

December 2023

Cardinal Allen Catholic High School



School Newsletter

Happy & Holy Christmas



from Cardinal Allen

Also in this edition:

Catholic Life

Good bye to staff

Attendance matters

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We say thank you, goodbye, and good luck to:



Mrs Nicky Cardwell

Nicky joined Cardinal Allen as a Administrative Assistant way back in 2001 and, after several years in the 'old' front office, she has been working as our SEND Support Manager in our Learning Support team. Along with colleagues, I know many pupils and their families, who have benefited from her support, will want to wish her all the very best for the future.

Mr Tarik Greenwood

Tarik completed one of his training placements with us last year and we were delighted, when increasing curriculum time for RE, to be able to appoint him to our school as Teacher of RE from September. Our misfortune is that a similar role came up just around the corner from where he lives and so, with a heavy heart, we wish him all the very best as he moves 'back home'.



Mrs Helen Swatton

Helen joined us in 2006 as Office Manager, then went on to be Chaplaincy Co-ordinator, Learning Mentor and Inclusion Room Manager, before settling into her current role as Exams and Data Manager. We hope that Helen has very fond memories of her time with us and we wish her well in her new job.

Mr Julian Addington-Barker

Julian joined us in 2013 as IT Technician before becoming IT Manager in 2017. In a world in which virtually everything depends on technology, Julian has regularly saved the day for many of us—staff and pupils. Many families will recall his help through Covid whilst adapting to home learning and sorting out laptops etc. I am sure that you will join me in wishing him all the very best in his new job.

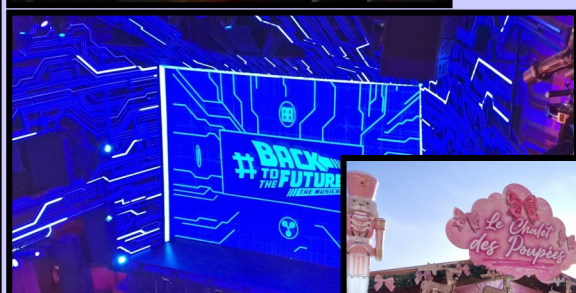




MFL



A group of 47 students from Years 8, 9 and 10 have just returned from a trip to London, Lille, Arras and Ypres - spanning three different countries! We watched a musical, "Back to the Future", which was incredible. We visited the stunning Christmas markets in Lille and Arras. We were also lucky enough to visit the Menin Gate in Ypres and watch the Last Post ceremony. An amazing time was had by all and has left us all feeling suitably Christmassy!



"Joyeux Noël" and "Feliz Navidad" from the Cardinal Allen MFL Department.



ANTIBULLYING

On the 17th October seven Year 10 pupils took part in a one day anti bullying training session led by The Diana Awards at Bolton School. Young people worked together and acquired skills to enable them to change the attitudes and behaviours of bullying in our school.

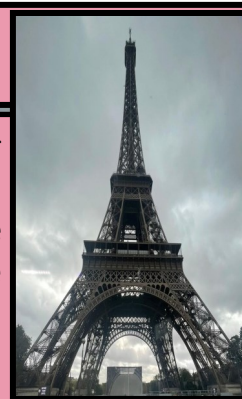
The ten Year 11 pupils who trained as Diana Ambassadors in May 2022 have been award with their Community Badge. This was achieved through running anti bullying campaigns throughout the year involving the wider school community and local primary schools.

Kindness Counts UK is a local charity working with the school and the Kindness Champions in Year 7/8, alongside the Antibullying Ambassadors, met with Michelle to look at resources for our Chapel Garden to continue to make spaces for pupils to talk to each other.

PARIS TRIP



The RE department took seventy Year 9/10 pupils to Paris over October half term. The 5 days were action packed, beginning with a ferry crossing in Force 9 winds. We enjoyed packed visits to the sites of Paris, a river cruise and meal in a Parisian restaurant. The trip continued with two days at Disneyland and Parc Asterix. All pupils were fantastic and made lots of fabulous memories.



Art

A huge thank you to all who came along to the Art Christmas Workshop! I was overwhelmed with the positive response and the sheer amount of students from all year groups who took part and had fun! I could barely fit you all into two classrooms!! There will be a special "Love" workshop ahead of Valentine's Day, so keep your eyes peeled for further details in the New Year! Special thanks to year 10 GCSE Art students who helped out! - Mrs Glaister



ELMER'S ART TRAIL—Following on from Mrs. Bateman's announcement, we will be looking for some students to help paint Elmer in the New Year! If you are interested, and are a neat painter, please see Mrs Glaister and further details will follow in the New Year, once we have our winning design!!

Design Technology

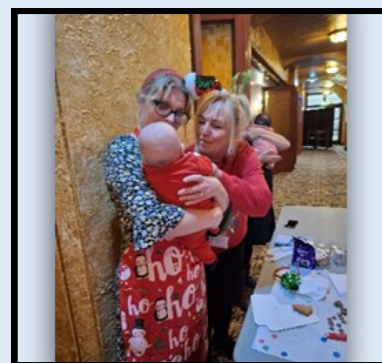


Mrs. Neave, Mrs. White and Mr. Robinson from the Design and Technology Department got into the festive spirit and offered their services at The Winter Gardens in Blackpool to run a stall for the Children's Social Care and Fostering Department's Christmas party. 125 foster children attended the party and it's safe to say they loved decorating the gingerbread biscuits made by our Food Department.

This was an extremely rewarding and humbling experience, seeing the wonderful work that the fostering team do and how grateful and polite the children were.

The only concern was that one baby Santa was at risk of being adopted by Mrs. Neave and Mrs. White, who instantly fell in love with the little man. It is safe to say though, that we will be back again next year, hopefully with some more members of the Cardy family.

On a personal note, I would like to thank Mrs. Neave and Mrs. White for giving up their valuable time for such a worthwhile cause and for not stealing one of the babies.—Mr. Robinson



Christmas Jumper & Lunch Day

Thanks to our fantastic catering team for providing an amazing Christmas Lunch for our pupils and staff. Pupils thoroughly enjoyed having their lunch to Christmas music in their Christmas jumpers!



Scholars



As usual, the Scholars have been very busy. We have had a visit from Andy Griffith; the Year 8s have been learning about 'The creative mind'. The Year 9s and been working on 'Memory and Understanding', and the Year 10s have begun work on their final presentations.



On 30th October, Rachel Dodgson from the UK Parliament visited to talk to all Scholars about how Parliament works and how laws are formed. The Year 10's were then lucky enough have a workshop on 'Campaign For Change'. They gained knowledge and skills on how to campaign and designed their own political party's campaign around a current issue. They then had fun voting for each other with a Cardinal Allen Parliament being formed (See photo!).



On 7th December all the Year 8 & 9 Scholars visited Liverpool for the day. They competed in a quiz around the World Museum discovering such facts as where a lobster's teeth are found and what techniques are used to find out what is under an Egyptian mummy's bandages.

We then visited the Playhouse Theatre to watch 'The Woman in Black' (the Year 8 Scholars have been reading this book too). What a spooky time we had! Even Mr Goldstone was scared!



Finally, the Year 10 Scholars worked on their interview skills with Steve from Taziker. After some impressive role-play from Mrs Simpson, the pupils were able to test out their interview question and answer skills on each other. Next term we will work on how to compile an excellent CV.



Also, next term we look forward to a visit from Peter Wright from Blackpool Sixth form - and a former pupil, and a STEM activity day, learning to build rollercoasters!

Chaplaincy News



Feast Day Celebrations

We have also enjoyed celebrating some Feast Days that have occurred in the last few weeks. Year 9 had a Year Group Mass in the Sports Hall with Fr. Alf to mark the Feast of All Saints, and Year 8 the same but with Fr. Paul Embery from Over-Wyre to celebrate the Feast of the Immaculate Conception. These occasions are a real joy for all involved, and a huge well done goes to all our pupils for their reading, serving and singing!



Year 8 Class Masses

This half term, every class in Year 8 have celebrated a Class Mass in our School Chapel with Fr. Peter Sharrock from St. John's in Poulton. Our pupils were excellent, with many volunteering to read and serve. Fr. Peter put this notice in his Parish bulletin: **"I was struck by the respect and interest in what was happening... Parishioners who celebrate Tuesday morning Mass at St. John's with our primary school children are always amazed at their respect and participation. Well, I am pleased to say the same can be seen in our children who are older at Cardinal Allen."**



Christ the King Youth Sunday Mass

Our Year 10 Worship Choir sang beautifully at St. Wulstan's in Fleetwood for the Youth Mass at the end of November on the Feast of Christ the King. Our Worship Choir meet in the Chapel on Wednesday mornings before school to pray together in this way.

Celebrating our Catholic Life

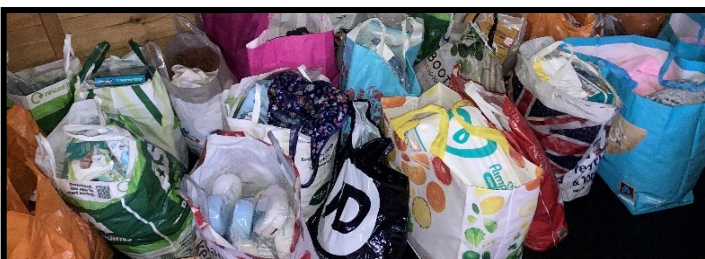
John Pridmore

John Pridmore is an ex-London Gangster who became Christian after reaching rock bottom. It was a privilege to invite him in to speak to Years 9, 10 and 11 while he was staying in Fleetwood. It was truly inspirational hearing his story of repentance and reconciliation. The whole Sports Hall was hanging off his every word! Afterwards, he took the time to speak to smaller groups of pupils. He also gave another talk at St. Wulstan's that evening, which many of our pupils attended. His book "From Gangland to Promised Land" is now available to borrow from our library!



Advent

We have had a really blessed start to Advent. Members of our School Mission Team went to St. Mary's Primary School to lead a Liturgy for KS2. We have also had our whole school Fundraiser for Fleetwood Baby Bank – "Mary's Baby Shower". Pupils brought in baby items for local families, and enjoyed some Baby Shower games in the Aquinas Centre, including Pin the Baby Jesus in the Manger! As always we were overwhelmed by the donations we received. A huge well done to all.



Sports News



Cardy Sports Stars – Jasper and Amelia

Jasper and Amelia have been training incredibly hard and have had lots of success with their Swimming. Jasper is currently ranked 3rd in Lancashire for his age group and is now eligible to be selected for the County development programme. This is a fantastic achievement, well done Jasper. Amelia was chosen to represent the North West Division Para Team at the English Schools Secondary Teams Championships on Saturday 18th November in Birmingham. Amelia won her race and brought home a gold medal. Amazing Amelia, well done.



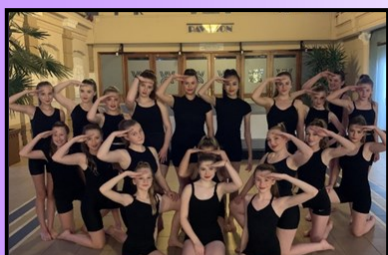
Football

We have had well over two 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. Our new coaches Mr Colgan and Mr Fernie have made a massive difference to the Football programme at Cardinal Allen Catholic High School. There have been many stand out individual and team performances this year, however our Y8 team are still in the Lancashire Cup and play LSA after Christmas.



Netball

The number of students attending Netball practices this term has been very impressive. Most of our age groups have had tournaments and friendlies and have played with a great deal of effort and resilience. Great work and well done to every involved on an excellent Netball season.



Dance Festival

Two of our Y10 students spent their summer choreographing a routine for the Wyre and Fylde Dance Festival. Matilda and Arianna did an amazing job and the group performed their routine in front of a sold out Winter Gardens audience. All of our dancers were exceptional and should be very proud of how they performed.

Girls Rugby

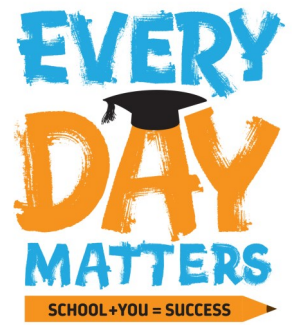
With the support of the coaches from the Fylde Rugby Community Foundation the girls have made huge strides with their Rugby this term. They have worked hard in their PE lessons and represented the school in two competitions hosted by Lancashire Rugby in Preston. Well done to all involved.



What's on next term

Interform Competitions in the Sports hall
Y7 and Y8 Football
Fitness
Recreational Dance Club

Attendance Really Matters



Why is attendance so important?

Pupil's whose attendance is between 97% and 100% are in the best position to achieve the top grades in their GCSEs.

The students with the highest levels of attendance are almost 5 times more likely to achieve 5 GCSEs at grades 5-9 including English and Mathematics.

Only 35% of pupils whose attendance is lower than 90% gain 5 or more GCSEs including England and Maths.

Every lesson counts

A pupil with 90% attendance will have missed 90 lessons across a school year. Even 97% attendance means 25 lessons have been missed. Research shows that pupils never fully recover that lost learning.

What YOU must do:

Try to telephone the school before 8.30am each day of your child's absence.

Tell the school in advance, of any medical appointments and bring in appointment cards/ letters.

If you are not sure whether your child is well enough to attend school, send them in anyway as they often perk up on arrival.

Have a backup plan for if your child misses transport, call on a family member, neighbour or friend.

If you and your child are experiencing difficulties with school attendance then talk to us as a first step so we can help.

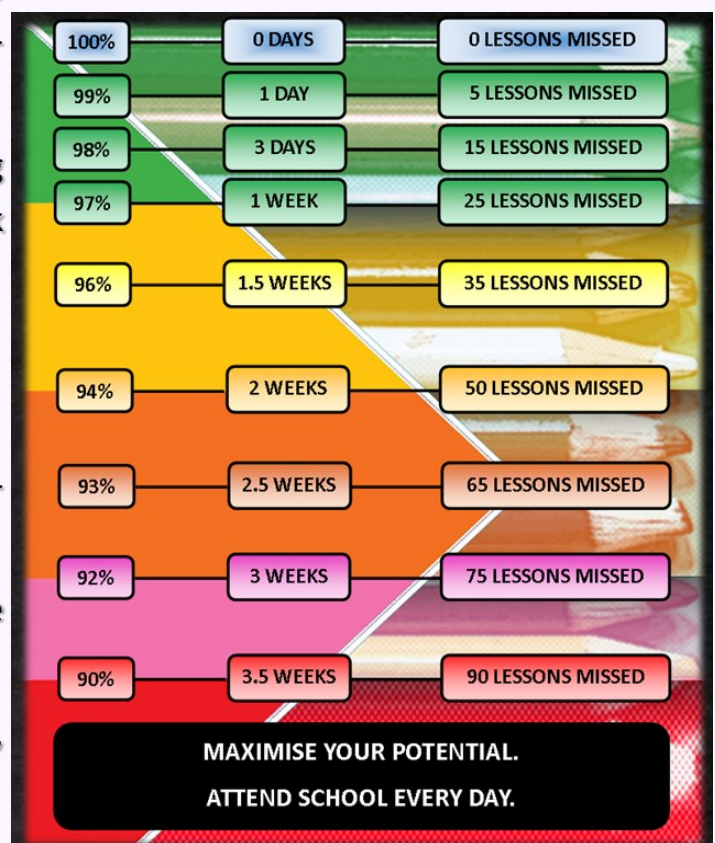
What WE will do:

Check your child's attendance every day.

Phone home to discuss your child's attendance with you.

Invite you into school for attendance meetings if we are concerned.

If we cannot establish a reason for absence, then we may make a welfare home visit.



Broaden your Horizons and enter a competition...



17 Dec	Coram Voices 2024	Care experienced young people, and care leavers aged 4 -25 years are invited to submit poems, raps, songs, stories on the theme of 'what makes me different?'
12 Jan	Bedrock Young Authors competition	Students up to the age of 16 are invited to write a 200-word short story on the theme of 'Journeys' – either fiction or non-fiction.

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.

Watch a Christmas Movie and 'Turn on the Subtitles'!

Turning on subtitles while children are watching TV can greatly improve their reading skills. A quick, simple, free way to make TV time, reading time. #turnonthesubtitles



Our Christmas themed recommended reads:



It isn't always easy, growing up as a human in Elfhelm, even if your adoptive parents are the newly married Father Christmas and Mary Christmas.

For one thing, Elf School can be annoying when you have to sing Christmas songs everyday - even in July - and when you fail all your toy-making tests. Also it can get very, very cold.

But when the jealous Easter Bunny and his rabbit army launch an attack to stop Christmas, it's up to Amelia, her new family and the elves to keep Christmas alive. Before it's too late . . .



This is the true story of Father Christmas. It is a story that proves that nothing is impossible.

If you are one of those people who believe that some things are impossible, you should put this book down right away. It is most certainly not for you.

Because this book is FULL of impossible things.

Are you still reading? Good. Then let us begin . . .

A Boy Called Christmas is a tale of adventure, snow, kidnapping, elves, more snow, and an eleven-year-old boy called Nikolas, who isn't afraid to believe in magic.



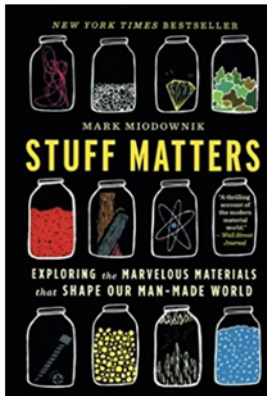
Great reads from curriculum areas (would make super Christmas presents!)



Science

Stuff Matters: Exploring the Marvelous Materials That Shape Our Man-Made World

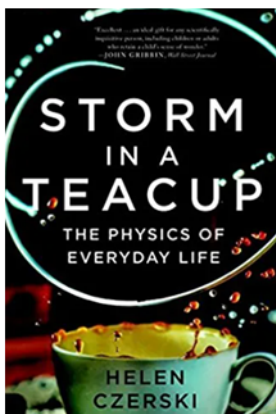
by Mark Miodownik



'Why is glass see-through? What makes elastic stretchy? Why does any material look and behave the way it does?' These are the sorts of questions that materials scientist Mark Miodownik constantly asks himself. In this book, Miodownik explores the materials he encounters in a typical morning, from the steel in his razor to the foam in his trainers.

Storm in a Teacup: The Physics Of Everyday Life

by Helen Czerski



This book is a lively, entertaining, and richly informed introduction to physics. The author links ordinary objects and occurrences, like popcorn popping, coffee stains, and fridge magnets, to big ideas like climate change, the energy crisis, and innovative medical testing. She provides answers to vexing questions such as – How do ducks keep their feet warm when walking on ice? Why does it take so long for ketchup to come out of a bottle? Why does milk, when added to tea, look like billowing storm clouds? And more!

History

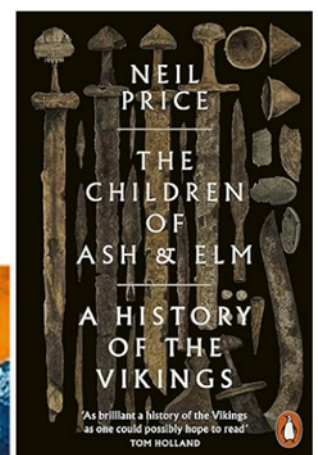
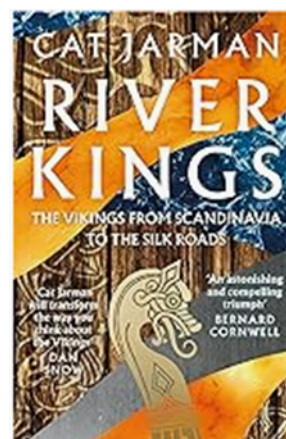
Two excellent books to support the GCSE Vikings topic:

Children of Ash and Elm

by Neil Price

River Kings

by Cat Jarman



Supporting Readers

Reading is the greatest indicator of future success in children. It is also incredibly enjoyable and beneficial to every aspect of their academic, emotional, and mental development. Everyone knows that reading is incredibly important! However, it can be hard to get children to read at home. Here are 6 steps to create a reading culture in your home.



RELATIONSHIPS



Reading is a great way to develop relationships. Make time to read together, discuss what you have read, and celebrate reading. Consider listening to audiobooks as a family, reading to a sibling, and promote the rich conversations you have about books. Enthusiasm for reading is vital: children who enjoy reading are statistically much stronger readers.

ROUTINES



Children now receive the majority of their reading from in game communications (video games), and social media messages. So, turn off the Wi-Fi and TV, and make time for reading. Remember, twenty minutes a night is all it takes to maximise academic progress. Set page or time targets to fit in with your home schedule.

RESPONSES



Book talk is an essential part of the reading process. Check in with your child about how their book is going and what is happening. Consider rewards for page progress and celebrate every book your child reads. "Tell me about..." "Are you enjoying..." and "Do you think that..." for example.

RESEARCH



Find the niche! Whatever it is your child enjoys, search for the book, series, or genre to keep them entertained. There IS a book out there for everyone! Look in local libraries, speak to their teachers or other parents, check bookstore websites, and create a buzz about reading with your child related to other topics they enjoy.

REFLECTIONS



Reading is a journey of discovery, which means children are constantly discovering things about what they enjoy and whether books are the right difficulty/interest level for them. Encourage your child to pursue what they enjoy! Work out what motivates your child to read and bottle that magic!

RESILIENCE



Finally, encourage resilience and consistency. If your child doesn't read one night, encourage them and support them to get back into the routine. In a world of distractions, reading can fall down the hierarchy! Encourage returning to an old favourite or begin a brand-new book - whatever it takes to get back on the reading journey.

Christmas Wishes

I would like to express my sincere thanks to all our pupils, families, and staff, for your support and encouragement this year.

The pupils have worked extremely hard both within and beyond the classroom and it continues to be a great joy to see them grow and develop into brilliant young adults—much of which is recorded in this newsletter. It has been great to be invited into this week's Achievement and Attendance Assemblies and have the privilege of seeing so many awards being presented.

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 2024. If you are able to get to Mass over the Christmas period the times for our local Catholic Churches are printed below.

Mr Cafferkey

Christmas Masses in our local parishes

St Wulstan's & St Edmund's, Fleetwood

Christmas Eve: 7.00pm Christmas Day: 9.30am

St Mary's, Fleetwood

Christmas Eve: 5.30pm Carols with Mass at 6.00pm Christmas Day: 9.30am

St Bernadette's, Bispham

Christmas Eve: 5.00pm Family Mass

Christmas Eve: 8.00pm 'Midnight' Mass preceded by Carols

Christmas Day: 10.00am

St Teresa's, Cleveleys

Christmas Eve: 6.30pm Christmas Day 9.00am and 10.30am

St John Southworth, Cleveleys

Christmas Day: 10.00am

St John's, Poulton

Christmas Eve 6.00pm Christmas Day 11.00am

