

December 2021

Cardinal Allen Catholic High School



# School Newsletter

## Happy & Holy Christmas



## from Cardinal Allen

### Also in this edition:

A Big Thank You!

Wellbeing

Eco News

VR Activity Day

Careers News



# A Big Thank You!

During November the whole school raised money and donated small toys, hygiene items and school supplies to Operation Christmas Child - a project run by Samaritans Purse, a Christian international relief organisation.

These items will be sent to children in Eastern Europe who have been affected by war, poverty, natural disasters, famine and disease in order to bring great joy to them in such difficult times.

We were proud and delighted to take 36 shoeboxes full of gifts, an additional 5 boxes of items and make a donation of £200. This will help make the lives of these children a little brighter this Christmas

Thank you to our pupils, their families, form tutors and all who have made this a successful charity appeal.



# Antibullying Week



National Antibullying week took place on the 15th-19th November and the students took part in many activities beginning with odd socks day which raised £130!

The theme was one kind word as kindness is more important today than ever before due to the isolation of last year. Assemblies throughout the week reminded students of the importance of kindness and who in school can help and support them. Years 7 and 8 assemblies also welcomed the Year 10 Antibullying Mentors, who give up their time to support the younger students.

We set a challenge to be caught by staff being kind and it was delightful to see the efforts of all students - we hope this continues.

# Geography COP26

At the start of November, all KS3 geography classes had a special week of lessons learning about COP26 and the importance of caring for our planet. The pupils had fantastic discussions and really want to make a difference for everyone's future.

We prayed for people around the world in developing countries who are already suffering the negative effects of climate change.

Year 7 and 8 all joined in with the CAFOD 'Eyes of the World' campaign by drawing eyes to show our hopes for a greener and fairer future for our planet.



# WELLBEING



Supporting young pupil with their mental health is extremely important and we would like to share with you the following information from our School Nursing Service.



Our website also has information and support under the well-being section and we are pleased to work with Digital Healthy Schools, where our students can search safe apps online to give them help and support. If you need to speak to a School Nurse, please ask your Pastoral Assistant or Head of School to request an appointment with them.

Alternatively, you may find these services helpful:



Confidential and anonymous help and advice from a Qualified Health Professional.  
9am-5pm Monday – Friday **Text 07507 330 510**



Kooth is a free, safe and anonymous online mental wellbeing support community.  
Find information at [www.Kooth.com](http://www.Kooth.com)



Get free, confidential support if you're worried about your own or someone else's drinking or drug use, call free **0808 164 0074** or chat online

<http://www.wearewithyou.org.uk/services/lancashire-for-young-people-preston/>



Stopping smoking with support can make it easier to quit.

Call free **0800 328 6297**



CASHER supports young people under 18 with anxiety/depression, feeling worried or upset, low self-esteem and confidence, need advice, someone to talk to? Call/text: **07810 696565** Mon-Fri 5pm-10pm Sat/Sun 10am-8pm



Call: **0300 1234 154** Mon-Fri 9am-5pm or

webchat at <http://www.blackpoolsexualhealth.nhs.uk> for advice.



# VR Activity Day



On Friday 26 November the Computer Science department welcomed 3D W-tech into school to work with a selected group of Year 8 students.

3D-W-tech is a Manchester based company that specialises in VR technology and works with selected schools around the world to give them a taster of what it is like to use virtual reality technologies.

The day allowed our students to work in teams to design an offshore wind farm using advanced virtual reality technologies in an engaging, balanced and educationally valuable way. Students were given a 'bigger picture' insight into the complexities of offshore wind farm design. In small teams the students created their own 'company' with each member having a specific role such as Project Manager, Financial Manager, Technical Adviser or Public Relations (PR) Consultant. The day was spent planning and designing a wind farm layout considering real-life constraints and obstacles.

Each team then had to present a formal business style presentation to our visitors from 3D-W-tech and field a series of probing questions about their business model. All the students who took part did the school proud and we received very positive comments from 3D-W-tech about each of the student's commitment, maturity and positive attitude towards the day's proceedings.



# Did you know about ...

**The Icelandic Christmas Book Flood:** Iceland publishes more books per capita than any other country in the world and the majority sold are from late September to early November, in preparation for Christmas. In Iceland, the best Christmas gift is a book and it has been that way for decades. The giving of books is deeply rooted in Icelandic culture and they are exchanged on Christmas Eve so that people can spend the evening reading.



**Communication:** At the Root of All We Do

**The Victorian Tradition of Ghost Stories:** Gathering around a fire to share ghost stories was a beloved Christmas tradition in the late 1800s into the early 1900s. Years 7 and 10 have been reading gothic fiction and 'A Christmas Carol' in their English lessons – why not ask them what they have learned?

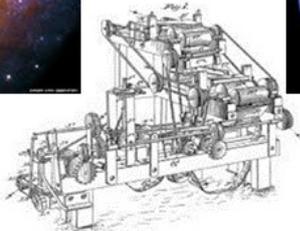


## Festive Fiction

## A Review of our Root of the Week

Which of these word roots are linked to the images?

- Anti
- Astro
- Cosm
- Cracy
- Cycle
- Dem
- Geo
- Hemi/semi
- Mania
- Mech
- Mega
- Pan
- Path



**LET'S GET TALKING**

**Cardinal Allen Debate Club - why join us?**

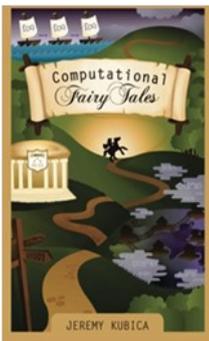
Have A Fun And Rewarding Experience.  
Bolster Your College Applications.  
Gain Valuable Skills For Your Career.  
Learn To Be An Engaged Citizen.

**Join us weekly. If you haven't signed up yet, see Mrs Swift in room 7.**

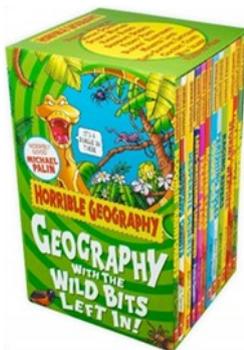
**Our Reading Buddies**

A number of our prefects have volunteered to pair up with Year 7 pupils as their reading buddies. Twice a week they meet their buddies in the LRC where they sit alongside them to read a selection of texts. The initiative is designed not only to help our younger pupils with their reading, but also to provide our Year 11 pupils with invaluable work experience which they can carry forward into later life.

It is so important that children read widely and have the opportunity to read beyond what is covered in the classroom. With this in mind, Christmas can be an ideal time to think about a new book to further develop passions. These are some top tips for great reads from different curriculum areas in school:



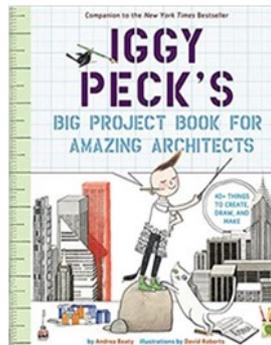
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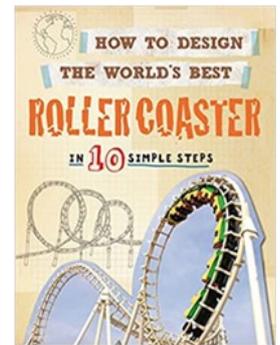
Geography KS3



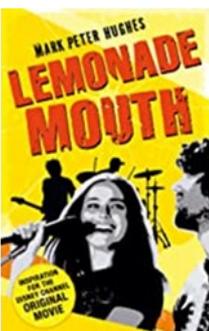
Geography KS4



Technology



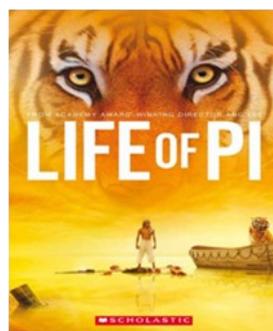
Technology



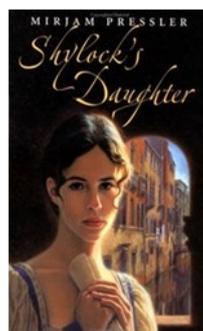
Music KS3



Music KS4



RE KS3



RE KS4



Drama



# Careers News

Another busy term for us all, and lots going on in the Careers department. We welcomed the BBC Bitesize School Tour into school – the whole school was able to take part in this fabulous event hosted by Radio 1xtra DJ Nick Bright!

The Bitesize Schools Tour 2021, focus was on careers in Innovation. There is an increasing skills gap appearing in the science, technology, engineering, arts and mathematics sectors (STEAM), which is costing UK businesses an estimated £1.5 billion a year and thousands of jobs to fill. The aim of the Bitesize Schools Tour is to raise awareness of the opportunities available in these sectors to secondary pupils and give them practical advice on how they could pursue a career in this area.

The sessions were lively, fun and certainly interesting – listening to the career journeys of the three local panellists. We are already looking forward to next years tours



Year 11 pupils who opted to take Photography welcomed Andy Walker, photography lecturer from Blackpool and the Fylde College into one of their lessons to talk about his career and the amazing places it has taken him.

Year 11 PE students welcomed back former pupil Francesca Hearty, who is now a qualified Physiotherapist to talk to them about her career journey and how she got to where she is today.

The RAF engagement officer has been in school talking to Year 10 pupils about life in the RAF! The wide selection of job roles the service has to offer and the opportunities that come with joining the force. We pride ourselves on giving our pupils as much first-hand knowledge of careers as possible, it helps them to make well informed decisions about their careers.



# Mock Interviews

We are holding a Mock Interview Event for Year 11 pupils on Thursday 3rd February 2022 from 9am until 12noon and we are looking for volunteers to come into school to do the interviews. The pupils will have completed an application form and you will be given a list of questions to ask. We would require a few notes for feedback to pass onto the pupils. There will be 150 to interview so as you can imagine we need a large team to get through them all! It does not matter if you have experience of not and whether you are currently employed, studying or staying at home—the experience for our pupils is invaluable.

The event will be subject to the COVID restrictions at the time.

For further information or to offer our time please contact Jo Sumner, Careers Advisor, on [j.sumner@cardinaallen.co.uk](mailto:j.sumner@cardinaallen.co.uk)

# Scholars Programme



The Scholar's enjoyed a visit from Andy Griffith. They built on the first session by working on how to control their emotions (using a tasting challenge!) and how to improve their memory.

Andy then delivered a similar session for the parents, we also heard from Blackpool Sixth Form on how learning Latin can improve your understanding of texts in English. (Latin club will be starting soon!)

On Monday 22<sup>nd</sup> November, all 50 Scholar's visited Lancaster University. We learnt a little about student life, had a tour of the campus and even had a taster lesson in their computer suite. (Congratulations to Ben who spotted the Fibonacci sequence first!)



# Woodland & Allotment



Members of our Eco Club have been working hard in the woodland, creating an outdoor classroom area and renovating the pond area.

Our Eco Group have also worked hard preparing an area of the allotment for our new shipping container which will be a

great place to securely keep all our equipment.



Thanks to all who collected Good to Grow points from Morrisons! We purchased 4 spades, labels and secateurs.

# Bees



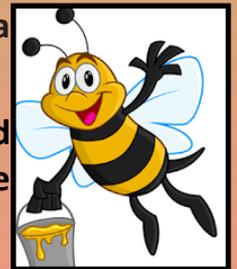
Our Bee Project had international recognition this week with our partner school, Galaxy High School Kathmandu Nepal, having a visit



from the British Ambassador to Nepal, Nicola Pollitt along with Shahida MacDougall, Country Director of British Council Nepal and Mr. Gaurab Sharma, Project Manager of British Council Nepal. The party observed the schools hives and were particularly impressed with our

collaborative BBC Microbit project in which we have developed a temperature monitoring system to ensure optimal honey production.

Members of our Bee Club have been preparing our jars of CardyHoney and producing beeswax and lavender scented candles which will be on sale imminently.



Rhiana selected for Eco Schools National Student Committee!!

# ECO

Rhiana's environmental activism and vision as Chairperson of our Eco Club has been rewarded by being selected to represent the views of youth nationally by being recruited to the Eco Schools 'National Eco Committee'. As a member of this Committee she will support the Eco-Schools Team at Keep Britain Tidy as they try to ensure that all those in education have the opportunity to learn about environmental themes such as climate change, pollution and biodiversity loss. Working alongside the Eco Schools team, awarding body OCR, Speakers for Schools and children's author and environmental activist Georgina



Stevens our National Eco-Committee will help green the whole curriculum and guide other young people on how to begin a career in the environmental sector. It is fantastic that Cardinal Allen has a representative voice in such an important position!

# Sports News

## Cardy Sports Stars



Izzy Yr 11 has worked incredibly hard over the last few Football seasons and she has been rewarded by being selected for the U16 Lancashire Schools team. Izzy will play along side some of the best players in Lancashire against teams from around the country. Well done Izzy, you are an amazing role model to our younger students. Cardy are very proud of your achievements.



Katie and a select group of dancers from Barbara Jackson Theatre Arts Centre, successfully auditioned to represent 'Team England' in the Dance World Cup 2021, held in Telford over the summer. Katie felt very privileged to represent England with her dance friends and couldn't believe they were awarded 2nd place and a silver medal in the Large Jazz section. Times like these make all the dedication and hard work worth while. Well done Katie, Cardy are extremely proud of your amazing achievements

## Football



We have had well over one hundred students involved in Football practices, intra school matches and inter school matches already this year. It has been amazing to see so many young people involved in and enjoying playing school Football. We have played lots of games against Fleetwood High, Millfield and Hodgson. The Y7 teams have impressed and the future of Football at Cardinal Allen Catholic High school looks bright.

## Netball



The number of students attending Netball practices this term has been very impressive. All our age groups have had tournaments and friendlies and have played with a great deal of effort and resilience. The Netball teams have been very successful in friendly games against both Fleetwood High and Millfield. Great work and well done to every involved on an excellent Netball season.



## Glow Dodgeball and Boogiecise

Our year down in PE kicked off with glow dodgeball and Boogiecise. Organised and ran by our amazing SGO Mr Cadwallader. Over the course of 4 consecutive nights our new Y7s and Y8s had a blast throwing dodgeballs in the dark. We also were very lucky to have Boogiecise, organised by Mr Cadwallader this half term. This activity saw our students strut their stuff whilst at the same time understand the importance of physical activity.



## Badminton

Students across KS3 and KS4 have represented Cardinal Allen Catholic High School in the Wyre and Fylde Badminton competition. We have played games against Millfield, St Aidans, St Bedes, LSA and Baines. It has been great to see Boys and Girls playing Badminton together.

### What's on next term...

**Interform Futsal and Dodgeball, Yr 7 & 8 Athletics Competition, Yr7-9 Girls Football Training, Recreation sessions continue on Mon and Wed, Yr 10 & 11 HIIT, Yr 7-9 Rugby Training**

# Drama News

A massive thank you to all pupils and staff involved with BRAVO!  
I am thrilled to announce we will be bringing you our version of 'Footloose' next year.

The pupil's commitment to auditioning and rehearsals has been fantastic, and it has been a pleasure for all involved.

We are also excited to announce that we will be performing the opening number at the Schools Celebration of Music event at the Winter Gardens in March.

A special thank you to Miss Ronson and Miss Marsden for all their continued support with this production.

Miss L Roberts, Drama



# Christmas Wishes

I would like to thank all our pupils, their families, and the staff, for their support and encouragement this year. There have been lots of changes to the way that we do things, not to mention the structure of the school day, but we have, together, navigated the first term incredibly well.

I have written separately regarding Covid and we must all hope and pray that by working together we can return to something resembling normality.

It just remains for me to wish you and your families a very Happy and Holy Christmas and all God's blessings for what we hope will be a great 2022.

Mr Cafferkey

