



BROUGHTON NEWS

ONE HEART, ONE MIND
In Faith, Hope and Love

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Edition 149

January 30th 2026



Our New School Flag

Congratulations to 9THO and their form tutors, Miss Draper and Mr Martin.

The form's design was the winning entry in our Broughton Hall Flag Competition, featuring the school badge and meaningful references to our Mercy Values.

As a reward for their hard work and creativity, the form enjoyed a McDonald's breakfast and had the special opportunity to watch their flag being raised for the very first time.



Our new school flag is now proudly flying above the main reception entrance.

Well done to everyone involved!

We give thanks for the many blessings within our school community. Guided by our Catholic faith and Mercy values, we continue to support one another with kindness, compassion, and respect. This week has been filled with opportunities for learning, creativity with our flag creation, and reflection, and it has been wonderful to see our pupils living out the Gospel values in their daily actions.

We are grateful to our staff, pupils, and families for their ongoing commitment and support, which help make our school such a welcoming and nurturing place.

As always, we keep our community in our prayers, asking God to guide us in all that we do and to help us grow together in faith and service.



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,
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,
and life everlasting.
Amen.

Top Attendance Forms

96.3%	97.2%	94.6%
7BER	8BER	9OSC
95.1%	93.8%	94.6%
10VIN	11VIN	12OSC



Holocaust Memorial Day

On Wednesday, Mrs Hayward, one of our ex-members of staff, came in to speak to our year 12s in their RE lesson to mark Holocaust Memorial Day. The students were very interested in the history of Judaism and the inter faith work that Mrs Hayward does in the local community, and more widely in Liverpool and Manchester. The students were informed about the Hebrew alphabet, how this connected with the teachings in the Torah and how we should treat everyone with kindness.

Traffic disruption near school – February & early March

Road works will be carried in the local area over the next few weeks. This will involve temporary traffic lights in the following areas:

- Leyfield Road: 2 February – 22 February
Two-way temporary traffic lights in operation.
- Yew Tree Lane: 23 February – 8 March
Two-way temporary traffic lights in operation.



Please allow extra time for journeys during this period. Thank you for your patience and understanding.



Year 13 Criminology Lesson

Thanks to Mr Roberts who lead our Criminology lesson this Wednesday, Mr Roberts spoke about his work as a magistrate, a very interesting insight for the girls.

Beating the January Blues: Supporting Our School Community

As we settle into a new term, many students and staff notice that January can feel a little heavier than other months. The excitement of Christmas has faded, the days are still short and dark, and the pressure of a new term's expectations can sometimes feel overwhelming. This feeling—often called the “**January Blues**”—is very common, and it's something we can tackle together as a school community.

What Are the January Blues?

The January Blues aren't a clinical condition; they're a temporary dip in mood that many people experience at the start of the year. Feelings often include:

- Low energy or tiredness
- Difficulty concentrating
- Lack of motivation
- Feeling a bit gloomy or irritable
- These feelings can be caused by darker days, colder weather, returning to routines, or even pressures around new year resolutions. For young people, the return to school, exams on the horizon, and changing friendship dynamics can intensify these emotions.

How Students Can Boost Their Mood

Here are some simple, practical ways to make January feel brighter:

1. Get Outside and Move

Even a 10–15 minute walk in daylight can boost energy and improve mood. Exercise releases endorphins, which help us feel more positive.

2. Stay Connected

Spending time with friends, joining a club, or simply talking to someone you trust can make a huge difference. You're never alone—there's always someone willing to listen.

3. Keep a Routine

Regular sleep patterns, healthy meals, and taking breaks from screens after school can support both mental and physical wellbeing.

4. Set Small, Achievable Goals

Instead of big resolutions, focus on small steps—reading for 10 minutes a day, practising a hobby, or completing tasks in manageable chunks.

5. Be Kind to Yourself

It's okay not to feel your best. January is a tough month for many people, and practising self-compassion is important.

Support Available in School

We are committed to supporting every student's wellbeing. If you're finding January hard, you can reach out to:

Form Tutors – a great first point of contact

The Pastoral Team – for emotional and practical support

Wellbeing Clubs or Safe Spaces – to relax and talk with peers

No concern is too small—talking early often helps things feel more manageable.

Looking After Each Other

As a community, we can help lift each other up. A smile in the corridor, a friendly conversation, or checking in on someone who seems quieter than usual can have a powerful impact. Let's continue building a school environment where everyone feels valued, supported, and connected.



For further advice see:

www.mind.org.uk/information-support/types-of-mental-health-problems/seasonal-affective-disorder-sad/understanding-your-experiences/

<https://www.youngminds.org.uk/young-person/blog/keeping-well-in-winter-how-shifting-your-mind-set-can-help-you-cope/>

Send Intervention Team Spotlight

Emotional Literacy – Emotion of the Week

This week's Emotion of the Week is:

Repulsed

Meaning...

Intense distaste, dislike or disapproval

Linked basic emotion

DISGUST



Broughton Hall Catholic
High School



Calling All Singers

In Years 7 & 8



Join our dynamic Vocal Group
each Thursday, 3–4pm.
We sing various genres and
build our singing skills!
New members always
welcome!



BROUGHTON HALL CATHOLIC HIGH SCHOOL

Food Pantry Launch

HELPING HANDS TOGETHER

OPEN NOW!



Do you know a household within our community that would benefit from a helping hand?

Broughton Hall Catholic High School is committed to supporting our local community and is proud to launch a fully stocked food pantry to assist those in need.

If you know an individual, family, or even yourself who would benefit from this support, please get in touch.

CONTACT US AT 0151 541 9440 OR
HELPINGHANDS@BROUGHTONHALL.COM

WORKING TOGETHER IN FAITH, HOPE & LOVE