

# Our Lady's Catholic High School



Newsletter No. 15  
10th January 2025



## The Year of Jubilee

On Christmas Eve, Pope Francis opened the Jubilee Door at St Peter's Basilica to begin the Year of Jubilee. In the Catholic Church, a Jubilee or Holy Year is a special year of forgiveness and reconciliation, in which people are invited to come back into right relationship with God, with one another, and with all of creation.

This special year gives us the opportunity to reflect and to renew our relationships with God and each other. Pope Francis has called this Jubilee Year "Pilgrims of Hope" and he asks us to be signs of hope for others, by putting Catholic Social Teaching into action through caring for our common home and supporting our sisters and brothers who are experiencing war, hunger or poverty.

A Jubilee Year is celebrated by the Church every 25 years. This has been the case since 1470, when Pope Paul II changed it from every 50 years.

## The Jubilee prayer

Father in heaven,  
may the faith you have given us  
in your son, Jesus Christ, our brother,  
and the flame of charity enkindled  
in our hearts by the Holy Spirit,  
reawaken in us the blessed hope  
for the coming of your Kingdom

May your grace transform us  
into tireless cultivators of the seeds of the Gospel.

May those seeds transform from within both humanity and the whole cosmos  
in the sure expectation  
of a new heaven and a new earth,  
when, with the powers of Evil vanquished,  
your glory will shine eternally.



*Being One of Ours*



May the grace of the Jubilee  
reawaken in us, Pilgrims of Hope,  
a yearning for the treasures of heaven.

May that same grace spread  
the joy and peace of our Redeemer  
throughout the earth.  
To you our God, eternally blessed,  
be glory and praise for ever.

Amen.

*Official prayer from Pope Francis for the Jubilee year 2025, "Pilgrims of hope"*



## BOOO Virtues

Congratulations go to:

Year 7: Millie Cross - grateful and generous

Year 8: Hannah Robin - eloquent and truthful

Year 9: Isabelle Edmonds, Vinnie Millington - compassionate and loving

Year 10: Maisey Rawsthorn, Ella-Louise Sanderson - attentive and discerning

Year 11: Emily Barnes - curious and active





IAN MURPHY

# ART WORKSHOP

Our Year 10 GCSE artists took part in a workshop this week with the renowned artist Ian Murphy. Originally from Wigan, Ian travels the world recording the places and spaces he visits, to produce detailed large-scale drawings and paintings, which he then exhibits and sells.

Ian brought in some fantastic examples of his paintings, drawings and sketchbooks, explaining how he records his ideas and then develops them. He then went on to demonstrate a range of techniques that he uses within his artwork that Year 10 went onto explore for themselves, with some very impressive outcomes. The pupil's work will form part of their GCSE coursework, and the skills and ideas will be further honed as they progress throughout the course.

The day with Ian was a super day enjoyed by all and hopefully this will be a wonderful memory that our pupils will take away with them, long after they have completed their art GCSE at Our Lady's.



# VOCATIONAL LEARNER PRIZES FOR OLCHS STUDENTS



News

Current Our Lady's pupils who are undertaking vocational studies, have received recognition for their dedication to their studies and have been awarded certificates and prizes by their tutors at Preston College. This is wonderful news, well done.

100% certificates were given to the following learners:

| Year 10 | Year 10  | Year 11 |
|---------|----------|---------|
| Abigail | Oliver M | Bartosz |
| Ava     | Michael  | Faye    |
| Talia   | Thomas   |         |

Year 10 pupils Abigail and Ava currently on the Beauty course, were chosen for special recognition by their tutor and received a Starbucks voucher.

All Year 10 Our Lady's' learners in Automotive also received a voucher as the tutor is so pleased with their work ethic. Archie S and William will be given a voucher this month.

## Attendance Matters

**All day, and every day.**

In recognition of pupil attendance at Our Lady's, and our commitment to ensuring pupils receive the best learning outcomes, we have received the National School Attendance Award for the last academic year (2023-2024). Well done to everyone for your work on this and the continued drive to help our pupils achieve their God-given potential.



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# 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* looks at the technological development in coatings and their use in some very diverse applications.

The first article reports on how advancements in paint technology are being used to reduce the costs of air conditioning. The second article is about the development and application of coatings for use in harsh operating environments.

Read past the novel paint that can be peeled off to see how developments in paint technology are helping to keep buildings cooler. Then answer Questions 1 and 2.

<https://www.bbc.co.uk/news/articles/ce817156p34o>

**Question 1: What technology is behind making the paint more reflective?**

**Question 2: What reduction in Air Conditioning costs does the article suggest are achievable through the use of highly reflective paint?**

Now read the article on heat resistant coatings being used to improve the efficiency of machinery in high temperature environments. Then answer the following questions.

<https://www.bbc.co.uk/news/articles/cj9n1939ryzo>

**Question 3: What are the benefits of running a jet engine hotter?**

**Question 4: The coating developed to prevent molten aluminium from sticking to production equipment is based on what material?**

## Home Research

The material being the answer to question 4 has many applications. Do your own research to find out more about it.

## ONE STOP SHOP

### Preston West

Monthly Drop In -

Families can access free advice & support

- Community Gateway
- Citizen Advice
- Employment advice - DWP
- Relationship advice
- Runshaw College Apprenticeships
- Community Education Sexual Health
- Debt Advice/Support
- Free Funded Nursery Places
- School Nurse team

This is a  
Warm and Welcome  
Session

Come along and enjoy a hot  
Drink and bite to eat.

No  
Appointment  
Needed

Second  
Thursday of  
the month,  
2pm-4pm



Preston West Family Hub  
Ashton Primary School Site, Ainsdale Drive,  
Preston, PR2 1TU  
Telephone: 01772 536419



## LANCASHIRE WOMEN

### Steps to Confidence Course

3 weeks course

Starting

Monday 27th January 2025

1-2:30pm

Preston West Family Hub

Ashton Primary School Site, Ainsdale Drive,  
Preston, PR2 1TU  
Telephone: 01772 536419



- Take steps to understand and build on your confidence.
- Want to set some goals, build your resilience
- Plan for 2025, being your positive year.
- Receive a £20 supermarket shopping voucher upon completion.

To Book a Place please call the group  
organisers

Susan on 07878101134

or

Jo on 07488706362



## LIVE PARENT/CARER SLEEP WEBINAR

BACK BY  
POPULAR  
DEMAND

Sleep is a **SUPER** Power

We all need sleep, and some of us would like even more of it!

This webinar aims to provide an overview for parents/carers on the purpose of sleep, the impact of poor sleep, and advice and strategies to improve sleep and overcome some common sleep difficulties. The strategies may be applied to both adults and children and young people.



When:

Tuesday 28th January; 11am – 12.15pm  
Thursday 30th January; 1pm - 2.15pm

CLICK  
HERE

LIVE

## PARENT/CARER WEBINAR 'KNOW YOURSELF, GROW YOURSELF'



Children's Mental Health Week  
is in February and this years theme is  
'Know Yourself, Grow Yourself.'



Join our webinar designed to empower parents and carers!  
Discover tools to help children and young people build self-awareness, strengthen emotional resilience, and foster meaningful conversations about mental health and wellbeing.



When:

Thursday 13th February, 6pm -7pm

CLICK  
HERE

# Information

DELIVERING EARLY HELP

**CLICK HERE** 

LANCASHIRE **FAMILY HUBS** NETWORK PRESTON

Children and Family **Wellbeing** Service



**What's on guide**

**PRESTON**  
JANUARY - MARCH 2025



Online Safety Newsletter  
January 2025

**CLICK**



**2025 Dates for your Diary**

**Thursday 16 January**  
Year 11 Parents' Evening

**Wednesday 22 January**  
Year 11 Careers Mock Interviews

**Friday 24 January**  
Paris Information Meeting for Parents

OLCHS SOCIAL MEDIA



OUR LADY'S CATHOLIC  
HIGH SCHOOL

## KARAOKE CLUB

SINGALONG | BRING A FRIEND

Every Thursday | 3 PM  
Rm 40 | Starts 23<sup>rd</sup> January

To sign up each week, simply find your Youtube backing track and paste it into the Karaoke Club email by the end of the day, each Tuesday.

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# Sporting News

## NETBALL YEAR 7 & 8

Year 7 and Year 8 had their first fixture of the new year at home to Fulwood on Wednesday. Both teams had a slightly shaky start with not having trained over the Christmas break. However, they soon got into their stride with some fantastic netball. Both games were very fast paced. This caused our opponents to make a few unforced errors, which we were quick to capitalise on, resulting in us establishing convincing leads by half time. However, they did not rest on their laurels and worked equally hard in the second half. Once again, Eden P worked tirelessly at Centre using her excellent speed and agility to attack and defend, earning herself player of the match.

Thanks go to Daisy H, Lois W and Rose B who all played out of position for the Year 8 team due to player absence and injury.

However, player of the match went to Melody B, who worked hard to intercept the ball and was always there as Wing Attack to support the shooters. Both year 7 and 8 games finished with exactly the same score, which has never happened before, with Our lady's winning 18-0.

A huge congratulations to both teams!



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## FOOTBALL

### ENGLISH SCHOOLS' CUP

On Tuesday 7 January the U13 girls travelled to Lytham St Annes to play in the 6th round of the English Schools' Cup. It was a very cold and blustery afternoon by the sea, but the girls were keen to get the game underway. For many of the girls it was their first competitive fixture back since the festive break. It was clear from the first 10 minutes that both teams, in terms of ability, were evenly matched. We had a few changes to our team due to illness, so it was crucial to take the opportunities we created and try to be clinical and put the ball in the back of the net. The opposition keeper was strong and made good work of saving any chances we created. Our defence was absolutely solid so anything that did look dangerous was swiftly taken care of by our four defensive players. Just before half time we managed to create some wonderful play which finished with Amelia B finding the back of the net. At half time we were 1-0 up.



The second half was very similar. Rose B stepped up to go in goal following Eden P's clean sheet in the first half. This gave us the opportunity to be more attacking in play, resulting in many shots on goal from Coco, Bella F and Fearnie B. Lytham kept pushing too but with Ruby C, Izzy W, Scarlett A, Katie H, Olivia A and Melody B in the way, they just couldn't score. Final score: 1-0 to Our Lady's Catholic High school. We are off to Mrs Lin's hometown for the next round as we have drawn away at Maghull High, Liverpool.

The OLCHS girls showed grit and determination against some very strong and aggressive players. Mrs Lin was so proud of the team.

## Girls Cricket **SIGN UP**

This week in girls PE we welcomed Lauren Burrows from Lancashire Cricket Foundation. Lauren came to share her expert skills with various PE girls' groups. Lauren was fantastic and really inspired the girls. In order to encourage more girls to play cricket, Lauren will be running a cricket extracurricular club every Friday 3-4pm in the Sports Hall. All girls are welcome.

<https://www.instagram.com/lancscricketfdn>



**Year 10  
& Year 11**

## PRESTON COLLEGE

Following the success of last years half term sessions, Preston College are pleased to announce their Visual Performing Arts department are running the attached sessions for Year 10s and Year 11s in Media Film and Photography, Games & Graphics, Art & Design, and ICT, during the February Half term.

There is a maximum of 20 spaces per course and these will fill quickly. **To book, please email the email address on the attached posters.**

**GAMES & GRAPHICS TASTER WORKSHOP**

**MONDAY 17<sup>th</sup> FEBRUARY**  
9:30 - 12:30

We are running a **FREE** taster workshop for any Yr10 or 11's interested in Games & Graphics.

The session will be based around 3D modelling in Maya where you will be introduced to aspects such as building, texturing, lighting and rendering.

Numbers will be limited but to confirm a place please email [sroberts@preston.ac.uk](mailto:sroberts@preston.ac.uk)

    
PRESTONCOLLEGE  
CREATIVEARTS

**ART & DESIGN TASTER WORKSHOP**

**TUESDAY 18<sup>th</sup> FEBRUARY**  
9:30 - 12:30

We are running a **FREE** taster workshop for any Yr10 or 11's interested in Art & Design.

The session is intended to develop your creative print making skills. It will be hands on and cover a number of different forms of print.

Numbers will be limited but to confirm a place please email [dheyes@preston.ac.uk](mailto:dheyes@preston.ac.uk)

    
PRESTONCOLLEGE  
CREATIVEARTS

**FILM & PHOTOGRAPHY TASTER WORKSHOP**

**MONDAY 17<sup>th</sup> FEBRUARY**  
9:30 - 12:30

We are running a **FREE** taster workshop for any Yr10 or 11's interested in Media, Film & Photography.

The session will hands on and practical using industry standard software and equipment and is ideal for anybody looking for a career in TV, film, Photography and Journalism.

Numbers will be limited but to confirm a place please email [lfenton@preston.ac.uk](mailto:lfenton@preston.ac.uk)

    
PRESTONCOLLEGE  
CREATIVEARTS

**INFORMATION CREATIVE TECHNOLOGY TASTER WORKSHOP**

**TUESDAY 18<sup>th</sup> FEBRUARY**  
9:30 - 12:30

We are running a **FREE** taster workshop for any Yr10 or 11's interested in ICT.

This will be a practical session based around Cyber Security

Numbers will be limited but to confirm a place please email [mpatel@preston.ac.uk](mailto:mpatel@preston.ac.uk)

    
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**PRESTON COLLEGE**



**YEAR 10 & 11**

**OPEN EVENT**

**THURSDAY 6 MARCH 4PM - 7PM**

Click, or  
scan to register



[www.preston.ac.uk/march](http://www.preston.ac.uk/march)

   /prestoncollege

01/25

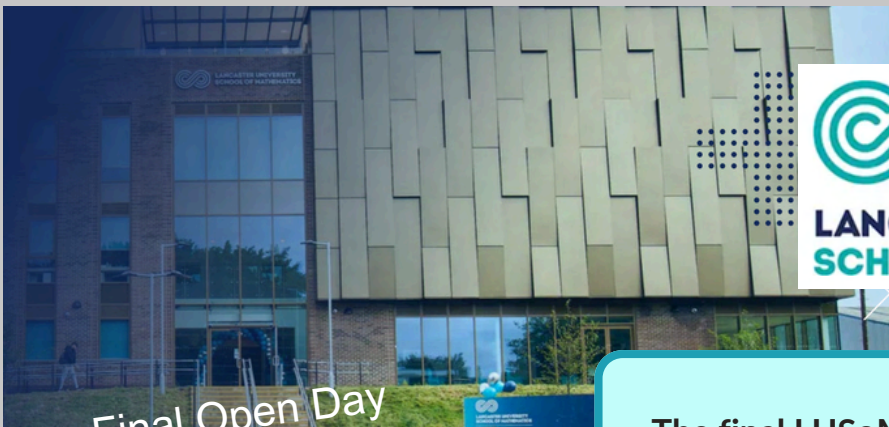
## ARMY CAREERS NEWSLETTER



**LAUNCH**  
YOUR CAREER  
WITH A BBC  
APPRENTICESHIP



**BBC**  
GET IN!



**LANCASTER UNIVERSITY**  
**SCHOOL OF MATHEMATICS**

Final Open Day  
Saturday 1st  
February 2025

The final LUSoM Open Day will take place on  
Saturday 1st February, 10:00am - 12:30pm.



**REGISTER NOW**



**BOOK  
YOUR PLACE  
NOW!**

**APPRENTICESHIP  
ADVICE NIGHT**  
THURSDAY 13 FEBRUARY 4-7PM

**NATIONAL APPRENTICESHIP WEEK** #NAW2025  
10-16 February

**PRESTON COLLEGE**



**BBC Production Apprenticeships**

**BBC**

**CAREERS**

**CLICK HERE**