



BROUGHTON NEWS

ONE HEART, ONE MIND

.....
Edition 120

March 28th 2025



Easter & Core RE Question Time

Although Easter is three weeks away, at school next week, we will be exploring the Easter story before we finish for the Easter holidays. We have our annual Easter Passion play services on Wednesday & Thursday, and our Form Time reflections will look closely at Christ's journey to the cross.

It has been a delight to work with our year 7 choir over the last couple of weeks, as this is their first Easter at Broughton Hall. As ever our older students are amazing role models to the year 7's and are inspirational as respectful students, and as talented performers. Our Form groups are busy with charity activities and our annual Easter Egg collection is gaining momentum. Arts night takes place next Monday, this amazing evening showcases just some of our very talented performing arts students. This is an evening we really look forward to as it brings so much joy to our whole school community.

Year 12 have been looking at Gender in Religion in their Core RE lessons this half term. They have explored attitudes towards gender, key female characters in various religions and gender equality movements in religion.

On Wednesday, we welcomed Ellie and Lauren from Animate Youth, Canon Conor and Kate Wilkinson (CEO of Million Minutes) for a Question Time session on Gender in Religion. Year 12 came up with fantastic questions and our guests gave very thoughtful and insightful responses that gave Year 12 lots of food for thought. Thank you to our guests for enhancing our Year 12 programme this half term.



Dear Heavenly Father, we are thankful for our students and the joy they bring to us. We are thankful for our dedicated staff, who always give so much of themselves throughout each term, and we give thanks to you Lord for your Hope sustains us, and you Mercy and Love keeps us.
Thanks be to God,
Amen.



Weekly Prayer

Come, Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful.
And kindle in them the fire of your love.
Send forth your Spirit and they shall be created.
And you will renew the face of the earth.
Let us pray
O God, who by the light of the Holy Spirit,
did instruct the hearts of your faithful,
grant that by that same Holy Spirit,
we may be truly wise, and ever rejoice in your
consolation,
Through Christ our Lord.
Amen.

Top Attendance Forms

94.6%	91.7%	91.7%
7THO	8BER	9FRA
90%	91.1%	98.2%
10FRA	11CAT	12FRA

From our Archive



The Broughton junior
choir 1962 - 1963.





McDonalds Reward Breakfast

This week Year 7 students from the highest attendance and most improved attendance form groups enjoyed a McDonalds reward breakfast. Well done girls!

Home Practice - Week Two

A Letter to a Friend

Write a letter to someone who has been making negative comments about their body.
How would you recommend they challenge the appearance ideals? What would you say to them about accepting their body?

You shouldn't talk about yourself like that you should think about how much your body can do. Although your feelings are valid they aren't true your body isn't meant to look like everyone else's society has a stereotype on how we should look and in reality the stereotype changes so much and it is not realistic you are beautiful in your own body just as much as anyone else does no matter how different you are to them it doesn't matter.

Home Practice - Week Two

A Letter to a Friend

Write a letter to someone who has been making negative comments about their body.
How would you recommend they challenge the appearance ideals? What would you say to them about accepting their body?

AND You should see how bodies are more important on how you function and what it does for you rather than seeing it negatively for how it looks. Not every body has to fit into society's standards. You should point out the best parts of you and not the worst. Say daily positive affirmations. Exercise for your own health and well-being. Focus on your positive personality characteristics. Try to not compare yourself to others as we are all meant to look different.

Home Practice - Week Two

A Letter to a Friend

Write a letter to someone who has been making negative comments about their body.
How would you recommend they challenge the appearance ideals? What would you say to them about accepting their body?

You don't have to look like everyone else your different and don't be thinking negative stuff because you are your own person and no one can change you or no one can have an opinion of you. And don't listen because you are amazing and your like your own person.

SEND Intervention Spotlight

REACT Body Image

This is a new intervention that aims to encourage students to develop a positive body image, by highlighting how comparison can be unhelpful and by encouraging a self-compassionate approach towards body acceptance. It exposes that body image is an ever changing social construct and reminds us that genetics will always have the final say when it comes to what our bodies can look like. As such, this intervention seeks to think more about what our bodies can do for us, than focusing on what they look like and to promote healthy attitudes towards our mental and physical health.

The five sessions cover the following:

- Recognising body image – what is it and where do body image ideals come from?
- Thoughts and feelings. Body acceptance.
- Challenging appearance ideals. The influence of social media. Introduction to self-compassion.
- Self-compassion. Common humanity. Mindfulness.
- Next steps towards body acceptance and positive body image

We are currently running this intervention for the first time and our amazing Year 9 and Year 10 girls have really made it a powerful and positive experience. See for yourselves some of the wonderful work they are producing!

Job of the **WEEK**

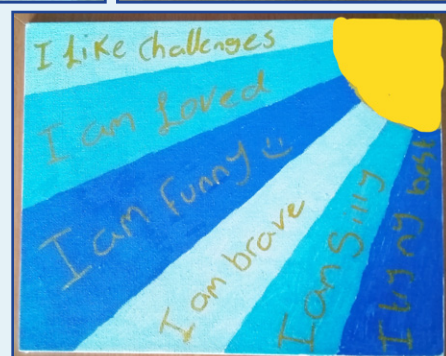


Find out more..



SEND Intervention Spotlight

Our students from the Nurture Base have been doing some beautiful work around the important role that our thoughts play in how we feel about ourselves. We have been looking at positive affirmations and recognising the value of speaking kindly to ourselves. We know that this is often a difficult thing to do, so (pro tip) – think about what you would say to a friend – we are often kinder to our friends than we are to ourselves!



MURAL DESIGN COMPETITION

Calling all artists, designers and book lovers. We need YOU to design a mural for Broughton Hall's new Reading Room!



Know your brief...

Mrs O'Rourke is looking for a design for the wall in what will be a new Reading Room (where the headteacher office used to be) The design should capture why reading and literacy is important to young people like you.

1

2

Create your Design

You can work digitally or by hand to create an original design for the mural. Remember the design is to be painted on the wall. Include colour.

3

Submit your Work

Please email Miss Ryder in Art your finished design- rydera@broughtonhall.com The winners will help bring their vision to life!





Make an [online referral](#) to Liverpool's Children & Young People's Mental Health Support

Children and young people, parents and carers in crisis can access support
24 hours a day, seven days a week, freephone 0808 196 3550.

Visit the [emergency advice page](#) for more information.

Training for parents/carers & professionals working with children & young people



Merseyside Youth Association's mental health promotion team (RAISE Team) deliver a range of FREE bite-size courses covering a range of mental health issues that impact children, young people and their families.

Bitesize

Bite-size sessions coming up in April, delivered via Zoom...

Child & Adolescent to Parent Violence & Abuse Session (CAPVA) -

01/04/2025 12:00 pm - 2:00 pm [Book here](#)

An Introduction to Eating Disorders - 22/04/2025 9:30 am - 10:30 am [Book here](#)

Body Image - 22/04/2025 11:30 am - 12:30 pm [Book here](#)

Cultivating Self-Compassion - 22/04/2025 2:30 pm - 3:45 pm [Book here](#)

Mental Health Support for Children and Young People in Liverpool -

23/04/2025 10:00 am - 11:30 am [Book here](#)

Adolescent Brain Development - 23/04/2025 3:30 pm - 4:30 pm [Book here](#)

The Online World and Mental Health - 24/04/2025 12:00 pm - 1:00 pm [Book here](#)

Introduction to Self-Harm - 25/04/2025 12:00 pm - 1:00 pm [Book here](#)

Children in Care Pathway - 29/04/2025 10:00 am - 11:30 am [Book here](#)

The Importance of Sleep - 30/04/2025 12:00 pm - 1:00 pm [Book here](#)

[See the full training calendar here](#)

ARTS NIGHT



**MONDAY
31ST MARCH 2025**

**TICKETS ON SALE TO FRIENDS & FAMILY
MONDAY 17TH MARCH 2025
LINKS WILL BE SHARED ON EDULINK**

DANCE DRAMA 6.00PM



**Broughton Hall
Catholic High School**

Ks3 Art Club

3:00-4:15

In room A9



- ✓ EXPLORE NEW MATERIALS & TECHNIQUES
- ✓ TRY THINGS YOU WOULDN'T IN LESSONS
- ✓ WORK ON FUN PROJECTS & CHALLENGES
- ✓ RELAX AND EXPRESS YOURSELF!!

