



BROUGHTON NEWS

ONE HEART, ONE MIND

.....
Edition 128

June 20th 2025



Year 10 students on inspirational tour of cruise liner, a day to remember. Article on Page 2.

Celebrating Community as a Superpower

The trip to visit the Regent Cruise liner was full of surprises. It was wonderful to experience the Community Spirit of the people who lived and worked on the ship. From Cooks to Maintenance Staff, Salespeople to Technical Experts. Our main focus was to meet: The Dancers, Singers and Musicians that we met were part of a huge positive Community - Working Together to create a wonderful experience for guests.

This week, we had 10Thomas delivering our Celebration of the Word service (Assembly), to highlight **World Refugee Day**.

June 20th was World Refugee Day. This was a day that is designed to celebrate refugees all around the world. This year's theme is **Community as a Superpower**. When a community is strong, with commitment, kindness and compassion at the core, there is no limit to what can be achieved for the common good. We should be mindful that refugees have fled their home countries to find safety. Our Communities are so diverse in the 21st century, there is so much culture and experience to celebrate and to enjoy with one another.

May we always strive to be One Heart, One Mind together in Faith, Hope and Love.



Year 10 have been fundraising this week, with Cookies and Ice Pops for sale to raise money for Claire House. There was also a 'Guess the name of the Teddy' Form Competition. **We are building Community in all we do.**



Weekly Prayer

Angel of God

Angel of God,
my guardian dear,
to whom God's love commits me here,
ever this day be at my side,
to light and guard, to rule and guide.
Amen.

Top Attendance Forms

| | | |
|-------|-------|------|
| 93.8% | 94.7% | 90% |
| 7FRA | 8THO | 9BER |
| 96% | 96.3% | |
| 10FRA | 12FRA | |

From our Archive



THE CLASS CAPTAINS.

Back Row:
J. Fitzsimmons (M.3), M. Johnson (U.4), J. Tierman (Com.), M. Hughes (L.4).
Front Row:
J. O'Connor (U.3), R. Smith (F.2), P. Fletcher (F.1), B. Hughes (L.3).



Broughton Hall Broughtonia, 1935 -36



Regent Seven Seas Grandeur visit

On Tuesday 17th June, GCSE Year 10 Dance students took part in a trip organised by Miss Lane. This was to visit the Regent Seven Seas Grandeur at Liverpool Dock. Miss Lane had previously worked for Regent as a singer-dancer. Students were in awe when boarding the six-star luxury cruise ship. It offers an all-inclusive experience for 750 guests and boasts a range of luxurious features. Suites on the Grandeur are priced at a minimum of £750 per person a night.

The cruise director Lorraine presented the 12 singers and dancers to the students and many ranged from all around the world from America to Australia to Thailand. The students took part in a Q and A with the singers and dancers. They all spoke well and showed mercy values. Students were very interested in how the cast auditioned for their jobs and what life is like onboard the ship.

The production show "Pasion" on Seven Seas Grandeur is a tango-themed performance that takes place in Buenos Aires which the students watched. It features a blend of traditional and modern tango styles, incorporating dynamic vignettes and popular music. The show was choreographed by professional dancer Britt Stewart from "Dancing with the Stars".

The students completed a whole ship tour of the Seven Seas Grandeur. They enjoyed viewing backstage and saw the many costumes and shoes worn by the performers. They viewed the many restaurants and lounges onboard. They especially liked the Versace dinnerware in the Compass Rose restaurant. They explored the pool deck, library, culinary arts kitchen, and the spa and wellness centre. The students even got to see an authentic Faberge egg costing £1.2 million.

Thank you so much to Ms Rock and Chaplin Phil for helping on the trip. Also, a big thank you to Regent Seven Seas Cruises for the opportunity for our Dance students to experience life onboard and watch an amazing performance.





Broughton Hall

CATHOLIC HIGH SCHOOL



OPEN EVENING
Thursday 10th July 2025
3.30pm – 6.30pm

Pupils, and students in the sixth form, are proud to be part of Broughton Hall Catholic High School. Pupils enjoy strong relationships with their teachers and pastoral staff.
Ofsted, November 2022



Year 7 Spanish Reward Trip – University of Liverpool Visit

This week, a group of our fantastic Year 7 students took part in a special Spanish reward trip to the University of Liverpool, in recognition of their outstanding effort, attitude, and enthusiasm in Spanish throughout the year.

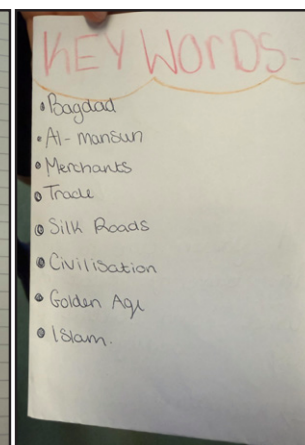
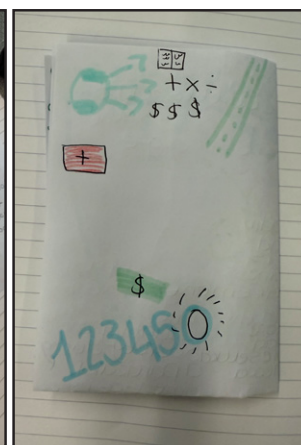
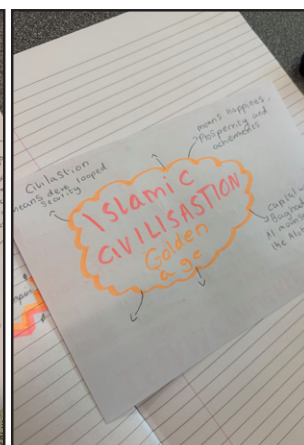
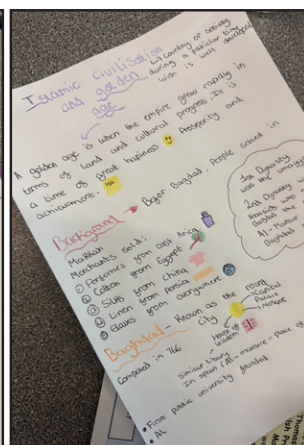
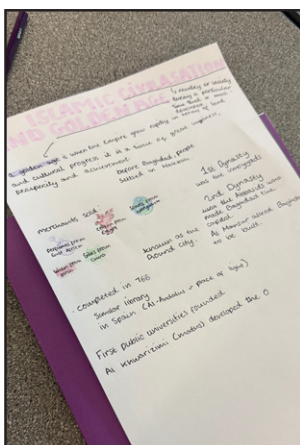
The visit, which included exciting language taster sessions and a fascinating Egyptology workshop, offered pupils a fun and enriching experience of university life. We are proud to share that the students represented our school brilliantly.

Staff from the university praised their exceptional behaviour, engagement, and curiosity, describing them as “a pleasure to work with.” It was a wonderful celebration of their hard work and a great way to inspire a continued love for languages!

Job of the WEEK



Find out more..



Year 7 Historians

Year 7 Historians have been revising in preparation for their summative assessments. Students have been completing foldables as an active revision strategy. This technique is a multi layered revision strategies to rigorously encode and synthesise knowledge for better retrieval during exams



MENTAL HEALTH and wellbeing

Hi! This is the next in a series of informative articles on mental health and wellbeing, brought to you by your Student Mental Health and Well-being Ambassador team on the areas of Mental Health we feel are most important to students at our school.

Insecurities

Have you ever felt like you're not good enough, or worried about how you look, speak, or act? That feeling is called an insecurity, and guess what? Everyone has them—even the people who seem super confident.

Insecurities can develop from a variety of factors, including childhood trauma, social pressures, and even bullying from class mates. A lack of support can also result experiencing insecurities about yourself. Millions of youngsters around the world is experiencing lack of self-confidence. Teenagers are usually worried about what others like their friends think about their appearance but forget about their life outside social media.

Building self-confidence is a journey of self-awareness, about realising your appearance is not the only thing that matters but knowing your self-worth and positive talks from yourself or from your friends. With celebrating success and having self-worth. It involves recognizing your strengths, challenging negative thoughts, and prioritising self-care.

How Can We Overcome Insecurities?

Talk about it: Sharing how you feel with a trusted friend, teacher, or family member can really help.

Be kind to yourself: Try not to say things to yourself that you wouldn't say to a friend.

Focus on your strengths: Everyone is good at something—find what makes you feel proud.

Limit social media: Take breaks and remember that most posts are edited or filtered.

By Sera Shoby, Doyel Ranjith, Helna Salim



WHERE TO GET SUPPORT

IF YOU'RE STRUGGLING, YOU'RE NOT ALONE. HERE ARE SOME PLACES YOU CAN GO FOR HELP:

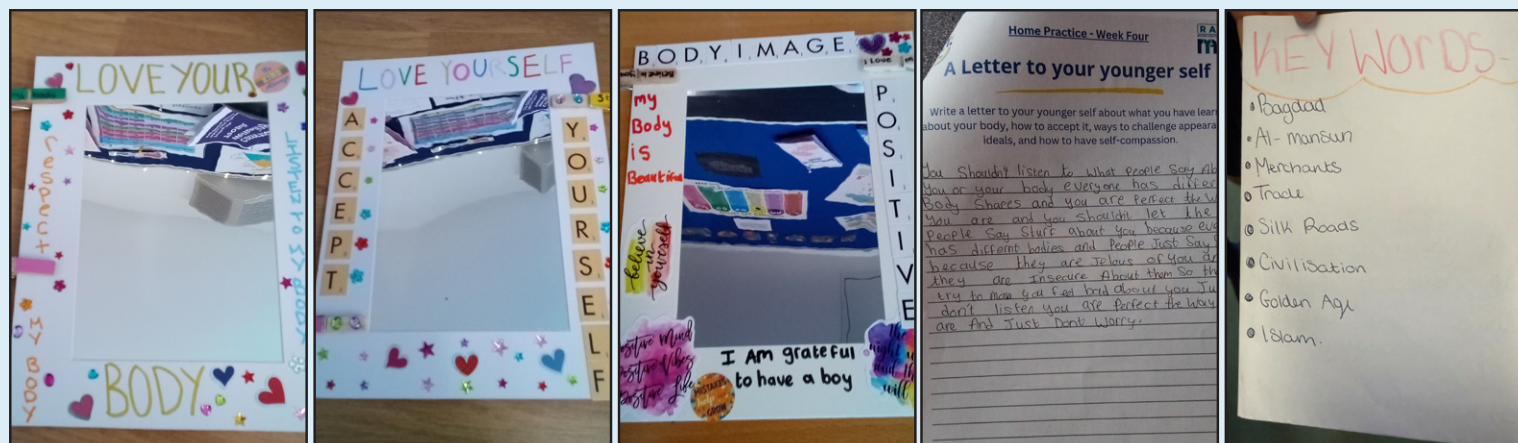
SCHOOL PASTORAL TEAM OR MENTAL HEALTH AND WELL-BEING TEAM (MISS FLETCHER AND MISS MOSS): THEY'RE THERE TO LISTEN AND SUPPORT YOU.

TRUSTED ADULTS: PARENTS, CARERS, OR TEACHERS CAN HELP YOU FIND THE RIGHT SUPPORT.

ONLINE SUPPORT: WEBSITES LIKE CHILDLINE, KOOH, AND YOUNG MINDS OFFER FREE ADVICE AND CHATS WITH PROFESSIONALS.

SEND Intervention Spotlight

We have just completed our first REACT Body Image intervention with some of our Year 9 and Year 10 students. All of the students were absolutely fantastic! Their willingness to be open and to discuss vulnerable topics meant that everyone got so much benefit from the work that we did. All of the girls said that they felt more confident and more positive about their bodies by the end of the course and that they recognised the control they had over their thoughts. This led to a feeling of empowerment for them with regards to the way in which they chose to view appearance ideals. Take a look at some of the great work they produced.





Broughton is becoming a Smartphone Free School

With the prevalence of smartphones and social media, our children are increasingly exposed to various risks such as online predators, inappropriate content, and excessive screen time. This is having a significant impact on a generation of young people! We know that there is a mental health crisis nationally for young people, partly due to the pandemic, but Broughton believes that huge contributors to this are smartphones and social media.

The average UK 12-year-old now spends 29 hours a week – equivalent to a part-time job – on their smartphone. This leaves little time for the real-world activities and relationships that enable children to learn the essential life skills needed for adulthood. It is not surprising that new research shows that the younger a child receives their first smartphone, the worse their mental health. We wrote to you last half term to say we were considering becoming a phone free school. After meeting with our student council and consulting with staff, they firmly support the fact that phones are not just an issue in our society; they are also a distraction to pupils in school.

Broughton Hall has signed up to be part of a national movement to become a smartphone-free school

We know that

- o Children at smartphone-free schools achieve GCSE results 1–2 grades higher¹ than those at schools where phones are allowed.
- o When smartphones are removed from the school day, mental health improves² and cyber-bullying is reduced.
- o Schools that have gone smartphone free have reported a significant improvement in behaviour across their school within weeks.
- o By removing unsupervised access to phones during the school day, children can learn in a safer environment.
- o Without the pressure of constant notifications, children have the freedom to be children: they chat more, engage more and play more

From September 2025, every pupil in Years 7 to 11 will be issued a lockable phone pouch and their phone will be locked away in their pouch upon entry to school until the end of the school day.

We will provide more information about this process in the coming weeks.

As a school, we are investing in significant measures to safeguard our pupils from the impact of social media, cyber bullying and inappropriate phone use within school. As we work together, we strongly encourage parents to take the necessary measures to ensure you are fully aware of what your daughter accesses online to protect them from potential online harm or predators, inappropriate content and cyber bullying when at home.

We would suggest all parents consider the following solutions to help protect and monitor their daughter's usage of mobile phones.

Parent Shield Network – Parent Shield is a child-safe and parent friendly mobile network. Only Children or people needing special facilities are allowed to use it.

Every feature of the Network is designed specifically for these users and features include advanced monitoring and safeguarding tools and spending and usage controls, this makes it the best SIM card for kids as you can tailor the service to the age or ability of the user.

ParentShield also offer SIM cards with no data for cases where mobile data isn't appropriate.

There are also free guides to setting up phone parental controls.

youtube.com/watch?v=RziHZWokT5A

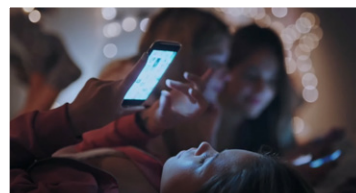
Ontaro app. This is an Online Child Protection app used to monitor activity across most popular apps.

Consider the impact of phones on childhood. youtu.be/5Zhfd0jW7iY

ParentShield
The Child-Safe Mobile Network



ontaro
ONLINE CHILD PROTECTION





A Level Biology

On Tuesday this week the A level Biology class attended a STEM Experience day at the University of Liverpool. The day started with an introduction in one of the lecture theatres and then the students took part in lab sessions looking at biochemistry, archaeology and organic chemistry. They experienced what life would be like as an undergraduate student had the chance to complete experiments in the highly equipped labs at the university. To end the day the students had a tour of the university campus and an opportunity to ask questions about university life.

SUNDAY

1 Decide to look for what's good every day this month

8 Find joy in music: sing, play, dance, listen or share

15 Look for something to be thankful for where you least expect it

22 Watch something funny and enjoy how it feels to laugh

29 Share a friendly smile with people you see today

MONDAY

2 Say positive things in your conversations with others

9 Ask a friend what made them happy recently

16 Speak to others in a warm and friendly way

23 Create a playlist of uplifting songs to listen to

30 Make a list of the joys in your life (and keep adding to it)

TUESDAY

3 Re-frame a worry and try to find a helpful way to think about it

10 Bring joy to others by doing something kind for them

17 Take time to notice things that you find beautiful

24 Bring to mind a favourite memory you feel grateful for



WEDNESDAY

4 Take a photo of something that brings you joy and share it

11 Eat good food that makes you happy and really savour it

18 Look for something good in a difficult situation

25 Show your appreciation to people who are helping others



THURSDAY

5 Think of 3 things you're grateful for and write them down

12 Write a gratitude letter to thank someone

19 Get outside and find the joy in being active

26 Make time to do something playful, just for the fun of it



FRIDAY

6 Get out into green space and feel the joy that nature brings

13 Take a light-hearted approach. Choose to see the funny side

20 Rediscover and enjoy a fun childhood activity

27 Be kind to you. Do something that brings you joy



SATURDAY

7 Do something healthy which makes you feel good

14 Share a happy memory with someone who means a lot to you

21 Send a positive note to a friend who needs encouragement

28 Notice how positive emotions are contagious between people



Joyful June 2025



ACTION FOR HAPPINESS

Happier · Kinder · Together



Broughton Hall Catholic High School presents...

Legally Blonde



Tuesday 8th July



Wednesday 9th July

6pm in Dance Drama
£7 Adults (18+)
£4 School Age (5+)
£18 Family Ticket
(2 adults, 2 children)

Online booking is now on sale for this year's school production!

Use the poster QR codes or the links:

Tuesday 8th July:

<https://www.trybooking.com/uk/EXXZ>

Wednesday 9th July:

<https://www.trybooking.com/uk/EXYF>

Legally Blonde

