

# Our Lady's Catholic High School



Newsletter No. 1

8th September 2023



## Dear Parents / Carers

I am delighted that we were able to open school for all our pupils this week and welcome them back. It has been wonderful to see the children return and make a great start to the academic year. I have enjoyed speaking to the pupils about their summer holidays and seeing them quickly and calmly return to school life. It has been an excellent week and, I have been impressed with the politeness, manners, hard work and smartness of uniform that our pupils have displayed. It is a credit to them, their families and the school. This week we have also taken the opportunity to remind everyone of our Core Mission as a Catholic School to help all the children achieve their God-given potential. We have also taken time to remind pupils of how we operate and the standards and effort we expect in every lesson. I am grateful to parents for their continued support of the school in helping their children rise to the challenge of Being One of Ours.

As this is the first newsletter of the year, I would like to officially welcome our new Year 7 pupils who have joined us. They have made an excellent first impression and I would like to commend them on their very positive start to their journey here at Our Lady's. In assembly on Monday, I explored the Parable of the Mustard Seed with them and explained how the seed of Being One of Ours had now been planted and together we will work to nurture and grow it over the next five years. Over the next few weeks, two forms at a time will be heading out on retreat to Castlerigg Manor as part of their induction to our school. This will be a great opportunity to get to know the other children in their form and to take time to pray and reflect on the next five years ahead.

Further down I welcome new staff to the school who joined us in September. I am delighted to welcome them all to our school and it is especially pleasing to see former pupils who have returned back to Our Lady's as teachers. This is a real testament to their experiences at our school and their commitment to our community.

It was a pleasure to see our former Year 11 pupils formally recognised for their hard work and effort on GCSE Results Day. Their results were excellent, and they have put themselves in a strong position to begin the next phase of their lives. We would like to wish them every success for the future.

Building work has begun on propping the areas of RAAC which exist in the school. This will ensure that we are in line with the latest government guidance which was updated on the 1st September. The contractors are working hard and hope to complete this work in the next few weeks which should open up school fully and enable access to classrooms that we have closed at present.

*Being One of Ours*

A reminder that we encourage children to cycle or walk to school. We have bike storage behind our Maths block which children can use. Although our bike sheds are behind our security gates, as an extra layer of security we would advise children to use bike locks. Should your child wish to cycle to school a contract must be completed, a fastened helmet worn, and the bike must have effective brakes and tyres. Our school cycling contract can be accessed on the link below:

<https://www.olchs.lancs.sch.uk/cycling-contract/>

Our school is at the end of a cul-de-sac and St Anthony's Drive is shared with primary school children. Please consider not driving down St Anthony's Drive but dropping off children on Cadley Causeway for them to walk the final short distance to school. This is much safer for everyone. Under no circumstances should cars drive through the school gates to drop off children.

We are looking forward to a great academic year with our pupils and thank you for your continued support.

Mr Charnock

## BOOO Virtues

Congratulations go to:

- Year 7: Caylum Hardman for being generous and Florence Prodger for being compassionate and loving
- Year 8: Kayah Jakiel for being attentive and compassionate
- Year 9: Holly Wilson, Macy Wilson, Orla Chew and Macey Shay for being faith filled and hopeful
- Year 10: Freddie Burnett-Cherry for being attentive
- Year 11: Liam Swarbrick for being attentive and discerning



## New Staff

We are delighted to welcome the following staff to our school and wish them well as they begin their journey at our school

Name – Role in school – Previous post

Miss Hafsa Patel – Teacher of Science – CTA Teacher Training

Mrs Maria Seed – Teacher of English – St Mary's Catholic Academy, Blackpool

Mrs Jo Beesley – Teacher of RE – Car Hill High School

Mrs Julia Chapman – Teacher of MFL – Teacher Training

Miss Roisin Salter – Teacher of History – St Mary's Catholic Academy, Blackpool

Mr Matthew Porter – Teacher of History – Teacher Training

Miss Sorcha Deady-Alston – Teacher of Textiles – Academy@Worden

Mrs Jill Crowther – Teacher of RM – Teacher Training

Mr Ellis Morgan – Pastoral Support Mentor – Compass Children's Home, Folkestone

Mrs Lynn – Anstey – Cleaner – Plumbs Soft Furnishing

Mrs Natalie Smith – Learning Support Assistant – Toll Bar Cafe

*Being One of Ours*

## Pupil Leadership Team



We are delighted to introduce you to our senior pupil leadership team for 2023-24  
Head Girl - Lucy Beesley, Head Boy - Osian Mquoid and deputies Lucy Mullholland, Phoebe Carter-Darwin, Anas Amir and Joe Walmsley

## Police Talks

PCSO Martin and PCSO Chloe attended school on Thursday 14th September to speak to pupils in Y7 and Y9. Y7 participated in a talk about Hate Crime and the damaging effects it can have on its victims whilst Y9 dealt with the difficult topic of gangs and how they target young individuals to become involved in County Lines. Both year groups asked some wonderful questions at the end.

We are very grateful to Preston Police for coming into school and building positive relationships with our pupils surrounding very difficult topics.

## Sports Results

The year 11 netball squad were in action on Thursday with their first league game of the season. We were at a slight disadvantage having had no pre-match training, together with the fact that we didn't have the home advantage. The A team had a slightly nervous start. Archbishop took full advantage of this and sustained quite a large half time lead. However, after a positive team talk, Our Lady's pupils showed great tenacity to score several goals in quick succession. We had Archbishop rattled. Maisie Batty made several key interceptions in defence. Lillie Heath, Lucy Beesley and Lucy Monaghan created numerous attacking opportunities as we began to dominate play. Unfortunately, despite more shots on goal than our competitors, it wasn't our night and Archbishop won 18 goals to 8. Player of the match went to Lucy Beesley for her speed and agility centre court.

Year 11B team always had a tough game ahead as they had to face Archbishop's A team. They fought hard throughout and Emily Woods shot well. Freya Jones led by example as captain and marked her player tightly in defence. Olivia Stanek showed great resilience playing out of position for part of the game when one of our players had to come off court and was consequently awarded player of the match. Once again Archbishop got the upper hand and were winners. However, the B team gave one hundred per cent right to the end. It is testament to the commitment and dedication of our pupils that we are one of the few schools that can field a B team.

## Duke of Edinburgh Trip

Last weekend saw 59 Year 10 pupils complete their Bronze Duke of Edinburgh Assessment expedition in the countryside around Beacon Fell.

On Friday 5 groups of pupils were dropped off at Beacon Fell and completed a 13 km walk to Cobble Hey Farm. Students had to navigate a set route as a team on their own, they met teachers at check points and had to carry all of the kit they needed for the 2 day expedition. Once at Cobble Hey Farm they had to set up their tents and cook a meal together. As with the practice expedition the students were blessed with beautiful weather though some felt it was a curse having to complete both their practice expedition in June in a heatwave and their assessment in September also in a heatwave. There was no lie in on Saturday morning, they were up at 6am, thanks to the farm's cockerel! After they had prepared themselves breakfast and packed tents away they left camp at 8am, again with all of their kit on their backs, to complete another solo circular walk which passed through Brock Bottoms.



At lunchtime those 5 groups went home and another 4 groups arrived to complete the same challenge. All pupils coped extremely well with the heat of the weekend, working well as a team to encourage, motivate and problem solve together in tough conditions. We were very proud of all of the students and the progress that they had made in all aspects of the expedition section. They were fantastic ambassadors of our school with other local walkers commenting on how fantastic they all were.

Thank you to all parents for picking up and dropping off the pupils and to all staff for volunteering their time over the weekend.

## Admissions 2024

The process of applying for high school places for September 2024 has now begun for year 6 pupils. Parents wishing to choose Our Lady's should apply online by following the link below or via the link on the school website.

<https://www.lancashire.gov.uk/children-education-families/schools/apply-for-a-school-place/starting-secondary-school/>

Parents should ensure that preferences are selected in the correct order as Lancashire County council always aim to offer places in order of preference. Please be aware that it is necessary to apply even if a brother or sister is already at our lady's and it is imperative that all applications are received before the deadline of 31 October 2023.

In addition to the Lancashire application process, we ask that a supplementary information form is completed if you wish to be considered on faith grounds. The online form is available for completion on the school website [www.olchs.lancs.sch.uk](http://www.olchs.lancs.sch.uk) on the admissions page. To provide a baptismal certificate or faith reference please email [admissions@olchs.lancs.sch.uk](mailto:admissions@olchs.lancs.sch.uk). We no longer accept paper copies of the supplementary form.

## Parent Governor Vacancy

We currently have a vacancy for a Parent Governor to join the Full Governing Body. Details of the process and what to do if you wish to put yourself forward for election have been emailed out this week. For any enquiries please contact [ptt@olchs.lancs.sch.uk](mailto:ptt@olchs.lancs.sch.uk)

## OLCHS Alumni

Did you attend OLCHS yourself many years or a few years ago? Were you here when it was Cuthbert Mayne before the amalgamation? I am in the process of setting up an OLCHS Alumni group and would like to hear from as many past pupils as possible. I would love to know what you did when you left school and where life has taken you. If you would be interested in joining, please click the link below and fill in the very short Google form.

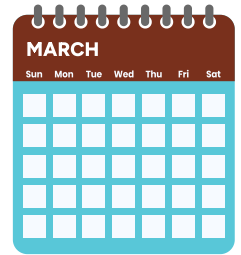
[https://docs.google.com/forms/d/e/1FAIpQLSdXEOM9zjKi8Kj4GzxnEpXTHTlKt3nTbyclQ00K2-vqk3DFpg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdXEOM9zjKi8Kj4GzxnEpXTHTlKt3nTbyclQ00K2-vqk3DFpg/viewform?usp=sf_link)

Thanks Mrs Lin

# Information

## Dates for your Diary

- Monday 25 September - School photographer for Year 7 and Prefects
- Wednesday 27 September - 7O and 7U go on Castlerigg retreat
- Thursday 28 September - Angels restaurant trip
- Monday 2 October - 7R and 7L go on Castlerigg retreat
- Friday 6 October - INSET day, school closed
- Tuesday 10 October - Year 7 Information Evening
- Wednesday 11 October - 7A and 7D go on Castlerigg retreat
- Friday 20 October - School closes for half-term
- Monday 30 October - Pupils return
- Tuesday 31 October - Year 11 speed networking event
- Thursday 2 November - Year 11 Parents Evening 1
- Wednesday 15 November - PSHE Day 1
- Thursday 16 November - Certificate Evening



We have been asked to share this information with you

PRESENTS

# Youth NIGHT

**EVERY FRIDAY**

**7PM - 8:30PM**

**MUSIC • FUN • COMPS • SNACKS**

*Invite a Friend*

Tanterton Village Centre,  
Kidsgrove, Preston  
PR27BX

## RADIOTHERAPY STUDENT OPEN DAY

Saturday 28th Oct  
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 Saturday 28th of Oct. Situated in the radiotherapy department at Royal Preston Hospital

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

To book please email-  
[education\\_radiotherapy@lthtr.nhs.uk](mailto:education_radiotherapy@lthtr.nhs.uk)

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 issues 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.

## Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here –

### WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to these situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

### MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

### KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

### REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

### PUT SAFETY FIRST

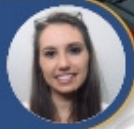
- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

### GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

### Meet Our Expert

Dr Kaye Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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