



Holy Family Catholic High School

Spring 2024 Newsletter



April 2024



Photographs from Easter church service and rewards trip to Chester Zoo.

Spring Arts Review - 2024

This year's Holy Family High School Spring Arts Concert took place on Monday 25th March, 2024 in the school hall and featured a tightly packed programme of music covering a wide range of styles. The two-hour show gave proud parents and pupils a chance to sample some of the work undertaken over the past months by the pupils and teaching staff.

The concert opened with a 'Stand by Me' mashup performed by the choir. Layering songs such as 'Every Breath You Take' and 'Just the Way You Are' by Bruno Mars.

Daisy Bond was performing in her seventh and final Spring Arts concert and sang 'Defying Gravity' which was enthusiastically received!

Evie Hardie performed a passionate version of 'Part of Your World', which left the audience stunned by her enthusiasm for singing.

Layla Sambrooks' accomplished performance of 'Yours' by Ella Henderson was outstanding. She is definitely one to watch in the future!

The welcome addition of the Year 11 band playing 'Don't Look Back in Anger' was the perfect close to the first half and left the audience wanting more. Exciting times ahead for this group as some venture on to LIPA to study Music.



Harry Cinnamond played a 'Ballade' on piano, but his secret love lies with the Vox Continental on which he offered an impromptu Ska number! There were contributions from Year 7, 8 & 9 vocal groups and this year there were some super duets from the Year 11 Music class.

Seasoned performers Alice Melling and Ruby Pellow came through again with a strong performance of 'For Good' from Wicked. Finally, a passionate performance by Ruby singing 'Bring Him Home' from Les Miserables. A reflective conclusion to a varied and entertaining evening.



Holy Family welcomed Bronnie

On Wednesday 10th January, we welcomed the very talented and internationally renowned singer-songwriter Bronnie as part of our Personal Development programme. Y7-Y11 enjoyed an hour-long performance of Bronnie's music and talk about positive mental health, developing resilience, overcoming bullying and following your dreams. Students were delighted with the opportunity participate in Q&A sessions and then to meet her personally for a selfie or autograph. What a way to start the new term!



LJMU Law Factor Programme

Two pupils from Year 10 have discovered more about the legal profession thanks to an initiative from LJMU.

Law Factor brought together 25 pupils for a five-week programme aimed at increasing the diversity of young people who study and, ultimately, practice law.

The university's Outreach team managed a range of activities in partnership with Liverpool-based law firm, DWF. The pupils took part in sessions focusing on areas such as negotiation, debate, and networking, supported by internal and external speakers, from LJMU's School of Law, legal team, JMSU Law Society and the Anthony Walker Foundation.



We had fantastic feedback from LJMU about our pupils and their negotiating and debating skills. Well done, Erin and Alicia.

Screen Skills Roadshow

Did you know that that Liverpool is the second most filmed in city in the UK after London and there is a growing television industry in our amazing city?

The High-End Television (HETV) industry, which makes the dramas we all love to binge on the BBC, Netflix, ITV, Sky or Disney, involves careers as broad as hair and make-up to accountancy, design, and construction. Whatever skills you have and interests that you might want to take forward into the future workplace, you can probably find a home for your talents working in HETV. That is why we were delighted that the Liverpool Screen School (LSS) delivered a roadshow in January at our school to introduce year 10 pupils to the prospect of High-end TV (HETV) careers.

The roadshow saw 35 students and their parents invited to a series of events with HETV freelancers and keynote speakers, including scriptwriters, costume and production managers, to find out more about the prospect of HETV careers in Liverpool.



In February, Mrs Pellow took a group of GCSE Music pupils to Manchester for three days. They had a wonderful time and enjoyed a variety of workshops and performances.

The Royal Northern College of Music



Our day at RNCM was brilliant, the tour was really good at showcasing all of the college's facilities that are used for recording with modern audio recording/mixing technology and sound proofed rooms. Students can book these rooms any time.



The vocal workshop was fantastic, even though it was difficult for me I still found it fun. Warming up with silly songs but ending up singing in harmony! We were also lucky to be able to watch a lunchtime concert performed by RNCM students. They were playing music from the Baroque era and many were on traditional Baroque instruments, including a harpsichord.

Overall, our day at the RNCM was phenomenal and I already wish to visit again next year.
By Liam Woolley, Year 9

Chetham's School of Music

We attended Chetham's School of Music on the first day of our Music trip to Manchester and our first activity was to attend the lunchtime concert. The talent level of everybody who performed was incredible. The people who inspired me the most were a pianist, who sounded brilliant, a young cellist, who's talent level was far above her age (she seemed to be about seven, but played like an adult), and a singer, who sang three songs, a couple of which were in a different language, which was extremely impressive. The experience was really lovely, and I enjoyed all of the performances.



Afterwards we had a Q&A with some students who were currently studying there in Year 12. We spoke about what an average day looked like there, what they enjoyed about life at Chetham's, what you are expected to do and what not, and much more. Something we talked about was the accessibility of the school - how everyone was welcoming, what it took to get accepted there, accommodation, etc. Some students were

from abroad, and they also mentioned that the grades that you have were not the only thing taken into consideration when applying, musical talent was a huge deciding factor.

I also enjoyed talking about what they were looking at going into after they had finished school. It interested me to know that not everyone there wanted to go into something musical, and some people applied for the good education that is provided there.

Overall, it was extremely informative, and everyone was extremely kind and welcoming. They answered all of my questions thoroughly, and they seemed to genuinely enjoy studying there.

I got a lovely feeling from the place and the people there, nobody

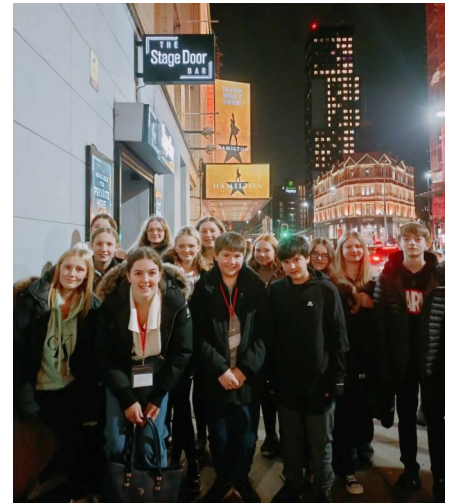


seemed overly competitive compared to other places, and it was a fun day. I would love to revisit to find out more, and I genuinely would consider it as an option to look at to study in sixth form. Written by Maisie Jo Farrell, Year 9

Hamilton - Manchester Trip

What an incredible experience! During our visit to Manchester, we were fortunate enough to see a production of 'Hamilton' at the Manchester Palace Theatre. We were seated close to the stage in the stalls, which meant we had [a great view](#) of the show and could see the remarkable detail of the set. The actors were phenomenal and impressed every single one of us with their vocal ranges, dancing, and ability to memorise such rich, fast-paced lyrics. This is the first time 'Hamilton' has toured the UK and it did not disappoint. We would like to thank Mrs Pellow for arranging the tickets for such an unforgettable performance.

By Zoë Bennett, Year 10



Percussion Workshop

During our Manchester Music Trip, we had many workshops, one of which was a percussion workshop with a man called David Hext, the principal percussionist at the Halle Orchestra who rehearse at Bridgewater Hall. Our activity was about percussion in Minimalism and the minimalist style. David wanted us, as a group, to compose a piece.

Each person was given a different percussion instrument. Then we each composed a small melody to play repeatedly throughout the piece. David then played a piano melody over this and we performed together. I really enjoyed this activity because of the unique experience of creating a composition and performing it. We did this as our second to last activity on our final day. The whole trip was amazing and especially this workshop!

By Charlie Stratford, Year 9

BBC Philharmonic

During our Music trip to Manchester in February, we were lucky enough to visit the BBC Philharmonic in their rehearsal space at MediaCity. We were the only people watching the rehearsal and we all felt very fortunate to have had this opportunity. We got to see just how much preparation goes into getting a performance ready for a concert. This was a brilliant opportunity to see the instrument I play in its natural setting. My favourite were the violins. Watching all the bows move in sync with each other was wonderful. We were welcomed by the conductor and some musicians even spoke with us during their break. This was a wonderful and unique experience for us all.

By LilyAnn Moran, Year 9



Pop Music through the Decades at LIPA

On the 22nd of February, a select number of pupils attended a 'Decades' gig at LIPA Sixth Form.

When we arrived, we were welcomed warmly by all pupils and received a tour of the school. They showed us equipment that students get to use and talked to us about the courses that take place there. They told us that anyone could get in no matter their background which has been seen by a number of ex-pupils from our school going there for sixth form.

After the tour, we had a gig that celebrated music from the 60s to the 2000s. There was a wide variety of genres and pupils got to showcase their wide range of talents. Everyone who attended had a wonderful time and would love to go back.

By Jodie Hunter, Year 9

With our Holy Family alumni



On the 15th March, pupils in year 9 worked in collaboration with The National Literacy Trust and Poet Amina Atiq to create writing for change. 'The Power of Voice' aims to empower young people to tell the stories that matter to them, harnessing the power of

writing to share stories and experiences with a real audience and drive change.

The programme encourages participating young people to explore their civic identities and use their own voices (including home languages and dialects) to reach a specific audience by selecting a form for their written piece.

Across the 3 weeks, a group of selected professional 'change-maker' authors turn classrooms into dynamic environments for debating and exchanging ideas. The programme culminates in the publication of a celebratory zine.



MAPSS Suicide Awareness - Mental Health & Wellbeing Update

On Monday 11th March, the group of **Year 10 pupils** took part in a **Suicide Awareness Workshop** filmed by **ITV Granada Reports**. They were amazing, fully engaged and passionate about spotting the signs, to help themselves and their friends. A credit to our school.



This was part of the MAPSS trial conducted by LJMU, in partnership with Grassroots Suicide Prevention and Papyrus. This programme aims to reduce suicide risk and increase help seeking among young people. All our Year 10's, unless they have opted out, are taking part in this pilot study. This includes 3 questionnaires a year to identify risk, 2-hour workshop on spotting the signs and what to do if someone does disclose thoughts of suicide or self-harm. For those deemed high risk across the year, they will take part in an 8-week CBT programme in school.

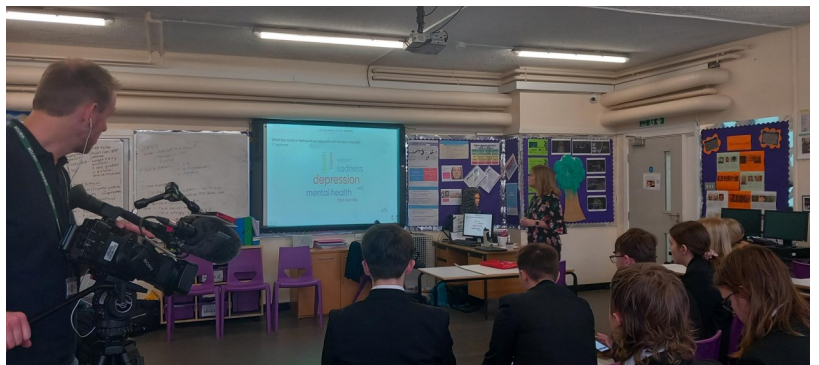
MAPSS is part of a wider conversation on the importance of suicide prevention in schools in England. This collaborative and 3 Dads Walking are calling for a whole school approach, including compulsory age-appropriate suicide prevention lessons and specialist training for teachers, staff and parents, funded by government.

The DfE is calling for evidence so they can assess how the RSHE curriculum can be changed to better help our young people. The data our Year 10s produce will play an active part in that review.

Our young people were also lucky enough to meet Mike Palmer, one of the 3 Dads Walking (<https://www.3dadswalking.uk>). He lost his 17-year-old daughter Beth to suicide during covid. He spoke of his pride that our young people, were compassionate and engaged in the workshop. Along with the other dads, he will take part in the Walk of Hope in April, to fundraise, highlight the lifesaving work of PAPYRUS and call on the government to do more. He is an inspiration, and we hope to have him back in school soon, as well as support him in his fundraising efforts in the future.

If you didn't manage to catch it, here is the link to the Granada Reports segment featuring our year 10s

<https://www.itv.com/news/granada/2024-03-18/suicide-prevention-charity-take-their-message-into-merseyside-schools>



Year 7 Thrives at PGL: A Three-Day Adventure

Our Year 7 students embarked on an unforgettable journey to PGL, where they immersed themselves in a whirlwind of excitement and adventure over three days and two nights. Amidst the picturesque backdrop of nature, our young adventurers delved into an array of thrilling activities that left them buzzing with enthusiasm.

From the adrenaline rush of axe throwing to the exhilarating heights of the giant swing, every moment was filled with laughter and camaraderie. With rifle shooting challenging their precision, zip wire testing their courage, and survivor and raft building fostering teamwork and problem-solving skills, our students embraced the spirit of adventure wholeheartedly.

Throughout their stay, the great outdoors became their playground, providing the perfect setting for forging friendships and creating lasting memories. As the sun set, evening activities like ambush and PGL competitions added an extra layer of excitement, igniting a competitive spirit amongst the group.

Despite the physical demands of the activities, our resilient students showed remarkable energy and spirit, pushing themselves to new limits and cheering each other on. By the end of their adventure, exhaustion may have set in, but the smiles on their faces spoke volumes about the incredible experiences they had shared.

Indeed, the Year 7 trip to PGL was a resounding success, showcasing not only the boundless energy and enthusiasm of our students but also their ability to come together as a team and embrace challenges head-on. Here's to many more adventures and memories yet to be made!



IN MEMORY OF



COLIN MCGINTY

15.08.79 - 23.03.01

On Friday 15th March, former pupil, Laura McGinty (now Hughes) came into school, spoke in Year 7 assembly and also met some of our Year 10 Ambassadors who presented her with a cheque for £1,500. This money was raised on our Christmas Market Day in December 2023 and it will be donated to the charity 'Cash for Kids' who have ringfenced the money to be spent on anti knife crime projects in the northwest region. The money will pay for at least 20 bleed controls kits and wall mounted cabinets which will be placed around the region in a similar way to defibrillator boxes. The hope is that, in the event of any blood loss injury, the equipment in the kits will help to keep a person alive long enough until the emergency services arrive.



Laura has visited our school many times now, spreading the #kNOwKnifeCrime message through assemblies on the dangers of knife crime within our community and to talk about the work that she and her team do in memory of her brother Colin, also a former Holy Family pupil, who was tragically stabbed to death in a case of mistaken identity.

On Wednesday morning (17th April) there is an enormous Sefton wide relay event which begins at Holy Family at 9am - a group of Holy Family runners will then pass the 'baton' (a stab bleed pack) to the next school (St. Mary's in Little Crosby). Then at about 1.30, the relay finishes at Holy Family when we welcome the last leg runners which are coming from St. William of York. The local press

will be attending the school for the finishing line, along with members of Laura's family.



Laura and a team (including our SENDCO, Miss Palmer) are also running the TCS London marathon on Sunday 21st April to raise money and they would like schools to have their own mini marathon (2.6 miles). Therefore, we are hosting our mini-marathon for Years 7-10 on Friday 19th April - we are asking pupils to get sponsors for the 2.6 mile run.

Good luck everyone!

Careers Fair

On Wednesday March 20th, we welcomed thirty organisations to our annual careers fair. Pupils in every year group were given time to visit stalls set up by the organisations and chat with them about career pathways. Pupils were able to speak to people from colleges, universities, training providers, employers and careers advisors. Many of our pupils came out armed with a wealth of information and a few freebies, but, most importantly, many pupils were excited about the opportunities and pathways they had discovered. Some pupils even got the chance to gain a certificate in CPR with a senior A&E nurse. Exhibitors commented on how well-behaved our pupils are and commended them on their mature questioning.

We can't wait for next year!



If you would like more information about the fair, or you would like to get involved in careers activities please email c.powell@holyfamlyhighschool.co.uk

Attendance

Congratulations to 64 pupils in Years 7- 11 who have achieved 100% attendance since September. We have also recognised 50 pupils for improved attendance and 211 pupils who have achieved 100% attendance this term.

Each of these students has received a certificate and has been entered into a draw for Amazon vouchers. Pupils with 100% attendance since September have also received an Easter egg.

The winners of the best form attendance were 7BB, 8GM, 9PJA, 10LE and 11EP. Each of the winning forms received an Easter treat for the form to share.

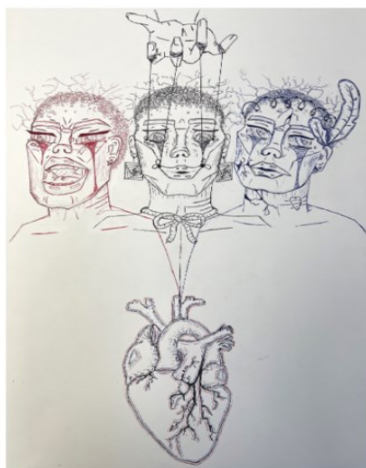
Well done, everyone.

DOT Art Competition

It's that time of year when we ask you to please vote for your favourite piece produced by our Year 9 pupils. The shortlisted entry from each school with the most votes wins a place in the public exhibition in June at the Walker Art Gallery. https://schools.dot-art.com/schools/holy-family-catholic-high-school_414/



WORDS THAT STUCK
LAYLA SAMBROOKS



THE PUPPET SHOW
Maisie Farrell



LIVING IN A FISHBOWL
Max Elder

Dates to Remember

Monday 15th—Thursday 18th April	Netherlands Football Tour
Monday 22nd— Monday 29 th April	Book Fair
Thursday 25th April	Year 7 Parents' Evening
Monday 6th May	Bank Holiday
Thursday 5th May	External exams begin
Monday 27 th May – Friday 31 st May	Half Term
Monday 10th—Friday 21st June	Internal exams 7-10 & 12
Tuesday 25th—Saturday 29th June	GCSE Spanish trip to Catalunya
Thursday 27th June	New Intake Taster Day and Evening
Wednesday 10th—Friday 12th July	Geography Lake Coniston trip
Monday 15th July	Sports Day
Wednesday 17th July	Rewards Trips
Thursday 18th July	Student Festival
Friday 19th July	Term ends at 12.15pm