



BROUGHTON NEWS

ONE HEART, ONE MIND
In Faith, Hope and Love

.....
Edition 139

October 23rd 2025



Message from Mrs O'Rourke, Headteacher

As we come to the end of a very busy and successful first half term at Broughton Hall Catholic High School, I would like to take this opportunity to thank you for your continued support and to celebrate the many achievements of our students.

This half term has been filled with energy, enthusiasm, and a real sense of community spirit. We are delighted to share that many of our students have shown real improvement in both attendance and punctuality this half term. It's been fantastic to see so many young people arriving on time, ready to learn, and showing their commitment to making the most of every school day. The introduction of phone pouches has been a significant change, and we are so proud of how maturely and positively the students have adapted — demonstrating their commitment to learning and respect for our shared values.

Lesson visits this half term have also been a real highlight. It has been wonderful to see the positive learning environments across our classrooms, where students are fully engaged, motivated, and building strong, respectful relationships with staff and one another. The enthusiasm and focus shown in lessons reflect a genuine love of learning and a shared desire to achieve excellence.

There has been so much happening across the school: from dance workshops and Harry Potter trips to pizza rewards and charity cake sales. Another highlight this half term was the trip to Stratford-upon-Avon to see Macbeth — a wonderful experience for some of our English students that brought Shakespeare's words to life. Our Just Dance session brought smiles and laughter, while our Mercy Values have been evident in every act of kindness, teamwork, and generosity shown by our students.

Academically, our girls continue to impress. GCSE and A Level revision sessions have been well attended, showing real determination and focus from our exam groups. We have also hosted several important events, including the Year 7 Form Tutor Evening, Year 11 Parents' Evening, Year 11 Revision Revolution Session (attended by both parents and students), and Year 13 Parents' Evening. It has been a privilege to welcome many of you to these events as we continue to work together for the benefit of the girls.

Mercy Values - Fundraising

Year 8 Catholic Life Form Reps and students from 7BER were the driving force behind our World Gifts Day CAFOD Fundraiser. Friday Cake Sales are back in support of providing Water & Wells for communities without safe drinking water. Thanks to our Year 8 helpers who raised £130 and also 7BER who completely sold out with the final amount to be confirmed.

Father God, we give you thanks for a wonderful start to our school year, we pray that our whole community finds health and rest during half term. Thankyou Lord for the privilege of giving, may all we do be blessed by your hand,

Amen.



Weekly Prayer

Angel of God

Angel of God,
my guardian dear,
to whom God's love commits me here,
ever this day be at my side,
to light and guard, to rule and guide.
Amen.

Top Attendance Forms

95.3%	93.3%	95.6%
7FRA	8BER	9THO
93.1%	93.3%	98.8%
10MAX	11VIN	12THO

October Half Term

Friday 24th October will be an Inset Day, so school will be closed to all students. We look forward to welcoming everyone back on Monday 3rd November, refreshed and ready to continue striving for excellence together.

Thank you once again for your ongoing support. It is through our shared commitment that our girls continue to grow, achieve their potential, and shine with the gifts that God has given each of them.

Wishing you all a safe, restful, and joyful half term break.





Year 11 Sport and Coaching Students Earn Their Mini First Aid Qualification!

A huge congratulations to our Year 11 Sport and Coaching students, who have successfully qualified as Mini First Aiders this term!

Throughout the 2-hour course, the students developed a range of vital life-saving skills — from performing CPR (keeping rhythm to songs like “Stayin’ Alive” and “Golden” by the KPOP Demon Hunters!) to confidently using a defibrillator, treating burns, and managing choking incidents using the abdominal thrust technique.

Their first aid trainer, Sarah, was full of praise, commending the girls for their excellent manners, enthusiasm, and friendly conversation throughout the session. In fact, the trainer was so impressed that they passed on a special message to the Head Teacher, saying the students were “a credit to the school” and that it was “refreshing to spend time with such a positive, engaged group.”

We’re incredibly proud of these students for their hard work, teamwork, and professionalism. Well done, Year 11 — your dedication to learning these essential life skills makes your school and sports community a safer place for everyone!

SEND Intervention Spotlight

Lots of wonderful work has been happening across all our interventions this half term. So many of our pupils have engaged well and taken an active role in developing aspects of themselves that they want to improve on. Look at this fabulous example from a Year 11 pupil who wanted to work on improving her confidence, as she recognised that it would help her to achieve her future goals. We think you’ll agree that she produced a beautiful piece of artwork!

Similarly, one of our Year 8 pupils was working on thought patterns and considering ways in which we can turn our negative thoughts into positive ones. She was able to create this positivity mirror to remind her that she should practise being as kind to herself with her words, as she would be to her friends.





Halloween Cooking Club

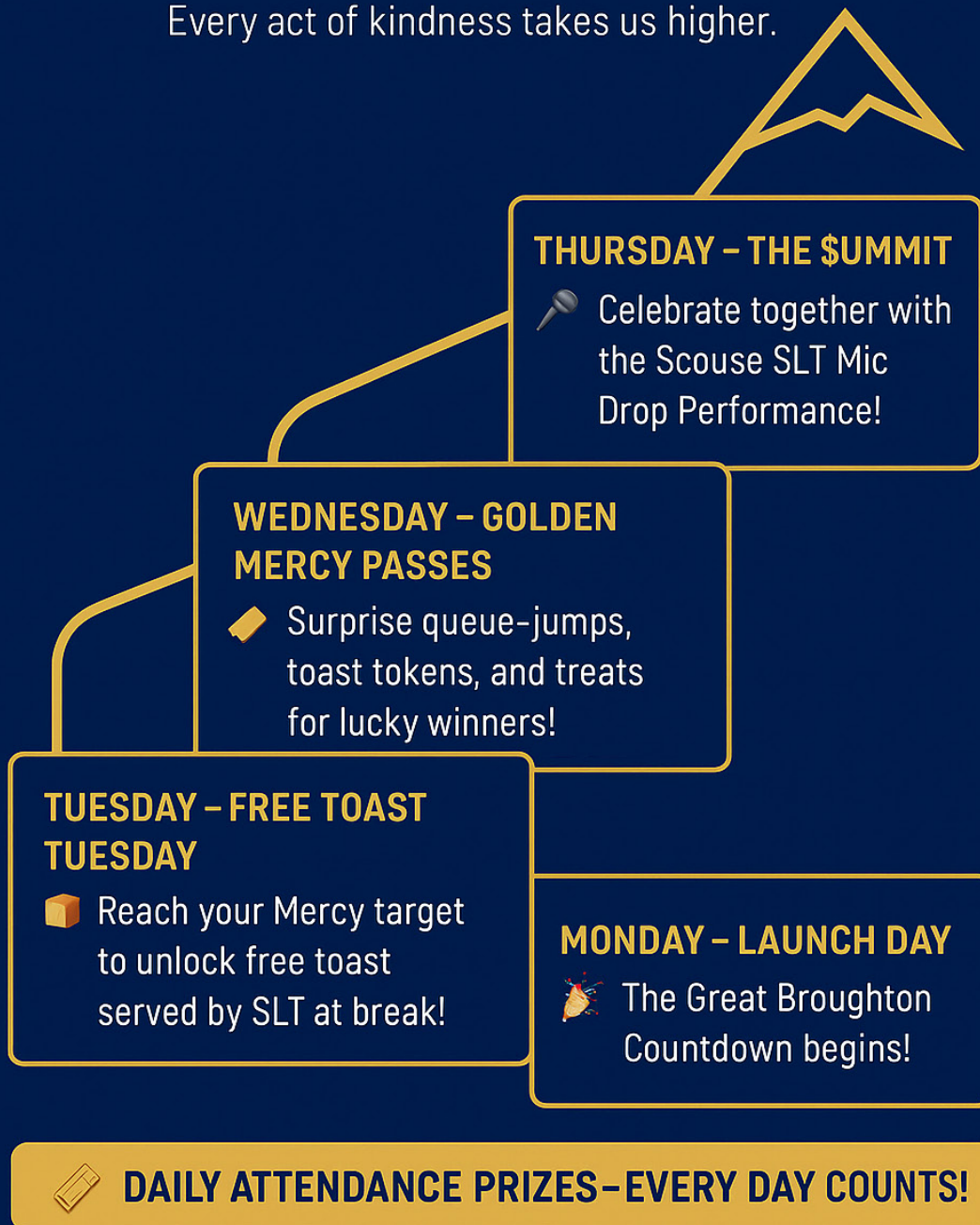
Huge well done to our Year 7 students who attended our after school Halloween cooking club with Mrs Fox and Miss Atherton. Students worked together to create Halloween inspired cupcakes and there was some delicious looking cup cakes baked!



THE GREAT BROUGHTON COUNTDOWN

MERCY MOVES MOUNTAINS – IN IT TO WIN IT!

Every act of kindness takes us higher.



Mercy Moves Mountains Week

Our school community truly lived out the spirit of Mercy during Mercy Moves Mountains Week – a celebration of kindness, teamwork, and determination that brought joy right across Broughton Hall.

Students worked together to earn Mercy Value Points, unlocking daily whole-school rewards and surprises as we climbed the “Mercy Mountain” together. From Free Toast Tuesday to Golden Pass Wednesday, and culminating in the unforgettable Scouse SLT “Mic Drop” performance, every milestone was achieved through the students’ kindness, good manners, and positivity. The atmosphere was so nice — there was a wonderful sense of belonging that captured exactly what it means to “Be Broughton.”

Thank you to every student and member of staff who helped us reach the summit. Together, you’ve proven that at Broughton Hall, there really “ain’t no mountain high enough!”

MENTAL HEALTH

Awareness



At school looking after each other's well-being is something we all care about. This week Miss O'Connor is our guest writer for the newsletter, sharing advice for the break.

Halloween, Half-Term, and Mental Health:

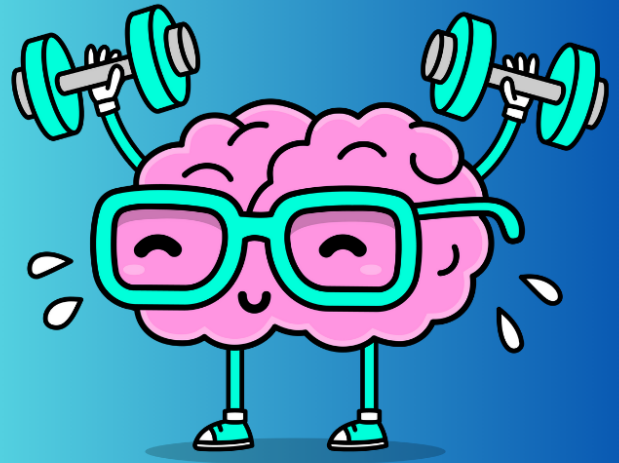
Halloween and half-term are here! For many of us, it's a chance to have fun, relax, and enjoy a well-earned break after a busy few weeks at school. But for some people, this time can also feel a little stressful or lonely — and that's completely okay. Not everyone finds big events or changes in routine easy. In this newsletter, we'll be sharing some ways to look after yourself this Halloween and half-term, from staying safe when you're out and about, to taking care of your mental wellbeing.

What Makes Halloween and Half-Term Special

Halloween can be a great chance to express yourself, through costumes, makeup, or decorations. It's also a perfect time to unwind after all your hard work this term. Make time for fun, but also for rest — your mind and body both need it!

When It Feels Tricky: Things That Can Be Hard About This Time

Sometimes, breaks or big events can make us feel disconnected or stressed. If you're finding things tough, remember you're not alone — lots of people feel that way, even if they don't talk about it.



SUPPORTING MENTAL HEALTH

Physical safety:

- Go out in groups if trick-or-treating or going to events.
- Let someone know where you're going and when you'll be back.
- Keep phones charged and dress warmly if you're outdoors.

Mental wellbeing:

- Take breaks from social media if comparisons start to feel heavy.
- Keep some quiet downtime during the break — don't feel pressured to do everything.
- Stay connected with people who make you feel comfortable and supported.
- Try something creative or relaxing: baking, drawing, journaling, or a nature walk.
- Remember: saying "no" to plans is okay if you need rest.

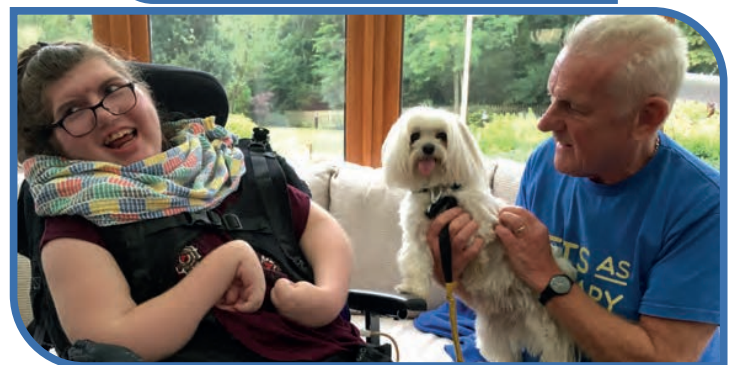
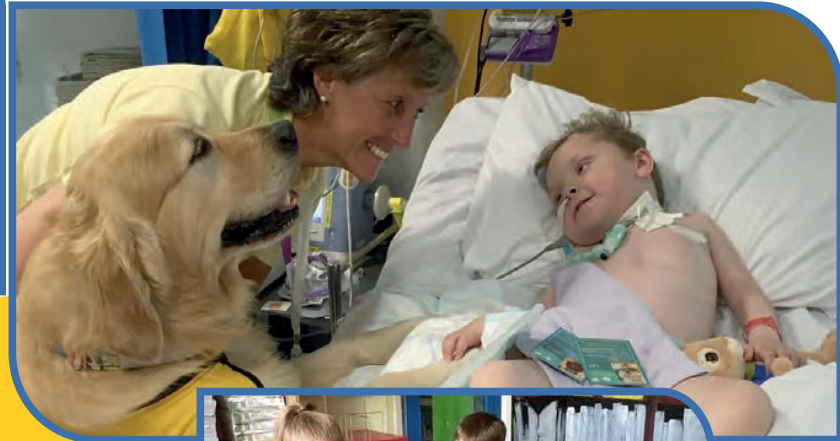
If you need help:

YoungMinds: Looking After Your Mental Health - [youngminds.org.uk](https://www.youngminds.org.uk)

- Mind: Tips for Young People – [mind.org.uk](https://www.mind.org.uk)
- Kooth: Free Online Counselling – [kooth.com](https://www.kooth.com)



We are looking for our own PAT Volunteer. Could it be you?



Become a volunteer with your pet and you will:

- 🐾 Help your local community
- 🐾 Bring joy to those you meet
- 🐾 Make days a little brighter
- 🐾 Boost your own wellbeing

There's no minimum commitment – we can't
wait to welcome you as our PAT Team!



For more information or help:

🌐 petsastherapy.org
✉ reception@petsastherapy.org
☎ 01865 671440

🐦 [petsastherapyUK](https://twitter.com/petsastherapyUK)
f [Pets As Therapy UK](https://www.facebook.com/PetsAsTherapyUK)
📷 [petsastherapy_uk](https://www.instagram.com/petsastherapy_uk)



**Please scan
to apply**

