



All Hallows

Catholic High School

Newsletter

June 2026

Dear Parents/Guardians,

As we come to the end of another busy month, I would like to take a moment to celebrate some of the many achievements and experiences that have taken place across our school community.

We are delighted to recognise Year 7 pupil Edward N, who was awarded the Guild of St Stephen Medal for his dedicated service as an altar server at St Oswald's Church. This is a wonderful achievement and a reflection of his commitment to serving others.

We have also enjoyed significant sporting success, with our students being crowned Overall Winners at the South Ribble Schools Athletics Competition. Their teamwork, effort and sportsmanship throughout the event were outstanding, and we are extremely proud of their achievement.

Alongside this, students have benefited from a range of educational visits and activities, including our annual Healthy Lifestyle Week, which encouraged positive choices and promoted wellbeing.

A special congratulations goes to our Year 11 students, who have now completed their examinations. It was wonderful to see them celebrating together at their Prom, marking the end of an important chapter in their school journey.

Thank you to our students, staff, parents and carers for their continued support. I hope you enjoy reading about the many successes and events featured in this edition of our newsletter.

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/>

Edward Receives Guild of St Stephen Medal



On the Feast of Corpus Christi, Year 7 pupil Edward N was awarded the Guild of St Stephen Medal by the Archdiocese in recognition of his dedicated service as an altar server at St Oswald's Church over a number of years.

The Guild of St Stephen is an international organisation for altar servers which encourages and recognises faithful service at the altar. The medal is awarded to those who have demonstrated commitment, reliability and a willingness to serve their parish community through their ministry.

Edward was presented with his certificate and medal by Fr Michael and Deacon Bill at the end of the Corpus Christi Mass, in the presence of parishioners, family and friends. It was a proud moment and a fitting opportunity to acknowledge the time and effort he has shown in carrying out his duties as an altar server.

Edward has demonstrated a strong sense of responsibility and reverence, supporting the clergy and helping to ensure the smooth running of liturgical celebrations. His commitment has made a valued contribution to parish life and serves as an excellent example to other young people.

We congratulate him on this well-deserved achievement and thank him for his continued service to the parish community.

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

50th



50 YEARS IN THE SPOTLIGHT

THROUGH 50 YEARS

A CELEBRATION OF MUSIC, DANCE AND PERFORMANCE



<https://www.trybooking.com/uk/GOFX>



DANCING



SINGING



ROCK BANDS



ALL HALLOWS CATHOLIC HIGH SCHOOL

SUMMER CONCERT 2026

THURSDAY
2ND JULY 2026

7PM

THE ART'S THEATRE
ALL HALLOWS CATHOLIC HIGH SCHOOL

OUR NEXT SCHOOL SHOW

BEAUTY — AND THE — BEAST



BE BRAVE.
BE BOLD.
BE PART OF
THE MAGIC!

AUDITIONS
COMING SOON!



All Hallows
Catholic High School

50 FEST



CELEBRATING
50 YEARS
OF MEMORIES.
A FUTURE OF
POSSIBILITIES.

GROWING TOGETHER IN THE SPIRIT OF CHRIST'S LOVE

MAIN ACTIVITIES



**WIPEOUT
INFLATABLE
CHALLENGE**



**MINI
GOLF**



**SOFT TARGET
ARCHERY**



**INFLATABLE
FOOTBALL DARTS**



**BASKETBALL
INFLATABLE**



**HUNGRY HIPPOS
INFLATABLE**



**ASSAULT COURSE
INFLATABLE**



**ASSAULT COURSE
TUBES**



**ASSAULT COURSE
HURDLES**



**AXE THROWING
HIRE**

WHAT'S ON



**BENCHBALL
& CRICKET**



**TECHNOLOGY
ACTIVITIES**



A MOVIE



**PUPILS
ONLY!**



**WEDNESDAY
8TH JULY**



**9:00 AM
TO
3:05 PM**

**SUNSHINE.
FRIENDS.
FUN!**

LET'S MAKE MEMORIES THAT LAST A LIFETIME!

Year 7 Trip to France

Friday 15th May

Just after midnight, forty-eight Year 7 students and six of their teachers set off on the long journey to the Channel Tunnel. The coach that had travelled up from Worcestershire was a large double-decker with two staircases. Wow! With plenty of legroom and with a hint of rain in the air, we were on our way. We arrived at Dover at about 7am. At this stage, we were ahead of schedule. However, the new passport checks proved to be a very slow process. We were soon crossing the Channel though and within the hour we were in France.

Our first stop was at Wimereux War Memorial where the First World War poet John McCrae was laid to rest. We listened to his famous poem 'In Flanders Fields', thinking of all of those who have passed away before us. Our students were very respectful during our visit.

We then headed to the bakery at Escœuilles. This proved to be a thoroughly enjoyable visit as our students watched how bread is made, folded the dough themselves and later ate a

pain au chocolat – all the while listening as the baker explained everything in French. The students got a great deal from this experience and really used their

loaf to answer questions. After this, we headed to our accommodation (the Hôtel du Moulin aux Draps at Desvres) and after we had eaten our evening meal, it was an early night.

Saturday 16th May

After a very good French breakfast, it was time to head to the market in Boulogne. Here, our students really excelled themselves. The task was to buy provisions to make a picnic lunch which we would later eat at the beach. Very little English was to be heard as our students bought many items for their lunch. We then travelled to the snail farm at Saint-Martin-Choquel. This proved to be another interesting experience as our host told us all sorts of snail-related facts. Our students were great once again and many of them sampled the delicious snails that were on offer. A visit to the hypermarket then followed before we returned to the hotel for our evening meal and the quiz that followed.

Sunday 17th May

We said "au revoir" to our hotel after another good breakfast and headed to Nausicaa, the largest sea life centre in France. It proved to be an enjoyable visit for our students as they saw thousands of fish, sharks and other sea creatures.

A little while later, we were off to the Channel Tunnel. A long journey lay ahead but we made good time, and our students were in good spirits. We arrived back at school at 8.50pm.



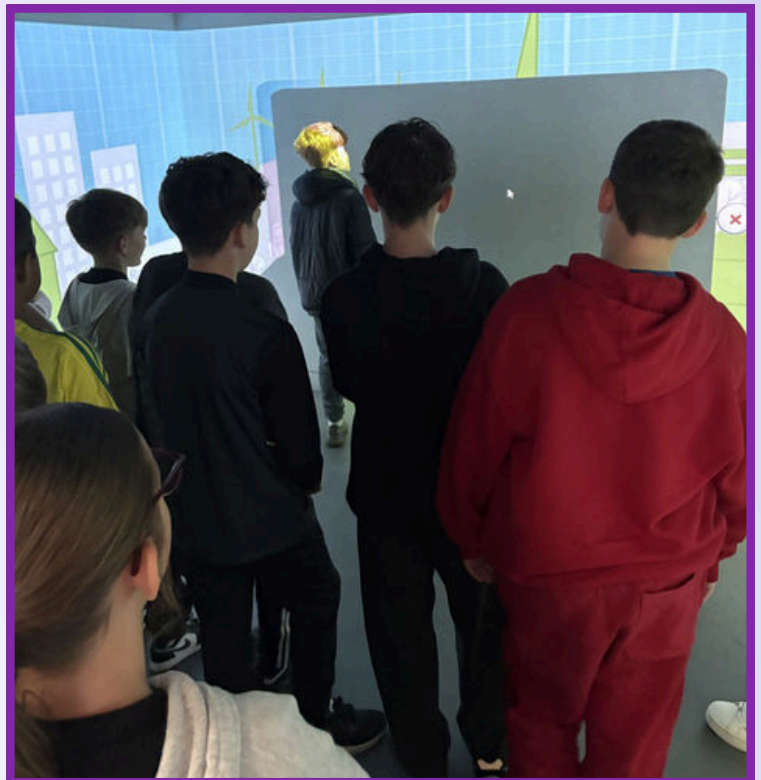
Summary

Our students really threw themselves into this trip. At the snail farm they really came out of their shells. They got involved in all the activities and they spoke a great deal of French. I would like to thank them for making the trip so enjoyable and I would also like to thank Mrs Grierson, Mrs Noad, Mrs Pardon-Gallagher, Mr Carr and Mr Ringrose for giving up their time to accompany us. We had a smashing time.

Vive la France (les escargots aussi!) et à la prochaine. Merci à tous.



Year 7 Geography Trip to Southport Eco Centre and Formby Beach



Year 7 pupils recently enjoyed an exciting and educational Geography field trip to Southport Eco Centre and Formby Beach.

The day was divided into two engaging sessions. During the morning, pupils explored important issues surrounding sustainability at Southport Eco Centre. Through a range of interactive activities, including sustainability-themed games, solar panel construction challenges and an immersive learning experience focused on green careers, pupils gained a deeper understanding of how individuals and communities can help create a more sustainable future.

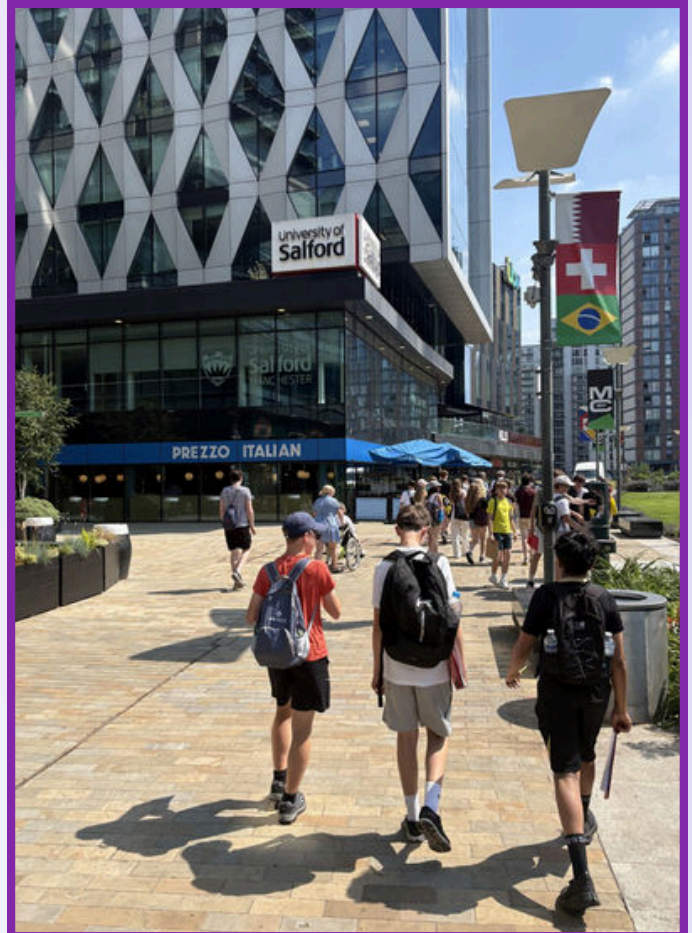
In the afternoon, pupils took part in a guided walk through the sand dunes at Formby Beach. They learned about coastal management strategies and examined the ways in which humans interact with and impact the natural environment. The group also discovered some of the area's fascinating wildlife, including endangered species such as the natterjack toad and the sand lizard.

The trip provided an excellent opportunity for pupils to bring their classroom learning to life while developing a greater appreciation of environmental issues and conservation.

We are grateful to the Ernest Cook Trust, whose generous funding contributed towards the cost of coach travel, helping to make this valuable learning experience possible.

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GCSE Geographers Brave the Heatwave at Salford Quays



On Wednesday 24th June, GCSE Geography pupils took part in their human geography fieldwork visit to Salford Quays, Manchester. During the trip, they visited six different sites to investigate the impact of regeneration across the area.

Despite experiencing record-breaking temperatures during the June heatwave, pupils worked enthusiastically throughout the day, collecting land use data and completing environmental quality surveys. The information gathered will now be used in lessons to help prepare pupils for their GCSE Geography examinations next summer.

Well done to all the pupils for their resilience, excellent teamwork and positive attitude in such challenging weather conditions.

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Zuzanna Wins UK National Title



We are delighted to congratulate Zuzanna in Year 7 on her outstanding achievement in becoming the UK Champion in the National Polish Language Competition. Competing in an older age category, Zuzanna demonstrated exceptional knowledge and skill, outperforming students who were four to five years older than her to win the national final. This is a remarkable accomplishment that reflects her hard work and talent. We are incredibly proud of Zuzanna and her success, and we look forward to celebrating many more achievements in the future. Congratulations, Zuzanna!

Amber's Amazing Cheer Dance Success



Well done to Amber S on her outstanding achievements at the Cheer Dance UK Competition this month. Amber had an incredible competition, earning 1st place in all three categories she entered:

- 1st Place – Solo
- 1st Place – Pairs
- 1st Place – Team

These fantastic results reflect Amber's hard work, commitment, and passion for cheer and dance. Achieving first place across multiple categories is a remarkable accomplishment and highlights the skill and talent she brings to every performance. Congratulations, Amber, on this wonderful accomplishment!

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South Ribble Schools Athletics Competition – Stanley Park



We are proud to announce that our students were crowned Overall Winners at this year's South Ribble Schools Athletics Competition held at Stanley Park.

Throughout the day, our athletes demonstrated outstanding commitment, determination, and sportsmanship. Competing against schools from across the district, they consistently performed to a high standard both on the track and in the field events, earning valuable points that secured our overall victory.

There were a number of standout performances across all year groups, with students achieving personal bests, winning individual events, and supporting one another throughout the competition. Every athlete should be incredibly proud of their contribution to what was a fantastic team achievement.

A huge thank you must also go to the staff who gave up their time to support, organise, officiate, and encourage our students throughout the day. Events like these are only possible because of the dedication and hard work of so many people behind the scenes.

Most importantly, we would like to congratulate all of the students who represented the school. Their attitude, effort, and conduct were exemplary, and they were a credit to the school from start to finish.

Well done to everyone involved on a fantastic achievement – we look forward to building on this success in future competitions.



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



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

Year 8 Rounders Teams Shine at District Tournament



Congratulations to both of our Year 8 rounders teams, who took part in the South Ribble District Tournament last week. Both teams performed exceptionally well throughout the competition, demonstrating excellent teamwork and skill. We are delighted to announce that they finished in 1st and 4th place out of eight teams. A fantastic achievement by all involved – well done, girls!

Year 9 Rounders Crowned District Champions



Congratulations to our Year 9 rounders teams, who represented the school superbly at the South Ribble District Rounders Tournament held at Priory. The A team delivered an outstanding performance, winning all of their matches to be crowned overall champions. The B team also enjoyed a successful tournament, securing an excellent third-place finish. As a result of their success, the girls will now go on to represent South Ribble at the Lancashire Finals later this month. We wish them the very best of luck.

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Year 7 Rounders Achieve Success at South Ribble Tournament



Congratulations to both of our Year 7 rounders teams, who represented the school superbly at the South Ribble District Tournament.

Both teams played exceptionally well throughout the competition, finishing in an impressive 2nd and 7th place out of nine teams. The girls thoroughly enjoyed taking part in their first rounders tournament, demonstrating excellent teamwork, determination and enthusiasm.

Despite the extremely hot weather, they kept smiling throughout the day and should be very proud of their fantastic performances. Well done to everyone involved!

Under 14 Girls Reach South Ribble Cup Final



Congratulations to the Under 14 girls' football team, who secured their place in the South Ribble Cup Final with an exciting 3–2 victory in the semi-final.

Goals were scored by Ayda, Halle and Nora in a superb team performance. Players of the Match were awarded to Millie, Ayda and Halle for their outstanding contributions throughout the game.

The girls will now compete in the South Ribble Cup Final on Monday. We wish them the very best of luck!

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Year 8 Boys Crowned District Football Champions

Congratulations to our Year 8 boys' football team, who were crowned District Champions following an outstanding performance.

The boys produced an excellent display of football and thoroughly deserved their success. Their teamwork, skill and commitment throughout the competition were superb, and everyone at All Hallows is extremely proud of their achievement. Joint Players of the Match were awarded to Luke M and Herbie J for their outstanding performances. A special mention also goes to Joe D, who scored two goals to help secure the victory. Well done to the entire squad on a fantastic achievement and a memorable end to the season.



Seb B Qualifies for National Triathlon Finals

Congratulations to Seb, who recently took part in the Cholmondeley Castle Triathlon. Following an outstanding performance, Seb finished in second place in the T3 category and secured a place on the North West team for the National Finals at the end of August.

This is a fantastic achievement and a testament to Seb's hard work and commitment. We are incredibly proud of his success and wish him the very best of luck as he prepares to compete in the National Finals.



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Year 7 Grace D Selected to Represent Lancashire Thunder Cricket Team



Congratulations to Grace D in Year 7, who has been selected to represent the Lancashire Thunder Under 12 girls' cricket team – a fantastic achievement.

Grace's selection is a reflection of her hard work, talent and commitment to the sport. While attending a school cricket event at the new Lancashire Cricket Ground in Farington, we were also able to arrange a photograph of Grace with some of the Lancashire Cricket first-team players.

We are incredibly proud of Grace and wish her every success as she begins this exciting new chapter in her cricketing journey. Well done, Grace, and good luck!

Cricket Success Continues for Our Girls' Teams



It has been an outstanding few weeks for our Under 13 and Under 15 girls' cricket teams.

The journey began with both teams being crowned champions in their respective competitions at the new Lancashire Cricket Ground in Farington. Their impressive performances earned them the opportunity to represent South Ribble and Chorley in the county finals at Westhoughton Cricket Club.

At the county finals, both teams continued to perform brilliantly. The Under 15 team achieved a highly respectable fourth-place finish, while the Under 13 team were exceptional throughout the day, remaining unbeaten and being crowned Lancashire Champions.

As a result of their success, the Under 13 team will now go on to represent Lancashire in the regional finals at the Lancashire Cricket Ground in Farington on 1 July.

In addition to their success on the field, our Under 15 players also completed the Cricket Young Officials Award and were presented with certificates by Lancashire Cricket staff in recognition of their achievement.

Congratulations to all of the players involved for their hard work, skill and commitment. We would also like to thank the Lancashire Cricket Foundation staff for organising two fantastic events, officiating matches and supporting the girls throughout the competitions. A special thank you also goes to Mrs Doherty and Mrs Skeoch for helping to transport the teams.

We are incredibly proud of all the girls and wish our Under 13 team the very best of luck in the regional finals.

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Josh Celebrates National Success with PNE Academy

Last month, Josh was part of the U15s Preston North End F.C. Academy EFL Floodlit Cup squad that won the overall national tournament – the first time in the Academy's history that a U15s PNE squad has achieved this success.

To celebrate their achievement, the team proudly showcased their trophy by walking around the pitch at Deepdale before Preston's final home game of the season against Southampton F.C.. Josh also played a year above his age group throughout the competition, making the accomplishment even more impressive.

On Bank Holiday Monday, Josh also represented the U14s squad at the EFL National Finals held at Leicester City Training Ground. The team had earned their place in the finals after winning two qualifying tournaments.

During the group stages, they faced Portsmouth F.C., Swansea City A.F.C., Charlton Athletic F.C. and Crewe Alexandra F.C., finishing top of their group to progress to the knockout stages. The squad went on to reach the final, where they narrowly missed out on the title after a hard-fought 1-0 defeat to Charlton Athletic.

This is an incredible achievement for Josh and his teammates, and everyone at school is extremely proud of their success.



Football Success for Year 9 Student Lewis W



Congratulations to Lewis W in Year 9 on an outstanding football achievement this season.

As captain of his Preston City Football Club team, Lewis led the side to become JPL League Champions for the second consecutive year. Remarkably, the team completed the entire league season unbeaten, demonstrating exceptional consistency, determination and teamwork throughout a fiercely competitive campaign.

The title race went right down to the wire, with Preston City and Warrington FC finishing level on goals scored. However, Preston City's outstanding defensive record proved decisive, conceding significantly fewer goals and securing the league title on goal difference. Playing at centre-back, Lewis played a key role in the team's success and defensive strength.

Adding to an already memorable season, Lewis was recognised at the club's end-of-season awards ceremony, where he received the prestigious 'Pride of Preston' Clubman Award. This award is presented across all age groups, from Under-7s to Under-16s, and recognises exceptional commitment, leadership and contribution to the club.

We are incredibly proud of Lewis for his achievements both on and off the pitch. His leadership as team captain, dedication to his sport and the recognition he has received are thoroughly deserved.

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PERSONAL DEVELOPMENT

Half Term 6 – 1st June - 17th July



WHAT WE'RE LEARNING SUMMER TERM 2



Overview

PD is a vital part of our curriculum that supports students' well-being, character and future aspirations. This term all pupils will develop an understanding on personal safety and well-being. Pupils will explore how to navigate the world outside of school.

Year 8

Pupils will take part in Pol-Ed sessions exploring drugs and their risks, online safety topics such as sextortion and deep fakes helping them make informed, safe, and responsible decisions.

Year 10

Pupils will explore topics including online harm, navigating the NHS and body modifications. They will develop skills to make safe, informed, and respectful choices.

Year 7

Pupils will take part in Pol-Ed sessions covering personal safety, managing risk and understanding the impact of crime, while learning about how to access support and making safe, informed choices.

Year 9

Pupils will take part in Pol-Ed sessions covering gangs, child criminal exploitation and the dangers of asphyxiation**, developing skills to help them recognise warning signs, resist peer pressure and exploitation.

**Although no references to suicide are made, the school will ensure pupils who may find the session difficult are supported throughout the lesson.

LESSON TITLES



Year 7*

- Independence and risk
- Road users
- Online addiction
- Vaping
- Reporting a Concern
- Witnessing a Crime

Year 8*

- Legal drugs
- Sextortion
- Deep fakes
- Emergency at school
- Possession of drugs
- What is stop and search?

Year 9*

- Gaming and grooming
- Microtransactions
- County lines
- Gangs
- Child Criminal Exploitation (CCE)
- Asphyxiation

Year 10

- Incel Culture*
- Image-based sexual abuse*
- Tackling Violence against women and girls
- Navigating healthcare services*
- Body Modifications x2

*Delivered using Pol-Ed

GUIDANCE FOR PARENTS & GUARDIANS

These organisations provide trusted advice and support to help parents and carers continue conversations at home and support children in making safe, informed, and healthy choices.



Helpful Websites for this half term:

Pol-Ed -

<https://www.pol-ed.co.uk/audiences/parents/homes>

Think You Know CEOP -

<https://www.ceopeducation.co.uk/parents>

Young Minds -

<https://www.mind.org.uk/for-young-people/>

Frank -

<https://www.talktofrank.com/>

Crime Stoppers -

<https://crimestoppers-uk.org/fearless>

Emergency and Support Contacts:

Childline: 0800 1111

NSPCC Helpline: 0808 800 5000

Emergency Services: 999

Non-Emergency Police: 101

Questions to ask

What would you do if you or a friend felt unsafe online or in real life?

How can you tell if something online might be risky or untrustworthy?

Who could you speak to if you were worried about yourself or someone else?

How can you make safe and positive choices when spending time with friends?



DON'T MISS THIS!

JUNE

Year 11 exam period

Healthy Lifestyle Week

JULY

Year 10 Newman Taster Day

Celebration assemblies

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.

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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

Secure your place



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

WHO

Female students
in Year 8 & 9

WHEN

11 - 13 August

WHERE

Loughborough
University
LE11 3TU

COST

£200

Includes accommodation, meals
and all equipment

Come and Join Our Girls cricket team



TO FIND OUT MORE...



OR CONTACT THE WOMEN'S TEAM
CAPTAIN SARA BOWDLER
SARABOWDLER123@YAHOO.CO.UK

When?
Tuesday | 6-8pm

Where?
Middleforth Green,
Leyland Road,
PR1 9QE

Why?
Fun | Fitness | Friendships

Age 12+

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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or visit: <https://forms.cloud.microsoft/e/fkAntBYvNg>



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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 well-being 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



or visit: <https://forms.cloud.microsoft/e/gA1tT3Fqf9>



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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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