



# Our Lady's Catholic High School



Newsletter No. 35

23rd June 2023

## Prayer Theme : Do not be afraid (Matthew 10: 26 -33)

Do not be afraid of those who kill the body

Jesus instructed the Twelve as follows: 'Do not be afraid. For everything that is now covered will be uncovered and everything now hidden will be made clear. What I say to you in the dark, tell in the daylight; what you hear in whispers, proclaim from the housetops.'



'Do not be afraid of those who kill the body but cannot kill the soul; fear him rather who can destroy both body and soul in hell. Can you not buy two sparrows for a penny? And yet not one falls to the ground without your Father knowing. Why, every hair on your head has been counted. So there is no need to be afraid; you are worth more than hundreds of sparrows. 'So if anyone declares himself for me in the presence of men, I will declare myself for him in the presence of my Father in heaven. But the one who disowns me in the presence of men, I will disown in the presence of my Father in heaven.'

You are worth more than hundreds of sparrows.

Some people may cover it up very well, but everyone is afraid of something. The Gospel this week refers to the sparrow. In Jesus' day sparrows were sold in the market as food to the poorest people – two for a penny. Jesus uses this analogy to get a point across. No matter how small or little in value – God the Father knows and loves each sparrow. So it is with us. Do not be afraid because you are not worthless. You are worth. Anyone can make you feel small if you think you are worthless. You are not. If you believe in who you are and know that you are deeply loved by God, you can overcome any fear. Your real worth before God is more powerful than any fear. God's love for you overcomes all of that. If anyone puts you down or makes you feel worthless – remember - there is no need to be afraid; you are worth more than hundreds of sparrows. (Matthew 10:31)

Let us pray...

Dear God, please help me not to be anxious about anything.

Remind me that in each situation,

I can pray to you and ask for your help.

Thank you for your everlasting love and care.

Please guard my heart and mind against anxiety and fear.

In Jesus' name,

Amen."

### BOOO Virtues

Congratulations

Year 7: Oliver Lutan  
Attentive and discerning

Year 8: Ted Walmsley  
Grateful and generous

Year 9: Jack Brindle  
Attentive and discerning

Year 10: Harry Milson  
Curious and Active



## Preston College Vocational Awards

On Wednesday 14th June, Preston College held their annual awards ceremony to recognise outstanding learners across the vocational courses. A huge congratulations to all the following pupils for their hard work and commitment:

- The Year 10 Hairdressing Innovation Award Winner: Jasmine Swann
- The Year 10 Hairdressing Employability Award: Faye Bradley
- The Year 10 Automotive Employability Award: Elise McQuade
- The Year 10 Self Development Nomination: Mclaine Cairn for her work in Construction



## Shrek - Last Remaining Tickets



The cast have been focused and committed in their rehearsals this week. There is a buzz of excitement ahead of the three performances next week.

Don't be disappointed. Last remaining tickets available through the link below:

<https://www.ticketsource.co.uk/our-ladys-catholic-high>

## Year 7 Review Day

On Tuesday, Year 7 pupils and their form tutors, along with Miss Bradford and Mrs Lin participated in their first Review Day here at OLCHS.

Each pupil sat with their form tutor and went through their report, highlighting successes and areas for development. Every pupil then spoke with either Mrs Lin or Miss Bradford and shared their thoughts surrounding their report and ways in which to move forward when moving into Year 8.

It was a wonderful day and really highlighted how much progress Year 7 have made since their arrival in September.

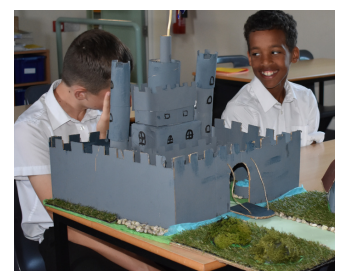
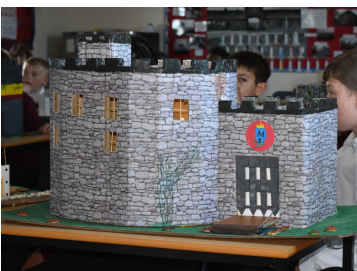
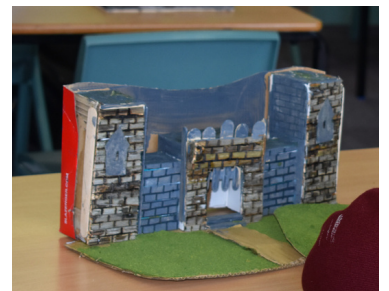
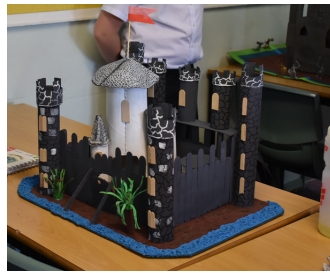
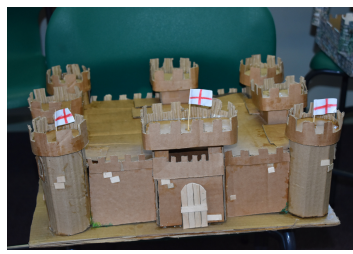
# History News

## Year 7 Castles Project

Just after the Easter holidays, Year 7 pupils were set the task of creating a model castle. Pupils could choose to make a stone keep, motte and bailey or concentric castle and they had the option to base it on any castle in the world.

There were some truly fantastic castles this year and we have been genuinely impressed with the time, effort and research that has gone into them. All of the pupils who took part were able to articulate their design and creative process to a member of the senior leadership team exceptionally well, it was difficult to choose the winners as the standard was so high.

Congratulations to all of Year 7 for their efforts and a special well done to all of the winners.



# Sports News



## Preston District Athletics Champions

Our Lady's were crowned Preston District Athletics Champions 2023 at the annual Town Sports Athletics meeting on Wednesday 21st June at Witton Park, Blackburn.

This is a huge achievement for the pupils involved and the school itself; reminding our school community of the talents that we possess and our determination to succeed. Those involved in the team competition range from Year 7 up to Year 10.

Some notable top three finishes can be found on the following page along with some excellent in-action photos courtesy of Mr. Waring.



# Sports News

## Preston District Athletics Results - Top 3 finishes - 21st June 2023

Event	Junior Girls	Junior Boys	Intermediate Girls	Intermediate Boys
100m	Jemma McMaster - 1st	Ryan Taylor - 3rd	Chichi Ojumobi - 2nd	
200m	Charlotte Potts - 2nd		Lucy Beesley - 2nd	Liam Taylor - 1st
300m		Seth Lowe - 3rd		Daniel Cornall - 2nd
800m		Jayden Beetham - 2nd	Emily Barnes - 3rd	
1500m			Lucy Mulholland - 1st	Bruce Leeming - 3rd
Hurdles	Chloe Gildea - 1st			Will Russell - 3rd
3000m				
Long Jump	Karley Roscoe - 3rd	Finlay Mitchell - 1st		
High Jump				
Triple Jump		Shay Sedge-Martins -1st		Andrew Asafo - 1st
Shot Put	Francesca Johnrose -2nd		Jiji Ojumobi - 1st	
Discus	Evie Mitchell - 1st		Isabelle Potts - 1st	
Javelin				
4 x 100m Relay	Charlotte Potts -1st	Finlay Mitchell - 1st	Jiji Ojumobi -2nd	
	Karley Roscoe	Shay Sedge-Martins	Lucy Beesley	
	Poppy Simpson	Owen Dalton	Heidi Clark	
	Jemma McMaster	Sam Walmsley/Jayden Beetham	Chichi Ojumobi	

## Preston Schools' Rounders Tournament

Congratulations to the Year 10 Rounders team who competed in the Preston Schools' Rounders tournament on Wednesday 14th June.

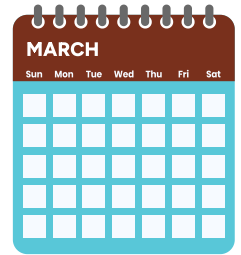
They played really well, losing only narrowly to Longridge in their league. However, we went through on points to face an undefeated Broughton team in the final. Broughton batted first and managed to score nine rounders from twenty good balls. Our Lady's fielded really tightly, limiting Broughton's scoring opportunities. We then came into bat and did well under pressure. However, the game ended in a tie. Consequently, we shared first place with Broughton. A great effort from the squad.



# Information

## Dates for your Diary

- Monday, 25th Jun - Whole School PSHE Day
- Tuesday, 27th June - Prefects' Ball
- Wednesday, 28th June - Friday, 30th June - Shrek the Musical school production
- Thursday, 29th June - Year 6 Parents' Talk
- Tuesday, 11th July - Sports' Presentation Evening
- Friday, 14th July - Blackpool Rewards trip
- Friday, 21st July - School closes for the summer at 12:45pm



The  
Children's  
Society

## Children and Criminal Exploitation

Please find below a link to the Children's Society Guide for parents concerned about their child and criminal exploitation:

[www.childrensociety.org.uk/sites/default/files/2020-09/Guide-for-parents-worried-about-child-being-criminally-exploited.pdf](http://www.childrensociety.org.uk/sites/default/files/2020-09/Guide-for-parents-worried-about-child-being-criminally-exploited.pdf)

## Request for Uniform

If anyone has any good quality uniform that they no longer require, we would be very grateful for any donations. We are particularly short of girl's school trousers. We thank you for your kind donations.

## Instrumental Lessons

From September 2023, we will be changing from our existing system to a PDP (Parent Direct Payment Scheme). In order to continue with instrumental lessons at Our Lady's, parents/carers will need to register by following the link below, prior to the end of the Summer Term, to ensure a September start.

If your child currently has a LMS Instrument on loan, this will need to be returned to school no later than Monday 3rd July; even if they are registering to continue with instrumental lessons in September. Instrument hire can be completed as part of the registration process, by following the PDP link. You may be entitled to claim free instrument hire. LMS will continue to cover the costs of instrument hire for pupils eligible for free school meals.

On the LMS, PDP website, select the 20 minute option only. Please note that even if you select another type of lesson, we will be unable to provide this. No group lessons will be taught at OLCBS. Ensembles will continue to be provided fee of charge, as part of our extra curricular timetable.

If you have any further queries, please do not hesitate to contact Mr. Robinson via email: [pro@olchs.lancs.sch.uk](mailto:pro@olchs.lancs.sch.uk). <https://uklancashire.speedadmin.dk/registration#/>



# Information



If you are a parent/carer who currently donates to Gift Aid please could we kindly ask that if your details have changed, i.e. name or address, you are no longer a tax payer or have paid insufficient tax during 2022/23 to cover the tax that will be reclaimed on all your donations, please contact Mrs Y Reeves in the Finance Office or email: yre@olchs.lancs.sch.uk. Thank you.

## Whole School PSHE Day Monday 25th June

On Monday, all pupils will be off timetable to complete their third PSHE (Personal Social Health and Economic education) day of the year. Please find below the topics that each year group will focus on:

Year 7  
Relationships and Sexual Education (relationships, roles and responsibilities of families, protected characteristics and culture).

Year 8  
Being Healthy (drugs, diet, hygiene, cancer and spotting signs and risks of substance abuse).

Year 9  
Relationships and Sexual Education (relationships, stereotypes, family and social media impact).

Year 10  
Online safety (fake news, bullying, influencers, positive relationships and responsibilities online).



Support we offer to the whole school on mental health issues

Please see below the range of one-off lessons, assemblies and group workshops we deliver:

### YEAR 4 to YEAR 7

#### COPING WITH CHANGE

It is offered as either:

- one-off lesson
- 2 x lessons
- 6 weeks small group workshop (up to 8 students)

### YEAR 6 to YEAR 11

#### OUR WELLBEING

- One-off lesson covering all aspects of mental health, including anxiety and low mood

### YEAR 6 to YEAR 11

#### INTRODUCTION TO MENTAL HEALTH AND THE MENTAL HEALTH SUPPORT TEAM

- An assembly on what we offer as a mental health support team, with introductory ideas around mental health



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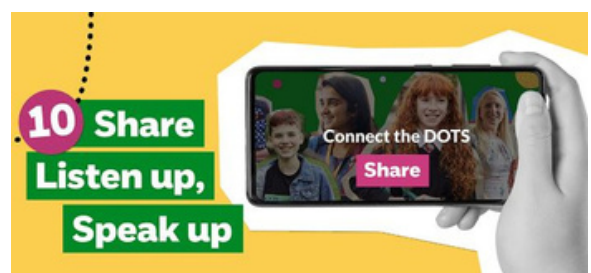
01772 280123



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## 10 Ways To Keep Children Safe



A free 10-minute digital training to empower every adult to know what to do if a child needs help. To sign up and take the training:  
[www.nspcc.org.uk/support-us/listen-up-speak-up/](http://www.nspcc.org.uk/support-us/listen-up-speak-up/)

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about

# SNAPCHAT

AGE RESTRICTION  
**13+**

Snapchat is an instant messaging app which allows users to send images, videos and texts to people in their friends list. One of Snapchat's unique features is that pictures and messages 'disappear' 24 hours after they've been viewed; however, this content isn't as temporary as many believe - with some users saving screenshots or using another device to take a photo of their screen. This year, Snapchat added 'My AI': a customisable chatbot with which people can chat and share secrets, as well as asking for advice and suggestions of places to visit.

### WHAT ARE THE RISKS?

#### CONNECTING WITH STRANGERS

Even if your child only connects with people they know, they may still get friend requests from strangers. The Quick Add option lets users befriend people the app recommends - but these 'friends' are merely a username, which could have anyone behind it. Accepting such requests reveals children's personal information through the Story, SnapMap and Spotlight features, potentially putting them at risk from predators.

#### EXCESSIVE USE

Snapchat works hard on user engagement, with features like streaks (messaging the same person every day to build up a high score). Spotlight Challenges tempt users into spending time producing content in search of cash prizes and online fame, while it's easy for children to pass hours watching Spotlight's endless scroll of videos.

#### INAPPROPRIATE CONTENT

Some videos and posts on Snapchat aren't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people (teens in particular) to share explicit images on impulse - so sexting continues to be a risk associated with Snapchat.



#### ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

#### ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body-image expectations - creating feelings of inadequacy if a young person compares themselves unfavourably with other users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

#### VISIBLE LOCATION

Snap Map highlights a device's exact position on a virtual map which is visible to other users. There are options to restrict who can see this information: all friends, only you (Ghost Mode) or selected friends. Snapchat also has real-time location sharing, which is intended as a buddy system to ensure friends have reached home safely - but which could also be used to track a young person for more sinister reasons.

## Advice for Parents & Carers

#### TURN OFF QUICK ADD

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).



#### CHOOSE GOOD CONNECTIONS

In 2021, Snapchat rolled out a new safety feature: users can now receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users that they rarely communicate with, to maintain their online safety and privacy.



#### DISCUSS AI

Although My AI's responses can often give the impression that it's a real person, it's essential that young people remember this certainly isn't the case. Encourage your child to think critically about My AI's replies to their questions: are they accurate and reliable? Remind them that My AI shouldn't replace chatting with their real friends, and that it's always better to talk to an actual person in relation to medical matters.



#### CHAT ABOUT CONTENT

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it's important to talk openly and non-judgementally about sexting. Remind your child that once something's online, the creator loses control over where it ends up - and who else sees it. Likewise, it's vital that children understand that some challenges which become popular on the platform may have potentially harmful consequences.



#### KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Snap Stories are visible to everyone your child adds, unless they change the settings. On SnapMaps, their location is visible unless Ghost Mode is enabled (again via settings). It's safest not to add people your child doesn't know in real life - especially since the addition of My Places, which allows other Snapchat users to see where your child regularly visits and checks in.



#### BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, your child can select the three dots on that person's profile and report or block them. There are options to state why they're reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).



#### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



**NOS** National Online Safety®  
#WakeUpWednesday

Sources: <https://help.snapchat.com/hc/en-gb/articles/120679832682-what-is-my-ai-on-snapchat-and-how-to-use-it> | <https://www.snap.com/en-GB/news/safety-how-to-get-the-most-out-of-your-snapchat-account> | <https://www.nos.gov.au> | <https://www.nos.gov.au/what-we-do> | <https://www.nos.gov.au/what-we-do/online-safety-for-parents> | <https://www.nos.gov.au/what-we-do/online-safety-for-parents/parenting-tips> | <https://www.nos.gov.au/what-we-do/online-safety-for-parents/parenting-tips/parenting-tips-for-parents>



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# Careers

## Training 2000: Vacancies - June 2023



### Accountancy:

#### Accountant Apprenticeship

Egan Roberts Ltd.

Ribchester

Vacancy ref: 00000643

Weekly wage: £218.75

### Business Administration:

#### Apprentice Business Administrator

Fylde Office Service Bureau Ltd.

St. Annes

Vacancy ref: 00000524

Weekly wage: £195.36

### Accountancy:

#### Bookkeeper Apprenticeship

Towers & Gornall Ltd.

Preston

Vacancy ref: 00000616

Weekly wage: £196.15

### Business Administration - Freight:

#### Business Administrator Apprentice

Cargo Movers Ltd.

Samlesbury

Vacancy ref: 00000319

Weekly wage: £198.00

### Accountancy:

#### Junior Accountant Apprenticeship

Towers & Gornall Ltd.

Preston

Vacancy ref: 00000615

Weekly wage: £196.15

### Business Administration:

#### Apprentice Business Administrator

Earful Ltd.

Bolton

Vacancy ref: 00000571

Weekly wage: £198.00

### Business Administration:

#### Apprentice Business Administrator

School Synergy Ltd

Preston

Vacancy ref: 00000531

Weekly wage: £250.00

### Business Administrator - Accounts:

#### Apprentice Business Administrator

Go Electrical Wholesale (Blackpool) Limited

Blackpool

Vacancy ref: 00000567

Weekly wage: £198.00

# Careers

## Training 2000: Vacancies - June 2023



Business Administration: Estate & Letting

Agent:

[Business Administrator Apprentice](#)

Harbour Properties, Preston

Vacancy ref: 00000246

Weekly wage: £174.24

Business Administration:

[Business Administrator Apprentice](#)

Caterware Ltd.

Blackpool

Vacancy ref: 00000631

Weekly wage: £211.20

Business Administration:

[Sales Assistant Apprenticeship](#)

Go Electrical Wholesale (Blackpool) Limited

Blackpool

Vacancy ref: 00000596

Weekly wage: £198.00

Dental Nursing

[Apprentice Dental Nurse](#)

Denluce Dental Practice - J C Lord

Blackpool

Vacancy ref: 00000181

Weekly wage: £183.90

Business Administration:

[Sales Administrator Apprenticeship](#)

Flexitex Ltd.

Preston

Vacancy ref: 00000624

Weekly wage: £192.72

Dental Nursing:

[Apprentice Dental Nurse](#)

Camden Place Dental Implant Centre Ltd.

Preston

Vacancy ref: 00000593

Weekly wage: £273

Business Administration:

[Administration Assistant Apprentice](#)

Crossley & Davis Chartered Accountants

Blackpool

Vacancy ref: 00000635

Weekly wage: £191.40

Dental Nursing:

[Dental Nurse Apprentice](#)

Mrs H. Bruns BDS Limited

Preston

Vacancy ref: 00000627

Weekly wage: £211.20

# Careers

## Training 2000: Vacancies - June 2023



Engineering:

**Toolmaker/Tool & Die Technician**

**Apprentice**

Presspart Manufacturing Ltd., Blackburn

Vacancy ref: 00000516

Weekly wage: £213.20

Engineering:

**Multiskilled Apprentice Engineer**

Berry Superfos (RPC)

Blackburn

Vacancy ref: 00000633

Weekly wage: £211.20

Engineering:

**CNC Machining Apprentice**

Presspart Manufacturing Ltd.

Blackburn

Vacancy ref: 00000604

Weekly wage: £213.20

Engineering:

**Technical Support Apprentice**

Berry Superfos (RPC)

Blackburn

Vacancy ref: 00000632

Weekly wage: £211.20

Engineering:

**Apprentice Fabricator Welder**

Touchline Fabrications Limited

Preston

Vacancy ref: 00000605

Weekly wage: £211.20

Engineering:

**Fabrication & Welding Apprentice**

Alan Dick Engineering Ltd.

Morecambe

Vacancy ref: 00000621

Weekly wage: £211.20

For more information on any of the roles above and to keep up to date with new opportunities please use the link below:

[www.training2000.co.uk/apprenticeships/vacancies](http://www.training2000.co.uk/apprenticeships/vacancies)

Applications should be made through the website.