



All Saints' Roman Catholic High School Newsletter

December 2024

As we draw the curtain on another busy term, I find myself reflecting on the variety of events and achievements that have characterised our school community. The final days of term have been a whirlwind of activity, culminating in the spirited Year 11 fancy dress celebration and a break time music concert that will long be remembered. In a touching display of solidarity and generosity, we witnessed Mr O'Sullivan undergo a head-shaving, expertly initiated by one of our own pupils, Tom Walker, Aiden Gallagher and Jackson Harris-Cox in support of our Youth Enterprise Team's commendable fundraising efforts for Rossendale Hospice. My heartfelt gratitude extends to all who contributed to this worthy cause, with special recognition to Mr O Sullivan for their admirable commitment to the cause.

This half term has been filled with moments of pride and celebration. Our sporting teams have secured a number of impressive victories that speak volumes of their dedication and teamwork. The school choir's performance at Rawtenstall market earlier this week was a testament to their musical talents and their ability to represent our school with distinction in the wider community.

Our commitment to providing diverse educational experiences was evident in the pupils who attended the Cyber First day at Salford Quays, broadening their horizons in the ever-evolving field of technology. It was particularly gratifying to welcome back two of our alumni, Matthew Braithwaite and Tom Boys, who generously shared their experience of working in the Civil Service with our Year 11 pupils. Their success and willingness to give back to our school community is a source of immense pride.

The Headteacher's Hot Chocolate reward has recognised 90 pupils this term, each embodying the values and ethos we hold dear. It is always a pleasure to conclude the week by celebrating these pupils' accomplishments. Furthermore, the distribution of an impressive 16,326 reward points this half term underscores our pupils' positive engagement in learning and their unwavering commitment to 'SHINE' in all their endeavours. I encourage all our pupils to maintain this exemplary standard as we move into 2025.



As we look ahead, please note that school reopens on Monday 6th January at 8.30am. I kindly remind all parents and pupils that correct uniform is expected, which excludes leggings and 'hoodies' worn underneath blazers.

Information regarding Christmas Eve and Christmas Day masses at our local parishes is below –

From Fr Simon - Holy Apostles

Tuesday 24th December - Christmas Eve

6.30pm First Mass of Christmas (Carols from 6pm) in St James the Less

7.00pm First Mass of Christmas (Carols from 6.30pm) in St Peter's

Wednesday 25th December - Christmas Day

12.00am Midnight Mass in St James the Less

9.00am Christmas Day Mass in St Peter's 1

1.00am Christmas Day Mass in St James the Less

From Fr Chris - St Anselm's and St Mary's

Christmas Eve - 24th December

5.30pm - St Mary's, Bacup

7.00 pm - St Anselm's, Whitworth

Christmas Day - 25th December

10.30 am - St Anselm's, Whitworth.

In closing, I extend my warmest wishes to you and your families for a happy, holy and peaceful Christmas, and a joyous New Year.

Mrs Lord



All Saints' Roman Catholic High School

Newsletter

News from the RE Department

Dear Parents and Carers

As we journey through Advent, it has been another busy period at All Saints'.

During his Advent message during the first Sunday of Advent, Pope Francis reflected on the Gospel reading in which Jesus speaks to us about cosmic upheavals and the anxieties and fears humanity faces. The reading recounts how the Lord offers words of hope and encouragement. When speaking of the coming of the Son of Man, He tells his disciples to stand up and raise their heads to heaven as their redemption is at hand.

The Pope explained how the Lord's concern is that the disciples' hearts do not grow "drowsy" with earthly concerns and that "they await the coming of the Son of Man with vigilance."

Persecutions, wars and natural disasters made up the catastrophic events of many of Jesus' contemporaries, the Pope pointed out, and anxieties for the future and the end of the world abounded. The Lord knows their hearts are burdened with fear, the Pope observed, and he helps the disciples be free of worldly anxieties and false convictions of security, by showing them how to be vigilant with their minds and hearts, remembering God's plan for salvation even amidst the most dramatic events of history. He explained that by turning our gaze to heaven, we can better put into context the challenges in our lives as we journey to the Lord.

The Pope said Jesus' call to vigilance and awareness extends to all of us as well. He suggested we reflect on our own lives and outlooks, whether we are letting ourselves be discouraged or crushed by the anxieties and worries of our lives and world situations, or if we have the faith and courage to lift our heads up to see the Lord who is our help and salvation.

In conclusion, the Pope prayed that this Advent season may be "a precious opportunity to lift our gaze to Him, who lightens our hearts and sustains us on our way."

At All Saints', we have continued to celebrate our faith and mission as a Catholic school.

On **18th October**, Y7 had a CST day, focusing on the work of CAFOD and CARITAS.

Pupils attended a workshop delivered by CAFOD where pupils learnt about the work of this Catholic organisation and how the themes of Catholic Social Teaching govern their work; experienced prayer, reflection and a guided meditation with myself; attended an assembly led by Kath Ansley from Caritas where pupils learnt about the work of this charity and how it helps vulnerable people within our Diocese; a workshop about our House Saints and their CST virtues led by Miss Montgomery, Deputy Head. Pupils were taught about the lives of these individuals and how their catholic social teaching virtues can inspire us in our own lives. Pupils also completed a workshop where they created 'jigsaw puzzles' based on their House Saint, led by Mr Crapnell – Technology Dept; a liturgy was attended by all at the end of the day where pupils reflected on their day and we 'joined the jigsaw pieces', representing that as part of one family when we come together and work together we can achieve more. We enjoyed a 'big sing' where we celebrated our faith and our day with the power of music and completed our day with a Liturgy.



On **1st November**, All Saints' Day, we had a Key Stage 3 Mass for All Saints' Day and a KS4 Liturgy. Our Student Leadership Team led us in the prayers and readings for the KS4 liturgy and members of the Chaplaincy Group led us in our readings for the KS3 Mass. Thank you to Fr Chris for celebrating and to Lucas in Y7 for being an Altar Server. All students received sweets to celebrate the day!



All Saints' Roman Catholic High School

Newsletter

News from the RE Department

On **11th November** we came together as a school community for a short service for Remembrance Day. Miss Padwell organised this service with members of the student leadership team. Pupils proceeded into the hall through a guard of honour of pupils attired in the uniform of appropriate organisations – scouts/ guides/ cadets of the armed forces. We were led in a presentation of readings, prayers and reflections by pupils from the Student Leadership Team. To begin our two-minute silence, we were led in the 'Last Post' by a former student, Leo Stemp. We have an annual Remembrance Service to remember those who have fought in war and campaigned for the freedoms that we have today.

Chaplaincy is extremely important to our School. We have a dedicated pupil Chaplaincy Team which meets weekly and a Staff Chaplaincy Team which meets a number of times each term. The Chaplaincy team represent our school's faith in action - these are students who are active in our school community, involved in the planning and delivery of assemblies, are in service in school and the local community, and help with fundraising.

As the year moves on, we will be planning for the 2025 Jubilee Launch which is in January and planning events to take place during the year. In the Catholic Church, a Jubilee Year takes place every 25 years. This Jubilee Year's theme is 'Pilgrims of Hope'. We shall be involved in projects and events with other schools across the Diocese.

A number of our pupil chaplaincy group are enrolled in the Faith in Action award at Bronze level which requires 35 hours of service in school and for our local community. One pupil is on the silver award which requires 60 hours of service and leadership. Pupils on the Faith in Action award have to demonstrate service by actively demonstrating faith in action within school and their parish/ community.

This 'service' can be involvement in any club within school and anything in the local community that demonstrates Faith in Action. For example, in school it could be being part of the Chaplaincy Team, or being an Altar Server at school Mass, being part of the choir, or planning and delivering an assembly or helping at Open Evening. In the community, examples can include helping within their Parish or being part of a group that might help out at community events, or fundraising within the community. Our pupils are logging their hours by being involved in Chaplaincy; raising money for charities, planning and delivering collective worship, taking roles within Masses, leading groups outside of school, e.g. Scouts, leading in assemblies and coordinating fundraising events.

On **Friday 13th December** we had our Christmas Jumper Day. Pupils donated a pound to wear their jumper and this money will go to Rossendale Hospice.

The Chaplaincy Team led our Assemblies in the second week of Advent, focusing on peace. Explaining that peace is an action. It is something we can do. We can bring peace to people's lives through our actions.

Pupils have also been supporting the Caritas 'Bee There' appeal and collected items for donation. Thank you for all donations received. They will be taken to our local Caritas branch on Thursday 19th December. If you would like to support our Diocesan charity independently, the link is: <https://www.caritassalford.org.uk/donate/>



When we return after Christmas, there will be a CST Day for Y8 on **Monday 13th January**. The theme will be based on the Epiphany and will follow the theme of journey and light. Pupils will be completing workshops during the morning and celebrating Mass in the afternoon.

I wish you all a happy and Holy Christmas.

Kind regards

Mr A Sidlow

Leader of Catholic Life and Mission and Collective Worship.



All Saints' Roman Catholic High School Newsletter

News from the PE Department—Girls

It was great to have two past Sports Studies pupils help score and umpire at the Year 10 and 11 Netball Tournaments: Gracie Wilson and Libby Cowking. Gracie has helped umpire at many netball tournaments since leaving All Saints' and these girls are great role models for our pupils.

At the end of the tournament we also saw Florrie Butterworth, another former sports studies pupil, who was there to pick up her younger sister who has followed in her footsteps as a Goal Defence player.

PE Reward Trip - Bowling

On Thursday 12th December 30 pupils were taken to Hollywood Bowl for a rewards trip for their excellent attendance to the PE extra-curricular clubs and competitions this term. The group were split into 5 lanes of 6 pupils competing against each other for an hour of bowling which was lots of fun. They were served drinks and food after playing and had a great afternoon out of school enjoying being treated for all their hard work. Well Done for all your hard work and success this term; you thoroughly deserved the reward.

Miss C Hill
Curriculum Leader of PE



News from the PE Department—Girls

Year 10 Rossendale Netball Champions

On Thursday 10th October the Year 10 Netball Team competed in a tournament against the other high schools in the valley. The first match was against BRGS which was extremely close and competitive but All Saints' won. The All Saints' team then went on to play Whitworth and won again, it was a great performance from the team who kept pushing for a goal and maintained the lead. The third game was against Haslingden which they won again and did excellently to not concede a goal. Following this they played The Valley and the All Saints' team went from strength to strength winning 7-0. The last match was against Alder Grange which All Saints' won 3-1. This was a close game and the girls worked really well as a team. Over all the year 10 team came first in the tournament which is a fantastic result and one they really deserve. Well Done to all the girls: Faye Hawke, Ava Lynch, Lois Cowking, Annabel Butterworth, Leia Webb, Ellie Brierley, Romilly Ashworth and Maddie Smith.



On Wednesday 13th November our Year 10 girls netball team played incredibly well in a match against Our Ladies & St Johns School in Blackburn. The match was great experience for the girls as the other school played both year 10 and 11 students. This kicked started the girls motivation to continue training hard in school to prepare for future matches as although it was difficult they learnt valuable skills and worked hard whilst doing it. The match was split into 4, 8 minute quarters and the final score was 21-9 to Our Lady and St John. Despite the score, the All Saints' team played exceptionally well and a special mention must go to Annabelle Butterworth who received 'players' player' and coaches' player after the match.

Team:

Lois Cowking, Annabelle Butterworth, Faye Hawke, Leia Webb, Erin Bewley, Ava Lynch, Ellie Brierley, Romilly Ashworth, Maddie Smith

Miss C Hill
Curriculum Leader of PE



All Saints' Roman Catholic High School Newsletter

News from the PE Department—Girls



Year 11 Rossendale Schools Netball Tournament

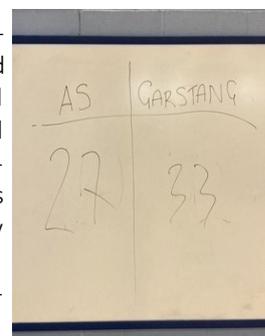
On Thursday 10th October the Year 11's competed in the Rossendale Schools Netball Tournament. The team have showed such an improvement since last year in how they played. Each match was extremely close and showed how much they had developed as a team, particularly in defence. The team came 4th over all out of 6 schools. They showed excellent resilience and teamwork and were a credit to the school. The team consisted of; Lexi Sarker, Bella Culbert, Hallie-Jo Talbot, Amy Gjeta, Summer Prince, Tilly Duffy, and Elena Heatley.

English Schools Basketball Competition

On Tuesday 17th December All Saints' played against Garstang in the English Schools' Basketball Competition. At the start of the fixture the girls were very nervous as it was only their second match. This soon eased when the first 5 began on court and they got their first basket. The team had struggled with their shooting in their first match but this had been a big focus before the game and had paid off as they had many baskets. Defending was a strong aspect of the team and really put pressure on Garstang. It was such a close game with us losing by just 3 baskets. The teams' confidence has improved so much from their first match and it was great to see all pupils wanting to sub on and play for as long as they could in the match. We look forward to our next match against Albany.

Well Done to Ellie Brierley, Annabel Butterworth, Evie Worden, Nola Lucking, Ava Lynch, Hollie Kankaskas, Erin Bewley, Lois Cowking, Leia Webb, Romilly Ashworth and Faye Hawke.

Miss C Hill



News from the PE Department—Girls

On Tuesday 12th November All Saints' Played against Haslingden High School in a year 7 football match. It was a lovely evening with both teams playing top quality football. The AS team only had 7 players against Haslingden, who had 14 players; they kept rotating subs. This was the first match our girls have played together in and collectively they worked brilliantly as a team and managed to score some goals! We played 3 halves; each for 12 minutes long, The first two were hard and testing for the girls but once they had begun to find their positions on the pitch they flourished and created some great goal scoring opportunities. Every single one of the girls put 100% effort into the game and despite not securing the win, the experience and skills that were exhibited by the girls during this match were fantastic and they should all be very proud.

Lola Jarret, Emily Lynch, Arianna Ainsworth, Taylor Shaw, Gracie Davin, Daisy Brierley, Coco Solazzo, Ayla- Rae Mortimer



The U13's Girl's Football Team played incredibly well on Monday 18th November in the Girl's Football Tournament at Accrington Stanley Sports' Hub coming Runner's Up. They dominated the field with such talent, team work and maturity. The only game the girls lost was against the tournament winners St Augustines'. They won their matches against Rhydding's, St Augustines' B, Hyndburn Academy, and Hollins. A massive well done to all the team who also got to enjoy the head teachers' hot chocolate reward for their performance.

Eva Williams, Ruby Monks, Poppy Jones, Jess Hope, Holly Southworth, Daisy Brierley, Coco Salozzo, Coco Alderson

Miss Hill





All Saints' Roman Catholic High School Newsletter

News from the PE Department—Girls

Rossendale Schools' Cross Country Competition

A variety of pupils across the school represented All Saints' in the Rossendale School's Cross Country Competition. Although the weather was on our side and it stayed dry for the event, the rain that had fallen the day before meant that it was very tricky terrain for pupils to run on. However, this did not stop each of them from completing the route despite the slippery and muddy hills that they had to face. The pupils from All Saints' that finished in the top 10 positions were: Alice Carr (1st), Lyla Duffy (2nd), Tilly Duffy (2nd), Theo Ormerod (5th), Annabelle Heaps (7th), Coco Solazzo (8th), Stanley Lumb (10th), Louie Edmondson (10th). Well done to everyone else who completed the race. Tyler Barnes, Declan Farnworth-Bowe, Logan Collier, Jonah Lord, Declan Collins, Afsa Rheia, Maddison Radford, Hussain Webster, Emily Lynch, Ariana Ainsworth, Valerie Afatkupa, Jess Hope, Eva Williams,

Over all the All Saints' team competed at a very high standard and set the pace for many of the races. We proved to have many talented long distance runners in the school which should hopefully see a number of them qualifying for the County cross-country competition at Witton Park later this school year.



News from the PE Department—Girls

On Monday 11th November All Saints' Played against Bowland High School in the U13's English Schools Football Competition. It was a lovely evening under the sun at Bowland with both teams in good spirits. The AS team demonstrated talent and skill on the 3G pitch making it hard for Bowland High to get past Jess Hope and Ruby Monks in defence. Having hit the cross-bar and had some shots on target that were saved by the keeper, Poppy Jones eventually got her well-deserved goal taking a 1-0 lead. They held this right up until the final minute when unfortunately, Bowland managed to equalise. This then resulted in penalties which Bowland won. The team should be so proud of how they have played. Bowland are very keen for a re-match in the new year.

Grace Bartram, Poppy Jones, Jess Hope, Ruby Monks, Coco Alderson, Daisy Brierley, Holly Southworth, Coco Solazzo, Lily McDonald
Eva Williams



The year 8 netball team played in a round robin netball tournament against Haslingden's B, C and D teams. The girls played brilliantly together showing good communication and team work and they were all always listening to and taking on board any feedback on their play. They won their first two matches by a landslide and then just lost out by one goal on their final match. Well Done to all the team on such great passes, interceptions and shooting. The team will be back at Haslingden in January for their next set of matches.



Eva Williams, Sophie Thornton, Lillianna Fox, Heidi Hodkinson, Emily Tunstall, Katie Heaton, Alexis Connolly, Mollie McLean



All Saints' Roman Catholic High School Newsletter

News from the PE Department—Girls

The year 7 second team played in a round robin netball tournament against Haslingden's B, C and D teams. It was the teams first match and they won all three of their games. We also had Maddie Smith in year 10 go to the tournament to help develop her netball umpiring skills. Well Done on a great start to your netball season girls.

Erin O'Brien, Taylor Shaw, Hibatullahi Omotosho Abiodun, Emeli Lynch, Arianna Ainsworth, Annie Ritson, Gracie Davin

Miss C Hill
Curriculum Leader of PE



The year 10 girls played phenomenally in their basketball fixture against St Wilfrid's on 3rd December 2024. It was a fast start, and we faced a really tough team in the first quarter of the match. However, after a team talk and some positive reinforcement by Annabelle, the girls absolutely brilliant and got their 'heads in the game!' (*Cue - inner high school musical vibes*) The girls played exceptionally, and their batting was outstanding, as it was quite a physical and fast paced game. Unfortunately, St Wilfrid's won the fixture in an entertaining but gruelling 40 minute match, but our girls can reflect proudly on their impressive communication skills, teamwork, attitudes and sportsmanship.

Annabelle Butterworth, Nola Lucking, Erin Bewley, Ellie Brierley, Romilly Ashworth
Lois Cowking, Faye Hawke
Miss Hockett

News from the PE Department—Boys

Year 7 - The Y7 boys' and girls' teams performed excellently in the Rossendale Indoor Athletics competition. The pupils competed in a range of running, jumping and throwing events with the boys eventually finishing 4th and the girls in 5th position.

Year 8 - The boys' football team won their Rossendale League fixture 6-3 at Valley thanks to a tremendous individual display from Louie Edmondson who scored all six goals on the night!

Year 9 - The year 9 football team also bagged three league points in their fixture at Valley. After trailing at half time, the team rallied and ran out eventual 5-3 winners thanks to two goals each from Hussain Webster and Louie Edmondson and one from Levi Pohrebienyk. Goalkeeper Mikey Olsahinde was player of the match for a string of superb saves.

Year 10 - The Y10s bowed out of the Lancashire Cup football competition after losing 6-0 away to St. Bede's Ormskirk in what was a very challenging draw. They will be hoping to fare better in the Rossendale Cup later in the year.



Year 11 - The lads have been busy with Lancashire Cup basketball matches this half term and have so far had two narrow defeats; 32-24 to Alder Grange and 33-16 to Walton-le-Dale. They still have a chance to reach the knock-out phase if they can overcome Haslingden and Ribblesdale in the remaining pool matches.



Inclusion Bowling Competition - this half term a group of Y7 pupils participated against a range of high schools, primary schools and special schools from across Rossendale in a ten pin bowling event in Burnley. The pupils had a great afternoon and represented school superbly.



All Saints' Roman Catholic High School Newsletter

News from the PE Department—Boys

Lancashire Table Tennis Champions - huge congratulations to our U13s girls table tennis team who were crowned Lancashire Champions in a weekend competition hosted at St. Bede's Blackburn. The team made up of Poppy Jones, Mollie McClean, Rosie Bacon and Coco Alderson will now represent Lancashire in the North of England event in January. Also, a big well done to the boys' team who were runners-up. The boys team was made up of; Kian Phillpson, Jonah Lord, Thor Fairhurst, Hugo Templar and Max Whittle.



Burnley FC Players Visit - Earlier this half term we were very fortunate to be visited by not one, but two Burnley FC players. Luca Koleosho and CJ Riley-Egan. The visit came about through our ongoing mentoring partnership with Burnley FC, an initiative that a number of our pupils benefit from weekly. On the day the players met with around 40 pupils and had a question and answer session, as well as signing autographs and taking photos. There was one special surprise for avid Burnley fan and Year 11 pupil - Bailey Pilkington who was being interviewed when he was interrupted with the surprise appearance of his favourite player; Luca Koleosho.



News from the PE Department - Boys



Paralympic table tennis visit - This term we have also been very lucky to receive a visit from Paralympic bronze medalist; Fliss Pickard. Fliss has links to the school through our table tennis coach Mr. Young. Fliss put on a table tennis exhibition for all pupils in Year 7 and 8 as well as answering questions about her career and achievements which was extremely inspirational!



Burnley FC Visit - In early December, a group of twelve Y10 pupils took part in a 'National Justice Day' event hosted at Turf Moor. The pupils listened to talks from judges and barristers and also participated in a 'mock trial' where they performed different roles in the courtroom. Pupil also had a stadium tour where they visited the dressing rooms and dugouts.





All Saints' Roman Catholic High School Newsletter

News from the Art Department

Art competition update

The Art teachers in the Romero Trust decided to run a "Winter" themed Art and Photography Competition across all schools in the trust. Pupils from all year groups were encouraged to enter a piece of Art or photography with the winner receiving £100 voucher. The deadline was Monday 9th December.

Congratulations to all pupils who entered, there was a huge array of talent to pick from...I can announce that the top three entries from our school have now been selected and at the next Art network meeting the Art teachers from all the schools in the Romero Trust will meet and discuss who we think should be the overall winner.

Congratulations to Taylor Shaw Year 7, Poppy Gregson Year 8 and Freya Collett Year 9.

Mrs Kight

CL Art & Technology.

Art & Photography competition

Deadline: Monday 9th December
Hand in to your teacher or Art teacher.

£100 voucher for the winner in each category

We are excited to announce The Romero Trust's first Art and Photography competition!
There are 2 categories: Primary and Secondary.
Only the schools in the trust are taking part.
We would like you to create a piece of Art or take a photograph of something which represents the season of winter.
It can be created in any media so paint, pencil drawing, collage, sculpture and of course photography can be used.

Romero
Catholic Education
Inspiring Catholic Education



Freya Collett- Yr9



Poppy Gregson – Yr8



Taylor Shaw yr7

News from the English Department

On 21st November, 82 of our Year 10 and 11 pupils attended the award-winning show *Blood Brothers* at Manchester Palace Theatre. Written by Willy Russell, the legendary performance tells the captivating and moving tale of twins who, separated at birth, grow up on opposite sides of the tracks, only to meet again with fateful consequences. Pupils were extremely excited to see the play they are studying for GCSE brought to life on stage and it didn't disappoint! Our students were an absolute credit to All Saints' displaying a mature attitude throughout the trip – well done to everyone!





All Saints' Roman Catholic High School Newsletter

News from Careers

Exploring the Future: Year 8 and 9 'Cyber First' Adventure

On the 26th of November, a group of Year 8 and 9 students had the incredible opportunity to take part in a 'Cyber First' trip, exploring the exciting world of technology and cybersecurity.

The day was packed with engaging activities, including hands-on AI workshops, where students got a glimpse into the future of artificial intelligence. They also enjoyed a tour of cutting-edge e-sports facilities, testing state-of-the-art gaming equipment.

Alongside the fun, students gained valuable insights into cybersecurity, learning how it plays a critical role in protecting data and technology in today's digital world.

We are excited to announce that we've secured another visit later in the school year - watch this space for more details!

Mr Panaro



10 Top Tips for Parents and Educators
SAFETY OVER THE FESTIVE SEASON

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

- 1 MONITOR DIGITAL ACTIVITY**
Children spend more time online during school holidays, increasing exposure to inappropriate content and online predators. Educators should discuss digital safety with students and encourage them to engage in offline activities. Parents should discuss online safety with their children and ensure they are aware of the risks of sharing personal information online.
- 2 PRACTICE FIRE SAFETY PROTOCOLS**
The incidence of house fires increases during Christmas due to increased use of candles, decorations and the use of heaters. Open fires, electrical appliances and the use of heaters can be a fire hazard. Educators should discuss fire safety with students and ensure they are aware of the risks of using heaters. Parents should ensure that all heaters are properly maintained and that all children are aware of the risks of using heaters.
- 3 CREATE TRAVEL SAFETY PLANS**
More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Educators should discuss travel safety with students and ensure they are aware of the risks of traveling. Parents should ensure that all children are aware of the risks of traveling and that they have a plan in place in case of an emergency.
- 4 BEWARE OF ALLERGIES**
Holiday meals often include many foods that may contain allergens. Educators should discuss allergies with students and ensure they are aware of the risks of eating unfamiliar foods. Parents should ensure that all children are aware of their allergies and that they have a plan in place in case of an allergic reaction.
- 5 PREVENT THE SPREAD OF ILLNESS**
Cold weather and seasonal socialising can increase the risk of illness. Educators should discuss hygiene with students and ensure they are aware of the risks of spreading illness. Parents should ensure that all children are aware of the risks of spreading illness and that they are practicing good hygiene.
- 6 STAY VIGILANT ON THE ROAD**
Increased holiday traffic heightens the risk of accidents. Educators should discuss road safety with students and ensure they are aware of the risks of driving. Parents should ensure that all children are aware of the risks of driving and that they are practicing safe driving habits.
- 7 MAINTAIN SAFE DECORATIONS**
Festive decorations such as Christmas lights and candles can pose safety risks. Educators should discuss decoration safety with students and ensure they are aware of the risks of using decorations. Parents should ensure that all children are aware of the risks of using decorations and that they are practicing safe decoration habits.
- 8 SET BOUNDARIES FOR GIFTS**
Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Educators should discuss gift safety with students and ensure they are aware of the risks of using toys. Parents should ensure that all children are aware of the risks of using toys and that they are practicing safe toy habits.
- 9 ADDRESS STRESS & FATIGUE**
Holiday pressures can lead to burnout, which affects both parents and children. Educators should discuss stress management with students and ensure they are aware of the risks of stress. Parents should ensure that all children are aware of the risks of stress and that they are practicing stress management techniques.
- 10 DRINK RESPONSIBLY**
Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Educators should discuss responsible drinking with students and ensure they are aware of the risks of drinking. Parents should ensure that all children are aware of the risks of drinking and that they are practicing responsible drinking habits.

Meet Our Expert
James Whelan is a chartered health and safety consultant with 30 years of experience in promoting health and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, businesses and community groups to deliver safety education and training.

#WakeUpWednesday
The National College



All Saints' Roman Catholic High School Newsletter

The Parish of Holy Apostles, Rossendale

Christmas Mass Times 2024 - 2025

Tuesday 24th December - Christmas Eve

6.30pm First Mass of Christmas (Carols from 6pm) *in St James the Less*

7.00pm First Mass of Christmas (Carols from 6.30pm) *in St Peter's*

Wednesday 25th December - Christmas Day

12.00am Midnight Mass *in St James the Less*

9.00am Christmas Day Mass *in St Peter's*

11.00am Christmas Day Mass *in St James the Less*

Thursday 26th December - St Stephen

9.30am Christmas Octave Mass *in St Peter's*

Friday 27th December - St John, Apostle & Evangelist

12 noon Christmas Octave Mass *in St James the Less*

Saturday 28th December - Holy Innocents

9.30am Christmas Octave Mass *in St Peter's*

6.30pm Vigil Mass of the Holy Family *in St James the Less*

Sunday 29th December - Feast of the Holy Family

9.00am Mass of the Holy Family *in St Peter's*

11.00am Mass of the Holy Family *in St James the Less*

Monday 30th December

9.30am Christmas Octave Mass *in St James the Less*

Tuesday 31st December - St Sylvester, Pope

9.30am Christmas Octave Mass *in St Peter's*

Wednesday 1st January - Solemnity of Mary Mother of God

9.30am Mass of Mary Mother of God *in St James the Less*



All Saints' Roman Catholic High School Newsletter

News

We are thrilled to announce the new dates for our widely praised Family Matters courses in 2025! These courses are designed to provide valuable support and insights for families, and we have four fantastic options to choose from:

1. **Handling Anger in the Family:** Promoting healthy tips with our children & family members and strategies to handle anger better. This course runs for 2 hours each week over 4 weeks.
2. **ASD (Autism Spectrum Disorder):** Understanding Autism and the way it affects your child. Support and strategies to help the family relationships. This course is also 2 hours per week over 4 weeks.
3. **The Teenage Years:** The Teenage Years can sometimes be a challenge. This course explores the issues affecting teenagers and their parents. This is a 5-week course, with each session lasting 2 hours.
4. **ADHD (Attention Deficit Hyperactivity Disorder):** Understanding ADHD and how it affects your child. Support and strategies to help the family relationships. This course runs for 2 hours each week over 4 weeks.

To secure your spot, please call our office 01282 435302 or 07877 714693 or book using the QR code below.

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FAMILY MATTERS
Time out for parent courses

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4X 2hr Sessions

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Scan to book - in the drop down box, please make sure you select the course and date required

HANDLING ANGER IN THE FAMILY
Promoting healthy tips with our children & family members and strategies to handle anger better.
January 20, 27, & 3rd, 10th February 6.30pm - 8.30pm
March 11th, 18th, 25th & April 1st 12.45pm - 2.45pm
May 1st, 8th, 15th & 22nd 6.30pm - 8.30pm
June 11th, 18th, 25th & 2nd July 6.30pm - 8.30pm

ASD
Understanding autism and the way it affects your child. Support and strategies to help the family relationships.
January 20, 27, & 3rd, 10th February 12.45pm - 2.45pm
May 1st, 8th, 15th & 22nd 12:45pm - 2.45pm

ADHD
Understanding ADHD and how it affects your child. Support and strategies to help the family relationships.
January 20, 27, & 3rd, 10th February 6.30pm - 8.30pm
March 11th, 18th, 25th & April 1st 12.45pm - 2.45pm
May 1st, 8th, 15th & 22nd 6.30pm - 8.30pm
June 11th, 18th, 25th & 2nd July 12.45pm - 2.45pm

THE TEENAGE YEARS
The Teenage Years can sometimes be a challenge. This course explores the issues affecting teenagers & their parents.
March 4th, 11th, 18th, 25th & April 1st 6.30pm - 8.30pm
June 4th, 11th, 18th, 25th & 2nd July 6.30pm - 8.30pm