

Our Lady's Catholic High School



Newsletter No. 5
11th October 2024



The Theme Next Week: Follow Me (Mark 10:17-30)

It is easier for a camel to pass through the eye of a needle than for a rich man to enter the kingdom of God.

In this week's Gospel, Jesus uses this strange metaphor to describe our relationship with money. On face value, Jesus seems to be saying that it would be impossible. However, another common explanation of this is that Jesus was referring to a certain gate in Jerusalem called Needle's Eye. The gate was so low that a camel could pass through only if it entered kneeling and without any baggage tied to it. In other words, to get into heaven requires getting rid of all the stuff we don't need! We need to shed all the excess baggage and that includes learning how to forgive and to love even when it is really challenging to do so.

O Lord, God of life,

Give us your peace. May our wealth not be in money, but in sharing. May our path not be of ambition, but of justice. May our victory not be from revenge, but in forgiveness.

Amen

BOOO Virtues

Congratulations go to:

Year 7: Theo Lin - learned and wise

Year 8: Alexis Betts - wise and discerning

Year 9: George Stevens - attentive and discerning

Year 10: Kieron Allen - intentional and prophetic

Year 11: Erika Russell - attentive and discerning



Being One of Ours

SCIENCE



in the Spotlight

In the OLCHS newsletter this academic year we will be shining a spotlight on individual subjects to highlight what pupils are learning. In this newsletter it is the turn of the **Science Department**.

Welcome to the Science Department at Our Lady's Catholic High School. It has been a busy and exciting half-term since we started the new academic year in September. Have a read below to find out a little more about the fascinating topics each year group have been studying, the practical activities that have been happening in lessons, how homework is used to support the classroom learning, the extra-curricular opportunities we have on offer and much more!

What have we been learning about this term?

Year 7 - Exploring the Building Blocks of Life: Cells

Year 7 students have been learning all about cells, comparing the structures and functions of animal and plant cells. Students have learned how to use a microscope to observe cells and even had the opportunity to observe onion and (real!) human cheek cells under the microscopes. **Question for your child: How are plant cells different from animal cells?**



Year 8 - Diving into the Periodic Table and States of Matter

In Year 8, students have been studying the periodic table and states of matter, a cornerstone of chemistry. Students have studied trends in the periodic table and have seen the explosive nature of the alkali metals when they are added to water. **Ask your child: Who is the scientist that designed the periodic table?**



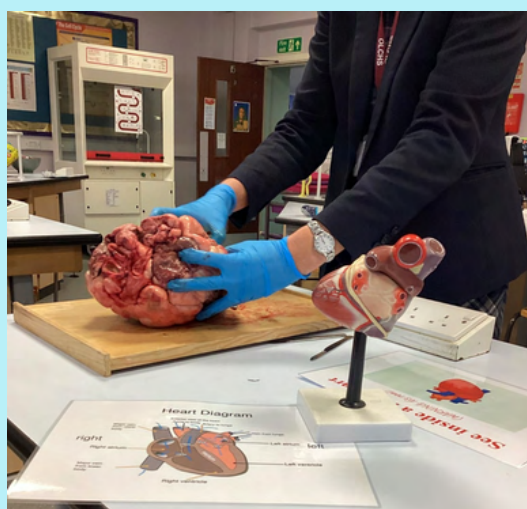
Year 9 – Atoms, Ions, and the Periodic Table

Year 9 students have also been exploring atoms, compounds, ions, isotopes, and the periodic table. This unit builds upon the foundational knowledge that students learned about in Year 8. Try this revision question at home: **Who are the five scientists involved in developing the model of the atom?**



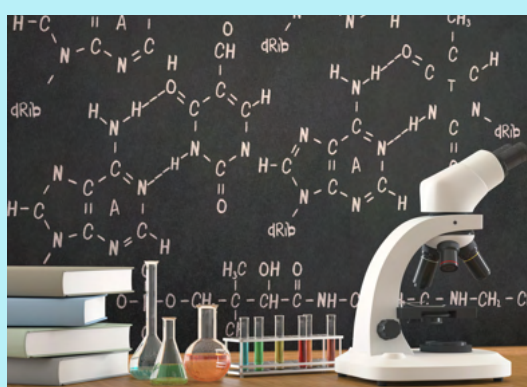
Year 10 – Structure, Bonding, and Human Biology

Year 10 students have two science teachers if they are studying combined science for the GCSE options or three teachers if they have selected separate science as their GCSE option. Students have been learning about the structure and bonding of substances as well as the organisation of the human body. The highlight for many students may have been taking part in a heart dissection within lessons when learning about the structure of the heart! Test them by asking: **Can you name the chambers of the heart and explain why we describe the heart as a 'double pump'?**



Year 11 – Forces and Reaction Rates

Our Year 11 students have been busy studying forces in physics and in chemistry we have covered a range of topics including hydrocarbons, chromatography, rate of reactions and gas testing. Help them revise by asking: **What are the tests and results to identify hydrogen gas, carbon dioxide gas, chlorine gas and oxygen gas?**



Science Homework

Science homework at Our Lady's is designed to strengthen students' knowledge and retention through regular retrieval practice. Most of the homework is completed using the Carousel Learning platform, where students revise key questions set by their teacher before completing a quiz on the topic. Students can easily access their homework via School Synergy.

It is great to see so many students using the revise feature first and then scoring so highly on the Carousel Quizzes. On the next page is a snapshot from a recent Year 9 homework and as you can see, there are many students who will receive green writing for their efforts.

Students should 'revise' first using the revise button. This gives the students flashcards of key questions and answers and students should use this to learn the key facts. Then they should take the quiz. This quiz checks their memory of the key facts. If students get less than 70% they should retake the quiz.

Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9	Q10	TOTAL	%
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	10	100%
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	10	100%
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	10	100%
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	10	100%
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	10	100%
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	10	100%
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	10	100%
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	10	100%
✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	10	100%
✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	9	90%
✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	9	90%
✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	9	90%
✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	9	90%
22	21	22	19	17	23	24	23	23	20	21.4	85%
88%	84%	88%	76%	68%	92%	96%	92%	92%	80%		

INFECTION AND RESPONSE - H

QUIZ BY MISS COOKSON
CLASS: 11X1A-CCO

[REVISE](#)

[TAKE QUIZ](#)

Year 11 Homework and Revision Plan

Year 11 students are following a structured science revision plan as they prepare for their mock exams in November. They complete two homework tasks each week, combining Carousel Learning quizzes with revision mind maps, helping them retain key information for their exams. The mock exams in November will focus on paper 1 content. If students complete their homework each week, they will have revised each of the 13 topics at least once for the mocks.

Exciting Extracurricular Opportunities in Science

In addition to classroom learning, there are plenty of extracurricular activities in the science department to inspire students and broaden their horizons:

- **Year 7 STEM Club** will be starting soon, taking place every Thursday. Students can join in on exciting hands-on experiments, exploring a range of science topics in a fun and interactive way. Please speak to Mrs Webber or your science teacher if you would like to get involved.
- **Year 9 and 10** students are invited to sign up for our **Manchester Science Live!** trip, where they will hear from leading scientists, including Professor Robert Winston and a chief science examiner, who will share top tips for exam success. See the photo on the next page for the scientists attending on Wednesday 5th February. Tickets are £30.30 and are available to buy on Scopay now!
- **Year 8** students should look out for an exciting **trip to the zoo** later in the year, where they will learn about animal adaptations and habitats in an immersive environment.
- **KS4** students will also have the chance to take part in national competitions such as the **Physics Olympiad**, where they can test their knowledge and skills against the best in the country.
- And don't forget, **Science Week** will be celebrated in March, with lots of fun activities and events to look forward to!

- Hopefully you have also noticed our weekly **Science in the News** articles in the school newsletter. We encourage students to answer the 4 questions from the linked news articles. Their class teacher will reward students with a pledge point (which will accumulate into a pledge badge over time) each week students participate.
- We encourage students to get involved in these exciting opportunities, as they offer fantastic experiences beyond the classroom that can ignite a lifelong passion for science.

Manchester Science Live!

The Scientists appearing on the day

Prof Robert Winston



Prof Jim Al-Khalili



Dr Hannah Critchlow



Dr Tim Gabriel



Dr Jessica Wade



Useful Links

Science Careers - [Jobs that use Science - Careers - BBC Bitesize](#)

Revision help for KS3 [KS3 Science - BBC Bitesize](#)

Revision help for separate science

·[GCSE Biology \(Single Science\) - AQA - BBC Bitesize](#)

·[GCSE Chemistry \(Single Science\) - AQA - BBC Bitesize](#)

·[GCSE Physics \(Single Science\) - AQA - BBC Bitesize](#)

Revision help for combined Science [GCSE Combined Science - AQA Trilogy - BBC Bitesize](#)

KS4 revision videos

·[Videos | freesciencelessons](#)

·[Free Maths & Science Revision and Past Papers for A-Level, GCSE and KS3 | Cognito \(cognitoedu.org\)](#)

SCIENCE WEEKLY CHALLENGE

If you can tell your science teacher the answers to the questions you can earn a point.

Science in the News

Scientists in the UK have come a step closer to making multi-tasking 'quantum' computers, far more powerful than even today's most advanced supercomputers.

Read the article to find out more.

Question 1: In the quantum world what's special about the location of a particle?

<https://www.bbc.co.uk/news/science-environment-64492456>

Podcast

Pangolins are nocturnal mammals living in tropical forests but what has that to do with Waterloo Station in London? Listen to the Podcast to find out and then answer the question.

Question 2: What protein are the Pangolin's scales made of?

<https://www.bbc.co.uk/sounds/play/p0b15v5k>

Video

Robots versus humans or working together. See what this German company has developed to assist manual workers.

Question 3: What part of the body is the exoskeleton aimed at protecting?

<https://www.bbc.co.uk/news/technology-64570905>

Home Research

In the field of fluid mechanics, Bernoulli's theorem describes the relationship between the speed and pressure of a fluid.

Do your own research to find out more about him and then answer the following question.

Question 4: To what modern day method of transport is Bernoulli's theorem particularly important (Hint, remember that fluid includes liquids and gases)?

LIBRARY



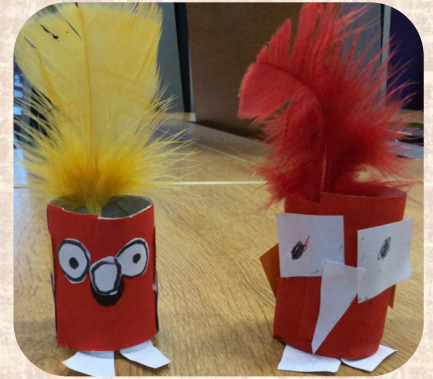
YEAR 7 FICTION ADDICTION CLUB

Where?: in the LRC

When?: every Tuesday
lunchtime from 1.05pm

What?: a mix of book-
related craft activities and
puzzles

Who?: Year 7 pupils



Interested? There is a new sign-up sheet weekly on the LRC counter. It's a great place to get to know other Year 7s and have some fun!



AUTHOR VISIT
YEAR 7

Tom Palmer

Recently in school we were delighted to welcome Tom Palmer, the author of our transition novel, '*Angel of Grasmere*', to speak with our Year 7 pupils. Pupils had the opportunity to ask Tom lots of questions about his writing and his experiences as an author. A select group of students then participated in a football-inspired reading workshop, combining their love of sports with reading in a fun and engaging way. At the end of the talk, Tom signed plenty of books, leaving everyone inspired and excited about reading! We hope to welcome Tom back to our school in the future and highly recommend his books to all.



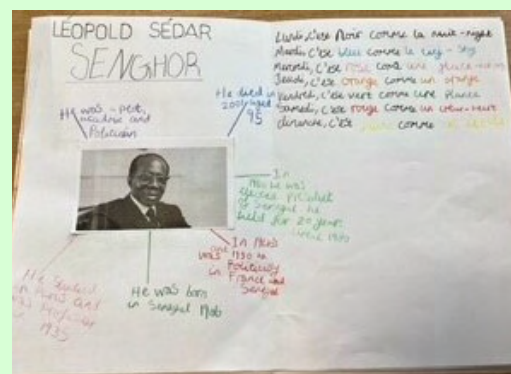
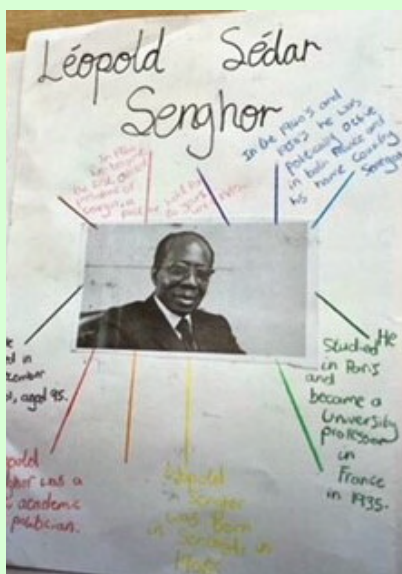
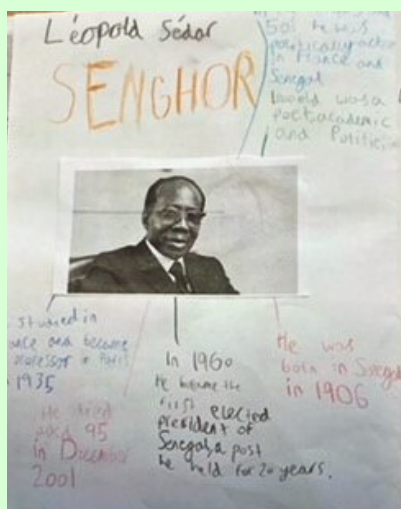
RECLAIMING NARRATIVES

In the UK, Black History Month happens every October. It gives everyone the opportunity to share, celebrate and understand the impact of black heritage and culture. People from African and Caribbean backgrounds have been a fundamental part of British history for centuries. However, campaigners believe their contribution to society has often been overlooked or distorted. Black history that goes beyond the traditional focus on slavery and civil rights. Over the next month we will be celebrating Black excellence in all its forms—whether in the arts, sciences, politics, or everyday life.

YEAR 7

For Black History Month, some Year 7 pupils have been learning about Léopold Sédar Senghor, a Senegalese poet and politician. They looked at his poem 'Cher frère blanc' and then used colour vocabulary in French to write their own poems.

Lundi, c'est noir comme l'espoir.
 Mardi, c'est rose comme une rose.
 Mercredi, c'est vert comme une sauterelle,
 Jeudi, c'est jaune comme une étoile,
 Vendredi, c'est bleu comme le ciel,
 Samedi, c'est orange comme une carotte,
 Dimanche, c'est rouge comme une cerise.



Bon appetit

YEAR 10 GCSE FOOD TRIP

Pupils from the Year 10 GCSE Food Preparation & Nutrition class enjoyed a fabulous meal at Angels Restaurant last week. The pupils were able to experience fine dining in one of the area's best restaurants. It is anticipated that pupils will use the experience to give them inspiration for their own dishes throughout the course.

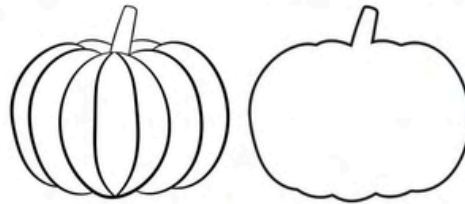




Design a Pumpkin Competition!



OLCHS Gardening Club would like to invite you to enter our Design a Pumpkin Competition. It can be done however you want! It could be drawn, carved, crocheted etc. The choice is yours!



All you need to do is send a picture to KWO@olchs.lancs.sch.uk for your chance to win a selection of goodies! Please include your name and year group. Deadline for entries is **Thursday 31st October!** We welcome entries from anyone in our school and the extended community.



Gardening Tools...Pots...

wanted



School Garden

Our Lady's school garden is welcoming donations of gardening equipment you no longer need, including shears, gloves, bird feeders, pots, etc. for the school garden.

Please contact Ms Worthington by email on KWO@olchs.lancs.sch.uk to arrange drop off.

Thank you.



News & Information



Last Thursday's annual **Open Evening** at Our Lady's was a phenomenal success with prospective pupils and their parents lining the street to come and find out what it means to be part of our wonderful school.

Children and parents who attended were full of praise for our Year 7 guides, the warm and welcoming atmosphere created by our pupils, and the dedication and enthusiasm shown by our amazing staff.

It was a great evening. To view more photos from the Open Evening activities, please [click here >>>](#)



Train to Teach in local schools in Preston, Blackburn, and the Blackpool area.

Recruitment starts Tuesday 8 October 2024 for our teacher training courses starting in September 2025.

To view all the courses available, please [CLICK HERE](#)

The Catholic Teaching Alliance is based at Our Lady's Catholic High School.

Please contact us for further information:

Call 01772 326931

Email CTAPGCE@olchs.lancs.sch.uk

Website www.catholic-teaching-alliance.org



2024 Dates for your Diary

14 - 18 October

Year 7 Castlerigg Retreat

Friday 18 October

Rewards Assemblies

Friday 18 October

Pupils break for half-term at 3pm

OLCHS SOCIAL MEDIA



Being One of Ours

SPEED NETWORKING

Volunteers
needed

Our Lady's annual Speed Networking event takes place on **30th October** from **12 until 3pm**.

The event is aimed at giving our Year 11 students the opportunity to take part in a series of short meetings with employers and for them to be able to ask a range of generic questions to professionals in a variety of fields. If you feel this may be something you could help with, please could you email careers@olchs.lancs.sch.uk by **14th October with your line of work**.

Information

The UK Safer Internet Centre (UKSIC),

The UK Safer Internet Centre (UKSIC), established in 2011, is a leading global partnership helping to make the internet a great and safe place for everyone.

They provide support and services to children and young people, adults facing online harms, and professionals working with children.

A bridge between Government, industry, law enforcement and society, they are the engine of the online protection landscape in the UK, dealing with both prevention and response.

They are formed of three charities, Childnet, Internet Watch Foundation and SWGfL, we work together to identify threats and harms online and then create and deliver critical advice, resources, education and interventions that help keep children and young people, and adults, safe.

They focus their work around four functions:

An awareness centre:

to provide advice and support to children and young people, parents and carers, schools, and the children's workforce.

Three helplines:

Which provide support to professionals working with children and young people with online safety issues, and support to all adults facing issues with harmful content and non-consensual intimate imagery online.

A hotline:

Which provides an anonymous and safe place to report and remove online child sexual abuse images and videos wherever they are found in the world.

A voice to young people:

They operate a Youth Advisory Board, and we nurture youth participation, providing a focus on youth voice to give young people agency to make a difference in their school communities.

<https://saferinternet.org.uk/>



ONE STOP SHOP

A monthly drop in where families

can access free advice & support
Pathway Navigator-ASD-ADHD & More
School Nurse - Bed wetting Sleep Hygiene & More
Housing - Preston City Council - Gateway
Citizen Advice
Benefit Advice - DWP
Emotional Health and Wellbeing
Debt Advice/Support
Employment advice - DWP
Relationship advice
Home safety - Lancs Fire & Rescue
Free Funded Nursery Places
Lancashire Women
Find out about:
Mental health support
Accessing Food Banks
Household living support

No
Appointment
Needed

Last
Tuesday of
the month,
2pm 'until
4pm

RIBBLETON
FAMILY
HUB
PRESTON

Ribbleton Family Hub,
Ribbleton Hall Drive,
Ribbleton,
Preston,
PR2 6EE

Being One of Ours



FOOTBALL YEAR 7

Huge congratulations to the Year 7 girls who beat St John Bosco Liverpool 13-0 in the first round of the U12 English Schools Cup.

We hosted St John Boscoe on the Monday after heavy rainfall on the Sunday night. After much deliberation both teams felt the fixture needed to be played. Our girls played some outstanding football, dominating the game, with three of our goals being scored within the first 6 minutes. We march on to the next round.



Being One of Ours



ENGLAND WOMEN'S UNDER 16 SQUAD



As a school community we couldn't be more proud of Our Lady's pupil Evie, who has been selected for the England Women's Under 16 Squad.

This is such an incredible and well deserved achievement.

Congratulations Evie.



NETBALL YEAR 9 & 10

Year 9 and 10 competed in the Preston Schools' netball league, away at Ashton on Monday.

Once again, we fielded three teams, including an A and B team in Year 9. All three teams got off to an amazing start, taking early goals to establish a healthy lead over our opponents by half time. We did not take this for granted in the second half and continued to put Ashton under pressure. The final score for Year 9A was 23-0 to Our Lady's, with player of the match being awarded to Romy L.

Year 9B, who, once again, had to compete against an A team also won comfortably 7-0. Player of the match went to Mollie O'G.

Finally, Year 10 had a convincing 24-3 win, with Meera P being awarded player of the match thanks to her excellent interceptions in defence.



**BEING ONE
OF OURS**

Recently Romy L and Briannah C went on tour with Preston Under 14 Netball Club to Condover Hall in Shropshire. They played netball against other teams from all over the country. They had numerous matches over the course of the weekend and finished a very respectable third place. A fantastic effort from both Romy who played Goal Attack and Briannah who played Goal Defence.

CAREER ASSEMBLY YEAR 11

Over the last two weeks all year groups had their Careers Information Assembly.

Our Lady's welcomed Preston College in to school to speak with **Year 11 pupils**. Dave Elliot from Preston College spoke about all the different options available at the college and the wide variety of subjects on offer.

Pupils learned about apprenticeships, T Levels and the importance of trying to secure a grade 4 or above in Maths and English so pupils do not have to re-sit when they go on to college.



Parents and pupils please take a moment to follow our local colleges on all social platforms as they will regularly update you with Open Days. Mrs Lin's advice is to visit all the colleges in order to make an informed decision.

YEAR 9

Past pupil Bethanie Mercer visited school to speak to Year 9 as part of our Careers Information Assemblies.

Bethanie is now a driving Instructor at Quick Pass Driving School. Bethanie spoke honestly about how, prior to becoming a driving instructor, she had no idea about what she wanted to do when she left school, and the first job she chose was because her friends did it. Bethanie did not enjoy that job and it took a few years for her to discover her passion for driving instruction.

Bethanie spoke about the importance of managing her own time, professionalism, attention to detail



and understanding the ways in which different people learn.

Thank you so much Bethanie for being generous with your time and coming back to OLCHS. We are so proud of you.

YEAR 8

A huge thank you to veterinary nurse and Our Lady's alumni Natasha Boyne who came to speak to Year 8. Natasha spoke about her pathway into this profession, the outreach work she has done in Thailand with tigers, a typical day at the vets where she currently works and how she supports the vets. Year 8 then had an abundance of questions they asked including if she had any pets, how much her salary is and what is the strangest animal she has come into contact with.

We cannot thank Natasha enough for being so generous with her time.



If you or someone you know are interested in an apprenticeship at the world's largest public broadcasting organisation, join the webinar with BBC's Early Careers team to gain insight into their range of apprenticeship opportunities, from journalism, project management, data science, engineering and much more.

You will also hear from current apprentices what the recruitment process is like, how to make your application stand out from the crowd and what life as an apprentice at the BBC is like.

Register now:



British Army webinar for parents & carers 16th October 2024, 6PM

The British Army has been announced as the number 1 Apprenticeship Employer in the UK and Northern Ireland for the 4th year running, offering over 40 different apprenticeships (from level 2 through to degree level) in roles across engineering, medical, intelligence and comms, HR & finance, logistics & support, music, combat and more. Parents & carers will hear from Army colleagues and apprentices about:

- The range of amazing apprenticeships available
- Training and qualifications
- Progression opportunities available
- Key benefits, such as starting salary of £25,000+, travel opportunities, sports & adventure training and healthcare
- Support given to apprentices joining the Army





University of Central Lancashire
Training 2000

2024-25

Aspiring Clubs for year 10, 11 and 12

Our Aspiring Clubs are aimed at giving you a taste of life as an apprentice. Whether you are an Aspiring Engineer or interested in becoming an Optician, we have lots of options available.



Mr Pill recently accompanied OLCBS pupils on a visit to Preston College and had the following to say about the visit and our pupils:

“My visit yesterday was another brilliant venture. Our Lady’s pupils were **OUTSTANDING**. This is the first time I have witnessed them amongst pupils from other schools and I could not have felt prouder. In Hair and Beauty our pupils were attentive to the lecturer and active answering all the tutor’s questions, and correctly. Our Lady’s pupils looked professional in their uniform and demonstrated such a mature attitude.

During break-time I had a discussion with their lecturer Cathy who had nothing but praise for our pupils in that group.

After this I made my way to the motor vehicle workshop. As you can see in the photos our pupils were hard at work when I arrived. Steve, the lecturer, wanted to show me how much our pupils had achieved in a short space of time. I chatted with the boys and they were fully engaged in what they were doing explaining everything to me in detail. Lucy who coordinates the student placements popped in and, again, had nothing but praise for OLCBS pupils.

All in all, a wonderful afternoon seeing the pupils thrive, not only in something new but something they are passionate about and want to succeed.”

