch.uk. Each robot sponsorship also allows your company's logo to be displayed.



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Year 11 Geography Trip – River Calder Investigation

Last week, our Year 11 pupils visited the River Calder to investigate the physical characteristics of the river. During the morning session, students measured the depth, width, velocity, bedload size, and gradient, gaining hands-on experience in fieldwork techniques.

In the afternoon, the group continued their learning with a river walk in Garstang, where they explored flood prevention strategies, including both hard and soft engineering methods.

Everyone was extremely well-behaved throughout the day, and we were fortunate to enjoy one of the few dry days last week, making the trip even more enjoyable.

Well done to all the pupils for their engagement and enthusiasm – it was a fantastic opportunity to bring classroom learning to life!



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Team Spirit in Action: Netball Highlights

Isabelle Selected for Manchester Thunder U13 Netball Squad

We are delighted to share some wonderful sporting news. Isabelle K, a talented Year 8 pupil, has been selected to represent Manchester Thunder's Under-13 Netball Squad.

Manchester Thunder is one of the leading franchises in the Vitality Netball Superleague, and their youth squads are renowned for developing some of the country's finest players. To be chosen for this team is an outstanding achievement, reflecting Isabelle's hard work, skill, and dedication to the sport.

This opportunity will enable Isabelle to train and compete at a very high level, learning from expert coaches and playing alongside other promising young athletes. It marks a fantastic step forward in her netball journey, and we are all extremely proud of her.

We wish Isabelle every success with Manchester Thunder and look forward to following her progress in the months ahead.



Year 10 Netball Success



A huge well done to our Year 10 A Netball Team, who played away at Penwortham Girls' High School last week and secured another fantastic win in the South Ribble District League!

The girls demonstrated excellent teamwork, communication, and resilience throughout the match. Their determination and positive attitude both on and off the court were a real credit to our school. Every player gave their all, and it was brilliant to see the team's hard work in training paying off in such a strong performance.

Special congratulations go to this week's award winners:

Opposition's Player of the Match - Ava M

Coach's Player of the Match - Addi N

Players' Player of the Match - Loughton H

Well done, girls — another well-deserved win! Keep up the commitment, teamwork, and enthusiasm as you continue your South Ribble League campaign. We're incredibly proud of you all!

Netball Update – South Ribble League



We're so proud of our girls who represented the school against the Penwortham Girls' B Team in the South Ribble League last week!

A huge well done to everyone who took part — especially those who stepped up to play in their very first school fixture. It's fantastic to see our players showing commitment, teamwork, and enthusiasm both on and off the court.

While the score isn't everything, the effort and positive spirit shown by the team made us very proud.

Player of the Match - Kita A

Keep training hard and showing up, girls — your dedication truly makes a difference!

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Sisters in Sport Netball – U13 Victory!



Our first Sisters in Sport Netball game in our new dresses was a fantastic success! Well done to our U13 team (Years 7 & 8) who played last week against Tytherington High School and won 52–3.

A special mention goes to our three Year 7 girls who were playing up a year – an excellent achievement!

Player of the Match: Emily A

Coach's Player of the Match: Scarlett W

A brilliant team effort all round. Onto the next round we go – away in Wrexham!

Year 8 Netball Success!



Our Year 8A and 8B Netball Teams were also in action last week against Priory. Both teams played Priory's A team and secured impressive victories.

Apologies to the other half of the B team, who had already left when the team photo was taken!

It was a fantastic evening, with so many girls in Year 8 proudly representing the school. Well done to everyone involved!

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Year 11 Netball Success!



Well done to the Year 11 Netball Team, who continued their winning run with another fantastic victory at home against Leyland St Mary's on Tuesday evening.

Opposition's Player of the Match was awarded to Eleanor, and Coach's Player of the Match went to the birthday girl, Amarah! A brilliant effort from the whole team – well done, everyone!

Under 15's Netball Champions!



A huge congratulations to our under 15 girls, who were undefeated all weekend and went on to be crowned Cup Winners at the Condoover Netball Tournament!

The girls, who all play for Newman Netball Club, represented All Hallows with pride, determination and fantastic teamwork throughout the tournament. Across a series of challenging matches, they demonstrated impressive skill, composure and resilience, overcoming some very strong opposition to secure the overall victory.

It was a brilliant weekend of netball, filled with great team spirit, sportsmanship and plenty of memorable moments both on and off the court. The girls supported one another from the first whistle to the last, showing exactly what can be achieved through commitment and teamwork.

A huge well done to every player involved – an amazing achievement and a great reflection of all the hard work they put into training. We're incredibly proud of you all!

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Year 7 Football Team

A fantastic effort from our Year 7 football team, who were extremely unlucky not to progress to the next round of the competition last week. The boys showed great skill and teamwork throughout the evening and can be incredibly proud of their performances.

They remained undefeated on the night, securing a 1-0 win against Priory, a 4-2 victory over Balshaw's, and finishing with a 0-0 draw against Leyland St Mary's. Every player worked hard for one another, showing real commitment and sportsmanship. Although the team narrowly missed out on qualification, their positive attitude and strong performances promise plenty of success ahead this season. Well done, boys – an excellent start to your school football journey!



Year 9 Football Team Kick Off in Style

Our Year 9 Football Team were in action last week against Walton-le-Dale, delivering a series of brilliant performances all round. From the very first whistle, the boys showed great energy, teamwork, and determination, setting a strong tempo for the game.

It was a fantastic start to the season, with the team working hard both in defence and attack. Their communication, effort, and support for one another were clear to see, and every player contributed to an excellent all-round display.

The hard work paid off, as the boys secured a well-deserved win, demonstrating their skill, resilience, and determination on the pitch. Although it's still early days in the season, the signs are very promising. Their attitude in training and commitment during the match reflect the progress they've made and the potential for even greater success as the year continues.

Well done, lads – a strong start, a great win, and an excellent example of teamwork and school spirit!



Year 11 Boys Football – Lancashire Cup Victory!

On Tuesday 7th October, the Year 11 Boys Football Team began their Lancashire Cup campaign with a first-round tie away at St Aidan's High School in Preesall.

After an even first half, a lapse in concentration at the back allowed the opposition to take the lead just before the half-time break. The boys raised their intensity and performance levels in the second half, which resulted in All Hallows being awarded a penalty with 15 minutes remaining. Thomas C confidently stepped up to convert from the spot, levelling the score at 1-1.

Despite continued pressure from All Hallows, the full-time whistle blew, sending the game to penalties. After a hard-fought match, a series of excellently taken penalties saw All Hallows triumph 8-7 in the shootout. A special mention goes to Aiden Mc for an outstanding performance on the evening, and well done to Will G for saving two penalties in the shootout.

Finally, a big thank you to the parents who helped with travel to the game – your support is hugely appreciated.

Into the second round of the Lancashire Cup we go!



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Bikeability Level 3 Training

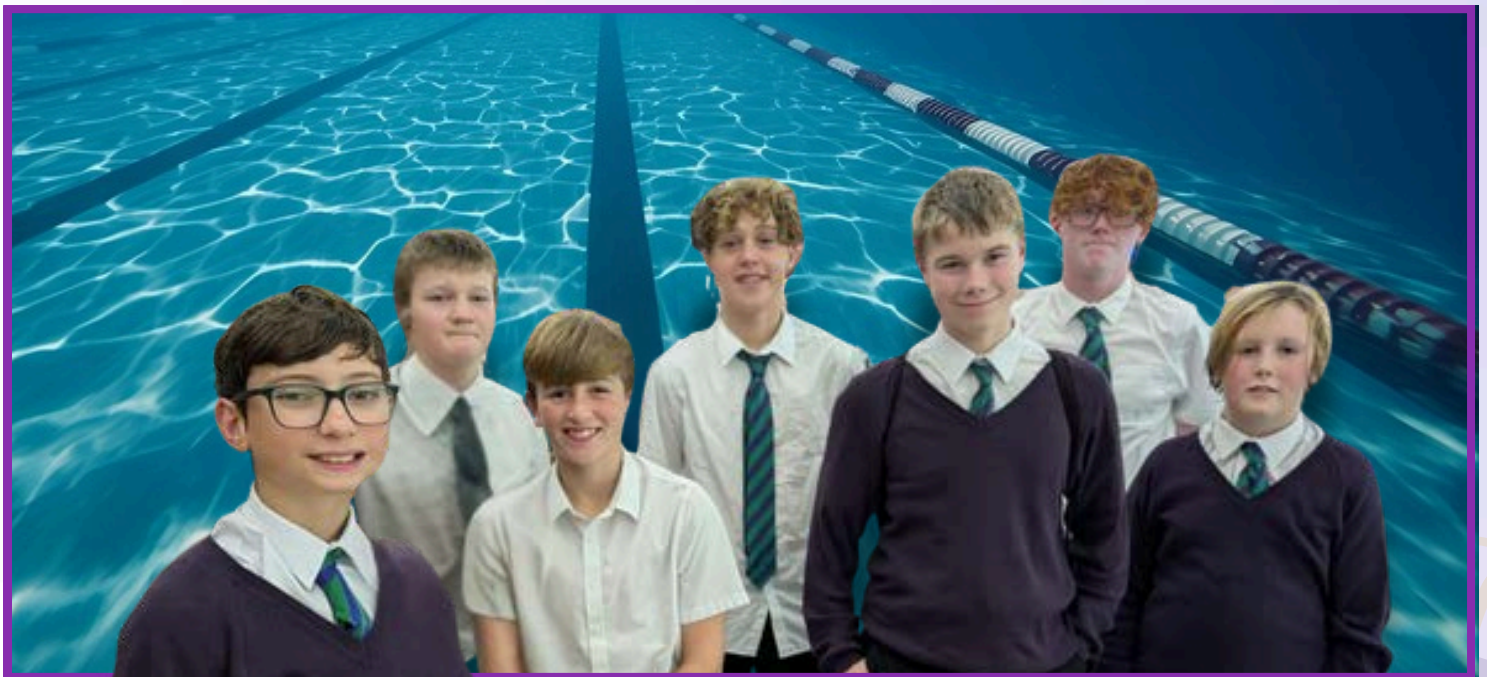


A group of our Year 7 students recently took part in Bikeability Level 3 training, the highest level of the national cycling programme. This course is designed to help young cyclists develop the skills, confidence, and awareness needed to ride safely and responsibly on today's roads.

During the training, students learned how to navigate more complex road layouts, including busier and faster roads, multi-lane junctions, and areas with heavier traffic. They practised advanced techniques such as making safe decisions at junctions, effective signalling, positioning on the road, and identifying potential hazards.

The sessions encouraged pupils to think carefully about road safety while building independence and confidence as cyclists. Well done to all those who took part for embracing the challenge and demonstrating such a positive attitude throughout the training.

Swimming Success at the North West Championships



Our 'Junior' Boys Team (Years 7 and 8) and 'Inter' Boys Team (Years 9 and 10) delivered outstanding performances at the North West Secondary Schools Team Relay Championships 2025.

Both teams demonstrated excellent teamwork, determination, and skill, achieving some impressive individual times and results throughout the competition.

We are extremely proud of their efforts and look forward to hearing whether either team has progressed to the National Finals.

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Nora W Secures Another Year with Preston North End Emerging Talent Centre



We are delighted to share some fantastic news from the football field—our very own Nora has been retained by Preston North End's Emerging Talent Centre for another year.

Nora has shown tremendous dedication, skill, and passion for the game, earning her continued place at one of the region's top development programmes. This is a significant achievement, as the Emerging Talent Centre provides a pathway for young players to develop their ability and showcase their potential at an elite level.

To celebrate, Nora recently attended a special media and signing evening at PNE, officially marking her new season with the club. It was a proud moment for her and her family, as well as for all of us at school who have watched her progress.

We wish Nora every success in the coming season and look forward to following her football journey. She continues to be an inspiration to other young players in our school community.



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Celebrate Our 50th Anniversary with Us

We warmly invite you to give thanks and celebrate our 50th Anniversary. This is a special milestone for our school, and we would be delighted for you to join us in marking this occasion.

Please consider giving generously. Donations will go towards extending the chapel and supporting future projects, helping to sustain the legacy of our school for generations to come.

We also encourage you to follow our social media pages and visit the 50th Anniversary page on our website to keep up with all the celebrations, photos, and highlights from this special year. Your engagement helps us share our achievements and the wonderful memories of the school community.

Thank you for your continued support – together, we celebrate the past, present, and future of our school!

. **Instagram:** **allhallowsis50**

. **Twitter:** **AllHallowsis50**

. **Facebook:** **AllHallowsis50**

<https://www.allhallows.lancs.sch.uk/about/50th-anniversary/>



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PTFA Notices

Raffle Prizes – Deadline 10th November

The PTFA are preparing raffle tickets, and we'd love your help! If you or your business can donate a prize, please get in touch by Friday 10th November so we have time to include it on the printed tickets. Every contribution helps make a big difference!

Penwortham Christmas Market Donations

We are collecting chocolates and bottles for the Christmas Market. Donations can be handed to your child's form teacher or dropped off at the main office by the start of December. Thank you for your generosity and continued support.

PTFA Ball – Call for Help!

Plans are underway for the upcoming PTFA Ball, and we'd love your input and support. We're currently looking for:

Sponsors

Auction items

Raffle prizes (on the night)

If you have ideas or can help in any way, please join us at our next meeting on Tuesday 15th October at 7.30pm in the Year 11 Centre. Everyone is welcome – it's a great way to get involved and help raise funds for our school community.

Please Label Your Child's Uniform and Equipment

We are asking all parents and guardians to ensure that their child's uniform and equipment are clearly labelled.

Recently, we have received a large number of unlabelled PE kits, football boots, trainers, lunch boxes, and water bottles.

Unfortunately, without names, it is extremely difficult for us to return items to their rightful owners, which can lead to lost property and unnecessary replacement costs.

Labelling your child's belongings – even with a permanent marker or sewn-in name tag – makes a huge difference. It helps our staff return items quickly and ensures your child always has their equipment when needed for lessons and extracurricular activities.

We appreciate your support in keeping our school organised and helping your child take responsibility for their belongings. Please take a few minutes to label all uniform and equipment clearly.

Thank you for your cooperation!

Staying Healthy at School: Managing Coughs & Colds

As we move through the school year, it's common to see an increase in seasonal coughs and colds among students. While these illnesses are usually mild, they can still cause discomfort and distractions during the school day.

We encourage parents and carers to help children learn how to manage minor symptoms while at school. Simple steps such as covering coughs and sneezes with a tissue or elbow, washing hands regularly, staying hydrated, and knowing when to rest can make a big difference—not just in how your child feels, but in reducing the spread to others.

If your child has a mild cough or cold but is otherwise well (e.g., no fever, severe fatigue, or difficulty breathing), they can usually continue attending school. Please ensure they bring a water bottle, tissues, and any appropriate over-the-counter medicine if needed (following school policy).

Let's work together to support good hygiene habits, build resilience, and keep our school community as healthy as possible!



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



World Mental Health Day – 10th October

Each year, World Mental Health Day reminds us how important it is to look after our mental wellbeing and to support one another. It's an opportunity to raise awareness, start conversations, and encourage positive actions that help everyone feel seen and supported.

This year's theme, "Access to services – mental health in catastrophes and emergencies," highlights the importance of ensuring that people can get the help they need to protect their mental health, even in times of crisis or global instability.

At school, we encourage students, staff, and families to talk openly about mental health, reach out for support when needed, and take small steps each day to care for their wellbeing. Together, we can make a big difference.

Practical ways to manage DOOMSCROLLING

It's normal to feel down from time to time when we come across bad news, but constant exposure to negative online content could negatively affect our mental health.

'Doomscrolling' is a relatively new term used to describe the impact of consuming large amounts of upsetting news online.

If you're looking for ways to spend less time doomscrolling, here are some suggestions that might help.

- Turn off 'push' notifications**
Turning off push notifications for social media or news apps can give you a break from constant interruptions.
- Set a time limit**
Setting a timer for how long you spend on apps can help you stay on top of the time you spend.
- Consider phone-free zones**
You're allowed to have quality time that isn't interrupted by notifications every few minutes.
- Manage your social media feeds**
You can make changes to what appears on your feed by blocking or unfollowing certain profiles, allowing you to limit the negative content you see regularly.
- Use a watch or an alarm clock**
If you often doomscroll at night, it may be better to use a watch or alarm clock instead of a phone to wake up.
- Balance the negative with a positive**
Workbooks, reading, spending time outdoors, and exercising are all great ways to balance out the negative content you see.

Everyone deserves good mental health. For more tips and information, visit mentalhealth.org.uk

Tips to manage overwhelm during global events and relentless bad news

Constantly hearing about negative news from around the world can feel like a lot to take in... and that's because it is.

Feeling overwhelmed by current events, no matter how big or small, can take a toll on our mental health. Here are some tips to help you cope with global news overwhelm and find your way back to balance.

- Set boundaries with the news**
Set yourself a limit on how much news you consume in a day, and stick to it.
- Use grounding exercises**
Grounding exercises can help you stay present in the moment.
- Have phone-free times**
Take time away from your phone to do something that brings you joy or helps you relax.
- Talk with others**
When you feel overwhelmed, it can help to talk to someone who understands what you're going through.
- Give yourself permission to rest**
It's okay to take a break from the news. Rest is an important part of coping with stress.
- Focus on what you can control**
You can't control the news, but you can control how you respond to it.

Everyone deserves good mental health. For more tips and information, visit mentalhealth.org.uk

FAMILY HUBS Lancashire County Council HORIZONS

DO YOU SUFFER WITH LOW MOOD? FEEL LIKE YOU NEED SOME SUPPORT?

HORIZONS IS A FREE, FRIENDLY GROUP FOR ALL PARENTS WHO ARE STRUGGLING WITH THEIR EMOTIONAL HEALTH AND WELLBEING AND WOULD LIKE SOME SUPPORT FROM OUR FRIENDLY STAFF.

WE OFFER A SAFE ENVIRONMENT, USING HOLISTIC METHODS TO SHOW YOU HOW EVEN THE SMALLEST OF THINGS CAN IMPROVE YOUR WELLBEING AND HELP YOURSELF & YOUR FAMILY TODAY.

CONNECT WITH OTHERS. HAVING A SUPPORT SYSTEM IS CRUCIAL FOR GOOD MENTAL HEALTH. REACH OUT TO FRIENDS, FAMILY, OR A MENTAL HEALTH PROFESSIONAL IF YOU NEED TO TALK OR RECEIVE GUIDANCE.

SCAN OR VISIT US TO BOOK ONLINE

CompassBLOOM MENTAL HEALTH SUPPORT TEAM

Compass Bloom are the Mental Health Support Team in your school. We provide free support for mild/moderate mental health concerns:

- HELP TO MANAGE ANXIETY
- LOW MOOD, SADNESS, LONELINESS
- SUPPORT WITH EMOTIONS
- SUPPORT WITH CHANGING AND TRANSITION

SPEAK TO YOUR SCHOOL ABOUT SUPPORT FROM COMPASS BLOOM OR GET IN TOUCH:

COMPASSBLOOM@COMPASS-UK.ORG
01772 280122

TAKE A LOOK AT OUR WEBSITE

CompassBLOOM CALLING ALL PARENTS & CARERS!

Is your young person feeling more worried than usual?

Are those worries starting to get in the way of everyday life?

We're here to help.

We're running online worry management courses (PODS) for secondary school aged young people across Central & West Lancashire.

- 6-week course
- Delivered on MS Teams
- Join alongside other young people who feel the same

What we'll cover (one topic each week):

- Session 1 - Understanding anxiety - fight, flight, freeze + intro to CBT
- Session 2 - Spotting & managing physical symptoms
- Session 3 - Challenging negative thoughts - fact or opinion?
- Session 4 - Worry tools - the worry tree, letting go & problem solving
- Session 5 - Behaviours - safety, exposure & building confidence
- Session 6 - Emotions - self-soothing, safe spaces & moving forward

A safe space to learn, share and discover new ways to manage worries.

Want to know more?

Scan the QR code or follow the MS link below to fill in a quick form:

<https://forms.cloud.microsoft/e/x1asaVTeTL>

We'll then give you a call for a friendly chat about the Worry Management Course and answer any questions you might have.

SCAN ME!

COMPASSBLOOM@COMPASS-UK.ORG
01772 280122
@COMPASSBLOOM

UNIT 8 BALFOUR COURT, OFF HOUSH LANE, LEYLAND, LANCASHIRE, PR25 2TV

Lancashire Parent Carer Forum

Are you a family going through the EHCP process?

With presentations from SENDIAS & Educational Psychology

Please see event for time and date

Let's talk

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

VERNON CARUS WOMEN & GIRLS! CRICKET 2026

JOIN VERNON CARUS CRICKET CLUB'S ALL NEW WOMEN & GIRLS SECTION!

VERNON CARUS CRICKET CLUB ARE DELIGHTED TO LAUNCH OUR NEW WOMEN & GIRLS' SECTION FOR THE 2026 SEASON.

OUR WOMEN & GIRLS' SECTION WILL BE COMPETING IN THE PALACE SHIELD!

SOFTBALL SUPERB COMPETITION.

WE WOULD LOVE TO INVITE WOMEN AND GIRLS OF ALL AGES TO REGISTER THEIR INTEREST IN JOINING THE SQUAD - NO EXPERIENCE NECESSARY!

WEEKLY COACHING WILL BEGIN IN EARLY 2026 AND MATCHES START FROM MAY AND RUN THROUGH UNTIL SEPTEMBER.



**TO REGISTER OR FOR MORE INFORMATION, PLEASE EMAIL:
CONTACT@VERNONCARUS.CO.UK**

MAKE SURE TO FOLLOW US ON OUR SOCIAL MEDIA PLATFORMS:

ONE BADGE  ONE CLUB



**TARLETON RUFC
U12s
WANT YOU**

CALLING ALL YR7 BOYS

Tarleton RUFC U12s are looking for new players to join their team!

If you are looking for a change of scenery or if you have never played rugby before *and* want to get involved then come down to Carr Lane!

**JOIN US @ TRAINING
TUESDAYS 6-7PM
CARR LANE, TARLETON**

COME DOWN *and* BE PART OF SOMETHING SPECIAL!

For more info call Neil on 07835 432 944

 **FIRST KICK FOUNDATION**

in partnership with
PENWORTHAM TOWN COUNCIL

NEW WINTER OPENING TIMES

RUNNING FOUR NIGHTS A WEEK!

@PENWORTHAM COMMUNITY CENTRE

Our youth club at Kingsfold will be running four nights a week this winter! Young people can enjoy a safe, fun space, make friends, and take part in exciting activities.

WINTER CLUB TIMETABLE:
Monday's 6-8pm: Primary Age Session
Thursday's 6-8pm: Secondary Age Session
Friday's 6-8pm: Primary Age Session
Saturday's 6-8pm: Secondary Age Session

**STARTING
29TH
SEPTEMBER**
Kingsfold Dr, Penwortham,
Preston PR1 9EQ

WHAT TO EXPECT:

- Qualified coaches
- A supportive, active environment
- Community initiatives
- Activities that build teamwork
- Confidence-building exercises
- Opportunities for skill development
- Fun, engaging games for all abilities

**TOGETHER WE CAN CREATE
AN INCREDIBLE SPACE FOR YOUNG PEOPLE IN PENWORTHAM!**

For more information call 01772 429886 or email info@firstkickfootball.co.uk

 www.facebook.com/firstkickfoundation


BELLE OF THE BALL
@karensbridal.com

"Prom 2026"





**Designer Prom Wear
from £50-£400**

Win Your Dress

Buy your dress from us and enter our Prize Draw.

The winner will be drawn on 31st May 2026.

Centenary Mill, New Hall Lane, Preston, PR1 5JH
Call: 07841741791 Email: KRBridalinfo@gmail.com

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