



BROUGHTON NEWS

ONE HEART, ONE MIND
In Faith, Hope and Love

.....
Edition 142

November 21st 2025

**Sixth Form
Information Evening >>**



Community Spirit

Well done to all Year 7 student council representatives who presented our Remembrance assembly last week. There are two reps from each form and they gave the year group information about why it's so important to remember those who died so that we can have the lives we have today.



Year 7 Council representatives gave a fantastic assembly about Female war veterans and spoke eloquently like professional newsreaders. Head of year 7 Ms. Strefford spoke to Yr. 7 about discrimination and living together in peace and with respect for all. Form Time on Tuesday 11th was also dedicated to reflections on female war veterans, who served in so many significant ways, especially during WWII.



Heavenly Father, I pray for the flourishing of our community — spiritually, socially, and economically. May we work together to create a place where all are valued, where justice and righteousness prevail, and where the needs of the most vulnerable are met.

I pray for those who are in positions of leadership within our community. Grant them wisdom, discernment, and humility as they serve the needs of the people. May they be guided by your truth and by your love.

Finally, Lord, I thank you for the gift of community and for the bonds of love and fellowship that unite us. Help us to be instruments of your peace, shining your light and spreading your love wherever we go.
Amen.



Weekly Prayer

The Magnificat

My soul proclaims the greatness of the Lord,
and my spirit rejoices in God my Saviour,
for he has looked upon his handmaid in her lowliness;

for behold, from this day forward,
all generations will call me blessed.
For the Almighty has done great things for me,
and holy is his name.

His mercy is from age to age
for those who fear him.

He has made known the strength of his arm,
and has scattered the proud in their conceit
of heart.

He has cast down the mighty from their thrones
and has exalted those who are lowly.

He has filled the hungry with good things,
and has sent the rich away empty.

He has helped his servant Israel,
mindful of his mercy,
even as he promised to our fathers,
to Abraham and his descendants for ever.

Glory be to the Father and to the Son
and to the Holy Spirit,

as it was in the beginning, is now,
and ever shall be, world without end.

Amen.

Top Attendance Forms

96.9%	97.7%	93.1%
7THO	8THO	9OSC

98.8%	91%	96.3%
10MAX	11THO	13FRA



Sixth Form Information Evening

On Thursday 20th November, we held our annual Sixth Form Information Evening. It was an opportunity to showcase everything we have to offer at Sixth Form for both internal and external applicants.

The night was a huge success and was well attended by prospective students from both within and beyond our school community.

The evening included a "Next Steps" talk from the Headteacher and Head of Sixth Form, an introduction to our Academic Excellence Programme, subject carousels, and an enrichment fair. The variety of activities on offer allowed us to support students in making informed decisions about their pathways and the extracurricular opportunities available should they choose to join Broughton Hall Catholic Sixth Form.

Applications are now live and will remain open until Friday 30th January 2026, with Sixth Form meetings taking place during the week commencing 9th February 2026.

Whatever you want to become, you can become at Broughton.



Applications are open!
Click here to apply.

**BECOME@
BROUGHTON**

Information Evening Photo Gallery



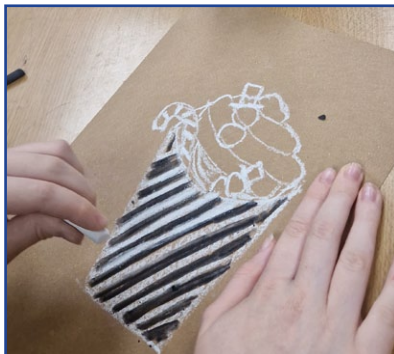
Broughton Breakfast – A Brilliant Start to the Day!

We are delighted to celebrate the growing number of students who are joining us in the canteen each morning for our Broughton Breakfast. From 8:00am onwards, the canteen has become a hive of activity, filled with the sound of chatter, laughter, and the warm buzz of students enjoying a positive start to their day.

More and more students are taking the opportunity to come into school early to enjoy a free breakfast, available to every main school pupil. Whether it's a fresh bagel, a bowl of cereal, or a comforting hot chocolate, our breakfast offer ensures that every student can begin the day feeling fuelled, focused, and ready to learn. We encourage even more of our school community to join us especially on these cold winter mornings! Come along, enjoy something tasty, and be part of the growing Broughton Breakfast tradition!

Start your day the Broughton way!





Year 7 Art Club

Great to see our Year 7 pupils producing some excellent work in Art club and also enjoying some hot chocolate drinks!



Your Diet Is More Than Just Food!

When you hear the word "diet," you probably think about what you eat for breakfast, lunch, or dinner. But did you know your "diet" is about much more than just food?

The image reminds us:

"Your diet is not only what you eat. It's what you watch, what you listen to, what you read, the people you hang around... Be mindful of the things you put into your body emotionally, spiritually, and physically."

What Does This Mean?

What You Watch: The shows, movies, and videos you choose can affect your mood and mindset. Try to pick things that inspire or uplift you!

What You Listen To: Music and podcasts can boost your energy or help you relax. Notice how different sounds make you feel.

What You Read: Books, articles, and even social media posts shape your thoughts. Choose things that help you grow and learn.

Who You Spend Time With: Friends and classmates influence your confidence and happiness. Surround yourself with people who support and encourage you.

Why Is This Important?

Just like eating healthy food helps your body, choosing positive influences helps your mind and emotions. If you fill your life with negativity, it can make you feel stressed or unhappy. But if you choose positive, supportive, and inspiring things, you'll feel stronger and more confident.

Takeaway Challenge

This week, try to notice what you're "feeding" your mind and heart. Is there something you could change to feel better—like spending less time on negative social media, or listening to music that makes you happy? Even small changes can make a big difference!

Remember: You have the power to choose what you let into your life. Make choices that help you feel your best—inside and out!



Your diet is not only what you eat. It's what you watch, what you listen to, what you read, the people you hang around... be mindful of the things you put into your body emotionally, spiritually, and physically.




For further advice for young people on mental health, relationships, and digital wellbeing. Includes live chat and discussion boards. See www.themix.org.uk

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!





Merry Christmas!



December Timetable

All sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Decreasing Depression	1 DEC 10am
Raising Self Esteem	1 DEC 7pm
Understanding the Teenage Brain	2 DEC 10am
Supporting Healthy Sleep	2 DEC 7pm
Autism - Improving Communication	8 DEC 10am
Improving Family Communication	8 DEC 7pm
Supporting A Child with ADHD	9 DEC 10am
Understanding Addictive Behaviour	9 DEC 7pm
Anxiety Based School Avoidance	15 DEC 10am
Understanding Anger	15 DEC 7pm
Supporting Healthy Screen Use	16 DEC 10am
Facing Defiance	16 DEC 7pm