

March 2022

Cardinal Allen Catholic High School



School Newsletter

Happy & Holy Easter

from Cardinal Allen



Also in this edition:

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Mental Health



The 7th-13th February was Children's Mental Health Week and Form Time activities engaged students surrounding this event.

Our new Mental Health Support Team delivered a Mental Health Awareness workshop to the Student Council around the theme of growth; this information was then passed to all year groups.

Our Mental Health Support Teams will be working alongside Cardinal Allen. Our Practitioners, Vicky Wilkinson and Jack Hardy, will be training with us and we can now refer pupils and families into this service in order to support with mild to moderate mental health difficulties.

May I also take the opportunity to remind you of our link on the school Launchpad to Digital Healthy School. This link provides you with the opportunity to search for safe apps around any issue that is needed, for example, exam stress or anxiety. Secondly, we also have a dedicated section on the website under 'Well-being' to support our students and families. We are also delighted to have the mayor of Wyre provide funding for a 6 week Mental Health Programme to a small number of pupils in Years 7-10. The programme will focus on the importance of well-being.

Please do contact our Pastoral Team if you have any worries, concerns or need some advice.



Congratulations



Currently, Year 8 are studying Anne Frank's diary during English lessons. As part of their homework tasks, we asked students to write a reflective piece using this year's theme: 'One Day', drawing on work covered in class and Miss Allen's informative assembly.

Congratulations to Tia, from Miss Duggan's English class, who achieved first place. Here, she is receiving her prize in front of a display of all of the entries, which has pride of place on the English corridor.

Mental Health Team

NHS

Blackpool Teaching
Hospitals
NHS Foundation Trust

Do you follow us On Social Media ?

Instagram



@shine_mhst



Twitter



@shine_mhst



Scan our QR Code to add us on Social Media

Follow us for
regular updates on
How to Use Online
Mental Health Tools
to Support Your
Mental Wellbeing

Geography News



We have once again celebrated Fairtrade Fortnight, this year taking place between 21st February and 6th March. This year the theme was 'Choose the World You Want', with links to the current climate crisis.

In Geography, all Year 7 and 8 pupils have had a series of special lessons about Fairtrade and the tough choices that producers face in order to make a living. The children played the roles of families struggling to make enough money, and therefore turning to alternative sources of income which could harm our planet.

We were delighted this year to be able to once again organise a Fairtrade stall which ran in the Aquinas Centre at breaks and lunchtimes. Mr. Johnston and our trainee Geography teacher, Miss Lewis, ran the stall and both were thrilled at the response from our pupils. The snacks were greatly enjoyed by everyone!

GA Ambassador Visit

At the end of last term, we welcomed two Ambassadors from the Geographical Association who spoke to the whole of Year 9. Former pupil Sofia Raseta, and colleague Alice Rawson, shared their 'Geography journey' with our pupils and inspired them with the range of job opportunities that link to the study of Geography. This was a particularly interesting and useful talk as our Year 9 pupils embark on their option choices this term.



Prize Winners!

On Tuesday 22 February, the MFL Department held a Spelling Bee for students. The overall winner for Spanish was Moses C and for French was Jessica B. There were also honourable mentions for Calvin T and Maisy M! All participants received a prize for their efforts.

Also, well done to the following pupils who won an Amazon voucher for submitting their Parent's Progress Evening questionnaires!

Year 11 Jack E, Year 10 Libby S & Year 9 Ryan C—congratulations!

Spring into action with a book



Communication: At the Root of All We Do

Norway's Weird 100-Year-Old Easter Tradition Of Crime Fiction

Bingeing on crime fiction may not be your first choice of Easter activity, but it's high on the list for Norwegians. In Norway, nothing beats the allure of a crime story. The origins of Norway's obsession with crime go back almost 100 years. In 1923, publisher Gyldendal took out a front page newspaper advertisement promoting a new crime novel based on a train robbery on Norway's famous Bergen line. So many people mistook the ad for a real story that the book succeeded beyond all expectations when the truth became known. Ever since then, crime stories have been a feature of Easter.



- Concentrate on reading quality (it isn't all about reading lots!)**
 Leave newspapers on the kitchen table, engage with news Apps on your phone and discuss local, national and world events. Explore menus, recipes, movie reviews etc. together.
- Ask your child lots of questions**
 Use revision guides and knowledge organisers to quiz your child on texts and topics they have been reading about at school. Think about the 5 Ws - Who? What? Where? When? Why?
- Ask your child to make predictions about what they have read**
 Encourage reading for pleasure at home. Tailor this to your child's interests and don't rule out non-fiction texts. Then discuss what they expect from the text they are reading.
- Ask your child to summarise what they have read**
 This could also involve teaching a relative or younger sibling about a set text or texts they have read in different subjects throughout the week.
- Ask your child to write about what they have read**
 Make it routine to discuss what your child has been reading throughout the week whether over dinner or when they get in from school. Show an interest and engage with them.
- Read and discuss reading with friends or family**
 Borrow audio recordings of the texts your child is reading for their exams from the library and listen to them together, or share them as a family, perhaps while doing the washing up?
- Maintain the motivation to read**
 Encourage your child to read more by helping them to find books, magazines, websites and comics that interest them or tie into the work they have been doing for GCSES.



Root Recall: 10 minute challenge

How many points can you earn?



1. Identify the word root and explain its meaning - 1 point
2. Explain what the full word means - 1 point
3. Use the word in a sentence that shows you understand the meaning of the word - 1 point

- | | |
|------------------|----------------|
| 1. Antisocial | 11. Perennial |
| 2. Astrophysics | 12. Panorama |
| 3. Microcosm | 13. Pentameter |
| 4. Theocracy | 14. Geophysics |
| 5. Cyclical | 15. Bipedal |
| 6. Demography | 16. Polytheism |
| 7. Hemisphere | 17. Benefactor |
| 8. Semiconscious | 18. Binary |
| 9. Kleptomania | 19. Credence |
| 10. Mechanise | 20. Interject |



Communication: At the Root of All We Do



What is debate club?

Many students may have heard about debate club being held every Thursday in Room 22 from 2:50-3:30, but you may not have known it is open to all years. We are aware that not everyone finishes then so we do hold the debate until about 3:10 when everyone is there ready to discuss. Whether you're in Year 7 or Year 11 we will welcome you into our club. Debate is run by 2 outstanding Year 11 pupils, Bethany Wilkinson and Rhiana Gleave, supervised by Mrs Swift, Mrs Wilson or Mrs Bateman. Topics can range from being about school or things you're passionate about, for example the environment. Each week we allow a different member to host with a topic they want to discuss.

Why come to debate?

Debate is a chance for you to have your voice heard while developing the skills of listening to alternative viewpoints. Debate isn't for everyone, but we hope you come to have a good time, make new friends and develop skills. Members who attend currently have developed in confidence while speaking in-front of others which will help them later on in their lifetime. So every Thursday pop on down to Room22 and see if debate is for you.

By Beth Wilkinson Year 11



Modern Foreign Languages

KS4 Drama

KS3 Science



KS4 Science

RE

Photography

Sports News

Cardy Sports Stars—Daynten, Emily, Izzy and Ella



Daynten has worked incredibly hard over the years training and competing in Taekwondo. At his most recent tournament he won a Gold in sparring and a Silver in Patterns. He has been scouted for international competitions. An amazing achievement, well done.

Emily, Izzy and Ella in Year 11 were all part of the Fleetwood Town Juniors U16 team that recently won the Lancashire Cup. The game was played at Lancashire FA Headquarters in Leyland. They beat a very good Burnley side in the final with Izzy scoring one of the goals. Well done to all three of these excellent Footballers.



Basketball



We have had huge numbers of students involved in Basketball practices this term. We have seen a real buzz for the sport and we are very proud with the progress our students have made. The girl's teams have had two tournaments so far and have acquitted themselves very well against more experienced schools. The boys' games are after the Easter holidays and they can't wait to put what they have learned into practice.

Rugby

Our Rugby Teams have been waiting a long time to take to the field. This term has seen Girls' and Boys' teams involved in fixtures at St Aidans school. The Y7/8 girls had a great afternoon of Rugby and are already looking forward to their next opportunity. The Boys' teams in Y7 and Y8/9 played incredibly well in all their games and have a few matches before the end of term to look forward to.



Sportshall Athletics

Our Y7 and Y8 Sportshall Athletics Teams enjoyed being back competing in the various Athletics events. All of our athletes were a credit to our school and the Y7 Boys' team finished 3rd out of 7 schools!



Boxing with Sean McGann

Our students have been able to work with Sean McGann, an ex-student who has his own personal training business and is the Head coach at Fleetwood Gym ABC. The Boxing sessions have gone down well with our students; hopefully we can have a few more down to extend the sessions after Easter.



What's on next term...

Athletics, Rounders, Cricket, Boys' Basketball Tournaments, Girls' Football Tournaments, Recreation sessions continue on a Monday and Wednesday and Year 10 and Year 11 HIIT club

Careers News

Another busy term for our pupils and lots of career related activities across the year groups. Back in February our Year 11 pupils took part in a 'mock interview' exercise. During Year 11 English lessons, the pupils completed an application form for a 'mock' job opportunity. They were then invited to attend an interview. We invited a range of professionals into school to interview the pupils and then offer feedback to help to develop vital skills for their future when applying to college, apprenticeships or full time employment. Although some pupils experienced pre-interview nerves, they all enjoyed the experience and found it to be beneficial. Our interviewers were very complimentary about our students and they all did extremely well.

WE also celebrated NATIONAL APPRENTICESHIP WEEK, with an 'Apprenticeship Fair' for our Year 10s and 11s with assemblies from Blackpool & The Fylde College and The Lancashire Forum – giving our upper school pupils lots of useful information on applying for apprenticeships and the benefits of them if they decide to take this path.

During CAREERS WEEK, our Year 9 pupils welcomed Petty Officer David Ayres from the Royal Navy, who gave a great presentation on life in the Royal Navy.

For our Year 8 pupils, we hosted the Army Youth Engagement Team who delivered a fun packed day of activities aimed at developing careers and life skills. This included Command Tasks, a STEM activity, the inflatable assault course, and a range of other activities designed to help to develop team work skills, communication, resilience, and to challenge the pupils to work together and try new things. We were blessed with perfect weather, and although there were a few muddy knees, I think a good time was had by all.



Cardinal Allen Photography Competition

**Theme:
Hope
and
Happiness!**



Open to **all** students

Take one photo which depicts the theme of hope and happiness!



A4 Sized. Please make sure your name and year group is on your entry!

Send entries to:

j.glaister@cardinalallen.co.uk

j.olverduffy@cardinalallen.co.uk



Closing Date – 19th April, 2022

Some excellent prizes to be won!

DofE Community News



Our groups have now completed their training schedule, the highlight being scrambling over the boulders on Windy Clough during their night navigation exercises, and are currently preparing for their expeditions next term.

ECO

A big well done to our Eco group who delivered 9 Fairtrade assemblies to local schools over Fairtrade Fortnight. Fairtrade Fred's message of buying Fairtrade goods has been heard by literally thousands of children.

Members of our Eco group attended a workshop with the Mayor of Wyre, Chief of Police and Chief of Fire in Lancashire to discuss ways the authority can reduce its carbon footprint. Our students are currently working on a program to reduce car usage on the way to school as a result of this day.



Members of the Eco group have resumed our programme of cleaning our local beach to reduce plastic and litter entering the food chain.



ACE

Our ACE students recently enjoyed a team building day at Beacon Fell. Apart from getting a bit muddy, the group had a great time and learned much about helping each other solve problems.

Sciathlon

Our team of Scientists gained a creditable 4th place out of 20 schools in the recent Sciathlon at Blackpool. We will return as winners next year.



CAFCA has started up again. As this is the parental voice forum of the school, we need as many parents views as possible. Our next meeting is Monday 23rd May PE1 6-7pm

HOLLY DAY - FRIDAY 6TH MAY

Holly Day will be held following the premature death of one of our students, Holly Egan, who passed away a few weeks ago.

Holly was a leading member of our Eco and Interact groups. She campaigned passionately for our local environment. Unfortunately, Holly developed serious mental health issues that ended in her untimely death

Holly's twin sister, Abi is working with our school's Eco group to secure funding for a memorial garden that will provide a meeting area for those students in our community struggling with mental health issues in our school

TAKE A BREAK WALK

On the 6th May, we are having a mental health non uniform day (Optional dress code bee or wildflower theme), and a 'Take a Break' walk with students from our school spending a bit of relaxation time on our local beach. After school (3pm), we are having a Smiley Stroll sponsored walk into Cleveleys (optional dress code is bee or wildflower theme followed by a Smiley Sleepover in school (5pm- 9am Saturday).

SMILEY SLEEPOVER

During the sleepover, we will be playing games, watching films, getting counselling from mental health workers, singing songs and generally having a good time. Please can appropriate clothing and bedding, as well as money or food for an evening meal, be sent with your child. Breakfast will be provided.

SMILEY STROLL

Please can you support us by sponsoring your child taking part in any of the day's events or by sending in a donation to the school finance office.

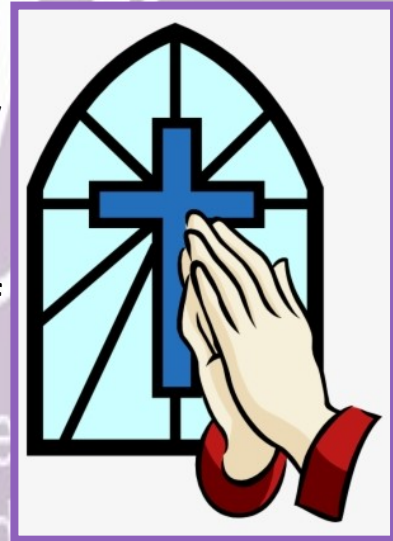
Key dates 2022

School closes for pupils	Thursday 31st March (normal finishing times)
Inset day	Friday 1st April
School re-opens	Tuesday 19th April
May Day Closure	Monday 2nd May
Mid Term Closure	Monday 30th May—Friday 3rd June
School closes for Summer	Friday 22nd July (12.20pm finish)

Easter Wishes

We would like to wish all associated with our school a very Holy and restful Easter. At Easter, Christians celebrate the salvation won for us by the Lord Jesus through His suffering, death and resurrection. I hope this season is a time of spiritual renewal for all and that you are filled with the peace of the Lord.

Mr Cafferkey, Headteacher



Lent

This is the time of fulfillment.
The Kingdom of God is at hand.
Repent and believe in the Gospel.

MARK 1:15