

# Our Lady's Catholic High School



Newsletter No. 9

15th November 2024



## The Theme Next Week - Be Ready

In this Sunday's Gospel, Jesus speaks about the end times, reminding us to stay vigilant and faithful. His words, though challenging, are filled with hope: even in moments of darkness, God's power and love will shine through. Jesus assures us that "heaven and earth will pass away, but my words will not pass away." This is a call to place our trust in the eternal promises of God, whose love and mercy remain steadfast through all seasons of life.

As we reflect, let us consider how we prepare our hearts for Christ. Are we ready to welcome Him into our daily lives, even when faced with uncertainty or challenge?

Next Sunday, 24th November, we celebrate Youth Sunday on the Feast of Christ the King. This is a special time to reflect on the role of young people in the Church, recognizing their energy, faith, and hope as a vital part of our community. Let us pray for them and encourage them to grow in their relationship with Christ, our King, who leads us in love and service.

### Loving God,

Your words are eternal, a light in the darkness, and a guide for our hearts. Help us to trust in Your promises and remain steadfast in faith, no matter the challenges we face.

We pray for young people, especially in our school, that they may know Your love and be inspired to follow Christ with courage and joy. As we prepare for the Feast of Christ the King, may we all remember to serve one another with humility and grace.

Through Christ, our Lord.

Amen.

## BOOO Virtues

Congratulations go to:

Year 7: Jake Edghill - generous and grateful

Year 8: Oscar Bradley - loving and compassionate

Year 9: Lily Blackhurst - intentional and prophetic | Ella Gardner - generous and grateful

Year 10: Solomon Evans, Maja Urbanowicz, Zachary Craig - eloquent and truthful

Year 11: James Pham-Whittle - curious and active



*Being One of Ours*

# Remembrance Day.

11 NOVEMBER 2024



On Monday, 11 November 2024, in an act of remembrance we came together as a school to honour the memory of the fallen.

Inspired by the stories of war veterans in school assembly, Year 7 and Year 8 pupils have learned how to make poppies from fabric, to honour Remembrance this November. Students are wearing their poppies proudly, wearing them to various Remembrance events in the local area.



*Being One of Ours*





The current Young Enterprise team:

## **BUSY BEES**

are selling a range of bee friendly products, including bee houses and wildflower bombs. Pupils should see Padlet for upcoming sales events.

The products will make fantastic Christmas gifts!



## **LEYLAND TRUCKS**

Year 11 Design and Technology GCSE pupils visited Leyland Trucks on Friday 1st and 8th November 2024 for a presentation of apprenticeship opportunities offered by the company. The visit also included a guided tour of the factory watching the trucks being manufactured.

It was a wonderful opportunity for our Year 11 pupils to experience and gain insights into the world of work and career opportunities available to them.

Thank you to Leyland Trucks for sharing their time and always providing a fantastic welcome to our staff and pupils.

For more career insights remember to check out the Careers section in this week's newsletter.



## THE GREAT LANCASHIRE DEBATE

### *English*

Our recent involvement in The Great Lancashire Debate offered an exciting opportunity for pupils from different year groups to engage in lively class-level debates. With topics focused on the future of Lancashire, pupils practised valuable public speaking skills, including organising ideas, building well-structured arguments, and presenting confidently to their peers.

The debates sparked thoughtful discussions, allowing pupils to explore complex topics and develop their communication skills in a supportive environment.

Many pupils enjoyed the chance to express and refine their viewpoints, while also gaining experience in critical thinking and teamwork.

This experience has helped build their confidence in speaking and listening, providing a strong foundation for future public speaking opportunities.



## Christmas appeal & cake sale

Terry our school Youth Worker would like to thank the following Year 8 pupils who helped with the Salvation Army Christmas Appeal and Cake Sale in school this week -

Grace (8R)  
Mia (8R)  
Aalayah (8R)  
Amy (8D)  
Leah (8D)





# PSHE DAY

At the start of the week, all year groups had their Personal Development Day

**Year 7 PSHE Topics: 1. Being Healthy**

**Year 8 PSHE Topics: 1. Faith and Justice**

**Year 9 PSHE Topics: 1. Mental Wellbeing**

**Year 10 PSHE Topics: 1. Healthy Relationships**

## Year 11

Pupils in Year 11 completed a Futures day in their form groups. The day consisted of a variety of activities, from being involved in an assembly with our local colleges, to planning CVs and practising mock interview techniques. Pupils have worked hard to ensure that they begin to plan their futures, and ensure that they are equipped and ready for their next steps.

Feedback from staff involved in the day was extremely positive, with the indication that all Year 11 pupils participated with enthusiasm, making wonderful contributions. What a privilege it was to share this day with our Year 11 pupils.



**Social Media: Retaining control**

- 1. Admit it.** If you think you have an issue with constantly checking into social media (and a lot of us do), **admit it to yourself.** Recognising it is the first step to taking control.
- 2. Use short term coping strategies.** If you're lying in bed, worrying or wondering what is happening online, instead of checking in (because that just starts the whole process of increased cortisol/ lower melatonin), try using some of the **controlled breathing/ thinking techniques** we looked at in the core unit.
- 3. Don't put all your eggs in one basket.** The bigger social media is in your life, the more stressful it is. If you have other hobbies or other groups you are involved in, if someone says/ does something bad online, it's less of a problem because your status in the other groups you're involved in is fine.

**TAKING CONTROL**

# SCIENCE WEEKLY CHALLENGE

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

## Science In The News

This week's *Science In The News* is about space. For two astronauts a few days on the international space station is turning out to be a few months, and how many moons does the Earth have?

Read the article about life on the space station and then answer Questions 1 and 2.

<https://www.bbc.co.uk/news/articles/cp3dv0ddwp7o>

You can also watch the video of the rescue mission arriving at the space station:

<https://www.bbc.co.uk/news/videos/cly4j5p21z7o>

**Question 1: Astronauts describe a metallic smell on the space station - but what causes it?**

**Question 2: At what altitude does the international space station orbit the Earth?**

Now read the article about the asteroid that is visiting Earth and then answer the following questions:

<https://www.bbc.co.uk/news/articles/c3dvxgrmk95o>

**Question 3: Where is the asteroid from?**

**Question 4: For how long will the asteroid be in Earth's orbit?**

## Home Research

Which planet in the Solar System has two permanent moons and what are they called?



## PUMPKIN COMPETITION

The OLCHS Gardening Club came together on Thursday to judge our recent pumpkin competition, which was advertised recently in the newsletter and open to pupils and their family members. There were so many fabulous entries, the group struggled to choose their winner! We had animations, hand drawn pictures, home grown pumpkins and of course, carved pumpkins to choose from. The amount of effort put into these entries was outstanding!

After a rather long debate, the group decided that there would be various prizes, under 10, first, second and third place.

The results are as follows:

Under 10: Jenson Palmer - Tiger

1st Place: Zack Kiraga – Animation – Year 9

2nd Place: Laura Suprynowicz – Skeleton - Year 7

3rd Place: Cai Davis – Skeleton - Year 7

Congratulations and well done to all who entered!



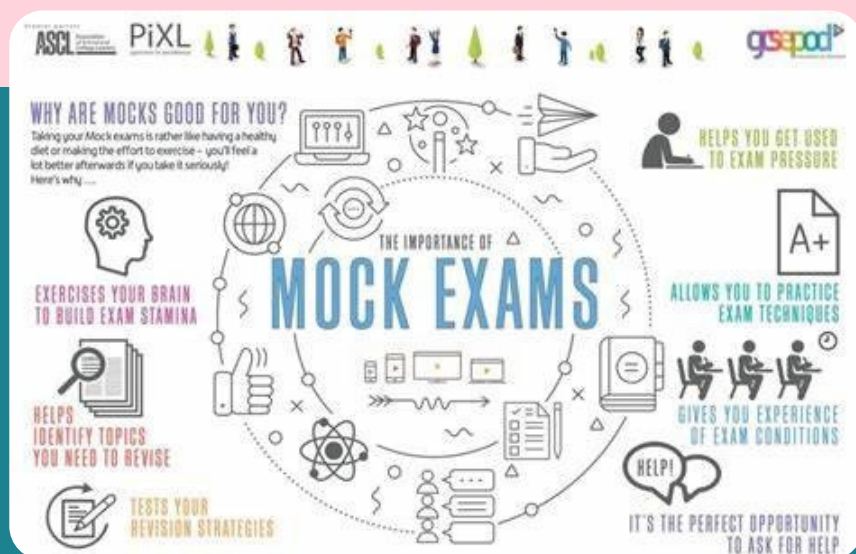
# News & Information

## Attendance Matters

Pupil attendance in the run up to, and during the mock examinations, is really important.

On Monday pupils in **Year 11** began their attendance drive. The aim is to encourage a high level of attendance from Monday 11th November, PSHE day, and to also support high levels of attendance throughout the mock exam period.

Pupils who are in school during this time will benefit from additional support and will ensure that they have access to all lesson content.



Attendance drive began on Monday 11th November and ends Friday 6th December.

Last year this was a huge success with the year 11 pupils. Pupils who meet the criteria will be rewarded with an early break on Friday 6th December, with treats and prizes along the way.

## Celebration Morning

### Friday 22 November 2024

As per our normal procedure after Celebration Morning, **school will close at 12.35**



### 2024 Dates for your Diary

**Thursday 21 November**  
Certificate Evening

**Friday 22 November**  
Celebration Morning

**Friday 22 November**  
School closes for pupils 12.35

OLCHS SOCIAL MEDIA



*Being One of Ours*



## YEAR 9 FOOTBALL LANCASHIRE CUP

Members of the Year 9 football team had a tremendous victory against Up Holland High School in the second round of the Lancashire Schools' FA competition on Friday 8th November. After conceding 3 goals in the first half, the team felt a little disheartened at half-time but knew that it was just as possible for them to score 3 goals themselves in the second half, and that is exactly what they did!

A second half hat-trick from Bobbie B was enough to ensure the game went to penalties. Spirits were high in the team after the final whistle and numerous players put themselves forwards to take penalties which showed the confidence the team has in themselves.



Goalkeeper Oliver K was magnificent throughout the game and then went on to save two penalties from the opponents, whilst Bobbie B, Mikey S and Charlie M safely netted their own penalties, securing the win, resulting in jubilant scenes from the Our Lady's team. We now have a home fixture in the 3rd round but the opponents have not yet been confirmed.







## NETBALL YEAR 9 & 10

On Wednesday the Year 9 and 10 netball teams were away in the Preston Schools' netball league against St. Cecilia's. Both teams are having a really good run so far and this continued with Year 9 beating their opponents 18-5.

Player of the match went to Jemma M, who used her speed and athleticism down court to intercept the ball on numerous occasions.

Unfortunately, Year 10 were not as successful. They had a challenging game against a strong St. Cecilia's side. The match was end to end, we just struggled with the final pass into the shooting circle. Consequently, we found ourselves 4-0 down by half time. St. Cecilia's continued to pull away in the second half, winning 12-2.

Player of the match was awarded to Liana K, who played out of position at Goal Shooter in Macy W's absence.





## YEAR 7 FOOTBALL

On Wednesday 13th November the Year 7 girls travelled to Corpus Christi to play their second night of Preston League fixtures. Having been unbeaten in the last round we knew we had more difficult teams to face.

Our first game was against Corpus Christi. We started well with lots of scoring opportunities that didn't convert. With some nice play back to the defenders in order to create some space the goals started to trickle in one after the other. Huge well done to Coco who scored a hat-trick and then Ruby slotted the last one finishing 4-0.

Our next game was against Christ The King. We reshuffled the team a little and made a fantastic start. We dominated this game, our keeper for this game Amelia, did not touch the ball once. Despite various shots on target and hitting every part of the cross bar we couldn't put the ball in the back of the net. With 3 mins left to play we managed to score with a great assist from Bella. Final score 1-0.



Our next game was against Broughton A. We knew this would be a tough game as lots of the girls know each other from playing in teams outside of school. We strengthened our defence, changed formation and identified key players we needed to track in order to limit their play. We did this successfully and the goals started to flow. Georgia S was in goal for this game and made a great save. Final score was 2-0 to OLCHS. Rio A was fantastic in this game and made it really difficult for their defence.

Our final game was against Longridge. We switched the team around a little again, put Eden in goal and let Georgia go up front to try and score. Lexie made some wonderful passes in the box, whilst Izzy W drove the ball forward at every opportunity. Fearne B played wonderfully out of position in defence coupled with Vanessa. Final score 3-0.

Huge well done to all players who include Coco, Bella F, Charlotte B who was injured today but still attended to support her team, Amelia F, Georgia S, Rio A, Fearne B, Eden P, Vanessa W, Ruby C, Lexi G, Isabel W, Vanessa K and usually Willow B too.



# Sporting News

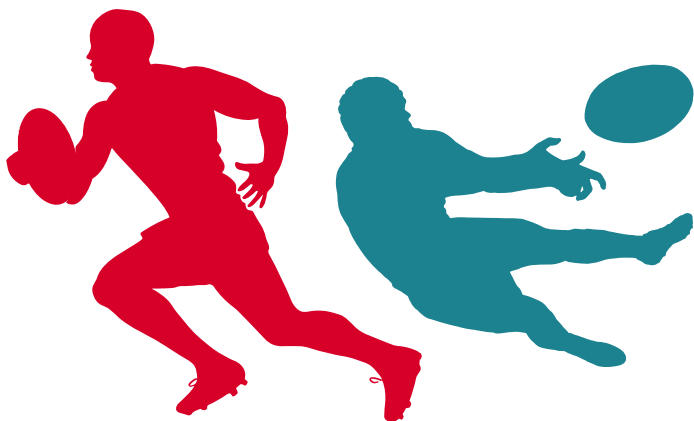
## YEAR 7 RUGBY

The Year 7 rugby team played their first three matches on Wednesday evening in what was a hugely successful festival of Rugby for the district.

Two of the three matches were developmental in their nature in that our opponents, Corpus Christi and Eden were very new to the rugby scene but were keen to learn and grow the sport within their schools. The OLCHS boys were fantastic in their nature to support this and worked on refining their own skills which may not always be given the opportunity to practice in a more competitive situation.



The highlight of the evening was a highly competitive match against a typically well drilled and strong Ashton side. Both teams at full strength and full rules being played, each team were given the opportunity to showcase their abundance of talent. It was a real war of attrition for the majority of the game but up stepped Roman O who found a gap in the Ashton defense and once he was away, nobody was going to catch him and with his grounding of the ball, Our Lady's claimed a 5-0 victory!





**VOLUNTEERS  
NEEDED**

## Year 11 Careers - Mock Interviews

On 22nd January, our annual Mock Interviews will take place for Year 11 pupils in school from 3.15pm. This involves the pupils being asked a series of questions in an interview setting to prepare them for the future.

We are looking for volunteers to conduct the interviews and aim to match pupils to a sector they may be interested in.

If you feel this is something you could help with, please email [careers@olchs.lancs.sch.uk](mailto:careers@olchs.lancs.sch.uk) with your name and include your role within the organisation where you work by 2nd December.



**Myerscough  
College**

INSPIRING EXCELLENCE

## Thinking of joining us in 2025?

Our next on campus *Course Advice Morning* is on **Saturday, November 16th** at our Preston, Croxteth, Witton and Warrington centres.

This is your chance to enjoy talks, campus tours and chat directly to staff across our subject areas.

We'll also be at a range of other events and careers fairs in the coming weeks and months where you can find out more about our provision in the land-based, sport, science and engineering sectors.



*Being One of Ours*