



All Hallows

Catholic High School

Newsletter

July 2026

Dear Parents/Guardians,

As we reach the end of another successful academic year, I would like to take this opportunity to reflect on what has been a truly memorable year for our school community. This year has been particularly special as we have celebrated the 50th anniversary of All Hallows Catholic High School. Throughout the year, we have looked back with pride on our rich history while also looking forward with confidence to the future. Our anniversary celebrations have brought our school community together in so many wonderful ways, culminating in our outdoor Whole School Mass and the fantastic 50 Fest, both of which perfectly captured the spirit of All Hallows.

As you read through this newsletter, you will see the remarkable achievements of our pupils. Whether competing at national and regional level in sport, leading younger pupils through sports leadership, performing in our outstanding Summer Concert, achieving Faith in Action Awards or contributing to the Catholic life of our school, our pupils have continued to demonstrate the values that make All Hallows such a special place. Their enthusiasm, kindness, commitment and willingness to support one another make us incredibly proud.

These achievements would not be possible without the dedication of our staff, who continue to go above and beyond to provide such a wide range of opportunities for our young people. I would also like to thank our parents and carers for your continued support and partnership throughout the year. Together, we enable our pupils to flourish both academically and personally.

To our Year 11 pupils, we wish you every success as you begin the next stage of your journey. You leave All Hallows with our prayers and best wishes, and we look forward to hearing about your future achievements.

Finally, I hope that all our pupils, families and staff have a safe, restful and enjoyable summer break. We look forward to welcoming everyone back in September, refreshed and ready for another exciting year together.

Thank you for your continued support, and have a wonderful summer.

Yours faithfully,

Alison Cooper

Headteacher



HEADTEACHER'S COMMENDATION AWARD

Congratulations to the following pupils who were selected to attend the Headteacher's Commendation Award Brunch in recognition of their outstanding efforts in Geography and History:

Year 7

Jessica W, Phoebe G, Thomas K and Alissa D

Year 8

Caitlin P and Alice G

Year 9

Joe P and Lucy A

Year 10

Matthew C, Chloe L, Josh L and Ava C

**Well done to all students for their
hard work and commitment.**

Friends of All Hallows' PTFA – Annual General Meeting

The Friends of All Hallows' PTFA warmly invites all parents, carers and members of our school community to our Annual General Meeting, taking place on Tuesday 8th September at 6:30pm in school.

This is a great opportunity to find out more about the work of the PTFA, hear about our plans for the year ahead, and share your ideas for future events and fundraising initiatives. We are always looking for new volunteers to join us. Whether you can spare a little time to help at an occasional event or would like to become more involved as part of the PTFA committee, your support would be greatly appreciated. Every contribution, no matter how big or small, helps us continue to provide valuable opportunities and resources for our children. We would love to welcome both new and familiar faces, so please come along and see how you can get involved. We look forward to meeting you!

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

Faith in Action Awards Ceremony



32 pupils from across Years 7-10 were invited to the Archdiocesan Faith in Action Awards Ceremony at St Mary's RC Church, Lowe House, St Helens. They received their Bronze, Silver or Gold Awards from Bishop Tom Neylon. It marked the culmination of a year's worth of work and contribution to the Catholic life of the school, and also to their parishes. Each pupil produced a final project to evidence their contributions throughout the year.

17 pupils from Y7, 8 and 9 achieved the Bronze Award, for their contribution to the Catholic life of the school through service to Mass, Liturgy, Prayer and Charity.

9 pupils from Y8 and 9 achieved the Silver Award, for their leadership of the Catholic life of the school, leading and designing Mass, Liturgy, Prayer and Advent / Lent appeals.

We are very proud to say that 7 of our Y10 pupils achieved the highest accolade, the Gold Award. This was for innovation in leading the Catholic life of the school. Many of them worked on an innovative project based on looking after God's creation, by promoting the re-use of single use plastic for beautiful artworks around school.

After the awards ceremony, pupils took part in a fun afternoon in the gardens of Lowe House, organised by the Archdiocesan Animate Youth Team, involving lots of inflatable games, karting, crazy golf to name but a few of the activities. It was a hot sunny day, and lots of fun was had!

Congratulations to all our pupils who have worked so hard to achieve this nationally recognised award. Many of our pupils will be aiming for the next level of award next year, but we are also excited to welcome new pupils into the Faith in Action group.

Well done everyone!

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

End of Year Mass



Last Friday, we celebrated our End of Year Whole School Mass in the glorious sunshine. As a special event to mark our 50th anniversary, and for the first time in All Hallows' history, the Mass was held outdoors on the Senior Yard.

Organising such a significant event was a huge undertaking. It involved preparing the outdoor space to accommodate the entire school community, as well as moving the altar, sound system, musical equipment and other resources from the Arts Theatre to the Senior Yard. Thanks to the hard work, dedication and teamwork of both pupils and staff, everything came together seamlessly, creating a truly memorable occasion.

The Mass was beautifully celebrated by Fr Ian, whose homily reflected on the Gospel reading of The Road to Emmaus. This powerful message reminded us that Jesus has walked alongside us throughout the past year and will continue to guide us as we continue our journey as members of the All Hallows community.

The music, led by Mrs Colclough and our outstanding Chaplaincy choir and band, added greatly to the celebration. The congregation was welcomed with the uplifting hymn Build Your Kingdom Here, while the joyful My Lighthouse provided a fitting and inspiring conclusion to the Mass.

Celebrating Mass together in the open air was a wonderful and unique experience, made even more special by the beautiful weather. It provided a fitting finale to a year of 50th Anniversary celebrations and reflected the strong sense of faith, community and togetherness that defines All Hallows.

The idea of holding a whole-school outdoor Mass was first discussed at the beginning of the academic year as a way of marking this important milestone. To see that vision become a reality was truly fantastic and something that everyone involved can be proud of.

A heartfelt thank you goes to all the staff, pupils and volunteers who worked so hard behind the scenes and on the day itself to make this celebration possible. Their commitment and enthusiasm ensured that it was an unforgettable morning and a wonderful way to conclude another successful school year.



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

Year 11 Prom

On Wednesday 24th June, we celebrated the incredible effort, hard work and commitment shown by our Year 11 pupils. The event, held at Ribby Hall's Woodland Suite, was a superb evening to recognise and reward the exemplary pupils at the end of their high school journey. Pupils arrived in style with an array of supercars, a wagon and even a few police cars; they then dazzled on the dancefloor – including a pupil v staff 'dance off', having eaten a delicious three course meal. Pupils' behaviour was, as always, impeccable and the staff and pupils thoroughly enjoyed celebrating this milestone.

We hope our Year 11 pupils have a safe and relaxing summer, and we wish them the very best of luck for the future. Thank you to the parents for their support in ensuring the evening was a success, to the staff for sharing their time and to the pupils for always being a credit to the school and their families.





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



Our recent 50 Fest was a tremendous success and provided a wonderful opportunity for pupils to come together and celebrate our school's 50th anniversary. The day was filled with excitement, laughter and a fantastic range of activities, creating memories that will last for years to come.

Pupils enjoyed a wide variety of attractions throughout the day, including wipeout challenges, mini golf, soft target archery, football darts, basketball inflatables and axe throwing. There was also the opportunity to take part in technology activities, enjoy games of benchball and cricket, sing favourite songs during the ever-popular karaoke sessions, dance along to music provided by our DJ, and relax with a film. With something for everyone, the atmosphere across the school was vibrant and full of enthusiasm.

The event perfectly reflected our school motto, "Growing together in the spirit of Christ's love," as pupils supported one another, worked as teams and shared in the celebrations. It was wonderful to see so many smiling faces and pupils making the most of every opportunity on offer.

A special thank you must go to Mrs Colclough and her team, whose hard work, dedication and careful organisation made the event possible. Their efforts ensured that everything ran smoothly and enabled pupils to enjoy a truly memorable day. We are extremely grateful for all the time and commitment they invested in making 50 Fest such a resounding success.



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



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

Summer Concert

Our Summer Concert 2026 was a truly special celebration, marking 50 years of All Hallows Catholic High School.

The concert took the audience on a memorable journey through five decades of musical theatre, from the iconic productions of the 1970s to the modern masterpieces of today. Each era showcased unforgettable music, powerful storytelling and outstanding performances, highlighting the enduring magic of musical theatre.

The evening was a wonderful celebration of the talent and creativity of our pupils, who delivered exceptional performances throughout.

A heartfelt thank you to Mrs Colclough and her team for their hard work in bringing this spectacular production to life.



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

Year 10 Food Students Visit Lancashire Farm Education Centre

Year 10 Food Preparation and Nutrition students recently enjoyed an informative and practical visit to Lancashire Farm Education Centre, where they were able to explore many topics directly linked to their GCSE specification.

Throughout the day, pupils were taught by Elaine, the farmer, who shared her knowledge and experience of modern dairy farming. The visit gave students the valuable opportunity to see how food is produced at its source and to connect their classroom learning with real-life farming practices.

During a tour of the dairy site, pupils learned how robotic milking machines are used to milk cows efficiently while also collecting important information about their health and wellbeing. They discovered how technology has transformed modern farming and how farmers use data to monitor each animal and maintain high standards of care.

Animal welfare was an important focus of the visit. Pupils saw the comfortable beds provided for the cows and learned how scratching brushes allow the animals to groom themselves and behave naturally. Elaine also explained how farmers manage breeding and care for cows at different stages of their lives.

The group explored how the farm works to become more sustainable. This included learning about the use of solar panels to produce renewable energy and how crops grown on the farm are used to make silage to feed the cows. Pupils were able to see how reducing waste, producing food locally and carefully managing resources can support both the environment and the long-term success of the farm.

One of the highlights of the day was the opportunity to make butter. Students learned how cream changes when it is churned and were able to see the separation of the butter from the buttermilk. They then carried out a sensory comparison of salted and unsalted butter, testing the different flavours and considering how salt affected the taste of the finished product.

The visit covered a wide range of GCSE topics, including primary food production, animal welfare, food provenance, sustainability, food processing and sensory analysis. Experiencing these ideas in a working farm environment helped pupils to understand the specification in a memorable and meaningful way.

We would like to thank Elaine and everyone at Lancashire Farm Education Centre for providing such an interesting and enjoyable day. The students returned to school with a much greater understanding of dairy farming, food production and the journey food takes before it reaches our plates.



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

STEM Pupils Explore the Future of Renewable Energy

All Hallows STEM pupils recently welcomed Deborah from Flotation Energy, who delivered an engaging talk about renewable energy and the important role it can play in shaping a more sustainable future.

Rather than beginning with job titles and qualifications, Deborah encouraged pupils to think about one of the biggest challenges facing their generation: how we can produce the energy people need while protecting the planet for the future. She explained how science, technology, engineering and maths are helping organisations to develop cleaner sources of power and reduce our reliance on fossil fuels.

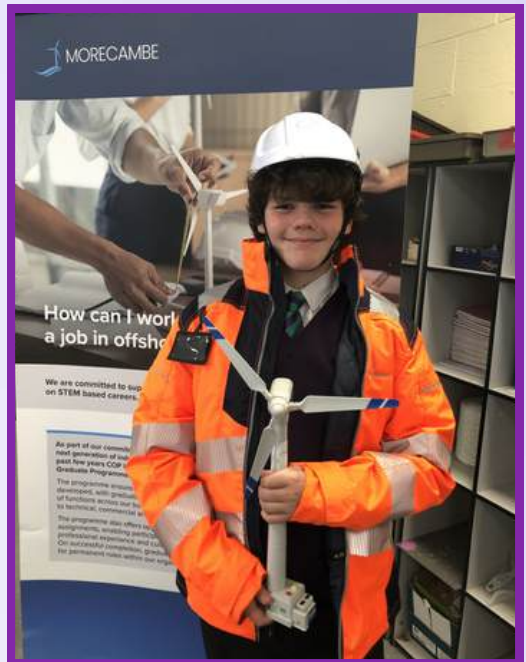
The pupils learned about the development of offshore renewable energy projects, in particular one virtually on our doorstep near Morecambe, and the huge amount of planning, research and cooperation required to bring them to life. From studying possible locations and designing equipment to considering wildlife, local communities and the environment, pupils discovered that creating renewable energy involves people with many different areas of expertise.

Deborah's talk demonstrated how STEM subjects connect to real issues beyond the classroom. Science is needed to understand the natural environment, engineers design and test structures, technology helps to monitor and operate projects, and mathematics supports accurate measurements, calculations and decision-making. The pupils were able to make their own turbine and test it and Deborah was even able to show how features such as biomimicry enhance the designing that takes place within the sector.

The session highlighted the wide range of future careers available within the energy sector. Pupils heard that opportunities are not limited to engineers and scientists, but can also include roles in environmental protection, computer technology, project management, communications, design and education. This showed pupils that their individual talents and interests could all contribute to creating a cleaner and more sustainable world.

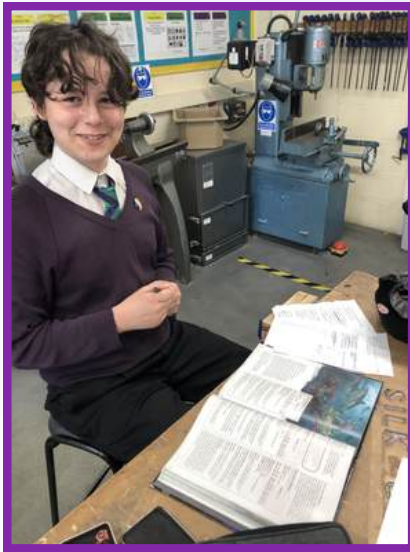
The visit supported the school's commitment to encouraging stewardship and helping pupils recognise their responsibility to care for our common home. It also complemented the many practical STEM experiences pupils have taken part in this year, including CREST Award projects, VEX Robotics, engineering challenges and the school's 50th Anniversary STEM Quiz.

We would like to thank Deborah for visiting All Hallows and sharing her knowledge and enthusiasm with our pupils. Her talk encouraged them to look towards the future with curiosity and hope, while considering how their learning, ideas and future careers could help to make a genuine difference.



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

"I have really enjoyed STEM Club this year. It has given me lots of opportunities to learn more about Science, Technology, Engineering and Maths and I have been able to try out lots of different activities such as bath bomb making and animation. I have also loved meeting people from industry such as the games designer and the flotation energy expert as they helped me to see different career paths I could go down. I am really looking forward to doing even more next year." Keeva W Year 7



Healthy Lifestyle Week



From 22nd to 26th June, pupils and staff at All Hallows took part in a varied and enjoyable Healthy Lifestyle Week, designed to encourage everyone to think more carefully about healthy eating, physical activity and wellbeing.

From Tuesday to Thursday, pupils were invited to enjoy a free healthy breakfast before the school day began. A selection of wholegrain cereals, fresh fruit, yoghurt, orange juice and milk was available, giving pupils the opportunity to start their day with a nutritious and balanced meal. This would not have been possible without the huge donations from Holme Farm Dairy, for which we are incredibly grateful. We could not run these activities without them!

Tuesday also saw the welcome return of the popular smoothie bike, thanks to the South Ribble Active Health Team. Pupils used pedal power to blend their own fresh fruit smoothies, combining exercise with healthy eating in a fun and memorable way. We are very grateful to Spar and Tesco for donating the fruit and to Holme Farm Dairies for providing the milk.

Throughout the week, pupils also explored the 48 countries taking part in the World Cup. They learned about popular foods from around the world, as well as national flags, other sports and a range of interesting cultural facts. This was a fantastic way to develop pupils' knowledge of different countries while highlighting the importance of food, sport and healthy lifestyles across the world.

Another highlight of the week was a visit from Larissa of LAR Acupuncture & Wellbeing. Larissa delivered fascinating sessions to several classes, explaining what acupuncture is and how acupressure techniques may be used to support wellbeing and relieve common discomforts such as headaches and period pain. Staff were also invited to take part in an auricular acupuncture session. This provided a valuable opportunity for colleagues to meet, chat and learn simple methods of relaxation and stress management in a calm and supportive environment.

The final day of Healthy Lifestyle Week also provided a special opportunity for All Hallows to host part of the national Food Teachers Day conference, One Mission, Many Classrooms. Fifteen food teachers from across the region came together to hear from a range of live guest speakers covering important topics including curriculum developments, making the most of classroom time and the growing debate around ultra-processed foods. The event was both valuable and thought-provoking, giving teachers the chance to strengthen their subject knowledge, share ideas and develop their understanding of key issues affecting food education.

Healthy Lifestyle Week was a great success, bringing together healthy food, physical activity, cultural learning and emotional wellbeing. Thank you to everyone who supported the week and helped to make it such an enjoyable and informative experience for both pupils and staff.

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Inspiring the Next Generation of Games Designers

Pupils at All Hallows recently enjoyed an exciting insight into the world of video game development when Stuart from Flix Interactive visited the school to speak to our STEM pupils.

Flix Interactive is a British video game development studio made up of programmers, designers, artists and technology specialists. The company develops games across multiple platforms and has contributed to several well-known titles, including Sea of Thieves, Sniper Elite 5 and Zombie Army 4.

During the talk, Stuart introduced pupils to the wide range of skills and careers involved in creating a successful video game. Pupils discovered that games design involves much more than simply playing games: it requires creativity, storytelling, artwork, coding, problem-solving, teamwork and determination. His visit helped pupils understand how the subjects they study in school—including science, technology, engineering, mathematics, art and design—can lead to exciting opportunities within the rapidly developing games industry.

Stuart also gave pupils a valuable insight into what it is like to work as part of a professional development team. Flix Interactive describes its team as an eclectic group of game makers who work together to create enjoyable new experiences, while its careers information highlights the importance of supportive growth, passion and determination.

The pupils were fascinated to learn about the different stages involved in transforming an initial idea into a finished game. The talk encouraged them to consider the many different career pathways available, from programming and technical development to animation, character creation, environmental design and quality assurance. The pupils inundated Stuart with questions about different roles and career path options – they were incredibly enthusiastic.

We would like to offer a huge thank you to Stuart for giving his time to visit All Hallows and for sharing his knowledge, experience and enthusiasm with our pupils. His talk was both informative and inspiring, and we hope it may have encouraged some of our young people to become the games designers, artists, programmers and technology specialists of the future.



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

Year 10 Student Represents Lancashire and Cumbria at International Military Pilgrimage

Congratulations to Niall in Year 10 who was selected as one of just 15 Army Cadets from Lancashire and Cumbria to attend the 66th International Military Pilgrimage to Lourdes.

The event brought together almost 17,000 military personnel from 45 countries. During the pilgrimage, Niall took part in services and parades, while also supporting veterans throughout the event.

This is a remarkable achievement, and we are extremely proud of Niall for representing both his cadet unit and our school with such distinction.



Year 7 Gymnast Becomes World Champion

Well done to Scarlett D, who recently travelled to Florida to represent her club, school and country at the IAIGC World Championships 2026. Scarlett competed against 912 qualified athletes from 59 clubs across five countries, producing an outstanding set of performances on the world stage. We are thrilled to congratulate her on becoming a World Champion.

Her fantastic results were:

- 1st Place – World Champion (Beam)
- 2nd Place – Floor
- 3rd Place – Vault
- 2nd Place – All Around (Age Group)
- 4th Place – All Around Worldwide (Level)

Scarlett has shown tremendous commitment and sportsmanship throughout her gymnastics journey, and these results reflect the countless hours of training and effort she has put into reaching the highest level of competition.

Congratulations, Scarlett, on your amazing success.



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SPORTS AWARDS *Evening*



Our annual Sports Awards Evening was a fantastic celebration of the dedication, talent and achievements of our students throughout the year. The evening provided the perfect opportunity to recognise the hard work, commitment and perseverance shown by so many young people who have proudly represented the school across a wide range of sports.

From first-time participants to regional and national performers, every award reflected the passion, resilience and determination that make our sporting community so special. It was inspiring to celebrate not only outstanding performances and successes but also the teamwork, leadership and sportsmanship that define school sport.

A sincere thank you goes to our PE Department, whose unwavering commitment, enthusiasm and countless hours of hard work have created so many opportunities for our students to develop, compete and succeed. Their dedication continues to inspire our young people and plays a vital role in the success of sport across the school.

Congratulations to every student recognised on the evening. You should be immensely proud of your achievements and the positive example you set for others. As another successful sporting year comes to a close, we are already looking forward to the exciting opportunities, new challenges and continued successes that September will undoubtedly bring.

Year 9 Rounders County Finals

Well done to our Year 9 Rounders team, who travelled to Burnley this month to represent South Ribble in the County Finals. The girls played exceptionally well throughout the competition, taking part in several closely contested matches. After some outstanding performances and narrowly missing out by just half a rounder in one of their games, they finished in a very respectable 4th place out of 9 teams. Well done to the entire team on a fantastic achievement.



U13 Girls' Cricket Regional Finals



Our U13 Girls' Cricket team returned to the new Lancashire Cricket ground in Farington to compete in the Chance to Shine Regional Finals.

The tournament brought together the six best teams from across the North West. After winning three matches to secure their place in the final, the girls narrowly missed out on the title, finishing as runners-up by just 15 runs.

Finishing second in the North West is a tremendous achievement, especially considering that most of the team do not play cricket outside of school. Their talent, teamwork and enthusiasm were evident throughout the competition.

The girls represented the school superbly and should be incredibly proud of everything they achieved.

Outstanding Success at the South Ribble District Rounders Tournament



Congratulations to both of our Year 10 rounders teams on their outstanding performances at the South Ribble District Rounders Tournament.

Both teams played exceptionally well, demonstrating excellent teamwork, skill and sportsmanship throughout the competition. Their hard work and commitment paid off, with our teams finishing in 1st and 2nd place in the district. A huge congratulations to all of the girls on this fantastic achievement. You have done yourselves and the school proud!

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Sports Day

Sports Day looked a little different this year, with every pupil competing in one track event and one field event during their PE lessons to qualify for the finals.

The Finals Day took place on Monday 29th June and was a huge success. Years 9 and 10 competed in the morning, followed by Years 7 and 8 in the afternoon. Pupils demonstrated excellent effort, teamwork and sportsmanship throughout the day. Congratulations to everyone who took part and earned valuable points for their form. Medals were awarded to the top three finishers in each event on the winners' podium.

A special congratulations to this year's winning forms:

- Year 10: 10M
- Year 9: 9V
- Year 8: 8J
- Year 7: 7F

Finally, congratulations to St Margaret, our overall winning Form Saint across all four year groups this year. A fantastic achievement—well done to every pupil in the St Margaret forms for your outstanding effort and team spirit!



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U15 Cricket Leaders Officiate at Primary Cricket Festival

This month, our U15 Cricket Leaders travelled to Brinscall Cricket Club to put their newly gained umpiring qualifications into practice by officiating at the Chorley Girls' Primary School Cricket Festival. The girls showed excellent confidence, professionalism and leadership throughout the event, ensuring the matches ran smoothly and supporting the younger pupils as they enjoyed their cricket. The feedback from staff at the festival was outstanding, with many commenting on the girls' maturity, knowledge and enthusiasm. Well done to all involved—you represented the school brilliantly and should be incredibly proud of your achievements!



U13 Girls' Handball National Finals

On a very hot 24th June, Mrs Preston, Mr Ames and the U13 Girls' Handball team travelled to the University of Nottingham to compete in the England Handball Schools National Finals. The day began with the best 16 school teams in the country, and after a series of outstanding performances, our girls secured their place in the final. Every match was closely contested, physical and fiercely competitive. Despite a determined performance, the team narrowly lost 5–3 in the final. Finishing as National Runners-up is an incredible achievement, and the girls can proudly say they are the second-best U13 school handball team in England. They have represented the school with exceptional commitment, teamwork and sportsmanship throughout the year, and everyone at school is immensely proud of everything they have achieved in handball this season. What a fantastic way to end an outstanding year!



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European Championship Success for Jack M

Following a successful qualifying event earlier this year, Jack M was selected to represent Team GB at the Biathle, Laser Run and Triathle European Championships in Madeira at the end of June.

Biathle combines two disciplines – running and swimming – into one continuous event with transitions (Run–Swim–Run). Competing in the Under-17 age category, Jack completed an 800m run, 200m swim and a final 800m run.

Jack delivered an outstanding performance, finishing 3rd out of 18 competitors to win a European Bronze medal. Thanks to a series of excellent performances from the GB squad, Team GB also secured the Team Gold title.

Jack was also selected to compete in the Under-17 Mixed Relay. Together with his teammate, he produced another impressive performance, finishing in 2nd place and earning a Silver medal.

This was a fantastic week of competition and a tremendous achievement, reflecting the hard work and dedication Jack puts into his training every week at the pool and on the track. To top off his success, Jack has recently been selected to represent Great Britain again at the World Championships in October. Congratulations, Jack, and we wish you the very best of luck!



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Pre-Loved Uniform Shop



Thank You for Supporting Our Pre-Loved Uniform Shop!

A huge thank you to everyone who has donated, purchased, and supported our Pre-Loved Uniform Shop over the past 12 months.

Thanks to your generosity, we have raised an amazing £1,500 in just one year! Every purchase and donation helps us support our school community while promoting sustainability by giving good-quality uniform a second life.

We couldn't have achieved this without your continued support. Thank you for helping make such a positive difference!



LiveSimplyAward

CAFOD The Catholic Agency for Overseas Development

PERSONAL DEVELOPMENT

Autumn Half Term 1 Sept 2nd – 23rd October

WHAT WE'RE LEARNING AUTUMN TERM

Overview

PD is a vital part of our curriculum that supports students' wellbeing, character and future aspirations. This term Year 7 - 10 will focus on relationships through the eyes of God. Year 11 will explore how to manage their mental wellbeing.

Year 8

Healthy and unhealthy relationships

This unit introduces a range of relationship issues facing young people, feelings, including sexual orientation and consent through the eyes of God.

Year 10

Relationships, pregnancy and recognising abuse

This unit explores family life, including committed relationships and parenting responsibilities, fertility and routes to parenthood, and options in the case of unplanned pregnancy.

Year 7

Managing Change and Transition

This unit helps students transition to secondary school and manage change within friendships. It focuses on specific learning about puberty health and how our bodies change.

Year 9

Intimate relationships

In this unit, students revisit learning about consent and learn about healthy, safe relationships, including contraception, while considering Catholic views.

Year 11

Life-long wellbeing

This unit revisits and builds on prior learning about mental health, helping students to explore strategies that support wellbeing, especially when managing workload and preparing for exams.

LESSON TITLES

Year 7

- Ice Breakers
- Who Am I?*
- Changing Bodies*
- Where We Come From*
- Friendship breakdowns**

Year 8

- Created and Chosen*
- Feelings*
- Before I Was Born*
- Sexual orientation and gender identity
- Pride
- Introduction to Consent

Year 9:

- The Search for Love*
- Love People, Use Things*
- In Control Of My Choices*
- Fertility & Contraception*
- Marriage*
- Understanding consent*

Year 10

- Authentic Freedom*
- Communication and Readiness
- Parenthood*
- Pregnancy and Abortion*
- Coercive Control*
- Reducing inappropriate behaviours
- My behaviour in relationships**
- Image-based sexual abuse**

Year 11

- My relationship with AI**
- Mental Wellbeing*
- Victim blaming**
- Coping with exams**
- Eating Disorders*
- Life changes**
- Health and fitness*
- Catastrophising**

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GUIDANCE FOR PARENTS & GUARDIANS

Helpful Websites

Place2be

<https://www.place2be.org.uk/>

NSPCC - Keeping Children Safe

<https://www.nspcc.org.uk/keeping-children-safe>

YoungMinds - Parents and Carers Hub

<https://www.youngminds.org.uk/parent>

Internet Matters - Parents' Guide

<https://www.internetmatters.org>

NHS Sexual Health

<https://www.yoursexualhealthmatters.org.uk/sexual-health-and-wellbeing/advice-parents-and-carers>

Questions to ask

What makes a friendship or relationship healthy?

How can you tell if someone is crossing a boundary?

What would you do if you felt pressured into something?

DON'T MISS THIS!

SEPTEMBER

Year 11 - Future Pathways Evening

Year 7 - Retreat Days

OCTOBER

WHAT IS POL-ED?

Pol-Ed is an educational initiative developed by the local police force to support schools in teaching PSHE topics, focusing on safety, law, relationships, and informed decision-making.

<https://www.pol-ed.co.uk/lancashire/pages/for-parents-lancashire>

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



Time to Say Goodbye

Miss M Parden Gallagher

Farewell to Miss Pardon Gallagher, who has been a valued member of our school community over the past year. During her time with us, she has made such a positive difference through her kindness, dedication, and support for both pupils and staff.

We are incredibly grateful for everything she has contributed and know she will be greatly missed. We wish Miss Pardon Gallagher every success and happiness in the future and thank her for all she has done for our school.



Miss S Meilia

Miss Meilia joined All Hallows in January 2025 as a Pupil Support Worker and has made a valued contribution to the pastoral life of the school. She has supported pupils across Years 7 to 11 through one-to-one sessions and group interventions, helping many young people to build confidence, manage challenges and develop positive coping strategies.

As Sofia leaves All Hallows to gain further experience on her journey to becoming a Clinical Psychologist, we thank her for her dedication and care. We wish her every success in the future and hope she continues to enjoy her travels along the way!

Ms Branson

This term we say goodbye to Ms Branson, as she leaves All Hallows to begin an exciting new role at St Cecilia's.

Ms Branson has been a valued part of the All Hallows family for many years both as a Computing teacher and in her previous role as a Design & Technology Technician. Throughout her time with us, she has supported countless pupils with kindness, patience and enthusiasm, making a lasting difference both inside and outside the classroom.

Ms Branson will be hugely missed by staff and pupils alike. We thank her for her dedication and commitment to our school community and wish her every success and happiness in her new role at St Cecilia's.

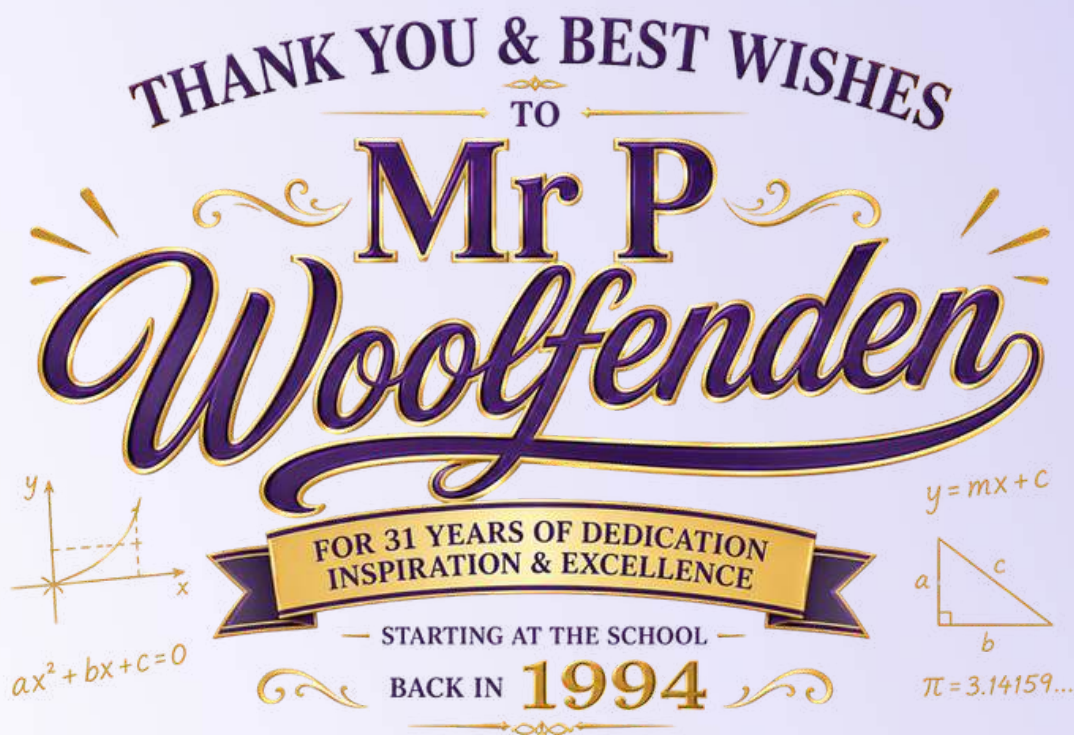


Mrs Shilton

Mrs B. Shilton is leaving us after six years in the MFL Department. If you have been in one of her Spanish classes, you will know that she is a dedicated teacher, full of enthusiasm and with an undeniable passion for her subject. The knitting group will also vouch for this.

Mrs Shilton, we will miss you. Please stay in touch. Good luck, and we wish you every success in the future.

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



A fond farewell to Mr P Woolfenden, who is retiring after more than 30 years of service to our school.

Mr Woolfenden joined the school in 1994 and has since been a valued and highly respected member of our Mathematics Department. Throughout his career, he has taught and supported countless students, helping them to develop not only their mathematical knowledge and skills but also the confidence to tackle challenges both in and out of the classroom.

Known for his calm approach, sense of humour and unwavering support for his students, Mr Woolfenden has made a lasting impact on generations of young people. His professionalism, kindness and willingness to go the extra mile have earned him the respect and appreciation of colleagues, students and parents alike.

Over the past three decades, he has witnessed many changes within education and at our school, embracing each new challenge with the same enthusiasm and commitment that have characterised his career. His contribution to school life extends far beyond the classroom, and his experience and wisdom will be greatly missed.

As Mr Woolfenden begins this exciting new chapter, we would like to thank him for the positive influence he has had on our school community and for everything he has contributed over the years.

On behalf of everyone at the school, we wish Mr Woolfenden a long, happy and well-earned retirement, filled with good health, happiness and plenty of time to enjoy the things he loves.

Congratulations, Mr Woolfenden, and thank you for everything.



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

You Are Not Alone

Bereavement Support for Families

We recognise that some members of our school community have experienced the loss of a loved one.

Grief affects everyone differently, and support is available whenever you need it.



Child BereavementUK
REBUILDING LIVES TOGETHER

Child Bereavement UK offers free, confidential support, information and guidance for:

- Children and young people
- Parents and carers
- Families
- Professionals supporting bereaved children

Whether your loss is recent or happened some time ago, *you do not have to face it alone.*

Find out more

<https://www.childbereavementuk.org>

If you have concerns about your child or would like to speak to someone at school, please contact a member of our pastoral or safeguarding team.

We are here to support you.



Smallpeice

Girls into Engineering

Residential Summer Course

Dive into the fascinating world of engineering this summer with our three-day, all inclusive residential course - open to girls in Year 8 and 9.

Stay on campus at Loughborough University, meet like-minded people and take on exciting and hands-on biomedical and mechanical engineering challenges, including:

- Healthcare Technology**
 - Discover cutting-edge tech used in medicine
 - Explore how organs work through hands-on models
 - Learn the science behind medical screening and diagnosis
- Complex System Engineering**
 - Design and build a land buggy
 - Solder components, mount sensors and use programming to navigate tough terrain
 - Develop hardware, software and problem solving skills

WHO
Female students in Year 8 & 9

WHEN
11 - 13 August

WHERE
Loughborough University
LE11 3TU

COST
£200
Includes accommodation, meals and all equipment

Secure your place



If cost is a barrier, please visit smallpeicetrust.org.uk/fully-funded-places

Compass BLOOM

TRANSITION

MOVING UP TO HIGH SCHOOL

A supportive workshop focused on helping young people cope with worries and feel more ready for the move up to high school.

What We Cover

- Share our worries around moving up to high school.
- Reasons for worrying about change & how change can be exciting too!
- Coping strategies to help with any anxious feelings about moving up to high school.

MOVING UP TO HIGH SCHOOL



Transition Workshops

Supportive workshops to help children feel more confident and prepared for moving up to high school.

Group 1 : Thursdays: 23 July, 30 July & 6 August
Time: 11:00am - 12:00pm

Group 2 : Thursdays: 13 August, 20 August & 27 August
Time: 11:00am - 12:00pm



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Compass BLOOM

WORRY BUSTER

TIPS TO HELP YOUNG PEOPLE IN SCHOOL

A practical, supportive programme to help young people understand worry, build coping skills, and feel more in control of anxious thoughts.

Week 1: Understanding Worry and the Feelings-Thoughts-Behaviours Cycle

Learn what worry is and how it works in the body and brain and how thoughts feelings and actions are linked.

Week 2: Spotting Unhelpful Thoughts and Reframing Them

Recognise unhelpful or tricky thoughts, and practice turning them into helpful thoughts.

Week 3: Turning New Thoughts into Positive Action

Realise that changing thoughts can lead to improved feelings and actions, practice strategies to manage worry or stress in the moment.

Worry Buster Workshops

A supportive programme designed to help children understand worries and develop calm, confident ways of managing them.

Group 1 : Fridays: 24 July, 31 July & 7 August
Time: 11:00am - 12:00pm

Group 2 : Wednesdays: 14 August, 21 August & 28 August
Time: 11:00am - 12:00pm



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CONFIDENCE & SELF-ESTEEM STRATEGIES

TIPS TO HELP YOUNG PEOPLE IN SCHOOL

Negative Automatic Thoughts (NATs)

Question their evidence for any NATs, is it a FACT or your OPINION?

Reframe NATs E.G. 'I can't do this' to 'It's OK, I am still learning.'

Encourage Positive Self-Talk

Safety Behaviours

Avoidance and reassurance seeking are examples of common safety behaviours.

Alternative Strategies:
Encourage young people to try activities outside of their comfort zone, starting with something small and reinforce NAT strategies if they seek reassurance from adults.

Reinforce Positive Beliefs

We cannot please everyone all the time
It is okay to be different.
We do not know what people are thinking.
Perfection does not exist.

Wellbeing Toolkit

Encourage YOUNG PEOPLE to use THEIR wellbeing toolkit completed within the workshop. REMIND them to keep it in a safe place where they are more likely to use it.
For example having a photo of it on their phone or keeping it in their bedroom.

Confidence & Self-Esteem Summer Workshops

Build confidence, boost self-esteem, and develop new skills in a fun and supportive environment.

Group 1 : Mondays: 20 July, 27 July & 3 August
Time: 11:00am - 12:00pm

Group 2 : Mondays: 10 August, 17 August & 24 August
Time: 11:00am - 12:00pm



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MARVELLOUS MOOD

TIPS TO HELP YOUNG PEOPLE IN SCHOOL

Session 1: Understanding Mood

- Defining what mood is and identifying different feelings.
- Exploring what factors can change our mood.
- Activities: Mood drawing, sorting positive/negative feelings, and discussion.

Session 2: Recognising and Improving

- Understanding how low mood affects us physically and mentally.
- Learning the cycle of sadness and happiness.
- Discovering a wide range of activities to help improve mood (connecting with others, being active, relaxing, spending time outdoors).
- Task: Keeping a Mood Diary/Tracker to increase self-awareness.

Session 3: Tool kit and Resilience

- Recap and review progress. Creating a "Mood Care Bag" and "Affirmation Pebble" as personal tools.
- Reflecting on learning and planning for the future.

Strategies to use in conjunction with the workshop

- Breathing and grounding techniques 5 ways to wellbeing
- Mindfulness
- Mood trackers
- Positive affirmations

Marvellous Mood Workshops

Discover fun and practical ways to boost your mood, build resilience, and improve emotional well-being.

Group 1 : Wednesdays: 22 July, 29 July & 5 August
Time: 11:00am - 12:00pm

Group 2 : Wednesdays: 12 August, 19 August & 26 August
Time: 11:00am - 12:00pm



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SUMMER ONLINE
WORRY MANAGEMENT GROUP

Is your young person feeling more worried than usual?

Are those worries starting to get in the way of everyday life and would they like to access support from Compass Bloom for the first time?

We're here to help.

online group

We're running an online worry management group for secondary school aged young people across Central & West Lancashire.

- Short online assessment
- 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.

TO REGISTER FOR OUR NEXT ONLINE GROUP
Scan the QR code or use the MS link to complete a quick form.

Summer Workshops

Group 1: Tuesdays 21 & 28 July; 4, 11, 18 & 25 August : 11:00am - 12:00pm

Group 2: Thursdays 23 & 30 July; 6, 13, 20 & 27 August : 3:00pm - 4:00pm



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SLEEP SUPPORT

R= Routine

- Following the same routine each evening and going to bed at the same time can help your body to feel sleepy.
- Start a routine around an hour before you want to sleep. Try an activity that you find relaxing such as drawing, reading or listening to calming music.
- It needs to be repeated for it to become a routine, even on weekends!

E= Environment

- Make sure your bed and pillows are comfortable for you.
- Minimise the use of electronics in your bedroom. Blue light stimulates the brain and tricks us into thinking it is still daytime.
- Keep your bedroom environment dark, quiet and free from clutter.
- Make sure the temperature is a bit cooler in your bedroom.

S - Slow down

- It's important to reduce some activities towards bedtime, particularly those that can be stimulating for our brain and body!
- Regular exercise can help you sleep as it tires your body, but it's important to not exercise too close to bedtime.
- Avoid sugary food and drinks for 2 hours before bedtime, try sleepy foods like bananas, oatmeal, almonds and cherries.
- Avoid caffeine before bed. Caffeine is hiding in lots of things we think relaxes us like chocolate.

T - Thinking

- Bed time can often be a time where our thoughts are racing and we find ourselves worrying. It can be helpful to try some strategies to change our thinking.
- Relaxation and mindfulness may help try a breathing activity or mindful colouring before bed.
- Create a worry diary. Write down any worries that come into your head and schedule a time to address them the next day.

Sleep Support Summer Workshops

Learn practical tips and strategies to improve sleep and develop healthy bedtime routines.

Group 1 : Tuesdays: 21 July, 28 July & 4 August
Time: 11:00am - 12:00pm

Group 2 : Tuesdays: 11 August, 18 August & 25 August
Time: 11:00am - 12:00pm



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Free school meals are expanding – what parents need to know



LANCASHIRE
CATERING SERVICE

From September 2026, more children will be able to get free school meals. If your family receives Universal Credit, your child will be entitled to a free, nutritious school meal every day.

What do I need to do?

- Check if you receive Universal Credit and whether your child is currently receiving a free school meal. If they are not, please apply.

Have ready:

- the benefit claimant's date of birth and National Insurance Number

Who can get free school meals?

From September 2026, all children whose families receive Universal Credit will be entitled to free school meals. The current £7,400 household income cap is being removed.

When does this start?

The new rules will begin at the start of the 2026/27 school year (September 2026).

How will this help families?

Families who receive Universal Credit could save up to £495 per year for each child on school lunches. For families with more than one child, this can make a real difference to day-to-day household budgets.

Why should I apply?

Applying means your child can receive a free, healthy meal every school day, supporting their health, wellbeing and learning. Even if your child sometimes chooses packed lunches, registering still matters. It helps schools understand what support pupils may need and can unlock other help, such as support with trips or activities.

Will this affect me or my child negatively?

No. Applying for free school meals:

- does not affect your benefits or immigration status
- does not mean your child has to take a school meal if they do not want to
- does not label or single out your child
- does not reduce support for other pupils

Schools treat this information confidentially.

How do I apply?

You will need to apply if your child is not currently receiving free school meals.

Applying usually only takes a few minutes by visiting lancashire.gov.uk/schools and clicking on free school meals.

If you need help applying, your school office can support you.



Free School Meals – Who is Entitled?

Important Information for Families.

Firstly, if your child is already receiving Free School Meals and is in Years 3–11, there is nothing you need to do. The Local Authority already holds your information and will automatically check your child's eligibility ahead of their return to school in September 2026.

If your child has not been receiving a free school meal and you believe they may be eligible please read the information below.

From September 2026, the Government is extending eligibility for Free School Meals. This means that more families may now qualify for support, even if they have not previously been eligible.

What this means for you

- If your household income is lower, your child may now be entitled to free school meals at school
- Schools receive additional funding (known as Pupil Premium) for every eligible child, which is used to support learning, resources and enrichment opportunities
- Even if your child prefers a packed lunch, applying can still bring valuable benefits to both your child and the school

What you need to do

- If you think you may now be eligible, we strongly encourage you to submit an application before the start of the academic year.
- Applications are quick, confidential and securely processed
- If your child is already receiving Free School Meals, you **do not need to reapply**

Why it's important to apply

- Ensures your child receives all the support they are entitled to
- Helps the school access additional funding to support pupils
- May provide access to further support, such as help with trips or activities

If you would like further information or support with your application, please contact the school office.

We encourage all families to take a few minutes to check their eligibility — this support can make a real difference.