



Our Lady's Catholic High School



Newsletter No. 36

30th June 2023

Prayer Theme : Follow Me (Matthew 10:37-42)

Anyone who loses his life for my sake will find it

Jesus instructed the Twelve as follows: 'Anyone who prefers father or mother to me is not worthy of me. Anyone who prefers son or daughter to me is not worthy of me. Anyone who does not take his cross and follow in my footsteps is not worthy of me. Anyone who finds his life will lose it; anyone who loses his life for my sake will find it.'

'Anyone who welcomes you welcomes me; and those who welcome me welcome the one who sent me.'

'Anyone who welcomes a prophet will have a prophet's reward; and anyone who welcomes a holy man will have a holy man's reward.'

'If anyone gives so much as a cup of cold water to one of these little ones because he is a disciple, then I tell you solemnly, he will most certainly not lose his reward.'

Jesus chooses us because he loves us and wants to walk beside us. He chooses us regardless of any sin or any mistakes. He wants you to follow him by acknowledging your mistakes and accepting forgiveness. He wants you to keep going forward and letting him walk with you on your amazing journey.

Let us pray
Walk with me, oh my Lord,
Through the darkest night and brightest day.
Be at my side, oh Lord,
Hold my hand and guide me on my way.
Amen

Year 8 and Year 9 at home Monday 3rd July

As per our usual procedure, pupils in Years 8 and 9 are to remain at home on Monday 3rd July due to the Year 6 Induction Day.



BOOO Virtues

Congratulations

Year 7: Lena Siatka
Attentive and Discerning

Year 8: Wiktoria Gronostajska,
Macey Shay and Holly Kelly
Grateful and generous

Year 9: Izzy Crossley
Compassion and Loving

Year 10: Isaac Kelly
Learned and wise



Refugee Week

Pupils and staff enjoyed celebrating Refugee Week last week on the theme of "Compassion". As a proud School of Sanctuary, pupils undertook a variety of activities learning about refugees, their journeys and how we can welcome and celebrate people who arrive in the UK. In Geography, they mapped the journey that many refugees take across Europe. In R.E., pupils wrote prayers about compassion for refugees. In English, pupils learned about the meaning of the word compassion and created poetry. In Art, they created a footprint representing the journey that millions of people take to access safety. Their work will be collated and sent off to the national Refugee Week organisation to demonstrate our compassion for refugees. For more information about Refugee Week, please look at

<https://refugeeweek.org.uk/theme-of-refugee-week-2023-compassion/>

Thank you from Mr. Pill



This production would not be at all possible without the dedication of a wonderful team of which there are too many to all name.

I would like to express my deepest gratitude to our school administration, parents, assistant directors, musical directors, site staff, backstage crew and the wider community for their unwavering support and encouragement. It is through your support that we can continue to provide a nurturing environment where our students can thrive and explore their artistic passions.



Preston College Taster Visit

On Friday 23rd June, a group of Year 10 pupils were fortunate to attend Preston College to get a taste of life as a college student in preparation for the time when they leave us.

Pupils sampled a huge variety of different courses including four different types of engineering, child and health care, various sports, travel and tourism, games and computing, plastering, plumbing, electronics and brickwork. As you can see the students absolutely loved their day at Preston College with many saying how it had made them re-evaluate their future choices. A great experience for all involved and plenty of food for thought as to future pathways.

PRESTON COLLEGE TASTERS 2023

OUR LADY'S CATHOLIC HIGH SCHOOL

Drilling and filing tags in Engineering

Hairdressing plaits, curls and styling challenges.

Games design - creating a robot in maya!

WWW.PRESTON.AC.UK





Year 11 Prefect Ball



On Tuesday 27th July, our Year 11 pupils enjoyed celebrating the end of their time at Our Lady's with a glamorous ball at Barton Manor Hotel. Here are just a few of the photographs captured on the evening. There will be more available on our website very soon. A huge thank you to everyone who made this special night possible.



Drama News

Shrek the Musical Summer Production



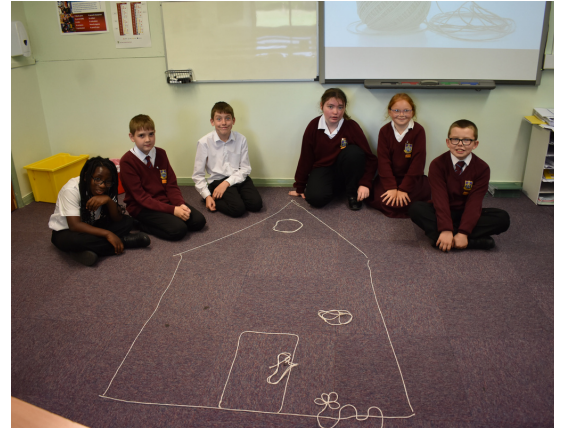
More photos will be available on our website very soon.

Being One of Ours

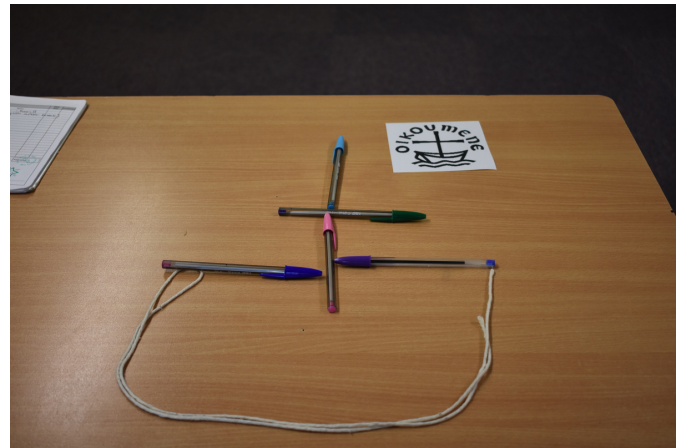


Life is like a piece of string

The new Religious Education Directory has recently been published for Catholic schools. Year 7 is following a scheme of work based on this. Pupils are currently working on the Dialogue and Encounter branch. As part of this, pupils learn about the non-religious world view of Humanism. They have been working out what the following saying from Humanism UK means: "Life is like a piece of string. It has a beginning and an end. We don't get much say about that. But we can make choices about the bit in between. We have the freedom to shape our own lives."



The Happy Human is the international symbol of Humanism.



Information

Dates for your Diary

- Tuesday, 11th July - Sports' Presentation Evening
- Thursday, 13th July - Lancaster Castle Trip
- 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

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. <https://uklancashire.speedadmin.dk/registration#/>



Information



In this exciting 4-week programme, students will journey into the fascinating world of diseases and learn what it's like to be a doctor.

The online interactive course combines real-life medical cases with real-time clinic simulations and guest speakers from varied specialities to share an insight into their lives. Each week we will cover a different set of diseases. The course is tailored for students aged 14+ and no prior medical knowledge is required.

The programme will run virtually every Wednesday throughout August 2023 and is perfect for any student contemplating pursuing a career as a doctor or in healthcare. We have received excellent feedback from previous courses and are thrilled to be able to offer this opportunity.

Early bird registration for the entire programme, which includes program access, recordings, programme chat board, handouts and certificates, is £39.50.

More information and enrolment can be found on our website at:

<https://doctorslive.co.uk/deadlydiseases/>



LOCAL SCHOOLS UNIFORM BANK

We are running a uniform bank during the summer and kindly request donations of Uniforms, P.E Kits, Shoes & Coats in good, useable condition for;

Ashton Primary School
Lea Community Primary School
St Bernard's Catholic Primary School
Ashton Community Science College
Our Lady's Catholic High School

Collection points:

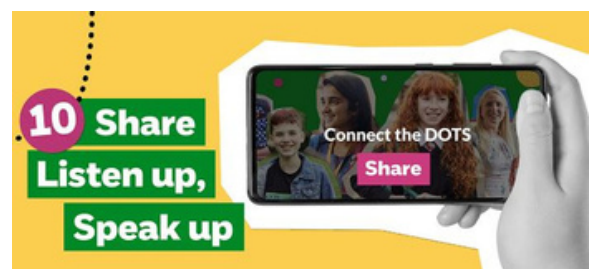
Between 10th July and 1st August 2023
Oaktree Court (Wed 17:30-19:30 & Thur 10.30-12.30)
Tesco Express Lea (06:00-23:00 7 days a week)

Uniform Bank Dates:

Oaktree Court, Preesall Road, PR2 1PQ
Monday 7th August ~ 18:00 - 19:30
Friday 11th August ~ 13:00 - 14:30
Saturday 12th August ~ 13:00 - 14:30



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/

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 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.

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.



Sources: <https://help.snapchat.com/hc/en-gb/articles/120679832652-what-is-my-ai-on-snapchat-and-how-to-use-it> | <https://www.snap.com/en-GB/news/safety-how-to-get-from-snapchat-how-safety-recommendations> | <https://help.snapchat.com/hc/en-gb/articles/120204465644>

[@natonline.com](https://www.natonline.com)

[/NationalOnlineSafety](https://www.natonline.com)

[@nationalonlinesafety](https://www.natonline.com)

[@national_online_safety](https://www.natonline.com)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.05.2023

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

Applications should be made through the website.