



# BROUGHTON NEWS

**ONE HEART, ONE MIND**  
*In Faith, Hope and Love*

**Edition 144**

December 5th 2025



## Peace and Preparation

As we enter the Second Week of Advent, our school community turns its attention to two beautiful themes: Peace and Preparation. This week, we encourage our students to slow down, take a deep breath, and make room in their hearts for Peace.

In a world that often feels busy and full of noise and distractions, Advent gives us a special chance to pause. The lighting of the second candle on the Advent wreath reminds us that Jesus brings calm, hope, and gentle love into our lives. Let us all reflect on how we can welcome this peace at home through quiet prayer, acts of kindness, and moments of patience with one another. Raising funds for charity as our Year 11 students did this week in Tesco also shows how acts of kindness and mercy can bring peace into our hearts.



Advent is also a time of preparation. Just as we prepare our homes with tinsel and decorations for Christmas, we should also prepare our hearts for Christ. Simple actions like helping a brother or sister, saying "I'm sorry," choosing kindness at school with an act of mercy are small but meaningful ways we can prepare ourselves for Christmas.

This week is also a wonderful opportunity for our students to think about how they can help each other at school. Sharing with a classmate, including someone who feels left out, offering help during group work, or using kind words when someone is having a hard day are all ways of showing Jesus' love. These small acts of peace make our classrooms warmer and more welcoming for everyone.

## Weekly Prayer

### The Apostles' Creed

I believe in God,  
the Father almighty  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the  
dead;  
he ascended into heaven,  
and is seated at the right hand of God the  
Father almighty;  
from there he will come to judge the living  
and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting. Amen.  
Amen.

## Top Attendance Forms

<b>94.1%</b> 7OSC	<b>91.7%</b> 8THO	<b>89.1%</b> 9THO
.....	.....	.....
<b>92.8%</b> 10NIC	<b>87%</b> 11VIN	<b>97%</b> 12NIC



## Personal Safety at Christmas

We are working with students to remind them on personal safety during the Christmas period. Please read and discuss the advice we have been sharing, with your daughter

### Personal Safety

#### Look confident

Encourage your child to walk with purpose and be aware of their surroundings. A confident posture can make them less likely to be targeted.

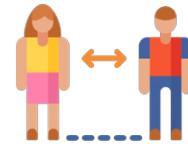


#### Know where you're going

Students should plan their routes in advance, especially when going somewhere new. Well-lit, busy streets and paths with CCTV coverage are safest. Remind them to only use licensed taxis or minicabs booked by phone or reputable apps.

#### Keep your distance

When walking behind someone—particularly at night—leaving a good amount of space helps avoid making others feel uncomfortable or threatened.



#### Cross the road when needed

If your child is out walking or running and approaches someone from behind, they can cross the road, call out politely, or leave plenty of distance when passing to avoid alarming others.

#### Keep comments to yourself

What might seem like a joke or compliment can be upsetting or intimidating to others. Students should avoid making unsolicited comments to people they don't know.



#### Look out for friends

If someone in their group is behaving inappropriately or harassing others, encourage your child to speak up and help calm the situation.

## Protecting Mobile Phones

### Don't leave devices unattended

Items such as phones, tablets and cameras can be taken in seconds. Keep them in sight and never left on tables in public spaces.



### Be aware when using phones

Students should only use their phones when it feels safe to do so, and put them away immediately afterwards.

### Use security features

Advise your child to set a strong PIN, password, passcode or pattern to protect the device if it's lost or stolen.



### Know the IMEI number

By typing \*#06# on the keypad, the phone's IMEI number will appear. This should be written down and kept somewhere secure and separate from the phone, as it can help police track a stolen device.

### Install a tracking app

Tracking apps allow students or parents to locate a missing phone from another device. These should be activated as soon as possible if the phone goes missing, before any settings can be disabled.

**BH Dance Company**  
Wednesday 3-4pm



**Horrible Histories**  
Wednesday Lunch time



**Netball**  
Wednesday 3-4pm



**Textiles Club**  
Wednesday 3-4pm

**THIS WEEKS  
ENRICHMENT**

**HIGHLIGHTS**



## Huge Congratulations to our Year 7 Netball Team!

What an incredible achievement — 1st place in League 3 at one of the biggest tournaments of the year, with 17 schools competing! Our girls absolutely smashed it, winning 4 out of 5 games and finishing top of the table.

Their determination, teamwork, and resilience shone through all day, with their biggest win by a 9-goal difference!

A special shout-out to our Players of the Tournament: Sophia Wilson -Robinson — outstanding effort and leadership on court and Amelia Rae Conroy with some insane shots!

So proud of every single player on this amazing team.

Well done, Year 7!



## Year 10 Fundraising

Huge well done to 10MAX who hosted a charity cake sale on Tuesday and raised well over £70 for The Brain Charity.

Pupils involved included Lucy D, Olivia P, Mia R, Gabriella B, Asia W and Millie E.

Brilliant girls!

BROUGHTON HALL CATHOLIC HIGH SCHOOL

# Food Pantry Launch

HELPING HANDS TOGETHER

OPEN NOW!

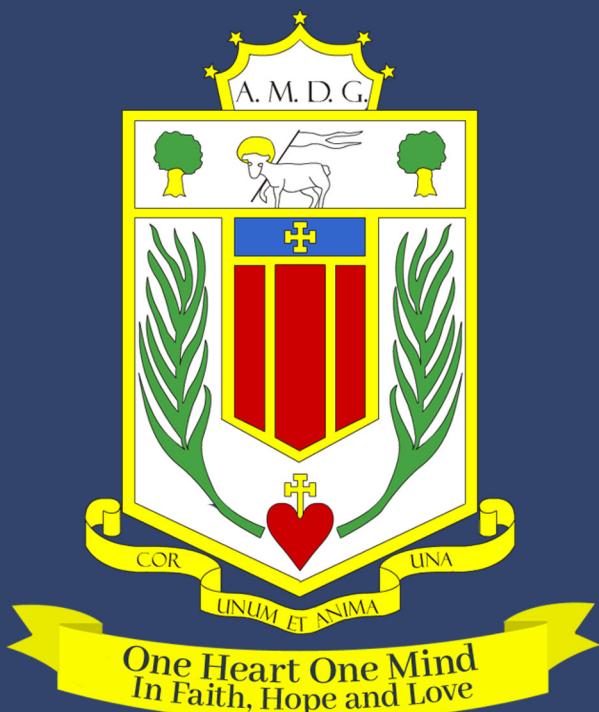
Do you know a household within  
our community that would benefit  
from a helping hand?

Broughton Hall Catholic High  
School is committed to supporting  
our local community and is proud  
to launch a fully stocked food  
pantry to assist those in need.

If you know an individual, family,  
or even yourself who would  
benefit from this support, please  
get in touch.

CONTACT US AT 0151 541 9440 OR  
[HELPINGHANDS@BROUGHTONHALL.COM](mailto:HELPINGHANDS@BROUGHTONHALL.COM)

WORKING TOGETHER IN FAITH, HOPE & LOVE



# CHRISTMAS DINNER

## ROAST TURKEY

Roast Potatoes  
Sprouts  
Carrot & Swede  
Stuffing Balls  
Pigs in Blanket  
Gravy

OR

## CAULIFLOWER CHEESE TARTLET

Roast Potatoes  
Sprouts  
Carrot & Swede  
Stuffing Balls  
Pigs in Blanket  
Gravy

WITH

Christmas Pudding & Custard  
OR  
Christmas Sponge & Custard  
OR  
Yule Log

12 DECEMBER 2025



## 12 Days of Christmas Foodbank Challenge

Many within our school and local community are faced with the challenge of managing rising living costs and as a result, struggle financially. This can have a significant impact on the emotional well-being and welfare of those families. To support members of our community during times of struggle, we are launching the 'Broughton Hall Foodbank'. This service will be available all year round, whenever families and other members of our community need our support.

Whilst Christmas is a time of joy and celebration, for many in our community, the festive period is particularly challenging. It is for this reason that we are choosing to launch the foodbank's opening with our '12 Days of Christmas Foodbank Challenge'.

Details on how students can get involved and support this community project can be found on the posters below.



### Broughton Hall Catholic High School

#### '12 Days of Christmas Foodbank Challenge'

IT'S TIME TO SPREAD SOME CHRISTMAS CHEER - AND FILL UP OUR BRAND-NEW BROUGHTON HALL FOODBANK!

FOR 12 DAYS, WE'RE COLLECTING NON-PERISHABLE FOOD AND ESSENTIALS TO HELP MEMBERS OF OUR COMMUNITY.

STUDENT MISSION:  
BRING IN THE ITEM OF THE DAY, EVERY DAY!  
THE FORM IN EACH YEAR GROUP THAT COLLECTS THE MOST ITEMS WINS FESTIVE TREATS IN THE LAST WEEK OF TERM!

LET'S SHOW WHAT THE BROUGHTON HALL SPIRIT IS ALL ABOUT - GIVING, KINDNESS, AND COMMUNITY!

STARTS: 25<sup>TH</sup> NOVEMBER  
ENDS: 10<sup>TH</sup> DECEMBER

DROP OFF: IN YOUR FORM ROOM EACH DAY



#### '12 Days of Christmas Foodbank Challenge'

HOW TO TAKE PART:  
BRING YOUR ITEMS INTO FORM EACH MORNING  
KEEP TRACK OF YOUR TOTALS - EVERY TIN, BOX, AND PACKET COUNTS!  
CHEER ON YOUR FORM AND HELP YOUR YEAR GROUP TAKE THE CROWN! 🎉

#### THE 12 DAYS OF GIVING

- DAY 1: TINNED SOUP
- DAY 2: PASTA OR RICE
- DAY 3: CEREAL OR PORRIDGE
- DAY 4: TINNED FRUIT/PUDDINGS
- DAY 5: TINNED VEGETABLES
- DAY 6: TEA BAGS OR COFFEE
- DAY 7: CRISPS OR CRACKERS
- DAY 8: TINNED MEAT OR FISH
- DAY 9: PASTA SAUCE OR OTHER COOKING SAUCE
- DAY 10: LONG-LIFE MILK
- DAY 11: TOILETRIES (SOAP, TOOTHPASTE, DEODORANT, ETC)
- DAY 12: TREATS! (CHOCOLATES, MINCE PIES, SWEETS!)

GOOD LUCK!





# Merry Christmas!



## December Timetable

All sessions delivered live online via zoom. 90 minutes long

**£24 each or FREE with School Membership**

Book online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

Recordings available for 48 hours (excluding Free Talk)

Decreasing Depression	1 DEC 10am
Raising Self Esteem	1 DEC 7pm
Understanding the Teenage Brain	2 DEC 10am
Supporting Healthy Sleep	2 DEC 7pm
Autism - Improving Communication	8 DEC 10am
Improving Family Communication	8 DEC 7pm
Supporting A Child with ADHD	9 DEC 10am
Understanding Addictive Behaviour	9 DEC 7pm
Anxiety Based School Avoidance	15 DEC 10am
Understanding Anger	15 DEC 7pm
Supporting Healthy Screen Use	16 DEC 10am
Facing Defiance	16 DEC 7pm