



BROUGHTON NEWS

ONE HEART, ONE MIND
In Faith, Hope and Love

.....
Edition 140

November 7th 2025



Year 7 Welcome Mass – One Body

On the last day of our first half term: Year 7 parents, All Broughton Hall staff and our Year 7 students attended Mass presided over by Canon Conor. After several weeks of preparation in Music, Drama and Form Times, Year 7 brought many wonderful acts of worship to the Mass. In the bible: Colossians 3:16 the apostle Paul encourages us in saying: 'Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God'. When we gather, the word of God enthuses us to bring something to share with the congregation, a song of praise, a word of hope, an offering.



Our Year 7 students form by form, did just that at our Mass; All students led our school Mercy prayer in Spanish, having worked diligently in Form Time & Spanish lessons and 7BER welcomed everyone with a meaningful drama entitled: One Body. Year 7's singing was a true act of worship, their mercy scroll (Display), was beautiful, and all prayers were said, clearly from the heart. I was very moved to hear the Our Father prayed earnestly by all students, staff and parents.

There was a great sense of Community and celebration. We are very grateful indeed to our Music department, drama teacher and Year 7 team for co-ordinating such a memorable Mass. We send a huge Thank You to Canon Conor, who continues to bless us as a school through each Term. On December 5th, our Advent Mass will be Year 8's opportunity to shine.

We pray the coming weeks are a true blessing to our community, as we approach the season of advent and consider how best to show Mercy, one to another.
BHCT



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

99%	95.2%	95.1%
7THO	8THO	9MAX
95.1%	93.8%	97.9%
10VIN	11VIN	13FRA

Student Spotlight

An excellent poem written by Hava O in Year 10.

The Enzymes Poem:

Deep in your cells, where it's busy and tight,
Live enzymes - tiny workers out of sight.
They're biological catalysts, quick on their feet,
They never eat lunch, but still makes things neat.

They speed up reactions (they love to go fast!),
Without them, your body would lag and not last.
They've all got active sights - their secret handshake.
A special - shaped pocket no fate can remake.

Along comes a substrate, all lost and unsure,
"Do I go here?" It asks, "Yes, right through that door!"
It slots in perfectly: click, what a sight!
Like lock and key, they fit just right.

Or picture a jigsaw, snug piece by piece,
Each groove and corner clicking in peace.
Once they're together - that's chemistry art!
A substrate complex forms - science with heart!

Then, boom! Bonds break, new ones renew,
The products leave, and the enzyme's like, "Phew!"
It's free once again, still fresh, still spry,
Ready to help molecules zoom on by.

But wait - if the temperature gets too high,
Or PH decides to go rogue and fly,
The enzyme starts melting, twisting in pain,
Like spaghetti stuck out in the rain.

That's called denatured, poor little thing,
It's active site's gone - can't do a thing!
No more lock, no more key, the shape's all wrong,
The reaction's stopped, no cheerful song.

The collision theory explains the show -
Molecules bump and off they go!
But enzymes make sure each meeting's neat,
So life doesn't drag its tired feet.

So next time you blink, or breathe, or eat,
Thank enzymes for keeping your speed so sweet.
They're tiny, unseen, with a powerful drive -
Without them, nothing would stay alive!


And if you ever feel lazy or slow,
Just think - inside you, they never say "no."
They're working nonstop, day and night through,
Making sure you keep working too!

12 Days of Christmas Foodbank Challenge

Many within our school and local community are faced with the challenge of managing rising living costs and as a result, struggle financially. This can have a significant impact on the emotional well-being and welfare of those families. To support members of our community during times of struggle, we are launching the 'Broughton Hall Foodbank'. This service will be available all year round, whenever families and other members of our community need our support.

Whilst Christmas is a time of joy and celebration, for many in our community, the festive period is particularly challenging. It is for this reason that we are choosing to launch the foodbank's opening with our '12 Days of Christmas Foodbank Challenge'.

Details on how students can get involved and support this community project can be found on the posters below.



Broughton Hall Catholic High School

'12 Days of Christmas Foodbank Challenge'

IT'S TIME TO SPREAD SOME CHRISTMAS CHEER - AND FILL UP OUR BRAND-NEW BROUGHTON HALL FOODBANK!



FOR 12 DAYS, WE'RE COLLECTING NON-PERISHABLE FOOD AND ESSENTIALS TO HELP MEMBERS OF OUR COMMUNITY.

STUDENT MISSION:
BRING IN THE ITEM OF THE DAY, EVERY DAY!
THE FORM IN EACH YEAR GROUP THAT COLLECTS THE MOST ITEMS WINS FESTIVE TREATS IN THE LAST WEEK OF TERM!

LET'S SHOW WHAT THE BROUGHTON HALL SPIRIT IS ALL ABOUT - GIVING, KINDNESS, AND COMMUNITY!

STARTS: 25TH NOVEMBER
ENDS: 10TH DECEMBER

DROP OFF: IN YOUR FORM ROOM EACH DAY



'12 Days of Christmas Foodbank Challenge'

HOW TO TAKE PART:
BRING YOUR ITEMS INTO FORM EACH MORNING
KEEP TRACK OF YOUR TOTALS - EVERY TIN, BOX, AND PACKET COUNTS!
CHEER ON YOUR FORM AND HELP YOUR YEAR GROUP TAKE THE CROWN! 🏆


THE 12 DAYS OF GIVING

DAY 1: TINNED SOUP
DAY 2: PASTA OR RICE
DAY 3: CEREAL OR PORRIDGE
DAY 4: TINNED FRUIT/PUDDINGS
DAY 5: TINNED VEGETABLES
DAY 6: TEA BAGS OR COFFEE

DAY 7: CRISPS OR CRACKERS
DAY 8: TINNED MEAT OR FISH
DAY 9: PASTA SAUCE OR OTHER COOKING SAUCE
DAY 10: LONG-LIFE MILK

DAY 11: TOILETRIES (SOAP, TOOTHPASTE, DEODORANT, ETC)
DAY 12: TREATS! (CHOCOLATES, MINCE PIES, SWEETS!)

GOOD LUCK!



Steven Gerrard Academy Inspires Year 11 Students

Year 11 students were treated to an inspiring visit from representatives of the Steven Gerrard Academy, who came to Broughton Hall to speak about dedication, teamwork, and maintaining strong attendance to succeed both in school and beyond.

The team shared details about their post-16 pathways, which combine academic study with professional sports coaching, fitness qualifications, and leadership development. Students learned how the academy supports those with ambitions in sport – whether as athletes, coaches, or in wider careers such as physiotherapy, nutrition, and sports management.

Year 11 were engaged throughout, asking insightful questions and reflecting on how they can apply the academy's message of commitment and resilience to their final year at Broughton Hall.

It was a fantastic opportunity for our students to gain motivation from an organisation linked to one of Liverpool's most respected sporting figures.



STEVEN GERRARD
Academy

Sparx Reader

Sparx Reader will be launched on Friday 7th November as a new and exciting approach to English homework for Key Stage 3 students. The programme promotes a culture of careful, independent reading and literacy amongst students in a way that builds their confidence in and enjoyment of reading. Students receive personalised book recommendations at the right level for them, with embedded comprehension questions and vocabulary support to ensure every learner can access the text. Sparx Reader is designed to be effective for all students, including reluctant readers and those with SEND. Leaderboards will be published on the English hub and in the school newsletter and rewards given to the class / students who have excelled.

The programme can be accessed on any electronic device – there will also be the option for students to attend Sparx Reader Club (Tuesdays – 3:00pm–3:30pm in B1) to complete their reading on a school device.



Introduction to Sparx Reader
YouTube Video

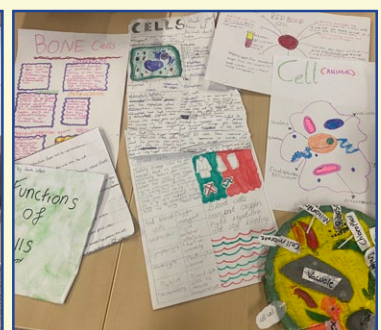
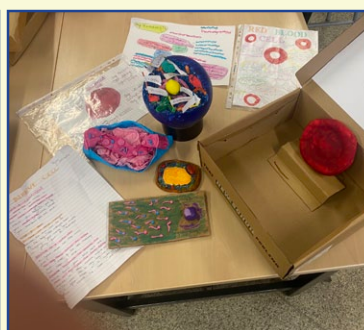
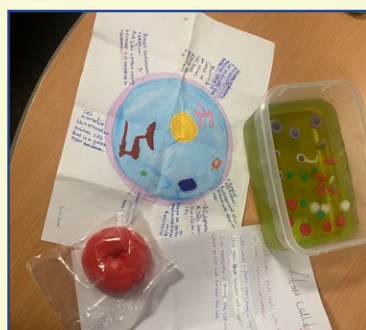


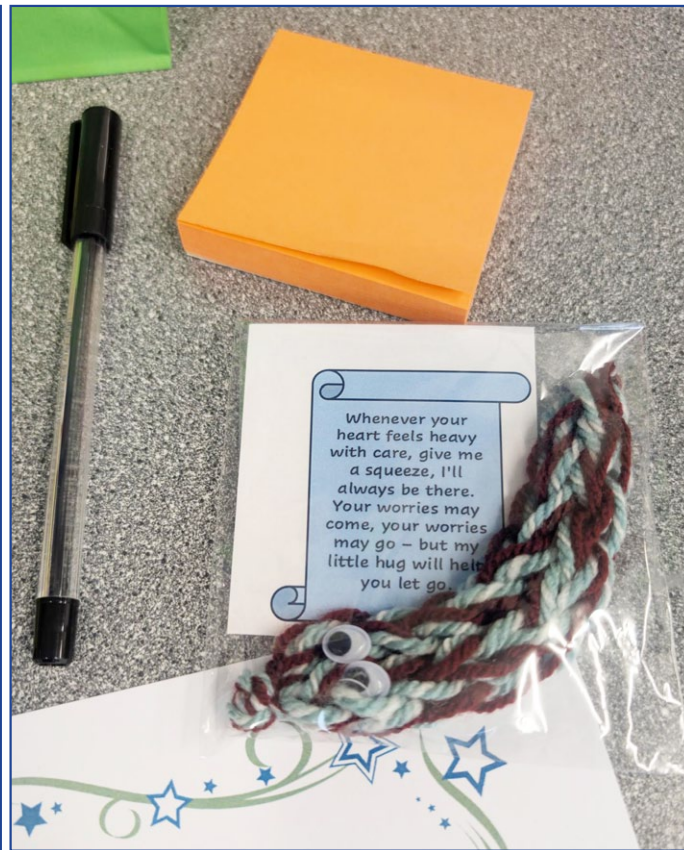
Year 9 Playwriting Group

Our Year 9 Playwriting group met this week, the pupils are being mentored for the year by a professional playwright and will each write a 30 minute play that will be performed at the National Theatre in London. This week the group has been working on free writing and writing from the perspective of an object.

Year 7 Science

Mrs Byrne's Year 7 scientists completed some outstanding research on cells over the half term, here are some of the highlights.





SEND Intervention Team Spotlight

Our Year 11 Study Skills intervention finished this week. This has been a form time intervention where pupils are supported to take responsibility for their own learning by discovering their preferred learning styles and using that information to tailor their study and revision to ensure they get the most out of their academic work. Pupils also learn about effective study skills, revision tips, how to create a revision timetable and how to manage exam stress and make relaxation a priority.

The pupils who attended this year have really impressed with their level of engagement and their proactive approach to becoming the best learners they can be! As a result, they were rewarded with a hot chocolate in our final session, as well as a certificate and a goodie bag containing some helpful study aids.

Bebras Challenge 2025

Over the next week all students in key stage 3 will be taking part in a national competition run by the Raspberry Pi foundation and Oxford University.

What is the UK Bebras Challenge?

The Bebras Challenge introduces computational thinking to students worldwide.

This exciting challenge takes place in schools, under the supervision of teachers, over a two-week period every November. Last year, over 3 million students from more than 80 countries participated!

Every participating student receives a certificate. There are also certificates based on **performance within school** and gold certificates based on **national boundaries**:

Hopefully we can improve on our 3 superstars from last year who won gold certificates.

Annabel S, Nancy M and Connie M.

As soon as we get the results, we will let you know how you did!

Good luck!

Achievement	Criteria
Distinction	Awarded to top 25% based on school performance .
Merit	Awarded to the next 25% based on school performance .
Participation	Awarded to the remaining 50% based on school performance .
Best in school	Awarded in each category for the best score in a school .
Gold	Awarded to the top 10% of participants nationally in each category .



Sleep Smarter: Why Good Sleep Matters for Your Mental Health

The clocks have gone back, and it's got a lot darker in the evenings. It can leave us with more than just a groggy feeling and the desire to hibernate for the next few months. The change in seasons can also have an impact on our sleep.

Did you know that sleep affects how well you concentrate, understand what you read, and even how you feel? Sleep and mental health are closely related. Quality sleep supports balanced emotions, focus, and overall well-being. On the other hand, poor sleep can contribute to or worsen mental health conditions like anxiety and depression. The Mental Health Foundation's guide *How to Sleep Better* explores how sleep impacts your mental health and offers practical tips to improve it.

What's Inside the Guide?

The guide introduces the **HEAL** model – four pillars for better sleep:

- **Health:** Physical and mental health issues like colds or anxiety can disrupt sleep. Speak to a GP or mental health professional if sleep problems persist.
- **Environment:** Your bedroom should be a calm, tech-free zone. Blue light from screens can interfere with melatonin, the hormone that helps you sleep.
- **Attitude:** Worrying about sleep can make it harder to fall asleep. Techniques like mindfulness or CBT (Cognitive Behavioural Therapy) can help.
- **Lifestyle:** What you eat, drink, and do during the day matters. Avoid caffeine late in the day, and try to keep a regular sleep schedule.

Why It Matters

- Poor sleep can affect your mood, memory, and even your immune system. For students, this means it can impact your learning, relationships, and overall well-being.

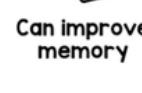
Want to Learn More?

- Check out the full guide from the Mental Health Foundation for more tips, a sleep diary template, and expert advice: [Read the guide here \[mentalhealth.org.uk\]](https://www.mentalhealth.org.uk)

Improves
focus and
problem-
solving skills



Can improve
memory



Can
strengthen
immune
system



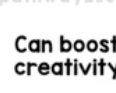
6 Benefits of Sleeping Well



www.thepathway2success.com



Allows for
growth,
healing, and
repair



Can boost
creativity



Can improve
mood and
overall well-
being



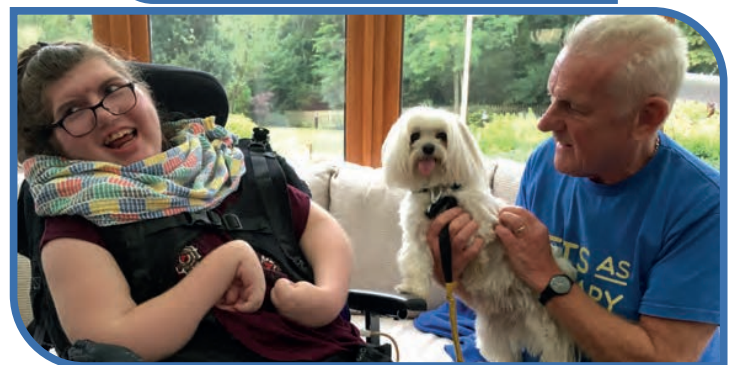
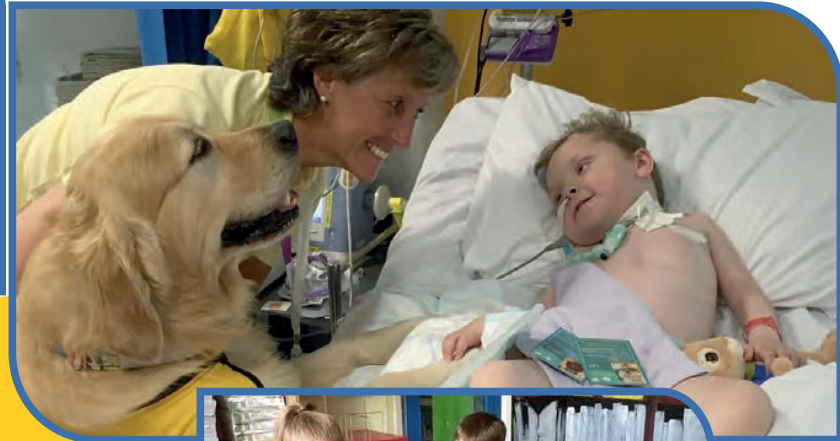
Year 11 Animal Care

Broughton Hall's Year 11 Animal Care students were delighted to welcome Cathy and Fergus from the Pets as Therapy Charity (PAT).

Students got a chance to meet Fergus the Cocker Spaniel who will be helping out with upcoming coursework! We look forward to welcoming them again soon and hope Fergus can visit more students throughout the year.



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)
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**Please scan
to apply**

