MARCH 2024 ISSUE 04

> Fisher More's Shining Stars Take to the Stage! see page 10

SS JOHN FISHER & THOMAS MORE RC HIGH SCHOOL NEWSLETTER

LET ALL OUR BRIGHT COLOURS SHINE



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NEWSLETTER



HEADTEACHER'S LETTER

Dear Parents and Carers,

As we approach the end of the spring term in 2024, I want to express my heartfelt gratitude for your unwavering support of our school community. Despite its brevity, this term has been incredibly eventful and productive on many fronts.

Our Year 11 students have successfully completed their mock examinations and are now gearing up for their final exams, which commence in early May. To aid in their preparation, we have arranged revision classes in some subjects during the Easter holidays.

This term has seen numerous achievements worth celebrating. The performance of "Legally Blonde" was a triumph, and we extend our sincere appreciation to Mrs. Lomas and Mrs. Brown for their dedication and hard work with the cast. Additionally, our Year 9 and 10 boys' football teams have reached the semi-finals of the Lancashire Cup—an outstanding accomplishment for our school. Many students have also actively participated in various sporting activities throughout the term. Recently, our Year 9 students had the opportunity to embark on an enriching outdoor education experience at Tower Wood in Windermere. We commend Mr. Atkin for organising this excursion and extend our gratitude to Mr. Flynn, Mr. Johnson, Mrs. Bowdin, and Miss Purvis for accompanying the students, ensuring they had a memorable and fulfilling adventure.

Furthermore, our school recently underwent a Catholic Schools Inspection by a team from the Salford Diocese. This inspection was a positive experience, highlighting many of Fisher More's strengths, particularly within the RE department. While we await the final report, which will be published shortly after Easter, there are three areas identified for improvement as we move forward into the new academic year.

In other news, I am delighted to announce the appointment of Mr. Paul Dugdale as our new Headteacher. Currently serving as the Deputy Headteacher at Mount Carmel, Accrington, Mr. Dugdale will assume his new role at the beginning of the next academic year in September.

As we approach the Easter holidays, I urge you to take this time to rest, rejuvenate, and cherish moments with your loved ones. May this Easter season bring you joy, renewal, and blessings aplenty.

We look forward to welcoming all our students back on Monday, April 15th, at 8:40 am.

Warm regards,

Clare Hayes

Headteacher Fisher more RC High School

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BUILT FOR SUCCESS

meet the brains behind FM's relentless sporting success

MEET THE P.E. TEAM

My name is Mr. Johnson, and I teach PE at Fisher More as well as being Head of Year 7. My favourite sport to watch is football; I am a massive Newcastle United fan. As my playing days are now behind me, I am now a keen golfer at Nelson Golf Club. I got into teaching as I love to help people fulfil their potential. As a former pupil at Fisher More whose favourite subject was always PE, I am proud to work at Fisher More as a PE teacher. My favourite food is pizza! On a desert island I'd take my pitching wedge, a pillow and an IPad (to watch as much sport as I can on Sky Go). Keeping active is very important a new hobby of playing paddle tennis (which I aim to play twice a week). I recommend giving it a go!





My name is Mr. Atkin. I teach PE and I'm also part of the Senior Leadership team, serving the school as Assistant Headmaster. My favourite sport is football, but I punish myself weekly by being an Accrington Stanley fan. My teaching journey began during my time in America, where I took the amazing opportunity to coach tennis to youngsters; it gave me a life-long passion for teaching and allowed me to use my sporting skill to help others. My favourite food is curry, and if I found myself stranded on a desert island, I'd bring my tent, a box of matches and a GPS-equipped satellite phone with extra-long battery life (so that I could be rescued). Getting involved in a sport can change your life and teach you a lot about yourself, so come down to the sports hall and get involved!

I'm Mr. Flynn and I have taught PE at Fisher More for the last 18 years. I would have to say that football in my favourite sport, however rugby would be a close second. I was lucky enough to have played rugby professionally many years ago before getting into teaching. The PE staff at my high school inspired me to get into teaching, with one of them also being my head of year too. My favourite food would be a chicken curry (naan bread is a must too). If I was stuck on a desert island I would bring a speed boat, sun cream (safety first) and a picture of my kids. I am a firm believer that there is a sport or activity out there for everyone and think that you should try as many different sports as possible.





I'm Miss Laycock and I teach PE at Fisher More High School. Without a doubt, my favourite sports to play are netball and rounders; I also have a love of watching football and cricket. I got into teaching PE through being a Sports Leader at my old secondary school and representing my school and district at a number of sports. My favourite food is broccoli or a rack of ribs. If I was stranded on a desert island, I would definitely take my dog, my kindle (because I love to read) and a lifetimes supply of mini eggs!

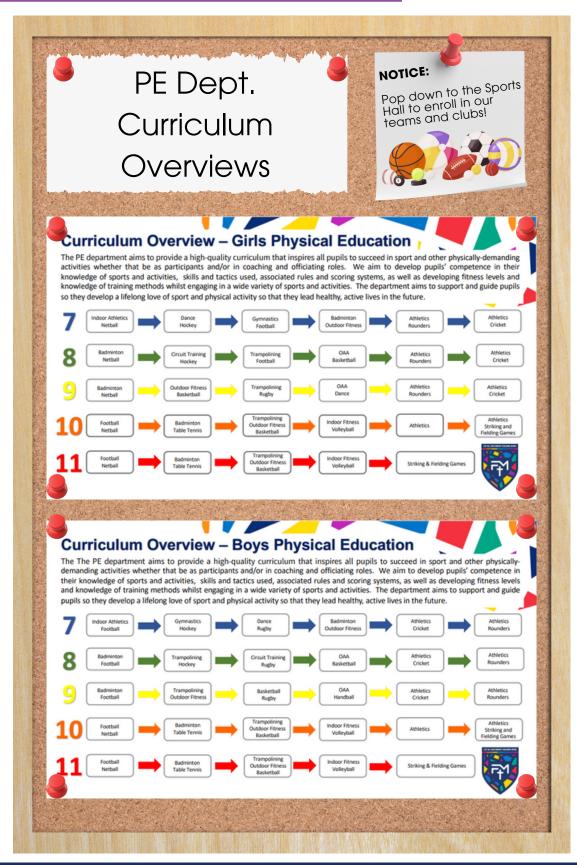
I'm Mr. Khalid, and I teach PE at Fisher More. My favorite sport is football and currently my favorite sports personality is Irish footballing sensation Roy 'Passion, Desire' Keane. I got into teaching PE when I was scouted by an under-19 World Cup winner, who saw me playing cricket on a side street (bowling to some milk crates). My favorite food (at the moment) would have to be a meat feast pizza with a Bolognese base. If I was trapped on a desert island, I'd bring a gallon of water, an infinite supply of KFC chicken and an archive tape of Man Utd from the 1990s - 2000s. My advice to all Fisher More pupils who want to know more about living a healthy lifestyle is to come chat to me about advice on any sport/activity, because I am obsessed with sport and love to help.





I'm Miss Worsley. I teach PE and am also the Senior Assistant Headteacher. My favourite sport is netball, and my sporting hero is one of Australia's all-time great netballers, the Aussie Diamond's Sharelle McMahon. I wanted to be a PE teacher after my amazing secondary school PE teacher, Miss Slater, spotted I had a talent in PE lessons (especially for netball and hockey). Under her guidance I represented the school in all the sporting teams and competitions. I joined Blackburn Hockey Club and was selected to represent and captain Lancashire Schools Girls Hockey teams in many county matches and tournaments. My favourite food is chicken tagliatelle, and if I was trapped on a desert island, I'd bring a pack of playing cards, a water filtration system and a survival kit (I always like to be prepared and ready to face the elements).

PHYSICAL EDUCATION at Fisher More



Ss John Fisher & Thomas More RC High School Gibfield Road, Colne, Lancashire BB8 8JT Headteacher: Ms C E Hayes, BSc (Hons) 1: 01282 865 299 e: email@fishermore.lancs.sch.uk w: www.fishermore.lancs.sch.uk

KS4 BTEC AWARD

The BTEC Tech Award in Sport at Fisher More High School is a dynamic, oractical course designed to inspire and motivate students interested in the vibrant world of sports. It is perfect for those eager to explore the realms of fitness, coaching, and sports performance. By engaging in a blend of theoretical study and hands-on learning, students will develop a comprehensive understanding of sports science, including fitness training, leadership in sports, and enhancing athletic performance.

This course is not just about playing sports; it's about understanding what it takes to achieve excellence in physical activity, the science behind sports performance, and the skills needed to lead and coach others. It offers students a unique opportunity to gain valuable qualifications that can open doors to further education, training, and a variety of career paths in the sports industry.

For parents and pupils looking for an educational experience that combines passion for sport with practical skills and academic rigor, the BTEC Tech Award in Sport is an unbeatable choice. It promises not only to enrich students' love for physical activity but also to equip them with the knowledge and competencies needed for success in their future endeavours.



In an exhilarating week of football, both our Year 9 and Year 10 boys' teams showcased their talent, determination, and team spirit as they secured their places in the semi-finals of the prestigious Lancashire Cup. Their performances were a brilliant display of skill and a testament to the true Fisher More spirit of unwavering resolve and unity under pressure.

Year 9 Boys: A Remarkable Comeback

The Year 9 team's journey to the semi-final was nothing short of a cinematic comeback. Facing Hutton G.S., the boys encountered early setbacks, finding themselves 2-0 down within the first 10 minutes, compounded by injuries to two key players. The first half was challenging, but halftime reflections ignited a renewed sense of purpose. The team, led by the indefatigable Captain Jack L., displayed remarkable resilience. Sharpey sparked hope with a crucial goal, setting the stage for a dramatic equaliser by Elliot, from Kai's perfectly executed corner, in the dying seconds of regular time. Extra time saw our team pushing forward, culminating in Sharpey's last-gasp winner that sealed a memorable 3-2 victory. It was a performance characterised by hard work and desire, with notable contributions from Kai, Stanny, Oliver H, and Sharpey. Captain Jack L., however, was the standout, epitomising leadership and commitment.

Year 10 Boys: Battling Against the Odds

Our Year 10 boys also faced a formidable challenge against the reigning champions, Leyland St Mary's, in a match that was a rollercoaster of emotions. The team took an early lead through Archie McCoy's stunning set-piece, only for the game to swing back and forth in a tense battle. Despite twice falling behind, the boys displayed tremendous grit, with Archie McCoy completing a hat-trick to bring the score to 3-3 at full time. Extra time was tense, but Archie rose to the occasion, securing a 4-3 victory with his fourth goal of the match. The defensive solidity of Harry, Oscar, and Cody, along with Ray's goalkeeping, were crucial. The squad showed incredible spirit and teamwork, particularly noteworthy given Joe Young's unfortunate injury (which explains his absence from the team photo!).





ENRICHMENT & Extra-curricular Update

Well done to the Year 7 girls football team

who took part in the Pendle Tournament

and . Pendle Champions We are all so proud of you!

became

WinterBloom 24



Pendle Champions!

Two groups of Year 7 pupils created thirty badger sculptures for **WinterBloom 24** - an annual exhibition in Colne Town Centre - the sculptures were installed in shop windows up and down the high street and were displayed for two weeks.

LET ALL OUR BRIGHT COLOURS SHINE





A huge well done to all of our runners who represented Pendle at the Lancashire Schools Cross Country Championships at Witton Park Championships at Witton Park, Blackburn. Stand out performances from Max Unthank who finished 5th in the Year 7 race, Tom Jackson who is Year 8 and finished 19th in the Year 8/9 Year 8 and finished 19th in the Year 8/9 Junior boys race, and Isobel Perry (Year 10) who finished 7th in the Year 10/11 inter girls race and received an invitation to join the Lancashire team at the National Championships!! Brilliant performances also from Bella Handford and Georgia Cockshot (Year 7 girls), Jamie Stephenson, Charlie Reddy and Charlie Collins (Year 7 boys), Niamh Boland (junior girls), Elise Callaghan (inter girls), Tom Finnan and Elliott Shackleton (junior boys). Well done everyone! everyone!

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Ss John Fisher & Thomas More RC High School Gibfield Road, Colne, Lancashire BB8 8JT Headteacher: Ms C E Hayes, BSc (Hons) 1: 01282 865 299 e: email@fishermore.lancs.sch.uk w: www.fishermore.lancs.sch.uk

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Some highlights from Year 9's three-day trip to Tower Wood!

MAN

The Year 9 trip to Tower Wood, Lake Windermere, was a resounding success. Pupils had a great weekend, participating in activities such as caving, kayaking, ghyll scrambling and standup paddle boarding. Thank you so much to our dedicated staff for accompanying the trip.

Tower Wood

ADVENTURE

YON

PRAISE FOR LEGALLY BLONDE JR. THE MUSICAL!

"I would rate it a 10/10."

"I really enjoyed Legally Blonde especially the hairdresser; she was really funny. I really liked the song, 'Oh my gosh!" LEGALLY BLONDE THE MUSICAL

"WOW!"

 $\bigstar \bigstar \bigstar \bigstar \bigstar$

"Can we see it again please?" "I really enjoyed the show... I think it was better than our Christmas producution."

"I can't wait to come to Fisher More."

"I really enjoyed everything about it especially the singing."

"The show was just FABULOUS!"

nou

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"... they are all so talented and skillful. They all did a wonderful job."

> "I loved this show. It was amazing!"





FISHER MORE RC HIGH SCHOOL, GIBFIELD RD, COLNE www.fishermore.lancs.sch.uk



READING FOR PLEASURE & the Learning Resource Centre

Greetings from the LRC!

Welcome to the school library! With over 4000 carefully chosen books, in every genre imaginable, from thrilling tales of mystery and adventure to insightful narratives of history and science, we have something for everyone.

Pupils can come into the library from 8am to 4pm every Monday through Thursday, and from 8am on Fridays. Furthermore, if remains accessible during every break and lunchtime for all pupils.

As well as the books on offer, we have computers available during these times for pupils to complete their Accelerated Reader quizzes and complete homework

Why should we read?

Reading plays a pivotal role in a pupil's development and it is never too late to start including it as part of their daily routine. We know that reading regularly helps pupils by fostering intellectual growth, creativity and empathy. It **expands their vocabulary and** improves comprehension skills.

- Just 6 minutes of reading can reduce stress by 68%
- On average, a 50% increase in vocabulary and factbased knowledge can be found in people who read regularly compared with those who don't
- Those who read each week are 20% more likely to report having greater life satisfaction
- Reading fiction books can increase the decisionmaking skills of readers by 50% to 100%
- A child's IQ can be increased by up to 6 points by reading aloud to them
- Teenagers who read for pleasure daily have been shown to understand 26% more words than those who don't
- Reading is a skill needed to access the whole school curriculum
- GCSE exams have a minimum reading age of 16 years Reading maintains brain stimulation





What's popular now?

From heart-pounding mysteries to bone-chilling tales, our pupils cannot get enough of our horror and thriller books this term. Mrs. Bowdin recently purchased 30 new horror books to add to our already extensive collection and they were all borrowed within 2 days!

What have we been up to?

A group of Year 9 pupils have been taking part in Lancashire Book of the Year as judges for the prestigious award. This has involved reading a selection of books from the long list and voting to decide which should be on the short list. The pupils, along with those from 23 other schools across the whole of Lancashire, have met on two occasions and the short list has been announced. The pupils are now bust reading these ready to make their final decision on the winner which will be announced at a big celebration event in July.

What's coming up?

After the Easter holidays there will be a **book club** starting after school in the library on Tuesdays. There will be games, activities, snacks and of course chance to discuss what we have read and enjoyed or not enjoyed! All year groups welcome.

After we finish the initial reading assessments in the first part of the autumn term, it's time for our students at Fisher More Secondary School to pick a book to read from our Learning Resource Centre (LRC). At Fisher More, all students in Key Stage 3 (KS3) are encouraged to read every day, and we use the Accelerated Reader system to encourage and track their progress. We reward students with house points for reading the most words during each term, and at

we reward students with **nouse points** for reading the most words during each term, and at the end of the year, we recognise those who have made the most progress in their reading journey with special rewards. Along the way, our dedicated English teachers keep an eye on how students are doing in their reading practice.

Parents can also join in and keep an eye on their child's progress by using their own login to access the system. And, during the summer, our students have the opportunity to explore MyOn, a collection of free e-books connected to the Accelerated Reader program, complete with audio recordings.

For those students who might need some extra support to catch up, we invite them to our **after-school reading club in the LRC**. And here's the exciting part: every time a student successfully passes a quiz on Accelerated Reader, they get a chance to enter a **raffle** and win some fantastic prizes. So, let's get reading and see where it takes us.

How can parents help?

- Encourage your child to read for **20 minutes at home each day**; pupils who read for pleasure for 20 minutes per day achieve 2 grades higher (on average) than pupils who do not habitually read.
- Ask your child about the books that they are reading. **Praise reading practice**.
- Demonstrate/model reading in front of your child or read with your child.

Reading at READER MORE RECEIPTION

At Fisher More High School, we've introduced a fantastic **digital learning programme** called Bedrock Learning. It's designed for young learners aged 6 to 16, and it's perfect for both home and school use. Bedrock focuses on **improving vocabulary**, grammar, and subject-specific language skills. This helps our students gain the language and literacy knowledge they need to do better in their studies.

Here's how it works: in the first term, our students take baseline tests. Based on their performance, they are placed in a "block" that matches their year group. For example, if a student is placed in block 9, they'll be working at a year 9 level. Each week, students are expected to complete at least two customised tasks, earning them points – the goal is to reach 20 points per week to achieve optimal progress.

We like to celebrate our students' exceptional progress. Those who make outstanding progress or earn high points receive merits and other rewards during our termly assemblies.

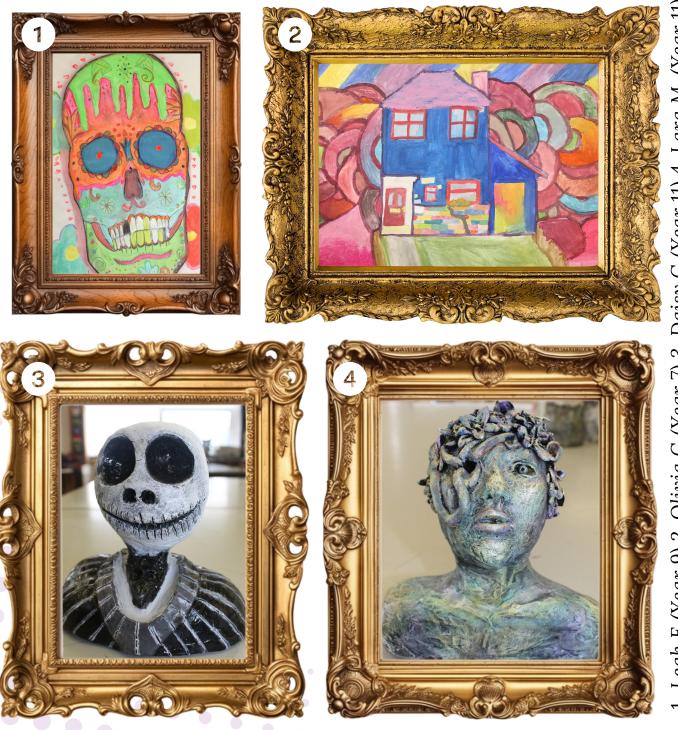
Parents and carers are invited to log in to the Bedrock portal to keep an eye on their child's progress. It's a great way for everyone to stay involved in our students' learning journey.

How can parents help?

- Ask your child to log into their Bedrock profile and check that they have achieved 20 points each week (visible in the top left corner of the screen).
 Praise good Bedrock progress.
- Ask your child to explain what new words / topics they have covered.

Bedrock

ARTISTIC EXCELLENCE



1. Leah E (Year 9) 2. Olivia G (Year 7) 3. Daisy G (Year 11) 4. Lara M. (Year 11)



ARTISTIC EXCELLENCE





GCSE REVISION TIPS

Unlocking Your Potential: A Guide to Effective Revision Strategies

As the season of GCSEs approaches, the corridors of Fisher More High School are abuzz with the spirit of determination and ambition. This pivotal moment in your academic journey calls for not just hard work but smart work. Excelling in your exams is akin to mastering an art—the art of revision. It's not just about how much you study, but how you study. So, let's embark on this journey together, armed with strategies that can transform your revision sessions from daunting marathons into fruitful sprints.

1. The Power of a Schedule: Your Blueprint to Success

Creating a revision schedule might seem like a nobrainer, but its effectiveness is often underestimated A well-thought-out plan acts as your personal blueprint to success, allowing you to allocate time judiciously to each subject. Start by assessing which subjects require more attention and slot them in your schedule accordingly. Remember, consistency is key. Dedicate specific hours of the day to revision and, importantly, stick to them. This not only enhances your focus but also helps in building a routine, making studying a part of your daily habit.

2. Active Recall: Bringing Information to the Forefront of Your Mind

Active recall is a technique that forces your brain to retrieve information, enhancing memory retention. Instead of passively reading through your notes, test yourself on the material. Use flashcards, practice questions, or even teach the content to someone else. The effort it takes to recall the information strengthens your memory, making it easier to retrieve when you need it mostduring your exams.

3. Spaced Repetition: The Art of Timing Your Revision

The human brain learns more effectively when information is revisited over spaced intervals—this is the essence of spaced repetition. After your initial study session, review the material after a day, then a week, and then a month. This method significantly boosts memory retention, ensuring that information is stored in your long-term memory. Apps and flashcards can be fantastic tools to facilitate this process, enabling you to track when to review each topic

4. The Feynman Technique: Simplify, Understand, Remember

For more tips, ask for assistance at Student Services or speak to your class teacher. Named after the Nobel Prize-winning physicist Richard Feynman, this technique is centered on the idea that teaching a concept is the best test of understanding. Start by choosing a topic and teaching it to someone else (or even an imaginary audience) as if they have no background knowledge. This exercise will quickly highlight the areas you're unclear about, prompting further revision. Moreover, simplifying complex information into your own words aids in deeper understanding and retention.

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CATHOLIC LIFE OF OUR SCHOOL

Charity

The Church teaches that charity is the theological virtue by which we love God above all things for his own sake, and our neighbour as ourselves for the love of God. The school takes this calling with intense conviction, supporting a number of charities and engaging in fundraising throughout the academic year. Each year our charity work supports Curry on the Street, our Lent fundraising supports the overseas work of CAFOD, and we promote the Diocese of Salford's Caritas Love in Action Award (the current recipient has raised over £1000 for the Little Princess Trust).

In addition, each house at Ss Jóhn Fisher & Thomas More RC High School has chosen a local charity that it wants to support.

Pendleside Hespic 29.01.24 FISHERMORE ~ ST. ANDREW'S HOUSE

CURRY

- St Andrew: Pendleside Hospice
- St David: Building Bridges Pendle St George: Colne Youth Action Group
- St Patrick: Curry on the Street



Thank you to Leah from Pendleside Hopsice for speaking to all the St Andrew's House students this morning about all the important and fantastic work that Pendleside Hospice provide. Leah is pictured receiving a cheque for £305.45 from House Captain, Morgan. The money was raised at the Christmas Extravaganza last term.



305.45



St Joseph's Penny During Lent this year we are fundraising for Caritas Diocese of Salford's St Joseph's Penny Appeal. Caritas Salford supports people in our local communities facing poverty, disadvantage,

homelessness, and isolation We are asking every pupil in school to raise \$5 and donate - they may choose to fundraise by selling cakes, washing cars, completing sponsored walks or by sacrificing a trip to the cinema or a few chocolate bars, for example.

Form tutors have a collection box for cash and you can make online donations here:

https://www.justgiving.com/page/fish <u>ermore</u>

No donation is too small! May our prayers, fasting, and charity make a real difference to those people who need them most.





Sincere Thanks

Thank you to all the students, parents and carers who donated items of food and toiletries to our collection on Christmas Adornment Day. Twenty six boxes of food and toiletries have been sorted by our Faith Leaders before being hand delivered by Year 9 students to Colne Open Door and Curry on the Street.

A FOND FAREWELL.

Goodbye, Mr. Flynn!

As this school year draws to a close, we find ourselves at a poignant moment of transition and reflection. It is with a blend of joy for his future and a touch of sorrow for our loss that we say goodbye to a truly remarkable pillar of our school community, Mr. Nick Flynn. After over 18 incredible years of service, dedication, and passion for nurturing and guiding our young learners, Mr. Flynn is embarking on a new chapter in his illustrious career.

Mr. Flynn's journey with us has been nothing short of extraordinary. His roles have spanned the gamut from teaching Physical Education with boundless energy, serving as Head of Year with unwavering commitment, to his pivotal positions as Associate Senior Leader and Director of Pupil Support. Each of these roles has been marked by Mr. Flynn's deep passion for education and an enduring commitment to the welfare and development of every student under his care.

An ardent Manchester City fan, Mr. Flynn's sporting spirit has always been an integral part of his identity. His impressive athletic background, including his time playing for Sale Sharks and representing the England Counties Squad on their memorable trip to Canada in 2010, has inspired countless students. Mr. Flynn's stories from the field and his personal achievements have served as a beacon of motivation for our young athletes and scholars alike.

Beyond the classrooms and the sports fields, Mr. Flynn's presence has been a source of strength and inspiration. His tireless efforts to support and uplift our students have left an indelible mark on our school's ethos. His dedication to creating a supportive and nurturing environment has helped shape the lives of many young individuals, guiding them toward bright futures.

As Mr. Flynn prepares to take on his new role as Assistant Headteacher (Pastoral) at All Saints, Dukinfield, we extend our heartlest congratulations and best wishes. This position is a testament to his exceptional skills in pastoral care and his profound impact on student welfare. While we will greatly miss his fantastic presence, vibrant personality, and the positive energy he brought to our school every day, we are excited for the new heights he will reach in his career.

Mr. Flynn, thank you for your years of dedication, laughter, and the countless memories we've shared. As you step into this new phase of your professional journey, remember that you will always be a cherished member of our school family. We look forward to hearing about your future successes and the positive impact we know you will continue to make in the lives of students.

Farewell, Mr. Flynn!

THANKING Mr. Bacon

We bid a warm farewell to Mr. Bacon as he embarks on a new journey back to Haslingden High. His tenure in the History Department has been marked by a palpable enthusiasm for teaching and an unwavering commitment to student engagement, both our history lessons but also invigorated our school's sports. His passion has not only enriched our pupils. Mr. Bacon, thank you for your dedication and spirited contributions.



CELEBRATING Mrs. Foster's Retiremen



Mrs. Foster, a former art teacher at the school who has transitioned into the role of a teaching assistant, is retiring after many years of dedicated service. Mrs. Foster's commitment to fostering creativity and her supportive presence in the classroom have been invaluable. As she embarks on this well-deserved retirement, we express our deepest gratitude for her years of service and wish her a future filled with joy, art, and relaxation.

Thank you, Mrs. Foster!



WELCOMING New Faces to **Our Learning Support Team!**

HELCOME

We are delighted to announce that after Easter, our Learning We are delighted to announce that after Easter, our Learning Support Department will be welcoming four new members to our dedicated team. Rachel Cryer, Vicky Blanken, Rebecca Kelly, and Stacey Lord will be joining us, each bringing their unique skills, experiences, and passion for education to support our students' learning journeys. Their arrival marks a significant addition to our department, promising to enhance our capacity to provide targeted and effective support to all our students. We eagerly look forward to the fresh perspectives and innovative approaches they will bring to our team. Please join us in giving a warm welcome to Rachel, Vicky, Rebecca, and Stacey as they embark on their new roles within our school community. community.





School Prayer

Loving God,

We thank you for all our opportunities.

Help us to form a community in which all our bright colours can shine.

Remind us to work hard, guide us to make good choices and teach us to be kind and fair.

Amen





Ss JOHN FISHER & THOMAS MORE ~ Roman Catholic High School ~