

Our Lady's Catholic High School



Newsletter No. 13

13th December 2024



The Theme Next Week - Gaudete Sunday

This Sunday, known as Gaudete Sunday, calls us to rejoice as we draw closer to the celebration of Christ's birth. The pink candle on the Advent wreath symbolizes joy and hope, reminding us that the Lord's coming is near.

In the Gospel, John the Baptist sends his followers to ask Jesus, "Are you the one who is to come, or should we look for another?" Jesus responds by pointing to the signs of God's kingdom: the blind see, the lame walk, lepers are cleansed, the deaf hear, the dead are raised, and the poor have good news proclaimed to them. These miracles confirm that Jesus is indeed the Messiah, the fulfillment of God's promises.

As we reflect on this, we are reminded to open our hearts to recognize Jesus in our own lives. His love and grace are still at work today in acts of kindness, moments of healing, and the hope we bring to one another. Let us prepare for Christmas not only with decorations and gifts but also by bringing joy to others, especially those in need, just as Christ brings joy to us.

Loving Father,

In this season of Advent, we thank You for the gift of Your Son, Jesus Christ, who brings light to the darkness and hope to the weary. Help us to recognize His presence in our lives and to share His love with those around us.

May we be filled with joy as we prepare our hearts for His coming and may we bring comfort and hope to those in need. Guide us to be messengers of Your good news, sharing peace and love with the world.

We ask this through Christ, our Lord.

Amen.

BOOO Virtues

Congratulations go to:

Year 7: Teddy Jones - generous and loving

Year 8: Joshua Taylor - learned and wise

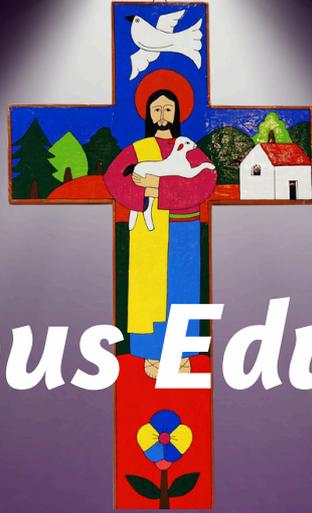
Year 9: Adelaide Sutcliffe, Isabelle Edmonds - intentional and prophetic

Year 10: Mary Hughes - compassionate and loving

Year 11: Jake Ryan - curious and active



Being One of Ours



Religious Education

in the Spotlight

The Religious Education (RE) department has had an inspiring and thought-provoking year so far, with students engaging in a wide range of activities and lessons that have challenged their understanding and deepened their faith. From retreats to discussions on complex ethical issues, the RE department has provided students with invaluable opportunities for reflection, learning, and spiritual growth.

YEAR 7

Retreat to Castlerigg: A Spiritual Journey

One of the highlights of the year was the Year 7 retreat to Castlerigg, an unforgettable experience for our new secondary school students. The retreat offered Year 7 students the chance to step away from the classroom and immerse themselves in a peaceful, reflective environment. Set in the stunning Lake District, the retreat allowed students to explore their faith, build friendships, and strengthen their spiritual connections through prayer, meditation, and group discussions. It was an enriching start to their RE journey at Our Lady's.

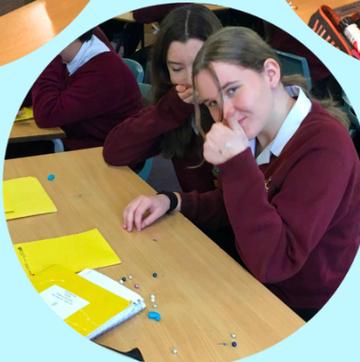
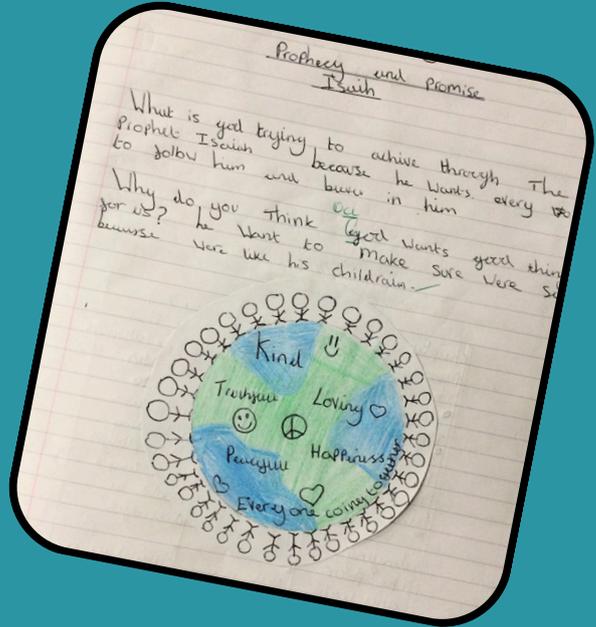
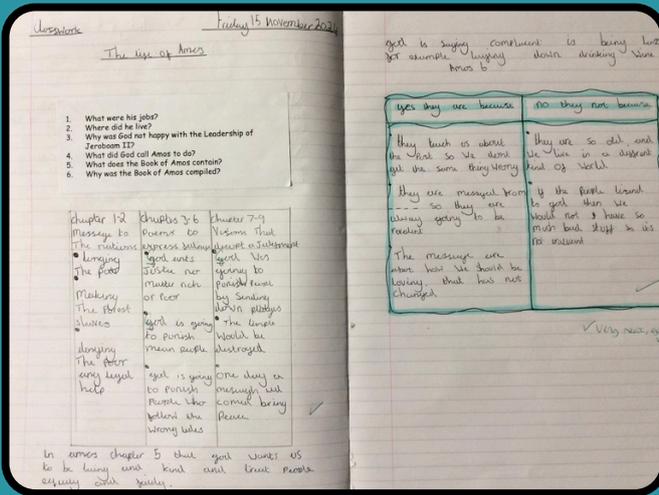


Being One of Ours

YEAR 8

Understanding the Importance of Prophecy

In Year 8, students delved into the fascinating topic of prophecy, learning about its significance in religious history and in the Bible. Through detailed studies of prophets from the Old Testament, students explored how prophecy shapes faith, offers guidance, and calls people to action. The lessons also encouraged students to think critically about the role of prophecy in the modern world and how it can continue to inspire positive change.



YEAR 9

Crafting Handheld Rosaries for Prayer

Year 9 students took a creative approach to their religious studies this year by learning to make their own handheld Rosaries. This hands-on project not only gave students a deeper understanding of the importance of the Rosary in Catholic tradition but also provided an opportunity for reflection and prayer. As they crafted their Rosaries, students learned the history and significance of each prayer bead, strengthening their connection to this powerful devotional tool.

YEAR 10

Ethical Discussions on Abortion

In Year 10, students engaged in deep ethical discussions about the topic of abortion. As part of their studies on moral theology, students explored the complex issues surrounding the sanctity of life and the ethical considerations that influence decisions about abortion. The lessons were designed to encourage critical thinking and respectful dialogue, helping students form informed opinions on a subject that is both sensitive and controversial. Through these discussions, students developed a deeper understanding of the moral challenges faced in modern society, while gaining insight into why some religious groups choose not to support abortion.

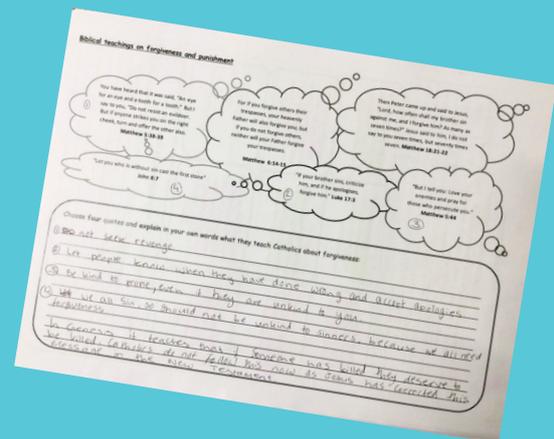


YEAR 11

Contemplating the Impact of Capital Punishment

Year 11 students explored the ethical implications of capital punishment, grappling with questions about justice, mercy, and the value of human life. This unit challenged students to consider the role of the state in administering punishment and to reflect on the consequences of such decisions on individuals and society as a whole. Students engaged in thoughtful debates and discussions, considering a range of perspectives and the impact that capital punishment has on human dignity.

for	Against
<ul style="list-style-type: none">• If someone murders another person, they deserve to die• It is cheaper than keeping someone in prison• May make someone feel better before their actions• Prevents society	<ul style="list-style-type: none">• A risk of executing the wrong person.• All people deserve to live• "Too wrongs don't make a right". If someone kills a murderer, that makes you a murderer.
<u>for (religious)</u> <ul style="list-style-type: none">• one of the ten commandments is 'do not kill'. often the death penalty is used for murder.• Pope St John Paul taught that the death penalty can be used in the most extreme circumstances.• 'Whoever sheds blood of a human, shall that person's blood be shed: for in his own image God made human kind.' Genesis 9:6	<u>Against (religious)</u> <ul style="list-style-type: none">• Jesus offered forgiveness and a fresh start to sinners.• The commandments teach 'do not kill' and so taking life is wrong.• Humans are made in the image of God and should not be taken.



The RE department continues to inspire and engage students with topics that are relevant, thought-provoking, and transformative. Through retreats, discussions, and creative activities, students have had the chance to deepen their understanding of faith and grapple with important moral questions. The department looks forward to another year of inspiring learning and growth for all students.

EMILY CHAPPELL INSPIRES OUR STUDENTS

Recently in school we had the privilege of hosting renowned adventurer and endurance cyclist Emily Chappell, who shared her extraordinary story with our Year 7, 8, and 9 students.

Emily captivated her audience with tales of her adventures, from cycling across continents to competing in, and winning, ultra-endurance races, all while overcoming immense physical and mental challenges. Her journey, filled with resilience, determination, and an unwavering sense of purpose, left a lasting impression on everyone present.

Students were inspired by Emily's insights into perseverance and self-belief, sparking meaningful discussions about facing challenges and embracing new opportunities. We are grateful to Emily for her time and for encouraging our students to push their boundaries and pursue their dreams.

Celebrating Success: Duke of Edinburgh Award Presentation Evening

Our annual Duke of Edinburgh Award Presentation Evening was a proud occasion, as we celebrated the incredible achievements of 60 students who have earned their Bronze Awards this year.

We were honoured to have renowned adventurer and endurance cyclist Emily Chappell join us for the evening. Emily presented the awards to our students and delivered an inspiring speech about perseverance, self-discovery, and embracing challenges. Her words left a lasting impact on students, encouraging them to continue pushing boundaries and striving for their goals.

Throughout their DofE journey, these students showcased remarkable dedication and resilience. Collectively, they completed over 600 hours of volunteering, making a positive impact on our community through initiatives such as helping at local charities, supporting younger students, and participating in environmental projects.

The programme also encouraged students to learn new skills, ranging from cooking and playing musical instruments to coding and first aid, demonstrating their

commitment to personal growth. Additionally, they embraced the physical element of the award, taking part in activities that improved their fitness and well-being, such as hiking, swimming, and team sports.

The highlight of the evening was hearing from award recipients, who reflected on the friendships they formed, the challenges they overcame, and the invaluable life lessons they gained. Their stories of determination and teamwork were truly inspiring.

We extend our congratulations to all the awardees for their hard work and accomplishments. They embody the values of the Duke of Edinburgh Award, and we look forward to seeing them continue to strive for success in future endeavours. A special thank you to Emily Chappell for making the evening even more memorable with her presence and motivational speech, as well as to the staff who volunteered to support our students every step of the way.



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* takes a look at harmful "forever chemicals". The first article covers proposals for a UK regulator to prevent or reduce these chemicals getting into the environment. This is followed by two articles reporting on where we may come into contact with these chemicals in everyday life.

Read the article and then answer the following question.

<https://www.bbc.co.uk/news/articles/cpdd4dzt40ro>

Question 1: How many "forever chemicals" does the article claim are in circulation?

Now read the articles on drinking water and beauty products and then answer the following question.

<https://www.bbc.co.uk/news/science-environment-67101179>

Question 2: What is the Royal Society of Chemistry proposing about the acceptable levels of PFAS in drinking water?

<https://www.bbc.co.uk/news/science-environment-64192516>

Question 3: What health issues have been reported to be associated with high levels of PFAS?

Home Research

The articles above talk about PFAS being "forever chemicals".

Question 4: Research them and find out why they are referred to as "forever chemicals."



Our Lady's Catholic High School's Christmas



Wednesday 18th December, 2024

18:00 - Arts Theatre

Adults £5.50 | Children £3.50 Available now on
Ticket source

This includes – Mince Pies and Non alcoholic mulled wine

Tickets are available now

**BOOK
NOW**

News & Information

Christmas Lunch

On Wednesday and Thursday, pupils and staff enjoyed a fabulous Christmas lunch in the school restaurant. It was a wonderful atmosphere with delicious homecooked food, games, and also a visit from Santa.

Thank you to our fantastic Catering team.



19th December
**CHRISTMAS
JUMPER DAY**

School blouses / shirts, trousers / skirts and normal school shoes must be worn but everything else can be changed!

Please note the following guidelines:

- A Christmas jumper **MUST** be worn as a pre-requisite for anything else
- The jumper must not contain any inappropriate images or words
- Once a jumper is worn, other accessories e.g. Christmas hats/earrings can then be worn
- No acrylic nails or false eyelashes are allowed

All proceeds will go to CAFOD. Payments of £1 (or more) to be made via Scopay or cash on the day.

Being One of Ours

Information

Childline
Call: 0800 1111

Samaritans
Call: 116 123
samaritans.org

Hope Link UK
0800 0684141
Text 07860 039967
<https://www.papyrus-uk.org/papyrus-hopeline247/>

SHOUT
Text 'Shout' to 85258

Kooth
www.kooth.com

Young Minds
Text YM to 85258

Mental Health NHS Crisis Line Lancashire
Call: 0800 953 0110

LANCASHIRE NHS WELLBEING HELPLINE
Call: 0800 915 4640
Text: Hello to 07860 022846

If you need urgent help for your mental health - call NHS 111
If you think a child is in immediate danger – don't delay call the police on 999.
Children's Social Care out of hours, Call: 0300 123 6722.

SUPPORT SERVICES

As we approach the festive season, we want to remind our pupils and families that the school will be closed during the Christmas holidays. This is a time for rest, celebration, and spending time with loved ones. However, we understand that some children may need support during this period. For those who do, we have attached a list of helpful resources and contact information.

All children have been sent these contacts to their school email address. These services are available to assist with any challenges or concerns over the holidays. We encourage anyone to reach out if needed and we look forward to welcoming our children back on Monday 6th of January.

2024 Dates for your Diary

Wednesday 18 December
Advent Liturgies

Wednesday 18 December
Christmas Variety Show 6pm

Thursday 19 December
End of Term – school closes at 12:35

OLCHS
SOCIAL
MEDIA



Sporting News



DODGEBALL

On Monday after school, Year 7 competed in their first ever inter form competition at Our Lady's. This took the form of Christmas benchball. It was a fantastic turnout, with over sixty pupils involved.

The atmosphere was electric and very festive as Christmas tunes played whilst forms competed against each other, demonstrating compassion and great team work throughout. The competition was very close. The final results are as follows:

6th form D
5th form L
4th form R
3rd form A
2nd form U
1st form O

The runners up received a certificate, whilst first place received a certificate and selection box off Mrs Beesley. Miss Lewis would also like to thank Liana K, Emma F, Charlotte P and Zofia M for refereeing matches to allow the smooth running of the tournament.



CareersCafe



On Friday 13th December we welcomed Wes Singh into our Careers Cafe to talk to pupils about his Accountancy Apprenticeship. Wes is one of ours and left Our Lady's Catholic High School two years ago. He studied at Newman College and secured an apprenticeship at local accountants MJH.

Wes talked about the application process, how the subjects here at school helped him on his journey, his daily tasks, working with clients and his desire to be a Chartered Accountant.

We had 23 pupils who showed a keen interest in this field of work. They asked some amazing questions including "What happens if you make a mistake?". Huge thank you to MJH Accountants and Wes, we are so proud of you.



BASE BRITISH
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SUPPORTING
EDUCATION


ARMY
BE THE BEST

12/24

**ARMY CAREERS
NEWSLETTER**

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HERE!



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