

October 2022

Cardinal Allen Catholic High School



# School Newsletter



**Year 11 enjoy  
Castlerigg Manor!**

## Also in this edition:

Chaplaincy News

Welcome to New Staff

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ECO news



# WELCOME TO...

The new academic year welcomes some new members of staff.

We would like to wish our new colleagues all the very best with the work that they do with our pupils



Following the departure of several colleagues at the end of last year, we are delighted to introduce some recent additions to our staff.

From left to right: Miss Stazka who will provide additional capacity to our Geography department— Miss Stazka actually completed one of her training placements with us a couple of years ago. Mrs Atha joins our English team and Mr Willingham our Maths team. Mr Colgan, a former pupil, joins us for the remainder of the school year covering for a maternity leave in the RE department. Mrs Mabela takes on the dual role of part Attendance Officer and part Pastoral, and Mrs Shanagher joins our excellent Science team.

# Admissions 2023

Whichever High School you are applying to for admission in September 2023 please remember that the deadline for applications is

**Monday 31st October 2022!**



For further details of how to apply click on this link: [Cardinal Allen](#)

# Chaplaincy News September 2022



Mass is celebrated in the Chapel every Friday morning at 8.15am and is offered for a different intention each week. We also have weekly prayer intentions for the sick, housebound and those with anniversaries at this time. If you would like someone to be added to our prayer list, please email: [s.morton@cardinalallen.co.uk](mailto:s.morton@cardinalallen.co.uk)

Our Year 7's are settling in so well and are enjoying learning all about the Catholic Life of our school. They spend half an hour each week in a Catechesis session with Sarah our School Chaplain, growing an understanding about the traditions of our Catholic community and thinking about their own faith journey. Over the last month, each form celebrated a Class Mass in our School Chapel. For many pupils this was their first experience of Mass. The Year 7 Pupils were wonderful, with many volunteering to read and serve. We were delighted to welcome Parents and Carers in for the Year 7 Mass of Welcome, which took place in the Sports Hall on Friday 30<sup>th</sup> September. Despite the weather, it was a warm and joyful celebration! We are so grateful to Fr. Alf from St. Wulstan's & St. Edmund's for giving up his time to celebrate these Masses, and spend time with our pupils.



60 Year 11s spent the 5<sup>th</sup> – 9<sup>th</sup> September on retreat at Castlerigg Manor in Keswick. We were so fortunate with the weather and made the most of being in the Lake District. Our pupils were excellent and enjoyed their time there. Taking this time out is a wonderful way to start their final year with us.



Pupils from Year 9 and Year 10 made a mini pilgrimage to Lancaster Cathedral to visit the relics of St. Bernadette, which are currently touring the UK. Our pupils left flowers and prayer intentions, and prayed a decade of the rosary with pupils from St. Mary's in Blackpool.

# Sports News



## Cardy Sports Stars

Two of our students have just represented England at the Kick Boxing World Championships in Ireland. Both students have put in a tremendous amount of training in preparation for the event. Gio was narrowly beaten in the quarter finals and Anto finished with a silver medal in his weight category. A massive congratulations to you both.



## Netball

The Netball teams have had a great start to the school year and enjoyed playing against a range of schools from the Fylde Coast. Our students in Y7 through to Y11 competed with an excellent attitude and team spirit. Well done!



## Football

It has been a crazy few weeks for our Football teams, so many games against our local rivals. It has been amazing to see so many of our students proudly representing our school.



## International Football

Two of our year groups had an awesome opportunity to play against teams from Australia and South Africa. Our students made the most of this experience and were a credit to our school.

## Dance

Our Dance club has been a huge hit this year. They are currently rehearsing for the Wyre and Fylde School Sports Partnership Dance Festival at the Winter Gardens in November. The group have been helped by Kayleigh who is one of the Dance teachers from Blue Moose Dance.

## Young Leaders

Our Y9 Students have been getting lots of praise for their leadership skills this half term. They have been helping Mr Cadwallader out with the primary school multi skills events in our Sports hall.



## Whats next?

Y7 – Y11 Badminton fixtures and tournaments

Dance Festival

Y7, Y8 and Y9 Netball Tournaments

Fitness Club

Badminton Club

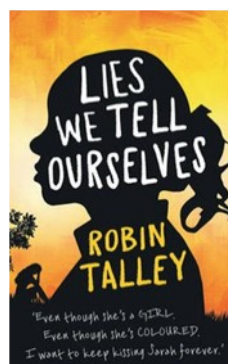
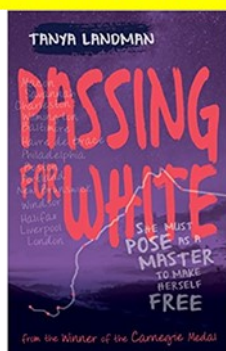
Cross Country Club

# Get Cosy with a book this Autumn Broaden your Horizons...



Communication: At the Root of All We Do

## Recommended reads for Black History Month in October:



### What I Dream Of...

The aim of this game is to share a personal dream and two progressive compromises. Each participant is given time to think of the answers to the following linked statements: I dream of....." they then reveal I'd settle for...." And finish with I am more likely to get...." e.g. I dream of eating a MacDonald's... I'd settle for a Burger King... I am more likely to get beans on toast...

## Building Vocabulary – 5 Top Tips

- 1. Develop a reading habit.** Vocabulary building is easiest when you encounter words in context. Seeing words appear in a novel or a newspaper article can be far more helpful than seeing them appear on vocabulary lists. Not only do you gain exposure to unfamiliar words; you also see how they're used.
- 2. Use dictionaries and thesauruses.** Online dictionaries and thesauruses are helpful resources if used properly. They can jog your memory about synonyms that would actually be better words in the context of what you're writing. A full dictionary definition can also educate you about antonyms, root words, and related words, which is another way to learn vocabulary.
- 3. Play word games.** Classic games like Scrabble and Boggle can function as a fun way to expand your English vocabulary. Crossword puzzles can as well. If you really want to be efficient, follow up rounds of these word games with a little note-taking. Keep a list of the different words you learned while playing the game, and then study that list from time to time.
- 4. Use flashcards.** A quick way to build a large vocabulary is to study a number of words via flashcards. In today's digital age, a wide array of smartphone apps make flashcards convenient and easy to organize. Aiming for one new word a day is reasonable. You can always go for more, but it may not be reasonable to assimilate dozens of English words every single day.
- 5. Subscribe to "word of the day" feeds.** Some web platforms will provide you with a word a day—either on a website, an app, or via email—to help you expand your vocabulary. You can add these words to running word lists.

# Aquinas Centre News



## Spooky September

Last month in the Aquinas Centre, we celebrated 'Spooky September'. Students from all Year groups entered a short story competition with the theme of horror as their only starting point. The entries that I received were fantastic and were great to read!

A huge congratulations to Melissa (10AG), Courtney (7AM) and George (7AM). A big thank you to those that entered!

We cannot wait for our next competition!

## Year 8 read of the term:

This term our Year 8's have started reading 'The Haunting of Aveline Jones' as a part of their guided reading sessions in the library.

"Turn on your torches and join Aveline Jones! Aveline loves reading ghost stories, so a dreary half-term becomes much more exciting when she discovers a spooky old book. Not only are the stories spine-tingling, but it belonged to a girl called Primrose Penberthy, who vanished mysteriously, never to be seen again".



## Bookbuzz 2022:

As a school, we take part in Bookbuzz yearly. This gives our pupils in Year 7 the opportunity to choose a free book from authors such as Marcus Rashford, Anthony Horowitz, Lisa Thompson and many more!

We have some very happy pupils now they have received their books. Happy reading!

# Get involved ... at Cardinal Allen



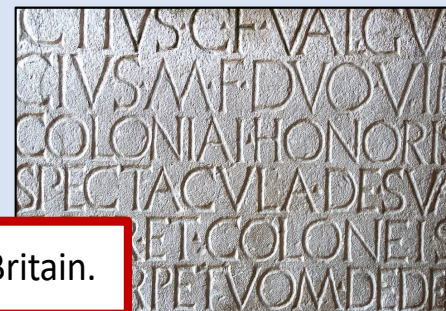
This academic year we have a fantastic range of extra-curricular activities on offer.

Some of our incredibly popular clubs from last year which are up and running again include ...

**Bravo** – singing, dancing, acting and fantastic productions!



**Eco club** - All things about the environment, wildlife, habitats and Earth's resources. We have a strong focus in and around the school and wider community. We even have our own woodland and beehives!



**Latin club** - learning Latin and finding out more about Roman Britain.

**Debate club** – our pupils debating topics that they feel passionate about.



*“Pupils benefit from a vast range of enrichment activities” – Ofsted 2022*

## Technology club

Mr Robinson and Mrs White are helping our pupils to be incredibly creative with both food and resistant materials clubs.

We have introduced some exciting new clubs this year too ...

## Sign language club!

With the choice of a Wednesday or Thursday afternoon, our pupils are relishing the opportunity to learn sign language. We have a great team leading this new club, with Mrs Carey, Mr Johnston, Miss Ferguson, Mrs Moran, Miss Winkley and Mrs Brindle learning alongside the pupils.

## Science club

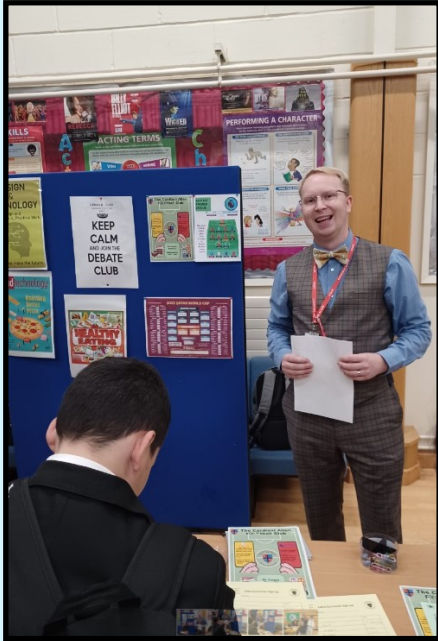
Awe and wonder as Science club is re-launched this year, bigger and better than ever.

## Football club

Incredibly popular already – Mr Colgan is sticker swapping and counting down to the World Cup – we are not sure who is more excited – Mr Colgan or the brilliant group of pupils enjoying this new club!

# Extra-Curricular

In September we were delighted to hold a 'Fresher's Fair' event for our new Year 7 pupils to be able to sign up to extra-curricular activities. There was an incredible 'buzz' at the event, with pupils excited by the many activities and clubs on offer to them.



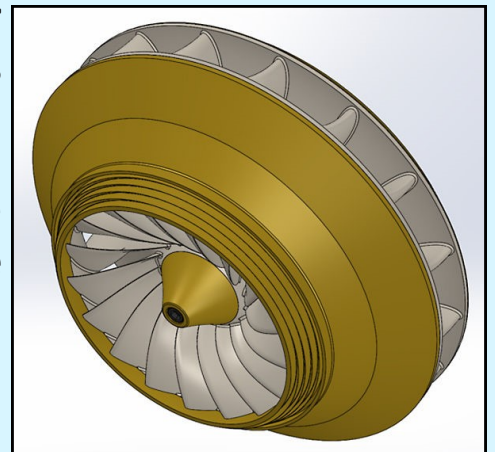
Alongside our long-standing clubs (Eco, Bravo, music and range of sporting activities), this year we have a fantastic range of new clubs, including sign language, comic-making club, football sticker club and science club which join activities we launched last year including debate club, Latin and creative writing.

We encourage all pupils to be involved in this side of school life, and our clubs and activities always welcome new members.

## Science

Earlier this half-term, we welcomed David and Gordon from Learning Hydro back into school, following a successful visit during the spring term. Year 9 pupils spent time learning about hydropower as an energy resource and gained some hands-on experience attempting to generate electricity using a small hydropower turbine. The pupils enjoyed the activity - albeit getting a little wet in the process! David and Gordon then spent some time speaking to a group of year 10 pupils about their career pathways and answering questions about careers in the energy sector.

During a science club session we hope to use the equipment again and attempt to generate electricity!







International School Award



Cardinal Allen Catholic High School has successfully met the criteria for reaccreditation of the International Schools Award. It is clear to see internationalism and learning is fully

embedded into the ethos of the school. Our activities have enabled our students to learn about different countries and cultures. Congratulations have been given to all at Cardinal Allen Catholic High School who have contributed to this achievement!



Our bees have worked hard this year and our Bee club are currently collecting the honey and making Beeswax candles. Lookout for the sales notification in the next few weeks. Our website is [www.cardyhoney.com](http://www.cardyhoney.com)



We are proud to be a provider of the DofE award. The DofE gives participants the adventure of a lifetime, giving students the chance to make a difference, get fit, learn a new skill and get out in the countryside.

This year we have greatly expanded our DofE

provision. Currently we have 120 students enrolled at Bronze level and are in the process of enrolling for the silver award level.



We are looking forward to running our welcome disco for Years 7 and 8. Hopefully all will enjoy the experience. Tickets selling fast £1



We have just been informed that we have been awarded our 9<sup>th</sup> Green Flag at the highest level, Distinction. This is due to the hard work and commitment of our dedicated Eco group who work tirelessly to improve our local environment.





**CARDINAL ALLEN CATHOLIC HIGH SCHOOL**  
Be All You Can Be

**Agreed School Term and Holiday Pattern 2022-2023**

**Autumn Term 2022**

Staff Inset 1	Monday 5 September 2022
Re-open for pupils on	Tuesday 6 September 2022
Mid Term Closure	Monday 24 October- Friday 28 October 2022
Closure after school	Friday 16 December 2022

**Spring Term 2023**

Re-open on	Tuesday 3 January 2023
Mid Term Closure	Monday 13 Feb - Friday 17 Feb 2023
Closure after school	Thursday 30th March 2023 (7 April Good Friday)
Staff Inset 3	Friday 31 March 2023

**Summer Term 2023**

Re-open on	Monday 17 April 2023
May Day Closure	Monday 1 May 2023
Mid Term Closure	Monday 29 May- Friday 2 June 2023
Closure after school	Friday 21 July 2023

