



Our Lady's Catholic High School



Friday, 30 September 2022

The theme for next week is Faith (Luke 17:5-10)

If your faith were the size of a mustard seed, you could say to this mulberry tree, "Be uprooted and planted in the sea," and it would obey you.

In this Gospel, Jesus is telling his disciples that they do have faith and it doesn't matter if it feels like a small amount. This is all you need to move mountains; God will do the rest. Even Saint Teresa of Kolkata said that she struggled with faith – but whatever faith she had enabled her to change the lives of so many for the better. Trust in God, even if your faith is as small as a mustard seed, and he will give you everything that you need.

**Heavenly Father,
Hear my prayer for an increase in faith.
Please help me to come to you with all my problems and worries, knowing that you will always walk beside me.
Amen.**

MESSAGE FROM MR CHARNOCK

On Wednesday and Thursday of this week, four members of His Majesty's Inspectorate (Ofsted) visited our school. I would like to thank all of you for your support during this week and can I particularly thank those of you who completed the Parent View survey. We also especially appreciated those parents who took the time to email in with their expressions of support.

I am sure you won't be surprised to hear that our pupils behaved impeccably throughout the inspection. As we would expect, they were polite, respectful, and articulate telling inspectors how proud they are to be One of Ours. We were very pleased with the visit and inspectors noted the calm and orderly environment they witnessed throughout their two days.

I look forward to sharing the report with you later this term when it is published.

PARENT GOVERNOR VACANCY

We have received two nominations in the Parent Governor election. The attached letter provides further details. Pupils will receive ballot papers within the next few days. Please follow the instructions on the ballot paper carefully and return completed papers to school in the envelopes provided.

PARENT INFORMATION LEAFLET

Please see attached with this newsletter a parent information leaflet about Self Harm.

FOOTBALL SUCCESS

Congratulations to Evie Mitchell, Holly Wilson and Heidi Clark. All three girls recently got selected for the county Under 14 Football team. Over 100 girls from all over Lancashire tried out over four gruelling training sessions. A squad of approximately twenty girls were then chosen to represent the county. A fantastic achievement to those three pupils. Well done.

SCIENCE IN THE NEWS

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

Scientists have launched the world's largest genetic study of ME, a medical condition that results in extreme exhaustion that does not improve with rest. They hope to establish the cause of the disease and hence find effective treatments.

Question 1: Scientific studies often require a huge number of volunteers to provide samples for analysis. How many volunteers are being sought for this study?

<https://www.bbc.co.uk/news/uk-scotland-edinburgh-east-fife-62876472>

Podcast

In our daily lives we all take Wi-Fi for granted but do we really know what it is and how it works? Listen to the podcast to answer the following question.

Question 2: Wi-Fi works using which part of the electromagnetic spectrum? (Hint - listen to what household item can interfere with your Wi-Fi)

<https://www.bbc.co.uk/sounds/play/w3ct42d3>

Video

Scientists continue to look for new ways to produce renewable energy. The video shows a team from Norway experimenting with a kite.

Question 3: According to the video, how much more energy generated from wind will be needed to meet the net zero carbon emissions target by 2050.

https://www.bbc.co.uk/news/science-environment-62513387?ns_mchannel=social&ns_source=twitter&ns_campaign=bbc_live&ns_linkname=62513387%26Pulling%20energy%20out%20of%20the%20sky%262022-08-13T23%3A06%3A04.000Z&ns_fee=0&pinned_post_locator=urn:bbc:cps:curie:asset:fa2724e6-72c7-4f09-bcd8-b70e15683ef7&pinned_post_asset_id=62513387&pinned_post_type=share

Home Research

The chemical name for Bleach is sodium hypochlorite (NaClO), a chlorine compound that has excellent disinfectant properties. Common household bleach products are diluted solutions of this chemical. Find out about chlorine-based bleaches and then answer the following question.

Question 4: What is the chemical process involved in the action of bleach?

Dates to remember

Thursday, 6 October - Open Evening – 6.00 pm until 8.30 pm

Friday, 7 October – INSET day school closed for all pupils

Tuesday, 18 October 2022 – Year 7 Information Evening

Friday, 21 October – school closes for half-term at 3.30 pm

Saturday, 22 October - Berlin Trip

Monday, 31 October – school opens



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Friday, 16 December – school closes for Christmas

Wednesday, 4 January – school opens

Thursday, 9 February - Paris Trip

Friday, 10 February – school closes for half-term

Tuesday, 21 February – school opens