



Our Lady's Catholic High School



Friday, 14 October 2022

Next week's theme is PRAYER (Luke 18:1-8)

Pray continually and never lose heart.

In this parable, Jesus is not comparing God to the unjust judge. Rather, he is saying that if an unjust judge can come to justice eventually, then how much more will God answer our prayers. Sometimes God might make us wait for an answer, but perhaps there is a good reason for that! Maybe we need to think about what we are praying for more deeply or say sorry for something first. Don't give up on prayer, be persistent and persevere. Never lose heart. Don't expect the instant result that we are all so familiar with. The problems that come from things that we deeply care about, take time to solve and God is working with us.

Dear Lord

Give me a patient heart. Help me to persevere in prayer. Fill me with your reassuring love knowing that you are always beside me.

Amen

BOOO VIRTUES PUPILS

Below are some of our pupils who have shown outstanding commitment to the BOOO Virtues this week and have been chosen by their Learning Manager for recognition.

Year	Name	Form	Reason
Year 7	Dominic Dabrowski	7L	For outstanding behaviour at Castlerigg
Year 8	Macey Shay	8L	For being excellent on Open Evening helping with The Hive.
Year 9	Bartosz Kazmierczak	9A	An excellent ambassador for Our Lady's on Open Evening
Year 10	Galvin Dsouza	10D	Grateful and generous
Year 11	Jack McClusky	11L	A thoughtful act - intentional and prophetic

MATHS PROGRAMMES

Lancaster University School of Mathematics (LUSoM) run an extensive and varied program of events and activities for KS3 & KS4 pupils across Lancashire. All outreach programs are free to join and can be face to face or delivered online. They are designed to support pupils interested in strengthening their understanding and ability across Maths and STEM subjects with the aim to raise their GCSE grades. You can find out more information using the link below:

<https://lusom.ac.uk/home-page/outreach/outreach-for-students/>

PARENTAL INFORMATION LEAFLET

Please find attached with this Newsletter information regarding a social media personality Andrew Tait. The information is from the NSPCC and government PREVENT team. We would ask that parents are vigilant in monitoring your child's social media content, as many of this person's view are disturbing.



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PRESTON SCHOOL'S CROSS-COUNTRY COMPETITION.

Fifty-eight pupils across all year groups represented Our Lady's in the annual Preston cross country championships which was once again held at St Cecilia's and Longridge High Schools. The heavy rain earlier in the day had threatened to make the event a very muddy one however the fields held up nicely and the sun even made an appearance, much to the delight of the competitors! All pupils in the team represented Our Lady's superbly, showing many school virtues in their quest for individual and team success. George Rainford of Year 11 comfortably won the U16 Boys' race after leading from the front for the majority of the race. Will Murray finished in 3rd place after a great battle throughout the race with a runner from Longridge High School. As the two of them dashed for the finish Will was just beaten to the line. Both Leighton Hewitt and Emil Dawkins managed to finish inside the top 10 while Charlie Crook came in 11th place to surely secure a team win in the U16 boys' category. In the girls' U16 team Lucy Mulholland finished in an excellent 4th place, with Lucy Beesley 7th and Freya Jones 9th. This group of senior girls and boys along with Daniel Stewart, Liam McCaul, Jake Kippax, Liam Taylor, Mark Law and Jacob Lucas were tremendous role models for the younger pupils and will surely have inspired the next generation of distance runners. Other notable top 10 finishers (and likely to be selected for the district team) included Evie Mitchell of Year 8 who finished 10th in the U14 girls' race and Isaac Slack who finished 3rd in the Year 7 boys' race.

FOOTBALL NEWS

In the **Year 8** vs Archbishop Temple League Match and Lancashire Cup Double Header, the first half started strongly for Archbishop, they took control of the game and cruised to a 2-0 lead. The Our Lady's lads didn't let this dampen their spirits and desire as they shifted up another gear to get back into the game. By half time, two goals from Shay Sedge-Martins meant it was all square. Our Lady's were riding the wave of confidence into the second half and 10 minutes in, a fantastic individual effort by Will Bartlett put the lads 3-2 up! There were plenty of chances for both teams as the second half played out, but with just 5 mins to go, a last-ditch lunge to clear the ball in defence resulted in an Archbishop penalty. 3-3, and extra time and the lottery of penalties was on its way. Extra time played out with not much to report as both teams were starting to show fatigue and didn't want to try anything too risky so late into the day. This said, it would need a penalty shoot out to decide who would progress through to the next round of the cup. Two fantastic saves by Mckenzie Gavin between the sticks and neatly put away penalty kicks by the brave lads who stepped up was enough to seal the victory. They will play the winner of Ribblesdale vs Blackpool St Mary's in the next round of the cup.

Year 11 played two games during the week commencing 10 October. The first of these was a dominant 10-3 win over Archbishop Temple, in which Leighton Hewitt and Isaac Webster both scored hat-tricks. The remaining goals were scored by Charlie Crook (2), Toby Atherton and Jay Pearson. The strength and depth of the team was fantastic and the sportsmanship showed well between both teams, regardless of the score line. Their second game of the week was a tough contest against Corpus Christi, in which a depleted Our Lady's squad fought valiantly against a full-strength opposition, only to fall short at the final whistle as they lost 4-2. Even in losing the team showed tremendous heart and character, working effortlessly to try to get the win but just missing out.

The **Year 9** football team also had a huge win this week; defeating Longridge High School 10-3 in an end to end game that was full of goals right from the start. The rainy weather seems to follow this team whenever they play and this game was no different. In constant heavy rain, the game saw 6 goals in the first 19 minutes, at which time the score was 3-3 and either team looked like they could win the game. But after another goal for Our Lady's took the team into half time 4-3 ahead there seemed to be no looking back. Three quick goals in the first 10 minutes of the second half gave the team an unassailable lead and a final flurry of three more made the final score 10-3 to Our Lady's. Goal scorers were Lee Reed (4), Jake Watters, Mahad Rahman, Luke Kane, Harrison Collinson, Alex Black and Owen Inglis.



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NETBALL NEWS

The Year 9 and 10 netball season kicked off this week with both teams away at Longridge. The squad have worked hard in pre-season training and were eager to put this into practice tonight.

Year 9 faced a tough Longridge team and unfortunately struggled to get into a rhythm. Consequently, Longridge were dominant, turning over the ball and creating more opportunities to score. However, Our Lady's fought hard showing great resilience right through to the final whistle. The score ended 11 goals to 3 in favour of Longridge. Player of the match went to Charlotte Finnigan, thanks to her centre court play to get free for the ball. The girls then played another Longridge team as a friendly. They learnt from their mistakes in the first match. They stayed calm and didn't rush their passes down court. Our Lady's were in control throughout and won 7-0. Player of the match went to Jiji Ojumobi.

Year 10 also faced a strong Longridge side. In the first two quarters, Our Lady's struggled to pull away and the game was end to end. However, Lucy Mulholland and Eva Nugent got into their shooting groove in the second half, and we slowly began to increase our lead. Maisie Batty and Katy Brown defended well, getting several key interceptions from the Longridge attack. Lillie Heath was strong at Wing Defence also making several well-timed interceptions. Judy Ellbbany, Zaara Patel and Lucy Beesley worked the ball well down court to feed our shooters. The team kept their cool as well as their three-goal lead and the game finished 10-16 to Our Lady's. A very successful team performance that the girls will be keen to build on. Player of the match went to Zaara Patel who was consistent throughout at centre.

The Year 8 netball team had their first Preston Schools' league match at home to Longridge on Wednesday. The A team started strong, and it was end to end with neither team being able to make a break in the score. However, Longridge then managed to score two goals in quick succession and continued to build on this lead. The score was 10-3 at half time in favour of Longridge. Our Lady's came off court feeling a little frustrated but after a team talk and a few tactical changes the girls fought hard in the second half. Macy Wilson and Meera Patel worked hard in defence making it challenging for Longridge to get the ball into their circle. We had some good spells of play, but in the end, Longridge were just too quick, and the game ended 15-5. Player of the match went to Evie Mitchell for her ability to create attacking opportunities.

The B team had a few new players in the squad. They started positively and the scores were tied 2-2 at half time. Liana Kiraga was strong at goal defence and worked the ball down court well for her team. Ella-Louise Sanderson and Libby Pearson tried hard in centre court, both making several key interceptions. However, the game began to reflect the previous game in the second half and Longridge slowly began to pull away, but Our Lady's fought hard right up until the final whistle. The final score was 7-4 to Longridge. Player of the match was awarded to Liana Kiraga who made some crucial interceptions and marked her player tightly in the circle.

TEACHER TRAINING COURSES STARTING SEPTEMBER 2023

The Catholic Teaching Alliance, based at Our Lady's Catholic High School, is now accepting applications for our 1-year PGCE with QTS (qualified teacher status) teacher training courses beginning next September. Minimum requirements are GCSEs in Maths and English (and Science for primary training), plus an honours degree, class 2:2 or above.

Teacher training (PGCE with QTS) is available in all phases:

- Early Primary (3-7 years, in Preston)
- General Primary (5-11 years, in Preston)
- Secondary (11-16 years, in Preston or Blackburn)
- Secondary with post 16 (14-19 years, in Preston)



Please contact us for further information, or to book onto one of our online information sessions, call 01772 326931 or email ctaschooldirect@olchs.lancs.sch.uk Website: <https://www.catholic-teaching-alliance.org/>



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SCIENCE IN THE NEWS

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

Scientists have developed a self sterilising plastic that kills viruses. The plastic produces a reactive oxygen species that destroys the virus's genetic material. It is hoped that this will have applications in hospitals to reduce infections.

Question 1: What is in the plastic that reacts with light to produce the reactive oxygen species?

<https://www.bbc.co.uk/news/health-62797775>

Podcast

You might think of water as a very ordinary substance. But actually it has some very strange properties. Listen to the podcast to find out more and answer the following question.

Question 2: At what temperature is water the most dense?

<https://www.bbc.co.uk/sounds/play/w3ct301c>

Video

A new technique to support Doctors' training has been developed. Trainees are able to interact and treat virtual cases using augmented reality headsets.

Question 3: What is the name given to the 3D image used in this training?

https://www.bbc.co.uk/news/uk-england-cambridgeshire-61926118?ns_mchannel=social&ns_source=twitter&ns_campaign=bbc_live&ns_linkname=61926118%26Holographic%20patients%20train%20doctors%20in%20world%20first%262022-06-27T05%3A03%3A38.000Z&ns_fee=0&pinned_post_locator=urn:bbc:cps:curie:asset:0b10f46a-1160-45bf-b965-d89a894363b9&pinned_post_asset_id=61926118&pinned_post_type=share

Home Research

Research on the internet or use an encyclopaedia to answer the following question.

Question 4: What is the technology used to create the 3D image in question 3? (clue - it is a type of light).

Dates to remember

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
 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