

# All Hallows Catholic College Newsletter - Epiphany Term



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Issue 20
Friday 7th February

Dear Parent / Carer,

Tuesday 11th February is Internet Safety Day, and here are 'ten top tips' to discuss with your child:

- 1. Only talk to people you know and trust in real life.
- 2. Don't give away personal information to strangers like what street you live on, or where you go to school. Say "no" if they ask you to share photos or videos of yourself.
- 3. Set your profiles to private.
- 4. Be 'share aware' once you share something online, you've got no control over what anyone else does with it. And it's illegal to take, share or view sexual images of under-18s, full stop.
- 5. Be mindful of your digital footprint it could come back to bite you.
- 6. If you see something upsetting, or someone bullies you, tell an adult you trust.
- 7. Don't assume everything you see is true to life. People often make their lives look more exciting online.
- 8. Watch out for hoaxes and scams, like messages you're asked to pass on or that ask you for payment details or passwords.
- 9. Be wary of schemes that promise easy cash in return for you receiving and transferring money, and don't be fooled by anything that glamorises 'gang' lifestyles.
- 10. Watch out for loot boxes or other ways that games get you to pay before you know it you can spend a lot on them.

On a similar theme, we have had to remind several students recently about our rules regarding mobile phones - they are not to be seen or heard during the College day. This helps students to focus on learning, and also gives them a 'tech break' – time when they're not being messaged or distracted, and don't feel pressure to be constantly connected. It also means that there is less risk of phones getting lost, damaged or stolen. If mobile phones are seen or heard during the College day, they will be confiscated and put into the safe, for a parent, carer or responsible adult to pick up. We have also explained to students that this applies to students wearing ear-phones or pods – if they are walking around College wearing ear-phones, their phone will also be confiscated.

Once again, thank you for your active support and involvement in your child's education. If you wish to communicate with me on any issue, please do not hesitate to email me via my PA, Mrs Metheringham, at principalpa@allhallows.org.uk.

Tim Beesley, Principal

# **Faith in Action Weekly Prayer**

All powerful God, you are present in the whole universe and in the smallest of your creatures.

You embrace with your tenderness all that exists.

Pour out upon us the power of your love,

that we may protect life and beauty.

Fill us with peace, that we may live

as brothers and sisters, harming no one.

O God of the poor,

help us to rescue the abandoned and forgotten of this earth, so precious in your eyes.

Bring healing to our lives,

that we may protect the world and not prey on it,

that we may sow beauty, not pollution and destruction.

Touch the hearts

of those who look only for gain

at the expense of the poor and the earth.

Teach us to discover the worth of each thing,

to be filled with awe and contemplation,

to recognise that we are profoundly united

with every creature as we journey towards your infinite light.

We thank you for being with us each day.

Encourage us, we pray, in our struggle

for justice, love and peace.

Amen

# Assembly Theme—Stewardship

Assemblies will be lead by the Eco Council for 'Love your Planet Day'. Students are invited to wear an item of red or green to show their support for the day. A suggested donation of £1 can be made to help support the work of the Eco Council on making recycling more effective in school.

# **Love Your Planet Day 13th February 2020**

Once again this year we are running our "Love Your Planet" Day. The other schools in Macclesfield are also recognising this event so, thank you, you are proving an inspiration to our wider community. The most important aspect of the day is to help to raise awareness of the crisis our planet is facing.

We ask that each and everyone of you make a pledge as a commitment to do

something to help our planet on a regular basis. It might be something small e.g. to reuse a plastic bottle or using a bike or walking, instead of relying on the car.

Please be thinking of what you can personally do to help show you love your planet.







#### **Term Dates 2020**

Epiphany Monday 6th January - Thursday 13th February

School is closed to students on Friday 14th February as it is an INSET day for staff.

Easter Monday 24th February - Friday 3rd April



# **Evening Events in the Epiphany Term**

Tuesday 11th February—Year 12 Parent Consultation Evening 3.45—7pm

# **Evening Events in the Easter Term**

Thursday 19th March—Year 11 Marginals Evening 6 - 8 pm

Thursday 26th March—Year 9 Parent Consultation Evening 3.45—7pm

Tuesday 31st March—Year 9 Pathways Evening 7—9.30 pm

#### **HPV Vaccination Forms**

All students in Year 8 have received a letter, with details of the upcoming HPV vaccination. Please ensure that the form is filled in and returned to your son/daughter's from tutor as soon as possible. Thank you in advance for your support in this matter.

# Form Attendance: Week Ending Friday 31st January

# Well done to all!

7 Avila-95.5%

8 More-98.2%

9 Siena-98.6%

10 Barlow—97.4%

11 Siena-100%

12/13—Siena—99.1%



### PTA News—100 Club

The All Hallows PTA 100 Club is a simple means of raising money, which allows us to subsidise the amazing trips that we offer throughout the academic year, making them cheaper for you. For the sum of £1 per month or £12 per year, you will be allocated a number and have a chance of winning £100 in our monthly draw. Please collect a standing order form from College and send it into reception in a sealed envelope marked 'PTA 100 Club' FAO Mrs Heaton.

# **Chinese Spring Festival in Manchester**

This week our students in Years 7, 8 and 9 who study Mandarin, attended the Chinese Spring festival at The Royal Northern College of Music in Manchester, before enjoying a delicious buffet style lunch at the Yang Sing Restaurant in China Town.

The programme at the RNCM was to celebrate Chinese new year and was packed full of exciting acts, which had our students (and staff) mesmerised! The opening act was a story teller who told the legend of Nian and then the audience met some very friendly dragons who came into the seating areas. Then on show was a series of different juggling, including acrobatics: Diabolo juggling, baton juggling and traditional hat juggling (pictured bottom right). There were two musical offerings: an excerpt from an Imperial Opera, featuring Mulan and a musician showing off the erhu, which is the also known as the Chinese violin, a two stringed instrument creating a haunting sound (pictured, bottom left). The final performance was a contortionist, who had the audience gasping at her physical abilities!

The final stop at the Yang Sing restaurant allowed students to spend time together and discuss what they had seen. They were also able to practise their Mandarin when talking to the waiters and ordering drinks. Dishes served included: spicy deep friend tofu, sweet and sour pork, duck, mixed vegetables, chicken noodles and sticky rice, all eaten expertly by students with chopsticks and drunk with Jasmine tea.

Students all felt the trip was a great chance to experience Chinese culture and enjoyed the day immensely. They were a credit to the school and themselves.

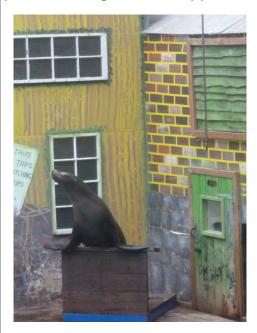
Many thanks to Mr Bell for organising the trip.



# **Year 8 Geography Trip to Knowsley Safari Park**

As part of the geography curriculum, over one hundred of our Year 8 students spent the day enjoying a wide range of animal exhibitions, a conservation workshop, a foot safari and bus tour of Knowsley Safari Park. Students declared it to be an interesting trip indeed, different to a school day as the opportunity to stroke a python would never have happened in the classroom!

Miss Sandler, subject leader for Geography, explained that the trip was designed to further the students knowledge and understanding of animals, their habitats and the threats to them. Below are pictures of two of the animal exhibitions our students attended. Left is the sea lion experience, which demonstrated typical behaviours and described the way these creatures live in the wild. The picture on the right shows, Shadow the vulture and her handler, who talked about the vital job these birds perform in the wild and how they are being poisoned in large numbers by poachers.





# Year 11 GCSE PE 'High Adventure' Trip



Well done to the 28 Year 11 students who went on the GCSE climbing trip to Colne. The students demonstrated an excellent attitude and high effort levels throughout the weekend and the majority gained some fantastic grades.

A special mention must go to Dara Fowler and Ellen Morris who excelled over the weekend and gained the highest marks.

The photo left is from one of the groups!

Mr Lawson Head of PE



#### **Year 10 Visit Careers Fair**

On Wednesday our Year 10 students visited Macclesfield College to attend the annual Macclesfield Pledge and Chamber of Commerce Careers Fair.

Students got the chance to speak to over 60 employees, colleges and universities and were a credit to our school. The students all felt the experience was worthwhile and will help them with future careers choices. In May, our students in Year 10 will visit Staffordshire University, an annual visit, as well as spending a week on work experience.

Many students in Year 10 have already had their careers interview with Joanne Green, our impartial careers advisor from Changing Education, with remaining students being seen over the coming weeks. This is all part of our Careers Education Advice and Guidance provided for our students.

# **Public Speaking Competition**



On Tuesday 28th January, six students competed against other local schools in the area in the annual Rotary 'Youth Speaks' Public Speaking competition. The intermediate team of Tilly Rozman, Grace Whalley (pictured left) and Isabel DeBotte spoke on the topic of privacy, and if it was a thing of the past, whilst the Senior team of Joe Chuter, Bella Clayton and Rion Jones spoke on the topic of veganism and the issues it needs to overcome to receive widespread popularity. Students were marked on the quality of their speech, including content, performance and engagement with the audience. Both teams performed incredibly well, demonstrating conviction, eloquence and confidence when speaking about their respective subjects and did a fantastic job of representing All Hallows.

Mr Megson

# ALL HALLOWS CATHOLIC COLLEGE

**PRESENTS** 

# SCT SCD SCOD

ON STAGE!

14th and 15th of February 2020 7pm

Tickets £9.50

Buy online through Ticket Source www.ticketsource.co.uk

All Hallows Catholic College Brooklands Avenue Macclesfield SK11 8LB 01625 426138



### **6th Form News**

# **Work Experience**

This week we launched our work experience program with year 12. It will run w/c 29 June for the week. Students need to find their own placements, so if you have any friends or relatives that can help it would be much appreciated. Also if as part of your work you could offer a placement for that week, please get in touch with either Mr Park (t.park@allhallows.org.uk) or Mr Howells (d.howells@allhallows.org.uk), any help would be much appreciated!

#### **Examinations**

Many of our students have completed BTEC and Applied A level examinations this month. The final exams will be the Criminology exams on Thursday and Friday. Students have been exemplary at arriving on time with appropriate equipment. They will get their results in March.

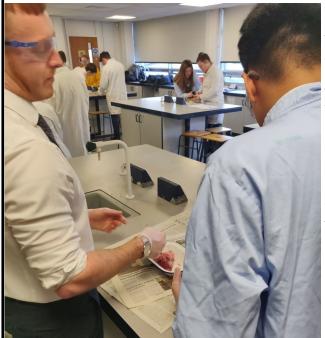
Year 13 students are reminded to check their examination dates before booking any holidays in the summer.

# **Apprenticeships**

We will be hosting a level three apprenticeship fair here at All Hallows on 12th February. We have several local companies attending: McCann, Astrazeneca, Barclays, AJ Bell to name a few. If you think that your company could help us or you would like to come in please email Mr Howells d.howells@allhallows.org.uk

As well as university a number of our students go on to apprenticeships. Astra Zeneca have opened their scheme details can be found here: https://careers.astrazeneca.com/students . Also A J Bell, in Salford, have invited some of our students to go to their open day on 5th February: last year two our students were accepted on to the scheme following attending this open day for schools. Students should see Mr Howells if they are interested.

# **Year 12 Dissection Session**

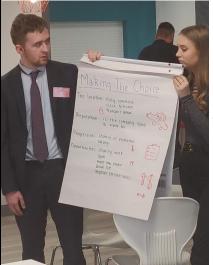


On Thursday, as part of their required A Level Biology practical year 12 were dissecting a heart. Students were all kitted out with gloves and protective clothing. We believe this was due to Alistair getting his tie covered in fish guts last week! Students were thoroughly engaged with Mr Clark's lesson, although a couple of students had to step outside for some fresh air. The lesson obviously attracted some attention as both Mr Beesley and Mr Howells popped in to find out what was going on! Students have to complete twelve practicals in order to pass this course.

# A J Bell Apprenticeship Event



Ten of our year 13 students travelled to Salford Quays on Wednesday to visit the offices of AJ Bell and find out about their apprenticeship opportunities. Straight away we were hit by the professional but welcoming environment, with Jemma describing it as 'the sort of place you would want to come and work'. We were met by two former All Hallows students, Finn Stanier and Julia Domanska, who took us up to the seventh floor for panoramic views of Manchester, even if it was in the fog! Andy Bell, who started the company spoke to us about what AJ Bell do, and the importance they put on recruiting apprentices. We also had a talk from Russ Mould, who appears on BBC television and radio, about the ethos and values that guide the company.



We were then put in a range of situations, similar to those that you would experience at an assessment centre. These involved speed networking with people from across the business in a variety of different roles. Matt in particular really enjoyed this, as he asked questions about infosec, 'What's infosec?' the rest of us asked... Later at lunch, we found out when Matt had the opportunity to speak with someone who specialises in cyber security. This highlight-



ed the importance of showing initiative and 'putting yourself out there'. Matt is now 'really interested in a career in digital solutions'. We also collaborated with students from different schools and colleges.

The aim of all the activities was to help us understand what 'having the edge' meant and how we could get it. We got some great advice from Finn and Julia who clearly both 'had the edge' to get apprenticeships on such a prestigious scheme. Some of our students have applied to university but were swayed by the experience at AJ Bell. Lucas said he found the day 'very informative and it made me interested in applying'.

In the words of Orlagh, we 'had a great day', we learnt lots and are very grateful to Angela Davies and the team at AJ Bell for making us feel so welcome. Ellie felt 'it gave us a good insight into apprenticeships' and many of the group will be looking to apply there.

Next week Finn and Julia (pictured right) will be in college talking to students about their experiences as part of our Apprenticeship fair on Wednesday afternoon.





BOYS' SPORT												
RESULTS												
SPORT / YEAR GROUP	OPPOSITION (& H/A)	AHCC WIN / LOSS & SCORE	MAN OF MATCH / OTHER COMMENTARY									
Year 7 Football	Fallibroome Academy (H)	Draw 1 - 1	A brilliant performance by our Year 7 boy's football team, to draw 1-1 with Fallibroome in the league fixture. AHCC were unlucky not to take all 3 points. Congratulations to the team and, in particular, Riley Bradley-Short for an excellent performance at centre forward. Riley scored an brilliant individual goal.  Well done to all the boys!  MoM  Freddie Thompson – for a dominant display at centre back  Scorers  Riley Bradley-Short - 1									
UPCOMING	FIXTURES											
SPORT / YEAR GROUP	OPPOSITION (& H/A)	DATE	OTHER COMMENTARY IF APPLICABLE									
Year 7&8 Indoor Athletics	District Competition At Poynton High School	06/02/20	Girls and Boys Competition									
Year 7&8 Football	Eaton Bank (H)	11/02/20	Year 7 A/B/C (7 a side) Year 8 (11 a side)									

#### Please note the extra-curricular clubs for this half term (after school clubs finish at 4.15pm):

Please note that if your son/daughter is to be excused from PE due to not feeling well, injury or anything else of this nature that they MUST bring a written note from home along with their PE kit and get changed. They will participate in the lesson as a coach, timer, and scorer or help in whatever way they can as part of the lesson. The only exception would be if their arm or leg were in a cast, which would make it extremely difficult to get changed in the appropriate time scale of a lesson.

PLEASE DO SEE THE EXTRA CURRICULAR TIMETABLE FOR THE CLUBS THAT ARE PUT ON DURING THE DAY AND AFTER SCHOOL. SOME ACTIVITIES HAVE CHANGED THIS HALF TERM AS WE HAVE NO NETBALL MATCHES. THERE IS STILL ONE NETBALL NIGHT FOR ALL YEAR GROUPS AND WE HAVE INCLUDED A GYMNASTICS SESSION AND A RUNNING CLUB AFTER SCHOOL.

# PE Extracurricular Timetable

Out of School	Lunch Time			After school  3.15pm - 4.15pm					
Hours Learning	1.35 - 2.10pm (Break 2)								
Venue	Fitness suite	Sports Hall	3G Astroturf	Grass Pitch	Netball Courts	12 W "13 E		Sports Hall	Fitness suite
MON	All Years Boys & Girls JM		Football Lunch Club Break 1 – 7&8 Break 2 – 9-11	Boys Football Y7 JM	Girls Netball All Years LCG/KAT	Girls Football All Years BM	Football Academy & Invitation Y12/13		
TUES		Basketball All Years Girls & Boys	Football Lunch Club Break 1 – 7&8 Break 2 – 9-11	Boys Rugby Y7-8 SIV					All Years Boys & Girls KAT
WED		Girls Netball Y 7/8 LCG/KAT	Football Lunch Club Break 1 – 7&8 Break 2 – 9-11	Boys Rugby Y9-10 SIV		Football Academy & Invitation Seniors (fixtures) Y12/13		Trampolining All Years LCG	
THUR	All Years Boys & Girls LCG	Girls Basketball KAT	Football Lunch Club Break 1 – 7&8 Break 2 – 9-11			Boys Football Y8 BM	Boys Football Y9 JM	Basketball Girls & Boys Y7 - 9 SL	All Years Boys & Girls LCG
FRI	All Years Boys & Girls BM		Football Lunch Club Break 1 – 7&8 Break 2 – 9-11			Boys football Y10 SJL	Boys football Y11 SL	Basketball Y10 & 11 SIV	

# **Online Safety Information for Parents**

As part of their Wake-Up Wednesday campaign, please see the latest poster below from the National Online Safety campaign. Log onto the following website for further information, https://nationalonlinesafety.com/ resources/wake-up-wednesday/

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

# IPPORTING CHILDREN'S

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



#WakeUpWednesday

LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

**ASKTWICE** 

The campaign from time to change is great. https://www.time-to-change.org.uk/support-ask-twice-campa Be tenacious about your child's wellbeing. Children instinctive know when your questions and support come from a place of wanting to help and care.

Are you sure?

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?

**EMPATHISE** 

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

TALK ABOUT MENTAL HEALTH NATURALLY

THERE IS NO SUCH THING AS A STUPID OUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

**BE OPEN AND HONEST** 

Children appreciate honesty, particularly If you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; It's very sad that Nana has died' or 'Ifeel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different

KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

### Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



Sources of Information and Support

Your GP
Young Minds https://youngminds.org.uk/v
https://www.nhs.uk/conditions/stress-anxiety-depression/
https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/nover
a-simple-guide-to-active-listening-for-parents/
https://www.themix.org.uk/mental-health





# Contact the Professionals Online Safety Helpline...

Are you a professional working with Children and Young People?

Do you need help with an internet safety concern?

Would you know what to do if a child was being bullied online?

Who would you turn to if there was an abusive fake Facebook profile set up about you?

How would you support a child who had their "sexts" shared?

The **UK Safer Internet Centre** has been commissioned by the European Commission to set up and run a pilot helpline for professionals working with children and young people, specifically tackling the area of e-safety. The helpline aims to support professionals with issues around protecting their reputation online. We after advice on issues professionals and the young people they work with encounter such as misuse of social networking sites, cyber-bullying, sexling, online gaming and child protection online.







# helpline@saferinternet.org.uk

Tel: 0844 381 4772 www.saferinternet.org.uk



The service is contactable via email 24 hours per day, and by telephone during office opening hours 10-4, Monday to Friday. It is anticipated that all queries will be responded to within 3 hours (during the office opening hours), however to fully resolve more complex issues may take larger. The helpline will keep customers updated throughout the process. It is primarily a signposting, mediation and advice line. If you believe a child is at immediate risk of horm, please follow normal Safeguarding procedures.

# LIBRARYINEWS

# **Opening Hours**

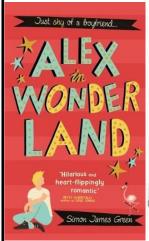
Monday – Thursday 8.15am – 5pm Friday 8.15 am – 4pm

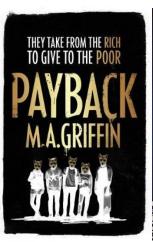
# **Borrowing Books**

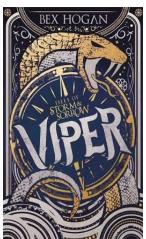
Years 7 – 11 2 books 2 weeks
Years 12 & 13 3 books 3 weeks
Please return books on time! Items can always be renewed up to 3 times, at the Library desk.

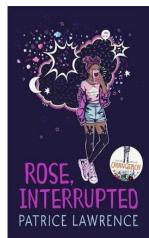
## **Cheshire Schools' Book Award**

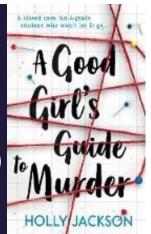
The Year 9 shortlist for the annual Cheshire Schools' Book Award is now on display in the lower library, together with voting forms so that students, staff and parents can voice their opinion after reading their choice of book. All of the books are available from the AH library and public libraries locally.











# **Book Factor - Year 9, 10 and 11 Book Group**

If any students are interested in joining a book group to read and chat about the shortlisted titles, then anyone interested should see either their English teacher or Ms Sinclair in the Library to sign up. All books will be provided by the library and sessions organised in break times. There is also the chance for the group to go to the award ceremony in June, listen to some of the shortlisted authors read, buy signed books and hear the winner announced.





#### **Overdue Books**

A big thank you to all students who return their books on time! If students can make sure that they check the date label, inside their borrowed books, to see when their books are due back. Books should be put in the labelled box in the library, or see Ms Sinclair to renew the item(s) for a further two week loan.

Do you love to be creative? Are you fantastic at painting? Amazing at sculpture? Why not enter our new art competition? Everyone is welcome to take part.



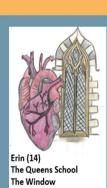
Spirited Arts is a nationwide competition for students aged 4—19. There are different age catagories as well as many different forms of art that can be submitted i.e photography, sculpture, media and traditional forms such as painting and drawing.







Perdy (12) BBG Academy Golden Temple



Amber (13) St Ivo Academy The third eye

Laila (14) The Latymer School God Complex



# XCell Youth Group

for fun, friends, and tuck!

# BOWLING

Macclesfield Superbowl Friday 28th February 7-9pm



£12 entry which includes 2 games of bowling, a meal and a drink.

Everyone at secondary school is welcome! Bring your friends, meet up with old friends and make new friends.

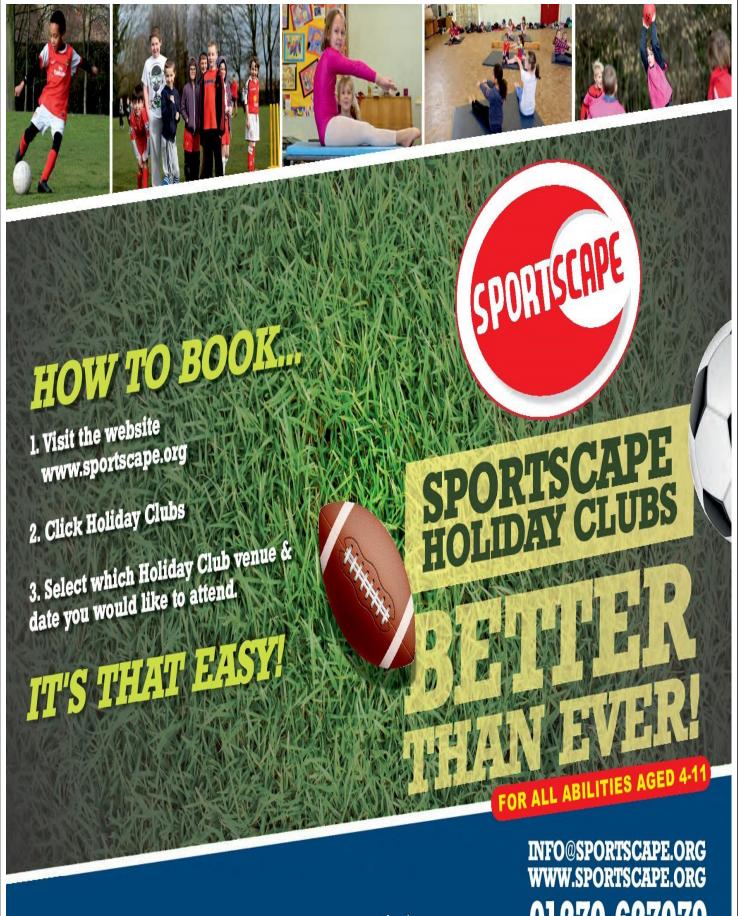
# Next meetings:

(note change of date for May/June) 27th March - St Patrick's Day games 1st May - TBC 5th June - Midsummer Games & BBQ (hopefully)

For more information contact Anna & Greg Hughes 01625 614406 xcellyouthgroup@gmail.com

# **Half-Term Holiday Club**

For more information, use the contact details on the flyer below, if you are interested in holiday clubs provision.



@sportscapeltd 01270 627079