



The Net

St. Gregory's Catholic High School

Issue: 133

May 2026

DATES FOR YOUR DIARY

Friday 22nd May

End of term

Friday 22nd May

Arthog Trip

Monday 1st June

Start of term

Friday 5th June

Y11's Leavers Assembly

Thursday 11th June

Y8 Work experience trip

Thursday 11th June

Science trip to Liverpool University

Monday 15th June

Y10 Mock exams begin

Friday 17th July

End of term

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MESSAGE FROM THE HEADTEACHER

While this term has been short, it has been extremely busy!

We began the term with our Year 11 pupils taking part in a special 'Mass for Success' as they prepared for their upcoming GCSE examinations. A heartfelt thank you to Father Dave and Deacon Dan for leading such a meaningful and reflective celebration.

This has been an important half term for our Year 11 pupils, who have now begun their GCSE examinations and have approached them with great maturity and determination. We wish them every success as they continue with their revision and exams in the weeks ahead.

There have been many fantastic extra-curricular activities taking place this half term, including farm trips, the Cheshire Book Awards visit and the Arthog trip, to name just a few.

Our most recent Headteacher's Breakfast Meeting was also extremely positive, providing pupils with the opportunity to share their ideas for improving the school. I look forward to sharing these ideas with you soon.

Pupils and staff came together this half term to take part in a whole-school photograph, creating a wonderful

opportunity to celebrate our school community and capture a special moment in the life of St Gregory's. The photograph will serve as a lasting memory of this academic year.

I would also like to take the opportunity to thank and welcome our new site manager Mr Coleman who has made a brilliant start making improvements to the school.

I am looking forward to the changes we will be making at St Gregory's to make it a phone-free environment next term, and to seeing the positive impact this will have on pupils' mental health and their engagement with the world around them.

I would like to conclude by thanking all the staff here at St Gregory's for everything they have done for our pupils this half term, so often going the extra mile to support them both before and after school as well.

**Mr McGlinchey
Headteacher**





LITERACY

Liverpool Archdiocese Public Speaking Competition

Thank you to the pupils who have attended the meetings for the Liverpool Archdiocese public speaking competition. In preparation to compete against other schools in the Archdiocese, a group of enthusiastic Key Stage 3 pupils have met twice this half-term, discussing topics ranging from Mars missions to social media, and what makes effective leadership. It has been a real pleasure to guide and oversee your progress so far. Ultimately, we hope to find a pair of candidates who will bring the trophy back for us for the second year running!

Lexia PowerUp Sessions

Well done to the pupils in Years 7 - 10 who continue to attend their Lexia PowerUp literacy intervention sessions - what fantastic progress you have made! It has been a real joy handing out certificates and so many achievement points for fantastic work on the platform.

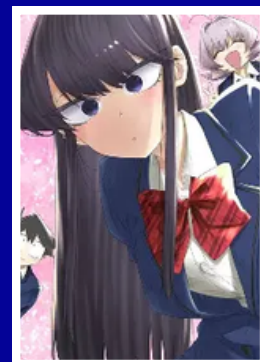
And an extra 'well done' to the pupils that have worked so hard during one-to-one sessions as part of their literacy interventions - we really appreciate your efforts.

Remember: the most effective way to make progress on Lexia is by using it at home as much as you can.

Miss Mannion

FICTION ADDICTION

'Komi Can't Communicate'



Her name is Komi and she has a problem, but thankfully she finds Tadano, a timid wall flower who brings her out of her comfort zone and helps her make 100 friends in a crazy school. It is outrageously funny and can link to other people who have a communication disorder and relates to the anxieties of school. 5 Stars!

Sophie Y7

LRC

Fantasy has been our theme in the LRC for May. Book displays and activities have centered around this theme. Lots of children are keeping up with the challenges for the Year of Reading passport and have been winning bookmarks each month. Those who have a complete passport at the end of the year will have the chance to win a £20 amazon voucher!

Book Club

Book Club had an exciting trip to the Cheshire Book Award event at the Chester Storyhouse on Monday 18th. They got to take part in workshops led by the authors of the books they have read and get signed copies of the books. At the end of the day, the winners of the award were announced. Our book clubs voted for 'Stealing Happy' by Brian Connaghan and 'Traumaland' by Josh Silver. The overall winners were, 'The Vulpine' by Polly Crosby and 'Traumaland' by Josh Silver.

Bling your book!

We have also had a competition running this half term. 'Bling Your Book' was a challenge to decorate an old book or a cover for a book. We had some fantastic, creative designs which have been displayed in the LRC this week. Well done to Keeley (Y10), Maria (Y8) and Amelia (Y7) who won prizes for their designs.



Mrs Andrews

UKMT JUNIOR MATHS CHALLENGE

Congratulations to the following pupils in Y7/Y8 on their success in the UKMT Junior Maths Challenge. Special mentions to Bethany (Y8) and William (Y7) who got the best in their year groups! Bethany (Y8) and Spencer (Y8) have also qualified for the Junior Kangaroo competition.

Y8

Bethany - Gold, Spencer - Gold, Franek - Gold

Agnes - Silver, Oceanna - Silver, Cayden - Silver, Eloise - Silver, Rumaysa - Silver, Alexander - Silver, Lucas - Silver

Harrison - Bronze, Dina-Sirine - Bronze, Anujin - Bronze, Sulaksha - Bronze, Weronika - Bronze, Kingsley - Bronze, Muhammad - Bronze, Abbie - Bronze, Aminah - Bronze, Keegan - Bronze, James - Bronze, Samuel - Bronze, Emily - Bronze, Torres - Bronze, Kamila - Bronze, Joseph - Bronze, Jessica - Bronze, Kuba - Bronze, Haitham - Bronze, Charlie - Bronze

Y7

William - Gold

Grace - Silver, Jaslyn - Silver, Ovayo - Silver, Tomas - Silver, Callie - Silver, Ellie - Silver, Sonny - Silver, Joseph - Silver

Julia - Bronze, Emily - Bronze, Tabitha - Bronze, Mathew - Bronze, Lottie - Bronze, Jude - Bronze, Lukas - Bronze, Lottie - Bronze, Anna - Bronze, Roman - Bronze, Ivan - Bronze, Georgia - Bronze

Mr Johnson



CHAPLAINCY

Mass for Success

Our Year 11 pupils recently participated in a special Mass for success this half term as they prepare for their upcoming GCSE examinations. The celebration, led by Father Dave and Deacon Dan, provided a meaningful and reflective moment for students to focus on their hard work and dedication.

We extend our heartfelt thanks to Father Dave and Deacon Dan for leading such a thoughtful service and wish all our students, and every other



pupil sitting their GCSE's, the very best as they continue their revision and head into exam season.

Room at the Inn

Morven, from the local charity Room at the Inn, visited school to collect the very kind food and drink donations made before half term from members of the Chaplaincy Team. She was very grateful, as are we, for your generosity.

Your donations will go a long way in helping the charity continue to support individuals and families who are struggling.

Mrs Whitlow

As we move through another busy school term, it's important to remember that wellbeing matters just as much as academic success. Looking after our mental health helps us feel more confident, connected, and ready to learn. This month we want to focus on simple ways pupils and families can support emotional wellbeing every day.

Ahead of the Game

Members of the Warrington Wolves Foundation Team came into school this term to deliver workshops on Mental Fitness and Wellbeing, and how we can support ourselves and others with this. The aims of the sessions were to build



confidence, resilience and raise awareness around mental health. We had a range of pupils from different year groups take part, including our Mental Health Ambassadors. We have had excellent feedback from pupils who shared that they feel more confident in recognising the signs and symptoms of anxiety and depression, that they are more likely to get emotional support for themselves or a friend and recognise the best ways they can support a friend who is having a tough time.

Stress Awareness Month

April was Stress Awareness Month. The Mental Health Ambassadors delivered self-care cards to members of staff with daily inspiration for their wellbeing.



Small Habits That Help

Good mental health doesn't always come from big changes — often, it's the small daily habits that make the biggest difference.

Here are five simple wellbeing tips students can try this week:

- Get outside for at least 20 minutes each day
- Put phones away before bedtime
- Talk to someone you trust when things feel overwhelming
- Drink enough water and eat regular meals
- Take short breaks when revising or studying

Remember: it's okay to ask for help. Everyone struggles sometimes, and support is always available.



Checking in with your teen

Teenagers experience many emotional and social changes during High School, and they are not always forthcoming when it comes to talking about how they are feeling. One of the most helpful things parents can do is create opportunities for open conversation without judgement.

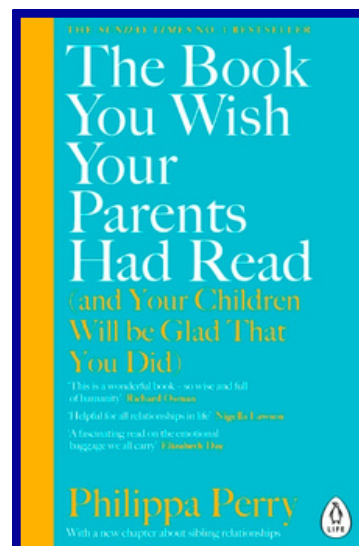
WELLBEING

Simple questions can encourage communication and connection, like:

- How has your week been?
- What's been challenging lately?
- What's something positive that happened today?
- Has anything been stressful or frustrating lately?
- What's something you're looking forward to?

Book Recommendation for Parents

A thoughtful and accessible read for parents of teenagers is: 'The Book You Wish Your Parents Had Read' by Philippa Perry. The book focuses on communication, emotional understanding, and building strong relationships with children and teenagers.



Try a "Digital Detox Hour"

Choose one hour each evening without phones, tablets, or social media. Use the time to do something different such as:

- Read, listen to music, go for a walk, draw or journal, or spend time with family or friends?

Even short breaks from screens can improve sleep, focus, and mood.

Wellbeing Quote

"Be patient with yourself. Nothing in nature blooms all year." – Unknown

INTERVIEW WITH A TEACHER - MRS HISLOP

What is the first book that you remember reading?

The first book I remember reading is the 'Magic Far Away Tree' by Enid Blyton, then I went on to read all the 'Famous Five' books and the 'Secret Seven' books!

What is your favourite book? How does this text influence you and your life?

My Favourite book is 'To Kill a Mockingbird' by Harper Lee. I would say that the main character Atticus Finch is the finest fiction human ever created. There is a quote that he says, "You never really understand a person until you consider things from his point of view... until you climb into his skin and walk around as it." I love that message and I try to live by that quote.

What is your least favourite thing to teach?

Things that I think are bleak, I think we live in a world that can be bleak at times.

Who is your favourite book protagonist?

Atticus Finch is number one, or Elizabeth Bennet from Pride and Prejudice.

Do you think that there are any of their characteristics that you see in yourself?

No! I think she is braver than me and what I love about her is that she is completely unapologetically herself. I'd like to be like that!

What do you like to teach the most, English Literature or English Language?

English Literature because that is what my degree was in and I love reading. I have always been a reader. But I do like language as well, I love the clinical side of that.

Interviewed by

Dominic Y9 & Bertie Y9.

Photographed by

Keanne Y9





Football Result



Huge congratulations to our U14 girl's football team who kicked off the Warrington School's Cup competition with a 4-0 win against Bridgewater High School. Shoutout to Jessica who scored all 4 goals. Well done girls!

Y9 Rugby

Well done to our Y9 rugby team on their excellent performances so far this season!



Y10 Rugby

Well done to our Y10 rugby team on their excellent recent performances against Culcheth High School, Beamont Academy and Sir Thomas Boteler.



Mr Dean

FP&N

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

Mrs Beswick

Y10- Lemon Meringue Pies



Y10 - Chocolate Mousse



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