

Heartbeat



Monday, February 8

Issue 20

African choir create a song and dance for Years 7 & 8

Our Year 7 and 8 students rocked to a different beat recently as they were treated to a concert by an authentic African choir, *writes Director of Lower School, Mr Griffiths.*

Made up of 45 people from 42 ethnic groups of Kenya, the Catholic African Choir certainly got our young students out of their seats, as they sang, played and danced their way around the Prep Hall.

Members of the Choir explained each song and engaged the students by inviting volunteers from the enthralled audience to take part in their performance.

The students were clearly delighted, as the choir members spoke with them before and after each performance. They sang with some pupils at the end and even played African drums with some Year 11 students during lunchtime. They were really warm, friendly and engaging. Staff and students alike thoroughly enjoyed and benefitted from the visit from fellow Catholics from the other side of the world. Special thanks goes to Dr Sanna from Hope University for arranging this superb opportunity.



Blog on



Our annual jaunts to Prague and Austria are just a week away and you can stay abreast of all the latest information with our trip blogs. Available on the College website (address below), the blogs will be updated throughout both trips, which depart during half term. You can also get updates via e-mail by subscribing. Photo from last year's Austria trip.

News in brief

There is an E-Safety presentation in the Lower Site Hall at 6.30pm tomorrow. On Ash Wednesday, Distribution of Ashes will take place during Reg and P1, there is Drama Moderation taking place all day and a presentation, Pathways to the Legal Profession, at 2pm in Liverpool Town Hall. Good luck to those students involved in sporting activities on Thursday and the Prague and Austria trips leave on Friday. Have a good half term holiday and see you on Monday, February 22.

Final fling

Congratulations to Lucy Robins (8R) who has reached the National Finals of a trampolining event.

Lucy competed in the Trampoline Zonal Rounds last month, in Northumberland, after qualifying with Lily Griffin (8R) and Kiera Correia (7T). The trio, representing Sacred Heart, had qualified in the regional rounds and were hoping to reach next month's National Finals. Unfortunately, Kiera was ill on the day and unable to compete, but Lily and Lucy performed superbly. Lily came 4th, narrowly missing out on the finals by just 0.1, but Lucy qualified for the finals, which will be held in Wigan. Head of PE, Mrs Hewlett said: "The girls are a great credit to the College and we are very proud of them."



It's ski-sy does it ahead of half term Austria trip

Our sporty students have been gearing up for this month's ski trip to Austria by getting in some much needed practice on the dry slopes at Runcorn, *writes PE's Mr Burke.*

The novice skiers have spent an hour each Monday going through some basic skills and exercises that will stand them in good stead when they venture out on to the slopes of the Salzburger Sportwelt during half-term. The shrieks of excitement and howls of laughter have been filling the air, as our students try and master skiing for the first time on an artificial slope.

As is always the case, there have been many spectacular falls and crashes, as they realise skiing is not as easy as it looks.

The hour we spend going over the basics is absolutely crucial to ensure our students make the most of their week in Austria.

They have learned how to put their boots and skis on correctly, practised coming down a gentle slope and carried out some fun exercises that has built up their confidence. They may even learn how to stop - although this isn't always the case. Above all, they will have great fun.

