



# BROUGHTON NEWS

ONE HEART, ONE MIND

.....  
Edition 125

May 23rd 2025

## Bridges – Year 7 Residential Retreat at Savio House – 2025

Savio House is located in Bollington, a town in Cheshire, embraced by beautiful countryside and spectacular views. The sun shone brightly on our group of 27, Year 7 students and staff: Mrs. Bartsch, Mrs. Cooper & Chaplain Phil. After our welcome, we were introduced to the Salesian Centre inspired by the vision of Don Bosco, who provided home, food, education and play to less privileged young people, and the centre is named after the young St. Dominic Savio.

After a hearty lunch, we set out on our hill Walk up to a beacon locally known as White Nancy. Our students crossed a bridge over a beautiful stream; this was very fitting because our spiritual theme for the retreat, was Bridges. We walked, we climbed, and we made it to the top!

The retreat provided small group activities, including team games, outdoor games, and free time to use the indoor facilities inc. Pool Tables, Circus Toys, Table Tennis, Air Hockey, and the very popular Tuck Shop! Our second day of retreat included quiet reflection, outdoor games, and a service of reconciliation with hymns and then, Pizza!



We concluded day two by splitting up into three creative groups: Drama, Dance & Art. This was all in preparation for Mass with plenty of participation from students. Our amazingly talented Year 7's – created a drama to tell the Gospel story of Jesus telling his disciples that they were no longer servants, but now His friends. Our dancers performed a fantastic routine to compliment the service, and our artists drew pictures of our planet and the Cross of Christ, they also read about God's Love for us all.

This was a truly memorable retreat made wonderful by our students, who were a joy to be with. As staff our hearts were warmed not just by the sunshine, but because cliques that were originally evident on day one disappeared and as the retreat progressed, each and every student supported every individual in all activities. This was most evident during Mass with the creative groups being a mix of friendship groups and during Disco & Karaoke on the Tue evening. Great support was given to all. This was evidence that our theme of Bridges had impacted so positively on our students. Students had built relationship bridges and become wholly inclusive of one another.

We were all naturally sorry to leave on Wednesday, but we made great memories and built Bridges for the future!

Lord Jesus, bless all our students over the half term holiday and our staff too. Keep us safe in your arms in all we do, Amen.

One Heart One Mind



## 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,  
At the words that follow, up to and including  
the Virgin Mary, all bow.  
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,  
Amen.

## Top Attendance Forms

92.7%	96.8%	88.4%
7FRA	8THO	9CAT
93.2%	88.6%	92.4%
10FRA	11BER	12FRA

## From our Archive



Under 14's Hockey Team 1962 - 1963.

## Mass of Installation

The Installation of Archbishop-elect John Sherrington as the tenth Archbishop of Liverpool will take place in the Metropolitan Cathedral of Christ the King on Tuesday 27th May at 12 noon. There are still some spaces available for people to attend the Mass, but everyone attending will need a ticket. If you would like a ticket, please email Claire Hanlon on [c.hanlon@metcathedral.org.uk](mailto:c.hanlon@metcathedral.org.uk) ASAP.





# Job of the WEEK



Find out more..

## Animal Care

The Year 10 Animal Care class have been practising their animal handling skills by carrying out health checks on a tortoise.

Pandora the Hermann's tortoise was carefully checked for any signs of ill health and her accommodation was checked for suitability. We are pleased to report that she was given a clean bill of health!







# MENTAL HEALTH

and wellbeing



Hi! We are Elena D and Sinéad M and we are Lead Mental Health and Well-being Ambassadors. This is the first 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.

Statistics say that 73% of teen girls struggle with mental health issues. We have also found that teenagers struggle the most with their image. This includes things such as body, features and general appearance. This is influenced by many things, social media being the main one. Social media tricks our minds into creating an image we think we should follow which is just toxic, and damaging to us in the long run. It has us attached to our phones, trapped and disconnected us from reality. Where really, the average person isn't perfectly proportioned and made of plastic.

If you feel like you relate to this issue, what can you do to improve the way you see yourself? Firstly, avoid comparison, it leads you to setting yourself unachievable goals about how you should look. These goals are usually impossible because everyone's bodies are different and there's no way to mirror yourself exactly to the photoshopped instagram models we love to compare ourselves to online.

Secondly, take time for yourself. Try spending a few hours without your phone, scrolling and watching influencers' feeds. The more you're on social media, the more it starts to get to your head and it's always healthy to spend time in reality and see things the way they should be naturally. Finally, do something you enjoy more often. Our hobbies and interests are the biggest outlets for stress and anxiety and can really take your mind off of things.

Did you know that you're recommended to spend just 14 hours a week on your phone? However, the average screen time is 46 hours and 40 minutes per week, which shows the correlation between screen time and the way you see yourself.

You should also think about self love! Self-love is such an important concept for young minds because it is our biggest motivator, and at the end of the day you are yourself, and nobody else. You are your own biggest supporter and friend. You're stuck with yourself forever, so you might as well learn to get along.

Almost every teen struggles with their body image and this happens despite the range of diversity within our youth. This shows that beauty is a self-made expectation, not a necessary standard or law. Also, beauty is subjective. What someone else sees as beautiful, you may be insecure of. Or vice versa. Next time you look at someone who you may view as conventionally attractive or flawless, remember that even they probably have their own struggles. They too have looked in the mirror and questioned whether they were enough. But the answer is yes, they are. And so are you! At the end of the day all you can do is keep moving on. Although, on a more serious note, if you are realising it's taking up your whole mindspace, like it's trapping you, you might need professional help to get past it.



HERE ARE SOME PLACES YOU CAN  
GO TO FOR FURTHER SUPPORT:

**SAMARITANS**

**childline**

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](https://www.childline.org.uk) | 0800-1111

**YOUNGMINDS**

"IF YOU HAVE THE ABILITY TO  
LOVE, LOVE YOURSELF FIRST."



# MENTAL HEALTH

and wellbeing



Hi, we are Ava E, Abbey C and Ava J, your Sixth Form Mental Health and Wellbeing Ambassadors. We're here to support you in navigating the challenges and pressures that can come with school life. We've put together this article to offer practical advice and highlight support we believe is most relevant and helpful for us all—because looking after your wellbeing is just as important as your academic success.

A-levels are coming up so it is important for us to understand how we can achieve our best without feeling stressed.

A-levels can be an incredibly stressful time for students, as the pressure to perform well academically often coincides with making important decisions about the future. Balancing coursework, revision, and exams while also trying to maintain a social life and personal well-being can feel overwhelming.

It's important for students to recognise that stress is a common part of this journey and to seek support when needed, whether from teachers, friends, or pastoral staff. Students must be aware they can speak to teachers if they are feeling stressed, this can be any member of staff that you trust or you feel they can understand your stress and provide the support you need.

Taking regular breaks, staying organised, and prioritising self-care can make a big difference in managing stress during this demanding period. This means it is important to look after both your physical and mental health and taking time to rest for yourself, this includes always getting a full night's rest!

Some advice for students from us is to organise and plan ahead. This is effective as it ensures we avoid cramming and the stress which comes along with this.



THE FOLLOWING WEBSITES ARE VERY HELPFUL  
IN PROVIDING SUPPORT FOR EXAMS:

**YOUNGMINDS**

 **headspace**

**student  
minds**

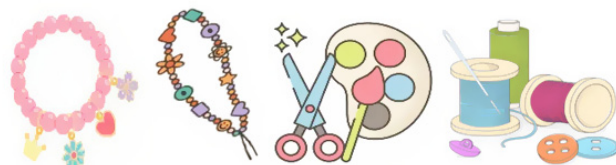
## New Wellbeing Wednesday Club

1st project is to create a visual display of paintings/ individual artworks put together like pieces as part of the same puzzle to symbolize our community and how it helps mental health.

Follow up activities include crafts, bracelet making, self care activities.

Will take place on Wednesday's from 04/06/25 at 3-4pm.

If interested add your name and form to the sign-up sheet with Miss Moss (D6) and reply to the edulink message permission slip.





# BROUGHTON HALL CATHOLIC HIGH SCHOOL

## EXAMINATION TIMETABLE SUMMER 2025

Portuguese Oral – <b>May 9</b> Italian GCSE Oral – <b>May 9</b>	Russian GCE Oral – <b>May 7</b> Russian GCSE Oral – <b>May 7</b>	Spanish GCE Orals – <b>April 28 /</b> <b>Chapel Spanish GCSE Orals – April</b> <b>30 – May2 F Hub</b>
GCE Art / Textiles – <b>April 30 –</b> <b>May2</b> GCE Photography – <b>6, 8, 9 May</b>	GCSE Art / Photography – <b>24, 25,</b> <b>28, 29 April</b>	BTEC Textiles – <b>30 March – 3 April</b>

Subject ~ am	Time	Room	Date	Subject ~ pm	Time	Room
BTEC Health Health & Wellbeing (27)	2 hrs	Drama Room	TUESDAY May 6			
BTEC Enterprise Marketing & Finance (28)	2 hrs	Drama Room	WEDNESDAY May 7			
Applied Law Unit 3			Thursday May 8			
			FRIDAY May 9	Business Studies P1 GCSE (27)	1¾ hrs	Drama Room
English Lit - P 1 (189)	1¾ hrs	Sports Hall / Drama Room	MONDAY May 12	Computer Science (13)	1½ hrs	Sports Hall / Drama Room
IT Level 3 Cam Tech Unit 1 (1)	1½ hrs			H & S Human Lifespan Dev (31)	1½ hrs	
Geography Adv P1 (6)	2½ hrs	Sports Hall / Drama Room	TUESDAY May 13	Biology Paper 1 Sep (H- 15)(F-2)	1¾ hrs	Sports Hall / Drama Room
RE Paper 1 (188)	1½ hrs			Comb Sci Trilogy Biology P1 (H-55) (F-114)	1¼ hrs	
Business Cam Tech Unit 1 (23)	2 hrs			English Literature Adv (18)	3 hrs	
Business Adv P1 (12)	2 hrs	Sports Hall / Drama Room	WEDNESDAY May 14			Drama Room
Geography GCSE P1 (57)	1½ hrs					
Maths GCSE 1MA p 1 (Non-Calc) (F-136) (H- 89)	1½ hrs	Sports Hall / Drama Room	THURSDAY May 15	Math Level 3 Comprehension (1) 7MCO	1hr 40min	Drama Room
Criminology Unit 2 (2)	1½ hrs			IT Level 3 Cam Tech (4)	1½ hrs	
Psychology ADV P1 (17)	2 hrs	Sports Hall / Drama Room	FRIDAY May 16	Criminology Unit 2 (17)	1½ hrs	
History Paper 1 A+B (90)	2 hrs			Business Studies P2 (27)	1¾ hrs	Sports Hall / Drama Room
Business Cam Tech Unit 2 (1)	1½ hrs			H & S – Working in H&S Care (12)	1½ hrs	
Chemistry Sep Paper 1 (H- 14)(F-3)	1¾ hrs	Sports Hall / Drama Room	MONDAY May 19	Media Stds P1 (28)	2¼ hrs	Drama Room
Comb Science Trilogy Chemistry P1 (H 57) (F 114)	1¼ hrs					
App Sc 32617H (14)	40 min	Sports Hall / Drama Room	TUESDAY May 20	Politics P1 (UK)(3)	2 hrs	Drama Room
(Chem)	2 hrs			App Sc 32617H (14)	40 min	
Business Adv P2 (12)	2 hrs			(Bio)	1½ hrs	
English Literature P2 (189)	2¼ hrs			Comp Science p2 (13)	1½ hrs	
Psychology P2 (17)	2 hrs	Drama Room	WEDNESDAY May 21	Core Math (1)	1½ hrs	
Film Studies (2)	2½ hrs			App Sc 32617H (14)	40 min	Sports Hall / Drama Room
English Literature Adv P2 opt B (18)	2½ hrs	Sports Hall / Drama Room	THURSDAY May 22	(Phy)	2½ hrs	
Physics Sep P1 (H14) (F3)	1¾ hrs			English Lang Adv P1 (12)	2½ hrs	
Comb Science Trilogy Physics P1 (H 57) (F114)	1¼ hrs			Film Studies (4)	2½ hrs	
Physics Adv P1 (2)	2 hrs	Sports Hall / Drama Room	FRIDAY May 23	RE Paper 2 (189)	1½ hrs	Drama Room
English Language P1 (189)	1¾ hrs			Geography Adv P2 (6)	2½ hrs	
History GCE (8)	2¼ hrs			Core Math (1)	1½ hrs	
	2 hrs			Math Level 3 Application (1)	1 hr 40min	Drama Room
				7MCO		
				Russian GCE Listen Read Translate (1)		

**HALF TERM HOLIDAY**



**BROUGHTON HALL HIGH SCHOOL  
EXAMINATION TIMETABLE SUMMER 2025**

Subject ~ am	Time	Room	Date	Subject ~ pm	Time	Room
Italian Listening (1) Italian Reading (1)	45 mins 1 hrs	C5	MONDAY June 2	Dance Written Paper (13)	1½ hrs	Drama Room
<i>Spanish GCE Listen Read Translate (3)</i> Russian GCSE Listening (1) Russian GCSE Reading (1) Portuguese GCSE Listening (1) Portuguese GCSE Reading (1)	2 hrs 45 mins 65 mins 45 min 1hr	B1  B1  Drama Room	TUESDAY June 3	Polish GCSE (1) Listening Polish GCSE (1) Reading	45min 1 Hr	C5
<i>Film Studies (6)</i>	2½ hrs	Drama Room				
Maths Paper 2 (Calculator) (F136) (H81)	1 ½ hrs	Sports Hall / Drama Room	WEDNESDAY June 4	<i>English Lang ADV Paper 2 (12)</i> <i>Pure Mathematics Paper 1 (8) 9MA0</i> RE Paper 3 (189)	2 ½ hrs 2 hrs 1 hr	Sports Hall / Drama Room
History Paper 2 A+B (90) <i>Russian GCE P2 (1) 9RU0</i> <i>Criminology Unit 4</i>	2 hrs 2 hrs 40 mins 1 ½ hr	Sports Hall / C5/ Drama Room	THURSDAY June 5	<i>Biology ADV Paper 1 (9)</i> <i>Politics (3)</i> <i>Media Studies P2 (28)</i> <i>Criminology Unit 4 (8)</i>	2 hrs 2 hrs 2½ hrs 1½ hr	Sports Hall / Drama Room
English Lang P2 (198)	1¾ hrs	Sports Hall / Drama Room	FRIDAY June 6	Geography P2 (57) <i>History GCE (8)</i> <i>Further Math (1)</i>	1½ hrs 1½ hrs 1½ hrs	Sports Hall / Drama Room
<i>Psychology ADV P3 (17)</i> <i>Physics ADV P2 (2)</i> Biology Sep P2 (H15) (F2) Comb Sci Tril Biology P2 (H55)(F114)	2 hrs 2 hrs 1¾ hrs 1¼ hrs	Sports Hall / Drama Room	MONDAY June 9	<i>Business ADV P3 (12)</i> Italian Writing (1) OCR Creative Media (23)	2 hrs 1 hr 20 1 ½ hrs	Drama Room
<i>Chemistry ADV Paper 1 (6)</i> <i>Applied Business ABS4 (1)</i> <i>Politics (3) 9PLO</i> Spanish Listening (F34) Spanish Reading (F34) Spanish Listening (H43) Spanish Reading (H43) <i>Sport &amp; Coaching (20)</i>	2 hrs 1½ hrs 2 hrs 35 min 45 min 45 min 1 hr 1 hr 20	Drama Room  F Hub / C5/ Drama Room	TUESDAY June 10	<i>Sport &amp; Coaching (5)</i>	1 hr 20	Drama Room
<i>Spanish GCE P2 (3)</i> Math Paper 3 Calculator 1MA (H89) (F100) <i>Computer Science (2)</i>	2 hrs 40 1½ hrs 1½ hrs	B1 Sports Hall / Drama Room	WEDNESDAY June 11	<b>NATIONAL EXAMS CONTINGENCY HALF DAY</b>		
Geography P3 (57) <i>History GCE P3 (8)</i>	1½ hrs 2 hrs 15	Sports Hall / Drama Room	THURSDAY June 12	<i>Pure Mathmatics P2 (8)</i> Russian Writing (1) 1RU0 Hosp & Catering (19)	1 hr 25 1 hr 25 1 hr 20	Drama Room
<i>Biology ADV P2 (9)</i> Chemistry Sep P2 (H14) (F3) Comb Sci Tril Chemistry P2 (H57) (F115)	2 hrs 1¾ hrs 1 hr 15	Sports Hall / Drama Room	FRIDAY June 13	Polish Writing GCSE (1) Portuguese GCSE Writing (1)	1hr15min 1hr20min	Drama Room



Tuesday 17th JUNE – DESKS TAKEN DOWN AFTER 3pm						
Subject ~ am	Time	Room	Date	Subject ~ pm	Time	Room
<b>Chemistry ADV P2 (6)</b> <b>Physics Sep P2 (H14)(F3)</b> <b>Comb Sci Tril Physics P2 (H57) (F115)</b>	2 hrs 1¾ hrs 1 hr 15	<b>Sports Hall / Drama Room</b>	<b>MONDAY June 16</b>			
<b>Physics ADV P3 A+B (2)</b> <b>Spanish Writing (F35) 1SP0</b> <b>Spanish Writing (H42) 1SP0</b>	2 hrs 1 hr 15 1 hr 20	<b>Sports Hall / Drama Room</b>	<b>TUESDAY June 17</b>	<b>Food Prep &amp; Nutrition (20)</b>	1¾ hrs	<b>Drama Room</b>
<b>Biology ADV P3 (9)</b> <b>Computer Science (2)</b>	2 hrs 1½ hrs	<b>A5 C5</b>	<b>WEDNESDAY June 18</b>			
			<b>THURSDAY June 19</b>	<b>Maths GCE P3 (8)</b>	2 hrs	<b>A5</b>
<b>Chemistry ADV P3 (6)</b>	2 hrs	<b>A5</b>	<b>FRIDAY June 20</b>			
			<b>Monday June 23</b>	<b>Further Math (1)</b>	1½ hrs	<b>TBC</b>
<b>Wednesday 25th June 2025</b> <b>NATIONAL EXAMS CONTINGENCY DAY - All students should be available up until this date</b>						

**\*\*CLASHES\*\*** Showing the change ~ students will be held over lunch till next session

**GSCE / LEVEL 2** – **Black Bold**

**AS Level (mainly Year 12)** – **Purple Italics**

**A2 Level / Level 3 (Mainly Year 13)** – **Red Italics**

**\*\*PLEASE BE AWARE THAT THIS IS SUBJECT TO CHANGE BY EXAM BOARDS**

**CONTINGENCY DAYS SHOULD BE CONSIDERED IF THEY ARE NEEDED\*\***