

All Hallows

Catholic High School

Newsletter

17th January 2025



Dear Parents/Guardians,

Welcome back and Happy New Year! As we start 2025 we enter the Jubilee Year decreed by Pope Francis, where the message to our faith community, is that we are called to be Pilgrims of Hope. I delivered assembly this week and asked all our young people to consider what actions they can take throughout this year to take up the challenge to address some of the local and global issues our world and community face. During this Jubilee Year we have many planned activities that will enable our students to show their commitment to their faith and determination to impact change for the good in our world.

There are some changes to procedures which are taking place this term and these are included throughout the newsletter so please read these carefully. At the back of the newsletter are some valuable resources which support parents with ensuring that our pupils are getting sufficient sleep. With so many distractions these days, this is a big issue for schools at the moment. Please ensure children are coming into school well rested, as this is proving to be a factor in the successes and progress that pupils are able to make during their teenage years. I hope you enjoy reading all of the wonderful achievements of our pupils both in and out of school and I am confident that as we approach our 50th year anniversary in September All Hallows pupils will continue to thrive in our Catholic school.

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/>

Jubilee Year 2025: Pilgrims of Hope

Happy Jubilee Year! 2025 is an exciting year for the Catholic Church around the world. Pope Francis has declared 2025 a year of jubilee with the theme PILGRIMS OF HOPE. This is a significant moment in the life of the church which only happens every 25 years. This jubilee year's theme is an invitation to renew our hope, a hope which comes from knowing that God loves each of us. We have already begun this jubilee year journey by exploring what we are hopeful for and what hope means to us. Before Christmas, as part of our Advent reflections, we created a chain of hope, combining all of the hopes of our school community. These were presented to Jesus in the crib during our Christmas Assemblies. As we continue to journey through this jubilee year our beautiful display at the front of school will grow and include all the ways in which we are celebrating this jubilee. Already included are our chains of hope and some of our foodbank donations which remind us to continue to be bearers of hope in our community. We look forward to celebrating this jubilee year with all of our school and wider community.

**Jubilee 2025
PILGRIMS OF HOPE**

God, our loving Father,
in this Jubilee Year,
you remind us of our call to love creation.
Help us to work together
to replant, repair and renew.
Guide us on our journey
as pilgrims of hope.

Jesus, our light,
in this Jubilee Year,
you remind us of our call to love
our neighbours
and to set free those who suffer.
Help us to treat everyone with dignity;
to be fair, forgiving and kind.
Guide us on our journey
as pilgrims of hope.

Hope Spirit, our inspiration,
in this Jubilee Year, you remind us of our call to
grow in faith and love.
Help us to hear you in scripture,
to see Jesus in others,
and to be united as God's global family.
Guide us on our journey
as pilgrims of hope.
Amen

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

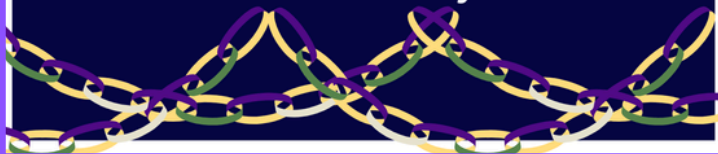


Jubilee 2025 PILGRIMS OF HOPE

Chains of Hope

To prepare for this Jubilee year, during our Christmas Assembly 2024 we invited you all to think about your hopes for 2025. These hopes created our chains of hope linking all our hopes together, acknowledging that we need each other and God for these hopes to be realised.

These hopes were placed in the crib during the assembly as an offering to Jesus and now for 2025 have been created into a cross, a symbol of hope for all Christians. They also spread on our lecture reminding us of the Word of God where we find our hope and inspiration and into our foodbank collections an example of how we are bearers of hope in our community.



Jubilee 2025 PILGRIMS OF HOPE

"All it takes is one good person to restore hope!"
Pope Francis in *Laudato Si'* 71



A Jubilee is a significant moment in the life of the Church that happens every 25 years. Biblically, the Jubilee is a time of renewal, celebration, rest and freedom. In Old Testament times, debts were cancelled, prisoners and enslaved people were freed, and even the land was able to rest.

Pope Francis has called this Jubilee Year 'Pilgrims of Hope'. It's an invitation to renew our hope, a hope which comes from knowing that God loves each one of us, whoever we are. He has asked us to be signs of hope for others, by putting Catholic Social Teaching into action through caring for our common home, and supporting our sisters and brothers who are experiencing war, hunger or poverty.



Jubilee 2025 Pilgrims of Hope



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

CAFOD Club's Stop Litter Ambassadors

Our CAFOD Club have been working extremely hard this academic year to achieve the Liver Simple award. They successfully completed three of the six actions they outlined in their action plan and have launched this half term a new initiative. Noticing an increase in litter around school and aware of the impact litter has on the environment our CAFOD club wanted to raise awareness of the problem of litter and encourage all pupils to take responsibility for caring for our common home. They produced a fantastic PowerPoint presentation and share this will all Year 7 forms. They have also invited volunteers in Year 7 to become our Stop Litter Ambassadors, setting an example for other pupils, raising awareness of the effects of littering and model what it means to be stewards of creation.

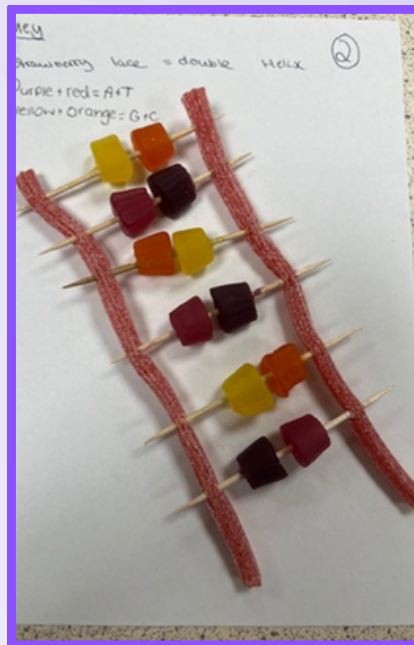
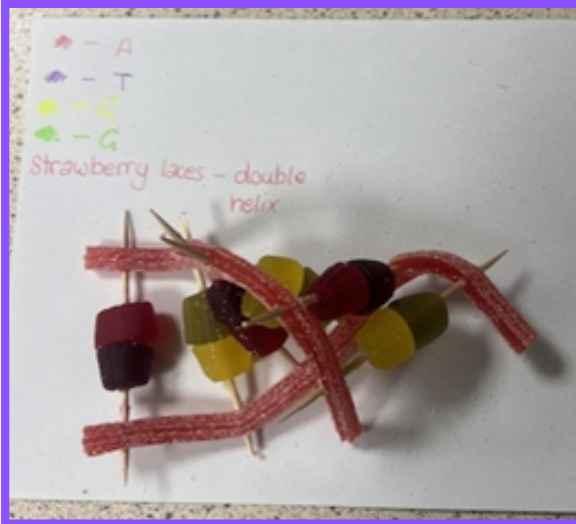
The initiative has been a huge success so far and they are already thinking of ways to extend this initiative. Thank you to our CAFOD Club for all their hard work and to the amazing Y7 volunteers!



CAFOD
Just one world

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

Year 9 Science



This week, 9P2 and 9G2 had an exciting hands-on lesson in their Year 9 science lessons, where they created DNA models using sweets! Not only did this innovative activity allow students to visualize the structure of DNA, but they also enjoyed a delicious sugar boost in the process.

Miss Shirley was thoroughly impressed with the students' engagement and understanding during the lesson, and this enjoyable experience is sure to set them up for success as they transition into their GCSE studies in Years 10 and 11. By making complex concepts tangible and interactive, the students were not only able to grasp essential genetic principles, but they also developed a deeper interest in science.

Giant Scarf Project with Preston North End Community and Education Trust

You may have already heard about the PNE Giant scarf scheme, a collaboration between the National Football Museum and Preston North End Community. Inspired by a historic hand knitted fan scarf from the 1960s, participants are invited to knit a strip (or strips) to form a giant PNE-coloured scarf which will go on display at a special celebration in Spring 2025. As part of the scheme, PNE are also collecting full size scarves in any colour for the Foxton Centre in Preston, so it is possible to get involved in a variety of ways.

We have been working with PNE to develop the pattern for this and we are now inviting our pupils and families to contribute to the scheme by knitting (or crocheting!) strips of the scarf in blue, navy or white wool. I have limited amounts of yarn from PNE which pupils can use in school. Knitting club takes place every Thursday at 12:50 in room 19 for any aspiring crafters!

Please contact me at bsh@allhallows.lancs.sch.uk with any questions! **Mrs Shilton**
Full information is available here:

- <https://nationalfootballmuseum.com/news/giant-scarf-project/>
- <https://nationalfootballmuseum.com/wp-content/uploads/2024/11/Giant-Scarf-Project-Introduction.pdf>
- <https://nationalfootballmuseum.com/wp-content/uploads/2024/11/Giant-Scarf-Project-Knitting-Guide.pdf>

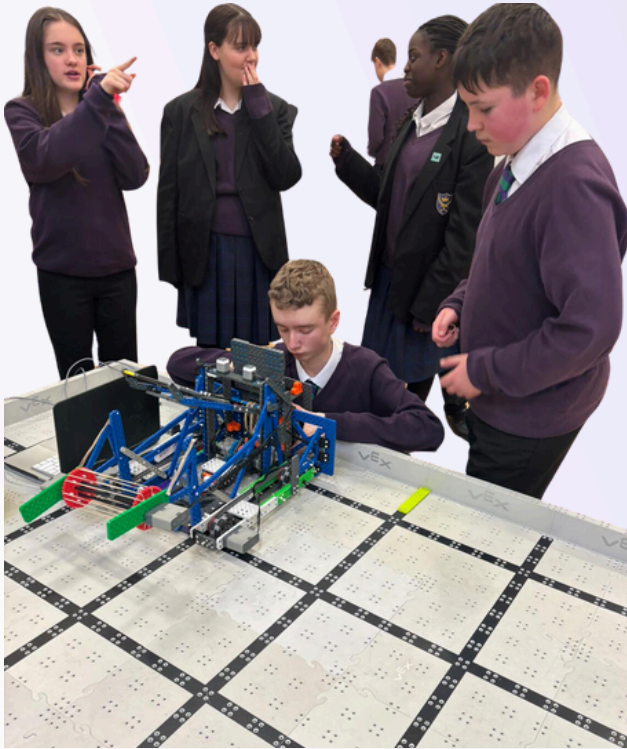


"Growing together in the spirit of Christ's love"

VEX Robotics Challenge

This week 22 members of our STEM Club from Years 7 to 10 competed in the VEX Robotics Challenge in Manchester. The pupils formed three teams and faced off against over 50 students from various schools, showcasing their skills and innovation. The competition was a great success, and the students performed exceptionally well.

A special mention goes to Matthew Cassidy, Henry Burgess, Edward Wicks, and Thomas Davidson from Year 9, who triumphed in the skills challenge. Their teamwork and technical expertise were truly impressive, and they deserve huge congratulations for their outstanding achievement. Well done to all the pupils who participated – you represented the school brilliantly and should be very proud of your efforts!



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

Year 8 Netball



Congratulations to the Year 8 netball team on their impressive victory against Leyland St Mary's, with a final score of 40-3! This outstanding performance truly showcased the girls' hard work and dedication, marking it as one of the best displays we've seen. A special shout-out goes to Amelia, who was awarded Player of the Match for her exceptional skills, and to Ava, who earned the title of Coach's Player of the Match for her outstanding contributions to the team's success. Your teamwork and skill were truly commendable!

Keep up the fantastic work, girls! Your efforts are paying off, and we look forward to seeing more great performances in the future!



Congratulations to the Year 8 B team netballers on a commendable performance during their first league evening at Priory on Tuesday, January 14th! It was an exciting night for the girls as they took to the court and faced off against some tough competition, including the A teams from the other schools.

Despite the challenging matches, the girls showcased their skills, teamwork, and determination. Winning one game while navigating through three very competitive matches is no small feat, especially against more experienced opponents. Their resilience and commitment to playing their best truly shone through, proving that they have the potential to grow and improve with each game they play.

Every player contributed to the team's efforts, demonstrating their dedication and passion for the sport. The experience gained from playing against such formidable opponents will undoubtedly serve them well as they continue in the league. We're looking forward to seeing how they build on this experience during their next evening of play, scheduled for Tuesday, January 28th.

A special thank you is also extended to Miss Hunkin for her unwavering support and guidance in coaching the team. Her dedication has helped foster the girls' love for netball and encouraged them to perform at their best. Let's keep cheering for the Year 8 B team as they continue to develop their skills.

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

Year 10 Netball

A huge congratulations to the Year 10 A team, who capped off their league fixtures with an impressive 40-15 victory over Penwortham Girls High School! This fantastic win ensures that the girls remain undefeated for the 2024/2025 season, clinching the league title once again. What makes this achievement even more remarkable is that the team has won the league every year since Year 7, showing incredible consistency, talent, and determination year after year.

Throughout the seasons, the girls have demonstrated exceptional teamwork, discipline, and a strong commitment to excellence both on and off the court. Their continued success is a testament to the hard work and dedication they put into every training session and match.

We are so proud of the team and all they have accomplished together, and we look forward to seeing them continue to excel in the future. Well done, girls – this is an incredible achievement, and you should all be very proud of yourselves! Keep up the brilliant work!



North West Schools Biathlon



A huge congratulations to Jack, Sebastian, and Alfie, who proudly represented All Hallows at the North West Schools Biathlon on December 29th. Each of the boys delivered an exceptional performance, showcasing their hard work and dedication. Jack finished an impressive 2nd place in the Year 9 age category, while Sebastian secured 8th place and Alfie followed closely in 9th place in the Year 8 category. Their results were not only a reflection of their individual talents but also their teamwork and sportsmanship throughout the competition.

We are especially excited to announce that both Jack and Sebastian have earned the opportunity to compete in the prestigious National Schools Biathlon competition, which will take place in March. This is a fantastic achievement, and we wish them the best of luck as they prepare for this next challenge. Well done again to all three boys – your achievements are an inspiration to the entire school community, and we are incredibly proud of you!

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

Under 13 Girls Indoor Softball Cricket Team



Ellie Blackhurst Year 8



Ellie has had an incredible season so far! She secured the gold medal in the under 13 girls race and will proudly represent Lancashire at the Intercounties race on March 8th. In addition to this achievement, she recently competed in Glasgow, where she earned a bronze medal in the Scottish Athletics portion of the X Challenge Series. Her success is a testament to her hard work and talent, and we wish her the best of luck in her upcoming competitions!

Congratulations to the under 13 girls Indoor Softball Cricket team on their impressive achievement as joint winners in the South Ribble and Chorley District Competition held at Bolton Sports Arena! Your hard work and dedication have truly paid off, and it's fantastic to see you progressing to the North Finals on March 11th in Bolton. Keep up the great work, and best of luck in the next round! Well done, girls!

Lancashire Cross Country Championships

Several of our pupils, both past and present, participated in the Lancashire Cross Country Championships held at Witton Park, Blackburn on January 4th, representing their running club. Everyone performed exceptionally well, with some athletes being selected to represent Lancashire in upcoming competitions. Well done to all! The Lancashire Schools Cross Country event will take place on February 1st, also at Witton Park.

Under 13 Girls

Ellie Blackhurst - 1st place
Millie Wright - 13th

Under 15 Girls

Elsie McKeever - 8th

Under 15 Boys

Jack Mawdsley - 5th
Samuel Ridgeway - 8th
Sam Bates - 9th

Under 17 Mens

Thomas Bates - 16th

Ladies

Zara Darkin - 8th



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

Year 11 Mock Exams

This week marked the beginning of the two-week Year 11 mock exams. The students have been showing excellent behavior and staying focused throughout the sessions, and everything has been running smoothly so far. The atmosphere in the exam halls has been calm and organized, which is a great sign for the rest of the exam period.

A quick reminder to all pupils: please ensure you bring the correct equipment to each exam, including pens, pencils, a ruler, a calculator (where required), and any other materials specified for your individual subjects. This will help ensure that you can complete the exams to the best of your ability without any disruptions.

We hope the positive momentum continues over the next week. Best of luck to all!



*General Certificate of
Secondary Education*

If any former pupils have not yet collected their GCSE certificates, we kindly ask that you contact us to arrange a collection.

Please email us at mni@allhallows.lancs.sch.uk with your details, and we will make the necessary arrangements.

Thank you for your attention, and we look forward to hearing from you soon.



Director General
on behalf of the Assessment and Qualifications Alliance

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Forgotten School Items



Due to the increasing number of forgotten items being brought into school, our office staff are finding it challenging to deliver them to students during the day. Unfortunately, the volume of items has reached an unmanageable level, making it difficult for the staff to efficiently carry out their duties. We have now introduced a convenient solution to help reduce disruptions and make it easier for students to receive their forgotten items. A designated 'Forgotten Items Box' has been placed outside the main school entrance, where parents can deposit items such as PE kits, books, and other essential items. To ensure a smooth and efficient process, our office staff will check the box at the following times: 8:55 am, break time, lunchtime, and 3:05 pm. They will then deliver the labelled items to the respective students, helping to minimize classroom disruptions and allowing students to focus on their learning.

We believe this new system will greatly benefit both students and staff, and we appreciate your cooperation in using the Forgotten Items Box.

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

Sleep

'Lack of sleep or struggling to get to sleep can be a source of worry for you and your child. It is a common problem in young people but there are solutions and strategies that can help. In a recent study completed by pupils at All Hallows, a significant proportion reported that they had trouble sleeping. Some thought that this was due to using electronic devices too close to bedtime, whilst others said they were thinking too much about the day's events. The poster below advertises some 'Sleep workshops' that are running throughout January. If you are worried about your child's sleeping, it might be a good idea to try one of the workshops or to contact Sharon Beirne for some advice.'

For lots more resources, please visit the Sleep Charity website <https://thesleepcharity.org.uk/> There is so much for SEND and sleep, general tips, and good practice.

The Sleep charity have now secured additional funding for their project on Sleep and ADHD. This includes a series of Podcasts called 'Sleep on It' by Vicki Beevers, CEO and founder of the charity. Here is the link to find out more - <https://thesleepcharity.org.uk/information-support/adults/adhd-sleep/> These are great to listen to for more tips and advice. https://allhallowspreston-my.sharepoint.com/:b:g/personal/rta_allhallows_lancs_sch_uk/EUZHdHBcnWJCuUfrCkhUOCQB9Y8S3DizWmnwq2Wplf5Jg9


LIVE PARENT/CARER SLEEP WEBINAR

BACK BY POPULAR DEMAND


Sleep is a **SUPER** Power

We all need sleep, and some of us would like even more of it!

This webinar aims to provide an overview for parents/carers on the purpose of sleep, the impact of poor sleep, and advice and strategies to improve sleep and overcome some common sleep difficulties. The strategies may be applied to both adults and children and young people.



JAN



When:

Tuesday 28th January; 11am – 12.15pm
Thursday 30th January; 1pm – 2.15pm

Join Our Webinars!


Our webinars are open to all young people and parents/carers of students who attend our allocated schools and colleges.


Register now using the link below or simply scan the QR Code to secure your spot!

<https://bit.ly/JanuarySleepWebinar>

To attend please sign up before 5pm Monday 27th January.

SCAN ME





COMPASSBLOOM@COMPASS-UK.ORG

01772 280123

@COMPASSBLOOM

UNIT 8 BALFOUR COURT, OFF HOUGH LANE, LEYLAND, LANCASHIRE, PR25 2TF

**ARE YOU OR YOUR CHILD FEELING TIRED?
DO YOU DREAM OF A DECENT NIGHT'S SLEEP?**



If you are struggling with your child's sleep, you are not alone: More than 4 in 10 children will have a sleep difficulty at some point. More than 80% when a child has a Special Educational Need/Disability (SEND). Everyone has issues with their sleep at some point. The trick is discovering what is causing the difficulties And then putting in place the appropriate strategies.

Join us for our FREE drop in sleep workshops run by Sharon Beirne from the Primary Mental Health Team

West Paddock Family Hub
8th January & 15th January
9.30am – 12.30pm






the national
sleep
helpline

Do you suffer with sleep issues?

Do you find it difficult to settle at night?

Do you wake in the night and struggle to get back to sleep?

WE CAN HELP

03303 530 541

Monday, Tuesday & Thursday 7pm – 9pm
Monday & Wednesday 9am – 11am



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

Peace

Forgive us our trespasses, grant us Your peace.



Word of the Week

MATTHEW 6: 9-16

"This, then, is how you should pray:

"Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one.'

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.

Prayer for the Week

Creator God,

We pray for your gift of peace. We pray for an end to war and that everyone may live in peace and freedom. We are sorry for the times we have hurt others and your creation, and ask for your forgiveness, confident in your mercy.

Help us to learn to forgive others. May we always treat other people with love, respect and kindness. May we be peacemakers, signs of your peace, hope and justice in the world. May we never forget your love for us, and share it with others wherever we go.

Amen

Peace Sunday 2025

Each year, the Pope releases a message on 1st January for the World Day of Peace. Pax Christi England and Wales, a Catholic peace organisation, encourages parishes, schools and communities to promote this message around the third Sunday in January, which this year is 19th January.

Each year the message has a different theme and this year's theme is 'Forgive us our trespasses: grant us your peace'. The message talks about forgiveness, hope, justice and peace.

Pray the Our Father together this week and when you do think about the words you are praying and commit to forgiving those who have hurt you as a way to build peace.

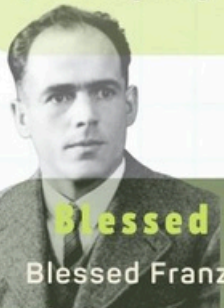
Peace Sunday 2025



'Forgive us our trespasses.
Grant us your peace.'

Forgive us our trespasses; grant us Your peace

In Matthew 6:9-16, Jesus teaches us to pray for forgiveness, saying, "forgive us our trespasses as we forgive those who trespass against us." This reminds us that peace begins with a heart willing to forgive, just as God forgives us. On Peace Sunday, we are called to reflect on how forgiveness brings peace to our lives and relationships. When we let go of grudges and choose to forgive, we open ourselves to God's peace, allowing it to flow through us and into the world around us. Let us seek peace by forgiving others and asking God for His peace to fill our hearts.



Blessed Franz Jägerstätter

Blessed Franz Jägerstätter was an Austrian farmer who courageously refused to fight for Nazi Germany during World War II, even though it meant facing imprisonment and death. He believed that following God's command to love and respect all people meant standing up against evil, no matter the cost. Franz's decision was a powerful act of peace, showing that true peace comes from standing up for what is right, even when it is difficult. This Peace Sunday, we can look to his example of bravery, faith, and commitment to peace in our own lives, by choosing to live with integrity and stand up for justice.

Watch a short trailer about the life of Blessed Franz Jägerstätter [here](#).



Listen to the Pope's important message for 2025 [here](#).

Let there be Love shared amongst us
[Listen Here](#)

Peace does not only come with the end of wars but with the dawn of a new world, a world in which we realize that we are different, closer and more fraternal than we ever thought possible.

(Pope Francis, World Day of Peace message 2025)



What do you think Pope Francis is trying to say in this quote?

Do you agree? Why/why not?

Overcoming Violence

Pick 9 different people to read a section each of this prayer pausing between each one for personal reflection.

Give me a heart of poverty, able to love and open up and give myself to others.

Give me a heart of patience, able to love and live in hope.

Give me a heart of peacefulness able to love and sow peace in the world.

Give me a heart of justice, able to love and measure myself by the standard of justice.

Give me a heart of mercifulness, able to love and understand and forgive others.

Give me a heart of sensitivity, able to love and weep without being discouraged.

Give me a heart of purity, able to love and see God in everyone.

Give me a heart of strength, able to love and be faithful unto death.

Give me a heart touched by the Gospel, able to love.