



The Net

St. Gregory's Catholic High School

Issue: 132

April 2026

DATES FOR YOUR DIARY

Thursday 2nd April

End of term

Thursday 23rd April

Finance Governors

Wednesday 29th April

HPV Vaccinations

Friday 1st May

Y11 Exams Mass

Monday 4th May

Bank Holiday

Friday 22nd May

End of term

THIS TERMS NEWSLETTER

| | |
|------------------------|----|
| Literacy..... | 2 |
| LRC..... | 2 |
| Fiction Addiction..... | 3 |
| Science Week | 3 |
| History trip..... | 3 |
| Farm trip..... | 4 |
| Animal welfare..... | 4 |
| Chaplaincy..... | 5 |
| Schools Out..... | 5 |
| Cake sale..... | 6 |
| Rowing | 6 |
| FP&N | 6 |
| Maths Challenge..... | 7 |
| Pupil Poetry..... | 7 |
| Teacher Interview..... | 8 |
| RE Ambassadors..... | 9 |
| Word Millionaire | 9 |
| Volunteers Mass..... | 9 |
| Exam Stress..... | 10 |
| Wellbeing | 11 |
| Big Lent Walk | 12 |
| Back of the Net..... | 12 |

MESSAGE FROM THE HEADTEACHER

We have had, as always, an eventful half term. I am incredibly thankful for what the St Gregory's community has achieved over the past 12 school weeks. I would like to begin by thanking parents for your nominations for Headteacher awards. I was amazed to receive over 75 nominations for pupils and it was an absolute pleasure to be able to discuss the activities, teams and charities that our pupils support beyond St Gregory's. This was a personal highlight of my term.

The major events this term have included the Y11 mock results days and the start of GCSE examinations along with Y9 choosing their options for next year, however there has been so much happening across all year groups in school.

I was thrilled to celebrate the achievements of our 'All Aboard' Rowing competitors who were not only successful regionally, but also went to London to win national awards.

We have enjoyed a very busy spring term of extra-curricular activities with the re-launch of our 'Wednesday after school events' including the introduction of our new Science Club and Darts Club amongst others.

Pupils have enjoyed numerous school visits this term, including college trips, the Animal Welfare Centre, Shrewsbury Prison (History), the Engine Rooms, chemical engineering facilities, Lancashire farming, the drama Menai trip, United Utilities visit, Bikeability, Medical Careers Day, Chester Zoo, the Warrington Pentathlon, and the Mond Trophy, to name but a few. It has certainly been a very busy term!

Our pupil Media Team now host a monthly show on Radio Warrington, if you can tune in and support them, that would be most appreciated. In school we had an 'Open Mic' night which was fantastic entertainment, my personal favourite being the Beatles Melody

performed by William in Y10.

World Book Day gave us the platform to celebrate a love of reading and literacy and the pupils (and staff with their costumes) certainly stepped up in the activities provided to make it another memorable year for reading and books.

Our school was very happy to support the Warrington Wolves foundation this weekend as a host site for children in the community that have put together a production of the Lion King. A number of pupils and staff from St Gregory's supported the event from behind the scenes from the production to opening up the facilities to the foundation.

The end of the term will conclude with our Big Lent Walk, in which every pupil and staff member will be involved in.

We say a fond farewell to our incredible site manager, Ivan Baracskai who has served the school brilliantly for over 12 years and been with us through so many of our site developments and key moments such as the pandemic period. I will be forever grateful for the work Ivan has done for us and how he always sought to make our school a safe place for the children and staff of the school.

As always, I want to acknowledge the outstanding work of my entire staff team over the spring term. All of our staff continue to go above and beyond for our pupils, to ensure that our school community is successful.

Finally, I would like to wish you and your loved ones a very restful Holy Week. I very much look forward to the St Gregory's family being able to recharge batteries ahead of another action-packed summer term.

Mr McGlinchey
Headteacher





LITERACY

Lexia PowerUp Successes

'Well done' to Chris, Amelia and Louis in Year 7 who are our top Lexia users this half-term! By using Lexia PowerUp at home, they are making excellent progress and earning many certificates. We recommend using Lexia PowerUp at least seventy-five minutes a week (including twice a week in school) in order for pupils to benefit fully from this fantastic platform.

Easter Break Literacy Tips

There are plenty of ways to support your child's literacy development during their Easter break. Why not try some of the below?

- Make your child in charge of the shopping list, including writing it legibly and accurately as well as reading it back to you during your shopping trip.

- Read around your child; if they see you reading, they will be more likely to read themselves!
- Download the 'ePlatform Library' app to enjoy thousands of free eBooks at home through a mobile phone, tablet or laptop.
- Support your local library by visiting and taking advantage of the free resources and Easter events.
- If your child is eligible for literacy intervention, encourage them to use the Lexia PowerUp platform at home to support their ongoing progress.

Miss Mannion

LRC

World Book Day

World Book Day was on 5th March and is a big event for the LRC. This year our theme was 'Murder Mystery' which linked well with our 'Detective Crime' theme for our March 'Year of Reading' passport challenges.

Here is a brief summary of our World Book Day Events:

World Book Day Quiz

The quiz was held on Wednesday 4th March and was well attended by pupil teams across all year groups with a staff member with each team. It was very competitive and we were really impressed by the book knowledge of the participants this year. Well done to the 'Fluffy Unicorns' who were led to a convincing win by Mrs Brennan!

Competition

Our competition this year was to design a book badge. We had over 60 entries and there were some creative designs. The designs were displayed on our LRC tree for everyone to see, with shortlisted designs given a lanyard to take home. The winners were Arya, Dorcas and Gabrielle who won a treat bag including a 'Skip the queue' pass, book badge and sweet treats. Well done to everyone who took part!



Murder Mystery

There was a murder in the LRC on World Book Day! Willy Wonka was murdered for his famous chocolate recipe! Luckily the pupils were here to investigate, led and supported by Sherlock Holmes and Doctor Watson. The suspects were The Queen of Hearts, The Grouchy Ladybird, Harry Potter and Lady Macbeth all of whom had to be

interrogated. A 'Wonka Chocolate Bar' was awarded to those who successfully discovered 'Harry Potter' as the murderer.

World Book Day Activities

As well as the murder mystery, during the week, there were several activities available to get involved in. 'Book in a Jar', 'Book Hunt', 'Find it in the Book' games and 'Character Headbandz' were just some of the activities available. It was lovely to see pupils enjoying sharing their love of reading with each other through these activities.



Best Dressed

And as we have done over the past couple of years, staff have dressed up as a book character with the aim to win 'Best Dressed' on the day which the pupils vote for. This year Miss Dennett was the winner – dressing as 'Cindy Loohoo' - Well done Miss Dennett!

The LRC really appreciate the staff and pupil involvement for this year's World Book Day as it made it such a special event!

Mrs
Andrews



SCIENCE WEEK

We were delighted to celebrate British Science Week 2026 in school this term, embracing the theme “Curiosity: What’s your Question?”. The week focused on encouraging our students to think deeply about science, exploring the idea that every great discovery begins with a simple question.

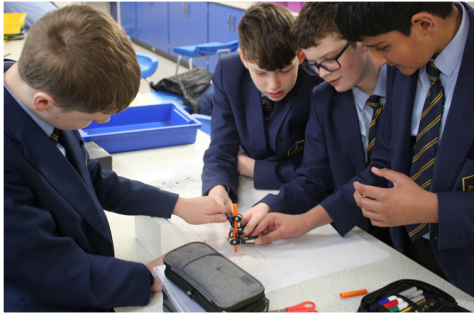
Students in Years 7 - 10 took part in a range of engaging challenges designed to spark their curiosity and develop key scientific skills. They began with the “Curiosity Challenge”, where they explored fascinating scientific images, from distant galaxies to remarkable creatures such as the mimic octopus, and generated their own thoughtful questions about the world around them.

Following this, students worked collaboratively on a team challenge that put their communication and leadership skills to the test. Using just one pen per group, they had to guide one another to create a shared drawing. This activity highlighted an essential aspect of STEM: the ability to work effectively with others, even when opinions differ. Some teams experienced moments of chaos, while others successfully harnessed their diverse ideas to produce thoughtful and creative outcomes.

It was fantastic to see students fully embracing their curiosity, engaging in meaningful discussions, and asking insightful questions that we don’t always have time to explore in the classroom. British Science Week provided a valuable opportunity to

celebrate not only scientific thinking, but also teamwork, resilience, and creativity.

Mrs Du Plessis



FICTION ADDICTION

‘Make me a Monster’ by Kalynn Bayron



‘Make me a Monster’ by Kaylynn Bayron was an unexpected

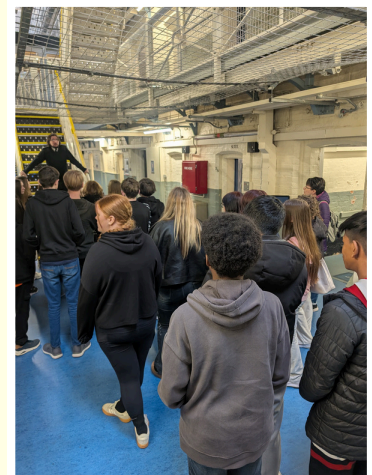
captivating read that pulled me from the very first chapters. Having already loved Cinderella is Dead, I went in with high expectations but this still managed to surprise me. The characters felt alive, the pacing is tight and the plot kept me guessing in the best way.

Written by Gabrielle Y8

HISTORY TRIP

Y10 History pupils visited Shrewsbury Prison this term to support their studies. On their guided tour, they learnt about what life was like for prisoners and officers in the prison throughout history.

Mr Egan



FARM TRIP

Pupils had a fantastic trip to the Lancashire Farm Education Centre to learn all about where our food comes from. From exploring the farm to meeting the cows, it was a fun and hands-on experience. A wonderful day had by all!

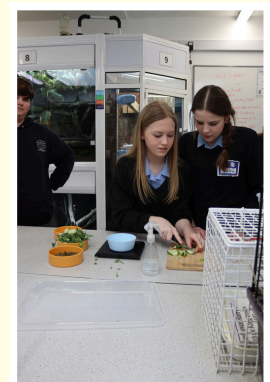
Mrs Cross



ANIMAL WELFARE

Mr McGlinchey and Mrs O'Kane accompanied a small group of Y8 and 9 pupils on a visit to Cronton College this term. They visited their fantastic Animal Welfare department and had the opportunity to handle exotic animals (Sid the snake was a favourite), help clean and feed the guinea pigs, and see the range of other animals they keep. Pupils were treated to lunch in the college canteen before returning to school. The trip was highly successful and really got pupils thinking about their own futures and how they can work towards that.

Mrs OKane



SCHOOLS OUT!



Our Media Team has been working incredibly hard over the past few weeks, and I'm delighted to share that their very first radio show went live with **Radio Warrington** on Sunday, 22nd March 12.00–2.00pm.

Pupils have been fully involved in every aspect of the show. They've selected the music, recorded song introductions, used the recording equipment and even included a song dedication. In addition, two of our Y9 students created and performed a short comedy sketch... all about a yoghurt and an open fridge! – definitely worth tuning in for! Our next show will be on Sunday 26th April, we hope you can tune in!

We are all incredibly proud of all their hard work and commitment a big well done to - Violet Y9, Dominic Y9, Bertie Y9, Keanne Y9, Isabella Y10, Keeley Y10, Oliver Y7, Jacob Y10.

A big thank you as well to:

- Scarlett Y8 for redesigning our logo to incorporate radio, podcast, and media elements.
- William Y10 for creating the 'School's Out' jingle.

Mrs Hennessey



CHAPLAINCY

Youth for Christ

Pupils had an amazing time listening to Youth for Christ this term. This musical and interactive session was full of energy, enthusiasm and meaningful messages that really engaged everyone from start to finish. The pupils loved getting involved, joining in with the music, and reflecting on the themes shared throughout.

A lovely gift

A heartfelt thank you to Louie in 8T, for creating an incredible cross for our school chapel. You have made

something truly special for our school community- what a fantastic contribution!

Year 10 Chaplaincy Team

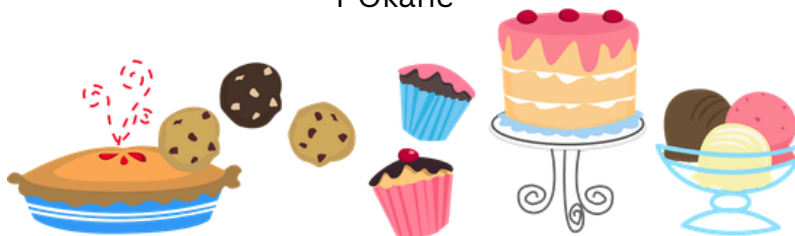
I would also like to shine a spotlight on the Year 10 Chaplaincy team. They are always on hand to help with everything and most of them will undertake their Gold Faith in Action Award this year. Keep you the great work! **Mrs Whitlow**



CAKE SALE

The Mental Health Ambassadors hosted a small cake sale on the last day of term as part of Children's Mental Health Week and raised £120 for the charity Room at the Inn. Thank you to those who donated cakes and/or came to purchase on the day, it was very much appreciated!

T Okane



ALL ABOARD ROWING

Time to celebrate the achievements of our 'All Aboard' Rowing competitors who were not only successful regionally, but also went to London to win national awards! Our pupils completed a 3 minute row, and every single one of them did amazing! They represented St Gregory's and the Northwest with pride!

Results...

Lacie came 31st out of 195 competitors. Gonzalo came 3rd overall bronze medalist nationally for Y8 boys. Kuba came 1st overall gold medalist nationally for Y8 boys!!! Massive congratulations to all the pupils involved we are so proud of them! Miss Heaton

FP&N

Here are some delicious bakes from our FP&N lessons!
Mrs Beswick

Y7 - Easter Bark





UKMT INTERMEDIATE MATHS CHALLENGE

Congratulations to the following Y9/10 pupils on their success in the UKMT Intermediate Maths Challenge. Special mentions to Harry (Y10) and Georgia (Y9) who got the best results in their year groups!

Harry - Silver, Olivia - Silver, Georgia - Silver, Emily - Silver, Anji - Silver,
Gavin - Silver, Andrei - Silver, Max - Silver, Michael - Silver.

Rafael - Bronze, Nancy - Bronze, Jacob - Bronze, Eleanor - Bronze, Ryan - Bronze,
Luke - Bronze, Joey - Bronze, Isla - Bronze, Liam - Bronze, Lydia - Bronze,
Max - Bronze, Madison - Bronze, William - Bronze, George - Bronze, Ruby - Bronze,
Norbert - Bronze, Freyah - Bronze, Jack - Bronze, Ayah - Bronze, Anaya - Bronze,
Xander - Bronze, Joel - Bronze, Peter - Bronze, Nataniel - Bronze, Krystelle - Bronze,
Harry - Bronze, Lucas - Bronze, Ailsa - Bronze, Elizabeth - Bronze, Lucas - Bronze.

Mr Johnson

PUPILS POETRY

Once upon a wartime

Once upon a time I knew fields of green
A clear blue sky with a silver sheen
Birds that flapped, chirruped and tweeted
And white fluffy sheep with their children that bleated
Once upon a time I knew the sound of calm
A nice, quiet life on a peaceful farm
The whisper of wind, rustling green grass
Oh, how I long for the days now past
In present day, I know war and dismay
A life filled with danger and terror each day
The beautiful sun, once bright and full
Is clouded by smoke, faded and dull
In present day, I know bangs so loud
They could bring deafness to a whole crowd
With tanks and guns used by fathers and sons
The smoke is so choking, no air fills my lungs
In days to come I will know a calm rest
And once again see birds build a nest
I will hear sheep bleat, with young of their own
Once so small, yet now fully grown
In days to come I will know of a sun
Somehow unfazed by the deeds that were done
Wars are forgotten, yet remembered by some
Those who recall the deeds they have done

Isobel Y7

INTERVIEW WITH A TEACHER - MISS HANRAHAN

1. When you were in high school, what did you want to do when you got older?

"I wanted to be the Pope! I had a lovely RE teacher called Mr Devlin who sat me down and explained to me why that would never happen, and why I should think of a new career. So then I wanted to



become an accountant, which is very different! But I kept coming back to religion, I kept wanting to help people. So I chose to go in to teaching to be like Mr Devlin and help and inspire others."

2. What did you study at university?

"I studied Theology, which is the study of religion, but within that I specialised in what it means to exist, what truth means, and it made me ask do we really want the truth? Would we rather live in denial? What does that mean in our society and for our existence? It involved a lot of debating and there is never really a right answer!"

3. In what ways do your beliefs and faith influence your approach to teaching?

"I strongly believe that we have been put on this earth to serve others and to help leave the world a better place than the way we found it. So, when I teach, I like to think that I model kindness and empathy and compassion. Hopefully students don't just come to learn the academic content, but come and learn all about themselves and how they can be the best version of themselves."

4. Can you share a Bible verse or passage that has had a meaningful impact on your life, and explain why it is important to you?

"'Love is patient, love is kind' for two reasons. The first is that it was the Bible quote used at my mum and dad's wedding, and that is the love that I hope to have one day. And secondly, as a society, love is needed more now than ever before. I think so often we are quick to judge, we are quick to hate, quick to criticise, and what we need is to be patient with each other and love more."

5. Imagine you were stranded on a desert island and allowed to take three items with you.

What would you bring, and what makes those items

essential or items you could not live without?

"Family first of course if we could have people! But if not, it would be a book, because you can read a book over and over again. You often see a different perspective when reading it again.

The next item would be my face cream; it has SPF in so its protection from the sun as well!

The final item would be a Lily O'Brien's Easter egg because it's the best chocolate ever! A little treat to motivate me and keep me going on the island!"



6. Who is your favourite singer / song writer and why?

"My favourite song would be 'A Bar Song' by Shaboozey because I can line dance to it! And my favourite artist would be Taylor Swift, not for her music (they are ok,) but because I watched her documentary and I didn't realise how much she supports and gives to her team and to others. She's always doing charitable things that never really make the news, and they certainly fit in with our values. That's someone who is humble, wants to help others, but not seek the glory of it."

7. What is your favourite book and why?

"Wuthering Heights. I often disagree with my mum over this book. I think it's the best love story ever told, and my mum thinks it is the most cruel. When I read it I think it is about two people who love each other so much it is all consuming. It's a very powerful book of emotions. I read it when I was 15 and I keep going back to it!"

Interviewed by Isabella Y10, Keeley Y10 and Keanne Y9



RE AMBASSADORS

The RE Ambassadors are a dedicated team of pupils committed to helping make the RE department the best it can be. Students from Years 7, 8 and 9 applied for the role by completing an application form, explaining why they would make strong ambassadors and what they could contribute to the department.

We are proud to have over 20 pupils involved, who meet regularly to share their thoughts on what they are enjoying in RE and to suggest ways we can continue to improve the subject. Recently, our Year 9 ambassadors have been working hard to design new knowledge organisers to support learning across the department.

The RE Ambassadors programme ensures that pupils have a genuine voice. It gives them the opportunity to share their ideas, feel listened to, and see their contributions brought to life within the department.

Our new RE student ambassadors are -

Angelin 7K, Hattie 7M, Gosia 7K, Gabi 7K, Roselyne 7W, Jaslyn 7J, Ariya 7P,
Daniel 7J, Ivan 7K

Kiara 8W, Rumaysa 8K, Eniyaa 8W, Abi 8P, Gabrielle 8C

Sophie 9P, Edward 9M, Elizabeth 9T, Angelina 9C, Sophie 9M, Caitlin 9F, Keanne 9C, Bertie 9P
Zuzanna 9W

Miss Frost

VOLUNTEERS MASS

It was lovely to celebrate all of our pupils who volunteer both inside school and in the wider community this half term.

Mrs Whitlow



WORD MILLIONAIRE



Well done to the pupils in Mrs Salter's class who have achieved their Word Millionaire certificates! What a fantastic accomplishment! Your dedication and love of reading are truly inspiring. Keep turning those pages and reaching new milestones!



INTERVIEW - EXAM STRESS



Hello! We are here today to talk about mental health during exams.

1. Firstly, please can you tell everyone your name and your job role here at St Gregory's.

"Hi, I'm Mrs O'Kane and I am the pupils Wellbeing Councillor here at St Gregory's."

2. We are all told and shown different ways to revise for exams, from revision cards to past exam papers, but can you tell us your top 3 tips for healthy revision?

"My first would be to plan for balance. So don't spend all your time revising, make sure that you make time for self-care.

The second would be to make sure that you get in a good routine. So for our Y11's who are coming up to a prolonged exam period, to make sure that they have a good sleep routine which can help with focus.

My third would be to have a tidy workspace which always helps with revision!"

3. How important is it to take breaks while revising?

"Extremely! Short, focused revision is more productive than having a long session. When you have a very long session of revision, you can easily become overwhelmed and do not retain as much information. Shorter sessions help with information retention and help keep you focused.

A good technique for this is called the 'Pomodoro' which is when you have 25 minutes of revision then have a 5-minute break. This ensures that then you are getting moving, helps you remain focused and retain more information."

4. How can creating a realistic revision timetable benefit your revision and help with exam stress?

"It can help you to prioritise workload, plan in breaks and help you break down what you need to learn, as some subjects have more content than others.

It's also important for you make sure you are making time for your hobbies and fun activities, because they are important too.

I would also suggest that written revision timetables are reviewed constantly. Just because you have made one, doesn't mean that things will not change or affect your schedule.

It's also important to focus on 'tasks' rather than 'subjects', so pick a topic within Maths not just 'Maths', breaking it down should make it easier to focus. You will also get a greater sense of achievement for completing small tasks."

5. What should you do if you are feeling overwhelmed with exams and revision?

"We would always recommend talking to somebody, it could be a trusted adult at home or school, or it could be your friends. It's very likely that they will be going through something similar.

There is also a technique called the 'STOPP' technique if you are feeling overwhelmed and it's about recognising when you are feeling overwhelmed.

S - Stop and pause

T - Take a breath

O - Observe, what's going on in your body and in your mind?

P - Perspective, is it fact or is it an opinion?

P - Practice what works. Decide on a plan forwards.

Interviewed by Isabella Y10 and photography by Keeley Y10





The Mental Health Ambassadors held a cake sale on the last day of term and raised £120 for Room at the Inn! Staff at the charity passed on their immense gratitude for the donation. Watch this space for further support of this fantastic charity. '



NHS Visit

A huge thank you to the members of the NHS Mental Health Support Team who came into school to deliver an Anxiety Awareness

MENTAL HEALTH SUPPORT TEAM

Workshop to some of our pupils. They explored spotting the signs and symptoms, where support can be found, as well as some strategies that can be used to manage the symptoms of anxiety. We had some excellent feedback from pupils who attended.

Exam Stress

Exam season can feel overwhelming, but small daily habits can make a big difference.

1. Plan, don't panic

Create a simple revision timetable that includes short study blocks and regular breaks.

2. Focus on progress, not perfection

You don't need to know everything at once. Celebrate small improvements each day.

3. Look after your body

Sleep, healthy food, hydration, and exercise all improve concentration and memory.

4. Use calming techniques

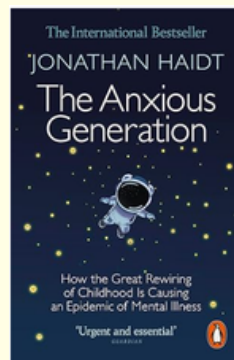
Try slow breathing: breathe in for 4 seconds, hold for 4, breathe out for 6. This helps reduce stress quickly.

5. Talk to someone

If you feel overwhelmed, speak to a teacher, pastoral team, parent/carer, or trusted friend. You are not alone.

Book Recommendation for Parents/Carers

"The Anxious Generation" by Jonathan Haidt



This insightful book explores how modern technology and social changes are affecting young people's mental health. It provides helpful guidance for parents on supporting resilience, healthy habits, and balanced technology use.

Why parents may find it helpful:

- Explains current mental health trends among teenagers
- Offers practical strategies for building resilience
- Encourages healthy boundaries around technology

It's a thoughtful read for parents/carers wanting to better understand the challenges facing young people today.

Wellbeing Quote of the Month

"You don't have to control your thoughts. You just have to stop letting them control you."

Dan Millman

Sometimes our minds can feel busy, especially during school and exam periods. Remember that thoughts and worries come and go. Learning to pause, breathe, and refocus can help bring calm during stressful moments.



Next Parent Workshop

Title: Sensory Processing Awareness

Delivered by: Miss Salisbury

Date: Thursday 23rd April

Time: 5-5.45pm

Please keep an eye on Class Charts to register your interest in the coming weeks.

Mrs O'Kane



Football Result



Huge congratulations to our U14 girls football team who won Helsby in the Cheshire Cup quarter finals and now progress into the semi-finals. The girls showed tremendous determination, skill and resilience going all the way to penalties.



Well done to Maisie Y8, Charlotte Y8, Maddison Y8, Bethany Y8, Jenson Y8, Logan Y8 Logan Y8, Brooke Y9, Lottie Mai Y9, Patrick Y9 and Cameron Y9 on their 1st place for the girls and 2nd place for the boys in the SEND County Finals of New age Kurling this term, they were a credit to the school and each other for their team work and attitude.

Mrs Gallagher and Mrs Clayson



Football Result



Huge congratulations to our U14 girl's football team who competed in the Cheshire and Warrington School games finals coming 4th out of the top 8 schools in the region! Outstanding determination and skill shown by all.



Football Result



Well done to our U16 girls who were narrowly beaten in the Cheshire Cup Quarter Finals, losing to penalties. The girls showed tremendous determination and resilience to come back from 3-1 with 5 minutes to go.

BIG LENT WALK

Pupils and staff took part in the Big Lent Walk this term to raise funds for charity. Thank you to all those that have donated or taken part!

Mrs Whitlow



Well done on an excellent performance by our Y9 football team in the Warrington Cup competition. Outstanding and effort shown by all of the players!

Mr Dean



Written by St Gregory's Media & Podcast Team.
Team Editor - Keanne Y9.