

Our Lady's Catholic High School



Newsletter No. 39

21st July 2023



Dear Parents / Carers

As we come to the end of this academic year 2022-2023, I would like to take the opportunity to congratulate the pupils at our school for their amazing efforts and positive attitudes throughout the school year. They continue to make me very proud as they grow in virtues to be One of Ours and make an amazing commitment to their school.

A number of staff are leaving our school this year and I should like to commend their work to you and offer sincere thanks for everything that they have done for our pupils over the years. We also wish them success and happiness in whatever the next stage in their lives brings.

- Mrs Adams – Marketing and Communications Officer – Tutoring
- Mrs Armitage – History – to work for AQA Examination Board
- Mr Goring – Resistant Materials – St Augustine's, Billington
- Mrs Moss – Textiles – Penwortham Girls High School
- Mrs Finnerty – History – Retirement

I do want to mention especially Mrs Finnerty, who has taught at our school since 1987 and was here when Our Lady's was established in 1988 following the merger of St Edmund Campion in Lea and St Cuthbert Mayne situated on our present site. She has served our school throughout that time with passion, care and a deep love of the pupils, especially as a Learning Manager. We wish her a happy retirement and she leaves us with our thanks and prayers.

We also say goodbye to a number of temporary staff who have been covering maternity and short-term contracts. We thank them for their work with our pupils as they too help contribute to the full life of our school.

When we return in September, the new school times will be in operation and we will also have had significant building work completed on the toilets in the restaurant, to bring them into line with the work completed last summer on the Year 8 and 9 toilets. For now I wish you and your families a happy and restful summer and look forward to welcoming everyone back in September.

Being One of Ours

Finally, I share this end of year prayer and encourage you to say it with your families:

At the end of this school year we give thanks to God:

For all the teaching and learning that has taken place in our school, both in and out of the classroom,

For the talents and gifts that have been shared and the challenges that have been faced;

For the burdens that have been lifted and the hurts that have been healed;

For the respect and care that has been given.

We give thanks for the friendships that have just begun and for those that have grown.

For the faith that has been lived in our daily struggles,

For the hope that has lifted our hearts on the dark days

And for the love that has kept us going.

We give thanks for the community that we are,

Bless our families as we take our holidays, may our time together leave us with memories to cherish.

Pour out your love on us that we may return renewed and refreshed to continue our journey together .

We make this prayer through Christ our Lord.

Amen

Mr. Charnock

BOOO Virtues

Congratulations go to:

- Year 7: Bartosz Kozakiewicz for being curious active
- Year 8: Eil Nyandoro for being compassionate and loving
- Year 9: Jake Ryan for being generous and grateful
- Year 10: Taylan Brown for being curious and active



Whole School Mass

On Wednesday, the whole school gathered together in the Sports' Hall to celebrate Mass and give thanks.

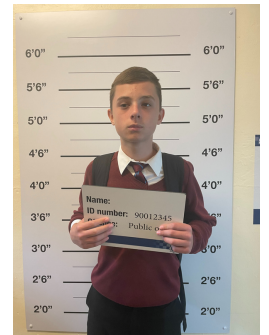


Year 7: Lancaster Castle

On Thursday 13th July, twelve winners of the Year 7 Castle Competition were rewarded for their hard work with a trip to Lancaster Castle and Lancashire Police Museum.

They had a tour of the courtyard to discover the strategic importance of Lancaster as various points throughout history. Pupils also discovered more about the Pendle Witches, their trial and where they were imprisoned.

During the tour of the newly opened Lancashire Police Museum, pupils discovered more about the origins of the police force and how early forensics techniques were used to convict Lancaster doctor, Buck Ruxton. Pupils behaved brilliantly, engaged with the tour guides and asked insightful questions.



Drone Demonstration

On Thursday 20th July, Jason from Drone Works came in to do a demonstration on how drones could be used in construction and surveying. Pupils in Year 8 surveyed the Maths block and then had a chance to practice maneuvers over the field. This demonstration was linked to their career aspirations.



Blackpool Zoo

On Monday, twelve pupils attended Blackpool Zoo.

Pupils learnt about different biomes and adaptations that the animals had to live in these areas. Pupils loved the sea lion show but a particular highlight was seeing the new baby orangutan, which was playing with its mother. The new arrival is the first Bornean orangutan to be born at the zoo in 20 years. The species has been classed as critically endangered since 2016, as populations have shrunk by half in the past 60 years, and it faces an extremely high risk of extinction in the wild.



Information

Dates for your Diary

- Thursday, 24th August - GCSE results day
- Friday, 1st September - Inset day (Pupils at home)
- Monday, 4th September - School opens for Year 7 pupils and Progress Meetings only
- Tuesday, 5th September - All pupils return to school



School Bags

88 Read Easy

All pupils have been reminded in assembly this morning that they need a suitable backpack for September. Backpacks must be able to carry at least two A4 folders and plain in design.

Read Easy Preston provides free one-to-one training for adults who cannot read but to learn. We are run entirely by volunteers and currently have 20 people learning to and more on our waiting list. Readers are taught in mutually convenient public venues such as local Libraries which we have vetted.

To expand our service we need more **Coordinators**, a **Publicity Officer** and a **Venues Officer**. Large handbags, holdalls and other types of bags are not acceptable. No large logos should be visible.

Assessing and enrolling potential readers,
Pairing readers with Coaches and
Supporting Coaches.

Coordinators should have good communication and organisational skills. Could this be you?

Publicity Officer: -this position on our Management Team requires using networking and social media skills to raise awareness of the work that Read Easy does. Can you help?

Venues Officer: - this post on our Management Team requires someone to find suitable public venues, to carry out risk assessments and to liaise with venues so that we can continue to coach our readers safely. Can you do this for us?

Volunteering with **Read Easy Preston** is an exciting opportunity to help others and make a real difference in our community.

If you would like to volunteer, please contact Maureen on 07948 392228 or via mail at prestonrecruitem@readeasy.org.uk.

We would love to hear from you.

Read Easy Preston is a registered charity (Charity number 1197019)



RADIOTHERAPY STUDENT OPEN DAY

Saturday 19th Aug
2023

Are you in year 10 or above? or a mature student? Have you thought about a career in Radiotherapy? Would you like to know more about radiotherapy and this fantastic profession?

We are inviting prospective students to visit our radiotherapy open day on Sat 19th of Aug. Situated in the radiotherapy department at Royal Preston Hospital

If you would like to attend please book a 1 hour slot by contacting the email below .

To book please email-
education.radiotherapy@lthtr.nhs.uk

Information

DOCTORS LIVE



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/>

community gateway



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



Preston Holiday Activity Fund Offers

You will need your FSM booking code which you will receive if you're FSM eligible or entitled to book with this scheme.

For support booking, please call the dedicated support line: 07879 774978 (hosted by Care Network 9am - 5pm, Monday to Friday).

<https://getstuckin.org.uk/preston-holiday-activity-fund-offers-2609/>

Being One of Ours



STEM
TUTORING
Year 10
Introduction to
GCSE CS

Data Representation
Computer System Architecture
Searching and Sorting Algorithms

AGES: Age 13 - 14
TIMING: 10am - 1pm
DATES: 31st July - 4th August



Year 11
Preparation For
Exams

Algorithms
Programming
Data representation
Computer systems
Computer networks
Cyber security
Digital technologies
in society

AGES: Age 14 - 15
TIMING: 10am - 1pm
DATES: 23rd August - 29th August



For the new Year 10 and new Year 11 students, Nxt Gen Innovators are offering 5 day courses of 15 hours in Computer Systems,

For the new Year 10 pupils: the course runs from 31st July to 4th August, 10am - 1pm.

For students entering Year 11: the course runs from 23rd August to 29th August, 10am - 1pm.

The cost for the summer master classes course is £95.

If you would like further information or would like to book on the course, please contact:
jaspalsingh@nxtgeninnovators.org.

Information

THE FOXTON CENTRE SUMMER Programme

FREE FOR ALL

24TH JULY - 2ND SEPTEMBER 2023
FOOD PROVIDED EVERYDAY

JOIN US OVER SUMMER FOR SOME AMAZING OPPORTUNITIES FOR YOUNG PEOPLE AND THE FAMILY!!

THE FOXTON CENTRE,
KNOWSLEY ST, AVENHAM,
PRESTON - PR1 3SA

REGISTER ONLINE: SAMUEL.GREGSON@THEFOXTONCENTRE.CO.UK

ACTIVITIES:

FOOTBALL TRIPS
ARTS & CRAFTS
TEAM GAMES

BINGO
FARM DAY
MOVIE NIGHTS
REPTILE ENCOUNTERS

and more!

tfc
we are here



YOUNG PEOPLES GROUPS:

MONDAYS & WEDNESDAYS - SENIORS - 6.30-8.30PM - AGES 11-16 (HIGH SCHOOL AGES)

TUESDAYS & THURSDAYS - JUNIORS - 6PM-8PM - AGES 8-11 (PRIMARY SCHOOL AGES)

WEDNESDAYS - TRANSITION GROUP - 4PM-6PM - AGES 10-11 (HELPING YOUNG PEOPLE TRANSITION INTO HIGH SCHOOL)

FRIDAYS - 16PLUS - 6PM-8PM - AGES 16-25

COMMUNITY/FAMILY GROUPS:

TUESDAYS - COFFEE MORNINGS - 10AM-12PM - ALL WELCOME (UNDER 18S MUST BE ACCOMPANIED BY AN ADULT)

THURSDAYS - STAY AND PLAY - 10AM-11.30AM - AGES 0-5 (PRE-SCHOOL)


THURSDAYS - COMMUNITY EVENTS - (PLEASE SEE SEPERATE POSTERS FOR MORE INFORMATION)

FRIDAYS - ART GROUP - 1PM-4PM - ALL WELCOME (UNDER 18S MUST BE ACCOMPANIED BY AN ADULT)

SATURDAYS - YOGA - 1PM-3PM - ALL WELCOME (UNDER 18S MUST BE ACCOMPANIED BY AN ADULT)

FOR MORE INFORMATION PLEASE CONTACT SAMUEL ON 01772 555925 OPTION 2 OR SAMUEL.GREGSON@THEFOXTONCENTRE.CO.UK

SEE YOU ALL OVER THE SUMMER!



Lancashire County Council  

Haslam Park Family Fun Event

**-Thursday 27th July
-11 - 1pm
-Haslam Park, Bristow Avenue, Preston, PR2 1JE**

Activities include:
-Arts and Crafts
-Nature trail
-Face painting
-Cricket
-Football
And much more!

Please call either 01772 539444 or 01772 531948. Or email cfwprestongroups@lancashire.gov.uk to book your place!

The event is free and includes a pack lunch for each child



Lancashire County Council  

HAF Summer Sessions

Age 8-11

We are offering free summer sessions to children who are eligible for free school meals. Sessions will include a range of fun and engaging activities and a meal will be provided for each child.

Visit www.getstuckin.org.uk to book your place.

- Tuesday 1st August-10:00-14:00 at Moor Nook Neighbourhood Centre.
- Tuesday 8th August- 10:00-14:00 at Preston East Neighbourhood Centre
- Tuesday 15th August-10:00-14:00 at Preston East Neighbourhood Centre
- Tuesday 22nd August-10:00-14:00 at Moor Nook Neighbourhood Centre

-Moor Nook Neighbourhood Centre, Burholme Road, PR2 6HN.
-Preston East Neighbourhood Centre, Brookfield Primary school, Watling Street Road, PR2 6TU.



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

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.

 **National Online Safety**
#WakeUpWednesday

1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

Are you sure?

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss: 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/v>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

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What Parents & Carers Need to Know about

TIKTOK

AGE RESTRICTION

13+

(certain features are restricted to over-18s only)

TikTok is a free social media platform that lets users create, share and watch short videos ranging anywhere from 15 seconds to 10 minutes in duration. The app gained notoriety for its viral dances, trends and celebrity cameos and can be a creative, fun platform for teens to enjoy. Now available in 75 languages, it has more than a billion active users worldwide (as of spring 2022) and is most popular with the under-16 age bracket. In fact, a 2022 Ofcom report found TikTok to be the most-used social media platform for posting content, particularly among young people aged 12 to 17.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

18

CENSORED

DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact with strangers on TikTok is high – especially as accounts created by over-16s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app; it also lets their videos be suggested to others and enables anyone to comment on them or download them.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

ADDICTIVE NATURE

TikTok can be addictive, especially for young people: compulsive repeated use can interfere with sleep patterns and be a distraction from other activities. The platform recently introduced default usage time limits of 60 and 100 minutes for new members under 18 (in the UK, children with TikTok average 102 minutes per day on the app), but these restrictions can easily be removed in the settings.

TIKTOK NOW

Introduced in late 2022, the 'TikTok Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

Advice for Parents & Carers

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

MAKE ACCOUNTS PRIVATE

Although under-16s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



NOS National Online Safety
#WakeUpWednesday

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Careers



THE BRITISH ARMY ARE NUMBER 1

BRITISH ARMY RETAIN THE TITLE FOR THE 3RD YEAR RUNNING!

98% of new soldiers enrol on an apprenticeship, making the Army the largest employer provider - but what does it mean to do an apprenticeship as a soldier?

We'll explore the range of 40 apprenticeship schemes from healthcare to IT, engineering to business administration and how you apply.

Open to anyone interested in finding out more about apprenticeships, including students, job seekers, careers advisors, parents and guardians

<https://jobs.army.mod.uk/regular-army/what-you-get/apprenticeships-skills/>

Level 3/Level 4 Apprenticeship

Strawberry Meadows Business Park, Chorley

Content creator/digital marketing for business.

Contact Paul Hannant for more information:

07816 195225 or

paul.hannant@lancashirelep.co.uk

Level 3 Apprenticeship

Manufacturing company, Garstang

Business Administration.

Contact Paul Hannant for more information:

07816 195225 or

paul.hannant@lancashirelep.co.uk

Survey Request

These surveys are for children and young people and their parent carers in Lancashire, where the child or young person has Special Educational Needs (SEN). Responses will be anonymous and people completing the survey can choose to answer any question or skip ones they don't want to complete. We want to understand what is important to children, young people and their parent carers to help us work more effectively with them. We will publish the feedback from these surveys on the Local Offer.

The surveys can be found here:

- For children and young people: <https://forms.office.com/e/9axwZAAKzc>
- For parent carers: <https://forms.office.com/e/PnJja1RSNY>

REWRITE THE STORY

Help schools and colleges to shape future careers - your experience matters

Volunteer to become an Enterprise Adviser



Inspira is proud to be a:



LANCASHIRE SKILLS PLEDGE
partner

Being One of Ours

Careers

Vacancies for September

- **Lay Chaplain** (37 hours/week, term-time). Closing date: Monday 4th September
- **Marketing and Communications Officer** (30 hours/week, term only plus 3 days). Closing date: Monday 4th September

For the full details of each role, please take a look at the school website and download an application form. The deadline for all applications is 12 noon on the dates shown above:

www.olchs.lancs.sch.uk/school/information/vacancies

Teacher Training Vacancies for September



Coming to the end of the academic year. Thinking about the future?
Is teacher training for you?

Opportunities available with the Catholic Teaching Alliance to start in September 2023 for Primary PGCE based in Preston and secondary PGCE based in Blackburn.

Interested? Don't delay, apply to now. <https://www.catholic-teaching-alliance.org/>



Being One of Ours