



All Hallows

Catholic High School

Newsletter

April 2026

This is Easter: A Journey Through Holy Week at All Hallows

Dear Parents/Guardians,

As we move into the final term of the academic year, I would like to take a moment to share and celebrate some of the many enriching experiences that have taken place across our school community in recent weeks. Our Easter Liturgy was a particularly special occasion, bringing together pupils from all year groups in a reflective and meaningful re-telling of the journey of Jesus through Holy Week. It was inspiring to see such thoughtful participation, creativity, and reverence from our students, as they explored the theme 'This is... Easter' and brought the story to life with such maturity and understanding.

We are also incredibly proud of the dedication shown by over 90 of our Year 8 pupils in preparing for the Sacrament of Confirmation, as well as those students working towards their Faith in Action Awards. Their commitment to living out their faith through service, leadership, and innovation is a true testament to the values we strive to uphold as a school.

In addition, our recent fundraising efforts for CAFOD have been outstanding. From the Big Lent Walk to the hugely successful sleepover event, our pupils have shown generosity, enthusiasm, and a strong sense of community spirit, raising significant funds for an important cause.

Finally, as we approach the examination period, we would like to extend our very best wishes to all of our Year 11 students as they begin their GCSE exams. This is an important milestone in their educational journey, and we are confident that their hard work and perseverance will serve them well. We wish them every success and encourage them to approach this time with confidence and determination.

Thank you, as always, for your continued support.

Yours faithfully,

Alison Cooper

Headteacher



This month All Hallows marked Holy Week with its annual Easter Liturgy. Pupils from all year groups took part in the re-telling of the story of Jesus' journey to the cross and resurrection. The theme was 'This is... Easter'. Each day of Holy Week was explored, beginning with the triumphant entry of Jesus into Jerusalem on Palm Sunday, reminding us that people welcomed him with joy but did not yet fully understand.

The Last Supper role play, focusing on the washing of the feet, highlighted how Jesus taught us to be servants to others and to follow his example. This was followed by a video showing what pupils have done across the school to raise money for CAFOD's Lent Appeal by taking part in the Big Lent Walk.

The moment in the Garden of Gethsemane, where Jesus was arrested, reflected on the fact that his purpose was not to escape suffering, but to face it and bring light out of darkness. Pupils then acted out Jesus' trial before Pilate, showing the moment when human wrongdoing was allowed to run its course so that something greater could emerge from it.

The cross was carried onto the stage, with each station freeze framed, depicting Jesus meeting his mother, being helped by Simon, and having his face wiped by Veronica. A procession of crosses, created by each year group, followed to the song 'Love Lifted on the Cross', with pupils placing their crosses at the foot of Jesus' cross.

The burial on Holy Saturday was explored as an important day of waiting, showing that the story was not yet finished. The liturgy concluded on a high with the story of the empty tomb and the joy of the risen Jesus. This was beautifully encapsulated in a liturgical dance to the song 'Risen: He's Alive!'.

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

Year 8 Confirmation



Since January, over 90 Year 8 pupils have been preparing for the Sacrament of Confirmation. They recently had a day off-timetable to learn about the Sacrament itself, the Gifts of the Holy Spirit, and the Saints name they would like to choose. Confirmation is a really important stage in Catholic life and it gives the young person a chance to renew their Baptismal vows and confirm their faith in God as a Catholic.

A preparation Mass at St Teresa's was celebrated by the parish priests of St Teresa's, St Oswald's and Leyland St Mary's, with the families of the Confirmation candidates in attendance.

This all led up to the Confirmation services which took place over two nights at Leyland St Mary's Church on Tuesday 28th and Thursday 30th April, with Bishop Tom Neylon. Our young people were a credit to their school and families. They were asked to stand and renew their baptismal promises. They were then asked to circle the altar so that Bishop Tom could anoint each with the oil of Chrism (a sign of strength in faith). He brought the Holy Spirit upon them, transferring to each the Gifts of the Holy Spirit. He also spent a little while talking to each person about their choice of Saints name and why they are inspirational to them. After the service the young people had a group photo on the steps outside the church and some even managed a photo with Bishop Tom, who stayed around to chat to pupils and families.



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Faith in Action Award Preparation Day

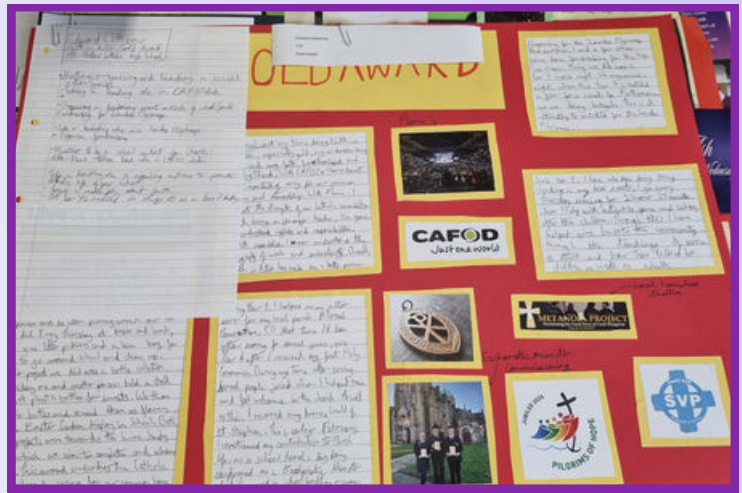
Pupils from Y7-10 spent a day off-timetable, to prepare their Faith in Action Award final pieces. During the day they compiled evidence of all their contributions to the Catholic life of the school.

Those doing the Bronze Award had to emphasize all of the ways in which they have served others and participated in things like Mass, SVP and other whole school events.

Those aiming for the Silver Award had to show how they have shown leadership in Catholic life, for example leading and devising prayer time or assemblies etc.

Finally, those hoping to achieve the Gold Award have to show innovation, devising new policies in school, for example, focusing on saving energy to protect the environment.

All of the final projects will be sent to the Archdiocese for marking, and the awards day will follow in June. Well done to the 37 pupils who have worked so hard this year with the aim of achieving their Faith in Action awards.



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Year 7 & 10 CAFOD Sleepover

As part of the school's fundraising for CAFOD's Lent appeal, Mrs Hall, Mrs Walsh and the Chaplaincy Team organised a CAFOD sleepover. 60 pupils from Y7 and 20 Y10 buddies paid to sleep over at school on Friday 24th April. There was much excitement as pupils arrived at school in the evening equipped with sleeping bags and airbeds, ready for a late night! There were lots of activities for the Y7's to get involved with. Some signed up for a football session in the sports hall, while others went into the 'games room' in the LRC to play FIFA and Jenga. There were lots of creative workshops, along with biscuit making! The staff and Y10 buddies were brilliant at leading each of the workshops and guiding the Y7 pupils throughout. Much fun was had! There was a big tuck shop which also went down well and contributed to the fundraising. At the end of the night, everyone went to the Arts Theatre for a late-night film, and then had a group bedtime story, read by Mrs Hodgson, followed by night prayer. Then it was off to allocated classrooms to spend the night and get some sleep! On Saturday morning, pupils woke to the smell of Mr Burbidge, Mrs Washington and Mr Gilchrist making Bacon Butties for everyone in the Junior Dining Room kitchens! Miss Conlon and Mrs Walsh were on cereal and toast duty, while Mrs Donohoe dished out the brews! A brilliant breakfast was had, followed by 'Breakfast with God' (our morning prayer) and a final sing-song, led by Miss Johnstone, to thank God for the experience. The sleepover was a brilliant experience for all involved and raised over £1000 for CAFOD, adding to a similar amount raised by the CAFOD own clothes day. A big thank you to the staff who gave up time to lead sessions and those who slept over!



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YEAR 11

IMPORTANT DATES



Friday 8th May

Leavers' Mass
Leavers' Assembly
Shirt Signing & Hoodies



Monday 11th May

GCSE Exams Begin



Wednesday 24th June

Prom Night
Arrivals: 6:30pm – 7:00pm



*Stay focused, work hard, and
enjoy these special moments.*

*We are proud of you—
good luck Year 11!*



Young Chef Final.



Two of our talented Year 8 students recently rose to an exciting challenge as they took part in the prestigious Young Chef Competition. Demonstrating dedication, creativity, and resilience throughout the process, the pair committed countless hours to refining their skills and perfecting their dishes. Their hard work truly paid off when they were given the incredible opportunity to meet renowned celebrity chef Lisa Goodwin-Allen. The experience proved both inspiring and motivating, as they gained insight into the professional culinary world and received encouragement from someone at the very top of the industry. Throughout the competition, the students were also supported by current students from Blackburn College, who offered guidance, shared techniques, and helped build their confidence in the kitchen. This collaboration created a positive and encouraging environment, allowing our students to thrive and push themselves further. For their final dishes, the duo showcased impressive flair and technical ability. Their savoury course featured beautifully prepared sticky chicken bao buns, served alongside a fresh green vegetable salad and perfectly cooked parmesan potatoes. For dessert, they produced a stunning matcha Swiss roll filled with a delicate yuzu crème pâtissière and finished with elegant meringue decorations. Their achievement is a testament not only to their culinary skills but also to their determination and willingness to embrace new challenges. We are incredibly proud of their efforts and look forward to seeing what they accomplish next on their culinary journey.



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CyberFirst MEGA Event Inspires Year 8 Computer Scientists



On 29th April 2026, twelve Year 8 girls had the exciting opportunity to visit Runshaw College to attend a Cyber MEGA Event. The event was organised by IN4.0 and aimed to help young people discover more about future study pathways and career opportunities within the rapidly growing cyber sector.

The day was packed with fun, teamwork and interactive challenges, giving pupils the chance to develop their problem-solving and digital skills in a competitive environment. Activities included cybersecurity quizzes, coding with Lego Spike Prime robotics, code-breaking challenges, exploring the use of AI and effective prompt design, and a final task involving complex digital puzzles. Throughout the event, our students demonstrated excellent communication, resilience and creativity as they worked together to solve each challenge. They embraced every activity with enthusiasm and represented the school brilliantly.

A special congratulations goes to one of our teams, who achieved an impressive 3rd place out of the twelve teams taking part on the day.

The visit was a fantastic experience for all involved, inspiring our Year 8 students to consider the many exciting opportunities available in computing, cybersecurity and technology in the future. Well done to everyone who took part!

Year 9 Student Secures Contract Renewal with Professional Club

Congratulations to Josh P in Year 9, who has been offered and has accepted a two-year contract renewal with Preston North End. This is a fantastic achievement and reflects the hard work, commitment and positive attitude Josh has shown both on and off the pitch.

This extension will see Josh progress to the Under-16s squad, where he will continue to develop his skills within a professional environment. It also presents an exciting opportunity for him to be considered for a future scholarship with the club, marking an important step in his footballing journey.

Josh's resilience and dedication to training have clearly been recognised, and this milestone highlights the effort he has consistently put into his development. We are extremely proud of his achievements and the example he sets to others within the school community.

We wish Josh every success as he continues his journey with Preston North End and look forward to following his progress in the years ahead.



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Celebrating an Incredible Marathon Achievement



Rachel's fundraiser for Spinal Muscular Atrophy (SMA) UK



Rachel Preston is raising money for Spinal Muscular Atrophy (SMA) UK

[Create a team](#)



£2,551

raised of £1,500 target by
111 supporters

We are incredibly proud to celebrate the fantastic achievements of two members of our staff, Mrs Preston and Mr Ringrose, who both successfully completed the Manchester Marathon earlier this month.

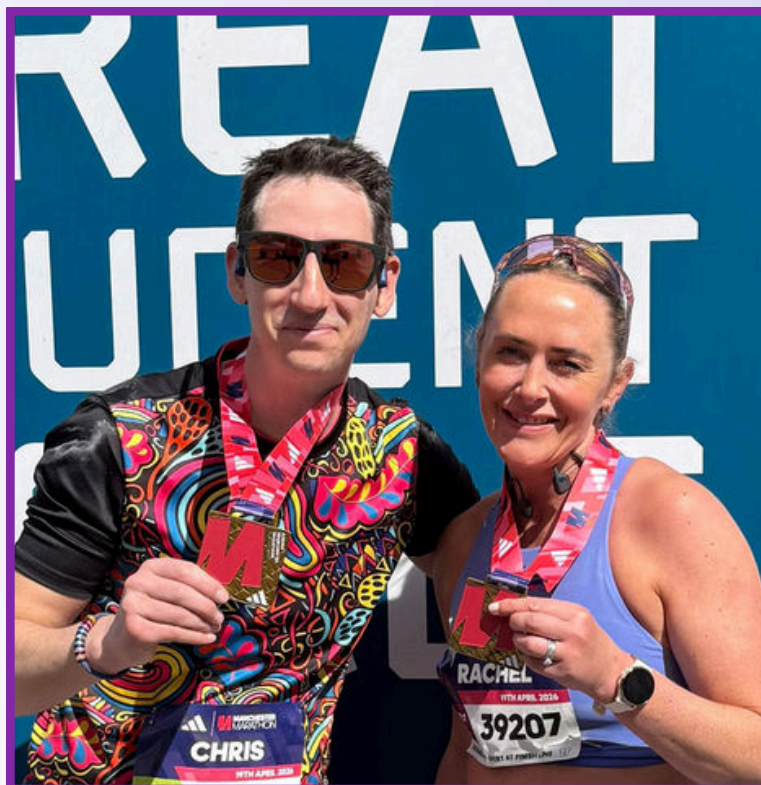
Taking on the gruelling 26.2-mile course is no small feat, and their hard work, dedication and perseverance were evident throughout months of training and on race day itself. Completing a marathon is an extraordinary personal achievement, and we are delighted to recognise their efforts.

Mrs Preston chose to run the marathon in support of Spinal Muscular Atrophy (SMA) UK, a charity which is very close to her heart. Thanks to her efforts and the generosity of friends, family and colleagues, Mrs Preston raised an outstanding £2,551, significantly exceeding her original target of £1,500. This impressive total, achieved with the support of 111 donors, will make a meaningful difference to the vital work carried out by the charity.

Mr Ringrose also completed the marathon, demonstrating admirable focus and stamina throughout the challenge. His achievement is a true reflection of the commitment involved in preparing for and completing such a demanding event, and we are extremely proud of his success.

Both Mrs Preston and Mr Ringrose have shown great perseverance and have truly embodied the values we encourage within our school community. Please join us in congratulating them on their remarkable accomplishments.

Well done to you both!



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Year 9 Crowned Champions in Season Finale



That's a wrap for the 2025/2026 netball season! It finished on a fantastic high, with the Year 9A team crowned winners at last night's district tournament. The B team also performed admirably, finishing in a very respectable 5th place despite having only five or six players.

Special mentions go to Eden, who kindly stepped in to support the B team and balance the numbers, Zara K for her excellent performance throughout the tournament, and Ava R, who unfortunately sustained an ankle injury in the second-to-last match. Despite this setback, the team went on to win their final game. We wish Ava a speedy recovery.

This result means that every year group has now won the South Ribble District Tournament this season – a first for the school. Congratulations to all the girls who represented the school so brilliantly.

U13 Netball Team Crowned Lancashire Netfest Champions



Congratulations to the U13 netball team, who were crowned winners at the Lancashire Schools Netfest Tournament held at Accrington Academy. The girls showed great resilience, bouncing back from their defeat in the Sisters n Sport final two weeks earlier to secure six wins and one draw in an excellent (and very cold!) afternoon of netball.

It was the perfect way to round off what has been an outstanding year for this team at All Hallows. Player of the Match was awarded to Jasmine D, while Coaches' Player of the Match went to the entire team in recognition of their resilience and determination throughout both the tournament and the season.

Well done, girls!

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U15 Handball Teams Represent South Ribble with Pride



Year 8 Student Achieves Netball Umpiring Success

Congratulations to Faye R in Year 8, who has successfully completed and passed her Into Officiating Netball Umpiring Course this week. This is a fantastic achievement, and she is now qualified to begin officiating netball matches. Well done, Faye—we are very proud of your dedication and commitment.



On 26th March, both the girls' and boys' teams competed in the U15 Lancashire County Handball Finals in Leigh. Both teams performed extremely well across their three matches, showing energy, determination and a strong competitive spirit throughout. The girls' team found their rhythm after the first game, improving with each match and scoring a number of goals in their final game. The boys' team also delivered strong performances and were unlucky to miss out on progressing to the next round. It was a fantastic day and a valuable experience of competitive handball for all involved.

Year 10 Girls Compete in South Ribble Tournament



Well done to the Year 10 girls who took part in the U16 South Ribble District Tournament. Although the results did not go their way this time, the team played some excellent football and represented the school brilliantly. Most importantly, the girls enjoyed the experience and made the most of playing in the sunshine. Well done to all involved.

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All Hallows Cricket Team Show Promise in Spirited Display



All Hallows produced a spirited and encouraging performance against Hutton, showing great determination and plenty of positives to build on. After being put into the field, the team worked hard against a Hutton side that managed to post 111. There were some disciplined spells with the ball and a strong collective effort in the field, with players supporting each other well and maintaining great energy throughout. In reply, All Hallows put in an excellent effort chasing 92, approaching the innings with intent and resilience. Hugo, Artie, and Walter all stood out with the bat, each showing confidence, composure, and improving technique at the crease. Their contributions were a real highlight and underline the growing strength within the batting lineup. There were also some fantastic individual moments, including Harry F claiming his first hard ball wicket—an achievement that reflects his hard work and development. The team showed great character from start to finish, continuing to compete, support one another, and play with real spirit throughout the match. Overall, this was a performance full of positives, with clear signs of progress and plenty to be proud of. With continued effort and teamwork, this group is heading in a very promising direction.

Indoor Curling Teams Deliver Excellent Performances



Excellent effort from our two indoor curling teams this week. Both teams won several games, showcasing some excellent play throughout the competition. In the end, both teams finished joint fifth out of nine teams and could not be separated. Player of the Day for Team One was Liv S, who was in full "Eve Muirhead mode" as she took out an opposition stone while leaving her own perfectly placed in the centre of the circle to secure the win. Not to be outdone, Player of the Day for Team Two was Zak W, who played several well-timed take-out shots at crucial moments to claim important wins for his team.



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From Strength to Strength: Isabella K's Incredible Netball Journey

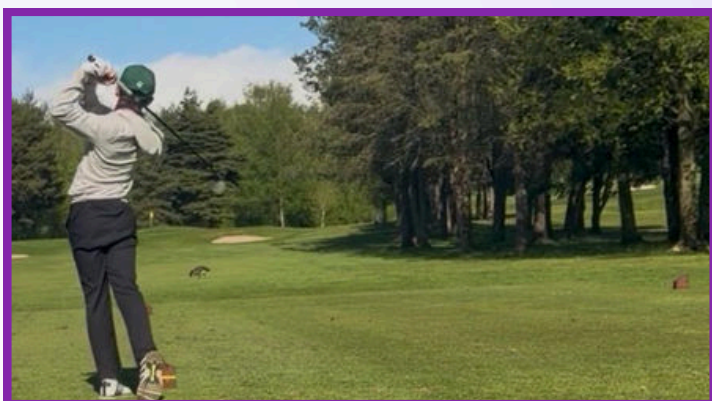
Isabella K has had an exceptional season on the netball court, achieving remarkable success and earning well-deserved recognition for her individual performances.

Representing Oldham Owls U13, Isabella has demonstrated outstanding skill, determination and composure throughout the year. Her contributions have played a key role in a highly successful campaign, but it is her personal achievements that truly stand out.

Among her many highlights, Isabella was awarded Most Valuable Player for the Northern Conference in the England Netball league – a significant honour that reflects her consistency, leadership and impact in matches. This recognition places her among the very best players in her age group across the region. Capping off an already impressive season, Isabella was also named Player of the Tournament at the National Netball UK finals. This award is given to the standout performer across the entire competition, underlining just how influential she has been on the national stage.

Isabella's success is a testament to her hard work, commitment and passion for the sport. She has shown great maturity in her performances and continues to develop as a confident and inspiring young athlete.

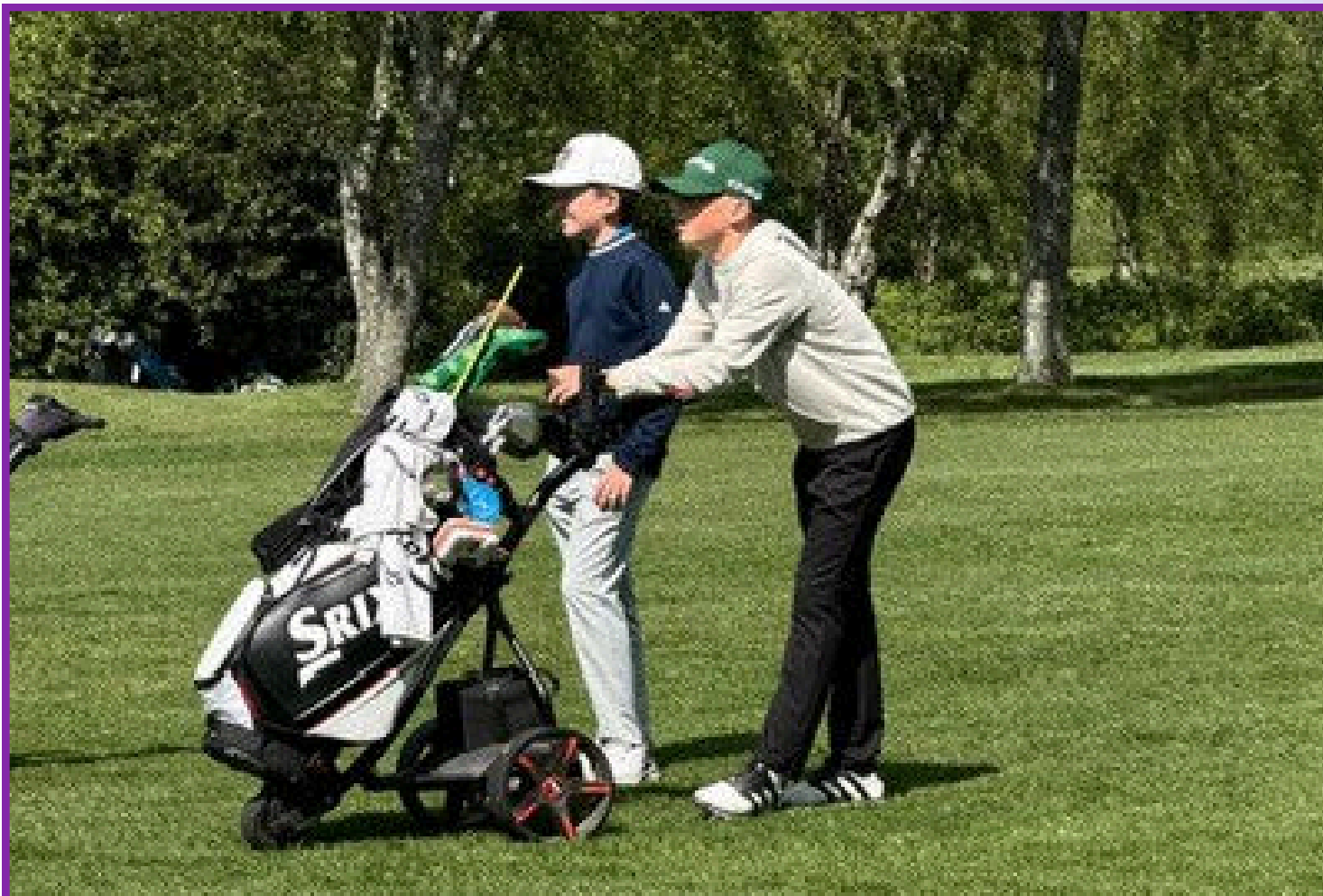
Everyone at school is incredibly proud of Isabella's achievements and we look forward to seeing what she accomplishes next.



Golf Success in Lancashire Schools Competitions

Well done to our three pupils, Rio C, Zac W and Alfie S, who represented the school in the Lancashire Schools' Golf Competitions at Grange Park and Bolton Old Links Golf Club. There were some outstanding results, particularly from Rio in Year 10, who finished 6th and 5th out of a field of 72 boys from across Lancashire. This is an excellent achievement and reflects the high standard of competition on the day.

We wish them the best of luck for the team event in May at Darwen Golf Club, and look forward to seeing how they continue to progress in the competition.



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SEND Ambassadors



Year 9 Begin Journey as SEND Ambassadors

Year 9 pupils recently held their first meeting as they begin their journey to becoming SEND Ambassadors. This exciting new leadership role will see students champion inclusion across the school community. Already full of ideas, they are planning a range of projects including creating a sensory garden, delivering assemblies to raise awareness of special educational needs, and acting as advocates for more vulnerable pupils. We look forward to seeing their enthusiasm and commitment make a positive impact throughout the school.

Celebrating an Outstanding Achievement

We are delighted to congratulate Oliver and Nathaniel on their remarkable accomplishment in being selected to represent South Ribble Scouts at the World Scout Jamboree in Poland next summer.

This is a truly prestigious opportunity, as the World Scout Jamboree brings together thousands of young people from across the globe to celebrate friendship, cultural exchange and adventure. Being chosen to attend is no small feat; it reflects hard work, commitment and a strong involvement in Scouting.

Oliver and Nathaniel should be immensely proud of their achievement. They will not only represent South Ribble Scouts, but also serve as ambassadors for their community and the wider Scouting movement. The experience promises to be unforgettable, offering them the chance to develop new skills, build lifelong friendships and create lasting memories. We wish them every success as they prepare for this exciting journey and look forward to hearing all about their experiences on their return.

Well done, Oliver and Nathaniel!

Year 7 Student Dexter Makes a Difference with Charity Hair Donation.



Dexter, a student in Year 7, has shown incredible generosity and compassion by cutting his hair for charity.

After growing his hair for some time, Dexter made the decision to donate an impressive 16 inches to The Little Princess Trust, a wonderful organisation that provides free real-hair wigs to children and young people up to the age of 24 who have lost their hair due to cancer treatment or other medical conditions.

In addition to his donation, Dexter has also raised an outstanding £400 to support the charity's work. This funding will help the organisation continue to create wigs and offer support to those who need it most.

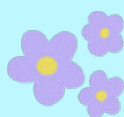
Dexter's efforts demonstrate kindness, selflessness and a real desire to make a positive difference in the lives of others. His actions are an inspiring example to the whole school community.

We are incredibly proud of Dexter and his achievement — a truly thoughtful and meaningful contribution to a very important cause.

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PERSONAL DEVELOPMENT

Half Term 5 20rd April – 22nd May



WHAT WE'RE LEARNING SUMMER TERM 1



Overview

PD is a vital part of our curriculum that supports students' well-being, character and future aspirations. This term Year 7, 8 and 10 students will explore careers, Year 9 will develop an understanding on physical and mental well-being while exploring body image.

Year 8

Students will explore careers and future aspirations, understand enterprise by creating and developing a business idea, present a business pitch, and improve their revision skills by identifying effective study techniques.

Year 10

Students will learn about workplace health and safety, understand work experience expectations and how to make the most of it, set personal goals, and reflect on their experience by completing a feedback journal.

Year 7

Students will learn how to use Unifrog to explore their future career pathway. They will understand their skills, strengths and interests to build a profile on the Unifrog website.

Year 9

Students will explore body image and its influences, the difference between healthy and unhealthy behaviours, an introduction to common mental health conditions, and how to recognise and challenge mental health stigma.

Year 11

Year 11 will be completing their final lessons in PD this half term before they start their exam period. They will learn about public criminal offences, the harms of gambling, and drug misuse.



LESSON TITLES

Year 7 – Delivered using Unifrog

- Exploring Possibilities
- What is a Career
- Interests
- Skills
- The Future

Year 8

- Introduction to Business
- Business Roles
- Enterprise
- Presenting a Business Pitch
- Revision Skills

Year 9:

- Body Image x 2
- Balanced vs Extreme Behaviours
- Common Mental Health Conditions
- Mental Health Stigma

Year 10

- Health and Safety at Work
- Work Experience Prep x2
- Work Experience Feedback
-

Year 11

- Culpability and Harm
- Gambling
- Drug Substances

GUIDANCE FOR PARENTS & GUARDIANS



Helpful Websites

Unifrog –

<https://www.unifrog.org/parent>

Paediatric Mental Health Association –

<https://www.pmha-uk.org/resources>

Dove Self Esteem Project –

<https://www.dove.com/uk/dove-self-esteem-project/help-for-parents.html>

BBC Bitesize for Parents –

<https://www.bbc.co.uk/bitesize/parents>

National Careers Service –

<https://nationalcareers.service.gov.uk/careers-advice/helping-young-people-make-education-and-career-choices>

Questions to ask

Why do you think mental health stigma can be harmful?

What helps you feel confident about yourself?

How can you support someone who might be struggling?

What skills do you think are important for your future?

What goals have you set for yourself?

DON'T MISS THIS!

APRIL

British Values Quiz
Year 9 Options Deadline

MAY

Year 8 HPV Vaccine
Year 10 Work Experience
Year 11 Exam Period

TENTEN

Access TenTen Parent Portal:

You can access the parent portal to view the RSHE TenTen lessons for each year using the log in details below:

Username: all-hallows-pr1
Password: fruit-cake

You are invited!

Runshaw College

Your Future, Your Choice

Apprenticeship, Adult Education & Careers Fair

@ our Leyland Campus, PR25 3DQ
Wednesday 6th May
4.30-6.30pm

Employment opportunities

Start an Apprenticeship with us

Adult Courses starting in September

runshaw.ac.uk/showcase-events

t: 01772 642040 e: yourfuture@runshaw.ac.uk w: runshaw.ac.uk

PRESTON COLLEGE

APPRENTICESHIP & T LEVEL

OPEN EVENT

WEDNESDAY 29 APRIL 4.00pm - 6.30pm

REGISTER TODAY!

WWW.PRESTON.AC.UK

FIRST KICK FOUNDATION

In partnership with **PENWORTHAM TOWN COUNCIL**

YOUTH CLUB

PENWORTHAM YOUTH CLUB

RUNNING FOUR NIGHTS A WEEK!

@PENWORTHAM COMMUNITY CENTRE

Kingsfold Dr, Penwortham, Preston PR1 9EQ

WINTER TIMETABLE:

Monday's 6-8pm: Primary Age Session
 Thursday's 6-9pm: Secondary Age Session
 Friday's 6-8pm: Primary Age Session
 Saturday's 6-8pm: Secondary Age Session

active sport

NETBALL TRAINING CAMP

Train with an **ELITE-LEVEL NETBALL PLAYER** and take your game to the next level!

COME & JOIN THE FUN - BOOK NOW

www.active-sport.co.uk

AGES: 7 - 15 years

Tuesday 28th July, Wednesday 29th July and Thursday 30th July

TIMES: 9am - 3pm

Penwortham Priory Academy

NETBALL CAMP GRAND FINALE

Train with Elia McCormack on the final day in an exclusive training session, followed by a live player Q&A - ask questions, learn her journey, and get pro tips!

07970 822746
preston@active-sport.co.uk
www.active-sport.co.uk
 All staff fully DBS checked

WHAT TO EXPECT:

- ✓ Netball skills & drills
- ✓ Match play & game understanding
- ✓ Fun, high-energy sessions
- ✓ Coaching for all abilities
- ✓ Final day session with Elia McCormack + live Q&A

QUALIFIED NETBALL COACHES

£95 for all 3 days

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LANCASHIRE FAMILY HUBS NETWORK

Lancashire County Council

ONE STOP SHOP

A monthly drop in for families to access advice and support.

SEND IAS  

Primary Mental Health Team

No need to book, Just turn up

citizens advice 

School Nurse

we are withyou 

Pathway Navigator

NHS Advice about School Age Autism pathway processes

HOME START

West Paddock Family Hub
West Paddock
Leyland, PR25 1HR

21/01/26
18/2/26
18/3/26

3rd Wednesday of the month
9:30 - 11:30am

Supporting Wellbeing During Exam Season

Exam pressures can sometimes feel overwhelming. Our School Nurses Teams can offer advice and tips on coping during this time.

The Mix offers a wide range of free, confidential support for under-25s

<https://www.themix.org.uk/work-and-study>

Young Minds is a UK charity focused on the mental health of children and young people

<https://www.youngminds.org.uk/young-person/coping-with-life/problems-at-school>

BBC – advice on getting through exam stress

<https://www.bbc.co.uk/bitesize/articles/z8dw239>

NHS – advice on exam stress

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/help-your-child-beat-exam-stress/>

ChildLine has guidance on exam stress and pressure

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/exam-stress/>

Staff wellbeing tips for exam time

Exam time can be stressful for teacher and school staff too, Young Minds have wellbeing tips for staff

<https://www.youngminds.org.uk/professional/resources/staying-mentally-healthy-during-exams>

Social Prescribing Drop In Session

South Ribble Social Prescribing Team are here to help you link in with additional support to help you have a happier, healthier life.

The team can help with:

 Money worries  Mental health / wellbeing

 Employment / new skills

 Housing issues  Diet / exercise

 Isolation / loneliness

Come and See Us!

Every Friday from 12.00 – 14.00 at the Civic Centre (starting 1st May)



01772 625286



**social.prescribingSR
@southribble.gov.uk**



**www.southribble.gov.uk/
southribbletogether**



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