



BROUGHTON NEWS

ONE HEART, ONE MIND

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Christ is the light of the world

As the page on the calendar turns and we enter the month of February our thoughts begin to turn towards the spring. The days are beginning to lengthen, and the light is returning.

Each day no matter the hurdles we face, there's always light to be found. Life's journey is filled with ups and downs, but amidst the challenges, there are countless reasons to be thankful.



As a new month begins, let's pause and reflect on the precious gift of life and its many wonders. From the air we breathe to the connections we cherish, every moment is an opportunity to recognise our blessings. Let's count them one by one and hold onto the joy they bring, for in gratitude, we find strength and peace. Cherish what you have, and the people in your life.

Secure in the knowledge that Christ is the light of the world, and with him by our side we need never fear the darkness:

Again, Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will not walk in darkness but will have the light of life." – John 8,12
Broughton hall Chaplaincy Team



Weekly Prayer

Morning Offering

O Jesus,
through the most pure heart of Mary,
I offer you all my prayers, thoughts, works
and sufferings of this day for all the
intentions of your most Sacred heart.

Top Attendance Forms

96.9%	94.1%	94.8%
7THO	8THO	9MAX
89.3%	89.7%	97.7%
10THO	11THO	12MAX

From our Archive



"Members of Eucharistic Circle entertaining old people. Mr. Menard, our oldest guest is 92.

The Eucharistic Circle, our Junior Religious Society is still growing and doing well. In fact it is so big that we split into two 'semi-circles' for the meetings. These are held every Thursday at 4p.m., when we say short opening and closing prayers, give a report on our week's work, take on new work, and usually do a Gospel Study on which we have a talk and discussion."

Excerpt from the 1965 edition of the Broughtonia.



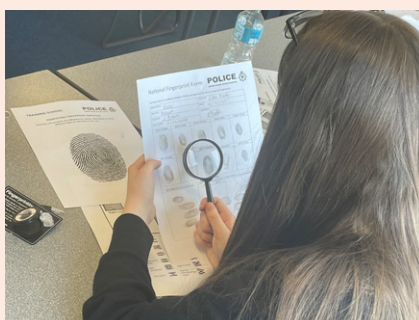
Year 11 Mock Interviews

As part of our ongoing commitment to preparing students for life beyond school, Year 11 students participated in a mock interview process with external employers. This initiative is designed to help students develop important skills such as effective communication, professional presentation, and self-confidence—all of which are essential for future career opportunities, whether in the workplace or further education.

Students got asked typical interview questions related to future aspirations, strengths, areas for development, and general skills. Following the interview, students received constructive feedback to help them reflect on their performance and areas to improve. Employers complimented how prepared and professional all of our Year 11 students are, with some employers mentioning they would hire our students in a heartbeat! Well done Year 11.

Year 12 Criminal Profiling

Year 12 students in Criminal Profiling enrichment have been studying fingerprints. They have been checking to see if they can identify whorls and pocket loops on their own fingerprints.



Job of the WEEK



Find out more..

SEND Intervention Spotlight

Footsteps

This is an intervention that aims to work with small groups of students who need support with self-esteem, resilience and confidence using CBT approaches. The aim is to assist young people to develop life skills effectively, normalize the emotional state of anxiety, build emotional resilience, encourage peer building and peer support networks, promote self-confidence in dealing with difficult, or anxiety provoking situations, prevent anxiety and depression and mix with other children. Finally, to experience fun and positive experiences.

This intervention is evidence-based which includes games, educational material, therapeutic content and strategies. This means that students will gain an understanding of the cognitive model, and increase understanding of their thoughts, feelings, body signals, and actions, with the aim to be able to cope with symptoms of anxiety and depression. This is achieved by cognitive restructuring, problem-solving, goal setting, breaking problems down into small steps (building a hierarchy) using visualisation techniques.

The ten sessions cover the following:

- Getting to know each other
- Identify different feelings
- Body signals and biology
- Identify thoughts
- The connections between thoughts, feelings, body signals and actions
- Types of thinking
- Exploring thoughts
- Goal setting
- Panic cycles and safety seeking actions
- Facing your fears

What the Duke of Edinburgh Award?

The Duke of Edinburgh's Award (DofE) is a voluntary, non-competitive program that helps young people develop skills, confidence, and resilience.



Broughton Hall Catholic High School

The Award can potentially be a life-changing experience. It can provide an opportunity to have fun with friends as well as a chance to discover new interests and talents. It can be a tool to develop essential skills for life and work.

The Duke of Edinburgh Award is a recognised mark of achievement, respected by employers. The Duke of Edinburgh Award is valuable to employers because it demonstrates a candidate's ability to develop key life skills like teamwork, resilience, commitment, problem-solving, and leadership through completing challenging activities across various categories like volunteering, physical pursuits, skills development, and expeditions, making them well-rounded individuals who can adapt to different work environments and situations; essentially showcasing their potential as a reliable and dedicated employee. What is involved?

The Duke of Edinburgh Award is comprised of four sections: Volunteering, Skills, Physical and Expedition. To achieve the Award, all four sections must be completed.

Volunteering is about giving time to do something meaningful, motivated by making a difference rather than making money. Participants should look for impactful opportunities around them – this can be in person or online. Meaningful volunteering is different for everyone. There are many people and organisations that are willing to provide participants with opportunities for volunteering.

For your skills activity you need to choose an activity that will allow you to prove you have broadened your understanding and increased your expertise in your chosen skill. It should not be a physical activity, for example horse riding, as this counts towards your Physical section, however, you could choose to learn about caring for horses.

For your physical activity you need to choose any (extra curricular) sport, dance or fitness activity – in short, anything that requires a sustained level of energy and physical activity. For example, playing a sport regularly and showing personal improvement would count. However, learning to be a coach in the same sport would be a Skills section activity, whilst being a volunteer coach counts for the Volunteering section.

It will usually take you at least 6 months to complete your Bronze programme.

- Volunteering section: 3 months
- Physical section: 3 months
- Skills section: 3 months
- Expedition section: 2 days/1 night

Bronze (Year 9+)	Volunteering	Physical	Skills	Expedition
	3 months	3 months	3 months	2 days 1 night
Plus a further 3 months in either the Volunteering, Physical or Skills section				

You also have to spend an extra three months on one of the Volunteering, Physical or Skills sections. The expectation is that you will spend around an hour a week completing a particular activity over the 3 or 6 months.

Progress is recorded on a participants online e-dofe account once they have been enrolled on the Award Scheme.

Participants decide themselves the timescale over which they will complete a section and arrange their chosen activities themselves. Pupils who have difficulties arranging activities can get additional support from Mr Halewood. Many pupils, who already take part in extra curricular activities, find that something they already take part, i.e. a dance class, will fit one of their sections and can count towards achieving their Duke of Edinburgh Award.

SILVER AWARD			
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION
6 months	6 OR 3 months	6 OR 3 months	3 days 2 nights
Physical and Skills sections: one section for 6 months and the other section for 3 months			
If you didn't do BRONZE, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.			

Each section must have an independent assessor. This is an adult (not a family member) who supports you while you take part and ultimately complete an assessor report at the end of 3 / 6 months. For example, if you play football, the coach or manager could be your named assessor.

The expedition section at Bronze involves two days of walking with an overnight camp. Pupils are expected to work as a group to navigate their planned route and be self sufficient throughout. The Silver Award has two expeditions; a practice and a qualifier. These take place over three days and involve two nights of camping.

Expedition training takes place in School later in the spring term and involves both weekend training day walks, to develop navigation skills and teamwork, as well as practical training sessions on expedition meal planning and cooking, expedition kit, packing rucksacks and setting up tents. The expeditions themselves (dates to be arranged) take place in the summer term in both the Ribble Valley and West Lancashire.



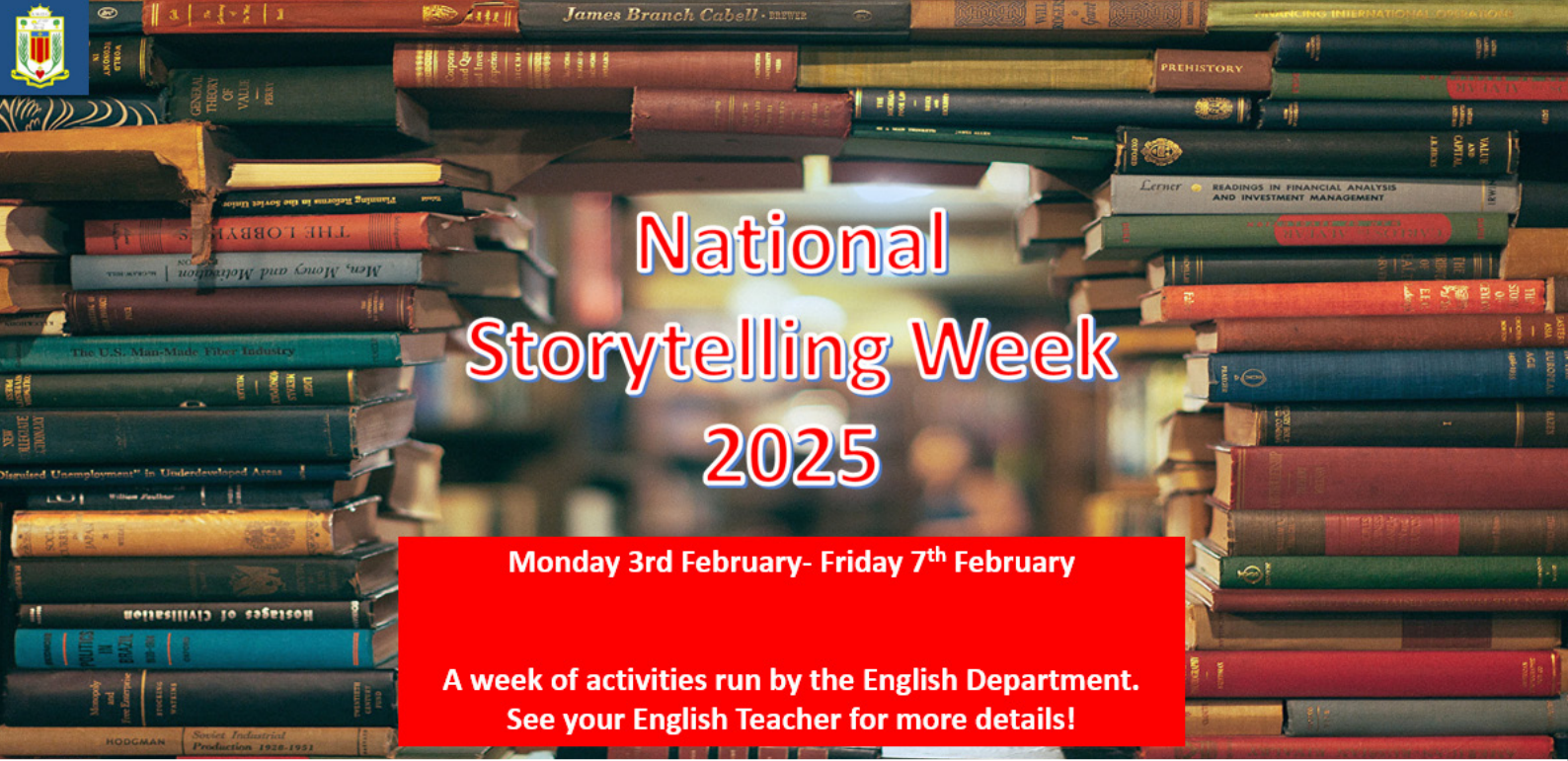
Taking part in the Duke of Edinburgh Award requires participants to be organised, meet deadlines and show sustained commitment.

Year 10 pupils have already had the opportunity to enrol in the Silver Award.

Year 9 pupils who are interested in taking part in the Bronze Award are expected to return their 'early interest forms' on Monday 3rd February. Pupils who complete these forms correctly will be invited to attend a meeting next Thursday where more information will be given out along with the enrolment forms.

More information about the Duke of Edinburgh can be found at dofe.org

Alternatively you can e-mail me (Mr Halewood - D of E Manager) any questions at halewoodj@broughtonhall.com



National Storytelling Week 2025

Monday 3rd February- Friday 7th February

A week of activities run by the English Department.
See your English Teacher for more details!



International Day of
Women and Girls in
Science, 11 February
2025

RAIL INDUSTRY APPRENTICESHIP WEBINAR

- Ready to Build the Future of rail?
- Want to Learn Skills That Keep the Nation Moving?
- From Project management to engineering to train driving apprenticeships, join us to learn more! Find out about opportunities and how to apply for apprenticeships in Rail.



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19/02/25



10:00
AM

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[CLICK HERE FOR LINK](#)



SCAN ME

PHYSICAL EDUCATION

EXTRA CURRICULAR ACTIVITIES

TUESDAY

🏃 Year 11 WJEC PE - HSK - A5

🕒 3-4PM

⚽ Football - DDA - SH

🕒 3-4PM

WEDNESDAY

🤸 Trampolining - NLA - SH

🕒 3-4PM

🩰 Year 11 GCSE Dance - ALA - DD

🕒 3-5PM

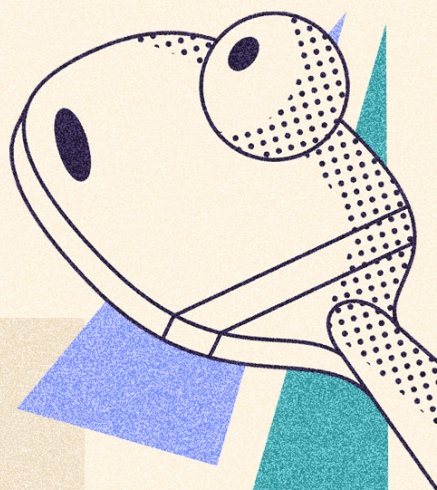
🩰 BH Dance Company - DD

🕒 3-4PM

If your daughter has an injury and needs her PE tasks adapted for her, please inform her PE teacher using one of the email addresses below. Pupils must bring their kit to school and change for the lesson on all occasions (unless in exceptional circumstances).

CONTACT DETAILS FOR PE STAFF:

Miss D Dawson - Head of PE and Dance - dawsond@broughtonhall.com
Mrs H Skinley - skinleyh@broughtonhall.com
Miss N Lawrence - lawrencen@broughtonhall.com
Miss A Lane - lanea@broughtonhall.com
Mrs K Hayes - hayesk@broughtonhall.com





Mini Bus Fundraising!

A big thank you to our amazing supporters who raise free funds for us on #easyfundraising. If you're not signed up yet, please join today and you can raise free donations for Broughton Hall Catholic High School every time you shop online.

All the big names like John Lewis & Partners, Expedia, Argos, Just Eat and many more are ready to make a free donation at no extra cost to you. Plus, when you sign up today, we'll get a £5 bonus:

Join us now!

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