

# Heartbeat



Monday, October 7

Issue 5

## Year 7 looking to advance following Retreat Day

Year 7 took a step back from lessons recently as they took part in their Retreat Day, writes *RE's Mr Bennett*.

Having had a couple of weeks to get used to their new surroundings and the busy timetable, the students had the chance to stop, think and look around their new College, to find out a bit more about themselves, their classmates and their Form Tutors, all within the context of Sacred Heart being a Christian community.

The day began with, 'This is me, who are you?' and playing 'personality bingo'. Each person revealed some information about themselves and then had to complete their card by finding people who had similar likes and dislikes.



This set the tone for the rest of the day, with Eleanor Brett (7T) speaking for many people by saying: "The activities were fun and we got to find out lots of things about the rest of the team."

Following more in-depth interviews among themselves, pupils were presented to the class by each other. The students were presented as a leaf which was attached to a tree. This linked with the saying of Jesus, 'I am

the vine, you are the branches', and introduced the thought that we do not go through school as individuals but as members of a community – an aspect which was emphasised by the presence throughout the day of our Sixth Form students. This allowed Callum Burgess (7A) to reflect that we are all on a journey, by saying: "My group leader was there when I was born, and it was nice talking to her", a thought echoed by Jacob Mangan (7T), who added: "We got to know the Sixth Formers and what their feelings were when they started Sacred Heart."

Of course, being a part of a community means that our actions affect others, as the next activity, Making Photos, showed.

Louise Trivett (7A), said: "By far the best part was when we acted out a freeze frame. Our group did graffiti."

What her group was actually doing was challenging the class to think, 'What would you do'? Provoking reflection on how our actions affect others and how we need to take responsibility for what we do.

This was further developed in the afternoon

when the groups examined how negative actions drive us further away from each other and from God, whilst positive actions draw us closer to God and to each other.

All the fun and thoughts were brought together in the Mass of Welcome, celebrated by Fr John Seddon, a College old boy who was able to point to the very spot in the Hall where he sat his English exam and wrote his best poem.

Celebrating the Mass in the Hall was appropriate in that it is where we eat, meet for assembly, parents meet and exams take place: in many ways it is the heart of the College, so it is fitting that, with the Gospel and Jesus at the heart of all that we do, Mass

### News in brief

**Year 13 will take part in the National Open College Network course this week. There are morning Eucharistic services at Upper Site on Tuesday and at Lower on Thursday. Year 7 Parents' Information Evening takes place on Thursday.**

is also celebrated there.

There are so many people to thank for making the day such an enjoyable success: the Sixth Form students and Form Tutors who gave of their time and of themselves so generously, Mr Foy and the College Choir and Fr Seddon.

Perhaps the last word should belong to a Year 7 student, who encapsulated not only the mood of the day but also what we strive to create at Sacred Heart – an environment where people can grow. As Katie Kerrigan(7H) says: “I thought the Retreat Day was a good chance to get to know all the people in my Form. I read at the Mass. I wouldn’t normally like to read but I found confidence and now I’m more ready for my future in Sacred Heart.”

## Jamie shows he has a Kwon Do attitude



Congratulations to former student Jamie Wilson who won the Boys’ Heavyweight Sparring World title in the Tae Kwon Do International World Championships in July. Jamie, who left College in the summer, later followed up that success by claiming the silver medal in the Tag Team event at the Skydome Arena Coventry.

## Opera night



The College had a classical theme recently, as the Une Voce Opera Company held its annual charity concert in St Edward Hall. The glitzy show was attended by MC for the night, Radio Merseyside DJ, Roger Phillips. Also there was Head Boy, David McGivern (pictured, far right), he said: “The night was very enjoyable, it was well attended and raised money for a worthy cause” The event saw £300 raised for the Rough Sleepers Initiative. Pictured is Director of Upper School, Mr Pye, receiving the cheque from the Une Voce Opera Company.

# Sacred Heart Catholic College



# Open Evening

Thursday 17th October 2013

6.30 - 8.45pm

Upper Site, Liverpool Road

Headteacher's Welcome

7.00pm and 7.45pm

*'Caring and Achieving Excellence within a Christian Community'*